

- Staying Active - March 2026 Programs

DAY TRIPS

No.	Activity Name	Day	Time	Dates	Location	Cost
32945	Guide Dogs for the Blind: Mastick Tour	Mon	9:15 AM - 2:45 PM	Mar 9	Media Room	\$70

PRESENTATIONS & WORKSHOPS

No.	Activity Name	Day	Time	Dates	Location	Cost
32147	AARP CA Presents: Downsize & Declutter	Wed	10:30 AM - 11:30 AM	Mar 11	Room D	FREE
31564	Claude Monet: A Brush With Fame	Wed	1:00 PM - 2:30 PM	Mar 25	Room D	FREE
32850	Collette Travel Presentation	Tue	10:30 AM - 12:00 PM	Mar 24	Media Room	FREE
31588	How Do We Tell Mom & Dad? What Do We Tell the Kids?	Thu	10:00 AM - 11:30 AM	Mar 19	Media Room	\$15
32241	The ABC's of Long Term Care Insurance	Tue	10:00 AM - 11:30 AM	Mar 10	Media Room	FREE
32872	Transportation 101 & Clipper Card for Seniors	Fri	10:00 AM - 11:00 AM	Mar 6	Room B	FREE
32873	Transportation 101 & Clipper Card for Seniors	Fri	10:00 AM - 11:00 AM	Apr 3	Room B	FREE

ENRICHMENT

No.	Activity Name	Day	Time	Dates	Location	Cost
31926	Conversational Spanish	Mon	10:30 AM - 11:45 AM	Mar 23 - May 11	Room D	\$65
32719	Coping with Life Stress through Awe, Adventure, and Hope	Fri	1:00 PM - 2:30 PM	Mar 6 - Mar 20	Media Room	\$25
31928	Spanish - Beginning	Mon	9:00 AM - 10:00 AM	Mar 23 - May 11	Room D	\$65

WELLNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
31948	Advanced Qigong	Sat	11:15 AM - 12:15 PM	Mar 14 - Apr 18	Room A	\$72
31951	Advanced Qigong	Thu	10:00 AM - 11:00 AM	Mar 12 - Apr 16	Room A	\$72
31982	Chair Yoga	Mon	11:00 AM - 12:00 PM	Mar 9 - Apr 27	Social Hall	\$80
31945	Introduction to Qigong	Sat	10:00 AM - 11:00 AM	Mar 14 - Apr 18	Room A	\$72
31954	Introduction to Qigong	Tue	10:00 AM - 11:00 AM	Mar 10 - Apr 14	Room A	\$72
32981	Sound Bath with Tatiana	Wed	1:00 PM - 2:15 PM	Mar 4	Social Hall	\$23
32111	Sound Bath with Tatiana	Wed	1:00 PM - 2:15 PM	Mar 18	Social Hall	\$23
31971	Yoga for Bone Health	Tue	5:15 PM - 6:30 PM	Mar 3 - Apr 21	Social Hall	\$83
31972	Yoga for Bone Health	Wed	3:00 PM - 4:15 PM	Mar 4 - Apr 22	Social Hall	\$83
31932	Yoga with Dina	Tue	9:00 AM - 10:15 AM	Mar 3 - Apr 7	Social Hall	\$69
31934	Yoga with Dina	Thu	10:00 AM - 11:15 AM	Mar 5 - Apr 9	Social Hall	\$69

FITNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
31980	Balance, Mobility, & Stability	Mon	10:00 AM - 10:50 AM	Mar 9 - Apr 27	Social Hall	\$80
31959	BaM (Balance and Mobility)	Tue	12:15 PM - 1:05 PM	Mar 17 - May 26	Social Hall	\$91
31560	Fitness with Kendra	Thu	11:45 AM - 12:45 PM	Mar 5 - Mar 26	Social Hall	\$41
31561	Fitness with Kendra	Thu	11:45 AM - 12:45 PM	Apr 2 - Apr 30	Social Hall	\$51
31986	Pilates (In Person & via Zoom)	Wed	9:00 AM - 10:00 AM	Mar 11 - Apr 29	Room A	\$80
31957	RaM (Resistance and Movement)	Thu	2:00 PM - 2:50 PM	Mar 19 - May 28	Social Hall	\$91
31984	Strength Training and Cardio	Wed	10:30 AM - 11:30 AM	Mar 11 - Apr 29	Room A	\$80

DANCE

No.	Activity Name	Day	Time	Dates	Location	Cost
31223	Line Dancing for Beginners (Level 2)	Mon	12:30 PM - 2:00 PM	Mar 2 - Mar 30	Social Hall	\$49
31228	Line Dancing for High Beginners (Level 3)	Wed	11:00 AM - 12:30 PM	Mar 4 - Mar 25	Social Hall	\$41
31229	Line Dancing for High Beginners (Level 3)	Wed	11:00 AM - 12:30 PM	Apr 1 - Apr 29	Social Hall	\$49
31218	Line Dancing Level 1	Wed	9:15 AM - 10:30 AM	Mar 4 - Mar 25	Social Hall	\$41
31219	Line Dancing Level 1	Wed	9:15 AM - 10:30 AM	Apr 1 - Apr 29	Social Hall	\$49
31177	Michele's Senior Soul Dance Class	Tue	3:15 PM - 4:30 PM	Mar 3 - Apr 28	Social Hall	\$51
31178	Michele's Senior Soul Dance Class	Thu	3:15 PM - 4:30 PM	Mar 5 - Apr 30	Social Hall	\$51
31597	Zumba Gold	Thu	1:30 PM - 2:30 PM	Mar 5 - Mar 26	Room A	\$43
31598	Zumba Gold	Thu	1:30 PM - 2:30 PM	Apr 2 - Apr 30	Room A	\$43
31602	Zumba Gold & Zumba Toning Combo	Fri	10:30 AM - 11:30 AM	Mar 6 - Mar 27	Social Hall	\$43
31603	Zumba Gold & Zumba Toning Combo	Fri	10:30 AM - 11:30 AM	Apr 3 - Apr 24	Social Hall	\$33
31592	Zumba Gold Toning	Tue	1:30 PM - 2:30 PM	Mar 3 - Mar 31	Social Hall	\$53

ARTS & CRAFTS

No.	Activity Name	Day	Time	Dates	Location	Cost
31963	Drawing and Painting	Mon	12:30 PM - 3:00 PM	Mar 30 - May 18	Skill Center	\$87
31964	Drawing and Painting	Fri	10:00 AM - 12:30 PM	Apr 3 - May 22	Skill Center	\$87
31587	Origami Workshop	Sat	9:30 AM - 12:00 PM	Mar 14	Room D	FREE

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.