

**2017 SCHEDULE OF CLASSES**

| <b>Class Site</b>   | <b>Monday</b>                     | <b>Tuesday</b> | <b>Wednesday</b>   | <b>Thursday</b>       | <b>Friday</b>  |
|---|-----------------------------------|----------------|--|-----------------------|--|
| <b>NORTH COASTAL</b>  |                                   |                |  |                       |  |
| <b>Oceanside Presbyterian Church</b><br>2001 S. El Camino Real<br><b>Oceanside, CA 92054</b><br>(760) 757-3560<br>Instructor: Gretchen Vurbeff                                      | <b>9:00 – 10:00 AM</b>            |                | <b>9:00 – 10:00 AM</b>   |                       | <b>9:00 – 10:00 AM</b>                               |
| <b>Vista Library</b><br>700 Eucalyptus Avenue<br><b>Vista, CA 92084</b><br>(760) 643-5100<br>Instructor: Barbara Shaver   | <b>8:45 – 9:45 AM</b>             |                |  | <b>8:45 – 9:45 AM</b> |  |
| <b>Solana Beach Cmty. Senior Ctr.</b><br>@ Solana Beach Presbyterian Church<br>120 Stevens Avenue<br><b>Solana Beach, CA 92075</b><br>(858) 509-2580 x1217<br>Instructor: Sue Grant | <b>9:00 – 10:00 AM</b>            |                | <b>9:00 – 10:00 AM</b>   |                       |  |
| <b>NORTH CENTRAL</b>  |                                   |                |  |                       |  |
| <b>Livewell San Diego (formerly Clairemont Friendship Center)</b><br>4425 Bannock Ave.<br><b>San Diego, CA 92117</b><br>(858) 483-5100<br>Instrctrs: Char Schade & Joyce Sessa      | <b>10:15 – 11:15AM</b><br>(Joyce) |                | <u>Feeling Fit Plus</u><br>*7:00 – 8:45 AM<br>(Char)<br><br>10:15 – 11:15AM<br>(Joyce) |                       | <u>Feeling Fit Plus</u><br>*7:00 – 8:45 AM<br>(Char) |

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| <b>Bayside Community Center</b><br>2202 Comstock<br>San Diego, CA 92111<br>(858) 278-0771<br>Instructor: Patricia Frisby (Tu & Wed)<br>& Mary Burns Prine (Thursdays)            |                                     | 9:30 – 10:30 AM | 1:30 – 2:30 PM                      | 9:30 – 11:30 AM |                  |
| <b>Serra Mesa Recreation Center</b><br>9020 Village Glen Drive<br>San Diego, CA 92123<br>(858) 573-1408<br>Instructor: Joyce Martin  |                                     | 8:30 - 10:00 AM |                                     | 8:30 - 10:00 AM |                  |
| <b>College Ave Senior Center –<br/>                     Temple Emanu-El</b><br>6299 Capri Drive • San Diego 92120<br>(858) 637-3270<br>Instructor: Kara Anderson                 | 10:30 – 11:45 AM                    |                 | 10:30 – 11:45 AM                    |                 | 10:30 – 11:45 AM |
| <b>Tifereth Israel Synagogue</b><br>6660 Cowles Mountain Blvd.<br>San Diego, CA 92119<br>(619) 697-6001<br>Instructor: Kara Anderson   |                                     | 8:30 – 9:30 AM  |                                     | 8:30 – 9:30 AM  |                  |
| <b>NORTH INLAND</b>  |                                     |                 |                                     |                 |                  |
| <b>Escondido Senior Center<br/>                     at Park Avenue Community Center</b><br>210 Park Avenue<br>Escondido, CA 92025<br>(760) 839-4688<br>Instructor: Helena Isbell | 9:00 – 10:00 AM<br>10:00 – 11:00 AM |                 | 9:00 – 10:00 AM<br>10:00 – 11:00 AM |                 |                  |

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| <b>Grace Lutheran Church</b><br>643 W 13th Ave<br><b>Escondido, CA 92025</b><br>(760) 745-0831<br>Instructor: Helena Isbell   | <b>11:30 – 12:30 PM</b> |                | <b>11:30 – 12:30 PM</b> |                        |               |
| <b>Poway Senior Center</b><br>13094 Civic Center Dr.<br><b>Poway, Ca 92064</b><br>(858) 748-6094<br>Instructors: Terri Brownlee (Mon) &<br>Patricia Frisby (Thurs)  | <b>10:00 –11:00 AM</b>  |                |                         | <b>10:00 –11:00 AM</b> |               |
| <b>North County Inland Senior Center</b><br><b>A program of Jewish Family Service</b><br>15905 Pomerado Rd.<br><b>Poway, CA 92064</b><br>(858) 674-1123<br>Instructors: Danyll Monroe (Mon)<br>Terri Brownlee (Wed) | <b>10:00 – 11:00 AM</b> |                | <b>10:00 – 11:00 AM</b> |                        |               |
| <b>CENTRAL</b>  |                         |                |                         |                        |               |
| <b>The San Diego LGBT Community Center</b><br>3909 Centre Street<br><b>San Diego, CA 92103</b><br>(619) 692-2077<br>Instructor: Shawna Beck   | <b>1:00 – 2:00 PM</b>   |                | <b>1:00 – 2:00 PM</b>   |                        |               |

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| <b>Gary &amp; Mary West Senior Wellness Center</b><br>1525 4th Avenue<br>San Diego, CA 92101<br>(619) 235-6538<br>Instructor: Patricia Frisby | 9:00 – 10:00 AM<br>10:15 – 11:15 AM |                 | 9:00 – 10:00 AM<br>10:15 – 11:15 AM |                 | 9:00 – 10:00 AM<br>10:15 – 11:15 AM |
| <b>Wesley United Methodist Church</b><br>5380 El Cajon Blvd.<br>San Diego, CA 92115<br>(619) 582-5303<br>Instructor: Daphne Miller            | 1:00 – 2:00 PM                      |                 | 1:00 – 2:00 PM                      |                 |                                     |
| <b>Sons and Daughters of Guam Club</b><br>334 Willie James Jones Avenue<br>San Diego, CA 92102<br>(619) 502-0929<br>Instructor: Shawna Beck   | 11:00 – 12:00 PM                    |                 | 11:00 – 12:00 PM                    |                 |                                     |
| <b>Neighborhood House Senior Center</b><br>795 South Boundary St.<br>San Diego, CA 92113<br>(619) 263-2108<br>Instructor: Vickie Velasco      |                                     | 11:00 – 12:00PM |                                     | 11:00 – 12:00PM |                                     |
| <b>St. Stephen's Retirement Center</b><br>5625 Imperial Ave.<br>San Diego, CA 92114<br>(619) 264-1997<br>Instructor: Herb Argrow              | 2:00 – 3:00 PM                      |                 | 2:00 – 3:00 PM                      |                 |                                     |

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|--|---|-------------------------|---|-------------------------|-------------------------|
| <b>George L. Stevens Senior Center</b><br>570 South 65 <sup>th</sup> Street<br><b>San Diego, CA 92114</b><br>(619) 266-2066<br>Instructor: Herb Argrow | <b>12:30 –1:30 PM</b>                           |                         | <b>12:30 –1:30 PM</b>                           |                         | <b>10:30 – 11:30 AM</b> |
| <b>EAST</b>  |   |                         |   |                         |                         |
| <b>Carlton Hills Evangelical Luth Church</b><br>9735 Halberns Blvd<br><b>Santee, CA 92071</b><br>(619) 448-1888<br>Instructor: Daphne Miller           |   | <b>10:30 – 11:30 AM</b> |   | <b>10:30 – 11:30 AM</b> |                         |
| <b>El Cajon Salvation Army</b><br>1011 East Main Street<br><b>El Cajon, CA 92021</b><br>(619) 440-4683<br>Instructor: Daphne Miller                    | <b>10:00 -11:00 AM</b>                          |                         | <b>10:00 -11:00 AM</b>                          |                         |                         |
| <b>Lemon Grove Senior Center</b><br>8235 Mt. Vernon Street<br><b>Lemon Grove, CA 91945</b><br>(619) 337-1425<br>Instructor: Sandra McDonald            | <b>8:30 – 9:30 AM</b><br><b>9:45 – 10:45 AM</b> |                         | <b>8:30 – 9:30 AM</b><br><b>9:45 – 10:45 AM</b> |                         |                         |
| <b>Rancho San Diego Branch Library</b><br>11555 Rancho San Diego<br><b>El Cajon, Ca 92019</b><br>(619) 660-5370<br>Instructor: Daphne Miller           | <b>8:30 –9:30 AM</b>                            |                         | <b>8:30 –9:30 AM</b>                            |                         |                         |

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| <b>SOUTH</b>  |               |                        |                  |                        |               |
| <b>Summercrest</b><br>2615 Plaza Boulevard<br><b>National City, CA 91950</b><br>(619) 475-2080<br>Instructor: Daphne Miller     |               | <b>9:00 – 10:00 AM</b> |                  | <b>9:00 – 10:00 AM</b> |               |
| <b>The Kimball Senior Center</b><br>1221 D Ave.<br><b>National City, CA 91950</b><br>(619) 336-6760<br>Instructor: Russell Rowe |               | <b>9:00 – 10:00 AM</b> |                  | <b>9:00 – 10:00 AM</b> |               |
| <b>Chula Vista Women’s Club</b><br>357 G Street<br><b>Chula Vista, CA 91910</b><br>(619) 691-5083<br>Instructor: Vickie Velasco |               | <b>1:00 – 2:00 PM</b>  |                  | <b>1:00 – 2:00 PM</b>  |               |
| <b>Villa Serena</b><br>1231 Medical Center Drive<br><b>Chula Vista, CA 91911</b><br>(619) 934-8001<br>Instructor: Russell Rowe  |               | <b>12:30 – 1:30 PM</b> |                  | <b>12:30 – 1:30 PM</b> |               |

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| <b>Otay Recreation Center</b><br>3554 Main Street<br><b>Chula Vista, CA 91911</b><br>(619) 409-1999<br>Instructor: Shawna Beck        | <b>9:00 – 10:00 AM</b>                          |                | <b>9:00 – 10:00 AM</b>                          |                 |   |
| <b>St. Charles Nutrition</b><br>945 18 <sup>th</sup> Street<br><b>San Diego, CA 92154</b><br>(619) 423-0242<br>Instructor: Anna Solis | <b>8:00 – 9:00 AM</b><br><b>9:30 – 10:30 AM</b> |                | <b>8:00 – 9:00 AM</b><br><b>9:30 – 10:30 AM</b> |                 | <b>8:00 – 9:00 AM</b><br><b>9:30 – 10:30 AM</b> |