



# SCHEDULE OF CLASSES



<b>NORTH COASTAL</b>					
<b>Class Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Oceanside Presbyterian Church**</b> 2001 South El Camino Real Oceanside, CA 92054 (760) 757-3560 Instructor: Gretchen Vurbeff	<b>9:00 – 10:00am</b>		<b>9:00 – 10:00am</b>		<b>9:00 – 10:00am</b>
<b>Solana Beach Senior Center**</b> @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2587 Instructor: Sue Grant	<b>8:30 – 9:30am</b> <b>(ZOOM only)</b>		<b>8:30 – 9:30am</b>		

**\*\*Hybrid Format: Virtual and in-person**

<b>NORTH INLAND</b>					
<b>Class Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Escondido Senior Center</b> @ Park Avenue Community Center 210 East Park Avenue Escondido, CA 92025 (760) 839-4688 Instructor: Helena Isbell	<b>9:00 – 10:00am</b> <b>10:00 – 11:00am</b>		<b>9:00 – 10:00am</b> <b>10:00 – 11:00am</b>		
<b>Grace Lutheran Church</b> 643 West 13 <sup>th</sup> Avenue Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	<b>11:30am – 12:30pm</b>		<b>11:30am – 12:30pm</b>		

**SCHEDULE OF CLASSES**

<b>NORTH INLAND (Cont.)</b>					
<b>Class Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mickey Cafagna Community Center</b> 13094 Civic Center Drive Poway, CA 92064 (858) 668-4671 Instructors: Carolyn Triebel, Patricia Frisby	<b>10:00 – 11:00am</b> (Carolyn)			<b>10:00 – 11:00am</b> (Patricia)	

<b>CENTRAL</b>					
<b>Class Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>The Center**</b> 3909 Centre Street San Diego, CA 92103 (619) 692-2077 Instructor: Panos Papaconstantinou <i>Mask and Proof of Vaccination Required</i>	<b>1:30 – 2:30pm</b>		<b>1:30 pm – 2:30pm</b>		<b>1:30 pm – 2:30pm</b>
<b>George L. Stevens Senior Center</b> 570 South 65 <sup>th</sup> Street San Diego, CA 92114 (619) 266-2066 Instructor: Herb Argrow	<b>12:30 – 1:30pm</b>		<b>10:30 – 11:30am</b>		<b>10:30 – 11:30am</b>

**\*\*Hybrid Format: Virtual and in-person**



## SCHEDULE OF CLASSES



<b>EAST</b>					
<b>Class Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Spring Valley Community Center</b> 8735 Jamacha Boulevard <b>Spring Valley, CA 91977</b> (619) 479-1832 Instructor: Sandra McDonald	<b>12:15 – 1:15pm</b>		<b>12:15 – 1:15pm</b>		
<b>City of Santee City Hall</b> Building 8P or 7 10601 Magnolia Avenue <b>Santee, CA 92071</b> (619) 258-4100 x222 Instructor: Daphne Miller		<b>10:30 – 11:30am</b>		<b>10:30 – 11:30am</b>	
<b>El Cajon Salvation Army</b> 1011 East Main Street <b>El Cajon, CA 92021</b> (619) 440-4683 Instructor: Daphne Miller	<b>10:00 – 11:00am</b>		<b>10:00 – 11:00am</b>		
<b>Rancho San Diego Branch Library**</b> 11555 Rancho San Diego <b>El Cajon, CA 92019</b> (619) 660-5370 Instructor: Daphne Miller	<b>8:30 – 9:30am</b>		<b>8:30 – 9:30am</b>		

**\*\*Hybrid Format: Virtual and in-person**



## SCHEDULE OF CLASSES



SOUTH					
Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Summercrest</b> 2615 Plaza Boulevard National City, CA 91950 (619) 475-2080 Instructor: Daphne Miller		8:30 – 9:30am		8:30 – 9:30am	

VIRTUAL (ZOOM)					
Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Melissa Wogahn		8:40 – 9:40am		8:40 – 9:40am	
Danyll Monroe		10:00 – 11:00am	10:00 – 11:00am		
Karen Barry		10:15 – 11:15am		10:15 – 11:15am	
Daphne Miller	1:00 – 2:00pm		1:00 – 2:00pm		
Patricia Frisby		9:30 – 10:30am	1:00 – 2:00pm	10:00 – 11:00am	
Patricia Frisby		1:00 – 2:00pm		1:00 – 2:00pm	

*As sites reopen, virtual classes may transition back to in-person.*

Interested in joining virtually? Please call (858) 495-5500 or email the Health Promotion team at [healthierliving.HHSA@sdcounty.ca.gov](mailto:healthierliving.HHSA@sdcounty.ca.gov).

Last Updated: 11/30/2022