

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE

MONDAY		
ACTIVITY	TIME	LOCATION
AMERICAN SIGN LANGUAGE – <i>Beginning</i>	Noon – 1:00 p.m.	Room D (Fee) (Preregistration Required)
AMERICAN SIGN LANGUAGE – <i>Continuing</i>	1:00 p.m. - 2:00 p.m.	Room D (Fee) (Preregistration Required)
BILLIARDS (<i>Monday thru Friday</i>)	9:00 a.m. - 3:45 p.m.	Pool Room
BOCCE BALL (<i>Monday thru Friday</i>)	9:00 a.m. – 3:45 p.m.	Courtyard
CARDS AND GAMES (<i>Monday thru Friday</i>)	9:00 a.m. - 3:45 p.m.	Game Room
COMPUTER LAB	See Posted Schedule	Room C (Volunteer staffed)
DRAWING AND PAINTING	12:30 p.m. - 3:30 p.m.	Skill Center (Fee) (Preregistration Required)
EXERCISE EQUIPMENT (<i>Monday thru Friday</i>)	9:00 a.m. -3:45 p.m.	Courtyard
FITNESS	9:00 a.m. - 10:30 a.m.	Social Hall (Fee) (Preregistration Required)
HAWAIIAN DANCE (Hula I)	11:30 a.m. – 12:30 p.m.	Room A (\$3 per person per class)
HAWAIIAN DANCE (Hula II)	12:30 p.m. - 1:30 p.m.	Room A (\$5 per person per class)
HAWAIIAN DANCE (Hula III)	1:30 p.m. - 3:00 p.m.	Room A (\$5 per person per class)
LEGAL ASSISTANCE FOR SENIORS (LAS)	1:00 p.m. - 3:00 p.m.	Office (3 rd Monday of month - By Appt. Only)
LENDING LIBRARY	10:00 a.m. - Noon	Media Room (Volunteer staffed)
LINE DANCING FOR BEGINNERS	12:30 p.m. – 2:00 p.m.	Social Hall (\$3 per person per class)
LUNCH PROGRAM (<i>Monday thru Friday</i>)	11:15 a.m – 12:45 p.m.	Dining Room 1 (\$3.75 / Reservations required)
MAH JONGG - <i>Beginners</i>	1:00 p.m. - 3:45 p.m.	Game Room (Preregistration & Playing Card Required)
MASTICK WALKING GROUP	9:30 a.m. - 2:30 p.m.	Off-site (Refer to program flier)
ORIENTAL DANCE	9:00 a.m. – 11:00 a.m.	Room A
PUTTING GREEN (<i>Monday thru Friday</i>)	9:00 a.m. – 3:45 p.m.	Courtyard
QUILTING (<i>Capacity 10</i>)	9:30 a.m. - 11:30 a.m.	Room B (Fee) (Preregistration Required)
QUILTING (<i>Capacity 10</i>)	1:00 p.m. - 3:00 p.m.	Room B (Fee) (Preregistration Required)
SPANISH FOR BEGINNERS	8:50 a.m. – 9:50 a.m.	Room D (Fee) (Preregistration Required)
SPANISH CONVERSATION (Intermediate)	10:00 a.m. - Noon	Dining Room 2 (Fee) (Preregistration Required)
STAINED GLASS & MOSAICS	9:00 a.m. - Noon	Skill Center (Fee) (Preregistration Required)
TECH HELP	11:00 a.m. – Noon	Room C (Preregistration Required)
TUESDAY		
ACTIVITY	TIME	LOCATION
BOOK CLUB	Noon - 1:30 p.m.	Dining Room 2 (1 st Tuesday of month)
CASE MANAGEMENT SERVICES	10:00 a.m.– 3:00 p.m.	Office (By Appt. Only)
CERAMICS LAB	10:00 a.m. - 3:00 p.m.	Skill Center
COMPUTER LAB	See Posted Schedule	Room C
CONSUMER PRESENTATIONS	1:00 p.m. - 2:00 p.m.	Room D (See Bee for exact dates & times) (Preregistration Required)
CREATIVE WRITING	10:00 a.m. - 1:00 p.m.	Media Room (Fee)
ENGLISH AS A SECOND LANGUAGE (ESL)	10:00 a.m. - Noon	Room D (Fee) (Preregistration Required)
HICAP	10:00 a.m. - 12:15 p.m.	Office (By Appt. Only)
KNITTING & CROCHETING	1:00 p.m. - 3:00 p.m.	Room B (Beginners Only)
NEEDLECRAFT	9:00 a.m. - Noon	Room B
PODIATRY/BLOOD PRESSURE	1:45 p.m. - 3:00 p.m.	Media Room (3 rd Tues. of month - By Appt. Only)
SQUARE DANCE	1:00 p.m. - 3:00 p.m.	Room A (Fee)
TABLE TENNIS	11:30 a.m. –2:30 p.m.	Social Hall
TAI CHI-ERCISE	10:00 a.m. - 11:00 a.m.	Social Hall (\$4 per person per class)
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall
TODAY'S WORLD	9:30 a.m. - 11:30 a.m.	Dining Room 2
TRANSPORTATION TICKET SALES	9:00 a.m. - Noon	Office
YOGA	10:30 a.m. - Noon	Room A (Fee) (Preregistration Required)
WEDNESDAY		
ACTIVITY	TIME	LOCATION
AARP SMART DRIVER COURSE	9:00 a.m. - 1:30 p.m.	Room D (Fee) (Preregistration Required)
ACTIVELY AGING SUPPORT GROUP	10:00 a.m. – 11:00 a.m.	Dining Room 2 (Preregistration Required)
BALLROOM DANCE	1:00 p.m. - 2:00 p.m.	Room A (\$5 per person per class)
BLOOD PRESSURE – Fire Department	10:00 a.m. - Noon	Media Room (2 nd and 4 th Wednesday)
BRIDGE PLAYERS	1:00 p.m. - 3:45 p.m.	Game Room
CHAIR YOGA	10:30 a.m. – 11:45 a.m.	Social Hall (Fee) (Preregistration Required)
COMPUTER LAB	See Posted Schedule	Room C
DIABETES SUPPORT GROUP	1:00 p.m. – 3:00 p.m.	Room D (4 th Wed. of month) (Preregistration Required)
FITNESS	9:00 a.m. - 10:00 a.m.	Social Hall (Fee) (Preregistration Required)
LENDING LIBRARY	10:00 a.m. - Noon	Media Room
LINE DANCE - <i>Beginning</i>	Noon - 1:00 p.m.	Social Hall (\$3 per person)
LINE DANCE – <i>Instruction for Advanced</i>	1:00 p.m. – 1:30 p.m.	Social Hall (\$3 per person)
LINE DANCE - <i>Advanced</i>	1:30 p.m. - 2:30 p.m.	Social Hall (\$3 per person)
MSCAB MEETING	9:30 a.m. – 10:30 a.m.	Room D (3 rd Wednesday of month)
NOTARY	1:30 p.m. - 3:15 p.m.	Office (By Appt. ONLY)
PICKLEBALL	Noon – 1:30 p.m. 6:00 p.m. – 7:30 p.m.	Lincoln Park (1450 High St.)
PILATES	10:45 a.m. - 11:45 a.m.	Room A (\$5 per person per class)
SEWING	10:00 a.m. - 2:00 p.m.	Room B (\$5 per person per class)
STAINED GLASS LAB	9:00 a.m. – Noon	Skill Center
STAINED GLASS & MOSAICS	12:30 p.m. – 3:30 p.m.	Skill Center (Fee) (Preregistration Required)
YOGA	9:00 a.m. - 10:30 a.m.	Room A (Fee) (Preregistration Required)

**1155 Santa Clara Avenue, Alameda, CA 94501 (510) 747-7500
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THURSDAY		
ACTIVITY	TIME	LOCATION
ALZHEIMER'S CAREGIVER SUPPORT	10:00 a.m. - 11:30 a.m.	Room D (2 nd & 4 th Thursday of month)
ART OF BEADING JEWELRY	1:30 p.m. - 3:30 p.m.	Room D (Preregistration Required)
BIRTHDAY CELEBRATION	12:30 p.m. - 1:30 p.m.	Dining Room 2 (4 th Thursday of month)
BROWN BAG DISTRIBUTION	9:00 a.m. - 10:00 a.m.	Dining Room 1 (1 st & 3 rd Thursday of month)
CASE MANAGEMENT SERVICES	10:00 a.m. - 3:00 p.m.	Office (By Appt. Only)
CERAMICS – <i>Beginning</i>	9:30 a.m. - Noon	Skill Center (Fee) (Preregistration Required)
CERAMICS – <i>Advanced</i>	12:30 p.m. - 3:00 p.m.	Skill Center (Fee) (Preregistration Required)
COMPUTER LAB	See Posted Schedule	Room C
CURRENT EVENTS	9:00 a.m. - 10:30 a.m.	Dining Room 2
DENTAL CONSULTATION	10:30 a.m. - Noon	Office (3 rd Thursday of month - By Appt. Only)
EBRTA (Luncheon)	10:00 a.m. - 2:00 p.m.	Social Hall (1 st Thursday of month)
EBRTA (Meeting)	1:00 p.m. - 2:00 p.m.	Room E (4 th Thursday of month)
GREAT AMERICAN SONGBOOK	1:30 p.m. - 2:30 p.m.	Dining Room 2 (1 st Thursday of month)
LINE DANCE - <i>Beginning</i>	Noon - 1:00 p.m.	Room A (1 st & 3 rd Thursday) Social Hall (2 nd , 4 th & 5 th Thursday) (\$3 per person)
LINE DANCE – <i>Instruction for Advanced</i>	1:00 p.m. - 1:30 p.m.	Room A (1 st Thursday) Social Hall (2 nd , 3 rd , 4 th & 5 th Thursday) (\$3 per person)
LINE DANCE – <i>Advanced</i>	1:30 p.m. - 2:30 p.m.	Room A (1 st Thursday) Social Hall (2 nd , 3 rd , 4 th & 5 th Thursday) (\$3 per person)
MOVIE MATINEE	1:00 p.m. - 3:30 p.m.	Media Room (Free Popcorn)
MUSIC APPRECIATION	1:30 p.m. - 2:30 p.m.	Dining Room 2 (4 th Thursday of month)
NEW MEMBER ORIENTATION	10:30 a.m. - Noon	Media Room (2 nd Thursday of month) (Pre-Registration Required)
PORTRAITS BY WOODARD	10:30 a.m. - 12:30 p.m.	Room D (1 st Thursday of month - By Appt. Only)
QUILTING	9:30 a.m. - 11:30 a.m.	Room B (Fee) (Preregistration Required)
QUILTING	1:00 p.m. - 3:00 p.m.	Room B (Fee) (Preregistration Required)
SCRABBLE	12:30 p.m. - 3:30 p.m.	Game Room
TAI CHI 24 STEPS – <i>Beginning</i>	9:15 a.m. - 10:15 a.m.	Room A (\$4 per person per class)
TAI CHI 24 STEPS - <i>Intermediate</i>	10:30 a.m. - 11:30 a.m.	Room A (\$4 per person per class)
TAROT MEDITATION GROUP	11:00 a.m. - Noon	Room D (3 rd Thursday of month)
TEENS TEACHING TECHNOLOGY	4:00 p.m. - 5:00 p.m.	Room C (3 rd Thursday) (Preregistration Required)
TRANSPORTATION TICKET SALES	9:00 a.m. - Noon	Office
FRIDAY		
ACTIVITY	TIME	LOCATION
COMPUTER LAB	See Posted Schedule	Room C
DRAWING AND PAINTING CLASS	9:30 a.m. - 12:30 p.m.	Skill Center (Fee) (Preregistration Required)
DRAWING AND PAINTING LAB	1:00 p.m. - 3:30 p.m.	Skill Center
EGYPTIAN FOLKLORE DANCE	9:00 a.m. - 10:30 a.m.	Room A
FITNESS	9:00 a.m. - 10:30 a.m.	Social Hall (Fee) (Preregistration Required)
FRENCH LITERATURE & TRANSLATION	9:00 a.m. - 10:00 a.m.	Room E
ELEMENTARY FRENCH	10:00 a.m. - 11:00 a.m.	Room E
GERMAN CONVERSATION	10:00 a.m. - Noon	Dining Room 2
HAWAIIAN DANCE (Hula I)	11:30 a.m. - 12:30 p.m.	Room A (\$3 per person per class)
HAWAIIAN DANCE (Hula II)	12:30 p.m. - 1:30 p.m.	Room A (\$5 per person per class)
HAWAIIAN DANCE (Hula III)	1:30 p.m. - 3:00 p.m.	Room A (\$5 per person per class)
ITALIAN CONVERSATION (Intermediate)	10:00 a.m. - Noon	Room D (Preregistration Required)
LENDING LIBRARY	10:00 a.m. - Noon	Media Room
MAH JONGG (<i>Experienced Players</i>)	1:00 p.m. - 3:45 p.m.	Game Room (Mah Jongg Playing Card Required)
PIANO/SINGING WITH KEIKO	12:30 p.m. - 1:30 p.m.	Music Room
QUILTING & SEWING LAB	9:00 a.m. - 3:30 p.m.	Room B
SATURDAY		
ACTIVITY	TIME	LOCATION
BINGO	11:30 a.m. - 2:30 p.m.	Social Hall (Doors open at 9:30 a.m.)
PICKLEBALL	10:00 a.m. - 11:30 a.m.	Lincoln Park (1450 High St.)
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall

Refer to class flier for specific details.

A \$15 processing fee will be charged for withdrawal from a class.

Program dates, times, and locations subject to change. Please verify schedule with Office.