



EMERITUS INSTITUTE

FALL 2025 SEMESTER
8/18-12/17



Fall 2025 Schedule of Classes

Tuition-free courses for adults

949.582-4835 / www.saddleback.edu/emeritus



EMERITUS INSTITUTE

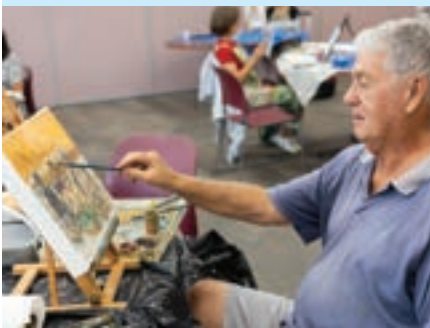
Discover a world of learning at the Saddleback College Emeritus Institute. Explore tuition-free courses for adults, offered in-person and online. Join our lifelong learning community today!

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Fine, Applied, and Performing Arts **10-14**

Acting	Fiber Arts	Painting
Ceramics	Jewelry	Photography
Drawing	Mixed Media	Stone and Glass
Fashion	Music	



Health and Wellness **15-18**

Aerobics	Chair Exercise	Sequential Stretching
Aquatic Fitness	Circuit Training	Tai Chi
Balance and Mobility	Health	Yoga
	Pilates	



Humanities and Sciences **19-23**

Applied Biology	Investing	Technology
Art History and Theory	Languages	Writing and Literature
History	Philosophy	
	Political Science	

How to Become a Saddleback College Emeritus Student

New Students: Complete the online application at saddleback.edu/emeritus.

Returning Students: If you've missed two semesters, reapply online at saddleback.edu/emeritus.

Continuing Students: If you have taken a class this or last semester, you do not need to reapply! Simply check your registration date in MySite and then register when it's time.



**Apply
Today!**

Once You Become an Emeritus Student ... It's Time to Register!

1. Once the Admissions and Records Office has processed your application, you will be sent an email with your Saddleback College student email address and instructions to create your password, and instructions on how to find your registration appointment start date and time.
2. After your registration appointment begins, login to MySite at apps.saddleback.edu and register for classes! **Starting Fall 2025, MySite becomes Banner MySite and will be where students register and update personal information.**

How to Register

- Step-by-step **online instructions** are available at: www.saddleback.edu/emeritus/enroll
- We have several **in-person registration events** where you can get one-on-one, in-person support. Check out our website at saddleback.edu/emeritus for days, times, and locations.
- **Drop into the Saddleback College Admissions and Records Department** at any time during regular hours for personal assistance. No appointment is necessary. Gateway building, room 130.

Important Dates

JUNE 9, 2025

Emeritus Institute registration for Fall 2025 begins

REGISTRATION ASSISTANCE

June 18, 2025 –

Palmia: 9a-4p

June 23, 2025 –

Florence Sylvester

Senior Center: 9a-4p

June 24, 2025 –

Dana Point Community Center: 10a-2:30p

AUGUST 18, 2025

Classes begin for Fall 2025

DECEMBER 17, 2025

Classes end

NOVEMBER 7, 2025

Emeritus Institute registration for Spring 2026 begins

JANUARY 12, 2026

Classes for Spring 2026 start



Classes By Location

DANA POINT

City Of Dana Point Community Center (CITY DP)
34052 Del Obispo Road, Dana Point, CA 92629

- Cardiovascular Wellness (Aerobics)
- Focus And Flexibility (Yoga)
- Intermediate Movement And Health (Intermediate Chair Exercise)
- Posture And Mobility (Sequential Stretching)

LAGUNA HILLS

Florence Sylvester Senior Center (FS SENCTR)
23721 Moulton Parkway, Laguna Hills, CA 92653

- Balance And Mobility (Balance And Mobility)
- Balanced Movement (Tai Chi)
- Beginning Movement And Health (Beginning Chair Exercise)
- Fundamentals Of Oil/Acrylic Painting
- Intermediate Knitting

Laguna Hills Community Center (LHCCSC)
25555 Alicia Parkway, Laguna Hills, CA 92653

- Advanced Painting Techniques For Oil/Acrylic
- Advanced Practical Spanish
- Balanced Movement (Tai Chi)
- Beginning Knitting
- Cardiovascular Health (Aerobics)
- Focus And Muscle Strength (Yoga)
- Fundamentals Of Sketching
- Fundamentals Of Watercolor Painting
- Inter Muscle Strength/Body Alignment (Intermediate Pilates)
- Intermediate Painting In Oil/Acrylic
- Intermediate-Advanced Techniques Of Watercolor Painting
- Posture And Balance (Sequential Stretching)

LAGUNA NIGUEL

Sea Country Senior Center (SEA CTRY)
24602 Aliso Creek Road, Laguna Niguel, CA 92677

- Balanced Movement (Tai Chi)
- Cardiovascular Wellness (Aerobics)
- Improving Investment Performance
- Muscle Development (Pilates)

LAGUNA WOODS

Laguna Woods Village Clubhouse 1 (LWV1)
24232 Calle Aragon, Laguna Woods, CA 92637

- Aqua-Cardio Health(Aquatic Fitness)
- Art Media Studies
- Beginning French Conversation And Culture
- Cardiovascular Health (Aerobics)
- Fundamentals Of Life Drawing
- Fundamentals Of Watercolor Painting
- Intermediate Practical Spanish
- Intermediate Sketching
- Introduction To Readers Theatre
- Pastel Painting
- Posture And Mobility (Sequential Stretching)

Laguna Woods Village Clubhouse 4 (LWV4)
23501 Via Mariposa W, Laguna Woods, CA 92637

- Advanced Ceramics
- Advanced Ceramics: Slipcasting
- Advanced Jewelry Metal Fabrication
- Advanced Stained Glass
- Art As Fashion
- Art For The Home
- Beginning Ceramics: Wheel
- Beginning Clothing Construction
- Beginning Lapidary



- Beginning Stained Glass
- Beginning Techniques Of Ceramic Slipcasting
- Ceramics Handbuilding
- Fundamentals Of Design For Digital Slideshows
- Fundamentals Of Metal Fabrication For Jewelry
- Inter Techniques Of Metal Fabrication For Jewelry
- Intermediate Ceramics: Slipcasting
- Intermediate Ceramics: Wheel
- Intermediate Digital Photography
- Intermediate Digital Show Presentations
- Intermediate Enameling
- Intermediate Lapidary
- Portrait Painting In Oils, Watercolor And Pastels

Laguna Woods Village Clubhouse 5 (LWV5)
24262 Punta Alta, Laguna Woods, CA 92637

- Aqua-Cardio Health(Aquatic Fitness)
- Beginning Practical Spanish
- Film Analysis Through Literary Critique
- Scene Study: Acting

Laguna Woods Village Performing Arts Center
(LWV PAC)

23822 Avenida Sevilla, Laguna Woods, CA 92637

- Ensemble And Orchestra Rehearsal And Performance

LAKE FOREST

Lake Forest Community Center (LFCC)

100 Civic Center Drive, Lake Forest, CA 92630

- Intermediate Practical Spanish
- Life And Technology Integration

MISSION VIEJO

Casta Del Sol (CASTA)

27669 Casta Del Sol, Mission Viejo, CA 92692

- Focus And Flexibility (Yoga)

Laguna Woods Village Parking Passes

STUDENT PARKING FEE:

Laguna Woods Village (LWV) requires non-resident students who drive a vehicle into the community to pay a Student Parking Pass Fee, which is \$40 per vehicle per each fall and spring semester and \$30 for summer. Payment may be made by check or cash only, no credit cards accepted.

Laguna Woods Village does not refund parking pass purchases. Only one parking pass per vehicle needs to be presented when students are carpooling.

PAYMENT / PICK-UP:

LWV parking passes must be paid for and picked up at the Laguna Woods Village Community Center, 24351 El Toro Rd, Laguna Woods, CA 92637, beginning one week prior to the semester start.

BRING:

1. A government-issued ID or driver's license;
2. Your printed class enrollments OR your enrollments displayed on your phone or other device.

Montanoso Recreation Center (MONTANOSO)**25800 Montanoso Dr, Mission Viejo, CA 92691**

- Balanced Movement (Tai Chi)

Norman P. Murray Community And Senior Center (NORCOM)**24932 Veterans Way, Mission Viejo, CA 92692**

- Beginning Practical Spanish
- Introduction To Readers Theatre

Palmia Community (PALMIA)**21455 Monterey, Mission Viejo, CA 92692**

- Aqua-Cardio Wellness (Aquatic Fitness)
- Balanced Movement (Tai Chi)
- Cardiovascular Health (Aerobics)
- Focus And Muscle Strength (Yoga)
- Intermediate Movement And Health (Intermediate Chair Exercise)
- Posture And Balance (Sequential Stretching)
- Survey Of Balance/Mobility Techniques (Balance And Mobility)

Presbyterian Church Of The Master (PCOM)**26051 Marguerite Pkwy, Mission Viejo, CA 92692**

- Fundamentals Of Watercolor Painting
- Intermediate Sketching

Saddleback College Fine Arts Building (SC FA)**28000 Marguerite Parkway,****Mission Viejo, CA 92692**

- Intermediate Clothing Construction
- Emeritus Institute Concert Chorale
- Ensemble And Orchestra Rehearsal And Performance
- Vocal And Rhythmic Techniques
- Fundamentals Of Digital Photographic Editing And Restoration

RANCHO MISSION VIEJO**Rancho Mission Viejo Garage Studios (RMV GS)****1 Salubre, Rancho Mission Viejo, CA 92694**

- Fundamentals Of Oil/Acrylic Painting
- Fundamentals Of Sketching
- Fundamentals Of Watercolor Painting

Rancho Mission Viejo Guest House (RMV GH)**11 Brioso St, Rancho Mission Viejo, CA 92694**

- Balanced Movement (Tai Chi)
- Muscle Strengthening/Body Alignment (Pilates)
- Posture And Balance (Sequential Stretching)

SAN JUAN CAPISTRANO**San Juan Capistrano Community Center (SJC CC)****25925 Camino Del Avion,****San Juan Capistrano, CA 92675**

- Balanced Movement (Tai Chi)
- Focus And Muscle Strength (Yoga)
- Posture And Balance (Sequential Stretching)



Online Classes - Synchronous or Asynchronous (INTERNET)

FINE, APPLIED, AND PERFORMING ARTS

- 19th Century Romanticism And Emotion In Music
- Advanced Clothing Construction
- Advanced Painting Techniques For Oil/Acrylic
- Art Media Studies
- Beginning Chinese Brush Painting
- Beginning Crocheting
- For The Love Of Music
- Fundamentals Of Digital Photography
- Fundamentals Of Life Drawing
- Fundamentals Of Oil/Acrylic Painting
- Fundamentals Of Sketching
- Fundamentals Of Watercolor Painting
- Intermediate Chinese Brush Painting
- Intermediate Digital Photography
- Intermediate Painting In Oil/Acrylic
- Intermediate Sculpture
- Intermediate Sketching
- Intermediate-Advanced Techniques Of Watercolor Painting
- Introduction To Opera
- Pastel Painting
- Photography For Exhibition
- Portrait Painting In Oils, Watercolor And Pastels
- Quilting And Patchwork
- Survey Of American Music

HEALTH AND WELLNESS

- Age-Related Health Risk Factors
- Balance And Mobility (Balance And Mobility)
- Beginning Movement And Health (Beginning Chair Exercise)
- Brain Health And Wellness (Brain Health)
- Cardiovascular Health (Aerobics)
- Concentrated Movement (Tai Chi)
- Consumer Health Issues
- Focus And Muscle Strength (Yoga)
- Geropsychology: Perspectives On Aging
- Inter Muscle Strength/Body Alignment (Intermediate Pilates)
- Intermediate Independent Movement (Intermediate Chair Exercise)
- Muscle Strengthening/Body Alignment (Pilates)
- Posture And Balance (Sequential Stretching)
- Sequential Muscle Strengthening (Circuit Training)

HUMANITIES AND SCIENCES

- Advanced Birding
- Advanced Creative Writing
- Advanced Life And Technology Integration
- Advanced Practical Spanish
- Art Appreciation
- Art History
- Beginning French Conversation And Culture
- Beginning Italian Conversation And Culture
- Beginning Practical Spanish
- Birds Of The World
- Contemporary Art And Culture
- Current And Historical Analysis Of The Middle East
- Current Political Events And Issues
- Estate Planning
- Film Analysis Through Literary Critique
- Freethought Philosophy Past And Present
- Fundamentals Of Creative Writing
- Fundamentals Of Western Philosophy
- History And Biography Through Media
- History Of Sports In The United States
- Human Ecology
- Improving Investment Performance
- Intermediate Creative Writing
- Intermediate French Conversation And Culture
- Intermediate Italian Conversation And Culture
- Intermediate Life And Technology Integration
- Intermediate Practical Spanish
- Life And Technology Integration
- Literature And Life
- Managing Bonds And Stocks
- Non-Fiction Writing
- The Bible As Literature: Genesis To Psalms
- The Bible As Literature: Gospels To Revelation
- Western Civilization To 1648
- Writing Fiction

Frequently Asked Questions

Can any adult take Emeritus Institute courses?

Yes! The program is designed for adults who want to continue to learn, especially after retirement.

Are classes really tuition-free?

All of our classes are tuition-free. However, classes on the Saddleback College campus do require a health fee. This fee must be paid at the time of registration.

What are the benefits of taking an Emeritus Institute class?

In addition to learning new skills and making the time to do something you truly enjoy, our students say they have created a sense of community and met new friends. In our classes, you will be challenged, stimulated, and motivated.

Are these courses challenging?

The Emeritus Institute offers college-level classes designed to be challenging and stimulating. You will not receive a “letter grade,” but student learning is evaluated by our outstanding professional faculty so that you can continue to grow as a student and as an individual.

Can I audit a class?

Students are not permitted to attend classes in which they are not officially enrolled; auditing is not permitted.

What if a class is full?

If a class is full, you will not be able to register for that class. Instead, you will have the option to add yourself to a waitlist.

How does the waitlist work?

If you are on a waitlist for a class and a seat becomes available, you will receive a text message and email to your college email address, alerting you to the availability. You will then have the option to go online and register for the class. If you do not register for the class, the seat may go to the next person on the waitlist.

How do I access an online class?

Saddleback College uses CANVAS for our online classes, a learning management system that will connect you with your instructor and classmates. To access CANVAS, log in at apps.saddleback.edu.

When can I register for classes?

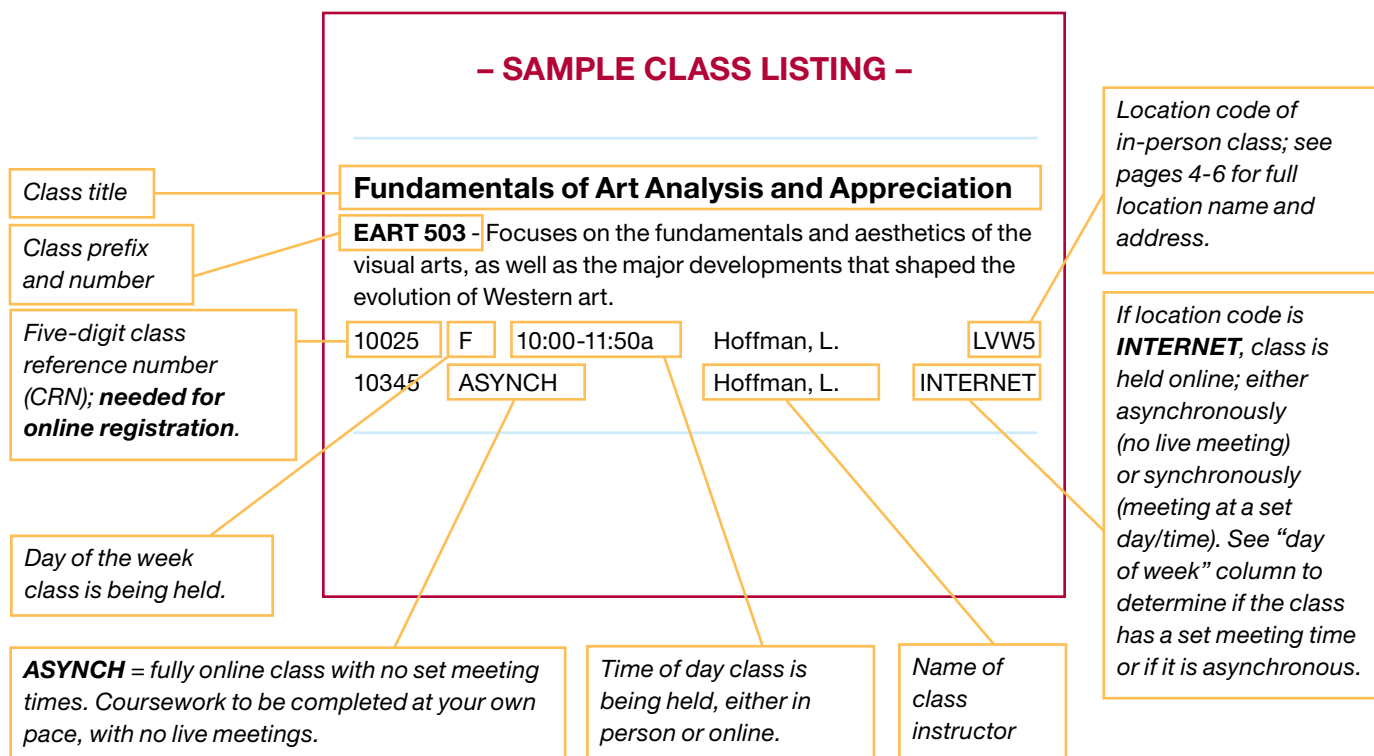
You may register for any open class, even if the class has already started. Course enrollment closes 60% of the way through the course.

What if I can't attend the first day of class?

Faculty reserve the right to drop “enrolled” students who do not attend the first class session. Please reach out to the faculty member directly before the first day to prevent being dropped.



How to Read the Class Schedule



Helpful Tips

- When you register for a class, you will need to know the **5-digit class reference number (CRN)** specific for that section.
- To know if a class meets in-person or online, check its **LOCATION** listing. The listing will show either a **location code** (found on pages 4-5) for in-person classes, or **INTERNET** for online classes.
- Courses in printed schedule are subject to change.
Visit www.saddleback.edu/emeritus for the most current classes.
- Some online classes are **synchronous**; they have a specific day and time to meet. These classes have a day of week and time listed, with the location listed as **INTERNET**.
- Other online classes are **asynchronous**; they have no set class meeting times. For these classes, you complete the coursework at your own pace and schedule, with no live meetings. These classes are listed in the schedule as **ASYNCH**, with the location listed as **INTERNET**.



Fine, Applied, and Performing ARTS

ACTING

Scene Study-Acting

ETHE 500 - Concentrates on essential skills of method acting by review of the works of major playwrights, scene development, characterization, and improvisation.

73198 W 10-11:50a Kind, R LWV5

Introduction To Readers Theatre

ETHE 501 - Designed for the older adult, this course incorporates theatre appreciation from the inside out as students portray characters in plays, dramatize fiction, or voice poetry during class meetings. Group discussions may illuminate the relevance of older work to contemporary times. Students will share oral interpretation, analyze author intention through discussion of line readings, and edit material for presentation

73362 M 1-3:50p Huntington, J NOR COM
73327 Sat 10a-12:50p Kind, R LWV1 MPR2

CERAMICS

Intermediate Sculpture

EART 591 - Includes the creation of sculpture in historic, traditional and contemporary styles and techniques. The optional use of ceramic clay and synthetic modeling materials with emphasis on the figure.

73147 T 9-11:50a Stoland, L INTERNET

Ceramics Handbuilding

EART 510 - A practical and historical introduction to the ceramics process. The course will include handbuilding, trimming and finishing, firing and glazing.

73329 W 1-3:50p Stoland, L LWV4

Beginning Ceramics: Wheel

EART 511 - Introduction to potter's wheel techniques, with emphasis on traditional shapes and forms. Includes wheel throwing techniques, trimming and finishing, firing and glazing.

73158 T 9-11:50a Adams, D LWV4

Advanced Ceramics

EART 513 - Course directs advanced projects in ceramics with emphasis on the use of the potter's wheel. Evaluation of forms and creative use of ceramic concepts and materials will be emphasized.

73339 Th 9-11:50a Staff LWV4

Intermediate Ceramics: Slipcasting

EART 515 - Intermediate level theory and technique in low firing clay slipcasting. Exploration of basic functions, forms, color, glazing and decorative techniques.

73342 Th 9-11:50a Elizalde-Henson, S LWV4

Advanced Ceramics: Slipcasting

EART 516 - Advanced ceramic slipcasting techniques including concepts in advanced surface and color in the low fire ceramic process. Advanced glaze concepts, including specialty glazes, advanced use of ceramic forms, and ceramic product development will be emphasized.

73193 W 1-3:50p Elizalde-Henson, S LWV4

Intermediate Ceramics: Wheel

Eart 518 - Covers theory, materials, and techniques of ceramics at an intermediate level. Includes design-forming techniques, use of the potter's wheel, glazing, and firing.

73350 M 1-3:50p Elizalde-Henson, S LWV4

*Additional art supplies may be required for any
Emeritus Art classes listed.*

FINE, APPLIED, AND PERFORMING ARTS

Beginning Techniques Of Ceramic Slipcasting

EART 519 - Theory and history of ceramics as well as basic techniques in ceramic slipcasting, including pouring low fire slip into molds, finishing, carving, underglazes, glazes, and overglaze applications, plus firing processes.

73225	M	9-11:50a	Staff	LWV4
73341	W	9-11:50a	Stoland, L	LWV4

DRAWING

Fundamentals Of Sketching

EART 549 - Basic drawing techniques with emphasis on dry media and ink. Students will work on gesture, construction, perspective and value.

71624	Asynch		Beck, J	INTERNET
73106	T	9-11:50a	Beck, J	INTERNET
73355	Th	9-11:50a	Beck, J	RMV GS
71703	Asynch		Nielsen, M	INTERNET
73126	Th	9-11:50a	Nilsen, C	INTERNET
73156	T	1-3:50p	Willis, E	LHCCSC

Intermediate Sketching

EART 551 - Using traditional and contemporary drawing media and techniques in a variety of subjects. Builds upon basic drawing techniques.

71705	Asynch		McClatchey, S	INTERNET
73359	T	9-11:50a	Moore, E	PCOM
73140	W	9-11:50a	Nielsen, M	INTERNET
73331	W	9-11:50a	Willis, E	LWV1 MPR2

Fundamentals Of Life Drawing

EART 553 - Sketching and drawing the life model. Emphasis on the fundamental structure of the human body, including skeletal and muscular systems.

73221	M	9-11:50a	Beck, J	LWV1 MPR1
73311	M	1-3:50p	Beck, J	LWV1 MPR1
73240	F	9-11:50a	Jekabsons, I	LWV1 MPR1
73336	F	1-3:50p	Jekabsons, I	LWV1 MPR1
73149	W	1-3:50p	McClatchey, S	INTERNET

FASHION

Beginning Clothing Construction

EFSH 502 - This is beginning course that emphasizes the operation of a sewing machine, pattern reading, layout and garment construction. Focus on improvement of basic sewing techniques and process.

73338	T	9-11:50a	South, M	LWV4
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Intermediate Clothing Construction

EFSH 503 - This course outlines clothing construction and pattern alterations for personal wardrobe. Students will examine and utilize commercial patterns, selection of fabric, textures and principles of color design.

73348	W	8-10:50a	Elston, L	SC BGS 104
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Advanced Clothing Construction

EFSH 504 - This course offers advanced techniques in construction of garments. Topics include techniques for adjusting patterns and the use of designer patterns for personal and fitted styles as well as handling of special fabrics and fine custom details.

73125	Th	1-3:50p	Elston, L	INTERNET
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Art As Fashion

EFSH 510 - This course will instruct the student to design and construct a garment or accessory incorporating techniques of surface design, bobbin work, fabric manipulation, embellishment and dimensional texture.

73351	Th	9-11:50a	South, M	LWV4
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FIBER ARTS

Quilting And Patchwork

EFSH 500 - This course will feature fundamental quilting/patchwork techniques such as applique, cathedral windows, crazy quilting, fabric selection, pattern drafting, piecing, reverse applique, and trapunto.

72721	T/W/Asynch	3-3:50p	Chandler, S	INTERNET
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Beginning Crocheting

EFSH 505 - Students will be introduced to the art of crochet. Course topics will include color, design, types of yarns, terminology, and patterns. Crochet techniques will be practiced for artistic, functional and wearable projects.

73144	T	1-3:50p	Santos, F	INTERNET
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Beginning Knitting

EFSH 507 - Introduction to knitting stitches, techniques and fibers. Lectures include how to read and modify patterns, cast on and cast-off, basic stitches and finishing techniques, use of test swatches, and understanding gauge.

73316	F	9-11:50a	Homans, E	LHCCSC
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Intermediate Knitting

EFSH 508 - Course is designed to develop knitting skills at an intermediate level. Students will learn new cast-on, cast-off methods, intermediate and advanced pattern combinations, and pattern adjustment.

73335	W	1-3:50p	Homans, E	FS SEN CTR
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FINE, APPLIED, AND PERFORMING ARTS

JEWELRY

Intermediate Enameling

EART 531 - A studio course emphasizing traditional and contemporary concepts, processes, and techniques in enameling at an intermediate level.

71908 Th 1-3:50p Lommatsch Barrett, C LWV4

Advanced Jewelry Metal Fabrication

EART 534 - A studio course offering advanced theory and methods, materials, designs and practices in the construction of complex jewelry and decorative items. Production methods will be discussed.

73241 T 5-7:50p Rokni, S LWV4

Fundamentals Of Metal Fabrication For Jewelry

EART 535 - A studio course with emphasis on the basic metal manipulation techniques involved in making jewelry. Different projects taught each semester.

73310 T 9-11:50a Lommatsch Barrett, C LWV4

Inter Techniques Of Metal Fabrication For Jewelry

EART 536 - An intermediate studio course emphasizing the concepts, processes and techniques involved in the making of jewelry. Includes demonstration and practice in the design and construction of jewelry.

73152 Th 5-7:50p Lommatsch Barrett, C LWV4

MIXED MEDIA

Art Media Studies

EART 540 - Introduction to art media and related fine arts processes. Traditional and contemporary processes in fine art/mixed media and related processes including drawing, painting, printmaking, collage and assemblage in both two-dimensional and three-dimensional art forms.

73360 W 1-3:50p Shoro, N LWV1 MPR2

73117 W 9-11:50a Nilsen, C INTERNET

Art For The Home

EFSH 511 - Design and create artistic accessories for the home incorporating techniques including weaving, needle punching, fabric dying, stamping, stenciling, art journaling, paper cutting, mixed media, faux stained glass, acrylic paint pouring and decorative embellishments.

73324 W 9-11:50a South, M LWV4

MUSIC

For The Love Of Music

EMUS 500 - Introduction to music history focusing on musical periods and composers that have shaped Western musical developments.

70852 W 9-11:50a Kim, J INTERNET

Introduction To Opera

EMUS 501 - Students will learn music listening skills in order to appreciate Opera history focusing on musical periods, composers, opera repertoire, and performers from the Renaissance to present, such as Claudio Monteverdi, Wolfgang Amadeus Mozart, Giuseppe Verdi and Giacomo Puccini.

70853 Th 1-3:50p Kim, J INTERNET

Emeritus Institute Concert Chorale

EMUS 502 - Course emphasizes choral singing and literature through the application of correct vocal technique. Field trips may be utilized to fulfill the objectives of the course.

73222 T 7-8:50p Elliott, B SC FA 101

73164 T 3-4:50p Huntington, J SC FA 101

Vocal And Rhythmic Techniques

EMUS 509 - Emphasizes vocal techniques, including, breath control, tone production and articulation, applied to selected music literature. Field trips may be utilized to fulfill the objectives of the course.

73219 T 1-2:50p Huntington, J SC FA 103

Ensemble And Orchestra Rehearsal And Performance

EMUS 519 - Preparation, study, and performance of instrumental repertoire. Previous instrumental training recommended. Field trips may be utilized to fulfill the objectives of the course.

73224 F 8-9:50a Kouritas, G SC FA 105

73337 F 10-11:50a Kouritas, G SC FA 105

73347 Th 10-11:50a Levin, A LWV PAC

Survey Of American Music

EMUS 521 - A survey of American music and composers through cultural and socioeconomic developments, and historical context. Students will be introduced to styles and trends of great American music, including Classical, Jazz, Opera, Blues, Rock, Pop, Musical Theater, Film Music, Folk, Sacred, and Country music.

70854 W 1-3:50p Kim, J INTERNET

FINE, APPLIED, AND PERFORMING ARTS

19th Century Romanticism And Emotion In Music

EMUS 522 - From Beethoven and Tchaikovsky to American composer Amy Beach, the Romantic era of the nineteenth century is full of passionate music that speaks to everybody's heart and soul. The course covers the different romantic music traditions, and makes connections with other art forms that inspired the nineteenth century composers.

70856 Asynch Kouritas, G INTERNET

PAINTING

Fundamentals Of Oil/Acrylic Painting

EART 559 - This course will serve as an introduction to the materials and techniques utilized in oil and/or acrylic painting. Primarily for the older adult population, students in this class will engage in activities and experiences to enhance and maintain their mental, social, and emotional well being through artistic expression. Students will have opportunities to learn and to create their own body of work in the classroom setting. Students will engage, interact, and collaborate through class discussions and presentations.

73145 F 9-11:50a Alvarez, J INTERNET
73307 Th 1-3:50p Beck, J RMV GS
73160 Th 1-3:50p Ortiz, R FS SEN CTR

Intermediate Painting In Oil/Acrylic

EART 561 - This course is designed for students who have some basic knowledge of color, composition and perspective and who wish to improve techniques, develop creativity and use their own resource materials.

71889 Asynch Bartlett, M INTERNET
73136 M 1-3:50p Moore, E INTERNET
73340 Th 1-3:50p Stonick, L LHCCSC

Painting In Subject Areas

EART 563 - Provides theory and demonstration of materials and techniques in a variety of subject matter and art mediums. Emphasis in working from life: plein air, figure and/or still life. Field trips may be required to fulfill the objectives of the course.

73309 Sat 9-11:50a Ortiz, R TBD
73330 M 1-3:50p Rogers Cloud, R TBD

Portrait Painting In Oils, Watercolor And Pastels

EART 564 - Constructing the human head and features using a variety of painting styles and techniques. Demonstrations in oils, watercolors, and/or pastels.

73889 M 9-11:50a Alvarez, J LWV4
73104 W 9-11:50a Jekabsons, I INTERNET
73111 M 9-11:50a McClatchey, S INTERNET

Advanced Painting Techniques For Oil/Acrylic

EART 566 - Designed for students who have an intermediate/advanced knowledge of painting, and who wish to continue to sharpen technique and further develop creativity, and style.

73361 T 9-11:50a Galindo, J LHCCSC
73102 M 9-11:50a Janes, K INTERNET
73363 Th 9-11:50a Leonard, S LHCCSC

Fundamentals Of Watercolor Painting

EART 569 - Basic methods of applying watercolor: washes, color mixing, and brush technique. The spontaneity of transparent watercolor will be stressed and explored.

73108 Th 1-3:50p Boonyad, S INTERNET
73312 M 5:30-8:20p Boonyad, S LWV1 MPR1
71709 Asynch Brown, L INTERNET
73170 Th 9-11:50a Janes, K INTERNET
73356 T 1-3:50p Moore, E PCOM
73112 T 9-11:50a Nielsen, M INTERNET
73163 F 9-11:50a Ortiz, R PCOM
73107 T 1-3:50p Rogers Cloud, R INTERNET
73332 W 1-3:50p STAFF RMV GS
73314 M 9-11:50a Stonick, L LHCCSC

Beginning Chinese Brush Painting

EART 572 - Provides an introduction to the techniques of Chinese Brush Painting. Practice traditional subjects including animal, botanical and landscape motifs. Traditional mounting of completed paintings.

73113 M 9-11:50a Ho, C INTERNET

Intermediate Chinese Brush Painting

EART 573 - Develop skills in handling the brush, ink, and color in a wide range of subjects while exploring concepts of design and composition. Explore history and aesthetics of Chinese painting.

73114 M 1-3:50p Ho, C INTERNET

Intermediate-Advanced Techniques Of Watercolor Painting

EART 574 - Advanced techniques in watercolor. Emphasis on the exploration of traditional and contemporary palette, technique and style.

73138 W 1-3:50p Boonyad, S INTERNET
71924 M 1-3:50p Brown, L INTERNET
73770 W 9-11:50a Rogers Cloud, R LHCCSC
71711 Asynch Schmidt, T INTERNET
73308 M 1-3:50p Stonick, L LHCCSC

FINE, APPLIED, AND PERFORMING ARTS

Pastel Painting

EART 580 - Traditional and contemporary methods of pastel painting with soft and hard pastels. Emphasis in multilayered techniques.

73135	Th	9-11:50a	Alvarez, J	INTERNET
73313	W	1-3:50p	Willis, E	LWV1 MPR1

PHOTOGRAPHY

Intermediate Digital Photography

EPHO 503 - Reviews technical aspects of using a digital camera, image composition, downloading, storing, organizing and editing images using software programs. Also includes portraits, landscape, low-light photography, flash techniques, digital media enhancement, and the use of filters. Students will also learn the basic principles of judging and evaluating photographs. Field trips may be required to fulfill the objectives of the course.

72728	M	2-2:50p	Graves, R	INTERNET
	W	3-4:50p	Graves, R	TBD
72738	T	1-3:50p	Hoffman, L	INTERNET
74230	Th	1-3:50p	Hoffman, L	LWV4

Photography For Exhibition

EPHO 505 - Techniques and procedures used in color and black & white photography exhibition. Related topics of photography and in-depth analysis of the creative image. Field trips may be required to fulfill the objectives of the course.

73124	Th	9-11:50a	Hass, K	INTERNET
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Fundamentals Of Design For Digital Slideshows

EPHO 506 - Covers phases and techniques in digital visual/audio presentations from photo essays, documentaries, how-to and travel shows. Includes planning, photographing, selecting images, writing narration, preparing graphics, music, sound effects and cues. Field trips may be utilized to fulfill the objectives of the course.

73357	W	9-11:50a	Graves, R	LWV4
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Fundamentals Of Digital Photography

EPHO 508 - Covers the technical and creative aspects of using a digital camera and the importance of composition and lighting in the creation of an image. Includes still life, landscape and portrait photography. Students will learn to download, store, organize and share images using software and social media. Field trips may be utilized to fulfill the objectives of the course.

73142	T	9-11:50a	Hoffman, L	INTERNET
74626	M	9-11:50a	Graves, R	LWV4

Fundamentals Of Digital Photographic Editing And Restoration

EPHO 510 - A practical introductory, entry-level course, for the effective use of updated image editing software on the computer for digital photographers. This practical refresher course prepares students to apply the technical and creative fundamentals of post-production using the Adobe Creative Suite software photography package.

73172	F	9-11:50a	Even, R	SC LRC 102
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STONE AND GLASS

Beginning Lapidary

EART 522 - Explores the proper usage of lapidary machines for cutting and polishing stones: slabsaw, trim saw, grinders, sanders, lapping wheels, polishers and drills.

73325	T	1-3:50p	Massamiri, T	LWV4
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Intermediate Lapidary

EART 523 - Explores lapidary machines and hand tools for cutting and polishing stones from rough to semiprecious into a variety of shapes such as cachobons, cameos, and carvings for use in decorative items and jewelry.

73358	T	5-7:50p	Massamiri, T	LWV4
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Beginning Stained Glass

EART 524 - Fundamental approach for working with stained glass using the copper-foil and lead came technique, in two and/or three-dimensional projects.

73353	W	9-11:50a	Canfield, B	LWV4
73354	Th	1-3:50p	Canfield, B	LWV4

Advanced Stained Glass

EART 525 - Designed to explore the possibilities of working in glass by utilizing the kiln to fuse, tack, and slump objects using tested compatible glass. Create a variety of projects incorporating techniques learned in previous 'cold glass' courses.

73323	Th	5-7:50p	Canfield, B	LWV4
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Health and WELLNESS

AEROBICS

Cardiovascular Health

EHEA 500 - Through a cardiovascular lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining an ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies that emphasize cardiovascular fitness.

71133	M/W/F	10-10:50a	McClellan, A	LHCCSC
71160	M/W/F	10-10:50a	Davies, C	LWV1 GYM
71171	M/W/F	8-8:50a	Davies, C	PALMIA
71569	Asynch		Demiter, S	INTERNET
71570	Asynch		Roostee, L	INTERNET
71571	Asynch		Rosa, S	INTERNET
71591	M/W/F	8-8:50a	Nelson, J	INTERNET
71592	M/W/F	9-9:50a	Demiter, S	INTERNET

Cardiovascular Wellness

EHEA 501 - Through a cardiovascular lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining an ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies that emphasize cardiovascular fitness.

71187	M/W	7:30-8:20a	Williams, L	City DP
71188	T/Th	8-8:50a	Himes, M	PALMIA
71189	T/Th	9:15-10:05a	Dickenson, K	SEA CTRY
71573	Asynch		Messenger, L	INTERNET
71593	T/Th	9-9:50a	Baldonado-Wilkins, E	INTERNET

AQUATIC FITNESS

Aqua-Cardio Health

EHEA 504 - Through an aqua-cardiovascular lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize cardiovascular fitness.

71191	M/W/F	10-10:50a	Staff	LWV1 POOL
71201	M/W/F	9-9:50a	Himes, M	PALMIA
71204	M/W/F	11-11:50a	Staff	LWV5 POOL

Aqua-Cardio Wellness

EHEA 505 - Through an aqua-cardiovascular lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize cardiovascular fitness.

71205	T/Th	9-9:50a	Andrews, M	PALMIA
71206	T/Th	11-11:50a	Chavez, E	LWV1 POOL



It's open to everybody. The teachers are very talented and courteous and there's a lot to learn."

- Kanchan Tailor

HEALTH AND WELLNESS

BALANCE AND MOBILITY

Balance And Mobility

EHEA 508 - Through a balance and mobility lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize balance and mobility.

71207	M/W/F	10-10:50a	Giertych, P	FS SEN CTR
71208	M/W/F	9-9:50a	Giertych, P	FS SEN CTR
71574	Asynch		Cofinco, S	INTERNET

Survey Of Balance/Mobility Techniques

EHEA 509 - Through a balance and mobility lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize balance and mobility.

71209	T/Th	9-9:50a	McKeachie, A	FS SEN CTR
71210	M/W	9-9:50a	Licavoli, L	PALMIA
71575	Asynch		Fong, F	INTERNET
71594	T/Th	9-9:50a	Giertych, P	INTERNET

CHAIR EXERCISE

Beginning Movement And Health

EHEA 513 - Through a beginning independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize beginning independent movement techniques.

71211	T/Th	10-10:50a	Himes, M	FS SEN CTR
71595	M/W/F	11-11:50a	Staff	INTERNET
73909	Asynch		Roostee, L	INTERNET

Intermediate Independent Movement

EHEA 516 - Through an intermediate independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize intermediate independent movement techniques.

71576	Asynch		Messenger, L	INTERNET
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Intermediate Movement And Health

EHEA 517 - Through an intermediate independent movement and health techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize intermediate independent movement techniques.

71212	M/W	10-10:50a	Licavoli, L	PALMIA
71213	M/W	8:30-9:20a	Fox, W	City DP
74637	M/W/F	10-10:50a	Cofinco, S.	INTERNET

CIRCUIT TRAINING

Sequential Muscle Strengthening

EHEA 538 - Through a sequential muscle strengthening lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize sequential muscle strengthening fitness techniques.

71588	Asynch		Fong, F	INTERNET
71601	M/W/F	8-8:50a	Demiter, S	INTERNET
71602	T/Th	8-9:15a	Cofinco, S	INTERNET



Emeritus invites people that want to be here. They are truly motivated and passionate about learning what they are learning. They are proud to be here."

- Elena Homans

Sequential Muscle Technique

EHEA 539 - Through a sequential muscle strengthening lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize sequential muscle strengthening fitness techniques

71603 M/W 10-10:50a Baldonado-Wilkins, E INTERNET

HEALTH

Age-Related Health Risk Factors

EGRO 500 - This course provides information to students about age related risk factors contributing to health problems and disease.

70845 T/Th 6-7:15p Staff INTERNET
70846 M/W/F 8-8:50a Penn-Mathis, M INTERNET

Geropsychology: Perspectives On Aging

EGRO 501 - This class for older adults focuses on the psychological, physiological, philosophical and social changes that accompany older adult growth and development. The perspective of a new geropsychology is presented, through the biological and social sciences; concepts about identity formation and gerotranscendence from psychology; ideas about humanity from spiritual and humanistic teachings; insights from philosophical inquiries; and research data from demographics and statistics.

70848 F 1-2:50p Sapiro, J INTERNET

Brain Health And Wellness

EHEA 536 - This course covers age-related brain functioning and memory-retaining practices primarily for the older adult. Focus is on anatomy and physiology of the brain, brain function, healthful living choices, memory-loss prevention, neurodegenerative diseases, and managing mental health.

71586 Asynch Keslacy, S INTERNET
71587 Asynch Schmeidler, K INTERNET
71599 T/Th 4:30-5:20p Keslacy, S INTERNET
71600 M/W 6-6:50p Schmeidler, K INTERNET

Consumer Health Issues

EHSC 500 - Promotes awareness and informed decision making in regard to health issues, including health insurance, frauds, legislation, selection of doctors, pharmacists and health care agencies.

70850 Sat 9-10:50a Mamoon, S INTERNET

PILATES

Muscle Strengthening/Body Alignment

EHEA 520 - Through a muscular strength and body alignment lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize muscular strength and body alignment.

71214 M/W/F 1-1:50p Walls, M RMV GH
71578 T/Th 8-9:15a Roostee, L INTERNET
71580 Asynch McKeachie, A INTERNET
71596 M/W/Asynch 10-10:50a Nelson, J INTERNET

Muscle Development

EHEA 521 - Through a muscular strength development lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies that emphasize muscular strength and body alignment.

71215 T 1-2:50p Chavez, E SEA CTRY
71581 Asynch Fong, F INTERNET

Inter Muscle Strength/Body Alignment

EHEA 541 - Through an intermediate muscular strength and body alignment lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining healthy body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize muscular strength and body alignment.

71590 Asynch Baldonado-Wilkins, E INTERNET
71623 T/Th 9-10:15a Lowe, L LHCCSC

HEALTH AND WELLNESS

SEQUENTIAL STRETCHING

Posture And Balance

EHEA 524 - Through a posture and flexibility lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize posture and flexibility.

71216	M/W/F	11-11:50a	McClellan, A	LHCCSC
71217	M/W/F	11-11:50a	Davies, C	LWV1 GYM
71218	M/W	11a-12:15p	Licavoli, L	PALMIA
71582	Asynch		Baldonado-Wilkins, E	INTERNET
71583	Asynch		Chavez, E	INTERNET
71604	T/Th	4-5:15p	Fox, Wendy	RMV GH
71605	M/W/F	8:30-9:20a	See, J	SJC CC/GYM

Posture And Mobility

EHEA 525 - Through a posture and mobility lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize posture and flexibility.

71579	T/Th	7-7:50a	Roostee, L	INTERNET
71606	T/Th	11-11:50a	McClellan, A	LWV1 GYM
71607	T/Th	8-8:50a	Lowe, L	LHCCSC
71608	M/W	9:30-10:20a	McKeachie, A	City DP

TAI CHI

Concentrated Movement

EHEA 528 - Through a focused movement lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness, and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize focused movement.

71597	T/Th	10:30-11:45a	Nguyen, T	INTERNET
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Balanced Movement

EHEA 529 - Through a balanced movement lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness, and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize focused movement.

71609	W	1-2:50p	Ma, W	FS SEN CTR
71610	F	1-2:50p	Costa, R	PALMIA
71611	Th	11a-12:50p	Costa, R	SJC CC/GYM
71612	T	1:15-3:05p	Ma, W	MONTANOSO
71613	Th	2-3:50p	Ma, W	SEA CTRY
71614	W	8-9:50a	Ma, W	LHCCSC
71615	M	8-9:50a	Costa, R	LHCCSC
71616	F	8-9:50a	Ma, W	LHCCSC
73846	T	1-2:50p	Costa, R	RMV GH

YOGA

Focus And Muscle Strength

EHEA 532 - Through a concentration and muscle strength lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness, and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life- sustaining exercise strategies that emphasize concentration and muscle strength.

71584	Asynch		Fong, F	INTERNET
71585	Asynch		Rosa, S	INTERNET
71598	M/W/F	7-7:50p	Staff	INTERNET
71617	M/Th	1-2:15p	McKeachie, A	PALMIA
71618	T/Th	10:30-11:45a	McKeachie, A	LHCCSC
71619	T/Th	8:30-9:45a	Nguyen, T	SJC CC/GYM

Focus And Flexibility

EHEA 533 - Through a concentration and muscle strength lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn methods of achieving and maintaining ideal body composition, illness, and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies that emphasize concentration and muscle strength.

71620	M/W	10:30-11:20a	McKeachie, A	City DP
71621	W	6-7:50p	Licavoli, L	Costa
71622	T	6-7:50p	Giertych, P	PALMIA



Humanities and SCIENCES

APPLIED BIOLOGY

Birds Of The World

EBIO 500 - Topics in this course will include bird ancestry, evolution, distribution, topography, behavior and techniques of field identification. Course includes field trips to local and regional bird watching sites.

70885	Sat	8-10:50a	Mitchell, K	INTERNET
70888	T	6:30-9:20p	Mitchell, K	INTERNET
70889	Th	6-8:50p	Mitchell, K	INTERNET
70894	T/TBD	1-1:50p	Leipzig, V	INTERNET/TBD

Advanced Birding

EBIO 501 - Designed for the older adult with previous coursework or experience in ornithology or birding. Course furthers the study of bird anatomy, ecology, and evolution of birds with an emphasis on developing student skills in identification of bird species in the field.

70895	M/TBD	1-1:50p	Leipzig, V	INTERNET/TBD
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Human Ecology

EECL 501 - Introduces students to the interactions of the human species with the natural world. Covers how human society depends upon natural resources and impacts the natural environment by consuming resources and introducing waste into the air, the water, and the soil. Human population dynamics, including older adult longevity and its impacts, will be analyzed in detail, as will the political, economic, and cultural context of human decision-making about the environment.

70198	W	1-2:50p	Leipzig, V	INTERNET
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ART HISTORY AND THEORY

Art Appreciation

EART 500 - Focuses on the fundamentals and aesthetics of the visual arts, as well as the major developments that shaped the evolution of Western art.

70123	Th	1-2:50p	Shoro, N	INTERNET
73927	W	1-2:50p	Hoffman, L	INTERNET

Art History

EART 501 - This class surveys the history of global art. The focus is on major works and artists of lasting significance from prehistoric to the modern times.

70147	M	10-11:50a	Rodriguez-Morris, E	INTERNET
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Contemporary Art And Culture

EART 502 - This course analyzes 20th century art, culture, and architecture. Explores cultural forces that have shaped and controlled art production. Explores gender and diversity in the art world.

70180	W	10-11:50a	Rodriguez-Morris, E	INTERNET
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HISTORY

Current And Historical Analysis Of The Middle East

EHST 502 - Major political, economic, and social institutions and movements of the Middle East from World War I to the present. Emphasis on developing an understanding of geopolitical factors up to contemporary times within the Middle East.

70459	T	10-11:50a	Yeganehshakib, R	INTERNET
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HUMANITIES AND SCIENCES

Western Civilization To 1648

EHST 504 - Survey of the historical developments of the Western civilization from its birth to the end of the Thirty Years' War, 1648. Major emphasis will be placed on the Greek and Roman civilizations, the emergence, consolidation and decline of Medieval Europe, Humanism and Renaissance, European Exploration and colonization and the Protestant and Catholic Reformations. Designed for older adult students interested in learning the mechanisms of the ancient, medieval and pre-modern Western civilization, its strengths and weaknesses, in order to better understand the roots of the modern and contemporary developments of the West.

70463 F 10-11:50a Popa, A INTERNET

History And Biography Through Media

EHST 510 - This course will analyze notable historic figures represented in literature, art, music, or public life through media. The medium of film and television will be examined for fact vs fiction and such cinematic values as dramatic license in condensing or elimination, or even the outright changing of the historic record.

70473 T 1-3:50p Rodriguez-Morris, E INTERNET

History Of Sports In The United States

EHST 512 - Surveys the origins and development of sports in America from the colonial period to the present. Emphasizes the transition from unorganized to organized sports and socially acceptable activities related to "blood sports." Specific topics will be the development of today's major sports, including but not limited to football, basketball, baseball, soccer, tennis, hockey, golf and the Olympic Games. Each sport's unique beginnings and major events will be examined. The changing definition of equity throughout each respective sport will be considered as a measuring tool to contemporary society of each respective era, including racial segregation and integration.

70757 Th 1-2:50p Rodriguez-Morris, E INTERNET

INVESTING

Improving Investment Performance

EACT 500 - Promotes understanding and evaluating investment performance for the beginning and experienced investor, including strategies critical to the formation, preservation and growth of financial assets.

70024	Th	10-11:50a	Meyerson, R	INTERNET
70038	W	10-11:50a	Meyerson, R	INTERNET
70045	T	1-2:50p	Meyerson, R	INTERNET
70772	M	2-3:50p	Meyerson, R	SEA CTRY

Managing Bonds And Stocks

EACT 503 - Examines the dynamics of global economics, stock and bond markets, and mutual funds with an emphasis on helping investors develop an informed and strategic investment philosophy.

70050 Th 1-2:50p Meyerson, R INTERNET

Estate Planning

EACT 504 - Examines financial and estate planning matters. Topics may include probate estates, trusts, wills, property transfers, marital property, advance directives, powers of attorney, elder law, tax implications, and charitable gifts. Current information can include the California Probate Code, community property versus joint tenancy, and creation of investment models and wills. The student will learn personal financial planning, changes in estate and income tax law, money management and investment strategies.

70066	T	6-7:50p	Murphy, T	INTERNET
70839	Asynch		Murphy, T	INTERNET

“

I love to be in the class and be encouraged and see all of my friends.”

- Sholeh Zaddeh



LANGUAGES

Beginning French Conversation And Culture

EFRN 500 - This foundational course designed for older adults emphasizes basic French language acquisition and introduces students to components of various French-speaking cultures. Students will gain essential language skills and cultural awareness, enhancing their ability to engage in meaningful conversations, navigate travel, and explore the rich tapestry of French-speaking countries.

70434	Th	6-7:50p	Curilli, C	INTERNET
70775	F	1:30-3:20p	Curilli, C	LWV1 BLRM

Intermediate French Conversation And Culture

EFRN 501 - This course is designed for older adult students with prior French language experience. It builds upon existing language skills and delves deeper into various aspects of French-speaking cultures. Throughout this course, students will enhance their language proficiency and cultural understanding, enabling them to engage in more nuanced conversations and explore the multifaceted aspects of French-speaking societies with greater insight.

70452	F	6-7:50p	Curilli, C	INTERNET
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Beginning Italian Conversation And Culture

EITA 500 - This foundational course designed for older adults emphasizes basic Italian language acquisition and introduces students to components of Italian culture. Students will gain essential language skills and cultural awareness, enhancing their ability to engage in meaningful conversations, navigate travel, and explore the rich tapestry of Italian life and society.

70758	T	6-7:50p	Baracco, P	INTERNET
70759	T	1-2:50p	Baracco, P	INTERNET

Intermediate Italian Conversation And Culture

EITA 501 - This course is designed for older adult students with prior Italian language experience. It builds upon existing language skills and delves deeper into various aspects of Italian culture. Throughout this course, students will enhance their language proficiency and cultural understanding, enabling them to engage in more nuanced conversations and explore the multifaceted aspects of Italian life and society with greater insight.

70761	Th	6-7:50p	Baracco, P	INTERNET
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Beginning Practical Spanish

ESPA 500 - Basic fundamentals of conversational Spanish. Includes reading, comprehension, speaking, and writing.

70579	Th	10-11:50a	Enciso, M	INTERNET
70766	Asynch		Enciso, M	INTERNET
70768	W	10-11:50a	Duran DeMehranfard, M	INTERNET
70769	T	1-2:50p	Velazquez, A	INTERNET
70776	W	1-2:50p	Duran DeMehranfard, M	NOR COM

Intermediate Practical Spanish

ESPA 501 - Further the fundamentals of communicative competence in practical Spanish. Focus is on listening, comprehension, speaking, reading, and writing.

70770	T	10-11:50a	Duran DeMehranfard, M	INTERNET
70778	W	10-11:50a	Staff	LFCC
70779	M	1:30-3:20p	Staff	LWV1 BLRM

Advanced Practical Spanish

ESPA 502 - Designed for advanced students seeking to develop fluency in Spanish. The emphasis is on expression and conversation.

70771	F	10-11:50a	Duran DeMehranfard, M	INTERNET
70780	Th	10-11:50a	Duran DeMehranfard, M	LHCCSC

PHILOSOPHY

Fundamentals Of Western Philosophy

EPHL 503 - Investigates many of the major philosophical themes within the Western tradition. Themes covered include the nature of self, free will and determinism, the ground and nature of human knowledge, the nature of ethics, aesthetics and the nature of political philosophy.

70762	M	9-10:50a	Jenks, G	INTERNET
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Freethought Philosophy Past And Present

EPHL 504 - History of freethought consisting of the heterodox religious systems and secular philosophies that have appeared in opposition to the Judaeo-Christian tradition in the Western world from the Classical Age of Greece and Rome to the present. Study deism, pantheism, agnosticism, atheism as well as multicultural religious philosophical systems and beliefs.

70842	T	10-11:50a	Jenks, G	INTERNET
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I love Emeritus because it's convenient and mind stimulating. - Tony DeRosa

HUMANITIES AND SCIENCES

POLITICAL SCIENCE

Current Political Events And Issues

EPOL 501 - Exploration of current issues and events on global, national, and local government levels. Problem areas include crime, economics, social services, environment, and terrorist.

70763	Th	10-11:50a	Yeganehshakib, R	INTERNET
70764	M	10-11:50a	Brooks, K	INTERNET
70765	W	1-2:50p	Brooks, K	INTERNET
70767	W	9-10:50a	Harrington, W	INTERNET

TECHNOLOGY

Life And Technology Integration

ECIM 501 - Introduction to current and emerging technologies for the purpose of creating ease, efficiency, and comfort in the completion of daily tasks through the integration of technology into life. Topics include internet use, desktop and laptop computers, tablets, smart cell phones, apps, and other emerging technologies.

70883	T	1-2:50p	Palacios, L	LFCC
70890	Th	1-2:50p	Palacios, L	INTERNET

Intermediate Life And Technology Integration

ECIM 502 - Designed for the older adult, intermediate concepts are introduced related to current technologies to expand skill sets through the integration of technology into life. Topics include in depth concepts on Smartphone features for Android and Iphone, Ipads, Mac computers, Chromebooks, cloud computing, and security features.

70891	M	6-7:50p	Cantus, S	INTERNET
70896	Asynch		Wolzinger, R	INTERNET

Advanced Life And Technology Integration

ECIM 503 - Designed for the older adult, advanced concepts are introduced related to current technologies to expand skill sets through the integration of technology into life. Topics include lecture discussions and lab-practice on smartphone and tablet features for Android and iPhone, iPads, Apple and PC computers, cloud computing, and security features.

70892	F	10-11:50a	Strobel, J	INTERNET
70893	W	3-4:50p	Wolzinger, R	INTERNET

WRITING AND LITERATURE

Advanced Creative Writing

EENG 501 - An in-depth study of creative writing through the development of nonfiction and fiction prose. Emphasis on point of view, plot description, characterization, dialogue, narration, theme, and sensation.

70200	M	1-3:50p	DeMarco-Barrett, B	INTERNET
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Non-Fiction Writing

EENG 502 - Techniques and practices in writing nonfiction articles, essays, and biographical sketches.

70228	T	1-3:50p	Hays, S	INTERNET
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Fundamentals Of Creative Writing

EENG 503 - Explores the basic elements of fiction and non fiction writing including audience, structure, voice, description, setting, and manuscript development with a focus on the skills necessary to grow as a writer.

70230	T	9-11:50a	Hecht, S	INTERNET
70236	W	1-3:50p	Kramer, K	INTERNET

Intermediate Creative Writing

EENG 504 - Course builds upon the basic elements of fiction and non-fiction writing to promote a more in-depth study of creative writing. Students will develop point of view, plot description, characterization, dialogue, theme, narration, and prose directed toward more advanced skills. Students may learn techniques of the form by discussing their work, as well as the assigned readings, in a small group setting.

70254	F	10a-12:50p	Young, C	INTERNET
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Literature And Life

EENG 510 - Designed for the older adult, this survey course introduces students to works of prose, essays, poetry, drama, fiction, and non-fiction to encourage the study, interpretation, and articulation of the common human experience found within world literature. Selected works will be chosen from varying cultures and languages. Topics covered may include: religious history, social justice, colonization, cultural identity, identity development, alienation, gender roles, race, family life, and social class. Older adult students will analyze selected literary works and compare and contrast cultural, political, philosophical, and humanistic themes in order to promote active citizenship and individual responsibility in a global context.

70257	Th	1-2:50p	Broeske, P	INTERNET
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The Bible As Literature: Genesis To Psalms

EENG 511 - A literary examination of the Hebrew Bible from Genesis to Psalms, analyzing the structure, form, authorship, transmission, style, and distinctive themes of these books with a special focus on the narrative arc or meta-narrative of the section and the original Jewish cultural contexts from which this literature arose.

70260 W 4-5:50p Monette, M INTERNET

The Bible As Literature: Gospels To Revelation

EENG 513 - Presentation and discussion of the New Testament from John's gospel to his apocalypse. This includes Pauline and non-Pauline Epistles and focuses on the historical, theological, cultural, and literary contexts from which the New Testament emerged.

74225 M 12-1:50p Jenks, G INTERNET

Film Analysis Through Literary Critique

EENG 515 - Examination of film as a 20th and 21st century art form. Considers foreign and domestic cinema with a focus on archetype, myth, symbol, characterization, and plot.

70263	W	2-4:50p	Broeske, P	INTERNET
70264	M	1-3:50p	Hecht, S	INTERNET
70293	T	2-4:50p	Hecht, S	INTERNET
70415	Th	6-8:50p	Young, C	INTERNET
70773	Th	1-3:50p	Kramer, K	LWV5

Writing Fiction

EENG 517 - This class will be focused entirely on writing fiction in both long and short forms. Through lecture, discussion, writing practice, and critique, students will learn how to craft fiction, from short form to long. Students may work on their individual writing goals during the term, producing short stories or chapters of a novel. Peers will offer oral and/or written feedback on work submitted to the class. Students will also be able to share their writing without critique. The class will also cover how to place work for publication and how to find a literary agent or publisher.

70425 Th 1-3:50p DeMarco-Barrett, B INTERNET

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