



*Winter & Spring 2024*

# Encore

Older Adult Education Program

## FREE Classes



**Winter 2024**

Jan. 2 - Feb. 2



**Spring 2024**

Feb. 5 - May 24

**Contact Information**

**[lapc.edu/encore](http://lapc.edu/encore)**

**(818) 710-2561**

## Donation Form

You can also donate online at [lapc.edu/academics/encore/donate](http://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 - Encore Program Trust  
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](mailto:lapc-encore@piercecollege.edu)

**Website:** [www.lapc.edu/encore](http://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.

## PARKING PERMIT

**Winter 2024:** Not required.

**Spring 2024:** Purchase at Business Office (8-4 pm)

1. \$20 – Cash Only
2. Picture ID
3. Must be currently enrolled in Spring classes.

### Access to Encore Website from Pierce Homepage

1. [www.lapc.edu](http://www.lapc.edu)
2. Click Academics
3. Click Encore/Adult Ed

Scan to Encore Website or [www.lapc.edu/encore](http://www.lapc.edu/encore)



Encore Website

## STUDENT EMAIL

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

1. Go to [lapc.edu](http://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 where you want your emails forwarded to, in box under *Forward my email to:*
5. Click *Save*.

## ACCESS to ZOOM in CANVAS

1. Go to [www.lapc.edu](http://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 that is on the roster. If not, students need to RENAME themselves or be removed from the class for that day. If you do not know your Campus Email please call the Encore Office 818-710-2561.

### NOTE: 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](http://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 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.lapc.edu](http://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.

**Register for classes:**

1. Go to [www.lapc.edu](http://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 NO 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](http://www.lapc.edu/encore)

# Winter 2024

Jan. 2 – Feb. 2

Class#	Class	Instructor	Days	Time	M	T	W	T	F	Location
10226	Body Movement	Shvetsov	MWF	9-11 am	X		X		X	Online
11721	Body Movement: Chair Exercise	Shvetsov	MWF	11:15-1:15 pm	X		X		X	Online
10562	Body Movement	Lacelle	MWF	10-12 pm	X		X		X	Online
10652	Yoga/Mat Pilates	MacDonald	MWF	8:30-10:30 am	X		X		X	Online
10756	Body Movement: Chair Yoga	Cummins	TThF	9-11 am		X		X	X	Online
11274	Pastel Painting	Kraus	WTh	9:15-12:15 pm			X	X		Online
11364	Drawing Basics	Kraus	WTh	1-4 pm			X	X		Online
11237	Drawing with Chalk Pastels	Pitt	WTh	10-1 pm			X	X		Online
11238	Acrylic or Oil Painting all levels	Pitt	WTh	1:30-4:30 pm			X	X		Online
10186	Mixed Media, Collage, & Assemblage	Tirr	TTh	9:30-12:30 pm		X		X		Online
10651	Watercolor in Plain Sight	Tirr	TTh	1-4 pm		X		X		Online
10198	Spiritual Approaches to Art Making	Thornton	MF	1-4 pm	X				X	Online
10080	Understanding Modern Art	Thornton	TWTh	10:30-12:30 pm		X	X	X		Online
10086	Russian Art and Culture: The Czars	Thornton	TWTh	1:30-3:30 pm		X	X	X		Online
12325	Google Fun	Perret	TW	9-12 pm		X	X			Online
11222	Browsers and Email	Perret	TW	12:10-3:10 pm		X	X			Online
11036 12459	Current Events: Sports (Tu) Current Events (W/Th)	Levick	TWTh	1-3 pm		X	X	X		T BRCH1101 W/Th Online
10221	Great Composers Series French/Belgian, 19 <sup>th</sup> /20 <sup>th</sup> C.	Domine	MTTh	1-3 pm	X	X		X		Online

Each class meets 2 or 3 times a week. Attend all class meetings.

Holiday: Mon., Jan. 15, 2023    Martin Luther King

**For instruction to access online classes:**

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

# Winter 2024

## Art History

Older Adult 56CE – Seeing and Understanding Art

### Class #10080 – Understanding Modern Art

TWTh	10:30-12:30 pm	Thornton, John	Online
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Through exciting images and stories that bring artists to life, we examine the birth and flowering of Modern art, from the 1890s to the 1960s. Van Gogh, Cezanne, Picasso, Matisse, O’Keeffe, Kahlo, Hopper, Pollock, Warhol and so many more creative contributors will be covered. Discover how historic events and new inventions helped to create the bold theories of modernism.

### Class #10086 – Russian Art and Culture: The Czars

TWTh	1:30-3:30 pm	Thornton, John	Online
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Ivan the Terrible, Peter the Great, Catherine the Great and the Romanovs come to life in this dramatic overview of Russian art and history. Learn how patronage from the Czars, empathy for the serfs, revolution and resilience of the people helped shape the art of this formidable nation.

## Art

Older Adult 42CE—Creative Art for Seniors

### Class #10198 – Spiritual Approaches to Art Making

MF	1-4 pm	Thornton, John	Online
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This is a painting class designed to introduce artists to new ways of expressing themselves. A variety of projects will reflect personal intention, experimentation and emotion. Along the way, we will also explore color and design. All Media welcome. All levels of skill are welcome.

### Class #11237– Drawing with Chalk Pastels

WTh	10-1 pm	Pitt, Deborah	Online
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In this course we will experiment with chalk pastels by drawing landscapes, still lives and maybe a portrait. Please have at least a small set of 12 chalk pastels available in a rainbow type range of colors. Please also have 10 pieces of Pastel paper, which has a slightly rough texture. You can purchase individual sheets of “Canson” paper and cut them in half, or quarters, or a 9 x 12”, or 12 x 16” pad of paper. The papers you use may be different colors, I prefer warm colors.

### Class #11238 – Acrylic or Oil Painting all Levels

WTh	1:30-4:30 pm	Pitt, Deborah	Online
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Previous painting experience recommended. All levels welcome. 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 #10186 – 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 #10651 - 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 #11274 – 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 Summer 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, OIL pastels and Water Soluble Oil pastels (NOT cray-pas). Have materials available for the first meeting.

### **Class #11364 – Drawing Basics**

WTh	1-4 pm	Kraus, Peter	Online
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This course continues where Summer 2023 session ended. It's for the absolute beginner and for those who want to review the grass roots fundamentals. Emphasis will be on "Shaping" plus "Shading" will be introduced. These are the foundations to drawing skill 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 #12325 – Google Fun**

TW	9-12 pm	Perret, Joseph	Online
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Learn all the fun free apps available from Google beyond their browser. We will explore Mail, Calendar, Drive, Meet, Docs, Sheets, Slides, Chat, Photos, Books etc. 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 #11222 – Browsers and Email**

TW	12:10-3:10 pm	Perret, Joseph	Online
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Learn how to use your Browsers effectively. We cover Browser set up, tabs, bookmarks, security, password management. And then we explore Search Engines. Additionally, we cover the basics of Email account set up, composing, organizing, attachments and contacts. This beginners' class is taught entirely ONLINE. You must be able to get onto the class's Canvas web page and then join our Zoom online.



## Special Topics

Older Adult 60CE – Senior Topics

### Current Events Sports / Current Events

#### #11036 Current Events Sports (BRCH 1101/Online)

#### #12459 Current Events (Online)

TWTh	1-3 pm	Levick, Mark	Brch 1101 / Online
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**On Tuesdays (BRCH 1101) #11036:** 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 Wed. & Thurs. (Online) #12459:** 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 #10756 - Body Movement – Chair Yoga

TThF	9-11 am	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 #10562 – Body Movement

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

### Class #10226 – Body Movement

MWF	9-11 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 #11721 – Body Movement: Chair Exercise**

MWF	11:15-1:15 pm	Shvetsov, Kristel	Online
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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 #10652 – Yoga/ Mat Pilates**

MWF	8:30-10:30 am	MacDonald, Amy	Online
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Mixed level Yoga/Mat Pilates course. We will concentrate on developing core strength, flexibility, coordination, and improving balance. This class will include: anatomy, breath work, mindful awareness, as well as physical postures.

## **Music**

Older Adult 49CE—Music Appreciation for Seniors

### **Class #10221- Great Composers Series - French (and Belgian) Composers of the Late 19<sup>th</sup> and 20<sup>th</sup> Centuries**

MTTh	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 Saint-Saens, Bizet, Offenbach, Gounod, Franck, Debussy, & Ravel among others. Using specific listening examples from the repertoire, lectures will explore the individual contributions of these composers.

## PASSWORD RESET



**When asked all Pierce students must change/update their PASSWORD. If you need assistance please call the Encore Office 818-710-2561**

## *Encore Singers*



**Look for the Encore Singers Concert at the end of the Spring 2024. For information, please call the Encore Office 818-710-2561**

# Spring 2024

Feb. 5 – May 2

<i>Class #</i>	<i>Course Title</i>	<i>Instructor</i>	<i>Time</i>	<i>Room</i>
<b>Monday</b>				
10806	Body Movement	Shvetsov	8:30-10:30 am	Online
23678	Body Movement	Lacelle	10:15-12:15 pm	SGYM 5402
13969	Drawing Matters	Tirr	9-12 pm	Online
10977	Current Events	Levick	10-12 pm	The Village, Northridge
14067	Body Movement: Chair Exercise	Shvetsov	10:40-12:40 pm	Online
10958	Body-Mind Fusion	Tinto-Singer	10:40-12:40 pm	Online
10869	Art Selections from Smithsonian Museum, Pt. 2	Thornton	11:30-1:30 pm	Online
14170	History & Development of Classical Music	Domine	1-3 pm	Online
14600	Body Movement: Chair Exercise	Jensen	1-3 pm	Online
15937	Watercolor	Pitt	1-4 pm	Bus 3205
11080	Healthy Living: Positive Aging	Feldman	1:30-3:30 pm	Online
23679	Current Events	Holland	1:30-3:30 pm	Online
24681	Computer Skills Overview	Murphy	2-4 pm	Online
10864	Women Artists, Part 3: The Inspiration Continues	Thornton	2-4 pm	Online
23687	Adventures in Theatre	Camilleri	2-4 pm	Online
15097	Hot Topics: Justice System, Impact Public Policy	Oborn	2:30-4:30 pm	Online
20850	Investing and Current Business Issues	Karamian/Andres	2-4 pm	Online
19346	Political Psychology	Lingrosso	5-7 pm	Online
<b>Tuesday</b>				
18672	Yoga	Feldman	8-10 am	Online
10753	Body Movement	Shvetsov	9-11 am	Online
14175	Portrait Painting	Thornton	9-11 am	Online
20865	Body Movement	Hefter	9-11 am	NGYM 5603
15628	Body Movement: Chair Yoga	Cummins	9-11 am	Online
10687	Body Movement	Lacelle	9:30-11:30 am	Online
15934	Beginning & Intermediate Acrylic/Oil Painting	Pitt	9:30-12:30 pm	Online
17113	Right, Left, & Center: Current Political Headlines	Lingrosso	9:30-11:30 am	IRIS 0902
14449	Watercolor: Plein Air On Zoom	Tirr	10-1 pm	Online
14448	Body Movement: Movement and Music	MacDonald	10:30-12:30 pm	NGYM 5601
10855	Women Artists, Part 3: The Inspiration Continues	Thornton	11:15-1:15 pm	Online
24678	Musical Theatre Techniques	Tortell	12-2 pm	Great Hall 1900
	Current Events: Sports 11101 – BUS 3205 20050 - Online	Levick	1-3 pm	BUS 3205 /Online
14179	Window Basics	Perret	1-3 pm	Online
23682	All About the Solar System	Andalus	1:30-3:30 pm	Online
15938	Painting Animals in Acrylic or Oil	Pitt	1-4 pm	Online
10462	Let's Play with Poetry	Follett	1:30-3:30 pm	Online
11325	Abstraction and Mixed Media	Tirr	1:30-4:30 pm	Online
10899	Art Selections from Smithsonian Museum, Pt.2	Thornton	2:15-4:15 pm	Online
<b>Wednesday</b>				
16632	Yoga/Mat Pilates	MacDonald	8-10 am	Online
10727	Body Movement	Shvetsov	9-11 am	Online
20851	Pastel Painting	Kraus	10-1 pm	BUS 3205
19815	Body Movement	Lacelle	9:40-11:40 am	SGYM 5402
10946	Body-Mind Fusion	Tinto-Singer	11-1 pm	Online

	Wednesday <i>continued</i>			
14447	Body Movement: Chair Yoga	Cummins	11:15-1:15 pm	Online
14701	Body Movement: Chair Exercise	Shvetsov	11:30-1:30 pm	Online
10500	Quilting	Streimer	12:50-2:50 pm	VLGE 8344
23681	Sociological Exploration of Criminology& Deviance	Strother	1-3 pm	Online
24679	Magic and Philosophy	Lambert	1-3 pm	Online
10972	Current Events	Levick	1-3 pm	Village, Sherman Oaks
10643	History & Development of American Folk Music	Domine	1-3 pm	Online
11277	Renaissance Painting – Egg Tempera	Thornton	1-4 pm	Online
19344	Cultural Geography in the Ancient World 4	Andalus	1:30-3:30 pm	Online
23680	First Ladies	Holland	1:30-3:30 pm	Online
14258	Intermediate Computer Survey	Simmonds	2-4 pm	Online
10941	East Meets West	Tinto-Singer	2-4 pm	Online
	Thursday			
18659	Yoga	MacDonald	8-10 am	NGYM 5603
10677	Body Movement: Chair Yoga	Cummins	8:30-10:30 am	Online
15095	Body Movement	Hefter	9-11 am	Online
19351	Drawing 4C	Kraus	9:15-12:15 pm	Online
11248	Color Adventures in Drawing	Pitt	9:30-12:30 pm	Online
14017	Art Selections from Smithsonian Museum, Pt. 2	Thornton	9:45-11:45 am	Online
15257	Watercolor: Still Life Painting	Tirr	10-1 pm	Online
19343	Body Movement: Movement and Music	MacDonald	10:30-12:30 pm	NGYM 5601
17111	Music and Your Health – A Lifestyle Choice	Domine/Tinto-Singer	11-1 pm	Online
20045	Current Events	Levick	12-2 pm	Online
15650	Intermediate Internet	Perret	1-3 pm	Online
14018	Women Artists, Part 3: The Inspiration Continues	Thornton	1-3 pm	Online
19345	Environmental Geography of the Modern World 4	Andalus	1:30-3:30 pm	Online
11183	Post Civil War United States History	Kaapuni	1-3 pm	IRIS 0903
14451	Drawing from Figures, Faces, and Animals	Pitt	1-4 pm	Online
19816	Fundamentals of Line Drawing	Kraus	1-4 pm	Online
11001	Religious History in America	Sloan Goben	1:30-3:30 pm	Online
15096	Exercise Anatomy	Tinto-Singer	1:30-3:30 pm	Online
11363	Unique Printmaking Today	Tirr	1:30-4:30 pm	Online
	Encore Singers 16725 -IRIS 0914 20040 -Online	Domine	2-4 pm	IRIS 0914 / Online
20904	Digital Photography	Nisan	2-4 pm	Online
	Friday			
10828	Yoga/Mat Pilates	MacDonald	8-10 am	Online
10700	Body Movement	Shvetsov	9-11 am	Online
15936	Intermediate & Beyond Acrylic/Oil Painting	Pitt	9:30-12:30 pm	Online
11340	Watercolor/Ink Splash Painting	Kraus	9:15-12:15 pm	Online
17112	Contemporary Topics in Popular Music	Domine	10:30-12:30 pm	Online
10968	Body-Mind Fusion	Tinto-Singer	11:00-1:00 pm	Online
24686	Body Movement: FROM CHAIR TO AIR	Cummins	12:40-2:40 pm	NGYM 5601
15808	Landscapes & Portraits w/ Acrylic or Oil Paints	Pitt	1:15-3:15 pm	Online
	20th Century Film 11058- BUS 3200 12 weeks: 2/05-5/04 20048- Online	Windrum	1-3:30 pm	BUS 3200 Online
23683	All About the Archaeology	Andalus	1:30-3:30 pm	Online
10667	It's Alive! A Preview of Upcoming Live Concerts at the most iconic VAAVs	Piazza	1:30-3:30 pm	Online
11332	Watercolor Painting	Thornton	1-4 pm	Online
15935	Art Explorations	Kraus	1-4 pm	Online

### **Holidays**

Feb. 16-19	Presidents Day
March 29	Cesar Chavez
April 1-5	Spring Break

### **Instructions to access online classes**

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

# **Spring 2024**

## **Topics of Interest**

Older Adult 60CE – Senior Topics

### **Class #23680 – First Ladies**

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

This class explores the lives of some of the 47 women who served as First Ladies and one First Husband.

### **Class #23679 – Current Events**

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

This class explores current affairs, elections, scandals, Supreme Court rulings, and other odds and ends.

### **Class #23682 – All about the Solar System**

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

Have you ever wondered how the solar system formed, or wanted to learn more about the planets? If the answer is yes, then this is the class for you! Join us as we delve into the formation and innerworkings of our solar system from the Sun all the way out to the Oort cloud! Learn what moons and planets may harbor extant life other than Earth, learn more about water on Mars, why Mercury is shrinking, and more!

### **Class #19344 – Cultural Geography in the Ancient World 4**

**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 #19345 – Environmental Geography of the Modern World 4**

**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 #23683 – All about the Archaeology**

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

There's more to archaeology than just digging and brushing off artifacts with a toothbrush. In fact, there's more than just artifacts that archaeologists look for and sometimes they can discover things about the past without ever sinking a shovel in the dirt! Join us as we learn how archaeologists uncover the past and help preserve our shared human history and pre-history!

**Class #24679 - Magic and Philosophy**

**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 #11001 – Religious History in America**

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

Religion plays an outsized role in our modern political dialogue, and we have a history of stressing the freedom of practicing our faith. Our practices come to us in the form of a multiplicity of religious traditions that currently exist in our nation. Beginning with an exploration of indigenous spirituality, we will learn about religious expressions that came to the Americas with European settlers, African slaves, Islam, and the opening of our global connections to include traditionally Asian faith expressions. We will also consider religions that have their origins in the United States. We have *become a "community of communities" as we seek to understand how we might live into our motto - e pluribus unum.*

**Class #11080 - 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 #23681 – Sociological Exploration of Criminology and Deviance**

**Wednesday, 1-3 pm, Strother, Online**

This course will explore crime and deviance in a social context. We will use sociological theories to examine current topics and learn how society creates laws, handles criminal proceedings, and deems individuals or groups as deviant. We will look at how these trends change through the years and explore what role our social context plays in creating and sustaining such trends. There will be plenty of opportunities for student input and lively and thoughtful discussions.

**Class #19346 – Political Psychology**

**Monday, 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 #17113 – Left, Right, and Center: Current Political Headlines**

**Tuesday, 9:30-11:30 am, Lingrosso, IRIS 0902**

A lively discussion focusing on current political issues based on the popular NPR Radio show that takes on the tough and divisive issues that are difficult to talk about with family and others.

### **Class #10977 - 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 #10972 – 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.

### **Current Events: Sports**

**Class #11101– BUS 3205 in-person      Class #20050 – Online**

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

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

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 #20045 – 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 #11058 – BUS 3200 in-person      Class #20048 – Online**

**Friday, 1-3:30 pm, Windrum      12 weeks: 2/05 – 5/04**

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

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 1987. We will also be slowly progressing through the top 50 films of all-time as picked by the Sight & Sound Critics Poll.

### **Class #15097 – 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 #11183 – Post Civil War United States History**

**Thursday, 1-3 pm, Kaapuni, IRIS 0903**

This course is designed to evaluate the social and political history of the United States from 1865 through the middle of the 20<sup>th</sup> Century. Significant historical events and issues that affect contemporary Americans will be surveyed and analyzed. Such issues and events as westward expansion, industrial development, ethnic confrontations, social and political reform movements, and international involvements will be explored.



## Literature

Older Adult 29CE – Literature and the Human Experience

### **Class #10462 – Let’s Play with Poetry**

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

Poetry is often a playfully memorable way to experience wide varieties of emotions in literature. Why? Join us and see how together we answer John Ciardi’s question, “How does a poem mean?”

“Let’s Play with Poetry” is designed for both novice and advanced students who wish to understand poetic meaning and poetic devices both to create and to convey that meaning. The importance of multivalent interpretations, freely shared in class, will be paramount.

Our readings will come from online sources, many newly published through Poem-a-Day and many selected by students in the class throughout the semester. Join us for Tuesday afternoon’s poetry playtime.

## Art History

Older Adult 56CE – Seeing and Understanding Art

### **Class #10869 – Art Selections from the Smithsonian Museums, Part 2**

**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 explore the museums of African and African American Art, the National Art Museum. National Portrait Gallery, the Air and Space Museum and the Hirshhorn. Art and History come together.

### **Class #10864 – Women Artists, Part 3: 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 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 #10855 – Women Artists, Part 3: 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 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 #10899 – Art Selections from the Smithsonian Museums, Part 2**

**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 explore the museums of African and African American Art, the National Art Museum. National Portrait Gallery, the Air and Space Museum and the Hirshhorn. Art and History come together.

### **Class #14017 – Art Selections from the Smithsonian Museums, Part 2**

**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 explore the museums of African and African American Art, the National Art Museum. National Portrait Gallery, the Air and Space Museum and the Hirshhorn. Art and History come together.

### **Class #14018 – Women Artists, Part 3: 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 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 #15808 - 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 #14175 – 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 #20904 - 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. Have camera and camera manual available at 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.). This will be announced in class.

### **Class #10500 – 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 #11248 – Color Adventures in Drawing**

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

All levels welcome. Using directed exercises, we will work with colored drawing materials such as colored pencils, chalk pastels, oil pastels and water-soluble colored pencils, to explore drawing lines, shapes, forms, values, and depth. If possible, please have a small set of oil pastels and paper available the first meeting. Otherwise please have a soft pencil and paper available.

### **Class #14451 -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 for the first meeting.

### **Class #13969 – 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 #19351 – Drawing 4C**

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

Basic drawing skill highly recommended. This class starts where Fall 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 #19816 – Fundamentals of Line Drawing**

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

Basic drawing skill recommended. This course continues where Fall 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 #20851 – Pastel Painting**

**Wednesday, 10-1 pm, Kraus, BUS 3205**

Prior basic drawing and pastel experience recommended. This course continues where Winter session ended and is for students who desire to advance their skills. Emphasis will be on style and a wide range of techniques with pastel types including Soft Pastels, Oil pastels, and Water Soluble Oil Pastels (NOT cray-pas). Have materials available for the first meeting. Other materials will be introduced during the course.

## **Class #11340 – 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 #15935 – 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 #15937 – Watercolor**

**Monday, 1-4 pm, Pitt, BUS 3205**

All levels welcome. Emphasis on learning and reviewing various watercolor techniques and principles, with some exposure to the work of other watercolor artists. This class will meet on campus. Please have a table cover and if you like a table easel ready for class. Please have paints, brushes, pencil, eraser, and paper available for the first meeting.

## **Class #15934 - 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 for the first-class meeting.

## **Class #15938 – 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. Have some painting materials available the first day.

## **Class #15936 - 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. Artists' 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 #11277 - 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 #11332 – 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 #14449 - 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 #11325 – Abstraction and Mixed Media**

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

This course introduces students to a variety of abstract artists, both current and from the past. Abstraction has become a universal language, stemming from a variety of cultures. This course explores a range of artists 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 #15257 – 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 #11363– Unique Printmaking Today**

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

A practical course, easily adaptable to at home studios. Make inventive, unique, and topical images using simple print methods. A mixture of techniques will be covered, from monoprints to reduction block printing. Found and built surfaces, with natural forms can be combined with easy carving blocks and plates.

# Computer

Vocational Education 187CE-Computer Usage Skills

## **Class #14258– Intermediate Computer Survey**

**Wednesday, 2-4 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 #14179 – Window Basics**

**Tuesday, 1-3 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

## **Class #15650 – Intermediate Internet**

**Thursday, 1-3 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 #24681 - Computer Skills Overview**

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

Introduction to Microsoft Office - Word, Excel, and PowerPoint. Learn email - attachments, address book and groups. Learn to download photos from phone and camera, overview of social media, internet security, and overview of Canvas, password reset and Student Portal.

## Finance

Older Adult 44CE – Personal Finance for Seniors

### **Class #20850– Investing and Current Business Issues**

**Monday, 2-4 pm, Karamian/Andres, 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 #20865 - Body Movement**

**Tuesday, 9-11 am, Hefter, NGYM 5603**

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

### **Class #15095 - Body Movement**

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

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

### **Class #10806 - Body Movement**

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

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

### **Class #14067 - 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 #10753 - 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 #10727 - Body Movement**

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

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

### **Class #14701 - 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 #10700 - 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 #23678 – Body Movement**

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

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

**Class #10687 – Body Movement**

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

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

**Class #19815 – Body Movement**

**Wednesday, 9:40-11:40 am, Lacelle, SGYM 5402**

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

**Class #14600 - 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 #15628 - 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 #14447 – 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 #10677 – 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 #24686 – Body Movement: FROM CHAIR TO THE AIR – Balance, Stability, Brain Health, Neuroplasticity, Flexibility, and Strength**

**Friday, 12:40-2:40 pm, Cummins, NGYM 5601**

An In-person class for those who wish to develop their functional and expressive movement skills through Yoga, Brain-Body Skill development, and rhythmic exercise. The chair is there for enhancing body/sensory awareness and support for movement experiences. Stimulate and strengthen body connectivity through standing, balancing and full-body movements that activate and expand our capacity to move with ease in our world.

**Class #14448 – Body Movement: Movement and Music**

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

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.

**Class #19343- Body Movement: Movement and Music**

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

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.

## **Yoga**

Older Adult 53CE – Yoga for Seniors

**Class #16632 - Yoga/Mat Pilates**

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

Mixed level Yoga/Mat Pilates course. We concentrate on developing core strength, flexibility, coordination, and improving balance. This class will include anatomy, breath work, mindful awareness, as well as physical postures.

**Class #18659 – Yoga**

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

Mixed level yoga course exploring proper alignment, core strength, flexibility, breath work, and balance improvement. All levels welcome.

**Class #10828 - Yoga/Mat Pilates**

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

Mixed level Yoga/Mat Pilates course. We concentrate on developing core strength, flexibility, coordination, and improving balance. This class will include anatomy, breath work, mindful awareness, as well as physical postures.

**Class #18672 – 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 #10958 - 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 #10946 - 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 #10941 - 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 #15096 – 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 #10968 - 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 #23687 – 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

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

**Class #16725 - IRIS 0914** (in-person)

**Class #20040 – 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 #24678 - Musical Theater Techniques**

**Tuesday, 12-2 pm, Tortell, Great Hall 1900 (next to College Services Building on MALL)**

This course is designed to provide students with basic training in singing, acting, and performance practice, utilizing musical theatre repertoire, dialogue, and staging. Class members will have the opportunity to sing, act and move in small and large ensembles. Class will culminate in a performance of material studied.

**Class #14170 – The History and Development of the Classical Music Tradition**

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

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

**Class #10643– History and Development of the American Folk Music Tradition**

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

This class is a curated encyclical journey through the history of American Folk music from its origins in the diverse musical cultures brought to this country by disparate European communities, their distinct geographic distribution and dissemination by ethnographic or national identities, leading through common informal practice and development to the various folk music genres extant today. Weekly lectures will explore specifically selected examples from the repertoire including folk songs & dances, the blues, gospel & spiritual choral singing, Bluegrass, Country-Western and related genres.

**Class #17112 – Contemporary Topics in Popular Music**

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

The class will discuss current trends in American Popular Music. Specific artists, musical styles, sub-genres, and societal trends will be examined as they happen. Emergent issues related to the business of music and the performing arts will be discussed in addition to weekly lectures that will explore specifically selected examples from the contemporary online arena.

**Class #17111 – Music and Your Health – A Lifestyle Choice**

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

Dr. Sandra Tinto-Singer & Maestro James Domine will collaborate in a team-taught examination of the ways that music can contribute to a healthier lifestyle. Research in the fields 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.

**Class #10667 – It's Alive! A Preview of Upcoming Live Concerts at the most iconic VAAVs – "Valley And Adjacent Venues"**

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

Conveniently located within 25 miles of the intersection of the 101 and 405, numerous concert venues are finally returning to full season programming featuring world-class ensembles, soloists and entertainment legends after years of limited offerings. Join Prof. Piazza as he and dozens of your Encore friends and colleagues explore the rich tapestry of coming events in the exciting 2024 Season at the following iconic venues: B of A Performing Arts Center, CSUN's Plaza del Sol and Soraya Theaters, the NOHO Arts District, the Baked Potato, Catalina Club, and Vibrato jazz clubs, LA Music Center, and Royce Hall, as well as the Alex Theater and St. James Classical Sundays.

## 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.
- 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, your name, or your email address as your new password.

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

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### Register for Self-Service Password Reset (SSPR)

IMPORTANT! This allows students to reset **their own password online**. To set up SSPR please call the Encore office for assistance (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.



