



Encore Website

Summer & Fall 2023

Encore

Older Adult Education Program

FREE Classes



Summer 2023

June 12 - July 16



Fall 2023

Aug. 28 - Dec. 9

Contact Information
lapc.edu/encore
(818) 710-2561

Donation Form

You can also donate online at lapc.edu/academics/encore/donate

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. Donations of any size are appreciated. Thank you for your support!
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 - Encore Program Trust)

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*. 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

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: www.lapc.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 - Encore Program Trust*; use form on page 1. Donations of any size are appreciated. Thank you for your support!

Academic Accommodations Center (aka 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.lapc.edu
2. Click Academics
3. Click Encore/Adult Ed

Directly to Encore Website www.lapc.edu/encore



Encore Website

STUDENT EMAIL

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

1. Go to lapc.edu
2. Click Enroll, 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 Search 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 www.lapc.edu
 - o Use Google Chrome or Firefox
2. Click Enroll, upper right corner
3. Type Student ID & Password. Click **Sign In**.
4. Click **Canvas Tile**
5. At Dashboard window, you see a message to students, scroll down to see your class tiles
6. Click class Tile you want to open. Click little bullhorn symbol for Announcements.
7. Here is where instructions will vary.
 - o Some teachers send a Zoom link in Announcements.
 - o Others send a Zoom link in your Inbox to the left.
 - o For others you click **Zoom** under the word Home (from list of links in red).
 - o Some send Zoom link in your email.
8. At **Upcoming Meetings**, click on **Join**.
9. Click window - **Open URL:Zoom LAUNCHER**
10. When system dialog prompts, click **Open Zoom Meetings**.
11. Click on **Join with Video**
12. 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.lapc.edu
2. Click *Apply*
3. Choose Noncredit or College Application
4. Click *Create an Account* (3 pages)
5. For 2-step verification - enter your cell 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
2. 5 business days please call the Encore Office.
Disregard messages requesting transcripts.
3. Check your email Spam folder.

REGISTRATION PROCEDURES

To find Reg Date Appointment:

1. Go to www.lapc.edu
2. Click *Enroll*, upper right-hand corner.
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.lapc.edu
2. Click *Enroll*
3. Type your Student ID# and Password.
4. Click *Manage Classes*.
5. Click *Class Search and Enroll*.
6. Click *Change* 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 13-14. For instructor email address see Encore website: www.lapc.edu/encore

Summer 2023

June 12 - July 14

Class#	Class	Instructor	Days	Time	M	T	W	T	F	Location
14474	Body Movement: Aquatic Fitness	Hefter	TWTh	8-10 am		X	X	X		POOL
14516	Body Movement: Aquatic Fitness Late start 7/17 - 8/18	Lacelle	MWF	8-10 am Late start 7/17-8/18	X		X		X	POOL
10941	Body Movement	Lacelle	TWTh	8-10 am		X	X	X		Online
10163	Drawing Animals with various Drawing Tools	Pitt	WTh	10-1 pm			X	X		Online
10230	Acrylic or Oil Painting all Levels	Pitt	WTh	1:30-4:30 pm			X	X		Online
12074	Body Movement	Shvetsov	MWF	8-10 am	X		X		X	Online
10274	Body Movement	Shvetsov	MWF	10:15-12:15 pm	X		X		X	Online
10754	Online Family Genealogy	Perret	TW	9-12 pm		X	X			Online
10987	Photo Management	Perret	TW	12:10-3:10 pm		X	X			Online
10281	Stretch, Strength, Coordination 6/13 – 8/3 8 weeks	MacDonald	TTH	9-11 am		X		X		NGYM 5601
14272	Yoga Mat 6/14 – 8/4 8 weeks	MacDonald	WF	8-10 am			X		X	Online
10127	Painting the Still Life Late start 07/10 - 08/11 5 weeks	Thornton	MF	1-4 pm	X				X	Online
10294	Summer Art Vacation Late start 07/11 - 08/10 5 weeks	Thornton	TWTh	10:45-12:45 pm		X	X	X		Online
10288	Exploring Hermitage Museum Late start 07/11 - 08/10 5 weeks	Thornton	TWTh	1:45-3:45 pm		X	X	X		Online
10258	Mixed Media, Collage and Assemblage	Tirr	TTh	9:30-12:30 pm		X		X		Online
10119	Watercolor in Plain Sight	Tirr	TTh	1-4 pm		X		X		Online
10940	Body Movement: Chair Yoga	Cummins	MWF	10:30-12:30 pm	X		X		X	Online
11648	Body Movement: Chair Yoga	Cummins	MWF	1:30-3:30 pm	X		X		X	Online
11105	Sports/Current Events 6/13 - 8/1 8 weeks	Levick	TF	1-3 pm 6/13 - 8/1 8 weeks		X			X	Online
10942	Supreme Court Roundup 6/12 - 7/31 8 weeks	Levick	MTh	2-4 pm 6/12 - 7/31 8 weeks	X			X		Online
10143	Pastel Painting	Kraus	WTh	9:15-12:15 pm			X	X		Online
10182	Drawing Basics	Kraus	WTh	1-4 pm			X	X		Online
10269	Great Composers Series 4: Russian Composers of the late 19 th & Early 20 th Centuries	Domine	MW	1-3 pm 6/12 - 7/30 8 weeks	X		X			Online
12630	The Summer of Love 6/13 – 7/31 8 weeks	Domine	TTh	1-3 pm 6/13 - 7/31 8 weeks		X		X		Online

Each class meets 2 or 3 times a week. Attendance is expected at all class meetings.

Holiday: Mon., June 19, Juneteenth**Tues., July 4, 4th of July****For instruction to access online classes:**

1. **Go to Encore website.**
2. **Click: Canvas Tab**
3. **Click: "Access to Zoom in Canvas"**

Summer 2023

Art History

Older Adult 56CE – Seeing and Understanding Art

Class #10294 – Summer Art Vacation Late start 07/11 - 08/10 5 weeks

TWTh	10:45-12:45 pm	Thornton, John	Online
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A virtual tour of great cities, towns and museums in France and the Netherlands. Explore Paris, the French Riviera, Dutch Museums and more! Bask in the sun as art and history unfolds.

Class #10288 – Exploring the Hermitage Museum Late start 07/11 - 08/10 5 weeks

TWTh	1:45-3:45 pm	Thornton, John	Online
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The legendary Russian museum in Saint Petersburg is filled with masterpieces that call to those of us who love civilization and humanity. We explore this Winter Palace room by room, floor by floor, to view the outstanding paintings and sculptures from the collection of Catherine the Great. Learn how the palace, and art have thus far survived centuries of revolving war and oppression. This is an unforgettable series.

Art

Older Adult 42CE—Creative Art for Seniors

Class #10127 – Painting the Still-Life Late start 07/10 - 08/11 5 week

MF	1-4 pm	Thornton, John	Online
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We will paint a variety of Still-Life subjects from photos; with homework assignments to paint from life. An emphasis will be on composition, color, and representation of light. Open to all media and levels.

Class #10163 – Drawing Animals with various Drawing Tools

WTh	10-1 pm	Pitt, Deborah	Online
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In this course we will investigate, simplify, and draw the shapes, forms patterns and textures of several animals, using an assortment of materials. Previous drawing experience recommended.

Class #10230 – Acrylic or Oil Painting all Levels

WTh	1:30-4:30 pm	Pitt, Deborah	Online
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Previous painting experience recommended. This course will be an opportunity to get feedback on paintings students are working on. Additionally, I will present the work of several artists and their techniques and offer opportunities for assignments.

Class #10258 – Mixed Media, Collage, and Assemblage

TTh	9:30-12:30 pm	Tirr, Catherine	Online
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An imaginative approach to building up surfaces in 2 and 3 dimensions. Learn compositional skills while using novel materials. Produce work that exists outside of the traditional canvas format.

Class #10119 - Watercolor in Plain Sight

TTh	1-4 pm	Tirr, Catherine	Online
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This course introduces the student to all types of applications of watercolor. It conveys 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 both still life and landscape in expressive and imaginative ways. The class will combine observation with expression to develop a unique personal vocabulary.

Class #10143 – Pastel Drawing

WTh	9:15-12:15 pm	Kraus, Peter	Online
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Prior basic drawing and pastel experience recommended. This course continues where Spring 2023 session ended and 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 techniques using SOFT pastels and OIL pastels (NOT cray-pas, or water-soluble oil pastels). Have materials available for the first meeting.

Class #10182 – Drawing Basics

WTh	1-4 pm	Kraus, Peter	Online
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This course is for the absolute beginner and for those who want to review the grass roots fundamentals. Emphasis will be on line and shape-the structural foundation to drawing that anyone can learn. Please have unlined white paper, pencil, and eraser at first meeting. Other materials will be discussed at that time.

Computer

Vocational Education 187CE-Computer Usage Skills

Class #10754 – Online Family Genealogy

TW	9-12 pm	Perret, Joseph	Online
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Come explore with us the free online tools to discover your family roots. This class is for those of you who are new to Genealogy research and those who are looking to do more research. This is NOT a basic computer course. You need to know how to create folders, save files and search the internet before taking this course.

Class #10987 – Photo Management

TW	12:10-3:10 pm	Perret, Joseph	Online
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Learn how to use free software to store, backup, organize, fix, and share your photos. This is NOT a basic computer course. You need to know how to create folders, save files and search the internet before taking this course.

Special Topics

Older Adult 60CE – Senior Topics

Class #10942 – Supreme Court Roundup 8 weeks 6/12 – 7/31)

MTh	2-4 pm	Levick, Mark	Online
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Review of significant and/or interesting decisions of the U.S. Supreme Court during the 2022-2023 term combined with general discussion of principles of Constitutional Law. Topics will include (but will not be limited to) challenges to affirmative action programs at public and private universities, student loan forgiveness, state challenges to the President's enforcement of immigration laws and whether California may regulate farming practices in other states (bacon case).

Class #11105 – Sports/Current Events 8 weeks 6/13 - 8/1

TF	1-3 pm	Levick, Mark	Online
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On Tuesdays: Lively discussion about Sports 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. On Fridays: Lively discussion of current local, national and world events (not Sports). Explore the news from different viewpoints with a goal of increased understanding, empathy, and tolerance.

Health and Fitness

Older Adult 52CE—Body Movement for Seniors

Class #10940 - Body Movement – Chair Yoga

MWF	10:30-12:30 pm	Cummins, Diana	Online
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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, and flexibility in muscles and joints, students will learn and practice seated and standing yoga poses with the chair and additional support materials, and learn safe strengthening and stretching techniques that support basic yoga positions and functional movement to enhance daily life. Also incorporated into classes will be strategies for reducing postural tension patterns and improving body alignment and yoga relaxation and breathing techniques. Equipment for the class includes: a tennis ball, medium resistance theraband, bath towel, pool buddy tube, and a stable, armless chair.

Class #11648 - Body Movement – Chair Yoga

MWF	1:30-3:30 pm	Cummins, Diana	Online
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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, and flexibility in muscles and joints, students will learn and practice seated and standing yoga poses with the chair and additional support materials, and learn safe strengthening and stretching techniques that support basic yoga positions and functional movement to enhance daily life. Also incorporated into classes will be strategies for reducing postural tension patterns and improving body alignment and yoga relaxation and breathing techniques. Equipment for the class includes: a tennis ball, medium resistance theraband, bath towel, pool buddy tube, and a stable, armless chair.

Class #14474 – Body Movement: Aquatic Fitness

TWTh	8-10 am	Hefter, Deborah	POOL
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Fun, fat-burning fitness workout using shallow water techniques designed for swimmers and non-swimmers. Improve posture, flexibility, strength, and cardiovascular fitness.

Class #14516 – Body Movement: Aquatic Fitness

Late start 7/17 – 8/18 5 weeks

MWF	8-10 am	Lacelle, Bryon	POOL
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Fun, fat-burning fitness workout using shallow water techniques designed for swimmers and non-swimmers. Improve posture, flexibility, strength, and cardiovascular fitness.

Class #10941 – Body Movement

TWTh	8-10 am	Lacelle, Bryon	Online
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Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

Class #12074 – Body Movement

MWF	8-10 am	Shvetsov, Kristel	Online
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Improve cardiovascular fitness, flexibility, muscle strength and endurance. A 6-foot resistance band, and mat are recommended.

Class #10274 – Body Movement

MWF	10:15-12:15 pm	Shvetsov, Kristel	Online
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Improve cardiovascular fitness, flexibility, muscle strength and endurance. A 6-foot resistance band, and mat are recommended.

Class #10281 – Body Movement: Stretch, Strength, Coordination

6/13 – 8/3 8 weeks

T Th	9-11 am	MacDonald, Amy	NGYM 5601
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Want to build strength and flexibility? Improve your balance, memory, and coordination? Join fellow Encore students for health, fitness, and social connections. The class includes a variety of exercise modalities including Yoga (Beginners welcome), light weight work, and movement combinations with music. Parking is free for the summer.

Yoga

Older Adult 53CE – Yoga for Seniors

Class #14272 – Yoga Mat 6/14 – 8/4 8 weeks

WF	8-10 am	MacDonald, Amy	Online
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Building on previous Yoga/Mat Pilates experience, continue to build core strength, flexibility, coordination, and improve balance. Mat recommended.

Music

Older Adult 49CE—Music Appreciation for Seniors

Class #10269- Great Composers Series 4: Russian Composers of the Late 19th and Early 20th Centuries **6/12 – 7/30 8 weeks**

MW	1-3 pm	Domine, James	Online
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This class will explore in a curated encyclical compendium focusing on the most significant composers from selected style periods. Weekly lectures will explore specifically selected examples from the repertoire and the significance of selected individual composers. In this five-week seminar we will discuss the music of Rimsky-Korsakoff, Mussorgsky, Borodin, Stravinsky, Rachmaninoff & Prokofiev. Using specific listening examples from the repertoire, lectures will explore the individual contributions of these composers.

Class #12630 – The Summer of Love **6/13 – 7/31 8 weeks**

TTh	1-3 pm	Domine, James	Online
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The class will survey the popular music scene on the West Coast circa 1967-68. Using selected examples from the repertoire, lectures will explore the sociological and political influences that shaped the era. The class will revisit the individual contributions of significant bands and artists that created the psychedelic sound that characterized the “Summer of Love.”

Password Instructions

FIRST time log-in

Step 1: Student username is your student ID# Example: 881234567 or 901234567

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Step 2: Temporary password (also used when asked for your old password)

First time student: login name and default password format:

- A. The first letter of your first name (capitalized) + the first letter of your last name (capitalized) + your birth month **spelled out** with first letter (capitalized) + day of your birthdate + @ + LACCD!
Example, Jane Doe, who was born on July the 4th, her default password would be: JDJuly04@LACCD!
- B. Please Note: When asked for "Old Password" enter your default password with the format above.

Update your Password

Step 1: When asked to update your password.

- A. Enter your default password in the old password textbox (Old password, Example: JDJuly04@LACCD!). Create a new password in the New Password textbox. If you have never changed your password or have changed your password on or before May 16th, 2022, your "Old Password" will be your current password.
- B. New password must contain at least fourteen characters: **contain at least one uppercase and one lowercase letter, one number, and at least one special character (*, !, %)**.
- C. Additionally, you may not use your prior three passwords as your new password.

← At least **14 characters long**; it can be longer if you want. →

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- D. Register for **Self-Service Password Reset (SSPR)**

IMPORTANT! This allows students to reset **their own password online**.

You will be required to setup Microsoft SSPR when you check your email. You will need your student LACCD email to change your password. Example: SmithJD1234@student.LACCD.edu

For assistance, please call the Encore office (818) 710-2561.

LACCD student email address: Example: SmithJD1234@student.laccd.edu

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IMPORTANT

Save in a safe place. Your password & student ID# are ALWAYS needed.

FALL 2023

Aug. 28 – Dec. 9

Class #	Course Title	Instructor	Time	Room
Monday				
11176	Body Movement	Shvetsov	8:30-10:30 am	Online
15670	Body Movement	Lacelle	10:15-12:15 pm	SGYM 5402
19436	Drawing Matters	Tirr	9-12 pm	Online
14292	Current Events	Levick	10-12 pm	The Village, Northridge
14757	Body Movement: Chair Exercise	Shvetsov	10:40-12:40 pm	Online
11249	Body-Mind Fusion	Tinto-Singer	10:40-12:40 pm	Online
11214	Art Selections from the Smithsonian Museum	Thornton	11:30-1:30 pm	Online
14756	The Golden Age of Musical Theater	Domine	1-3 pm	Online
15852	Body Movement: Chair Exercise	Jensen	1-3 pm	Online
17048	Watercolor	Pitt	1-4 pm	Online
14958	Healthy Living: Positive Aging	Feldman	1:30-3:30 pm	Online
18555	Current Events	Holland	1:30-3:30 pm	Online
19439	Intermediate Computer Skills- cancelled	Murphy	2-4 pm	Online
11231	Women Artists, Part 2: The Inspiration Continues	Thornton	2-4 pm	Online
25147	Adventures in Theatre	Camilleri	2-4 pm	Online
15228	Hot Topics: Justice System, Impact Public Policy	Oborn	2:30-4:30 pm	Online
18179	Investing and Current Business Issues	Karamian/Payne	2-4 pm	Online
Tuesday				
21316	Yoga	Feldman	8-10 am	Online
21065	Body Movement	Shvetsov	9-11 am	Online
10972	Portrait Painting	Thornton	9-11 am	Online
14285	Body Movement	Hefter	9-11 am	Online
16207	Body Movement: Chair Yoga	Cummins	9-11 am	Online
19429	Body Movement	Lacelle	9:30-11:30 am	Online
17045	Beginning & Intermediate Acrylic/Oil Painting	Pitt	9:30-12:30 pm	Online
15229	Watercolor: Plein Air On Zoom	Tirr	10-1 pm	Online
11208	Women Artists, Part 2: The Inspiration Continues	Thornton	11:15-1:15 pm	Online
	Current Events: Sports 24454 - BRCH 1101 11328 - Online	Levick	1-3 pm	BRCH 1100 Online
20759	Musical Theatre Techniques	Tortell	1-3 pm	Music3400 VLGE8343
14492	Photo Editing for Seniors	Perret	1-3 pm	Online
24867	All About the Weather	Andalus	1:30-3:30 pm	Online
17047	Painting Animals in Acrylic or Oil	Pitt	1-4 pm	Online
10932	English Bible as Literature	Follett	1:30-3:30 pm	Online
15227	Women in Politics	Holland	1:30-3:30 pm	Online
14288	Abstraction and Mixed Media	Tirr	1:30-4:30 pm	Online
11240	Art Selections from the Smithsonian Museum	Thornton	2:15-4:15 pm	Online
Wednesday				
11180	Yoga/Mat Pilates	MacDonald	8-10 am	Online
11139	Body Movement	Shvetsov	9-11 am	Online
15226	Body Movement	Lacelle	10:15-12:15 pm	SGYM 5402
11205	Chair Yoga	MacDonald	10:30-12:30 pm	Online
11263	Body-Mind Fusion	Tinto-Singer	11:00-1:00 pm	Online
14936	Body Movement: Chair Yoga	Cummins	11:15-1:15 pm	Online
15853	Body Movement: Chair Exercise	Shvetsov	11:30-1:30 pm	Online

Holidays

Sept. 4	Labor Day
Nov. 10	Veteran's Day
Nov. 23-24	Thanksgiving

Instructions to access online classes

1. Go to the Encore website.
2. Click on Canvas TAB.
3. Click on "Access to Zoom in Canvas"

Fall 2023

Topics of Interest

Older Adult 60CE – Senior Topics

Class #15227 – Women in Politics

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

This class explores women leaders, their contributions, and policies which shape women's participation in the United States and around the globe.

Class #18555 – 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 #24484 – Magic and Philosophy~~ Cancelled

Wednesday, 1-3pm, Lambert, Online

Venture into the world of magic where anything is possible, or is it? Through a philosophical approach, this course will shed light on how tricks are constructed and presented, along with the history of magic.

Referencing thinkers such as Camus, Nietzsche, Sartre, Spinoza, and Descartes, we will explore how magic is designed to shatter our realities and thus make us question what we know to be true. In this spirit, we can utilize magic's principles of honesty and wonderment to make for a better world.

Class #24867 – All about the Weather

Tuesday, 1:30 -3:30 pm, Andalus, Online

Have you ever wanted to do your own forecasting, or understand how the weather works? Learn the fundamentals of meteorology and even how professional storm chasers hunt supercells and tornadoes.

Class #19434 – Cultural Geography in the Ancient World 3

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 #19435 – Environmental Geography of the Modern World 3

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 #24870 – All about the Oceans

Friday, 1:30 -3:30 pm, Andalus, Online

Earth is an ocean world, with about 71% of it covered in a global ocean. Learn about the origin, chemistry, wave action, and more in this course.

Class #24477 – Mysticism East and West

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

Mysticism is the name for the experiential and sometimes subversive expression of encountering the transcendent. These encounters are often sought with intention as the anticipated outcome of spiritual expression in a variety of religious practices and philosophical traditions. Sometimes these moments occur without conscious effort. This course will enable students to consider the concept of “mysticism” and understand the nature of mystical experience as we consider its elucidation by outstanding thinkers from the traditions of Hinduism, Buddhism, Judaism, Christianity, Islam, and philosophy.

Class #14958 - Healthy Living: Positive Aging

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

Emerging research indicates that it takes more than just practicing good nutrition and exercise to maintain good health. Emotional and social well-being and a positive outlook are also essential to thriving as we age. This course introduces strategies for overall well-being. Utilizing the latest research in the areas of stress management, brain health, 21st century communication skills, mindfulness, physical fitness, and nutrition; student will gain insights into the practice of positive aging.

Class #24202 – Exploring Sociological Concepts through Pop Culture

Wednesday, 1-3 pm, Strother, Online

This course looks at sociological theories through the lens of pop culture, including television, movies, and current events. We will explore how sociology helps us understand our social surroundings. We will look at how our beliefs and values are influenced by our social world, and how we are all products of our environment. All these concepts can be understood in the context of sociological theory. This class will support lively discussions where we use social trends and popular culture reference to better understand the world around us today.

Class #21331 – Political Media

Wednesday, 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. Discussions are guided by current news.

Class #21332 – Political Psychology

Thursday, 5-7 pm, Lingrosso, Online

An inspection and discussion into the effect of human psychology on political behavior. Topics evolve based on political events.

Class #14292 - Current Events

Monday, 10-12 pm, Levick, **The Village Northridge, 9222 Corbin Ave., Northridge, 91324**

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 #11303 – 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.

Combined class 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 #24454 – BRCH 1101 (in-person) Class #11328 – 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.

Class #11314 – Current Events

Thursday, 12-2 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.

20th Century Film

Class #20318 – ELM 1728 in-person Class #11320 – Online

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

Friday, 1-3:30 pm, Windrum 9/1 – 11/18 12 weeks

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 1986. We will also be slowly progressing through the top 50 films of all-time as picked by the Sight & Sound Critics Poll.

Class #15228 – 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 the effect of policies following COVID-19. Consequences of public policies will be discussed.

Class #24481 – History of California

Thursday, 1:30-3:30 pm, Kaapuni, IRIS 0901

This course will survey the history of California, including the Native American, Spanish, Mexican, and American periods. 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, and economic developments during each of these periods of California history and how each period has helped shape the state.

Literature

Older Adult 29CE – Literature and the Human Experience

Class #10932 – The English Bible as Literature

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

Join us for an overview of The English Bible as Literature designed to welcome all students, novices to experienced readers, to both the delights and challenges of one of the world's greatest and most influential works of literature. Students are invited to explore: how the Bible came into our culture in English, comparative translations/transliterations, various ways of reading it, numerous options for understanding it, and to think about how it continues to influence the world as we know it.

Suggested text: Coogan, Brettler, Newsom, and Perkins, eds. *The New Oxford Annotated Bible with the Apocryphal/Deuterocanonical Books* (NSRV). 5th ed. New York: Oxford UP, 2018. [ISBN 978-0190276089] and/or <https://www.biblegateway.com/>

Art History

Older Adult 56CE – Seeing and Understanding Art

Class #11214 – Art Selections from the Smithsonian Museums, Part 1

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

The world's largest museum affiliation is the Smithsonian in Washington DC, with more than 138 million artworks, artifacts, and specimens. We begin with treasures from the Museum of Natural History, the Museum of the American Indian, the Asian and American art from the Freer Gallery, and more!

Class #11231 – Women Artists, Part 2: The Inspiration Continues

Monday, 2-4 pm, Thornton, Online

Our art history series focusing entirely on women artists around the world continues! 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 #11208 – Women Artists, Part 2: The Inspiration Continues

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

Our art history series focusing entirely on women artists around the world continues! 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 #11240 – Art Selections from the Smithsonian Museums, Part 1

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

The world's largest museum affiliation is the Smithsonian in Washington DC, with more than 138 million artworks, artifacts, and specimens. We begin with treasures from the Museum of Natural History, the Museum of the American Indian, the Asian and American art from the Freer Gallery, and more!

Class #14758 – Art Selections from the Smithsonian Museums, Part 1

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

The world's largest museum affiliation is the Smithsonian in Washington DC, with more than 138 million artworks, artifacts, and specimens. We begin with treasures from the Museum of Natural History, the Museum of the American Indian, the Asian and American art from the Freer Gallery, and more!

Class #14759 – Women Artists, Part 2: The Inspiration Continues

Thursday, 1-3 pm, Thornton, Online

Our art history series focusing entirely on women artists around the world continues! 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 #17699 - 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 #10972 – 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 #14755 - 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 #21619 – Quilting

Wednesday, 12:50-2:50 pm, Streimer, VLGE 8344

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 #17049 - 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 #15231 -Drawing from Figures, Faces, and Animals

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, portrait drawing and drawing some animals. Some anatomy will be presented. Have pencil and paper available the first meeting.

Class #19436 – 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 #17052 – Drawing 4B

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

Basic drawing skill highly recommended. This class starts where Spring 2023 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 #19437 – Fundamentals of Line Drawing

Thursday, 1-4 pm, Kraus, Online

Basic drawing skill recommended. This course continues where Spring 2023 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 #16914 – Watercolor/Ink Splash Painting

Friday, 9:15-12:15 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 are highly recommended.

Class #16916 – Art Explorations

Friday, 1-4 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 #17048 – 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 #17045 - 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 #17047 – Painting Animals in Acrylic or Oil

Tuesday, 1-4 pm, Pitt, Online

Previous oil or acrylic painting experience recommended. We will look a little bit at the structure of some different animals, and practice how to paint them. We will work on painting their forms, patterns, textures, and colors. And students also always have the option to pursue their own projects. If you have some favorite animal photos you are hoping to paint, if you feel comfortable, it would be wonderful if you would share them with me. Have some painting materials available the first-class meeting.

Class #17046 - 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, in this class, students are encouraged to pursue their own projects. For the first class please have a project you can work on.

Class #11350 - 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 #11389 – 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 #15229 - 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 #14288 – 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 #15230 – 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 #14290 – 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 #19438 – Intermediate Computer Survey

Wednesday, 1-3 pm, Simmonds, Online

Prerequisites: Basic computer and typing skills.

Are you ready to build your skills as a computer user? This is an intermediate level course that introduces important aspects of basic word processing, surfing the Internet, and managing and using e-mail. Focus is on intermediate word-processing skills using primarily Microsoft Word, PowerPoint, and Excel software. Learn formatting, page layout features, tables, copying and pasting, creating Excel tables, and integrating programs. Also learn merging, creating forms, presentations, and templates. Internet focus on skills: using various browsers and forms; locating specific Web sites, sending e-mail & using tools to search for information, how to correspond and interact online, and formulate an effective Web search strategy to answer questions. Learn additional e-mail functions, including adding attachments such as photos or messages.

Class #14492 – Photo Editing for Seniors

Tuesday, 1-3 pm, Perret, Online

Learn the basics of Pixlr E. Class will focus on restoring old photographs and editing new photographs. This is a fun class but NOT for beginner computer users. You must be Computer Literate to keep up with this class. We will use a free Web based editor called Pixlr E. <https://pixlr.com/e/>

Class #16017 – iPhone, Tablets, Computers for Seniors

Thursday, 1-3 pm, Perret, Online

Learn how to use your iPhone and your PC together to install apps, send and receive email, keep up your calendar and contacts, navigate and more. This is a fun class but NOT for beginner computer users. You must be Computer Literate to keep up with this class. We focus on the iPhone and iPad, but Android users are welcome.

~~Class #19439 – Intermediate Computer Skills~~ Cancelled

~~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 #18179 – Investing and Current Business Issues

Monday, 2-4 pm, Karamian/Staff, 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 #14285 - Body Movement

Tuesday, 9-11 am, Hefter, Online

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

Class #11161 - Body Movement

Thursday, 9-11 am, Hefter, Online

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

Class #11176 - Body Movement

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

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

Class #14757 - 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 #21065 - 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 #11139 - Body Movement

Wednesday, 9-11 am, Shvetsov, Online

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

Class #15853 - 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 #11146 - 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 #15670 – Body Movement

Monday, 10:15-12:15 pm, Lacelle, SGYM 5402

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

Class #19429 – Body Movement

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

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

Class #15226 – Body Movement

Wednesday, 10:15-12:15 pm, Lacelle, SGYM 5402

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

~~Class #15852 - Body Movement: Chair Exercise~~ Cancelled

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 #16207 - 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 #14936 – 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 #16206 – 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 #11205 – 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 #11192 - 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 #11180 - 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 #17703 – Yoga

Thursday, 8-10 am, MacDonald, NGYM 5601

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

Class #11183 - 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 #21316 – 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 #11249 - 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 #11263 - 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 #11273 - 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 #15778 – 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 #11288 - 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.

Theatre

Older Adult 57CE – Adventures in Theatre

Class #25147 – Adventures in Theatre

Monday, 2-4 pm, Camilleri, Online

Join us for a thrilling journey into the world of theatre, specifically designed for older adults! In this introductory course, we will delve into the creative process of live theatre and discover the magic when words on a page and an empty stage come to life. We will explore the behind-the-scenes artistic work that goes into making theatre; playwriting to production. Learn how the collaboration between actors, directors, designers, and crew contributes to the final product. Through interactive discussions, online activities, and engaging lectures, you will discover how your imagination is captured and the power of live performance stirs your emotions. This enriching and socializing course connects fellow theatre enthusiasts while teaching the beauty and excitement of live storytelling.

Music

Older Adult 49CE—Music Appreciation for Seniors

Combined class 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.

Encore Singers

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

Class #22049 - IRIS 0914 (in-person)

Class #22048 – Online

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 #20759 - Musical Theater Techniques

Tuesday, 1-3 pm, Tortell, ~~Music-3400~~ 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 #14756 – The Golden Age of Musical Theater

Monday, 1-3 pm, Domine, Online

Come and take an engaging journey through the best of the Musical Theater repertoire. Included will be: Rodgers and Hammerstein, Cole Porter, Jerome Kern, Leonard Bernstein and Stephen Sondheim, to name just a few. We will examine the unforgettable characters, stories and musical scores through lectures, open discussions, videos and CDs. If the spirit moves us, a sing-along or two might just be in order. *Oklahoma, My Fair Lady, South Pacific, The King and I, The Sound of Music, Anything Goes, Fiddler on the Roof, Finian's Rainbow, The Fantasticks, Into the Woods*, and more.

Class #26059 – History and Development of the Symphonic Tradition

Wednesday, 1-3 pm, Domine, Online

This general music class is a curated encyclical compendium through the history of Western European music, from its origins in Medieval times through the Renaissance, Baroque, Classical, Romantic & Modern style periods. Weekly lectures will explore specifically selected examples from the repertoire.

Class #11083 – The History & Development of American Popular Music

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

This course will explore an historical survey of trends in American Popular Music. Beginning at the turn of the 20th century, Ragtime, Jazz, Folk & Country music, Rock & Roll and related topics will be explored. Specific artists, musical styles, sub-genres, and societal trends will be examined as they happen. Weekly lectures will explore specifically selected examples from the repertoire.

Class #16532 – 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 #11090 – War and Peace - Musical Works that Weaponized and Pacified

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

Join Prof. Emeritus Stephen Piazza, Artistic Director of the internationally acclaimed Los Angeles Symphonic Winds and a member of the LA Opera Orchestra, as he takes us on a musical journey to the battles, protests, conquests, and sanctuaries that continue to shape our world in times of war and times of peace. We'll explore the musical impact of such historical figures as Napoleon, Mazeppa and Joan of Arc in addition to the war inspired and peace seeking works of classical composers such as Bach, Beethoven, Tchaikovsky, Holst, Britten and Glass ... as well as contemporary artists including Bob Dylan, Joan Baez and Yusuf/ Cat Stevens.

Password Instructions

FIRST time log-in

Step 1: Student username is your student ID# Example: 881234567 or 901234567

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Step 2: Temporary password (also used when asked for your old password)

First time student: login name and default password format:

- C. The first letter of your first name (capitalized) + the first letter of your last name (capitalized) + your birth month **spelled out** with first letter (capitalized) + day of your birthdate + @ + LACCD!
Example, Jane Doe, who was born on July the 4th, her default password would be: JDJuly04@LACCD!
- D. Please Note: When asked for “Old Password” enter your default password with the format above.

Update your Password

Step 1: When asked to update your password.

- E. Enter your default password in the old password textbox (Old password, Example: JDJuly04@LACCD!). Create a new password in the New Password textbox. If you have never changed your password or have changed your password on or before May 16th, 2022, your “Old Password” will be your current password.
- F. New password must contain at least fourteen characters: **contain at least one uppercase and one lowercase letter, one number, and at least one special character (*, !, %)**.
- G. Additionally, you may not use your prior three passwords as your new password.

← At least **14 characters long**; it can be longer if you want. →

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- H. Register for **Self-Service Password Reset (SSPR)**

IMPORTANT! This allows students to reset **their own password online**.

You will be required to setup Microsoft SSPR when you check your email. You will need your student LACCD email to change your password. Example: SmithJD1234@student.LACCD.edu

For assistance, please call the Encore office (818) 710-2561.

LACCD student email address: Example: SmithJD1234@student.laccd.edu

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IMPORTANT

Save in a safe place. Your password & student ID# are ALWAYS needed.



