



Schedule of Classes | Spring 2025 | Feb 18 – Jun 14

SMC EMERITUS FACULTY



John Achorn (26 years)



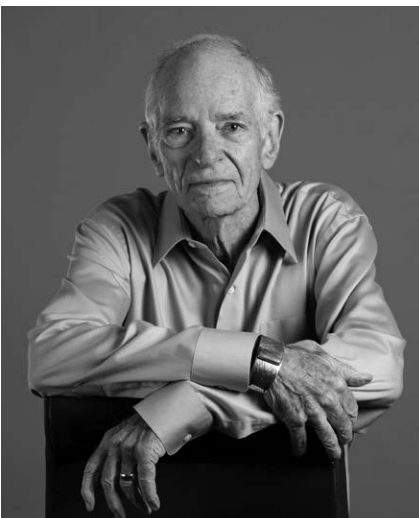
Lisa Adams (8 years)



William Bryant (23 years)



Freddie Manseau (34 years)



Warren Olney (2 years)



Chuy Perez (20 years)



Margot Reiner (35 years)



Robert Rodriguez (10 years)



Bob Stern (7 years)



Harvey Stromberg (33 years)



Valerie Taylor (18 years)



Nat Trives (27 years)

*Years teaching for SMC Emeritus.

Photographer: Suzanne Steiner

YEARS OF EMERITUS

INTRODUCTION

For decades, California Community Colleges have offered noncredit courses specifically tailored for older adults. Funded through state appropriations derived from tax dollars, these programs are designed to foster lifelong learning, enhance community engagement, and promote the personal and professional development of older adults. For more background on the Adult Education programs in California, you can review a document from the California Department of Education on the History of Adult Education in California at caadulthoodhistory.org.

Of today's 116 California Community Colleges, fewer than 30 have an active Emeritus program. SMC is one of the oldest of these. The programs exist because there is a significant amount of research that supports the idea that art, music, and health instruction can have positive effects on the health and independence of older adults, as well as the potential to decrease depression and cognitive decline.

SMC Emeritus, which began in 1974, now serves more than 3,000 students annually and offers about 160 class sections every fall and spring.



Help us reach our goal of \$250,000 to give students of all ages their best chance at academic success.

In celebration of 50 years of free lifelong learning, we are inviting our Emeritus students to help pay-it-forward for the next generation.

Your gift is an investment to help alleviate the financial burdens facing many of our students. More than half of SMC students are the first in their family to attend college, and 63% are from low-income households. Funds raised from the Emeritus 50th Anniversary campaign will be used for the greatest needs of all students, which includes scholarships and financial aid, as well as access to fresh groceries, student-parenting items, gently used clothing, transportation, and mental health services.

Please consider making a gift today to ensure SMC students of all ages are positioned for a successful academic future.

**DONATE
TODAY!**

Online by Credit Card: foundation.smc.edu/emmeritus

By Check: Please make your check payable to 'SMC Foundation',
1900 Pico Blvd. Santa Monica, CA 90405

For questions or other ways to donate, please contact:
Katie Moe, Development Director at (310) 434-8583 or moe_katherine@smc.edu



CELEBRATING 50

"Emeritus locations were quite colorful — from a desk in the old switchboard room on the SMC Main Campus in 1975 to a multistoried showcase on Second Street. I still remember the many tight quarters and temporary spaces on the main campus. I now laugh at the memory of the rumble of cars overhead at 1433 Second Street, the line at the restrooms, and the crowded front office....Then a bond issue for a permanent home for Emeritus passed, and a fantastic permanent home was purchased. The feeling of being a vagabond was gone."

– Maggie Hall, retired Associate Dean of Emeritus



Maggie Hall and Students



Computer Room

EMERITUS TIMELINE

1974

SMC Superintendent Dr. Richard Moore forms advisory committee to create an educational program for retired citizens.

1975

The first Emeritus classes were held, offering 64 different options.

1980

The number of Emeritus classes increases to 105 in spring, held in the ESL Building on 16th and Pearl Sts.

1981

State Chancellor's Office reinstates financial support, so the fees are again eliminated. Emeritus Concert Band became an official course, initially led by the late Wally Umber.

2002

Santa Monica and Malibu residents approve Bond Measure U providing funding to establish a dedicated SMC Emeritus building.

1978

State budget deficit leads to schedule reduction and a modest fee.

1977

California Community College Chancellor's Office eliminates tuition for all older adult programs statewide. Donations suggested.

1985

The Older Adult Task Force is formed and subsequently supported by Wise and Healthy Aging.

2001

Emeritus offers over 190 classes per semester – a record high.

If you have any interesting fun facts or anecdotes you think we should know and consider adding to the official timeline on the Emeritus webpage, please email emeritus@smc.edu



YEARS OF EMERITUS

EMERITUS COLLEGE
25th Session
Schedule of Classes
APRIL 14 - JUNE 9, 1980

| Monday Courses | | New Courses Will Begin On April 14 | |
|----------------|-------------------------------------|------------------------------------|------------|
| No. | Name | Location | Course No. |
| 9-11 | 9505 The World of Plants | U. Methodist Chapel 101 | |
| 10-12 | 9510 Fifty Plus and Fit Again | Midway Playhouse | |
| 10-12 | 9513 A Lifetime Affair | Coast Federal S.A.L. | |
| 10-12 | 9503 Personal Growth | S.M. Care | |
| 10-12 | 9508 American Playwrights | Great School | |
| 10-12 | 9583 Adapting To Change (CANCELLED) | Holiday Villa | |
| 10-12 | 9581 Sunday For Seniors | Roosevelt, B-5 | |
| 12-2 | 9555 Creative Storytelling | Washington, 21 | |
| 12-2 | 9556 U.S. Mexican & Oil | Roosevelt, B-5 | |
| 12-30-1-30 | 9516 Dances of the World | Unity By-The-Sea | |
| 12-30-2 | 9501 French, Reg. (Also Weds.) | Sp. Res. Center | |
| 1-3 | 9514 Personal Growth | Olive Stone Center | |
| 1-3 | 9518 French, Int. | Columbia S.A.L. | |
| 2-4 | 9522 Psychological Success (FULL) | Coast Federal S.A.L. | |
| 2-4 | 9519 Modern China | S.M. Library | |
| 2-4 | 9564 Theater Enjoyment | Roosevelt, B-5 | |
| 2-4 | 9503 New Dimensions | Berkely East | |

| Tuesday Courses | | New Courses Will Begin On April 14 | |
|-----------------|---|------------------------------------|------------|
| No. | Name | Location | Course No. |
| 9-10-30 | 9504 Spanish Workshop | Coast Federal S.A.L. | |
| 9-10-30 | 9504 Inter. Dance (27 Fee) | Sp. Res. Ctr. | |
| 9-11 | 9507 Assertion Training | J.W.C.A. | |
| 9-12 | 9502 Needlecraft Int. | St. Monica's Adult Ctr. | |
| 9-30-11-30 | 9538 Choir ("Merita") | 1st Christian Parlor | |
| 9-30-2-30 | 9506 Writing For Pub. Fiction | Roosevelt, B-5 | |
| 10-12 | 9542 Creative & Express. Writing | Roosevelt, B-5 | |
| 10-12 | 9540 Literature of Bible | Presbyterian Church, Coll. Rm. | |
| 10-30-12 | 9528 Spanish Int. (Also Thurs.) | Coast Federal S.A.L. | |
| 11-1 | 9520 Western Civilization | S.M. Library | |
| 12-20-2-20 | 9507 Italian, Inter. | Roosevelt, B-5 | |
| 12-2 | 9563 Grandeur, Parent & Child | Great School | |
| 12-30-3 | 9546 Needlecraft, Beg. | St. Monica's | |
| 12-30-3-30 | 9550 Arab Strategies & Israeli Response | 1st Presbyt. Coll. Rm. | |
| 1-4 | 9574 Merchants & Monuments (CANCELLED) | 1st Christian Parlor | |
| 1-4 | 9548 Writ. for Publication, Adv. | Sp. Res. Ctr. | |
| 1-30-3-30 | 9553 Holistic Caring for Mind & Body (FULL) | SMC, La 121 | |
| 1-30-4 | 9552 Multi Media Art Workshop | U. Methodist, Rm 302 | |
| 2-4 | 9581 Get Into The Art | Coast Fed. Savings | |
| 4-4 | 9559 Become Your Own Counselor (FULL) | State Mutual Savings | |
| 2-30-4-30 | 9566 Review | Sp. Res. Ctr. | |
| 3-30-5 | 9528 Yoga (Also Mon. Thursdays) | Lincoln Hall | |
| 3-30-5 | 9545 Pool Exercises (215 Fee, Also Thurs.) | Lincoln Hall | |

| Wednesday Courses | | New Courses Will Begin On April 14 | |
|-------------------|-------------------------------|------------------------------------|------------|
| No. | Name | Location | Course No. |
| 9-30-11-30 | 9501 Needlepoint, Beg. Only | Roosevelt, B-5 | |
| 10-11-30 | 9512 Current Events | Holiday Villa, Parlor | |
| 10-12 | 9544 America's Past | S.M. Library | |
| 10-12 | 9545 Lyrics Chorus | U. Methodist, Chapel | |
| 10-12 | 9503 Personal Growth | S.M. Care | |
| 10-12 | 9540 War & Peace (Mid. East) | U. Methodist, Chapel | |
| 10-12 | 9507 Intro. Philosophy | Unity By-The-Sea | |
| 11-1 | 9579 Creative Cooking | BMC, 1707 | |
| 11-15-12-15 | 9589 Exercise | Marine Park | |
| 12-2 | 9569 Inter. Guitar | Sp. Res. Center | |
| 12-30-2 | 9501 French, Reg. (Also Mon.) | Unity By-The-Sea | |

1980 Emeritus Schedule



1992 Emeritus Watercolor Class



1999 Emeritus Concert Band



2008 Club 250 Reception



2015 40th Anniversary Event

2019

SMC celebrates its 90th Anniversary and Emeritus prepares for multimedia delivery by installing streaming capabilities.

2020

The COVID pandemic requires all instruction to be delivered remotely, with online classes, with students rapidly adapting to the computer proficiency needed.

2012

State budget cuts come down the pike again. SMC Trustees, administration, faculty, staff, and Emeritus students, including the student advisory council and student union, successfully lobbied the state to continue commitment to lifelong learning.

2003

1227 2nd Street SMC Emeritus Campus opens.

2017

Emeritus College is renamed as the SMC Emeritus Program.

2016

Emeritus student Mitzi Bland donates \$1 million to establish several SMC programs, including a named scholarship in honor of Harvey Stromberg, retired political science professor.

2025

50th Anniversary SMC Emeritus Celebration culmination on SMC Main Campus.

2023

Harvey Stromberg Living Histories film project shares stories of Emeritus students.

REGISTRATION

IMPORTANT DATES

Classes for the spring semester are happening in distance education and on-ground environments.

Wednesday, November 27, 2024 Schedule available online at smc.edu/emeritus

Monday, January 13, 2025. First day of Registration/Enrollment

Tuesday, February 18, 2025. SPRING SEMESTER BEGINS

Friday, March 7, 2025 Departmental Flex Day
(no classes/campus closed)

Thursday, March 20, 2025. Institutional Flex Day
(no classes/campus closed)

Monday, April 14 – Saturday, April 19, 2025. Spring Break
(no classes/offices open except Monday, April 14)

Monday, May 26, 2025. Memorial Day
(no classes/campus closed)

Saturday, June 14, 2025 SPRING SEMESTER ENDS

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

The Emeritus Enrollment Services Office is open for enrollment assistance Monday – Friday, 8:30 a.m. – 4:30 p.m.

You must enroll each semester. *For the 2025 spring semester, you may initially enroll in a maximum of four (4) classes. Two weeks prior to the start of the spring semester, this cap will be lifted, and you may enroll in additional classes when space is available. Please note: The same enrollment rules apply, so you will not be able to enroll in duplicate sections of the same course or enroll in a class that causes a time conflict.*

NEW AND RETURNING STUDENTS

NEW STUDENTS are students without an SMC Student Identification Number. RETURNING STUDENTS are students who have been away from classes for three (3) or more semesters. New and returning students may register and enroll using either the application form in the back of this schedule or the fillable PDF application at smc.edu/emeritus. Please note that a typed signature on the fillable online application is acceptable. Please send the completed application as an attachment to emeritus@smc.edu. You may also fill out an application in person, mail or place the completed application in the SMC Emeritus mail slot located near the front door of 1227 2nd Street. After you complete your registration, you will receive an email with your SMC Student Identification Number, username, and temporary password to activate your SMC online account, along with instructions to follow at smc.edu/activate.

CONTINUING STUDENTS

CONTINUING STUDENTS are students actively enrolled in the current or either of the previous two (2) semesters. Continuing students may enroll online at smc.edu/cc by using the fillable PDF application available at smc.edu/emeritus or by using a paper enrollment application. At least two weeks prior to the start of enrollment, Continuing Student Enrollment Cards are mailed to the address on record. At the top of the form, you will find the date/time for your online enrollment appointment, which will rotate to an earlier appointment each semester. For immediate processing, enroll online on your appointment date/time (or any time thereafter) using the SMC Corsair Connect system at smc.edu/cc. If you are not assigned an online enrollment appointment, you **cannot** enroll online.

If you prefer, you may use the fillable PDF application at smc.edu/emeritus, your Continuing Student Enrollment Card, or the paper application form at the back of this printed schedule, and return the form via email attachment to emeritus@smc.edu. You may also fill out an application in person, mail or place the completed form in the SMC Emeritus mail slot located near the front door of 1227 2nd Street. Only continuing students who received an online enrollment appointment may use authorization codes given to them by faculty to enroll in closed classes after the start of the semester. If you receive an authorization code from an instructor for a closed class, enroll in the class online at smc.edu/cc. If you have not previously activated your SMC online account, you must use your student ID number, username, and password to complete the one-time process at smc.edu/activate.

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus takes place through SMC's Corsair Connect system at smc.edu/cc. 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 at smc.edu/emeritus or in the Emeritus Enrollment Services



Office. Emeritus mini computer lab volunteers can assist you with online enrollment when the mini lab is open.

- Go to **smc.edu/emmeritus** – Click on the helpful links located on the left side of the page for instructions for online enrollment, Corsair Connect, a searchable schedule (to find which classes are open), and other useful information.
- Go to **smc.edu/cc** – Use “Corsair Connect” to enroll online. Make sure you have your SMC/Emeritus username, password, and desired class section numbers available. If you cannot log in or have forgotten your password, please see **smc.edu/studentithelp**.
- For the link to the searchable schedule, visit **smc.edu/searchclasses**. Once on the searchable schedule page, select the (1) Semester (e.g. Spring 2025), (2) Class Type (Emeritus), (3) Class Modality (All), and (4) Class Status (Open & Closed). Scroll down and click the “Search” button. A listing of classes will appear below the “Search” button. Click the right arrow at the bottom of the page to access the next set of classes.

APPLICATION FORM FOR ENROLLMENT

The fillable PDF application form is available online at **smc.edu/emmeritus**. A typed or signed signature is required before sending the application as an email attachment to **emmeritus@smc.edu**.

If you choose to use the paper application located in the back of this schedule, you may drop it off or mail it to the Emeritus office. You may scan/take a photo and send the form as an email attachment to **emmeritus@smc.edu**.

- Fill out the form completely, sign, date, and provide an emergency contact and 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 second choice for a better chance of getting a course of your choice.
- Write in a personal email address on your enrollment form.

All enrollment forms — whether completed in the Emeritus office, dropped off, emailed, placed into the mail slot near the front door of Emeritus, or mailed — are processed on a daily basis after all the continuing student online appointments have expired.

NOT ABLE TO ENROLL?

If you are unable to enroll because of missing application information, a required instructor code change, unpaid for-credit course fees, a records hold, disqualification status, or any other reason, please contact the Emeritus office for information. If you are unable to enroll due to a closed class, please see the Closed Classes/Wait List section below. If you are having any other enrollment issues, call the Emeritus office at 310-434-4306 for assistance.

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

If you enroll online, you will not be sent a transaction receipt via US mail. Instead, you must print your transaction receipt through Corsair Connect at **smc.edu/cc**. If you have submitted a paper application for

enrollment, you will receive a transaction receipt via US mail and email. If a class you selected is not listed, that indicates that the class is filled, or that there is a time conflict with another class you enrolled in, or that you tried to enroll in two sections of the same course. The class ID numbers are listed on the upper left of the confirmation/receipt.

CLOSED CLASSES / WAIT LIST

For closed classes, if you enroll online, you can add yourself to the wait list by clicking “Wait for a Class.” If you submit a paper enrollment form, you will automatically be added to the wait list. The maximum length of a wait list is approximately 30% of the maximum capacity for the class. The wait list is in chronological order, with the student who joined the list the earliest at the top (#1). Once the class starts, instructors will use the wait list as a reference to issue authorization (add) codes or sign 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 be sent an Open Seat Notification to their SMC email account. The open seat is available on a “first to enroll” basis; therefore the person who enrolls first gets the seat. Being on the wait list or receiving an Open Seat Notification does not guarantee an actual seat to anyone. For a better chance of getting the open seat, check your SMC email regularly and register online.

GENERAL INFORMATION AND ENROLLMENT TIPS

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

ADDRESS CHANGES

For address changes, either use an address change card or make changes online at **smc.edu/emmeritus**. In the menu on the left side of the page, click on “Corsair Connect” and log in. Then, click “View/Edit Profile” on the left side of the page. Here you will be able to update your address, emergency contact, and personal email address.

EMERGENCY INFORMATION

Help us help you. Make sure your emergency information is current each term. Students may update their emergency contact in Corsair Connect at **smc.edu/cc** or on the enrollment application.

SCHOLARSHIPS/GRANTS

Scholarships and grants are available for materials or books for students experiencing financial difficulties. Make a confidential request to the Program Coordinator by calling 310-434-4306.

See page 8 for more distance education information.



DISTANCE EDUCATION INFORMATION

ALL students enrolling in distance education classes must set up or activate their SMC **Corsair Connect** account. Through Corsair Connect, you can view enrollment results, enroll online after your initial semester as an SMC Emeritus student, and receive communication from your instructors through your SMC student email account.

ONLINE CLASSES

To attend classes and activities online over the internet, you will need a computer, smartphone, or other suitable device (iPad, Android tablet, Chromebook, etc.). If you do not have a suitable device, contact the Emeritus office to discuss options.

Course materials, including Zoom links for class, will be sent to your SMC student email address, which is automatically created for you upon admission (see below).

PERSONAL EMAIL ADDRESS IS REQUIRED

As of February 1, 2021, you are required to have a personal email address in addition to your SMC student email address.

While SMC will communicate with you primarily through your SMC student email address, your personal email address is **required** so you can receive startup instructions. You may provide your personal email address by going to smc.edu/emmeritus, clicking on “Application Form,” and emailing the completed form to emmeritus@smc.edu.

If you have an active Corsair Connect account, you may provide or change your personal email address after login at smc.edu/cc.

1. Click on “View/Edit Profile” on the “Home & Profile” page;
2. Click on Profile/Preferences; and
3. After making the update, click “submit changes”

WHAT WILL BE SENT TO YOUR PERSONAL EMAIL ADDRESS

SMC will email three items of information to your personal email address after you are admitted. You may have to click on a button in an email to receive additional information in another email. You will be sent:

1. Your SMC student ID number,
2. Your assigned SMC username,
3. Your temporary password (which is in the same email as your username).

YOUR ASSIGNED STUDENT EMAIL ADDRESS

Upon your admission, an SMC student email address is automatically created for you. Check your student email account often, as most communication from Emeritus will be sent to your student email address. Go to smc.edu/google for more information.

Student email addresses are provided by Google Gmail, but each address ends with @student.smc.edu. Your assigned SMC student email address is always your **SMC username** followed by @student.smc.edu

Example username: **last_first01**

Example student email address: **last_first01@student.smc.edu**

WHAT TO DO

- A. After you receive the three items listed above, complete the one-time “activation” of your SMC username, set up your new password, and join the sign-on system by watching the video and following the Emeritus student instructions appropriate for you at smc.edu/activate.
- B. Remember or write down the password you set during the activation. You can log in to all SMC computer systems with your SMC username and password.
- C. After you complete the activation, log in to the **Corsair Connect** student self-service system at smc.edu/cc to see the list of classes you are enrolled in.
 - Detailed instructions for Corsair Connect are available online at smc.edu/ccguide.
 - You may add or drop classes with a course “section” number, found in the schedule of classes.
- D. Sign in to Corsair Connect at smc.edu/cc, then click the “SMC Email” link on the left side navigation. Log in to your SMC student email account to see if an instructor or SMC has sent you anything yet.
- E. Instructors usually send course materials, including Zoom links, a day or two before the first class. If you do not receive your materials by then:
 1. Find the instructor’s name on your Corsair Connect class list (or the published schedule of classes).
 2. Find the instructor’s email address at smc.edu/directory.
 3. Email the instructor from your SMC student email address. Antispam systems sometimes block emails from nonSMC systems, so anything you send from a nonSMC email address might not be received.
- F. If you have questions about how to add classes, please contact the Emeritus office.
- G. If you have questions about your password, email account, or other College computer technology issues, please see the webpage at smc.edu/studentithelp.



Welcome to SMC Emeritus!

Dear Emeritus Community,

Welcome to spring 2025! I am thrilled to update you on the exciting events and activities that await us this semester as we continue celebrating the vibrant spirit of lifelong learning that defines our Emeritus program.

As part of our Let's See SMC! series, we've already enjoyed two wonderful field trips. We explored the scenic Malibu Campus and attended the Giving Thanks(giving) event at the Main Campus, which provided groceries and hot meals for students in need. Looking ahead, this spring we'll be visiting the Early Childhood Lab School, Bundy Campus, the Performing Arts Center, and the Center for Media and Design. We hope you'll join us for these enriching experiences!

You may have also noticed our beautiful cover. It's a sneak peek at our upcoming Fifty-Over-50 campaign, which celebrates inspiring Emeritus students and figures. Stay tuned for a full feature showcasing all participants — coming soon!

To keep up with announcements about upcoming and past events, please visit our Emeritus webpage. We also look forward to our culminating event on May 21, 2025, at the SMC Main Campus at 1900 Pico Blvd., Santa Monica, to mark 50 years of lifelong learning. Join us in celebrating both our rich past and exciting future as we look forward to continuing our journey together for the next 50 years.

Here's to a wonderful spring semester, full of learning, connection, and celebration!

Warmly,
Guadalupe Salgado-Shower
Interim Associate Dean, Emeritus Program



IMPORTANT NOTES TO STUDENTS:

SMC Emeritus will offer **Distance Education (ONLINE)** and **on-ground** classes for the 2025 spring semester. COVID safety requirements are subject to change. Visit smc.edu/coronavirus for SMC's current requirements. Most online classes will be synchronous and happen at the time scheduled, through Zoom or another platform. Some will be asynchronous, where you can complete the course on your own schedule. The instructor for each class you enroll in will send you more information prior to the first class meeting. **Please activate your SMC Gmail account in order to receive your instructor's Distance Education online class access information.**

- If you have not received information from your instructor prior to the day before the first class period, go to smc.edu/emmeritus and click on the "About Faculty" page to find the instructor's email address.
- See page 8 for details on how to access Distance Education information.
- Visit smc.edu/emmeritus for facilities, parking, and transportation information.
- If you have concerns or questions about privacy, contact the Program Coordinator at 310-434-3851.
- Schedule is subject to change without notice.
- If you need disability accommodation, please see page 24.

HOW A COURSE IS LISTED IN THE SCHEDULE:

| Course # | Course Name | | |
|---|-----------------------|--------------------|------------|
| ART E00 | Survey of the Arts | | |
| Survey the history of art by viewing selections from particular periods of time or development. | | | |
| 9500 | 10:00a.m.–11:50a.m. T | | |
| Study art in the context of history. This semester covers Ancient Art. | | | |
| ONLINE | Smith J | | |
| Section # | Time & Day | Distance Education | Instructor |

The 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

- Enrollment information and instructions
- Schedules of classes
- Ways to support Emeritus
- Emeritus news and information
- The Emeritus Voice newsletter
- Emeritus Gallery shows and events
- 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.

| | | | |
|------|-----------------------|-------------|------------|
| 9701 | 9:00a.m.-10:50a.m. T | ONLINE | Benson J K |
| 9702 | 10:00a.m.-11:50a.m. T | ONLINE | Taylor V |
| 9703 | 1:00p.m.-2:50p.m. Th | EC 1227 408 | Manno M |

This class will consist of guest speakers, lectures, and fieldtrips. Students will meet in classroom for lectures most weeks, with scheduled fieldtrips to museums as indicated by the instructor.

| | | | |
|------|------------------------|-----------|--------------|
| 9704 | 11:00a.m.-12:50p.m. Th | ITINERARY | Taylor V |
| 9705 | 1:30p.m.-3:20p.m. W | ITINERARY | Harrison A B |

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.

| | | | |
|------|-----------------------|-----------|------------|
| 9706 | 9:30a.m.-11:45a.m. Th | ONLINE | Benson J K |
| 9707 | 11:00a.m.-1:15p.m. M | MALBU 220 | Donon S G |

Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

| | | | |
|------|----------------------|-------------|----------|
| 9708 | 12:30p.m.-2:45p.m. F | EC 1227 204 | Tirr C A |
|------|----------------------|-------------|----------|

ART E16, Life Drawing Studio

This course provides an 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.

| | | | |
|------|-----------------------|-------------|--------------|
| 9709 | 9:00a.m.-11:00a.m. W | EC 1227 205 | Huerta R B |
| 9710 | 9:00a.m.-11:50a.m. M | EC 1227 204 | Adams L K |
| 9711 | 9:30a.m.-12:20p.m. Th | MALBU 220 | Harrison A B |

Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

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.

| | | | |
|--|-----------------------|--------|------------|
| 9712 | 9:00a.m.-11:50a.m. W | ONLINE | Tirr C A |
| <i>Painting in a variety of media and techniques: acrylics, oils, grounds, washes, layering, color mixing, and finishes.</i> | | | |
| 9713 | 9:00a.m.-11:50a.m. W | ONLINE | Adams L K |
| 9714 | 10:00a.m.-12:50p.m. F | ONLINE | Benson J K |

| | | | |
|--|----------------------|-----------|--------------|
| 9715 | 1:00p.m.-3:50p.m. T | ONLINE | Burchman J H |
| 9716 | 1:20p.m.-4:20p.m. Th | MALBU 220 | Harrison A B |
| <i>Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.</i> | | | |

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.

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|------|----------------------|-------------|------------|
| 9717 | 9:30a.m.-11:45a.m. F | EC 1227 204 | Chow V Y |
| 9718 | 12:30p.m.-2:45p.m. W | ONLINE | Benson J K |
| 9719 | 2:45p.m.-5:00p.m. M | EC 1227 204 | Adams L K |

This section for beginning or advanced students focuses on improving the use of acrylic and oil-based media. Students may also use other water-based media.

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|------|---------------------|-----------|----------|
| 9720 | 4:00p.m.-6:50p.m. M | MALBU 220 | Tirr C A |
|------|---------------------|-----------|----------|

Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

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.

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|------|----------------------|-------------|--------------|
| 9721 | 12:15p.m.-2:30p.m. M | EC 1227 204 | Adams L K |
| 9722 | 9:30a.m.-11:45a.m. T | ONLINE | Harrison A B |

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.

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|------|----------------------|-------------|-------------|
| 9723 | 9:00a.m.-11:15a.m. T | ONLINE | Manseau F J |
| 9724 | 9:30a.m.-11:45a.m. W | EC 1227 204 | Donon S G |
| 9725 | 11:30a.m.-1:45p.m. T | ONLINE | Manseau F J |

ART E23, Calligraphy for Older Adults

This course assists older adults in acquiring basic skills in calligraphy 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 beginning calligraphy alphabet, as well as fundamental calligraphy techniques.

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|---|------|---------------------|-------------|----------------|
| HYBRID CLASS | 9726 | 2:00p.m.-3:50p.m. F | EC 1227 408 | Martorello J M |
| <i>Foundational Bookhand style. Please note: This class will meet on Zoom except for an in person/Zoom Hybrid class once a month to be arranged. The instructor will provide the Zoom link for online class meetings.</i> | | | | |

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.

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|---|------|----------------------|-------------|----------------|
| HYBRID CLASS | 9727 | 9:30a.m.-12:20p.m. F | EC 1227 408 | Martorello J M |
| <i>This class will meet on Zoom except for an in person/Zoom Hybrid class once a month to be arranged. The instructor will provide the Zoom link for online class meetings.</i> | | | | |



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.

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|-------------|------------------------------|--------------------|--------------------|
| 9728 | 9:00a.m.-11:50a.m. Th | EC 1227 204 | Manseau F J |
| 9729 | 9:00a.m.-11:50a.m. F | ITINERARY | Tirr C A |
| 9730 | 12:30p.m.-3:20p.m. W | ONLINE | Tirr C A |

ART E55, Sculpture

This course introduces older adults to three-dimensional design principles and elements, and helps them create expressive works of sculpture. Older adults learn to appreciate sculpture as a medium of self expression, and use a combination of materials and techniques to create a sculptural form and develop an expressive idea using a variety of materials, including items from everyday life. Students are required to purchase or bring their own materials.

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|-------------|------------------------------|---------------|-------------------|
| 9731 | 12:00p.m.-2:15p.m. Th | ONLINE | Benson J K |
|-------------|------------------------------|---------------|-------------------|

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.

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|-------------|------------------------------|---------------|-----------------|
| 9732 | 11:30a.m.-1:45p.m. Th | ONLINE | Ryza S V |
|-------------|------------------------------|---------------|-----------------|

Advanced Jewelry Making: New, more advanced projects weekly — bead stringing, wirework, bead weaving, knotting, chain maille, and more. Students should master basic jewelry skills taught in the beginning class prior to enrolling. Guidelines for tools and materials purchasing will be given in class.

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|-------------|-----------------------------|---------------|-----------------|
| 9733 | 2:00p.m.-4:15p.m. Th | ONLINE | Ryza S V |
|-------------|-----------------------------|---------------|-----------------|

Beginning/Intermediate Jewelry Making: New projects weekly — a wide range of jewelry-making techniques will be covered, including bead stringing, wirework, bead weaving, knotting, chain maille, and more. Guidelines for tools and materials purchasing will be given during class.

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.

| | | | |
|-------------|----------------------------|---------------|-----------------|
| 9796 | 1:30p.m.-4:20p.m. W | ONLINE | Ryza S V |
|-------------|----------------------------|---------------|-----------------|

Learn a wide variety of needlecraft techniques in this friendly, relaxed, social class, including knitting, crochet, embroidery, weaving, macrame, needlepoint, and more. New projects are presented each week. Class is suitable for complete beginners or more advanced students. Students choose which projects they want to pursue while learning all the presented techniques.

EMPLOYMENT FOR SENIORS – COMPUTER TRAINING

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

- Basic Computer Training
- 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. Students will need a flash drive. 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.



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|-------------|-----------------------------|---------------|---------------------|
| 9820 | 9:00a.m.-10:50a.m. W | ONLINE | Simmonds A R |
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The above section 9820 is a special iteration of the Basic Computer Skills course, applied specifically to phones and tablets using the Android operating system. This section will NOT address Apple devices.

OCC E03, Optimizing Your Smartphone & Tablet

In this class, Emeritus students learn to use their tablet or smartphone to increase social connections, access vital resources, and best accommodate individual needs. Topics include, but are not limited to: common functions, features, and components of your mobile device; managing your device account; using pre-installed and third-party apps for communication, organization, health, entertainment, ride sharing, etc.; downloading new apps; navigating various screens on your device; common safety practices; and more. Smartphones and tablets are not provided.



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|-------------|------------------------------|--------------------|-------------------|
| 9853 | 11:00a.m.-12:50p.m. M | EC 1227 208 | Woolen D W |
|-------------|------------------------------|--------------------|-------------------|

Bring your Apple iPhone and/or iPad to class and be sure you know your Apple ID and password.

OCC E10, Using Data Files

This course helps older adults understand how to use tables and data files to create mailing labels, financial records for taxes, or work in a volunteer or paid job requiring these and other consumer skills. The course is offered at a pace that helps older adults maximize their knowledge retention and continue learning.



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|-------------|------------------------------|--------------------|----------------------|
| 9822 | 11:00a.m.-12:50p.m. W | EC 1227 208 | Rodriguez J E |
|-------------|------------------------------|--------------------|----------------------|

This is a hybrid class. It will be simultaneously taught online via Zoom and on-ground at the Emeritus Building 2nd Floor Computer Lab. In addition, the students in this class will learn the rudiments of Microsoft Excel.



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.

HYBRID CLASS

9823 9:00a.m.-10:50a.m. M EC 1227 208 Woolen D W

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely.

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.

9824 9:00a.m.-10:50a.m. T ONLINE Cohen Mar A

PHOTO E20, Photoshop/Computer Software Photo Editing

This course teaches Emeritus students the skill of using Adobe Photoshop Elements. Students will learn how to create, repair, and modify their personal images/photographs. In addition, students will be taught how to create composite images such as illustrations, logos, and advertisements that are commonly found in magazines, journals, and the internet. As a result, students will gain an understanding of using Photoshop as a means of self-expression.

9851 11:00a.m.-12:50p.m. Th ONLINE Rodriguez J E

This is an online class; it will be taught via Zoom. In addition, this class is for Photoshop Elements users who are at the intermediate level.

HYBRID CLASS

9852 11:00a.m.-12:50p.m. F EC 1227 208 Rodriguez J E

This is a hybrid class. It will be simultaneously taught online via Zoom and on-ground at the Emeritus Building 2nd Floor Computer Lab. In addition, this class is for Photoshop Elements users who are at the beginner level.

HEALTH & CONDITIONING

HEALTH E08, Walking for Wellness

This class includes a theme-based facilitated group walking practice with warm up, stretch, and cool down. Emeritus students will experience walking as a simple way to boost activity levels while improving overall health and well-being while being out in nature. All fitness levels welcome, but class is geared towards beginners. Students are encouraged to keep a journal/log of their progress.

9857 10:00a.m.-11:00a.m. TTh ITINERARY Albert G S

HEALTH E10, Movement and Conditioning for Older Adults

This course helps older adults maintain or improve their physical health, muscle strength, coordination, and cardiovascular conditioning by engaging in low-impact aerobic exercises, some strength training, floor exercises, and stretch movements. Older adults will also increase their range of motion and flexibility with a variety of stretches to fun and lively music.

9757 12:30p.m.-1:45p.m. TTh EC 1227 308 Chiba S

HEALTH E19, Mindfulness and Meditation

This course introduces Emeritus students to a variety of meditation techniques from different traditions, including mindfulness and gentle breath centered movement. It will provide an overview of the neuroscience supporting the benefits of individual meditation techniques including reduced

stress, better sleep, improved focus, and a sense of well-being and other issues. The course will also address common obstacles to meditation as well as approaches to overcoming these obstacles. This course is designed for beginners and is also suitable for those with experience who want to refine their practice. Classes consist of a combination of lecture, practice, and discussion.

HYBRID CLASS

**9841 8:30a.m.-9:45a.m. T VA PK Regalado O
8:30a.m.-9:45a.m. Th ONLINE Regalado O**

SPANISH & ENGLISH

Above section 9841 is a hybrid class taught at Virginia Avenue Park, 2200 Virginia Ave and online via the Internet. For additional information, go to smc.edu/OnlineEd. This class is bilingual, it will be conducted in Spanish and English.

9842 10:30a.m.-11:45a.m. TTh ONLINE Cass K

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.

**9758 8:30a.m.-10:20a.m. WF ONLINE Dee D
9759 10:00a.m.-11:50a.m. TTh ONLINE Cooper M
9760 10:30a.m.-12:20p.m. MW ONLINE Cass K**

This section is chair-based with options for standing, no mat required. Learn Yoga and Ayurveda wellness practices.

HYBRID CLASS

**9761 11:00a.m.-12:50p.m. MW ONLINE Roseman T
9762 2:00p.m.-3:50p.m. TTh EC 1227 308 Dee D**

This is hybrid class. The instructor will provide a Zoom link to students wishing to join remotely.

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.

9763 9:00a.m.-10:15a.m. TTh VA PK Shieh Y

Above section meets at Virginia Avenue Park, 2200 Virginia Ave.



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.

9764 9:00a.m.-10:15a.m. MF VP CTR Akers P A

Above section meets at Virginia Avenue Park, 2200 Virginia Ave. Beginning and Intermediate level students. You will learn the long, slow Yang style from the beginning, with focus on sections one and two.

9765 12:00p.m.-1:15p.m. WF VA PK Nardini A S

Above section meets at Virginia Avenue Park, 2200 Virginia Ave. This class is for Intermediate students only. Students must already know the Yang Style Slow Form, 108 moves. This class is not appropriate for beginners.

9766 12:30p.m.-1:45p.m. TTh ONLINE Terry Jr P W

For intermediate and advanced-level students. This class is not appropriate for beginners.

9767 2:00p.m.-3:10p.m. WF VP CTR Nardini A S

Above section meets at Virginia Avenue Park, 2200 Virginia Ave. This class is for beginners.

9768 1:00p.m.-2:15p.m. MW EC 1227 304 Akers P A

For intermediate and advanced students of Yang style. This class is not appropriate for beginners.



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.

9774 8:30a.m.-9:45a.m. M ONLINE Albert G S

8:30a.m.-9:45a.m. W ONLINE Regalado O

9775 10:00a.m.-11:15a.m. T VA PK Regalado O

10:00a.m.-11:15a.m. Th ONLINE Regalado O

Above section 9775 is a hybrid class taught at Virginia Avenue Park, 2200 Virginia Ave and online via the Internet.

9777 10:30a.m.-11:45a.m. M EC 1227 304 Wapner-Baart L J

10:30a.m.-11:45a.m. W ONLINE Wapner-Baart L J

9778 12:00p.m.-1:15p.m. TTh ONLINE Wapner-Baart L J

Mix it up with Line Dancing class on Tuesdays and Pilates on Thursdays. Line dance to all forms of music and learn new routines each week. Great for improving brain function, memory, balance endurance, and muscular strength, all while having fun. Pilates is a gentle low-impact class to work on core strength, improving flexibility, posture, body alignment, and developing longer, leaner, and stronger muscles. All done with peaceful, relaxing music. All these classes help improve the mind-body connection.

YOU'VE GOT SMC EMAIL!

Every Emeritus student is assigned an SMC student email address for official communication with the College, including class messages. Check your student email account regularly after completing the one-time activation of online services at smc.edu/activate.

An overview of each SMC online service, instructions on how to ask for help, and an alternate direct link to student email are at smc.edu/studentithelp.

A self-help menu for resolving login problems is at smc.edu/studentaccounthelp.

How do you get to your email?

- Go to the Santa Monica College website at smc.edu
- Click on the **Login** tab at the top of the screen and then click **Corsair Connect** below that
- Sign in to **Corsair Connect** with your assigned username and the password you previously set for yourself
- Click **SMC Email** in the Corsair Connect menu
- Email is a separate online service, so enter your username and password again on the SMC **SIGN-ON** page

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.

9769 9:00a.m.-10:15a.m. M EC 1227 304 Wapner-Baart L J

9:00a.m.-10:15a.m. W ONLINE Wapner-Baart L J

Above section is a hybrid class taught on campus and online via the Internet.

9770 9:00a.m.-10:15a.m. TTh ONLINE Wapner-Baart L J

9771 9:00a.m.-10:15a.m. W ONLINE Chiba S

9772 11:00a.m.-12:15p.m. TTh ONLINE Terry Jr P W

9773 2:30p.m.-3:45p.m. MW ONLINE Cass K

A beginner level, yoga-inspired, mindful fitness class, chair based with options for standing.



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



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.

9779 12:00p.m.-1:50p.m. M EC 1227 307 Fryden F

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.

9780 8:00a.m.-9:50a.m. S ONLINE Roseman T
9781 9:00a.m.-10:50a.m. M ONLINE Cooper M
9782 11:00a.m.-12:50p.m. F ONLINE Roseman T

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.

9783 10:30a.m.-11:45a.m. TTh ONLINE Wapner-Baart L J

This section focuses on health through line-dancing.

9784 12:30p.m.-1:45p.m. T EC 1227 304 Regalado O
12:30p.m.-1:45p.m. Th ONLINE Regalado O

Above section 9784 is a hybrid class taught on campus and online via the Internet. This class uses World Music with rhythmic movement to enhance joint health, flexibility and overall health.

9785 2:30p.m.-3:45p.m. MW ONLINE Albert G S

HEALTH E65, Pool Exercises for Older Adults

This course assists older adults with joint difficulties and other chronic conditions by helping them engage in a zero-impact exercise in water. Older adults learn routines that use the resistance of water to build strength and stamina.

9792 12:45p.m.-2:00p.m. TTh POOL Cass K

Above section meets at Santa Monica Swim Center, 2225 16th St. (16th & Pico). This class focuses on Aqua Yoga techniques and offers gentle water-based adaptations to classic yoga practices.

9854 2:00p.m.-3:15p.m. TTh POOL Cass K

Above section meets at Santa Monica Swim Center, 2225 16th St. (16th & Pico). This class focuses on Aqua Yoga techniques and offers gentle water-based adaptations to classic yoga practices.

HEALTH E85, Pilates Level 1

This course is designed to introduce Emeritus students to the beginning Pilates matwork technique of exercise, starting with 30 basic exercises. Pilates is a unique method of body control and conditioning. It consists of stretching and strengthening the muscles, while improving flexibility and balance.

9843 10:30a.m.-11:45a.m. MW EC 1227 308 Huner K A

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.

9737 1:00p.m.-3:15p.m. Th ONLINE Ross M A

Class includes consumer issues such as protecting your personal and financial information, and money saving tips.

HME EC E01, Sewing Lab

This course helps older adults learn sewing-based skills, including how to construct clothing, engage in creative sewing projects, use patterns, engage in patchwork or machine quilting, and/or other specialized sewing techniques. Older adults learn economical sewing techniques and socialize with their peers in a supportive and creative environment.

9793 12:00p.m.-2:50p.m. M ONLINE Lewis K

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.

9795 11:30a.m.-1:50p.m. M ITINERARY Ryza S V

Students will eat at a different restaurant each week. Itinerary of restaurants will be provided before the first meeting.

HME EC E60, American History Through Cooking

This course explores American history through different cultural lenses using food and cooking. We will examine the cultural and culinary contributions of different ethnic groups to American cuisine and how they have influenced and shaped American History and the food we eat today. Recipes that relate to different historical periods will be put in context for a deeper understanding of the human experience through food.

9845 11:00a.m.-1:20p.m. W EC 1227 407 Dinka B C

HME EC E74, Creative Stitchery for Older Adults

This course provides a supportive and creative learning environment for older adults to create inexpensive, handmade needlework projects. Older adults will learn knitting and crocheting techniques, as well as cabling and blocking.

HYBRID CLASS

LOS ANGELES COUNTY HELP LINE

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

Visit 211la.org for free information



9797 4:00p.m.-5:50p.m. F

BUS 107 Ardell J B

Above section meets in the Business Building at the main Santa Monica College Campus, 1900 Pico Blvd. (17th & Pico).

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.

9798 1:30p.m.-2:45p.m. TH ONLINE Albert G S

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.

9799 1:30p.m.-3:20p.m. M ONLINE Press P L

When sorrow comes, here is a welcoming place of warmth, sensitivity, and compassion to soothe and heal a broken heart. Grief robs us of our strength. Strategic tools are presented on how to get it back. We turn tragedy into triumph.

HUMDEV E27, Exercising the Brain

This course assists Emeritus students in minimizing anxiety when memory behavior patterns change and helps build confidence as they age. This class is designed to stimulate thinking and to exercise the brain. Students practice skills to enhance memory retention and retrieval by using lessons that require long and short term memory, memory recall and association. This class is completely interactive with every student participating, which also assists with helping students learn to stay focused. This class is not intended for anyone with Alzheimer's or any type of dementia.

9800 10:00a.m.-11:50a.m. T ONLINE Frand L

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

9801 12:30p.m.-2:20p.m. T ONLINE Frand L

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

9802 12:30p.m.-2:20p.m. W ONLINE Frand L

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

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.

9833 11:00a.m.-12:50p.m. M ONLINE Press P L

This class provides the psychological, emotional, and intellectual tools necessary for living alone at an older age. We confront the changes that are experienced and transform feelings of fear and loneliness into confidence, tranquility, and hope. Being single is not a requirement for this course.

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

9734 9:00a.m.-10:50a.m. F ONLINE Kim Yunsook

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

9735 2:00p.m.-3:50p.m. T ONLINE Isner-Ball D R

BILING E03, Literature from Around the World

This course helps older adults experience and appreciate the vast literary output from non-English speaking countries and discuss that literature with peers in the language in which it was written. Course sections may focus on literature from any non-English speaking country, as long as there are sufficient numbers of interested students and faculty who can teach in that language are available.

ENGLISH
&
YIDDISH

9736 1:30p.m.-3:20p.m. W ONLINE Reich S L

This section will explore a variety of Yiddish literature in the language in which it was written and appreciate Yiddish. Some Yiddish speaking and reading skills are needed to fully enjoy this class. Share life experiences; read aloud newspapers, classic stories, and modern literature to learn about a thousand years of Yiddish culture.

**WITHOUT YOU,
THERE IS NO "US"
IN EMERITUS.**

**OUR SUCCESS DEPENDS ON THE
SUPPORT WE GET FROM YOU.
SMC EMERITUS IS RECRUITING
VOLUNTEERS.**

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



COURSES FOR OLDER ADULTS

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.

9738 2:00p.m.-3:50p.m. M ONLINE Dwyer F

Marcel Proust's *"In Search of Lost Time"*: we will finish our reading and discussion of *"The Fugitive"* and begin the final volume, *"Time Regained."* You will need the translation by C. K. Scott Moncrieff, Terence Kilmartin, and D.J. Enright. (Modern Library: Random House.)

ENGL E22, Short Story

This course is designed for older adults who want to explore literature, such as the works of Milton, Austen, Hawthorne, and T.S. Eliot, as well as short stories from Latin America, America, Europe, and Africa, and discuss it with their peers. This course allows older adults to experience a wide range of classic and contemporary literature in a social setting and relate that content and emotion to their own personal life experiences.

9739 10:00a.m.-11:50a.m. T ONLINE Wali M

9740 11:00a.m.-12:50p.m. W EC 1227 409 Ghabaei B

This is hybrid class. The instructor will provide a Zoom link to students wishing to join remotely.

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.

9741 9:00a.m.-10:50a.m. M EC 1227 107 Achorn J C

This is a hybrid course. We will be looking at *"A Mad World, My Masters"* by Thomas Middleton, a Shakespeare contemporary and collaborator. The text will be the Oxford reissue edition, 2009.

9742 11:00a.m.-12:50p.m. M EC 1227 107 Achorn J C

This is a hybrid course. We will be looking at *"A Mad World, My Masters"* by Thomas Middleton, a Shakespeare contemporary and collaborator. The text will be the Oxford reissue edition, 2009.

ENGL E24, Bible as Literature

This course introduces older adults to a wide variety of interpretations of biblical literature, encouraging students to offer interpretations based on their own knowledge and life experiences.

9743 10:00a.m.-11:50a.m. Th ONLINE Jenks G

This semester we will be reading through portions of the Gospel of John in the New Testament. Come read with us and discover more about the story of Jesus embedded within the world of first century Judaism.

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.

HYBRID CLASS

9744 9:00a.m.-10:50a.m. T EC 1227 107 Achorn J C

This is a hybrid course. We will be reading *"James"* by Percival Everett, Doubleday 2004 and *"Huckleberry Finn"* by Mark Twain, the Norton Critical Edition.

ENGL E27, Poetry and Fiction

This course helps older adults explore poetry and fiction as adventure, confirmation, and renewal. Emeritus students also employ selected poems as a means to examine their life experiences and discuss these experiences with their peers. This course is designed to refresh students enjoyment and increase their appreciation of poetry and fiction as a means of expression and helps them explore these genres in relation to other types of literature in their use of language and imagery.

9745 10:00a.m.-11:50a.m. W ONLINE Davis C V

9746 1:00p.m.-2:50p.m. F MALBU 219 Fox Jr R W

Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

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.

9747 11:30a.m.-1:20p.m. M ONLINE Dwyer F

We will continue a study of the evolution and influence of Greek tragedy with reading and discussion of plays by Euripides, Seneca, Webster, Brecht, and others. Textbook: *"Six Tragedies"* by Seneca, translated by Emily Wilson.

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.

9748 9:00a.m.-11:15a.m. M ONLINE Kronsberg G J

9749 9:30a.m.-11:20a.m. T MALBU 112 Davis C V

Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

HYBRID CLASS

9750 9:30a.m.-11:45a.m. T EC 1227 408 Ghabaei B

This is hybrid class. The instructor will provide a Zoom link to students wishing to join remotely.

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.

9751 9:30a.m.-11:45a.m. S PAC 116 Fox Jr R W

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

9752 10:00a.m.-12:15p.m. Th EC 1227 408 Wali M

9753 12:00p.m.-2:15p.m. S ONLINE MacKay K



9754 3:00p.m.-4:50p.m. F MALBU 219 Fox Jr R W
Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

ENGL E34, Writing for Publication

This course will be split into three units of focus. The first unit will be spent writing and sharing new pieces of memoir, fiction or poetry. During the second unit, students will prepare their selected piece (or several short ones) for publication in the Emeritus Chronicles journal. Each student will give and receive several rounds of editorial feedback. During the third and last unit of this course, enrolled students will give editorial feedback to writers not enrolled in this class who also submitted pieces to the Emeritus Chronicles. This course will culminate in the assembly of the Emeritus Chronicles which will be published in the spring.

9755 1:00p.m.-3:50p.m. M ONLINE MacKay K
This hands-on course focusing on the production of the SMC Emeritus Newsletter and literary journals is an active writer's workshop with an emphasis on polishing and revising work in preparation for submission and publication. The class will produce the SMC Emeritus Newsletter in the first 4 weeks of the class, then turn its focus to producing either the Chronicles or the Ongoing Moment, the two literary journals of Emeritus.

ENGL E37, Writing Seminar

This course develops and refines older adults' writing skills in an informal round-table atmosphere through classroom readings and critiques of their own and classmates' writing. The course is intended to discover, encourage, and develop untapped writing talent in older adults and nurture, revitalize, and stimulate older adult writers who may already be expressing themselves through the written word. The course is also a forum for older adults to share their creative voices with peers.

9756 11:30a.m.-1:20p.m. M ONLINE Kronsberg G J

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.

9807 6:30p.m.-9:20p.m. Th PAC 110 Miyoshi Y
Above section meets at the Performing Arts Center, 1310 11th Street.

MUSIC E02, Guitar for Older Adults

This course re-stimulates older adults' interest in and knowledge of music played on the guitar and enhances their self-expression through music. Older adults learn basic and some advanced guitar chords, strumming patterns, and finger picks while playing songs from the 1920s, 1930s, 1940s, and 1950s, as well as traditional folk songs.

9808 9:30a.m.-10:50a.m. MW ONLINE Terry Jr P W
9809 2:00p.m.-3:30p.m. TTh FST PRES Schulman J
Above section meets at First Presbyterian Church, 1220 2nd St. (2nd & Wilshire).

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.

9810 10:00a.m.-12:50p.m. T FST PRES Bryant W
Above section meets at First Presbyterian Church, 1220 2nd St. (2nd & Wilshire).

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.

9811 12:30p.m.-2:50p.m. Th EC 1227 107 Parnell D J
9855 12:30p.m.-2:50p.m. W EC 1227 408 Parnell D J
This course is for beginners.

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.

9812 1:00p.m.-2:50p.m. W PAC 107 Bryant W
Above section 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.

9813 12:00p.m.-1:50p.m. T VA PK Perez J Z
Above section meets at Virginia Avenue Park, 2200 Virginia Ave.

MUSIC E17, Luisa R.G. Kot Concert Series

In this class, Emeritus students will experience a series of concert performances through a mix of live and in-person performances and pre-recordings. These musical performances will expose students to different performers, composers, and musicians and engage in stimulating discussions about music, performers' lives, the ways in which music and art can enrich one's life, and so forth. This seminar provides a space for students to socialize with their peers and validate their life experiences while gaining exposure to mentally stimulating content.

9858 3:00p.m.-4:50p.m. Th EC 1227 107 Peterson J

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.

9814 11:00a.m.-12:50p.m. T ONLINE Jackson L R



COURSES FOR OLDER ADULTS

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.

HYBRID CLASS

9815 12:00p.m.-1:50p.m. F ONLINE Peterson J D

9816 1:00p.m.-2:50p.m. M EC 1227 107 Hetz M L

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely.

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.

9817 9:00a.m.-11:50a.m. Th EC 1227 107 Gerhold T

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.

HYBRID CLASS

9818 11:00a.m.-12:50p.m. S PAC 206 Hetz M L

This is a hybrid class. Above section meets at the Performing Arts Center, 1310 11th Street. The instructor will provide a Zoom link for those wishing to join remotely. This section is for intermediate and advanced students.

HYBRID CLASS

9819 12:00p.m.-1:50p.m. F PAC 206 Hetz M L

This is a hybrid class. Above section meets at the Performing Arts Center, 1310 11th Street. The instructor will provide a Zoom link for those wishing to join remotely. This section is for the beginner student.

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.

9827 9:30a.m.-11:20a.m. M MALBU 202 Sarkissian R

Above section meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

9828 10:00a.m.-11:50a.m. M EC 1227 408 Reiner M

9829 2:00p.m.-3:50p.m. F ONLINE Trives N

2:00p.m.-3:50p.m. F ONLINE Johnson J P

9830 3:00p.m.-4:50p.m. M ONLINE Sarkissian R

POL SC E10, Music, Politics and Social Change

This course helps Emeritus students understand how music and culture influences and is influenced by political movements. Emphasis will be placed on listening to the music of various eras

in American history and discussing how the music shaped and was shaped by those historical events, and what the impacts of those events are on current American life and politics.

9831 9:00a.m.-10:50a.m. Th ONLINE Lepoint O

This class focuses on technopolitics.

9832 12:30p.m.-2:20p.m. M ONLINE Sarkissian R

12:30p.m.-2:20p.m. M ONLINE Terry Jr P W

POL SC E99, Special Studies in Politics

This course increases Emeritus students' understanding of various subjects that vary from term to term. Students will consider the political, social and economic ramifications of special topics each term, both domestically and around the world. Topics may include such subjects as: America & the World; Health Care in the US; US Economy & Taxes; Global Climate Change; Poverty in America; Housing in California, etc. Check section note for course topic(s).

9848 9:00a.m.-10:50a.m. W ONLINE Olney W

This course increases Emeritus students' understanding of how politics and governing may or may not interact. Students will consider the political, social, and economic ramifications of different topics. What is covered will depend on what is happening during the term. Each session will feature a visiting guest speaker for about half of each class.

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.

9834 11:00a.m.-1:50p.m. T ONLINE Gannen B

9835 2:00p.m.-4:50p.m. T ONLINE Gannen B

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.

9836 9:00a.m.-10:50a.m. F ONLINE Abatemarco A M

TH ART E05, Reader's Theater

This course increases older adults' knowledge of how to present dramatic literature and allows them to express themselves by reading scenes, poetry, illuminating literature, or speeches in front of an audience. Older adults also interpret plays and practice acting skills with their peers. This course expands older adults' experience with dramatic literature without requiring perfect recall from memory.

9837 11:00a.m.-12:50p.m. F ONLINE Abatemarco A M

TH ART E15, Theater - History of Comedy

Formerly HUMDEV E15.

This course is designed to help Emeritus students improve their outlook on life, stimulate their minds and imaginations, improve peer group interaction and communication, and increase their sense of positive aging through humor. Students will engage with their peers in a positive and up-lifting manner while learning about the use of humor through the ages. They will learn about comedy in theater, literature, film, and music from



the beginnings of recorded civilization to the present, and will discuss: changes in stereotypes such as comedic images of older adults and other subgroups of the community; different types of humor; and/or popular trends in comedy, stand-up comedy, comedy of stage and screen, musical comedy, musical satire, with a special emphasis on the connection of rhythm and comic timing.

HYBRID CLASS

9849 9:00a.m.-10:50a.m. W EC 1227 107 Achorn J C

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely. We will continue our look at the history of American film comedy in the 60s and 70s.

TH ART E20, Improvisation

This course encourages older adults to awaken their childhood by introducing them to the fundamentals of theatre improvisation. Students will joyfully explore essential improvisation performance techniques like spontaneity, creating an environment, character development, and structuring a scene. Build community with classmates through exercises, games, and group activities while having fun developing transferable life skills like quick-thinking, playfulness, imagination, and self-discovery. No improv experience necessary.

9838 10:00a.m.-11:50a.m. M ONLINE Camilleri G J

TH ART E21, Art, Culture & Entertainment Through a Jewish Lens

Formerly HUMDEV E22.

This course is designed to help Emeritus 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 students' 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. Students 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.

HYBRID CLASS

9850 11:30a.m.-1:20p.m. W EC 1227 107 Abatemarco A M

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely.

TH ART E22, Principles of Illusion: Close-up and Stage

In this performance-based class, students will be expected to learn and perform Close-up and Stage Magic. From card tricks to dinner table gags, the illusions covered in this class are practical, easy, and fun to do. Students will focus on entertaining friends and family while mastering the physical and mental concentration needed to create a successful trick. We will also discuss performance skills and presence on stage.

9839 12:00p.m.-1:50p.m. M ONLINE Camilleri G J

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.

9840 1:30p.m.-3:45p.m. W ONLINE Laffey S A

PATHFINDERS PROGRAM

SMC Emeritus Pathfinders classes are geared toward the needs of individuals who are recovering from an acquired brain injury (ABI) or stroke. Pathfinders exercise classes include the following:

- **HEALTH E63 Body Conditioning After a Stroke** to help to improve balance, mobility, and physical endurance in a group setting.
- **HUMDEV E50 Communication After a Stroke** to assist in the improvement of communication skills.
- **HUMDEV E55 BrainFlex** to help individuals dealing with cognitive deficits.

Interested SMC Emeritus students who would like to enroll in these classes are required to call the SMC Center for Students with Disabilities ABI Program at 310-434-4442 for registration details. **You cannot enroll in the Pathfinders classes without first calling 310-434-4442. Registration is completed through the SMC Center for Students with Disabilities.**

HEALTH E63, Body Conditioning After a Stroke

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

9786 10:00a.m.-11:15a.m. T ONLINE Fryden F

9787 10:00a.m.-11:15a.m. Th BUNDY 240 Jaffe A O

Above section meets at the Bundy Campus, 3171 South Bundy Drive.

9788 10:30a.m.-11:45a.m. M BUNDY 240 Akerson M

Above section meets at the Bundy Campus, 3171 South Bundy Drive.

9789 11:30a.m.-12:45p.m. T ONLINE Fryden F

9790 12:00p.m.-1:15p.m. M BUNDY 240 Akerson M

Above section meets at the Bundy Campus, 3171 South Bundy Drive.

9791 12:00p.m.-1:15p.m. Th BUNDY 240 Jaffe A O

Above section meets at the Bundy Campus, 3171 South Bundy Drive.

HUMDEV E50, Communication After a Stroke

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

9803 9:30a.m.-10:45a.m. W ONLINE Nicholls J

9804 11:00a.m.-12:15p.m. W ONLINE Nicholls J

HUMDEV E55, BrainFlex

This course helps older adults who have sustained an acquired brain injury maintain or improve their functional cognition through individualized feedback offered in a group setting. Emphasis will be placed on maintenance of skills such as memory, verbal reasoning, and attention span. Participation in this class allows adults to develop compensatory techniques so that they can maintain their independence and safely participate in home and community tasks that promote self-reliance and active decision making.

9805 9:30a.m.-10:45a.m. F ONLINE Nicholls J

9806 11:00a.m.-12:15p.m. F ONLINE Nicholls J



CLASSES BY THE DAY SPRING 2025

MONDAY

| | | |
|---------------------|--|-------------|
| 9:00a.m.-11:50a.m. | 9710 ART E16, Life Drawing Studio | EC 1227 204 |
| 9:00a.m.-10:50a.m. | 9741 ENGL E23, Shakespeare | EC 1227 107 |
| 9:00a.m.-11:15a.m. | 9748 ENGL E30, Creative Writing | ONLINE |
| 9:00a.m.-10:15a.m. | 9769 HEALTH E24, Physical Fitness Principles & Practices | EC 1227 304 |
| 9:00a.m.-10:50a.m. | 9781 HEALTH E34, Stress Reduction through Yoga | ONLINE |
| 9:00a.m.-10:50a.m. | 9823 OCC E20, Using the Internet Safely | EC 1227 208 |
| 9:30a.m.-11:20a.m. | 9827 POL SC E00, Current Events | MALBU 202 |
| 10:00a.m.-11:50a.m. | 9828 POL SC E00, Current Events | ONLINE |
| 10:00a.m.-11:50a.m. | 9828 POL SC E00, Current Events | ONLINE |
| 10:00a.m.-11:50a.m. | 9838 TH ART E20, Improvisation | ONLINE |
| 10:30a.m.-11:45a.m. | 9777 HEALTH E25, Strength & Stamina Training Principles & Practices | EC 1227 304 |
| 10:30a.m.-11:45a.m. | 9788 HEALTH E63, Body Conditioning After a Stroke | BUNDY 240 |
| 11:00a.m.-1:15p.m. | 9707 ART E15, Drawing | MALBU 220 |
| 11:00a.m.-12:50p.m. | 9742 ENGL E23, Shakespeare | EC 1227 107 |
| 11:00a.m.-12:50p.m. | 9833 PSYCH E33, Living as a Single Person | ONLINE |
| 11:00a.m.-12:50p.m. | 9853 OCC E03, Optimizing Your Smartphone & Tablet | EC 1227 208 |
| 11:30a.m.-1:20p.m. | 9747 ENGL E29, Greek Literature | ONLINE |
| 11:30a.m.-1:20p.m. | 9756 ENGL E37, Writing Seminar | ONLINE |
| 11:30a.m.-1:50p.m. | 9795 HME EC E52, Restaurant Critic – Dining Wisely: Healthy Eating Choices | ITINERARY |
| 12:00p.m.-1:50p.m. | 9779 HEALTH E30, Personal Safety – Fall Prevention | EC 1227 307 |
| 12:00p.m.-1:15p.m. | 9790 HEALTH E63, Body Conditioning After a Stroke | BUNDY 240 |
| 12:00p.m.-2:50p.m. | 9793 HME EC E01, Sewing Lab | ONLINE |
| 12:00p.m.-1:50p.m. | 9839 TH ART E22, Principles of Illusion: Close-up and Stage | ONLINE |
| 12:15p.m.-2:30p.m. | 9721 ART E21, Painting/Drawing, Oil and Acrylic | EC 1227 204 |
| 12:30p.m.-2:20p.m. | 9832 POL SC E10, Music, Politics and Social Change | ONLINE |
| 12:30p.m.-2:20p.m. | 9832 POL SC E10, Music, Politics and Social Change | ONLINE |
| 1:00p.m.-3:50p.m. | 9755 ENGL E34, Writing for Publication | ONLINE |
| 1:00p.m.-2:50p.m. | 9816 MUSIC E32, Music Appreciation | EC 1227 107 |
| 1:30p.m.-3:20p.m. | 9799 HUMDEV E24, Bereavement Support | ONLINE |
| 2:00p.m.-3:50p.m. | 9738 ENGL E20, Literature: The Novel | ONLINE |
| 2:45p.m.-5:00p.m. | 9719 ART E20, Drawing and Painting | EC 1227 204 |
| 3:00p.m.-4:50p.m. | 9830 POL SC E00, Current Events | ONLINE |
| 4:00p.m.-6:50p.m. | 9720 ART E20, Drawing and Painting | MALBU 220 |

MONDAY AND WEDNESDAY

| | | |
|---------------------|---|-------------|
| 8:30a.m.-9:45a.m. | 9774 HEALTH E25, Strength & Stamina Training Principles & Practices | ONLINE |
| 9:30a.m.-10:50a.m. | 9808 MUSIC E02, Guitar | ONLINE |
| 10:30a.m.-12:20p.m. | 9760 HEALTH E21, Yoga Health & Safety, Principles & Practices | ONLINE |
| 10:30a.m.-11:45a.m. | 9843 HEALTH E85, Pilates Level 1 | EC 1227 308 |
| 11:00a.m.-12:50p.m. | 9761 HEALTH E21, Yoga Health & Safety, Principles & Practices | ONLINE |
| 1:00p.m.-2:15p.m. | 9768 HEALTH E23, T'ai Chi Principles & Practices | EC 1227 304 |
| 2:30p.m.-3:45p.m. | 9773 HEALTH E24, Physical Fitness Principles & Practices | ONLINE |
| 2:30p.m.-3:45p.m. | 9785 HEALTH E38, Joint Health & Mobility | ONLINE |

MONDAY AND FRIDAY

| | | |
|--------------------|--|--------|
| 9:00a.m.-10:15a.m. | 9764 HEALTH E23, T'ai Chi Principles & Practices | VP CTR |
|--------------------|--|--------|

TUESDAY

| | | |
|---------------------|---|-------------|
| 8:30a.m.-9:45a.m. | 9841 HEALTH E19, Mindfulness and Meditation | VA PK |
| 9:00a.m.-10:50a.m. | 9701 ART E00, Survey of Art | ONLINE |
| 9:00a.m.-11:15a.m. | 9723 ART E22, Watercolor | ONLINE |
| 9:00a.m.-10:50a.m. | 9744 ENGL E25, Literature: The American Novel | EC 1227 107 |
| 9:00a.m.-10:50a.m. | 9824 PHOTO E00, Digital Photography I | ONLINE |
| 9:30a.m.-11:20a.m. | 9749 ENGL E30, Creative Writing | MALBU 112 |
| 9:30a.m.-11:45a.m. | 9750 ENGL E30, Creative Writing | EC 1227 408 |
| 9:30a.m.-11:45a.m. | 9722 ART E21, Painting/Drawing, Oil and Acrylic | ONLINE |
| 10:00a.m.-11:50a.m. | 9702 ART E00, Survey of Art | ONLINE |
| 10:00a.m.-11:50a.m. | 9739 ENGL E22, Short Story | ONLINE |
| 10:00a.m.-11:15a.m. | 9775 HEALTH E25, Strength & Stamina Training Principles & Practices | VA PK |
| 10:00a.m.-11:15a.m. | 9786 HEALTH E63, Body Conditioning After a Stroke | ONLINE |
| 10:00a.m.-11:50a.m. | 9800 HUMDEV E27, Exercising the Brain | ONLINE |
| 10:00a.m.-12:50p.m. | 9810 MUSIC E03, "The Merits" – Vocal Ensemble | FST PRES |
| 11:00a.m.-12:50p.m. | 9814 MUSIC E30, Opera Appreciation | ONLINE |
| 11:00a.m.-1:50p.m. | 9834 TH ART E01, Principles of Acting | ONLINE |
| 11:30a.m.-1:45p.m. | 9725 ART E22, Watercolor | ONLINE |
| 11:30a.m.-12:45p.m. | 9789 HEALTH E63, Body Conditioning After a Stroke | ONLINE |
| 12:00p.m.-1:50p.m. | 9813 MUSIC E10, Spanish Folk Singing | VA PK |
| 12:30p.m.-1:45p.m. | 9784 HEALTH E38, Joint Health & Mobility | EC 1227 304 |
| 12:30p.m.-2:20p.m. | 9801 HUMDEV E27, Exercising the Brain | ONLINE |
| 1:00p.m.-3:50p.m. | 9715 ART E19, Painting | ONLINE |
| 2:00p.m.-3:50p.m. | 9735 BILING E02, French Literature | ONLINE |
| 2:00p.m.-4:50p.m. | 9835 TH ART E01, Principles of Acting | ONLINE |

TUESDAY AND THURSDAY

| | | |
|---------------------|--|-------------|
| 9:00a.m.-10:15a.m. | 9763 HEALTH E22, Chi Gong Principles & Practices | VA PK |
| 9:00a.m.-10:15a.m. | 9770 HEALTH E24, Physical Fitness Principles & Practices | ONLINE |
| 10:00a.m.-11:50a.m. | 9759 HEALTH E21, Yoga Health & Safety, Principles & Practices | ONLINE |
| 10:00a.m.-11:00a.m. | 9857 HEALTH E08, Walking for Wellness | ITINERARY |
| 10:30a.m.-11:45a.m. | 9783 HEALTH E38, Joint Health & Mobility | ONLINE |
| 10:30a.m.-11:45a.m. | 9842 HEALTH E19, Mindfulness and Meditation | ONLINE |
| 11:00a.m.-12:15p.m. | 9772 HEALTH E24, Physical Fitness Principles & Practices | ONLINE |
| 12:00p.m.-1:15p.m. | 9778 HEALTH E25, Strength & Stamina Training Principles & Practices | ONLINE |
| 12:30p.m.-1:45p.m. | 9757 HEALTH E10, Movement and Conditioning | EC 1227 308 |
| 12:30p.m.-1:45p.m. | 9766 HEALTH E23, T'ai Chi Principles & Practices | ONLINE |
| 12:45p.m.-2:00p.m. | 9792 HEALTH E65, Pool Exercises | POOL |
| 1:30p.m.-2:45p.m. | 9798 HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults | ONLINE |
| 2:00p.m.-3:50p.m. | 9762 HEALTH E21, Yoga Health & Safety, Principles & Practices | EC 1227 308 |
| 2:00p.m.-3:30p.m. | 9809 MUSIC E02, Guitar | FST PRES |
| 2:00p.m.-3:15p.m. | 9854 HEALTH E65, Pool Exercises | POOL |

WEDNESDAY

| | | |
|--------------------|--|-------------|
| 9:00a.m.-11:00a.m. | 9709 ART E16, Life Drawing Studio | EC 1227 205 |
| 9:00a.m.-11:50a.m. | 9712 ART E19, Painting | ONLINE |
| 9:00a.m.-11:50a.m. | 9713 ART E19, Painting | ONLINE |
| 9:00a.m.-10:15a.m. | 9769 HEALTH E24, Physical Fitness Principles & Practices | ONLINE |
| 9:00a.m.-10:15a.m. | 9771 HEALTH E24, Physical Fitness Principles & Practices | ONLINE |
| 9:00a.m.-10:50a.m. | 9820 OCC E00, Basic Computer Training | ONLINE |



| | | |
|---------------------|---|-------------|
| 9:00a.m.-10:50a.m. | 9848 POL SC E99, Special Studies in Politics | ONLINE |
| 9:00a.m.-10:50a.m. | 9849 TH ART E15, Theater – History of Comedy | EC 1227 107 |
| 9:30a.m.-11:45a.m. | 9724 ART E22, Watercolor | EC 1227 204 |
| 9:30a.m.-10:45a.m. | 9803 HUMDEV E50, Communication After a Stroke | ONLINE |
| 10:00a.m.-11:50a.m. | 9745 ENGL E27, Poetry and Fiction | ONLINE |
| 10:30a.m.-11:45a.m. | 9777 HEALTH E25, Strength & Stamina Training Principles & Practices | ONLINE |
| 11:00a.m.-12:50p.m. | 9740 ENGL E22, Short Story | EC 1227 409 |
| 11:00a.m.-12:15p.m. | 9804 HUMDEV E50, Communication After a Stroke | ONLINE |
| 11:00a.m.-12:50p.m. | 9822 OCC E10, Using Data Files | EC 1227 208 |
| 11:00a.m.-1:20p.m. | 9845 HME EC E60, American History Through Cooking | EC 1227 407 |
| 11:30a.m.-1:20p.m. | 9850 TH ART E21, Art, Culture & Entertainment Through a Jewish Lens | EC 1227 107 |
| 12:30p.m.-2:45p.m. | 9718 ART E20, Drawing and Painting | ONLINE |
| 12:30p.m.-3:20p.m. | 9730 ART E30, Watercolor Studio | ONLINE |
| 12:30p.m.-2:20p.m. | 9802 HUMDEV E27, Exercising the Brain | ONLINE |
| 12:30p.m.-2:50p.m. | 9855 MUSIC E04, Voice Training | EC 1227 408 |
| 1:00p.m.-2:50p.m. | 9812 MUSIC E06, Gospel Community Chorus | PAC 107 |
| 1:30p.m.-3:20p.m. | 9705 ART E00, Survey of Art | ITINERARY |
| 1:30p.m.-3:20p.m. | 9736 BILING E03, Literature from Around the World | ONLINE |
| 1:30p.m.-4:20p.m. | 9796 HME EC E71, Needlecrafts II | ONLINE |
| 1:30p.m.-3:45p.m. | 9840 TH ART E30, Dramatic Interpretation Through Movies | ONLINE |

WEDNESDAY AND FRIDAY

| | | |
|--------------------|---|--------|
| 8:30a.m.-10:20a.m. | 9758 HEALTH E21, Yoga Health & Safety, Principles & Practices | ONLINE |
| 12:00p.m.-1:15p.m. | 9765 HEALTH E23, T'ai Chi Principles & Practices | VA PK |
| 2:00p.m.-3:10p.m. | 9767 HEALTH E23, T'ai Chi Principles & Practices | VP CTR |

THURSDAY

| | | |
|---------------------|---|-------------|
| 8:30a.m.-9:45a.m. | 9841 HEALTH E19, Mindfulness and Meditation | ONLINE |
| 9:00a.m.-11:50a.m. | 9728 ART E30, Watercolor Studio | EC 1227 204 |
| 9:00a.m.-11:50a.m. | 9817 MUSIC E34, Lyric Chorus | EC 1227 107 |
| 9:00a.m.-10:50a.m. | 9831 POL SC E10, Music, Politics and Social Change | ONLINE |
| 9:30a.m.-11:45a.m. | 9706 ART E15, Drawing | EC 1227 205 |
| 9:30a.m.-12:20p.m. | 9711 ART E16, Life Drawing Studio | MALBU 220 |
| 10:00a.m.-11:50a.m. | 9743 ENGL E24, Bible as Literature | ONLINE |
| 10:00a.m.-12:15p.m. | 9752 ENGL E33, Autobiography | EC 1227 408 |
| 10:00a.m.-11:15a.m. | 9775 HEALTH E25, Strength & Stamina Training Principles & Practices | ONLINE |
| 10:00a.m.-11:15a.m. | 9787 HEALTH E63, Body Conditioning After a Stroke | BUNDY 240 |
| 11:00a.m.-12:50p.m. | 9704 ART E00, Survey of Art | ITINERARY |

| | | |
|---------------------|---|-------------|
| 11:00a.m.-12:50p.m. | 9851 PHOTO E20, Photoshop/Computer Software Photo Editing | ONLINE |
| 11:30a.m.-1:45p.m. | 9732 ART E80, Jewelry Making | ONLINE |
| 12:00p.m.-2:15p.m. | 9731 ART E55, Sculpture | ONLINE |
| 12:00p.m.-1:15p.m. | 9791 HEALTH E63, Body Conditioning After a Stroke | BUNDY 240 |
| 12:30p.m.-1:45p.m. | 9784 HEALTH E38, Joint Health & Mobility | ONLINE |
| 12:30p.m.-2:50p.m. | 9811 MUSIC E04, Voice Training | EC 1227 107 |
| 1:00p.m.-2:50p.m. | 9703 ART E00, Survey of Art | EC 1227 408 |
| 1:00p.m.-3:15p.m. | 9737 CT E00, The Fix-It Class – Repair Almost Anything | ONLINE |
| 1:20p.m.-4:20p.m. | 9716 ART E19, Painting | MALBU 220 |
| 2:00p.m.-4:15p.m. | 9733 ART E80, Jewelry Making | ONLINE |
| 3:00p.m.-4:50p.m. | 9858 MUSIC E17, Luisa R.G. Kot Concert Series | EC 1227 107 |
| 6:30p.m.-9:20p.m. | 9807 MUSIC E00, Concert Band | PAC 110 |

FRIDAY

| | | |
|---------------------|---|-------------|
| 9:00a.m.-11:50a.m. | 9729 ART E30, Watercolor Studio | ITINERARY |
| 9:00a.m.-10:50a.m. | 9734 BILING E01, Literature in Spanish | ONLINE |
| 9:00a.m.-10:50a.m. | 9836 TH ART E02, Theater Arts Appreciation | ONLINE |
| 9:30a.m.-11:45a.m. | 9717 ART E20, Drawing and Painting | EC 1227 204 |
| 9:30a.m.-12:20p.m. | 9727 ART E24, Calligraphy II | EC 1227 408 |
| 9:30a.m.-10:45a.m. | 9805 HUMDEV E55, BrainFlex | ONLINE |
| 10:00a.m.-12:50p.m. | 9714 ART E19, Painting | ONLINE |
| 11:00a.m.-12:50p.m. | 9782 HEALTH E34, Stress Reduction through Yoga | ONLINE |
| 11:00a.m.-12:15p.m. | 9806 HUMDEV E55, BrainFlex | ONLINE |
| 11:00a.m.-12:50p.m. | 9837 TH ART E05, Reader's Theater | ONLINE |
| 11:00a.m.-12:50p.m. | 9852 PHOTO E20, Photoshop/Computer Software Photo Editing | EC 1227 208 |
| 12:00p.m.-1:50p.m. | 9815 MUSIC E32, Music Appreciation | ONLINE |
| 12:00p.m.-1:50p.m. | 9819 MUSIC E51, Piano and Theory | PAC 206 |
| 12:30p.m.-2:45p.m. | 9708 ART E15, Drawing | EC 1227 204 |
| 1:00p.m.-2:50p.m. | 9746 ENGL E27, Poetry and Fiction | MALBU 219 |
| 2:00p.m.-3:50p.m. | 9726 ART E23, Calligraphy | EC 1227 408 |
| 2:00p.m.-3:50p.m. | 9829 POL SC E00, Current Events | ONLINE |
| 2:00p.m.-3:50p.m. | 9829 POL SC E00, Current Events | ONLINE |
| 3:00p.m.-4:50p.m. | 9754 ENGL E33, Autobiography | MALBU 219 |
| 4:00p.m.-5:50p.m. | 9797 HME EC E74, Creative Stitchery | BUS 107 |

SATURDAY

| | | |
|---------------------|--|---------|
| 8:00a.m.-9:50a.m. | 9780 HEALTH E34, Stress Reduction through Yoga | ONLINE |
| 9:30a.m.-11:45a.m. | 9751 ENGL E33, Autobiography | PAC 116 |
| 11:00a.m.-12:50p.m. | 9818 MUSIC E51, Piano and Theory | PAC 206 |
| 12:00p.m.-2:15p.m. | 9753 ENGL E33, Autobiography | ONLINE |



FACILITIES

| Facilities | Location | Big Blue Bus and Metro 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 | Santa Monica & 3rd: #5 (wkdy), #8, #9 4th & Wilshire: #2, #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. |
| BROOKDALE OCEAN | Brookdale Ocean House, 2107 Ocean Ave. (Ocean Ave. & Pacific St.), SM | Ocean & Pacific: #8 |
| BROOKDALE GARDENS | Brookdale Santa Monica Gardens, 851 2nd St.(2nd & Idaho), SM | 4th & Idaho: #9 |
| BUNDY | SMC Bundy Campus, 3171 S. Bundy Dr. (Bundy & College Dr.), LA | Bundy & Airport: #14 |
| CMD | SMC Center for Media and Design, 1660 Stewart St. (½ block N. of Olympic), SM | Stewart & Pennsylvania: #16 (wkdy), #43 (wkdy, no midday service) |
| CLOVER | Clover Park, 2600 Ocean Park Blvd. (Ocean Park & 25th), SM | Ocean Park & 25th: #8 |
| DOUGLAS PARK | Douglas Park, 2439 Wilshire Blvd. (25th & Wilshire), SM | 26th & Wilshire: #2, #43 (wkdy, no midday service) |
| EUCLID PARK | Euclid Park, 1525 Euclid St. (between Colorado & Broadway), SM | Colorado & 14th: #5 (wkdy), #41 (Mon-Fri only) |
| FST PRES | First Presbyterian Church, 1220 2nd St. (2nd & Wilshire), SM | Santa Monica & 3rd: #5 (wkdy), #8, #9 4th & Wilshire: #2, #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. |
| 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) | 4th & Broadway: #2, #7, Rapid #7 (wkdy), #8, #9, |
| LINCOLN | Lincoln Middle School, 1501 California Ave., Rm. 400 (15th & California), SM | 14th & California: #41 (Mon-Fri only) |
| MALBU | SMC Malibu Campus, 23555 Civic Center Way, Malibu | Metro 134 |
| PAC | SMC Performing Arts Center, The Broad Stage & The Edge, 1310 11th St. (11th & Santa Monica), SM | Santa Monica & 11th: #1, Rapid #10 (wkdy, no midday service), #41 (Mon-Fri only) |
| REED PARK | Reed Park, 1133 7th St. (Lincoln & Wilshire), SM | Lincoln & Wilshire: #2, #18 |
| SM LIB | Santa Monica Library Main Branch, 601 Santa Monica Blvd., SM | Santa Monica & 6th: #1, #5 (wkdy), #7, Rapid #7 (wkdy), Rapid #10 (wkdy, no midday service), #18 |
| SMC | Santa Monica College Main Campus, 1900 Pico Blvd. (17th & Pico), SM | Pico & 18th: #7, Rapid #7 (wkdy), #41 (Mon-Fri only), #43 (wkdy, no midday service) 20th & Pearl: #16 (wkdy) |
| SM SYNG | The Santa Monica Synagogue, 1448 18th St. (18th & Broadway), SM | Santa Monica & 17th: #1, Rapid #10 (wkdy, no midday service) |
| 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 & Cloverfield: #7 |
| WISE | Ken Edwards Center/WISE & Healthy Aging Adult Day Services, 1527 4th St. (4th & Broadway), SM | Broadway & 4th: #1, #2, #7, Rapid #7 (wkdy), #8, #9, Rapid #10 (wkdy, no midday service), #18 |

SMC AND EMERITUS TRANSPORTATION & PARKING: Santa Monica College maps, transportation, and campus parking information are available online at smc.edu/transportation. For detailed public transit information, contact: **Santa Monica Big Blue Bus**, 310-451-5444 or TDD 310-395-6024, web address bigbluebus.com; **Metro**, 323 GO-METRO, 323-466-3876, web address metro.net. If you have Downtown Santa Monica parking questions, call the SP+ Parking Operations office at 310-576-4743. Students attending class at the SMC Emeritus Campus (1227 2nd Street) may park in the City of Santa Monica parking structure #2, adjacent to Emeritus on 2nd St. between Arizona and Wilshire. The standard parking rate for parking structure #2 is: first 90 minutes free, other times and fees are as posted in the City of Santa Monica parking structure and are subject to change. If you are taking a class at any of the other SMC locations (i.e. SMC Main Campus in Structure #3, Bundy Campus, Malibu Campus, Center for Media and Design, or the SMC Performing Arts Center) you will need a valid virtual parking permit from SMC to avoid a citation. Please visit smc.edu/parking to secure your virtual parking permit. Sign in with your SMC credentials and register your car. The permit is virtual and there is no printed document required.



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- Sustainability Services Technician

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- Transition to College and Career

ESL & CITIZENSHIP

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- Citizenship

For more information or to enroll in classes:

smc.edu/noncredit

Noncredit certificates cannot be applied toward credit certificates or an Associate degree.



ADA ACCOMMODATIONS

SMC Emeritus students who require ADA (The Americans with Disabilities Act) accommodations in order to successfully participate in our unique noncredit older adult program — or to sign up for our specialized Pathfinders classes — should contact the SMC Center for Students with Disabilities. Santa Monica College makes every effort to make its campus fully accessible to students with disabilities. The SMC Center for Students with Disabilities offers guidance and counseling on admission requirements and procedures, as well as a number of special programs to help students with their academic, vocational, and career-planning goals. In addition, the Center offers specialized equipment, adaptive computer training, and test proctoring, among many other services and accommodations for students who are eligible.

To arrange for ADA accommodation, call the SMC Center for Students with Disabilities at **310-434-4265** or visit **smc.edu/dsps**.

STATEMENT OF NONDISCRIMINATION

The Santa Monica Community College District is committed to building an inclusive and diverse environment and maintains a comprehensive program to ensure that practice reflects these principles. Diversity within the college environment provides opportunity to foster mutual awareness, knowledge, and sensitivity, to challenge ingrained stereotypes, and to promote mutual understanding and respect. The District's equal employment opportunity and nondiscrimination policies are set forth in Board Policies 2405, 2410, 3120-3123, 5220, 5230, and 5530. As set forth in these Board Policies, the District is committed to equal employment opportunity and nondiscrimination in the learning and work environments in accordance with all applicable laws, including, without limitation, California Code of Regulations, Title 5, § 59300 et seq., California Government Code §§ 11135-11139.5, the Sex Equity in Education Act (California Education Code § 66250 et seq.), Title VI of the Civil Rights Act of 1964 (42 U.S.C. § 2000d), Title IX of the Education Amendments of 1972 (20 U.S.C. § 1681), Section 504 of the Rehabilitation Act of 1973 (29 U.S.C. § 794), the Americans with Disabilities Act of 1990 (42 U.S.C. § 12100 et seq.), and the Age Discrimination Act (42 U.S.C. § 6101).

It is important for students, employees, and others associated with the College to report concerns about possible violations of the District's policies regarding equal employment opportunity and nondiscrimination. If you need information about the District's policies or need to report a violation of the laws listed above, you should contact:

- SMC Human Resources Office, 310-434-4415 or hrcomplaints@smc.edu (located on the second floor of the SMC Administration Building, 2714 Pico Blvd), regarding any complaint of unlawful discrimination, including sexual harassment and sexual discrimination; or
- Eric Oifer, ADA/504 Compliance Officer, 310-434-8912 or oifer_eric@smc.edu (office located in Student Services Center S276) regarding disability discrimination complaints.

El Distrito de Santa Monica Community College tiene el compromiso de crear un ambiente inclusivo y diverso y de mantener un programa comprensivo para asegurarse de que la practica refleja estos principios. La diversidad entre el ambiente colegial provee oportunidad para fomentar el conocimiento, la erudición, y la sensibilidad mutua, luchar contra los estereotipos arraigados, y promover la comprensión y

respeto mutua. Las reglas del Distrito sobre igualdad de oportunidades del empleo y de nondiscriminación se disponen en las polisas 2405, 2410, 3120-3123, 5220, 5230 y 5530. El Distrito está comprometido a la igualdad de oportunidades y nondiscriminación en los ambientes de la educación y del trabajo en acuerdo con las leyes, incluyendo, sin la limitación, el Código de las Regulaciones de California Título 5, § 59300 y ss.; el Código de Gobierno de California §§ 11135-11139.5; la Ley sobre Equidad de Sexo en la Educación (Código de Educación de California § 66250 y ss.); el Título VI de la Ley de 1964 sobre Derechos Civiles (42 U.S.C. § 2000d); el Título IX de las Enmiendas de Educación de 1972 (20 U.S.C. § 1681), Artículo 504 de la Ley de 1973 sobre Rehabilitación (29 U.S.C. § 794); la Ley de 1990 sobre Americanos con Incapacidades (42 U.S.C. § 12100 y ss.); y la Ley sobre Discriminación por Edad (42 U.S.C. § 6101).

Es importante que los estudiantes, el personal y las demás personas relacionadas con el SMC reportan las inquietudes sobre posibles violaciones de las polisas relacionadas a la igualdad de oportunidades del empleo y de nondiscriminación. Si Ud. necesita información sobre las polisas del Distrito o tiene que reportar una violación de cualquier de estas leyes, debe ponerse en contacto con:

- La oficina de SMC Human Resources 310-434-4415 o hrcomplaints@smc.edu (ubicada en el segundo piso del Edificio Administrativo del SMC en 2714 Pico Blvd.) sobre cualquier reporte de discriminación, incluyendo el acoso sexual o discriminación sexual; o con
- Eric Oifer, ADA/504 Oficial de Conformidad 310-434-8912 o oifer_eric@smc.edu (oficina ubicada en la Sala S276 del Centro de Servicios Estudiantiles (Student Services Center) sobre reportes de discriminación por discapacidad.

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

Donald Girard, Senior Director, Government Relations and Institutional Communications

Rebecca Agonafir, Director of Marketing and Communications

Paul Trautwein, Director of Web and Social Media Strategy

Ming-Yea Wei, Marketing Design Coordinator

Jonathan Ng, Digital Marketing Coordinator

Vivian Chu, Graphic Designer

Ileana Hernandez, Web Services Coordinator

Santa Monica College Contributors: Dr. Kathryn E. Jeffery,

Dr. Scott Silverman, Guadalupe Salgado-Shower, Vivian Rankin-

Scales, Stephanie Rick, Jessica Riojas, Lizzy Moore, Katherine Mo,

and Dagmar Gorman.

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APPLICATION FORM

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

☐ This donation should be listed as Anonymous.

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

Emergency Contact _____
Emergency Telephone No. _____
Relationship to Student _____

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: _____

Full Legal Last Name

Full Legal First Name

Middle

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

Area Code _____ Telephone Number _____ Birth Month _____ Day _____ Year _____
Email me information on SMC Emeritus, SMC Foundation, and SMC. ☐

SMC/Emeritus Identification No. _____ Email (required for enrollment) _____

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 | 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 |
| Citizenship | 1. United States | 3. Temporary Resident | 5. Student F1 or M1 Visa | 7. Unknown | 8. Foreign student taking online classes from home country. | | |
| | 2. Permanent Resident | 4. Refugee/Asylee | 6. Other (specify below): | | | | |
| If you selected No. 2,3,4,5, or 6, write in your Permanent Resident or Visa No.: _____ Issue Date: _____ | | | | | | | |
| Enrollment Status | 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. | | | | |
| Educational Level | Year last attended school: _____ | | | 5. Received High School Proficiency Certificate | | | |
| | CERTIFICATE, DEGREE OR GRADUATED FROM: | | | 6. Foreign Secondary School Diploma | | | |
| | 0. Non-high school graduate | 2. Adult Diploma | 3. High school graduate – No college degree | 7. Earned College Associate Degree | | | |
| | 1. Advanced high school | 4. Passed GED test | | 8. Earned College Bachelor Degree or higher | | | |

From the Emeritus Community...

The opportunity to study so many different subjects. I love to try something new and see what I love. It's like going back to college without the term papers and the finals.

– Marjorie Grace-Sayers
Emeritus Student (17 years)

There are always new classes to try and new students to meet, and there's no pressure to figure out what to do after graduation.

– Marjorie Friedlander
Emeritus Student (20 years)

The best part about being an SMC Emeritus student is that it has added new dimensions to my life.

– Norma Ehrlich
Emeritus Student (20 years)

I enjoy the strong sense of community and passion of Emeritus students!

– Dione Marie Carter Hodges
Dean, SMC Academic Affairs

The opportunity was there for me to take advantage of this program and participate in many different areas that I did not have time for before retirement.

– Fran Aponte
Emeritus Student (16 years)

Learning is one of the keys to longevity.

– Beverly Cohn
Emeritus Student (15-20 years)

Who could not help but gain endless knowledge and wisdom from my students, who have already lived such rich lives!

– Freddie Manseau
Emeritus Faculty (34 years)

The best part about being an SMC Emeritus student is the opportunity to grow and learn about things that interest me with people my age.

– Diana Kamibayashi
Emeritus Student (3 years)

The best part about being an SMC Emeritus student is that, even in possibly vulnerable times, you can form a routine of happy involvement with others in discovery in a friendly atmosphere.

– Rita Friedman
Emeritus Student (16 years)

Grand Finale: A Season of Celebrating Emeritus & Lifelong Learning

Wednesday, May 21, 2025 | 3 - 5 p.m. | SMC Main Campus

Open to all SMC students, staff, and faculty.

50 years of SMC Emeritus programs will culminate on Santa Monica College's Main Campus with a grand celebration of lifelong learning. More information to follow.

Let's See SMC!

SMC Emeritus students will set off on six separate SMC campus field trips, including Malibu Campus, Center of Media and Design, Main Campus, Performing Arts Center, Bundy Campus, and Early Childhood Lab School.



Help us reach our goal of \$250,000 to give students of all ages their best chance at academic success.



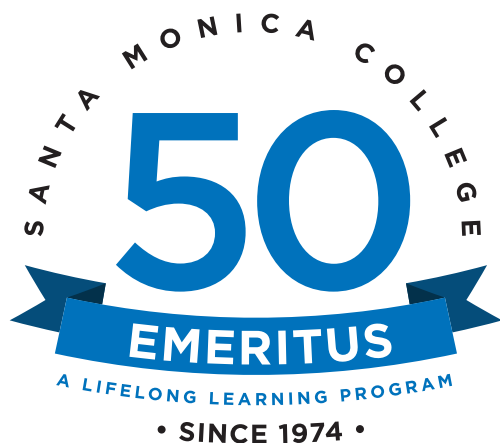
**DONATE
TODAY!**

Scan QR code or go to
foundation.smc.edu/emmeritus



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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
Website: smc.edu/emeritus

SMC EMERITUS STAFF

Dr. Scott Silverman, Dean, Noncredit and External Programs
Guadalupe Salgado-Shower, Associate Dean (Interim)
Vivian Rankin-Scales, Program Coordinator
Jessica Riojas, Student Services Clerk

VOLUNTEERS

Mady Bergman

EMERITUS STUDENT ADVISORY COUNCIL

Student membership on the Associate Dean's Emeritus Student Advisory Council will be listed on the SMC Emeritus website at: smc.edu/emeritus

SMC BOARD OF TRUSTEES

Dr. Margaret Quiñones-Perez, Chair; Dr. Nancy Greenstein, Vice Chair;
Dr. Susan Aminoff; Dr. Tom Peters; Rob Rader; Dr. Sion Roy;
Barry Snell; Daniel Martinez Garcia, Student Trustee;
Kathryn E. Jeffery, Ph.D., Superintendent/President

SMC Emeritus Spring 2025 Schedule of Classes

WHAT IS SMC EMERITUS?

SMC Emeritus, started in 1975, is a noncredit older adult program of Santa Monica College. SMC Emeritus serves more than 3,600 students annually and offers over 120 free classes of interest to older adults. All classes are held during the day at our home base on Second Street or at convenient locations throughout the community. 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/emeritus or stop by our office at 1227 Second Street, Santa Monica.

¿ QUÉ ES SMC EMERITUS ?

SMC Emeritus, inaugurado en 1975, es un programa sin créditos que ofrece Santa Monica College para adultos mayores. SMC Emeritus atiende a más de 3,600 estudiantes anualmente y ofrece más de 120 clases gratuitas de interés a personas de la tercera edad. Todas las clases se llevan a cabo durante el día en nuestra sede en Second Street o en lugares accesibles en toda la comunidad. El nombre Emeritus se refiere a personas “jubiladas con honor.” Todos los adultos mayores son bienvenidos. Para más información, llame a la oficina de SMC Emeritus al 310-434-4306, visite nuestro sitio web en smc.edu/emeritus, o acuda a nuestra oficina ubicada en 1227 Second Street, Santa Monica. Ofrecemos clases en español. Mire dentro de este catálogo para información.



EMERITUS 50TH ANNIVERSARY

Visit smc.edu/emeritus for year-long celebration events.

Front Cover:

Student photos from Fifty-Over-50 (left to right, top to bottom)
Esther Morrison (age 102), Dr. Stuart Perlman (age 71),
Jennifer Chia (age 80) and David Chia (age 79),
Darlene Gaston (age 72), Diana Kamibayashi (age 63),
Peter Wendel (age 84), Larry Robinson (age 70),
Maya Gaynor (age 85)

Photographer: Suzanne Steiner

Back Cover:

Let's See SMC – Malibu Campus
Photographer: Keats Elliott