



# ACTIVE ADULTS CLASSES 50+

## ANTIQUES: THE INCURABLE COLLECTOR

If you are the type of person who enjoys antique shows and collecting antiques, this class is for you! We will cover basic collecting including topics on silver, ceramics, glass, paper and furniture.

## CERAMICS

This is an all levels Ceramics Class designed for the older adult. Class meets every a week in a social environment. This atmosphere fosters creativity and friendship while providing guided individual technical instruction. Learn to paint and prepare your green ware as we fire once a week. Students are responsible for your own supplies. Firing is included in the cost of the class.

## CHAIR EXERCISE

If you have not exercised in a while, this is the perfect class for you. The class is designed for individuals who need a gentler form of chair exercise, along with strength building and balance exercises. Music provides the opportunity for increased movement and enhanced relaxation exercises. One day we will use bands and the other weights.

## CONDITIONING EXERCISE W/ TAI CHI CHIH

This class begins with Mat Exercises to strengthen muscles and promote flexibility, then we go into Chair Exercises, next is Tai Chi Chih movements reduce stress and promote coordination and balance. We will finish up with Visual Relaxation with a simple technique one can use anywhere to relax.

## CONDITIONING EXERCISE W/ QIGONG

This class begins with Mat Exercises to strengthen muscles and promote flexibility, then we go into Chair Exercises, next is Qigong Exercises that coordinate breathing and inner concentration. We will finish up with Visual Relaxation with a simple technique one can use anywhere to relax.

## CREATIVE ARTS

For two hours a week experience the variety of creative crafts and fun of successful crafting sessions with others. If you're a "I can't" person find yourself becoming an "I can" person "and I did it myself"!

### ALMADEN CENTER, 6445 CAMDEN AVE. (408) 268-1133

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
251.3.1804	Enhance Fitness	55+	T/Th	1/13-3/8	10:30AM-11:30AM	Cutright	20	\$20/\$28
251.3.1810	Feldenkrais	50+	M	1/9-2/27	10:00AM-11:00AM	McCarten	6	\$34/\$42
251.3.1811	Feldenkrais	50+	M	3/5-4/16	10:00AM-11:00AM	McCarten	6	\$34/\$42
251.3.1808	Feldenkrais *II	50+	F	1/6-2/10	9:40AM-10:40AM	McCarten	6	\$34/\$42
251.3.1809	Feldenkrais *II	50+	F	3/2-4/20	9:40AM-10:40AM	McCarten	6	\$34/\$42
251.3.1814	Genealogy	50+	Tu	1/3-2/7	9:30AM-11:30AM	Erickson	6	\$34/\$42
251.3.1812	Genealogy	50+	Tu	2/14-3/27	9:30AM-11:30AM	Erickson	6	\$34/\$42
251.3.1815	Golf Lessons	50+	Th	3/1-3/29	10:00AM-11:30AM	Jasso	5	\$104/\$112
251.3.1816	Hanna Somatic	50+	W	1/11-2/15	10:00AM-11:00AM	Kerber	6	\$34/\$42
251.3.1817	Hanna Somatic	50+	W	2/29-4/4	10:00AM-11:00AM	Kerber	6	\$34/\$42
251.3.1824	Hula Hawaiian Dance	50+	Th	2/9-3/15	11:30AM-12:30PM	Dept. Staff	6	\$29/\$37
251.3.1825	Hula Hawaiian Dance	50+	Th	3/22-4/26	11:30AM-12:30PM	Dept. Staff	6	\$29/\$37
251.3.1818	Line Dance Absolute Beginners	50+	W	1/4-2/22	1:00PM-2:30PM	Boesel	8	\$30/\$38
251.3.1819	Line Dance Absolute Beginners	50+	W	2/29-4/18	1:00PM-2:30PM	Boesel	8	\$30/\$38
251.3.1820	Line Dance Beginner/Intermediate	50+	Th	1/5-2/23	8:30AM-12:00PM	Boesel	8	\$24/\$32
251.3.1822	Line Dance Beginner/Intermediate	50+	Th	3/8-4/26	8:30AM-12:00PM	Boesel	8	\$24/\$32
251.3.1830	Morning Stretch/Body Conditioning	50+	M/W/F	1/4-5/18	8:00AM-8:40AM	Hill	56	\$21/\$29
251.3.1831	Morning Stretch/Body Conditioning	50+	M/W/F	1/4-5/18	8:50AM-9:30AM	Hill	56	\$21/\$29
251.3.1855	Piano Keyboarding 1A	50+	F	1/6-4/6	9:30AM-10:15AM	Seifert	12	\$19/\$27
251.3.1857	Piano Keyboarding 1B	50+	F	1/6-4/6	10:30AM-11:15AM	Seifert	12	\$19/\$27
251.3.1864	Spanish Intermediate	50+	M	1/9-5/7	12:00PM-2:00PM	Herrera	16	\$65/\$73
251.3.1871	Tai Chi	50+	W	1/4-2/8	10:30AM-11:30AM	Robertson	6	\$34/\$42
251.3.1872	Tai Chi	50+	W	3/7-4/11	10:30AM-11:30AM	Robertson	6	\$34/\$42



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## CREATIVE WRITING

If you have ever felt the need to put your feelings into a poem or a short story or if you have a desire to get your memoirs down for the grandkids, this is the place for you. No experience needed.

## ENHANCE FITNESS

Becoming fit just became a whole lot more fun! This is a group fitness class designed just for active adults (55+). Enhance Fitness is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination, mental sharpness and decreases your risk of falling.

## FELDENKRAIS

Learn healing through Feldenkrais exercise. Help improve your flexibility and reduce muscular tension while enhancing mobility, balance, and coordination. Safe comfortable movement sequences from a certified teacher. This is ideal for people with arthritis, fibromyalgia, and other painful conditions.

## GENEALOGY

Discover proof of your family's ancestry as we dig through records available around the Bay Area and on the Internet. Monthly field trips to libraries and archives give hands-on experience after participating in class discussions.

## GOLF LESSONS

Improve your golf game with lessons from a golf pro. During this 5 week class we will review and practice the various shots a golfer will take during the course of a golf game. These shots include putting, chipping, pitching, full swing and driving. These classes will provide meaningful insight to the game of golf.

## HANNA SOMATIC

Hanna Somatic Education is a natural, gentle and safe way to end chronic pain, relieve stress and restore freedom of movement. You will learn how to release tension patterns you may not be aware of that have lingered with you for days or even years resulting from injury, trauma, surgery, minor falls or even the stress of daily life. Wear comfortable clothing and bring a mat or towel.

## HULA HAWAIIAN DANCE

Learn the majestic art of Hula which is the Hawaiian way of story telling through dance. Experience the Aloha spirit as you learn to dance.

## LAPIDARY

Turn those dirty rocks into shiny pieces of art. This specialized craft uses machines to cut and polish rocks and gemstones into decorative items (not for re-sale).

### ALMADEN CENTER, 6445 CAMDEN AVE. (408) 268-1133

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
251.3.1880	Voice Lessons	50+	Tu	1/10-3/27	3:00PM-5:00PM	Tan	12	\$34/\$42
251.3.1885	Yoga - Gentle	50+	F	1/6-2/10	10:50AM-11:50AM	McCarten	6	\$34/\$42
251.3.1886	Yoga - Gentle	50+	F	3/2-4/20	10:50AM-11:50AM	McCarten	6	\$34/\$42
251.3.1892	Zumba Gold	50+	W	1/18-2/29	8:15AM-9:00AM	Ash	6	\$24/\$32
251.3.1893	Zumba Gold	50+	W	3/14-4/18	8:15AM-9:00AM	Ash	6	\$24/\$32
251.3.1898	Zumba Platinum	50+	M	1/23-3/5	11:00AM-11:45AM	Fowler	6	\$24/\$32
251.3.1897	Zumba Platinum	50+	M	3/12-4/23	11:00AM-11:45AM	Fowler	6	\$24/\$32

### BERRYESSA CENTER, 3050 BERRYESSA RD. (408) 251-6392

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
213.3.1800	Enhance Fitness	50+	M/W/F	1/18-3/28	1:30PM-2:30PM	Martin	30	\$40/\$48
213.3.1804	Line Dancing - Beg	50+	F	1/20-2/17	8:45AM-9:45AM	Soffiotto	5	\$23/\$31
213.3.1805	Line Dancing - Beg	50+	F	2/24-3/23	8:45AM-9:45AM	Soffiotto	5	\$23/\$31
213.3.1806	Line Dancing - Intermediate	50+	F	1/20-2/17	9:45AM-10:45AM	Soffiotto	5	\$23/\$31
213.3.1807	Line Dancing - Intermediate	50+	F	2/24-3/23	9:45AM-10:45AM	Soffiotto	5	\$23/\$31
213.3.1801	Mixed Media Art	50+	F	1/20-3/23	1:00PM-3:00PM	Sieker	10	\$78/\$86
213.3.1802	Watercolor	50+	F	1/20-3/23	10:00AM-12:00PM	Sieker	10	\$78/\$86



# ACTIVE ADULTS CLASSES 50+

## LINE DANCE - BEGINNER

Come find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You do not need a partner or any experience in dance. You will learn classic line dances and popular ones. Dance shoes work best! Don't forget to bring a water bottle to quench your thirst as you dance away

## LINE DANCE -ADVANCED BEGINNER/INTERMEDIATE

Come join in on the fun of intermediate line dancing, where partners are not needed. Advanced steps and movement will be introduced and practice. A minimum of six months of line dancing experience required before attending class.

## LINE DANCE ABSOLUTE

Come find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You do not need a partner or any experience in dance. You will learn classic line dances and popular ones. Dance shoes work best! Don't forget to bring a water bottle to quench your thirst as you dance away

## LINE DANCE - SOUL

Our Soul Line Dancing class will give you a low impact cardio work out. With classic foot tapping R&B music and variations on many Soul Line Dancing routines, students are bound to leave energized and full of nostalgia.

## MEMOIR WRITING

Have you always wanted to write your story? Have you already started and need help putting it together in an easy to read book? Join this class to find inspiration & information on how to write your story.

## MIXED MEDIA ART

This unique Art Workshop will provide a broad base of art instruction, which will develop your skills in a range of artistic techniques. You will have the opportunity to experiment with a number of art applications such as landscape, still life, portrait and contour drawing. Curriculum is sequenced.

## MORNING STRETCH/BODY CONDITIONING

Easy to learn, highly effective exercises three times a week. Your doctor will be thrilled! Come for a head-to-toe workout. Improve your cardiovascular, respiratory, and circulatory systems and increase muscle tone and improve flexibility.

## NEWS AND VIEWS

Engaging conversation with other adults and national and local current events. Feel free to bring topics of interest and your historical perspective on them.; There is no instructor for this class. A volunteer leads the class on each topic.

### CAMDEN CENTER, 3369 UNION AVE. (408) 559-8553

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
257.3.1800	Enhance Fitness	50+	T/Th	1/10-3/1	10:40AM-11:40AM	Cutright	16	\$48/\$59
257.3.1801	Enhance Fitness	50+	T/Th	3/6-4/26	10:40AM-11:40AM	Cutright	16	\$51/\$59
257.2.1803	Feldenkrais	50+	Tu	1/17-3/6	1:30PM-2:30PM	Urrutia	8	\$29/\$37
257.2.1804	Feldenkrais	50+	Tu	3/13-5/1	1:30PM-2:30PM	Urrutia	8	\$29/\$37
257.3.1805	Photography	50+	Tu	1/17-3/6	2:45PM-4:45PM	Urrutia	8	\$75/\$83
257.3.1806	Photography	50+	Tu	3/13-5/1	2:45PM-4:45PM	Urrutia	8	\$75/\$83
257.3.1810	Tai Chi	50+	M	1/23-4/9	9:00AM-10:30AM	Volunteer	11	\$11/\$19
257.3.1811	Tai Chi	50+	Tu	1/24-4/10	9:00AM-10:30AM	Volunteer	12	\$12/\$20
257.3.1812	Tai Chi	50+	W	1/25-4/11	9:00AM-10:30AM	Volunteer	12	\$12/\$20
257.3.1813	Tai Chi	50+	Th	1/26-4/12	9:00AM-10:30AM	Volunteer	12	\$12/\$20
257.3.1814	Tai Chi	50+	F	1/27-4/13	9:00AM-10:30AM	Volunteer	11	\$11/\$19

### CYPRESS CENTER, 403 S. CYPRESS AVE. (408) 244-1353

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
256.3.1821	Chair Exercise	50+	T/Th	1/10-2/16	12:30PM-1:30PM	Ramirez	12	\$48/\$56
256.3.1822	Chair Exercise	50+	T/Th	2/28-4/5	12:30PM-1:30PM	Ramirez	12	\$48/\$56
256.3.1841	Conditioning Exercise w/ Tai Chi Chih	50+	Tu	1/10-2/14	9:00AM-11:00AM	Caudill	6	\$25/\$33
256.3.1842	Conditioning Exercise w/ Tai Chi Chih	50+	Tu	2/28-4/3	9:00AM-11:00AM	Caudill	6	\$25/\$33
256.3.1851	Conditioning Exercise w/Qigong	50+	Th	1/12-2/16	9:00AM-11:00AM	Caudill	6	\$25/\$33
256.3.1852	Conditioning Exercise w/Qigong	50+	Th	3/1-4/5	9:00AM-11:00AM	Caudill	6	\$25/\$33



# ACTIVE ADULTS CLASSES 50+

## ORGAN & PIANO INT/ADV

Learn to play 100's of your favorite songs! Join others who enjoy playing the organ and piano. Lead a sing along at family gathering and friends parties, be the life of the party!

## PHOTOGRAPHY

Photography that stands out from the rest. In our culture we are bombarded with photographic images so much so that many of them no longer capture and hold our attention. Whether you are using a point and shoot or manual, a digital or an analog camera, this fundamental class will teach you how to use color, light and composition within the frame to capture moments in time in ways that are unique and profound. Through class discussion and peer support you will discover the previously hidden creativity the camera allows for. Demonstrations and support will be given by an instructor who holds a BFA and MFA and has been teaching for over 15 years.

## PHOTOSHOP ADVANCED

Must have taken the basic and Intermediate Photoshop.

## PHOTOSHOP BASIC ELEMENTS

Learn Adobe Photoshop Element techniques that apply to both the photographer and artist. The following methods and features we will cover. Copy and paste to a new layer, adding local and global adjustment layers, working on adjustment masks, text, blur, filters, sharpening, dodge and burn, adding borders and feathered edges, resize and expand the canvas of the image, renaming layers, Digital Photography Workflows and printing at home or online services. Students must have basic computer skills, including an understanding of file and folder structure.

## PHOTOSHOP INTERMEDIATE ELEMENTS

Elements techniques, methods and applications will be discussed and expand in the Intermediate class. Hands-on exercises will provide perfection to the students understanding using copy and past to a new layer, creating filters as backgrounds, in depth global adjustment layers and masks, dodge and burn, sharpening images, text borders, resize and expand canvas, Digital Photography Workflows and printing. Display your photos in a fancy slideshow with professional-looking transitions, pan and zooms right on your computer. Build and arrange your photos in albums. View your photos in several ways.

## PIANO INT /ADV FOR SENIORS

Come practice your favorite songs on the piano with your friends

## PIANO KEYBOARDING 1A

Students share portable keyboards and learn how to read music and play simple, popular pieces. Beginning piano music is welcomed. However, Alfred's Basic Piano Adult All-In-One course book is strongly recommended.

### CYPRESS CENTER, 403 S. CYPRESS AVE. (408) 244-1353

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
256.3.1811	EnhanceFitness- Cypress	50+	W/F	1/11-2/17	8:30AM-9:30AM	Faber	12	\$39/\$47
256.3.1812	EnhanceFitness- Cypress	50+	W/F	2/29-4/11	8:30AM-9:30AM	Faber	12	\$39/\$47
256.3.1871	Line Dance, Adv.Beg/Int	50+	M	1/9-2/13	12:30PM-2:30PM	Shannon	5	\$25/\$33
256.3.1872	Line Dance, Adv.Beg/Int	50+	M	3/5-4/2	12:30PM-2:30PM	Shannon	5	\$25/\$33
256.3.1861	Line Dance, Basic Beginner	50+	M	1/9-2/13	9:00AM-9:45AM	Shannon	5	\$15/\$23
256.3.1862	Line Dance, Basic Beginner	50+	M	3/5-4/2	9:00AM-9:45AM	Shannon	5	\$15/\$23
256.3.1865	Line Dance, Beginner	50+	M	1/9-2/13	10:15AM-11:15AM	Shannon	5	\$15/\$23
256.3.1866	Line Dance, Beginner	50+	M	3/5-4/2	10:15AM-11:15AM	Shannon	5	\$15/\$23
256.3.1883	Square Dance - March	50+	W	3/7-3/28	1:30PM-3:30PM	Woods	4	\$20/\$28
256.3.1882	Square Dance -Feb	50+	W	2/8-2/29	1:30PM-3:30PM	Woods	4	\$20/\$28
256.3.1881	Square Dance -Jan	50+	W	1/4-1/25	1:30PM-3:30PM	Woods	4	\$20/\$28
256.3.1893	Strength & Balance Class-Fri	50+	F	1/13-2/17	9:00AM-9:45AM	Ramirez	6	\$27/\$35
256.3.1891	Strength & Balance Class-Tue	50+	Tu	1/10-2/14	9:00AM-9:45AM	Ramirez	6	\$27/\$35
256.3.1896	Zumba Gold	50+	F	1/13-2/17	10:00AM-11:00AM	Ash	6	\$24/\$32
256.3.1897	Zumba Gold	50+	F	3/2-4/13	10:00AM-11:00AM	Ash	6	\$24/\$32



# ACTIVE ADULTS CLASSES 50+

## SPANISH CONVERSATION & CULTURE

Experience the Spanish culture without ever leaving the comfort of your own community. Learn everyday phrases, simple conversations, Hispanic culture and more from a dynamic instructor. Be prepared when you visit Mexico or the corner market.

## SPANISH INTERMEDIATE

Experience the Spanish culture without ever leaving the comfort of your own community. Learn everyday phrases, simple conversations, Hispanic culture and more from a dynamic instructor. Be prepared when you visit Mexico or the corner market.

## SQUARE DANCE

If you like to square dance or want to learn to square dance, this is the class for you.

## STRENGTH & BALANCE CLASS

An exercise program consisting of strength building and weight-bearing activities in order to improve balance, and increase muscle strength and bone mass, thereby curtailing one of the main dangers for older adults; falling and breaking bones. This exercise program has been proven to reduce bone loss and in some cases, build back bone mass.

## TAI CHI

This is a graceful exercise using slow circular movements and deep breathing. Tai Chi is great in helping the body improve strength and balance, and it helps relieve stress.

## VOICE LESSONS

Learn the proper singing techniques including breathing, voice production, diction, expression and posture. You will also learn to read and understand music, music theory, and music interpretation. A wide range of musical repertoire will be offered from classical, popular, musicals and opera. Also included will be songs from different countries and in different languages.

## WATERCOLOR / WATERCOLOR & PASTEL

Enjoy exploring different techniques in watercolor using a variety of papers and materials. Use pastels focusing on portraits and still life compositions. Design ways for using pastels and watercolor in combinations. Prerequisite: one year in Mixed Media Art.

## YOGA – GENTLE

Awaken your mind and body with gentle yoga. Gentle yoga is a safe way to stretch and release tension. Based on the Feldenkrais method to increase flexibility and balanced mobility in the mature body.

## ZUMBA GOLD

Let's salsa to better health! This Zumba gold class has a certified Zumba Gold instructor ready to infuse your exercise routine with Latin beats and flavor. You'll have a blast dancing with other active adults!

## ZUMBA PLATINUM

Join the latest exercise craze! Zumba Platinum Fitness & Dance class is geared toward the active older adult. Set to a variety of music this class will have you dancing and smiling in no time!

### EVERGREEN CENTER, 4860 SAN FELIPE RD. (408) 270-2220

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
215.3.1008	Advanced Line Dance-Level 3	50+	W	1/11-3/28	1:00PM-2:30PM	Megginson	12	\$45/\$53
215.3.1011	Antiques: The Incurable Collector	50+	M	1/9-2/27	10:00AM-12:00PM	Yvaska	6	\$68/\$76
215.3.1007	Intermediate Line Dance-Level 2	50+	Th	1/12-3/29	2:30PM-3:30PM	Megginson	12	\$32/\$40
215.3.1009	Zumba-Platinum	50+	Th	1/12-2/16	10:15AM-11:15AM	Lonaker	6	\$35/\$43
215.3.1010	Zumba-Platinum	50+	Th	3/1-4/5	10:15AM-11:15AM	Lonaker	6	\$35/\$43

### GARDNER CENTER, 520 W. VIRGINIA ST. (408) 277-4761

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
286.3.1901	Ceramics	50+	F	2/3-4/6	10:00AM-12:00PM	Branch	9	\$50/\$58
286.3.1903	Line Dance, Beginner	50+	Tu	1/17-3/6	10:00AM-11:00AM	Shannon	8	\$25/\$33
286.3.1902	Yoga - Gentle	50+	Th	1/19-3/8	10:00AM-11:00AM	Martin	8	\$30/\$38



**SEVEN TREES CENTER, 3590 CAS DR. (408) 794-1690**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
239.3.1809	Line Dance - Soul	50+	Th	1/5-2/9	1:30PM-3:30PM	Croft	6	\$18/\$26
239.3.1810	Line Dance - Soul	50+	Th	2/23-3/29	1:30PM-3:30PM	Croft	6	\$18/\$26
239.3.1808	Line Dance, Adv.Beg/Int.	18+	W	2/22-3/28	10:30AM-12:00PM	Del Rosario	6	\$23/\$31

**SOUTHSIDE CENTER, 5585 COTTLE RD. (408) 629-3336**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
219.3.1820	Line Dance - Beginning	50+	M	2/27-4/16	1:30PM-2:30PM	Shannon	8	\$36/\$44
219.3.1821	Line Dance - Beginning	50+	M	4/23-6/18	1:30PM-2:30PM	Shannon	8	\$36/\$44
219.3.1822	Line Dance Intermediate	50+	M	2/27-4/16	2:45PM-4:15PM	Shannon	8	\$36/\$44
219.3.1823	Line Dance Intermediate	50+	M	4/23-6/18	2:45PM-4:15PM	Shannon	8	\$36/\$44
219.3.1826	Photoshop Advance	50+	W	3/21-4/18	9:30AM-11:30AM	Dept. Staff	5	\$33/\$41
219.3.1824	Photoshop Basic Elements	50+	W	1/11-2/8	9:30AM-11:30AM	Dept. Staff	5	\$33/\$46
219.3.1825	Photoshop Intermediate Elements	50+	W	2/15-3/14	9:30AM-11:30AM	Dept. Staff	5	\$33/\$46

**WILLOW GLEN CENTER, 2175 LINCOLN AVE. (408) 978-7681**

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Cost
255.3.1807	Creative Arts	50+	W	1/11-3/28	10:00AM-12:00PM	Volunteer	12	\$32/\$40
255.3.1806	Creative Writing	50+	W	1/11-3/28	1:30PM-3:30PM	Volunteer	12	\$32/\$40
255.3.1820	EnhanceFitness Willow Glen	50+	W/F	1/4-2/10	10:00AM-11:00AM	Faber	12	\$47/\$55
255.3.1821	EnhanceFitness Willow Glen	50+	W/F	1/4-2/10	11:15AM-12:15PM	Faber	12	\$47/\$55
255.3.1824	EnhanceFitness Willow Glen	50+	W/F	2/22-3/28	10:00AM-11:00AM	Faber	11	\$47/\$55
255.3.1825	EnhanceFitness Willow Glen	50+	W/F	2/22-3/28	11:15AM-12:15PM	Faber	11	\$47/\$55
255.3.1817	Feldenkrais	50+	M	1/9-2/13	8:30AM-9:30AM	McCarten	5	\$38/\$46
255.3.1818	Feldenkrais	50+	M	2/27-3/26	8:30AM-9:30AM	McCarten	5	\$38/\$46
255.3.1800	Lapidary	50+	F	1/6-1/27	9:00AM-12:00PM	Volunteer	4	\$28/\$36
255.3.1801	Lapidary	50+	F	2/3-2/24	9:00AM-12:00PM	Volunteer	4	\$28/\$36
255.3.1802	Lapidary	50+	F	3/2-3/23	9:00AM-12:00PM	Volunteer	4	\$28/\$36
255.3.1808	Memoir Writing	50+	Tu	2/7-3/13	10:00AM-12:00PM	Dept. Staff	6	\$42/\$50
255.3.1815	News and Views	50+	F	1/13-3/23	9:30AM-11:30AM	Volunteer	11	\$30/\$38
255.3.1803	Organ & Piano Int/Adv	50+	M	1/9-3/26	9:30AM-11:30AM	Volunteer	10	\$28/\$36
255.3.1804	Piano Int /Adv for Seniors	50+	Tu	1/10-3/27	1:00PM-3:00PM	Volunteer	12	\$32/\$40
255.3.1811	Spanish Conversation & Culture	50+	Tu	1/10-2/7	10:00AM-12:00PM	Herrera	5	\$60/\$68
255.3.1812	Spanish Conversation & Culture	50+	Tu	2/21-3/20	10:00AM-12:00PM	Herrera	5	\$60/\$68
255.3.1809	Tai Chi	50+	Th	1/12-2/9	8:30AM-9:30AM	Robertson	5	\$45/\$53
255.3.1810	Tai Chi	50+	Th	3/1-3/29	8:30AM-9:30AM	Robertson	5	\$45/\$53
255.3.1813	Watercolor & Pastel	50+	Th	1/12-2/9	1:00PM-3:00PM	Franck	5	\$53/\$61
255.3.1814	Watercolor & Pastel	50+	Th	3/1-3/29	1:00PM-3:00PM	Franck	5	\$53/\$61
255.3.1822	Yoga - Gentle	50+	Tu	1/10-2/7	10:00AM-11:00AM	Dept. Staff	5	\$40/\$48
255.3.1823	Yoga - Gentle	50+	Tu	2/7-3/13	10:00AM-11:00AM	Dept. Staff	6	\$38/\$46