




Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<p>** New ** Starts 3/6 Yoga (A) 9:00-10:15</p> <p>Duplicate Bridge (A) 11:00-3:00</p> <p>Party Bridge 11:00-3:00</p> <p>Canasta Hand & Foot 12:30-3:30</p> <p>Chess Club 1:00-3:30</p> <p>Country Line Dance Lessons. Beginners. \$5. 5:00-6:00</p>	<p>Choraliers (M+A) 9:30-12:00</p> <p>BINGO! 1:00-3:30, \$10/pad <i>Lunch available for purchase!</i></p> <p>GYROKINESIS (A) 3:30-4:40</p> <p>TUESDAY (3/14) NIGHT LIVE DINNER & MUSIC 5:00-7:00PM \$15 Adults</p>  <p>Balboa Swing Dance Lessons. Beginners. \$10. 7:00-8:30</p>	<p>Senior Physical Fitness.9:30-10:30</p> <p>Project Scout (A) (FEB-MAY 10) 9:00AM-12:00PM <i>Appointments Required in Advance</i></p> <p>Party Bridge 11:00-3:00</p> <p>Chinese Mah Jongg 12:30-3:30</p> <p>Scrabble 12:30-3:00</p> <p>Photo Club (A) 1:00-3:00</p> <p>Happy Brain/Happy Life (A) - 4WK Session (Started 2/8) 3:30-5 \$10</p> <p>Line Dance Lessons Inter/Advanced, \$5 7:00-8:30</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>MCSC RECEPTIONIST MEETING (3/8) 3:30-4:30</p> </div> <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p>MCSC NEWSLETTER FOLD & MAIL (3/29) 8:30-Noon</p> </div>	<p>Choralier's Dance (M+A) 8:45-10:30</p> <p>International Folk Dance 10:30-12:00</p> <p>Duplicate Bridge (A) 11:00-3:00</p> <p>Gift Shop Crafts 11:30-2:30</p> <p>Bridge for Fun 12:00-3:00</p> <p>Canasta Hand & Foot 12:30-3:30</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>OPEN COMMITTEE MEETING (A) (3/9) 3:30-5:00</p> </div>	<p>Grey Bears Brown Bag 8:30-10:00</p> <p>Senior Stretch 9:00-10:00</p> <p>Ukulele (A) 10:00-11:00</p> <p>Art for Fun 9:30-10:00 <i>No charge</i></p> <p>Intro to Art 10:00-11:00</p> <p>Drawing Class 11:00-12:00</p> <p>Chess Club 1:00-3:00</p> <p>Bunco & Pedro (3/3) 1:00-3:45</p> <p>Tech Talk 11:00-1:00PM) <i>By Appt Only - Sign-up with the Receptionist</i></p> <p>American Mah Jong (A) 12:00-3:45</p> <p>FRIDAY NIGHT DANCES <i>See back page for details!</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>BOARD MTNG (A) (3/17) 10:00-12:00</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>GENERAL MEETING (3/17) 12:30-1:30 Special Guest Dr. Faygenholtz</p> </div>	<p>Swing Dance <i>Third Saturdays.</i> (3/18) \$15, \$10 students with SBC. 7:00-11:00pm</p> <p>Japanese Flower Arranging (A) 2nd Sat (3/11) 10:00-12:00PM <i>Pre-register</i></p>	<p>Waltz Dance (3/5) Lesson at 3:00, Dance 4:00-6:00</p> <p>CHORALIERS Show Pop-Pourri (3/19) 2PM \$10/Adults \$5 Children</p>  <p>BOWMAN RANCH BREAKFAST (3/26) 4th Sunday 8:30-Noon \$11.00</p> 

Class fees are \$4 for MCSC members, \$6 for non-members, unless otherwise noted.
Proof of vaccination is required to enter the hall. Activities with (A) are in the Annex, (G) Gazebo.

MCSC ACTIVITY LEADERS

Art Class & Intro to Art

Michelle Green, 466-9360

Balboa Swing Dance Lessons

Jeff Clark (408) 591-5996

Beginning Mah Jong

Bella Hughes, 566-1474

Bingo

Nancy Prevedelli,
476-0416

Vicky Howell, 345-6374

Book Club

Cookie Sherman,
477-9492

Bridge for Fun

Jim Miller, 440-1647

Bunco

Vicky Howell, 345-6374

Canasta

Bella Hughes, 688-7147

Chess

Rose Dyson, 310/430-5708

Choraliers

Wanda Kocina, 331-5822

Jeremy Griffey, 462-6360

Gerry Boyes, 430-9073

Donna Silvia, 438-0378

Linda Minton, 476-4739

Country Dance

Lessons, Beginner

Michael Lew, 688-7486

Country DJ Dance

& 2-Step Lessons

Linda Minton, 476-4739

Duplicate Bridge

Joe Nussbaum, 722-8911

Sherry Gilbreath, 438-7222

E.C. Swing Lessons

Bob Folker, 297-3246

Fifth Friday Dance

David Cantu, 662-3405

Garden

Curt Jewel, 227-9974

Gift Shop

Margo Atkinson,
325-9421

Gyrokinesis

Sharon Barth, 247-0170

International Folk Dance

Gabriel Swanson, 224-4776

Japanese Flower Arranging

Marian Manto, 688-1072

Jukebox Dance

Gertie Johnson, 475-9280

Line Dance Lessons, Int/Adv.

Helen Waller, 427-2983

Live Band Dance

Gertie Johnson, 475-9280

Mah Jongg

Kelly Gibson, 427-2631

Party Bridge

Deborah Blumberg,
(Mon & Wed) 425-5481

Pedro

JR Roberts, 234-6185

Photo Club

George Kiernan,
(408) 590-8282

Scrabble

Stephanie Frog, 464-8374

Senior Physical Fitness

Stephanie Golino, 421-2110

Senior Stretch

Tony Alonzo, 818-8712

Swing Dance

Rupert Schroeder, 818-6621

Tech Talk

Tinka Anderson, 247-6050

Ukulele

Gigi Goodwin, 662-8728

Waltz

Bob Folker, 297-3246

Yoga

Janie Stone, 650/868-8235

COME TO MCSC AND DANCE OR JUST ENJOY THE MUSIC



Friday Night Dances

(3/3) “Sounds Like This” Line Dance Lesson 6:00-6:45PM with Instructor Helen Waller (\$5); followed by **Country Night DJ Dance**, 7-9pm, \$10/person.

(3/10) **East Coast Swing Dance Lessons**, with Instructor Bob Folker (\$5); followed by **Jukebox Friday**, 7-9pm, \$10/person

(3/17) **Gertie & George’s Birthday Dance with the “The 10 O’clock Lunch Band”**; **Live band dance**, 7-9:30pm, \$10/person.

(3/24) “**Country Feelings Band**” **Live band dance**, 7-9:00pm, \$10/person.

Saturday Night Dance: (3/18) West Coast Swing Dance, 7-11pm. \$15/person, \$10 for students with Student Body Card. Intermediate/Advanced Lessons 7-8pm. Open dance at 8.

Sunday Waltz: (3/5) Waltz Lesson at 3:00 with Instructor Bob Folker, **Dance** 4:00-6:00 \$10

Weekday Dances & Lessons

Monday - Country Line Dance Lessons for Beginners. 5-6:30pm, \$5

Tuesdays – Balboa Swing Dance Lessons for Beginners. 7-8:30pm \$10

Wednesdays - Country Line Dance Lessons Inter/Adv 7:00-8:30pm, \$5

Thursdays - International Folk Dance 10:30AM-12:00pm, \$4

About MCSC

The Mid-County Senior Center (MCSC) is a member-owned, nonprofit center where adults 50 years and older enjoy recreation, social, educational, and healthy lifestyle activities. Each week the Center is used by hundreds of people, both members and non-members.

Special Activities

The Center frequently hosts special events, such as breakfasts, dinners, barbecues and fairs. Our talented Choralier's hold special performances seasonally.

MCSC is a vital community asset

We are a pickup location for the weekly Grey Bears' Brown Bag food program, we host the annual tax preparation program for the elderly and are the meeting place for substance abuse support meetings.

We also rent the Main and Annex halls for private conferences and social events, such as anniversaries, memorial services, birthdays, and weddings.

How we Work

We are a volunteer-based organization. Every member is encouraged to participate by sharing ideas, volunteering, attending meetings or just enjoying our activities. The Center is managed by a member-elected, volunteer Board of Directors that meets monthly. The agenda is determined with member participation and input from committee meetings

Ask the Receptionist how you can participate!

Mid-County Senior Center A fun place for adults 50 years and up

The Mid-County Senior Center (MCSC) was founded in 1970 and moved into our current location in 1974. MCSC has grown from the suggestion of one person more than 50 years ago to the thriving organization we are today!

Join our Community of Active Seniors

Come to the Center Monday through Friday from 8:30 to 4:00 and ask the Receptionist for an application. Complete the form with the annual \$40 dues and you're a member!

Member benefits:

- Discounts on activities
- Advance notice of special events
- Monthly newsletter
- Volunteer opportunities
- Discounts on hall rentals
- Participation in the Center's success

Disclaimer

The Center does not provide support services. All members and guests must be able to take care of themselves or have the assistance of a family member or attendant at all times.

Driving Directions

From Highway 1, take exit 437 for Bay Avenue, head towards the Capitola Village and after about 200 feet, turn right into the driveway, we're located just behind the Woodworm Party Store.

**Mid-County Senior Center
831/476-4711**

829 Bay Ave, Capitola CA 95010
mcs4u@att.net • mcs-capitola.org
Open Monday-Friday 8:30-4:00

Activity Guide March 2023



MID COUNTY SENIOR CENTER
Choraliers Present:
SPRING POP - POURRI



**WAITING FOR A FLIGHT ..
What could go wrong?**

**March 19, 2023 2:00PM
Tickets \$10 Adults/\$5 Children**

Mid-County Senior Center
829 Bay Avenue, Capitola CA 95010
(831) 476-4711