

ENCINITAS PARKS & RECREATION

Adults 50 and Up



ENCINITAS PARKS & RECREATION
Café

MAIN: - SERVED WITH SALAD & ROLL
BBQ Chicken, Baked beans,
Sautéed Garlic Kale

Soup
Pesto
Bean

Sandwich
Tuna Salad with
Lettuce, tomato, onion
on
Multigrain bread

IN THE SPOTLIGHT:

COOKING UP SOMETHING NEW

Take your tastebuds on a round-the-world vacation. Check out our new cooking classes.

SEE PAGE 35

ENCINITAS PARKS & RECREATION CAFE!

From farm to table, get insight on a new, healthy lifestyle.

SEE PAGE 33



ENCINITAS

PARKS, BEACHES, TRAILS & OPEN SPACES

MASTER PLAN

VISION
PLANNING
ENGAGEMENT
FUTURE



Your input matters

To Guide the Future of Encinitas...

The City of Encinitas is developing a Parks, Beaches, Trails and Open Space Master Plan to identify our community's recreational needs and values in order to proactively plan for the generations to come. The city is working with GreenPlay, LLC, a nationally renowned park and recreation-consulting firm to navigate us through this important planning process.

One of the essential planning steps is to conduct a random sampling of household opinions within our City's five communities of Cardiff-by-the Sea, Olivenhain, Leucadia, Old Encinitas and New Encinitas. Additionally, an open survey will be available for all Encinitas residents to complete. Whether you are a current parks, beach, trail and /or recreation program user or not, we want our residents engaged and informed of the Parks Master Plan process. The process includes:

- DEC 2015** PROJECT START
- FEB 2016** FOCUS GROUPS & COMMUNITY MEETINGS
- MAY 2016** SCIENTIFIC RANDOM AND OPEN COMMUNITY-WIDE SURVEY
- SUMMER 2016** ANALYSIS OF FACILITIES AND LEVEL OF SERVICE / COMMUNITY PROFILE AND MARKET ASSESSMENT
- SUMMER 2016** PRESENTATION OF SURVEY FINDINGS & COMMUNITY WORKSHOPS
- SUMMER 2016** PRESENTATION OF DRAFT RECOMMENDATIONS
- FALL 2016** FINAL PLANS AND CITY COUNCIL REVIEW

For up to date information about the Parks Master Plan, please go to www.encinitasca.gov/masterplan. We want to hear from you!

THIS SUMMER

SUNDAY SUMMER

Concerts by the sea

This summer Encinitas Parks and Recreation brings more fun to our beach concert experience. Each concert date features cool hands-on exhibits, demos, contests and free stuff! All you need to do is show up, how cool is that?

JULY

3rd

THE ROUTINE - FUNK ROCK

JULY

17th

SIMPKIN PROJECT - REGGAE

AUGUST

7th

BETAMAXX - 80'S

AUGUST

21st

THE DEVASTATORS - REGGAE

SORRY, NO GLASS, ALCOHOL OR PETS ALLOWED AT MOONLIGHT BEACH
ENCINITASPARKSANDREC.COM FOR INFORMATION

MOONLIGHT BEACH 3-5PM

COMING THIS FALL

Stars in the PARK *Movie Night*

PRESENTED BY: **LAZY ACRES**
natural market

Cottonwood Creek Park

7:30 P.M.

INSIDE OUT

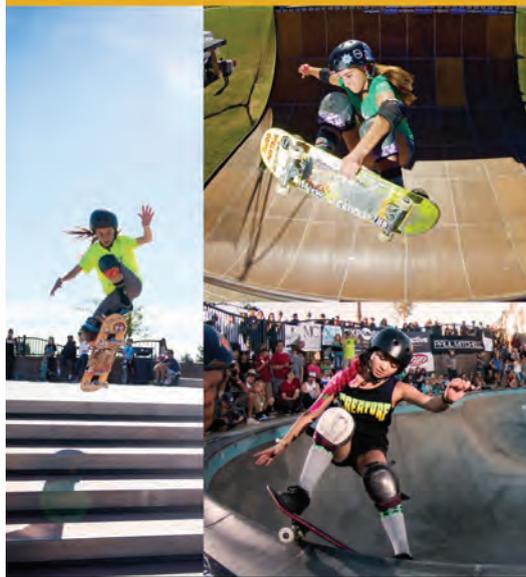
SEPTEMBER 25

THE GOOD DINOSAUR

OCTOBER 15

EXPOSURE

A FUNDRAISER FOR SURVIVORS OF DOMESTIC VIOLENCE



FEATURING
WOMEN'S PRO AND AM
BOWL | VERT | STREET COMPETITIONS
FREE! SKATE & YOGA CLINICS | VENDOR VILLAGE

COMING TO
ENCINITAS COMMUNITY PARK
NOVEMBER 5, 2016



**SATURDAY
DECEMBER 3, 2016**

Our hometown tradition! Thousands of people will be on floats and in bands with tens of thousands more cheering them on as the 2016 Encinitas Holiday Parade rolls along Coast Highway 101 on Saturday, December 3rd. The parade begins at 5:30 PM. It is preceded by a 5:00 PM tree lighting ceremony at the Lumberyard.

Come on out and cheer as the nearly 100 parade floats and entries make their way down the Parade route on Historic Coast Highway 101.

For additional information, please email nbuck@encinitasca.gov.

ARTS AND CRAFTS

Sittin' and Knittin'

Olga Keeler

Knitters, needle workers and crocheters of all skill levels are invited to bring their yarn/needles and work on projects with others who share their interest. Ongoing throughout the year.

2nd & 4th Tuesday of every month.

Location: Encinitas Community Center

Fee: Free

10:00a.m. to Noon

Watercolor & More - **NEW!**

Denise McMrutrie

Do you want to learn and explore watercolor techniques that are fun and EASY to do? Would you like to paint with confidence - always learning something new - and achieve quality results? Then this is the class for YOU! No previous experience is necessary. All skill levels are welcome.

Location: Banquet Hall 142A at Encinitas Community Center

2:00p.m. to 4:00p.m.

Fee: Resident: \$51.00. Non-resident: \$54.00

Course #6692 Wed, June 22- Wed, Jul 27

Fee: Resident: \$41.00. Non-resident: \$44.00

Course #6693; Wed, Aug 10 - Wed, Aug 31

Drawing Made Easy and Fun - **NEW!**

Denise McMrutrie

You can learn to draw! Innovative and fun exercises will take you out of the box. Specific basicsm drawing methods, along with inherent characteristics and use of the materials will be clearly explained. But individual style and interpretation will have more value than exact skills in this class.

Location: Conference B 116 at Encinitas Community Center

2:00p.m. to 4:00p.m.

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6630 Wed, Sep 14- Wed, Sep 28

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6631 Wed, Oct 12 - Wed, Oct 26

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6632 Wed, Nov 9- Wed, Nov 30

Fee: Resident: \$41.00. Non-resident: \$44.00

Course #6633; Wed, Dec 14- Wed, Dec 28

Fee: Resident: \$31.00. Non-resident: \$34.00

WELCOME TO THE ENCINITAS SENIOR CENTER!

This is your gathering place to socialize, stay active and connect with others with similar interests. We look forward to seeing you!

All Senior Center programs are offered for those 50 years of age and up, unless otherwise noted. Classes are subject to change and may be cancelled if minimum participation is not met. Fee-based classes for the session require payment in full at the time of enrollment. You may register online, by mail, or in person.

SENIOR CENTER PHONE NUMBERS

Front Counter: (760) 943-2250

Lunch Reservations: (760) 943-2258

Out and About Transportation: (760) 943-2256



COMPUTERS

Computer Lab

The City of Encinitas is proud to offer a computer lab that allows participants an opportunity to use a computer in order to surf the Internet and utilize Windows Office software. In order to have access to the Senior Center Computer Lab, users must register annually at the Senior Center Office and must read, sign and abide by the City of Encinitas Senior Center Computer Lab Rules of Conduct.

Monday-Friday, 8:00a.m. to 3:45p.m

Location: Computer Lab at Encinitas Community Center

Fee: Free

8:00a.m. to 3:45p.m.

Course #5535

Computer Tutoring

Volunteers will aid you with a working knowledge of computer applications such as computer start up/shut down, email attachments, word processing, spreadsheets and internet services. Tutors will also teach you how to register for classes online. You can work with Microsoft Word, Excel and Windows programs. This is offered on a first-come, first-served basis. This program is ongoing throughout the year.

Location: Computer Lab at Encinitas Community Center

Fee: Free

Course #5866;

Mondays, June 6, 2016 - Dec 26, 2016

9:00a.m. to 11:00a.m.

Tutor: Linda Melikian

Tuesdays, June 7, 2016 - Dec 27, 2016

10:00a.m. to 11:30a.m.

Tutor: Judy Gura

Wednesdays, June 1, 2016 - Dec 28, 2016

9:30a.m. to 11:30a.m.

Tutor: Tony Taussig

Thursdays, June 2, 2016 - Dec 29, 2016

9:30a.m. to 11:00a.m.

Tutor: Kris Stewart

Thursdays, June 2, 2016 - Dec 29, 2016

1:00p.m. to 3:00p.m.

Tutor: Tom Tindel

Fridays, June 3, 2016 - Dec 30, 2016

1:00p.m. to 3:00p.m.

Tutor: Jugesh Saxena

DANCE AND MOVEMENT

Social Dance

It is time to strike up the band and dance to the classic melodies of yesteryear! Couples and singles are welcome. Singles can look forward to "mixers" and "waterfalls". Light refreshments are provided during intermission. There is a free opportunity drawing at every dance. Admission is \$5, payable at the door.

Location: Banquet Hall at Encinitas Community Center

3rd Friday of the month

2:00p.m. to 4:00p.m.

Fri, June 17, 2016 - Cradit Union

Fri, July 15, 2016 - Billy Harper Band

Fri, August 19, 2016 - Cradit Union

Fri, September 16, 2016 - Billy Harper Band

Fri, October 21, 2016 - Pier Group

Fri, November 18, 2016 - Billy Harper Band

New Year's Eve Senior Social

Let the celebration begin! Say good bye to 2016 and say hello to the New Year at the Encinitas Senior Center! Enjoy the sparkle, the dance and the fun with delicious refreshments, surprise give-a-ways and of course a cheers to 2017! Live music provided by the local favorite, Cradit Union. Tickets on sale beginning October 21st, 2016 at the Senior Center front desk while supplies last (maximum of 8 tickets sold per person). Let's make it a great celebration together at the Encinitas Senior Center.

Location: Banquet Hall at Encinitas Community Center

Fee: \$10.00 (a great value for a great celebration)

2:00p.m. to 5:00p.m.

Saturday, December 31st, 2016



We've got some of the liveliest monthly dances in the county at the Encinitas Community & Senior Center. Come join us!

Ballroom Dance

Sandy Schroeder

Come dance with us with or without a partner. Ballroom Dancing is fun and good for your health. It will improve your posture, coordination, balance, timing and concentration. You will learn the basic steps, how to lead and how to follow. This is a beginner/intermediate class.

Location: Dance/Exercise Room 117 at Encinitas Community Center
1:30p.m. to 2:30p.m.

Jitterbug/East Coast Swing

Fee: Resident: \$21.00. Non-resident: \$24.00
Course #6278; Mon, June 6 - Mon, June 27

Tango

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6279; Mon, July 11 - Mon, July 25

Cha Cha

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6280; Mon, August 1 - Mon, August 15

Cha Cha

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6281; Mon, September 12 - Mon, September 26

Cha Cha

Fee: Resident: \$21.00. Non-resident: \$24.00
Course #6282; Mon, October 3 - Mon, October 24

Cha Cha

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6283; Mon, November 7 - Mon, November 28

Cha Cha

Fee: Resident: \$11.00. Non-resident: \$14.00
Course #6284; Mon, December 5 - Mon, December 12

BENEFITS Of Dance

Dance exercise is an aerobic activity that burns calories, works the heart muscle and is appropriate for any age and level of fitness. Doing aerobics five to six days a week can help improve your memory, energy levels, reduces risk of high blood pressure, heart disease and diabetes, and most of all, it feels good to dance and have fun!

Line Dancing

Lois Spaulding

Form lines and dance to popular music while doing vines, jazz boxes and shuffles. No partner required. Some basic knowledge of beginning steps required.

Location: Dance/Exercise Room 117 at Encinitas Community Center

Beginning - Level 1

9:00a.m. to 10:00a.m.

Fee: Resident: \$10.00. Non-resident: \$13.00
Course #6108; Mon, June 13 - Mon, June 27

Fee: Resident: \$10.00. Non-resident: \$13.00
Course #6114; Mon, July 11 - Mon, July 25

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6109; Aug 1 - Aug 29

Fee: Resident: \$10.00. Non-resident: \$13.00
Course #6110; Sep 12 - Sep 26

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6111; Mon, October 3 - Mon, October 31

Fee: Resident: \$13.00. Non-resident: \$16.00
Course #6112; Mon, November 7 - Mon, November 28

Fee: Resident: \$10.00. Non-resident: \$13.00
Course #6113; Mon, December 5 - Mon, December 19

Beginning - Level 2 PLUS

9:00a.m. to 10:30a.m.

Fee: Resident: \$13.00. Non-resident: \$16.00
Course #6371; Fri, June 3 - Fri, June 24

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6372; Fri, July 1 - Fri, July 29

Fee: Resident: \$13.00. Non-resident: \$16.00
Course #6373; Fri, August 5 - Fri, August 26

Fee: Resident: \$13.00. Non-resident: \$16.00
Course #6374; Fri, September 9 - Fri, September 30

Fee: Resident: \$13.00. Non-resident: \$16.00
Course #6375; Fri, October 7 - Fri, October 28

Fee: Resident: \$7.00. Non-resident: \$10.00
Course #6376; Fri, November 4 - Fri, November 18

Fee: Resident: \$16.00. Non-resident: \$19.00
Course #6377; Fri, December 2 - Fri, December 30



FITNESS

Yoga Therapy

Danette Mason

Yoga Therapy is the art and science of using the ancient practices of yoga in a way to meet the physically demanding needs of our modern culture. In this class we will explore common issues related to aging, injury, and illness. We will learn how simple, yet effective yoga practices can move us towards greater health and wellbeing. This will be an active, yet gentle class, accessible for most students - beginners and experienced.

Location: Meeting Room 120 at Encinitas Community Center
1:00p.m. to 2:00p.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6636; Fri, June 3 - Fri, June 24

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6637; Fri, July 1 - Fri, July 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6638; Fri, August 5 - Fri, August 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6639; Fri, September 2 - Fri, September 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6640; Fri, October 7 - Fri, October 28

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6641; Fri, November 4 - Fri, November 18

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6642; Fri, December 2 - Fri, December 30

Beginners Yoga

Lynda Light

Beginners Yoga is for students with less than one year of yoga experience. This class will teach all the basics one needs to know before going on to the more advanced Gentle Yoga or Yoga For Everybody. Bring a yoga mat and towel to class.

Location: Meeting Room 120 at Encinitas Community Center
11:15a.m. to 12:15p.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #5873; Mon, June 6 - Mon, June 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #5874; Mon, July 11 - Mon, July 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #5875; Mon, August 1 - Mon, August 29

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #5876; Mon, September 12 - Mon, September 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #5877; Mon, October 3 - Mon, October 31

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #5878; Mon, November 7 - Mon, November 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #5879; Mon, December 5 - Mon, December 26

Gentle Yoga

Lynda Light

Move with your breath! Customized poses may improve joint mobility, increase muscle tone, improve circulation, increase balance, release tension, and improve the quality of your sleep. Regain bountiful energy and a spring in your step! Appropriate for Beginner-Intermediate levels. Please bring a yoga mat.

Location: Meeting Room 120 at Encinitas Community Center
Monday, 10:00a.m. to 11:00a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6101; Mon, June 6 - Mon, June 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6102; Mon, July 11 - Mon, July 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6103; Mon, August 1 - Mon, August 29

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6104; Mon, September 12 - Mon, September 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6105; Mon, October 3 - Mon, October 31

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6106; Mon, November 7 - Mon, November 28

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6107; Mon, December 5 - Mon, December 19

Wednesday, 8:30a.m. to 9:30a.m.

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6250; Wed, June 1 - Wed, June 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6251; Wed, July 6 - Wed, July 27

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6252; Wed, August 3 - Wed, August 31

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6253; Wed, September 7 - Wed, September 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6254; Wed, October 5 - Wed, October 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6255; Wed, November 2 - Wed, November 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6256; Wed, December 7 - Wed, December 28

Silver Age Yoga

Silver Age Yoga Volunteer

This is a 60-minute free yoga class open to all seniors. Enjoy the benefits of yoga from the comfort of your chair or the floor mat. All fitness levels can benefit from this class. Registration is required.

Location: Meeting Room 120 at Encinitas Community Center
Fee: Free

2:00p.m. to 3:00p.m.

Course #6593; Mon, June 6 - Mon, August 29

Course #6594; Mon, September 12 - Mon, December 26

Yoga for Everybody

Lynda Light

Re-vitalize your whole being with yoga. This class is designed to help strengthen and enhance flexibility in joints, organs, muscles and bones. Learn the principles of alignment while deepening your ability to enjoy life in each moment. Breath, poses, and balance are an integral part. Create stamina from the inside out and feel the difference. Please bring a yoga mat and a small blanket or towel.

Location: Meeting Room 120 at Encinitas Community Center
8:30a.m. to 9:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6399; Fri, June 3 - Fri, June 24

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6400; Fri, July 1 - Fri, July 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6401; Fri, August 5 - Fri, August 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6402; Fri, September 2 - Fri, September 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6403; Fri, October 7 - Fri, October 28

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6404; Fri, November 4 - Fri, November 18

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6405; Fri, December 2 - Fri, December 30

Yoga for Peace and Vitality

Dannette Rusnak

Access your body's greatest vitality and harmony in this gentle yoga practice. In this class we will emphasize moving, opening, and strengthening the body as we practice synchronizing our movements with our breath. This class is appropriate for all levels of ability and experience. Please bring a yoga mat and blanket or beach towel for extra support.

Location: Meeting Room 120 at Encinitas Community Center
Tuesday, 10:00a.m. to 11:00a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6243; Tue, June 7 - Tue, June 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6244; Tue, July 5 - Tue, July 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6245; Tue, August 2 - Tue, August 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6246; Tue, September 6 - Tue, September 27

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6247; Tue, October 4 - Tue, October 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6248; Tue, November 1 - Tue, November 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6249; Tue, December 6 - Tue, December 27

Thursday, 10:00a.m. to 11:00a.m.

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6364; Thu, June 2 - Thu, June 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6365; Thu, July 7 - Thu, July 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6366; Thu, August 4 - Thu, August 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6367; Thu, September 1 - Thu, September 29

Yoga for Peace and Vitality cont.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6368; Thu, October 6 - Thu, October 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6369; Thu, November 3 - Thu, November 17

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6370; Thu, December 1 - Thu, December 29

Yoga for You

Ava Peterson

Join us to define and refine your Yoga practice. Designed to allow students with no experience to learn about yoga and what they are capable of doing and to help those that do have a Yoga practice the ability to refine and develop a deeper understanding of their own practice. Please bring a yoga mat, blanket or beach towel and blocks for extra support.

Location: Meeting Room 120 at Encinitas Community Center
8:30a.m. to 9:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6210; Tue, June 7 - Tue, June 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6211; Tue, July 5 - Tue, July 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6212; Tue, August 2 - Tue, August 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6213; Tue, September 6 - Tue, September 27

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6214; Tue, October 4 - Tue, October 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6215; Tue, November 1 - Tue, November 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6216; Tue, December 6 - Tue, December 27



T'ai Chi Chih

T'ai Chi Chih's easy gentle movements cultivate health, serenity and longevity. It improves balance, reduces stiffness, regulates blood pressure, increases energy, promotes restful sleep, and relieves stress. Learn all 20 movements in the 3-month beginning class, then refine them for greater benefit in the intermediate class. Must meet eligibility requirements to advance to the next level.

Location: Meeting Room 120 at Encinitas Community Center

Beginning 1 (Fridays)

Instructor: Pam Towne • Noon to 1:00p.m.

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6385; Fri, June 10 - Fri, June 24

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6388; Fri, September 9 - Fri, September 30

Beginning 2 (Fridays)

Instructor: Pam Towne • Noon to 1:00p.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6386; Fri, July 8 - Fri, July 29

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6389; Fri, October 14 - Fri, October 28

Beginning 3 (Fridays)

Instructor: Pam Towne • Noon to 1:00p.m.

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6387; Fri, August 5 - Fri, August 26

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6390; Fri, November 4 - Fri, November 18

T'ai Chi Chih Beginning for Peaceful Holidays (Fridays)

Instructor: Pam Towne • Noon to 1:00p.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6391; Fri, December 2 - Fri, December 30

Beginner/Intermediate (Wednesdays)

Instructor: Christina Tillotson • 10:30a.m. to 11:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6257; Wed, June 8 - Wed, June 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6258; Wed, July 6 - Wed, July 27

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6259; Wed, August 3 - Wed, August 24

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6260; Wed, September 7 - Wed, September 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6261; Wed, October 5 - Wed, October 26

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6262; Wed, November 2 - Wed, November 30

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6263; Wed, December 7 - Wed, December 14

Intermediate (Fridays)

Instructor: Pam Towne • 10:30a.m. to 11:30a.m.

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6392; Fri, June 10 - Fri, June 24

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6393; Fri, July 8 - Fri, July 29

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6394; Fri, August 5 - Fri, August 26

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6573; Fri, September 9 - Fri, September 30

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6574; Fri, October 14 - Fri, October 28

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6575; Fri, November 4 - Fri, November 18

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6576; Fri, December 2 - Fri, December 30

Zumba Gold

Lori Massey

Have you ever tried Zumba and felt overwhelmed? Try Zumba Gold, especially designed for the active, over 50 crowd. Latin rhythms inspire moves to exercise the heart, brain, and all muscle groups. You'll have fun, dance, and get a cardio workout. Bring water, dress lightly and come party with us!

Location: Dance/Exercise Room 117 at Encinitas Community Center
10:30a.m. to 11:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6236; Tue, June 7 - Tue, June 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6237; Tue, July 5 - Tue, July 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6238; Tue, August 2 - Tue, August 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6239; Tue, September 6 - Tue, September 27

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6240; Tue, October 4 - Tue, October 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6241; Tue, November 1 - Tue, November 29

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6242; Tue, December 6 - Tue, December 13

Exercise with Carl

Carl Grubbs

Participate in synchronized fitness, stretching, strengthening, balance and coordination exercises. Exercise to music and build strength using elastic stretch bands. All fitness levels welcome (exercises may be performed while seated).

Location: Gymnasium at Encinitas Community Center
10:30a.m. to 11:30a.m.

Fee: Resident: \$13.00. Non-resident: \$16.00

Course #6115; Mon, June 6 - Mon, June 27

Fee: Resident: \$7.00. Non-resident: \$10.00

Course #6116; Mon, July 18 - Mon, July 25

Fee: Resident: \$13.00. Non-resident: \$16.00

Course #6117; Mon, August 8 - Mon, August 29

Fee: Resident: \$10.00. Non-resident: \$13.00

Course #6118; Mon, September 12 - Mon, September 26

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6119; Mon, October 3 - Mon, October 31

Fee: Resident: \$13.00. Non-resident: \$16.00

Course #6120; Mon, November 7 - Mon, November 28

Fee: Resident: \$10.00. Non-resident: \$13.00

Course #6121; Mon, December 5 - Mon, December 19

Fun Sway

Charla Thomas

This class is designed for those who love to “dance to the music.” Low impact movements with original upbeat songs from the 40s, 50s, and 60s for a cardio workout that’s “fun with fitness” for all active adult ages and dance ability.

Location: Dance/Exercise Room 117 at Encinitas Community Center

Tuesday, 9:00a.m. to 10:00a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6285; Tue, June 7 - Tue, June 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6286; Tue, July 5 - Tue, July 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6287; Tue, August 2 - Tue, August 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6288; Tue, September 6 - Tue, September 27

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6289; Tue, October 4 - Tue, October 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6290; Tue, November 1 - Tue, November 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6291; Tue, December 6 - Tue, December 27

Thursday, 10:00a.m. to 11:00a.m.

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6292; Thu, June 2 - Thu, June 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6293; Thu, July 7 - Thu, July 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6294; Thu, August 4 - Tue, August 25

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6295; Thu, September 8 - Tue, September 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6296; Thu, October 6 - Tue, October 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6297; Thu, November 3 - Tue, November 17

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6298; Thu, December 1 - Tue, December 29

Health Barre

Lori Massey

Health Barre is an effective total-body conditioning program. Improve your posture, muscle-tone and strength with basic pilates and ballet movements. You will work your entire body using light weights, bands, ballet barre and your own body weight as well as other methods of resistance to promote lean muscle. Please bring a mat, 1 or 2lb. hand weights, water and a towel.

Location: Dance/Exercise Room 117 at Encinitas Community Center

Monday, 10:30a.m. to 11:30a.m.

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6122; Mon, June 6 - Mon, June 27

Health Barre cont.

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6139; Mon, July 18 - Mon, July 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6141; Mon, August 1 - Mon, August 29

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6143; Mon, September 12 - Mon, September 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6145; Mon, October 3 - Mon, October 31

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6147; Mon, November 7 - Mon, November 28

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6148; Mon, December 5 - Mon, December 19

Thursday, 8:30a.m. to 9:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6299; Thu, June 2 - Thu, June 30

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6300; Thu, July 21 - Thu, July 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6301; Thu, August 4 - Thu, August 25

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6302; Thu, September 8 - Thu, September 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6303; Thu, October 6 - Thu, October 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6304; Thu, November 3 - Thu, November 17

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6305; Thu, December 1 - Thu, December 15

Pilates Mat Class

Sandy Schroeder

Pilates is the perfect method of body conditioning. Pilates exercises focus on conditioning the whole body and strengthening the core and spinal muscles. Build a strong, supple, and toned body. Improve posture and flexibility while reducing stress. Class instruction will be modified to fit your physical abilities. Please wear comfortable clothing.

Location: Dance Room 117 at Encinitas Community Center
Monday, 12:15p.m. to 1:15p.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6152; Mon, June 6 - Mon, June 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6153; Mon, July 11 - Mon, July 25

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6158; Mon, August 1 - Mon, August 15

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6159; Mon, September 12 - Mon, September 26

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6160; Mon, October 3 - Mon, October 24

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6161; Mon, November 7 - Mon, November 28

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6162; Mon, December 5 - Mon, December 12

Qi Gong

Andrew Jones

Qi Gong is an ancient system developed in Asia for overall fitness and health. Participants will engage in simple, fluid motions that include standing, moving and sitting.

Location: Meeting Room 120 at Encinitas Community Center

Monday, 8:30a.m. to 9:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #5991; Mon, June 6 - Mon, June 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #5992; Mon, July 11 - Mon, July 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #5993; Mon, August 1 - Mon, August 29

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #5994; Mon, September 12 - Mon, September 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #5995; Mon, October 3 - Mon, October 31

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #5996; Mon, November 7 - Mon, November 28

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #5997; Mon, December 5 - Mon, December 19

Thursday, 8:30a.m. to 9:30a.m.

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6306; Thu, June 2 - Thu, June 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6307; Thu, July 7 - Thu, July 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6359; Thu, August 4 - Thu, August 25

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6360; Thu, September 1 - Thu, September 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6361; Thu, October 6 - Thu, October 27

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6362; Thu, November 3 - Thu, November 17

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6363; Thu, December 1 - Thu, December 29

Encinitas Happy Feet - **NEW!**

Lynda Light

Walking is one of the most effective forms of physical activity that delivers substantial health benefits. It's an opportunity to get fit, stay healthy, and make friends in the community. All levels are welcome.

Location: Start from Flag Poles on site

9:45am to 10:45am

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6478; Wed, June 1 - Wed, June 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6479; Wed, July 6 - Wed, July 27

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6480; Wed, August 3 - Wed, August 31

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6481; Wed, September 7 - Wed, September 28

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6482; Wed, October 5 - Wed, October 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6483; Wed, November 2 - Wed, November 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6484; Wed, December 7 - Wed, December 28

Pickleball Open Play

Come practice your skills. Please check the gym calendar at www.encinitasparksandrec.com. Please sign the Release of Liability waiver before playing.

Location: Gymnasium at Encinitas Community Center

Mondays, 8:00a.m. to 10:00a.m. (except: 6/20, 6/27, 7/4, 7/11, 7/18, 7/25, 8/7, 8/8, 8/15, 8/22, 9/5, 12/26)

Wednesdays, 8:30a.m. to 10:30a.m. (except: 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/31)

Fridays, 1:30p.m. to 3:00p.m. (except: 9/2, 9/9, 11/11, 11/25)

Fee: Free

GAMES

Duplicate Bridge Play

Director: Ida Burcham

Improve your skill level, concentration and memory by playing the challenging game of ACBL sanctioned Duplicate Bridge. This is a weekly ongoing program, so you may participate at any time throughout the year. Cost is \$41 for a book of 8 play coupons/play sessions. No expiration date for coupon books. No refunds or exchanges.

Location: Banquet Hall 142B at Encinitas Community Center

Fee: \$41.00

Thursdays, 12:30p.m. to 3:30p.m.

Mah Jong

We look forward to your participation in this relaxed environment, where all levels of play are welcome.

Location: Meeting Room 120A at Encinitas Community Center

Fee: Free

Thursdays, 12:30p.m. to 3:30p.m.

Party Bridge

We look forward to your participation in this relaxed environment, where all levels of friendly competition are welcome.

Location: Conference room 116 at Encinitas Community Center

Fee: Free

Thursdays, 12:30p.m. to 3:30p.m.

8-Ball Quarterly No Handicap Pool Tournament

Each quarter, the Encinitas Senior Center hosts an 8 Ball, no-handicap tournament. Pre-tournament practice starts at 10a.m. Tournament winner will have their name added to the winner plaque and receive a gift from the tournament sponsor.

Location: Game Room 137SC at Encinitas Community Center

Fee: Free

Thursday, July 21 & October 20

11:00a.m. to 4:00p.m. (Pre tournament practice starts at 10a.m.)

8-Ball No Handicap Weekly Tournaments

Every Thursday from 11:00a.m. to 4:00p.m.

Location: Game Room 137 at Encinitas Community Center

9-Ball Weekly Handicap Pool Tournaments

Every Tuesday from 11:00a.m. to 4:00p.m.

Pool Open Play

Mondays; 8:00a.m. to 4:00p.m.

Tuesdays; 8:00a.m. to 11:00a.m.

Wednesdays; 8:00a.m. to 4:00p.m.

Thursdays; 8:00a.m. to 11:00a.m.

Fridays; 8:00a.m. to 10:00a.m. and 12:00p.m. to 4:00p.m.

Scrabble - NEW!

We look forward to your participation in this relaxed environment, where all levels of play are welcome. Bring your own Scrabble board

Location: Meeting Room 140 at Encinitas Community Center

Fee: Free

Fridays, 9:00a.m. to 11:00a.m.

NUTRITION

Encinitas Parks & Recreation Caf 

Nutrition Coordinators: Carol Hamilton & Emily Rogers

Enjoy a farm to table dining experience at the Encinitas Parks and Recreation Caf , intended for baby boomers and seniors of the veteran era alike. The Caf  is open for lunch Monday through Friday, and located at 1140 Oakcrest Park Drive, in Encinitas. The City of Encinitas Senior Center is pleased to work with "Kitchens for Good," the lunch catering provider as of October, 2015. "Kitchens for Good" is a non-profit organization whose mission is to empower, nourish and engage the community through healthy meal production, workforce development, and social enterprise. Meals are not only fresh, delicious, and nutritious, but also made from scratch daily. Local organic produce is used whenever possible to create these irresistible choice entrees. The suggested meal donation is \$4 for Seniors 60+, with a \$6 cost per meal for ages under 60. Reservations are required and can be made until 8:00a.m. on the day you would like to have lunch by calling (760)943-2258. Please check in for lunch no later than 11:30a.m. Visit www.encinitasca.gov for the current menu. Please note: No eligible person shall be denied a meal because of failure or inability to contribute.

Nutrition Project Council

The most effective way to ensure that the Nutrition Program is addressing the needs of the senior community is to have a participant advisory body, the Nutrition Project Council. It is the purpose of this Council to advise the contractor's Nutrition Coordinator on matters relating to the provision of nutrition. Everyone is welcome to attend. 2nd Friday of every other month Fri; 9:30a.m. to 10:30a.m.

Location: Banquet Hall 142A at Encinitas Senior Center

Fee: Free

July 8, Sept 9, Nov 11

MUSIC

Love to Sing

Dawn Burcham

If you love to sing, come join us. Uplifting music, great company and all around fun. No experience necessary.

Location: Game Room 137SC at Encinitas Community Center

Fridays; 10:30a.m. to 11:30a.m.

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6378; Fri, June 3 - Fri, June 24

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6379; Fri, July 1 - Fri, July 22

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6381; Fri, September 2 - Fri, September 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6382; Fri, October 7 - Fri, October 28

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6383; Fri, November 4 - Fri, November 18

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6384; Fri, December 2 - Fri, December 16

Ukulele - Beginning

Gerry Rahill

This class will introduce you to this easy-to-play little instrument that's having a great resurgence in popularity around the world. Even if you've never played a musical instrument before, you'll be playing a song by the end of the first class. Bring your ukulele and join us!

Location: Arts and Crafts Room 140 at Encinitas Community Center

1:00p.m. to 2:00p.m.

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6264; Wed, June 1 - Wed, June 29

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6265; Wed, July 6 - Wed, July 27

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6266; Wed, August 3 - Wed, August 31

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6267; Wed, September 7 - Wed, September 28

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6268; Wed, October 5 - Wed, October 26

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6269; Wed, November 2 - Wed, November 30

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6270; Wed, December 7 - Wed, December 28



Ukulele - Intermediate

Gerry Rahill

If you have an ukulele and can play some chords but would like to learn more this class is for you. We'll learn different strums and rhythms, more advanced chords, and how to read tablature. We'll use these to play many popular songs, traditional and contemporary.

*Location: Arts and Crafts Room 140 at Encinitas Community Center
2:30p.m. to 3:30p.m.*

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6271; Wed, June 1 - Wed, June 29

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6272; Wed, July 6 - Wed, July 27

Fee: Resident: \$31.00. Non-resident: \$34.00

Course # 6273; Wed, August 3 - Wed, August 31

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6274; Wed, September 7 - Wed, September 28

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6275; Wed, October 5 - Wed, October 26

Fee: Resident: \$31.00. Non-resident: \$34.00

Course #6276; Wed, November 2 - Wed, November 30

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6277; Wed, December 7 - Wed, December 28

OUTREACH SERVICES

AARP Smart Driver Course

This is the Nation's first and largest 8-hour classroom refresher course designed especially for drivers 55+. Insurance companies offer discounts to graduates of the program. Cost is \$15 with an AARP card and \$20 for general public per person. Fee must be paid in class by cash or check made payable to AARP only. Be sure to bring your AARP card to class. Call (760) 943-2250 to reserve a spot.

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: \$15 with an AARP card and \$20 for general public per person

Tuesday;

July 12 & 19

Sept 13 & 20

Nov 8 (One Day Refresher Course)

12:30p.m. to 4:30p.m.

“Our Encinitas Senior Center staff are proud to offer a wide variety of enriching programs and helpful services. We look forward to meeting you soon.”

Bereavement Support Group

Volunteer Facilitator: Jodi Varner

“As they participate, they remember; as they remember, they grieve; as they grieve, they heal.” For those looking to find help and healing from the loss of a loved-one, come and participate in this ongoing grief support group, led by Bereavement Counselors from Hospice By the Sea. Each session will provide participants with space to share their stories as well as exercises and instruction related to navigating their grief and loss processes. 1st and 3rd Monday of the month.

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: Free

Mon; 2:30p.m. to 3:30p.m.

Blood Pressure Clinic

An EMT from American Medical Response is available to check your blood pressure.

1st Friday and 3rd Thursday of the month

Location: Banquet Hall at Encinitas Community Center

Fee: Free

10:30a.m. to 12:30p.m.

Elder Law and Advocacy

Attorney: David Schwartz

An attorney can help you with legal services such as wills, family issues, fraud, neglect, power of attorney and other legal issues. Appointments required; call (800) 434-0222.

4th Thursday of every month.

Location: Conference Room A 119 at Encinitas Community Center

Fee: Free

Thu, 10:00a.m. to 2:00p.m.

HICAP Counseling

Volunteer Facilitator: Joanne Fink

HICAP stands for Health Insurance Counseling & Advocacy Program. Ask a counselor about Medicare, supplemental insurance, HMO options and medical bills. By appointment only; call (800) 434-0222. Ages: 60 and up.

First Friday of the month

Location: Conference Room B 116 at Encinitas Community Center

Fee: Free

9:30a.m. to 12:30p.m.

Project C.A.R.E.

Project C.A.R.E. is a FREE “Safety Net” program of services for Encinitas seniors. If you live alone, this is a great resource. Services include: Vial of Life, Home Safety Check and information and referrals. Call (760) 943-2250 for more information.

Location: Encinitas Senior Center

The Angel's Depot Program

The Encinitas Senior Center has partnered with Angel's Depot, a nonprofit, charitable agency that packs nonperishable, nutritionally balanced boxes of food for low income senior citizens. The FREE food boxes from Angel's Depot are delivered to the Center monthly and distributed at the Senior Center. The program is for Encinitas residents ages 60+ or 55+ with a disability who meet the income qualifications. Please call (760) 599-7093 for additional eligibility requirements and an application.

Location: Outreach Office at Encinitas Community Center

Volunteer Opportunities

Volunteers are vital to the Senior Center. Volunteers assist with Senior Dances, the Nutrition Program, Out and About Transportation, Computer Tutoring, Instructional Classes and much more. Please pick up an application from the Senior Center if any of the above opportunities interest you and you have some time to give.

SPECIAL INTEREST

Cooking 'Round the World - NEW!

Mary Usaha

Seniors are whisked away to the Country of the Day through a colorful slide presentation, and then collaboratively cook 2-3 different dishes as a group. While we eat, we discuss how the characteristics of the Country seeps into the foods we are enjoying. Delicious and fun!

Fee: Resident: \$27.00. Non-resident: \$30.00

3:00p.m. to 5:00p.m.

Location: Kitchen 144 at Encinitas Community Center

Course #6597; Thu, June 9

Course #6598; Thu, June 23

Course #6599; Thu, July 14

Course #6600; Thu, July 28

Course #6601; Thu, August 11

Course #6602; Thu, August 25

Course #6603; Thu, September 8

Course #6604; Thu, September 22

Course #6605; Thu, October 13

Course #6606; Thu, October 27

Course #6607; Thu, November 10

Course #6608; Thu, November 10

Course #6609; Thu, December 8

Course #6610; Thu, December 22

50 Plus Singles Club

Volunteer Facilitator: Lucille Brown

Get involved and socialize with other seniors in the community. The Senior Singles Club meets the last Wednesday of every month to plan group gatherings to community events, leisure walks, dinner, and much more.

Last Wed of the month

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: Free

10:30a.m. to 11:30a.m.

Book Club

Volunteer Facilitator: Carole Joyce

The Book Club explores a wide variety of books ranging from fiction to nonfiction. Book selection is determined jointly by the facilitator and the group.

3rd Wednesday of the month

Location: Meeting Room 120 at Encinitas Community Center

Fee: Free

1:00p.m. to 2:30p.m.

Current Events

Discussion of current events presented in a round table format offers individuals the opportunity to share their opinions and learn from each other. If you like to discuss news, topics on C-SPAN, or talk radio, this is for you.

Every Tuesday

Location: Meeting Room 120 at Encinitas Community Center

Fee: Free

1:30p.m. to 3:00p.m.

Italian Conversation

Volunteer Facilitator: Donald Cifarelli

Speak, read and write Italian with others who enjoy the language and want to improve their skills. All levels are welcome to attend, although some basic Italian is desired.

Every Thursday

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: Free

1:00p.m. to 3:00p.m.

Senior Commission Meeting

The Senior Commission meets the 3rd Tuesday of every month at 2:00p.m. in Council Chambers at Encinitas City Hall. Please note that they are dark in July, August and December. The public is welcome to attend the meetings.

3rd Tuesday of the month

Location: Encinitas City Hall Council Chambers

Fee: Free

2:00p.m. to 3:00p.m.

Stamp Club

Volunteer Facilitator: Russell Skerrett

The Stamp Club brings together stamp collecting enthusiasts who are looking to share individual and unusual stamp stories, trade stamps, and discuss upcoming meeting topics.

1st Wednesday of the month

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: Free

10:00a.m. to 11:30a.m

Writing to Heal - NEW!

Rosalie Cushman

Come join us in writing exercises that help unearth some of the more distressing and upsetting experiences in our lives. Edits will provide writing prompts for times of traumatic/dramatic events in our personal or communal history. Discussions will follow on personal points of view. Purchase of "Expressive Writing Words that Heal" is optional.

Location: Arts and Crafts Room 140 at Encinitas Community Center

1:00pm to 2:00pm

Fee: Resident: \$16.00. Non-resident: \$19.00

Course #6768; Fri, July 15 - Fri, July 29

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6771; Fri, August 5 - Fri, August 26

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6772; Fri, September 2 - Fri, September 30

Fee: Resident: \$21.00. Non-resident: \$24.00

Course #6773; Fri, October 7 - Fri, October 28

Fee: Resident: \$11.00. Non-resident: \$14.00

Course #6776; Fri, November 4 - Fri, November 18

Fee: Resident: \$26.00. Non-resident: \$29.00

Course #6777; Fri, December 2 - Fri, December 30

TRANSPORTATION

LIFT

Lift offers curb-to-curb transportation for ADA certified passengers. For an application call (877) 232-7433. To schedule a ride call (760) 726-1111.



Encinitas Senior Center Lunch Transportation

The Lunch Transportation Program is designed to transport eligible senior citizens to and from the Senior Center for lunches Monday through Friday. If you or someone you know is interested in rides to the lunches, call (760) 943-2257 to request an application. Suggested \$2 donation per round-trip van ride. Suggested \$4 donation per round-trip LIFT ride. Van Driver: Benny Andaya

NCTD Breeze

For public bus service call (760) 966-6500.

NCTD Flex 374

On demand, curb to curb service. Your new ride to shopping, community centers, libraries, the beach and more! For reservations call (855) 844-1454.

Out and About Encinitas-Get on Board!

Are you an Encinitas senior citizen resident with no means of transportation? If so, you may be eligible to become a passenger. Volunteer drivers will take you to the grocery store, doctor appointments, pharmacy, Senior Center and many other locations in Encinitas. Call Gail Dupler, Transportation Coordinator at (760) 943-2256 to request an application. There is no charge. At the present time, approved Out and About Passengers are being put on a wait list. When additional drivers become available, passengers will be notified in the order the applications were received.

Out and About Volunteer Driver Opportunity

The Senior Center is always seeking more volunteer drivers to keep up with the Out and About passenger demand. If you would like to volunteer a few hours a week and receive mileage reimbursement, please notify Gail Dupler, Transportation Coordinator at (760) 943-2256.

RideFACT

This new senior dial a ride service provides general purpose trips for seniors 60+ 7 days a week. For reservations call (888) 924-3228.

SPECIAL EVENTS

Fitness in the Park

Warm-up and tour Encinitas City Parks

Location: Cottonwood Creek Park at Cottonwood Creek Park

Fee: Free

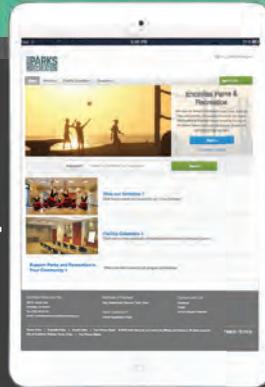
10:00am to 11:30am

Course #6528; Thu, June 30, 2016 ; Encinitas Community Park

Course #6529 ; Thu, September 29, 2016 ; Cottonwood Creek Park

SUMMER-FALL 2016 REGISTRATION
MAY 9 (JUN, JUL, AUG PROGRAMS)
JULY 11 (SEP, OCT NOV PROGRAMS)

HOW TO REGISTER



Online Registration:
(www.EncinitasParksAndRec.com)

1. Go to EncinitasParksandRec.com
2. Create an account or login
3. Search for an activity
4. Add to Shopping Cart
5. Review enrollment and confirm selections
6. Accept waiver and pay

All activities subject to time/date change. \$2.50 non-refundable registration processing fee is included in each course (\$1 fee for Senior Center programs).

Walk-In:

Come by and register in person. We accept payment by **credit/debit card, check or money order**, payable to the **City of Encinitas**. City Hall is open Monday through Friday, 7:00a.m. to 6:00p.m. and is closed on alternating Fridays. The Encinitas Community and Senior Center is open for registration Monday through Friday, from 8:00a.m. to 6:00p.m.

Mail-In:

Mail your completed and signed **Activity Registration Form** along with a **check or money order** payable to the **City of Encinitas**.

For classes held at the Encinitas Community and Senior Center, mail to: Encinitas Community and Senior Center, 1140 Oakcrest Park Drive, Encinitas, CA 92024.

For other programs and activities, mail to: City of Encinitas Parks and Recreation Department, 505 S. Vulcan Avenue, Encinitas, CA 92024.

PROGRAM GENERAL INFO

Inclusion Policy

The City is an affirmative action public entity and does not discriminate on the basis of race/color, ethnic origin, national origin, sex, religion, age, veteran status or physical or mental disability in employment or the provision of service. The City of Encinitas Parks and Recreation Department is committed to the support of inclusive programs and opportunities to increase individual potential for full and active participation in all activities and experiences. Requests for accommodations will be considered on a case-by-case basis. If you require an accommodation, or need further information concerning inclusive or specialized recreation and accommodation for a city program, please contact us soon as possible or no later than 72-hours prior to disability accommodations being needed via email at encinitasparksandrec@encinitasca.gov or call us at (760) 633-2740.

Transfer / Refunds / Cancellation Policy

Transfers may be processed prior to the second meeting date of a program and will not incur any fees if the transfer is to a program of equal or lesser value. Transfers to a program of greater value will include the program fee difference and an additional processing fee.

Cancellations/Refunds — Activities are subject to change. A full refund will be given if the City cancels the activity. Refunds requested before the second program meeting date may be granted minus a \$10.00 cancellation fee and \$2.50 processing fee (\$1.00 for seniors). Prorated refunds may be given for a medical reason, based on the number of unattended days. Doctor's note required. No refunds will be issued for inclement weather or after the second program meeting.

The City of Encinitas Parks and Recreation Department reserves the right to adjust the transfer/refund policy depending upon the circumstances and the severity of the situation.

Code of Conduct

The City of Encinitas Parks and Recreation Department Code of Conduct is to ensure respectful and safe participation in Encinitas recreation programs and activities. Participants, as well as parents of participating minors, may be required to sign Code of Conduct forms to acknowledge program rules, goals, expected behavior and/or consequential actions to support a positive and valued learning and/or recreational experience. This Code is also to be considered and adhered to by all contracted, voluntary and other support Staff.

Scholarships

The City of Encinitas Parks and Recreation Department offers financial assistance to Encinitas Residents who meet income requirements. Please contact the Parks and Recreation Department office at (760) 633-2740 for information.

CONCERTS

at the Encinitas Library

For more info, contact the City of Encinitas Arts Administrator
Jim Gilliam at (760) 633-2746 OR jgilliam@EncinitasCA.gov.

For information on the Civic Arts Program,
visit: www.encinitasca.gov/arts.



Featuring the Beverly Hills national Audition Winners

"A much-sought-after opportunity for performers... the talent level is extremely high."
- Los Angeles Times

Talented artists from around the world are selected at the Beverly Hills National Auditions and presented monthly in concert in the intimate and acoustically superb Encinitas Library Community Room, with an expansive view of the Pacific Ocean. Concerts also take place in Torrance and Beverly Hills. .



VLADIMIR KHOMYAKOV

VLADIMIR KHOMYAKOV, piano

Friday, April 22, 2016 | 7:30p.m. | \$13

"Virtuosic technique... deep emotional intensity." ~Daniel Pollack. Vladimir is a graduate of the Rimsky-Korsakov State Conservatory and the USC Artist Diploma Program, is a top prize-winner of numerous International piano competitions, concertizes internationally, and will tour Russia in fall, 2015. khomyakov.instantcore.com/web/home.aspx.

DUOKYARIA

YOON HEE JUNG, piano, KO NI CHOI, harp

Friday, May 20, 2016 | 7:30p.m. | \$13

"Very special young artists." ~Jim Walker. The USC graduates are highly talented artists with fast-rising solo careers, whose passion is to expand the repertoire by transcribing classic works, and commissioning and composing new works. duokyaria.com.

QUARTETO NUEVO

KENTON YOUNGSTROM, acoustic guitar,
AARON CHAVEZ, percussion,
DAMON ZICK, saxophone, flute,
JACOB SZEKELY, cello

Friday, June 17, 2016 | 7:30p.m. | \$13

They merge classical, European folk, Latin and jazz with an organic feel that packs a wallop! The ensemble's razor sharp precision is enhanced by its jazzy interludes, lightly rumbling percussion motifs and complex rhythms. The music of ancient worlds and faraway places with a contemporary groove. quartettonuevo.com.

TICKETS & INFO

www.Encinitasca.gov/Concerts

Tickets: \$13

PURCHASE TICKETS ONLINE : www.encinitas.tix.com
(Tix.com fee \$1.50 per ticket.)

BY PHONE: (800) 595-4849 (Tix.com fee
\$3.50 per ticket.) Visa, Master Card, Discover
and American Express charge cards are
accepted.

You may also purchase tickets at the door.
Tickets will be held at Will Call.

CONCERT LOCATION: Encinitas Library, 540

Comish Drive, Encinitas, CA 92024

Artists and programs subject to change. No refunds, all sales are final.



Wednesdays Noon, Free lunchtime concerts at the Encinitas Library

Now in its 5th year, the City's weekly series presents outstanding musicians from throughout Southern California performing all styles of music. You are invited to bring lunch or purchase from the coffee cart. Seating for 170 only—we hope to see you often! For info on this week's concert, visit: www.encinitasca.gov/wednoon.



THE IPALPITI FESTIVAL RETURNS

IPALPITI SOLOISTS IN CONCERT

From July 6-10, seven award-winning young instrumental soloists from around the world will be in residence in Encinitas, violins: Davide de Askaniis, Italy, Haoyue Liao, China; viola: Julia Clancy, USA; cello: Carl-Oskar Østerlind, Denmark; piano: Jacopo Giacomuzzi, Italy; and special musical guests, Duo Gurfinkel: Alexander & Daniel Gurfinkel, clarinets, Israel.



They will perform four different concerts at the Encinitas Library as part of the 19th Annual iPalpiti Festival, Eduard Schmieder, Music Director and Conductor. Each soloist has won a major international music competition and is a rising star in classical music. Come for an “astounding musical odyssey” (LA Times). 30 minutes before each concert, enjoy a delicious reception on the patio overlooking the Pacific Ocean.

IPALPITI SOLOISTS: VIRTUOSI I

Thursday, July 7, 2016 | 7:30p.m. | \$15

IPALPITI SOLOISTS: VIRTUOSI II

Friday, July 8, 2016 | 7:30p.m. | \$15

IPALPITI SOLOISTS: VIRTUOSI III

Saturday, July 9, 2016 | 7:30p.m. | \$15

IPALPITI SOLOISTS: VIRTUOSI IV

Sunday, July 10, 2016 | 2:00p.m. | \$15

For information on musicians and repertoire, visit:
www.ipalpiti.org | www.encinitasca.gov/ipalpiti



IPALPITI ORCHESTRA CONCERT

Saturday, July 16, 2016 | 2:00p.m. | \$25

For the second year, the 25 member iPalpiti Orchestra, conducted by Eduard Schmieder, will present a concert in Encinitas, on Saturday, July 16 at 2:00pm (location TBD). Enjoy a rare opportunity to hear this acclaimed ensemble of international laureates from 20 different countries. They will perform Tchaikovsky's 12 Seasons, Schubert-Mahler's Death and the Maiden, and other works. The performance will also include opportunity drawings, made possible by the Encinitas Friends of the Arts, with proceeds to benefit the Pacific View Academy of Arts.

FESTIVAL PASS

4 Concert Festival Pass | \$55 (a savings of \$11)

5 Concert Festival Pass | \$75 (a savings of \$17.50)

PURCHASE TICKETS ONLINE: www.encinitas.tix.com (tix.com fee \$1.50 per ticket)

BY PHONE: 800-595-4849 (tix.com fee \$3.50 per ticket). Visa, MasterCard, Discover and American Express charge cards are accepted.

You may also purchase at the door (tix.com fee \$1 per ticket). Tickets will be held at Will Call.

Artists and programs subject to change. No refunds, all sales are final.



BALLET FOLKLORICO DE SAN DIEGUITO

The city's year-round dance education program for children and youth teaches the traditional dances of Mexico and offers performance opportunities within the community. It's also a great source of exercise and is fun! Classes are held on Saturdays in the Dance Studio at the Encinitas Community and Senior Center, 1140 Oakcrest Park Drive, Encinitas, CA 92024. Director: Nadia Arambula. A program of the Arts Division and Encinitas Friends of the Arts. \$5 per class, scholarships are available. Some dancewear and outfits are provided.



Class 1: Saturdays, 1-3p.m., ages 6-10.- \$5

Class 2: Saturdays, 3-5p.m., ages 11-17 - \$5

To enroll, contact Nadia Arambula at (619) 446-7283, or narambula@baysidecc.org • Info: www.bfsd.me



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Keep up with the latest in city news and happenings by following us on social media, including Facebook, Twitter and Instagram. Use hashtag #EveryonePlays to show the world what's going on in Encinitas this Summer and Fall. You can find direct links to all of our feeds by visiting WWW.ENCINITASCA.GOV/SOCIALMEDIA.