

### 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