

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	
<p>*Appointment Required</p>	<p>Register for Classes at www.Encinitasrecreg.com</p>			<p>1 Qi Gong Beginning 8:30AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM (No Computer Tutor or Fun Sway Today)</p>	<p>2 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Blood Pressure Clinic 9:30AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Pickleball 2:30PM (No T'ai Chi Chih Today)</p>
	<p>5 Stretch and Meditate 8:30AM Exercise with Carl-Banquet Hall side B 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl-Banquet Hall side B 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Basic Computer Class-Part II 1:00PM (No Silver Age Yoga Today)</p>	<p>6 Yoga for Self Healing and Joy 8:30AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM Zumba Gold 1:00PM Current Events 1:30PM (No Tap Today)</p>	<p>7 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM T'ai Chi Chih - Intermediate 10:30AM Stamp Club 10:30AM Pilates Mat Class 12:15PM Computer Tutoring 1:00PM Ballroom Dance-Salsa 1:30PM</p>	<p>8 Qi Gong Beginning 8:30AM ElderLaw and Advocacy* 9:30AM HICAP* 9:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM (No Computer Tutor Today)</p>	<p>9 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Tai Chi Chih- Intermediate 10:30AM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Pickleball 2:30PM (No Instructional Spanish Today)</p>
<p>12 Stretch and Meditate 8:30AM Exercise with Carl 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Basic Computer Class-Part II 1:00PM Silver Age Yoga 2:00PM</p>	<p>13 Yoga for Self Healing and Joy 8:30AM HICAP* 9:00AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM AARP Driver's Safety Program 12:30PM Zumba Gold 1:00PM Current Events 1:30PM (No Tap Today)</p>	<p>14 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM T'ai Chi Chih - Intermediate 10:30AM Pilates Mat Class 12:15PM Computer Tutoring 1:00PM Movie Classics - Topaz 1:00PM Ballroom Dance-Salsa 1:30PM (No 9:30AM Computer Tutor Today)</p>	<p>15 Qi Gong Beginning 8:30AM Fun Sway 10:00AM Pool Tournament 11:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM</p>	<p>16 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Blood Pressure Clinic 9:30AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Tai Chi Chih- Intermediate 10:30AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Social Dance-The Sundance Band 2:00PM Pickleball 2:30PM</p>	
<p>19 Stretch and Meditate 8:30AM Line Dancing - Beginning Level 2 9:00AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Basic Computer Class-Part II 1:00PM Silver Age Yoga 2:00PM (No Carls Classes Today)</p>	<p>20 Yoga for Self Healing and Joy 8:30AM HICAP* 9:00AM Yoga for Self Healing and Joy 10:00AM Diabetes Support Group 10:00AM Computer Tutoring 10:00AM AARP Driver's Safety Program 12:30PM Zumba Gold 1:00PM Current Events 1:30PM (No Tap Today)</p>	<p>21 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM Nutrition Project Council 9:30AM T'ai Chi Chih - Intermediate 10:30AM Pilates Mat Class 12:15PM Book Club-Author month-Leon Uris 1:00PM Computer Tutoring 1:00PM Ballroom Dance-Salsa 1:30PM</p>	<p>22 Qi Gong Beginning 8:30AM ElderLaw and Advocacy* 9:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM</p>	<p>23 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Line Dancing - Intermediate 10:15AM Sing for your Life 10:30AM Tai Chi Chih- Intermediate 10:30AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Pickleball 2:30PM</p>	
<p>26 Stretch and Meditate 8:30AM Exercise with Carl-Banquet Hall side B 8:30AM Line Dancing - Beginning Level 2 9:00AM Exercise with Carl-Banquet Hall side B 10:15AM Feldenkrais: Freedom of Movement 12:00PM Bereavement Support - Hospice by the Sea 12:30PM Fun Sway 1:00PM Basic Computer Class-Part II 1:00PM Silver Age Yoga 2:00PM</p>	<p>27 Yoga for Self Healing and Joy 8:30AM HICAP* 9:00AM Yoga for Self Healing and Joy 10:00AM Computer Tutoring 10:00AM Sittin' & Knittin' 10:00AM Zumba Gold 1:00PM Current Events 1:30PM (No Tap Today)</p>	<p>28 Beginning Spanish Conversation 8:15AM Yoga for Self Healing and Joy 8:30AM Intermed/Advanced Spanish Conversation 9:00AM Computer Tutoring 9:30AM 50+ Singles Club 10:30AM T'ai Chi Chih - Intermediate 10:30AM Pilates Mat Class 12:15PM Computer Tutoring 1:00PM Ballroom Dance-Salsa 1:30PM</p>	<p>29 Qi Gong Beginning 8:30AM Fun Sway 10:00AM Chicago Bridge 12:30PM Duplicate Bridge Play 12:30PM Italian Conversation 1:00PM Computer Tutoring 1:00PM</p>	<p>30 Yoga for Self Healing and Joy 8:30AM Line Dancing Beginning Level 2 9:00AM Line Dancing - Intermediate 10:15AM Tai Chi Chih- Intermediate 10:30AM Beginning Instructional Spanish 12:15PM Middle Eastern Belly Dance 1:00PM Computer Tutoring 1:00PM Intermediate Instructional Spanish 1:30PM Pickleball 2:30PM (No Sing for Your Life Today)</p>	