

Mendocino Recreation & Community Center

Adult Classes & Community Activities

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning		ADULT/SENIOR CLAY LAB Chris Cisper 10 am-Noon pm Ceramics Lab	MUSIC TOGETHER For Parents & Youngsters Leslie Kashiwada 10:00-10:45 am Dojo	ADULT/SENIOR CLAY LAB Chris Cisper 10 am-Noon pm Ceramics Lab	SENIOR YOGA Helen Jacobs 10:30 am-12:15 pm Community Rm	AA MEETING 10:30 am - 12 Noon 2nd Saturday Twilight Zone FAMILY AIKIDO Janferie Stone 10-11:30 am Dojo	UNITARIAN FELLOWSHIP 1st & 3rd Sunday 11 am-12:30 pm Community Rm No meetings in July & August
After Noon & Evening	MENDOCINO HISTORICAL REVIEW 1st Monday 7-10 pm Community Rm ADULT CLAY LAB Chris Cisper 6:30-10:30 pm Ceramics Lab AIKIDO Janferie Stone 7-8:30 pm Dojo AA MEETING 8 am - 9 pm Community Rm	BRAZILIAN JIU JITSU Antonio Almeida 7:30-9 pm Dojo	ADULT CLAY LAB Chris Cisper 6:30-10:30 pm Ceramics Lab JUJUTSU Aron Yasskin Dojo 6-8 pm AA MEETING 8 am - 9 pm Community Rm	AIKIDO WEAPONS Janferie Stone 6-7:30 pm Dojo	BRAZILIAN JIU JITSU Antonio Almeida 7:30-9 pm Dojo	BRAZILIAN JIU JITSU Antonio Almeida 6-8 pm Dojo	JUJUTSU Aron Yasskin 12-4 pm Dojo CIRCLE DANCE Last Sunday 3-5 pm Community Rm AL-ANON PARENTS GROUP 7-8 PM pm Community Rm (starts 7/1)

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