

LIFESKILLS EDUCATION ADVANCEMENT PROGRAM (LEAP)

Office Location

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Lifeskills Education Advancement Program (LEAP) provides dynamic and responsive lifelong learning opportunities to meet the needs of the North Orange County residents. These are learning opportunities in the areas of vocational training, health and safety, socialization, parenting, enrichment, and skill development leading toward personal fulfillment and greater involvement in the community. Classes are held at various sites throughout the District.

What We Offered

NOCE Emeritus classes are state-supported and offered tuition-free for adults who are 50+, however, anyone over 18 years of age is welcome. Emeritus classes can help you grow in independence, advocacy, physical and cognitive health, financial literacy, and community engagement. Improve your mental wellbeing, maintain physical wellness, or simply learn a new hobby. Emeritus classes make it achievable.

NOCE Emeritus courses partners with community centers, senior centers, and older adult residential facilities to offer educational experiences, social, and adaptive physical activity in a format designed to improve your quality of life for residents of skilled nursing and rehabilitation facilities. Senior courses offer educational experiences, social, and adaptive physical activity in a format designed to improve your quality of life for residents of skilled nursing and rehabilitation facilities.

Getting started is easy! First find a class (or classes) to take at one of our many community locations. You can register online or at the first class meeting. Don't wait! Registration is done on a "first come, first served" basis.

What You Can Learn

Body & Mind

Stay physically well with classes on nutrition and health. Brain health and wellness courses can help you maintain cognition and mental wellbeing. Spice it up with life enrichment topics such as humor and drama.

- **Healthy Living**

Want to learn how to maintain a safe and healthy life? You will want to enroll in Help Yourself to Health for Older Adults, where health-related topics will be discussed, and safe beneficial exercises intended to promote general health and fitness for older adults will be introduced. Each class will incorporate information, discussion, and

exercises. Or enroll in Food Preparation and Good Nutrition for Older Adults to prepare, make, taste, and discuss various foods!

- **Brain Power**

Train your brain and improve your memory! Enrolling in Staying Mentally Sharp for Older Adults will provide you with the tools to reach your optimum levels of brainpower through skill-building with memory techniques. Also covered are decision-making, problem-solving, planning, and opportunities for cognitive growth.

- **Laughter and Drama**

Learn how humor and laughter have a therapeutic value to lift your spirits! The History of Comedy and Humor for Older Adults offers a look at past and present forms of comedy and humor. How does it relate to your life and what makes you laugh? Or turn that comedy into action – join the Beginning Drama for Older Adults class to learn about the world of theater. Students are encouraged to experiment and develop skills through plays and one-act performances.

- **Health and Wellness Activity**

In Health and Wellness for Older Adults, you'll learn the benefits of adopting behaviors for healthy and successful aging. Be proactive with diet, managing chronic conditions, and routine physical activity to live with optimum independence. A modified course is also offered for those with limited mobility.

Communication

Tell your story with classes on creative writing. Relate with others by sharing your cultural and personal history. Learn to write and publish your own work for extra income.

- **Creative Writing**

Whether you're a seasoned wordsmith or a beginning writer, this course can help build your storytelling and editing skills. Learn the basics of writing poetry, fiction, and non-fiction – even writing about yourself.

- **Journey Back into Time**

Explore and share your personal history, culture, and values with other students in group discussions. Get ready to discover shared experiences and memories. Have fun linking the past with the present!

- **Senior Topics**

In this class, we do storytelling activities about topics that matter to you. Share and compare your life experiences. Learn about international, national, and local events and issues. Expand your mind with current and historical viewpoints.

Creative Arts

Explore personal interests and talents in the arts to enhance wellness, fine motor skills, creativity, and art appreciation. Express yourself! Creative arts classes offer instruction in ceramics, painting, quilting, music, and more.

- **Creative Arts and Music Arts for Older Adults**

NOCE Emeritus partners with community centers, senior centers, and older adult residential facilities to offer creative arts and music arts courses where students can engage in discussion, hands-on activities with a variety of art methods, and musical activities with fellow students!

- **Intergenerational Creative Arts Exchange**

Older adults, along with participants of multiple generations, create artistic legacy keepsakes that reflect the individual histories of older adults, lifetime memories, and personal creative expression. Class projects are designed to encourage connections among generations.

- **Music Performing Groups**

NOCE's Senior Chorus and Tone Chime Choir introduce students to a broad spectrum of music, including its cultural and historical aspects. Chorus students will gain knowledge of choral mechanics, while Tone Chime students will learn handbell performance skills using chime instruments made by Suzuki. Both groups perform throughout the year in North Orange County, sharing joy through music.

- **Needlework and Quilting**

NOCE offers a myriad of needle arts courses. From crochet, to knitting, to cross-stitch, to sewing and quilting, the Emeritus Program has the right class for you. Learn the history of the craft as well as tool and method selection. A wide variety of items are created by older adult students including decorations for the home and clothing for babies, children, and adults.

- **Painting and Ceramics**

Beginner? More advanced? All experience levels welcome! Join a Painting for Older Adults class which includes basics in drawing and color mixing or give the more intricate China Painting for Older Adults a try. Instructors cover all the basics in Ceramics; students will learn mold selection, glazing, decorating techniques, and proper firing procedures.

breath control, enunciation, harmony, rhythm, and basic music concepts in a supportive environment designed for older adults.

For a list of courses, see course descriptions: Emeritus (EMER).

Mature Driver Classes

Earn a lower insurance premium! These improvement classes are for licensed drivers age 55 or older. Mature Driver Classes cover traffic laws and driving safety techniques. Complete the class to earn a certificate as evidence of attendance to get up to three years of reduced insurance rates from participating companies.

- Improvement Classes for Licensed Drivers Age 55 and Older
- Do you want to qualify for a reduced insurance premium? Brush up on traffic laws and driving safety techniques In NOCE's Mature Driver class.
- Whether you're preparing for a driver's license renewal test or just want to refresh your memory, join our tuition-free class! A Certificate of Completion will be awarded as evidence of attendance to obtain up to three years of reduced insurance rates from participating insurance companies.

Music Arts

The music program offers engaging classes that encourage creativity, self-expression, and lifelong learning through music. Students can develop musical skills, participate in group activities, and connect with others in a welcoming and supportive environment.

- **Music Arts**

Engage in stimulating musical activities designed for older adults, including music reminiscence, group discussions, and listening experiences featuring different time periods and genres. Students participate in sing-alongs and rhythmic activities while developing a greater appreciation and understanding of diverse musical styles.

- **Tone Chime Choir**

Learn beginning handbell performance techniques using Suzuki chime instruments. Students practice Level 1 and Level 2 handbell music, as defined by the Handbell Musicians of America, while developing rhythm, coordination, and ensemble skills. Students may also share their music through performances at community venues.

- **Senior Chorus**

Explore a broad range of choral music while learning about its cultural and historical significance. Students develop skills in posture,