



**RIVERSIDE CITY COLLEGE**



## **SENIOR CITIZEN EDUCATION (SCE) [FORMALLY, 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)*

***[February 18, 2024 - June 6, 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

## [SPRING 2025] SCHEDULE

### SENIOR FITNESS

#### Arthritis Foundation

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday- 9:00AM-9:50AM (SCE-813-42767)

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Monday & Wednesday- 9:00AM - 10:20AM (SCE-813-42776)

#### Chair Zumba

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday- 10:30AM-11:20PM (SCE-813-42772)

#### Zumba Gold

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Mondays, Wednesday, & Friday- 11:45AM-12:35PM (SCE-813-42779)

#### Water Exercise

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Monday & Wednesday- 11:00AM-12:20PM (SCE-813-42768) at Janet Goeske Pool
- Tuesday & Thursday- 12:45PM-2:05PM (SCE-813-42778) at Tyler Springs Pool

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday & Wednesday- 2:30PM-3:45PM (SCE-813-42775) at Janet Goeske Pool

#### Total Senior Fitness

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Tuesday & Thursday- 9:00AM-10:20AM (SCE-813-42770)

#### Pilates for Seniors

INSTRUCTOR: ANGELA MUNOZ

- Wednesday- 10:30AM-11:45AM (SCE-813-42763)

#### Healthy Aging Through Yoga

INSTRUCTOR: TAMERA GINGERELLA

- Monday- 5:30PM - 7:05PM (SCE-813-42771)
- Saturday- 9:00AM -10:20AM (SCE-813-42769)

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday- 8:00AM - 9:15AM (SCE-813-42765)
- Tuesday & Thursday- 9:30AM - 10:45AM (SCE-813-42780)
- Tuesday & Thursday- 11:00AM - 12:15PM (SCE-813-42773)

#### Healthy Aging Through Yoga *Continued*

INSTRUCTOR: LORRAINE ZANK

- Monday & Thursday- 1:15PM -2:40PM (SCE-813-42766) at Janet Goeske Center Gym

#### Chair Yoga

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday- 1:00PM-2:15PM (SCE-813-42774)

#### Tai Chi Chuan

INSTRUCTOR: HARVEY KURLAND

- Monday & Wednesday- 1:00PM-2:25PM (Advanced SCE-813-42764)
- Tuesday & Thursday- 1:00PM-2:25PM (Beginner SCE-813 - 42777)

### CONNECT TO YOUR COMMUNITY

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

INSTRUCTOR: GARY ROBERSON

- Saturday- 9:00AM-12:05AM (SCE-809-42758)

#### Driver Improvement

INSTRUCTOR: JEFF KLUG

- Thursday 3/6 & Friday 3/7 - 8:00AM-12:00AM (SCE-830-42781) at Janet Goeske Center

### ART

#### Drawing and Painting

INSTRUCTOR: SUBODH MAHESHWARI

- Tuesday- 9:00AM-11:50AM (SCE-811-42759)
- Wednesday- 9:00AM-11:50AM (SCE-811-42760)
- Thursday- 9:00AM-11:50AM (SCE-811-42761)
- Saturday- 9:00AM-12:05PM (SCE-811-42762) at Janet Goeske Center

#### Craft Design- Jewelry

INSTRUCTOR: LAURA SOUDER

- Tuesday- 1:00-3:50 PM (SCE-840-42782)

### MUSIC

**Jazz Ensemble** (Please contact the instructor for class days & times)

INSTRUCTOR: CHARLES RICHARD

- TBD (MUS-854-43749)

INSTRUCTOR: BRIAN McNAIR

- TBD (MUS-854-43750)

INSTRUCTOR: STEVEN RAGSDALE

- TBD (MUS-854-43751)