

CLASS SCHEDULE NOVEMBER 2018

CHANGES SUBMITTED AFTER OCTOBER 14 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 NOVEMBER 12				
Program	Time	Room	Instructor	Fee/Donation
Tai Chi (FULL)	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 Mon)	11.00–2.30	Wing A	Shirley Lancaster	Fee
Spanish Immersion	12.45–2.30	Wing B	Aurelia Martinez	Free
Beginner Zumba Gold	2.45–3.45	Wing A	Marie Magsakay	\$25(m)/\$45(n)
Chair Yoga (FULL)	3.00–4.00	Wing B	Subash Khanijow	Donation
Zumba Gold	3.45–4.45	Wing A	Marie Magsakay	\$25(m)/\$45(n)

TUESDAY				
Program	Time	Room	Instructor	Fee/Donation
Meditation	8.00–8.30	Wing B	N/A	Free
Zumba Gold	8.30–9.30	Wing A	Marie Magsakay	\$25(m)/\$45(n)
Yoga/Stretch (FULL)	8.45–9.45	Wing B	Shari Gent	Donation
*Yuanji	9.00–11.00	FCC	Teresa Lee & Su-Yen Wang	Free
Creative Writing	10.00–11.00	Wing B		Free
*New Life Line Dance	11.00–1.00	FCC	Lily Zhou & Sophie Wang	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
*Happy Ballroom Dance	1.00–3.00	FCC	Peter Xia & Li Ying Wu	Free
Ping Pong	1.30–4.30	Wing B/PS	No instructor	Free
Tai Chi (FULL)	3.00–4.15	Wing A	Irene Cheung	Free
Ukulele (1st & 3rd)	3.15–4.45	Lobby	N/A	Free

WEDNESDAY				
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 Clarke	Free
BINGO! (3rd & 5th Weds)	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 (FULL)	3.15–4.15	Wing B	Shari Gent	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 ON NOVEMBER 22				
Program	Time	Room	Instructor	Fee/Donation
Yoga (FULL)	9.30–10.30	Wing A	Kay Emmanuel	Donation
Mobility Management (2nd Thurs)	10.00–12.00	Lobby	Pamela Gutierrez	Free
Yoga 2 (FULL)	10.45–11.45	Wing A	Kay Emmanuel	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
Ukulele (2nd & 4th)	3.15–4.45	Wing B	N/A	Free
Chess	3:45-4:45	Wing B	Students	Free

FRIDAY - NO CLASSES ON NOVEMBER 23				
Program	Time	Room	Instructor	Fee/Donation
Senior Fitness (FULL)	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	\$36(m)/\$48(n)
Chinese Calligraphy	9.30–11.30	Wing A	Susan Chen	
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
Bridge	1.00–3.00	Wing B	Don or Seiko	Free
Needlecrafts	1.00–3.00	MPR	Debbie Haigler	Free
*Happy Ballroom Dance	1.00–3.00	FCC	Peter Xia & Li Ying Wu	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
November 14 and 28
11am–3pm Wing A
2nd and 4th Wednesday of each month

Caregiver Support Group
10am–12pm Wing B
Every Tuesday

Chinese Senior Club
November 1
9am–3pm Wing B
1st Thursday of each month

East Indian Seniors
November 13 and 27
3pm–4.45pm Wing B
2nd and 4th Tuesday of each month

FISA (Fremont Indian Seniors Association)
November 6 and 20
10am–1.15pm Wing A
1st and 3rd Tuesday of each month

Garden Club
November 2
1–2pm Wing A
1st Friday of each month

INSAF (formerly Indo American Seniors)
November 13 and 27
10am–1.15pm Wing A
2nd and 4th Tuesday of each month

Los Amigos
November 6
1pm–4pm Wing B
1st Tuesday of each month

Muslim Support Network
November 26
11am–2pm Wing A
4th Monday of each month

Parkinson Support Group
November 26
7–9pm Wing A
4th Monday of each month

Senior Commission Meeting
November 16 *typically
4th Friday
9.30–11am Wing A
4th Friday of each month

NARFE
No meeting *typically 4th Friday
11.30am–2pm Wing A
4th Friday of each month