

Services, Programs & Activities	Time	Day	Fee	Dates
AARP Driver Safety Classes ~ Schedules available at Sr. Ctr. Two hour sessions complete one class. Call Richard, 238-6749	8:30am - 12:30 pm	Tues. & Thurs.	\$12 Mem. \$14 Non.	Nov 29 & Dec 1
Alzheimer's Association ~ Consultations by Appt. Call 547-3830	9:30 - 11:00 am	4th Wednesday by Appt.	FREE	Monthly
Bingo Mania ~ 9 Games - Free popcorn and goodies	1:30 - 3:30 pm	Wednesday	1 card \$1.25 5 cards \$5	Weekly
Body In Balance for Active Aging ~ Body alignment, breathing, & balance w/ certified instructor. Call Faye Baker, 238-9770.	10:00 - 11:00 am	Wednesday	\$38/Month	Weekly
Braille Institute Mobile Van ~ Information about free programs & services for dealing with vision loss. Drop in or call 682-6222	10:00 am - 1:00 pm	1st or 2nd Thursday	FREE	Nov. 3 Dec. 8
Braille Institute Resources ~ Please check out our Braille station in our library. We have books on tape and CD and tape recorders/players!	Any	Any	FREE	Daily
Brain Aerobics ~ Dr. Sonja Glassmeyer, Professor Emeritus, Cal Poly. Brain games to keep you sharp! Everyone Welcome!!	9:30 am - 11:00 am	1st & 3rd Thursday	Free	2 X Month
Bridge: Duplicate Bridge ~ Call Fred, 238-5400	12:30 - 4:30 pm	Monday & Thursday	Annual Dues	2 X Week
Bridge: Party Bridge ~ Everyone welcome! Call Shirley, 226-9736	1:00 - 5:00 pm	Wednesday	FREE	Weekly
Bunco ~ To pre-register, call Bonnie, 468-4224	12:30 - 2:30 pm	3rd Thursday in Nov. & Dec.	\$2	Monthly
Canasta ~ Everyone Welcome! Call Joan, 237-2528	1:00 - 4:00 pm	Friday	FREE	Weekly
Celtic Circle Ceili ~ Free Dance Class!! Learn to dance a variety of Irish dances. No partner necessary! Call Lynn, 238-9185 or 712-2634 or sternfamlds@sbcglobal.net.	1:00 - 2:30 pm 5:30 - 7:00 pm	Mondays (Starting in December)	Free	Weekly 1 x month
Central Coast Casters Fishing Club ~ Call Mel, 226-7676 Meeting at 1909 Rambouillet, PR	6:30 pm	3rd Tuesday	FREE	Monthly
Chess Club ~ Call Irwin, 238-3668 - Meeting at Creston Village, 1919 Creston Road	6:30 - 9:00 pm	Friday	FREE	Weekly
Computer Assistance ~ One-on-one training	By Appointment	TBD	FREE	2 x Week
Computer Club ~ Joseph, 238-6261 or go to http://sites.google.com/site/northcountycomputer/	1:00 - 3:00 pm	2nd & 4th Tuesday	Annual Dues	2 x Month
Cribbage Card Club ~ Everyone welcome! Call Barbara 610-9831	9:30 am - 12:00 pm	Monday & Thursday	FREE	2 x Week
Documentary Film Days ~ See pages 6 & 8 for titles.	1:00 pm	3rd Monday	FREE	Monthly
Fibromyalgia Arthritis Foundation Support Group ~ Call Elaine Hagen, 237-9069	10:00 am - 12:00 pm	3rd Thursday	FREE	Monthly
Flexercise Class ~ Low impact class. Drop in. Call Sue, 226-8926	9:00 - 10:00 am	Tuesday	FREE	Weekly
Good neighbor Volunteer & Assistance program—see page 2 for more information!	By Appt.	Any	FREE	Begins Dec. 1st!
Grief Widow/Widower Support Group ~ Call Central Coast Hospice at (805) 234-2382 to make an appointment.	By Appointment	Friday	FREE	Weekly
Health Screenings for 50+ provided by Community Action Partners ~ Call 788-0827 *Special date for December	9:00 am - 12:00 pm	4th Wednesday *3rd Wed in Dec	FREE	Monthly
HICAP Health Insurance Counseling & Advocacy Program ~ (Medicare) Call 1(800) 434-0222 to schedule an appointment.	By Appointment	Monday - Friday	FREE	2 X Month
History Buffs ~ Gary Kuhn presents unique lectures featuring video presentations. See pages 6 & 8 . Call Gary, 226-7522	10:00 - 11:00 am	2nd Thursday	FREE	Monthly

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Joyful Knitters ~ Join us anytime! Call Virginia, 227-4255 or Diane, 467-2717	2:00 - 4:00 pm	Thursday	FREE	Weekly
LaLucha/PACE ~ Light Exercise Class (Spanish) Call Gladys, 227-4913	10:00 - 11:00 am	Monday & Friday	\$11 Month	2 x Week
Legal Aid for 60+ ~ 30 minute consultation with lawyer, call 237-3880	By Appointment	TBD	FREE	2 x Month
Life Story Interviews ~ Vicky Reeder conducts interviews and records them for you to keep. Call 237-3880	By Appointment	TBD	FREE	Open
Mah Jongg Tile Game ~ To schedule an apt. for a FREE lesson, call Lorraine, 239-4839 **Looking for New Players!!!	1:00 - 3:30 pm	Tuesday	FREE	Weekly
Movies: Modern Movies ~ See pages 6 & 8 for titles.	1:00 pm	3rd Friday	FREE	Monthly
Moives: Movie Classics ~ See page 6 & 8 for titles.	1:00 pm	1st Friday	FREE	Monthly
National Active and Retired Federal Employees (NARFE). A Service Officer is available to help with questions. Call Jerry, 237-0051.	TBD	By Appt.	FREE	Monthly
Nutrition Services ~ See page 14. Call 238-4831 for reservations.	11:30 am	Monday - Friday	\$2.75	Daily
Painting Class - JoAnn Hoffmann One-Stroke Method ~ Call JoAnn, 238-4338	12:30 - 2:30 pm 2:30 - 4:30 pm	Tuesday	\$34 - \$42 per month	Weekly
PEDRO Card Game ~ Call Mary, 237-1722	1:00 - 4:00 pm	1st & 3rd Tuesday	FREE	2 x Month
Pinochle ~ Casual Card Game - Call Jim, 434-0718	12:00 - 4:00 pm	Monday & Thursday	FREE	2 x Week
Red Hat Society ~ The Happy Hatters, Call Verna 237-0931	10:00 a.m.	1st Friday	FREE	Monthly
Scrabble ~ Call Estella, 226-8948	1:00 - 3:00 pm	Friday	FREE	Weekly
Senior Advisory Public Meetings	1:30 pm	2nd Monday	FREE	Monthly
Senior Center Membership ~ Support the Senior Center, receive the newsletter & event discounts. See page 13.	Any	Any	\$12 - \$50 pr household	Annual
Senior Scholarships ~ 50% discount available to qualifying Sr. Ctr. Members.	Any	Any	FREE	Ongoing
Socrates Café ~ Philosophical Dialogue Group. Everyone welcome!	1:30 - 3:30 pm	Friday	FREE	Weekly
Stamp Collectors Group ~ Call Lee, 239-9767	9:00 - 10:00 am	2nd & 4th Monday	FREE	2 x Month
Volunteering ~ Lots of opportunities, everyone welcome! Application Brochures Available - Call Lynda, 237-3987	Any	Any	Priceless	Any
Walking Group ~ Call Sue, 226-8926	10:00 - 11:00 am	Tuesday	FREE	Weekly
Woodworkers Association ~ Call Keith, 402-0172 Meeting at the Pioneer Museum, 2010 Riverside Ave., PR	7:00 - 9:00 pm	2nd Thursday	FREE	Monthly
Writer's Critique Group ~ Call Carol, 238-2194 - Meeting at Creston Village, 1919 Creston Road.	7:00 - 9:00 pm	1st & 3rd Tuesday	FREE	2 x Month
Yoga For Seniors ~ Mats provided.	8:00 - 9:00 am 8:00 - 9:00 am	Monday Friday	FREE	2 x Week
Yoga (Recreation Department) ~ Call 237-3988 for info.	6:00 - 7:10 pm	Wednesday	Varies	Weekly
Zumba Gold - one hour latin dance exercise class for beginners and 50+ students	4:00 - 5:00 pm	Monday	\$20 Month	Weekly