

Older Adults - Active, 527-4533

SRJC offers free noncredit educational classes designed specifically for older adults as part of its goal to provide lifelong learning.

How to Register: Sign up for a class by going directly to the location and the instructor will provide application and registration material or go online at www.santarosa.edu - under schedules and catalog tab click schedule of classes "Interactive Search Version" - under Summer 2015 - "O" for Older Adults. For further information, please contact the Older Adults Program at (707) 527-4533.

OA 501 Creative Arts for Older Adults-(Non-Credit Course)(Repeat Code 27)							
8047	M	9:30am-12:30pm	St Thomas S	BURBNK	Burbank Heights	Sebastopol	0.0
<i>(6/17-8/5)</i> <i>Class focuses on mixed media painting and watercolor.</i>							
8074	W	10:00am-1:00pm	Prieto L	RUSRIV	Russian River Comm. Ctr	Guerneville	0.0
<i>(6/19-8/7)</i> <i>Class focuses on collage.</i>							
8078	W	10:00am-1:00pm	Hatkoff A	CLO SC	Cloverdale Senior Center	Cloverdale	0.0
<i>(6/19-8/7)</i> <i>Class focuses on sketching and drawing with watercolor pencils.</i>							
8079	W	1:00pm-4:00pm	Martinico C	SRC104	Southwest Center	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on collage journaling.</i>							
8139	W	1:00pm-4:00pm	Hatkoff A	HCC	Healdsburg Comm. Ctr	Healdsburg	0.0
<i>(6/19-8/7)</i> <i>Class focuses on water color and drawing.</i>							
8141	W	1:30pm-4:30pm	Sasso M	SRC107	Southwest Center	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on drawing and sketching.</i>							
8159	Th	1:00pm-4:00pm	Sasso M	SRC106	Southwest Center	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on painting with pastels.</i>							
8167	Th	1:00pm-4:00pm	Little Bear	VNCRST	Vinecrest Apartments	Windsor	0.0
<i>(6/20-8/8)</i> <i>Class focuses on acrylic and mixed media.</i>							
8181	T	1:00pm-4:00pm	St Thomas S	SRC107	Southwest Center	Santa Rosa	0.0
<i>(6/18-8/6)</i> <i>Class focuses on mixed media, painting and collage.</i>							
8211	Th	10:00am-1:00pm	Gonzalez M	CHARLS	Charles Street	Cotati	0.0
<i>(6/20-8/8)</i> <i>Class focuses on mixed media intuitive arts.</i>							
8214	F	12:30pm-3:30pm	Sasso M	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>(6/21-8/9)</i> <i>Class focuses on watercolor, pastel, acrylic and drawing.</i>							
8412	T	12:30pm-3:30pm	Hatkoff A	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>(6/18-8/6)</i> <i>Class focuses on painting with watercolor.</i>							
8414	Th	1:00pm-4:00pm	St Thomas S	SRC107	Southwest Center	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on watercolor.</i>							
8416	Th	1:00pm-4:00pm	Marlin-Coole	VINTGE	Vintage House	Sonoma	0.0
<i>(6/20-8/8)</i> <i>Class focuses on watercolor.</i>							
8418	F	9:30am-12:30pm	Davis S	SRC107	Southwest Center	Santa Rosa	0.0
<i>(6/21-8/9)</i> <i>Class focuses on using art to explore inner and outer peace.</i>							
8588	T	1:00pm-4:00pm	Sasso M	VINTGE	Vintage House	Sonoma	0.0
<i>(6/18-8/6)</i> <i>Class focuses on pastel painting, beg-intermediate.</i>							
8591	Th	1:00pm-4:00pm	Hatkoff A	SRC104	Southwest Center	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on sketching and watercolor pencils</i>							
8666	W	1:45pm-4:45pm	Little Bear	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on watercolor.</i>							
8690	F	1:15pm-4:15pm	Little Bear	FRIEND	Friends House	Santa Rosa	0.0
<i>(6/21-8/9)</i> <i>Class focuses on acrylic and mixed media painting.</i>							
8721	W	1:00pm-4:00pm	Marlin-Coole	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>(6/19-8/7)</i> <i>Class focuses on intermediate watercolor painting.</i>							
8768	M	2:00pm-5:00pm	Gonzalez M	SRC107	Southwest Center	Santa Rosa	0.0
<i>(6/17-8/5)</i> <i>Class focuses mixed media art. Artes de los medios mixtus.</i>							
8772	Th	1:00pm-4:00pm	Prieto L	BURBNK	Burbank Heights	Sebastopol	0.0
<i>(6/20-8/8)</i> <i>Class focuses on art journaling and collage.</i>							
8790	Th	1:00pm-4:00pm	Martinico C	SRC105	Southwest Center	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on exploration of mandala making.</i>							
8937	F	9:30am-12:30pm	Little Bear	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>(6/21-8/9)</i> <i>Class focuses on paper arts and card making.</i>							

9001	F	1:00pm-4:00pm	Hatkoff A	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>(6/21-8/9)</i> <i>Class focuses on watercolor.</i>							
9086	T	10:00am-1:00pm	Gonzalez M	OCC	Occidental Comm. Ctr	Occidental	0.0
<i>(6/18-8/6)</i> <i>Class focuses on mixed media intuitive arts.</i>							
OA 502 Autobiographical Writing for Older Adults -(Non-Credit Course)(Repeat Code 27)							
8064	W	1:30pm-4:30pm	Hiller S	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>(6/19-8/7)</i> <i>Class focuses on beginning memoir writing.</i>							
8104	T	1:30pm-4:30pm	Blaine S	SRC103	Southwest Center	Santa Rosa	0.0
<i>(6/18-8/6)</i> <i>Class focuses on fiction writing.</i>							
8105	Th	9:00am-12:00pm	Blaine S	LBCOTT	Luther Burbank Cottage	Sebastopol	0.0
<i>(6/20-8/8)</i> <i>Class focuses on memoir writing.</i>							
8108	Th	1:30pm-4:30pm	Blaine S	SRC103	Southwest Center	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on memoir writing.</i>							
8223	T	9:30am-12:30pm	Burlison D	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/18-8/6)</i> <i>Class focuses on memoir writing.</i>							
8230	M	9:30am-12:30pm	Burlison D	BETAMI	Congregation Beth Ami	Santa Rosa	0.0
<i>(6/17-8/5)</i> <i>Class focuses on memoir writing.</i>							
8237	T	1:30pm-4:30pm	Neuberg J	SEB SC	Sebastopol Senior Center	Sebastopol	0.0
<i>(6/18-8/6)</i> <i>Class focuses on memoir writing.</i>							
8240	F	1:30pm-4:30pm	Boga S	LBCOTT	Luther Burbank Cottage	Sebastopol	0.0
<i>(6/21-8/9)</i> <i>Class focuses on memoir writing.</i>							
8677	T	2:00pm-5:00pm	Serkes S	RUSRIV	Russian River Comm. Ctr	Guerneville	0.0
<i>(6/18-8/6)</i> <i>Class focuses on writing your life.</i>							
8698	F	10:00am-12:30pm	Trenam S	VINTGE	Vintage House	Sonoma	0.0
<i>(6/21-8/9)</i> <i>Class focuses on poetry writing.</i>							
8774	Th	9:30am-12:30pm	Burlison D	VNCRST	Vinecrest Apartments	Windsor	0.0
<i>(6/20-8/8)</i> <i>Class focuses on memoir writing.</i>							
8862	W	1:00pm-4:00pm	Dennick S	SRC103	Southwest Center	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on creative writing.</i>							
OA 505 Discussion Group -(Non-Credit Course)(Repeat Code 27)							
8069	M	10:00am-12:00pm	Gonzalez M	OCC	Occidental Comm. Ctr	Occidental	0.0
<i>(6/17-8/5)</i> <i>Class focuses on women's health and finding balance.</i>							
8075	W	10:30am-12:00pm	Smith B	CSL	Center for Spiritual Liv.	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on healthy living through mindfulness.</i>							
8112	M	9:30am-10:30am	Mikeska J	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>(6/17-8/5)</i> <i>Class focuses on living healthy through laughter.</i>							
8114	F	9:30am-11:00am	Mikeska J	SON RC	Sonoma Ret. Community	Sonoma	0.0
<i>(6/21-8/9)</i> <i>Class focuses on living healthy through laughter.</i>							
8127	F	1:00pm-2:30pm	Rittenhouse	RP RC	Rohnert Park Ret.Comm.	Rohnert Park	0.0
<i>(6/21-8/9)</i> <i>Class focuses on smart money matters. Class will not meet on 7/5.</i>							
8296	W	2:30pm-4:00pm	Boga S	SPRFLD	Springfield Place	Petaluma	0.0
<i>(6/19-8/7)</i> <i>Class focuses on American history.</i>							
8334	T	9:00am-10:30am	Boga S	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>(6/18-8/6)</i> <i>Class focuses on American history.</i>							
8420	M	10:00am-11:30am	Lefort E	HSC	Healdsburg Senior Ctr	Healdsburg	0.0
<i>(6/17-8/5)</i> <i>Class focuses on conversational Spanish.</i>							
8449	M	1:30pm-3:00pm	Chaves-De la	BURBNK	Burbank Heights	Sebastopol	0.0
<i>(6/17-8/5)</i> <i>Class focuses on beginning Spanish.</i>							
8533	M	1:00pm-3:00pm	Davis G	SRC103	Southwest Center	Santa Rosa	0.0
<i>(6/17-8/5)</i> <i>Class focuses on exploring the powers of dreamtime.</i>							
8534	F	1:30pm-3:00pm	Hiller S	SON RC	Sonoma Ret.Community	Sonoma	0.0
<i>(6/21-8/9)</i> <i>Class focuses on sharing life stories.</i>							

8593	T	1:00pm-2:30pm	Boga S	RP RC	Rohnert Park Ret. Comm.	Rohnert Park	0.0
<i>(6/18-8/6)</i> <i>Class focuses on American history.</i>							
8594	W	1:00pm-2:30pm	Boga S	VALLEY	Valley Orchard	Petaluma	0.0
<i>(6/19-8/7)</i> <i>Class focuses on American history.</i>							
8730	M	1:00pm-2:30pm	Lefort E	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/17-8/5)</i> <i>Class focuses on beginning Spanish.</i>							
8853	W	1:30pm-3:00pm	Belle S	CSL	Center for Spiritual Liv.	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on restoring peace, creating happiness.</i>							
8927	W	9:15am-10:45am	Boga S	SUNPET	Sunrise of Petaluma	Petaluma	0.0
<i>(6/19-8/7)</i> <i>Class focuses on American history.</i>							
8946	Th	11:00am-1:00pm	Hermes G	PSW	Person Senior Wing	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on living gayfully.</i>							
9000	T	10:45am-12:15pm	Boga S	PAULIN	Brookdale Paulin Creek	Santa Rosa	0.0
<i>(6/18-8/6)</i> <i>Class focuses on American history.</i>							
9124	M	1:30pm-3:00pm	Belle S	BHTWTR	Bethlehem Towers	Santa Rosa	0.0
<i>(6/17-8/5)</i> <i>Class focuses on brain nutrition.</i>							
OA 507 Fitness for Older Adults-(Non-Credit Course)(Repeat Code 27)							
8117	T	12:30pm-1:30pm	Valmore A	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>(6/18-8/6)</i> <i>Class focuses on Zumba.</i>							
8119	W	11:00am-12:00pm	Davis G	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/19-8/7)</i> <i>Class focuses on Zumba Gold.</i>							
8136	WF	10:00am-11:30am	Geldert A	FAHA	FAHA Center	Sonoma	0.0
<i>(6/19-8/9)</i> <i>Class focuses on brain health, low impact aerobics, strength and flexibility.</i>							
8144	Th	9:30am-10:30am	Buss A	CHNATE	Brookdale Place/Chanate	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on chair fitness.</i>							
8182	Th	10:15am-11:45am	Oaks S	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>(6/20-8/8)</i> <i>Class focuses on sit and be fit.</i>							
8186	F	10:30am-12:00pm	Oaks S	VALLEY	Valley Orchard	Petaluma	0.0
<i>(6/21-8/9)</i> <i>Class focuses on sit and be fit.</i>							
8192	MWF	12:45pm-2:15pm	Kessel-Rea M	SUNVIL	Sunrise Villa	Santa Rosa	0.0
<i>(6/17-8/9)</i> <i>Class focuses n gentle movement fitness.</i>							
8246	T	10:30am-12:00pm	Stubblefield	Kelgrn	Kellgren Senior Apts.	Petaluma	0.0
<i>(6/18-8/6)</i> <i>Class focuses on Tai Chi for health and well-being.</i>							
8276	TTh	10:30am-11:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>(6/18-8/8)</i> <i>Class focuses on water fitness.</i>							
8279	T	10:00am-11:00am	Lloyd Diane	FAHA	FAHA Center	Sonoma	0.0
	F	9:00am-10:00am	Lloyd Diane	FAHA	FAHA Center	Sonoma	0.0
<i>(6/18-8/9)</i> <i>Class focuses on water fitness.</i>							
8310	W	9:30am-10:30am	Davis G	COTCOM	Cotati Comm. Center	Cotati	0.0
<i>(6/19-8/7)</i> <i>Class focuses on zumba gold.</i>							
8330	F	9:30am-11:00am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>(6/21-8/9)</i> <i>Class focuses on balance and strength.</i>							
8360	W	12:30pm-2:00pm	Geldert A	PC 808	Fitness Center	Petaluma Campus	0.0
	F	12:00pm-1:30pm	Geldert A	PC 808	Fitness Center	Petaluma Campus	0.0
<i>(6/19-8/9)</i> <i>Class focuses on brain health, low impact aerobics, strength and flexibility.</i>							
8364	TTh	10:15am-11:45am	Olivas-Navar	KENCTR	Kenilworth Center	Petaluma	0.0
<i>(6/18-8/8)</i> <i>Class focuses on low impact aerobics, balance and functional fitness.</i>							
8385	MTh	9:30am-11:00am	Geldert A	CAVCTR	Jack Cavanaugh Center	Petaluma	0.0
<i>(6/17-8/8)</i> <i>Class focuses on low impact aerobics, strength, flexibility and brain health.</i>							
8411	MTh	2:30pm-4:00pm	Stubblefield	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/17-8/8)</i> <i>Class focuses on Tai Chi for heath and well-being.</i>							
8423	MWF	9:00am-10:30am	Goodridge B	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>(6/17-8/9)</i> <i>Class focuses on aerobic fitness.</i>							

8424	TTh	10:45am-12:15pm	Valmore A	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/18-8/8)</i> <i>Class focuses on low impact aerobics, balance and functional fitness.</i>							
8425	MTh	11:15am-12:45pm	Geldert A	FAHA	FAHA Center	Sonoma	0.0
<i>(6/17-8/8)</i> <i>Class focuses on low impact aerobics, strength, flexibility and brain health.</i>							
8437	TTh	11:00am-12:30pm	Goodridge B	BETAMI	Congregation Beth Ami	Santa Rosa	0.0
<i>(6/18-8/8)</i> <i>Class focuses on low impact aerobics.</i>							
8447	MW	3:00pm-4:30pm	Chasen J	SILVER	Silver Crest Apartment	Santa Rosa	0.0
<i>(6/17-8/7)</i> <i>Class focus is on exercise for balance and good health. Ejercicio para mantener el equilibrio y la buena salud.</i>							
8451	WF	8:00am-9:30am	Geldert A	KENCTR	Kenilworth Center	Petaluma	0.0
<i>(6/19-8/9)</i> <i>Class focuses on low impact aerobics, brain health, strength and flexibility.</i>							
8452	MW	10:00am-11:30am	Stubblefield	KENCTR	Kenilworth Center	Petaluma	0.0
<i>(6/17-8/7)</i> <i>Class focuses on Tai Chi, promotes optimal health and well-being.</i>							
8465	MWF	9:00am-10:30am	Kessel-Rea M	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>(6/17-8/9)</i> <i>Class focus is on low impact stretching, strength training, endurance and balance.</i>							
8467	T	9:45am-11:00am	Oaks S	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>(6/18-8/6)</i> <i>Class focuses on Sit 2B Fit.</i>							
8539	TTh	1:00pm-2:30pm	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>(6/18-8/13)</i> <i>Class focuses on balance and strength.</i>							
8571	Th	1:00pm-2:00pm	Valmore A	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/20-8/8)</i> <i>Class focuses on sit and be fit.</i>							
8595	F	10:00am-11:30am	Chasen J	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>(6/21-8/9)</i> <i>Class focuses on water fitness.</i>							
8694	MW	10:00am-11:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>(6/17-8/7)</i> <i>Class focuses on water fitness.</i>							
8714	MTW	9:00am-10:30am	Franzini J	SON RC	Sonoma Ret.Community	Sonoma	0.0
<i>(6/17-8/7)</i> <i>Class focuses on low impact fitness.</i>							
8746	MWF	10:45am-12:15pm	Kessel-Rea M	SOL SL	Solstice Senior Living	Santa Rosa	0.0
<i>(6/17-8/9)</i> <i>Class focuses on low impact fitness, strength and balance.</i>							
8776	Th	2:00pm-3:30pm	Chasen J	UNITED	United Church of Christ	Santa Rosa	0.0
<i>(6/20-8/8)</i> <i>Class focuses on exercise for balance and good health. Ejercicio para mantener el equilibrio y la buena salud.</i>							
8786	T	1:30pm-3:00pm	Lloyd Diane	VINTGE	Vintage House	Sonoma	0.0
<i>(6/18-8/6)</i> <i>Class focuses on low impact fitness.</i>							
8788	Th	9:30am-11:00am	Lloyd Diane	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>(6/20-8/8)</i> <i>Class focuses on low impact fitness.</i>							
8928	T	9:00am-10:00am	Stubblefield	SUNPET	Sunrise of Petaluma	Petaluma	0.0
<i>(6/18-8/6)</i> <i>Class focuses on low impact fitness.</i>							
8957	Th	5:00pm-6:30pm	Stubblefield	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>(6/17-8/8)</i> <i>Class focuses on intermediate Tai Chi for health and well-being.</i>							
8962	TTh	9:00am-10:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>(6/18-8/8)</i> <i>Class focuses on water fitness.</i>							
8963	MWF	7:30am-9:00am	Hastings M	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>(6/17-8/9)</i> <i>Class focuses on water fitness.</i>							
9005	Sat	9:00am-10:30am	Franzini J	SON RC	Sonoma Ret.Community	Sonoma	0.0
<i>(6/22-8/10)</i> <i>Class focuses on low impact fitness.</i>							
9078	Th	12:00pm-1:30pm	Oaks S	PEP	Petaluma Ecumenical	Petaluma	0.0
<i>(6/20-8/8)</i> <i>Class focuses on Sit 2 Be Fit.</i>							
9109	M	1:00pm-2:30pm	See Cabarga	FRIEND	Friends House	Santa Rosa	0.0
<i>(6/17-8/5)</i> <i>Class focuses on mindful movement.</i>							

OA 581 Musical Experience-(Non-Credit Course)(Repeat Code 27)

8468	Th	10:15am-11:45am	Lucas M	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>(6/20-8/8)</i>							
8861	W	10:15am-11:45am	Lucas M	SUNVIL	Sunrise Villa	Santa Rosa	0.0
<i>(6/19-8/7)</i> <i>Class focuses on classical musical exploration.</i>							
9003	W	3:15pm-4:45pm	Lucas M	SUNPET	Sunrise of Petaluma	Petaluma	0.0
<i>(6/19-8/7)</i>							