



MERITUS

A Program of
Santa Monica College



Schedule of Classes | Summer 2020 | June 22 – August 1

HONOR ROLL 2019

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REGISTRATION

IMPORTANT SEMESTER DATES

Due to the COVID-19 stay-at-home orders, we are not certain where we will be permitted to distribute printed schedules. The class schedule is available online at smc.edu/emeritus.

All classes and student support services for the summer session are happening in distance education environments.

Thursday, May 7, 2020 **Schedule available online at smc.edu/emeritus**

Monday, June 1, 2020 . . . **First day of Registration/Enrollment**

Monday, June 22, 2020 **SUMMER SESSION BEGINS**

Friday-Saturday, July 3 & July 4, 2020 Independence Day
(no classes/campus closed)

Saturday, August 1, 2020 **SUMMER SESSION ENDS**

HOW TO REACH US



EMERITUS

A Program of Santa Monica College

1227 2nd Street, Santa Monica, CA 90401

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Telephone: 310-434-4306

Email: emeritus@smc.edu

Web: smc.edu/emeritus

ENROLLMENT SERVICES OPTIONS

Listed above are the important semester dates. Students must enroll every semester. ***Students are initially allowed to enroll in a maximum of 3 classes for the Summer 2020 session. This cap will be lifted at the start of week 1 to allow you to enroll in additional classes, and enable us to fill more of the seats in available classes. Please note, the same enrollment rules apply; therefore, you will not be able to enroll in duplicate sections of the same course or enroll in a class that causes a time conflict, etc.***

NEW STUDENTS are those without an SMC Student Identification Number. New students may register/enroll with the Application Forms located in the back of this schedule, or online at smc.edu/emeritus. When using the fillable online application a signature is required before sending the application as an email attachment to emeritus@smc.edu, mailing it or placing it into the SMC Emeritus Enrollment Services Office mail slot near the front door of 1227 2nd Street.

RETURNING STUDENTS are those absent from classes for three semesters or more. You must use an Application Form to enroll in classes. The Application Form is located in the back of this schedule or online at smc.edu/emeritus. When using the fillable online application a signature is required before sending the application as an email attachment to emeritus@smc.edu, mailing it or placing it into the SMC Emeritus Enrollment Services Office mail slot near the front door of 1227 2nd Street.

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

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

The online enrollment process at Emeritus occurs through SMC's Corsair Connect system. Online enrollment appointments are computer generated and rotate to a previous day each term. Online enrollment gives continuing students the best odds for successful enrollment. Enroll online on your appointment date/time or any time thereafter. Detailed online enrollment instructions are available online at smc.edu/emeritus or in the Emeritus Enrollment Services Office. Emeritus mini computer lab volunteers can assist students with online enrollment when the mini lab is open.

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

Information *Summer 2020*

a new alphanumeric password. You are responsible for retaining your new password and for printing your online enrollment transaction receipt. If you have forgotten your ID number or password, click on “I cannot access my account” on the Corsair Connect login screen and follow the next directions to retrieve your login information.

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

PAPER APPLICATION ENROLLMENTS

Students using the paper application enrollment option may mail or place forms into the SMC Emeritus mail slot located near the front door of 1227 2nd Street no earlier than the official first day of enrollment. All enrollments forms whether mailed, placed into the mail slot or emailed are processed on a daily basis after all the online appointment have expired.

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

NOT ABLE TO ENROLL?

If you are unable to enroll because of missing application information, a required matriculation code change, unpaid credit course fees, a records hold, or disqualification status, call the Emeritus office for information. If you are unable to enroll due to a closed class, please see section below on closed classes. If you are having enrollment issues call the Emeritus office at 310-434-4306 for assistance.

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

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

CLOSED CLASSES / WAIT LIST

For closed classes, students who enroll online can add themselves onto the wait list by clicking “Wait for a Class”, if wait list space is available. Students who submit a paper

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

GENERAL INFORMATION AND ENROLLMENT TIPS:

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

ADDRESS CHANGES

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

EMERGENCY INFORMATION CARDS

Help us help you. Make sure your emergency information is current each term.

SCHOLARSHIPS/GRANTS

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

**FOR MORE INFORMATION ON
ACCESSING DISTANCE EDUCATION, SEE PAGE 18.**

Welcome to SMC Emeritus!

Dear Emeritus Community,

Welcome to Summer 2020!

First and foremost, I hope every single one of you is doing well, and that all of your loved ones and friends are safe and doing well. I'm writing this right as we go to print in early May.

We are continuing to conduct our classes remotely through Summer 2020. Most of the classes will be synchronous on Zoom (at the time scheduled here in the schedule), some are using Facebook, or Canvas, or another asynchronous delivery method. Your instructor is in charge of determining the delivery method they will use, and responsible for sending you instructions for how to access the class. If you add a class after the Semester starts June 22, please contact your instructor so they will know to get you the information.

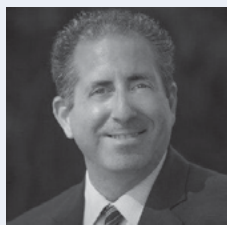
In lieu of normal schedule distribution methods, since there are no places we can all currently go, we are mailing the schedule to your home. I hope this makes it easier for you to register. We will not have the mini-lab operational for registration, and we cannot meet with anyone in-person at all. The Emeritus building will remain closed at this time, we will be picking up mail from the Main Campus periodically. Please try to register online through Corsair Connect, if not, mail it. We will be emailing all of you with a few times you might get support online thru Zoom, provided by longtime Emeritus volunteer, former faculty member and current Chair of the Emeritus Student Advisory Council, Judy Blits.

For summer, you will still be limited to 3 classes upon initial enrollment (this is the norm for Summer and Winter). Normally, starting in week 3, you can add more classes. For Summer 2020 we will allow you to add more classes starting on June 22, which is Monday of Week 1 of Summer. This way, every student is given a chance to get into a few classes, and then as of June 22, everyone can add additional classes provided there are seats available. Many of the faculty have agreed to increase the size of their classes for Summer remote teaching. Please note: while you might think we should have an unlimited number of students in every class, Faculty still need to record attendance for each person, so a class that normally had 30, will not suddenly allow 100 people to enroll. Also, the statewide rule from the Chancellor's office still stands that a student cannot enroll in more than one section of any specific course number at the same time.

We will process new and returning student enrollments as we go forward. Thank you for understanding that we had to pause new enrollments for some part of Spring semester as we adjusted to remote teaching and all staff working from home.

Sincerely,

Dr. Scott C. Silverman
Associate Dean, SMC Emeritus



IMPORTANT NOTES TO STUDENTS:

- All Summer 2020 Emeritus classes will be conducted remotely via **Distance Education (DE)**. Most 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 will send the students on their rosters more information prior to the first class meeting.
- See page 18 for accessing distance education information.
- Volunteers handle registration information in a confidential manner. If you have concerns or questions about privacy, contact the Program Coordinator at 310-434-3851.
- Schedule is subject to change.

A SAMPLE OF A COURSE FROM THE SCHEDULE:

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

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

Abbreviation of Days

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

Check Out the
EMERITUS WEBSITE
smc.edu/emergitus

YOU'LL FIND

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



ARTS & CRAFTS

ART E06, Artistic Expression through Gardening

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

9501 10:00a.m.-11:50a.m. T DE Jaeger J E

ART E15, Drawing

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

9502 10:00a.m.-12:15p.m. Th DE Donon S G

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

ART E16, Life Drawing Studio

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

9504 1:00p.m.-3:50p.m. M DE Adams L K

“Painting the human form. This course requires regular synchronous meetings through online instruction.” This course requires regular synchronous meetings through online instruction.

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.

9505 9:00a.m.-11:50a.m. M DE Adams L K

Painting in mixed media: This course focuses on drawing techniques as a fundamental to painting. Capture the personality as you focus on the head, hands, and posture in drawings, paintings and assemblage. This course requires regular synchronous meetings through online instruction.

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.

9506 9:00a.m.-11:15a.m. M DE Harrison A B

9507 11:30a.m.-1:45p.m. W DE Donon S G

Drawing and painting. Mostly independent studio time with one-on-one instructor input and some group critique. Work in any dry medium.

9509 12:30p.m.-2:45p.m. Th DE Harrison A B

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

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.

9511 9:00a.m.-11:15a.m. T DE Manseau F J

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

9512 11:30a.m.-1:45p.m. T DE Manseau F J

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

ART E24, Calligraphy II

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

9513 9:30a.m.-11:20a.m. F DE Martorello J M

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

ART E30, Watercolor Studio

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

9514 9:00a.m.-11:50a.m. F DE Tirr C A

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

9515 12:00p.m.-2:50p.m. W DE Tirr C A

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



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.

9588 12:00p.m.-2:15p.m. Th DE 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.

9516 11:30a.m.-1:45p.m. Th DE Ryza S V

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

EMPLOYMENT FOR SENIORS – COMPUTER TRAINING

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

- 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.

9573 11:00a.m.-12:50p.m. F DE Simmonds A R

OCC E01, Word Processing

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

9574 9:00a.m.-10:50a.m. M DE Woolen D W

Beginner course.

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.

9576 1:00p.m.-2:50p.m. Th DE Rodriguez J E

OCC E20, Using the Internet Safely

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

9577 11:00a.m.-12:50p.m. M DE Woolen D W

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.

9578 9:00a.m.-10:50a.m. T DE Schneir G

Digital Photography for those who want to expand their photographic abilities. Novice digital photographers are welcome. Free image editing programs (i.e. Picasa / FastStone) will be explored. Students will learn the use of both regular cameras & smartphones and explore the pros/cons of both. Guidelines for using your camera, composition and exposure will be discussed. Students are urged to bring a few pictures on flash drives along with their cameras and manuals to class. No computer knowledge is required.

PHOTO E10, Digital Photography II

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

9579 9:00a.m.-10:50a.m. F DE Rodriguez J E

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

9580 3:00p.m.-4:50p.m. Th DE Rodriguez J E

The above section 9580 is an Advanced Photoshop class.



HEALTH & CONDITIONING

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

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

9528	8:30a.m.-10:20a.m. WF	DE	Dee D
9529	10:00a.m.-11:50a.m. TTh	DE	Cooper M
9530	11:00a.m.-12:50p.m. MW	DE	Lieb J B
9531	11:00a.m.-12:50p.m. TTh	DE	Cass K

The above section 9531 is chair based — no mat required. Learn Yoga lifestyle skills (Ayurveda) for wellness and vitality. Class is live and recorded. This course may require some synchronous course meetings through online instruction.

9532	3:30p.m.-5:00p.m. TTh	DE	Dee D
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HEALTH E22, Chi Gong Principles & Practices for Older Adults

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

9533	9:00a.m.-10:15a.m. TTh	DE	Holtzermann C
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HEALTH E23, T'ai Chi Principles & Practices for Older Adults

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

9534	12:00p.m.-1:15p.m. WF	DE	Nardini A S
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Intermediate and Advanced. Should be able to perform first and second sections of the Yang style.

9535	12:30p.m.-1:45p.m. TTh	DE	Terry Jr P W
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This section is designed for Beginner and Intermediate students.

9536	2:00p.m.-3:15p.m. TTh	DE	Terry Jr P W
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For intermediate and advanced students of the long, Yang style form. Develop goals and a personal health plan. Not appropriate for beginning students.

HEALTH E24, Physical Fitness Principles & Practices for Older Adults

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

9537	8:30a.m.-9:45a.m. MW	DE	Moy D N
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Beginner course.

9538	8:30a.m.-9:45a.m. TTh	DE	Moy D N
9539	9:00a.m.-10:15a.m. TTh	DE	Wapner-Baart L J
9540	9:30a.m.-10:45a.m. TTh	DE	Huner K A
9541	2:00p.m.-3:50p.m. W	DE	Cass K

The above section 9541 "Mindful Fitness" Chair-based and yoga-inspired. Course meetings are live and recorded. This course may require some synchronous course meetings through online instruction.

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

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

9542	8:30a.m.-9:45a.m. TTh	DE	Regalado O
9543	10:00a.m.-11:15a.m. TTh	DE	Regalado O
9544	10:30a.m.-11:45a.m. MW	DE	Huner K A

HEALTH E30, Personal Safety – Fall Prevention

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

9545	12:00p.m.-1:50p.m. W	DE	Evans Jami R
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HEALTH E34, Stress Reduction through Yoga

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

9546 9:00a.m.-10:50a.m. S DE Holtzermann C
9547 9:00a.m.-10:50a.m. M DE Cooper M

HEALTH E38, Joint Health & Mobility for Older Adults

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

9548 10:30a.m.-11:45a.m. TTh DE Moy D N
Above section 9548 is targeted towards participants of the WISE Adult Day Program.
9549 10:30a.m.-11:45a.m. TTh DE Wapner-Baart L J
9550 2:00p.m.-3:15p.m. TTh DE Regalado O
9551 2:30p.m.-3:45p.m. MW DE Albert G S
Above section 9551 chair-based class.

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.

9519 1:00p.m.-3:15p.m. Th DE Ross M A
This class also includes material on consumer affairs such as how to protect one's financial identity, and information about frauds and scams.

HME EC E71, Needlecrafts II

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

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

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.

9554 12:30p.m.-1:45p.m. MW DE Albert G S
9555 1:30p.m.-2:45p.m. TTh DE Albert G S

HUMDEV E15, Theater – History of Comedy

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

9556 9:00a.m.-10:50a.m. W DE Achorn J C

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

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

9557 11:30a.m.-1:20p.m. W DE Abatemarco A M

HUMDEV E24, Bereavement Support

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

9558 1:30p.m.-3:20p.m. M DE Press P L

HUMDEV E27, Exercising the Brain

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

9559 10:30a.m.-12:20p.m. T DE Frand L
9560 10:30a.m.-12:20p.m. W DE Frand L

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.

9584 11:00a.m.-12:50p.m. M DE Press P L



LITERATURE

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

9518 2:00p.m.-3:50p.m. T DE Isner-Ball D R

ENGL E20, Literature: The Novel

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

9520 2:00p.m.-3:50p.m. M DE Dwyer F

We will continue working our way through Marcel Proust's In Search of Lost Time, picking up where we left off about 4/5 of the way through vol. 4: Sodom and Gomorrah in the translation by Moncrieff, revised by Kilmartin, and revised again by Enright. This course requires regular synchronous meetings through online instruction.

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.

9521 9:00a.m.-10:50a.m. M DE Achorn J C

9522 11:00a.m.-12:50p.m. M DE Achorn J C

ENGL E25, Literature: The American Novel

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

9523 9:00a.m.-10:50a.m. T DE Achorn J C

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

ENGL E27, Poetry and Fiction

This course helps older adults explore a wide variety of poetry; in particular, poetry as adventure, confirmation, and renewal. Older adults 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 older adults' enjoyment and increase their appreciation of poetry as a means of expression, and helps older adults explore poetry in relation to other types of literature, in particular in its use of language and imagery.

9593 10:00a.m.-11:50a.m. W DE Davis C V

PATHFINDERS PROGRAM

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

- **HEALTH E63 Body Conditioning After a Stroke** help to improve balance, mobility, and physical endurance in a group setting.
- There is a special section of **HUMDEV E27 Exercising the Brain**, which is designed for individuals dealing with cognitive deficits. The Pathfinders section will be labeled appropriately.

Interested SMC Emeritus students who would like to enroll in the aforementioned 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.

9552	10:30a.m.-11:45a.m. T	DE	Deuel E M
	12:00p.m.-1:15p.m. T	DE	Deuel E M
	1:30p.m.-2:45p.m. T	DE	Deuel E M
9590	10:30a.m.-11:45a.m. Th	DE	Jaffe A O
	12:00p.m.-1:15p.m. Th	DE	Jaffe A O
	1:30p.m.-2:45p.m. Th	DE	Jaffe A O
9591	10:30a.m.-11:45a.m. W	DE	Evans Jami R
	10:30a.m.-11:45a.m. F	DE	Evans Jami R
	12:00p.m.-1:15p.m. F	DE	Evans Jami R

HUMDEV E27, Exercising the Brain

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

9561 11:00a.m.-12:15p.m. F DE Nicholls J

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.

9563	10:30a.m.-11:45a.m. W	DE	Feinberg L H
	12:00p.m.-1:15p.m. W	DE	Feinberg L H



ENGL E29, Greek Literature

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

9524 11:30a.m.-1:20p.m. M DE Dwyer F

We will continue our investigation of the story of Jason, Hercules, Medea, and the voyage of the Argonauts in a close reading and discussion of The Golden Fleece by Robert Graves. This course requires regular synchronous meetings through online instruction.

ENGL E30, Creative Writing

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

9525 9:00a.m.-11:15a.m. M DE Kronsberg G J

Experiment with writing projects to explore style, content and effect from the basics to more sophisticated techniques.

9526 9:30a.m.-11:45a.m. T DE Reyes A C

Come learn the art of skillful writing. All levels are welcome.

ENGL E33, Autobiography

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

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

9589 9:00a.m.-11:15a.m. Th DE Wali M

9589 12:00pm-02:15pm S DE Reyes A C

MUSIC PERFORMANCES & APPRECIATION

MUSIC E00, Concert Band

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

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

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.

9592 9:30a.m.-11:00a.m. MW DE Terry Jr P W

MUSIC E03, "The Merits" – Vocal Ensemble

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

9565 10:00a.m.-12:50p.m. T DE Bryant W

MUSIC E06, Gospel Community Chorus

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

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

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.

BI-LINGUAL

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

MUSIC E30, Opera Appreciation

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

9568 2:00p.m.-3:50p.m. Th DE Jackson L R

MUSIC E32, Music Appreciation

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

9569 1:00p.m.-2:50p.m. M DE Hetz M L

Explore classical music and learn about music. For all levels. Watch concerts, operas, dance, and bios of composers and musicians. Discuss the interaction of culture, language and social events that shape the creativity of musicians. Enjoy performances by rising student performers when permitted.

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.

9570 9:00a.m.-11:50a.m. Th DE Jackson L R



MUSIC E51, Piano and Theory

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

9571 11:00a.m.-12:50p.m. S DE Hetz M L

This is an intermediate and above section. You should have some experience with the piano. You must be able to read music. In the class we discuss harmony; form and structure; and play the piano individually and as a group.

9572 12:00p.m.-1:50p.m. F DE Hetz M L

This section is for beginners only. In the class we will help you read music; discuss harmony; form and structure; and play the piano individually and as a group.

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.

9581 9:00a.m.-10:50a.m. W DE Stern R M

9582 10:00a.m.-11:50a.m. M DE Sarkissian R

9583 2:00p.m.-3:50p.m. F DE Johnson J P

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

THEATER ARTS

TH ART E01, Principles of Acting

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

9585 11:00a.m.-1:50p.m. T DE 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.

9586 9:00a.m.-10:50a.m. F DE Abatemarco A M

TH ART E30, Dramatic Interpretation Through Movies

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

9587 11:00a.m.-1:30p.m. F DE Abatemarco A M

Eva M. Szalontai
 Karen and Gary Taka
 Tomiko Tamae
 Samira Tamer
 Itsuye Teshiba
 Roberta Tishman
 Deborah Tomasi
 Marian Tong
 Mina Torkian
 Rosemary Tsuneta
 Nita Tucker
 Eileen Tunick
 Craig Turner
 Ms. Mayra A. Valle
 Olga Varga
 Marika Vose
 Georgia Wagniere
 Mona Walker
 Simone Wallace
 Darcey Wark
 Pat Watanabe
 Zvia Weinstein
 Renée and Charles Weisenberg
 Sanford and Roz Weisman
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 Marilyn White-Redmond
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 Kalani T. Whittington
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 Megan Williams
 Joy Y. Williams
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 Jean Winbourn
 Caryl Wolff
 Ms. Sandra Wong
 Dorothy Wong
 Hsiungying Wu
 Ms. Pauline A. Yano
 Sonia Yeager

Patricia and Bruce Young
 Miriam Youngerman
 Janice Yudell
 Nien-Tsu Yuh and Theresa Yuh
 Fanya and Isaac Yusim
 Amy Yutani
 Mara Zaslove
 Lee Zeldin
 Avery Zia
 Nadja Zorin

IN MEMORY OF

Arup (my brother) and Rekhi (my sister)
 Abbie Baron
 Henri Blits
 Blase Bopane
 Werner Bruder
 Tirupathamma Chirra
 Hope Copeland*
 Samantha Dooson
 Marvin Farber*
 Julia and James Grant
 Paul Herzog
 Rukmini Iengar
 Miriam Kafka
 Peter Krichman
 Marilyn Landy
 Millie Lent
 Florence & Edward LeVeque
 Elliott Levin
 John K. Lu
 Morris Mano
 Agnes P Margolis
 John McCrory
 Grace Meyers
 Beverly Minkin Addison
 Jack Noonan
 Bonnie Novy
 Betty Ochs
 Michael O'Hara
 Paavo Prima

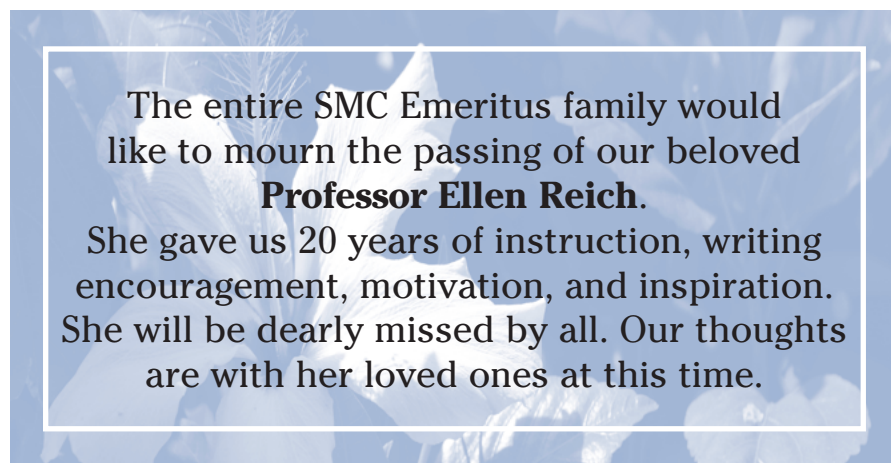
Dennis Raznick
 Elizabeth Sallop
 Sylvia Silver*
 Irene Spenner
 Aerda Stravs Mathan
 Jackie Wiggett
 Kathleen Wolf
 Leopold Wolf

IN HONOR OF

45 years of attending SMC!
 All our wonderful Emeritus instructors
 All Nam Vets and in memory of Mom, Dad, & Grandparents
 The Emeritus Lyric Chorus
 Hanna from the Basic Computer Course
 My wonderful teachers and classmates
 Tony Abatemarco*
 John Achorn*
 Pat Akers
 William Bryant*
 Walter Coronel
 Allison Ettenger & Blake West
 Carole Harris
 Chris Hero
 Dominique Isner-Ball*
 Jim Jaeger*
 Vicki and Nathan Kramer
 The Lepo family
 Pathfinders
 Ellen Reich
 Margaret Reiner
 Jerry Steiner
 Gitta Walton
 Linda Wapner

*Honored multiple times

Visit SantaMonicaCollegeFoundation.org/Emeritus for the complete donor listing. We regret any errors and omissions to the above. Please contact the SMC Foundation office at 310-434-4215.



The entire SMC Emeritus family would like to mourn the passing of our beloved **Professor Ellen Reich.** She gave us 20 years of instruction, writing encouragement, motivation, and inspiration. She will be dearly missed by all. Our thoughts are with her loved ones at this time.



CLASSES BY THE DAY Summer 2020

MONDAY

9:00a.m.-11:50a.m.	9505	ART E19, Painting	DE
9:00a.m.-11:15a.m.	9506	ART E20, Drawing and Painting	DE
9:00a.m.-10:50a.m.	9521	ENGL E23, Shakespeare	DE
9:00a.m.-11:15a.m.	9525	ENGL E30, Creative Writing	DE
9:00a.m.-10:50a.m.	9547	HEALTH E34, Stress Reduction through Yoga	DE
9:00a.m.-10:50a.m.	9574	OCC E01, Word Processing	DE
10:00a.m.-11:50a.m.	9582	POL SC E00, Current Events	DE
11:00a.m.-12:50p.m.	9522	ENGL E23, Shakespeare	DE
11:00a.m.-12:50p.m.	9577	OCC E20, Using the Internet Safely	DE
11:00a.m.-12:50p.m.	9584	PSYCH E33, Living as a Single Person	DE
11:30a.m.-1:20p.m.	9524	ENGL E29, Greek Literature	DE
1:00p.m.-3:50p.m.	9504	ART E16, Life Drawing Studio	DE
1:00p.m.-2:50p.m.	9569	MUSIC E32, Music Appreciation	DE
1:30p.m.-3:20p.m.	9558	HUMDEV E24, Bereavement Support	DE
2:00p.m.-3:50p.m.	9520	ENGL E20, Literature: The Novel	DE

MONDAY AND WEDNESDAY

8:30a.m.-9:45a.m.	9537	HEALTH E24, Physical Fitness Principles & Practices	DE
9:30a.m.-11:00a.m.	9592	MUSIC E02, Guitar	DE
10:30a.m.-11:45a.m.	9544	HEALTH E25, Strength & Stamina Training Principles & Practices	DE
11:00a.m.-12:50p.m.	9530	HEALTH E21, Yoga Health & Safety, Principles & Practices	DE
12:30p.m.-1:45p.m.	9554	HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	DE
2:30p.m.-3:45p.m.	9551	HEALTH E38, Joint Health & Mobility	DE

TUESDAY

9:00a.m.-11:15a.m.	9511	ART E22, Watercolor	DE
9:00a.m.-10:50a.m.	9523	ENGL E25, Literature: The American Novel	DE
9:00a.m.-10:50a.m.	9578	PHOTO E00, Digital Photography I	DE
9:30a.m.-11:45a.m.	9526	ENGL E30, Creative Writing	DE
10:00a.m.-11:50a.m.	9501	ART E06, Artistic Expression through Gardening	DE
10:00a.m.-12:50p.m.	9565	MUSIC E03, "The Merits" – Vocal Ensemble	DE
10:30a.m.-11:45a.m.	9552	HEALTH E63, Body Conditioning After a Stroke	DE
10:30a.m.-12:20p.m.	9559	HUMDEV E27, Exercising the Brain	DE
11:00a.m.-1:50p.m.	9585	TH ART E01, Principles of Acting	DE
11:30a.m.-1:45p.m.	9512	ART E22, Watercolor	DE
12:00p.m.-1:15p.m.	9552	HEALTH E63, Body Conditioning After a Stroke	DE
12:00p.m.-1:50p.m.	9567	MUSIC E10, Spanish Folk Singing	DE
1:30p.m.-2:45p.m.	9552	HEALTH E63, Body Conditioning After a Stroke	DE
2:00p.m.-3:50p.m.	9518	BILING E02, French Literature	DE
6:30p.m.-9:20p.m.	9564	MUSIC E00, Concert Band	DE

TUESDAY AND THURSDAY

8:30a.m.-9:45a.m.	9542	HEALTH E25, Strength & Stamina Training Principles & Practices	DE
8:30a.m.-9:45a.m.	9538	HEALTH E24, Physical Fitness Principles & Practices	DE
9:00a.m.-10:15a.m.	9533	HEALTH E22, Chi Gong Principles & Practices	DE
9:00a.m.-10:15a.m.	9539	HEALTH E24, Physical Fitness Principles & Practices	DE
9:30a.m.-10:45a.m.	9540	HEALTH E24, Physical Fitness Principles & Practices	DE
10:00a.m.-11:50a.m.	9529	HEALTH E21, Yoga Health & Safety, Principles & Practices	DE
10:00a.m.-11:15a.m.	9543	HEALTH E25, Strength & Stamina Training Principles & Practices	DE
10:30a.m.-11:45a.m.	9548	HEALTH E38, Joint Health & Mobility	DE
10:30a.m.-11:45a.m.	9549	HEALTH E38, Joint Health & Mobility	DE
11:00a.m.-12:50p.m.	9531	HEALTH E21, Yoga Health & Safety, Principles & Practices	DE
12:30p.m.-1:45p.m.	9535	HEALTH E23, T'ai Chi Principles & Practices	DE
1:30p.m.-2:45p.m.	9555	HUMDEV E06, Enjoy Life – Understanding Our Mind, Body & Brain for Senior Adults	DE
2:00p.m.-3:15p.m.	9536	HEALTH E23, T'ai Chi Principles & Practices	DE
2:00p.m.-3:15p.m.	9550	HEALTH E38, Joint Health & Mobility	DE
3:30p.m.-5:00p.m.	9532	HEALTH E21, Yoga Health & Safety, Principles & Practices	DE

WEDNESDAY

9:00a.m.-10:50a.m.	9556	HUMDEV E15, Theater – History of Comedy	DE
9:00a.m.-10:50a.m.	9581	POL SC E00, Current Events	DE
10:00a.m.-11:50a.m.	9593	ENGL E27, Poetry and Fiction	DE
10:30a.m.-12:20p.m.	9560	HUMDEV E27, Exercising the Brain	DE
10:30a.m.-11:45a.m.	9563	HUMDEV E50, Communication After a Stroke	DE
10:30a.m.-11:45a.m.	9591	HEALTH E63, Body Conditioning After a Stroke	DE
11:30a.m.-1:45p.m.	9507	ART E20, Drawing and Painting	DE
11:30a.m.-1:20p.m.	9557	HUMDEV E22, Senior Seminar: Through a Jewish Lens – Art, Culture & Entertainment	DE
12:00p.m.-2:50p.m.	9515	ART E30, Watercolor Studio	DE
12:00p.m.-1:50p.m.	9545	HEALTH E30, Personal Safety – Fall Prevention	DE
12:00p.m.-1:15p.m.	9563	HUMDEV E50, Communication After a Stroke	DE
1:00p.m.-2:50p.m.	9566	MUSIC E06, Gospel Community Chorus	DE
1:30p.m.-4:20p.m.	9553	HME EC E71, Needlecrafts II	DE
2:00p.m.-3:50p.m.	9541	HEALTH E24, Physical Fitness Principles & Practices	DE

WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9528	HEALTH E21, Yoga Health & Safety, Principles & Practices	DE
12:00p.m.-1:15p.m.	9534	HEALTH E23, T'ai Chi Principles & Practices	DE

THURSDAY

9:00a.m.-11:50a.m.	9570	MUSIC E34, Lyric Chorus	DE
9:00a.m.-11:15a.m.	9589	ENGL E33, Autobiography	DE
10:00a.m.-12:15p.m.	9502	ART E15, Drawing	DE
10:30a.m.-11:45a.m.	9590	HEALTH E63, Body Conditioning After a Stroke	DE
11:30a.m.-1:45p.m.	9516	ART E80, Jewelry Making	DE
12:00p.m.-2:15p.m.	9588	ART E55, Sculpture	DE
12:00p.m.-1:15p.m.	9590	HEALTH E63, Body Conditioning After a Stroke	DE
12:30p.m.-2:45p.m.	9509	ART E20, Drawing and Painting	DE
1:00p.m.-3:15p.m.	9519	CT E00, The Fix-It Class – Repair Almost Anything	DE
1:00p.m.-2:50p.m.	9576	OCC E10, Using Data Files	DE
1:30p.m.-2:45p.m.	9590	HEALTH E63, Body Conditioning After a Stroke	DE
2:00p.m.-3:50p.m.	9568	MUSIC E30, Opera Appreciation	DE
3:00p.m.-4:50p.m.	9580	PHOTO E10, Digital Photography II	DE

FRIDAY

9:00a.m.-11:50a.m.	9514	ART E30, Watercolor Studio	DE
9:00a.m.-10:50a.m.	9579	PHOTO E10, Digital Photography II	DE
9:00a.m.-10:50a.m.	9586	TH ART E02, Theater Arts Appreciation	DE
9:30a.m.-11:20a.m.	9513	ART E24, Calligraphy II	DE
10:30a.m.-11:45a.m.	9591	HEALTH E63, Body Conditioning After a Stroke	DE
11:00a.m.-12:15p.m.	9561	HUMDEV E27, Exercising the Brain	DE
11:00a.m.-12:50p.m.	9573	OCC E00, Basic Computer Training (formerly Introduction to Computers)	DE
11:00a.m.-1:30p.m.	9587	TH ART E30, Dramatic Interpretation Through Movies	DE
12:00p.m.-1:50p.m.	9572	MUSIC E51, Piano and Theory	DE
12:00p.m.-1:15p.m.	9591	HEALTH E63, Body Conditioning After a Stroke	DE
2:00p.m.-3:50p.m.	9583	POL SC E00, Current Events	DE
2:00p.m.-3:50p.m.	9583	POL SC E00, Current Events	DE

SATURDAY

9:00a.m.-10:50a.m.	9546	HEALTH E34, Stress Reduction through Yoga	DE
9:30a.m.-11:45a.m.	9527	ENGL E33, Autobiography	DE
11:00a.m.-12:50p.m.	9571	MUSIC E51, Piano and Theory	DE
12:00p.m.-2:15p.m.	9589	ENGL E33, Autobiography	DE



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DONATIONS

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

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

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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 college’s Center for Students with Disabilities offers guidance and counseling on admissions 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 services such as specialized equipment, adaptive computer training, and test proctoring, among many other accommodations for students who are eligible.

Call the SMC Center for Students with Disabilities for SMC Emeritus student ADA accommodations at **310-434-4265** or visit smc.edu/StudentServices/DisabilityResources

STATEMENT OF NONDISCRIMINATION

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

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

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

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

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



DISTANCE EDUCATION INFORMATION

ACCESSING DISTANCE EDUCATION

In order for instructors to be able to provide students with distance education class information including Zoom “join a meeting” class links and passwords, all students must set up or activate their **Corsair Connect** account in order to receive emails from their instructors who will primarily communicate via students’ **SMC Gmail** email accounts.

Students need to familiarize themselves with signing into SMC’s Corsair Connect online enrollment and student services portal located at **smc.edu/cc**. First time signing in, students will use their **SMC ID Number** located on their enrollment confirmation and their temporary password which is their 6 digit date of birth (**MMDDYY**).

ONLINE RESOURCES

Informational links to help students navigate SMC Corsair Connect, SMC Gmail, and the “CC Guide” are conveniently located right above the Corsair Connect login screen in a blue and white banner located at **smc.edu/cc**. The SMC Corsair Connect Guide provides students with information to make their SMC Emeritus semesters successful by giving them step by step instructions ranging from online enrollment, accessing their SMC Gmail and retrieving lost passwords.

PERSONAL EMAIL ADDRESS

Students may also provide SMC Emeritus with their personal email address. Students can use the fillable SMC Emeritus application form (PDF) to provide us their personal email. Visit **smc.edu/Emeritus** and click on the “**Application Form**”.

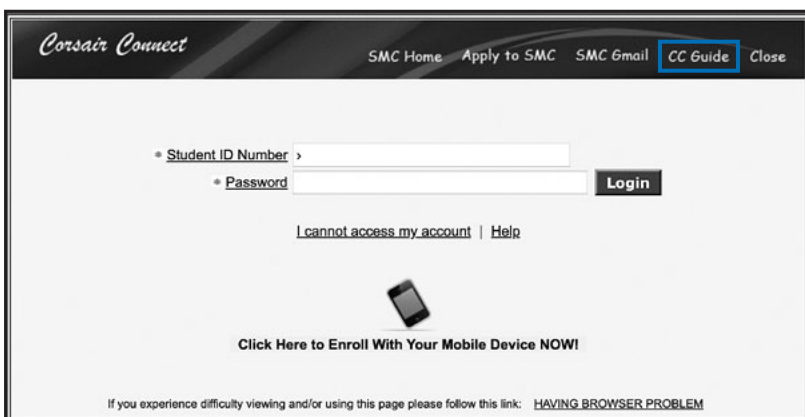
Student may also add their personal email to their active **Corsair Connect** account after login at **smc.edu/cc** :

1. Click the Enrollment tab
2. Click on Profile/Preferences
3. Add your personal email address

CORSAIR CONNECT GUIDE

Step by step instructions.

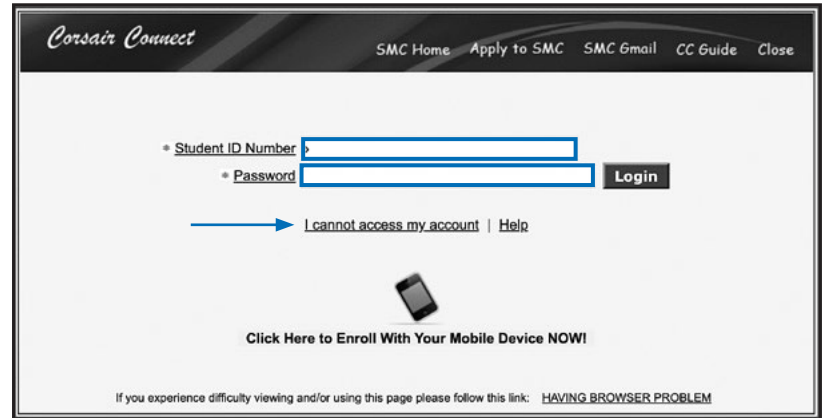
1. Go to Corsair Connect at **smc.edu/cc**
2. Click the “**CC Guide**” link



CORSAIR CONNECT

Log into your student account.

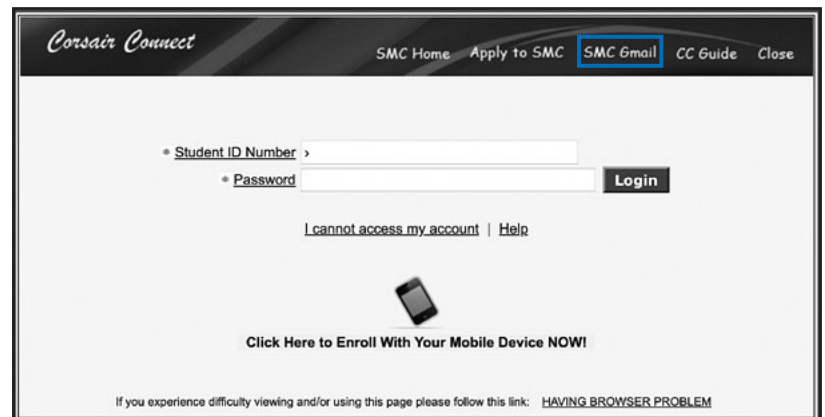
1. Go to Corsair Connect at **smc.edu/cc**
2. Enter your **SMC ID Number** and your **password** and click **Login**
3. Forgot password, select “**I cannot access my account**”
4. First time signing in, use your **SMC ID Number** and temporary password, your 6 digit date of birth (**MMDDYY**)



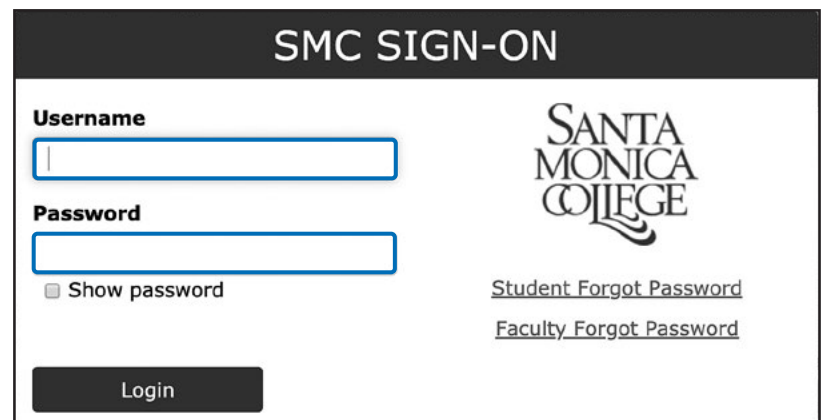
SMC STUDENT EMAIL

How to access your SMC student email account.

1. Go to Corsair Connect at **smc.edu/cc**
2. Click the “**SMC Gmail**” link



3. On the **SMC Sign-On** page, enter your network username (**Last Name_First Name_Middle**) and the password is the same one you use to sign into Corsair Connect and click **Login**.





A Program of Santa Monica College

APPLICATION FORM

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

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

Check One: Male Female
 Email me information on SMC Emeritus, SMC Foundation, and SMC.
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

MY DONATION OF \$ _____
TO SUPPORT EMERITUS IS ENCLOSED.
 Emergency Contact _____
 Emergency Telephone No. _____

REQUIRED
 * WITHOUT YOUR SIGNATURE AND DATE WE CANNOT PROCESS YOUR FORM
 I certify that the statements made in this application are true and complete to the best of my knowledge. I understand that falsification, withholding pertinent data or failure to report changes in residence may result in my dismissal.

Signature: _____

Date: _____

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

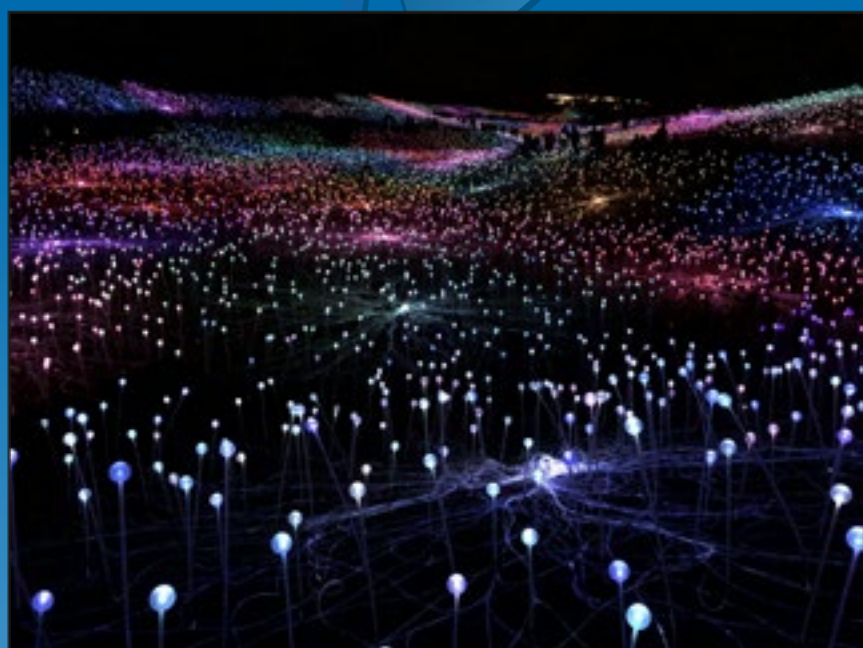
Please send me information about how I can provide for SMC and/or SMC Emeritus in my will or estate plan, including tax benefits and the SMC Foundation's Legacy Society.

PLEASE PRINT:
 Name _____
 Address _____
 City/State/Zip _____
 Phone Number _____
 Email _____
 This donation should be listed as Anonymous.

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
	5. Central American	8. Asian Indian	11. Filipino	14. Laotian		17. Guamanian	20. Pacific Islander
Citizenship	1. United States	3. Temporary Resident	5. Student F1 or M1 Visa	7. Unknown			
	2. Permanent Resident	4. Refugee/Asylee	6. Other (specify below): _____	8. Foreign student taking online classes from home country.			
Enrollment Status	If you selected No. 2,3,4,5, or 6, write in your Permanent Resident or Visa No.: _____ Issue Date: _____						
	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: _____						
	CERTIFICATE, DEGREE OR GRADUATED FROM:						
	0. Non-high school graduate	2. Adult Diploma	3. High school graduate – No college degree	5. Received High School Proficiency Certificate	6. Foreign Secondary School Diploma	7. Earned College Associate Degree	8. Earned College Bachelor Degree or higher
	1. Advanced high school	4. Passed GED test					

▶ **All Summer 2020
Classes will be Online!**



Cover images are from the
**SMC Emeritus
Student Photography
Exhibition 2020**

Front Cover:

- Marilyn Kabakov, *Pure Iceland*, 2019
- Wendy Miller, *Paris Umbrellas*, 2019

Back Cover:

- Allan Popelka, *Sensorio*, 2019

Cover Design: Charles Mark-Walker

Everyone at Emeritus would like to extend a special thank you to long-time volunteers Judy Blits and Joseph "Joe" Sipos for many long years of dedicated service...

SMC EMERITUS STAFF

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

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Pat Gorman, Fida Habib, Alice Hirsh, Jeffrey Hogue, Suzie Kim,
Cecelia Krippendorf, Shanta Lulla, Ruth Okin, Joseph "Wally" Pegram,
Susan Shapiro, Lillia Singer

EMERITUS STUDENT ADVISORY COUNCIL

Student membership of the Associate Dean's Emeritus Student Advisory Council will be listed on the SMC Emeritus website at:
smc.edu/AcademicAffairs/Emeritus/Pages/Advisory-Council.aspx

SMC BOARD OF TRUSTEES

Dr. Nancy Greenstein, Chair; Dr. Susan Aminoff, Vice Chair; Dr. Louise Jaffe;
Dr. Margaret Quiñones-Perez; Rob Rader; Dr. Sion Roy; Barry A. Snell;
Brooke Harrington, Student Trustee;
Kathryn E. Jeffery, Ph.D., Superintendent/President

WHAT IS SMC EMERITUS?

SMC Emeritus, started in 1975, is a noncredit older adult program of Santa Monica College. SMC Emeritus serves over 3,600 students annually and offers over 120 free classes of interest to senior citizens. All classes are held during the day at convenient locations throughout the community or at our home base on Second Street. The name Emeritus refers to people "retired with honor." All older adults are welcome. For more information, call the SMC Emeritus office at 310-434-4306, visit our website at smc.edu/emmeritus 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 lugares accesibles en toda la comunidad o en nuestra sede en Second Street. 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/emmeritus o acuda a nuestra oficina ubicada en 1227 Second Street, Santa Monica. Ofrecemos clases en español. Mire dentro de este catálogo para mayor información.