

—TUESDAY NIGHT—



Presented by the Costa Mesa High School Boosters

Visit the Costa Mesa Senior Center Tuesday evenings to play some bingo! Doors open at 5 p.m., with warm-ups beginning at 6 p.m. Don't miss this opportunity to meet local community members and mingle, all while having the chance to win big!

Contract Classes

ZUMBA GOLD® | \$105/12 WKS.

All levels welcome to join this easy-to-follow, low impact dance workout to zesty Latin and international music. Improve balance, strength, and mobility. Bring a towel, water, and wear comfortable flat-soled shoes.

Instructor: CS Dance Factory

8933 1/10-3/28 T 9-10 a.m.

8935 1/12-3/30 Th 9-10 a.m.



YOGA CLASS | \$57/4 WKS.

This class is geared for seniors or those looking for a slow paced class and is a friendly supportive way to increase strength, flexibility, and stamina. Bring a mat, blanket, and belt.

Instructor: Elizabeth Markley

8939 1/3-1/24 T 10:45 a.m.-12 p.m.

8944 1/5-1/26 Th 10:45 a.m.-12 p.m.

Sorry... Sometimes excellent classes get cancelled if everyone waits until the last minute to sign-up. Please sign-up at least one week prior to avoid disappointment.

JAZZERCISE LITE | \$38/4 WKS.

Jazzercise Lite incorporates all of the fun and conditioning components of regular Jazzercise. This exercise program targets the needs of active older adults.

Instructor: Dawna Banse

8965 1/3-1/31 T/Th 9:30-10:45 a.m.

JAZZERCISE UNLIMITED | \$55/1 MONTH

Lift your spirits and strengthen your heart, muscles, and core. You'll get a healthy dose of cardio, strength, and stretch moves and finish up feeling energized.

Instructor: Dawna Banse | No Class: 1/16

CLASSES

8970 1/3-1/31

CLASS SCHEDULE

M/W/Th 6-7 p.m.

T 6-6:30 p.m.

T/Th 8:25-9:20 a.m.

F/Sa 8:30-9:30 a.m.

INTRODUCTION TO SQUARE DANCING | \$40/5 WKS

This class will introduce you to the basics of square dancing. Square dancing is a way to keep both mind and body active in a fun social setting.

Instructor: Karla Westphal

8941 1/10-2/7 T 1:15 - 3:15 p.m.



HIDDEN CHAMPAGNE BOTTLE CONTEST



Find all (4) four hidden champagne bottles in the January issue of the Chronicle and see the front desk for a raffle ticket. *The champagne bottle on page 9 is excluded from the contest.* Submit your entry by Wednesday, January 18. (2) two raffle winners will be contacted by phone on **Thursday, January 19**. One entry per person.

ADAPTED SEATED FITNESS | FREE

This seated group exercise class helps to improve strength, flexibility, range of motion, postural control, and coordination. All exercises are performed from a chair. This class is offered by Coastline Community College's Special Programs Department. Eligibility requirements: medical condition verification and completion of enrollment forms. Please pick up your registration packet at the front desk. Space is limited. Please register early.

Instructor: Judy Aprile

1/31-5/23 | T | **NEW TIME 10:30 - 11:45 a.m.**

ADAPTED FITNESS | FREE (FULL)

This class includes seated, standing, and walking activities. Exercises will help maintain or improve muscular strength, flexibility and range of motion, postural control, balance, and breathing. This class is offered by Coastline Community College's Special Programs Department. Eligibility requirements: medical condition verification and completion of enrollment forms. Please pick up your registration packet at the front desk. Space is limited. Please register early.

Instructor: Judy Aprile

1/31-5/23 | T | **NEW TIME 1-2:15 p.m.**

GENERAL POLICIES

1. Class cancellations need to be in writing and submitted before the second class meets, with the exception of workshops (classes that are 3 weeks or less) which must be made 24 hours prior to start of class. A \$5 refund fee and \$3 (transfer) fee will be charged per class. Specific program refund policy may vary.
2. If class is cancelled by the department, participant will be notified and a full refund will be processed. Please allow 3-4 weeks for refunds.
3. A service charge will be required on all returned checks.
4. Registration will not be taken at class.
5. All classes/programs are subject to cancellation or change, without prior notice.
6. For special events at the Senior Center, no refunds or cancellations after the registration deadline.

We accept cash – exact change only, checks – made payable to "City of Costa Mesa", and credit cards.

Computer Classes



INTRODUCTION TO WINDOWS 10 | \$38/1 DAY

Join this lecture style class to learn about the start screen, desktop, tiles, charms, and sidebars and how to navigate through them. Explore the new, easier to use Windows 10 apps. Handouts included. Some computer experience is necessary.

Instructor: Joel Lander

8981 1/4 W 2-5 p.m.

ALL ABOUT GOOGLE | \$38/1 DAY

In this single, 3-hour class you will explore many outstanding free Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar and more. Hands-on practice and a chance to ask questions and get answers. Handouts included. **Instructor: Joel Lander**

8987 1/18 W 2-5 p.m.

8988 1/30 M 2-5 P.M.

NEW | SPECIAL APPS AND PROGRAMS FOR SENIORS | \$38/1 DAY

This is a class that will introduce you to smart phone/tablet apps and computer programs that are useful for seniors. Learn about Facebook, YouTube, Skype, Uber, Pandora, Luminosity and more. There will be introductory instructions on how to find, obtain and use these free applications. Handouts included.

Instructor: Joel Lander

8978 1/11 W 2-5 p.m.

9009 2/8 W 2-5 p.m.



GREETING CARDS

AVAILABLE FOR PURCHASE

Purchase a greeting card for a family member or friend. All cards have been repurposed and designed by our senior center card making class. **\$0.50 each.**