



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: Linda Cohen, Char Schade	9:00 – 10:30 AM (Linda)		<u>Feeling Fit Plus</u> 7:00 – 8:45 AM (Char) 9:00 – 10:30 AM (Linda)		<u>Feeling Fit Plus</u> 7:00 – 8:45 AM (Char)

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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
NORTH CENTRAL (Continued)					
Bayside Community Center 2202 Comstock Street San Diego, CA 92111 (858) 278-0771 ext. 101 Instructor: Patty Frisby, Anna Solis		9:30 – 10:30 AM (Patty)	1:30 PM – 2:30 PM (Patty)	9:30 – 11:30 AM (Anna)	
College Avenue Center <i>@ Temple Emanu-El</i> 6299 Capri Dr 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 Blvd San Diego, CA 92119 (619) 697-6001 Instructor: Kara Anderson		8:30 – 9:30 AM		8:30 – 9:30 AM	
NORTH INLAND					
Escondido Senior Center <i>@ Park Avenue Community Center</i> 210 East Park Ave 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		

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NORTH INLAND (Cont.)					
Grace Lutheran Church 643 West 13 th Ave Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	11:30 – 12:30 PM		11:30 – 12:30 PM		
First Church of Christ, Scientist 16315 Pomerado Road Poway, CA 92064 858-618-5545 Instructors: Carolyn Triebel, Patty Frisby	10:00 – 11:00 AM (Carolyn)			10:00 – 11:00 AM (Patricia)	
North County Inland Senior Center 15905 Pomerado Rd Poway, CA 92064 (858) 637-3210 Instructors: Danyll Monroe, Carolyn Triebel	10:00 – 11:00 AM (Danyll)		10:00 – 11:00 AM (Carolyn)		
CENTRAL					
The Center 3909 Centre Street San Diego, CA 92103 (619) 692-2077 Instructor: Panos Papaconstantinou	1:00 – 2:00 PM		1:00 – 2:00 PM		1:00 – 2:00 PM

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Gary & Mary West Senior Wellness Center 1525 4 th Ave 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 Blvd 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 St San Diego, CA 92113 (619) 263-2108 Instructor: Karen Barry		11:00 – 12:00 PM		11:00 – 12:00 PM	
St. Stephen's Retirement Center 5625 Imperial Ave 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 St 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 Blvd Santee, CA 92071 (619) 448-1888 Instructor: Daphne Miller		10:30 – 11:30 AM		10:30 – 11:30 AM	
Lemon Grove Senior Center 8235 Mount Vernon St 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 Blvd National City, CA 91950 (619) 475-2080 Instructor: Daphne Miller		9:00 – 10:00 AM		9:00 – 10:00 AM	

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SOUTH (Cont.)					
Kimball Senior Center 1221 D Ave 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 St Chula Vista, CA 91910 (619) 409-1980 Instructor: Patricia Frisby		1:00 – 2:00 PM		1:00 – 2:00 PM	
Villa Serena 1231 Medical Center Dr Chula Vista, CA 91911 (619) 934-8001 Instructor: Russell Rowe		12:30 – 1:30 PM		12:30 – 1:30 PM	
Otay Recreation Center 3554 Main Street Chula Vista, CA 91911 (619) 409-1999 Instructor: Russell Rowe			11:00 – 12:00 PM		
St. Charles Church 945 18th Street San Diego, CA 92154 (619) 423-0242 Instructor: Anna Solis* <i>*Contact Anna prior to joining the class</i>	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

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