

## Staying Active~

### Registering for Programs...

For members with an ActiveNet account and password, simply click on the blue link provided in the class description to register for the desired class(es). If you need assistance with setting up your ActiveNet account or password, please call 510-747-7500.

### Hula 1

**Tuesdays, January 3 - 31, 11:30 a.m. – 12:20 p.m., Location: Room A**  
**Cost: \$53 ~ Class #19420**

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movement. Join us for fun and aloha! To register, [click here](#).

### Book Club

**Tuesday, January 3, 12:15 p.m., Location: Zoom**  
**FREE**

Join Book Club members and discuss The Murmur of the Bees by Sofia Segovia. The Lost Apothecary by Sarah Penner will be reviewed on February 7. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov). Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

### Hula 2

**Tuesdays, January 3 - 31, 12:30 p.m. – 1:20 p.m., Location: Room A**  
**Cost: \$53 ~ Class #19425**

This class welcomes men and women who have danced hula previously and are familiar with more of the basic hula steps. Along with the dance you'll learn stories and a little bit of Hawaiian language. Ladies and gentlemen should wear comfortable stretch clothing to allow for ease of movements. Fun, aloha, exercise, all in one place! To register, [click here](#).

### Zumba Gold - Toning

**Tuesdays, January 3 - 31, 2:00 p.m. – 2:55 p.m., Location: Social Hall**  
**Cost: \$53 ~ Class #19516**

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength, tone and endurance. To register, [click here](#).



### Yoga for Bone Health

**Tuesdays, January 3 – February 21, 5:00 p.m. – 6:15 p.m., Location: Social Hall**  
**Cost: \$67 ~ Class #20826**

Yoga to promote bone health, based on research by Dr. Loren Fishman demonstrating that a targeted yoga practice can slow, stop, and even reverse the progress of osteopenia and osteoporosis, and prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with yoga. To register, [click here](#).

### Line Dancing for Absolute Beginners

**Wednesdays, January 4 - 25, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$35 ~ Class #18071**

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step-by-step instruction for each dance. Invigorate your body and mind with music. To register, [click here.](#)

### Line Dancing for Improvers

**Wednesdays, January 4 - 25, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$35 ~ Class #18066**

Designed for experienced beginners plus those who have been line dancing for some time and have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

### Movie Matinee

**Wednesday, January 4, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE**



Join other Mastick Members on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month to watch a variety of movies that include current blockbusters as well as the classics. Space is limited.

**GLASS ONION: A KNIVES OUT MYSTERY (2022): COMEDY/CRIME/DRAMA w/**

**Daniel Craig 2h 20 m (PG-13)**

Famed Southern detective Benoit Blanc travels to Greece for another wildly entertaining mystery rounded out by an outstanding ensemble cast.

### Ballroom Dance

**Wednesdays, January 4 - 25, 1:00 p.m. - 2:00 p.m., Location: Room A**

**Cost: \$23 ~ Class #20872**

Join Sandy Kiyomura, Instructor, and learn the Waltz, Foxtrot, Rumba Cha Cha, Swing and Night Club 2 Step. The focus is on having fun! No experience or partner needed. Dress comfortably. To register, [click here.](#)

### Creative Writing

**Thursdays, January 5 - 26, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**Cost: \$80 ~ Class #19395**

This class emphasizes the craft of writing and magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of poetry and literature included. To register, [click here.](#)

### Zumba Gold

**Thursdays, January 5 - 26, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #19512**

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class easily modified for all fitness levels. To register, [click here.](#)

**Mastick Movie Club**

**Friday, January 6, 10:00 a.m. – 12:00 p.m., Location: Zoom**

**FREE**

Join Movie Club members for a discussion of “**Love Actually**,” made 20 years ago in 2003, starring Hugh Grant, Emma Thompson, Colin Firth, Bill Nighy, Liam Neeson, Keira Knightly, Alan Rickman, Laura Linney and Thomas Brodie-Sangster. Written and directed by Richard Curtis, this lovely, funny, moving film examines how nine intertwined stories look at love and all its complexities. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

**Spanish - Beginning**

**Mondays, January 9 – March 13, 9:00 a.m. – 10:00 a.m., Location: Dining Room 2**

**Cost: \$40 ~ Class #19484**

Learn Spanish language skills by practicing vocabulary, writing, reading, listening, and grammar. No class on 1/16 & 2/20. To register, [click here.](#)

**Spanish Conversation**

**Mondays, January 9 – March 13, 10:30 a.m. – 11:45 a.m., Location: Dining Room 2**

**Cost: \$50 ~ Class #19485**

Reinforce Spanish language skills by reading, writing, listening, and engaging in active conversation. No class on 1/16 & 2/20. To register, [click here.](#)

**Chair Yoga**

**Mondays, January 9 – February 27, 11:00 a.m. – 12:00 p.m., Location: Social Hall**

**Cost: \$51 ~ Class #19392**

This gentle form of yoga is practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. To register, [click here.](#)

**Pickleball: Advanced Player Development**

**Mondays, January 9 – February 6, 11:00 a.m. – 12:30 p.m.,**

**Location: Lincoln Park Pickleball Courts, Cost: \$113 ~ Class #19458**

Designed for players with a rating of approximately 3.5. Learn how to take your game to the next level! Enjoy drills, develop new game strategies, and sharpen existing skills. Led by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. No class on 1/16. To register, [click here.](#)

**How to Age in Place: Hiring and Working with a Caregiver**

**Tuesday, January 10, 10:00 a.m. – 11:00 a.m., Location: Dining Room 2**

**FREE ~ Class #19410**

Learn about: definitions of skilled care and personal care, tips on how to identify care needs to safely remain in home, and differences between hiring through an agency or other methods. Discover resources for how to hire and maintain employment of a caregiver. To register, [click here.](#)

**Check it out!! Transportation 101 – Electric or Hybrid Vehicle?**

**Tuesday, January 10, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #19503**

Join Katherine "Kat" Kaldis, Paratransit Coordinator, to learn about the various transportation options (East Bay Paratransit, AC Transit Clipper Card, Alameda FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. A representative from Alameda Municipal Power will discuss the benefits and differences between electric and hybrid vehicles. Bring your questions! To register, [click here](#).



**Fitness with Kendra**

**Tuesdays, January 10 - 31, 5:00 p.m. – 6:00 p.m., Location: Room A**

**Cost: \$39 ~ Class #20827**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace and are set to fun music. Mats and weights provided. To register, [click here](#).

**Pilates (In-Person & via Zoom)**

**Wednesdays, January 11 – February 15, 9:00 a.m. – 10:00 a.m., Location: Room A**

**Cost: \$51 ~ Class #19467**

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes standing, sitting, and lying down positions, and covers all core areas, legs, glutes and arms. Yoga-type mat, comfortable clothing, water bottle, dumbbells suggested. To register, [click here](#).

**Strength Training and Cardio**

**Wednesdays, January 11 – February 15, 10:30 a.m. – 11:30 a.m., Location: Room A**

**Cost: \$51 ~ Class #19493**

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class easily modified for all fitness levels. To register, [click here](#).

**Pickleball: Learn to Play**

**Wednesdays, January 11 – February 1, 11:00 a.m. – 12:30 p.m.**

**Location: Alameda Point Gym – Court #1**

**Cost: \$113 ~ Class #20871**

This class is designed for beginners and first time players! Learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! Taught by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here](#).

**Yoga with Dina**

**Thursdays, January 12 – March 2, 10:00 a.m. – 11:15 a.m., Location: Social Hall**

**Cost: \$59 ~ Class #19509**

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class on 2/23. To register, [click here](#).

### Fitness with Kendra

**Thursdays, January 12 - 26, 11:45 a.m. – 12:45 p.m., Location: Social Hall**

**Cost: \$32 ~ Class #19407**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace and are set to fun music. Mats and weights provided. To register, [click here.](#)

### Pickleball Advanced Drills

**Thursdays, January 12 – February 2, 2:00 p.m. – 3:00 p.m.**

**Location: Lincoln Park Pickleball Courts**

**Cost: \$85 ~ Class #19455**

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association. To register, [click here.](#)

### Strength Training and Cardio

**Fridays, January 13 – February 17, 10:45 a.m. – 11:45 a.m., Location: Room A**

**Cost: \$51 ~ Class #19492**

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class easily modified for all fitness levels. To register, [click here.](#)

### Qigong

**Tuesdays, January 17 – February 21, 10:00 a.m. – 11:00 a.m., Location: Room A**

**Cost: \$59 ~ Class #19472**

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels. To register, [click here.](#)

### BaM (Balance and Mobility)

**Tuesdays, January 17 – March 14, 12:15 p.m. – 1:05 p.m., Location: Social Hall**

**Cost: \$63 ~ Class #19382**

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. To register, [click here.](#)

### Movie Matinee

**Wednesday, January 18, 12:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE**

Join other Mastick Members on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month to watch a variety of movies that include current blockbusters as well as the classics. Space is limited.



### **BULLET TRAIN (2022): ACTION/COMEDY/THRILLER w/ Brad Pitt 2h 7 m (R)**

Five assassins aboard a swiftly moving bullet train find out that their missions have something in common.

### **Senior Connections & Resources**

**Wednesday, January 18, 1:00 p.m. – 2:00 p.m., Location: Room D  
FREE**

The Senior Connections Case Manager provides resources and information to assist with working through life's complex issues. Program provided by Alameda Family Services and funded in part by the Mastick Senior Center Advisory Board. Registration not required. Questions, call 510-747-7505.

### **Qigong**

**Thursdays, January 19 – February 23, 10:00 a.m. – 11:00 a.m., Location: Room A  
Cost: \$59 ~ Class #20831**

Designed for more seasoned Qigong students and those who have previously taken Qigong at Mastick or somewhere else. We will review and practice everything learned in Robert's Tuesday class, refine those exercises and add more as time permits. Students may join at any time... register in person or over the phone to receive a prorated price. To register, [click here](#).

### **Teens Teaching Technology**

**Thursday, January 19, 4:00 p.m. – 5:00 p.m., Location: Room C  
FREE~ Class #19497**

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will assist Mastick members with their electronic devices which can include, but are not limited to: iPhones, Android smartphones, cell phones, tablets (iPads & Android), and laptops. To register, [click here](#).

### **Fitness for Life**

**Friday, January 20, 9:00 a.m. – 12:15 p.m., Location: Social Hall  
Cost: \$68 ~ Class #15258**

Start the year off with focus on health and fitness. How can you achieve best results with the least amount of time and effort? Good question! Let's answer it together. In this small group session, you will have the opportunity to address your individual issues and goals. Whether it's fall prevention, pain management, joint health, balance, endurance, strength, flexibility or accomplishing everyday tasks more easily, join us to learn some game-changing strategies for 2023. Physically-distanced, interactive session designed to help your longevity and quality of life. Because movements are catered to each individual, exertion level will be what each participant is comfortable with. If you have a body, you will love this session! To register, [click here](#).

### **Hop on the Bus with Us!**

**Tuesday, January 24, 1:00 p.m. – 3:00 p.m., Location: Game Room & Off-site  
FREE ~ Class #19417**

Interested in improving your transit skills or gaining more experience using the AC Transit? If so, join us to learn about planning your trip on public transit, then we'll catch the bus together to explore Alameda. To register, call 510-747-7500 or [click here](#).

### **Diabetes Support Group**

**Wednesday, January 25, 10:00 a.m. – 12:00 p.m., Location: Room D  
FREE**

If you or someone you love has diabetes, consider joining the Diabetes Support Group provided by the Alameda County Public Health Department Diabetes Program. For more information, contact 510-383-5185. Meetings are generally held on the fourth Wednesday of the month. Registration required. To register, please call 510-747-7500.



### The Last Gift Box

**Wednesday, January 25, 1:00 p.m. – 2:00 p.m., Location: Room D**

**FREE ~ Class #20308**

The Last Gift Box provides guidance as you organize the "business" aspects of your life and share with family and friends your decisions on how you wish to die and be remembered. It's doable and not overwhelming when you follow the outline shared in class. Tina Cole Kreitz offers real insights for documenting what YOU want. Using factual information and humor, she takes this challenging but essential subject and makes it easy to talk about and act upon. Please consider making a \$5 donation to Mastick in class. To register, [click here.](#)



### Birthday Celebration **Join Us!**

**Thursday, January 26, 12:30 p.m. – 1:00 p.m., Location: Courtyard**

**FREE**

Join us and celebrate your special day! Enjoy sweet treats, games, and happy birthday wishes! No registration required.

### Music Appreciation

**Thursday, January 26, 1:30 p.m. – 2:30 p.m., Location: Dining Room 2**

**FREE**

Join Bill Sturm for a piano performance and discussion on "For the Birds: Music Inspired by Our Feathered Friends". No registration required.

### What to do with Our Treasures? Who Gets Our Stuff?

**Thursday, January 26, 1:30 p.m. – 2:30 p.m., Location: Room D**

**FREE ~ Class #20306**

Who gets Grandma's china? What to do with the dog? And the photos? Are we fair? Your home full of items asks for your attention. Learn to make these decisions and have discussions with your family and friends about who gets what. Often an overwhelming task, but Tina Cole Kreitz provides guidance and concrete ideas with humor and caring. You will leave the class with homework and support to get it done. Please consider making a \$5 donation to Mastick in class. To register, [click here.](#)

### Alameda Sings! (Alameda Community Chorus – ACC)

**Mondays, January 30 – April 17, 7:00 p.m. – 9:00 p.m., Location: Dining Room 2**

**Cost: \$155 ~ Class #20277**

Sing Spring repertoire in varied styles and genres with Alameda Sings! (ACC). "Bring a Friend" Open House on first session, (January 30). Short vocal evaluation for parts assignment. \$30 music preparation fee due first session. Lift your voices and sing! For more information, call 510-219-6862 or visit [www.alamedachorus.com](http://www.alamedachorus.com). Concert Dates: Friday, April 21 @ 7:30 p.m. (Location TBD) and Sunday, April 23 @ 4:00 p.m. (Location: Cardinal Point). To register, [click here.](#)

### Line Dancing for Absolute Beginners

**Wednesdays, February 1 - 22, 9:30 a.m. – 10:30 a.m., Location: Social Hall**

**Cost: \$35 ~ Class #19433**

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step-by-step instruction for each dance. Invigorate your body and mind with music. To register, [click here.](#)

### **Line Dancing for Improvers**

**Wednesdays, February 1 - 22, 11:00 a.m. – 12:30 p.m., Location: Social Hall**

**Cost: \$35 ~ Class #19437**

Designed for experienced beginners plus those who have been line dancing for some time and have mastered the basic steps and movements. More complex steps will be added. To register, [click here.](#)

### **Ballroom Dance**

**Wednesdays, February 1 - 22, 1:00 p.m. - 2:00 p.m., Location: Room A**

**Cost: \$23 ~ Class #20873**

Join Sandy Kiyomura, Instructor, and learn the Waltz, Foxtrot, Rumba Cha Cha, Swing and Night Club 2 Step. The focus is on having fun! No experience or partner needed. Dress comfortably. To register, [click here.](#)

### **Fitness with Kendra**

**Thursdays, February 2 - 16, 11:45 a.m. – 12:45 p.m., Location: Social Hall**

**Cost: \$32 ~ Class #19408**

Full body workout that includes stretching, low impact cardio, strength and balance training with light weights, and floor/mat core work. All moves can be modified for all fitness levels, are completed at your own pace and are set to fun music. Mats and weights provided. To register, [click here.](#)

### **Creative Writing**

**Thursdays, February 2 - 23, 1:00 p.m. – 3:00 p.m., Location: Media Room**

**Cost: \$80 ~ Class #19396**

This class emphasizes the craft of writing and magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of poetry and literature included. To register, [click here.](#)

### **Zumba Gold**

**Thursdays, February 2 - 23, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #19513**

Zumba Gold is a lower-intensity dance class designed for active older adults. A typical class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, belly dance and bhangra. Class easily modified for all fitness levels. To register, [click here.](#)

### **Train Your Brain at Elders Inn**

**Mondays & Wednesdays, February 6 – March 29, 10:00 a.m. – 11:00 a.m.,**

**Location: 1721 Webster Street**

**Cost: \$103~ Class #19501**

Practice techniques such as verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization and attention games to maintain or improve memory. Session includes homework and strategies to work around memory obstacles in your daily routine. No class: 2/20. To register, [click here.](#)

### **Line Dancing for Experienced Beginners**

**Mondays, February 6 – 27, 12:30 p.m. – 2:00 p.m., Location: Social Hall**

**Cost: \$27 ~ Class #19440**

Designed for beginners and returning beginners who have experience with basic steps and want to continue learning more steps and dances. To register, [click here.](#)



**Thriving with Parkinson's at Waters Edge Lodge**  
**Tuesdays & Thursdays, February 7 – March 30, 11:00 a.m. – 12:00 p.m.**

**Location: 801 Island Drive**

**Cost: \$83 ~ Class #18121**

A comprehensive approach to combat Parkinson's symptoms based on principles from physical, occupational, and speech therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. To register, [click here](#).

**Hula 1**

**Tuesdays, February 7 – 28, 11:30 a.m. – 12:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #19422**

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha! To register, [click here](#).

**Book Club**

**Tuesday, February 7, 12:15 p.m., Location: Zoom**

**FREE**

Join Book Club members and discuss The Lost Apothecary by Sarah Penner. The Absolute True Diary of a Part-Time Indian by Sherman Alexie will be reviewed on March 7. To join the discussion, email Ed Kallas, Recreation Supervisor I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov). Mastick has a limited supply of each book available for lending. If interested, call 510-747-7500.

**Hula 2**

**Tuesdays, February 7 – 28, 12:30 p.m. – 1:20 p.m., Location: Room A**

**Cost: \$43 ~ Class #19424**

This class welcomes men and women who have danced hula previously and are familiar with more of the basic hula steps. Along with the dance you'll learn stories and a little bit of Hawaiian language. Ladies and gentlemen should wear comfortable stretch clothing to allow for ease of movements. Fun, aloha, exercise, all in one place! To register, [click here](#).

**Transportation 101 – Safe Driving with A.P.D.**

**Tuesday, February 7, 1:00 p.m. – 3:00 p.m., Location: Room D**

**FREE ~ Class #19506**

Join Katherine "Kat" Kaldis, Paratransit Coordinator, for an overview of the various transportation options (East Bay Paratransit, AC Transit Clipper card, FREE AC Transit Bus Pass, the AIM Program, and MORE!) available to Alameda residents. Alameda Police Department will also talk about being a safe driver at any age. Bring your questions! To register, click on the link or call (510) 747-7500. Please register for this class. It will be cancelled 24 hours prior to the workshop if there are not 5 confirmed attendees. To register, [click here](#).

**Zumba Gold - Toning**

**Tuesdays, February 7 – 28, 2:00 p.m. – 2:55 p.m., Location: Social Hall**

**Cost: \$43 ~ Class #19517**

This class combines Zumba Gold with Zumba Toning. It incorporates lightweight resistance training into the cardio program focusing on building muscle strength, tone and endurance. To register, [click here.](#)

**How Do We Tell Mom and Dad? What Do We Tell the Kids?**

**Thursday, February 9, 1:30 p.m. – 2:30 p.m., Location: Room D**

**FREE ~ Class #20311**

Parents - what do you want your children to know about your decisions to downsize? How do you discuss who gets what treasures? Do they know your medical wishes? Do they know your wishes for how you wish to die and how you wish to be remembered?

Children - What do you want your parent to know about your worries? How do you make sure they are safe? Do you know if their papers are in order? Do you know what they want if they get sick? How do you ask what they want to do with their house full of stuff?

Join Tina Cole Kreitz to discuss these important matters. Please consider making a \$5 donation to Mastick in class. To register, [click here.](#)

**Create a Secure Future: Advance Health Care Directives**

**Tuesday, February 14, 10:00 a.m. – 11:00 a.m., Location: Room D**

**FREE ~ Class #19430**

Join an LAS Representative to learn about Advanced Health Care Directives and how to complete them. Information about appointing an agent, end-of-life decision-making and POLST forms. Referrals for other planning tools, such as wills and Durable Powers of Attorney for Finance. To register [click here.](#)

**Get Balanced at Waters Edge Lodge**

**Tuesdays & Thursdays, February 14 – May 4, 2:30 p.m. – 3:30 p.m.,**

**Location: 801 Island Drive**

**Cost: \$123 ~ Class #19415**

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. To register, [click here.](#)