|  |
| --- |
| **Appreciation of music** **Monday 1:30 PM to 3:30 PM** |
| Participants will explore different Latin musicians to gain a deeper understanding and appreciation of all types of music. |
| Jorge Negrete | 5/2/2022 |
| Vincent Fernandez | 5/9/2022 |
| Pedro Infante | 5/16/2022 |
| Wildflower | 5/23/2022 |
| Javier Solis | 6/6/2022 |
| Robert Carlos | 6/13/202 |

|  |
| --- |
| **Healthy Aging 1 Diseases of Older Adults** **Tuesday 9:00 AM to 11:00 AM** |
| The Healthy Aging 1 class is designed to help older adults gain accurate information, develop lifelong positive attitudes and behaviors, and make wise decisions related to their personal health. |

|  |  |
| --- | --- |
| How to relieve a sore throat |  5/3/2022 |
| 4 Types of Exercises that can Improve Health and Physical Ability  |  5/10/2022 |
| Organ Donation and Transplants |  5/17/2022 |
| Aging and Alcohol  |  5/24/2022 |
| When your back hurts |  5/31/2022 |
| Headache |  6/7/2022 |
| End of class Celebration  |  6/14/2022 |

|  |
| --- |
| **Famous Art** **Tuesday 1:00 PM to 3:00 PM** |
| This Famous Art course is to inspire students to learn in depth, creatively, a vision each day. Artistic integration develops mental habits that lead to success in life. intended for students who are interested in the creative process, but not interested in the aspect of fine arts (drawing/painting). Students will be able to experience working with a variety of different media, such as watercolors, crayons, oil pastels, etc. This class provides students with information about famous works of art over time. It will include the background of each artwork and the artist's description. |
| A Sunday Afternoon on the Island of La Grande Jatte | 5/3/2022 |
| American Gothic | 5/10/2022 |
| Café Terrace at Night | 5/17/2022 |
| Girl with a Pearl Earring | 5/24/2022 |
| Las Meninas | 5/31/2022 |
| Mona Lisa | 6/7/2022 |
| Les Demoiselles Avignon by Pablo Picasso | 6/14/2022 |

|  |
| --- |
| **Art Class****Tuesday 5:00 PM to 6:00 PM** |
| During the art class we will put our brain to work, and we will have a moment of socialization  |

|  |
| --- |
| **Healthy Aging 2 Arthritis** **Wednesday 10:30 AM to 12:30 PM** |
| The Healthy Aging 2 class is designed to help older adults gain accurate information, develop lifelong positive attitudes and behaviors, and make wise decisions related to their personal health.  |
| The 4-Stage Balance Test | 5/4/2022 |
| How to Share Your Feelings About Arthritis with Loved Ones | 5/11/2022 |
| Healthy Lifestyle Habits When You Have PsA | 5/18/2022 |
| When It is Time to See a Doctor for Joint Pain | 5/25/2022 |
| Chronic Pain | 6/1/2022 |
| End of class celebration | 6/8/2022 |

|  |
| --- |
| **Themes For Seniors****Wednesday from 1:30 PM to 3:30 PM** |
| This class will provide information to participants about the different issues that can affect their lives as they age. |
| It's important to learn to set better personal boundaries | 5/4/2022 |
| Overcoming reopening anxiety | 5/11/2022 |
| Anxiety post-COVID is normal | 5/18/2022 |
| Moving forward as mask mandates change | 5/25/2022 |
| Cleaning out your home can be freeing physically and emotionally | 6/1/2022 |
| Watch expiration dates during COVID | 6/8/2022 |
| The Power of Music | 6/15/2022 |

|  |
| --- |
| **Cultural Appreciation 1 Countries** **Thursday 12:30 PM to 2:30 PM** |
| Cultural Appreciation class 1 will provide participants with information about different countries around the world over time. It will include the background and descriptions of each country. |
| Angola  | 05/05/2022 |
| Belize | 05/12/2022 |
| Nicaragua | 05/19/2022 |
| Panama | 05/26/2022 |
| Bali | 6/2/2022 |
| Bahamas  | 6/9/2022 |
| Bulgaria | 6/16/2022 |

|  |
| --- |
| **Home Safety for Seniors** **Friday from 9:00 a.m. to 11:00 a.m.** |
| The class is also intended to provide information about the importance of home safety, identify warning signs and potential hazards in the home, and resources to make a home safer. |
| HOME INSURANCE Rebuilding Together | 5/6/2022 |
| Safety Hazards to Watch for Around the House | 5/13/2022 |
| 50 Home Safety Tips and Safety Measures You Can Do This Weekend | 5/20/2022 |
| 70+ Important Home Safety Measures and Rules | 5/27/2022 |
| Senior Citizen homes: the Modern-day options for senior living | 6/3/2022 |
| Maintaining mobility and preventing disability are key to living independently as we age | 6/10/2022 |
| End of class celebration | 6/17/2022 |

|  |
| --- |
| **Cultural Appreciation 2 World Holidays** **Friday 1:00 PM to 3:00 PM** |
| Cultural Appreciation class 2 will provide information to students about the different holidays around the world. It will include where do we come from? Who are we really? What is our purpose? Where are we going? And how did it all come about? |
| Labour Day around the world in 2022 | 5/6/2022 |
| Maharashtra Day in Maharashtra in 2022 | 5/13/2022 |
| Showa Day in Japan in 2022 | 5/20/2022 |
| The day following the Birthday of Buddha in Hong Kong in 2022 | 5/27/2022 |
| Buddha Purnima around the world in 2022 | 6/3/2022 |
| Ching Ming Festival around the world in 2023 | 6/10/2022 |
| End of class celebration | 6/17/2022 |