



# FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9:00-4:30 Table Tennis C&D 9:15-10:45 Chair Yoga (MC) MPR 9:30-12:30 Painting ANV (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	<b>2</b> 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:15-2:00 <b>AARP Tax Prep</b> D 9:30-10:30 Zumba MPR 12:00-4:00 Duplicate Bridge MPR 12:00-3:00 Acrylic Painting (MC) A&B
<b>5</b> 9:00-11:45 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 12:00-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 2:30-4:40 Spinal Fitness (MC) C&D	<b>6</b> 9:00-12:00 Water Color-BEG (MC) A&B 9:00-12:00 Portrait & Figure Drawing (MC) C&D <b>9:15-12:00 AARP Tax Prep Vol. Office</b> 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	<b>7</b> 9:00-4:30 Table Tennis C&D 9:10-10:45 Water Color-INT (MC) A&B 9:30-10:30 EC Walkers LOBBY 9:30-10:30 Zumba MPR 12:15-1:55 Balance & Mobility (MC) A&B 2:00-4:05 Weight Management (MC) A&B 2:20-4:40 Spinal Fitness (MC) MPR	<b>8</b> 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	<b>9</b> 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:15-2:00 <b>AARP Tax Prep</b> D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR 12:00-3:00 Acrylic Painting A&B
<b>12</b> 9:00-11:45 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 12:00-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 2:30-4:40 Spinal Fitness (MC) C&D	<b>13</b> 9:00-12:00 Water Color-BEG (MC) A&B 9:00-12:00 Portrait & Figure Drawing (MC) C&D <b>9:15-12:00 AARP Tax Prep Vol. Office</b> 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	 <b>14</b> 9:00 - 4:30 Table Tennis C&D 9:10-10:45 Water Color-INT (MC) A&B 9:30-10:30 EC Walkers LOBBY 10:00 - 11:00 Zumba MPR 2:15-1:55 Balance & Mobility (MC) A&B 2:00-4:05 Weight Management (MC) A&B 2:20-4:40 Spinal Fitness (MC) MPR	<b>15</b> 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 (MC) 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	<b>16</b> 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C <b>9:15-2:00 AARP Tax Prep</b> D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR
<b>19</b> 9:00-11:45 Table Tennis C&D 9:00-11:00 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 12:00-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B	<b>20</b> 9:00-12:00 Water Color-BEG (MC) A&B 9:00-11:50 Portrait & Figure Drawing (MC) C&D <b>9:15-12:00 AARP Tax Prep Vol. Office</b> 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	<b>21</b> 9:00- 4:30 Table Tennis C&D 9:10-10:45 Water Color-INT (MC) A&B 9:30-10:30 EC Walkers LOBBY 10:00-11:00 Zumba MPR 12:15-1:55 Balance & Mobility (MC) A&B 2:00-4:05 Weight Management (MC) A&B 2:30-4:40 Spinal Fitness (MC) MPR	<b>22</b> 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 (MC) 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	<b>23</b> 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C&D <b>9:15-2:00 AARP Tax Prep</b> D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR 12:00-3:00 Acrylic Painting (MC) A&B
<b>26</b> 9:00-11:45 Table Tennis C&D 9:00-11:00 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 12:00-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 2:30-4:40 Spinal Fitness (MC) C&D	<b>27</b> 9:00--12:00 Watercolor-Beg (MC) A&B 9:00-11:50 Portrait & Figure Drawing (MC) C&D <b>9:15-12:00 AARP Tax Prep Vol. Office</b> 9:30-10:30 Zumba MPR 11:00-1:10 Spinal Fitness (MC) MPR 12:30-3:30 Watercolor-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	<b>28</b> 9:00-4:30 Table Tennis C&D 9:10-10:45 Water Color-INT (MC) A&B 9:30-10:30 EC Walkers LOBBY 10:00-11:00 Zumba MPR 12:15-1:55 Balance & Mobility (MC) A&B 2:00-4:05 Weight Management (MC) A&B 2:20-4:40 Spinal Fitness (MC) MPR		



## City of Oceanside - El Corazon Senior Center

### Group Meetings

<b>HICAP</b> <b>Call (858) 565-8772 to schedule</b>	By Appointment	Office 1		2nd & 4th Tuesday
<b>AARP Tax Prep</b>	By Appointment	Vol. Office D	9:15-12:00 9:15-2:00	Tuesday Friday
<b>El Corazon Book Worms</b>	3 <sup>rd</sup> Wed.	Vol. Office	10:00 - 11:00	Monthly
<b>Adult Coloring</b>	Thursday	Vol. Office	10:00-11:00	Weekly
<b>T.O.P.S.</b>	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!)



### 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**  
**miracosta.edu/noncredit**

### Senior Dance

El Corazon Senior Center

**Sunday February 11th**  
**2:00-4:00 PM**

**Tickets \$5**

Music by  
**"The Vidals"**

### El Corazon Fitness Room

**Affordable membership available!**



## El Corazon Senior Center

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

### February 2018 Recreation Programs and Classes

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 - 11:45 9:00 - 4:30 9:00 - 3:30	FREE
Pinochle	Monday	12:30 - 4:00	FREE
Zumba	Tues/Fri Wednesday	9:30 - 10:30 10:00-11:00	\$7 per class Register w/ Instructor

### Mira Costa College Classes Spring Semester January 22th - May 18th 2018

Class	Instructor	Day	Time	Cost
Chair Yoga	Hargrove	Mon & Thurs	9:15-10:45	None
Chair Yoga	MacFarlane	Tues & Thurs	1:15 - 2:40	None
Chair Yoga	Wiltshire	Tues & Thurs	2:50 - 4:15	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 & Figure Drawing	Haeger	Tuesday AM Tuesday PM	9:00 - 11:50 or 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	12:30 - 3:30	None
Watercolor-INT	Adams	Wednesday	9:10-12:00	None