

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 6/26/2025)
for more information call: 510-747-7500 or visit the Office

| MONDAY - FRIDAY | | |
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| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| BILLIARDS | 9:00 a.m. – 3:45 p.m. | Pool Room |
| BOCCE BALL | 9:00 a.m. – 3:00 p.m. | Courtyard |
| COMPUTER LAB | 9:00 a.m. – 3:45 p.m. | Room C |
| EXERCISE EQUIPMENT | 9:00 a.m. - 3:45 p.m. | Courtyard |
| LENDING LIBRARY | 9:00 a.m. – 3:45 p.m. | Media Room |
| LUNCH PROGRAM | Lunch served: 11:45 - 12:00 p.m. | Dining Room 1 (suggested donation: \$4/meal) Reservation required, call (510) 747-7503. |
| PUTTING GREEN | 9:00 a.m. – 3:45 p.m. | Courtyard |
| TECH SUPPORT | Varies | Room C (see fliers in lobby for details) |
| TRANSPORTATION ASSISTANCE | Varies | Office ~ To make an appt., call (510) 747-7513. |
| MONDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| TABLE TENNIS | 9:00 a.m. – 3:00 p.m. | Dining Room 2 |
| SPANISH - Beginning | 9:00 a.m. – 10:00 a.m. | Room D (fee) (registration required) |
| 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) |
| STAINED GLASS & MOSAICS | 9:30 a.m. – 12:00 p.m. | Skill Center (fee) (registration required) |
| BALANCE MOBILITY AND STABILITY | 10:00 a.m. – 10:50 a.m. | Social Hall (fee) (registration required) |
| SPANISH CONVERSATION - Intermediate | 10:30 a.m. – 11:45 a.m. | Room D (fee) (registration required) |
| CHAIR YOGA | 11:00 a.m. – 12:00 p.m. | Social Hall (fee) (registration required) |
| MAH JONGG – All levels (volunteer instruction available as needed) | 12:00 p.m. - 3:00 p.m. | Game Room ~ For assistance, call (510) 747-7500. |
| DRAWING & PAINTING CLASS | 12:30 p.m. - 3:00 p.m. | Skill Center (fee) (registration required) |
| LINE DANCING -RETURNING BEGINNERS | 12:30 p.m. – 2:00 p.m | Social Hall (fee) (registration required) |
| GERMAN PRACTICE TIME | 1:00 p.m. – 3:00 p.m. | Media Room |
| QUILTING | 1:00 p.m. - 3:00 p.m. | Room B (fee) (registration required) |
| SQUARE DANCE | 1:30 p.m. – 3:30 p.m. | Room A |
| ALAMEDA HISTORY LECTURE AND ROUNDTABLE SERIES | 6:30 p.m. – 7:30 p.m. | Room D (1 st Monday of the month) |
| TUESDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| CASE MANAGEMENT SERVICES | 9:00 a.m. – 3:00 p.m. | Office ~ To make an appt., call (510) 747-7505 |
| TRANSPORTATION SERVICES | 9:30 a.m. – 4:00 p.m. | Office drop in hours |
| YOGA WITH DINA | 9:00 a.m. – 10:15 a.m. | Social Hall (fee) (registration required) |
| FRAME WEAVING | 9:00 a.m. – 12:00 p.m. | Room B (registration required) |
| TODAY’S WORLD | 9:30 a.m. – 11:30 a.m. | Dining Room 2 (registration required) |
| THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) | 9:30 a.m. – 1:00 p.m. | Building next to Social Hall |
| THRIFT SHOP (OPEN FOR SHOPPING) | 10:00 a.m. - 2:00 p.m. | Building next to Social Hall |
| CERAMICS – Beginning & Continuing | 10:00 a.m. – 12:00 p.m. | Skill Center (fee) (registration required) |
| CHINESE INK PAINTING | 10:00 a.m. – 12:00 p.m. | Room E (registration required) |
| HULA | 11:30 a.m. – 1:20 p.m. | Room A, call (510) 747-7500 for details. |
| BRIDGE | 12:00 p.m. – 2:00 p.m. | Game Room |
| BaM – Balance & Mobility | 12:15 p.m. – 1:05 p.m. | Social Hall (fee) (registration required) |
| BOOK CLUB | 12:15 p.m. – 3:15 p.m. | Virtual (registration required/link provided) (1 st Tuesday of the month) |
| CERAMICS LAB | 12:30 p.m. – 3:00 p.m. | Skill Center (for enrolled students only) |
| CHINESE MANDARIN CLASS | 1:00 p.m. – 2:00 p.m. | Room D (fee) (registration required) |
| MUSIC ENTERTAINMENT | 1:00 p.m. – 2:30 p.m. | Dining Room 2 (1 st & 3 rd Tuesday of the Month) |
| ZUMBA GOLD – TONING | 1:30 p.m. – 2:30 p.m. | Social Hall (fee) (registration required) |
| SENIOR SOUL HUSTLE DANCE | 3:30 p.m. – 4:30 p.m. | Social Hall (fee) (registration required) |
| YOGA FOR BONE HEALTH | 5:15 p.m. – 6:30 p.m. | Social Hall (fee) (registration required) |
| WEDNESDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| CASE MANAGEMENT SERVICES | 9:00 a.m. – 3:00 p.m. | Office ~ To make an appt, call (510) 747-7505. |
| TRANSPORTATION SERVICES | 9:30 a.m. – 4:00 p.m. | Office drop in hours |
| SEWING WORKSHOP | 9:00 a.m. – 1:00 p.m. | Room B |
| PILATES | 9:00 a.m. - 10:00 a.m. | Hybrid (Room A/Virtual) (fee) (reg. required) |
| MSCAB MEETING | 9:30 a.m. – 10:30 a.m. | Room D (3rd Wednesday of month) |
| LINE DANCING - ABSOLUTE BEGINNERS | 9:30 a.m. – 10:30 a.m. | Social Hall (fee) (registration required) |
| STAINED GLASS & MOSAICS | 9:30 a.m. – 12:00 p.m. | Skill Center (fee) (registration required) |
| DIABETES SUPPORT GROUP | 10:00 a.m. – 12:00 p.m. | (4 th Wednesday of the month) ~ To register, call (510) 747-7500. |
| STRENGTH TRAINING & CARDIO | 10:30 a.m. - 11:30 a.m. | Room A (fee) (registration required) |
| LINE DANCING – HIGH BEGINNERS | 11:00 a.m. - 12:30 p.m. | Social Hall (fee) (registration required) |
| MOVIE MATINEE | 12:30 p.m. – 2:30 p.m. | (1st & 3rd Wednesday of month) (Dinning Room 2) |
| STAINED GLASS & MOSAICS | 12:30 p.m. – 3:00 p.m. | Skill Center (fee) (registration required) |
| GREAT AMERICAN SONGBOOK | 1:00 p.m. – 3:00 p.m. | Dining Room 2 (2 nd Wednesday of month) |
| KNITTING CIRCLE | 1:00 p.m. – 3:00 p.m. | Room B |

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| MASTICK SPEAKER SERIES | 1:00 p.m. – 3:00 p.m. | Media Room (2 nd and 4 th Wednesdays of month) |
| NOTARY | 1:00 p.m. – 1:30 p.m. | Office ~ To make an appt., call (510) 747-7500. |
| SENIOR CONNECTIONS & RESOURCE INFORMATION | 1:00 p.m. – 2:00 p.m. | Room D (3 rd Wednesday of month) ~ For assistance, call (510) 747-7505. |
| YOGA FOR BONE HEALTH | 3:00 p.m. – 4:15 p.m. | Social Hall (fee) (registration required) |
| THURSDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| CASE MANAGEMENT SERVICES | 9:00 a.m. – 3:00 p.m. | Office ~ To make an appt., call (510) 747-7505. |
| TRANSPORTATION SERVICES | 9:30 a.m. – 4:00 p.m. | Office drop in hours |
| BROWN BAG PROGRAM | 8:30 a.m. - 9:30 a.m. | Dining Room 1 (1st & 3rd Thursday of month) ~ For assistance, call (510) 534-8540. |
| QUILTING | 9:30 a.m. - 11:30 a.m. | Room B (fee) (registration required) |
| THRIFT SHOP (DONATIONS ONLY – ACCEPTED UNTIL FULL) | 10:00 a.m. – 2:00 p.m. | Building next to Social Hall |
| THRIFT SHOP (OPEN FOR SHOPPING) | 1:00 p.m. – 5:00 p.m. | Building next to Social Hall |
| CERAMICS – Continuing & Intermediate | 10:00 a.m. – 12:00 p.m. | Skill Center (fee) (registration required) |
| QIGONG (ADVANCED) | 10:00 a.m. – 11:00 a.m. | Room A (fee) (registration required) |
| YOGA WITH DINA | 10:00 a.m. – 11:15 a.m. | Social Hall (fee) (registration required) |
| NEW MEMBER ORIENTATION | 10:30 a.m. – 11:30 p.m. | Game Room (2nd Thursday of month) ~ To register, call (510) 747-7500. |
| SCRABBLE | 1:00 p.m. - 3:00 p.m. | Game Room |
| FITNESS WITH KENDRA | 11:45 a.m. - 12:45 p.m. | Social Hall (fee) (registration required) |
| CERAMICS LAB | 12:30 p.m. – 3:00 p.m. | Skill Center (for enrolled students only) |
| BIRTHDAY CELEBRATION | 12:30 p.m. - 1:00 p.m. | Dining Room 2 (4th Thursday of month) |
| STAMP CLUB | 1:00 p.m. – 3:00 p.m. | Room D (2nd Thursday of month) |
| QUILTING | 1:00 p.m. - 3:00 p.m. | Room B (fee) (registration required) |
| BOCCE BALL – All levels (volunteer instruction available) | 1:00 p.m. – 3:00 p.m. | Courtyard |
| MUSIC APPRECIATION | 1:30 p.m. - 2:30 p.m. | Dining Room 2 (4 th Thursday of month) |
| ZUMBA GOLD | 1:30 p.m. – 2:30 p.m. | Room A (fee) (registration required) |
| RaM – Resistance & Movement | 2:00 p.m. – 2:50 p.m. | Social Hall (fee) (registration required) |
| FRIDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| TRANSPORTATION SERVICES | 10:00 a.m. – 12:00 p.m. | Office drop in hours |
| TABLE TENNIS | 9:00 a.m. – 3:00 p.m. | Dining Room 2 |
| 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 |
| MOVIE CLUB | 10:00 a.m. – 12:00 p.m. | Virtual (registration required/link provided) (1st Friday of the month) |
| DRAWING & PAINTING CLASS | 10:00 a.m. – 12:30 p.m. | Skill Center (fee) (registration required) |
| FRENCH TRANSLATION – Intermediate | 10:00 a.m. – 11:00 a.m. | Media Room (registration required) |
| GERMAN READING/CONVERSATION - Intermediate | 10:00 a.m. – 12:00 p.m. | Virtual (registration required/link provided) |
| ITALIAN CONVERSATION - Intermediate | 10:00 a.m. – 12:30 p.m. | Hybrid (Room D/Virtual) (registration required) |
| FRENCH CONVERSATION | 11:10 a.m. – 12:00 p.m. | Media Room |
| MAH JONGG - Experienced Players | 12:00 p.m. - 3:00 p.m. | Game Room |
| BRIDGE | 12:00p.m. – 2:00 p.m. | Game Room |
| DRAWING & PAINTING LAB | 1:00 p.m. – 3:00 p.m. | Skill Center (for enrolled students only) |
| JEWELRY MAKING AND REPAIRING | 1:00 p.m. – 2:30 p.m. | Room D (registration required) |
| SATURDAY | | |
| ACTIVITY | TIME | LOCATION & REQUIREMENTS |
| BILLIARDS | 9:00 a.m. - 2:00 p.m. | Pool Room |
| FRAME WEAVING | 9:00 a.m. – 12:00 p.m. | Room B (registration required) |
| TABLE TENNIS | 9:00 a.m. – 2:00 p.m. | Dining Room 2 |
| THRIFT SHOP (DONATIONS ACCEPTED UNTIL FULL) | 9:30 a.m. – 1:00 p.m. | Building next to Social Hall |
| THRIFT SHOP (OPEN FOR SHOPPING) | 10:00 a.m. - 2:00 p.m. | Building next to Social Hall |
| BEGINING MOSAIC | 9:00 a.m. – 12:00 p.m. | Skill Center (registration required) |
| INTRODUCTION TO QIGONG | 10:00 a.m. – 11:00 a.m. | Room A (fee) registration required) |
| ADVANCED QIGONG | 11:15 a.m. – 12:15 p.m. | Room A (fee) registration required) Starts 3/8 |

PLEASE NOTE: THE WITHDRAWAL FEE FOR ARPD PROGRAMS AND CLASSES IS \$20.00

For additional information, please call (510) 747-7500

or visit www.alamedaca.gov/mastick

Program dates, times, and locations are subject to change.