

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>MASSAGE (M) 9:00-4:00PM \$1 a minute</p> <p>BEGINNER</p> <p>Tai Chi Exercise (M) 10:45 – 11:45</p>  <p>Duplicate Bridge (A) 10:50-3:00PM</p> <p>Backgammon (M) 12-2PM</p>  <p>Canasta Hand & Foot (M) 12:30-3:30PM</p> <p>Country Line Dancing (M) \$5 5:00 – 6:00PM</p> <p>*Dance Workshop 4/20 – 5/18</p> <p>Salsa Intro/Basics (M) 6:15-7:30PM</p> <p>Night Club 2 Step (M) 7:30-8:30PM \$10 / each class</p>	<p>Choraliers (M+A) 9:30-12PM OUT UNTIL 5/12</p> <p>BINGO! (M) 12:15-3:30PM <i>Lunch for purchase</i></p>  <p>ART for FUN Class (A) 1:00-3:00PM</p>  <p>Balboa Swing Dance Lessons: INTERMEDIATE classes catering to individual needs 6 - 7:15pm Open practica with Bal tempo music 7:15 - 8:30pm</p>  <p>Publicity Meeting (5/19) 3:00PM</p>	<p>SC TEXTILES (A) Every 2nd Wed. 9-1</p> <p>Senior Physical Fitness (M) 9:30-10:30AM</p> <p>Improv (M) 1st & 3rd Wednesdays (5/6 & 5/20) 10:30-12PM</p>  <p>*NEW* Tai Chi Chih With Susan Raay Beginning 5/6/26 (M) 10:45 – 11:45</p>  <p>Chinese Mah Jongg (M) 12:30-3:30PM</p> <p>Scrabble (M) 12:30-3:00PM</p>  <p>CRIBBAGE (M) 1:00-3:00PM</p>	<p>Choraliers Dance (M+A) 8:45-10:30AM OUT UNTIL 5/12</p> <p>International Folk Dance (M) 10:30-12:00PM</p> <p>Duplicate Bridge (A) 10:50-3:00PM</p> <p>The Crafters (M) 12:00-3:00PM</p> <p>Bridge for Fun (M) 12:00-3:00PM</p> <p>Canasta Hand & Foot (M) 12:30-3:30PM</p>  <p>SALSA RUEDA (M) Intermediate 6:15 -7:30PM \$10</p>	<p>WIN (A) 8:45-9:45AM</p> <p>Senior Stretch(M) 9-10AM</p> <p>Ukulele (M) 10:15-11:15AM</p> <p>Tech Talk w/Tinka (M) 11-1PM (5/8 & 5/22)</p> <p>Spanish (M) 11:00-12:00</p> <p>American Mah Jong (A) 12:00-3:45PM</p> <p>Chess Club (M) 1-3PM</p> <p>PEDRO (M) (5/1) 1st Friday 1-3:30</p> <p>Book Club (Capitola Library) 1st Friday 11AM -12:30PM</p> <p>90's Club (M) (5/8) - 2nd Friday 1:00 - 2:30PM</p> <p>Plant Walk w/ Lisa McAndrews (5/8) - 2nd Friday 10:30-11:30</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>(5/15) Board Mtg (A) 10-12PM 12:30 SPECIAL SPEAKER B-day Cake to follow</p> </div> <p>*FREE* Stick Yoga (M) (5/22) 1-2PM</p> <p>FRIDAY NIGHT DANCES 7-9PM (SEE BACK PAGE FOR DETAILS)</p>	<p>CRAFT FAIR Outdoors 5/2</p>  <p>IKEBANA Japanese Flower Arranging (A) 10-12PM 2nd Saturday (5/9) PRE-REGISTER</p>  <p>West Coast Swing Dance Lessons 6:30-8PM Open Dance 8-11PM (5/16) 3rd Saturday</p> 	<p>Sunday Waltz (M) \$10 4-5 PM Lesson 5-6 PM Dance (2nd Sunday 5/10)</p>  <p>Bowman Ranch Breakfast (M) (5/24) Sunday 8:30AM – 12:00PM</p> 

MCSC ACTIVITY LEADERS

Activity Committee Leader
Mari Segura (831) 818-6090

Art Class : Creative Expression
Marlese Roton (209) 606-2081

Backgammon
Pat McVeigh (831) 566-4553

Balboa Swing Dance Lessons
Jeff Clark (408) 591-5996

Bingo
Nancy Prevedelli,
(831) 476-0416
Vicky Howell (831) 345-6374

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

Country Line Dance (Beginner)
Michael Lew (831) 688-7486

Crafters
Linda Herring (831) 251-3250
Sharon Caredio (831) 588-3850

Cribbage:
Sidd Hattis (831) 348-4520

Dances
Gertie Johnson (831) 475-9280

Duplicate Bridge
Sherry Gilbreath 438-7222 (Mon.)
Joe Nussbaum 722-8911 (Thur.)

E.C. Swing Lessons
Bob Folker (831) 297-3246

Fox Trot & Cha Cha
Becky Adams (831) 588-5881

Free Fun Friday
Tony Alonzo (831) 818-8712

Gentle Yoga on Mats
Janie Stone (650) 868-8235

Garden
Curt Jewell (831) 227-9974

Gift Shop
Linda Herring (831) 251-3250
Sharon Caredio (831) 588-3850

International Folk Dance
Gabriel Swanson (831) 224-4776

Improv
Catherine Hampton
(831) 247-8634

Japanese Flower Arranging
Marian Monto (831) 688-1072

Mah Jongg
Catherine Ellis (831) 332-8974

Massage
Tony Alonzo (831) 818-8712

Nineties Club
Ingrid Larsen (831) 234-9119

Pedro
JR Roberts (831) 234-6185

Photo Club
George Kiernan (408) 590-8282

Physical Fitness
Stephanie Golino(831) 421-2110

Plant Walk
Lisa McAndrews (831) 227-0400

Salsa Rueda Dance Lessons
Kirsten Cohen (831) 818-6090

Scrabble
Stephanie Frog (831) 464-8374

Senior Stretch
Sharon Barth (831) 247-0190

Spanish
Carol Hill (831) 295-5090
Martha Alcantara (831) 229-3770

Tai Chi
Milton Huang (831) 687-8334
Susan Raay (831) 818-2333

Tech Talk w/Tinka
Tinka Anderson (831) 247-6050

Ukulele
Gigi Goodwin (831) 662-8728

Waltz
Bob Folker (831) 297-3246

West Coast Swing Dance
Scott Seimer (408) 416-7490

WIN Cindy (831) 234-4950

Friday Night Dances

- (5/1) **Tin Foil Hat Band**, \$10/person
- (5/8) **Country Feeling Band** 7-9pm, \$10/person – **FREE Country Line Dance Lesson with Shanta @ 6pm**
- (5/15) **Chicago Bill & the Next Blues Band** 7-9pm, \$10/person
- (5/22) **Ten O’Clock Lunch Band** 7-9pm, \$10/person -**FREE Basic Swing Dance Lessons w/ Bob Folker 6:30pm**
- (5/29) **Plateau Jazz Band**

Other Dances/Lessons

- (5/10) **2nd Sunday Waltz, (M)** Lesson at 3:00 – 4:00pm, Dance 4-5pm
- (5/16) **3RD Saturday Night Dance: West Coast Swing Dance (M) – 6:30-11pm.** \$15/person, \$10 for students with Student Body Card.

Beginner Lessons 6:30-7pm, Inter/Adv Lessons 7-8pm, Open dance 8-11PM

Weekday Dances & Lessons

- Mondays – Country Line Dance Lessons (M)** 5-6pm, \$5/person
 - Mondays – Salsa Intro/Basics** 6:15-7:30pm / **Night Club 2-Step** 7:30-8:30pm **(M) \$10/person *each class***
 - Tuesdays – Balboa Swing Dance Lessons (M)** **INTERMEDIATE** catering to individual needs 6 - 7:15pm.
- Open practica with Bal tempo music from 7:15 - 8:30pm.
- Thursdays - International Folk Dance (M)** 10:30am-12:00pm, \$4
 - Thursdays- Salsa Rueda Dance Lessons (M (Intermediate))** 6:15PM - 7:30PM, \$10/person



The Tin Foil Hat Band
Playing Friday Night 5/1/26
7-9 PM - \$10/person

