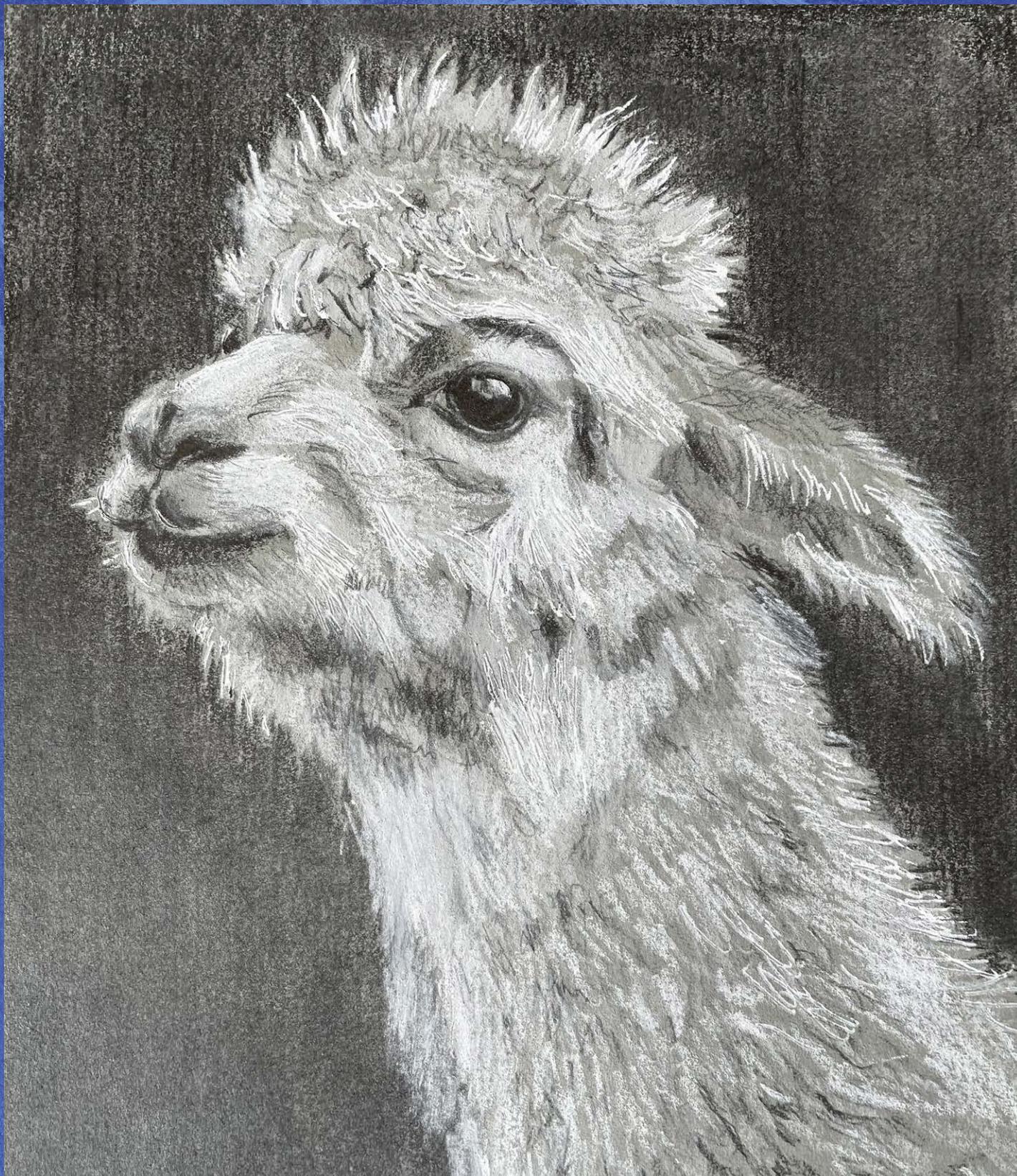




MERITUS

A Program of
Santa Monica College



Schedule of Classes | Fall 2022 | Aug 29 – Dec 17

REGISTRATION

IMPORTANT SEMESTER DATES

Classes for the fall semester are happening in distance education and on-ground environments.

Thursday, June 2, 2022	Schedule available online at smc.edu/emeritus
Monday, July 18, 2022	First day of Registration/Enrollment
Monday, August 29, 2022	FALL SEMESTER BEGINS
Monday, September 5, 2022	Labor Day (no classes/campus closed)
Friday, November 11, 2022	Veterans Day (no classes/campus closed)
Thursday, November 24, 2022	Thanksgiving Day (no classes/campus closed)
Friday, November 25, 2022	Native American Day (no classes/campus closed)
Saturday, December 17, 2022	FALL SEMESTER ENDS

Please note that a typed signature on the fillable online application is acceptable. Please send the completed application as an attachment to emeritus@smc.edu. Applications mailed or placed in the SMC Emeritus mail slot located near the front door of 1227 2nd Street must be received by the Friday before the first day of enrollment. After you complete your registration, you will receive an email with your student ID number, username, and temporary password to activate your SMC online account, along with instructions to follow at smc.edu/activate.

CONTINUING STUDENTS

CONTINUING STUDENTS are students actively enrolled in the current semester or either of the previous 2 semesters. Continuing students may enroll online at smc.edu/cc or by using the fillable PDF application available at smc.edu/emeritus or by using a paper enrollment application. At least two weeks prior to the start of enrollment, Continuing Student Enrollment Cards will be mailed to the address on record. At the top of the form, you will find your online enrollment appointment date/time that will rotate to an earlier appointment each semester. For immediate processing, enroll online on your appointment date/time (or anytime thereafter) using the SMC Corsair Connect Enrollment System at smc.edu/cc. If you are not assigned an online enrollment appointment, you **cannot** enroll online.

If you prefer, you may use the fillable PDF application at smc.edu/emeritus, your Continuing Student Enrollment Card, or the paper application form at the back of this printed schedule, and send all registration materials as an email attachment to emeritus@smc.edu. Only continuing students who received an enrollment appointment may use authorization codes given to them by faculty to enroll in closed classes after the start of the semester. If you receive an authorization code from an instructor for a closed class, enroll in the class online at smc.edu/cc. If you have not previously activated your SMC online account, you must use your student ID number, username, and password to complete the one-time process at smc.edu/activate.

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus takes place through SMC's Corsair Connect system at smc.edu/cc. Online enrollment appointments are computer generated and rotate to a previous day each term. Online enrollment gives continuing students the best odds for successful enrollment. Enroll online on your appointment date/time or any time thereafter. Detailed online enrollment instructions are available online at smc.edu/emeritus or in the Emeritus Enrollment Services Office. Emeritus mini computer lab volunteers can assist you with online enrollment when the mini lab is open.

- Go to smc.edu/emeritus – click on the helpful links located on the left side of the page for instructions for online enrollment, Corsair Connect, a searchable schedule (to find which classes are open), and other useful information.
- Go to smc.edu/cc – use “Corsair Connect” to enroll online. Make sure you have your SMC/Emeritus username, password, and desired class section numbers available. If you cannot log in or have forgotten your password, please see smc.edu/studentithelp.

HOW TO REACH US



1227 2nd Street, Santa Monica, CA 90401
Business Hours: Mon. – Fri., 8:30 a.m. – 4:30 p.m.
Telephone: 310-434-4306
Email: emeritus@smc.edu
Web: smc.edu/emeritus

ENROLLMENT SERVICES OPTIONS

You must enroll every semester. *For the Fall 2022 semester, you may initially enroll in a maximum of four (4) classes. When classes begin, this cap will be lifted, and you may enroll in additional classes when space is available. Please note: The same enrollment rules apply, so you will not be able to enroll in duplicate sections of the same course or enroll in a class that causes a time conflict.*

NEW AND RETURNING STUDENTS

NEW STUDENTS are students without an SMC Student Identification Number. RETURNING STUDENTS are students who have been away from classes for three or more semesters. New and returning students may register and enroll using either the application form in the back of this schedule or the fillable PDF application at smc.edu/emeritus.

- The link to the searchable schedule is located EITHER under the “In this section” OR on the left side of the smc.edu/emeritus webpage, depending on whether you are using a desktop computer or a mobile device/Chromebook. Once on the searchable schedule page, select the (1) Semester (e.g. Winter 2021), (2) Class Type (Emeritus), (3) Class Modality (All), and (4) Class Status (Open & Closed). Scroll down and click the “Search” button. A listing of classes will appear below the “Search” button. Click the right arrow at the bottom of the page to access the next set of classes.

APPLICATION FORM ENROLLMENT

The fillable PDF application form is available online at smc.edu/emeritus. A typed or signed signature is required before sending the application as an email attachment to emeritus@smc.edu.

If you choose to use the paper application located in the back of this schedule, please scan/take a photo and email with the completed form to emeritus@smc.edu.

- Fill out the form completely, sign, date and provide an emergency contact and number on the form.
- List courses in priority order. Do NOT enroll in duplicate sections of the same course or classes that overlap in time.
- Write “Alt” to indicate your second choice for a better chance of getting a course of your choice.
- Write in a personal email address on your enrollment form.

If you cannot email the application form, you may mail or place forms into the SMC Emeritus mail slot located near the front door of 1227 2nd Street no later than the Friday before the first day of enrollment, or your enrollment form will not be processed. All enrollment forms — whether emailed, placed into the mail slot, or mailed — are processed on a daily basis after all the online appointments have expired.

NOT ABLE TO ENROLL?

If you are unable to enroll because of missing application information, a required instructor code change, unpaid for-credit course fees, a records hold, disqualification status, or any other reason, please contact the Emeritus office for information. If you are unable to enroll due to a closed class, please see the Closed Classes/Wait List section below. If you are having any other enrollment issues, call the Emeritus office at 310-434-4306 for assistance.

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

If you enroll online, you will not be sent a transaction receipt via US mail. Instead, you must print your transaction receipt through the Corsair Connect online enrollment system. If you have submitted a paper application for enrollment, you will receive a transaction receipt via US mail. If a class you selected is not listed, then that indicates that the class is filled, or that there is a time conflict with another class you enrolled in, or that you tried to enroll in two sections of the same course. The class ID numbers are listed on the upper left of the confirmation/receipt.

CLOSED CLASSES / WAIT LIST

For closed classes, if you enroll online, you can add yourself to the wait list by clicking “Wait for a Class.” if you submit a paper enrollment form, you will automatically be added to the wait list. The maximum capacity for a wait list is approximately 30% of the maximum capacity for the class. The wait list is in chronological order, with the student who joined the list the earliest at the top (#1). Once the class starts, instructors will use the wait list as a reference to issue authorization (add) codes or sign add cards/continuing student forms. The wait list will be updated as students enroll in the class or remove themselves from it. When a seat opens up in a class, all active students on the wait list will be sent an Open Seat Notification to their SMC email account. Enrollment for the open seat is on a “first come, first to enroll” basis, so whoever enrolls first gets the available seat. Being on the wait list and receiving an Open Seat Notification does not guarantee an actual seat to anyone. For a better chance of getting the open seat, check your SMC email regularly and register online.

GENERAL INFORMATION AND ENROLLMENT TIPS:

- Courses are free but we gladly accept donations.
- Attend the first class or you may be dropped. Regular attendance throughout the semester is expected or you may be dropped from the class.
- Low enrollment and low attendance may cause class cancellations.
- Only enrolled students may attend and participate in class.

ADDRESS CHANGES

For address changes, either use an address card or make changes online at smc.edu/emeritus. In the menu on the left of the page, click on “Corsair Connect (Online Enrollment & SMC Email)” and log in. Then, click the “Enrollment” blue tab/link in the middle of the page. From the left menu, click “Profile/Preferences” and update your address, then press “Submit Changes” at the bottom of the page to save the new information.

EMERGENCY INFORMATION CARDS

Help us help you. Make sure your emergency information is current each term.

SCHOLARSHIPS/GRANTS

Scholarships and grants are available for materials or books for students experiencing financial difficulties. Make a confidential request to the Program Coordinator by calling 310-434-4306.

See page 4 for more distance education information.



DISTANCE EDUCATION INFORMATION

In order for instructors to provide students with distance education class information, ALL students must set up or activate their SMC **Corsair Connect** account. Through Corsair Connect, you can view enrollment results, enroll online after your initial semester as an SMC Emeritus student, and receive communication from your instructors through your SMC student email account.

ONLINE CLASSES

You will attend classes and activities online over the internet using a computer, smartphone, or other suitable device (iPad, Android tablet, Chromebook, etc.). If you do not have a suitable device, contact the Emeritus office to discuss options.

Course materials, including Zoom links for class, will be sent to your SMC student email address, which is automatically created for you upon admission (see below).

PERSONAL EMAIL ADDRESS IS REQUIRED

As of February 1, 2021, you are required to have a personal email address.

While SMC will communicate with you primarily through your SMC student email address, your personal email address is **required** so you can receive startup instructions. You may provide your personal email address by going to smc.edu/emmeritus, clicking on “Application Form,” and emailing the completed form to emmeritus@smc.edu.

If you have an active Corsair Connect account, you may provide or change your personal email address after login at smc.edu/cc.

1. Click the Enrollment tab;
2. Click on Profile/Preferences; and
3. Add your personal email address.

WHAT WILL BE SENT TO YOUR PERSONAL EMAIL ADDRESS

SMC will email three items of information to your personal email address after you are admitted. You may have to click on a button in an email to receive additional information in another email. You will be sent:

1. Your SMC student ID number,
2. Your assigned SMC username,
3. Your temporary password (which is in the same email as your username).

YOUR ASSIGNED STUDENT EMAIL ADDRESS

Upon your admission, an SMC student email address is automatically created for you. Check your student email account often, as most communication from Emeritus will be sent to your student email address. Go to smc.edu/google for more information.

Student email addresses are provided by Google Gmail, but each address ends with @student.smc.edu. Your assigned SMC student email address is always your **SMC username** followed by @student.smc.edu

Example username: **last_first01**

Example student email address: **last_first01@student.smc.edu**

WHAT TO DO

- A. After you receive the three items listed above, complete the one-time “activation” of your SMC username, set up your new password, and join the sign-on system by watching the video and following the Emeritus student instructions appropriate for you at smc.edu/activate.
- B. Remember or write down the password you set during the activation. Log in to all SMC computer systems with your SMC username and password.
- C. After you complete the activation, log in to the **Corsair Connect** student self-service system at smc.edu/cc to see the list of classes you are enrolled in.
 - Detailed instructions for Corsair Connect are online at smc.edu/ccguide.
 - You may add or drop classes with a course “section” number, found in the schedule of classes.
- D. Using the SMC@Mail graphic button in Corsair Connect or from the SMC Gmail link on the Corsair Connect login page, log in to your SMC student email account to see if an instructor or SMC has sent you anything yet.
- E. Instructors usually send course materials, including Zoom links, a day or two before the first class. If you do not receive your materials by then:
 1. Find the instructor’s name on your Corsair Connect class list (or the published schedule of classes).
 2. Find the instructor’s email address at smc.edu/directory.
 3. Email the instructor from your SMC student email address. Antispam systems sometimes block emails from nonSMC systems, so anything you send from a nonSMC email address might not be received.
- F. If you have questions about how to add classes, please contact the Emeritus office.
- G. If you have questions about your password, email account, or other College computer technology issues, please see the webpage at smc.edu/studentithelp.



Welcome to SMC Emeritus!

Dear Emeritus Community,

Welcome to fall 2022!

SMC was recently named an Age Friendly University, meaning we are intentionally working to improve the experience of post-traditional students here at SMC, both at Emeritus and throughout the College. There will be more to come on this in the future, but I wanted you to know!

I hope many of you are warming to the idea of taking at least one class in person very soon. Every in-person class at Emeritus will require KN95 or higher masks, and the COVID-19 vaccination and booster, as eligible. The second booster is not yet mandated by the CDC but it is highly recommended for Emeritus students. Over 30 sections are scheduled to be in-person in Fall. Class locations are all subject to change, depending on conditions.

To register for an in-person class, you will need to upload your proof of vaccination. If you have not already done so, I encourage you to do so immediately by visiting smc.edu/emmeritus and then clicking on "Submit Proof of Vaccination."

I know the choice to enroll in an in-person class, or online only, remains a very personal choice. You may be happy to see a class you like being scheduled to meet in person, and you may not. Our program will be increasing our in-person offerings. We will maintain some ability for online participation in some classes in the future. I believe that as the pandemic fades/turns into something more endemic, the vast majority of the Emeritus community will want to return to the in-person and more social environment we were used to. You might have to choose a different section, instructor, or course then you are used to taking if your usual preference is offered in a modality that is not your current preference.

Please know that the Emeritus team, Vivian, Jessica, Ashley, the Emeritus faculty, even our new student workers, and myself are working incredibly hard right now and always. If you get a chance, please let the team know how appreciative you are.

You may also be interested in the free Noncredit "Working With Older Adults" certificate program offered through SMC's Noncredit Program, one of the other areas I oversee. It's designed for caregivers, family members, and friends, or someone who intends to go into gerontology or elder care as a field. Some of you may know someone interested, or have help in your household that you think may benefit from this class. See our ad on page 14 for more information.

Sincerely,

Dr. Scott C. Silverman
Dean, Noncredit & External Programs

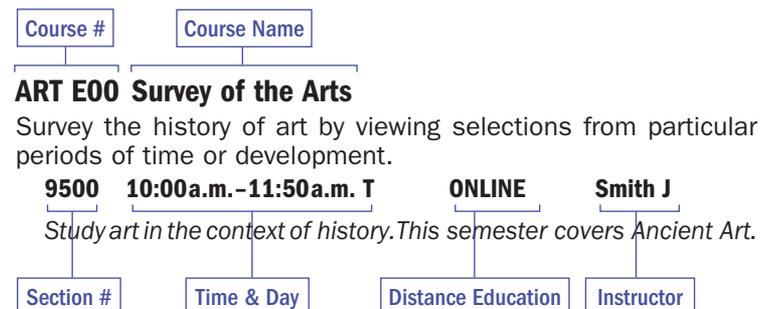


IMPORTANT NOTES TO STUDENTS:

SMC Emeritus will offer **Distance Education (ONLINE)** and **on-ground** classes for the fall 2022 semester. SMC's COVID-19 vaccination and mask requirements to attend on-ground classes or access campus services in person are listed at smc.edu/vaccines. The online classes will be synchronous and happen at the time scheduled, through Zoom or another platform. Some will be asynchronous, where you can complete the course on your own schedule. The instructor for each class will send the students on their rosters more information prior to the first class meeting. **Please activate your SMC Gmail account in order to receive your instructor's Distance Education online class access information.**

- See page 4 for accessing distance education information.
- Visit smc.edu/emmeritus for facilities, parking, and transportation information.
- If you have concerns or questions about privacy, contact the Program Coordinator at 310-434-3851.
- Schedule is subject to change.

A SAMPLE OF A COURSE FROM THE SCHEDULE:



The 9000 level section number of the course must be placed in the "section" field on the application form or add card for correct enrollment.

Abbreviation of Days

- | | |
|---------------|--------------------------|
| M = Monday | S = Saturday |
| T = Tuesday | MW = Monday & Wednesday |
| W = Wednesday | MF = Monday & Friday |
| Th = Thursday | TTh = Tuesday & Thursday |
| F = Friday | WF = Wednesday & Friday |

Check Out the EMERITUS WEBSITE smc.edu/emmeritus

- Enrollment information and instructions
- Schedules of classes
- How to support Emeritus
- Emeritus news and information
- The Emeritus Voice newsletter
- Emeritus Gallery
- Contact information for Emeritus
- And more....



ARTS & CRAFTS

ART E00, Survey of Art

This course provides older adult students with in-depth knowledge about the chronological, social, and historical development of art and/or architecture. Older adults investigate the history of art and view selections from different time periods, regions, or developmental stages, and compare and contrast artwork from different periods with their peers.

9701 9:00a.m.-10:50a.m. F ONLINE Donon S G

9702 10:00a.m.-11:50a.m. T ONLINE Benson J K

9703 10:00a.m.-11:50a.m. T ONLINE Taylor V

Portraiture across cultures in the history of art with a focus on types of art production and media from prehistory to the present.

9704 1:30p.m.-3:20p.m. W ITINERARY Hero C J

Some weeks will meet in various galleries, and some weeks will meet online.

9705 1:30p.m.-3:20p.m. Th ITINERARY Hero C J

Some weeks this class will meet in various galleries, and some weeks will meet online.

9706 1:30p.m.-3:20p.m. F ITINERARY Hero C J

Some weeks this class will meet in various galleries, and some weeks will meet online.

ART E15, Drawing

This course provides a supportive atmosphere for older adults—from beginners to more advanced students—to explore and experiment with self expression through drawing. Older adult students learn drawing skills, elements of design, composition, and creativity, as well as drawing techniques for representative or stylistic effect. As well, students learn to interpret the perceived “real world” in a two-dimensional field, and to improve their observation and hand-eye coordination. The course focuses on the processes by which one makes art, exposes students to different approaches, and challenges students to think about what they are doing or trying to do.

9707 9:00a.m.-11:15a.m. F EC 1227 204 Hero C J

Advanced and experimental drawing: Focus on structure, form, value and visual perception. Discussion and attention are given to theories of contemporary practices in art. Computer access from home may occasionally be necessary.

9708 10:00a.m.-11:50a.m. W ONLINE Harrison A B

Learn the basics of drawing. Good for the beginner and students who would like to improve their drawing skills. It is open to all students.

9709 12:30p.m.-2:45p.m. F EC 1227 204 Tirr C A

Drawing in color media: Beginning and advanced techniques using colored pencils and pastels to draw still life studies, landscapes and cityscapes. Some drawing experience would be helpful.

ART E16, Life Drawing Studio

This course provides a opportunity for older adults to learn to see the human form and draw the anatomy of the human figure. This supportive class explores basic anatomy, movement, and skeletal structure of the figure using live models. Through demonstrations, class exercises, individual instruction, and guidance, beginning students learn basic life drawing skills, while more advanced students sharpen their skills in capturing the physical attributes of the model and expressiveness of the pose.

9710 9:00a.m.-11:50a.m. M ONLINE Adams L K

Draw the human form from a live model. Learn basic drawing skills, perception and eye-hand coordination, elements of design, composition and creativity.

9711 9:00a.m.-11:50a.m. T EC 1227 204 Harrison A B

Painting the human form — long pose for painting.

ART E19, Painting

This course enhances older adults’ artistic creativity and painting skills through positive motivation and instruction in oils and acrylics techniques that may use the palette knife for effect. Older adults learn how to select supplies and equipment, and basic elements of composition. Painting projects, demonstrations, group critiques, and discussions are used to explore two-dimensional artwork.

9712 9:00a.m.-11:50a.m. W ONLINE Tirr C A

Painting in a variety of mediums and techniques: acrylics, oils, grounds, washes, layering, color mixing, and finishes.

9713 9:30a.m.-12:20p.m. W EC 1227 204 Donon S G

This section focuses on oil, acrylic, watercolor

9714 1:00p.m.-3:50p.m. W ONLINE Harrison A B

Painting for persons at all levels of skill.

9715 1:00p.m.-3:50p.m. T ONLINE Burchman J H

ART E20, Drawing and Painting

This course provides older adults with a supportive environment for instruction in drawing and painting. Older adults, from beginners to more advanced students, maintain or improve their drawing and/or painting skills in a constructive environment, and learn about space, line, value, and color in a workshop atmosphere.

9716 11:00a.m.-1:15p.m. F ONLINE Benson J K

Drawing and painting with emphasis on the portrait. Studio time split between working with live models and other in-class exercises.

9717 12:30p.m.-2:45p.m. M ONLINE Tirr C A

Drawing and painting, from pencil to pastel. Work in any dry medium. Develop your sense of composition, value, color and technique. Draw and paint still-lifes, landscapes and possible “plein air” sessions in a workshop atmosphere. Friendly critiques.

ART E21, Painting/Drawing, Oil and Acrylic

This course enhances older adults’ artistic creativity and painting skills through positive motivation and instruction in oils and acrylic techniques. Older adults learn basic painting techniques, the elements of composition, and how to select and use materials. Painting projects, demonstrations, and group critiques are used to explore two-dimensional artwork.

9718 12:30p.m.-2:20p.m. M ONLINE Adams L K

Painting and drawing for all levels.



9719 1:30p.m.-3:45p.m. Th ONLINE Benson J K

Interdisciplinary studio. For persons at all levels of skill. Learn about concept, composition, value and color in a workshop atmosphere. This section is endowed in the memory of Francis J. Abrahams.

9720 2:30p.m.-4:20p.m. M ONLINE Adams L K

ART E22, Watercolor

This course allows older adults who have never used watercolors to acquire a strong foundation in watercolor techniques, and provides those students with some watercolor experience with a strongly supportive peer group in which to paint. Older adult students learn watercolor techniques and methods, as well as washes, brush strokes, color, value, and composition.

9721 9:00a.m.-11:15a.m. T ONLINE Manseau F J

Designed for beginning watercolorists. A techniques and methods class concentrating on the “how” of the medium: washes, brush strokes, color, value and composition.

9722 11:30a.m.-1:45p.m. T ONLINE Manseau F J
Intermediate watercolor. Review basics and further develop techniques toward a more personal creative result. Designed for students with some experience.

ART E24, Calligraphy II

This course expands older adults' knowledge of calligraphy and everyday calligraphic forms to use for personal growth, self expression, or for family and volunteer projects. Older adult students learn the tools and equipment needed to write the calligraphy alphabet, as well as fundamental calligraphy techniques, lettering styles, and display methods.

9723 9:30a.m.-12:20p.m. F ONLINE Martorello J M
A variety of different styles is offered each term with variations ranging from traditional to modern adaptations. Topics include layout, use of color and practical applications. Add style and grace to all of your handwritten projects. All levels of students are welcome.

ART E30, Watercolor Studio

This course allows older adults who have never used watercolors to acquire a strong foundation in watercolor techniques, and provides those students with some watercolor experience with a strongly supportive peer group in which to paint. Older adult students learn watercolor techniques and methods, as well as washes, textures, color, value, and composition.

9724 9:00a.m.-11:50a.m. Th EC 1227 204 Manseau F J
9725 9:00a.m.-11:50a.m. F ITINERARY Turr C A
An outdoor, "plein air" class meeting at a variety of locations for instruction in techniques, composition, selection of subject, and quickly capturing a landscape. Critiques are at the easel. The first class meeting is at Tongva Park.

9726 12:00p.m.-2:50p.m. W ONLINE Turr C A
Studio watercolor covering the basics with a focus on strong composition and an understanding of the medium.

ART E55, Sculpture

This course introduces older adults to three-dimensional design principles and elements, and helps them create expressive works of sculpture. Older adults learn to appreciate sculpture as a medium of self expression, and use a combination of materials and techniques to create a sculptural form and develop an expressive idea using a variety of materials, including items from everyday life. Students are required to purchase or bring their own materials.

9727 11:00a.m.-1:15p.m. Th ONLINE Benson J K
Become inspired creatively in three dimensions. Material options to be discussed on first day of class. Students will be introduced to sculpture processes involving clay, paper, wire, balsa wood, found objects, plaster of Paris, mold-making rubber and casting resin.

ART E80, Jewelry Making

This course provides older adults with an opportunity to create pieces of jewelry and learn an assortment of different techniques involved in creating jewelry. Students also learn about the wide range of materials available for making jewelry. Older adults make bracelets, earrings, and necklaces using techniques such as wire wrapping and bending, macrame, pearl knotting, crimping, and bead-weaving. Each week students learn a new technique and make a piece of jewelry using that technique.

9728 11:30a.m.-1:45p.m. Th ONLINE Ryza S V
Advanced Jewelry Making: New, more advanced projects weekly — bead stringing, wirework, bead weaving, knotting, chain maille, and more. Students should master basic jewelry skills

taught in the beginning class prior to enrolling. Guidelines for tools and materials purchasing will be given in class.

9729 2:00p.m.-4:15p.m. Th ONLINE Ryza S V
Beginning/Intermediate Jewelry Making: New projects weekly — a wide range of jewelry-making techniques will be covered, including bead stringing, wirework, bead weaving, knotting, chain maille, and more. Guidelines for tools and materials purchasing will be given during class.

EMPLOYMENT FOR SENIORS – COMPUTER TRAINING

REGISTER FOR ONE LEVEL ONLY WITHIN THE COMPUTER COURSES. The levels/content areas are:

- Basic Computer Training
- Word Processing – Beginning
- Word Processing – Intermediate
- Data Management
- Working with Photos
- Working with Videos
- Using the Internet and Internet Safety

Students will learn how to use computers confidently, and become familiar with basic concepts, terms and skills related to the Microsoft Windows Operating System and other software programs. Students will need a flash drive. Depending upon the instructor, a textbook may be used for this course. Your instructor will provide details.

OCC E00, Basic Computer Training (formerly Introduction to Computers)

This course is designed to assist students in accessing the world of computers and technology. Students acquire introductory computer skills, enabling them to interact with colleagues, family and friends and promote self-expression. Students learn about personal computers, improve technical vocabulary, review typing and mouse skills, conduct basic computer maintenance, and learn how to use computer special function keys.

ANDROID 9817 9:00a.m.-10:50a.m. T ONLINE Simmonds A R
The above section 9817 is a special iteration of the Basic Computer Skills course, applied specifically to phones and tablets using the Android operating system. This section will NOT address Apple devices.

APPLE'S IOS 9818 10:30a.m.-12:20p.m. F EC 1227 208 Woolen D W
The above section 9818 is a special iteration of the Basic Computer Skills course, applied specifically to Apple devices — specifically iPhones and iPads. Bring your Apple iPhone and/or iPad to class and be sure you know your Apple ID and password.

OCC E01, Word Processing

This course assists older adults in acquiring the skills necessary to use word processing software. Older adults learn to create, save, and retrieve documents and gain consumer and personal management skills. The pace of the course is designed to meet the needs of older adults who are at least somewhat familiar with computer technology.

9819 11:00a.m.-12:50p.m. M ONLINE Woolen D W
This is an intermediate course. Students should have access to Microsoft Word 2013 or newer for Windows or Mac or Office 365 for either operating system. A free, limited version of MS Word is also available online.

OCC E10, Using Data Files

This course helps older adults understand how to use tables and data files to create mailing labels, financial records for taxes, or work in a volunteer or paid job requiring these and other consumer skills. The course is offered at a pace that helps older adults maximize their knowledge retention and continue learning.

9820 11:00a.m.-12:50p.m. T ONLINE Simmonds A R

The above section 9820 focuses on Intermediate Word, Powerpoint and Beginning Excel techniques.

OCC E20, Using the Internet Safely

This course focuses on ways students can better protect themselves in a new technological environment and use the Internet to find valid information. Best practices in virus protection and using e-mail are discussed. In addition, students examine and discuss their computer and internet needs for personal and professional use.

9821 9:00a.m.-10:50a.m. M ONLINE Woolen D W

9822 3:00p.m.-4:50p.m. M ONLINE Woolen D W

This section focuses on using the internet and social media safely on all devices: computers, smartphones, tablets, etc.

PHOTO E00, Digital Photography I

This course assists older adults in selecting and using digital cameras. Older adults are encouraged to take photographs, keep photographic records, use photography as a means of self-expression, and share their vision and photographic experiences with others.

9823 9:00a.m.-10:50a.m. T ONLINE Staff

Digital Photography for those who want to expand their photographic abilities. Novice digital photographers are most welcome. Free image editing programs such as Picasa and FastStone will be explored. Guidelines for using your camera, composition and exposure will be discussed. Students are urged to bring a few pictures on flash drives along with their cameras and manuals to class. No computer knowledge is required.

PHOTO E10, Digital Photography II

This course assists older adults in choosing and using modern technology for keeping photographic records of their family, friends, and travels, and helps them use photography as a means of self-expression. Older adults share their photographic visions with peers and other family members. Some emphasis is placed on documenting students' family histories.

9824 11:00a.m.-12:50p.m. F ONLINE Rodriguez J E

This is an advanced section. Use Adobe Premiere to create simple videos. Knowledge of and experience in the use of Photoshop Elements is recommended.

9825 1:00p.m.-2:50p.m. F ONLINE Rodriguez J E

Basic photography, digital cameras and software.

HEALTH & CONDITIONING

HEALTH E21, Yoga Health & Safety, Principles & Practices for Older Adults

This course focuses on the history, principles and practices of yoga. Designed to promote health and safety among older adults, it focuses on yoga principles and practices to enhance the health of older adults through improved flexibility, balance, range of motion, strength, lung capacity and circulation. Some course sections may focus on specific yogic methods. Some sections may include therapeutic applications of yoga to address specific health challenges for older adults. Students will be encouraged to share their physical, mental and

emotional challenges in a supportive environment specifically for older adults. These challenges will then be addressed within the coursework. Students will create a Daily Personal Yoga Health Plan integrating their own personal therapeutic yoga applications. Students will be encouraged to practice daily, creating opportunities to rehabilitate challenges. The course is designed to help students to use yoga methods such as postures, breathing techniques, meditation, and visualization to enhance their confidence, health, and overall feeling of well being.

9751 8:30a.m.-10:20a.m. WF ONLINE Dee D

9752 10:00a.m.-11:50a.m. TTh ONLINE Cooper M

9753 10:30a.m.-12:20p.m. TTh ONLINE Cass K

The above section 9753 is chair based — no mat required. Learn Yoga and Ayurveda wellness practices.

9754 11:00a.m.-12:50p.m. MW ONLINE Roseman T

9755 2:00p.m.-3:50p.m. TTh ONLINE Dee D

HEALTH E22, Chi Gong Principles & Practices for Older Adults

This course is designed to enhance the health and safety of older adults through use of the principles and techniques of Chi Gong. Based on Chinese philosophy and healing concepts, the course will include the history, theory and practice of Chi Gong, including both the Wu School and Yang Style. Included are such Chinese philosophies as Yin and Yang, the Eight Directions, and Five Element theory and their applications to healthy living. Students work at their own level to improve tone, strength, flexibility and balance. Lectures, films, texts and discussions will explore the theory and practice of this traditional Chinese method for health and healing. Students will analyze which strategies best meet their needs, and create an individual health plan integrating Chi Gong techniques into their daily lives.

9756 8:30a.m.-9:45a.m. TTh VP CTR Holtzermann C

This section meets at Virginia Avenue Park, 2200 Virginia Ave. (Cloverfield & Pico), Park Center Bldg, Fitness Room #1.

HEALTH E23, T'ai Chi Principles & Practices for Older Adults

This course offers an overview of the history, philosophy and techniques of the Chinese energy balancing health practice T'ai Chi Ch'uan. With a focus on enhancing healthy aging for older adults, the course offers strategies for improving balance and posture; increasing flexibility and endurance, reducing stress, and promoting relaxation and mindfulness. The course shows older adults how to avoid injury, conserve energy and use the body in an ergonomic manner. Students will create a personal health plan integrating T'ai Chi principles and techniques into their daily lives.

9757 9:00a.m.-10:15a.m. MF VP CTR Akers P A

Beginner and intermediate levels. You will learn the Yang Style Slow Set from the beginning with focus on sections one and two. This section meets at Virginia Avenue Park, 2200 Virginia Ave. (Cloverfield & Pico), Park Center Bldg, Fitness Room #1.

9758 12:00p.m.-1:15p.m. WF EC 1227 308 Nardini A S

Intermediate and advanced levels. This class is not appropriate for beginners. Students must have already learned the entire Yang Style Slow Set, 108 moves. If you do not know the whole Slow Set, please join the beginner class, other section of this course with the same instructor to learn from the beginning.

9759 12:30p.m.-1:45p.m. TTh ONLINE Terry Jr P W

This section is for intermediate and advanced students only.

9760 1:15p.m.-2:30p.m. MW EC 1227 304 Terry Jr P W

This section is for beginners.



9761 2:00p.m.-3:15p.m. MF EC 1227 304 Akers P A
Intermediate and advanced levels. This class is not appropriate for beginners.

9762 2:00p.m.-3:15p.m. WF EC 1227 308 Nardini A S
Beginner. In this beginner class, we will learn the Yang Style Slow Set from the beginning. Intermediate students are welcome to join, to refine their performance of the movements.

HEALTH E24, Physical Fitness Principles & Practices for Older Adults

This course focuses on physical fitness and conditioning principles to help older adults maintain or improve their health, safety and independence. It covers basic principles of anatomy and fitness, showing older adults how to improve their cardiovascular health, muscle strength, endurance, flexibility, posture and balance. Principles of good nutrition also will be covered. Students explore movement strategies that are particularly helpful for older adults. Included are proper concepts and methods for warm-ups, stretching, low-impact aerobic activity, cool-downs, strength training and balance work. Students learn how to avoid falls and safely accommodate physical conditions and challenges. Students create a customized personal fitness and conditioning plan to suit their individual needs and physical challenges.

9763 8:30a.m.-9:45a.m. TTh ONLINE Moy D N
9764 9:00a.m.-10:15a.m. MW EC 1227 308 Wapner-Baart L J
9765 9:00a.m.-10:15a.m. TTh ONLINE Wapner-Baart L J
9845 9:30a.m.-10:45a.m. Th EC 1227 308 Chiba S

This section is more active, but still low-impact.

9766 11:00a.m.-12:15p.m. TTh ONLINE Terry Jr P W
More suitable for intermediate and advanced students but can be modified for beginners.

9767 2:00p.m.-3:15p.m. TTh ONLINE Moy D N
Beginner course.

9768 2:00p.m.-3:50p.m. W EC 1227 308 Cass K
Beginner level, some chair based movements, yoga inspired.

9840 2:30p.m.-3:45p.m. MW ONLINE Albert G S

HEALTH E25, Strength & Stamina Training Principles & Practices for Older Adults

This course focuses on how strength training and stamina building strategies help to promote health, safety and vitality in older adults. Principles of basic anatomy and physiology are covered. The course explores how older adults can maintain or improve their health and stamina through strength training using free weights, resistance devices and fitness techniques. The course emphasizes safe ways to start and maintain a program to increase strength, improve stamina and sustain bone density. Principles of good nutrition and stress management are included. Students create a personal fitness and strength training plan based on their individual needs and physical challenges.

9769 8:30a.m.-9:45a.m. TTh ONLINE Regalado O
9770 10:00a.m.-11:15a.m. TTh ONLINE Regalado O
9771 10:30a.m.-11:45a.m. MW ONLINE Huner K A
9772 10:30a.m.-11:45a.m. MW EC 1227 308 Wapner-Baart L J

This class has 30 minutes Aerobic exercise for stamina and 20 minutes weight training for strength.

9773 12:00p.m.-1:15p.m. TTh ONLINE Wapner-Baart L J
Research shows that line dancing to all forms of music and types of dances is beneficial in so many ways. Line dancing improves cardiovascular function, endurance, bone strength, muscular strength, memory, and brain function. All this while having fun too! Learn new choreography each week. No partner or prior dance experience necessary.

HEALTH E30, Personal Safety – Fall Prevention

This course is designed to help students avoid falls, which are the most frequent cause of serious injury in older adults. The course focuses on how, when and where falls frequently occur; how to maintain mobility, and how to improve and recover one's balance. Students will create an individualized activity program to improve balance, endurance, strength and flexibility.

9774 12:00p.m.-1:50p.m. W ONLINE Evans Jami R

HEALTH E34, Stress Reduction through Yoga

This course offers older adults a range of strategies and techniques to reduce and manage stress in their lives. It includes stress reduction methods such as positive thinking, breathing exercises, meditation, humor, diet and exercise. The course also helps students establish peer support groups to help maintain their stress reduction skills.

9775 8:00a.m.-9:50a.m. S ONLINE Holtzermann C
9776 9:00a.m.-10:50a.m. M ONLINE Cooper M
9777 11:00a.m.-12:50p.m. F EC 1227 308 Roseman T

HEALTH E38, Joint Health & Mobility for Older Adults

This course helps older adults with chronic joint pain or mobility problems to attain and maintain physical strength, mobility and flexibility. Older adults with arthritis and/or other minor physical limitations will learn about the function of joints in the human body and techniques to move effectively without joint stress. Students create an individual plan for mobility and physical fitness.

9778 10:30a.m.-11:45a.m. TTh ONLINE Wapner-Baart L J
9780 11:30a.m.-12:45p.m. TTh ONLINE Albert G S

You will learn to strengthen your lower body with stretching, aerobics and breathing exercises performed on mats and use free weights for upper body strength.

9781 12:30p.m.-1:45p.m. TTh EC 1227 308 Regalado O

This class consists of constant movement and incorporates aerobic sequences to help strengthen and enhance joint health.

HOME ECONOMICS

CT E00, The Fix-It Class – Repair Almost Anything

This course teaches older adults about household tools, how to make minor or more complex home repairs or maintenance, and how to evaluate proposed repair processes when hiring and paying a repair person. Older adults learn to repair leaky faucets, fix minor electrical problems, hang almost everything, caulk a bathtub, and so forth. The course is intended to help older adults be knowledgeable, confident, and prudent about home repairs and maintenance.

9733 1:00p.m.-3:15p.m. Th ONLINE Ross M A

Provides information on: 1. Money saving ideas. 2. Consumer issues. 3. Protection of one's personal and financial privacy.

HME EC E01, Sewing Lab

This course helps older adults learn sewing-based skills, including how to construct clothing, engage in creative sewing projects, use patterns, engage in patchwork or machine quilting, and/or other specialized sewing techniques. Older adults learn economical sewing techniques and socialize with their peers in a supportive and creative environment.

9792 12:00p.m.-2:50p.m. M ONLINE Lewis K



COURSES FOR OLDER ADULTS

HME EC E52, Restaurant Critic – Dining Wisely: Healthy Eating Choices for Older Adults

This course helps older adults learn how to prepare healthy foods for a small household and how to make cost-effective choices in planning a menu. Older adults work together to create a cookbook or recipe book, share food and recipes with their peers, learn restaurant terms, learn to write a standard recipe, and discuss and write about memories involving food. The course also engages older adults in discussions about food fads and provides factual information on food additives, vitamins, safe food storage, health precautions, and basic nutritional information.

9793 11:30a.m.-1:50p.m. M ITINERARY Salgado G

This is a classroom discussion on subjects related to nutrition, recipes, cooking, etc. You will love it!

HME EC E71, Needlecrafts II

This course provides a supportive, stimulating, and creative environment for older adults to create handmade needlework or other fiber arts projects using an assortment of techniques, including knitting, crochet, needlepoint, weaving and macrame. Beginning students will learn basic skills; students with some experience in needlework will learn more advanced techniques.

9794 1:30p.m.-4:20p.m. W ONLINE Ryza S V

Learn a wide variety of needlecraft techniques in this friendly, relaxed, social class, including knitting, crochet, embroidery, weaving, macrame, needlepoint and others. New projects are presented each week. Class is suitable for complete beginners or more advanced students. Students choose which projects they want to pursue while learning all of the other presented techniques.

HUMAN DEVELOPMENT

HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults

This course familiarizes older adults with the aging process, including physiological, psychological, and sociological aspects. Older adults become more comfortable with changes in themselves and others over time, and learn to celebrate the benefits of a longer life. Older adults also learn new coping strategies and explore issues facing adults of all ages, including conflicts, stereotypes, age, bias, loss, and change.

9795 1:30p.m.-2:45p.m. TTh ONLINE Albert G S

HUMDEV E22, Senior Seminar: Through a Jewish Lens – Art, Culture & Entertainment

This course is designed to help older adult students learn about Jewish culture, from the historical backdrop of the 19th Century's worldwide advances, pogroms, and immigrations, to the flowering of Jewish art, culture and entertainment in 20th Century United States and beyond. The course aims to improve older adults outlook on life, stimulate their minds and imaginations, improve peer group interaction and communication, and increase their sense of positive aging and cultural identity with particular attention to Jewish humor and tenacity as survival mechanisms in the face of adversity. Older adults will engage with their peers in a positive and up-lifting manner while learning about the use of art and humor through the last century. They will learn about Jewish theater, literature, film, art and music, and how American culture has flourished as a result of the Jews' contributions. We will discuss: changes in stereotypes such as comedic images of older adults and other subgroups of the community; different types of art, self-expression and humor; and/or popular trends in all aspects of culture and entertainment.

9798 11:30a.m.-1:20p.m. W EC 1227 107 Abatamarco A M

HUMDEV E24, Bereavement Support

This course helps older adults in the resolution of grief and toward a more positive view or reaction to the death of a loved one. The course provides older adults with a variety of alternative methods of dealing with loss in a small group setting. Older adults share their grief with others, receive encouragement and moral support, and learn about the natural grieving process, as well as how to heal and rebuild their lives.

9799 1:30p.m.-3:20p.m. M ONLINE Press P L

HUMDEV E27, Exercising the Brain

This course assists older adults in minimizing anxiety when memory behavior patterns change. The ultimate goal of the class is to stimulate thinking and to exercise the brain. Older adults learn the latest information on the causes, symptoms, and treatments of memory loss in older adults, as well as practice skills to enhance memory retention and retrieval.

9800 10:00a.m.-11:50a.m. T ONLINE Frand L

This class is not intended for anyone with Alzheimer's or any type of dementia.

9802 12:30p.m.-2:20p.m. T ONLINE Frand L

This class is not intended for anyone with Alzheimer's or any type of dementia.

9803 12:30p.m.-2:20p.m. W ONLINE Frand L

This class is not intended for anyone with Alzheimer's or any type of dementia.

PSYCH E33, Living as a Single Person

This course assists older adults who are facing a change in their lifestyle because they are now single. Older adults explore topics such as dealing with isolation ageism, depression, eating patterns, and social interactions. The course assists older adults in making the necessary transitions and adjustments to live a happy and successful life as an older single person.

9830 11:00a.m.-12:50p.m. M ONLINE Press P L

LITERATURE

BILING E01, Literature in Spanish

This course helps older adults explore a variety of Spanish literature in the language in which it was written and stimulates their appreciation of the vast literary output of Spain, Latin America, and other Spanish speaking countries. Students may also explore the history and culture of the country in which a literary work was produced, and participate in class discussions in Spanish.

IN SPANISH 9730 9:00a.m.-10:50a.m. F ONLINE Kim Yunsook

BILING E02, French Literature

This course helps older adults understand and appreciate the vast literary output of France and other French speaking countries, and introduces them to French culture and people. Older adults explore a variety of French literature in the language in which it was written and engage in stimulating discussions with their peers.

IN FRENCH 9731 2:00p.m.-3:50p.m. T ONLINE Isner-Ball D R

BILING E03, Literature from Around the World

This course helps older adults experience and appreciate the vast literary output from non-English speaking countries and discuss that literature with peers in the language in which it was written. Course sections may focus on literature from any non-English speaking country, as long as there are sufficient numbers of interested students and faculty who can teach in that language are available.



9732 1:30p.m.-3:20p.m. W ONLINE Reich S L

This section will explore a variety of Yiddish literature and appreciate Yiddish culture, in the language in which it was written. Some Yiddish speaking and reading skills are needed to fully enjoy this class. Share life experiences; read aloud newspapers, classic stories, and modern literature to learn about a thousand years of Yiddish culture.

ENGL E20, Literature: The Novel

This course, which examines the world's greatest literary works (such as James Joyce's *Ulysses*) is designed to help older adults learn about trends in writing in different societies. Older adults learn about the uniqueness of each age of literature and each author under scrutiny. Various literary themes and the concerns of authors in different historical periods serve as a basis for discussion so that older adults may compare and contrast these topics with current events, modern cultures and sub-cultures, and societal structures and mores. Older adults will also discuss with their peers how these works relate to their own life experiences and accumulated knowledge.

9734 2:00p.m.-3:50p.m. M ONLINE Dwyer F

We will continue our close reading and discussion of Charles Palliser's *The Quincunx*, an extraordinary exploration of history and mystery. 'So compulsively absorbing that reality disappears' (*New York Times*); 'You cannot stop turning [the pages]' (*The New Yorker*). Published by Ballantine Books. Available at Amazon in hardback, paperback, or on Kindle.

ENGL E22, Short Story

This course is designed for older adults who want to explore literature, such as the works of Milton, Austen, Hawthorne, and T.S. Eliot, as well as short stories from Latin America, America, Europe, and Africa, and discuss it with their peers. This course allows older adults to experience a wide range of classic and contemporary literature in a social setting and relate that content and emotion to their own personal life experiences.

9735 10:00a.m.-11:50a.m. T ONLINE Wali M

9736 11:00a.m.-12:50p.m. W ONLINE Ghabaei B

ENGL E23, Shakespeare

This course allows older adults to study and discuss selected plays by William Shakespeare and his contemporaries with their peers. Older adults will experience or re-experience the emotional and dramatic content in Shakespeare's classic works in light of their current life situations, and discuss the concerns of the human heart from the height of passion to the depths of despair.

9737 9:00a.m.-10:50a.m. M EC 1227 107 Achorn J C

We will be reading and looking at "The Merchant of Venice" this term.

9738 11:00a.m.-12:50p.m. M EC 1227 107 Achorn J C

We will be reading and looking at "The Merchant of Venice" this term.

ENGL E24, Bible as Literature

This course introduces older adults to a wide variety of interpretations of biblical literature, encouraging students to offer interpretations based on their own knowledge and life experiences.

9739 12:00p.m.-1:50p.m. Th ONLINE Jenks G

From Genesis to Psalms.

ENGL E25, Literature: The American Novel

This course assists older adults in analyzing American novels, discussing them with their peers, and renewing their appreciation for this unique form of literature. Older adults learn background and trends in writing in different time periods and regions of

America, and discuss how these works relate to their own life experiences and accumulated knowledge.

9740 9:00a.m.-10:50a.m. T ONLINE Achorn J C

We will be reading and looking at Upton Sinclair's "The Jungle," the Norton Edition (2003) this term.

ENGL E27, Poetry and Fiction

This course helps older adults explore a wide variety of poetry; in particular, poetry as adventure, confirmation, and renewal. Older adults also employ selected poems as a means to examine their life experiences and discuss these experiences with their peers. This course is designed to refresh older adults' enjoyment and increase their appreciation of poetry as a means of expression, and helps older adults explore poetry in relation to other types of literature, in particular in its use of language and imagery.

9741 10:00a.m.-11:50a.m. W ONLINE Davis C V

Contemporary American Literature: Cross Genre.

ENGL E29, Greek Literature

This course introduces older adults to the world of ancient Greek drama and fosters discussion among peers. Older adults will study Greek theater from a literary viewpoint and learn about plots, characters, and different interpretations through comparative analysis. Older adults will learn how ancient Greek drama is interpreted in modern media and will relate it to their own lives and experiences.

9742 11:30a.m.-1:20p.m. M ONLINE Dwyer F

We will continue our reading and study of Homer's *Odyssey*. Our focus will be on the complicated hero, Odysseus, who may have influenced us more than any other character in Western literature; on his equally complicated wife Penelope, and the long, destructive history of the Patriarchy, still going strong; and on the difficult and perilous transition of their son, Telemachus, from boy to man. Our text will be the translation by Emily Wilson, the first in English by a woman.

ENGL E30, Creative Writing

This course nurtures, revitalizes, and stimulates older adult writers who may already be producing or thinking about producing written material. The course is intended to discover, encourage, and develop untapped writing talent in older adults. It also allows older adults to develop and refine their writing and self expression skills, discuss their writing with peers, and comment on their peers' writing in a respectful and constructive manner. The course is also a forum for older adults to share their creative voices with peers.

9743 9:00a.m.-11:15a.m. M ONLINE Kronsberg G J

9744 9:30a.m.-11:45a.m. T ONLINE Ghabaei B

Come learn the art of skillful writing. All levels are welcome.

ENGL E33, Autobiography

This course helps older adults review and integrate the experiences that have shaped their lives, share memories with peers, and create a record of events for themselves and their families. Through this class older adults achieve a sense of pride in their accomplishments, improve their writing abilities, and express themselves in writing that can be shared with family, friends, and the public if desired.

9745 9:00a.m.-11:15a.m. Th EC 1227 408 Wali M

This section will meet occasionally in-person but other weeks will be meeting remotely. Schedule to be determined. All students will need to be vaccinated for the class.

9746 9:30a.m.-11:45a.m. S ONLINE Fox Jr R W

9747 12:00p.m.-2:15p.m. S ONLINE Reyes A C

9748 1:00p.m.-3:15p.m. F ONLINE Fox Jr R W



ENGL E34, Writing for Publication

This course will be split into three units of focus. The first unit will be spent writing and sharing new pieces of memoir, fiction or poetry. During the second unit, students will prepare their selected piece (or several short ones) for publication in the Emeritus Chronicles journal. Each student will give and receive several rounds of editorial feedback. During the third and last unit of this course, enrolled students will give editorial feedback to writers not enrolled in this class who also submitted pieces to the Emeritus Chronicles. This course will culminate in the assembly of the Emeritus Chronicles which will be published in the spring.

9749 1:00p.m.-3:50p.m. M ONLINE Wali M

ENGL E37, Writing Seminar

This course develops and refines older adults' writing skills in an informal round-table atmosphere through classroom readings and critiques of their own and classmates' writing. The course is intended to discover, encourage, and develop untapped writing talent in older adults and nurture, revitalize, and stimulate older adult writers who may already be expressing themselves through the written word. The course is also a forum for older adults to share their creative voices with peers.

9750 11:30a.m.-1:20p.m. M ONLINE Kronsberg G J

MUSIC – PERFORMING ARTS

HUMDEV E17, Senior Seminar – Luisa R.G. Kot Concert Series

This seminar provides a supportive atmosphere for discussions about a variety of topics of interest to older adults. Topics may include philosophy, music, laughter as good medicine, legislation that affects older adults, and others. For example, in a seminar focused on philosophy, older adults might explore philosophical sources and connections between ideas, values, and concepts that are relevant to older adults' life experiences. In a seminar focused on musical performance, older adults might be exposed to different performers, composers, and musicians and engage in stimulating discussions about music, performers' lives, the ways in which music and art can enrich one's life, and so forth. Regardless of the specific topic, this seminar provides a space for older adults to socialize with their peers and validate their life experiences while gaining exposure to mentally stimulating content.

9797 3:00p.m.-4:50p.m. Th EC 1227 107 Peterson J D

This section meets every week, which is a change over prior terms.

MUSIC E00, Concert Band

This course reinforces older adults' love of performing music in public and provides a structure for them to express themselves and participate in a performance group during their later years. Older adults also experience the physical benefits of deep breathing and head, eye, and ear coordination that result from playing a musical instrument. The course mentally stimulates older adults to concentrate on a wide variety of musical score, memorize parts, and problem solve in front of an audience.

9805 6:30p.m.-9:20p.m. T LINCOLN Miyoshi Y

This section meets at Lincoln Middle School, 1501 California Ave., Rm. 400 (15th & California).

MUSIC E02, Guitar for Older Adults

This course re-stimulates older adults' interest in and knowledge of music played on the guitar and enhances their self-expression through music. Older adults learn basic and some advanced guitar chords, strumming patterns, and finger picks while playing songs from the 1920s, 1930s, 1940s, and 1950s, as well as traditional folk songs.

9806 9:30a.m.-11:00a.m. MW ONLINE Terry Jr P W

Students are expected to provide their own guitar, tuner and bring it with them each week to class. Music stands will be provided. Students will be expected to purchase their own Guitar Methods book. Specific guidelines on how to pick a guitar and which Guitar Methods book to purchase will be shared to all enrolled students by August 1st.

MUSIC E03, "The Merits" – Vocal Ensemble

This course provides older adults with an opportunity to express themselves musically, perform in community events, gain a sense of belonging to a creative peer group, and continue their life experiences in music. The course also helps older adults improve their vocal performance skills, rehearsal techniques, and general knowledge of music.

9807 10:00a.m.-12:50p.m. T ONLINE Bryant W

MUSIC E04, Voice Training

This course provides a venue for older adults to discover or strengthen their musical creativity, personal vocal skill, performance standards, and self-confidence. Vocal exercises and solo singing. Advanced memorization is stressed.

9808 12:30p.m.-2:50p.m. Th EC 1227 107 Jackson L R

MUSIC E06, Gospel Community Chorus

This course introduces older adults to gospel music, literature, and singing techniques with the goal of performing throughout the community. The course provides a venue for older adult students to express themselves through gospel music, gain knowledge of the history of gospel music, build or rebuild their self-confidence as soloists or group performers, and interact with a group of creative peers.

9809 1:00p.m.-2:50p.m. W ONLINE Bryant W

MUSIC E10, Spanish Folk Singing

This course provides older adults (primarily those with a working knowledge of the Spanish language) with an opportunity to practice and perform music in Spanish from around the world. Older adult students are introduced to Spanish music, literature, and singing techniques from their own and other cultures, and encouraged to express themselves through Spanish folk songs.

BI-LINGUAL 9810 12:00p.m.-1:50p.m. T ONLINE Perez J Z

MUSIC E30, Opera Appreciation

This course helps older adults understand and appreciate opera as a music form and provides opportunities for socialization through shared interests. Older adults learn about the creative aspects, history, and development of opera. The course includes operatic experiences, live productions, and other opportunities for mental stimulation and peer group socialization.

9811 10:00a.m.-11:50a.m. T ONLINE Jackson L R

MUSIC E32, Music Appreciation

This course helps older adults understand how music can enhance their life experiences by learning more about music styles, composition, performance, and historical periods. Older adults listen to and discuss musical selections and composers' biographies; expand their musical knowledge and understanding of different types of music, including orchestral, jazz, indigenous, and film music; and explore different aspects



of musical performance by comparing different performers' recordings of the same piece.

9812 12:00p.m.-1:50p.m. F ONLINE Peterson J D

Focus your appreciation through exciting listening experiences. Discuss musical periods and begin to understand performances in greater depth.

9813 1:00p.m.-2:50p.m. M ONLINE Hetz M L

Explore classical music and learn about music. For all levels. Discuss the interaction of culture, language and social events that shape the creativity of musicians. Enjoy performances by rising student performers.

MUSIC E34, Lyric Chorus

This course provides older adults with a musical growth experience, opportunities to enhance their self-esteem and sense of belonging, and a way to express their creativity and interact with peers. Older adults rehearse and perform three-part arrangements of classics, Broadway hits, and ragtime music, and learn to be positive contributors to the sound, appearance, and artistic personality of a performing chorus while keeping their concentration and lung capacity at a peak.

9814 9:00a.m.-11:50a.m. Th ONLINE Gerhold T

MUSIC E51, Piano and Theory

This course is intended to enhance the enjoyment of creating music among older adults and enhance their ability to express themselves through music. Older adults learn to play piano music at their own level and pace, and participate in group discussions with peers. Older adults also learn musical skills and concepts and develop their ability to play piano music.

9815 11:00a.m.-12:50p.m. S ONLINE Hetz M L

This section is for the intermediate and advanced students.

9816 12:00p.m.-1:50p.m. T ONLINE Hetz M L

This section is for the beginner student.

POLITICAL SCIENCE

POL SC E00, Current Events

This course increases older adults' understanding of local, national, and international current affairs and how it affects their lives as well as the world around them. Older adults consider the political, economic, and social movements that determine domestic and foreign policies in the United States and around the world.

9826 9:00a.m.-10:35a.m. W ONLINE Staff

9827 10:00a.m.-11:50a.m. M SM LIB Reiner M

This section meets at Santa Monica Library Main Branch, 601 Santa Monica Blvd.

9828 2:00p.m.-3:50p.m. F ONLINE Trives N

2:00p.m.-3:50p.m. F ONLINE Johnson J P

9829 3:00p.m.-4:50p.m. M ONLINE Sarkissian R

THEATER ARTS

HUMDEV E15, Theater – History of Comedy

This seminar provides a supportive environment for older adults to discuss with their peers a variety of topics of interest to seniors, including the study of aging, public policy related to older adults, philosophy, literature, music and musicals, or religion. The course is designed to allow older adults to relate any of these topics to their life experiences and socialize with others in similar stages of life. Specific topics may vary from semester to semester and may include the history of comedy, the great American songbook, etc.

PATHFINDERS PROGRAM

SMC Emeritus Pathfinders classes are geared towards the needs of individuals who are recovering from an acquired brain injury or stroke. Pathfinders exercise classes include the following:

- **HEALTH E63 Body Conditioning After a Stroke** help to improve balance, mobility, and physical endurance in a group setting.
- **HUMDEV E50 Communication After a Stroke** assist in the improvement of communication skills.
- **HUMDEV E55 BrainFlex** is designed for individuals dealing with cognitive deficits.

Interested SMC Emeritus students who would like to enroll in the aforementioned classes are required to call the SMC Center for Students with Disabilities ABI Program at 310-434-4442 for registration details. **You cannot enroll in the Pathfinders classes without first calling 310-434-4442. Registration is completed through the SMC Center for Students with Disabilities.**

HEALTH E63, Body Conditioning After a Stroke

This course helps older adults who have experienced an acquired brain injury to maintain or improve their mobility and physical endurance through an individualized program offered in a group setting. Topics include how to cope with the effects of brain injury or stroke and how to restore the student's natural energy and flexibility, through techniques used to regain and maintain physical fitness. Participation in this Pathfinders Program allows older adults to be included in their community and maintain their independence, and helps them to self-advocate and engage in activities that benefit their health.

9783 12:00p.m.-1:15p.m. M EC 1227 307 Deuel E M

9790 10:30a.m.-11:45a.m. T ONLINE Deuel E M

9784 10:30a.m.-11:45a.m. W ONLINE Evans Jami R

9785 10:30a.m.-11:45a.m. Th ONLINE Jaffe A O

9786 10:30a.m.-11:45a.m. F ONLINE Evans Jami R

9787 12:00p.m.-1:15p.m. T ONLINE Deuel E M

9788 12:00p.m.-1:15p.m. Th EC 1227 307 Jaffe A O

9789 12:00p.m.-1:15p.m. F ONLINE Evans Jami R

9791 1:30p.m.-2:45p.m. Th EC 1227 307 Jaffe A O

9839 10:30a.m.-11:45a.m. M EC 1227 307 Deuel E M

HUMDEV E50, Communication After a Stroke

This course, which is part of the Pathfinders Program, increases, enhances, and maintains the daily speech function of adults who have experienced speech impairments due to acquired brain injury. Older adults learn to cope with the effects of stroke or other brain injury on communication skills, get support from those in similar situations, and guidance from professionals after outpatient therapy is completed.

9804 10:30a.m.-11:45a.m. W ONLINE Nicholls J

9837 12:00p.m.-1:15p.m. W ONLINE Nicholls J

HUMDEV E55, BrainFlex

This course helps older adults who have sustained an acquired brain injury maintain or improve their functional cognition through individualized feedback offered in a group setting. Emphasis will be placed on maintenance of skills such as memory, verbal reasoning, and attention span. Participation in this class allows adults to develop compensatory techniques so that they can maintain their independence and safely participate in home and community tasks that promote self-reliance and active decision making.

9841 9:30a.m.-10:45a.m. F EC 1227 408 Nicholls J

9842 11:00a.m.-12:15p.m. F EC 1227 408 Nicholls J



9796 9:00a.m.-10:50a.m. W ONLINE Achorn J C

Our topic this semester is "Comedy, Farce and Anarchy" where we will look at the power of comedy to challenge the status quo in society and still leave us laughing!

TH ART E01, Principles of Acting

This course allows older adults to explore the human condition in historical and contemporary dramatic literature, fairy tales, myths, and legends, satire, and parody. By learning how to analyze and interpret these texts, older adults will be able to craft the characters that inhabit these stories. Through the transformative process of creativity, older adults improve their acting skills and participate in a public performance, which builds self-confidence and self esteem.

9832 11:00a.m.-1:50p.m. T ONLINE Gannen B

9833 2:00p.m.-4:50p.m. T ONLINE Gannen B

TH ART E02, Theater Arts Appreciation

This course expands older adults' knowledge of play production methods and the history of the theater as it relates to current society and the life experiences of older adults. Older adults will learn about theater production from the viewpoint of the director, actor, critic, and viewer.

9834 9:00a.m.-10:50a.m. F ONLINE Abatemarco A M

TH ART E05, Reader's Theater

This course increases older adults' knowledge of how to present dramatic literature and allows them to express themselves by reading scenes, poetry, illuminating literature, or speeches in front of an audience. Older adults also interpret plays and practice acting skills with their peers. This course expands older adults' experience with dramatic literature without requiring perfect recall from memory.

9835 11:00a.m.-12:50p.m. F ONLINE Abatemarco A M

TH ART E20, Improvisation

This course encourages older adults to awaken their childhood by introducing them to the fundamentals of theatre improvisation. Students will joyfully explore essential improvisation performance techniques like spontaneity, creating an environment, character development, and structuring a scene. Build community with classmates through exercises, games, and group activities while having fun developing transferable life skills like quick-thinking, playfulness, imagination, and self-discovery. No improv experience necessary.

9838 10:00a.m.-11:50a.m. M ONLINE Camilleri G J

TH ART E22, Principles of Illusion: Close-up and Stage

Description: In this performance-based class, students will be expected to learn and perform Close-up and Stage Magic. From card tricks to dinner table gags, the illusions covered in this class are practical, easy, and fun to do. Students will focus on entertaining friends and family while mastering the physical and mental concentration needed to create a successful trick. We will also discuss performance skills and presence on stage.

9843 12:00p.m.-1:50p.m. M ONLINE Camilleri G J

This class focuses on the principles of performing magic.

TH ART E30, Dramatic Interpretation Through Movies

This course helps older adults explore the art, technology, language and appreciation of film from the point of view of the older adult. Older adult students analyze the fundamentals of film production as a means of encouraging mental stimulation and peer socialization. Film examples are shown in class for comparison and discussion.

9836 1:30p.m.-3:45p.m. W ONLINE Laffey S A

NONCREDIT CERTIFICATE

INTRODUCTION TO WORKING WITH OLDER ADULTS



We would like to invite you, your family members, and/or your care givers to participate in our **free** noncredit classes. This fall we are offering our **"Introduction to Working with Older Adults"** certificate program. This noncredit program prepares anyone looking for entry-level careers working with older adults and existing caregivers with skill-enhancement. To earn your certificate, you must complete a three-class series. The classes meet online via Zoom and are flexible with optional scheduled meetings.

HEALTH 905, Providing Care to Older Adults

7062 9 a.m. – 2:15 p.m. Sat Emel C D
Above section 7062 meets Oct 01 to Oct 22.

HEALTH 906, Communication with Older Adults

7063 9 a.m. – 2:15 p.m. Sat Emel C D
Above section 7063 meets Oct 29 to Nov 19.

HEALTH 907, Wellness in Older Adults

7064 9 a.m. – 2:15 p.m. Sat Emel C D
Above section 7064 meets Dec 03 to Dec 17.

You can apply by emailing us at **noncreditregistration@smc.edu** or call our office at **310-434-3399** for more information.



smc.edu/noncredit



FACILITIES

Facilities	Location	Big Blue Bus Lines
SMC Emeritus Classrooms and Offices: EC 1227 107, EC 1227 204, EC 1227 205, EC 1227 208, EC 1227 304, EC 1227 307, EC 1227 308, EC 1227 407, EC 1227 408, EC 1227 409, EC 1227 410	1227 Second St. (2nd & Wilshire), SM CALL US! Call 310-434-4306	Santa Monica & 3rd: #5 (wkdy), #8, #9 4th & Wilshire: #2, #3, Rapid #3 (wkdy, no midday service), and #9 Handicapped parking and bike racks are available on the street level of city parking structure #2. Additional metered handicapped parking entrance off 2nd Court alley.
BROOKDALE OCEAN	Brookdale Ocean House, 2107 Ocean Ave. (Ocean Ave. & Pacific St.), SM	Ocean & Pacific: #8
BROOKDALE GARDENS	Brookdale Santa Monica Gardens, 851 2nd St.(2nd & Idaho), SM	4th & Idaho: #9
BUNDY	SMC Bundy Campus, 3171 S. Bundy Dr. (Bundy & College Dr.), LA	Bundy & Airport: #14 SMC Bundy Campus Parking Lot: #44
CMD	SMC Center for Media and Design, 1660 Stewart St. (½ block N. of Olympic), SM	Stewart & Pennsylvania: #16 (wkdy), #43 (wkdy, no midday service)
CLOVER	Clover Park, 2600 Ocean Park Blvd. (Ocean Park & 25th), SM	Ocean Park & 25th: #8
DOUGLAS PARK	Douglas Park, 2439 Wilshire Blvd. (25th & Wilshire), SM	26th & Wilshire: #2, #43 (wkdy, no midday service)
EUCLID PARK	Euclid Park, 1525 Euclid St. (between Colorado & Broadway), SM	Colorado & 14th: #5 (wkdy), #41 (Mon-Sat only)
FST PRES	First Presbyterian Church, 1220 2nd St. (2nd & Wilshire), SM	Santa Monica & 3rd: #5 (wkdy), #8, #9 4th & Wilshire: #2, #3, Rapid #3 (wkdy, no midday service), and #9 Handicapped parking and bike racks are available on the street level of city parking structure #2. Additional metered handicapped parking entrance off 2nd Court alley.
1450 OCEAN	Camera Obscura Art Lab, 1450 Ocean Ave. (Ocean & Broadway), SM	Ocean & Broadway: #8
GOOSE EGG PARK	Goose Egg Park, 700 block of Palisades Ave. (1 block North of Montana), SM	4th & Montana: #9 Lincoln & Montana: #18
ITINERARY	Locations vary – instructor will inform class of the meeting places	
KEN EDWA	Ken Edwards Center/Wise Adult Day Services, 1527 Fourth St., SM (across the street from the Santa Monica Place near 4th & Broadway)	Broadway & 4th: #1, #2, #3, Rapid #3, (wkdy, no midday service) #7, Rapid #7 (wkdy), Express #7 (wkdy), #8, #9, Rapid #10 (wkdy, no midday service), #18
LEVIN CTR	Jewish Family Services, Israel Levin Center, 201 Ocean Front Walk, Venice (off of Speedway & Ozone)	Main & Rose: #1
LINCOLN	Lincoln Middle School, 1501 California Ave., Rm. 400 (15th & California), SM	Wilshire & 14th: #2 14th & California: #41 (Mon-Sat only)
MALIBU BLUFFS	Malibu Bluffs Park, Michael Landon Community Building, 24250 Pacific Coast Highway (PCH & Malibu Canyon Road), Malibu	Metro 534
MALIBU SR CTR	Malibu Senior Center, 23825 Stuart Ranch Road, Malibu	Metro 534
PAC	SMC Performing Arts Center, The Broad Stage & The Edye, 1310 11th Street (11th & Santa Monica), SM	Santa Monica & 11th: #1, Rapid #10 (wkdy, no midday service), #41 (Mon-Sat only)
REED PARK	Reed Park, 1133 7th St. (Lincoln & Wilshire), SM	Lincoln & Wilshire: #2, #18
SM LIB	Santa Monica Library Main Branch, 601 Santa Monica Blvd., SM	Santa Monica & 6th: #1, #5 (wkdy), #7, Rapid #7 (wkdy), Rapid #10 (wkdy, no midday service), #18
SMC	Santa Monica College Main Campus, 1900 Pico Blvd. (19th & Pico), SM	Pico & 18th: #7, Rapid #7 (wkdy), #41 (Mon-Sat only), #43 (wkdy, no midday service) 20th & Pearl: #16 (wkdy)
SM SYNG	The Santa Monica Synagogue, 1448 18th St. (18th & Broadway), SM	Santa Monica & 17th: #1, Rapid #10 (wkdy, no midday service)
St Monica	St. Monica Catholic Church, 725 California Ave. (Lincoln & California), SM	Lincoln & California Ave: #18 Wilshire & Lincoln: # 2
VA PK, VP CTR, VP PATIO, VP TERRY	Virginia Avenue Park, 2200 Virginia Ave. (Cloverfield & Pico), SM	Pico & 23rd: #7
WHCHC	West Hollywood Community Housing Corporation 7302 Santa Monica Blvd., WH (Santa Monica & Poinsettia)	Fuller & Santa Monica Metro 704
WISE	Ken Edwards Center/Wise & Healthy Aging Adult Day Services, 1527 4th St. (4th & Broadway), SM	Broadway & 4th: #1, #2, #3, Rapid #3 (wkdy, no midday service), #7, Rapid #7 (wkdy), Express #7 (wkdy), #8, #9, Rapid #10 (wkdy, no midday service), #18

SMC AND EMERITUS TRANSPORTATION & PARKING: Santa Monica College maps, transportation, and campus parking information are available online at smc.edu/transportation. For detailed public transit information, contact: Santa Monica Big Blue Bus, 310-451-5444 or TDD 310-395-6024, web address bigbluebus.com; Metro, 323 GO-METRO, 323-466-3876, web address metro.net. If you have Downtown Santa Monica parking questions, call the SP+ Parking Operations office at 310-576-4743. Students attending class at the SMC Emeritus Campus (1227 2nd Street) may park in the City of Santa Monica parking structure #2, adjacent to Emeritus on 2nd St. between Arizona and Wilshire. The standard parking rate for parking structure #2 is: first 90 minutes free, other times and fees are as posted in the City of Santa Monica parking structure and are subject to change. If you are taking a class at any of the other SMC locations (i.e. Main Campus in Structure #3, Bundy, or the SMC Performing Arts Center) you will need a valid virtual parking permit from SMC to avoid a citation. Please visit smc.edu/parking to secure your virtual parking permit. Sign in with your SMC credentials and register your car. The permit is virtual and there is no printed document required.



CLASSES BY THE DAY Fall 2022

MONDAY

9:00a.m.-11:50a.m.	9710 ART E16, Life Drawing Studio	ONLINE
9:00a.m.-10:50a.m.	9737 ENGL E23, Shakespeare	EC 1227 107
9:00a.m.-11:15a.m.	9743 ENGL E30, Creative Writing	ONLINE
9:00a.m.-10:50a.m.	9776 HEALTH E34, Stress Reduction through Yoga	ONLINE
9:00a.m.-10:50a.m.	9821 OCC E20, Using the Internet Safely	ONLINE
10:00a.m.-11:50a.m.	9827 POL SC E00, Current Events	SM LIB
10:00a.m.-11:50a.m.	9838 TH ART E20, Improvisation	ONLINE
10:30a.m.-11:45a.m.	9839 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
11:00a.m.-12:50p.m.	9738 ENGL E23, Shakespeare	EC 1227 107
11:00a.m.-12:50p.m.	9819 OCC E01, Word Processing	ONLINE
11:00a.m.-12:50p.m.	9830 PSYCH E33, Living as a Single Person	ONLINE
11:30a.m.-1:20p.m.	9742 ENGL E29, Greek Literature	ONLINE
11:30a.m.-1:20p.m.	9750 ENGL E37, Writing Seminar	ONLINE
11:30a.m.-1:50p.m.	9793 HME EC E52, Restaurant Critic - Dining Wisely: Healthy Eating Choices	ITINERARY
12:00p.m.-1:15p.m.	9783 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:00p.m.-2:50p.m.	9792 HME EC E01, Sewing Lab	ONLINE
12:00p.m.-1:50p.m.	9843 TH ART E22, Principles of Illusion: Close-up and Stage	ONLINE
12:30p.m.-2:45p.m.	9717 ART E20, Drawing and Painting	ONLINE
12:30p.m.-2:20p.m.	9718 ART E21, Painting/Drawing, Oil and Acrylic	ONLINE
1:00p.m.-3:50p.m.	9749 ENGL E34, Writing for Publication	ONLINE
1:00p.m.-2:50p.m.	9813 MUSIC E32, Music Appreciation	ONLINE
1:30p.m.-3:20p.m.	9799 HUMDEV E24, Bereavement Support	ONLINE
2:00p.m.-3:50p.m.	9734 ENGL E20, Literature: The Novel	ONLINE
2:30p.m.-4:20p.m.	9720 ART E21, Painting/Drawing, Oil and Acrylic	ONLINE
3:00p.m.-4:50p.m.	9822 OCC E20, Using the Internet Safely	ONLINE
3:00p.m.-4:50p.m.	9829 POL SC E00, Current Events	ONLINE

MONDAY AND WEDNESDAY

9:00a.m.-10:15a.m.	9764 HEALTH E24, Physical Fitness Principles & Practices	EC 1227 308
9:30a.m.-11:00a.m.	9806 MUSIC E02, Guitar	ONLINE
10:30a.m.-11:45a.m.	9771 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
10:30a.m.-11:45a.m.	9772 HEALTH E25, Strength & Stamina Training Principles & Practices	EC 1227 308
11:00a.m.-12:50p.m.	9754 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
1:15p.m.-2:30p.m.	9760 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 304
2:30p.m.-3:45p.m.	9840 HEALTH E24, Physical Fitness Principles & Practices	ONLINE

MONDAY AND FRIDAY

9:00a.m.-10:15a.m.	9757 HEALTH E23, T'ai Chi Principles & Practices	VP CTR
2:00p.m.-3:15p.m.	9761 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 304

TUESDAY

9:00a.m.-11:50a.m.	9711 ART E16, Life Drawing Studio	EC 1227 204
9:00a.m.-11:15a.m.	9721 ART E22, Watercolor	ONLINE
9:00a.m.-10:50a.m.	9740 ENGL E25, Literature: The American Novel	ONLINE
9:00a.m.-10:50a.m.	9817 OCC E00, Basic Computer Training (formerly Introduction to Computers)	ONLINE
9:00a.m.-10:50a.m.	9823 PHOTO E00, Digital Photography I	ONLINE
9:30a.m.-11:45a.m.	9744 ENGL E30, Creative Writing	ONLINE
10:00a.m.-11:50a.m.	9702 ART E00, Survey of Art	ONLINE
10:00a.m.-11:50a.m.	9703 ART E00, Survey of Art	ONLINE
10:00a.m.-11:50a.m.	9735 ENGL E22, Short Story	ONLINE
10:00a.m.-11:50a.m.	9800 HUMDEV E27, Exercising the Brain	ONLINE
10:00a.m.-12:50p.m.	9807 MUSIC E03, "The Merits" - Vocal Ensemble	ONLINE
10:00a.m.-11:50a.m.	9811 MUSIC E30, Opera Appreciation	ONLINE
10:30a.m.-11:45a.m.	9790 HEALTH E63, Body Conditioning After a Stroke	ONLINE

11:00a.m.-12:50p.m.	9820 OCC E10, Using Data Files	ONLINE
11:00a.m.-1:50p.m.	9832 TH ART E01, Principles of Acting	ONLINE
11:30a.m.-1:45p.m.	9722 ART E22, Watercolor	ONLINE
12:00p.m.-1:15p.m.	9787 HEALTH E63, Body Conditioning After a Stroke	ONLINE
12:00p.m.-1:50p.m.	9810 MUSIC E10, Spanish Folk Singing	ONLINE
12:00p.m.-1:50p.m.	9816 MUSIC E51, Piano and Theory	ONLINE
12:30p.m.-2:20p.m.	9802 HUMDEV E27, Exercising the Brain	ONLINE
1:00p.m.-3:50p.m.	9715 ART E19, Painting	ONLINE
2:00p.m.-3:50p.m.	9731 BILING E02, French Literature	ONLINE
2:00p.m.-4:50p.m.	9833 TH ART E01, Principles of Acting	ONLINE
6:30p.m.-9:20p.m.	9805 MUSIC E00, Concert Band	LINCOLN

TUESDAY AND THURSDAY

8:30a.m.-9:45a.m.	9756 HEALTH E22, Chi Gong Principles & Practices	VP CTR
8:30a.m.-9:45a.m.	9763 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
8:30a.m.-9:45a.m.	9769 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
9:00a.m.-10:15a.m.	9765 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
10:00a.m.-11:50a.m.	9752 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
10:00a.m.-11:15a.m.	9770 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
10:30a.m.-12:20p.m.	9753 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
10:30a.m.-11:45a.m.	9778 HEALTH E38, Joint Health & Mobility	ONLINE
11:00a.m.-12:15p.m.	9766 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
11:30a.m.-12:45p.m.	9780 HEALTH E38, Joint Health & Mobility	ONLINE
12:00p.m.-1:15p.m.	9773 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
12:30p.m.-1:45p.m.	9759 HEALTH E23, T'ai Chi Principles & Practices	ONLINE
12:30p.m.-1:45p.m.	9781 HEALTH E38, Joint Health & Mobility	EC 1227 308
1:30p.m.-2:45p.m.	9795 HUMDEV E06, Enjoy Life - Understanding Our Mind, Body & Brain for Senior Adults	ONLINE
2:00p.m.-3:50p.m.	9755 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
2:00p.m.-3:15p.m.	9767 HEALTH E24, Physical Fitness Principles & Practices	ONLINE

WEDNESDAY

9:00a.m.-11:50a.m.	9712 ART E19, Painting	ONLINE
9:00a.m.-10:50a.m.	9796 HUMDEV E15, Theater - History of Comedy	ONLINE
9:00a.m.-10:35a.m.	9826 POL SC E00, Current Events	ONLINE
9:30a.m.-12:20p.m.	9713 ART E19, Painting	EC 1227 204
10:00a.m.-11:50a.m.	9708 ART E15, Drawing	ONLINE
10:00a.m.-11:50a.m.	9741 ENGL E27, Poetry and Fiction	ONLINE
10:30a.m.-11:45a.m.	9784 HEALTH E63, Body Conditioning After a Stroke	ONLINE
10:30a.m.-11:45a.m.	9804 HUMDEV E50, Communication After a Stroke	ONLINE
11:00a.m.-12:50p.m.	9736 ENGL E22, Short Story	ONLINE
11:30a.m.-1:20p.m.	9798 HUMDEV E22, Senior Seminar: Through a Jewish Lens - Art, Culture & Entertainment	EC 1227 107
12:00p.m.-2:50p.m.	9726 ART E30, Watercolor Studio	ONLINE
12:00p.m.-1:50p.m.	9774 HEALTH E30, Personal Safety - Fall Prevention	ONLINE
12:00p.m.-1:15p.m.	9837 HUMDEV E50, Communication After a Stroke	ONLINE
12:30p.m.-2:20p.m.	9803 HUMDEV E27, Exercising the Brain	ONLINE
1:00p.m.-3:50p.m.	9714 ART E19, Painting	ONLINE
1:00p.m.-2:50p.m.	9809 MUSIC E06, Gospel Community Chorus	ONLINE
1:30p.m.-3:20p.m.	9704 ART E00, Survey of Art	ITINERARY
1:30p.m.-3:20p.m.	9732 BILING E03, Literature from Around the World	ONLINE
1:30p.m.-4:20p.m.	9794 HME EC E71, Needlecrafts II	ONLINE
1:30p.m.-3:45p.m.	9836 TH ART E30, Dramatic Interpretation s Through Movie	ONLINE
2:00p.m.-3:50p.m.	9768 HEALTH E24, Physical Fitness Principles & Practices	EC 1227 308



WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9751 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
12:00p.m.-1:15p.m.	9758 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 308
2:00p.m.-3:15p.m.	9762 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 308

THURSDAY

9:00a.m.-11:50a.m.	9724 ART E30, Watercolor Studio	EC 1227 204
9:00a.m.-11:15a.m.	9745 ENGL E33, Autobiography	EC 1227 408
9:00a.m.-11:50a.m.	9814 MUSIC E34, Lyric Chorus	ONLINE
9:30a.m.-10:45a.m.	9845 Physical Fitness Principles & Practices	EC 1227 308
10:30a.m.-11:45a.m.	9785 HEALTH E63, Body Conditioning After a Stroke	ONLINE
11:00a.m.-1:15p.m.	9727 ART E55, Sculpture	ONLINE
11:30a.m.-1:45p.m.	9728 ART E80, Jewelry Making	ONLINE
12:00p.m.-1:50p.m.	9739 ENGL E24, Bible as Literature	ONLINE
12:00p.m.-1:15p.m.	9788 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:30p.m.-2:50p.m.	9808 MUSIC E04, Voice Training	EC 1227 107
1:00p.m.-3:15p.m.	9733 CT E00, The Fix-It Class - Repair Almost Anything	ONLINE
1:30p.m.-3:20p.m.	9705 ART E00, Survey of Art	ITINERARY
1:30p.m.-3:45p.m.	9719 ART E21, Painting/Drawing, Oil and Acrylic	ONLINE
1:30p.m.-2:45p.m.	9791 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-4:15p.m.	9729 ART E80, Jewelry Making	ONLINE
3:00p.m.-4:50p.m.	9797 HUMDEV E17, Senior Seminar - Luisa R.G. Kot Concert Series	EC 1227 107

FRIDAY

9:00a.m.-10:50a.m.	9701 ART E00, Survey of Art	ONLINE
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9:00a.m.-11:15a.m.	9707 ART E15, Drawing	EC 1227 204
9:00a.m.-11:50a.m.	9725 ART E30, Watercolor Studio	ITINERARY
9:00a.m.-10:50a.m.	9730 BILING E01, Literature in Spanish	ONLINE
9:00a.m.-10:50a.m.	9834 TH ART E02, Theater Arts Appreciation	ONLINE
9:30a.m.-12:20p.m.	9723 ART E24, Calligraphy II	ONLINE
9:30a.m.-10:45a.m.	9841 HUMDEV E55, BrainFlex	EC 1227 408
10:30a.m.-11:45a.m.	9786 HEALTH E63, Body Conditioning After a Stroke	ONLINE
10:30a.m.-12:20p.m.	9818 OCC E00, Basic Computer Training (formerly Introduction to Computers)	EC 1227 208
11:00a.m.-1:15p.m.	9716 ART E20, Drawing and Painting	ONLINE
11:00a.m.-12:50p.m.	9777 HEALTH E34, Stress Reduction through Yoga	EC 1227 308
11:00a.m.-12:50p.m.	9824 PHOTO E10, Digital Photography II	ONLINE
11:00a.m.-12:50p.m.	9835 TH ART E05, Reader's Theater	ONLINE
11:00a.m.-12:15p.m.	9842 HUMDEV E55, BrainFlex	EC 1227 408
12:00p.m.-1:15p.m.	9789 HEALTH E63, Body Conditioning After a Stroke	ONLINE
12:00p.m.-1:50p.m.	9812 MUSIC E32, Music Appreciation	ONLINE
12:30p.m.-2:45p.m.	9709 ART E15, Drawing	EC 1227 204
1:00p.m.-3:15p.m.	9748 ENGL E33, Autobiography	ONLINE
1:00p.m.-2:50p.m.	9825 PHOTO E10, Digital Photography II	ONLINE
1:30p.m.-3:20p.m.	9706 ART E00, Survey of Art	ITINERARY
2:00p.m.-3:50p.m.	9828 POL SC E00, Current Events	ONLINE
2:00p.m.-3:50p.m.	9828 POL SC E00, Current Events	ONLINE

SATURDAY

8:00a.m.-9:50a.m.	9775 HEALTH E34, Stress Reduction through Yoga	ONLINE
9:30a.m.-11:45a.m.	9746 ENGL E33, Autobiography	ONLINE
11:00a.m.-12:50p.m.	9815 MUSIC E51, Piano and Theory	ONLINE
12:00p.m.-2:15p.m.	9747 ENGL E33, Autobiography	ONLINE

SUPPORT LIFELONG LEARNING

BY JOINING OUR COMMUNITY OF SUPPORTERS

WAYS TO GIVE:

1. Join the Emeritus 250 CLUB by donating \$250 or more annually, which includes an invitation to our annual appreciation event.
2. Make a direct distribution from your IRA.
3. Make a bequest to Santa Monica College Foundation to create an enduring legacy.

DONATE SECURELY AT:

SantaMonicaCollegeFoundation.org/Emeritus



SANTA MONICA COLLEGE
FOUNDATION



SMC Emeritus Program student Hope Copeland (1926-2018)

Questions? Contact the SMC Foundation at 310-434-4215 or foundation@smc.edu



ADA ACCOMMODATIONS

SMC Emeritus students who require ADA (The Americans with Disabilities Act) accommodations in order to successfully participate in our unique noncredit older adult program or to sign up for our specialized Pathfinders classes should contact the SMC Center for Students with Disabilities. Santa Monica College makes every effort to make its campus fully accessible to students with disabilities. The SMC Center for Students with Disabilities offers guidance and counseling on admission requirements and procedures, as well as a number of special programs to help students with their academic, vocational, and career-planning goals. In addition, the Center offers specialized equipment, adaptive computer training, and test proctoring, among many other services and accommodations for students who are eligible.

To arrange for ADA accommodation, call the SMC Center for Students with Disabilities at **310-434-4265** or visit **smc.edu/disabledstudent**.

STATEMENT OF NONDISCRIMINATION

The Santa Monica Community College District is committed to building an inclusive and diverse environment and maintains a comprehensive program to ensure that practice reflects these principles. Diversity within the college environment provides opportunity to foster mutual awareness, knowledge, and sensitivity, to challenge ingrained stereotypes, and to promote mutual understanding and respect. The District's equal employment opportunity and nondiscrimination policies are set forth in Board Policies 2405, 2410, 3120-3123, 5220, 5230, and 5530. As set forth in these Board Policies, the District is committed to equal employment opportunity and nondiscrimination in the learning and work environments in accordance with all applicable laws, including, without limitation, California Code of Regulations, Title 5, § 59300 et seq., California Government Code §§ 11135-11139.5, the Sex Equity in Education Act (California Education Code § 66250 et seq.), Title VI of the Civil Rights Act of 1964 (42 U.S.C. § 2000d), Title IX of the Education Amendments of 1972 (20 U.S.C. § 1681), Section 504 of the Rehabilitation Act of 1973 (29 U.S.C. § 794), the Americans with Disabilities Act of 1990 (42 U.S.C. § 12100 et seq.), and the Age Discrimination Act (42 U.S.C. § 6101).

It is important for students, employees, and others associated with the College to report concerns about possible violations of the District's policies regarding equal employment opportunity and nondiscrimination. If you need information about the District's policies or need to report a violation of the laws listed above, you should contact:

- SMC Human Resources Office, 310-434-4415 or *hrcomplaints@smc.edu* (located on the second floor of the SMC Administration Building, 2714 Pico Blvd), regarding any complaint of unlawful discrimination, including sexual harassment and sexual discrimination; or
- Eric Oifer, ADA/504 Compliance Officer, 310-434-8912 or *oifer_eric@smc.edu* (office located in Student Services Center S276) regarding disability discrimination complaints.

El Distrito de Santa Monica Community College tiene el compromiso de crear un ambiente inclusivo y diverso y de mantener un programa comprensivo para asegurarse de que la practica refleja estos principios. La diversidad entre el ambiente colegial provee oportunidad para fomentar el conocimiento, la erudición, y la sensibilidad mutua, luchar contra los estereotipos arraigados, y promover la comprensión y

respeto mutua. Las reglas del Distrito sobre igualdad de oportunidades del empleo y de nondiscriminación se disponen en las polisas 2405, 2410, 3120-3123, 5220, 5230 y 5530. El Distrito está comprometido a la igualdad de oportunidades y nondiscriminación en los ambientes de la educación y del trabajo en acuerdo con las leyes, incluyendo, sin la limitación, el Código de las Regulaciones de California Título 5, § 59300 y ss.; el Código de Gobierno de California §§ 11135-11139.5; la Ley sobre Equidad de Sexo en la Educación (Código de Educación de California § 66250 y ss.); el Título VI de la Ley de 1964 sobre Derechos Civiles (42 U.S.C. § 2000d); el Título IX de las Enmiendas de Educación de 1972 (20 U.S.C. § 1681), Artículo 504 de la Ley de 1973 sobre Rehabilitación (29 U.S.C. § 794); la Ley de 1990 sobre Americanos con Incapacidades (42 U.S.C. § 12100 y ss.); y la Ley sobre Discriminación por Edad (42 U.S.C. § 6101).

Es importante que los estudiantes, el personal y las demás personas relacionadas con el SMC reportan las inquietudes sobre posibles violaciones de las polisas relacionadas a la igualdad de oportunidades del empleo y de nondiscriminación. Si Ud. necesita información sobre las polisas del Distrito o tiene que reportar una violación de cualquier de estas leyes, debe ponerse en contacto con:

- La oficina de SMC Human Resources 310-434-4415 o *hrcomplaints@smc.edu* (ubicada en el segundo piso del Edificio Administrativo del SMC en 2714 Pico Blvd.) sobre cualquier reporte de discriminación, incluyendo el acoso sexual o discriminación sexual; o con
- Eric Oifer, ADA/504 Oficial de Conformidad 310-434-8912 o *oifer_eric@smc.edu* (oficina ubicada en la Sala S276 del Centro de Servicios Estudiantiles (Student Services Center) sobre reportes de discriminación por discapacidad.

THIS SCHEDULE IS PREPARED BY THE SANTA MONICA COLLEGE MARKETING AND COMMUNICATIONS

Donald Girard, *Senior Director, Government Relations and Institutional Communications*

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Santa Monica College Contributors: Dr. Kathryn E. Jeffery,

Dr. Scott Silverman, Vivian Rankin-Scales, Ashley Price,

Jessica Riojas, and Ileana Hernandez.

DONATIONS

Help provide for activities, special performances, supplies, equipment, and more. Please make checks payable to "SMC Foundation" and write "Emeritus" in the memo line. Donations can be mailed with your Emeritus registration. Please allow additional time for donation acknowledgments during peak registration periods. Thank You.



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Global Network





A Program of Santa Monica College

APPLICATION FORM

Applications will only be accepted by email. Email to: emeritus@smc.edu

YES! Count me in as a supporter!

Check payable to: SMC FOUNDATION
(write "Emeritus" in the memo line)

- \$1,000 and above President's Circle
- \$500 to \$999
- \$250 to \$499 Club 250 starts at \$250
- \$100 to \$249

Please send me information about how I can provide for SMC and/or SMC Emeritus in my will or estate plan, including tax benefits and the SMC Foundation's Legacy Society.

PLEASE PRINT:

Name _____
 Address _____
 City/State/Zip _____
 Phone Number _____
 Email _____

This donation should be listed as Anonymous.

Full Legal Last Name: _____ Middle: _____
 Full Legal First Name: _____
 Legal Permanent Street Address: _____ Apt. No.: _____
 City: _____ State: _____ Zip Code: _____

Mailing Address (if different from above). Include P.O. Box, City and Zip Code: _____
 Telephone Number: _____ Birth Month: _____ Day: _____ Year: _____
 Area Code: _____ Check One: Male Female
 SMC/Emeritus Identification No. _____ Email: _____
 Email me information on SMC Emeritus, SMC Foundation, and SMC.

YOU MUST ANSWER THE FOLLOWING QUESTIONS EACH TIME YOU REGISTER:

Term: Summer Fall Winter Spring Have you enrolled in SMC or Emeritus Classes before? YES NO

Have you resided in California for at least two years? YES NO If NO, since _____ and year _____

If NO, last legal resident address: _____

Have you been disqualified or dismissed from a college? YES NO

If yes, enter college name: _____ and year _____

Section No.	Course Names	Time/Day	Section No.	Course Names	Time/Day

WRITE ONE CODE NUMBER IN EACH BOX AT THE RIGHT: (The State requires this information for new students.)

Ethnic Background	1. African American	3. White	6. South American	9. Cambodian	12. Japanese	15. Vietnamese	18. Hawaiian
	2. American Indian/Alaskan Native	4. Mexican/Chicano	7. Hispanic Other	10. Chinese	13. Korean	16. Asian Other	19. Samoan
	5. Central American	8. Asian Indian	11. Filipino	14. Laotian		17. Guamanian	20. Pacific Islander
Citizenship	1. United States	3. Temporary Resident	5. Student F1 or M1 Visa	7. Unknown			
	2. Permanent Resident	4. Refugee/Asylee	6. Other (specify below): _____	8. Foreign student taking online classes from home country.			

If you selected No. 2,3,4,5, or 6, write in your Permanent Resident or Visa No.: _____ Issue Date: _____

Enrollment Status	1. First time college student.	3. Returning to SMC, last attended another college.	5. Continuing from a previous semester.
	2. First time at SMC, attended another college.	4. Returning to SMC, last attended SMC.	6. Special admit, currently enrolled in K-12.

Educational Level	Year last attended school: _____	5. Received High School Proficiency Certificate
	CERTIFICATE, DEGREE OR GRADUATED FROM: _____	6. Foreign Secondary School Diploma
	0. Non-high school graduate	7. Earned College Associate Degree
	1. Advanced high school	8. Earned College Bachelor Degree or higher

MY DONATION OF \$ _____
 TO SUPPORT EMERITUS IS ENCLOSED.

Emergency Contact: _____
 Emergency Telephone No.: _____

REQUIRED

*** WITHOUT YOUR SIGNATURE AND DATE WE CANNOT PROCESS YOUR FORM**

I certify that the statements made in this application are true and complete to the best of my knowledge. I understand that falsification, withholding pertinent data or failure to report changes in residence may result in my dismissal.

Signature: _____
 Date: _____



Santa Monica College
1900 Pico Boulevard
Santa Monica, CA 90405-1628

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Fall 2022 Classes Will Be Online and On-Ground!



1227 2nd Street, Santa Monica, CA 90401
Business Hours: Mon. – Fri., 8:30 a.m. – 4:30 p.m.
Telephone: 310-434-4306
Email: emeritus@smc.edu
Website: smc.edu/emeritus

SMC EMERITUS STAFF

Dr. Scott Silverman, Dean, Noncredit and External Programs
Vivian Rankin-Scales, Program Coordinator
Ashley Price, Administrative Assistant
Jessica Riojas, Student Services Clerk

VOLUNTEERS

Mady Bergman, London Carter, Susan Cohen, Walter Coronel,
Pat Gorman, Fida Habib, Alice Hirsh, Jeffrey Hogue, Suzie Kim,
Cecelia Krippendorf, Shanta Lulla, Ruth Okin, Joseph “Wally” Pegrum,
Susan Shapiro, Lillia Singer

EMERITUS STUDENT ADVISORY COUNCIL

Student membership of the Associate Dean’s Emeritus Student
Advisory Council will be listed on the SMC Emeritus website at:
smc.edu/emeritus

SMC BOARD OF TRUSTEES

Dr. Louise Jaffe, Chair; Barry Snell, Vice-Chair;
Dr. Susan Aminoff; Dr. Nancy Greenstein;
Dr. Margaret Quiñones-Perez; Rob Rader;
Dr. Sion Roy; Catalina Fuentes Aguirre, Student Trustee;
Kathryn E. Jeffery, Ph.D., Superintendent/President

SMC Emeritus Fall 2022 Schedule of Classes

WHAT IS SMC EMERITUS?

SMC Emeritus, started in 1975, is a noncredit older adult program of Santa Monica College. SMC Emeritus serves over 3,600 students annually and offers over 120 free classes of interest to senior citizens. All classes are held during the day at convenient locations throughout the community or at our home base on Second Street. The name Emeritus refers to people “retired with honor.” All older adults are welcome. For more information, call the SMC Emeritus office at 310-434-4306, visit our website at smc.edu/emeritus or stop by our office at 1227 Second Street, Santa Monica.

¿ QUÉ ES SMC EMERITUS ?

SMC Emeritus, inaugurado en 1975, es un programa sin créditos que ofrece Santa Monica College para adultos mayores. SMC Emeritus atiende a más de 3,600 estudiantes anualmente y ofrece más de 120 clases gratuitas de interés a personas de la tercera edad. Todas las clases se llevan a cabo durante el día en lugares accesibles en toda la comunidad o en nuestra sede en Second Street. El nombre Emeritus se refiere a personas “jubiladas con honor”. Todos los adultos mayores son bienvenidos. Para más información, llame a la oficina de SMC Emeritus al 310-434-4306, visite nuestro sitio web en smc.edu/emeritus o acuda a nuestra oficina ubicada en 1227 Second Street, Santa Monica. Ofrecemos clases en español. Mire dentro de este catálogo para mayor información.

COVER IMAGES ARE FROM THE ANNUAL SMC EMERITUS STUDENT ART EXHIBITION 2022 - PART 2

Visit smc.edu/emeritusgallery to view the exhibition.

Front Cover:
Lynn Strother, *Llama*, 2022

Back Cover:
Janet Siegel, *Orange Bikes*, 2021

