Donation Form

**You can also donate online at** [**http://community.piercecollege.edu/encore/donate.asp**](http://community.piercecollege.edu/encore/donate.asp)**.**

Whether you are a long time Encore supporter or giving for the first time, thank you for supporting Encore! Donations to the Encore Program provide for special projects, events, supplies and equipment. Please use this form to mail in your donation.

**Mail your completed form along with your donation to:**

Pierce College Foundation - Encore

6201 Winnetka Avenue #341

Woodland Hills, CA 91371

**Donor Information**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name: |  |  |  |  |  |
| Address: |  |  |  |  |  |
| City: |  | State: |  | Zip Code: |  |
| Phone: |  |  |  |  |  |

**Donation**

My check is enclosed in the amount of $:

(Checks payable to: Pierce College Foundation - Encore)

This gift is:

**□ In appreciation of the Encore program. Thank you!**

**□ In appreciation of an Encore Instructor:**

**□ In memory**

Remember someone special by giving a gift in their memory. Encore will send a card acknowledging your thoughtful donation to the person of your choice:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name: |  |  |  |  |  |
| Address: |  |  |  |  |  |
| City: |  | State: |  | Zip Code: |  |

**GENERAL INFORMATION**

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The Encore Program has made every effort to make this Class Schedule accurate and may, without notice, change general information, courses, or programs offered. Please see the Encore website for updates or changes.

For complete college information, see [*Pierce College General Catalog*](http://www.piercecollege.edu/schedules/catalog.asp). Federal Privacy Rules Regarding Student Information Family Educational Rights and Privacy Act (FERPA) prohibits the disclosure of personally identifiable information from education records. For more information visit the U.S. Department of Education.

We will continuously strive to build an inclusive, welcoming community of individuals with diverse background, talents, and skills who are committed to civility, mutual respect, social justice, and the free and open exchange of ideas. We commit ourselves to change, growth, and action that embrace diversity as an integral resource of our educational experience and of the community we create.

**Contact Information**

**Office:** VLGE 8310A (behind South Gym)

**Telephone: (818) 710-2561, (818) 710-4163**

**Call the office with questions, for phone assistance or to make an in-person appointment.**

Leave your name, phone number, and short message. We will return your call.

**Email:** lapc-encore@piercecollege.edu

**Website:** piercecollege.edu/encore

**General Mailing Address:**

ENCORE, Pierce College

6201 Winnetka Avenue, #341

Woodland Hills, CA 91371

Encore is a Pierce College education program designed specifically for older adults (50+), but all students over 18 are welcome. Courses address the needs of older adults focusing on topics that promote independence, advocacy, community engagement, personal growth, physical and cognitive health, economic self-sufficiency, and subject matter that relates to older adults’ life circumstances and positive aging skills

Donations to the ENCORE Program provide for special projects, events, supplies and equipment. Checks payable to: *Pierce College Foundation – Encore*; use form on page 1. Donations of any size are appreciated. Thank you for your support!

Special Services: Students with disabilities can contact Special Services. Authorization, based on verification of disability, is required before accommodation can be made. Special Services is in the Student Services Building. For questions, call (818) 719-6430.

Emergency procedures: From any pay phone on campus: dial \*80. From any campus extension: dial 4311. From cell phones: dial (818) 710-4311. Campus “Blue Lights” are tall blue cylinders topped by bright lights. Press large red button to immediately connect to the Sheriff’s station.

Academic Courtesy is common sense respectful behavior given by the students to each other, to professors and college staff. Disobedient, disruptive, or disorderly behavior exhibited by any student will result in disciplinary action in accordance with District policies and procedures

**IMPORTANT REMINDERS**

**Access to Encore Website from Pierce Homepage**

1.www.piercecollege.edu

2.Click Academics

3.Click Non-Credit Courses

4.Click Encore Tab

**Direct Access to Encore Website**

1. piercecollege.edu/encore

2. Instructions for: CCC Apply, registration,

 registration appointment date, password reset,

 how to “View your schedule,” and Canvas.

3. Instructor email addresses

4. Downloadable Semester Catalogs



**Encore Website**

**STUDENT EMAIL**

Check email regularly for class cancellations, changes, and announcements.

1. Go to piercecollege.edu.

2. Click Email (upper right corner).

3. Enter Student ID# and Password.

4. Click Mail-Outlook tile.

5. Click small Outlook icon on left.

**Forward Student email to personal email:**

1. Log into your student email (see above).

2. Click on cog wheel icon located on the top right.

3. In box - Type **f**. Click on *Forwarding*.

4. Enter email address you want your emails

 forwarded to in box under *Forward my email to*.

5. Click *Save*.

**COVID-19** For updates and current information see the Pierce website. Thank you for helping us all stay safe and healthy at Pierce College.

**ACCESS to ZOOM in CANVAS**

1. Go to **piercecollege.edu**

(use Google Chrome or Firefox)

1. Click SIS Portal (top right corner of screen)
2. Type Student ID & Password.  Click **Sign In.**
3. Click **Canvas Tile**
4. At Dashboard window, you see a message to students, scroll down to see your class tiles
5. Click class Tile you want to open.  Click little bullhorn symbol for Announcements.
6. Here is where instructions will vary.
	* Some teachers send a Zoom link in Announcements.
	* Others send a Zoom link in your Inbox to the left.
	* For others you click **Zoom** under the word Home (from list of links in red)**.**
7. At **Upcoming Meetings**, click on Join button.
8. Click window - **Open URL:Zoom LAUNCHER**
9. When system dialog prompts, click **Open Zoom Meetings.**
10. Click on **Join with Video**
11. Enjoy your class!

**Rename yourself in Zoom classes:** For attendance accounting purposes it is important that students are identified by their name on the roster. If not, students need to RENAME themselves or be removed from the class that day. For instructions to Rename see Encore website.

**Password: Record Your Password**

Enter your password slowly and carefully. If you try more than 3 times you will be locked out and need to re-set your password.

**APPLICATION PROCEDURES**

New or former students who have not enrolled in any LACCD colleges in the last two semesters need to apply.

**How to apply**: Email needed for online application.

**1. Noncredit Application** – To enroll in noncredit zero-unit courses ONLY. (Encore classes included.)

**Video - *How to Submit a Noncredit Application*:**

Link available on Encore website.

**2. College Application** – To enroll in college level credit classes. This application should also be used if you plan to enroll in both credit & noncredit classes.

**For Assistance: CCC Apply helpline 877-247-4836**

**Both Applications have two parts:**

**Part 1: Create Account** (same for both applications):

1. Go to [www.piercecollege.edu](http://piercecollege.edu/)

2. Click *Apply Online*.

3. Choose Noncredit or College Application

4. Click *Create an Account* (3 pages)

5. For 2-step verification - enter your phone number

 to receive a code via text message, alternatively

 you can receive a code via your email.

6. Complete pages. Click *Continue*.

7. Print Confirmation.

**Part 2: For Noncredit Only:**

1.Educational Goal: select Educational Development 2. Intended Major or Program of Study: select

 Workplace Success-Noncredit Certificate

3. Answer ALL questions.

4. Click Submit my application.

5. **PRINT APPLICATION CONFIRMATION**. Or write

 your CCC ID.

You will receive 2 emails.

1. First, has your CCC ID#. Record number.

2. Second, has your Student ID# (begins with 8 or 9).

**Notes**:

1. If you do not receive your Student ID# within

 5 business days please call the Encore Office.

2. Disregard messages requesting transcripts.

3. Check your email Spam folder.

**REGISTRATION PROCEDURES**

**To find Reg Date Appointment:**

1. Go to [www.piercecollege.edu](http://piercecollege.edu/)

2. Click *Enroll Now or SIS Portal*.

3. Type your student ID # and password.

4. Click Manage Classes.

5. Click Enrollment Dates – on the left side.

6. Under preferred semester – look for “Your

 Appointment Start Date/Time.”

Note: You can register anytime on or after your appointment. Online registration appointments are issued by the LACCD. Encore Office cannot change registration appointments.

**Register for classes:**

1. Go to [www.piercecollege.edu](http://piercecollege.edu/)

2. Click *Enroll Now* or SIS Portal.

3. Type your Student ID# and Password.

4. Click *Manage Classes*.

5. Click *Class Search and Enroll*.

6. Click Change button to preferred semester.

7. Type class number in *“Enter Keyword Box.”*

8. Click >> right side (at the end of line).

9. Click > right side (at the end of line).

10. Click > right side (at the end of line).

11. Click Next upper right.

12. Be added to Wait List - click NO (changes to Yes).

13. Click *Accept*.

14. Click *Submit*.

15. To add another class:

 Click *“Return to Keyword Search.”*

**To be added to Wait List:** If the class you want is in your Shopping Cart – clear from Cart first. Follow instructions above. Pay special attention to step 12.

**Add Classes After Semester Starts:**

Email instructor for a Permission Number, follow steps 1-11. Enter Permission Number. Follow steps 13-15. For instructor email address see Encore website: www.piercecollege.edu/encore

**CALENDAR OF CLASSES Spring 2023 Feb 6 – May 26**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Class #*** | ***Course Title*** | ***Instructor*** | ***Time*** | ***Room*** |
|  | **Monday** |  |  |  |
| 10933 | Body Movement | Shvetsov | 8:30-10:30 am | Online |
| 14539 | Drawing Matters  | Tirr | 9-12 pm | Online |
| 14654 | Body Movement: Chair Exercise | Shvetsov | 10:40-12:40 pm | Online |
| 11106 | Body-Mind Fusion | Tinto-Singer | 10:40-12:40 pm | Online |
| 11008 | Exploring the Washington National Gallery | Thornton | 11:30-1:30 pm | Online |
| 14787 | History/Development of the Classical Music Tradition | Domine | 1-3 pm | Online |
| 15315 | Body Movement: Chair Exercise | Jensen | 1-3 pm | Online |
| 17010 | Watercolor | Pitt | 1-4 pm | Online |
| 14655 | Science Discussions | Meyer | 1:30-3:30 pm | Online |
| 11234 | Healthy Living: Technology for Seniors 2023 | Feldman | 1:30-3:30 pm | Online |
| 19548 | Current Events | Holland | 1:30-3:30 pm | Online |
| 16863 | Intermediate Computer Skills | Murphy | 2-4 pm | Online |
| 11001 | Women Artists | Thornton | 2-4 pm | Online |
| 15939 | Hot Topics: Justice System, Impact Public Policy | Oborn | 2:30-4:30 pm | Online |
| 25548 | Investing and Current Business Issues | Grigg/Karamian | 3-5pm | Online |
| 23234 | Political Media | Lingrosso | 5-7 pm | Online |
|  | **Tuesday** |  |  |  |
| 21576 | Yoga  | Feldman | 8-10 am | Online |
| 10875 | Body Movement  | Shvetsov | 9-11 am | Online |
| 14795 | Portrait Painting | Thornton | 9-11 am | Online |
| 25569 | Body Movement  | Hefter | 9-11 am | Online |
| 16592 | Body Movement: Chair Yoga | Cummins | 9-11 am | Online |
| 10793 | Body Movement | Lacelle | 9:30-11:30 am | Online |
| 17006 | Beginning & Intermediate Acrylic/Oil Painting | Pitt | 9:30-12:30 pm | Online |
| 11125 | Current Events | Levick | 10-12 pm | Online |
| 15131 | Watercolor: Plein Air On Zoom  | Tirr | 10-1 pm | Online |
| 10990 | Women Artists | Thornton | 11:15-1:15 pm | Online |
|  | Current Events: Sports 11258- IRIS 0914  24397 - ONLINE | Levick | 1-3 pm | HyFlex |
| 23229 | Musical Theatre Techniques  | Staff | 1-3 pm | VLGE 8343 |
| 14801 | Window Basics | Perret | 2-4 pm | Online |
| 17011 | Contemporary Ptg. in Color w/ Acrylic & Mixed Media | Pitt | 1-4 pm | Online |
| 10525 | The Short Story | Follett | 1:30-3:30 pm | Online |
| 15313 | 2nd Ladies, One 2nd Husband, Presidential Libraries | Holland | 1:30-3:30 pm | Online |
| 11518 | Abstraction and Mixed Media  | Tirr | 1:30-4:30 pm | Online |
| 11043 | Exploring the Washington National Gallery | Thornton | 2:15-4:15 pm | Online |
|  | **Wednesday** |  |  |  |
| 17900 | Yoga/Mat Pilates | MacDonald | 8-10 am | Online |
| 10848 | Body Movement | Shvetsov | 9-11 am | Online |
| 25549 | Pastel Painting 3B | Kraus | 9-12:15 pm | Online |
| 15130 | Chair Yoga | MacDonald | 10:30-12:30 pm | Online |
| 11093 | Body-Mind Fusion | Tinto-Singer | 11:00-1:00 pm | Online |
| 15129 | Body Movement: Chair Yoga | Cummins | 11:15-1:15 pm | Online |
| 15434 | Body Movement: Chair Exercise | Shvetsov | 11:30-1:30 pm | Online |
| 10571 | Quilting | Streimer | 12:50-2:50 pm | VLGE 8343 |
|  |  |  |  |  |
|  |  **Wednesday** *continued* |  |  |  |
| 11120 | Current Events | Levick | 1-3 pm | Village, Sherman Oaks |
| 11469 | Renaissance Painting – Egg Tempera  | Thornton | 1-4 pm | Online |
| 23231 | Cultural Geography in the Ancient World 2 | Andalus | 1:30-3:30 pm | Online |
| 11088 | East Meets West | Tinto-Singer | 2-4 pm | Online |
| 10741 | History/Development of the Instrumental Choral Tradition in Western Music | Domine | 2-4 pm | Online |
| 18539 | Political Psychology | Lingrosso | 5-7 pm | Online |
|  | **Thursday** |  |  |  |
| 21557 | Yoga  | MacDonald | 8-10 am | NGYM5603  |
| 10783 | Body Movement: Chair Yoga | Cummins | 8:30-10:30 am | Online |
| 15935 | Body Movement | Hefter | 9-11 am | Online |
| 23240 | Drawing 4 | Kraus | 9-12:15 pm | Online |
| 11436 | Beginning & Intermediate Drawing  | Pitt | 9:30-12:30 pm | Online |
| 14592 | Exploring the Washington National Gallery | Thornton | 9:45-11:45 am | Online |
| 16143 | Watercolor: Still Life Painting  | Tirr | 10-1 pm | Online |
| 23230 | Body Movement: Movement and Music  | MacDonald | 10:30-12:30 pm | NGYM5601  |
| 18537 | Music and Your Health – A Lifestyle Choice | Domine/Tinto-Singer | 11-1 pm | Online |
|  | Current Events 11174- BEH1308  24390- ONLINE  | Levick | 12-2 pm | HyFlex |
| 16625 | Intermediate Internet | Perret | 2-4 pm | Online |
| 14593 | Women Artists | Thornton | 1-3 pm | Online |
| 23232 | Environmental Geography of the Modern World 2 | Andalus | 1:30-3:30 pm | Online |
| 11354 | Western Civilization 2 | Kaapuni | 1:30-3:30 pm | IRIS 0902 |
| 15135 | Drawing from Figures | Pitt | 1-4 pm | Online |
| 23999 | Fundamentals of Line Drawing | Kraus | 1-4:15 pm | Online |
| 11151 | A Sociological Approach to Religion | Sloan Goben | 1:30-3:30 pm | Online |
| 15938 | Exercise Anatomy | Tinto-Singer | 1:30-3:30 pm | Online |
| 11557 | Unique Printmaking Today  | Tirr | 1:30-4:30 pm | Online |
|  | Encore Singers 18003- IRIS 0914  24385-ONLINE  | Domine | 2-4 pm | HyFlex |
| 25628 | Digital Photography  | Nisan | 2-4 pm | Online |
| 14908 | Intermediate/Advanced Word, Excel, PowerPoint Google | Simmonds | 2:15-4:15 pm | Online |
|  | **Friday** |  |  |  |
| 10958 | Intermediate Yoga/Mat Pilates | MacDonald | 8-10 am | Online |
| 10810 | Body Movement  | Shvetsov | 9-11 am | Online |
| 17008 | Intermediate & Beyond Acrylic/Oil Painting | Pitt | 9:30-12:30 pm | Online |
| 11534 | Watercolor/Ink Splash Painting | Kraus | 9-12:15 pm | Online |
| 18538 | Music Matters: Contemporary Topics in Popular Music | Domine  | 10:30-12:30 pm | Online |
| 11116 | Body-Mind Fusion | Tinto-Singer | 11:00-1:00 pm | Online |
|  | 20th Century Film 11211- ELM 1728 12 weeks 24395- ONLINE  | Windrum | 1-3:30 pm |  HyFlex |
| 16842 | Landscapes & Portraits w/ Acrylic or Oil Paints  | Pitt | 1:15-3:15 pm | Online |
| 10769 | Divas! The Famous, the Fables, and the Fantasy | Piazza  | 1:30-3:30 pm | Online |
| 11525 | Watercolor Painting | Thornton | 1-4 pm | Online |
| 17007 | Art Explorations  | Kraus | 1-4:15 pm | Online |

**Holidays**

Feb. 17-20 Presidents’ Day

Mar. 31 Cesar Chavez Day

Mar. 31 - Apr. 7 Spring Break

May 29 Memorial Day

**Instructions to access online classes:**

1. **Go to the Encore website.**
2. **Click on Canvas Tab.**
3. **Click on “Access to Zoom in Canvas”**

**What is HyFlex?** HyFlex offers students the option of taking a class either in-person or online. The class has two sections; students register for the in-person section or the online section. All students meet at the same time, same day. Students may also move back and forth between on campus and online.

**Topics of Interest**

Older Adult 60CE – Senior Topics

**Class #15313 – 2nd Ladies, One 2nd Husband and Presidential Libraries**

**Tuesday, 1:30-3:30 pm, Holland, Online**

This class explores the lives of the 38 women and 1 gentleman who have served as Second Ladies/Second Husband, plus a look at our Presidential Libraries.

**Class #19548 – Current Events**

**Monday, 1:30-3:30 pm, Holland, Online**

Lively discussion of current local, national and world events. We will discuss the upcoming midterm elections--including Governors, Congressional elections, and local elections. Students are welcome to suggest events, people, and anything else that is of interest to you!

**Class #23231 – Cultural Geography in the Ancient World 2**

**Wednesday, 1:30-3:30 pm, Andalus, Online**

Come join us as we compare and contrast contemporary and archaic perspectives to unveil new and exciting views of ancient peoples and the places they called home. Trade, travel, battles, beliefs, architecture, and more will be explored with vigor!

**Class #23232 – Environmental Geography of the Modern World 2**

**Thursday, 1:30 -3:30 pm, Andalus, Online**

A geographical survey of environmental changes caused by human activity, including pollution, energy use, population, the growing space industry, and climate change to name a few. We will also look at and discuss current science news articles and consider different societal perspectives against a scientific backdrop and brainstorm possible solutions.

**Class #11151 – A Sociological Approach to Religion**

**Thursday, 1:30-3:30 pm, Sloan Goben, Online**

Sociology of religion centers on the objective investigation of the organizational forms of religion and its interface with the larger social context of community. In this class we will consider topics such as how religion shapes culture, and vice versa; religion and race, religion and women, gender and sexuality, the rise of “spiritual, but not religious” identification, the mass appeal of Zen and Yoga in the Western world, and the impact of globalization and the marketplace on religious practice and identity. We will consider surveys, polls, demographic, and census analysis, as well as historical and documentary materials to consider religion in the contemporary world.

**Class #11234 - Healthy Living: Technology for Seniors 2023!**

**Monday, 1:30-3:30 pm, Feldman, Online**

Social distancing and new safety concerns have highlighted the need for older adults to become more technologically aware and proficient. As new technologies have changed how nearly everything works from banking, ordering groceries online, making medical appointments, utilizing tele-health platforms, and accessing free entertainment, to communicating with friends and family, near and far. Understanding these changes in how we communicate is crucial to remaining safe and independent. Trying to learn new technologies on your own can seem overwhelming but do not give up! *Healthy Living: Technology for Seniors 2023* will bring you up to date on what you need to know to learn comfortably and benefit from these new technologies.  In this course you will learn about online safety, texting, video chatting, the best apps for seniors, how to book appointments online, order food, engage with social media and much, much more.  Research the latest apps to find services, become comfortable using your smart phone but most importantly learn how to stay independent and connected to family and friends now and for years to come.

**Class #14655 - Science Discussions**

**Monday, 1:30-3:30 pm, Meyer, Online**

How science helps your life! A discussion of basic scientific principles and their applications. We will examine current topics of scientific interest and will not avoid uncomfortable topics for which there is solid scientific evidence.

**Class #23234 – Political Media**

**Monday, 5-7 pm, Lingrosso, Online**

Survey and lively discussion of how political messaging has changed with new technological advancements: hieroglyphics, newspaper, radio, television, internet, and social media.

**Class #18539 – Political Psychology**

**Wednesday, 5-7 pm, Lingrosso, Online**

An inspection and discussion into the effect of human psychology on political behavior.

**Class #11125 - Current Events**

**Tuesday, 10-12 pm, Levick, Online**

Lively discussion of current local, national and world events. Explore the news from different viewpoints with a goal of increased understanding, empathy, and tolerance.

**Class #11120 – Current Events**

**Wednesday, 1-3 pm, Levick, Off-site**

**Location: The Village in Sherman Oaks, 5450 Vesper Ave., Sherman Oaks, CA 91411**

Lively discussion of current local, national and world events. Explore the news from different viewpoints with a goal of increased understanding, empathy, and tolerance.

**What is HyFlex?** HyFlex offers students the option of taking a class either in-person or online. The class has two sections; students register for the in-person section or the online section. All students meet at the same time, same day. Students may also move back and forth between on campus and online.

**Current Events: Sports**

**Class #11258 - IRIS 0914 (in-person) Class #24397 – Online**

NOTE:Both sections meet at the same time. Students can go back and forth.

**Tuesday, 1-3 pm, Levick**

Lively discussion including (but not limited to) current financial, legal, ethical, and political issues in the local, national or world arena related to organized sports, not simply a recap of prior weeks' games.

**Current Events**

**Class #11174 – BEH 1308 (in-person) Class #24390 – Online**

NOTE:Both sections meet at the same time. Students can go back and forth.

**Thursday, 12-2 pm, Levick**

Lively discussion of current local, national and world events. Explore the news from different viewpoints with a goal of increased understanding, empathy, and tolerance.

**20th Century Film**

**Class #11211 – ELM 1728 (In-person) Class #24395 – Online**

NOTE:Both sections meet at the same time. Students can go back and forth.

**Friday, 1-3:30 pm, Windrum**

Class will discuss the relationship between Hollywood motion pictures and the American society surrounding, reflecting, and influencing the practices of the film industry in the year 1985. We will also be slowly progressing through the top 50 films of all-time as picked by the Sight & Sound Critics Poll. Note: 12 weeks

**Class #15939 – Hot Topics: Justice System, Impact of Public Policy**

**Monday, 2:30-4:30 pm, Oborn, Online**

This course focuses on the impact of public policy in the justice system. Examine current events to interpret how issues in the justice system impact our lives; laws and policy changes that apply to seniors such as legalization of marijuana, homelessness, mental health issues, and COVID-19 and the effect of policies that followed. Consequences of public policies will be discussed.

**Class #11354 – Western Civilization 2**

**Thursday, 1:30-3:30 pm, Kaapuni, IRIS 0902**

This course is designed to survey the history of the Western World from the 15th through the middle of the 20th Century.  The goal of the course is to give the student a conceptual as well as a factual framework from which to understand the political, cultural, social, intellectual, economic, and scientific developments that have occurred in Western Civilization since the 15th Century and how these developments have helped shape the modern world.

**Literature**

Older Adult 29CE – Literature and the Human Experience

**Class #10525 – The Short Story**

**Tuesday, 1:30-3:30 pm, Follett, Online**

The Short Story, according to Edgar Allan Poe, is to produce a single effect in the reader.  As such, it should be read in one sitting; hence, brevity is a key feature.  Come join us as together we explore some significant works in this delightful literary genre.

Student suggestions for stories (1) in the public domain, (2) available online, and (3) less than approximately one hour in reading time are welcome on or before 15 January 2023 at folletrj@piercecollege.edu.

**Art History**

Older Adult 56CE – Seeing and Understanding Art

**Class #11008 –** **Exploring the Washington National Gallery of Art**

**Monday, 11:30-1:30 pm, Thornton, Online**

Explore the beautiful art collections of Washington DC’s National Gallery of Art. Discover masterpieces collected from the Renaissance and Baroque, French Classical, Impressionist and Modernist eras. Art of the British and American Schools will be spotlighted. Learn the history of this great American Museum, whose two wings help comprise the cultural jewels of our United States National Mall.

**Class #11001 –** **Women Artists**

**Monday, 2-4 pm, Thornton, Online**

An art History series focusing entirely on women artists around the world. Learn the stories of their lives and creative innovations within cultural contexts ranging from past centuries to the present day.  Artists of all backgrounds and levels of notoriety will surprise us each week. Painters, sculptors, environmental artists, and multimedia artists will be featured.

**Class #10990 – Women Artists**

**Tuesday, 11:15-1:15 pm, Thornton, Online**

An art History series focusing entirely on women artists around the world. Learn the stories of their lives and creative innovations within cultural contexts ranging from past centuries to the present day.  Artists of all backgrounds and levels of notoriety will surprise us each week. Painters, sculptors, environmental artists, and multimedia artists will be featured.

**Class #11043 – Exploring the Washington National Gallery of Art**

**Tuesday, 2:15-4:15 pm, Thornton, Online**

Explore the beautiful art collections of Washington DC’s National Gallery of Art. Discover masterpieces collected from the Renaissance and Baroque, French Classical, Impressionist and Modernist eras. Art of the British and American Schools will be spotlighted. Learn the history of this great American Museum, whose two wings help comprise the cultural jewels of our United States National Mall.

**Class #14592 – Exploring the Washington National Gallery of Art**

**Thursday, 9:45-11:45 am, Thornton,** **Online**

Explore the beautiful art collections of Washington DC’s National Gallery of Art. Discover masterpieces collected from the Renaissance and Baroque, French Classical, Impressionist and Modernist eras. Art of the British and American Schools will be spotlighted. Learn the history of this great American Museum, whose two wings help comprise the cultural jewels of our United States National Mall.

**Class #14593 – Women Artists**

**Thursday, 1-3 pm, Thornton, Online**

An art History series focusing entirely on women artists around the world. Learn the stories of their lives and creative innovations within cultural contexts ranging from past centuries to the present day.  Artists of all backgrounds and levels of notoriety will surprise us each week. Painters, sculptors, environmental artists, and multimedia artists will be featured.

**Art**

Older Adult 42CE—Creative Art for Seniors

**Class #16842 - Landscapes and Portraits with Acrylic or Oil Paints**

**Friday, 1:15-3:15 pm, Pitt, Online**

Some painting experience recommended.  We will learn about and paint landscapes and portraits in a few different styles.

**Class #14795 – Portrait Painting**

**Tuesday, 9-11 am, Thornton, Online**

Students will learn to paint the human head, focusing on structure, value, edges, and color while examining works of great masters. All mediums and levels of experience welcome.

**Class #25628 - Digital Photography**

**Thursday, 2-4 pm, Nisan, Online**

Make your digital camera work for you. Learn use of available light (natural or artificial), importance of composition, exposure and camera techniques that turn snapshots into professional-quality photographs. Learn how to download, organize, and store digital images. Bring camera and camera manual to first class meeting. This course utilizes Digital Single Lens Reflex (DSLR, Mirrorless camera or other digital cameras - no point & shoot or phones). Cameras need to have manual control capabilities in addition to automatic controls.

It will be optional to meet one or two times on campus. At the same time the class will be held online.

**Class #10571 – Quilting**

**Wednesday, 12:50-2:50 pm, Streimer, VLGE 8343**

Projects are designed to include a wide range of quilt construction techniques and patterns, traditional and modern. Basic sewing skills suggested, but quilters at all levels welcome.

**Art**

Older Adult 62CE—Life Drawing for Seniors

**Class #11436 - Beginning and Intermediate Drawing**

**Thursday, 9:30-12:30 pm, Pitt, Online**

All levels welcome. Using directed exercises, the course will use drawing materials such as pencil and charcoal to explore line, shape, form, value, and shadow.  Have pencil and paper available the first meeting.

**Class #15135 -Drawing from Figures**

**Thursday, 1-4 pm, Pitt, Online**

Working from photos and master drawings with directed exercises and a variety of materials, students will study, learn, review, and practice figure drawing. Some anatomy will be presented. Have pencil and paper available the first meeting.

**Class #14539 – Drawing Matters**

**Monday, 9-12 pm, Tirr, Online**

This course will cover all the fundamental drawing forms that are needed for successful 2D rendering. Still lifes spring to life. Subject matter may be combined with ideas from some unlikely sources such as humor, pop culture and imagination. Prismacolor colored pencils will be used on a variety of white and earth toned papers.

**Class #23240 – Drawing 4**

**Thursday, 9:00-12:15 pm, Kraus, Online**

Basic drawing skill highly recommended. This class starts where Fall 2022 ended and expands on the wide range of drawing styles, media, and techniques.  Via lecture, demo and hands-on experience, students continue honing skills using line, value, shape, tone, texture and composition.   Materials needed first day: white unlined paper, pencil, kneaded eraser, and blender.

**Class #23999 – Fundamentals of Line Drawing**

**Thursday, 1-4:15 pm, Kraus, Online**

Basic drawing skill recommended. This course continues where Fall session 2022 ended, but all students are welcome. Develop your understanding and proficiency with line and ink wash and apply it to your current techniques. Via hands-on experience, lecture, demonstration, and critique, we will explore the quality and character of line.

**Art**

Older Adult 63CE—Watercolor Painting

**Class #11534 – Watercolor/Ink Splash Painting**

**Friday, 9-12:15 pm, Kraus, Online**

Ancient Asian ink and watercolor "splash" painting has recently become very popular in Western culture. Via lecture, demo, critique, and hands-on experience, we will explore a variety of traditional and modern methods using splash/wash methods to advance your creative style, technique, and color mixing skills.   Basic drawing and watercolor experience is highly recommended.

**Class #17007 – Art Explorations**

**Friday, 1-4:15 pm, Kraus, Online**

All levels welcome. Via instructor assistance/critique and hands-on experience, advance your skills with line, shape, tone, texture, color, composition, style, and technique, working on projects and media you select.

**Class #25549 – Pastel Painting 3B**

**Wednesday, 9-12:15 pm, Kraus, Online**

Prior basic drawing and pastel experience recommended.  This course continues where Fall 2022 session ended. The course is for students who desire to advance their skills and for those who want to revisit the basics.  Emphasis will be on color mixing, style, and fundamental techniques using what are commonly called SOFT pastels, also known as chalk pastels (NOT oil pastels, cray-pas, or water-soluble oil pastels).  Have materials available the first meeting.

**Class #17010 – Watercolor**

**Monday, 1-4 pm, Pitt, Online**

All levels welcome.  Emphasis on learning and reviewing various watercolor techniques and principles, with some exposure to the work of other watercolor artists.  Have paints, brushes, and paper available the first meeting.

**Class #17006 - Beginning and Intermediate Acrylic or Oil Painting**

**Tuesday, 9:30-12:30 pm, Pitt, Online**

All levels welcome. Study Acrylic or Oil Paint handling and Art Fundamentals.  Assignments will be offered, and students have the option to pursue their own projects. Have some painting materials available the first-class meeting.

**Class #17011 – Contemporary Painting in Color with Acrylic and Mixed Media**

**Tuesday, 1-4 pm, Pitt, Online**

Previous painting experience recommended. Featuring artist introductions and directed exercises, students will learn about and experiment with some contemporary painting styles which incorporate acrylics with color and mixed media techniques. Students also have the option to pursue their own projects. Have some painting materials available the first-class meeting.

**Class #17008 - Intermediate & Beyond Acrylic or Oil Painting**

**Friday, 9:30-12:30 pm, Pitt, Online**

Previous painting experience recommended. Using Acrylics or Oils, this course will be an investigation of painting styles and ideas. Artist's work, and their techniques will be Introduced along with the opportunity for directed exercises; students always have the option and are encouraged to pursue their own projects. For the first class please have a project you can work on and a personal goal for the semester.

**Class #11469 - Renaissance Painting - Egg Tempera**

**Wednesday, 1-4 pm, Thornton, Online**

Painting with egg tempera is a traditional method used by artists such as Botticelli, and Michelangelo. Students will receive ground pigments to make tempera paint, learn to prepare wood panels and paint using this brilliant, historical technique. Painting experience required.

**Class #11525 – Watercolor Painting**

**Friday, 1-4 pm, Thornton, Online**

All levels are welcome. Learn about washes, dry brush techniques, color theory and color mixing and composition. Enjoy the spontaneity of watercolor and learn how to express your ideas.

**Class #15131 - Watercolor: Plein Air On Zoom**

**Tuesday, 10-1 pm, Tirr, Online**

This course introduces the student to all types of applications of watercolor.  It covers positive and negative painting, wet in wet, dry brush, glazing, and use of resists. It will enable the student to strengthen design and compositional skills while covering the techniques needed to capture landscapes and seascapes in expressive and imaginative ways.

**Class #11518 – Abstraction and Mixed Media**

**Tuesday, 1:30-4:30 pm, Tirr, Online**

This course introduces students to a variety of abstract artists from many cultures and their approaches to the art-making process. The students will develop their own abstract vocabulary, while using the weekly exercise as a stepping-stone to find their own voice.

**Class #16143 – Watercolor: Still Life Painting**

**Thursday, 10-1 pm, Tirr, Online**

This course introduces the student to all types of applications of watercolor.  It covers positive and negative painting, wet in wet, dry brush, glazing, and use of resists. It will enable the student to strengthen design and compositional skills while covering the techniques needed to capture still life arrangements in expressive and imaginative ways.

**Class #11557 – Unique Printmaking Today**

**Thursday, 1:30-4:30 pm, Tirr, Online**

Make inventive, unique, and topical images using simple print methods. A mixture of techniques will be covered, from mono prints to reduction block printing. Found and built surfaces, with natural forms can be combined with easy carved images. The class will end with a simple book binding technique.

**Computer**

Vocational Education 187CE-Computer Usage Skills

**Class #14908 – Intermediate/Advanced Word, Excel, PowerPoint Google**

**Thursday, 2:15-4:15 pm, Simmonds, Online**

Focus is on intermediate to advanced word-processing skills using Microsoft Word and some Integrating software. Learn formatting, page layout features, tables, copying and pasting, creating Excel tables, and cloud programs. Also learn merging, uploading / downloading, tracking, and templates. Internet Focus on skills: using various browsers, locating specific Web sites, sending e-mails & using tools to search for information such as how to formulate an effective Web search strategy to answer questions. Learn additional e-mail functions, including working in Google cloud to create documents, use sheets, invite friends, add attachments such as photos, and send messages.

**Class #14801 – Window Basics**

**Tuesday, 2-4 pm, Perret, Online**This course will cover the basics of Windows 10. Dive into computing in a friendly supportive atmosphere with this hands-on experience and you'll be a Windows guru before you know it. This beginners’ class is taught entirely ONLINE. You must be able to get into the class’s Canvas web page and then join our Zoom online conference software.

**Class #16625 – Intermediate Internet**

**Thursday, 2-4 pm, Perret, Online**

This course is for those who want to learn more about using the internet, social media, sharing photos, cyber security, and word processing. Basic Computer skill required (this is not a beginning class). You must be able to get into the class’s Canvas web page and then join our Zoom online conference software.

**Class #16863 – Intermediate Computer Skills**

**Monday, 2-4 pm, Murphy, Online**

Introduction to Microsoft Office, Intermediate Word, Intro to Excel, Intro to PowerPoint, download photos

from phone and camera, introduction to Facebook and social media, email attachments, address book,

groups, and internet security.

**Finance**

Older Adult 44CE – Personal Finance for Seniors

**Class #25548 – Investing and Current Business Issues**

**Monday, 3-5 pm, Grigg/Karamian, Online**

This course explores the many different types of investments from the stock market to real estate along with current local, national, and international business issues and how they might affect investments.

**Health and Fitness**

Older Adult 52CE—Body Movement for Seniors

**Class #25569 - Body Movement**

**Tuesday, 9-11 am, Hefter, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested

**Class #15935 - Body Movement**

**Thursday, 9-11 am, Hefter, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

**Class #10933 - Body Movement**

**Monday, 8:30-10:30 am, Shvetsov, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

**Class #14654- Body Movement: Chair Exercise**

**Monday, 10:40-12:40 pm, Shvetsov, Online**

This chair-based class is focused on developing bone health and muscle strength, while minimizing stress and impact to joints. The class blends gentle seated cardiovascular movements with dynamic stretching to improve mobility, decrease pain, and improve overall health and quality of life.

**Class #10875 - Body Movement**

**Tuesday, 9-11 am, Shvetsov, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. A 6-foot resistance band, mat, and light dumbbells (1-5 lbs.) are suggested.

**Class #10848 - Body Movement**

**Wednesday, 9-11 am, Shvetsov, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

**Class #15434 - Body Movement: Chair Exercise**

**Wednesday, 11:30-1:30 pm, Shvetsov, Online**

This chair-based class is focused on developing bone health and muscle strength, while minimizing stress and impact to joints. The class blends gentle seated cardiovascular movements with dynamic stretching to improve mobility, decrease pain, and improve overall health and quality of life.

**Class #10810 - Body Movement**

**Friday, 9-11 am, Shvetsov, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. A 6-foot resistance band, mat, and light dumbbells (1-5 lbs.) are suggested.

**Class #10793 – Body Movement**

**Tuesday, 9:30-11:30 am, Lacelle, Online**

Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

**Class #15315 - Body Movement: Chair Exercise**

**Monday, 1-3 pm, Jensen, ONLINE**

This chair-based class is focused on developing bone health and muscle strength, while minimizing stress and impact to joints. The class blends gentle seated cardiovascular movements with dynamic stretching to improve mobility, decrease pain, and improve overall health and quality of life. Includes some yoga postures and stretches, work on balance, and strengthening.

**Class #16592 - Body Movement: Chair Yoga**

**Tuesday, 9-11 am, Cummins, Online**

Chair Yoga is a class focusing on the Body-Mind system of Hatha Yoga that embraces healthful physical exercise and relaxation techniques. Designed to safely build stability and mobility, strength and flexibility in muscles and joints, classes will learn, and practice, seated and standing yoga poses with the chair. Incorporated into classes will be strategies for reducing postural tension patterns, improving body alignment and yoga relaxation, and breathing techniques. Additional support materials/equipment discussed in class.

**Class #15129 – Body Movement: Chair Yoga**

**Wednesday, 11:15-1:15 pm, Cummins, Online**

Chair Yoga is a class focusing on the Body-Mind system of Hatha Yoga that embraces healthful physical exercise and relaxation techniques. Designed to safely build stability and mobility, strength and flexibility in muscles and joints, classes will learn, and practice, seated and standing yoga poses with the chair. Incorporated into classes will be strategies for reducing postural tension patterns, improving body alignment and yoga relaxation, and breathing techniques. Additional support materials/equipment discussed in class.

**Class #10783 – Body Movement: Chair Yoga**

**Thursday, 8:30-10:30 am, Cummins, Online**

Chair Yoga is a class focusing on the Body-Mind system of Hatha Yoga that embraces healthful physical exercise and relaxation techniques. Designed to safely build stability and mobility, strength and flexibility in muscles and joints, classes will learn, and practice, seated and standing yoga poses with the chair. Incorporated into classes will be strategies for reducing postural tension patterns, improving body alignment and yoga relaxation, and breathing techniques. Additional support materials/equipment discussed in class.

**Class #15130 – Chair Yoga**

**Wednesday, 10:30-12:30 pm, MacDonald, Online**

Using a chair for seated and standing support we will explore anatomical and postural alignment through the practice of yoga. Some benefits of a physical yoga practice include improved strength, body awareness, flexibility, and balance. Classes will also include mindful awareness practices that can be used to help handle mental and physical stress.

**Class #23230 - Body Movement: Movement and Music**

**Thursday, 10:30-12:30 pm, MacDonald, NGYM 5601**

Stimulate memory, coordination, and balance, this dynamic class develops core strengthening and flexibility using rhythmic movement patterns.  All levels are welcome.

**Yoga**

Older Adult 53CE – Yoga for Seniors

**Class #17900 - Yoga/Mat Pilates**

**Wednesday, 8-10 am, MacDonald, Online**

Building on previous Yoga/Mat Pilates experience, continue to build core strength, flexibility, coordination, and improve balance. Mat suggested.

**Class #21557 – Yoga**

**Thursday, 8-10 am, MacDonald, NGYM 5603**

Introduction to basic yoga postures. Exploring proper alignment, core strength, flexibility, breath work, and balance improvement. Mat required.

**Class #10958 - Intermediate Yoga/Mat Pilates**

**Friday, 8-10 am, MacDonald, Online**

Building on previous Yoga/Mat Pilates experience, continue to build core strength, flexibility, coordination, and improve balance. Mat suggested.

**Class #21576 – Yoga**

**Tuesday, 8-10 am, Feldman, Online**

Gentle stretching, core strength, deep breathing, and stress reduction techniques. Mat suggested.

**Health and Fitness**

Older Adult 58CE – Healthy Living

**Class #11106 - Body-Mind Fusion**

**Monday, 10:40-12:40 pm, Tinto-Singer, Online**

Build strong mental and physical health with body and cardio sculpturing. 1-2 lbs. weights, ankle weights, mat, water, and small ball the size of a grapefruit (for Tai Qi Ball range of motion exercises) are suggested.

**Class #11093 - Body-Mind Fusion**

**Wednesday, 11-1 pm, Tinto-Singer, Online**

Build strong mental and physical health with body and cardio sculpturing. 1-2 lbs. weights, ankle weights, mat, water, and small ball the size of a grapefruit (for Tai Qi Ball range of motion exercises) are suggested.

**Class #11088 - East meets West**

**Wednesday, 2-4 pm, Tinto-Singer, Online**

This introductory class explores the fundamental concepts and compares Western and Eastern methodology with an integrated approach to healthy living.

**Class #15938 – Exercise Anatomy**

**Thursday, 1:30-3:30 pm, Tinto-Singer, Online**

Learn about muscles and joints, body mechanics, and body alignment and how they impact daily activities. Improve posture and gait. Learn how and what conditions affect the aging body. Class incorporates lectures, videos, and exercise techniques to improve general health and enhance cognitive health.

**Class #11116 - Body-Mind Fusion**

**Friday, 11-1 pm, Tinto-Singer, Online**

Build strong mental and physical health with body and cardio sculpturing. 1-2 lbs. weights, ankle weights, mat, water, and small ball the size of a grapefruit (for Tai Qi Ball range of motion exercises) are suggested.

**Music**

Older Adult 49CE—Music Appreciation for Seniors

**What is HyFlex?** HyFlex offers students the option of taking a class either in-person or online. The class has two sections; students register for the in-person section or the online section. All students meet at the same time, same day. Students can go back and forth.

**Encore Singers**

**Class #18003 - IRIS 0914 (in-person) Class #24385 – Online**

NOTE:Both sections meet at the same time. Students can go back and forth.

**Thursday, 2-4 pm, Domine**

Experience the joy of singing! Learn new songs and revisit favorite choral repertoire in a community choir format.  Whether your experience is singing in the shower or singing in a group, this class is for you. You will learn basic singing techniques, proper breathing, and voice exercises. Emphasis is on developing and understanding the singing voice, the body as a musical instrument, the vocal potential of each student and the enjoyment of participation in a live musical performance ensemble. The end of the semester will culminate in a live performance.  The choir is divided into the standard soprano, alto, tenor, and bass sections. All levels are welcome to join.

**Class #23229 - Musical Theater Techniques**

**Tuesday, 1-3 pm, Staff, VLGE 8343**

This course is designed to provide the amateur singer/actor, training in singing, acting, and performance techniques using musical theatre literature research and material, emphasizing the coordination of dialogue, melody, lyric, and staging. Class members will sing, act, and move in small and large ensembles. Class will culminate in a performance of material studied.

**Class #14787 – History and Development of the Classical Music Tradition**

**Monday, 1-3 pm, Domine, Online**

James Domine will lead the class in a curated encyclical compendium through the history of Western European music from its origins in the Medieval period through the Renaissance, Classical, Romantic and Modern style periods. Weekly lectures will explore specifically selected examples from the repertoire. Students will learn the fundamentals of music, genres associated with the different periods, significant contributions of composers and musical artists whose work combine to shape the history and development of the Classical music tradition.

**Class #10741 – History and Development of the Choral Tradition in Western Music**

**Wednesday, 2-4 pm, Domine, Online**

James Domine will lecture on the great tradition of choral music in a curated encyclical compendium tracing the history of choral music from its origins in Medieval times, through the Renaissance, Baroque, Classical, Romantic, Modern, and Post-Modern style periods. Weekly lectures will explore specifically selected examples from the repertoire as well as the composers and performers who made significant contributions along the way. Liturgical and secular sources will be explored including polyphonic motets, madrigals, cantata, opera, oratorio, lieder, choral symphonies, and other relevant forms as they emerge in the pantheon of great choral music.

**Class #18538 – Music Matters: Contemporary Topics in Popular Music**

**Friday, 10:30-12:30 pm, Domine, Online**

This course will explore current trends in American Popular Music and the sociological contexts from which they emanate. Centered on the generic musical styles of Rock & Roll, Jazz, Country and Folk music styles, specific artists, musical styles, sub-genres, and societal trends will be examined as they happen. Weekly lectures will explore specifically selected relevant examples from the contemporary online arena.

**Class #18537 – Music and Your Health – A Lifestyle Choice**

**Thursday, 11-1 pm, Domine/Tinto-Singer, Online**

This course examines the ways that music can contribute to a healthier lifestyle. Research in the field of Geriatrics and Medicine have found that music can play an important role in treating a variety of ailments associated with aging, dementia, Alzheimer’s disease, and other neurological disorders. This class will explore some of these pathways using listening exercises and musical procedures that can contribute to a healthier, happier lifestyle. Weekly lectures will explore specifically selected topics. Co-taught by James Domine and Dr. Sandra Tinto-Singer.

**Class #10769 – Divas! – The Famous, the Fables, and the Fantasy**

**Friday, 1:30-3:30 pm, Piazza, Online**

Join Prof. Emeritus Stephen Piazza, who has performed and recorded with such musical luminaries as Carol Channing, Barbra Streisand, and Leontyne Price, as we explore the fascinating world of ten women singers who have profoundly influenced our contemporary musical landscape. We’ll also take a close look at some of the theatrical roles that women have played in creating that landscape. And we’ll feature an eclectic cast of characters including the legendary Julie Andrews, the controversial Anna Netrebko, the flamboyant Lady Gaga and Wotan’s “bad girl” daughter, Brunnhilde.



