

	Monday	Tuesday	Wednesday	Thursday	Friday			
Week 1	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 12:30—4:30 pm Bridge (ACBL) 1:00—3:00 pm Skip Bo 1:00—4:30 pm 5 Crowns 2:00—3:00 pm AARP Board Meeting (1st Mon) 3:00—4:30 pm Crochet	7:45—8:45 am Aerobics 9:00—10:30 am Yoga 9:00—12:00 pm Art Class 8:30—11:30 am Hear on Earth (1st Tues) 10:30—11:30 am Advanced Line Dance 12:30—4:00 pm Hand & Foot 12:30—5:00 pm Bridge (ACBL) 1:00—5:00 pm Mah Jong 5:00—8:45 pm Pinochle 6:30—7:30 pm Beginner Line Dance	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:00 am Beginner Line Dance 9:00—10:00 am Advanced Line Dance Wkshp 10:00—12:00 pm Greeting Card Class 10:30—11:30 am Advanced Line Dance 1:00—4:00 pm Mexican Train 12:30—5:00 pm Bridge (ACBL) 1:00—3:00 pm Farkle 1:00—3:00 pm Marbles 5:00—9:00 pm Beading 6:00—9:30 pm Bunco Belles (1st Wed) 7:00—9:30 pm Dance	7:45—8:45 am Aerobics 9:00 am—5:00 pm Zia Quilting 1:00—3:00 pm Skip Bo 5:00—7:00 pm Bridge Lessons 5:00—8:45 pm Pinochle 6:00—8:00 pm Bingo Potluck (1st Thurs) 6:00—8:30 pm Bunco (1st Thurs) 6:30—8:45 pm Western Jam	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:30 am Yoga 9:00—12:00 pm Hand Quilters 10:30—11:30 am Disability Group (1st Fri) 11:00—4:00 pm Lady Luck Bunco 12:00—3:30 pm Canasta 12:00—5:00 pm 2 Table Bridge 5:00—9:45 pm Bridge (ACBL) 5:00—8:00 pm Dominoes 7:00—9:30 pm Dance			
	Week 2	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 12:30—4:30 pm Bridge (ACBL) 1:00—3:00 pm Skip Bo 1:00—4:30 pm 5 Crowns 3:00—4:30 pm Crochet	7:45—8:45 am Aerobics 9:00—10:30 am Yoga 9:00—12:00 pm Art Class 10:30—11:30 am Advanced Line Dance 12:30—4:00 pm Hand & Foot 12:30—5:00 pm Bridge (ACBL) 1:00—2:00 pm iPad Class (2nd Tuesday) 1:00—5:00 pm Mah Jong 5:00—8:45 pm Pinochle 6:30—7:30 pm Beginner Line Dance	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:00 am Beginner Line Dance 9:00—10:00 am Advanced Line Dance Wkshp 10:00—12:00 pm Greeting Card Class 10:30—11:30 am Advanced Line Dance 1:00—4:00 pm Mexican Train 12:30—5:00 pm Bridge (ACBL) 1:00—3:00 pm Farkle 1:00—3:00 pm Marbles 5:00—9:00 pm Beading 7:00—9:30 pm Dance	7:45—8:45 am Aerobics 9:00 am—5:00 pm Zia Quilting 12:30—3:30 pm 2 Table Bridge (2nd Thurs) 1:00—3:00 pm Skip Bo 5:00—7:00 pm Bridge Lessons 5:00—8:45 pm Pinochle 6:00—8:00 pm Bingo 6:30—8:45 pm Western Jam	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:30 am Yoga 9:00—12:00 pm Hand Quilters 12:00—1:00 pm Senior Social (2nd Fri) 5:00—9:45 pm Bridge (ACBL) 5:00—8:00 pm Dominoes 7:00—9:30 pm Dance		
		Week 3	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 12:30—4:30 pm Bridge (ACBL) 1:00—3:00 pm Skip Bo 1:00—4:30 pm 5 Crowns 3:00—4:30 pm AARP (3rd Monday) 3:00—4:30 pm Crochet	7:45—8:45 am Aerobics 9:00—10:30 am Yoga 9:00—12:00 pm Art Class 10:30—11:30 am Advanced Line Dance 12:30—4:00 pm Hand & Foot 12:30—5:00 pm Bridge (ACBL) 1:00—5:00 pm Mah Jong 5:00—8:45 pm Pinochle 6:30—7:30 pm Beginner Line Dance	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:00 am Beginner Line Dance 9:00—10:00 am Advanced Line Dance Wkshp 10:00—12:00 pm Greeting Card Class 10:30—11:30 am Advanced Line Dance 1:00—4:00 pm Mexican Train 12:30—5:00 pm Bridge (ACBL) 1:00—3:00 pm Farkle 1:00—3:00 pm Marbles 5:00—9:00 pm Beading 7:00—9:30 pm Dance—Potluck (3rd Wed)	7:45—8:45 am Aerobics 9:00 am—5:00 pm Zia Quilting 1:00—3:00 pm Skip Bo 5:00—7:00 pm Bridge Lessons 5:00—8:45 pm Pinochle 6:00—8:00 pm Bingo 6:30—8:45 pm Western Jam	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:30 am Yoga 9:00—12:00 pm Hand Quilters 12:00—5:00 pm 2 Table Bridge 5:00—9:45 pm Bridge (ACBL) 5:00—8:00 pm Dominoes 7:00—9:30 pm Dance	
			Week 4	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:00 am Beginner Line Dance 9:00—10:00 am Intermediate Line Dance Wkshp. 10:30—11:30 am Intermediate Line Dance 12:30—4:30 pm Bridge (ACBL) 1:00—3:00 pm Skip Bo 1:00—4:30 pm 5 Crowns 3:00—4:30 pm Crochet	7:45—8:45 am Aerobics 9:00—10:30 am Yoga 9:00 am—12:00 pm Art Class 10:30—11:30 am Advanced Line Dance 12:30—4:00 pm Hand & Foot 12:30—5:00 pm Bridge (ACBL) 1:00—2:00 pm iPad Class (4th Tuesday) 1:00—5:00 pm Mah Jong 5:00—8:45 pm Pinochle 6:30—7:30 pm Beginner Line Dance	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:00 am Beginner Line Dance 9:00—10:00 am Advanced Line Dance Wkshp 10:00—12:00 pm Greeting Card Class 10:30—11:30 am Advanced Line Dance 1:00—4:00 pm Mexican Train 12:30—5:00 pm Bridge (ACBL) 1:00—3:00 pm Farkle 1:00—3:00 pm Marbles 5:00—9:00 pm Beading 7:00—9:30 pm Dance	7:45—8:45 am Aerobics 9:00 am—5:00 pm Zia Quilting 11:00 am—4:00 pm Lady Luck Bunco (last Thurs) 12:30—3:30 pm 2 Table Bridge (4th Thurs) 1:00—3:00 pm Skip Bo 5:00—7:00 pm Bridge Lessons 5:00—8:45 pm Pinochle 6:00—8:00 pm Bingo 6:30—8:45 pm Western Jam	7:45—8:45 am Aerobics 8:00—9:00 am Stretch & Tone 9:00—10:30 am Yoga 9:00—12:00 pm Hand Quilters 12:00—1:00 pm Senior Social (4th Fri) 5:00—9:45 pm Bridge (ACBL) 5:00—8:00 pm Dominoes 7:00—9:30 pm Dance



Activity Schedule

North Mesa Senior Rec. Center

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

Card Games

2 Table Bridge (Card Sharks)

2nd & 4th Thursday 12:30—3:30 pm

2 Table Bridge

1st & 3rd Friday 12:00—5:00 pm

5 Crowns

Mondays 1:00—5:00 pm

Bridge (ACBL)

Monday, Tuesday & Wednesday 12:30—5:00 pm

Fridays 5:00—9:30 pm

Canasta

1st Friday 12:30—3:30 pm

Hand & Foot

Tuesdays 12:30—4:00 pm

Pinochle

Tuesdays & Thursdays 5:00—9:00 pm

Skip Bo

1st & 3rd Thursday 1:00—3:00 pm

Miscellaneous Games

Bingo

Thursdays (25¢ per card) 6:00—8:00 pm

Bunco

1st Thursday 6:00—8:30 pm

Bunco Belles

1st Wednesday 6:00—9:30 pm

Dominoes

Fridays 6:00—8:30 pm

Farkle

Wednesdays 1:00—5:00 pm

Hand & Foot

Wednesdays 12:30—4:00 pm

Lady Luck Bunco

2nd Friday 11:00 am—4:00 pm

Last Thursday 11:00 am—4:00 pm

Mah Jong

Tuesdays 12:30—5:00 pm

Marbles

Wednesdays 1:00—3:00 pm

Music & Dancing

Dances

Wednesdays & Fridays 7:00—9:30 pm

Western Jam

Thursdays 6:30—8:30 pm

Line Dance (Beginner)

Mondays & Wednesdays 9:00—10:00 am

Tuesdays 6:30—7:30 pm

Line Dance (Intermediate)

Mondays 10:30—11:30 am

Tuesdays 9:00—10:00 am

Line Dance (Advanced)

Tuesdays & Wednesdays 10:30—11:30 am

Line Dance (Beginner Workshop)

Tuesdays 9:00—10:00 am

Line Dance (Pre-Beginner Workshop) - only if needed

Wednesday 9:00—10:00 am

Line Dance (Intermediate Workshop)

Mondays 9:00—10:00 am

Line Dance (Advanced Workshop)

Wednesdays 9:00—10:00 am

Arts & Crafts

Art Classes

Tuesdays 9:00 am—12:00 pm

Beading

Wednesdays 5:30—8:00 pm

Crochet

Mondays 3:00—4:30 pm

Greeting Card Class

Wednesdays 10:00 am—12:00 pm

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

Thursday 5:00 pm (by request)

Physical Fitness

Aerobics

Daily 7:45—8:45 am

Stretch & Tone

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

Yoga

Tuesdays & Fridays 9:00—10:30 am

Fitness Room Daily

Fitness Equipment Instruction Must RSVP at front desk

Meetings

AARP

3rd Monday 3:00—4:30 pm

AARP Board

1st Monday 2:00—3:30 pm

Defensive Driving Varies—See Front Desk and/or Newsletter

Disability Group

1st Friday 10:30 am—12:00 pm

Health & Wellness

Hear on Earth Hearing Tests & Hearing Aids

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

Potlucks/Socials

Senior Socials

2nd & 4th Friday 12:00—1:00 pm

Birthday Dance Potluck

3rd Wednesday 7:00—9:30 pm

Bingo Potluck

1st Thursday 6:00—8:00 pm