


Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:30-10:30 Zumba MPR 12:00-4:00 Duplicate Bridge MPR
4 9:00-4:30 Table Tennis C&D 9:00-11:30 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	5 9:00-4:30 Table Tennis C&D 9:30-10:30 Zumba MPR	6 9:00-4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:00-10:30 Zumba MPR	7 9:00-4:30 Table Tennis C&D 10:00-11:00 Adult Coloring Vol. Office	8 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR
11 1:00-4:30 Table Tennis C&D 9:00-11:30 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 11:00-1:00 Spinal Fitness (MC) C&D 12:00-2:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B	12 9:30-10:30 Zumba MPR 9:00-2:40 Painting & Drawing (MC) A&B 11:00-1:00 Spinal Fitness (MC) C&D 1:00-3:00 Chair Yoga (MC) C&D 3:00-5:00 Chair Yoga (MC) C&D	13 9:00 - 4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:00 - 11:00 Zumba MPR 11:00-1:00 Spinal Fitness (MC) A&B 1:00-3:00 Chair Yoga (MC) A&B 3:00-5:00 Chair Yoga (MC) A&B	14 9:00-2:40 Acrylic Painting (MC) C&D 10:00-11:00 Adult Coloring Vol. Office 11:00-1:00 Spinal Fitness (MC) A&B 1:00-3:00 Chair Yoga (MC) A&B 3:00-5:00 Chair Yoga (MC) A&B	15 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:30-10:30 Zumba Toning MPR 12:00-4:00 Duplicate Bridge MPR
18 1:00-4:30 Table Tennis C&D 9:00-11:00 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 11:00-1:00 Spinal Fitness (MC) C&D 12:00-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B	19 9:00-2:40 Painting & Drawing (MC) A&B 9:30-10:30 Zumba MPR 11:00-1:00 Spinal Fitness (MC) C&D 1:00-3:00 Chair Yoga (MC) C&D 3:00-5:00 Chair Yoga (MC) C&D	20 9:00- 4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:00-11:00 Zumba MPR 11:00-1:00 Spinal Fitness (MC) A&B 1:00-3:00 Chair Yoga (MC) A&B 3:00-5:00 Chair Yoga (MC) A&B	21 9:00-2:40 Acrylic Painting (MC) A&B 10:00-11:00 Adult Coloring Vol. Office 11:00-1:00 Spinal Fitness (MC) C&D 1:00-3:00 Chair Yoga (MC) C&D 3:00-5:00 Chair Yoga (MC) C&D	22 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
25 1:00-4:30 Table Tennis C&D 9:00-11:00 Knitting Workshop A&B 9:30-10:30 EC Walkers LOBBY 11:00-1:00 Spinal Fitness (MC) C&D 12:00-4:00 Bingo MPR 12:30-4:00 Cribbage A 12:30-4:00 Pinochle B	26 9:00-2:40 Painting & Drawing (MC) A&B 9:30-10:30 Zumba MPR 11:00-1:00 Spinal Fitness (MC) C&D 1:00-3:00 Chair Yoga (MC) C&D 3:00-5:00 Chair Yoga (MC) C&D	27 9:00-4:30 Table Tennis C&D 9:30-10:30 EC Walkers LOBBY 10:00-11:00 Zumba MPR 11:00-1:00 Spinal Fitness (MC) A&B 1:00-3:00 Chair Yoga (MC) A&B 3:00-5:00 Chair Yoga (MC) A&B	28 9:00-2:40 Acrylic Painting (MC) A&B 10:00-11:00 Adult Coloring Vol. Office 11:00-1:00 Spinal Fitness (MC) C&D 1:00-3:00 Chair Yoga (MC) C&D 3:00-5:00 Chair Yoga (MC) C&D	29 9:00-11:00 T.O.P.S A 9:00-3:30 Table Tennis C 9:30-10:30 Zumba MPR 12:00-4:00 Duplicate Bridge MPR

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 Call 1(858)565-8772 to schedule an appointment	By Appointment	Office 1		1st & 4th Tuesday
El Corazon Book Worms	3 rd 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!)



Jazz Nights at El Corazon Senior Center

June 24, July 22, August 19

From 6 to 9 pm

Tickets are \$20. Sold online: www.oceansiderec.com



happy
fathers
day



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 10th
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 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 Wednesday Friday	1:00 - 5:00 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
Soul Line Danc- ing	Tuesday	6:00 - 7:30	\$12 drop in \$59 for 6 weeks

Mira Costa College Classes Spring Semester **June 11th - August 3rd 2018**

Class	Instructor	Day	Time	Cost
Spinal Fitness	Gibbons	M/T/W/Th	11:00 - 1:00	None
Chair Yoga	Wiltshire	T/W/Th	1:00 - 3:00	None
Chair Yoga	Wiltshire	T/W/Th	3:00-5:00	None
Acrylic Painting	Pearce	Thursday	9:00 - 2:40	None
Painting /Drawing	Pearce	Tuesday	9:00 - 2:40	None