



# SCHEDULE OF CLASSES



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



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



# SCHEDULE OF CLASSES



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

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
(619) 582-5303 Instructor: Daphne Miller					
<b>Sons and Daughters of Guam Club</b> 334 Willie James Jones Avenue <b>San Diego, CA 92102</b> (619) 502-0929 Instructor: Shawna Beck	<b>11:00 – 12:00 PM</b>		<b>11:00 – 12:00 PM</b>		
<b>Neighborhood House Senior Center</b> 795 South Boundary Street <b>San Diego, CA 92113</b> (619) 263-2108 Instructor: Vickie Velasco		<b>11:00 – 12:00PM</b>		<b>11:00 – 12:00PM</b>	
<b>St. Stephen’s Retirement Center</b> 5625 Imperial Avenue <b>San Diego, CA 92114</b> (619) 264-1997 Instructor: Herb Argrow	<b>2:00 – 3:00 PM</b>		<b>2:00 – 3:00 PM</b>		
<b>George L. Stevens Senior Center</b> 570 South 65 <sup>th</sup> Street <b>San Diego, CA 92114</b> (619) 266-2066 Instructor: Herb Argrow	<b>12:30 –1:30 PM</b>		<b>12:30 – 1:30 PM</b>		<b>10:30 – 11:30 AM</b>
<b>EAST</b>					
<b>Carlton Hills Evangelical Lutheran Church</b> 9735 Halberns Boulevard <b>Santee, CA 92071</b> (619) 448-1888 Instructor: Daphne Miller		<b>10:30 – 11:30 AM</b>		<b>10:30 – 11:30 AM</b>	



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<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 – 11:00 AM</b>		<b>10:00 – 11:00 AM</b>		
<b>Lemon Grove Senior Center</b> 8235 Mount Vernon Street <b>Lemon Grove, CA 91945</b> (619) 337-1425 Instructor: Sandra McDonald	<b>8:30 – 9:30 AM</b> <b>9:45 – 10:45 AM</b>		<b>8:30 – 9:30 AM</b> <b>9:45 – 10:45 AM</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 – 9:30 AM</b>		<b>8:30 – 9:30 AM</b>		
<b>SOUTH</b>					
<b>Summercrest</b> 2615 Plaza Boulevard <b>National City, CA 91950</b> (619) 475-2080 Instructor: Daphne Miller		<b>9:00 – 10:00 AM</b>		<b>9:00 – 10:00 AM</b>	
<b>The Kimball Senior Center</b> 1221 D Avenue <b>National City, CA 91950</b> (619) 336-6760 Instructor: Russell Rowe		<b>9:00 – 10:00 AM</b>		<b>9:00 – 10:00 AM</b>	

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<b>Class Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Chula Vista Women’s Club</b> 357 G Street <b>Chula Vista, CA 91910</b> (619) 691-5083 Instructor: Vickie Velasco		<b>1:00 – 2:00 PM</b>		<b>1:00 – 2:00 PM</b>	
<b>Villa Serena</b> 1231 Medical Center Drive <b>Chula Vista, CA 91911</b> (619) 934-8001 Instructor: Russell Rowe		<b>12:30 – 1:30 PM</b>		<b>12:30 – 1:30 PM</b>	
<b>Otay Recreation Center</b> 3554 Main Street <b>Chula Vista, CA 91911</b> (619) 409-1999 Instructor: Shawna Beck	<b>9:00 – 10:00 AM</b>		<b>9:00 – 10:00 AM</b>		
<b>St. Charles Church</b> 945 18 <sup>th</sup> Street <b>San Diego, CA 92154</b> (619) 423-0242 Instructor: Anna Solis *Please contact Anna directly prior to attending the class.	<b>7:00-8:00 AM</b> <b>8:30 – 9:30 AM</b> <b>10:00 – 11:00 AM</b>		<b>7:00-8:00 AM</b> <b>8:30 – 9:30 AM</b> <b>10:00 – 11:00 AM</b>		<b>7:00-8:00 AM</b> <b>8:30 – 9:30 AM</b> <b>10:00 – 11:00 AM</b>