

ILR Weekly Schedule — October 1st to December 18th, 2026					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 0				10/01/2026	
Week 1	10/05/2026	10/06/2026	10/07/2026	10/08/2026	10/09/2026
Week 2	10/12/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026
Week 3	10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026
Week 4	10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
Week 5	11/02/2026	11/03/2026	11/04/2026	11/05/2026	11/06/2026
Week 6	11/09/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026
Week 7	11/16/2026	11/17/2026	11/18/2026	11/19/2026	11/20/2026
Week 8	11/23/2026	11/24/2026	11/25/2026	OFF	OFF
Week 9	11/30/2026	12/01/2026	12/02/2026	12/03/2026	12/04/2026
Week 10	12/07/2026	12/08/2026	12/09/2026	12/10/2026	12/11/2026
Week 11	12/14/2026	12/15/2026	12/16/2026	12/17/2026	12/18/2026

- Please note that classroom assignments may occasionally be adjusted due to enrollment, scheduling, or facility needs. If any changes are made to your classroom location, we will notify you as soon as possible.

Regular Course	<u>Start Week</u>	<u>End Week</u>	<u>Dates</u>	<u>Days</u>	<u>Course Time</u>	<u>Campus Building</u>	<u>Classroom Location</u>
IR-339 Non-Military History of World War II - Janet DiNardo-White	3	7	10/23, 10/30, 11/06, 11/13, 11/20	Friday	10:30 am - 12:00 pm	Pitkin Education	C-313 (10/23), S-110
IR-630 Mahjong - Linda Cohen	1	3	10/9, 10/16, 10/23	Friday	12:30 pm - 2:30 pm	Technology Building	TEC-206
IR-789 Basic Qigong/Tai Chi for Adults - Jay Kim & Marlene Stefanelli	1	11	10/9, 10/16, 10/23, 10/30, 11/06, 11/13, 11/20, 12/4, 12/11, 12/18	Friday	10:30 am - 11:30 am	Pitkin Education	C-106D
IR-057 The Stories of Carver and Wolf - Mark Altschuler	1	5	10/09, 10/16, 10/23, 10/30, 11/6	Friday	1:00pm - 2:00pm	Pitkin Education	L-142
IR-520 Peak Performance & Sports IQ - Parts I & II: Game Mental Performance - Paul Wiener	2	7	10/16, 10/23, 10/30, 11/6, 11/13, 11/20	Friday	10:00 a.m. - 12:00 p.m.	Pitkin Education	L-142
IR-167 Memoir Writing and Gratitude - Shelley Reich	1	10	10/9, 10/16, 10/23, 10/30, 11/06, 11/13, 11/20, 12/4, 12/11	Friday	11:00am - 12:30pm	Pitkin Education	L-149
IR-307 The American Revolution: Through the Eyes of Children - Emily Ginder	1	5	10/9, 10/16, 10/23, 10/30, 11/6	Friday	12:30 pm - 2:00 pm	Technology Building	TEC- 201

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IR-830 Travel Tips & Tidbits - Andrea Pass	6	10	11/13, 11/20, 12/4, 12/11	Friday	10:00am - 11:30am	Technology Building	TEC-201
IR-724 Exploring Genetic Genealogy 101 - Fred Voss	1	6	10/9, 10/16, 10/23, 10/30, 11/6, 11/13	Friday	1:00 pm - 2:30 pm	Technology Building	TEC-203
IR-948 U.S. Space Program History - Joe Lennox	4	8	10/26, 11/02, 11/9, 11/16, 11/23	Monday	10:00 am - 12:00 pm	Pitkin Education	B-202
IR-709 Energize & Thrive: 5 Building Blocks for a Longer Healthspan - Angela Goldman	2	7	10/12, 10/19, 10/26, 11/02, 11/09, 11/16	Monday	10:00 am - 11:15 am	Pitkin Education	L-146
IR-889 Controversies and Confrontations: The Complicated History of Coffee - Elliot Schoenberg	5	8	11/2, 11/9, 11/16, 11/23	Monday	11:00am - 12:30pm	Technology Building & Pitkin Education	L-148 (11/2), TEC-203
IR-394 Environmental Issues of the 21st Century - Susan Goldan	1	4	10/5, 10/12, 10/19, 10/26	Monday	11:00am - 12:30pm	Pitkin Education	S-343
IR-220 Literary Celebrations Part 4: 1776 by David McCullough - Emily Ginder	8	10	11/23, 12/7	Monday	12:30 pm – 2:00 pm	Technology Building	TEC-201
IR-640 Discovery Series - Mario Medici	1	4	10/5, 10/19, 11/9 (New Date)	Monday	10:00 am - 11:30 am	Technology Building	TEC-201

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IR-775 Becoming a Micro-Philanthropist Part 2 - Richard Feingold	5	6	11/02, 11/09	Monday	1:00 pm - 2:30 pm	Technology Building	TEC-201
IR-837 Industrial Revolution: Inventions and Progress - Richard Feingold	1	4	10/5, 10/12, 10/19, 10/26	Monday	1:00 pm - 2:30 pm	Technology Building	TEC-201
IR-928 So You Want to Be a Pilot? - Albert Pucciarelli	3	5	10/19, 10/26, 11/02	Monday	3:00pm - 4:00pm	Technology Building	TEC-201
IR-711 Introduction to Korean Language and Culture - Hyun Kim	1	5	10/5, 10/12, 10/19, 10/26, 11/2	Monday	10:45 am - 12:15 pm	Technology Building	TEC-203
IR-085 Non-Military History of the Great War, Part 4 - James Devine	*0	11	*10/01 (Extended date), 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17	Thursday	10:30am - 12:30pm	Pitkin Education	A-104
IR-786 American Revolution 250 Part 2 - Tom DeStefano	1	4	10/8, 10/15, 10/22, 10/29	Thursday	1:00 pm- 2:15 pm	Pitkin Education	A-104
IR-393 Financial Fitness in Retirement - David Chepauskas/James Maimone	3	6	10/22, 10/29, 11/5, 11/12	Thursday	1:00pm - 2:00pm	Pitkin Education	S-105

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IR-237 Fun with Physics - Bob Barkovitz	3	6	10/22, 10/29, 11/5, 11/12	Thursday	11:00 am - 12:00pm	Pitkin Education	S-110
IR-737 Mindfulness: One of the Fruits of Meditation - Joanne O'Neill	1	11	10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19 (Cancelled 12/3, 12/10, 12/17)	Thursday	10:30 am - 12:00 pm	Pitkin Education	S-357
IR-619 Watercolors for All - Barry Shiff	1	11	10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17	Thursday	10:00am - 12:00pm	Technology Building	TEC-201
IR-676 Sketching for All - Barry Shiff	1	11	10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17	Thursday	1:00pm - 2:30 pm	Technology Building	TEC-201
IR-353 The Truth of How Money Work - Theresa J Yarosh	1	6	10/8, 10/15, 10/22, 10/29, 11/5, 11/12	Thursday	2:00pm - 4:00pm	Technology Building	TEC-203
IR-702 Neurology 101 - Judith Lustig	7	11	11/19, 12/03, 12/10, 12/17	Thursday	2:30 pm - 4:00 pm	Technology Building	TEC-203

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IR-063 Weather and Nature's Extremes - Jess Geller	3	6	10/22, 10/29, 11/5, 11/12	Thursday	10:00 am-11:00 pm (10/22), 11:00 am - 12:00 pm (10/29, 11/5, 11/12)	Technology Building	TEC-222
IR-247 ILR Choir Sing! Sing! Sing! - Barbara Heitmann	1	10	10/06, 10/13, 10/20, 10/27, 11/3, 11/17, 11/24, 12/01, 12/08	Tuesday	3:00pm - 4:30pm	Pitkin Education	A-104
IR-912 Yoga Mix - Carol Raff	1	5	10/6, 10/13, 10/20, 10/27, 11/3	Tuesday	11:30pm - 12:15pm	Pitkin Education	Gymnasium A
IR-437 Using a Cell Phone Camera - Ray Turkin	2	5	10/13, 10/20, 10/27, 11/3	Tuesday	1:30pm - 3:00pm	Pitkin Education	S-343
IR-957 Current Events Club - Herman Lindenbaum	1	11	10/6, 10/20, 10/21 (Makeup date - Wednesday) , 10/27, 11/3, 11/10, 11/17, 11/24, 12/01, 12/8, 12/15	Tuesday	1:00 pm - 2:00 pm	Technology Building & Pitkin Education	TEC-201, Main L-146 (Makeup Day 10/21)
IR-852 Early 20th Century America - Carol LaFond	1	4	10/6, 10/13, 10/20, 10/27	Tuesday	10:00am - 11:30am	Technology Building	TEC-203

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IR-521 Current Topics in Biology and the Environment - Robert Dill	3	6	10/20, 10/27, 11/3, 11/10	Tuesday	1:30 - 2:45 pm	Technology Building	TEC-205
IR-678 Navigating Senior Challenges - Curtis Springstead	1	6	10/6, 10/13, 10/20, 10/27, 11/03, 11/10	Tuesday	10:00am - 11:00am	Technology Building	TEC-206
IR-842 Documentaries: African American Experience - Emily Ginder	5	9	11/4, 11/11, 11/18, 12/2	Wednesday	10:00am - 12:00pm	Technology Building	TEC-203
IR-975 Understanding Biblical Periods of Time	1	4	10/7, 10/14, 10/21, 10/28	Wednesday	1:00pm - 2:00pm	Technology Building	TEC-203
IR-559 Introduction to Mobility Clubs - Jon Leslie	1	4	10/7, 10/14, 10/21, 10/28	Wednesday	12:00pm-1:00pm	Pitkin Education	Gymnasium A
IR-779 What's in Your Genes? An Introduction to Genomics - Yelena Bobvnikova	6	10	11/11, 11/18, 11/24, 12/02, 12/09	Wednesday	11:00am - 12:00pm	Pitkin Education	L-141
IR-348 A Closer Look at Garden Design - Arnie Friedman	3	5	10/21, 10/28, 11/4	Wednesday	10:00am - 12:00pm	Pitkin Education	S-111
IR-060 The Smart Guide to Personal Injury Law + Litigation - Patrick M. Little	1	6	10/7, 10/14, 10/21, 10/28, 11/4, 11/11	Wednesday	10:00am - 11:30am	Technology Building	TEC-201

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IR-538 Musical Masters: Their Lives, Their Works and Their Manias! - Jon J. Cavallerano	1	6	10/7, 10/14, 10/21, 10/28, 11/4, 11/11	Wednesday	1:00pm - 2:00pm	Technology Building	TEC-201
NEW IR-251 Yoga for the Brain - Basic Mathematics - Saeed Manii	5	9	11/3, 11/10, 11/17, 12/1	Tuesday	10:30am - 11:30am	Technology Building	TEC-201

Bonus Courses	Week	Week End	Dates	Days	Course Time	Campus Building	Classroom Location
IR-990 Preparing for Aging in Place - Wendy Sabin	7		11/18	Wednesday	10:00 am - 12:00 pm	Technology Building	TEC-201
IR-888 The Art of LP: Exploring Album Covers - Fern Dickey	3		10/21	Wednesday	10:00 am - 11:30 am	Technology Building	TEC-203
IR-814 Classic Film Lecture and Screening: A Place in the Sun - Carol LaFond	5		11/3	Tuesday	10:00 am - 1:00 pm	Pitkin Education	A-104
IR-741 The Circle of Life on the Serengeti - Kevin Sheehy	3	4	10/20, 10/27	Tuesday	10:00 am - 11:30 pm	Pitkin Education	B-323
IR-088 AARP Smart Driver Course - Joanne Mitchell	2		10/15	Thursday	10:00 am - 4:30 pm	Pitkin Education	S-343
IR-691 Virtual Museum Tours - Marilyn Pratt	6		11/12	Thursday	10:00 am - 11:00 am	Technology Building	TEC-222
IR-797 Learn About Italian Heritage - NEW	1	11	10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14	Monday	10:00 am - 11:00 pm	Pitkin Education	C-336
IR-949 All Aboard! Passenger Trains in America: Past, Present, and Future - Kevin Danish	5		11/5, 11/12	Thursday	10:00 am - 11:30 am	Pitkin Education	B202

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IR-815 Beatles Encounters - Jules and Paula	1		10/8	Thursday	1:00 PM - 3:00 pm	Technology Building	TEC-206
IR-556 Truth Be Told! A Fun Legacy Workshop - Donna Atkins	6		11/13	Friday	12:30 pm- 2:30 pm	Technology Building	TEC-201
IR-900 Computer Self Defense - Marc Anthony Arena	5		11/3	Tuesday	10:00 am - 11:00 am	REMOTE	REMOTE
IR-787 Alcohol: What Really Happens When We Imbibe - Judith Lustig	6		11/12	Thursday	12:30 pm- 2:00pm	Technology Building	TEC-222
IR-107 Medicare 101 - James Farnham	3		10/19	Monday	6:00 pm - 8:00 pm	REMOTE	REMOTE