

Tustin

Spring 2010

Emeritus Classes

Music Classes

Piano- Intermediate

For those who wish to improve their skills performing both classical and popular music. Includes theory, fingering, interpretation techniques, sight-reading, and repertoire development.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1624	Landes	9am-Noon	Th	2/11-5/6	Tustin	\$30

This class includes registration for Emeritus class #65265.

For the Love of Music

Introduces overall musicianship and music appreciation, surveying various periods of music. Topics include great composers; music research; the form of compositions; creative theory; the makeup of a symphony orchestra, chorus, and concert program; the function of the conductor; and the instruments of the orchestra and their contribution. Faculty: Louise Jacobs.

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1614	12:30-3:30pm	M	2/8-5/10	Tustin	\$25

This class includes registration for Emeritus class #65250.

Choral Ensemble

Choral singing, emphasizing choral literature, the development of correct singing techniques, vocal production, and improved sight-reading.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1619	Jacobs	3-5pm	F	2/5-5/7	Tustin	\$20

This class includes registration for Emeritus class #65250.

Fitness Classes

Aerobic Workout

You can use aerobics as a way of developing and maintaining health and fitness. Focus is on the importance of cardiovascular and respiratory levels, and is suited to the needs of the individual student, considering age, sex, and general health. Faculty: Eugenia Lane.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1629	Lane	2:30-4pm	M	1/11-5/17	Tustin	\$25

This class includes registration for Emeritus class #66565.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1630	Lane	8-9am	T/Th	2/9-5/6	Tustin	\$25

This class includes registration for Emeritus class #66580.

Chair Exercises- Intermediate

A safe and effective exercise program for seniors, utilizing Dyna-band resistive exercises, cardiovascular exercise, balls, and weights. Practice techniques for maintaining or improving health and fitness.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1660	Janiga	9:30-10:30am	MW	1/11-5/19	Tustin	\$25

This class includes registration for Emeritus class # 66585.

Art Classes

Creative Needlepoint/Needle Arts

Develop your skills in needlepoint, knitting and crochet at all levels. Focus on your ability to master the terminology, stitches and techniques of each needle craft at the student's level. Beginners are welcome. Faculty: Sue Drobish

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1600	9am-Noon	Tu	2/9-5/4	Tustin	\$25

This class includes registration for Emeritus class #65175.



Painting- Intermediate

Develop further facility using watercolor, oil, acrylic, and mixed media and a greater working knowledge of color theory, composition, and perspective. Emphasis is on painting as a creative process. Students may participate in installations and exhibitions of artwork, field trips to museums, and painting on location. Faculty: Pam Schader.

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1606	9am-Noon	M	2/8-5/10	Tustin	\$30

This class includes registration for Emeritus class #66380.

Sketching

Learn sketching techniques and media for older adults. Create life drawings, landscapes, and still life compositions in the classic media of pencil, pen and ink, charcoal, pastel, and new and mixed media. Oil/Acrylic paint & emphasis on traditional drawing/painting techniques.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1607	Knox	12:30-3:30pm	W	2/10-5/5	Tustin	\$60

This class includes registration for Emeritus class #66620.



Tai Chi Ch'uan

Tai chi ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure, and the philosophy of tai chi ch'uan. Faculty: S.R. Caramagno

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1654	1-2:30pm	T	2/9-5/4	Tustin	\$20

This class includes registration for Emeritus class #66005.

1655	1-2:30pm	Th	2/11-5/6	Tustin	\$20
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This class includes registration for Emeritus class #66005.

Dyna-Band Workout

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands (long latex strips) are used to increase muscle strength. Learn to properly perform exercises using the bands in combination with chair aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1679	Janiga	5:30-7pm	Tu	1/12-5/18	Tustin	\$25

This class includes registration for Emeritus class #66470.

1680	Janiga	9:30-11am	Th	1/14-5/20	Tustin	\$25
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This class includes registration for Emeritus class #66590.

Yoga

Instruction and practice includes passive exercise especially adapted to seniors; stretching, relaxing and breathing; and working together in rhythm as directed. Course repetition allows you to build skills and increase your fitness level. Faculty: Mikki Michele.

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1656	10:30am-Noon	M	1/11-5/17	Tustin	\$36

This class includes registration for Emeritus class #66000.

1661	10:30am-Noon	W	1/13-5/19	Tustin	\$36
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This class includes registration for Emeritus class #66000.

1816	10:30am-Noon	MW	1/11-5/19	Tustin	\$60
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This class includes registration for Emeritus class #66000.

Mild Exercise for Fitness

An exercise program modified for older adults who want to build strength and endurance. Designed to improve balance and flexibility, with light weights and easy to follow Dyna-band workout. Faculty: Beejay Janiga.

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1681	11am-Noon	Th	1/14-5/20	Tustin	\$25

This class includes registration for Emeritus class #66590.

Pi-Yoga

Combines two of the most popular fitness systems for today's exercise enthusiasts. Both are non-impact workouts that tone and elongate the body. Pilates and Yoga complement each other; one focuses on core strength, while the other on flexibility. Bring a mat. Faculty: Eugenia Lane.

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1652	4-5:30pm	M	2/8-5/10	Tustin	\$25

This class includes registration for Emeritus class #65490.

Various Classes

Film Genres

An examination of film as a 20th century art form. Consider foreign and domestic cinema with attention given to the film's archetype, myth, symbol, characterization and plot.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1647	Dowden	1-4pm	W	2/10-5/5	Tustin	\$26

This class includes registration for Emeritus class #66415.

Stocks & Bonds Management

Explore the economic, political and social issues now facing the US and other nations that have profound effects on everyone's investments and retirement plans. Examine factors that influence the values of stocks, bonds, annuities, commodities, real estate and other investments. Focus on stock selection and market timing methods that build and help manage secure and profitable investment portfolios.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1635	Meyerson	6-8pm	Th	2/11-5/6	Tustin	\$25

This class includes registration for Emeritus class #66360.

Theatre Rehearsal & Performance

This course focuses on the preparation of productions for public performance, including acting and technical and production management. Faculty: Robert Conrad.

<u>Ticket</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Site</u>	<u>Fee</u>
1604	9am-Noon	M	2/8-5/10	Tustin	\$35

This class includes registration for Emeritus class #66440.

Refund Policy

Full refunds are issued for classes cancelled by IVC. Student requested refunds or transfers made 3 days prior to the start of class are assessed a \$10 fee and students receive a six-month credit on account. Refunds are not available after the class begins.

Call (949) 451-5382 to register for classes.

All classes are held at the Tustin Area Senior Center, located at 200 S. C St., Tustin, CA 92780.

Registration Information: Three easy ways to register (checks payable to IVC)

- ONLINE: Log on for class information or to register by credit card at www.123getsmart.com "Emeritus"
- BY MAIL: Mail form and check to: IVC Emeritus Institute, 5500 Irvine Center Drive Irvine, CA 92618
- BY PHONE: Call (949) 451-5555 M-F 9 a.m. – 5 p.m.

Extended Education		Registration Form		Session: Spring 2010	
Payer First Name:		Last Name:		Credit Card #	
SIGNATURE:			Exp. Date		CVC#
Address:			Check: #		Cash: Y / N
City:			Zip:		
Phone: Day: ()			Evening: ()		
Email:					
Ticket		Class Name			Fee
Office use only:		Receipt Sent Y / N	Date:	Receipt:	CAP: VER:

IVC Emeritus Institute

5500 Irvine Center Drive at Jeffrey Road • Irvine, CA 92618
Bldg A 300, Room A 304
 Open: Mon.-Fri. from 8am–5pm
 Tel: 949-451-5382 • Fax: 949-451-5638
 Website: www.ivc.edu/emmeritus

These classes are IVC Emeritus Classes. To enroll in these classes, you must have a registration appointment (assigned to continuing students) or get one by completing an IVC Emeritus Institute application. Go to www.ivc.edu/emmeritus to download an application or call 949-451-5382 to have one mailed or faxed.

ART 403ABC: Introduction to Art Media

An introduction to various art media—which may include drawing, painting, printmaking, beading, stained glass, and ceramics—for the older adult. **These classes feature Beading.** Faculty: Annette Hernandez.

Ticket	Time	Day	Dates	Site	Fee
65070	10am-12:50pm	M	1/11-5/17	Red Bee	\$26
65080	Noon-2:50pm	Tu	1/12-5/18	Tustin	\$26
65075	10am-12:50pm	Th	1/14-5/20	FSSC	\$26

CT 425: Quilting and Patchwork

Introduces the fundamental techniques of quilting and patchwork for older adults. Faculty: Carolin Caverly.

Ticket	Time	Day	Dates	Site	Fee
65180	9-11:50am	Th	1/14-5/20	Tustin	Free

How to Sell Online

Recommended prerequisite: Good Internet knowledge

Learn to sell your valuables (coins, trading cards, books) or anything you just can't bear to throw away, for a profit online. We will: explore the use of e-commerce websites (Craigslist, Amazon, eBay and more); find out the value prior to selling your item; understand fees; set up automatic payments for your items; learn when to use an escrow payment company, and understand risks and strategies for selling your stuff through online auctions.

Ticket	Faculty	Time	Day	Dates	Fee
65145	Fong	9-10:30am	Tu	1/12-5/18	\$26

Computer Maintenance

Recommended prerequisite: Intro to PCs or equivalent

Want to get comfortable with the maintenance and management of your PC? Get tips and tricks to solve common computer problems. Learn valuable and basic troubleshooting skills; including: proper starting, restarting, and shutdown of a computer; handling a computer "lock up"; using the disk cleanup, disk defragmenter, system restore point, and check disk; backing up data; using an external hard drive; organizing files and folders; uninstalling programs; keeping your computer secure; antivirus, anti-spyware, and firewalls; automatic updates; understanding ports & connections (USB, video, network & more).

Ticket	Faculty	Time	Day	Dates	Fee
65145A	Luis	Noon-1:30pm	W	1/13-5/19	\$26

Internet II

Recommended prerequisite: Intro to the Internet

A hands-on class for those with basic PC knowledge who want to know more about the Internet. Topics include: computer security, configuring settings in the Internet Explorer web browser, search engines, advanced search techniques, news groups, blogs, online genealogy, and instant messaging. Activities include: Research on anti-virus software, locating the best websites for products and services, and advanced searches using Google.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Fee</u>
65160	Luis	9-10:30am	W	1/13-5/19	\$26

Introduction to Personal Computers

Designed for the complete beginner, this class includes a description of a typical personal computer system, including hardware components & software programs; an interactive discussion of various personal uses for a computer; explanations and demonstrations of word processing/electronic spreadsheet features; instructions for choosing desktop backgrounds and screensavers; and a discussion of computer file storage and retrieval. Optional projects may include how to use the computer to write a letter and balance a checkbook. Students will be given plenty of class time to work on these projects.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Fee</u>
65140	Luis	10:30am-Noon	W	1/13-5/19	\$26

Call (949) 451-5382 for information or registration.

Intro to Personal Computers II

Continuing students use MS Word 2002 to create various projects. Work on projects like writing a letter, creating a flyer (including graphics!), creating columns and tables, creating envelopes and labels, creating an electronic spreadsheet, creating and using templates, creating stationary and letterhead, and using electronic mail features to send an e-mail. Computer file storage (so you can find what you've saved!) will be covered.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Fee</u>
65155	Records	9-10:30am	Th	1/14-5/20	\$26

Introduction to Digital Photo Imaging

Recommended prerequisite: Intro to PCs or equivalent

Learn to use software on the personal computer to fix common flaws in photographs. We will spend time learning how to import and organize our digital photo collection, crop out unwanted areas of our pictures, fix flash red eye, straighten crooked pictures, and alter the color or lighting of selected objects, remove dust and scratches, and remove or duplicate objects within a picture. Methods and ideas for sharing and archiving photos (digitally and in print) and common problems will be discussed. This class requires strong mousing skills and good knowledge of maneuvering in Windows (using the task bar to switch applications, retrieving or saving a document to a designated place, etc.). Owning a digital camera is not required.

<u>Ticket</u>	<u>Faculty</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>	<u>Fee</u>
65155A	Records	10:30am-Noon	Th	1/14-5/20	\$26

If you are currently an IVC Emeritus student, you have four ways to register for these Emeritus Institute classes. The first option is to enroll on-line at our college web site www.ivc.edu. Another option is to use the telephone registration system at (949) 582-7579. You can also attend the pre-registration day at the Tustin Area Senior Center listed above. The last option is for you to come to the campus to register in person, at the Office of Admissions and Records, located on the first floor of the Student Services Center. At the time you register for classes, you will need to make payment by credit card (VISA, MasterCard or Discover) or by check, made payable to IVC. **New students need to submit an Emeritus Application to obtain a permit to register.**