

EMERITUS (EMER)

EMER 100

Mature Driver Improvement

The Mature Driver Improvement Course provides instruction, specifically tailored to older drivers, regarding defensive driving and California motor vehicle laws. During this course, information is provided on the effects that medication, fatigue, alcohol, and visual or auditory limitations have on a person's safe driving ability. Present the DMV certificate to your insurer as proof that you have completed the course. Mature drivers age 55 or older, who successfully complete an approved Mature Driver Improvement Course, may qualify for reduced motor vehicle insurance premiums. *(Apportionment)*

EMER 115

Creative Writing for Seniors

This course for older adults teaches both beginning and experienced writers how to create and shape autobiographies, fiction, and non-fiction writing and poetry into readable and publishable forms. *(Apportionment)*

EMER 120

Books Come Alive for Older Adults

◆Books Come Alive◆ is an intellectually and socially rewarding activity designed for older adults in which outstanding works of fiction are read and discussed. Through the method of shared inquiry, along with thought-provoking questions, older adult students are offered exciting opportunities for self-discovery and personal growth. *(Apportionment)*

EMER 125

Journey Back Into Time for Older Adults

This class offers older adult students the opportunity to explore and share their personal histories, cultures, and values among older adult students through group discussion. Shared experiences, memories, and linking the past with the present encourage self awareness, positive self esteem, mental stimulation, and enjoyment. *(Apportionment)*

EMER 145

Senior Topics for Older Adults

This course presents older adults with various topics for discussion and class activities based on the students' individual interests, backgrounds, physical and mental abilities. Older adults are encouraged to share and compare life experiences, and learn about international, national and local events and issues from a current and historical viewpoint. *(Apportionment)*

EMER 150

24 Hours

Mobile Information Literacy

Designed to give students the necessary communication and technology skills that are crucial in order to take advantage of the wealth of new and emerging opportunities associated with digital technologies whilst also remaining alert to the various challenges technology can present. *(Apportionment)*

EMER 155

36 Hours

Writing Your Life Story for Older Adults

This course teaches the student to closely examine their own life's history with instructor, peer, and curriculum engaged perspectives to enhance the learner's sense of identity and valued knowledge. Writing styles, strategies and techniques for all levels of writers are introduced and utilized to assist students to uncover more about themselves and their relation to others, systems, and their community. *(Apportionment)*

EMER 200

36 Hours

Ceramics for Older Adults

This is a basic course in ceramics for older adults which includes lecture, demonstration, and the application of ceramic artwork. Students will learn mold selection, glazing, decorating techniques, and proper firing procedures. Individual artistic creativity is encouraged and completed art projects of the older adult students are often displayed publicly. *(Apportionment)*

EMER 205

Creative Arts for Older Adults

This class for older adults encourages art appreciation, self expression, and creativity through a variety of art media. Projects are designed to expose older adult students to artistic design, and to give experience with different artistic methods, techniques, tools, and materials. *(Apportionment)*

EMER 210

36 Hours

China Painting for Older Adults

Fundamentals of china painting are presented to older adult students through demonstration and individual instruction. The older adult students will learn techniques such as brush strokes, blending, shading, grounding, and masking. Final class projects are heirloom quality artworks that may be displayed in a community art exhibit. *(Apportionment)*

EMER 225

Painting for Older Adults

This class offers older adults an individualized approach to learning painting and artistic expression at their own pace and within their interest and style. Older adult students will learn techniques in drawing, brush strokes, color mixing and application. *(Apportionment)*

EMER 235

Beginning Drama for Older Adults

This course is designed to introduce older adult students to the world of drama and to the theatrical creative process. Students are encouraged to experiment and develop personal performance skills as well as gain an understanding of drama through participation and practice critiques. *(Apportionment)*

EMER 240

Needlecrafts:Knitting and Crochet for Older Adults ults

Students will learn the practical application, knowledge, and skills required to create knitted, crocheted, needlepointed and cross-stitched hand-made items. A variety of items are created by students, including decorations for the home and clothing for babies, children, and adults. *(Apportionment)*

EMER 260

Quilting for Older Adults

This course offers the essentials of quilting for older adult students, which includes fabric selection, cutting, and sewing methods along with the history and vocabulary of the craft. Special techniques for older adults are covered such as patchwork, applique◆hand and machine methods, and finishing techniques. *(Apportionment)*

EMER 270

Music Arts for Older Adults

This course provides stimulating interaction for older adults through musical reminiscence, discussions, and listening to music from different time periods and genres. Older adult students will participate in sing-alongs and rhythmic activities. Older adult students will learn to appreciate and understand different varieties of music. *(Apportionment)*

EMER 275**Senior Chorus**

This course introduces older adult students to a broad spectrum of choral music including its cultural and historical aspects. Older adult students will gain knowledge of correct posture, breath control, enunciation, harmony, rhythm and basic music concepts appropriate for the older adult. *(Apportionment)*

EMER 280**Tone Chime Choir for Older Adults**

This course provides instruction to older adults on handbell performance skills using chime instruments made by Suzuki. The music will be beginning level handbell music, level 1 and 2, as defined by the American Guild of English Handbell Ringers. The class will share their music by performing to the community in different public venues. *(Apportionment)*

EMER 305**Food Preparation and Good Nutrition for Older Adults**

This course offers a wide range of food preparation topics as they relate to the health and well-being of older adults. The course explores topics of interest for older adults in the areas of nutrition, consumerism, cultural traditions, entertaining, health, and safety. Various foods will be prepared, tasted, and discussed. *(Apportionment)*

EMER 310**Health and Wellness for Older Adults**

Learn the benefits of adopting behaviors associated with healthy and successful aging. Focus on the natural effects of the aging process and the benefits of being proactive by using a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence. *(Apportionment)*

EMER 315**Health and Wellness for Older Adults: Adapted Mobility**

This course provides older adults with techniques and strategies for healthy aging when restricted by physical impairments or limited mobility. Emphasis is on the benefits of managing age-related complications or medical conditions, routine and adaptive physical activity and a healthy diet. *(Apportionment)*

EMER 320**Help Yourself to Health for Older Adults**

Various health related topics of interest to older adults will be discussed. Safe, beneficial, exercises intended to promote general health and fitness for older adults will be introduced. Each class will incorporate information, discussion, and exercises. *(Apportionment)*

EMER 325**History of Comedy and Humor for Older Adults**

This class offers to older adults an informative look at past and present forms of comedy and humor as it relates to their life experiences and what makes them laugh. Older adult students become aware of the influences, various mediums, elements and forms of comedy and humor that has influenced people throughout history. *(Apportionment)*

EMER 330**Staying Mentally Sharp for Older Adults**

This course provides older adults with the tools to reach their optimum levels of brainpower through skill-building with memory techniques. Also covered are decision-making, problem-solving, planning, and determining opportunities for cognitive growth. *(Apportionment)*

EMER 404**36 Hours****Growing and Maintaining a Home-based Business**

Designed to explore a variety of techniques to manage day-to-day business activities that will increase revenue and profitability to grow a home-based business. *(Apportionment)*
