

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</b> (A) 9:00-10:30AM</p> <p><b>MASSAGE</b> (M) 9:00-4:00PM <b>\$1 a minute</b></p> <p><b>BEGINNER</b> <b>Tai Chi Exercise</b> (M) 10:45 – 11:45</p>  <p><b>Duplicate Bridge</b> (A) 10:50-3:00PM</p>  <p><b>Backgammon</b> (M) 12-2PM</p>  <p><b>Canasta Hand &amp; Foot</b> (M) 12:30-3:30PM</p> <p><b>Country Line Dancing</b> (M) <b>\$5</b> 5:00 – 6:00PM</p>	<p><b>Choraliers</b> (M+A) 9:30-12PM</p> <p><b>BINGO!</b> (M) 12:15-3:30PM <i>Lunch for purchase</i></p>  <p><b>ART for FUN Class</b> (A)1:00-3:00PM</p>  <p><b>Balboa Swing Dance Lessons:</b> All level classes catering to individual needs <b>6 - 7:15pm Open practica</b> with Bal tempo music <b>7:15 - 8:30pm</b></p> <p><b>3/17</b> <b>St. Patrick's Dinner</b> <b>\$25/person</b> <b>Reserve &amp; Pay in Adv.</b> 4:30 – 6:30PM</p>  <p><b>Publicity Meeting</b> (3/24) 3:00PM</p>	<p><b>SC TEXTILES</b> <b>Every 2<sup>nd</sup> Wed. 9-1</b></p> <p><b>Project Scout</b> <b>FREE TAX Services</b> (A) 9AM-12PM <b>**Except 2<sup>nd</sup> Wed's</b> <b>12PM - 3PM</b> <b>Taking Appts. thru APRIL 29<sup>th</sup></b></p> <p><b>Senior Physical Fitness</b> (M) 9:30-10:30AM</p> <p><b>Improv</b> (M) (3/4 &amp; 3/18) 10:30-12PM</p>  <p><b>Chinese Mah Jongg</b> (M) 12:30-3:30PM</p> <p><b>Scrabble</b> (M) 12:30-3:00PM</p>  <p><b>*NEW*</b> <b>Cribbage</b> (M) 1:00-3:00PM</p> <p><b>*NEW*</b> <b>Photo Club</b> <b>3/11/26</b> Field Trip 10AM</p>	<p><b>Choraliers Dance</b> (M+A) 8:45-10:30AM</p> <p><b>International Folk Dance</b> (M) 10:30-12:00PM</p> <p><b>Duplicate Bridge</b> (A) 10:50-3:00PM</p> <p><b>The Crafters</b> (M) 12:00-3:00PM</p>  <p><b>Bridge for Fun</b> (M) 12:00-3:00PM</p> <p><b>Canasta Hand &amp; Foot</b> (M) 12:30-3:30PM</p>  <p><b>*NEW*</b> <b>Salsa Rueda Dance Lessons</b> (M) <b>Beginning</b> 5-6PM <b>\$10</b></p> <p>(M) <b>Intermediate</b> 6:15 -7:30PM <b>\$10</b></p>	<p><b>Grey Bears Brown Bag</b> 8:30-10:00AM</p> <p><b>WIN</b> (A) 8:45-9:45AM</p> <p><b>Senior Stretch</b>(M) 9-10AM</p> <p><b>Ukulele</b> (M)10:15-11:15AM</p> <p><b>Tech Talk w/Tinka</b> (M) 11-1PM (3/13 &amp; 3/27)</p> <p><b>Spanish</b> (M) 11:00-12:00</p> <p><b>American Mah Jong</b> (A) 12:00-3:45PM</p> <p><b>Chess Club</b> (M)1-3PM</p> <p><b>PEDRO</b> (M) (3/6) 1<sup>st</sup> Friday 1-3:30</p> <p><b>Book Club</b> (Capitola Library) 1<sup>st</sup> Friday 10:30-12PM</p> <p><b>90's Club</b> (M) (3/13) - 2<sup>nd</sup> Friday 12:45-2:30PM</p> <p>(3/20) <b>Board Mtg</b> (A) 10-12PM <b>12:00 - 12:30PM</b> <b>General Meeting</b> <b>Special Speaker to follow</b></p> <p><b>Stick Yoga</b> (3/27) 1-2PM</p> <p><b>FRIDAY NIGHT DANCES</b> <b>7-9PM</b> (See Back Page)</p> <p><b>Newsletter Folding</b> (3/27) 9:00AM</p>	<p><b>Garden Workday</b> (3/7 1<sup>st</sup> Sat) (A) 8:45 – 1:00PM</p> <p><b>Japanese Flower Arranging</b> (A) 10-12PM <i>2<sup>nd</sup> Saturday (3/14)</i> <i>Pre-register w/Instructor</i></p>  <p><b>West Coast Swing Dance</b> Lessons 6:30-8PM Open Dance 8-11PM (3/21) <i>3<sup>rd</sup> Saturday</i></p> 	<p><b>Sunday Social Line Dance</b> 1-2:30PM - <b>\$5</b></p>  <p><b>Sunday Waltz</b> (M) <b>\$10</b> 4-5 PM Lesson 5-6 PM Dance (2<sup>nd</sup> Sunday 3/8)</p>  <p><b>Bowman Ranch Breakfast</b> (M) (3/22) Sunday 8:30AM – 12:00PM</p> 

# MCSC ACTIVITY LEADERS

## Activity Committee Leader

Mari Segura (831) 818-6090

## Art Class : Creative Expression

Marlese Roton (209) 606-2081

## 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 Line Dance (Beginner)

Michael Lew, (831) 688-7486

## Crafters

Linda Herring (831) 251-3250

Sharon Caredio (831) 588-3850

## Cribbage:

George Hattis (831) 348-4520

## 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

## Fox Trot & Cha Cha

Becky Adams (831) 588-5881

## Free Fun Friday

Tony Alonzo, (831) 818-8712

## Gentle Yoga on Mats

Janie Stone, (650) 868-8235

## Garden

Curt Jewell, (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

## Salsa Rueda Dance Lessons

Kirsten Cohen (831) 818-6090

## Scrabble

Stephanie Frog (831) 464-8374

## Senior Physical Fitness

Stephanie Golino(831) 421-2110

## Senior Stretch

Sharon Barth, (831) 247-0190

## Social Line Dance

Reeda Palmer (530) 400-2570

## Spanish

Carol Power (831) 295-5090

Martha Alcantara (831) 229-3770

## Tai Chi

Milton Huang (831) 234-0771

## 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

### Friday Night Dances

(3/6) **Karin Phoenix Band** 7-9pm, \$10/person

(3/13) **Country Feeling Band** 7-9pm, \$10/person – **FREE Country Line Dance Lesson with Shanta @ 6pm**

(3/20) **Chicago Bill & the Next Blues Band** 7-9pm, \$10/person

(3/27) **10 O'clock Lunch Band** 7-9pm, \$10/person, **FREE Basic Swing Dance Lessons w/ Bob Folker 6:30**

### Other Dances/Lessons

(3/8) **1<sup>st</sup> Sunday Waltz, (M)** Lesson at 4:00 – 5:00pm, Dance 5-6pm

(3/21) **3<sup>RD</sup> Saturday Night Dance: West Coast Swing Dance (M)** – 6:30-11pm. \$15/person, \$10 for students with Student Body Card. Beginner Lessons 6:30-7pm, Inter/Adv Lessons 7-8pm, Open dance 8-11PM

### Weekday Dances & Lessons

**Mondays – Country Line Dance Lessons (M)** 5-6pm, \$5/person

**Tuesdays – Balboa Swing Dance Lessons (M)** 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 (M)** 10:30am-12:00pm, \$4

**Thursdays- Salsa Rueda Dance Lessons(M) Beginning** 5-6PM (**Intermediate**) 6:15PM - 7:30PM, \$10/person

**Sundays – Social Line Dance Lessons (A)** 1-2:30pm, \$5/person



**Karin Phoenix Band**

**March 6, 2026**

**7-9PM - \$10/person**