Older Adults (Noncredit)

OLDR 7000 Natural History: Central Coast
4.0 - 8.0 hours
Acceptable for credit: N - Noncredit
This course, designed to promote socialization and cognitive acuity, presents an engaging review of the natural history and conservation issues related to the Central Coast of California. Discussion topics include (but are not limited to) plant communities, floral components, geology, soil, climate, biology, archeology, and environmental concerns. (Spring) (Noncredit)

OLDR 7001A Topics for Older Adults
15.0 - 45.0 hours
Acceptable for credit: N - Noncredit
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.

OLDR 7001B Topics for Older Adults
6.0 - 18.0 hours
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.

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.

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.

OLDR 7100 Sensory Awareness
32.0 - 36.0 hours
Acceptable for credit: N - Noncredit
This sensory awareness class is designed to engage the five senses in order to sustain mental/cognitive acuity. Activities include discussions centered on current events and topics of interest. Music, storytelling, touch, aroma, and taste experiences provide focus and stimulation. (Fall, Spring, Summer) (Noncredit)

OLDR 7100B Sensory Awareness
0.0 hours
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.

OLDR 7101A Crafts for Seniors
32.0 - 36.0 hours
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.

OLDR 7101B Crafts for Seniors
16.0 - 18.0 hours
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.

OLDR 7102 Current Topics
32.0 - 36.0 hours
Acceptable for credit: N - Noncredit
This course is designed to promote socialization and stimulate memory and cognition. Students explore a wide range of topics via discussions, guest speakers, and other techniques. Course discussion and activities draw upon current local, national, and/or world topics, and draws upon the participants' experiences and knowledge of current and historical events. (Fall, Spring) (Noncredit)

OLDR 7102B Current Topics
8.0 - 9.0 hours
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.

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.
OLDR 7200 Int. Watercolor Painting
24.0 - 54.0 hours
Acceptable for credit: N - Noncredit
Designed with the older adult in mind, expand your knowledge of watercolor and aquamedia techniques, develop your personal painting style, and enhance creative thinking and expression in this inspirational class. Demonstrations, challenging projects, and creative exercises build ability and confidence. Appropriate for all with a basic knowledge of watercolor. (Fall, Spring, Summer) (Noncredit)

OLDR 7200B Int. Watercolor Painting
24.0 - 27.0 hours
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Expand your knowledge of watercolor and aquamedia techniques, develop your personal painting style, and enhance creative thinking in this inspirational class. Demonstrations, challenging projects, and creative exercises build ability and confidence. Appropriate for all with a basic knowledge of watercolor.

OLDR 7201A Jewelry, Sculpture, and Repousse
48.0 - 54.0 hours
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Develop your creative expression through mixed-media sculpture and pewter repousse, 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.

OLDR 7201B Jewelry, Sculpture, and Repousse
24.0 - 27.0 hours
Acceptable for credit: N - Noncredit
Prerequisite: TEEN Y
Develop your creative expression through mixed-media sculpture and pewter repousse, 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.

OLDR 7202B Expressions in Colored Pencil
24.0 - 27.0 hours
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.

OLDR 7203B Creative Illustration
24.0 - 27.0 hours
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.

OLDR 7204B Sketching for Painters
24.0 - 27.0 hours
Acceptable for credit: N - Noncredit
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.

OLDR 7206A Tole Painting
48.0 - 54.0 hours
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.

OLDR 7206B Tole Painting
24.0 - 27.0 hours
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.

OLDR 7207B Silk Painting
24.0 - 27.0 hours
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.

OLDR 7208B Mixed-Media Collage & Assemblage
6.0 - 18.0 hours
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.

OLDR 7209 Botanical Illustration
24.0 - 54.0 hours
Acceptable for credit: N - Noncredit
Designed with the older adult in mind, explore drawing and/or watercolor, and learn to create accurate renderings of plants,
ranging from fruits and vegetables to weeds and wildflowers while exploring your creative expression. 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. (Fall, Spring, Summer) (Noncredit)

**OLDR 7209B Botanical Illustration**  
24.0 - 27.0 hours  
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.

**OLDR 7210B Ukrainian Egg Art**  
24.0 - 27.0 hours  
Acceptable for credit: N - Noncredit  
Prerequisite: TEEN Y  
Explore the traditional Ukrainian techniques of applying fine lines of wax and layers of vibrant dyes to real eggs and create these beautiful Pysanksas. Learn the basic patterns, processes, and procedures from start to finish.

**OLDR 7211 The Joy of Drawing**  
24.0 - 54.0 hours  
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. (Fall, Spring, Summer) (Noncredit)

**OLDR 7211B The Joy of Drawing**  
24.0 - 27.0 hours  
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.

**OLDR 7212A Watercolor Painting**  
45.0 - 51.0 hours  
Acceptable for credit: N - Noncredit  
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. (Noncredit)

**OLDR 7212B Watercolor Painting**  
6.0 - 18.0 hours  
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.

**OLDR 7213 Painting in Oils and Acrylics**  
24.0 - 51.0 hours  
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. (Fall, Spring, Summer) (Noncredit)

**OLDR 7213B Painting in Oils and Acrylics**  
24.0 - 27.0 hours  
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.

**OLDR 7214 Ceramics 1**  
96.0 - 108.0 hours  
Acceptable for credit: N - Noncredit  
Repeatable: 5.00  
This course serves as an introduction to ceramics materials, concepts and processes, including design principles, creative development, and ceramic terminology. Low-fire clay and glaze processes using hand-building forming techniques will be emphasized. These practices will help students to improve fine/gross motor skills, enhance mental acuity, enhance creativity, foster socialization, and increase appreciation for the arts among older adults. (Fall, Spring) (Noncredit)

**OLDR 7215 Mixed Media 1**  
96.0 - 108.0 hours  
Acceptable for credit: N - Noncredit  
Repeatable: 2.00  
An exploration of a variety of traditional and distinctly unique 2-dimensional art media as they relate to drawing and painting mediums. This course is designed to enhance mental/physical skills and fosters socialization. (Fall) (Noncredit)

**OLDR 7216 Ceramics 2**  
96.0 - 108.0 hours  
Acceptable for credit: N - Noncredit  
Repeatable: 5.00  
A continuation of Ceramics 1 and low-fire clay and glaze processes, using the potter's wheel, extruder, making and using molds, graphic design with low-fire colored glazes.
course is designed to enhance mental/physical skills and fosters socialization. (Fall, Spring) (Noncredit)

**OLDR 7400 Mixed Ensemble**

64.0 - 72.0 hours  
Acceptable for credit: N - Noncredit  
Limitations on Enrollment: Audition at first class meeting  
Designed to give singers with varying degrees of musical experience the opportunity to rehearse and perform standard choral literature in a broad range of styles, including a cappella and instrumentally accompanied works. Performances are scheduled throughout the semester with an emphasis on community outreach. This course is designed to enhance mental/physical skills and fosters socialization. (Fall, Spring) (Noncredit)

**OLDR 7401 Jazz Ensemble**

48.0 - 54.0 hours  
Acceptable for credit: N - Noncredit  
Repeatable: 12.00  
Designed for members of the Allan Hancock College Jazz Band, which will perform a variety of traditional and contemporary jazz works. The band will make several appearances during the semester. This course is designed to enhance mental/physical skills and fosters socialization. (Fall, Spring) (Noncredit)