



2018 SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
NORTH COASTAL					
Oceanside Presbyterian Church 2001 S. 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 Cmty. Senior Ctr. @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2580 x1217 Instructor: Sue Grant	8:30-9:30 AM		8:30 – 9:30 AM No class the 4 th Wednesday of the Month		
NORTH CENTRAL					
Cathy Hopper Clairemont Friendship Center 4425 Bannock Ave. San Diego, CA 92117 (858) 483-5100 Instructor: 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)

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Bayside Community Center 2202 Comstock San Diego, CA 92111 (858) 278-0771 Instructor: Patricia Frisby (Tu & Wed) & Anna Solis (Thursdays)		9:30 – 10:30 AM	1:30 – 2:30 PM	9:30 – 11:30 AM	
Serra Mesa Recreation Center 9020 Village Glen Drive San Diego, CA 92123 (858) 573-1408 Instructor: Joyce Martin		8:30 - 10:00 AM		8:30 - 10:00 AM	
College Ave Senior Center – Temple Emanu-El 6299 Capri Drive • San Diego 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 at Park Avenue Community Center 210 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		



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
Grace Lutheran Church 643 W 13th Ave Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	11:30 – 12:30 PM		11:30 – 12:30 PM		
Poway Senior Center 13094 Civic Center Dr. Poway, Ca 92064 (858) 748-6094 Instructors: Carolyn Triebel (Mon) & Patricia Frisby (Thurs)	10:00 –11:00 AM			10:00 –11:00 AM	
North County Inland Senior Center A program of Jewish Family Service 15905 Pomerado Rd. Poway, CA 92064 (858) 674-1123 Instructors: Danyll Monroe (Mon) Carolyn Triebel (Wed)	10:00 – 11:00 AM		10:00 – 11:00 AM		
CENTRAL					
The 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		



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
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 Blvd. San Diego, CA 92115 (619) 582-5303 Instructor: Daphne Miller	1:00 – 2:00 PM		1:00 – 2:00 PM		
Sons and Daughters of Guam Club 334 Willie James Jones Avenue San Diego, CA 92102 (619) 502-0929 Instructor: Shawna Beck	11:00 – 12:00 PM		11:00 – 12:00 PM		
Neighborhood House Senior Center 795 South Boundary St. San Diego, CA 92113 (619) 263-2108 Instructor: Vickie Velasco		11:00 – 12:00PM		11:00 – 12:00PM	
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		



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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 Luth Church 9735 Halberns Blvd 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 Mt. 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		

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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 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 Street Chula Vista, CA 91910 (619) 691-5083 Instructor: Vickie Velasco		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		12:30 – 1:30 PM		12:30 – 1:30 PM	
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		

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<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. Home phone: 619-229-1287</p>	<p>8:00 – 9:00 AM 9:30 – 10:30 AM</p>		<p>8:00 – 9:00 AM 9:30 – 10:30 AM</p>		<p>8:00 – 9:00 AM 9:30 – 10:30 AM</p>