



**CUESTA
COLLEGE**

Emeritus College
List of **FREE** classes scheduled for...
North Coastal Centers
Cambria, Los Osos, Morro Bay

Cuesta College...your neighborhood college scheduling **FREE** classes
for Boomers, "Young" Seniors, & Adults 50+ in your
neighborhood. No tests. No grades. New friends.

~ FALL 2009 COURSES ~

Revised: 11/18/09

ECOL 409 - SENIOR CHORUS

Studies choral literature including selections from the 16th century to the present, encompassing numerous musical styles. Students learn vocal exercises, fundamentals of music theory, and the aesthetics of music. A performance for family and friends may conclude the class.

72372 Tue 9am-12pm Michael Bierbaum

Above section 72372 meets 9 weeks (10/20-12/15).

This section meets at the Joslyn Recreation Center, 950 Main Street, Cambria.

ECOL 415 - YOGA FOR SENIORS

Presents yoga to enhance health and well-being. Instruction and practice includes exercise adapted for students the age of 50 and over...relaxation while stretching, exercise adapted for students strengthening, deep breathing, and postural alignment to enhance and develop full range of motion, and flexibility of muscles.

71587 MW 1:30pm-3pm Brooke West

Above section 71587 meets 9 weeks (10/19-12/16).

Note: Students are asked to bring a yoga mat and 2 cotton or wool blankets.

This section meets at the Morro Bay Community Center, 1001 Kennedy, Morro Bay.

ECOL 423 - ART: WATERCOLOR

Introduces the fundamentals of watercolor. The basics of planning and preparation, color mixing and theory, design and composition, perspective are covered. Students practice painting techniques and learn to critique work created in class. Students may need to purchase materials or pay a fee to cover the cost of materials.

71628 Thu 1pm-4pm Diana Manseau

Above section 71628 meets 9 weeks (10/22-12/10).

This section meets at the Morro Bay Community Center, 1001 Kennedy, Morro Bay.

FOR CLASS DETAILS CALL: 805-546-3121
OR GO TO: <http://academic.cuesta.edu/emeritus>,

FOR ADMISSIONS AND REGISTRATION INFORMATION CALL: 805-546-3121
REGISTRATION IS ALSO AVAILABLE AT THE FIRST CLASS MEETING