





Class fees are \$4 for MCSC members \$6 for non-members, unless otherwise noted. Exact change and small bills are appreciated!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Gentle Yoga on Mats (A)</b> 9:00-10:30AM</p> <p><b>Qigong</b> 10:00-11:00</p> <p><b>Party Bridge</b> 11:00-2:30PM <i>We need new Players!</i></p>  <p><b>Duplicate Bridge (A)</b> 11:00-3:00PM</p> <p><b>Canasta Hand &amp; Foot</b> 12:30-3:30PM</p> <p><b>Country Line Dance Lessons. Beginners.</b> 5:00-6:00 PM \$5</p>	<p><b>Choraliers (M+A)</b> 9:30-12:00PM</p> <p><b>BINGO!</b> 1:00-3:30PM <i>Lunch for purchase</i></p> <p><b>Memoirs &amp; More Writing Wkshp (A)</b> 1:00-3:00PM <i>(10/1, 10/15, 10/29)</i></p> <p><b>Balboa Swing Dance Lessons</b> Beginners. \$10. 6:00 - 7:00PM Intermediate. \$10 7:00 - 8:30PM</p>	<p><b>Textile Group (A)</b> 9-1PM <i>(Rental 10/9 Only)</i></p> <p><b>Improv</b> 10:30-12PM <i>(A) 1<sup>st</sup> &amp; 3<sup>rd</sup> Weds</i></p> <p><b>Senior Physical Fitness.</b> 9:30-10:30AM (M)</p> <p><b>Pinochle (M)</b> 10:30AM-12:30PM</p> <p><b>Chinese Mah Jongg</b> 12:30-3:30PM</p> <p><b>Scrabble</b> 12:30-3:00PM</p> <p><b>Photo Club (A)</b> 1:00-3:00PM <i>2<sup>nd</sup> Weds = Field Trip</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>SPECIAL EVENT:</b> <b>Visiting Nurses Assoc.</b> (10/09) 3:30PM</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Membership Meeting</b> (10/9) 3:30PM</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Receptionist Meeting</b> (10/16) 3:30PM</p> </div>	<p><b>Choraliers Dance (M+A)</b> 8:45-10:30AM</p> <p><b>International Folk Dance</b> 10:30-12:00PM</p> <p><b>Duplicate Bridge (A)</b> 11:00-3:00PM</p> <p><b>Gift Shop Crafts</b> 11:30-2:30PM</p> <p><b>Bridge for Fun</b> 12:00-3:00PM</p> <p><b>Canasta Hand &amp; Foot</b> 12:30-3:30PM</p> <div style="text-align: center; margin-top: 20px;">  <p>Halloween (10/31)</p> </div>	<p><b>Grey Bears Brown Bag</b> 8:30-10:00AM</p> <p><b>WIN (A)</b> 8:45-9:45AM</p> <p><b>Senior Stretch</b> 9-10AM</p> <p><b>Ukulele (A except 3<sup>rd</sup> Fri)</b> 10:00-11:00AM</p> <p><b>Basic Spanish</b> 11:30-12:30 <i>(No Class 3<sup>rd</sup> Fri)</i></p> <p><b>American Mah Jong (A)</b> 12:00-3:45PM</p> <p><b>Chess Club (M)</b> 1-3PM</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>3<sup>rd</sup> Friday (10/18):</b> 10-12 Board Mtg (A) 12:30-1 General Mtg (M) 1:00-1:30 SPECIAL <b>SPEAKER: Medicare Options – Beth Kawanda</b></p> <p><b>**New**</b> <b>Birthday Cake!!</b>  <b>(Following Speaker)</b></p> </div> <p><b>4<sup>th</sup> Friday (10/25) (M):</b> <b>Free Fun Friday 1-3PM</b></p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Garden Sale &amp; Craft Festival (10/5) 9AM-2PM</b></p> <p style="text-align: center;"><i>Scarecrows In the Garden!</i></p>  </div> <p><b>Japanese Flower Arranging (A) (10/12) 2<sup>nd</sup> Saturday</b> 10-12PM <i>Pre-register w/Instr.</i></p> <p><b>West Coast Swing Dance</b> <i>3<sup>rd</sup> Saturday (9/21)</i> Lessons 6:30-8PM Open Dance 8-11PM</p>	<p><b>Annex – Rental until 1:00PM</b> (every Sunday)</p> <p><b>1<sup>st</sup> Sun Waltz (10/6)</b> 3-4PM Lesson 4-5PM Dance</p> <p><b>Bowman Ranch Breakfast (10/26)</b> 8:30-Noon \$11/Adults \$5/Kids age 10 &amp; under</p> <div style="text-align: center; margin-top: 20px;">  </div>
<div style="border: 1px solid black; padding: 5px;"> <p><b>MCSC NEWSLETTER FOLD &amp; MAIL</b> (10/28) 8:30-Noon</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Publicity Meeting</b> (10/22) 3:30PM</p> </div>					

# MCSC ACTIVITY LEADERS

## Activity Committee Leader

Casey Hawkins (831) 251-2729

## Balboa Swing Dance Lessons

Jeff Clark (408) 591-5996

## Bingo

Nancy Prevedelli,

(831) 476-0416

Vicky Howell, (831) 345-6374

## Basic Spanish

Tony Alonzo (831) 818-8712

## Book Club

Cookie Sherman (831) 477-9492

## Bridge for Fun

Tom Motter (801) 510-5836

## Canasta

Bella Hughes, (831) 688-7147

## Chinese Mah Jong

Bella Hughes, (831) 688-7147

## Chess

Rose Dyson, (310) 430-5708

## Choraliers

Wanda Kocina, (831) 331-5822

Terri Lesniak, (831) 421-1237

Jeremy Griffey, (831) 462-6360

Nancy Maley, (408) 489-3892

Cindy Kiernan, (831) 428-9875

## Country Dance

### Lessons, Beginner

Michael Lew, (831) 688-7486

## Dances

Gertie Johnson, (831) 475-9280

## Duplicate Bridge

Joe Nussbaum, 722-8911(Th grp)

Sherry Gilbreath, 438-7222(M grp)

## E.C. Swing Lessons

Bob Folker, (831) 297-3246

## Free Fun Friday

Tony Alonzo, (831) 818-8712

## Gentle Yoga on Matts

Janie Stone, (650) 868-8235

## Garden

Curt Jewel, (831) 227-9974

## Gift Shop

Margo Atkinson, (831) 325-9421

## International Folk Dance

Gabriel Swanson, (831) 224-4776

## Improv

Catherine Hampton, (831) 247-8634

## Japanese Flower Arranging

Marian Monto, (831) 688-1072

## Mah Jongg

Kelly Gibson, (831) 427-2631

## Memoirs & More – Writing

### Workshop

Mark Bradlyn (831) 295-7314

## Party Bridge

Marilyn Carter (831) 239-3038

Deborah Blumberg,

(831) 425-5481

## Pedro

JR Roberts, (831) 234-6185

## Photo Club

George Kiernan, (408) 590-8282

## Pinochle

Michele O'Brien (831) 246-1913

## Qi-Gong

Jim Weaver (831) 421-1967

## Scrabble

Stephanie Frog 464-8374

## Senior Physical Fitness

Stephanie Golino, (831) 421-2110

## Senior Stretch

Sharon Barth, (831) 247-0190

## Ukulele

Gigi Goodwin, (831) 662-8728

## Waltz

Bob Folker, (831) 297-3246

## West Coast Swing Dance

Scott Seimer (408) 416-7490

**WIN** Cindy (831) 234-4950

## COME TO DANCE OR JUST ENJOY THE MUSIC



## Country Feeling Band

### Friday Night Dances

(10/4) **Bradley's Friday Night**, 7-9PM, \$10/person.

(10/11) **Country Feeling Band** 7-9PM, \$10/person; **Line Dance Lessons W/Shanta** 6:00-7PM, Free with entry to dance, otherwise \$10.

(10/18) **Plateau Jazz**, 7-9PM, \$10/person

(10/25) **10 O'clock Lunch Band**, 7-9PM, \$10/person

### Other Dances

(10/6) **1st Sunday Waltz**, Lesson at 3:00PM, Dance 4-5PM

(10/19) **3RD Saturday Night Dance: West Coast Swing Dance** – 6:30-11pm. \$15/person, \$10 for students with Student Body Card. Beginner Lessons 6:30-7, Inter/Adv Lessons 7-8pm, Open dance 8-11PM

### Weekday Dances & Lessons

**Monday - Country Line Dance Lessons** for Beginners. 5-6:00pm, \$5

**Tuesdays – Balboa Swing Dance Lessons** 7-8:30pm \$10; Beginners class from 6-7pm, \$10.

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

