SENIOR CENTER
in Central Park

HUNTINGTON BEACH

SENIOR CENTER IN CENTRAL PARK

Fall Virtual Classes

REGISTER ONLINE
August 25th
www.hbsands.org

Questions? Please call the Senior Center in Central Park at 714-536-5600

Educational

Financial & Estate Literacy: It's Your Money

Topics of discussion include: Money Test & Tax Update; Annuities & Mutual Funds; Financial Planning I: Goals and Your Assets; Financial Planning II: Investing Your Money; Medical Care Planning: Caregiver & Insurance; Equity Investing: A Better Approach; It's Your Money and Your Mind.

Financial & Estate Literacy

451111-5A 16yrs+ Tues. 1:30pm-3:00pm 9/22-11/10 Free

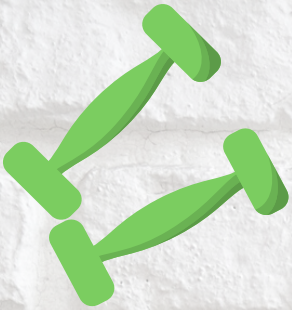
Financial & Estate Literacy: It's Your Estate

Topics of discussion include: Estate Test & Tax Update; Estate Planning Basics; Planning for Incapacity; Living Trusts; Charitable Giving; Retirement Account Planning; Trustee and Executor Duties; Case Study and Review.

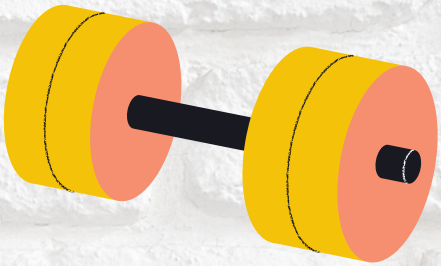
Financial & Estate Literacy

451111-5B 16yrs+ Wed. 1:30pm-3:00pm 9/23-11/11 Free

REGISTER ONLINE @ HBSANDS.ORG



Fitness



Barre Strength & Stretch Online

Live longer, get stronger! Stand or sit for the whole class. You will be led through easy-to-follow, head-to-toe exercises that are effective and fun. A chair provides stability while you strengthen muscles to improve your balance, mobility, and circulation. Stretch to increase flexibility and range of motions and reduce muscle tension.

CS Dance Factory

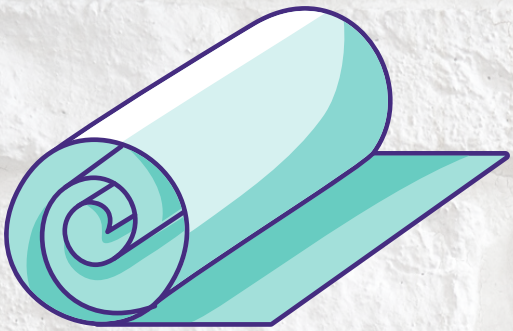
451527-5A	18yrs+	Mon.	10:15am-11:00am	8/31-9/21	$40
451527-5B	18yrs+	Mon.	10:15am-11:00am	9/28-10/19	$40
451527-5C	18yrs+	Mon.	10:15am-11:00am	10/26-11/16	$40
451527-5D	18yrs+	Mon.	10:15am-11:00am	11/23-12/14	$40

Chair Dance & Fitness

Keep your body and mind as healthy as you can. Did you know that you can reverse the signs of aging in your brain when you learn some simple dance steps that can be done sitting in the chair? Chair exercise has easy movements to increase strength and flexibility in your arms, legs, and core muscles. Enjoy listening to energizing music and have a joyful time moving with our uplifting instructors. Great for injury recovery, too. Geared for older adults, or injury recovery.

CS Dance Factory

451528-5A	18yrs+	Mon.	11:15am-12:00pm	8/31-9/21	$30
451528-5B	18yrs+	Mon.	11:15am-12:00pm	9/28-10/19	$30
451528-5C	18yrs+	Mon.	11:15am-12:00pm	10/26-11/16	$30
451528-5D	18yrs+	Mon.	11:15am-12:00pm	11/23-12/14	$30



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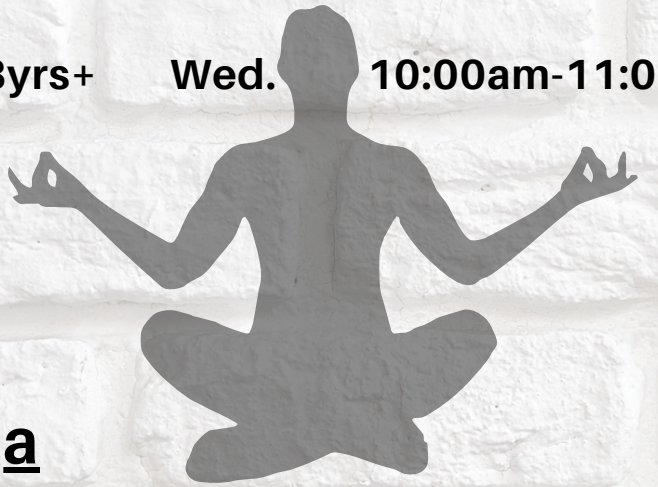
Balance and Mobility Yoga

This class focuses on joint health, alignment, and mobility. You will increase your range of motion, balance, and flexibility. It incorporates straps and blocks with a standing series. This practice will address the entire body and is suitable for all levels. Not suitable for those dependent on walkers or canes. Requires a yoga mat, 2 blocks, and a strap.

Susan Holden

451529-5A 18yrs+ Wed. 10:00am-11:00am 9/16-10/7 $45



Chair Yoga

Yoga benefits both body and mind. This breath centered class will stretch, tone and balance the body as well as reducing stress and tension in the mind. Chair yoga class is sequenced with the breath allowing students to move with awareness at their own pace. All activities are done while seated in a chair or holding a chair. Please make sure to use a firm, armless chair for class.

Susan Holden

451534-5A 18yrs+ Mon. 9:00am-10:00am 9/14-10/5 $45

Flex and Stretch

This class uses a chair for stability and balance. We will do both seated and standing work to increase flexibility and strength. You will need a set of light weights and a stretch therapy band.

Marianne Grossman

450817-5A	50yrs+	Tue.	10:30am-11:15am	9/8 - 12/8	$65
450817-5B	50yrs+	Thur.	10:30am-11:15am	9/10 - 12/10	$65

Breathwork

Learn to utilize our body's most powerful healing tool, our breath. Breathwork is an active and effective technique that will allow you to disconnect from your busy mind and enhance your overall health and well-being. This self-healing tool can teach you how to reclaim your power, increase vitality, and strengthen your immune system.

Susan Holden

451532-5A	18yrs+	Wed.	10:30am-11:10am	9/16-10/7	$45

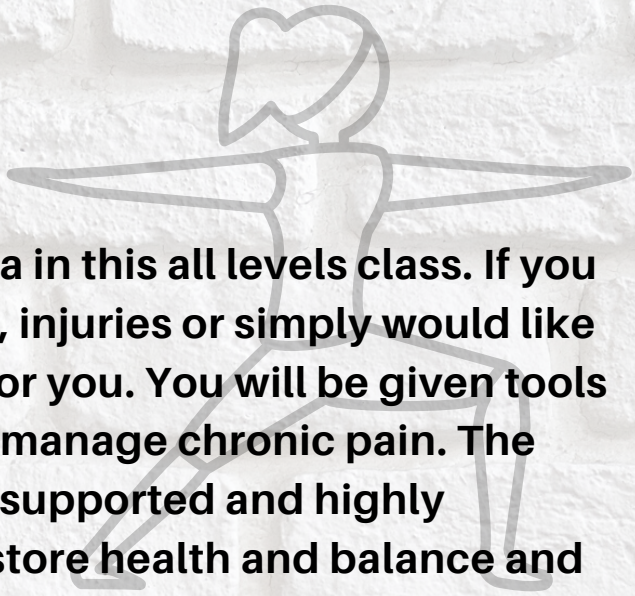
Mindfulness Meditation

There has been tons of research suggesting that mindfulness practices can help reduce stress and improve quality of life. This class is designed to support practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life. Whether you meditate every day or it's your very first time, all levels are welcome.

Susan Holden

451533-5A	18yrs+	Mon.	9:30am-10:10am	9/14-10/5	$45
451533-5B	18yrs+	Wed.	9:30am-10:10am	9/16-10/7	$45

Gentle Yoga



Prepare for the therapeutic benefits of yoga in this all levels class. If you are dealing with specific health conditions, injuries or simply would like to take it slow, then this class is designed for you. You will be given tools to increase flexibility, range of motion and manage chronic pain. The gentle flow style encourages a softer, well supported and highly individualized approach helping you to restore health and balance and find a greater sense of well-being. Please have a blanket and two blocks ready.

Susan Holden

451530-5A	**18yrs+**	**Mon.**	**5:30pm-6:15pm**	**9/14-10/5**	**$45**
451530-5B	**18yrs+**	**Wed.**	**5:30pm-6:15pm**	**9/16-10/7**	**$45**

Mobility Chair Class

Mobility chair class is a combination of stretching, yoga, muscle pain release, and mobility exercises. Whether you sit at a desk all day, are coming back from injury, or just want to be more active and mobile this class is for you. No matter your age and physical condition, you can improve your mobility. Not suitable for those dependent on walkers or canes. Requires a chair and a strap.

Susan Holden

451531-5A	**18yrs+**	**Tue.**	**9:00am-10:00am**	**9/15-10/6**	**$45**
451531-5B	**18yrs+**	**Thu.**	**9:00am-10:00am**	**9/17-10/8**	**$45**

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Yoga: Chair Zoom Class

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels.

Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT

450866-5A	**18yrs+**	**Mon.**	**10:30am-11:30am**	**9/21-12/7**	**$82**

Yoga: Senior Zoom Class

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Have a mat and blanket on hand.

Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT

450872-5A	**18yrs+**	**Thu.**	**10:30am-11:30am**	**9/24-12/10**	**$82**

Yoga

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. You will need a yoga mat and a towel or blanket.

Susan Holden

450892-5A	**18yrs+**	**Thu.**	**10:00am-11:00am**	**9/17-10/8**	**$45**

Zumba Gold Online

Keep your body and mind as healthy as you can. Did you know that dancing reverses the signs of aging in the brain and body? Discover how you can do this and groove at your own pace in this Zumba God dance party workout for the young at heart! Easy-to-follow, low impact, dance steps to a variety of motivating music. Sign up now, get results, and feel the joy!

CS Dance Factory

450456-5A	18yrs+	Mon.	9:00am-10:00am	8/31-9/21	$40
450456-5B	18yrs+	Mon.	9:00am-10:00am	9/28-10/19	$40
450456-5C	18yrs+	Mon.	9:00am-10:00am	10/26-11/16	$40
450456-5D	18yrs+	Mon.	9:00am-10:00am	11/23-12/14	$40

Zumba Gold and Zumba Gold Toning

Zumba Gold is perfect for active adults looking for the great moves of Zumba at a lower impact. This funfilled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the party! This is an online Zoom class.

Jill Foreman

450860-5A	55yrs+	Tues.	5:00pm-5:50pm	9/15-12/8	$38
450860-5B	55yrs+	Fri.	10:00am-10:50am	9/11-12/11	$38

Recreational & Social

Behind the Classics: One Flew Over the Cuckoo's Nest

This online zoom class will have two sessions. The first session will have a discussion using slides in a PowerPoint presentation to illustrate the making of "One Flew Over the Cuckoo's Nest" in which we will talk about the director, casting, production, reception and legacy of the film today. Then our students will have a week to watch the film on their own through various platforms where the film is available. Session two will take place a week later where we will have a discussion on the film and the reactions to it.

Platforms where the film is available include: Amazon.com, Firestick, YouTube, Redbox, Hulu and Google Play. Rental fee $3.99

Theo Siegel

450627-5A 16yrs+ Mon. 8:00pm-9:00pm 9/21 & 9/28 $10

Downshifting: How To Get The Most Out Of The Freedom Of Retirement

A "life of leisure" can be boring without the right components. Just being busy does not solve the problem. Through discovery, clarification and creativity, participants will consider their own personal plan for a satisfying downshift from fulltime work. Prepare for (or overcome) these retirement surprises: Loss of Control, Loss of Company, Loss of Purpose. Learn how to get your non-financial retirement plan in shape.

Carole Morris

451139-5A	**55yrs+**	**Wed.**	**6:00pm-7:15pm**	**9/9-10/14**	**$80**
451139-5B	**55yrs+**	**Mon.**	**6:00pm-7:15pm**	**10/19-11/23**	**$80**

It's YOUR Retirement (Getting the Most Out of Life After Work)

You've already thought about your Will, and you've probably talked to someone about Estate Planning. What about the rest of your retired life? In this one (1) 90-minute session, you'll learn about the 8 other areas that factor into a rewarding retirement, the 3 aspects of not working that stun many retirees, and the 6 areas that can fill the void left from leaving full-time work. We'll discuss resources and tools to set you on your path to a retirement that makes you glad to be free!

Carole Morris

451140-5A	**50yrs+**	**Tue.**	**4:15pm-5:45pm**	**9/15**	**$35**
451140-5B	**50yrs+**	**Tue.**	**4:15pm-5:45pm**	**9/22**	**$35**
451140-5C	**50yrs+**	**Tue.**	**4:15pm-5:45pm**	**9/29**	**$35**
451140-5D	**50yrs+**	**Tue.**	**4:15pm-5:45pm**	**10/13**	**$35**

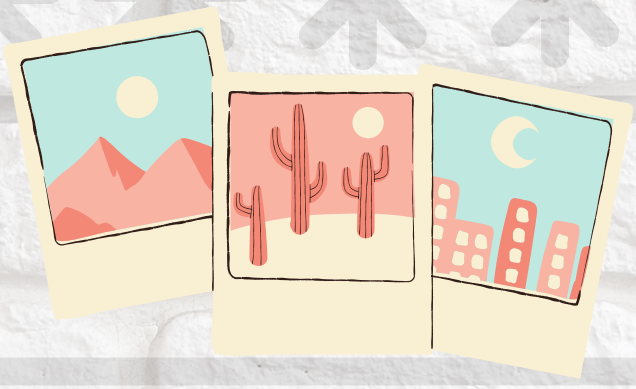
Technology

Creating Custom Photo Books

Do you want to create beautiful photo books to commemorate special life events (i.e. family history, birthdays, anniversaries, travel)? In this fun workshop, you'll discover tips and tricks for working with photo book apps, adding cherished stories, and moving beyond ready-made templates to create personalized, custom books your family will treasure.

Patrice Rutledge

450243-5A 18yrs+ Wed. 2:00pm-3:00pm 10/7-10/21 $42



Digital Photo Organizing and Editing

If you're overwhelmed with your digital and print photos, then this class is for you. You'll learn to organize your photos in Google Photos, Amazon Photos and other apps, and also how to automatically transfer photos from your phone or camera, scan photos, explore photo editing apps, restore photos, and much more.

Patrice Rutledge

450238-5A 18yrs+ Wed. 2:00pm-3:00pm 9/9-9/30 $54

Facebook Essentials

Learn to stay in touch with family and friends using this popular app. We'll cover the basics - profiles, posting, liking, sharing, and commenting on your computer, tablet, and phone. You'll also discover many Facebook tips and tricks including protecting your privacy. Taught by the author of Using Facebook.

Patrice Rutledge

450240-5A	**18yrs+**	**Tues.**	**10:00pm-11:00pm**	**10/13-10/27**	**$42**

Popular Applications for Seniors

This fun class for seniors shows you how to shop online, communicate with others, learn something new, and save money with today's most popular apps for your computer, tablet, and phone. We'll cover Amazon Prime, Kindle, Zoom, Skype, PayPal, Instacart, Ibotta, Pinterest, Twitter, YouTube, free library apps, and much more.

Patrice Rutledge

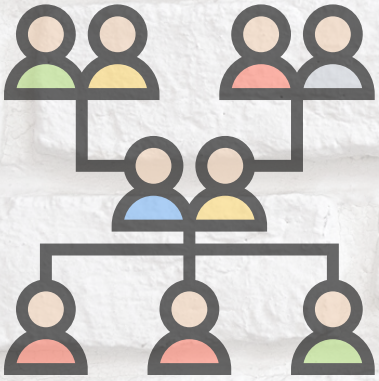
450242-5A	**18yrs+**	**Thu.**	**3:00pm-4:00pm**	**9/10-9/24**	**$42**

Online Genealogy Basics

In this fun workshop for beginners, you'll learn to create an online family tree, explore popular genealogy apps and tools, and find and collaborate online with distant relatives. This class will also explore the vast online genealogy resources available through local libraries, Google, and social media.

Patrice Rutledge

450235-5A	**18yrs+**	**Tue.**	**10:00am-11:00am**	**9/8-9/29**	**$54**



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