

# LEARNING: A Lifelong Experience

Emeritus College Telecourse Schedule for Fall 2009

Honolulu Community College

Program #	Title	Broadcast Dates
		Thursday 8:00 PM - 9:00 PM Olelo 55, Hoike 55, Na Leo 55
1	Narcissus Cultivation	August 27, 2009
2		
3	Searching for the Fountain of Youth	September 3, 2009
4		
5	Cooking Healthy & Light	September 10, 2009
6		
7	Wine Appreciation	September 17, 2009
8		
9	Stress Management and Relaxation	September 24, 2009
10		
11	Enhancing Your Memory	October 1, 2009
12		
13	Assertiveness Training	October 8, 2009
14		
15	Being a Grandparent	October 15, 2009
16		
17	Aging and Physical Activity	October 22, 2009
18		
19	Exercise for Seniors: The Right Way	October 29, 2009
20		
21	Dinosaurs	November 5, 2009
22		
23	Oral History in Hawaii"	November 12, 2009
24		
25	Romance for Life	November 19, 2009
26		
27	Legal issues in Care Giving - Deciding What IF?	November 26, 2009
28		
29	The Costs of Family Care Giving	December 3, 2009
30		
31	Home Safety & Housing Options for Hawaii's Seniors	December 10, 2009
32		