

# Ongoing Activities

## CREATIVE ARTS

### Ikebana-Flower Arranging

Learn the beautiful art of Ikebana flower arranging. This class will teach you to use all parts of a plant such as the stem and leaves to create a gorgeous arrangement. Minimal supplies needed and will be listed on registration receipt. Flowers & greenery supplied.

Day	Date	Time	Location	Cost
Th	8/26	10:30	ACC	\$25

### Open Studio

Are you looking for an open, fun, friendly and extremely positive environment to work on your painting skills? Join us in open studio. No instruction will be provided, but Mary Sheehan, our long time watercolor instructor, will be on hand to provide tips and encouragement. There is no charge for this program. All are welcome to join us and express your unique creativity now.

Day	Date	Time	Location	Cost
Th	On-going	9:00	ACC	\$1

### Crochet and Knitting

Learn to crochet or knit with some help from one of our volunteers. If you already know how, bring a project and work on it in a fun, friendly environment. This group also prepares items to donate or to sell at our annual boutique.

Day	Date	Time	Location	Cost
F	On-going	10:00	ACC	N/A

### Happy Singers (Group singing)

We perform at different venues in San Jose during the year. Please join us! \*Annual membership to cover pianist & copies of music score sheet.

Day	Date	Time	Location	Cost
F	On-going	12:30	ACC	\$100*

### World of Watercolor 252.1.0113

Enjoy the wonderful world of painting by exploring the flowing medium of watercolor. You may complete 2-5 small paintings in this course. All levels of experience are encouraged, as the instructor works one-on-one with each student. A material list will be given out after registration. Ages 50+

Day	Date	Time	Location	Cost
W	7/7-8/25	6:00 p.m.	ACC	\$93

### Summer Light Cooking 252.1.1430

Farmer's market produce and garden fresh herbs make cool, quick and light summer meals. Learn to prepare: Soups - cold and creamy Salads - crisp and Crunchy Cool main dishes Chilled desserts and Iced beverages.

Day	Date	Time	Location	Cost
Th	8/12-9/2	10:00 a.m.	ACC	\$100



## CREATIVE ARTS (cont)

### Group Voice Lessons 252.4.1447

Tuesday 3:00 p.m. - 5:00 p.m.

The goals are to teach proper singing techniques including breathing, voice production, diction, expression and posture, reading and understanding of music, music theory and music interpretation. A wide range of music repertoire will be offered, including classical, popular, musicals and opera, as well as songs from different countries and in different languages.

Day	Date	Time	Location	Cost
T	5/4-7/27	3:00	ACC	\$30.00



## USING YOUR MIND

### History Club

We'll be meeting in the library program room for summer. Summer discussion includes the history of human religions and the history of understanding the human use of the word god. Ancient to modern history as taken from literature and modern archeology. This class does not meet the first Wednesday of the month.

Day	Date	Time	Location	Cost
W	On-going	9:45	LBR	\$1



### Spanish, Conversation and Culture

This class starts in Fall.

Day	Date	Time	Location	Cost
T	TBD	1:00	ACC	TBD

### Genealogy

This class starts in Fall.

Day	Date	Time	Location	Cost
T	TBD	9:00	ACC	TBD

### Creative Writing

This class has new instructors and is going strong. Join this class to learn writing techniques, participate in writing exercises & much more.

Day	Date	Time	Location	Cost
T	On-going	1:00	ACC	\$1

### Cancer Support Group

Look for this class in the Fall.

Day	Date	Time	Location	Cost
M	TBD	9:45 a.m.	ACC	N/A

# Ongoing Activities - Continued

## PHYSICAL ACTIVITIES

### Body Conditioning/Morning Stretch 252.1.1422

Come for a head-to-toe workout. Improve your cardiovascular, respiratory, and circulatory systems and increase muscle tone and improve flexibility.

Day	Date	Time	Location	Cost
MWF	6/14-9/3	8:00/8:50	ACC	\$10

### Feldenkrais

Look for this class in the Fall.

### Gentle Yoga

Look for this class in the Fall.

### Tai Chi

Look for this class in the Fall.



### Golf

Become part of a foursome at Rancho del Pueblo, a beautiful executive nine hole course.

Day	Date	Time	Location	Cost
Th	On-going	9:20	RDP	\$10

### Golf Lessons

This five-week class will introduce you to the various shots a golfer will face while playing. These shots include putting, chipping, pitching, full swing, and driving. These classes will provide meaningful insight for the different shots.

Day	Date	Time	Location	Cost
Th	TBA	10:00	RDP	\$80

### Introduction to Belly Dancing

Look for this class in the Fall.

### Ping Pong/Table Tennis

Play is on a drop in basis and all are welcome to attend. Tables and ball barriers are provided.

Day	Date	Time	Location	Cost
M	On-going	9:45	ACC	\$1
W TH	On-going	1:30	ACC	\$1

### Zumba Platinum 252.1.1499

Zumba Platinum Fitness & Dance class is geared toward the active older adult. Set to a variety of music this class will have you dancing and smiling in no time!

Day	Date	Time	Location	Cost
M		11:00	ACC	<b>\$34</b>
W	8/2-9/1	9:30	ACC	

### Self Defense for Seniors

Look for this class in the Fall.

### Restorative Pilates

#### Mondays 252.1.0249 & Fridays 252.1.0237

Develop deep strength and great posture; a stronger core will help you move better in all aspects of life! Get individualized help from a highly qualified Pilates Instructor.

Day	Date	Time	Location	Cost
F	7/30-8/20	10:00 a.m.	ACC	\$50
M	7/26-8/23	6:00 p.m.	ACC	\$49

## PHYSICAL ACTIVITIES (cont)

### Bowling

Have you bowled in the past and would like to take it up again? Have you never bowled, but would like to give it a try now? Our bowlers meet weekly at Cambrian Bowl to play three games and have some fun. All are welcome. For more information call Dennis at (408) 997-9539

Day	Date	Time	Location	Cost
Sat	On-going	1:45	CB	\$8

### Quicksilver Walking Group (Walks on Los Alamitos Trail)

Looking for exercise, fresh air and socialization all rolled into one? Join our group as we walk the Los Alamitos Trail. The group departs from the bridge on Graystone just past Almaden Expressway.

Day	Date	Time	Location	Cost
TTTHS	On-going	8:00	LOS	N/A

### Softball

Softball is the most popular participant sport in the United States. An estimated 56 million Americans will play at least one game of softball during a year. Will you be one of those people? All are welcome to join us as we meet each Friday at DeAnza Park. No talent is needed, just the desire to have fun.

Day	Date	Time	Location	Cost
F	On-going	9:30	DEA	N/A

### Bocce Ball

Bocce is a fun game similar to Lawn Bowling. There are four players on a team and each player takes a turn rolling the ball towards the Pallino (a smaller ball). Players are awarded points for the balls rolled closest to the Pallino ball.

**BEGINNERS** should pick up equipment (must be a member) at the center.

Day	Date	Time	Location	Cost
T/F	On-going	9:00	ALP	N/A

### Platinum Fitness 252.4.0550

Platinum fitness is a class specially designed for seniors. This class is a great work out from head to toe.

Day	Date	Time	Location	Cost
Th	8/5-9/30	9:00	ACC	\$60

### Yuan Ji Dance

Yuan Ji Dance is a special dance that combines the movement from martial arts, tai chi, music and dance. All are welcome to check out this class and join in on the experience.

Day	Date	Time	Location	Cost
M	On-going	1:00	ACC	\$1

### Hanna Somatic

#### Wednesday 252.1.1407

Hanna Somatic Education is a natural, gentle and safe way to end chronic pain, relieve stress, and restore freedom of movement.

Day	Date	Time	Location	Cost
W	7/14-8-18	10:00	ACC	\$29

\*THIS CLASS BROUGHT TO YOU THROUGH AN EXCITING PARTNERSHIP BETWEEN ALMADEN SENIOR PROGRAM AND METRO ED'S MAEP ([www.metroed.org](http://www.metroed.org))

# Ongoing Activities - Continued

## JUST FOR FUN

### On Our Own

Meet with other widowers and widows for a social and fun time. Join us for games and talk. This group meets off-site for lunch at a local restaurant the third Wednesday of the month.

Day	Date	Time	Location	Cost
W	On-going	12:30	ACC	N/A

### Gametime

Join us for an afternoon of good old-fashioned game playing. We have a variety of board and card games. The second week of each month we play BINGO for prizes.

Day	Date	Time	Location	Cost
F	On-going	1:00	ACC	\$1

### Intermediate Bridge

Day	Date	Time	Location	Cost
T	On-going	10:00	ACC	\$1

### Beginning Bridge

Day	Date	Time	Location	Cost
Th	On-going	9:30	ACC	\$1

### Pinochle

Day	Date	Time	Location	Cost
M	On-going	1:00	ACC	\$1

### Beginning Pinochle Lessons

Day	Date	Time	Location	Cost
Th	On-going	1:00	ACC	\$1

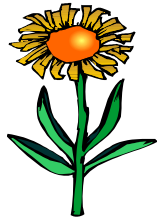
### Mah Jongg

Mah Jongg is a game of skill, strategy, intelligence, calculation and luck. Depending on the variation which is played, luck can be anything from a minor to a dominant factor in success.

Day	Date	Time	Location	Cost
W	On-going	1:00	ACC	\$1

### Popcorn & a Movie

Look for this in the Fall.



### Activity Location Guide

ACC - Almaden Community Center  
 RDP - Rancho del Pueblo - 1649 Hermocilla Way  
 CB - Cambrian Bowl - 14900 Camden Avenue  
 LOS - Los Alamitos Creek Trail  
 ALP - Almaden Lake Park (Winfield Gate)  
 DEA - DeAnza Park Softball Field  
 LBR - Program Room, Almaden Library  
 WRY - Almaden Winery - 5730 Chambertin Drive

## SPECIAL INTEREST

### Views on the News

This class takes an in depth look at the news. All are invited to join this open class.

Day	Date	Time	Location	Cost
T	On-going	10:00 am	WRY	N/A

### Piano Keyboarding for Adults

**Beginners (1A) at 9:30 a.m. 252.1.1488**

**Intermediate (1B) at 10:30 a.m. 252.1.1487**

Students share portable keyboards and learn how to read music and play simple, popular pieces.

Beginning piano music is welcomed. However, Alfred's Basic Piano Adult All-In-One course book is strongly recommended

Day	Date	Time	Location	Cost
F (1A)	8/20-10/8	9:30 am	ACC	\$15
F (1B)	8/20-10/8	10:30 am	ACC	\$15

### Creative Crafts

For two hours a week experience the variety of creative crafts. If you're a "I can't" person find yourself becoming an "I can" person "and I did it myself"!

Day	Date	Time	Location	Cost
M	7/12, 7/19, 7/26	10:00 am	ACC	\$1

## Line Dance Classes



### Line Dance Social

Sunday, July 25 at 1:30 p.m. - 4:00 p.m.

### Beginner Class 252.1.1401

Day	Date	Time	Location	Cost
Th	6/24-7/29	8:45	ACC	\$18.50 (6)

### Intermediate Class 252.1.1402

Day	Date	Time	Location	Cost
Th	6/24-7/29	10:30	ACC	\$18.50 (6)

### Ballroom Dance

Monday 1:00 p.m.

Friday 6:30 p.m.



Come try out the exciting world of ballroom dancing from the slow gliding foxtrot to sensuous rumba, to a vivacious cha cha... there is something for everyone. No partners or previous experience needed, just a desire to have some fun!

The first hour will be lessons. The second hour is open for social dance. All are welcome to come to the first or second hour or both. **\$1**

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