

SCHOOL OF EXTENDED LEARNING: OLDER ADULTS

Courses for Older Adults are offered tuition-free to community members and offer a wide variety of topics taught by skilled professionals in each subject. Our classes are specifically designed for adults age 55 and over, and offer a welcoming and engaging environment for students of all levels. Students develop mental acuity and physical dexterity while learning and honing new skills in a variety of topics.

To view the current schedule of noncredit classes, click here (<https://www.sbcc.edu/classes/>).

You will be taken to the web schedule page. Highlight the semester you want to search and click the "select" button. Then highlight the subject you wish to search and click the "search" button to view classes within that subject.

For assistance with application and registration, please click here (<https://www.sbcc.edu/extendedlearning/apply-reg.php>) or connect in person at the Main Office of Wake or Schott campuses.

For more information about programs or content, please contact Rachel Walsh, Interim Director at rewalsh1@pipeline.sbcc.edu or Lisa Draper, Administrative Assistant at ladraper1@pipeline.sbcc.edu.

Creative Art Creative Art Courses

CRAO NC101 Beginning Oil Painting: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Basic oil painting skills are explored through practice and demonstration for the older adult. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful oil paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC102 Painting the Pictures of Health: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

This course allows older adult students to explore the regenerative benefits of creating art for enjoyment, relaxation, and enhanced quality of life. A gentle, guiding course of painting instruction using water color, collage, and drawing helps the older adult student express and refresh their outlook on life while healing. Students learn traditional as well as imaginative interpretations of still-life, landscape, symbols, and can pursue areas of personal interest. Course restricted to 98 repetitions

CRAO NC106 Exploring Watercolor For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Designed to enhance, improve and increase the older adult's knowledge and skills in watercolor painting. Students receive lessons in color theory, value, composition and a multitude of watercolor techniques. Older adults can improve hand-eye coordination and retention of information and theory by taking this course. Course restricted to 98 repetitions

CRAO NC107 Oil and Acrylic Painting: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Students gain an understanding of color, design, and texture. The older adult students exercise memory, critical thinking skills, and manual dexterity as they learn novel painting applications. Students learn to see oil and acrylic painting in a new, inspired way through the exploration of unique approaches that incorporate various parts of the brain. Course restricted to 98 repetitions

CRAO NC112 Keeping an Art Journal: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

This course teaches older adults how to develop an art journal. Older adults will record their daily lives through the use of mixed media techniques in collage, painting and writing. Course restricted to 98 repetitions

CRAO NC115 Color Exploration: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Color interaction is thoroughly explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successfully utilize color. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC122 Composition and Design: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students learn design principles in art, and at the same time, practice communication, self-confidence and critical thinking skills. By studying principles of design, composition, perspective and color theory, students develop abstract thinking and creative decision making, and learn the non-verbal language of art. Course restricted to 98 repetitions

CRAO NC124 Beginning Outdoor Sketching in Pen, Ink and Watercolor: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Personalized instruction focuses on composition, simplifying perspective, color and style. The older adult student learns how adding color to ink sketches can transform even the simplest subject into a work of art while using Santa Barbara's picturesque scenes as subject matter. Increases student's observational skills by focusing on the visual details of the immediate and community environment. Course restricted to 98 repetitions

CRAO NC126 Splashing Watercolor: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Through lecture, demonstrations and examples, the older adult student learns a variety of approaches and techniques to watercolor. Older adult students exercise cognitive and social skills working and communicating with their peers. Students learn a variety of styles, color theory and composition. The class includes a strong emphasis on color and light. Students receive individual and group attention and critiques. Course restricted to 98 repetitions

CRAO NC135 Art and the Environment: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students enhance their landscape painting skills and learn about the importance of Santa Barbara's endangered landscapes. Students develop creativity, improve concentration, problem solving, decision-making skills, and mental focus, and enhance fine motor skills through composition of paintings and the manipulation of drawing and painting tools. Instruction in oils, pastels and watercolor, however, any medium and all skill levels are welcomed. Most classes will meet directly on location. Course restricted to 98 repetitions

CRAO NC138 Painting in Acrylic: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

The older adult student uses acrylics to experiment and create rich vibrant paintings. Color theory is explored, composition and design principles are discussed, as the student creates a series of individual paintings, increasing ability to retain and apply knowledge, increase facility with using tools, and enhance visual focus and attention to detail and structure. Course restricted to 98 repetitions

CRAO NC142 Watercolor and the Great Outdoors: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Basic watercolor painting skills are explored while appreciating nature. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful nature paintings en plein air. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC146 Intermediate and Advanced Painting: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Focuses on creating a complex understanding of concepts and techniques in painting across a range of media. Advanced painting techniques are explored through practice and demonstration. Seeks to coordinate the creative process with a complex technical skill set necessary to make successful paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC153 Light and Shadow in Art: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

This course teaches older adults the fundamentals of light and shadow in painting. Technical skills in the use of oils, acrylics, and watercolors, are utilized to capture the quality of light and color relationships on a two-dimensional surface. Older adults improve fine motor skills and hand eye coordination through weekly application of skills learned. Course restricted to 98 repetitions

CRAO NC154 Beginning Watercolor, Painting with the Flow: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Covers color mixing and color theory, composition, the elements of design and how to make your paintings come to life by utilizing the effects of light and shadow. Older adults/students are encouraged to paint freely and discover individual style. Includes painting demonstrations and creative warm-up exercises. Improves retention and application of knowledge and theory, ability to notice details in light and shadow, and enhances self-confidence and socialization skills. Course restricted to 98 repetitions

CRAO NC156 Botanical Illustration: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Focuses on the specific history and techniques associated with depicting flora. Basic botanical illustration skills are acquired and understood through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific genre. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Course restricted to 98 repetitions

CRAO NC165 Basic Printmaking: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

The older adult student will learn the history of printmaking and the necessary technical skills to create, revise and assess an original print. Topics include relief and color reduction prints, intaglio, collagraphs, solarplates and monotypes. Course restricted to 98 repetitions

CRAO NC168 Pastels-A Class in Color & Technique: For Older Adults (0 Units)

Hours: 26 (10 lecture, 16 lab)

Basic oil pastel skills are explored. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful drawings in this specific medium. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for older adults. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique will be utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC169 New Techniques in Painting and Mixed Media: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students combine a variety of new painting techniques with mixed media to create fascinating art forms, exercising ability to think in new and creative ways. Students develop a body of significant work and enhance fine skills in a novel way through the freedom of mastering painting expression with embellished applications of three-dimensional textures. Students improve ability to retain and analyze information and apply it to painting, increasing emotional well-being through newfound perceptions in art. Works of Rauschenberg, Jasper Johns, de Kooning and others will be analyzed. Course restricted to 98 repetitions

CRAO NC180 Layering Color, Capturing Light: Beginning in Watercolor: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

The older adult student discovers how to make bright, loose, free-flowing paintings filled with light and color using layers of transparent watercolor and white paper. Students use paper, paints, water and brushes and experiment with color to create interpretive florals, landscapes and abstracts. Older adult students of all levels are welcome in this slow, relaxed approach to the medium. Features demonstrations plus time for personalized instruction in the basics of dynamic composition, value control, color temperature and color mixing. Enhances visual focus on detail, color and composition and retention of information. Course restricted to 98 repetitions

CRAO NC182 Portrait Drawing and Painting: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Focuses on capturing a likeness through a variety of drawing and painting media. Basic portrait drawing and painting skills are explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings and drawings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures will be suited to the needs and abilities of the older adult student. Peer critique will be utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC184 Collage and Mixed Media: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

This course teaches older adults the art history, composition, and hands-on techniques for collage, assemblage, and mixed media. Older adults will maintain or improve dexterity and mental acuity through the weekly completion of collage and mixed media projects, emphasizing the principles and elements of composition. Course restricted to 98 repetitions

CRAO NC190 Abstract Painting: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

An abstract approach to painting is explored. Seeks to coordinate the creative process with a complex technical skill set necessary to make successful abstract paintings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC192 Art a la Carte: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

A study in painting in oils on canvas with brush and palette-knife. The older adult student learns a variety of styles in painting including representational, impressionism, post-impressionism, cubism and abstract expressionism (non-objective and geometric). They will receive both group and individual guidance, and the assignments will include a variety of subject matter. Some of the assignments are in coordination with local the museum. Students are also encouraged to do some original painting of their own choosing. Can improve focus on visual detail, retention and understanding of information, and manual dexterity in using painting tools. Course restricted to 98 repetitions

CRAO NC193 Artist's Open Studio: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students identify and examine personal interests and aptitudes in the arts. Students of all levels sketch and paint in an open lab setting assimilating the principles and ideas derived from studying master artists and viewing great works of art. Course restricted to 98 repetitions

CRAO NC211 Beginning Drawing: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Focuses on developing foundational techniques of drawing as an artistic expression. Basic drawing skills are explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful drawings. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for older adults. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC218 Figure Drawing: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Beginning and intermediate level older adult students have the opportunity to draw directly from a live model for three hours. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression. Individualized instruction is provided to address student's diverse learning styles and abilities. Course restricted to 98 repetitions

CRAO NC220 Printmaking Like a Pro: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students explore a variety of drypoint printmaking processes in both intaglio and relief formats. Students develop creative self-expression, exercise manual dexterity, and enhance mental acuity while using printmaking tools, equipment, papers, and inks. Course restricted to 98 repetitions

CRAO NC226 Figure Drawing and Painting: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Basic figure drawing and painting skills are explored. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful two dimensional work based on observation of the human figure. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio-arts classes for the older adult. Frequent review of new concepts occurs through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC243 Figure Portrait Drawing Studio for Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Basic drawing instruction for beginners and mature older adult artists who seek to improve their skills in portraiture using dry media such as pastel, charcoal, pencil, and crayon, face to full figure, working from the model. Longer poses will allow time to create a finished picture. Lessons include gesture drawing, form, contour drawing and composition. Includes demonstrations and individual critique by the instructor. Improves dexterity, focus on visual detail, and socialization skills. Course restricted to 98 repetitions

CRAO NC252 Drawing for the True Beginner: For Older Adults (0 Units)

Hours: 44 (24 lecture)

This course teaches older adults basic drawing skills and techniques. The class focuses on the needs of students who have never drawn, teaching them to see and record observations on paper with the use of pencils, charcoal, and pastel. Course restricted to 98 repetitions

CRAO NC258 Figure Drawing: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Beginning and intermediate level older adult students have the opportunity to draw directly from a live model. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression. Individualized instruction is provided to address student's diverse learning styles and abilities. Course restricted to 98 repetitions

CRAO NC277 Beginning Drawing, Introduction to the Human Figure: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Beginning level older adult students have the opportunity to draw directly from a live model for three hours. Older adults develop manual dexterity and coordination and benefit from brain enhancing, creative self-expression. Course restricted to 98 repetitions

CRAO NC356 Beginning Stone Carving: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Older adult students will learn the fundamentals of stone carving through practice and demonstration, focusing on the basic techniques of carving. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful work using hand tools to carve alabaster. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes. Frequent review of new concepts will occur through lectures and demonstrations. The pace of demonstrations and lectures is suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem-solving. Course restricted to 98 repetitions

CRAO NC422 Bead Creations I: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Students design jewelry and learn essential techniques for making beaded jewelry, including crimping and plain and wrapped loops. Older adults exercise manual dexterity, develop core body strength, and improve cognitive function such as focus and retention of information. Topics include types and history of beads, sources for beads, and design ideas. Course designed for beginning older adult student. Course restricted to 98 repetitions

CRAO NC433 Southwest Style Jewelry: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students will receive instruction on how to use various jewelry making tools and equipment to create Southwest style jewelry. Students will improve mental focus and physical dexterity, exercise creative self-expression, and benefit from social engagement in a group activity. Course restricted to 98 repetitions

CRAO NC434 Specialized Jewelry Techniques: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students learn the technical and challenging processes used in art jewelry. Techniques may include but are not limited to one of the following: roller printing and stamping, hydraulic press, repoussage and chasing, chain making, filigree, fabric techniques in metal, engraving, metal inlay, etching, reticulation, fusing, granulation, mokume gane and metal lamination, cold connections, boxes and lockets, bone carving and hanging, keum boo, stone setting or coloring metals. Course restricted to 98 repetitions

CRAO NC436 Enameling-Glass on Metal: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Introduction to the ancient art of enameling on metal as a jewelry making technique. Older adult students will exercise physical dexterity and cognitive skills and develop creativity to assist with the aging process. Students learn the basic principles of enameling by applying and melting powdered glass on to the surface of copper or silver sheet metal in artistic patterns. Older adults will learn a variety of advanced techniques including the use of silver or gold foils and cloisonne. Course restricted to 98 repetitions

CRAO NC439 The Art of Jewelry Making-Level 1: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Basic jewelry making skills are explored through practice and demonstration. Students learn how to make silver rings, earrings, pins and pendants. Students use tools, work with materials, set gemstones and other fabrication techniques. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful paintings in this specific medium. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC441 Jewelry Soldering-Information, Focus, Practice: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students develop mental focus and hand-eye coordination through practice of jewelry making soldering skills. Students develop confidence and self-esteem through mastery of torch use and complex design issues that require many solder connections. Topics include health and safety considerations, torches, fluxes, solders, and special set-ups. Course restricted to 98 repetitions

CRAO NC443 Lost Wax Casting: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Teaches older adults jewelry making skills through the Lost Wax Casting method. Includes instruction in wax carving, preparation, burnout, and the casting process. Students improve dexterity and mental acuity in the completion of a cast silver jewelry item. Course restricted to 98 repetitions

CRAO NC444 Jewelry Workshop: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Students are guided in the processes necessary to create a jewelry project from concept to completion. Students learn how to design forms, develop step-by-step procedures utilizing the characteristics of the materials involved and present their completed pieces. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem-solving. Course restricted to 98 repetitions

CRAO NC452 A Taste of Jewelry-Wire Wrapping: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students learn the art of wire wrapping and wire sculptures using fused glass, beads, pearls and gemstones to create pendants, rings and bracelets. Designed as an easy and creative application for the older adult. No soldering required in completing jewelry pieces. Course restricted to 98 repetitions

CRAO NC468 Bead Creations II: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adults will improve beadwork skills by creating more advanced necklaces, earrings, and bracelets. Students exercise manual dexterity, develop core body strength, and improve cognitive functions such as focus and retention of information. Decision making and problem solving skills are practiced to complete complex assemblage projects as well as bead weaving techniques and beaded appliqué. Previous beading experience recommended. Course restricted to 98 repetitions

CRAO NC525 Antiques, Art and Modernism: For Older Adults (0 Units)

Hours: 18 (18 lecture)

Art, Antiques, and Modernism for Older Adults is always fresh and vital if you have inherited items or are fascinated by art, antiques, cultures, and history. Teacher talks are followed by physical examination of art and antiques in a "road show" style class, without values, but with the keys to tell genuine from fake and evaluate cultural influences. Lectures focus on current topics at the forefront of the fine and decorative art world from Tut to Banksy, the Renaissance to Ruscha. Students who wish to be encouraged to create physical or virtual presentations of antique, modern, and contemporary examples to share with the class. Sample topics include: Einstein's Theory relative 20th century art, folk art, silver, Asian and Latin American arts, Native American basketry, book arts, Van Gogh's collection, Outsider Art, The Harlem Renaissance, and more. Course restricted to 98 repetitions

CRAO NC585 Art Experiences and Conversations: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Older adult students practice self-expression while viewing images of a wide range of artworks. Discussion topics include art principles such as color, line, shape and form. Art history explored throughout the course. Students are encouraged to share their recollections and associations about art, history and life. Course restricted to 98 repetitions

CRAO NC701 Beginning Calligraphy: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

The older adult student learns how to write an alphabet based on correct use of pen nibs and pen angles. Topics include correct letter formation and basic techniques and equipment used by contemporary calligraphers. Course restricted to 98 repetitions

CRAO NC704 Stained Glass: Leaded, Copper Foil and Mosaic: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Designed for older adults with previous experience working with glass. The art of leaded stained glass, copper foil stained glass, and mosaic are acquired and understood through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to successfully complete stained glass projects. The instruction takes the student through every stage needed to fabricate a glass project. Weekly handouts cover the history of stained glass from its beginnings to present day. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC705 Beginning Stained Glass—Leaded, Copper Foil and Mosaic: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Designed for older adults who have no previous experience working with glass. A hands-on class for those wanting to learn the art of leaded stained glass, copper foil stained glass and mosaic. The instruction takes the student through every stage needed to fabricate a glass project. It also includes weekly handouts covering the history of stained glass from its humble beginnings to present day. Course restricted to 98 repetitions

CRAO NC709 Flower Arranging: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Students learn techniques and methods of flower arranging for applications in the home or office. Topics include the principles of using a wide variety of plants, materials, and accessories. Course restricted to 98 repetitions

CRAO NC713 Floral Design-Florist Style: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students learn the design techniques and applications used by professional florists. Prepares students for professional or at home applications. Topics include bouquets, high style arrangements and flowers to wear and carry. One-on-one instruction by a professional florist helps students create floral projects that enhance self-esteem and confidence. Students must transport final products from classroom upon completion. Course restricted to 98 repetitions

CRAO NC720 Copper Foil Lamp and Window Construction: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Course designed for both the beginning and experienced older adult student. Lead and copper foil methods are represented and demonstrated to create a variety of copper foil lamps and windows. Students experience enhanced self-esteem and develop fine motor skills through the creation of intricate projects. Course provides a relaxed, supportive environment to promote socialization and confidence to complete challenging projects. Course restricted to 98 repetitions

CRAO NC722 Chinese Calligraphy and Brush Painting: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students will learn Chinese calligraphy and brush painting. Students will practice basic calligraphy strokes and color loading techniques. Students will write Chinese words, learn the spiritual meaning behind each character, and paint traditional Asian subjects (bamboo, blossom, orchid, iris, and lotus.) Course restricted to 98 repetitions

CRAO NC723 Glass Arts Workshop: For Older Adults (0 Units)

Hours: 20 (5 lecture, 15 lab)

Basic glass art skills are explored through practice and demonstration. Seeks to coordinate the creative process with the fundamental skill set necessary to make successful glass projects, including leaded stained glass, copper foil stained glass, fusing, mosaic and sandblasting. Special emphasis is placed on the social interaction and critical thinking aspects inherent in group studio arts classes for the older adult. Frequent review of new concepts occur through lectures and demonstrations. The pace of demonstrations and lectures are suited to the needs and abilities of individual students. Peer critique is utilized to maximize social interaction and encourage problem solving. Course restricted to 98 repetitions

CRAO NC725 Weaving using a Floor Loom: For Older Adults (0 Units)

Hours: 48 (8 lecture, 40 lab)

Older adult students focus on developing increased manual dexterity and strength as they create useful and decorative projects by learning the age-old craft of hand weaving on a loom. Topics include project planning, warping the loom and finishing projects as well as weaving theory and techniques. Designed for beginning, intermediate and advanced students. Course restricted to 98 repetitions

CRAO NC742 Beginning Decorative Painting: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students in this beginning class learn the basic techniques of decorative art to use for the home or as gifts. Using bottled acrylic paints older adult students learn techniques in shading, highlighting and use of color. Students build self-esteem and confidence as they receive instructor guidance to create distinctive projects. Course restricted to 98 repetitions

CRAO NC748 Monotypes and Monoprints: For Older Adults (0 Units)

Hours: 40 (10 lecture, 30 lab)

This class teaches older adults to paint unique monotypes on an acrylic plate and print them on an etching press. Students develop creativity and practice dexterity and mental focus in the production of singular print images, emphasizing technique, design, and process. Course restricted to 98 repetitions

CRAO NC799 Beginning Glass Fusing: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adults learn basic skills to create several glass fused pieces. Emphasis is placed on creating functional, yet artistic pieces, including a small plate or bowl. Course restricted to 98 repetitions

CRAO NC823 Ceramics, an Option for Creative Learning: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students make clay objects using hand techniques or the potter's wheel. Students will improve hand strength and coordination, develop cognitive flexibility to learn and execute a new skill, experience the sensory and creative stimulation fostered by working with clay and exercise socialization skills. Topics include the principles of clay construction, glazing, the kiln firing process, and increasingly difficult clay techniques. Course restricted to 98 repetitions

CRAO NC851 Beginning Porcelain: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Beginning-level older adult students learn to work with the most refined of the high fire clays. Challenges of forming and decorating porcelain, as well as the techniques necessary to develop personal style will be addressed. Course restricted to 98 repetitions

CRAO NC853 Clay Portraiture: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

This course teaches older adults to sculpt a portrait in clay. Class focuses on the techniques and skills needed to analyze and sculpt the facial features, neck, and shoulders. Older adults will be instructed in anatomy, use of tools and materials, and construction of armatures. Course restricted to 98 repetitions

CRAO NC862 Decorative Pottery Techniques: For Older Adults (0 Units)

Course Advisories: Beginning ceramics experience.

Hours: 24 (8 lecture, 16 lab)

The older adult student will learn decorative and glaze techniques for ceramics. Students enhance mental acuity and manual strength and dexterity as they work with clay on wheel or table. Older adults exercise fine motor skills to complete the detailed work of painting, carving, glazing, and slip trailing. Topics include the varieties of decorating with clay, under-glazes, slips, glazes, wax techniques will be covered. Course restricted to 98 repetitions

CRAO NC888 Modeling the Figure in Clay: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

The older adult student learns to sculpt the human figure in water-based clay. Focuses on techniques and skills needed to construct a three-dimensional, proportional, anatomical figure in a variety of poses from live models. Instruction includes use of tools, materials and armature construction. Course restricted to 98 repetitions

CRAO NC896 Clay Handbuilding: For Older Adults (0 Units)

Hours: 30 (10 lecture, 20 lab)

Beginning level older adult art students make clay objects using a combination of pinch, coil and slab techniques. The older adult student will improve hand strength and coordination, develop cognitive flexibility to learn and execute new skills. Topics include the principles of clay construction, glazing and the kiln firing process. Course restricted to 98 repetitions

Creative English

Creative English Courses

CREO NC001 Poetry Workshop (0 Units)

Hours: 16 (16 lecture)

Study and practice in poetry writing. In this interactive writing workshop, Older Adult students develop self-expression using both lyric and narrative styles. Focusing on a study of contemporary poetry, students will gain an understanding of traditional poetic forms such as the sonnet, villanelle, sestina, ode and elegy. Critical thinking and problem-solving are enhanced through guided critiques of published authors and classmate's work. All students will produce a portfolio of original poems. Course restricted to 98 repetitions

CREO NC014 Exploring Films of Our Lives: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

This course explores the writing, directing, actors, and awards of films set in locales around the globe. Older adult students exercise critical thinking and develop self-expression by comparing their reaction to films originally shown and their response to seeing the same movie today. Films reinforce self-esteem through the validation of memories of the original viewing of older films. Socialization and critical thinking are enhanced through group discussion. Students participate in the selection of films. Course restricted to 98 repetitions

CREO NC120 Modern and Classic Short Stories: For Older Adults (0 Units)

Hours: 16 (16 lecture)

Provides older adults the opportunity to enter into a sustained close reading of texts, allowing for a fuller exploration of the art of each work. To that end participants discuss characterization, plot, style, imagery, metaphor, narrative structure, point of view and theme. Texts are read aloud in class and students are invited to communicate their reflections and insights in response to each reading. Materials for the course - modern and classic short stories from the US, Britain, and other nations - are selected each term. Course restricted to 98 repetitions

CREO NC303 Explorations in Literature for Older Adults (0 Units)

Hours: 16 (16 lecture)

Older adults become more avid, savvy readers of literature by learning how to "close read." Through classroom readings, lecture, and discussion, students understand the dynamics of literature and how the study of literature applies to their lives. They also explore how literature reveals relationships between people and people's relationships to the world, as well as how it can often give a clearer view of its times than contemporary news reports or historical analysis. Course restricted to 98 repetitions

CREO NC335 Poetry, Prose and Plays: For Older Adults (0 Units)

Hours: 16 (16 lecture)

Older adult students learn techniques for close reading of literary texts. Examines the elements of storytelling: plot, character, theme, point of view and setting. Analyzes the effect of words, images, metaphors, patterns and cadences in the various works. Explores the effects of cultural context, values, irony and paradox on the reader. Titles will be determined in class and will include selections from poetry, prose and plays. Course restricted to 98 repetitions

CREO NC434 The Austen Mystique for Older Adults (0 Units)

Hours: 16 (16 lecture)

Older adults examine passages from the major novels of Jane Austen, view clips from film and television versions of her work, listen to and discuss comments of actors and directors who have worked on Jane Austen adaptations, and review her letters and biography. Course restricted to 98 repetitions

CREO NC497 Survey of Literary Classics: For Older Adults (0 Units)

Hours: 16 (16 lecture)

Presents older adults with the opportunity and guidance to read, analyze, evaluate and discuss literary classics. Assists students to place modern experience in a historical context and to view historical events with a modern perspective. Course restricted to 98 repetitions

CREO NC630 Screening Your Ideas: For Older Adults (0 Units)

Hours: 16 (16 lecture)

Older adult students explore the basics of screenwriting and examine story ideas for TV or motion pictures. The purpose of this course is to find out what makes an idea worth pursuing. Participants learn different techniques to develop their creativity through the study of characters, story and various genres. Students also analyze the opening scenes from a range of different films. Course restricted to 98 repetitions

CREO NC634 Writing Non-Fiction: For Older Adults (0 Units)

Hours: 24 (24 lecture)

Older adult students learn how to develop magazine article and book ideas and how to use fiction techniques to write memoirs and non-fiction articles. Students also learn about the magazine marketplace, e-Book publishing, and how to write effective query letters and book proposals. Course restricted to 98 repetitions

CREO NC635 Writers' Boot-Camp: For Older Adults (0 Units)

Hours: 24 (24 lecture)

Teaches older adults to improve their writing skills in fiction, creative non-fiction, film, or drama and helps students who have a story without an ending or an idea for an article they can't start. Students learn about structure and how to eradicate writing blocks, turn rants into monologues, express themselves and challenge their intellects. True tales may be published for peers and grandchildren. Course restricted to 98 repetitions

CREO NC642 Getting Started, Getting Good and Getting Your Fiction Published: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Older adult students learn that effective, publishable fiction requires intriguing characters, a good story line, a compelling narrative voice, convincing dialogue, energetic pace, palpable mood and a strong relationship to contemporary life. Provides instruction in vital techniques, an arena for practicing them until those skills are mastered and demonstrable ways for the student to develop an individual narrative voice. Course restricted to 98 repetitions

CREO NC646 Writing Your Life into Being: For Older Adults (0 Units)

Hours: 16 (16 lecture)

In this interactive writing workshop, older adult students contemplate what other authors say about values such as integrity, acceptance, and success. Through visualization techniques and writing exercises, students reflect back on their lives and give voice to what matters most. Beneficial for students who want to write a memoir for family members, experiment with poetry or fiction, or explore life stories at deeper levels. Course restricted to 98 repetitions

CREO NC673 Writing Personal Histories: For Older Adults (0 Units)

Hours: 16 (16 lecture)

Teaches older adults to succeed in the memoir writing process. Students learn to collect and prepare their ideas, how to write and structure their memoirs and autobiographies and how to edit them. Students learn to develop a conversational, individual narrative voice for their memoirs and to create a framework for fictional works based on their autobiographies. Course restricted to 98 repetitions

CREO NC674 Write From the Start: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Older adult students learn how to develop magazine articles and book ideas, including the use of fiction techniques to write memoirs and non-fiction articles. Includes information about the magazine marketplace and e-Book publishing. Students also learn how to write effective query letters and book proposals. Course restricted to 98 repetitions

Creative Music

Creative Music Courses

CRMO NC005 Choral Singing: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Older adult students learn vocal techniques, song interpretation, tone, pitch, dynamics and performance technique to effectively perform choral music in front of an audience. Students benefit from breathing and stretching exercises to develop vocal flexibility and lung capacity. Students also increase mental acuity through memorization of musical numbers and sight music reading skills, develop self-confidence, socialization skills, and an outlet for creative expression. Course restricted to 98 repetitions

CRMO NC008 Jazz/Pop Piano: For Older Adults (0 Units)

Hours: 20 (20 lecture)

The older adult student will learn to improvise and play piano in their own style and explore sophisticated ways to use jazz chords and arranging techniques such as swing bass, walking bass, ballad style, Latin rhythms, boogie-woogie and the "New Age" sound. Instruction includes how to play in a combo, how to arrange standards from "The Great American Songbook," Jazz Era and more. Will inspire students and enhance musicianship of anyone with basic piano skills and the rudiments of music reading. Course restricted to 98 repetitions

CRMO NC011 Basics of Singing I: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Novice or experienced older adult singers learn singing and breathing techniques, vocal support, range, song interpretation, and stage presence. Older adult students will develop enhanced self-esteem and communication skills while participating with and performing for fellow students. Course restricted to 98 repetitions

CRMO NC014 Beginning Piano Level 1: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Incorporates lecture and hands-on instruction to teach the beginning older-adult piano student basic orientation of the instrument, notes and rhythm. Older adults experience the therapeutic value of playing an instrument and expanding their knowledge of musical elements, resulting in improved physical and emotional well-being. Students have the opportunity to play in class. An electronic keyboard or piano at home is recommended. Course restricted to 98 repetitions

CRMO NC017 Playing the Ukulele: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Teaches older adult students strumming, finger picking, chords, and improvisations needed to successfully play the ukulele. Students experience the physical and emotional health benefits of music performance, including improved manual strength and dexterity and an improvement in mental focus. For beginners as well as seasoned musicians. Course restricted to 98 repetitions

CRMO NC019 Developing a Musical Ensemble: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

For proficient older adult musicians who want to perform as part of an orchestra. Develop individual musicianship skills and techniques while learning how to be part of a larger group. Topics include achieving a unified sound, following a conductor, taking rehearsal notes and performance conduct. Older adults share the dynamic experience of playing in a large group creating exciting classical and popular music. Course restricted to 98 repetitions

CRMO NC030 Basic Ear Training And Pitch Training: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Older adult musicians are introduced to basic pitch and interval relationships for melodies, harmonies, recognizing chords and song keys. Older adult students experience the physical and emotional benefits of music performance including, increased confidence and accuracy while performing with others, improved mental focus, and building new physical and mental pathways and connections. Pitch and ear training is also particularly essential for singers reading sheet music. Course restricted to 98 repetitions

CRMO NC031 Basic Rhythm Training for Older Adults (0 Units)

Hours: 20 (20 lecture)

Novice and experienced older adult music students learn the basic subtle differences between rhythmic subdivisions of twos, threes, and syncopations. Learning to identify and replicate these differences opens new neural pathways, improves physical coordination, strengthens and enhances mind/body awareness for older adults. Rhythm Training is also essential for reading the Western sheet music system. Course restricted to 98 repetitions

CRMO NC043 Beginning Electronic Keyboard: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Older adult students develop knowledge of technology using state of the art electronic keyboards while enhancing their creative, musical and mental acuity. Older adults conquer mental and physical challenges by creating their own music using the keyboard functions such as styles, voices, transposition and recording. Students enhance socialization skills by playing in ensemble groups. Previous piano/keyboard instruction recommended. Course restricted to 98 repetitions

CRMO NC045 Jazz Appreciation and History: For Older Adults (0 Units)

Hours: 16 (16 lecture)

Older adults practice critical thinking and self-expression through the demonstration and discussion of Jazz. Students will view archival films and gain insights into American musical & cultural history while expanding their breadth of knowledge of jazz music and musicians. Older adults will experience the mental, physical, and emotional benefits resulting from social engagement and group interaction that build camaraderie through this common interest and shared love of our nation's music. Course restricted to 98 repetitions

CRMO NC047 Developing a Jazz Combo: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Students learn to improvise and interact with other musicians in a close-knit jazz combo. Explore techniques such as how to play jazz chords and scales, swing, improvisation, instrumental roles and different feels and grooves. Discover how to fit into a combo. Each class has a short lecture and longer lab time. This course benefits anyone with basic instrumental and music reading skills. This course will especially inspire the older adult and enhance their musicianship while developing a sense of camaraderie. Course restricted to 98 repetitions

CRMO NC053 Intermediate Piano for Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Older adults expand musicianship skills and improve health and well-being through class activities. Students play on digital pianos, perform new music and study music theory. A year of beginning piano lessons and a piano or keyboard at home is recommended. Course restricted to 98 repetitions

CRMO NC057 Recorder Playing: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Older adult students learn to play the recorder (or "Old English flute"). Students receive group and individual instruction and an opportunity to make music with others. Enhanced self-esteem and sense of accomplishment as students learn a new skill and have an opportunity to share the experience with peers with similar interests. The first hour will be devoted to beginners. Appropriate for the older adult, beginning and continuing student. Please bring a recorder to the first class. Course restricted to 98 repetitions

CRMO NC061 Music of Our Lives and Times: For Older Adults (0 Units)

Hours: 12 (12 lecture)

This course is designed to promote the mental, emotional, and social well-being of older adults through the enjoyment, discussion and associations of music. Familiar music and stimuli encourage individual responses and reawaken neural connections, resulting in improved recall, sense of self-worth, and mental alertness. Course restricted to 98 repetitions

CRMO NC085 Essence of Opera: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Teaches older adults the history of opera. Students study different opera composers, musical scores, historical backgrounds and social contexts. Students watch and listen to examples of operatic performances, enhancing memory retention and socialization skills. Course restricted to 98 repetitions

CRMO NC090 Performance Singing: For Older Adults (0 Units)

Hours: 16 (8 lecture, 8 lab)

Older adult students learn vocal techniques, song interpretation and performance technique to effectively perform songs in front of an audience. Students benefit from breathing and stretching exercises to develop flexibility and lung capacity. Mental acuity is enhanced through memorization of musical numbers and sight music reading skills. Students learn to give and receive constructive criticism. Develops self confidence, socialization skills and provides an expressive outlet for creative expression. Course restricted to 98 repetitions

CRMO NC150 Beginning String Techniques for Older Adults (0 Units)

Hours: 54 (54 lab)

Instruction in the fundamentals of playing an orchestral string instrument (violin, viola, cello and string bass). Any student may enroll, but Music majors are given first priority on use of college instruments. Instruments are furnished by the college. Course restricted to 98 repetitions

CRMO NC152 Beginning Wind And Percussion Techniques for Older Adults (0 Units)

Hours: 50 (50 lab)

Introduction to the basic techniques of instrumental performance-brass, woodwind and percussion. Course restricted to 98 repetitions

CRMO NC160 College Choir: For Older Adults (0 Units)

Hours: 54 (54 lab)

Performance class for older adults with previous singing experience. Class includes public performances. Course restricted to 98 repetitions

CRMO NC163 Quire of Voyces for Older Adults (0 Units)

Hours: 54 (54 lab)

Study, performance, and recording of sacred a cappella choral music of Renaissance era. Frequent public appearances. Audition Required. Course restricted to 98 repetitions

CRMO NC165 Jazz Improvisation for Older Adults (0 Units)

Hours: 54 (54 lab)

Individual and small group improvisational techniques. Combo performance. Course placement level determined by interview/audition. Course restricted to 98 repetitions

CRMO NC170 Symphony Orchestra: For Older Adults (0 Units)

Hours: 54 (54 lab)

Performance class for older adults with previous orchestral experience. Class includes public performances. Course restricted to 98 repetitions

CRMO NC174 Chamber Music for Older Adults (0 Units)

Hours: 54 (54 lecture)

Ensemble class that provides an opportunity for students to perform standard chamber music literature from the 17th, 18th, 19th and 20th centuries. Individuals expected to improve their performance level and thus perfect the performance of the group. Course restricted to 98 repetitions

CRMO NC176 Concert Band: For Older Adults (0 Units)

Hours: 54 (54 lab)

Performance class for older adults with previous concert band experience. Class includes public performances. Course restricted to 98 repetitions

CRMO NC180 Trombone Choir (0 Units)

Hours: 54 (54 lab)

Study and performance of original literature and arrangements of symphonic and choral works for trombone ensemble. Public concert appearances. Course restricted to 98 repetitions

CRMO NC188 Big Band Jazz Ensemble I: For Older Adults (0 Units)

Hours: 54 (54 lab)

Performance class for older adults with previous big jazz band experience. Class includes public performance. Course restricted to 98 repetitions

Creative Theatre

Creative Theatre Courses

CRT0 NC009 Acting for older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

An acting class open to all levels of older adult students. Introduction to monologue and scene work. Stage presence, audition techniques and improvisation are covered. Students discover their acting abilities through the guidance of the instructor and the shared experience with classmates in a safe environment. Course restricted to 98 repetitions

CRT0 NC110 Improvisation for Older Adults (0 Units)

Hours: 54 (54 lecture)

Older adults create and perform dynamic individual and group improvisational exercises and scenes. Course restricted to 98 repetitions

CRT0 NC144 Theatre Workshop for Older Adults (0 Units)

Hours: 108 (108 lab)

Provides study and laboratory exploration of all aspects of play production for older adults. The audition, preparation and presentational phases of the acting process for older adults is explored under the supervision and guidance of a faculty director. Productions are presented for public performance. Course restricted to 98 repetitions

Self-Management

Self-Management Courses

SLFO NC003 Nature and Self-Healing—Beginning: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Older adults explore self-discovery and self-healing techniques. Students also explore nutrition and stress management techniques. Outdoor activities may be part of the course. Course restricted to 98 repetitions

SLFO NC006 Continuing Adventures in Self-Esteem: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Older adult students will learn stress-reducing tools to avoid burnout and explore practical new ways to integrate constructive communication skills into their lives. This class provides powerful personalized coaching and supportive feedback that can transform negative stress into positive action steps. Special emphasis will be given to developing individualized action plans for creating optimal change in students' lives. This intermediate class presents new material for students who complete the basic Adventures in Self-Esteem class. Course restricted to 98 repetitions

SLFO NC007 Consciousness, Science, and the Nature of Being: For Older Adults (0 Units)

Hours: 20 (20 lecture)

This class focuses on current thought in the physical and social sciences, and in spirituality. Our understanding of ourselves and the world is growing with remarkable rapidity. Older adult students will develop their critical thinking skills as they consider whether there is an evolution of consciousness that underlies the great discoveries being made. To aid in this inquiry, the class exploits Internet resources and invites guest speakers. Course restricted to 98 repetitions

SLFO NC008 Life, Death, Afterlife: For Older Adults (0 Units)

Hours: 20 (20 lecture)

This class draws on scientific, psychological, and transpersonal perspectives to address the topic of life after death. Through the use of lectures, discussions, readings, and videos, older adults explore topics including the miracle of life, what survives, the three levels of our experience, being with dying loved ones and processing powerful emotions. Helps older adults come to terms with life, death and the afterlife. Course restricted to 98 repetitions

SLFO NC009 Rock-Folk Music and the '60s Consciousness Movement : For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Older adults explore how '60s music is a reflection of the collective psyche. Students exercise memory, practice effective communication skills, and develop self-awareness as they reminisce about life experiences. Course restricted to 98 repetitions

SLFO NC013 Ten Vital Tools for Creating the Miraculous: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Teaches older adults how to make the leap from powerless to powerhouse in this dynamic, experiential course. Using the wisdom of the 'law of attraction,' students apply a variety of tools to realize personal goals and desires. Older adults learn to believe in themselves and develop an increased sense of control through the aging process. Course restricted to 98 repetitions

SLFO NC014 Healing Yourself Whole - Staying Sane in a Crazy World: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Older adult students learn to identify common emotional and behavioral problems, acquire insight into thinking processes, and practice psychological and behavioral tools to make desired changes a reality. Topics include neurolinguistic programming (NLP), healing the inner child, energy field therapy, and self-healing techniques Skills include improving communication skills, dealing with stress, fears and depression, setting realistic goals, and making the most out of mistakes. Course restricted to 98 repetitions

SLFO NC016 Body/Mind Awareness: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Exploring the role of physical and cognitive creative stimulation in maintaining the health and well-being of older adults. Older adults achieve a greater sense of self-confidence, sense of control, and a level of independence through stimulating activities. Students engage in activities that include reminiscing, moving to music, and other techniques to enhance acuity and health. Course restricted to 98 repetitions

SLFO NC017 Healing Our World: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Students use critical thinking skills to examine chronic social problems and learn to be a healing instrument of power and compassion. the older adult students develop confidence in the value of their own wisdom and experience. Course restricted to 98 repetitions

SLFO NC020 The Psychology and Physiology of Positive Aging: For Older Adults (0 Units)

Hours: 12 (12 lecture)

In this class, older adult students learn how to define health and wellness as a body, mind, and spirit continuum. Topics include recognizing stress factors and symptoms, chronic inflammation, nutritional awareness, problem solving, and benefits of hypnosis and meditation in aging. Course restricted to 98 repetitions

SLFO NC021 Adventures in Self Esteem: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Older adults learn how to increase self-esteem and build more effective communication skills while regaining control and increasing their quality of life. Students also learn constructive communication patterns that empower them to be in charge of their lives. Course restricted to 98 repetitions

SLFO NC023 Turning Points in Thought From Film: For Older Adults (0 Units)

Hours: 24 (8 lecture, 16 lab)

Older adult students will examine themes and events in film and discuss thoughts, perceptions and emotional reactions from different perspectives in psychology. Course restricted to 98 repetitions

SLFO NC025 Compassionate Communication: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Older adults learn to ask for what they want without fear or guilt, deepen connections with others, enhance long term relationships and heal painful ones. Students learn to speak from the heart to address feelings and needs. Course restricted to 98 repetitions

SLFO NC026 Behind Appearances-Integrating Psychology and Spirituality: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Older adults learn to uncover personal psychological insights to decide what steps to take on life's journey. Through increased body consciousness and practice, students release inner wisdom and put it to use. In this class, students learn to activate the potential for wisdom, increase self-awareness, and improve decision-making skills. Course restricted to 98 repetitions

SLFO NC027 Economic Issues That Affect Us All: For Older Adults (0 Units)

Same as: ECON NC026

Hours: 20 (20 lecture)

Older adult students learn evaluation tools to protect themselves, compare options, and improve decision making by following economic and financial principles. Students exercise critical thinking and analytical skills through the examination of information in the news, advertisements, and targeted mailings that directly impacts their lives. Topics include national economic issues and policies, health care, life insurance, consumer purchases, investments, banking, and credit card offers. Course restricted to 98 repetitions

SLFO NC028 Love Isn't Enough - Handling Conflict, Creating Romance: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Using ideas from Harville Hendrix, John Gottman, and Andrew Christensen, older adults explore the nature of romantic attraction, why conflict seems inevitable, and what happens to passion in long term relationships. The class teaches specific skills for better communication, managing conflict safely, rekindling romance, understanding gender differences, and keeping a relationship together for the long run. Course restricted to 98 repetitions

SLFO NC029 Reading and Writing Poetry for Personal Growth: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Older adults discover ways of looking at poetry that help them look back over the events of their lives to see what still needs to be resolved. The reading of poems becomes a vehicle to see the meaning and purpose of their life. Students write their own poems in class and listen to one another's poems when ready to share. This helps them notice the similarities in the human experience and deal with future life issues in creative ways. Course restricted to 98 repetitions

SLFO NC037 Transforming Anger: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Older adults develop self-esteem and self-confidence as they learn to change patterns of anger with Nonviolent Communication, asking for what they want in a way that they and others can enjoy. Students learn that they are upset because: they are not getting what they want; they blame someone or something when not getting what they want; they are about to speak or act in such a way that will most probably guarantee that they will not get what they want. Course restricted to 98 repetitions

SLFO NC038 Forgiveness - The Healing Journey: For Older Adults (0 Units)

Hours: 10 (10 lecture)

Older adults learn to heal hurt, anger, and resentment to improve mental, physical, and emotional health. Students learn how forgiveness can release old negative emotions and make room for new positive, constructive, energizing thoughts, feelings and actions. Topics include healing estranged relationships in family and business, forgiveness as the gift we give ourselves, the process of forgiveness, and gaining the freedom to be healthy and happy. Students also learn to distinguish between forgiving and reconciling Course restricted to 98 repetitions

SLFO NC039 How Meditation Helps - Mindfulness in Everyday Life: For Older Adults (0 Units)

Hours: 15 (15 lecture)

Meditation is a practice that can help older adult students greet the challenges and joys of aging with greater courage, acceptance, and clarity. In this experiential course, students practice a range of meditation techniques that encourage health and well-being. Students learn how to focus their attention in the present moment, bring awareness to habitual patterns that no longer serve them, and allow their breath to strengthen their body and calm their mind. Beginners and experienced meditators welcome. Course restricted to 98 repetitions

SLFO NC040 Self-Hypnosis for Health, Harmony and Weight Loss: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Older adult students practice therapeutic self-hypnosis to improve overall health and well-being through improved sleep patterns, weight loss, and reduction of anxiety, stress, fear and pain. Students learn methods to encourage relaxation and optimistic thought patterns. In addition, students learn nutritional information that will positively alter their relationship to food and food products. Course restricted to 98 repetitions

SLFO NC047 World of Interest: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Explore and discuss contemporary issues and events with other students, resulting in increased mental alertness and improved mood and attitude. The class explores mentally and emotionally stimulating topics related to international, national, state and local events. Course restricted to 98 repetitions

SLFO NC048 Analysis and Discussion of Current Events: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Designed to increase awareness of contemporary issues and current events from a variety of perspectives and to encourage discussion of these topics with other students. The class explores topics on international, national, state, and local issues. Students are encouraged to ask questions, provide perspectives, and share information on the class topics. Course restricted to 98 repetitions

SLFO NC049 Therapeutic Music—Mythology and Medicine: For Older Adults (0 Units)

Hours: 9 (9 lecture)

Using psychological paradigms, this course draws upon ancient mythology and Renaissance ideas related to music to explore the healing power of music throughout the ages. Older adults participate in experiential exercises, including listening and reacting to live and recorded music, to discover how music is connected to healing, memory, self-esteem, and creativity. As an example, students consider why a traditional instrument of healing, the harp, is frequently still used today for therapeutic purposes in the health care environment. Course restricted to 98 repetitions

SLFO NC051 Essence of Compassionate Communication: For Older Adults (0 Units)

Hours: 10 (10 lecture)

Class teaches older adult students to listen and speak more effectively by applying the Compassionate (Nonviolent) Communication™ (NVC) process of Dr. Marshall Rosenberg. Students learn how to reduce conflict while creating connections. Topics include how and why NVC works so well; how to improve relationships with clients, family, and friends; and how to defuse difficult situations. This class provides immediate benefits and helps clarify concepts of NVC as a basis for ongoing study and practice. Course restricted to 98 repetitions

SLFO NC060 Treasures from Sacred Traditions: For Older Adults (0 Units)

Hours: 20 (20 lecture)

This class teaches the secrets of various sacred traditions to help older adult participants incorporate any traditions that help them feel more alive, happy, peaceful, and loving. Students learn about the truths and methods developed by leaders of the Christian, Hindu, Buddhist, Taoist, Jewish, Sufi and Native American traditions. Class includes lectures, films, slides, readings, and sacred music. Course restricted to 98 repetitions

SLFO NC061 Ten Ways to Find and Sustain a Lasting Loving Relationship: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Older adults learn techniques to find, define, shape, and sustain a lasting relationship. Topics include overcoming the Cinderella myth, understanding the effects of cultural myths and the media, and finding lasting love online. Students will learn the questions to ask that indicate whether a potential partner is really ready for a lasting relationship. Course restricted to 98 repetitions

SLFO NC064 Creatively Dealing with Life Changes: For Older Adults (0 Units)

Hours: 20 (20 lecture)

In this class, older adult students learn 18 practical tools that will enable them to resourcefully optimize this season of their life. Students can let go of the past to create the future they most want, transform unwanted events into exciting opportunities, and consciously create change before it happens. The most consistent thing in life is change, and students learn how to take charge of their lives by taking charge of life's transitions. Course restricted to 98 repetitions

SLFO NC067 When Love Meets Fear: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

In this class, older adults learn techniques to free themselves from the grip of fear so that it no longer stops or drives them. Topics include the origins and meanings of human fears of intimacy, abandonment, and closeness. Course restricted to 98 repetitions

SLFO NC072 Honing the Intuitive Edge: For Older Adults (0 Units)

Hours: 20 (15 lecture, 5 lab)

Older adults learn that intuition, like a muscle, can be developed, expanded and strengthened to build rapport and make relationships more meaningful. Students experience the benefit of entering situations with the confidence and competence that comes from the senses being fully attuned. Older adults learn to see, hear, feel and know far more than was thought possible, thus building self esteem and self confidence. Course restricted to 98 repetitions

SLFO NC073 Unlocking your Inner Potential: For Older Adults (0 Units)

Hours: 12 (12 lecture)

In this class, older adult students will learn effective ways to unlock inner resources and potential. Participants learn ten quick and powerful tools for enhancing quality of life by learning to accept themselves despite past mistakes and failures. Students learn to let go of the past, and through moving on with excitement and joy live fully present in the moment. Course restricted to 98 repetitions

SLFO NC075 Self-Control through Self-Hypnosis: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Students learn how to use the unconscious mind to harness mind/body healing and goal-achieving power. Self-hypnosis is commonly practiced by older adults, often without knowing it. This experiential class builds on what older adults are already good at, even though they are probably unaware of this skill. Students discover how self-control through self-hypnosis can support desired outcomes to achieve self-control, confidence, and balance. Course restricted to 98 repetitions

SLFO NC082 Travels and Explorations: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Virtually explore the history, culture, language, and cuisine of distant places without needing to leave the classroom. Older adults recall and share key memories evoked by discussions and presentations and so improve mental recall, retention of information, and self-expression. Students also develop an appreciation of the value of their role and contribution in the global community. Course restricted to 98 repetitions

SLFO NC083 Mindfulness Meditation: Opening Your "I": For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Older adult students will explore the concept of 'mindfulness', associated meditation techniques, and the application of mindfulness practices to examining life adversities. This class is appropriate for beginners and more. Course restricted to 98 repetitions

SLFO NC084 Creating Passion, Intimacy, and Lasting RomanceOA (0 Units)

Hours: 12 (12 lecture)

Intimacy and passion don't just happen—they are created. Especially in long-term relationships, it takes conscious attention and skill to keep the excitement and romance alive. In this course for couples and singles, older adults learn specific ideas and skills that they can use to increase their sense of pleasure and intimacy with their partner, and strategies to keep their relationship vibrant and growing. Course restricted to 98 repetitions

SLFO NC088 Reclaiming Joy: Meeting Your Inner Child – For Older Adults (0 Units)

Hours: 20 (20 lecture)

The child of one's youth still lives within, affecting moods, decisions and behavior. If this Inner Child is nurtured, a world of positive possibilities, creativity and joy opens. In this class, older adults rediscover and get to know their own Inner Child. Students learn how to heal the wounds of childhood and forge a loving bond with this core aspect of personality. What awaits the older adults at the end of this journey can be the most powerful healing relationship of their lives. Course restricted to 98 repetitions

SLFO NC094 How to Communicate Simply, Lovingly, and Effectively: For Older Adults (0 Units)

Hours: 6 (6 lecture)

Based on the therapeutic principles of Attitude Reconstruction, older adult students will learn how to communicate constructively and effectively. Topics covered include the Four Communication Rules, the Lucky 13 Communication Tips for talking with others, the "I" 5-Step to speak up about any difficult topic, and a model to resolve differences easily. Course restricted to 98 repetitions

SLFO NC097 Nature and Self-Healing-Intermediate: For Older Adults (0 Units)

Hours: 25 (10 lecture, 15 lab)

Class teaches older adults advanced self-discovery, self-healing, and advanced alternative healing techniques in an outdoor setting. Advanced techniques taught include meditation, stretching techniques, journaling, forgiveness, examining limiting beliefs, and the purpose of anger and gratitude. Participants should be able to walk two to three miles uphill at a moderate pace. Course restricted to 98 repetitions

SLFO NC105 Dementia and the Caregiver: For Older Adults (0 Units)

Hours: 14 (14 lecture)

This course explores a range of approaches to how caregivers can provide quality of life care for their older adults. Topics include warning signs, legal and financial issues, ways to engage the patient in their own care plan, dealing with dementia-related behaviors, and palliative and hospice care. Students will examine communication techniques and ways to develop a care plan that involves the medical team, friends and family, and local resources for the patient and their families. Course restricted to 98 repetitions

SLFO NC126 Growing Through Loss: For Older Adults (0 Units)

Hours: 20 (20 lecture)

Loss is inevitable—healing is optional. The greatest loss in life is what dies within us while we live. As we age, we experience loss in many ways: death, divorce, health, finances, and career, for example. Loss provides unparalleled opportunity for older adults to discover their inner strength and the hidden, untapped resources which empower them to live with new direction, hope and joy. This class provides older adults with an arena for effective emotional healing and a moderated support group to share grief work in a safe space. Course restricted to 98 repetitions

SLFO NC144 Serenity in the Fast Lane - Disappearing Stress: For Older Adults (0 Units)

Hours: 10 (10 lecture)

Older adults learn why stress is unhealthy and how they can learn to relax even when they think they are too busy to do so. This class presents twenty simple, highly effective, and fast-acting techniques to help students quickly and easily reduce tension, rapidly ease or even clear away pain, achieve insight into personal problems, and significantly lower stress levels. Mature students will learn how these stress-reducing techniques will enhance and extend their lives and sense of peace. Course restricted to 98 repetitions

SLFO NC182 Ten Ways to Be Happier Now: For Older Adults (0 Units)

Hours: 12 (12 lecture)

Older adults learn skills for becoming happier. Students realize that they have the power to change their own attitude. Students explore things they can do now to create more happiness in their mature life. Topics include: developing a sense of humor about oneself, dealing with life's transitions, forming new friendships, attitude of gratitude, improving self-esteem, adapting to change, using nature as a guide to happiness, using music for happiness, forgiveness, getting your past out of your present. Course restricted to 98 repetitions

Older Adult Wellness**WELO NC009 Nutrition for Longevity (0 Units)**

Hours: 16 (16 lecture)

Learn how wholesome food can increase our quality of life and extend it. Focuses on what to eat, how to select and prepare nutritious food, and when and how to enjoy it. Topics also include the food choices and lifestyle of the centenarians who live in the “Blue Zones.” Students discover which foods contain antioxidants that reduce inflammation and why eating them is recommended. Addresses nutritional needs of Older Adults. Course restricted to 98 repetitions

WELO NC011 Wellness for Older Adults: Active Body, Active Mind (0 Units)

Hours: 20 (20 lecture)

Includes assessment and discussion of the processes of aging and the importance of physical activity and nutrition in maintaining independence, safety and well being. Emphasis is placed on cognitive and physical exercise, diet, stress reduction, disease and injury prevention, and consumer health information. Course restricted to 98 repetitions

WELO NC092 Body-Mind Medicine: Brain Longevity (0 Units)

Hours: 16 (16 lecture)

Teaches how the body-mind complex can maintain healthy balance or be responsible for disease. Students learn that living with physical or emotional stressors increases our risk of depression, anxiety and common physical ailments. Topics include the psychosomatics of everyday life, including the relationship between stressors, regulatory peptides (hormones, prostaglandins, and neurotransmitters) and how it relates to older adults. Medical evidence has found various means of restoring emotional balance, including psychotherapy, herbs, nutrition, yoga, homeopathy, and prayer. Course restricted to 98 repetitions

WELO NC100 Wellness for Older Adults: Yoga for Balance (0 Units)

Hours: 24 (24 lecture)

Designed to enhance the health and wellness of older adults. Focus is on improving balance, flexibility and mobility through basic yoga poses and breathing techniques. Sequences will provide a gentle, methodical way for the student to reduce stress and improve overall wellness while engaging with other students. Appropriate for all levels and abilities. Course restricted to 98 repetitions

WELO NC200 Wellness for Older Adults: Pilates for Longevity (0 Units)

Hours: 24 (24 lecture)

Provides an introductory instruction in Pilates mat work for improved movement memory, balance, body alignment, strength, flexibility, stability, coordination and overall somatic awareness for older adults. The focus will be on mindful exploration of the Pilates method and movement to support body and mind longevity. Appropriate for all levels. Course restricted to 98 repetitions

WELO NC300 Wellness for Older Adults: Tai Chi for Stability (0 Units)

Hours: 24 (24 lecture)

Designed to enhance the health and safety of older adults through use of the principles and techniques of Tai Chi. Intended for those who seek a gentle entry to movement and exercise to improve balance and mobility, the focus is on breath, mind, and body coordination. Students will establish a personal baseline for physical awareness and movement to increase safety in activities of daily living. Course restricted to 98 repetitions

WELO NC400 Wellness for Older Adults: Rhythm-based Mobility (0 Units)

Hours: 24 (24 lecture)

Course addresses cognitive health, movement confidence, sense of control, memory recall and self-awareness employing strategies from rhythm-based activities. Students engage with others in a safe environment to improve social, mental and physical skills through the use of dance movements from diverse cultures and a variety of music. Emphasis is on challenging and enhancing the older adult cognitive, vestibular, visual and somatic senses in a supportive social environment. Appropriate for all levels. Course restricted to 98 repetitions