



**RIVERSIDE CITY COLLEGE**



# LIFELONG LEARNING

**SIGN UP TODAY FOR FREE CLASSES IN-PERSON & ZOOM**

*Learning is a lifelong pursuit. Riverside City College offers tuition-free courses for adults over the age of 50. These courses teach students how to stay healthy and active, design jewelry, paint, or discuss current topics with old and new friends.*

*Courses are offered on Zoom, at the Janet Goeske Center (5257 Sierra St. Riverside, CA 92504) and Tyler Springs (10406 Indiana Ave., Riverside, CA 92503)*

***June 17 - July 26, 2024. Enroll today!***

FOR MORE INFORMATION VISIT  
[HTTP://EXTENDEDLEARNING.RCCD.EDU/LIFELONG](http://extendedlearning.rccd.edu/lifelong)  
OR EMAIL [LIFELONGLEARNING@RCCD.EDU](mailto:lifelonglearning@rccd.edu)

# RIVERSIDE CITY COLLEGE

# LIFELONG LEARNING

## SUMMER 2024 SCHEDULE

### SENIOR FITNESS

#### Arthritis Foundation

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Mondays, Wednesday, & Friday 9:00am-9:50pm (SCE-813-45799)

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Monday & Wednesday 9:00AM - 10:20AM (SCE-813-46107)

#### Chair Zumba

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday 10:30am-11:20pm (SCE-813-45801)

#### Zumba Gold

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Mondays, Wednesday, & Friday 11:45am-12:35pm (SCE-813-45803)

#### Water Exercise

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- **Monday & Wednesday 11:00AM-12:20PM (SCE-813-45796) at Janet Goeske Pool**
- **Tuesday & Thursday 12:45PM-2:05PM (SCE-813-45808) at Tyler Springs Pool) at Tyler Springs Pool**

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- **Monday & Wednesday- 2:30PM-3:50PM (SCE-813-45807) at Janet Goeske Pool) at Janet Goeske Pool**

#### Total Senior Fitness

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Tuesday & Thursday 9:00AM-10:20AM (SCE-813-45806)

#### Pilates for Seniors

INSTRUCTOR: ANGELA MUNOZ

- Wednesday 10:30-11:45 AM (SCE-813-45809)

#### Healthy Aging Through Yoga

INSTRUCTOR: TAMERA GINGERELLA

- Monday 5:30PM - 6:40PM (SCE-813-45793)
- Saturday 9:00AM -10:05AM (SCE-813-45805)

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday 8:00AM - 9:20AM (SCE-813-45794)
- Tuesday & Thursday 9:30AM - 10:50AM (SCE-813-45795)
- Tuesday & Thursday 11:00AM - 12:20PM (SCE-813-45798)

#### Healthy Aging Through Yoga *Continued* Chair Yoga

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday and Thursday 1:00PM-2:20PM (SCE-813-45804)

#### Healthy Aging through Yoga

INSTRUCTOR: LORRAINE ZANK

- **Monday and Thursday 1:15PM -3:25PM (SCE-813-45797) at Janet Goeske Center**

#### Tai Chi Chuan

INSTRUCTOR: HARVEY KURLAND

- Monday & Wednesday- 1:00PM-3:05PM (Advanced SCE-813-45800)
- Tuesday & Thursday- 1:00PM-3:05PM (Beginner SCE-813 - 45802)

### CONNECT TO YOUR COMMUNITY

#### Computer Basics- Zoom, Internet Safety, and More!

INSTRUCTOR: GARY ROBERSON

- Saturday- 9:00AM-11:50AM (SCE-809-45788)

### ART

#### Drawing and Painting

INSTRUCTOR: SUBODH MAHESHWARI

- Tuesday - 9:00AM-12:50AM (SCE-811-45790)
- Wednesday - 9:00AM-12:50AM (SCE-811-45791)
- Thursday - 9:00AM-12:50AM (SCE-811-45792)
- **Saturday- 9:00AM-1:30PM (SCE-811-45789) at Janet Goeske**

#### Craft Design

INSTRUCTOR: LAURA SOUDER

- Tuesday- 1:00-3:50 PM (SCE-840-45810)