

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | | | <p>1</p> <p>9:00-4:30 Table Tennis C&D 10:00-11:00 Adult Coloring Vol. Office</p> | <p>2</p> <p>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</p> |
| <p>5</p> <p>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</p> | <p>6</p> <p>9:30-10:30 Zumba MPR</p> | <p>7</p> <p>9:00-4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 9:30-10:30 Zumba MPR 11:00-12:00 Zumba Gold MPR</p> | <p>8</p> <p>9:00-4:30 Table Tennis C&D 10:00-11:00 Adult Coloring Vol. Office</p> | <p>9</p> <p>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</p> |
| <p>12</p> <p>9:00-4:30 Table Tennis C 9:00-11:30 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 11:00-1:10 Spinal Fitness (MC) D 12:30-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 3:00-5:00 Spinal Fitness (MC) D</p> | <p>13</p> <p>9:00-2:40 Painting & Drawing (MC) A&B 9:30-10:30 Zumba MPR 10:00-12:00 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</p> | <p>14</p> <p>9:00 - 4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:00-12:00 Arthritis Found. Exercise (MC) A 9:30 - 10:30 Zumba MPR 11:00-12:00 Zumba Gold MPR 11:00-1:00 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</p> | <p>15</p> <p>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 10:00-12:00 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</p> | <p>16</p> <p>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</p> |
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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!)



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 June 11th
2:00-4:00 PM**

Tickets \$5

Music by
"Global Affair"

El Corazon Fitness Room

**Affordable
membership
available!**



El Corazon Senior Center

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

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

Mira Costa College Classes Summer Semester June 12th - August 4th 2017

| Class | Instructor | Day | Time | Cost |
|------------------------------------|------------|----------|--------------|------|
| Chair Yoga | MacFarlane | TW/TH | 1:00 - 3:00 | None |
| Chair Yoga | Macfarlane | TW/TH | 3:10 - 5:10 | None |
| Spinal Fitness | Gibbons | M/TW/TH | 11:00 - 1:10 | None |
| Spinal Fitness | Gibbons | M/TW/TH | 3:00 - 5:10 | None |
| Arthritis Founda- tion Exercise | MacFarlane | TW/TH | 10:00-12:00 | None |
| Acrylic Painting | Pearce | Thursday | 9:00 - 2:40 | None |
| Painting & Draw- ing | Pearce | Tuesday | 9:00 - 2:40 | None |