

*Or a game of chance...***CARDS AND GAMES IN THE CARD ROOM**

Monday thru Friday, 9:00 am to 4:00 pm
Sundays, 12:00 pm to 4:00 pm
Card & Media Rooms

MAH JONGG

(Lessons provided on Monday)

Come join the fun!
Mondays & Fridays 1:00 to 4:00 pm
Card Room

BILLIARDS/POOL

Monday thru Thursday, 9:00 am - 4:00 pm
Fridays, 9:00 am - 3:00 pm
Sundays, 12:00 noon - 4:00 pm
Pool Room

LITTLE BINGO

Tuesdays & Fridays 1:30 pm
Dining Room 2
Volunteer Facilitators

*Or physical activity to keep you fit and trim...***PHYSICAL FITNESS CLASSES**

Mondays, Tuesdays*, Wednesdays, & Fridays*
9:00 am
Mastick Social Hall, Free
Nancy Perakis, Volunteer
Janet Brown, Alameda Adult School
Jason Su, Alameda Adult School

TAI CHI*

Mondays, 9:00 am to 10:00 am
Room A, Free
Jason Su, Alameda Adult School Instructor

STRETCHING & HATHA YOGA*

Tuesdays, 10:30 am to 12:00 noon
Social Hall
Wednesdays, 9:00 am to 10:30 am
Room A, Free
Janet Brown, Alameda Adult School Instructor

* Denotes Alameda Adult School Classes

PILATES

Wednesdays, 10:45 am to 11:45 am, Room A
\$3 fee per person per class
Pamela Grande, Instructor

PILATES CLASS—EVENING HOURS

Pamela Grande, Instructor, will offer Pilates instruction on Wednesday evenings, beginning **July 23** through **August 27, 2008**. This class will be offered in Room A between 6:00 pm and 7:00 pm. This six-week course is \$18. Payment is due at the time of registration. Participants must pre-register for the class. Class must have a minimum of 10 participants. Reserve a seat by visiting the Mastick Office or calling 747-7506.

HAWAIIAN DANCE WITH ALBERT JAY**Introduction to Hawaiian Dance**

Monday, 10:00 am to 10:30 am
Room A, No Fee

Beginning Hawaiian Dance

Mondays & Fridays, 10:30 am - 11:30 am
Room A, \$3 fee per person per class

Intermediate Hawaiian Dance

Mondays & Fridays, 11:30 am - 12:30 pm
Room A, \$3 per person per class

Advanced Hawaiian Dance

Mondays & Fridays, 12:30 pm to 3:00 pm
Room A, \$3 fee per person per class

Basic Steps-Hawaiian Dance

Friday, 10:00 am to 10:30 am
Room A, No Fee

MONTHLY DANCE

Mastick Social Hall, 2nd Monday
Monday, July 14, 2007
1:00 pm to 4:00 pm (Doors open at 12:30 pm)
\$3 w/ membership card
\$4 w/out membership card
Dancing, socialization, refreshments, and more!