EXCITING COURSES DESIGNED FOR MATURE ADULTS

Prepare for a new career
Complete your education
Learn something new

Summer 2013
College Entry and Associate Degree Completion
Designed for Mature Adults

Thinking about starting or completing your Associate Degree? Westchester Community College offers an exciting opportunity designed for adults 50 or older who want to return to school after a long break, or who want to start college for the first time. Take courses with your peers and learn in a supportive environment that can help give you the skills and confidence to make your transition to college a success.

Contact Judith Kelson at 914-606-7704 or back2college@sunywcc.edu for information session dates and times and to reserve your space at the next information session.

THE COLLEGIUM For Lifelong Learning

This six-week program is designed for seniors looking for a serious learning experience. COLLEGIUM is a membership organization seeking to combine academic study and social exchange. It includes some background reading and a great deal of student participation.

Fall program begins October, 2013

For more information about the fall 2013 program, please call 914-606-6748 or email collegium@sunywcc.edu
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 famous and unknown writers. Come and see if you agree with the editors’ idea of excellence. Please read for first class meeting: “The Ledge” by Lawrence Sargent Hall, and “The Things They Carried” by Tim O’Brien.

CE-LIT 2020VA,  
6 Thurs., May 30-Jul. 11 (skip 7/4),  
1:00-3:00 pm, Knollwood Center #3, $120.  
T Meltzer. #5039

### A Brief History of Architecture
Join us for an overview of architecture from ancient through modern times. Discussion will include individual architects’ works; architectural vocabulary to expand our understanding of the details of design that contribute to the aesthetic components of our own culture; and the influence of historical styles on contemporary design.

CE-CULTR 2023VA,  
2 Weds., May 29-Jun. 5,  
May 29: 9:30-11:30 am, Knollwood Center #3;  
Jun. 5: 9:30-11:00 am, Rockefeller State Park, $35.  
W Chadwick. #5845

### Understanding the Bible: The Major Prophets
The Understanding the Bible series continues with this study of the major prophets of Israel including Isaiah, Jeremiah, Ezekiel and Daniel.

CE-PHIL 2010VA,  
8 days, M/W, Jun. 10-Jul. 3,  
10:00 am-12:00 noon, Knollwood Center #5, $160.  
J Coppola. #5842

### Dragons and Damsels
This course provides an introduction to dragonflies and damselflies, their life cycle habitats and our local species, both common and not so common. Studied by NASA and the U.S. military, these insects predate the dinosaur and come in a dazzling array of colors. Their flight is a wonder to behold and they have fascinated people for ages. Preserved specimens will be available for viewing. The course includes a 2-hour indoor class session and a 1.5-hour field session (please wear comfortable shoes).

CE-CSI 2014VA,  
2 Wed., May 29-Jun. 5,  
May 29: 9:30-11:30 am, Knollwood Center #3;  
Jun. 5: 9:30-11:00 am, Rockefeller State Park, $35.  
W Chadwick. #5845

### History of Christianity: The First Five Centuries
This course will introduce students to the development of Christianity from its origins in Judea-Palestine through its early development in the Roman Empire to later developments in the Early Middle Ages. Topics will include: the Life of Jesus, Paul and Preaching to the Gentiles, the Persecutions, the Establishment of the Church and Constantine, and the Early Theological Councils.

CE-PHIL 2011VA,  
8 days, M/W, Jul. 8-31,  
10:00 am-12:00 noon, Knollwood Center #5, $160.  
J Coppola. #6059

### Composers of the American Musical Theater Part 2
This five-week series will examine the works of influential American composers and composer teams including: Richard Rogers and Lorenz Hart; Richard Rogers and Oscar Hammerstein II; Jerome Kern; Alan J. Lerner and Fredrick Lowe; and Frank Loesser. Video selections will be shown.

CE-MUSIC 2044VA,  
5 Wed., Jul. 10-Aug. 7,  
10:00am-12:00 noon, Knollwood Center #3, $100.  
E Glass. #5843

Music, Art, Literature continues on next page.
Writing for a Change
Make a difference in your life. Through creative exercises and journaling you will be invited to explore new possibilities and options for a more joyful future. Gentle feedback from participants will provide validation and further insight into your goals and dreams. Bring a notebook and your imagination.
CE-WRITG 2045VA,
6 Tues., Jul. 9-Aug. 13,
12:30-2:30 pm, Knollwood Center #2, $120.
J Kreiswirth. #6035

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 discussion in a supportive environment.
CE-WRITG 2042VA,
5 Thurs., Jun. 13-Jul. 18 (skip 7/4),
1:30-3:30 pm, Knollwood Center #5, $100.
K Rippstein. #5005

Guitar is Fun!
Always wanted to learn to play the guitar? Now is your chance! Join us for a class designed for beginners. You will learn chords and strumming techniques. Students must bring a guitar to class.
CE-MUSIC 2046VA,
7 Wed., Jul. 10-Aug. 21,
12:00 noon-1:00 pm, Knollwood Center #4, $70.
D Moran. #5846

Famous Violinists
The personal lives of famous violinists reveal insights into their music and their inspirations. Why was Paganini thought to be in league with the devil? Which violinist became a shut-in in his house fearing he may make a mistake? Why do some musicians choose to play chamber music rather than solo? Class includes lecture, recorded music, live performance and discussion.
CE-MUSIC 2045VA,
4 Thurs., Jun. 6-27,
11:00 am-1:00 pm, Knollwood Center #4, $80.
R Hallman. #5844

Magic of Gods in Music
This course uses myths such as Orpheus and Apollo as a window to connect to inspiration for composers throughout classical music genres. Included will be music from different periods that relate to these myths. Bring a paper, pencil and your imagination for an “ear-opening” experience.
CE-MUSIC 2047VA,
6 Thurs., Jul. 11-Aug. 15,
11:00 am-1:00 pm, Knollwood Center #4, $120.
R Hallman. #6058

History through Literature
This class will examine two novels as works of classical literature: Black Boy by Richard Wright and To Kill a Mockingbird by Harper Lee. We will examine these literary pieces as works of classical literature and, through these works, explore politics, poverty, and race within the historical periods during which the novels are set.
CE-LIT 2021VA,
6 Mon., Jun. 10-Jul. 15,
1:30-3:30 pm, Knollwood Center #3, $120.
D McIntosh. #5004

Genealogy: Researching Your Family Tree
This class focuses on specific areas of genealogy research. Topics may include Searching for Military Records, The Elusive Maiden Name, and Using Census Data, Using Church Records, and Use of Genealogical Software. Learn about available resources and how to uncover often forgotten records. All levels welcome.
CE-PRSDV 2089VA,
3 Thurs., Jul. 18-Aug. 1,
10:00 am-12:00 noon,
Knollwood Center #3, $60.
A Lauriano. #5848

Center for the Mature Worker
Long- and short-term training and job search classes designed for adults 50+.
For information, call 914-606-6659 or email mainstream@sunywcc.edu
LIFETIME WELLNESS CENTER

PHYSICAL FITNESS

Please consult a physician before attending a physical fitness class. Signed release forms are required for all hiking and physical fitness classes. Release forms will be provided at first class.

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, $140. A Lee
Sec. A: 14 Mon., May 20-Aug. 19. #5006
Sec. B: 14 Fri., May 17-Aug. 16. #5007

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 qi gong exercises.
CE-FITNS 2040VA,
11:00 am-12:00 noon, PEB-Pool, $140. A Lee
Sec. A: 14 Mon., May 20-Aug. 19. #5008
Sec. B: 14 Fri., May 17-Aug. 16. #5009

CAREER TRAINING

Looking for opportunities to engage in meaningful work in new and emerging fields?
Individual Encore Career Counseling • Clinical Nurse Adjunct Instructor Training
Health Information Technology Training • Small Business Training

Call us at 914-606-6793 or email mainstream@sunywcc.edu for more information

INTERESTED IN TEACHING OLDER ADULTS?

Whether you are a retired professional or an experienced adult educator, you can find teaching opportunities at Westchester Community College.

Contact Mainstream
(mainstream@sunywcc.edu; 914-606-6793) and ask for our prospective faculty member packet.
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. Unless you are notified that the class has been cancelled or filled, your class will meet as scheduled. Please plan to attend class on the first scheduled date.

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

**Refund Policy:** For requests received at least two business days prior to the start of each class: 100% refund with the exception of the $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 Mainstream or emailed to mainstream@sunywcc.edu.

**Class Locations:** The majority of Mainstream classes are held at the Knollwood Center at the college's Valhalla campus. For specific information, call 914-606-6793 or email mainstream@sunywcc.edu.

**Senior Audit:** Some college credit courses may be audited by Westchester County residents 60 years of age or older on a space available basis. The only requirements are an $8 registration fee and 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 at the Knollwood Center, and bring the completed form to the Security office in the Student Center building.

*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 bus #40. For schedule, call 1-877-690-5114.

Handicapped parking information 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.

Last Name  First Name  M.I.

Address

City  State  Zip Code

Student ID  Social Security Number

Home Phone  Date of Birth

Business Phone  M/F

Email

Have you ever taken a class at WCC before?  ______ Yes  ______ No

If yes, was it ______ credit  _____ noncredit

Course  Course/Seminar Title  Section  Start Date  Tuition

☐ MasterCard
☐ VISA
☐ Discover

Make checks payable to
Westchester Community College
Non-refundable Registration Fee*

TOTAL ENCLOSED

CREDIT CARD NUMBER: ____________________________

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

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 Summer 2013.

The Department of Health & Human Services requires institutions of higher education to report student
enrollments by ethnic status. The optional information requested below will assist in meeting this requirement.
Please check the appropriate box. (Response is optional.)

1. ☐ White  2. ☐ Black  3. ☐ Hispanic
4. ☐ Asian or Pacific Islander  5. ☐ American Indian or Alaska Native  6. ☐ Non-Resident Alien