

Mendocino Recreation & Community Center

Toddler & Adult Classes & Community Activities

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	<p>TINY TOTS TUMBLING 10-11am Kassie Hayes Exercise Room</p>	<p>TINY TOTS TUMBLING 10-11 an Exercise Room Kassie Hayes</p> <p>MUSIC TOGETHER 10-10:45 am Leslie Kashiwada Dojo</p>	<p>MUSIC TOGETHER 10-10:45 am Leslie Kashiwada Dojo</p> <p>MUSIC TOGETHER BABIES 11:30-12:15 pm Leslie Kashiwada Dojo</p>	<p>MUSIC TOGETHER 10-10:45am Leslie Kashiwada Dojo</p>	<p>SENIOR YOGA Helen Jacobs 10:30 am-12:15 pm Community Room</p>		<p>MENDOCINO CENTER FOR SPIRITUAL LIVING 10:30-1:00pm Rev Tanya Wildflower Community Room</p>
			<p>ELDER SILKS 10:30-noon Judy Stavely Exercise Room</p>		<p>AL-ANON 12:30-1:30 pm Community Room</p>		<p>JU JUTSU Aron Yasskin 12-4 pm/Dojo</p> <p>CIRCLE DANCE Last Sunday/3-5 pm Community Room</p>
Evening	<p>MENDOCINO HISTORICAL REVIEW 1st Monday/7 -10 pm Community Room</p> <p>AA MEETING 8-9 pm Twilight Rm</p> <p>ZUMBA Kamala Lance 5:30-6:30pm</p>	<p>TAI CHI 6-7:30pm Franz Arner Community Room</p>	<p>JUJUTSU Aron Yasskin 6-8 pm Dojo</p> <p>AL-ANON 6:30-7:30 pm Community Room</p> <p>AA MEETING 8-9 pm Community Room</p>	<p>ELDER SILKS 6-7:30 pm Judy Stavley Exercise Room</p> <p>ZUMBA Kamala Lance 5:30-6:30pm Community Room</p>	<p>JUJUTSU 6-8pm Aron Yasskin Dojo</p> <p>OVEREATERS ANONAMOUS 5:30-6:30 pm Art Room</p>		<p>CIRCLE SACRED SOUND 3-4:30pm 2nd Sunday Eleanor Mossrock Community Room</p> <p>AL-ANON PARENTS MEETING 7-8 pm Twilight Rm</p>
	<p>998 School St./POB 1603 Mendocino, CA 95460</p>	<p>Phone: 707-937-4133 Fax: 707-937-2159</p>					

Winter/2011