

# CLASS SCHEDULE JANUARY 2020

CHANGES SUBMITTED AFTER NOVEMBER 27 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 ON JANUARY 20				
Program	Time	Room	Instructor	Fee/Donation
Billiards/Pool	8.00—4.45	Pool Rm.	N/A	Free
Tai Chi	8.15—9.15	Wing A	James Chew	Free
Quilters Club	9.00—12.00	Wing B/SS	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
Spanish Immersion	12.45—2.30	Wing B/SS	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	Kay Emanuele	Donation
Zumba Gold	3.45—4.45	Wing A	Marie Magsakay	\$30(m)/\$50(n)

TUESDAY				
Program	Time	Room	Instructor	Fee/Donation
Billiards/Pool	8.00—4.45	Pool Rm.	N/A	Free
Meditation	8.00—8.30	Wing B	John Holmes	Free
Zumba Gold	8.30—9.30	Wing A	Marie Magsakay	\$36(m)/\$60(n)
Yoga/Stretch	8.45—9.45	Wing B	Sobha Sunderraja	Donation
*Yuanji	9.00—11.00	FCC	Teresa Lee & Su-Yen Wang	Free
Creative Writing	10.00—11.15	Wing B/SS	Elaine Rodgers	Free
*New Life Line Dance	11.00—1.00	FCC	Lily Zhou & Sophie Wang	Free
Needlecrafts	1.00—3.00	MPR	Debbie Haigler	Free
*Happy Ballroom Dance	1.00—3.00	FCC	Peter Xia & Li Ying Wu	Free
Fremontaires	1.00—3.00	Conf. Rm	Donna Schmidt	Free
Bridge	1.00—2.30	Wing B/SS	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 ON JANUARY 1				
Program	Time	Room	Instructor	Fee/Donation
Billiards/Pool	8.00—4.45	Pool Rm.	N/A	Free
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/SS	Richard O'Clarke	Free
BINGO! (1st & 3rd)	11.00—2.30	Wing A/SS	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				
Program	Time	Room	Instructor	Fee/Donation
Billiards/Pool	8.00—4.45	Pool Rm.	N/A	Free
Yoga	9.30—10.30	Wing A	Kay Emanuele	Donation
Transportation Services (2nd Thurs)	10.00—12.00	Wing B/SS	Pamela Gutierrez	Free
Heartfulness Meditation	10.00-11:00	Wing B/SS	Pramila Talisetti	Donation
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/PS	Elders	Free
Dance	1.30—3.30	Wing A	N/A	\$5.00

FRIDAY				
Program	Time	Room	Instructor	Fee/Donation
Billiards/Pool	8.00—4.45	Pool Rm.	N/A	Free
Senior Fitness	8.15—9.15	Wing A	Kay Cooley	Donation
*Yuanji	9.00—11.00	FCC	Teresa Lee & Su-Yen Wang	Free
Tai Chi	9.30—10.30	Wing B	Pat Ngata Tchang	\$40(m)/\$60(n)
Chinese Calligraphy	9.30—11.30	Wing A/PS	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	11.00—1.00	FCC	Lily Zhou & Sophie Wang	Free
*Happy Ballroom Dance	1.00—3.00	FCC	Peter Xia & Li Ying Wu	Free
Bridge	1.00—3.00	Wing B/SS	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**  
 January 8 and 22  
 11am—3pm  
 2nd and 4th Wednesday of each month

**Caregiver Support Group**  
 10am—12pm  
 Every Tuesday

**Chinese Senior Club**  
 January 2  
 9am—3pm  
 1st Thursday of each month

**East Indian Seniors**  
 January 14 and 28  
 3pm—4.45pm  
 2nd and 4th Tuesday of each month

**FISA (Fremont Indian Seniors Association)**  
 January 7 and 21  
 10am—1.15pm  
 1st and 3rd Tuesday of each month

**Garden Club**  
 January 3  
 11.30am—2.30pm  
 1st Friday of each month

**INSAF (Indo American Seniors)**  
 January 14 and 28  
 10am—1.15pm  
 2nd and 4th Tuesday of each month

**Los Amigos**  
 January 7  
 1pm—4pm  
 1st Tuesday of each month

**Muslim Support Network**  
 January 27  
 11am—2pm  
 4th Monday of each month

**NARFE**  
 No meeting this month  
 \*typically meets 4th Friday.

**Parkinson Support Group**  
 January 27  
 7—9pm

**Senior Commission Meeting**  
 January 24  
 9.30am—11am  
 4th Friday of each month