

# Young@Heart at RCC

RCC 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.

## *Creative Arts*

### Art History

This class is designed to expose students to a variety of historical artists/art styles, and allow students to model them in their own pieces.

46254 T 9am-12pm 6/23-8/11  
E. Johnson, Brandon Place

### Creative Arts Exchange

46242 F 9:30-10:42 am 6/22-8/24  
K. Hemborg, Emeritus

46242 M 11am-12:12pm 6/22-8/24  
K. Hemborg, Country Village

46272 T 9-11:24 am 6/16-8/18  
C. Rini, Villa Health Care

46273 Th 9:45-11:15am 6/25-8/13  
C. Rini, Palm Terrace

46273 M 9-10:30am 6/22-8/10  
C. Rini, Mag Village

46274 T 1:15-2:45pm 6/23-8/11  
C. Rini, Villa Lea

46274 Th 1-2:30pm 6/25-8/13  
C. Rini, Arlington Commons

### Creative Expression Through Music

46289 T/Th 2-3:21pm 6/16-8/27  
S. Anastasia, Emeritus

46290 M 10:21-11:30am 6/15-8/17  
E. Paul, Cypress Gardens

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 7/3 & 7/4**, and as noted for each class if it applies.

46290 M 1:30-2:39pm 6/15-8/17  
E. Paul, Palm Terrace

46290 T 3-4pm 6/16-8/18  
E. Paul, Emeritus

46291 T 9:20-10:17am 6/23-8/11  
S. Walsh, Care Connexus

46291 W 10-10:57am 6/24-8/12  
S. Walsh, Care Connexus

46291 T 10:30-11:27am 6/23-8/11  
S. Walsh, Community Care

46291 W 12:15-1:12pm 6/24-8/12  
S. Walsh, Villa Lea

25984 M/F 10:20-11:20am 6/22-8/14  
S. Walsh, Moreno Valley Sr. Center

25984 M/W 3-4pm 6/22-8/10  
S. Walsh, Chapman

### Drawing & Painting

36191 F 9am-12pm 6/26-8/21  
S. Maheshwari, Corona Senior Center

### Drawing, Pastels, & Portraits

46232 M 9am-12pm 6/22-8/10  
L. Blackmore, Janet Goeske Center

### Jewelry Making

This course is designed to help students make their own jewelry through weaving/stringing, bead-making, wire work, & found object collage.

36194 T 6-8:42pm 6/16-8/11  
L. Souder, Corona Senior Center

46282 S 1-5pm 6/27-8/8  
L. Souder, Janet Goeske Center  
(No class on 7/25)

### Mixed Media Art

46269 S 9am-12pm 6/20-8/15  
D. Musser, Janet Goeske Center

46286 M 1-4pm 6/22-8/10  
K. Syphengpheth, Country Village

46287 W 9-11:24am 6/17-8/19  
K. Syphengpheth, Dales Sr. Ctr.

36195 W 6-8:24pm 6/17-8/19  
K. Syphengpheth, Corona Senior Center

36196 F 9am-12pm 6/19-8/14  
K. Syphengpheth, Norco Senior Center

36197 F 12:30-3:30pm 6/19-8/14  
K. Syphengpheth, Norco Senior Center

46261 Th 9am-12pm 6/25-8/13  
S. Maheshwari, Whispering Fountain

### Needle Arts

45817 M 1-4pm 6/22-8/10  
V. Brust, Tyler Springs

### Oil & Acrylic Art

46258 T 9am-12pm 6/23-8/11  
S. Maheshwari, Janet Goeske Center

### Pastel Art

46270 T 1-4pm 6/23-8/11  
D. Musser, Janet Goeske Center

### Picture Perfect Photography

This class gives students field photography experience & classroom critiques/lectures.

**Students must select the field class & choose from one of the two critique classes.** Please call the office with any questions. (951) 328-3811

46280 W 9am-12:30pm 6/24-8/12  
M. Sferrazza, Bobby Bonds  
(This is the field class.)

46281 W 1pm-4:30pm 6/24-8/12  
M. Sferrazza, Bobby Bonds  
(This is a critique class.)

36193 Th 1pm-4:30pm 6/25-8/13  
M. Sferrazza, Corona Senior Center  
(This is a critique class.)

### Portrait Painting

46259 W 9am-12pm 6/24-8/12  
S. Maheshwari, Eddie Dee Smith

46260 W 12-3pm 6/24-8/12  
S. Maheshwari, Eddie Dee Smith

### Pottery

46238 F 12-3:26pm 6/19-8/7  
H. Erdle, Janet Goeske Center

### Watercolor Art

46233 Th 11am-2pm 6/25-8/13  
L. Blackmore, Janet Goeske Center

36192 T 1:30-4:30pm 6/23-8/11  
S. Maheshwari, Corona Senior Center

25982 M 9am-12pm 6/22-8/10  
D. Musser, Moreno Valley Sr. Center

25983 M 12:30-3:30pm 6/22-8/10  
D. Musser, Moreno Valley Sr. Center

## *For the Body*

### Alive Fitness

This class is in association with the Riverside Health Foundation.

46246 T/Th 11-11:45am 6/23-8/13  
S. Hettes, Bordwell Park

46285 M/W/F 10:30-11:33 6/22-8/14  
D. Webber, Janet Goeske Center

### Aqua Aerobics

46236 M 10:45-11:45am 6/22-8/10  
R. de Leon, River Run

36187 W 9:15-10:15am 6/24-8/12  
R. de Leon, River Run

46237 T/Th 12-1:12pm 6/16-8/20  
R. de Leon, Shamel Park  
(No class on 7/2)

36188 T/Th 8:18-9:30am 6/16-8/20  
R. de Leon, Corona Sr. Center  
(No class on 7/2)

46244 M/W 11-12:20pm 6/15-8/12  
S. Hettes, Country Village

46246 T/Th 3:30-4:15pm 6/23-8/13  
S. Hettes, Raincross Sr. Village

46253 T/Th 11am-12:20pm 6/16-8/13  
L. Hicks, Tyler Springs

46263 M/W 11:30-12:15am 6/22-8/12  
R. Maxson, Brandon Place

46265 T/Th 11-11:45am 6/23-8/13  
R. Maxson, Magnolia Gardens

46277 M/W/F 9-10:03am 6/22-8/14  
L. Sears, Goeske/Goldware

46278 M/W/F 10:15-11:18am 6/22-8/14  
L. Sears, Goeske/Goldware

46279 M/W/F 11:30-12:33pm 6/22-8/14  
L. Sears, Goeske/Goldware

### 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.

36187 W/F 11am-12pm 6/24-8/19  
R. de Leon, Brandon Place

46264 T/Th 8:30-9:15am 6/23-8/13  
R. Maxson, Janet Goeske Center

46295 M/W 7:45-8:45am 6/10-8/31  
R. Maxson, Janet Goeske Center

### Balanced Body Fitness

46235 M/W/F 7:45-8:45am 6/22-8/17  
R. de Leon, Janet Goeske Center

46236 M/F 9:15-10:15am 6/22-8/17  
R. de Leon, Country Village

46245 T/Th 9-9:45am 6/23-8/13  
S. Hettes, Tyler Springs

### Balanced Body Pilates

46284 M/W/F 12-1:03pm 6/22-8/14  
D. Webber, Janet Goeske Center

### Chair Yoga

46243 M/W 10-10:45am 6/22-8/12  
S. Hettes, Emeritus

### Health, Wellness, & Nutrition

Topics will be discussed in the areas of general health, nutrition and the role it plays in improving health throughout the aging process, consumer awareness, market trends/dietary fads and safety. Students will learn how to evaluate nutrition labels and plan a balanced menu.

46304 M 10am-12:24pm 6/15-8/17  
J. Kingstro, Janet Goeske Center

### Sit & Fit through Chair Exercise

46243 M/W 9-9:45am 6/22-8/12  
S. Hettes, Villa Lea

46265 M/W 3-3:45pm/2-2:45pm 6/22-8/12  
R. Maxson, Palm Terrace

46276 M/F 1-2:06pm 6/22-8/14  
R. Rosenbloom, Encore Sr. Village

### Stretching & Strengthening

46263 M/W 10:30-11:15am 6/22-8/12  
R. Maxson, Mag Village

46276 Th 1-2:06pm 6/25-8/13  
R. Rosenbloom, Encore Sr. Village

### Swiss Ball Fitness

46297 M/W 5:30-6:30pm 6/10-8/31  
R. Maxson, Janet Goeske Center

### Tai Chi

46255 M/W 1-2:30pm 6/22-8/12  
H. Kurland, Mag. Presb. Church

46256 T/Th 1-2:30pm 6/23-8/13  
H. Kurland, Eddie Dee Smith

46257 F 1-2:42pm 6/26-8/14  
H. Kurland, Janet Goeske Center

46257 Th 11am-12:30pm 6/25-8/13  
H. Kurland, Country Village

### Yoga

36186 S 8:45-10:15am 6/20-8/15  
P. Bozorgchami, Corona Sr. Center

36186 S 9am-12:30pm 6/20-8/15  
P. Bozorgchami, Janet Goeske Center

46234 T/Th 6-7:20pm 6/16-8/13  
M. Donley, Janet Goeske Center

46241 M/W 5:30-7pm 6/22-8/12  
T. Gingerella/F. Stewart,  
Janet Goeske Center

46245 T/Th 2-2:45pm 6/23-8/13  
S. Hettes, Country Village

46264 T/Th 9:45-10:30am 6/23-8/13  
R. Maxson, Norco Senior Center

46268 T/Th 1-2:30pm 6/23-8/13  
R. Maxson, Janet Goeske Center

- 46266 T/Th 9:30-11am 6/23-8/13  
J. Mumford, Janet Goeske Center
- 46267 T/Th 11am-12:30pm 6/23-8/13  
J. Mumford, Janet Goeske Center
- 46283 T/Th 1-2:30pm 6/23-8/13  
L. Zank, Inland Yoga-Canyon Crest

### *For the Mind*

#### Computers: Power Point

- 46231 F 8-10:18am 6/26-8/14  
S. Balderrama, RCC-Riv, BE 200

#### Computers: Windows/Word/Internet

- 46298 F 11am-1:18pm 6/26-8/14  
S. Balderrama, Arlanza Comm Ctr.
- 25981 F 9am-12:12pm 6/19-7/24  
R. Best, MoVal-Riv Humanities 333
- 46271 S 9am-11:17am 6/27-8/15  
G. Patton, RCC-Riv, BE 200

#### Mature Driving

- 46230 Th/F 8:30am-12:30pm 8/6-8/7  
J. Anderson, Janet Goeske Center
- 25980 Th/F 8:30am-12:30pm 7/16-7/17  
J. Anderson, 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.

- 36050 Th 10am-12pm 7/9-7/30  
D. Callju, Brandon Place
- 36050 M 12-2pm 7/13-8/3  
D. Callju, River Run
- 36050 T 9-11am 7/7-7/28  
D. Callju, Country Village

## Young@Heart Class Locations

Arlanza Community Center  
7950 Philbin Ave, Riverside

Arlington Commons Senior Housing  
10849 Arlington Ave, Riverside

Bobby Bonds Sports Complex  
2060 University Ave, Riverside

Bordwell Park  
2008 Martin Luther King, Riverside

Brandon Place Apartments  
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 Rehabilitation  
9025 Colorado, Riverside

Dales Senior Center  
3936 Chestnut St, Riverside

Eddie Dee Smith Senior Center  
5888 Mission Blvd, Riverside

Emeritus at Villa De Anza  
5881 El Palomino Dr., Riverside

Encore Senior Village  
6280 Clay Street, Riverside

Goldware Senior Housing  
6730 Streeter Ave, Riverside

Inland Yoga Studio (Canyon Crest)  
5053 Lamart Ste. 202, Riverside

Janet Goeske Center  
5257 Sierra Ave, Riverside

5234 Central Ave, Riverside

Magnolia Gardens  
8507 Magnolia Ave, Riverside

Riverside City College  
4800 Magnolia Ave, Riverside

Magnolia Presbyterian Church  
7200 Magnolia Ave, Riverside

Riverside Community College, Moreno  
Valley  
16130 Laselle Street, Moreno Valley

Magnolia Village Senior Housing  
8537 Magnolia Ave., Riverside

River Run Apartments  
863 River Rd, Corona

Mission Care Center  
8487 Magnolia Ave, Riverside

Shamel Park  
3650 Arlington, Riverside

Moreno Valley Senior Center  
25075 Fir St, Moreno Valley

Tyler Springs Apartments  
10406 Indiana Ave, Riverside

Norco Senior Center  
2690 Clark Ave, Norco

Villa Health Care Center  
8965 Magnolia Ave, Riverside

Palm Terrace Senior Housing  
11162 Palm Terrace, Riverside

Villa Lea Senior Housing  
3891 Polk St, Riverside

Plymouth Towers  
3401 Lemon St., Riverside

Whispering Fountain Apartments  
4790 Jackson St, Riverside

Raincross Senior Village