



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)

[January 6, 2025 - February 13, 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)

RIVERSIDE CITY COLLEGE

LIFELONG LEARNING

[WINTER 2025] SCHEDULE

SENIOR Citizen Education

Arthritis Foundation

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday- 9:00AM-9:50AM (SCE-813-40773)

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Monday & Wednesday- 9:00AM - 10:40AM (SCE-813-40781)

Chair Zumba

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Monday, Wednesday, & Friday- 10:30AM-11:20PM (SCE-813-40775)

Zumba Gold

INSTRUCTOR: ROBIN CARTER-ROSENBLOOM

- Mondays, Wednesday, & Friday- 11:45AM-12:35PM (SCE-813-40783)

Water Exercise

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- **Tuesday & Thursday- 12:45PM-2:00PM (SCE-813-40776) at Tyler Springs Pool**

Total Senior Fitness

INSTRUCTOR: ROSEANNE DE LEON-CALLJU

- Tuesday & Thursday- 9:30AM-11:15AM (SCE-813-40782)

Pilates for Seniors

INSTRUCTOR: ANGELA MUNOZ

- Wednesday- 10:30AM-11:45AM (SCE-813-40778)

Healthy Aging Through Yoga

INSTRUCTOR: TAMERA GINGERELLA

- Monday- 5:30PM - 6:35PM (SCE-813-40767)
- Saturday- 9:00AM -10:10AM (SCE-813-40777)

Healthy Aging Through Yoga *Continued*

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday- 8:00AM - 9:15AM (SCE-813-40769)
- Tuesday & Thursday- 9:30AM - 10:45AM (SCE-813-40772)
- Tuesday & Thursday- 11:00AM - 12:15PM (SCE-813-40770)

INSTRUCTOR: LORRAINE ZANK

- **Monday & Thursday- 1:15PM -2:30PM (SCE-813-40768) at Janet Goeske Center Gym**

Chair Yoga

INSTRUCTOR: JENNIFER MUMFORD

- Tuesday & Thursday- 1:00PM-2:15PM (SCE-813-40779)

Tai Chi Chuan

INSTRUCTOR: HARVEY KURLAND

- Monday & Wednesday- 1:00PM-2:20PM (Advanced SCE-813-40771)
- Tuesday & Thursday- 1:00PM-2:15PM (Beginner SCE-813 - 40774)

CONNECT TO YOUR COMMUNITY

Computer Basics for lifelong Learners

INSTRUCTOR: GARY ROBERSON

- Saturday- 9:00AM-11:50AM (SCE-809-40762)

ART

Drawing and Painting for Lifelong Learners

INSTRUCTOR: SUBODH MAHESHWARI

- Tuesday- 9:00AM-11:50AM (SCE-811-40764)
- Wednesday- 9:00AM-11:50AM (SCE-811-40765)
- Thursday- 9:00AM-11:50AM (SCE-811-40766)
- **Saturday- 9:00AM-12:20PM (SCE-811-40763) at Janet Goeske Center**

Craft Design for Lifelong Learners

INSTRUCTOR: LAURA SOUDER

- Tuesday- 1:00PM-3:50PM (SCE-840-40784)