

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

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.



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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.