

# 2023 EMERITUS PROGRAM

Enroll to participate in our summer courses for seniors here at Cedar Valley!  
Morning and evening meeting times available, Monday - Thursdays.

**Courses begin May 18**

**Tuition does not exceed \$30 per course**

## Featured Courses

- Financial Literacy
- Senior Fitness
- Line Dancing
- Social Media 101
- Personal Safety & Self Defense

Plus more!

For questions and more  
information, please contact

Alisa Jones  
alisajones@dcccd.edu  
972-860-7026



Scan to register

Course Name	Date		Time	Meeting Days	Tuition
Financial Literacy for Seniors	5/18/2023 -	5/18/2023	11:00 AM - 1:00 PM	Thursday	FREE
Financial Literacy for Seniors	5/25/2023 -	5/25/2023	6:00 PM - 8:00 PM	Thursday	FREE
Line Dance	6/6/2023 -	6/15/2023	12:00 PM - 1:30 PM	Tuesday & Thursday	\$30
Smartphone Photography	6/6/2023 -	6/15/2023	10:00 AM - 11:30 AM	Tuesday & Thursday	\$30
Chair Yoga for Seniors	6/12/2023 -	6/21/2023	12:30 PM - 1:30 PM	Monday & Wednesday	\$20
Social Media 101 for Seniors	6/12/2023 -	6/21/2023	11:00 AM - 12:30 PM	Monday & Wednesday	\$30
Financial Literacy for Seniors	6/15/2023 -	6/15/2023	11:00 AM - 1:00 PM	Thursday	FREE
Healthy Living with Juicing!	6/20/2023 -	6/22/2023	9:30 AM - 11:00 AM	Tuesday & Thursday	\$15
Line Dance	6/20/2023 -	6/29/2023	12:00 PM - 1:30 PM	Tuesday & Thursday	\$30
Chair Yoga for Seniors	6/26/2023 -	7/5/2023	12:30 PM - 1:30 PM	Monday & Wednesday	\$20
Personal Safety & Self Defense	6/26/2023 -	6/28/2023	10:30 AM - 12:00 PM	Monday & Wednesday	\$15
Senior Fitness	6/27/2023 -	6/29/2023	10:00 AM - 11:00 AM	Tuesday & Thursday	\$10
Smartphone Photography	6/27/2023 -	7/11/2023	10:00 AM - 11:30 AM	Tuesday & Thursday	\$30
Financial Literacy for Seniors	6/29/2023 -	6/29/2023	6:00 PM - 8:00 PM	Thursday	FREE
Senior Fitness	7/10/2023 -	7/12/2023	1:00 PM - 2:00 PM	Monday & Wednesday	\$10
Social Media 101 for Seniors	7/10/2023 -	7/19/2023	11:00 AM - 12:30 PM	Monday & Wednesday	\$30
Healthy Living with Juicing!	7/11/2023 -	7/13/2023	9:30 AM - 11:00 AM	Tuesday & Thursday	\$15
Line Dance	7/11/2023 -	7/20/2023	12:00 PM - 1:30 PM	Tuesday & Thursday	\$30
Personal Safety & Self Defense	7/17/2023 -	7/19/2023	10:30 AM - 12:00 PM	Monday & Wednesday	\$15
Senior Fitness	7/18/2023 -	7/20/2023	10:00 AM - 11:00 AM	Tuesday & Thursday	\$10
Financial Literacy for Seniors	7/20/2023 -	7/20/2023	11:00 AM - 1:00 PM	Thursday	FREE
Senior Fitness	7/24/2023 -	7/26/2023	1:00 PM - 2:00 PM	Monday & Wednesday	\$30
Social Media 101 for Seniors	7/24/2023 -	8/2/2023	11:00 AM - 12:30 PM	Monday & Wednesday	\$30
Senior Fitness	7/25/2023 -	7/27/2023	10:00 AM - 11:00 AM	Tuesday & Thursday	\$10
Healthy Living with Juicing!	7/25/2023 -	7/27/2023	9:30 AM - 11:00 AM	Tuesday & Thursday	\$15
Line Dance	7/25/2023 -	8/3/2023	12:00 PM - 1:30 PM	Tuesday & Thursday	\$30
Chair Yoga for Seniors	7/27/2023 -	8/2/2023	12:30 PM - 1:30 PM	Monday & Wednesday	\$20
Financial Literacy for Seniors	7/27/2023 -	7/27/2023	6:00 PM - 8:00 PM	Thursday	FREE
Personal Safety & Self Defense	7/31/2023 -	8/2/2023	10:30 AM - 12:00 PM	Monday & Wednesday	\$15
Senior Fitness	8/1/2023 -	8/3/2023	1:00 PM - 2:00 PM	Tuesday & Thursday	\$10
Smartphone Photography	8/1/2023 -	8/10/2023	10:00 AM - 11:30 AM	Tuesday & Thursday	\$30
Personal Safety & Self Defense	8/7/2023 -	8/9/2023	10:30 AM - 12:00 PM	Monday & Wednesday	\$15
Healthy Living with Juicing!	8/8/2023 -	8/10/2023	9:30 AM - 11:00 AM	Tuesday & Thursday	\$15
Line Dance	8/8/2023 -	8/17/2023	12:00 PM - 1:30 PM	Tuesday & Thursday	\$30
Chair Yoga for Seniors	8/21/2023 -	8/30/2023	12:30 PM - 1:30 PM	Monday & Wednesday	\$20
Smartphone Photography	8/21/2023 -	8/31/2023	10:00 AM - 11:30 AM	Tuesday & Thursday	\$30
Line Dance	8/22/2023 -	8/31/2023	12:00 PM - 1:30 PM	Tuesday & Thursday	\$30