

*Older Adult Education Program*

# Encore

## FREE Classes



**Summer 2024**

June 10 - July 12



**Fall 2024**

Aug. 26 - Dec. 6

**Contact Information**

**(818) 710-2561**

**[lapc-encore@piercecollege.edu](mailto:lapc-encore@piercecollege.edu)**

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

# 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 Foundation - Encore  
6201 Winnetka Avenue #341  
Woodland Hills, CA 91371

**Donor Information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

**Donation**

My check is enclosed in the amount of \$:

(Checks payable to: Pierce College - Encore Program Trust)

This gift is:

- In appreciation of the Encore program. Thank you!**
- In appreciation of an Encore Instructor:**
- In memory**

Remember someone special by giving a gift in their memory. Encore will send a card acknowledging your thoughtful donation to the person of your choice:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

## GENERAL INFORMATION

### Table of Contents

Donation Form	1
General Information	2
Email	3
Important Reminders	3
Application Procedures	4
Registration Procedures	4
Summer Calendar and Class Descriptions	5 - 9
Fall Calendar and Class Descriptions	11-27
Password Instructions	10, 28
Maps	29-30

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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

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

First week is free.

1. \$7 cash only
2. Picture ID
3. Must be currently enrolled in Summer.

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

First 2 weeks are free.

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

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

### Scan for Encore Website



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 on the roster. If not, students need to RENAME themselves or be removed from the class that day. For instructions to Rename see Encore website.

### Password: Record Your Password

Enter your password slowly and carefully. If you try more than 3 times you will be locked out and need to re-set your password.

## APPLICATION PROCEDURES

New or former students who have not enrolled in any LACCD colleges in the last two semesters need to apply.

**How to apply:** Email needed for online application.

**1. Noncredit Application** – To enroll in noncredit zero-unit courses ONLY. (Encore classes included.)

**Video - How to Submit a Noncredit Application:**

Link available on Encore website.

**2. College Application** – To enroll in college level credit classes. This application should also be used if you plan to enroll in both credit & noncredit classes.

**For Assistance: CCC Apply helpline 877-247-4836**

**Both Applications have two parts:**

**ID.me - To verify identity of student.**

**To skip click “verify later.” Then select “Yes, I want to opt out of ID.me.”**

***Check e-mail - Some students may be required to verify their identity online or in person.***

**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 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

**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. Online registration appointments are issued by the LACCD. Encore Office cannot change registration appointments.

**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 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)

# Summer 2024 June 10 - July 12

Class#	Class	Instructor	Days	Time	M	T	W	T	F	Location
12823	Body Movement	Hefter	TWTh	9:40-11:40 am		X	X	X		SGYM 5402
10837	Body Movement	Lacelle	TWTh	8-10 am		X	X	X		Online
12848	Body Movement <i>Late start 7/15 (5 weeks)</i>	Lacelle	MWF	9:40-11:40 am <i>Late start 7/15</i>	X		X		X	SGYM 5402
10151	Watercolor and Drawing with Various Media	Pitt	WTh	10-1 pm			X	X		Online
10210	Acrylic or Oil Painting all Levels	Pitt	WTh	1:30-4:30 pm			X	X		Online
11713	Body Movement	Shvetsov	MWF	8-10 am	X		X		X	Online
10246	Body Movement )	Shvetsov	MWF	10:15-12:15 pm	X		X		X	Online
10668	Online Family Genealogy	Perret	TW	9-12 pm		X	X			Online
10870	Photo Management	Perret	TW	12:10-3:10 pm		X	X			Online
14305	Magic and Philosophy	Lambert	TTh	1-3 pm <i>Starts 6/11 (8wks)</i>		X		X		Online
10252	Yoga/Mat Pilates	MacDonald	MWF	8-10 am	X		X		X	Online
10117	Impressionist Painting <i>Late start 06/24 (5 weeks)</i>	Thornton	MF	1-4 pm	X				X	Online
10265	Understanding Contemporary Art <i>Late start 06/25 (5 weeks)</i>	Thornton	TWTh	10:45-12:45 pm		X	X	X		Online
10259	Russian Art and Culture: Revolution to Present <i>Late start 06/25 (5 weeks)</i>	Thornton	TWTh	1:45-3:45 pm		X	X	X		Online
10232	Mixed Media, Collage and Assemblage	Tirr	TTh	9:30-12:30 pm		X		X		Online
10109	Watercolor in Plain Sight	Tirr	TTh	1-4 pm		X		X		Online
10836	Body Movement: Chair Yoga	Cummins	MWF	9:30-11:30 pm	X		X		X	Online
10970	Sports (T) Current Events (F)	Levick	T F	1-3 pm <i>Starts 6/11 (8 wks)</i>		X			X	BRCH 1107 Online
10838	Supreme Court Roundup	Levick	MTh	2-4 pm <i>Starts 6/10 (8 wks)</i>	X			X		Online
10132	Perspective Basics	Kraus	WTh	9:15-12:15 pm			X	X		AT 3800
10168	Basic Composition	Kraus	WTh	1-4 pm			X	X		AT 3800
10242	Great Composers Series 5: Composers of the late 19 <sup>th</sup> & Early 20 <sup>th</sup> Centuries	Domine	MW	1-3 pm <i>6/10 (8 wks)</i>	X		X			Online
12062	William Shakespeare Controversy – Who Wrote the Plays?	Domine	TTh	1-3 pm <i>Starts 6/11 (8 wks)</i>		X		X		Online

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

**Holiday: Wed., June 19 - Juneteenth**

**Thurs., July 4 - 4<sup>th</sup> of July**

**For INSTRUCTIONS to access online classes:**

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

# Summer 2024

## Art History

Older Adult 56CE – Seeing and Understanding Art

### Class #10265 – Understanding Contemporary Art Late start 06/25 (5 weeks)

TWTh	10:45-12:45 pm	Thornton, John	Online
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Explore the dynamic history of art from the 1960s to the present day in this survey of contemporary trends. Social movements, art markets, new technologies and battles for and against tradition are part of the story of the art that defines our time.

### Class #10259 – Russian Art and Culture: Revolution to Present Late start 06/25 (5 weeks)

TWTh	1:45-3:45 pm	Thornton, John	Online
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Russian Art of the twentieth and twenty-first centuries is a dramatic story of political and social struggle, navigating through the Revolution of 1918 into the Soviet-era and its collapse, until the present. Above all, this is a very human story. We will focus on painting and sculpture that is rarely seen in the context of art history, and examine the artist's battle between cultural expectations and the yearning for freedom.

## Art

Older Adult 42CE—Creative Art for Seniors

### Class #10117 – Impressionist Painting Late start 06/24 (5 weeks)

MF	1-4 pm	Thornton, John	Online
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All painting media are welcome in this class focusing on how to capture a sense of vibrant light and rich shadows in portraits and landscapes. Learn how to use color and value while studying the Impressionist masters, and create original works.

### Class #10151 – Watercolor and Drawing with Various Media

WTh	10-1 pm	Pitt, Deborah	Online
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In this course we will experiment with watercolor and various drawing materials including chalk pastels, oil pastels, and water-soluble colored pencils as we draw landscapes, still lives and maybe a portrait. If dust bothers you, please have a mask available when we use chalk pastels.

### Class #10210 – Acrylic or Oil Painting all Levels

WTh	1:30-4:30 pm	Pitt, Deborah	Online
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Previous painting experience recommended, but all levels welcome. In this course we will review several styles of painting including Realism, Impressionism, Loose Painting, Palette Knife Painting, and Abstraction. I will offer assignments in these areas and students are also welcome to pursue their own ideas and get feedback on their work.

### **Class #10232 – 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 #10109 - 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 #10132 – Perspective Basics**

WTh	9:15-12:15 pm	Kraus, Peter	AT 3800
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The ability to create the illusion of form and space is fundamental to the artist. In this exciting lecture, critique and hands-on course, we will explore linear as well as atmospheric perspective in a variety of intriguing and revealing and ways. Previous drawing experience recommended.

### **Class #10168 – Basic Composition**

WTh	1-4 pm	Kraus, Peter	AT 3800
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Great for artists, photographers and art enthusiasts. In this enlightening lecture, critique and hands-on course, we will explore the primary principles of design. These include format, unity, harmony, rhythm, balance and emphasis. No art experience needed.

## **Computer**

Vocational Education 187CE-Computer Usage Skills

### **Class #10668 – Online Family Genealogy**

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

### **Class #10870 – Photo Management**

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



## Special Topics

Older Adult 60CE – Senior Topics

### Class #10838 – Supreme Court Roundup Starts 6/10 (8 weeks)

MTh	2-4 pm	Levick, Mark	Online
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Review of significant and/or interesting decisions of the U.S. Supreme Court during the 2022-2023 term combined with general discussion of principles of Constitutional Law. Topics will include (but will not be limited to) challenges to alleged racial gerrymanders, government officials' bans of their critics on social media, wealth taxes and whether bans on camping on public property are "cruel and unusual punishment."

### Class #10970 – Sports/Current Events Starts 6/11 (8 weeks)

TF	1-3 pm	Levick, Mark	BRCH 1107/Online
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Tuesdays (BRCH 1107): 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.

Fridays (Online): 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.

### Class #14305 – Magic and Philosophy Starts 6/11 (8 weeks)

TTh	1-3 pm	Lambert, Krystyn	Online
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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 #12062 – The William Shakespeare Controversy - Who Wrote the Plays? Starts 6/11 (8 weeks)

TTh	1-3 pm	Domine, James	Online
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A controversy surrounding the actual authorship of the Shakespeare plays has existed since the earliest publication of the first folio edition. This class will explore the reasons for doubting the authenticity of the standard "Stratford-on Avon" version as opposed to credible alternate theories of who wrote the plays including Edward De Vere, Earl of Oxford, Sir Francis Bacon, Christopher Marlowe, and other viable candidates. Why the mystery exists and what are the most likely explanations are the subject of this class.

## Health and Fitness

Older Adult 52CE—Body Movement for Seniors

### Class #10836 - Body Movement – Chair Yoga

MWF	9:30-11:30 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 #12823 – Body Movement**

TWTh	9:40-11:40 am	Hefter, Deborah	SGYM 5402
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Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

**Class #10837 – Body Movement**

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

**Class #12848 – Body Movement Late start 7/15 (5 weeks)**

MWF	9:40-11:40 am	Lacelle, Bryon	SGYM 5402
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Improve cardiovascular fitness, flexibility, muscle strength and endurance. Mat suggested.

**Class #11713 – Body Movement**

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

**Class #10246 – Body Movement**

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

**Yoga**

Older Adult 53CE – Yoga for Seniors

**Class #10252 – Yoga /Mat Pilates**

MWF	8-10 am	MacDonald, Amy	Online
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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.

**Music**

Older Adult 49CE—Music Appreciation for Seniors

**Class #10242- Great Composers Series 5: Composers of the Late 19<sup>th</sup> and Early 20<sup>th</sup> Centuries Starts 6/10 (8 weeks)**

MW	1-3 pm	Domine, James	Online
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This class will explore in a curated encyclical compendium focusing on the most significant composers from selected style periods. Weekly lectures will explore specifically selected examples from the repertoire and the significance of selected individual composers. In this eight-week seminar we will discuss the music of the 19<sup>th</sup> and 20<sup>th</sup> centuries, Italian, French, German and other national styles will be represented using specific listening examples from the repertoire. The lectures will explore the individual contributions of these composers.

## Password Instructions

### FIRST time log-in

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

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

First time student: login name and default password format:

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

### Update your Password

Step 1: When asked to update your password.

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

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

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- D. Register for **Self-Service Password Reset (SSPR)**  
IMPORTANT! This allows students to reset **their own password online**.  
You will be required to setup Microsoft SSPR when you check your email. You will need your student LACCD email to change your password. Example: SmithJD1234@student.LACCD.edu  
For assistance, please call the Encore office (818) 710-2561.

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

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## IMPORTANT

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

# FALL 2024

Aug. 28 – Dec. 9

<i>Class #</i>	<i>Course Title</i>	<i>Instructor</i>	<i>Time</i>	<i>Room</i>
<b>Monday</b>				
24548	Yoga/Mat Pilates	MacDonald	8-10 am	Online
11059	Body Movement	Shvetsov	8:30-10:30 am	Online
15099	Body Movement	Lacelle	9-11 am	Online
18176	Drawing Matters	Tirr	9-12 pm	Online
13907	Current Events	Levick	10-12 pm	The Village, Northridge
14319	Body Movement: Chair Exercise	Shvetsov	10:40-12:40 pm	Online
11126	Body-Mind Fusion	Tinto-Singer	10:40-12:40 pm	Online
11093	Art in Israel: Exodus to the Crusades	Thornton	11:30-1:30 pm	Online
14473	Dance History: An Expression of Culture	Jensen	12-2pm	Online
25592	Body Movement	Lacelle	12:15-2:15 pm	SGYM 5402
24559	All About the Ocean 2	Andalus	12:30-2:30 pm	Online
14318	History & Development the Western Musical Tradition	Domine	1-3 pm	Online
16229	Watercolor	Pitt	1-4 pm	Online
14492	Healthy Living: Positive Aging	Feldman	1:30-3:30 pm	Online
17482	Current Events	Holland	1:30-3:30 pm	Online
11110	Inspiring Women Artists, Part 4	Thornton	2-4 pm	Online
14730	Hot Topics: Justice System, Impact Public Policy	Oborn	2:30-4:30 pm	Online
17164	Investing and Current Business Issues	Karamian/Andres	2-4 pm	Online
19354	Political Psychology	Lingrosso	5-7 pm	Online
<b>Tuesday</b>				
19344	Yoga	Feldman	8-10 am	Online
19252	Body Movement	Shvetsov	9-11 am	Online
10870	Portrait Painting	Thornton	9-11 am	Online
13900	Body Movement	Hefter	9-11 am	Online
15511	Body Movement: Chair Yoga	Cummins	9-11 am	Online
18170	Body Movement	Lacelle	9:30-11:30 am	Online
16226	Intermediate Acrylic/Oil Painting	Pitt	9:30-12:30 pm	VLGE 8330
14731	Watercolor: Plein Air On Zoom	Tirr	10-1 pm	Online
11084	Body Movement: Movement and Music	MacDonald	10:30-12:30 pm	Ngym 5601
11087	Inspiring Women Artists, Part 4	Thornton	11:15-1:15 pm	Online
19040	Musical Theatre Techniques	Tortell	12-2 pm	Great Hall
21251	Adventures in Theatre	Camilleri	12-2 pm	Online
21051	All About the Solar System & Beyond	Andalus	12:30-2:30 pm	Online
	Current Events: Sports 20800 - BRCH 1100 and 11202 - Online	Levick	1-3 pm	BRCH 1100 Online
14088	Photo Editing for Seniors	Perret	1-3 pm	Online
16228	Animals in Acrylic or Oil	Pitt	1-4 pm	VLGE 8330
14729	Women in Politics	Holland	1:30-3:30 pm	Online
10836	The Short Story	Follett	1:30-3:30 pm	Online
13903	Abstraction and Mixed Media	Tirr	1:30-4:30 pm	Online
11117	Art in Israel: Exodus to the Crusades	Thornton	2:15-4:15 pm	Online
<b>Wednesday</b>				
11062	Yoga/Mat Pilates	MacDonald	8-10 am	Online
11023	Body Movement	Shvetsov	9-11 am	Online
11140	Body-Mind Fusion	Tinto-Singer	11:00-1:00 pm	Online
15234	Body Movement: Chair Exercise	Shvetsov	11:30-1:30 pm	Online

Wednesday continued				
14728	Body Movement	Lacelle	9:40-11:40 am	Online
18174	All About Chemistry	Andalus	12:30-2:30 pm	Online
19486	Quilting	Streimer	12:50-2:50 pm	VLGE 8344
20627	Sociology of Race and Ethnicity	Strother	1-3 pm	Online
24556	Magic and Philosophy	Lambert	1-3 pm	Online
11179	Current Events	Levick	1-3 pm	Village, Sherman Oaks
21812	History of Rock and Roll	Domine	1-3 pm	Online
11224	Renaissance Painting – Egg Tempera	Thornton	1-4 pm	Online
18178	Intermediate Computer Survey	Simmonds	2-4 pm	Online
11149	East Meets West	Tinto-Singer	2-4 pm	Online
Thursday				
16781	Yoga	MacDonald	8-10 am	NGYM5601
15510	Body Movement: Chair Yoga	Cummins	8:30-10:30 am	Online
11045	Body Movement	Hefter	9-11 am	Online
16233	Art Explorations	Kraus	10-1 pm	VLGE 8342
16230	Color Adventure in Drawing	Pitt	9:30-12:30 pm	Online
14320	Art in Israel: Exodus to the Crusades	Thornton	9:45-11:45 am	Online
25602	Improvisation	Camilleri	9:50-11:50 am	Online
14732	Watercolor: Still Life Painting	Tirr	10-1 pm	Online
11071	Body Movement: Movement and Music	MacDonald	10:30-12:30 pm	NGYM5601
15792	Music and Your Health – A Lifestyle Choice	Domine/Tinto-Singer	11-1 pm	Online
24549	Readers Theatre: A Joyful Journey into Storytelling	Camilleri	12-2 pm	Online
11190	Current Events	Levick	12-2 pm	Online
15357	iPhone, Tablets, and Computers for Seniors	Perret	1-3 pm	Online
18175	All About Geology	Andalus	12:30-2:30 pm	Online
14321	Inspiring Women Artists, Part 4	Thornton	1-3 pm	Online
20820	Western Civilization 1 – Pre-Modern History	Kaapuni	1-3 pm	IRIS 0902
14733	Drawing from Figures, Faces, and Animals in Color	Pitt	1-4 pm	Online
20816	World Religions – Eastern Traditions	Sloan Goben	1:30-3:30 pm	Online
15191	Exercise Anatomy	Tinto-Singer	1:30-3:30 pm	Online
13905	Unique Printmaking Today	Tirr	1:30-4:30 pm	Online
	Encore Singers 19671 - IRIS 0914 and 19670 - Online	Domine	2-4 pm	IRIS 0914 Online
14317	Digital Photography	Nisan	2-4 pm	Online
Friday				
11064	Yoga/Mat Pilates	MacDonald	8-10 am	Online
11030	Body Movement	Shvetsov	9-11 am	Online
16227	Intermediate & Beyond Acrylic/Oil Painting	Pitt	9:30-12:30 pm	Online
16125	Watercolor/Ink Splash Painting	Kraus	10-1 pm	AT 3800
10970	Contemporary Topics in Popular Music	Domine	10:30-12:30 pm	Online
11164	Body-Mind Fusion	Tinto-Singer	11:00-1:00 pm	Online
21053	All About Archaeology	Andalus	12:30-2:30 pm	Online
16777	Landscapes & Portraits w/ Acrylic or Oil Paints	Pitt	1:15-3:15 pm	Online
	20th Century Film 18762- BUS 3200 9/1-11/18 12 weeks 11195- Online	Windrum	1-3:30 pm	BUS 3200 Online
10977	Great Classical Bake-Off: Compare Masterpieces	Piazza	1:30-3:30 pm	Online
11263	Watercolor Painting	Thornton	1-4 pm	Online

## Holidays

Sept. 2	Labor Day
Nov. 11	Veteran's Day
Nov. 28-29	Thanksgiving

## Instructions to access online classes

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

# Fall 2024

## Topics of Interest

Older Adult 60CE – Senior Topics

### **Class #14729 – Second Ladies/Second Husband**

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

This class explores the lives of the thirty-eight women and one gentleman who served as Second Ladies/Second Husband, plus a look at our Presidential Libraries.

### **Class #17482 – Current Events**

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

Lively discussion of current local, national and world events. We will discuss the upcoming midterm elections-- including Governors, Congressional elections, and local elections. Students are welcome to suggest events, people, and anything else that is of interest to you!

### **Class #24556 – 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 #24559 – All About the Ocean 2**

**Monday, 12:30 -2:30 pm, Andalus, Online**

Join us as we continue our adventures through the global ocean! You don't need to have had the first part of this class to take this one. All are welcome to come and expand their knowledge with all new material, covering everything from alien-like marine life that live in perpetual darkness, to the science behind powerful tsunamis. Learn why some places have higher tides than others, where life first evolved to have bilateral symmetry, and much, much more!

### **Class #21051 – All about the Solar System & Beyond**

**Tuesday, 12:30 -2:30 pm, Andalus, Online**

This class is chalk full of *all new* material that will cover our outer solar system, then take us far beyond into our observable universe! Discover why there are different types of stars and what fates await them. Learn all about the leading theories as to how our universe began, how it's expanding, and the leading hypothesis as to what dark energy and dark matter might be. What are elementary particles? What is spacetime? Answers to these and many more questions will be thoughtfully addressed, so join us on this intergalactic adventure!

### **Class #18174 – All About Chemistry**

**Wednesday, 12:30 -2:30 pm, Andalus, Online**

Join us as we learn about matter and energy, atomic structure, the periodic table, chemical reactions and more! Learn about the difference between ions and isotopes; atoms and molecules; mass, volume, and density. Become familiar with the various tool's chemists use and the deeper revelations borne out of Einstein's famous  $E = mc^2$  equation. By the end of this semester, you'll be balancing chemical equations like a pro!

### **Class #18175 – All About Geology**

**Thursday, 12:30 -2:30 pm, Andalus, Online**

Ever wondered how various rocks and minerals form, or why some volcanoes are more explosive than others? The answers to these and many other questions in geology will be answered here! Together, we'll delve into interesting topics ranging from glaciers to plate tectonics and much more. Join us and learn more about the earth beneath your feet and the landscapes all around you!

### **Class #21053 – All About Archaeology**

**Friday, 12:30 -2:30 pm, Andalus, Online**

Join us as we continue our adventures in uncovering the human past! You don't need to have had the first part of this class to take this one. This semester we'll delve into how archaeologists reconstruct past social and political systems, seek out and analyze ancient DNA, come to understand ancient peoples' world views by looking at their art, symbols, magic and more. All are welcome!

### **Class #20816 – World Religions – Eastern Traditions**

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

This course will be an introduction to the study of World Religions and will focus on religions from East, South and Southeast Asia, including Hinduism, Buddhism, Sikhism, Jainism, Confucianism, Taoism, Shinto, and East Asian Buddhism. Like most religious traditions, each of these has a Pilgrimage that is integral to their faith. We will explore these practices, and when possible, the instructor will invite practitioners of these traditions to join the class, via Zoom, for a time of Q & A. We strive for conversation and understanding in a world that invites cross-cultural opportunities for engagement.

**Class #14492 - 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 #20627 – The Sociology of Race and Ethnicity**

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

This course examines the sociology of race and ethnicity, how social institutions define these concepts, and how beliefs about race and ethnicity impact our beliefs and values.

**Class #19354 – 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 #14473 – Dance History: An Expression of Culture**

**Monday, 12-2 pm, Jensen, Online**

Learn the history and development of dance, its importance as an art form, and how various forms evolved: Ballet, Modern, Tap, Jazz, Hip Hop, African Dance, Belly Dance, and Social Dance. We will look at the role of the choreographer, dancer and audience. The course explores how dance reflects the historical, social, and political climate of the time period and its impact. It includes lectures, videos, and lively discussions and yes, we will stand up and try a few dance steps for those who are interested!

**Class #13907 - 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.

**Combined class** offers students the option of taking a class either in-person or online. The class has two sections; students register for the in-person section or the online section. All students meet at the same time, same day. Students may also move back and forth between on campus and online.

**Current Events: Sports**

**Class #20800 – BRCH 1100 - In-person    Class #11202 - Online**

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

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

Lively discussion including (but not limited to) current financial, legal, ethical, and political issues in the local, national or world arena related to organized sports, not simply a recap of prior weeks' games.



**Class #11179 – 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.

**Class #11190 – 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 #18762 – BUS 3200 - In-person      Class #11195 – Online**

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

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

Class will discuss the relationship between Hollywood motion pictures and the American society surrounding, reflecting, and influencing the practices of the film industry in the year 1986. We will also be slowly progressing through the top 50 films of all-time as picked by the Sight & Sound Critics Poll.

**Class #14730 – 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 #20820 – Western Civilization 1 - Pre-Modern History**

**Thursday, 1-3 pm, Kaapuni, IRIS 0902**

This course is designed to survey the history of Western Civilization from pre-history through early modern times. The course will study in particular the civilizations of Egypt, Mesopotamia, Greece, Rome, Byzantium, Islam, Medieval Europe, and Early Modern Europe. The goal of the course is to give the student a conceptual as well as a factual framework from which to understand the early political, cultural, social, intellectual, economic and scientific developments in each of these areas of civilization and how these developments have helped shape the modern world.

## Literature

Older Adult 29CE – Literature and the Human Experience

### **Class #10836 – The Short Story**

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

The Short Story, according to Edgar Allan Poe, is to produce a single effect in the reader. As such, it should be read in one sitting; hence, brevity is a key feature. Come join us as together we explore some significant works in this delightful literary genre.

Student suggestions for stories (1) in the public domain, (2) available online, and (3) approximately one hour or less in reading time are welcome on or before 6 August 2024 to [folletrj@piercecollege.edu](mailto:folletrj@piercecollege.edu).

## Art History

Older Adult 56CE – Seeing and Understanding Art

### **Class #11093 – Art in Israel, Part One: Exodus to the Crusades**

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

A sweeping history of the art and cultures of Israel, from ancient times, through the biblical period of Judaism and Christianity to the rise of Islam.

### **Class #11110 – Inspiring Women Artists: Part 4**

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

Our ongoing series spotlighting women artists puts emphasis on the contemporary women's movements of the late 1960s, 1970s, 1980s to the present day. Learn the stories of their lives and creative innovations. Artists of all backgrounds and levels of notoriety will surprise us each week. Painters, sculptors, environmental artists and multimedia artists will be featured.

### **Class #11087 – Inspiring Women Artists: Part 4**

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

Our ongoing series spotlighting women artists puts emphasis on the contemporary women's movements of the late 1960s, 1970s, 1980s to the present day. Learn the stories of their lives and creative innovations. Artists of all backgrounds and levels of notoriety will surprise us each week. Painters, sculptors, environmental artists and multimedia artists will be featured.

### **Class #11117 – Art in Israel, Part One: Exodus to the Crusades**

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

A sweeping history of the art and cultures of Israel, from ancient times, through the biblical period of Judaism and Christianity to the rise of Islam.

**Class #14320 – Art in Israel, Part One: Exodus to the Crusades**

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

A sweeping history of the art and cultures of Israel, from ancient times, through the biblical period of Judaism and Christianity to the rise of Islam.

**Class #14321 – Inspiring Women Artists: Part 4**

**Thursday, 1-3 pm, Thornton, Online**

Our art history series focusing entirely on women artists around the world continues! Learn the stories of their lives and creative innovations within cultural contexts ranging from past centuries to the present day. Artists of all backgrounds and levels of notoriety will surprise us each week. Painters, sculptors, environmental artists and multimedia artists will be featured.

## Art

Older Adult 42CE—Creative Art for Seniors

**Class #16777 - 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.

**Class #10870 – 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 #14317 - Digital Photography**

**Thursday, 2-4 pm, Nisan, Online**

Make your smartphone or digital camera work for you. Learn how to use available light, the importance of composition, and techniques for transforming snapshots into professional-quality photographs. Learn how to use Adobe Lightroom to edit your photos and learn how to shoot landscapes, cityscapes, moonlight, and stars at night. This course uses a Digital Single Lens Reflex (DSLR), but all cell phones and cameras are welcome. It will be optional to meet 2-4 times on campus to photograph in the Botanical Garden. At the same time, the class will be held online.

**Class #19486 – 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 #16230 – 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 colored pencils, and heavy-duty paper available the first meeting. Otherwise please have a soft pencil and paper available.

### **Class #14733 -Drawing from Figures, Faces, and Animals in Color**

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

Working from photos for the most part, with directed exercises and a variety of materials including color, students will study, learn, review, and practice figure drawing, portrait drawing and drawing some animals. Some anatomy will be presented. Have pencil or colored pencil, and paper available for the first meeting.

### **Class #18176 – 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 #16233 – Art Explorations**

**Thursday, 10-1 pm, Kraus, VLGE 8342**

All levels welcome. Via instructor critique, demonstrations, and hands-on experience, advance your understanding and skill with line, shape, tone, texture, color, composition, style, and technique, utilizing traditional and modern ways. You can choose your own projects, and preferred media (oil excluded-water mixable oil or acrylic OK). You can also receive additional assistance with assignments you are working on from other classes, or request specific projects designed especially for you. Bring table covering and your materials to the first meeting.

## Art

Older Adult 63CE—Watercolor Painting

### **Class #16125 – Intermediate Watercolor/Ink Splash Painting**

**Friday, 10-1 pm, Kraus, AT 3800**

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 ways using splash/wash to advance your creative style, technique and color mixing skills. Basic drawing and watercolor experience highly recommended. Bring table covering and your materials to first meeting.

**Class #16229 – Watercolor**

**Monday, 1-4 pm, Pitt, Online**

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

**Class #16226 - Beginning and Intermediate Acrylic or Oil Painting**

**Tuesday, 9:30-12:30 pm, Pitt, VLGE 8330**

All levels welcome. Study Acrylic or Oil Paint handling and Art Fundamentals. Assignments will be offered, and students also have the option to pursue their own projects. Have some painting materials available for the first-class meeting.

**Class #16228 – Animals in Acrylic or Oil**

**Tuesday, 1-4 pm, Pitt, VLGE 8330**

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 #16227 - 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 #11224 - 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 #11263 – 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 #14731 - 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 #13903 – Abstraction and Mixed Media**

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

This course introduces students to a variety of abstract artists from many cultures and their approaches to the art-making process. The students will develop their own abstract vocabulary, while using the weekly exercise as a stepping-stone to find their own voice.

### **Class #14732 – Watercolor: Still Life Painting**

**Thursday, 10-1 pm, Turr, 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 #13905 – Unique Printmaking Today**

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

Make inventive, unique, and topical images using simple print methods. A mixture of techniques will be covered, from mono prints to reduction block printing. Found and built surfaces, with natural forms can be combined with easy carved images. The class will end with a simple book binding technique.

## **Computer**

Vocational Education 187CE-Computer Usage Skills

### **Class #18178 – 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 Microsoft Word Suite, surfing the Internet, using various browsers, and managing and using e-mail. Learn how to correspond and interact online.

### **Class #14088 – Photo Editing for Seniors**

**Tuesday, 1-3 pm, Perret, Online**

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

### **Class #15357 – iPhone, Tablets, Computers for Seniors**

**Thursday, 1-3 pm, Perret, Online**

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

## **Finance**

Older Adult 44CE – Personal Finance for Seniors

### **Class #17164 – 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 #13900 - Body Movement**

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

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

### **Class #11045 - Body Movement**

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

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

### **Class #11059 - Body Movement**

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

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

### **Class #14319 - 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 #19252 - 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 #11023 - Body Movement**

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

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

### **Class #15234 - 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 #11030 - 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 #15099 – Body Movement**

**Monday, 9-11 am, Lacelle, Online**

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

**Class #25592 – Body Movement**

**Monday, 12:15-2:15 pm, Lacelle, SGYM 5402**

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

**Class #18170 – Body Movement**

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

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

**Class #14728 – Body Movement**

**Wednesday, 9:40-11:40 am, Lacelle, Online**

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

**Class #15511 - Body Movement: Chair Yoga**

**Tuesday, 9-11 am, Cummins, Online**

Chair Yoga is a class that integrates the Body-Mind system of Hatha Yoga with various somatic movement strategies to develop increased mobility and stability in standing and seated positions and improve functional movement and to assist with fall prevention and recovery. The intent is to improve postural alignment, enhance awareness and ease, and utilize our brain's **neuroplasticity capacity** to affect change. Relaxation and breathing techniques are a part of every class. Support materials such as tennis balls, TheraBand, bath towels and fit balls are the equipment needed for the class. Additional support materials/equipment discussed in class.

**Class #15510 – Body Movement: Chair Yoga**

**Thursday, 8:30-10:30 am, Cummins, Online**

Chair Yoga is a class that integrates the Body-Mind system of Hatha Yoga with various somatic movement strategies to develop increased mobility and stability in standing and seated positions and improve functional movement and to assist with fall prevention and recovery. The intent is to improve postural alignment, enhance awareness and ease, and utilize our brain's **neuroplasticity capacity** to affect change. Relaxation and breathing techniques are a part of every class. Support materials such as tennis balls, TheraBand, bath towels and fit balls are the equipment needed for the class. Additional support materials/equipment discussed in class.

**Class #11084 – Body Movement: Movement and Music**

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

Do you 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 #11071 - Body Movement: Movement and Music**

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

Do you 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 #24548 - Yoga/Mat Pilates**

**Monday, 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 #11062 - 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 #16781 – Yoga**

**Thursday, 8-10 am, MacDonald, NGYM 5601**

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

### **Class #11064 - 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 #19344 – 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 #11126 - 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 #11140 - 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 #11149 - 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 #15191 – 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 #11164 - 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 #21251 – Adventures in Theatre**

**Tuesday, 12-2 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, playwrighting 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.

### **Class #24549 – Readers Theatre: A Joyful Journey into Storytelling**

**Thursday, 12-2 pm, Camilleri, Online**

This course is designed for those who are curious about the world of drama, storytelling, and acting without the commitment of performing on a stage. The class will read plays, film scripts, and short stories to promote creativity, cognitive sharpness, and self-expression. We will discuss voice acting and learn about all things related to acting. No previous experience in acting is necessary, making it perfect for anyone looking to explore a new and exciting way of storytelling. Participation is not mandatory.

### **Class #25602 – Improvisation**

**Thursday, 9:50-11:50 am, Camilleri, Online**

This course introduces the fundamentals of theatre improvisation. Explore techniques that help develop spontaneity, creating and structuring a scene, and character development. Students are able to build a community with classmates through exercises, games, and group activities while developing transferable life skills like quick-thinking, playfulness, imagination, and self-discovery. No prior experience is necessary and performing is optional.

# Music

Older Adult 49CE—Music Appreciation for Seniors

**Combined class** offers students the option of taking a class either in-person or online. The class has two sections; students register for the in-person section or the online section. All students meet at the same time, same day. Students may also move back and forth between on campus and online.

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

**Class #19671 - IRIS 0914** (in-person)

**Class #19670 – 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 #19040 - Musical Theater Techniques**

**Tuesday, 12-2 pm, Tortell, Great Hall**

This course is designed to provide the amateur singer/actor, training in singing, acting, and performance techniques using musical theatre literature research and material, emphasizing the coordination of dialogue, melody, lyric, and staging. Class members will sing, act, and move in small and large ensembles. Class will culminate in a performance of material studied.

**Class #14318 – The History and Development of the Western Musical Tradition**

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

Come and take an expedition exploring the history and development of the western classical music tradition from its incipient phases in the Renaissance, through its standardization in the Baroque and Classical periods, and the gradual expansion through the Romantic and Modern periods. Modules will be posted containing relevant information regarding each style period in chronological order. Music is an international language that is an integral part of our occidental cultural heritage because it reflects the people who created it in all historical eras. Through the centuries the symphonic music tradition has provided the platform for the most important musical works by composers from all style periods. Because of its versatility and functionality, the classical tradition forms the backbone of international musical culture. Weekly lectures will feature specifically selected examples from the musical repertoire.

**Class #21812 – History of Rock and Roll**

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

Learn about a uniquely American style of popular music as it evolved beginning in the 1950's through its culmination and retrospective developmental episodes in the late 20th and early 21st centuries. For the purposes of this class, Rock and Roll is defined as the musical expression of adolescent rebellion. Combining a myriad of elemental influences taken from earlier styles such as rhythm and blues, jazz, gospel, folk, classical and other genres, Rock and Roll emerges from a tumultuous confluence of popular American musical streams that is brought into focus through the lens of attention brought to bear by the listening habits of an audience of teenagers whose demographic characteristics and musical tastes define the repertoire and determine its development and relevance to the larger popular culture. Using examples from the musical repertoire, this class will explore the chronological chain of musical events and the contributions of significant artists that shape the history of Rock and Roll and tell a larger story of American cultural evolution in the late 20th and early 21st century.

**Class #10970 – Contemporary Topics in Popular Music**

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

This course will discuss current trends in American Popular Music. Specific artists, musical styles, sub-genres and societal trends will be examined as they happen. The business of music and the role of the arts in contemporary culture will be explored and discussed. Weekly lectures will feature specifically selected examples from the contemporary online arena.

**Class #15792 – Music and Your Health – A Lifestyle Choice**

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

This course examines the ways that music can contribute to a healthier lifestyle. Research in the field of Geriatrics and Medicine have found that music can play an important role in treating a variety of ailments associated with aging, dementia, Alzheimer’s disease, and other neurological disorders. This class will explore some of these pathways using listening exercises and musical procedures that can contribute to a healthier, happier lifestyle. Weekly lectures will explore specifically selected topics. Co-taught by James Domine and Dr. Sandra Tinto-Singer.

**Class #10977 – The Great Classical Bake-Off: Comparing Musical Flavors in Recorded Masterpieces**

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

Join Prof. Emeritus Stephen Piazza of the LA Opera Orchestra and the LA Symphonic Winds at a musical feast! We’ll be sampling recordings of timeless classics by a baker’s dozen of celebrity composers from Bach to Wagner and conductors from Abbado to Zinman. We’ll compare and contrast interpretations between, for example, former LA Phil conductor Carlo Maria Giulini and (soon-to-be-former-conductor) Gustavo Dudamel as well as “tasting menus” that you can participate in through sharing your screen with recordings and videos of your favorite musical delicacies.

## Notes

## Password Instructions

### FIRST time log-in

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

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

First time student: login name and default password format:

C. The first letter of your first name (capitalized) + the first letter of your last name (capitalized) + your birth month **spelled out** with first letter (capitalized) + day of your birthdate + @ + LACCD!

Example, Jane Doe, who was born on July the 4th, her default password would be: JDJuly04@LACCD!

D. Please Note: When asked for "Old Password" enter your default password with the format above.

### Update your Password

Step 1: When asked to update your password.

E. Enter your default password in the old password textbox (Old password, Example: JDJuly04@LACCD!). Create a new password in the New Password textbox. If you have never changed your password or have

changed your password on or before May 16th, 2022, your "Old Password" will be your current password.

F. New password must contain at least fourteen characters: **contain at least one uppercase and one lowercase letter, one number, and at least one special character (\*, !, % )**.

G. Additionally, you may not use your prior three passwords as your new password.

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

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

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

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

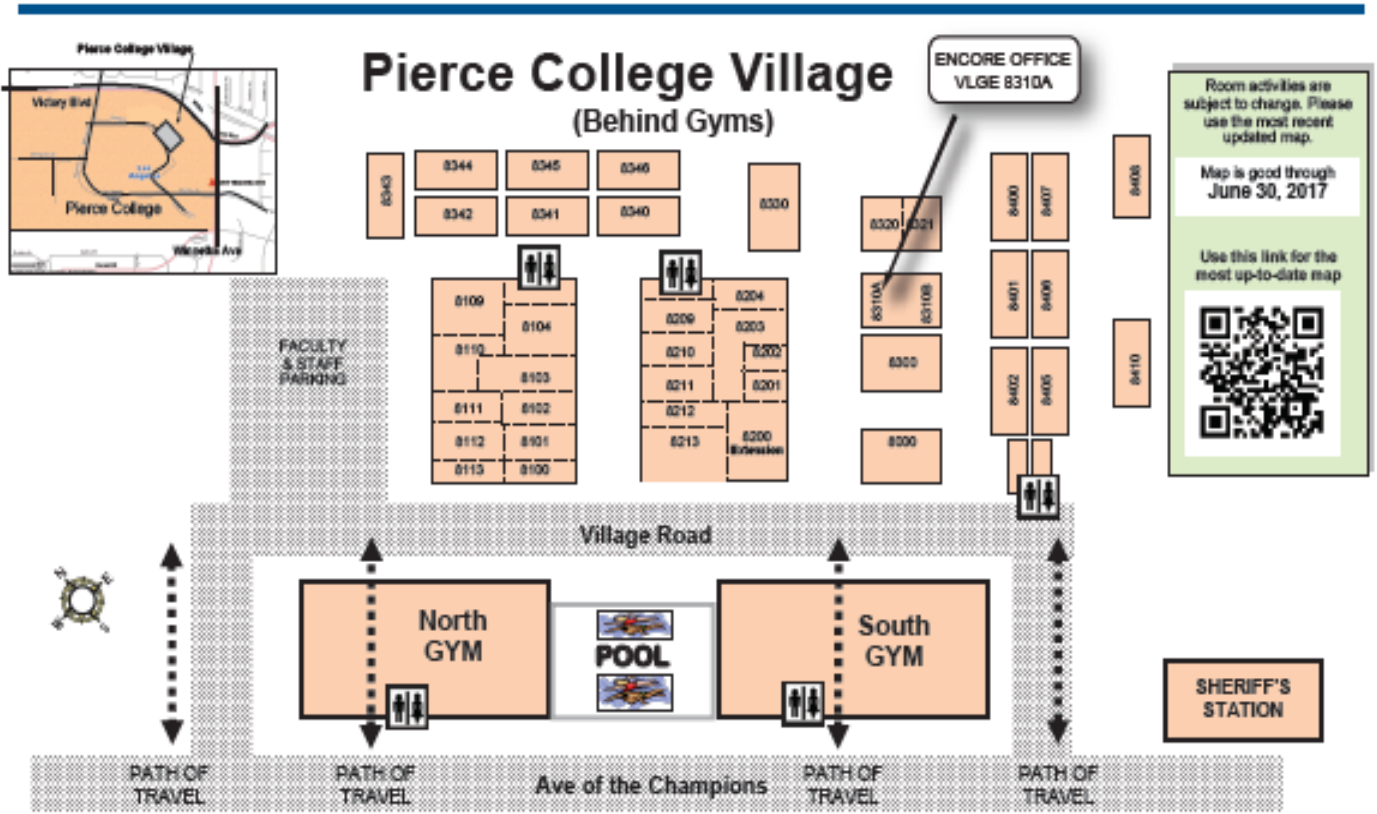
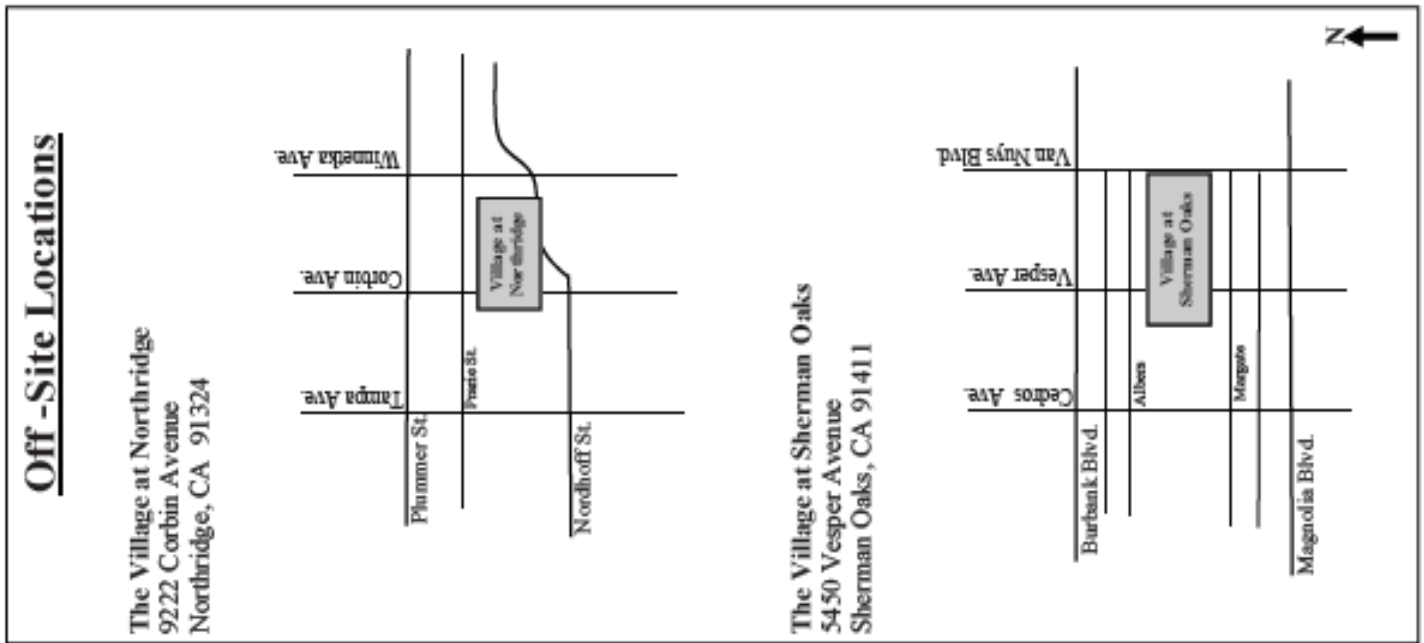
For assistance, please call the Encore office (818) 710-2561.

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

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## IMPORTANT

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





Campus Map

Pierce college

