

OLDER ADULT (OAD)

OAD BHTH1 Brain Health 1

0 Units

Lecture: 1-96

Critical thinking and cognitive skills through understanding key structures and functions of the brain. Particular focus on auditory processing.

Course Schedule

OAD BHTH2 Brain Health 2

0 Units

Lecture: 96

Age-related cognitive decline and preventative measures to strengthen and improve brain function. Particular focus on visual processing.

Course Schedule

OAD ELL04 Lifelong Learning for Older Adults

0 Units

Lab: 12-144

Improve or maintain mental fitness of older adults through educational activities promoting critical thinking and cognitive skills.

Course Schedule

OAD ELL05 Lifelong Learning through Current World Events

0 Units

(May be taken three times for credit)

Lab: 54

Cognitive fitness for older adults with emphasis on local, national and global issues.

Course Schedule

OAD FKA04 Quilting

0 Units

Lab: 12-54

Hand or machine patchwork, applique and various ways to form quilt patterns to create a quilt for home or retail for the older adult population.

Course Schedule

OAD FNA01 China Painting

0 Units

Lab: 12-54

China painting, including basic understanding of the color wheel, design, etching on china, gold work, luster, raised paste for gold, matte colors and use of the kiln for the older adult population.

Course Schedule

OAD FNA03 Oil Painting

0 Units

(May be taken three times for credit)

Lab: 12-54

Principles of drawing, design, color and composition for oil painting emphasizing creative skill development for the older adult population.

Course Schedule

OAD FNA04 Watercolor Painting

0 Units

(May be taken three times for credit)

Lab: 12-54

Principles of watercolor painting for the older adult population. Emphasis will be on creative expression to develop primary skills for watercolor as they relate to composition and technique.

Course Schedule

OAD FNA05 Creative Writing (Writing Your Autobiography)

0 Units

Lab: 12-54

For all writing levels. Creation of articles, memoirs and life-based essays for the older adult population.

Course Schedule

OAD FNA32 Drawing-Beginning Through Advanced

0 Units

(May be taken three times for credit)

Lab: 12-54

Perceptual and technical skills of drawing. Includes dry and fluid media for the older adult population. Focus on single objects, still life and landscape.

Course Schedule

OAD HTH02 Healthy Cooking/Older Adults

0 Units

Lab: 12-54

Healthy meals for older adults, including microwave use, cuisine for singles or doubles, and meals to cook once and eat twice. Includes dietary guidelines and food safety.

Course Schedule

OAD MOX01 Healthy Aging

0 Units

(May be taken three times for credit)

Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of physical fitness principles to maintain health while aging.

Course Schedule

OAD MOX02 Healthy Aging - Principles of Slow Movement

0 Units

(May be taken three times for credit)

Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of Tai Chi principles to maintain health while aging for the older adult population.

Course Schedule

OAD MOX04 Healthy Aging - Principles of Posture and Flexibility

0 Units

(May be taken three times for credit)

Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of Yoga principles to maintaining health while aging for the older adult population.

Course Schedule

OAD MOX06 Healthy Aging - Principles of Aquatic Resistance

0 Units

(May be taken three times for credit)

Lab: 80

Healthy aging, including diet, nutrition, disease prevention, and application of aquatic resistance principles to maintaining health while aging for the older adult population.

Course Schedule

OAD MOX09 Mobility through Exercise - Strength Training

0 Units

Lecture: 1-48

Resistance training for isolation of targeted muscle groups to increase strength, range of motion, flexibility, and increase bone density using toner bands. Designed to challenge all major muscles. Students are encouraged to participate at their own level. In addition, low stretching and breathing techniques will be taught.

Course Schedule

OAD MOX11 Healthy Aging: Fall Prevention, Balance and Mobility

0 Units

(May be taken three times for credit)

Lab: 80

Risks and fears associated with falling for older adults. Includes setting realistic goals, minimizing environmental risks, and balance exercises.

Course Schedule

OAD MUSCE Creative Expression through Music

0 Units

Lecture: 1-48

Music appreciation including discussion, singing, listening and interaction for the older adult population. Concentration will be on various musical styles and historical periods in which music plays specific roles.

Course Schedule