



EMERITUS

A Program of
Santa Monica College

A Free Lifelong Learning Program for Adults 55+



Schedule of Classes | Winter 2025 | Jan 6 - Feb 13

REGISTRATION

IMPORTANT DATES

Classes for the winter session are happening in distance education and on-ground environments.

Thursday, October 3, 2024 Schedule available online at smc.edu/emeritus

Tuesday, November 12, 2024 . . . First day of Registration/Enrollment

Monday, January 6, 2025 WINTER SESSION BEGINS

Monday, January 20, 2025 Martin Luther King, Jr., Day (no classes/campus closed)

Thursday, February 13, 2025 WINTER SESSION ENDS

HOW TO REACH US



1227 2nd Street, Santa Monica, CA 90401

Business Hours: Mon. – Fri., 8:30 a.m. – 4:30 p.m.

Telephone: 310-434-4306

Email: emeritus@smc.edu

Web: smc.edu/emeritus

ENROLLMENT SERVICES OPTIONS

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

You must enroll each semester. *For the 2025 winter session, you may initially enroll in a maximum of three (3) classes. Two weeks prior to the start of the winter session, this cap will be lifted, and you may enroll in additional classes when space is available. Please note: The same enrollment rules apply, so you will not be able to enroll in duplicate sections of the same course or enroll in a class that causes a time conflict.*

NEW AND RETURNING STUDENTS

NEW STUDENTS are students without an SMC Student Identification Number. RETURNING STUDENTS are students who have been away from classes for three (3) or more semesters. New and returning students may register and enroll using either the application form in the back of this schedule or the fillable PDF application at smc.edu/emeritus. Please note that a typed signature on the fillable online application is acceptable. Please

send the completed application as an attachment to emeritus@smc.edu. You may also fill out an application in person, mail or place the completed application in the SMC Emeritus mail slot located near the front door of 1227 2nd Street. After you complete your registration, you will receive an email with your SMC Student Identification Number, username, and temporary password to activate your SMC online account, along with instructions to follow at smc.edu/activate.

CONTINUING STUDENTS

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

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

ONLINE ENROLLMENT SYSTEM FOR CONTINUING STUDENTS: CORSAIR CONNECT

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

- Go to smc.edu/emeritus – Click on the helpful links located on the left side of the page for instructions for online enrollment, Corsair Connect, a searchable schedule (to find which classes are open), and other useful information.
- Go to smc.edu/cc – Use “Corsair Connect” to enroll online. Make sure you have your SMC/Emeritus username, password, and

desired class section numbers available. If you cannot log in or have forgotten your password, please see smc.edu/studentithelp.

- For the link to the searchable schedule, visit smc.edu/searchclasses. Once on the searchable schedule page, select the (1) Semester (e.g. Winter 2025), (2) Class Type (Emeritus), (3) Class Modality (All), and (4) Class Status (Open & Closed). Scroll down and click the “Search” button. A listing of classes will appear below the “Search” button. Click the right arrow at the bottom of the page to access the next set of classes.

APPLICATION FORM FOR ENROLLMENT

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

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

- Fill out the form completely, sign, date, and provide an emergency contact and number on the form.
- List courses in priority order. Do NOT enroll in duplicate sections of the same course or classes that overlap in time.
- Write “Alt” to indicate your second choice for a better chance of getting a course of your choice.
- Write in a personal email address on your enrollment form.

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

NOT ABLE TO ENROLL?

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

TRANSACTION RECEIPT/CONFIRMATION OF ENROLLMENT

If you enroll online, you will not be sent a transaction receipt via US mail. Instead, you must print your transaction receipt through Corsair Connect at smc.edu/cc. If you have submitted a paper application for enrollment, you will receive a transaction receipt via US mail and email. If a class you selected is not listed, that indicates that the class is filled, or that there is a time conflict with another class you enrolled in, or that you tried to enroll in two sections of the same course. The class ID numbers are listed on the upper left of the confirmation/receipt.

CLOSED CLASSES / WAIT LIST

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

GENERAL INFORMATION AND ENROLLMENT TIPS

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

ADDRESS CHANGES

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

EMERGENCY INFORMATION

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

SCHOLARSHIPS/GRANTS

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

See page 4 for more distance education information.



DISTANCE EDUCATION INFORMATION

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

ONLINE CLASSES

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

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

PERSONAL EMAIL ADDRESS IS REQUIRED

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

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

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

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

WHAT WILL BE SENT TO YOUR PERSONAL EMAIL ADDRESS

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

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

YOUR ASSIGNED STUDENT EMAIL ADDRESS

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

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

Example username: **last_first01**

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

WHAT TO DO

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



Welcome to SMC Emeritus!

Dear Emeritus Community,

Welcome to Winter 2025! As we commence the new year, I am thrilled to share that we will continue celebrating you and the spirit of lifelong learning that defines our Emeritus community.

This year, we have an array of events planned, culminating in a grand finale at the SMC Main Campus at 1900 Pico Blvd., Santa Monica. We invite all students, faculty, and staff to join in this celebration as we honor 50 years of lifelong learning. Our gratitude for the past is matched only by our excitement for the future, and we hope our program will continue to grow for the next 50 years.

In addition to the gala, we are excited to announce our field trip series — which has taken us to various campuses — will continue into the new year. Many of you have already joined us for these enriching experiences, and we look forward to completing this series.

We are also making significant upgrades to our building, including interior painting and enhanced gallery lighting, so that our spaces reflect the vibrant community we cherish. Our collaboration with faculty to update class curricula is ongoing, fostering positive change and ensuring our program flourishes for decades to come.

Thank you for being an integral part of our journey. Here's to a wonderful winter season filled with learning, growth, and celebration!

Best regards,

Guadalupe Salgado-Shower
Associate Dean (Interim) of SMC Emeritus

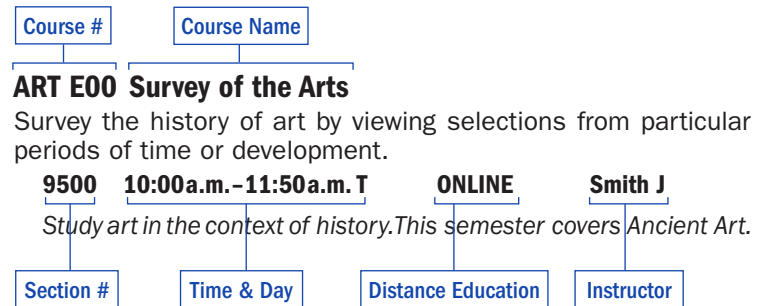


IMPORTANT NOTES TO STUDENTS:

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

- If you have not received information from your instructor prior to the day before the first class period, go to smc.edu/emergitus and click on the "About Faculty" page to find the instructor's email address.
- See page 4 for details on how to access Distance Education information.
- Visit smc.edu/emergitus for facilities, parking, and transportation information.
- If you have concerns or questions about privacy, contact the Program Coordinator at 310-434-3851.
- Schedule is subject to change without notice.
- If you need disability accommodation, please see page 18.

HOW A COURSE IS LISTED IN THE SCHEDULE:



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

Abbreviation of Days

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

Check Out the EMERITUS WEBSITE

smc.edu/emergitus

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



ARTS & CRAFTS

ART 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.

9501 9:00a.m.-11:15a.m. M ONLINE Adams L K

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

9502 9:00a.m.-11:50a.m. M ONLINE Tirr C A

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

ART E16, Life Drawing Studio

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

9503 9:30a.m.-12:20p.m. W MALBU 220 Harrison A B

Above section 9503 meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

9504 11:00a.m.-1:50p.m. T ONLINE Adams L K

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

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 9:30a.m.-12:20p.m. T EC 1227 204 Chow V Y

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 12:30p.m.-2:45p.m. W ONLINE Benson J K

Drawing and painting with emphasis on the portrait.

9507 12:30p.m.-3:30p.m. M ONLINE Tirr C A

Drawing and painting, from pencil to pastel. Work in any dry medium. Develop your sense of composition, value, color, and technique. Draw and paint still-lives, landscapes, and possible “plein air” sessions. Friendly critiques.

9508 1:00p.m.-3:50p.m. F MALBU 220 Tirr C A

Above section 9508 meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

ART E21, Painting/Drawing, Oil and Acrylic

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

TRIBUTE 9509 1:00p.m.-3:15p.m. W ONLINE Harrison A B

Enhance your creativity through painting. This section is in memory of Francis J. Abrahams. This section will meet both online and occasionally in person.

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.

9510 9:00a.m.-11:15a.m. T ONLINE 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.

9511 11:30a.m.-1:45p.m. T ONLINE 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.

9512 9:30a.m.-11:20a.m. F ONLINE Martorello J M

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

ART E30, Watercolor Studio

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

9513 12:30p.m.-3:20p.m. W EC 1227 204 Tirr C A

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

ART E80, Jewelry Making

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



9514 11:30a.m.-1:45p.m. Th ONLINE Ryza S V

New projects weekly — a wide range of jewelry-making techniques will be covered, including bead stringing, wirework, bead weaving, knotting, chain maille, and more. Guidelines for tools and materials purchasing will be given in class. This section is normally for more advanced jewelry projects, but since there is no beginner class during the winter session, projects will be geared toward being suitable for all levels.

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.

9558 1:30p.m.-4:20p.m. W ONLINE Ryza S V

In this friendly and sociable remote class, we will cover a different needlecraft technique every week, with extra time spent on knitting and crochet. Other topics covered could include embroidery, weaving, macrame, needlepoint, applique, cross stitch, or any other yarn or cloth-related technique. Each topic will be geared toward all levels, from complete newbies to experienced needlecrafters.

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.

9579 11:00a.m.-12:50p.m. W ONLINE Simmonds A R

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.

9580 10:00a.m.-11:50a.m. M ONLINE Woolen D W

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

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.

9581 9:00a.m.-10:50a.m. T ONLINE Cohen Mar A

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

PHOTO E10, Digital Photography II

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

9582 1:00p.m.-2:50p.m. M ONLINE Rodriguez J E

Basic photography, digital cameras, and software. This class will use Adobe Photoshop.

HEALTH & CONDITIONING

HEALTH E08, Walking for Wellness

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

9595 9:00a.m.-10:15a.m. MW ITINERARY Chiba S

HEALTH E10, Movement and Conditioning for Older Adults

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

9526 12:30p.m.-1:45p.m. TTh EC 1227 308 Chiba S

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

HEALTH E19, Mindfulness and Meditation

This course introduces Emeritus students to a variety of meditation techniques from different traditions, including mindfulness and gentle breath centered movement. It will provide an overview of the neuroscience supporting the benefits of individual meditation techniques including reduced stress, better sleep, improved focus, and a sense of well-being and other issues. The course will also address common obstacles to meditation as well as approaches to overcoming these obstacles. This course is designed for beginners and is also suitable for those with experience who want to refine their practice. Classes consist of a combination of lecture, practice, and discussion.

9596 10:30a.m.-11:45a.m. TTh ONLINE Cass K



COURSES FOR OLDER ADULTS

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.

9527 8:30a.m.-10:20a.m. WF ONLINE Dee D

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

9528 10:00a.m.-11:50a.m. TTh ONLINE Cooper M

9529 10:30a.m.-12:20p.m. MW ONLINE Cass K

Chair-based Yoga, with options for standing. No mat required. Learn Yoga and Ayurveda wellness practices.

9530 11:00a.m.-12:50p.m. MW ONLINE Roseman T

Through the practice of yoga postures (asanas) and yogic breathing (pranayama) you will learn how to improve your overall health and well-being; to develop strength, flexibility, and balance; to improve your breathing, increase circulation and your ability to hold focus, and to relax. Please bring your own yoga mat, a notebook, and a pencil.

HYBRID CLASS

9531 2:00p.m.-3:50p.m. TTh EC 1227 308 Dee D

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely. Please bring your own yoga mat (unless section is chair-based).

HEALTH E22, Chi Gong Principles & Practices for Older Adults

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

9532 9:00a.m.-10:15a.m. TTh VP CTR Shieh Y

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

HEALTH E23, T'ai Chi Principles & Practices for Older Adults

This course offers an overview of the history, philosophy and techniques of the Chinese energy balancing health practice T'ai Chi Ch'uan. With a focus on enhancing healthy aging for older adults, the course offers strategies for improving balance and posture; increasing flexibility and endurance, reducing stress, and promoting relaxation and mindfulness. The course shows older adults how to avoid injury, conserve energy and use the

body in an ergonomic manner. Students will create a personal health plan integrating T'ai Chi principles and techniques into their daily lives.

9533 9:00a.m.-10:15a.m. MF VP CTR Akers P A

Above section meets at Virginia Avenue Park, 2200 Virginia Ave. For beginner and intermediate level students.

9534 12:00p.m.-1:15p.m. WF VA PK Nardini A S

Above section meets at Virginia Avenue Park, 2200 Virginia Ave. Intermediate/Advanced. This class is not appropriate for beginners. Students must have already learned the entire Yang Style Slow Set, 108 moves. If you do not know the whole Slow Set, please consider taking a Beginner Class first to learn from the beginning.

9535 1:00p.m.-2:15p.m. MF EC 1227 304 Akers P A

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

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.

9536 9:00a.m.-10:15a.m. MW EC 1227 304 Huner K A

9537 9:00a.m.-10:15a.m. TTh ONLINE Wapner-Baart L J

9538 9:30a.m.-10:45a.m. TTh ONLINE Huner K A

9539 2:00p.m.-3:45p.m. MW ONLINE Cass K

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

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

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

9541 12:00p.m.-1:15p.m. TTh ONLINE Wapner-Baart L J

9542 2:00p.m.-3:15p.m. TTh ONLINE Terry Jr P W

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.





9543 12:00p.m.-1:50p.m. M EC 1227 308 Fryden F
This is a hybrid class; the instructor will provide a Zoom link to those wishing to join remotely.

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.

9544 8:00a.m.-9:50a.m. S ONLINE Roseman T
9545 9:00a.m.-10:50a.m. M ONLINE Cooper M
9546 11:00a.m.-12:50p.m. F ONLINE Roseman T

Learn through the focused practice of yoga postures (asanas) — standing, seated, supine (lying down), and/or inverted — with conscious yoga breathing (pranayama) to increase your energy, support emotional balance, develop your ability to concentrate, induce relaxation, and improve your overall health and well-being. Please bring your own yoga mat, a notebook, and a pencil.

HEALTH E38, Joint Health & Mobility for Older Adults

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

9547 10:30a.m.-11:45a.m. TTh ONLINE Wapner-Baart L J
9549 2:30p.m.-3:45p.m. MW ONLINE Albert G S

HEALTH E65, Pool Exercises for Older Adults

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

9605 2:00p.m.-3:15p.m. TTh POOL Cass K
Above section meets at Santa Monica Swim Center, 2225 16th St. (16th & Pico).
9606 12:45p.m.-2:00p.m. TTh POOL Cass K
Above section meets at Santa Monica Swim Center, 2225 16th St. (16th & Pico).

HEALTH E85, Pilates Level 1

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

9598 10:30a.m.-11:45a.m. MW EC 1227 308 Huner K A

HOME ECONOMICS

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

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

9516 1:00p.m.-3:15p.m. Th ONLINE Ross M A

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

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

9557 11:30a.m.-1:50p.m. M ITINERARY Ryza S V

Students will eat at a different area restaurant each week, chosen based on student votes. Be prepared to buy your own meal each week.

HME EC E60, American History Through Cooking

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

9597 11:00a.m.-1:20p.m. W EC 1227 407 Dinka B C

YOU'VE GOT SMC EMAIL!

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

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

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

How do you get to your email?

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



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.

9559 1:30p.m.-2:45p.m. TTh ONLINE Albert G S

HUMDEV E27, Exercising the Brain

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

9560 10:00a.m.-11:50a.m. T ONLINE Frand L

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

9561 12:30p.m.-2:20p.m. T ONLINE Frand L

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

9562 12:30p.m.-2:20p.m. W ONLINE Frand L

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

PSYCH E33, Living as a Single Person

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

9588 11:00a.m.-12:50p.m. M ONLINE Press P L

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

LITERATURE

BILING 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

9515 2:00p.m.-3:50p.m. T ONLINE 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.

9517 2:00p.m.-3:50p.m. M ONLINE Dwyer F

A close reading and discussion of the great novels. Continuing our study of Marcel Proust's "In Search of Lost Time," we have reached vol. 6: "The Fugitive," in the translation by C. K. Moncrieff and Terence Kilmartin, revised by D. J. Enright. It comes in a volume published by The Modern Library that also includes vol. 5: "The Captive." There will be extensive aid to help all new students catch up with us and enjoy the journey.

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.

HYBRID CLASS

9518 9:00a.m.-10:50a.m. M EC 1227 107 Achorn J C

This is a hybrid class; the instructor will provide a Zoom link to those wishing to join remotely. We will be looking at the humor of David Sedaris and his sister Amy. The primary text will be "The Best of Me," by David Sedaris, Back Bay Books, 2021.

HYBRID CLASS

9519 11:00a.m.-12:50p.m. M EC 1227 107 Achorn J C

This is a hybrid class; the instructor will provide a Zoom link to those wishing to join remotely. We will be looking at the humor of David Sedaris and his sister Amy. The primary text will be "The Best of Me," by David Sedaris, Back Bay Books, 2021.

ENGL E25, Literature: The American Novel

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

HYBRID CLASS

9520 9:00a.m.-10:50a.m. T EC 1227 107 Achorn J C

This is a hybrid class; the instructor will provide a Zoom link to those wishing to join remotely. This term we will explore the stories of Flannery O'Connor and her impact on the canon of American letters. The text will be "The Complete Stories," by Flannery O'Connor, Farrar Straus & Giroux, 1971.

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.

9521 11:30a.m.-1:20p.m. M ONLINE Dwyer F

We will continue our investigation of the importance, evolution, and influence of Greek Tragedy with a reading and discussion of the terrible times and astonishing plays of the Stoic philosopher Seneca. Textbook: "Six Tragedies," by Seneca, translated by Emily Wilson (Oxford World's Classics).



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.

HYBRID CLASS

9523 9:30a.m.-11:45a.m. T EC 1227 408 Ghabaei B

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely. Come learn the art of skillful writing. All levels are welcome.

9603 9:30a.m.-11:20a.m. T MALBU 112 Davis C V

Above section 9603 meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

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.

9524 9:30a.m.-11:45a.m. S ONLINE Fox Jr R W

9525 2:00p.m.-3:50p.m. F MALBU 219 Fox Jr R W

Above section 9525 meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

MUSIC – PERFORMING ARTS

MUSIC E00, Concert Band

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

9567 6:30p.m.-9:20p.m. Th PAC 110 Miyoshi Y

Above section 9567 meets at the Performing Arts Center, 1310 11th Street.

MUSIC E02, Guitar for Older Adults

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

9568 9:30a.m.-10:50a.m. MW ONLINE Terry Jr P W

9569 2:00p.m.-3:30p.m. TTh PAC 104 Schulman J

Above section 9569 meets at the Performing Arts Center, 1310 11th Street.

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.

9570 11:00a.m.-1:50p.m. T EC 1227 107 Bryant W

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

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

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

MUSIC E04, Voice Training

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

9571 12:30p.m.-2:50p.m. Th EC 1227 107 Parnell D J

This class is designed for intermediate/advanced students.

9600 12:30p.m.-2:50p.m. W EC 1227 107 Parnell D J

This class is designed for beginner students.

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.

9572 1:00p.m.-2:50p.m. W PAC 107 Bryant W

Above section 9572 meets at the Performing Arts Center, 1310 11th Street.

MUSIC E10, Spanish Folk Singing

This course provides older adults (primarily those with a working knowledge of the Spanish language) with an opportunity to practice and perform music in Spanish from around the world. Older adult students are introduced to Spanish music, literature, and singing techniques from their own and other cultures, and encouraged to express themselves through Spanish folk songs.

IN SPANISH

9573 12:00p.m.-1:50p.m. T VP TERRY Perez J Z

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

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.

9574 11:00a.m.-12:50p.m. T ONLINE Jackson L R



COURSES FOR OLDER ADULTS

MUSIC E32, Music Appreciation

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

HYBRID CLASS

9575 1:00p.m.-2:50p.m. M EC 1227 107 Hetz M L

This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely. Explore Classical Music and learn about music. For all levels. Discuss the interaction between culture, language, and social events that shape the creativity of musicians. Enjoy performances by rising student performers.

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.

9576 9:00a.m.-11:50a.m. Th EC 1227 107 Gerhold T

MUSIC E51, Piano and Theory

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

HYBRID CLASS

9577 11:00a.m.-12:50p.m. S PAC 206 Hetz M L

Above section 9577 meets at the Performing Arts Center, 1310 11th Street. This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely. This section is for Intermediate and Advanced students.

HYBRID CLASS

9578 12:00p.m.-1:50p.m. F PAC 206 Hetz M L

Above section 9578 meets at the Performing Arts Center, 1310 11th Street. This is a hybrid class. The instructor will provide a Zoom link for those wishing to join remotely. This is for Beginners!

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.

9583 9:30a.m.-11:20a.m. M MALBU 119 Sarkissian R

Above section 9583 meets at the Malibu Campus, 23555 Civic Center Way, Malibu.

HYBRID CLASS

9584 10:00a.m.-11:50a.m. M EC 1227 408 Reiner M

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

9585 2:00p.m.-3:50p.m. F ONLINE Trives N

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

9586 3:00p.m.-4:50p.m. M ONLINE Sarkissian R

POL SC E50, Technopolitics: Exploring the Intersection of Technology and Governance

This course explores the intricate relationship between technology and politics, analyzing how technological advancements shape political systems, governance, policy-making, and public engagement. Students will examine the impact of technology on political campaigns, information dissemination, surveillance, cybersecurity, citizen participation, and the formulation of government policies. Through case studies, discussions, and critical analysis, students will develop a nuanced understanding of the complexities and implications of technology in the political landscape, including its influence on policy development, implementation, and the functioning of government institutions.

9599 10:00a.m.-11:50a.m. Th ONLINE Lepoint O

POL SC E99, Special Studies in Politics

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

9601 9:00a.m.-10:50a.m. W ONLINE Stern R M

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

THEATER ARTS

TH ART E01, Principles of Acting

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

9589 11:00a.m.-1:50p.m. T ONLINE Gannen B

TH ART E02, Theater Arts Appreciation

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

9590 9:00a.m.-10:50a.m. F ONLINE Abatemarco A M

TH ART E15, Theater - History of Comedy

Formerly HUMDEV E15.

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



older adults and other subgroups of the community; different types of humor; and/or popular trends in comedy, stand-up comedy, comedy of stage and screen, musical comedy, musical satire, with a special emphasis on the connection of rhythm and comic timing.



9604 9:00a.m.-10:50a.m. W EC 1227 107 Achorn J C

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

TH ART E20, Improvisation

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

9591 10:00a.m.-11:50a.m. M ONLINE Camilleri G J

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

Formerly HUMDEV E22.

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



9602 11:30a.m.-1:20p.m. W EC 1227 107 Abatemarco A M

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

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

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

9592 12:00p.m.-1:50p.m. M ONLINE Camilleri G J

TH ART E30, Dramatic Interpretation Through Movies

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

9593 11:00a.m.-1:15p.m. F ONLINE Abatemarco A M

PATHFINDERS PROGRAM

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

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

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

HEALTH E63, Body Conditioning After a Stroke

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

9550	10:00a.m.-11:15a.m. T	ONLINE	Fryden F
9551	10:00a.m.-11:15a.m. Th	ONLINE	Jaffe A O
9552	10:30a.m.-11:45a.m. M	EC 1227 307	Akerson M
9553	11:30a.m.-12:45p.m. T	ONLINE	Fryden F
9554	12:00p.m.-1:15p.m. M	EC 1227 307	Akerson M
9555	12:00p.m.-1:15p.m. Th	EC 1227 307	Jaffe A O
9607	12:00p.m.-1:15p.m. W	EC 1227 307	Jaffe A O

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	9:30a.m.-10:45a.m. W	ONLINE	Nicholls J
9564	11:00a.m.-12:15p.m. W	ONLINE	Nicholls J

HUMDEV E55, BrainFlex

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

9565	9:30a.m.-10:45a.m. F	ONLINE	Nicholls J
9566	11:00a.m.-12:15p.m. F	ONLINE	Nicholls J



CLASSES BY THE DAY WINTER 2025

MONDAY

9:00a.m.-11:15a.m.	9501 ART E15, Drawing	ONLINE
9:00a.m.-11:50a.m.	9502 ART E15, Drawing	ONLINE
9:00a.m.-10:50a.m.	9518 ENGL E23, Shakespeare	EC 1227 107
9:00a.m.-10:50a.m.	9545 HEALTH E34, Stress Reduction through Yoga	ONLINE
9:30a.m.-11:20a.m.	9583 POL SC E00, Current Events	MALBU 119
10:00a.m.-11:50a.m.	9580 OCC E20, Using the Internet Safely	ONLINE
10:00a.m.-11:50a.m.	9584 POL SC E00, Current Events	EC 1227 408
10:00a.m.-11:50a.m.	9591 TH ART E20, Improvisation	ONLINE
10:30a.m.-11:45a.m.	9552 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
11:00a.m.-12:50p.m.	9519 ENGL E23, Shakespeare	EC 1227 107
11:00a.m.-12:50p.m.	9588 PSYCH E33, Living as a Single Person	ONLINE
11:30a.m.-1:20p.m.	9521 ENGL E29, Greek Literature	ONLINE
11:30a.m.-1:50p.m.	9557 HME EC E52, Restaurant Critic - Dining Wisely: Healthy Eating Choices	ITINERARY
12:00p.m.-1:50p.m.	9543 HEALTH E30, Personal Safety - Fall Prevention	EC 1227 308
12:00p.m.-1:15p.m.	9554 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:00p.m.-1:50p.m.	9592 TH ART E22, Principles of Illusion: Close-up and Stage	ONLINE
12:30p.m.-3:30p.m.	9507 ART E20, Drawing and Painting	ONLINE
1:00p.m.-2:50p.m.	9575 MUSIC E32, Music Appreciation	EC 1227 107
1:00p.m.-2:50p.m.	9582 PHOTO E10, Digital Photography I	ONLINE
2:00p.m.-3:50p.m.	9517 ENGL E20, Literature: The Novel	ONLINE
3:00p.m.-4:50p.m.	9586 POL SC E00, Current Events	ONLINE

MONDAY AND WEDNESDAY

9:00a.m.-10:15a.m.	9536 HEALTH E24, Physical Fitness Principles & Practices	EC 1227 304
9:00a.m.-10:15a.m.	9595 HEALTH E08, Walking for Wellness	ITINERARY
9:30a.m.-10:50a.m.	9568 MUSIC E02, Guitar	ONLINE
10:30a.m.-12:20p.m.	9529 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
10:30a.m.-11:45a.m.	9598 HEALTH E85, Pilates Level 1	EC 1227 308
11:00a.m.-12:50p.m.	9530 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
2:00p.m.-3:45p.m.	9539 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
2:30p.m.-3:45p.m.	9549 HEALTH E38, Joint Health & Mobility	ONLINE

MONDAY AND FRIDAY

9:00a.m.-10:15a.m.	9533 HEALTH E23, T'ai Chi Principles & Practices	VP CTR
1:00p.m.-2:15p.m.	9535 HEALTH E23, T'ai Chi Principles & Practices	EC 1227 304

TUESDAY

9:00a.m.-11:15a.m.	9510 ART E22, Watercolor	ONLINE
9:00a.m.-10:50a.m.	9520 ENGL E25, Literature: The American Novel	EC 1227 107
9:00a.m.-10:50a.m.	9581 PHOTO E00, Digital Photography I	ONLINE
9:30a.m.-12:20p.m.	9505 ART E19, Painting	EC 1227 204
9:30a.m.-11:45a.m.	9523 ENGL E30, Creative Writing	EC 1227 408
9:30a.m.-11:20a.m.	9603 ENGL E30, Creative Writing	MALBU 112
10:00a.m.-11:15a.m.	9550 HEALTH E63, Body Conditioning After a Stroke	ONLINE
10:00a.m.-11:50a.m.	9560 HUMDEV E27, Exercising the Brain	ONLINE
11:00a.m.-1:50p.m.	9504 ART E16, Life Drawing Studio	ONLINE

11:00a.m.-1:50p.m.	9570 MUSIC E03, "The Merits" - Vocal Ensemble	EC 1227 107
11:00a.m.-12:50p.m.	9574 MUSIC E30, Opera Appreciation	ONLINE
11:00a.m.-1:50p.m.	9589 TH ART E01, Principles of Acting	ONLINE
11:30a.m.-1:45p.m.	9511 ART E22, Watercolor	ONLINE
11:30a.m.-12:45p.m.	9553 HEALTH E63, Body Conditioning After a Stroke	ONLINE
12:00p.m.-1:50p.m.	9573 MUSIC E10, Spanish Folk Singing	VP TERRY
12:30p.m.-2:20p.m.	9561 HUMDEV E27, Exercising the Brain	ONLINE
2:00p.m.-3:50p.m.	9515 BILING E02, French Literature	ONLINE

TUESDAY AND THURSDAY

9:00a.m.-10:15a.m.	9532 HEALTH E22, Chi Gong Principles & Practices	VP CTR
9:00a.m.-10:15a.m.	9537 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
9:30a.m.-10:45a.m.	9538 HEALTH E24, Physical Fitness Principles & Practices	ONLINE
10:00a.m.-11:50a.m.	9528 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
10:30a.m.-11:45a.m.	9547 HEALTH E38, Joint Health & Mobility	ONLINE
10:30a.m.-11:45a.m.	9596 HEALTH E19, Mindfulness and Meditation	ONLINE
12:00p.m.-1:15p.m.	9541 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
12:30p.m.-1:45p.m.	9526 HEALTH E10, Movement and Conditioning	EC 1227 308
12:45p.m.-2:00p.m.	9606 HEALTH E65, Pool Exercises	POOL
1:30p.m.-2:45p.m.	9559 HUMDEV E06, Enjoy Life - Understanding Our Mind, Body & Brain	ONLINE
2:00p.m.-3:50p.m.	9531 HEALTH E21, Yoga Health & Safety, Principles & Practices	EC 1227 308
2:00p.m.-3:15p.m.	9542 HEALTH E25, Strength & Stamina Training Principles & Practices	ONLINE
2:00p.m.-3:30p.m.	9569 MUSIC E02, Guitar	PAC 104
2:00p.m.-3:15p.m.	9605 HEALTH E65, Pool Exercises	POOL

WEDNESDAY

9:00a.m.-10:50a.m.	9601 POL SC E99, Special Studies in Politics	ONLINE
9:00a.m.-10:50a.m.	9604 TH ART E15, Theater - History of Comedy	EC 1227 107
9:30a.m.-12:20p.m.	9503 ART E16, Life Drawing Studio	MALBU 220
9:30a.m.-10:45a.m.	9563 HUMDEV E50, Communication After a Stroke	ONLINE
11:00a.m.-12:15p.m.	9564 HUMDEV E50, Communication After a Stroke	ONLINE
11:00a.m.-12:50p.m.	9579 OCC E00, Basic Computer Training	ONLINE
11:00a.m.-1:20p.m.	9597 HME EC E60, American History Through Cooking	EC 1227 407
11:30a.m.-1:20p.m.	9602 TH ART E21, Art, Culture & Entertainment Through a Jewish Lens	EC 1227 107
12:00p.m.-1:15p.m.	9607 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:30p.m.-2:45p.m.	9506 ART E20, Drawing and Painting	ONLINE
12:30p.m.-3:20p.m.	9513 ART E30, Watercolor Studio	EC 1227 204
12:30p.m.-2:20p.m.	9562 HUMDEV E27, Exercising the Brain	ONLINE
12:30p.m.-2:50p.m.	9600 MUSIC E04, Voice Training	EC 1227 107
1:00p.m.-3:15p.m.	9509 ART E21, Painting/Drawing, Oil and Acrylic	ONLINE
1:00p.m.-2:50p.m.	9572 MUSIC E06, Gospel Community Chorus	PAC 107
1:30p.m.-4:20p.m.	9558 HME EC E71, Needlecrafts II	ONLINE

WEDNESDAY AND FRIDAY

8:30a.m.-10:20a.m.	9527 HEALTH E21, Yoga Health & Safety, Principles & Practices	ONLINE
12:00p.m.-1:15p.m.	9534 HEALTH E23, T'ai Chi Principles & Practices	VA PK



THURSDAY

9:00a.m.-11:50a.m.	9576 MUSIC E34, Lyric Chorus	EC 1227 107
10:00a.m.-11:15a.m.	9551 HEALTH E63, Body Conditioning After a Stroke	ONLINE
10:00a.m.-11:50a.m.	9599 POL SC E50, Technopolitics: Exploring the Intersection of Technology and Governance	ONLINE
11:30a.m.-1:45p.m.	9514 ART E80, Jewelry Making	ONLINE
12:00p.m.-1:15p.m.	9555 HEALTH E63, Body Conditioning After a Stroke	EC 1227 307
12:30p.m.-2:50p.m.	9571 MUSIC E04, Voice Training	EC 1227 107
1:00p.m.-3:15p.m.	9516 CT E00, The Fix-It Class - Repair Almost Anything	ONLINE
6:30p.m.-9:20p.m.	9567 MUSIC E00, Concert Band	PAC 110

FRIDAY

9:00a.m.-10:50a.m.	9590 TH ART E02, Theater Arts Appreciation	ONLINE
9:30a.m.-11:20a.m.	9512 ART E24, Calligraphy II	ONLINE

9:30a.m.-10:45a.m.	9565 HUMDEV E55, BrainFlex	ONLINE
11:00a.m.-12:50p.m.	9546 HEALTH E34, Stress Reduction through Yoga	ONLINE
11:00a.m.-12:15p.m.	9566 HUMDEV E55, BrainFlex	ONLINE
11:00a.m.-1:15p.m.	9593 TH ART E30, Dramatic Interpretation Through Movies	ONLINE
12:00p.m.-1:50p.m.	9578 MUSIC E51, Piano and Theory	PAC 206
1:00p.m.-3:50p.m.	9508 ART E20, Drawing and Painting	MALBU 220
2:00p.m.-3:50p.m.	9525 ENGL E33, Autobiography	MALBU 219
2:00p.m.-3:50p.m.	9585 POL SC E00, Current Events	ONLINE
2:00p.m.-3:50p.m.	9585 POL SC E00, Current Events	ONLINE

SATURDAY

8:00a.m.-9:50a.m.	9544 HEALTH E34, Stress Reduction through Yoga	ONLINE
9:30a.m.-11:45a.m.	9524 ENGL E33, Autobiography	ONLINE
11:00a.m.-12:50p.m.	9577 MUSIC E51, Piano and Theory	PAC 206

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FACILITIES

Facilities	Location	Big Blue Bus and Metro Lines
SMC Emeritus Classrooms and Offices: EC 1227 107, EC 1227 204, EC 1227 205, EC 1227 208, EC 1227 304, EC 1227 307, EC 1227 308, EC 1227 407, EC 1227 408, EC 1227 409, EC 1227 410	1227 Second St. (2nd & Wilshire), SM CALL US! Call 310-434-4306	Santa Monica & 3rd: #5 (wkdy), #8, #9 4th & Wilshire: #2, #3, and #9 Handicapped parking and bike racks are available on the street level of city parking structure #2. Additional metered handicapped parking entrance off 2nd Court alley.
BROOKDALE OCEAN	Brookdale Ocean House, 2107 Ocean Ave. (Ocean Ave. & Pacific St.), SM	Ocean & Pacific: #8
BROOKDALE GARDENS	Brookdale Santa Monica Gardens, 851 2nd St.(2nd & Idaho), SM	4th & Idaho: #9
BUNDY	SMC Bundy Campus, 3171 S. Bundy Dr. (Bundy & College Dr.), LA	Bundy & Airport: #14
CMD	SMC Center for Media and Design, 1660 Stewart St. (½ block N. of Olympic), SM	Stewart & Pennsylvania: #16 (wkdy), #43 (wkdy, no midday service)
CLOVER	Clover Park, 2600 Ocean Park Blvd. (Ocean Park & 25th), SM	Ocean Park & 25th: #8
DOUGLAS PARK	Douglas Park, 2439 Wilshire Blvd. (25th & Wilshire), SM	26th & Wilshire: #2, #43 (wkdy, no midday service)
EUCLID PARK	Euclid Park, 1525 Euclid St. (between Colorado & Broadway), SM	Colorado & 14th: #5 (wkdy), #41 (Mon-Fri only)
FST PRES	First Presbyterian Church, 1220 2nd St. (2nd & Wilshire), SM	Santa Monica & 3rd: #5 (wkdy), #8, #9 4th & Wilshire: #2, #3, and #9 Handicapped parking and bike racks are available on the street level of city parking structure #2. Additional metered handicapped parking entrance off 2nd Court alley.
1450 OCEAN	Camera Obscura Art Lab, 1450 Ocean Ave. (Ocean & Broadway), SM	Ocean & Broadway: #8
GOOSE EGG PARK	Goose Egg Park, 700 block of Palisades Ave. (1 block North of Montana), SM	4th & Montana: #9 Lincoln & Montana: #18
ITINERARY	Locations vary – instructor will inform class of the meeting places	
KEN EDWA	Ken Edwards Center/WISE Adult Day Services, 1527 Fourth St., SM (across the street from the Santa Monica Place near 4th & Broadway)	4th & Broadway: #2, #7, Rapid #7 (wkdy), #8, #9,
LINCOLN	Lincoln Middle School, 1501 California Ave., Rm. 400 (15th & California), SM	14th & California: #41 (Mon-Fri only)
MALBU	SMC Malibu Campus, 23555 Civic Center Way, Malibu	Metro 134
PAC	SMC Performing Arts Center, The Broad Stage & The Edge, 1310 11th St. (11th & Santa Monica), SM	Santa Monica & 11th: #1, Rapid #10 (wkdy, no midday service), #41 (Mon-Fri only)
REED PARK	Reed Park, 1133 7th St. (Lincoln & Wilshire), SM	Lincoln & Wilshire: #2, #18
SM LIB	Santa Monica Library Main Branch, 601 Santa Monica Blvd., SM	Santa Monica & 6th: #1, #5 (wkdy), #7, Rapid #7 (wkdy), Rapid #10 (wkdy, no midday service), #18
SMC	Santa Monica College Main Campus, 1900 Pico Blvd. (17th & Pico), SM	Pico & 18th: #7, Rapid #7 (wkdy), #41 (Mon-Fri only), #43 (wkdy, no midday service) 20th & Pearl: #16 (wkdy)
SM SYNG	The Santa Monica Synagogue, 1448 18th St. (18th & Broadway), SM	Santa Monica & 17th: #1, Rapid #10 (wkdy, no midday service)
St Monica	St. Monica Catholic Church, 725 California Ave. (Lincoln & California), SM	Lincoln & California Ave: #18 Wilshire & Lincoln:# 2
VA PK, VP CTR, VP PATIO, VP TERRY	Virginia Avenue Park, 2200 Virginia Ave. (Cloverfield & Pico), SM	Pico & Cloverfield: #7
WISE	Ken Edwards Center/WISE & Healthy Aging Adult Day Services, 1527 4th St. (4th & Broadway), SM	Broadway & 4th: #1, #2, #7, Rapid #7 (wkdy), #8, #9, Rapid #10 (wkdy, no midday service), #18

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



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For more information or to enroll in classes:
smc.edu/noncredit

Noncredit certificates are not applicable toward credit certificates or an Associate degree.



ADA ACCOMMODATIONS

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

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

STATEMENT OF NONDISCRIMINATION

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

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

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

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

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

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

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

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

Donald Girard, *Senior Director, Government Relations and Institutional Communications*

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

Scales, Stephanie Rick, Jessica Riojas, and Dagmar Gorman.

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YOU MUST ANSWER THE FOLLOWING QUESTIONS EACH TIME YOU REGISTER.

Term: Summer Fall Winter Spring Have you enrolled in SMC or Emeritus Classes before? YES NO
 Have you resided in California for at least two years? YES NO If NO, since _____
 If NO, last legal resident address: _____
 Have you been disqualified or dismissed from a college? YES NO
 If yes, enter college name: _____ and year _____

Section No.	Course Names	Time/Day	Section No.	Course Names	Time/Day

WRITE ONE CODE NUMBER IN EACH BOX AT THE RIGHT: (The State requires this information for new students.)

Ethnic Background	1. African American 2. American Indian/Alaskan Native 3. White 4. Mexican/Chicano 5. Central American	6. South American 7. Hispanic Other 8. Asian Indian 9. Cambodian 10. Chinese 11. Filipino 12. Japanese 13. Korean 14. Laotian 15. Vietnamese 16. Asian Other 17. Guamanian 18. Hawaiian 19. Samoan 20. Pacific Islander
Citizenship	1. United States 2. Permanent Resident 3. Temporary Resident 4. Refugee/Asylee	5. Student F1 or M1 Visa 6. Other (specify below): _____ 7. Unknown 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.: _____	
Educational Level	Year last attended school: _____ CERTIFICATE, DEGREE OR GRADUATED FROM: 0. Non-high school graduate 1. Advanced high school	2. Adult Diploma 3. High school graduate -- No college degree 4. Passed GED test 5. Received High School Proficiency Certificate 6. Foreign Secondary School Diploma 7. Earned College Associate Degree 8. Earned College Bachelor Degree or higher



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SMC EMERITUS STAFF

Dr. Scott Silverman, Dean, Noncredit and External Programs
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 Vivian Rankin-Scales, Program Coordinator
 Jessica Riojas, Student Services Clerk

VOLUNTEERS

Mady Bergman

EMERITUS STUDENT ADVISORY COUNCIL

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

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SMC Emeritus Winter 2025 Schedule of Classes

WHAT IS SMC EMERITUS?

SMC Emeritus, started in 1975, is a noncredit older adult program of Santa Monica College. SMC Emeritus serves more than 3,600 students annually and offers over 120 free classes of interest to older adults. All classes are held during the day at our home base on Second Street or at convenient locations throughout the community. The name Emeritus refers to people “retired with honor.” All older adults are welcome. For more information, call the SMC Emeritus office at 310-434-4306, visit our website at smc.edu/emeritus or stop by our office at 1227 Second Street, Santa Monica.

¿ QUÉ ES SMC EMERITUS ?

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



THE ONGOING MOMENT: LITERATURE AND ART FROM SMC EMERITUS

VISIT SMC.EDU/EMERITUSGALLERY
 TO VIEW THE EXHIBITION

Front cover:

Eunjin Chae, *Uncertainty of Economy*, watercolor, 15"x11"

Back cover:

Left: Cheryl Lee, *In the Face of Uncertainty, Be Bold,* mixed media, 14"x11"

Right: Kathleen Higgins, *Aphrodite's Cloak,* acrylic, ink, polyurethane foam on paper, 30"x22.5"