MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 5/18/2023)

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.
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. - 3:00 p.m.	Skill Center (fee) (registration required)
LEGAL ASSISTANCE FOR SENIORS (LAS)	Off-site	For assistance, call (510) 832-3040.
LINE DANCING - EXPERIENCED 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.	Room D (fee) (registration required)
SPANISH CONVERSATION - Intermediate	10:30 a.m. – 11:45 a.m.	Room D (fee) (registration required)
SQUARE DANCE	1:00 p.m. – 3:00 p.m.	Room A ($2 per class, pay instructor at door)
STAINED GLASS & MOSAICS	9:00 a.m. – Noon	Skill Center (fee) (registration required)
TABLE TENNIS	Noon – 3:00 p.m.	Dining Rooms I & 2
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) (1st 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 – Beginning & Continuing	10:00 a.m. – Noon	Skill Center (fee) (registration required)
CERAMICS LAB	Noon – 3:00 p.m.	Skill Center (for enrolled students only)
FABRIC ARTS LAB	9:00 a.m. – 2:00 p.m.	Room B
HICAP	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)
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 ASSISTANCE	10:00 a.m. – 2:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
YOGA WITH DINA	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.
DIABETES SUPPORT GROUP	10:00 a.m. – Noon	Room E (4th 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 (3rd Wednesday of month)
MOVIE MATINEE	12:30 p.m. – 2:30 p.m.	Dining Room 2 (1st & 3rd Wed. of the month)
NOTARY	1:00 p.m. – 1:30 p.m.	Office ~ To make an appt., call (510) 747-7500.
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 (3rd Wednesday of the month) ~ For assistance, call (510) 747-7505.
STAINED GLASS & MOSAICS	9:00 a.m. – Noon	Skill Center (fee) (registration required)
STAINED GLASS & MOSAICS	12:30 p.m. – 3:00 p.m.	Skill Center (fee) (registration required)
STRENGTH TRAINING & CARDIO	10:30 a.m. - 11:30 a.m.	Room A (fee) (registration required)
TRANSPORTATION ASSISTANCE	10:00 a.m. – 2:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 5/18/2023)

THURSDAY		
ACTIVITY	***TIME***	***LOCATION & REQUIREMENTS***
ALZHEIMER'S CAREGIVER SUPPORT GROUP	10:00 a.m. - 11:30 a.m.	Virtual (2nd & 4th Thursday of month) ~ For assistance, call (800) 272-3900.
BIRTHDAY CELEBRATION	12:30 p.m. - 1:00 p.m.	Courtyard/Dining Room 2 (4th 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 (1st & 3rd 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 – Continuing & Intermediate	10:00 a.m. – Noon	Skill Center (fee) (registration required)
CERAMICS LAB	Noon – 3:00 p.m.	Skill Center (for enrolled students only)
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 (1st & 3rd Thursday of month) (registration required/link provided)
MUSIC APPRECIATION	1:30 p.m. - 2:30 p.m.	Dining Room 2 (4th Thursday of the month)
NEW MEMBER ORIENTATION	10:30 a.m. – Noon	Game Room (2nd 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 (3rd 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. – 2:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
YOGA, CHANTING AND MEDITATION	8:30 a.m. – 9:40 a.m.	Social Hall (fee) registration required)
YOGA WITH DINA	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	10:00 a.m. – 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB	1:00 p.m. – 3:00 p.m.	Skill Center (for enrolled students only)
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. – 10:30 a.m.	Room A (registration required)
FABRIC ARTS LAB	9:00 a.m. - 3:00 p.m.	Room B
FRENCH - Intermediate Translation	10:00 a.m. – 11:00 a.m.	Room E
FRENCH – Intermediate Conversation	11:15 a.m. – Noon	Room E
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	Room D
MAH JONGG - Experienced Players	12:00 - 3:00 p.m.	Game Room
MOVIE CLUB	10:00 a.m. – Noon	Virtual (registration required/link provided) (1st 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 I & 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.