

Mendocino Recreation & Community Center

Toddler & Adult Classes & Community Activities

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	TINY TOTS TUMBLING 10-11 am Exercise Room Kassie Hayes	MUSIC TOGETHER Leslie Kashiwada 10 -10:45 am Dojo Lynn Butler TINY TOTS TUMBLING 10-11 am Exercise Room Kassie Hayes	MUSIC TOGETHER Leslie Kashiwada 10-10:45 am Dojo TINY TOTS SOCCER 10-11 am Jeremiah Heim Twilight Zone	TINY TOTS SOCCER 10-11 am Jeremiah Heim Twilight Zone	SENIOR YOGA Helen Jacobs 10:30 am-12:15 pm Community Room YOGA FOR WOMEN 9:00-10:15 am Lynne Butler Community Room	FAMILY AIKIDO Janferie Stone 10-11:30 am Dojo AAA MEETING 10:30-Noon 2nd Saturday Twilight Zone	UNITARIAN FELLOWSHIP 1st & 3rd Sunday 11 am-12:30 pm Community Room
	YOGA and MEDITATION Albion Grammar School 5:30-7:00 pm Jan Jacob					AL-ANON 12:30-1:30 pm Community Room	JU JUTSU Aron Yasskin 12-4 pm/Dojo CIRCLE DANCE Last Sunday/3-5 pm Community Room
	MENDOCINO HISTORICAL REVIEW 1st Monday/7 -10 pm Community Room AIKIDO Janferie Stone 7-8:30 pm/Dojo AA MEETING 8-9 pm Twilight Rm	Tai Chi 6:00-8:00 pm Franz Arner Community Room	JUJUTSU Aron Yasskin 6-8 pm Dojo AL-ANON 6:30-7:30 pm Community Room AA MEETING 8-9 pm Community Room	BELLY DANCE 6:00-8:00 pm Nicole Fish Community Room	JUJUTSU 6-8pm Aron Yasskin Dojo JUG BAND 7-9:00 Rick Blaufeld Community Room OVEREATERS ANONAMOUS 5:30-6:30 pm Art Room	FAMILY BOOM!drums 7-8:30 pm Community Room Evan Peterson 2nd Sat	AL-ANON PARENTS MEETING 7-8 pm Twilight Rm

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FALL 2010