NONCREDIT PROGRAM

This program is open to all students and currently offers various classes of interest to the community. 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 Michelle Lopez in the Noncredit Office directly with any questions or for further information at (408) 848-4859.

* Some classes may require a materials fee.

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. Classes include:
- Arts and Crafts
- Body Dynamics and the Aging Process
- Coping with Loss
- Creative Writing Workshop
- Discover Your Family History
- Exploring the Web
- Film Classics
- Finding Book Treasures
- Internet Literacy
- Journal Writing
- Legal Resources for Older Adults
- Music Encounters
- Music, Movement & Wellness
- Tai Chi for Arthritis and Other Illnesses
- The Art of Storytelling
- The Joy of Listening to Music
- The Theater Experience
- Windows Fundamentals
- Writing Your Autobiography

More Older Adult classes coming soon!...
- Armchair Travels
- As Others See Americans
- Topics for Seniors, Staying Well Informed

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
- ESL Citizenship
- GED Preparation
- Introduction to Online Gavilan
- Personal and Career Development
- Vocational ESL (Workplace Communications)
FALL NONCREDIT CLASSES

ALLIED HEALTH

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.

0072 LAB WM1 GERUSA R 1.00 .0 TuTh 1000A-1100A 09/04/07 - 11/01/07 Above class meets Off Campus
0073 LAB PHM1 SWEENEY L 1.00 .0 TuTh 1000A-1100A 11/06/07 - 12/20/07 Above class meets Off Campus
0074 LAB WM1 GERUSA R 1.00 .0 TuTh 1000A-1100A 11/06/07 - 12/20/07 Above class meets Off Campus
0075 LAB HOLCC STAFF 1.00 .0 Th 1100A-1200P Above class meets Off Campus
0076 LAB VPRH STAFF 1.00 .0 Th 0100P-0400P 08/06/07 - 12/17/07 Above class meets Off Campus

ENGLISH

ENGL 756 GED Preparation
Transferable: No
This course is designed to prepare the student to pass the five General Education Development (GED) tests in Writing, Social Studies, Science, Literature and Mathematics. English grammar and usage, reading comprehension, writing, vocabulary and computational skills are emphasized. The course is designed for students who are 18 years of age or older and elect to take the High School Equivalency Examination.

2110 LAB SV001 STARR S 30.0 0 S 0900A-1200P 09/04/07 - 12/29/07 See Footnote: Above class meets Off Campus
2190 LAB HOL3 SIEGOVIA M 30.0 0 S 0100P-0400P 09/04/07 - 12/29/07 See Footnote: Above class meets Off Campus

ENGLISH AS A SECOND LANGUAGE

ESL 702A ESL Citizenship
Transferable: No
This course is designed for second language learners that want to prepare for the United States Citizenship test given by the Department of Immigration and U. S. Naturalization Services. The focus will be on communicating English skills and knowledge of American History and Government required for passing the test to become a citizen of the United States. Readings are at the high-beginning/low-intermediate ESL level and will focus on the historical period beginning in the 1600's on through to 1980.

2195 LEC HOL5 STAFF 3.00 0 Tu 0800P-0800P Above class meets at the Hollister Briggs site
2196 LEC RANCHO SIEGOVIA M 3.00 0 W 0800P-0800P Above class meets Off Campus
2197 LEC STFI STUKER D 3.00 0 MTh 0600P-0730P Above class meets Off Campus

ESL 704A ESL for the Workplace
Transferable: No
This is part A of a content-based integrated skills course for ESL students who want to prepare for immediate entry into the job force. Students expand their language skills within the realm of the work world and specific vocational career interest while also developing the soft skills needed in the workplace. This course is a combination of lecture, lab, and self-paced instruction.

0416 LAB SV001 STAFF 10.00 0 Daily 0900A-1200P See Footnote: Above class meets Off Campus
0870 LAB MHG10 STAFF 10.00 0 MWF 0900A-1200A 09/04/07-12/20/07 Above class meets at Morgan Hill Community site
2201 LAB MHG10 STAFF 10.00 0 WTh 0800P-0900P 0900A-1200A 09/04/07-12/22/07 Above class meets at Morgan Hill Community site
2192 LAB SV007 STAFF 10.00 0 TuW 0700P-0800P 0900A-1200A Above class meets Off Campus. Call 408-848-4859 for TuW room location.
2194 LAB SOBRITO GONZALES D 10.00 0 M W 0800P-0800P Above class meets Off Campus

ART

ART 760 Arts and Crafts I for Older Adults
Transferable: No
A general survey of arts and crafts with an emphasis on exercises and experiments with methods and materials, including: painting, drawing, color theory, composition and rendering, batik or tie-dye, quilting or needlepoint, crocheting or knitting and block printing.

0144 LAB HVME1 GUPTA R 3.00 0 F 0900A-1230P 08/17/07 - 12/21/07 Above class meets Off Campus
0145 LAB WM1 BARRETT S 3.40 0 M 0100P-0400P 08/06/07 - 12/17/07 Above class meets Off Campus
0146 LAB LOADCS LAAGE D 3.00 0 MW 1100A-1230P Above class meets Off Campus

Off Campus Room locations: See page 69.
**LIB 731  Finding Book Treasures in Literature for Older Adults**

Transferable: No

Older adults are guided in the reading of selected quality fiction and nonfiction to promote discussions of theme development, narrative techniques, social context and what makes good writing. Content varies from semester to semester and may include fiction, drama, poetry, essay, and biography. Readings selected may have particular relevance to older adults.

**LIB 732  Introduction to Online Gavilan**

Transferable: No

Introduction to the online classes and student services at Gavilan College. This course will show students how to log into their online courses, find lectures, assignments and exams, take part in online class discussions, submit attachments, and view their grades. The course will also cover all the online student services available to the distant student, including counseling, library resources, records and IT support.

**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.
PHYSICAL EDUCATION: ADAPTED

PE 716  Music/Movement and Health
Transferable: No
This course is designed to assist older adults in improving overall health through movement, music and relaxation techniques. Rhythmic movement will be adjusted to suit individual students mobility needs.

0731 LAB  GHR1  STAFF  1.00 .0 MTh 0930A-1030A
Above class meets Off Campus

0732 LAB  HOLCC  MENDEZ F  1.00 .0 Tu 1000A-1200P
Above class meets Off Campus

0733 LAB  YMCA  MENDONCA B  1.00 .0 TuF 1000A-1100A
Above class meets Off Campus

0734 LAB  VPRH  STAFF  1.00 .0 TuF 0100P-0300P
Above class meets Off Campus

0852 LAB  YMCA  MENDONCA B  1.00 .0 Th 1030A-1230P
Above class meets Off Campus

0860 LAB  COGMR  MENDONCA B  1.00 .0 W 1000A-1100A
Above class meets Off Campus

0862 LAB  HVME1  MENDEZ F  1.00 .0 Th 1030A-1230P
Above class meets Off Campus

Noncredit Class Locations

COGMR  Gilroy Senior Center, 7371 Hanna Street, Gilroy
GHR1  Gilroy Health Care and Rehabilitation, 8170 Murray Ave., Gilroy
GHS  Gilroy High School, 750 W 10th St., Gilroy
HHH1  Hazel Hawkins Hospital, 911 Sunset Dr., Hollister
HOL  Hollister Briggs Bldg, 365 Fourth St. Hollister
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
MHG  Morgan Hill Community Center, 17060 Monterey Rd., Morgan Hill
PHM1  Pacific Hills Manor 370 Noble Court Morgan Hill
PLY  Morgan Hill Playhouse, Monterey Highway and Dunne, Morgan Hill
RANCHO  Rancho Park Apartments, 1200 Rancho Drive, Hollister
SBCL  San Benito County Library, 470 5th St., Hollister
SOBRTO  Sobrato Transitional Housing, 9369 Monterey Road, Gilroy
SOLB7  Solarsano Middle School, 7121 Grenache Way, Gilroy, room B-7
STFI  St. Francis, 7950 Church St., Gilroy
SV001-004  South Valley Middle School, Building I, 385 IOOF Ave., Gilroy
VPRH  Valley Pines Retirement Home, 545 E. Main Ave., Morgan Hill
WM  Wheeler Manor, 651 W. 6th St., Gilroy
YMCA  Morgan Hill YMCA, 17666 Crest Ave., Morgan Hill

Rachel Perez
As Associate Dean of Community Development /Grants management, Rachel Perez has been working to develop programs of noncredit instruction for older adults and basic skills students in the district. At Gavilan College since 1997, her past positions include both EOPS (Extended Opportunities and Program Services) and Community Education.

She received her B. A., M. A., Teaching, Counseling and Administrative Credentials from San Jose State University and has worked as a teacher, counselor and administrator in the K-12 school system. At GUSD she worked to develop and implement the Pregnant and Parenting Teen Program and the Conflict Resolution Model, as well as coordinating the PUENTE Program, Family Wellness and Project TIDE (Vocational Education) in the South County area. She has served on community boards including Mujeres Puedan, The Latina Coalition of South County, The Bridge Counseling Center, the Santa Clara County Human Relations Commission and the Santa Clara County Task Force for Teenage Pregnancy Prevention. She currently serves on the Board of Directors for St. Joseph’s Family Center in Gilroy and the Work 2 Future Board in San Jose.

Past recognition has included Gilroy Unified School District Teacher of the Year 1989, California Continuation Teacher of the Year, Region 8, and nominations for Santa Clara County Woman of Achievement in Education. In 2003, MACSA (The Mexican-American Community Services Agency) recognized her in their “Honoring Community Heroes in Education.”

Perez credits much of her community activism to attending college during the turbulent 1960’s when “we had to chose between class and protests. It was a very romantic and idealistic period in our history but taught me that there isn’t much difference between risk and opportunity and in many ways they are one and the same.”