

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 1/5/2023)

| MONDAY - FRIDAY | | |
|---|---|---|
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| BILLIARDS | 9:00 a.m. - 3:00 p.m. | Pool Room |
| BOCCE BALL | 9:00 a.m. - 3:00 p.m. | Courtyard |
| COMPUTER LAB / INSTRUCTION | see posted schedule | Hybrid (Room C/Virtual) |
| EXERCISE EQUIPMENT | 9:00 a.m. - 3:00 p.m. | Courtyard |
| LENDING LIBRARY | 9:00 a.m. - 3:00 p.m. | Media Room |
| LUNCH PROGRAM | 11:45 a.m. - 12:15 p.m. | Dining Room 1 (\$3.75 suggested donation) Reservation required, call (510) 747-7503. |
| NOTARY | By appt. only | Off-site ~ Call (510) 747-7500. |
| PUTTING GREEN | 9:00 a.m. - 3:00 p.m. | Courtyard |
| MONDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| CHAIR YOGA | 11:00 a.m. - Noon | Social Hall (fee) (registration required) |
| DRAWING & PAINTING CLASS | 12:30 p.m. - 3:30 p.m. | Skill Center (fee) (registration required) |
| GLASS & MOSAICS | 9:00 a.m. - Noon | Skill Center (fee) (registration required) |
| LEGAL ASSISTANCE FOR SENIORS (LAS) | To be determined | Off-site ~ For assistance, call (510) 832-3040. |
| LINE DANCING - RETURNING BEGINNERS | 12:30 p.m. - 2:00 p.m. | Social Hall (fee) (registration required) |
| MAH JONGG - All levels (volunteer instruction available as needed) | Noon - 3:00 p.m. | Game Room ~ For assistance, call (510) 747-7500. |
| MASTICK VOLUNTEER WALKING GROUP | 9:30 a.m. - 2:30 p.m. | Off-site (registration required) |
| QUILTING | 9:30 a.m. - 11:30 a.m. | Room B (fee) (registration required) |
| QUILTING | 1:00 p.m. - 3:00 p.m. | Room B (fee) (registration required) |
| SPANISH - Beginning | 9:00 a.m. - 10:00 a.m. | Dining Room 2 (fee) (registration required) |
| SPANISH CONVERSATION - Intermediate | 10:30 a.m. - 11:45 a.m. | Dining Room 2 (fee) (registration required) |
| TABLE TENNIS | Noon - 3:00 p.m. | Dining Rooms 1 & 2 |
| TRANSPORTATION: AC Transit Bus Pass Assistance ONLY | 10:00 a.m. - Noon | Office ~ To make an appt., call (510) 747-7513. |
| TUESDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| BaM - Balance & Mobility | 12:15 p.m. - 1:05 p.m. | Social Hall (fee) (registration required) |
| BOOK CLUB | 12:15 p.m. - 2:00 p.m. | Virtual (registration required/link provided) (1 st Tuesday of the month) |
| CASE MANAGEMENT SERVICES | 9:00 a.m. - 3:00 p.m. | Office ~ To make an appt., call (510) 747-7505. |
| CERAMICS LAB | 10:00 a.m. - 3:00 p.m. | Skill Center (fee) (registration required) |
| FITNESS WITH KENDRA | 5:00 p.m. - 6:00 p.m. | Social Hall (fee) (registration required) |
| HICAP | To be determined | Off-site ~ For assistance, call (510) 839-0393. |
| HULA 1 | 11:30 a.m. - 12:20 p.m. | Room A (fee) (registration required) |
| HULA 2 | 12:30 p.m. - 1:20 p.m. | Room A (fee) (registration required) |
| NEEDLECRAFT | 9:30 a.m. - 1:00 p.m. | Room B |
| QIGONG | 10:00 a.m. - 11:00 a.m. | Room A (fee) (registration required) |
| THRIFT SHOP (OPEN FOR SHOPPING) | 10:00 a.m. - 2:00 p.m. | Building next to Social Hall |
| TRANSPORTATION: AC Transit Bus Pass Assistance ONLY | 10:00 a.m. - Noon | Office ~ To make an appt., call (510) 747-7513. |
| TRANSPORTATION ASSISTANCE | 1:00 p.m. - 3:00 p.m. | Office ~ To make an appt., call (510) 747-7513. |
| YOGA | 9:00 a.m. - 10:15 a.m. | Social Hall (fee) (registration required) |
| YOGA FOR BONE HEALTH | 5:00 p.m. - 6:15 p.m. | Social Hall (fee) (registration required) |
| ZUMBA GOLD - TONING | 2:00 p.m. - 2:55 p.m. | Social Hall (fee) (registration required) |
| WEDNESDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| AARP SMART DRIVER COURSE | To be determined | Room D (fee) (registration required) ~ For assistance, call (510) 747-7500. |
| BALLROOM DANCE | 1:00 p.m. - 2:00 p.m. | Room A (fee) (registration required) |
| BRIDGE PLAYERS | Noon - 3:00 p.m. | Game Room |
| CASE MANAGEMENT SERVICES | 9:00 a.m. - 3:00 p.m. | Office ~ To make an appt., call (510) 747-7505. |
| GLASS & MOSAICS | 9:00 a.m. - Noon | Skill Center (fee) (registration required) |
| GLASS & MOSAICS LAB | 12:30 p.m. - 3:00 p.m. | Skill Center (for enrolled students) |
| DIABETES SUPPORT GROUP | 10:00 a.m. - Noon | Room D (4 th Wednesday of the month) ~ To register, call (510) 747-7500. |
| KNITTING CIRCLE | 1:00 p.m. - 3:00 p.m. | Room B |
| LINE DANCING - ABSOLUTE BEGINNERS | 9:30 a.m. - 10:30 a.m. | Social Hall (fee) (registration required) |
| LINE DANCING - IMPROVERS | 11:00 a.m. - 12:30 p.m. | Social Hall (fee) (registration required) |
| MSCAB MEETING | 9:30 a.m. - 10:30 a.m. | Room D (3 rd Wednesday of month) |
| MOVIE MATINEE | 12:30 p.m. - 2:30 p.m. | Dining Room 2 (1 st & 3 rd Wed. of the month) |
| PICKLEBALL | 9:30 a.m. - 12:30 p.m. 6:00 p.m. - 7:30 p.m. | Lincoln Park (1450 High St.) |
| PILATES | 9:00 a.m. - 10:00 a.m. | Hybrid (Room A/ Virtual) (fee) (registration required) |
| SENIOR CONNECTIONS & RESOURCES | 1:00 p.m. - 2:00 p.m. | Room D (3 rd Wednesday of the month) ~ For assistance, call (510) 747-7505. |
| STRENGTH TRAINING & CARDIO | 10:30 a.m. - 11:30 a.m. | Room A (fee) (registration required) |
| TRANSPORTATION ASSISTANCE | 10:00 a.m. - Noon | Office ~ To make an appt., call (510) 747-7513. |
| TRANSPORTATION: AC Transit Bus Pass Assistance ONLY | 1:00 p.m. - 3:00 p.m. | Office ~ To make an appt., call (510) 747-7513. |

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 1/5/2023)

| THURSDAY | | |
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| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| ALZHEIMER'S CAREGIVER SUPPORT GROUP | 10:00 a.m. - 11:30 a.m. | Virtual (2 nd & 4 th Thursday of month) ~ For assistance, call (800) 272-3900. |
| BIRTHDAY CELEBRATION | 12:30 p.m. - 1:00 p.m. | Courtyard (4 th Thursday of the month) |
| BOCCE BALL – All levels (volunteer instruction available) | 1:00 p.m. – 3:00 p.m. | Courtyard |
| BROWN BAG PROGRAM | 9:00 a.m. - 10:00 a.m. | Dining Room 1 (1 st & 3 rd Thursday of month) ~ For assistance, call (510) 534-8540. |
| CASE MANAGEMENT SERVICES | 9:00 a.m. – 3:00 p.m. | Office ~ To make an appt., call (510) 747-7505. |
| CERAMICS LAB | 10:00 a.m. – 3:00 p.m. | Skill Center (fee) (registration required) |
| FITNESS WITH KENDRA | 11:45 a.m.- 12:45 p.m. | Social Hall (fee) (registration required) |
| GREAT AMERICAN SONGBOOK | 1:00 p.m. – 2:30 p.m. | Virtual (1 st & 3 rd Thursday of month) (registration required/link provided) |
| MUSIC APPRECIATION | 1:30 p.m. - 2:30 p.m. | Dining Room 2 (4 th Thursday of the month) |
| NEW MEMBER ORIENTATION | 10:30 a.m. – Noon | Game Room (2 nd Thursday of month) ~ To register, call (510) 747-7500. |
| QIGONG | 10:00 a.m. – 11:00 a.m. | Room A (fee) (registration required) |
| QUILTING | 9:30 a.m. - 11:30 a.m. | Room B (fee) (registration required) |
| QUILTING | 1:00 p.m. - 3:00 p.m. | Room B (fee) (registration required) |
| SALSA | 12:15 p.m. – 1:00 p.m. | Room A (registration required) |
| SCRABBLE | Noon - 3:00 p.m. | Game Room |
| TEENS TEACHING TECHNOLOGY | see posted schedule | Room C (3 rd Thursday of month) (registration required) |
| THRIFT SHOP (DONATIONS ONLY – ACCEPTED UNTIL FULL) | 9:30 a.m. – 1:00 p.m. | Building next to Social Hall |
| TRANSPORTATION ASSISTANCE | 10:00 a.m. – Noon | Office ~ To make an appt., call (510) 747-7513. |
| YOGA | 10:00 a.m. – 11:15 a.m. | Social Hall (fee) (registration required) |
| ZUMBA GOLD | 2:00 p.m. – 2:55 p.m. | Social Hall (fee) (registration required) |
| FRIDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| DRAWING & PAINTING CLASS | 9:30 a.m. – 12:30 p.m. | Skill Center (fee) (registration required) |
| DRAWING & PAINTING LAB | 1:00 p.m. – 3:00 p.m. | Skill Center (registration required) |
| EGYPTIAN FOLKLORIC DANCE | 9:00 a.m. – 10:30 a.m. | Room A (registration required) |
| FABRIC ARTS LAB | 12:30 p.m. - 3:00 p.m. | Room B |
| FRENCH - Intermediate Translation | 10:00 a.m. – 11:00 a.m. | Room D |
| FRENCH – Intermediate Conversation | 11:15 a.m. – Noon | Room D |
| GERMAN READING - Intermediate | 10:00 a.m. – 11:00 a.m. | Virtual (registration required/link provided) |
| GERMAN CONVERSATION - Intermediate | 11:00 a.m. – Noon | Virtual (registration required/link provided) |
| ITALIAN CONVERSATION - Intermediate | 10:00 a.m. – Noon | Virtual (registration required/link provided) |
| MAH JONGG - Experienced Players | 12:00 - 3:00 p.m. | Game Room |
| MOVIE CLUB | 10:00 a.m. – Noon | Virtual (registration required/link provided) (1 st Friday of the month) |
| SHAKESPEARE DISCUSSION GROUP | 1:30 p.m. – 3:30 p.m. | Virtual (registration required/link provided) |
| STRENGTH TRAINING & CARDIO | 10:45 a.m. - 11:45 a.m. | Room A (fee) (registration required) |
| TABLE TENNIS | 9:00 a.m. – 3:00 p.m. | Dining Rooms 1 & 2 |
| SATURDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| PICKLEBALL | 9:30 a.m. – 12:30 p.m. | Lincoln Park (1450 High St.) |
| THRIFT SHOP (OPEN FOR SHOPPING) | 10:00 a.m. - 2:00 p.m. | Building next to Social Hall |
| THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) | 9:30 a.m. – 1:00 p.m. | Building next to Social Hall |

An automatic \$15 processing fee is charged when a participant withdraws and/or transfers from ANY class or program before the start date. For more information, refer to the Alameda Recreation and Park Department (ARPD) Activity Guide.

**For additional information, please call (510) 747-7500
or visit www.alamedaca.gov/mastick**

Program dates, times, and locations subject to change.