

Washtenaw Community College Senior Focus Schedule

Fall 2021



To register or for more information, please visit wccnet.edu/senior-focus

	Class	Time	Start	End	Instructor	Equipment/Notes
Mondays	Ball Exercise	10-11am	9/13	11/15	Mark A. Harris	Exercise or yoga ball
	Tai Chi- Beginning	10-11am	9/13	11/29	Diane Evans	
	Chair Yoga	10:30-11:30am	9/13	11/15	Patty Hart	yoga mat, sturdy chair, 2 yoga blocks, 1-2 yoga blankets, 1 yoga belt
	Stretching for Seniors	11am-12pm	9/13	11/15	Mark Harris	exercise ball, hand weights, bands
	Tai Chi- Intermediate (Part A)	11:15am-12:30pm	9/13	11/29	Diane Evans	
	Qigong & Tai Chi: Stretch, De-Stress & Limber up *no class 11/22	12-1pm	9/13	11/29	Karla Groesbeck	
Single Session Monday	Find Meaning and Hope During the Holidays: Presented in Partnership with GrieveWell	7pm		11/22	Christy Miller, LMSW GrieveWell Program Director	While the holiday season is filled with family, friends, and festivities, holidays can be a painful time for those who are grieving the loss – recent or past – of a loved one. Participants will learn about grief and helpful tips for managing grief during the holidays. The webinar covers different strategies that can ease stress during the holiday season, including ways to honor your loved one, take care of yourself, and lighten the holiday load. This virtual workshop will be delivered by Christy Miller, LMSW, the program director of GrieveWell, a local nonprofit that provides resources and support to adults in grief, as well as those who surround them, in order to build a community that promotes healthy grieving and healing. Learn more at GrieveWell.com.
Tuesdays	Line Dance	9-10am	9/14	11/16	Dee Grantham	
	Yoga for Seniors	9:30-11am	9/14	11/16	Liz Brauer	3 yoga blankets, 10 ft yoga belt, 2 yoga bricks and a folding chair. A few extra blankets or towels and a small plastic stool may also be helpful.
	Cognitive "Stretching"	10-11am	9/7	11/9	Mark Harris	
	Chair Exercise	11am-12pm	9/7	11/9	Mark Harris	Chair or ball, hand weights, bands
	Ball Exercise	1-2pm	9/7	11/9	Mark Harris	Exercise or yoga ball
Single Session Tuesday	Self Care Isn't Selfish: Presented in partnership with GrieveWell	12-1:30pm		9/28	Christy Miller, LMSW GrieveWell Program Director	Description: Self-care is critical for healing. Yet when you're grieving it is hard to know where to start. This virtual workshop will provide some background on the natural process of grief and help you with strategies for meaningful self-care. The workshop will include hands-on activities. You will leave with a plan for how to engage in self-care on both a short-term and long-term basis, cultivate a positive mindset, and join a community of hope and healing that understands what you are going through. This virtual workshop will be delivered by Christy Miller, LMSW, the program director of GrieveWell, a local nonprofit that provides resources and support to adults in grief, as well as those who surround them, in order to build a community that promotes healthy grieving and healing. Learn more at GrieveWell.com.
Wednesdays	Ball Exercise	10-11am	9/8	11/10	Mark Harris	exercise ball, hand weights, bands
	Yoga for Seniors	10:30-11:30am	9/15	11/17	Patty Hart	yoga mat, 2 yoga blankets, 2 yoga blocks, 1 yoga belt
	Yoga for Seniors	1-2:30pm	9/15	11/17	Patty Hart	yoga mat, a sturdy chair, 2 yoga blocks, 1 yoga belt, 1 blanket
	Strength & Conditioning *no class 11/24	2-3pm	9/8	12/15	Michele Williams	dumbbells or hand weights
Thursdays	Line Dance	9-10am	9/16	11/19	Dee Grantham	
	Yoga for Seniors	9:30-11am	9/16	11/18	Liz Brauer	3 yoga blankets, 10 ft yoga belt, 2 yoga bricks and a folding chair. A few extra blankets or towels and a small plastic stool may also be helpful.
	Tai Chi- Beginning *no class 11/25	10-11am	9/16	12/2	Diane Evans	
	Stretching for Seniors	10-11am	9/9	11/11	Mark Harris	
	Watercolor Workshop	10:30am-12:30pm	9/9	11/11	Cathy Doran	Watercolor supplies: paper, brushes, paint, water
	Maintenance Exercise	11am-12pm	9/9	11/11	Mark Harris	
	Tai Chi- Intermediate (Part B) *no class 11/25	11:15am-12:30pm	9/16	12/1	Diane Evans	
Chair Exercise	1-2pm	9/9	11/11	Mark Harris	Chair or ball, hand weights, bands	
Fridays	Yoga for Seniors	9:30-11am	9/17	11/19	Liz Brauer	3 yoga blankets, 10 ft yoga belt, 2 yoga bricks and a folding chair. A few extra blankets or towels and a small plastic stool may also be helpful.
	Ball Exercise	10-11am	9/10	11/12	Mark Harris	exercise ball, hand weights, bands
	Strength & Conditioning *no class 10/9	10:30-11:30am	9/10	12/17	Michele Williams	dumbbells or hand weights
	Stretching for Seniors	11am-12pm	9/10	11/12	Mark Harris	