

**Monday, October 15, 2018**

COE: Lorraine's Class	9:00 - 9:00	RM 6
COE: Monika's Class	9:00 - 1:30	TC
Ping Pong Club	9:00 - 12:00	Depot
Senior Yoga	10:00 - 11:30	RM 1
Senior Exercise	11:00 - 11:30	AUD
Senior Lunch - Meals on Wheels	12:00 - 1:00	RM 3
NA Saturday Noon	12:00 - 1:00	RM 1
Sr My Safe California Presentation	12:15 - 2:30	RM 5
Dance Practice	1:00 - 2:30	RM 7
SR Computer Center	1:00 - 4:00	RM 2
Teen Center	3:00 - 8:00	TC
Pre-Ballet	3:45 - 4:30	RM 4
Boomers Total Body and Beyond	5:30 - 6:30	RM 1
NA Mens Meeting	5:45 - 6:45	RM 7
Intro to Bellydance	6:00 - 7:00	RM 4
Santa Cruz High SAT Prep	6:00 - 8:00	RM 3

**Tuesday, October 16, 2018**

COE: Lorraine's Class	9:00 - 9:00	RM 6
COE: Monika's Class	9:00 - 1:30	TC
Senior Line Dance	9:30 - 11:30	AUD
Senior Tai Chi	11:00 - 12:00	RM 5
SR Computer Lab	11:30 - 2:00	RM 2
Senior Lunch - Meals on Wheels	12:00 - 1:00	RM 3
NA: Tuesday Noon	12:00 - 1:00	RM 1
SR Meditation and Mindfulness	1:00 - 2:00	RM 4
SR Hi-Cap	1:15 - 4:00	RM 5
Teen Center	3:00 - 8:00	TC
Hip Hop, Breaking, Flips and Tricks	3:00 - 5:00	RM 1
Children's Polynesian Dance	4:00 - 5:00	RM 5
Dance and Creative Movement	4:00 - 5:00	RM 7
Polynesian Dance	6:00 - 7:00	RM 5
AA Tuesday PM "We Agnostics"	7:00 - 8:00	RM 1
AA "Westside Group"	8:00 - 9:00	RM 5

**Wednesday, October 17, 2018**

COE: Lorraine's Class	9:00 - 9:00	RM 6
COE: Monika's Class	9:00 - 1:30	TC
Senior Ping-Pong	9:00 - 11:30	RM 7
Senior Beginning Line Dance	9:30 - 10:30	AUD
Senior Yoga	10:00 - 11:30	RM 1
Community Yoga	10:30 - 11:30	RM 4
Senior Exercise	11:00 - 11:30	AUD
Senior Computer Center	11:30 - 2:30	RM 2
NA: Wednesday Noon "Back to Basics"	12:00 - 1:00	RM 1
Senior Lunch - Meals on Wheels	12:00 - 1:00	RM 3
SR Boomer Qi-Gong	1:15 - 2:45	RM 4
Hip Hop, Breaking, Flips and Tricks	1:30 - 2:30	RM 1
United Healthcare Presentation	1:30 - 4:00	RM 7
Teen Center	3:00 - 8:00	TC
Boomers Total Body and Beyond	5:30 - 6:30	RM 1
Santa Cruz High School SAT Prep	6:00 - 8:30	RM 3
Sierra Club Meeting	6:30 - 8:30	RM 1
NA Activities	6:30 - 7:30	RM 7
Salsa Crash Course for Beginners	7:00 - 8:15	RM 4
World Harmony	7:15 - 9:15	RM 5
NA: Wednesday PM "No Known Cure"	8:00 - 9:00	RM 7

**Thursday, October 18, 2018**

COE: Lorraine's Class	9:00 - 9:00	RM 6
COE: Monika's Class	9:00 - 1:30	TC
Senior Line Dance	9:30 - 11:30	AUD
Senior Tai Chi	11:00 - 12:00	RM 5
Senior Computer Center	11:30 - 2:30	RM 2
Senior Cinema	11:30 - 4:00	AUD
NA: Thursday Noon	12:00 - 1:00	RM 3
Senior Lunch - Meals on Wheels	12:00 - 1:00	RM 3
SR Travel Talks	12:30 - 3:15	RM 7
Dance Practice	1:00 - 2:30	RM 5
Mini Ninja Parkour	1:30 - 2:15	RM 1
Teen Center	3:00 - 8:00	TC
Evolutionary Playground	4:00 - 9:00	AUD
African Dance	6:00 - 8:00	RM 3
Disabled Veterans of America CH 52	7:00 - 8:00	RM 2
AA "Gay and Grateful"	8:00 - 9:00	RM 1

**Friday, October 19, 2018**

COE: Lorraine's Class	9:00 - 9:00	RM 6
COE: Monika's Class	9:00 - 1:30	TC
Evolutionary Playground	10:00 - 5:00	AUD
Senior Yoga	10:00 - 11:30	RM 1
ECO Dance	10:30 - 11:30	RM 4
Senior Exercise	11:00 - 11:30	AUD
NA: "We Want It Now"	12:00 - 1:00	RM 1
Senior Lunch - Meals on Wheels	12:00 - 1:00	RM 3
Senior Computer Center	1:00 - 3:00	RM 2
Teen Center	2:00 - 9:30	TC
Dance Rehearsal	6:00 - 9:00	RM 5

**Saturday, October 20, 2018**

Evolutionary Playground	10:00 - 5:00	AUD
Private Cooking	9:00 - 11:00	RM 3
Ballet Barre	9:15 - 10:30	RM 4
Tax Measure Discussion	9:30 - 11:30	RM 1
Senior Downsizing 123	9:45 - 11:45	RM 2
Thriller Classes	10:00 - 12:00	RM 3, 5
Pre Ballet II	10:30 - 11:15	RM 4
Youth Serve	12:00 - 3:00	RM 7
Pre Ballet II	11:30 - 12:30	RM 4
NA Saturday Noon	12:00 - 1:00	RM 4
Bridal Party	1:30 - 4:00	RM 5
Teen Center	4:30 - 9:30	TC

**Sunday, October 21, 2018**

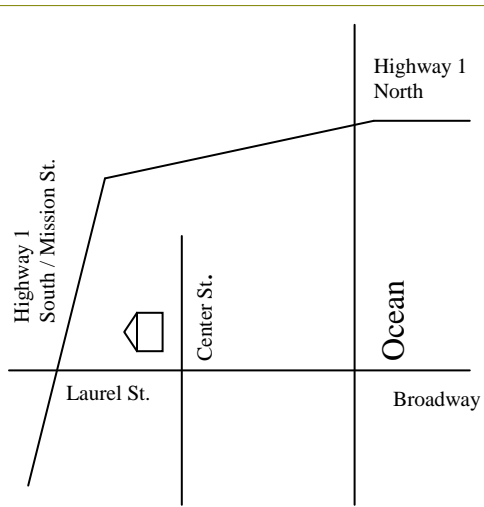
Evolutionary Playground	10:00 - 5:00	AUD
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USE FEES FOR THE LOUDEN NELSON CENTER		
AREA	NON-PROFIT	STANDARD
<b>CLASS ROOMS</b> CAPACITY :1,4,5,7 .....49 PEOPLE 2.....15 PEOPLE	Resident: 27.00 Per hr. Non-Resident 35.00 Per hr.	Resident: 32.00 Per hr. Non-Resident 42.00 per hr.
<b>KITCHEN</b> PER HOUR OVER 8 HOURS		
<b>MULTIPURPOSE ROOM / ROOM. 3*</b> CAPACITY: 127 SEATED 2 HOUR MINIMUM OVER SIX HOURS	Resident: 54.00 per hr. \$269.00 5+ HOURS Non-Resident: 70.00 Per hr. \$349.00 5+ HOURS	Resident: 63.00 per hr. \$316.00 5+ HOURS Non-Resident: 82.00 per hr. \$411.00 5 + HOURS
<b>MULTI / KITCHEN*</b> 2 HOUR MINIMUM OVER SIX HOURS *REFUNDABLE DEPOSIT OF \$50	Resident: 54.00 per hr. \$340.00 5 + HOURS Non-resident: 88.00 per hr. \$442.00 5 + HOURS	Resident: 80.00 per hr. \$400.00 5 + HOURS Non-resident: 104.00 per hr. \$520.00 5 + HOURS
<b>AUDITORIUM</b> CAPACITY : 238 SEATED 325 STANDING		
<b>PRESENTATION /PERFORMANCE**</b> 2 HOUR MINIMUM OVER FOUR HOURS **REFUNDABLE DEPOSIT OF \$100  <b>CLASS OR REHEARSAL</b> 2 HOUR MINIMUM OVER 4 HOURS	Resident:85.00 per hr. \$425.00 5+HOURS Non Resident:111.00 per hr. \$553.00 5+ hrs.  Resident 47.00 per hr \$234.00 5+HOURS Non-Resident:61.00 per hr \$304.00 5+ HOURS.	Resident: 100.00per hr. \$500.00 5+ HOURS Non-Resident: 130.00 per hr \$650.00 5+ hrs  Resident:55.00 per hr. \$275.00.00 5+HOURS Non-resident:72.00 per hr. \$358.00 5+ HOURS

The Louden Nelson Center is located at the corner of Laurel and Center streets in downtown Santa Cruz.

**From Highway 17 or Highway 1 South** - Take Half Moon Bay / Highway 1 North exit. At the second traffic light go straight and turn left onto Laurel at the next light. Follow Laurel two blocks to the Center.

**From Highway 1 North**- Highway 1 becomes Mission Street. Take Mission to Laurel. Turn right on Laurel and follow to Center Street.



**We're on Social Media**

**Follow Us Today!**

**@LoudenNelson**

**#LNCC**



**301 Center Street • Santa Cruz, CA 95060**  
**Phone (831) 420-6177 • Fax (831) 420-6457**  
**9:00 AM – 9:30PM Monday - Saturday**

## Garland Ranch and Carmel



**Tuesday**  
**Oct 16, 2018**  
**8:00am-5:30pm**

Join the Downtown Seniors on a docent-led hike through riparian, oak woodlands, and grassland habitats at Garland Ranch Regional Park.

Afterwards, we will head into Carmel for an afternoon on your own. Have lunch and explore the many shops, galleries, and tasting rooms, or simply enjoy a stroll down to the beach.

Cost: \$30 (Senior Res)/\$38 (Res)/\$50 (Non-Res)

To register: call 420-5270

**Presented by City of Santa Cruz– Downtown Seniors**