ONGOING SENIOR ACTIVITIES

at the War Memorial Youth Center on 405 University Drive
See calendar for specific dates and times.

- ***Arts & Crafts***
  Learn Chinese Brush Painting, jewelry, knitting, and other crafts with volunteers, Dorothy Cheng, and Luz Stella Stone and Rosalind Clark.
  Pre-registration is required.
  Coral Gables residents: $24/session
  Non-residents: $30

- **Dancercise!**
  Who said that exercise can't be fun? Join us for DANCERCISE with volunteer Belkis Frangente.
  Coral Gables residents: $10 per month. Non-residents: $12.50.
  Pre-registration required.
  Session A: Monday & Thursday
  Session B : Wednesday & Friday.

- **Language Classes**
  Learn various languages with volunteers, Luz Del Rio, Clara Moreno, Johanne Bargel, Jose Suarez, and Ying Pestien.
  Pre-registration required.
  Coral Gables residents: $24/session
  Non-residents: $30

- **Line Dancing**
  Step to the music with volunteer leader, Karen Ryan-Young.
  Pre-registration required.
  Coral Gables residents: $24/session
  Non-residents: $30

- **Maintenance Aerobics**
  Join this aerobics class led by volunteer leader, Graciela Monte. Bring a mat.
  Pre-registration required.
  Coral Gables residents: $10 per month. Non-residents: $12.50

- **Tai Chi (Afternoon)**
  Join volunteer leader Dashi Chu Kosica, AP.
  Pre-registration required.
  Coral Gables residents: $8 per month. Non-residents: $10

- **Book Club**
  Explore and discuss various books with volunteer leader Sandy Lysinger. **FREE.**
  No registration is required.

- **Current Events**
  Join volunteer leader, Jim Pollack, to discuss today's world events. **FREE.**
  No registration is required.

- **Spanish Book Club**
  Discuss various books in Spanish with volunteer leader, Amarillis Suarez. **FREE.**
  No registration is required.

- **FREE SOCIAL SERVICES**
  S.H.I.N.E. (Serving Health Insurance Needs for Elders)
  FREE and unbiased information about Medicare, Medicaid, health insurance, and prescription assistance. **FREE.**
  Call 305-670-6500, extension 211 for appointments. Walk-ins are also welcome (Tuesdays, 9 a.m. - 1 p.m. & Fridays, 2 p.m. - 5 p.m. only).

To receive a Monthly Senior Activities Calendar that lists the City of Coral Gables Adult Activity Center daily programs, trips and classes call (305) 460-5609.
or view it online at
www.gablesrecreation.com

CORAL GABLES PARKS & RECREATION • 405 UNIVERSITY DRIVE • CORAL GABLES, FL 33134 • 305-460-5600
WWW.GABLESRECREATION.COM

The City Beautiful™

The Coral Gables City Commission
Jim Cason, Mayor
William H. Kerdyk Jr., Vice Mayor
Maria Anderson, Commissioner
Rafael "Ralph" Cabrera Jr., Commissioner
Frank C. Quesada, Commissioner

Patrick G. Salerno, City Manager
Craig E. Leen, City Attorney
Walter J. Foeman, City Clerk

Visit the City of Coral Gables Web Site:
www.coralgables.com

OCTOBER AND NOVEMBER PROGRAMS & ACTIVITIES

FREE "Listen to Jazz Classics" with volunteer leader Jim Pollack in Conference Room
First Wednesday of every month at 11 a.m. (10/3, 11/7)

Intermediate French with volunteer leader, Clara Moreno in the Conference Room
Mondays; 10 a.m.-11 p.m. (10/1-11/26) (Residents: $24/Non-Residents: $30)

Beginning Mandarin with volunteer leader, Ying Pestien in the Youth Room
Wednesdays; 9:30 a.m.– 10:30 a.m. (10/10-11/28) (Residents: $24/Non-Residents: $30)

Beginning Spanish 1 with volunteer leader, Jose Suarez in the Conference Room
Thursdays; 1 p.m.-2 p.m. (10/4-11/29) (Residents: $24/Non-Residents: $30)

Conversational Spanish with volunteer leader, Luz del Rio in the Youth Room
Fridays; 11 a.m.-12 p.m. (10/5-11/30) (Residents: $24/Non-Residents: $30)

Tai-Chi with volunteer leader, Dashi Chu Kocica, AP in the Gym
Wednesdays; 1 p.m. - 2 p.m. (10/10 & 10/31) and (11/7 - 11/28)
(Residents: $8/Non-Residents: $10 per month)

Maintenance Aerobics with volunteer leader, Graciela Monte in the Gym
Mondays & Thursdays; 11:15 a.m. - 12:15 a.m. (10/1-11/29)
(Residents: $10/Non-Residents: $12.50 per month)

Knitting & Other Crafts with volunteer leader, Luz Stella Stone in the Art Room
Mondays; 1:30 p.m. - 2:30 p.m. (10/1-11/26) (Residents: $24/Non-Residents: $30)

Chinese Brush Painting with volunteer leader, Dorothy Cheng in the Art Room
Wednesdays; 11 a.m. - 1 p.m. (10/3-11/28) (Residents: $24/Non-Residents: $30)

Line Dancing with volunteer leader, Karen Ryan-Young in the Dance Studio
Mondays: 1 p.m. - 2 p.m. (10/1-11/26) (Residents: $24/Non-Residents: $30)

Dancersize with volunteer leader, Belkis Frangente in the Gym (No Dancersize in October)
Session A: Mondays & Thursdays; 10 a.m.-11 a.m. (11/5-11/29)
Session B: Wednesdays & Fridays; 10 a.m.-11 a.m. (11/7-11/30)
(Residents $10/ Non-Residents $12.50 per month)

FREE! Current Events with volunteer leader, Jim Pollack in Youth Center Youth Room
Fridays; 12:30 p.m.-1:30 p.m. (10/5-11/30)

There will be no classes on November 11, 21, 22, or 23