

mainstream▶

the institute for mature adults at Westchester Community College

EXCITING COURSES FOR MATURE ADULTS

Encore Career Training, Music, Art, Literature, Health and Fitness



Spring
2012



Westchester
Community College

State University of New York

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introducing an exciting spring season for mature adults

Welcome to Mainstream, The Institute for Mature Adults at Westchester Community College. Mainstream offers innovative educational programming and career change options designed for mature adults. Responding to a broad range of learning needs, Mainstream develops and presents challenging courses, workshops, conferences, and special events on the Valhalla campus and at other community locations. Benefits include general enrichment, job preparedness, and personal growth. These affordable, non-credit courses are taught by our faculty and are tailored in content and length to meet different learning needs. Mainstream also links mature adults to all of the college's student services—and to credit, non-credit, and audit courses.



THE COLLEGIUM For Lifelong Learning



COLLEGIUM for Lifelong Learning is a membership organization created in 2004 to combine serious study and social exchange.

Each COLLEGIUM semester features a different array of courses in the arts and sciences, all led by exceptional volunteers. Some leaders are veterans of the classroom, and some are professionals sharing their expertise for the first time. Where applicable, leaders distribute reading lists on their subjects and encourage classroom discussion. The weekly Wednesday and/or Friday format allows for informal discussion between sessions and during a lunch break.

COLLEGIUM is a membership organization and has a limited capacity. Current members are entitled to register first. Semesters begin in October, January and April.

For more information about our Spring 2012 program, please call 914-606-6748.

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the institute for mature adults at Westchester Community College

Mainstream is an innovator in exciting educational programming and career change options for mature adults over 50. Courses are offered in areas such as enrichment, programs for individuals considering career change and/or career enhancement, entrepreneurship, personal growth, and physical fitness. These non-credit courses are tailored to meet the needs of mature adults.

MUSIC, ART, LITERATURE

Hot Jazz and Cool Swing

Explore the evolution of jazz from its African, European, and American roots to its current position as a uniquely American art form. We will study early blues, ragtime, the swing era, bebop and many of the great soloists and singers associated with these styles. An emphasis will be placed on in-class listening and discussion of a wide range of jazz recordings.

CE-MUSIC 2038VA,
4 Wed., Feb. 8-29,
10:00 am-12:00 noon,
Knollwood Center #3,
\$75. S Raderman. #12986

new Orpheus Through Musical Time

The myth of Orpheus has intrigued musicians throughout time. Here we will experience many styles and versions of the myth in music. Opera and instrumental will be included. Lecture, live demonstrations, CD's, DVD's, and the Internet will be used. Come, listen, and see why this ancient myth is still an influence today.

CE-MUSIC 2030VA,
5 Tues., Feb. 14-Mar. 13,
10:30 am-12:30 pm,
Knollwood Center #4,
\$90. R Hallman. #12699

new Famous American Theater and Film Composers

This course involves two outstanding American theater and film composers. The first three lectures focus on the life of Irving Berlin. The fourth lecture focuses on the life of Cole Porter.

Video selections of their music will be included in each lecture.

CE-MUSIC 2036VA,
4 Wed., Mar. 7-28,
10:00 am-12:00 noon,
Knollwood Center #3,
\$75. E Glass. #12696

new Comedy in Music

Explore a sense of humor that reflects different styles and composers' personalities. This class will include opera, symphonic and chamber works. Come laugh with us while listening.

CE-MUSIC 2037VA,
4 Mon., Mar. 19-Apr. 9,
10:30 am-12:30 pm,
Knollwood Center #4,
\$75. R Hallman. #12782

new The Life Story Project

Every person's life story is unique, exciting, and definitely worth preserving. Come begin the process of capturing the memories of your lifetime. This is not a writing class. Although some participants may choose to write, we will explore an array of different methods—videos, pictures, letters, even jewelry—of preserving family memories.

CE-PRSDV 2071VA,
4 Wed., Mar. 7-28,
10:00 am-12:00 noon,
Knollwood Center #4,
\$75. R Tomkins. #12786

Hudson River School of Landscape Painting

American art developed explosively between 1820 and 1860. America's first native school of landscape painters,

who came to be known as the Hudson River School, was inspired by the beauty of the Hudson River Valley. Learn about America's first real school of national painting, and its origins in art of notable residents who were inspired by New York's beautiful landscape.

CE-ART 2025VA,
4 Thurs., Jan. 19-Feb. 9,
1:30-3:30 pm, Knollwood Center #3,
\$90. #13647

new Big Weddings, Curvy Women and Chiffon Sarees: Ethnic America on Film

Three popular films of the last two decades frame the discussion of Hollywood's depiction of immigrants in this country: *My Big Fat Greek Wedding* (Dir. Joel Zwick, 2002), *Real Women Have Curves* (Dir. Patricia Cardozo, 2000), and *The Namesake* (Dir. Mira Nair, 2006). Lesser known works like *Amreeka*, *The Wedding Banquet*, and Margaret Cho's one-woman show, *I Am the One that I Want* are also used to illustrate discussion points. Do these films celebrate diversity in America, or do they actually reinforce certain stereotypes? Can they help strengthen our sense of community or do they, in fact, divide us? Join us as we explore these and other questions.

CE-FILM 2006VA,
5 Mon., Apr. 16-May 21 (skip 5/7),
10:00 am-12:00 noon,
Knollwood Center #5,
\$90. M Taub. #12697

MUSIC, ART, LITERATURE (CONTINUED)

new Classical Vernacular & the Origins of Style

An exploration of historical architectural periods from Mesopotamia, through Egyptian, Minoan, Mycenaean and Greek cultures, focusing on biblical themes, the classical orders and their influence on contemporary architecture.

CE-HIST 2024VA,
6 Tues., Mar. 20-May 1 (skip 4/10),
11:00 am-1:00 pm,
Knollwood Center #4,
\$105. B Levy. #12692

Release the Artist in You

If you can see and hold a pencil, you can draw. Learn to not only see objects differently, but also train the “art part” of your brain to interpret them on paper. Beginner and experienced artists welcome. Bring an 11" x 14" sketchpad (not newsprint), #2 or softer pencil, plastic eraser and paper stump.

CE-ART 2065VA,
Mon. & Wed., Feb. 27 & 29,
12:30-3:30 pm, Knollwood Center #4,
\$55. S Rocker. #12816

Creative Writing

Writers of all levels wanted! Add depth, texture, and emotion to your writing as you experiment with prose, poetry, and journal musings. The course is based on free writing exercises followed by sharing and discussion in a supportive environment.

CE-WRITG 2033VA,
6 Thurs., Mar. 8-Apr. 19 (skip 4/5),
1:30-3:30 pm, Knollwood Center #5,
\$105. K Rippstein. #12695

Let's Face It

Learn to draw the human face, both adults and children. We will scrutinize each and every feature. The course will culminate with a likeness of your choosing. Beginners and experienced artists welcome. Bring an 11" x 14" sketchpad (not newsprint), #2 or softer pencil, plastic eraser and paper stump.

CE-ART 2066VA,
Mon. & Wed., Mar. 26 & 28,
12:30-3:30 pm, Knollwood Center #4,
\$55. S Rocker. #12817

new Michelangelo - Renaissance Genius: The Life and Work

Join us for an in-depth study of Michelangelo's life, the Italian Renaissance environment in which he worked, and his great contributions to the art world.

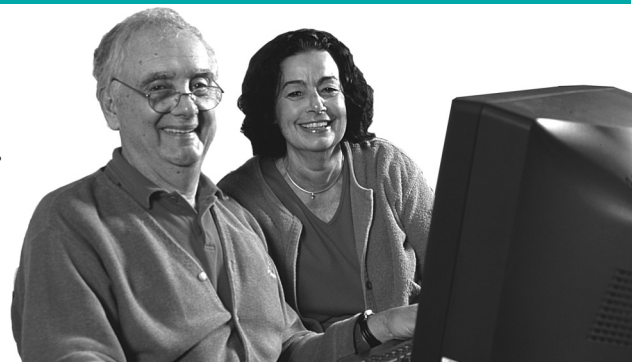
CE-ART 2082VA,
5 Fri., Feb. 24-Mar. 23,
10:00 am-12:00 noon,
Knollwood Center #4,
\$90. J Coppola. #12785

**All Mainstream classes
meet in the
Knollwood Center,
unless otherwise noted.**

INTERESTED IN TEACHING OLDER ADULTS?

Whether you are a retired professional or an experienced adult educator, you can find teaching opportunities at Westchester Community College.

Call 914-606-6793 and ask for our packet for prospective faculty members.



HISTORY & POLITICS

(new) The U.S. Constitution: Its Historical Development and Meaning Since 1787

Gain a greater understanding of the United States Constitution. The class will focus on when and why it was adopted, its meaning, and related controversies—historic and current. Questions and discussion are encouraged.

CE-HIST 2025VA,

**5 Tues., Jan. 24-Feb. 21, 10:00 am-12:00 noon,
Knollwood Center #3, \$90. V Bonelli. #12784**

Hot Topics in the News

This review of daily current events offers a presentation of major national and international current events, with a background of the news provided for better understanding. Questions, discussion, and individual presentations are encouraged.

CE-POLTC 2002VA,

**5 Tues., Mar. 6-Apr. 3, 10:00 am-12:00 noon,
Knollwood Center #2, \$90. V Bonelli. #12814**

LANGUAGES

(new) Spanish Immersion for Travelers

Enhance your next trip to a Spanish-speaking country by learning basic words and phrases to help you navigate and communicate effectively. Designed for individuals with little or no knowledge of Spanish.

CE-LANG 2116VA

**8 Tues., Mar. 13-May 1, 10:30 am-12:00 noon,
Knollwood Center #4, \$150. #13651**

COMPUTERS: SOCIAL NETWORKING

Facebook After Fifty: Using Social Networks

Facebook and other social media such as YouTube and Farmville enable millions of older adults to stay involved with children, grandchildren, and distant family members. Learn how to find and connect with old friends and family members to share activities and renew relationships. Join millions of others of all ages in the fun of managing virtual farms on the Internet. Share photos and videos to stay in touch.

Prerequisite: *Computers Made Easy* or equivalent experience.

CE-COMP 2071VA,

**2 Fri., Mar. 16 & 23, 9:00 am-12:00 noon,
GTW-203, \$90. #13612**



The Livable Community Connection

Interested in creating a livable community where people of all ages can have access to needed services and live happy, active lives? To learn more, contact the Livable Community Connection, a partnership supported by the County's Department of Senior Programs and Services and the Westchester Public/Private Partnership for Aging Services, Inc.

**The Northwest Livable Community Coordinator can be reached at 914-606-6528
or at mainstream@sunywcc.edu**

THE CENTER FOR THE MATURE WORKER

The Center for the Mature Worker assists workers looking to change careers, upgrade their skills, or start their own businesses. Courses are designed to help participants gain the skills needed to successfully compete in today's job market.

Exploring Encore Careers in the Current Economy

Thinking of working beyond your planned retirement date? Want to find a new career with meaning and purpose? Explore the concept of encore careers, get information about popular career choices, and develop a plan for preparing for and obtaining your own encore career.

CE-CRXPL 2009VA,

**5 Wed., Apr. 18-May 23 (skip 5/9)
6:00-8:00 pm, Knollwood Center #2,
\$175. #13118**

Clinical Nurse Adjunct Instructor Training

This program is designed to train experienced nurses to be Clinical Nurse Adjunct Instructors and to supervise students in a variety of healthcare institutions. The program also helps train experienced nurses to be more effective preceptors or instructors on their job. Presented by the Department of Nursing and Mainstream, this 65-hour program includes 35 hours of classroom instruction and 30 hours of practicum. *For more information, call 914-606-6659.*

Health Information Technology

Healthcare providers face the challenge of implementing electronic health record systems as part of the nationwide effort to improve patient care. Health IT professionals are key to this effort to transition medical records from paper to electronic systems. We offer a 6-month, non-credit Health Information Technology training program designed to help you

prepare to meet the nation's emerging need for Health IT professionals.

Applicants must have either a healthcare or information technology background. Classes for this program are held during evening and weekend hours. *For more information, please email bitech@sunywcc.edu, or call Judith Kelson at 914-606-6535.*

Operation Talent Bank

A 30-hour program that provides 15 hours of job search training and 15 hours of computer training. Operation Talent Bank is designed for mature adults who are experienced with file management and using MS Word but are looking to learn the basics of Excel and PowerPoint, plus how to use the Internet to perform an effective job search. This program has a registration fee and is sponsored by the Women's Research and Education Fund in partnership with the Westchester County Office for Women. *For more information please call 914-606-6659.*

Perkins QuickBooks Training

This 75-hour, 6-week course provides 15 hours of job search training, 30 hours of basic bookkeeping and accounting principles, and 30 hours of basic QuickBooks. Perkins QuickBooks training is designed for mature adults 50+ who already have computer experience and some experience in bookkeeping, accounting or financial areas. Applicants must attend an orientation session. This program has an \$8 student fee and is sponsored by the Carl D. Perkins Training and Vocational Act. *For more information, please call 914-606-6659.*



Small Business Training Designed for Mature Adults

Have you always wanted to start your own business? Do you currently have a home business that you would like to expand? Sign up for our Small Business Training Program designed especially for mature adults. Whether you are new to the business world or have prior business experience, this training program will present the skills needed for success as an entrepreneur!

Learn to:

- Develop or refine a plan for your business
- Develop a plan for marketing, cash flow and operations
- Focus on issues of concern to mature entrepreneurs
- Learn about resources for growing your business

This 45-hour course meets in the evenings. Co-sponsored by the Women's Enterprise Development Center. *For more information, please call 914-606-6659.*

LIFETIME WELLNESS CENTER

Westchester Community College is the Place for Energetic Adults!

Physical Fitness

Please consult a physician before attending a physical fitness class.

Signed release forms are required for all physical fitness classes – release forms will be provided at first class.

Balance/Coordination and Stretching for Seniors

The focus of this class will be balance fundamentals, balance/coordination training and drills, cardio aerobics, dynamic stretching, and lightweight strengthening of major muscles.

CE-FITNS 2018VA,

8 Mon., Mar. 5-Apr. 23, 11:00 am-12:00 noon,

Knollwood Center #5,

\$75. M Gordon. #13578

new Zumba Gold® for Seniors

A Latin and international dance-based program designed specifically for the active older adult. No partner or dance experience needed. Sneakers or other appropriate footwear is required.

CE-FITNS 2028VA,

6 Tues., Feb. 28-Apr. 3, 11:00 am-12:00 noon,

Knollwood Center #5,

\$56. P Raiskums. #12987

new Gentle Yoga Stretch

Yoga is an ancient form of movement promoting balance, flexibility and relaxation, uniting all aspects of a person—body, mind and spirit. Come join us as we gently move through physical yoga postures that improve concentration, inner strength and endurance. Wear comfortable clothes and bring a towel or yoga mat.

CE-FITNS 2029VA,

8 Thurs., Mar. 8-Apr. 26, 11:00 am-12:00 noon,

Knollwood Center #4,

\$75. #13636

Aquacise Will Be Back!

The Westchester Community College pool is temporarily closed for renovations. When the renovation is complete, Aquacise will be back! If you would like to be notified about the next scheduled class please call 914-606-6793 or email mainstream@sunywc.edu.

new Long Island City Views Walk

We'll explore Long Island City views and galleries and then take a water taxi to gentrified Williamsburg. Lunch at a local Thai restaurant. Meet at 11:30 am in Grand Central Station between the information booth and track #27. Additional cost for transportation and lunch (varies).

CE-TRVL 2020VA,

1 Wed., Apr. 18, 11:30 am-3:30 pm,

Grand Central Station (track #27 and info. booth), \$50. H Kaplan. #12783

new Park Slope and Red Hook Walking Tour

Walking tour of the classic brownstone area of Park Slope and the renovated post-industrial Red Hook neighborhoods. We will walk and ride local busses in these unique areas. We will have lunch harborside at the Ikea Swedish Restaurant and finish with a water taxi ride to Pier 11. Additional cost for transportation and lunch (varies). Meet at 11:30 in Grand Central Station between the information booth and track #27.

CE-TRVL 2019VA,

1 Wed., May 9, 11:30 am-3:30 pm,

Grand Central Station (track #27 and info. booth), \$50. H Kaplan. #12988

Estate Planning/Living Wills

Effective estate planning can save you and your family money and aggravation. Learn legal information in simple English. Focus on wills, joint assets, trusts, death/gift taxes, using your bank effectively, powers of attorney, tax planning, the rules about shifting assets, living wills, and healthcare proxies.

CE-FIN 2001VA,

M/T/Th, 4 days, Apr. 23-30

(skip 4/25 & 27), 1:00-3:00 pm,

Knollwood Center #3,

\$75. M Richman/A Leinwand. #12698

REGISTRATION INFORMATION

Registration for Mainstream non-credit courses is ongoing throughout the semester. Because classes fill quickly, early registration is encouraged. Mainstream reserves the right to cancel any class due to under-enrollment, substitute faculty if necessary, or make other changes as needed.

WALK IN: In-person registration takes place Mondays-Fridays, 8:30 am-4:00 pm in the Knollwood Center located on our main campus in Valhalla.

MAIL IN: Complete the attached registration form and mail it to the address located at the top. Your check is your receipt. If you are not notified that the class has been cancelled or filled, plan to attend class on the first scheduled date.

CALL IN: Call the Mainstream Office at 914-606-6793 during regular business hours. We'll be happy to help you register by phone.

LOG IN: Returning students may visit us at www.sunywcc.edu/MyWCC to activate their personal account and register and pay online. First-time registrants may register in person, by mail, or by phone.

Refund Policy: 100% refund prior to first class; 50% refund prior to second class; no refunds thereafter.

Class Locations: The majority of Mainstream classes are held at the Knollwood Center, located on Westchester Community College's main campus in Valhalla, New York. For answers to questions regarding courses offered elsewhere, stop by the Center or simply call 914-606-6793.

Auditing Courses: Selected college credit courses may be audited by Westchester County residents over 60 on a space-available basis. Senior audit registration will take place in person only on Friday, January 13 and Wednesday, January 18, in the Knollwood Center from 8:30 am-12:30 pm.

Please Note: The \$8.00 registration fee paid each semester covers all non-credit and audited credit courses taken during the semester.

Parking: Parking decals are required for all students. Obtain a vehicle registration form at the Knollwood Center. The completed form must then be brought to the Security Office in the Student Center, Room 113.

*Please stop by the Mainstream Office to learn about new, upcoming events
or visit us online at www.sunywcc.edu/mainstream.*

MAINSTREAM OFFICE

Knollwood Center • Westchester Community College
75 Grasslands Road Valhalla, NY 10595 • 914-606-6793

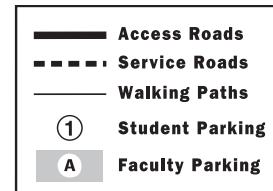
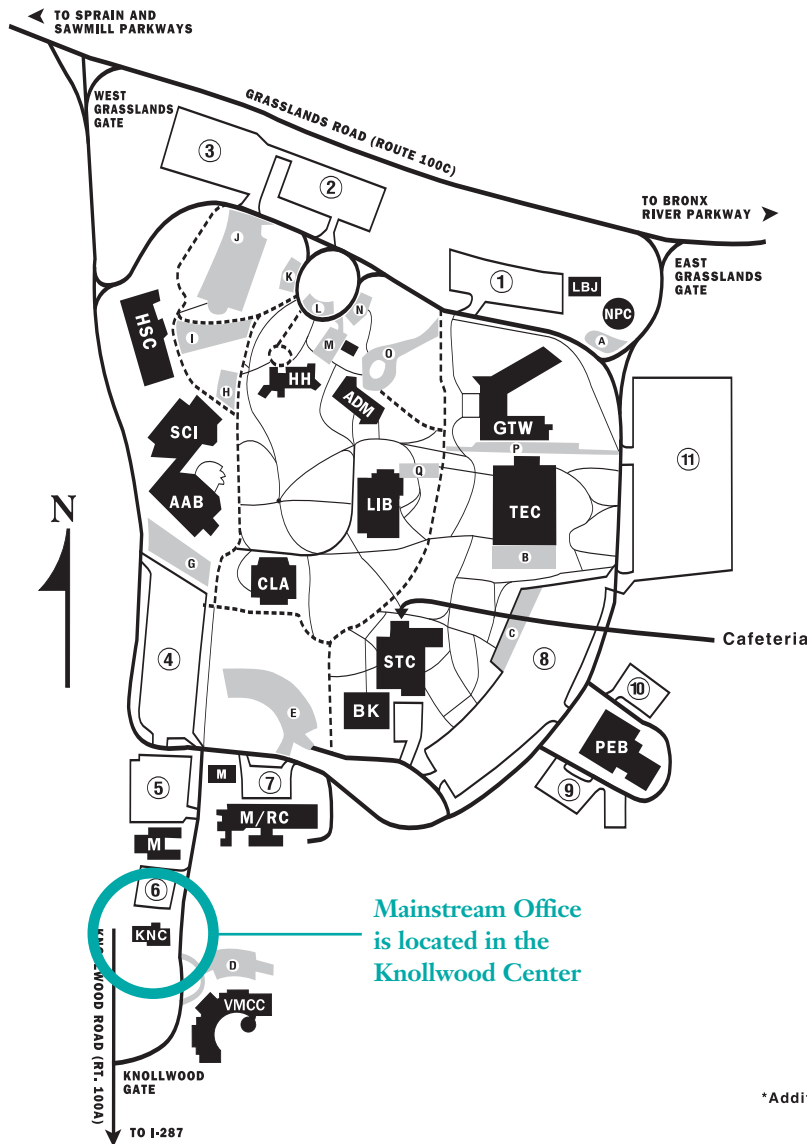
Annual Security Report This report includes statistics for the previous three years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by the college; and on public property within, or immediately adjacent to and accessible from, the campus. The report also includes institutional policies concerning campus security, such as policies concerning alcohol and drug use, crime prevention, the reporting of crimes, sexual assault and other crimes. You may obtain a copy of this report by visiting www.sunywcc.edu or contacting the **Security Office, STC-113 (914-606-6730)**.

Westchester Community College adheres to the policy that no person on the basis of race, color, creed, national origin, age, gender, sexual orientation or handicap is excluded from, or is subject to discrimination in, any program or activity. Westchester Community College is an equal opportunity, affirmative action employer.

Mainstream is a department of the Division of Continuing Education. Mainstream wishes to acknowledge and give special thanks to our community funding partners: Women's Research and Education Fund; Westchester County Department of Senior Programs & Services; and NYSOFA.

VALHALLA CAMPUS MAP

Campus maps are also available online at www.sunywcc.edu/maps



CAMPUS MAP KEY

AAB	Academic Arts Building
ADM	Administration Building
BK	Bookstore/FSA
CLA	Classroom Building
GTW	Gateway Center
HH	Hartford Hall
HSC	Health Science Building
KNC	Knollwood Center
LBJ	Lady Bird Johnson Garden
LIB	Library
M	Maintenance
M/RC	Maintenance/Receiving
NPC	Native Plant Center
PEB	Physical Education Bldg.
SCI	Science Building
STC	Student Center
TEC	Technologies Building
VMCC	Virginia Marx Children's Center
LOT 1	Visitor/Student Parking
LOTS 2-11	Student Parking
LOTS A-Q	Faculty/Staff Parking
LOTS B&H	Handicapped Parking*

*Additional handicapped spaces are provided in each student lot.

Directions to Westchester Community College

BY CAR

Bronx River Pkwy. Exit 26, Virginia Rd. If you are southbound, turn right; if northbound turn left. At the first intersection, turn right onto Rte. 100. Stay left at the next fork; campus is on your left.

Cross Westchester Expwy. (Rte. 287), exit 4. If you are eastbound, turn left; if westbound turn right onto Rte. 100A (Knollwood Rd.). Campus is on your right about 1/2 mile.

Sprain Pkwy., Eastview exit. If you are northbound, turn right; if southbound, turn left onto Rte. 100C. At intersection of 100C, 100A, and 100, go straight ahead onto Rte. 100. Campus is on your right about 1/2 mile.

Saw Mill Pkwy., Eastview exit. If you are northbound, turn right; if southbound, turn left onto Rte. 100C. At intersection of 100C, 100A, and 100, go straight ahead onto Rte. 100. Campus is on your right from this point, about 1/2 mile.

BY BUS OR TRAIN

Buses #1C, #1X, #15, #40 and #41 come onto the campus. For schedule, call **914-813-7777**.

Train is the Metro North Harlem Line. Take it to the White Plains Station. There you can pick up a cab or take bus #40. For schedule, call **1-800-638-7646**.

Handicapped parking information can be obtained by calling **914-606-6730**.

EXPRESS REGISTRATION

Mail To: Mainstream ■ Westchester Community College, Valhalla, NY 10595 ■ 914-606-6793

Use copy or blank sheets for additional registrants.

I'd like to receive Mainstream literature. Please put me on your mailing list.

Last Name	First Name	M.I.

Address

--

City	State	Zip Code

Student ID	Social Security Number

Home Phone	Date of Birth

Business Phone	M/F

Email

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Have you ever taken a class at WCC before? _____ Yes _____ No
 If yes, was it _____ credit _____ noncredit

Course	Course/Seminar Title	Start Date	Tuition
CE-			
CE-			
CE-			
CE-			

<input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> Discover (Check One)	F.S.A. Fee (registration fee)* Spring 2012 TOTAL ENCLOSED Make checks payable to Westchester Community College	\$8.00 _____
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CREDIT CARD NUMBER:

EXP DATE: _____ **APPROVAL CODE:** _____ (from back of card)

SIGNATURE: _____

If you have been a resident of Westchester County for at least six months and of New York State for at least one year, please sign. Signature: _____

** Payable once each semester for on-campus, non-credit courses that run eight hours or longer and/or more than once. The fee is waived if course is off-campus, or if you have registered for other courses on campus and previously paid the fee.*

A variety of government agencies require that institutions of higher education report student enrollments by ethnic status. The information requested below will assist us in meeting this requirement. Please check the appropriate box. (Response is optional and does not affect your admission in any way.)

Are you Hispanic/Latino? Yes No

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

Cuban Dominican Mexican Puerto Rican Other Hispanic/Latino

Please indicate your race (select one or more)

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