

# EMERITUS INSTITUTE

*Tuition-free courses  
for older adults*

**EASY ONLINE  
REGISTRATION  
STEPS**

**PAGE 3**

## Fall 2024 Schedule of Classes

Instruction Begins  
August 19, 2024

Ongoing Admission  
and Registration

[www.saddleback.edu/emeritus](http://www.saddleback.edu/emeritus)

1-949-582-4835

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## Welcome to the FALL 2024 Semester of the Saddleback College Emeritus Institute

Join our lifelong learning community:  
August 19 – December 18, 2024

*The mission of the Saddleback College Emeritus Institute is to promote lifelong learning by providing academically rigorous, mentally stimulating, socially engaging, and health improving courses for older adults throughout south Orange County.*



**Dear South Orange County Community Member:**

I am absolutely thrilled to extend the warmest welcome to you for the upcoming Fall 2024 semester at the Saddleback College Emeritus Institute! Whether you're just discovering this incredible opportunity for lifelong learning or have been dedicatedly pursuing your further education, get ready to embark on an unforgettable journey of lifelong learning tailored specifically for older adults. More in-person courses have returned this Fall semester along with various online class formats to meet your needs.

At the Saddleback College Emeritus Institute, we understand the desires of today's lifelong learners. We have eliminated the obstacle of tuition, offering these courses completely free of charge. Say goodbye to the hassle of commuting to class by embracing the convenience of our online courses. And most importantly, we have created a vibrant and inclusive learning community, where you can connect with fellow learners in person and bid farewell to any feelings of social isolation. As the Spring 2024 semester approaches, I wholeheartedly invite you to ignite new passions, explore different perspectives, enhance your well-being, and unleash your creative spirit.

- **New Students:** Complete the online Saddleback College Student Application on our website: [saddleback.edu/emergitus](https://saddleback.edu/emergitus) or scan the application QR code with your phone or tablet to complete the online application.
- **Returning Students:** If you missed two semesters in a row, we look forward to welcoming you back. To reactivate your student account, simply complete the online Saddleback College Student Application as noted above or scan the QR code. Be sure to indicate you are a returning student.
- **Continuing Students:** Thank you for your continued participation! Registration appointments are posted in your MySite account: [mysite.socccd.edu](https://mysite.socccd.edu).



**Registration:** Please follow the registration steps on page 3 for an easy walk-through to join classes..

On behalf of the passionate team of 80 faculty and staff at the Saddleback College Emeritus Institute, it fills me with immense joy to welcome you to our vibrant community of lifelong learners for the exciting Fall 2024 term. Get ready to embark on an unforgettable journey of discovery, growth, and connection.

Sincerely,

Dr. Dan Predoehl  
Assistant Dean, Extended Learning  
Director, Emeritus Institute

# EMERITUS INSTITUTE – FALL 2024

The Emeritus Institute web site: [www.saddleback.edu/emeritus](http://www.saddleback.edu/emeritus)

The mission of the Saddleback College Emeritus Institute is to promote lifelong learning by providing academically rigorous, mentally stimulating, socially engaging, and health improving classes for older adult students throughout south Orange County.

## CONTACT INFORMATION



1-949-582-4835



28000 Marguerite Pkwy, Mission Viejo, CA, 92692



[scemeritus@saddleback.edu](mailto:scemeritus@saddleback.edu)

## FALL 2024 CLASSES

August 19 – December 18, 2024

## ENROLLMENT INFORMATION

### STEP 1 Complete Saddleback College Emeritus Institute Application.

Access the application from our website: [www.saddleback.edu/emeritus](http://www.saddleback.edu/emeritus) or by scanning the QR code.

- **NEW** (or Former) EMERITUS STUDENTS: Once the Admissions and Records Office has processed your application, you will be sent an email which contains your registration information.

### STEP 2 View your registration appointment online. Login to MySite at [www.saddleback.edu](http://www.saddleback.edu) using your college email address and password provided after your application is processed.

### STEP 3 Use registration instructions on Page 3 to register online for classes on or after your assigned registration appointment date and time.



## FALL 2024 REGISTRATION DATES

Students may only register after their assigned appointment date and time found in MySite accounts.

April 22, 2024 ..... Registration appointments posted in student MySite account

June 10, 2024 .....Registration opens for CONTINUING students according to appointment

June 14, 2024 ..... Registration opens for NEW students or those who missed a semester

## EMERITUS INSTITUTE FALL 2024 ACADEMIC CALENDAR

August 19.....Fall 2024 Classes Begin

September 2 ..... Labor Day – No Class

November 11 .....Veteran's Day – No Class

November 28 – December 1 .....Thanksgiving Weekend – No Class

December 11 ..... Faculty Contractual Day – No Class

December 18.....Last day of Fall 2024 Semester

# LIFELONG LEARNING WITH THE EMERITUS INSTITUTE

## ONLINE LEARNING

- Synchronous online classes use **CANVAS** and Zoom and meet live at the scheduled days and times
- Asynchronous classes use **CANVAS** – there are no required meeting times

## IN-PERSON LEARNING

Join us at any of our teaching sites throughout South Orange County.

## STAY IN TOUCH!

Subscribe today to the Emeritus Institute Monthly Newsletter

[saddleback.edu/emmeritus](https://saddleback.edu/emmeritus)

Instructor Interviews

Program Updates

Helpful Tips

Donation Opportunities

## CANVAS

[canvas.saddleback.edu](https://canvas.saddleback.edu)

**CANVAS** is a learning management system known for its user-friendly online environment. You will be using it participate in your online classes.

**CANVAS** will connect you with your instructor and classmates, and provide an exceptional learning experience!

## FEES

Emeritus Institute courses are tuition free, non-credit classes. As noted in this schedule, classes on the Saddleback College campus require a \$26 health-fee payment. All fees must be paid at the time of registration. Payment may be made by credit card when registering online, or by check or money order when registering in-person; no cash is accepted. Payments must be received within five business days to avoid enrollment cancellation.

## IMPORTANT POLICIES

- Faculty reserve the right to drop students who do not attend the first class session.
- Students are not permitted to attend classes in which they are not officially enrolled; auditing is not permitted.

**PLEASE NOTE:** Students may only register online. If a class is full, a student must add themselves to the waitlist online. Walk-up class petitions for full-courses cannot be accepted.

## LAGUNA WOODS VILLAGE PARKING PASSES

### STUDENT PARKING FEE

Laguna Woods Village (LWV) requires non-resident students who drive a vehicle into the community to pay a Student Parking Pass Fee, which is \$40 per vehicle per each fall and spring semester and \$30 for summer. Payment may be made by check or cash.

Laguna Woods Village does not refund parking pass purchases.

Only one parking pass per vehicle needs to be presented when students are carpooling.

Students walking in will need to arrange for GATE CLEARANCE with an Emeritus staff member.

### PAYMENT / PICK-UP

#### BEGINNING ONE WEEK PRIOR TO THE SEMESTER START

LWV parking passes must be paid for and picked up at the Laguna Woods Village Community Center  
24351 El Toro Rd, Laguna Woods, CA 92637

#### BRING:

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

## REGISTRATION STEPS

- 1 Go to [www.saddleback.edu](http://www.saddleback.edu).  
**Click Logins** on the red bar at top, then select **MySite** on the drop-down menu.
- 2 Enter your **STUDENT ID NUMBER** and **PIN**. Click **Login**.
- 3 Click **My Classes** on the top red bar.
- 4 Click **Add/Drop Classes** on the drop-down menu.
- 5 Click the semester tab that corresponds to the one you're enrolling in. **Click Add/Drop Classes** at the bottom left.
- 6 Update Records – **ANSWER ALL REQUIRED FIELDS THAT HAVE A RED \* ASTERISK** . Be sure to scroll to the bottom of the page to answer all questions.

# 10 STEPS

**CLICK NEXT and continue to STEP 7 ►**

**NOTE:** On Step 6, if you can't move to the next screen, scroll to the TOP and read the message in RED telling you which question hasn't been answered.

The most frequently missed questions are:

- Enter your cell phone # OR select **No Mobile Phone**.

- Vocational and Technical Information (VETA) Check pertinent boxes or **None of the Above**.
- Electronic 1098T Tax Information: If your social security number is correctly displayed, select Yes. If your social security number is **NOT** displayed, select **DECLINE** OR print the W- 9S form by clicking the

link at the bottom of the screen, complete and mail to:  
District Fiscal Services  
Saddleback College  
28000 Marguerite Parkway  
Mission Viejo, CA 92692.

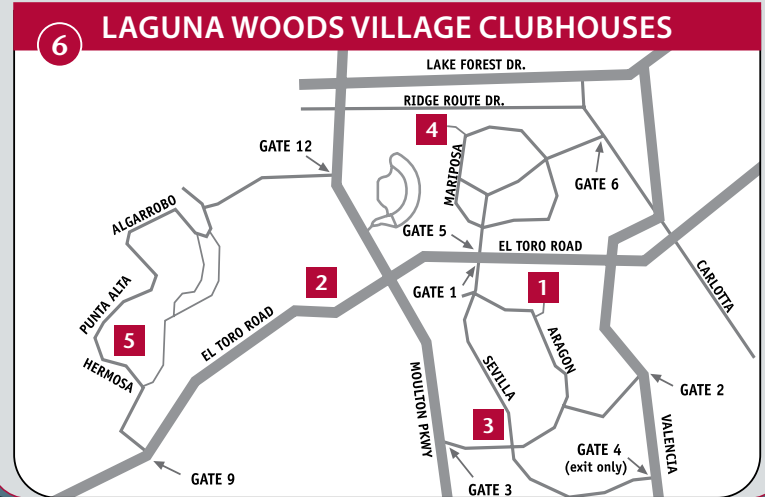
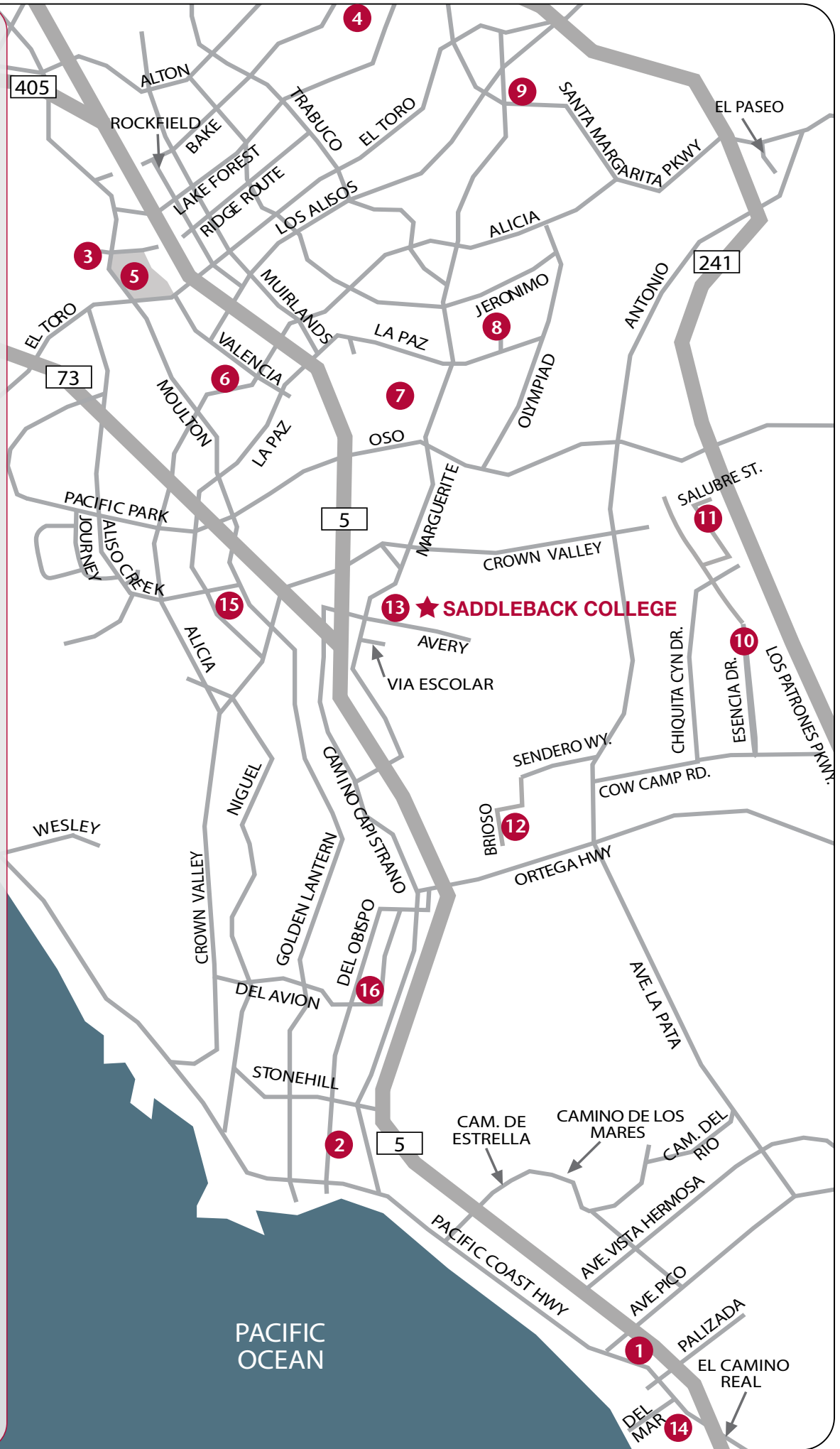
If your social security number is incorrectly displayed, submit the form above.

- 7 Enter the class ticket number **and click Add Class**. (You **MUST** click **ADD CLASS** each time you enter a ticket number). If a class is FULL, you'll be asked if you want to add yourself to the waitlist. If you do, click YES. Click the X at the top right of the pop-up box. Enter another ticket number. After entering all ticket numbers, click **NEXT**.
- 8 On the FEE page, for Optional Fees be sure to select NO if you don't want to pay them. If taking an Emeritus Institute class that meets on campus, the Health Fee is mandatory
- 9 Select **YES** that you accept the Refund Policy. Click **Complete Registration**.
- 10 The **LAST SCREEN** says **Registration Confirmation** at the top. Make sure your classes are listed under Completed Enrollment Actions. Print your confirmation.

# EMERITUS INSTITUTE CLASS LOCATIONS

CODE	MAP LOCATION / ADDRESS
CASA ROMANTICA CITY DP	1 Casa Romantica Cultural Center & Gardens 415 Avenida Granada, San Clemente, CA 92672
FS SEN CTR	2 City of Dana Point Community Center 34052 Del Obispo St, Dana Point 92629
LFCC	3 Florence Sylvester Senior Center 23721 Moulton Pkwy, Laguna Hills 92653
LHCCSC	4 Lake Forest Civic Center 100 Civic Center Dr, Lake Forest 92630
LWV COM CTR	5 Laguna Hills Community Center and Sports Complex 25555 Alicia Pkwy, Laguna Hills 92653
LWV 1	6* Laguna Woods Village Community Center (2) 24351 El Toro Road, Laguna Woods, CA 92637
LWV 4	6* Laguna Woods Village Clubhouse 1 24232 Calle Aragon, Laguna Woods 92637
LWV 5	6* Laguna Woods Village Clubhouse 4 23501 Via Mariposa W, Laguna Woods 92637
LWV PAC	6* Laguna Woods Village Clubhouse 5 24262 Punta Alta, Laguna Hills 92637
LWV PAC	6* Laguna Woods Village Performing Arts Center (3) 23822 Avenida Sevilla, Laguna Woods 92637
MONTANOSO	7 Montanoso Recreation Center 25800 Montanoso Dr, Mission Viejo 92691
NOR COM	8 Norman P. Murray Community and Senior Center 24932 Veterans Way, Mission Viejo 92692
PALMIA	9 Palmia Recreation Center 21455 Monterey, Mission Viejo 92692
RMV-CHS CANYON HOUSE STUDIO	10 Rancho Mission Viejo Canyon House 75 Esencia Dr, Mission Viejo 92694
RMV-GS GARAGE STUDIOS	11 Rancho Mission Viejo Garage Studio 1 Salubre St, Rancho Mission Viejo 92694
RMV-GH GUEST HOUSE	12 Rancho Mission Viejo Guest House 11 Brioso St, Rancho Mission Viejo 92694
SADDLEBACK COLLEGE	13 Saddleback College 28000 Marguerite Parkway, Mission Viejo 92692
SCL SNR	14 Dorothy Visser Senior Center 117 Avenida Victoria, San Clemente 92672
SEA CTRY	15 Sea Country Senior and Community Center 24602 Aliso Creek Rd, Laguna Niguel 92677
SJC CC/GYM	16 San Juan Capistrano Community Center 25925 Camino Del Avion, San Juan Capistrano 92675

\* See Laguna Woods Village Clubhouses Map below



## CLASS LOCATIONS AT A GLANCE

NEW! Easily find Emeritus Institute classes near you.

LOCATION	COURSE ID	TITLE	LOCATION	COURSE ID	TITLE
<b>FULLY IN-PERSON</b>					
CASA ROMANTICA	EART 569	BEGINNING WATERCOLOR	LWV4 PHO	EPHO 503	INTERMEDIATE DIGITAL PHOTO
CASA ROMANTICA	EART 574	INTERMEDIATE/ADVANCED WATERCOLOR	LWV4 PHO	EPHO 508	BEGINNING DIGITAL PHOTO
CASA	EHEA 533	CONCENTRATION AND STRENGTH – <i>Yoga</i>	LWV4 POOL	EHEA 504	AQUA-CARDIO – <i>Aquatic Fitness</i>
CITY DP	EHEA 501	CARDIO HEALTH – <i>Aerobics</i>	LWV4 POOL	EHEA 505	AQUA-CARDIO – <i>Aquatic Fitness</i>
CITY DP	EHEA 517	INTERMEDIATE MOVEMENT – <i>Intermediate Chair Exercise</i>	LWV4 SEWRM	EFSH 502	BEGINNING CLOTHING CONSTRUCTION
CITY DP	EHEA 525	POSTURE AND FLEX – <i>Sequential Stretching</i>	LWV4 SEWRM	EFSH 510	ART AS FASHION
CITY DP	EHEA 533	FOCUS AND FLEXIBILITY – <i>Yoga</i>	LWV4 SEWRM	EFSH 511	ART ACCESSORIES FOR THE HOME
FS SEN CTR	EART 561	INTERMEDIATE OIL/ACRYLIC PAINTING	LWV4 SLP	EART 515	INTERMEDIATE – SLIPCASTING
FS SEN CTR	EFSH 508	INTERMEDIATE KNITTING	LWV4 SLP	EART 516	ADVANCED – SLIPCASTING
FS SEN CTR	EHEA 509	BALANCE AND MOBILITY – <i>Balance and Mobility</i>	LWV4 SLP	EART 517	CERAMIC DECORATING
FS SEN CTR	EHEA 513	BEGINNING MOVEMENT – <i>Beginning Chair Exercise</i>	LWV4 SLP	EART 519	BEGINNING – SLIPCASTING
FS SEN CTR	EHEA 529	FOCUSED MOVEMENT – <i>Tai Chi</i>	LWV5 MPR1	EENG 515	FILM ANALYSIS THROUGH LITERATURE
LFCC–CRAFT	EFSH 503	INTERMEDIATE CLOTHING CONSTRUCTION	LWV5 MPR1	EPOL 501	CURRENT POLITICAL EVENTS AND ISSUES
LFCC–CRAFT	EFSH 508	INTERMEDIATE KNITTING	LWV5 MPR1	ETHE 500	BEGINNING SCENE STUDY
LHCCSC	EART 551	INTERMEDIATE SKETCHING	LWV5 POOL	EHEA 504	AQUA-CARDIO – <i>Aquatic Fitness</i>
LHCCSC	EART 574	INTERMEDIATE/ADVANCED WATERCOLOR	MONTANOSO	EHEA 529	BALANCED MOVEMENT – <i>Tai Chi</i>
LHCCSC	EART 580	PASTEL PAINTING	NOR COM	ESPA 500	BEGINNING PRACTICAL SPANISH
LHCCSC	EFSH 507	BEGINNING KNITTING	NOR COM	ETHE 501	INTRODUCTION READERS THEATRE
LHCCSC	EHEA 500	CARDIO HEALTH – <i>Aerobics</i>	OTBA	EART 549	INTRODUCTION SKETCHING
LHCCSC	EHEA 524	POSTURE AND BALANCE – <i>Sequential Stretching</i>	OTBA	EART 563	PAINT SUBJECT AREA
LHCCSC	EHEA 525	POSTURE AND MOBILITY – <i>Sequential Stretching</i>	OTBA	EART 566	ADVANCED OIL/ACRYLIC PAINTING
LHCCSC	EHEA 529	BALANCED MOVEMENT – <i>Tai Chi</i>	PALMIA	EHEA 500	CARDIO HEALTH – <i>Aerobics</i>
LHCCSC	EHEA 532	FOCUS AND MUSCLE STRENGTH – <i>Yoga</i>	PALMIA	EHEA 501	CARDIO HEALTH – <i>Aerobics</i>
LHCCSC	EHEA 541	INTERMEDIATE MUSCLE STRENGTH – <i>Intermediate Pilates</i>	PALMIA	EHEA 504	AQUA-CARDIO – <i>Aquatic Fitness</i>
LHCCSC	ESPA 502	ADVANCED PRACTICAL SPANISH	PALMIA	EHEA 505	AQUA-CARDIO – <i>Aquatic Fitness</i>
LWV COM CTR	EART 549	INTRODUCTION SKETCHING	PALMIA	EHEA 509	BALANCE AND MOBILITY – <i>Balance and Mobility</i>
LWV COM CTR	EART 553	INTRODUCTION LIFE DRAWING	PALMIA	EHEA 517	INTERMEDIATE MOVEMENT – <i>Intermediate Chair Exercise</i>
LWV COM CTR	EART 559	INTRODUCTION OIL/ACRYLIC PAINTING	PALMIA	EHEA 524	POSTURE AND BALANCE – <i>Sequential Stretching</i>
LWV COM CTR	EART 569	BEGINNING WATERCOLOR	PALMIA	EHEA 529	BALANCED MOVEMENT – <i>Tai Chi</i>
LWV1 GYM	EHEA 500	CARDIO HEALTH – <i>Aerobics</i>	PALMIA	EHEA 532	FOCUS AND MUSCLE STRENGTH – <i>Yoga</i>
LWV1 GYM	EHEA 524	POSTURE AND BALANCE – <i>Sequential Stretching</i>	PALMIA	EHEA 533	FOCUS AND FLEXIBILITY – <i>Yoga</i>
LWV1 GYM	EHEA 525	POSTURE AND MOBILITY – <i>Sequential Stretching</i>	PALMIA	EHEA 533	FOCUS AND FLEXIBILITY – <i>Yoga</i>
LWV3 REHEA	EMUS 519	INSTRUMENT ENSEMBLE	RMV CHS	EENG 502	NON FICTION WRITING
LWV4 ART	EART 566	ADVANCED OIL/ACRYLIC PAINTING	RMV GS	EART 564	PORTRAIT PAINTING
LWV4 CER	EART 510	CERAMICS HANDBUILDING	RMV GH	EHEA 529	BALANCED MOVEMENT – <i>Tai Chi</i>
LWV4 CER	EART 511	BEGINNING CERAMICS–WHEEL	SADDLEBACK COLLEGE	ECIM 501	LIFE AND TECHNOLOGY INTEGRATION
LWV4 CER	EART 513	ADVANCED CERAMICS	SADDLEBACK COLLEGE	EENG 517	WRITING FICTION
LWV4 CER	EART 518	INTERMEDIATE CERAMICS	SADDLEBACK COLLEGE	EHEA 538	SEQUENTIAL MUSCLE STRENGTH – <i>Circuit Training</i>
LWV4 JLY	EART 531	INTERMEDIATE ENAMELING	SADDLEBACK COLLEGE	EMUS 502	CHORAL ENSEMBLE
LWV4 JLY	EART 534	ADVANCED JEWELRY METAL FABRICATION	SADDLEBACK COLLEGE	EMUS 509	VOICE AND RHYTHMS
LWV4 JLY	EART 535	BEGINNING JEWELRY METAL FABRICATION	SADDLEBACK COLLEGE	EMUS 519	INSTRUMENT ENSEMBLE
LWV4 JLY	EART 536	INTERMEDIATE JEWELRY METAL FABRICATION	SADDLEBACK COLLEGE	EPHO 510	FUNDAMENTAL PHOTOGRAPHY
LWV4 LAP	EART 521	INTERMEDIATE INTARSIA	SCL SNR	EART 574	INTERMEDIATE/ADVANCED WATERCOLOR
LWV4 LAP	EART 522	BEGINNING LAPIDARY	SEA CTRY	EACT 500	IMPROVE INVESTMENT
LWV4 LAP	EART 523	INTERMEDIATE LAPIDARY	SEA CTRY	EHEA 521	MUSCLE DEVELOPMENT – <i>Pilates</i>
LWV4 LAP	EART 524	BEGINNING STAINED GLASS	SEA CTRY	EHEA 529	BALANCED MOVEMENT – <i>Tai Chi</i>
LWV4 LAP	EART 525	ADVANCED STAINED GLASS	SJC CC/GYM	EHEA 532	FOCUS AND MUSCLE STRENGTH – <i>Yoga</i>
LWV4 PHO	EPHO 501	INTERMEDIATE DIGITAL SHOW PRESENTATION			

## CLASS LOCATIONS AT A GLANCE

NEW! Easily find Emeritus Institute classes near you.

### COURSE ID TITLE

#### IN-PERSON & LIVE ONLINE

EBIO 500	BIRDS OF WORLD
EBIO 501	ADVANCED BIRDING
EPHO 503	INTERMEDIATE DIGITAL PHOTOGRAPHY

#### IN-PERSON & ONLINE ASYNCHRONOUS

EHEA 520	MUSCLE STRENGTH – <i>Pilates</i>
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#### FULLY LIVE ONLINE

EACT 500	IMPROVE INVESTMENT
EACT 503	STOCKS BONDS MANAGEMENT
EACT 504	ESTATE PLANNING
EART 501	ART HISTORY
EART 502	CONTEMPORARY ART/CULTURE
EART 503	ART APPRECIATION
EART 540	ART MEDIA STUDIES
EART 549	INTRODUCTION SKETCHING
EART 551	INTERMEDIATE SKETCHING
EART 561	INTERMEDIATE OIL/ACRYLIC PAINTING
EART 564	PORTRAIT PAINTING
EART 566	ADVANCED OIL/ACRYLIC PAINTING
EART 569	BEGINNING WATERCOLOR
EART 572	BEGINNING CHINESE BRUSH
EART 573	INTERMEDIATE CHINESE BRUSH
EART 574	INTERMEDIATE/ADVANCED WATERCOLOR
EBIO 500	BIRDS OF WORLD
EBIO 502	REGENERATIVE MEDICINE
ECIM 501	LIFE AND TECHNOLOGY
ECIM 502	INTERMEDIATE TECHNOLOGY
ECIM 503	ADVANCED TECHNOLOGY
EENG 501	ADVANCED CREATIVE WRITING
EENG 503	INTRODUCTION CREATIVE WRITING
EENG 510	LITERATURE AND LIFE
EENG 511	BIBLE GENESIS-PSALMS
EENG 512	BIBLE PSALMS-GOSPELS
EENG 515	FILM AS LITERATURE
EFSH 500	QUILT AND PATCH
EFSH 504	ADVANCED CLOTHING CONSTRUCTION
EFSH 505	BEGINNING CROCHETING
EGRO 501	GEROPSYCHOLOGY
EHEA 500	CARDIO HEALTH AEROBICS
EHEA 501	CARDIO HEALTH AEROBICS
EHEA 509	BALANCE AND MOBILITY – <i>Balance and Mobility</i>
EHEA 516	INTERMEDIATE MOVEMENT – <i>Intermediate Chair Exercise</i>

### COURSE ID TITLE

EHEA 517	INTERMEDIATE MOVEMENT – <i>Intermediate Chair Exercise</i>
EHEA 520	MUSCLE STRENGTH – <i>Pilates</i>
EHEA 525	POSTURE AND MOBILITY – <i>Sequential Stretching</i>
EHEA 536	BRAIN HEALTH – <i>Brain Health</i>
EHEA 538	SEQUENTIAL MUSCLE STRENGTH – <i>Circuit Training</i>
EHEA 539	SEQUENTIAL MUSCLE TECHNIQUE – <i>Circuit Training</i>
EHSC 500	HEALTH ISSUES
EHST 502	CURRENT AND HISTORICAL MIDDLE EAST
EHST 503	WESTERN HISTORY SURVEY 1648
EHST 510	HISTORY AND BIOGRAPHY MEDIA
EHST 511	SURVEY CALIFORNIA MISSION
EHUM 501	WORLD RELIGIONS
EMUS 500	LOVE OF MUSIC
EMUS 501	INTRODUCTION TO OPERA
EMUS 521	AMERICAN MUSIC
EPHL 503	INTRODUCTION TO PHILOSOPHY
EPHO 503	INTERMEDIATE DIGITAL PHOTOGRAPHY
EPHO 505	PHOTOGRAPHY FOR EXHIBITION
EPHO 508	BEGINNING DIGITAL PHOTOGRAPHY
EPOL 501	CURRENT POLITICAL EVENTS AND ISSUES
EPOL 502	INTRODUCTION AMERICAN CIVICS
ESPA 500	BEGINNING PRACTICAL SPANISH
ESPA 501	INTERMEDIATE PRACTICAL SPANISH
ESPA 502	ADVANCED PRACTICAL SPANISH

#### FULLY ASYNCHRONOUS ONLINE

EART 551	INTERMEDIATE SKETCHING
EART 559	INTRODUCTION OIL/ACRYLIC PAINTING
EART 564	PORTRAIT PAINTING
EART 569	BEGINNING WATERCOLOR
EHEA 500	CARDIO HEALTH – <i>Aerobics</i>
EHEA 501	CARDIO HEALTH – <i>Aerobics</i>
EHEA 508	BALANCE AND MOBILITY – <i>Balance and Mobility</i>
EHEA 509	BALANCE AND MOBILITY – <i>Balance and Mobility</i>
EHEA 513	BEGINNING MOVEMENT – <i>Beginning Chair Exercise</i>
EHEA 516	INTERMEDIATE MOVEMENT – <i>Intermediate Chair Exercise</i>
EHEA 521	MUSCLE DEVELOPMENT – <i>Pilates</i>
EHEA 524	POSTURE AND BALANCE – <i>Sequential Stretching</i>
EHEA 532	FOCUS AND MUSCLE STRENGTH – <i>Yoga</i>
EHEA 536	BRAIN HEALTH – <i>Brain Health</i>
EHEA 538	SEQUENTIAL MUSCLE STRENGTH – <i>Circuit Training</i>
EMUS 522	19TH CENTURY ROMANTICISM AND EMOTION IN MUSIC
ESPA 500	BEGINNING PRACTICAL SPANISH



# Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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**ATTENTION** details for all online synchronous courses – there are required live-stream meetings during all of the days/times that are on the course schedule. Watch this video for help to reset your password and/or how to access Canvas and ConferZoom: [bit.ly/emeritus-canvas](https://bit.ly/emeritus-canvas).

**ALL CLASSES HAVE ZERO TEXTBOOK COST!**

**EMERITUS ACCOUNTING**

**EACT 500 IMPROVING INVESTMENT PERFORMANCE (EI)**

Understanding and evaluating investment performance for the beginning and experienced investor, including strategies critical to the formation, preservation and growth of financial assets.

10785	M	01:00PM-02:50	Meyerson, R.	SEA CTRY
<i>The above class meets at Sea Country Senior/Comm. Center, Laguna Niguel.</i>				
10350	T	01:00PM-02:50	Meyerson, R.	INTERNET
10425	W	10:00AM-11:50	Meyerson, R.	INTERNET
10830	TH	10:00AM-11:50	Meyerson, R.	INTERNET

**EACT 503 MANAGING BONDS AND STOCKS (EI)**

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

10905	TH	01:00PM-02:50	Meyerson, R.	INTERNET
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**EACT 504 ESTATE PLANNING (EI)**

Examines financial and estate planning matters. Topics may include probate estates, trusts, wills, property transfers, marital property, advance directives, powers of attorney, elder law, tax implications, and charitable gifts.

10750	T	06:00PM-07:50	Murphy, T.	INTERNET
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**EMERITUS ART**

**EMERITUS ART HISTORY AND THEORY (FINE ARTS)**

*Emeritus Art students please note: Additional art supplies may be required.*

**EART 501 ART HISTORY (EI)**

Surveys the history of global art. Focuses on major works and artists of lasting significance from the prehistoric to modern times.

10630	M	10:00AM-11:50	Rodriguez-Morris, E.	INTERNET
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**EART 502 CONTEMPORARY ART AND CULTURE (EI)**

Course analyzes 20th century art, culture and architecture. It also explores the contributions of collectors and patrons, gender and diversity in the arts.

10245	W	09:00AM-10:50	Rodriguez-Morris, E.	INTERNET
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**EART 503 FUNDAMENTALS OF ART ANALYSIS AND APPRECIATION (EI)**

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

10025	F	10:00AM-11:50	Hoffman, L.	INTERNET
<i>The above class meets at Laguna Woods Village Clubhouse 5, Multipurpose Room 1.</i>				
10920	M	06:00PM-07:50	Rodriguez-Morris, E.	INTERNET

TICKET	TIME	DAYS	INSTRUCTOR	ROOM
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**EMERITUS ART (CERAMICS)**

*Emeritus Art students please note: Additional art supplies may be required.*

**EART 510 CERAMICS HANDBUILDING (EI)**

A practical and historical introduction to the ceramics process. The course will include hand building, trimming and finishing, firing and glazing.

10065	W	01:00PM-03:50	Young, S.	LWV4 CER
<i>The above class meets at Laguna Woods Village Clubhouse 4, Ceramics Room.</i>				

**EART 511 BEGINNING CERAMICS – WHEEL (EI)**

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

10700	TH	09:00AM-11:50	Young, S.	LWV4 CER
<i>The above class meets at Laguna Woods Village Clubhouse 4, Ceramics Room.</i>				

**EART 513 ADVANCED CERAMICS (EI)**

Rec Prep: EART 502. Course directs advanced projects in ceramics with emphasis on use of the potter's wheel. Evaluation of forms and creative use of ceramic concepts and materials will be emphasized.

10105	T	09:00AM-11:50	Young, S.	LWV4 CER
<i>The above class meets at Laguna Woods Village Clubhouse 4, Ceramics Room.</i>				

**EART 515 INTERMEDIATE CERAMICS – SLIPCASTING (EI)**

Rec Prep: EART 504. Intermediate level theory and technique in slip-casting. Exploration of basic functions, forms, color, glazing and decorative techniques. Open repeatability.

10290	TH	09:00AM-11:50	Elizalde-Henson, S.	LWV4 SLP
<i>The above class meets at Laguna Woods Village Clubhouse 4, Slip-casting Room.</i>				

**EART 516 ADVANCED CERAMICS – SLIPCASTING (EI)**

Rec Prep: EART 505. Advanced glaze concepts and ceramic product exploration will be emphasized including speciality glazes, and advanced use of forms.

10535	W	01:00PM-03:50	Elizalde-Henson, S.	LWV4 SLP
<i>The above class meets at Laguna Woods Village Clubhouse 4, Slip-casting Room.</i>				

**EART 517 ART OF CERAMIC DECORATING (EI)**

Theory and application of transparent underglazes, specialty glazes, and advanced decorative techniques.

10440	W	09:00AM-11:50	Ohm, C.	LWV4 SLP
<i>The above class meets at Laguna Woods Village Clubhouse 4, Slip-casting Room.</i>				

**EART 518 INTERMEDIATE CERAMICS TECHNIQUES (EI)**

Rec Prep: EART 501. Covers theory, materials, and techniques of ceramics at an intermediate level. Includes design-forming techniques, use of the potter's wheel, glazing, and firing.

10900	M	01:00PM-03:50	Elizalde-Henson, S.	LWV4 CER
<i>The above class meets at Laguna Woods Village Clubhouse 4, Ceramics Room.</i>				

**EART 519 BEGINNING TECHNIQUES OF CERAMIC SLIP-CASTING (EI)**

Theory and technique in low fire ceramics including, pouring slip into molds (slip-casting), finishing, carving, and firing, as well as underglaze, glaze, and overglaze applications.

10110	M	09:00AM-11:50	Stoland, L.	LWV4 SLP
<i>The above class meets at Laguna Woods Village Clubhouse 4, Slip-casting Room.</i>				

**EART 521 INTERMEDIATE INTARSIA (EI)**

Rec Prep: EART 520. Develop a perspective of intarsia by size and color. Methods in pointing and fitting of stone, and channel work.

13095	TH	01:00PM-03:50	Massamiri, T.	LWV4 LAP
<i>The above class meets at Laguna Woods Village Clubhouse 4, Lapidary Room.</i>				

## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### **EART 522 BEGINNING LAPIDARY (EI)**

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

10505	T	01:00PM-03:50	Massamiri, T.	LWV4 LAP
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*The above class meets at Laguna Woods Village Clubhouse 4, Lapidary Room.*

### **EART 523 INTERMEDIATE LAPIDARY (EI)**

Rec Prep: EART 522. Explores lapidary machines and hand tools for cutting and polishing stones from rough to semiprecious into a variety of shapes such as cachobons, cameos, and carvings for use in decorative items and jewelry.

10455	T	05:00PM-07:50	Massamiri, T.	LWV4 LAP
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*The above class meets at Laguna Woods Village Clubhouse 4, Lapidary Room.*

### **EART 524 BEGINNING STAINED GLASS (EI)**

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

10205	W	09:00AM-11:50	Canfield, B.	LWV4 LAP
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*The above class meets at Laguna Woods Village Clubhouse 4, Lapidary Room.*

### **EART 525 ADVANCED STAINED GLASS (EI)**

Rec Prep: EART 524. Designed to explore the possibilities of working in glass by utilizing the kiln to fuse, tack, and slump objects using tested compatible glass. Create a variety of projects incorporating techniques learned in previous 'cold glass' courses.

10325	TH	05:00PM-07:50	Canfield, B.	LWV4 LAP
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*The above class meets at Laguna Woods Village Clubhouse 4, Lapidary Room.*

### **EART 531 INTERMEDIATE ENAMELING (EI)**

Rec Prep: EART 530. A studio course emphasizing traditional and contemporary concepts, processes, and techniques in enameling at an intermediate level.

10985	TH	01:00PM-03:50	Lommatsch Barrett, C.	LWV4 JLY
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*The above class meets at Laguna Woods Village Clubhouse 4, Jewelry Room.*

### **EART 534 ADVANCED JEWELRY METAL FABRICATION (EI)**

Rec Prep: EART 533. A studio course offering advanced theory and methods, materials, designs and practices in the construction of complex jewelry and decorative items.

10620	T	05:00PM-07:50	Rokni, S.	LWV4 JLY
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*The above class meets at Laguna Woods Village Clubhouse 4, Jewelry Room.*

### **EART 535 FUNDAMENTALS OF METAL FABRICATION FOR JEWELRY (EI)**

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

10270	T	09:00AM-11:50	Lommatsch Barrett, C.	LWV4 JLY
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*The above class meets at Laguna Woods Village Clubhouse 4, Jewelry Room.*

### **EART 536 INTERMEDIATE TECHNIQUES OF METAL FABRICATION FOR JEWELRY (EI)**

Rec Prep: EART 532. An intermediate studio course emphasizing the concepts, processes and techniques involved in the making of jewelry. Includes demonstration and practice in the design and construction of jewelry.

10890	TH	05:00PM-07:50	Lommatsch Barrett, C.	LWV4 JLY
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*The above class meets at Laguna Woods Village Clubhouse 4, Jewelry Room.*

### EMERITUS ART (DRAWING)

*Emeritus Art students please note: Additional art supplies may be required.*

### **EART 540 ART MEDIA STUDIES (EI)**

Students engage in introductory activities in mixed media drawing painting, print-making and related two-dimensional and three-dimensional art forms.

10235	W	09:00AM-11:50	Stoland, L.	INTERNET
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TICKET	TIME	DAYS	INSTRUCTOR	ROOM
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### **EART 549 FUNDAMENTALS OF SKETCHING (EI)**

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

80345	T	09:00AM-11:50	Janes, K.	INTERNET
10610	W	09:00AM-11:50	Jacques, M.	OTBA

*See online schedule for updated location of class.*

10615	W	01:00PM-03:50	McClatchey, S.	INTERNET
10295	TH	01:00PM-03:50	Willis, E.	LWV COM CTR

*The above class will start at LWV Community Center, 3rd Floor, Multipurpose Room and transition to Laguna Woods Village 1, Art Room by October 1, 2024.*

80425	ASYNCH		Nielsen, M.	INTERNET
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### **EART 551 INTERMEDIATE SKETCHING (EI)**

Rec Prep: EART 550. Using traditional and contemporary drawing media and techniques in a variety of subjects. Builds upon basic drawing techniques.

10870	M	01:00PM-03:50	Willis, E.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10850	W	09:00AM-11:50	Nielsen, M.	INTERNET
80355	F	09:00AM-11:50	Moore, E.	INTERNET

10130	ASYNCH		McClatchey, S.	INTERNET
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### **EART 553 FUNDAMENTALS OF LIFE DRAWING (EI)**

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

13105	M	09:00AM-11:50	Beck, J.	LWV COM CTR
13110	M	01:00PM-03:50	Beck, J.	LWV COM CTR

10955	F	09:00AM-11:50	Jekabsons, I.	LWV COM CTR
10470	F	01:00PM-03:50	Jekabsons, I.	LWV COM CTR

*The above classes will start at LWV Community Center, 3rd Floor, Multipurpose Room and transition to Laguna Woods Village 1, Art Room by October 1, 2024. \*NOTE: These courses utilize live models.*

### EMERITUS ART (PAINTING)

*Emeritus Art students please note: Additional art supplies may be required.*

### **EART 559 FUNDAMENTALS OF OIL/ACRYLIC PAINTING (EI)**

Intro to materials and tech using oil/acrylic painting. Primarily for the older adult population. Students will engage in activities to enhance their mental, social, and emotional well-being through artistic expression. Learn to create bodies of work. Student will engage, interact, and collaborate in class discussion and presentations.

10530	W	09:00AM-11:50	Beck, J.	LWV COM CTR
13115	W	01:00PM-03:50	Beck, J.	LWV COM CTR

*The above classes will start at LWV Community Center, 3rd Floor, Multipurpose Room and transition to Laguna Woods Village 1, Art Room by October 1, 2024.*

10545	ASYNCH		Nilsen, C.	INTERNET
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### **EART 561 INTERMEDIATE PAINTING IN OIL/ACRYLIC (EI)**

Rec Prep: EART 560. Designed for students who have some basic knowledge of color, composition and perspective and who wish to improve techniques, develop creativity and use their own resource materials.

10720	M	09:00AM-11:50	Stonick, L.	INTERNET
80350	TH	09:00AM-11:50	Moore, E.	INTERNET
10820	TH	01:00PM-03:50	Ortiz, R.	FS SEN CTR

*The above class meets at Florence Sylvester Memorial Center, Laguna Hills.*

### **EART 563 PAINTING IN SUBJECT AREAS (EI)**

Rec Prep: EART 562. Provides theory and demonstration of materials, applications, and techniques in a variety of subject matter and art mediums. Emphasis in working from life: plein air, figure and/or still life. Field trips may be required to fulfill the objectives of the course.

10485	M	01:00PM-03:50	Rogers Cloud, R.	OTBA
10160	SAT	09:00AM-11:50	Ortiz, R.	OTBA

*The above classes meet outdoors at various locations throughout south Orange County. Faculty will provide locations during class.*

## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### **EART 564 PORTRAIT PAINTING IN OILS, WATERCOLOR AND PASTELS (EI)**

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

10705	T	09:00AM-11:50	Beck, J.	INTERNET
10575	W	09:00AM-11:50	Jekabsons, I.	INTERNET
10600	TH	09:00AM-11:50	Alvarez, J.	INTERNET
10085	TH	01:00PM-03:50	Leonard, S.	RMV GARAGE STUDIOS

*The above class meets at Rancho Mission Viejo - The Garage Studios, 1 Salubre, Rancho Mission Viejo, CA 92694.*

13120	ASYNCH		Beck, J.	INTERNET
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### **EART 566 ADVANCED PAINTING TECHNIQUES FOR OIL/ACRYLIC (EI)**

Rec Prep: EART 561. Designed for students who have an intermediate/advanced knowledge of painting, and who wish to continue to sharpen technique and further develop creativity, and style.

10370	M	09:00AM-11:50	Alvarez, J.	LWV4 ART
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*The above class meets at Laguna Woods Village Clubhouse 4, Art Room.*

10475	W	01:00PM-03:50	Jacques, M.	OTBA
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*See online schedule for updated location of class.*

10865	F	09:00AM-11:50	Alvarez, J.	INTERNET
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### **EART 569 FUNDAMENTALS OF WATERCOLOR PAINTING (EI)**

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

10885	M	01:00PM-03:50	Stonick, L.	INTERNET
10550	T	09:00AM-11:50	Nielsen, M.	INTERNET
11045	T	01:00PM-03:50	Rogers Cloud, R.	INTERNET
14165	W	01:00PM-03:50	Janes, K.	CASA ROMANTICA

*The above class meets at Casa Romantica Cultural Center and Gardens, 415 Avenida Granada, San Clemente, CA 92672.*

10845	F	01:00PM-03:50	Boonyad, S.	INTERNET
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10775	M	04:30PM-07:20	Boonyad, S.	LWV COM CTR
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*The above class will start at LWV Community Center, 3rd Floor, Multipurpose Room and transition to Laguna Woods Village 1, Art Room by October 1, 2024.*

10860	ASYNCH		Ortiz, R.	INTERNET
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### **EART 572 BEGINNING CHINESE BRUSH PAINTING (EI)**

Introduction to the techniques of Chinese Brush Painting in the traditional animal, botanical and landscape motifs.

10215	M	09:00AM-11:50	Ho, C.	INTERNET
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### **EART 573 INTERMEDIATE CHINESE BRUSH PAINTING (EI)**

Rec Prep: EART 572. Develop skills in handling the brush, ink, and color in a wide range of subjects while exploring concepts of design and composition. Explore history and aesthetics of Chinese painting.

10650	M	01:00PM-03:50	Ho, C.	INTERNET
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### **EART 574 INTERMEDIATE-ADVANCED TECHNIQUES OF WATERCOLOR PAINTING (EI)**

Rec Prep: EART 570. Advanced techniques in watercolor. Emphasis on the exploration of traditional and contemporary palette, technique and style.

10280	M	09:00AM-11:50	McClatchey, S.	INTERNET
10435	T	01:00PM-03:50	Marantz, L.	CASA ROMANTICA

*The above class meets at Casa Romantica Cultural Center and Gardens, 415 Avenida Granada, San Clemente, CA 92672.*

10880	W	09:00AM-11:50	Rogers Cloud, R.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10500	TH	10:00AM-12:50	Stonick, L.	SCL SNR
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*The above class meets at the Dorothy Visser Senior Center of San Clemente.*

10045	F	09:00AM-11:50	Boonyad, S.	INTERNET
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TICKET	TIME	DAYS	INSTRUCTOR	ROOM
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### **EART 580 PASTEL PAINTING (EI)**

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

10335	M	09:00AM-11:50	Willis, E.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

## EMERITUS BIOLOGY

### **EBIO 500 BIRDS OF THE WORLD (EI)**

Includes bird ancestry, evolution, distribution, topography, behavior and techniques of field identification. Course includes field trips to local and regional bird watching sites.

12975	T & OTBA	01:00PM-01:50	Leipzig, V.	INTERNET
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10980	T	06:30PM-09:20	Mitchell, K.	INTERNET
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10875	TH	06:00PM-08:50	Mitchell, K.	INTERNET
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10635	SAT	08:00AM-10:50	Mitchell, K.	INTERNET
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### **EBIO 501 ADVANCED BIRDING (EI)**

Rec Prep: EBIO 500 BIRDS OF THE WORLD (EI). Designed for the older adult with previous coursework or experience in ornithology or birding. Course furthers the study of bird anatomy, ecology, and evolution of birds with an emphasis on developing student skills in identification of bird species in the field.

12980	M & OTBA	01:00PM-01:50	Leipzig, V.	INTERNET
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10075	W & OTBA	01:00PM-01:50	Leipzig, V.	INTERNET
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### **EBIO 502 SURVEY OF REGENERATIVE MEDICINE (EI)**

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

10140	M & W	07:30PM-08:20	Schmeidler, K.	INTERNET
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## EMERITUS COMPUTER AND INFORMATION MANAGEMENT

### **ECIM 501 LIFE AND TECHNOLOGY INTEGRATION (EI)**

Introduction to the effective use of new and emerging technologies and how to create ease, efficiency, and comfort in the completion of daily tasks. Topics include internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

10960	T	01:00PM-02:50	Palacios, L.	BGS 234
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*The above class meets at Saddleback College Business and General Studies Building, Room 234.*

*Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration.*

10935	TH	01:00PM-02:50	Palacios, L.	INTERNET
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### **ECIM 502 INTERMEDIATE LIFE AND TECHNOLOGY INTEGRATION (EI)**

Designed for the older adult, intermediate concepts are introduced related to current technologies to expand skill sets through the integration of technology into life.

10515	M	06:00PM-07:50	Cantus, S.	INTERNET
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### **ECIM 503 ADVANCED LIFE AND TECHNOLOGY INTEGRATION (EI)**

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

10390	F	10:00AM-11:50	Strobel, J.	INTERNET
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## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
<b>EMERITUS ENGLISH</b>				
<b>EENG 501    ADVANCED CREATIVE WRITING (EI)</b>				
Rec Prep: EENG 500. An in-depth study of creative writing through the development of nonfiction and fiction prose.				
10795	M	01:00PM-03:50	DeMarco-Barrett, B.	INTERNET
<b>EENG 502    NON-FICTION WRITING (EI)</b>				
Techniques and practices in writing nonfiction articles, essays, and biographical sketches.				
10810	W	09:00AM-11:50	Hays, S.	RMV CANYON HOUSE STUDIO
<i>The above class meets at Rancho Mission Viejo, Canyon House Studio. 75 Esencia Drive, Rancho Mission Viejo, CA 92694</i>				
<b>EENG 503    FUNDAMENTALS OF CREATIVE WRITING (EI)</b>				
Explores the basic elements of fiction and non fiction writing including audience, structure, voice, description, setting, and manuscript development.				
10405	T	09:00AM-11:50	Hecht, S.	INTERNET
10770	F	09:00AM-11:50	Kramer, K.	INTERNET
<b>EENG 510    LITERATURE AND LIFE (EI)</b>				
Designed for the older adult, this survey course introduces selected literary works exploring the common human experience. Students will analyze cultural, political, philosophical, and humanistic themes.				
10285	TH	01:00PM-02:50	Broeske, P.	INTERNET
<b>EENG 511    THE BIBLE AS LITERATURE – GENESIS TO PSALMS (EI)</b>				
A literary examination of the Hebrew Bible from Genesis to Psalms, analyzing the structure, form, authorship, transmission, style, and distinctive themes of these books with a special focus on the narrative arc or meta-narrative of the section and the original Jewish cultural contexts from which this literature arose.				
12955	M	12:00PM-01:50	Jenks, G.	INTERNET
<b>EENG 512    THE BIBLE AS LITERATURE – PSALMS TO GOSPELS (EI)</b>				
A literary examination of the Bible from the Hebrew Psalms to the Synoptic Gospels, analyzing the structure, form, authorship, transmission, style, and distinctive themes of these books. There is special focus on the original Jewish cultural contexts from which this literature arose.				
10510	W	04:00PM-05:50	Monette, M.	INTERNET
<b>EENG 515    FILM ANALYSIS THROUGH LITERARY CRITIQUE (EI)</b>				
Includes an examination of film as a 20th and 21st century art form. Reviews foreign and domestic cinema with a focus on archetype, myth, symbol, characterization and plot.				
10760	M	01:00PM-03:50	Hecht, S.	INTERNET
10250	T	02:00PM-04:50	Hecht, S.	INTERNET
10540	W	02:00PM-04:50	Broeske, P.	INTERNET
10315	TH	01:00PM-03:50	Kramer, K.	LWV5 MPR1
<i>The above class meets at Laguna Woods Village Clubhouse 5, Multipurpose Room 1.</i>				
10945	F	09:00AM-11:50	Young, C.	INTERNET
<b>EENG 517    WRITING FICTION (EI)</b>				
Primarily for the older adult. This class will be focused entirely on writing fiction in both long and short forms. Through lecture, discussion, writing practice, and critique, students will learn how to craft fiction, from short form to long. Students may work on their individual writing goals during the term, producing short stories or chapters of a novel.				
12960	TH	06:00PM-08:50	Staff	GW 381
<i>The above class meets at Saddleback College Gateway Building, Room 281. Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration</i>				

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
<b>EMERITUS FASHION</b>				
<b>EFSH 500    QUILTING AND PATCHWORK (EI)</b>				
Fundamental quilting/patchwork techniques such as appliqué, cathedral windows, crazy quilting, fabric selection, pattern drafting, piecing, reverse appliqué and trapunto.				
10340	M&W	11:00AM-12:15	Chandler, S.	INTERNET
<b>EFSH 502    BEGINNING CLOTHING CONSTRUCTION (EI)</b>				
This is a beginning course that emphasizes the operation of a sewing machine, pattern reading, garment construction, and basic sewing techniques.				
10125	T	09:00AM-11:50	South, M.	LWV4 SEWRM
<i>The above class meets at Laguna Woods Village Clubhouse 4, Sewing Room.</i>				
<b>EFSH 503    INTERMEDIATE CLOTHING CONSTRUCTION (EI)</b>				
Rec Prep: EFSH 500. Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures and principles of color design.				
10365	W	08:00AM-10:50	Elston, L.	BGS 104
<i>The above class meets at Saddleback College BGS Building, Room 104. Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration.</i>				
<b>EFSH 504    ADVANCED CLOTHING CONSTRUCTION (EI)</b>				
Rec Prep: EFSH 501. Advanced techniques in construction of garments. Handling of challenging fabrics and fine custom details. Pattern customizing.				
13125	TH	01:00PM-03:50	Elston, L.	INTERNET
<b>EFSH 505    BEGINNING CROCHETING (EI)</b>				
Rec Prep: EFSH 504. Study of fibers used for crochet. Review of terms and techniques used in crochet patterns. New methods of finishing and blocking projects.				
80385	T	01:00PM-03:50	Santos, F.	INTERNET
<b>EFSH 507    BEGINNING KNITTING (EI)</b>				
This class provides an introduction of the student to knitting stitches, techniques and fibers. Lectures include how to read and modify patterns, cast on and cast-off, basic stitches and finishing techniques. Primarily for older adults.				
10030	F	09:00AM-11:50	Homans, E.	LHCCSC
<i>The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.</i>				
<b>EFSH 508    INTERMEDIATE KNITTING (EI)</b>				
Rec Prep: EFSH 506. Develop knitting skills at an intermediate level. Learn new cast-on, cast-off methods, intermediate and advanced pattern combinations, and how pattern adjustment.				
10855	W	01:00PM-03:50	Homans, E.	FS SEN CTR
<i>The above class meets at Florence Sylvester Memorial Center, Laguna Hills.</i>				
80290	TH	10:00AM-12:50	Homans, E.	LFCC-CRAFT
<b>EFSH 510    ART AS FASHION (EI)</b>				
Design and construct a garment incorporating surface design techniques, bobbin work, fabric manipulation, dimensional texture and collage.				
10765	TH	09:00AM-11:50	South, M.	LWV4 SEWRM
<i>The above class meets at Laguna Woods Village Clubhouse 4, Sewing Room.</i>				
<b>EFSH 511    ART ACCESSORIES FOR THE HOME (EI)</b>				
Designed for the older adult, this class creates artistic accessories for the home incorporating techniques including weaving, needle punching, fabric dying, stamping, stenciling, art journaling, paper cutting, mixed media, faux stained glass, acrylic paint pouring and decorative embellishments.				
10170	W	09:00AM-11:50	South, M.	LWV4 SEWRM
<i>The above class meets at Laguna Woods Village, Clubhouse 4, Sewing Room.</i>				

## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### EMERITUS GERONTOLOGY

#### **EGRO 500 AGE-RELATED HEALTH RISK FACTORS (EI)**

Informs students about age related risk factors contributing to health problems and disease.

14490	M, W & F	08:00AM-08:50	Staff	INTERNET
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#### **EGRO 501 GEROPSYCHOLOGY-PERSPECTIVES ON AGING (EI)**

This class discusses and explores the biopsychosocial model that accompanies continuing development, its challenges and changes through adulthood. Issues that older adults confront and the societal concerns of an aging population will be discussed.

10410	F	01:00PM-02:50	Sapiro, J.	INTERNET
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### EMERITUS HEALTH

#### **EHEA 500 CARDIOVASCULAR HEALTH FOR OLDER ADULTS (EI)**

Primarily for the older adult, this cardiovascular lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10895	M, W & F	08:00AM-08:50	Himes, M.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

13000	M, W & F	08:00AM-08:50	Staff	INTERNET
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10060	M, W & F	10:00AM-10:50	McClellan, A.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10080	M, W & F	10:00AM-10:50	Davies, C.	LWV1 GYM
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*\*NOTE: This class begins online and will transition to Laguna Woods Village Clubhouse 1, Gym by October 2, 2024.*

10240	ASYNCH		Roostee, L.	INTERNET
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10605	ASYNCH		Baldonado-Wilkins, E.	INTERNET
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*The above classes emphasizes AEROBICS.*

#### **EHEA 501 CARDIOVASCULAR WELLNESS FOR OLDER ADULTS (EI)**

Primarily for the older adult, this cardiovascular lecture /lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10625	M & W	07:30AM-08:20	Nelson, J.	CITY DP
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*The above class meets at City Dana Point Community Center.*

10670	T & TH	08:00AM-08:50	Staff	PALMIA
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*The above class meets at Palmia Recreation Center – Ballroom.*

11030	T & TH	09:00AM-09:50	Baldonado-Wilkins, E.	INTERNET
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10345	ASYNCH		Messenger, L.	INTERNET
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*The above classes will emphasize AEROBICS.*

#### **EHEA 504 AQUA – CARDIO HEALTH FOR THE OLDER ADULTS (EI)**

Primarily for the older adult, this aqua-cardiovascular lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10950	M, W & F	09:00AM-09:50	Himes, M.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

11010	M, W & F	10:00AM-10:50	Cofinco, S.	LWV5 POOL
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*The above class meets at Laguna Woods Village Clubhouse 5, Pool.*

10200	M, W & F	11:00AM-11:50	Otto, H.	LWV4 POOL
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*The above class meets at Laguna Woods Village Clubhouse 4, Pool.*

*The above classes will emphasize AQUATIC FITNESS.*

TICKET	TIME	DAYS	INSTRUCTOR	ROOM
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#### **EHEA 505 AQUA – CARDIO WELLNESS FOR OLDER ADULTS (EI)**

Primarily for the older adult, this aqua-cardiovascular lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10460	T & TH	09:00AM-09:50	Chavez, E.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

10010	T & TH	11:00AM-11:50	Chavez, E.	LWV4 POOL
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*The above class meets at Laguna Woods Village Clubhouse 4, Pool.*

*The above classes will emphasize AQUATIC FITNESS.*

#### **EHEA 508 BALANCE AND MOBILITY FOR OLDER ADULTS (EI)**

Primarily for the older adult, this balance and mobility lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10135	M, W & F	09:00AM-09:50	Giertych, P.	FS SEN CTR
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10195	M, W & F	10:00AM-10:50	Giertych, P.	FS SEN CTR
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*The above classes meet at Florence Sylvester Memorial Center, Laguna Hills.*

10450	ASYNCH		Augsburger, R.	INTERNET
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*The above classes will emphasize BALANCE AND MOBILITY.*

#### **EHEA 509 SURVEY OF BALANCE/MOBILITY TECHNIQUES FOR OLDER ADULTS (EI)**

Primarily for the older adult, this balance and mobility lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10970	M & W	09:00AM-09:50	Licavoli, L.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

10735	T & TH	09:00AM-09:50	Giertych, P.	INTERNET
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13030	T & TH	09:00AM-09:50	Davies, C.	FS SEN CTR
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*The above class meets at Florence Sylvester Memorial Center, Laguna Hills.*

10560	ASYNCH		Fong, F.	INTERNET
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*The above classes will emphasize BALANCE AND MOBILITY.*

#### **EHEA 513 BEGINNING MOVEMENT AND HEALTH FOR OLDER ADULTS (EI)**

Primarily for the older adult, this beginning independent movement and health lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

13035	T & TH	10:00AM-10:50	Davies, C.	FS SEN CTR
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*The above class meets at Florence Sylvester Memorial Center, Laguna Hills.*

10305	ASYNCH		Roostee, L.	INTERNET
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*The above classes will emphasize BEGINNING CHAIR EXERCISE.*

#### **EHEA 516 INTERMEDIATE INDEPENDENT MOVEMENT FOR OLDER ADULTS (EI)**

Primarily for the older adult, this intermediate independent movement techniques lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

13005	M, W & F	09:00AM-09:50	Staff	INTERNET
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10675	ASYNCH		Messenger, L.	INTERNET
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*The above classes will emphasize INTERMEDIATE CHAIR EXERCISE.*

## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### **EHEA 517 INTERMEDIATE MOVEMENT AND HEALTH FOR OLDER ADULTS (EI)**

Primarily for the older adult, this intermediate independent movement and health techniques lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10780	M & W	08:30AM-09:20	Nelson, J.	CITY DP
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*The above class meets at City of Dana Point Community Center.*

10120	M & W	10:00AM-10:50	Licavoli, L.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

13050	T & TH	09:00AM-09:50	Staff	INTERNET
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*The above class meets at Casta Del Sol, 27651 Casta del Sol Drive, Mission Viejo, CA 92692*

*The above classes will emphasize INTERMEDIATE CHAIR EXERCISE.*

### **EHEA 520 MUSCLE STRENGTHENING/BODY ALIGNMENT FOR OLDER ADULTS (EI)**

Primarily for the older adult, this muscular strength and body alignment techniques lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

13015	M, W & ASYNCH	10:00AM-10:50	Nelson, J.	INTERNET
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10915	T & TH	08:00AM-09:15	Roostee, L.	INTERNET
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*The above classes will emphasize PILATES.*

### **EHEA 521 MUSCLE DEVELOPMENT FOR OLDER ADULTS (EI)**

Primarily for the older adult, this muscular strength development techniques lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

16455	T	01:00PM-02:50	Chavez, E.	SEA CTRY
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*The above class meets at Sea Country Senior/Comm. Center, Laguna Niguel.*

10815	ASYNCH		Fong, F.	INTERNET
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*The above classes will emphasize PILATES.*

### **EHEA 524 POSTURE AND BALANCE FOR OLDER ADULTS (EI)**

Primarily for the older adult, this posture and flexibility lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10640	M & W	11:00AM-12:15	Licavoli, L.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

10230	M, W & F	11:00AM-11:50	Davies, C.	LWV1 GYM
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*\*NOTE: This class begins online and will transition to Laguna Woods Village Clubhouse 1, Gym by October 1, 2024.*

10655	M, W & F	11:00AM-11:50	McClellan, A.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10685	ASYNCH		Baldonado-Wilkins, E.	INTERNET
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10995	ASYNCH		Chavez, E.	INTERNET
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*The above classes emphasizes SEQUENTIAL STRETCHING.*

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### **EHEA 525 POSTURE AND MOBILITY FOR OLDER ADULTS (EI)**

Primarily for the older adult, this posture and mobility techniques lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10180	M & W	09:30AM-10:20	McKeachie, A.	CITY DP
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*The above class meets at City of Dana Point Community Center.*

10755	T & TH	07:00AM-07:50	Roostee, L.	INTERNET
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10165	T & TH	08:00AM-08:50	Lowe, L.	LHCCSC
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10790	T & TH	11:00AM-11:50	McClellan, A.	LWV1 GYM
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*\*NOTE: This class begins online and will transition to Laguna Woods Village Clubhouse 1, Gym by October 1, 2024.*

*The above classes emphasizes SEQUENTIAL STRETCHING.*

### **EHEA 529 BALANCED MOVEMENT FOR OLDER ADULTS (EI)**

Primarily for the older adult, this concentration, muscle strength, balance and coordination lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10380	M	08:00AM-09:50	Costa, R.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10975	T	01:00PM-02:50	Costa, R.	RMV GUEST HOUSE
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*The above class meets at Rancho Mission Viejo – Guest House, 11 Briosio Street, Rancho Mission Viejo, CA 92694.*

10835	W	01:00PM-02:50	Costa, R.	FS SEN CTR
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*The above class meets at Florence Sylvester Memorial Center, Laguna Hills.*

10070	TH	02:00PM-03:50	Costa, R.	MONTANOSO
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*The above class meets at Montanoso Recreation Center, Mission Viejo.*

10095	F	01:00PM-02:50	Costa, R.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo*

*The above classes will emphasize TAI CHI (SUN STYLE).*

80205	T	01:00PM-02:50	Ma, W.	MONTANOSO
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*The above class meets at Montanoso Recreation Center, Mission Viejo.*

11005	W	08:00AM-09:50	Ma, W.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10570	TH	01:00PM-02:50	Ma, W.	SEA CTRY
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*The above class meets at Sea Country Senior Center, Laguna Niguel.*

14105	F	08:00AM-09:50	Ma, W.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

*The above classes will emphasize TAI CHI and QIGONG.*

### **EHEA 532 FOCUS AND MUSCLE STRENGTH FOR OLDER ADULTS (EI)**

Primarily for the older adult, this concentration and muscle strength lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10805	M & TH	01:00PM-02:15	McKeachie, A.	PALMIA
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*The above class meets at Palmia Recreation Center, Mission Viejo.*

12995	T & TH	08:30AM-09:45	Nguyen, T.	SJC CC/GYM
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10990	T & TH	10:30AM-11:45	McKeachie, A.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10745	ASYNCH		Fong, F.	INTERNET
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*The above classes will emphasize YOGA.*

## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### **EHEA 533 FOCUS AND FLEXIBILITY FOR OLDER ADULTS (EI)**

Primarily for the older adult, this concentration and muscle strength lecture/lab course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life-sustaining exercise strategies.

10800	M & W	10:30AM-11:20	McKeachie, A.	CITY DP
<i>The above class meets at City of Dana Point Community Center.</i>				
10055	T	06:00PM-07:50	Giertych, P.	PALMIA
<i>The above class meets at Palmia Recreation Center, Mission Viejo.</i>				
13045	W	06:00PM-07:50	Licavoli, L.	CASTA
<i>The above class meets at Casta Del Sol. 27651 Casta del Sol Drive, Mission Viejo, CA 92692</i>				
<i>The above classes will emphasize YOGA.</i>				

### **EHEA 536 BRAIN HEALTH AND WELLNESS FOR OLDER ADULTS (EI)**

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

10590	M & W	06:00PM-06:50	Schmeidler, K.	INTERNET
11015	ASYNCH		Schmeidler, K.	INTERNET
<i>The above classes will emphasize BRAIN HEALTH.</i>				

### **EHEA 538 SEQUENTIAL MUSCLE STRENGTHENING FOR THE OLDER ADULT (EI)**

This sequential muscle strengthening course is designed Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and exercise strategies that emphasize sequential muscle strengthening techniques.

10445	T & TH	08:00AM-09:15	Cofinco, S.	INTERNET
13040	T & TH	10:00AM-11:15	Himes, M.	PE 600
10020	ASYNCH		Fong, F.	INTERNET
<i>The above classes will emphasize CIRCUIT TRAINING.</i>				

### **EHEA 539 SEQUENTIAL MUSCLE TECHNIQUE FOR THE OLDER ADULT (EI)**

This sequential muscle strengthening course is designed Students will learn methods of achieving and maintaining ideal body composition, illness and injury prevention through lectures, discussions, and demonstrations on balanced nutrition and exercise strategies that emphasize sequential muscle strengthening techniques.

10465	M & W	10:00AM-10:50	Baldonado-Wilkins, E.	INTERNET
<i>The above class emphasize CIRCUIT TRAINING.</i>				

### **EHEA 541 INTER MUSCLE STRENGTH/BODY ALIGNMENT FOR OLDER ADULTS (EI)**

Through an intermediate muscular strength and body alignment course primarily for the older adult, this course encourages cognitive health and physical wellness. Students will learn body composition, illness & injury prevention, balanced nutrition, and exercise strategies that emphasize muscular strength and body alignment.

11020	T & TH	09:00AM-10:15	Lowe, L.	LHCCSC
<i>The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.</i>				
<i>The above class will emphasize INTERMEDIATE PILATES.</i>				

## EMERITUS HEALTH SCIENCE

### **EHSC 500 CONSUMER HEALTH ISSUES (EI)**

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

10580	SAT	09:00AM-10:50	Nozaki, M.	INTERNET
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TICKET	TIME	DAYS	INSTRUCTOR	ROOM
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## EMERITUS HISTORY

### **EHST 502 CURRENT AND HISTORICAL ANALYSIS OF THE MIDDLE EAST (EI)**

Major political, economic, and social institutions and movements of the Middle East from World War I to the present.

10035	T	10:00AM-11:50	Yeganehshakib, R.	INTERNET
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### **EHST 503 SURVEY OF WESTERN HISTORY SINCE 1648 (EI)**

Surveys Western Civilization from the 17<sup>th</sup> Century to the present with emphasis on selected problems of the 21<sup>st</sup> century.

12965	F	10:00AM-11:50	Popa, A.	INTERNET
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### **EHST 510 HISTORY AND BIOGRAPHY THROUGH MEDIA (EI)**

Designed for the older adult, this course will analyze notable historic figures represented in literature, art, music, or public life through media. The medium of film and television will be examined.

10420	T	01:00PM-03:50	Rodriguez-Morris, E.	INTERNET
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### **EHST 511 SURVEY OF CALIFORNIA MISSIONS (EI)**

This course, designed primarily for the older adult, surveys political, economic, religious, cultural, and precursors affecting the development of the California mission system. Mission establishment, geographic placement, leadership, and the missions' impact will be dissected and discussed with significant emphasis on the subjugation of indigenous people.

10300	W	01:00PM-02:50	Aguilar, E.	INTERNET
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## EMERITUS HUMANITIES

### **EHUM 501 WORLD RELIGIONS – TRADITION AND TEXTS (EI)**

Students will explore the internal diversity of world religions beyond rituals & beliefs, how they evolve and change, and how they are embedded in all dimensions of human experience. Themes such as gender, sexuality, art, violence, peace, science, power and authority will be explored by studying religious texts and traditions.

12970	M	04:00PM-05:50	Monette, M.	INTERNET
10265	T	10:00AM-11:50	Jenks, G.	INTERNET

## EMERITUS MUSIC

### **EMUS 500 FOR THE LOVE OF MUSIC (EI)**

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

10415	W	09:00AM-11:50	Kim, J.	INTERNET
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### **EMUS 501 INTRODUCTION TO OPERA (EI)**

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

10710	TH	01:00PM-03:50	Kim, J.	INTERNET
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### **EMUS 502 EMERITUS INSTITUTE CONCERT CHORALE (EI)**

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

10725	T	03:00PM-04:50	Huntington, J.	FA 101
10665	T	07:00PM-08:50	Elliott, B.	FA 101

*The above classes meet at Saddleback College Fine Arts Building, Room 101. Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration.*

## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### EMUS 509 VOCAL AND RHYTHMIC TECHNIQUES (EI)

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

10520	T	01:00PM-02:50	Huntington, J.	FA 103
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*The above class meets at Saddleback College Fine Arts Building, Room 103. Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration.*

### EMUS 519 INSTRUMENTAL ENSEMBLE (EI)

Rec Prep: Previous instrumental training and demonstrated proficiency. Preparation, study, and performance of instrumental repertoire. Previous instrumental training recommended. Field trips may be utilized to fulfill the objectives of the course.

11035	TH	10:00AM-11:50	Levin, A.	LWV3 REHEA
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*The above class meets at Laguna Woods Village Clubhouse 3, Rehearsal Room.*

10100	F	08:00AM-09:50	Kouritas, G.	FA 105
10385	F	10:00AM-11:50	Kouritas, G.	FA 105

*The above classes meet at Saddleback College Fine Arts Building, Room 105. Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration.*

### EMUS 521 SURVEY OF AMERICAN MUSIC (EI)

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

10495	W	01:00PM-03:50	Kim, J.	INTERNET
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### EMUS 522 19TH CENTURY ROMANTICISM AND EMOTION IN MUSIC (EI)

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

10185	ASYNCH		Kouritas, G.	INTERNET
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## EMERITUS PHILOSOPHY

### EPHL 503 FUNDAMENTALS OF WESTERN PHILOSOPHY (EI)

Investigates many of the major philosophical themes within the Western tradition.

11000	M	09:00AM-10:50	Jenks, G.	INTERNET
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## EMERITUS PHOTOGRAPHY

### EPHO 501 INTERMEDIATE DIGITAL SHOW PRESENTATIONS (EI)

Rec Prep: EPHO 506. Covers the intermediate production of digital, visual and audio presentations, including digital photography, downloading music, scriptwriting, video, narration, and transitions using computer software. Field trips may be utilized to fulfill the objectives of the course.

13135	W	09:00AM-11:50	Graves, R.	LWV4 PHO
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*The above class meets at Laguna Woods Village Clubhouse 4, Photography Room.*

### EPHO 502 BEGINNING DIGITAL PHOTOGRAPHY (EI)

Covers the technical aspects of using a digital camera and the importance of composition in the creation of an image. Includes still life, landscape, on-location photography, and portrait photography. Downloading, storing, organizing and sharing photographic images using software programs, and social media will be discussed.

80575	T	09:00AM-11:50	Hoffman, L.	INTERNET
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TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### EPHO 503 INTERMEDIATE DIGITAL PHOTOGRAPHY (EI)

Rec Prep: EPHO 502. Reviews technical aspects of using a digital camera, image composition, downloading, storing, organizing and editing images using software programs. Also includes portraits, landscape, low-light photography, flash techniques, digital media enhancement, and the use of filters.

10555	M	02:00PM-02:50	Graves, R.	INTERNET
	W	02:00PM-03:50	Graves, R.	OTBA

10715	T	01:00PM-03:50	Hoffman, L.	INTERNET
10175	TH	01:00PM-03:50	Hoffman, L.	LWV4 PHO

*The above class meets at Laguna Woods Village 4, Photography Room.*

### EPHO 505 PHOTOGRAPHY FOR EXHIBITION (EI)

Advanced and innovative techniques in color printing. Related topics of photography and depth analysis of the creative image. Field trips may be required to fulfill the objectives of the course.

10480	TH	09:00AM-11:50	Hass, K.	INTERNET
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### EPHO 508 FUNDAMENTALS OF DIGITAL PHOTOGRAPHY (EI)

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

10940	M	09:00AM-11:50	Graves, R.	LWV4 PHO
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*The above class meets at Laguna Woods Village Clubhouse 4, Photography Room.*

### EPHO 510 FUNDAMENTALS OF DIGITAL PHOTOGRAPHIC EDUCATION & RESTORATION (EI)

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

10930	F	09:00AM-11:50	Even, R.	LRC 102
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*The above class meets at Saddleback College Learning Resource Center, Room 102. Classes held on the Saddleback College campus require the payment of a \$26 health fee upon registration.*

## EMERITUS POLITICS

### EPOL 501 CURRENT POLITICAL EVENTS AND ISSUES (EI)

Exploration of current issues and events on global, national, and local levels. Problem areas include crime, economics, social services, environment, and terrorism.

10740	M	10:00AM-11:50	Brooks, K.	INTERNET
80040	W	11:00AM-12:50	Lovett, M.	INTERNET
10645	W	01:00PM-02:50	Brooks, K.	INTERNET
11040	F	10:00AM-11:50	Staff	LWV5 MPR1

### EPOL 502 INTRODUCTION TO AMERICAN CIVICS (EI)

Students will learn how the US system of government & a written constitution, relate to the daily life of every US citizen & resident. Students will explore branches of government, the legislative process, separation of powers, state vs federal law, the US Constitution & the practice of judicial review throughout US history.

10910	M	01:00PM-02:50	Aguilar, E.	INTERNET
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## Emeritus Institute – Fall 2024 Schedule of Classes

TICKET	DAYS	TIME	INSTRUCTOR	ROOM
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### EMERITUS SPANISH

#### ESPA 500 BEGINNING PRACTICAL SPANISH (EI)

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

10050	T	01:00PM-02:50	Harrison, M.	INTERNET
11025	W	10:00AM-11:50	Duran DeMehranfard, M.	INTERNET
10395	W	01:00PM-02:50	Duran DeMehranfard, M.	NOR COM

*The above class meets at Norman P. Murray Community and Senior Center, Mission Viejo. Room*

*Juniper A & B*

10595	TH	10:00AM-11:50	Enciso, M.	INTERNET
10840	ASYNCH		Enciso, M.	INTERNET

#### ESPA 501 INTERMEDIATE PRACTICAL SPANISH (EI)

Rec Prep: ESPA 500. Further the fundamentals of communicative competence in practical Spanish. Focus is on listening, comprehension, speaking, reading, and writing.

10150	M	01:00PM-02:50	Harrison, M.	INTERNET
10145	T	10:00AM-11:50	Duran DeMehranfard, M.	INTERNET

#### ESPA 502 ADVANCED PRACTICAL SPANISH (EI)

Rec Prep: ESPA 501. Designed for advanced students seeking to develop fluency in Spanish. The emphasis is on expression and conversation.

10090	TH	10:00AM-11:50	Duran DeMehranfard, M.	LHCCSC
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*The above class meets at Laguna Hills Community Center and Sports Complex, Laguna Hills.*

10220	F	10:00AM-11:50	Duran DeMehranfard, M.	INTERNET
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### EMERITUS THEATRE

#### ETHE 500 SCENE STUDY – ACTING (EI)

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

10660	W	10:00AM-11:50	Kind, R.	LWV5 MPR1
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*The above class meets at Laguna Woods Village Clubhouse 5, Multipurpose Room 1.*

#### ETHE 501 INTRODUCTION TO READERS THEATRE (EI)

Designed for the older adult, this course incorporates theatre appreciation from the inside out as students portray characters in plays, dramatize fiction, or voice poetry during class meetings.

10490	M	01:00PM-03:50	Huntington, J.	NOR COM
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*The above class meets at Norman P. Murray Community and Senior Center, Mission Viejo. Room*

*Juniper A & B.*

## WHAT IS A CLASS SCHEDULE TIME CONFLICT?

- Students cannot enroll in any class that conflicts in time with another class they are already enrolled in.
- Students may enroll in as many classes as they like each semester, but there can be no day/time overlap between any classes.
- When a time conflict occurs, the student must decide if they want to keep the class they are already enrolled or drop the class they're enrolled in and enroll in the previously conflicting class.
- A class can be dropped online via MySite on the Saddleback College website ([www.saddleback.edu](http://www.saddleback.edu)). If the student doesn't have a computer, they may complete a Drop Card at one of the Emeritus Offices.
- When late-adding a class after the semester begins, be sure to review your course schedule closely to make sure there are no time conflicts between classes.

## WAITLIST ALERT

- If a seat becomes available for a class on which you are on a waitlist, you will get a Waitlist Alert text message and an email to your college email address.
- If you DO want to enroll in the class, click on Enroll in this class, then click.
- Submit. Don't stop there! You must complete registration for this class to be enrolled.
- After you receive this text that a seat is available to you, you MUST enroll before 11:00 pm the following day or the invitation expires. The expiration date and time is stated in the text and email.
- If you DO NOT want to enroll in the class, click Remove me from the Waitlist for this class, then click Submit. Once removed from the Waitlist, there is no way to reverse the action.

## WAITLIST GUIDE

*Scan QR Code with your phone*



## Registering For Open Classes

- Students may enroll in any open class through November 14, 2024.
- Students are not permitted to arrive at an open class to be enrolled.
- Enrollment may only be completed online following the steps on Page 3.

## Registering for a Closed Class

- A closed class means the class capacity has been met.
- Students may not petition for enrollment in-person for a closed course.
- A student must add themselves to the electronic waitlist to sign up for the next available seat when a class is full.
- To add yourself to a waitlist, follow the registration steps on page 3.

# CANVAS GUIDE

## What is CANVAS?

**CANVAS** is a learning management system known for its **USER-FRIENDLY** online environment. You will be using it to participate in your online classes.

**CANVAS** will connect you with your instructor and classmates, and provide an exceptional learning experience!

## Where is CANVAS:

canvas.saddleback.edu

## CANVAS BASICS:

- **INTERNET BROWSER:** Google Chrome is the browser most compatible with **CANVAS**.
- **ACCESS:** Students will be able to access their course(s) anytime during the day or night from any computer with an **INTERNET** connection.
- **24/7 Canvas Support:** 1-844-303-0343

**This GUIDE provides the basics to get students started in CANVAS.  
The more you use it, the easier it will become!**

1

Watch this 4 minute **CANVAS OVERVIEW** video:  
[bit.ly/canvas-overview](https://bit.ly/canvas-overview)

2

Go to the Saddleback College website [www.saddleback.edu](http://www.saddleback.edu). and click on "**LOGIN**" then "**CANVAS**."

3

If this is the **FIRST TIME** you are using **CANVAS**, you will need to "Re-set" your password by creating one.

- In the **CANVAS** login box, click "Forgot Password."
- In the "Account Management" box, click "I have forgotten my password."
- Enter your College Email Address:
- Click "Proceed."
- Click "Mobile."
- Enter the last 4 digits of your cell phone number.
- Click "Send Code" which will send a text to your phone.
- Enter the code number where it indicates on the screen.
- Click "Verify."
- Create a new password and type it in **TWICE**.  
Minimum requirements are: 8 characters, 1 Uppercase Letter, 1 Number, 1 Special Character  
(example: !@#\$%^&\*)
- Click "Change Password."
- Save your password! Store it in your computer or cell phone.

4

Log into **CANVAS** with your **USER NAME** and the password you just created. You will see your Dashboard.

5

Create your User Settings and Profile Picture (3 minute video).  
[bit.ly/canvas-user-settings](https://bit.ly/canvas-user-settings)

6

Update your Notification Settings (3 minute video).  
[bit.ly/canvas-notifications](https://bit.ly/canvas-notifications)

7

Learn how to participate in a discussion.  
[bit.ly/canvas-discussion](https://bit.ly/canvas-discussion)

8

Learn how to submit an assignment.  
[bit.ly/canvas-upload](https://bit.ly/canvas-upload)

9

Download the **Canvas Mobile App** and Guides below:

**CANVAS GUIDE**  
**Scan QR Code**  
**with your phone**





# EMERITUS INSTITUTE

## Unlock the boundless power of lifelong learning!

Join hands with the Saddleback College Foundation to shape a brighter future through your generosity.

Discover how your annual giving, estate plan, IRA distributions, or in-kind gifts can empower a lifetime of knowledge, growth, and transformative education through the Saddleback College Emeritus Institute.

Contact us today and become a catalyst for lasting impact on generations to come.

**(949) 582-4479**

[www.saddleback.edu/administration/office-president/saddleback-college-foundation](http://www.saddleback.edu/administration/office-president/saddleback-college-foundation)



## EMERITUS INSTITUTE DONATION FORM

- YES! Count me in as a supporter!**  
Check payable to: SADDLEBACK COLLEGE FOUNDATION (write Emeritus in the memo line)
- \$1,000 and above Emeritus's Circle**
- \$500 to \$999**
- \$250 to \$499**
- \$100 to \$249**

- Please send me information about how I can provide for Saddleback College Emeritus Institute in my will or estate plan, including potential tax benefits and recognition by the Saddleback College Foundation.

**Please mail your donation to:**  
Saddleback College Foundation  
28000 Marguerite Pkwy.  
Mission Viejo, CA 92692

PLEASE PRINT:

Name \_\_\_\_\_

Address \_\_\_\_\_

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Phone Number \_\_\_\_\_

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This donation should be listed as Anonymous.



## SADDLEBACK COLLEGE

South Orange County  
Community College District  
28000 Marguerite Parkway  
Mission Viejo, CA 92692-3635

# EMERITUS INSTITUTE

## Tuition-Free, Lifelong Learning Courses for Older Adults

APPLY TODAY – [saddleback.edu/emeritus](https://saddleback.edu/emeritus)  
Fall Classes begin August 19, 2024



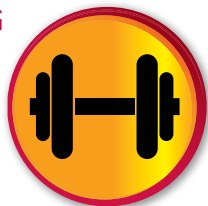
ACADEMICALLY RIGOROUS



SOCIALLY ENGAGING



MENTALLY STIMULATING



HEALTH IMPROVING

Founded in 1976, the Saddleback College Emeritus Institute was established to create lifelong learning opportunities, primarily for the older adult. A dynamic and wide array of course offerings, expert instructors truly experienced in their field, and a variety of classes located in the community have made the Emeritus Institute extremely popular, and one of the fastest growing programs at Saddleback College in Mission Viejo throughout the years. As the generations of burgeoning baby boomers become senior citizens, the Emeritus Institute continues to change and offer classes that stimulate intellectual, physical, and creative expression for South Orange County residents.

There are over 200 class sections offered through the Saddleback College Emeritus Institute that provide lifelong learning experiences in more than 30 different disciplines. These high-quality academic classes are state-approved and available on a non-credit basis. Classes cover a wide range of interests, from accounting, art, crafts, biology, clothing and textiles, English writing and literature, gerontology, health, history, music, photography, Spanish, lipreading, and theatre. Classes are held in more than 30 sites from San Clemente to Lake Forest, including senior centers, churches, libraries, and community centers.

An integral part of Saddleback College and its educational vision, the Emeritus Institute is a leader in providing challenging and rewarding courses designed for the older adult to accommodate the lifelong learning needs of our community members. We invite you to be a part of the excitement of lifelong learning. Join the growing number of active adults taking part in the Saddleback College Emeritus Institute.

The mission of Saddleback College Emeritus Institute is to promote lifelong learning by providing academically rigorous, mentally stimulating, socially engaging, and health improving courses for older adults throughout South Orange County.

It is the policy of SOCCCD to fully comply with the requirements of the Americans with Disabilities Act (Board Policy 3425). Consistent with that policy, this material is available in alternative formats (such as large print, braille or accessible electronic text). Such materials and other disability accommodations will be provided as needed for program access, upon request. For needed accommodations or alternate formats please contact: Penny Skaff, Ed.D., Dean, Counseling and Special Programs, via email at [scdsps@saddleback.edu](mailto:scdsps@saddleback.edu) • 949-582-4572 • TTY/Videophone: 949-582-4430

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