

**PRESENTATIONS & EVENTS**

No.	Activity Name	Day	Time	Dates	Location	Cost
33997	<a href="#">The De Young Museum</a>	Wed	9:30 AM - 2:30 PM	Jul 8	Media Room	\$45
34002	<a href="#">Petaluma: Downtown and Outlets</a>	Tue	9:30 AM - 5:00 PM	Jul 14	Media Room	\$45
32245	<a href="#">Medical Eligibility &amp; Home and Community Based Services</a>	Tue	10:00 AM - 11:30 AM	Jul 14	Media Room	FREE
32876	<a href="#">Transportation 101 &amp; Clipper Card for Seniors</a>	Fri	10:00 AM - 12:00 AM	Aug 7	Media Room	FREE
32643	<a href="#">What To Do with Our Treasures? Who Gets Our Stuff?</a>	Wed	10:00 AM - 11:00 AM	Jul 8	Media Room	\$15

**ARTS & CRAFTS**

No.	Activity Name	Day	Time	Dates	Location	Cost
33991	<a href="#">Cell Phone Photography Basics</a>	Thu	10:00 AM - 12:00 PM	Aug 6 - Aug 20	Dining Room 2	FREE
32514	<a href="#">Stained Glass &amp; Mosaic for Beginner &amp; Intermediate</a>	Mon	9:30 AM - 12:00 PM	Aug 3 - Sep 14	Skill Center	\$83
32516	<a href="#">Stained Glass &amp; Mosaic for Beginner &amp; Intermediate</a>	Wed	9:30 AM - 12:00 PM	Jul 29 - Sep 2	Skill Center	\$83

**ENRICHMENT**

No.	Activity Name	Day	Time	Dates	Location	Cost
32251	<a href="#">Coming Fully Alive as You Age</a>	Mon	1:00 PM - 2:15 PM	Jul 27 - Aug 31	Room D	\$58
32510	<a href="#">Conversational Spanish</a>	Mon	10:30 AM - 11:45 AM	Aug 3 - Sep 28	Room D	\$68
32512	<a href="#">Spanish - Beginning</a>	Mon	9:00 AM - 10:00 AM	Aug 3 - Sep 28	Room D	\$68

**DANCE**

No.	Activity Name	Day	Time	Dates	Location	Cost
32612	<a href="#">Hula</a>	Tue	11:30 AM - 12:20 PM	Jul 7 - Jul 28	Room A	\$43
32613	<a href="#">Hula</a>	Tue	11:30 AM - 12:20 PM	Aug 4 - Aug 25	Room A	\$43
32656	<a href="#">Line Dancing Level 1</a>	Wed	9:00 AM - 10:30 AM	Jul 8 - Jul 29	Social Hall	\$41
32657	<a href="#">Line Dancing Level 1</a>	Wed	9:00 AM - 10:30 AM	Aug 5 - Aug 26	Social Hall	\$41
32659	<a href="#">Line Dancing Level 2</a>	Mon	12:30 PM - 2:00 PM	Jul 6 - Jul 27	Social Hall	\$41
32660	<a href="#">Line Dancing Level 2</a>	Mon	12:30 PM - 2:00 PM	Aug 3 - Aug 31	Social Hall	\$49

32662	<a href="#">Line Dancing Level 3</a>	Wed	11:00 AM - 12:30 PM	Jul 8 – Jul 29	Social Hall	\$41
32663	<a href="#">Line Dancing Level 3</a>	Wed	11:00 AM - 12:30 PM	Aug 5 - Aug 26	Social Hall	\$41
32273	<a href="#">Michele's R&amp;B Hustle Dance Class</a>	Tue	3:15 PM - 4:30 PM	Jul 7 - Aug 25	Social Hall	\$51
32275	<a href="#">Michele's R&amp;B Hustle Dance Class</a>	Thu	3:15 PM - 4:30 PM	Jul 9 - Aug 27	Social Hall	\$51
32627	<a href="#">Zumba Gold</a>	Thu	1:30 PM - 2:30 PM	Jul 2 – Jul 23	Room A	\$33
32636	<a href="#">Zumba Gold &amp; Zumba Toning Combo</a>	Fri	10:30 AM - 11:30 AM	Jul 10 - Jul 24	Social Hall	\$33
32617	<a href="#">Zumba Gold Toning</a>	Tue	1:30 PM - 2:30 PM	Jul 7 – Jul 21	Social Hall	\$33

## FITNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
32541	<a href="#">Balance, Mobility, &amp; Stability</a>	Mon	10:00 AM - 10:50 AM	Jul 6 - Aug 17	Social Hall	\$80
32526	<a href="#">Fitness with Kendra</a>	Thu	11:45 AM - 12:45 PM	Jul 2 – Jul 30	Social Hall	\$50
32527	<a href="#">Fitness with Kendra</a>	Thu	11:45 AM - 12:45 PM	Aug 6 - Aug 27	Social Hall	\$41
32870	<a href="#">Mastick Kayaking Tour</a>	Fri	9:30 AM - 11:30 AM	Jul 10	Encinal Boat Ramp	\$63
32871	<a href="#">Mastick Kayaking Tour</a>	Fri	9:30 AM - 11:30 AM	Aug 7	Encinal Boat Ramp	\$63
32545	<a href="#">Pilates (In Person &amp; via Zoom)</a>	Wed	9:00 AM - 10:00 AM	Jul 8 - Aug 19	Room A	\$80
32547	<a href="#">Strength Training and Cardio</a>	Wed	10:30 AM - 11:30 AM	Jul 8 - Aug 19	Room A	\$80

## WELLNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
32560	<a href="#">Advanced Qigong</a>	Thu	10:00 AM - 11:00 AM	Jul 16 - Aug 20	Room A	\$72
32562	<a href="#">Advanced Qigong</a>	Sat	11:15 AM - 12:15 PM	Jul 18 - Aug 22	Room A	\$72
32543	<a href="#">Chair Yoga</a>	Mon	11:00 AM - 12:00 PM	Jul 6 - Aug 17	Social Hall	\$80
32556	<a href="#">Introduction to Qigong</a>	Tue	10:00 AM - 11:00 AM	Jul 14 - Aug 18	Room A	\$72
32558	<a href="#">Introduction to Qigong</a>	Sat	10:00 AM - 11:00 AM	Jul 18 - Aug 22	Room A	\$72
33989	<a href="#">Sound Bath with Tatiana</a>	Wed	1:00 PM - 2:15 PM	Jul 15	Social Hall	\$23
32530	<a href="#">Yoga with Dina</a>	Tue	9:00 AM - 10:15 AM	Aug 4 - Aug 25	Social Hall	\$47
32532	<a href="#">Yoga with Dina</a>	Thu	10:00 AM - 11:15 AM	Aug 6 - Aug 27	Social Hall	\$47

**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.