

OLDER ADULTS (OLAD)

OLAD 2900 SEWING TECHNIQUES FOR OLDER ADULTS

0 unit

Designed for the needs and interests of older adult students with all levels of sewing abilities. Emphasis on the development and use of good sewing techniques for task completion, craft-related problem-solving skills, including appropriate application of some speed-sewing techniques, use of commercial patterns, proper fit, and independent creation of patterns for personal projects. Total of 54 hours lecture.

Grade Mode: *Ungraded Non-Credit*

OLAD 3120 LIFE REVIEW

0 unit

Emphasizes life review through the modalities of the oral tradition of storytelling and written journal memoir. Techniques for creative writing and verbal story-craft are used as activities for preservation of personal and family history that supports self-actualization in older adults through memory/cognitive stimulation, creativity, and social activities. Total of 27 hours lecture.

Grade Mode: *Ungraded Non-Credit*

OLAD 3371 MUSIC APPRECIATION FOR OLDER ADULTS

0 unit

Music appreciation for older adults. Emphasis on the development of active listening skills and the enjoyment of music in relation to art, culture, history, and popular music. Music activities with the older adult population provide cognitive, social, and physical benefits as a result of stimulation of brain pathways using music and exercise of memory associated with the auditory cortex. Total 36 hours lecture.

Grade Mode: *Ungraded Non-Credit*

OLAD 3377 DISCUSSION GROUPS FOR OLDER ADULTS

0 unit

Stimulate, maintain, or improve mental agility through the activities of group discussions, cognitive games, social interaction, memory and reminiscing exercises for older adults, caregivers, friends, and relatives. Short term class. Total of 27 hours lecture.

Grade Mode: *Ungraded Non-Credit*

OLAD 3379 HISTORY OF EUROPEAN ART FOR OLDER ADULTS

0 unit

A comprehensive survey with examples of European art and artists within the historic social, cultural, political, religious contexts, timeline, and influences. Older adults will obtain an understanding of artistic trends related to culture and the use of associated vocabulary. Short term class. Total of 27 hours lecture.

Grade Mode: *Ungraded Non-Credit*

OLAD 3380 TAI-CHI CHU'AN FOR OLDER ADULTS

0 unit

Chinese QiGong and Tai Chi health exercises suitable for older adults who want non-strenuous exercise to improve or maintain good health, physical balance, flexibility, memory and mental focus. Short term class. Total of 27 hours lecture.

Grade Mode: *Ungraded Non-Credit*