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.

French Conversation
Wednesday / 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.

For Life Long Learning
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.

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.

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.

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.

Norman P. Murray
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