EXCITING COURSES
DESIGNED FOR MATURE ADULTS

Prepare for a new career
Complete your education
Learn something new

Summer 2014

Westchester Community College
State University of New York
**HISTORY & CULTURE**

**History of Painting from Renaissance to Today: The Baroque Period and The Romantic Era**
Learn about the artwork and artists of the Baroque Period (1600-1700) and Romantic Era (1750-1850). The class will focus on the development of technique, style and content of the work of the greatest artists of the time including Rembrandt, Caravaggio, Peter Paul Rubens, Diego Velázquez, Eugène Delacroix, Jacques-Louis David, Théodore Géricault and J. M. W. Turner. Class discussion will include viewing of select reproductions of the artists’ works.
CE-ART 2124VA,
7 days, M/W, Jun. 9-30, 10:00 am-12:00 noon,
KNC-5, $140. J Coppola. #5809

**Francis of Assisi**
This course will introduce students to the history and spirituality of Francesco Bernardone, later known as St. Francis of Assisi. Discussion will include the Catholic Church as it existed in the 13th century.
CE-PHIIL 2015VA,
6 days, M/W, Jul. 7-23, 10:00 am-12:00 noon,
KNC-5, $120. J Coppola. #5967

**Bach, His Buddies and Baroque Music**
This class offers an in-depth exploration into the world of the Baroque composers. CDs, videos and live demonstrations will help us study great works of this period’s instrumental and vocal genres. Participants are encouraged to bring a journal to record observations.
CE-MUSIC 2008VA,
5 Thurs., Jun. 19-Jul. 17, 10:00 am-12:00 noon,
KNC-5, $100. R Hallman. #5736

**Irving Berlin**
Irving Berlin had a long and amazing career. This class covers the early, middle and late years (he lived to 101) of this outstanding composer and lyricist who was a giant of the American musical theater.
CE-MUSIC 2059VA,
3 Wed., Jul. 16-30, 10:30 am-12:30 pm,
KNC-3, $60. E Glass. #5968

**Best American Short Stories of the Century**
Join us as we explore selected readings by both known and unknown writers. See if you agree with the editors’ selections. Before the first class meeting please read: “The Second Tree from the Corner” by E.B. White and “Janus” by Ann Beattie.
CE-LIT 2020VA,
6 Thurs., Jun. 5-Jul. 10, 1:00-3:00 pm,
KNC-3, $120. T Meltzer. #5738

**NATURE**

**Flying Jewels**
Dragonflies and butterflies are among our most colorful and visible insects and come in a dazzling array of colors. This introductory course is an overview of dragonflies and butterflies, their life cycles, habitats, adaptations and our local species, both common and not so common. The class will be a lecture followed by a brief walk on campus to spot these insects in the wild. Wear comfortable shoes.
CE-SCI 2021VA,
5 Thurs., Jun. 17, 9:30-11:30 am,
KNC-2, $20. W Chadwick. #5810

**Campus Wildlife**
Join us for a walk around the Westchester Community College Valhalla campus to view and identify wildlife. Birds, butterflies, dragonflies and a vast variety of other wildlife call the campus home. Bring binoculars and wear comfortable shoes.
CE-SCI 2023VA,
Fri., Jun. 6, 9:30-11:30 am,
KNC-2, $20. W Chadwick. #6093
CREATIVE

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-WRTG 2042VA,
5 Thurs., Jun. 12-Jul. 17 (skip 7/3), 1:30-3:30 pm,
KNC-5, $100. K Rippstein. #5734

Still Life Drawing
Learn to see simple shapes, lines and contrasting values of objects in relation to each other; these are integral in the composition of interesting drawings. Bring an 11x14 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, Jun. 2 & 4, 12:30-3:30 pm,
KNC-4, $60. S Rocker. #5735

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. Please bring your own guitar.
CE-MUSIC 2057VA,
7 Wed., Jul. 9-Aug. 20, 2:15-3:15 pm,
KNC-2, $70. D Moran. #5812

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 2060VA,
7 Wed., Jul. 9-Aug. 20, 1:00-2:00 pm
KNC-2, $70. D Moran. #5960

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.
CE-MUSIC 2058VA,
7 Wed., Jul. 9-Aug. 20, 11:15 am-12:15 pm,
KNC-2, $70. D Moran. #5811

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 2061VA,
7 Wed., Jul. 9-Aug. 20, 10:00-11:00 am,
KNC-2, $70. D Moran. #5959

COMPUTER

Using Pinterest, a Social Network for Fun and Profit
Pinterest is a social network that allows you to save online images, 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. Also learn how to use Pinterest in marketing your business.
CE-COMP 2109VA,
M/W, Jun. 16-18, 9:00 am-12:00 noon,
GTW-209, $65. B McMullen. #6059

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. Share photos and videos to stay in touch. Prerequisite: Essential Computer Skills 1 and 2 or equivalent experience.
CE-COMP 2071VA,
M/W, Jun. 9-11, 9:00 am-12:00 noon,
GTW-209, $90. B McMullen. #6058
PHYSICAL FITNESS

Please consult a physician before attending a physical fitness class. Signed release forms (required for all physical fitness classes) will be provided at the first class session.

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.
Sec. A: 7 Fri., May 16-Jun. 27. #5739
Sec. B: 7 Mon., May 19-Jul. 7 (skip 5/26). #5740
Sec. C: 7 Fri., Jul. 11-Aug. 22. #5741
Sec. D: 7 Mon., Jul. 14-Aug. 25. #5742

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, $70.
Sec. A: 7 Fri., May 16-Jun. 27. #5743
Sec. B: 7 Mon., May 19-Jul. 7 (skip 5/26). #5744
Sec. C: 7 Fri., Jul. 11-Aug. 22. #5745
Sec. D: 7 Mon., Jul. 14-Aug. 25. #5746

PERSONAL WELLNESS

Who Cares for the Caregiver?
Caregivers often take care of everyone except themselves…it’s time to take care of you! Join us for a day of self-care designed just for you. Sessions will include tools to help you to learn to manage your stress and take care of yourself—physically and emotionally—in a supportive and relaxing environment. Take time out and have some fun. Opportunities to socialize and share your experiences with others will be included in the day’s programming. Lunch will be provided.
CE-PRSDV 2095VA,
1 Sat., Jun. 14, 10:00 am-2:00 pm, KNC-5, $30. #6097

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 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. 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.

AUDITING COURSES AS A SENIOR AUDITOR: Select 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 29 and Wednesday, September 3, 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 • 914-606-6793
Email: mainstream@sunywcc.edu • Online: www.sunywcc.edu/mainstream

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.

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 Office is located in the Knollwood Center

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.**
Please add me to the Mainstream mailing list.

### Last Name | First Name | M.I.
---|---|---

### Address

City | State | Zip Code
---|---|---

### Social Security Number (optional*)

### Home Phone

area code | area code | area code
---|---|---

### Date of Birth (required*)

area code | area code | area code
---|---|---

### Business Phone

area code | area code | area code
---|---|---

### 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
---|---|---|---|---
CE– | | | | 
CE– | | | | 
CE– | | | | 
CE– | | | | 

Make checks payable to Westchester Community College

**F.S.A. Student Services Fee** *$8.00*

**Non-refundable Registration Fee** *$5.00*

### CREDIT CARD NUMBER:

### EXP DATE: (month/year) | 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 Summer 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)

□ Caban □ 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