

Local Seniors Enjoy Continuing Education at Emeritus College

By Lee Borrowman

"Every study we have read on aging stresses the importance of continuing to learn in order to keep the brain stimulated and healthy. That is what Emeritus College does," say Joe and Jean Mulroy of Moraga. A program of Diablo Valley College, Emeritus offers affordable educational classes and activities designed specifically for older adults in a variety of locations throughout Contra Costa County.

The Mulroy's have enjoyed several Emeritus courses, explaining "The variety of subjects offers something for everyone. We took a course on opera, something we knew little about. At the completion of the course we attended an opera

in San Francisco with a completely different appreciation, which we would probably not have done with out the Emeritus class. A course on the history of Palestine gave us a perspective that continues to affect how we read the news on that area. The instructor was excellent and it was a pleasure to attend a class with intelligent, interested other seniors."

George and Julie Fisher agree. "We look forward to every brochure from Emeritus College with the anticipation of new and exciting classes," they enthuse, continuing, "These no-fuss offerings are just perfect for older adults hoping to keep their minds active and growing."

Classes meet from one day to six weeks, during the day, making it easy to fit a class into any schedule. The current course offerings include a tour of an Aboriginal Art exhibit at St. Mary's College on October 10 and a performance by historian Betty Marvin as architect Julia Morgan at the Lafayette Community Center on October 19. Classes at other locations include such diverse offerings as "Roosevelt and Truman," "The Art and Architecture of Rome," "A Capella Music of Cuba" and "Five-Minute Gourmet Meals."

For more information or to view the current schedule of classes, go to <http://www.dvc.edu/emergitus/>, or call 925-906-9106.

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