



CUESTA COLLEGE

Emeritus College
List of **FREE** classes scheduled for...
North County Centers
Atascadero, Templeton, Paso Robles, &
North County Campus

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

Revised: 11/18/09

~ FALL 2009 Courses ~

ECOL 406 - COMPOSING YOUR LIFE STORY

Presents the process of ordering and developing chronologically a personal history, including introductory genealogical research and preservation of family historical materials.

71878 Tue 12pm-3pm Myla Collier

Above section 71878 meets 9 weeks (9/29-11/24).

This section meets at Colony Park Community Center, 5599 Traffic Way, Atascadero (Conference Room).

NOTE: Students in this class will learn to make an improvisational quilt from the clothing and materials of everyday life. Participants will experience an active, hands-on context for cherished family memories, life changing events, or coming to terms with grief.

ECOL 413 - PASTEL DRAWING AND PAINTING

Introduces the techniques and materials of pastel, with emphasis on color, form, value, composition, Perspective, and visual creativity. Subjects covered include landscape components, still life and the human form.

North County Campus

71489 Mon 11:30am-2:30pm Joy Krull

Above section 71489 meets 9 weeks (10/19-12/14). No class 11/9/09.

This section meets at North County Campus, 2800 Buena Vista Drive, Paso Robles. (Room N2409)

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.

North County Off-Campus

71577 Mon 3pm-4pm Sarah Cardinali

W & F 4pm-5pm Sarah Cardinali

Above section 71577 meets 9 weeks (10/19-12/18).

This section meets at PR Senior Center, Auditorium/Stage Side, 270 Scott Street, PR

71581 TTh 8:30am-10am Vickie Carroll

Above section 71581 meets 9 weeks (10/20-12/17). No class 11/3/09.

This section meets at Community Church, Fellowship Hall, 5850 Rosario, Atascadero.

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.

Note: *Students may need to purchase materials or pay a fee to cover the cost of materials.*

North County Campus

71622 Mon 8am-11am Joy Krull

Above section 71622 meets 9 weeks (10/19-12/14). No class 11/9/09.

This section meets at North County Campus, 2800 Buena Vista Drive, Paso Robles. (Room N2409)

ECOL 434 - EXPLORATION IN ART

Designed for adults 50+, this class encourages art appreciation, self expression and creativity in a variety of art media. Projects give student s experience with different creative nontraditional artistic methods and artistic design techniques, tools and material.

North County Off-Campus

72388 Mon 2:30pm-5:30pm Joy Krull

Above section 72388 meets 18 weeks (8/17-12/14).

This section meets at North County Campus, 2800 Buena Vista Drive, Paso Robles. (Room N2409)

ECOL 470 - ADAPTED EXERCISE FOR FRAIL OLDER ADULTS

Designed for maintenance of the physical and mental well-being, this course is geared to increase strength, range of motion/flexibility, balance, agility, eye/hand and foot coordination, and enhance the circulatory system while increasing mental alertness.

North County Off-Campus

71826 TTh 11am-12pm Mara Whitten

Above section 71826 meets 18 weeks (8/18-12/17).

This section meets at Creston Village, 1919 Creston Road, Paso Robles.

Cuesta EMERITUS COLLEGE ...Non Credit Classes

Designed for students over 50 years of age.

Classes are FREE and taught at various locations throughout the San Luis Obispo area.

For class details or information on how to register, call: (805) 546-3121 OR visit

www.communityprograms.net

Click on EMERITUS

(Registration is also available at the first class meeting.)