

Fax your registration for Fall classes to: 951-328-3641. Registrations will be input on a first-in basis until the class maximum enrollment is reached. Young@Heart phone number: 951-222-8090.

## Healthy Aging for Older Adults

### Arthritis Foundation, Lecture & Activity

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49375	8/26-10/14	MWF	7:45-8:45am	R. Carter-Rosenbloom	Janet Goeske Center
49383	10/16-12/13	MWF	7:45-8:45am	R. Carter-Rosenbloom	Janet Goeske Center
49401	8/26-10/21	MW	9:00-10:30am	R. de Leon	Brandon Place
49404	10/23-12/18	MW	9:00-10:30am	R. de Leon	Brandon Place

### Pilates, Lecture & Activity

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49381	9/09-12/2	MW	12:45-1:45pm	Angela Munoz	Janet Goeske Center
49388	8/20-12/17	T	2:00-3:20pm	Angela Munoz	Janet Goeske Center

### T'ai-Chi Ch'uan, Lecture & Activity

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49379	8/19-10/14	MW	1-2:30pm	H. Kurland	Magnolia Pres Church
49386	10/16-12/11	MW	1-2:30pm	H. Kurland	Magnolia Pres Church

### Water Aerobics, Lecture & Activity

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49399	8/19-10/14	MWF	9:30-10:30am	R. Carter-Rosenbloom	Janet Goeske Center
49403	10/16-12/13	MWF	9:30-10:30am	R. Carter-Rosenbloom	Janet Goeske Center
49376	8/26-10/21	MW	11am - 12:30pm	R. de Leon	Janet Goeske Center
49384	10/23-12/18	MW	11am - 12:30pm	R. de Leon	Janet Goeske Center
49392	8/27-10/17	TTh	12:45-2:15pm	R. de Leon	Tyler Springs
49395	10/22-12/17	TTh	12:45-2:15pm	R. de Leon	Tyler Springs

### Yoga, Lecture & Activity

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49380	9/03-11/22	TTh	8-9:00am	J.Mumford	Janet Goeske Center
49387	9/03-11/22	TTh	9:30-10:30am	J.Mumford	Janet Goeske Center
49393	9/03-11/22	TTh	11-12:00pm	J.Mumford	Janet Goeske Center
49396	9/03-11/22	TTh	1-2:00pm	J.Mumford	Janet Goeske Center
49378	8/20-11/07	TTh	5:30-6:30pm	M. Donley	Janet Goeske Center
49377	8/26-12/23*	M	5:30-7:06pm	T. Gingerella	Janet Goeske Center
49385	8/24-12/21*	S	9:15-10:45am	T. Gingerella	Janet Goeske Center
* no class 10/5, 10/7					
49382	8/19-10/14	MTh	1:15-2:45pm	L. Zank	Victoria Presbyterian
49389	10/16-12/16	MTh	1:15-2:45pm	L. Zank	Victoria Presbyterian

### Zumba Gold, Lecture & Activity

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49390	8/19-10/14	MWF	11:45-12:45pm	R. Carter-Rosenbloom	Janet Goeske Center
49394	10/16-12/13	MWF	11:45-12:45pm	R. Carter-Rosenbloom	Janet Goeske Center

## Creative Arts

### Jewelry Design

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49414	8/27-10/15	T	1-4pm	L. Souder	Moreno Valley SC
49415	10/22-12/10	T	1-4pm	L. Souder	Moreno Valley SC

### Painting in Various Media

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49398	10/21-12/16	M	9am-12pm	L. Blackmore	Janet Goeske Center
49402	10-17-12/12	TH	11-2pm	L. Blackmore	Janet Goeske Center
49405	8/31-10/12	Sat	9am-12:26pm	S. Maheshwari	Janet Goeske Center
49406	10/19-11/30	Sat	9am-12:26pm	S. Maheshwari	Janet Goeske Center
49407	8/27-10/08	T	9am-12:26pm	S. Maheshwari	Janet Goeske Center
49408	10/15-11/26	T	9am-12:26pm	S. Maheshwari	Janet Goeske Center
49409	8/28-10/09	Wed	10am- 1:26pm	S. Maheshwari	Janet Goeske Center
49410	10/16-11/27	Wed	10am- 1:26pm	S. Maheshwari	Janet Goeske Center
49411	8/22-10/03	Th	9am-12:26pm	S. Maheshwari	Janet Goeske Center
49412	10/10-11/21	Th	9am-12:26pm	S. Maheshwari	Janet Goeske Center

## For the Mind

### Computer Basics for Seniors

<u>Section#</u>	<u>Meet Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
49423	8/27-10/15	Tu	5:30-7:30pm	G. Patton	Riverside City College
49424	8/31-10/19	Sat	9-11am	G. Patton	"
49425	10/26-12/14	Sat	9-11am	G. Patton	Nursing 255

\*\*\***Note**: Parking permits are required on RCCD college campuses for the above computer.

### Mature Driving Improvement

Students will pay a **\$1.00** fee to the instructor in class for the DMV Certificate of Completion

49413	11/7-11/8	ThF	8:30am-12:30pm	J. Klug	Goseke Sr Center
49416	10/3-10/4	ThF	8:30am-12:30pm	J. Klug	Moreno Valley Sr Ctr

## Young@Heart Class Registration Form

Today's Date \_\_\_\_\_

Name \_\_\_\_\_ RCC Student ID Number \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_ Circle: Male/Female Marital Status: Married Single Divorced Widowed

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Ethnic Identity: Asian Black Filipino Hispanic American-Indian/Alaskan Pacific-Islander White Other

Citizenship: US Citizen Permanent Resident Temp Resident/Amnesty Refugee/Asylum Student Visa Other

Code	Class Name	Time/Location

### Ways to Register:

**Mail:** RCC/Young@Heart  
4800 Magnolia Ave,  
TechA 126  
Riverside 92506  
**Fax:** 951-328-3641

**No confirmations**

**Mandatory:** Student ID with Class #, or entire form filled with birth date is needed or we will not be able to enroll you.