

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. All levels of abilities welcome.

How to Register: Sign up for a class by going directly to the location and the instructor will provide application and registration material or online at older-adults.santarosa.edu. As class schedules may change, please visit online schedule for most current listings.

OA 501 Creative Arts for Older Adults-(Non-Credit Course)(Repeat Code 27)							
0108	F	9:30am-12:30pm	Little Bear	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on paper arts and card making.</i>							
0111	M	2:00pm-5:00pm	Gonzalez M	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on mixed media art. Artes de los medios mixtos.</i>							
0250	Th	10:30am-1:30pm	Dondero M	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on making expressive art books.</i>							
0253	T	1:00pm-4:00pm	Sasso M	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on beautiful pastel paintings, beginning-intermediate.</i>							
0257	Th	1:00pm-4:00pm	Sasso M	SRC106	Southwest Center	Santa Rosa	0.0
<i>Class focuses on painting with pastels.</i>							
0258	Th	1:00pm-4:00pm	Martinico C	SRC105	Southwest Center	Santa Rosa	0.0
<i>Class focuses on exploration of mandala making.</i>							
0583	W	1:00pm-4:00pm	Martinico C	SRC104	Southwest Center	Santa Rosa	0.0
<i>Class focuses on collage journaling.</i>							
0684	Th	10:00am-1:00pm	Gonzalez M	CHARLS	Charles Street	Cotati	0.0
<i>Class focuses on mixed media intuitive art.</i>							
0687	Th	1:00pm-4:00pm	Little Bear	VNCRST	Vinecrest Apartments	Windsor	0.0
<i>Class focuses on acrylic painting and mixed media.</i>							
0689	F	12:30pm-3:30pm	Sasso M	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on watercolor, pastel, acrylic and drawing.</i>							
1300	F	1:15pm-4:15pm	Little Bear	FRIEND	Friends House	Santa Rosa	0.0
<i>Class focuses on acrylic and mixed media painting.</i>							
1621	T	1:00pm-4:00pm	St Thomas S	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on mixed media painting and collage.</i>							
1797	M	1:00pm-4:00pm	Davis S	SRC103	Southwest Center	Santa Rosa	0.0
<i>Class focuses on exploring the powers of dreamtime through art.</i>							
1835	Th	1:00pm-4:00pm	Hatkoff A	SRC104	Southwest Center	Santa Rosa	0.0
<i>Class focuses on sketching and drawing with watercolor pencils.</i>							
1857	T	12:30pm-3:30pm	Hatkoff A	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on watercolor.</i>							
1866	M	10:00am-1:00pm	Dondero M	RUSRIV	Russian River Comm.Ctr	Guerneville	0.0
<i>Class focuses on creating handmade artist books.</i>							
1875	W	10:00am-1:00pm	Prieto L	RUSRIV	Russian River Comm.Ctr	Guerneville	0.0
<i>Class focuses on collage.</i>							
1947	W	1:30pm-4:30pm	Sasso M	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on drawing and sketching.</i>							
2022	T	10:00am-1:00pm	Gonzalez M	OCC	Occidental Comm. Ctr	Occidental	0.0
<i>Class focuses on mixed media intuitive art.</i>							
2041	W	1:45pm-4:45pm	Little Bear	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on water color painting.</i>							
2042	Th	1:00pm-4:00pm	Marlin-Coole	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on watercolor.</i>							
2043	Th	1:00pm-4:00pm	St Thomas S	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on watercolor painting.</i>							
2237	Th	1:00pm-4:00pm	Prieto L	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on art journaling and collage.</i>							
2367	W	10:00am-1:00pm	Hatkoff A	CLO SC	Cloverdale Senior Center	Cloverdale	0.0
<i>Class focuses on drawing and sketching with water color pencils.</i>							
2538	F	1:00pm-4:00pm	Hatkoff A	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on watercolor.</i>							
2671	W	1:00pm-4:00pm	Marlin-Coole	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on intermediate watercolor painting.</i>							
2984	W	1:00pm-4:00pm	Hatkoff A	HCC	Healdsburg Comm. Ctr	Healdsburg	0.0
<i>Class focuses on watercolor and drawing.</i>							
2987	M	9:30am-12:30pm	St Thomas S	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on watercolor with mixed media.</i>							

OA 502 Autobiographical Writing for Older Adults-(Non-Credit Course)(Repeat Code 27)							
0110	Th	9:00am-12:00pm	Blaine S	LBCOTT	Luther Burbank Cottage	Sebastopol	0.0
<i>Class focuses on memoir writing.</i>							
0261	T	2:00pm-5:00pm	Serkes S	RUSRIV	Russian River Comm. Ctr	Guerneville	0.0
<i>Class focuses on writing your life.</i>							
0698	T	9:30am-12:30pm	Burlison D	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>Class focuses on memoir writing.</i>							
0700	M	9:30am-12:30pm	Burlison D	BETAMI	Congregation Beth Ami	Santa Rosa	0.0
<i>Class focuses on memoir writing.</i>							
0705	F	1:30pm-4:30pm	Boga S	LBCOTT	Luther Burbank Cottage	Sebastopol	0.0
<i>Class focuses on memoir writing.</i>							
1260	W	1:00pm-4:00pm	Dennick S	SRC103	Southwest Center	Santa Rosa	0.0
<i>Class focuses on creative writing.</i>							
1685	F	10:00am-12:30pm	Trenam S	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on poetry writing.</i>							
1907	T	1:30pm-4:30pm	Blaine S	SRC103	Southwest Center	Santa Rosa	0.0
<i>Class focuses on fiction writing.</i>							
2011	Th	1:30pm-4:30pm	Blaine S	SRC103	Southwest Center	Santa Rosa	0.0

Class focuses on memoir writing.

2240 T 1:30pm-4:30pm Neuberg J SEB SC Sebastopol Senior Center Sebastopol 0.0

Class focuses on memoir writing.

2670 Th 9:30am-12:30pm Burlison D VNCRST Vinecrest Apartments Windsor 0.0

Class focuses on memoir writing.

3097 W 1:30pm-4:30pm Hiller S OAKGAR Oakmont Gardens Oakmont 0.0

Class focuses on memoir writing.

OA 505 Discussion Group-(Non-Credit Course)(Repeat Code 27)

0156 Th 11:00am-1:00pm Hermes G PSW Person Senior Wing Santa Rosa 0.0

Class focuses on aging gayfully. Note: There is no class fee, but the SR City Dept of Parks and Recreation charges a facilities use fee of \$2.50 for Senior Center members and \$3.00 for non members per class.

0709 W 10:30am-12:00pm Smith B CSL Center for Spiritual Living Santa Rosa 0.0

Class focuses on healthy living through mindfulness.

0717 W 2:30pm-4:00pm Boga S SPRFLD Springfield Place Petaluma 0.0

Class focuses on American history.

0718 W 1:00pm-2:30pm Boga S VALLEY Valley Orchard Petaluma 0.0

Class focuses on American history.

0726 T 1:00pm-2:30pm Boga S RP RC Rohnert Park Ret. Comm. Rohnert Park 0.0

Class focuses on American history.

0878 W 9:15am-10:45am Boga S SUNPET Sunrise of Petaluma Petaluma 0.0

Class focuses on American history.

1689 M 1:00pm-2:30pm Lefort E RP SC Rohnert Park Senior Ctr Rohnert Park 0.0

Class focuses on beginning Spanish.

1834 W 10:00am-11:30am Zimmer R PAULIN Brookdale Paulin Creek Santa Rosa 0.0

Class focuses on history.

1841 T 1:30pm-3:00pm Zimmer R OAKGAR Oakmont Gardens Oakmont 0.0

Class focuses on Asian history and politics.

1984 T 9:30am-11:30am Lau L RP RC Rohnert Park Ret. Comm. Rohnert Park 0.0

Class focuses on theatre improvisation.

2012 M 1:00pm-2:30pm Beeson D OAKGAR Oakmont Gardens Oakmont 0.0

Class focuses on Adv. Genealogy-American Migration.

2054 F 8:30am-10:00am Gonzalez M LIN504 Lincoln Elementary Santa Rosa 0.0

Class focuses on everyday English.

2065 T 9:00am-10:30am Boga S OAKGAR Oakmont Gardens Oakmont 0.0

Class focuses on American history.

2087 Th 10:00am-11:30am Belle S SEBLIB Sebastopol Reg. Library Sebastopol 0.0

Class focuses on brain nutrition, memory and moods.

2093 W 1:30pm-3:00pm Belle S CSL Center for Spiritual Living Santa Rosa 0.0

Class focuses on restoring peace, creating happiness.

2279 M 1:30pm-3:00pm Belle S BTHTWR Bethlehem Towers Santa Rosa 0.0

Class focuses on brain nutrition.

2408 M 9:30am-10:30am Mikeska J SP VLG Spring Lake Village Santa Rosa 0.0

Class focuses on living healthy through laughter.

2520 F 9:30am-11:00am Mikeska J SON RC Sonoma Ret. Community Sonoma 0.0

Class focuses on living healthy through laughter.

2723 W 1:30pm-3:00pm Dungan T SRC105 Southwest Center Santa Rosa 0.0

Class focuses on LGBTQI history, a Sonoma County timeline.

2778 M 10:00am-11:30am Lefort E HSC Healdsburg Senior Center Healdsburg 0.0

Class focuses on conversational Spanish.

2807 M 1:30pm-3:00pm Chaves-De la BURBNK Burbank Heights Sebastopol 0.0

Class focuses on beginning Spanish.

2882 T 1:00pm-2:30pm Beeson D FHC Family History Center Santa Rosa 0.0

Class focuses on Beginning Genealogy-Foundations in Genealogy.

2970 W 1:30pm-3:00pm Zimmer R CHNATE Brookdale Place Chanate Santa Rosa 0.0

Class focuses on political history.

2975 T 1:00pm-2:30pm Smith B RV LIB Rincon Valley Library Santa Rosa 0.0

Class focuses on living healthy through mindfulness.

2985 T 10:45am-12:15pm Boga S PAULIN Brookdale Paulin Creek Santa Rosa 0.0

Class focuses on American history.

2991 F 1:30pm-3:00pm Hiller S SON RC Sonoma Ret. Community Sonoma 0.0

Class focuses on sharing life stories.

2997 M 10:00am-12:00pm Gonzalez M OCC Occidental Comm. Ctr Occidental 0.0

Class focuses on women's health discussion and ageing gracefully.

3022 W 1:00pm-2:30pm Beeson D FHC Family History Center Santa Rosa 0.0

Class focuses on advanced genealogy: European migration.

3099 T 10:30am-12:00pm Zimmer R COMMCH Community Church Sebastopol 0.0

Class focuses on current events with a historical perspective.

3104 W 2:45pm-4:15pm Beeson D FHC Family History Center Santa Rosa 0.0

Class focuses on handling your roadblocks in genealogy.

3121 T 2:45pm-4:15pm Beeson D FHC Family History Center Santa Rosa 0.0

Class focuses on websites and databases in genealogy.

OA 507 Fitness for Older Adults-(Non-Credit Course)(Repeat Code 27)

0132 T 12:30pm-1:30pm Valmore A SP VLG Spring Lake Village Santa Rosa 0.0

Class focuses on zumba fitness.

0163 W 11:00am-12:00pm Davis G RP SC Rohnert Park Senior Ctr Rohnert Park 0.0

Class focuses on zumba gold.

0965 T 9:00am-10:00am Stubblefield SUNPET Sunrise of Petaluma Petaluma 0.0

Class focuses on low impact fitness.

0978 T 1:30pm-2:45pm Jackson V VINTGE Vintage House Sonoma 0.0

(9/3-12/17)

Class focuses on total body movement and balance training.

0988	TTh	10:15am-11:45am	Olivas-Navar	KENCTR	Kenilworth Center	Petaluma	0.0
<i>Class focuses on low impact aerobics, balance, functional fitness.</i>							
1291	F	10:00am-11:30am	Chasen J	SP VLG	Spring Lake Village	Santa Rosa	0.0
(10/25-12/20)							
<i>Class focuses on water fitness.</i>							
1833	TTh	10:45am-12:15pm	Valmore A	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>Class focuses on low impact aerobic, balance and functional fitness.</i>							
1879	TTh	9:30am-11:00am	Johnson P	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on low impact fitness.</i>							
1909	T	10:30am-12:00pm	Stubblefield	Kelgrn	Kellgren Senior Apts	Petaluma	0.0
<i>Class focuses on Tai Chi.</i>							
2019	WF	10:00am-11:30am	Geldert A	FAHA	FAHA Center	Sonoma	0.0
<i>Class focuses on brain health, low impact aerobics, strength and flexibility.</i>							
2020	MWF	9:00am-10:30am	Goodridge B	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on low impact aerobics, strength and dance.</i>							
2021	MF	3:00pm-4:30pm	Chasen J	SILVER	Silver Crest Apartment	Santa Rosa	0.0
<i>Class focuses on exercise for balance and good health. Ejercicio para mantener el equilibrio y la buena salud.</i>							
2039	F	9:30am-11:00am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on balance and strength.</i>							
2044	MTh	2:30pm-4:00pm	Stubblefield	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>Class focuses on tai chi for health and well-being.</i>							
2045	WF	8:00am-9:30am	Geldert A	KENCTR	Kenilworth Center	Petaluma	0.0
<i>Class focuses on low impact aerobics, brain health, strength and flexibility.</i>							
2046	TTh	11:00am-12:30pm	Goodridge B	BETAMI	Congregation Beth Ami	Santa Rosa	0.0
<i>Class focuses on low impact aerobics, strength and dance.</i>							
2063	MW	10:00am-11:30am	Stubblefield	KENCTR	Kenilworth Center	Petaluma	0.0
<i>Class focuses on tai chi for health and well-being.</i>							
2081	MWF	9:00am-10:30am	Kessel-Rea M	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on low impact fitness.</i>							
2082	W	1:30pm-3:00pm	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>Class focuses on brain health, low impact aerobics, stretch and flexibility.</i>							
2248	W	9:30am-10:30am	Davis G	COTCOM	Cotati Community Center	Cotati	0.0
<i>Class focuses on zumba gold.</i>							
2461	F	10:30am-12:00pm	Oaks S	VALLEY	Valley Orchard	Petaluma	0.0
<i>Class focuses on sit and fit.</i>							
2487	Th	10:15am-11:45am	Oaks S	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on sit and fit.</i>							
2524	MW	10:00am-11:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
2528	MTW	9:00am-10:30am	Franzini J	SON RC	Sonoma Ret. Community	Sonoma	0.0
<i>Class focuses on low impact fitness.</i>							
2529	MTh	9:30am-11:00am	Geldert A	CAVCTR	Jack Cavanaugh Center	Petaluma	0.0
<i>Class focuses on brain health, low impact aerobics, strength and flexibility.</i>							
2534	MWF	12:45pm-2:15pm	Kessel-Rea M	SUNVIL	Sunrise Villa	Santa Rosa	0.0
<i>Class focuses on gentle movement fitness.</i>							
2587	TTh	1:00pm-2:30pm	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on balance and strength.</i>							
2607	T	9:45am-11:00am	Oaks S	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on sit 2B fit.</i>							
2679	F	1:30pm-2:45pm	Jackson V	FAHA	FAHA Center	Sonoma	0.0
(9/6-12/20)							
<i>Class focuses on total body movement and balance training.</i>							
2691	TTh	9:00am-10:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
2694	MWF	10:45am-12:15pm	Kessel-Rea M	SOL SL	Solstice Senior Living	Santa Rosa	0.0
<i>Class focuses on low impact aerobics, strength and balance.</i>							
2719	M	1:00pm-2:30pm	See Cabarga	FRIEND	Friends House	Santa Rosa	0.0
<i>Class focuses on mindful movements.</i>							
2726	Th	12:00pm-1:15pm	Oaks S	PEP	Petaluma Ecumenical	Petaluma	0.0
<i>Class focuses on sit 2B fit.</i>							
2751	Th	1:00pm-2:00pm	Valmore A	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>Class focuses on sit and be fit.</i>							
2781	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
(8/20-10/29)							
<i>Class focuses on water fitness.</i>							
2785	TTh	10:30am-11:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
2884	Th	5:00pm-6:30pm	Stubblefield	RP SC	Rohnert Park Senior Ctr	Rohnert Park	0.0
<i>Class focuses on intermediate senior tai chi.</i>							
2971	MWF	7:30am-9:00am	Hastings M	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
2974	Th	2:00pm-3:30pm	Chasen J	UNITED	United Church of Christ	Santa Rosa	0.0
<i>Class focuses on exercise for balance and good health. Ejercicio para mantener el equilibrio y la buena salud.</i>							
2986	Sat	9:00am-10:30am	Franzini J	SON RC	Sonoma Re.Community	Sonoma	0.0
<i>Class focuses on low impact fitness.</i>							
3106	ThM	11:15am-12:45pm	Geldert A	FAHA	FAHA Center	Sonoma	0.0
<i>Class focuses on brain health, low impact aerobics, strength and flexibility.</i>							
3130	Th	9:30am-10:30am	Buss A	CHNATE	Brookdale Place Chanate	Santa Rosa	0.0
<i>Class focuses on chair exercise focusing on building better balance.</i>							

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

1808	W	10:15am-11:45am	Lucas M	SUNVIL	Sunrise Villa	Santa Rosa	0.0
<i>Class focuses on classical musical explorations.</i>							
2210	Th	10:15am-11:45am	Lucas M	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on classical music explorations.</i>							
2885	W	3:15pm-4:45pm	Lucas M	SUNPET	Sunrise of Petaluma	Petaluma	0.0
<i>Class focuses on the exploration of classical and popular music.</i>							