



SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
NORTH COASTAL					
Oceanside Presbyterian Church 2001 South El Camino Real Oceanside, CA 92054 (760) 757-3560 Instructor: Gretchen Vurbeff	9:00 – 10:00 AM		9:00 – 10:00 AM		9:00 – 10:00 AM
Vista Library 700 Eucalyptus Avenue Vista, CA 92084 (760) 643-5100 Instructor: Melissa Wogahn		8:40 – 9:40 AM		8:40 – 9:40 AM	
Solana Beach Community Senior Center <i>@ Solana Beach Presbyterian Church</i> 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2580 x1217 Instructor: Sue Grant	8:30 – 9:30 AM		8:30 – 9:30 AM		
NORTH CENTRAL					
Cathy Hopper Clairemont Friendship Center 4425 Bannock Avenue San Diego, CA 92117 (858) 483-4007 Instructors: Char Schade, Melisa D'Agostino	9:00 – 10:30 AM (Melisa)		<u>Feeling Fit Plus</u> 7:00 – 8:45 AM (Char) 9:00 – 10:30 AM (Melisa)		<u>Feeling Fit Plus</u> 7:00 – 8:45 AM (Char)



SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Bayside Community Center 6882 Linda Vista Road San Diego, CA 92111 (858) 278-0771 Instructors: Patricia Frisby, Anna Solis		9:30 – 10:30 AM (Patricia)	1:30 – 2:30 PM (Patricia)	9:30 – 11:30 AM (Anna)	
College Avenue Center <i>@ Temple Emanu-El</i> 6299 Capri Drive San Diego, CA 92120 (858) 637-3270 Instructor: Kara Anderson	10:30 – 11:45 AM		10:30 – 11:45 AM		10:30 – 11:45 AM
Tifereth Israel Synagogue 6660 Cowles Mountain Boulevard San Diego, CA 92119 (619) 697-6001 Instructor: Kara Anderson *This site observes certain religious holidays. Please visit www.tiferethisrael.com/calendar regarding office closures.		8:30 – 9:30 AM		8:30 – 9:30 AM	
NORTH INLAND					
Escondido Senior Center <i>@ Park Avenue Community Center</i> 210 East Park Avenue Escondido, CA 92025 (760) 839-4688 Instructor: Helena Isbell	9:00 – 10:00 AM 10:00 – 11:00 AM		9:00 – 10:00 AM 10:00 – 11:00 AM		
Grace Lutheran Church 643 West 13th Ave Escondido, CA 92025	11:30 – 12:30 PM		11:30 – 12:30 PM		



SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
(760) 745-0831 Instructor: Helena Isbell					
Poway Senior Center 13094 Civic Center Drive Poway, CA 92064 (858) 748-6094 Instructors: Carolyn Triebel, Patricia Frisby	10:00 – 11:00 AM (Carolyn) *October 1, 8, 15, 22: 1 – 2PM			10:00 –11:00 AM (Patricia)	
North County Inland Senior Center 15905 Pomerado Road Poway, CA 92064 (858) 637-3210 Instructors: Danyll Monroe, Carolyn Triebel	10:00 – 11:00 AM (Danyll)		10:00 – 11:00 AM (Carolyn) *Cancelled until October 24		
CENTRAL					
San Diego LGBT Community Center 3909 Centre Street San Diego, CA 92103 (619) 692-2077 Instructor: Shawna Beck	1:00 – 2:00 PM		1:00 – 2:00 PM		
Gary & Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101 (619) 235-6538 Instructor: Patricia Frisby	9:00 – 10:00 AM 10:15 – 11:15 AM		9:00 – 10:00 AM 10:15 – 11:15 AM		9:00 – 10:00 AM 10:15 – 11:15 AM
Wesley United Methodist Church 5380 El Cajon Boulevard San Diego, CA 92115	1:00 – 2:00 PM		1:00 – 2:00 PM		

Sponsored by Aging & Independence Services, County of San Diego, Health Promotion Unit, San Diego Community College District and Southwestern Community College District





SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
(619) 582-5303 Instructor: Daphne Miller					
Neighborhood House Senior Center 795 South Boundary Street San Diego, CA 92113 (619) 263-2108 Instructor: Shawna Beck	11:00 – 12:00PM		11:00 – 12:00PM		
St. Stephen’s Retirement Center 5625 Imperial Avenue San Diego, CA 92114 (619) 264-1997 Instructor: Herb Argrow	2:00 – 3:00 PM		2:00 – 3:00 PM		
George L. Stevens Senior Center 570 South 65 th Street San Diego, CA 92114 (619) 266-2066 Instructor: Herb Argrow	12:30 –1:30 PM		12:30 – 1:30 PM		10:30 – 11:30 AM
EAST					
Carlton Hills Evangelical Lutheran Church 9735 Halberns Boulevard Santee, CA 92071 (619) 448-1888 Instructor: Daphne Miller		10:30 – 11:30 AM		10:30 – 11:30 AM	
El Cajon Salvation Army 1011 East Main Street El Cajon, CA 92021 (619) 440-4683 Instructor: Daphne Miller	10:00 – 11:00 AM		10:00 – 11:00 AM		



SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Lemon Grove Senior Center 8235 Mount Vernon Street Lemon Grove, CA 91945 (619) 337-1425 Instructor: Sandra McDonald	8:30 – 9:30 AM 9:45 – 10:45 AM		8:30 – 9:30 AM 9:45 – 10:45 AM		
Rancho San Diego Branch Library 11555 Rancho San Diego El Cajon, Ca 92019 (619) 660-5370 Instructor: Daphne Miller	8:30 –9:30 AM		8:30 –9:30 AM		
SOUTH					
Summercrest 2615 Plaza Boulevard National City, CA 91950 (619) 475-2080 Instructor: Daphne Miller		9:00 – 10:00 AM		9:00 – 10:00 AM	
The Kimball Senior Center 1221 D Avenue National City, CA 91950 (619) 336-6760 Instructor: Russell Rowe		9:00 – 10:00 AM		9:00 – 10:00 AM	
Chula Vista Women’s Club 357 G Street Chula Vista, CA 91910 (619) 691-5083 Instructor: Patricia Frisby		1:00 – 2:00 PM		1:00 – 2:00 PM	

SCHEDULE OF CLASSES

Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Villa Serena 1231 Medical Center Drive Chula Vista, CA 91911 (619) 934-8001 Instructor: Russell Rowe</p>		1:45 – 2:45PM		12:30 – 1:30 PM	
<p>Otay Recreation Center 3554 Main Street Chula Vista, CA 91911 (619) 409-1999 Instructor: Shawna Beck</p>	9:00 – 10:00 AM		9:00 – 10:00 AM		
<p>St. Charles Church 945 18th Street San Diego, CA 92154 (619) 423-0242 Instructor: Anna Solis *Please contact Anna directly prior to attending the class.</p>	7:00-8:00 AM 8:30 – 9:30 AM 10:00 – 11:00 AM		7:00-8:00 AM 8:30 – 9:30 AM 10:00 – 11:00 AM		7:00-8:00 AM 8:30 – 9:30 AM 10:00 – 11:00 AM