

PRESENTATIONS & EVENTS

No.	Activity Name	Day	Time	Dates	Location	Cost
33865	Guide Dogs for the Blind: Round Two	Thu	9:00 AM - 2:30 PM	Jun 25	Media Room	\$90
33819	Digital Art With Illustrator	Tue	1:00 PM - 3:00 PM	Jun 9 - Jul 14	Room C	\$63
32644	Introduction to: The Last Gift Box	Thu	1:00 PM - 2:30 PM	Jun 11	Room E	\$15
32244	Keeping Elders Safe: An Overview of Elder Abuse and Remedies	Tue	10:00 AM - 11:30 AM	Jun 9	Media Room	FREE
32399	Seeing is Not Believing: Still-Life Painting	Wed	1:00 PM - 3:00 PM	Jun 24	Dining Room 2	FREE
32548	Shop Smart & Beat Inflation- NEW!	Tue	10:00 AM - 11:30 AM	Jun 16	Room D	\$26
32337	Transportation 101 & Clipper Card for Seniors	Fri	10:00 AM - 12:00 PM	Jun 5	Media Room	FREE

ARTS & CRAFTS

No.	Activity Name	Day	Time	Dates	Location	Cost
32515	Stained Glass & Mosaic for Beginner & Intermediate	Wed	9:30 AM - 12:00 PM	Jun 17 - Jul 22	Skill Center	\$83
32517	Stained Glass & Mosaic for Beginner & Intermediate	Sat	9:30 AM - 12:00 PM	Jun 20 - Aug 1	Skill Center	\$83
32519	Stained Glass & Mosaics Art Lab for Intermediates	Wed	12:30 PM - 3:00 PM	Jun 17 - Jul 22	Skill Center	\$63

ENRICHMENT

No.	Activity Name	Day	Time	Dates	Location	Cost
32268	Alameda Stamp Club	Thu	1:00 PM - 3:00 PM	Jun 11 - Aug 13	Room D	FREE
32334	Book Club	Tue	12:15 PM - 1:30 PM	Jun 2 - Aug 4	Via Zoom	FREE
32398	Caregiver Support Group	Wed	10:00 AM - 11:30 AM	Jun 3 - Aug 26	Room E	FREE
32509	Conversational Spanish	Mon	10:30 AM - 11:45 AM	Jun 1 - Jul 20	Room D	\$68
32679	Diabetes Support Group	Wed	10:00 AM - 12:00 PM	June 24 - Aug 26	Room D	FREE
32336	French Translation (Intermediate)	Fri	10:00 AM - 12:00 PM	Jun 5 - Aug 28	Room E	FREE
32568	German Conversation	Fri	1:00 PM - 3:00 PM	Jun 5 - Aug 28	Via Zoom	FREE
32237	Italian Conversation Group	Fri	10:00 AM - 12:00 PM	Jun 5 - Aug 28	Room D	FREE
32511	Spanish - Beginning	Mon	9:00 AM - 10:00 AM	Jun 1 - Jun 20	Room D	\$68
32565	Today's World	Tue	9:30 AM - 11:30 AM	Jun 2 - Aug 25	Dining Room 2	FREE
32250	Writing Your Legacy Story	Mon	1:00 PM - 2:15 PM	Jun 15 - Jul 13	Room D	\$47

DANCE

No.	Activity Name	Day	Time	Dates	Location	Cost
32611	Hula	Tue	11:30 AM - 12:20 PM	Jun 2 - Jun 23	Room A	\$43
32654	Line Dancing Level 1	Wed	9:00 AM - 10:30 AM	Jun 3 - Jun 24	Social Hall	\$41
32658	Line Dancing Level 2	Mon	12:30 PM - 2:00 PM	Jun 1 - Jun 22	Social Hall	\$41
32661	Line Dancing Level 3	Wed	11:00 AM - 12:30 PM	Jun 3 - Jun 24	Social Hall	\$41
32621	Zumba Gold	Thu	1:30 PM - 2:30 PM	Jun 11 - Jun 25	Room A	\$36
32633	Zumba Gold & Zumba Toning Combo	Fri	10:30 AM - 11:30 AM	Jun 5 - Jun 26	Social Hall	\$25
32616	Zumba Gold Toning	Tue	1:30 PM - 2:30 PM	Jun 2 - Jun 30	Social Hall	\$47

FITNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
32549	BaM (Balance and Mobility)	Tue	12:15 PM - 1:05 PM	Jun 2 - Aug 25	Social Hall	\$107
32525	Fitness with Kendra	Thu	11:45 AM - 12:45 PM	Jun 4 - Jun 25	Social Hall	\$41
32869	Mastick Kayaking Tour	Fri	9:30 AM - 11:30 AM	Jun 5	Encinal Boat Ramp	\$63
32238	Mastick Volunteer Walking Group	Mon	9:30 AM - 3:00 PM	Jun 1 - Aug 31	Varies	FREE
32550	RaM (Resistance and Movement)	Thu	2:00 PM - 2:50 PM	Jun 4 - Aug 27	Social Hall	\$107

WELLNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
32559	Advanced Qigong	Thu	10:00 AM - 11:00 AM	Jun 4 - Jul 9	Room A	\$72
32561	Advanced Qigong	Sat	11:15 AM - 12:15 PM	Jun 6 - Jul 11	Room A	\$72
32555	Introduction to Qigong	Tue	10:00 AM - 11:00 AM	Jun 2 - Jul 7	Room A	\$72
32557	Introduction to Qigong	Sat	10:00 AM - 11:00 AM	Jun 6 - Jul 11	Room A	\$72
32331	Posture & Movement Coaching with Alexander Technique	Tue	10:00 AM - 11:30 AM	Jun 23 - Jun 25	Dining Room 2	\$60
32537	Yoga for Bone Health	Mon	2:30 PM - 3:45 PM	Jun 22 - Aug 24	Social Hall	\$103
32539	Yoga for Bone Health	Wed	3:00 PM - 4:15 PM	Jun 24 - Aug 26	Social Hall	\$103
32529	Yoga with Dina	Tue	9:00 AM - 10:15 AM	Jun 2 - Jul 21	Social Hall	\$80
32531	Yoga with Dina	Thu	10:00 AM - 11:15 AM	Jun 4 - Jul 23	Social Hall	\$80

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.