

WORKFORCE DEVELOPMENT & COMMUNITY EDUCATION



Most classes
will be offered
remotely in
Spring 2021.
Look inside to
learn more.



▶ CAREER TRAINING & CERTIFICATION

▶ CORPORATE TRAINING

▶ CAREER EXPLORATION

▶ ENGLISH AS A SECOND LANGUAGE

▶ LEISURE & RECREATION

▶ LIFELONG LEARNING

SPRING 2021



Westchester
Community College

State University of New York

Call or register online today! www.sunywcc.edu/wdce | 914-606-6830

WELCOME!



Dear Westchester Friends and Neighbors,

Welcome to Westchester Community College's Division of Workforce Development and Community Education Spring 2021 Catalog. It arrives to each of you as we continue to navigate a new normal - proceeding with our work and activities from our homes or in other socially distant venues. At Westchester Community College, we continue to place our safety and yours as our first priority while providing you with enhanced virtual opportunities to engage in stimulating personal and professional learning experiences.

Now more than ever before, I invite you to consider taking care of your own mind, body, and spirit by enrolling in one of our Spring offerings. We offer a mix of career and work-related opportunities as well as options for your cultural and leisure-time enrichment. Unless otherwise noted, our class offerings will be entirely remote. Our experienced and professional instructors have prepared well to offer you stimulating experiences via Zoom platforms. We continue to offer classes on your schedule — day, evenings, and weekends. Look for the remote icon next to the course title.

With our focus on helping you explore a new career, upgrade your current portfolio, or prepare for certification in a new and growing field, we are certain you will find what you need here. Our classes can prepare you for a career in high-demand fields such as healthcare, information technology, or real estate.

We also offer a wide variety of remote options for lifelong learning. Explore history, crafts, and writing your memoirs- or learn guitar, piano, or acting. From learning a new language to preparing for your financial future, we have it all.

I encourage you to join other learners while taking time for yourselves during these changing times. Let Westchester Community College show you how.

Teresita B. Wisell
Vice-President, Workforce Development and Community Education

TABLE OF CONTENTS

CAREER & WORKFORCE TRAINING

Business	3
Specialized Fields	3
Real Estate	6
Insurance	8
Healthcare	8
Writing & Publishing	10
Continuing Professional Education	10
Computers & Information Technology	12
Technology Courses for Business Productivity	15
Interactive Design & Digital Arts	18
Business, Work, & College Success	24
Corporate Training	26
Learning Online	28

Most classes and services will be offered remotely in Spring 2021 to keep you and the community safe during the COVID-19 pandemic.

OUR NON-CREDIT VIRTUAL CLASSES ARE DEFINED AS BELOW:

REMOTE Fixed-Schedule: students and instructors report virtually to classes on the designated days, dates, and times they are scheduled for.

ONLINE Self-Paced: offerings are asynchronous and students go into their virtual "classroom" to work on assignments, view content, or work at any time, and at their own pace for the duration of the course.

If a class is not identified as remote or online, then it will be held on-site and in-person.

LIFELONG LEARNING & PERSONAL DEVELOPMENT

Nature & the Environment	29
Writing Center	31
Languages	32
Mainstream	33
Collegium	34
Local Lore & History	34
Eras of History	35
Culture & Society	35
Visual Arts & Music Appreciation	36
Performing Arts	37
Finances & Retirement Planning	40
Wine & Food Exploration	41
Taste of Westchester	42
Health & Wellness	47
Sports & Fitness	48
Self-awareness	51
Special Interest	52
Arts & Crafts	52
English as a Second Language	53
Helpful Tips	56
Refund Policy	59
Customer Information	58
Registration Form	59

Non-credit classes in this brochure, unless otherwise noted, are intended for adult students (18+) only. Questions? Email us at workforceandcommunity@sunywcc.edu **To register**, call 914-606-6830 press 1 or visit us at www.sunywcc.edu/wdce

CAREER & WORKFORCE TRAINING

We offer many short-term, comprehensive, industry-recognized training and certification programs, as well as customized business solutions.

You may be eligible for funding for our workforce training programs through your regional employment office. Please contact your County's One-Stop Career Center or the Department of Labor to learn more about available funding for certain training programs.

- ▶ 3D Animation Certificate
- ▶ Business
- ▶ Business, Work & College Success
- ▶ Computers & Information Technology
- ▶ Continuing Professional Education
- ▶ Corporate Training
- ▶ Digital Photography
- ▶ Fiber Optics
- ▶ Healthcare
- ▶ Historic Preservation
- ▶ Home Inspection
- ▶ Insurance
- ▶ Interactive Design & Digital Arts
- ▶ Learning Online
- ▶ Personal Fitness Trainer Certification
- ▶ Process Management
- ▶ Real Estate
- ▶ Specialized Fields
- ▶ Social Media Specialist
- ▶ Technology Courses for Business Productivity
- ▶ User Experience Design
- ▶ Writing & Publishing

Just Add One Westchester & Putnam

Explore the different areas of your company as you learn best practices and processes to implement through faculty led discussions and one-on-one coaching sessions. Enhance your strategic planning, leadership development, branding/marketing and social media, finance, sales and customer service, legal, human resources, weekly coaching sessions, and more. This 12-week program will start in February 2021. Email romina.ganopolsky@sunywcc.edu or call 914-606-5685 for more information.

Cost: \$1,189 (possible grant funding available to cover partial tuition cost).

Register Early!

Classes are cancelled for under-enrollment several days in advance. We recommend that you register **ONE week in advance** of the course start date.

REMOTE Entrepreneurship: Start Your Own Business

Learn practical, behind-the-scenes information on how to start a successful, home-based, second income business that can become full-time. Explore how to start with little money down, how to decide on a business or product to sell, avoid major financial mistakes, and explore franchising.

CE-BUS 2003, 1 Tues., Feb. 9, 7:00-9:00 pm, \$26. B Nathan. #21581

Accounting & Bookkeeping 1

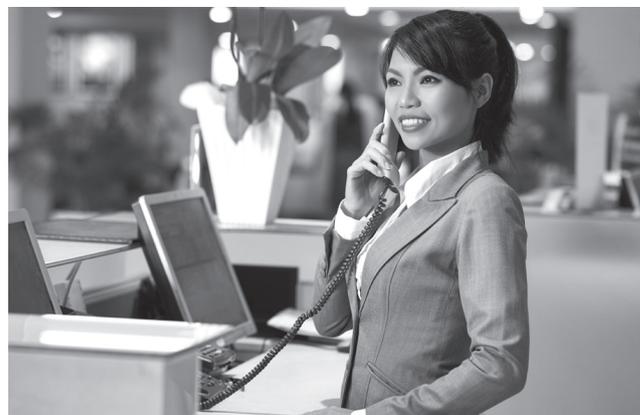
An introduction to beginning accounting practices including transaction analysis, journal entries, general ledger, and financial statements. Simple calculator and pencils required; purchase textbooks and workbook and bring to first day of class. 2.0 CEUs upon completion.

CE-BUS 2000, 6 Sat., Feb. 27-Mar. 20, 8:00 am-12:00 noon, and Mar. 27-Apr. 3, 8:00 am-1:00 pm, Room TBD, \$321 (+ textbooks). H Cuevas. #21585

CAREERS IN SPECIALIZED FIELDS

NEW! Intro to Hospitality

Many individuals are curious what it is like to be a part of the hospitality industry, whether it be through special events, restaurants, catering, or any culinary facet. Through this course we are offering an opportunity to explore that curiosity by learning and defining hospitality as it applied to these various groups. The course will include lectures and instructional lessons about the industry which is set to include cooking classes, culinary techniques and advice from restaurateurs, chefs, and event planners. Our goal is to use this course as a platform to unite those with experience in the hospitality industry with those who are just starting off. This is a unique opportunity and all with interest are encouraged to enroll. CE-CRXPL-2031PE, 10 M/W, Apr. 5-May 5, 6:30-8:30 pm, \$259. #21600



Historic Preservation Certificate-80 Hrs

This certificate program serves students and professionals interested in establishing credentials in the area of Historic Preservation in a multitude of job sectors: building trades such as woodworking and stone masonry as well as areas such as historic site management, artifact conservation and more. There is no other certificate program in Historic Preservation offered at a community college in New York State. A total of 80 hours, half in the classroom and half in directed historic preservation field work, are required to fulfill the certificate.

All interested students should contact the Assistant Director, Eric Mantell, at eric.mantell@sunywcc.edu or 914-606-7321.

Call 914-606-7300 or email peekskill@sunywcc.edu to register.

Introduction to Historic Preservation

An introduction to the history, principles and practice of historic preservation. Provides a framework for understanding how the architecture and natural beauty of the Hudson Valley influenced the birth of the preservation movement in America and how preservation law has developed into present-day New York State policies. Through discussions about the guiding principles, terminologies and current issues of historic preservation, the class will explore the benefits and limitations of the agencies that play a role in preservation and discuss local case studies. Weekly 2-hour class sessions for a total of 20 hours towards the certificate requirements.

CE-HIST 2127PE, \$323.

American Architectural History

With an eye toward Historic Preservation and New York State, this course will explore the development of architecture in America from its beginnings. Areas of examination will include indigenous and vernacular American architecture, colonial and Federalist design, the appropriation of European design elements, the development of architecture as a profession, the American Parks Movement, the rise of twentieth century urban environments, public works projects and more. Weekly 2-hour class sessions for a total of 20 hours towards the certificate requirements.

CE-HIST 2128PE, \$323.

Historic Preservation Field Work I

This course provides a wide range of hands-on experience related to historic preservation in a variety of settings. Participants will work at actual historic sites in the field as well as with artisans in trades related to historic preservation. Sessions will total 20 hours towards the field work certificate requirements.

CE-HIST 2129PE, TBD, \$323.

Historic Preservation Field Work II

Continuation of Historic Preservation Field Work I. Sessions will total 20 hours towards the field work certificate requirements. Prerequisite: Historic Preservation Field Work I.

CE-HIST 2130PE, TBD, \$323.



Personal Fitness Trainer (non-credit)

REMOTE Information Session

Join us to learn how to become a Personal Trainer. We will cover everything from A-Z so the fitness industry and its opportunities will come to life for you to turn your passion into a profession. This 1-hour information session will share everything from financial aid, textbook, online options too. Register today for our FREE virtual orientation on-demand: <https://www.youtube.com/watch?v=PPgCvpBfgS8>

Personal Fitness Trainer Certification (non-credit)

Become a successful Personal Fitness Trainer with an option to complete an employer internship that can walk you into a job! This challenging course offers classroom instruction with in-depth, hands-on practical labs to master essential career skills and knowledge. Includes 15 hours of lecture on key topics like biomechanics, exercise physiology, fitness testing, equipment usage, and health assessment plus 15 hours of hands-on practical training labs with role playing drills on assessing clients, programming, performing proper exercises, presentation skills, and more. Includes 200-page student workbook, access to online student study tools, and test vouchers for the Certified Personal Trainer exams. Combine passing the exams with proof of CPR/AED, obtain your Level 1 Certified Personal Trainer, and get to work. As a special bonus, with our 30-hour employer internship you get the advanced Level 2 Certified Personal Trainer credential at no additional cost! Textbook (Fitness Professionals Handbook, 7th ed., ISBN-13:9781492523376) required, not included in course fees; order and start reading immediately at 888-330-9487 or www.witseducation.com. National certification testing on Dec. 5 (test vouchers included).

📖 CE-CERTS 2018, 5 Sat., Mar. 6-Apr. 3, 9:00 am-12:00 noon, Room TBD, 1:00-4:00 pm, WCC Fitness Center, \$775. #21633

Our non-credit virtual classes are defined as below:

REMOTE Fixed-Schedule: students and instructors report virtually to classes on the designated days, dates, and times they are scheduled for.

ONLINE Self-Paced: offerings are asynchronous and students go into their virtual "classroom" to work on assignments, view content, or work at any time, and at their own pace for the duration of the course.

If a class is not identified as remote or online, then it will be held on-site and in-person.

White Plains Educations & Training Center (WPETC)

During the current economic environment, it is important to keep your skills current through short-term training to enhance your career or to find a new job. The White Plains Education and Training Center is committed to workforce training for in demand middle skills jobs in IT, healthcare, hospitality, the service industry, and more. We provide short-term training and education, leading to industry certifications to align the skills of the worker with the needs of the workplace.

Whether you are a company looking to provide training to your employees, or an individual seeking to enhance your skills or earn a certificate and land that perfect job, we are here to help. We provide training opportunities to support the needs of employers and individuals alike.

For more information call 914-606-7550 or email wpetc@sunywcc.edu or visit our website at <https://www.sunywcc.edu/wpetc>

ADVANCED MANUFACTURING AT WESTCHESTER COMMUNITY COLLEGE

Earn Industry-recognized Credentials!

Contact us for information about our noncredit workforce courses that lead to certification by the National Institute for Metalworking Skills (NIMS): Introduction to Manufacturing, CNC Milling Operations and CNC Turning Operations.

Each course is 63 hours and will take place in the evening.

Email Kristine.Bunyea@sunywcc.edu or call 914-606-7904 for further information, schedule, and cost.

Home Inspection Training Program

Learn to execute a complete professional home inspection and produce a professional home inspection report. You will learn how to start, market, and build your own business. Get field training on actual inspections with our instructors. Curriculum approved by NYS and offered in partnership with American Home Inspectors Training (AHIT). For additional course information, visit <https://get.oncourselearning.com/ahit-contact/> or contact AHIT Institute at 262-565-5188. To register, call 914-606-6830 and press 1.

CE-TECH 2005, Lecture: Mar. 15-27, 8:00 am-6:00 pm, \$3094 GTW-219. #21751



REMOTE ANFP Certified Dietary Manager

ANFP accredited curriculum for the National Certified Dietary Manager's course. Two modules: Management/Sanitation taken in the fall and Nutrition taken in the spring. Students must register for both modules and complete both modules to be eligible to take the ANFP Certified Dietary Manager's Exam. Students are required to have a preceptor who works in healthcare food service and preceptor must be a Registered Dietitian/Nutritionist. This course consists of 120 hours of class work and 150 hours of field assignment experiences. Exam preparation materials provided.

CE-NUTR 2002, 14 Thurs., Jan. 21-May 6, 4:00-8:00 pm, \$1350 (+ textbooks to be ordered from ANFP at www.anfponline.org/education/publication; use school code 321202). K Drummond. #21563

Import/Export A to Z

Learn the basic methods for importing or exporting goods: how to deal with U.S. customs, foreign quota requirements, airlines and freight charges, letters of credit, banks, and how to get the goods to your local distribution point.

CE-BUS 2002, 2 Fri., Apr. 30-May 7, 8:00-10:00 pm, KNC-2, \$57. P Batra. #21564

REMOTE Voice-overs...NOW is Your Time!

Learn about a unique, outside-of-the-box way to cash-in on a lucrative full or part-time careers. This is a business you can handle on your own terms, on your own turf, in your own time, and with practically no overhead.

CE-COMM 2008, 1 Sat., Feb. 20, 10:00 am-12:00 noon, \$47. N Porche. #21450

REMOTE Wedding Planning: Turn Your Hobby into a Career

Are you planning your own wedding? Would you like to become a wedding planner? Learn the difference between a bridal consultant and a wedding planner. Learn the top qualities needed to be a successful wedding planner. Learn about the many places hiring wedding planners. Gain the skills needed to plan a variety of weddings. Become familiar with the various wedding rituals and customs. Discover why vendors are the backbone of every successful planner.

CE-CRXPL 2030, 2 Sat., Feb. 20 & 27, 10:00 am-4:00 pm, \$185 (+ \$20 materials fee, payable to instructor). S Serrant. #21512

REMOTE Event Management: The Exciting World of Event Planning

Event planners are everywhere you look! They are at the helm of planning the Super Bowl, Macy's Thanksgiving Day Parade, The Emmys/Oscars/VMAs, and so many other major events. In this course, learn what you need to be a successful professional event planner. Gain tips and pointers needed to break into the industry or to advance your existing event planning career. Obtain a certificate upon completion.

CE-CRXPL 2029, 2 Sat., Jan. 23 & 30, 10:00 am-4:00 pm, \$185. S Serrant. #21511

FIBER OPTICS TRAINING CERTIFICATION

Course fees include all books and study materials. This program is offered in partnership with BDI DataLynk.

For more information, visit www.bdidatallynk.com/newyork or call 512-785-9024.

To register, call Westchester Community College at 914-606-6830 and press 1 or visit us online at www.sunywcc.edu/wdce

Certified Fiber Optics Technician Course (CFOT)

Interested in becoming a Certified Fiber Optics Technician? Prepares you for the CFOT test, sanctioned by the FOA (Fiber Optics Association), which is given and graded on the final class day. Introduces you to industry standards governing FTTD (Fiber To The Desk), FTTH (Fiber To The Home, LAN/WAN fiber networks), and basic fusion and mechanical splicing. Learn how to identify fiber types; recognize various connectors used in fiber installation; and install, terminate, splice, and properly test installed fiber cable to existing standards. Prerequisites: ability to see and identify small items; ability to speak and read the English language. CE-TECH 2000, M/T/W, May 10-12, 8:00 am-5:00 pm, Room TBD, \$925. #21257

Certified Fiber Optics Specialist in Testing & Maintenance (CFOS/T)

Advanced training for anyone involved with the testing and maintenance of fiber optics networks. Offers a general, easy to understand approach to fiber optics testing standards with hands-on activities, and explains the variety of testing standards, equipment, and technological approaches used in fiber network testing and splicing and how to choose among them. Includes a detailed study of ANSI/TIA/EIA-526-14(7)A, OTDR fundamentals and uses, OTDR vs. insertion loss testing, return loss testing, and attenuation testing. Prerequisite: CFOT Course. CE-TECH 2001, Th/F, May 13-14, 8:00 am-5:00 pm, Room TBD, \$822 (fee includes 3-year membership in the FOA). #21258

Certified Fiber Optics Specialist in Splicing (CFOS/S)

This 2-day program provides an overview of OTDR functions and trace understanding. Hands-on classroom activities will provide training in both fusion and mechanical splicing of both single and multi-mode fiber optic cables. Both inside and outside plant fiber optic cable types will be utilized along with inside and outside plant enclosures and splice trays. The student will be responsible for successfully making and testing both single mode and multi-mode mechanical and fusion splices, as well as being required to correctly and efficiently install spliced fibers into splice trays and trays in enclosures. These enclosures will include both rack and wall mounted splice enclosures, as well as, outside plant enclosures. This program is approved for BICSI CECs (Continuing Education Credits): RCDD 14 CECs and INS, Level 2/Technician 14 CECs. Suggested Prerequisite: CFOT Course or another formal Fiber Optics Training course within preceding 6 months, or 1-year fiber optics related experience, specifically experience with fiber preparation, termination, and testing and a thorough knowledge of fiber optic safety practices. Note: Anyone can attend this program. However, those wishing to become registered with the FOA as a Certified Fiber Optic Specialist in Splicing (CFOS/S) must have taken and passed the Basic CFOT Exam. CE-TECH 2002, Sa/Su, May 15-16, 8:00 am-5:00 pm, Room TBD, \$822 (fee includes 3-year membership in the FOA). #21259

CENTER FOR REAL ESTATE EDUCATION

All courses, unless otherwise indicated, have been approved by the NYS Department of State as meeting the educational requirements under Sections 176.3 and 176.4.

For further licensing and exam information, contact the NYS Department of State at 518-474-4429 or visit https://www.dos.ny.gov/licensing/re_salesperson/re_salesperson.html

FREE! Real Estate Career Exploration Seminar

Wed., Jan. 20, 2021, 6:30-8:00 pm. Held on campus in Knollwood Center-Room #5

Free seminar. Call 914-606-6830 and press 1 to reserve your space.

REAL ESTATE LICENSING AND CERTIFICATE COURSES

For further licensing and exam information, call 518-474-4429 or visit www.dos.state.ny.us/lcns/realstate/index.html

NOTE: NYS Department of State requires 90% attendance to sit for the Real Estate Sales exam.

REMOTE Real Estate Salespersons

Meets the current NYS Department of State requirement of a 75-hr. course for the salespersons licensing exam.

CE-REAL 2024, \$672 (+ textbook).

Sec. A: 20 W/Th, Feb. 3-Apr. 8, 6:00-10:00 pm. KNC-5. J Baratta. #21606

Sec. B: Intensive: 13 Sa/Su, Feb. 20-Apr. 3, 9:00 am-3:30 pm, KNC-5. J Baratta. #21607

REMOTE Salespersons Exam Prep

Prepare for the real estate salespersons state exam. Topics include real estate terminology and concepts, preparation skills, test-taking strategies, how questions are structured, and the proper way to read and comprehend test questions. No CE credit awarded.

CE-REAL 2042, 1 Fri., Apr. 2, 6:00-10:00 pm, KNC-4, \$62. J Baratta. #21608

Real Estate Property Management Certification

Can be completed in 3 Saturdays!

Learn the fundamentals of real estate property management. Explore the financial and hands-on aspects of property management, appraisals, investment properties, rent collection, tenant selection and landlord/tenant relations, construction, environmental impacts, and real estate ownership. Focuses on residential and multi-unit properties. Take all 4 courses to earn a Westchester Community College certification. Salespersons and Brokers: Complete this certification and earn 19.5 hrs. of CE, then complete your CE requirement by taking the required 3-hr. Fair Housing course to reach 22.5 hrs.

Property Management and Construction

Approved for 4 hrs. of CE for Salespersons and Brokers.
CE-REAL 2011, 1 Sat., 9:00 am-1:00 pm, \$83. C Daniello.

Sec. A: Jan. 30, KNC-4. #21609

REMOTE **Sec. B:** Apr. 10. #21634

Real Estate Investments

Approved for 3.5 hrs. of CE for Salespersons and Brokers.
CE-REAL 2022, 1 Sat., 1:30-5:00 pm, \$78. C Daniello.

Sec. A: Jan. 30, KNC-4. #21610

REMOTE **Sec. B:** Apr. 10. #21635

Real Estate Management

Approved for 6 hours of CE for Salespersons and Brokers. This course includes 1 hour of agency to meet the NY DOS requirement for all licensees for 2017 and moving forward.
CE-REAL 2023, 1 Sat., 9:00 am-4:00 pm, (1-hour lunch break), \$130. C Daniello.

Sec. A: Feb. 6, KNC-4. #21611

REMOTE **Sec. B:** Apr. 17. #21636

Appraisal Principles and Procedures

Approved for 6 hrs. of CE for Salespersons and Brokers.
CE-REAL 2004, 1 Sat., 9:00 am-4:00 pm, (1-hour lunch break), \$130. C Daniello.

Sec. A: Feb. 13, KNC-4. #21612

REMOTE **Sec. B:** Apr. 24. #21637

REAL ESTATE PROFESSIONAL DEVELOPMENT

REMOTE Interview a Sponsoring Broker for Salespersons

After the real estate salespersons course, it is time to interview your potential sponsoring brokers. Learn how to identify and define professionalism and distinguish between two etiquettes: netiquette and teliquette in the business environment. No CE credit awarded.

CE-REAL 2056, 1 Mon., Mar. 29, 6:00-8:00 pm, KNC-3, \$31.
C Daniello. #21613

REMOTE Becoming a Successful Real Estate Agent

This workshop will provide you with the tools that are necessary to become successful in the real estate industry. Topics will include how to sell yourself, developing a list of contacts, how to draw business, and much more. No CE credit awarded.

CE-CRXP 2021, 1 Mon., Apr. 12, 6:00-8:00 pm, KNC-2, \$31.
C Daniello. #21614

CE COURSES APPROVED FOR SALESPERSONS AND/OR BROKERS

The following continuing education (CE) courses are approved for various disciplines including Appraisers, Salespersons, and Brokers. Please check individual courses for appropriate approval status.

No textbooks are required for CE courses; applicable handouts will be distributed in class and are included as part of the tuition. NYS requires 100% attendance to earn a certificate of completion. If you are taking the classes for Salespersons or Broker CE, please bring your pocket card with your Unique ID number to class so that your CE certificate can be processed properly.

REMOTE Code of Ethics

Mandatory 2.5 hours of ethics training required for new and continuing REALTOR members. Covers the standards of conduct and ethical judgment by addressing the different concepts that contribute to ethical business practices, including the aspirational concepts found in the Preamble to the Code of Ethics. Approved for 2.5 hrs. of CE for Salespersons and Brokers.

CE-REAL 2068, 1 Mon., Feb 15, 6:00-8:30 pm, KNC-3 \$42.
J Baratta. #21615

REMOTE Real Estate Agent Safety: What You Need to Know!

Learn about personal awareness when hosting open houses, how to prevent being victimized, and the use of technology to keep you safe. Learn simple steps and safe practices that the real estate professional can implement to enhance safety and reduce risk.

Approved for 3 hours of CE for Salespersons and Brokers.
CE-REAL 2067, 1 Mon., Feb. 22, 6:00-9:00 pm, KNC-3, \$73.
C Daniello. #21616



REMOTE Price it Right: Pricing Homes to Sell

The most important factor when selling a home is to price it correctly. If it is overpriced, the appeal will wear off. Learn to price properly by analyzing other active listings to recently sold comparables. For anyone who is interested in real estate values as well as real estate professionals. Approved for 3 hrs. of CE credit for Appraisers, Salespersons, and Brokers. CE-REAL 2052, 1 Mon., Mar. 1, 6:00-9:00 pm, KNC-3, \$73. C Daniello. #21617

REMOTE 3-Hour Fair Housing Class

This is a mandatory class that must be taken every 2 years as part of the continuing education renewal cycle. Approved for 3 hrs. of CE for Salespersons and Brokers. CE-REAL 2032, 1 Mon., Mar. 8, 6:00-9:00 pm, KNC-4, \$42. J Baratta. #21618

CENTER FOR INSURANCE EDUCATION

All courses have been approved by the NYS Department of Financial Services (phone: 518-474-6630 or email coned@dfs.ny.gov) as meeting the educational requirements under Sections 2103, 2104 and 2107 of the Insurance Law.

Life, Accident, and Health Pre-Licensing

NYS approved class to prepare for the State exam. Textbook is required and chapters 1-10 in the Life Section and Chapters 3-11 in the Health Section must be read prior to the first class. Register 1 week in advance.

📖 CE-INS 2007, F/Sa/Su, Mar. 5-7, 8:00 am-5:00 pm and Mon., Mar. 8, 8:00 am-1:00 pm, \$440 (+ textbook), Room TBD. V Bujanow. #21326

REMOTE Insurance Property and Casualty Brokers Pre-Licensing

NYS approved class to prepare for the State exam.

📖 CE-INS 2006, 31 M/W/F, 6:30-10:00 pm, \$1008 (+ textbook).

J Wencelblat.

Sec. A: Jan. 20-Mar. 31. #21530

Sec. B: Apr. 2-June 11. #21531

REMOTE Personal Lines Insurance Pre-Licensing

NYS approved class to prepare for the State exam.

📖 CE-INS 2008, 14 M/W/F, 6:30-10:00 pm, \$512 (+ textbook).

J Wencelblat.

Sec. A: Jan. 20-Feb. 19. #21532

Sec. B: Apr. 2-May 3. #21673

CAREERS IN HEALTHCARE

All of the classes in this section, unless otherwise noted, are held remotely or at the Ossining Extension Center, 22 Rockledge Ave., Ossining, NY in the Arcadian Shopping Center. Call 914-606-7400 for more information and to register for classes in this section.

FREE! Registration Day and Information Sessions for Allied Health Careers

Tues., Jan. 5 & 19 at 1:00 pm or Thurs., Jan. 14 & 28 at 5:00 pm at the Ossining Center

Learn about becoming a Nursing Assistant, Patient Care Technician, Phlebotomy, Pharmacy Technician, Clinical Medical Assistant, Medical Administrative Assistant, or Direct Service Provider.

FREE, call 914-606-7400 to reserve your space.

FOUNDATION COURSES FOR HEALTH CAREERS

REMOTE Infection Control Seminar

NYS approved coursework for practicing MDs, physician's assistants, dentists, dental hygienists, RNs, LPNs, optometrists, funeral directors, and podiatrists.

CE-HCARE 2010OS, 1 Tues., Jan. 19, 5:30-8:30 pm, \$90. #21372

REMOTE Infection Control for Healthcare Programs

Prerequisite for students entering Phlebotomy and other healthcare programs. Designed for entry-level healthcare professionals and includes key infection control concepts and regulations surrounding infection control practices in NYS.

CE-HCARE 2009OS, 5:30-9:30 pm, \$99. J Borreggine.

Sec. A: 1 Tues., Jan. 26. #21373

Sec. B: 1 Thurs., Jan. 28. #21374

Sec. A: Apr. 24. #21401

Sec. B: May 15. #21402

BLS for Healthcare Providers

Designed for medical and dental professionals and those entering a medical or allied health program. Includes one- and two-person rescue techniques for infants, children, and adults, and use of the AED (automated external defibrillator). In order to participate, you must have a pocket facemask (available at the Campus Bookstore in Valhalla). American Heart Association certification course.

1 Sat., 9:00 am-3:00 pm, \$104. HEAR. J Lederman

At Valhalla Campus: CE-HCARE 2005

Sec. A: Feb. 20, KNC-4. #21752

Sec. B: Apr. 10, KNC-5. #21753

At Ossining Center: CE-HCARE 2005OS

HEALTHCARE CERTIFICATION PROGRAMS

REMOTE Pharmacy Technician

Prepare for entry into the pharmacy field and obtain NHA certification (Pharmacy Technician Certification: KPHT). Learn medical terminology, the role and responsibilities of a pharmacy technician, how to interpret prescriptions, and develop the skills needed to work under the supervision of a registered pharmacist. Admissions application and interview required; application due date is Jan 22.

📖 CE-HCARE 2061OS, Sa/Su, Feb. 6-Apr. 11, 9:00 am-3:00 pm, \$1585 (+ textbook). #21376

REMOTE Medical Administrative Assistant Training

Learn how to keep healthcare offices running efficiently and effectively. Upon successful course completion, students are eligible to take the Certified Medical Administrative Assistant (CMAA) exam offered by the National Healthcare Association.

📖 CE-HCARE 2063OS, T/Th, Jan. 26-May 13, 6:00-8:30 pm, \$1395 (+ textbook). #21377

Background Check, Drug Test, and Immunizations

For programs with a clinical or externship, our affiliates require a background check and drug screening. Positive results on either will result in not being accepted into the program or not being allowed to attend the clinical. The criteria to pass these screens include: no felony or misdemeanor convictions; negative drug screen; negative TB, MMR, Hep B, and Varicella vaccines. Separate fees for background check and drug tests apply and are not included in tuition costs.

PROGRAMS:

- ▶ Certified Nurse Assistant
- ▶ Clinical Medical Assistant
- ▶ Home Health Aide
- ▶ Pharmacy Technician
- ▶ Phlebotomy Practicum
- ▶ RN Refresher

REMOTE Clinical Medical Assisting

CMAs perform administrative and clinical duties under the direction of a physician. Prepare for employment at physicians' offices, hospitals, and other healthcare facilities. This is a two-semester course.

CMA Part 1: Includes preparing patients for examination and treatment, infection control, routine laboratory procedures, medical terminology, anatomy and physiology basics, and ECG. Also covers professional workplace behavior, ethics, and legal aspects of healthcare. Admissions application and interview required; CE-HCARE 2059OS, Fall 2021

CMA Part 2: Includes phlebotomy, urinalysis, BLS certification, computer applications and EMR, medical office procedures, health insurance, and billing. In addition, students will gain hands-on experience in a clinical setting. For those enrolled in CMA Part 1 in Fall 2019. After successful completion of Clinical Medical Assisting 1 and 2, students will receive a certificate of completion and are eligible for NHA certification (Certified Clinical Medical Assistant: CCMA).

📖 CE-HCARE 2060OS, T/Th, Jan. 26-May 13, 6:00-9:30 pm, \$1581 (+ textbook). #21378

REMOTE Electrocardiography (ECG)

Introduction to the techniques necessary to perform a twelve-lead electrocardiogram, troubleshoot technical problems, and identify normal and common abnormal rates. Prerequisite: Infection Control for Phlebotomy Students. Upon successful course completion, students are eligible to take the Certified ECG Tech Examination offered by the NHA. Bring a bag lunch.

📖 CE-HCARE 2007OS, \$383 (+ textbook).

Sec. A: 4 Fri., Apr. 9-30, 3:00-9:00 pm. #21379

Sec. B: 4 Sat., Apr. 10-May 1, 9:00 am-3:00 pm. #21380

Sec. C: 4 Sun., Apr. 11-May 2, 9:00 am-3:00 pm. #21381

REMOTE Phlebotomy Certificate Program

Introduces basic concepts of the procedures used for obtaining blood from veins and capillaries and the use of equipment and types of blood tubes. Prerequisite: Infection Control for Phlebotomy Students. Earn a Westchester Community College certificate.

📖 CE-HCARE 2044OS, Tuition \$1132 (+ textbook) includes Practicum.

Sec. A: 8 M/Th, Feb. 8-Mar. 4, 3:00-7:30 pm. #21383

Sec. B: 8 Sa/Su, Feb. 13-Mar. 6, 9:00 am-1:30 pm. #21384

REMOTE Phlebotomy Practicum

Under the supervision of a certified phlebotomy instructor, receive hands-on experience in phlebotomy and practice venipuncture and capillary sticks on each other in accordance with regulations of the NHA. Prerequisite: Infection Control for Healthcare Programs and Phlebotomy Training Program. NOTE: completion of 30 live sticks required to sit for the NHA Certified Phlebotomist Examination.

CE-HCARE 2045OS, 15 Sat., Mar. 20-May 22, 9:00 am-1:00 pm. #21385

REMOTE Certified Nursing Assistant

NYS approved training for nursing assistants. Prepare for employment in hospitals and nursing homes. Includes classroom work and clinical experiences at a local nursing home. Admissions application and interview required; application due date is Jan. 22.

📖 CE-HCARE 2001OS, \$1581 (+ textbook/workbook).

Sec. A: M/W/Th, Feb. 15-May 6, 5:30-9:30 pm. #21386

Sec. B: T/Th, Feb. 16-May 6, 9:00 am-3:00 pm. #21387

REMOTE Direct Service Provider Training Course

Understand basic psychiatric terminology, psychopathology, social skills training, mental health laws, and ethics. Direct Service Providers (DSP's), also called psychiatric aides, are part of a patient-centered team for individuals who may be mentally challenged or emotionally disturbed, or for psychiatric patients under the supervision of a psychiatrist, registered nurse, or social worker.

CE-HCARE 2011OS, Th/Sa, Feb. 4-Mar.13, Thurs., 5:30-9:00 pm/Sat., 9:00 am-2:00 pm, \$1462 (+ textbook). #21388

NEW!

Westchester Healthcare Career Pathways Network

Interested in Exploring in Healthcare

The Westchester Healthcare Career Pathways Network is actively recruiting men and women, 18–25 years of age, who reside in Mount Vernon, New Rochelle, and Yonkers, NY and are interested in exploring careers in healthcare with free training for eligible participants.

ELIGIBLE PARTICIPANTS WILL RECEIVE:

- ▶ Career Readiness Training
- ▶ HCTAL 102—Exploring Health Careers (3 Credit Course)
- ▶ CPR/First Aid Training
- ▶ Internship Opportunities
- ▶ Occupational Skills Training Opportunities
- ▶ Ongoing Support

Email: pathwaystohealthcare@sunywcc.edu for further information on program eligibility, program details and Spring schedule.

CAREERS IN WRITING & PUBLISHING

REMOTE Freelancing for Fun and Profit

Local publications are always looking for freelance writers. By adding photography to the mix, writers double their value to editors and publishers. The internet and digital media have multiplied the opportunities and need for writers. Aspiring writers will learn how to apply to the thousands of writing opportunities open to them, while writers already engaged in writing projects can encourage others through networking while finding new outlets for their work. Please email instructor at totrwriter@aol.com for list of optional books.

CE-WRITG 2071, 3 Tues., Apr. 6-20, 6:30-8:30 pm, KNC-3, \$62 (+ \$2 for purchase of a Rivertown Magazine and handouts). T Riley. #21457

REMOTE Making Your First Book Sale

Join award-winning novelist Barbara Campbell to learn how to sell your unpublished novel. In addition to basics like proper manuscript formatting and identifying potential agents and publishers, students will practice writing a winning query letter, developing a hook, and making an “elevator pitch.” Barbara will also share tips on working with agents and editors.

CE-WRITG 2105, 1 Sat., Mar. 27, 9:00 am-12:00 noon, \$42 (+ \$3.00 materials fee, payable to instructor.) B Campbell. #21587

REMOTE Write and Publish Kids Books

Have a great idea for a children's book? That is a terrific place to start, but how do you progress from concept to published product? Go from getting started to the finish line in the world of juvenile publishing by exploring the requirements of every audience—baby board books, first chapter, middle-grade, and young adult—from outlining and writing, to finding an agent and/or publisher, to self-publication.

CE-WRITG 2073, \$114. S Weyn.

Sec. A: 3 Fri., Apr. 2-16, 4:00-7:00 pm. #21526

Sec. B: 3 Fri., Apr. 23-May 7, 4:00-7:00 pm. #21527

REMOTE Turn Your Teaching Experience into Kid Lit

Learn how to turn your experiences working with children into children's literature—both fiction and non-fiction. Best-selling, award-winning author Suzanne Weyn, SuzanneWeynbooks.com, will guide you to taking your firsthand experiences and turning them into juvenile literature. This class is suitable for teachers from pre-school through high school. You will work in a collaborative setting to develop the best form, grade-level, vocabulary, and story for your idea. Explore the ins and outs of children's publishing from writing query letters, negotiating royalties, to finding an agent. All you need is your teaching experience and a notebook!

CE-WRITG 2104, \$140. S Weyn.

Sec. A: 4 Fri., Feb. 5-26, 4:00-7:00 pm. #21557

Sec. B: 4 Fri., Mar. 5-26, 4:00-7:00 pm. #21558

CONTINUING PROFESSIONAL EDUCATION

REMOTE DASA Training: Training in harassment, bullying, cyberbullying and discrimination in schools.

This New York State approved training is designed to fulfill the training required for certification/licensure under the Dignity for All Students Act (The Dignity Act).

At Ossining Extension Center: CE-CERTS 2058OS, 1 Sat., 9:00 am-3:00 pm, \$93. D Flynn-Capalbo.

Sec. A: Mar. 6. #21389

Sec. B: Apr. 17. #21390

REMOTE RN Refresher Course

Designed for registered nurses who have been away from a practice setting and are looking to return to a staff position. Provides an update on theoretical content and clinical practice. Prerequisites: NYS RN license and current CPR certification for healthcare professionals (BLS). Admissions application and interview required; application due date is Jan. 22.

Call 914-606-7408 for information.

At Ossining Extension Center: CE-HCARE 2047OS

Tues., Feb. 16-Apr. 6, \$1121 (+ textbook/workbook). #21391



REMOTE School Violence Prevention and Intervention

New York State approved coursework for educators, hospital personnel, social workers, and others who work with children. At Ossining Extension Center: CE-CERTS 2002OS

1 Sat., 9:00 am-12:00 noon, \$52.

D Flynn-Capalbo.

Sec. A: Mar. 13. #21392

Sec. B: May 15. #21393

REMOTE Mandated Training for Child Abuse and Neglect

New York State approved coursework for educators and healthcare professionals. If already licensed, bring license to class. \$68. D Flynn-Capalbo.

At Ossining Center: CE-CERTS 2001OS

1 Sat., 9:00 am-12:00 noon.

Sec. A: Feb. 6. #21394

Sec. B: Apr. 24. #21395

At Valhalla Campus: CE-CERTS 2001

Sec. A: 1 Sat., Mar. 20, 9:00am-12:00 noon, KNC-2. #21690

Sec. B: 1 Wed., Apr. 28, 6 :00-9 :00 pm, KNC-3. #21691

EMT Refresher

For those already EMT-certified, get the knowledge and skills required by NYS EMS to re-certify as an EMT. A competency-based challenge course with sessions that discuss new material and skills as well as sessions custom-designed around your needs. Additional \$25 fee for those needing CPR certification. Please email workforceandcommunity@sunywcc.edu for special registration form for this class. Note: NYS DOH funding may be available for eligible members of EMS agencies. Students must order "Navigate 2 Essentials Access for Emergency Care and Transportation of the Sick and Injured", Eleventh Edition. ISBN: #9781284118810. Ordering link: <https://checkout.jblearning.com/cart/Default.aspx?bc=118810&ref=psg&coupon=SWCC>. Cost is \$81.

📖 CE-HCARE 2058, 8 Sun., Starting Feb. 7, 9:00 am-4:00 pm (and certification exam TBD, 6:00-10:00 pm), SCI-346, \$347 (+ textbook and \$25 for new CPR certification card if needed, payable on first day of class). D Fried. #21418

REMOTE Notary Public Exam Prep

Prepare for the NYS Notary Public test. Laws, concepts, and procedures will be explained. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to hire an attorney, and minimizing legal liability. All materials provided including website links to NYS Department of State licensing information, booklets, and forms. Also featured is an 80-question practice exam.

CE-CERTS 2043, 1 Wed., Feb. 3, 12:00 noon-4:00 pm, \$62.

V Bujanow. #21325

"Servsafe" Food Service Sanitation & Safety

Mandatory for anyone who handles and/or distributes food.

Prepare for the Dept. of Health Food Protection Certificate exam. Meets State Agriculture and Markets education requirements for food purveyors. Call 914-606-6830, press 1 for schedule and registration form.

📖 CE-CERTS 2000, \$336 (+ textbook).

COMMUNITY HEALTH & SAFETY CERTIFICATIONS

REMOTE Drivers Pre-Licensing Class

Required five-hour pre-licensing class needed to earn your MV-278 and schedule your road test. Bring learner's permit to class. This course is open to those 16 years of age and older. Call 914-606-7406 to register.

At Ossining Center: CE-DRIVE 2001OS, 1 Sun., 9:00 am-2:00 pm, \$57. T Gomes.

Sec. A: Feb. 7. #21396

Sec. B: Mar. 7. #21397

Sec. C: Apr. 11. #21398

Sec. D: May 16. #21399

Heartsaver Adult/Child CPR/AED

American Heart Association CPR/AED course covering children ages 1 year up to adults. Certification good for two years. For the lay responder. Must bring resuscitation mask. Please contact joan.lederman@sunywcc.edu prior to the class.

1 Sat., 9:00 am-1:00 pm, \$83. J. Lederman

At Valhalla Campus: CE-HCARE 2006, KNC-5. #21754

REMOTE **At Ossining Center:** CE-HCARE 2006OS, Mar. 27. #21400

REMOTE Pet Therapy and Animal Assisted Activities

Become familiar with the steps to become a Therapy Dog team, as well as a R.E.A.D. team (Reading Education Assistance Dogs). Learn about Animal Assisted Activities in Assisted Living facilities, schools, veteran's hospitals, and libraries. View videos of dogs at work and hear about local visits presently taking place. At the end, you will have enough information to decide if you want to become involved in the rewarding experience of pet therapy.

CE-ANIML 2005, 1 Sat., Apr. 3, 9:30-11:30 am, \$26. J Audevard. #21567

Safety 1st Defensive Driving

The NYS Point and Insurance Reduction Program (6-hr. Defensive Driving Course) has many benefits, including learning safe driving techniques, discounts on your automobile insurance if you are the principle operator, and point reduction from your driver's license. Sponsored by American Safety, Inc. Must attend both meetings for certification.

CE-DRIVE 2003, W/Th, May 5 & 6, 6:00-9:00 pm, Room TBD, \$37 (+ \$15 for certification and handouts, payable to instructor). M DeToma. #21568

COMPUTERS & INFORMATION TECHNOLOGY

COMPUTER STUDENTS: CLASSES ARE TAUGHT WITH WINDOWS 10 AND OFFICE 365 EXCEPT AS NOTED.

All participants will be provided with Microsoft Office 365 access upon activation of their Westchester Community College account.

Most of these classes will move to a remote learning environment if necessary.

Participants of remote computer courses will be required to watch a short orientation video prior to class.

*Many of our programs align with certification exams offered by leading companies.

REMOTE

The IBM Skills Academy Data Science Practitioner

The IBM Skills Academy Program is IBM's premier training and digital badging worldwide program with curriculum aligned to high-demand jobs in the new digital-age technology job market.

The Data Science program covers several open source technologies including the premier IBM Watson Studio platform.

COURSE MODULES INCLUDE:

- ▶ Data Science Methodology
- ▶ Data Science on the Cloud
- ▶ Data Cleansing
- ▶ Data Modeling
- ▶ Data Visualization
- ▶ IBM Enterprise Design Thinking

Upon successful completion of this course and exam, participants are eligible for the IBM Data Science Practitioner digital badge. Additional credentials may be earned, including IBM Watson Studio Essentials and IBM Design Thinking Practitioner digital badges.

For prerequisites or further info, please contact Kristine Bunyea at Kristine.Bunyea@sunywcc.edu or 914-606-7904.

CE-COMP 2205, 27 T/Th, Jan. 26-Apr. 27, 6:00-9:00 pm, \$2,450. # 21456

NEW! REMOTE

The IBM Skills Academy Artificial Intelligence Practitioner

The IBM Skills Academy Program is IBM's premier training and digital badging worldwide program with curriculum aligned to high-demand jobs in the new digital-age technology job market. The Artificial Intelligence program covers several open source technologies including the premier IBM Watson Studio platform.

COURSE MODULES INCLUDE:

- ▶ Artificial Intelligence: Evolution and relevance in today's world
- ▶ The Intersection of Human Expertise and Machine Learning
- ▶ Analyze AI solutions across many industries
- ▶ Learn and use AI Tools and Machine Learning algorithms
- ▶ Understand AI Technology building blocks such as natural language processing, machine learning, virtual agents and computer vision
- ▶ IBM Enterprise Design Thinking

In the exciting course labs, you will learn how to gain insights from data, such as AirBnB reviews using Node-RED, you will design and create a chatbox that can handle simple inquiries such as "Can I see your gluten-free menu options?" and "What are your store hours?", you will use Watson Visual Recognition Service to train your model to classify images, create a multi-language chatbot translator and more!

Upon successful completion of this course and exam, participants are eligible for the IBM Artificial Intelligence Practitioner digital badge.

Additional credentials may be earned, including IBM Watson Studio Essentials and IBM Design Thinking Practitioner digital badges.

For prerequisites or further info, please contact Kristine Bunyea at Kristine.Bunyea@sunywcc.edu or 914-606-7904.

CE-COMP 2233, 24 T/Th Jan. 26-Apr. 8 (skip 2/16&18), 6:00-8:30 pm, \$2,450. #21458

One-on-One Computer Training

Get the benefits and the expertise of our experienced training facilitators in a one-on-one, private session!

For targeted, specific assistance with any software application, our one-on-one program can help.

Email Michele.Maya@sunywcc.edu to match you with one of our training professionals and to set up an appointment.

These sessions are available in-person or in a remote format. A 2-hour session is \$240; a 3-hour session is \$360.

WHERE REQUIRED, TEXTBOOKS CAN BE PURCHASED AT THE BOOKSTORE AT 914-606-6475
OR ORDERED ONLINE AT WWW.SUNYWCC.EDU

COMPUTER ESSENTIALS

File Management

Organizing and managing your files is essential for the workplace and for the home. Learn best practices to organize your files; create and organize folders; search for files; work with shortcuts. This is a must-have skill!

CE-COMP 2002, \$150.

REMOTE **Sec. A:** 2 Sat., Jan. 23 & 30, 9:00 am-12:00 noon. #21459

Sec. B: 2 Fri., Feb. 5 & 12, 9:00 am-12:00 noon, GTW-209.

#21460

NEW! Digital Literacy for Life and the Workplace

Whether you are new to computers or want to enhance your computer skills, this course is for you. Increase your computer literacy with techniques and shortcuts. Build your confidence and gain control of your computer by managing, organizing, and searching for your files and folders. Learn the benefits of different internet browsers and search engines, as you manage your email folders and attachments. Learn to use the basic features of Microsoft Word, Excel, and PowerPoint 365, three of the most fundamental software programs used in everyday life, educational and professional settings. All participants will be provided Microsoft Office 365 access upon activation of their Westchester Community College account.

📖 CE-COMP 2235, 8 T/Th, Feb. 23-Mar. 18, 9:00 am-12:00 noon, \$496 (+ textbook), GTW-209. #21461

Cut the Cord: Online TV Streaming Solutions

The non-techie's guide to living without cable. Learn about TV streaming solutions that will save you money. Showcases devices such as Apple TV, Roku, Amazon Fire, and Chromecast. Learn about Netflix, Hulu, and other streaming services. Discussion on internet requirements and how to determine which devices and services may work best for you.

CE-COMP 2148, 1 Sat., Mar. 6, 1:00-4:00 pm, \$73, GTW-209.

#21463

REMOTE Microsoft Office 365 Beyond the Basics

Go beyond the basics with the latest version of Microsoft Word, Excel and PowerPoint—three of the most fundamental software programs used in educational and professional settings. Learn to Mail Merge and work with images, section breaks, columns, styles, tables, headers, and footers in Word. Apply advanced formatting techniques to your spreadsheets and work with dates and lookup functions in Excel. Create presentations that include charts, tables, and hyperlinks. Prepare a presentation for delivery with PowerPoint. Prerequisite: Digital Literacy for Life and the Workplace or equivalent experience. All participants will be provided Microsoft Office 365 access upon activation of their Westchester Community College account.

📖 CE-COMP 2173, 6 T/Th, Mar. 23-Apr. 8, 9:00 am-12:00 noon, \$403 (+ textbook)..#21464

REMOTE Keyboarding for Accuracy and Speed

This course provides students with the basic skills necessary to learn touch-typing on a computer keyboard. The ability to type faster and more accurately saves time and increases productivity. A great course for anyone who uses the computer, including healthcare professionals who have to make entries in patient electronic records. Only basic operational computer skills are required for this hands-on class.

CE-COMP 2016, 9 Sat., Feb. 6-Apr. 17 (skip 2/20 & 4/3), 9:00-11:00 am, \$217. #21462



The Certification Center at Westchester Community College

Through the Division of Workforce Development and Community Education, The Certification Center at Westchester Community College offers a wide range of industry-recognized certification exams designed to take your career to the next level. Our Certification Center is a convenient, professional space that welcomes current students, alumni and all members of the community. Email Michele.Maya@sunywcc.edu for more information or to schedule your exam. Proctor fee may apply.

**3 EASY
WAYS
TO REGISTER**
SEE PG. 59 FOR DETAILS



ONLINE



PHONE



MAIL

MICROSOFT OFFICE APPLICATIONS

Get the computer competencies you need to survive and prosper in today's fast-changing workplace. Our Microsoft applications courses are taught using Microsoft Office 365 unless otherwise stated.

Computer Skills for Job Readiness Noncredit Certificate

Achievement of this noncredit certificate series requires the completion all levels of at least two of the Microsoft at Work courses listed below and successful completion of all classroom assignments and exercises. For more information email Michele.Maya@sunywcc.edu.

Our "At Work" series of programs will enhance your skills and help you advance your career! From beginner to professional, these programs are comprehensive and lead to digital badges and add-on certifications.

Microsoft Excel at Work—Introduction

Get started with Excel even if you have never used a spreadsheet before. Includes building and editing worksheets, formatting a worksheet, working with charts and working with formulas and functions. Prerequisite: File Management or equivalent experience.

 CE-COMP 2020, \$310 (+ textbook).

REMOTE **Sec. A:** 4 Sat., Feb.6-Mar. 6 (skip 2/20), 9:00 am-12:00 noon. #21466

REMOTE **Sec. B:** 4 M/W, Feb. 22-Mar. 3, 6:00-9:00 pm. #21467

Sec. C: 4 T/Th, Mar. 16-25, 9:00 am-12:00 noon, GTW-215. #21468

Microsoft Excel at Work—Intermediate

Expand your skills in Excel by learning to use and analyze tables and enhance your charts and worksheets. Explore techniques for managing workbooks, sharing Excel files, and incorporating web information. Prerequisite: MS Excel Introduction or equivalent experience.

 CE-COMP 2021, \$310 (+ textbook).

REMOTE **Sec. A:** 4 Sat., Mar. 13-Apr. 10 (skip 4/3), 9:00 am-12:00 noon. #21470

REMOTE **Sec. B:** 4 M/W, Mar. 8-17, 6:00-9:00 pm. #21471

Sec. C: 4 T/Th, Mar. 30-Apr. 8, 9:00 am-12:00 noon, GTW-215. #21472

Microsoft Excel at Work—Advanced

Master more advanced features of Excel such as analyzing data with PivotTables, exchanging data with other programs, and advanced worksheet management. Prerequisite: MS Excel Intermediate or equivalent experience.

 CE-COMP 2022, \$310 (+ textbook).

REMOTE **Sec. A:** 4 Sat., Apr. 17-May 8, 9:00 am-12:00 noon. #21474

REMOTE **Sec. B:** 4 M/W, Mar. 29-Apr. 7, 6:00-9:00 pm. #21475

Sec. C: 4 T/Th, Apr. 13-22, 9:00 am-12:00 noon, GTW-215. #21476



Save \$\$ when you register for all three Excel classes during this term for just \$837.

*Savings will be reflected when your course fees are calculated after enrolling.
If classes are cancelled for any reason, discount no longer applies.*

REMOTE Microsoft Word at Work—Introduction

Get started with Word even if you have never done word processing before. Covers editing documents, formatting text, paragraphs and documents, and creating and formatting tables—fundamental skills for creating letters, reports and documents. Prerequisite: File Management or equivalent experience.

 CE-COMP 2029, 4 T/Th, Jan. 26-Feb. 11, 6:00-9:00 pm, \$310 (+ textbook). #21483

REMOTE Microsoft Word at Work—Intermediate

Expand your skills and enhance your documents by adding graphics, using styles and templates, and managing multi-page documents. Create personalized mailings by merging data into your documents. Learn how easy it is to turn your Word document into a web page. Prerequisite: Microsoft Word Introduction or equivalent experience.

 CE-COMP 2030, 4 T/Th, Feb. 23-Mar. 11, 6:00-9:00 pm, \$310 (+ textbook). #21484

REMOTE Microsoft Word at Work—Advanced

Master more advanced features of Word such as building forms, creating charts and diagrams, collaborating with others on a document, working with references, advanced graphics, and integrating Word with other applications. Prerequisite: Microsoft Word Intermediate or equivalent experience.

 CE-COMP 2031, 4 T/Th, Mar. 16-Apr. 1, 6:00-9:00 pm, \$310 (+ textbook). #21485



Save \$\$ when you register for all three Word classes during this term for just \$837.

*Savings will be reflected when your course fees are calculated after enrolling.
If classes are cancelled for any reason, discount no longer applies.*

NEW! REMOTE Microsoft Teams at Work

Chat, call, meet and collaborate! Teams is a collaboration suite that provides individuals with the ability to share and work together on projects and information in real-time. With Microsoft Teams on your PC, Mac, or mobile device, you can stay in the loop via Instant Messaging, Voice and Video Calls, Screen Sharing and White boarding, File Sharing and Collaborative Editing. In this workshop, learn how to schedule a Teams meeting, use channels, chat, video call, and collaborate in real time on files using Microsoft Office applications.

CE-COMP 2238, 2 M/W, Mar. 1 & 3, 6:00-9:00 pm, \$155. #21486



REMOTE Microsoft Outlook at Work

Go beyond email to improve your time and task management with advanced features of Outlook mail, the powerful calendar, meeting scheduler, contacts, address book, and task manager. Organize your inbox with techniques for managing your email. Learn the many options Outlook provides for creating, reading and sending email, working with attachments, flagging and categorizing messages, and working with distribution lists and your contacts. Prerequisite: File Management or equivalent experience.

CE-COMP 2024, 4 T/Th, Apr. 13-22, 6:00-9:00 pm, \$310. #21487

REMOTE Microsoft PowerPoint at Work

PowerPoint is the leading tool for creating professional and visually engaging presentations. Learn to effectively create slides, use design tools, add charts and tables, as well as insert video, animation and sound. Be more efficient with customized themes and slide masters. Use rehearsal and timing tools, along with tips and tricks to keep your audience engaged. During this course you will master the features of PowerPoint to deliver dynamic presentations! Prerequisite: File management or equivalent experience.

CE-COMP 2230, 6 M/W, Apr. 26-May 12, 6:00-9:00 pm, \$290. #21488

Microsoft Access at Work– Level 1

Get started with Access, the Office Suite’s powerful database program. Includes building and editing tables, using queries, forms and reports, and modifying your database structure. Prerequisite: File Management or equivalent experience.

📖 CE-COMP 2017, 4 M/W, Apr. 5-14, 6:00-9:00 pm, \$310 (+ textbook), GTW-215. #21489

Microsoft Access at Work–Level 2

Expand your skills in Access by learning to create multiple table queries, develop forms and subforms, create charts and PivotTables, and build advanced queries. Explore how to share Access data.

📖 CE-COMP 2018, 4 M/W, Apr. 19-28, 6:00-9:00 pm, \$310 (+ textbook), GTW-215. #21490

Microsoft Access at Work–Level 3

Master more advanced features of Access such as creating macros, creating modules, and developing advanced forms and reports. Learn how to simplify the database interface for other users and tips for maintaining your database. Prerequisite: Microsoft Access Level 2 or equivalent experience.

📖 CE-COMP 2019, 4 M/W, May 3-12, 6:00-9:00 pm, \$310 (+ textbook), GTW-215. #21491



Save \$\$ when you register for all three Access classes during this term for just \$837.

Savings will be reflected when your course fees are calculated after enrolling.

If classes are cancelled for any reason, discount no longer applies.

ONLINE

Microsoft Certification Training–Online Programs

If our class schedule does not match your availability, you can still train for a new career and develop or enhance your technology skills by enrolling in our online classes offered in partnership with Education to Go. For more information, see page 28, email Michele.Maya@sunywcc.edu or visit <https://careertraining.ed2go.com/sunywcc>

TECHNOLOGY COURSES FOR BUSINESS PRODUCTIVITY

Whether you are interested in learning how to use specific applications or would like to obtain a noncredit certificate in Social Media for Business we have a course to help you achieve your goals.

Social Media Specialist Noncredit Certificate

This 60-hour noncredit certificate will prepare you with the latest tools and technology to enhance your skills or begin a new career as a Social Media Specialist. See page 19 for details.

Workshops For Today's Workplace

REMOTE Microsoft Excel 365/2019 Certification Exam Prep

A Microsoft Office Specialist (MOS) Certification helps you stand out to employers! This course will prepare you to take the Microsoft Office Specialist Excel Associate exam: MOS Exam #MO-200 Prerequisite: MS Excel Introduction, Intermediate and Advanced or equivalent experience and use of Microsoft Excel for six months. Exam can be scheduled and taken at Westchester Community College, with no proctor fee for WCC students. Exam voucher not included, discount code available upon course completion.

📖 CE-TESTG 2013, 6 M/W, Apr. 26-May 12, 6:00-9:00 pm, \$403 (+ textbook). #21477

REMOTE Constructing Microsoft Excel Formulas

Learn how to build complicated formulas, use functions and combine them in powerful ways. Covers using absolute and relative references in formulas and the order of precedence of operations. Prerequisite: MS Excel Introduction or equivalent experience.

CE-COMP 2052, 2 Fri., Mar. 12 & 19, 9:00 am-12:00 noon, \$155. #21478

REMOTE Excel Dashboards

Excel Dashboards track complex data in one visual, dynamic, interactive, central and compact sheet. Learn to build dashboards that simplify data analysis and enhance decision-making. Prerequisite: MS Excel Intermediate or equivalent experience.

CE-COMP 2170, 2 Fri., Mar. 26 & Apr. 2, 9:00 am-12:00 noon, \$155. #21479

Using PivotTables in Excel

A PivotTable is an interactive table that automatically extracts, organizes, and summarizes your data, making it easier to analyze. If you work with large data sets, PivotTables can help you make comparisons, detect patterns and relationships, and analyze trends with ease. Prerequisite: MS Excel Intermediate or equivalent experience.

CE-COMP 2086, 1 Fri., Apr. 16, 9:00 am-1:00 pm, \$88, GTW-209. #21480

NEW! REMOTE Business Intelligence and Analytics using Tableau

Tableau is a business intelligence tool used for data visualization. In this course you will be introduced to Tableau Desktop to connect Tableau to an Excel dataset and to see live visual analytics. Learn features that allow you to explore, prepare and present data quickly and easily.

CE-COMP 2183, 4 Wed., Mar. 3-24, 6:00-9:00 pm, \$310. #21481

REMOTE Marketing Metrics with Google Analytics

"Marketing Metrics" is an important part of a successful marketing strategy. Create a campaign, measure the results and improve upon what is working while discarding what's not. In this course, you will learn about marketing metrics including setting up website analytics, finding meaningful data, running reports, creating customized reports and tracking the data.

CE-COMP 2178, 4 Wed., Mar. 3-24, 6:00-9:00 pm, \$223. #21492

NEW! REMOTE Math for Big Data using Excel

If you are new to data analysis, then you will need to understand what data is, particularly Big Data, and how to describe data by categorizing it, summarizing it, and visualizing it. Learn to calculate summary statistics with Excel math functions, select data-appropriate graphics and create summary tables. Then explore inferential statistics with correlation and regression and use these tools for forecasting and predictions. This course is designed for the Excel user, from beginner to advanced, who is interested in enhancing their Big Data analytic tools, methods, and skills. The focus is on Excel math tools for data analysis such as measures of central tendency and dispersion. Visualizations for Big Data including histograms are explored, as well as relationships between two data sets and making predictions.

CE-COMP 2236, 4 Mon., Mar. 1-22, 6:00-9:00 pm, \$310. #21482

REMOTE Create a Powerful Profile with LinkedIn

LinkedIn is the world's largest professional networking site and is a valuable tool for creating and maintaining a list of contacts with others. Job seekers, employers, and those looking for business opportunities all benefit from the power of LinkedIn. Find out how to improve your profile to be most effective and how to navigate LinkedIn.

CE-COMP 2099, 1 Sat., Mar. 6, 9:00 am-1:00 pm, \$78. #21493

LinkedIn Individual Session

LinkedIn is the world's largest professional networking site and is a valuable tool for creating and maintaining a list of contacts with others. Job seekers, employers, and those looking for business opportunities all benefit from the power of LinkedIn. Work on your specific profile with our expert consultant. Email Michele.Maya@sunywcc.edu to schedule your individual 2-hour session.

CE-COMP 2212, \$166.

REMOTE Fillable Forms with Adobe Acrobat Pro

Need an electronic form? Adobe Acrobat Pro can create forms from existing Word or Excel files or you can scan a form in. Adobe will allow you to add new fields and adjust how your form looks. You can then save your forms and share them with others. Prerequisite: File Management and basic Word or equivalent experience.

CE-COMP 2202, 2 T/Th, Jan. 26 & 28, 9:00 am-12:00 noon, \$155. #21494

REMOTE Google Productivity Tools

Google is more than just search! This course introduces the move to cloud-based storage and online collaboration. Learn Gmail, Docs, Drive, Forms and Sheets. Create a free account with Gmail, then learn to organize your mail with folders and labels; search, delete and archive mail. Integrate with Google Calendar to keep track of daily and recurring events. Work with Google Forms to create free surveys using various question types, distribute surveys by email or links, then review and interpret the results you receive in Google Sheets. Increase your productivity with free Google software!

CE-COMP 2182, 6 T/Th, Jan. 26-Feb. 11, 6:00-9:00 pm, \$385. #21495

REMOTE Google Sites

Create a website—no programming skills needed! With Google Sites you can drag and drop content, including videos, images, calendars, presentations, documents and text where you need it, then quickly personalize and share your site. Learn to set up permissions to make your site public or private. This easy-to-use tool comes bundled with your Google account.

Prerequisite: Google Productivity Tools or a Gmail account and equivalent experience.

CE-COMP 2181, 4 T/Th, Mar. 2-11, 6:00-9:00 pm, \$214.
#21496

NEW! REMOTE Enhancing the Classroom and/or Meeting Experience in a Remote World

Businesses, schools, houses of worship and other organizations use Zoom to conduct meetings, hold classes, and host virtual events. As we continue to work remotely, and organizations integrate Zoom into their webinars, this workshop will combine how to use the technology with best practices for facilitators. You'll hear examples from an experienced online instructor that will streamline your meetings and help you structure classroom dynamics. This course will cover: Installing the Zoom client for meetings, scheduling a meeting, joining & configuring audio & video, meeting controls, such as muting all participants, using Chat, Breakout rooms and Polls, sharing your screen, co-host controls, how to record your Zoom meeting, what to do with the recorded files, and more!

CE-COMP 2237, 2 M/W, Feb. 8 & 10, 6:00-9:00 pm, \$155.
#21497

ACCOUNTING & FINANCE

Bookkeeping with QuickBooks and Excel Non-Credit Certificate

Earn this noncredit certificate by completing our QuickBooks Fundamentals class, Excel Introduction, Intermediate and Advanced Excel 365 and Accounting & Bookkeeping 1 (see page 3). Apply for the certificate upon completing all requirements.

Behind the Scenes of QuickBooks

Debits, credits, journals, ledgers...having a working knowledge of the principles behind the bookkeeping capability of QuickBooks will simplify your mastering of this software. The goal is to understand the "behind the scenes" of how business transactions are correctly recorded and how QuickBooks handles them. No QuickBooks experience is needed; the perfect first class for someone who plans to learn QuickBooks, but also useful for QuickBooks users who need additional understanding of bookkeeping processes.

CE-COMP 2132, \$192.

REMOTE **Sec. A:** 4 M/W, Feb. 1-10, 6:00-8:00 pm. #21498

Sec. B: 4 T/Th, Mar. 16-25, 8:30-10:30 am, GTW-209. #21499

REMOTE QuickBooks User Certification Exam Preparation

Master skill and proficiency to become an Intuit QuickBooks Certified User. Thorough preparation for the certification exam for QuickBooks 2017/2018. Intensive and extensive overview encompassing all aspects of this bookkeeping software. Timed practice, sample exam, and review included. Prerequisite: Behind the Scenes of QuickBooks, QuickBooks Fundamentals, and Running Payroll or existing advanced QuickBooks experience.

 CE-TESTG 2011, 6 T/Th, Apr. 27-May. 13, 6:00-9:00 pm, \$403 (+ textbook, + exam fees). #21502

QuickBooks 2018 Fundamentals

Learn how to handle accounts payable and receivable, customer info, inventory, and track your business's financial health. These sections are open to all students but are particularly suitable for those who have some previous experience with bookkeeping.

This class will use the QuickBooks 2018 Desktop Version.

Prerequisite: File Management or equivalent experience.

CE-COMP 2013, \$563 (+ textbook).

REMOTE **Sec. A:** 8 M/W, Feb 22-Mar. 3, 6:00-9:00 pm. #21500

Sec. B: 8 T/Th, Mar. 30-Apr. 22, 8:30-11:30 am, GTW-209.

#21501

Professional Bookkeeping with QuickBooks—Online Program

Get full details at careertraining.ed2go.com/sunywcc



COMPUTER PROGRAMMING

REMOTE Computer Programming for the Absolute Beginner

Learn the fundamentals of computer programming in this beginner course. This course will introduce programming and algorithmic problem solving in a high-level language. Topics covered include basic data types, operators and expressions, control structures and loops. No previous programming experience is required; only basic computer skills are required.

CE-COMP 2217, 6 M/W, Feb. 8-Mar. 1 (skip 2/15), 6:00-9:00 pm, \$388. #21503

REMOTE Introduction to Python Programming

This course will give you an understanding of basic programming concepts as implemented in Python. Topics include data types, assignment and conditional statements, basics of flowcharts and analysis. No previous programming experience is required; however, some basic typing ability is recommended.

CE-COMP 2140, 6 M/W, Mar. 8-24, 6:00-9:00 pm, \$403. #21504

REMOTE Intermediate Programming with Python

This course will give you an understanding of programming concepts as implemented in Python. Topics include Functions, Objects and Classes, GUI Programming Using Tkinter, Recursion, Lists, Tuples, Sets, and Dictionaries. Prerequisite: Introduction to Python Programming or equivalent experience. CE-COMP 2191, 6 M/W, Apr. 12-28, 6:00-9:00 pm, \$403. #21505

REMOTE UNIX/LINUX Administration Basics

Gain basic systems administration skills to manage and deploy small to large systems. You will get a conceptual and hands-on understanding of UNIX/LINUX administration for a business environment. Prerequisite: Computer Fundamentals or equivalent experience. CE-COMP 2123, 2 Sat., Mar. 20 & 27, 9:00 am-2:00 pm, \$202. # 21506

INTERACTIVE DESIGN & DIGITAL ARTS

NEW!

Mixed Reality (XR) Certificate—168 Hrs COMING SOON FALL 2021

This is a one-year, non-credit certificate program. Students must register for the entire program at time of registration. This program gives students the tools and knowledge to create mixed reality worlds. Students will be instructed in coding, digital 3D modeling, game design, mixed reality design (virtual and augmented reality), creative studio, and portfolio development. This certificate will enable students to acquire skills that are attractive to employers in an in-demand field. For ages 18 years & up. Register for the entire certificate for \$1912 .

All interested students should contact the Director, Dr. Sherry Mayo, at sherry.mayo@sunywcc.edu or 914-606-7385.

Courses in this section are all held at the Peekskill Extension Center, located at 27 North Division Street, Peekskill, NY

Call 914-606-7300 or email peekskill@sunywcc.edu to register.

REMOTE

Digital Photography Certificate—126 Hrs

This is a one-year, non-credit certificate program. Students must register for the entire program at time of registration.

The culminating experience will be the creation of a photography portfolio and exhibition to share with family, friends, and potential employers in order to continue on their personal and professional pathways.

The Digital Photography Certificate will provide new and motivated photographers with a foundation in practice and theory with hands-on demonstrations, lab exercises, assignments, and lecture demonstrations. Students will learn about the proper operation of a camera and achieving correct exposure, composition methods, post processing, and specialized photography. Throughout the experience, students will draw inspiration from the works of historical and contemporary photography. Enhance your portfolio and hone your skills!

The certificate program is an intensive course of study over two semesters beginning in the fall, with six individual courses.

Register for the entire certificate for \$1,400.

All interested students should contact the Director, Dr. Sherry Mayo, at sherry.mayo@sunywcc.edu or 914-606-7385.

Call 914-606-7300 or email peekskill@sunywcc.edu to register.

The Camera and its Operation

This course looks at the camera and how to control it to get the best results. The course covers common digital formats, exposure modes, histograms, JPEG vs RAW files, lens selection, methods of stabilization, useful accessories, and mobile apps. Through demonstrations, a critical look at current and historical photography and shooting assignments, students will gain a better understanding of how to use the camera to capture compelling images. CE-DGART 2120PE.

Photographic Composition

Composing an effective image involves many considerations, including camera placement, lens selection, lighting, subject-ground relationship, and employing (or breaking!) some rules. Additionally, post-processing gives us further control over many of these key items. Topics covered will include common framing rules, depth-of-field, vignette, and other features that help to highlight the story in your image. Inspired by powerful examples of composition from noted photographers, students will complete shooting assignments and processing of their own images. CE-DGART 2121PE.

Digital Image Processing

Shooting in the RAW file format expands the potential for creating powerful and expressive images. Adobe Photoshop and Light room offer a digital darkroom where students will learn to process images and bring their photography to the next level. Exposure correction, color balancing and enhancement, and resolution adjustments are just some of the techniques covered. File organization and prepping for web, mobile and print media will be introduced. CE-DGART 2122PE.

Small Object Photography

Photographing small objects, be it a tabletop still-life, products for marketing, or objects to be used for illustrative purposes, requires a special approach and attention to detail. Students will set up and shoot objects of their choice using specialized and non-specialized equipment, then process them in Photoshop as required for various needs. Topics covered will include camera lenses, lighting, seamless backgrounds, and a bit of post-processing magic to transform objects into things of beauty. CE-DGART 2123PE.

Digital Image Compositing

Good camera skills and effective post-processing are of primary importance in photography. There are many other exciting ways to enhance an image or go beyond a single exposure. Students will learn how to use Photoshop to retouch and manipulate images, combine several exposures through digital stitching to create panoramas and high-resolution images, experiment with focus stacking, and produce enhanced imagery with high dynamic range photography.
CE-DGART 2124PE.

Portfolio

Collecting and curating your photographs into an effective portfolio is key to sharing and utilizing them for personal and professional purposes. Students will create a digital portfolio, and if necessary, shoot additional images to provide a more complete story of their capabilities. Online portfolios from leading photographers will be reviewed and students will be encouraged to visit regional photography exhibits.
CE-DGART 2125PE.

REMOTE

Social Media Specialist Certificate-60 Hrs

This is a one-year, remote non-credit certificate program.

Students may register for the entire program at time of registration for certificate or take courses independently, Section B.

The culminating experience will be the creation of a social media portfolio that students can share with potential employers, or use as a guide to create their own social media consulting business. Students may also take the Hootsuite Social Marketing Certification exam for an additional fee. The Social Media Specialist Certificate provides motivated individuals with a foundation in practice and theory with hands-on activities, in-depth assignments, and lectures including by the instructor and using supplemental resources, such as videos and/or interviews with social media professionals. We give you the tools to become a smart and capable player on the social media stage. When you are done, you will be able to create a powerful social media strategy.

The online certificate is an intensive course of study over two semesters, beginning in the fall, with a total of seven individual courses, and three optional electives to choose from. One elective is required during the one-year program. Upon completion of the core courses, participants will have the opportunity to take for the Hootsuite Social Marketing exam (exam fees are additional).

Register for the entire certificate for \$1,100.

All interested students should contact the Director, Dr. Sherry Mayo, at sherry.mayo@sunywcc.edu or 914-606-7385. Call 914-606-7300 or email peekskill@sunywcc.edu to register.

Introduction to Social Media Networks

This course gives students an overview of the top five, current social media platforms, such as Facebook, Instagram, LinkedIn, YouTube, and more, and helps them define which platform should be used to reach business goals. In this course, students will create a buyer persona, define a brand, and identify the top one to two social media platforms they should use to impact business goals. Research, activities, assignments, and lecture will be used to help students identify the right social media platform for their business goals.
CE-COMP 2220PE, \$150.

Social Media Content Fundamentals

In this course, students will learn how to craft a content strategy, best practices for content curation, creation, and sharing, as well as tactics for content measurement. In addition to creating content, students will be researching and defining hashtags and developing a social media schedule. Templates, handouts, video, and lectures will be used to bring this course to life.
CE-COMP 2221PE, \$150.

Optimizing Social Media Profiles

This course will teach students which elements to focus on for the top, five social media platforms, plus the best practices to keep in mind when creating a company/business social media presence. This course will offer strategic best practices and optimization techniques for several social media platforms. Examples, activities, and profile graphic development tools (i.e., Canva) will be used for students to design/implement a mock or live social media business profile.
CE-COMP 2222PE, \$100.

Social Media Strategies and Tactics

Learn about setting Goals, Objectives, KPIs, and Tactics. Students will learn about creating content calendar for timing and key dates, and incorporating content marketing into a social context. In addition, students will look at several social media tools, including Hootsuite, content management systems, and other common tools used in a social media role. Plus, this course will cover how to build a brand advocacy program and look at ways to engage influencers.
CE-COMP 2223PE, Section B: 4 Thurs., Jan. 21-Feb. 11, 6:00-9:00 pm, \$200. #21295

Social Media Marketing

This course provides students with an in-depth look at social media advertising, including how to establish a budget; developing a data-driven audience; creating an ad campaign; and measuring its impact. Activities, templates, lectures, and insights will be provided to help students craft a successful social media ad campaign.
CE-COMP 2224PE, Section B: 3 Thurs., Mar. 4-18, 6:00-9:00 pm, \$150. #21297

Social Media Measurement and ROI

This course will provide students with an in-depth, hands-on exploration of current trends and tools including quantitative and qualitative measurement methodologies for social media. Students will learn to communicate return on investment (ROI) of social media to a non-expert audience. Students will develop skills to analyze how the performance of the social media strategy directly impacts the strategic priorities and mission/goals of their organization.
CE-COMP 2225PE, Section B: 3 Thurs., Mar. 25-Apr. 8, 6:00-9:00 pm, \$150. #21299

Create A Social Media Crisis Management Plan

On social media, things can move blazingly fast. Sometimes, a PR crisis that seems to come out of nowhere. Your best chance to make it through a social media crisis is to prepare ahead of time. Have a solid plan, a list of key stakeholders and responsibilities, and a clear chain of command. This course looks at methods for spotting potential issues as they emerge and how to shut a problem down in the early stages. The course also will show the students what to do if you end up with a full-blown social media crisis management situation on your hands. Examples, handouts, and templates will be provided.

CE-COMP 2226PE, Section B: 2 Thurs., Apr. 29-May 6, 6:00-9:00 pm, \$100. #21301

Electives

Writing for Social Media-An In-Depth Workshop

This course will explore the relationship between audience, purpose and text in a cross section of social media. Students will develop criteria for evaluating each form of writing, find examples, assess what makes them effective, consider the decoding skills they demand from readers, and practice the form using tried and true social media writing tactics. As students practice the craft of writing for social media; they will receive detailed constructive feedback on all assignments.

CE-COMP 2227PE, \$100.

Policies and Procedures to Manage Risk

This course examines social media policies and procedures to manage risk and improve communication strategies. Students will have the opportunity to draft social media policies and procedures for their respective organizations.

CE-COMP 2228PE, \$100.

Creating Simple Video Content for Social Media

Any business can start creating video content as a part of its overall marketing strategy. You just have to figure out what your overall objective is and how to plan to achieve those results. Creating unique, refreshing and engaging video content comes easy, if the objective is clear. In this course, students will create a video storyboard and script based on a business objective. Then they will use online tools and apps to create the video.

CE-COMP 2229PE, Section B: 2 Thurs., Feb. 18 & 25, 6:00-9:00 pm, \$100. #21303

Open Studio Access Package

The Center for the Digital Arts at Peekskill is an artist's space and a friendly environment in which to work. The center hosts four Apple post-production studios: one with new Microsoft Surface Studio machines, two video labs, an animation studio including ZBrush, and facilities for other digital projects. The studio also offers large format printing and 3D MakerBot printers for use by artists enrolled in this program. Note: Interview with Technical Support Manager required; choose daily access fee or package fee.

CE-DGART 2003PE, Jan. 25-May 8, M/T/W/Th, 9:00 am-9:00 pm and F/Sa, 9:00-4:30 am, Package Fee \$335. #21270
CE-DGART 2050PE, daily access subscription fee \$31 per day.

Access to 3D Modeling and Printing

Explore new technology that enables the design of everything from car parts to jewelry. Use a free software package, TinkerCAD, to create 3D forms that you can realize through 3D printing. Our MakerBot studio is equipped with multiple 3D printers, and an array of filament colors. To gain access to studio equipment and technical tutorial, contact Lab Manager, Myron Mock Yen, at Myron.mockyen@sunywcc.edu or 914-606-7382.

CE-DGART 2069PE, 3-hour daily access subscription \$155 (+ \$31 Materials fee).

NEW! Design Your Brand

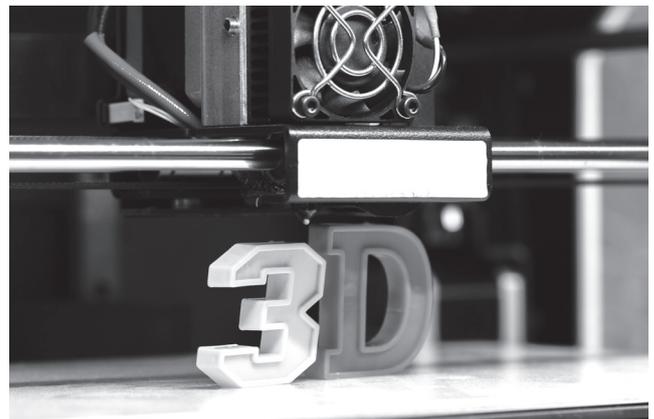
From entrepreneurs to business owners, your brand may impact your business' success. From logos and tag lines, to storytelling and a brand strategy that positions your business at the top of your field is what you will learn in this course. Students not only learn about the basics, but also get to create a logo, brand, tag line, and more. Then they present their brand at the end of the program.

CE-BUS 2110PE, 4 Tues., Mar. 2-23, 6:00-9:00 pm, \$181. #21450

NEW! The Business of Doing What You Love and Making a Living as a Performing Artist

Performing Artists are brilliant at connecting and transforming their audience, and sharing their performance gifts. Many decide to become full-time performing artists, whether as a musician, magician, juggler, physical comedian, storyteller, or from many more performing artist niches. The participants in this class will build from their own artist's vision statement to create a branding list (and necessary reflective promotional assets) to a business structure (agents, managers, contracts, pricing, invoicing, taxes, insurance, and essential state paperwork), to a marketing plan that targets your clients and markets.

CE-THEAT 2035PE, 5 Wed., Feb. 3-Mar. 3, 6:30-8:30 pm, \$155. #21451



REMOTE

3D Animation Certificate-180 Hrs

This is a one-year, online non-credit certificate program.

Students must register for the entire program at time of registration.

The culminating experience will be the creation of a demo reel for their portfolio to show employers or schools in order to continue on their career paths. Demo reels will be exhibited in a certificate completion exhibition. This certificate program will take students through the 3D animation production pipeline and cover many facets of 3D creation. From modeling assets and characters to animating and final rendering, this certificate will guide you through the fundamental principles of 3D animation. Whether you are interested in film, video games, or commercial work, these courses will get you on the right trajectory. Prepare for an intensive exploration!

Prerequisite: Basic computer knowledge.

Register for the entire certificate for \$1807!

All interested students should contact the Assistant Director, Eric Mantell, at Eric.mantell@sunywcc.edu or 914-606-7321.

Call 914-606-7300 or email peekskill@sunywcc.edu to register.

MODULE I

REMOTE Modeling I for Animation-30 Hrs

This course will introduce students to creating hard surface modeling such as vehicles and assets for production in Autodesk Maya. The course will consist of demonstrations combined with discussion and tutorials created by the instructor; in-class exercises and an assignment will be given every week. In addition, different lighting scenarios such as interior, exterior, and studio lighting with Arnold renderer will be also covered.

CE-DGART 2093PE, 10 Tues., Feb. 2-Apr. 6, 6:30-9:30 pm.
#21288

REMOTE Animation I-30 Hrs

This course will introduce students to animating in Maya. Students will start with the basics and learn about the twelve principles of animation. Some assignment examples will consist of a bouncing ball, walk-cycles, jumping, and kick ball. CE-DGART 2094PE, 10 Thurs., Feb. 4-Apr. 8, 6:30-9:30 pm.
#21289

MODULE II

REMOTE Modeling II/Digital Sculpting for Concept and Animation-30 Hrs

This course will introduce students to creating organic characters and sculpture for production using Autodesk Maya, ZBrush, and Mudbox. This course will introduce students to creating hard surface & organic characters and sculpture for production and concept art with Pixologic ZBrush. We will also cover the 3D printing process and print work. The course will consist of demonstrations combined with discussion, and tutorials created by the instructor, in-class exercises and an assignment will be given every week. In addition, students will be given different lighting scenarios such as interior, exterior and studio lighting with Arnold renderer. (Prerequisite Modeling I for Animation)

CE-DGART 2095PE, 10 Tues., May 4-July 6, 6:30-9:30 pm.
#21291

REMOTE Animation II-30 Hrs

As a continuation to Animation I, students will now look at creating basic rig setups to more advanced rig setups for characters and assets. Towards the end of this course, the class will focus on the importance of posing and body mechanics for animation. (Prerequisite Animation I)
CE-DGART 2096PE, 10 Thurs., May 6-July 8, 6:30-9:30 pm.
#21290

MODULE III

REMOTE Animation III-30 Hrs

As a continuation to Animation II, students will learn about creating storyboards, animatics, and creating an animation based on their own stories. Each student will create a mini 15 second animation with a pre-rigged character of choice. Students will also be recording their own live video reference to help with timing for their animations. (Prerequisite Modeling II/Digital Sculpting for Concept and Animation II)
CE-DGART 2097PE, 10 Tues., Sept. 14-Nov. 30 (skip 10/26 & 11/2), 6:30-9:30 pm. #21292

REMOTE Demo Reel Creation and Exhibition-30 Hrs

In this course, students will use the technical, drawing, and storytelling skills they have learned in the previous courses to produce their own demo reel. It is expected that the reel will be of a high degree of finish regardless of the content. In addition, students will investigate survival skills and portfolio practices necessary to work as a professional, freelance, or independent computer graphic artist. Students will exhibit their final work at CENTER FOR THE DIGITAL ARTS GALLERY. CE-DGART 2098PE, Exhibition: Mon., Dec. 6, 2021-Jan. 3, 2022 (Fall 20 & Spring 21 Certificates)
CE-DGART 2098PE, 10 Thurs., Sept. 16-Dec. 2 (skip 10/28 & 11/25), 6:30-9:30 pm. #21293

NEW! REMOTE

Certificate in User Experience Design (UX)-165 Hrs

(Courses may be taken independently. User Experience Fundamentals & Portfolio I required.)

User Experience Design is a one-year, non-credit certificate that prepares graduates for working in interactive technologies and provides them with industry literacy through applied practice. The program will offer a foundation in user experience strategies, design thinking, and interactive design. Students will acquire skills in user research, site-mapping, wire-framing, prototyping, web programming, business for freelancing, etc. Students can also complete a portfolio course where they will create finished examples of their work to show prospective employers facilitated by a professional industry UX designer.

Prerequisite: Basic computer experience.

Register for the entire certificate for \$2,026.50.

All interested students should contact the Director, Dr. Sherry Mayo at sherry.mayo@sunywcc.edu or 914-606-7385.

Call 914-606-7300 or email peekskill@sunywcc.edu to register.

REMOTE UX Design Web Programming and Development

This course will include wire-framing and designing your prototype with Sketch and InVision. Once their prototype is complete, students will create a website with WordPress learning HTML, CSS, JavaScript programming languages. Students will utilize a WYSIWYG editor and code generator. The course will focus on front end web development to actualize dynamic web pages. Students will utilize a variety of web tools and resources in this course. In addition, students will use responsive design templates that take into consideration mobile devices.

CE-DGART 2106PE, 7 Sun., Oct. 4-Nov. 15, 2020, 10:00 am-1:00 pm, \$348.50. #91979

REMOTE User Experience Fundamentals

Learn about the field of user experience and the essential principles of human-centered design, including design architecture and its application. Discuss the human factors that impact design; how to start a mapping project; how to conduct user experience research; and how to use diagrammatic tools to succeed.

CE-DGART 2092PE, 7 Wed., Oct. 21-Dec.16, 2020 skip 11/4 & 11/25), 6:30-9:30 pm, \$348.50. #91980

REMOTE User Experience Design Portfolio I

This course provides a human-centered approach to working on a real-world project and covers the end-to-end lifecycle of user-centered design. User research, wireframes and prototypes, user interface and interactive design, and usability testing are utilized. The culminating experience results in a realized professional portfolio piece that will enable students to start preparing to enter the UX/UI Design field. Pre-requisite User Fundamentals.

CE-DGART 2089PE, 14 Sat., Jan. 9-Apr. 17 (skip 4/3), 10:00 am-4:00 pm, \$723. #91981

REMOTE Design Thinking

This course will teach how to apply the best practices of design thinking found in interactive digital media such as websites, applications and much more. Students learn how essential human-centered approaches are applied to a successful product design. Each student will participate in the iterative processes of design thinking to develop an effective UX/UI prototype. In a collaborative team environment, students resolve the complexities of a human-centered product design. Using hands-on examples and tutorials, students will understand how to facilitate and contribute to the design thinking processes that serve diverse end-users for commercial and public industries.

CE-DGART 2073PE, 7 Thurs., Jan. 28-Mar. 11, 6:30-9:30 pm, \$348.50. #91982

REMOTE Business for Freelancing

This course is designed for freelance professionals that seek understanding in business management. It will provide a foundational business overview designed to help you make more informed decisions, develop successful strategies and achieve your personal and organizational goals. The course will provide insights into how components of various business functions must be integrated and aligned to achieve short and long-term success. Business topics covered will include Business Formation, Marketing, Branding, Planning, Strategy, Customer Service, Budgeting and Conflict Resolution.

Freelancers who want to expand their knowledge into different business areas including technical professionals seeking a fuller understanding for general business management, and entrepreneurs who seek to develop their knowledge base and understandings of business operations will gain valuable skills. CE-BUS 2109PE, 6 Tues., Apr. 20-May 25, 6:30-9:30 pm, \$258. #91983

Call 914-606-7300 or email peekskill@sunywcc.edu to register.

Our non-credit virtual classes are defined as below:

REMOTE Fixed-Schedule: students and instructors report virtually to classes on the designated days, dates, and times they are scheduled for.

ONLINE Self-Paced: offerings are asynchronous and students go into their virtual "classroom" to work on assignments, view content, or work at any time, and at their own pace for the duration of the course.

If a class is not identified as remote or online, then it will be held on-site and in-person.

All classes in this section are held at the Peekskill Extension Center, located at 27 North Division Street, Peekskill, NY. Call 914-606-7300 or email peekskill@sunywcc.edu to register.

Python Programming

In Python Programming, students will be introduced to the basic aspects of problem solving, data representation, algorithm design, and object-oriented design and programming. The Python programming language will be used as the means to implement programs. This course prepares students for problem analysis and solution design. Students will also discuss ethical and social issues relating to computing.

CE-COMP 2213PE, 14 Tues., Feb 2-May 4, 6:30-8:30 pm, \$336. #21271

Weekend Front End Coding Boot Camp

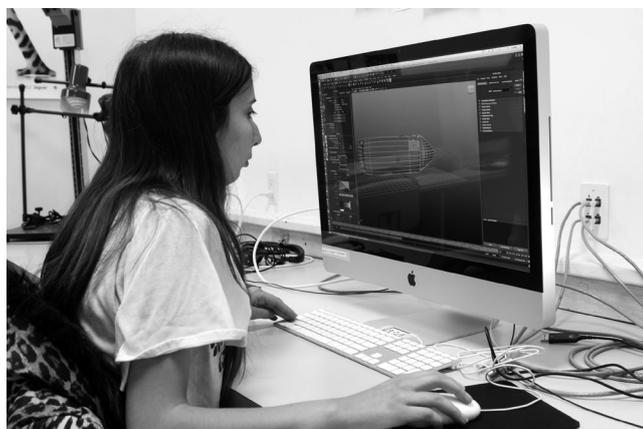
This course will cover HTML, CSS, and JavaScript. Front end code is the code that builds the web pages that people see. The power of these languages together can make you a very powerful designer/front end programmer and put you in demand in the work force. For ages 14 & up.

CE-COMP 2172PE, 4 Sa/Su, Feb. 27-Mar. 7, 9:30 am-4:30 pm (30-minute lunch break), \$295. #21272

Coding for Kids

Give your child the edge and have them engage in coding sequences of instructions that empower them to control robots and gaming interfaces. Students need to be able to write commands in the right sequences in order to communicate their instructions to others. Computer coding is what makes this possible and is a key 21st century competency for children today. Students will code stories, animations, and games. For ages 7-11.

CE-COMP 2127PE, 8 Sat., Mar. 13-May 8 (skip 4/3), 10:00 am-12:00 noon, \$184. #21273



Teens Game Design

You play games on PlayStation, Nintendo Switch, and your mobile devices but did you ever wonder how to build an interactive game? The gaming industry is an exciting, burgeoning field that requires both technical ability and creativity. Dive into interactivity with a multimedia designer. Start programming and designing your own games and learning gaming concepts. Students will work with a game designer to construct board games, design characters, build terrains, and interactive user experiences. For ages 12-17.

CE-DGART 2111PE, 10 Sat., Feb. 6-Apr. 17 (skip 4/3), 10:00 am-1:00 pm, \$290. #21276

Animation 1

Students will learn how to determine timing and spacing of a drawing and how it affects the outcome of an animation by studying different kinds of subjects such as a bouncing ball, falling leaves, and walk-cycles. Animation 1 is for those who want to start a career in animation but is not limited to those who want to sharpen their skills or further their experience. By the end of the course, students will have created a short animation 15 to 30 seconds long.

CE-DGART 2107PE, 6 Sun., Feb. 21-Mar. 28, 9:00 am-1:00 pm, \$414. #21277

Animation 2

In this 6-week advanced session, students will dive deeper into what brings animation to life adding to what they have learned from Animation 1. This course will have students look into pre-production animation techniques such as layouts and backgrounds, character design and acting, sound and special effects. As the course progresses, students will move from pre-production to post-production including editing, color and visual effects, and rendering final projects for presentation. Using the tools given to them, students will create their own short animation 15 to 30 seconds long. Prerequisite: Animation 1.

CE-DGART 2108PE, 6 Sun., Apr. 11-May 16, 9:00 am-1:00 pm, \$414. #21278

Design and Edit Photos with Free and Low Cost Software Alternatives

Are you a designer or photographer, amateur or pro looking for professional software on a budget? This course could be an eye-opener for you! Learn digital imaging, retouching, and animation with tools such as Krita, Photoshop Elements, Canva, and Spark. There is an array of free and low cost creative apps that provide creative solutions for all of your design needs. This provides the indie designer an opportunity to compete in a new market place, free of monthly subscription fees. There are a number of software applications available that meet the needs of many budget-minded creatives. Do not miss out on kick starting your career in digital media design-begin your journey here!

CE-DGART 2109PE, 6 Sat., Feb. 6-Mar. 13, 10:00 am-1:00 pm, \$329. #21279

Conducting User Research

How do you design a product or service that your users will love? By conducting user research, the first step in the UX design process. Learn about the different types of user research and where it fits in your design process. Learn how to plan a research project, practice different methods of research such as user interviews, competitive analysis, card sorting and surveys. You will also learn methods to communicate your findings using personas and journey maps and how to run a usability test.

CE-DGART 2136PE, 3 T/W/Th, Apr. 6-8, 6:00-9:00 pm, \$171. #21280

Quick Start Courses For Adults

Get started with a quick start and learn a graphic arts software package today!
Learn an Adobe creative cloud suite program with a professional designer in an intensive professional environment.
Students train in an industry standard studio setting and gain hands on experience.
To register, call 914-606-7300 or email peekskill@sunywcc.edu

Quick Start to Adobe InDesign CC in 24 Hrs

Learn to use the latest version of InDesign and take advantage of the integrative power and dynamic nature of its print-to-web solutions. Includes an overview of graphic layout and design, an overview of interface and tools, and a hands-on exercise. No previous experience with InDesign necessary, previous computer experience required.

CE-DGART 2041PE, 4 Sat., Mar. 6-27, 9:00 am-3:00 pm, \$427. #21281

Quick Start to Adobe Photoshop CC in 24 Hrs

Learn to use the latest version of Photoshop with time management features and enhancements for web and video designers. This training package will include imaging formats, use of Photoshop in computer imaging, and output for the web. No previous experience with Photoshop necessary, previous computer experience required.

CE-DGART 2042PE, 4 Sat., Mar. 20-Apr. 17, (skip 4/3), 9:00 am-3:00 pm, \$427. #21282

Quick Start to Lightroom in 24 Hrs

For the beginner photographer: learn all aspects of Adobe Lightroom, from the basics of importing photography files, to the more complex steps of image post-production and presentation. Learn organizational techniques, including how to safely import and store files on hard drives, tag and label photos, create image collections, and the importance of backup files. Each student will create a presentation of 15-20 photographs in an online book or website created in Lightroom.

CE-DGART 2077PE, 4 Sat., Apr. 17-May 8, 9:00 am-3:00 pm, \$427. #21283

Quick Start to Adobe Illustrator CC in 24 Hrs

Learn to use this industry-standard vector image creation program for print and web. Includes digital illustration, drawing tools, Bezier curves, fonts, and use of Illustrator in graphic design. No previous experience with Illustrator necessary, previous computer experience required.

CE-DGART 2040PE, 4 Sat., Apr. 24-May 15, 9:00 am-3:00 pm, \$427. #21284

BUSINESS, WORK & COLLEGE SUCCESS

NEW! High School Equivalency Math Test Review at Mount Vernon Center

Is passing the math subtest of the New York State HSE keeping you from obtaining your high school equivalency? This student focused, fast-paced math review course will help you master the skills required to pass this exam. Concepts covered include fractions, percents, exponents, proportions, algebra, geometry, statistics & probability. Prerequisites: Ability to read and write at a high-school level. Ability to add, subtract, multiply and divide whole numbers and understand the relationships between these operations. Textbook: Common Core Achieve, Mathematics Subject Module; Grade Levels 9-13; Copyright: 2015; ISBN 13: 9780021432578

CE-HSE 2001, \$30 (+ textbook)

Sec. A: 6 Sat., Feb. 6-Mar. 13, 9:00 am-2:00 pm. #21528

Sec. B: 6 T/Th, Feb. 2-Mar. 11, 6:30-9:00 pm. #21529

CREATE SUCCESS IN THE WORKPLACE

NEW! REMOTE Business English Basics

Business English is different from general use English in many ways, making it challenging to communicate effectively in the workplace. Learning basic business English for your job or career will help you communicate better in everyday professional situations. This course contains lessons focusing on essential vocabulary, practical phrases for the workplace, making phone calls, being able to hold and carry conversations, writing business emails and letters, fundamentals of business etiquette, as well as basic job interview techniques.

CE-BUS 2127, 6 Tues., Jan. 19-Feb. 23, 6:30-9:30 pm, \$223.

A Bassi. #21696

REMOTE Composing a Memorable Resume

Your resume is a marketing tool about YOU! Learn elements of design and diction to improve your odds of getting past screening software and appeal to the mind of a hiring manager. Learn an effective method to tell the best story of your achievements. One-on-one feedback will be provided. Bring a few photocopies of your resume (or an outline of your job-based achievements) to the first class.

CE-JBPRP 2048, 2 Tues., 7:30-9:00 pm, \$52. J DeFrancisco.

Sec. A: Feb. 2 & 9. #21593

Sec. B: Mar. 2 & 9. #21594

Sec. C: Apr. 6 & 13. #21595

Personality Types and Effective Communication

Did you ever wonder why you have a hard time speaking to your employer or colleagues? Do you ask yourself, is it me or is it them? A key to being successful is understanding those differences and learn how to assess your own personality type. Gain a better understanding of yourself and what communication styles are most effective for you. Discover how to recognize the personality type of others.

CE-COMM 2026, M-W, Mar.15-17, 6:30-9:30 pm, Room TBD, \$119. A Bassi. #21605

Body Language and Nonverbal Communication

Did you ever find yourself in a situation where your employer, supervisor, client, or colleague said one thing to you but then did something completely different? One of the keys to success in both personal and professional relationships lies in your ability to communicate well. An important component toward achieving this goal is learning to understand and decode body language.

This workshop will enable you to learn to read body language. CE-COMM 2025, 1 Mon., Mar. 22, 6:30-9:30 pm, KNC-2, \$42. A Bassi. #21625

Dress for Success for Men and Women

Clothing serves more than just a practical purpose; it is a form of self-expression. People will quickly make assumptions about you based on the clothes you wear. Let your clothing help, not hinder you in the workplace. Learn to understand and define your personal style of work attire. Discover how to dress for your body type and learn important fashion basics, as well as how to make your clothes look more stylish and professional. CE-PRSDV 2170, 1 Mon., Mar. 29, 6:30-9:30 pm, KNC-2, \$42. A Bassi. #21627

Business Etiquette

Have you ever felt uncomfortable at a business luncheon or dinner because you did not know what to order, which utensils to use and when, or how to comport yourself? Do you find it difficult to start conversations and mingle at company functions, over business cocktails, and at networking events? Good business etiquette is a key component to advancing your career. CE-BUS 2100, 1 Mon., Apr. 5, 6:30-9:30 pm, Room TBD, \$42. A Bassi. #21626

REMOTE Time Management for Success

Are you feeling overwhelmed with your daily routine or planning a special upcoming event? There are proven and practical time management techniques to alleviate the stress and become more efficient in your daily life. Through simple exercises, learn to establish priorities, identify "time robbers", and develop an action plan.

CE-PRSDV 2150, 1 Sat., Feb. 13, 12:30-3:30 pm, \$42. H Cuevas. #21538

REMOTE Mock Interview Workshop

Make a winning impression by using verbal and non-verbal techniques to highlight your strengths. This interactive class will discuss proper interviewing etiquette, how to respond to difficult questions, the importance of researching the prospective employer, and follow-up procedures after the interview. Resumes will be reviewed and evaluated. Practice interviewing and get individualized feedback. Bring a printed copy of your current resume and cover letter.

CE-JBPRP 2023, 1 Sat., Feb. 20, 12:30-3:30 pm, \$42. H Cuevas. #21536

REMOTE Assertive Communication Skills in the Workplace

Are you shy about speaking up? Learn how to successfully communicate by developing winning speech patterns, focusing on the audience, and rehearsing! Discover techniques to get your point across in a credible and self-assured manner. Through simple exercises, learn to voice your opinions, avoid interruptions, and make valuable contributions.

CE-PRSDV 2065, 2 Sat., Feb. 6 & 13, 9:00 am-12:00 noon, \$78. H Cuevas. #21535

REMOTE How to Schmooze

Do you hate walking into a room where you do not know anyone? If you want to make connections for professional or personal reasons, effective schmoozing is essential and may yield many benefits: a promotion at work, a date, or investor interest. Learn how to schmooze without being fake. Learn key techniques, participate in various exercises, and get individualized feedback and tips.

CE-PRSDV 2072, 1 Sat., Feb. 20, 9:00 am-12:00 noon, \$42. H Cuevas. #21539



Public Speaking with Ease

Develop proficiency in public speaking through techniques, practice, and feedback. Each participant will deliver five speeches, each falling into a traditionally recognized category: anecdote, informative, persuasive, virtue, and tribute. You will also learn the dramatic art of oral interpretation by reading from prepared texts.

CE-COMM 2004, 6 Wed., Mar. 31-May 5, 6:00-8:00 pm, KNC-2, \$130. S Horowitz. #21523

NEW! REMOTE The Art of Public Speaking

When asked, most people say their greatest fear is public speaking. Much like a performance on a Broadway stage, when speaking in front of an audience, all eyes and ears are on you. Good public speaking requires writing a well-organized narrative and practice, practice, practice. In this remote course, you will do just that and learn methods that will help to reduce anxiety and build confidence.

CE-COMM 2027, 4 Tues., Mar. 9-30, 7:00-9:00 pm, \$93. L Lush. #21710

CORPORATE TRAINING

RESOURCES FOR BUSINESS AND MANAGEMENT

The Professional Development Center is a great place for you or members of your team to continue their professional development and enhance necessary business skills. Westchester Community College provides high quality programs with convenient and affordable options for workforce development and continuing education. We offer a variety of training programs which can be customized to your organization's needs and delivered on your schedule. Flexible options include providing online programs and / or on-site training at your location or the Gateway Center located at our Valhalla campus.

Successful programs include topics related to:

- ▶ Transforming the Customer Experience
- ▶ Business Process Management
- ▶ Conflict Resolution
- ▶ Change Management & Leadership Development
- ▶ Supervisory Skills for New Managers
- ▶ And many others

We also offer professional skills development classes on campus, including:

- ▶ Essentials of Management
- ▶ Introduction to Lean Six Sigma
- ▶ Computer Technologies/Office Productivity
- ▶ Effective Business Communications
- ▶ Medical Billing / Medical Coding
- ▶ And many more

For further information regarding the Professional Development Center

Contact Jim Irvine, Director of Corporate Education and Continuing Professional Education 914-606-6658, email us at james.irvine@sunywcc.edu or pdc@sunywcc.edu, or visit www.sunywcc.edu/pdc

BUSINESS PROCESS MANAGEMENT & IMPROVEMENT

REMOTE Process Mapping, Modeling and Analysis: Using Process Analysis to Define & Solve Business Challenges

Organizations are a collection of processes. These processes are the business activities performed to produce value, serve customers, and generate income. Managing these processes is the key to the success of your organization. Most organizations are not set up to manage processes instead they manage tasks. Inefficiency and waste become part of the system, they rob your organization of profits, productivity and its competitive advantage. Process mapping shows you the way out.

13 CPEs (ABPMP).

CE-BUS 2105, 4 T/W, Apr. 13-21, 9:00 am-12:00 noon, \$1,095. #21765

REMOTE Performance Improvement Strategies: Using Lean, Six Sigma and Reengineering to Improve Business Results

Think about it, all performance improvement methodologies (PDCA, Six Sigma, TQM, reengineering, etc.) have four elements in common: customer value, process maps and measures, root cause analysis and improvement strategies. The tools and other techniques taught in this seminar will enable you to use the right data and right tools to craft the right solution to improve performance. 13 CPEs (ABPMP).

CE-BUS 2112, 4 W/Th, May 12-20, 9:00 am-12:00 noon, \$1,095. #21764

Professional Development Hours awarded by Association of Business Process Management Professionals/ABPMP. For more details, visit our website at www.sunywcc.edu/bmp

Communicating Through the Written Word: Applying Effective Writing Skills to Business

To succeed in business today one must be able to write clearly, correctly and concisely and should be able to master all aspects of writing. This includes business letters, cover letters, memos, informal reports, executive summaries, proposals, as well as social media and website copy. Professional credibility can be built or destroyed by the written work that goes out from an office. Good writing is the key to effective communication and being able to produce clearly written communication is a skill that is not only desirable but also essential. Participants will focus on writing clear, concise and effective copy.

CE-BUS 2107, 4 Tues., Mar. 30-Apr. 20, 6:00-8:30 pm, Room TBD, \$195. L Geraci-Miranda. #21774

REMOTE Attaining Financial Wellness

Learn the necessary steps to put yourself on the path towards a successful financial future. This course will be a fun interactive 10-week program covering the basics and beyond along with must follow steps to secure your finances well into the future including Investment Basics, Life Events, Debt Management, Retirement Income Planning and more! This course is taught by a Chartered Financial Analyst/Certified Financial Planner, B. Yam. CE-FIN 2077, 10 Tues., Apr. 20-June 22, 6:00-7:30 pm, remote, \$195. #21766

Coaching for Performance Improvement

Coaching is not simply a best practice—it is essential to fostering employee and organizational development for maximum results. As a supervisor, manager, team lead or someone aspiring to these, you play a significant role in supporting and guiding this development toward optimizing performance. Learn the processes and best practices to be an effective coach to advance staff development and increase levels of performance for your department and organization.

CE-BUS 2122, 4 T/Th, Mar. 23-Apr. 1, 6:00-8:00 pm, Room TBD, \$225. #21775

Conflict Resolution in the Workplace

Every workplace has conflict. Participants will learn the different types of conflict and the process to diagnose, understand and resolve these conflicts. Learning how to handle disputes and conflict effectively is a necessary skill for anyone both personally and professionally.

CE-BUS 2123, T/Th, Apr. 20-29, 6:00-8:00 pm, remote, \$225. #21776

Red Hat Linux System Administration I

Red Hat System Administration I (RH124) equips you with Linux® administration “survival skills” by focusing on foundational Linux concepts and core tasks. You will learn how to apply command-line concepts and enterprise-level tools, starting you on your journey toward becoming a full-time Linux system administrator. This path continues with the follow-on course, Red Hat System Administration II (RH134).

CE-COMP 2231, T/Th, Feb. 23-Apr. 15, 6:00-8:30 pm, Room TBD, \$2,400. #21777

Introduction to Lean Six Sigma

This course is perfectly suited for individuals, including experienced business professionals interested in learning about the concepts and fundamentals of Lean Six Sigma. Participants will learn the essentials of a quality management framework and Lean approach to operations management. Students will gain an understanding why it is being used in businesses around the world to streamline operations and optimize efficiencies.

CE-BUS 2124, 2 Sat., Mar. 13 & 20, 9:00-11:00 am, Room TBD, \$99. #21767

REMOTE Foundations of Lean Six Sigma: A Yellow Belt Equivalent

This course will pick up where the White Belt training left off. Participants will go deeper into the philosophy of establishing an organizational quality mind-set, leveraging metrics to solve difficult business problems, and each phase of a Lean Six Sigma project including basic statistical analysis. Successfully completing this course will position participants to enter a formal Green Belt program through an accredited certification program.

CE-BUS 2125, 5 Sat, Apr. 17-May 15, 9:00-11:00 am, \$249. #21768

REMOTE Introduction to R Programming for Data Science and Machine Learning

This hands on, project-based course provides an introduction to the R and Python programming languages as well as strong foundational knowledge to advance on to our Data Science and Artificial Intelligence Practitioner programs from our IBM Skills Academy programs.

CE-COMP 2239, 12 M/W, Feb. 1-Apr. 21, 6:00-8:30 pm, \$2,450. #21769

REMOTE Managing Change and Transformation

2020 has brought about an unprecedented rate of change not only for US businesses but businesses across the globe. This course will provide a framework to enable organizations to support their customers and protect their business, while laying the seeds for future growth and success.

CE-BUS 2126, 10 M, Feb. 22-Apr. 26, 7:00-8:30pm, \$295. #21778

Displaced Homemakers/Project Transition

Office Technology Training Program for Career Re-Entry

This intensive program provides qualified displaced homemakers the opportunity to learn current, marketable skills to return to the workforce. There is no cost to eligible participants (single parents, widowed, disabled spouse, divorced, separated, unemployed spouse). All applicants must be unemployed or underemployed, and must provide proof of Displaced Homemaker status according to NYS Department of Labor guidelines.

LEARN CURRENT COMPUTER SKILLS:

- ▶ MS Word
- ▶ MS Excel
- ▶ MS PowerPoint
- ▶ MS Outlook

LEARN JOB SEARCH SKILLS:

- ▶ Resume writing
- ▶ Interviewing
- ▶ Online job search
- ▶ Group & Individual Career Counseling

Contact us to find out if you are eligible for the Displaced Homemaker Training Program; email KB13@sunywcc.edu.

**3 EASY
WAYS
TO REGISTER**
SEE PG. 59 FOR DETAILS



ONLINE



PHONE



MAIL

Learn from the comfort of home!

ONLINE LEARNING

anytime, anywhere...
just a click away!



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

6-18 month format

Prepare for certification

All materials included

Student advisors

Career Training Programs include the following and many more:

- ▶ Project Management
- ▶ Medical Billing and Coding
- ▶ Chartered Tax Professional
- ▶ Microsoft Office Specialist
- ▶ Six Sigma Black Belt
- ▶ Video Game Design and Development
- ▶ CompTIA A+

JUMP START YOUR CAREER OR FIND A NEW ONE!

Courses range from \$595 to \$3,995

Visit our website for program details!

Careertraining.ed2go.com/sunywcc

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

6-week format

Discussion areas

Monthly start sessions

Expert instructor

Career or Personal Development Courses include the following and many more:

- ▶ Start Your Own Business
- ▶ Write Fiction Like a Pro
- ▶ Spanish for Healthcare Professionals
- ▶ Intro to SQL
- ▶ College Readiness
- ▶ Accounting Fundamentals
- ▶ Grant Writing
- ▶ Microsoft Office Applications
- ▶ Digital Photography

COURSES BEGIN ON:

Jan. 13, Feb. 10, Mar. 17, Apr. 14

Most courses are \$135

Visit our website to find a course!

Ed2go.com/sunywcc

LIFELONG LEARNING & PERSONAL DEVELOPMENT

Whether it is a new interest or something you have always wanted to explore, there is a class for everyone. Come join us and open up a world of discovery!

- ▶ Arts & Crafts
- ▶ Collegium
- ▶ Culture & Society
- ▶ Eras of History
- ▶ Finances & Retirement Planning
- ▶ Health & Wellness
- ▶ History
- ▶ Languages
- ▶ Local Lore & Regional History
- ▶ Mainstream
- ▶ Nature & the Environment
- ▶ Performing Arts
- ▶ Self-awareness
- ▶ Special Interest
- ▶ Sports & Fitness
- ▶ Taste of Westchester
- ▶ Visual Arts & Music Appreciation
- ▶ Wine & Food Exploration
- ▶ Writing

NATURE & THE ENVIRONMENT

GO NATIVE U SPRING 2021 CLASSES

Classes and Certificate Program in Gardening with Native Plants

Go Native U at Westchester Community College offered in collaboration with The Native Plant Center

Discover HOW TO PLANT AND GROW A BEAUTIFUL AND BENEFICIAL LANDSCAPE USING PLANTS NATIVE TO THE NORTHEAST.

Gardening enthusiasts, landscape architects, and designers will learn from experienced instructors about the importance of native plants, regional ecology, and the sustainable practices that can be used to enhance home and community environments. Students can enroll in single classes or pursue a certificate in Sustainable Gardening with Native Plants, which consists of 50 contact hours (18 hours/core courses, 17 hours/electives, and 15 hours/community service) plus a final exam.

Some in-person classes offer LA-CES approved credit hours; some offer ISA-approved credit.

To register for these courses, please call 914-606-6830 and press 1 or register online at www.sunywcc.edu/ce

Go Native U Core Courses

REMOTE Introduction to Native Plants and Landscapes

Gain a comprehensive foundation for garden design using native plants. Learn about the importance of native plants, showy substitutes for non-native plants, and sustainable design concepts. Recommended as a first class to the other courses. CE-GRDN 2010, 3 Sat., Feb. 13, 20, & 27, 10:00 am-12:00 pm, \$135. C Summers. #21540

REMOTE Introduction to Native Plant Communities

Examine the groups of native plants that grow together in the wild, and the ecological reasons for gardening with this approach. Learn about common plant communities, why they are important, and how to emulate them in your landscape. CE-GRDN 2013, 1 Wed., Feb. 17, 10:00 am-12:00 noon, \$57. K Eierman. #21542

Native Perennials: Spring/Summer

Learn about the many herbaceous native plants that will enhance your garden and also provide food and shelter for native bees, butterflies, birds, and other wildlife.

CE-GRDN 2016, 1 Wed., Mar. 10, 10:00 am-12:00 noon, CLA-100, \$57. J Lapsker. #21545

REMOTE Plant Identification in the Field

Move outside the classroom to learn how to identify plants using a taxonomic key. Try your skills in the field by exploring the demonstration gardens of The Native Plant Center and the grounds of the college campus. Newcomb's Wildflower Guide is required.

CE-GRDN 2023, 1 Fri., Apr. 30, 10:00 am-12:00 noon, \$57. J Schuler. #21547

Elective Classes:

REMOTE Introduction to Landscape Design

Learn the introductory steps to site analysis and approaches to landscape design. Use sketching to engage your imagination and to communicate design options. Evaluate the strengths of each design based on practical and helpful criteria. Students are required to bring to the first session a project idea or an unfinished project. Design options, completed by students at home, will be reviewed in the second session. Contact Sandra@plantmearainbow.com for supply list prior to first class. CE-GRDN 2124, 2 Sat., Jan. 30 & Feb. 6, 10:00 am–1:00 pm, \$135. S Cioffi. #21550

REMOTE Best Practices for Garden Maintenance

Discover how to maintain a chemical-free, thriving native plant garden with best practices for weeding and invasive plant control, basic plant identification, and suggestions for equipment that will make the job easier. CE-GRDN 2074, 1 Sat. Mar. 6, 10:00 am–12:00 noon, \$57. C Summers. #21541

NEW! REMOTE Fungi in Your Garden

Learn the role fungi play in both a healthy garden and as pathogens in a less healthy landscape. Practical tips will be offered in using fungi as amendments, for growing edible mushrooms, and for recognizing common fungal diseases and parasites. CE-GRDN 2123, 1 Sun., Mar. 7, 10:00 am–12:00 noon, \$57. T Ietaka. #21551

REMOTE Creating a Bird-Friendly Garden

Attracting birds to your landscape requires an ecological approach—different species have different requirements. Learn the best landscaping techniques and native plants that provide the food, shelter, and nesting sites birds depend on. CE-GRDN 2116, 1 Wed., Mar. 17, 10:00 am–1:00 pm, \$83. K Eierman. #21543

REMOTE Gardener's Toolkit for Invasive Species

Learn to identify common invasive species. Find out the recommended management practices for monitoring and controlling these invasives as well as pertinent regulations. CE-GRDN 2037, 2 Fri., Mar. 19 & 26, 10:00 am–12:00 noon, \$93. J Schuler. #21548

Success with Seed Starting

Explore the fundamentals of seed germination and transplanting—from proper temperatures and the best soils to how to avoid pitfalls. Learn the techniques native seeds require, the difference between stratification and scarification, and what a code such as C-60 means. CE-GRDN 2115, 1 Sat., Mar. 27, 10:00 am–12:00 noon, KNC-3, \$57. A Megaro. #21552

REMOTE Great Native Plants for Containers

Invite nature to your yard, patio, or balcony with container plantings. Learn which native plants grow successfully in containers and attract butterflies, beneficial insects, hummingbirds, and other pollinators. CE-GRDN 2057, 1 Wed., Apr. 14, 10:00 am–1:00 pm, \$83. K Eierman. #21544

Identifying Ferns of the Northeast

Learn the distinguishing characteristics of the 30 most common ferns native to the region. Examine the shape of fronds, spore-bearing leaves, leaf veins, and margins. Ferns will be illustrated by use of a herbarium, which allows for up-close views. CE-GRDN 2053, 1 Wed., Apr. 14, 7:00-9:30 pm, KNC-3, \$68 (+ \$5 materials fee, payable to instructor). M Penziner. #21553

Introduction to Insect Identification

Become familiar with the common insects found in native plant gardens and how they relate to the surrounding ecosystem. Learn the basics of invertebrate taxonomy and how to distinguish insects from other arthropods. Examine their habits, life cycles, and habitat preferences. CE-GRDN-2046, 1 Sat., May 1, 2:00–5:00 pm, CLA-100, \$83. L Forcella. #21577

Advanced Insect Identification

Move on to a more in-depth discussion of native insects of the Northeast. Featured species will be discussed in detail, particularly those associated with a healthy hardwood forest. Learn about the region's ecosystems and how to create habitat niches in your own yard to attract beneficial insects, including native bee species. Prerequisite: Introduction to Insect Identification. CE-GRDN 2063, 1 Sun., May 2, 10:00 am–5:00 pm (1-hour lunch break), KNC-4, \$135. L Forcella. #21578

NEW! Ready Your Garden for the Season

Using the gardens of The Native Plant Center as classroom, learn through discussion and demonstration basic techniques such as cutting back, weeding, edging, mulching, planting, dividing, and planning your garden for the future. Class meets outdoors in the New American Cottage Garden, behind The Native Plant Center's headquarters. CE-GRDN 2122, 1 Wed. May 5, 10:00 am–12:30 pm, \$68. J Lapsker. #21546

Advanced Plant Identification in the Field

Spend the class outdoors practicing the use of field guides and taxonomic plant identification keys. Prerequisite: Plant Identification in the Field or equivalent coursework in botany. Meet in the Stone Cottage garden on the college campus. Dress appropriately for the weather. Newcomb's Wildflower Guide required. CE-GRDN 2050, 1 Sun., May 9, 10:00 am–12:00 noon, KNC-4, \$57. J Schuler. #21549

The Go Native U Certificate Program is a collaborative effort between Westchester Community College and The Native Plant Center. A percentage of tuition supports the work of The Native Plant Center.



ENVIRONMENTAL EDUCATION AND CONSERVATION

A Partnership Between Westchester Community College and Westmoreland Sanctuary

Westmoreland Sanctuary is a nature center and wildlife preserve located in Mt. Kisco, serving the Westchester community and beyond. To learn more, visit: www.WestmorelandSanctuary.org.

Snake Study

Join us for a hands-on, interactive experience that utilizes both live snakes and snake dissection specimens. Study snake behaviors and traits as well as their interior and exterior appearance.

CE-ANIML 2007, 1 Sat., Apr. 3, 2:00-4:00 pm, \$31. #21772

Bird Banding

A unique learning activity! Participate as staff use mist nets and other techniques to safely capture wild birds, then assist as they identify each bird, record its age and sex, and carefully place a numbered band on the bird before it is released. Allows participants to see what scientists do to study birds. Please dress for the weather.

CE-SCI 2035, 1 Sat., Apr. 24, 9:00-11:00 am, \$31. #21771

Winter Tree Identification

Learn how to identify trees without leaves using habitat, bark, branching, and more. We will join the instructor for a hike on trails to practice identifying techniques. The benefits of each species will be explored, and the pros and cons of different field guides will be discussed. Please dress for the outdoors; binoculars are helpful, but not required.

CE-SCI 2043, 1 Sat., Feb. 13, 2:00-4:00 pm, \$31. #21770

Salamander Study

This class occurs during the normal season for salamander migrations and during the time when they begin to lay eggs. Learn about amphibian characteristics in general and salamanders specifically through a short presentation and hands-on experience at our vernal pools and surrounding woodland area.

CE-ANIML 2008, 1 Sat., Mar. 27, 2:00-4:00 pm, \$31. C Martin. #21773

THE WRITING CENTER

REMOTE Introduction to Memoir

Memoir is a life examined. Learn how to mine your memory and tell your story using the tools of prose, including theme, description, and dialogue.

CE-WRITG 2112, 4 Thurs., Jan. 21-Feb. 11, 11:30 am-2:00 pm, \$130. M Matlick. #21439

REMOTE Memoir: The Next Steps

This class is ideal for those who are ready to begin writing their memoirs, or have already begun. Students will arrive at each class, including the first class with up to 1,000 words (five pages) ready to read aloud for critique. Discussion will incorporate the elements of memoir, such as plot, character, theme, and dialogue.

CE-WRITG 2119VA, 4 Thurs., Mar. 4-25, 11:30 am-2:00 pm, \$130. M Matlick. #21440

REMOTE Writing Pictures of Our Lives

Draw your life story through poetry and short prose. Read poetry and prose poetry that provides a framework for telling a story. Respond to writing prompts designed to explore perspective, dimension, shading, and other techniques used in the visual arts. Open new avenues for stories that have walked a well-worn path. Enjoy projections of artwork, post cards, picture collections, your own personal photographs and symbolic objects to transform the classroom into a place of the imagination. Leave this workshop with three new pieces of writing.

CE-WRITG 2098, 4 Mon., Feb. 1-22, 10:00 am-12:00 noon, Room TBD, \$99. A van Buren. #21516

Writing Bootcamp

Start fast! Keep it humming. End with authority. Polish, correct, and tighten the prose. Learn how to rewrite your story, whether fiction or nonfiction, so it entices, captivates, and delights readers.

CE-WRITG 2047, 3 Tues., Apr. 13-27, 6:00-8:00 pm, Room TBD, \$62. P Andrews. #21588

REMOTE Craft of Poetry Workshop

An introductory online course aimed at teaching the details of poetic forms and meters with emphasis on the craft and creation of poems. Students will analyze and provide constructive feedback to their peers and will critique and review a famous poem during each class. New poetic forms will be introduced and discussed. Students are encouraged to keep and write in a daily journal. Emphasis will be on writing Italian and American sonnets, villanelles, hybrid, acrostic, haiku poems.

CE-WRITG 2121, 6 Fri., Jan. 22-Feb. 26, 7:00-9:00 pm, \$155. L Rhodes. #21638

Writing from the Soul

Writing is an art form about self-expression. Whether you prefer fiction or nonfiction, journal writing or story writing, this course will help unleash your creativity as a writer with a focus on writing descriptive narratives. Using your five senses, learn to create an emotion and a picture in the reader's mind. Develop a scene in your story or recall a memory you have entered in your journals. Students will share their work with the class. Please bring spiral notebooks or journals, and pens.

CE-WRITG 2106VA, 3 Tues., Feb. 16-Mar. 2, 6:30-8:30 pm, KNC-3, \$68. L Lush. #21565

NEW! REMOTE An Introduction to Journaling

A well-lived life contains the practice of reflection, and one key method of reflecting is through the practice of expressing your thoughts and observations through journaling. This remote course will introduce you to a selection of journaling styles. Students will practice with each style and discuss their insights and experiences from the journaling process. The class will offer a safe space to share observations and provide and receive encouraging feedback. Journaling is a creative way to practice writing while also revealing more of yourself. All will be coached enthusiastically.
CE-WRITG 2122, 4 Wed., Feb. 17-Mar. 10, 7:30-9:00 pm, \$78.
J DeFrancisco. #21705

NEW! REMOTE How to Tell a Story

Whether you are telling a fictional or nonfictional story, the elements of telling it are the same. A good story doesn't always start with 'once upon a time' or the day your lead character was born. It starts with action, setting the scene, introducing a character, or even posing a question. In this remote course, learn how to tell your story through plotting and drafting it. Learn how to edit your story with a discerning eye by discovering what to leave in and what to take out. You will develop it into a finished story to share with the class for critiquing.
CE-WRITG 2123, 3 Tues., Apr. 6-20, 6:30-8:30 pm, \$73. L Lush.
#21709

LANGUAGES

Textbook required unless otherwise noted. Textbooks available at the Campus Bookstore 914-347-3858; call for hours.
Books can also be ordered online at www.sunywcc.bnccollege.com

REMOTE Japanese for Beginners

Learn to speak and convey messages that are essential in Japanese conversations including greetings, introductions, directions, shopping, and other common expressions of daily living. Learn the basics of Japanese in a short period.
CE-LANG 2020, 10 Sat., Jan. 23-Mar. 27, 12:00 noon-2:00 pm, \$238 (+ textbook). C Blodgett. #21321

REMOTE Japanese Intermediate

Learn conversation patterns from our unique Japanese textbook. By memorizing model verbs, students can master the language quickly.
CE-LANG 2021, 10 Sat., Jan. 23-Mar. 27, 9:00-11:00 am, \$238 (+ textbook). C Blodgett. #21322

REMOTE Japanese Writing (Kana-Kanji) for Beginners

Learn to write a total of 512 symbols in this course: 420 Kanji, 46 Hiragana, and 46 Katakana. Easy-to-acquaint colloquial patterns with a wide variety of expressions are introduced with Kana and Kanji in the textbook published by the instructor. Prerequisite: Japanese-Beginners.
CE-LANG 2915, 10 Sat., Jan. 23-Mar. 27, 3:00-5:00 pm, \$238 (+ textbook). C Blodgett. #21323

Mandarin Chinese

12 sessions, Room TBD, \$259. R Chen.
Beginning Level 1: CE-LANG 2900, Sat., Jan. 23-Apr. 10, 9:00-11:00 am. #21569
Beginning Level 2: CE-LANG 2901, Mon., Jan. 25-Apr. 12, 7:00-9:00 pm. #21570
Intermediate 1: CE-LANG 2902, Wed., Jan. 20-Apr. 7, 7:00-9:00 pm (no textbook). #21571
Intermediate 2: CE-LANG 2908, Prerequisite: Intermediate 1 or basic knowledge of Chinese language, Thurs., Jan. 21-Apr. 8, 7:00-9:00 pm, (no textbook). #21572

REMOTE French

10 Sat., Jan. 23-Mar. 27, \$238. K Sands.
Beginning Level 1: CE-LANG 2500, 11:15 am-1:15 pm. #21508
Beginning Level 2: CE-LANG 2910, 1:15-3:15 pm. #21509
Intermediate/Advanced: CE-LANG 2501, 9:00-11:00 am. #21510

German

12 Sat., Jan. 23-Apr. 17 (skip 4/3), Room TBD, \$238. A Leissl.
Beginning Level 1: CE-LANG 2700, 1:45-3:15 pm. #21433
Beginning Level 2: CE-LANG 2701, 12:15-1:45 pm. #21434
Intermediate: CE-LANG 2702, 10:30 am-12:00 noon. #21435
Advanced: CE-LANG 2703, 9:00-10:30 am (no textbook). #21436

Italian

Please note that the book for Beginning Levels 1, 2 and Intermediate Level 2, *Buongiorno Italia!* by Joseph Cremona, 2nd Edition, ISBN # 978-0-563-51945-4, needs to be ordered through Amazon.co.uk at least one week before the start of the class.
12 Sat., Jan. 23-Apr. 17 (skip 4/3), \$238.
Beginning Level 1: CE-LANG 2401, 9:00-10:30 am, AAB-141. F Maddalena. #21554
Beginning Level 2: CE-LANG 2402, 10:35 am-12:05 noon, AAB-141. F Maddalena. #21555
Intermediate Level 2: CE-LANG 2404, 9:00-10:30 am, AAB-137. J Spedaliere. #21513
Adv. Conversation & Grammar: CE-LANG 2406
Sec. A: 10:35 am-12:05 pm, AAB-137. J Spedaliere. #21514
Sec. B: 12:10 noon-1:40 pm, AAB-141. F Maddalena. #21556

Antologia del Cinema Italiano: Anthology of Italian

Four films will be presented in Italian for viewing, analysis and discussion. Contingent on time and availability, the selected films may be chosen from the following: "L'ora di religione" (2002); "Angela" (2002); "Buongiorno, notte" (2003); "Io non ho paura" and "Ricordati di me" (2003).
CE-FILM 2015, 12 Sat., Jan. 23-Apr. 17 (skip 4/3), 12:15-1:45 pm, AAB-137. \$238. J Spedaliere. #12515

Portuguese

8 Sessions, 7:00-9:30 pm, \$238. C Pereira.
Beginning: CE-LANG 2010, Mon., Mar. 15-May 3, Room TBD. #21597
Intermediate: CE-LANG 2009, Tues., Mar. 16-May 4, Room TBD. #21598
Advanced: CE-LANG 2015, Wed., Mar 17-May 5, Room TBD, (no textbook). #21599

REMOTE American Sign Language

\$238 (+ textbook). Optional Textbook: Master! ASL with DVD by Jason E Zinza, purchased at Amazon.com, ISBN: # 13 978-1881133209

ASL 1: Includes basic grammar, vocabulary, fingerspelling, numbers, and cultural information related to the deaf community.

📖 CE-LANG 1000, 10 Thurs., Jan. 21-Mar. 25, 6:00-8:00 pm. A Kogan. #21430

ASL 2: Expands vocabulary, grammatical knowledge, and cultural awareness. Introduces increasingly complex grammatical aspects. Prerequisites: ASL 1 or permission from the instructor.

📖 CE-LANG 1001, 10 Thurs., Jan. 21-Mar. 25, 6:00-8:00 pm. I Kogan. #21431

REMOTE Russian

12 sessions, 7:00-9:00 pm, \$259. M Bolgova.

Beginning: For those who want to understand and speak Russian. Develop basic skills in grammar, writing, reading and conversation. Language study involves both everyday life situations and cultural training.

📖 CE-LANG 2800, Mon., Jan. 25-Apr. 12. #21359

Intermediate: Requires a basic knowledge of Russian language. Continue developing skills in grammar and comprehension through reading, writing, and intensive conversational practice.

📖 CE-LANG 2803, Tues., Jan. 19-Apr. 6. #21360

Advanced: For those who have completed a study of the basics of Russian language. Continue developing skills in grammar and comprehension through reading, writing, and intensive conversational practice.

📖 CE-LANG 2804, Thurs., Jan. 21-Apr. 8. #21361

Cuentos Cortos (Short Stories)

An intermediate course that focuses on Spanish short stories. Discover the beauty of each story as you discuss the themes and culture within each and improve your Spanish-speaking ability.

📖 CE-LIT 2008, 10 Wed., Jan. 20-Mar. 24, 6:00-8:00 pm, Room TBD, \$238 (+ textbook and \$5 materials fee, payable to instructor). E Vernon-Buffera. #21521

Spanish

10 sessions, \$238 (+ textbook, and \$5 materials fee payable to instructor at first class).

Beginning Level 1: CE-LANG 2104. E Vernon-Buffera.

📖 **Sec. A:** Sat., Jan. 23-Mar. 27, 9:15-11:15 am, Room TBD. #21517

📖 **Sec. B:** Mon., Jan. 25-Mar. 29, 6:00-8:00 pm, Room TBD. #21518

Beginning Level 2: CE-LANG 2105. E Vernon-Buffera.

📖 **Sec. A:** Tues., Jan. 19-Mar. 23, 6:00-8:00 pm, Room TBD. #21507

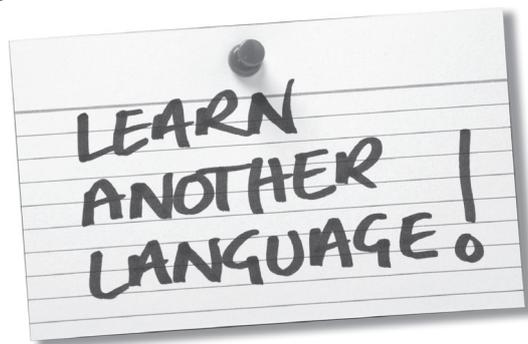
📖 **Sec. B:** Sat., Jan. 23-Mar. 27, 11:15 am-1:15 pm, Room TBD. #21519

Intermediate: CE-LANG 2106

REMOTE Sec. A: Sat., Jan. 23-Mar. 27, 9:00-11:00 am, (no textbook or materials fee). M Khalil. #21428

📖 **Sec. B:** Thurs., Jan. 21-Mar. 25, 6:00-8:00 pm, Room TBD. E Vernon-Buffera. #21520

REMOTE Advanced: CE-LANG 2107, Sat., Jan. 23-Mar. 27, 11:15 am-1:15 pm, (no textbook or materials fee). M Khalil. #21429



Ven Canta Conmigo

Singing is the easiest way to learn a Romance language. Come learn Spanish through song!

📖 CE-LANG 2118, 10 Fri., Jan. 22-Mar. 26, 6:00-8:00 pm, Room TBD, \$238 (+ textbook and \$5 materials fee, payable to instructor). E Vernon-Buffera. #21522

MAINSTREAM

The Institute for Mature Adults

Mainstream is an innovator in exciting educational programming and career change options designed for adults 50 and older. The options below are tailored to meet the needs of mature adults.

Mainstream in the Community

Join us for a series of fun and informative seminars in local communities on a variety of creative and interesting topics. All are welcome! Call or e-mail after January 19 to request dates and topics. Email Hannah.Gross@sunywcc.edu or call 914-606-6528.

Attention Community Leaders: If you would like a similar program in your local community, or for your organization, please contact us for costs and details at 914-606-6528.

SENIOR AUDIT

Select college-credit lecture courses may be audited by people 60 years of age and older on a space-available basis. Requirements include submission of proof age, along with payment of the fee. The cost to audit is a non-refundable \$50 fee for each semester. Payable by credit card or check. You may register for a maximum of two classes each semester as a senior auditor. Senior audit registration for the Spring 2021 semester will take place by application.

Applications will be accepted by e-mail only the week of January 19, 2021.

Call us at 914-606-6793 for application and go to www.sunywcc.edu/senioraudit for more information and instructions on how to search for open classes.

The Livable Community Connection

Do you want to learn about available resources for senior citizens in Westchester County?

Are you interested in creating a livable community where people of all ages can have access to needed services and live happy, active lives? Contact the Northwest Coordinator for the Livable Community Connection, a partnership with Westchester County Department of Senior Programs and Services, at 914-606-6528 or email workforceandcommunity@sunywcc.edu

COLLEGIUM



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.

Spring Collegium begins in April!

For more information about the 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.

LOCAL LORE & REGIONAL HISTORY

REMOTE Historic Glen Island Walking Tour

Originally opened in 1880 and operated as a private amusement park, Glen Island has a rich history spanning almost 150 years. This "remote" walking tour will visit the current county park and explore remnants of Glen Island's storied past as well as the development of New Rochelle and nearby islands in Long Island Sound.

CE-TRVL 2048, 1 Sat., May 1, 11:00 am-1:00 pm, \$26. C Gioia. #21586

REMOTE Revisiting Stonewall: LGBT History and Counterculture in New York

The Stonewall Rebellion of 1969 is considered by many to be the spark that ignited the LGBT rights movement. But there is a history before Stonewall (and after) that reveals the connection between gay rights and the broader counterculture of the 1960's especially in New York City. Utilizing documentary film, online resources, and archival documents, this course charts the development of the LGBT community in the 1960's and 70's and its relationship to social justice and civil rights.

CE-HIST 2105, 1 Wed., Mar. 10, 6:30-8:00 pm, \$26. C Gioia. #21419

Walking Tours of the Old Croton Aqueduct

CO-SPONSORED WITH THE FRIENDS OF THE OLD CROTON AQUEDUCT

The aqueduct is a 41-mile brick-lined conduit constructed between 1837 and 1842 to bring fresh water from the Croton River to New York City; one of the great engineering achievements of the 19th century! Call Mavis Cain for more information at 914-693-0529.

A Visit Inside the Historic Aqueduct Tunnel

Tour the inside of the historic Aqueduct tunnel and learn its important history. It was built in 1837-1842, providing vital water to New York City in a period where disease, fires and drunkenness were rampant. Your tour will also include an informative talk and movie.

CE-TRVL 2001, 1 Sat., Apr. 17, 11:00 am-1:00 pm, \$27. M Cain. #21331

Aqueduct Trail and Rockefeller State Preserve

For a few miles the Aqueduct parallels the Rockefeller Preserve. Walkers will stay on the trail up to the Weir Chamber near Sleepy Hollow Cemetery. At this point, we take a path east into Rockefeller Preserve following Peggy's Way. This stretch has some interesting brooks and bridges. Meet at Gory Brooke Road, parking on the roadside. For driving instructions call Mavis at (914) 693-0529.

CE-TRVL 2011, 1 Sat., Apr. 24, 11:00 am-1:00 pm, \$27. M Cain. #21329

Our non-credit virtual classes are defined as below:

REMOTE Fixed-Schedule: students and instructors report virtually to classes on the designated days, dates, and times they are scheduled for.

ONLINE Self-Paced: offerings are asynchronous and students go into their virtual "classroom" to work on assignments, view content, or work at any time, and at their own pace for the duration of the course.

If a class is not identified as remote or online, then it will be held on-site and in-person.

ERAS OF HISTORY

REMOTE Frederick Douglass—The Great Abolitionist

Discuss the early life of slavery that Frederick Douglass endured. Fortunate to have learned to read, learn how his intelligence shaped his development as an outstanding orator and writer of his time. Trace the escape route he followed to freedom and how his life then developed into his becoming the most outstanding abolitionist of his time. Discover through Douglass' autobiographical writings the greatest gift he gave his country...his story.

CE-HIST 2140VA, 2 Wed., Feb. 10 & 17, 1:30-3:00 pm, \$37. C Andersen. #21589

Freedomland U.S.A.: The Definitive History

Freedomland U.S.A., the "Disneyland of the East," survived only five seasons, from 1960-1964. The park generates fond memories among baby boomers who enjoyed its American history-themed attractions. C. V. Wood, known as Woody, brought Walt Disney's imagination to life and led the team that built the park. Discover why landowner William Zeckendorf, Sr., local politicians, city planners and construction unions considered the park a "placeholder" until property variances permitted significant development on the marshland and how these variances provided the green light for the construction of Co-op City, the largest cooperative housing community in the world.

CE-HIST 2137, 1 Wed., May 5, 7:00-9:00 pm, KNC-3, \$26. M Virgintino. #21524

The History of the Postal Service-We Deliver!

Discover the history of postal services, from 6,000 years ago to the present. Topics covered will include how war in the Persian Gulf highlights the importance of mail, man's ingenuity in transporting messages, and the history and development of the U.S. Postal Service. Learn about Rowland Hill's invention of the adhesive stamp and how it augured in universal mail delivery. Discuss the problems with privatization and contracting out, the importance of the 1971 postal strike, automation, and the Postal Inspection Service.

CE-HIST 2050, 3 Wed., Apr. 21-May 5, 6:30-8:30 pm, KNC-4, \$78 (+ textbook). T Riley. #21455

Orphan Train to Destiny

Discover the history of the Orphan Train Era (1853-1929), which saw the largest migration of children in American history. So many orphans were sent to Iowa that it is estimated that one in four Iowans are descendants of orphan train riders. Come unravel the mystery and the truth behind the Orphan Trains!

Contact instructor at totwriter@aol.com for list of optional books. CE-HIST 2052, 3 Wed., Mar. 3-17, 6:30-8:30 pm, Room TBD, \$78. T Riley. #21465

The Great Hunger in Ireland and Its Legacy

Between 1845-1852, the population of Ireland was reduced from 8 million people to less than 5 million due to the Irish Famine. This course examines its causes, and its effects on America. It examines the conquest of Ireland by Oliver Cromwell and his imposition of draconian laws, which contributed to the famine. We will explore the viewpoint of well-known Irish scholars on the Irish Diaspora to Canada, Australia, Europe and America, and the starvation and emigration of millions of people.

NEW! From Orphans to Governors

Discover the incredible coincidence of two boys who rode an Orphan Train to Noblesville, Indiana and became Governors of Alaska and North Dakota. One boy was taken in by a farmer at a young age where he worked 7 days a week and after 3 years ran away to join the Civil War as a Drummer Boy. The other boy was picked up by a judge who saw that he went to Yale, and after graduation sought his fortune in Alaska as a missionary, lawyer, and businessman. Both governors were childhood friends and maintained their friendship.

CE-HIST 2145VA, 3 Mon., Feb. 8-22, 6:30-8:30 pm, KNC-3, \$73. T Riley. #21713

NEW! REMOTE Art Plunder and Recovery

Hollywood actor/director George Clooney fell in love with dramatic tales of the fight to recover works of art stolen by the Nazis during WWII. His movie *The Monuments Men* was a fictionalized account of monuments men (and women) from 14 countries who served in the Monuments, Fine Arts and Archives (MFAA) division of the Allied Forces. Join us remotely to discover the history of the MFAA division and the incredible stories of the real WWII monuments men and women who raced against time to protect cultural treasures from destruction.

CE-HIST 2144VA, 1 Sat., Apr. 10, 10:00 am-12:00 noon, \$26. R Shayo. #21714

CULTURE & SOCIETY

REMOTE Let's Talk About Race

Research shows racism can be countered effectively only when society engages in brave, direct conversation about race and oppression. Do you struggle to find the words or the right time to speak out? Explore basic information, appropriate language, alternatives to colorblindness, and strategies for engaging in conversation about race and racism.

CE-CULTR 2053, \$26. R Alpern.

Sec. A: 1 Mon., Apr. 5, 7:00-9:00 pm. #21319

Sec. B: 1 Tues., Apr. 13, 7:00-9:00 pm. #21320

NEW! REMOTE Bias Awareness

Participants will explore their own culture and hear about other cultures in this remote class. Using the formula power plus prejudice = isms, we will explore various "isms" including racism, sexism, homophobia, religious bias, classism, ableism, languageism, and ageism and look at personal, cultural and institutional forms of bias and prejudice. Examine ways that you have experienced bias and practice methods of interrupting bias comments.

CE-CULTR 2056, 1 Mon., Feb. 22, 6:00-9:00 pm, Room TBD, \$42. P Prutzman. #21711

The Gospel of John

The Gospel of John is one of the most important pieces of sacred literature in the New Testament. Get introduced to this highly spiritual and mysterious text, using multiple disciplines to bring insights that go beyond what has been offered in Church sponsored courses.

CE-PHIL 2003VA, 7 Mon., Feb. 3-Mar. 17, 10:30 am-12:30 pm, KNC-4, \$155. J Coppola. #21362

Hot Topics in the News

Presentation of major national and international current events; a background of the news is provided for better understanding. Questions, discussion, and individual presentations are encouraged.

CE-POLTC 2002VA, 5 Tues., 10:00 am-12:00 noon, KNC-4, \$104. E Pressman

Sec. A: Feb. 16-Mar. 16. #21602

Sec. B: Mar. 30-Apr. 27. #21603

The Sixties

Examine the decade where the baby boomer generation planted the seeds for a new world order of tolerance and understanding. With discussion of some popular topics of the sixties including politics, sex, drugs and rock and roll, identify the positive and negative outcomes of the era.

CE-HIST 2143, 4 Thurs., Feb. 4-25, 7:00-8:30 pm, KNC-3, \$78 (+ \$30 for 2 paperback books, payable to instructor). R Cirulli. #21335

NEW! REMOTE American Presidency and Social Movements: FDR to Trump

FDR and the civil rights movement to Trump and Black Lives Matter, US Presidents have dealt with a wide range of social movements from both the right and the left. Topics include the antiwar, civil rights, conservative/new right, and women's rights movements from the last ninety years.

CE-HIST 2146, 4 Mon., Feb. 1-Mar. 1, 6:00-8:00 pm (skip 2/15), \$99. M Koncewicz. #21761

The World's Most Important Issues

There are number of emerging political, social and economic concerns that will become among the world's most important issues. Facts will be presented, followed by time to explore, debate, question, and challenge ideas and to suggest proposed remedies. Issues will include the future of work and the impact on employment 2020 to 2030, climate change, the post oil world, the world's food and water supply, aging societies and nuclear issues.

CE-POLTC 2017, 3 Thurs., Mar. 4-18, 10:00 am-12:00 noon, KNC-2, \$73. K McGee. #21444

REMOTE The Art & Architecture of Jewish Culture—Part 2

An exploration of the art and architecture of Jewish culture from the 18th century through modern times.

CE-CULTR 2051VA, 6 Thurs., Mar. 18-Apr. 29 (skip 4/1), 1:30-3:30 pm, \$155. B Levy. #21358

REMOTE The Road to Modernity in Art & Architecture: 1875 to Present

An exploration of the development of architectural style from the late 19th century through the present, evidencing the evolution into modern concerns and global views of architecture and society.

CE-CULTR 2039VA, 6 Tues., Mar. 16-Apr. 27 (skip 3/30), 1:30-3:30 pm, \$155. B Levy. #21631

NEW! REMOTE Soccer: A History of the World's Game

Examine the sport of soccer from a historical, cultural and global perspective. See "the world's game" from various angles and perspectives including the sport's impact on personal identity in contemporary society. For those new to the sport as well as lifelong fans.

CE-CULTR 2032, 5 Thurs., Apr. 1-29, 11:00 am-1:00 pm, \$114. N Reifer. #21715

VISUAL ARTS & MUSIC APPRECIATION

ART APPRECIATION

REMOTE Art and Photography of the Civil War—American Impressionism (1860-1890)

Examine the paintings of the Civil War period by artists Frederick Church, Winslow Homer and others. The Civil War was the first war to be extensively photographed. Discover the photographic work of Mathew Brady, Alexander Gardner and others.

CE-HIST 2075, 1 Wed., Mar. 10, 11:30 am-1:00 pm, \$26. C Andersen. #21356

Art Movements of the 19th Century

Explore this particularly fertile time in art history, beginning with movements such as neoclassicism and romanticism, progressing through realism and impressionism, moving to symbolism and post-impressionism, and leading to the 20th century. Artists to be discussed include David, Courbet, Manet, Renoir, Cezanne, Gauguin, and many others. The impact of political, social, and technological developments will be discussed in relation to the art. Slide shows, lecture, and discussion.

CE-ART 2231, 3 Thurs., Feb. 4-Feb. 18, 11:00 am-1:30 pm, KNC-2, \$78. S Altman. #21408

How to Read and Interpret a Work of Art

In this class, you will learn many different ways of looking at art and understanding it better. Examine various media; the use of elements of art such as color, shape, texture, point of view, focal point, perspective, and many other tools to increase your comprehension and appreciation of any work of art. Many examples will be shown from the entire span of art history.

CE-ART 2261VA, 3 Thurs., Feb. 25-Mar. 11, 10:00-11:30 am, KNC-3, \$62. S Altman. #21596

NEW! Art in America: Regional Art Museums in America

There is a wealth of art across the U.S.A. This course offers a description of these museums divided by region: Mid-Atlantic, New England, Midwest, West, South and Southwest. Learn about what is unique about each area and the artist it showcases.

CE-ART 2341, 3 Thurs., Feb. 25-Mar. 11, 1:00-2:30 pm, \$57, KNC-2. S Altman. #21695

FAMOUS ARTISTS

Famous Women Photographers

An exploration of the photography, personal life, and artistic impact of six famous women photographers: Dorothea Lange, Diane Arbus, Vivian Meier, Annie Leibovitz, Sally Mann, and Cindy Sherman.

CE-PHOTO 2038, 6 Wed., Jan. 27-Mar. 3, 12:00 noon-2:00 pm, Room TBD, \$145. S Courtney. #21339

Mary Cassatt in France

Join us for a compelling presentation about Mary Cassatt's journey to becoming a professional artist in France. Share her struggles to balance family obligations with career goals as well as the instructor's own journey in researching Cassatt's life for her play, *Girl in Blue Armchair*. Includes images of Cassatt's work and those of her contemporaries.

CE-ART 2187VA, 1 Fri., Feb. 26, 12:00 noon-2:00 pm, KNC-3, \$26. S Courtney. #21337

Mary Cassatt and the Impressionists at the Met

Join us for a field trip to the Metropolitan Museum of Art for a guided tour of the artwork of Mary Cassatt in the American Wing and her fellow Impressionists, Degas, Renoir, Monet, and Pissarro in European Paintings.

CE-ART 2226VA, 1 Fri., Mar. 5, 11:00 am-1:00 pm, \$26 (+ \$10 payable to instructor for Met Group Tour Fee). S Courtney. #21338

MUSIC APPRECIATION

NEW! REMOTE Alexander Hamilton

The musical *Hamilton* tells the story of the forgotten founding father, Alexander Hamilton. While the musical takes some liberties with the telling of his complex and flawed life, in this remote class, we will look at the differences between Hamilton's real life and the musical, and examine why his achievements were so significant then and important to us today. We will examine why this Broadway musical has made him such a fascinating character to us now and watch some videos as well as listen to some of the music from *Hamilton*.

CE-HIST 2147, 2 Wed., Mar. 31 & Apr. 7, 7:00-9:00 pm, \$52. L Lush. #21755

An Opera Experience

Join us for a lively and informative presentation of several operas. We will explore the history, libretto, and aria highlights, as well as the cultural and social significance of these various operas.

3 Mon., 10:00 am-12:00 noon, Room TBD, \$62.

CE-MUSIC 2074VA, Part 1: "Rigoletto", "Magic Flute", "Manon Lescant". Feb. 8, Feb. 22 & Mar. 8. \$62. J. Mallory. #21437

CE-MUSIC 2076VA, Part 2: "Traviata", "Barber of Seville", "Pearl Fishers". Mar. 22, Apr. 5 & 19. \$62. J Mallory. #21438

REMOTE Music Theory for Beginners

A brief and simple crash course overview of the components of basic music theory: notation, pitch, staves, meter, intervals, scales, chords, keys, triads, harmony, and structural form. Listening skills include identifying basic chords and intervals. Basic sight singing involves using solfege and simple score reading while following notation.

CE-MUSIC 2071, 2 Mon., Feb. 1-8, 6:00-8:00 pm, \$42.

T Williams. #21375

Music Calligraphy

Music calligraphy allows amateur and professional composers to write music without the use of a computer. Learn techniques for legible writing on staff/score paper, including notes, clefs, rests, accidentals, beaming, lyrics, and more. Also covered will be setting up pages, measures on a staff/page the order of instruments and parts in a score, and how to make a page as readable as possible for other musicians and performers. Please bring a 6" ruler and No. 2 pencils with erasers.

CE-MUSIC 2077VA, 2 Mon., Feb. 15 & 22, 6:00-8:00 pm, Room TBD, \$47 (+ \$5 for sheet music book, payable to instructor). T Williams. #21382

THE PERFORMING ARTS

DANCE

REMOTE Ballet for Adults and Teens

Explore ballet's foundations and learn the basics. Class sessions will include barre work, center floor, adagio, pirouettes, as well as petite and grande allegro. Emphasis is on correct body alignment and use of terminology; work on dance combinations to improve technical skill, memory, and performance. Bring soft ballet slippers, tights, and leotard or leggings (no baggy clothing). For beginners and intermediates. For ages 14 and up.

CE-DANCE 2000, 10 Wed., Jan. 20-Mar. 24, 6:00-7:00 pm, \$117. I Kent. #21427

Sensual Belly Dance

This Valentine's season get in touch with your inner grace as we soften basic belly dance steps to softer, slower beats. Learn the fundamentals of posing, angles, soft hip drops and lifts; layers, elegant shimmies, turns and much more. This workshop consists of both Middle Eastern and American music. Come take this workshop and discover the grace, sensuality and femininity within!

CE-DANCE 2046, 1 Sat., Feb. 6, 2:00-4:00 pm, AAB-218, \$31. S Everts. #21370

Dance It Off with Belly Dancing

Belly dancing workouts relax your mind and flatten your belly. Wear comfortable workout clothes and a hip scarf, veil, and if possible, a pair of cymbals.

CE-DANCE 2002, 5 Sat., Mar. 6-Apr. 3, 2:00-3:00 pm, AAB-218, \$62 (+ \$15 optional fee for hip scarf, payable to instructor). S Everts. #21371

Rivertown Dance Academy

Exploring Dance!

A collaboration between Westchester Community College and Rivertown Dance Academy

Rivertown Dance Academy, located at the TTUMC Arts Center in Tarrytown, provides excellence in dance education without cultural or financial barriers. A comprehensive schedule offers a curriculum in ballet, modern, tap, and jazz dance taught by faculty with extensive teaching, performing, and academic credentials. Individual placement classes and regular progress reports are all part of a Rivertown Dance Academy education.

All classes in this box meet for 10 sessions remotely and are \$221.

REMOTE Adult Ballet

Adult Ballet 1 & 2: An introductory/slow intermediate class for adult beginners with little or some dance background, as well as those just returning to dance.

CE-DANCE 2007, 10 Mon., Jan. 25-Apr. 19 (skip 2/15, 3/15, 3/29), 7:15-8:30 pm. #21640

Adult Ballet 2 & 3: For intermediate to advanced dancers: a 45-minute barre, followed by center work.

CE-DANCE 2008, 10 Wed., Jan. 20-Apr. 7 (skip 2/17, 3/17, 3/31), 9:00-10:00 am. #21641

Open Level Adult Ballet: All levels of adult dancers welcome; class is designed to fit the needs of the students in the room each day.

CE-DANCE 2043 10 Sat., Jan. 23-Apr. 24 (skip 2/13, 2/27, 3/27, 4/13), 10:00-11:15 am. #21642

REMOTE Adult Jazz

Technique-based, concert jazz classes consisting of a center barre, progressions, and a combination based in any of the various jazz styles. Progressive levels build dancers' awareness of body rhythms, coordination, performance quality, and the ability to master increasingly complex and intricate choreography.

Adult Jazz 1 & 2: CE-DANCE 2011, 10 Thurs., Jan. 21-Apr. 15 (skip 2/18, 3/18, 4/1), 7:15-8:30 pm. #21643

Adult Jazz 2 & 3: CE-DANCE 2012, 10 Mon., Jan. 25-Apr. 12 (skip 2/15, 3/29), 9:00-10:00 am. #21644

REMOTE Adult Modern Dance

Progressive instruction introduces dancers to the techniques of Graham, Horton, Limon, and contemporary movement forms. Classes consist of a center barre, progressions, and a combination as dancers explore movement through various shapes of the body, levels, directions through space, and weight transference.

CE-DANCE 2013, 10 Tues., Jan. 26-Apr. 20 (skip 2/16, 3/16, 3/30), 7:15-8:30 pm. #21645

REMOTE Adult Tap

Dancers master tap vocabulary and techniques in classes that emphasize the development of musicality and exploration of a full range of styles. Open level classes welcome all, regardless of previous experience—beginners welcome! Family Tap welcomes adults, their partners and/or their children who wish to explore tap dance together.

CE-DANCE 2014

Sec. A: Adult Tap 1 & 2: 10 Thurs., Jan. 21-Apr. 15 (skip 2/18, 3/18, 4/1), 7:45-8:45 pm. #21646

Sec. B: Open Level Family Tap: 10 Sat., Jan. 23-Apr. 25 (skip 2/13, 3/30, 3/27, 4/23), 9:15-10:00 am. #21647

Sec. C: Open Level Adult Tap: 10 Tues., Jan. 26-Apr. 20 (skip 2/16, 3/16, 3/30), 7:00-8:00 pm. #2164

914-418-5270 dance@rivertowndanceacademy.org www.rivertowndanceacademy.org

ACTING & THEATER

REMOTE Improvisation for Fun and Public Speaking

Have some laughs while you are learning improvising skills. Expand your creativity and confidence through theater games that focus on spontaneity, awareness, energy, concentration, and more. It is like a rehearsal for "Whose Line is it Anyway?" CE-THEAT 2024, 4 Thurs., Apr. 1-22, 6:30-8:30 pm, \$150. J Brownold. #21363

Improv for Kids

Our improvisation class for kids is a great way to build your child's social skills and confidence. We teach teamwork, listening, and public-speaking skills while helping creativity blossom. Each 90-minute class is fun, organized and fast-paced. At the end of each term, the students will put on an improv performance for family and friends. Recommended for children ages 10-14. A parent is required to attend each class.

CE-THEAT 2033, 6 Sat., Apr. 3-May 8, 9:00-10:30 am, KNC-4, \$130. J Griffin. #21534

Improv for Everyone

Improvisation is an essential skill for actors but for non-actors it is also a great way to meet smart, fun people and enjoy lots of laughs. Improv classes will enhance your public-speaking, creative and teamwork skills. Each class is organized, fast-paced and offers plenty of positive, supportive feedback.

CE-THEAT 2032, 5 Tues., Apr. 6-May 4, 7:00-9:00 pm, KNC-4, \$114. J Griffin. #21533

REMOTE Play on Words: Playwriting Workshop

Playwriting is action. The writing jumps from the page to the stage and engages audiences in the moment. Come learn from award-winning playwright, Gabrielle Fox, in a safe and fun environment. Writers will work on the basic structure of a play starting with short scenes and continuing on to larger works. All writing levels welcome and encouraged! Actors will attend the last session so writers can hear their words read aloud by theatre professionals. All classes will be on Zoom. For more information, visit www.GabrielleFoxWrites.com

CE-THEAT 2008, 6 Tues., 7:00-9:00 pm, \$202. G Fox.

Sec. A: Jan. 26-Mar. 2. #21629

Sec. B: Mar. 23-Apr. 27. #21632

Acting in the Afternoon

We will focus on the basics of using sensory work and creating a character, while reading scripts from plays with assigned roles. Students will work on a scene with a partner and present a staged reading during the last class. No memorization is required, just a love of theatre!

CE-THEAT 2020VA, 8 Tues., Mar. 9-Apr. 27, 12:00 noon-2:00 pm, KNC-4, \$192. S Courtney. #21336



Acting & Playwriting Workshops at the Axial Theatre

A collaboration between Westchester Community College and 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.

For more information on classes, please go to HMAActing.org

REMOTE 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.

CE-THEAT 2002, 6 Tues., 6:30-8:30 pm, \$265.

Sec. A: Jan. 19-Feb. 23. #21619

Sec. B: Mar. 2-Apr. 6. #21620

Sec. C: Apr. 13-May 18. #21621

REMOTE Basic/Intermediate Acting Technique for Adults

Learn the foundation of the actor's craft with a range of exercises developed by legendary acting teachers Sanford Meisner and Lee Strasberg. Develop your senses and imagination by practicing monologues and acting in scene work with classmates. Rachel Jones and Catherine Banks

CE-THEAT 2001, 6 Mon., 6:30-9:30 pm, \$245.

Sec. A: Jan. 11-Feb. 15. #21622

Sec. B: Feb. 22- Mar. 29. #21623

Sec. C: Apr. 5-May 10. #21624

REMOTE Master Class in Acting with Howard Meyer

By interview only, for advanced students. 6 sessions, 7:00-11:00 pm, \$240.

Sec. A: Jan. 11-Feb. 15. #21757

Sec. B: Feb. 22- Mar. 29. #21758

Sec. C: Apr. 5-May 10. #21759

MUSIC

Guitar Workshop

Learn to read music and play a melody together with a bass line. Discover shortcuts that can save you time. Bring a guitar to class. If questions about type of guitar, please contact the instructor at 914-235-5676. 10 sessions, AAB-104. J Lorusso.

Beginning: CE-MUSIC 2001, Thurs., Jan. 21-Mar. 25, 7:00-9:00 pm, \$217 (+ \$55 for Book 1 payable to instructor). #21628

Intermediate: CE-MUSIC 2015, Mon., Jan. 25-Mar. 29, 7:00-9:00 pm, \$217 (+ \$55 for Book 2 payable to instructor). #21694

Advanced: CE-MUSIC 2081, Tues., Jan. 26-Mar. 30, 7:00-9:00 pm, \$217 (+ \$55 materials fee for Book 3, payable to instructor). #21693

Guitar is Fun

In the Beginner class, learn chords and strumming techniques. The Intermediate class is designed for those who have taken the Beginning class. Learn more chords and strumming techniques. In the Advanced class, we will learn combination strums, fingerpicking, and more chords, with possible note reading in first position and barre chords if there is time. Students must bring their own guitar to class.

7 Tues., KNC-4, \$83. D Moran.

Beginning: CE-MUSIC 2057VA, Feb. 2-Mar. 16, 1:30-2:30 pm. #21442

Intermediate: CE-MUSIC 2058VA, Mar. 23-May 4, 1:30-2:30 pm. #21443

Advanced Part 2: CE-MUSIC 2083VA.

Sec. A: Feb. 2-Mar. 16, 2:30-3:30 pm. #21444

Sec. B: Mar. 23-May 4, 2:30-3:30 pm. #21445

Piano is Fun

Add the joy of music to your life! The Beginning class is designed for those who have never played piano before. Learn to read music in a friendly supportive atmosphere. In the Intermediate class, join us as we explore new rhythms, keys, and songs with fellow students. Please bring your own keyboard with batteries in it.

7 Tues., 12:15-1:15 pm, KNC-4, \$83 (+ textbook). D Moran.

📖 **Beginning:** CE-MUSIC 2060VA, Feb. 2-Mar. 16. #21446

📖 **Intermediate:** CE-MUSIC 2061VA, Mar. 23-May 4. #21447



Piano for Adults

Individualized and group instruction. Access to a piano and practice outside of class time are required. \$192 (+ \$19 for textbook, payable to instructor). H Dutton.

Beginner: If you always wanted to play piano but never got around to it, this class is for you! Learn to read music and have fun with chords on familiar tunes. Each student will have a full-size electric piano to play.

📖 CE-MUSIC 2005, 10 Fri., Jan. 22-Mar. 26, 6:00-7:30 pm, AAB-110. #21352

Advanced Beginner: For students who have completed Beginner class or have knowledge of basic note reading.

📖 CE-MUSIC 2062, 10 Fri., Jan. 22-Mar. 26, 7:30-9:00 pm, AAB-110. #21353

Intermediate: For students who have completed Advanced Beginner class or have musical note and chord reading skill.

📖 CE-MUSIC 2020, 10 Thurs., Jan. 21-Mar. 25, 7:30-9:00 pm, AAB-110. #21354

Advanced Intermediate: For students with intermediate to advanced technique.

📖 CE-MUSIC 2018, 10 Thurs., Jan. 21-Mar. 25, 6:00-7:30 pm, AAB-110. #21355

FINANCES & RETIREMENT PLANNING

REMOTE Wall Street Secrets: Invest Wisely

It is time to take charge of your money! Explore investing with or without financial planners. Gain confidence to invest on your own or be able to interview financial planners.

CE-FIN 2006, 1 Tues., Feb. 8, 7:00-9:00 pm, \$26 (+ \$20 optional materials fee, payable to instructor). R Nathan. #21579

REMOTE Get Great Real Estate Deals

Learn to buy or sell your home, foreclosure property, land, condo, or vacation home, and how to buy investment properties. Also, discover working with and without realtors, obtaining financing, buying for no money down, renting with options, short sales, and foreclosures.

CE-FIN 2000, 1 Wed., Feb. 10, 7:00-9:00 pm, \$37 (+ \$20 optional materials fee, payable to instructor). R Nathan. #21580

REMOTE Building and Maintaining Good Credit

Having trouble with credit? Learn the pros and cons of using credit, how to obtain credit and build a good credit reputation. Learn about FICO credit scores, how to fix errors on your credit report, effects of divorce on credit and ways to get out of excessive debt, as well as how to protect yourself from identity theft. An overview of credit application and credit report will be provided.

CE-FIN 2076, 2 Wed., Mar. 3 & 10, 6:30-8:30 pm, \$52. A Ribeiro. #21403

REMOTE Cutting Costs in Difficult Times

Learn how to save thousands of dollars by investing on your own with no-load mutual funds; the benefits of credit unions; buying used cars; saving when buying a new car, home or life insurance; and how to cut your school and county taxes. Hundreds of money saving websites will be shared.

CE-FIN 2002, 1 Thurs., Feb. 11, 7:00-9:00 pm, \$26. (+ \$20 optional materials fee, payable to instructor). B Nathan. #21582

REMOTE Home Ownership: Is It Better to Buy or Rent?

Are you considering buying your own home but undecided whether renting is better? Discover the pros and cons of both buying and renting. Learn to identify the costs of buying a home, the steps needed when buying and what to know about financing. Learn to think and act strategically before making the decision to buy.

CE-REAL 2072, 2 Wed., Feb. 3 & 10, 6:00-8:00 pm, \$52. A Ribeiro. #21404

Register Early!

Classes are cancelled for under-enrollment several days in advance. We recommend that you register **ONE week in advance** of the course start date.

PLANNING FOR THE FUTURE

Retirement and Estate Planning

Gain an understanding of the new estate and income tax laws. What are the benefits of a revocable trust and are trusts better than wills? Learn ways to protect assets and postpone tax filing. Our discussion will focus on estate planning and the responsibilities of the executor.

CE-FIN 2078, 3 Tues., Mar. 16-30, 7:00-9:00 pm, KNC-4, \$78. K Stuart. #21639

REMOTE Maximizing Your Social Security

With historic changes in Social Security signed into law, prepare for your retirement and learn how to get the most out of your social security benefits. Learn to manage longevity risk and strategies to maximize the amount of money you receive throughout retirement. Among the topics included are spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. Receive Myths and Facts about Social Security and Social Security: What Should You Do at Age 62. CE-FIN 2036, 1 Tues., Jan. 19, 6:30-8:30 pm, \$42. J Brenkovich. #21351

Financial Freedom Forecast

What can you do to forecast your financial future? Take control of your finances, become a smarter investor, educate yourself and increase your knowledge and skills in promoting financial fitness for you and your family. Gain confidence as you learn about budgeting; responsible saving; tracking your finances; saving for long term items; assets and liabilities; debt management; and investing in stocks and bonds. CE-FIN 2025, 1 Sat., Jan. 23, 10:00 am-12:00 noon, KNC-3, \$21. L Nicholas. #2144

WINE & FOOD EXPLORATION



Wine Tastings

Husband and wife team Anthony Russo and Andrea Kish, fine wine buyers and owners of ARIES Wine and Spirits, make wine appreciation and education fun and memorable! You must be 21 and over to register. No refunds for these classes. Courses are held at Aries Wine and Spirits, 128 West Post Road, White Plains. Phone: 914-946-3382. Classes begin promptly at 7:30 pm; please allow enough time to park and sign in. Each class meets for 1 Tues., 7:30-9:30 pm, \$26 (+ \$20 sampling fee, payable in CASH, to instructor).

ABC's of White Wine

This "Anything But Chardonnay" course will cover chardonnay, the world's most well-known white wine, discussed and tasted in comparison with five other white wine grapes. Grape origin, winemaking style, wine service, storage, and pairing with foods will be covered. Appropriate cheeses will be served as palate cleansers and to demonstrate food and wine compatibilities. CE-WINE 2001, Mar. 9. #21364

ABC's of Red Wine

This "Anything But Cabernet" course will cover cabernet sauvignon, the world's most widely grown red wine, discussed and tasted in comparison with five other red wine grapes. Grape origin, winemaking style, wine service, storage, and pairing with foods will be covered. Appropriate cheeses will be served as palate cleansers and to demonstrate food and wine compatibilities. CE-WINE 2000, Mar. 30. #21365

BAKING & COOKING

Buttercream Decorating Techniques

Learn the basic art of decorating with buttercream. In this workshop, learn how to prepare icing to obtain the right consistency for decorating, how to color icing, and how to fill a decorating bag. Discover the basic art of cupcake and cake decorating through basic baking tips and tricks. In the first class, students will bring eight cupcakes to decorate and for the second class, students will bring a cake to decorate. CE-COOK 2060, 2 Sat., Mar. 13 & 20, 10:00 am-12:00 noon, KNC-4, \$46 (+ \$40 materials fee, payable to instructor). L Nicholas. #21449

NEW! REMOTE Flatbreads and Crepes from Around the World

Working with flour and water is so much fun and therapeutic! In addition to baking loaves of bread, there is a world of flatbreads, crepes, and pancakes that are fun and enjoyed around the world. In this virtual class, explore options for working with breads, pancakes, and crepes with a global accent, including working with fermented batters. CE-COOK 2063, 3 Sat., Mar. 13-27 & 1 Sun., Apr. 4, 3:00-5:00 pm, \$99. R Bhattacharya. #21698

NEW! REMOTE Indian Cooking Made Fun and Simple

Love Indian food and want to learn how to cook it in an easy and practical manner? You are in luck! This series of classes will take you through a complete journey in Indian cooking, covering everything from stocking up an essential spice pantry to cooking your favorite dishes and incorporating healthy seasonal produce. This virtual class is designed for all levels and will accommodate most dietary restrictions. CE-COOK 2064, 7 Sun., Jan. 24-Mar. 7, 10:30 am-12:00 noon, \$130 (+\$20 for optional Spices and Seasons cookbook, payable to instructor). R Bhattacharya. #21699



A TASTE OF WESTCHESTER



Join us at several 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 sample tasting of the prepared items. Fees include non-alcoholic beverages. New menu items are explored each semester. Menu substitutions may occur when necessary. Demonstrations will begin 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 but call 914-606-6830 press 1 if you cannot attend so the restaurant can be informed. Must be 21 years of age to attend.

NOTE: If registering and paying for yourself and/or others, you are required to provide complete registration information (name, address, date of birth, phone, and email) for all registrants at the time of registration.

For more detailed menu descriptions, visit www.sunywcc.edu/taste-of-westchester CE-REST 2000 is the catalog number for all Taste of Westchester classes.

We will be "ZOOMING" through the winter months. Join the fun and take a virtual class to interact with chefs and attendees and learn new techniques. The ZOOM class registrations will end four days prior to class date.

The link will be emailed directly to you from the restaurant (vendor) who is setting up the class. You will pay "sampling" lesson fees directly to them and they will send you the link and password for the class as well as ingredient, equipment lists and recipes.

During the warmer months in-person classes may be held outdoors weather permitting.

REMOTE Zwilling J.A. Henckels Cooking Studio

270 Marble Avenue, Pleasantville

914-749-3406, www.zwillingcookingstudio.com

Paella Cooking! The cooking studio online classroom is ready to go with three cameras and microphones set up with the perfect lighting. Join executive chef Bernard Janssen for a virtual class showing us how to use Zwilling products while we discover how to prepare this classic dish. Learn cooking techniques and knife skills used to make radicchio salad and a proper vinaigrette. Watch or prepare in real time with your own ingredients a lesson on mastering paella two ways starting with Valenciana style (chicken, butter beans and artichokes) and a seafood paella. Watch the technique to make crema Catalana flavored with almond and star anise. Once signed up through WCC, you will pay a lesson fee directly to the Zwilling Cooking Studio on their website and they will forward the zoom link, recipe to follow along, and the ingredient and equipment list should you chose to cook in real-time. As a special class treat, get a substantial discount on all Zwilling products with the class coupon provided.

1 Tues., Mar. 16, 5:30-7:30 pm, \$21 (+ \$25 "sampling" lesson fee, payable to instructor). #21719

NEW! REMOTE Tina Zaccardi, Winner of The Great American Baking Show

914-830-9631, IG @TheItalianCookie

Eat Dessert First! Westchester's own Tina Zaccardi, winner of The Great American Baking Show, is hosting a dessert workshop and you can join her via zoom to make lemon meringue tart. In this visual demo you can cook alongside chef in your kitchen or just follow along and recreate it in your own time. Learn how to make a pate sucee (sweet pastry crust), a luscious lemon curd and a Swiss meringue. She will also show you how to turn the leftover meringue into meringue cookies. Once signed up through WCC, you will pay a lesson fee directly to Tina (via Zelle or Venmo) and she will forward the zoom link, recipe to follow along, and the ingredient list to purchase on your own should you chose to cook in real-time.

1 Thurs., Mar. 25, 6:30-8:30 pm, \$21 (+ \$10 "sampling" lesson fee, payable to instructor). #21720

NEW! REMOTE Taco Shack

27 North Main Street, Port Chester

914-481-5551, www.tacoshackpc.com

Saturday Fun! Explore southern and coastal dishes using local seasonal vegetables, fruits, and herbs led by chef owner Luis Aguilera on a lesson consisting of a limeade mocktail (or add alcohol) and dishes for you to create in your own home. Cook alongside chef in your kitchen or just follow along and recreate it in your own time with a lesson on how to properly cook rice and beans, make green tomatillo sauce and the best way to roll enchiladas. Once signed up through WCC, you will pay a lesson/ingredient fee directly to Taco Shack (via cash, Zelle or credit card) and they will forward the zoom link, recipe to follow along, and you will pick up the ingredient box the day before to follow along with our talented chef on the zoom class. Cook on your own or if you chose to cook in real-time.

1 Sat., Mar. 27, 11:00-1:00 pm, \$21 (+ \$30 "sampling" lesson plus ingredient box fee, payable to instructor). #21721

NEW! REMOTE Breads-N-Bakes

Jason Bowman, Pound Ridge

info@breadsnbakes.com, www.breadsnbakes.com

Pie Making! Join Pound Ridge resident Head Baker Jason Bowman for an on-line based masterclass in pie making. As an avid home baker for many years, having previously worked in a retail bakery in UK, Jason is a master at European style baking that is based on quality ingredients, hand crafted and baked fresh daily. Begin with a demonstration on coconut cream pie with meringue topping and then bake along or in your own time with a tutorial on a delicious spiced pear and salted caramel galette (open pie). Learn the best techniques for making a pate sucee pie dough, the secrets of blind baking, how to make foolproof meringues and the technique to make a perfect salted caramel. Once signed up through WCC, you will pay a lesson fee directly to Breads-N-Bakes on their website and they will forward the zoom link, recipe to follow along, and the ingredient and equipment list should you chose to cook in real-time.

1 Tues., Apr. 6, 6:30-8:30 pm, \$21 (+ \$20 "sampling" lesson fee, payable to instructor). #21722

NEW! REMOTE Dishing It

Dishingitny@gmail.com
845-519-7560, www.dishingitny.com

Chef Hannah Gerety is a professionally trained private chef offering meal prep services and cooking classes and specializing in custom, ready-to-eat, meal prep personally designed for your family's dietary needs. Chef Hannah will lead us in a lesson consisting of three dishes for a spring harvest for you to create in your own home. Cook alongside chef in your kitchen or just follow along and recreate it in your own time. The menu for the evening's lesson will be a spring pea and mushroom risotto utilizing the taught technique to making a creamy and flavorful risotto. Next asparagus with hollandaise sauce including a step-by-step method to making this "mother sauce" served with blanched asparagus. A lesson on strawberry and goat cheese salad with a perfect red wine vinaigrette will teach us how to incorporate fruit into a delicious spring salad that is savory, sweet and creamy. Once signed up through WCC, you will pay a lesson fee directly to Dishing It on their website with a password and they will forward the zoom link, recipe to follow along, and the ingredient list to purchase on your own should you choose to cook in real-time.

1 Mon., Apr. 12, 6:00-8:00 pm, \$21 (+ \$15 "sampling" lesson fee, payable to instructor). #21723

NEW! REMOTE Jane Bakes

740 South Drive, Hopewell Junction and 1 Larkin Plaza, Yonkers
845-259-9968, www.janebakes.com

From Flowers to Flour! Serial entrepreneur Jane Carroll is a nationally recognized floral designer turned healthier treat baker. She is on a mission to offer better options for those trying to lead a cleaner lifestyle. From breakfast and lunch to her famous cookies baked better, she does it all! Yonkers is home to her grab-and-go cookie and coffee shop while her manufacturing facility for the all natural cookie line and farm-to-table cafe is in Hopewell Junction. Hear Jane's story and follow along via Zoom. Prepare in your own home or recreate it in your own time, delicious pecan squares and a gluten free almond and coconut cake. Once signed up through WCC, you will pay a lesson fee directly to Jane Bakes on their website and they will forward the zoom link, recipe to follow along as well as the ingredient list to purchase on your own should you choose to cook in real-time, along with a coupon code for a free pack of cookies.

1 Thurs., Apr. 15, 6:00-8:00 pm, \$21 (+ \$15 "sampling" lesson fee, payable to instructor). #21724

DeCicco & Sons

17 Maple Avenue, Armonk (Demo Kitchen-2nd floor)
914-499-1100, www.deciccoandsons.com

Beautiful Demo Kitchen! Chef Frank Carlucci teaches the techniques used from their catering specialties with printed recipes. You will be amazed how easy it is to host a perfect luncheon beginning with a berry basil spritzer. Help prep starting with a strawberry balsamic Caprese salad on crostini and spring herbs deviled eggs. Learn an easy dish of spinach orzo salad with seared shrimp. Brendon O'Brien, their in-house craft beer manager guides us in pairing three different beers with our courses. We will make our cannoli from their delicious bakery to go with coffee or tea.

1 Tues., Apr. 20, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21725

The Winery at St. George

1715 E. Main Street, Mohegan Lake
914-455-4272, www.thewineryatstgeorge.com

Italia Here We Come! Listed on the National Register of Historic Places, The Winery is housed in a 107-year old stone church and is one of the most sought-after, unique venues in the tri-state area. Tonight, learn about the wines of Italy and food of that culture. Join us for a unique tasting experience with owners Tom DeChiaro and wine enthusiast John along with executive chef Cisco guiding our palates through a three-course Italian food pairing. Chef will create unique Italian cuisine from the region in his seasonally inspired plates such as stuffed arancini and a surprise dessert as we explore Chianti, Barolo, and Biancavite wines.

1 Wed., Apr. 21, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21726

Tarry Tavern

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

Hand Crafted Pasta Demo! Owner Henry Cabral's American gastropub offers creative, locally sourced dishes and seasonal menus inspired by what farmers and fishermen are growing, raising, and catching. Learn to make hand crafted ricotta cavatelli with spring asparagus, peas and brown butter sauce, and how to stuff chicken breast with morel mushrooms and leeks. Cabral is a former pastry chef and makes us some of the most delicious desserts-just taste his strawberry rhubarb crumb pie. Enjoy a night out with a classically trained restaurateur!

1 Tues., Apr. 27, 6:00-8:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21727

NEW! Climbing Wolf Coffee & Beer

78 Main Street, Dobbs Ferry, www.climbingwolf.beer
The Cheese Enthusiast, www.thecheeseenthusiast.com

Say Cheese and Craft Beer! Chris and JB Gomez run this family business in Dobbs Ferry and are thrilled to be supporting the community with coffee and craft beers. Ali Weinig curates gorgeous cheese boards with personally selected, locally sourced, small farm cheeses and produce support local small farms and businesses. Try eight different couplings while learning about pairing cheese and beer. Discover why some of your favorite beers pair so well with cheese. Learn about beer history, how beer and cheese develop their flavors, aroma, appearance, texture, history and more. After class purchase craft beer and cheese at a discounted price.

1 Wed., Apr. 28, 7:00-8:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21728

Tredici North

578 Anderson Hill Road, Purchase
914-997-4113, www.tredicinorth.com

Modern Italian! Italian cooking is in Giuseppe Fanelli's blood. His family is from in Puglia where they produce olive oil at their family grove. Chef has worked at several of NYC's most renowned Italian restaurants. Now at two Westchester locations, he brings elevated Italian fare to the suburbs. Featured on numerous television shows, and as the champion on The Food Network's "Chopped," he demonstrates some of his special dishes, starting with an asparagus vinaigrette salad. Learn to properly prepare the catch of the day. Chef shows us the making of springtime-vegetable ravioli with creamy burrata. We end with a sweet treat of strawberries and gelato.

1 Thurs., Apr. 29, 6:00-8:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21729

NEW! Fatt Root Asian Kitchen

11 Wheeler Avenue, Pleasantville
914-579-2552, www.fattroot.com

Asian Inspired Street Food! Bringing the exotic flavors from night markets, shop houses and the street foods of Thailand, Vietnam and Malaysia, partners Brian, Miguel and Mogan have set out to create a masterful culinary experience at this newest hotspot. Executive chef Mogan Anthony will teach us the intricacies of a few of their favored menu items. We begin with yu shang, a Chinese new year's salad, referred to as a "prosperity toss" consisting of strips of fish and shredded vegetables. Learn to make super grains into fried rice with quinoa, steel cut oats, and brown rice mixed with veggies and crispy kale. Our sweet treat is a lesson on forbidden black rice pudding with coconut milk and brown sugar. Order a cup of sake and join us for a cultural experience not to be missed!

1 Sat., May 1, 12:00 noon-2:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21730

NEW! Meraki Taverna

456 Main Street, Armonk
914-219-8888, www.merakitaverna-armonk.com

Opa! Classic Greek! In Greece, "meraki" is described as what happens when you leave a piece of your creativity in your work or when you love doing something so much that your soul is in it, such as proprietor and chef Michalakakis Sarris. Our lesson will include pita with lemon marinated olives, and melitzanosalata (roasted eggplant dip) along with a tutorial on the perfect Greek prasini salad with feta cheese. A quick lesson on youvarlaka avgolemono, a classic veal and rice meatballs with an egg lemon sauce. Learn the secret to garides santorini (shrimp, sautéed with tomato and feta cheese). Our tasty dessert will be chocolate baklava with caramel sauce and vanilla ice cream along with an icy frappe. Arrive hungry and ready to hear our chef's stories of his youth!

1 Mon., May 3, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21731

Wood & Fire Neapolitan Style Pizza

59 Marble Avenue, Pleasantville
914-747-2611, www.woodandfirepizza.com

La Famiglia shows us how! This unique family-owned restaurant offers traditional Neapolitan cuisine with a contemporary twist. Chef Lidia, born in Sicily and raised in Naples, combines her beloved family recipes with the recipes of modern-day Italian chef, Pasquale Abbatiello, to strike the perfect balance. Our chef will teach us how to make an easy food processor pasta. Learn the secrets to their meatballs served over creamy polenta. Find out how they utilize heirloom tomatoes for their marinara and the technique to make an authentic pesto sauce. Our award-winning chef will share how to properly assemble pizza at home. Our dolci demo is made-to-order zeppoles served with Frangelico crema and a Nutella pizza with strawberries so arrive hungry!

1 Tues., May 4, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21732

Mima Vinoteca Italian Kitchen & Wine Bar

63 Main Street, Irvington
914-591-1300, www.mimarestaurant.com

Just Like Grandma! Join Mima's owner Nando Pattera for a "how to" on apricot, mint crostini with house-made ricotta and honey drizzle (Prosecco). Watch him create shaved zucchini, fennel salad with roasted pine nuts, Grana Padano with a honey-shallot vinaigrette (Sauvignon Bianco). Learn the chef's rendition of ricotta gnocchi with prosciutto di Parma, asparagus, spring mushrooms tossed with Parmigiano and herbed butter (Montepulciano de Abruzzo). For dessert, an easy preparation of Prosecco soaked strawberries with mint, vanilla-elderflower whipped cream and crushed pistachio nuts (Moscato de Asti). Optional \$15 wine pairing with each course.

1 Wed., May 5, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21733

NEW! El Barrio

185 Summerfield Street, Scarsdale
914-723-2600, www.elbarriony.com

Make Mexican Tortillas! After a successful run with 808 Social, owners Frank Valenti, Michael Mondrone and chef Salvatore Cucullo have done it again. Opening a new, sleek and casual, trendy Mexican restaurant that will incorporate street food with specialty cocktails. Try your hand at fresh stretched tortillas from our talented chef. We will use them to make tacos and tostadas with a variety of fillings. Chef will teach us to make a surprise Mexican dessert and a themed cocktail especially for our class.

1 Thurs., May 6, 6:00-8:00 pm, \$21 (+ \$25 in CASH sampling fee, payable to instructor). #21734

DonJito

122 Mamaroneck Avenue, Mamaroneck
914-902-5486, www.donjito.com

Hot Spot-Latin Fusion! Owner Jackfry Rosado has hit on a winning combination in his Latin kitchen where they celebrate a nuevo Latino menu with Spanish, Mexican and South American traditions. Our lesson takes place on their beautiful outdoor patio (weather permitting). Join chef Luis Casenes as he shows us some of the specialties of the house. Gain tips to make chorizo flatbread and tableside guacamole. Learn the secret to making chicken enchiladas with mole sauce. Enjoy a show-stopping demo on making fabulous seafood paella. Our dessert tutorial will be tres leches cake.

1 Mon., May 10, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21735

Southern Table Kitchen & Bar

39 Marble Avenue, Pleasantville
914-618-3355, www.southern-table.com

Southern hospitality! Selected as one of Westchester's Michelin Bib Gourmand Inspectors favorites, Michael Ferrara's family-owned restaurant boasts an open kitchen serving up southern fare and hospitality. Chef Pasquale Abbatiello will show us the makings of their now famous buttermilk fried chicken and what makes it super delicious. Learn why their mac-n-cheese is decadent, made with cheesy béchamel sauce and topped with pickled jalapeno, bacon, toasted crumbs, and scallions. Enjoy a how-to on searing shrimp and preparing grits from start to finish including the tastiest tomato gravy. See why their biscuits are the best in the county with a side of classic fried green tomatoes. Pecan pie a la mode as a sweet ending to this most hospitable evening!

1 Tues., May 11, 6:00-8:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21736

Register Early!

Classes are cancelled for under-enrollment several days in advance. We recommend that you register **ONE week in advance** of the course start date.

NEW! Sloppie Joe's Gourmet Grub

541 Central Park Avenue, Yonkers
914-573-6469, www.sloppiejoes.com

Let's Get Sloppy! Meet Joe Defeis, owner and concept developer, who has elevated the classic sloppy joe to a whole new level by utilizing premium ingredients and flavor fusions that make each SJ sandie an artisanal creation. Discover the story behind his food trucks and brick and mortar location. Joe teaches us about the 100% Angus beef used with some quick tips to recreate the flavorful sauce. Taste a few incarnations of the original sloppy joe including his bestselling "slop-a-cado Joe" as well as his signature SJR, spicy slop, drop and roll, and their new signature sandwich, the Hawaiian, along with a few cool alternatives for non-beef eaters. Learn the best way to hand cut potatoes to ensure quality French fries. Discover why his milk shakes are to die for! This class is held in the OUTDOOR space, so dress accordingly, rain date on May 13.

1 Wed., May 12, 5:30-7:30 pm, \$21 (+ \$20 sampling fee in CASH, payable to instructor). #21737

RAIN DATE: Thurs., May 13, 5:30-7:30 pm

Zwilling J.A. Henckels Cooking Studio

270 Marble Avenue, Pleasantville
914-749-3406, www.zwillingcookingstudio.com

Asian Street Food—Hands-on Cooking! Executive Chef Bernard Janssen shows us how to use Zwilling products while we learn to prepare a sit down meal. Learn cooking techniques and knife skills with this extensive interactive lesson to help prepare some of the following dishes to share: sate ayam with peanut sauce, spring rolls with sweet and sour sauce, pho, tom kha kai, lemongrass pork skewers, pork and shrimp dumplings, Thai fish cakes, a quick pad Thai, grilled banana leaf with white fish, papaya salad, summer rolls and chicken larb. As a special class treat, get a substantial discount on all Zwilling products (check website). Longer class due to interactive cooking! Limited space.

1 Thurs., May 13, 5:30-8:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21738



NEW! Locali

2 Kirby Plaza, Mount Kisco
914-242-0100, www.localipizzabar.com/mount-kisco-ny

Lunch Italiano! The train station has been transformed into one of the hottest bars in the area, serving amazing food from award winning owner and executive chef Mogan Anthony who creates an all-around fabulous experience each time you visit. Chef will teach us to prepare their now famous Locali clam pizza bread, with lemon cream. Learn to perfectly pan sear bronzino with red and green pesto and olive oil potatoes. Experience the house special whipped cheesecake with extra virgin olive oil. Talk, taste and toast with us!

1 Sat., May 15, 12:00 noon-2:00 pm, \$21 (+ \$25 in CASH sampling fee, payable to instructor). #21739

Risotto Restaurant

788 Commerce Street, Thornwood
914-769-6000, www.risotto-restaurant.com

Rice is Nice! A traditional Northern Italian dish, risotto is made by slowly simmering arborio rice and adding liquid at intervals to achieve a creamy texture. Owner Kevin Oliveros take us on an informative tour exploring the preparation of the restaurant's namesake. Begin with a demonstration on a favorite, making fresh mozzarella. Perfectly prepare risotto verde primavera tableside as chef will flambé in a giant wheel of Pecorino Romano cheese. The end of meal treat is a lesson on panna cotta with a surprising twist.

1 Mon., May 17, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor; optional wine pairing additional \$10). #21740

NEW! Apiary

157 Larchmont Avenue, Larchmont
914-834-3572, www.apiarylarchmont.com

Hands-On Prep! Chef owner Joerg Zehe was trained by the likes of Jacques Pepin and Alain Sailhac at the French Culinary Institute. Tonight, he shares his wisdom and commercial kitchen for us to "play" in. Pick up some cooking skills with this hands-on class that will have you doing part of the preparation. We begin with a structured salad and then mastering chicken cordon bleu. Learn to make an easy yet delicious spaetzle with French green beans. Chef shows us the technique to perfect a classic crème brulee.

1 Tues., May 18, 5:30-8:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21741

The Horse & Hound Inn

94 Spring Street, South Salem
914-763-3108, www.thehorseandhoundinn.com

Outdoor Night with Music! During the twenty years the Vales have owned the Inn, there have been several sightings of spirits. Our hosts, Silvano and Sue Vales and friends will keep us in the "spirit" of the upcoming summer! Patio dining (weather permitting) for our lessons on summertime classics with a twist. Begin with an amuse bouche of pesto shrimp and then a "how to" on caprese skewers. A tutorial on a refreshing watermelon, feta and arugula salad. Learn the art of preparing fish such as mahi mahi set over broad beans and wilted greens. Enjoy a light and refreshing sangria then a light dessert of strawberries with balsamic glaze, mascarpone, fresh mint and lemon zest to end our dinner demo.

1 Wed., May 19, 5:30-9:30 pm, \$21 (+ \$30 sampling fee in CASH, payable to instructor). #21742

NEW! Tromonto by Zuppa

27 Saw Mill River Road, Hawthorne
914-347-8220, www.tramontos.com

Pizza-Pizza Hands on! Newly renovated and now home to a pizza oven tonight we will get hands on with a pizza lesson. Join owner chef Nando Pattera as he discusses "tossing pies" from the dough to the ins and outs of their combo gas and wood burning oven. Try a variety of pizzas including the speck, fig jam, and gorgonzola; and the broccolletti and salsiccia. Make your own mini classic Margherita pizza. Enjoy a "how to" on baked clams oreganata and crispy calamari arugula salad with garlic aioli. And end the evening with a demonstration of a classic Italian dolce of semifreddo pistachio.

1 Thurs., May 20, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor; optional wine pairing additional \$15). #21743

Maria Restaurant

11 Huguenot Street, New Rochelle
914-636-0006, www.marianewrochelle.com

Veggies are the Star at Lunch! New Italian cuisine from the brothers that brought you Pop's Espresso and Fratelli's Pizza, Peter and Giovanni Cucullo. Gio incorporates Asian flavors into many of his dishes and will teach us about summertime veggies his recipes inspired by mamma Maria. Famous for his bar bites of eggplant fries and cauliflower fritters, learn his tips to making them light and decadent. This restaurant is one of few awarded the Michelin's 2020 Bib Gourmand. Learn how to make rare sesame tuna with cucumber, scallion, sesame, and tamari and why his honey glazed chicken wings are so good. For dessert, taste the lightest doughnut around made at Pop's Espresso next door, filled with cannoli cream and enjoyed with a cappuccino. The "dannoli" will change your life!

1 Sat., May 22, 12:00 noon-2:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21744



Brothers Fish & Chips

172 North Highland Avenue, Ossining
914-488-5141, www.brothersfishandchips.com

Eat Fish. Live Longer! Here is one big family of chefs that have realized their dream by owning a seafood restaurant next door to the takeout spot. Known for his beautiful plates and creativity, chef owner Elmer Oliveros will start our demonstration with shrimp ceviche and show us how to sear seasonal wild fish over smashed potatoes and spring vegetables from the local farm. As a special treat, a tutorial on his mom's creamy rice pudding. 1 Mon., May 24, 5:30-7:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21746

Zuppa Restaurant and Lounge

59-61 Main Street, Yonkers
914-376-6500, www.zupparestaurant.com

Italian Flare! Owner Robert Leggio helped spark the development of the Yonkers' downtown waterfront district. Zuppa is housed in the Gazette Newspaper's Printing Press warehouse. Chefs Paskual and Edi Dedi will demonstrate how to present herb crusted calamari skewers served with arugula petals. Enjoy a lesson on hand-made ricotta cavatelli with guanciale in an egg Pecorino sauce. Chef teaches us to perfectly sear a petit black angus filet served with oyster mushrooms and polenta cubes. Enjoy the classic with a lesson on tiramisu accompanied by Italian coffee.

1 Tues., May 25, 6:00-8:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor; optional wine pairing additional \$15). #21747

NEW! Baked by Susan

379 S. Riverside Avenue, Croton-on-Hudson
914-862-0874, www.bakedbysusan.com

Bread and Butter Hands-on! As the Best of Westchester winner 7 years in a row Susan O'Keefe knows a thing or two about baking. The bakery is now housed in a new facility and this veteran baker will show us the basics of using yeast. Hand make your own loaf of bread and while the loaves bake learn to make easy churn butter. Take your bread home to share with loved ones. Enjoy some of Baked by Susan's favorite breads with house-made butter and coffee. Lots of baked goods to purchase including their now famous empanadas and pies! 1 Wed., May 26, 6:30-8:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21748

Saltaire Oyster Bar

55 Abendroth Avenue, Port Chester
914-939-2425, www.saltaireoysterbar.com

Aww Shucks! Housed in a century old historic grain warehouse nestled along the banks of the Byram River, they offer the widest selection of pristine oysters in the tristate area sourced daily from the Fulton Fish Market. Owners Beth and Les Barnes will treat us to a lesson on shucking oysters and a variety of dressings: red wine mignonette, house cocktail, horseradish aioli, and a creative strawberry cucumber relish. Try some tidbits off their "Wine & Brine" happy hour menu and learn the secrets to their fresh fish tacos. Create a key lime tart and make a mini seasonal cocktail to pair with our oysters.

1 Thurs., May 27, 6:00-8:00 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21749

NEW! Wood.Fire.Food.

Sabia Homestead, 8 Main Street, North Salem
914-255-5206, www.woodfirefoodco.com
Conner McGuinn Studios, www.connormcginnstudios.com

Open Fire, Outdoor Dinner! Daniel Sabia is a dreamer, an artist, and a realizer of amazing meals cooked entirely outdoors by managing fire. He creates one of a kind outdoor dining experiences in any location. He is part of a cooperative of artists who are together at Makers Central in Tarrytown. Chef utilizes cooking on an open fire to evoke a feeling of warmth and community. Discover the use of the open flame to serve up the freshest ingredients such as beautifully grilled melon and tomato panzanella. Next, a lesson on wood grilled chicken and smoked avocado, adorned with salsa verde. Finish around the fire with grilled peaches, smoked ricotta, sprinkled with burnt almond crumble. All dinnerware is from Conner McGinn Studios. Conner creates custom ceramics from high fire stoneware or porcelain that are food safe glazed and are featured in many restaurants. Dan treats us to his family's homemade wine.

1 Tues., June 1, 5:30-8:30 pm, \$21 (+ \$25 sampling fee in CASH, payable to instructor). #21750

RAIN DATE: Wed., June 2, 5:30-8:30 pm

Register Early!

Classes are cancelled for under-enrollment several days in advance. We recommend that you register **ONE week in advance** of the course start date.

HEALTH & WELLNESS

NEW! Exercise Prescription for Back Pain

Discuss the role exercise plays in the prevention, management, and treatment of chronic back conditions, including degenerative disc disease, osteoarthritis, stenosis, sciatica and scoliosis. CE-FITNS 2097VA, 1 Sun., Apr. 18, 10:00 am-12:00 noon. KNC-3, \$26. A Bonny. #21324

Chanting to Open Your Heart to Joy

Share the healing and uplifting power of chanting together. Let the beautiful vibrations bring you to a place of inner peace and strength. Find the silence within, connect with yourself, and move away the blockages keeping you from being all you can be. Chanting in Sanskrit has a hypnotic effect on the mind. Come create a unique experience that leads to a state of higher consciousness, concentration, and joy. No singing experience necessary.

CE-PRSDV 2186, \$26. J Slotnick.

Sec. A: 1 Thurs., Apr. 8, 6:00-7:30 pm, KNC-3. #21716

Sec. B: 1 Sat., Apr. 17, 1:00-2:30 pm, KNC-2. #21717

REMOTE Boost Your Memory Power

Everyone can benefit from a better memory. Come learn and practice simple and fun memory techniques including acrostics, acronyms, association, storytelling, repetition, rhyming, and chunking, along with some basic improvisation games. All designed to improve one's memory!

CE-PRSDV 2183, 4 Tues., Mar. 30-Apr. 20, 2:00-4:00 pm, \$99. A Wainer. #21525

REMOTE Maximize Productivity: Reduce Digital Distraction

Do you find yourself stuck to your phone a lot? Do you feel that you never have enough time in a day, and meanwhile, you find yourself on social media? Are you unable to focus for more than 30-minutes on a particular task? This 2-hour course will give you more insight into why our digital devices are more often foe than friend. Discover a new relationship with your phone that will support your productivity and still allow you to connect with friends and family.

CE-PRSDV 2184, 1 Wed., Mar. 24, 7:00-9:00 pm \$26. R Lasry. #21432

REMOTE Self-Care for Caregivers

Designed for the layperson as well as the healthcare professional. Learn resources and tools to help you provide care for yourself as you care for others. Caring for others and managing all the other stressors in your life can affect your own physical, emotional and mental health. Come learn how to stay healthy during difficult times. The emotional and physical demands involved with caregiving can put strain on every aspect of a caregiver's life.

CE-PRSDV 2185VA, 1 Sat., Feb. 6, 12:00 noon-4:00 pm, \$52. J Ricks. #21424

REMOTE Cast-off Those Winter Blues!

Easily learn what it means to "eat-smart" including which foods to eliminate to stabilize moods & increase focus, and why you DON'T have to gain winter weight! You will quickly find out how to raise your metabolism and increase your energy as well as, simple ways to balance your digestive system and detox suggestions for overall improved health and immune system function. You will learn some simple indoor workout Suggestions which will greatly benefit core strengthening. Also cover the importance of sleep during which you will learn foods & dietary supplements to assist.

CE-PRSDV 2139, 1 Sat., Feb. 20, 12:00 noon-4:00 pm, \$52. J Ricks. #21423

Mood Food

Among other factors, anxiety is believed to be connected to low total antioxidant levels in the body. Learn about the possibilities of better mental health through diet! Learn about those nutritional and lifestyle strategies that may ease anxiety, reduce stress and improve sleep.

CE-NUTR 2017, 1 Tues., Mar. 2, 10:00 am-12:00 noon, KNC-3, \$26. C Gravenese. #21421

Nutrition Myths

Will eating after 8:00 pm cause you to gain weight? Will exercising on an empty stomach help you burn more fat? Is agave better for you than sugar? Are all additives used in food bad for you? Will probiotics make you healthier? Find out the answers to these nutrition questions and many more when we review the science behind commonly believed nutrition habits and information.

CE-NUTR 2016, 1 Tues., Mar. 16, 10:00 am-12:00 noon, KNC-3, \$26. C Gravenese. #21422

REMOTE Environmental Nutrition

Come explore how the foods we eat and our environment are related. Understand not only how our diets impact our environment but how the way we grow food is affecting our overall health. Learn about the small, practical dietary and lifestyle changes you can make to improve health, reduce inflammation and help your body naturally detoxify.

CE-NUTR 2018, 1 Tues., Mar. 23, 4:00-6:00 pm, \$26. C Gravenese. #21420

REMOTE Veganism 101

Learn what it means to be vegan and how a vegan lifestyle is better for you, your family, the planet, and the animals. Understand the health and nutritional benefits of a plant-based diet versus the standard American diet. Acquire resources including delicious new recipes; how to substitute vegan items for traditional animal products; how to find and/or build a community of support; and identify strategies for eating out and navigating traditional holiday foods.

CE-NUTR 2019, 3 Thurs., Apr. 8-22, 6:30-8:30 pm, \$73. A Siebenaler. #21601

REMOTE Facial Yoga

Forget the facelift! This natural method engages muscle activity to improve your looks regardless of your age and gender. Discover easy exercises, done while sitting, to tone muscles in the jaw, mouth, eyes, and forehead; reduce wrinkles and sagging skin; and allow more oxygen and nutrients to reach skin cells, giving the appearance of a fuller and more youthful look. Bring a small standing mirror, metal teaspoon, unsharpened pencil, and face moisturizer.
CE-FITNS 2056, 1 Sat., Feb. 6, 12:30-3:30 pm. \$52. H Cuevas. #21537

NEW! REMOTE Think Positive

Having trouble feeling positive or optimistic in these most challenging times? You are not alone. Research indicates that having a positive attitude and thinking optimistically can have a significant impact on our physical, mental and emotional health. Learn strategies and techniques that will enable you to increase your ability to achieve your goals, improve communication and relationships, and generally enhance the quality of your life.
CE-PRSDV 2192, 4 Wed., Mar. 31-Apr. 21, 2:00-3:30 pm, \$78. A Wainer. #21760.

MINDFULNESS & MEDITATION

REMOTE Introduction to Mindfulness and Meditation

Have you wanted to try meditation but did not think it was for you? During this one-session class, we will explore several types of meditation that you can incorporate in your daily life.
CE-PRSDV 2105VA, 1 Mon., Feb. 8, 10:00 am-12:00 noon, \$26. E Wind. #21562



REMOTE Mindful Eating

Do you eat for emotional reasons? Have you lost pleasure in eating? Come learn how to maintain a healthy attitude toward eating, while still enjoying your food. Through mindful eating, you will learn many easy and practical exercises to encourage a healthy and enjoyable lifestyle.
CE-HLTH 2069VA, 1 Wed., Feb. 10, 10:00-12:00 noon, \$26. E Wind. #21561

REMOTE Becoming Unstuck: Transformation through Mind, Body & Spirit

Whether our “stuckness” is due to circumstances, stress, decisions, illness, etc., science-based mind-body medicine is a powerful tool to move forward. This workshop will introduce meditation, biofeedback, and guided imagery. Discover the potential of a wide range of benefits, including deepening self-awareness and intuition, improved sleep and mental functioning, improvement in pain, and reduced blood pressure.
CE-PRSDV 2164VA, \$37. S Charbonier.
Sec. A: 1 Tues., Jan. 26, 10:30 am-12:30 pm. #21332
Sec. B: 1 Wed., Jan. 27, 6:00-8:00 pm. #21333
Sec. C: 1 Sun., Jan. 31, 1:00-3:00 pm. #21334

SPORTS & FITNESS

Please consult a physician before attending any physical fitness classes.

Strength Training for Women

An introduction to the principles of strength training with an emphasis on technique and injury prevention. Instruction in bodyweight training and equipment usage will assist in designing personalized workout routines for use at home or the gym. Wear comfortable attire and sneakers.
CE-FITNS 2085, 10 Wed., Jan. 27-Apr. 7 (skip 3/17), 7:00-8:30 pm, PEB-Fitness Center, \$197. R Varian. #21412

Strength Training for Men

Geared for the beginner, this course will cover the fundamentals of equipment use; proper form; design of a workout routine; progression and variation; spotting; and gym navigation. Participants will complete a supervised full-body workout during each class and will acquire an exercise toolbox of compound and isolation exercises for use at home or in the gym. Minors ages 16 and 17 must be accompanied by a parent.
CE-FITNS 2089, 8 Thurs., Jan. 28-Mar. 25 (skip 3/18), 7:00-8:30 pm, PEB-Fitness Center, \$166. R Varian. #21413

Hatha & Kundalini Yoga

Combines Hatha Yoga (posture alignment, strength, and flexibility), with Kundalini Yoga (breath techniques and movement) to regenerate and heal the nervous system, releasing powerful, healing, youth hormones. This balances, harmonizes, and rejuvenates body, mind, and emotional systems for profound healing and youthfulness. Bring yoga mat, towel, or firm sitting-meditation cushion.
CE-FITNS 2010, 12 Thurs., Feb. 18-May 6, 7:00-9:00 pm, PEB-Mat Room, \$285. M Orfino. #21366

Tai Chi for All Ages

Tai Chi is a centuries old exercise that is appropriate for people of all ages and fitness levels. It is taught in slow, relaxed movements that are simple and graceful, and aids with balance, coordination, and concentration. It has long been known as a way to promote health and longevity in Chinese culture, and is often called meditation in motion
CE-FITNS 2015, 10 Thurs., Jan. 28-Apr. 1, 9:30-11:00 am, KNC-4, \$181. K Whitten. #21559

Judo for Adults

CE-SPORT 2004, PEB-Mat Room, \$259. Sensei Watanabe.

Sec. A: 14 Sun., Jan. 24-Apr. 25, 10:30 am-12:00 noon. #21666

Sec. B: 14 Mon., Jan. 25-Apr. 26, 7:30-9:00 pm. #21667

Sec. C: 14 Wed., Jan. 27-Apr. 28, 7:30-9:00 pm. #21668

Register for one session for \$259.

Save \$\$: Register for all 3 sections for \$645.

Aikido (Tomiki Style)

An art of self-defense utilizing strikes, arm locks, wristlocks, and off-balancing techniques to control or defeat an opponent. Aikido techniques have a direct application in police work and personal self-defense methods.

CE-SPORT 2000, PEB-Mat Room, \$259. Sensei Watanabe.

Sec. A: 14 Sat., Jan. 23-Apr. 24, 2:00-3:30 pm. #21671

Sec. B: 14 Tues., Jan. 26-Apr. 27, 8:00-9:30 pm. #21672

Register for one session for \$259.

Save \$\$: Register for both sections for \$460.

Judo for Children and Parents

CE-SPORT 2005, PEB Mat Room, \$259. Sensei Watanabe.

Sec. A: Parents & Children (Mixed class): 14 Sat.,

Jan. 23-Apr. 24, 12:30-2:00 pm. #21669

Note: Parents MUST register and pay tuition along with child.

Sec. B: Children (ages 4-13) and Adults (Mixed class):

14 Sun., Jan. 24-Apr. 25, 12:00 noon-1:30 pm. #21670

Note: Parents MUST be at the entire class to supervise (registration for parent not required).

Register for one session for \$259.

Save \$\$: Register for both sections for \$460.

Qi Gong

Qi Gong is a 3000-year-old technique that trains your mind to direct the body's life force called "chi." It is used to achieve mental, physical, and spiritual balance through a series of physical movements and meditations. It helps to develop your own healing energy, achieve balance, alleviate stress, and maintain health and well-being.

CE-SPORT 2026, 10 Thurs., Jan. 28-Apr. 1, 11:00 am-12:30 pm, KNC-5 \$181. K Whitten. #21560

NEW! REMOTE Qi Gong and Holistic Self-Care

Build energy, support your immune function, and decrease stress using The Eight Silken Movements (originating in ancient China and Korea). Discover stretches and flowing motions to help open and balance energy pathways, designed to improve posture, general health, and increase body-mind awareness.

While these are standing exercises, they can be done sitting in a chair. Learn self-care techniques through acupressure, massage, reflexology, meditation, and visualization.

CE-FITNS 2102, 8 Tues., Mar. 9-Apr. 27, 9:30-10:45 am, \$130.

A Bleiden. #21697

Cardio Kickboxing

A multi-dimensional fitness course consisting of basic kickboxing instruction, calisthenics, stretching, and aerobic conditioning. Students learn proper skill development and practical application.

CE-SPORT 2001, 10 Fri., Jan. 22-Apr. 2 (skip 3/19), 7:00-9:00 pm,

PEB-Boxing Studio, \$223. R Varian. #21415

Self Defense for Women

A multi-dimensional martial arts course consisting of basic striking/grappling techniques, rape defense, escapes, and weapons defense. Course includes fitness regimen.

CE-SPORT 2006, 10 Tues., Jan. 26-Apr. 6 (skip 3/16),

6:30-8:00 pm, PEB-Mat Room, \$181. R Varian. #21414

Introduction to Boxing

A great way to get into shape! Train in the same ring as Mohammed Ali and Rocky Marciano in the historic boxing venue at WCC—the only intercollegiate boxing program of over 40 years. Focus of training includes balance, footwork, and defensive and offensive tactics. Actual workout with instructor takes place for 1-hour within the 2-hour period. The other hour is for observation and feedback. Last workout from 7:00-8:00pm. Please bring hand wraps and gloves (also available for purchase at class) and mouthpiece. Class size assures individual instruction. Men and women 18 years of age and older are welcome.

CE-SPORT 2003, PEB-Boxing Studio, \$155 for one section; \$290 for two sections; \$403 for three sections. N Delury.

Sec. A: 13 Mon., Jan. 25-Apr. 19, 6:00-8:00 pm. #21405

Sec. B: 13 Wed., Jan. 27-Apr. 21, 6:00-8:00 pm. #21406

Sec. C: 13 Sat., Jan. 30-Apr. 24, 2:00-4:00 pm. #21407



Tennis for Adults (Beginners Only)

Bring comfortable clothes, tennis sneakers, racquet, and a fresh can of tennis balls to first class. Classes held rain or shine (indoors or out).

CE-SPORT 2008, 6 Sun., Apr. 4-May 9, PEB-Courts (behind gym). Classes postponed due to inclement weather will be made up. \$78. T Pennyfeather.

Sec. A: 9:00-10:00 am. #21688

Sec. B: 10:00-11:00 am. #21689

Register Early!

Classes are cancelled for under-enrollment several days in advance. We recommend that you register **ONE week in advance** of the course start date.

Golf for All Levels

For more information and/or weather related questions, contact instructor Joshua Dunn, at 917-907-1874 or email: joshuagolf12@gmail.com; or visit <https://www.mindfulsportsexperience.com/>
Classes take place at Game on Golf, 701 Dobbs Ferry Road, White Plains, NY.

Introduction to Golf

Learn the fundamentals of golf. Each student will gain a working knowledge of the game. Class will cover terminology; etiquette; rules; and practical skills for driving, putting, chipping, and pitching. Bring whatever clubs you have. The first class will focus on putting.

CE SPORT 2010, 6 Wed., May 5-June 9, 6:00-7:30 pm,
\$155 (+ cost of balls at site). J Dunn. #21573

Back to Basics Golf

Designed for golfers of all levels who need a skill and feel refresher. Learn basic swing mechanics utilizing grip, stance, and posture. The first class will focus on putting, the second on chipping, and the final class on full swing techniques.

CE-SPORT 2035, 4:00-5:00 pm. \$68. J Dunn.

Sec. A: 3 Tues., Mar. 16-30. #21574

Sec. B: 3 Thurs., Mar. 25-Apr. 8. #21575

Sec. C: 3 Tues., Apr. 13-27. #21576

Swimming & Water Exercise for Adults: All Levels

Bring caps, goggles, and several towels. All classes held at the PEB-Pool.

Instructors: Y Class or S Merlino.

All classes are \$192 for 12 class sessions.

Beginner

For those adults who cannot swim at all, with no previous experience, and who are fearful in the water.

CE-SPORT 2012, 8:00-9:00 am.

Sec. A: 12 Fri., Jan. 22-Apr. 9. #21649

Sec. B: 12 Sat., Jan. 23-Apr. 10. #21650

Sec. C: 12 Sun., Jan. 24-Apr. 11. #21651

Sec. D: 12 Mon., Jan. 25-Apr. 12. #21652

Advanced Beginner

For adults who are not comfortable in deep water, but are comfortable swimming in shallow water and can perform the basics: submerge face in the water, kick, and doggy paddle.

CE-SPORT 2037, 9:00-10:00 am.

Sec. A: 12 Sat., Jan. 23-Apr. 10. #21653

Sec. B: 12 Sun., Jan. 24-Apr. 11. #21654

Intermediate

For adults who are comfortable in both shallow and deep water, already have experience and are able to swim, but need to develop a proper stroke technique.

CE-SPORT 2013, 10:00-11:00 am.

Sec. A: 12 Sat., Jan. 23-Apr. 10. #21655

Sec. B: 12 Sun., Jan. 24-Apr. 11. #21656

Swim Fit

A class for the advanced swimmer. An alternative way to work out, improve fitness, and train for personal challenges in a social environment. The class provides a mixture of different routines, strokes, speeds, and lengths to encourage a more varied and challenging workout than traditional lane swimming.

CE-FITNS 2088, 11:00 am-12:00 noon.

Sec. A: 12 Sat., Jan. 23-Apr. 10. #21657

Sec. B: 12 Sun., Jan. 24-Apr. 11. #21658

Aquacise for Seniors

Experience the therapeutic benefits of in-water exercise. Improve your cardiovascular fitness and endurance. Water shoes required.

CE-FITNS 2046VA, 10:00-11:00 am.

Sec. A: 12 Fri., Jan. 22-Apr. 9. #21664

Sec. B: 12 Mon., Jan. 25-Apr. 12. #21665

Aqua-Cycling

Circuit training with aqua cycling and water exercise provides great support for joints and muscles, maximizing water resistance without added pressure on the joints. This class is effective for people with limited mobility, recovering from an injury, or relieving discomfort caused by arthritis. Bicycles are submerged in shallow water for a challenging water workout. Both swimmers and non-swimmers are welcome! Additional \$60.00 fee payable to instructor for the use of the cycles applies.

CE-FITNS 2094, 11:00 am-12:00 noon.

Sec. A: 12 Fri., Jan. 22-Apr. 9. #21659

Sec. B: 12 Mon., Jan. 25-Apr. 12. #21660

Water Exercise/Aerobics-Deep Water

Non-weight bearing range of motion exercises in deep water. Designed for swimmers and those comfortable in the deep water. Participants must bring their own water flotation exercise belt.

CE-SPORT 2016, 9:00-10:00 am

Sec. A: 12 Fri., Jan. 22-Apr. 9. #21661

Sec. B: 12 Mon., Jan. 25-Apr. 12. #21662

Aqua Crosstraining

This high intensity class is for the people that love working hard or serious athletes looking to improve their endurance, power and agility. Helpful for people recovering from injuries or the serious individual trying to lose weight. Includes deep-water intervals as well as shallow water exercises, cycling in the water, and balance using a paddle board to work your core. Requirements: Ability to ride a bicycle in the water, comfortable in the deep water, ability to swim and climb on the paddleboard. Additional \$60.00 fee payable to the instructor for the use of the cycles applies.

CE-FITNS 2093, 12 Sat., Jan. 23-Apr. 10,

12:00 noon-1:00 pm. #21663

SELF-AWARENESS

Exploring Hypnosis

The following 3 seminars all meet for 1 Tues., 7:00-9:00 pm in KNC-2, \$37 (+ optional materials fee, payable to instructor). J Abrahamsen.

Become a Certified Hypnotist

Like to help people? Looking for a new career? Want to add hypnosis to your current practice? Then this introductory course is for you! Come learn how you can become a certified hypnotist. Discover how a small investment will qualify you to have a whole new career or add to your knowledge. CE-CRXPL 2000, Mar. 16, \$37 (+ \$5.00 optional self-hypnosis booklet). #21315

Weight Management: Help with Hypnosis

Use self-hypnosis to change your eating habits, manage your weight, and influence your ideas about your ability to achieve an ideal weight for a happier, healthier lifestyle. CE-HLTH 2018, Apr. 6, \$37 (+ \$10 optional reinforcement CD). #21316

Stop Smoking: Help with Hypnosis

Behavior modification techniques, when practiced and reinforced through the use of hypnosis, can help you quit smoking for good without weight gain. CE-HLTH 2016, Apr. 20, \$37 (+ \$10 optional reinforcement CD). #21314

Self-Hypnosis for Change

Learn to enter a hypnotic state to change habits, reduce stress, improve self-esteem, increase your potential, and promote better health. CE-HLTH 2015, 1 Tues., Mar. 30, 6:30-9:30 pm, KNC-3, \$47 (+ \$5 optional self-hypnosis booklet). J Abrahamsen. #21317

NEW! REMOTE Discover and Develop Your Own Resilience

Resilience is seen as the capacity to encounter, adapt, and recover from adversity. The course will explore tools and skills to help you become aware of and improve your own resilience. CE-PRSDV 2191, 6 Tues., Mar. 2-Apr. 6, 10:30 am-12:00 noon, \$114. C Mangano. #21756

REMOTE Creative Conflict Resolution Skills

Learn effective communication skills to deal with conflict resolution. Practice paraphrasing, active listening, empathetic listening, and "I statements" for successful resolution in work and personal life. CE-PRSDV 2061, 1 Mon., Feb. 1, 6:00-9:00 pm, \$37. P Prutzman. #21452

REMOTE Creative Responses to Bullying

Explore what bullying is, including relational aggression and cyberbullying. Participants will practice methods of interrupting bullying behavior and examine the relationship between bias and bullying. CE-PRSDV-2063, 1 Mon., Feb. 15, 6:00-9:00 pm, \$37. P Prutzman. #21453

REMOTE Creative Non-Violence Strategies

Learn the principles of non-violence and explore several different historical examples of non-violent strategists including Dr. Martin Luther King, Gandhi, Rosa Parks, Cesar Chavez, and Cory Aquino. Learn how to develop and practice your own non-violence. CE-PRSDV 2062, 1 Mon., Feb. 8, 6:00-9:00 pm, \$37. P Prutzman. #21454

REMOTE Empowerment through Forgiveness

Forgiveness is a choice. By learning to forgive, debilitating anger and resentment are released leading to a healthy self-esteem, and a feeling of empowerment. As negative thoughts are replaced with positive ones, stress and anxiety are reduced, allowing for a more relaxed and happy life. Learn the concepts of forgiveness and its transformative power. Through exercises and discussions, discover the tools necessary to begin the forgiving process. CE-PRSDV 2171VA, 2 Tues., Feb. 2 & 9, 6:30-8:30 pm, \$52. L Lush. #21566

Emotional Freedom Techniques

A paradigm-shifting program that introduces mind/body healing techniques anyone can use to create a better life by releasing emotional energetic blocks. Learn how to energetically test for negative emotions and learn to use the EFT tapping procedures to reduce the intensity of negative emotions. Includes an introduction to the concepts of applied kinesiology and the development of personal intuitive skills. CE-PRSDV 2081, 4 Thurs., Apr. 15-May 6, 6:30-9:00 pm, KNC-3, \$130. S Gottlieb. #21604

NEW! REMOTE Compassion: The Way to More Understanding

When we experience multiple challenges at the same time, we forget how we can get our energy back and easily get caught up in a downward spiral. Gain insight into the tools of self-compassion and compassion for others, by creating space and time for understanding through mindful breathing, listening, and communication. CE-PRSDV 2187, 2 Wed., Feb. 3 & 10, 7:00-9:00 pm, \$52. R Lasry. #21707

NEW! REMOTE Intro to Mindfulness for Stress Reduction

Mindfulness has a long evidenced-based history of helping one cope with stress and move toward calm. NIH studies also demonstrate benefits for sleep and cognition. Discover from the comfort of your home what mindfulness is and learn some skills in a relaxed, friendly online environment.

CE-PRSDV 2188, 1:00-2:30 pm, \$26. S Charbonier.

Sec. A: 1 Tues., Feb. 9. #21700

Sec. B: 1 Thurs., Feb. 11. #21701

NEW! REMOTE Mindfulness for Stress: The Next Steps

The Intro to Mindfulness for Stress Reduction class is helpful but not required. Join as many of these remote classes as you like to strengthen your practice, ask your questions, learn more skills, and build consistency.

CE-PRSDV 2189, 1:00-2:00 pm, \$21. S Charbonier

Sec. A: 1 Tues., Feb. 16. #21702

Sec. B: 1 Tues., Feb. 23. #21703

Sec. C: 1 Tues., Mar. 2. #21704

OF SPECIAL INTEREST

NEW! DNA Detectives

Are you fascinated by how genealogists, DNA and genetics are revolutionizing criminology, cracking cold cases, freeing innocent people and bringing justice to families? Modern scientific advances in forensics and the determination of investigators to track down perpetrators of horrific crimes by using DNA technology has led to the capture and incarceration of tens of thousands of criminals. Learn about these cases and how they were solved using these advanced methods. Please email instructor at totwriter@aol.com for list of optional books.

CE-SCI 2058, 3 Tues., Jan 19-Feb. 2, 6:30-8:30 pm, KNC-2, \$78.

T Riley. #21469

NEW! The Holy Grail and the Potential Molecule

This course works to “decode” the potential systems of the universe through a fascinating holistic approach connecting scientific theory, philosophy, ancient civilizations, mysticism and world religions. Understanding how the Holy Grail works can help you achieve greater levels of potential and elevate yourself to a state of illumination.

CE-PRSDV 2190, 4 Tues, Mar. 9-30, 7:00-9:00 pm, Room TBD, \$99. R Flower. #21706

NEW! 12 Deadliest Viruses on Earth and the Coronavirus

Join us for an in-depth study of the world of viruses. Mankind has been battling viruses for millions of years and untold billions have perished from viral diseases. Smallpox alone has killed hundreds of millions of people throughout history. Hear the latest on Covid-19 and why it attacks some people with catastrophic results and leaves others with minor symptoms. Why do some people experience devastating disabilities after recovery? Which vaccines hold promise? What have we learned from this pandemic? Discuss how the way we work, telemedicine, and school learning is forever changed.

CE-HLTH 2099VA, 3 Wed., Jan. 20-Feb. 3, 6:30-8:30 pm, KNC-4, \$73. T Riley. #21712

ARTS & CRAFTS

CREATIVE SELF-EXPRESSION

How to Accessorize a Room

Learn how to add the final touches to a room through the addition of accessories. Explore a variety of product types and learn how to arrange artwork, ceramics and soft goods.

CE-HOME 2009, 3 Tues., Mar. 16-30, 6:30-8:30 pm, Room TBD, \$78. A Concra. #21592

Color Palette for Interiors

For anyone with an interest for interior design. Create a color palette for your home and learn color basics such as hue, value, chroma, as well as how to use these to add depth and variety to a room. Explore color harmonies and established color combinations. Discover sources of inspiration and how to determine the focal point of a room. Develop a color mood board to use as inspiration to map out the color palette for your home.

CE-HOME 2008, 2 Tues., Jan. 19 & 26, 6:30-8:30 pm, KNC-3, \$62 (+ \$10 for color wheel, payable to instructor).

A Concra. #21591

Painting and Drawing for Adults

Work with a variety of media and learn different approaches to painting and drawing. Prep a palette, mix colors, use media, work on various surfaces, learn about brushes, investigate the use of colors and shades, and create strong compositions. Painting and drawing from observation will be implemented by working from a live model, still-life arrangements, and portraiture.

At Peekskill Center: CE-ART 2146PE, 12 Sat., Feb. 6-May 1, (skip 4/3), 10:00 am-12:00 noon, \$268. #21285



Painting En Plein Air

Students will focus on outdoor landscape painting. Various locations throughout the local area will be selected. Rain dates TBA. Focus will be on color mixing, light and shadow, and composition. Students will be informed of the great plein air traditions of the Impressionists and the Hudson River School painters. Various approaches to landscape painting will be introduced, including water-mixable techniques in oil painting. At Peekskill Center: CE-ART 2020PE, 12 Sat., Feb. 6-May 1, (skip 4/3), 2:00-4:00 pm, \$268. #21286

Mixed Media Printmaking for Adults

This course will introduce innovative ways to make homemade prints while also introducing how everyday technology like copy machines, computers, and jet printers make printing possible and contemporary. Students will make a portrait print by using a photograph. Working from a live model or by drawing from observations, students may paint directly onto a printing plate to make a monotype print on rice paper. The instructor will introduce soft linocut, monotype, and silkscreen on a variety of printmaking papers with textural effects, fabric inks, mixed media, and collage methods.

At Peekskill Center: CE-ART 2334PE, 12 Tues., Feb. 16-May 4, 6:00-8:00 pm, \$300. #21287

Fabric for Interiors

Do you want to learn how to create your dream interior? Discover the fundamentals of how to select fabrics for interiors. Starting with the basics, learn how to find inspiration, create a color scheme and develop a focal point for a room. Gain confidence on how to use these tools to develop a fabric room scheme. Explore the special requirements for fabrics for upholstery and window treatments. Fabric sources will be shared and learn tips of how to communicate with a workroom. CE-HOME 2007, 3 Tues., Feb. 2-16, 6:30-8:30 pm, \$78, Room TBD. A Concr. #21590

Beading

This introductory course will explore basic beading techniques. Learn to make jewelry pieces using seed beads of different sizes, shapes, and materials. No experience needed. Materials list provided upon registration.

CE-CRAFT 2000, 5 Thurs., 12:30-3:30 pm, \$207. J Johnson.

Sec. A: Jan. 21-Feb. 18, KNC-4. #21425

Sec. B: Mar. 4-Apr. 1, KNC-3. #21426

Illustrative Drawing

Explore drawing with the emphasis on telling a story or complimenting text. Learn basic drawing techniques using a variety of materials such as watercolor, pen and ink, colored pencil and more.

CE-ART 2292, 10 Wed., Jan. 27-Apr. 7 (skip 3/10), 1:30-4:30 pm, Room TBD, \$388. B Waldman. #21804

NEW! Style and Create Beaded Jewelry

Have you ever wanted to create jewelry that not only looks great and uses modern design techniques, but also shows your own sense of unique creativity? Explore how to use color, texture and "feel" to construct eclectic pieces that talk to the fashion designer within you! Using a variety of materials and special techniques, you will gain true freedom of creative expression! Beginners are welcome -just bring your personal palette of ideas and be ready to play! For materials list please contact instructor at rdemers9@gmail.com.

CE-CRAFT 2072, 6 Wed., Jan. 27-Mar. 3, 7:00-9:00 pm, KNC-2, \$140. R Demers. #21708



ENGLISH LANGUAGE INSTITUTE

The English Language Institute offers English as a Second Language (ESL) classes to meet the needs of learners entering the program at any level, from beginner to advanced. Level is determined by placement exam. Registration instructions are on page 56.

GENERAL MULTI-LEVEL ESL ACCELERATED (5-day) SATURDAY or SUNDAY (all day) EVENING (2-day)

Eight levels of ESL instruction are offered. Each level provides balanced instruction and active practice in all English language skills: listening, speaking (including pronunciation), standard grammar, reading, and writing. New students take a test to determine the level at which they begin study. Our English-only environment for all activities promotes maximum learning. These courses serve the needs of the general learner and learners specifically preparing for college/university study. Instructors are professionals in TESOL (Teaching English to Speakers of Other Languages). Our courses are also offered in Summer (May-Aug.) and Fall (Jan-Apr)

ACCELERATED ENGLISH PROGRAM (15-18 HRS/WEEK FOR 5 OR 10 WEEKS)

5 mornings, 9am-12 Mon-Fri. This 15-hour per week course allows motivated learners of English to advance rapidly, starting at any level from beginner to advanced. The Accelerated English Program meets the needs of serious learners, such as preparation for university study, or to increase career possibilities. A placement test is required of all new students. Accent on Fluency, open to all Accelerated students, supplements the morning program with an additional 3 hours per week of language instruction & practice in selected skill or content areas. Students with F-1 immigration status (have an I-20 form) satisfy the full-time study requirement by enrolling in 2019-ACL1 or ACL2 and Accent on Fluency (AoF). See AoF description & schedule on page 54.

REMOTE Accelerated English: Study 5 Mornings per Week, for 5 or 10 Weeks

Study 75 or 150 hrs

Start Jan 12 or Feb 24

Tuition: \$295 + \$9.75 for 2 fees = \$294.75 per 75-hour session

- ▶ e-Books, which are not included in tuition, are approximately \$30 additional.

Session A: ELI-ESL 2019-ACL1, 9:00 am-12:00 noon

25 Classes, M-F, 75 Hrs., Jan 12-Feb 23 (skip 1/13-18)

Placement test: Tues., 1/12, 9:00 AM, 1st class: Thurs., 1/21,

Last class: Tues., 2/23 \$295. [#21674]

Session B: ELI-ESL 2019-ACL2, 9:00 am-12:00 noon

25 Classes, M-F, 75 Hrs., Feb 24-Apr 9 (skip 2/25-3/1; 3/15-19)

Placement test: Mon., 2/24, 9:00 AM, 1st class:

Mon., 3/2, Last class: 4/9 \$295. [#21675]

- ▶ Books, not included in tuition, cost approximately \$35 per session additional.

Session A: 1/12-2/23; **Session B:** 2/24-4/9

(Each session = 75 hrs of English practice.)

- ▶ You can take one or both sessions.
Start in January or February.
- ▶ No classes on: 1/13-18; 2/25-3/1; 3/15-19

REMOTE Accent on Fluency

The substantial additional speaking and listening practice of this course supplements the Intensive English program (or another ELI English course) and helps accelerate progress towards language learning goals by “deepening” the experience of immersion in English. Also provides additional pronunciation activities to enable you to improve the clarity of your communication.

ELI-ESL 1215-A, 38 T/W/Th, Jan 12-Feb 23, 12:30-2:00 pm, \$92. [#21676]

ELI-ESL 1215-B, 38 T/W/Th, Mar 2-Apr 8, 12:30-2:00 pm, \$92. [#21677]

F-1 visa/status students study 18 hours per week: Students who have F-1 visa or status (have form I-20) satisfy the full-time study requirement by enrolling in the Accelerated English Program and Accent on Fluency (ELI-ESL-1215) Description & schedule below.

If you plan to start your program in January 2021, please contact us: 914-606-7744, ELI@sunywcc.edu, and we will assist you with important F-1 information and an application.



Would You Like to Begin a College Degree or Certificate Program?

If you have completed or are now completing ELI level 5 (or have an equivalent level of English proficiency) and are considering enrolling in a college/university program, call the ELI at 914-606-7889 to make an appointment with a TESOL specialist to discuss your future studies. We will help you answer the question: Am I ready for college? We will evaluate your English language ability and, if appropriate, provide a referral necessary for entrance to the college. Even if you are not completely ready for college, you may be able to begin a undergraduate certificate or degree program while you continue improving your English. Our general ESL programs and specialized ESL courses have helped many ESL learners succeed in college and achieve their academic goals.

REMOTE

ENGLISH AS A SECOND LANGUAGE REMOTE (6 HRS/WEEK: 75 STUDY HOURS)

Special Spring 2021 ESL Schedule

Eight levels (0 to 7): A multi-level program in English as a Second Language providing balanced instruction in all language skills. New students are placed by online exam. Select desired schedule.

See Accelerated Schedule above to study 5 mornings per week. (ACL1 and ACL2)

REMOTE (A) Saturday, All-Day:

15 Sat., Jan 16-May 1 (skip 3/20),

9:00 am-2:30 pm, \$295. #21681

- ▶ Placement test: Sat. 1/16, 9:00 am
- ▶ 1st class on 1/23

REMOTE (B) Sunday, All-Day:

15 Sun., Jan 10-May 2 (skip 1/17; 3/21),

9:00 am-2:30 pm, \$295. #21679

- ▶ Placement test: Sun. 1/10, 9:00 am
- ▶ 1st class on 1/24

REMOTE (D) Tues/Thurs Evenings:

25 classes, Jan 19-Apr 27 (skip 1/21-26; 3/16, 18),

6:30-9:30 pm, \$295. #21680

- ▶ Placement test: 1/19, 6:30 pm
- ▶ 1st class on 1/28

REMOTE (R) Mon/Wed Mornings:

25 M/W, Jan 27-Apr 4 (skip 2/1; 3/15, 17),

9:00 am-12:00 pm, \$295. #21682

- ▶ Placement test: 1/27, 9:00 am
- ▶ 1st class on 2/3



SPECIALIZED ESL COURSES

REMOTE TOEFL Preparation Workshop

This course is designed to help learners improve their English language skills in four areas, reading, listening, speaking and writing in preparation for the TOEFL (Test of English as a Foreign Language), through TOEFL practice tests and focused instruction and practice in academic reading and listening comprehension, grammatical accuracy and clarity in speech and writing. Additionally, students develop valuable test-taking and critical thinking skills necessary for successful performance in regular college credit programs. Prerequisite: high intermediate to advanced proficiency in English (ELI Level 6+).

ELI-ESL 1300 (Select D or Q)

(D) 22 Tues./Thurs. Evenings, Jan 26-Apr 15 (skip 3/16, 18), 7:00-9:30 pm, \$249. #21685

(Q) 22 Tues./Fri. Mornings, Jan 26-Apr 16 (skip 3/16, 19), 9:15-11:45 am, \$249. #21686

REMOTE English for Academic Purposes Program (EAP)

Prepares students for matriculated college study through a contextualized academic curriculum that integrates English language skills with academic content. English for Academic Purposes offers an introduction to academic literacy with a focus on building academic vocabulary and reading and writing skills applied to academic tasks. The course also develops independent study skills, test preparation, and communication skills needed for college readiness.

ELI-ESL 1650.

(C) 24 Mon./Wed. Evenings, Jan 23-Apr 16 (skip 11/25), 6:30-9:30 pm, \$328. #21687

REMOTE Pronunciation: The Sound System of English

Designed for intermediate to advanced learners whose spoken English is at ELI level 4+. Students will learn the difference between similar English sounds and become better at articulating them. Participants will also identify problematic areas in their speech related to the production of vowels and consonants.

ELI-ESL 1524-D, 10 T/Th, Jan 26-Feb 25, 7:00-9:00 pm, \$173. #21683

REMOTE Business English for Internationals

A contextualized, advanced level, ESL pathway course providing learners with the opportunity develop their speaking, listening, reading, and writing English skills in preparation for study in academic business programs. Participants build fluency and knowledge through study of texts, completion of assignments, and participation in activities related to business communication, marketing, management, global business, entrepreneurship, business administration, and economics. Prerequisite: ELI Level 6 proficiency.

ELI-ESL 1420, 10 T/Th., Mar 2-Apr 8 (skip 3/16, 18), 7:00 pm-9:00 pm, \$173. #21684

REMOTE

TESOL CERTIFICATION PROGRAM

The intensive, 12-week, non-credit TESOL certification program prepares you to teach ESL to adults in the U.S. or abroad. Practical classroom instruction integrated with observation and discussion of ELI classes allows for development of knowledge and teaching skills, which you apply and hone by practice teaching in our diverse array of courses which span a broad range of proficiency levels. Additional details at www.sunywcc.edu/tesol. Form I-20 is available for TESOL students.

ELI-ESL 3000, M/W/Th, Jan 11-Apr 12 (skip 1/18; 3/15-18), 6:30-10:00 pm, Remote, \$1989 [#21678]

CITIZENSHIP EXAM PREP

Designed for students whose English is at least at a high-beginning level (ELI Level 3+). Learn about American history and government, and practice your English skills as you prepare for the civics and English portions of the US Citizenship Exam.

ELI-ESL 1860, FREE but you must pay \$9.75 in fees.

*For Spring 2021 citizenship course schedules, and to register, call Eileen McKee, Welcome Center Director, at 914-606-5626.

F-1 International Students

F-1 Students study 18+ hours per week: Students who have F-1 visa or status (have form I-20) meet the full-time study requirement by enrolling in the Accelerated English Program ELI-ESL 2019-GLSW and Accent on Fluency (ELI-ESL-1215) See description & schedule on pages 1 & 2.

Note: For the Fall 2020 semester, NEW F-1 students (not already in the USA) will not be able to obtain a visa or enter the United States for online ESL study. If you want to start in January 2021, please contact us: 914-606-7744, ELI@sunywcc.edu, and we will assist you with important F-1 information and an application. Immigration form I-20A/B (for F-1 student visa/status) is available to full-time ESL students in enrolled in Accelerated English Program or the TESOL Certificate Program.

HOW TO REGISTER FOR ESL COURSES

WHEN? Registration for Spring 2021 ESL courses opens November 24, 2020.

HOW DO I REGISTER? If you are ready to register for a course, use the Pre-Registration Form. After we receive it we will call you to answer your questions and to help you select your course and assist you with completing the registration and making payment.

Additional costs (Registration and FSA fee paid once per semester):
\$9.75 per semester (\$4.75 FSA fee + \$5 registration fee)

If you prefer to call first: Call 914-606-6656. Mon.: 12 PM–8 PM; Tuesday, Wed. & Thurs. 9 AM–8 PM; Fri: 9 AM–4:30 PM

NY/Westchester County Residency: All ESL tuition rates in this section are NY resident rates. Residents have been in New York for one year or more. Non-residents are welcome, but pay a 166% non-resident surcharge in addition to the regular tuition. Call 914-606-6656 for information. (Note: These courses do not pay the non-resident surcharge: 3000, 1215, 1420, 1524.

PLACEMENT TEST (to determine your English level): Testing is required if you are new to our program or did not take the ESL final test in Summer or Fall 2020. Placement test is given online using Zoom at first session of all programs with levels and certain other courses. You must register before taking the test. Testing information, Zoom location and appointments are provided when you register.

All ESL courses in Spring 2021 are remote using Zoom, Google Classroom and other technologies.

Classes are live / synchronous and have a fixed schedule.

English Language Institute: Westchester Community College

Info: 914-606-6656 or ESL@sunywcc.edu

HELPFUL TIPS

Need help logging on to MyWCC?

Do you have questions about your MyWCC account?

Forgot your username or password for online registration?

Contact the MyWCC helpdesk at: MyWCChelpdesk@sunywcc.edu or 914-606-5600.

Check out all of our courses online, visit: www.sunywcc.edu/wdce
and click on List of Course Offerings to see courses by category!

Register Early: classes are cancelled for under-enrollment several days in advance. We recommend that you register at least ONE week in advance of the course start date.

Register with a friend! Make a copy of the registration form and take a class together.

Student Fee Information: Students taking classes at Valhalla campus only pay a \$4.75. This fee is payable once each semester, regardless of the number of classes in which a student is enrolled. All students also pay a non-refundable \$5.00 registration fee each semester.

For online registration information, visit www.sunywcc.edu/mywcc

Bad weather and emergency cancellations: The college will post any cancellations or delays on www.sunywcc.edu/news for day classes by 6:30 am in the morning and for evening classes by 3:00 pm in the afternoon. You can also check the college's official social media pages for weather related updates at www.sunywcc.edu/social

Non-credit classes in this brochure, unless otherwise noted, are intended for adult students (18+) only.

MOST CLASSES AND SERVICES WILL BE OFFERED REMOTELY IN SPRING 2021
TO KEEP YOU AND THE COMMUNITY SAFE DURING THE COVID-19 PANDEMIC.



INTERESTED IN EARNING YOUR COLLEGE DEGREE?

Short-term workforce programs provide a pathway to credit earning certificates and degrees. If your career goals include a college degree, Westchester Community College offers the following career-focused certificates and applied associate degrees:

Certificates

- ▶ Chemical Dependency Counseling Certificate
- ▶ Computer Aided Drafting Certificate
- ▶ Computer Programming Certificate
- ▶ Cybersecurity Certificate
- ▶ Digital Filmmaking Certificate
- ▶ Digital Media Certificate
- ▶ Direct Care Practice Certificate
- ▶ Early Childhood Certificate
- ▶ Medical Billing Certificate
- ▶ Medical Coding Certificate
- ▶ Networking Certificate
- ▶ Office Technologies Certificate
- ▶ Paralegal Certificate
- ▶ Paramedic Certificate
- ▶ Personal Training Certificate
- ▶ Teaching Assistant Certificate
- ▶ Web Development Certificate

Applied Associate Degrees*

- ▶ Chemical Dependency Counseling A.A.S.
- ▶ Civil Technology A.A.S.
- ▶ Computer Information Systems A.A.S.
- ▶ Criminal Justice—Corrections A.A.S.
- ▶ Criminal Justice—Police A.A.S.
- ▶ Culinary Arts and Hospitality Management A.A.S.
- ▶ Cybersecurity A.A.S.
- ▶ Early Childhood A.A.S.
- ▶ Electrical Technology A.A.S.
- ▶ Energy Systems A.A.S.
- ▶ Fashion Design & Technology A.A.S.
- ▶ Fashion Merchandising A.A.S.
- ▶ Health Information Technology A.A.S.
- ▶ Human Services A.A.S.
- ▶ Marketing A.A.S.
- ▶ Mechanical Technology A.A.S.
- ▶ Networking A.A.S.
- ▶ Nursing A.A.S.
- ▶ Office Technologies A.A.S.
- ▶ Paralegal A.A.S.
- ▶ Paramedic A.A.S.
- ▶ Radiologic Technology A.A.S.
- ▶ Respiratory Care A.A.S.
- ▶ Veterinary Technology A.A.S.

*In addition, Westchester Community College offers Associate of Science and Associate of Arts degrees for individuals who are preparing to transfer to a 4-year college to earn a Bachelor's degree.

TIPS FOR ONLINE REGISTRATION

To create and activate your account and/or to register for classes go to www.sunywcc.edu/mywcc

CLASS SEARCH

First, make sure you select the correct Term and set the Course Career to Continuing Education. All WDCE class subjects begin with "CE-" (i.e. CE-ART). Either type in a Subject (i.e. CE-ART) or click the Select Subject button and then "C" for the CE subjects then click Search.

NEW STUDENTS

If you have never taken a class at WCC, you may use our Continuing Education Create/Activate Your Account button or click on First Time CE Student both on the left side of page. Then click the link to "Begin the First Time Registration Process."

Please note that if you are already in our database, or if your information is a match to an existing record, you will be unable to continue, and must contact our office at 914-606-6830, press 1 for help.

RETURNING STUDENTS

Click the Continuing Education Registration button on left side of page for directions or go directly to Sign on (middle of page) to enter user id and password. You will need your student self-service ID. If you don't have it, call 914-606-6830, press 1 or the MyWCCHelpdesk (below). For help, see "Registration Guide for Returning CE Students" at www.sunywcc.edu/mywcc.

The WCC Help Desk is available at MyWCCHelpdesk@sunywcc.edu or 914-606-5600.

Payment is due at the time of online registration. If you have trouble making an online payment, call our office at 914-606-6830, press 1. Enrollments without payment will be dropped and you will need to reregister.

CUSTOMER INFORMATION

CHANGES & CLOSINGS: Programs, requirements, course times/dates and instructors are subject to change without advance notice. Tuition and fees set forth in this publication are similarly subject to change. In the event of severe weather or other emergencies, classes may be cancelled. When this happens, every effort will be made to reschedule the class. For information on emergency closings, visit our website at www.sunywcc.edu or call 914-606-6900.

CONFIRMATIONS: Once your registration has been submitted, simply come to class either in-person or virtually. We will contact you should your class be full or cancelled for any reason, or if there is a problem with your registration; confirmations are not sent out. Obtain your course information and receipt anytime by accessing your account at www.sunywcc.edu/mywcc (User ID required; contact the Westchester Community College Help Desk at MyWCCHelpdesk@sunywcc.edu or 914-606-6830 press 1 for help).

PAYMENT OPTIONS: Payment is accepted using credit cards (MasterCard, Visa, Discover), and check or money order. No cash payments accepted.

REGISTER EARLY: Classes are cancelled for under-enrollment several days in advance. We recommend that you register at least ONE week in advance of the course start date.

OUR NON-CREDIT VIRTUAL CLASSES ARE DEFINED AS BELOW:

REMOTE Fixed-Schedule: students and instructors report virtually to classes on the designated days, dates, and times they are scheduled for.

ONLINE Self-Paced: offerings are asynchronous and students go into their virtual "classroom" to work on assignments, view content, or work at any time, and at their own pace for the duration of the course.

If a class is not identified as remote or online, then it will be held on-site and in-person.

HOW TO READ A COURSE DESCRIPTION

COURSE TITLE

→ **Improve Your Writing Skills**

COURSE DESCRIPTION

→ For both new and out-of-practice writers. Learn to write clearer sentences, develop effective paragraphs, design opening statements, arrange facts and ideas logically, and increase readability. A knowledge of basic grammar rules is assumed.

TEXTBOOK REQUIRED

↓ **CATALOG #** **DAY/DATES/TIME CLASS MEETS**
↓ CE-BUS 2073VA, 4 Tues., Apr. 12-May 3, 6:00-9:00 pm,
KNC-3, \$120. L Leahy. #12718 ←

BUILDING-ROOM

COST

INSTRUCTOR

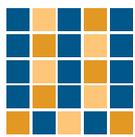
CLASS



CAMPUS SECURITY INFORMATION

To obtain a copy of our annual security report, visit www.sunywcc.edu/security. The report includes statistics for the previous 3 years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by the college; and on public property within, or immediately adjacent to and accessible from the campus. The report also includes institutional policies concerning campus security, alcohol and drug use, crime prevention, the reporting of crimes, sexual assault, and other matters.

For campus maps and directions, visit www.sunywcc.edu/directions



Westchester
Community College

State University of New York
75 Grasslands Road
Valhalla, New York 10595-1698

Most classes will be offered remotely in Spring 2021 to keep you and the community safe during the COVID-19 pandemic.

Look inside to learn about our remote, fixed-schedule classes with virtual meetings; our online, self-paced classes you can complete on your own schedule; and our limited in-person offerings.

CHECK OUT SOME OF OUR EXCITING OFFERINGS:

Intro to Hospitality [page 3](#)

Advanced Manufacturing [page 5](#)

Certified Dietary Manager [page 5](#)

The Exciting World of Event Planning [page 5](#)

Direct Service Provider [page 10](#)

Pet Therapy and Animal Assisted Activities [page 11](#)

IBM Skills Academy Artificial Intelligence
Practitioner [page 12](#)

Digital Literacy for Life and The Workplace [page 13](#)

Social Media Specialist [page 19](#)

Enhancing the Classroom and/or
Meeting Experience in A Remote World [page 17](#)

Creating A Bird-Friendly Garden [page 30](#)

Revisiting Stonewall: LGBT History and Counterculture
In New York [page 34](#)

Bias Awareness [page 35](#)

Soccer: A History of The World's Game [page 36](#)

Art in America: Regional Art Museums in America [page 36](#)

Improv for Kids [page 38](#)

Indian Cooking Made Fun and Simple [page 41](#)

Chanting to Open Your Heart to Joy [page 47](#)

Qi Gong and Holistic Self-Care [page 49](#)

Discover and Develop Your Own Resilience [page 51](#)

www.sunywcc.edu/wdce

workforceandcommunity@sunywcc.edu | 914-606-6830