

# ACTIVE ADULT PROGRAM



SAN MATEO ADULT & CAREER EDUCATION

(650) 558-2100

## ART: FINE & APPLIED

**Fundamentals of Fine Art: (In-Person)** Explore a variety of mediums.

**Drawing & Painting: (In-Person)** Demonstrations followed by student practice.

**Drawing for Beginners, Level 1: (In-Person)** A course designed for beginners.

**Drawing for Beginners, Level 2: (In-Person)** A course designed to reinforce basic drawing skills.

**Watercolor Painting: (In-Person)** A course for adults with some painting experience & experienced watercolorists. Adults 18 years of age and over are welcome!

## FOREIGN LANGUAGES

**Conversational Italian, Level 1: (Online)** A conversational approach that is both practical and easy to follow. Returning in Fall 2024.

**Spanish, Level 1: (Online)** Begin communicating in Spanish from the first lesson.

**Spanish, Level 2: (Online)** Build on vocabulary and grammatical structures within the context of topics.

## HISTORY & CIVIC ENGAGEMENT

**Current Events: (Online)** Discussion Group. New topics weekly. Keep your mind sharp through engagement.

## LANGUAGE ARTS

**Memoirs & Stories: (Online)** Get help honing your writing and storytelling skills.



ENROLL NOW

**San Mateo Adult & Career Education**  
789 East Poplar Ave., San Mateo, CA 94401  
(650) 558-2100

**LEARN MORE**

[www.SanMateoAdultEd.org](http://www.SanMateoAdultEd.org)

## MUSIC APPRECIATION

**Afternoon at the Opera: Women in Opera: (Online)** Take an in-depth look at some of the lady composers and performers who made waves in the genre of Opera.

**West Bay Community Band: (In-Person)** Enjoy playing music of all styles and periods - performing and being part of an ensemble. All instruments needed.

## PHYSICAL FITNESS & HEALTH

**Fall Prevention 1: Your Balance Matters: (In-Person)** Learn the many factors that contribute to sustaining balance and agility as you age. Practice supervised exercises to strengthen & support better balance responses.

**Fall Prevention 2: Your Balance Matters: (In-Person)** Learn the many factors that contribute to sustaining balance and agility as you age. Practice supervised exercises to strengthen & support better balance responses.

**Move, Stretch & Strengthen: (In-Person)** Comprehensive senior exercise to maintain overall fitness. Returning Spring 2025.

**Small Group Tai Chi for Better Balance: (In-Person)** Practice Tai Chi postures to improve coordination, support better balance, benefit joint mobility and increase overall agility.

**Pilates and Yoga Fusion: (In-Person)** Basic Beginner Mat Pilates movement with a yogic focus. Pilates builds lower abdominal and psoas muscles, helping to improve balancing poses in yoga.

**Tai Chi 101: Beginner: (In Person)** Practice Tai Chi postures to improve coordination, support better balance, benefit joint mobility and increase overall agility. Learn & practice 6-8 basic Tai Chi postures.

**Small Group Tai Chi 103: Advanced: (In-Person)** Class is designed for adults over 50. Practice customary yoga positions. Instructors offer modifications of postures as needed.

**Yoga for Health: (In-Person)** Class is designed for adults over 50. Practice customary yoga positions. Instructors offer modifications of postures as needed.

**Yoga for Health: (Online)** Practice yoga from the comfort of your home. Your Instructor will demonstrate customary yoga positions, and offer modifications of postures as needed.

For more information about the Active Adult Program, or to register visit:

[SanMateoAdultEd.org/programs/active-adults](https://SanMateoAdultEd.org/programs/active-adults)

or email Jeri MCGovern at [JmCGovern@smuhsd.org](mailto:JmCGovern@smuhsd.org)

