

## 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