

# Senior Classes

For Life Long Learning



## MISSION VIEJO



**Norman P. Murray**  
**Community and Senior Center**  
24932 Veterans Way  
Mission Viejo, CA 92692  
(949)470-3062  
[www.cityofmissionviejo.org](http://www.cityofmissionviejo.org)

## Saddleback College Emeritus Classes

*Pre-Registration Required*

Semester class schedules rotate

Days and times are subject to change  
between semesters.

\* Denotes continuous class throughout all  
semesters. Refer to monthly Senior Update.

**To register, call 582-4835.**

**FREE**

### Film as Literature\*

**Tuesday / 2:00pm - 5:00pm**

Examine 20th and 21st century film as an art  
form.

### Aerobic Exercise to Music\*

**Tues & Thurs / 9:00am - 10:00am**

Fitness program that combines floor and dance  
exercises performed to musical rhythms.

### Chair Exercise\*

**Tues & Thurs / 10:00am - 11:00am**

Beginning level of fitness, with techniques  
necessary to maintain or improve physical  
fitness for daily living activities.

### Voice & Rhythms\*

**Wednesday / 1:00pm - 3:00pm**

Emphasizes tone production, breath control,  
and pronunciation as well as music literature.

### Beginning Sketching (Summer only)

**Mon & Wed / 1:00pm - 2:25pm**

Basic drawing techniques will be presented  
using pencil, charcoal and pastel.

### Art History\*

**Thursday / 1:00pm - 3:00pm**

Reviews the history of various art periods.

### Physical Fitness - Yoga\*

**Friday / 12:30pm - 3:00pm**

Emphasis is on exercises for improved body  
alignment, joint flexibility, muscle tone, and  
breathing.

## Beginning August /January (Fall & Spring Semesters)

### Introduction to Creative Writing

**Tuesday/ 9:30am - 12:30pm**

### Advanced Creative Writing

**Monday / 1:00pm - 4:00pm**

### Sequential Stretching & Relaxation

**Monday / 12:30pm - 2:30pm**

Safe stretching, breathing, body alignment, and  
muscle conditioning exercises using a floor mat  
or chair.

### Quilting

**Tuesday / 1:00pm - 4:00pm**

Fundamental quilting/patchwork techniques to  
include appliqué, cathedral windows, crazy  
quilting, fabric selection, pattern drafting,  
piecing, reverse appliqué and trapunto.

### Introduction to Opera

**Wednesday / 12:30pm - 3:30pm**

Study of opera from its earliest beginnings.

### For the Love of Music

**Wednesday / 9:00am - Noon**

History of music, musical periods and  
composers that have shaped western music.

### Beginning Practical Spanish

**Friday / 9:30am - 11:30am**

Basic fundamentals for the older adult with  
development of conversational skills.

### Intro to Conversation Spanish

**Wednesday / 9:30am - 11:30am**

Develop Spanish conversational skills with  
practice.

### Current Issues in Government

**Friday / 9:00am - 11:00am**

An in-depth study of global economy  
emphasizing geo political events.

## Volunteer Facilitated Classes

*Ongoing — Walk in and join anytime!*

### Laugh for your Health

**1st & 3rd Monday / 3:00pm - 4:00pm**

Laugh while doing cardio stretching and  
breathing for fun and fitness.

### French Conversation

**Monday / 1:30pm**

All levels are welcome. Join us to practice and  
refresh your skills.

# Volunteer Facilitated Classes

Ongoing — Walk in and join anytime!

## Tai Chi Class

Mon & Fri

9:00am (Advanced) 10:30am (Beginner)

A traditional Chinese martial art. New students for the beginning class will be accepted the first Monday of the month in **January** and **June** ONLY. Mission Viejo residents are given priority during registration. Space is limited.

## Ukulele

Thursday / 10:00am - Noon

Join the fun! All levels welcome!

## Constitution

Thursday / 4:00pm

Free refresher series by retired history teacher Bob Hayes. Please call for schedule.

## Current Events

Friday / 12:30pm

Discussion of interesting current events, pros and cons, politics, murder cases etc.

## iPad Know How

Tuesday / 3:00pm

Learn about email, photos, music and much more.

## iPad Practice

Tuesday / 4:00pm

Bring your iPad to practice with student experts at 4:00 pm.



## General Information

A variety of classes are offered on a daily basis at the Norman P. Murray Center. Classes are offered by various agencies, contracts, and volunteer instructors. Registration policies are specific to each. You are welcome to visit to assess class content.

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## Contract Classes *(fees noted)*

*Reservations Required*

*Fee payable to City of Mission Viejo each class*

*\*Please call for a current list of dates/sessions.*

## Digital Photography with Art Ramirez\*

Monday / 12:00pm - 2:00pm

## Intermediate Digital Photography with Art Ramirez\*

Monday / 3:00pm - 5:00pm

## Introduction to Photoshop Elements\* with Art Ramirez

Monday / 12:00pm - 2:00pm

## Intermediate Photoshop Elements with Art Ramirez\*

Monday / 3:00pm - 5:00pm

## Line Dance

**Wednesday *(Both sessions for \$5)***

**9:00am - 10:00am** *Beginners Class \$4*

**10:00am - 11:00am** *Intermediate Class \$5*

Mel Branham, professional line dance instructor, teaches beginners to serious boot scooters in all popular line dances.

## Arthritis Exercise Class

**Mon, Wed, & Fri**

**Session 1 / 9:30am– 10:30am**

**Session 2 / 11:00am - 12:00pm**

This free class maintains your fitness while reducing your arthritis pain. Space is limited.  
*Sponsored by Memorial Care Medical Group.*



## Ballroom Dance

**\$5 per class**

**Every Thursday / 1:00pm - 2:00pm**

Check the Senior Update for the featured Ballroom Dance to be taught by Candis Davis each month.

## Chair Yoga

**\$12 per class or \$50 per 5-week session**

**Every Tuesday / 10:00am - 11:00am**

Sitting upon a chair the whole class, students will receive the benefits of yoga. Improve your flexibility and strength, reduce stress and feel renewed.

## Fine Arts: Painting with Anne Klein

**Monday / 8:00am - 11:00am**

Join the fun with our fine arts family. All techniques of the art painting are taught and all levels are welcome, beginning through advanced.