



# ACTIVE ADULTS PROGRAMS 50+

Beginning January 2012, All Community Centers will provide Active Adult Programs for drop-in activities and programs. To ensure that you have a consistent room reserved for your program, we are asking all of our participants to register for a of season of activities (just like a class) instead of paying the daily drop in fee or marking a card each time you attend. All City of San José sites will be charging the same fees. Each center will have a list of drop-in activities or programs. Registrations for all programs and classes begin on December 3, 2011. Our goal is to provide a variety of social and recreation opportunities for all our members and participants.

## BALLROOM DANCE

Come join others for some various dancing and fun socializing. Dress is casual and singles are welcomed. Come try out the exciting world of ballroom dancing; including the slow gliding foxtrot to sensuous rumba, to a vivacious cha cha... there is something for everyone. No partners or previous experience needed, just a desire to have some fun!

## BRIDGE

Bridge is great exercise for your brain! Come on out and join other active adults who enjoy playing a game of bridge. Some Centers offer duplicate bridge. Check with the Center to see if you need to be an intermediate or advanced player.

## BRIDGE, DUPLICATE

Duplicate Bridge is called duplicate because the same bridge hand (i.e. arrangement of cards) is duplicated at other tables, in order to allow a fair comparison of playing skill and reduce "luck of the cards". In this way, every hand, whether good or bad, is played in competition with others playing the identical cards, and the element of skill is heightened whilst that of chance is reduced.

## BUNCO

We have a 6 week BUNCO League on Wednesdays, if you like to play Bunco or just like to play dice games this is a fun game to play with a great group people that like to have fun so come out and have some fun.

## CARDS

Do you like to play cards? Here is a great chance to meet fun loving card players. A wide variety of card games are played while socializing and making new friends.

## CERAMICS

This class is designed for participants who have an interest in making wonderful ceramic pieces for home or for gifts. This class give participants experience in pouring slip and using a using a variety of ceramic techniques. Participants will use various glaze techniques and learn about the method used to fire their items. Supplies for this class will be announced by the instructor and will need to be purchased by the class participant.

## CHAIR FITNESS - GET FIT WHILE YOU SIT

Get fit! If you have not exercised in a while, this is the perfect class for you. The class is designed for individuals who need a gentler form of chair exercise, along with strength building and balance exercises. Music provides the opportunity for increased movement and enhanced relaxation exercises. One day we will use bands and the other weights.

## CHESS

Pull up a chair and let the games begin! The group provides their own chess board and pieces. New members are always welcome. Players must know how to play chess.

## CHINESE BRUSH PAINTING

The single most astonishing fact about Chinese brush painting; is that each brush stroke is a defining move that produces a portion of the painting that is neither improved upon nor corrected. The artist paints with rapid, mentally constructed strokes transporting a "mind image" on mulberry paper. Chinese brush painting is meant to be more than a representation of an object: it is also a symbolic expression.

## ALMADEN CENTER, 6445 CAMDEN AVE. (408) 268-1133

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
251.3.1901	Ballroom Dance	50+	F	1/6-3/30	6:00PM-8:00PM	Volunteer	13	\$11/\$19
251.3.1902	Ballroom Dance	50+	M	1/9-3/26	1:00PM-3:00PM	Volunteer	10	\$10/\$18
251.3.1903	Bridge Beginning	50+	Th	1/5-3/29	9:30AM-11:30AM	Volunteer	13	\$11/\$19
251.3.1905	Bridge Intermediate	50+	Tu	1/3-3/27	10:00AM-12:00PM	Volunteer	13	\$11/\$19
251.3.1904	Bridge Intermediate Afternoon	50+	Tu	1/3-3/27	1:00PM-3:00PM	Volunteer	13	\$11/\$19
251.3.1914	Creative Arts	50+	F	1/6-3/23	10:00AM-12:00PM	Volunteer	10	\$8/\$16



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## CHINESE OPERA

Join the Chinese Opera group that plays traditional Chinese string and percussion instruments, while providing a strong rhythmic accessory to the acting and singing of the Chinese culture. This group enjoys practicing and playing their instruments, theater plays and songs, while enhancing the artistic roots and history.

## CHINESE SOCIAL CLUB

This group is geared for Chinese Americans to connect with their community and become acclimated with living in America. We offer speakers, presentations, open discussions about current events and much more!

## CONVERSATIONAL ENGLISH

Become fluent in conversational English. Would you like to practice your beginning English skills? The instructor will discuss many topics and give you an opportunity to join in conversation and communicate with others. (This is not an ESL class.)

## CREATIVE ARTS

Tap into your creative side and learn how to create art masterpieces. Join other participants who enjoy making jewelry, fabric arts and a variety of crafts. Students teach each other new techniques and crafts.

## CREATIVE WRITING

Creative writing is great brain exercise. If you have ever felt the need to put your feelings into a poem or a short story this is the class for you. No experience needed.

## CROCHET AND KNITTING

Bring all your knitting needles and yarn and come join the social club. We will help each other and learn for one another as well. We will learn new designs and about the materials to be a great knitter.

## CURRENT EVENTS CLUB

This group meets and discusses local, state, national and world topics. The topics are often those found in the newspaper, magazines or television. The intent is to share interpretations of these events. This is a social group and topics are discussed for your enjoyment.

## DOUG'S ART WORKSHOP

A perfect place to paint and create masterpieces! Everyone is welcome to join us in the studio with your own art project and be with other artists for friendship, sharing and critique!

## ESL INTERMEDIATE

Do you or someone you know want to learn English as a second language? The fall classes have just begun. Joining the class is easy. There maybe a book Fee for your ESL Book.

### ALMADEN CENTER, 6445 CAMDEN AVE. (408) 268-1133

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
251.3.1920	Creative Writing	50+	Tu	1/3-3/27	1:00PM-2:30PM	Volunteer	13	\$11/\$19
251.3.1922	History Club	50+	W	1/11-3/28	10:30AM-12:00PM	Volunteer	9	\$7/\$15
252.3.1923	Line Dance	50+	Tu	1/3-3/27	9:15AM-10:15AM	Volunteer	12	\$10/\$18
251.3.1926	Mah Jongg	50+	W	1/4-3/28	1:00PM-3:00PM	Volunteer	13	\$11/\$19
251.3.1923	Open Studio	50+	Th	1/5-3/29	9:00AM-11:00AM	Volunteer	12	\$10/\$18
251.3.1971	Pinochle Beginning	50+	Th	1/5-3/29	1:00PM-4:00PM	Volunteer	13	\$11/\$19
251.3.1982	Quilters	50+	Tu	1/3-3/27	6:00PM-8:00PM	Volunteer	13	\$11/\$19
251.3.1984	Table Tennis/Ping Pong	50+	W	1/4-3/28	1:30PM-3:30PM	Volunteer	12	\$10/\$18
251.3.1989	Table Tennis/Ping Pong	50+	Th	1/5-3/29	1:30PM-3:30PM	Volunteer	12	\$10/\$18
251.3.1981	Table Tennis/Ping Pong	50+	M	1/9-3/26	9:45AM-11:30AM	Volunteer	10	\$8/\$16
251.3.1988	Ukulele Club	50+	W	1/11-3/28	10:00AM-12:00PM	Volunteer	6	\$5/\$13
252.3.1985	Views on the News	50+	M	1/9-3/26	10:00AM-12:00PM	Volunteer	10	\$8/\$16

### BERRYESSA CENTER, 3050 BERRYESSA RD. (408) 251-6392

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
213.3.1901	Chinese Social Club	50+	Th	1/19-2/23	8:45AM-11:15AM	Volunteer	6	\$5/\$13
213.3.1902	Chinese Social Club	50+	Th	3/1-4/5	8:45AM-11:15AM	Volunteer	6	\$5/\$13
213.3.1900	ESL Intermediate	50+	M	1/23-4/2	8:45AM-10:45AM	Volunteer	10	\$8/\$16
213.3.1911	Jewelry Making	50+	M	1/23-2/27	1:30PM-2:30PM	Volunteer	5	\$5/\$13
213.3.1914	Jewelry Making	50+	M	3/5-4/2	1:30PM-2:30PM	Volunteer	5	\$5/\$13



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## EVERGREEN CUT UPS

If you are interested in quilting, sign up for this program.

## EXERCISE WITH VIDEO

Grab your shoes and join this great exercise class. This volunteer led class works out to a variety of exercise videos for all levels and abilities.

## EXPLORING LITERATURE

Join this book club to read and discuss short stories, novels, plays and poetry. Enroll, read, discuss and enjoy!

## FITNESS OVER 50

Getting fit has never been this much fun! Learn safe exercises for those 50+. Light Aerobic exercise at your own pace.

## GREETING CARDS

When you want to send the very best, you can make the greeting card yourself! The group meets once a week and works on a new project each week and shares their cards once a month. Participants must provide their own supplies.

## GROUP LINE DANCE

Enjoy dance steps to the tunes of all of your favorite country music songs. Line dancing is a wonderful way to have fun and stay fit. This class is led by volunteers.

## HISTORY CLUB

Do you enjoy learning from history? The history club takes an in-depth look at the history of the world in segments. Does not meet the first Wednesday of the month.

## HORSESHOE CLUB

Please enjoy your morning with a great group of people, socializing over a friendly game of horseshoes. No experience needed, just come join the fun!

## JEWELRY MAKING

Do you enjoy making jewelry? So do we, come and join us in exchanging ideas and ways of making jewelries.

## KARAOKE

Be a star and sing your heart out! You don't have to sing, participants are welcome to come and listen. Karaoke singers must provide their own Karaoke CD's. The center provides the sound system and mic. Beginners are welcome!

## KNIT AND CROCHET - HANDWORK FOR OTHERS

Come and knit with us! We have volunteer instructors that are here to teach you if you are beginning and we also welcome experienced knitters that want to socialize while knitting. Gain a group of great friends while you do what you love!

## KNITTING AND CROCHETING

Enjoy socializing with others while making wonderful items for yourself or others. We will learn from each other and sometimes help make a blanket as a group to give away.

## KOREAN DANCE GROUP

Want to know about the Korean culture through music and dance. This is the group for you. We will explore the culture of the great Korean society through their music and dances. Come join the fun!

## BERRYESSA CENTER, 3050 BERRYESSA RD. (408) 251-6392

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
213.3.1912	Knitting and Crocheting	50+	Th	1/19-2/23	10:00AM-11:00AM	Volunteer	6	\$5/\$13
213.3.1913	Knitting and Crocheting	50+	Th	3/1-4/5	10:00AM-11:00AM	Volunteer	6	\$5/\$13
213.3.1904	Self Aerobics	18+	Th	1/19-4/5	8:45AM-10:00AM	Volunteer	12	\$10/\$18
213.3.1903	Self Aerobics	18+	M	1/23-4/2	10:00AM-11:00AM	Volunteer	10	\$8/\$16
213.3.1905	Tai-Chi Fan, Sword and Chuan (Beg.)	50+	W	1/18-2/22	9:00AM-9:45AM	Volunteer	6	\$5/\$13
213.3.1906	Tai-Chi Fan, Sword and Chuan (Beg.)	50+	W	2/29-4/4	9:00AM-9:45AM	Volunteer	6	\$5/\$13
213.3.1907	Tai-Chi Fan, Sword and Chuan (Int.)	50+	W	1/18-2/22	10:00AM-10:45AM	Volunteer	6	\$5/\$13
213.3.1908	Tai-Chi Fan, Sword and Chuan (Int.)	50+	W	2/29-4/4	10:00AM-10:45AM	Volunteer	6	\$5/\$13
213.3.1909	Yuan Chi Dance	50+	Tu	1/17-2/21	8:30AM-10:00AM	Volunteer	6	\$5/\$13
213.3.1910	Yuan Chi Dance	50+	Tu	2/28-4/3	8:30AM-10:00AM	Volunteer	6	\$5/\$13



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## LINE DANCE

Put on your dancing shoes or boots and join the fun! Participants dance to a variety of songs. Dancers must have at least six months experience in line dancing.

## LINE DANCE, ADV.BEG/INT

Come join in on the fun of intermediate line dancing, where partners are not needed. Advanced steps and movement will be introduced and practice. A minimum of six months of line dancing experience required before attending class.

## PINOCHLE

If you enjoy making friends while exercising your mind, join this fun and friendly group. Come and practice your skills with others. You just need to walk in and be ready to play. We are recruiting new players, so don't be shy and come play!

## LIVERPOOL RUMMY

Have you played Liverpool Rummy before? What about Mah Jong? If you are a new player or experienced come on out and join the group! New members are welcome. Canasta players are also welcome, and the group will start a game.

## MAH JONG

Want learn a fun game and make new friends? Come join us for a game of Mahjong. This game originated in China, commonly played by four players. Mahjong is a game of skill, strategy and a certain degree of chance.

## MS WORD

MS word from the beginning.

## MS WORD OFFICE

Overview of class: create formal reports, technical reports, proposals and studies; created newsletters, brochures and manuals; create forms; managing files and advanced page appearance; group editing and distributing documents; elements of a publication; enhancing documents. In Excel, perform calculations, analyze information and manage list in spreadsheets. In PowerPoint, create and edit presentations for slide show, meetings and others. In Publisher, create and edit newsletters, brochures, flyers, greeting cards. Internet create e-mail and send. Receive and open attachment, forward, navigate and surf the internet.

## OPEN STUDIO

Join others socializing while painting your favorite portraits.

## PAINTING

Join others socializing while painting your favorite portraits.

## PHOTOSHOP ADVANCE

The student will learn advanced Adobe Photoshop Elements techniques that apply to both the photographer and artist. Hands-on exercise will assist the student in perfecting their photography workflow. The following methods and features are just a few topics we will cover. Copy and paste to a new layer, adding local and global adjustment layers, working on adjustment masks, text, blur, filters, sharpening, dodge and burn, adding borders and feathered edges, resize and expand the canvas of the image, renaming layers, digital photography workflows and printing at home or online services.

### CAMDEN CENTER, 3369 UNION AVE. (408) 559-8553

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
257.3.1807	Exploring Literature	50+	Th	1/26-5/24	9:00AM-11:30AM	Volunteer	17	\$17/\$25

### CYPRESS CENTER, 403 S. CYPRESS AVE. (408) 244-1353

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
256.3.1937	Bridge, Duplicate	50+	F	1/6-3/23	10:00AM-2:00PM	Volunteer	12	\$20/\$28
256.3.1935	Bridge, Intermediate	50+	F	1/6-3/23	1:00PM-3:00PM	Volunteer	12	\$10/\$18
256.3.1902	BUNCO	50+	W	1/4-3/28	12:45PM-2:15PM	Volunteer	13	\$11/\$19
256.3.1915	Korean Dance Group	50+	Tu	1/3-3/27	1:00PM-3:00PM	Volunteer	13	\$11/\$19
256.3.1907	Painting Group	50+	M	1/9-3/26	12:30PM-2:30PM	Volunteer	10	\$8/\$16
256.3.1927	ROMEOS	50+	Th	1/19-3/15	9:30AM-11:30AM	Volunteer	3	\$3/\$11
256.3.1901	Video Exercise Program	50+	M/W	1/4-3/28	9:00AM-10:00AM	Volunteer	23	\$20/\$28
256.3.1919	Vista Center for the Blind	50+	W	1/18-3/21	10:00AM-11:30AM	Volunteer	3	\$3/\$11



# ACTIVE ADULTS PROGRAMS 50+

## PINOCHLE/DOMINOES

Challenge your friends or others to a game of ping pong or just enjoy socializing over a friendly game.

## QUILTERS

This large group meets weekly to make beautiful quilts. Enjoy while socializing with other participants.

## ROMEOS

This support group explores men's issues with the help of other men in the group. Through the group men will get support and encouragement from each other.

## SELF AEROBICS

Come join us. Build body strength, flexibility and energy with low impact aerobics.

## SEWING WITH SHIRLEY/ THURSDAY

Novelist sewers and seamstress will enjoy working together to create clothes, special crafts or gifts in this volunteer run sewing class.

## SOCIAL DANCE

Come and join us in a fun filled activity of dancing to a wide variety of music. You will enjoy socializing with old friends and make new friends. Plus it is a great way to stay fit and active, by developing flexibility, strength, endurance and sense of well-being.

## SPANISH CLUB

Have great conversation in this class with others while speaking Spanish.

## STRETCHING

Stretching is a great form of physical exercise that improves circulation, increases flexibility and helps relieve stress. Mats are provided for this class.

## TABLE TENNIS/PING PONG

Table tennis is the most popular racket sport in the world! Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth with rackets. The game takes place on a hard table divided by a net. Join the Kirk Senior Table Tennis group at Houge Park – (Bldg. 1) and play with other table tennis enthusiasts! This is a great group and there is the opportunity for tournaments and competitions in house.

## TAI CHI-ADVANCED

Continue practicing the art of Tai Chi in the advanced class.

## TAI CHI-INTERMEDIATE

Practice the art of Tai Chi in this intermediate class.

## TAI JI QUAN

This is a graceful exercise using slow circular movements and deep breathing. Tai Chi is great in helping the body improve strength and balance, and it helps relieve stress. This class also has a dance element incorporated.

## TAI-CHI FAN, SWORD AND CHUAN (BEG.)

Combines meditation and the art of movement. This ancient art teaches breathing and stretching in a therapeutic form while focusing on mental clarity.

## TAP DANCE CLASS

If you would like to learn to Tap Dance some of our intermediate tappers from our Friday program are willing to teach you to Tap Dance. Or if you just want to work on your skills this is the program for you.

### EVERGREEN CENTER, 4860 SAN FELIPE RD. (408) 270-2220

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
215.3.1904	Bridge	50+	M	1/9-4/9	12:30PM-3:00PM	Volunteer	12	\$20/\$28
215.3.1902	Doug's Art Workshop	50+	Tu	1/10-3/27	12:30PM-3:00PM	Volunteer	12	\$20/\$28
215.3.1903	Evergreen Cut Ups	50+	W	1/11-3/28	12:30PM-3:00PM	Volunteer	12	\$20/\$28
215.3.1901	Video Exercise	50+	M/W/F	1/4-4/4	9:45AM-11:00AM	Volunteer	36	\$30/\$38
215.3.1900	Yoga	50+	M/W/F	1/4-4/2	8:30AM-9:30AM	Volunteer	36	\$30/\$38
215.3.1906	Yuan Chih Dance	50+	Th	1/12-3/29	9:00AM-10:00AM	Volunteer	12	\$10/\$18

### ROOSEVELT CENTER, 901 E. SANTA CLARA ST. (408) 794-7555

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
234.3.2002	Chinese Brush Painting	50+	Tu	1/24-3/20	9:30AM-11:30AM	Dept. Staff	9	\$1/\$0
234.3.2006	Chinese Opera	50+	W/F	1/18-3/23	9:30AM-3:00PM	Dept. Staff	20	\$1/\$0
234.3.2003	Mah Jong	50+	M-F	1/17-3/23	9:00AM-3:00PM	Dept. Staff	48	\$1/\$0
234.3.2001	Ping Pong	50+	M-F	1/17-3/23	9:00AM-12:00PM	Dept. Staff	96	\$1/\$0
234.3.2004	Social Dance	50+	M-F	1/17-3/20	1:00PM-3:00PM	Dept. Staff	45	\$1/\$0
234.3.2005	Social Dance	50+	Sa	1/21-3/24	12:00PM-2:00PM	Dept. Staff	9	\$1/\$0



# ACTIVE ADULTS PROGRAMS 50+

## TAP DANCING

Join a fun bunch of people learning to tap at a beginning and intermediate level.

## T-SHIRT PAINTING

Release the artist in you and make your own designed t-shirt! A volunteer instructor will teach you how to use Chinese brush painting skill and paint on the t-shirt you bring in. Participants need to bring a t-shirt, water color brush, and acrylic paint.

## UKULELE CLUB

The ukulele is small and light, making it very portable. Its small size makes it easy to hold and the thin neck easy to get the hand around. Forming the chords is good exercise for the fingers and increases hand strength and dexterity. The ukulele has four strings, (a guitar has six) making chords easier to learn. Song sheets with chord diagrams and lyrics will be provided. In addition to learning the basic chords and strums, other topics will include how to tune and care for it, the different types of ukuleles (soprano, concert, tenor), woods, strings, etc. Must provide your own instrument (ukulele).

## VIDEO EXERCISE

If you like a low impact aerobic exercise program, come and exercise and have fun!

## VIEWS ON THE NEWS

Do you have a view that you'd like to share with others over 50? Join this delightful group and learn from each others years of experience. This class has met for years and friendships have been formed. Join and start a budding friendship today!

## VISTA CENTER FOR THE BLIND

This is a support group for seniors who are visually impaired to address problems of living with vision loss.

## WOODCARVING

This is a great class for wood carving enthusiasts! Join others who carve different types of wood to create figurines, animal statues, ducks, and more. Participants must supply their own tools. Beginners welcome.

## YOGA

This gentle exercise is beneficial for anyone wanting to get fit. Wear comfortable clothing and bring a mat or towel.

## YUAN CHI DANCE

Enjoy this unique form of exercise. Traditional Chinese dance brings energy, enjoyment, and well-being to the body while the mind enjoys the harmony of the music bringing peace and balance.

## YUAN CHI DANCE/TAI CHI

Enjoy this unique form of exercise. Traditional Chinese dance brings energy, enjoyment, and well-being to the body while the mind enjoys the harmony of the music bringing peace and balance.

## YUAN CHIH DANCE

The Yuan Chi Dance is a mixture of dance, martial art, physical therapy, and the "Chi" exercise.

## YUAN JI DANCE

Enjoy this artistic dance and join in with a great group of participants.

### SEVEN TREES CENTER, 3590 CAS DR. (408) 794-1690

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
239.3.1908	Ballroom Dance Class	50+	Th	1/5-3/29	1:00PM-2:15PM	Volunteer	13	\$11/\$19
239.3.1911	Bridge	50+	W	1/11-3/28	10:00AM-4:00PM	Volunteer	12	\$20/\$28
239.3.1903	Current Events with Special Events	50+	M	1/9-3/26	1:00PM-3:00PM	Volunteer	10	\$8/\$16
239.3.1910	Exercise with Video	50+	Tu	1/10-3/27	9:00AM-10:30AM	Volunteer	12	\$10/\$18
239.3.1912	Group Line Dance	50+	W/F	1/4-2/10	11:00AM-12:00PM	Volunteer	12	\$10/\$18
239.3.1904	Karaoke	50+	W/F	1/4-3/28	9:00AM-11:30AM	Volunteer	25	\$21/\$29
239.3.1915	Mah Jong	50+	M/W/F	1/4-2/10	9:00AM-3:00PM	Volunteer	16	\$30/\$38
239.3.1916	Mah Jong	50+	M/W/F	2/13-3/23	9:00AM-3:00PM	Volunteer	17	\$30/\$38
239.3.1913	Pinochle/Dominoes	50+	T/Th	1/3-2/9	10:00AM-3:00PM	Volunteer	12	\$20/\$28
239.3.1914	Pinochle/Dominoes	50+	T/Th	2/14-3/22	10:00AM-3:00PM	Volunteer	12	\$20/\$28
239.3.1902	Sewing with Shirley/Thursday	50+	Th	1/12-3/29	9:30AM-12:30PM	Volunteer	12	\$20/\$28
239.3.1901	Sewing with Shirley/Tuesday	50+	Tu	1/10-3/27	9:30AM-12:30PM	Volunteer	12	\$20/\$28
239.3.1907	Table Tennis-Thursday	50+	Th	1/5-3/29	9:30AM-11:45AM	Volunteer	13	\$11/\$19


**SEVEN TREES CENTER, 3590 CAS DR. (408) 794-1690**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
239.3.1906	Table Tennis-Wed/Fri	50+	W/F	1/4-3/28	9:30AM-11:45AM	Volunteer	25	\$21/\$29
239.3.1909	T-shirt painting	50+	Th	1/26-3/29	10:00AM-12:00PM	Volunteer	3	\$3/\$11
239.3.1905	Yuan Chi Dance/Tai Chi	50+	W/F	1/4-3/28	9:00AM-10:30AM	Volunteer	25	\$21/\$29

**SOUTHSIDE CENTER, 5585 COTTLE RD. (408) 629-3336**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
219.3.2011	BallRoom Dance	50+	Th	1/5-3/22	1:30PM-4:00PM	Volunteer	12	\$10/\$18
219.3.1930	Cards	50+	Tu	1/3-3/19	9:00AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1931	Cards	50+	Th	1/5-3/22	9:00AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1941	Ceramics	50+	Tu	1/3-3/19	9:30AM-11:30AM	Volunteer	12	\$10/\$18
219.3.1940	Ceramics	50+	M	1/9-4/9	9:30AM-11:30AM	Volunteer	12	\$10/\$18
219.3.1942	Chinese Brush Painting	50+	F	1/6-3/23	9:00AM-12:00PM	Volunteer	12	\$20/\$28
219.3.1951	Conversational English	50+	F	1/6-3/23	10:00AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1950	Conversational English	50+	M	1/9-4/9	10:00AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1944	Crochet and Knitting	50+	F	1/6-3/23	9:30AM-12:30PM	Volunteer	12	\$10/\$18
219.3.1952	Current Events Club	50+	M	1/9-4/9	9:30AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1965	Fitness Over 50	50+	W	1/4-3/21	8:30AM-9:30AM	Volunteer	12	\$10/\$18
219.3.1964	Fitness Over 50	50+	M	1/9-4/9	8:30AM-9:30AM	Volunteer	12	\$10/\$18
219.3.1966	Fitness Over 50	50+	F	1/13-4/6	8:30AM-9:30AM	Volunteer	12	\$10/\$18
219.3.2072	Horseshoe Club	50+	Tu	1/3-3/19	10:30AM-12:00PM	Volunteer	12	\$10/\$18
219.3.2073	Horseshoe Club	50+	F	1/6-3/23	9:30AM-11:30AM	Volunteer	12	\$10/\$18
219.3.2071	Knit and Crochert-hand-work for Others	50+	M	1/9-4/9	9:30AM-12:30PM	Volunteer	12	\$10/\$18
219.3.2070	Knit and Crochet-Hand-work for Others	50+	Th	1/5-3/22	9:30AM-12:30PM	Volunteer	12	\$10/\$18
219.3.1933	Mah Jong	50+	Tu	1/3-3/27	9:00AM-3:00PM	Volunteer	12	\$10/\$18
219.3.1920	MS Word	50+	Tu	1/3-3/20	9:30AM-11:30AM	Volunteer	12	\$10/\$18
219.3.1921	MS Word Office	50+	Th	1/5-3/22	9:30AM-11:30AM	Volunteer	12	\$10/\$18
219.3.1943	Painting	50+	W	1/4-3/28	12:00PM-3:00PM	Volunteer	12	\$10/\$18
219.3.1967	Ping Pong	50+	M	1/9-4/9	1:00AM-4:30AM	Volunteer	12	\$20/\$28
219.3.1968	Ping Pong	50+	M	1/9-4/9	1:00PM-4:30PM	Volunteer	12	\$20/\$28
219.3.1932	Pinochle	50+	Th	1/5-3/22	1:00PM-4:00PM	Volunteer	12	\$10/\$18
219.3.1945	Quilting Club	50+	Tu	1/10-3/27	9:00AM-12:00PM	Volunteer	12	\$20/\$28
219.3.1953	Spanish Club	50+	M	1/9-4/9	9:00AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1960	Tai Chi-Advanced	50+	F	1/6-3/23	3:00PM-4:00PM	Volunteer	12	\$10/\$18
219.3.1961	Tai Chi-Intermediate	50+	F	1/6-3/23	2:00PM-3:00PM	Volunteer	12	\$10/\$18
219.3.1962	Tai Ji Quan	50+	F	1/6-3/23	9:00AM-11:30AM	Volunteer	12	\$10/\$18
219.3.1910	Tap Dancing	50+	W	1/4-3/19	10:00AM-12:00PM	Volunteer	12	\$10/\$18
219.3.1963	Yuan Ji Dance	50+	W	1/4-3/21	9:00AM-11:00AM	Volunteer	12	\$10/\$18



**WILLOW GLEN CENTER, 2175 LINCOLN AVE. (408) 978-7681**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtngs.	Mem/Non-Mem
255.3.1909	Bridge (Card Group)	50+	W/Th	1/4-3/29	11:35AM-3:35PM	Volunteer	26	\$40/\$48
255.3.1914	Chair Fitness - Get Fit While You Sit	50+	M	1/9-3/26	11:00AM-11:45AM	Volunteer	10	\$8/\$16
255.3.1912	Chess	50+	Tu	1/3-3/27	12:05PM-2:05PM	Volunteer	13	\$11/\$19
255.3.1913	Chess	50+	F	1/6-3/23	12:05PM-4:05PM	Volunteer	12	\$20/\$28
255.3.1901	Exercise with Video	50+	T/Th	1/10-3/27	8:30AM-9:30AM	Volunteer	23	\$18/\$26
255.3.1904	Greeting Cards	50+	W	1/11-3/28	1:00PM-3:00PM	Volunteer	12	\$10/\$18
255.3.1907	Karaoke	50+	W	1/11-3/28	3:00PM-5:00PM	Volunteer	12	\$10/\$18
255.3.1906	Line Dancing	50+	Tu	1/10-3/27	1:30PM-3:30PM	Volunteer	12	\$10/\$18
255.3.1902	Liverpool Rummy	50+	F	1/6-3/23	1:00PM-3:00PM	Volunteer	12	\$10/\$18
255.3.1910	Pinochle	50+	M/T	1/3-3/27	11:30AM-3:30PM	Volunteer	23	\$40/\$48
255.3.1903	Stretching	50+	F	1/6-3/23	8:30AM-9:30AM	Volunteer	12	\$10/\$18
255.3.1905	Woodcarving	50+	Tu	1/10-3/27	9:00AM-11:00AM	Volunteer	12	\$10/\$18

# The City of San José - Senior Nutrition Program would like to remind you...



On November 1, 2011, the City of San José - Department of Parks, Recreation and Neighborhood Services began a partnership with Bateman Senior Meals to continue its offering of the Senior Nutrition Program at all existing nutrition sites.

Senior Nutrition Participants will still be able to enjoy:

- Meals at all City-owned sites
- A safe environment to socialize with friends
- Meals that meet all County health standards

If you have questions or would like a full listing of the Senior Nutrition Program Sites, contact your local community center or visit [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns).

To request an accommodation for City-sponsored events or an alternative format for printed materials, please contact the PRNS Main Line at (408) 535-3570 or (408) 294-9337 (TTY) as soon as you are able.

