













Class fees are \$5 for MCSC members \$7 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 / ACCUPRESSURE (M) 9:00-4:00PM \$1 a minute</p> <p>BEGINNER</p> <p>Tai Chi Exercise (M) 10:45 – 11:45</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 5:00 – 6:00PM</p> <p>*Dance Workshop 6/1/26 – 6/29/26</p> <p>Salsa for NEWBIES (M) 6:15-7:15PM</p> <p>Rhumba Basics (M) 7:30-8:30PM</p> <p>\$10 / each class</p>	<p>Choraliers (M+A) 9:30-12PM</p>  <p>BINGO! (M) 12:15-3:30PM <i>Lunch for purchase</i></p>  <p>ART for FUN Class (A) 1:00-3:00PM</p>  <p>Balboa Swing Dance Lessons: INTERMEDIATE classes catering to individual needs 6 - 7:15pm Open practica with Bal tempo music 7:15 - 8:30pm</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Publicity Meeting (6/23) 3:00PM</p> </div>	<p>SC TEXTILES (A) Every 2nd Wed. 9-11</p> <p>Senior Physical Fitness (M) 9:30-10:30AM</p>  <p>Improv (A) 1st & 3rd Wednesdays (6/3 & 6/17) 10:30-12PM</p>  <p>*NEW* Tai Chi Chih "JOY OF MOVEMENT" With Susan Raay (M) 10:45 – 11:45</p> <p>Chinese Mah Jongg (M) 12:30-3:30PM</p> <p>Scrabble (M) 12:30-3:00PM</p> <p>CRIBBAGE (M) 1:00-3:00PM</p>  <p>*NEW* (6/10) YOGA CLASS (A) 1:30-2:30pm</p>	<p>Choraliers Dance (M+A) 8:45-10:30AM</p> <p>International Folk Dance (M) 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>SALSA RUEDA *NEW* BEGINNER (M) 5:30 - 6:15PM 5 weeks - \$50 5.21.26 / 6.18.26 (M) Intermediate 6:15 -7:30PM \$10</p>	<p>WIN (A) 8:45-9:45AM</p> <p>Senior Stretch (M) 9-10AM</p> <p>Ukulele (M) 10:15-11:15AM</p> <p>Tech Talk w/Tinka (M) 11-1PM (6/12)</p> <p>Spanish (M) 11:00-12:00</p> <p>American Mah Jong (A) 12:00-3:45PM</p> <p>Chess Club (M) 1-3PM</p> <p>PEDRO (M) (6/5) 1st Friday 1-3:30</p> <p>Book Club (Capitola Library) 1st Friday 11AM -12:30PM</p> <p>90's Club (M) (6/12) - 2nd Friday 1:00 - 2:30PM</p> <p>Plant Walk w/ Lisa McAndrews (6/12) - 2nd Friday 11:30-12:30 (6/19)</p> <p>Board Mtg (A) 10-12PM 12:30PM</p> <p>General Meeting (M) w/ Pizza 1 PM SPECIAL SPEAKER B-day Cake to follow</p> <p>*FREE* Stick Yoga (M) (6/26) 1-2PM</p> <p>FRIDAY NIGHT DANCES 7-9PM</p>	<p>Garden Workday (6/6) 1st Sat (A) 8:45 – 1PM</p> <p>*FREE* SHREDDING EVENT (6/6) 10AM-2PM Parking Lot</p>  <p>*IKEBANA* Japanese Flower Arranging (A) 10-12PM (6/13)</p>  <p>Blood Drive (M) (6/20) 9 – 2pm</p> <p>Lavander Wand Making Class \$25 - Gazebo (6/20) 10 – 12pm</p>  <p>West Coast Swing Dance Lessons 6:30-8PM 8-11PM (6/20) 3rd Saturday</p>	 <p>Sunday Waltz (M) \$10 3-4PM Lesson 4-5PM Dance (2nd Sunday 6/14)</p>  <p>Bowman Ranch Breakfast (M) (6/28) Sunday 8:30AM – 12:00PM</p>

MCSC ACTIVITY LEADERS

<p>Activity Committee Leader Mari Segura (831) 818-6090</p> <p>Art Class : Creative Expression Marlese Roton (209) 606-2081</p> <p>Backgammon Pat McVeigh (831) 566-4553</p> <p>Balboa Swing Dance Lessons Jeff Clark (408) 591-5996</p> <p>Bingo Nancy Prevedelli, (831) 476-0416 Vicky Howell (831) 345-6374</p> <p>Book Club Cookie Sherman (831) 477-9492</p> <p>Bridge for Fun Tom Motter (801) 510-5836</p> <p>Canasta Bella Hughes (831) 688-7147</p>	<p>Chinese Mah Jong Bella Hughes (831) 688-7147</p> <p>Chess Rose Dyson (310) 430-5708</p> <p>Choraliers Wanda Kocina (831) 331-5822 Terri Lesniak (831) 421-1237 Jeremy Griffey (831) 462-6360 Nancy Maley (408) 489-3892</p> <p>Country Line Dance (Beginner) Michael Lew (831) 688-7486</p> <p>Crafters Linda Herring (831) 251-3250 Sharon Caredio (831) 588-3850</p> <p>Cribbage: Sidd Hattis (831) 348-4520</p> <p>Dances Gertie Johnson (831) 475-9280</p> <p>Duplicate Bridge Sherry Gilbreath 438-7222 (Mon.) Joe Nussbaum 722-8911 (Thur.)</p>	<p>E.C. Swing Lessons Bob Folker (831) 297-3246</p> <p>Fox Trot & Cha Cha Becky Adams (831) 588-5881</p> <p>Free Fun Friday Tony Alonzo (831) 818-8712</p> <p>Gentle Yoga on Mats Janie Stone (650) 868-8235</p> <p>Garden Curt Jewell (831) 227-9974</p> <p>Gift Shop Linda Herring (831) 251-3250 Sharon Caredio (831) 588-3850</p> <p>International Folk Dance Gabriel Swanson (831) 224-4776</p> <p>Improv Catherine Hampton (831) 247-8634</p>	<p>Japanese Flower Arranging Marian Monto (831) 688-1072</p> <p>Mah Jongg Catherine Ellis (831) 332-8974</p> <p>Massage Tony Alonzo (831) 818-8712</p> <p>Nineties Club Ingrid Larsen (831) 234-9119</p> <p>Pedro JR Roberts (831) 234-6185</p> <p>Photo Club George Kiernan (408) 590-8282</p> <p>Physical Fitness Stephanie Golino(831) 421-2110</p> <p>Plant Walk Lisa McAndrews (831) 227-0400</p> <p>Salsa Rueda Dance Lessons Kirsten Cohen (831) 818-6090</p>	<p>Scrabble Stephanie Frog (831) 464-8374</p> <p>Senior Stretch Sharon Barth (831) 247-0190</p> <p>Spanish Carol Hill (831) 295-5090 Martha Alcantara (831) 229-3770</p> <p>Tai Chi Milton Huang (831) 687-8334 Susan Raay (831) 818-2333</p> <p>Tech Talk w/Tinka Tinka Anderson (831) 247-6050</p> <p>Ukulele Gigi Goodwin (831) 662-8728</p> <p>Waltz Bob Folker (831) 297-3246</p> <p>West Coast Swing Dance Scott Seimer (408) 416-7490</p> <p>WIN Cindy (831) 234-4950</p>
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Storman' Norman & the Cyclones
Playing Friday Night 6/5/26
7-9 PM - \$10/person

Friday Night Dances

- (6/5) Stormin' Norman & The Cyclones**, \$10/person
- (6/12) Country Feeling Band** 7-9pm, \$10/person – **FREE Country Line Dance Lesson with Shanta @ 6pm**
- (6/19) Bay Bop Jazz Band**, 7-9pm, \$10/person – **FREE Rumba Dance Lesson @ 6PM with Dave Herzog**
- (6/26) Ten O'Clock Lunch Band** 7-9pm, \$10/person -**FREE Basic Swing Dance Lessons w/ Bob Folker 6:30pm**

Other Dances/Lessons

- (6/14) 2nd Sunday Waltz, (M)** Lesson at 3:00 – 4:00pm, Dance 4-5pm
- (6/20) 3RD 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)** **INTERMEDIATE** 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)**

***NEW* BEGINNER - 5 WEEK WORKSHOP for \$50** , 5:30 – 6.15PM starting 5/21/26 – 6/18/26 **(M)**
INTERMEDIATE - 6:15PM - 7:30PM, \$10/person (M)

