



RIVERSIDE CITY COLLEGE



SENIOR CITIZEN EDUCATION (SCE) [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 23, 2025 - July 31, 2025]. 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)

LIFELONG LEARNING

SUMMER 2025 SCHEDULE - CLASSES IN ORANGE ARE IN-PERSON

SENIOR FITNESS

Arthritis Foundation

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday- 9:00AM-9:50AM (SCE-813-46280)

Instructor: Roseanne De Leon-Callju

- Monday & Wednesday- 9:00AM - 10:15AM (SCE-813-47746)

Chair Zumba

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday- 10:30AM-11:20AM (SCE-813-46281)

Zumba Gold

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Mondays, Wednesday, & Friday- 11:45AM-12:35PM (SCE-813-46282)

Water Exercise

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday & Wednesday- 2:30PM-3:45PM (SCE-813-46283) at Janet Goeske Center Pool**

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Monday & Wednesday- 11:15AM-12:15PM (SCE-813-46286) at Janet Goeske Center Pool**
- Tuesday & Thursday- 11:15PM-12:30PM (SCE-813-46287) at Tyler Springs Pool**

Total Senior Fitness

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Tuesday & Thursday- 9:00AM-10:15AM (SCE-813-46285)

Pilates for Seniors

INSTRUCTOR: ANGELA MUNOZ

- Wednesday- 10:30AM-11:45AM (SCE-813-46288)

Healthy Aging Through Yoga

INSTRUCTOR: TAMERA GINGERELLA

- Monday- 5:30PM - 6:35PM (SCE-813-46272)
- Saturday- 9:00AM -10:10AM (SCE-813-46273)

Healthy Aging Through Yoga *Continued*

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday- 8:00AM - 9:15AM (SCE-813-46274)
- Tuesday & Thursday- 9:30AM - 10:45AM (SCE-813-46275)
- Tuesday & Thursday- 11:00AM - 12:15PM (SCE-813-46276)

INSTRUCTOR: LORRAINE ZANK

- Monday & Thursday- 1:15PM -3:05PM (SCE-813-46284) at Janet Goeske Center Gym**

Chair Yoga

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday- 1:00PM-2:15PM (SCE-813-46277)

Tai Chi Chuan

INSTRUCTOR: HARVEY KURLAND

- Monday & Wednesday- 1:00PM-2:50PM (**Advanced** SCE-813-46279)
- Tuesday & Thursday- 1:00PM-2:50PM (**Beginner** SCE-813 - 46278)

CONNECT TO YOUR COMMUNITY

Computer Basics

INSTRUCTOR: GARY ROBERSON

- Saturday- 9:00AM-11:50AM (SCE-809-46267)

ART

Drawing and Painting

INSTRUCTOR: SUBODH MAHESHWARI

- Tuesday- 9:00AM-12:50PM (SCE-811-46269)
- Wednesday- 9:00AM-12:50PM (SCE-811-46270)
- Thursday- 9:00AM-12:50PM (SCE-811-46271)
- Saturday- 9:00AM-12:50PM (SCE-811-46268) at Janet Goeske Center**

Craft Design- Jewelry

INSTRUCTOR: LAURA SOUDER

- Tuesday- 1:00PM-3:50PM (SCE-840-46290)