



**2009 SCHEDULE OF CLASSES**

<b>Class Site</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Bayside Community Center</b> 2202 Comstock San Diego, CA 92111 (858) 278-0771 Instructor: Mary Burns Prine		9:15 - 11:15 AM		9:15 - 11:15 AM	
<b>Casa Familiar Civic and Recreation Center</b> 212 W. Park Avenue San Ysidro, CA 92173 (619) 428-5199 Instructor: Stacey Buffington	(This site is on hiatus - will resume classes March 2009)				
<b>College Avenue Senior Center</b> 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
<b>George L. Stevens Senior Center</b> 570 South 65 <sup>th</sup> Street San Diego, CA 92114 (619) 266-2066 Instructor: Herb Argrow	11:30-12:30PM		11:30-12:30PM		10:30 - 11:30 AM
<b>Joselyn Senior Center Escondido</b> 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		

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<p><b>Lemon Grove Senior Center</b>                      8235 Mt. Vernon St.                      Lemon Grove, CA 91945                      (619) 337-1425                      Instructor: Sandra McDonald</p>	<p>9:00 - 10:00 AM                      10:15-11:15 AM</p>		<p>9:00 - 10:00 AM                      10:15-11:15 AM</p>		
<p><b>Livewell San Diego (formerly                      Clairemont Friendship Center)</b>                      4425 Bannock Ave.                      San Diego, CA 92117                      (858) 483-5100                      Instructors: Char Schade and Joyce Sessa</p>	<p>10:15-11:15AM                      (Joyce)</p>		<p>Feeling Fit Plus                      *7:00-8:45 AM                      (Char)                      10:15-11:15AM                      (Joyce)</p>		<p>Feeling Fit Plus                      *7:00-8:45 AM                      (Char)                      10:15-11:15AM                      (Joyce)</p>
<p><b>National City Senior Nutrition Ctr</b>                      1415 D Ave.                      National City, CA 91950                      (619) 336-6751                      Instructor: Anna Solis</p>		<p>10:00-10:45 AM</p>		<p>10:00-10:45 AM</p>	
<p><b>Neighborhood Senior Center</b>                      795 South Boundary St.                      San Diego, CA 92113                      (619) 263-2108                      Instructor: Vickie Velasco</p>		<p>11:00AM-12:00PM</p>		<p>11:00AM-12:00PM</p>	
<p><b>North County Inland Senior                      Center</b>                      A program of Jewish Family Service                      15905 Pomerado Rd.                      Poway, CA 92064                      (619) 263-2108                      Instructor: Kristina Ritzau</p>	<p>10:00 - 11:00 AM</p>		<p>10:00 - 11:00 AM</p>		

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<b>Oceanside Presbyterian Church</b> 2001 S. El Camino Real Oceanside, CA 92054 (760) 757-3560 Instructor: Gretchen Vurbeff (Mon. & Fri.) Pat Elledge (Wed.)	9:00 - 10:00 AM		9:00 - 10:00 AM		9:00 - 10:00 AM
<b>Poway Senior Center</b> 13094 Civic Center Dr. Poway, Ca 92064 (858) 748-6094 Instructors: Chris Heslin (Mondays) and Patricia Frisby (Thursdays)	10:00-11:00 AM			10:00-11:00 AM	
<b>Senior Cmty. Ctrs. of San Diego</b> 928 Broadway San Diego, CA 92101 (619) 235-6538 Instructor: Patricia Frisby	9:30-10:30 AM		9:30-10:30 AM		
<b>Solana Beach Cmty. Senior Ctr.</b> @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2580 x1217 Instructor: Susie Bouche	10:00-11:00 AM		10:00-11:00 AM		
<b>ST. CHARLES NUTRITION</b> 945 18 <sup>th</sup> Street San Diego, CA 92154 (619) 423-0242 Instructor: Anna Solis	8:30 - 9:30 AM 10:00-11:00 AM		8:30 - 9:30 AM 10:00-11:00 AM		8:30 - 9:30 AM 10:00-11:00 AM
<b>ST. JUDE'S</b> 1129 South 38 <sup>th</sup> Street San Diego, CA 92113 (619) 264-4771		11:00 AM- 12:00PM		11:00 AM-12:00PM	

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Instructor: Kit Lynch					
<b>St. Stephan's Retirement Community</b> 5625 Imperial Ave. San Diego, CA 92114 (619) 264-1997 Instructor: Herb Argrow	2:15-3:15 PM		2:15-3:15 PM		
<b>SUMMERCREST</b> 2721 Plaza Boulevard National City, CA 91950 (619) 475-2080 Instructor: Vickie Velasco		9:30-10:30 AM		9:30-10:30 AM	
<b>TOWNCENTRE MANOR</b> 434 F Street Chula Vista, CA 91910 (619) 585-7338 Instructor: Vickie Velasco		1:00-1:30 PM		1:00-1:30 PM	
<b>VETERAN'S PARK COMMUNITY CENTER</b> 785 East Palomar Chula Vista, CA 91911 (619) 691-5260 Instructor: Vickie Velasco		2:00 - 2:30 PM		2:00 - 2:30 PM	
<b>VILLA SERENA</b> 1231 Medical Center Dr. Chula Vista, CA 91911 (619) 934-8001 Instructor: Stacey Buffington	(This site is on hiatus - will resume classes March 2009)				