EXCITING COURSES
DESIGNED FOR MATURE ADULTS

Prepare for a new career
Complete your education
Learn something new

Spring 2014
Thinking about starting or completing your Associate Degree? Westchester Community College offers an exciting opportunity designed for adults 50 and 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 Barbara Loizeaux 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 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

THE COLLEGIUM For Lifelong Learning

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.

SPRING COLLEGIUM BEGINS IN APRIL

For more information about the Spring program, please call 914-606-6748 or visit www.sunywcc.edu/collegium. COLLEGIUM is a membership organization and has a limited capacity. Current members receive priority registration; new members are welcome.
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.

NATURE

**Westchester Wildlife**
Join us for an introduction to Westchester wildlife. Learn to identify our local wildlife, their adaptations and habitats. We will discuss birds, mammals, insects, amphibians and reptiles. First meeting is a classroom presentation on insects, amphibians and reptiles. Second meeting is a classroom presentation on mammals and birds. Third meeting will be at Rockefeller State Park in Pocantico Hills to observe the wildlife we have studied. Bring binoculars and wear comfortable shoes.

CE-SCI 2020VA,
3 Fri., Mar. 14-28, 9:30-11:00 am,
Knollwood Center #2, $45.
W Chadwick. #13989

**Intro to Winter Birds**
Learn to identify winter birds using GISS (General Impression of Size and Shape). This in-class presentation will focus on resident winter birds and those birds that migrate from the north to spend the winter in Westchester, and their strategies for surviving the winter.

CE-SCI 2018VA,
Mon., Jan. 27, 9:30-11:00 am,
Knollwood Center #2, $15.
W Chadwick. #13990

**Winter Birds Walk**
Join us for a winter walk in Rockefeller State Park in Pocantico Hills to observe our resident winter birds and those birds that migrate from the north to spend the winter in Westchester. Bring binoculars, wear comfortable shoes and dress for the weather.

CE-SCI 2019VA,
Wed., Jan. 29, 9:30-11:00 am, $15.
W Chadwick. #13991

COMPUTING

**Social Media for the Masses**
Social Media continues to grow and transform itself, in many cases due to the influence of the individuals using it. The demand to stay connected and to obtain personal growth through this form of communication constantly drives the way it’s being used. Learn how to connect and more efficiently use several of the more popular Social Media sites: LinkedIn, Facebook, Pinterest, Twitter, Flixster, Google Plus, Flickr. Learn how to connect these sites, understand when to “like” something, set security features, promote yourself, join groups, understand hashtags, and Social Media “etiquette.” This course will introduce these sites and get you on the road to using Social Media more effectively. Prerequisite: Essential Computer Skills 1 or equivalent experience.

CE-COMP 2015VA,
M/W, May 12 & 14, 9:00 am-4:00 pm (includes 1-hour lunch break),
GTW-215,
$135. #15460
**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., Mar. 6-May 1 (skip 4/17), 12:00 noon-1:00 pm, Knollwood Center #2, $80.  
D Moran. #13859

**Guitar is Fun: Next Steps!**

Join us for more guitar fun! This class is a continuation of the first eight weeks of Guitar is Fun. You will learn new chords, new strum patterns, and more fingerpicking to familiar songs. Please bring your own guitar. Come and enjoy!

**CE-MUSIC 2054VA,** 8 Thurs., Mar. 6-May 1 (skip 4/17), 1:15-2:15 pm, Knollwood Center #2, $80.  
D Moran. #13983

**Piano is Fun!**

Add the joy of music to your life! This class is designed for those who have never played piano before. You will learn to read music in a friendly and supportive atmosphere. Please bring your own keyboard with stand and batteries. Please obtain the books *The Older Beginner Piano Course (Level 1)* and *Musicianship for the Older Beginner (Level 1)* for the class. Come and enjoy!

**CE-MUSIC 2053VA,** 8 Tues., Mar. 4-Apr. 29 (skip 4/15), 12:00 noon-1:00 pm, Knollwood Center #4, $80.  
D Moran. #13984

**Piano is Fun: Next Steps**

Come join us as we explore new rhythms, keys, and songs with fellow students. Please bring your own keyboard with stand and batteries. Please obtain the books *The Older Beginner Piano Course (Level 1)* and *Musicianship for the Older Beginner (Level 1)* for the class. Prerequisite: Beginning piano experience.

**CE-MUSIC 2052VA,** 8 Tues., Mar. 4-Apr. 29 (skip 4/15), 1:15-2:15 pm, Knollwood Center #4, $80.  
D Moran. #13985

**Discover 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 a musical composition 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., Feb. 3-Mar. 10, 12:30-2:30 pm, Knollwood Center #2, $120.  
S Volpe. #14020

**Still-Life Drawing**

Learn to see simple shapes, lines and contrasting values of objects in relation to each other. This is integral in the composition of interesting drawings. Please bring 11 x 14 inch drawing pad (no newsprint), soft graphite pencils (2B, 4B, and 6B), a pencil sharpener, a paper stump for blending and a plastic eraser. No prior experience needed.

**CE-ART 2126VA,** M/W, Feb. 10 & 12, 12:30-3:30 pm, Knollwood Center #3, $60.  
S Rocker. #13986

**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., Mar. 20-May 1 (skip 4/17), 1:30-3:30 pm, Knollwood Center #5, $120.  
K Rippstein. #13796

**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., Jan. 28-Mar. 4, 10:30 am-12:30 pm, Knollwood Center #2, $120.  
J Kreiswirth. #13860
**Topics in Philosophy**
This class investigates different ancient and contemporary philosophies and uses their approaches and disciplines to discuss a variety of subjects related to morality and epistemology. We then apply these philosophical practices in an attempt to resolve many of the problems found in the world today.

**CE-PHIL 2014VA,**
6 Tues., Apr. 1-May 13 (skip 4/15), 10:00 am-12:00 noon,
Knollwood Center #4, $120.
J Coppola. #15371

**Introduction to Chinese Culture**
This course examines modern Chinese culture and its mix of the ancient and the contemporary, Confucianism, Taoism, Buddhism, communism and capitalism.

**CE-CULTR 2027VA,**
7 Fri., Jan. 24-Mar. 7, 10:00 am-12:00 noon,
Knollwood Center #4, $140.
J Coppola. #13987

**World Music**
In this class we will explore selected music from different world cultures and examine similarities, differences, and the concept of the universality of music.

**CE-MUSIC 2055VA,**
6 Tues., Feb. 4-Mar. 11,
12:30-2:30 pm, Knollwood Center #3, $120.
S Volpe. #14231

**Tournament of Classical Performers**
Who are your favorite instrumentalists? Come participate in a head-to-head competition between the greats. Each class will focus on a different orchestral group, violinist, violist, cellist, pianist and wind player, with a brief background of each and examples of their works, so that you can cast your vote. The class will produce a class favorites list, and the final class session will feature a CD concert of the winners. All levels of music lovers are welcome. Bring a journal to create your own list.

**CE-MUSIC 2050VA,**
5 Thurs., Jan. 30-Feb. 27, 10:00 am-12:00 noon,
Knollwood Center #4, $100.
R Hallman. #13794

**19th Century American Painting**
Join us for a survey of major American artists and styles including landscape, history, portraiture and still-life. Learn about major artistic and historical developments of 19th century America.

**CE-ART 2099VA,**
6 Thurs., Mar. 6-Apr. 10, 2:00-4:00 pm,
Knollwood Center #4, $120.
C Andersen. #13793

**Classical Architecture and the Continuity of Design**
This course explores historical architectural periods from Mesopotamia through Egyptian, Minoan, Mycenaean and Greek cultures, focusing on biblical themes, the Classical Orders and their influence on contemporary architecture.

**CE-HIST 2024VA,**
6 Tues., Mar. 18-Apr. 29 (skip 4/15), 11:00 am-1:00 pm,
Knollwood Center #2, $120.
B Levy. #13995

**Buddhism: History and Practice**
This class will introduce students to the historical development of Buddhism as well as its main practical teachings and practices such as meditation.

**CE-PHIL 2001VA,**
5 Weds., Feb. 5-Mar. 5, 10:00 am-12:00 noon,
Knollwood Center #4, $100.
J Coppola. #13988

**Hot Topics in the News**
A review of daily current events. Presentation of major international and national current events; background of the news is provided for better understanding.

**CE-POLTC 2002VA,**
10:00 am-12:00 noon,
Knollwood Center #5, $100.
V Bonelli.
Sec. A: 5 Tues., Jan. 28-Feb. 25. #13872
Sec. B: 5 Tues., Mar. 4-Apr. 8 (skip 3/18). #13873
**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, using census data, using church records, and use of genealogical software. Learn about the resources available and how to uncover often-forgotten records. All levels welcome.

**CE-PRSDV 2089VA,**
3 Tues., Apr. 1-22 (skip 4/15), 10:00 am-12:00 noon, Knollwood Center #3, $60.
T Lauriano. #13798

**Parenting Your Adult Children**

Explore the changing roles, the changing society, and the changing expectations of parents and their adult children. Join us to discuss issues including grandparenting, holidays, geographic obstacles, finances, in-laws, differences in culture, religion, ethnicity and sexual orientation facing parents today.

**CE-FAMLY 2002VA,**
4 Mon., Mar. 31-Apr. 21, 1:00-3:00 pm, Knollwood Center #3, $80.
A Leinwand. #13947

**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,**
4 M/T/Th, Apr. 21-28, 1:00-3:00 pm, Knollwood Center #2, $80.
M Richman/A Leinwand. #13797

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**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., Jan. 27-Mar. 10. #13874
Sec. B: 7 Mon., Mar. 24-May 5. #13875
Sec. C: 7 Fri., Jan. 24-Mar. 7. #13876

**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., Jan. 27-Mar. 10. #13880
Sec. B: 7 Mon., Mar. 24-May 5. #13883
Sec. C: 7 Fri., Jan. 24-Mar. 7. #13884

**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., Mar. 6-Apr. 24, 11:00 am-12:30 pm, Knollwood Center #5, $120.
S Kelner. #13979

**Zumba® Gold for Seniors**

If you enjoy Latin and international rhythms, come dance to the beat as you move your muscles and get a cardio workout. Zumba® Gold is specifically designed for active older adults and those who need modifications. No partner or dance experience needed; wear sneakers or dance shoes.

**CE-FITNS 2028VA,**
6 Mon., Jan. 27-Mar. 3, 11:00 am-12:00 noon, Knollwood Center #5, $60.
M. Lockwood. #13978
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. Increase an understanding of 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., Apr. 2 & 9, 6:00-8:00 pm,
Knollwood Center #3, $40
(+$7 materials fee payable to instructor).
G Goldstein. #14065

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 non-credit Health Information Technology training program designed to help you prepare to meet the nation’s emerging need for Health IT professionals. Classes for this program are held during evening and weekend hours. Next program begins Spring 2014. For more information, please email bitech@sunywcc.edu, or call Judith Kelson at 914-606-6535.

Certified Life Coach
The skills of a life coach are becoming increasingly sought after by groups and organizations. Today, more than 40,000 coaches are providing these services. CCM@WCC is powered by CoachVille, the world's largest coach training organization. You choose how to use your coach training: accelerate your personal development; explore an encore career; build a new career as an ICF certified coaching professional; amplify your influence by learning a coach approach to your present career or lifestyle. Find out more about each level of coach training and register for spring classes at www.CCMWCC.com or email CoachLorraine@CCMWCC.com.

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, and also to help train nurses to be more effective preceptors or educators. 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). Class 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 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:** 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 www.sunywcc.edu/MyWCC to activate their personal account and register and pay online. Please contact the Mainstream office to obtain your student ID number. 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 Mainstream 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 Mainstream office, 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 for spring semester will take place in person only on Friday, January 17 and Wednesday, January 22, in 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.

**Changes and Closings:** Time and date changes and other rescheduling may be made if necessary. In the event of severe weather or other emergencies, classes may be cancelled and every effort will be made to reschedule the class. For information on emergency closings, call 914-606-6900.

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).

Mainstream is a department of the Division of Continuing Education. Mainstream wishes to acknowledge and give special thanks to our community funding partners: Women’s Research and Education Fund; Westchester County Department of Senior Programs & Services; and NYSOFA.

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

Mainstream Office is located in the Knollwood Center

Campus maps are also available online at www.sunywcc.edu/maps

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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*either Date of Birth or Social Security Number required

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

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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 Spring 2014.

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