## Monthly Support groups & Senior Services

| Group | Day | Time | Dates |
|---|---|---|---|
| AARP smart driver course | 2nd & 3rd Wed. | 8:00-:12:00 | 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 (legal services) | 3rd Wed. | 9:00-12:00 | Monthly |
| Ballroom Dance w/Bands | 2nd Sunday | 2:00-4:00 | Monthly |
| Book Club | last Thursday | 1:00-3:00 | Monthly |
| Body Movement | i1st & llast Thurs. | 10:00-10:45 | Semi-Monthly |
| Bridge—Adv./Duplicate | Mondays | 12:50-4:00 | Weekly |
| Bridge — Intermediate | Tuesdays | 12:15-3:30 | Weekly |
| Bridge — Adv./Duplicate | Tuesdays | 12:30-3:40 | 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 |
| Dietician Services | 4th Tuesday | 9:30-11:30 | Monthly (call 760-435-5534 for appt.) |
| Diabetes Screening | 3rd Tuesday | 10:00-12:00 | Monthly |
| El Camino Quilters Basting Workshop | 1st Monday | 9:00-3:00 | Monthly |
| Food Distribution - SD Food Bank | 2nd Monday | 9:00-10:30 | Monthly |
| Food Distribution - Angel's Depot | 3rd Monday | 9:00-10:30 | Monthly |
| Friendly Seniors | Thursdays (except 3rd) | 12:30-2:30 | 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 |
| Poetry Advanced | Mondays | 1:00-2:00 | Weekly |
| Red Hot Hatters | 4th Thursday | 1:00-2:30 | Monthly |
| 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 9/15 to 12/8/14 $75 + LabFee |
| Ceramics | Wednesday | 9:30-12:30 | Class runs 6/30/14 to 9/814 $75 + Lab Fee |
| Pottery/Ceramics Lab | Friday | 9:30-12:00 | continuing - for enrolled students $10 drop-in |
| Hula - Beg/Adv | Mondays | 11:30-12:30 | Ongoing |

### *Free MiraCosta College Classes held at Country Club Senior Center — Fall Semester

| | | | |
|---|---|---|---|
| Body Conditioning/Exercise | M-W- F | 8:00-9:00 | 8/18/2014 to 12/5/2014 |
| Basic Draw & Sketch | M | 12:30-3:30 | 8/18/2014 to 12/1/2014 |
| Tai-chi, Int. | M & F | 11:00-12:10 | 8/18/2014 to 12/5/2014 |
| Tai-chi, Adv. | W | 9:15-11:20 | 8/20/2014 to 12/3/2014 |
| Tai-chi, Int | W | 12:30-2:35 | 8/20/2014 to 12/3/2014 |
| Acrylic Painting | T | 12:30-3:30 | 8/19/2014 to 12/2/2014 |
| Painting & Drawing | TH | 12:30-3:30 | 8/21/2014 to 12/4/2014 |
| Watercolor Painting | TH | 9:00-12:00 | 8/21/2014 to 12/4/2014 |

**Mira Costa College Fall Classes start on Monday, August 18th, 2014 and run thru Thursday, December 5th, 2014 To register call (760) 795-8710**

### 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 | M-F (Bus starts picking up at 9:30 for lunch—return home approx. 12:10 pm) | | |
| Transportation Programs | M-F | | Ongoing |
| Horseshoes | M-F | 9:00-4:00 | Daily |
| Ping Pong | M-Th | check hours | |
| Ping Pong | Friday | 8:30-12:00 | |
| Library | M-Th | 9:00-3:00 | Friday 9-12 |



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

# OCTOBER 2014 CALENDAR

## Join us for Lunch

*Mon-Fri 11:15-12noon*
*Suggested donation of $3.00*
**Home Delivery Also available*
***NO LUNCH Oct. 10th***

*Oceanside Senior Dances*
**El Corazon Senior Center**
**Sunday, October 12, 2014**
**2:00-4:00PM**
**The Vidals**
**$5.00 Admission**

***AARP Smart Driving Class***
at CCSC
Oct. 8th & 15th
Sign up today!!

***Free Smart Phone class***
At CCSC
October 1st
1:00pm

***Volunteers Needed-***
***Information Desk***
For more information, please contact

**Oceanside Senior Expo**
October 9th 9:00-1:00
Civic center plaza

*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!
Parks & Recreation CITY OF OCEANSIDE

# October

# Country Club Senior Center

760-435-5250

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | **1**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-10:00 Ping Pong G,H<br>9:15-11:20 Tai-Chi, Adv. D,E,F<br>9:30-12:30 Ceramics C<br>9:30-11:30 NARFE Bd. Meeting A<br>12:30-2:35 Tai-Chi, Int. D,E,F<br>1:00-2:00 Smartphone class Comp. | **2**<br>8:30-11:30 Ping Pong G,H<br>9:00-11:30 Knitting & Crochet C<br>9:00-12:00 Water color painting D,E<br>10:30-11:30 No. County Jewish Seniors Club — Board Meeting A<br>10:00-10:45 Body movement B<br>12:30-2:30 Friendly Seniors A<br>12:30-3:30 Painting & Drawing D,E | **3**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-12:00 Ping Pong G,H<br>9:30-12:00 Ceramics Lab C<br>10:00-12:00 Refresher Bridge B<br>11:00-12:10 Tai-Chi, Int. D,E,F |
| **6**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-11:15 Ping Pong G,H<br>9:00-11:30 Knitting & Crochet C<br>11:00-12:10 Tai-Chi, Int. D,E,F<br>11:30-12:30 Hula Beg/Adv G,H<br>12:30-2:3:30 Basic Draw/Sketch D,E,F<br>12:50-4:00 Bridge/Adv.Dup. Aud.<br>1:00-2:00 Advance Poetry Library<br>5:00-8:00 Ceramics C | **7**<br>8:30-10:00 Ping Pong G,H<br>9:00-11:30 Anglers Gen Mtng. A,B,D,E,F<br>12:15-3:30 Bridge Intermediate G,H<br>12:30-3:40 Bridge/Adv.-Dup. A,B,D,E,F<br>12:30-3:30 *Acrylic Painting C | **8**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:00:12:00 AARP Driver course A<br>8:30-3:30 Ping Pong G,H<br>9:15-11:20 Tai-Chi, Adv. D,E,F<br>9:30-12:30 Ceramics C<br>12:30-2:35 Tai-Chi, Int. D,E,F | **9**<br>8:30-11:30 P ing Pong G,H<br>9:00-11:30 Knitting & Crochet C<br>9:00-12:00 Water color painting D,E<br>12:30-3:30 Painting & Drawing D,E<br>12:30-2:30 Friendly Seniors A | **10**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-12:00 Ping Pong G,H<br>9:30-12:00 Ceramics Lab C<br>10:00-12:00 Refresher Bridge B<br>11:00-12:10 Tai-Chi, Int. D,E,F |
| **13**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-11:15 Ping Pong G,H<br>9:00-10:30 2nd MONDAY FOOD dist. A,B<br>9:00-11:30 Knitting & Crochet Lib.<br>11:00-12:10 Tai-Chi, Int. D,E,F<br>11:30-12:30 Hula Beg/Adv G,H<br>12:30-2:3:30 Basic Draw/Sketch D,E,F<br>12:50-4:00 Bridge/Adv.Dup. Aud.<br>1:00-2:00 Advance Poetry Library<br>5:00-8:00 Ceramics C | **14**<br>8:30-11:30 Ping Pong G,H<br>9:30-11:30 Cancer Support F<br>9:00-11:30 Woodcarving D<br>10:00-11:30 British Club C<br>12:15-3:30 Bridge Intermediate G,H<br>12:30-3:40 Bridge/Adv-Dup. A,B,D,E,F<br>12:30-3:30 *Acrylic Painting C | **15**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:00:12:00 AARP Driver course A<br>8:30-3:30 Ping Pong G,H<br>9:00-12:00 Legal Services Gift Shop<br>9:15-11:20 Tai-Chi, Adv. D,E,F<br>9:30-12:30 Ceramics C<br>12:30-2:35 Tai-Chi, Int. D,E,F | **16**<br>8:30-11:30 Ping Pong G,H<br>9:00-11:30 Knitting & Crochet C<br>9:00-12:00 Water color painting D,E<br>12:30-3:30 Painting & Drawing D,E<br>12:30-3:30 No. County Jewish Seniors Club — General Meeting B,F<br>12:30-3:30 NARFE Gen. Meeting A | **17**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-12:00 Ping Pong G,H<br>9:30-12:00 Ceramics Lab C<br>10:00-12:00 Refresher Bridge B<br>11:00-12:10 Tai-Chi, Int. D,E,F |
| **20**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-11:15 Ping Pong G,H<br>9:00-10:30 Angel Depot FOOD A,B<br>9:00-11:30 Knitting & Crochet Lib.<br>11:00-12:10 Tai-Chi, Int. D,E,F<br>11:30-12:30 Hula Beg/Adv G,H<br>12:30-2:3:30 Basic Draw/Sketch D,E,F<br>12:50-4:00 Bridge/Adv.Dup. Aud.<br>1:00-2:00 Advance Poetry Library<br>5:00-8:00 Ceramics C | **21**<br>8:30-11:30 Ping Pong G,H<br>9:30-11:30 Hearing Clinic C<br>call ahead at (760) 599-0800<br>10:00-12:00 Diabetes Screening gift shop<br>12:15-3:30 Bridge Intermediate G,H<br>12:30-3:40 Bridge/Adv-Dup. A,B,D,E,F<br>12:30-3:30 *Acrylic Painting C | **22**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-3:30 Ping Pong G,H<br>9:15-11:20 Tai-Chi, Adv. D,E,F<br>9:30-12:30 Ceramics C<br>12:30-2:35 Tai-Chi, Int. D,E,F | **23**<br>8:30-11:30 Ping Pong G,H<br>9:00-11:30 Knitting & Crochet Lib.<br>9:00-12:00 Water color painting D,E<br>12:30-2:30 Friendly Seniors A<br>12:30-3:30 Painting & Drawing D,E<br>1:00-2:30 Red Hot Hatters B | **24**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-12:00 Ping Pong G,H<br>9:30-12:00 Ceramics Lab C<br>10:00-12:00 Refresher Bridge B<br>11:00-12:10 Tai-Chi, Int. D,E,F |
| **27**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-11:15 Ping Pong G,H<br>9:00-11:30 Knitting & Crochet C<br>11:00-12:10 Tai-Chi, Int. D,E,F<br>11:30-12:30 Hula Beg/Adv G,H<br>12:30-2:3:30 Basic Draw/Sketch D,E,F<br>12:50-4:00 Bridge/Adv.Dup. Aud.<br>1:00-2:00 Advance Poetry Library<br>5:00-8:00 Ceramics C | **28**<br>8:30-11:30 Ping Pong G,H<br>9:00-11:30 Woodcarving D<br>9:30-11:30 Sr. Anglers Board Meeting C<br>9:30-11:30 Cancer Support B<br>9:30-11:30 Dietician (by appt) gift shop<br>12:15-3:30 Bridge Intermediate G,H<br>12:30-3:40 Bridge/Adv-Dup. A,B,D,E,F<br>12:30-3:30 *Acrylic Painting C | **28**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-3:30 Ping Pong G,H<br>9:15-11:20 Tai-Chi, Adv. D,E,F<br>9:30-12:30 Ceramics C<br>12:30-2:35 Tai-Chi, Int. D,E,F | **30**<br>8:30-11:30 P ing Pong G,H<br>9:00-11:30 Knitting & Crochet C<br>9:00-12:00 Water color painting D,E<br>10:00-10:45 Body movement B<br>12:30-3:30 Painting & Drawing D,E<br>12:30-2:30 Friendly Seniors A<br>1:00-3:00 Book Club Lib. | **31**<br>8:00-9:00 *Body Conditioning D,E,F<br>8:30-12:00 Ping Pong G,H<br>9:30-12:00 Ceramics Lab C<br>10:00-12:00 Refresher Bridge B<br>11:00-12:10 Tai-Chi, Int. D,E,F |