



<https://www.bakersfieldcollege.edu/levaninstitute> Or Search online for **Levan Institute for Lifelong Learning**  
Or call (661) 395-4431.

**Registration begins Sunday, July 21, 2024 at 10 AM on our website.** Course descriptions and details will be on the website in early July 2024.

### **Fall 2024 new classes**

- AI: HOW TO USE AI TOOLS TO SIMPLIFY YOUR DAILY LIFE
- SMARTPHONE VIDEOGRAPHY
- BOOK GROUP/READING: THE HERO'S JOURNEY IN LITERATURE

#### **ART**

- BEGINNING CHARCOAL DRAWING
- CREATIVE ZENTANGLE JOURNAL
- ZENTANGLE: FOCUS ON THE THINGS OF THE FALL
- BASICS OF QUILTING II: THE NEXT STEP (CONFIDENT BEGINNER)

#### **BASIC HEBREW READING, PART II**

#### **COOKING**

- COOKING FOR ONE OR TWO
- SAVORING ARGENTINA: CULTURE and FOOD CUSTOMS

#### **FIELD TRIPS**

- FIELD TRIP: ESTRELLA WARBIRDS MUSEUM AND TIN CITY (bus)
- FIELD TRIP: GETTY CENTER (bus)
- FIELD TRIP: SAN ANDREAS FAULT FROM CARRIZO PLAIN TO GORMAN (own vehicle)

#### **FITNESS AND HEALTH**

- DISC GOLF
- CHAIR STRENGTH AND STRETCH
- PILATES WITH EXERCISE BANDS

**WAYS TO KEEP YOURSELF HEALTHY AND HAPPY.** Do you want to keep your mind more engaged? To increase your balance and flexibility? To stay engaged with others? To build satisfaction, enrichment, and meaning while working and in retirement? In this class, you will learn strategies and resources meant to improve your overall quality of life by focusing on physical, mental, social, occupational, spiritual, intellectual, and emotional wellness.

**WAYS TO KEEP YOUR BRAIN ACTIVE.** How do you know if you or a loved one's mental functioning is declining as a normal process or if it is something that must be addressed clinically? Learn about how the brain functions including memory, attention, problem-solving, and decision-making. This class provides an opportunity to talk about the emotional impact of increasing cognitive struggles on yourself or a loved one, how the brain functions and what you can do to keep your brain active. You will leave with an individual plan for improving your cognitive skills and overall well-being.

#### **MINDFULNESS: PROMOTING HEALTH THROUGH MEDITATION**

#### **LONG-TERM CARE IN CALIFORNIA**