CSCX-1010 ASC: Computer Basics
This course is designed for those who have little or no experience with a computer. Emphasis is on the basic understanding of the microcomputer, the components, operating system, and common applications.

CSCX-1027 ASC: Mobile Handheld Devices
The course will provide an overview of the features and usage of handheld devices including mobile phones, tablets, e-book readers, GPS devices, and handheld audio players (mp3 players). The course is a combination of lecture and hands-on practical experience with handheld devices.

CSCX-1039 ASC: MS Access, Beginning
An introduction to database concepts including: Program parameters, data dictionary, optional field characteristics, calculations, constant default values, data entry form design, database organization, and report generation. It is recommended students have a familiarity with Windows before taking. Knowledge of other Microsoft application courses is extremely helpful.

CSCX-1057 ASC: Computer Maintenance
Tired of hauling your computer into the shop when things go wrong? Tired of depending on geek friends? Learn basic computer maintenance, repair and upgrade. We have machines for you to work on. Prerequisites: ASC: Computer Concepts and ASC: Windows, Beginning.

CSCX-1550 ASC: Introduction to MS Excel
Excel is a spreadsheet application from Microsoft that allows you to keep track of numbers, inventory, and lists. This is an introductory lesson to get you started with this powerful program.

CSCX-1551 ASC: MS Excel, Intermediate
This course is for intermediate level students with some experience using Excel. You will learn to move and copy cell contents; sorting functions; date and time arithmetic; and built-in graphics support.

CSCX-2035 ASC: Social Media Tools
Introduce social media tools, what they are, how they work, and how you can best use them. Students should have a basic understanding of computer components and proficiency using Windows before taking this course.

CSCX-3007 ASC: Microsoft Word I
This course is an introduction to MS Word. You will learn how to use basic components such as editing functions and formatting.

CSCX-3008 ASC: Microsoft Word II
Now that you have successfully completed MS Word I, you are ready for some more advanced skills including a study of production techniques, search and replace functions, headers and footers, spell check, mail merge, file functions, and printer set-up.

CSCX-3011 Writing a Family History
Learn how to write a book that tells the family story correctly. Come learn what parts there are in a book, how to clean-up the database, how to write the dialog, and how to edit and publish a finished product.

CSCX-3012 ASC: MS Publisher
This course is an introduction to desktop publishing. You will learn how to use page layout design and style techniques.

CSCX-4000 ASC: Keyboarding
Introduction to basic personal computer keyboarding. Become familiar with the microcomputer keyboard, develop basic keyboarding (typewriting) and beginning composition skills. Prerequisites: None.

CSCX-4001 ASC: Computers and You, Introductory
Find out how computers work and what they can do. Basic introductory course covering computer components and a look at the Windows operating system. The course will include lecture, demonstration, keyboarding and mouse practice. Prerequisite: None.

CSCX-4002 ASC: Windows for Home Users
Expand your knowledge of the Windows operating system environment by learning file management, Windows customization and optimization. Student is expected to have a basic understanding of personal computer components. Prerequisite: ASC: Computers and You or similar course.

CSCX-4003 ASC: Genealogy on the PC
Introduction to researching and recording your family history using personal computer software such as Family Tree Maker. Learn to capture details about your family and produce electronic reports and charts to share with others. Students are expected to have an understanding of basic computer components and proficiency with Windows.

CSCX-4004 ASC: Home Digital Photography
Introduction to digital cameras, manipulating images using graphics software, and creating photograph albums on a PC. Students are expected to understand basic computer components and be proficient in using Windows.
CSCX-4005 ASC: Exploring the Internet
Introduction to the Internet including understanding browsers, identifying Internet Service Providers (ISP), using search engines for research, sending and receiving email, and downloading files. Students are expected to have a basic understanding of computer components and proficiency using Windows. Prerequisites: ASC: Computers and You and ASC: Windows for Home Users or similar courses, or equivalent experience.

Advanced editing techniques using digital image software. Apply various effects and use specialized tools to enhance digital photographs.

CSCX-4019 ASC: Editing Digital Photos
Learn how to bring out the best in your photos with easy-to-use tools plus how to instantly download photos from your camera or card and quickly view and organize them. Recommended Prerequisites: Working knowledge of computers and MS Windows.

CSCX-4024 ASC: MS PowerPoint, Beginning
This course is for beginners with limited to no experience using PowerPoint software. You will learn to create electronic and visual presentations for various purposes.

CSCX-4025 ASC: MS PowerPoint, Intermediate
This course is for intermediate level students with some experience using PowerPoint software. You will learn to create and modify presentations complete with slides, charts and special effects.

CSCX-4026 ASC: Internet Security
Introduce students to using the Internet and associated security issues; learn about browsers, Internet service providers (ISPs), search engines, sending and receiving web-based email, and downloading files; learn necessary and sufficient browser and security skills to use the World Wide Web with reasonable safety. Students should have a basic understanding of computer components and proficiency using Windows before taking this course.

CSCX-4027 ASC: Smartphone Photography
Introduce students to the various uses of their smartphone’s camera (iPhone or Android) and help them master taking, processing, and sharing photographs; learn about free apps related to photography and how to use them effectively and efficiently; learn creative smartphone skills shooting still and motion shots relating to composition, exposure, and cropping.

SEPX-1000 Sr. Ed. Program Registration
All students participating in the Senior Education Program must register in this course each semester. The fee associated with this course is for administration cost. Some additional courses may have lab or material fees associated.

SEPX-1003 Texas History
Comprehensive overview of Texas History from Spanish Colonial period through 1950s.

SEPX-1015 A Matter of Balance
This course will look to help seniors with their balance and help eliminate/reduce injuries due to falls.

SEPX-1021 Texas Healthy Lifestyles for Seniors
Are you at risk of diabetes, or caring for someone with diabetes? The Texas Healthy Lifestyles can help you take charge of your life and take control of your diabetes.

SEPX-1027 Journaling: Conversations With Yourself
People journal for a number of reasons: to clarify their own thinking, to help them remember their lives, to deepen their spiritual path, to explore the world around them. People journal for no better reason than it makes them feel better, or think more clearly, or understand themselves more fully. We’ll learn a variety of journaling techniques that will give you new insights into your own uniqueness and help you see the past and the future more clearly.

SEPX-1030 Senior Advisory Council
This course is used to maintain an active roster of Advisory Council members.

SEPX-1034 Likeable Law
An overview of famous and pivotal cases. Explains negligence, contracts, marital and business law on a layman’s basis. Shows how law changes with the times and how law and politics both clash and compliment each other.

SEPX-1045 French I (Basic)
Learn French and let the process be fun. There is no set speed, you set the pace. The course will include the basics of French: nouns, verbs and building your vocabulary and reading practices, such as menus, newspaper clippings, advertisements, and so forth.
Course descriptions are arranged alphabetically by section course number.

SEPX-1047 Investments
Learn the basics of investing in an easy understandable way: what the different investments are, how they work, types of returns, how to review your own investments and ways to reach financial well-being.

SEPX-1050 Digital Cameras
Thinking of buying and using a digital camera? This course will help you to select the appropriate camera and how to use it. For additional skills in digital photography, be sure to sign up for the Scanners class which will immediately follow this one. Textbook: None. Prerequisite: None.

SEPX-1051 Books of The Bible
A historical and chronological sequence of events as written in a selected biblical book. The Bible will be read literally. Each semester will focus on highlights of a particular book of the Bible. The course is non-denominational in focus.

SEPX-1057 Healthy Lifestyle Habits
This course will focus on tackling life’s challenges head-on while navigating through the aging process. We will discuss healthy habits to fight chronic illness and other health issues. As well, we will examine alternative health care methods for natural healing. Other topics will include updates in the home health industry, health care facilities, and senior living communities to ensure quality of life for many years to come.

SEPX-1059 US Civics
The US Constitutional form of government was and continues to be based on the premise that a government derives its power from the people, for the people. Come learn about governmental law structure, responsibilities of a good citizen, the role of a citizen, and the historical progression of government.

SEPX-1061 Likeable Law II
Likeable Law II continues from Likeable Law I and students should have completed this first class before continuing. This course will consist of deeper and broader analysis of the American legal structure and current events, Texas’ unique role in oil and gas law, marriage and marital property rights, legends in Texas and national lawyering, tort (injury) law, insurance, credit card and tax theory.

SEPX-1065 Great American Musicals
The course will cover the American Musical Theater from its beginning in the latter part of the 19th century and early 20th century through the current era from minstrels and vaudeville through Zeigfeld, Berlin, Cohan, Kern, Porter, Hammerstein, Rogers, Hart, Sondheim, Lerner, Lowe, Bernstein, Joplin and Lesser. It will also explore the European invasion of musicals such as My Fair Lady, Les Miserables, and Miss Saigon, as well as shows based on past hits such as Cash, Abba’s Mama Mia, and Jersey Boys.

SEPX-1068 Pickle Ball
Pickle Ball is a sport that combines elements of badminton, tennis, table tennis & volleyball. It is played on a court with a hard paddle & a wiffle ball. Come learn the latest in physical fitness for seniors! This course is easy on the knees.

SEPX-1069 Movie Genres: The Classics
This course is designed to be a journey through the world of film to gain an informed opinion and make enjoyment of the film medium deeper. Each film in this class was chosen because it showcases a specific genre and/or was innovative or important in the history of film development.

SEPX-1071 Ceramics for Seniors
Basic ceramic processes; this course is for individuals who want to learn how to create ceramic objects. 0.00 CEUs

SEPX-1072 Photography Gallery
This is a Senior Education Course. Seniors will learn to mount, mat, and frame photography. 2.0 CEUs

SEPX-1073 Learn to Read Music
Introduction to chord progressions, song forms, and harmonic techniques used in commercial music. Topics include modern chord notation and chord voicings.

SEPX-1080 Crocheting
Beginning and advanced instruction. Bring one (1) skein of knitting worsted yarn and a size ‘H’ hook to class.

SEPX-1082 Retirement 101
Processes to identify retirement needs, develop strategies to prepare for and live the retirement life you want; trade-offs between risk and return, portfolio transition, and tax treatments of specific account types; discussion on topics such as Social Security, Medicare, life insurance, and estate planning.

SEPX-1083 History of World Regions
Provides an overview of the history of different world regions and countries including geographical, cultural, social, political, and economic features; will focus on unique aspects and activities of the region in various periods of time. A different region, country, or period may be studied each program session.
Course descriptions are arranged alphabetically by section course number.

**SEPX-1084 Guitar, Beginning**
Beginning level students will learn how to play basic chords on an acoustic guitar using American Folk songs.

**SEPX-1085 Introduction to Fly Fishing**
Introduce all aspects of the sport Fly Fishing. Students will learn history, equipment, safety, casting, strategies and tactics on the water, and fly tying.

**SEPX-1086 Pickle Ball II**
Build on skills learned in Pickle Ball I. Combines elements of tennis, badminton, table tennis, and racquetball while playing on a court with a hard paddle and whiffle-type ball. Students must complete Pickle Ball I before enrolling in Pickle Ball II.

**SEPX-1087 Body, Mind & Spirit**
Class participants will explore life challenges, including, but not limited to, grief & loss, worry & anxiety, setting boundaries, and self-care. Come explore and learn strategies for coping and gain helpful resources.

**SEPX-1091 Bible Study Method**
Introduction to basic Bible study methods and interpretations.

**SEPX-1092 Color Me Calm & Restful**
Adult coloring for relaxation.

**SEPX-1093 Healthy Living w/ Essential Oils**
Learn how to use essential oils for health and wellness.

**SEPX-1094 Planning Your Funeral**
Learn how to plan your own funeral and why it is important.

**SEPX-1110 Contract Bridge**
Learn and/or refresh basic skills while advancing to bidding, play of various hands, defensive play, declarer play and competitive hands.

**SEPX-1150 Geology for Seniors**
This course is an introduction to the study of the materials and processes that have modified and shaped the surface and interior of Earth over time. These processes are described by theories based on experimental data and geologic data gathered from field observations.

**SEPX-1160 Senior Ed. Council/Instructor List**
This course is used to maintain an active roster of Senior Education Instructors.

**SEPX-1250 Oil Painting, Intermediate**
This class is for you if you have had all the basic training but are not ready to go into an advanced class.

**SEPX-1251 Oil Painting, Advanced**
After refreshing the skills of polishing and completing details, this class will advance to developing a personal technique. The student will learn about cutting edge equipment, paints and techniques. Plein Air painting will be introduced and encouraged through learning to paint landscapes, seascapes, or cityscapes.

**SEPX-1340 Belly Dancing for Seniors**
The belly dance is an ancient and beautiful art form that lends grace, style, form and technique to the dancer and fitness enthusiast. It is a different, fun and amazing workout!

**SEPX-1380 African History, Culture, Events**
Explore the past, present, and future of African-American history, its people, challenges, diversity, culture, religion, politics and current events.

**SEPX-1390 Workshop for Seniors**
This course is an offering of variable mini workshops for seniors. Topics and hours will vary each semester.

**SEPX-1460 Out and About**
Our area is blessed with many treasures to see and experience as this class will show. Museums and other places of regional interest are planned for this semester. Come, explore and enjoy!

**SEPX-1470 Mah Jongg Chinese Tile Game**
Teaching rules and strategies for playing this ancient Chinese game which has been Americanized.

**SEPX-1481 Personal Safety & Self Defense**
This course is designed to provide practical safety and awareness tips as it pertains to an awareness of the environment while going about daily activities. In addition effective, easy to learn, and practical self-defense techniques will be presented.
SEPX-1483 Personal Safety & Self Defense II
Continuing from Personal Safety & Self Defense I, this course is designed to provide a continuation of practical safety and awareness tips as it pertains to awareness of the surrounding environment while going about daily activities. In addition this course will provide effective, easy to learn and practical self-defense techniques. Prerequisite: SEPX-1481: Personal Safety & Self-Defense.

SEPX-1510 New Testament
A study of Christian history, precepts and principles as found in the New Testament focusing on the practical attitudes to adopt for effective Christian living.

SEPX-1520 Bridge, Intermediate
For students who have an understanding of playing and bidding strategy. Learn how to play bridge well even when you hold bad cards. Learn opening leads, when to hold up, use of signals, how to promote tricks, and other defense strategies.

SEPX-1540 Current Events
Be up to date with what is happening in our local community, across the nation, and around the world. We’ll get into a day of politics, world affairs, sports and human interests. Join us in this discussion class with something for everyone. Prepare by watching the 10 p.m. news and reading the daily newspaper.

SEPX-1640 Psychology Can Be Fun
Have fun learning practical psychology to deal with everyday problems.

SEPX-1680 Exercise for Seniors
A full workout designed for the mature adult at Southwest Community Center (SWCC) and Highland Hills Community Center (HHCC). The SWCC class meets Mondays and Thursdays; the HHCC class meets Tuesdays and Thursdays. A physical checkup is recommended before starting any exercise class. The City of Fort Worth requires a $10 ID that is good for one year. ID may be obtained at the centers.

SEPX-1880 Pinochle
Remember this game? Learn or relearn the strategies of bidding, playing and melding, in Double Deck Pinochle. This card game is a little more complicated than Hearts, but not nearly as complicated as Bridge. Join the fun.

SEPX-1920 Knitting and Crocheting, Intermediate
Have you ever wanted to improve and/or enhance your knitting and crocheting techniques while having hands-on opportunities to create new and more advanced projects? This course will assist you in reaching the next level of knitting and crocheting techniques.

SEPX-2040 Introduction to Quilting
Introductory class on using new methods of rotary cutting, mats and rulers. Class is strongly recommended before taking Easy and Advanced Quilting.

SEPX-2050 Quilting, Easy
Continue to use rotary cutter and mat with easy and fun patterns. Portable sewing machine optional.

SEPX-2069 Modern Dominoes
Enjoy learning how to play modern dominoes, a family of games played with rectangular ‘domino’ tiles dating back to early 18th Century. Each term the instructor will designate the games of dominoes to be played. The object of the game is for the player to play all dominoes from their hand using various strategies outwitting their opponents.

SEPX-2070 Forty-Two, Introduction (10)
Forty-Two is a trick-taking game played with dominoes. This is an introductory course designed for students to learn rank and suit of dominoes, how to bid, scoring and variations. Come learn the strategy and lore of the game!

SEPX-2160 Racquetball for Seniors
For all levels of players- beginner to advanced. Rules and basic court strategy will be covered. Requires running, jumping, stretching, bending, looking and listening.

SEPX-2220 Beaded Jewelry
Get started making beautiful beaded jewelry. Learn tools, techniques and design principles to make your own custom-crafted jewelry. Tools will be provided for your use in class. Supply list handed out during the first class.

SEPX-2250 A Walk in The Park
Enjoy outdoor walks? Learn to identify plants and trees. Most of the classes will be spent in nearby parks and natural areas learning the names and natural history of native plants and trees.

SEPX-2260 Square Dance
Learn the 49 basic movements of square dancing in a relaxed and fun environment. Each student must have an opposite sex partner. (Available singles may be matched as partners.)
**Senior Education**

**Course Descriptions**

Course descriptions are arranged alphabetically by section course number.

**SEPX-3020 Simple Home Repairs**
Would you like to know the best way to unclog a toilet or replace a light fixture? This course will teach you the tools of the trade to help you keep your home in shape. You may want to take this course each time; the projects will change!

**SEPX-3120 Bridge, Beginning**
Designed for folks with little or no experience in Bridge. Have fun while you learn.

**SEPX-3140 Vibrant Health and Longevity**
Good health is no accident - give the body what it needs! Topics for this study include: nutrition dos and don’ts, supplements (vitamins, minerals, glyconutrients), exercise, weight control and more.

**SEPX-3230 Paint for Fun**
If you think you are not quite top-drawer quality as an artist, but want to improve, bring your oils, acrylics, and/or watercolors and have fun with us as we learn.

**SEPX-3260 All Things Texan**
This class will explore different slices of Texas history, taking a look at the many aspects of the rich history of this big, bold state. Topics will vary.

**SEPX-3340 Water Exercise**
A complete body workout using buoyancy and water resistance. No swimming skills are required, but since this is a fast-paced rigorous hour, students should be physically able to participate fully to reap the fitness benefits.

**SEPX-3390 Piano I**
Learn how to ‘tickle the ivories’ in this beginning piano course. Learn to play in a group environment.

**SEPX-3550 Knitting**
Learn basic stitches. Beginning and advanced students are welcome. Bring one skein of knitted worsted yarn, one ball of Sugar ‘N’ Cream cotton yarn and thread, and two pairs of short size 8 and 10 needles.

**SEPX-3640 Cliburn Concert Series**
The Cliburn Concerts presented by the Van Cliburn Foundation feature outstanding international instrumentalists. (See Important Notes and Policy Information about arrangements for attending).

**SEPX-3690 Tennis**
Learn basic tennis strokes, proper racquet grip, and score keeping.

**SEPX-3691 Bowling for Seniors**
Bowling is a comprehensive coeducational class designed to provide the student with an opportunity to develop the basic skills necessary to enjoy the lifetime sport of bowling.

**SEPX-3710 Weight Training**
An individual program will be set up for each student. Learn to warm up and cool down properly, develop muscle strength, endurance, and flexibility. A physical checkup is recommended before starting any exercise class.

**SEPX-3820 Lap Swimming for Seniors**
This course is designed to build stamina by swimming 35 consecutive laps in an hour and thirty minutes.

**SEPX-3900 Horticulture in The Metroplex**
Learn about soils, which plants are right for our area, when to water, where to plant, and so many more important items. Taught by master gardeners of the Tarrant County area.

**SEPX-5010 Oil Painting I**
Instruction in the use of oil- and water-based acrylic paints for all levels of ability with the goal of completed compositions. Students will provide their own materials. A list of supplies and ordering/purchasing information will be provided.

**SEPX-5020 Classic Movies**
Escape to the Golden Age of Hollywood with Bogie and Bacall, Hepburn, Cary Grant and a multitude of other wonderful stars. Let us not forget ‘The Thin Man’ series with William Powell and Myrna Loy. They were great.

**SEPX-5030 German, Beginning**
Learn the basics of German language for conversation. Topics include alphabet, pronunciation and common phrases for tourists.

**SEPX-5050 Creative Writing 1**
This class teaches you how to write your family history for your own pleasure. Learn the elements of writing poems and prose, sample your own abilities of fiction, and learn how to be creative as well as interesting.
SEPX-5060 Pool and Billiards
Learn the rules, use and care of equipment, shots and strategies associated with the game of pool and/or billiards.

SEPX-5061 Billiards Second Level
This course will provide advanced skills and knowledge including instruction on the use of side spin and its effects. Completion of SEPX-5060 recommended.

SEPX-5170 Piano II
This is a continuation of Piano I for the more experienced player. Prerequisite: Piano I. SEPX-3390

SEPX-5171 Piano III
Students apply learned skills accenting individual repertoire and performance experience.

SEPX-5190 Quilting, Advanced
Must have knowledge of rotary cutting and mat. Some hand sewing and some by machine. Portable sewing machine optional.

SEPX-5290 Stained Glass
Learn the ancient art of leaded glass construction. Course teaches lead came and copper foil methods starting with simple sun catchers and progressing to more detailed decorative art form pieces. $30 FOR SUPPLIES SHOULD BE PAID TO INSTRUCTOR.

SEPX-5300 Forty-two; Intermediate
This class is for experienced ‘42’ players who know the fundamentals of bidding, following suit, trumps, and have played frequently. This class is for the individual who has been playing ‘42’ and is up to date with terminology and enjoys competition. You will enjoy learning winning keys to give you an advanced playing system to enhance your winning ‘42’ games.

SEPX-5370 Line Dance
Come dance with us in an exercise program that’s fun. The music is good, and you don’t need a partner.

SEPX-5420 Spanish As a Second Language
For advanced students who wish to increase their ability to communicate effectively and accurately in Spanish. Participants are recommended to have four semesters of Spanish or the equivalent experience.

SEPX-5460 Oil Painting for Fun
If you think you are not quite top-drawer quality as an artist, but want to improve your skills, this is the class for you. Pick your medium. Students will provide their own materials. Instructor will provide a list of supplies.

SEPX-5480 Swimming, Recreational
Swim on your own for exercise and fun.

SEPX-5490 Gardening in North Central Texas
A course with emphasis on assisting the beginner and intermediate home gardener. Topics include plant selection and care of turf, vegetables, trees and shrubs. The sources of gardening information with organic and nonorganic approaches will be presented. Taught by Tarrant County Master Gardeners.

SEPX-5600 Symphony Experience
Attend performances of the Fort Worth Symphony Orchestra. A pre-talk of the program will be given one hour prior to the performance. (See Important Notes and Policy Information about arrangements for attending.)

SEPX-5650 Drawing and Sketching
This class is for those who are interested in improving existing skills. Bring pencil, pens and paper to first class.

SEPX-5680 Yoga for Seniors
Would you like to improve your flexibility, lower your blood pressure, and feel better mentally and physically? If you would, then give yourself the gift of yoga. Class sessions are divided into yoga postures, relaxation, meditation and group discussions.

SEPX-5940 Stage Experience
Stage Experience provides the opportunity to attend three of Tarrant County’s best theaters. In addition to many thought provoking productions and comedies at Stage West, Casa Manana’s musicals and Circle Theatre’s comedies and dramas are part of our entertainment offerings. As a TCC Senior Ed student, you receive significant savings on tickets to plays at all three theaters. Each Stage Experience production requires a fee payable at the theater in addition to the $20.00 Senior Ed registration fee.
Course Descriptions

Course descriptions are arranged alphabetically by section course number.

SEPX-7020 Crochet and Knitting
Learn the basic stitches: chain, double crochet, triple crochet, etc. Learn to read the instruction sheets. Perhaps make two simple projects. Advanced students will make other interesting projects. Knitting instructions will be offered.

SEPX-7030 Line Dancing, Intermediate
This class has challenging line dance patterns. Review previous intermediate line dances. Can be repeated since new dances are taught. A fun way to exercise. Recommended prerequisite: Line Dancing, Beginning or experience in line dancing.

SEPX-7060 Spanish I
Learn Spanish in a relaxed, congenial atmosphere. The beginning course introduces the basics of Spanish: nouns, verbs, articles and building vocabulary. Individual participation is encouraged.

SEPX-7120 Tai Chi II
Knowledge of Tai Chi I required. Tai Chi is slow, graceful, and designed to improve health, balance, circulation, and reduce stress. The final moves of Tai Chi Yang form will be taught.

SEPX-7130 Spanish II
Continuation of Level I includes more in-depth study of the language, development of skills, speaking, understanding and reading. Individual participation is encouraged. Some knowledge of basic Spanish language skills is required.

SEPX-7210 Civil War
The last medieval and the first modern war. This class will cover some people you may not know, tales you may not have heard, and facts and oddities of this strange, romantic, brutal war that has fascinated people for more than 100 years.

SEPX-7290 Piano Practice
This is an open lab concept for students who are enrolled in Piano I and Piano II.

SEPX-7390 Physical Fitness for Seniors
Flexibility is a key to vitality and good health. This mildly aerobic, no-impact workout emphasizes stretching and some strength-building routines along with deep breathing.

SEPX-7410 Forgotten Heroes
In this class you will discover the lesser-known individuals in United States history. These individuals do not appear in textbooks or in mainstream history courses. They are truly the ‘Forgotten Heroes.’

SEPX-7540 Spanish Conversation, Beginning
Learn Castilian Spanish. Travel with us and Raquel as we go to Mexico City; to Seville and Madrid in Spain; Buenos Aries in Argentina and San Juan in Puerto Rico in search of Angel, the son of don Fernando. A grand adventure while learning to speak, think and read Castilian Spanish.

SEPX-7550 Spanish Conversation, Advanced
Learn Castilian Spanish. Travel with us and Raquel as she returns to Mexico City with the results of her search (busqueda) for Angel, the son of don Fernando. A grand adventure while learning to speak, think, and read Castilian Spanish.

SEPX-7620 Ballroom Dance
Basic ballroom dancing will be taught plus a variety of dances.

SEPX-7800 Philosophy
A review of the metaphysics of epistemology and ethics and political philosophy of early western philosophers from Thales to Descartes. Class discussion will be a part of each session.

SEPX-7820 Wire Wrap Jewelry
Learn how to use wire and stones to make jewelry. Student will furnish own supplies. Instructor will supply list of tools needed at first class.

SEPX-7980 Golf
Learn golfing basics as a beginner, or review them as an experienced player. Student provides own equipment. One off-site game at a golf course.

SEPX-9070 Sign Language I
Learn the basic signs, manual alphabet, colors, people and animals.

SEPX-9080 Watercolor Painting
This class is designed for the beginning and intermediate water colorist. Students furnish all supplies. A range of subjects will be covered and demonstrations given. Color mixing and composition emphasized. Individuality stressed. 20 hours.
### Course Descriptions

Course descriptions are arranged alphabetically by section course number.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEPX-9220</td>
<td>World War II</td>
<td>World War II has been described as a worldwide crisis of epic concerns, casualties, and conclusions. This class seeks to chronicle it, in sequential order, focusing not just on the major events but also through the eyes and lives of those who shaped and lived through it.</td>
</tr>
<tr>
<td>SEPX-9250</td>
<td>Origami</td>
<td>Creation of Shapes, Animals and Flowers from the drawing stage to sculpting. Explores a variety of forms using paper. A fun activity that stimulates creativity and enriches imagination one fold at time.</td>
</tr>
<tr>
<td>SEPX-9270</td>
<td>Tai Chi</td>
<td>Tai Chi is a program designed to reduce stress, tone muscle, improve balance, and eliminate illness. It is gentle, relaxing, and provides all benefits of exercise. Beginning class will be taught the first 14 moves of the Yang Style form.</td>
</tr>
<tr>
<td>SEPX-9370</td>
<td>Art Museum Tours</td>
<td>Take guided tours through Fort Worth’s splendid art museums and galleries. Enjoy European, Asian and American paintings and sculptures at the Kimbell, Amon Carter and Modern Art Museums, as well as fine contemporary art shows in outstanding galleries. A small fee may be charged for special exhibitions as they come up. Coordinator will inform student of dates and locations for each tour.</td>
</tr>
<tr>
<td>SEPX-9400</td>
<td>Water Aerobics</td>
<td>This course includes various exercises designed to increase and maintain the heart rate in the proper training zone. Jogging patterns, flutter kicking, and various aerobic movements are used, combined with arm variations. Specific muscle groups are worked against the water’s resistance to improve muscle tone.</td>
</tr>
<tr>
<td>SEPX-9871</td>
<td>German, Intermediate</td>
<td>Course designed for students wishing to build on knowledge in the German language, for travelers to Germany, or for simple conversation.</td>
</tr>
<tr>
<td>SEPX-9990</td>
<td>Line Dance, Beginning</td>
<td>Come dance with us in a dance exercise program that’s fun. The music is good, and you don’t need a partner.</td>
</tr>
</tbody>
</table>