



Accessing Classes

For students in the Active Adults Online Program @ Santa Ana College
School of Continuing Education

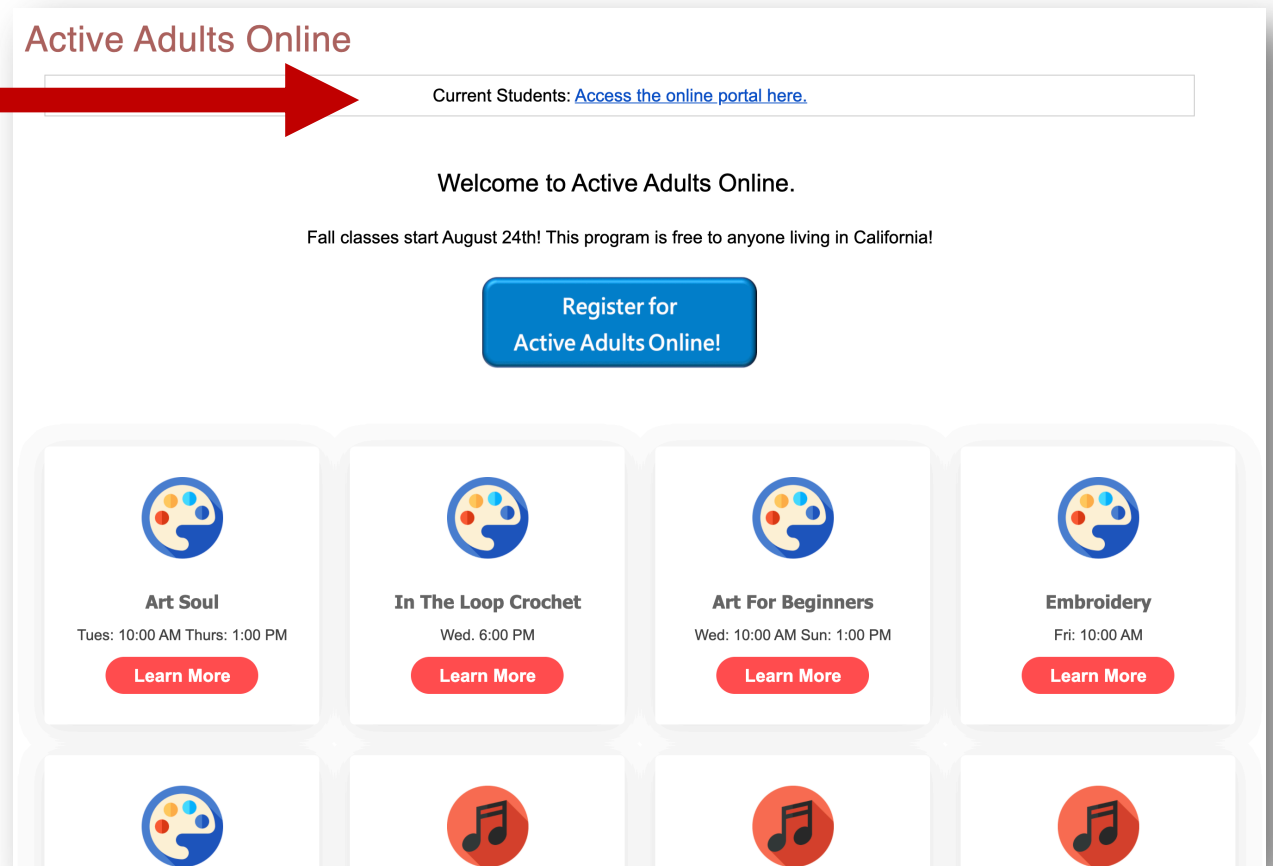
Step 1: Go to the Active Adult Online Portal

You can access it here.

The direct link is:

<https://flexapp.rsccd.edu/ActiveAdultsApplication/en-us/Account/Login>

You can also find it at
sac.edu/active.



Step 2: Login to the portal

Login with your username and password.

Your username = Your email

Your password = Your birthday

(If your birthday is March 2, 1975, your password would be 03/02/1975)

Welcome to the Active Adults Online Portal.

To log in, please enter the username and password you received in your confirmation email.

Email

Password



I'm not a robot



reCAPTCHA
[Privacy](#) - [Terms](#)

Log in

[Forgot your username or password?](#)

Step 2: Click on the class you want to take

The classes that are available that day will appear. To learn more about a class, You can click:

‘[Click here for class details and to join this session](#)’.



Active Adults Online Portal

Provided by Santa Ana College School of Continuing Education

[Logout](#) / [Dashboard](#)

♥ Today's Live Classes: 08/24/2020

10:00 AM: The History of Quiltmaking

Session goals are to be announced during the class.

[Click here for class details and to join this session.](#)

01:00 PM: Musical Infusion

In this first get together, we will learn about the ingredients of music, what makes up the music that we love to listen to, sing to, or dance to. We will learn about each other's musical preferences, and about how and why music affects us.

An overview of music-related topics will be up for a scheduling vote.

[Click here for class details and to join this session.](#)

06:00 PM: Yoga for Wellness

Yoga 101- This class is for beginners (all ages, all body types). Learn the fundamentals of yoga in the comfort of your own home. You will need a journal, mat, comfortable clothing, and willingness to learn attitude.

[Click here for class details and to join this session.](#)

Step 3: Connect to the class online

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Musical Infusion

Explore music integrated with other Art forms, including literature, visual art, dance, movies... Musical styles, music of the world in a socio-historical and cultural context will be discussed and sharing personal experiences will be encouraged. Topics include:

- Movements and music
- Rituals and music
- Politics and Music
- Money and Music.
- Memory and Music

CLASS IS IN SESSION (OR WITHIN 30 MINUTES OF STARTING)!

[CLICK HERE TO ATTEND THE CLASS](#)

Mondays from 1:00 PM to 3:00 PM

Class Goals for Today

In this first get together, we will learn about the ingredients of music, what makes up the music that we love to listen to, sing to, or dance to. We will learn about each other's musical preferences, and about how and why music affects us.

An overview of music-related topics will be up for a scheduling vote.

If the class is within 30 minutes of starting, you can access the class. Click on the green button to be taken directly to the zoom session. When class begins, your teacher will let you into the session.

Step 4: Enjoy Your Class!

By accessing the online class, your instructor will automatically be sent your email so that they can communicate class information and updates with you.



We hope you have a great fall semester and
enjoy your Active Adult Online classes!



Santa Ana College School of Continuing Education
sac.edu/sce