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Classes Begin Jan. 6 for Senior Citizens

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NEWS RELEASE UNIVERSITY OF SAN DIEGO



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CLASSES BEGIN JAN. 6
FOR SENIOR CITIZENS

Penguins, baseball, terrorism and health fraud are among lectures that will be offered, beginning Jan. 6, through the University of San Diego's University of the Third Age, a physical activity and seminar series offered twice annually for those 55 and older.

The classes are taught for free by USD faculty and experts in the community. Other topics scheduled for the three-week winter session include:

- The Grieving Process: Things to Look For.
- Durable Power of Attorney: Who Makes Decisions for Your Health When You Can't.
- The Seven Stages of Jazz.

The senior citizens "university," in its eighth year, offers a physical exercise program daily, from Jan. 7 through Jan. 23. All classes are held at the Manchester Executive Conference Center. The cost is \$55.

Applicants must be able to transport themselves to campus and be in reasonably good health. For more information, call USD Continuing Education, 260-4585.

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