

WINTER CLASSES 2015

These classes are designed especially for older adults, but are open to any adult. All classes take place at the Joslyn Center. Preregistration is required. **EXERCISE AND FITNESS**

CLASSES

ZUMBA

Zumba, a Latin-inspired workout is fun, exhilarating and effective! You'll forget you're working out with the easy-to-follow dance moves and upbeat music. No class February 16.

INSTRUCTOR: Juan Carlos Chavez

BEGINNING: Winter-January 26

Spring-April 6

DAYS & TIME: Monday, Tuesday and Thursday, 3-4 pm

FEE: \$28/7 weeks (2 days per week*);

\$40/7 weeks (3 day per week);

or \$5 per class drop-in

*must register for and attend the same 2 days each week

YOGA (HATHA)

Learn poses to increase and strengthen your flexibility and balance and breathing exercises to promote a healthy body. Learn relaxation exercises to reduce stress and tension. No class February 16.

INSTRUCTOR: Nikki Valdez

BEGINNING: Winter-January 26

Spring-April 6

DAY & TIME: Monday, 9-10 am

FEE: \$50/8 weeks

GENTLE YOGA

This class is for the beginner or those who want a more gentle yoga practice. Chairs and other props are used for balance. This class will help increase flexibility, balance, posture and muscle tone. Yoga mat required. No class February 16

INSTRUCTOR: Nikki Valdez

BEGINNING: Winter-January 26

Spring-April 6

DAY & TIME: Monday, 10:15-11:15 am

FEE: \$50/8 weeks

TAI (CHI KUNG) STRETCH

Class includes a combination of isolated exercises for joints and muscles that may help with muscle or joint problems. Learn breathing techniques through Yoga, balance and strength through Tai Chi, and an introduction to "Chi Hula."

INSTRUCTOR: Gabe (Tavanna) Van Leeuwen

BEGINNING: Winter-January 20

Spring-April 7

DAY & TIME: Tuesday, 10:15-11:15 am

Special Interest Classes

FEE: \$22/8 weeks

ARTHRITIS EXERCISE CLASS

This FREE class is designed to help people with any form of arthritis keep joints flexible, maintain range of motion and build overall stamina.

INSTRUCTOR: Terri Thomas
BEGINNING: Continuous-attend anytime
DAYS & TIMES: Monday and Wednesday, 1-2 pm

(On first Wednesday of month, 12-1 pm)

FALL-PROOF BALANCE & MOBILITY

This is a great way to get moving again if you have simply been inactive or would like to begin to improve your health and sense of vitality. After careful review, an individual balance and mobility routine will be implemented. Ages 18 & up.

INSTRUCTOR: Dan Layne
LOCATION: JoslynCenter, Auditorium
BEGINNING: Winter-January 24
Spring-April 11
DAY & TIME: Saturday, 10:30-11:30 am
FEE: \$55/8 weeks

DANCE CLASSES

LINE DANCING

Line dancing is a great way to exercise while having fun. Learn proper heel, toe steps along with simple dance routines. Shoes must have a backing (no flip flops).

INSTRUCTOR: Pam Wagoner
BEGINNING: Winter-January 20
Spring-April 7
DAY & TIMES: Tuesday, 1-2 pm (Beginners)
2-3 pm (Intermediate)
FEE: \$25/10 weeks
(Beginning or Intermediate)
\$35/10 weeks
(Beginning and Intermediate)

SPECIAL INTEREST CLASSES

HEALTHY HEART COOKING CLASS

This healthy cooking class is perfect for those trying to cut back on greasy foods and live a healthier lifestyle.

INSTRUCTOR: Terri Thomas
BEGINNING: Winter-February 3
Spring-April 28
DAY & TIME: Tuesday, 1:45-3:15 pm

Special Interest Classes

FEE: \$30/4 weeks, plus \$18 material fee paid
to instructor at first class

QUILTING 101

Beginners and experienced quilters welcome. Learn simple hand or machine piecing.

INSTRUCTOR: Betty Bethke
BEGINNING: Winter-January 21
Spring-April 8
DAY & TIME: Wednesday, 1-3 pm
FEE: \$35/10 weeks

INTRODUCTION TO INTERNET AND EMAIL

For those with some basic computer skills who would like to explore the World Wide Web, class includes hands-on practice and free email account setup, using search engines, and email basics.

INSTRUCTOR: AGI Academy
BEGINNING: Winter-January 20 or March 3
Spring-April 7
DAY & TIME: Tuesday, 1:30-2:30 pm
FEE: \$75/7 weeks, plus \$10 material fee paid
to instructor at first class

INTRODUCTION TO COMPUTERS AND WORD PROCESSING FOR SENIORS

Develop a fundamental understanding of how computers work and become familiar with the terminology associated with using a computer.

INSTRUCTOR: AGI Academy
BEGINNING: Winter-January 20
Spring-April 7
DAY & TIME: Tuesday, 10:30-11:30 am
FEE: \$75/7 weeks, plus \$10 material fee paid
to instructor at first class

FAMILY HISTORY GENEALOGY

Learn to trace your family ancestry. Bring notepad.

INSTRUCTOR: Bill Sumbot
DATES: Winter-February 23
Spring-April 20
DAY & TIME: Monday, 10 am-12 pm
FEE: \$10/1 day

AARP DRIVER SAFETY CLASS

Offered in conjunction with AARP, upon completion of this course, participants receive a certificate to be used for discounted auto insurance rates. Preregistration required. Ages 55 & over.

INSTRUCTOR: Ted Bautista
DATES: Monday and Wednesday, January 12 and 14

or

Wednesday and Friday, March 11 and 13

or

Monday and Wednesday, May 11 and 13

TIME: 9 am-1 pm

FEE: \$15/2 classes AARP members
\$20/2 classes nonmembers
(check payable to AARP)

AARP DRIVER SAFETY CLASS REFRESHER COURSE

This is a refresher for those who have previously taken the Driver Safety Class.

INSTRUCTOR: Ted Bautista

DATES: February 11 or April 8

DAY & TIME: Wednesday, 11 am-4 pm

FEE: \$15/1 day AARP members
\$20/1 day nonmember
(check payable to AARP)

FREE CLASSES PROVIDED BY MT. SAC

All classes are on a walk-in basis. Must purchase own supplies.

Winter Session: January 5-February 13

Spring Session: February 23-June 14

WATERCOLOR PAINTING

DAY & TIME: Monday, 9 am-12 pm
(Students must bring their own materials.)

HOME GARDENING

DAY & TIME: Monday, 1-3 pm

SENIORCISE – HEALTHY AGING

DAYS & TIME: Tuesday & Thursday, 9-10 am

**KNITTING & CROCHETING – HANDCRAFTED NEEDLEWORK
FOR RETAIL SALES AND BOUTIQUES**

DAY & TIME: Thursday, 9 am-12 pm

PRINCIPLES OF YOGA – HEALTHY AGING

DAY & TIME: Thursday, 10-11:30 am

FALL PREVENTION: BALANCE AND MOBILITY

DAY & TIME: Thursday, 11:30 am-12:30 pm

BASIC COMPUTING LEVEL 1

DAY & TIME: Tuesday, 10:15 am-1:15 pm

BASIC COMPUTING LEVEL 2

DAY & TIME: Friday, 9 am-12 pm