







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>Gentle Yoga on Mats (A) 9:00-10:30AM</p> <p>MASSAGE FUNDRAISER for MCSC SOLAR! (M) 9:00-4:00PM \$1 a minute</p> <p>Duplicate Bridge (A) 10:50-3:00PM</p> <p>Backgammon (M) 12-2PM</p> <p>Canasta Hand & Foot (M) 12:30-3:30PM</p> <p>Country Line Dancing (M) 5:00 – 6:00PM</p>  <p>Dinner 11/24 Doors open @ 4.30 Dinner served 5-6.30PM \$25/person</p> <p>Reservations Required</p>	<p>Choraliers (M+A) 9:30-12:00PM</p>  <p>BINGO! (M) 12:15-3:30PM <i>Lunch for purchase</i></p>  <p>ART Class (A) 1:00-3:00PM \$4/Members, \$6/Non-Members</p> <p>Swing Dance Lessons: Balboa swing dance instruction. All level classes catering to individual needs 6 - 7:15pm. Open practica with Bal tempo music 7:15 - 8:30pm.</p>	<p>Private Rental 9AM-1PM (A) (2nd Weds Only)</p> <p>Improv 10:30-12PM (A) 1st & 3rd Weds (11/5, 11/19)</p> <p>Senior Physical Fitness (M) 9:30-10:30AM</p> <p>Chinese Mah Jongg (M) 12:30-3:30PM</p> <p>Scrabble (M) 12:30-3:00PM</p> <p>Photo Club (A) 1:00-3:00PM <i>2nd Weds = Field Trip</i></p>	<p>Choraliers Dance (M+A) 8:45-10:30AM</p> <p>International Folk Dance 10:30-12:00PM</p> <p>Duplicate Bridge (A) 10:50-3:00PM</p> <p>The Crafters (M) 12:00-3:00PM</p>  <p>Bridge for Fun (M) 12:00-3:00PM</p> <p>Canasta Hand & Foot (M) 12:30-3:30PM</p> <p>11/27: Center Closed for Thanksgiving!</p>	<p>Grey Bears Brown Bag 8:30-10:00AM</p> <p>WIN (A) 8:45-9:45AM</p> <p>Senior Stretch 9-10AM</p> <p>Ukulele 10:00-11:00AM</p> <p>Tech Talk w/Tinka (A) 11-1PM (11/14)</p> <p>Spanish (M) 10:30-12:00</p> <p>American Mah Jong (A) 12:00-3:45PM</p> <p>Chess Club (M) 1-3PM</p> <p>PEDRO – (M) 1-3:30 (11/17)</p> <p>11/7: Book Club 1-2PM (Capitola Library) 11/14: 90's Club (M) 1PM 11/21: Board Mtg (A) 10-12PM; Special Speaker - 12:30 Bill Proulx – State Health Insurance Assisted Prog. (Birthday Cake to follow Special Speaker) 11/28: Center Closed for Thanksgiving!</p> <p>FRIDAY NIGHT DANCE 7-9PM (See back for details)</p>	<p>Garden Workday (11/1 1st Sat) 8:45AM</p>  <p>Blood Drive (M) 9:00-2:00PM (11/8) Pre-Register with Red Cross</p> <p>Japanese Flower Arranging (A) 10-12PM 2nd <i>Saturday 11/8 Pre-register w/Instr.</i></p> <p>Birdhouse Decorating (A) 1-4PM 2nd Saturday 11/8</p> <p>IRIS Paper Folding Card Class (M) 1-4PM 3rd Saturday 11/15</p> <p>West Coast Swing Dance Lessons 6:30-8PM Open Dance 8-11PM 3rd Saturday 11/15</p>	<p>Annex – Rental until 1:00PM (every Sunday)</p>  <p>1st Sun Waltz (M) 3-4PM Lesson 4-5PM Dance (1st Sunday 11/2)</p>

MCSC ACTIVITY LEADERS

Activity Committee Leader
Mari Segura (831) 818-6090

Art Class : Creative Expression
Cindy Kaskey (831) 713-8442

Backgammon
Pat McVeigh (831) 566-4553

Balboa Swing Dance Lessons
Jeff Clark (408) 591-5996

Bingo
Nancy Prevedelli,
(831) 476-0416
Vicky Howell, (831) 345-6374

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

Country Dance Lessons, Beginner
Michael Lew, (831) 688-7486

Crafters
Linda Herring (831) 251-3250
Sharon Caredio (831) 588-3850

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
Linda Herring (831) 251-3250
Sharon Caredio (831) 588-3850

International Folk Dance
Gabriel Swanson, (831) 224-4776

Improv
Catherine Hampton,
(831) 247-8634

Japanese Flower Arranging
Marian Monto, (831) 688-1072

Mah Jongg
Catherine Ellis (831) 332-8974

Massage
Tony Alonzo (831) 818-8712

Nineties Club
Ingrid Larsen, (831) 234-9119

Pedro
JR Roberts, (831) 234-6185

Photo Club
George Kiernan, (408) 590-8282

Scrabble
Stephanie Frog (831) 464-8374

Senior Physical Fitness
Stephanie Golino, (831) 421-2110

Senior Stretch
Sharon Barth, (831) 247-0190

Spanish
Carol Power (831) 295-5090
Martha Alcantara (831) 229-3770

Tech Talk w/Tinka
Tinka Anderson (831) 247-6050

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
Linda Baker's Birthday Bash

Friday Night Dances

(11/7) Plateau Jazz Band 7-9PM, \$10/person

(11/14) Country Feeling Band 7-9PM, \$10/person; Line Dance Lessons W/Shanta 6:00-7PM, Free with entry to dance, otherwise \$10 – *Happy Birthday Linda!!*

(11/21) Chicago Bill and the Next Blues Band 7-9PM, \$10/person

(11/28 No Dance, Happy Thanksgiving

Other Dances/Lessons

(11/2) 1st Sunday Waltz, Lesson at 3:00PM, Dance 4-5PM

(11/22) 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

Mondays – Country Line Dance Lessons 5-6PM, \$5/person

Tuesdays – Swing Dance Lessons Balboa swing dance instruction resumes. All level classes catering to individual needs **6 - 7:15pm**. Open practica with Bal tempo music from **7:15 - 8:30pm**.

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