

Tuesday

Wednesday

Thursday

Friday

DECEMBER

Monday

CENTER CLOSED

9:00-12:00 Table Tennis
 9:00-11:30 Knitting Workshop
 9:15-10:45 Chair Yoga (MC)
 9:30-10:30 EC Walkers
 12:15-1:55 Balance & Mobility (MC)
 12:30-4:00 Bingo
 12:30-4:00 Cribbage
 12:30-4:00 Pinochle
 2:30-4:40 Spinal Fitness (MC)

C&D
 A&B
 MPR
 LOBBY
 D
 MPR
 A
 B
 C&D

4

9:00-12:00 Water Color-BEG (MC)
 9:00-12:00 Portrait & Figure Drawing (MC)
 9:30-10:30 Zumba
 11:00-1:10 Spinal Fitness (MC)
 12:30-3:30 Water Color-INT (MC)
 12:30-3:30 Portrait & Figure Drawing (MC)
 1:15-2:45 Chair Yoga (MC)
 2:50-4:20 Chair Yoga (MC)

A&B
 C&D
 MPR
 MPR
 A&B
 C&D
 MPR
 MPR

5

9:00-4:30 Table Tennis
 9:10-12:00 Water Color-INT (MC)
 9:30-10:30 EC Walkers
 10:00-11:00 Zumba Toning
 12:15-1:55 Balance & Mobility (MC)
 2:00-4:05 Weight Management (MC)
 2:30-4:40 Spinal Fitness (MC)

C&D
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6

9:00-4:30 Table Tennis
 9:15-10:45 Chair Yoga (MC)
 9:30-12:30 Painting-ADV (MC)
 10:00-11:00 Adult Coloring
 11:00-1:10 Spinal Fitness
 1:00-4:00 Painting-INT (MC)
 1:15-2:45 Chair Yoga (MC)
 2:50-4:20 Chair Yoga (MC)

C&D
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 A&B
 Vol. Office
 MPR
 A&B
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 MPR

7

9:00-11:00 T.O.P.S
 9:00-3:30 Table Tennis
 9:30-10:30 Zumba
 12:00-4:00 Duplicate Bridge
 12:00-3:00 Acrylic Painting

A
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1

9:00-11:00 T.O.P.S
 9:00-3:30 Table Tennis
 9:30-10:30 Zumba
 12:00-4:00 Duplicate Bridge
 12:00-3:00 Acrylic Painting

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8

9:00-11:00 T.O.P.S
 9:00-3:30 Table Tennis
 9:30-10:30 Zumba
 12:00-4:00 Duplicate Bridge

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15

9:00-11:00 T.O.P.S
 9:00-3:30 Table Tennis
 9:30-10:30 Zumba
 12:00-4:00 Duplicate Bridge

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9:00-11:00 T.O.P.S
 9:00-3:30 Table Tennis
 9:30-10:30 Zumba
 12:00-4:00 Duplicate Bridge

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29

Closed
 Happy Holidays

25

26

9:00-4:30 Table Tennis
 9:30-10:30 EC Walkers

C&D
 LOBBY

27

9:00-4:30 Table Tennis
 10:00-11:00 Adult Coloring

C&D
 Vol. Office

28

9:00-11:00 T.O.P.S
 9:00-3:30 Table Tennis
 9:30-10:30 Zumba
 12:00-4:00 Duplicate Bridge

A
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18

9:00-12:00 Table Tennis
 9:00-11:30 Knitting Workshop
 9:30-10:30 EC Walkers
 12:30-4:00 Bingo
 12:30-4:00 Cribbage
 12:30-4:00 Pinochle

C&D
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11

9:00-12:00 Table Tennis
 9:00-11:30 Knitting Workshop
 9:30-10:30 EC Walkers
 12:30-4:00 Bingo
 12:30-4:00 Cribbage
 12:30-4:00 Pinochle

C&D
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19

9:30-10:30 Zumba

MPR

20

9:00-4:30 Table Tennis
 9:30-10:30 EC Walkers
 10:00-11:00 Zumba Toning

C&D
 LOBBY
 MPR

13

21

9:00-4:30 Table Tennis
 10:00-11:00 Adult Coloring

C&D
 Vol. Office

14

9:00-4:30 Table Tennis
 10:00-11:00 Adult Coloring

C&D
 Vol. Office

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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 Holidays



From the Staff of El Corazon



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
www.miracosta.edu
(760)795-8710**

Senior Dance

**Jr. Seau Beach Center
Sunday December 10th
5:00-8:00 PM
Tickets \$15.00
Music by:
"The Encores"**

El Corazon Fitness Room

**Affordable
membership
available!**



El Corazon Senior Center

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

December 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 - 12:00 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

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