FALL 2018
EMERITUS INSTITUTE

TUITION-FREE COURSES FOR OLDER ADULTS

Irvine Valley College

Register for classes online at https://www.mysite.soccccd.edu
EMERITUS INSTITUTE FALL 2018
ACADEMIC CALENDAR:

June 20-22 – Fall Registration Begins for Continuing Emeritus Students
June 28 - New Student Registration Begins
August 20 - Emeritus Institute Classes Begin
September 3 – Labor Day Holiday (No Classes)
November 12 – Veterans Day Holiday (No Classes)
November 22-23 – Thanksgiving Holiday (No Classes)
December 12 – Faculty Day; Classes Not in Session
December 19 - End of Fall Semester
December 19–January 14 – Winter Break (No Classes)

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One-Step Online Registration For Continuing IVC/SC Students:

Register for a class at https://mysite.socccd.edu

Log in using your Student ID number and PIN. Your PIN is either your birth year (i.e. 1947) or the last four digits of your Social Security number (i.e. 2468).

1. Click on My Classes
2. Click on Register for Classes
3. Select Term (Fall, Spring, Summer)
4. Update Records (A response is required for all sections with a red asterisk)
   a. Major: Select Not Listed
   b. Educational Goals: Select Educational Development
5. Schedule Builder
   a. Enter ticket number; click Add Class
6. If multiple courses are needed, repeat Step 5; otherwise, click Next
7. Select No when asked about an ASB card and click Next
8. Accept the refund policy, then click Complete Registration.

Registration For New or Returning Students Who Skipped a Semester:

Apply for admission at www.ivc.edu
1. Click on Apply Now
2. At the center of the page, click on Apply Here.
3. Click on Create an Account and follow the registration directions. This is a two-part process:
   1. Create an account (OpenCCC account number)
   2. Continue to the application. Once application has been submitted, you will receive an email within 24-48 hours with your student identification number.
4. Once you receive your student number, follow the above instructions for Continuing IVC/SC Students to complete your registration.

Registration Information:

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: If you need additional assistance, please contact the Extended Education Office at 949-367-8343 or visit us in person at the location listed on page 2.

You can add an Emeritus class to your schedule after classes have begun.
Call 949-367-8343 for more information.
EMERITUS ART CLASSES

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 8/31, 11/22, 11/23, 12/12.)

90210 Th 1-4:05pm 8/23-12/12  Addington, T.  LFSP
90260 T Noon-2:25pm 8/21-12/18  Hernandez, A.  TUSTIN
90265 T 6-8:25pm 8/21-12/18  Hernandez, A.  TUSTIN
90270 Th 10am-12:50pm 8/23-12/13  Hernandez, A.  FSSC
90275 F 9-11:50am 8/24-12/14  Hernandez, A.  RSC

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 12/12.)

90505 W 9-11:50am 8/22-12/19  Nguyen, T.  LSC

ART 430C: 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 11/22.)

90345 Th 1-3:50pm 8/23-12/13  Nguyen, T.  LBCC

EMERITUS MUSIC CLASSES

MUS 480: CHORAL ENSEMBLE
This is a course in choral singing and choral literature for older adults. The course focuses on developing correct singing techniques, vocal production, and sight-reading skills. Students may participate in concerts and recitals at alternate locations. (No class 9/3, 11/12.)

90285 M 10-11:20am 8/20-12/17  Kim, C.  RSC
This class features IVC Evergreen Emeritus Institute Choir.

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 9/3, 11/12.)

90315 M 12:30-2:20pm 8/20-11/19  Lippert, C.  LSC

MUS 451: INTERMEDIATE 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 9/3, 11/12.)

90320 M 2:30-4:20pm 8/20-11/19  Lippert, C.  LSC

MUS 460: BAND REHEARSAL AND PERFORMANCE: INSTRUMENTAL
This course for older adults focuses on the study, preparation, and performance of an orchestral concert repertoire. Students may participate in concerts and recitals at alternate locations.

90250 T 6-9:20pm 8/21-10/16  Fournier, P./Lowery, M.  LBHS
90255 T 6-9:20pm 8/21-10/16  Fournier, P./Lowery, M.  LBHS

MUS 400C: MUSIC APPRECIATION
This course is an introduction to music appreciation for older adults. The course provides an overview of important periods and styles of music, the form of compositions, practical music theory, the concert program, and the role and contribution of various instruments and voices in the orchestra. (No class 9/3, 11/12.)

90280 M 12:30-3:20pm 8/20-12/17  Jacobs, L.  TUSTIN

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.

ASAP STRENGTH & PILATES
90350 Th Noon-12:50pm 8/23-12/13  Ovadia, J.  RSC

CHAIR EXERCISE
90290 T 9:30-10:20am 8/21-12/18  Lane, J.  LSC
90305 W 9-9:50am 8/22-12/19  Lane, J.  LSC
90360 F 9-9:50am 8/24-12/14  Ovadia, J.  LSC

DANCE
90235 T 9-9:50am 8/21-12/11  Forehan, M.  RSC
90240 T 10-10:50am 8/21-12/11  Forehan, M.  RSC
90245 T 11-11:50am 8/21-12/11  Forehan, M.  RSC

DAYAN QIGONG
90500 W 10-10:50am 8/22-12/19  Shields, J.  RSC

EMERITUS INSTITUTE CLASSES

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90280 M 12:30-3:20pm 8/20-12/17  Jacobs, L.  TUSTIN
<table>
<thead>
<tr>
<th>Time</th>
<th>Day</th>
<th>Course</th>
<th>Instructors</th>
<th>Location</th>
<th>Notes</th>
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<tr>
<td>10:15-11:05am</td>
<td>M</td>
<td>PILATES</td>
<td>Robitaille, J.</td>
<td>LBCC</td>
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<td>10:15-11:05am</td>
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<td>Robitaille, J.</td>
<td>LBCC</td>
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<tr>
<td>10:15-11:05am</td>
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<td>PILATES</td>
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<td>LBCC</td>
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<tr>
<td>9-9:50am</td>
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<td>TAI CHI</td>
<td>Schoon, J.</td>
<td>LFCH</td>
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<tr>
<td>9:20-10:50am</td>
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<td>Schoon, J.</td>
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<tr>
<td>2-3:35pm</td>
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<td>AQUATIC FITNESS TRAINING</td>
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<td>LBHSCP</td>
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<tr>
<td>10-11:35am</td>
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<td>AQUATIC FITNESS TRAINING</td>
<td>Robitaille, J.</td>
<td>LFCH</td>
<td></td>
</tr>
<tr>
<td>2-3:50pm</td>
<td>T</td>
<td>ASAP STRENGTH &amp; PILATES</td>
<td>Stockler, B.</td>
<td>LFBTC</td>
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<tr>
<td>2-3:50pm</td>
<td>T</td>
<td>ASAP STRENGTH &amp; PILATES</td>
<td>Stockler, B.</td>
<td>LFBTC</td>
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<tr>
<td>10-11:50am</td>
<td>T</td>
<td>TAI CHI</td>
<td>Caramagno, R.</td>
<td>TUSTIN</td>
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<tr>
<td>10-11:50am</td>
<td>M</td>
<td>TAI CHI</td>
<td>Michele, M.</td>
<td>TUSTIN</td>
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<tr>
<td>10-11:50am</td>
<td>W</td>
<td>TAI CHI</td>
<td>Michele, M.</td>
<td>TUSTIN</td>
<td></td>
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<tr>
<td>10-11:50am</td>
<td>M</td>
<td>TAI CHI</td>
<td>Michele, M.</td>
<td>TUSTIN</td>
<td></td>
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<tr>
<td>10-11:50am</td>
<td>W</td>
<td>TAI CHI</td>
<td>Michele, M.</td>
<td>TUSTIN</td>
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</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.
## OFF-CAMPUS CLASS LOCATION MAP

### LAGUNA BEACH

- **Location:**
  - **FSSC** Florence Sylvester Senior Center
  - **LBCC** Laguna Beach Community Center
  - **LBHS** Laguna Beach High School
  - **LBHSCP** Laguna Beach High School Community Pool
  - **LFBTC** Lake Forest Beach and Tennis Club
  - **LFCH** Lake Forest City Hall Community Center
  - **LSC** Lakeview Senior Center
  - **RSC** Rancho Senior Center
  - **TRCP** Turtle Rock Community Park
  - **TUSTIN** Tustin Area Senior Center
  - **LFSP** Lake Forest Sports Park

### ORANGE

- **Location:**
  - **LFSP** Lake Forest Sports Park

### OFF-CAMPUS CLASS LOCATION ADDRESSES

<table>
<thead>
<tr>
<th>Class Site/Code</th>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td>FSSC Florence Sylvester Senior Center</td>
<td>23721 Moulton Parkway, Laguna Hills 92653</td>
<td>949-855-8033</td>
</tr>
<tr>
<td>E</td>
<td>LBCC Laguna Beach Community Center</td>
<td>380 Third St., Laguna Beach 92651</td>
<td>949-464-9535</td>
</tr>
<tr>
<td>F</td>
<td>LBHS Laguna Beach High School</td>
<td>625 Park Ave., Laguna Beach 92651</td>
<td>949-464-9535</td>
</tr>
<tr>
<td>G</td>
<td>LBHSCP Laguna Beach High School Community Pool</td>
<td>625 Park Ave., Laguna Beach 92651</td>
<td>949-464-9535</td>
</tr>
<tr>
<td>I</td>
<td>LFBTC Lake Forest Beach and Tennis Club</td>
<td>22921 Ridge Route Dr., Lake Forest 92630</td>
<td>949-837-6100</td>
</tr>
<tr>
<td>J</td>
<td>LFCH Lake Forest City Hall Community Center</td>
<td>25550 Commercentre Dr., Lake Forest 92630</td>
<td>949-461-3450</td>
</tr>
<tr>
<td>K</td>
<td>LSC Lakeview Senior Center</td>
<td>20 Lake Rd., Irvine 92612</td>
<td>949-724-6900</td>
</tr>
<tr>
<td>N</td>
<td>RSC Rancho Senior Center</td>
<td>3 Ethel Coplen Way, Irvine 92612</td>
<td>949-724-6800</td>
</tr>
<tr>
<td>O</td>
<td>TRCP Turtle Rock Community Park</td>
<td>1 Sunnyhill, Irvine 92603</td>
<td>949-724-6734</td>
</tr>
<tr>
<td>P</td>
<td>TUSTIN Tustin Area Senior Center</td>
<td>200 South C St., Tustin 92780</td>
<td>714-573-3347</td>
</tr>
<tr>
<td>Q</td>
<td>LFSP Lake Forest Sports Park</td>
<td>28000 Rancho Parkway, Lake Forest 92630</td>
<td>949-461-3415</td>
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</tbody>
</table>
INSTRUCTOR LED ONLINE COURSES

Introduction to Stock Options
Learn how stock options can protect your portfolio and help you profit in any type of market.

Accounting Fundamentals
Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Creating Web Pages
Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Creating a Successful Business Plan
Turn your business ideas into a solid plan for financing and long-term success.

How to Make Money From Your Writing
Whether you want to create your own business, add to your income, supplement your retirement, or boost what you're earning as a writer, you'll find the how-to's here.

Introduction to Microsoft Outlook 2010
Take control over your meetings, emails, and to-do lists by mastering the essentials of Microsoft Outlook 2010.

Solving Classroom Discipline Problems
Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.

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Prices start as low as: $105

CAREER TRAINING PROGRAMS

Certified Personal Trainer - 62 hrs
Prepare for an in-demand career as a personal trainer as you earn a nationally-recognized W.I.T.S. certification and gain real-life experience in an internship.

Travel Agent Training - 200 hrs
Learn the basic skills needed to operate a computer reservation system for airlines, travel agencies, cruise lines, hotel, or as a home-based agent, and get started in a career in the travel industry.

Principles of Green Building - 30 hrs
The Principles of Green Buildings (PGB) program explains the science that individuals in the building, remodeling, or trade industries need to know in order to make buildings perform more efficiently.

Event Management & Design - 300 hrs
From planning to pyrotechnics, the Event Management and Design Online Training Program will teach you everything you need to know to create events that are truly special.

Reach us at: 949-367-8343

Optician Certification Training - 150 hrs
Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

Medical Transcription - 240 hrs
Learn to transcribe medical reports in hospitals, offices, or from home with the most popular transcription program in the country for entry-level training.

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JOIN US FOR FUN AND ENGAGING CLASSES LIKE:

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Physical Fitness • Yoga and Pilates • Aquatic Fitness • Country Line Dance • Tap Dance