Alvernia Seniors College

Daytime Classes & Activities
Mid Year 2014
January 8 – February 28
610-796-8357

Or visit us on the website:
www.alvernia.edu/academics/seniorscollege

BRING YOUR FRIENDS

ACCREDITED BY THE NATIONAL COALITION FOR THE ACADEMIC SUCCESS OF SENIORS

Alvernia Seniors College members may take classes at any location. We reserve the right to cancel classes due to insufficient enrollment. Classes may also be cancelled due to inclement weather. Every attempt will be made to schedule a make-up class.

Advising management extends one year from the time of payment. To assist individuals in keeping their membership current, mailing labels contain membership expiration dates located above addressees’ names. Dates do not appear above the name of inactive members. Annual membership categories are:

Basic Membership - $50 annually
Basic Membership PLUS - $100 annually
Benefactor - $1,500 (£tithe)

Alvernia Seniors College
at the University Upland Center to the courses on the main campus.

MONDAY

Healthcare Outreach; Keeping Updated; Health Tips Then and Now - 2 Weeks
Mary Alladige, CT, RN, BS, CNVP
In this course we will discuss the past, present, and future landscape of the healthcare system. Orlando Health offers classes on how to keep your health in shape. It will address healthcare’s biggest issues and what patients can do to stay informed and healthy.

Place: AU, Upland Center, Board Room, Rm. 227
Cost: $25.00

TUESDAY

Juvenile Delinquency - Prevention Techniques - 4 Weeks
Alessandra Melo, Probation Officer, Parent, and guest speakers from the Education Dept., DA’s Office, Juvenile Probation Office
This course will focus on the various aspects of juvenile delinquency from the perspectives of history, and theory. It will highlight positive and practical strategies of delinquency prevention and intervention. It will also emphasize the importance of quality communication and interaction for effective, lasting transformation.

Dates: 1/27, 1, 8, 15, 22; 2/4 (no class 2/18)
Time: 10:00 – 11:30 AM
Place: AU, Upland Center, Board Room, Rm. 227
Cost: $40.00

WEDNESDAY

The Mozart Revolution - 1 Session
Todd Sullivan
“The Mozart Revolution” will explore the significance of the young Wolfgang Amadeus Mozart and his musical contributions to the music of his time. Mozart’s life and music will be examined from a number of perspectives: a composer’s point of view and will introduce several of the colorful personalities who fathered the developments made famous by Mozart.

Date: 1/28
Time: 1:30 – 3:00 PM
Place: AU, Upland Center, Board Room, Rm. 227
Cost: $40.00

THREE POPES, THREE MESSAGES - 3 Messages - 5 Weeks
Sr. Jean Jacobchik, OSF
The papacies of John XXIII, John Paul II, and Francis I share common ele-
ments, a commitment to bring the Roman Catholic Church into the modern-world, a desire to build a global fellowship of believers among all religious believers and a profound reverence for life in all its forms. The course will focus on the spirituality, resilience and accomplishments of these important Diocesan leaders. Emphasis will be given to the special and timely influence of Pope Francis.

Dates: 1/29, 2/5, 12, 26
Time: 11:30 AM – 1:00 PM
Place: AU, Upland Center, Board Room, Rm. 227
Cost: $250.00

FRIDAY

Healthy Singing at Any Age - 5 Weeks
Deanna Reuben
As we age our voices develop breathiness, weakness, and loss of range. With this course, we will utilize specific vocal function exercises to energize the voice. This class will be fun and interactive, and is designed to keep you singing now and always.

Dates: 1/30, 2/6, 13, 20, 27
Time: 7:45 – 9:15 PM
Place: AU, Upland Center, Board Room, Rm. 227
Cost: $150.00

Explore your world. Expand your horizons.