

TUITION-FREE COURSES FOR ADULTS



Saddleback College

Extended Learning

SPRING 2027

1/19-5/26/27

**EMERITUS INSTITUTE & ADULT EDUCATION
SCHEDULE OF CLASSES**



Las clases de inglés para adultos comienzan en la página 24.

EMERITUS INSTITUTE

saddleback.edu/emeritus
scemeritus@saddleback.edu
949-582-4835
College Center Building,
Room 113



APPLICATION & REGISTRATION ASSISTANCE

Admissions and Records Office
949-582-4555
scadmissions@saddleback.edu
Gateway Building, 1st Floor, 130

ADULT EDUCATION

saddleback.edu/learning-saddleback/
adult-education
scadulted@saddleback.edu • 949-348-6850
BGS Building, Room 248

STUDENT TECHNICAL ASSISTANCE

949-582-4363
scstudenttechsupport@saddleback.edu

Table of Contents

How to Become a Student	3	Registration Instructions	5
How to Read the Class Schedule and Helpful Tips	4	Frequently Asked Questions	6
		Classes by Location	7-9



Emeritus: Fine, Applied, and Performing Arts

10-14

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



Emeritus: Health and Wellness

15-18

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



Emeritus: Humanities and Sciences

19-23

Applied Biology • Art History and Theory • History • Human Development •
Humanities • Investing • Languages • Philosophy • Political Science •
Technology • Writing and Literature



Adult Education

24-27

English as a Second Language • Basic Technology • Citizenship Preparation •
ELL - Healthcare Pathways • High School Equivalency •
OASIS Program - Pre-Vocational Skills

How to Become a Saddleback College Student



New Students: Complete the online application at saddleback.edu/apply-pay/how-apply/new-student.

Returning Students: If you've missed two semesters, reapply online at saddleback.edu/apply-pay/how-apply/returning-student.

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

Once You Become a Saddleback 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, sign in to MySite at apps.saddleback.edu and register for classes! **Starting Fall 2025, MySite became Banner MySite and is where students register and update personal information.**

How to Register

- Step-by-step instructions are available on page 5.
- **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.
- Adult Education students, visit BGS, Room 248 for additional in-person support.

Important Dates 2026

JAN 19 - MAY 26
SPRING 2027 SEMESTER

NOVEMBER 17-23
Spring 2027 current
Emeritus Institute
and Adult Education
student registration

NOV 23 - EMERITUS
Palmia Community
In-person registration
9am-3:30pm

NOV 24
Spring 2027 new student
registration opens

NOV 30 - EMERITUS
Florence Sylvester
Senior Center
In-person registration
9am-4pm

DEC 4 - EMERITUS
Dana Point
Community Center
In-person registration
9am-4pm

**MONTHLY REGISTRATION
ASSISTANCE**
Check website

How to Read the Class Schedule

– SAMPLE CLASS LISTING –

Fundamentals of Art Analysis and Appreciation					
EART 503 - Focuses on the fundamentals and aesthetics of the visual arts, as well as the major developments that shaped the evolution of Western art.					
10025	F	10:00-11:50a	Hoffman, L.	LVW5	
10345	ASYNCH		Hoffman, L.	INTERNET	

Class title

Class prefix and number

Five-digit class reference number (CRN); needed for online registration.

Day of the week class is being held.

ASYNCH = fully online class with no set meeting times. Coursework to be completed at your own pace, with no live meetings.

Time of day class is being held, either in person or online.

Name of class instructor

Location code of in-person class; see pages 7-9 for full location name and address.

If location code is **INTERNET, class is held online; either asynchronously (no live meeting) or synchronously (meeting at a set day/time). See "day of week" column to determine if the class has a set meeting time or if it is asynchronous.**

Helpful Tips

- When you register for a class, you will need to know the **five-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 abbreviation** (found on pages 7-9) for in-person classes, or **INTERNET** for online classes.
- **Courses in printed schedule are subject to change. Visit saddleback.edu/learning-saddleback/classes/class-schedule 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**.

Registration Instructions

1. Use the printed class schedule or **saddleback.edu/learning-saddleback/classes/class-schedule** to note the five-digit CRNs for the courses for which you plan to register.
2. **Go to: saddleback.edu, Logins:** Use your Saddleback College Email Address and Password. When prompted, complete the Multi-Factor Authentication text/call.
3. **Select the MySite icon, then the semester you're registering for.**
4. **Find the Students Start Here 1st card. Select Register for Classes**
5. **Select "Register-Waitlist-Drop Classes." Select the semester you're registering for and Select Continue.**
6. **Select the tab "Enter CRNs" then enter the CRN* in the box. Select Add to Summary.** The course will appear in green as "Pending" in the summary below.
7. Scroll to the bottom select **Submit**.
 - The status for your added classes will change from "Pending" to **"Registered"**.
 - **The summary is your confirmation that you're registered for the classes listed.**
 - The Admissions & Records Office will also send a confirmation email to your college email address in approximately 24 hours.

– TO DROP A CLASS –

- Follow Steps 2-5.
- In Summary: select the drop-down menu next to the class you want to drop and select "Drop with full fee reversal."
- Click submit to finalize dropping the class.

**For Application or Registration Help
Contact Admissions and Records:**

**949-582-4555
or Scadmissions@Saddleback.edu**

Need Help Registering?

COMPUTER

STEP-BY-STEP INSTRUCTIONS:



MOBILE

STEP-BY-STEP INSTRUCTIONS:



Frequently Asked Questions

What is the Division of Extended Learning?

The Division of Extended Learning provides tuition-free, accessible, equity-based educational opportunities that support students in achieving their academic, personal, career, and life goals. Through Adult Education and the Emeritus Institute, the division promotes lifelong learning, supports workforce development, and helps students transition to further education, career pathways, and personal enrichment. The division's Foster and Kinship Care Education program offers free educational workshops, classes and support opportunities in English and Spanish for Orange County's Resource Parents (Foster, Adoptive, and Kinship [relative] caregivers of children and youth in out-of-home care).

What is the Saddleback College Emeritus Institute?

The Emeritus Institute is California's largest older adult tuition-free, lifelong learning program, serving more than 5,000 students through academically rigorous, mentally stimulating, socially engaging, and health improving noncredit courses offered throughout South Orange County and online.

What is Saddleback College Adult Education?

Adult Education offers tuition-free, noncredit classes and certificates that help adults improve English language skills, prepare for citizenship, complete high school equivalency goals, build workforce and college readiness skills, increase technology skills, and pursue personal, academic, and career goals.

Are Emeritus Institute and Adult Education academic college classes?

Yes! Adult Education students receive grades of Pass, Satisfactory Progress, or No Pass. Emeritus Institute classes are non-graded and focused on skill development and lifelong learning.

Who can enroll in Emeritus Institute and Adult Education classes and what do they cost?

Anyone age 18 or older may enroll. Classes are tuition-free. Students taking classes on the Saddleback College campus must pay the required health fee & parking fee for on-campus parking.

Who teaches Emeritus Institute and Adult Education classes?

Classes are taught by qualified Saddleback College faculty with advanced academic and professional expertise. Many instructors hold master's and/or doctoral degrees.

Where and how are Emeritus Institute and Adult Education classes offered?

Classes are offered online and in-person at Saddleback College and community teaching sites throughout South Orange County. Online classes may be live or asynchronous through Canvas.

Can I audit a class? How do I add myself to a waitlist?

Auditing is not permitted. Students must be officially enrolled to attend. If a class is full, students may add themselves to the waitlist during registration and will be notified by college email if a seat becomes available.

What is the Adult Education Occupational and Academic Skills for Independence and Success (OASIS) Program?

The Occupational and Academic Skills for Independence and Success (OASIS) Program provides independent living and vocational skills classes for adults with disabilities. Courses focus on pre-vocational, employability, workplace, life, and academic skills.

What is the Adult Education High School Equivalency Program?

The High School Equivalency Program prepares students for the High School Equivalency Test (HiSET®) in math, science, social studies, reading, and writing. Classes are offered in English and Spanish, with orientations and monthly HiSET in-person testing available at Saddleback College.

How do I get help starting?

Emeritus Institute students may visit Admissions and Records in the Gateway Building, Room 130, or call 949-582-4555 for application and registration questions. Adult Education students may visit the Adult Education office in BGS, Room 248, Admissions and Records, or call 949-348-6850. Please note that over the phone registration walk-throughs are not available.

What other support is available?

Students may access Saddleback College support services, including Disabled Students Programs and Services (DSPS), Veterans Education and Transition Services (VETS), counseling, tutoring, career resources, basic needs support, undocumented student support, and health and mental health services.

Classes By Location

Emeritus Institute

ALISO VIEJO

Aliso Viejo Ranch (AVRBARN)

100 Park Ave, Aliso Viejo, CA 92656

- EHEA 517-Intermediate Movement And Health

DANA POINT

City Of Dana Point Community Center (CITY DP)

34052 Del Obispo Road, Dana Point, CA 92629

- EHEA 501-Cardiovascular Wellness
- EHEA 517-Intermediate Movement And Health
- EHEA 524-Posture And Balance
- EHEA 532-Focus And Muscle Strength

LAGUNA BEACH

Laguna Beach Susi Q Center (SUZQARTRM)

380 3rd St, Laguna Beach, CA 92651

- EART 564-Portrait Painting In Oils, Watercolor And Pastels
- EHEA 529-Balanced Movement

LAGUNA HILLS

Florence Sylvester Senior Center (FSSENCTR)

23721 Moulton Parkway, Laguna Hills, CA 92653

- EART 561-Intermediate Painting In Oil/Acrylic
- EFSH 507-Beginning Knitting
- EHEA 508-Balance And Mobility
- EHEA 513-Beginning Movement And Health
- EHEA 529-Balanced Movement

Laguna Hills Community Center (LHCCSC)

25555 Alicia Parkway, Laguna Hills, CA 92653

- EART 549-Fundamentals Of Sketching
- EART 551-Intermediate Sketching
- EART 574-Intermediate-Advanced Techniques Of Watercolor Painting
- EFSH 508-Intermediate Knitting
- EHEA 500-Cardiovascular Health
- EHEA 521-Muscle Development
- EHEA 524-Posture And Balance
- EHEA 525-Posture And Mobility
- EHEA 529-Balanced Movement
- EHEA 532-Focus And Muscle Strength
- ESPA 500-Beginning Practical Spanish

LAGUNA NIGUEL

Sea Country Senior Center (SEACOUNTRY)

24602 Aliso Creek Road, Laguna Niguel, CA 92677

- EACT 500-Improving Investment Performance
- EHEA 501-Cardiovascular Wellness

LAGUNA WOODS

Laguna Woods Village Clubhouse 1 (LWV1)

24232 Calle Aragon, Laguna Woods, CA 92637

- EART 540-Art Media Studies
- EART 553-Fundamentals Of Life Drawing
- EART 566-Advanced Painting Techniques For Oil/Acrylic
- EART 569-Fundamentals Of Watercolor Painting
- EART 580-Pastel Painting
- EHEA 500-Cardiovascular Health
- EHEA 504-Aqua-Cardio Health
- EHEA 505-Aqua-Cardio Wellness
- EHEA 524-Posture And Balance
- EHEA 525-Posture And Mobility
- EITA 500-Beginning Italian Conversation And Culture
- ESPA 502-Advanced Practical Spanish
- ETHE 501-Introduction To Readers Theatre

Laguna Woods Village Clubhouse 4 (LWV4)

23501 Via Mariposa W, Laguna Woods, CA 92637

- EART 510-Ceramics Handbuilding
- EART 511-Beginning Ceramics-Wheel
- EART 515-Intermediate Ceramics-Slipcasting
- EART 516-Advanced Ceramics-Slipcasting
- EART 518-Intermediate Ceramics Techniques
- EART 520-Beginning Intarsia
- EART 522-Beginning Lapidary
- EART 523-Intermediate Lapidary
- EART 524-Beginning Stained Glass
- EART 525-Advanced Stained Glass
- EART 531-Intermediate Enameling
- EART 534-Advanced Jewelry Metal Fabrication
- EART 535-Fundamentals Of Metal Fabrication For Jewelry
- EART 536-Inter Techniques Of Metal Fabrication For Jewelry
- EART 569-Fundamentals Of Watercolor Painting
- EFSH 502-Beginning Clothing Construction
- EFSH 510-Art As Fashion
- EFSH 511-Art Accessories For The Home
- EPHO 501-Intermediate Digital Show Presentations
- EPHO 503-Intermediate Digital Photography
- EPHO 508-Fundamentals Of Digital Photography

Laguna Woods Village Clubhouse 5 (LWV5)

24262 Punta Alta, Laguna Woods, CA 92637

- EENG 515-Film Analysis Through Literary Critique
- EHEA 504-Aqua-Cardio Health
- EPOL 501-Current Political Events And Issues
- ETHE 500-Scene Study-Acting

Laguna Woods Village Perf. Arts Center (LWV PAC)

23822 Avenida Sevilla, Laguna Woods, CA 92637

- EMUS 519-Instrumental Ensemble

LAKE FOREST

Lake Forest Senior Center (LFCC)

100 Civic Center Drive, Lake Forest, CA 92630

- ECIM 501-Life And Technology Integration
- ESPA 501-Intermediate Practical Spanish

MISSION VIEJO

Casta Del Sol (CASTADELSO)

27669 Casta Del Sol, Mission Viejo, CA 92692

- EHEA 533-Focus And Flexibility

Montanoso Recreation Center (MONTANOSO)

25800 Montanoso Dr, Mission Viejo, CA 92691

- EHEA 529-Balanced Movement

Norman P. Murray Senior Center (NORMANCOMM)

24932 Veterans Way, Mission Viejo, CA 92692

- ESPA 500-Beginning Practical Spanish
- ETHE 501-Introduction To Readers Theatre

Palmia Community (PALMIA)

21455 Monterey, Mission Viejo, CA 92692

- EHEA 500-Cardiovascular Health
- EHEA 501-Cardiovascular Wellness
- EHEA 509-Survey Of Balance/Mobility Techniques
- EHEA 517-Intermediate Movement And Health
- EHEA 524-Posture And Balance
- EHEA 529-Balanced Movement
- EHEA 532-Focus And Muscle Strength
- EHEA 533-Focus And Flexibility
- EHEA 505-Aqua-Cardio Wellness

Presbyterian Church of the Master (PRESCOM)

26051 Marguerite Pkwy, Mission Viejo, CA 92692

- EART 561-Intermediate Painting In Oil/Acrylic
- EART 580-Pastel Painting

Saddleback College Campus

(SC BGS, FA, LRC, GW)

28000 Marguerite Pkwy, Mission Viejo, CA 92692

- EFRN 500-Beginning French Conversation And Culture
- EFRN 502-Advanced French Conversation And Culture
- EFSH 503-Intermediate Clothing Construction
- EMUS 502-Emeritus Institute Concert Chorale
- EMUS 509-Vocal And Rhythmic Techniques
- EMUS 519-Instrumental Ensemble
- EPHO 510-Fundamentals Of Digital Photographic Ed. & Restoration

ONLINE

Asynchronous

- Classes use Canvas and do not have scheduled meeting times

Synchronous

- Classes use Canvas and meet live online through Zoom at scheduled times

RANCHO MISSION VIEJO

Rancho Mission Viejo Canyon House (RMVCANYON)

75 Esencia Dr, Mission Viejo, CA 92694

- EART 569-Fundamentals Of Watercolor Painting
- EART 574-Intermediate-Advanced Techniques Of Watercolor Painting

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:

A government-issued ID or driver's license.

RMV Garage Studios (RMVGARAGE)

1 Salubre, Rancho Mission Viejo, CA 92694

- EART 561-Intermediate Painting In Oil/Acrylic
- EART 564-Portrait Painting In Oils, Watercolor And Pastels

RMV Guest House (RMVGUEST)

11 Briosio St, Rancho Mission Viejo, CA 92694

- EHEA 501-Cardiovascular Wellness
- EHEA 508-Balance And Mobility
- EHEA 520-Muscle Strengthening/Body Alignment
- EHEA 521-Muscle Development
- EHEA 529-Balanced Movement
- EHEA 538-Sequential Muscle Strengthening

RMV North Plunge Pool (RMVNPOOL)

37 Esencia Dr, Rancho Mission Viejo, CA 92694

- EHEA 504-Aqua-Cardio Health

RMV Ranch House Pool (RMVRHPOOL)

35 Ascenso Ave, Rancho Mission Viejo, CA 92694

- EHEA 505-Aqua-Cardio Wellness

SAN CLEMENTE

Dorothy Visser Senior Center (DVSRCENTER) 117 Avenida Victoria, San Clemente, CA 92672

- EHEA 508-Balance And Mobility

SAN JUAN CAPISTRANO

San Juan Capistrano Community Center (SJCCOHALL, SJCCOMMCTR)

25925 Camino Del Avion,

San Juan Capistrano, CA 92675

- EHEA 500-Cardiovascular Health
- EHEA 509-Survey Of Balance/Mobility Techniques
- EHEA 521-Muscle Development
- EHEA 529-Balanced Movement
- EHEA 532-Focus And Muscle Strength

TBA

As Announced by Faculty

- EART 563-Painting In Subject Areas/Plein Air
- EBIO 500-Birds Of The World
- EPHO 503-Intermediate Digital Photography

Adult Education

MISSION VIEJO

Saddleback College Campus (SC BGS, LRC, GW)

28000 Marguerite Pkwy, Mission Viejo, CA 92692

- AEBE 702NC-Adult Ed Basic Education Language Arts I
- AEBE 704NC-Adult Ed Basic Education Math I
- AEBE 792NC-Adult Ed Basic Education Language Arts Lab I
- AEBT 701NC-Adult Ed Basic Technology Skills I
- AEBT 702NC-Adult Ed Basic Technology Skills II
- AESL 701NC-Basic Literacy-Adult Ed ESL
- AESL 702NC-Beginning Low-Adult Ed ESL
- AESL 703NC-Beginning High-Adult Ed ESL
- AESL 704NC-Intermediate Low-Adult Ed ESL
- AESL 705NC-Intermediate High-Adult Ed ESL
- AESL 706NC-Advanced Low-Adult Ed ESL
- AESL 708NC-Citizen Preparation - Adult Ed ESL
- AESL 708NC-Citizen Preparation - Adult Ed ESL
- AESL 761NC-Adult Ed ESL Digital Literacy II
- AEWD 790NC-Cooperative Leadership Skills
- AEWD 791NC-Social Competence And Community Engagement
- AEWP 771NC-Mobility Skills
- AEWP 774NC-Self Advocacy Skills
- AEWP 775NC-Computer Skills Lab
- AEWP 778NC-Introduction Of Functional Academics
- AEWP 783NC-Communication In The Workplace
- AEWP 784NC-Critical Thinking Skills
- AEWP 785NC-Healthy Relationships
- AEWP 787NC-Career Planning And Job Search
- AEWP 788NC-Employability Skills

SAN CLEMENTE

Las Palmas Elementary School (LASPALMAS)

1101 Calle Puente, San Clemente, CA 92672

- AESL 701NC-Beginning Low-Adult Ed ESL

SAN JUAN CAPISTRANO

College and Career Advantage / Capistrano Valley High School (CAPOVALLHS)

33122 Valle Rd, San Juan Capistrano, CA 92675

- AESL 720NC-Adult Ed ESL For The Workplace II (Medical Assistant Program)



EMERITUS INSTITUTE 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.

34209 W 10-11:50a Kind, R LWV5MPR1

Introduction To Readers Theatre

ETHE 501 - 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.

34210 M 1-3:50p Huntington, J NORMANCOM

34211 F+Asynch 1:30-3:20p Kramer, K LWV1BLRM

CERAMICS

Ceramics Handbuilding

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

34056 W 1-3:50p Stoland, L LWV4CER

34055 Th 9-11:50a Stoland, L LWV4CER

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.

34058 T 9-11:50a Adams, D LWV4CER

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.

34059 W 9-11:50a Elizalde-Henson, S LWV4SLP

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.

34060 W 1-3:50p Elizalde-Henson, S LWV4SLP

Intermediate Ceramics Techniques

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.

34061 M 1-3:50p Elizalde-Henson, S LWV4CER

Beginning Sculpture

EART 590 - Introduction to sculptural ideas, and three dimensional design. The student will apply the theory and techniques of sculpture in selected materials.

34165 T 9-11:50a Stoland, L INTERNET

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.

34081	Asynch	Nielsen, M	INTERNET
34082	T 1-3:50p	Shoro, N	INTERNET
34084	Th 1-3:50p	Willis, E	LHCCSCCLRM
34083	F 1-3:50p	Lutz, D	INTERNET

Intermediate Sketching

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

34089	Asynch	McClatchey, S	INTERNET
34085	W 9-11:50a	Nielsen, M	INTERNET
34086	Th 9-11:50a	Willis, E	LHCCSCCLRM
34087	Th 9-11:50a	Janes, K	INTERNET

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.

34104	Asynch	Beck, J	INTERNET
34090	M 9-11:50a	Beck, J	LWV1MPR1
34097	M 1-3:50p	Beck, J	LWV1MPR1
34093	F 9-11:50a	Jekabsons, I	LWV1MPR1
34101	F 1-3:50p	Jekabsons, I	LWV1MPR1

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.

34167	T 9-11:50a	South, M	LWV4SEWRM
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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.

34168	W 9-11:50a	Elston, L	BGS104
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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.

34169	Th+Asynch 1-2:50p	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.

34174	Th 9-11:50a	South, M	LWV4SEWRM
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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.

34166	T/W+Asynch 3-3:50p	Chandler, S	INTERNET
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Intermediate Crocheting

EFSH 506 - Study of fibers used for crochet. Review of crochet pattern techniques. New stitches and methods of finishing projects, and Adjusting patterns following the gauge changes for size.

34913	T 9-11:50a	Santos, K	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.

34171	W 1-3:50p	Homans, E	FSSCBLRM
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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.

34172	M 9-11:50a	Santos, K	INTERNET
34173	F 9-11:50a	Homans, E	LHCCSCCLRM

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

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.

34070 Th 1-3:50p Lommatsch Barrett, C LWV4JLY

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.

34073 T 5-7:50p Rokni, S LWV4JLY

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.

34074 T 9-11:50a Lommatsch Barrett, C LWV4JLY

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.

34075 Th 5-7:50p Lommatsch Barrett, C LWV4JLY

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.

34079 Asynch Shoro, N INTERNET

34080 Th 9-11:50a Hedayat, N LWV1MPR2

Art Accessories 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.

34175 W 9-11:50a South, M LWV4SEWRM

MUSIC

For The Love Of Music

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

34176 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.

34177 Th 3:30-6:20p 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

34178 T 3-4:50p Huntington, J FA101

34179 T 7-8:50p Elliott, B FA101

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.

34180 T 1-2:50p Huntington, J FA103

Instrumental Ensemble

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.

34197 Th 10-11:50a Rosen, S LWV3REHEA

34194 F 8-9:50a Kouritas, G FA105

34193 F 10-11:50a Kouritas, G FA105

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.

34198 W 1-3:50p Kim, J INTERNET

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.

34199 Asynch Kouritas, G INTERNET

PAINTING

Beginning Digital Art

EART 554 - This course introduces the foundational theory and skills of digital painting and drawing using tablet and/or computer-based software. Designed for individuals with no prior experience creating digital art, this course covers beginning artistic techniques such as using digital creative software, tools, and navigating basic drawing and painting functions.

34110 M+Asynch 1-3:50p Brown, L INTERNET

Intermediate Digital Art

EART 555 - This course builds on foundational skills to expand knowledge and confidence in digital painting and drawing using tablet and/or computer-based tools. Students will further develop their artistic abilities by exploring new ways to create more complex and refined works through digital painting/drawing software and a broad array of digital tools. The course emphasizes personal growth in knowledge, ability, and refinement within the digital art creative process.

34116 W 10-11:50a Bartlett, M INTERNET

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.

34118 F 9-11:50a Hedayat, N INTERNET

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.

34123	W	9-11:50a	Beck, J	RMVGARAGE
34124	T	12-2:50p	Galindo, J	INTERNET
34121	F	1-3:50p	Moore, E	PRESCOM
34621	F	1-3:50p	Ortiz, R	FSSCBLRM

Painting In Subject Areas/Plein Air

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.

34127	M	1-3:50p	Rogers-Cloud, R	TBA
34129	W+Asynch	1-3:50p (1/19-3/21)	Beck, J	TBA
34131	W+Asynch	1-3:50p (3/29-5/26)	Beck, J	TBA
34125	S	9-11:50a	Ortiz, R	TBA

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.

34133	M	1-3:50p	McClatchey, S	SUZQARTRM
34132	W	9-11:50a	Jekabsons, I	INTERNET
34136	Th	9-11:50a	Leonard, S	RMVGARAGE
34138	Th	9-11:50a	Moore, E	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.

34141	Asynch		Shoro, N	INTERNET
34139	T	1-3:50p	Ramirez, C	INTERNET
34140	W	1-3:50p	McHugh, J	LWV1MPR1

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.

34149	Asynch		Ortiz, R	INTERNET
34142	M	9-11:50a	McHugh, J	LWV4ART
34146	M	9-11:50a	Wang, R	RMVCANYON
34147	M	1-3:50p	McHugh, J	INTERNET
34145	M	5-7:50p	Boonyad, S	LWV1MPR1
34143	T	9-11:50a	Nielsen, M	INTERNET
34150	W	1-3:50p	Rogers-Cloud, R	INTERNET
34144	Th	1-2:50p	Boonyad, S	INTERNET
34148	F	1-3:50p	Hedayat, N	INTERNET

FINE, APPLIED, AND PERFORMING ARTS

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.

34151	M	9-11:50a	Ho, C	INTERNET
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Intermediate-Advanced Techniques Of Watercolor Painting

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

34152	Asynch		Bartlett, M	INTERNET
34159	M	9-11:50a	McClatchey, S	INTERNET
34158	M	1-3:50p	Wang, R	RMVCANYON
34162	T	1-3:50p	Rogers-Cloud, R	LHCCSCCLRM
34157	W	9-11:50a	Lutz, D	INTERNET
34154	W	1-3:50p	Boonyad, S	INTERNET

Pastel Painting

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

34164	W	9-11:50a	Willis, E	LWV1MPR2
34163	F	9-11:50a	Moore, E	PRESCOM

PHOTOGRAPHY

Intermediate Digital Show Presentations

EPHO 501 - Covers the intermediate production of digital visual and audio presentations. Includes digital photography, downloading music, scriptwriting, video, narration, transitions and special effects using computer software to construct digital presentations. Field trips may be utilized to fulfill the objectives of the course.

34200	W	9-11:50a	Graves, R	LWV4PHO
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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.

34201	M/W+Asynch	2-2:50p; 3-4:50p	Graves, R	INTERNET; TBA
34202	T	1-3:50p	Hoffman, L	INTERNET
34203	Th	1-3:50p	Hoffman, L	LWV4PHO

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.

34207	M	9-11:50a	Graves, R	LWV4PHO
34206	T	9-11:50a	Hoffman, L	INTERNET

Fundamentals Of Digital Photographic Ed. & 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.

34208	F	9-11:50a	Even, R	LRC102
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STONE AND GLASS

Beginning Intarsia

EART 520 - Traditional and contemporary intarsia techniques to create a variety of designs with inlaid stones.

34062	W	9-11:50a	Massamiri, T	LWV4LAP
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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.

34063	T	1-3:50p	Massamiri, T	LWV4LAP
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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.

34065	T	5-7:50p	Massamiri, T	LWV4LAP
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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.

34067	Th	1-3:50p	Canfield, B	LWV4LAP
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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.

34069	Th	5-7:50p	Canfield, B	LWV4LAP
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EMERITUS INSTITUTE 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.

33910	Asynch	Demiter, S	INTERNET
33913	Asynch	Nelson, J	INTERNET
33914	Asynch	Roostee, L	INTERNET
33909	M/W/F 8-8:50a	Davies, C	PALMIABLRM
33911	M/W/F 8:30-9:20a	Kelley, S	SJCCCOMMCTR
33908	M/W/F 10-10:50a	Davies, C	LWV1GYM
33912	M/W/F 10:30-11:20a	McClellan, A	LHCCSCGYM

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.

33920	Asynch	Messenger, L	INTERNET
33921	M/W 7:30-8:20a	Walls, M	CITYDP
33919	T/Th 8-8:50a	Himes, M	PALMIABLRM
33915	T/Th 9-9:50a	Baldonado-Wilkins, EJ	INTERNET
33917	T/Th 9:15-10:05a	Dickenson, K	SEACOUNTRY
33918	T/Th 4-4:50p	Fox, W	RMVGUEST

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.

33922	M/W/F 10-10:50a	Chavez, E	LWV1POOL
33923	M/W/F 11-11:50a	Gagnon, M	RMVNPOOL
33924	M/W/F 11-11:50a	Himes, M	LWV5POOL

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.

33928	T/Th 9-9:50a	Himes, M	PALMIAPOOL
33933	T/Th 10-10:50a	Tarango, C	RMVRHPOOL
33926	T/Th 11-11:50a	Chavez, E	LWV1POOL
33931	T/Th 11-11:50a	Tarango, C	RMVRHPOOL
33929	W/F 9-9:50a	Himes, M	PALMIAPOOL

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.

33935	Asynch		Behr, L	INTERNET
33936	Asynch		Berry, S	INTERNET
33938	Asynch		Demiter, S	INTERNET
33943	M/W+Asynch	9-9:50a	Giertych, P	FSSCBLRM
33948	M/W+Asynch	10-10:50a	Giertych, P	FSSCBLRM
33941	M/W/F	3-3:50p	Gagnon, M	RMVGUEST
33951	T/Th	9-9:50a	McKeachie, A	FSSCBLRM
33940	Th+Asynch	1-2:50p	Fox, W	DVSRCENTER

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.

33953	Asynch		Fong, F	INTERNET
33957	M/W	9-9:50a	Licavoli, L	PALMIABLRM
33954	T	9-9:50a	Giertych, P	INTERNET
33955	T/Th	11-11:50a	Kelley, S	SJCCOMMCTR

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.

33958	T/Th	10-10:50a	Coliflores, V	FSSCBLRM
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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.

33960	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.

33970	Asynch		Roostee, L	INTERNET
33971	M/W	8:30-9:20a	Walls, M	CITYDP
33968	M/W	10-10:50a	Licavoli, L	PALMIABLRM
33969	M/W	11-11:50a	STAFF	AVRBARN

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.

34036	Asynch		Berry, S	INTERNET
34038	Asynch		Fong, F	INTERNET
34037	M/W/F	8-8:50a	Demiter, S	INTERNET
34039	M/W/F	2-2:50p	Walls, M	RMVGUEST

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

34043	M/W	10-10:50a	Baldonado-Wilkins, EJ	INTERNET
34047	T/Th	8-8:50a	Chavez, 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.

33906	T/Th	6-7:15p	Sapiro, J	INTERNET
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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.

33907	F	1-2:50p	Sapiro, J	INTERNET
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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.

34034	Asynch		Keslacy, S	INTERNET
34035	W	6-7:50p	Schmeidler, K	INTERNET

Health Technologies And Innovations

EHSC 505 - This course provides older adults the knowledge and skills to access, make informed decisions about, and benefit from healthcare technologies and innovations. Older adults will learn about artificial intelligence (AI), social media, robotics, genomics, 3D printing, augmented reality(AR)/virtual reality (VR), patient portals, and other technologies and information systems used in various aspects of healthcare both on the clinical and the administrative side.

34054	F	10-11:50a	Tanasescu, M	INTERNET
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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.

33972	Asynch		McKeachie, A	INTERNET
33974	Asynch		Nelson, J	INTERNET
33977	M/W/F	1-1:50p	Walls, M	RMVGUEST
33975	T/Th	8-9:15a	Roostee, L	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.

33980	Asynch		Fong, F	INTERNET
34868	M/W	4-4:50p	Gagnon, M	RMVGUEST
33985	T/Th	9:30-10:20a	Lowe, L	LHCCSCGYM
33983	T/Th	10-10:50a	Kelley, S	SJCCCOMMCTR
33981	T/Th	3-3:50p	Fox, W	RMVGUEST

HEALTH AND WELLNESS

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.

34052 T/Th 10-10:50a Baldonado-Wilkins, EJ INTERNET

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.

33987 Asynch Baldonado-Wilkins, EJ INTERNET

33989 Asynch Chavez, E INTERNET

33993 M/W 9:30-10:20a McKeachie, A CITYDP

33991 M/W 11a-12:15p Licavoli, L PALMIABLRM

33990 M/W/F 11-11:50a Davies, C LWV1GYM

33992 M/W/F 11:30a-12:20p McClellan, A LHCCSCGYM

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.

34010 T/Th 7-7:50a Roostee, L INTERNET

34008 T/Th 8:30-9:20a Lowe, L LHCCSCGYM

33999 T/Th 11-11:50a Gagnon, M LWV1GYM

TAI CHI

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.

34014 M 8:30-10:20a Costa, R LHCCSCGYM

34013 T 1-2:50p Coliflores, V SUZQSTD1

34268 T 1-2:50p Costa, R RMVGUEST

34021 T 1:15-3:05p Ma, W MONTANOSO

34023 T/Th 10:30-11:20a Nguyen, T INTERNET

34019 W 8:30-10:20a Ma, W LHCCSCGYM

34018 W 1-2:50p Ma, W FSSCBLRM

34269 Th 11a-12:50p Costa, R SJCCCHALL

34870 Th 1:15-3:05p Coliflores, V MONTANOSO

34022 Th 1-2:50p Ma, W SUZQSTD1

34020 F 8:30-10:20a Ma, W LHCCSCGYM

34317 F 12-1:50p Costa, R PALMIABLRM

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.

34024 Asynch Behr, L INTERNET

34025 Asynch Fong, F INTERNET

34029 Asynch McKeachie, A INTERNET

34027 M/W 10:30-11:45a McKeachie, A CITYDP

34026 M/Th 1-2:15p Kelley, S PALMIABLRM

34030 T/Th 8:30-9:45a Nguyen, T SJCCCOMMCTR

34028 T/Th 10:30-11:45a McKeachie, A LHCCSCGYM

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.

34032 T 6-7:50p Giertych, P PALMIABLRM

34033 W 6-7:50p Licavoli, L CASTADELSO



EMERITUS INSTITUTE 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.

33831	T	6:30-9:20p	Mitchell, K	INTERNET
33832	Th	6-8:50p	Mitchell, K	INTERNET
33830	S	8-10:50a	Mitchell, K	INTERNET
33829	T/TBA	1-1:50p/TBA	Leipzig, V	INTERNET

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. Course includes field trips to local and regional bird watching sites.

33838	M/TBA	1-1:50p/TBA	Leipzig, V/Gordon, P	INTERNET
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Survey Of Regenerative Medicine

EBIO 502 - Advances in the use of stem cells and genetic manipulation is changing the landscape of medicine, especially in health care for senior adults. This course will use current events as a source of specific topics to anchor an exploration of the use of stem cells and other approaches in regenerative medicine, especially as pertain to concerns for older adults.

33839	M	6-7:50p	Schmeidler, K	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.

33826	W	1-2:35p	Hoffman, L	INTERNET
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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.

33834	Asynch	Rodriguez-Morris, E	INTERNET	
33833	M	10-11:50a	Rodriguez-Morris, E	INTERNET

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. Primarily for the older adult.

33835	W	10-11:50a	Rodriguez-Morris, E	INTERNET
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Fundamentals Of Art Analysis And Appreciation

EART 503 - This class focuses on the fundamentals and aesthetics of the visual arts, as well as the major developments that shaped the evolution of Western art.

33836	Asynch	Bartlett, M	INTERNET
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HUMANITIES AND SCIENCES

Art And Media As Propaganda

EART 504 - This course examines how art and visual media have shaped societies throughout history, influencing political and religious ideologies, social movements, and cultural values. Explore how propaganda has been used to promote or resist power, equality, and social justice across global contexts, from early religious imagery to modern digital campaigns. Through critical analysis and engaging discussions, discover the enduring impact of art in shaping public opinion and societal change.

33837 Th 6-7:50p Joseph-Witham, H INTERNET

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.

33875 T 2-3:50p Yeganehshakib, R INTERNET

Survey Of Western History Since 1648

EHST 503 - Surveys the nature of Western Civilization considering its development since the 17th Century to the present. Major emphasis will be placed on topics such as war, industrialism, economy, nationalism, imperialism, culture and diversity.

33876 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.

33877 T 1-3:50p Rodriguez-Morris, E INTERNET

HUMAN DEVELOPMENT

Human Development And Older Adults

EHSR 502 - Dimensions of human development & behavior throughout life are explored. Biopsychosocial, cognitive, environmental and developmental dimensions (life course theory [LCT]) are examined from inception of life through end-of-life phases, with an emphasis on aging. The LCT emphasizes the relationship between time and human behavior.

33881 W 1-2:50p Rod-Welch, L INTERNET

HUMANITIES

Dorothy Marie Lowry Distinguished Guest Lecture Series - Modern World Culture

EHUM 500 - The study of characteristically modern ideas about a variety of important human experiences as represented in literature, arts, sciences, inviting skepticism and critical thinking, and the development of new attitudes toward home, work, and the human community.

34331 F 10-11:15a Joseph-Witham, H 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.

33822 M 2-3:50p Meyerson, R SEACOUNTRY

33821 T 1-2:50p Meyerson, R INTERNET

33820 W 10-11:50a Meyerson, R INTERNET

33819 Th 10-11:50a Meyerson, R INTERNET

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.

33823 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.

33825 Asynch Murphy, T INTERNET

33824 T 6-7:50p Murphy, T INTERNET

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.

33869	Th	6-7:50p	Tamer, N	INTERNET
33870	F	2-3:50pm	STAFF	GW363

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.

33872	F	6-7:50p	Tamer, N	INTERNET
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Advanced French Conversation And Culture

EFRN 502 - This is an immersive course designed for older adult students with a high level of proficiency in the French language. This course goes beyond language acquisition to explore the intricacies of French-speaking cultures in depth. Through advanced language practice and cultural exploration, students will engage in sophisticated conversations, develop a profound understanding of France and other French-speaking societies' heritages, and gain insights into the complexities of French-speaking societies, art, and traditions.

33873	Th	2-3:50p	Curilli, C	GW363
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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.

33902	T	1-2:50p	Baracco, P	INTERNET
33901	T	6-7:50p	Baracco, P	INTERNET
33903	W	1-2:50p	Petry, P	LWV1MPR2

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.

33904	Th	6-7:50p	Baracco, P	INTERNET
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Advanced Italian Conversation And Culture

EITA 502 - This is an immersive course designed for older adult students with a high level of proficiency in the Italian language. This course goes beyond language acquisition to explore the intricacies of Italian culture in depth. Through advanced language practice and cultural exploration, students will engage in sophisticated conversations, develop a profound understanding of Italy's rich heritage, and gain insights into the complexities of Italian society, art, and traditions.

33905	W	2-3:50p	Baracco, P	INTERNET
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Beginning Practical Spanish

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

33890	Asynch	Enciso, M	INTERNET
33893	M	10-11:50a	STAFF LHCCSCCLRM
33891	M	6-7:50p	Duran-Mehranfard, M INTERNET
33892	W	1-2:50p	Castellanos, A NORMANCOMM
33889	Th	10-11:50a	Enciso, M INTERNET

Intermediate Practical Spanish

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

33897	M	2-3:50p	Petry, P INTERNET
33894	T	10-11:50a	Staff INTERNET
33896	T	6-7:50p	Duran-Mehranfard, M INTERNET
33895	Th	10-11:50a	Castellanos, A LFCCCRAFT

Advanced Practical Spanish

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

33899	Asynch	Duran-Mehranfard, M INTERNET
33898	M	1:30-3:30p Hernandez, L LWV1BLRM
33900	Th	6-7:50p Duran-Mehranfard, M INTERNET

HUMANITIES AND SCIENCES

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.

33882 M 9-10:50a Jenks, R INTERNET

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.

33883 Asynch Jenks, R INTERNET

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.

33884 M 10-11:50a Brooks, K INTERNET

33885 W 1-2:50p Brooks, K INTERNET

33887 Th 2-3:50p Yeganehshakib, R INTERNET

33886 F 10-11:50a Harrington, J LWV5MPR1

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.

33841 T 1-2:50p Palacios, L LFCCPC

33840 Th 1-2:50p Palacios, L INTERNET

Intermediate Life And Technology Integration

ECIM 502 - 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, Ipad, Mac computers, Chromebooks, cloud computing, and security features.

33818 Asynch Cantus, J INTERNET

33795 M 6-7:50p Cantus, J INTERNET

Advanced Life And Technology Integration

ECIM 503 - 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.

33847 W 3-4:50p Wolzinger, R INTERNET

33846 F 10-11:50a Strobel, J INTERNET

Introduction To AI For Everyday Life

ECIM 504 - Recommended: Current working computer/ smart phone knowledge. Provides an introduction to the fundamental concepts and practical applications of Artificial Intelligence (AI), emphasizing its potential to enhance creativity, streamline everyday tasks, and offer innovative forms of entertainment. Utilizing accessible tools and a structured, step-by-step approach, students will develop foundational skills in AI technologies. This course fosters a supportive and interactive learning environment designed for older adults.

34690 Asynch Wolzinger, R INTERNET

33850 T 3-4:50p Wolzinger, R INTERNET

33851 W 6-7:50p 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.

33852 M 1-3:50p DeMarco-Barrett, B INTERNET

Non-Fiction Writing

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

33853 T 2-4:50p Hays, S INTERNET

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.

33855 T 9-11:50a Hecht, S 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.

33856 W 1-3:50p Kramer, K INTERNET

Literature And Life

EENG 510 - 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.

33858 Th 1-2:50p Staff INTERNET

The Bible As Literature - Psalms To Gospels

EENG 512 - A literary examination of the Bible from the Hebrew Psalms to the Synoptic Gospels, analyzing the structure, form, authorship, transmission, style, and distinctive themes of these books. There is special focus on the original Jewish cultural contexts from which this literature arose.

33859 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.

33860 M 12-1:50p Jenks, R 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.

33862 M 1-3:50p Hecht, S INTERNET

33867 T 1-3:50p Hecht, S INTERNET

33861 W 2-4:50p Staff INTERNET

33864 Th 1-3:50p Kramer, K LWV5MPR1

33863 Th 6-8:50p Young, C INTERNET

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.

33868 Th 1-3:50p DeMarco-Barrett, B INTERNET



ADULT EDUCATION

ENGLISH AS A SECOND LANGUAGE

Basic Literacy-Adult Ed ESL

AESL 701NC - This is a non-credit, open enrollment life skills course. Students will be introduced to the basic concepts of literacy in English. Students will learn to recognize and write the alphabet and numbers, to form English words and to develop their abilities to speak and understand English.

33700	M/W/F	9-11:50a;9a-12:05p	Likhvareva, S	LRC104
33701	M/T/W/Th	6-8:05p	Hong, S	INTERNET
33503	T/W/Th	6-8:40p; 6-8:50p	Baek, E	LRC105
33699	T/W/Th	6-8:50p	Eid, M	GW358
35515	M/T/W/Th	5-7:05p	Thompson, M	LASPALMAS

Beginning Low-Adult Ed ESL

AESL 702NC - This is a non-credit, open enrollment life skills course designed for students who have emerging literacy skills in English. Students will practice communication skills in everyday situations and build vocabulary through listening, speaking, reading, writing and grammar activities.

33695	M/W/F	9-11:50a;9a-12:05p	Raynesford, K	LRC105
33698	M/W/F	9-11:50a;9a-12:05p	Zargar B, A	BGS353
33696	M/T/W/Th	9-11:05a	Altay, E	INTERNET
33697	M/T/W/Th	6-8:05p	Futami, K	INTERNET
33680	T/W/Th	6-8:50p	Dudnik, H	GW361
33694	T/W/Th	6-8:50p	Figueira, V	GW363

Beginning High-Adult Ed ESL

AESL 703NC - This is a non-credit, open enrollment life skills course designed for students who have basic English language skills. There will be emphasis on comprehending simple conversations, communicating survival needs, reading phrases and simple sentences, and performing communicative written tasks.

33703	M/W/F	9-11:50a	Tomlinson, K	LRC160
33706	M/T/W/Th	9-11:05a	Pfeiler, D	INTERNET
33707	M/T/W/Th	6-8:05p	Serna, S	INTERNET
33704	T/W/Th	6-8:50p	Rivera, T	GW311
33705	T/W/Th	6-8:50p	Reese, S	GW321

Intermediate Low-Adult Ed ESL

AESL 704NC - This is a non-credit, open enrollment life skills course designed for students who have intermediate language skills in English. There will be emphasis on creative oral language activities, initial critical thinking skills in reading comprehension, and written tasks which begin to focus on academic skills.

33711	M/W/F	9-11:50a	Bogusiewicz, K	GW323
33714	M/T/W/Th	9-11:05a	Signo-Jackson, J	INTERNET
33710	M/T/W/Th	3:30-5:35p	Hu, J	INTERNET
33713	M/T/W/Th	6-8:05p	Perez, M	INTERNET
33709	T/W/Th	6-8:50p	Hannigan, L	GW322

Intermediate High-Adult Ed ESL

AESL 705NC - This is a non-credit, open enrollment life skills course designed for students who have intermediate language skills in English. Emphasis will be on understanding higher level language activities, reading passages with increased understanding, and increasing focus on creative and academic writing tasks.

34874	M/W;F	12-2:50p;12-3:05p	Sebei, E	LRC160
33717	M/T/W/Th	9-11:05a	Rivera, A	INTERNET
33715	M/T/W/Th	6-8:05p	Cervantes, R	INTERNET
33716	T/W/Th	6-8:50p	Rivers Fofana, D	GW343

Advanced Low-Adult Ed ESL

AESL 706NC - This is a non-credit, open enrollment life skills course designed for students who have a low-advanced level of proficiency in written English. Emphasizes understanding higher level language activities, reading passages with increased understanding, and increasing focus on creative and academic writing tasks.

33718	T/W/Th	6-8:50p	Bumbesti, M	GW344
35102	M/T/W/Th	6-8:05p	Farouq, Z	INTERNET

BASIC TECHNOLOGY**Adult Education Basic Technology Skills I**

AEBT 701NC - Course teaches basic computer and internet technology skills, Canvas Learning Management System, Zoom Videoconferencing software and office productivity software to adult learners using lecture and lab with practical application appropriate for ESL learners as well as native English speakers. No prior computer experience is needed but students should have some basic English skills prior to enrolling.

33816	M	6-8:45p	Palacios, L	BGS234
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Adult Education Basic Technology Skills II

AEBT 702NC - Continuation of AEBT 701NC offering more office productivity software focusing on basic skills needed to succeed in today's school and business office environment. Students will learn how to manage cloud storage Apps and review web-based office productivity software.

33817	W	6-8:40p	Palacios, L	BGS234
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Adult Ed ESL Digital Literacy II

AESL 761NC - Designed for English learners to gain the language skills and vocabulary relating to computer skills needed to perform digital tasks in personal, work, and educational settings. Builds on basic computer skills and introduces terminology about communication, spreadsheet and word processing software, and learning management system used in college.

33725	M	6-9:05p	Kadam, K	BGS233
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CITIZENSHIP PREPARATION**Citizen Preparation - Adult Ed ESL**

AESL 708NC - A course in citizenship preparation within the Adult Education Department which provides development in listening, speaking, reading, and writing English within the context of history and government in preparation for the United States Citizenship examination. Recommended for students who have completed Beginning High ESL course or score at least 201 on CASAS placement test.

33720	T+Asynch	9-11:50a	Ibbotson, J	GW357
33722	M/W+Asynch	6-8:15p	Bird, C	GW357

ELL-HEALTHCARE PATHWAYS

The English Language Learner (ELL) Healthcare Pathways programs are non-credit healthcare programs for students who would benefit from English language support. They are offered as a partnership between Adult Education and the School of Health and Wellness to provide additional support for students in Certified Nursing Assistant (CNA) and Phlebotomy programs. For more information, please complete the interest form: <https://bit.ly/saddleback-ELL>

**Adult Ed ESL For The Workplace II (Medical Assistant Program)**

AESL 720NC - This noncredit course is designed to improve advanced ESL students' listening, reading, speaking and writing skills and likelihood of academic success in a CTE program and/or workforce. Focus will be on job-specific terminology, field-related readings, with an emphasis on written communication through advanced language skills instruction.

33742	F	8-11:05a	Edwards, T	CAPOVALLHS
33744	F	11:15a-2:20p	Edwards, T	CAPOVALLHS

ADULT EDUCATION

Adult Ed ESL Vocabulary Development II (CNA Program)

AESL 740NC - Students will review, expand, and acquire vocabulary words, phrasal verbs, idioms, and phrases related to life skills, vocational and/or academic topics. Students will work on mastering 200-250 new vocabulary items through a variety of listening, speaking, reading and writing activities. This noncredit course is designed for AESL students in the Intermediate Low, Intermediate High, and Advanced levels.

33745	T	6-8:50p	Sersea, I	INTERNET
33746	Th+Asynch	7-8:50p	Sersea, I	INTERNET

HIGH SCHOOL EQUIVALENCY

Adult Ed Basic Education Language Arts I

AEBE 702NC - This is a non-credit, open enrollment reading and writing course designed for students who eventually plan to pass the state approved HSE exam. Course emphasizes development of strategies to effectively read and write in English for High School Equivalency (HSE) completion, and college and career readiness. Students read and report on fiction and non-fiction texts that relate to social studies, science and literature. Students meet composition objectives by writing well-organized and well-developed paragraphs and essays.

33789	T	9-11:50a	Ambrosini, L	INTERNET
33502	T	6-8:50p	Trevino, D	BGS232
33797	T	6-8:50p	Hudock, S	INTERNET
33799	T	6-8:50p	Molina Gallardo, K	INTERNET

Adult Ed Basic Education Math I

AEBE 704NC - This is a non-credit, open enrollment Adult Basic Education Mathematics course. Course emphasizes development of strategies to effectively solve mathematical problems for students who eventually plan to pass one of the three High School Equivalency (HSE) exams, follow a CTE pathway, or attend academic college courses. Students meet class objectives through the use of fractions, percents, ratios, and proportions to solve problems relating to measurements, geometry and basic algebra.

33802	W	9-11:50a	Ambrosini, L	INTERNET
33800	W	6-8:50p	Trevino, D	BGS244
33805	W	6-8:50p	Hudock, S	INTERNET
33809	W	6-8:50p	Molina Gallardo, K	INTERNET

Adult Ed Basic Education Language Arts Lab I

AEBE 792NC - This is a non-credit, open enrollment course designed for students who eventually plan to pass the state approved HSE exam. This course will provide pre- and post-testing and individualized prescriptive support in preparation for the High School Equivalency exam. Covers test-taking strategies and the essentials of reading, writing, mathematics, science, and social studies.

33813	Th	9-11:50a	Ambrosini, L	INTERNET
33810	Th	6-8:50p	Trevino, D	BGS232
33814	Th	6-8:50p	Hudock, S	INTERNET
33815	Th	6-8:50p	Molina Gallardo, K	INTERNET

OASIS PROGRAM- PRE-VOCATIONAL SKILLS

Cooperative Leadership Skills

AEWD 790NC - This course is designed to help students develop and apply leadership skills in vocational and college settings. Students will be introduced to the principles of leadership, teamwork, and effective communication, and will have opportunities to practice these skills in cooperative group activities. Structured for students with disabilities.

34803	W	1:30-2:20p	Eldred, S	BGS244
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Social Competence And Community Engagement

AEWD 791NC - This course provides students with opportunities to learn and apply the skills necessary for developing social competence and engaging in community life. Students will examine strategies for initiating and maintaining positive relationships, practice socially appropriate behaviors in structured activities, and explore inclusive opportunities for participation in social and community contexts. Structured for students with disabilities.

34804	M	1:30-2:20p	Eldred, S	BGS244
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Mobility Skills

AEWP 771NC - A class designed for students to enhance independence by introducing safe practices and knowledge for using public transportation (formerly AEWD 771NC).

33747	T/Th	10a-2:10p; 3:30-7:40p	Eldred, S	LRC104
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Self Advocacy Skills

AEWP 774NC - This course is designed for students to identify their strengths and weaknesses. They will learn about various disabilities and ability differences. Students will define realistic goals, objectives and the skills needed to reach goals, communicate in a respectful and responsible way, locate advocacy support, and learn rights and laws that pertain to people with disabilities (formerly AEWD 774NC).

33757	M/W	12-1:15p	Zaino Hall, R	BGS245
33759	T/Th	1:30-2:45p	Morain, J	BGS245
33760	W	8:30-11:30a	Eldred, S	KAISERIRV

Computer Skills Lab

AEWP 775NC - Provides students with introductory instruction in computer operation, word processing, social media, and the use of adaptive equipment (formerly AEWD 775NC).

33762	M	9:25-10:25a	Wright, R	BGS234
33761	W	9:25-10:15a	Wright, R	BGS234

Introduction Of Functional Academics

AEWP 778NC - The course is designed for students who are working toward independent living situations and future employment. The course addresses skills and competencies relevant to those wishing to live and work more independently. This course focuses on increasing basic functional academic skills.

33767	M/W	10:30-11:45a	Zaino Hall, R	BGS245
33770	M/W	1:30-2:45p	Morain, J	BGS245
35380	T/Th	10:30-11:45a	Morain, J	BGS250

Communication In The Workplace

AEWP 783NC - A class designed for students who want to learn how to improve their communication skills in relationship to employment. This course will include activities to enhance written and verbal skills (formerly AEWD 783NC).

33771	M/W	9-10:15a	Zaino Hall, R	BGS245
33773	T/Th	12-1:15p	Lynch, S	BGS244
33774	Th	12:15-3:10p	Eldred, S	KAISERIRV

Critical Thinking Skills

AEWP 784NC - Designed to assist students in acquiring or improving critical thinking skills necessary to function independently in a variety of activities, situations, and environments. Emphasis on problem-solving and decision making through understanding and evaluating situations, utilizing knowledge of cause and effect relationships, exploring options, and planning and implementing strategies (formerly AEWD 784NC).

33775	M/W	10:30-11:45a	Wright, R	BGS234
33777	T/Th	10:30-11:45a	Brosch, M	BGS245
33778	T/Th	12-1:15p	Goldman, R	BGS234
33779	Th	9a-12p	Eldred, S	KAISERIRV

Healthy Relationships

AEWP 785NC - This introductory course is designed to introduce students who want to learn how to improve and develop healthy relationship skills necessary to function independently in a variety of situations and environments.

33780	M/W	10:30-11:45a	Eldred, S	BGS244
33781	T/Th	12-1:15p	Brosch, M	BGS245

Career Planning And Job Search

AEWP 787NC - This course is designed for students who are working toward future employment. The course addresses skills and competencies relevant to those wishing to work more independently. The course specifically seeks to support students to complete a job application, develop a resume, craft a cover letter, and develop competitive job interview skills. Instruction is provided both in the community and in the classroom.

33782	M/W	12-1:15p	Wright, R	BGS234
33783	T/Th	9-10:15a	Brosch, M	BGS234
33784	F	12:15-3:20p	Eldred, S	KAISERIRV

Employability Skills

AEWP 788NC - Skills and competencies relevant to those wishing to work more independently. The course specifically seeks to support students to acquire necessary social skills to successfully navigate the workplace while seeking employment & once employment is obtained. Instruction is provided in the community, classroom, & college campus.

33785	M/W	12-1:15p	Eldred, S	BGS244
33786	T/Th	10:30-11:45a	Goldman, R	BGS244
33787	F	9a-12:05p	Eldred, S	KAISERIRV





South Orange County Community College District
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The Division of Extended Learning provides accessible, equity-based educational opportunities that support students in achieving their academic, personal, career, and life goals. Through Adult Education and the Emeritus Institute, the division promotes lifelong learning, supports workforce development, and helps students transition to further education, career pathways, and personal enrichment. By expanding access and offering flexible, inclusive learning opportunities, the Division of Extended Learning supports student growth, economic mobility, and the broader mission of Saddleback College.

Non-Discrimination and Title IX Notice—Saddleback College is committed to maintaining an environment free from discrimination. The College does not discriminate on the basis of race, color, religion, national origin, age, disability, sex, sexual orientation, marital status, or pregnancy in any of its programs or activities.

ADA Compliance and Alternative Formats—In accordance with South Orange County Community College District (SOCCCD) Board Policy 3425, Saddleback College fully complies with the Americans with Disabilities Act. To ensure equal access to our programs, this material is available in alternative formats (such as large print, braille, or accessible electronic text) upon request.

For inquiries regarding non-discrimination policies, practices, Title IX compliance, or to request disability accommodations or alternative formats, please contact: **Dr. Jennifer LaBounty, Vice President for Student Services, Title IX Officer and Section 504/Title II Coordinator**, 28000 Marguerite Parkway, Mission Viejo, CA 92692, Phone: (949) 582-4566, Email: jlabbounty@saddleback.edu.

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