WELCOME!

Happy New Year Intervillage Community!
Now that the holidays are behind us, why not enjoy some time for yourself and take a class either for enjoyment or to help you focus on fulfilling your goals.

Our partnerships with Curious-on-Hudson, The Upper Class, Pottery-on-Hudson, and local restaurants continue to grow, with offerings in local travel, decorating, dancing, and more!

For those of you who’ve been taking classes regularly, or those who are beyond the beginners level, we’ve added some “part 2” or intermediate level courses including: French is Fun 2 and Pilates: Intermediate/Advanced

You’ll also find new classes, including:

- A Writer’s Workshop
- Poetry: Emphasis on Process
- Public Speaking for Beginners
- Fluency in Basic Russian
- Filling Your New Year’s Resolutions
- Herbal Detox
- Kitchen Herbs: Powerhouses of Health & Vitality

Please join us on Facebook. The community is continuing to grow and we encourage you to “like” us at www.facebook.com/intervillage. It’s a wonderful way for us to introduce you to your instructors and reach out to you with important announcements (including potential weather cancellations!).

Please contact us with your course ideas and feedback any time; we respond to all inquiries.

Best,

Gabrielle Fox
Director of Extension Services
gabrielle.fox@sunywcc.edu
# TABLE OF CONTENTS

Arts, Crafts, & Hobbies ...........................................5  
Certifications and Job Prep .................................15  
College Test Prep ..............................................25  
Curious-on-Hudson.............................................10  
Fitness..................................................................22  
Nutrition.............................................................21  
Health & Wellness..............................................8  
Languages & Culture..........................................4  
Music & Dance....................................................15  
Performing Arts................................................17  
Personal Finance..............................................14  
Personal Growth..............................................19  
Taste of Westchester ........................................12  
Trips & Travel...................................................26  
Writing Corner................................................18  

Locations ..........................................................27  
Policies & Procedures.......................................29  
Registration Information................................30  

Contact us at 914-606-6800  
or email us at intervillage@sunywcc.edu  
visit us at www.sunywcc.edu/intervillage
NEW! French is Fun 2!
This beginning French language course is for students who have completed French is Fun 1 or who have a working knowledge of that content. The focus will be on developing the four communication skills: listening, speaking, reading, and writing, in a friendly, hands-on setting. The culture of the French-speaking countries will be infused within the language learning, and students will have practice assignments between classes. Come and experience the beauty of the French language!

CE-LANG 2505QV, 10 Wed., Feb. 26-May 7 (skip 4/16), 6:00-8:00 pm, Irvington HS, $135. D LaBianco-Tessler. #15516

NEW! Fluency in Basic Russian
This course is for those who want to read, speak, and understand basic Russian from the very first class. It provides students with the skills of colloquial Russian and trains them to express themselves freely on everyday subjects.

CE-LANG 2805QV, 10 Tues., Mar. 18 -May 27 (skip 4/15), 6:30-8:30 pm, Ardsley HS, $135. M Bolgova. #15650

Elementary Latin
In this course the student will acquire a basic fluency with the Latin language, including vocabulary, grammar, style, techniques for reading and translation, and the history and mythology of the ancient world.

CE-LANG 2017QV, 10 Mon., Mar. 3-May 19 (skip 4/14 &21), 6:00-8:00 pm, Dobbs Ferry HS, $135. N Stufano. #15502
**Italian**

Prepare for your vacation in Italy, or become acquainted with the Italian language for the first time. Designed to develop speaking and listening skills which can be used in everyday situations. Our aim is to enable you to use basic Italian within the limits of the topics presented in class.

CE-LANG 2408QV, 10 Wed., Mar. 5-May 14 (skip 4/16), 7:00-8:30 pm, Dobbs Ferry HS, $125. A DeGennaro. #15474

**Everyday Spanish**

This course is for those students who have little or no knowledge of Spanish. Focus will be on practical vocabulary and some basic grammar. The learner will be provided the opportunity to develop the four communication skills—listening, speaking, reading, and writing. Effective communication will be achieved in a friendly, hands-on setting that infuses the culture of the Spanish-speaking countries as well as the language itself. Course flexibility will meet the individual needs of the students on a basic level.

CE-LANG 2113QV, 10 Thurs., Feb. 27-May 8 (skip 4/17), 6:00-8:00 pm, Ardsley HS, $135. D Manzo. #15484

**ARTS, CRAFTS & HOBBIES**

**Ikebana**

Ikebana: the Japanese art form expressing the relationship between nature and oneself. We’ll use fresh cut flowers and branches in season to create fundamental arrangements in low containers, called the moribana style.

CE-GRDN 2027QV, 3 Mon., Apr. 28-May 12, 7:00-8:30 pm, Ardsley HS, $60 (+ $85 materials fee, paid to instructor; additional materials available for purchase at class). S Iwata. #15480
Sampler Quilting

For beginner and intermediate. The Sampler Quilt offers an introduction to the various aspects of quilt construction from fabric selection, color choices, pattern design, cutting, piecing, sewing, quilting and binding. A wide range of techniques will be offered including templates, curves, eight point star construction and applique. Materials list will be provided to each student. If you have a sewing machine please bring it but they are not required.

CE-CRAFT 2042QV, 10 Thurs., Mar. 6-May 15 (skip 4/17), 7:00-9:00 pm, Ardsley HS, $140 (+ $15 materials fee, payable to instructor). V Doherty. #15476

Learn to Play Mah Jongg

Learn Mah Jongg – the ancient Chinese game of tiles and cards. Be the first player to assemble combinations of tiles into specific patterns that make up a hand, by picking and discarding tiles. A social and yet competitive game that requires practice and strategy – and a little bit of luck!

CE-HOBBY 2006QV, 6 Wed., Mar. 5-Apr. 9, 7:00-9:00 pm, Atria in Ardsley, $120 (+ $7 materials fee, paid to instructor). R Asprea. #15461

Watercolor Techniques

In a spontaneous, creative manner, learn to paint using watercolor! Emphasis is on composition, value, form, and color mixing. Each class begins with a demonstration, continues with painting, and concludes with a critique. A supply list will be provided before the start of class.


Sec. A: 4:00-6:30 pm. #15469
Sec. B: 7:00-9:30 pm. #15470
Pottery: Wheel Throwing & Handbuilding

The instructors will teach hand-building and wheel-throwing skills to create simple and complex forms. Surface decoration using slips, and glazes will also be demonstrated. Students will learn to use studio equipment including the slab roller, extruder and wheel. Tuition includes open studio time. Classes held at Pottery-on-Hudson, 145 Palisade Street, Dobbs Ferry.


Sec. A: 9 Tues., Apr. 8-June 10 (skip 4/15), 7:00 pm-9:30 pm. #15630

Sec. B: 9 Wed., Apr. 23-June 18, 10:00 am-12:30 pm. #15631

Sec. C: 9 Wed., Apr. 23-June 18, 7:00-9:30 pm. #15632

Sec. D: 9 Fri., Apr. 11-June 13, (skip 4/18), 10:00 am-12:30 pm. #15633

Sec. E: 9 Sat., Apr. 19-June 21, 10:00 am-12:30 pm. #15634

Sorry, no credit cards or phone registration accepted for Pottery class. Payment by check only, payable to Pottery-on-Hudson; mail with registration form to Intervillage CE Office at Westchester Community College, ADM-207, 75 Grasslands Road, Valhalla, NY 10595.

Intervillage thanks the Atria Woodlands in Ardsley for donating space for the program. For information on their senior living community call 914-356-8428.

REGISTRATION IS EASY!

5 simple options:
→ Online    → By Phone    → In Person
→ By Fax    → By Mail

See p. 30 for information.
NEW! Create an Integrative Health and Wellness Program

This Integrative Health Program works progressively with men and women to help them clarify their health goals and make sustainable changes in their lives that are conducive to optimal health. It strives to enable participants to reduce the negative impact that chronic stress and other health conditions have made in their lives, and in the process to achieve optimal weight, reduce food cravings, increase sleep, and maximize energy levels. It does not dwell on calories or focus on lists of food, but instead teaches the concepts of bio-individuality, primary foods, and the integrative nutrition plate for improved health and wellbeing, as well as enjoyment in the day-to-day activities of life!

CE-HLTH 2054QV, 10 Thurs., Mar. 13-May 22 (skip 4/17), 7:00-9:00 pm, Hastings HS, $115.
J Heintzman. #15517

Tai Chi: The Art of Letting Go

Tai Chi is an exercise program for people of all ages and physical conditions. Movements are done in slow motion, causing little stress to your joints. Tai Chi involves exercising the mind and building a keen sense of awareness and sensitivity to your surroundings.

CE-FITNS 2022QV, 12 Thurs., Feb. 27-May 22 (skip 4/17), 7:00-8:30 pm, Hastings HS, $160.
A Breisblatt. #15465

Interested in Teaching a Lifelong Learning class?
Please email us at intervillage@sunywcc.edu for a course proposal packet.
Yoga: Beginner Plus

Yoga is a holistic approach to health and well-being, uniting mind, body, and spirit. Bring a yoga mat and wear comfortable clothing.

CE-FITNS 2023QV, 10 Wed., Feb. 26-May 21 (skip 4/16, 5/7 & 14), 7:00-8:30 pm, Hastings HS, $130. S Cohen. #15471

NEW! Fulfilling Your New Year’s Resolutions

Do you have a health or well-being goal you’d like to incorporate into your life but just haven’t managed to yet? Learn the steps necessary for change! We’ll look at the nuts and bolts of change, how to uncover your motivators and put your goals into a larger context. In the process we’ll craft a vision before learning to set weekly goals which you design to get you headed in a positive direction of your choosing.

CE-HLTH 2051QV, 5 Thurs., Feb. 27-Mar. 27, 7:00-8:30 pm, Ardsley HS, $75. L Curtis. #15473

Neck & Shoulder Self-Acupressure Workshop

Help ease aches and pains in your neck and shoulders through the use of self-acupressure and energy balancing exercises. Students will learn to locate a simple combination of points from the Jin Shin Do® Bodymind Acupressure® method and rebalance their body’s natural flow of Qi.

CE-HLTH 2043QV, 1 Tues., Mar. 11, 7:00-9:00 pm, Ardsley HS, $25. A Blieden. #15462

BUSY LIFESTYLE?

We offer hundreds of classes online. Take a class on your schedule! Visit us at www.ed2go.com/sunywcc for complete information.
CURIOUS-ON-HUDSON
These classes are held at Curious-on-Hudson and Palisades Books, located in Dobbs Ferry at the site of the former brewery at 145 Palisade Street. The spaces are filled with natural light, free WiFi and comfy hideouts; JOIN THE CULT OF THE CURIOUS!
Sorry, no credit cards or phone registration accepted for Curious-on-Hudson. Payment by check only, payable to Curious-on-Hudson; mail with registration form to Intervillage Office at Westchester Community College, ADMIN 207, 75 Grasslands Road, Valhalla, NY 10595.
The catalog number for all Curious-on-Hudson classes is CE-PRSDV 2092QV

Home Design Workshop: Room Planner
Room Planner is a class focused on solving decorating problems in your own space. Makeover shows are great, but learning how you can re-design your own room is even better! Join interior designer Ellen Young in this hands-on class to re-design a room in your house, using photographs and interior design software to figure out how to make that room the way you want it to be.
CE-PRSDV 2092QV, 2 Thurs., Feb. 13-27, 7:00-8:30 pm, $75.

Funkify Your Moves Dance Class
Get active. Look good. And overcome the dread of dancing anywhere you please in Funkify Your Moves. This is simple, easy instruction on how to enjoy being on the dance floor—and we have a lot of fun learning how to funkify in a dance-party atmosphere.
CE-PRSDV 2092QV, 3 Fri., Feb. 28, Mar. 28, Apr. 11, 7:30-8:30 pm, $50.
Introduction to the Ayurveda System for Natural Health

Join holistic nutritionist and Ayurvedic coach Hiral Jhaveri as you learn the basics of this ancient healing science. Ideal for people with an interest in alternative medicine, this interactive class will give you insight into your constitution, your areas of imbalance, and teach you how to incorporate some Ayurvedic principles into your daily routine. A simple Ayurveda detox recipe and tea will be available for you to enjoy.

CE-PRSDV 2092QV, 1 Sun., Feb. 23, 11:00 am-12:30 pm, $28.

Arch for Kids Space Odyssey 3000

A 3-hour planning charrette for kids ages 8-14 hosted by ArchforKids at Curious-on-Hudson. You have three hours to solve some of the biggest challenges a planner might face but fear not, your task will be fueled by lots of great ideas, terrific guidance, and pizza! Your challenge will be to conceive and design a space community on a planet with scorching heat, unimaginable cold, no oxygen, and little gravity. You’ll build models of your chosen community for some Earthlings who have decided to inhabit this frontier, constructing a brand new city that will provide jobs, recreation, homes, schools, and more. Once we solve the challenge of habitation on a hostile planet, we celebrate with a pizza party.

CE-PRSDV 2092QV, 1 Sun., Feb. 9, 1:00-4:00 pm, $55.
A TASTE OF WESTCHESTER

Join us at some of Westchester’s most exciting restaurants for a culinary adventure that will tantalize your taste buds. Each chef will offer a private cooking demonstration, followed by a tasting of the prepared items. Fees include non-alcoholic beverages. Menu substitutions may occur when necessary. Demonstrations will begin promptly at the times designated. Sampling fees are payable in CASH only. Call restaurants or visit their websites for directions. No refunds are given for these classes. Catalog number for all A Taste of Westchester classes is CE-REST 2000QV.

NEW! Doubleday’s Restaurant & Bar
83 Main Street, Dobbs Ferry
914-693-9793, www.doubledaysdf.com
An old time bar feel made even better when paired with fabulous modern food! Chef Danny Caldara will teach us a trick or two in this classic rustic spot. We will start with a lesson on how to make a beautiful lobster ravioli in a champagne cream sauce, adorned with roasted corn and red peppers. Our continuation will be the chef’s special, organic chicken breast stuffed with goat cheese, baby spinach, and sun dried tomatoes, accompanied by a cauliflower hash. The chef’s sweet treat will be the makings of a classic Bananas Foster. Join us for a warm and tasty evening on the river!

1 Wed., Mar. 26, 6:00-8:00 pm, $15 (+ $20 sampling fee in CASH, payable to instructor). #15521

NEW! Cedar Street Grill
23 Cedar Street, Dobbs Ferry
914-874-0706, www.cedarstreetgrillny.com
Located in the quiet downtown, this restaurant offers American themed fare and artisanal beers in a cozy and welcoming way. Family owned and operated, Chef Matt Kay and brother/manager Joe treat everyone like family. On most evenings you can also find mom Cathy (DF Deputy Mayor) greeting guests at the door. Chef Matt’s passion for creating specialty dishes began as he watched his grandmother cook Italian delicacies. Both Matt and Joe are musicians and love to join in
during the weekly live sessions. The chef will
demonstrate the makings of their crispy Brussels
sprouts: bacon, almonds and local maple syrup
(they don’t taste like the boiled ones from
childhood). Then the secrets to his moist bacon
stuffed meatloaf with house brown gravy over
garlic whipped potatoes. For dessert a lesson on a
great combination, banana and Nutella bread
pudding served warm with vanilla ice cream,
caramel and chocolate sauce.
1 Tues., Apr. 29, 5:30-7:30 pm, $15 (+ $25
sampling fee in CASH, payable to instructor).
#15522

The Cupcake Kitchen and Luncheonette
100 Main Street, Irvington
914-231-6261, www.irvingtoncupcakekitchen.com

Hands-On: Voted as one of the best breakfast
spots by Westchester Magazine, this
luncheonette evokes a feeling of the 60’s in décor
and menu, using only the freshest ingredients.
Owner Jennifer O’Connell will give an interactive
class using decorating ideas for making cupcakes
in flower motifs to create six cupcakes in time for
April showers and May flowers. You will use
pastry bags fitted with all the tools needed to
create beautiful cupcakes of your own to take
home. She will share the ingredients and
techniques needed for the shop’s scrumptious
butter cream icing. Enjoy a tasty cupcake of your
choice and coffee before we embark on our
creative endeavors. Join us for a fun afternoon!
1 Tues., Mar. 18, 6:00-8:00 pm, $15 (+ $22 in
CASH sampling fee, payable to instructor).
#15524

For information on other
Taste of Westchester opportunities,
please see the college’s Continuing
Education brochure on our
website at www.sunywcc.edu/CE.
PERSONAL FINANCE

Retirement Planning Today

Help yourself by learning how to prepare for your retirement. Learn tips to generate a steady income, how to protect your assets from erosion, how to minimize taxes, and how to provide for a secure retirement. Topics range from joint property ownership to the impact of inflation on retirement to proper estate and gift planning.

CE-FIN 2027QV, 3 Tues., Mar. 18-Apr. 1, 6:30-9:00 pm, Irvington HS, $65. T Herkert. #15479

Alternatives to CDs

Interest rates have fallen and they can’t get up! The returns on CDs and money market funds are near historical lows with no signs of abatement. This one night seminar will provide you with information on conservative investment alternatives to help you obtain higher expected returns while still having "peace of mind" about your nest egg.

CE-FIN 2039QV, 1 Thurs., Mar. 20, 7:00-8:30 pm, Irvington HS, $30. L Rosenwasser. #15487

Preserving Family Assets

Learn how to legally avoid estate taxes, nursing home costs and assets ending up in the hands of your children’s spouses, without having to give up control over your assets. Learn how assets can be passed to children free of estate tax, how seniors can protect their home and other assets from future nursing home costs, and how to avoid in-laws having any access to your family’s assets. Your instructor is a Harvard Law graduate and has been a practicing estate planning and elder law attorney for over 30 years.

CE-FIN 2026QV, 1 Mon., Apr. 28, 7:00-8:30 pm, Ardsley HS, $30. N Lubarsky. #15483
CERTIFICATIONS & JOB PREP

Business Etiquette & Professionalism
This class focuses on the key elements that individuals will need to enhance their image and become more confident interacting with people in a professional and universal way.

CE-BUS 2056QV, 3 Tues., May 6-20, 6:30-8:30 pm, Dobbs Ferry HS, $65. R Mcleish. #15485

Safety First Defensive Driving
The New York State Point and Insurance Reduction Program has many benefits, including: discounts on your automobile insurance if you are the principle operator assigned to a vehicle on an insurance policy, point reduction from your driver’s license, and learning safe driving techniques. Sponsored by American Safety Inc.

CE-DRIVE 2002QV, 2 W/Th, Mar. 5 & 6, 6:00-9:00 pm, Hastings HS, $35 (+ $15 materials fee, paid to instructor). M DeToma. #15475

MUSIC & DANCE

Instant Guitar for Beginners
Learn to play guitar faster and easier than you ever thought possible; taught by an instructor with 40 years of experience and a master in teaching music. You’ll also learn to play music of your own choice. Bring your own guitar; ability to read music not necessary.

CE-MUSIC 2033QV, 10 Sat., Mar. 1-May 17 (skip 4/12 & 19), 9:00-10:00 am, Ardsley MS Cafeteria, $120. R Philipps. #15499
Instant Guitar: Intermediate

*Intermediate Guitar* starts where the beginners’ class left off. The class continues on with both pick and finger style playing. Learn songs and styles of all your favorite music. We cover it all—rock, folk, classical, jazz, etc., as well as lead, rhythm, chords and melody. A gracious and enjoyable experience in music.

CE-MUSIC 2035QV, 10 Sat., Mar. 1-May 17 (skip 4/12 & 19), 10:00-11:00 am, Ardsley MS Cafeteria, $120. R Philipps. #15500

Ballroom Dancing

Learn the proper posture, frame, and hold essential for successful ballroom dancing, as well as the fundamental ballroom dance steps of the waltz, foxtrot, swing, salsa, rumba, cha-cha, and tango. Join in the fun and discover the wide range of physical and mental benefits offered by ballroom dancing.

**Beginners:** CE-DANCE 2022QV, 10 Mon., Mar. 3-May 19 (skip 4/14 & 21), 7:00-8:00 pm, $120, Ardsley HS. T Lee. #15481

**Intermediate:** CE-DANCE 2023QV, 10 Mon., Mar. 3-May 19 (skip 4/14 & 21), 8:00-9:00 pm, $120, Ardsley HS. T Lee. #15482

Line Dancing

No partner needed! Learn the latest dances done in the clubs, plus some of the classic ones, too. Rubber-soled footwear is recommended.

**Beginner:** CE-DANCE 2021QV, 12 Tues., Mar. 4-May 27 (skip 4/15), 8:00-9:00 pm, Irvington MS, $145. S Gordon. #15477

**Intermediate:** CE-DANCE 2029QV, 12 Tues., Mar. 4-May 27, 7:00-8:00 pm, Irvington MS, $145. S Gordon. #15478

<table>
<thead>
<tr>
<th>What You’ll Need to Register:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Name</td>
</tr>
<tr>
<td>Catalog #: CE-XXXXQV</td>
</tr>
<tr>
<td>Class Number: #12345</td>
</tr>
</tbody>
</table>
PERFORMING ARTS

WORKSHOPS AT THE AXIAL THEATRE

These classes are offered through a collaboration with Howard Meyer’s Acting Program, a division of Axial Theatre, a professional theatre company dedicated to building community through education and engaging people of all ages in the creative process. Classes are held at St. John’s Episcopal Church Community House, 8 Sunnyside Road in Pleasantville.

Basic Acting Technique

In this class we lay the foundation of the actor’s craft with a range of exercises developed by master teachers Sanford Meisner and Lee Strasberg. The exercises help develop the actor’s use of his/her senses and imagination and are practiced individually and in groups. Monologues and scenes are integrated as new exercises continue to be introduced.

CE-THEAT 2001QV, 6 Wed., Apr. 9-May 14, 7:30-10:30 pm, $235. R Jones. #15628

Playwriting Workshop

Learn how to develop a play scene by scene. Students will bring scenes each week and exchange work with fellow students. Gradually, a project will develop for each playwright: scenes, one-minute plays, one-act plays and full-lengths. Come discover your voice in a safe environment and watch what develops.

CE-THEAT 2002QV, 6 Wed., Apr. 9-May 14, 8:00-10:00 pm, $235. H Meyer. #15629

Sorry, no credit cards or phone registrations accepted for these classes. Payment by check only, payable to Axial Theatre; don’t forget to include the $3.25 student services fee; mail to Intervillage CE Office at Westchester Community College, ADM-207, 75 Grasslands Road, Valhalla, NY 10595.

Questions? Call 914-606-6800.
Launch a Lucrative Career in Voice-Overs!

Learn the tricks of the voice over trade from a professional with years of industry credits to his name. Students will learn basic microphone techniques, script breakdowns and skills to prepare for auditions. Classes will be recorded and available to students online.

CE-COMM 2014QV, 2 Mon., May 12 & 19, 6:00-9:00 pm, Irvington HS, $80. P Rofe. #15486

Bring Shakespeare to Life

Bring Shakespeare to life: not by reading him or writing about him, but by playing him. Shakespeare wasn’t meant to be read, but to be seen and heard. His works, when brought into live performance, engage the whole body, the brain, and our emotional understanding and ignite the spirit. Acquire all kinds of knowledge, explore personal re-creation, open doors to alternate viewpoints, and make the acquaintance with genius. Students must bring a Shakespeare play of their own choosing to the first class.

CE-LIT 2026QV, 6 Sat., Mar. 29-May 17 (skip 4/12 & 19), 9:00 am-12:00 noon, Ardsley MS, $175. J Bossio. #15463

WRITING CORNER

NEW! Poetry: Emphasis on Process

This is an organic approach to writing poetry with a focus on freeing up creatively. Individualized instruction is provided with attention to unconventional as well as conventional techniques and forms. Brainstorm, write, edit, read aloud, listen and encourage others. Open to all adult poets, beginning to advanced. Bring a thick, dedicated notebook, pens/pencils and a 2-sided pocket folder to each class.

CE-WRITG 2059QV, 5 Mon., Apr. 28-May 26, 7:00-8:00 pm, Hastings-on-Hudson Public Library, $80. M Avakian. #15648
NEW! A Writer’s Workshop: For Everyone

If there’s a book in you, a short story, blog, memoir or a fictional recounting of a time in your life, there’s no greater time to preserve your written words. Join fellow writers who are exploring an idea, a “work in progress”, or another chapter in their lives. All skill levels welcome. Bring your ideas, pen, paper, IPad, or laptop so that within a few weeks you will have developed the strategies to become a lifelong writer. The workshop is geared to adults who have always wanted to write, but have not had the time or the training to pursue their dreams.

CE-WRITG 2058QV, 10 Fri., Feb. 28-May 9 (skip 18), 1:00-2:00 pm, Hastings-on-Hudson Public Library, $130. L Spear. #15515

PERSONAL GROWTH

NEW! We’re In This Together! Public Speaking for Beginners

Through an interactive approach, you will learn how to construct and deliver dynamic oral presentations, tame fears, engage the audience, and critically analyze speeches. Gain the confidence you’ve always wanted!

CE-COMM 2019QV , 10 Tues., Mar. 4-May 20 (skip 4/15 & 22), 6:30-8:30 pm, Hastings-on-Hudson Public Library, $135. R Johnson. #15649

Get Organized!

Now is the time to get rid of the clutter and get organized. We will break down everyone’s homes into sections and work together in identifying the types of items that are important to keep and those that are not—and most importantly, where to put it all! Each class will offer useful information, weekly goals and peer support.

CE-PRSDV 2088QV, 5 Wed., Apr. 23-May 21, 6:00-8:00 pm, Irvington HS, $100.
P Connor. #15472
**Taoism in the 21st Century**

A step-by-step analysis of Taoist philosophy as written by the Chinese sage Lao-Tzu and how it can shape our 21st century thinking. Often called the wisest book ever written, it’s a profound look into one’s understanding of the way things are. Learn how the Taoist ideal can be adapted into your life without any interference of organized religious beliefs.

CE-PHIL 2005QV, 6 Thurs., Apr. 10-May 22 (skip 4/17), 7:00-8:30 pm, Hastings HS, $75. A Breisblatt. #15466

**Relaxation, Meditation and Your Own True Self**

We all want to relax, get along with others and experience success. We want to do this in our own way, always being true to ourselves. But how? Come and learn—and also learn more about who you truly are, which could be a giant step beyond who you assumed you were. Both classes taught by M Harmin, Ph.D. Contact him with questions at 914-946-5334 or m@mt44.net

**Relaxing Profoundly: Meditation I**

Learn a simple, five-minute meditation that will relax you deeply, profoundly, lastingly—not temporarily or superficially. An ideal tool for calming a busy mind. The more you use it, the easier it will be to relax.

CE-PRSDV 2023QV, 1 Mon., May 5, 7:30-9:00 pm, $25, Irvington HS. #15519

**Exploring Meditation: Meditation II**

Learn a basic meditation practice that goes beyond relaxation. It will allow you to energize your deeper self, your true self, thereby allowing you to step toward your own brand of full, comfortable aliveness. If a beginner, this is a good chance to discover how meditation can benefit you. If you’re experienced, it can refresh your practices and expand your perspectives.

Prerequisite: *Relaxing Profoundly: Meditation I.*

CE-HLTH 2004QV, 3 Mon., May 12-June 2 (skip 5/26) 7:30-9:00 pm, $60, Irvington HS. #15520
NEW! Herbal Detox

Our bodies are constantly bombarded with hundreds of toxins; pesticides from non-organic foods, too much sugar, preservatives, food colorings, and chemicals from our beauty products that find their way in through our skin. Even if we feel our diets are pretty good, we’re all too often bombarded by environmental toxins that we’re normally not aware of. Considering all this, what can we do to maintain our health and a healthy weight? Detoxification provides the answer. In this class we’ll discover how to make herbal detoxification a regular part of a gentle and loving health regime.

CE-HLTH 2055QV, 1 Wed., Mar. 12, 6:00-8:00 pm, Dobbs Ferry HS, $30. K Gordineer. #15658

NEW! Kitchen Herbs: Powerhouse of Health & Vitality

One of the easiest ways to bring more health and high nutrient content to your diet is through the use of herbs in your daily meals. Herbs are filled with vitamins, minerals and healthy plant enzymes. Fresh or dried, herbs can add variety and flavor to your cooking. In this class we’ll learn some simple ways to update your menu, improve your health, and excite your taste buds!

CE-HLTH 2056QV, 1 Wed., Apr. 30, 6:00-8:00 pm, Dobbs Ferry HS, $30. K Gordineer. #15659

If your class does not have a location listed, you will be contacted several days in advance by phone and/or email with the information.
FITNESS

Learn to Swim
A beginners class for non-swimmers. Adults only.
CE-SPORT 2022QV, 10 Tues., Feb. 25-May 13 (skip 4/15 & 22), 7:30-8:15 pm, $120. #15511

Water Aerobics
Tone your body without gravity, reducing stress on muscle joints. Done in shallow water, this class involves running, walking, and making arm movements to music.
CE-FITNS 2033QV, 10 sessions, $120.
Sec. A: Mon., Feb. 24-May 12 (skip 4/14 & 21), 7:30-8:15 pm. #15507
Sec. B: Wed., Feb. 26-May 7 (skip 4/16), 8:15-9:00 pm. #15508

Deep Water Running
A combination of cardiovascular training, stretching and strengthening. Flotation belts are worn to allow freedom while moving.
CE-FITNS 2032QV, 10 sessions, $120.
Sec. A: Mon., Feb. 24-May 12 (skip 4/14 & 21), 8:15-9:00 pm. #15509
Sec. B: Wed., Feb. 26-May 7 (skip 4/16), 7:30-8:15 pm. #15510

Aqua Zumba
Do aquatic exercises to a Latin beat! Enjoy salsa, merengue, and more while exercising in the water.
CE-FITNS 2034QV, 10 Tues., Feb. 25-May 13 (skip 4/15 & 22), 8:15-9:00 pm, $120. #15514

All swim classes are held at the Ardsley MS Pool. All dates are tentative; please contact us at 914-606-6800 or at intervillage@sunywcc.edu to confirm dates and times.
Traditional Okinawan Karate

Okinawan Karate is a martial arts style perfected over several centuries. We will focus on core forms (Kata), drills, and conditioning. Additionally, self defense and modern applications will be explored and practiced. This is a beginners course and is open to all interested regardless of prior training experience

CE-SPORT 2028QV, 10 Mon., Feb. 24-May 12 (skip 4/14 & 21), 6:30 pm-7:45 pm, Ardsley HS, $170. J Braun. #15464

Zumba

Join this fun, easy, yet effective cardio and toning dance fitness workout. Dance, salsa, meringue, and more! Wear comfortable clothing and bring water.

CE-FITNS 2030QV, 6 Tues., 7:00-8:00 pm, Dobbs Ferry MS, $75. TBD.
Sec. A: Mar. 4-Apr. 8. #15660
Sec. B: Apr. 22-May 27. #15661

Senior Fitness

Designed with the healthy senior in mind. Exercises are done to motivating music, with most performed from a seated position. Benefits include increased strength and muscle tone, and improved flexibility and balance. Resistance bands and exercise balls (optional) can be purchased in class.

CE-FITNS 2025QV, 10 Fri., Feb. 28-May 9 (skip 4/18), 1:00-2:00 pm, Hastings-on-Hudson Public Library, $130. A Kenny. #15503

REGISTRATION IS EASY!

5 simple options:

→ Online  → By Phone  → In Person
→ By Fax  → By Mail

See p. 30 for information.
Introduction to “Authentic Pilates” Mat

This class is designed for the general population who have never taken a Pilates lesson before or who are still in the beginning learning stages. You will learn the initial Pilates terms such as the Power House, The Box, and C Curve along with the seven beginner exercises. Once you have mastered these you will be ready for the intermediate class. Wear comfortable clothes; bring a mat.

CE-FITNS 2049QV, 10 Wed., Feb. 26-May 7 (skip 4/16), 7:00-8:00 pm, Irvington Main Street School Auditorium, $125. Y Hertelendy. #15495

NEW! Pilates Mat: Intermediate/Advanced

This class is designed for the student who has mastered the moves in Beginning Pilates and feels comfortable moving on to the more challenging exercises in the Intermediate classes. Props such as the Pilates Magic Circle and Thera band will be incorporated. Movement and flow will be emphasized. Come away from this course with a thorough knowledge and skill set to join any Pilates class with confidence.

CE-FITNS 2054QV, 10 Mon., Feb. 24-May 12 (skip 4/14 & 21), 7:00-8:00 pm, Irvington Main Street School Auditorium, $125. Y Hertelendy. #15495

Walk’in Workout: Aerobic Walking

This indoor aerobic walking workout is conducted using the techniques established and proven through Leslie Sansone’s Walk at Home program—the #1 walking workout! This walk torches calories, burns fat, and reduces stress. Wear comfortable clothing and a good pair of sneakers; bring water and a small towel. Walk more, live better! Join us!


Sec. A: 5:45-6:45 pm. #15467
Sec. B: 7:00-8:00 pm. #15468
COLLEGE TEST PREP

Kaplan Test Prep

Prep smarter and score higher. Kaplan’s exclusive program, Smart Track, provides a customized study plan that continually adapts to each student. Our expert instructors tailor lessons to meet individual students’ needs. Kaplan courses include direct instruction, independent work, timed practice with review, 4 full-length practice tests with additional online practice tests and instruction. To enroll or get more information, call 1-800-KAP-TEST or visit www.kaptest.com.

SAT Prep Classes for May SAT

Ardsley HS….T/Th, 5:30 pm, starts Mar. 25
Hastings HS….M/W, 5:30 pm, starts May 3

SAT Prep Classes for June SAT

Dobbs Ferry HS…..T/Th, 5:30 pm, starts May 6

Opportunities for Kids & Teens
Summer 2014

Westchester Community College

Summer Learning Camps for Kids and Teens

Come Explore With Us!

- Summer Science Academy at our Ossining Center
- Digital Arts at our Peekskill Center
- Judo at our main campus in Valhalla

Visit us at sunywcc.edu/CE for a full schedule!
TRIPS & TRAVEL

Intervillage partners with The Upper Class, a family-owned business since 2002, to offer you a selection of unique trips. All listed prices (per person) include transportation, admission or ticket, lunch, tour/audio guide, tax, and gratuities. Pickups are in Mamaroneck, Elmsford, and Yonkers; call 914-725-5640 for pick up locations. The Upper Class’s cancellation/refund policy differs from the college’s policies and can be found online at www.theupperclass.net.

Catalog number for all trips is CE-TRAVL 2025QV.

Best Walking Tour: Grand Central with Lunch at Cipriani Dolci
Honored in the AAA Guide to New York as “New York’s Best Walking Tour.” See familiar places through new eyes as you learn the history and lore of the newly revitalized Terminal.
1 Sun., Feb. 2, $135. #15525

Broadway: Once, Winner of 8 Tony Awards
Orchestra seats & lunch at Pietrasanta. “The show wins its standing ovations the old-fashioned way: with a love story, great songs, compelling characters and inventive stagecraft” (New York Post).
1 Thurs, Feb. 27, $189. #15526

Matisse at the Met with Lunch at 21 Club
Henri Matisse continually expanded the boundaries of art. Experience his innovative, often radical perspective through an audio guided tour of the Matisse exhibit and the Museum’s collection. Lunch is at the world famous 21 Club.
1 Wed., Mar. 12, $135. #15527

Optional Insurance fee of $10 per trip is available in case you are forced to cancel trip for a medical reason.

Sorry, no credit cards or phone registration accepted for trips. Payment by check only, payable to The Upper Class; mail with registration form to Intervillage Office at Westchester Community College, ADMIN 207, 75 Grasslands Road, Valhalla, NY 10595.
# CLASS LOCATIONS

## Ardsley

**Ardsley High School**  
300 Farm Road

**Ardsley Middle School**  
700 Ashford Avenue

**Atria Woodlands at Ardsley**  
1017 Saw Mill River Road

## Dobbs Ferry

**Dobbs Ferry Middle School/High School**  
505 Broadway

## Hastings

**Hastings Middle School/High School**  
27 Farragut Parkway

**Hastings-on-Hudson Library**  
7 Maple Avenue

## Irvington

**Irvington High School**  
40 North Broadway

**Main Street School**  
101 Main Street

*Please note that all class locations are subject to change.*
Intervillage Lifelong Learning
at
Westchester Community College

Dr. John F. M. Flynn
*Interim President*

Gabrielle Fox
*Director*
*gabrielle.fox@sunywcc.edu*

Dr. Andrea Morville
*Assistant Dean*
*andrea.morville@sunywcc.edu*

Debra Sawyer
*Admin. Assistant*
*debra.sawyer@sunywcc.edu*

914-606-6800

fax 914-606-6129

Intervillage@sunywcc.edu

www.sunywcc.edu/intervillage
POLICIES & PROCEDURES

- Unless otherwise noted, our program is designed and intended for adults ages eighteen years and older. Specific classes for kids and teens are so noted.

- **Registration:** you can register on our website, in person, or over the phone with a credit card. To register by mail or in person, complete the registration form found in the back of the brochure, or download a form from our website at www.sunywcc.edu/intervillage. Complete instructions are on page 30.

- We do not send out confirmations; if you do not hear from us, assume you have been registered and come to the first class. We will contact you should your class be full or cancelled for any reason, or if there is any problem with your registration. Courses are filled on a first-come, first-serve basis.

- **Refunds:** please see our refund policy on page 30. Students assume the risk of all changes in their personal and business affairs, and for choosing appropriate course level(s). If you are not sure which course level is the right one for you, please contact us. We will be happy to assist you.

- No discounts, credits, or make-ups are offered or permitted for missed classes.

- The college reserves the right to cancel classes due to insufficient enrollment or due to situations beyond our control, to alter a location or time, and to substitute a qualified instructor as needed.

- **School Closings:** If the school district is closed due to weather, then your class is cancelled. Classes are not held on public school holidays. If WCC is closed, your class is cancelled. For information, check our Facebook page at www.facebook.com/intervillage or call us at 914-606-6800.
Express Registration

Online
www.sunywcc.edu/MyWCC
(for help, call 914-606-6800)
MasterCard, Visa or Discover

By Phone
914-606-6800
MasterCard, Visa or Discover

By Fax
914-606-6129
MasterCard, Visa or Discover

By Mail
Intervillage CE, ADM-207
Westchester Community College
75 Grasslands Road
Valhalla, NY 10595
MasterCard, Visa, Discover, check or money order

In Person
Administration Bldg., Room 207
MasterCard, Visa, Discover, check or money order

Customer Information

Refunds
- For requests received at least 2 business days prior to the start of the class: 100% refund.
- There are no refunds after that time.
- The $5 registration fee is non-refundable under any circumstances.

All refund requests must be made to the college in writing. If you paid by check, please allow 6-8 weeks for your refund to be processed. Credit card refunds are processed in one to two weeks.

NOTE: Trips follow the refund policy of The Upper Class; see their website at www.theupperclass.net

Returned Check Fee
The charge for a returned check is $25.

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.
### Registration Form • Spring 2014

<table>
<thead>
<tr>
<th>CATALOG #</th>
<th>SEC</th>
<th>CLASS #</th>
<th>COURSE TITLE</th>
<th>START DATE</th>
<th>TUITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>CE-COMP1000</td>
<td>A</td>
<td>#12345</td>
<td>Intro to Computers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Payable once each semester for non-credit courses. This fee is $3.25 for non-credit classes held off-campus at any location and $8.00 for non-credit courses held at the Valhalla campus. (Materials fees are payable to the instructor at the first class).

** Required non-refundable fee; payable once each semester for non-credit students.

<table>
<thead>
<tr>
<th>Last Name</th>
<th>Home Phone</th>
<th>Bus. Phone</th>
<th>Fax</th>
<th>Soc. Sec. Num.</th>
<th>Date of Birth</th>
<th>Student ID</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>Zip</th>
<th>State</th>
<th>Email</th>
<th></th>
</tr>
</thead>
</table>

**Have you ever taken a class at WCC?**

- Yes
- No

If Yes, please indicate the class type:

- Credit
- Noncredit

- Enclosed is my check, payable to Westchester Community College.

- Please charge my:  
  - Visa
  - MasterCard
  - Discover

- Card #:  
  - Exp. Date:  

- Approval Code (from back of card):  

Signature: ____________________________

### Ethnicity

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 boxes.

- Are you Hispanic/Latino?  
  - Yes
  - No

If Hispanic/Latino, please indicate which of the following would best describe your background? (select 1)

- Cuban
- Dominican
- Mexican
- Puerto Rican
- Other Hispanic/Latino

Please indicate your race (select 1 or more):

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or other Pacific Islander
- White