

Life Enrichment

Programs for Older Adults

*Dear Senior Center Staff
and Participants –*

*I hope you find the following
Newsletter helpful when completing the
Spring 2018 Course Request Form.*

*Please refer to the Life Enrichment
Course/Hours Summary for a concise
look at course hour information. You
will also find specific Lecture topics
described there.*

*Please do all that you can to prevent
course cancellations! Let's work
together to schedule the most popular
classes at the optimal times.*

*The spring classes can be scheduled
between February 26 and May 25. Start
your new learning and wellness
adventure today!*

Sincerely,

Beth Ison

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Human Services
Area Agency on Aging



Stay Fit...and Be Well!

Aerobic Exercise

Did you know that exercise builds muscle tone and improves circulation? It is also a great way to relieve tension. Start a new exercise program or continue a previous one. Classes are open for beginning and experienced exercise levels.

4, 6, 8, 10 or 12 week sessions- 1.5 hrs each

Boost Your Brain Health

Did you know that keeping your brain mentally fit is important to healthy aging? Enjoy fun games and activities that help improve memory, increase attention, and broaden thinking skills.

3, 4, 6 or 8 week sessions- 1.5 hours each

Line Dance

Discover how dance and fitness go together as you learn different dance steps. Enjoy the added benefit of a healthy heart workout. Beginners or advanced dancers are welcome.

6, 8 or 12 week sessions- 1.5 hours each

Healthy Cooking

Would you like to learn how to prepare favorite foods in ways that improve nutrition and keep the flavor you prize? This class will help to increase your "nutrition IQ" as you learn how to prepare foods in more healthy ways. Learn how to read food labels and shop for foods wisely.

3 sessions- 2 hours each

Restoration & Relaxation

Keeping stress levels down is important for mental and physical health, especially as we grow older. This class teaches low impact techniques. Learn gentle relaxation, as well as breathing and stretching exercises for improved quality of life.

4, 5, 8, or 12 sessions- 1.5 hours each

Tai Chi

This class is designed to enhance physical, mental, and spiritual well-being with Tai Chi, the ancient Chinese exercise and martial art. Loose clothing and sneakers or athletic shoes are recommended.

4, 5, 6, 7, 8, 9, 10, 11 or 12 sessions- 1.5 hours each

Chair Exercise

This gentle exercise class will mostly be done seated with a few activities done moving in place. Participants may be returning to exercise or novice exercisers. The goal will be to increase participants' balance and strength.

6, 8 or 12 week sessions – 1.5 hrs each

Walking for Wellness – NEW!!

Enjoy this low impact activity as you exercise indoors or outside, depending on your setting. Walking provides an opportunity for social engagement with the added benefits of improved mental and cardiovascular health!

4, 6, 8, or 12 week sessions – 1.5 hrs each

For the Lifelong Learner...

Celebrate Grandparenting – NEW!!

This course will encourage grandparents as they navigate the joys and complexities of this important and challenging role. Participants will benefit from peer and professional advice as they discuss the experiences unique to grandparents and share ideas to encourage positive relationships with grandchildren of all ages. Activities will include making a scrapbook for their grandchildren, sharing “brag books”, and becoming acquainted with local resources that support grandparents.

1, 2, 3, or 4 sessions – 1.5 hrs each

Stress Less

This workshop will demonstrate scientifically proven strategies to reduce stress and focus on the positive aspects of life– even when facing inevitable challenges. ***We are now collaborating with Animal Friends to arrange site visits with a therapy pet!***

2, 4, 6, 8 or 12 sessions – 1.5 hrs each

Lecture Series

See Pittsburgh or your own retirement through new eyes, as you enjoy an engaging talk. Please see the ***Life Enrichment Course/Hours Summary*** for detailed topics.

1, 2, 3 or 4 sessions- 1.5 hours each

Computer Basics

Does email leave you feeling left out? Have no fear of computers! In this class, you will learn the basics of the keyboard, mouse and internet. Learn how to keep in touch with family and friends by email. ***Requires at least 5 desktop computer work stations.***

3 or 6 sessions- 2 hours each

Digital Camera Basics

This class is ideal for those who want to learn basic photography with their own digital camera. Participants are asked to bring their digital cameras, instructional manuals and questions.

3, 4 or 6 sessions- 2 hours each

Bring Your Own Technology Device - Does your family text but you don't? This class will help you use electronic devices including tablets, smart phones, flip phones and mp3 players, to communicate with family, download music, and more. Participants will bring their own electronic device and questions. **1, 2 or 3 sessions- 2 hours each**

Using Craigslist

Learn how to use this valuable resource to assist with decluttering. Topics covered will include: using the Craigslist website, posting a sale item, writing an attention getting post, taking photos of your item and adding photos to your post.

1 or 2 sessions – 2 hrs each

Conquer Your Clutter

Gain some valuable personal organization and decluttering skills in this workshop. Go home with the tools and motivation to successfully and efficiently downsize any space.

2 or 3 sessions - 2 hours each

Recreational Card Games

Have you always wanted to join in with the regular card players, but would feel more comfortable learning the games step by step? This class will clearly teach beginning level card games. Specific choices TO BE DETERMINED BY THE INSTRUCTOR.

2, 3, or 4 sessions – 2 hours each

Fraud Prevention

Increase your awareness of current scams you may encounter when using the telephone or email, banking, dealing with utility companies and more. Learn practical strategies for effective communication with potential scammers - as well as how to prevent yourself from becoming a target.

1, 2, 3, or 4 sessions – 1.5 hours each

Exploring Your Family History

Have you ever wanted to research and record details about your family history, but didn't know quite how to begin? This class will introduce ways to collect precious information such as: family stories, your ancestors, your family tree, and more. Learn how to interview family members, and how to conduct research at a local library and using the internet.

2, 3, 4, or 6 sessions – 1.5 hours each

Express Your Creativity...

Arts and Crafts

Explore mixed media projects representing the fiber arts, paper crafts, traditional arts, and painting. This is a chance to transform creative skills into a one of a kind project. (See attached photos of examples).

1, 2, or 3 sessions - 2 hrs each

Quilting for Beginners

Have you wanted to try quilting, but also wanted to start small? Enjoy this traditional and very social art form as you explore the basic skills of quilting. A take home project such as a placemat or pot holder will be featured.

3, 4 or 7 sessions- 2 hrs each

Quilting for Charity

Transform gently used t-shirts into whimsical blankets which will be donated to Pittsburgh families experiencing a housing crisis. Each unique blanket will be distributed by Community Human Services to families in need. This Class Requires At Least 1 Sewing Machine!!

3, 4, 6, 7, or 8 sessions – 2 hrs each

Quilting for the Experienced

This class is designed for intermediate level quilters. Class time is for work on challenging individual and/or group projects. Participants provide their own fabric and quilting tools.

4, 6, 7 or 8 sessions - 2 hrs each

Still looking for a course?

We will design a “custom class” if there is a topic of interest at your center missing from this course guide.

If you have any questions, please contact:

Beth Ison at bison@ccac.edu or 412-237-2564



The Community College of Allegheny County encourages participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at 412.237.2723 at least two weeks in advance of the program.

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Questions may be addressed to diversity@ccac.edu

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