

**SENIOR SERVICES  
SPECIAL INTEREST CLASSES  
WINTER/SPRING 2014**

These classes are designed especially for older adults, but are open to any adult. To register for the following classes, please stop by or call the Joslyn Center. Preregistration is required for all classes.

**REFUND POLICY:**

A minimum six-week processing period is required for all refunds. Refunds must be requested before the second class meeting and will be prorated for the class that has taken place. If class is canceled by the City, a full refund will be issued. No refunds will be issued for material fees. No credits or refunds for classes missed by participant.

**EXERCISE AND FITNESS CLASSES**

**ZUMBA**

Ditch the workout and join the Party! Zumba, a Latin-inspired workout is fun, exhilarating and effective! You'll forget you're working out with the easy-to-follow dance moves and upbeat music like Cha-Cha, Salsa, Reggaeton, Rumba and more. Best of all, you don't need any previous dance experience! No class February 17 and May 26.

**INSTRUCTOR:** Susie Perez  
**LOCATION:** Joslyn Center, Auditorium  
**BEGINNING:** Winter-January 27  
Spring-April 7  
**DAYS & TIME:** Monday and Thursday, 3-4 pm  
**FEE:** \$28/7 weeks or \$5 per class drop-in

**YOGA (HATHA)**

Learn poses to increase and strengthen your flexibility and balance and breathing exercises to promote a healthy body. Learn relaxation exercises to reduce stress and tension. Your whole body will be worked for better overall health and well-being. No class February 17 and May 26.

**INSTRUCTOR:** Nikki Valdez  
**LOCATION:** Joslyn Center, Auditorium  
**BEGINNING:** Winter-January 27  
Spring-April 7  
**DAY & TIME:** Monday, 9-10 am  
**FEE:** \$50/8 weeks

**CHAIR YOGA**

This is a gentle class appropriate for all fitness levels, including those that have limited range of motion. Increase flexibility, balance, posture and muscle tone. No class February 17 and May 26.

**INSTRUCTOR:** Nikki Valdez  
**LOCATION:** Joslyn Center, Auditorium  
**BEGINNING:** Winter-January 27  
Spring-April 7  
**DAY & TIME:** Monday, 10:15-11:15 am  
**FEE:** \$50/8 weeks

### **TAI (CHI KUNG) STRETCH**

This class will cover a combination of isolated exercises for joints and muscles that may help with carpal tunnel and other muscle or joint problems. Learn breathing techniques for stress through Yoga, balance and strength through Tai Chi, and an introduction to "Chi Hula."

INSTRUCTOR: Gabe (Tavanna) Van Leeuwen  
LOCATION: Joslyn Center, Auditorium  
BEGINNING: Winter-January 21  
Spring-April 8  
DAY & TIME: Tuesday, 10:15-11:15 am  
FEE: \$22/8 weeks

### **ARTHRITIS EXERCISE CLASS**

This free class is designed to help people with any form of arthritis to keep joints flexible, maintain joint range of motion and build overall stamina. No class January 20, February 17, May 26.

INSTRUCTOR: Terri Thomas  
LOCATION: Joslyn Center, Auditorium  
BEGINNING: Continuous-attend anytime  
DAYS & TIMES: Monday and Wednesday, 1-2 pm (On first Wednesday of month, 12-1 pm)  
FEE: FREE

### **FALL-PROOF BALANCE & MOBILITY**

This is a great way to get moving again if you have been inactive or would like to begin to improve your health and sense of vitality. After careful review, an individual balance and mobility routine will be implemented. No class February 15, May 24 and June 7.

INSTRUCTOR: Dan Layne  
LOCATION: Joslyn Center, Auditorium  
BEGINNING: Winter-January 25  
Spring-April 12  
DAY & TIME: Saturday, 10:30-11:30 am  
FEE: \$55/8 weeks

## **DANCE CLASSES**

### **BALLET DANCE**

Ballet is a gentle way to stretch your muscles. Basic positions and routines will be taught. Adults will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. This class is for students who are new to ballet, students who want to dance and those who have danced before and want to begin again. Come try it out and see how fun and easy ballet can be.

INSTRUCTOR: Sarah Hsu  
LOCATION: Joslyn Center, Auditorium  
BEGINNING: Winter-January 21  
\$20/8 weeks

### **TAP DANCE**

Have fun learning the basic to intermediate steps of tap. Classes will progress into simple routines that will amaze and dazzle you and your friends.

INSTRUCTOR: Sarah Hsu  
LOCATION: Joslyn Center, Auditorium  
BEGINNING: Winter-January 21  
Spring-April 8  
DAY & TIME: Tuesday, 11:30 am-12:30 pm  
FEE: \$20/8 weeks

### **LINE DANCING**

Line dancing is a great way to exercise while having fun. This class will teach you the basic proper heel, toe steps along with simple dance routines. Shoes must have a backing (no flip flops).

INSTRUCTOR: Pam Wagoner  
LOCATION: Joslyn Center, Auditorium  
BEGINNING: Winter-January 21  
Spring-April 8  
DAY & TIMES: Tuesday, 2-3 pm (Beginners)  
3-4 pm (Intermediate)  
FEE: \$20/8 weeks – Beginning or Intermediate  
\$30/8 weeks – Beginning and Intermediate

### **SPECIAL INTEREST CLASSES**

#### **HEALTHY HEART COOKING CLASS**

Prepare to cook tasty and healthy recipes. This healthy cooking class is perfect for the folks trying to cut back on greasy foods and those trying to live a healthier lifestyle. No class April 22.

INSTRUCTOR: Terri Thomas  
LOCATION: Joslyn Center, Kitchen  
BEGINNING: Winter-February 4  
Spring-April 1  
DAY & TIME: Tuesday, 1:45-3:15 pm  
FEE: \$30/4 weeks, plus \$18 material fee paid to instructor at first class

#### **QUILTING 101**

This class is for both beginners and experienced quilters. Learn simple hand or machine piecing.

INSTRUCTOR: Betty Bethke  
LOCATION: Joslyn Center, Craft Room  
BEGINNING: Winter-January 22  
Spring-April 9  
DAY & TIME: Wednesday, 1-3 pm  
FEE: \$35/10 weeks

### **INTRODUCTION TO INTERNET AND EMAIL**

This class is designed for those with some basic computer skills who would like to explore the World Wide Web. Includes hands-on practice and free email account setup. Students will also learn how to use search engines for surfing Internet, email basics on sending, reply to and forwarding emails. Experienced users can sharpen their skills and find out how to benefit from online technology.

INSTRUCTOR: AGI Academy  
LOCATION: Joslyn Center, Craft Room  
BEGINNING: Winter I-January 21  
Winter II-March 4  
Spring-April 15  
DAY & TIME: Tuesday, 3-4 pm  
FEE: \$55/6 weeks, plus \$5 material fee paid to instructor at first class

### **INTRODUCTION TO COMPUTERS AND WORD PROCESSING FOR SENIORS**

Never touched a computer? Maybe you have, but felt confused. It's never too late to learn. This class will introduce the basic skills of using a computer. Develop a fundamental understanding of how computers work and become familiar with the terminology associated with using a computer.

INSTRUCTOR: AGI Academy  
LOCATION: Joslyn Center  
BEGINNING: Winter I-January 21  
Winter II-March 4  
Spring-April 15  
DAY & TIME: Tuesday, 2-3 pm  
FEE: \$55/6 weeks, plus \$5 material fee paid to instructor at first class

### **FAMILY HISTORY GENEALOGY**

Have you ever wondered how to trace your family ancestry? This one-day class will teach you how to do so. You will be walked through the basic steps from start to finish. Bring notepad.

INSTRUCTOR: Bill Sumbot  
LOCATION: Joslyn Center, Conference Room  
BEGINNING: Winter-March 3  
Spring-May 12  
DAY & TIME: Monday, 10 am-12 pm  
FEE: \$10/1 day

### **AARP DRIVER SAFETY CLASS**

This course is offered in conjunction with the American Association of Retired Persons (AARP). Each course is eight hours, offered over two days, four hours each day. Upon completion of the course, participants receive a certificate to be used for discounted automobile insurance rates. Preregistration is required. Ages 55 & over.

INSTRUCTOR: Ted Bautista  
LOCATION: Joslyn Center  
DATES: Winter-Tuesday and Wednesday, February 18 and 19  
Spring-Monday and Wednesday, April 21 and 23  
TIME: 9 am-1 pm  
FEE: \$15/2 classes AARP members, \$20/2 classes nonmembers (check payable to AARP)

### **AARP DRIVER SAFETY CLASS REFRESHER COURSE**

This is a five-hour refresher course for those who have previously taken the eight-hour course.

INSTRUCTOR: Ted Bautista  
LOCATION: Joslyn Center  
DATES: January 15, March 19, May 21  
DAY & TIME: Wednesday, 11:30 am-4 pm  
FEE: \$15/1 day AARP members, \$20/1 day nonmember (check payable to AARP)

### **CLASSES PROVIDED BY MT. SAC**

All classes are held at the Covina Joslyn Center, 815 N. Barranca Ave. All classes are on a walk-in basis. ALL CLASSES ARE FREE. Must purchase own supplies.

**Winter Classes: January 6-February 16**

**Spring Classes: February 24-June 15**

### **WATERCOLOR PAINTING**

Principles of drawing, design, color, composition for watercolor painting and emphasizing creative skill development.

DAY & TIME: Monday, 9 am-12 pm  
(Students are responsible for bringing their own materials.)

### **HOME GARDENING**

Organic gardening, indoor plants, fruit orchards, traditional gardening, pesticides, design, pruning and fertilization are covered.

DAY & TIME: Monday, 1-3 pm

### **SENIORCISE – HEALTHY AGING**

Designed for older adults to promote strength, toning, range of motion, flexibility, endurance and coordination.

DAYS & TIME: Tuesday/Thursday, 9-10 am

### **KNITTING & CROCHETING – HANDCRAFTED NEEDLEWORK FOR RETAIL SALES AND BOUTIQUES**

Needlework techniques including knitting, crocheting and embroidery.

DAY & TIME: Thursday, 9 am-12 pm

### **PRINCIPLES OF YOGA – HEALTHY AGING**

Improve stamina, lung capacity, flexibility, muscle tone and circulation.

DAY & TIME: Thursday, 10-11:30 am

### **FALL PREVENTION: BALANCE AND MOBILITY**

Older adults learn to prevent falls through balance, mobility and risk prevention.

DAY & TIME: Thursday, 11:30 am-12:30 pm