

DMCC Activities for March 2010

Monday, March 1	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
11:30 to 1	Lunch Around the Village with Darcy Mulholland; \$15. L'Auberge Resort - FULL; waitlist RSVP only
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, March 2	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
Wednesday, March 3	
9 to 1	Grocery Shuttle to Henry's, SB; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, March 4	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
3 to 4:30	Knit & Stitch; Del Mar Library, 1309 Camino del Mar
Friday, March 5	
12:30 - 6 pm	Bus Trip - Whale Watching Excursion; San Diego Harbor Excursions; \$30
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, March 8	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
1:30 to 3:30	Coffee & Conversations: Keeping Fit as We Age with Mitch McConnell; The Gym in Del Mar, 2010 Jimmy Durante Blvd.
Tuesday, March 9	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
3 to 4:30	Singing Together. Newcomers welcome. Sing favorite tunes to piano. Linda Chisari; 1010 Crest Rd.
Wednesday, March 10	

9 to 1	Grocery Shuttle to Trader Joes, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
Thursday, March 11	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
Friday, March 12	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Saturday, March 13	
9 to 10:30	DMCC Board Meeting - City Hall Annex - Public Welcome
Monday, March 15	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, March 16	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
11 to 3	Bus Trip to La Jolla Museum of Contemporary Art & No-Host Lunch; Classic Contemporary: Lichtenstein, Warhol and Friends; \$10
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
Wednesday, March 17- St. Patrick's Day! Remember to Wear Green!	
9 to 1	Grocery Shuttle to Henry's, SB; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
Thursday, March 18	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
6 to 8 pm	Bus Trip to Third Thursday Gallery Nite on Cedros, Solana Beach
Friday, March 19	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.

Monday, March 22	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
5:30 to 7 pm	Universal Design Book Talk with Barbara Krueger, Powerhouse Community Center, 1658 Coast Blvd, Del Mar
Tuesday, March 23	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 1	Grocery Shuttle to Henry's, Solana Beach; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
1:30 to 3:30	In-Home Care 101 - Tips About Hiring a Caregiver Talk; City Hall Annex, 235 11th St., Del Mar
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
Wednesday, March 24	
9 to 1	Grocery Shuttle to Trader Joes, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
5 to 8 pm	Guest Bartender Night at Sbicca's, 215 15th St , Del Mar
Thursday, March 25	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar
Friday, March 26	
9 to 1	Senior Legal Clinic - DMCC office; reservations/qualification required.
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, March 29	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10 to 1 pm	Bus trip to Target Encinitas
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, March 30	
8 to 9	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
9 to 10	Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center, 1658 Coast Blvd.
10:45 to 2	Luncheon & Tour Bus Trip to The Patrician, 4025 Pulitzer Place, San Diego, CA 92122 (University City)
12:30 to	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar

4:30	
2 to 3	Seasoned Reader's Book Club, Del Mar Library, 1309 Camino Del Mar
Wednesday, March 31	
9 to 1	Grocery Shuttle to Trader Joes, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
12:30 to 4:30	Brain Fitness - The Gym in Del Mar Kid's Room, 2010 Jimmy Durante Blvd., Del Mar

Legend:

- Grocery Shuttle Schedule Changes
- Bus Trips
- Once-a-month activities
- DMCC Office Closures