


Class fees are \$4 for MCSC members \$6 for non-members, unless otherwise noted. Exact change and small bills are appreciated!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Gentle Yoga on Mats (A) 9:00-10:30AM</p> <p>Qigong 10:00-11:00</p> <p>Party Bridge 11:00-2:30PM <i>We need new Players!</i></p> <p>Duplicate Bridge (A) 11:00-3:00PM</p> <p>Canasta Hand & Foot 12:30-3:30PM</p> <p>Country Line Dance Lessons. Beginners. 5:00-6:00 PM \$5</p>	<p>Choraliers (M+A) 9:30-12:00PM</p> <p>BINGO! 1:00-3:30PM <i>Lunch for purchase</i></p> <p>Balboa Swing Dance Lessons. Beginners. \$10. 6:00 - 7:00PM Intermediate. \$10 7:00 - 8:30PM</p>	<p>Textile Group (A) 9-1PM <i>(Rental 7/10 Only)</i></p> <p>** New Class ** Improv (A) 10-11:30AM <i>1st & 3rd Weds</i></p> <p>Senior Physical Fitness. 9:30-10:30AM (M)</p> <p>Chinese Mah Jongg 12:30-3:30PM</p> <p>Scrabble 12:30-3:00PM</p> <p>Photo Club (A) 1:00-3:00PM <i>2nd Weds = Field Trip</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Membership Meeting (7/10) 3:30PM</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Receptionist Meeting (7/17) 3:30PM</p> </div>	<p>Choraliers Dance (M+A) 8:45-10:30AM</p> <p>International Folk Dance 10:30-12:00PM</p> <p>Duplicate Bridge (A) 11:00-3:00PM</p> <p>Gift Shop Crafts 11:30-2:30PM</p> <p>Bridge for Fun 12:00-3:00PM</p> <p>Canasta Hand & Foot 12:30-3:30PM</p>	<p>Grey Bears Brown Bag 8:30-10:00AM</p> <p>WIN (A) 8:45-9:45AM</p> <p>Senior Stretch 9:00-10:00AM</p> <p>Qigong 10:10-11:10AM <i>(No class 3rd Fridays)</i></p> <p>Ukulele (A) 10:00-11:00AM</p> <p>Basic Spanish 11:30-12:30 <i>(No Class 3rd Fridays)</i></p> <p>American Mah Jong (A) 12:00-3:45PM</p> <p>Chess Club 1:00-3:00PM</p> <p>Pedro (7/12) - 2nd Fri <i>for July due to the holiday!</i> 1:00-3:45PM</p> <p>Friday Night Dances <i>See Back Page for Details!</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Board Meeting (A) (7/19) 10-Noon</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>MCSC NEWSLETTER FOLD & MAIL (7/26) 8:30-Noon</p> </div>	<p>Garden Workday (7/6) (G & A) 8:30-11AM</p> <p>Japanese Flower Arranging (A) <i>(7/13) 2nd Saturday</i> 10-12PM <i>Pre-register w/Instr.</i></p> <div style="text-align: center;">  </div> <p>7/20 Blood Drive 9-2PM <i>Pre-Register with Red Cross</i></p> <p>West Coast Swing Dance <i>3rd Saturday (7/20)</i> Lessons 6:30-8PM Open Dance 8-11PM</p>	<p>Annex – Rental until 1:00PM (every Sunday)</p> <p>1st Sun Waltz (7/7) 3-4PM Lesson 4-5PM Dance</p> <p>No Breakfast in July due to Wharf to Wharf</p>

MCSC ACTIVITY LEADERS

Balboa Swing Dance Lessons

Jeff Clark (408) 591-5996

Bingo

Nancy Prevedelli,

(831) 476-0416

Vicky Howell, (831) 345-6374

Basic Spanish

Tony Alonzo (831) 818-8712

Book Club

Cookie Sherman (831) 477-9492

Bridge for Fun

Tom Motter 801-510-5836

Canasta

Bella Hughes, (831) 688-7147

Chinese Mah Jong

Bella Hughes, (831) 688-7147

Chess

Rose Dyson, 310/430-5708

Choraliers

Wanda Kocina, (831) 331-5822

Terri Lesniak, (831) 421-1237

Jeremy Griffey, (831) 462-6360

Nancy Maley, (408) 489-3892

Cindy Kiernan, (831) 428-9875

Country Dance

Lessons, Beginner

Michael Lew, 688-7486

Dances

Gertie Johnson, (831) 475-9280

Duplicate Bridge

Joe Nussbaum, 722-8911(Th grp)

Sherry Gilbreath, 438-7222(M grp)

E.C. Swing Lessons

Bob Folker, 297-3246

Gentle Yoga on Matts

Janie Stone, (650) 868-8235

Garden

Curt Jewel, (831) 227-9974

Gift Shop

Margo Atkinson, (831) 325-9421

International Folk Dance

Gabriel Swanson, (831) 224-4776

Improv

Catherine Hampton, (831) 247-

8634

Japanese Flower Arranging

Marian Monto, (831) 688-1072

Mah Jongg

Kelly Gibson, (831) 427-2631

Party Bridge

Marilyn Carter (831) 239-3038

Deborah Blumberg,

(831) 425-5481

Pedro

JR Roberts, (831) 234-6185

Photo Club

George Kiernan, (408) 590-8282

Qi-Gong

Jim Weaver (831) 421-1967

Scrabble

Stephanie Frog 464-8374

Senior Physical Fitness

Stephanie Golino, (831) 421-

2110

Senior Stretch

Sharon Barth, (831) 247-0190

Tech Talk

Tinka Anderson, (831) 247-6050

Ukulele

Gigi Goodwin, (831) 662-8728

Waltz

Bob Folker, (831) 297-3246

West Coast Swing Dance

Rupert Schroeder, (831) 818-

6621

WIN Cindy (831) 234-4950

Writing Memoirs

Teresa Dance, (831) 464-9731

COME TO DANCE OR JUST ENJOY THE MUSIC



10 O'clock Lunch Band

This is a great local band playing Rhythm/Blues, Rock Classics and Motown Gems to get you moving on the dance floor or if you prefer, they are just fun to watch & listen to!

Friday Night Dances

(7/5) Bay Bop Jazz Band, 7-9PM, \$10/person.

(7/12) Country Feeling Band 7-9PM, \$10/person; **Line Dance Lessons W/Shanta** 6:00-7PM, Free with entry to dance, otherwise \$10.

(7/19) Chicago Bill and the Next Blues Band, 7-9PM, \$10/person

(7/26) 10 O'Clock Lunch Band, 7-9PM, \$10/person

Other Dances

(7/7) 1st Sunday Waltz, Lesson at 3:00PM, Dance 4-5PM

(7/20) 3RD Saturday Night Dance: West Coast Swing Dance – 6:30-11pm. \$15/person, \$10 for students with Student Body Card. Beginner Lessons 6:30-7, Intermediate/Advanced Lessons 7-8pm, Open dance 8-11PM

Weekday Dances & Lessons

Monday - Country Line Dance Lessons for Beginners. 5-6:00pm, \$5

Tuesdays – Balboa Swing Dance Lessons 7-8:30pm \$10; Beginners class from 6-7pm, \$10.

Thursdays - International Folk Dance 10:30am-12:00pm, \$4