**EISOA Classes**

September Calendar/Calendario de Setiembre

Zoom ID 310 982 1201

**Monday/Lunes**

**Music Appreciation 1:30 PM-3:30 PM (Virtual Class)**

|  |  |
| --- | --- |
| Holidays Labor Day (NO CLASS) | 09/05/2022 |
| Raphael | 09/12/2022 |
| Rocio Durcal | 09/19/2022 |
| Selena | 09/26/2022 |

**Tuesday/Martes**

**Age Related Diseases 9:00 AM to 11:00 AM (Virtual Class)**

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| --- | --- |
| Hypothermia | 09/06/2022 |
| Shots for Safety | 09/13/2022 |
| Health and Wellness: All About the Flue and How to Prevent it. | 09/20/2022 |
| A Good Night's Sleep | 09/27/2022 |

**Famous Arts Analysis 1:00 PM to 3:00 PM (Virtual Class)**

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| --- | --- |
| Venus and Mars by Botticelli | 09/06/2022 |
| Sleeping Cupid by Caravaggio | 09/13/2022 |
| The Chess Game by Sofonisba Anguissola | 09/20/2022 |
| Ugolino and His Sons by Jean-Baptiste Carpeaux | 09/27/2022 |

**Wednesday/Miercoles**

**Art Class 9:00 AM to 11:00 AM (Face-to-Face) at OCCTAC**

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| --- | --- |
| Suicide Prevention Workshop | 09/07/2022 |
| Painting Cubism (Picasso) | 09/14/2022 |
| Crafts | 09/21/2022 |
| Painting Pointillism (Vincent Van Gogh)  | 09/28/2022 |

**Dimension of Wellness/Mandalas 1:00 PM to 3:00 PM (Virtual Class)**

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| --- | --- |
| Family and Social Health | 09/07/2022 |
| Nutrition | 09/14/2022 |
| Physical Activity | 09/21/2022 |
| Growth and Development | 09/28/2022 |

**Thursday/Jueves**

**Senior Topics 9:00 AM- 11:00 AM (Zoom)**

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| --- | --- |
| Wise friends can be of great value in our elder years | 09/01/2022 |
| Artwork may hold the key to effective problem-solving | 09/08/2022 |
| Portion Control Is Important for Seniors | 09/15/2022 |
| Seniors can take an active role in their health care | 09/22/2022 |
| Tobacco, Alcohol, and drugs | 09/29/2022 |

**Thursday/Jueves**

**Cultural Appreciation 12:30 PM to 2:30 PM (Zoom)**

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| --- | --- |
| France | 09/01/2022 |
| Britain | 09/08/2022 |
| United Kingdom | 09/15/2022 |
| China | 09/22/2022 |
| Iceland | 09/29/2022 |

**Special Events**

Suicide Prevention Breakfast Workshop

Wednesday, September 7, 2022, From 9:00 AM to 11:00 AM

Mexico Independence Day

Saturday, September 10, 2022, from 10:00 AM to 2:00 PM

Tea Party Breakfast/Older Adults Art Exhibition/Therapeutic Art Training

Friday, September 16, 2022, From 9:00 AM to 12:00 PM