

Adult & Teen Classes

YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500, ERYT-500.

Pavesic, Diane M		Edison Community Center Hall C & D			
4411.200	Adult	4/10 - 6/5	4:30pm-5:30pm	W	\$70
4411.201	Adult	4/10 - 6/5	5:45pm-6:45pm	W	\$70
4411.202	Adult	4/10 - 6/5	7:00pm-8:00pm	W	\$70

YOGA: GENTLE THERAPEUTIC YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional style class using props and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. Bring a mat and blanket. No class 4/13.

HelpYourHealth, RoxAnn Madera		Lake View Clubhouse 17451 Zeider Ln			
4578.200	15yrs to Adult	3/30 - 5/25	10:15am-11:15am	Sa	\$94

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertip to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. A good place to begin or reinforce your practice. No class 4/13, 4/9 & 4/10.

HelpYourHealth, RoxAnn Madera		Lake View Clubhouse 17451 Zeider Ln			
4577.200	15yrs to Adult	3/30 - 5/25	9:00am-10:00am	Sa	\$94

HelpYourHealth, RoxAnn Madera		Marutani Center 18964 Brookhurst St, FV			
4509.200	15yrs to Adult	3/26 - 5/21	9:00am-10:15am	Tu	\$118
4509.201	15yrs to Adult	3/27 - 5/22	9:00am-10:15am	W	\$118

YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to further develop their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more complicated poses, longer holds and flowing with the breath. Class limited to 12 students with personalized attention. No class 4/9.

HelpYourHealth, RoxAnn Madera		Marutani Center 18964 Brookhurst St, FV			
4576.200	15yrs to Adult	3/26 - 5/21	10:45am-12:00pm	Tu	\$118

YOGA: IN THE GREAT OUTDOORS

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 19251 Seapoint Ave. Please bring a yoga mat or towel.

Stevenson, Sarah		Harriet Wieder Park			
4414.201	Adult	3/30 - 6/8	9:00am-10:00am	Sa	\$95

Parks & Recreation...

Reduce Stress

...The Benefits Are Endless

No classes Monday, May 27

YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class 5/27, 5/28 & 5/29.

King, Jacki, CYT, RYT		Murdy Community Center Hall A			
4417.200	Adult	4/8 - 6/10	4:35pm-5:35pm	M	\$70
4417.201	Adult	4/10 - 6/12	4:00pm-5:00pm	W	\$70

Holden, Susan, CYT, RYT		Murdy Community Center Hall A			
4450.200	16yrs to Adult	4/8 - 6/10	6:00pm-7:00pm	M	\$70
4450.201	16yrs to Adult	4/8 - 6/10	7:15pm-8:15pm	M	\$70
4450.202	16yrs to Adult	4/9 - 6/11	5:30pm-6:45pm	Tu	\$70
4450.203	16yrs to Adult	4/12 - 6/14	4:00pm-5:00pm	F	\$70

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane M		Rodgers Senior Center Hall E			
4413.201	Adult	4/11 - 6/6	10:00am-11:00am	Th	\$70
4413.202	Adult	4/11 - 6/6	11:00am-12:00pm	Th	\$70

YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. No class 5/27. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M		Rodgers Senior Center Hall D			
4817.201	Adult	4/8 - 6/3	10:00am-11:00am	M	\$62

Computers and Active Aging

COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$5 is due at the first class.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4800.200	Adult	4/2 - 4/23	9:00am-11:30am	Tu	\$15
4800.201	Adult	5/7 - 5/28	9:00am-11:30am	Tu	\$15
4800.202	Adult	6/4 - 6/25	9:00am-11:30am	Tu	\$15

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4803.200	Adult	4/29 - 5/20	9:00am-12:00pm	M	\$15

Computers and Active Aging

COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more.

Staff, Recreation Rodgers Senior Center Computer Lab

4805.200	Adult	4/5 - 4/12	1:00pm-4:00pm	F	\$12
4805.201	Adult	5/3 - 5/10	1:00pm-4:00pm	F	\$12

COMPUTERS: IPAD FOR BEGINNERS

iPad for Beginners, for people who already have an iPad who want to learn how to use it. We will start at "How do I turn it on?" Discussions will include Wi-Fi, 3G/4G, iOS 5.1, iTunes and aspects of included apps. Must bring an iPad with charging cord to classes.

Staff, Recreation Rodgers Senior Center Hall C

4826.200	Adult	4/3 - 4/24	9:00am-12:00pm	W	\$15
4826.201	Adult	5/1 - 5/22	9:00am-12:00pm	W	\$15
4826.202	Adult	6/5 - 6/26	9:00am-12:00pm	W	\$15

COMPUTERS: MS 2010 WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab

4802.200	Adult	4/3 - 4/24	9:00am-12:00pm	W	\$15
4802.201	Adult	5/1 - 5/22	9:00am-12:00pm	W	\$15
4802.202	Adult	6/5 - 6/26	9:00am-12:00pm	W	\$15

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun!

Lander, Joel Rodgers Senior Center Computer Lab

4547.200	Adult	4/18 - 4/25	2:00pm-5:00pm	Th	\$66
4547.201	Adult	5/23 - 5/30	2:00pm-5:00pm	Th	\$66
4547.202	Adult	6/20 - 6/27	2:00pm-5:00pm	Th	\$66

COMPUTERS: PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more.

Lander, Joel Rodgers Senior Center Computer Lab

4548.200	Adult	4/5 - 4/26	9:00am-12:00pm	F	\$66
4548.201	Adult	5/10 - 5/31	9:00am-12:00pm	F	\$66
4548.202	Adult	6/7 - 6/28	9:00am-12:00pm	F	\$66

COMPUTERS: WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, experiment, learn tricks, share and discover. Have fun!

Lander, Joel Rodgers Senior Center Computer Lab

4585.200	Adult	4/4 - 4/11	2:00pm-5:00pm	Th	\$66
4585.201	Adult	5/9 - 5/16	2:00pm-5:00pm	Th	\$66
4585.202	Adult	6/6 - 6/13	2:00pm-5:00pm	Th	\$66

CPR/FIRST AID/AED BASICS FOR SENIORS & CAREGIVERS

An interactive class where seniors, caregivers and family members can learn about the basics of CPR/First Aid/AED use for adults. Learn lifesaving techniques, bring your questions and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 material fee due to instructor at class.

Ameduri, Megan Rodgers Senior Center Hall D

4828.200	16yrs to Adult	4/27	9:00am-1:00pm	Sa	\$50
4828.201	16yrs to Adult	6/8	9:00am-1:00pm	Sa	\$50

DANCE: BEGINNING BALLET FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Hunting Academy of Dance Rodgers Senior Center Hall D

4494.200	Adult	3/25 - 4/29	12:30pm-1:30pm	M	\$49
4494.201	Adult	5/6 - 6/17	12:30pm-1:30pm	M	\$49

FITNESS: AT HOME SENIOR REVITALIZATION PROGRAM

The AHSR Program accomplishes a specified end "lifetime wellness", consisting of seven Presentations/Workshops with a strong coaching component helping seniors begin and progress their individual wellness quests. All protocols are designed to be done at home with minimal equipment, employing a process to deliver maximum results for minimum time expenditure.

Ringlien, Ron Rodgers Senior Center Hall D

4825.200	Adult	4/3 - 5/15	9:00am-10:00am	W	\$60
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FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits include: improved posture, strength, balance, along with an enhanced mind/body connection and total body awareness to reduce the risk of falls. This class will incorporate a chair for stability and flexibility exercises. No class 5/27.

HB Pilate Rodgers Senior Center Game Room

4822.200	Adult	3/25 - 6/3	12:30pm-1:30pm	M	\$88
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YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. No class 4/8, 4/9, 4/10 and 4/12.

HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center
18964 Brookhurst St, FV

4510.200	50yrs+	3/25 - 5/20	1:00pm-02:30pm	M	\$118
4510.201	50yrs+	3/26 - 5/21	12:30pm-2:00pm	Tu	\$118
4510.202	50yrs+	3/27 - 5/22	10:30am-12:00pm	W	\$118
4510.203	50yrs+	3/29 - 5/24	10:30am-12:00pm	F	\$118

Parks & Recreation...

Stimulate the Mind

...The Benefits Are Endless

Register Online at www.hbsands.org