

Groups Meeting at Country Club Senior Center

Group	Day	Time	Dates
American Legion	3rd Saturday	8:30-12:00	Monthly
Angel's Depot Food Program	3rd Monday	9:00-10:30	Monthly
Angler's Fishing Group Gen. Mtng.	1st Tuesday	9:00-11:30	Monthly
Angler's Board Meeting	4th Tuesday	9:30-11:30	Monthly
Attorney at Law	3rd Wed.	9:00-12:00	Monthly
Ballroom Dance w/Bands	2nd & 4th Sun.	2:00-4:00	Semi-Monthly
Bridge — Advanced	1st Sunday	12:15-4:20	Monthly
Bridge—Adv./Duplicate	Mondays	12:40-3:50	Weekly
Bridge — Adv./Duplicate	Tuesdays	12:40-3:50	Weekly
Bridge — Intermediate	Tuesdays	12:15-3:30	Weekly
Bridge, Refresher	Fridays	10:00-12:00	Weekly
British Club	2nd Tuesday	10:00-11:30	Monthly
Cancer Support Group	2nd & 4th Tuesday	9:30-11:30	Semi-Monthly
Computer Drop-In Lab (Free)	Tuesdays	1:00-2:15	*No Lab in May
Chorus (practice)	Tuesdays	12:20-2:00	Weekly
Dietician Services	4th Thursday	9:30-11:30	Monthly
El Camino Quilters Basting Workshop	1st Monday	9:00-3:00	Monthly
Food Distribution - San Diego Food Bank	2nd Monday	9:00-10:30	Monthly
Food Distribution - Angel's Depot	3rd Monday	9:00-10:30	Monthly
Food Distribution - San Diego Food Bank	3rd Wednesday	8:00-9:30	Monthly
Food Distr. - No. Co. Community Services	4th Wednesday	1:30-2:00	Monthly
Friendly Seniors	Thursdays (except 3rd)	12:30-2:30	Weekly
Health Clinic	Thursdays	8:30-11:00	Weekly
Hearing Clinic	3rd Tuesday	9:30-11:30	Monthly (call 760-599-0800 for appt.)
Knitting & Crocheting	Monday & Thursday	9:00-11:30	2 times/Week
NARFE Bd. Meeting	1st Wednesday	9:30-11:30	Monthly
NARFE Gen. Meeting	3rd Thursday	12:30-3:30	Monthly
No. County Jewish Seniors Club Bd.Mtg.	1st Thursday	10:30-11:30	Monthly
No. County Jewish Seniors Club Gen. Mtg.	3rd Thursday	12:30-3:30	Monthly
Pearl Harbor Survivors	1st Sunday	9:30-12:00	Monthly
Oceanside Pacific Kiwanis	3rd Thursday	10:00-11:30	Monthly
Optimist Club	1st & 3rd Wed.	12:30-3:00	Final meeting May 2
Red Hot Hatters	4th Thursday	1:00-2:30	Monthly
Tax Services	Feb.-April 15	9:00-2:00	Limited dates/seasonal
Woodcarving Group	2nd & 4th Tuesday	9:00-11:30	Semi-Monthly

Recreation Classes at Country Club Senior Center

#Ceramics	Monday	5:00-8:00	Class runs 1/9 to 3/26/12 \$75 + Lab Fee
#Ceramics	Wednesday	9:30-12:30	Class runs 1/4 to 3/21/12 \$75 + Lab Fee
Pottery/Ceramics Lab	Friday	9:30-12:30	continuing - for enrolled students \$10 drop-in
Hula - Beginning	Mondays & Thursdays	11:30-12:30	Ongoing
Hula - Advanced	Mondays & Thursdays	12:30-2:00	Ongoing

#Current ceramics classes run from 6/27 and 6/29 to 9/12 and 9/14/11

*MiraCosta College Classes held at Country Club Senior Center — Spring Semester

Basic Drawing & Sketching	Monday	1:00-4:00	Spring Semester 1/23/12 to 5/18/12
Body Conditioning/Exercise	M-W-F	8:00-9:00	Spring Semester 1/23/12 to 5/18/12
Tai Chi Chuan for Seniors, Beginners	Monday & Friday	9:05-10:50	Spring Semester 1/23/12 to 5/18/12
Tai Chi Chuan for Seniors, Intermediate	Monday & Friday	11:00-12:10	Spring Semester 1/23/12 to 5/18/12
Tai Chi Chuan for Seniors, Advanced	Wednesday	9:05-11:10	Spring Semester 1/23/12 to 5/18/12
Watercolor Painting, Intermediate	Thursday	9:00-12:05	Spring Semester 1/23/12 to 5/18/12
Painting — Acrylics	Tuesday	12:30-3:30	Spring Semester 1/23/12 to 5/18/12
Tai Chi Chuan for Seniors, Intermediate	Wednesday	12:30-2:35	Spring Semester 1/23/12 to 5/18/12
Painting and Drawing	Thursday	12:15-3:25	Spring Semester 1/23/12 to 5/18/12

Mira Costa College Spring Classes start on Monday, January 23, 2012 and run thru Friday, May 18, 2012

Ongoing Programs at Country Club Senior Center

Lunch w/Friends	M-F	11:15-12:00	Daily
Home Delivered Meals	M-F Sat, Sun.	Frozen Meal 10:00-1:00	Daily
Transportation to Lunch	Tu-F	(Bus starts picking up at 9:30 for lunch—return home approx. 12:10 pm)	
Transportation Programs (Taxi Scrip, Senior Shuttle, Volunteer Transportation Program)			Ongoing
Project Care (Vial of Life, RUOK)	M-F	9:00-11:00 office hours	Daily phone calls 7 days a week
Horseshoes	M-F	9:00-4:00	Daily
Ping Pong	M-Th	check hours	
Ping Pong	Friday	8:30-12:00 noon	
Library	M-Th	9:00-1:00	
Library	Friday	9:00-12:00 noon	
Bingo	Th	12:45-4:00	Weekly

This calendar is available on line at: www.ci.oceanside.ca.us/



City of Oceanside, Neighborhood Services

Country Club Senior Center

455 Country Club Lane

Oceanside, CA 92054 760-435-5250



Hours of Operation

Monday thru Thursday 8:00am to 4:00pm

Fridays 8:00am to 12:30pm



MAY 2012 CALENDAR

NO—Free -Drop-In Computer Lab

For the month of May 2012 only!

Please drop off "Campbell Soup" labels and Hotel/Travel size soaps, shampoos, etc. with our front desk volunteers.

Dance Schedule

\$5.00 Admission

Sundays 2-4 p.m.

**May Dance Location:
Country Club Senior Center**



May 13 - "Vidals"

May 27 - "Global Affair"

Just a friendly reminder. Pick up your "Free" 9 volt battery for your battery operated home smoke detector. Check with staff or the front lobby desk.



Cookbook for Sale!

Volunteers in the Nutrition Program have put together a cookbook of favorite recipes. The cost is \$11 and you can purchase your book at the front desk or in Nutrition.

Free

Food Distribution Program Vegetables & Fruit

4th Wednesday

1:30-2:30 p.m.

Country Club Senior Center

For Seniors age 55+

This month: Wed. May 23rd



Parks and Recreation

Call us! (760) 435-5041 Fax us! (760) 435-9628

Visit us on the web! www.ci.oceanside.ca.us

**Parks
Make
Life
Better!**




May 2012

Lunch Served
Daily at 11:15am

*Mira Costa College Fall classes will run 1/23 to 5/18/2012.

Country Club Senior Center

455 Country Club Lane
Oceanside, CA 92054 760-435-5250

Monday	Tuesday	Wednesday	Thursday	Friday
Keep Fit.....Visit "Club 55" You can work out Monday thru Friday 7:00am to 2:00pm From weight training to healthy exercise programs, find health and fitness information for a healthy lifestyle!!	8:30-11:30 Ping Pong G,H 9:00-11:30 Angler's Gen. Mtg. A,B,D,E,F, 1 12:30-3:25 *Acrylic Painting C 12:15-3:30 Bridge Intermediate G,H 12:30-3:40 Bridge/Adv.-Dup. A,B,D,E,F 12:30-2:00 Chorus Practice Aud.	8:00-9:00 *Exercise D,E,F 8:30-3:30 Ping Pong G,H, 2 9:05-11:10 *Tai Chi Chuan, Adv. D,E,F 9:30-11:30 NARFE Bd. Meeting A 9:30-12:30 Ceramics—3/28 to C 12:00-3:00 NARFE Assistance (Please call for appt. at 760-722-5309) 12:30-3:00 Optimist Club A 12:30-3:25 *Tai Chi Chuan, Int. D,E	8:30-11:30 Ping Pong G,H 8:30-11:00 Health Clinic Gift Shop 3 9:00-11:30 Knitting & Crochet C 9:00-12:05 *Watercolor Painting, Int. D,E 10:00-12:00 N.C. Jewish Club Bd. A 12:15-3:20 *Painting & Drawing D,E 12:30-2:30 Friendly Seniors A 12:45-4:00 BINGO Aud.	8:30-12:00 Ping Pong G,H 8:00-9:00 *Exercise D,E,F 9:05-10:50 *Tai Chi Chuan, Beg. D,E,F 11:00-12:10 *Tai Chi Chuan, Int. D,E,F 9:30-12:00 Ceramics Lab C 10:00-12:00 Refresher Bridge B
8:30-11:15 Ping Pong G,H 8:00-9:00 *Exercise D,E,F 9:00-3:00 El Camino Quilt Basting A,B 9:00-11:30 Knit & Crochet C 9:05-10:50 *Tai Chi Chuan, Beg. D,E,F 11:00-12:10 *Tai Chi Chuan, Int. D,E,F 12:50-4:00 Bridge/Adv.Dup. Aud. 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 1:00-4:00 *Basic Drawing/Sketch D,E 5:00-8:00 Ceramics-3/26 to 6/4/12 C	8:30-11:30 Ping Pong G,H 9:00-11:30 Woodcarving A 9:30-11:30 Cancer Support B 10:00-11:30 British Club C 12:30-3:25 *Acrylic Painting C 12:15-3:30 Bridge Intermediate G,H 12:30-3:40 Bridge/Adv.-Dup. A,B,D,E,F 12:30-2:00 Chorus Practice Aud.	8:00-9:00 *Exercise D,E,F 8:30-3:30 Ping Pong G,H 9:05-11:10 *Tai Chi Chuan, Adv. D,E,F 9:30-12:30 Ceramics—3/28 to 6/6/12 C 12:00-3:00 NARFE Assistance (Please call for appt. at 760-722-5309) 12:30-3:25 *Tai Chi Chuan, Int. D,E	8:30-11:30 Ping Pong G,H 8:30-11:00 Health Clinic Gift Shop 10 9:00-11:30 Knitting & Crochet C 9:00-12:05 *Watercolor Painting, Int. D,E 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 12:15-3:20 *Painting & Drawing D,E 12:30-2:30 Friendly Seniors A 12:45-4:00 BINGO Aud.	8:30-12:00 Ping Pong G,H 8:00-9:00 *Exercise D,E,F 9:05-10:50 *Tai Chi Chuan, Beg. D,E,F 11:00-12:10 *Tai Chi Chuan, Int. D,E,F 9:30-12:00 Ceramics Lab C 10:00-12:00 Refresher Bridge B
8:30-11:15 Ping Pong G,H 9:00-10:30 2nd MONDAY FOOD B,C,F Distribution for seniors 60 yrs & up only 9:00-11:30 Knitting & Crochet C 9:05-10:50 *Tai Chi Chuan, Beg. D,E,F 11:00-12:10 *Tai Chi Chuan, Int. D,E,F 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 12:50-4:00 Bridge/Adv.Dup. Aud. 1:00-4:00 *Basic Drawing/Sketch D,E 5:00-8:00 Ceramics -3/26 to 6/4/12 C	8:30-10:00 Ping Pong G,H 9:30-11:30 Hearing Clinic C call ahead at (760) 599-0800 12:30-3:25 *Acrylic Painting C 12:15-3:30 Bridge Intermediate G,H 12:30-2:00 Chorus Practice Aud. 12:30-3:40 Bridge/Adv.-Dup. A,B,D,E,F	8:00-9:30 FOOD DISTRIBUTION A.B All low-income persons 8:00-9:00 *Exercise D,E 8:30-3:30 Ping Pong G,H 9:00-11:30 Legal Services Gift Shop 9:05-11:10 *Tai Chi Chuan, Adv. D,E,F 9:30-12:30 Ceramics—3/28 to 6/6/12 C 12:00-3:00 NARFE Assistance (Please call for appt. at 760-722-5309) 12:30-3:25 *Tai Chi Chuan, Int. D,E	8:30-11:30 Ping Pong G,H 8:30-11:00 Health Clinic Gift Shop 17 9:00-11:30 Knitting & Crochet C 9:00-12:05 *Watercolor Painting, Int. D,E 10:00-11:30 Kiwanis Club (OPK) A 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 12:15-3:20 *Painting & Drawing D,E 12:45-4:00 BINGO Aud. 1:30-3:00 NARFE Gen. Meeting A	8:30-12:00 Ping Pong G,H 8:00-9:00 *Exercise D,E,F 9:05-10:50 *Tai Chi Chuan, Beg. D,E,F 11:00-12:10 *Tai Chi Chuan, Int. D,E,F 9:30-12:00 Ceramics Lab C 10:00-12:00 Refresher Bridge B
8:30-11:15 Ping Pong G,H 9:00-10:30 Angel Depot FOOD A,B 9:00-11:30 Knitting & Crochet C 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 12:50-4:00 Bridge/Adv.Dup. Aud. 5:00-8:00 Ceramics -3/26 to 6/4/12 C	8:30-11:30 Ping Pong G,H 8:30-10:30 "Rec. Strategic Plan meeting" D (Eileen Turk, Rec. Div. Mgr.) 9:00-11:30 Woodcarving A 9:30-11:30 Cancer Support B 12:15-3:30 Bridge Intermediate G,H 12:30-2:00 Chorus Practice Aud. 12:30-3:40 Bridge/Adv.-Dup. A,B,D,E,F	8:30-3:30 Ping Pong G,H 9:30-12:30 Ceramics—3/28 to 6/6/12 C 12:00-3:00 NARFE Assistance (Please call for appt. at 760-722-5309) 1:30-2:30 FOOD DISTRIBUTION Aud. (Vegies, Fruit, Bread- Seniors 55+) seating B,F	8:30-11:30 Ping Pong G,H 8:30-11:00 Health Clinic Gift Shop 24 9:00-11:30 Knitting & Crochet C 9:30-11:30 Dietician (by appointment) A Please call Cheryl at 760-435-5534 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 12:30-2:30 Friendly Seniors A 12:45-4:00 BINGO Aud. 1:00-2:30 Red Hot Hatters B	8:30-12:00 Ping Pong G,H 9:30-11:30 Sr. Angler's Board Meeting A 9:30-12:00 Ceramics Lab C 10:00-12:00 Refresher Bridge B
CLOSED 	8:30-11:30 Ping Pong G,H 12:15-3:30 Bridge Intermediate G,H 12:30-3:40 Bridge/Adv.-Dup. A,B,D,E,F 12:30-2:00 Chorus Practice Aud.	8:30-3:30 Ping Pong G,H 9:30-12:30 Ceramics—3/28 to 6/6/12 C 12:00-3:00 NARFE Assistance (Please call for appt. at 760-722-5309)	8:30-11:30 Ping Pong G,H 8:30-11:00 Health Clinic Gift Shop 31 9:00-11:30 Knitting & Crochet C 11:30-12:30 Hula Beginning G,H 12:30-2:00 Hula Advanced G,H 12:30-2:30 Friendly Seniors A 12:45-4:00 BINGO Aud. 1:00-3:00 Book Club F	Revised 4-23-2012 Done RV