



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 <i>*6/4 – 8/6 Walking classes every Tuesday at Brengle Terrace Park (1200 Vale Terrace Drive, Vista, CA 92084): June: 4, 11, 18, 25 / July: 2, 9, 16, 23, 30 / August: 6</i> Regular classes at the library every Thursday		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 <i>*6/24 – 8/28 Classes will be held at St. James Catholic Church's Parish Hall (625 South Nardo Avenue, Solana Beach, CA 92075)</i>	8:30 – 9:30 AM		8:30 – 9:30 AM		



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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)		Feeling Fit Plus 7:00 – 8:45 AM (Char) 9:00 – 10:30 AM (Melisa)		Feeling Fit Plus 7:00 – 8:45 AM (Char)
Bayside Community Center 6882 Linda Vista Road San Diego, CA 92111 (858) 278-0771 Instructors: Patricia Frisby, Anna Solis *Classes have been temporarily relocated to the Linda Vista Presbyterian Church at 2130 Ulric Street, San Diego, CA 92111		9:30 – 10:30 AM (Patricia)	1:30 – 2:30 PM (Patricia)	9:30 AM – 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 religious holidays. Please visit www.tiferethisrael.com/calendar regarding office closures.		8:30 – 9:30 AM		8:30 – 9:30 AM	



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NORTH INLAND					
Escondido Senior Center @ Park Avenue Community Center 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 13 th Avenue Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	11:30 – 12:30 PM		11:30 AM – 12:30 PM		
Poway Senior Center 13094 Civic Center Drive Poway, CA 92064 (858) 748-6094 Instructors: Carolyn Triebel, Patricia Frisby *Classes have been temporarily relocated to the First Church of Christ, Scientist at 16315 Pomerado Road, Poway, CA 92064 (effective 7/15)	10:00 – 11:00 AM (Carolyn)			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)		

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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
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 (619) 582-5303 Instructor: Daphne Miller	1:00 – 2:00 PM		1:00 – 2:00 PM		
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		



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CENTRAL (Continued)

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
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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		
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		

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



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
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 *Classes have been temporarily relocated to the Parkway Community Center at 373 Park Way, Chula Vista, CA 91910 (effective 7/9)		1:00 – 2:00 PM		1:00 – 2:00 PM	
Villa Serena 1231 Medical Center Drive Chula Vista, CA 91911 (619) 934-8001 Instructor: Russell Rowe		1:45 – 2:45PM		12:30 – 1:30 PM	



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SOUTH (Continued)					
Otay Recreation Center 3554 Main Street Chula Vista, CA 91911 (619) 409-1999 Instructor: Shawna Beck	9:00 – 10:00 AM		9:00 – 10:00 AM		
St. Charles Church 945 18 th Street San Diego, CA 92154 (619) 423-0242 Instructor: Anna Solis *Please contact Anna directly prior to attending the class.	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