

May 2012

El Corazon Senior Center

3302 Senior Center Dr., Oceanside, CA 92056 (760) 435-5300

Senior Dances May13th 7 May 27th @ Country Club

All Dances 2:00-4:00pm \$5.00 Admission

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mira Costa Spring Session Ends 5/19</b> <b>Registration for Summer Session</b> <b>Begins 5/9/2012</b>	<b>1</b> 9:00-12:00 Watercolor-Beg (MC) A&B 9:00-3:30 Portrait & Figure Drawing (MC) C&D 9:30-10:30 Zumba MPR 12:30-3:30 Watercolor-Beg (Adams) MPR 1:00-2:30 Chair Yoga (MC) A&B	<b>2</b> 9:00-12:00 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 10:30-11:30 Walk & Talk with the YMCA LOBBY 11:30-12:30 Weight & Circuit Training E-C Fit 11:45-1:30 Balance & Mobility (MC) A&B 12:30-3:30 Watercolor- (MC) MPR 1:30-3:30 Weight Management (MC) A 2:00-5:00 Creative Writing (MC) C&D	<b>3</b> 9:00-12:00 Painting ADV (MC) C&D 9:30-10:30 Zumba MPR 10:00-12:00 Tai Chi—Beg (MC) A&B 10:30-11:30 Chair Fitness MPR 12:00-5:00 Table Tennis MPR 1:00-2:30 Chair Yoga (MC) A&B 1:00-4:00 Acrylic Painting (MC) C&D	<b>4</b> 9:00-11:00 T.O.P.S A 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR 1:15-3:30 EC Creative Writing Group A 12:00-3:30 Painting INT (MC) C&D
<b>7</b> 9:00-12:00 Table Tennis C&D 9:00-11:30 Knitting Workshop MPR 10:00-1:40 Tai Chi—Beg (MC) A&B Off Site Walk & Talk with the YMCA LOBBY Cancelled Weight & Circuit Training EC-FIT 11:45-1:30 Balance & Mobility (MC) A 11:45-4:00 Bingo MPR 12:00-4:00 Cribbage D 12:30-3:30 Pinochle C	<b>8</b> 9:00-12:00 Watercolor-Beg (MC) A&B 9:00-3:30 Portrait & Figure Drawing (MC) C&D 9:30-10:30 Zumba MPR 12:30-3:30 Watercolor-Beg (MC) MPR 1:00-2:30 Chair Yoga (MC) A&B	<b>9</b> 9:00-12:00 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 10:00-12:00 Costa Serena A&B 10:30-11:30 Walk & Talk with the YMCA LOBBY 11:30-12:30 Weight & Circuit Training EC Fit 11:45-1:30 Balance & Mobility (MC) A&B 12:30-3:30 Watercolor (MC) MPR 1:00-2:00 Family Caregiver GRP Vol. Office 1:30-3:30 Weight Management (MC) A 2:00-5:00 Creative Writing (MC) C&D	<b>10</b> 9:00-12:00 Painting ADV (MC) C&D 9:30-10:30 Zumba MPR 10:00-12:00 Tai Chi—Beg (MC) A&B 10:30-11:30 Chair Fitness MPR 12:00-5:00 Table Tennis MPR 1:00-2:30 Chair Yoga (MC) A&B 1:00-4:00 Acrylic Painting (MC) C&D	<b>11</b> 9:00-11:00 T.O.P.S A 11:00-1:00 Dream Workshop Volunteer Office 12:00-4:00 Duplicate Bridge MPR 1:15-3:30 EC Creative Writing Group A 12:00-4:00 AARP Driving (8hr) A 12:00-3:30 Painting INT (MC) C&D
<b>14</b> 9:00-12:00 Table Tennis C&D 9:00-11:30 Knitting Workshop MPR 10:00-11:40 Tai Chi—Beg (MC) A&B 10:30-11:30 Walk & Talk with the YMCA LOBBY 11:30-12:30 Weight & Circuit Training EC-FIT 11:45-1:30 Balance & Mobility (MC) A 11:45-4:00 Bingo MPR 12:00-4:00 Cribbage D 12:30-3:30 Pinochle C	<b>15</b> 9:00-12:00 Watercolor-Beg (MC) A&B 9:00-3:30 Portrait & Figure Drawing (MC) C&D 9:30-10:30 Zumba MPR 12:30-3:30 Watercolor-Beg (MC) MPR 1:00-2:30 Chair Yoga (MC) A&B	<b>16</b> 9:00-12:00 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 10:00-12:00 Newcomers Book Club Vol. Off 10:30-11:30 Walk & Talk with the YMCA LOBBY 11:45-1:30 Balance & Mobility A&B 12:30-3:30 Watercolor- (MC) MPR 1:30-3:30 Weight Management (MC) A 2:00-5:00 Creative Writing (MC) C&D	<b>17</b> 9:00-12:00 Painting ADV (MC) C&D 9:30-10:30 Zumba MPR 10:00-12:00 Tai Chi—Beg (MC) A&B 10:30-11:30 Chair Fitness MPR <b>11:45-12::45 Lunch &amp; Learn Health Series LOBBY</b> 12:00-5:00 Table Tennis MPR 1:00-2:30 Chair Yoga (MC) A&B 1:00-4:00 Acrylic Painting (MC) C&D	<b>18</b> 9:00-11:00 T.O.P.S A 12:00-4:00 Duplicate Bridge MPR 1:15-3:30 EC Creative Writing Group A 12:00-3:30 Painting INT (MC) C&D 12:00-4:00 AARP Driving (8hr) A
<b>21</b> 9:00-12:00 Table Tennis C&D 9:00-11:30 Knitting Workshop MPR <b>9:30-12:00 Hearing Clinic Vol. Office</b> 10:30-11:30 Walk & Talk with the YMCA LOBBY 11:30-12:30 Weight & Circuit Training EC-FIT 11:45-4:00 Bingo MPR 12:00-4:00 Cribbage D 12:30-3:30 Pinochle C	<b>22</b> 9:30-10:30 Zumba MPR	<b>23</b> 9:00-12:00 Table Tennis C&D 9:30-10:30 Zumba MPR	<b>24</b> 9:30-10:30 Zumba MPR 10:30-11:30 Chair Fitness MPR 12:00-5:00 Table Tennis MPR	<b>25</b> 8:00-10:00 T.O.P.S A 11:30-4:00 Duplicate Bridge MPR 12:00-3:30 EC Creative Writing Group A 1:00-3:00 OMHA B
<b>28</b> Closed in Observance Memorial Day	<b>29</b> 9:30-10:30 Zumba MPR	<b>30</b> 9:00-12:00 Table Tennis C&D 9:30-10:30 Zumba MPR	<b>31</b> 9:30-10:30 Zumba MPR 10:30-11:30 Chair Fitness MPR 12:00-5:00 Table Tennis MPR	<b>Special Events/Classes</b> <b>Lunch &amp; Learn Health series 5/17 11:45-12:45</b> <b>Hearing Clinic 5/21 9:30-12:00</b> <b>(call (760)599-0800) to make an appointment</b>

City of Oceanside-El Corazon Senior Center  
**El Corazon Recreation Programs and Classes:**

Bingo	Mondays	MPR	11:45-4:00	Weekly
Cribbage	Mondays	D	12:00-3:00	Weekly
Duplicate Bridge	Fridays	MPR	12:00-4:00	Weekly
El Corazon Writing Group	Fridays	Vol. Off.	1:15-3:30	Weekly
Knitting Workshop	Mondays	MPR	9:00-11:30	Weekly
Table Tennis	Mon/Wed AM Thursday PM	C&D MPR	9:00-12:00 11:00-4:00	Weekly
Pinochle	Mondays	C	12:30-3:30	Weekly
Walk& Talk with Jill	Mon./Wed.	Lobby	10:30-11:30	Weekly
Weight & Circuit Training	Mon./Wed.	EC Fit	11:30-12:30	Weekly
Chair Fitness	Thurs.	MPR	10:30-11:30	Weekly
Zumba	Tues/Thurs	MPR	9:30-10:30	Weekly
Zumba Toning	Mon/Wed/Fri	MPR	9:30-10:30	Weekly

**Group Meetings at El Corazon Senior Center:**

AARP Driving 4-Hour Review Class	2 <sup>nd</sup> Friday	A&B	12:00-4:00	Even # month
AARP Driving 8-hour Initial Class	2 <sup>nd</sup> & 3 <sup>rd</sup> Friday	A&B	12:00-4:00	Odd # month
Greater Tri Cities Health Talks	3 <sup>rd</sup> Thursday	LOBBY	11:45-12:45	Monthly
Costa Serena HOA	2 <sup>nd</sup> Wednesday	MPR	9:00-12:00	Monthly
Dream Workshop	Friday (see sched)	Vol. Office	11:00-1:00	Monthly
HICAP	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 3 <sup>rd</sup> Thursday	Vol. Office	1:00-4:00 1:00-4:00	Bi-Monthly Monthly
Family Caregiver Support Group	2 <sup>nd</sup> Wednesday	C	1:00-2:00	Monthly
Newcomer's Book Club	3 <sup>rd</sup> Wed.	A	10:00-11:00	Monthly
OMHA	4 <sup>th</sup> Friday	A & B	1:00-3:00	Monthly
T.O.P.S	Fridays	B	9:00-11:00	Weekly

**Mira Costa College Classes at El Corazon Senior Center:**

Tai Chi-Beginning	Mon & Thurs	A&B	10:00-12:00	Weekly
Chair Yoga	Tues & Thurs	A&B	1:00-2:30	Weekly
Balance & Mobility	Mon & Wed	A&B	11:45-1:25	Weekly
Painting ADV.	Thursday	C&D	9:00-12:00	Weekly
Painting INT.	Friday	C&D	12:00-3:00	Weekly
Weight Management	Wednesday	B	1:00-3:00	Weekly
Watercolor-Beginning	Tuesdays	A&B MPR	9:00-12:00(Spencer) 12:30-3:30 (Adams)	Weekly
Watercolor-Intermediate	Wednesday	MPR	12:30-3:30 (Adams)	Weekly
Acrylic Painting	Thursday	C&D	1:00-4:00 (Pearce)	Weekly
Portrait and Drawing	Tuesday	C&D	9:00-12:00/ 12:30-3:30	Weekly
Creative Writing	Wednesday	C	2:00-5:00	Weekly



# El Corazon Senior Center Classes

3302 Senior Center Drive – Oceanside, CA 92056

(760) 435-5300

Spring 2012 May CALENDAR



## Recreation Programs and Classes held at El Corazon Senior Center:

You may register for these classes either on line at [www.ci.oceanside.ca.us](http://www.ci.oceanside.ca.us) or in person at the El Corazon Senior Center or any of our recreation centers. There is a \$10 non-resident fee added to the cost. These are continuous classes.

Class	Instructor	Day	Time	Cost	Room	Start Dates
Bingo	Francesca	Mondays	11:45-3:30	\$1-6	MPR	Continuous
Bridge	Diwell	Fridays	12:00-4:00	Free	MPR	Continuous
EC Writing Group	Williams	Fridays	1215-3:30	Free	Vol.Off	Continuous
Cribbage	Weeks	Mondays	12:00-3:00	Free	D	Continuous
Dream Workshop	Butler	Fridays	11:00-1:00	Free	Volunteer Office	Monthly
Knitting	Swanson	Mondays	9:00-11:30	Free	A	Continuous
Table Tennis		Mon/Wed AM Thursday	9:00-12:00 12:00-5:00	Free	MPR/C&D	Continuous
Pinochle	Jasper	Mondays	12:30-3:30	Free	C	Continuous
T.O.P.S	Cousineau	Fridays	9:00-11:00	Free	B	Continuous
Walk & Talk with the YMCA	YMCA	Mon/Wed	10:30-11:30	Free	Lobby	Continuous
Weight & Circuit Training	YMCA	Mon/Wed	11:30-12:30	Free	EC Fit	Continuous
Chair Fitness	YMCA	Thursday	10:30-11:30	Free	MPR	Continuous
Zumba	Hernandez	Tues/Thurs	9:30-10:30	\$6 per class	MPR	Continuous
Zumba Toning	Hernandez	Wed/Fri	9:30-10:30	\$6 per class/Register with instructor	MPR	Continuous

## Mira Costa College Classes held at El Corazon Senior Center:

Spring semester runs 1/23/2012 to 5/18/2012

You may register for these classes either on line at [www.miracosta.edu/noncredit](http://www.miracosta.edu/noncredit) or the first day of class

Class	Instructor	Day	Time	Cost	Room	Dates
Tai Chi – Beginning	Gill	Mon & Thurs	10:00 – 12:00	None	A&B	Spring Session
Chair Yoga	Mac Farlane	Tue & Thurs	1:00-2:30 pm	None	A&B	Spring Session
Balance & Mobility	Hargrove	Mon & Wed	11:45-1:25	None	A&B	Spring Session
Weight Management	Hargrove	Wed	1:15-3:05 pm	None	A	Spring Session
Painting ADV. Acrylic Painting Painting INT	Pearce Pearce Pearce	Thursday Thursday Friday	9:00-12:00 1:00-4:00 12:00-3:00	None None None	C&D C&D C&D	Spring Session
Watercolor-Beg.	Spencer	Tuesday	9:00-12:00	None None	A&B	Spring Session
Watercolor-Beg	Adams	Tuesday	12:30-3:30		MPR	
Watercolor-Int.	Adams	Wednesday	12:30-3:30	None	MPR	Spring Session
Portrait & Figure Drawing	Haeger	Tues.	9:00-12:00	None	C&D	Spring Session
Portrait & Figure Drawing	Haeger	Tues	12:30-3:30	None	C&D	Spring Session
Creative Writing	Featherstone	Wednesday	2:00-5:00	None	C&D	Spring Session