

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 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 7101A Crafts for Seniors

32.0 - 36.0 hours

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.

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 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 7200A Int. Watercolor Painting

48.0 - 54.0 hours

Acceptable for credit: N - Noncredit

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 & Repousse

48.0 - 54.0 hours

Acceptable for credit: N - Noncredit

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 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 7209A Botanical Illustration

48.0 - 54.0 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 7211A The Joy of Drawing**48.0 - 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.

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 7213A Painting in Oils and Acrylics**45.0 - 51.0 hours**

Acceptable for credit: N - Noncredit

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. (Noncredit)