










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! 10/6 (M) 9:30AM Enjoy a 15-minute clothed massage with Susan Ray or Tony Alonzo for \$15 Support MCSC's solar initiatives! All proceeds go to MCSC!</p>  <p>Duplicate Bridge (A) 10:50-3:00PM</p> <p>Backgammon (M) 12-2PM</p> <p>Canasta Hand & Foot 12:30-3:30PM</p> <p>Country Line Dance Lessons. Beginners. 5:00-6:00 PM \$5</p> <p>NO Line Dance Lessons until 10/20</p>	<p>Choraliers (M+A) 9:30-12:00PM</p>  <p>BINGO! 1:00-3:00PM <i>Lunch for purchase</i></p>  <p>ART Class (A) 2:00-3:00PM \$10/Members, \$12/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 from 7:15 - 8:30pm.</p> <div> <p>Publicity Meeting (10/21 3:00PM)</p> </div>	<p>Private Rental 9AM-1PM (A) (2nd Weds Only)</p> <p>Improv 10:30-12PM (A) <i>1st & 3rd Weds (no class on 10/1)</i></p> <p>Senior Physical Fitness. 9:30-10:30AM (M)</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>Band Practice 3-5:30PM (10/23 Only)</p>  <div> <p>MCSC NEWSLETTER FOLD (10/30) 8:30-Noon</p> </div>	<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 (10/9, 10/23)</p> <p>Spanish 10:30-12:00</p> <p>American Mah Jong (A) 12:00-3:45PM</p> <p>Chess Club (M) 1-3PM</p> <p>10/3: Book Club 1-2PM <i>(Capitola Library)</i></p> <p>10/10: 90's Club (M) 1PM</p> <p>10/17: Board Mtg (A) 10-12PM;</p> <p>Gen Membership Mtg: (M) 12:00-12:30 w/ PIZZA Special Speaker - 12:30 Kathy Berry – Honoring Life Planning (Birthday Cake to follow Special Speaker)</p> <p>10/24: Free Fun Friday (M) 1-3PM (Stick Yoga with Arthur Faygenholtz)</p> <p>FRIDAY NIGHT DANCE 7-9PM <i>(See back for details)</i></p>	<p>Garden Workday (10/11 2nd Sat) 8:45AM</p>  <p>Garden Sale & Craft Festival SAT 9AM-2PM</p> <p>Japanese Flower Arranging (A) (10/11) 2nd Saturday 10-12PM <i>Pre-register w/Instr.</i></p>  <p>Blood Drive (10/18) 9:00-2:00PM <i>Pre-Register with Red Cross</i></p> <p>West Coast Swing Dance 3rd Saturday (10/18) Lessons 6:30-8PM Open Dance 8-11PM</p>	<p>Annex – Rental until 1:00PM (every Sunday)</p>  <p>1st Sun Waltz (10/5-M) 3-4PM Lesson 4-5PM Dance (1st Sunday)</p>  <p>Bowman Ranch Breakfast (10/26) 8:30-Noon \$15/Adults \$5/Kids age 10 & under</p>

MCSC ACTIVITY LEADERS

Activity Committee Leader
Mari Segura (831) 818-6090

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
Cindy Kiernan, (831) 428-9875

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

Nineties Club
Ingrid Larsen, (831) 234-9119

Pedro
JR Roberts, (831) 234-6185

Photo Club
George Kiernan, (408) 590-8282

Scrabble
Stephanie Frog 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



Bay Bop Jazz Band Fri. Oct. 17, 7-9PM

FREE Bossa Nova Class
Included with \$10 entrance fee
starting @ 6:00PM with Dave Harzog

Friday Night Dances

(10/3) **Stormin' Norman & the Cyclones** 7-9PM, \$10/person

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

(10/17) **Bay Bop Jazz** 7-9PM, \$10/person

(10/24) **10 O'clock Lunch Band**, 7-9PM, \$10/person, **East Coast Swing Dance Lessons with Bob Folker** 6:15-6:45PM, Free with entry to dance, otherwise \$10.

(10/31) **NO DANCE**

Other Dances/Lessons

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

(10/18) **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 (No lessons until 10/20)

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