NONCREDIT PROGRAM

This program is open to all students and currently offers classes in basic literacy, short-term vocational and other classes of interest to the community as well as Staff Wellness and Older Adult courses.

All classes are free of charge. There are no tests, no quizzes and no letter grades. Registration will take place in the Admissions & Records Office or on the first day of class. Students should contact the Noncredit Office directly with any questions or for further information at (408) 848-4859.

Adults 55+
This program offers special interest classes to adults 55 and older. Our classes take place at various older adult facilities as well as Gavilan campuses to ensure positive enrollment and convenience for the students.

- Film Classics
- Music Encounters
- The Joy of Listening to Music
- The Theater Experience
- Body Dynamics and the Aging Process
- Music, Movement & Wellness
- Tai Chi for Arthritis and Other Illnesses
- Internet Literacy for Older Adults
- Creative Writing Workshop
- Finding Book Treasures

More Older Adult classes coming soon!...
- Armchair Travels
- Arts and Crafts
- As Others See Americans
- Coping with Loss
- Journal Writing
- Topics for Seniors, Staying Well Informed
- Writing Your Autobiography

Staff Wellness Program
This program is geared toward meeting the needs of our Gavilan College family. All classes are free of charge and are open to all staff members as well as the community.

- Tai Chi for Health
- Mindful Stress Reduction

Staff Wellness Coming soon!...
- Weight Control
- Workplace Fitness

Parenting Program
- Parent Advocacy

Basic Skills Program
Introduction to Online Gavilan

Basic Skills Coming Soon!...
- Citizenship
- GED Preparation
**FALL NONCREDIT CLASSES**

### ALLIED HEALTH

**AH 703** Mindful Stress Reduction  
Transferable: No  
This course is designed to offer participants an experiential approach to reducing stress and improving overall well-being by learning and practicing mindful living skills. Using Mindful Based Stress Reduction (MBSR) techniques, students will learn practical methods that foster insight and awareness into their own ways of reading stress, pain and illness in their daily life. Activities include meditation, journals, guided meditation and some yoga through small and large group participation.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Type</th>
<th>Credits</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>0669 LEC</td>
<td>MHG1 O'NEAL L</td>
<td>LEC</td>
<td>1.00</td>
<td>Th</td>
<td>0700-0900</td>
<td>Above class meets at the Morgan Hill Community Center site.</td>
</tr>
<tr>
<td>2189 LEC</td>
<td>APE120 O'NEAL L</td>
<td>LEC</td>
<td>1.00</td>
<td>W</td>
<td>0700-0900</td>
<td></td>
</tr>
</tbody>
</table>

**AH 740** Tai Chi for Arthritis and Other Related Illnesses  
Transferable: No  
This course is designed for the maintenance of the physical and mental well-being of an older adult with arthritis and other related illnesses. Instruction will focus on the postures and movements of Tai Chi, a Chinese exercise regimen that has a slow paced movement that improves balance, coordination, breathing and builds strength and stamina. Activities are included that promote self-care and health awareness.

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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>0046 LAB</td>
<td>GHR1</td>
<td>LAB</td>
<td>1.00</td>
<td>MW</td>
<td>0200-0300</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0048 LAB</td>
<td>WM1</td>
<td>LAB</td>
<td>1.00</td>
<td>TuTh</td>
<td>1000A-1100A</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0052 LAB</td>
<td>HOLCC</td>
<td>LAB</td>
<td>1.00</td>
<td>Th</td>
<td>1100A-1200P</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0052 LAB</td>
<td>HVME1 ROTH R</td>
<td>LAB</td>
<td>1.00</td>
<td>Th</td>
<td>0930A-1030A</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0532 LAB</td>
<td>VG1</td>
<td>LAB</td>
<td>1.00</td>
<td>Th</td>
<td>1100A-1200P</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0536 LAB</td>
<td>WME1 CARVER J</td>
<td>LAB</td>
<td>1.00</td>
<td>MW</td>
<td>0330P-0430P</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0609 LAB</td>
<td>PHM1 CARVER J</td>
<td>LAB</td>
<td>1.00</td>
<td>TuTh</td>
<td>1000A-1100A</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0670 LAB</td>
<td>WM1</td>
<td>LAB</td>
<td>1.00</td>
<td>TuTh</td>
<td>1000A-1100A</td>
<td>Above class meets Off Campus</td>
</tr>
</tbody>
</table>

### HUMANITIES

**HUM 767** Film Classics  
Transferable: No  
This class is designed to study the facts, fantasy, history and trivia of classic and modern films. The background and history of each film and its performance will be compared and contrasted.

<table>
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<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>0426 LAB</td>
<td>HVME1 STAFF</td>
<td>LAB</td>
<td>3.00</td>
<td>W</td>
<td>0100P-0400P</td>
<td>Above class meets at the Hollister Briggs site</td>
</tr>
<tr>
<td>0757 LAB</td>
<td>RICHARDS G</td>
<td>LAB</td>
<td>3.00</td>
<td>W</td>
<td>1255P-0405P</td>
<td>Above class meets at Morgan Hill Playhouse</td>
</tr>
</tbody>
</table>

### LIBRARY

**LIB 730** Internet Literacy for Older Adults  
Transferable: No  
A class for older adults to learn email techniques, how to find information on their interests, news sources, and the skill of browsing online, as well as how best to use the local public library online services, online shopping, search strategies, and interactive games.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>0505 LEC</td>
<td>HOL3 MCNAMARA R</td>
<td>LEC</td>
<td>1.00</td>
<td>MW</td>
<td>1000P-0230P</td>
<td>Above class meets at the Hollister Briggs site</td>
</tr>
<tr>
<td>0505 LEC</td>
<td>HOL3 MCNAMARA R</td>
<td>LEC</td>
<td>1.00</td>
<td>MW</td>
<td>1000P-0230P</td>
<td>Above class meets at the Morgan Hill Community Center site.</td>
</tr>
<tr>
<td>0606 LEC</td>
<td>MHG5 STAFF</td>
<td>LEC</td>
<td>1.00</td>
<td>MW</td>
<td>1030A-1200P</td>
<td>Above class meets at the Hollister Briggs site</td>
</tr>
<tr>
<td>0607 LEC</td>
<td>MHG5 STAFF</td>
<td>LEC</td>
<td>1.00</td>
<td>MW</td>
<td>1030A-1200P</td>
<td>Above class meets at the Morgan Hill Community Center site.</td>
</tr>
<tr>
<td>0610 LEC</td>
<td>SV002 STAFF</td>
<td>LEC</td>
<td>1.00</td>
<td>TuTh</td>
<td>1100A-1230P</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0611 LEC</td>
<td>SV002 STAFF</td>
<td>LEC</td>
<td>1.00</td>
<td>TuTh</td>
<td>1100A-1230P</td>
<td>Above class meets Off Campus</td>
</tr>
</tbody>
</table>

### MUSIC

**MUS 763** Music Encounters  
Transferable: No  
A class for older adults that provides musical activities to stimulate and sustain their auditory function, discernment of sounds and manual dexterity. Students will enjoy music, new and old, by listening, singing, playing and creating music in a group setting.

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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>0047 LEC</td>
<td>GHR1</td>
<td>LEC</td>
<td>2.00</td>
<td>TuTh</td>
<td>0200P-0300P</td>
<td>Above class meets Off Campus</td>
</tr>
<tr>
<td>0531 LEC</td>
<td>LOADCS PAOLINIL</td>
<td>LEC</td>
<td>2.00</td>
<td>MW</td>
<td>1115A-1215P</td>
<td>Above class meets Off Campus</td>
</tr>
</tbody>
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Noncredit Program

Mindfulness Based Stress Reduction Classes
8 Week Sessions plus Introductory Session

Are you feeling out of balance in your life? Learn mindful meditation skills that will help you reduce stress and achieve optimal well-being in your daily life. These classes are modeled after the stress reduction program developed by Jon Kabat-Zinn, which was featured in the Bill Moyers PBS series, Healing and The Mind.

Mindfulness is the practice of cultivating non-judgmental, intentional, present moment awareness in everyday life. With regular practice, we are more able to consciously choose our responses to life, rather than reacting automatically to stressful events. Home practice workbooks and CDs are available for purchase.

Offered Wednesdays at Gavilan–Gilroy or Thursdays at Gavilan–Morgan Hill 7:00 - 9:00 p.m.
Free Introductory Session
Beginning week of September 11, 2006
Sign up today! Call 848-4859

Off-Campus Buildings

GHR1 Gilroy Health Care and Rehabilitation, 8170 Murray Ave.
HHH1 Hazel Hawkins Hospital 911 Sunset Drive Hollister, CA 95023
HOL Hollister Briggs Bldg.
HOLLCC Hollister Comm. Center (Jovenes de Antano), 300 West St., Hollister
HVME1 Hacienda Valley Mobile Estates, 275 Burnett Ave., Morgan Hill
LOADCS Live Oak Adult Day Care Services, 651 W. 6th St., Gilroy
LOHS Live Oak High School
MHG Morgan Hill Community & Cultural Center
PHM1 Pacific Hills Manor 370 Noble Court Morgan Hill, CA 95037
PLY Morgan Hill Playhouse, Monterey Highway and Dunne, Morgan Hill
SV001-004 South Valley Junior High School, Building I, Gilroy
VET Veterans’ Memorial Bldg., 649 San Benito St., Hollister
VG1 Village Green, 1520 Hecker Pass, Gilroy
WM Wheeler Manor, 651 W. 6th St., Gilroy
WME1 Woodland Mobile Estates 850 W. Middle Avenue Morgan Hill, CA 95037

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