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**SBCC VITALITY CLASSES AT MARIPOSA - JOIN ANY TIME!**

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**MUSIC OF OUR LIVES AND TIMES FOR OLDER ADULTS**

*In this class, students will listen to familiar music encouraging individual responses and reawakening neural connections, resulting in improved recall, sense of self-worth, and mental alertness.*

**TUESDAY:** 9:30 – 10:45 AM

**CRN 39997:** August 21 - October 14

**CRN 39998:** October 16 - December 9

**Instructor: Arden Day**

*A graduate of UCSB, Arden Day integrates life-stories, joking, exercise, show and tell, and the vibrant music of past decades into his classes.*

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**BODY/MIND AWARENESS FOR OLDER ADULTS**

*This course will explore the role of physical and cognitive creative stimulation in maintaining the health and well-being of older adults as students engage in activities that include reminiscing, moving to music, and other techniques to enhance acuity and health.*

**THURSDAY:** 9:30 – 10:45 AM

**CRN 40005:** August 21 - October 14

**CRN 40006:** October 16 - December 9

**Instructor: Arden Day**

*A graduate of UCSB, Arden Day integrates life-stories, joking, exercise, show and tell, and the vibrant music of past decades into his classes.*

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**MUSIC OF OUR LIVES AND TIMES FOR OLDER ADULTS**

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**FRIDAY:** 3:00 – 4:15 PM

**CRN 40003:** August 21 - October 14

**CRN 40004:** October 16 - December 9

**Instructor: Rebecca Wave**

*Rebecca Wave has been a musician for most of her life and loves to let music weave connections and inspire joy and reflection in a group of people. She sings, plays guitar and ukulele and draws on a wealth of songs to respond to any situation.*