Classes for Adults 50+...making lifelong learning happen. Dare to stretch your mind, discover new talents, and meet new people in Cuesta College Classes designed for students just like you!

Classes are FREE!
(Purchasing of materials may apply)

ECOL 406 - Composing Your Life Story
CRN#33543
9 Thurs., 6-8:50pm Mar 17–May 19 (No class: Apr 7th), Rm 919

Addendum Description: Everyone has experiences, memories, and dreams that make up the stories of our lives. These stories are the evidence and the legacy of a life well lived. The stories we tell can be forgotten; however, the stories we write can be an enduring treasure for those who know us and love us and for those who come after. These stories make up the family historical record and are an integral part of defining who we are. This class will provide a collaborative and creative space where the seeds of our personal stories can be cultivated and brought to fruition in written form. You do not need to be a writer to enjoy and participate in this course; you just need to have a story and everyone has stories. Join with storyteller and educator, Russell Swanagon in this course as we embark on a marvelous journey down memory lane.

Biography: Russell Swanagon is a long time Central Coast resident and a professional storyteller and educator. He teaches storytelling and children's literature courses at Cal Poly. He is a former elementary school teacher and has facilitated workshops in end of life story for hospice organizations.

ECOL 408 - Beginning Music Arts
CRN#33550
4 Tues., 6-8:15pm Apr 12-May 3, Rm 955

Addendum Description: Modern Music Appreciation – In this class we will explore the influences that Jazz and Classical music have had on one another since 1900. On a musical tour of listening and class discussion, we'll first uncover the improvisational element present in early music from the Renaissance through Beethoven and its reemergence from 1900 to the present. We'll then be able to hear and appreciate the Jazz influences in classical works by Stravinsky and other Modern Composers and the Classical influences in works by jazz composers such as Winton Marsallis, Claude Bolling and Keith Jarrett.

Biography: Mark Pietri has been performing and studying music since grade school. He studied classical and jazz piano at the prestigious Hart School of Music and with jazz greats Jackie McLean and other alumni of the renowned Charles Mingus bands. He has performed widely as a concert and jazz pianist and worked as Music Director for numerous theater productions. Mr. Pietri continues to perform in musical theater and with his jazz trio as well as teach piano and works as a vocal coach.
Emeritus Older Adult Programming at the South County Center

ECOL 411 - Creative Writing
CRN#3354
9 Mon., 6-8:50pm Jan 25-Mar 28 (No class: Feb 15th), Rm 918
Addendum Description: While it is often said that everyone has a story, great writing comes from recognizing that everyone IS a story! Whether expressed through short story or novel, fabulous fiction is linked to sharing personal experiences and dramatic encounters, through events and characters. This class will help you draw engaging, captivating tales from memory and imagination. As Bodie notes, “Writing is a craft. Like any craft, it can be learned, and it must be practiced to be perfected.” Join her for this exciting adventure into crafting creative fiction.

Biography: Bodie Thoene is the best-selling author of over 70 works of historical fiction. Celebrated around the world, with her novels appearing in more than 20 languages, Bodie’s historical series, including The Zion Chronicles and The Zion Covenant, have garnered both fan and critical attention, with over 40 million copies in print. She has taught Creative Writing and Writing for Publication with University of the Nations for 15 years, as well as hosting writer training schools from London, England to Kona, Hawaii.

ECOL 411 - Creative Writing
CRN#33557
9 Tues., 6-8:50pm Mar 15-May 17 (No class: Apr 5th), Rm 918
Addendum Description: Though you cannot teach a person to be a poet, you can teach the craft of poetry which will help anyone interested in reading or writing poetry obtain a deeper knowledge of what it takes to produce successful verse. That poetry is a craft in no way implies that it is not an inspired form of writing. In fact, knowledge of craft facilitates inspiration and helps shape it in meaningful ways. In this course we will examine some of the great poems written by poets from all over the world. If a poem is “a little machine of words,” as William Carlos Williams claims, we will all become ace mechanics by learning what parts are required to assemble a poem, what tools are necessary for the job, and how to use them to build a poem and make it run. No prior knowledge of craft is necessary. Bring your interest in poetry, your enthusiasm for the subject, and your eagerness to learn. This is a writing workshop in which we discuss each other’s work, but it is also a study of poems written by great poets, trying to learn how they did it. It is hoped the student will take this knowledge back to the writing of their own poems. We will focus on themes of particular interest to a mature audience: love, loss, the body, time, spirituality, friendship, the natural world, and in particular, one’s “life story.”

Biography: Paul Lobo Portugés, originally from West Texas, earned degrees from UCLA, the American Film Institute, and UC Berkeley. He has taught creative writing at UCSB, UC Berkeley, USC, SBC, Cuesta College, and the University of Provence. His numerous books include The Visionary Poetics of Allen Ginsberg, Saving Grace, Hands Across the Earth, Aztec Birth, The Body Electric Journal, and the soon to be released, Jack and Marilyn (Plainview Press -Winter,2016). Ginsberg: On Tibetan Buddhism, Mantras, and Drugs, Breaking Bread, Sorrow and Hope (Finishing Line Press-Jan, 2016). His poems are scattered in small magazines across America. Received awards from the National Endowment, the Ford Foundation, the Fulbright Commission, et al. He is the proud father of two sons.

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For more information: Cuesta College Workforce Economic Development & Community Programs
P.O. Box 8106 San Luis Obispo, CA 93403 Phone: 805.546.3132 Fax: 805.546.3107
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ECOL 414 - Drawing
CRN#33545
9 Tues., 5:30-8:30pm Mar 15-May 17 (No class: Apr 5th), Rm 929
Addendum Description: Presents basic skills of drawing with an opportunity to experience using pen and ink. Students will explore use of line, shape, perspective & shading with lecture, demos, student practice & instructor coaching. Students provide their own art supplies.
Biography: Larry Le Brane has been a fine art instructor at CA's community colleges for 30+ years, teaching a variety of classes. Past students shared, "Terific teacher, patient with diverse student skill levels. Teaches effectively with humor ... Lamy's patience is formidable!" His own eclectic art combines painting, drawing and fused glass with found objects and is featured at regional galleries, Facebook & LarryLeBrane.com.

ECOL 418 – Adventures In Reading
CRN#33552
9 Tues., 6-8:50pm Jan 19-Mar 15, Rm 916
Addendum Description: This course will focus on literary nonfiction: factual writing that draws upon literary elements. Emphasis is on understanding how authors make nonfiction more dramatic and compelling by way of story arc, description, characterization, scene, voice, point of view, rhythm, and tone. Readings might include Behind the Beautiful Forevers, The Mind’s Eye, The Immortal Life Of Henrietta Lacks, The Emperor of All Maladies, and Blood Will Out.
Biography: Jude Rock cannot remember learning to read; she lives and breathes books. A recipient of Alpha Gamma Sigma Award for Teaching Excellence from Cuesta College, she delights in teaching, in learning, and in her college-age sons. Jude holds numerous credentials including a Master's Degree in English from Cal Poly.

ECOL 420 - Wills and Trusts
CRN#33546
9 Wed., 4-5:50pm Mar 9-May 11 (No class: Apr 6th), Rm 911
Addendum Description: In addition to covering the different types of wills and trusts, this course will explain what probate is and how it can be avoided, when different types of trusts are appropriate, what happens when a person dies without a will, how important powers of attorney are, and what needs to be done when a person dies.
Biography: Natalie C. Wall is currently a volunteer attorney at SLO Legal Assistance Foundation. Before she retired, she practiced mainly in the areas of wills, trusts, probate, conservatorships, and elder law.

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**ECOL 423 - Watercolor**
CRN #33553
9 Wed., 6-8:50pm Mar 16-May 18 (No class: Apr 6th), Rm 929
**Addendum Description:** Students will learn traditional transparent watercolor techniques through step-by-step demonstrations and exercises in wet-in-wet, graded wash, dry brush, and overlapping transparencies, utilizing the techniques of the great John Singer Sargent, Winslow Homer, Andrew Wyeth and more. The class will also cover choice and capability of materials and provide a general materials list.

**Biography:** Diana Manseau M.F.A., has over 30 years of experience teaching fine art in all media through UCLA, community colleges, and museum programs. Diana’s work has been shown in group exhibitions including the Los Angeles County Museum of Art, one person shows at Nonesuch Fine Arts in Santa Monica, and Cuesta College. Diana is represented by the Vault Gallery in Cambria.

**ECOL 427 - Creative Cooking**
CRN #33547
9 Mon., 6-7:50pm Mar 14-May 16 (No class: Apr 4th), Rm TBA
**Addendum Description:** This class presents healthy food and cooking choices that maintain optimum health for active older adults. Students learn basic concepts of nutrition as well as how to prepare tasty, flavorful and nutritious meals based on those concepts, using fresh food from local markets. Learn to use fresh whole foods for maintaining health!

**Biography:** Julie Andrews-Scott is a central coast native that has been teaching gardening, nutrition, cooking, and stress management for 20 years. She consults on farmers' markets, gardens, nutrition, and culinary events. She has authored numerous cookbooks, a farmer’s market manual, and a garden bill to establish gardens for therapy in retirement homes. She has started 3 farmers' markets and created 91 gardens at schools and for communities. She has been working with Cuesta College for the last 9 years.

**ECOL 428 - Film Appreciation**
CRN #33548
9 Tues., 6-7:50pm Jan 26-Mar 29, Rm 941
**Addendum Description:** To study great films is to explore capsule summaries of both history and culture. Some movies reflect culture. Others, groundbreaking efforts in cinematography, influence culture or remind us of the best we are. To experience and discuss the greatest films of all time, and how they achieved that gold standard, is both exciting and entertaining! From the westemds of John Ford, through award-winning performances like A Man for all Seasons, to huge blockbusters like Lawrence of Arabia and Gone with the Wind (not forgetting musicals like Singin’ in the Rain) the study of memorable movies presents endless enjoyment. Join Brock Thoene (and his wife Bodie) as they put 40 years experience teaching history and film together with insider knowledge of Hollywood.

**Biography:** Brock Thoene is co-author, along with his wife, Bodie, of over 70 best-selling works of historical fiction. A noted speaker and educator with degrees in history and education, Brock has taught film studies and film appreciation in venues around the world. Brock has a unique ability to bring film to life by integrating it with history and historical context. His personal experiences provide intriguing stories about the film professionals who created the greatest cinema classics of all time.

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Emeritus Older Adult Programming at the South County Center

Location: South County Center @ Arroyo Grande High School
495 Valley Road, 900 Wing, Rm 913
Monday - Thursday, 4:30-9pm
Contact: 805.474.3913
Fax: 805.474.3915

Prior to registering, you will need to submit an admission application if:
- You have never attended Cuesta College.
- You are a former Cuesta College student but have been absent two or more terms, excluding summer session.
Please visit: www.cuesta.edu/apply

To add a course online, students login to myCuesta and go to the Student tab and My Web Services channel. In the Registration folder, go to "Register Add/Drop Classes" and enter the 5-digit course reference number (CRN) for the course by clicking "Submit Changes." (Locate CRNs in the Class Finder.)

As open-entry, open-exit courses application and registration can be made at the first meeting of each course.

Please note--parking permits are not required for South County Center classes at Arroyo Grande High School. The area is residential and students and faculty are encouraged to use the parking lot and street parking located directly beside the South County Center office.

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ECOL 429 - Photography
CRN#33549
9 Mon., 6:8:50pm Jan 25-Mar 7 (No class: Feb 15th), Rm 941
Addendum Description: This class presents camera choices, in particular digital cameras; camera use; photo quality, including setting, composition and light; downloading, storing and sharing images; and documenting life events and travel. The class will be informal with a lot of ‘hands-on’ practice. Come with your camera, prepared to have fun taking pictures while learning about your camera!

Biography: Charlotte DiNunzio has been a professional photographer for almost twenty years. Originally from London, UK, she has a Masters Degree in Photojournalism from the University of Montana, has worked for newspapers across the US, England and Costa Rica and also owns Sandprints Photography, a studio based in Morro Bay. She has been teaching Photography through Cuesta’s Community Programs for seven years.

ECOL 433 - Senior Seminar
CRN#33554
9 Mon., 6-7:50pm Mar 14-May 16 (No class: Apr 4th), Rm 911
Addendum Description: This seminar explores the art and artifacts of ancient cultures and how they contribute to a contemporary understanding of the human experience. In this class we will consider the art in the archeological record of Europe and the Mediterranean. Beginning with prehistoric cave drawings and ending with Roman frescoes, we’ll examine the artists’ use of subject, style, materials, and technique, and how those relate to the archeological evidence. We will also consider the contemporary value of these cultural artifacts and what they have to teach us about our own art and culture. Finally, we’ll look at the elements of contemporary destruction of archeological sites and new developments in preservation. The class will include projected images, documentary film clips, some outside readings and lively classroom discussions.

Biography: Before becoming a full time artist Patrick Mehaffy worked as a museum consultant for the Arkansas History Commission and as an anthropology associate for American Indian Tribal Government and Policy Consultants in Albuquerque, New Mexico.