**COM 06 - Computer Basics** $120  **ON CAMPUS**
Thurs / Oct 14 - Dec 9 / 3pm–4:30pm
You will learn through hands on instructions, the windows capacity system, how to use the monitor, keyboard and mouse to apply Microsoft Office. Minimum or no experience needed. Bring a flash drive.
**No class Nov 11th & Nov 25th.**

**COM 09 - Yoga and Pilates** $95  **ON CAMPUS**
Fri / Oct 15 - Dec 10 / 10am–11:30am
In this course you will gain flexibility & strength, improve posture & balance and practice mindfulness with this mix of Hatha/Vinyasa Yoga combined with Pilates exercises. Please have a yoga mat.
Yoga strap and blocks are optional. **No class Nov 26th.**

**COM 17 - Indoor Walk and Tone** $95  **ON CAMPUS**
Sat / Oct 16 - Dec 11 / 10am – 11:30am
Join us for a fun walk outdoors in a centralized location. The 2nd part of the workout will be using light weights and resistance bands to tone your muscles. Centralized location will be announced.
Bring 2 or 3lb. hand weights and sneakers to each class.
**No class Nov 27th.**

**COM 22 - An Introduction to Tai Chi Ch'uan** $72
Thurs / Oct 21 - Dec 9 / 11:30am-1pm  **ON CAMPUS**
This workshop will introduce participants to the peace enhancing movements of Tai Chi as well as its background in Taoist philosophy and health promoting benefits. Introductory Tai Ch Ch'uan form will be taught as part of this course. No prior knowledge or experience is necessary.
Participants should wear loose fitting clothes and comfortable shoes or sneakers.
**No classes Nov 11th and Nov 25th.**

**COM 42 - Arthritis Workout** $90  **ONLINE**
Mon / Oct 18 - Dec 13 / 10am-11am
Gentle and full body exercises in and out of the chair for your joints and muscles to increase their range of motion and decrease pain. Wear comfortable clothing & supportive sneakers.
Have for use an exercise band of medium to medium-firm intensity (green and blue), 1 set of 1 lb dumbbells, 1 set of 2-3lbs dumbbells, and 1 set of ankle weights 2-3lbs.

**COM 59 - Moving Meditation with Qi Gong** $72  **ON CAMPUS**
Fri / Oct 15 - Nov 19 / 12pm-1:30pm
Qigong is used in traditional Chinese medicine and means “Energy Cultivation.” Its gentle movements evoke nature, and it is easy, fun, relaxing and restorative. It can be done seated or standing. Sessions will incorporate breathing practices and organ healing. Join this 6 session workshop as we find a relaxed mind and body through Qigong.
Wear comfortable clothes and flat shoes.

**COM 137 Healing Healthy Soups and One Pot Meals** $40  **ONLINE**
Wed / Nov 3 - Dec 24 / 10am-11am
Need some dinner inspiration this fall? Make your life simple with these healing healthy soups and plant based one pot meals that barely requires a clean-up.
COM 118 - Dance Cardio & Toning with Diane $95
ON CAMPUS
Fri / Oct 15 - Dec 10 / 11:45am-1:15pm
In this online course you will work up a sweat by
dancing up a storm with this fun blend of dance
cardio and toning. Easy to follow choreographies
are interspersed with toning exercises to get a full
body workout.
Please wear dance sneakers. Light hand weights 1-3 lbs.
and resistance bands are optional. No class Nov 26th.

COM 92 - Osteoporosis Workout $80 ONLINE
Thurs / Oct 14 - Dec 16 / 10am-11am
Taught by a physical therapist and consists of
range of motion exercises, strengthening
exercises, aerobic exercise and balance activities
designed to improve your health and fitness with
slow, controlled movements, and weight bearing
exercises which are recommended for people with
osteoporosis. Class will emphasize form and
posture for safe and effective exercise.
Wear comfortable clothing & Supportive sneakers.

COM 136 Ballet, Posture and More $90 ONLINE
Tues / Oct 12 - Dec 14 / 10am-11am
Basics of ballet and ballet based exercises
designed to improve posture, muscle strength,
flexibility, balance, coordination and muscle tone.
NO previous ballet training necessary.
Wear comfortable clothing. Footwear can be ballet
slippers, socks, or bare feet. You will need a support to
use such as a barre or sturdy chair, counter top or
dresser. No class Nov 2nd.

COM 36 Conscious Contentment $50 ONLINE
Wed / Oct 20 - Nov 17 / 4:30-5:30
Conscious Contentment workshop is an actively
engaged heightened awareness that shifts an
individual from agitated to tranquil when
imbalances and stress arise. This integrated
approach utilizes breath work, wellness principles,
aromatherapy applications as well as finding
creative spaces of sanctuary.

COM 138 Zoom Workshop for Beginners $20
ONLINE
Sat / Oct 2 / 10am-12pm
Learn the basics of using Zoom. We will cover
scheduling meetings, host controls: mute function,
waiting room, setting meeting ID, passcode, chat,
speaker viewing options. Followed by a question &
answers section.

$25 Registration fee is waived for ALL 50+ Wellness courses!
FREE designated guest parking is available on campus.
For more information,
Email: Susan.Lavin@Kbcc.cuny.edu or call 718 368 5079

AGING MASTERY PROGRAM
Are you 50+ years of Age?
Thinking of Retiring?
Want to learn something new?
November 4th - December 14th
Tuesday & Thursday / 3:00pm - 4:30pm
*No classes 11/11 & 11/25
10 session program ONLINE w/zoom
Participants must attend 7 out of 10 classes in
order to graduate.
Learn about:
Navigating Longer Life, Sleep,
Healthy Eating & Hydration, Exercise & You,
Healthy Relationships,
Fall Prevention, Community Engagement,
Medication Management,
Financial Fitness, Advance Planning and more!
Limited Space is Available
Registration starts September 13th
Material Fee $80*
(Fee is waived for residents 50+ yrs of age
residing in Brooklyn Council District 43
& Queens Council District 32 )
Email: Susan.Lavin@Kbcc.cuny.edu
Call for more info 718 368 5079

The Aging Mastery Program®, Classes are led by expert
speakers who help participants gain the skills and tools they
need to manage their health, remain economically secure, and
contribute actively in society.