

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00-12:00 Table Tennis C&D 9:00-11:30 Knitting Workshop A&B 9:15-10:45 Chair Yoga (MC) MPR 9:30-10:30 EC Walkers LOBBY 12:15-1:55 Balance & Mobility (MC) D 12:30-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 2:30-4:40 Spinal Fitness (MC) C&D</p>	<p>3</p> <p>9:00-12:00 Water Color-BEG (MC) A&B 9:00-12:00 Portrait & Figure Drawing (MC) C&D 9:30-10:30 Zumba MPR 11:00-1:10 Spinal Fitness (MC) MPR 12:30-3:30 Water Color-INT (MC) A&B 12:30-3:30 Portrait & Figure Drawing (MC) C&D 1:15-2:45 Chair Yoga (MC) MPR 2:50-4:20 Chair Yoga (MC) MPR</p>	<p>4</p> <p>9:00-4:30 Table Tennis C&D 9:10-12:00 Water Color-INT (MC) A&B 9:30-10:30 EC Walkers LOBBY 10:00-11:00 Zumba Toning MPR 12:15-1:55 Balance & Mobility (MC) MPR 2:00-4:05 Weight Management (MC) A&B 2:30-4:40 Spinal Fitness (MC) MPR</p>	<p>5</p> <p>9:00-4:30 Table Tennis C&D 9:15-10:45 Chair Yoga (MC) MPR 9:30-12:30 Painting-ADV (MC) A&B 10:00-11:00 Adult Coloring Vol. Office 11:00-1:10 Spinal Fitness MPR 1:00-4:00 Painting-INT (MC) A&B 1:15-2:45 Chair Yoga (MC) MPR 2:50-4:20 Chair Yoga (MC) MPR</p>	<p>6</p> <p>9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:30-10:30 Zumba MPR 12:00-4:00 Duplicate Bridge MPR 12:00-3:00 Acrylic Painting A&B</p>
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City of Oceanside - El Corazon Senior Center

Group Meetings

HICAP	By Appointment	Office 1	Call 1 (858) 565-8772 to schedule	1st & 4th Wednesday
El Corazon BOOK WORMS	3rd Wed.	Vol. Office	10:00 - 11:00	Monthly
Adult Coloring	Thursday	Vol. Office	10:00 - 11:00	Weekly
T.O.P.S.	Fridays	A	9:00 - 11:00	Weekly (Fee)

El Corazon Senior Center Lending Library

Borrow a book, return it or bring another book back in its place!
(puzzles too!)



HAPPY HALLOWEEN!



El Corazon Senior Center

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

October 2017 Recreation Programs and Classes

Class	Day	Time	Cost
Bingo	Monday	12:00-4:00	\$3.00- \$6.00
Cribbage	Monday	12:30-4:00	Free
Duplicate Bridge	Friday	12:00-4:00	\$6.00
EC Walkers	Mon/Wed	9:30-10:30	Free
Knitting	Monday	9:00-11:30	Free
Table Tennis	Mon Wed/Thurs Friday	9:00 - 2:00 9:00 - 4:30 9:00 - 3:30	Free
Pinochle	Monday	12:30 - 4:00	FREE
Zumba	Tues/Fri	9:30 - 10:30	\$7 per class Register w/ instructor
Zumba Toning	Wednesday	10:00 - 11:00	\$7 per class Register w/ instructor

Hours of Operation

Monday - Thursday
9:00 AM - 5:00 PM

Friday
9:00 AM - 4:00 PM

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

**Mira Costa
Community Learning**
1831 Mission Ave
Oceanside, CA 92058

(760)795-8710

Mira Costa College Classes Fall Semester August 21st - December 8th 2017

Class	Instructor	Day	Time	Cost
Chair Yoga	Hargrove	Mon & Thurs	9:15 - 10:45	None
Chair Yoga	Macfarlane	Tues & Thurs	1:00 - 2:30	None
Chair Yoga	MacFarlane	Tues & Thurs	2:40 - 4:10	None
Spinal Fitness	Gibbons	Mon & Wed	2:30 - 4:50	None
Spinal Fitness	Gibbons	Tues & Thurs	11:00-1:10	None
Weight Management	Hargrove	Wednesday	2:00 - 4:15	None
Acrylic Painting	Pearce	Friday	12:00 - 3:00	None
Balance & Mobility	Hargrove	Mon & Wed	12:15 - 1:55	None
Portrait and Figure Drawing	Haeger	Tuesday AM Tuesday PM	9:00 - 11:50 12:30 - 3:30	None
Painting Advanced	Pearce	Thursday	9:30 - 12:30	None
Painting INT	Pearce	Thursday	1:00 - 4:00	None
Watercolor - BEG	Spencer	Tuesday	9:00 - 12:00	None
Watercolor - INT	Adams	Tuesday	12:00- 3:30	None
Watercolor - INT	Adams	Wednesday	9:10 - 12:00	None

Senior Dance

El Corazon Senior Center
Sunday October 8th
2:00-4:00 PM

Tickets \$5

Music by

El Corazon Fitness Room

Affordable
membership
available!

