

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Yoga for You 6215 8:30AM Fun Sway 6290 9:00AM Yoga for Peace and Vitality 6248 10:00AM Zumba Gold 6241 10:30AM Current Events 5517 1:30PM</p>	<p>2</p> <p>Pickleball 5870 8:30AM Gentle Yoga 6255 8:30AM Computer Tutoring 5866 9:30AM Encinitas Happy Feet 6483 9:45AM Stamp Club 5536 10:00AM T'ai Chi Chih Beg/Intermediate 6262 10:30AM Ukulele Beginning 6269 1:00PM Ukulele Intermediate 6276 2:30PM</p>	<p>3</p> <p>Qi Gong 6362 8:30AM Health Barre 6304 8:30AM Computer Tutoring 5866 9:30AM Fun Sway 6297 10:00AM Yoga for Peace and Vitality 6369 10:00AM Duplicate Bridge 5506 12:30PM Mah Jong 5509 12:30PM Party Bridge 5510 12:30PM Computer Tutoring 5866 1:00PM Italian Conversation 5521 1:00PM</p>	<p>4</p> <p>Yoga for Every-Body 6404 8:30AM Scrabble 6778 9:00AM Line Dancing Beginning Level 2+ 6376 9:00AM HICAP* 9:30AM Love to Sing 6384 10:30AM Blood Pressure Clinic 10:30AM T'ai Chi Chih - Intermediate 6575 10:30AM T'ai Chi Chih - Beginning 6390 12:00PM Computer Tutoring 5866 1:00PM Yoga Therapy 6641 1:00PM Writing to Heal 6776 1:00PM Pickleball 5869 1:30PM</p>
<p>7</p> <p>Pickleball 5867 8:00AM Qi Gong 5996 8:30AM Computer Tutoring 5866 9:00AM Line Dancing Beginning Level 1 6112 9:00AM Exercise with Carl 6120 10:30AM Gentle Yoga 6106 10:00AM Health Barre 6147 10:30AM Beginner's Yoga 5878 11:15AM Pilates Mat Class 6161 12:15PM Silver Age Yoga 6594 2:00PM Bereavement Support Group 5520 2:30PM</p>	<p>8</p> <p>Yoga for You 6215 8:30AM Fun Sway 6290 9:00AM Sittin' & Knittin' 5431 10:00AM Yoga for Peace and Vitality 6248 10:00AM Zumba Gold 6241 10:30AM AARP "55 Alive" Smart Driver * 12:30PM Current Events 5517 1:30PM</p>	<p>9</p> <p>Pickleball 5870 8:30AM Gentle Yoga 6255 8:30AM Computer Tutoring 5866 9:30AM Encinitas Happy Feet 6483 9:45AM T'ai Chi Chih Beg/Intermediate 6262 10:30AM Ukulele Beginning 6269 1:00PM Drawing Made Easy and Fun 6632 2:00PM Ukulele Intermediate 6276 2:30PM</p>	<p>10</p> <p>Qi Gong 6362 8:30AM Health Barre 6304 8:30AM Computer Tutoring 5866 9:30AM Fun Sway 6297 10:00AM Yoga for Peace and Vitality 6369 10:00AM Duplicate Bridge 5506 12:30PM Mah Jong 5509 12:30PM Party Bridge 5510 12:30PM Computer Tutoring 5866 1:00PM Italian Conversation 5521 1:00PM Cooking 'Round the World 6607/6608 3:00PM</p>	<p>11</p> <p style="font-size: 1.2em; font-weight: bold;">Closed In Observance of Veteran's Day</p>
<p>14</p> <p>Pickleball 5867 8:00AM Qi Gong 5996 8:30AM Computer Tutoring 5866 9:00AM Line Dancing Beginning Level 1 6112 9:00AM Exercise with Carl 6120 10:30AM Gentle Yoga 6106 10:00AM Health Barre 6147 10:30AM Beginner's Yoga 5878 11:15AM Pilates Mat Class 6161 12:15PM Silver Age Yoga 6594 2:00PM Bereavement Support Group 5520 2:30PM</p>	<p>15</p> <p>Yoga for You 6215 8:30AM Fun Sway 6290 9:00AM Yoga for Peace and Vitality 6248 10:00AM Zumba Gold 6241 10:30AM Current Events 5517 1:30PM Senior Commission Meeting 2:00PM (Encinitas City Hall Council Chambers)</p>	<p>16</p> <p>Pickleball 5870 8:30AM Gentle Yoga 6255 8:30AM Computer Tutoring 5866 9:30AM Encinitas Happy Feet 6483 9:45AM T'ai Chi Chih Beg/Intermediate 6262 10:30AM Book Club 5514 1:00PM Ukulele Beginning 6269 1:00PM Drawing Made Easy and Fun 6632 2:00PM Ukulele Intermediate 6276 2:30PM</p>	<p>17</p> <p>Qi Gong 6362 8:30AM Health Barre 6304 8:30AM Computer Tutoring 5866 9:30AM Fun Sway 6297 10:00AM Yoga for Peace and Vitality 6369 10:00AM Elder Law and Advocacy* 10:00AM Blood Pressure Clinic 10:30AM Duplicate Bridge 5506 12:30PM Mah Jong 5509 12:30PM Party Bridge 5510 12:30PM Computer Tutoring 5866 1:00PM Italian Conversation 5521 1:00PM</p>	<p>18</p> <p>Yoga for Every-Body 6404 8:30AM Scrabble 6778 9:00AM Line Dancing Beginning Level 2+ 6376 9:00AM Love to Sing 6384 10:30AM T'ai Chi Chih - Intermediate 6575 10:30AM T'ai Chi Chih - Beginning 6390 12:00PM Computer Tutoring 5866 1:00PM Yoga Therapy 6641 1:00PM Writing to Heal 6776 1:00PM Pickleball 5869 1:30PM Social Dance - Billy Harper Band 2:00PM</p>
<p>21</p> <p>Pickleball 5867 8:00AM Qi Gong 5996 8:30AM Computer Tutoring 5866 9:00AM Line Dancing Beginning Level 1 6112 9:00AM Exercise with Carl 6120 10:30AM Gentle Yoga 6106 10:00AM Health Barre 6147 10:30AM Beginner's Yoga 5878 11:15AM Silver Age Yoga 6594 2:00PM Bereavement Support Group 5520 2:30PM</p>	<p>22</p> <p>Yoga for You 6215 8:30AM Fun Sway 6290 9:00AM Sittin' & Knittin' 5431 10:00AM Yoga for Peace and Vitality 6248 10:00AM Zumba Gold 6241 10:30AM Current Events 5517 1:30PM</p>	<p>23</p> <p>Pickleball 5870 8:30AM Gentle Yoga 6255 8:30AM Computer Tutoring 5866 9:30AM Encinitas Happy Feet 6483 9:45AM Ukulele Beginning 6269 1:00PM Drawing Made Easy and Fun 6632 2:00PM Ukulele Intermediate 6276 2:30PM</p>	<p>24</p> <p style="font-size: 1.2em; font-weight: bold;">Closed</p> 	<p>25</p> <p style="font-size: 1.2em; font-weight: bold;">Closed Day After Thanksgiving</p>
<p>28</p> <p>Qi Gong 5996 8:30AM Computer Tutoring 5866 9:00AM Line Dancing Beginning Level 1 6112 9:00AM Exercise with Carl 6120 10:30AM Gentle Yoga 6106 10:00AM Health Barre 6147 10:30AM Beginner's Yoga 5878 11:15AM Pilates Mat Class 6161 12:15PM Silver Age Yoga 6594 2:00PM Bereavement Support Group 5520 2:30PM</p>	<p>29</p> <p>Yoga for You 6215 8:30AM Fun Sway 6290 9:00AM Yoga for Peace and Vitality 6248 10:00AM Zumba Gold 6241 10:30AM Current Events 5517 1:30PM</p>	<p>30</p> <p>Pickleball 5870 8:30AM Gentle Yoga 6255 8:30AM Computer Tutoring 5866 9:30AM Encinitas Happy Feet 6483 9:45AM T'ai Chi Chih Beg/Intermediate 6262 10:30AM 50+ Singles Club 5500 10:30AM Ukulele Beginning 6269 1:00PM Drawing Made Easy and Fun 6632 2:00PM Ukulele Intermediate 6276 2:30PM</p>	<p>*Indicates Appointment Required</p>	
<p style="font-size: 1.1em; font-weight: bold;">Encinitas Senior Center 760-943-2250 760-943-2258 lunch reservation 1140 Oakcrest Park Drive Encinitas, CA 92024 www.EncinitasParksandRec.com</p>				