Older Adults (Noncredit)

OLDR 7100B Sensory Awareness units
Acceptable for credit: N - Noncredit
Sensory awareness classes involve activities designed to stimulate the five senses. Activities include discussions centered on current events and topics of interest. Music, storytelling, touch, aroma, and taste experiences provide focus and stimulation. (Non-credit Course)

OLDR 7101A Crafts for Seniors units
Acceptable for credit: N - Noncredit
Learn to work with one or all of the following craft media in this survey of crafts class: clay, paper, fabric, and paint. Some classes have a materials fee. (Non-credit Course)

OLDR 7101B Crafts for Seniors units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Learn to work with one or all of the following craft media in this survey of crafts class: clay, paper, fabric, and paint. Some classes have a materials fee. (Non-credit Course)

OLDR 7102A Current Topics units
Acceptable for credit: N - Noncredit
Explore current topics and issues to stimulate memory and cognition. Through lively discussions, guest speakers, and other techniques, participants become more aware of the differences and similarities in attitudes and viewpoints of others. Course discussion and activities draw upon current community and global topics and participants' experience and knowledge. (Non-credit Course)

OLDR 7102B Current Topics units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Explore current topics and issues to stimulate memory and cognition. Through lively discussions, guest speakers, and other techniques, participants become more aware of the differences and similarities in attitudes and viewpoints of others. Course discussion and activities draw upon current community and global topics and participants' experience and knowledge. (Non-credit Course)

OLDR 7200A Int. Watercolor Painting units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Develop your creative expression through mixed-media sculpture and pewter repoussé, a mixed media with enamels and acrylics. Create two- and three-dimensional sculptures from wood, metal, clay, plaster, fabric, and paper. Explore design fundamentals including space, perspective, dimension, proportion, and balance. (Non-credit Course)

OLDR 7202B Expressions in Colored Pencil units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Discover the relaxing medium of colored pencil. Learn basics of blending, color layering, and a variety of techniques. Demonstrations on techniques, design concepts, and developing a vision are provided. Emphasis is on refining skills and developing personal expression. Projects include color scheme designs, mandalas, and greeting cards. (Non-credit Course)

OLDR 7203B Creative Illustration units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Beginning-to-advanced artists learn to create a style of illustration for the fairy tales, fables, myths, or poetry they enjoy. Emphasis is on translating animals, plants, or period costumes into stylized images that illustrate the story. Work in the medium of your choice including photography and found objects. (Non-credit Course)

OLDR 7204B Sketching for Painters units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Beginning and advanced painters discover techniques that transform the study of an object or scene into a sketch that is useful in planning a painting. Students learn basic perspective concepts including how to place people, animals, and objects in a scene. (Non-credit Course)

OLDR 7206A Tole Painting units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Students explore the history of tole painting, while gaining practical experience in the basic techniques of brush control, shading, use of color, and finishing. Additional course topics include fabric painting, folk art, and pen and ink methods, with an emphasis on artistic awareness, small-muscle dexterity, social interaction, and self-esteem. (Non-credit Course)

OLDR 7206B Tole Painting units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Students explore the history of tole painting, while gaining practical experience in the basic techniques of brush control, shading, use of color, and finishing. Additional course topics include fabric painting, folk art, and pen and ink methods, with an emphasis on artistic awareness, small-muscle dexterity, social interaction, and self-esteem. (Non-credit Course)

OLDR 7207B Silk Painting units
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Learn how to use silk painting techniques and materials to create original artwork or clothing. Instruction includes demonstrations and lectures on gutta, dyes, and finishing techniques. Learn and apply basic elements of design and color theory. Beginning to advanced artists welcome. (Non-credit Course)
OLDR 7208B Mixed-Media Collage & Assemblage  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Explore a variety of collage techniques that emphasize creative self-expression. Learn the basics of tearing, cutting, layering, decorating, and altering paper surfaces. Demonstrations on mixed-media techniques, design concepts and symbols, and creative layering are provided. Projects include texture variety collage, paper cutting, and a 3-D personal spirit box. (Non-credit Course)

OLDR 7209A Botanical Illustration  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Explore drawing and/or watercolor and learn to create accurate renderings of plants, ranging from fruits and vegetables to weeds and wildflowers. Review examples of the classic scientific style in botanical illustration and the use of realistic plant images in contemporary, fine art. Exercises range from quick sketches to finished compositions. Beginners are welcome. (Non-credit Course)

OLDR 7209B Botanical Illustration  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Explore drawing and/or watercolor and learn to create accurate renderings of plants, ranging from fruits and vegetables to weeds and wildflowers. Review examples of the classic scientific style in botanical illustration and the use of realistic plant images in contemporary, fine art. Exercises range from quick sketches to finished compositions. Beginners are welcome. (Non-credit Course)

OLDR 7210B Ukrainian Egg Art  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Learn the basics of tearing, cutting, layering, decorating, and altering paper. Explore a variety of collage techniques that emphasize creative self-expression. Learn the basics of tearing, cutting, layering, decorating, and altering paper surfaces. Demonstrations on mixed-media techniques, design concepts and symbols, and creative layering are provided. Projects include texture variety collage, paper cutting, and a 3-D personal spirit box. (Non-credit Course)

OLDR 7211A The Joy of Drawing  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Drawing is the foundation of visual communication and can only be learned through practice. Students explore the use of charcoal, colored pencil, graphite, and ink to develop graphic fluency. Exercises help students give form and definition, convey volume, define planes, give movement and direction, and articulate emotion through drawing. (Non-credit Course)

OLDR 7211B The Joy of Drawing  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Drawing is the foundation of visual communication and can only be learned through practice. Students explore the use of charcoal, colored pencil, graphite, and ink to develop graphic fluency. Exercises help students give form and definition, convey volume, define planes, give movement and direction, and articulate emotion through drawing. (Non-credit Course)

OLDR 7212A Watercolor Painting  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Beginning-to-advanced painters learn basic and advanced watercolor techniques. Explore art history, color theory, design elements, color mixing, brush techniques, luminous transparent wash techniques, and simple elements of composition. (Non-credit Course)

OLDR 7213A Painting in Oils and Acrylics  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
This course is designed for developing and/or sustaining confidence in creative expression, as well as providing opportunities for creative/personal growth, community engagement, and lifelong learning. Beginning-to-advanced painters learn basic to advanced watercolor techniques while working on gross and fine motor skills, and memory recall. Course will also explore art history, color theory, design elements, color mixing, brush techniques, luminous transparent wash techniques, and simple elements of composition. (Non-credit no grade)

OLDR 7213B Painting in Oils and Acrylics  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Learn how to paint your favorite subjects. This class covers the basics of oil and acrylics, from the beginning drawing to the finished painting. Beginning through experienced painters who wish to work with oils and acrylic media are welcome. (Non-credit Course)

OLDR 7212B Watercolor Painting  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Beginning-to-advanced painters learn basic and advanced watercolor techniques. Explore art history, color theory, design elements, color mixing, brush techniques, luminous transparent wash techniques, and simple elements of composition. (Non-credit Course)

OLDR 7001A Topics for Older Adults  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
This course is designed to promote the socialization and mental stimulation through the presentation and discussion of international, national, and local events from a current and historical viewpoint. Topics include a range of literature, current world issues, historical events, and personal issues of interest as they relate to the student. (Non-credit Course)

OLDR 7001B Topics for Older Adults  
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
This course is designed to promote the socialization and mental stimulation through the presentation and discussion of international, national, and local events from a current and historical viewpoint. Topics include a range of literature, current world issues, historical events, and personal issues of interest as they relate to the student. (Non-credit Course)

OLDR 7100A Sensory Awareness  
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OLDR 7212A Watercolor Painting  
Acceptable for credit: N - Noncredit
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OLDR 7000 Natural History: Central Coast  
Acceptable for credit: N - Noncredit
This course provides a comprehensive review of the natural history and conservation issues related to the Central Coast of California. Discussion topics include plant communities, floral components, geology, soil, climate, biology, and environmental concerns. (Non-credit Course)
OLDR 7002 Great Literature 6.0 - 12.0 hours
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
This course is an intellectually and socially rewarding class in which outstanding short stories, essays, books, plays and poems are read and discussed. Through the method of shared inquiry, along with thought-provoking questions, students are offered exciting opportunities for self-discovery and personal growth. (Non-credit Course)

OLDR 7005 Film Appreciation 4.0 - 12.0 hours
Acceptable for credit: N - Noncredit
This course is an examination of film as an art form, which emphasizes film appreciation, a study of the historical context, dramatic issues, artistic and technical objectives, and narrative genre. Students view films and critically analyze and discuss the genre in order to develop a broad appreciation, insight, and analytical understanding of visual media. (Non-credit Course)

OLDR 7104 Balance and Mobility 16.0 - 18.0 hours
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
This class is designed for older adults identified as low-to-moderate risk for falls. Class activities target specific balance problems in a challenging, but safe training environment. This class is not intended to replace physical therapy. (Non-credit Course)