

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner Line Dance Y 9:00—11:00 am Crochet O 10:30—11:30am Intermediate Line Dance A 12:00—3:00 pm Skip Bo RR (1st Monday) 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00—4:30 pm 5 Crowns M 2:00—3:00 pm AARP Board Mtg. (1st Mon) O	7:00—Noon Art Class O 7:45—8:45 am Core, Strength & Balance A 9:00—10:15 am Yoga Y 9:00—10:00 am Beginner Line Dance A 9:00—10:00 am November Beginner Class M 9:15— 10:15 am Encompass Health L 9:00—11:00 am Hear on Earth (1st Tues only) P 10:30—11:30 am Intermediate Line Dance A 1:00—4:00 pm Hand & Foot M (MaryAnn) 12:30—4:30 pm Bridge (ACBL) Y 1:00—5:00 pm Mah Jong O 6:00—8:45 pm Pinochle O 6:30—7:30 pm Beginner Line Dance Y 6:30—9:00 pm Big Win Bingo A	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner Workshop Y 9:00—10:00am Intermediate Line Dance M 10:30—11:30 am Intermediate Line Dance A 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00—4:00 pm Mexican Train M 1:00—4:00 pm Hand & Foot RR (Beth) 1:00—3:00 pm Marbles O 5:00—9:00 pm Beading Y 6:00—8:30 pm Bunco Belles (1st Wed) M 6:00—9:30 p m Ping Pong	7:45—8:45 am Core, Strength & Balance A 9:00—5:00 pm Zia Quilting Y (Luncheon 1st Thurs) 12:30—3:30 pm Club Bridge O 1:00—3:00 pm Skip Bo M 6:00—8:45 pm Pinochle O 6:00—8:00 pm Alien Bingo A (Potluck 1st Thurs) 6:00—8:45 pm Thurs. Night Bunco M (1st Thurs) 6:30—8:45 pm Western Jam Y (1st Thurs.)	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:15 am Yoga Y 9:00—10:15 am Hand Quilters M 10:30—11:30 am Disability Group (1st Fri) A 12:00—3:30 pm Canasta (1st Fri) M 1:00-4:00 pm Bridge (ACBL) Y 12:30—4:00 pm 2 Table Bridge O (1st & 3rd) 3:00 — 5:00 p m Ping Pong 5:30—9:30 pm Dominoes M 7:00-9:30 pm Dance/Potluck (1st Fridays only)
Week 2	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner Line Dance Y 9:00—11:00 am Crochet O 10:30—11:30am Intermediate Line Dance A 12:30—3:00 pm Skip Bo O 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00—4:30 pm 5 Crowns M	7:00—Noon Art Class O 7:45—8:45 am Core, Strength & Balance A 9:00—10:15 am Yoga Y 9:00—10:00 am Beginners Line Dance A 9:00—10:00 am November Beginner Class M 9:15— 10:15 am Encompass Health L 10:30—11:30 am Intermediate Line Dance A 1:00—4:00 pm Hand & Foot M (MaryAnn) 12:30—5:00 pm Bridge (ACBL) Y 1:00—3:00 pm iPad Class (2nd Tuesday) L 1:00—5:00 pm Mah Jong O 6:00—8:45 pm Pinochle O 6:30—7:30 pm Beginner Line Dance Y 6:30—9:00 pm Big Win Bingo A	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner Workshop Y 9:00—10:00am Intermediate Line Dance M 10:30—11:30 am Intermediate Line Dance A 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00—4:00 pm Mexican Train M 1:00—4:00 pm Hand & Foot RR (Beth) 1:00—3:00 pm Marbles O 5:00—9:00 pm Beading Y 6:00—9:30 pm Ping Pong	7:45—8:45 am Core, Strength & Balance A 9:00 —5:00 pm Zia Quilting Y 12:30—3:30 pm Club Bridge O 1:00—3:00 pm Skip Bo M 6:00—8:45 pm Pinochle O 6:00—8:00 pm Alien Bingo A 6:30—8:45 pm Western Jam M	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone A 9:00—10:15 am Yoga Y 9:00—12:00 pm Hand Quilters M 11:00—3:00 pm Bunco <i>Judy Dycus</i> O 1:00-4:00 p.m. Bridge (ACBL) Y 1:00—4:00 pm Farkle RR (2nd & 4th) 3:00 — 5:00 p m Ping Pong 5:30—9:30 pm Dominoes M
Week 3	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner Line Dance Y 9:00—11:00 am Crochet O 10:30—11:30am Intermediate Line Dance A 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00— 3:00 pm Skip Bo O 1:00—4:30 pm 5 Crowns M 3:00—4:30 pm AARP (3rd Monday) A	7:00—Noon Art Class O 7:45—8:45 am Core, Strength & Balance A 9:00—10:15 am Yoga Y 9:00—10:00 am Beginners Line Dance A 9:00—10:00 am November Beginner Class M 9:00—10:00 am Intermediate Line Dance A 9:15— 10:15 am Encompass Health L 1:00—4:00 pm Hand & Foot M (MaryAnn) 12:30—5:00 pm Bridge (ACBL) Y 1:00—5:00 pm Mah Jong O 6:00—8:45 pm Pinochle O 6:30—7:30 pm Beginner Line Dance Y 6:30—9:00 pm Big Win Bingo A	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner WK Y 9:00—10:00am Intermediate Line Dance M 10:30—11:30 am Intermediate Line Dance A 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00—4:00 pm Mexican Train M 1:00—4:00 pm Hand & Foot RR (Beth) 1:00—3:00 pm Marbles O 5:00—9:00 pm Beading Y 6:00—9:30 pm Ping Pong	7:45—8:45 am Core, Strength & Balance A 9:00—5:00 pm Zia Quilting Y 1:00—3:00 pm Skip Bo M 6:00—8:45 pm Pinochle O 6:00—8:00 pm Alien Bingo A 6:30—8:45 pm Western Jam M	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:15 am Yoga Y 9:00—12:00 pm Hand Quilters M 1:00—4:00 pm Bridge (ACBL) Y 12:30—4:00 pm 2 Table Bridge O (1st & 3rd) 3:00 — 5:00 p m Ping Pong 5:30— 9:30 pm Dominoes M
Week 4	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00—10:00 am Beginner Line Dance Y 9:00—11:00 am Crochet O 10:30—11:30am Intermediate Line Dance A 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00— 3:00 pm Skip Bo O 1:00—4:30 pm 5 Crowns M	7:00—Noon Art Class O 7:45—8:45 am Core, Strength & Balance A 9:00—10:15 am Yoga Y 9:00—10:00 am Beginners Line Dance A 9:00—10:00 am November Beginner Class M 9:15— 10:15 am Encompass Health L 10:30—11:30 am Intermediate Line Dance A 1:00— 4:00 pm Hand & Foot M (MaryAnn) 12:30—5:00 pm Bridge (ACBL) Y 1:00—3:00 pm iPad Class (4th Tuesday) L 1:00—5:00 pm Mah Jong O 6:00—8:45 pm Pinochle O 6:30—7:30 pm Beginner Line Dance Y 6:30 - 9:00 pm Big Win Bingo A	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:00 am Improver Line Dance A 9:00 —10:00 am Beginner WK Y 9:00—10:00am Intermediate Line Dance M 10:30—11:30 am Intermediate Line Dance A 12:30—4:30 pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge A 1:00—4:00 pm Mexican Train M 1:00—4:00 pm Hand & Foot RR (Beth) 1:00—3:00 pm Marbles O 5:00—9:00 pm Beading Y 6:00—9:30 pm Ping Pong	7:45—8:45 am Core, Strength & Balance A 9:00—5:00 pm Zia Quilting Y 11:00—4:00pm Bunco - M (J.Dycus last Thurs) 12:30—3:30 pm Club Bridge O 1:00—3:00 pm Skip Bo RR 6:00—8:45 pm Pinochle O 6:00—8:00 pm Alien Bingo A 6:30—8:45 pm Western Jam M	7:45—8:45 am Aerobics A 8:00—9:00 am Stretch & Tone M 9:00—10:15 am Yoga Y 9:00—12:00 pm Hand Quilters M 1:00—4:00 pm Bridge (ACBL) Y 1:00—4:00 pm Farkle RR (2nd & 4th) 3:00 — 5:00 p m Ping Pong 5:30—9:30 pm Dominoes M

A—Auditorium **L**—Library **M**—Mesa **O**—Ocotillo **P**—Puzzle Room **RR**—Road Runner **Y**—Yucca

Activity Schedule

North Mesa Senior Rec. Center

1112 N. Mesa Street • Carlsbad, NM 88220 • 575-885-6487

Hours:

Monday	7:00 am— 5:00 pm
Tuesday & Thursday	7:00 am— 9:00 pm
Wednesday & Friday	7:00 am—10:00 pm

Physical Fitness

Aerobics

Monday, Wednesday, Friday..... 7:45—8:45 am

Strength, Core & Balance

Tuesday & Thursday.....7:45—8:30 am

Stretch & Tone

Monday, Wednesday & Friday 8:00—9:00 am

Yoga

Tuesdays & Fridays...9:00—10:15 am

Fitness Room

..... Daily

Ping Pong

Wednesdays.....6:00—9:30pm & Fridays.....3:00—5:00pm

Fitness Equipment Instruction..... **Must RSVP at front desk**

Meetings

AARP 3rd Monday 2:00—3:00 pm

AARP Board 1st Monday 3:00—4:00 pm

Defensive Driving Friday See Front Desk and/or Newsletter for exact date/time

Disability Group 1st Friday..... 10:30 am—11:30 am

Disabled Networking & Social Group

2nd and 4th Saturdays.....3:00pm-6:00pm

Health & Wellness

Hear on Earth Hearing Tests & Hearing Aids

1st Tuesday of each month..... 9:00—11:00 am

Encompass Health Check

Every Tuesday.....9:15—10:15 am

Potlucks/Socials

Alien Bingo Potluck

1st Thursday 6:00—8:00 pm

Friday Night Dance/Potluck.....7:00— 9:30 pm

1st Friday

Senior Socials

Friday when scheduled 12:00—1:00 pm

Card Games

2 Table Bridge

1st & 3rd Friday..... 12:00—4:00 pm

5 Crowns

Mondays 1:00—5:00 pm

Bridge (ACBL) (closed group)

Monday, Tuesday & Wednesday..... 12:30—4:30 pm

Fridays 1:00-5:00 pm

Club Bridge (closed group)

Thursdays (except 3rd).....12:30-3:30 pm

Canasta

1st Friday 12:00—3:30 pm

Hand & Foot

Tuesdays 1:00—4:00 pm

Wednesdays (closed group).....1:00—4:00 pm

Pinochle

Tuesdays & Thursdays.....6:00—9:00 pm

Skip Bo

Mondays & Thursdays.....1:00 —3:00 pm

Arts & Crafts

Art Classes

Tuesdays 7:00 am—12:00 pm

Beading

Wednesdays 6:00 pm—9:00 pm

Crochet

Mondays 9:00—11:00 am

Friday Hand Quilters

Fridays 9:00 am—12:00 pm

Zia Quilting & Stitchery Guild

Thursdays.....9:00 am—5:00 pm

Educational Programs

iPad Class

2nd & 4th Tuesday..... 1:00—3:00 pm

Bridge Lessons

.....by request

Music & Dancing

Western Jam

Thursdays.....6:30—8:45 pm

Line Dance (Beginner)

Mondays & Wednesdays 9:00—10:00 am

Tuesdays.....6:30—7:30 pm

Line Dance (November Beginner Class)

Tuesday 9:00—10:00 am

Line Dance (Intermediate)

Mon., Tues., & Wed.....10:30—11:30 am

Line Dance (Improver Workshop)

Tuesdays..... 9:00—10:00 am

Line Dance (Intermediate Workshop)

Wednesdays..... 9:00—10:00 am

**New dancers will start in the beginners class*

Friday Night Dances w/Potluck

1st Fridays.....7:00 — 9:30 pm

Miscellaneous Games

Big Win Bingo

Tuesday (\$7.00 Master Pack)..... 6:30— 9:00 pm

Alien Bingo

Thursdays (25¢ per card) 6:00—8:00 pm

Bunco

1st Thursday 6:00—8:45 pm

Bunco Belles (closed group)

1st Wednesday 6:00—8:30 pm

Bunco (closed group)

Last Thursday 11:00 am—4:00pm

2nd Friday 11:00 am—4:00pm

Dominoes

Fridays 6:00—8:30 pm

Farkle Wednesdays.....1:00pm—5:00 pm

Friday (2nd & 4th)1:00pm—5:00 pm

Mah Jong

Tuesdays 1:00—5:00 pm

Marbles

Wednesdays 1:00—3:00 pm