

PRESENTATIONS & EVENTS

No.	Activity Name	Day	Time	Dates	Location	Cost
34267	Healthy Living Festival	Thu	9:00 AM - 2:30 PM	Sep 24	Media Room	\$5
34004	AI For Everyday Life	Sat	9:00 AM - 10:00 AM	Sep 5 - Dec 5	Room D	\$63
32247	Create a Secure Future: Advance Health Care Directives	Tue	10:00 AM - 11:30 AM	Sep 8	Media Room	FREE
33381	Just Desserts: From Cheese to Chocolate	Wed	1:00 PM - 3:30 PM	Sep 16	Dining Room 2	FREE
34092	Let's Talk Fall Prevention & Safety	Wed	10:30 AM - 12:00 PM	Sep 9	Room D	FREE
34003	Technology For Beginners	Sat	10:30 AM - 11:30 AM	Sep 5 - Dec 5	Room D	\$63
33233	Transportation 101 & Clipper Card for Seniors	Fri	10:00 AM - 12:00 PM	Sep 4	Media Room	FREE
33579	Who Needs Public Transit	Wed	1:00 PM - 2:00 PM	Sep 23	Room D	FREE

ARTS & CRAFTS

No.	Activity Name	Day	Time	Dates	Location	Cost
33237	Knitting Circle	Wed	1:00 PM - 3:00 PM	Sep 2 - Dec 30	Room B	FREE
33722	Quilting	Mon	9:30 AM - 11:30 AM	Sep 14 - Dec 7	Room B	\$69
33420	Stained Glass & Mosaic for Beginner & Intermediate	Mon	9:30 AM - 12:00 PM	Sep 21 - Oct 26	Skill Center	\$83
33422	Stained Glass & Mosaic for Beginner & Intermediate	Wed	9:30 AM - 12:00 PM	Sep 23 - Oct 28	Skill Center	\$83
33423	Stained Glass & Mosaic for Beginner & Intermediate	Wed	12:30 PM - 3:00 PM	Sep 23 - Oct 28	Skill Center	\$83
33426	Stained Glass & Mosaic for Beginner & Intermediate	Sat	9:30 AM - 12:00 PM	Oct 3 - Oct 31	Skill Center	\$53

ENRICHMENT

No.	Activity Name	Day	Time	Dates	Location	Cost
33441	Alameda Stamp Club	Thu	1:00 PM - 3:00 PM	Sep 10 - Dec 10	Room D	FREE
33436	Book Club	Tue	12:15 PM - 1:30 PM	Sep 1 - Dec 1	Via Zoom	FREE
33444	French Translation (Intermediate)	Fri	10:00 AM - 12:00 PM	Sep 4 - Dec 18	Room E	FREE
34093	German Conversation	Mon	1:00 PM - 3:00 PM	Sep 14 - Dec 28,	Media Room	FREE
33445	Intermediate German	Fri	10:00 AM - 12:00 PM	Sep 4 - Dec 18	Via Zoom	FREE
33446	Italian Conversation Group	Fri	10:00 AM - 12:00 PM	Sep 4 - Dec 18	Room D	FREE
33882	Teens Teaching Technology- (Seniors)	Thu	4:00 PM - 5:00 PM	Sep 17 - Dec 17	Room C	FREE
33238	The Great American Song Book	Wed	1:00 PM - 3:00 PM	Sep 9 - Dec 9	Dining Room 2	FREE
33447	Today's World	Tue	9:30 AM - 11:30 AM	Sep 1 - Dec 29	Dining Room 2	FREE
33517	Widow To Widow	Wed	1:00 PM - 2:30 PM	Sep 2 - Jan 6	Room D	\$53
33399	Writing Your Legacy Story	Mon	1:00 PM - 2:15 PM	Sep 21 - Oct 19	Room D	\$51

WELLNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
33513	Advanced Qigong	Thu	10:00 AM - 11:00 AM	Sep 3 - Oct 15	Room A	\$83
33515	Advanced Qigong	Sat	11:15 AM - 12:15 PM	Sep 5 - Oct 17	Room A	\$83
33506	Alexander Technique: Self Care for Body & Mind	Wed	10:00 AM - 11:30 AM	Sep 30 - Nov 4	Dining Room 2	\$81
33438	Diabetes Support Group	Wed	10:00 AM - 12:00 PM	Sep 23 - Dec 23	Room D	FREE
33509	Introduction to Qigong	Tue	10:00 AM - 11:00 AM	Sep 1 - Oct 13	Room A	\$83
33511	Introduction to Qigong	Sat	10:00 AM - 11:00 AM	Sep 5 - Oct 17	Room A	\$83
33440	Mastick Volunteer Walking Group	Mon	9:30 AM - 3:00 PM	Sep 14 - Dec 28	Varies	FREE
33803	Yoga for Bone Health	Wed	3:00 PM - 4:15 PM	Sep 2 - Oct 28	Social Hall	\$93
33724	Yoga with Dina	Tue	9:00 AM - 10:15 AM	Sep 1 - Oct 13	Social Hall	\$80
33725	Yoga with Dina	Thu	10:00 AM - 11:15 AM	Sep 3 - Oct 8	Social Hall	\$69

DANCE

No.	Activity Name	Day	Time	Dates	Location	Cost
33716	Hula	Tue	11:30 AM - 12:30 PM	Sep 1 - Sep 29	Room A	\$46
33428	Michele's R&B Hustle Dance Class	Tue	3:15 PM - 4:30 PM	Sep 8 - Oct 27	Social Hall	\$59
33430	Michele's R&B Hustle Dance Class	Thu	3:15 PM - 4:30 PM	Sep 10 - Oct 29	Social Hall	\$59
33788	Zumba Gold	Thu	1:30 PM - 2:30 PM	Sep 3 - Sep 24	Room A	\$47
33794	Zumba Gold & Zumba Toning Combo	Fri	10:30 AM - 11:30 AM	Sep 4 - Sep 25	Social Hall	\$47
33781	Zumba Gold Toning	Tue	1:30 PM - 2:30 PM	Sep 1 - Sep 29	Social Hall	\$58

FITNESS

No.	Activity Name	Day	Time	Dates	Location	Cost
33581	BaM (Balance and Mobility)	Tue	12:15 PM - 1:05 PM	Sep 1 - Dec 29	Social Hall	\$147
-	EnhanceFitness brought to you by Spectrum Community Services	M, Th, F	11:00 am or 1:30 pm	Sep 4 - Sep 25	Portable	FREE
33729	Fitness with Kendra	Tue	10:45 AM - 11:45 AM	Sep 1 - Sep 29	Social Hall	\$51
33733	Fitness with Kendra	Thu	11:45 AM - 12:45 PM	Sep 3 - Sep 24	Social Hall	\$41
33507	Free Introduction to Alexander Technique	Wed	10:00 AM - 11:30 AM	Sep 2	Dining Room 2	FREE
33582	RaM (Resistance and Movement)	Thu	2:00 PM - 2:50 PM	Sep 3 - Dec 17	Social Hall	\$123

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.

If you need a copy of this document in an alternative or translated format, or other accessibility accommodations, please contact ada@alamedaca.gov

Si necesitas una copia de este documento en otro formato, una versión traducida u otras adaptaciones de accesibilidad, ponte en contacto con ada@alamedaca.gov. Esta frase se ha traducido con una herramienta automática.

若您需要本文件的替代格式版本、翻譯版本或其他無障礙輔助措施，請聯絡 ada@alamedaca.gov. 此句係由自動翻譯工具翻譯而成。