

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Table Tennis: Temporary Schedule Aug 7-18 M-TH 9:00-4:30 Friday 9:00-3:30	1 9:00-2:40 Painting & Drawing (MC) A&B 9:30-10:30 Zumba MPR 10:30-12:30 Arthritis Found. Exercise (MC) C&D 11:00-1:10 Spinal Fitness (MC) MPR 1:00-3:00 Chair Yoga (MC) MPR 3:00-5:00 Chair Yoga (MC) MPR 3:00-5:00 Spinal Fitness (MC) C&D	2 9:00 - 4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:30-12:30 Arthritis Found. Exercise (MC) MPR 11:00-1:10 Spinal Fitness (MC) B 1:00-3:00 Chair Yoga (MC) MPR 3:00-5:00 Spinal Fitness (MC) A&B 3:00-5:00 Chair Yoga (MC) MPR	3 9:00-12:00 Table Tennis (2 Tables) C 12:00-4:40 Table Tennis (4 Tables) C&D 9:00-2:40 Acrylic Painting (MC) A&B 10:30-12:30 Arthritis Found. Exercise (MC) D 10:00-11:00 Adult Coloring Vol. Office 11:00-1:10 Spinal Fitness (MC) MPR 1:00-3:00 Chair Yoga (MC) MPR 3:00-5:00 Chair Yoga (MC) MPR 3:00-5:00 Spinal Fitness (MC) A	4 9:00-11:00 T.O.P.S. A 9:00-3:30 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR
7 9:00-4:30 Table Tennis C&D 9:00-11:30 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 12:30-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B	8 9:00-4:30 Table Tennis C&D 9:30-10:30 Zumba MPR	9 9:00 - 4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY	10 9:00-4:30 Table Tennis (4 Tables) C&D 10:00-11:00 Adult Coloring Vol. Office	11 9:00-11:00 T.O.P.S. A 9:00-3:30 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR
14 9:00-4:30 Table Tennis C&D 9:00-11:30 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 12:30-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B	15 9:00-4:30 Table Tennis C&D 9:30-10:30 Zumba MPR	16 9:00 - 4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:00 - 11:00 EC Book Worms Vol. Office	17 9:00-4:30 Table Tennis (4 Tables) C&D 10:00-11:00 Adult Coloring Vol. Office	18 9:00-11:00 T.O.P.S. A 9:00-3:30 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR
21 9:00-12:00 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) C&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	22 9:00-12:00 Water Color-BEG (MC) A&B 9:00-11:50 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 -BEG (MC) A&B 12:30-3:30 Portrait & Figure Drawing (MC) C&D 1:15-2:45 Chair Yoga (MC) MPR 2:55-4:25 Chair Yoga (MC) MPR	23 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 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	24 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 2:55-4:25 Chair Yoga (MC) MPR	25 9:00-11:00 T.O.P.S. A 9:00-3:30 Table Tennis C&D 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR 12:00-3:15 Acrylic Painting (MC) A&B
28 9:00-12:30 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 12:30-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 2:30-4:40 Spinal Fitness (MC) C&D	29 9:00-12:00 Water Color-BEG (MC) A&B 9:00-11:50 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 -BEG (MC) A&B 12:30-3:30 Portrait & Figure Drawing (MC) C&D 1:15-2:45 Chair Yoga (MC) MPR 2:55-4:25 Chair Yoga (MC) MPR	30 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 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	31 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 2:55-4:25 Chair Yoga (MC) MPR	

City of Oceanside - El Corazon Senior Center

Group Meetings

HICAP	By Appointment	Office 1	Call 1(858)565-8772 for Appointment	1st & 4th Wednesday
El Corazon Book Worms	3rd Wednesday	Vol. Office	10:00 - 11:00 AM	Monthly
Adult Coloring	Thursday	Vol. Office	10:00 - 11:00 AM	Weekly
T.O.P.S.	Friday	A	9:00 - 11:00 AM	Weekly (Fee)

El Corazon Senior Center Lending Library

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



SOUL LINE DANCE CLASS

@ El Corazon Senior Center
AUG. 8 - SEPT. 12, 2017

6:00—7:30 pm

To Register Call 760-435-5041 or visit
WWW.OCEANSIDERE.COM



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 August 13th
2:00-4:00 PM

Tickets \$5.00

Music by
"Sundance"

El Corazon Fitness Room

Affordable
membership
available!



El Corazon Senior Center

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

August 2017 Recreation Programs and Classes

Bingo	Monday	12:30 - 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 - 12:30 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

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

Class	Instructor	Day	Time	Cost
Chair Yoga	Hargrove	Mon & Thurs	9:15-10:45	None
Chair Yoga	MacFarlane	T/TH	1:15 - 2:45	None
Chair Yoga	Macfarlane	T/TH	2:55 - 4:25	None
Spinal Fitness	Gibbons	M/W	2:30- 4:40	None
Spinal Fitness	Gibbons	T/TH	11:00 - 1:10	None
Weight Management	Hargrove	Wednesday	2:00- 4:05	None
Acrylic Painting	Pearce	Friday	12:00 - 3:15	None
Balance & Mobility	Hargrove	Mon & Wed	12:15 - 1:55	None
Painting & Figure Drawing	Haeger	Tuesday Tuesday	9:00 - 11:50 12:30 - 3:20	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 - 11:50	None
Watercolor - BEG	Adams	Tuesday	12:30 - 3:20	None
Watercolor INT.	Adams	Wednesday	9:00-12:00	None