



2015 SCHEDULE OF CLASSES



| Class Site | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Bayside Community Center 2202 Comstock San Diego, CA 92111 (858) 278-0771 Instructor: Patricia Frisby (Tu & Wed) & Mary Burns Prine (Thursdays) | | 9:30 – 10:30 AM | 1:30 – 2:30 PM | 9:30 – 11:00 AM | |
| Carlton Hills Evangelical Lutheran Church 9735 Halberns Blvd Santee, CA 92071 (619) 448-1888 Instructor: Daphne Miller | | 10:30 – 11:30 AM | | 10:30 – 11:30 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 | |
| College Avenue Senior Center A program of Jewish Family Service 4855 College Avenue San Diego, CA 92115 (SDSU site) (619) 583-3300 Instructor: Kara Anderson | 10:00 – 11:15 AM | | 10:00 – 11:15 AM | | 10:00 – 11:15 AM |
| El Cajon Salvation Army **Begins Mon. January 26, 2015** 1011 East Main Street El Cajon, CA 92021 (619) 440-4683 Instructor: Daphne Miller | 10:00 -11:00 AM | | 10:00 -11:00 AM | | |



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|---|-------------------------------------|-----------------|-------------------------------------|-----------------|-------------------------------------|
| 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 | | |
| 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 |
| 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 |
| 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 | | |
| 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 | |



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|---|---|------------------------|---|------------------------|---|
| Lemon Grove Senior Center 8235 Mt. Vernon Street Lemon Grove, CA 91945 (619) 337-1425 Instructor: Sandra McDonald COST MAY APPLY \$ | 8:30 – 9:30 AM 10:00 – 11:00 AM <i>*No class 6/13-9/8</i> | | 8:30 – 9:30 AM 10:00 – 11:00 AM <i>*No class 6/13-9/8</i> | | |
| Livewell San Diego (formerly Clairemont Friendship Center) 4425 Bannock Ave. San Diego, CA 92117 (858) 483-5100 Instructors: Char Schade & Joyce Sessa | 10:15 – 11:15AM (Joyce) | | <u>Feeling Fit Plus</u> *7:00 – 8:45 AM (Char) <i>*No class 7/17-9/8</i> 10:15 – 11:15AM (Joyce) | | <u>Feeling Fit Plus</u> *7:00 – 8:45 AM (Char) <i>*No class 7/17-9/8</i> 10:15 – 11:15AM (Joyce) |
| Logan Heights Library 567 South 28 th Street San Diego, CA 92113 (619) 263-2108 Instructor: Linda Cohen | | 11:00 – 12:30PM | | 11:00 – 12:30PM | |
| 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 | |

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| North County Inland Senior Center A program of Jewish Family Service 15905 Pomerado Rd. Poway, CA 92064 (858) 674-1123 Instructor: Nancy Herman | 9:00 – 10:00 AM 10:00 – 11:00 AM | | 10:00 – 11:00 AM | | |
| 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 |
| Poway Senior Center 13094 Civic Center Dr. Poway, Ca 92064 (858) 748-6094 Instructors: Terri Brownlee (Mon) & Patricia Frisby (Thurs) | 10:00 –11:00 AM | | | 10:00 –11:00 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 | | |
| Solana Beach Cmty. Senior Ctr. @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2580 x1217 Instructor: Sue Grant | 9:00 – 10:00 AM | | 9:00 – 10:00 AM | | |

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|--|---|------------------------|---|------------------------|---|
| Sons and Daughters of Guam Club 334 Willie James Jones Avenue San Diego, CA 92102 (619) 502-0929 Instructor: Amber Abweh | 11:00 – 12:00 PM | | 11:00 – 12:00 PM | | |
| ST. CHARLES NUTRITION 945 18 th Street San Diego, CA 92154 (619) 423-0242 Instructor: Anna Solis | 8:00 – 9:00 AM 9:30 – 10:30 AM | | 8:00 – 9:00 AM 9:30 – 10:30 AM | | 8:00 – 9:00 AM 9:30 – 10:30 AM |
| St. Stephan’s Retirement Community 5625 Imperial Ave. San Diego, CA 92114 (619) 264-1997 Instructor: Herb Argrow | 2:00 – 3:00 PM | | 2:00 – 3:00 PM | | |
| 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 San Diego LGBT Community Center 3909 Centre Street San Diego, CA 92103 (619) 692-2077 Instructor: Amber Abweh | 9:30 – 10:30 AM | | 9:30 – 10:30 AM | | |

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| <p>Villa Serena 1231 Medical Center Drive Chula Vista, CA 91911 (619) 934-8001 Instructor: Russell Rowe</p> | | 12:30 – 1:30 PM | | 12:30 – 1:30 PM | |
| <p>Vista Library **Begins Mon. February 2, 2015** 700 Eucalyptus Avenue Vista, CA 92084 (760) 643-5100 Instructor: Barbara Shaver</p> | 8:45 – 9:45 AM | | | 8:45 – 9:45 AM | |