

Center Classes

Arts & Crafts

ACRYLIC PAINTING | FREE

An enriched painting environment for all levels of artists to develop their acrylic painting skills. Must supply own material.

Fridays | 1-3 p.m.

KNITTING GROUP | FREE

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

Tuesdays | 1-3 p.m.

WATERCOLOR | FREE

Join this fun, social watercolor group for beginning and intermediate artists. Must supply own material.

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

QUILTING | FREE

A great place for experienced quilters and beginners alike. Come share your expertise or learn from some of the greats!

Mondays | 1-4 p.m. | No Class: 2/20

CARD MAKING WITH JOY | 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 a.m.

Dance

HAWAIIAN DANCE | FREE

Exercise while learning the beautiful and graceful dance of the islands.

Mondays & Wednesdays | 12:30-1:30 p.m.

—ATTENTION—

As a safety precaution, everyone who enters the facility is being asked to sign in at the front desk. You will be asked to scan in using the new membership cards. If you do not have a card, please see the front desk. Thank you for your cooperation to assist staff in safety planning. We look forward to our new scanning system, soon.

LINE DANCING FOR BEGINNERS | FREE

Are you a fan of the electric slide? So are we! Join this beginners course that will review basic steps to introduce you to line dancing. The course will focus on teaching novice learners. If you're interested in advancing and are able to share your talents, speak with the instructor to collaborate efforts. This is strictly a basic beginners course, but you're guaranteed to have fun!

Wednesdays | 9-10 a.m.

Instructor Zona Jordan

Fun & Games

BRIDGE: CONTRACT AND SOCIAL | FREE

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

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

Social: Mondays | 1-3 p.m. | No Class: 2/20

BINGO | .25¢ per card

Prizes range from a variety of items. Each card is .25¢, 6 card maximum. You may bring your own cards, but must still pay to play.

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

TABLE TENNIS | FREE

Come join this energetic group and have fun!

Wednesdays | 1:30-4 p.m.

2nd and 4th Monday | 1:30-4 p.m. | No Class: 2/20

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, February 17 | 10-11:30 a.m.

MEXICAN TRAIN | FREE

This is a fun-packed game played with dominoes. No cards to shuffle. Come and learn how to play!

Wednesdays | 1-4 p.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, 4th and 5th Fridays | 1-3 p.m.



CHESS

Chess gives everyone an opportunity to play friendly games against their peers in a low-stress environment. All levels are welcome to come, as help is given to those who need it.

Wednesdays | 2-4 p.m.

Exercise & Fitness

MELT FOR BETTER BALANCE | FREE

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

February 2, 9, 16, 23 | 1-2 p.m.

CHAIR EXERCISE | FREE

This class is designed to help those with arthritis, but is also beneficial for those interested in improving mobility. **Limited space available due to room capacity. First come first serve. Please see front desk before attending class.**

Mondays/Wednesdays | 10:30-11:30 a.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.

Jan.-Mar. T & Th 8:30-10:15 a.m.

Personal Enrichment

CURRENT EVENTS GROUP

Are you looking for a group that discusses local and foreign affairs, and newsworthy topics? Then visit us on Tuesday evenings to participate in a facilitated, organized, friendly, 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 and contribute for possible discussion.

NEW DAY & TIME | Thursdays | 4-5:30 p.m.

AUTOBIOGRAPHY WRITING GROUP

Do you have a story to tell? There's a treasure in your memories and fun in writing them down. Come join us in a casual guided autobiography class, meet new people and share in the storytelling!

Wednesdays | 1-2:30 p.m. | No Class: 12/28

PLAY READING | FREE

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

Fridays | 10-11:30 a.m.

CREATIVE WRITING | FREE

Open to non-writers and serious writers alike! Everyone is welcome to help write a fictionalized, fun story about the Senior Center, while learning the art of creative writing. If you like, you may bring in a short sample of your writing to read aloud. Critiques are optional.

Instructor: Sharon Margolis

2nd and 4th Fridays | 10-11 a.m.

WELCOME TO THE COSTA MESA —SENIOR CENTER—



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.