

Lifetime Learning Center Senior Studies Program Reopening Plan Fall 2021

ABOUT THE LIFETIME LEARNING CENTER

The Lifetime Learning Center Senior Studies Program promotes lifelong learning by providing mentally, physically and socially stimulating programs and classes for older adults. Research tells us that older people with an active lifestyle are less likely to feel isolated and depressed. Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems. One study showed that older adults who reported taking part in social and productive activities lived longer than people who did not. Older adults who stay involved in what they believe are meaningful activities, say they feel happier and healthier. In the City of Long Beach, the senior population is the most vaccinated group of people. Mayor Garcia announced on June 10 that 99% of LB seniors are vaccinated. Seniors have demonstrated that they are responsible and will abide by the guidelines required to return to campus. Over half of our students do not have computers or access to WIFI so there is a greater need to return to in-person classes to keep them engaged and active. The program was started in 1978 by former Mayor and LBCC President Beverly O'Neill and Mary Thoits. The Center operates under the LBCC Foundation as a non-profit organization.

LIFETIME LEARNER'S PARTICIPATION REQUIREMENTS

Students must be fully vaccinated (when 2 weeks have passed since completing a COVID-19 vaccine). Either 1 dose of J & J vaccine or 2 doses of Moderna or Pfizer vaccine.

Students must present proof of vaccination by showing CDC vaccination card. Students experiencing flu-like symptoms or not feeling well may not attend class. Students at registration fill out a health form and waiver. Mask must be worn at all times in Dyer Hall and QQ-122. Hand sanitizer will be available in QQ-122 and Dyer Hall. Hand wipes will be distributed at the end of class for students to wipe their individual area before exiting. The same requirements will apply to instructors.

FALL SEMESTER REGISTRATION IN PERSON QQ-122

Tuesday, September 7, 2021 10:00 am to 2:00 pm

Wednesday, September 8, 2021 10:00 am to 2:00 pm

ON-LINE REGISTRATION

lbcc.edu/lifetime-learning-center

REGISTRATION BY PHONE

Carol Conley 562-938-3048

Theresa Brunella 562-938-3047

COMPUTERS

Available Friday only by appointment from Noon to 3:00 pm. Computers will be cleaned with antibacterial wipes after each use. Call 562-938-3047 for appointment.

CLASSES ON CAMPUS

That's Entertainment: Behind the Scenes from Broadway to Hollywood with Lucy Daggett

We will look at the musical theatre art form from various perspectives – the original text/play/poem/song/movie/etc. which inspired each musical, to the composers, lyricists, book writers, directors, choreographer, costumers, technical designers and actors who collaborated to bring the piece to life. We will hear about the original Broadway production and study its timeliness and

relevance in American history. In addition, we'll be able to view career-making performances by many of the original Broadway and film stars who performed in various incarnations of these shows.

Fridays, September 10 to December 10, 2021, 1:00 pm to 3:00 pm

Dyer Hall, 50 Students

World and Current Affairs with Craig Hendricks and Guest Speakers

Spotlighting Current Events & Imagining Future Possibilities for Our World.

Wednesdays, September 29, October 6 & 20-3:30 pm to 5:30 pm

Dyer Hall, 50 Students

CLASSES ON ZOOM

Tai Chi for Better Balance with David Hennage on Zoom

The class is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility to help reduce the likelihood of falls.

Tuesdays & Fridays 10:30 am to 11:30 am

September 14 to December 10, 2021

Strength Training with Jessi McMaster on Zoom

Virtual exercise class that focuses on building strength and mobility for the whole body. You need a chair and hand weights (you can use water bottles or soup cans).

Session 1, Tuesdays, September 14 to December 7, 2021 3:15 pm to 4:00 pm

Session 2, Thursdays, September 16 to December 9, 2021 3:15 pm to 4:00 pm

Creative Calm with Cari Kaminski on Zoom

We will practice various forms of meditation, including breath awareness, mindful meditation and guided imagery. We will learn simple art techniques and instruction will include thematic art projects using water colors, markers and colored pencils. Creative Calm joins together the art of meditation with the creative process, focusing on artistic expression as a source of relaxation. Take time out of your day to center yourself and be inspired. Supplies: 9X12 water color paper, pencil, watercolors, pointed round artist brush, fine tip black, white, gold markers, colored pencils, writing paper or journal and a pen. We will create new projects and utilize other art mediums different from the summer session.

Thursdays, September 16-30 & October 14-28, 2021 10:00 am to 11:00 am

QQ-122, Limited to 20 Students – *Will now be on Zoom.*

Music at the Academy with Robyn Frey Monell on Zoom

We wait with bated breath to see what movie will win the coveted Best Picture Oscar award, but does anyone really pay attention to the Best Song category? Take another journey through American musical history and discover what songs were awarded by the Academy and what was going on in the country and world at that time.

Wednesdays, September 15 to December 8, 2021, 11:30 am to 12:30 pm

DAY TOURS

Will resume Spring 2022

Building QQ Diagram

Red Circle – Building QQ

Orange Rectangle – Reserved parking for Lifetime Learning Center

WAYFINDING



Key

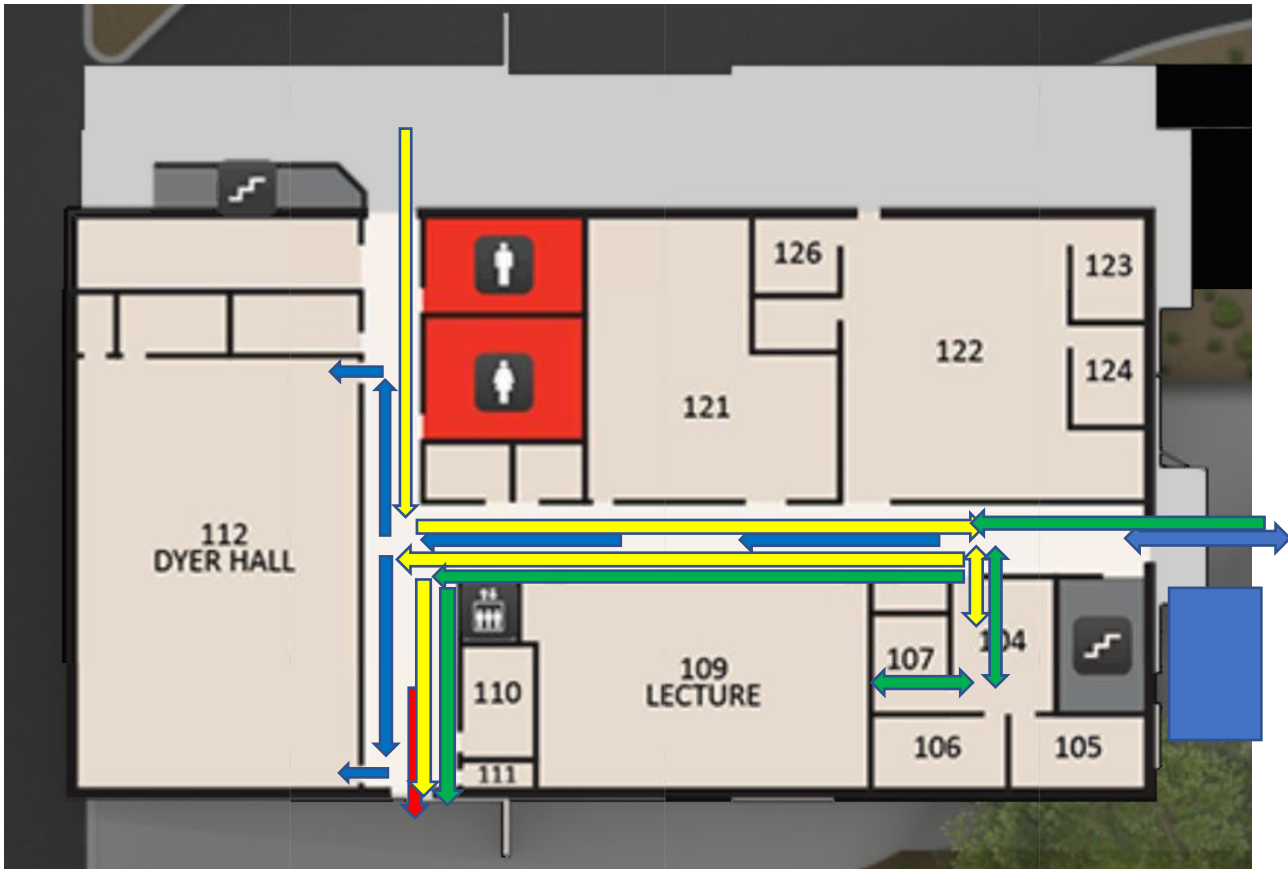
Red Arrow – Electrical Student path of travel

Blue Arrow – Lifetime Learning Center student path of travel

Blue Rectangle – Lifetime Learning Center health screening table

Yellow Arrow – FYSS (Sonia)

Green Arrow – Basic Needs



Dyer Hall Spacing Diagram

Maximum Capacity - 28

