

## MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE

<b>MONDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
AMERICAN SIGN LANGUAGE – <i>Beginning</i>	12:15 p.m. - 1:15 p.m.	Media Room (Fee) (Registration Required)
AMERICAN SIGN LANGUAGE – <i>Continuing</i>	1:15 p.m. - 2:15 p.m.	Media Room (Fee) (Registration 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
DRAWING & PAINTING	12:30 p.m. - 3:30 p.m.	Skill Center (Fee) (Registration Required)
EXERCISE EQUIPMENT ( <i>Monday thru 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)	1:00 p.m. - 3:00 p.m.	Office (3 <sup>rd</sup> 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 (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
PUTTING GREEN ( <i>Monday thru 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>	10:00 a.m. - Noon	Dining Room 2 (Fee) (Registration Required)
STAINED GLASS & MOSAICS – <i>Beg. &amp; Int.</i>	9:00 a.m. - Noon	Skill Center (Fee) (Registration Required)
TECH HELP	11:00 a.m. – Noon	Office (Registration Required)
<b>TUESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
BOOK CLUB	Noon - 1:30 p.m.	Dining Room 2 (1 <sup>st</sup> Tuesday of month)
CASE MANAGEMENT SERVICES	9:00 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 (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	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 <sup>rd</sup> Tues. of month - By Appt. Only)
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	Noon – 3:00 p.m.	Social Hall
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	10:30 a.m. - Noon	Social Hall (Fee) (Registration Required)
<b>WEDNESDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
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 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of month)
BRIDGE PLAYERS	1:00 p.m. - 3:45 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	Room D (meeting dates: 9/26, 11/28)
STRENGTH TRAINING & CARDIO	9:00 a.m. - 10:00 a.m.	Room A (Fee) (Registration Required)
LENDING LIBRARY	10:00 a.m. - Noon	Media Room
LGBT PEER SUPPORT GROUP	1:30 p.m. – 3:30 p.m.	Dining Room 2 (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of month)
LINE DANCE - <i>Beginning</i>	12:10 p.m. - 1:10 p.m.	Social Hall (\$3 per person)
LINE DANCE – <i>Instruction for Advanced</i>	1:10 p.m. – 1:40 p.m.	Social Hall (\$3 per person)
LINE DANCE - <i>Advanced</i>	1:40 p.m. - 2:40 p.m.	Social Hall (\$3 per person)
MYSTERY BOOK DISCUSSION GROUP	1:00 p.m. – 2:30 p.m.	Room D (3 <sup>rd</sup> Wed. of month beginning Sept. 2018)
MSCAB MEETING	9:30 a.m. – 10:30 a.m.	Room D (3 <sup>rd</sup> Wednesday of month)
NOTARY	1:30 p.m. - 3:15 p.m.	Office (By Appt. Only)
PICKLEBALL	10:30 a.m. - Noon	Lincoln Park (1450 High St.)
PILATES	10:45 a.m. - 11:45 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)
YOGA	9:00 a.m. - 10:25 a.m.	Social Hall (Fee) (Registration Required)

# MASTICK SENIOR CENTER ACTIVITIES AT A GLANCE

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

<b>THURSDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
ALZHEIMER'S CAREGIVER SUPPORT	10:00 a.m. - 11:30 a.m.	Room D (2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month)
ART OF BEADING JEWELRY I & II	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 <sup>th</sup> Thursday of month)
BOCCE BALL	1:30 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 <sup>st</sup> & 3 <sup>rd</sup> 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 <sup>rd</sup> Thursday of month - By Appt. Only)
EBRTA (Luncheon)	10:00 a.m. - 2:00 p.m.	Social Hall (1 <sup>st</sup> Thursday of month)
EBRTA (Meeting)	1:00 p.m. - 2:00 p.m.	Room E (4 <sup>th</sup> Thursday of month)
GREAT AMERICAN SONGBOOK	1:30 p.m. - 2:30 p.m.	Dining Room 2 (1 <sup>st</sup> Thursday of month)
LINE DANCE - <i>Beginning</i>	Noon - 1:00 p.m.	Room A (1 <sup>st</sup> Thursday) Social Hall (2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Thursday) (\$3 per person)
LINE DANCE - <i>Instruction for Advanced</i>	1:00 p.m. - 1:30 p.m.	Room A (1 <sup>st</sup> Thursday) Social Hall (2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Thursday) (\$3 per person)
LINE DANCE - <i>Advanced</i>	1:30 p.m. - 2:30 p.m.	Room A (1 <sup>st</sup> Thursday) Social Hall (2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> 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 <sup>th</sup> Thursday of month)
NEW MEMBER ORIENTATION	10:30 a.m. - Noon	Media Room (2 <sup>nd</sup> Thursday of month) (Registration Required)
PORTRAITS BY WOODARD	10:30 a.m. - 12:30 p.m.	Room D (1 <sup>st</sup> Thursday of month - By Appt. Only)
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	1:30 p.m. - 3:30 p.m.	Game Room
SHAKESPEARE DISCUSSION GROUP	9:30 a.m. - 11:30 a.m.	Room E
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 ( <i>resumes September 2018</i> ) (3 <sup>rd</sup> Thursday of month) (Registration Required)
TRANSPORTATION TICKET SALES	9:00 a.m. - Noon	Office
<b>FRIDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
CASE MANAGEMENT SERVICES	9:00 a.m. - 3:00 p.m.	Office (By Appt. Only)
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	9:00 a.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	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 ( <i>resumes September 2018</i> )
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
<b>SATURDAY</b>		
<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>
BINGO	11:15 a.m. - 2:30 p.m.	Social Hall (Doors open at 9:30 a.m.)
PICKLEBALL	10:30 a.m. - Noon	Lincoln Park (1450 High St.)
THRIFT SHOP	10:00 a.m. - 2:00 p.m.	Building next to Social Hall

**Refer to program 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 the Mastick Office.***