

## Young@Heart at RCCD

RCCD believes that learning is a life-long pursuit, so we offer district residents 55 and over a variety of high-quality learning experiences. Classes are available at locations throughout our district, and are offered tuition-free. If you value an opportunity to spend time with like-minded adults, you'll enjoy these classes.

The classes are FREE, but you must register in advance and make a commitment to attend each class meeting. Our funding is based on your attendance!

**Please note that there will be no classes on 9/7, 11/13, & 11/26-29 and as noted for each class if it applies.**

### Creative Arts

#### Beginning Photography

49086 T 9-11:20am 9/1-11/17 M. Sferrazza, The Grove

#### Clay Making

Clay making made easy! Make hand decorative pieces from air dry clay, polymer clay, and paper clay; then paint and glaze interesting finishes. These materials are fun and user friendly!

37804 Th 6-9pm 9/10-11/19 L. Souder, Corona Sr. Center

**(Note: No class 10/1, 10/15 & 11/5)**

#### Creative Arts Exchange

49021 F 9:30-11:06am 8/28-12/18 K. Hemborg, Emeritus at Villa De Anza

49022 M 11am-12:30pm 8/24-12/14 K. Hemborg, Country Village

49058 T 9:30-11:06am 9/1-12/15 C. Rini, Villa Health Care

**(Note: No class on 10/27)**

49059 Th 9:45-11:21am 8/27-12/17 C. Rini, Palm Terrace

**(Note: No class on 10/22)**

49060 T 1:15-2:51pm 9/1-12/15 C. Rini, Villa Lea

**(Note: No class on 10/27)**

49129 T 10-11:30am 9/1-12/15 K. Hemborg, Care Connexus

49130 T 1-2:30pm 9/1-12/15 K. Hemborg, Plymouth Towers

49061 Th 1-2:36pm 8/27-12/17 C. Rini, Arlington Commons

**(Note: No class on 10/22)**

49062 M 9-10:36am 8/24-12/14 C. Rini, Mag Village

**(Note: No class on 10/26)**

#### Creative Expression through Music

48993 T/Th 2-3pm 9/1-12/15 S. Anastasia, Emeritus at Villa De Anza

49074 M 10:30-11:30am 8/31-12/14 E. Paul, Cypress Gardens

49074 M 1:30-2:30pm 8/31-12/14 E. Paul, Palm Terrace

49075 T 3-4pm 9/1-12/8 E. Paul, Emeritus at Villa de Anza

49075 M 3:45-4:45pm 8/31-12/14 E. Paul, Plymouth Towers

49092 M 12:30-1:16pm 9/14-12/7 S. Walsh, Care Connexus

49092 W 9:40-10:24 9/16-12/9 S. Walsh, Care Connexus

49092 T 10:30-11:16am 9/15-12/8 S. Walsh, Community Care

49093 T/W 12:15-1:15pm 9/1-12/9 S. Walsh, Villa Lea

27870 M/F 10:20-11:22am 8/31-12/18 S. Walsh, Moreno Valley Sr. Center

49094 T 9:20-10:20am 9/1-12/15 S. Walsh, Chapman

& W 10:45-11:45am

#### Drawing, Pastels, & Portraits

48999 M 9am-12pm 8/31-10/26 L. Blackmore, Goeske Center

49000 M 9am-12:26pm 11/2-12/14 L. Blackmore, Goeske Center

49003 T 9am-12pm 9/15-11/3 L. Blackmore, The Grove

### Drawing & Painting

37782	F	8:30-11:56am	8/28-10/9	S. Maheshwari,	Corona Sr. Center
37783	F	8:30-11:56am	10/23-12/18	S. Maheshwari,	Corona Sr. Center

### Jewelry Making

Make your own jewelry through weaving/ stringing, bead-making, wire work, & found object collage.

49057	S	1-4:26pm	10/3-12/5	L. Souder,	Goeske Center
<b>(Note: No class 10/24 &amp; 11/14)</b>					
37788	T	6-9pm	9/1-10/20	L. Souder,	Corona Sr. Center
37789	T	6-9pm	10/27-12/15	L. Souder,	Corona Sr. Center
27919	T	1-4pm	10/27-12/15	L. Souder,	Moreno Valley Sr. Center

### Mixed Media Art

37780	F	1-4pm	8/21-10/9	E. Johnson,	Norco Sr. Center
37781	F	1-4pm	10/16-12/18	E. Johnson,	Norco Sr. Center
27868	M	1-4pm	8/31-10/26	D. Musser,	Moreno Valley Sr. Center
27869	M	1-4:26pm	11/2-12/14	D. Musser,	Moreno Valley Sr. Center
49070	S	9am-12pm	8/29-10/17	D. Musser,	Goeske Center
49071	S	9am-12pm	10/24-12/19	D. Musser,	Goeske Center
49087	M	1-4pm	8/31-10/26	K. Syphengpheth,	Country Village
49088	M	1-4:26pm	11/2-12/14	K. Syphengpheth,	Country Village
37792	F	9am-12:26pm	8/28-10/9	K. Syphengpheth,	Norco Sr. Center
37793	F	9am-12pm	10/16-12/18	K. Syphengpheth,	Norco Sr. Center

### Needle Arts

49005	M	1-4pm	8/24-10/19	V. Brust,	Tyler Springs
49006	M	1-4pm	10/26-12/14	V. Brust,	Tyler Springs

### Oil & Acrylic Art

49043	T	9am-12pm	9/1-10/20	S. Maheshwari,	Goeske Center
49044	T	9am-12pm	10/27-12/15	S. Maheshwari,	Goeske Center

### Pastels Art

49112	T	1-4pm	9/1-10/20	D. Musser,	Goeske Center
49113	T	1-4pm	10/27-12/15	D. Musser,	Goeske Center

### Picture Perfect Photography

This class gives students field photography experience & classroom critiques/lectures. **Students must select a field class & choose from one of the two critique classes (notice there are two session dates).** Please call the office with any questions. (951) 328-3811

#### Session 1 Photography

49082	W	9am-1pm	9/2-10/21	M. Sferrazza,	Bobby Bonds
<b>(Note: Field Class)</b>					
49084	W	1-5pm	9/2-10/21	M. Sferrazza,	Bobby Bonds
<b>(Note: Critique Class)</b>					
37790	Th	1-5pm	9/3-10/22	M. Sferrazza,	Corona Sr. Center
<b>(Note: Critique Class)</b>					

#### Session 2 Photography

49083	W	9am-1pm	10/28-12/16	M. Sferrazza,	Bobby Bonds
<b>(Note: Field Class)</b>					
37791	Th	1-5pm	10/29-12/17	M. Sferrazza,	Corona Sr. Center
<b>(Note: Critique Class)</b>					
49085	W	1-5pm	10/28-12/16	M. Sferrazza,	Bobby Bonds
<b>(Note: Critique Class)</b>					

### Portrait Painting

49045	W	9am-12pm	9/2-10/21	S. Maheshwari,	Eddie Dee Smith
49046	W	9am-12pm	10/28-12/16	S. Maheshwari,	Eddie Dee Smith

### Pottery

49018	F	12-3:26pm	9/4-10/16	H. Erdle,	Goeske Center
49019	F	12-3:26pm	10/23-12/18	H. Erdle,	Goeske Center

### Watercolor Art

49001	Th	11am-2pm	9/3-10/22	L. Blackmore,	Goeske Center
49002	Th	11am-2:26pm	10/29-12/17	L. Blackmore,	Goeske Center
37784	T	1:30-4:30pm	9/1-10/20	S. Maheshwari,	Corona Sr. Center
37785	T	1:30-4:30pm	10/27-12/15	S. Maheshwari,	Corona Sr. Center
27866	M	9am-12pm	8/31-10/26	D. Musser,	Moreno Valley Sr. Center
27867	M	9am-12:26pm	11/2-12/14	D. Musser,	Moreno Valley Sr. Center

## For The Body

### Alive Fitness

This class is in association with the Riverside Health Foundation.

49032	T/Th	11-11:51am	9/10-12/17	S. Hettes,	Bordwell Park
49097	M/W/F	10:30-11:33am	8/31-10/23	D. Webber,	Goeske Center
49098	M/W/F	10:30-11:36am	10/26-12/18	D. Webber,	Goeske Center

### Aqua Aerobics

49076	M/W/F	9:30-10:33am	8/31-10/23	N. Anderson,	Goldware/Goeske
49077	M/W/F	9:30-10:36am	10/26-12/18	N. Anderson,	Goldware/Goeske
49078	M/W/F	10:45-11:48am	8/31-10/23	N. Anderson,	Goldware/Goeske
49079	M/W/F	10:45-11:51am	10/26-12/18	N. Anderson,	Goldware/Goeske
49080	M/W/F	12-1:03pm	8/31-10/23	N. Anderson,	Goldware/Goeske
49091	M/W/F	12-1:06pm	10/26-12/18	N. Anderson,	Goldware/Goeske
37779	W	9:15-10:15am	8/31-11/23	R. de Leon,	River Run
37779	M	10:45-11:45am	8/31-11/23	R. de Leon,	River Run
49016	T/Th	12-1pm	9/1-11/9	R. de Leon,	Shamel Park
49030	M/W	11:30-12:21pm	9/14-12/16	S. Hettes,	Country Village
49034	T/Th	3:30-4:36pm	9/10-11/24	S. Hettes,	Raincross Sr. Village
49023	M/W/F	9:20-10:23am	8/31-10/23	L. Hicks,	RCC-Riv Pool
49024	M/W/F	9:20-10:26am	10/26-12/18	L. Hicks,	RCC-Riv Pool
49025	T/Th	11am-12pm	9/1-11/19	L. Hicks,	Tyler Springs
49051	M/W	11:30-12:18pm	8/31-12/14	R. Maxson,	Brandon Place
49055	T/Th	11-11:48am	9/1-12/15	R. Maxson,	Victoria Springs Apt

### Arthritis Foundation Exercise Program

This class is a land-based exercise program that provides gentle movements to help increase joint mobility, muscle strength, and stamina. The classes include stretching, strengthening, endurance and relaxation exercises.

49015	T/Th	9-10am	9/1-11/19	R. de Leon,	Corona Senior Center
49050	M/W	7:45-8:45am	8/31-12/14	R. Maxson,	Goeske Center
49053	T/Th	8:30-9:18am	9/1-12/15	R. Maxson,	Goeske Center

### Balanced Body Fitness

49013	M/W/F	7:30-8:33am	8/31-10/23	R. de Leon,	Goeske Center
49014	M/W/F	7:30-8:36am	10/26-12/18	R. de Leon,	Goeske Center
49031	T/Th	8:45-9:36am	9/10-12/17	S. Hettes,	Tyler Springs

### Balanced Body Pilates

49095	M/W/F	12-1:03pm	8/31-10/23	D. Webber,	Goeske Center
49096	M/W/F	12-1:06pm	10/26-12/18	D. Webber,	Goeske Center

### Chair Yoga

49029	M/W	10:15-11:06am	9/14-12/16	S. Hettes,	Emeritus at Villa de Anza
49138	Th/F	10-10:53am	9/3-12/11	P. Bozorgchami,	Care Connexus

### Health, Wellness, & Nutrition

This class will provide important information needed to keep active, healthy lives. Topics range from eating right to reading nutrition labels and designing a sample menu.

49035	M	10am-12pm	9/14-11/30	J. Kingstro,	Goeske Center
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### Sit & Fit Through Chair Exercise

49009	M/F	1-2:06pm	8/31-10/22	R. Rosenbloom,	Encore Sr. Village
49010	M/F	1-2:06pm	10/23-12/18	R. Rosenbloom,	Encore Sr. Village
49028	M/W	9-9:51am	9/14-12/16	S. Hettes,	Villa Lea
49115	T/Th	10:30-11:21am	9/1-12/8	N. Anderson,	Cypress Gardens

### Stretching & Strengthening

49009	Th	1-2:06pm	9/01-10/22	R. Rosenbloom,	Encore Sr. Village
49010	Th	1-2:06pm	10/29-12/17	R. Rosenbloom,	Encore Sr. Village
49049	M/W	10:30-11:18am	8/31-12/14	R. Maxson,	Magnolia Village

### Swiss Ball Fitness

49052	M/W	4-4:48pm	8/31-12/14	R. Maxson,	Goeske Center
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### Tai Chi

49036	M/W	1-2:30pm	8/31-10/26	H. Kurland,	Mag. Presb. Church
49037	M/W	1-2:36pm	10/28-12/16	H. Kurland,	Mag. Presb. Church
49038	T/Th	1-2:30pm	9/1-10/22	H. Kurland,	Eddie Dee Smith
49039	T/Th	1-2:36pm	10/27-12/17	H. Kurland,	Eddie Dee Smith
49040	F	1-2:36pm	8/28-12/18	H. Kurland,	Goeske Center
49041	T	11am-12:30pm	9/1-12/15	H. Kurland,	The Grove
49042	Th	11am-12:30pm	8/27-12/17	H. Kurland,	Country Village

### Yoga

37778	S	8:39-10:15am	8/29-12/19	P. Bozorgchami,	Corona Sr. Center
49110	S	11am-12:30pm	8/29-12/19	P. Bozorgchami,	Goeske Center
<b>(Note: No class on 11/21)</b>					
49012	T/Th	6-7:06pm	9/1-11/24	M. Donley,	Goeske Center
<b>(Note: No class 9/24-10/1)</b>					
49020	M	5:30-7:06pm	8/31-12/14	T. Gingerella,	Goeske Center
49033	T/Th	2-2:51pm	9/10-12/17	S. Hettes,	Country Village
37786	T/Th	9:30-10:18am	9/1-12/15	R. Maxson,	Norco Sr. Ctr.
49064	T/Th	9:30-11am	9/1-10/22	J. Mumford,	Goeske Center
49065	T/Th	9:24-11am	10/27-12/17	J. Mumford,	Goeske Center
49066	T/Th	11am-12:36pm	9/1-10/22	J. Mumford,	Goeske Center
49067	T/Th	11am-12:36pm	10/27-12/17	J. Mumford,	Goeske Center
49068	T/Th	1-2:30pm	9/1-10/22	J. Mumford,	Goeske Center
49069	T/Th	1-2:36pm	10/27-12/17	J. Mumford,	Goeske Center
49099	T/Th	1:15-2:45pm	9/1-10/22	L. Zank,	Victoria Pres. Church
49100	T/Th	1:15-2:45pm	10/27-12/17	L. Zank,	Victoria Pres. Church

### Zumba Gold Fitness

This class is a Latin-American style dance/fitness class designed for older adults.

49159	S	9:30-11am	8/29-12/19	T. Wolsleger,	Goeske Center
49160	M/W	1:30-2:30pm	9/14-12/2	T. Wolsleger,	Goeske Center

## For The Mind

### Computers: Excel

49114	F	9-11am	9/18-11/6	S. Balderrama,	Arlanza Comm. Ctr.
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27856 F 9-11:18am 9/4-10/16 J. Wilson, RCC MoVal, Hum 333

**Computers: Internet & E-mail**

27858 F 9-11:18am 10/23-12/18 J. Wilson, RCC MoVal, Hum 333

**Computers: Microsoft Word**

27857 F 11:30am-1:48pm 9/4-10/16 R. Williams, RCC MoVal, Hum 333

**Computers: Windows/Word/Internet**

48998 F 11am-1pm 9/18-11/6 S. Balderrama, Arlanza Comm. Ctr.

49072 S 9-11:17am 9/2-10/17 G. Patton, RCC-Riv BE 200

49073 S 9-11:17am 10/24-12/12 G. Patton, RCC-Riv BE 200

**Mature Driving**

48994 Th/F 8:30am-12:30pm 9/17 & 9/18 J. Anderson, Eddie Dee Smith

48995 Th/F 8:30am-12:30pm 10/8 & 10/9 J. Anderson, Goeske Center

48996 Th/F 8:30am-12:30pm 12/10 & 12/11 J. Anderson, Goeske Center

27865 Th/F 8:30-12:30pm 11/19 & 11/20 J. Klug, Moreno Valley Sr. Center

**The View: Important Issues Near & Far**

This class is designed to provide students with an opportunity to remain current with world issues. Discussion will cover subjects from stress management and drug interaction to local history and travel.

49007 Th 10am-12pm 9/3-11/19 D. Callju, Brandon Place

**Wills, Estate, & Trust Planning**

49011 F 6-8:24pm 9/4-11/6 K. Davidson, RCC- Riv Tech A 127

**Digital Inclusion Computer Class**

This class is part of the City of Riverside's Digital Inclusion Program. Qualifying participants may earn a free refurbished computer at the completion of this course.

Instructor: Sandra Balderrama

Please note this offer only applies to the classes listed below:

W 2-4pm 9/2-9/23 Salvation Army

W 2-4pm 9/30-10/21 Salvation Army

W 2-4pm 10/28-11/18 Salvation Army

W 2-4pm 11/25-12/16 Salvation Army

If you would like to take one of these classes please call the Salvation Army at 951-351-6190 to sign up.

**Arlanza Community Center**

7950 Philbin Ave, Riverside

**Arlington Commons**

10849 Arlington Ave, Riverside

**Bobby Bonds Park**

2060 University Ave., Riverside

**Bordwell Park**

2008 Martin Luther King, Riv.

**Brandon Place Apts.**

3941 Polk, Riverside

**Care Connexus**

4130 Adams #B, Riverside

**Chapman Hospital**

4301 Caroline St, Riverside

**Community Care**

4070 Jurupa, Riverside

**Corona Senior Center**

921 South Belle, Corona

**Country Village**

10250 Country Club Dr., Mira Loma

**Cypress Gardens**

9025 Colorado, Riverside

**Eddie Dee Smith Center**

5888 Mission Blvd, Rubidoux

**Emeritus at Villa De Anza**

5881 El Palomino Dr., Riverside

**Encore Senior Village**

6280 Clay Street, Rubidoux

**Goldware Senior Housing**

6730 Streeter Ave, Riverside

**Janet Goeske Center**

5257 Sierra Ave, Riverside

**Magnolia Presbyterian Church**

7200 Magnolia Ave, Riverside

**Magnolia Village**

8537 Magnolia Ave., Riverside

**Moreno Valley Senior Center**

25075 Fir St, Moreno Valley

**Norco Senior Center**

2690 Clark Ave, Norco

**Palm Terrace**

11162 Palm Terrace, Riverside

**Plymouth Towers**

3401 Lemon St., Riverside

**Raincross Senior Village**

5434 Central Ave. Riverside

**Riverside City College**

4800 Magnolia Ave, Riverside

**Riverside Community College District, Moreno Valley**

16130 Laselle Street, Moreno Valley

**River Run Apartments**

863 River Rd, Corona

**Salvation Army**

3695 1st St, Riverside

**Shamel Park**

3650 Arlington, Riverside

**The Grove Community Church**

19900 Grove Community Dr., Riverside

**Tyler Springs**

10406 Indiana Ave, Riverside

**Victoria Presbyterian Church**

6091 Victoria Ave, Riverside

**Victoria Springs Apartments**

2801 Adams St., Riverside

**Villa Health Care Center**

8965 Magnolia Ave, Riverside

**Villa Lea**

3891 Polk St, Riverside