WELCOME!

Dear Intervillage Community,

We hope you had a fun-filled summer! The Intervillage office has been busy creating a full fall schedule for all of you. Here are some of the highlights:

We’ve added Curious-on-Hudson to our growing list of community partnerships which includes The Upper Class, Pottery-on-Hudson, and Fairview Golf.

We have several new classes, including:

- Elementary Latin
- French is Fun
- Alternatives to CDs
- Business Etiquette & Professionalism
- Improvisation, Exercises & Activities for Fun!
- Traditional Okinawan Karate
- Bring Shakespeare to Life
- Herbalism 101

In July, we had an information session for those interested in joining the Intervillage Advisory Board. If you missed it, it’s not too late! Please email us at intervillage@sunywcc.edu with “Advisory Board” in the subject line and help us to shape the future of the program. We’d love to hear from you.

We encourage you to “like” us on Facebook at www.facebook.com/intervillage. Our virtual community is growing every day. This forum enables 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
TABLE OF CONTENTS

Arts, Crafts, & Hobbies ................................. 4
Certifications and Job Prep ............................. 13
College Test Prep ........................................ 9
Curious-on-Hudson ................................. 10
Fitness ..................................................... 22
Food & Nutrition ......................................... 21
Health & Wellness ................................ .... 7
Languages & Culture .................................. 6
Music & Dance ........................................... 17
Performing Arts ......................................... 14
Personal Finance ....................................... 12
Personal Growth ....................................... 18
Taste of Westchester ................................. 25
Trips & Travel .......................................... 26

Locations .................................................. 28
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
Sampler Quilting

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. For beginner and intermediate. 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., Oct. 10-Dec. 19 (skip 11/28), 7:00-9:00 pm, Ardsley HS, $140 (+ $15 material, payable to instructor).
V Doherty. #83634

Watercolor & Mixed Media

In this class we use a variety of materials including watercolors, colored pencils, oil crayons, colored paper, and rice paper to explore the creativity of mixed media paintings.

CE-ART 2108QV, 9 Mon., Oct. 7-Dec. 16 (skip 10/14 & 11/11), 4:00-6:30 pm, Ardsley HS, $180. J Cianflone. #83573

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. #83574
Sec. B: 7:00-9:30 pm. #83576
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. (clay and firing extra). Classes held at Pottery-on-Hudson, 145 Palisade Street, Dobbs Ferry.


Sec. A: 9 Tues., Nov. 12-Jan. 21 (skip 12/24 + 31), 7:00 pm-9:30 pm. #83623

Sec. B: 9 Wed., Nov. 13-Jan. 22 (skip 12/25 & 1/1), 10:00 am-12:30 pm. #83624

Sec. C: 9 Wed., Nov. 13-Jan. 22 (skip 12/25 & 1/1), 7:00-9:30 pm. #83625

Sec. D: 9 Fri., Nov. 15-Jan. 24 (skip 11/29 & 12/27), 10:00 am-12:30 pm. #83626

Sec. E: 9 Sat., Nov. 23-Feb. 1 (skip 11/30 & 12/28), 10:00 am-12:30 pm. #83627

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.

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 Weds., Sept. 25-Oct. 30, 7:00-9:00 pm, Atria in Ardsley, $120 (+ $7 materials fee, paid to instructor). R Asprea. #83605

Intervillage thanks the Atria Woodlands in Ardsley for donating space for the program. For information on their senior living community call 914-356-8428.
NEW! French is Fun!
This beginning French language course is for students who have little or no knowledge of French. The focus will be on developing the four communication skills: listening, speaking, reading, and writing in a friendly and fun 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 2504QV, 10 Wed., Oct. 9-Dec. 18 (skip 11/27), 6:00-8:00 pm, Irvington HS, $135 (+ textbook). D LaBianco-Tessler. #83636

NEW! 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. 23-Dec. 2 (skip 10/14), 6:00-8:00 pm, Dobbs Ferry HS, $135. N Stufano. #83654.

India: A Cultural Landscape
Join us on a journey through India. Whether you are travelling there for business or pleasure or just curious about the rich culture and customs of this mystical country, this course is for you. Through the use of artifacts and interactive media, you will learn about the one-of-a-kind geography, history and socio-economic evolution of India.

CE-CULTR 2022QV, 1 Tues., Nov. 5, 6:00-9:00 pm, Hastings HS, $45. V Neti. #83637
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. 2-Dec 11 (skip 11/27), 7:00-8:30 pm, Dobbs Ferry HS, $125 (+ textbook). A DeGennaro. #83633

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., Oct. 3-Dec 12 (skip 11/28), 6:00-8:00 pm, Ardsley HS, $135. D Manzo. #83643

NEW! German Conversation

See page 11.

HEALTH & WELLNESS

Mindful Living

Explore ways to bring mindfulness into every aspect of your daily life. Learn practices for reducing stress, strengthening relationships and finding happiness in the present moment.

CE-PRSDV 2087QV, 10 Tues., Oct. 8-Dec. 17 (skip 11/12), 7:00-9:00 pm, Hastings HS, $120. A Woods. #83587
New! Charting Your Wellness Future

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 Wed., Oct. 2-Oct. 30, 7:00-8:30 pm, Hastings HS, $30. L Curtis. #83632

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. 12-Dec. 5 (skip 11/28), 7:00-8:30 pm, Hastings HS, $160. A Breisblatt. #83566

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. 8, 7:00-9:00 pm, Ardsley HS, $25. A Blieden. #83563

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. 11-Nov. 20 (skip 10/9), 7:00-8:30 pm, Hastings HS, $130. S Cohen. #83577
YERTS
An exercise and relaxation program combining Yoga, Exercise, Reiki and Tai Chi. Explore the history and philosophy of its component parts while developing your YERTS practice, culminating with a Reiki Level 1 energy attunement. Wear comfortable clothes and bring a yoga mat.
CE-FITNS 2041QV, 7 Wed., Oct. 2-Nov. 13, 7:00-9:00 pm, Dobbs Ferry MS, $140. P Narad. #83585

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
Hastings HS...W, 6:00 pm, starts Sept. 11

SAT Prep Classes for October SAT
Dobbs Ferry HS....T/Th, 5:30 pm, starts Sept. 3
Ardsley HS....M/W, 5:30 pm, starts Sept. 9

SAT Prep Classes for November SAT
Irvington HS.....M/W, 5:30 pm, starts Sept. 25

SAT Prep Classes for December SAT
Hastings HS....T/Th, 5:30 pm, starts Oct. 22

ACT Prep for December ACT
Ardsley HS...M/W, 5:30 pm, starts Oct. 23

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

NEW! Hands-on Curiosity for Kids: Ages 5-8

A creative, original project time for young ones while encouraging creative re-use of found materials. We’re looking to S T R E T C H the imagination. What can you do with things you find on the river bank? (our own little Hudson River cove, right behind our building!) We’ll use old books, duct tape, packing materials, driftwood, shells, rocks, even vegetables and more in new ways. You’ll never look at “stuff” the same way again!

CE-SCI 2017QV, 10 Wed., Sept. 11-Nov. 13, 6:30-8:30 pm, $195. #83649

NEW! Mbira Workshop

Explore how the beautiful Shona music of Zimbabwe is produced through the study of song and instrument. Learn to play the mbira, an instrument that has been played in Zimbabwe for thousands of years. No musical training is needed, and as you learn the basic song patterns, you’ll also study basic lyrics that accompany the traditional song. Anyone can play the mbira with a little training! No instrument needed to start the class (loaners will be available).

CE-MUSIC 2051QV, 6 Thurs., Sept. 12-Oct. 17, 7:00-9:00 pm, $175. #83651
**NEW! German Conversation Class**

Beginner to intermediate students will practice their conversational German in a group setting with guided instruction. Focusing on conversation, learning, and practicing vocabulary, you’ll enjoy the language band build your speaking confidence. Smaller groups may be broken down into paired groupings. Each class focuses on a theme such as dining, cooking, shopping, or local and international travel. We’ll explore German culture and landscape, offering an opportunity to not only practice your German but prepare for business or recreational travel as well.

CE-LANG 2704QV, 10 Wed., Sept. 11-Nov. 13, 7:00-8:30 pm, $200. #83650

**NEW! Barbecue 101: The Art of Cooking with Smoke**

Take your backyard barbecue to the next level! Our pit master will teach the basics of barbecue including meat cuts, temperature testing, wood selection, rubs, marinades, sauces, and mops. Learn the distinctions of the 5 barbecue regions and how to buy, prepare, and cook meat for North and South Carolina style cooking. Sample various barbecue-style foods; refreshments will be served.

CE-COOK 2056QV, 1 Sat., Sept. 28, 6:30-8:30 pm, $65. #83652

**REGISTRATION IS EASY!**

5 simple options:

- Online
- By Phone
- In Person
- By Fax
- By Mail

See p. 30 for information.
PERSONAL FINANCE

Retirement Planning Today

Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence. You’ll discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health expenses.

CE-FIN 2027QV, 3 Tues., Sept. 24-Oct. 8, 6:30-9:00 pm, Irvington HS, $65. T Herkert. #83572

NEW! Alternatives to CDs

Interest rates have fallen and they can’t get up! The returns on C.D.s 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., Nov. 7, 7:00-8:30 pm, Irvington HS, $30. L Rosenwasser. #83638

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, Neil R. Lubarsky, Esq., 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., Oct. 28, 7:00-8:30 pm, Ardsley HS, $30. N Lubarsky. #83583
**Finances for Women**

Become a smarter investor and gain the confidence to take control of your finances. Hear timely investment ideas for your stock and bond portfolios, mutual funds, maturing CDs, IRA or 401(k), inherited accounts, cash and annuities. Learn to avoid some common investing mistakes. Learn terminology you need to know before investing. If you want to achieve peace of mind and financial security, this course is for you.

CE-FIN 2020QV, 2 Wed., Oct. 16 & 23, 7:00-9:00 pm, Irvington HS, $40. E Fishman. #83580

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**CERTIFICATIONS & JOB PREP**

**NEW! 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., Nov. 5-19, 6:30-8:30 pm, Dobbs Ferry HS, $65. R Mcleish. #83635

**Babysitter Training: ARC Certification**

Intended for teens planning to babysit, this will provide the knowledge and skills necessary to safely and responsibly give care for children and infants. Develop leadership skills, learn how to develop a babysitting business, keep yourself and others safe and help children behave. Learn basic childcare and first aid and earn American Red Cross certification. For ages 11-15 years.

CE-CERTS 2031QV, 1 Sat., Oct. 5, 9:00 am-3:00 pm, Ardsley MS, $60 (+ $10 for ARC certification, payable to instructor). R Spiniello. #83639
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 T/W, Oct. 8 & 9, 6:00-9:00 pm, Hastings HS, $35 (+ $15 materials fee, paid to instructor). M DeToma. #83579

PERFORMING ARTS

Bring Shakespeare to Life

Bring Shakespeare to life: not by reading him or writing about him; but by playing him. Shakespeare was not meant to be read but to be seen and heard. Just as a picture is worth a thousand words, Shakespeare’s works, when brought into live performance, engage the whole body, the brain, and our emotional understanding and ignite the spirit. The study of Shakespeare allows you to 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., Nov. 2-Dec. 14 (skip 11/30), 9:00 am-12:00 noon, Ardsley MS, $175. J Bossio. #83630

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., Oct. 28 & Nov. 4, 6:00-9:00 pm, Irvington HS, $80. P Rofe. #83610
NEW! Improvisation, Exercises & Activities for Fun!

Creative play is critical not only for actors but for everyday life. Experiential theatre games, exercises, and improvisation promote creativity and character development. All levels of experience are welcome to participate in a non-threatening environment. For anyone interested in creative play!

CE-THEAT 2016QV, 10 Wed., Sept. 18-Dec. 4 (skip 10/30 & 11/27), 7:00-9:00 pm, Irvington HS, $135. A Meyer. #83653

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 2000QV, 12 Wed., Sept. 18-Dec. 4, 7:30-10:30 pm, $395. R Jones. #83534

CE-THEAT 2001QV, 6 Wed., 7:30-10:30 pm, $235. R Jones.

Sec. A: Sept. 18-Oct. 23. #83535

Sec. B: Oct. 30-Dec. 4. #83536

BUSY LIFESTYLE?
We offer hundreds of classes online.
Take a class on your schedule!
Visit us at www.ed2go.com/sunywcc for complete information.
Basic Technique for Young Actors

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. 18-Dec. 4, 4:00-5:00 pm, $365. H Nicholson. #83537

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.


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. 18-Oct. 23, 8:00-10:00 pm, $235. H Meyer. #83533

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.
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., Sept. 28-Dec. 14 (skip 10/12 & 11/30), 9:00-10:00 am, Ardsley MS Cafeteria, $120. R Philipps. #83640

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., Sept. 28-Dec 14 (skip 10/12 & 11/30), 10:00-11:00 am, Ardsley MS Cafeteria, $120. R Philipps. #83641

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. 16-Dec. 2 (skip 10/14 & 11/11), 7:00-8:00 pm, $120, Ardsley HS. T Lee. #83575

Intermediate: CE-DANCE 2023QV, 10 Mon., Sept. 16-Dec. 2 (skip 10/14 & 11/11), 8:00-9:00 pm, $120, Ardsley HS. T Lee. #83578
**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. 24-Dec. 10, 8:00-9:00 pm, Irvington MS, $145. S Gordon. #83582

**Intermediate:** CE-DANCE 2029QV, 12 Tues., Sept. 24-Dec. 10, 7:00-8:00 pm, Irvington MS, $145. S Gordon. #83565

**NEW! Mbira Workshop**

See p. 10.

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**PERSONAL GROWTH**

**Spotlight on NYC**

Learn about the hidden gems of NYC! Worthwhile memberships, specialized shopping venues, free exhibitions, intriguing walks, and dates for NYC happenings are all part of the fun. We’ll choose the focus together: kids, shoppers, first-time visitors, etc. Handouts will highlight some lesser-known spots, such as the Grolier Club and the mosaics surrounding Grant’s Tomb.

CE-TRVL 2018QV, 1 Sat., Sept. 28, 10:00 am-12:00 noon, Ardsley MS, $30. S Teltser-Schwarz. #83586

**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. 30-Dec. 4, (skip 11/27), 6:00-8:00 pm, Irvington HS, $100. P Connor. #83642
**Human Beings, Being Human**

We all learn about being human in a variety of ways. This course will explore how people learn human behavior through examples in recent American history/culture. Students will examine culture, society and personality through the eyes of the major social scientists of our time including Carl Rogers, Sigmund Freud, BF Skinner and others.

CE-PRSDV 2083QV, 5 Thurs., Oct. 3-31, 7:00-9:00 pm, Hasting HS, $95. A Block. #83564

**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-PHI 2005QV, 6 Wed., Oct. 2-Nov 6, 7:00-8:30 pm, Hastings HS, $75. A Breisblatt. #83568

**How to Manage ADHD and Thrive**

Attention Deficit Disorder is not just for kids. Although successes like Albert Einstein and Walt Disney suffered from ADD, for most, Adult ADD/ADHD can pose lifelong difficulties with time management, disorganization, procrastination, impulsivity, addictive habits and poor follow-through. Learn how your ADD/ADHD traits affect you, and get basic tools and strategies for handling your own particular challenges.

CE-PRSDV 2070QV, 1 Wed., Oct. 2, 6:30-9:30 pm, Irvington HS, $35. B Mincu. #83584

**What You’ll Need to Register:**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Catalog #: CE-XXXXQV</th>
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<td>Class Number:</td>
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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., Nov. 18, 7:30-9:00 pm, $25, Irvington HS. #83570

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., Dec. 2-16, 7:30-9:00 pm, $60, Irvington HS. #83567

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.
FOOD & NUTRITION

Healing Plants of the Algonquin Indians
Learn about how the Native Americans living in the Hudson Valley utilized plants in food, medicine, and for spiritual purposes. Participants will learn basic herbal terminology and discover specific herbs that were used and are still in use today.

CE-HLTH 2048QV, 1 Thurs., Oct. 3, 6:00-8:00 pm, Dobbs Ferry HS, $30. K Gordineer. #83620

A Native American Herbal Practice
In this class we’ll learn about the healing plants and practices used by the local Native American tribes and how we can adapt those practices for contemporary use. We’ll learn the practical aspects of modern herbalism and how to blend the two to enhance our well-being and connection with nature.

CE-HLTH 2050QV, 1 Sat., Oct. 12, 10:00 am-1:00 pm, Ardsley MS, $40 (+ $5 material fee, payable to instructor). K Gordineer. #83621

NEW! Herbalism 101
Interested in herbalism but confused as to where to begin? All the information that we’re bombarded with by the media, our friends and other well-meaning people can be very confusing. Let local herbalist, Karine Gordineer, with over 20 years experience, demystify the world of herbalism and show you some simple ways you can work with herbs to keep yourself healthy and feeling great all year round!

CE-HLTH 2052QV, 1 Thurs., Sept. 19, 6:00-8:00 pm, Dobbs Ferry HS, $35. K Gordineer. #83622

NEW! Barbeque 101
See page 11.
FITNESS

Learn to Swim

A beginners class for non-swimmers. Adults only.
CE-SPORT 2022QV, 10 Tues., Sept. 24-Nov. 26,
7:30-8:15 pm, $120. #83665

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. 23-Dec. 9 (skip 10/14 & 11/11), 7:30-8:15 pm. #83666
8:15-9:00 pm. #83667

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. 23-Dec. 9 (skip 10/14 & 11/11), 8:15-9:00 pm. #83668
7:30-8:15 pm. #83669

Aqua Zumba

Do aquatic exercises to a Latin beat! Enjoy salsa, merengue, and more while exercising in the water.
CE-FITNS 2034QV, 10 Tues., Sept. 24-Nov. 26,
8:15-9:00 pm, $120. #83670

All swim classes are held at the Ardsley MS Pool and are facilitated by J Anker. All dates are tentative; please check and confirm dates and times. Call us at 914-606-6800 or email us at intervillage@sunywcc.edu
**Golf**

Introduces the fundamentals to beginners or golfers who have some experience. Golf clubs and balls are provided. Fairview Golf Center is covered and heated! Class held at Fairview Golf Center, 300 Waterside Dr., Elmsford.

CE-SPORT 2023QV, $100.

Sec. A: 3 Thurs., Sept. 12-26, 7:00 pm-8:00 pm. #83611
Sec. B: 3 Sat., Sept. 14-28, 10:00-11:00 am. #83612
Sec. C: 3 Sat, Oct. 5-19, 10:00-11:00 am. #83613

_Sorry, no credit cards or phone registration accepted for Golf classes. Payment by check only, payable to Fairview Golf Center; mail to Intervillage Office at Westchester Community College, Administration Building Room 207, 75 Grasslands Road, Valhalla, NY 10595_

**NEW! 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 Sat., Sept. 21-Dec. 7 (skip 10/12 & 11/30), 10:00 am-12:00 noon, Ardsley HS, $170. J Braun. #83631

**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. D Olano.

Sec. A: Sept. 24-Oct. 29. #83617
Sec. B: Nov. 5-Dec. 10. #83618
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., Sept. 20-Nov. 22, 1:00-2:00 pm, Hastings-on-Hudson Public Library, $130. A Kenny. #83619

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. 25-Dec. 4 (skip 11/27), 7:00-8:00 pm, Irvington Main Street School Auditorium, $125. Y Hertelendy, #83648

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., Sept. 23-Dec. 9 (skip 10/14, 11/11 ), Irvington Main Street School Auditorium, $125. H Buyers.

Sec. A: 5:45-6:45 pm. #83569
Sec. B: 7:00-8:00 pm. #83571
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
871 Saw Mill River Road, Ardsley
914-231-9260, www.LaCatenaArdsley.com

Northern and Southern Italian cuisines collide as Chef Emilio shows us how to create his special dishes. We’ll begin with two of his favorite appetizers, a salad of baby mixed greens with walnuts and dried cranberries, with a reduced balsamic, and his delicious mussels ala romano. Make two special entrees: linguine brodetto (seafood in a light broth), and the house specialty: chicken rolled up with mushrooms, broccoli rabe, and roasted peppers in a mushroom sauce. Dark chocolate raspberry cake will be the sweet ending to a beautiful meal!

1 Mon., Sept. 30, 6:00-8:00 pm, $15 (+ $25 sampling fee, payable to instructor). #83606

The Cupcake Kitchen and Luncheonette
100 Main Street, Irvington
914-231-6261, Visit them on Facebook

Hands-on: This adorable spot is known for the prettiest cupcakes in town! Owner Jennifer O’Connell will guide us in decorating cupcakes with either a Halloween or winter motif, depending on the class you choose. Create six fabulously decorated cupcakes to bring home. Master their fabulous butter cream icing. You will get to sample a cupcake along with coffee or tea.

1 Thurs., 4:30-6:30 pm, $15 (+ $22 sampling fee, payable to instructor).

Sec. A: Oct. 24. #83607
Sec. B: Dec. 12. #83609
Chutney Masala Indian Bistro
4 West Main Street, Irvington
914-591-5500, www.chutneymasala.com

Lunch & Kitchen Tour: In a waterfront setting down by the Hudson River. Chef Navjot and Anu, a husband and wife duo, create all the dishes at Chutney Masala. Our class will teach Southern Indian cuisine. On the menu will be bhajjia (chickpea flour-dusted crispy onion fritters with tamarind sauce), and saab panel. Next will be masala dosa (fermented rice and black lentil crepe filled with a spiced potato stuffing), and uttapam (rice and lentil pancakes topped with chopped veggies, cilantro, and fresh chilies). A lesson on making sambhar (tangy and piquant vegetable and lentil stew served with coconut chutney) and a strawberry lassi (strawberry yogurt shake). We will also enjoy a lesson on the specialties of nan bread.

1 Tues., Nov. 12, 12:00 noon-2:00 pm, $15 (+ $20 sampling fee, payable to instructor). #83608

TRIPS & TRAVEL

Intervillage is partnering 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, tax and gratuities. Pickups are in Mamaroneck, Elmsford, and Yonkers; call 914-725-5640 for pick up locations. Catalog number for all trips is CE-TRAVL 2025QV.

NEW! Glory in Gotham: Explore the Influence of Religion on NYC’s History

Join your friends for our new Glory in Gotham tour as we explore some of the most beautiful houses of worship in the city. You’ll learn how religion and these great houses of worship shaped much of NYC’s history. Enjoy wonderful French cuisine with lunch at Le Rivage.

1 Fri., Sept. 27, $109 (includes transportation, admissions, lunch, tour guide, tax, and gratuities). #83655
CT River: Fall Foliage and Brunch Cruise

Treat yourself to the exhilarating combination of brilliant fall colors and attentive service that defines luxury as you cruise the calm waters of the Connecticut River past famous sites including the Goodspeed Opera House and Gillette Castle. Indulge on a scrumptious brunch buffet.

1 Sat., Oct. 12, $119 (includes transportation, cruise, brunch, tax, and gratuities). #83656

Eleanor Roosevelt’s Val-Kil Cottage

Enjoy a rare and intimate private tour of Eleanor Roosevelt’s Val-Kil, her home and the only National Historic Site dedicated to a first lady. Dine at the Culinary Institute of America where a three-course lunch of imaginative cuisine awaits you at American Bounty. Don’t be left behind… this trip is a perennial best seller!

1 Thurs., Oct. 17, $109 (includes transportation, lunch, tour, tax, and gratuities). #83657

Kinky Boots on Broadway

2013 Tony Winner! Best Musical of the Year!

See what all the buzz is about! Kinky Boots is the 2013 Tony Award Winner for Best Musical of the Year. This is a hot ticket, so make sure you reserve quickly!

1 Wed., Nov. 20, $209 (includes transportation, orchestra seats, lunch, all taxes and gratuities). #83658

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

The Upper Class’s cancellation/refund policy differs from the college’s policies and can be found online at www.theupperclass.net

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 HS, 300 Farm Rd.
  Ardsley MS, 700 Ashford Ave.
  Atria Woodlands at Ardsley,
    1017 Saw Mill River Rd.

Dobbs Ferry
  Dobbs Ferry MS/HS, 505 Broadway

Hastings
  Hastings MS/HS, 27 Farragut Parkway
  Hastings-on-Hudson Library,
    7 Maple Ave.

Irvington
  Irvington HS, 40 North Broadway,
  Main Street School, 101 Main St.

Please note that all class locations
are subject to change.

Dr. Joseph N. Hankin
President

Intervillage CE Program

Gabrielle Fox
Director
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Dr. Andrea Morville
Assistant Dean
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Admin. Assistant
abraham.varughese@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](http://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](http://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

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**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.

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*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.*
### 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. (Response is 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

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**Registration Fee** $5.00

**Student Fee** * $3.25

**Total Enclosed**

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* 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.

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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: [ ]