

January 2018 | North County Schedule

(Casa Escondida, Cypress Court, Encinitas Library, Escondido Senior Center, Fallbrook Public Library, McClellan Senior Center, Vista, Oceanside Public Library, Ramona Community Library, Ramona Senior Center, Rancho Penasquitos Library, Redwood Terrace, Rancho Bernardo Library, San Marcos Library, San Marcos Senior Center, Vista Library)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Closed in Observance of Martin Luther King Jr. Day	16 669 Tai Chi Chaun: Early Risers 7:30-8:05 604 Creative Card Making 10:00-11:30 659 Line Dancing - Beginning 11:00-12:30 664 Line Dancing - Just Dance 12:45-2:15 698 Well Being Part 1 2:00-3:30 744 Astrology 10 Planets 2:00-4:00 661 Line Dancing (Evening Beginning) 6:00-7:30	17 676 Zumba 677 Zumba 673 Zumba 675 Zumba 674 Zumba 728 Paul Harvey 10:00-11:30 648 Start Up Yoga 10:30-12:00 772 Make It Fair 11:00-12:00 651 Chair Fitness 12:30-1:30 766 Clear the Clutter 1:00-2:30 611 Jewelry: First The Basics 2:00-4:00	18 809 Lights, Camera, Action 10:00-11:00 655 Get Fit and Stay Strong 12:30-1:30 690 Basic Meditation 2:00-3:00 667 Tai Chi Chaun: Beginners 3:00-3:40 671 Tai Chi Chuan: Intermediate 4:00-4:35	19 669 Tai Chi Chaun: Early Risers 7:30-8:05 624 Wood Carving: Bird 8:30-10:30 775 Medicare Made Easy 10:00-11:00 770 Creative Writing 10:00-12:00 761 Care for the Caregiver 1:00-2:00
22 676 Zumba 677 Zumba 673 Zumba 675 Zumba 674 Zumba 707 Free Blood Pressure Screening 9:00-11:00 693 Optimal Health 10:00 -11:00 655 Get Fit and Stay Strong 12:30-1:30 784 Mind Fitness Program 2:00 -3:00	23 669 Tai Chi Chaun: Early Risers 7:30- 8:05 793 Navigating the Medical Maze 10:30-11:30 689 How Do Nutrients Affect Mental Health 11:00-12:00 659 Line Dancing - Beginning 11:00-12:30 664 Line Dancing - Just Dance 12:45-2:15 699 Well Being Part 2 2:00-3:30 745 Astrology 12 Houses of Zodiac 2:00-4:00 661 Line Dancing - Evening Beginning 6:00- 7:30	24 677 - Zumba 676 - Zumba 673 - Zumba 674 - Zumba 675 - Zumba 648 - Start Up Yoga 10:30 - 12:00 651 - Chair Fitness 12:30 - 1:30 715 - Alexander Hamilton 1:00 - 2:30 767 - Clear the Clutter 1:00 - 2:30 697 - Turn Back the Clock on Aging 2:15 - 3:15	25 632 Everything You Want to Know about Wills 10:00-11:30 740 Fun iPad & iPhone Apps 10:30-12:30 655 Get Fit and Stay Strong 12:30-:30 690 Basic Meditation 2:00-3:00 773 When Disaster Strikes Others 2:00-4:00 788 Mind Fitness Workshop 2:00-3:00 667 Tai Chi Chaun: Beginners 3:00-3:40 671 Tai Chi Chuan: Intermediate 4:00-4:35	26 669 Tai Chi Chaun: Early Risers 7:30-8:05 624 Wood Carving: Bird 8:30-10:30 770 Creative Writing 10:00-12:00 761 Care for the Caregiver 1:00-2:00
29 677 Zumba 676 Zumba 673 Zumba 674 Zumba 675 Zumba 655 Get Fit and Stay Strong 12:30-1:30 784 Mind Fitness Program 2:00-3:00	30 669 Tai Chi Chaun: Early Risers 7:30-8:05 659 Line Dancing -- Beginning 11:00-12:30 664 Line Dancing -- Just Dance 12:45-2:15 623 Watercolor Workshop 1:00-3:00 746 Astrology Ascendant & Decanates 2:00-4:00 661 Line Dancing - Evening Beginning 6:00-7:30	31 676 Zumba 677 Zumba 673 Zumba 675 Zumba 674 Zumba 704 Kidneys 10:00-12:00 648 Start Up Yoga 10:30-12:00 777 Information Overload 11:00-12:00 651 Chair Fitness 12:30-1:30	<p>Bring a Friend, Be a Hero!</p> <p>CONTEST TIMELINE January 15 - March 15</p>	

**PLEASE REFER TO THE
SPRING 2018 CATALOG
OR THE WEBSITE FOR
A FULL LISTING OF
JANUARY CLASSES!**



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