


Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</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 12:30-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B 2:30-4:40 Spinal Fitness (MC) C&D	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	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 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	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	9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:15-2:00 <b>AARP Tax Prep D</b> 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR 12:00-3:00 Acrylic Painting A&B
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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## City of Oceanside - El Corazon Senior Center

### Soul Line Dance Class

Whether you prefer the smooth sounds of the Temptations or the hip hop beat of R. Kelly, we've got the **SOUL** line dance for you! Come on over and learn Smooth Corazon, the Cupid Shuffle, Carmel Cha Cha and more!



### 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!)



# Happy Spring



### 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 April 8th**  
**2:00-4:00 PM**

**Tickets \$5**

**Music by**  
**"Sundance"**

### El Corazon Fitness Room

**Affordable**  
**membership**  
**available!**



## El Corazon Senior Center

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

### **April 2018 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 - 2:00 9:00 - 4:30 9:00 - 3:30	FREE
Pinocle	Monday	12:30 - 4:00	FREE
Soul Line Dancing	Tuesday	6:00 - 7:30	\$12 drop-in \$54 for 6 weeks
Zumba	Tues/ Friday 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 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	Wiltshire	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 & 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