



Making Connections • Staying Active • Living Well

# JULY 2025 PROGRAMS

## TRIPS & SPECIAL EVENTS

No.	Activity Details	Cost
30676	<p><a href="#">Walnut Creek Downtown Shopping</a></p> <p><i>Thursday, July 17, 9:00 AM – 4:00 PM, Location: Media Room</i></p> <p>Shop and play in Downtown Walnut Creek! Enjoy warm weather and plentiful opportunities to browse, eat, and indulge. Set your own pace while you stroll through the delightful downtown shopping complex and relax with a climate-controlled bus ride as your transportation. Lunch not included.</p>	\$30.00
30677	<p><a href="#">UCSC Botanical Garden</a></p> <p><i>Friday, July 25, 9:00 AM – 5:00 PM, Location: Media Room</i></p> <p>Join Mastick on the long-awaited UCSC Botanical Garden Adventure, accompanied by lunch at the Crow's Nest Restaurant. Set your own pace on a self-guided tour and enjoy a beautiful drive on a climate-controlled bus. Lunch and transportation included.</p>	\$90.00

## SPECIAL PRESENTATIONS & WORKSHOPS

No.	Activity Details	Cost
29857	<p><b>NEW!!</b> <a href="#">The ABC's of Long Term Care Insurance</a></p> <p><i>Tuesday, July 8, 10:00 AM - 11:00 AM, Location: Media Room</i></p> <p>Join a HICAP Representative to learn about the types of fraud and abuse prevalent in the Medicare system. Gain increased awareness of health care scams, how to protect against them, identifying fraud and abuse, and where to report it.</p>	FREE
30302	<p><b>NEW!!</b> <a href="#">Eat Smart, Live Strong</a></p> <p><i>Monday, July 14 – August 4, 10:00 AM - 11:00 AM, Location: Room E</i></p> <p>This Nutrition Education Series consists of 4 weekly interactive sessions to help you adopt new behaviors that will improve your health and quality of life through simple dietary modifications and fun physical activity. This program provides support, education, and encouragement to help you meet your new goals and stay on track!</p>	FREE
29906	<p><a href="#">The Last Gift Box- A Present to Those Who Follow Me</a></p> <p><i>Thursday, July 24, 10:00 AM - 11:30 AM</i></p> <p>The class is based on the book, THE LAST GIFT BOX, A PRESENT TO THOSE WHO FOLLOW ME and offers practical ways to organize the "business" aspects of your life and ways to share with your family and friends your decisions on how you wish to die and be remembered.</p>	\$15.00

## ENRICHMENT

No.	Activity Name	Day	Time	Dates	Location	Cost
30004	<a href="#">Social Security Fraud</a>	Wed	1:30 PM - 3:00 PM	Jul 9	Room D	FREE
30585	<a href="#">Transportation 101 &amp; Clipper Card for Seniors</a>	Fri	10:00 AM - 12:00 PM	Aug 1	Media Room	FREE
29905	<a href="#">What Doctors Don't Tell You</a>	Tue	9:30 AM - 10:30 AM	Jul 29 - Aug 12	Room D	FREE
29938	<a href="#">Writing Your Legacy Story 1</a>	Mon	12:15 PM - 1:30 PM	Jul 28 - Aug 25	Room D	\$39.00

## WELLNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
29778	<a href="#">Advanced Qigong</a>	Thu	10:00 AM - 11:00 AM	Jul 10 - Aug 14	Room A	\$67.00
29842	<a href="#">Chair Yoga</a>	Mon	11:00 AM - 12:00 PM	Jul 21 - Aug 25	Social Hall	\$66.00
29780	<a href="#">Introduction to Qigong</a>	Tue	10:00 AM - 11:00 AM	Jul 8 - Aug 12	Room A	\$67.00
29782	<a href="#">Introduction to Qigong</a>	Sat	10:00 AM - 11:00 AM	Jul 12 - Aug 16	Room A	\$67.00
30537	<a href="#">Qigong (Advanced)</a>	Sat	11:15 AM - 12:15 PM	Jul 12 - Aug 16	Room A	\$72.00
29861	<a href="#">Yoga for Bone Health</a>	Tue	5:15 PM - 6:30 PM	Jul 29 - Sep 2	Social Hall	\$67.00
29862	<a href="#">Yoga for Bone Health</a>	Wed	3:00 PM - 4:15 PM	Jul 30 - Sep 3	Social Hall	\$67.00

**ARTS & CRAFTS**

No.	Activity Name	Day	Time	Dates	Location	Cost
30124	<a href="#">Cell Phone Photography Basics</a>	Wed	9:30 AM - 11:00 AM	Jul 2 – Jul 30	Dining Room 2	<b>FREE</b>
29869	<a href="#">Glass on Mixed Medium Workshop</a>	Sat	9:30 AM - 12:00 PM	Jul 5 – Jul 26	Skills Center	\$53.00
29870	<a href="#">Glass on Mixed Medium Workshop</a>	Sat	9:30 AM - 12:00 PM	Aug 2 - Aug 23	Skills Center	\$53.00
29829	<a href="#">Stained Glass &amp; Mosaics for Beginner &amp; Intermediate</a>	Mon	9:30 AM - 12:00 PM	Aug 4 - Sep 8	Skills Center	\$83.00

**DANCE**

No.	Activity Name	Day	Time	Dates	Location	Cost
29834	<a href="#">Hula</a>	Tue	11:30 AM - 1:30 PM	Jul 1 – Jul 29	Room A	\$53.00
29835	<a href="#">Hula</a>	Tue	11:30 AM - 1:30 PM	Aug 5 - Aug 26	Room A	\$43.00
29738	<a href="#">Line Dancing for Absolute Beginners (Level 1)</a>	Wed	9:30 AM - 10:30 AM	Jul 9 – Jul 30	Social Hall	\$37.00
29739	<a href="#">Line Dancing for Absolute Beginners (Level 1)</a>	Wed	9:30 AM - 10:30 AM	Aug 6 - Aug 27	Social Hall	\$37.00
29714	<a href="#">Line Dancing for Beginners (Level 2)</a>	Mon	12:30 PM - 2:00 PM	Jul 7 – Jul 28	Social Hall	\$37.00
29736	<a href="#">Line Dancing for Beginners (Level 2)</a>	Mon	12:30 PM - 2:00 PM	Aug 4 - Aug 25	Social Hall	\$37.00
29741	<a href="#">Line Dancing for High Beginners (Level 3)</a>	Wed	11:00 AM - 12:30 PM	Jul 9 – Jul 30	Social Hall	\$37.00
29742	<a href="#">Line Dancing for High Beginners (Level 3)</a>	Wed	11:00 AM - 12:30 PM	Aug 6 - Aug 27	Social Hall	\$37.00
29401	<a href="#">Senior Soul Hustle Dance Class</a>	Tue	3:30 PM - 4:30 PM	Jul 1 - Aug 26	Social Hall	\$54.00
29750	<a href="#">Zumba Gold</a>	Thu	1:30 PM - 2:30 PM	Jul 10 - Jul 31	Room A	\$43.00
29746	<a href="#">Zumba Gold Toning</a>	Tue	1:30 PM - 2:30 PM	Jul 8 – Jul 29	Social Hall	\$43.00

**FITNESS**

No.	Activity Name	Day	Time	Dates	Location	Cost
29840	<a href="#">Balance, Mobility, and Stability</a>	Mon	10:00 AM - 10:50 AM	Jul 21 - Aug 25	Social Hall	\$69.00
29854	<a href="#">BaM (Balance and Mobility)</a>	Tue	12:15 PM - 1:05 PM	Aug 5 - Sep 30	Social Hall	\$70.00
29759	<a href="#">Fitness with Kendra</a>	Thu	11:45 AM - 12:45 PM	Jul 3 – Jul 31	Social Hall	\$56.00
29761	<a href="#">Fitness with Kendra</a>	Thu	11:45 AM - 12:45 PM	Aug 7 - Aug 28	Social Hall	\$45.00
29594	<a href="#">Kayaking for Seniors</a>	Fri	10:00 AM - 12:30 PM	Jul 11	Grand Street Marina	\$63.00
29595	<a href="#">Kayaking for Seniors</a>	Fri	10:00 AM - 12:30 PM	Aug 1	Grand Street Marina	\$63.00
29844	<a href="#">Pilates (In Person &amp; via Zoom)</a>	Wed	9:00 AM - 10:00 AM	Jul 23 - Aug 27	Room A	\$69.00
29855	<a href="#">RaM (Resistance and Movement)</a>	Thu	2:00 PM - 2:50 PM	Aug 7 - Sep 25	Social Hall	\$63.00
29849	<a href="#">Strength Training and Cardio</a>	Wed	10:30 AM - 11:30 AM	Jul 23 - Aug 27	Room A	\$69.00
29831	<a href="#">Sunset Kayaking for Seniors</a>	Fri	7:00 PM - 9:30 PM	Aug 8	Grand Street Marina	\$68.00
29807	<a href="#">Alexander Technique: Working with Gravity Forces to Improve</a>	Tu, W, Thu	10:00 AM - 11:30 AM	Jul 8 – Jul 10	Dining Room 2	\$58.00

**Registering for Programs:** For members with an ActiveNet account and password, click on the blue link provided in the class description to register. Call 510-747-7500 for any assistance.