

# EMERITUS (EMER)

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## EMER 104 36 Hours

### Needlecrafts, Knitting, Crochet for Older Adults

Older Adult students will learn the practical application, knowledge, and skills required to create knitted, crocheted, needlepointed and cross-stitched hand-made items. A wide variety of items are created by older adult students, including decorations for the home and clothing for babies, children, and adults. *(Apportionment)*

## EMER 150 24 Hours

### Mobile Information Literacy

Designed to give students the necessary communication and technology skills that are crucial in order to take advantage of the wealth of new and emerging opportunities associated with digital technologies whilst also remaining alert to the various challenges technology can present. *(Apportionment)*

## EMER 155 36 Hours

### Writing Your Life Story for Older Adults

This course teaches the student to closely examine their own life's history with instructor, peer, and curriculum engaged perspectives to enhance the learner's sense of identity and valued knowledge. Writing styles, strategies and techniques for all levels of writers are introduced and utilized to assist students to uncover more about themselves and their relation to others, systems, and their community. *(Apportionment)*

## EMER 200 36 Hours

### Ceramics for Older Adults

This is a basic course in ceramics for older adults which includes lecture, demonstration, and the application of ceramic artwork. Students will learn mold selection, glazing, decorating techniques, and proper firing procedures. Individual artistic creativity is encouraged and completed art projects of the older adult students are often displayed publicly. *(Apportionment)*

## EMER 210 36 Hours

### China Painting for Older Adults

Fundamentals of china painting are presented to older adult students through demonstration and individual instruction. The older adult students will learn techniques such as brush strokes, blending, shading, grounding, and masking. Final class projects are heirloom quality artworks that may be displayed in a community art exhibit. *(Apportionment)*

## EMER 403 36 Hours

### Health and Wellness for Older Adults

Learn the benefits of adopting behaviors associated with healthy and successful aging. Focus on the natural effects of the aging process and the benefits of being proactive by using a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence. *(Apportionment)*

## EMER 404 36 Hours

### Growing and Maintaining a Home-based Business

Designed to explore a variety of techniques to manage day-to-day business activities that will increase revenue and profitability to grow a home-based business. *(Apportionment)*

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