WELCOME!

We’re always saying that we want to hear from you, and here’s why. We recently received a suggestion (through our Facebook page) for a Digital Photography class. This fall we’re very excited to offer this very class! Thanks for the great suggestion. Please, keep ‘em coming!

Join our growing online community and share your thoughts with us!

Facebook.com/intervillage

You’ll also find new classes, including:

- *Liquid Force—a new swimming class with Judy Anker*
- *Monsters in Popular Culture—just in time for Halloween*
- *Botanical Drawing*
- *Creative Digital Photography*
- *Staying Healthy All Winter Long*
- *Taking Control of Stress*
- *Play with Words: Writing Scripts*

Best,

*Gabrielle Fox, Intervillage Director*
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Contact us at 914-606-6800  
or email us at intervillage@sunywcc.edu  
visit us at www.sunywcc.edu/intervillage
NEW! Monsters in Popular Culture

This course offers an exploration of monsters, their myths, and their popularity as they relate to specific cultural anxieties, dating from the 19th century to modern day.

CE-CULTR 2029QV, 5 Wed., Oct. 1-Oct. 29, 7:00-9:00 pm, Ardsley HS, $75. S Cangro. #84918

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., Oct. 8-Dec. 17 (skip 11/26), 7:00-8:30 pm, Dobbs Ferry HS, $125 (+ $10 materials fee, paid to instructor). A DeGennaro. #84721

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., Sept. 18-Dec. 4 (skip 9/25 & 11/27), 7:00-9:00 pm, Ardsley HS, $135. D Manzo. #84817
**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., Sept. 30-Dec. 8 (skip 10/13), 6:00-8:00 pm, Dobbs Ferry HS, $135. N Stufano. #84720

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**ARTS, CRAFTS & HOBBIES**

**NEW! Beginning Botanical Drawing**

Learn fundamental graphite drawing techniques, use of materials and accurate observation to capture the realistic beauty of flowers and plants through demonstrations and hands on exercises. Explore the beautiful area around you in new creative ways.

CE-ART 2141QV, 5 Thurs., Oct. 16-Nov. 13, 7:00-9:00 pm, Ardsley HS, $85. A Kenny. #84917

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**NEW! Creative Digital Photography**

Beginner or advanced photographers who would like to take better pictures and improve your understanding of the digital camera this course is for you! Forget bulky tripods, lights and interchangeable lenses. You will learn how to best compose your subject, how to use your camera and take advantage of CEO (creative evolving opportunities).

CE-PHOTO 2015QV, 5 Wed., Nov. 12-Dec. 17 (skip 11/26), 7:00-9:00 pm, Ardsley HS, $85. A Breisblatt. #84956
**Mah Jongg for Beginners**

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., Sept. 24-Oct. 29, 7:00 -9:00 pm, Atria in Ardsley, $120 (+ $8 materials fee, paid to instructor). R Asprea. #84722

**Mah Jongg for Intermediate Players**

Learn some of the strategies that can help make you a winner at the Mah Jongg table!
Prerequisite: *Mah Jongg for Beginners* or some experience playing the game.

CE-HOBBY 2007QV, 6 Weds., Nov. 5-Dec. 17 (skip 11/26), 7:00-9:00 pm, Atria in Ardsley, $120 (+ $8 materials fee, payable to instructor). R Asprea. #84723

**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. #84756
Sec. B: 7:00-9:30 pm. #84757

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**REGISTRATION IS EASY!**

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

See p. 30 for information.
HEALTH & WELLNESS

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., Oct. 8, 6:30-8:30 pm, Dobbs Ferry HS, $35. K Gordineer. #84904

NEW! Staying Healthy All Winter Long with Herbs

Winter can be a very stressful time; the busyness of the holidays, over-socializing, overeating put our bodies in a toxic state and if that isn’t enough our immune systems become bombarded with every variety of cold and flu viruses! What can we do? Herbal remedies to the rescue! In this class we’ll learn about a few simple and enjoyable ways we can employ our herbal allies to maintain our health and thrive all season long!

CE-HLTH 2063QV, 1 Thurs., Nov. 6, 6:30-8:30 pm, Dobbs Ferry HS, $35. K Gordineer. #84907

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., Sept. 17-Dec. 3 (skip 9/24 & 11/26), 7:00-8:30 pm, Hastings HS, $130. S Cohen. #84815
NEW! Taking Control of Stress

This experiential course will help you learn proven stress reduction techniques which you can easily incorporate into your daily life. Come discover your personal stress tendencies and learn practical approaches for reducing stress. Stress reduction techniques will help you improve your health, emotional well-being and overall happiness. (Please bring the required workbook and a notebook to class).

CE-PRSDV 2106QV, 6 Tues., Sept. 23-Oct. 28, 7:00-8:30 pm, Hastings HS, $75. S Cohen. #84919

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., Sept. 18-Dec. 18 (skip 9/25 & 11/27), 7:00-8:30 pm, Hastings HS, $160. A Breisblatt. #84811

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., Oct. 14, 6:30-9:00 pm, Ardsley HS, $30. A Blieden. #84726
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 Thurs., Oct. 2-Dec. 11 (skip 11/27), 7:00-8:00 pm, Ardsley MS Cafeteria, $120. R Philipps. #84818

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 Thurs., Oct. 2-Dec. 11 (skip 11/27), 8:00-9:00 pm, Ardsley MS Cafeteria, $120. R Philipps. #84819

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., Sept. 15-Nov. 24 (skip 10/13), 7:00-8:00 pm, $120, Ardsley HS. T Lee. #84760

**Intermediate:** CE-DANCE 2023QV, 10 Mon., Sept. 15-Nov. 24 (skip 10/13), 8:00-9:00 pm, $120, Ardsley HS. T Lee. #84816
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., Sept. 16-Dec. 9 (skip 11/11), 8:00-9:00 pm, Irvington MS, $145. S Gordon. #84758

**Intermediate:** CE-DANCE 2029QV, 12 Tues., Sept. 16-Dec. 9 (skip 11/11), 7:00-8:00 pm, Irvington MS, $145. S Gordon. #84759

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**PERSONAL FINANCE**

**NEW! All About Medicare in New York**

Most adults turning 65 happily anticipate being covered by Medicare, but often don’t realize that selecting the right Medicare coverage can be a daunting task. Learn all about it from a Medicare specialist.

CE-FIN 2041QV, 1 Tues., Sept. 30, 7:00-9:00 pm, Irvington HS, $30. J Lavelli. #84804

**NEW! All About Long Term Care**

Learn from a Long Term Care Specialist about the changes occurring in our society that compel us all to consider the personal implications of a potential need for long term care.

CE-FIN 2040QV, 1 Wed., Oct. 22, 7:00-9:00 pm, Irvington HS, $30. J Lavelli. #84800

**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 Wed., Oct. 8-22, 6:30-9:00 pm, Irvington HS, $65. T Herkert. #84727
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 Mon., Oct. 6, 7:30-9:00 pm, Irvington HS, $30. L Rosenwasser. #84777

Preserving Family Assets from Estate Taxes, Nursing Home Costs and More

Learn how to legally avoid estate taxes, nursing home costs, and assets from ending up in unwanted hands, while maintaining control of your assets. You’ll learn what needs to be done in order to pass assets to children free of estate tax, how you can protect your home and other assets from future nursing home costs, and how you can avoid giving extended family members unwanted access to your assets. Your instructor is a Harvard Law trained estate planning and elder law attorney with over thirty years of experience.

CE-FIN 2026QV, 1 Mon., Oct. 20, 7:00-8:30 pm, Ardsley HS, $30. N Lubarsky. #84770

CERTIFICATIONS

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, Oct. 8 & 9, 6:00-9:00 pm, Hastings HS, $35. M DeToma. #84765
WRITING CORNER

NEW! Call of the Wild

Nature writing is one of the most popular and enduring writing styles. It spans reporting, analysis, memoir, travel writing, and essay. The history of nature writing tracks not only advances in science but the history of wilderness conservation and the environmental movement. Read, practice, and discuss the craft of nature writing and its importance to American literature.

CE-WRITG 2063QV, 5 Tues., Oct. 28-Dec. 9 (skip 11/11 & 25), 6:00-8:00 pm, Dobbs Ferry HS, $100. N Axton. #84920

Intro to Play with Words: Free Info Session!

For writers of all levels wanting to explore new ways of writing. Learn more about the craft of playwriting by discussing basic structures of scenes, dialogue and action. Try your hand at writing a one-page scene; have it read out loud and hear feedback. This is an introduction to Play with Words: Writing Scripts. For more information, visit www.gabriellefoxwrites.com.

1 Mon., Oct. 27, 6:00-7:30 pm, Dobbs Ferry HS, FREE but call 914-606-6800 to reserve your spot. G Fox.

New! Play with Words: Writing Scripts

Plays are exactly like playing! Theatre is live and needs to get right into the action in the moment. You’ll learn how to jump into writing a play by making characters jump off the page and onto the stage. We’ll start with one-page plays to demonstrate structure and answer the critical questions: who wants what and what gets in the way? These questions are the building blocks of writing a play scene by scene. Let’s get “write” to the action! Visit www.gabriellefoxwrites.com for more information.

CE-WRITG 2061QV, 4 Mon., Nov. 3-Nov. 24, 6:00-8:00 pm, Dobbs Ferry HS, $85. G Fox. #85002
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., Oct. 20-Nov. 17), 7:00-8:00 pm, Hastings HS, $80. M Avakian. #84724

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 Sat., Sept. 20-Dec. 6 (skip 9/27 & 11/29), 10:00-11:30 am, Ardsley MS, $115. L Spear. #84725

Interested in Teaching a Lifelong Learning class?

Email us at intervillage@sunywcc.edu for a course proposal packet.
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.

La Catena Italian Restaurant
871 Saw Mill River Road, Ardsley
914-231-9260, www.LaCatenaArdsley.com

With its warm Tuscan décor and welcoming chef it’s like embarking on a trip to Italy. Northern and Southern Italian cuisines collide as Chef Emilio shows us how to create some of his special dishes. The chef will feed us generously while we learn his cooking techniques, beginning with two of his favored appetizers: spiedini ala romano (mozzarella crusted and fried to a crisp with anchovy sauce), and his delicious clams casino. Get ready for the chef’s famous tableside show of pappardelle alla Emilio, made with three types of mushrooms and cognac set on fire in a giant hollowed wheel of imported Parmigiano-Reggiano for a scrumptious sauce. Learn the skills necessary to make vittela buenarroti (veal and shrimp in cognac sauce with fresh sage, sun-dried tomatoes, asparagus, and toasted almonds) and pollo paisano (simmered in vinegar peppers), served with crisp potatoes. A family recipe cheesecake laced with Gran Marnier will be the sweet ending to a beautiful meal! Sign up with a friend as this is an exciting flaming show!

1 Mon., Sept. 29, 6:00-8:00 pm, $15 (+ $25 sampling fee in CASH, payable to instructor).
#84897

THE PRIME an American Grille
19 Main Street, Hastings-on-Hudson,
914-478-1147,
www.theprimeamericangrille.com

The Prime springs from one of the most storied restaurants in Manhattan, The Primeburger,
which was beloved for its vintage box seats with swiveling tray-tables, which delighted patrons for five decades and won many awards, including the James Beard award. The two brothers who owned it decided to open in Westchester with a similar philosophy, reasonably priced good quality food. Our chef will teach us to make their specials, starting with mahi mahi fish tacos: pico de gallo, house made guacamole, coleslaw, and chipotle mayo. Our entrée lesson will be honey balsamic chicken served with smashed red bliss potatoes and asparagus. The chef’s sweet treat will be an instruction on bread pudding with rum soaked cherries and a chocolate crème anglaise.

1 Mon., Oct. 20, 6:00-8:00 pm, $15 (+ $25 sampling fee in CASH, payable to instructor).

#84898

Chutney Masala Indian Bistro
4 West Main Street, Irvington
914-591-5500, www.chutneymasala.com

Kitchen Lesson: Discover our chef’s hidden secrets in a waterfront setting down on the Hudson River. Chef Navjot shares his vast food knowledge with us from his native home in Jalandhar Punjab, India where he studied the fine art of Indian food at the culinary institute. Our class will teach his special take on Indian cuisine, including an education on the spices and ingredients used to create the complex flavors that comprise each dish. On the menu will be bhajjia (chickpea flour-dusted veggie fritters). The makings of everyone’s favorite murgh tikka makhanwala (chicken tikkas braised in a fenugreek scented tomato cream sauce) will be taught. Next up, aloo gobhi (diced cauliflower and potatoes, tomato garlic masala). We will also experience a quick lesson in the kitchen on the specialties of nan bread baked fresh in the tandoor. A pounded rice pudding will be our dessert. Always fun surprises from a most knowledgeable instructor and a very popular class!

1 Wed., Nov. 12, 6:00-8:00 pm, $15 (+ $25 sampling fee IN CASH, payable to instructor).

#84899
Tarry Tavern

27 Main Street, Tarrytown
914-631-7227, www.tarrytavern.com

Handmade Pasta: Owner and Chef Henry Cabral, who cooked alongside his dad in their family restaurant, Caravela, has come up with a unique formula. His casual American gastro-pub offers creative, locally sourced dishes and seasonal menus inspired by what farmers and fishermen are growing, raising, and catching. The chef will show us how to make hand-made capellaci: special shaped ravioli with butternut squash and pear filling, adorned by brown butter and toasted sage, along with a few other delicious tidbits incorporating seasonal fare. He will demonstrate flourishes of fall market inspired ingredients, continuing with a fabulous lesson on the makings of duck confit and wild mushroom risotto. For dessert, a splendid port poached pear and almond tart.

1 Mon., Nov. 24, 5:30-7:30 pm, $15 (+ $25 sampling fee in CASH, payable to instructor).
#84900

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 is what this nostalgic neighborhood spot brings. Chef and Proprietor Danny Caldara will teach us a trick or two in this classic rustic spot, with surprising things coming from the kitchen. We will start with a lesson on how to make one of their favored appetizers: Buffalo chicken spring rolls. We continue with the chef’s special, Southern fried pork chops with country gravy accompanied by Brussels sprouts au gratin. The chef’s sweet treat will be the makings of strawberries Romanoff containing orange liqueur. Join us for a warm and tasty evening in one of the lovely river towns!

1 Wed., Dec. 10, 6:00-8:00 pm, $15 (+ $20 sampling fee in CASH, payable to instructor).
#84901
Cedar Street Grill
23 Cedar Street, Dobbs Ferry
914-674-0706, www.cedarstreetgrillny.com
Located in the quiet downtown this restaurant offers American themed fare and artisanal beers in a welcoming way. Family owned and operated, Chef Matt Kay and brother/Manager Joe treat everyone like one of their own. On most evenings you can also find mom, Cathy 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 a special holiday soup to get us started: roasted cauliflower with toasted chestnuts, adorned with truffle essence. Then the secrets to his moist stuffed pork loin with winter apples, pine nuts, golden raisins, and bacon, served au jus with a twist on a traditional Christmas dish: figgy pudding made with brioche, sweet figs, sautéed leeks, and locally crafted goat cheese. For a classic dessert, a tutorial on warm apple pie à la mode with local favorite Johnny Gelato’s vanilla bean offering and a perfect caramel sauce. Check out this talented chef to kick off your holidays!

1 Tues., Dec. 16, 5:30-7:30 pm, $15 (+ $25 sampling fee in CASH, payable to instructor).
#84902

Our popular

A Taste of Westchester

program is also offered in many other locations in Westchester and Putnam. Visit the college’s Continuing Education brochure on our website at sunywcc.edu/CE for more information.
PERFORMING ARTS

ACTING & PLAYWRITING

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 will take place at St. John’s Episcopal Church Community House, 8 Sunnyside Road in Pleasantville. Questions? Please call the Extension Services Office at 914-606-6839.

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., Sept. 10-Oct. 15, 8:00-10:00 pm, $265. H Meyer. #84914

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., 7:30-10:30 pm, $245. R Jones

Sec. A: Sept. 10-Oct. 15. #84911

Sec. B: Oct. 22-Dec. 3. #84912

What You’ll Need to Register:

| Course Name   | Catalog #: CE-XXXXQV | Class Number: #12345 |
Basic Technique for Young Actors

In this 6-week session, we will look at all aspects of acting for the stage, with special focus on improvisation, monologues and discovering and using your voice! You will learn how to project your voice with clarity and build confidence, skill, and trust through fun improvisational exercises and pre-scripted and original monologues.

For ages 10-12.

CE-THEAT 2013QV, 12 Wed., Sept. 10-Dec. 3, 4:00-5:00 pm, $385. J Erick. #84915

Basic Technique for Teenagers

We believe that the right way to start acting is to focus on learning the techniques and principles of the craft. We focus on exercises which cultivate the imagination, the use of the senses, and expression of voice and body. Each student is encouraged to access their own uniqueness and point-of-view. Teachers foster a creative and safe environment for these explorations.

For ages 13-15.


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 Tues., Sept. 30-Nov. 3, 6:30-8:30 pm, Ardsley HS, $115. J Bossio. #84813
PERSONAL GROWTH

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, 5 Tues., Oct. 7-Nov. 4, 6:30-8:30 pm, Hastings HS, $110. R Johnson. #84812

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., Oct. 8-Nov. 5, 6:00-8:00 pm, Irvington HS, $100. P Connor. #84906

Taoism in the 21st Century

Often called the wisest book ever written, the philosophy of Taoism is the perfect guide to 21st century living. It teaches us how to deal with the challenges we face, both good and bad. Students will also get an introduction to mindful meditation and how it can improve our daily lives.

CE-PHIL 2005QV, 6 Wed., Oct. 1-Nov. 5, 7:00-8:30 pm, Hastings HS, $75. A Breisblatt. #84814

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.
NEW! The Trampoline Effect: Staying in Touch with Your Competent Confident Self

Learning how to nurture and access confidence is key to navigating life’s transitions and to developing a successful life. In these interactive, experiential classes you will learn the 3 key elements of confidence, get a picture of your personal “trampoline,” and leave with strategies for sustaining your self-confidence.

CE-PRSDV 2096QV, 3 Wed., Nov. 5-19, 6:30-8:30 pm, Hastings HS, $60 (+ $5 materials fee, payable to instructor). J Garfinkel. #84905

How to Live with Energy, Joy, and Peace

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. Come and learn 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. Questions? 914-946-5334 or m@mt44.net.

Exploring Meditation: Part 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., Oct. 27, 7:30-9:00 pm, $25, Irvington HS. #84910

Exploring Meditation: Part 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: Relating Profoundly: Meditation I.

CE-HLTH 2004QV, 3 Mon., Nov. 3-17, 7:30-9:00 pm, $60, Irvington HS. #84909
FITNESS

Learn to Swim
A beginners class for non-swimmers. Adults only.
CE-SPORT 2022QV, 10 Tues Sept. 23-Dec. 2
(skip 11/11), 7:30-8:15 pm, $120. #84663

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., Sept. 22-Dec. 1 (skip 10/13), 7:30-8:15 pm. #84661
Sec. B: Wed., Sept. 24-Dec. 3 (skip 11/26), 8:15-9:00 pm. #84662

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., Sept. 22-Dec. 1 (skip 10/13), 8:15-9:00 pm. #84659
Sec. B: Wed., Sept. 24-Dec. 3 (skip 11/26), 7:30-8:15 pm. #84660

Liquid Force
Liquid Force combines low impact exercises in deep water and high impact exercises in shallow water using barbells, noodles, ankle weights. This class offers a total body workout in the water.
CE-FITNS 2059QV, 10 Tues., Sept. 23-Dec. 2
(skip 11/11), 8:15-9:00 pm, $120. #84594

All swim classes are held at the Ardsley MS Pool.
All dates are tentative; call 914-606-6800 or visit intervillage@sunywcc.edu to confirm.
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., Sept. 29-Dec. 8 (skip 10/13), 6:30-7:45 pm, Ardsley HS, $170. J Braun. #84713

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., Sept. 17-Nov. 19, 7:00-8:00 pm, Irvington Main Street School Auditorium, $125. Y Hertelendy. #84715

Pilates Mat: Intermediate/Advanced

Designed for those who have mastered the moves in Beginning Pilates and feel comfortable moving on to more challenging exercises. 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., Sept. 15-Nov. 24 (skip 10/13), 7:00-8:00 pm, Irvington Main Street School Cafeteria, $125. Y Hertelendy. #84716

What You’ll Need to Register:

Course Name
Catalog #: CE-XXXXQV
Class Number: #12345
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!

CE-FITNS 2021QV, 10 Mon., Oct. 6-Dec. 15 (skip 10/13), Irvington Main Street School Auditorium, $125. H Buyers.

Sec. A: 5:45-6:45 pm. #84717
Sec. B: 7:00-8:00 pm. #84718

Zumba

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

CE-FITNS 2030QV, 6 Tues., 7:00-8:00 pm, Dobbs Ferry MS, $75. E Kelly.

Sec. A: Sept. 16-Oct. 21. #84664
Sec. B: Oct. 28-Dec. 9. #84666

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., Oct. 3-Dec. 12 (skip 11/28), 1:00-2:00 pm, TBD, $130. A Kenny. #84714
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.

PSAT Prep Class
Ardsley HS ........ Thurs., 6:00 pm, starts Sept. 11

SAT Prep Class for October SAT
Ardsley HS ............ T/Th, 5:30 pm, starts Sept. 9

SAT Prep Class for November SAT
Dobbs Ferry HS .......M/W, 5:30 pm, starts Oct. 1

SAT Prep Class for December SAT
Hastings HS ............T/Th, 5:30 pm, starts Oct. 21

ACT Prep Class for December ACT
Ardsley HS .............M/W, 5:30 pm, starts Nov. 3

Interested in Teaching a Lifelong Learning class?
Email us at intervillage@sunywcc.edu for a course proposal packet.
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. Optional trip insurance is available at an additional charge and payable directly to The Upper Class. 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.

Strolling the High Line

Stroll the High Line, a stunning new elevated “ribbon park” thirty feet in the air which overlooks the Hudson River, Chelsea, and the Gansevoort Market. Modeled after the Promenade Plantée in Paris, the arresting beauty and delightful vistas of the High Line have impressively transformed the neighborhood!

Includes a three-course lunch of Tuscan-inspired cuisine at Bottino, and a visit to the Heller Gallery, dedicated to premier contemporary artists who work in glass. Your day concludes with a visit to “Eataly,” the new over-the-top Italian shopping complex by Mario Batali, Lidia Bastianich, and Joe Bastianich. Return home with a basket of goodies!

1 Thurs., Oct. 9, $129. #85048

Great Rail Journeys of New England

A 4-day, 3-night experience which includes first-class seating on “The Notch” Train, Mt. Washington’s famed Cog Railroad, accommodations at the Eagle Mountain Resort, and a Lake Winnipesaukee cruise.

Oct. 6-9, $899 Double, $1,199 Single, $799 Triple occupancy (prices per person), includes 3 breakfasts, 3 lunches, and 2 dinners. #85049
**Peddler’s Village Apple Festival**

Witness the turning leaves as you stroll the winding brick pathways of the Peddler’s Village in Lahaska, PA, featuring over 70 unique shops; receive a complimentary coupon book full of savings. Nosh on a variety of apple treats such as fritters, cider, dumplings, pie, and more (additional purchase required).

Enjoy a three-course lunch at the famous Cock n Bull restaurant. You’ll have ample time to enjoy the festival and explore the quaint village, then visit the Byers Choice Christmas Museum and be instantly transported to Dickens London. Feel the spirit of the holidays as you witness the Byers’ Choice famous carolers in a variety of heartwarming Victorian settings. What a fun way to find unique gifts for your holiday list!

1 Sat., Nov. 1, $89. #85056

**The Nutcracker Inside a Newport Mansion**

A 2-day, 3-night experience which includes The Nutcracker Inside a Mansion, a holiday tour of The Breakers, and accommodations at the Hotel Viking in Newport.

Oct. 6-9, $399 Double, $459 Single, $389 Triple occupancy (prices per person); includes 1 breakfast and 2 lunches. #85058

**What You’ll Need to Register:**

<table>
<thead>
<tr>
<th>Course Name</th>
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</thead>
<tbody>
<tr>
<td>Catalog #: CE-XXXXQV</td>
</tr>
<tr>
<td>Class Number: 12345</td>
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</table>
## 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 Avenue
- **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

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

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

Debra Sawyer  
**Administrative 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.
Last Name: ____________________________
First Name: ____________________________
Address: ________________________________
City: __________________ State: ______ Zip: _____
Email: __________________________

Home Phone: ____________________________
Bus. Phone: ____________________________
Fax: ________________________________
Soc. Sec. Num.: ______________________
Date of Birth: _______ ______ ______
Student ID: ____________________________

Registration Form • Fall 2014

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

* Payable once 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.

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.

(Responses are optional and does not affect 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 1)

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

Please indicate your race (select 1 or more):

□ American Indian or Alaskan Native  □ Asian  □ Black or African American  □ Native Hawaiian or other Pacific Islander  □ White

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: ____________________________