

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	7:45 - 8:45am Aerobics A 9 - 10am Improver Workshop Line Dance Y 9 - 10am Beginner Line Dance A 9 - 10am Yoga M 9 - 11am Crochet O 10:30 - 11:30pm Improver Line Dance A 11 - 5pm Happy Quilters Y 12:45 - 2:15pm Line Dance Challenge Closed A 1 - 4pm Mexica Train (Cheryl) M 3 - 4pm AARP Board Mtg. (1st Mon) O 3 - 9pm Big Win Bingo A 6 - 9pm Lapidary (See Staff) L R	7am - 12pm Art Painting O 8 - 8:50am Core Strength & Balance A 9 - 10am Improver Line Dance A 9 - 10am Beginner Workshop Line Dance *Temp. Y 9:30 - 10:30am ACBL Board Mtg. (1st Tuesday) RR 10 - 11am Enhabit Health L 10:30 - 11:30am Intermediate Line Dance A 1 - 4pm Hand & Foot (MaryAnn) M 1 - 4pm MahJong O 1 - 5pm Sewing Sisters Y 2 - 3pm Choir A 3:15 - 5:00pm Jayne's Line Dance A 5:30 - 6:30pm Chair Yoga Y 6 - 8:45pm Pinochle RR 6 - 9pm Lapidary (See Staff) LR 7 - 9pm Pickleball A	7:45 - 8:45am Aerobics A 9— 10am Beginner Line Dance A 9 - 10am Intermediate Workshop Line Dance Y 9 - 10am Yoga M 9 am - 12pm Paper Crafting (1st & 3rd) O 10:30 - 11:30am Intermediate Line Dance A 12:30 - 4:30pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge Closed A 1 - 5 pm Mexican Train (Nora) M 3 - 6pm Pickleball A 6 - 8:45pm Table Tennis Y 6 - 9pm Lapidary (See Staff) LR	8 - 8:50am Core, Strength & Balance A 9 - 10am Ultra Beginner Line Dance A 9 - 11am Hand Quilters M 9 - 5pm Zia Quilting (<i>Luncheon 1st Thurs</i>) Y 10—11 am J & J Home Care L 10:15—11:15 am Beginner Workshop Line Dance A 12 - 4pm Mexican Train (Nora) M 12:30 - 4:30pm Bridge (ACBL) A 1 - 3pm Skip Bo RR 5:30 - 6:30pm Hatha Yoga *class requirement Y 6 - 8:45pm Pinochle (See staff for availability) RR 6 - 8:30pm Thursday Night Bunco (1st Thursday) O 6:30 - 8:30pm Western Jam M 7—9pm Pickleball A	7:45 - 8:45 am Aerobics A 9 - 10am Yoga Y 10am - 12 pm Table Tennis Y 1 - 4 pm Bunco Belles (Cheryl)1st M 1 - 9:00 pm TBD A 2 - 3 pm Choir A 6—9 pm Monthly Dance (1st Friday) A
Week 2	7:45 - 8:45am Aerobics A 9 - 10am Improver Workshop Line Dance Y 9 - 10am Beginner Line Dance A 9 - 10am Yoga M 9 - 11am Crochet O 10:30 - 11:30am Improver Line Dance A 11 - 5pm Happy Quilters Y 12:45 - 2:15pm Line Dance Challenge Closed A 1 - 4pm Mexica Train (Cheryl) M 3 - 9pm Big Win Bingo A 6 - 9pm Lapidary (See Staff) L R	7am - 12pm Art Painting O 8 - 8:50am Core, Strength & Balance A 9 - 10am Improver Line Dance A 9 - 10am Beginner Workshop Line Dance *Temp. Y 10 - 11am Enhabit Health L 10:30 - 11:30am Intermediate Line Dance A 1—4 pm Hand & Foot (Mary Ann) M 1 - 4pm MahJong O 1 - 5pm Sewing Sisters Y 2 - 3pm Choir A 3:15 - 5pm Jayne's Line Dance A 5:30 - 6:30pm Chair Yoga Y 6 - 8:45pm Pinochle RR 6 - 9pm Lapidary (See Staff) LR 7 - 9pm Pickleball A	7:45 - 8:45am Aerobics A 9 - 10am Beginner Line Dance A 9 - 10am Intermediate Workshop Line Dance Y 9 - 10am Yoga M 10:30 - 11:30am Intermediate Line Dance A 12:30 - 4:30pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge Closed A 1 - 5 pm Mexican Train (Nora) M 3 - 4pm Keyboarding (2nd & 4th) Full O 4 - 5pm Keyboarding (2nd & 4th) O 3 - 6pm Pickleball A 6 - 8:45pm Table Tennis Y 6 - 9pm Lapidary (See Staff) LR	8 - 8:50am Core, Strength & Balance A 9 - 10am Ultra Beginner Line Dance A 9 - 11am Hand Quilters M 9 - 5pm Zia Quilting Y 10—11 am J & J Home Care L 10:15—11:15am Beginner Workshop Line Dance A 12 - 4pm Mexican Train (Nora) M 12:30 - 4:30pm Bridge (ACBL) A 1 - 3pm Skip Bo RR 5:30 - 6:30pm Hatha Yoga *class requirement Y 6 - 8:45pm Pinochle (See staff for availability) RR 6:30 - 8:30pm Western Jam M 7 - 8:30pm Gem & Mineral Rock Club Y 7—9pm Pickleball A	7:45 - 8:45am Aerobics A 9 - 10am Yoga Y 10 am - 12pm Table Tennis Y 11 am - 3pm Lady Luck Bunco (J Dycus) M 12:30 - 4pm 2 Table Party Bridge (2nd & 4th) O 1 - 4pm Farkle (2nd & 4th) RR 1 - 9:00pm TBD A 2 - 3pm Choir A 5:30 - 8:45pm Paper Crafting (2nd & 4th) O
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Week 4	7:45 - 8:45am Aerobics A 9 - 10am Improver Workshop Line Dance Y 9 - 10am Beginners Line Dance A 9 - 10am Yoga M 9 - 11am Crochet O 10:30 - 11:30am Improver Line Dance A 11 - 5pm Happy Quilters Y 12:45 - 2:15pm Line Dance Challenge Closed A 1 - 4pm Mexica Train (Cheryl) M 3 - 9pm Big Win Bingo A 6 - 9pm Lapidary (See Staff) L R	7am - 12pm Art Painting O 8 - 8:50am Core, Strength & Balance A 9 - 10am Improver Line Dance A 9 - 10am Beginner Workshop Line Dance *Temp. Y 10 - 11am Enhabit Health L 10:30 - 11:30am Intermediate Line Dance A 1 - 4pm Hand & Foot (MaryAnn) M 1 - 4pm MahJong O 1 - 5pm Sewing Sisters Y 2 - 3pm Choir A 3:15 - 5:00pm Jayne's Line Dance A 5:30 - 6:30pm Chair Yoga Y 6 - 8:45pm Pinochle RR 6 - 9pm Lapidary (See Staff) LR 7 - 9pm Pickleball A	7:45 - 8:45am Aerobics A 9 - 10am Beginner Line Dance A 9 - 10am Intermediate Workshop Line Dance Y 9 - 10am Yoga M 9 - 10am Intermediate Line Dance A 12:30 - 4:30pm Bridge (ACBL) Y 12:45—2:15 pm Line Dance Challenge Closed A 1 - 5 pm Mexican Train (Nora) M 3 - 4pm Keyboarding (2nd & 4th) Full O 4 - 5pm Keyboarding (2nd & 4th) O 3 - 6pm Pickleball A 6 - 8:45pm Table Tennis Y 6 - 9pm Lapidary (See Staff) LR	8 - 8:50 am Core, Strength & Balance A 9 - 10am Ultra Beginner Line Dance A 9 - 11am Hand Quilters M 9 am - 5pm Zia Quilting Y 10—11 am J & J Home Care L 10:15—11:15 am Beginner Workshop Line Dance A 11 am - 2:45pm Lady Luck Bunco (last Thurs) O 12 - 4pm Mexican Train (Nora) M 12:30 - 4:30pm Bridge (ACBL) A 1 - 3pm Skip Bo RR 5:30 - 6:30pm Hatha Yoga *class requirement Y 6 - 8:45pm Pinochle (See Staff for availability) RR 6:30—8:30pm Western Jam M 7—9pm Pickleball A	7:45 - 8:45am Aerobics A 9 - 10am Yoga Y 10 am - 12pm Table Tennis Y 12pm—1pm Monthly Potluck Social (4th Friday) A 12:30 - 4pm 2 Table Party Bridge (2nd & 4th) O 1 - 9:00pm TBD A 1 - 4 pm Farkle (2nd & 4th) RR 2 - 3 pm Choir A 5:30 - 8:45pm Paper Crafting (2nd & 4th) O

* must be able to stand from floor without assistance



LIBRARY CLOSED Tuesday & Thursday 10 am—11 am for Health Checks

A— Auditorium LR— Lapidary L—Library M—Mesa O—Ocotillo P—Puzzle Room RR—Roadrunner Y—Yucca

Activity Schedule

North Mesa Senior Rec. Center

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

Monday-Friday 7 am - 9 pm
LIBRARY CLOSED Tuesday & Thursday 10 am-11am
for Health Checks

Line Dancing

Ultra Beginner	Thursday	9 - 10am
Beginner	Monday & Wednesday.....	9 - 10 am
Beginner Workshop *Temp.	Tuesday.....	9—10 am
Beginner Workshop	Thursday.....	10:15—11:15am
Intermediate	Tuesday & Wednesday.....	10:30 - 11:30 am
Intermediate Workshop	Wednesday.....	9—10am
Improver Workshop	Monday.....	9—10 am
Improver	Monday.....	10:30 - 11:30 am
	Tuesday.....	9 - 10 am
Line Dance with Jayne	Tuesday.....	3:15 - 5:00pm

Miscellaneous Games

Big Win Bingo	Monday.....	6 pm - 9 pm
Bunco Belles (Cheryl closed group)	1st Friday.....	1 - 4 pm
Farkle	Friday (2nd & 4th)	1 - 4 pm
Lady Luck Bunco (JDycus closed group)	Last Thursday	11 am - 2:45 pm
	2nd Friday.....	11 am - 3 pm
Mexican Train (Nora)	Wednesday.....	1—5 pm
	Thursday.....	12 - 4 pm
MahJong	Tuesday.....	1 - 4 pm
Mexican Train (Cheryl)	Monday.....	1— 4 pm
Thursday Night Bunco	1st Thursday.....	6 - 8:30 pm

Card Games

2 Table Party Bridge	2nd & 4th Friday.....	1 - 4 pm
Bridge (ACBL) (closed group)	Wednesday.....	1 - 4:30 pm
	Thursday.....	1 - 4:30 pm
Hand & Foot (MaryAnn)	Tuesday.....	1 - 4 pm
Pinochle	Tuesday & Thursday.....	6 - 8:45 pm
Skip Bo	Thursday.....	1 - 3 pm

Arts & Crafts

Art Painting	Tuesday	7 am - 12 pm
Lapidary	Monday, Tuesday, Wednesday.....	6 pm—9 pm
Paper Crafting with Delores Hutcheson	1st and 3rd Wednesday.....	9 - 11:30 am
	2nd and 4th Friday.....	5:30—8:45 pm
Crochet	Monday	9 - 11 am
Thursday Hand Quilters	Thursday	9 - 11 am
The Happy Quilters	Monday 1st,2nd & 4th.....	11—5 pm
Sewing Sisters	Tuesday	1 - 5 pm
Zia Quilting & Stitchery Guild	Thursday.....	9—5 pm

Educational Programs

iPhone/iPad Lessonsby appointment
Chess Lessonsby request
Bridge Lessonsby appointment

Fitness

Aerobics	Monday, Wednesday, Friday	7:45 - 8:45 am
Strength, Core & Balance	Tuesday & Thursday.....	8 - 8:45 am
Yoga	Monday, Wednesday & Friday.....	9 - 10 am
Hatha Yoga	Thursday ... *class requirement.....	5:30 - 6:30 pm
Chair Yoga	Tuesday	5:30 - 6:30 pm
Fitness Room	Monday—Friday.....	7 am - 9 pm
Pickleball	Tuesday & Thursday.....	7—9pm
	Wednesday.....	3—6pm
Table TennisWed.....	6 pm - 8:45 pm & Fridays.....
		10 am - 12 pm

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

Meetings

AARP Board Mtg.	1st Monday.....	3 pm
AARP Members Mtg.	3rd Monday	3 pm
ACBL Board mtg.	1st Tuesday.....	9:30 am
Carlsbad Gem & Mineral Rock Club	2nd Thursday.....	7 pm
Defensive Drivingcheck newsletter or at front desk	

Health & Wellness

EnHabit Health Check	Every Tuesday.....	10 - 11 am
J & J Home Care	Every Thursday	10—11 am

Music

Choir	Tuesday & Friday.....	2 - 3 pm
Monthly Dance	1st Friday.....	6—9 pm
Keyboarding (Piano)	2nd & 4th Wednesday	3 - 4 & 4—5 pm
Western Jam	Thursday.....	6:30 - 8:30 pm
Monthly Potluck Social starting January 20th	4th Friday.....	12—1pm