

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)

4062	W	1:00pm-4:00pm	Hatkoff A	HCC	Healdsburg Community Ctr.	Healdsburg	0.0
<i>Class focuses on water color and drawing.</i>							
4073	F	1:15pm-4:15pm	Little Bear	FRIEND	Friends House	Santa Rosa	0.0
<i>Class focuses on acrylic and mixed media painting.</i>							
4087	F	1:00pm-4:00pm	Hatkoff A	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on watercolor.</i>							
4106	M	9:30am-12:30pm	St Thomas S	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on watercolor with mixed media.</i>							
4501	W	1:00pm-4:00pm	Martinico C	SRC104	Southwest Center	Santa Rosa	0.0
<i>Class focuses on collage journaling.</i>							
5574	Th	1:00pm-4:00pm	Martinico C	SRC105	Southwest Center	Santa Rosa	0.0
<i>Class focuses on exploration of Mandala making.</i>							
5603	T	1:00pm-4:00pm	Sasso M	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on beautiful pastel paintings, beg.-intermediate.</i>							
5689	Th	10:30am-1:30pm	Dondero M	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on making expressive art books/crear libros de artistas hechos a mano</i>							
5733	Th	1:00pm-4:00pm	Marlin-Coole	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on watercolor.</i>							
5734	W	1:45pm-4:45pm	Little Bear	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on watercolor.</i>							
5744	Th	1:00pm-4:00pm	St Thomas S	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on watercolor.</i>							
5747	T	10:00am-1:00pm	Gonzalez M	OCC	Occidental Community Ctr.	Occidental	0.0
<i>Class focuses on mixed media intuitive art.</i>							
5826	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>							
5850	T	12:30pm-3:30pm	Hatkoff A	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on watercolor.</i>							
5858	F	9:00am-12:00pm	Sasso M	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on watercolor, pastel, acrylic and drawing.</i>							
5866	Th	1:00pm-4:00pm	Prieto L	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on art journaling and collage.</i>							
5870	Th	10:00am-1:00pm	Gonzalez M	CHARLS	Charles Street	Cotati	0.0
<i>Class focuses on mixed media intuitive art.</i>							
5871	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>							
5873	W	10:00am-1:00pm	Hatkoff A	CLO SC	Cloverdale Senior Center	Cloverdale	0.0
<i>Class focuses on drawing and sketching with watercolor pencils.</i>							
6299	Th	1:00pm-4:00pm	Little Bear	VNCRST	Vinecrest Apartments	Windsor	0.0
<i>Class focuses on acrylic and mixed media painting.</i>							
6336	Th	1:00pm-4:00pm	Hatkoff A	SRC104	Southwest Center	Santa Rosa	0.0
<i>Class focuses on drawing and sketching with watercolor pencils.</i>							
6358	W	1:30pm-4:30pm	Sasso M	SRC107	Southwest Center	Santa Rosa	0.0
<i>Class focuses on drawing and sketching.</i>							
6377	T	1:30pm-4:30pm	Little Bear	SRC104	Southwest Center	Santa Rosa	0.0
<i>Class focuses on paper arts and card making.</i>							
6548	W	1:00pm-4:00pm	Marlin-Coole	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on intermediate watercolor painting.</i>							
6846	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>							
6876	Th	1:00pm-4:00pm	Sasso M	SRC106	Southwest Center	Santa Rosa	0.0
<i>Class focuses on painting with pastels.</i>							
7071	W	10:00am-1:00pm	Prieto L	RUSRIV	Russian River Community Ctr.	Guerneville	0.0
<i>Class focuses on collage.</i>							
7274	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>							

OA 502 Autobiographical Writing for Older Adults-(Non-Credit Course)(Repeat Code 27)

4527	Th	1:30pm-4:30pm	Blaine S	SRC103	Southwest Center	Santa Rosa	0.0
<i>(1/17-4/25)</i>							
<i>Class focuses on memoir writing.</i>							
4615	T	1:30pm-4:30pm	Blaine S	SRC103	Southwest Center	Santa Rosa	0.0
<i>(1/15-4/30)</i>							
<i>Class focuses on fiction writing.</i>							
5509	T	2:00pm-5:00pm	Serkes S	RUSRIV	Russian River Community Ctr.	Guerneville	0.0
<i>Class focuses on writing your life.</i>							
5750	F	10:00am-12:30pm	Trenam S	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on poetry writing.</i>							
5874	M	9:30am-12:30pm	Burlison D	BETAMI	Congregation Beth Ami	Santa Rosa	0.0
<i>Class focuses on memoir writing.</i>							
5876	F	9:00am-12:00pm	Boga S	SRC106	Southwest Center	Santa Rosa	0.0
<i>Class focuses on memoir writing.</i>							
5877	Th	9:30am-12:30pm	Burlison D	VNCRST	Vinecrest Apartments	Windsor	0.0
<i>Class focuses on memoir writing.</i>							

5897	T	9:30am-12:30pm	Burlison D	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on memoir writing.</i>							
6019	F	1:30pm-4:30pm	Boga S	LBCOTT	Luther Burbank Cottage	Sebastopol	0.0
<i>Class focuses on memoir writing.</i>							
6774	W	1:30pm-4:30pm	Hiller S	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on memoir writing.</i>							
7180	Th	9:00am-12:00pm (1/17-4/25)	Blaine S	LBCOTT	Luther Burbank Cottage	Sebastopol	0.0
<i>Class focuses on memoir writing.</i>							
7273	W	1:00pm-4:00pm	Dennick S	SRC103	Southwest Center	Santa Rosa	0.0
<i>Class focuses on creative writing.</i>							
8596	T	1:30pm-4:30pm	Neuberg J	SEB SC	Sebastopol Senior Center	Sebastopol	0.0
<i>Class focuses on memoir writing.</i>							

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

4056	M	10:00am-11:30am	Lefort E	HSC	Healdsburg Senior Center	Healdsburg	0.0
<i>Class focuses on conversational spanish.</i>							
4130	T	10:45am-12:15pm	Boga S	PAULIN	Brookdale Paulin Creek	Santa Rosa	0.0
<i>Class focuses on American history.</i>							
4132	W	10:30am-12:00pm	Smith B	CSL	Center for Spiritual Living	Santa Rosa	0.0
<i>Class focuses on living healthy through mindfulness.</i>							
4625	M	9:30am-10:30am	Mikeska J	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on living healthy through laughter.</i>							
4629	M	4:00pm-5:30pm	Mikeska J	BRKSON	Brookdale at Sonoma	Sonoma	0.0
<i>Class focuses on living healthy through laughter.</i>							
5510	W	1:30pm-3:30pm	Trzeciak W	PAULIN	Brookdale Paulin Creek	Santa Rosa	0.0
<i>Class focuses on reader's theatre.</i>							
5596	T	2:45pm-4:15pm	Beeson D	FHC	Family History Center	Santa Rosa	0.0
<i>Class focuses on tools used in genealogy.</i>							
5632	M	1:30pm-3:00pm	Chaves-De la	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on everyday Spanish.</i>							
5672	M	1:00pm-3:00pm	Davis S	SRC103	Southwest Center	Santa Rosa	0.0
<i>Class focuses on exploring the powers of dreamtime.</i>							
5679	F	1:00pm-2:30pm	Lefort E	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on beginning conversational Spanish.</i>							
5683	T	11:30am-1:30pm	Lau L	FRIEND	Friends House	Santa Rosa	0.0
<i>Class focuses on the history of theatre.</i>							
5692	T	1:00pm-2:30pm	Smith B	RV LIB	Rincon Valley Library	Santa Rosa	0.0
<i>Class focuses on living healthy through mindfulness.</i>							
5718	M	1:00pm-2:30pm	Lefort E	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on beginning Spanish.</i>							
5755	T	9:00am-10:30am	Boga S	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on American history.</i>							
5882	W	2:30pm-4:00pm	Boga S	SPRFLD	Springfield Place	Petaluma	0.0
<i>Class focuses on American history.</i>							
5899	W	10:00am-11:30am	Zimmer R	PAULIN	Brookdale Paulin Creek	Santa Rosa	0.0
<i>Class focuses on history.</i>							
6098	M	1:30pm-3:00pm	Belle S	BTHTWR	Bethlehem Towers	Santa Rosa	0.0
<i>Class focuses on brain nutrition.</i>							
6262	T	1:00pm-2:30pm	Boga S	BRK-RP	Brookdale at Rohnert Park	Rohnert Park	0.0
<i>Class focuses on American history.</i>							
6264	W	1:00pm-2:30pm	Boga S	VALLEY	Valley Orchard	Petaluma	0.0
<i>Class focuses on American history.</i>							
6405	Th	1:00pm-3:00pm	Rege-Harris	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on exploring film.</i>							
6453	W	1:30pm-3:00pm	Zimmer R	CHNATE	Brookdale Place at Chanate	Santa Rosa	0.0
<i>Class focuses on history and politics.</i>							
6533	M	11:00am-12:30pm	Brown J	SONLIB	Sonoma Valley Reg.Library	Sonoma	0.0
<i>Class focuses on information literacy in the 21st century.</i>							
6704	W	9:15am-10:45am	Boga S	SUNPET	Sunrise of Petaluma	Petaluma	0.0
<i>Class focuses on American history.</i>							
6778	T	1:00pm-2:30pm	Beeson D	FHC	Family History Center	Santa Rosa	0.0
<i>Class focuses on beginning genealogy.</i>							
6779	W	1:00pm-2:30pm	Beeson D	FHC	Family History Center	Santa Rosa	0.0
<i>Class focuses on advanced genealogy.</i>							
6859	M	10:00am-12:00pm	Gonzalez M	OCC	Occidental Community Center	Occidental	0.0
<i>Class focuses on women's health discussion and ageing gracefully.</i>							
6929	F	1:30pm-3:00pm	Hiller S	BRKSON	Brookdale at Sonoma	Sonoma	0.0
<i>Class focuses on sharing life stories.</i>							
6999	W	1:30pm-3:00pm	Belle S	CSL	Center for Spiritual Living	Santa Rosa	0.0
<i>Class focuses on forgiveness, peace and happiness.</i>							
7011	T	1:30pm-3:00pm	Zimmer R	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on Asia - history and politics.</i>							
7023	W	2:45pm-4:15pm	Beeson D	FHC	Family History Center	Santa Rosa	0.0
<i>Class focuses on handling your road blocks in genealogy.</i>							
7029	Th	10:00am-11:30am	Belle S	SEBLIB	Sebastopol Regional Library	Sebastopol	0.0
<i>Class focuses on brain nutrition, memory and moods.</i>							
7072	W	1:30pm-3:00pm	Dungan T	SRC105	Southwest Center	Santa Rosa	0.0
<i>Class focuses on LGBTQI history, a Sonoma County timeline.</i>							
7222	W	1:30pm-3:30pm	Rege-Harris	BRKSON	Brookdale at Sonoma	Sonoma	0.0
<i>Class focuses on exploring film.</i>							

7245	T	10:00am-12:00pm	Ferandell J	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on a path to wellness.</i>							
7248	T	10:30am-12:00pm	Zimmer R	BURBNK	Burbank Heights	Sebastopol	0.0
<i>Class focuses on current events with an historical perspective.</i>							
7293	M	1:00pm-2:30pm	Beeson D	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on beginning genealogy.</i>							
OA 507 Fitness for Older Adults-(Non-Credit Course)(Repeat Code 27)							
4102	F	10:00am-11:30am (1/18-3/15)	Chasen J	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
4103	MTW	9:00am-10:30am	Franzini J	BRKSON	Brookdale at Sonoma	Sonoma	0.0
<i>Class focuses on low impact fitness.</i>							
4107	MWF	12:45pm-2:15pm	Kessel-Rea M	SUNVIL	Sunrise Villa	Santa Rosa	0.0
<i>Class focuses on gentle movement fitness.</i>							
4118	MWF	10:45am-12:15pm	Kessel-Rea M	VINYRD	Vineyard Commons	Santa Rosa	0.0
<i>Class focuses on low impact aerobics, strength and balance.</i>							
4144	T	9:45am-11:00am	Oaks S	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on sit and be fit.</i>							
4216	MF	10:30am-12:00pm	Oaks S	VALLEY	Valley Orchard	Petaluma	0.0
<i>Class focuses on sit and fit.</i>							
4252	TTh	9:00am-10:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
4262	Th	5:00pm-6:30pm	Stubblefield	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on intermediate Tai Chi for health and well-being.</i>							
4315	Th	2:00pm-3:30pm	Chasen J	UNITED	First Congregational Church	Santa Rosa	0.0
<i>Exercise for balance and good health / Ejercicio para mantener el equilibrio y la buena salud.</i>							
4713	T	10:30am-12:00pm	Stubblefield	Kelgrn	Kellgren Senior Apartments	Petaluma	0.0
<i>Class focuses on Tai Chi.</i>							
4754	TTh	10:30am-11:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
4914	Th	10:00am-11:30am	Chasen J	PAULIN	Brookdale Paulin Creek	Santa Rosa	0.0
<i>Class focuses on balance, strength, flexibility and Tai Chi.</i>							
5259	Sat	10:00am-11:30am	Chinn G	FRIEND	Friends House	Santa Rosa	0.0
<i>Class focuses on Tai Chi.</i>							
5261	MWF	7:30am-9:00am	Hastings M	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
5623	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>Class focuses on water fitness.</i>							
5627	Sat	1:30pm-3:00pm	Chinn G	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on Tai Chi.</i>							
5700	Th	1:30pm-3:30pm	Jackson V	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on low impact fitness.</i>							
5722	Th	12:00pm-1:15pm	Oaks S	PEP	Petaluma Ecumenical Prop.	Petaluma	0.0
<i>Class focuses on sit 2B fit.</i>							
5775	MWF	9:00am-10:30am	Kessel-Rea M	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on low impact fitness.</i>							
5785	MTh	2:30pm-4:00pm	Stubblefield	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on Tai Chi for health and well-being.</i>							
5787	MW	10:00am-11:30am	Stubblefield	KENCTR	Kenilworth Center	Petaluma	0.0
<i>Class focuses on Tai Chi for health and well-being.</i>							
5791	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>							
5884	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>							
5900	TTh	10:15am-11:45am	Olivas-Navar	KENCTR	Kenilworth Center	Petaluma	0.0
<i>Class focuses on low impact aerobics, balance, and functional fitness.</i>							
5913	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 focus on brain healthy, low impact aerobics, strength and flexibility.</i>							
6001	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>							
6002	MWF	9:00am-10:30am	Goodridge B	PET SC	Petaluma Senior Center	Petaluma	0.0
6003	FM	3:00pm-4:30pm	Chasen J	SILVER	Silver Crest Apartment	Santa Rosa	0.0
<i>Exercise for balance and good health / Ejercicio para mantener el equilibrio y la buena salud.</i>							
6157	M	1:00pm-2:30pm	See Cabarga	FRIEND	Friends House	Santa Rosa	0.0
<i>Class focuses on mind, body, medicine and movement.</i>							
6300	MW	10:00am-11:30am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
6378	T	1:30pm-3:00pm	Franzini J	VINTGE	Vintage House	Sonoma	0.0
<i>Class focuses on low impact fitness.</i>							
6425	Sat	9:00am-10:30am	Franzini J	BRKSON	Brookdale at Sonoma	Sonoma	0.0
<i>Class focuses on low impact fitness.</i>							
6658	F	9:30am-11:00am	Hastings M	OAKVIL	Oakmont Village	Santa Rosa	0.0
<i>Class focuses on balance and strength.</i>							
6706	T	9:00am-10:00am	Stubblefield	SUNPET	Sunrise of Petaluma	Petaluma	0.0
<i>Class focuses on low impact fitness.</i>							
6782	TTh	9:30am-11:00am	Johnson P	OAKGAR	Oakmont Gardens	Oakmont	0.0
<i>Class focuses on low impact fitness.</i>							
6784	Th	10:15am-11:45am	Oaks S	PET SC	Petaluma Senior Center	Petaluma	0.0
<i>Class focuses on sit and be fit.</i>							

6786	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>							
6803	Th	9:30am-10:30am	Buss A	CHNATE	Brookdale Place at Chanate	Santa Rosa	0.0
<i>Class focuses on chair exercise with focus on building better balance.</i>							
6898	T	12:30pm-1:30pm	Valmore A	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on zumba fitness.</i>							
6899	W	11:00am-12:00pm	Davis G	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on zumba gold.</i>							
6900	Th	1:00pm-2:00pm	Valmore A	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on sit and be fit.</i>							
7012	T	1:30pm-3:30pm	Chinn G	CFPAV2	Shone Farm	Forestville	0.0
<i>Class focuses on Tai Chi.</i>							
7078	T	2:45pm-4:15pm	Oaks S	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on folk dancing.</i>							
7143	W	9:30am-10:30am	Davis G	COTCOM	Cotati Community Center	Cotati	0.0
<i>Class focuses on zumba gold.</i>							
7286	TTh	3:00pm-4:30pm	Johnson P	SP VLG	Spring Lake Village	Santa Rosa	0.0
<i>Class focuses on water fitness.</i>							
7301	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>							
8668	TTh	10:45am-12:15pm	Valmore A	RP SC	Rohnert Park Senior Center	Rohnert Park	0.0
<i>Class focuses on low impact aerobic, balance and functional fitness.</i>							

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

5799	Th	10:15am-11:45am	Lucas M	OAKGAR	Oakmont Gardens	Oakmont	0.0
6720	W	3:15pm-4:45pm	Lucas M	SUNPET	Sunrise of Petaluma	Petaluma	0.0
7258	W	10:15am-11:45am	Lucas M	SUNVIL	Sunrise Villa	Santa Rosa	0.0
<i>Class focuses on music explorations.</i>							