**HOME**

**Helping Our Senior Loved One Down-Size Their Home**
Planning and implementing a move can be overwhelming and challenging, especially to seniors. Downsizing a lifetime of possessions is often times an emotional and difficult task. Through this free workshop, a professional organizer will explain how this process can be done in a compassionate and efficient manner. Help take the stress out of this necessary transition that many individuals must face in their lifetime.

code: PISNR-007-MC  
cost: $10  
dates: May 28  
time: 09:00am-11:00am  
location: MAC 108

**MEDICARE**

**Turning 65: Understanding Medicare Parts A, B, and Supplemental Coverage**
A representative from the Blue Cross and Blue Shield of Illinois “Service in the Neighborhood” program explains the basics of Medicare in an easy to understand informative and interactive presentation. Participants are welcome to bring a brown bag lunch.

code: PILIF-033-MC  
cost: Free  
dates: June 16  
time: 10:00am-11:30am  
location: MAC 108

**Turning 65: Understanding Medicare Part D**
This seminar explains Medicare Part D, including enrollment periods, formulary guidelines, initial coverage amounts, the gap, and catastrophic coverage.

code: PILIF-034-MC  
cost: Free  
dates: June 16  
time: 12:30pm-02:00pm  
location: MAC 108

**FITNESS**

**Karate (Ages 7 to Adult)**
This course teaches basic self-defense, traditional Tae Kwon Do, Katas, Kobudo (the art of ancient weaponry), and physical fitness. It also helps build selfesteem, self-discipline, and confidence. Learn defense tactics and get in shape.

code: PISPF-025-P1 (beginner)  
cost: $79  
dates: May 26-July 28  
time: 06:00pm-07:00pm  
location: T 130

code: PISPF-025-P2 (beginner)  
cost: $79  
dates: May 28-July 30  
time: 06:00pm-07:00pm  
location: T 130

code: PISPF-025-P3 (intermediate)  
cost: $105  
dates: May 26-July 28  
time: 06:00pm-08:00pm  
location: T 130

code: PISPF-025-P4 (intermediate)  
cost: $105  
dates: May 28-July 30  
time: 06:00pm-08:00pm  
location: T 130

**Karate Plus**
This class is for high energy individuals interested in improving karate skills. For a slight additional cost, students receive twice the number of instructional sessions as in the standard Karate course.

code: PISPF-026-P1  
cost: $119  
dates: May 26-July 30  
time: 06:00pm-07:00pm  
location: T 130

code: PISPF-026-P2  
cost: $195  
dates: May 26-July 30  
time: 06:00pm-08:00pm  
location: T 130

**Aerobics I—Pilates/Yoga/Walking**
This class is designed for the beginning exercise enthusiast with the emphasis on walking, yoga, and pilates.

code: PISPF-0011-P1 (yoga)  
cost: $139  
dates: May 26-July 30  
time: 08:00am-09:20am  
location: T 130

code: PISPF-0011-P2 (pilates)  
cost: $139  
dates: May 27-July 29  
time: 12:00pm-01:20pm  
location: T 130
**Aerobics II—Step Aerobics/Kickboxing**
This class is an intermediate workout combining step aerobics, kickboxing, and toning exercises.
- **code:** PISPF-0012-P2 (kickboxing)  
- **cost:** $139
- **dates:** May 27-July 29  
- **days:** MW  
- **time:** 05:00pm-06:20pm  
- **location:** T 130

**Aerobics III — Aqua Aerobics**
This class is a workout combining aerobics and toning exercises in the challenging environment of the pool.
- **code:** PISPF-0013-P1  
- **cost:** $139
- **dates:** May 27-July 30  
- **days:** MWTH  
- **time:** 07:00am-07:55am  
- **location:** FH POOL
- **code:** PISPF-0013-P2  
- **cost:** $139
- **dates:** May 27-July 31  
- **days:** MWF  
- **time:** 06:00pm-06:55pm  
- **location:** FH POOL

**Golf**
This class covers the basic rules and fundamentals of golf.
- **code:** PISPF-0014-PS  
- **cost:** $139
- **dates:** May 27-July 15  
- **days:** MW  
- **time:** 10:00am-11:50am  
- **location:** T 130

**Tennis**
Basic rules and scoring procedures for tennis.
- **code:** PISPF-0015-PS  
- **cost:** $139
- **dates:** May 27-July 15  
- **days:** MW  
- **time:** 05:00pm-06:50pm  
- **location:** T 130

**Aerobics IV—Boot-Camp Style**
This class provides a workout combining aerobic dance, boot-camp style, and indoor cycling. It is designed for those individuals who want a more intense and physically challenging workout.
- **code:** PISPF-0016-P1 (boot camp)  
- **cost:** $139
- **dates:** May 26-July 30  
- **days:** TTH  
- **time:** 11:00am-12:20pm  
- **location:** T 130
- **code:** PISPF-0016-P2 (indoor cycling)  
- **cost:** $139
- **dates:** May 27-July 29  
- **days:** MW  
- **time:** 06:15am-07:35am  
- **location:** T 130

**Softball**
Students will learn the basic rules of play and the basic skills associated with 12” softball. Hitting, catching, throwing, and running bases will be explored.
- **code:** PISPF-0020-PS  
- **cost:** $139
- **dates:** June 08-July 29  
- **days:** MW  
- **time:** 02:00pm-03:50pm  
- **location:** T 130

**T’ai Chi for Strength, Arthritis, and Pain**
This is an easy to do, tried and true, centuries old, non-strenuous body and mind conditioner. Learn simple patterns of movement, combined with breathing awareness and t’ai chi principles. The movements are soft and relaxing and resemble an oriental ballet. T’ai chi can help maintain strength, build strength, and help students relax. Whenever possible, movements are done to soft, soothing, and relaxing music. This class is excellent for seniors who face the daily battle with arthritis.
- **code:** PISPF-017-MC  
- **cost:** $79
- **dates:** June 04-July 16  
- **days:** TH  
- **time:** 09:00am-10:00am  
- **location:** MAC 118

**POSITIVE LEARNING**

**Introduction to Anger Management**
If you have been mandated by a court system to take an Anger Management course, this course will fulfill that directive. This six-week course is an evidence-based approach to training individuals in effective methods of managing anger. In the course you will learn techniques on how to identify the power of anger, anger’s many faces, defining anger by managing stress, handling anger effectively, choosing behavior alternatives, and facing the consequences of anger. By the end of the course, the participants will be better equipped with skills to identify anger and problem-solving for a better life.
- **code:** GSSOC-027-MC  
- **cost:** $299
- **dates:** June 1-July 6  
- **days:** M  
- **time:** 06:00pm-07:30pm  
- **location:** MAC 127

Check WebAdvisor for up-to-date course information: webadvisor.prairiestate.edu