

Center Classes

Arts & Crafts

PAINTING FOR ENJOYMENT | FREE

Join this fun social group to paint in acrylics, watercolor, oils, mixed media, etc. Some basic instruction offered to get you started. All skill levels welcome. Must bring your own materials.

Tuesdays, 1:30-3:30 p.m. | Fridays, 1-3 p.m.

KNITTING GROUP | FREE

Learn the art of knitting. Experienced? Then come knit with this group of enthusiastic people.

Tuesdays | 1-3 p.m.

CARD MAKING | FREE

Join us and create cards using new and recycled supplies. These repurposed cards will be sold at the Senior Center. Supplies provided.

Tuesdays | 9:30-11:30 a.m.



QUILTING | FREE

Work on projects in a friendly environment with fellow quilters. BASIC knowledge of sewing required.

Please note: All projects made in the group are donated to the military or veteran's hospital.

Mondays | 1-4 p.m. | No class: 5/27

NEW | **R** BEGINNING SEWING MACHINE CLASS FREE

Learn how to use your own sewing machine and all the various stitches in this 8-week beginning sewing machine class. You must bring your own machine to class. **Please note:** The first class meeting you will not need to bring your sewing machine.

4/1-5/20 | Mondays | 9-11 a.m. | 13800



HAWAIIAN DANCE | FREE

Exercise while learning the beautiful and graceful dance of the islands with Aloha Seniors. No experience necessary.

Mondays & Wednesdays | 12:30-2 p.m.

No class: 5/27

UKULELE | FREE

Bring your ukulele and "Kanikapila" (play music) from the islands of Hawaii with Aloha Seniors.

Mondays | 12:30-2 p.m.

Note: This group does not teach participants how to play the Ukulele. Basic ukulele experience required.

No class: 5/27

Exercise & Fitness

R MELT FOR BETTER BALANCE | FREE | 13114

The MELT method is a type of exercise that helps with balance and mobility, and may alleviate some pain from chronic illness.

Thursdays | 1-2 p.m.

DROP-IN PICKLEBALL* | FREE LOCATION | DRC , 1860 Anaheim Ave, Costa Mesa

The fastest growing sport in the country, pickleball is a racquet sport that combines elements of tennis, badminton, and ping pong. This program is a great way to exercise and meet new friends.

T & Th | 8:30-9:30 a.m.

R TAI CHI QIGONG | FREE

Provided by: Greater Newport Physicians & Ryan Lee
Tai Chi Qigong is effective in improving balance, relieving pain and encouraging mobility. Each class will include a series of gentle movements to help reduce mental stress and physical tension carried in the muscles of the body. Classes can be done standing, standing with a chair for support, or sitting on a chair. Expect 45 minutes of active movement each class. Wear comfortable loose fitting clothing. Closed toe flat sole shoes are highly recommended. No hats, jeans or sandals.

13766 | Tuesdays | 4/2-6/25 | 9-10 a.m. | FULL
13767 | Thursdays | 4/4-6/27 | 3-4 p.m. | FULL



R MOVING TO MUSIC | Registration required

This class will have you moving to different genres of music and will include cardiovascular and flexibility training. Staff led fitness class held indoors.

3/25-5/20 | M | 9-10 a.m. | 13098

3/27-5/29 | W | 9-10 a.m. | 13099

No class: 5/22

CHAIR EXERCISE | FREE

This class is designed to help those with arthritis, or individuals interested in improving mobility.

Monday/Wednesday | 10:30-11:20 a.m. | 12616

No class: 5/22

Limited space. First come first serve.

Fun & Games

BRIDGE: CONTRACT AND SOCIAL | FREE

Join us for a competitive or a friendly game of bridge.

Contract: Tues./ Wed./Fri. | 10 a.m.-2 p.m.

BINGO | .25¢ per card, 6 card maximum

Prizes range from a variety of items. You may bring your own cards, but still must pay to play.

Thursdays | 10:30 a.m.-2 p.m.

BUNCO | FREE

With a roll of the dice we are off! Come learn how to play bunco, make new friends, and win prizes while having fun!

Friday, May 17 & 31 | 10-11:30 a.m.



POKER BASICS | FREE

Join us for a few hands of Texas Hold'em, Omaha, Pineapple, 7 Card Stud, and 7 Card Hi-Lo Stud.

2nd, 3rd, 4th & 5th Fridays | 1-3 p.m.



TABLE TENNIS | FREE

Come join this energetic group and have fun!

Wednesdays | 1:30-4 p.m.

1st, 3rd, 5th Mon. | 1:30-4 p.m.

No class: 5/22, 5/27, 5/29

Personal Enrichment

PLAY READING | FREE

Come in and join our play readers and you might be cast in a role while socializing with this fun group!

Fridays | 10:30 a.m.-12 p.m.

CURRENT EVENTS GROUP

Are you looking for a group that discusses local and foreign affairs, and newsworthy topics? Check out this group and participate in a facilitated, organized, friendly, and open discussion. This group will encourage you to think critically about matters that affect each and every one of us. Participants should bring an article to share for possible discussion.

Tuesdays | 2-3:30 p.m.



— SAFETY FIRST! GUIDE —

Pick up your information pamphlet at the front desk, to find out what your role would be if a disaster happened during your visit to the Costa Mesa Senior Center.

BE PREPARED!

