

# EMERITUS INSTITUTE

A Program for Older Adults

**Director:** David Anderson, Jr.

**Faculty:** Jeffrey Briar, Kathryn Burns, Stephen Burns, Sebastian Caramango, Sandra Casado, Carolin Caverly, Robert Conrad, Sue Cross, Sheldon Disrud, John Dowden, Susan Drobish, Theresa Fernald, Rene Fiore-Burton, Fleur Fong, Sharon Fong, Marge Forehan, Peter Fournier, Beverly Gandall, Eva Garnet, Ruth Gluckson, Georgy Gounev, Barbara Grane, Donna Hanna Chase, Phoenix Henderson, Annette Hernandez, Regina Hurley, Louise Jacobs, Beejay Janiga, Cecilia Kim, Kathryn Kramer, Mary Louise Landes, Eugenia Lane, Ellen Lang, Victor Leipzig, Carol Lippert, Lesley Lowe, Geoffrey Luis, Lisa Messenger, Richard Meyerson, Mikki Michele, Susan Miller, Bill Nicholls, Lou Ortega, Jackie Ovadia, Ed Peterson, Michael Ramirez, Louise Records, Becky Rigali, Pamela Schader, Joanna Schoon, Lynn Semer, Judith Shields, Michelle Smith, Barbara Stockler, Ida Stuart, Steve Wang, Charles Wilbourn

## Curriculum

The Emeritus program affirms the importance of intellectual activities, critical thinking, and creative expression for older adults. The curriculum challenges participants to formulate relationships between past experience and new ideas and to keep current in all academic areas. Courses are developed to stimulate participants' individual and personal growth and to benefit their daily lives—personally, socially, culturally, economically, and environmentally. And while these courses meet the college's academic standards, they are not degree applicable.

## COURSES

### EMERITUS: ART

#### **ART 400: ART HISTORY**

**0 Units**

**1 hour lecture**

This course provides older adults an overview of the history of Western art. The course focuses on major works of art from the prehistoric to postmodern period. This is an open-entry/open-exit course. R-99

#### **ART 403: INTRODUCTION TO ART MEDIA**

**1 Unit**

**3 hours lab**

This course is an introduction to various art media—which may include drawing, painting, printmaking, beading, stained glass, and ceramics—for the older adult. A list of instructional materials will be provided at the first class session. This course is not graded. R-E-3

#### **ART 405: BEGINNING OIL PAINTING**

**0 Units**

**.5 hour lecture, 1 hour lab**

This course is an introduction to the materials and techniques used in oil painting for the older adult. Students will have an opportunity to paint still life, floral, landscape, portrait, and abstract compositions. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

#### **ART 410: INTERMEDIATE PAINTING**

**0 Units**

**.5 hour lecture, 1 hour lab**

This intermediate painting course for the older adult emphasizes color theory, composition, and perspective in the application of oil, acrylic, and mixed media. Students will participate in exhibit, framing and installation activities. A list of instructional materials will be provided at the first class session. Students may meet with the instructor at alternate locations. This is an open-entry/open-exit course. R-99

#### **ART 420: PAINTING IN SUBJECT AREAS**

**0 Units**

**.5 hour lecture, 1 hour lab**

This course is an introduction to the theory, history and practice of landscape, seascape, life, and still life painting for the older adult. The materials, applications, and techniques relevant to each subject area will be emphasized. A list of instructional material will be provided at the first class session. This is an open-entry/open-exit course. R-99

#### **ART 424: BEGINNING SKETCHING**

**0 Units**

**.5 hour lecture, 1 hour lab**

This course presents beginning sketching techniques and media for the older adult. Students will create still lifes, gesture/figure drawings and outdoor sketches in the classic media of pencil, pen and ink, charcoal and pastel. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

#### **ART 425: INTERMEDIATE SKETCHING**

**0 Units**

**.5 hour lecture, 1 hour lab**

This course presents intermediate sketching techniques and media for older adults. Students will create life drawings, landscapes, and still life compositions in the classic media of pencil, pen and ink, charcoal, and pastel. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

#### **ART 426: ADVANCED SKETCHING**

**0 Units**

**.5 hour lecture, 1 hour lab**

*Recommended Preparation: Art 425*

This course presents advanced-level sketching techniques and media for older adults. Students will create life drawings, landscapes, and still life compositions in the classic media of pencil, pen and ink, charcoal and pastel, as well as new and mixed media. Abstract and experimental techniques will be emphasized. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

#### **ART 430: BEGINNING WATERCOLOR**

**0 Units**

**.5 hour lecture, 1 hour lab**

This course for older adults introduces the materials and techniques used in watercolor painting. The course presents the basic methods of applying watercolor in washes, color mixing, and brush techniques, emphasizing the spontaneity of transparent watercolor. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**ART 435: INTERMEDIATE/ADVANCED WATERCOLOR****0 Units****.5 hour lecture, 1 hour lab***Recommended Preparation: Art 430*

This is a course in intermediate and advanced watercolor applications and brush techniques for older adults. Emphasis will be placed on color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**EMERITUS: CALIFORNIA HISTORY****HIST 410: CALIFORNIA HISTORY: EARLY CALIFORNIA****1 Unit****1 hour lecture**

This course for the older student presents a historical overview of the development of early California. It covers the period from Spanish exploration and colonization through the Gold Rush and the signing of the Treaty of Guadalupe Hidalgo in 1848. This course is not graded. R-E-3

**EMERITUS: CREATIVE ARTS****CT 400: BEGINNING NEEDLEPOINT/ NEEDLE ART****0 Units****.5 hour lecture, 1 hour lab**

This beginning course in needlepoint focuses on individual projects for older adults. The course presents various stitches, techniques, and bargello patterns, as well as needlepoint design and color theory. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**CT 401: INTERMEDIATE NEEDLEPOINT/NEEDLE ART****0 Units****1.5 hours lab***Recommended Preparation: CT 400*

This course is designed for older adults with prior needlepoint experience. Students integrate intermediate-level stitches, bargello patterns and techniques in a needlepoint project. Class projects focus on increasing the student's proficiency in the application of design, color and technique. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**CT 420: INTERMEDIATE KNITTING****0 Units****.5 hour lecture, 1 hour lab***Recommended Preparation: CT 410*

This course is for older adults with prior experience in knitting and crocheting. Emphasis is on the mastery of advanced stitches, techniques and terminology in knitting and crocheting. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**CT 425: QUILTING AND PATCHWORK****0 Units****.5 hour lecture, 1 hour lab**

This course for older adults introduces the fundamental techniques of quilting and patchwork. The course covers designing and planning a quilt; selecting fabric; grafting a pattern; and using sewing techniques such as applique, reverse applique, cathedral windows, crazy quilting, piecing, and trapunto. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**EMERITUS: COMPUTER SCIENCE****CIS 400: COMPUTER FUNDAMENTALS AND APPLICATIONS****1 Unit****3 hours lab**

This introductory course is designed to familiarize older adults with using a computer to create a variety of documents. The course covers basic computer operations; using and organizing files in the Windows operating system environment; and creating, editing, saving, and printing documents using word processing software. This course is not graded. R-E-3

**CIS 405: SPREADSHEETS AND DATABASES****1.5 Units****1 hour lecture, 2 hours lab**

This course provides instruction and hands-on training in the use of record-keeping software such as spreadsheet and database programs. Students learn how to create, store, sort, and retrieve data, as well as prepare reports from stored files. This course is not graded. R-E-3

**CIS 410: INTRODUCTION TO THE INTERNET****1 Unit****3 hours lab**

This course introduces older adults to the features and uses of the Internet. The course focuses on strategies for conducting an Internet search, using search engines and browser programs, and sending and managing email messages. This course is not graded. R-E-3

**EMERITUS: ENGLISH****ENG 400: INTRODUCTION TO CREATIVE WRITING****1 Unit****3 hours lab**

This course introduces creative writing forms such as fiction, poetry, and non-fiction for the older adult. Students may focus their work on the creative non-fiction techniques used in memoir, on the techniques and elements of fiction, or on the craft of poetry. This course is not graded. R-E-3

**ENG 402: INTERMEDIATE CREATIVE WRITING****1 Unit****3 hours lab**

This intermediate-level creative writing course for older adults concentrates on further development of fiction, poetry, or non-fiction. Students may focus their work on the creative nonfiction techniques used in memoir, on the techniques and elements of fiction, or on the craft of poetry. This course is not graded. R-E-3

**ENG 405: ADVANCED CREATIVE WRITING****1 Unit****3 hours lab**

This advanced-level creative writing course for older adults concentrates on more complex development and refinement of fiction, poetry, or nonfiction. Students may focus their work on the creative nonfiction techniques used in memoir, on the techniques and elements of fiction, or on the craft of poetry. This course is not graded. R-E-3

**ENG 417: INTRODUCTION TO THE SHORT STORY****1 Unit****3 hours lab**

This course for older adults explores the history, development, and characteristics of the short story. Students read and discuss examples of the genre from early times to the present day. This course is not graded. No UC credit. R-E-3

**ENG 435: FILM GENRES****0 Units****1.5 hours lab**

A formal analysis of film as an art form for older adults. Films of various styles and periods will address issues of plot, character, setting, dialogue, imagery and symbolism. This is an open-entry/open-exit course. R-99

**EMERITUS: FINANCE****ACCT 432: STRUCTURING AND MANAGING INVESTMENTS****0 Units****1.5 hours lecture**

This course is designed to assist older adults in structuring and managing investment portfolios. The course will identify and analyze factors and trends that influence stock and bond markets. R-99

**MGT 400: PERSONAL FINANCIAL MANAGEMENT FOR SENIORS****1 Unit****.5 hour lecture, 1.5 hours lab**

This course provides an overview of the components of, and strategies for, financial management for older adults. The course addresses cash flow, budgeting, taxes, insurance, asset and debt management, short-term and long-term healthcare, and economic survival. This course is not graded. NR

**EMERITUS: FOOD AND NUTRITION****FN 400: NUTRITION/COOKING FOR ONE OR TWO****0 Units****1.5 hours lecture, 1.5 hours lab**

This course offers practical information about nutrition, food preparation, menu planning, and food shopping for one or two people, focusing on the dietary needs of older adults. Simplified meal preparation will be demonstrated in the cooking lab. This is an open-entry/open-exit course. R-99

**EMERITUS: LAW****LGL 400: LAW FOR THE LAYPERSON****0 Units****1.5 hours lecture**

This introduction to the U.S. legal system addresses legal topics of special interest to older adults. These include procedures involved in making, changing, and enforcing laws; categories of laws and their relevance to the needs of older adults; and courses of action for addressing a legal problem. This is an open-entry/open-exit course. R-99

**EMERITUS: MUSIC****MUS 400: MUSIC APPRECIATION****0 Units****1 hour lecture, .5 hour lab**

This course is an introduction to music appreciation for older adults. The course provides an overview of important periods and styles of music, the form of compositions, practical music theory, the concert program, and the role and contribution of various instruments and voices in the orchestra. This is an open-entry/open-exit course. R-99

**MUS 450: BEGINNING PIANO****0 Units****.5 hours lecture, 1 hour lab**

This is a beginning course in popular and classical piano technique for older adults. The course focuses on music theory, note reading, scales, fingering, chording, sight reading, and performance techniques. This is an open-entry/open-exit course. R-99

**MUS 451: INTERMEDIATE PIANO****0 Units****.5 hour lecture, 1 hour lab**

This is an intermediate-level course in classical and popular piano technique and performance for older adults. The course focuses on theory, fingering, interpretation techniques, sight reading, and repertoire development. This is an open-entry/open-exit course. R-99

**MUS 453: INTRODUCTION TO ORGAN****0 Units****.5 hour lecture, 1 hour lab**

This course offers students an opportunity to learn arrangements of popular songs, old favorites, and easy classics. Course topics include theory, keyboard harmony, fingering, chording, styling, and rhythms. The content of Music 405 differs each time it is offered, and students who repeat the course will gain an expanded educational experience by supervised repetition and practice, developing skills and proficiency. R-99

**MUS 460: REHEARSAL AND PERFORMANCE: INSTRUMENTAL****0 Units****1 hour lecture, 1 hour lab**

*Recommended Preparation: Previous instrumental training and demonstrated proficiency.*

This course for older adults focuses on the study, preparation, and performance of an orchestral concert repertoire. Students may participate in concerts and recitals at alternate locations. This is an open-entry/open-exit course. R-99

**MUS 480: CHORAL ENSEMBLE****0 Units****.75 hour lecture, .75 hour lab**

This is a course in choral singing and choral literature for older adults. The course focuses on developing correct singing techniques, vocal production, and sight-reading skills. Students may participate in concerts and recitals at alternate locations. This is an open-entry/open-exit course. R-99

**EMERITUS: NATURAL SCIENCES****BIO 410: NATURAL HISTORY OF SOUTHERN CALIFORNIA****1 Unit****3 hours lab**

This course for older adults is an introduction to the basic physical and biological features of the coastal, valley, mountain, and desert environments of Southern California. Students may meet with the instructor at alternate locations. This course is not graded. R-E-3

**BIO 420: BIRDS OF SOUTHERN CALIFORNIA****1 Unit****3 hours lab**

This is an introductory course for older adults on the birds of Southern California. Topics include bird ancestry, physical structure, adaptations for survival, habitat, migration patterns, ecology, behavior, and field identification. Students may meet with the instructor at alternate locations. This course is not graded. R-E-3

**EMERITUS: PHILOSOPHY****PHIL 400: COMPARATIVE RELIGION****1 Unit****.5 hour lecture, 1.5 hours lab**

This course is a comparative overview of Judaism, Christianity, and Islam for older adults. The course addresses the historical origins, key figures, rituals, texts, and doctrines for each religion, as well as the historical and current interactions among the three. It also explores how ancient Near Eastern and Mediterranean religions were foundational for each of the three religions. This course is not graded. R-E-3

**PHIL 420: COMPARATIVE RELIGIONS:  
A SURVEY****1 Unit****.5 hour lecture, 1.5 hours lab**

This course for older adults is a comparative study of primitive and major world religions of humankind, including Hinduism, Jainism, Buddhism, Confucianism, Taoism, Judaism, Christianity, Islam, and Zoroastrianism. Each religion is considered in terms of its origins and evolution, literature, rituals, and basic beliefs. The content of the course differs thematically each time it is offered. This course is not graded. R-E-3

**EMERITUS: PHOTOGRAPHY****PHOT 400: BEGINNING  
PHOTOGRAPHY****0 Units****.5 hour lecture, 1 hour lab**

This course provides a general overview of slide photography, including equipment and techniques, and cameras and their care. The course studies the elements of composition; creative aspects of photography; and aperture, speed, and depth of field. R-99

**PHOT 401: INTERMEDIATE  
PHOTOGRAPHY****0 Units****.5 hour lecture, 1 hour lab**

Students will learn to enhance slides, using innovative techniques. Included will be selective focus, zooming, composition and increased visual perception, set-ups, lighting, lenses, cropping, mounting, and adding color. R-99

**EMERITUS:  
POLITICAL SCIENCE****PS 400: CURRENT ISSUES****1 Unit****.5 hour lecture, 1.5 hours lab**

This course for older adults explores current issues and events on the national and local level. Among the topics addressed are crime, economics, the environment, domestic social problems, immigration, the media, and special interest groups. This course is not graded. R-E-3

**PS 405: UNITED STATES  
GOVERNMENT AND POLITICS****1 Unit****.5 hour lecture, 1.5 hours lab**

This course for older adults is an overview of the structure and principles of the United States government, the balance of power, and major domestic and foreign policy issues. This course is not graded. R-E-3

**PS 410: UNITED STATES  
POLITICAL ISSUES****1 Unit****.5 hour lecture, 1.5 hours lab**

This course for the older adult explores major political issues in the United States, the political party system, the role of the three branches of government, and the power of the new media and special interest groups. This course is not graded. R-E-3

**EMERITUS: PHYSICAL  
FITNESS AND HEALTH****HLTH 400: HEALTH AND FITNESS  
FOR THE MATURE ADULT****0 Units****1 or 2 hours lab**

This course assesses the physical and mental health processes of aging and stresses the importance of exercise in maintaining independence in daily activities. Topics include cognitive and physical exercise, diet, nutrition, and disease and injury prevention as they relate to the older adult. R-99

**EMERITUS:  
THEATRE ARTS****TA 415: THEATRE REHEARSAL AND  
PERFORMANCE****0 Units****1.5 hours lab**

This course for older adults focuses on the preparation, rehearsal, and performance of public theatre productions. Students participate in selecting a production, analyzing the script, auditioning, acting, technical preparation, and production management. This is an open-entry/open-exit course. R-99

**TA 441: THEATRE APPRECIATION:  
MODERN****1 Unit****3 hours lab**

This course for older adults examines important plays, playwrights, and technical developments in the theatre in modern times. The course explores dramatic works in light of their social, economic, artistic, and intellectual contexts. Students may attend performances at alternate locations. This course is not graded. R-E-3