EXCITING COURSES
DESIGNED FOR MATURE ADULTS

Prepare for a new career
Complete your education
Learn something new

Fall 2013
COLLEGIUM for Lifelong Learning is a membership organization created in 2004 to combine serious study and social exchange. Each COLLEGIUM semester features a different array of courses in the arts and sciences, all led by exceptional volunteers. Some leaders are veterans of the classroom, and some are professionals sharing their expertise for the first time. Participants are encouraged to engage in classroom discussion, and the schedule allows for informal discussion between sessions and during breaks.

COLLEGIUM is a membership organization and has a limited capacity. Current members receive priority registration; new members are welcome.

FALL COLLEGIUM BEGINS IN OCTOBER

For more information about the Fall 2013 program, please call 914-606-6748 or visit www.sunywcc.edu/collegium.
Mainstream is an innovator in exciting educational programming and career change options designed for adults 50 and older. These affordable courses are tailored to meet the needs of mature adults. Additional information about courses and programs can be found at www.sunywcc.edu/mainstream, by calling the Mainstream office at 914-606-6793 or by emailing mainstream@sunywcc.edu.

Mainstream classes meet in the Knollwood Center, unless otherwise noted.

**MUSIC, ART, LITERATURE, NATURE**

**Best American Short Stories of the Century**
Selections from this volume include works by both known and unknown writers. Come and see if you agree with the editors' idea of excellence. Please read for first class meeting: “Gesturing” by John Updike and “Verona: A Young Woman Speaks” by Harold Brodkey.

CE-LIT 2020VA,
6 Thurs., Oct. 3-Nov. 7, 1:00-3:00 pm,
Knollwood Center #3, $120.
T Meltzer. #83561

**History of Painting from the Renaissance to Today: Renaissance Painting**
This course will introduce you to notable painters of the Renaissance Period (1300-1600). We will focus on the development of technique, style and content of artists including Raphael, Michelangelo, Titian, Da Vinci as well as lesser known masters including Albrecht Durer, Giovanni Bellini, and Hans Holbein. This is the first of a series of courses; each can be taken individually or as part of the series.

CE-ART 2124VA,
7 Thurs., Oct. 3-Nov. 14,
10:00 am-12:00 noon,
Knollwood Center #4, $140.
J Coppola. #83547

**Discovering Your Inner Musician**
Discover and experience your inner sense of rhythm and musicality through the collective creation and performance of music. Join us as we compose music based on the group's musical talents. Learn through a combination of listening to, discussing, and creating music. Students will participate in an in-class performance during the final class session.

CE-MUSIC 2048VA,
6 Mon., Oct. 7-Nov. 11, 12:30-2:30 pm,
Knollwood Center #3, $120.
S Volpe. #83321

**A Guided Autobiography**
Have you thought about writing down your life stories for yourself or your family members, but don’t know where to start? You can write your life story two pages at a time. Learn how to organize your stories through themes and questions that evoke memories of events once known but were filed away and seemingly forgotten. Share and refine your stories in a supportive environment. No writing experience is necessary.

CE-WRITG 2055VA,
6 Mon., Sept. 9-Oct. 21 (skip 9/23), 1:30-3.30 pm,
Knollwood Center #2, $132
(+ $10 materials fee, payable to instructor first day of class).
A Marx. #83548

**Tournament of Classical Composers**
Who are your favorite composers? Join us to participate in a head-to-head competition between composers. Students will learn brief backgrounds of each composer, examples of their works, and cast votes for their favorites. All levels of music lovers are welcome. Bring a journal to create your own list.

CE-MUSIC 2049VA,
8 Thurs., Oct. 3-Nov. 21,
10:00 am-12:00 noon,
Knollwood Center #3, $160.
R Hallman. #83329

Music, Art, Literature continues on next page.
MUSIC, ART, LITERATURE, NATURE (CONT.)

**Introduction to Birds**
Learn to identify birds using the GISS (General Impression of Size and Shape), their adaptations, habitats, and where to find them locally. Our first meeting will consist of classroom presentation followed by a field session at the Valhalla campus. The second meeting will be at a local outdoor site. Bring binoculars and wear comfortable shoes.

CE-SCI 2013VA,
2 Wed., Oct. 2 & 9, 9:30-11:30 am,
Knollwood Center #2, $40.
W Chadwick. #82810

**Release the Artist in You**
If you can see, and hold a pencil, then you can draw. Learn to not only see objects differently, but also train the “art part” of your brain to draw. Beginners and experienced artists welcome. Bring an 11” x 14” sketchpad, #2 or softer pencil, plastic eraser and paper stump (no newsprint).

CE-ART 2065VA,
M/W, Sept. 30 & Oct. 2, 12:30-3:30 pm,
Knollwood Center #4, $60.
S Rocker. #82923

**Guitar is Fun!**
Always wanted to learn to play the guitar? Now is your chance! Join us for a class designed for beginners where you will learn chords and strumming techniques. Students must bring a guitar to class.

CE-MUSIC 2046VA,
8 Thurs., Oct. 3-Nov. 21,
12:00 noon-1:00 pm,
Knollwood Center #2, $80.
D Moran. #82628

**Creative Writing**
Writers of all levels wanted! Add depth, texture, and emotion to your writing as you experiment with prose, poetry, and journal musings. The course is based on free-writing exercises followed by sharing and discussions in a supportive environment.

CE-WRITG 2033VA,
6 Thurs., Sept. 19-Oct. 24, 1:30-3:30 pm,
Knollwood Center #5, $120.
K Rippstein. #82575

SOCIAL NETWORKING AND THE INTERNET

**Social Networking with Facebook**
Facebook and other social networks, such as YouTube and Farmville, enable millions of older adults to stay involved with children, grandchildren, and distant family members. Learn how to find and connect with old friends and family members to share activities and renew relationships. Join millions of others of all ages in the fun of managing virtual farms on the Internet. Learn to share photos and videos to stay in touch. Prerequisite: Essential Computer Skills 1 and 2 or equivalent experience.

CE-COMP 2071VA,
9:00 am-12:00 noon, $90.
2 Fri., Oct. 25 & Nov. 1, GTW-203.

**Using Pinterest, a Social Network for Fun and Profit**
Pinterest is a social network that allows you to save images from other websites, along with links to where they were found, and to organize them into virtual bulletin boards or inspiration boards. Learn to create your own Pinboards, re-pin and "like" images that others have posted and how to use Pinterest in marketing your business.

CE-COMP 2109VA,
9:00 am-12:00 noon, $65.
Sec. A : 2 Fri., Oct. 4 & 11,
GTW-215. #83559
HISTORY, POLITICS, RELIGION

new  An Introduction to Islam: Faith and Practice
This course provides an introduction to the Islamic religion as well as the Quran and its content.
CE-PHIL 2012VA, 6 Mon., Sept. 16-Oct. 21, 10:00 am-12:00 noon, Knollwood Center #4, $120. J Coppola. #83379

Hot Topics in the News
A review of daily current events. Presentation of major national and international current events; a background of the news is provided for better understanding. Questions, discussion, and individual presentations are encouraged.
CE-POLTC 2002VA, 10:00 am-12:00 noon, Knollwood Center #5, $100. V Bonelli. Sec. A: 5 Tues., Sept. 17-Oct. 15. #82601 Sec. B: 5 Tues., Oct. 22-Nov. 19. #82602

new  The Architecture of Faith
Join us for an exploration of the architecture of the great religions of the world, including Christian cathedrals, Jewish synagogues, Islamic mosques, Indian stupas, and Buddhist pagodas, and the cultural influences that shaped their development.
CE-CULTR 2025VA, 8 Tues., Sept. 17-Nov. 5, 1:30-3:30 pm, Knollwood Center #4, $160. B Levy. #83378

Genealogy: Beginning Research to Writing the Family Story
Learn how to connect with your family history. Topics include how to find records when you have limited information, how to intensify your search by finding overlooked records, how to successfully overcome “brick wall” obstacles, how to navigate key genealogy websites, and how to write your story for future generations.
CE-PRSDV 2034VA, 4 Tues., Sept. 17-Oct. 15 (skip 10/1), 10:00 am-12:00 noon, Knollwood Center #2, $80. T Lauriano. #82866

new  Understanding the Bible: The Old Testament
This course is a continuation of the Understanding the Bible series with a study of the early history books of the Old Testament (or Tanakh) as the main subject. Books covered in this course include Joshua, Judges, Ruth, and First and Second Samuel. Open to continuing and first-time students.
CE-PHIL 2013VA, 7 Mon., Oct. 28-Dec. 9, 10:00 am-12:00 noon, Knollwood Center #4, $140. J Coppola. #83380

The Livable Community Connection
Interested in creating a livable community where people of all ages can have access to needed services and live happy, active lives? To learn more, contact the Livable Community Connection, a partnership supported by the County’s Department of Senior Programs and Services and the Westchester Public/Private Partnership for Aging Services, Inc.

The Northwest Livable Community Coordinator can be reached at 914-606-6528 or at mainstream@sunywcc.edu
LIFETIME WELLNESS

Estate Planning/Living Wills
Effective estate planning can save you and your family money and aggravation. Learn legal information in simple English. Focus on wills, joint assets, trusts, death/gift taxes, using your bank effectively, powers of attorney, tax planning, shifting assets, living wills, and healthcare proxies.

CE-FIN 2001VA,
M/T/Th, 4 days, Nov. 4-11 (skip 11/6 & 8),
1:00-3:00 pm,
Knollwood Center #2, $80.
M Richman/A Leinwand. #82919

Retired? Now What?
Life beyond retirement brings opportunities and questions—How do I expand beyond my former work identity? How do I take control of my time? Join us to explore these and other questions and to develop a strategy for successful retirement.

CE-PRSDV 2064VA,
3 Tues., Nov. 5-19,
1:00-3:00 pm,
Knollwood Center #3, $60.
A Leinwand. #82934

PHYSICAL FITNESS

Aquacise
Experience the therapeutic benefits of in-water exercise. Improve your cardiovascular fitness and endurance.

CE-FITNS 2000VA,
10:00-11:00 am, PEB-Pool, $70. A Lee.
Sec. A: 7 Mon., Sept. 9-Oct. 21. #82924
Sec. B: 7 Mon., Oct. 28-Dec. 9. #82927
Sec. C: 7 Fri., Sept. 6-Oct. 18. #82928

Water Healing Exercise Aquatics
Join us in the pool for a gentle workout to lengthen, strengthen, and energize with less strain on your muscles and joints. This class incorporates yoga, Pilates, Tai Chi, and Qigong exercises.

CE-FITNS 2040VA,
11:00 am-12:00 noon, PEB-Pool, $70.
A Lee.
Sec. A: 7 Mon., Sept. 9-Oct. 21. #82930
Sec. B: 7 Mon., Oct. 28-Dec. 9. #82931
Sec. C: 7 Fri., Sept. 6-Oct. 18. #82932

Gentle Yoga Stretch
Yoga is an ancient form of movement promoting balance, flexibility, and relaxation, uniting all aspects of a person—body, mind and spirit. Come join us as we gently move through physical yoga postures that improve concentration, inner strength, and endurance. Wear comfortable clothes and bring a towel or yoga mat.

CE-FITNS 2029VA,
8 Thurs., Oct. 3-Nov. 21,
11:00 am-12:30 pm,
Knollwood Center #5, $120.
S Kelner. #83450

Balance, Coordination and Stretch for Seniors
This slow-paced exercise class is designed to help seniors increase range of motion, flexibility, balance, and coordination, and to build strength. Movements can be modified for those participants with limited mobility.

CE-FITNS 2018VA,
8 Mon., Sept. 16-Nov. 4,
10:00-11:00 am,
Knollwood Center #5, $80.
M Gordon. #83449
The Center for the Mature Worker assists adults 50 and older who are looking to change careers, upgrade their skills, or start their own businesses. Courses are designed to help participants gain the skills needed to successfully compete in today's job market.

A New Direction in a Changing World
Are you looking for a new career or feeling stuck in your current job? Are you considering an Encore Career or making a meaningful change? Join us to analyze your interests, transferable skills, and values by completing the SDS Interest Inventory. Understand your options and develop a targeted plan. Led by Gloria Goldstein, Nationally Certified Career Counselor who specializes in Encore Careers. For more information, call 914-606-6535 or email mainstream@sunywcc.edu.

CE-CRXPL 2009VA,
2 Weds., Oct. 9 & 16,
6:00-8:00 pm, Knollwood Center #2, $40
(+ $7 material fee payable to instructor).
G Goldstein. #83095

A New Direction in a Changing World: Individual Sessions
Meet individually with Gloria Goldstein to further explore, clarify, and generate your personal career plan. A one-hour session is $90. To schedule your appointment, call 914-606-6535 or email mainstream@sunywcc.edu.

Small Business Training Designed for Mature Adults
Have you always thought of starting your own business or do you currently have a home business that you’d like to expand? Whether you are new to the business world or have prior experience, this training program will prepare you for success as an entrepreneur. It will help you to develop and refine your business plan and manage cash flow and operations with a focus on issues of concern to mature entrepreneurs. This 14-week course will begin Spring 2014. Cost: $400 (+ $13 student fees, + textbook). For more information call 914-606-6659 or email mainstream@sunywcc.edu.

Health Information Technology
Healthcare providers face the challenge of implementing electronic health record systems as part of the nationwide effort to improve patient care. Health IT professionals are instrumental to this effort to transition medical records from paper to electronic systems. We offer a 6-month, non-credit Health Information Technology training program designed to help you prepare to meet the nation’s emerging need for Health IT professionals. Applicants must have either a healthcare or information technology background. Classes for this program are held during evening and weekend hours. For more information, please email hitech@sunywcc.edu, or call Judith Kelson at 914-606-6535.

Clinical Nurse Adjunct Instructor and Nurse Educator Training
This program is designed to train experienced nurses to be Clinical Nurse Adjunct Instructors and to supervise students in a variety of healthcare settings. It will also train nurses to be more effective preceptors or educators at their jobs. Presented in conjunction with the Department of Nursing, this 65-hour program includes 35 hours of classroom instruction and 30 hours of practicum. Begins Spring 2014. Cost: $1,250 (+ $13 student fees, + textbook). CEUs pending. Class size limited to 10. For more information, call 914-606-6659 or email mainstream@sunywcc.edu.

Operation Talent Bank: Job Search Skills & Computer Training
Designed for mature adults who are actively looking for work. Includes 15 hours of job search skills (resume writing, interviewing skills, self-assessment and job search strategies) and 15 hours of computer training in Excel and PowerPoint. This program is sponsored by the Women's Research and Education Fund in partnership with the Westchester County Office for Women. Cost: $30 (+ $13 student fees). For more information or to find out if you qualify, call 914-606-6659 or email mainstream@sunywcc.edu.
REGISTRATION INFORMATION

Registration for Mainstream non-credit courses is ongoing throughout the semester. Because classes fill quickly, early registration is encouraged. Mainstream reserves the right to cancel any class due to under-enrollment, substitute faculty if necessary, or make other changes as needed.

**WALK IN:** You can register in person during Mainstream office hours (Monday-Friday, 8:30 am-4:00 pm) at the Knollwood Center office.

**MAIL IN:** Complete the attached registration form and mail it to the address located at the top of the form. If you are not notified that the class has been cancelled or filled, plan to attend class on the first scheduled date.

**CALL IN:** Call the Mainstream Office at 914-606-6793 during regular business hours. We’ll be happy to accept your registration by phone.

**LOG IN:** Returning students may visit us at www.sunywcc.edu/MyWCC to activate their personal account and register and pay online. First-time registrants may register in person, by mail, or by phone.

**Refund Policy:** For requests received at least two business days prior to the start of the class: 100% refund with the exception of a $5 non-refundable registration fee. There are no refunds after that time. All refund requests must be made in writing and can be mailed to the college or emailed to mainstream@sunywcc.edu.

**Class Locations:** The majority of Mainstream classes are held at the Knollwood Center, located on Westchester Community College’s main campus in Valhalla, New York. For answers to questions regarding courses offered elsewhere, stop by the Center, call 914-606-6793, or email mainstream@sunywcc.edu.

**Auditing Courses:** Select college credit courses may be audited by Westchester County residents 60 years of age and older on a space-available basis. Requirements for senior auditors are an $8 student services fee, a non-refundable $5 registration fee (each semester) and proof of residence and age. Senior audit registration will take place in person only on Friday, August 30 and Wednesday, September 4, in the Knollwood Center from 8:30 am-12:30 pm.

**Please Note:** Registration fee for non-credit courses: $5 (payable once each semester). Student Services (F.S.A.) Fee: $8 for on-campus courses (payable once each semester).

**Parking:** Parking decals are required for all students. Obtain a form from the Knollwood Center and bring the completed form to the Security Office in the Student Center, Room 113.

For more information about Mainstream:

In-person: Knollwood Center, Westchester Community College
75 Grasslands Road, Valhalla, NY 10595
Phone: 914-606-6793 • Email: mainstream@sunywcc.edu
Online: www.sunywcc.edu/mainstream

Annual Security Report — In compliance with federal law, the college publishes a report which includes crime statistics for the previous three years as well as a variety of institutional policies relating to student safety. This report may be accessed online at www.sunywcc.edu/security or by contacting the Security Office, STC-113 (914-606-6730).

Westchester Community College adheres to the policy that no person on the basis of race, color, creed, national origin, age, gender, sexual orientation or handicap is excluded from, or is subject to, discrimination in any program or activity. Westchester Community College is an equal opportunity, affirmative action employer.
Directions to Westchester Community College

**BY CAR**

**Bronx River Pkwy.**
Exit 26, Virginia Rd. If you are southbound, turn right; if northbound turn left. At the first intersection, turn right onto Rte. 100. Stay left at the next fork; campus is on your left.

**Cross Westchester Expwy.**
(Rte. 287), exit 4. If you are eastbound, turn left; if westbound turn right onto Rte. 100A (Knollwood Rd.). Campus is on your right about 1/2 mile.

**Sprain Pkwy. Eastview exit.**
If you are northbound, turn right; if southbound, turn left onto Rte. 100C. At intersection of 100C, 100A, and 100, go straight ahead onto Rte. 100. Campus is on your right about 1/2 mile.

**Saw Mill Pkwy., Eastview exit.**
If you are northbound, turn right; if southbound, turn left onto Rte. 100C. At intersection of 100C, 100A, and 100, go straight ahead onto Rte. 100. Campus is on your right from this point, about 1/2 mile.

**BY BUS OR TRAIN**

**Buses** #1C, #1X, #15, #40 and #41 come onto the campus. For schedule, call 914-813-7777.

**Train** is the Metro North Harlem Line. Take it to the White Plains Station. There you can pick up a cab or take a bus to the campus (see bus listings above). For schedule, call 1-800-638-7646.

Information about Parking for People with Disabilities can be obtained by calling 914-606-6730.
EXPRESS REGISTRATION

Mail To: Mainstream
Knollwood Center • Westchester Community College, Valhalla, NY 10595
914-606-6793 • Fax 914-606-6526

Please add me to the Mainstream mailing list.

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Email

Have you ever taken a class at WCC before? ______ Yes ______ No
If yes, was it ______ credit ______ noncredit

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□ MasterCard
□ VISA
□ Discover

Make checks payable to Westchester Community College
F.S.A. Student Services Fee* $8.00
Non-refundable Registration Fee* $5.00
TOTAL ENCLOSED

CREDIT CARD NUMBER: 

EXP DATE: APPROVAL CODE: (from back of card)

SIGNATURE: ____________________________

If you have been a resident of Westchester
County for at least six months and of New
York State for at least one year, please sign. Signature: ____________________________

*The F.S.A. and registration fees are payable once each semester for non-credit and senior audit classes.
These fees are waived if you have registered for other non-credit courses and paid these fees for Fall 2013.

A variety of government agencies require that institutions of higher education report student enrollments by ethnic status.
The information requested below will assist us in meeting this requirement. Please check the appropriate box.
(Response is optional and does not affect your admission in any way.)

Are you Hispanic/Latino? □ Yes □ No
If Hispanic/Latino, please indicate which of the following would best describe your background? (select one)
□ Cuban □ Dominican □ Mexican □ Puerto Rican □ Other Hispanic/Latino
Please indicate your race (select one or more)
□ American Indian or Alaskan Native □ Asian □ Black or African American
□ Native Hawaiian or other Pacific Islander □ White