

## Older Adults (Noncredit)

### OLDR 7000 Natural History: Central Coast

**4.0 - 8.0 hours**

Acceptable for credit: N - Noncredit

This course, designed to promote socialization and cognitive acuity, presents an engaging review of the natural history and conservation issues related to the Central Coast of California. Discussion topics include (but are not limited to) plant communities, floral components, geology, soil, climate, biology, archeology, and environmental concerns. (Spring) (Noncredit)

### OLDR 7001A Topics for Older Adults

**15.0 - 45.0 hours**

Acceptable for credit: N - Noncredit

This course is designed to promote the socialization and mental stimulation through the presentation and discussion of international, national, and local events from a current and historical viewpoint. Topics include a range of literature, current world issues, historical events, and personal issues of interest as they relate to the student.

### OLDR 7002 Great Literature

**6.0 - 12.0 hours**

Acceptable for credit: N - Noncredit

Prerequisite: TEEN Y

This course is an intellectually and socially rewarding class in which outstanding short stories, essays, books, plays and poems are read and discussed. Through the method of shared inquiry, along with thought-provoking questions, students are offered exciting opportunities for self-discovery and personal growth.

### OLDR 7005 Film Appreciation

**4.0 - 12.0 hours**

Acceptable for credit: N - Noncredit

This course is an examination of film as an art form, which emphasizes film appreciation, a study of the historical context, dramatic issues, artistic and technical objectives, and narrative genre. Students view films and critically analyze and discuss the genre in order to develop a broad appreciation, insight, and analytical understanding of visual media.

### OLDR 7035 Jewelry Making and Repair

**24.0 - 68.0 hours**

Acceptable for credit: N - Noncredit

Repeatable: 5.00

C-ID Course Number: n/a

Discover how easy it is to make a ring or pendant and perform simple jewelry repairs. Topics include jewelry restoration, restringing pearls or beads, silversmithing, and goldsmithing. This course provides an avenue for creative expression, fine and soft motor skills and improved mental acuity. (Fall, Spring) (Satisfactory Progress)

### OLDR 7100 Sensory Awareness

**32.0 - 36.0 hours**

Acceptable for credit: N - Noncredit

This sensory awareness class is designed to engage the five senses in order to sustain mental/cognitive acuity. Activities include discussions centered on current events and topics of interest. Music, storytelling, touch, aroma, and taste experiences provide focus and stimulation. (Fall, Spring, Summer) (Noncredit)

### OLDR 7101A Crafts for Seniors

**32.0 - 36.0 hours**

Acceptable for credit: N - Noncredit

Learn to work with one or all of the following craft media in this survey of crafts class: clay, paper, fabric, and paint. Some classes have a materials fee.

### OLDR 7102 Current Topics

**32.0 - 36.0 hours**

Acceptable for credit: N - Noncredit

This course is designed to promote socialization and stimulate memory and cognition. Students explore a wide range of topics via discussions, guest speakers, and other techniques. Course discussion and activities draw upon current local, national, and/or world topics, and draws upon the participants' experiences and knowledge of current and historical events. (Fall, Spring) (Noncredit)

### OLDR 7200 Int. Watercolor Painting

**24.0 - 54.0 hours**

Acceptable for credit: N - Noncredit

Designed with the older adult in mind, expand your knowledge of watercolor and aquamedia techniques, develop your personal painting style, and enhance creative thinking and expression in this inspirational class. Demonstrations, challenging projects, and creative exercises build ability and confidence. Appropriate for all with a basic knowledge of watercolor. (Fall, Spring, Summer) (Noncredit)

### OLDR 7201A Jewelry, Sculpture, and Repousse

**48.0 - 54.0 hours**

Acceptable for credit: N - Noncredit

Develop your creative expression through mixed-media sculpture and pewter repousse, a mixed media with enamels and acrylics. Create two- and three-dimensional sculptures from wood, metal, clay, plaster, fabric, and paper. Explore design fundamentals including space, perspective, dimension, proportion, and balance.

### OLDR 7206A Tole Painting

**48.0 - 54.0 hours**

Acceptable for credit: N - Noncredit

Prerequisite: TEEN Y

Students explore the history of tole painting, while gaining practical experience in the basic techniques of brush control, shading, use of color, and finishing. Additional course topics include fabric painting, folk art, and pen and ink methods, with an emphasis on artistic awareness, small-muscle dexterity, social interaction, and self-esteem.

### OLDR 7209 Botanical Illustration

**24.0 - 54.0 hours**

Acceptable for credit: N - Noncredit

Designed with the older adult in mind, explore drawing and/or watercolor, and learn to create accurate renderings of plants, ranging from fruits and vegetables to weeds and wildflowers while exploring your creative expression. Review examples of the classic scientific style in botanical illustration and the use of realistic plant images in contemporary, fine art. Exercises range from quick sketches to finished compositions. Beginners are welcome. (Fall, Spring, Summer) (Noncredit)

### **OLDR 7211 The Joy of Drawing**

**24.0 - 54.0 hours**

Acceptable for credit: N - Noncredit

Drawing is the foundation of visual communication and can only be learned through practice. Students explore the use of charcoal, colored pencil, graphite, and ink to develop graphic fluency. Exercises help students give form and definition, convey volume, define planes, give movement and direction, and articulate emotion through drawing. (Fall, Spring, Summer) (Noncredit)

### **OLDR 7212A Watercolor Painting**

**45.0 - 51.0 hours**

Acceptable for credit: N - Noncredit

This course is designed for developing and/or sustaining confidence in creative expression, as well as providing opportunities for creative/personal growth, community engagement, and lifelong learning. Beginning-to-advanced painters learn basic to advanced watercolor techniques while working on gross and fine motor skills, and memory recall. Course will also explore art history, color theory, design elements, color mixing, brush techniques, luminous transparent wash techniques, and simple elements of composition. (Noncredit)

### **OLDR 7213 Painting in Oils and Acrylics**

**24.0 - 51.0 hours**

Acceptable for credit: N - Noncredit

Learn how to paint your favorite subjects. This class covers the basics of oil and acrylics, from the beginning drawing to the finished painting. Beginning through experienced painters who wish to work with oils and acrylic media are welcome. (Fall, Spring, Summer) (Noncredit)

### **OLDR 7214 Ceramics 1**

**96.0 - 108.0 hours**

Acceptable for credit: N - Noncredit

Repeatable: 5.00

C-ID Course Number: N/A

This course serves as an introduction to ceramics materials, concepts and processes, including design principles, creative development, and ceramic terminology. Low-fire clay and glaze processes using hand-building forming techniques will be emphasized. These practices will help students to improve fine/gross motor skills, enhance mental acuity, enhance creativity, foster socialization, and increase appreciation for the arts among older adults. (Fall, Spring) (Noncredit)

### **OLDR 7215 Mixed Media 1**

**96.0 - 108.0 hours**

Acceptable for credit: N - Noncredit

Repeatable: 2.00

C-ID Course Number: NA

An exploration of a variety of traditional and distinctly unique 2-dimensional art media as they relate to drawing and painting mediums. This course is designed to enhance mental/physical skills and fosters socialization. (Fall) (Noncredit)

### **OLDR 7216 Ceramics 2**

**96.0 - 108.0 hours**

Acceptable for credit: N - Noncredit

Repeatable: 5.00

C-ID Course Number: NA

A continuation of Ceramics 1 and low-fire clay and glaze processes, using the potter's wheel, extruder, making and using molds, graphic design with low-fire colored glazes. This course is designed to enhance mental/physical skills and fosters socialization. (Fall, Spring) (Noncredit)

### **OLDR 7400 Mixed Ensemble**

**52.0 - 58.5 hours**

Acceptable for credit: N - Noncredit

C-ID Course Number: N/A

Limitations on Enrollment: Audition at first class meeting

Designed to give singers with varying degrees of musical experience the opportunity to rehearse and perform standard choral literature in a broad range of styles, including a cappella and instrumentally accompanied works. Performances are scheduled throughout the semester with an emphasis on community outreach. This course is designed to enhance mental/physical skills and fosters socialization. (Fall, Spring) (Noncredit)

### **OLDR 7401 Jazz Ensemble**

**48.0 - 54.0 hours**

Acceptable for credit: N - Noncredit

Repeatable: 12.00

Designed for members of the Allan Hancock College Jazz Band, which will perform a variety of traditional and contemporary jazz works. The band will make several appearances during the semester. This course is designed to enhance mental/physical skills and fosters socialization. (Fall, Spring) (Noncredit)

### **OLDR 7405 Symphonic Band**

**48.0 - 54.0 hours**

Acceptable for credit: -

Repeatable: 12.00

This is a noncredit class for students in the community who wish to play and perform in a community band. This course provides social interactions as well as the development of dexterity and continued development of breathing capacity for the older adult. The band performs a concert for the public every six to eight weeks. (Noncredit)