

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
Gentle Yoga on Mats (A) 9:00-10:30AM MASSAGE / ACCUPRESSURE (M) 9:00-3:30PM \$1 a minute Duplicate Bridge (A) 10:50-3:00PM *NEW*  Tai Chi Chih with Susan Raay (M) 11:30 – 12:30 Backgammon (M) 12:30-2:30PM Canasta Hand & Foot (M) 12:30-3:30PM *NEW* CRIBBAGE (M) 12:30-3:00PM Country Line Dancing (M) \$5 5:00 – 6:00PM Dance Workshop 7/6/26 – 7/27/26 Salsa Level 2 (M) 6:15-7:15PM Country Travel Dance (M) 7:30-8:30PM \$10 / each class	Choraliers (M+A) 9:30-12PM *NEW DAY / TIME* Tai Chi with Milton (G) 10:30– 11:30 NO CLASS 7/21  BINGO! (M) 12:15-3:30PM Lunch for purchase  ART for FUN Class (A) 1:00-3:00PM  Balboa Swing Dance Lessons: INTERMEDIATE classes catering to individual needs 6 - 7:15pm Open practica with Bal tempo music 7:15 - 8:30pm	SC TEXTILES (A) Every 2nd Wed. 9-1 Senior Physical Fitness (M) 9:30-10:30AM  Improv (A) 1st & 3rd Wednesdays (7/1 & 7/15) 10:30-12PM  Tai Chi Chih With Susan Raay (M) 10:45 – 11:45 CRIBBAGE (M) 12:30-3:00PM Chinese Mah Jongg (M) 12:30-3:30PM Scrabble (M) 12:30-3:00PM *NEW* Mexican Train Dominoes (M) 1-3:00PM  *NEW* (7/1, 7/22, 7/29) YOGA CLASS (A) 1:30-2:30pm	Choraliers Dance (M+A) 8:45-10:30AM International Folk Dance (M) 10:30-12:00PM  Duplicate Bridge (A) 10:50-3:00PM The Crafters (M) 12:00-3:00PM Bridge for Fun (M) 12:00-3:00PM Canasta Hand & Foot (M) 12:30-3:30PM *NEW* YAHTZEE (M) 1:00 -3:00PM  SALSA RUEDA (M) Beginner 5:30-6:15PM \$10 (M) Intermediate 6:15 -7:30PM \$10	WIN (A) 8:45-9:45AM Senior Stretch(M) 9-10AM Ukulele (A) 10:15-11:15AM Spanish (M) 11:00-12:00 American Mah Jong (A) 12:00-3:45PM Chess Club (M) 1-3PM Book Club (Capitola Library) 1st Friday 11AM -12:30PM 90's Club (M) (7/10) - 2nd Friday 1:00 - 2:30PM Plant Walk (7/10) - 2nd Friday 11:30-12:30 (7/17) Board Mtg (A) 10-12PM *SPECIAL SPEAKER* JACOBS LADDER 12.30PM B-day Cake to follow BLUES & BBQ DANCE Chicago Bill & the Next Blues Band (7/17) 6– 9PM \$20 / plate *FREE* Stick Yoga (M) (7/24) 1-2PM FRIDAY NIGHT DANCES 7-9PM *See Back Page for Details*	 (7/4) SAT 4th of July BBQ & Game Day! 10AM -2PM Garden Workday (7/11) (A) 8:45 – 1PM  *IKEBANA* Japanese Flower Arranging (A) 10-12PM (7/11)  Blood Drive (M) (7/18) 9 – 2pm  West Coast Swing Dance Lessons 6:30-8PM Open Dance 8-11PM (7/18) 3rd Saturday	 Sunday Waltz (M) \$10 3-4PM Lesson 4-5PM Dance (2nd Sunday 7/12)

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
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:
Sidd Hattis (831) 348-4520

Dances
Gertie Johnson (831) 475-9280

Duplicate Bridge
Sherry Gilbreath 438-7222 (Mon.)
Joe Nussbaum 722-8911 (Thur.)

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 / Acupressure
Tony Alonzo (831) 818-8712
Susan Raay (831) 818-2333
Sho-Li Cheng (510) 917-7787

Mexican Dominoes
Colleen O'Gara (831) 247-0816

Nineties Club
Ingrid Larsen (831) 234-9119

Pedro
JR Roberts (831) 234-6185

Photo Club
George Kiernan (408) 590-8282

Physical Fitness
Stephanie Golino(831) 421-2110

Plant Walk
Lisa McAndrews (831) 227-0400

Salsa Rueda Dance Lessons
Kirsten Cohen (831) 818-6090

Scrabble
Stephanie Frog (831) 464-8374

Senior Stretch
Sharon Barth (831) 247-0190

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

Tai Chi
Milton Huang (831) 687-8334
Susan Raay (831) 818-2333

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

Yahtzee
Colleen O'Gara (831) 247-0816



FREE ELEMENTS

Playing Friday Night 7/3/26
7-9 PM - \$10/person

Friday Night Dances

(7/3) **Free Elements *NEW BAND***, 7-9pm, \$10/person
(7/10) **Tin Foil Hat Band *NEW BAND***, 7-9pm, \$10/person
(7/17) **Chicago Bill & the Next Blues Band**, 7-9pm, \$10/person ****BBQ being served from 6-8PM \$20/plate**
(7/24) **Ten O'Clock Lunch Band** 7-9pm,\$10/person - **FREE Basic Swing Dance Lesson w/ Bob Folker 6:30pm**
(7/31) **Plateau Jazz Band** 7-9pm,\$10/person - **FREE Swing Dance Lesson @ 6:30pm**

Other Dances/Lessons

(7/12) **2nd Sunday Waltz, (M)** Lesson at 3:00 – 4:00pm, Dance 4-5pm
(7/18) **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

Mondays – Salsa Level 2 (M) 6:15–7:15pm, \$10/person; **Country Traveling Dance** 7:30 – 8:30pm, \$10/person (M)

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 - BEGINNER - 5:30 – 6:15PM - \$10/person (M)

Salsa Rueda Dance Lessons INTERMEDIATE - 6:15PM - 7:30PM, \$10/person (M)

