

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE

MONDAY		
ACTIVITY	TIME	LOCATION
BILLIARDS (<i>Monday - Friday</i>)	9:00 a.m. - 3:45 p.m.	Pool Room
BOCCE BALL (<i>Monday - Friday</i>)	9:00 a.m. - 3:45 p.m.	Courtyard
CARDS AND GAMES (<i>Monday - Friday</i>)	9:00 a.m. - 3:45 p.m.	Game Room
COMPUTER LAB	see posted schedule	Room C
DRAWING & PAINTING	12:30 p.m. - 3:30 p.m.	Skill Center (fee) (registration required)
EXERCISE EQUIPMENT (<i>Monday - Friday</i>)	9:00 a.m. - 3:45 p.m.	Courtyard
FITNESS WITH JULIE	9:00 a.m. - 10:30 a.m.	Social Hall (fee) (registration required)
HAWAIIAN DANCE (Hula I)	11:30 a.m. - 12:30 p.m.	Room A (\$5 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)	Noon - 2:00 p.m.	Office (3 rd Monday of month - by appt.)
LENDING LIBRARY	2:00 p.m. - 3:30 p.m.	Media Room
LINE DANCING FOR BEGINNERS	12:30 p.m. - 2:00 p.m.	Social Hall (\$4 per person per class)
LUNCH PROGRAM (<i>Monday - 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 (registration/playing card required)
MASTICK VOLUNTEER 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
PHILOSOPHY DISCUSSION GROUP	10:00 a.m. - 11:00 a.m.	Dining Room 2
PUTTING GREEN (<i>Monday - Friday</i>)	9:00 a.m. - 3:45 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)
SPANISH FOR BEGINNERS	9:00 a.m. - 10:00 a.m.	Room D (fee) (registration required)
SPANISH CONVERSATION - <i>Intermediate</i>	10:15 a.m. - 12:30 p.m.	Room D (fee) (registration required)
STAINED GLASS & MOSAICS - <i>Beg. & Int.</i>	9:00 a.m. - Noon	Skill Center (fee) (registration required)
TECH HELP	11:00 a.m. - Noon	Office (registration required)
TUESDAY		
ACTIVITY	TIME	LOCATION
BAM (BALANCE AND MOBILITY)	1:15 p.m. - 2:05 p.m.	Social Hall (fee) (registration required)
BOOK CLUB	12:15 p.m. - 1:30 p.m.	Dining Room 2 (1 st Tuesday of month)
CASE MANAGEMENT SERVICES	9:00 a.m. - 3:00 p.m.	Office (by appt.)
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 (registration 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) (registration required)
HICAP	9:30 a.m. - 12:30 p.m.	Office (1 st & 3 rd Tuesday of month - by appt.)
KNITTING CIRCLE WITH GAIL	1:00 p.m. - 3:00 p.m.	Room B
NEEDLECRAFT	9:30 a.m. - 11:30 a.m.	Room B
PODIATRY/BLOOD PRESSURE	1:45 p.m. - 3:00 p.m.	Media Room (3 rd Tuesday of month - by appt.)
QIGONG	9:00 a.m. - 10:00 a.m.	Room A (fee) (registration required)
SQUARE DANCE	1:00 p.m. - 3:00 p.m.	Room A (fee)
TABLE TENNIS - <i>Singles Play / Doubles Play</i>	Noon - 1:25 p.m.	Social Hall
TABLE TENNIS - <i>Doubles Play</i>	1:30 p.m. - 3:00 p.m.	Social Hall
TECH HELP	1:00 p.m. - 3:00 p.m.	Office (registration required)
TAI CHI-ERCISE & MEDITATION	10:15 a.m. - 11:15 a.m.	Room A (\$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	10:15 a.m. - 11:45 a.m.	Social Hall (fee) (registration required)
WEDNESDAY		
ACTIVITY	TIME	LOCATION
AARP SMART DRIVER COURSE	see posted schedule	Room D (fee) (registration 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 & 4 th Wednesday of month)
BRIDGE PLAYERS	12:30 p.m. - 3:30 p.m.	Game Room
CHAIR YOGA	10:35 a.m. - 11:50 a.m.	Social Hall (fee) (registration required)
COMPUTER LAB	see posted schedule	Room C
DIABETES SUPPORT GROUP	10:00 a.m. - Noon	2020 dates: Rm D: 3/25, 5/27, 7/22, 9/23; Rm E: 11/18
LENDING LIBRARY	10:00 a.m. - Noon	Media Room
LINE DANCE - <i>Beginning</i>	12:10 p.m. - 1:10 p.m.	Social Hall (\$4 per person)
LINE DANCE - <i>Instruction for Advanced</i>	1:10 p.m. - 1:40 p.m.	Social Hall (\$4 per person)
LINE DANCE - <i>Advanced</i>	1:40 p.m. - 2:40 p.m.	Social Hall (\$4 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	9:30 a.m. - 12:30 p.m.	Lincoln Park (1450 High St.)
PILATES	10:30 a.m. - 11:30 a.m.	Room A (\$5 per person per class)
SEWING & ALTERATION	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 - <i>Intermediate</i>	Noon - 3:00 p.m.	Skill Center (fee) (registration required)
STRENGTH TRAINING & CARDIO	9:00 a.m. - 10:00 a.m.	Room A (fee) (registration required)
YOGA	9:00 a.m. - 10:25 a.m.	Social Hall (fee) (registration required)

MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE

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)
BEADING JEWELRY	1:30 p.m. - 3:30 p.m.	Room D (refer to program flier)
BIRTHDAY CELEBRATION	12:30 p.m. - 1:30 p.m.	Dining Room 2 (4 th Thursday of month)
BOCCE BALL	1:00 p.m. - 2:30 p.m.	Courtyard (drop-in games w/ volunteer coaching)
BROWN BAG DISTRIBUTION	9:00 a.m. - 10:00 a.m.	Dining Room 1 (1 st & 3 rd Thursday of month)
CASE MANAGEMENT SERVICES	9:00 a.m. - 3:00 p.m.	Office (by appt. only)
CERAMICS - <i>Beginning</i>	9:30 a.m. - Noon	Skill Center (fee) (registration required)
CERAMICS - <i>Intermediate</i>	12:30 p.m. - 3:00 p.m.	Skill Center (fee) (registration 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.)
GREAT AMERICAN SONGBOOK	1:00 p.m. - 2:30 p.m.	Dining Room 2 (1 st Thursday of month)
LINE DANCE - <i>Beginning</i>	Noon - 1:00 p.m.	Social Hall (\$4 per person)
LINE DANCE - <i>Instruction for Advanced</i>	1:00 p.m. - 1:30 p.m.	Social Hall (\$4 per person)
LINE DANCE - <i>Advanced</i>	1:30 p.m. - 2:30 p.m.	Social Hall (\$4 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) (registration required)
P.R.I.M.E. FITNESS	1:15 p.m. - 2:05 p.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)
SCRABBLE	Noon - 3:30 p.m.	Game Room
SHAKESPEARE DISCUSSION GROUP	9:30 a.m. - 11:30 a.m.	Room E (<i>resumes May 2020</i>)
TAI CHI - <i>Beginning</i>	9:10 a.m. - 10:00 a.m.	Room A (\$4 per person per class)
TAI CHI SILK REELING EXERCISE	10:10 a.m. - 10:50 a.m.	Room A (\$4 per person per class)
TAI CHI - <i>Intermediate</i>	10:50 a.m. - 11:40 a.m.	Room A (\$4 per person per class)
TEENS TEACHING TECHNOLOGY	4:00 p.m. - 5:00 p.m.	Room C (3 rd Thursday of month) (registration required)
TRANSPORTATION TICKET SALES	9:00 a.m. - Noon	Office
FRIDAY		
ACTIVITY	TIME	LOCATION
CASE MANAGEMENT SERVICES	9:00 a.m. - 3:00 p.m.	Office (by appt.)
CENTRO LEGAL DE LA RAZA ~ "RENTERS"	10:00 a.m. - 12:00	Office (2 nd Friday of month)
COMPUTER LAB	see posted schedule	Room C
DRAWING & PAINTING CLASS	9:30 a.m. - 12:30 p.m.	Skill Center (fee) (registration required)
DRAWING & PAINTING LAB	1:00 p.m. - 3:30 p.m.	Skill Center
EGYPTIAN FOLKLORIC DANCE	9:00 a.m. - 10:30 a.m.	Room A
FABRIC ARTS LAB	12:30 p.m. - 3:30 p.m.	Room B
FITNESS WITH JULIE	9:00 a.m. - 10:30 a.m.	Social Hall (fee) (registration required)
FRENCH LITERATURE & TRANSLATION	9:00 a.m. - 10:00 a.m.	Room E
ELEMENTARY FRENCH GRAMMAR	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 (\$5 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 - <i>Intermediate</i>	10:00 a.m. - Noon	Room D
KNITTING CIRCLE WITH GAIL	9:00 a.m. - Noon	Room B
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 (playing card required)
SATURDAY		
ACTIVITY	TIME	LOCATION
BINGO	11:00 a.m. - 2:30 p.m.	Social Hall (doors open at 9:30 a.m.)
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

If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee. For more information, refer to the CLIENT WITHDRAWALS AND REFUNDS Policy.

See program fliers for specific details. Program dates, times, and locations subject to change.

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