



MERITUS

A Program of
Santa Monica College



Schedule of Classes | Winter 2020 | Jan. 6 – Feb. 13

REGISTRATION

IMPORTANT SEMESTER DATES

Thursday, October 10, 2019 **Schedule available online at smc.edu/emeritus**

Monday, October 28, 2019 **Schedule available at Emeritus and Santa Monica Libraries**

Monday, November 18, 2019 **First day of Registration/Enrollment**

Monday, January 6, 2020 **WINTER SESSION BEGINS**

Monday, January 20, 2020 **Martin Luther King, Jr., Day (no classes/campus closed)**

Thursday, February 13, 2020. **WINTER SESSION ENDS**

RETURNING STUDENTS are those absent from classes for three semesters or more. You must use an Application Form to enroll in classes. The Application Form is located in the back of this schedule, at the Enrollment Services office, or online at smc.edu/emeritus.

CONTINUING STUDENTS are students actively enrolled in the present or either of the previous 2 semesters. Continuing students may enroll themselves online or use a paper form. At least two weeks prior to the start of enrollment, Continuing Student Enrollment Cards are mailed to the address on record. Listed at the top of the form is a computer generated online enrollment appointment date/time that will rotate to a previous day each term. You may enroll online using the SMC Corsair Connect Enrollment System on your appointment date/time or anytime thereafter. If you are not assigned an online enrollment appointment, you cannot enroll online and must fill out a paper form to enroll (either use the Continuing Student Enrollment Card or an Application Form available in the back of this schedule). Continuing Students who received an online enrollment appointment are the only students who are eligible to use authorization codes given to them by faculty to self-enroll online in closed classes after the start of the semester. If you receive an authorization code from an instructor for a closed class, enroll yourself in the class online to get yourself processed into the class faster than submitting a paper add card to the Enrollment Services office.

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus occurs through SMC's Corsair Connect system. 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 students with online enrollment when the mini lab is open. Go to room #209 during the first week of the enrollment period and use this great service! Mini lab hours are posted on the door and usually are from 9:00 a.m. – 4:00 p.m. during the first week of enrollment. If a volunteer is unavailable, the mini lab will close that day. For helpful information online:

- Go to smc.edu/emeritus – click onto the links located at the left hand side. There you will find helpful links, such as: Instructions for Online Enrollment; Corsair Connect (Online Enrollment & SMC Email); Searchable Schedule (to search which classes are open); and other helpful links.
- To use “Corsair Connect” to enroll online, make sure you have your SMC/Emeritus Student ID number, password and class section numbers available. If this is the first time you are using Corsair Connect, then your initial password will

HOW TO REACH US



EMERITUS

A Program of Santa Monica College

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

Listed above are the important semester dates. Students must enroll every semester. ***Students are initially allowed to enroll in a maximum of 3 classes for the Winter 2020 session. This cap will be lifted at the start of week 3 to allow you to enroll in additional classes, and enable us to fill more of the seats in available classes. Please note, the same enrollment rules apply; therefore, you will not be able to enroll in duplicate sections of the same course or enroll in a class that causes a time conflict, etc.***

NEW STUDENTS are those without an SMC Student Identification Number. New students must register/enroll in person at the Emeritus Enrollment Services Office & provide a picture ID in order for their paper application to be processed and to receive their permanent student ID#. The Application Forms are located in the back of this schedule, at the Enrollment Services office, or online at smc.edu/emeritus.



be your 6-digit date of birth (MMDDYY) and you will then be asked to convert your 6-digit date of birth password to a new alphanumeric password. You are responsible for retaining your new password and for printing your online enrollment transaction receipt. If you have forgotten your ID number or password, click on “I cannot access my account” on the Corsair Connect login screen and follow the next directions to retrieve your login information.

- To use “Searchable Schedule” to look for open classes, go to smc.edu/emeritus; on the left side menu, under the “Schedule of Classes” sub-menu, click onto “Searchable Schedule.” Then, select 1) the Semester (e.g. Fall), 2) Class Type (Emeritus), and 3) Class Status (e.g. open). Scroll down & click the “Search” button. A listing of classes appears below the “Search” button. Click the right arrow at the bottom of the page to access the next rows/pages of classes.

PAPER APPLICATION ENROLLMENTS

Students using the paper application enrollment option may mail or drop off forms no earlier than the official first day of enrollment to the Emeritus Enrollment Services Office. Paper enrollment forms are processed after all the online appointments have expired with mailed-in forms taking precedence.

- Mailed forms are processed prior to hand-delivered forms on a daily basis. Postmarks are used to determine processing order.
- Fill out all forms completely, sign, date and provide an emergency contact/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 2nd choice for a better chance of receiving a course of your choice.

NOT ABLE TO ENROLL?

If you are unable to enroll because of missing application information, a required matriculation code change, unpaid credit course fees, a records hold, or disqualification status, call the Emeritus office for information. If you are unable to enroll due to a closed class, please see section below on closed classes. If you are unable to enroll online due to technical challenges, we will refer you to the mini computer lab volunteers in room #209 to assist you with online enrollment. Please use this great student service. Due to a small staff, we are unable to train students to enroll online over the telephone.

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

Students enrolling online will not receive a mailed transactions receipt from Emeritus. You must print your transaction receipts from the SMC 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: the class was filled,

there was a time conflict, or you tried to enroll in two sections of the same course. ID#s are listed on the upper left hand of the confirmation/receipt. BRING YOUR RECEIPT TO THE FIRST CLASS(ES) or TO THE OFFICE IF YOU HAVE ENROLLMENT QUESTIONS.

CLOSED CLASSES / WAIT LIST

For closed classes, students who enroll online can add themselves onto the wait list by clicking “Wait for a Class”, if wait list space is available. Students who submit a paper enrollment form will automatically be added to the wait list, if wait list space is available. The maximum capacity for a wait list is approximately 30% of the maximum seat capacity for the class. The wait list is ordered in chronological order: the name of the student joining the wait list the earliest will be included at the top (#1). Once the class starts, instructors will use this chronological wait list when considering granting authorization (add) codes or signing 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 receive an Open Seat Notification email to their SMC email account. Whoever enrolls first gets the seat. Being on the wait list and receiving an Open Seat Notification email does not guarantee an actual seat to anyone. Enrollment for the open seat is on a “first come, first to enroll” basis. For higher chances of getting the open seat, check your SMC email regularly and register yourself 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

Use an address card for changes or make changes online at smc.edu/emeritus. Click on “Corsair Connect (Online Enrollment & SMC Email)” from the menu on the left side and login. Then, click the “Enrollment” blue tab/link in the middle of the page. From the left side 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. If you need to make changes to your emergency information, then fill out an Emergency Card in person at the Emeritus Enrollment Services Office or fill in the info on your enrollment form.



Welcome to SMC Emeritus!

NEW

Look for this symbol to find new course opportunities, classes offered in other languages, or tribute classes.

Dear Emeritus Community,

Welcome to Winter 2020!

As Fall winds to a close and you think about which classes you plan to enroll in for Winter 2020, please consider taking something new for a change. This will be our second semester of Persian Literature (BILING E03), Guitar (MUSIC E02), and we will continue some of the other changes we made later this year (Spring). HME EC E52 (Food Critic) will be over an extended lunch...but not as long as it was during Fall. We have several new faculty with us already this year...and there are some exciting developments happening for future courses at Emeritus.

In other news, I want you to know that I have worked with the City of Santa Monica to advocate for an increase in the total amount of parking validation time you receive when you are getting your parking validated at Emeritus. In recent years, you were getting 30 minutes of additional time, to go with the 1.5 hours the city gives everyone. Now you will enjoy an extra hour! That's right, 3 total hours of time. The City sets parking rates and the fee structure, and those details are always subject to change...but as long as you are in and out of the structure within 3 hours, you should be able to avoid parking fees. As always though, all issues related to parking should be addressed with the City and SP+ directly.

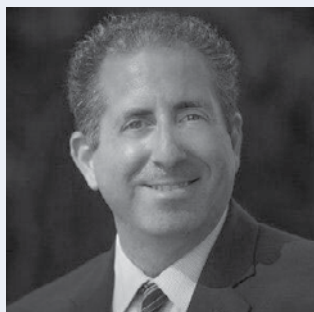
Our Digital Signage screens are operational...though we are still working on keeping the content focused only on those things most relevant for Emeritus. We are in the midst of some upgrades to the audio/visual equipment in the Emeritus building. These will enable us to have more functional microphones in almost every room, as well as modern projectors and some great equipment for future classes.

By the time you get this, we will be in the midst of our year-end fundraising campaign. This is a good time to give you the 2018 figures. From January 1 – December 31, 2018, the total amount of funds raised by Emeritus was \$176,956.00.

As always, if you're looking for ways to give back, donations are always appreciated. We also would benefit greatly from your service as a volunteer. Please ask Vivian how you can volunteer here at Emeritus.

Sincerely,

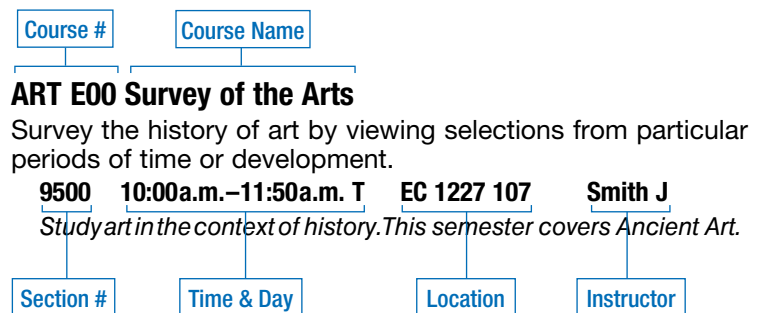
Dr. Scott C. Silverman
Associate Dean, SMC Emeritus



IMPORTANT NOTES TO STUDENTS:

- See the Facilities list on page 18 for a full description of each location abbreviation.
- The description of the courses showing "ITINERARY" as a location requires the ability for students to traverse uneven ground and negotiate stairs.
- Volunteers handle registration information in a confidential manner. 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

T = Tuesday

W = Wednesday

Th = Thursday

F = Friday

S = Saturday

MW = Monday & Wednesday

MF = Monday & Friday

TTh = Tuesday & Thursday

WF = Wednesday & Friday

Check Out the
EMERITUS WEBSITE
smc.edu/emmeritus

YOU'LL FIND

- Enrollment information and instructions
- Schedules of classes
- How to support Emeritus
- Emeritus news and information
- Bulletin Board of community events
- The Emeritus Voice newsletter
- Advisory Council pictures and bios
- 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.

9501 9:00a.m.-10:50a.m. T EC 1227 408 Taylor V

This course covers a variety of time periods and movements throughout the history of art. Topics covered include fine art, architecture, and decorative arts as influenced by their cultural and socio-political context.

ART E06, Artistic Expression through Gardening

This course helps older adults express themselves by creating indoor and/or outdoor gardens and learn how gardening can lead to a more creative and healthier lifestyle. Older adults discuss maintenance issues, cost factors, and artistic expression in gardening, as well as the history of gardening styles in public and private spaces. Older adults learn about making environmentally sensitive gardening choices, as well as ways to create long-lasting environments that make their lives more pleasant and fulfilling.

9502 10:00a.m.-11:50a.m. M ITINERARY Jaeger J E

First class meets at the SE corner of 24th & Marguerita, north of Montana, to receive itineraries.

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.

9503 9:00a.m.-11:15a.m. M EC 1227 205 Adams L K

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

9504 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.

9505 9:00a.m.-11:50a.m. T EC 1227 205 Harrison A B

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

9506 9:00a.m.-11:50a.m. F EC 1227 204 Harrison A B

For beginners and others wanting to increase their skills. Includes lessons in anatomy, proportion, structure and expression. Short, medium and long poses.

9507 1:00p.m.-3:50p.m. M EC 1227 205 Adams L K

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.

9508 9:00a.m.-11:50a.m. F EC 1227 205 Donon S G

Assignments are designed for the progressing student. A basic grasp of the fundamentals of painting is highly recommended.

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.

9509 9:00a.m.-11:15a.m. M EC 1227 204 Donon S G

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

9510 9:00a.m.-11:15a.m. W EC 1227 205 Donon S G

Drawing and painting for all levels. This course focuses on water based mediums and different techniques.

9511 12:30p.m.-3:30p.m. M MALIBU BLUFFS 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-lives, landscapes and possible “plein air” sessions. Friendly critiques.

9512 12:30p.m.-2:45p.m. W EC 1227 205 Trentham B M

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.

9513 1:00p.m.-3:15p.m. T EC 1227 204 Harrison A B

Enhance your creativity through painting. This section is in memory of Francis J. Abrahams.

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.

9514 9:00a.m.-11:15a.m. T EC 1227 204 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.

9515 11:30a.m.-1:45p.m. T EC 1227 204 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.

9516 9:30a.m.-11:20a.m. F 1450 OCEAN Lewis M T

In this class, you will learn how to write and use a fun contemporary alphabet.

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.

9517 12:00p.m.-2:50p.m. W EC 1227 204 Tirr C A

Studio watercolor covering the basics with a focus on strong composition and an understanding of the medium.

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.

9518 11:30a.m.-1:45p.m. Th 1450 OCEAN Ryza S V

Advanced jewelry techniques. New projects weekly – wirework, bead weaving, chain maille, advanced stringing projects, and more. Use a wide assortment of tools and materials. Students purchase materials per guidelines. Projects for this section are more complex. Students should master basic jewelry skills prior to enrolling.



EMPLOYMENT FOR SENIORS – COMPUTER TRAINING

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

- Introduction to Computers
- 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.

Bring a flash drive to class. 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.

9578 1:30p.m.-3:20p.m. F EC 1227 208 Frech H A

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.

9579 9:00a.m.-10:50a.m. M EC 1227 208 Woolen D W

Beginner course.

9580 11:00a.m.-12:50p.m. F EC 1227 208 Frech H A

Intermediate course.

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.

9597 9:00a.m.-10:50a.m. W EC 1227 208 Rodriguez J E



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.

9582 11:00a.m.-12:50p.m. M EC 1227 208 Woolen D W

This section will focus 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.

9584 9:00a.m.-10:50a.m. T EC 1227 107 Schneir G

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. Cell phone photography will also be explored.

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.

9585 9:00a.m.-10:50a.m. F EC 1227 208 Frech H A

Learn about videos. Use Adobe Premiere to create simple videos. Knowledge and use of Photoshop Elements experience is recommended.

9598 11:00a.m.-12:50p.m. W EC 1227 208 Rodriguez J E

Beginner course. Designed for the digital photographer novice, taking pictures, transferring them to your computer, beginning cropping, editing and color corrections using Photoshop Elements.

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.

9529 8:30a.m.-10:20a.m. WF EC 1227 308 Dee D

Please bring your own yoga mat (unless section is chair-based).

9530 10:00a.m.-11:50a.m. TTh EC 1227 308 Cooper M

9531 11:00a.m.-12:50p.m. MW EC 1227 308 Lieb J B

Through the practice of yoga postures (asanas) and yogic breathing (pranayama) you will learn how to improve your overall health and well-being, to develop strength, flexibility, balance, improve your breathing, increase circulation, your ability to hold focus and to relax. Please bring your own yoga mat, a notebook, and a pencil.

9532 11:30a.m.-1:20p.m. TTh 1450 OCEAN Cass K

Above section 9532 is chair based — no mat required.

9533 2:00p.m.-3:50p.m. TTh EC 1227 308 Dee D

Please bring your own yoga mat (unless section is chair-based).

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.

9534 8:30a.m.-9:45a.m. TTh EC 1227 308 Holtzermann C

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.

9535 9:00a.m.-10:15a.m. MF VA PK Akers P A

Beginner and intermediate. Meets at Virginia Park Center, Fitness Room #1.

9536 12:00p.m.-1:15p.m. WF EC 1227 304 Nardini A S

This is an intermediate class that is not designed for beginners. Students should know the entire 108 Long Form Yang style.

9537 12:30p.m.-1:45p.m. TTh EC 1227 304 Terry Jr P W

Beginner and intermediate.

9538 2:00p.m.-3:15p.m. MF EC 1227 304 Akers P A

Intermediate and advanced.



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.

9539 8:30a.m.-9:45a.m. TTh VP CTR Moy D N

Above section 9539 meets in Virginia Park Center, Fitness Room #1.

9540 9:00a.m.-10:15a.m. MW EC 1227 304 Huner K A

9541 9:00a.m.-10:15a.m. TTh 1450 OCEAN Wapner-Baart L J

9542 9:30a.m.-10:45a.m. TTh EC 1227 304 Huner K A

9543 2:00p.m.-3:50p.m. W EC 1227 304 Cass K

This section will be a combination of chair-based and non-chair-based, yoga inspired activities.

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.

9544 2:00p.m.-3:15p.m. TTh EC 1227 304 Terry Jr P W

9545 10:00a.m.-11:15a.m. TTh VP PATIO Regalado O

9546 10:30a.m.-11:45a.m. MW EC 1227 304 Huner K A

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.

9547 10:00a.m.-11:50a.m. F EC 1227 304 Evans Jami R

**LOS ANGELES
COUNTY**

HELP LINE

Find housing, transportation, meals, medical care, senior centers, legal and elder abuse help.

Dial 211 for free information.

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.

9548 8:00a.m.-9:50a.m. S VA PK Holtzermann C

Above section 9548 meets at Virginia Park Center, Fitness Room #1.

9549 9:00a.m.-10:50a.m. M EC 1227 308 Cooper M

9550 11:00a.m.-12:50p.m. F EC 1227 308 Lieb J B

Learn through the focused practice of yoga postures (asanas)-standing, seated, supine (lying down), and/or inverted- with conscious yoga breathing (pranayama) how to increase your energy, support emotional balance, develop your ability to concentrate, induce relaxation and improve your overall health and well-being. Please bring your own yoga mat, a notebook, and a pencil.

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.

9551 10:30a.m.-11:45a.m. TTh WISE Moy D N

Above section 9551 is targeted towards participants of the WISE Adult Day Program.

9552 10:30a.m.-11:45a.m. TTh VP CTR Wapner-Baart L J

The above section 9552 meets at Virginia Park Center, Fitness Room #1.

9553 8:00a.m.-9:15a.m. TTh EC 1227 304 Regalado O

9554 2:30p.m.-3:45p.m. MW REED PK Albert G S

Above section 9554 chair based class.

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. Registration is completed through the SMC Disabled Students Program & Services (DSPS) 310-434-4442.

9555 10:30a.m.-11:45a.m. Th EC 1227 307 Jaffe A O

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

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

Registration is completed through the SMC Disabled Students Programs & Services (DSPS) (310) 434-4442

9556 12:00p.m.-1:15p.m. T EC 1227 307 Phillips B S

1:30p.m.-2:45p.m. T EC 1227 307 Phillips B S

10:30a.m.-11:45a.m. T EC 1227 307 Phillips B S

Registration is completed through the SMC Disabled Students Programs & Services (DSPS) (310) 434-4442

9557 12:00p.m.-1:15p.m. F EC 1227 307 Evans Jami R

1:30p.m.-2:45p.m. F EC 1227 307 Evans Jami R

10:30a.m.-11:45a.m. W EC 1227 307 Evans Jami R

Registration is completed through the SMC Disabled Students Programs & Services (DSPS) 310-434-4442.



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.

9521 1:00p.m.-3:15p.m. Th EC 1227 407 Ross M A

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.

9558 11:30a.m.-1:50p.m. T ITINERARY Salgado G

Itinerary Classes will meet the first day in the Gallery at Emeritus, unless otherwise instructed.

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.

9559 1:50p.m.-3:05p.m. T EC 1227 204 Albert G S
1:30p.m.-2:45p.m. Th EC 1227 408 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.

9561 11:30a.m.-1:20p.m. W EC 1227 107 Abatemarco A M

YOU'VE GOT SMC EMAIL!

Every student at Emeritus has been assigned a Santa Monica College email address. Check it regularly to get information from college faculty and staff.

How do you get to your email?

- Go to the Santa Monica College website at smc.edu
- Click on the **Login** tab at the top of the screen and then click **Corsair Connect** below that
- Type in your **Student ID Number** and **Password**, then click **Login**
- Your email may open automatically as a new window. If you don't see your email, click on the **Home** tab in the upper right hand corner.
- If this is the first time you are using **Corsair Connect**, then your initial password will be your 6-digit date of birth (MMDDYY) and you will then be asked to convert your 6-digit date of birth password to a new alphanumeric password. You are responsible for retaining your new password. If you have forgotten your ID number or password, click on **"I cannot access my account"** on the **Corsair Connect** login screen and follow the instructions to retrieve your login information.



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.

9562 1:30p.m.-3:20p.m. M EC 1227 407 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.

9563 11:00a.m.-12:15p.m. F EC 1227 407 Lewis S L

Above Section 9563 is designated for students in the Pathfinders program. Registration is completed through the SMC Disabled Students Programs & Services (DSPS) 310-434-4442

9564 10:00a.m.-11:50a.m. T EC 1227 407 Frand L

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

9565 12:30p.m.-2:20p.m. T EC 1227 407 Frand L

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

HUMDEV E28, Communication After a Stroke (Computer Based)

This course helps older adults with aphasia reconstruct their language comprehension and communication skills and gain greater self-confidence in their ability to understand and communicate with others. The course introduces adults with aphasia to a computer software program that can help them improve their language and reading comprehension, memory, verbal reasoning skills, and attention span. The course, which is part of the Pathfinders Program, allows older adults to experiment with language comprehension software before purchasing it for use at home. Registration is completed through the SMC Center for Students with Disabilities, 310-434-4442.

9566 1:30p.m.-3:20p.m. W EC 1227 208 Feinberg L H

Registration is completed through the SMC Disabled Students Programs & Services (DSPS) 310-434-4442.

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. Registration is completed through the SMC Center for Students with Disabilities, 310-434-4442.

9567 10:30a.m.-11:45a.m. W EC 1227 305 Feinberg L H

12:00p.m.-1:15p.m. W EC 1227 305 Feinberg L H

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.

9590 11:00a.m.-12:50p.m. M EC 1227 408 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 9519 9:00a.m.-10:50a.m. F VP TERRY Quiñones H C

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 9520 2:00p.m.-3:50p.m. T EC 1227 409 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.

9596 11:00a.m.-12:50p.m. W EC 1227 408 Ghabaei B

This section will explore a variety of Persian literature, appreciate Persian culture, and the language in which it was written. NOTE: This class will be conducted largely in English, but by an instructor fluent in Farsi. Works to be studied include the poets Rumi and Hafez.

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.

9522 2:00p.m.-3:50p.m. M EC 1227 409 Dwyer F

*A close reading and discussion of the great novels. In the Winter 2020 semester we will continue with Marcel Proust's *In Search of Lost Time: vol. 4: Sodom and Gomorrah*, in the translation by Moncrieff, revised by Kilmartin, and revised again by Enright.*

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.

9523 9:00a.m.-10:50a.m. M EC 1227 107 Achorn J C

We will be continuing our study of Hamlet this term.

9524 11:00a.m.-12:50p.m. M EC 1227 107 Achorn J C



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.

9525 11:30a.m.-1:20p.m. M EC 1227 409 Dwyer F

We will begin exploring the epic story of Jason and the Argonauts. Our basic text will be The Golden Fleece, by Robert Graves, published by Seven Stories Press. (ISBN-10: 1609807677)

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.

9526 9:00a.m.-11:15a.m. M EC 1227 409 Kronsberg G J

Experiment with writing projects to explore style, content and effect from the basics to more sophisticated techniques.

9527 9:30a.m.-11:45a.m. T MALIBU SNR CTR Reich E S

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.

9528 9:30a.m.-11:45a.m. S PAC 116 Fox Jr R W

Above section 9528 meets at the Performing Arts Center, 1310 11th Street.



MUSIC – PERFORMING ARTS

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.

9568 6:30p.m.-9:20p.m. T LINCOLN Miyoshi Y

This class will start week #2 of the winter term.

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.

9595 9:30a.m.-10:50a.m. MW PAC 104 Terry Jr P W

Above section 9595 meets at the Performing Arts Center, 1310 11th Street.

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.

9569 10:00a.m.-12:50p.m. T EC 1227 409 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.

9570 9:00a.m.-11:50a.m. Th EC 1227 107 Jackson L R

9571 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.

9572 1:00p.m.-2:50p.m. W PAC 107 Bryant W

Above section 9572 meets at the Performing Arts Center, 1310 11th Street.

Volunteer Los Angeles

Check out your volunteer options at a local nonprofit organization. Work with the best.

volunteer.lamayor.org



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

9573 12:00p.m.-1:50p.m. T VP TERRY 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.

9574 9:00a.m.-10:50a.m. T EC 1227 107 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.

9575 1:00p.m.-2:50p.m. M EC 1227 107 Hetz M L

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

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.

9576 11:00a.m.-12:50p.m. S PAC 206 Hetz M L

Above section 9576 meets at the Performing Arts Center, 1310 11th Street. This section is for Intermediate and Advanced students.

9577 12:00p.m.-2:20p.m. F PAC 206 Hetz M L

Above section 9577 meets at the Performing Arts Center, 1310 11th Street. This is for Beginners!

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.

9586 9:00a.m.-10:35a.m. W WHCHC Millan B A

9587 9:30a.m.-11:20a.m. W EC 1227 107 Stern R M

9588 10:00a.m.-11:50a.m. M SM LIB Reiner M

9589 2:00p.m.-3:50p.m. F EC 1227 107 Trives N
2:00p.m.-3:50p.m. F EC 1227 107 Johnson J P



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.

9560 9:00a.m.-10:50a.m. W EC 1227 409 Achorn J C

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.

9591 11:00a.m.-2:50p.m. T EC 1227 107 Gannen B

First class will be held at Emeritus as scheduled above. Remaining classes may be held on different days/times in The Edye Theater – schedule will be provided on the first day of class in the syllabus.

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.

9592 9:00a.m.-10:50a.m. F EC 1227 107 Abatemarco A M

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.

9593 11:00a.m.-12:50p.m. F EC 1227 107 Abatemarco A M

9594 1:30p.m.-3:45p.m. W EC 1227 107 Laffey S A

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.
- There is a special section of **HUMDEV E27 Exercising the Brain**, which is designed for individuals dealing with cognitive deficits. The Pathfinders section will be labeled appropriately.
- **HUMDEV E28 Communication After a Stroke** (Computer Based) and **HUMDEV E50 Communication After a Stroke** (not on a computer), are classes that assist in the improvement of communication skills.

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.

9555	10:30a.m.-11:45a.m. Th	EC 1227 307 Jaffe A O
	12:00p.m.-1:15p.m. Th	EC 1227 307 Jaffe A O
	1:30p.m.-2:45p.m. Th	EC 1227 307 Jaffe A O
9556	12:00p.m.-1:15p.m. T	EC 1227 307 Phillips B S
	1:30p.m.-2:45p.m. T	EC 1227 307 Phillips B S
	10:30a.m.-11:45a.m. T	EC 1227 307 Phillips B S
9557	12:00p.m.-1:15p.m. F	EC 1227 307 Evans Jami R
	1:30p.m.-2:45p.m. F	EC 1227 307 Evans Jami R
	10:30a.m.-11:45a.m. W	EC 1227 307 Evans Jami R

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.

9563 11:00a.m.-12:15p.m. F EC 1227 407 Lewis S L

HUMDEV E28, Communication After a Stroke (Computer Based)

This course helps older adults with aphasia reconstruct their language comprehension and communication skills and gain greater self-confidence in their ability to understand and communicate with others. The course introduces adults with aphasia to a computer software program that can help them improve their language and reading comprehension, memory, verbal reasoning skills, and attention span. The course, which is part of the Pathfinders Program, allows older adults to experiment with language comprehension software before purchasing it for use at home.

9566 1:30p.m.-3:20p.m. W EC 1227 208 Feinberg L H

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.

9567	10:30a.m.-11:45a.m. W	EC 1227 305 Feinberg L H
	12:00p.m.-1:15p.m. W	EC 1227 305 Feinberg L H



CLASSES BY THE DAY WINTER 2020

MONDAY

9:00a.m.-11:15a.m.	9503 ART E15, Drawing	EC 1227 205
9:00a.m.-11:15a.m.	9509 ART E20, Drawing and Painting	EC 1227 204
9:00a.m.-10:50a.m.	9523 ENGL E23, Shakespeare	EC 1227 107
9:00a.m.-11:15a.m.	9526 ENGL E30, Creative Writing	EC 1227 409
9:00a.m.-10:50a.m.	9549 HEALTH E34, Stress Reduction through Yoga	EC 1227 308
9:00a.m.-10:50a.m.	9579 OCC E01, Word Processing	EC 1227 208
10:00a.m.-11:50a.m.	9502 ART E06, Artistic Expression through Gardening	ITINERARY
10:00a.m.-11:50a.m.	9588 POL SC E00, Current Events	SM LIB
11:00a.m.-12:50p.m.	9524 ENGL E23, Shakespeare	EC 1227 107
11:00a.m.-12:50p.m.	9582 OCC E20, Using the Internet Safely	EC 1227 208
11:00a.m.-12:50p.m.	9590 PSYCH E33, Living as a Single Person	EC 1227 408
11:30a.m.-1:20p.m.	9525 ENGL E29, Greek Literature	EC 1227 409
12:30p.m.-3:30p.m.	9511 ART E20, Drawing and Painting	MALIBU BLUFFS
1:00p.m.-3:50p.m.	9507 ART E16, Life Drawing Studio	EC 1227 205
1:00p.m.-2:50p.m.	9575 MUSIC E32, Music Appreciation	EC 1227 107
1:30p.m.-3:20p.m.	9562 HUMDEV E24, Bereavement Support	EC 1227 407
2:00p.m.-3:50p.m.	9522 ENGL E20, Literature: The Novel	EC 1227 409

MONDAY AND WEDNESDAY

9:00a.m.-10:15a.m.	9540 HEALTH E24, Physical Fitness Principles & Practices	EC 1227 304
9:30a.m.-10:50a.m.	9595 MUSIC E02, Guitar	PAC 104
10:30a.m.-11:45a.m.	9546 HEALTH E25, Strength & Stamina Training Principles & Practices	EC 1227 304
11:00a.m.-12:50p.m.	9531 HEALTH E21, Yoga Health & Safety, Principles & Practices	EC 1227 308
2:30p.m.-3:45p.m.	9554 HEALTH E38, Joint Health & Mobility	REED PK

MONDAY AND FRIDAY

9:00a.m.-10:15a.m.	9535 HEALTH E23, T'ai Chi Principles & Practices	VA PK
2:00p.m.-3:15p.m.	9538 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 304

TUESDAY

9:00a.m.-10:50a.m.	9501 ART E00, Survey of Art	EC 1227 408
9:00a.m.-11:50a.m.	9505 ART E16, Life Drawing Studio	EC 1227 205
9:00a.m.-11:15a.m.	9514 ART E22, Watercolor	EC 1227 204
9:00a.m.-10:50a.m.	9574 MUSIC E30, Opera Appreciation	EC 1227 107
9:00a.m.-10:50a.m.	9584 PHOTO E00, Digital Photography I	EC 1227 107
9:30a.m.-11:45a.m.	9527 ENGL E30, Creative Writing	MALIBU SNR CTR
10:00a.m.-11:50a.m.	9564 HUMDEV E27, Exercising the Brain	EC 1227 407
10:00a.m.-12:50p.m.	9569 MUSIC E03, "The Merits" – Vocal Ensemble	EC 1227 409
10:30a.m.-11:45a.m.	9556 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
11:00a.m.-2:50p.m.	9591 TH ART E01, Principles of Acting	EC 1227 107
11:30a.m.-1:45p.m.	9515 ART E22, Watercolor	EC 1227 204
11:30a.m.-1:50p.m.	9558 HME EC E52, Restaurant Critic – Dining Wisely: Healthy Eating Choices	ITINERARY
12:00p.m.-1:15p.m.	9556 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:00p.m.-1:50p.m.	9573 MUSIC E10, Spanish Folk Singing	VP TERRY
12:30p.m.-2:20p.m.	9565 HUMDEV E27, Exercising the Brain	EC 1227 407
1:00p.m.-3:15p.m.	9513 ART E21, Painting/Drawing, Oil and Acrylic	EC 1227 204
1:30p.m.-2:45p.m.	9556 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
1:50p.m.-3:05p.m.	9559 HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	EC 1227 204
2:00p.m.-3:50p.m.	9520 BILING E02, French Literature	EC 1227 409
6:30p.m.-9:20p.m.	9568 MUSIC E00, Concert Band	LINCOLN

TUESDAY AND THURSDAY

8:00a.m.-9:15a.m.	9553 HEALTH E38, Joint Health & Mobility	EC 1227 304
8:30a.m.-9:45a.m.	9534 HEALTH E22, Chi Gong Principles & Practices	EC 1227 308
8:30a.m.-9:45a.m.	9539 HEALTH E24, Physical Fitness Principles & Practices	VP CTR
9:00a.m.-10:15a.m.	9541 HEALTH E24, Physical Fitness Principles & Practices	1450OCEAN
9:30a.m.-10:45a.m.	9542 HEALTH E24, Physical Fitness Principles & Practices	EC 1227 304
10:00a.m.-11:50a.m.	9530 HEALTH E21, Yoga Health & Safety, Principles & Practices	EC 1227 308
10:00a.m.-11:15a.m.	9545 HEALTH E25, Strength & Stamina Training Principles & Practices	VP PATIO
10:30a.m.-11:45a.m.	9551 HEALTH E38, Joint Health & Mobility	WISE
10:30a.m.-11:45a.m.	9552 HEALTH E38, Joint Health & Mobility	VP CTR
11:30a.m.-1:20p.m.	9532 HEALTH E21, Yoga Health & Safety, Principles & Practices	1450 OCEAN
12:30p.m.-1:45p.m.	9537 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 304
2:00p.m.-3:50p.m.	9533 HEALTH E21, Yoga Health & Safety, Principles & Practices	EC 1227 308
2:00p.m.-3:15p.m.	9544 HEALTH E25, Strength & Stamina Training Principles & Practices	EC 1227 304

WEDNESDAY

9:00a.m.-11:15a.m.	9510 ART E20, Drawing and Painting	EC 1227 205
9:00a.m.-10:50a.m.	9560 HUMDEV E15, Theater – History of Comedy	EC 1227 409
9:00a.m.-10:35a.m.	9586 POL SC E00, Current Events	WHCHC
9:00a.m.-10:50a.m.	9597 OCC E10, Using Data Files	EC 1227 208
9:30a.m.-11:20a.m.	9587 POL SC E00, Current Events	EC 1227 107
10:30a.m.-11:45a.m.	9557 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
10:30a.m.-11:45a.m.	9567 HUMDEV E50, Communication After a Stroke	EC 1227 305
11:00a.m.-12:50p.m.	9596 BILING E03, Literature from Around the World	EC 1227 408
11:00a.m.-12:50p.m.	9598 PHOTO E10, Digital Photography II	EC 1227 208
11:30a.m.-1:20p.m.	9561 HUMDEV E22, Senior Seminar: Through a Jewish Lens – Art, Culture & Entertainment	EC 1227 107
12:00p.m.-2:50p.m.	9517 ART E30, Watercolor Studio	EC 1227 204
12:00p.m.-1:15p.m.	9567 HUMDEV E50, Communication After a Stroke	EC 1227 305
12:30p.m.-2:45p.m.	9512 ART E20, Drawing and Painting	EC 1227 205
1:00p.m.-2:50p.m.	9572 MUSIC E06, Gospel Community Chorus	PAC 107
1:30p.m.-3:20p.m.	9566 HUMDEV E28, Communication After a Stroke (Computer Based)	EC 1227 208
1:30p.m.-3:45p.m.	9594 TH ART E30, Dramatic Interpretation Through Movies	EC 1227 107
2:00p.m.-3:50p.m.	9543 HEALTH E24, Physical Fitness Principles & Practices	EC 1227 304

WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9529 HEALTH E21, Yoga Health & Safety, Principles & Practices	EC 1227 308
12:00p.m.-1:15p.m.	9536 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 304

THURSDAY

9:00a.m.-11:50a.m.	9570 MUSIC E04, Voice Training	EC 1227 107
10:30a.m.-11:45a.m.	9555 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
11:30a.m.-1:45p.m.	9518 ART E80, Jewelry Making	1450 OCEAN
12:00p.m.-1:15p.m.	9555 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:30p.m.-2:50p.m.	9571 MUSIC E04, Voice Training	EC 1227 107
1:00p.m.-3:15p.m.	9521 CT E00, The Fix-It Class – Repair Almost Anything	EC 1227 407
1:30p.m.-2:45p.m.	9555 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
1:30p.m.-2:45p.m.	9559 HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	EC 1227 408



FRIDAY

9:00a.m.-11:50a.m.	9506 ART E16, Life Drawing Studio	EC 1227 204
9:00a.m.-11:50a.m.	9508 ART E19, Painting	EC 1227 205
9:00a.m.-10:50a.m.	9519 BILING E01, Literature in Spanish	VP TERRY
9:00a.m.-10:50a.m.	9585 PHOTO E10, Digital Photography II	EC 1227 208
9:00a.m.-10:50a.m.	9592 TH ART E02, Theater Arts Appreciation	EC 1227 107
9:30a.m.-11:20a.m.	9516 ART E24, Calligraphy II	1450 OCEAN
10:00a.m.-11:50a.m.	9547 HEALTH E30, Personal Safety – Fall Prevention	EC 1227 304
11:00a.m.-12:50p.m.	9550 HEALTH E34, Stress Reduction through Yoga	EC 1227 308
11:00a.m.-12:15p.m.	9563 HUMDEV E27, Exercising the Brain	EC 1227 407
11:00a.m.-12:50p.m.	9580 OCC E01, Word Processing	EC 1227 208
11:00a.m.-12:50p.m.	9593 TH ART E30, Dramatic Interpretation Through Movies	EC 1227 107
12:00p.m.-1:15p.m.	9557 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:00p.m.-2:20p.m.	9577 MUSIC E51, Piano and Theory	PAC 206
12:30p.m.-2:45p.m.	9504 ART E15, Drawing	EC 1227 204
1:30p.m.-2:45p.m.	9557 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
1:30p.m.-3:20p.m.	9578 OCC E00, Basic Computer Training (formerly Introduction to Computers)	EC 1227 208
2:00p.m.-3:50p.m.	9589 POL SC E00, Current Events	EC 1227 107
2:00p.m.-3:50p.m.	9589 POL SC E00, Current Events	EC 1227 107

SATURDAY

8:00a.m.-9:50a.m.	9548 HEALTH E34, Stress Reduction through Yoga	VA PK
9:30a.m.-11:45a.m.	9528 ENGL E33, Autobiography	PAC 116
11:00a.m.-12:50p.m.	9576 MUSIC E51, Piano and Theory	PAC 206



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WITHOUT YOU, There is No “US” in EMERITUS.

OUR SUCCESS DEPENDS ON THE SUPPORT WE GET FROM YOU.

SMC EMERITUS IS RECRUITING VOLUNTEERS.

If you are interested, please call the Program Coordinator, Vivian Rankin-Scales, at 310-434-3851.

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 Cheryl Ward at the SMC Foundation 310-434-4215 or ward_cheryl@smc.edu



SMC students can ride Big Blue Bus for **free** using a valid student ID card with the current semester sticker. Read more about this program at smc.edu/transportation.

Use the Trip Planner on bigbluebus.com to plan your trip. You can also use third-party apps like **Google Maps** and **Transit** for updates on when your bus will arrive.

Or, you can call us at **310.451.5444** and a Customer Service Assistant will help you.

**big
blue
bus**



Big Blue Bus and WISE & Healthy Aging have partnered with Lyft to provide **MODE**, a curb-to-curb, on-demand transportation program for older adults (at least 60 years old) and persons with disabilities (at least 18 years old) who live in the City of Santa Monica.

To participate, you must first register with MODE by calling WISE & Healthy Aging at **310.394.9871**. Registered members may travel anywhere within the Santa Monica city limits. A one-way fare is only \$0.50 for members!

For more information, visit bigbluebus.com/mode.

mode
MOBILITY ON DEMAND EVERY DAY



SCHOLARSHIPS/GRANTS

Scholarships/Grants are available for material or book needs for students experiencing financial difficulties. Make a confidential request to the Program Coordinator, 310-434-4306.

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 college's Center for Students with Disabilities offers guidance and counseling on admissions 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 services such as specialized equipment, adaptive computer training, and test proctoring, among many other accommodations for students who are eligible.

Call the SMC Center for Students with Disabilities for SMC Emeritus student ADA accommodations at **310-434-4265** or visit smc.edu/StudentServices/DisabilityResources

STATEMENT OF NONDISCRIMINATION

Santa Monica College fosters a work and learning environment that welcomes and supports a diverse student body and staff reflective of our pluralistic society. We are committed to equal opportunity regardless of race, color, religion, gender, national origin, age, disability, status as a Vietnam-era veteran, sexual orientation, or marital status for admission and enrollment in classes, student services, financial aid, and employment in accordance with provisions of Title VI and VII of the 1964 Civil Rights Act, Title IX of the Educational Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973 (P.L. 93-112).

Any person seeking information about or claiming grievance because of alleged violations of the laws listed above should contact:

- SMC Human Resources Office for complaints of unlawful discrimination, sexual harassment and sexual discrimination, 310-434-4415
- ADA/504 Compliance Officer for disability discrimination concerns, 310-434-4442

Grievances are reviewed in terms of Title VI, Title VII, Title IX, and Section 504 law. If normal channels are not available or fail to meet legal requirements, the necessary action is initiated by the college. A record of all grievances is reported to the Affirmative Action Committee.

De acuerdo con los provisos de los Titulos VI y VII de la Ley de Derechos Civiles de 1964, el Título IX de las Enmiendas Docentes de 1972 y la Sección 504 de la Ley de Rehabilitación de 1973 (P.L.

93-112), Santa Mónica College se compromete a la igualdad de oportunidades para ingresar en el College, para matricularse en las clases, para utilizar los servicios estudiantiles, para ayuda financiera y para empleo, sin discriminar por razones de raza, color, religión, sexo, país de origen, edad, impedimento físico, preferencia sexual, estado civil o por ser veterano de la época de Vietnam.

Got Suggestions?

You can give Emeritus your feedback in several ways:

- **Email:** emeritus@smc.edu
- **Phone:** 310-434-4306
- **Suggestion boxes:** located on 1st & 2nd floors of Emeritus
- **In person:** Emeritus 1st or 4th floor administrative offices

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 or donate securely online at SantaMonicaCollegeFoundation.org/emeritus. Please allow additional time for donation acknowledgments during peak registration periods. Thank You.

THIS SCHEDULE IS PREPARED BY THE SANTA MONICA COLLEGE OFFICE OF MARKETING

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

Ming-Yea Wei, *Marketing Design Analyst*

Jonathan Ng, *Senior Graphic Designer*

Charles Mark-Walker, *Graphic Designer*

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Photography: Charles Mark-Walker

Santa Monica College Contributors: Dr. Kathryn E. Jeffery, Dr. Scott Silverman, Dr. Dione Carter, Vivian Rankin-Scales, Jessica Riojas, and Lauri Arneson.



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	3rd & Santa Monica: #5 (wkdy), #8 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 (Mon-Thu when SMC is in session)
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, #44 (Mon-Thu when SMC is in session)
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, #42 (wkdy)
FST PRES	First Presbyterian Church, 1220 2nd St. (2nd & Wilshire), SM	4th & Wilshire: #2, #3, #Rapid 3 (wkdy, no midday service), #9
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), #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, #42 (wkdy)
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 (wkdy), #42 (wkdy)
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, #42 (wkdy), #43 (wkdy, no midday service) 14th & Pico: #44 (Mon-Thu when SMC is in session) 20th & Pearl: #16 (wkdy)
SM SYNG	The Santa Monica Synagogue, 1448 18th St. (18th & Broadway), SM	Santa Monica & 20th: #1, Rapid #10 (wkdy) Broadway & 18th: #42
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
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), #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, Bundy, or the SMC Performing Arts Center) you will need a virtual parking permit from SMC to avoid a citation. Parking permit information will be given to you by your faculty member on your first day in that class. **For more information, visit smc.edu/emmeritusparking**





A Program of Santa Monica College

APPLICATION FORM

Mail To: SMC Emeritus, 1227 2nd Street, Santa Monica, CA 90401

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.
 Area Code: _____ Telephone Number: _____ Birth Month: _____ Day: _____ Year: _____
 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 _____
 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 2. American Indian/Alaskan Native 3. White 4. Mexican/Chicano 5. Central American 6. South American 7. Hispanic Other 8. Asian Indian 9. Cambodian 10. Chinese 11. Filipino 12. Japanese 13. Korean 14. Laotian 15. Vietnamese 16. Asian Other 17. Guamanian 18. Hawaiian 19. Samoan 20. Pacific Islander
Citizenship	1. United States 2. Permanent Resident 3. Temporary Resident 4. Refugee/Asylee 5. Student F1 or M1 Visa 6. Other (specify below): _____ 7. Unknown 8. Foreign student taking online classes from home country.
Enrollment Status	If you selected No. 2,3,4,5, or 6, write in your Permanent Resident or Visa No.: _____ Issue Date: _____ 1. First time college student. 2. First time at SMC, attended another college. 3. Returning to SMC, last attended another college. 4. Returning to SMC, last attended SMC. 5. Continuing from a previous semester. 6. Special admit, currently enrolled in K-12.
Educational Level	Year last attended school: _____ CERTIFICATE, DEGREE OR GRADUATED FROM: 0. Non-high school graduate 1. Advanced high school 2. Adult Diploma 3. High school graduate – No college degree 4. Passed GED test 5. Received High School Proficiency Certificate 6. Foreign Secondary School Diploma 7. Earned College Associate Degree 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: _____

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.



Cover images are from the
Emeritus Student Art Exhibition 2019
Teresa Amanfu, Janice Hanks, June Yamada

Front Cover:

Top: Janice Hanks, *We Have Fire Everywhere!*, acrylic on canvas
Middle: Teresa Amanfu, *The Lady by the Lake*, oil on canvas
Bottom: June Yamada, *Emeritus Student 3*

Back Cover:

Teresa Amanfu, *The Hidden Stanza*, oil on canvas

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Vivian Rankin-Scales, Program Coordinator
Lauri Arneson, Administrative Assistant
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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/emmeritus 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/emmeritus 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 Design: Charles Mark-Walker