Irvine Valley College

EMERITUS INSTITUTE

IN PERSON AND ONLINE OPTIONS!



The Irvine Valley College Emeritus Institute program affirms the importance of intellectual activity, critical thinking, and creative expressions for older adults. The curriculum challenges participants to formulate relationships between past experiences and new ideas, and to keep current in all academic areas. Courses are developed to stimulate participants' intellectual and personal growth and to benefit their daily lives—personally, socially, culturally, economically, and environmentally.

Courses Offered:

- Watercolor
- Beading (Jewelry)
- Wire Wrapping
- Drawing (Zentangle®)
- Music Appreciation

Health and Wellness Classes:

- Balance and Flexibility
- Balance and Mobility
- Chair Exercise
- Circuit Training
- Joint Health & Balance
- Dyna Band
- Physical Fitness
- Pilates
- Pilates and Balance
- Strength and Balance
- Strength and Conditioning
- Stretch and Flexibility
- Tap Dance
- Tai Chi
- Yoga

Irvine Valley College partners with the following locations to offer classes for older adults:

Florence Sylvester Senior Center
South Coast Chinese Cultural Association
Laguna Beach Community and Suzi Q Center
Laguna Beach Community and Recreation Center
Lake Forest Beach and Tennis Club
City of Lake Forest – The Clubhouse
Heritage Park Community Center
Lakeview Senior Cener
Rancho Senior Center
Turtle Rock Community Park
Tustin Area Senior Center
The Annex at Tustin Legacy
IVC at ATEP



Class schedule can be found at: ivc.edu/class-schedule

Application for enrollment can be found on the Emeritus website: ivc.edu/emeritus

Office of Extended Education
IVC at ATEP
1624 Valencia Avenue, Room 205
Tustin, CA 92782

For more information, please call or email:
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ivc.edu/emeritus

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