



# CLASS SCHEDULE JULY 2019

CHANGES SUBMITTED AFTER JUNE 17 WILL NOT BE REFLECTED IN THIS PUBLICATION

Registration required prior to attending. All classes offered (other than\*) at Fremont Senior Center, 40086 Paseo Padre Pkwy, Fremont, CA 94538. Ph: 510.790.6600

## MONDAY — NO CLASSES JULY 22

Program	Time	Room	Instructor	Fee/Donation
Tai Chi	8.15—9.15	Wing A	James Chew	Free
Quilters Club	9.00—12.00	Wing B	Emilia Alvelais	Free
*Harmonica	10.30—11.30	Carlton Sr. Liv.	David Mandell	Free
BINGO! (1st & 3rd)	11.00—2.30	Wing A	Shirley Lancaster	Fee
Matter of Balance	12.30—2.30	Wing B	Life Eldercare Staff	Free
*New Life Line Dance (7/8 and 7/29 only)	12.30—2.30	Wing A	Lily Zhou & Sophie Wang	Donation
Spanish Immersion	12.45—2.30	Wing B	Aurelia Martinez	Free
Beginner Zumba Gold	2.45—3.45	Wing A	Marie Magsakay	\$30(m)/\$50(n)
Chair Yoga	3.00—4.00	Wing B	Shari Gent	Donation
Zumba Gold	3.45—4.45	Wing A	Marie Magsakay	\$30(m)/\$50(n)

## TUESDAY — NO CLASSES JULY 23

Program	Time	Room	Instructor	Fee/Donation
Meditation	8.00—8.30	Wing B	John Holmes	Free
Zumba Gold	8.30—9.30	Wing A	Marie Magsakay	\$30(m)/\$50(n)
Yoga/Stretch	8.45—9.45	Wing B	Shari Gent	Donation
Creative Writing	10.00—12.15	Wing B	Students	Free
Fremontaires	12.45—3.00	Pool Room	George Pereira	Free
Needlecrafts	1.00—3.00	MPR	Debbie Haigler	Free
Bridge	1.00—2.30	Wing B	Don or Seiko	Free
Ping Pong	1.30—4.30	Wing B/PS	No instructor	Free
Tai Chi	3.00—4.15	Wing A	Irene Cheung	Free
Ukulele	3.15—4.45	MPR	N/A	Free

## WEDNESDAY — NO CLASSES JULY 24

Program	Time	Room	Instructor	Fee/Donation
Tai Chi	8.15—9.15	Wing A	Barbara Gessner	Free
Senior Fitness	8.15—9.15	Wing B	Kay Cooley	Donation
Current Events	10.00—11.30	MPR	Ben Fernandez	Free
Intro to Drawing	10.30—12.00	Wing B	Richard O'Clarke	Free
BINGO! (1st & 3rd)	11.00—2.30	Wing A	Shirley Lancaster	Fee
Mah Jongg	12.15—3.00	Wing B	Mae Xavier	Free
Drawing & Acrylic Painting	1.30—3.30	MPR	Aurelia Martinez	Free
Hatha Yoga	3.15—4.15	Wing B	Jana Sokale	Donation
Drop In Technology	3.30—4.30	MPR	High School Students	Free

(m)= member (n)= non-member

FCC = Fremont Community Center

## THURSDAY — NO CLASSES JULY 4

Program	Time	Room	Instructor	Fee/Donation
Yoga	9.30—10.30	Wing A	Kay Emanuele	Donation
Transportation Services (2nd Thurs)	10.00—12.00	Wing B	Pamela Gutierrez	Free
Yoga 2	10.45—11.45	Wing A	Kay Emanuele	Donation
*Book Club (3rd Thurs)	10.45—11.45	Panera on Mowry	Asha Sachdeva	Free
American Sign Language	1.30—2.30	Wing B	Elders	Free
Dance	1.30—3.30	Wing A	N/A	\$5.00

## FRIDAY

Program	Time	Room	Instructor	Fee/Donation
Senior Fitness	8.15—9.15	Wing A	Kay Cooley	Donation
Tai Chi	9.30—10.30	Wing B	Pat Ngata Tchang	\$36(m)/\$48(n)
Chinese Calligraphy	9.30—11.30	Wing A	Qiwu Wong	Free
Let's Keep it Moving	11.00—12.00	Wing B	Pat Nagata Tchang	\$40(m)/\$60(n)
*New Life Line Dance (7/12 and 7/19 only)	12.30—2.30	Wing A	Lily Zhou & Sophie Wang	Donation
Bridge	1.00—3.00	Wing B	Don or Seiko	Free
Needlecrafts	1.00—3.00	MPR	Debbie Haigler	Free
Ping Pong	1.30—4.30	Wing B/PS	No instructor	Free
Tai Chi	3.00—4.15	Wing A	Irene Cheung	Free

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## CULTURAL AND SPECIAL INTEREST GROUPS

**Afghan Elderly Association**  
July 10, No July 24  
11am—3pm

\*typically 2nd and 4th Wednesday of each month

**Caregiver Support Group**  
10am—12pm No July 23  
Every Tuesday

**Chinese Senior Club**  
July 11

9am—3pm Wing B  
\*typically 1st Thursday of each month

**East Indian Seniors**  
July 9, No July 23  
3pm—4.45pm

\*typically 2nd and 4th Tuesday of each month

**FISA (Fremont Indian Seniors Association)**  
July 2 and 16  
10am—1.15pm

1st and 3rd Tuesday of each month

**Garden Club**

July 5  
1pm—2pm  
1st Friday of each month

**INSAF (Indo American Seniors)**  
July 9, No July 23

10am—1.15pm  
\*typically 2nd and 4th Tuesday of each month

**Los Amigos**  
July 2  
1pm—4pm

1st Tuesday of each month

**Muslim Support Network**  
No July 22  
11am—2pm

\*typically 4th Monday of each month

**NARFE**  
July 26

11:30am—2pm  
4th Friday of each month

**Parkinson Support Group**  
No July 22

7—9pm  
\*typically 4th Monday of each month

**Senior Commission Meeting**  
No Meeting  
9.30am—11am

\*typically 4th Friday of each month