

Schedule of Classes
Updated 6/10/09



Programs for Older Adults

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For information: Call (714) 847-2873, x219, or email lbergman@hbadultschool.com

To enroll: Complete the Registration Form and mail, fax, or drop off at our Main Campus.

Registration Form: See the website, www.hbadultschool.com

Fax: (714) 841-2283

Main Campus: *Older Adult Classes, HB Adult School*
16666 Tunstall Lane, Huntington Beach, CA 92647

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The Arts

The Art of Film – The Great American Musical

Fee: \$68

Movie buffs will love this special series that focuses on appreciation of films, one of the most influential art forms in modern history. This fall we will focus on the great musicals produced in the last 80 years, films such as *West Side Story*, *An American in Paris*, *Chicago*, and *42nd Street*. Students will view these great films with “state of the art” projection DVD on a 9-foot screen. **Instructor Lynn Aase**, well-known retired master teacher, will provide insights into film techniques, performances, and history. (no class 11/11 or 11/25)
 085201 12-W 7:00-10:00p 9/16 – 12/16/09 TBA
Returns in the winter with a new theme and set of films!

Collage of Artists

Fee: \$42

Creativity is one of the key characteristics of a great artist. Come learn about the creativity of several artists from different periods in history, such as Michelangelo, Georgia O’Keeffe, and Dale Chihuly (the famous glass blower). We will look at their lives, their art work, and what influenced them. A field trip to a local art museum will be included. Join in the fun of this interesting and thought provoking class.

Instructor: Diane Ryan

085001 8-W 1:30-3:30p 9/9 – 10/28/09 TBA

Arts: Basic Drawing

Fee: \$20

Learn basic principles of composition, use of line and drawing techniques including perspective. Draw from photos and class still-life arrangement. No experience is necessary. Students must furnish their own supplies. Bring a #2 pencil to the first meeting. A list of additional supplies will be given at the first class meeting. **Instructor: Chilcott**

085111 4-W 2:30-4:30p 8/5 – 8/26/09 FVSC-LR

Basic Oil Painting (Fall '09)

Fee: \$60

Instructor: Chilcott

Learn basic principles of composition and painting still life or landscapes, in oil, whether regular oil or water-based. No experience is necessary. Students must furnish their own supplies. (A list will be provided at the first class.) (Rm. 22)

085121 11-W 2:30-4:30p 9/23 – 12/16/09 VaVHS

Summer Painting: Watercolor

Fee: \$20

Instructor: Harward

Discover the artist in you! Have fun painting still-life and landscape compositions. Learn basic elements of color, line, proportion and brush techniques. No previous experience is required. Students must furnish their own supplies. (A list will be provided at the first class.)

085129 4-W 6:00-8:00p 8/5 – 8/26/09 HBHS I-4

Painting: Watercolor (Fall '09)

Fee: \$60

Instructor: Harward

Discover the artist in you! Have fun painting still-life and landscape compositions. Learn basic elements of color, line, proportion and brush techniques. No previous experience is required. Students must furnish their own supplies. (A list will be provided at the first class.)

085127 11-W 6:00-8:00p 9/23 – 12/16/09 HBHS I-4

Summer Ceramics: Hand-Building and Throwing

Fee: \$32

Instructor: Harward

Create ceramic objects using a variety of hand building techniques, glazing and firing processes. Try your hand at shaping forms with an introduction to wheel throwing. A \$15 materials fee will be due to the

teacher for basic materials. Anything beyond this may add additional fees. Please bring a lock for an assigned locker.

085133 4-Tu 5:30-8:30p 8/4 – 8/25/09 HBHS I-6

Ceramics: Hand-Building and Throwing (Fall '09)

Fee: \$78

Create ceramic objects using a variety of hand building techniques, glazing and firing processes. Try your hand at shaping forms with an introduction to wheel throwing. A \$15 materials fee will be due to the teacher for basic materials. Anything beyond this may add additional fees. Please bring a lock for an assigned locker. **Instructor: Harward**

085131 12-Tu 5:30-8:30p 9/22 – 12/15/09 HBHS I-6

World Folk Music

Fee: \$40

Experience the cultural diversity and richness of folk music around the world. Sample and compare the melodies and rhythms from various regions of Europe, Russia, the Far East, Middle East, Africa and South America. Try playing an exotic instrument, listening and singing songs and chants in other languages from other lands and people. Colorful audio-visuals and performances will also expand your understanding and appreciation of the art of musical expression. **Instructor: Katz**

085609 8-M 1:30-3:30p 6/22 – 8/10/09 FVSC-LR

085611 8-Th 1:00-3:00p 6/18 – 8/6/09 HLC-mpr1

History of American Musical Theatre (Fall '09)

Fee: \$40

Trace the origins and development of "Old Broadway." Compare the lives, works, and productions of the early composers and performers. Review how historical and social events shaped our musical theatre. Refresh your memory regarding scores, titles, lyrics and performers through audio and visual samples and bits of trivia. Enjoy lively discussions, listening, and even singing some of the musical favorites of past popular productions. **Instructor: Katz**

085601 8-M 9:30-11:30a 10/5 – 11/30/09 FVSC

085602 8-M 1:00-3:00p 10/5 – 11/30/09 RSC

085603 8-Th 1:00-3:00p 10/8 – 12/3/09 HLC-mpr1

Special Senior Interests

World

The Civil War (Fall '09)

Fee: \$55

Learn about history in a fun and exciting environment. The Civil War era will come alive for you through movies and class discussions. This session, the fourth and last in the series, continues from the previous semester and focuses on the period of 1864 – 1870, beginning with Grant’s “Wilderness Campaign” and closing with Lee’s surrender and the Reconstruction Era. **Instructor Steve Brown** is a master teacher who will engage you with his extensive knowledge and enthusiastic style.

088201 10-Tu 3:00-5:00p 9/22 – 12/1/09 HBHS-A39

Communication

Writing Workshop (Fall '09)

Fee: \$20 (Seniors only)

Dr. Ross Winterowd, Professor Emeritus of USC, is leading a writing workshop for older adults in our community. You will enjoy Dr. Winterowd’s warm and collegial style as he provides individualized instruction in writing projects of your choice, such as memoirs, autobiographical sketches, prose fiction, satire, reportage, and editorials. Dr. Winterowd taught writing, literature and has published numerous books and professional articles on composition. This class is open to beginning and advanced students. **Enrollment is limited to 15.**

085701 10-Th 3:00-5:00p 9/24 – 12/3/09 TBA

Technology for Older Adults
Understanding and Using Technology

Keyboarding Skills

Lab Fee: \$50

Did you never learn to type? This high-tech world now requires keyboarding skills, whether for emailing friends, using the internet, or performing simple software tasks. Use the latest software designed to quickly move you along in speed and accuracy. Classes are run for four-weeks, Mondays through Thursdays, and can be repeated to increase speed and accuracy or for independent projects.

086410 M-Th 12:15-1:00p 7/6 – 7/30/09 FVSC

Returns in the fall.

New Users of PC's

Lab Fee: \$30

This class is designed for students who want a very easy start. The teacher will provide friendly, hands-on orientation to the basic part of computers and terminology, creating a basic document, revising, saving, retrieving and printing (Windows XP).

086414 3-MW 8:30-10:30a 6/29 – 7/15/09 FVSC

Returns in the fall.

Beginning Computers "A," with Windows & Word

Lab Fee: \$65

Take this fun easy-to-follow class with other older adults who are new users" of computers. Learn basic word processing and how to create, edit, save, and retrieve documents. Learn to cut, copy, paste from one document to another. Understand toolbars and their basic functions.

086511 5-TTh 8:30-10:30a TBA FVSC

Returns in the fall & winter.

Beginning Comuters "B," Intermediate Windows & Word

Lab Fee: \$65

This class continues instruction in Windows, managing files and creating documents on Word using higher functions like tables, columns, and other formats. Learn to insert clipart, how to add *Word Art* to jazz up a document, use bullets and numbering, page numbering, and more! Student who take this "B" class must have prior computer experience.

086521 5-MW 8:30-10:30a TBA FVSC

Returns in the winter.

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**Family Newsletters and Cards – MS Publisher**

Lab Fee: \$65

Learn to create newsletters for family or organizations. Design flyers, cards and banners for special events and personalized address labels and stationary. Experience with "Beginning A" (or equivalent) and digital photos is needed for this class.

086812 5-MW 8:30-10:30a 5/27 – 6/24/09 FVSC

Returns in the winter.

**Accessing the Internet and Using Email**

Lab Fee: \$65

Enjoy this introductory class and learn to email friends and family. Learn how to go directly to a website, how to search for sites, use different browsers and attach and download files. Create your own free email account and access it from any computer. Learn about Internet safety. Prior beginning class is required.

086714 5-TTh 8:30-10:30a 6/30 – 7/30/09 FVSC

Returns in the fall.

**Digital Cameras and Photos**

Lab Fee: \$65

Join other seniors and learn how to transfer digital camera photos to your computer and save. Edit your photos and send attachments or include in projects, such a greeting cards, family newsletters or flyers. Prior beginning class is required.

086823 5-TTh 8:30-10:30a 5/26 – 6/25/09 FVSC

Returns in the fall.

**Coming soon!**

**Classes in:**

Picasa – digital photo albums

Excel - spreadsheets

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Mental Health and Fitness for Older Adults

Stress Management and Aging

Fee: \$25

Make the old saying, “your not getting older, you’re getting better” work for you! Find out how to use skills and tools to cope (and thrive) with stress. Learn to communicate more effectively with important people in your life, prevent and reverse the aging process, and develop your own personal plan for greater happiness and serenity. Feel better about yourself each year. Make your later years the best years of your life with the right attitude and skills. **Instructor: Fleming**
087604 8-W 11:00a-1:00p 5/13/09 – 7/1/09 FVSC
Returns in the fall.

Meditation/Qigong for Seniors

Fee: \$31

This class emphasizes breathing and movements that help focus and calm the mind, strengthen the immune system, reduce stress, as well as improve balance and posture. Bring a yoga mat and wear loose, comfortable clothing. **Instructor: McEnroe**
087482 8-Tu 2:45-3:45p 6/16 – 8/7/09 WSC
Returns in the fall.

Retirement: Find New Work & Opportunities (Fall '09)

Fee: \$65

Perhaps retirement has not been all that you anticipated or you need to seek reemployment. You may be bored and looking to do something that utilizes your talents, stimulates your interest and makes you feel more productive. This class will help you define your aspirations and assess your talents, strengths, and skills. You will learn how to find more meaningful work or volunteer opportunities that match your lifestyle and aspirations. **Instructor: Fleming**
089801 8-Th 6:30-9:00p 10/1 – 11/19/09 TBA

Mental Gymnastics

Fee: \$45

Take “mental gymnastics” as a complement to your Brain Fitness program. Exercise your mental abilities, memory and critical thinking power! Join this mind-bending and fun group and explore brain teasers, Sudokus and other visual puzzles and mind boggling riddles. Learn how to exercise and flexercise your brain to keep “senior moments” from becoming “senior months,” and how to maintain your mental gymnastics on your own in the future. **Instructor: Fleming**
087525 7-F 9:30-11:30a 6/26 – 8/14/09 RSC
087526 8-M 11:00a-1:00p 6/29 – 8/17/09 FVSC-LR
Returns in the fall.

“Brain Fitness” Program

Fee: \$95

A global team of more than 50 scientists at leading universities created the “Brain Fitness” program for Posit Science. Huntington Beach Adult School is now the first school in Orange County to offer this groundbreaking program to older adults in the community!

Sign up for our new “Brain Fitness” classes, and work out daily on the software exercises specially designed to be responsive to your response level. This new program requires absolutely no experience on computers. The “graduates” from our first eight sessions report dramatic results – proven increases in memory, response time, communication skills, emotional well-being, and thinking skills.

You will feel the difference immediately as you...

- Lose 10 years in your “brain age!”
- Improve your memory for names, directions, facts, lists and ideas.
- Sharpen your listening and thinking skills, and
- Gain Vitality, confidence and alertness that you thought you had lost for good!

Enjoy the motivation of your fellow seniors in the class as well as Instructors Suzanne Messina and Sharon Fleming who are specially trained to coach you through the programs.

Call now to enroll as class sizes are limited. Remember you must commit to regular attendance in this demanding program in order to attain “brain fitness” gains. No one says it will be easy, but it will be the best thing in your life you did yourself. Don’t delay! Research indicates that after 1½ years, you should return to review the program again. We will be here for you!
087547 9 M-Th 1:15-3:00p 6/1 – 7/30/09 FVSC Lab
Returns in the fall and winter.

Insight

Take the next level of Brain Fitness!

Fee: \$95

Cortex for Insight takes “Brain Fitness” to the next level. Huntington Beach Adult School is now offering the latest software from Posit Science for visual processing and memory.

087554 10 M-Th 10:30a-12:15p *Returns in Fall!* FVSC Lab

Physical Health and Active Fitness Classes for Older Adults

Class Descriptions

Intro to Basic Dance Aerobics

Learn Basic line dance steps and patterns to western music. Perform movements to enhance concentration, memory, coordination and fitness. This class requires competence in at least nine dances to advance to the next level.

Dance Aerobics – Levels 1, 2, 3, 4

Perform more complex steps and patterns to a variety of music and tempos. Each level requires increased aerobic fitness and memorization of patterns.

Yoga for Health

This beginning class focuses on breath, meditation, slow movements, stretching, and holding poses. Recommended for active seniors, those recovering from injury or illness or who have physical limitations.

Meditation/Qigong

This class emphasizes breathing and movements that help focus and calm the mind, strengthen the immune system, reduce stress, as well as improve balance and posture. Bring a yoga mat and wear loose, comfortable clothing.

Stretch and Flex

Gently condition your muscles and joints with easy stretching and range of motion exercises. Learn deep breathing techniques to increase oxygen intake and reduce stress. Exercises are done seated and adapted for those who have flexibility, balance or mobility problems.

Low Impact Aerobics – Level 1

Safely perform slow and easy chair and standing exercises to improve posture an alignment, strengthen and tone muscles, increase flexibility and coordination. This class is beneficial to counter the effects of arthritis or in activity.

Low Impact Aerobics – Levels 2 and 3

Combine standing and floor exercise routines that challenge and allow you to improve in endurance and cardiovascular fitness. Includes stretch and flexibility exercises. Strength building aids such as resistance bands and hand held weights are optional. Level 3 targets toning and fat burning aerobics to lively music as well as cool down stretch exercises.

Circuit Training

Enjoy the combination of strength training with cardiovascular fitness routines as you move from station-to-station in a timed sequence. Learn to effectively use strength-building machines, the treadmill, elliptical trainer and stationary bicycles. Create a personalized program and monitor your progress with the guidance of your instructor.

Strength Training

Learn basic principles and techniques to increase your muscle strength and endurance using strength building equipment and machines. You will benefit from individualized assessment, instruction and guidance.

See next page for class listings.

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**HB Adult School Active Health and Fitness Classes for Seniors – Summer 2009**

6/15 – 8/7/09, 8 weeks

Huntington Beach Adult School's summer exercise classes are offered to students as space is available for eight weeks (6/15-8/7/09). Please complete a registration form and either mail or drop off to HB Adult School. Students who enroll in physical fitness classes should consult their doctor prior to beginning an exercise program and must speak basic English. **Beginners** who want to enroll in Dance Aerobics must first take **Intro to Basic Dance Aerobics**. **No Refunds will be provided.**

| <b>Fountain Valley Locations</b> |                 |                |                        |                                      |                 |                     |
|----------------------------------|-----------------|----------------|------------------------|--------------------------------------|-----------------|---------------------|
| 087448                           | \$28            | T              | 2:45-4:15p             | Dance Aerobics 1                     | FVSC            | V. Williams         |
| 087428                           | \$28            | T              | 1:00-2:30p             | Dance Aerobics 1                     | FVSC            | V. Williams         |
| 087438                           | \$45            | M              | 10:00a-11:15a          | Dance Aerobics 2                     | FVSC            | Camarena            |
| 087437                           | \$45            | M              | 11:15a-12:30p          | Dance Aerobics 2                     | FVSC            | Camarena            |
| 087405                           | \$35            | T              | 3:15-4:15p             | Stretch and Flex                     | FVSC            | Camarena            |
| 087416                           | \$37            | TTh            | 11:30-12:30p           | Low Impact Aerobics 1                | FVSC            | <b>Chilcott</b>     |
| <del>087417</del>                | <del>\$46</del> | <del>TTh</del> | <del>9:00-10:15a</del> | <del>Low Impact Aerobics 2</del>     | <del>FVSC</del> | <del>Chilcott</del> |
| 087419                           | \$46            | TTh            | 10:15-11:30a           | Low Impact Aerobics 2                | FVSC            | <b>Chilcott</b>     |
| <del>087443</del>                | <del>\$28</del> | <del>Th</del>  | <del>2:00-3:30p</del>  | <del>Low Impact Aerobics 3</del>     | <del>FVSC</del> | <del>Gardea</del>   |
| 087450                           | \$42            | TTh            | 8:30-9:30a             | Women's Strength Training            | FVSC            | LoSasso             |
| <del>087451</del>                | <del>\$42</del> | <del>TTh</del> | <del>2:00-3:00p</del>  | <del>Men's Strength Training</del>   | <del>FVSC</del> | <del>LoSasso</del>  |
| <del>087452</del>                | <del>\$42</del> | <del>TTh</del> | <del>3:00-4:00p</del>  | <del>Women's Strength Training</del> | <del>FVSC</del> | <del>LoSasso</del>  |
| 087457                           | \$42            | TTh            | 4:00-5:00p             | Circuit Training                     | FVSC            | LoSasso             |
| 087453                           | \$42            | MW             | 11:00-12:00n           | Circuit Training                     | FVSC            | LoSasso             |
| 087454                           | \$42            | MW             | 12:00-1:00p            | Circuit Training                     | FVSC            | LoSasso             |
| 087455                           | \$42            | MW             | 1:00-2:00              | Circuit Training                     | FVSC            | LoSasso             |

| <b>Huntington Beach Locations</b> |      |     |               |                                                         |     |                    |
|-----------------------------------|------|-----|---------------|---------------------------------------------------------|-----|--------------------|
| 087425                            | \$24 | F   | 3:00-4:30p    | Intro to Basic Dance Aerobics<br>(6/19-8/7/09, 7 weeks) | RSC | V. Williams        |
| 087444                            | \$28 | W   | 1:00-2:30p    | Dance Aerobics 1                                        | RSC | V. Williams        |
| 087449                            | \$28 | W   | 2:45-4:15p    | Dance Aerobics 1                                        | RSC | V. Williams        |
| 087434                            | \$50 | T   | 5:00-6:30p    | Dance Aerobics 2/3                                      | HLC | Camarena           |
| 087415                            | \$46 | MW  | 10:30-11:45a  | Low Impact Aerobics 1 (to 7/29)                         | RSC | <b>Vandenbosch</b> |
| 087413                            | \$46 | MW  | 9:00-10:15a   | Low Impact Aerobics 2 (to 7/29)                         | RSC | <b>Vandenbosch</b> |
| 087410                            | \$55 | WF  | 10:00-11:00a  | Low Impact Aerobics 2                                   | LCR | Camarena           |
| 087407                            | \$55 | WF  | 11:00a-12:00n | Stretch and Flex                                        | LCR | Camarena           |
| 087411                            | \$70 | MWF | 8:15-9:15a    | Low Impact Aerobics 3/4                                 | HLC | Camarena           |

| <b>Westminster Locations</b> |                 |              |                       |                             |                 |                        |
|------------------------------|-----------------|--------------|-----------------------|-----------------------------|-----------------|------------------------|
| 087446                       | \$28            | M            | 2:45-4:15p            | Dance Aerobics 1            | WSCC            | V. Williams            |
| <del>087439</del>            | <del>\$28</del> | <del>M</del> | <del>1:00-2:30p</del> | <del>Dance Aerobics 1</del> | <del>WSCC</del> | <del>V. Williams</del> |
| 087431                       | \$50            | Th           | 9:00-10:30a           | Dance Aerobics 2            | WSCC            | Camarena               |
| 087433                       | \$50            | Th           | 3:00-4:30p            | Dance Aerobics 2/3          | WSCC            | Camarena               |
| 087432                       | \$50            | Th           | 10:30a-12:00n         | Dance Aerobics 3            | WSCC            | Camarena               |
| 087430                       | \$70            | TTh          | 12:45-2:30p           | Dance Aerobics 4            | WSCC            | Camarena               |
| 087406                       | \$35            | T            | 9:30-10:30a           | Stretch and Flex            | WSCC            | Camarena               |
| 087402                       | \$35            | T            | 10:45-11:45a          | Low Impact Aerobics 2       | WSCC            | Camarena               |
| 087482                       | \$31            | T            | 2:45-3:45p            | Meditation/Qigong           | WSCC            | McEnroe                |
| 087480                       | \$31            | T            | 3:45-4:45p            | Yoga for Health             | WSCC            | McEnroe                |
| <del>087481</del>            | <del>\$31</del> | <del>T</del> | <del>4:45-5:45p</del> | <del>Yoga for Health</del>  | <del>WSCC</del> | <del>McEnroe</del>     |

These classes will return in the fall; call beginning 8/24/09.

Fall term begins 9/1/09 and runs to 12/18/09. No classes will be held 9/7, 11/11, and 11/23-27. Winter term begins 1/4/10.

**Classes for Older Adults**  
 Summer 2009 (Continues in Fall 2009)

**Lifelong Learning in Senior Living Facilities**

Many of our classes are offered in partnership with senior citizen apartments, mobile home complexes, and retirement homes. We thank our community partners for helping us to bring public education closer to your senior community! These classes are open to the public. Locations are listed on our map on the website. *Enrollment is ongoing, in class with the teacher, and on a space available basis.*

**Health and Fitness:** Low Impact Aerobics, Stretch, Nutrition & Health, Memory Enhancement, Mental Gymnastics, Memory & Thinking Skills  
**World:** Cultural Studies, History and Current Events

**Community:** Civic Participation and Resources  
**The Arts:** Drawing, Painting, Crafts and Music Appreciation  
**Communication:** Speaking, Writing and Literature

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| <p align="center"><b>Senior Apartments and Retirement Homes</b><br/>                 (Courses offered above vary. Please see teacher for specific class content and scheduled times.)</p> <p><b>Fountain Valley Locations</b><br/>                 *W 9:15-11:45a Gasner CVR<br/>                 **Th 1:00-2:45p J. Williams CVR<br/>                 **Th 3:00-4:14p J. Williams STR</p> <p><b>Huntington Beach Locations</b><br/>                 *T 9:15-11:45p Gasner SCAL<br/>                 *T 1:00-3:00p Gasner HTNA<br/>                 *Th 9:15-11:45a Gasner SSL</p> <p><b>Seal Beach Locations</b><br/>                 (none at this time)</p> <p><b>Westminster Locations</b><br/>                 **F 9:00a-11:30a J. Williams PR<br/>                 *W 1:30-3:30p Gasner WTAL</p> | <p align="center"><b>Skilled Nursing Facilities and Day Care Centers</b><br/>                 (The courses above complement the program for care and rehabilitation provided by the care center.)</p> <p><b>Fountain Valley Locations</b><br/>                 *Th 1:30-3:30p Gasner MC</p> <p><b>Huntington Beach Locations</b><br/>                 **T 1:00-3:00p J. Williams AFSC</p> <p><b>Seal Beach Locations</b><br/>                 **Th 9:00a-12:00p J. Williams CVSB</p> <p><b>Westminster Locations</b><br/>                 **T 9:30-11:30a J. Williams HHW</p> |
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\*Begins 7/6/09 and continues to 7/31/09, returns in the fall beginning 9/1/09.  
 \*\* Begins 6/15 and continues to 7/17/09, returns in the fall beginning 9/1/09.