

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 8/27/2025)
for more information call: 510-747-7500 or visit the Office

MONDAY - FRIDAY		
ACTIVITY	TIME	LOCATION & REQUIREMENTS
BILLIARDS	9:00 a.m. – 3:45 p.m.	Pool Room
BOCCE BALL	9:00 a.m. – 3:45 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 - 12:15 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. – 3:45 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
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	3:15 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
MASTICK SPEAKER SERIES	1:00 p.m. – 3:00 p.m.	Media Room (2 nd and 4 th Wednesdays of month)

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NOTARY	1:00 p.m. – 1:30 p.m.	Office ~ To make an appt., call (510) 747-7500.
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.	2 nd & 4 th Friday- 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
GLASS ON MIXED MEDIUM WORKSHOP	9:30 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.