Exciting Courses Designed
For Mature Adults

Learn something new
Prepare for a new career
Explore a new activity

SUMMER 2015

www.sunywcc.edu/mainstream • 914-606-6793

Westchester Community College
State University of New York
Mainstream is an innovator in exciting educational programming and career change options for mature adults over 50. Course topics include job readiness, enrichment, and personal growth. These affordable, non-credit courses are tailored to meet the needs of mature adults. Additional information about courses and programs can be found online at www.sunywcc.edu/mainstream.

All Mainstream classes meet in the Knollwood Center (KNC), unless otherwise noted.

**HISTORY & CULTURE**

**Fairy Tales in Opera**
This series of classes will include brief summaries of each fairy tale and excerpts from each opera’s fabulous moments. Lectures will prepare students for listening to these works. We’ll choose from Mozart’s *The Magic Flute*, Rossini’s *Cinderella*, Humperdinck’s *Hansel and Gretel*, Dvorak’s *The Little Mermaid*, Knussen’s *Where the Wild Things Are*, and Puccini’s *Turandot*. We will use DVDs and live performance demonstrations on piano and violin. Please bring a journal to record your thoughts and observations.
CE-MUSIC 2010VA, 5 Thurs., Jun. 4-Jul. 2, 10:30 am-12:30 pm, Knollwood Center #4, $100. R Hallman. #5768

**Fred Astaire and His Dancin’ Dames**
Join us for a fun and informative look at the life of Fred Astaire and his dancing partners. In the first week, we’ll look at his early life, from 1899-1940, as well taking a look at the life of Ginger Rogers. In week two, we’ll cover his later years, from 1940-1987, as well as the life of Cyd Charisse. Finally, we’ll take a look at the lives of Ann Miller, Jane Powell and Vera Ellen, all of Astaire’s dancing partners. Video selections will be shown at each lecture.
CE-FILM 2032VA, 3 Wed., Jul. 15-29, 10:30 am-12:30 pm, Knollwood Center #3, $60. E Glass. #5784

**Paintings of Leonardo DaVinci**
This course will introduce students to the paintings of the Renaissance genius Leonardo Da Vinci. Students will be taught how to analyze and appreciate his work from the perspectives of color, drawing, composition, use of light and space, and finally subject matter. We’ll look at all of Da Vinci’s extant paintings including the recently discovered “Salvator Mundi.” Lastly, Da Vinci’s revolutionary painting technique including his “sfumato” will be discussed.
CE-ART 2155VA, 7 Wed./Fri., Jun. 17-Jul. 10 (skip 7/3), 10:00 am-12:00 noon, Knollwood Center #5, $140. J Coppola. #5778

**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., Jul. 6-Aug. 10, 10:30 am-12:30 pm, Knollwood Center #3, $120. D McIntosh. #5769

**Historical Jesus**
This class will focus on the traditional as well as most recent developments in the attempt to piece together the historical facts about Jesus Christ – his life, the era and society in which he lived, and his death.
CE-PHIL 2004VA, 5 Wed./Fri., Jul. 15-29, 10:00 am-12:00 noon, Knollwood Center #5, $100. J Coppola. #5779
**NATURE & SCIENCE**

**Flying Jewels**
Join us for an introduction to dragonflies and butterflies, their life cycles, habitats, and adaptations. Learn about our local species, both common and not so common. Dragonflies and butterflies are among our most colorful and visible insects and come in a dazzling array of colors. The lecture will be followed by a brief walk on campus to locate some local specimens. Wear comfortable shoes.
W Chadwick. #5780

**On Food and Cooking**
Explore the science behind foods and basic cooking procedures. Learn the nature of specific foods, what they’re made of, and how they’re changed by cooking. Each week we’ll discuss a different food. Choose one section or choose all four!
CE-SCI 2027VA, 1 Tues., 11:00 am-12:30 pm, Knollwood Center #3, $20. S Frank.
Sec. A: Eggs: Jun. 9. #5855
Sec. B: Sweet Stuff – Natural and Artificial Sweeteners: Jun. 23. #5856
Sec. C: Bread and Butter: Jul. 7. #5857
Sec. D: Drinkables – Water, Milk and Alcoholic Drinks: Jul. 21. #5858
Save $$! Register for all 4 sessions for just $70.

**PHYSICAL FITNESS**

**Aquacise**
Experience the therapeutic benefits of in-water exercise. Improve your cardiovascular fitness and endurance.
CE-FITNS 2046VA, 10:00-11:00 am, PEB-Pool, $175.
Sec. A: 13 Mon., Jun. 1-Aug. 31. #6658
Sec. B: 13 Fri., May 29-Aug. 28 (skip 7/3). #6659

**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 2047VA, 11:00-12:00 noon, PEB-Pool, $175.
Sec. A: 13 Mon., Jun. 1-Aug. 31. #6660
Sec. B: 13 Fri., May 29-Aug. 28 (skip 7/3). #6661

**Stretch, Strengthen and Tone**
Experience the exhilaration of a class wherein you focus on your posture, balance, strength and core. Learn gentle exercises that can help you cope with minor pains and injuries. Bring a set of hand weights (1-3 pounds) to class and wear comfortable exercise clothing and footwear.
CE-FITNS 2057VA, 6 Mon., Jun. 1-Jul. 6, 1:00-2:30 pm, Knollwood Center #5, $90. R Mendel. #5767

**CENTER FOR THE MATURE WORKER**

The Center for the Mature Worker was established to assist workers looking to change careers, upgrade their skills, or start their own businesses. All of our courses are based on the skills needed to successfully compete in today’s job market.

**NEW! Medical Administrative Assistant**
Medical administrative assistants work in a variety of medical settings such as physician’s offices, hospitals, clinics, insurance companies, research laboratories, public health departments, and health maintenance organizations. Upon successful course completion, students are eligible to take the Medical Administrative Assistant Certification (CMAA) offered by the NHA. 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.
**FINANCES**

**Medicare and Medicaid Made Easy**
Most Americans will go on Medicare when they are 65 and many need Medicaid to pay for their long-term care. In this discussion, we’ll compare these two critical government programs. Among the topics included are: who and what is covered, when and how to apply, common misperceptions of both, skilled vs. custodial care, and making sense of the “alphabet soup” – Parts A, B, C, D. We’ll answer your questions including: “How do I make the best choice for me?,” “Do I need gap insurance?” and “What is this donut hole I keep hearing about.” Gain the confidence to navigate these complicated benefits programs.
CE-FIN 2051VA, 1 Tues., Jun. 9, 1:00-3:00 pm, Knollwood Center #2, $25. R Howie. #5871

**The Affordable Care Act (Obamacare) and Medicare**
What effect does the Affordable Care Act (ACA) have on Medicare and on my Medicare coverage? Come join us for an objective, fact-based assessment on how the healthcare law affects the Medicare program and those on it – the good and bad. We’ll cover: What is the ACA’s effect on the overall solvency of Medicare? What is the likely effect on doctors, hospitals, and drug companies? Will it become harder for me to find a participating doctor or hospital? How will it affect my taxes? What exactly is the Medicare “donut hole” and how does the ACA affect it? How will these changes affect me and what will I need to do differently?
CE-FIN 2047VA, 1 Tues., Jun. 16, 1:00-3:00 pm, Knollwood Center #2, $25.
R Howie. #5783

**Financing Options for Long-term Care**
At some point in their lives, most people will need some form of ongoing assistance, often called long-term care (LTC) or long-term services and supports (LTSS). This includes assistance with activities of daily living such as bathing, dressing, or supervision required by a cognitive condition, such as Alzheimer’s disease. Don’t be one of those who mistakenly believe that Medicare and Medicare supplement insurance offer LTC Protection. We’ll discuss family caregiving, Medicaid, long-term care insurance, hybrid life/long term care and annuity/LTC products, personal savings, home equity, and VA benefits. Gain the knowledge to help you navigate the complexities of long-term care financing.
CE-FIN 2048VA, 1 Tues., Jun. 23, 1:00-3:00 pm, Knollwood Center #2, $25.
R Howie. #5782

**EXPLORE YOUR CREATIVE SIDE**

**Creative Writing Summer Workshop**
In four workshops, you’ll be offered writing prompts, exercises, new techniques and strategies for starting and staying with your own writing projects – whatever genre you prefer. Receive gentle feedback from class and instructor in a supportive environment.
CE-WRITG 2070VA, 4 Thurs., Jun. 25-Jul. 16, 1:30-3:30 pm, Knollwood Center #5, $80. K Rippstein. #5781

**Guitar is Fun – Advanced!**
Welcome back! We’ll continue to explore new strumming patterns and fingerpicking, and add music reading and possibly barre chords. For those who have taken Guitar is Fun and Guitar Next Steps. Come and enjoy! Please bring your own acoustic guitar.
CE-MUSIC 2066VA, 7 Tues., Jul. 7-Aug. 18, 1:30-2:30 pm, Knollwood Center #2, $70.
D Moran. #5773

**Piano is Fun – Advanced!**
Welcome back! This is a continuation of Piano is Fun and Piano Next Steps. Receive personal attention learning to read music and play chords. Please bring your own keyboards to class.
CE-MUSIC 2067VA, 7 Tues., Jul. 7-Aug. 18, 12:15-1:15 pm, Knollwood Center #2, $70.
D Moran. #5774
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 canceled 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. Effective Fall 2015, policies for senior audit registration will change, please check with Mainstream for updated information.

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 and Workforce Development. 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).
DIRECTIONS TO THE 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, and #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

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 with expertise in the subjects they teach. Participants are encouraged to engage in classroom discussion, and the schedule allows for informal discussion between sessions and during breaks.

FALL COLLEGIUM BEGINS OCTOBER 2015
For more information about the Fall 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.

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.
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

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