

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  Tai Chi Chih with Susan Raay (M) 11:30 – 12:30 Canasta Hand & Foot (M) 12:30-3:30PM CRIBBAGE (M) 1:00-3:00PM  Country Line Dancing (M) \$5 5:00 – 6:00PM  Salsa Level 1 6:15PM-7:5PM \$10 Cha Cha Level 2 7:30-8:30 \$10	Choraliers (M+A) 9:30-12PM  BINGO! (M) 12:15-3:30PM <i>Lunch for purchase</i>  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 Publicity Meeting (M) 9/22 3:00-3:30PM	SC TEXTILES (A) Every 2nd Wed. 9-1 Senior Physical Fitness (M) 9:30-10:30AM  Improv (A) 1st & 3rd Wednesdays (9/2 & 9/16) 10:30-12PM Tai Chi Chih With Susan Raay (M) 10:45 – 11:45 CRIBBAGE (M) 1:00-3:00PM Chinese Mah Jongg (M) 12:30-3:30PM Scrabble (M) 12:30-3:00PM Mexican Train Dominoes (M) 1-3:00PM  *NEW* 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 TIME * SALSA RUEDA (M) Beginner 6:00 – 6:45PM \$10 (M) Intermediate 7:00-8:00PM \$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 (<i>Capitola Library</i>) 1st Friday 11AM -12:30PM PEDRO 1st Fri. – 9/4 (M) 1:00-3:30PM 90's Club (M) (9/11) - 2nd Friday 1:00 - 2:30PM (9/18) Board Mtg (A) 10-12PM GENERAL MEETING 12:30PM SPECIAL SPEAKER 1:00PM SC Public Libraries B-day Cake to follow *FREE* Stick Yoga (M) (9/25) 1-2PM FRIDAY NIGHT DANCES 7-9PM *See Back Page for Details*	 Garden Workday (9/5) (A) 8:45 – 1PM  West Coast Swing Dance Lessons 6:30-8PM Open Dance 8-11PM (9/19) <i>3rd Saturday</i>	 Sunday Waltz (M) \$10 3-4PM Lesson 4-5PM Dance (1st Sunday 9/6)  Bowman Ranch Breakfast Sunday 9/27 (M) 8:30AM – 12PM

MCSC ACTIVITY LEADERS

Activity Committee Leader PENDING	Chess Rose Dyson (310) 430-5708	Fox Trot & Cha Cha Becky Adams (831) 588-5881	Mah Jong (American) Catherine Ellis (831) 332-8974	Scrabble Stephanie Frog (831) 464-8374
Art Class : Creative Expression Marlese Roton (209) 606-2081	Choraliers Wanda Kocina (831) 331-5822 Terri Lesniak (831) 421-1237 Nancy Maley (408) 489-3892	Free Fun Friday Tony Alonzo (831) 818-8712	Massage / Acupressure Tony Alonzo (831) 818-8712 Susan Raay (831) 818-2333 Sho-Li Cheng (510) 917-7787	Senior Stretch Sharon Barth (831) 247-0190
Balboa Swing Dance Lessons Jeff Clark (408) 591-5996	Country Line Dance (Beginner) Michael Lew (831) 688-7486	Gentle Yoga on Mats (Monday) Janie Stone (650) 868-8235	Mexican Dominoes Colleen O'Gara (831) 247-0816	Spanish Carol Hill (831) 295-5090 Martha Alcantara (831) 229-3770
Bingo Nancy Prevedelli, (831) 476-0416 Vicky Howell (831) 345-6374	Crafters Linda Herring (831) 251-3250 Sharon Caredio (831) 588-3850	Garden Curt Jewell (831) 227-9974	Nineties Club Ingrid Larsen (831) 234-9119	Tai Chi Susan Raay (831) 818-2333
Book Club Cookie Sherman (831) 477-9492	Cribbage: Sidd Hattis (831) 348-4520	Gift Shop Linda Herring (831) 251-3250 Sharon Caredio (831) 588-3850	Pedro JR Roberts (831) 234-6185	Ukulele Gigi Goodwin (831) 662-8728
Bridge for Fun Tom Motter (801) 510-5836	Dances Gertie Johnson (831) 475-9280	International Folk Dance Gabriel Swanson (831) 224-4776	Photo Club George Kiernan (408) 590-8282	Waltz Bob Folker (831) 297-3246
Canasta Bella Hughes (831) 688-7147	Duplicate Bridge Sherry Gilbreath 438-7222 (Mon.) Joe Nussbaum 722-8911 (Thur.)	Improv Catherine Hampton (831) 247-8634	Physical Fitness Stephanie Golino(831) 421-2110	West Coast Swing Dance Scott Seimer (408) 416-7490
Chinese Mah Jong Bella Hughes (831) 688-7147	E.C. Swing Lessons Bob Folker (831) 297-3246	Japanese Flower Arranging Marian Monto (831) 688-1072	Salsa Rueda Dance Lessons Kirsten Cohen (831) 818-1834	WIN Cindy (831) 234-4950 Yoga with Laxman (Wed.) Laxman Panthi 510.230.8288



Tin Foil Hat Band
Playing Friday Night 9/4/26
7-9 PM - \$10/person

Friday Night Dances

- (9/4) Tin Foil Hat Band, 7-9pm, \$10/person
(9/11) Country Feeling Band 7-9pm, \$10/person - **FREE Line Dance Lesson @ 6-7 PM w/ Shanta Shenoy**
(9/18) Stormin Norman & the Cyclones 7-9pm,\$10/person
(9/25) Ten O' Clock Lunch Band 7-9pm,\$10/person - **FREE Basic Swing Dance @ 6:30-7 PM w/ Bob Folker**

Other Dances/Lessons

- (9/6) 1st Sunday Waltz, (M) Lesson at 3:00 – 4:00pm, Dance 4-5pm
(9/19) 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 – 9/14, 9/21, & 9/28 - Salsa Level 1 6:15pm – 7:15pm \$10 / **Cha Cha Level 2** 7:30pm – 8:30pm \$10 (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, \$5
Thursdays - Salsa Rueda Dance Lessons - BEGINNER – 6:00 – 6:45PM \$10/person (M)
Salsa Rueda Dance Lessons INTERMEDIATE - 7:00 – 8:00PM, \$10/person (M)