

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	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) 10/20 3:00-3:30PM  TUESDAY NIGHT DINNER (10/20) 5:00 – 6:00PM	SC TEXTILES (A) Every 2nd Wed. 10/7 Senior Physical Fitness (M) 9:30-10:30AM  Improv (A) 1st & 3rd Wednesdays (10/7 & 10/21) 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  YOGA w/ LAXMAN (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  SALSA RUEDA(M) Intro 5:30 – 6:00PM \$10 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 (Capitola Library) 1st Friday 11AM -12:30PM PEDRO 1st Fri. – 10/2 (M) 1:00-3:30PM *90's Club* (M) (10/9) - 2nd Friday 1:00 - 2:30PM (10/16) Board Mtg (A) 10-12PM General Mtg (M) 12:30PM SPECIAL SPEAKER 1:00PM Deborah Osterberg Historic Tales of Henry Cowell Redwoods *B-day Cake to follow * *FREE* Stick Yoga (M) (10/23) 1-2PM FRIDAY NIGHT DANCES 7-9PM See Back Page for Details	Garden Workday (10/3) (A) 8:45 – 1PM  GARDEN HARVEST CRAFT FAIR SAT (10/3) 9AM - 3PM  Blood Drive (M) (10/17) 8AM – 1PM  West Coast Swing Dance Lessons 6:30-8PM Open Dance 8-11PM (10/17) 3rd Saturday	 Sunday Waltz (M) \$10 3-4PM Lesson 4-5PM Dance (1st Sunday 10/4)  Bowman Ranch Breakfast Sunday 10/25 (M) 8:30AM – 12PM

MCSC ACTIVITY LEADERS

Activity Committee Leader
PENDING

Art Class : Creative Expression
Marlese Roton (209) 606-2081

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 (Monday)
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 Jong (American)
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

Salsa Rueda Dance Lessons
Kirsten Cohen (831) 818-1834

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
Susan Raay (831) 818-2333

Ukulele
TBD

Waltz
Bob Folker (831) 297-3246

West Coast Swing Dance
Scott Seimer (408) 416-7490

WIN Cindy (831) 234-4950

Yoga with Laxman (Wed.)
Laxman Panthi
510.230.8288



**Chicago Bill & the Next
Blues Band
Playing Friday Night
10/2/26
7-9 PM - \$10/person**

Friday Night Dances

- (10/2) **Chicago Bill & the Next Blues Band**, 7-9pm, \$10/person
- (10/9) **Country Feeling Band** 7-9pm, \$10/person - **FREE Line Dance Lesson @ 6-7 PM w/ Shanta Shenoy**
- (10/16) **Bay Bop Jazz Band** 7-9pm, \$10/person - **FREE Rumba Dance Lesson @ 6-7 PM w/ Dave Herzog**
- (10/23) **Ten O' Clock Lunch Band** 7-9pm, \$10/person - **FREE Basic Swing Dance @ 6:30-7 PM w/ Bob Folker**
- (10/30) **Plateau Jazz Band** 7-9pm, \$10/person - **FREE Swing Dance @ 6:30-7 PM**

Other Dances/Lessons

- (10/4) **1st Sunday Waltz, (M)** Lesson at 3:00 – 4:00pm, Dance 4-5pm
- (10/17) **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, \$5
- Thursdays – Salsa Rueda Dance Lessons: (M)** **INTRO – 5:30 – 6:00PM** \$10/person
- Salsa Rueda Dance Lessons: (M)** **BEGINNER – 6:00 – 6:45PM** \$10/person
- Salsa Rueda Dance Lessons: (M)** **INTERMEDIATE - 7:00 – 8:00PM** \$10/person