

## Dance, continued

### Advanced Belly Dancing

This class is designed for advanced level students. The pace is faster, and you will learn longer and more challenging choreographies in these classes. This class is for the more serious students and is expected to practice at home. You will be using swords, Isis wings and have an opportunity to perform live.

#### Session 1

**Date:** Aug 26 – Oct 14

T# 3056.6 Wed 7:30pm - 8:30pm \$75

Instructor: LeVina Rivera

Location: RHC Campus Inn

#### Session 2

**Date:** Oct 21 – Dec 9

T# 3057.6 Wed 7:30pm - 8:30pm \$75

Instructor: LeVina Rivera

Location: RHC Campus Inn

## Digital Media



### Wow'em with Photoshop!

In this fun and creative Photoshop Elements 7.0 class you will learn how easy it is to combine multiple photographs to create breathtaking works of art, which are sure to wow your friends and family. Using a hands-on approach you will learn to blend basic photo editing skills with layering, masking and filtering tools to design stunning collages and portraits. You will even have the chance to create a personalized magazine cover that will make an excellent gift for someone special during the holidays. Each student will take home a CD of his or her creations and a framed print of two of the three assignments completed in class.

**Date:** Oct 6 – Nov 3

T# 3058.6 Tue 7:00pm – 9:00pm \$69\*

\*Material Fee: \$15 payable to the instructor in cash only for course materials.

Instructor: Dedre Robinson

Location: RHC Business Bldg., B114



### Great Holiday Gifts with Digital Photos

Got lots of digital photos? Need inexpensive, personalized holiday cards and gifts? Don't have a lot of time or money? Join us as we demonstrate how easy it is to make beautiful, personalized gifts with your digital photos, using your computer and Photoshop Elements. You will learn how to organize and edit your digital photos (including an easy trick to lose 10 lbs) make projects. Class includes digital supplies to make 3 different holiday cards.

**Date:** Sep 2

T# 3059.6 Wed 6:00pm - 9:00pm \$39\*

Instructor: Patty Debowski

Location: RHC Science Bldg., S326

\*An optional \$39 materials fee is payable to the instructor in class for a 384 page color book & DVD full of digi-scrappping supplies.

*Patty Debowski, founder of [www.TheDigitalScrapbookTeacher.com](http://www.TheDigitalScrapbookTeacher.com) is the author of the book, *Digital & Hybrid Scrapbooking & Card Making with Photoshop Elements* (ISBN# 978-0-9796959-0-2). She's been an accomplished scrapper for more than 30 years teaching students across the nation how to use Photoshop Elements.*

## Emeritus

### Chorus Singing

This course introduces older adult students to a variety of choral music and explores its cultural and historical aspects. Students will gain knowledge of posture, vowel modification, elements of phrasing and harmony. Students will perform vocal exercises and practice breathing techniques appropriate for the older adult.

#### Session 1

**Date:** Aug 24 – Oct 22

T#5515 Mon/Thu 6:30pm - 8:30pm No Fee

Instructor: Debbie Montpas

Location: The Palms

#### Session 2

**Date:** Oct 26 – Dec 17

T#5516 Mon/Thu 6:30pm - 8:30pm No Fee

Instructor: Debbie Montpas

Location: The Palms

### Creative Writing for Older Adults

This course is for older adults and helps beginning and experienced writers break through writing blocks and create and shape autobiographies, fiction, non-fiction and poetry into readable and published forms.

#### Session 1

**Date:** Sep 11 – Oct 23

T#5511 Fri 9:30am - 11:30am No Fee

Instructor: Suzette Hodnett

Location: Whittier Senior Center

#### Session 2

**Date:** Oct 30 – Dec 18 No Class Nov 27

T#5512 Fri 9:30am - 11:30am No Fee

Instructor: Suzette Hodnett

Location: Whittier Senior Center

### Current Topics for Older Adults

This course presents older adults with various topics for discussion and class activities based on the students' individual interests, backgrounds, physical and mental abilities. Older adults are encouraged to share and compare life experiences, and learn about international, national and local events and issues from a current and historical viewpoint.

**Date:** Aug 27 – Dec 10 (No Class Nov 26)

T# 5507 Thu 9:00am-10:30am No Fee

Instructor: Mary Lou Gutierrez

Location: Emeritus at Whittier

**Date:** Aug 26 – Oct 15

T# 5506 Wed/Thu 1:00pm-2:30pm No Fee

Instructor: Elaine Bobell

Location: Merrill Gardens

**Date:** Oct 21 – Dec 10 (No Class Nov 26)

T# 5509 Wed/Thu 1:00pm-2:30pm No Fee

Instructor: Elaine Bobell

Location: Merrill Gardens

## Emeritus, continued

### Hatha Yoga

Yoga practice enhances health and well-being. This class includes active and passive movements which are specially adapted to older adults. Movements include relaxation while stretching, strengthening by holding weight-bearing poses when applicable, breathing awareness, working together in rhythm, repetition to promote skill building, fitness, strength, and relaxation. Please bring yoga mat or towel.

**Date:** Sep 14 – Dec 7 (No Class Nov 9)  
T#5544 Mon 11:45am - 1:00pm No Fee  
Instructor: Trissia Baughman  
Location: La Mirada Activity Center

**Date:** Sep 14 – Dec 7 (No Class Nov 9)  
T#5545 Mon 8:30am - 10:00am No Fee  
Instructor: Trissia Baughman  
Location: Adventure Park

**Date:** Sep 10 – Dec 10 (No Class Nov 26)  
T#5543 Thu 12:00pm - 1:00pm No Fee  
Instructor: Trissia Baughman  
Location: Betty Wilson Senior Center

### Tai Chi

This course introduces older adults to Chinese health exercise which is neither vigorous nor strenuous. It is suitable for older adults who want to exercise to gain or maintain good health. It will strengthen the muscles and organs, relax the mind and body, improve blood circulation, and increase memory and concentration.

#### Session 1

**Date:** Aug 26 – Oct 15  
T#5587 Wed/Thu 10:30am - 11:30am No Fee  
Instructor: Suzette Hodnett  
Location: Emeritus at Whittier

#### Session 2

**Date:** Oct 21 – Dec 10  
T#5588 Wed/Thu 10:30am - 11:30am No Fee  
Instructor: Suzette Hodnett  
Location: Emeritus at Whittier

**Date:** Aug 29 – Dec 12 (No Class Sep 12)  
T#5589 Sat 11:00am - 12:00pm No Fee  
Instructor: Suzette Hodnett  
Location: La Mirada Activity Center

**Date:** Aug 24 – Dec 7  
T#5590 Mon 12:30pm - 1:30pm No Fee  
Instructor: Suzette Hodnett  
Location: Santa Fe Neighborhood Center

### Older Adult Physical Fitness

This physical fitness class is designed for the older adults and offers instruction in movement to maintain and increase range of motion, build muscle strength, maintain coordination, flexibility and balance. Class topics include discussions on nutrition, the effects of aging, safety factors and memory skills.

**Date:** Aug 24 – Dec 7  
T#5584 Mon 9:30am - 10:30am No Fee  
Instructor: Patricia Usary  
Location: Posada Retirement Community

**Date:** Aug 25 – Dec 10 (No Class Nov 26)  
T#5583 Tue/Thu 9:30am - 10:30am No Fee  
Instructor: Patricia Usary  
Location: Posada Retirement Community

**Date:** Aug 24 – Dec 7 (No Class Sep 7, Nov 9)  
T#5582 Mon 3:00pm - 5:00pm No Fee  
Instructor: Carlos Gallegos  
Location: La Mirada Senior Center

**Date:** Aug 26 – Dec 9  
T#5554 Wed 3:00pm - 5:00pm No Fee  
Instructor: Carlos Gallegos  
Location: Betty Wilson Senior Center

**Date:** Sep 10 – Dec 10 (No Class Nov 26)  
T#5580 Thu 9:00am - 11:00am No Fee  
Instructor: Trissia Baughman  
Location: Sorensen Park

**Date:** Aug 27 – Dec 10 (No Class Nov 26)  
T#5586 Thu 3:00pm - 5:00pm No Fee  
Instructor: Carlos Gallegos  
Location: Merrill Gardens

**Date:** Sep 8 – Dec 8  
T#5505 Tue 4:30pm - 5:30pm No Fee  
Instructor: Trissia Baughman  
Location: Whittier Mobile Country Club

### Painting for Older Adults

This course offers the older adult an individual approach to painting and creative arts. Topics can include art appreciation and art history; awareness of line, color, shape and form; techniques in drawing and progression through color mixing and canvas painting. Creativity and general art knowledge will be taught in a friendly and relaxed environment allowing each artist to work at their own pace.

**Date:** Aug 25 – Dec 8  
T#5572 Tue 1:00pm – 3:30pm No Fee  
Instructor: Elizabeth Barraza  
Location: Emeritus at Whittier

**Date:** Aug 27 – Dec 10  
T# 5558 Thu 9:00am – 11:30am No Fee  
Instructor: Elizabeth Barraza  
Location: La Mirada Activity Center, Ceramics Room

**Date:** Aug 28 – Dec 11  
T# 5557 Fri 1:30pm-4:00pm No Fee  
Instructor: Elizabeth Barraza  
Location: Posada Retirement Community