



## SCHEDULE OF CLASSES



| Class Site   | Monday                             | Tuesday               | Wednesday   | Thursday              | Friday  |
|--|------------------------------------|-----------------------|---|-----------------------|---|
| <b>NORTH COASTAL</b>   |                                    |                       |   |                       |   |
| <b>Oceanside Presbyterian Church</b><br>2001 South 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: Melissa Wogahn  |                                    | <b>8:40 – 9:40 AM</b> |   | <b>8:40 – 9:40 AM</b> |   |
| <b>Solana Beach Community Senior Center</b><br><i>@ Solana Beach Presbyterian Church</i><br>120 Stevens Avenue<br><b>Solana Beach, CA 92075</b><br>(858) 509-2580 x1217<br>Instructor: Sue Grant | <b>8:30 – 9:30 AM</b>              |                       | <b>8:30 – 9:30 AM</b>   |                       |   |
| <b>NORTH CENTRAL</b>   |                                    |                       |   |                       |   |
| <b>Cathy Hopper Clairemont Friendship Center</b><br>4425 Bannock Avenue<br><b>San Diego, CA 92117</b><br>(858) 483-4007<br>Instructors: Joyce Ann Martin, Char Schade                            | <b>9:00 – 10:30 AM<br/>(Joyce)</b> |                       | <u>Feeling Fit Plus</u><br><b>7:00 – 8:45 AM<br/>(Char)</b><br><br><b>9:00 – 10:30 AM<br/>(Joyce)</b> |                       | <u>Feeling Fit Plus</u><br><b>7:00 – 8:45 AM<br/>(Char)</b> |



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| Class Site  | Monday  | Tuesday                                  | Wednesday   | Thursday                                | Friday                  |
|---|---|--|---|---|-------------------------|
| <b>NORTH CENTRAL (Continued)</b>  |   |  |   |   |                         |
| <b>Bayside Community Center</b><br>2202 Comstock Street<br><b>San Diego, CA 92111</b><br>(858) 278-0771 ext. 101<br>Instructor: Patty Frisby, Anna Solis                  |   | <b>9:30 – 10:30 AM</b><br><b>(Patty)</b> |   | <b>9:30 – 11:30 AM</b><br><b>(Anna)</b> |                         |
| <b>College Avenue Center</b><br><i>@ Temple Emanu-El</i><br>6299 Capri Dr<br><b>San Diego, CA 92120</b><br>(858) 637-3270<br>Instructor: Kara Anderson                    | <b>10:30 – 11:45 AM</b>                           |  | <b>10:30 – 11:45 AM</b>                           |   | <b>10:30 – 11:45 AM</b> |
| <b>Tifereth Israel Synagogue</b><br>6660 Cowles Mountain Blvd<br><b>San Diego, CA 92119</b><br>(619) 697-6001<br>Instructor: Kara Anderson                                |   | <b>8:30 – 9:30 AM</b>                    |   | <b>8:30 – 9:30 AM</b>                   |                         |
| <b>NORTH INLAND</b>   |   |  |   |   |                         |
| <b>Escondido Senior Center</b><br><i>@ Park Avenue Community Center</i><br>210 East Park Ave<br><b>Escondido, CA 92025</b><br>(760) 839-4688<br>Instructor: Helena Isbell | <b>9:00 – 10:00 AM</b><br><b>10:00 – 11:00 AM</b> |  | <b>9:00 – 10:00 AM</b><br><b>10:00 – 11:00 AM</b> |   |                         |



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| <b>NORTH INLAND (Cont.)</b>  |                                       |         |                                       |  |        |
| <b>Grace Lutheran Church</b><br>643 West 13 <sup>th</sup> 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>First Church of Christ, Scientist</b><br>16315 Pomerado Road<br><b>Poway, CA 92064</b><br>858-618-5545<br>Instructors: Carolyn Triebel, Patty Frisby  | <b>10:00 – 11:00 AM<br/>(Carolyn)</b> |         |                                       | <b>10:00 – 11:00 AM<br/>(Patricia)</b> |        |
| <b>North County Inland Senior Center</b><br>15905 Pomerado Rd<br><b>Poway, CA 92064</b><br>(858) 637-3210<br>Instructors: Danyll Monroe, Carolyn Triebel | <b>10:00 – 11:00 AM<br/>(Danyll)</b>  |         | <b>10:00 – 11:00 AM<br/>(Carolyn)</b> |  |        |
| <b>CENTRAL</b>   |                                       |         |                                       |  |        |
| <b>The Center</b><br>3909 Centre Street<br><b>San Diego, CA 92103</b><br>(619) 692-2077<br>Instructor: Patty Frisby                                      | <b>1:00 – 2:00 PM</b>                 |         | <b>1:00 – 2:00 PM</b>                 |  |        |



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|--|---|---------|---|----------|---|
| <b>CENTRAL (Cont.)</b>   |   |         |   |          |   |
| <b>Gary &amp; Mary West Senior Wellness Center</b><br>1525 4 <sup>th</sup> Ave<br>San Diego, CA 92101<br>(619) 235-6538<br>Instructor: Patricia Frisby | <b>9:00 – 10:00 AM</b><br><b>10:15 – 11:15 AM</b> |         | <b>9:00 – 10:00 AM</b><br><b>10:15 – 11:15 AM</b> |          | <b>9:00 – 10:00 AM</b><br><b>10:15 – 11:15 AM</b> |
| <b>Wesley United Methodist Church</b><br>5380 El Cajon Blvd<br>San Diego, CA 92115<br>(619) 582-5303<br>Instructor: Daphne Miller                      | <b>1:00 – 2:00 PM</b>                             |         | <b>1:00 – 2:00 PM</b>                             |          |   |
| <b>Neighborhood House Senior Center</b><br>795 South Boundary Street<br>San Diego, CA 92115<br>(619) 263-2108<br>Instructor: Sandra McDonald           | <b>11:00 – 12:00 PM</b>                           |         | <b>11:00 – 12 PM</b>                              |          |   |
| <b>St. Stephen's Retirement Center</b><br>5625 Imperial Ave<br>San Diego, CA 92114<br>(619) 264-1997<br>Instructor: Herb Argrow                        | <b>2:00 – 3:00 PM</b>                             |         | <b>2:00 – 3:00 PM</b>                             |          |   |
| <b>George L. Stevens Senior Center</b><br>570 South 65 <sup>th</sup> St<br>San Diego, CA 92114<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>                           |



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| Class Site  | Monday  | Tuesday                 | Wednesday                                       | Thursday                | Friday |
|---|---|-------------------------|---|-------------------------|--------|
| <b>EAST</b>   |   |                         |   |                         |        |
| <b>Carlton Hills Evangelical Lutheran Church</b><br>9735 Halberns Blvd<br>Santee, CA 92071<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 St<br>El Cajon, CA 92021<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 Mount Vernon St<br>Lemon Grove, CA 91945<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>El Cajon, Ca 92019<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 Blvd<br><b>National City, CA 91950</b><br>(619) 475-2080<br>Instructor: Daphne Miller           |                 | 9:00 – 10:00 AM |                 | 9:00 – 10:00 AM |        |
| <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   |                 | 9:00 – 10:00 AM |                 | 9:00 – 10:00 AM |        |
| <b>Parkway Community Center</b><br>373 Park Way<br><b>Chula Vista, CA 91910</b><br>(619) 409-1980<br>Instructor: Patricia Frisby |                 | 1:00 – 2:00 PM  |                 | 1:00 – 2:00 PM  |        |
| <b>Villa Serena</b><br>1231 Medical Center Dr<br><b>Chula Vista, CA 91911</b><br>(619) 934-8001<br>Instructor: Russell Rowe      |                 | 1:45 – 2:45PM   |                 | 12:30 – 1:30 PM |        |
| <b>Otay Recreation Center</b><br>3554 Main Street<br><b>Chula Vista, CA 91911</b><br>(619) 409-1999<br>Instructor: Russell Rowe  | 9:00 – 10:00 AM |                 | 9:00 – 10:00 AM |                 |        |



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| <b>SOUTH (Continued)</b>   |   |         |   |          |   |
| <b>St. Charles Church</b><br>945 18th Street<br><b>San Diego, CA 92154</b><br>(619) 423-0242<br>Instructor: Anna Solis<br><i>*Please contact the instructor prior to joining the class</i> | <b>7:00-8:00 AM</b><br><b>8:30 – 9:30 AM</b><br><b>10:00 – 11:00 AM</b> |         | <b>7:00-8:00 AM</b><br><b>8:30 – 9:30 AM</b><br><b>10:00 – 11:00 AM</b> |          | <b>7:00-8:00 AM</b><br><b>8:30 – 9:30 AM</b><br><b>10:00 – 11:00 AM</b> |