

PRESENTATIONS & EVENTS

No.	Activity Name	Day	Time	Dates	Location	Cost
32148	AARP CA Presents: HomeFit	Wed	10:30 AM - 11:30 AM	May 13	Room D	FREE
33105	Artificial Intelligence for Everyone	Sat	9:00 AM - 10:30 AM	May 16	Room D	FREE
32243	How to Age in Place: Hiring and Working with a Caregiver	Tue	10:00 AM - 11:30 AM	May 12	Media Room	FREE
32878	Transportation 101 & Clipper Card for Seniors	Fri	10:00 AM - 11:00 AM	May 1	Media Room	FREE
33450	Travel Training	Thu	10:00 AM - 11:00 AM	May 28	Media Room	FREE
33522	"The World Comes To Alameda" Book Signing	Fri	2:00 PM - 4:00 PM	May 8	Social Hall	FREE

ENRICHMENT

No.	Activity Name	Day	Time	Dates	Location	Cost
32333	Bocce Ball	Thu	1:00 PM - 3:00 PM	Jun 4 - Aug 27	Courtyard	FREE
32334	Book Club	Tue	12:15 PM - 1:30 PM	Jun 2 - Aug 4	Via Zoom	FREE
32335	Bridge	Tue	12:00 PM - 2:00 PM	Jun 2 - Aug 28	Game Room	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
32336	French Translation (Intermediate)	Fri	10:00 AM - 12:00 PM	Jun 5 - Aug 28	Room E	FREE
33217	NEW! Full Circle Support & Connection	Thu	10:30 AM - 12:00 PM	May 14 - Jul 23	Room D	FREE
32568	German Conversation	Mon	1:00 PM - 3:00 PM	Jun 1 - Aug 31	Media Room	FREE
32237	Italian Conversation Group	Fri	10:00 AM - 12:00 PM	Jun 5 - Aug 28	Room D	FREE
32365	Knitting Circle	Wed	1:00 PM - 3:00 PM	Jun 3 - Aug 26	Room B	FREE
33102	Mah Jongg- Beginners & Experienced	Mon	12:00 PM - 3:00 PM	Jun 1 - Aug 31	Game Room	FREE
32345	Mastick Sewing Workshop	Wed	9:00 AM - 1:00 PM	Jun 3 - Aug 26	Room B	FREE
33109	Rediscovering Your Life After Retirement	Tue	10:00 AM - 12:00 PM	May 5 - May 19	Room E	\$48
32346	Scrabble	Thu	1:00 PM - 3:00 PM	Jun 4 - Aug 27	Game Room	FREE
32511	Spanish - Beginning	Mon	9:00 AM - 10:00 AM	Jun 1 - Jul 20	Room D	\$68
31744	Teens Teaching Technology- (Seniors)	Thu	4:00 PM - 5:00 PM	May 7 - May 21	Room C	FREE
32565	Today's World	Tue	9:30 AM - 11:30 AM	Jun 2 - Aug 25	Dining Room 2	FREE

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
33108	Hula	Tue	11:30 AM - 12:20 PM	May 5 - May 26	Room A	\$43
31225	Line Dancing for Beginners (Level 2)	Mon	12:30 PM - 2:00 PM	May 4 - May 18	Social Hall	\$32
31230	Line Dancing for High Beginners (Level 3)	Wed	11:00 AM - 12:30 PM	May 6 - May 27	Social Hall	\$41

31220	Line Dancing Level 1	Wed	9:15 AM - 10:30 AM	May 6 - May 27	Social Hall	\$41
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
31179	Michele's Senior Soul Dance Class	Tue	3:15 PM - 4:30 PM	May 5 - Jun 30	Social Hall	\$51
31180	Michele's Senior Soul Dance Class	Thu	3:15 PM - 4:30 PM	May 7 - Jun 25	Social Hall	\$45
31599	Zumba Gold	Thu	1:30 PM - 2:30 PM	May 7 - May 28	Room A	\$43
31604	Zumba Gold & Zumba Toning Combo	Fri	10:30 AM - 11:30 AM	May 1 - May 29	Social Hall	\$43
32633	Zumba Gold & Zumba Toning Combo	Fri	10:30 AM - 11:30 AM	Jun 5 - Jun 26	Social Hall	\$25
31594	Zumba Gold Toning	Tue	1:30 PM - 2:30 PM	May 5 - May 26	Social Hall	\$43
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
32540	Balance, Mobility, & Stability	Mon	10:00 AM - 10:50 AM	May 4 - Jun 22	Social Hall	\$80
32549	BaM (Balance and Mobility)	Tue	12:15 PM - 1:05 PM	Jun 2 - Aug 25	Social Hall	\$107
31562	Fitness with Kendra	Thu	11:45 AM - 12:45 PM	May 7 - May 28	Social Hall	\$41
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
32544	Pilates (In Person & via Zoom)	Wed	9:00 AM - 10:00 AM	May 6 - Jun 24	Room A	\$80
32550	RaM (Resistance and Movement)	Thu	2:00 PM - 2:50 PM	Jun 4 - Aug 27	Social Hall	\$107
32546	Strength Training and Cardio	Wed	10:30 AM - 11:30 AM	May 6 - Jun 24	Room A	\$80

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
32542	Chair Yoga	Mon	11:00 AM - 12:00 PM	May 4 - Jun 22	Social Hall	\$80
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
32238	Mastick Volunteer Walking Group	Mon	9:30 AM - 3:00 PM	Jun 1 - Aug 31	Varies	FREE
32113	Sound Bath with Tatiana	Wed	1:00 PM - 2:15 PM	May 13	Social Hall	\$23
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.