

Joy of Singing: Vocal Lessons

Raise up your voice and make a joyful sound. Learn vocal warm-ups, breathing techniques, song presentations and how to entertain using a microphone. Beginners and advanced singers are welcome.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
W	6:00-8:30pm	Jan 6-Jan 27	Youth Center	L. Martin	\$20	\$26	13105-1
W	6:00-8:30pm	Feb 3-Feb 24	Youth Center	L. Martin	\$20	\$26	13105-2
W	6:00-8:30pm	Mar 3-Mar 17	Youth Center	L. Martin	\$15	\$20	13105-3
W	6:00-8:30pm	Apr 7-Apr 28	Youth Center	L. Martin	\$20	\$26	13105-4
W	6:00-8:30pm	May 5-May 26	Youth Center	L. Martin	\$20	\$26	13105-5

Beginning and Intermediate Piano Instruction

Individual instruction for beginning and intermediate skill levels. Class covers basic skills, reading of music, scales, finger exercises, chord familiarity, and melody harmonization. Pre-register at Casanova Oak Knoll Park Center, 735 Ramona Avenue, Hilltop Park Center, 871 Jessie Street or the Monterey Youth Center, 777 Pearl Street. For registration information, call Casanova Oak Knoll Park Center at 646-5665, Hilltop Park Center at 646-3975 or the Monterey Youth Center at 646-3873. Classes are ½ hour in length.

For ages 6-18 years.

DAY	TIME	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE
M	5:00-8:00pm	Casanova Oak Knoll	I. Jossan	\$75	\$98
Th	5:00-8:00pm	Casanova Oak Knoll	I. Jossan	\$75	\$98
Tu	3:00-7:00pm	Youth Center	J. Paonessa	\$75	\$98
W	1:30-7:00pm	Youth Center	J. Paonessa	\$75	\$98
Th	4:00-7:30pm	Hilltop Park	S. Skorich	\$75	\$98

Spring Music Recital

This free melodic event showcases the talented students from the music program of Casanova Oak Knoll Park Center, the Monterey Youth Center and Hilltop Park Center. Come and enjoy the annual Spring Music Recital at Hilltop Park Center!

For all ages.

DAY	TIME	SESSIONS	LOCATION	FEE
Th	6:30-8:30pm	May 20	Hilltop Park	Free

Theater for Kids

Explore your passion for acting in this exciting acting-skills workshop that covers acting techniques, movement, vocal exercises, stage presence and games. This workshop emphasizes self-esteem, self-expression and FUN!

For ages 5-7 years.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
F	3:15-4:00pm	Jan 8-Feb 12	Hilltop Park	M. Dawson	\$60	\$78	17570-1
F	3:15-4:00pm	Apr 2-May 7	Hilltop Park	M. Dawson	\$60	\$78	17570-2

Adults and Seniors

Monterey Senior Center

The Monterey Senior Center is open from 9:00am to 5:00pm, Monday through Friday. Located at the corner of Dickman and Lighthouse Avenues, behind Scholze Park, this center is devoted primarily to Adult and Senior activities, such as sewing, ceramics needlepoint, Line Dance and Art for Beginners. There are other classes and activities for the general public to enjoy. Please call for further information: 646-3878.

DIABETIC SUPPORT GROUP—Meets the second Thursday of each month at 10:00am

N.A.R.F.E. (National Association of Retired Federal Employees) - Meets on the third Monday monthly at 1:00pm

Alliance on Aging

The Alliance on Aging is a non-profit organization whose mission is to help elders live securely, productively and independently. A multi-purpose agency, the Alliance on Aging sponsors programs that serve seniors and their caregivers. Many Alliance services are offered at the Monterey Senior Center. For more information call 646-1458.

Alliance on Aging programs include:

Wellness Support Services	Health Insurance Counseling & Advocacy (HICAP)
Information and Assistance	OMBUDSMAN for long term care
Senior Employment	Tax Counseling
Peer Counseling and Support	

Taxi Scrip

Monterey Resident Seniors (65 and older) may purchase Taxi Scrip booklets for travel in Monterey, Seaside, Sand City and Del Rey Oaks. \$20 booklets sell for \$10. This is a 50% discount. Booklets may be purchased at the Monterey Senior Center, Casanova Oak Knoll Park Center, and the Recreation and Community Services Department office. **Proof of age and residency is required.**

For Seniors (65 and older).

Bingo

Stay for a lively game of Bingo, Black Out, Four Corners, Wild Card and much more! Enjoy refreshments and fun prizes too!

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M	12:30-2:30pm	Continuous <i>(No Bingo Dec 28, Jan 18, Feb 15 and May 31))</i>	Senior Center	Staff	\$.50 per card/10 card maximum

Bridge Instruction

Enjoy the mental stimulation and camaraderie of a game for fellowship and fun. The emphasis is on social bridge, not duplicate. Previous experience is not necessary. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	12:30-2:30pm	Continuous	Senior Center	J. Howell	None

Ceramics-Creating With Clay

Create original clay pieces through the hand modeling, glazing and firing process. This class offers basic pinch, slab and coil pottery techniques as well as advanced methods of sculpting and decorating. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	9:00am-12:00pm	Continuous <i>(No class Dec 24)</i>	Senior Center	J. Riley	Provide own materials.

Coffee and Conversation

Join your neighbors on Friday mornings for fresh brewed coffee, pastries and to enjoy a friendly chat. Relax and watch the news or morning shows, discuss current events, play games or try out our new Nintendo Wii game system.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
F	9:30-11:30am	Continuous <i>(No program Dec 25 and Jan 1)</i>	Senior Center	Staff	None

Friday Fitness

Exercise for strength and flexibility with low impact aerobic activity and a focus on balance and core work.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
F	10:30-11:30am	Jan 8-Apr 9	Senior Center	M. Schupp	\$42	\$55	16060-1

Needlepoint

Join others who love to create beautiful needlepoint treasures. Produce art projects, pillows and "paintings" by using a variety of stitches and stitching techniques. Join the class anytime. All levels welcome. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Tu	9:00am-12:00pm	Continuous	Senior Center	R. Flippo	Provide own materials.

Nintendo: Wii Play

Challenge each other to a game of bowling, tennis or baseball. Utilize your game skills while getting exercise and increasing movement, body control and brain fitness.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	3:00-5:00pm	Continuous	Senior Center	Staff	None

Pool Pals

Pool Pals is a free, drop-in billiards program. Bring a friend to share an afternoon enjoying a challenging game of pool.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	FEE
M-F	1:00-3:00pm	Continuous <i>(No program Dec 24, 25, Jan 1, 18, Feb 15, Mar 29, 30, 31, Apr 1, 2 and May 31)</i>	Casanova Oak Knoll	None

Public Access Computers

The Senior Center has three personal use computers with Internet access available. Please call 646-3878 to check availability. Sign-in is required each time you use the computer.

For Adults and Seniors.

DAY	TIME/SESSIONS	LOCATION	FEE
M-F	Continuous	Senior Center	None

Senior-Cise

Achieve cardiovascular fitness and flexibility through exercise routines and dance steps. Includes warm-up, low impact aerobics, muscle toning, cool-down and stretching. Co-sponsored by Monterey Peninsula College. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
M,W	10:30-11:30am	Continuous <i>(No class Dec 28, Jan 18, Feb 15 and May 31)</i>	Senior Center	M. Schaupp	None

Sewing-Basic and Advanced

Learn basic sewing or sharpen your advanced skills. Sew simple projects or learn to tailor suits, coats, jackets, and pants. You can even design and sew your own garments. Join the class at any time. All levels welcome. Register at first class.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
W	9:30am-4:30pm	Continuous	Senior Center	L. Alonso	None

Thursday Matinee

Current hits and favorite classics are featured weekly! Please call 646-3878 on Thursday morning for the exciting movie of the day.

For Adults and Seniors.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Th	1:00-3:30pm	Continuous <i>(No movie Dec 24)</i>	Senior Center	Staff	None



Special Programs

The Friday Social

Fun, food and friends are the magic ingredients for the Friday Social. This is a time for challenged adults to socialize while enjoying dinner and dancing. Register at the Monterey Senior Center.

For ages 18 and older.

DAY	TIME	SESSIONS	LOCATION	FEE
First Friday of each month	6:30-8:30pm	Continuous <i>(No Social Jan 1)</i>	Senior Center	None