Community Education and Emeritus Institute Classes

SPRING 2020

Revisit an old hobby, try something new, or learn skills for your career!
academics.ivc.edu/CommunityEd | academics.ivc.edu/Emeritus
# Table of Contents

Welcome to Extended Education .................. 3
Spring 2020 Academic Calendar .................. 3
About Community Education .................... 4-5
Community Education Release of Liability ... 6
Community Education Registration Form .... 7
Community Education Classes ................. 8
  Career Classes .................................. 8-9
  Computer Classes .............................. 9
  Money Matters Classes ....................... 10
  Arts & Hobbies Classes ...................... 10-12
  Health & Fitness Classes .................... 12
About Emeritus Classes ......................... 13-14
  Emeritus Art Classes .......................... 15
  Emeritus Music Classes ..................... 16
  Emeritus Health Classes .................... 16-19
Emeritus Locations and Map ................. 20-21
Irvine Valley College Campus Map .......... 22
College For Kids .............................. 23
**SPRING 2020 ACADEMIC CALENDAR**

Jan. 13  Emeritus Institute and Community Education Classes Begin  
Jan. 20  Martin Luther King, Jr. Day (No Classes)  
Feb. 13  Faculty Contractual Day (No Classes)  
Feb. 14 - Feb. 17  Presidents’ Day (No Classes)  
Mar. 15 - Mar. 21  Spring Break (No Classes)  
Mar. 31  Cesar Chavez Day (No Classes)  
May 20  Last Day of Spring Semester
COMMUNITY EDUCATION

The Irvine Valley College Community Education department provides short-term, not-for-credit classes, workshops, career training programs and events designed for professional and/or personal development, with special emphasis on inspiring a sense of wonder and imagination toward life-long learning. College credit is not given for classes conducted by the Community Education department. There are no transcripts or grades. Community Education is a self-supporting entity of the college and is not funded by taxpayer dollars. Our goal and commitment is to provide personal enrichment classes to help our students explore new talents, expand their minds, embrace new technology or become entrepreneurs. We are here to help! If you have a special interest or particular need for a class, please send us your suggestions at ivccommunityed@ivc.edu. We wish you much success!

GO TO IVC AUGUSOFT

RETURNING STUDENTS: 
Log In
(If you are unsure whether you already have an account, please call 949-367-8343 for assistance)

NEW STUDENTS:
Create an Account

Click LOGIN/CREATE ACCOUNT

Click green button that says CREATE NEW PROFILE

Select profile type:
Student - single adult user
OR
Household - multiple users under one account, adults and children

Fill out all fields marked with red asterisk (*) in Steps 1, 2 and 3

Click green SUBMIT button

Proceed to instructions to Register for Classes
Search and Register for Classes

OPTION 1:
- Use the search bar on the top right of the page
- Input class name or number (if available) and click GO
- Click the Add to Cart button next to any classes you would like to enroll in
- When finished adding classes, click View Cart
- Verify details and click Checkout to pay and complete registration
- Visa, Mastercard or Discover

OPTION 2:
- Click Browse on the left-hand side
- Browse classes by Catalog and Category
- Click the Add to Cart button next to any classes you would like to enroll in
- When finished adding classes, click View Cart
- Verify details and click Checkout to pay and complete registration
- Visa, Mastercard or Discover
To register by phone, call 949-367-8343 from 9 am to 5 pm Monday through Friday. To register by mail, send the form on page 7 with payment to:

Irvine Valley College  
Office of Extended Education, IDEA 205  
1624 Valencia Avenue  
Tustin, CA 92782

Note: All Community Education classes are held at Irvine Valley College, 5500 Irvine Center Drive, Irvine, CA 92618.

PARKING INFORMATION

GENERAL PARKING INFORMATION

Parking at IVC is $5 per day. Daily permits can be purchased in lots 4, 5, 8 and 10. If you will be taking multiple classes during the semester or year-round at either IVC or Saddleback, you may order a parking permit at the Campus Safety office, in the CP 100 building (see map in brochure). Annual and semester permits are no longer sold on campus. Remember to place your temporary parking permit on your dashboard until your permit is delivered. Be sure to read the entire flyer that comes with the permit and to properly remove the permit from the flyer. The fees are $40 for spring semester, $25 for summer, or $80 for an annual permit. Parking is enforced 24 hours a day, 7 days a week. Campus Safety summer office hours are from 8 am to 6 pm Monday - Friday, and 8 am to noon Saturday.

COMMUNITY EDUCATION CLASS REFUND POLICY

Full refunds are issued for classes cancelled by IVC. If paying by check or cash, please allow 30 days to receive your refund. If paying with a credit card, please allow 10 days to receive your refund. Refunds are not available once the class begins.

REMEMBER: YOU CAN REGISTER ONLINE, DAY OR NIGHT!
ivc.augusoft.net
Acknowledgement of Voluntary Participation
Participant voluntarily wishes to participate in the above referenced Irvine Valley College Community Education class(es) and chooses to do so despite the possible dangers and inherent risks.

Code of Conduct
Participant fully understands that he/she is to abide by all rules and regulations, including and not limited to District policies and procedures governing conduct during participation in the above referenced class(es). Any violation of these rules and regulations may result in participant’s dismissal from the class with any expenses incurred being participant’s responsibility.

Internet Usage
Participant or Parent/Legal Guardian of Participant understands that South Orange County Community College District, Irvine Valley College Community Education is not liable for any actions resulting from the misuse of computers. Any misuse of computers must be reported to the Irvine Valley College Dean of Extended Education.

Medical Consent
In the event of an emergency and participant is injured or becomes ill during his/her participation in the above mentioned Community Education class(es), participant or Parent/Legal Guardian of Participant hereby authorizes and consents to x-ray, examination, anesthetic, medical, dental, or surgical diagnosis or treatment, emergency medical treatment, and hospital care from a licensed physician and/or surgeon, as well as emergency transportation as deemed necessary for my safety and welfare. Participant understands that all resulting expenses will be his/her responsibility. In addition, participant asks Irvine Valley College Community Education to call his/her emergency contact listed above.

Photograph/Video Release
Participant understands that Irvine Valley College Community Education may take photographs and/or video of participant during his/her participation in this Community Education class which may be used for the purposes of marketing and/or publicity of the program in print or on any social media platform.

Release Of Liability
In consideration of participant’s request for voluntary participation and registration in the above referenced Irvine Valley College Community Education class(es), and to the extent permitted by law, participant, his/her heirs, executors, administrators or assigns hereby agree to release, defend, indemnify, and hold harmless South Orange County Community College District, its Board of Trustees, officers, agents, employees, and volunteers from any and all claims, action, demands, damages, costs, losses, or expenses, including reasonable attorney’s fees of any kind or nature whether related to bodily injury, property damage, or loss of life, except to the extent that such loss or damage is caused by the negligence act or omission and willful misconduct of South Orange County Community College District, its Board of Trustees, its officers, agents, employees, and volunteers and no negligence on the part of the participant.

Participant or parent/legal guardian of participant fully understands the above terms and the legal consequences of signing this registration and release of liability form. Participant or parent/legal guardian of participant agrees to this freely and voluntarily.
# COMMUNITY EDUCATION
## REGISTRATION FORM

**Receipts Sent by Request**

**Payee Name:**

**Address:**  
**City:**  
**Zip:**

**Daytime Telephone #:**  
**Email:**

<table>
<thead>
<tr>
<th>Participant Name If Different from Payee</th>
<th>Birth Date</th>
<th>Class Name and Number</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Check # (Made Payable to IVC)**

This Section for Office Use Only:  
**Receipt #:**  
**Date:**  
**Other:**

---

**GENERAL PURPOSE LIABILITY WAIVER RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

In consideration of accepting this registration, I hereby release, indemnify, and hold harmless South Orange County Community College District and its officers, clients, agents or employees from any and all claims, damages, or losses caused by the negligent or intentional acts or omissions of the SOCCCD’s officers, clients, agents or employees that result in bodily injury, property damage or any other injury or loss to myself (and to any minor children for whom I have the capacity to contract) arising out of the participation in this program or other classes sponsored by Irvine Valley College, for a calendar year, enrolled in by me (and by any minor children for whom I have the capacity to contract). I hereby give permission to IVC to videotape or photograph me or my children participating in the programs for use in future marketing, publicity, and advertising on behalf of Irvine Valley College, the Irvine Valley College Foundation, and/or the South Orange County Community College District and understand that I will not receive any compensation for such use. I further hold harmless IVC, the IVC Foundation, or the SOCCCD for any unintentional misuse or misrepresentation of any video or photographic image as part of the above-mentioned uses. I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AS IT APPLIES TO MYSELF.

**Signature of Participant:**  
**Date:**  
*(If participant is under 18, parent or guardian must sign)*

**Participant Name:**

**Emergency Contact/Relationship (College for Kids):**

**Daytime Telephone #:**

**Name of Parent or Legal Guardian:**

**Daytime Telephone #:**
CAREER

An Introduction to Voiceovers (Getting Started in Voice Acting)

“Wow, you have a great voice!” Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” If so, then you could have what it takes to begin working as a professional voiceover artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company Voices For All. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. In this one-time, 2-hour, introductory class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. And then...we're rolling! Your instructor will record you as you read a real script, then offer some coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. After the class, you will have the knowledge necessary to help you decide if this is something you’d like to pursue. And you owe it to yourself to finally explore the possibilities of this fun and rewarding job!

Fee: $49
Instructor: Voices for All Staff

NEW: Building Communication Skills with DISC®

The ability of the individuals within a company to communicate effectively has a direct bearing on the success of that organization. Building Communication Skills with DISC® will assist you in developing the skills necessary to communicate with greater flexibility, confidence and impact. The art of successful communicating is equally the responsibility of the sender and the receiver. Whether you are communicating with co-workers or clients, success in today’s marketplace depends on clear, concise speaking and effective listening skills. This course focuses on the reality that everyone communicates a little differently. It is the ability to perfect your own natural style as well as adapt to the styles of others that will ultimately become the basis of your success.

Fee: $60 + $5 materials fee payable to instructor
Instructor: Daniel T. Sakimoto

NEW: Business Writing for Results

In this age of high technology, the ability to communicate in writing with confidence and clarity is vital. Effective writing is a key to success in today’s world. The documents you create are an indication of your knowledge and your level of professionalism; they are a reflection of you, your department and the company as a whole. Business Writing for Results will help you polish the essentials of business writing. You may not be a Hemingway or the next Shakespeare, but you can improve upon the way you express your thoughts and ideas in writing.

Fee: $60 + $5 materials fee payable to instructor
Instructor: Daniel T. Sakimoto

NEW: Powerful Public Speaking Skills

Even among the most professional speakers, a little nervous energy is common. However, making presentations can be an essential part of your personal and professional growth. As such, today’s career-minded business person must develop and maintain vital presentation skills. In Powerful Public Speaking Skills, you will learn and practice the techniques effective presenters use to communicate their message confidently and assertively. Your presentations will be professionally critiqued, allowing for immediate correction and reinforcement that lead to noticeable results. This course is designed to provide you with the specific skills and coaching you need to deliver powerful presentations.

Fee: $150 + $5 materials fee payable to instructor
Instructor: Daniel T. Sakimoto
ONLINE CLASS: Medical Insurance Billing Certificate Program
A comprehensive study of medical insurance billing claims processing, coding and collection strategies. Procedures and paperwork (paper and electronic), involving various insurance providers including private and government plans, as well as workers’ compensation and personal injury cases. Also includes privacy rules and regulations governed by the Health Insurance Portability and Accountability Act (HIPAA), involving Protected Health Information (PHI). Information: www.kgpmedicalbilling.com

Fee: $150 + $295 materials fee payable via PayPal at https://www.paypal.me/krisgpatterson
Orientation: 10-11am Saturday, February 15, 2020
Instructor: Kris G. Hall-Patterson
2/18-3/25 Online

ONLINE CLASS: Medical Front Office
This course is intended for students interested in becoming a medical front office assistant/medical receptionist, sometimes referred to as the intake coordinator. This class will ensure students are prepared to begin a rewarding career and to become an integral part of the medical office team. Information: www.kgpmedicalbilling.com

Fee: $25 + $89 materials fee payable via PayPal at https://www.paypal.me/krisgpatterson
Orientation: 10-11am Saturday, February 15, 2020
Capstone/Lab (Instructor Online Office Hours): 6:30-7:30pm Wednesday, March 25, 2020
Instructor: Kris G. Hall-Patterson
3/10-3/12 Online

ONLINE CLASS: Start Your Own Billing Service
Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. In this class you will learn how to obtain clients, how to set your fees, what other services a billing service could offer, marketing your services, where to obtain HIPPA compliance software, a sample HIPAA business associate agreement and independent contractor agreement, what billing organizations you can join, how to obtain updates from insurance companies, and the differences between sole proprietorships, partnerships, corporations and LLCs. Information: www.kgpmedicalbilling.com

Fee: $25 + $29 materials fee payable via PayPal at https://www.paypal.me/krisgpatterson
Orientation: 10-11am Saturday, February 15, 2020
Instructor: Kris G. Hall-Patterson
3/11 Online

Make-Up Artist 101
Are you a cosmetologist who wants to offer more to your customers? Or do you just love make-up and want to know everything there is to know about applying beautiful make-up? Then this class is for you! Jennessy will teach you the step-by-step stages of make-up application: 1) Skincare and prep: why and how it affects your make-up application. 2) Foundation: how to pick out the correct color and coverage for each application. 3) Brushes: the functions for each shape and style. 4) Eyeshadows: techniques. 5) Basic everyday looks and the smokey looks. 6) Wedding application, including prep for lighting and camera work. 7) Music video applications. 8) How to apply false lashes. Learn the most valuable and essential make-up artist skills. Upon completion, students will be eligible to receive a Certificate of Completion. Each person will receive a full set of brushes and make-up.

Fee: $299 + $40 materials fee payable to instructor
Instructor: Jennessy Tyler
9:30am-6pm Sat/Sun 4/25-4/26  IVC - A 207

COMPUTERS

Introduction to Microsoft Office 2016 (Word, Excel, PowerPoint & Access)
Students will learn the basic features and functions of Microsoft Office 2016. Microsoft Word: format documents and create memos and flyers. Microsoft Excel: create, edit and format spreadsheets, such as budgets and inventory. Microsoft PowerPoint: create a presentation. Microsoft Access: manage data.

Fee: $149 + $20 materials fee payable to instructor
Instructor: NR Computer Learning Center Staff
9am-4pm SAT 2/29-3/14  IVC - BSTIC 117

NEW: Cyber Security
Cyber security is the practice of protecting computers, laptops, tablets, and smart phones from cyber threats. In this class we will discuss the history of the internet, terminology used, how to secure passwords, email threats, malware, scams, and fraud used by cyber criminals and the steps to protect personal data from hackers.

Fee: $99 + $10 materials fee payable to instructor
Instructor: Munusamy Pandyarajan
6-8pm TH 1/16-2/6  IVC - BSTIC 117
**MONEY MATTERS**

**Financial Strategies for Successful Retirement**

Financial Advisors Network (FAN) presents Financial Strategies for Successful Retirement, a financial education class to help you plan your retirement. What you will learn: The truth about Social Security; how to avoid outliving your money; tax reduction strategies; ways to truly diversify to your advantage; health care costs and how to prepare; and how to protect yourself from fraud. Choose investments that match your tolerance for risk. This information-rich seminar introduces you to the concepts and practices that will help you spend your retirement comfortably and in control of your finances. Financial Strategies for Successful Retirement will show you a conservative approach to wise money management and will help you identify lifestyle issues facing retirees. You will learn to seek maximization of your income and more from your investments, Social Security and retirement plans. The course will also educate you on how to protect your hard-earned assets from erosion due to inflation and the possible cost of long-term health care. Your registration fee includes an in-depth workbook and a Retirement Planning Data Form that will help you develop a written inventory of your assets, income, Social Security and pension benefits. Saturday classes take place at the Financial Advisors Network Offices (FAN), located at 1432 Edinger Ave., Suite 200, Tustin, CA 92780.

Fee: $59 per person/$64 per couple
Instructor: Rod H. Kamps, Financial Advisors Network, Inc.

6:30-9:15pm W 1/22, 1/29, 2/5 IVC - A 207
6:30-9:15pm TH 1/23, 1/30, 2/6 IVC - A 207
8:30am-1pm SAT 1/25, 2/1 FAN
6:30-9:15pm W 4/22, 4/29, 5/6 IVC - A 207
6:30-9:15pm TH 4/23, 4/30, 5/7 IVC - A 207
8:30am-1pm SAT 4/25, 5/2 FAN

**ARTS & HOBBIES**

**Observational Drawing**

Interested in learning how to draw from observation? How do you translate a three-dimensional object into a two-dimensional drawing? Participants will learn how to sight, observe, and draw using graphite pencils, graphite powder, blending sticks, and kneaded erasers. This intensive drawing workshop will also cover issues in setting up a composition, as well as types of pencils, shading gradients, and a review of historical drawings. **No class 2/15.**

Fee: $65 + $2 materials fee payable to instructor
Instructor: Diana-Sofia Estrada

9:11-30am SAT 2/1, 2/8, 2/22 IVC - CEC 2

**NEW! European Travel on a Budget**

This class is designed for first-time travelers to Europe or those who need a refresher course and new ideas. Learn how to travel on a budget, and tips on how to map your trip, build an itinerary, choose air travel, and find budget accommodations (hotels, hostels, and guest houses), sightseeing tours, and more. Come ready to learn and ask questions.

Fee: $50 + $5 materials fee payable to instructor
Instructor: Matthew Vitug

9:30am-12:30pm SAT 4/4 IVC - CEC 2

**Ham Radio**

Talk to interesting people around the world without a telephone. Help direct emergency relief after an earthquake or other natural disaster. Become a radio amateur! This course will introduce you to the fascinating world of amateur radio as it instructs you in the material required to pass the FCC Technician Class license examination. Learn basic electronics and government regulations. Only elementary math skills are needed. No previous knowledge of electronics is required.

Fee: $60 + $33 materials fee payable to instructor
Instructor: Robert Maller

7-9pm TU 3/24-4/21 IVC - A 203

**PRESENTERS WANTED**

Come share your skills with us by teaching a Community Education class. For more details, please visit academics.ivc.edu/communityed.
Introduction to Screenwriting
In this comprehensive session, you will learn special screenwriting terms and formats for television and the big screen, and how to plot a story, develop characters, and execute your work in the proper screenwriting format. Discover the difference between a treatment, a spec script and a shooting script, and when to do each. And you’ll get an inside look into the business of selling your script to agents and producers.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
4-5pm W 2/12 IVC - A 201B

Meet the Publisher – Get Your Manuscript Critiqued
Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals, or paying an editor too much money to change your writing to their voice? Bring your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children’s book. Materials fee includes an in-class critique. You can also leave a copy for a professional critique of your entire manuscript (for an optional materials fee of $50 for up to 25 double–spaced pages and $1/ page thereafter) and a list of publishers/agents who are interested in your type of work.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
5-6pm W 2/12 IVC - A 201B

Writing for Online Blogs, Magazines and Websites
You don’t need a journalism school degree, newspaper reporting experience, or previously published articles to write for online blogs, magazines, and websites. Some online opportunities offer exposure and networking, while many pay well – $1 a word and more. In this fast-paced session, you will learn how to: find more than 1,000 opportunities that pay, find story ideas, conduct interviews and find sources, find and study your target market, and create pitches and query letters.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
6-7pm W 2/12 IVC - A 201B

Beginner’s Guide to Getting Published
Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor’s desk. You will discover how to: Become a “published” writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, learn 100 ways to make money as a freelance writer, and obtain free future Q&A opportunities. If you really want to succeed, this step-by-step workshop is a must! Special note: The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online instructor of publishing for Harvard.

Fee: $39 + $20 materials fee payable to instructor
Instructor: LeeAnne Krusemark
7-9pm W 2/12 IVC - A 201B

Explore 50 Different Self-Publishing Options
Self-publishing is all the rage, but is it the best option for you, and can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as the Amazon option, CreateSpace. You will leave with a rated description of 50 self-publishing companies.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
9-10pm W 2/12 IVC - A 201B

Save Money with Extreme Couponing
Learn how to save money every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you: where to find all different types of coupons, even for high-ticket items; how to find the best coupon apps/websites; how to match coupons with sales for maximum savings; the best way to sort and store coupons; and how to find other people to trade coupons and merchandise. Feel free to bring your coupons to class for a trading session.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
4-5pm TH 2/13 IVC - A 201B
Monetize Websites, Blogs, and Social Media with Affiliate Marketing Opportunities
Earn a passive monthly income from selling other people’s products by placing a merchant-provided advertisement link on your site, and get a commission for every sale, click or lead. Learn where to find 1,000+ free and low-cost opportunities and how to avoid scams or links that won’t offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions, and how sales funnels can increase your income. You’ll also learn SEO secrets to increase your site’s ranking and visibility on search engines like Google.

Fee: $39 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
5-6pm TH 2/13 IVC - A 201B

Make Money with a Typing/WP/Virtual Assistant Business
If you can type, then you can make money at home using your word processor or computer. Having already learned all about home-based business success, you will then discover: How and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, 100 ways to make money with a computer, and free national networking information. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
9-10pm TH 2/13 IVC - A 201B

Earn Extra Money with a Mystery Shopping Business
Have you ever wanted to become a mystery shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to start your business endeavor and learn how to sign up with 25 legitimate mystery shopping companies without fees. You will learn how to avoid the pitfalls and scams. Learn how to create a required mystery shopping resume and take care of taxes regarding this income.

Fee: $19 + $10 materials fee payable to instructor
Instructor: LeeAnne Krusemark
6-7pm TH 2/13 IVC - A 201B

Explore 250 Legitimate Home-Based Business Ideas
Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. You will discover more than 250 legitimate home business ideas, and learn mandatory legal documentation, many ways to market your product/service, and how to take tax deductions (this workshop included). If you really want to succeed in a home business, this step-by-step session is a must!

Fee: $39 + $20 materials fee payable to instructor
Instructor: LeeAnne Krusemark
7-9pm TH 2/13 IVC - A 201B

Health & Fitness

Tai Chi

Fee: $75
Instructor: JoAnna Gee Schoon
8-9:30am SAT 1/18-5/9 PE 270

Advanced Tai Chi
Explore deeper relaxation, whole body movement, individual corrections and refinements. Advanced topics may include mirror Tai Chi, slow form, sword, broadsword and 2-person Tai Chi. Prerequisite: 4+ years’ experience in Guang Ping tai chi or instructor approval; contact instructor by email at jschoon@ivc.edu. No class 2/15, 3/21, 4/4.

Fee: $75
Instructor: JoAnna Gee Schoon
8-10am SAT 1/18-5/9 PE 270
ABOUT EMERITUS CLASSES

The Irvine Valley College Emeritus Institute program affirms the importance of intellectual activity, critical thinking and creative expressions for older adults. The curriculum challenges participants to formulate relationships between past experiences and new ideas, and to keep current in all academic areas. Courses are developed to stimulate participants’ intellectual and personal growth and to benefit their daily lives – personally, socially, culturally, economically and environmentally. While these courses meet the college’s academic standards, they are not degree-applicable.

ONLINE REGISTRATION INFORMATION

Special Note: All Emeritus Institute classes are tuition-free.

The registration process occurs three times per year, in the fall, spring, and summer semesters.

MySite Registration is date- and time-specific. Please log in to your individual MySite account for a specific date and time to register. Students cannot register prior to their appointment. If you are having trouble accessing MySite, please contact Admissions and Records at 949-451-5220.

Students are not permitted to attend classes in which they are not officially enrolled. Please note: if the class you wish to take is full, students have the option to go to the first class and ask the instructor for permission to add the class. If the instructor approves, the instructor will provide an Add Permit Code (APC) and the individual will be added to the roster.

Faculty reserve the right to drop students who do not attend the first class session.

Please note: For additional assistance, please contact the Extended Education Office at 949-367-8343 or visit us in person at the location listed on page 3.

*Please see the next page for step-by-step registration instructions.*
EMERITUS REGISTRATION PROCESS

For Continuing IVC/SC Students:

Register for your class on MySite at https://mysite.socccd.edu

Log in using your Student ID number and PIN number. Your PIN number is either your birth year (ex: 1947) or the last four digits of your Social Security Number (ex: 1234).

1. Click on My Classes
   a. Click on Add/Drop Classes
   b. Select Term (Fall, Spring, Summer)
      i. Click Add/Drop Classes
2. Update Records - Make sure you answer all sections with a RED ASTERISK (*)
   a. If you can’t move to the next screen, that means you did not answer one of the red asterisk (*) questions. Please scroll to the top of the page and double check your answers.
      i. Frequently missed questions:
         1. Enter your mobile phone number or select No Mobile Phone
         2. Vocational & Technical Information (VETA):
            a. Select the box that fits you
         3. Electronic 1098T information
            a. If your Social Security Number is correctly displayed, select YES
            b. If your Social Security Number is not displayed, select Decline
3. Schedule Builder
   a. Add Class, enter Ticket #, click Add Class
   b. Repeat Step 3a. If multiple course are needed, click next.
   c. If the class is FULL and you would like to be added to the WAIT LIST, enter your mobile phone number and click YES.
      i. If a space becomes available, you will receive an email notification and a text message. You will have 24 hours to register for the class.
4. Checkout: Fees
   a. Select No when asked about Health Fee and ASG. Click next.
5. Accept refund policy, then click complete registration
6. To make sure your registration is complete:
   a. Click on My Classes
      i. Click on My Current Classes
      ii. Make sure you are on the correct semester

For NEW or RETURNING Students (those who skipped a fall or spring semester):

Apply for admission at www.ivc.edu

1. Click on Admissions
   a. Click on How to Apply
   b. Click on Step 1: Apply for Admission
   c. Click on Apply Now
   d. Click on Create an Account and follow the registration directions.
2. This is a two-part process:
   a. Create an OpenCCC account
      i. Once you have created it, you will receive an email. This is not your student number.
   b. Continue to the application.
      i. Once your application has been submitted, you will received an email within 24-48 hours containing your student number.
3. Once you receive your student number, you can register for classes. Please follow the Continuing IVC/SC Students MySite registration directions to register for a class.
ART 403C: ART MEDIA (BEADING)
This noncredit course introduces older adults to various art media, which may include drawing, painting, printmaking, beading, stained glass, or ceramics. It is designed to develop students’ appreciation of art and foster their creative expression. The course also includes the improving of fine motor skills and maintaining cognitive abilities. A list of instructional materials will be provided at the first class session. (No class 2/13, 2/14, 3/17, 3/19, 3/20, 3/31.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>67040</td>
<td>Th</td>
<td>1:35-3:50</td>
<td>1/16/14</td>
<td>Addington, T.</td>
<td>LFCH</td>
</tr>
<tr>
<td>67075</td>
<td>T</td>
<td>Noon-2:50</td>
<td>1/14/19</td>
<td>Hernandez, A.</td>
<td>TUSTIN</td>
</tr>
<tr>
<td>67035</td>
<td>T</td>
<td>6-8:50</td>
<td>1/14/19</td>
<td>Hernandez, A.</td>
<td>TUSTIN</td>
</tr>
<tr>
<td>67055</td>
<td>Th</td>
<td>9-12:05</td>
<td>1/16/14</td>
<td>Hernandez, A.</td>
<td>FSSC</td>
</tr>
<tr>
<td>67070</td>
<td>F</td>
<td>9am-12:05</td>
<td>1/17/15</td>
<td>Hernandez, A.</td>
<td>RSC</td>
</tr>
</tbody>
</table>

ART 430C: WATERCOLOR PAINTING – BEGINNING
This course for older adults introduces the materials and techniques used in watercolor painting. The course presents the basic methods of applying watercolor in washes, color mixing, and brush techniques, emphasizing the spontaneity of transparent watercolor. A list of instructional materials will be provided at the first class session. (No class 2/14, 3/20.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>67085</td>
<td>F</td>
<td>9am-12:25</td>
<td>1/17/15</td>
<td>Nguyen, T.</td>
<td>LSC</td>
</tr>
</tbody>
</table>

ART 435C: WATERCOLOR PAINTING – INT/ADV
Use and incorporate color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the media. (No class 2/13, 3/18, 3/19.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>67080</td>
<td>Th</td>
<td>1:35-3:50</td>
<td>1/16/14</td>
<td>Staff</td>
<td>LBCC</td>
</tr>
<tr>
<td>90280</td>
<td>W</td>
<td>9am-Noon</td>
<td>1/15/20</td>
<td>Nguyen, T.</td>
<td>LSC</td>
</tr>
</tbody>
</table>
EMERITUS MUSIC CLASSES

**MUS 450: BEGINNING PIANO**
This is a beginning course in popular and classical piano technique for older adults. The course focuses on music theory, note reading, scales, fingering, chording, sight reading, and performance techniques. *(No class 1/20, 2/17, 3/16.)*

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>67015</td>
<td>M</td>
<td>1:2-5:00pm</td>
<td>2/10-5/18</td>
<td>Lippert, C.</td>
<td>LSC</td>
</tr>
</tbody>
</table>

**MUS 451: INTERMEDIATE/ADVANCED PIANO**
This is an intermediate-level course in classical and popular piano technique and performance for older adults. The course focuses on theory, fingering, interpretation techniques, sight reading, and repertoire development. *(No class 1/20, 2/17, 3/16.)*

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>67020</td>
<td>M</td>
<td>3:4-5:00pm</td>
<td>2/10-5/18</td>
<td>Lippert, C.</td>
<td>LSC</td>
</tr>
</tbody>
</table>

EMERITUS HEALTH CLASSES

**HLTH 400A: HEALTH AND FITNESS FOR MATURE ADULTS (1 HOUR PER WEEK)**
This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness activities aimed at maintaining an active, independent lifestyle. Topics include the physical and cognitive benefits of exercise, injury prevention, and special considerations to approaching exercise safely for the older adult. *(No class 1/20, 2/13, 2/14, 2/17, 3/16, 3/17, 3/18, 3/19, 3/20, 3/31.)*

**ASAP STRENGTH AND PILATES**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>90190</td>
<td>T</td>
<td>2:3-3:35pm</td>
<td>2/11-5/19</td>
<td>Ovadia, J.</td>
<td>RSC</td>
</tr>
<tr>
<td>66990</td>
<td>Th</td>
<td>10:30am-11:35am</td>
<td>1/16-5/14</td>
<td>Ovadia, J.</td>
<td>RSC</td>
</tr>
</tbody>
</table>

**CHAIR EXERCISE**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66935</td>
<td>T</td>
<td>10-11:05am</td>
<td>2/11-5/19</td>
<td>Lane, J.</td>
<td>LSC</td>
</tr>
<tr>
<td>66835</td>
<td>W</td>
<td>9-10:05am</td>
<td>2/12-5/20</td>
<td>Lane, J.</td>
<td>LSC</td>
</tr>
<tr>
<td>66870</td>
<td>F</td>
<td>9-10:15am</td>
<td>2/21-5/15</td>
<td>Ovadia, J.</td>
<td>LSC</td>
</tr>
<tr>
<td>Course</td>
<td>Code</td>
<td>Days</td>
<td>Time</td>
<td>Term</td>
<td>Instructor</td>
</tr>
<tr>
<td>-------------------</td>
<td>------</td>
<td>------</td>
<td>-----------------</td>
<td>-----------</td>
<td>------------</td>
</tr>
<tr>
<td>DANCE (COUNTRY LINE)</td>
<td>90225</td>
<td>M</td>
<td>10:30-11:35am</td>
<td>2/10-5/18</td>
<td>Stuart, I.</td>
</tr>
<tr>
<td></td>
<td>90215</td>
<td>Th</td>
<td>9-10:15am</td>
<td>2/20-5/14</td>
<td>Stuart, I.</td>
</tr>
<tr>
<td></td>
<td>90220</td>
<td>F</td>
<td>10:30-11:45am</td>
<td>2/21-5/15</td>
<td>Stuart, I.</td>
</tr>
<tr>
<td></td>
<td>90265</td>
<td>T</td>
<td>9:30-10:35am</td>
<td>1/14-5/19</td>
<td>Stuart, I.</td>
</tr>
<tr>
<td></td>
<td>90260</td>
<td>T</td>
<td>11am-12:05pm</td>
<td>1/14-5/19</td>
<td>Stuart, I.</td>
</tr>
<tr>
<td>DANCE (TAP)</td>
<td>66850</td>
<td>T</td>
<td>9-10:05am</td>
<td>2/11-5/19</td>
<td>Bregozzo, D</td>
</tr>
<tr>
<td></td>
<td>66920</td>
<td>T</td>
<td>10:15-11:20am</td>
<td>2/11-5/19</td>
<td>Bregozzo, D</td>
</tr>
<tr>
<td>DAYAN QIGONG</td>
<td>90230</td>
<td>W</td>
<td>10-11:15am</td>
<td>2/12-5/6</td>
<td>Shields, J.</td>
</tr>
<tr>
<td>PAI DA GONG</td>
<td>90155</td>
<td>Th</td>
<td>1:2:15pm</td>
<td>1/16-4/16</td>
<td>Schoon, J.</td>
</tr>
<tr>
<td>PHYSICAL FITNESS</td>
<td>90195</td>
<td>T</td>
<td>1:2:15pm</td>
<td>2/11-5/19</td>
<td>Messenger, L</td>
</tr>
<tr>
<td></td>
<td>90200</td>
<td>Th</td>
<td>1:2:15pm</td>
<td>2/20-5/14</td>
<td>Messenger, L</td>
</tr>
<tr>
<td></td>
<td>90205</td>
<td>M</td>
<td>1:2:05pm</td>
<td>2/10-5/18</td>
<td>Ovadia, J.</td>
</tr>
<tr>
<td></td>
<td>90210</td>
<td>W</td>
<td>1:2:05pm</td>
<td>2/12-5/20</td>
<td>Ovadia, J.</td>
</tr>
<tr>
<td>PILATES</td>
<td>66995</td>
<td>M</td>
<td>10:15-11:05am</td>
<td>1/13-5/18</td>
<td>Robitaille, J.</td>
</tr>
<tr>
<td></td>
<td>66815</td>
<td>W</td>
<td>10:15-11:05am</td>
<td>1/15-5/20</td>
<td>Robitaille, J.</td>
</tr>
<tr>
<td></td>
<td>66975</td>
<td>F</td>
<td>10:15-11:05am</td>
<td>1/17-5/15</td>
<td>Robitaille, J.</td>
</tr>
<tr>
<td>TAI CHI</td>
<td>66875</td>
<td>T</td>
<td>1:2:15pm</td>
<td>1/14-4/14</td>
<td>Caramagno, R.</td>
</tr>
<tr>
<td></td>
<td>66840</td>
<td>Th</td>
<td>1:2:15pm</td>
<td>1/16-4/16</td>
<td>Caramagno, R.</td>
</tr>
<tr>
<td>TAI CHI (MOBILITY)</td>
<td>67000</td>
<td>W</td>
<td>12:30-1:20pm</td>
<td>1/15-5/20</td>
<td>Schoon, J.</td>
</tr>
</tbody>
</table>
HLTH 400B: HEALTH AND FITNESS FOR MATURE ADULTS
(2 HOURS PER WEEK)
This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness activities aimed at maintaining an active, independent lifestyle. Topics include the physical and cognitive benefits of exercise, injury prevention, and special considerations to approaching exercise safely for the older adult. (No class 1/20, 2/13, 2/14, 2/17, 3/16, 3/17, 3/18, 3/19, 3/20, 3/31.)

AQUATIC FITNESS TRAINING

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66795</td>
<td>T</td>
<td>10:30am-12:20pm</td>
<td>1/14-5/19</td>
<td>Stockler, B.</td>
<td>LBHSCP</td>
</tr>
<tr>
<td>66965</td>
<td>Th</td>
<td>10:30am-12:20pm</td>
<td>1/16-5/14</td>
<td>Stockler, B.</td>
<td>LBHSCP</td>
</tr>
<tr>
<td>66940</td>
<td>T</td>
<td>2:30-2:50pm</td>
<td>1/14-5/19</td>
<td>Stockler, B.</td>
<td>LFBTC</td>
</tr>
<tr>
<td>66955</td>
<td>Th</td>
<td>2:30-2:50pm</td>
<td>1/16-5/14</td>
<td>Stockler, B.</td>
<td>LFBTC</td>
</tr>
</tbody>
</table>

DANCE (COUNTRY LINE)

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66980</td>
<td>T</td>
<td>10:30am-12:20pm</td>
<td>1/14-5/19</td>
<td>Turi, R</td>
<td>LFCH</td>
</tr>
<tr>
<td>66885</td>
<td>Th</td>
<td>11:30am-1:20pm</td>
<td>1/16-5/14</td>
<td>Turi, R</td>
<td>HPCC</td>
</tr>
<tr>
<td>66845</td>
<td>Th</td>
<td>9:30-11:20am</td>
<td>1/16-5/14</td>
<td>Cook, M.</td>
<td>HPCC</td>
</tr>
<tr>
<td>67005</td>
<td>W</td>
<td>10-11:50am</td>
<td>1/15-5/20</td>
<td>Cook, M</td>
<td>TRCP</td>
</tr>
</tbody>
</table>

DAYAN QIGONG

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66985</td>
<td>Th</td>
<td>10-11:50am</td>
<td>1/16-5/14</td>
<td>Schoon, J.</td>
<td>LBCC</td>
</tr>
</tbody>
</table>

DYNA-BAND

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66830</td>
<td>T</td>
<td>12:30-2:20pm</td>
<td>1/14-5/16</td>
<td>Robitaille, J.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

PHYSICAL FITNESS

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66825</td>
<td>Th</td>
<td>10-11:50am</td>
<td>1/16-5/14</td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

PILATES

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66805</td>
<td>T</td>
<td>10-11:50am</td>
<td>1/14-5/19</td>
<td>Robitaille, J.</td>
<td>LFCH</td>
</tr>
</tbody>
</table>

TAIJIQUAN

<table>
<thead>
<tr>
<th>CRN</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>66970</td>
<td>W</td>
<td>10-11:50am</td>
<td>1/15-5/20</td>
<td>Schoon, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td>CRN</td>
<td>Day</td>
<td>Time</td>
<td>Start Date - End Date</td>
<td>Instructor</td>
<td>Location</td>
</tr>
<tr>
<td>------</td>
<td>-----</td>
<td>---------------</td>
<td>-----------------------</td>
<td>------------</td>
<td>----------</td>
</tr>
<tr>
<td>66950</td>
<td>W</td>
<td>11:15am-1:05pm</td>
<td>1/15-5/20</td>
<td>Burns, K.</td>
<td>LBCC</td>
</tr>
<tr>
<td>66910</td>
<td>F</td>
<td>11:15am-1:20pm</td>
<td>1/17-5/15</td>
<td>Burns, K.</td>
<td>LBCC</td>
</tr>
<tr>
<td>66865</td>
<td>T</td>
<td>11:30am-1:35pm</td>
<td>1/14-5/19</td>
<td>Lane, J.</td>
<td>RSC</td>
</tr>
<tr>
<td>66800</td>
<td>W</td>
<td>1:250pm</td>
<td>1/15-5/20</td>
<td>Lane, J.</td>
<td>LFCH</td>
</tr>
<tr>
<td>66900</td>
<td>M</td>
<td>10:30am-12:20pm</td>
<td>1/13-5/18</td>
<td>Michele, M.</td>
<td>TUSTIN</td>
</tr>
<tr>
<td>66915</td>
<td>W</td>
<td>10:30am-12:20pm</td>
<td>1/15-5/20</td>
<td>Michele, M.</td>
<td>TUSTIN</td>
</tr>
</tbody>
</table>

**YOGA AND YOGA STRETCHING**

**ONLINE LEARNING**
the solution for today's busy adult

Convenient - Affordable - Effective

Take a course on topics ranging from A-Z Grant Writing, Photography, to Web Design and more all from the comfort of your home or office at times that are convenient for you.

Each course comes equipped with a knowledgable and caring instructor, lively discussions with your fellow students, and practical information that you can put to immediate use.

For more information visit our website!

www.ed2go.com/ivccommunityed
<table>
<thead>
<tr>
<th>Class Site/Code</th>
<th>Location/Contact Information</th>
</tr>
</thead>
</table>
| A FSSC         | Florence Sylvester Senior Center  
                 949-380-0155  
                 23721 Moulton Parkway, Laguna Hills 92653 |
| B HPCC         | Heritage Park Community Center  
                 949-724-6750  
                 14301 Yale Ave., Irvine 92604 |
| C LBCC         | Laguna Beach Community Center  
                 949-464-9535  
                 380 Third St., Laguna Beach 92651 |
| D LBHSCP       | Laguna Beach High School Community Pool  
                 949-464-9535  
                 625 Park Ave., Laguna Beach 92651 |
| E LFBTC        | Lake Forest Beach and Tennis Club  
                 949-837-6100  
                 22921 Ridge Route Dr., Lake Forest 92630 |
| F LFCH         | City of Lake Forest - The Clubhouse  
                 949-461-3408  
                 100 Civic Center Dr., Lake Forest 92630 |
| G LSC          | Lakeview Senior Center  
                 949-724-6900  
                 20 Lake Rd., Irvine 92612 |
| H RSC          | Rancho Senior Center  
                 949-724-6800  
                 3 Ethel Coplen Way, Irvine 92612 |
| I TRCP         | Turtle Rock Community Park  
                 949-724-6734  
                 1 Sunnyhill, Irvine 92603 |
| J TUSTIN       | Tustin Area Senior Center  
                 714-573-3340  
                 200 South C St., Tustin 92780 |
College for Kids at Irvine Valley College offers academic and enrichment courses for students ages 5-18. Courses range from languages and computers to art and music.

Whether it’s a one-day crash course on enhancing study skills or a one-week course on computer programming, the College for Kids program offers a variety of options.

FOR MORE INFORMATION:
Office of Extended Education, College for Kids
1624 Valencia Avenue
Tustin, CA 92782
949-367-8343
academics.ivc.edu/communityed

**K - 12 CLASSES**

- Math Academy
- Reading Academy
- Writing Academy
- Art Academy
- Public Speaking
- Study Skills
- SAT English Prep

Morning, afternoon, half-day or full-day camps available.

Classes will be held at the Irvine Valley College campus and the School of IDEA in Tustin.
Community Education and Emeritus Institute Classes

OFFICE OF EXTENDED EDUCATION
IDEA Building @ ATEP
1624 Valencia Ave., Room 205
Tustin, CA 92782

Irvine Valley College Extended Education believes in the value of lifelong learning. We offer fun, engaging courses for kids, adults, and senior citizens. Take a look at our offerings – you can learn a new skill, explore your talents, or train for a new career!

academics.ivc.edu/extended