

# MASTICK SENIOR CENTER

**1155 Santa Clara Avenue, Alameda, CA 94501 (510) 747-7500**

## MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE (EFFECTIVE 11/14/2021)

<b>MONDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
BILLIARDS <i>(Monday - Friday)</i>	9:00 a.m. - 3:00 p.m.	Pool Room
BOCCE BALL <i>(Monday - Friday)</i>	9:00 a.m. - 3:00 p.m.	Courtyard
CARDS AND GAMES <i>(Mon. - Fri.) (TBD)</i>	9:00 a.m. - 3:00 p.m.	Game Room
COMPUTER LAB <i>(Monday - Friday)</i>	see posted schedule	Room C
DRAWING & PAINTING <b>(TBD)</b>	12:30 p.m. - 3:30 p.m.	Skill Center (fee) (registration required)
EXERCISE EQUIPMENT <i>(Monday - Friday)</i>	9:00 a.m. - 3:00 p.m.	Courtyard
FITNESS WITH JULIE	9:00 a.m. - 10:45 a.m.	Social Hall (fee) (registration required)
GLASS & MOSAICS – Intermediate	9:00 a.m. – 12:00	Skill Center (fee) (registration required)
LEGAL ASSISTANCE FOR SENIORS (LAS)	<b>(TBD)</b>	For assistance, call (510) 747-7506.
LENDING LIBRARY	10:00 a.m. – 12:00	Media Room
LINE DANCING - Beginning	12:30 p.m. – 2:00 p.m.	Social Hall (fee) (registration required)
LUNCH PROGRAM <i>(Monday - Friday)</i>	11:30 a.m. – 12:30 p.m.	Dining Room 1 (reservations required/donation suggested) ~ To reserve, call (510) 747-7503.
MAH JONGG – Experienced Players	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
MASTICK VOLUNTEER WALKING GROUP	9:30 a.m. - 2:30 p.m.	Off-site (registration required) (refer to program flier)
PUTTING GREEN <i>(Monday - Friday)</i>	9:00 a.m. – 3:00 p.m.	Courtyard
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)
QUILTING & SEWING CIRCLE	9:00 a.m. – 12:00	Room B (free) (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)
TAI CHI CHUAN 24 & 42	9:30 a.m. – 11:00 a.m.	Room A (free) (registration required)
<b>TUESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
BOOK CLUB	12:15 p.m. - 1:30 p.m.	Virtual (registration required/link provided)
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. – 12:00 1:00 p.m. – 3:00 p.m.	Skill Center (for enrolled students)
CONSUMER PRESENTATIONS	<b>(TBD)</b>	(refer to monthly bulletin)
CREATIVE WRITING	10:00 a.m. - 1:00 p.m.	Courtyard (Media Room) (fee)
HICAP <b>(TBD)</b>	9:30 a.m. - 12:30 p.m.	Office (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month - by appt.) ~ For assistance, call (510) 747-7506.
NEEDLECRAFT	9:30 a.m. – 11:30 a.m.	Room B
PHILOSOPHY DISCUSSION GROUP	9:30 a.m. – 11:30 a.m.	Virtual (registration required/link provided)
PODIATRY/BLOOD PRESSURE <b>(TBD)</b>	1:45 p.m. - 3:00 p.m.	Media Room (3 <sup>rd</sup> Tues. of month - by appt.)
QIGONG	10:00 a.m. – 11:00 a.m.	Room A (fee) (registration required)
SQUARE DANCE <b>(TBD)</b>	1:00 p.m. - 3:00 p.m.	Room A (fee)
TABLE TENNIS	12:00 – 3:00 p.m.	Social Hall
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
TODAY'S WORLD <b>(TBD)</b>	9:30 a.m. - 11:30 a.m.	Dining Room 2
TRANSPORTATION ASSISTANCE	9:00 a.m. – 1:00 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)
<b>WEDNESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
AARP SMART DRIVER COURSE <b>(TBD)</b>	see posted schedule	Room D (fee) (registration required)
BALLROOM DANCE <b>(TBD)</b>	1:00 p.m. - 2:00 p.m.	Room A (fee)
BLOOD PRESSURE – Fire Dept. <b>(TBD)</b>	10:00 a.m. – 12:00	Media Room (2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of month)
BRIDGE PLAYERS	12:00 - 3:00 p.m.	Game Room (registration required)
CASE MANAGEMENT SERVICES	9:00 a.m. – 3:00 p.m.	Office ~ To make an appt., call (510) 747-7505.
COMPUTER INSTRUCTION	see posted schedule	Room C (registration required)
GLASS & MOSAICS - Intermediate	9:00 a.m. – 12:00	Skill Center (fee) (registration required)
GLASS & MOSAICS - Intermediate	12:15 p.m. – 3:00 p.m.	Skill Center (fee) (registration required)
DIABETES SUPPORT GROUP	10:00 a.m. – 12:00	Room D (registration required) (11/24, 12/22) ~ For assistance, call (510) 747-7500.
LENDING LIBRARY	10:00 a.m. – 12:00	Media Room
LINE DANCING - Intermediate	11:00 a.m. - 12:30 p.m.	Social Hall (fee) (registration required)
MSCAB MEETING	9:30 a.m. – 10:30 a.m.	Location TBD (Virtual or Room D) (3 <sup>rd</sup> Wed. of month) ~ For assistance, call (510) 747-7506.
NOTARY	1:30 p.m. - 3:00 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 (Virtual and Room A) (fee) (registration required)
SEWING & ALTERATION <b>(TBD)</b>	10:00 a.m. - 2:00 p.m.	Room B
STRENGTH TRAINING & CARDIO	10:30 a.m. - 11:30 a.m.	Room A (fee) (registration required)
TRANSPORTATION ASSISTANCE	9:00 a.m. – 1:00 p.m.	Office ~ To make an appt., call (510) 747-7513.

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<b>THURSDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
ALZHEIMER'S CAREGIVER SUPPORT GROUP	10:00 a.m. - 11:30 a.m.	Virtual until January 2022 (Room D) (2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month) ~ For assistance, call (510) 747-7506.
BIRTHDAY CELEBRATION	12:30 p.m. - 1:00 p.m.	Courtyard (Dining Room 2) (registration required) (12/16)
BOCCE BALL	1:00 p.m. - 3:00 p.m.	Courtyard (drop-in games w/ volunteer coaching)
BROWN BAG DISTRIBUTION (TBD)	9:00 a.m. - 10:00 a.m.	Delivery (1 <sup>st</sup> & 3 <sup>rd</sup> 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 – Beginning	10:00 a.m. - 12:00	Skill Center (fee) (registration required)
CERAMICS – Intermediate	1:00 p.m. - 3:00 p.m.	Skill Center (fee) (registration required)
GREAT AMERICAN SONGBOOK	1:00 p.m. - 2:30 p.m.	Virtual (registration required/link provided) (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month)
MUSIC APPRECIATION	1:30 p.m. - 2:30 p.m.	Dining Room 2 / Courtyard
NEW MEMBER ORIENTATION	10:30 a.m. - 12:00	Media Room (2 <sup>nd</sup> Thursday of month) ~ To register, call (510) 747-7500.
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)
QUILTING & SEWING CIRCLE	9:00 a.m. - 12:00	Room B (free) (registration required)
SCRABBLE	12:00 - 3:00 p.m.	Game Room (registration required)
TAI CHI CHUAN 24 & 42	10:00 a.m. - 11:30 a.m.	Room A (free) (registration required)
TAI CHI SWORD 32 & 42	12:30 p.m. - 1:30 p.m.	Social Hall (free) (registration required)
TEENS TEACHING TECHNOLOGY	4:00 p.m. - 5:00 p.m.	Room C (3 <sup>rd</sup> Thursday of month) (registration required) (12/16)
THRIFT SHOP DONATIONS	9:30 a.m. - 1:30 p.m.	Thrift Shop (donations accepted until full)
TRANSPORTATION ASSISTANCE	9:00 a.m. - 1:00 p.m.	Office ~ To make an appt., call (510) 747-7513.
<b>FRIDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
CENTRO LEGAL DE LA RAZA (TBD)	10:00 a.m. - 12:00	Office (2 <sup>nd</sup> Friday of month)
DRAWING & PAINTING CLASS (TBD)	9:30 a.m. - 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB (TBD)	1:00 p.m. - 3:30 p.m.	Skill Center (for enrolled students)
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. - 10:30 a.m.	Room A
FABRIC ARTS LAB	12:30 p.m. - 3:00 p.m.	Room B
FITNESS WITH JULIE	9:00 a.m. - 10:45 a.m.	Social Hall (fee) (registration required)
FRENCH - Intermediate Translation	10:00 a.m. - 10:45 a.m.	Room E
FRENCH – Intermediate Conversation	11:00 a.m. - 11:45 a.m.	Room E
GERMAN CONVERSATION - Intermediate	10:00 a.m. - 12:00	Virtual (registration required/link provided)
ITALIAN CONVERSATION - Intermediate	10:00 a.m. - 12:00	Virtual (registration required/link provided)
LENDING LIBRARY	10:00 a.m. - 12:00	Media Room
MAH JONGG - Experienced Players	12:00 - 3:00 p.m.	Game Room (registration/playing card required)
MOVIE CLUB	10:00 a.m. - 12:00	Virtual (registration required/link provided) (1 <sup>st</sup> Friday of the month)
MOVIE MATINEE (TBD)	1:00 p.m. - 3:30 p.m.	Dining Room 2
SHAKESPEARE DISCUSSION GROUP	1:30 p.m. - 3:30 p.m.	Virtual (registration required/link provided)
<b>SATURDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION &amp; REQUIREMENTS</b>
PICKLEBALL	9:30 a.m. - 12:30 p.m.	Lincoln Park (1450 High St.)
THRIFT SHOP	10:00 a.m. - 2:00 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.**

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