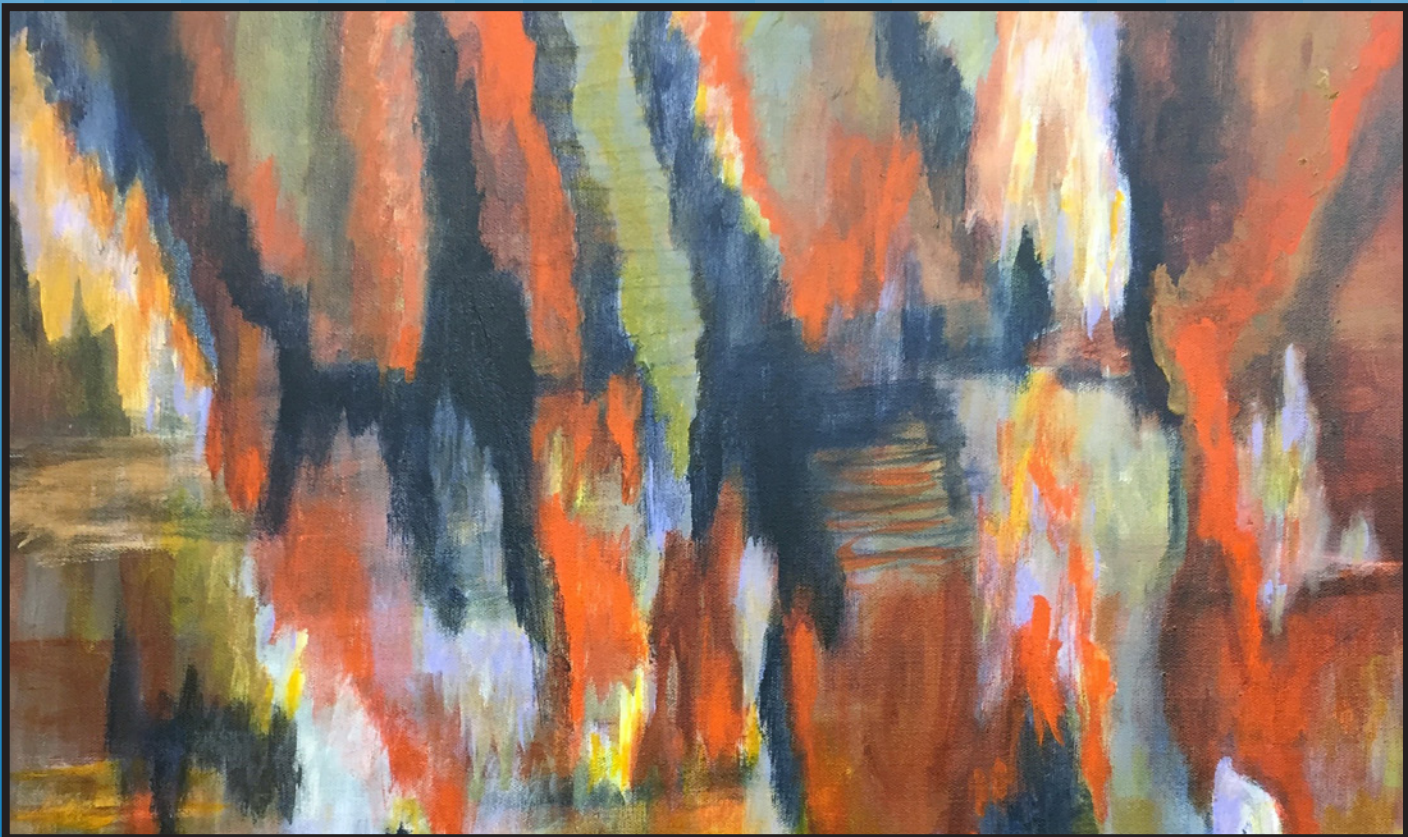




# MERITUS

A Program of  
Santa Monica College



Schedule of Classes | Winter 2019 | Jan. 2 – Feb. 7

# REGISTRATION

## IMPORTANT SEMESTER DATES

Thursday, October 18, 2018 . . . . **Schedule available online at [smc.edu/emeritus](http://smc.edu/emeritus)**

Monday November 5, 2018 . . . . . **Schedule available at SMC Emeritus and Santa Monica Libraries**

Monday, November 26, 2018. . . . . **First day of Registration/Enrollment**

Wednesday, January 2, 2019 . . . . . **WINTER SESSION BEGINS**

Monday, January 21, 2019 . . . . . **Martin Luther King, Jr., Holiday (no classes/campus closed)**

Thursday, February 7, 2019 . . . . . **WINTER SESSION ENDS**

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

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

### ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus occurs through SMC's Corsair Connect system. Online enrollment appointments are computer generated and rotate to a previous day each term. Online enrollment gives continuing students the best odds for successful enrollment. Enroll online on your appointment date/time or any time thereafter. Detailed online enrollment instructions are available online at [smc.edu/emeritus](http://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](http://smc.edu/emeritus) – click onto the links located at the left hand side. There you will find helpful links, such as: Instructions for Online Enrollment; Corsair Connect (Online Enrollment & SMC Email); Searchable Schedule (to search which classes are open); and other helpful links.
- To use "Corsair Connect" to enroll online, make sure you have your SMC/Emeritus Student ID number, password and class section numbers available. If this is the first time you are using Corsair Connect, then your initial password will

## HOW TO REACH US



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](mailto:emeritus@smc.edu)

Web: [smc.edu/emeritus](http://smc.edu/emeritus)

## ENROLLMENT SERVICES OPTIONS

Listed above are the important semester dates. Students must enroll every semester. ***Students are initially allowed to enroll in a maximum of 3 classes for the Winter 2019 session. This cap will be lifted at the start of Week 3 to allow you to enroll in additional classes, and enable us to fill more of the seats in available classes.***

**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](http://smc.edu/emeritus).





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

- To use “Searchable Schedule” to look for open classes, go to [smc.edu/emeritus](http://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 11.

## 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](http://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!

Dear Emeritus Community,

Welcome to Winter 2019!

By the time Winter starts, I will have made it to my first anniversary here at SMC Emeritus. We have a few new faces, namely Minh-Chau Nguyen and Caitlyn Krueger, who have joined Marcia Grajeda De Vere at the Front Desk, and Marcia is about to complete her studies at SMC. As for all of you, on behalf of SMC and the Emeritus community, thank you for continuing your studies with us this semester.

Starting in Fall 2018, and continuing this semester, you will still have an initial cap of how many classes you can enroll in, but a few weeks into the semester, the initial cap will be lifted so you can add additional classes if you want to. This applies if space is available, of course, and normal enrollment rules apply. You cannot take two classes of the same course number simultaneously, even if you feel that the courses are taught in fundamentally different ways. The wait list and add card processes still apply as well.

Definitely do your best to attend all of the classes you are registered for. If we can increase our attendance rates then I will be able to advocate for additional instructional funds... which will translate into more classes.

I have scheduled some new events and resources to be at Emeritus...including Open Forums that I will lead for updates and some questions, Dessert with the Deans, Coffee/Bagels with the Foundation, and scheduling times for resources from the community that may be of interest to you to have drop-in time at Emeritus. Please be on the lookout for signs that speak to these opportunities as they come up.

This past Fall, we held a lovely Club 250 luncheon to recognize and thank our donors that give at the \$250 and up level. We will host the event early in 2019. I truly appreciate and commend each and every person who donates, regardless of the amount given, and even if your donation is of time.

Cheers to a happy and healthy 2019!

Proud to be... SMC!

Sincerely,  
Dr. Scott C. Silverman  
Associate Dean, SMC Emeritus



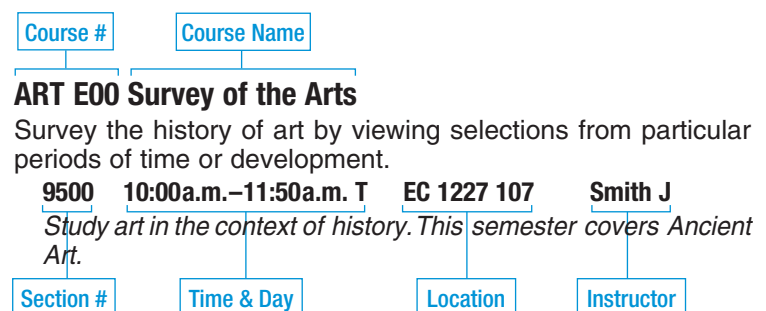
NEW

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

### IMPORTANT NOTES TO STUDENTS:

- See the Facilities list on page 14 for a full description of each location abbreviation.
- The description of the courses showing "ITINERARY" as a location requires the ability for students to traverse uneven ground and negotiate stairs.
- Volunteers handle registration information in a confidential manner. If you have concerns or questions about privacy, contact the Program Coordinator at 310-434-3851.
- Schedule is subject to change.

### A SAMPLE OF A COURSE FROM THE SCHEDULE:



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

### Abbreviation of Days

- |               |                          |
|---------------|--------------------------|
| M = Monday    | 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/emergitus](http://smc.edu/emergitus)

### YOU'LL FIND

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



## ARTS & CRAFTS

### ART E00 Survey of Art

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

**9501 12:30p.m.-2:20p.m. W EC 1227 409 James N M**

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

### ART E06 Artistic Expression through Gardening

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

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

### ART E15 Drawing

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

**9503 9:00a.m.-11:15a.m. Th EC 1227 204 Adams L K**

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

**9504 12:30p.m.-2:45p.m. F EC 1227 204 Turr C A**

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

### ART E16 Life Drawing Studio

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

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

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

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

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

**9507 1:00p.m.-3:50p.m. Th 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.

**9508 1:00p.m.-3:50p.m. M EC 1227 205 Donon S G**

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

### ART E20 Drawing and Painting

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

**9509 9:00a.m.-11:15a.m. M EC 1227 204 Benson J K**

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

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

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

**9511 12:30p.m.-2:45p.m. T MALIBU BLUFFS 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. Friendly critiques.*

**9590 12:30p.m.-2:45p.m. W EC 1227 205 Trentham B M**

### ART E21 Painting/Drawing, Oil and Acrylic

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

**9512 11:30a.m.-1:45p.m. M EC 1227 204 Benson J K**

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

### ART E22 Watercolor

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

**9513 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.*

**9514 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.*



# COURSES FOR OLDER ADULTS

## 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.

**9515 9:30a.m.-11:20a.m. F 1450 OCEAN Lewis M T**

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

## ART E30 Watercolor Studio

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

**9516 12:00p.m.-2:50p.m. W EC 1227 204 Tirr C A**

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

## ART E80 Jewelry Making

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

**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.*

## 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.

**9571 1:30p.m.-3:20p.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.

**9572 9:00a.m.-10:50a.m. M EC 1227 208 Woolen D W**

*Beginner course.*

**9573 11:00a.m.-12:50p.m. F EC 1227 208 Espinosa-Frech H A**

*Intermediate course.*

**9591 1:00p.m.-2:50p.m. M EC 1227 208 Rodriguez J E**

## OCC E20 Using the Internet Safely

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

**9574 11:00a.m.-12:50p.m. M EC 1227 208 Woolen D W**

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

**9575 3:00p.m.-4:50p.m. M EC 1227 208 Rodriguez J E**

## 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.

**9576 9:00a.m.-10:50a.m. T EC 1227 107 Schneir G**

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

## PHOTO E10 Digital Photography II

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

**9577 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.*





## 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 McClrath. 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!

## HEALTH & CONDITIONING

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

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

**9528 8:30a.m.-10:20a.m. WF EC 1227 308 Dee D**

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

**9529 10:00a.m.-11:50a.m. TTh EC 1227 308 Cooper M**

**9530 11:00a.m.-12:50p.m. MW EC 1227 308 Lieb J B**

*Through the practice of yoga postures (asanas) and yogic breathing (pranayama) you will learn how to improve your overall health and well-being, to develop strength, flexibility, balance, improve your breathing, increase circulation, your*

*ability to hold focus and to relax. Please bring your own yoga mat, a notebook, and a pencil.*

**9531 11:30a.m.-1:20p.m. TTh 1450 OCEAN Cass K**

*The above section 9531 is chair based — no mat required.*

**9532 2:00p.m.-3:50p.m. TTh EC 1227 308 Dee D**

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

### HEALTH E22 Chi Gong Principles & Practices for Older Adults

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

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

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

**9535 12:00p.m.-1:15p.m. WF EC 1227 304 Nardini A S**

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

**9536 12:30p.m.-1:45p.m. TTh EC 1227 304 Terry Jr P W**

*Beginner and intermediate.*

**9537 2:00p.m.-3:15p.m. MF EC 1227 304 Akers P A**

*Intermediate and advanced.*

### HEALTH E24 Physical Fitness Principles & Practices for Older Adults

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

**9538 8:30a.m.-9:45a.m. TTh VP CTR Moy D N**

*Above section 9538 is in Virginia Park Center, Fitness Room #1.*



# COURSES FOR OLDER ADULTS

- 9539 9:00a.m.-10:15a.m. MW EC 1227 304 Huner K A  
9540 9:00a.m.-10:15a.m. TTh 1450 Ocean Wapner-Baart L J  
9541 9:30a.m.-10:45a.m. TTh EC 1227 304 Huner K A  
9586 2:00p.m.-3:50p.m. W EC 1227 304 Cass K

*This section will be a combination of chair-based and non-chair-based activities.*

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

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



- 9542 8:00a.m.-9:15a.m. TTh EC 1227 304 Regalado O  
9543 10:00a.m.-11:15a.m. TTh VP PATIO Regalado O  
9544 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.

- 9545 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.

- 9546 8:00a.m.-9:50a.m. S VA PK Holtzermann C  
*Above section 9546s at Virginia Park Center, Fitness Room #1.*

- 9547 11:00a.m.-12:50p.m. F EC 1227 308 Lieb J B  
*Learn through the focused practice of yoga postures (asanas)-standing, seated, supine (lying down), and/or inverted- with conscious yoga breathing (pranayama) how to increase your energy, support emotional balance, develop your ability to concentrate, induce relaxation and improve your overall health and well-being. Please bring your own yoga mat, a notebook, and a pencil.*

## HEALTH E38 Joint Health & Mobility for Older Adults

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

- 9548 10:30a.m.-11:45a.m. TTh WISE Moy D N  
*Above section 9548 is targeted towards participants of the WISE Adult Day Program.*

- 9549 10:30a.m.-11:45a.m. TTh VP CTR Wapner-Baart L J  
*The above section 9549 is at Virginia Park Center, Fitness Room #1.*

- 9550 2:00p.m.-3:15p.m. TTh EC 1227 304 Regalado O  
9551 2:30p.m.-3:45p.m. MW REED PK Albert G S  
*Above section 9551 chair based class.*

## HEALTH E63 Body Conditioning After a Stroke

This course helps older adults who have experienced an acquired brain injury to maintain or improve their mobility and physical endurance through an individualized program offered in a group setting. Topics include how to cope with the effects of brain injury or stroke and how to restore the student's natural energy and flexibility, through techniques used to regain and maintain physical fitness. Participation 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.

- 9552 11:00a.m.-12:15p.m. Th EC 1227 307 Adams J  
12:30p.m.-1:45p.m. Th EC 1227 307 Adams J  
2:00p.m.-3:15p.m. Th EC 1227 307 Adams J  
9553 12:00p.m.-1:15p.m. T EC 1227 307 Phillips B S  
1:30p.m.-2:45p.m. T EC 1227 307 Phillips B S  
10:30a.m.-11:45a.m. T EC 1227 307 Phillips B S  
9554 12:30p.m.-1:45p.m. F EC 1227 307 Evans Jami R  
2:00p.m.-3:15p.m. F EC 1227 307 Evans Jami R

## HOME ECONOMICS

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

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

- 9592 1:00p.m.-3:15p.m. Th EC 1227 407 Ross M A

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

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

- 9555 11:30a.m.-1:20p.m. T EC 1227 408 Dosti R

## HUMAN DEVELOPMENT

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

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

- 9556 1:30p.m.-2:45p.m. TTh EC 1227 408 Albert G S





## **HUMDEV E15 Senior Studies – Theater – History of Comedy**

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

**9557 9:00a.m.-10:50a.m. W EC 1227 409 Achorn J C**

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

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

**9558 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.

**9559 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.

**9560 10:00a.m.-11:50a.m. T EC 1227 407 Frand L**

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

**9561 12:30p.m.-2:20p.m. T EC 1227 407 Frand L**

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

## **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.

**9562 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.

**9563 10:30a.m.-11:45a.m. W EC 1227 305 Feinberg L H**

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

## **PSYCH E33 Living as a Single Person**

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

**9581 11:00a.m.-12:50p.m. M EC 1227 408 Press P L**

## LITERATURE

### **BILING E01 Literature in Spanish**

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

IN SPANISH

**9518 9:00a.m.-10:50a.m. F VP TERRY Quiñones H C**

### **BILING E02 French Literature**

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

**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.

IN FRENCH

**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 Winter 2019 term we will continue reading Marcel Proust's *In Search of Lost Time* in the translation by Moncrieff, revised by Kilmartin and then Enright (Modern Library). We've reached volume 4, *Sodom and Gomorrah*.*



# COURSES FOR OLDER ADULTS

## 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 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.

9524 11:30a.m.-1:20p.m. M EC 1227 409 Dwyer F

*In many important ways, for better or for worse, we are all still Greek. We'll explore what that means, as we read and discuss Greek drama, poetry, myth, and history. The Winter 2019 semester will begin with Euripides' Iphigenia among the Taurians in the translation by Anne Carson.*

## 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.

9525 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.*

9526 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.

9527 9:30a.m.-11:45a.m. S PAC 116 Fox Jr R W

*Above section 9527 meets at the Performing Arts Center, 1310 11th Street.*

9593 1:00p.m.-3:15p.m. M CNCT Staff

## MUSIC – PERFORMING ARTS

### MUSIC E00 Concert Band

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

9564 6:30p.m.-9:20p.m. T LINCOLN Miyoshi Y

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

### 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.

9565 10:00a.m.-12:50p.m. T EC 1227 409 Bryant W

### MUSIC E04 Voice Training

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

9588 9:00a.m.-11:50a.m. Th EC 1227 107 Jackson L R

9589 12:30p.m.-2:50p.m. Th EC 1227 107 Jackson L R

### MUSIC E06 Gospel Community Chorus

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

9566 1:00p.m.-2:50p.m. W PAC 107 Bryant W

*Above section 9566 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.

9567 12:00p.m.-1:50p.m. T VP TERRY Perez J Z

### 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.

9570 12:15p.m.-2:05p.m. S PAC 206 Hetz M L

*Above section 9570 meets at the Performing Arts Center, 1310 11th Street.*

9587 1:00p.m.-2:50p.m. T PAC 206 Hetz M L

*Above section 9587 meets at the Performing Arts Center, 1310 11th Street.*

## MUSIC APPRECIATION & HISTORY

### 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.

9568 2:00p.m.-3:50p.m. T EC 1227 107 Jackson L R





## MUSIC E32 Music Appreciation

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

**9569 1:00p.m.-2:50p.m. M EC 1227 107 Hetz M L**

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

## 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.

**9578 9:30a.m.-11:20a.m. W EC 1227 107 Stern R M**

**9579 10:00a.m.-11:50a.m. M SM LIB Reiner M**

**9580 2:00p.m.-3:50p.m. F EC 1227 107 Trives N**

## 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.

**9582 11:00a.m.-1:50p.m. T EC 1227 107 Gannen B**

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

### TH ART E02 Theater Arts Appreciation

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

**9583 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.

**9584 11:00a.m.-12:50p.m. F EC 1227 107 Abatemarco A M**

**9585 1:30p.m.-3:45p.m. W EC 1227 107 Laffey S A**

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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](mailto:ward_cheryl@smc.edu)



# CLASSES BY THE DAY WINTER 2019

## MONDAY

9:00a.m.-11:15a.m.	9509	ART E20 Drawing and Painting	EC 1227 204
9:00a.m.-10:50a.m.	9522	ENGL E23 Shakespeare	EC 1227 107
9:00a.m.-11:15a.m.	9525	ENGL E30 Creative Writing	EC 1227 409
9:00a.m.-10:50a.m.	9572	OCC E01 Word Processing	EC 1227 208
10:00a.m.-11:50a.m.	9502	ART E06 Artistic Expression through Gardening	ITINERARY
10:00a.m.-11:50a.m.	9579	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.	9574	OCC E20 Using the Internet Safely	EC 1227 208
11:00a.m.-12:50p.m.	9581	PSYCH E33 Living as a Single Person	EC 1227 408
11:30a.m.-1:45p.m.	9512	ART E21 Painting/Drawing, Oil and Acrylic	EC 1227 204
11:30a.m.-1:20p.m.	9524	ENGL E29 Greek Literature	EC 1227 409
12:00p.m.-1:50p.m.	9545	HEALTH E30 Personal Safety – Fall Prevention	EC 1227 304
1:00p.m.-3:50p.m.	9508	ART E19 Painting	EC 1227 205
1:00p.m.-2:50p.m.	9569	MUSIC E32 Music Appreciation	EC 1227 107
1:00p.m.-2:50p.m.	9591	OCC E01 Word Processing	EC 1227 208
1:00p.m.-3:15p.m.	9593	ENGL E33 Autobiography	CNCT
1:30p.m.-3:20p.m.	9559	HUMDEV E24 Bereavement Support	EC 1227 407
2:00p.m.-3:50p.m.	9521	ENGL E20 Literature: The Novel	EC 1227 409
3:00p.m.-4:50p.m.	9575	OCC E20 Using the Internet Safely	EC 1227 208

## MONDAY AND WEDNESDAY

9:00a.m.-10:15a.m.	9539	HEALTH E24 Physical Fitness Principles & Practices	EC 1227 304
10:30a.m.-11:45a.m.	9544	HEALTH E25 Strength & Stamina Training Principles & Practices	EC 1227 304
11:00a.m.-12:50p.m.	9530	HEALTH E21 Yoga Health & Safety, Principles & Practices	EC 1227 308
2:30p.m.-3:45p.m.	9551	HEALTH E38 Joint Health & Mobility	REED PK

## MONDAY AND FRIDAY

9:00a.m.-10:15a.m.	9534	HEALTH E23 T'ai Chi Principles & Practices	VA PK
2:00p.m.-3:15p.m.	9537	HEALTH E23 T'ai Chi Principles & Practices	EC 1227 304

## TUESDAY

9:00a.m.-11:15a.m.	9513	ART E22 Watercolor	EC 1227 204
9:00a.m.-10:50a.m.	9576	PHOTO E00 Digital Photography I	EC 1227 107
9:30a.m.-11:45a.m.	9526	ENGL E30 Creative Writing	MALIBU SNR CTR
10:00a.m.-11:50a.m.	9560	HUMDEV E27 Exercising the Brain	EC 1227 407
10:00a.m.-12:50p.m.	9565	MUSIC E03 "The Merits" – Vocal Ensemble	EC 1227 409
10:30a.m.-11:45a.m.	9553	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
11:00a.m.-1:50p.m.	9582	TH ART E01 Principles of Acting	EC 1227 107
11:30a.m.-1:45p.m.	9514	ART E22 Watercolor	EC 1227 204
11:30a.m.-1:20p.m.	9555	HME EC E52 Restaurant Critic – Dining Wisely: Healthy Eating Choices	EC 1227 408
12:00p.m.-1:15p.m.	9553	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
12:00p.m.-1:50p.m.	9567	MUSIC E10 Spanish Folk Singing	VP TERRY
12:30p.m.-2:45p.m.	9511	ART E20 Drawing and Painting	MALIBU BLUFFS
12:30p.m.-2:20p.m.	9561	HUMDEV E27 Exercising the Brain	EC 1227 407
1:00p.m.-2:50p.m.	9587	MUSIC E51 Piano and Theory	PAC 206
1:30p.m.-2:45p.m.	9553	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:50p.m.	9519	BILING E02 French Literature	EC 1227 409
2:00p.m.-3:50p.m.	9568	MUSIC E30 Opera Appreciation	EC 1227 107
6:30p.m.-9:20p.m.	9564	MUSIC E00 Concert Band	LINCOLN

## TUESDAY AND THURSDAY

8:00a.m.-9:15a.m.	9542	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.	9538	HEALTH E24 Physical Fitness	VP CTR
9:00a.m.-10:15a.m.	9540	HEALTH E24 Physical Fitness Principles & Practices	1450 OCEAN
9:30a.m.-10:45a.m.	9541	HEALTH E24 Physical Fitness Principles & Practices	EC 1227 304
10:00a.m.-11:50a.m.	9529	HEALTH E21 Yoga Health & Safety, Principles & Practices	EC 1227 308
10:00a.m.-11:15a.m.	9543	HEALTH E25 Strength & Stamina Training Principles & Practices	VP PATIO
10:30a.m.-11:45a.m.	9548	HEALTH E38 Joint Health & Mobility	WISE
10:30a.m.-11:45a.m.	9549	HEALTH E38 Joint Health & Mobility	VP CTR
11:30a.m.-1:20p.m.	9531	HEALTH E21 Yoga Health & Safety, Principles & Practices	1450 OCEAN
12:30p.m.-1:45p.m.	9536	HEALTH E23 T'ai Chi Principles & Practices	EC 1227 304
1:30p.m.-2:45p.m.	9556	HUMDEV E06 Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	EC 1227 408
2:00p.m.-3:50p.m.	9532	HEALTH E21 Yoga Health & Safety, s Principles & Practice	EC 1227 308
2:00p.m.-3:15p.m.	9550	HEALTH E38 Joint Health & Mobility	EC 1227 304

## WEDNESDAY

9:00a.m.-11:50a.m.	9505	ART E16 Life Drawing Studio	EC 1227 204
9:00a.m.-11:15a.m.	9510	ART E20 Drawing and Painting	EC 1227 205
9:00a.m.-10:50a.m.	9557	HUMDEV E15 Senior Studies – Theater – History of Comedy	EC 1227 409
9:30a.m.-11:20a.m.	9578	POL SC E00 Current Events	EC 1227 107
10:30a.m.-11:45a.m.	9563	HUMDEV E50 Communication After a Stroke Jewish Lens – Art, Culture & Entertainment	EC 1227 305
11:30a.m.-1:20p.m.	9558	HUMDEV E22 Senior Seminar: Through a	EC 1227 107
12:00p.m.-2:50p.m.	9516	ART E30 Watercolor Studio	EC 1227 204
12:00p.m.-1:15p.m.	9563	HUMDEV E50 Communication After a Stroke	EC 1227 305
12:30p.m.-2:20p.m.	9501	ART E00 Survey of Art	EC 1227 409
12:30p.m.-2:45p.m.	9590	ART E20 Drawing and Painting	EC 1227 205
1:00p.m.-2:50p.m.	9566	MUSIC E06 Gospel Community Chorus	PAC 107
1:30p.m.-3:20p.m.	9562	HUMDEV E28 Communication After a Stroke (Computer Based)	EC 1227 208
1:30p.m.-3:45p.m.	9585	TH ART E30 Dramatic Interpretation Through Movies	EC 1227 107
2:00p.m.-3:50p.m.	9586	HEALTH E24 Physical Fitness Principles & Practices	EC 1227 304

## WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9528	HEALTH E21 Yoga Health & Safety, Principles & Practices	EC 1227 308
12:00p.m.-1:15p.m.	9535	HEALTH E23 T'ai Chi Principles & Practices	EC 1227 304

## THURSDAY

9:00a.m.-11:15a.m.	9503	ART E15 Drawing	EC 1227 204
9:00a.m.-11:50a.m.	9588	MUSIC E04 Voice Training	EC 1227 107
11:00a.m.-12:15p.m.	9552	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
11:30a.m.-1:45p.m.	9517	ART E80 Jewelry Making	1450 OCEAN
12:30p.m.-1:45p.m.	9552	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
12:30p.m.-2:50p.m.	9589	MUSIC E04 Voice Training	EC 1227 107
1:00p.m.-3:50p.m.	9507	ART E16 Life Drawing Studio	EC 1227 204
1:00p.m.-3:15p.m.	9592	CT E00 The Fix-It Class – Repair Almost Anything	EC 1227 407
2:00p.m.-3:15p.m.	9552	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307

## FRIDAY

9:00a.m.-11:50a.m.	9506	ART E16 Life Drawing Studio	EC 1227 204
9:00a.m.-10:50a.m.	9518	BILING E01 Literature in Spanish	VP TERRY
9:00a.m.-10:50a.m.	9577	PHOTO E10 Digital Photography II	EC 1227 208







**big  
blue  
bus**

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

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

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



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

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

For more information, visit [bigbluebus.com/mode](http://bigbluebus.com/mode).

**mode**  
MOBILITY ON DEMAND EVERY DAY

9:00a.m.-10:50a.m.	9583	TH ART E02 Theater Arts Appreciation	EC 1227 107
9:30a.m.-11:20a.m.	9515	ART E24 Calligraphy II	1450 OCEAN
11:00a.m.-12:50p.m.	9547	HEALTH E34 Stress Reduction through Yoga	EC 1227 308
11:00a.m.-12:50p.m.	9573	OCC E01 Word Processing	EC 1227 208
11:00a.m.-12:50p.m.	9584	TH ART E30 Dramatic Interpretation Through Movies	EC 1227 107
12:30p.m.-2:45p.m.	9504	ART E15 Drawing	EC 1227 204
12:30p.m.-1:45p.m.	9554	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
1:30p.m.-3:20p.m.	9571	OCC E00 Basic Computer Training (formerly Introduction to Computers)	EC 1227 208
2:00p.m.-3:15p.m.	9554	HEALTH E63 Body Conditioning After a Stroke	EC 1227 307
2:00p.m.-3:50p.m.	9580	POL SC E00 Current Events	EC 1227 107

## SATURDAY

8:00a.m.-9:50a.m.	9546	HEALTH E34 Stress Reduction through Yoga	VA PK
9:30a.m.-11:45a.m.	9527	ENGL E33 Autobiography	PAC 116
12:15p.m.-2:05p.m.	9570	MUSIC E51 Piano and Theory	PAC 206

## 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 Titulos VI y VII de la Ley de Derechos Civiles de 1964, el Titulo 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/emmeritus](http://SantaMonicaCollegeFoundation.org/emmeritus). 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	Location	Big Blue Bus Lines
SMC Emeritus Classrooms and Offices EC 1227 107, EC 1227 204, EC 1227 205, EC 1227 208, EC 1227 304, EC 1227 307, EC 1227 308, EC 1227 407, EC 1227 408, EC 1227 409, EC 1227 410	1227 Second St. (2nd & Wilshire), SM CALL US! Call 310-434-4306	3rd & Santa Monica: #5, #8 4th & Wilshire: #2, #3, #Rapid 3, and #9 Handicapped parking and bike racks are available on the street level of city parking structure #2. Additional metered handicapped parking entrance off 2nd Court alley.
BUNDY	SMC Bundy Campus, 3171 S. Bundy Dr. (Bundy & College Dr.), LA	Bundy & Airport: #14 SMC Bundy Campus Parking Lot: #44
CMD	SMC Center for Media and Design, 1660 Stewart St. (½ block N. of Olympic), SM	Stewart & Pennsylvania: #16 (weekdays), #43
CLOVER	Clover Park, 2600 Ocean Park Blvd. (Ocean Park & 25th), SM	Ocean Park & 25th: #8, #44 (weekdays when SMC is in session)
DOUGLAS PARK	Douglas Park, 2439 Wilshire Blvd. (25th & Wilshire), SM	26th & Wilshire: #2, #43
EUCLID PARK	Euclid Park, 1525 Euclid St. (between Colorado & Broadway), SM	Colorado & 14th: #5, #41 14th & Colorado: #44 (weekdays)
FST PRES	First Presbyterian Church, 1220 2nd St. (2nd & Wilshire), SM	4th & Wilshire: #2, #9
1450 OCEAN	Camera Obscura Art Lab, 1450 Ocean Ave. (Ocean & Broadway), SM	Ocean & Broadway: #8
GOOSE EGG PARK	Goose Egg Park, 700 block of Palisades Ave. (1 block North of Montana), SM	4th & Montana: #9 Lincoln & Montana: #18
ITINERARY	Locations vary – instructor will inform class of the meeting places	
KEN EDWA	Ken Edwards Center/Wise Adult Day Services, 1527 Fourth St., SM (across the street from the Santa Monica Place near 4th & Broadway)	Broadway & 4th: #1, #2, #3, Rapid #3, #7, Rapid #7, #8, #9, Rapid #10 (weekdays), #18
LEVIN CTR	Jewish Family Services, Israel Levin Center, 201 Ocean Front Walk, Venice (off of Speedway & Ozone)	Main & Rose: #1
LINCOLN	Lincoln Middle School, 1501 California Ave., Rm. 400 (15th & California), SM	Wilshire & 14th: #2 14th & California: #41, #42
MALIBU BLUFFS	Malibu Bluffs Park, Michael Landon Community Building, 24250 Pacific Coast Highway (PCH & Malibu Canyon Road), Malibu	Metro 534
MALIBU SR CTR	Malibu Senior Center, 23825 Stuart Ranch Road, Malibu	Metro 534
PAC	SMC Performing Arts Center, The Broad Stage & The Edye, 1310 11th Street (11th & Santa Monica), SM	Santa Monica & 11th: #1, Rapid #10 (weekdays), #41, #42
REED PARK	Reed Park, 1133 7th St. (Lincoln & Wilshire), SM	Lincoln & Wilshire: #2, #18
SM LIB	Santa Monica Library Main Branch, 601 Santa Monica Blvd., SM	Santa Monica & 6th: #1, #7, Rapid #7, Rapid #10 (weekdays), #18
SMC	Santa Monica College Main Campus, 1900 Pico Blvd. (19th & Pico), SM	Pico & 18th: #7, Rapid #7, #41, #42, #43, #44 (when SMC is in session) 20th & Pearl: #16
SM SYNG	The Santa Monica Synagogue, 1448 18th St. (18th & Broadway), SM	20th & Santa Monica: #1, Rapid #10 (weekdays) Broadway & 18th: #42
ST MONICA	St. Monica Catholic Church, 725 California Ave. (Lincoln & California), SM	Lincoln & California Ave: #18 Wilshire & Lincoln: #2
VA PK, VP CTR, VP PATIO, VP TERRY	Virginia Avenue Park, 2200 Virginia Ave. (Cloverfield & Pico), SM	Pico & 23rd: #7
WISE	Ken Edwards Center/Wise & Healthy Aging Adult Day Services, 1527 4th St. (4th & Broadway), SM	Broadway & 4th: #1, #2, #3, Rapid #3, #7, Rapid #7, #9, Rapid #10 (weekdays), #18

## SMC AND EMERITUS TRANSPORTATION & PARKING:

Santa Monica College maps, transportation, and campus parking information are available online at [smc.edu/transportation](http://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](http://bigbluebus.com); Metro, 323 GO-METRO, 323-466-3876, web address [metro.net](http://metro.net). If you have Downtown Santa Monica parking questions, call the SP+ Parking Operations office at 310-576-4743.

Students attending class at the SMC Emeritus Campus (1227 2nd Street) may park in the City of Santa Monica parking structure #2, adjacent to Emeritus on 2nd St. between Arizona and Wilshire. The standard parking rate for parking structure #2 is: first 90 minutes free, other times and fees are as posted in the City of Santa Monica parking structure and are subject to change. Emeritus faculty members will share SMC Performing Arts Center parking permit information in class with students attending classes at the SMC PAC campus (1310 11th Street) in order to avoid a citation.

For more information, visit [smc.edu/emeritusparking](http://smc.edu/emeritusparking)







# 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 SMC Emeritus in my will or estate plan, including tax benefits and the SMC Foundation's Legacy Society.

PLEASE PRINT:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Email \_\_\_\_\_

This donation should be listed as Anonymus.

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

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.)**

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



Artwork from Emeritus Fall Exhibition 2018  
Earleen Ahrens & Jonathan Tillman

FRONT COVER

Upper: Jonathan Tillman, *San Pedro Harbor*, 2018

Lower: Earleen Ahrens, *Natural Earth*, acrylic on canvas (detail)



Jonathan Tillman, *Nzingha Camara and Dancers, at Day of the Ancestors Festival in the Crenshaw District of Los Angeles, 2018*



Earleen Ahrens, *Forces of Life*, acrylic on canvas

#### SMC EMERITUS STAFF

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

#### VOLUNTEERS

Mady Bergman, Walter Coronel, Jinder Dhillon, Pat Gorman, Fida Habib,  
Jeffrey Hogue, Suzie Kim, Joseph "Wally" Pegram, Joseph "Joe" Sipos,  
Alex Vital

#### EMERITUS ADVISORY COUNCIL

Judy Blits, Chair; Al Barrett, Michael Baroff, Nina Borwick, Walter Coronel,  
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Rob Rader; Dr. Andrew Walzer; Alexandria Boyd, Student Trustee;  
Dr. Kathryn E. Jeffery, Superintendent/President

#### 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](http://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](http://smc.edu/emmeritus) o visítenos en nuestra oficina localizada en 1227 Second Street, Santa Monica. Ofrecemos clases enseñadas en español. Busque adentro de este catálogo para más información.