



MERITUS

A Program of
Santa Monica College



Schedule of Classes | Summer 2018 | June 18 – July 28

HONOR ROLL 2017

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SMC Emeritus Program student Hope Copeland

Questions? Contact Cheryl Ward at the SMC Foundation (310) 434-4215 or ward_cheryl@smc.edu

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Pam and Ray Marin
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Sulabha and Bimal
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Ursula and Charles Fox		Kate Kausch		Gisela Mueller	Arlene and Albert Rettig
		Rita A. Kean		Mary Lou Muir	
		Birute Keblinskas		Nancy Murakami	
		Andrienne K. Keennon			
		Kris Keiser			
		Barbara Kekich			

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REGISTRATION

IMPORTANT SEMESTER DATES

Monday, April 2, 2018	Schedule available online at smc.edu/emeritus
Monday, April 16, 2018	Schedule available at Emeritus and Santa Monica Libraries
Monday, April 30, 2018	First day of Registration/Enrollment
Monday, June 18, 2018	SUMMER SESSION BEGINS
Wednesday, July 4, 2018	Independence Day (no classes/campus closed)
Saturday, July 28, 2018	SUMMER SESSION ENDS

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

HOW TO REACH US



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

ENROLLMENT SERVICES OPTIONS

Listed above are the important semester dates. Students must enroll every semester. ***Students are allowed to enroll in a maximum of 3 classes for the Summer 2018 semester.***

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

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

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus occurs through SMC's Corsair Connect system. Online enrollment appointments are computer generated and rotate to a previous day each term. Online enrollment gives continuing students the best odds for successful enrollment. Enroll online on your appointment date/time or any time thereafter. Detailed online enrollment instructions are available online at smc.edu/emeritus or in the Emeritus Enrollment Services Office. Emeritus mini computer lab volunteers can assist students with online enrollment when the mini lab is open. Go to room #209 during the first week of the enrollment period and use this great service! Mini lab hours are posted on the door and usually are from 9:00 a.m. – 4:00 p.m. during the first week of enrollment. If a volunteer is unavailable, the mini lab will close that day. For helpful information online:

- Go to smc.edu/emeritus – click onto the links located at the left hand side. There you will find helpful links, such as: Instructions for Online Enrollment; Corsair Connect (Online Enrollment & SMC Email); Searchable Schedule (to search which classes are open); and other helpful links.
- To use “Corsair Connect” to enroll online, make sure you have your SMC/Emeritus Student ID number, password and class section numbers available. If this is the first time you are using Corsair Connect, then your initial password will be your 6-digit date of birth (MMDDYY) and you will then be asked to convert your 6-digit date of birth password to a new alphanumeric password. You are responsible for retaining your new password and for printing your online enrollment transaction receipt. If you have forgotten your

Information *Summer 2018*

ID number or password, click on “I cannot access my account” on the Corsair Connect login screen and follow the next directions to retrieve your login information.

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

PAPER APPLICATION ENROLLMENTS

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

- Mailed forms are processed prior to hand-delivered forms on a daily basis. Postmarks are used to determine processing order.
- Fill out all forms completely, sign, date and provide an emergency contact/number on the form.
- List courses in priority order; do not enroll in duplicate sections of the same course or classes that overlap in time.
- Write “Alt” to indicate your 2nd choice for a better chance of receiving a course of your choice.

NOT ABLE TO ENROLL?

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

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

Students enrolling online will not receive a mailed transactions receipt from Emeritus. You must print your transaction receipts from the SMC Corsair Connect online enrollment system. If you have submitted a paper application for enrollment, you will receive a transaction receipt via US mail. If a class you selected is not listed, then that indicates: the class was filled, there was a time conflict, or you tried to enroll in two sections of the same course. ID#s are listed on the upper left hand of the confirmation/receipt. **BRING YOUR RECEIPT TO THE FIRST CLASS(ES) or TO THE OFFICE IF YOU HAVE ENROLLMENT QUESTIONS.**

CLOSED CLASSES / WAIT LIST

For closed classes, students who enroll online can add themselves onto the wait list by clicking “Wait for a Class”, if wait list space is available. Students who submit a paper enrollment form will automatically be added to the wait list, if wait list space is available. The maximum capacity for a wait list is approximately 30% of the maximum seat capacity for the class. The wait list is ordered in chronological order: the name of the student joining the wait list the earliest will be included at the top (#1). Once the class starts, instructors will use this chronological wait list when considering granting authorization (add) codes or signing add cards / continuing student forms. The wait list will be updated as students enroll in the class or remove themselves from it. When a seat opens up in a class, all active students on the wait list will receive an Open Seat Notification email to their SMC email account. Whoever enrolls first gets the seat. Being on the wait list and receiving an Open Seat Notification email does not guarantee an actual seat to anyone. Enrollment for the open seat is on a “first come, first to enroll” basis. For higher chances of getting the open seat, check your SMC email regularly and register yourself online. For tips on activating your SMC email, see the ad on page 8.

GENERAL INFORMATION AND ENROLLMENT TIPS:

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

ADDRESS CHANGES

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

EMERGENCY INFORMATION CARDS

Help us help you. Make sure your emergency information is current each term. If you need to make changes to your emergency information, then fill out an Emergency Card in person at the Emeritus Enrollment Services Office or fill in the info on your enrollment form.



Welcome to SMC Emeritus!

NEW

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

Dear Emeritus Community,

Welcome to Summer 2018!

As we go to print, I am entering my 3rd month of employment here at SMC Emeritus, and I am learning and experiencing what many of you already know, that SMC Emeritus is an amazing place. It is my distinct honor to be on this journey with you. Emeritus is a great community of teachers and learners, and it's exciting to be here.

I am enjoying meeting many of you, whether it is when I visit classes, or when you visit me in my office. I also welcome your suggestions on the Suggestion Cards located on the 1st and 2nd floors. I read them weekly, and take action or make notes for the future, as appropriate. In the coming months, you will see us communicate responses to the suggestions through some Digital Signage that we will be posting in the Emeritus building by Fall Semester. We will be able to use these digital screens to share other updates on events and activities at Emeritus and on the Main Campus.

You will notice that the Summer Schedule will show some slight differences in the Course Descriptions for each class. Each class has an official Course Description that was approved by the State Chancellor's office, and some will also show class section-specific notes in *Italics* below the section number. While the text may appear somewhat different, please know that the course content will be similar as in recent terms.

My goal over the next few months is to get to know as much about Emeritus as possible, and to identify opportunities for strategic development.

Proud to be ...SMC!

Sincerely,



Dr. Scott C. Silverman
Associate Dean, SMC Emeritus

Visit and "Like" us on [Facebook.com/SMCEmeritus](https://www.facebook.com/SMCEmeritus)
We will be sharing photos from our gallery shows and other events on this page, so you can forward it to friends and family.

IMPORTANT NOTES TO STUDENTS:

- See the Facilities list on page 18 for a full description of each location abbreviation.
- The description of the courses showing "ITINERARY" as a location requires the ability for students to traverse uneven ground and negotiate stairs.
- Volunteers handle registration information in a confidential manner. If you have concerns or questions about privacy, contact the Program Coordinator at (310) 434-3851.

A SAMPLE OF A COURSE FROM THE SCHEDULE:

Course #	Course Name	Section #	Time & Day	Location	Instructor
9500	ART E00 Survey of the Arts	10:00a.m.-11:50a.m. T	EC 1227 107	Smith J	
<i>Survey the history of art by viewing selections from particular periods of time or development.</i>					
<i>Study art in the context of history. This semester covers Ancient Art.</i>					

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

Abbreviation of Days

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

Check Out the
EMERITUS WEBSITE
smc.edu/emmeritus

YOU'LL FIND

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



ARTS AND CRAFTS

ART E06 Artistic Expression through Gardening

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

9503 10:00a.m.-11:50a.m. T ITINERARY Jaeger J E

Meet first at the SE corner of 24th & Marguerita, north of Montana, to receive the itineraries.

ART E15 Drawing

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

9504 9:00a.m.-11:15a.m. Th EC 1227 204 Donon S G

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

ART E16 Life Drawing Studio

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

9505 9:00a.m.-11:50a.m. W EC 1227 204 James N M

For beginners and others wanting to increase their skills. Includes lessons in anatomy, proportion, and structure expression with a concentration on expressive short pose gestural drawing. Short and medium length poses.

9506 1:00p.m.-3:50p.m. M EC 1227 204 Adams L K

Painting the human form—long pose for painting.

ART E19 Painting

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

9507 9:00a.m.-11:50a.m. M EC 1227 204 Adams L K

Painting portraits in mixed media: This course focuses on drawing techniques as a fundamental to painting. Capture the personality as you focus on the head, hands, and posture in drawings, paintings and assemblage.

ART E20 Drawing and Painting

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

9509 1:00p.m.-3:15p.m. W EC 1227 204 James N M

9510 12:30p.m.-2:45p.m. T MALIBU SNR CTR Trentham B M

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

9511 9:00a.m.-11:15a.m. M EC 1227 205 Harrison A B

9585 9:30a.m.-11:45a.m. Th EC 1227 205 Trentham B M

ART E21 Painting/Drawing, Oil and Acrylic

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

9584 11:30a.m.-1:45p.m. T EC 1227 205 Benson J K

ART E22 Watercolor

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

9512 9:00a.m.-11:15a.m. T EC 1227 204 Manseau F J

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

9513 11:30a.m.-1:45p.m. T EC 1227 204 Manseau F J

Intermediate watercolor. Review basics and further develop techniques toward a more personal creative result. Designed for students with some experience.

ART E24 Calligraphy II

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

9514 9:30a.m.-11:20a.m. F 1450 OCEAN Lewis M T

Learn a variety of calligraphic hands. Enhance your project with grace and style.

ART E30 Watercolor Studio

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

9515 9:00a.m.-11:50a.m. F ITINERARY Tirr C A

An outdoor, “plein air” class meeting at a variety of locations for instruction in techniques, composition, selection of subject, and quickly capturing a landscape. Critiques are at the easel.



The 1st meeting is at: Tongva Park, on Main St., between Colorado Ave. & Olympic Dr., across the street from Santa Monica City Hall.

9516 12:00p.m.-2:50p.m. W EC 1227 205 TIRR C A

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

ART E80 Jewelry Making

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

9517 11:30a.m.-1:45p.m. Th 1450 OCEAN Ryza S V

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

HME EC E71 Needlecrafts II

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

9553 1:30p.m.-4:20p.m. W 1450 OCEAN Ryza S V

Planning for Retirement, Healthcare & Estate Planning

Thursdays | 11:30 a.m. – 1:20 p.m.

Emeritus Campus Room 408

a free workshop

(first come first served)



For men, women & couples: methods of long range planning for a secure future. Deal with estate planning, retirement and healthcare issues. Legal aspects of wills, trusts and charitable giving by attorney Wes Hicks. Income planning, survivorship, and retirement issues by financial advisor Pat McIlrath. Healthcare, Medicare, and long term care issues by Virginia Hart.

This workshop meets weekly. If your class schedule allows it, you will benefit greatly from attending this workshop, whether it is for the first time, or if you just want a refresher. Feel free to tell your friends about it as well!

EMPLOYMENT FOR SENIORS – COMPUTER TRAINING

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

- Introduction to Computers
- Word Processing – Beginning
- Word Processing – Intermediate
- Data Management
- Working with Photos
- Working with Videos
- Using the Internet and Internet Safety

Students will learn how to use computers confidently, and become familiar with basic concepts, terms and skills related to the Microsoft Windows Operating System and other software programs.

Bring a flash drive to class. Depending upon the instructor, a textbook may be used for this course. Your instructor will provide details.

OCC E00 Basic Computer Training (formerly Introduction to Computers)

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

9570 11:00a.m.-12:50p.m. F EC 1227 208 Espinosa-Frech H A

OCC E01 Word Processing

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

9571 9:00a.m.-10:50a.m. M EC 1227 208 Simmonds A R

Beginner course.

9572 9:00a.m.-10:50a.m. T EC 1227 208 Simmonds A R

Intermediate course.

OCC E20 Using the Internet Safely

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

9573 11:00a.m.-12:50p.m. Th EC 1227 208 Woolen D W

Volunteer Los Angeles

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

volunteerlosangeles.com



PHOTO E00 Digital Photography I

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

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

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

PHOTO E10 Digital Photography II

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

9575 9:00a.m.-10:50a.m. Th EC 1227 208 Schneir G

Intermediate course. Take your Photoshop skills to the next level. Students are encouraged to bring a few personal pictures on flash drives to edit during class. Should have some experience with Photoshop Elements prior to enrolling.

9576 9:00a.m.-10:50a.m. F EC 1227 208 Espinosa-Frech H A

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

HEALTH AND CONDITIONING

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

This course focuses on the history, principles and practices of yoga. Designed to promote health and safety among older adults, it focuses on yoga principles and practices to enhance the health of older adults through improved flexibility, balance, range of motion, strength, lung capacity and circulation. Some course sections may focus on specific yogic methods. Some sections may include therapeutic applications of yoga to address specific health challenges for older adults. Students will be encouraged to share their physical, mental and emotional challenges in a supportive environment specifically for older adults. These challenges will then be addressed within the coursework. Students will create a Daily Personal Yoga Health Plan integrating their own personal therapeutic yoga applications. Students will be encouraged to practice daily, creating opportunities to rehabilitate challenges. The course is designed to help students to use yoga methods such as postures, breathing techniques, meditation, and visualization to enhance their confidence, health, and overall feeling of well being.

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

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

9531 11:00a.m.-12:50p.m. TTh 1450 OCEAN Cass K

9532 11:00a.m.-12:50p.m. MW EC 1227 308 Lieb J B

The above section 9532 is chair based - no mat required.

HEALTH E22 Chi Gong Principles & Practices for Older Adults

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

9533 8:30a.m.-9:45a.m. TTh EC 1227 308 Holtzermann C

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

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

9534 12:00p.m.-1:15p.m. WF EC 1227 304 Nardini A S

Intermediate and Advanced. Should be able to perform first and second sections of the Yang style.

9535 12:30p.m.-1:45p.m. TTh EC 1227 304 Terry Jr P W

Beginner and intermediate course.

9536 2:00p.m.-3:15p.m. TTh EC 1227 308 Terry Jr P W

For intermediate and advanced students of the long, Yang style form. Develop goals and a personal health plan. Not appropriate for beginning students.

HEALTH E24 Physical Fitness Principles & Practices for Older Adults

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

9537 8:30a.m.-9:45a.m. TTh VA PK Moy D N

9538 9:00a.m.-10:15a.m. TTh 1450 OCEAN Wapner-Baart L J

9539 9:30a.m.-10:45a.m. TTh EC 1227 304 Huner K A

9540 8:30a.m.-9:45a.m. MW EC 1227 304 Moy D N

Beginner course.



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

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



9541 8:00a.m.-9:15a.m. TTh EC 1227 304 Regalado O

9542 10:00a.m.-11:15a.m. TTh VP PATIO Regalado O

9543 10:30a.m.-11:45a.m. MW EC 1227 304 Huner K A

HEALTH E30 Personal Safety – Fall Prevention

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

9544 12:00p.m.-1:50p.m. M EC 1227 304 Weinstein J M

HEALTH E34 Stress Reduction through Yoga

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

9545 8:00a.m.-9:50a.m. S VA PK Holtzermann C

HEALTH E38 Joint Health & Mobility for Older Adults

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

9546 10:30a.m.-11:45a.m. TTh WISE Moy D N

Above section 9546 is targeted towards participants of the WISE Adult Day Program.

9547 10:30a.m.-11:45a.m. TTh VP CTR Wapner-Baart L J

9548 2:00p.m.-3:15p.m. TTh EC 1227 304 Regalado O

9549 2:30p.m.-3:45p.m. MW REED PK Albert G S

Above section 9549 chair-based class.

Section 9549 Starts Mon July 2 (week 3)

HEALTH E63 Body Conditioning After a Stroke

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

9550 10:30a.m.-11:45a.m. T

12:00p.m.-1:15p.m. T

1:30p.m.-2:45p.m. T

11:00a.m.-12:15p.m. Th

12:30p.m.-1:45p.m. Th

2:00p.m.-3:15p.m. Th

12:30p.m.-1:45p.m. F

2:00p.m.-3:15p.m. F

EC 1227 307 Phillips B S

EC 1227 307 Phillips B S

EC 1227 307 Phillips B S

EC 1227 307 Adams J

EC 1227 307 Adams J

EC 1227 307 Adams J

EC 1227 307 Evans Jami R

EC 1227 307 Evans Jami R

HUMAN DEVELOPMENT AND RELATIONS

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

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

9554 12:30p.m.-1:45p.m. MW VP PATIO Albert G S

In Summer 2018, this class starts in Week 3.

9555 1:30p.m.-2:45p.m. TTh EC 1227 408 Albert G S

In Summer 2018, this class starts in Week 3.

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

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

9556 11:30a.m.-1:20p.m. W EC 1227 107 Abatemarco A M

HUMDEV E24 Bereavement Support

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

9557 1:30p.m.-3:20p.m. M

EC 1227 407 Press P L



HUMDEV E27 Exercising the Brain

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

9558 10:00a.m.-11:50a.m. T EC 1227 407 Frand L

9559 12:30p.m.-2:20p.m. T EC 1227 407 Frand L

HUMDEV E28 Communication After a Stroke (Computer Based)

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

9560 1:30p.m.-3:20p.m. W EC 1227 208 Feinberg L H

HUMDEV E50 Communication After a Stroke

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

9561 10:30a.m.-11:45a.m. W EC 1227 408 Feinberg L H

12:00p.m.-1:15p.m. W EC 1227 408 Feinberg L H

PSYCH E33 Living as a Single Person

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

9579 11:00a.m.-12:50p.m. M EC 1227 408 Press P L

LITERATURE AND WRITING

BILING E01 Literature in Spanish

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

IN SPANISH 9518 9:00a.m.-10:50a.m. F VP TERRY Quinones H C

BILING E02 French Literature

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

IN FRENCH 9519 2:00p.m.-3:50p.m. T EC 1227 409 Isner-Ball D R

ENGL E20 Literature: The Novel

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

9521 2:00p.m.-3:50p.m. M EC 1227 409 Dwyer F

A close reading and discussion of the great novels that enrich and illuminate our lives. In the Summer 2018 semester we will continue with Marcel Proust's In Search of Lost Time in the translation by Moncrieff, Kilmartin, & Enright (Modern Library). We'll begin where we left off in volume 4: Sodom and Gomorrah.

ENGL E23 Shakespeare

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

9522 9:00a.m.-10:50a.m. M EC 1227 107 Achorn J C

9523 11:00a.m.-12:50p.m. M EC 1227 107 Achorn J C

ENGL E25 Literature: The American Novel

This course assists older adults in analyzing American novels, discussing them with their peers, and renewing their appreciation for this unique form of literature. Older adults learn background and trends in writing in different time periods and regions of America, and discuss how these works relate to their own life experiences and accumulated knowledge.

9524 9:00a.m.-10:50a.m. T EC 1227 408 Achorn J C

Explore the development of the American novel, the writers and their lives and times.

ENGL E29 Greek Literature

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

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

In many important ways, good and bad, we are all still Greek. We'll explore what that means, as we read and discuss Greek drama, poetry, myth, and history. The Summer 2018 semester will begin with Calasso's The Marriage of Cadmos and Harmony.

ENGL E30 Creative Writing

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



- 9526 9:00a.m.-11:15a.m. M EC 1227 409 Kronsberg G J**
Experiment with writing projects to explore style, content and effect from the basics to more sophisticated techniques.
- 9527 9:30a.m.-11:45a.m. T MALIBU SNR CTR Reich E S**
Come learn the art of skillful writing. All levels are welcome.

ENGL E33 Autobiography

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

- 9528 9:30a.m.-11:45a.m. S PAC 115 Fox Jr R W**
Above section 9528 meets at the Performing Arts Center, 1310 11th Street.

MUSIC PERFORMANCE AND APPRECIATION

MUSIC E00 Concert Band

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

- 9562 6:30p.m.-9:20p.m. T LINCOLN Miyoshi Y**

MUSIC E03 "The Merits" – Vocal Ensemble

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

- 9563 10:00a.m.-12:50p.m. T EC 1227 409 Bryant W**

MUSIC E06 Gospel Community Chorus

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

- 9564 1:00p.m.-2:50p.m. W PAC 309 Bryant W**
Above section 9564 meets at the Performing Arts Center, 1310 11th Street.

MUSIC E10 Spanish Folk Singing

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

- 9565 12:00p.m.-1:50p.m. T VP TERRY Perez J Z**



MUSIC E30 Opera Appreciation

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

- 9566 2:00p.m.-3:50p.m. Th EC 1227 107 Jackson L R**

MUSIC E32 Music Appreciation

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

- 9567 1:00p.m.-2:50p.m. M EC 1227 107 Hetz M L**

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

MUSIC E34 Lyric Chorus

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

- 9568 9:00a.m.-11:50a.m. Th EC 1227 107 Jackson L R**

MUSIC E51 Piano and Theory

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

- 9569 12:00p.m.-1:50p.m. S PAC 200 Hetz M L**

Above section 9569 meets at the Performing Arts Center, 1310 11th Street.

POLITICAL SCIENCE

POL SC E00 Current Events

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

- 9577 9:30a.m.-11:20a.m. W EC 1227 107 Stern R M**
9578 2:00p.m.-3:50p.m. F EC 1227 107 Johnson J P
2:00p.m.-3:50p.m. F EC 1227 107 Trives N
9586 10:00a.m.-11:50a.m. M SM LIB Reiner M



THEATER ARTS

TH ART E01 Principles of Acting

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

9580 11:00a.m.-1:50p.m. T EC 1227 107 Gannen B

First three classes will be held at Emeritus as scheduled above. Remaining classes will be held on different days/times in The Edey Theater and will be provided on the first day of class in the class syllabus.

TH ART E02 Theater Arts Appreciation

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

9581 9:00a.m.-10:50a.m. F EC 1227 107 Abatemarco A M

TH ART E30 Dramatic Interpretation Through Movies

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

9582 11:00a.m.-12:50p.m. F EC 1227 107 Abatemarco A M

Honor Roll 2017 – continued from page 5

Alice Reynolds
Shirley Reynolds
Barbara and George Reynolds
Mr. Dennis L. Rhoton
Joan and Sinclair Rimmon
Rebecca and Michael Risman
Nancy and Eric Ritter
Roberta Ritz
Robert Rivero
Ms. Catherine E. Rodriguez
Alain and Sandra Rogier
Luba Roland
Judith Rose
Mel Rosen
Cheryl Rosenbleet
Jerome Rosenblum
Ilse Rosenstein
Marcia and Fred Rosenzweig
Mahnaz and Majid Roshangar
Michael Rosmore
Paula Ross
Ms. Anne Rosten
Mr. Basil Rouskas
Gayle and Stephen Rowe
Danielle Ruben
Fran Rubin
Ann-Marie Rucker
Sharon Rudnick
Claryce Russell
Kathy Saba
Donald L. Sadlouskos
Judith and Masashi Sakahara
Lheitha Salazar
Debra Sanders
Suray Schluansen

Joan and Joel Schrier
Alice and Bruce Schultz
Rosalind Schwartz
Barbara Schwartz
Libby S. Schwartz
Arna Schwartz
Evelyn Scott-Lowe
Judith Searle
Ellis Seligman
Mary-Ann Selvaggio
Mr. and Mrs. Arthur Semon
Maria Shaffer
Martha M. Shamounky
Lynne Shapiro
R. H. Shaw
Sharon E. Sherry
Frieda and Mikhail Shimanovsky
Ms. Naomi L. Shuman
Shelley Siegel
Merle Siegel
Celia Silver
Kay Slaughter
Nelly Slavuk
Jaynie Smeerin
Mr. and Mrs. Arthur Semon
Richard M. Soland
Judy Solish
Eleanor and Gilbert Somerfield
Judy Sommer
Rena R. Sonshine
Junghee Sorensen
Rital Spiegel
Barbara and William Spiller
Saundra and Vladimir Spolsky
Darnelle Stang
Aldona Stark
Robert Steinberg

Helen Steinmetz
Betty-Ann Stempel
Randolph Stephen
Susan Stewart
Lynn Stokes
Lorraine Stone
Marsha Straubing
Gloria Stuntebeck
Johanna and John Stutsman
Sanae Suzuki
Darleen Swanson
Ms. Shirley Taft
Tomiko Tamae
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Nina and Richard Thompson
Marjorie Throne
Frances Tibbits
Sara Tochterman
James Toplitt
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Mina Torkian
Torrance Properties
Paula and Peter Tripodes
Sandra Trutt
Emiili Tugendhaft
Ms. Eileen Tunick
Anna Turk
Ken Unmacht
Alex Urbach
Pamela Uzomah
Birute Anne Vileisis
Marika Vose
Marika Vosk
Tim Vreeland
Quy T. Vu Warfield
Georgia Wagniere
Mona Walker
Edith Wander
Tung Wang
Kay Ward
Darcey Wark
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Brenda Watkin

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Marilyn White-Redmond
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Barbara Wold
Dyonne Woolen
Rhoda Wright
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Jennifer Yang
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Fanya and Isaac Yusim
Amy Yutani
Nada and Laurence Zacca
Linda Zamelsky
Nadja Zorin
Ms. and Ms. Anita M. Zubere
Jay Zukerman

IN HONOR OF
Staff at A Votre Sante
Tony Abetmarco
John Achorn
Emeritus Art Classes

Harriet Axelrad
Stanley Black's 85th birthday
William Bryant
Ming Wei Chu
William Elliot
Emeritus Band
Emeritus College
Fabulous Emeritus instructors!
B. David Fisher's 85th birthday
Rahki Guha
Charlotte Haines
Chris Hero
Jim Jaeger
Jay Johnson and Nat Trives for being great facilitators
Dr. Sheila Laffey
Florence Meyers
Beau Pau
Margot Reiner
Vivian Scales
Robert Schwartz
Bob Stern Class 9575 Summer '17
Linda Wagner
Pamela Ward

IN MEMORY OF

Anne Marie Atmayoana
Gerald Baldinger
Al Barnes
Leona Blieberg
Henri Blitts
Abraham Brand
Werner Brude

For the complete donor listing, visit:
SantaMonicaCollegeFoundation.org/Emeritus

We regret any errors and omissions to the above. Please contact the SMC Foundation office at (310) 434-4215.



CLASSES BY THE DAY SUMMER 2018

MONDAY

9:00a.m.-11:50a.m.	9507 ART E19 Painting	EC 1227 204
9:00a.m.-11:15a.m.	9511 ART E20 Drawing and Painting	EC 1227 205
9:00a.m.-10:50a.m.	9522 ENGL E23 Shakespeare	EC 1227 107
9:00a.m.-11:15a.m.	9526 ENGL E30 Creative Writing	EC 1227 409
9:00a.m.-10:50a.m.	9571 OCC E01 Word Processing	EC 1227 208
10:00a.m.-11:50a.m.	9586 POL SC E00 Current Events	SM LIB
11:00a.m.-12:50p.m.	9523 ENGL E23 Shakespeare	EC 1227 107
11:00a.m.-12:50p.m.	9579 PSYCH E33 Living as a Single Person	EC 1227 408
11:30a.m.-1:20p.m.	9525 ENGL E29 Greek Literature	EC 1227 409
12:00p.m.-1:50p.m.	9544 HEALTH E30 Personal Safety – Fall Prevention	EC 1227 304
1:00p.m.-3:50p.m.	9506 ART E16 Life Drawing Studio	EC 1227 204
1:00p.m.-2:50p.m.	9567 MUSIC E32 Music Appreciation	EC 1227 107
1:30p.m.-3:20p.m.	9557 HUMDEV E24 Bereavement Support	EC 1227 407
2:00p.m.-3:50p.m.	9521 ENGL E20 Literature: The Novel	EC 1227 409

MONDAY AND WEDNESDAY

8:30a.m.-9:45a.m.	9540 HEALTH E24 Physical Fitness Principles & Practices	EC 1227 304
10:30a.m.-11:45a.m.	9543 HEALTH E25 Strength & Stamina Training Principles & Practices	EC 1227 304
11:00a.m.-12:50p.m.	9532 HEALTH E21 Yoga Health & Safety, Principles & Practices	EC 1227 308
12:30p.m.-1:45p.m.	9554 HUMDEV E06 Enjoy Life - Understanding Our Mind, Body & Brain for Senior Adults	VP PATIO
2:30p.m.-3:45p.m.	9549 HEALTH E38 Joint Health & Mobility	REED PK

TUESDAY

9:00a.m.-11:15a.m.	9512 ART E22 Watercolor	EC 1227 204
9:00a.m.-10:50a.m.	9524 ENGL E25 Literature: The American Novel	EC 1227 408
9:00a.m.-10:50a.m.	9572 OCC E01 Word Processing	EC 1227 208
9:00a.m.-10:50a.m.	9574 PHOTO E00 Digital Photography I	EC 1227 107
9:30a.m.-11:45a.m.	9527 ENGL E30 Creative Writing	MALIBU SNR CTR
10:00a.m.-11:50a.m.	9503 ART E06 Artistic Expression through Gardening	ITINERARY
10:00a.m.-11:50a.m.	9558 HUMDEV E27 Exercising the Brain	EC 1227 407
10:00a.m.-12:50p.m.	9563 MUSIC E03 "The Merits" – Vocal Ensemble	EC 1227 409
10:30a.m.-11:45a.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
11:00a.m.-1:50p.m.	9580 TH ART E01 Principles of Acting	EC 1227 107
11:30a.m.-1:45p.m.	9513 ART E22 Watercolor	EC 1227 204
11:30a.m.-1:45p.m.	9584 ART E21 Painting/Drawing, Oil and Acrylic	EC 1227 205
12:00p.m.-1:15p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
12:00p.m.-1:50p.m.	9565 MUSIC E10 Spanish Folk Singing	VP TERRY
12:30p.m.-2:45p.m.	9510 ART E20 Drawing and Painting	MALIBU SNR CTR
12:30p.m.-2:20p.m.	9559 HUMDEV E27 Exercising the Brain	EC 1227 407
1:30p.m.-2:45p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:50p.m.	9519 BILING E02 French Literature	EC 1227 409
6:30p.m.-9:20p.m.	9562 MUSIC E00 Concert Band	LINCOLN

TUESDAY AND THURSDAY

8:00a.m.-9:15a.m.	9541 HEALTH E25 Strength & Stamina Training Principles & Practices	EC 1227 304
8:30a.m.-9:45a.m.	9533 HEALTH E22 Chi Gong Principles & Practices	EC 1227 308
8:30a.m.-9:45a.m.	9537 HEALTH E24 Physical Fitness Principles & Practices	VA PK
9:00a.m.-10:15a.m.	9538 HEALTH E24 Physical Fitness Principles & Practices	1450 OCEAN
9:30a.m.-10:45a.m.	9539 HEALTH E24 Physical Fitness Principles & Practicesr Adults	EC 1227 304
10:00a.m.-11:50a.m.	9530 HEALTH E21 Yoga Health & Safety, Principles & Practices	EC 1227 308
10:00a.m.-11:15a.m.	9542 HEALTH E25 Strength & Stamina Training Principles & Practices	VP PATIO
10:30a.m.-11:45a.m.	9546 HEALTH E38 Joint Health & Mobility	WISE

10:30a.m.-11:45a.m.	9547 HEALTH E38 Joint Health & Mobility	VP CTR
11:00a.m.-12:50p.m.	9531 HEALTH E21 Yoga Health & Safety, Principles & Practices	1450 OCEAN
12:30p.m.-1:45p.m.	9535 HEALTH E23 T'ai Chi Principles & Practices	EC 1227 304
1:30p.m.-2:45p.m.	9555 HUMDEV E06 Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	EC 1227 408
2:00p.m.-3:15p.m.	9536 HEALTH E23 T'ai Chi Principles & Practices	EC 1227 308
2:00p.m.-3:15p.m.	9548 HEALTH E38 Joint Health & Mobility	EC 1227 304

WEDNESDAY

9:00a.m.-11:50a.m.	9505 ART E16 Life Drawing Studio	EC 1227 204
9:30a.m.-11:20a.m.	9577 POL SC E00 Current Events	EC 1227 107
10:30a.m.-11:45a.m.	9561 HUMDEV E50 Communication After a Stroke	EC 1227 408
11:30a.m.-1:20p.m.	9556 HUMDEV E22 Senior Seminar: Through a Jewish Lens – Art, Culture & Entertainment	EC 1227 107
12:00p.m.-2:50p.m.	9516 ART E30 Watercolor Studio	EC 1227 205
12:00p.m.-1:15p.m.	9561 HUMDEV E50 Communication After a Stroke	EC 1227 408
1:00p.m.-3:15p.m.	9509 ART E20 Drawing and Painting	EC 1227 204
1:00p.m.-2:50p.m.	9564 MUSIC E06 Gospel Community Chorus	PAC 309
1:30p.m.-4:20p.m.	9553 HME EC E71 Needlecrafts II	1450 OCEAN
1:30p.m.-3:20p.m.	9560 HUMDEV E28 Communication After a Stroke (Computer Based)	EC 1227 208

WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9529 HEALTH E21 Yoga Health & Safety, Principles & Practices	EC 1227 308
12:00p.m.-1:15p.m.	9534 HEALTH E23 T'ai Chi Principles & Practices	EC 1227 304

THURSDAY

9:00a.m.-11:15a.m.	9504 ART E15 Drawing	EC 1227 204
9:00a.m.-11:50a.m.	9568 MUSIC E34 Lyric Chorus	EC 1227 107
9:00a.m.-10:50a.m.	9575 PHOTO E10 Digital Photography II	EC 1227 208
9:30a.m.-11:45a.m.	9585 ART E20 Drawing and Painting	EC 1227 205
11:00a.m.-12:15p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
11:00a.m.-12:50p.m.	9573 OCC E20 Using the Internet Safely	EC 1227 208
11:30a.m.-1:45p.m.	9517 ART E80 Jewelry Making	1450 OCEAN
12:30p.m.-1:45p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:15p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:50p.m.	9566 MUSIC E30 Opera Appreciation	EC 1227 107

FRIDAY

9:00a.m.-11:50a.m.	9515 ART E30 Watercolor Studio	ITINERARY
9:00a.m.-10:50a.m.	9518 BILING E01 Literature in Spanish	VP TERRY
9:00a.m.-10:50a.m.	9576 PHOTO E10 Digital Photography II	EC 1227 208
9:00a.m.-10:50a.m.	9581 TH ART E02 Theater Arts Appreciation	EC 1227 107
9:30a.m.-11:20a.m.	9514 ART E24 Calligraphy II	1450 OCEAN
11:00a.m.-12:50p.m.	9570 OCC E00 Basic Computer Training (formerly Introduction to Computers)	EC 1227 208
11:00a.m.-12:50p.m.	9582 TH ART E30 Dramatic Interpretation Through Movies	EC 1227 107
12:30p.m.-1:45p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:15p.m.	9550 HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:50p.m.	9578 POL SC E00 Current Events	EC 1227 107
2:00p.m.-3:50p.m.	9578 POL SC E00 Current Events	EC 1227 107

SATURDAY

8:00a.m.-9:50a.m.	9545 HEALTH E34 Stress Reduction through Yoga	VA PK
9:30a.m.-11:45a.m.	9528 ENGL E33 Autobiography	PAC 115
12:00p.m.-1:50p.m.	9569 MUSIC E51 Piano and Theory	PAC 200



Lawn Bowling Fun in Beautiful Holmby Park

The Holmby Park Lawn Bowling Club has invited SMC Emeritus students to a special event, “**An Introduction to Lawn Bowling**” in beautiful Holmby Park, 646 Comstock Ave. This is a low impact, healthy, outdoor sport, available to all age groups. These free lessons are provided by veteran bowlers, starting during an **Open House on Saturday, July 7 at 10:30 a.m.** at Holmby Park.



The lessons are free. Free snacks and drinks will also be available to participants. Parking is free and easy. After the first lesson, Emeritus students and others are invited back to play and learn more Lawn Bowling on consecutive Saturdays. New members are always welcome. Dress is casual, but please wear smooth-soled shoes without heels (such as tennis or deck shoes) to protect the greens.

For further information and map, please visit losangeleslawnbowling.com, or call Tom Seres at (818) 997-8760.

SCHOLARSHIPS/GRANTS

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

STATEMENT OF NONDISCRIMINATION

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

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

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

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

De acuerdo con los provisos de los Títulos VI y VII de la Ley de Derechos Civiles de 1964, el Título IX de las Enmiendas Docentes de 1972 y la Sección 504 de la Ley de Rehabilitación de 1973 (P.L. 93-112), Santa Mónica College se compromete a la igualdad de oportunidades para ingresar en el College, para matricularse en las clases, para utilizar los servicios estudiantiles, para ayuda financiera y para empleo, sin discriminar por razones de raza, color, religión, sexo, país de origen, edad, impedimento físico, preferencia sexual, estado civil o por ser veterano de la época de Vietnam.

DONATIONS

Help provide for activities, special performances, supplies, equipment, and more. Please make checks payable to “SMC Foundation” and write “Emeritus” in the memo line. Donations can be mailed with your Emeritus registration or donate securely online at SantaMonicaCollegeFoundation.org/emeritus. Please allow additional time for donation acknowledgments during peak registration periods. Thank You.

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

Donald Girard, *Senior Director, Government Relations and Institutional Communications*
Ming-Yea Wei, *Marketing Design Analyst*
Jonathan Ng, *Senior Graphic Designer*
Charles Mark-Walker, *Graphic Designer*
Vivian Chu, *Graphic Designer*
Paul Trautwein, *Web Coordinator*
Santa Monica College Contributors: Dr. Kathryn E. Jeffery, Dr. Scott Silverman, Dr. Dione Carter, Vivian Rankin-Scales, Jessica Riojas, and Lauri Arneson.



FACILITIES

Facilities	Big Blue Bus Lines	Location
Emeritus Classrooms and Offices EC 1227 107, EC 1227 204, EC 1227 205, EC 1227 208, EC 1227 304, EC 1227 307, EC 1227 308, EC 1227 407, EC 1227 408, EC 1227 409, EC 1227 410		SMC Emeritus Campus, 1227 2nd St. (2nd & Wilshire), SM #5 and #8 Big Blue Bus stops at 3rd St. and Santa Monica Blvd. #2, #3, #Rapid 3, and #9 Big Blue Bus stops at 4th and Wilshire Blvd. Handicapped parking and bike racks are available on the street level of city parking structure #2. Additional metered handicapped parking entrance off 2nd Court alley.
CALL US!		Call (310) 434-4306, Emeritus, 1227 2nd St. (2nd & Wilshire), SM
CMD	16, 43	SMC Center for Media & Design, 1660 Stewart St. (½ block N. of Olympic), SM
CLOVER	8, 44	Clover Park, 2600 Ocean Park Blvd. (Ocean Park & 25th), SM
DOUGLAS PARK	2, 43	Douglas Park, 2439 Wilshire Blvd. (25th & Wilshire), SM
EUCLID PARK	5, 41, 44	Euclid Park, 1525 Euclid St. (between Colorado & Broadway), SM
FST PRES	2, 9	First Presbyterian Church, 1220 2nd St. (2nd & Wilshire), SM
1450 OCEAN	8	Camera Obscura Art Lab, 1450 Ocean Ave. (Ocean & Broadway), SM
GOOSE EGG PARK	9, 18	Goose Egg Park, 700 block of Palisades Ave. (1 block North of Montana), SM
KEN EDWA	1, 2, 3, Rapid 3, 7, Rapid 7, 8, 9, Rapid 10 (weekdays), 18	Ken Edwards Center/Wise Adult Day Services, 1527 Fourth St., SM (across the street from the Santa Monica Place near 4th & Broadway)
LEVIN CTR	1	Jewish Family Services, Israel Levin Center, 201 Ocean Front Walk, Venice (off of Speedway & Ozone)
ITINERARY		Locations vary – instructor will inform class of the meeting places
LINCOLN	2, 41, 42	Lincoln Middle School, 1501 California Ave., Rm. 400 (15th & California), SM
MALIBU SR CTR	Metro 534	Malibu Senior Center, 23825 Stuart Ranch Road, Malibu
MALIBU BLUFFS	Metro 534	Malibu Bluffs Park, Michael Landon Community Building, 24250 Pacific Coast Highway (PCH & Malibu Canyon Road), Malibu
PAC	1, Rapid 10 (weekdays)	SMC Performing Arts Center, The Broad Stage & The Edye 1310 11th Street (11th & Santa Monica), SM
REED PARK	2, 18	Reed Park, 1133 7th St. (Lincoln & Wilshire), SM
SM LIB	1, 7, Rapid 7, Rapid 10 (weekdays), 18	Santa Monica Library Main Branch, 601 Santa Monica Blvd., SM
SMC	7, Rapid 7, 16, 41, 42, 43, 44	Santa Monica College Main Campus, 1900 Pico Blvd. (19th & Pico), SM
BUNDY	14, 44	SMC Bundy Campus, 3171 S. Bundy Drive (Bundy & College Dr.), LA
SM SYNG	1, Rapid 10, 42	The Santa Monica Synagogue, 1448 18th St. (18th & Broadway), SM
WISE	1, 2, 3, Rapid 3, 7 Rapid 7, 9, Rapid 10 (weekdays), 18	Ken Edwards Center/Wise & Healthy Aging Adult Day Services 1527 4th St. (4th & Broadway), SM
VA PK, VP CTR, VP PATIO, VP TERRY	7	Virginia Avenue Park, 2200 Virginia Ave. (Cloverfield & Pico), SM

SMC AND EMERITUS PARKING:

Students attending class at the SMC Emeritus Campus (1227 2nd Street) may park in the City of Santa Monica Structure #2, adjacent to Emeritus on 2nd St. between Arizona and Wilshire. The standard parking rates for Parking Structure #2 are: first 90 minutes free, the next hour is \$1.25, each additional half hour after 2.5 hours is \$1.85, and the daily maximum rate is \$17.50.

Santa Monica College maps, transportation, and campus parking information are available online at smc.edu/transportation. For detailed public transit information, contact: Santa Monica Big Blue Bus, (310) 451-5444 or TDD (310) 395-6024, web address bigbluebus.com; Metro, (323) GO-METRO, (323) 466-3876, web address metro.net. If you have Downtown Santa Monica parking questions, call the SP+ Parking Operations office at (310) 576-4743.

For more information, visit smc.edu/emerusparking





A Program of Santa Monica College

APPLICATION FORM

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

YES! Count me in as a supporter!

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

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

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

PLEASE PRINT:

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

This donation should be listed as Anonymous.

Full Legal Last Name _____ Middle _____
 Full Legal First Name _____
 Legal Permanent Street Address _____ Apt. No. _____
 City _____ State _____ Zip Code _____
 Mailing Address (if different from above). Include P.O. Box, City and Zip Code. _____
 Area Code _____ Telephone Number _____ Birth Month _____ Day _____ Year _____
 Check One: Male Female
 SMC/Emeritus Identification No. _____ Email _____

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

Emergency Contact _____
 Emergency Telephone No. _____

REQUIRED

* WITHOUT YOUR SIGNATURE AND DATE
 WE CANNOT PROCESS YOUR FORM

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

Signature: _____

Date: _____

YOU MUST ANSWER THE FOLLOWING QUESTIONS EACH TIME YOU REGISTER.

Term: Summer Fall Winter Spring Have you enrolled in SMC or Emeritus Classes before? YES NO
 Have you resided in California for at least two years? YES NO If NO, since _____
 If NO, last legal resident address: _____
 Have you been disqualified or dismissed from a college? YES NO
 If yes, enter college name? _____ and year _____

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

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

Ethnic Background	1. African American 2. American Indian/ Alaskan Native 3. White 4. Mexican/Chicano 5. Central American	6. South American 7. Hispanic Other 8. Asian Indian 9. Cambodian 10. Chinese 11. Filipino 12. Japanese 13. Korean 14. Laotian 15. Vietnamese 16. Asian Other 17. Guamanian 18. Hawaiian 19. Samoan 20. Pacific Islander
Citizenship	1. United States 2. Permanent Resident 3. Temporary Resident 4. Refugee/Asylee	5. Student F1 or M1 Visa 6. Other (specify below): _____ 7. Unknown 8. Foreign student taking online classes from home country.
Enrollment Status	If you selected No. 2,3,4,5, or 6, write in your Permanent Resident or Visa No.: _____ Issue Date: _____	
Educational Level	Year last attended school: _____ CERTIFICATE, DEGREE OR GRADUATED FROM: 0. Non-high school graduate 1. Advanced high school	5. Returning to SMC, last attended another college. 6. Returning to SMC, last attended SMC. 7. Received High School Proficiency Certificate 8. Foreign Secondary School Diploma 9. Earned College Associate Degree 10. Earned College Bachelor Degree or higher



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



Kathleen Higgins, Farmers Market

Cover photographs featured
in the Emeritus Gallery Show
Student Photo Show 2018

John Dalton, *Feed Me*

Regina Pally, *Woman with Stroller*

Isaac Yusim, *Crater Lake*



Jonathan Tillman, *Sunday Morning*

SMC EMERITUS STAFF

Dr. Scott Silverman, Associate Dean
Vivian Rankin-Scales, Program Coordinator
Lauri Arneson, Administrative Assistant
Jessica Riojas, Student Services Clerk

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WHAT IS SMC EMERITUS?

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

¿ QUÉ ES SMC EMERITUS ?

SMC Emeritus, inaugurado en 1975, es un programa de Santa Monica College para personas de edad avanzada. SMC Emeritus sirve a más de 3,600 estudiantes anualmente y ofrece más de 120 clases gratis de interés para las personas mayores. Todas las clases son ofrecidas durante el día en localidades distribuidas convenientemente a través de la comunidad o en nuestra casa sede en Second Street. El nombre Emeritus se refiere a las personas “jubiladas con honor.” Todas las personas mayores son bienvenidos. Para más información, llame a la oficina de SMC Emeritus al teléfono (310) 434-4306, visite nuestra página en la red smc.edu/emmeritus o visitenos en nuestra oficina localizada en 1227 Second Street, Santa Monica. Ofrecemos clases enseñadas en español. Busque adentro de este catálogo para más información.

Cover Design: Charles Mark-Walker

SMC Emeritus Summer 2018 Schedule of Classes