

PRIME TIMERS – FALL 2017

Adult and Continuing Education offers an exclusive opportunity to residents of Cooke County who are ages 62 and better!

This program is offered free of charge and you can take any of the classes listed as space permits!

**NORTH CENTRAL
TEXAS COLLEGE**

Adult and Continuing Education

1525 W. California
Gainesville, Texas 76240
940-668-3327
Contact: Lori Dunn

FITNESS

Senior Stretch

FIT 1000 001171Q

Stretching muscles can help mobility and relieve tension.

Mon	9/11-11/13	10 am to 11 am Rm
ACE 201		L. Barletta

FIT 1000 002171Q

Mon	9/11-11/13	6 pm to 7 pm
Rm ACE 201		L. Barletta

Senior Cane-Fu

FIT 1000 003171Q

Find empowerment through your cane. Once thought of as a sign of aging now can be used as protection.

Mon	10/23	1 pm to 4 pm
Rm ACE 201		TBD

FINANCIAL

How to Protect Your Health and Wealth

FIN 1000 001171Q

Protecting your health and wealth is a growing concern for many aging couples.

Tues & Thurs	10/24 & 10/26	1 pm to 3 pm
Rm ACE 204		R. Barron

DAY TRIPS

Cowtown Cattle Pen Maze

TRP 1000 001171Q

Day Trip #1: Fort Worth Stockyards; participate or observe over 5,400 square feet of frequently changed wooden pathways, resembling the cattle pens of the old west.

Mandatory Orientation: Tuesday, 9/26 at 1 pm to 3 pm or 6 pm to 8 pm, Room ACE 201. Transportation AmTrak Train.

Thurs	9/28	8 am to 5 pm
Off Campus		Staff

Nasher Sculpture Center

TRP 1000 002171Q

Day Trip #2: Nasher Sculpture Center; host to some of the finest collections of modern and contemporary sculptures in the world.

Mandatory Orientation: Tuesday, 10/17 at 1 pm to 3 pm or 6 pm to 8 pm, Room ACE 201. A-Train

Transportation.

Thurs	10/19	8 am to 5 pm
Off Campus		Staff