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.

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

More Older Adult classes coming soon!...
- Armchair Travels
- As Others See Americans
- Computer Literacy
- 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
- Citizenship
- GED Preparation
- Introduction to Online Gavilan
**SPRING 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.

- 4054 LAB PHM1 SWEENEY L 2.00 .0 TuTh 1000A-1100A
- 4055 LAB PHM1 SWEENEY L 2.00 .0 TuTh 1000A-1100A
- 4056 LAB HOLLC ROTH R 1.00 .0 Th 1100A-1200P
- 4057 LAB GHR1 ROTH R 2.00 .0 TuTh 0930A-1030A
- 4058 LAB GHR1 ROTH R 2.00 .0 TuTh 0930A-1030A
- 4070 LAB VPRH ROTH R 1.00 .0 Th 0610P-0720P
- 4071 LAB WM1 GERUSA R 2.00 .0 TuTh 1000A-1100A
- 4072 LAB WM1 GERUSA R 1.00 .0 TuTh 1000A-1100A
- 6009 LAB GHS SMITH S 1.00 .0 S 1045A-1145A

### English

**ENGL 752  Journal Writing for Older Adults**

Transferable: No

A class for older adults that will assist them in developing their writing skills through journal keeping. The students will discover the process of using structured exercises to write about their thoughts, feelings and stress responses in an effort to increase self-awareness and healthier living.

- 4875 LAB MHG12 STAFF 4.00 .0 MW 0100P-0300P

**ENGL 753  Writing Your Autobiography**

Transferable: No

This class in creative writing for older adults will explore autobiography as a form of personal expression. Participants will put their experiences on paper. Learn the skills of autobiography including narrative structure, style, vocabulary, event recording and interpretation.

- 4876 LAB COGMR DASS R 2.00 .0 TuTu 0300P-0500P

**ENGL 754  Discover Your Family History for Older Adults**

Transferable: No

This class will assist older adults in the research and writing of their family histories. They will collect names of relatives and establish relationships through primary, secondary and/or circumstantial evidence and/or documentation. Various sources for researching including Internet use will be encouraged.

- 4877 LAB COGMR DASS R 2.00 .0 TuTu 0100P-0300P

### 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.

- 4878 LAB LOADCS LAAGE D 3.00 .0 MW 0930A-1215P
- 4879 LAB WM1 BARRETT S 3.00 .0 M 0100P-0400P

**ART 765  Art of Storytelling for Older Adults**

Transferable: No

Bridge the generational gap and learn the ancient time-honored way of sharing cultural values and passing down history from one generation to the next. Storytelling is a valuable way to increase intergenerational understanding and unity and creates an opportunity for children and adults in the community to have their lives enriched by this creative activity. The class will provide training tips and the opportunity for older adults to volunteer their new skills in a community setting.

- 6505 LAB SBCL PIMENTEL A 1.10 .0 Th 0610P-0720P
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.

<table>
<thead>
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<th>Location</th>
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<tbody>
<tr>
<td>6509 LAB</td>
<td>RANCHO SEGOVIA M</td>
<td>S</td>
<td>0100P-0400P</td>
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<tr>
<td>6510 LAB</td>
<td>SV001 STARR S</td>
<td>S</td>
<td>0900A-1200P</td>
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</tbody>
</table>

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 communicative 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.

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<td>6506 LEC</td>
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<tr>
<td>6508 LEC</td>
<td>RANCHO SEGOVIA M</td>
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<td>0800P-0900P</td>
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</table>

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 of interest while also developing the soft skills needed in the workplace. This course is a combination of lecture, lab, and self-paced instruction.

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<tr>
<td>4865 LAB</td>
<td>SV003 GONZALES D</td>
<td>MTuWThF</td>
<td>0900A-1100A</td>
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</table>

GUIDANCE

GUID 710  Parent Advocacy  
Transferable: No  
This course is designed to help parents understand the transition from high school to college. Parents will develop techniques on how to better support their college student at home by creating a college going environment and increase potential involvement to enhance academic achievement. Parents will also develop a general understanding of the challenges and obstacles students face on a daily basis.

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<tr>
<td>4888 LEC</td>
<td>LI100 GERUSA R</td>
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<td>1230P-0330P</td>
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<td>6514 LEC</td>
<td>RANCHO STAFF</td>
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<td>0600P-0800P</td>
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</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.

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<tr>
<td>4860 LAB</td>
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<td>0215P-0515P</td>
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<tr>
<td>4884 LAB</td>
<td>PLY RICHARDS G</td>
<td>W</td>
<td>1255P-0405P</td>
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</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.

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<td>4633 LEC</td>
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<tr>
<td>4638 LEC</td>
<td>HOL3 MENDEZ F</td>
<td>MW</td>
<td>0130P-0330P</td>
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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.

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<td>4885 LEC</td>
<td>MHG12 STAFF</td>
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</table>
Day of Beauty
for Men & Women

Includes:
✓ Hair cut & style
✓ Deep conditioning
✓ Scalp treatment
✓ Manicure
✓ Facial
✓ Eyebrow arch
✓ Makeup

no substitutions

DISCOUNTS
Senior Citizens: 20% daily
Staff/Students: 10% daily
Discounts not applicable to DAILY
SPECIALS, Special perms or any service under $6.00

DAILY
SPECIALS

Wednesday:
Hair Cut ONLY - $5
Hair Cut & Style - $10
Hair Color - 20% off

Thursday/Friday:
All Basic Perms - 20% off
Plain Manicure & Pedicure - $11

All work performed by students supervised by instructors

For appointments call 408-842-5055

Off-Campus Buildings

COGMR City of Gilroy (meeting room)
GHR1 Gilroy Health Care and Rehabilitation, 8170 Murray Ave.
GHS Gilroy High School
HOL Hollister Briggs Bldg.
HOLLC C 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 & Cultural Center
PHM1 Pacific Hills Manor 370 Noble Court Morgan Hill, CA 95037
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, 95023
SOBRT O Sobrato Transitional Housing, Gilroy
SOLB7 Solvareno Middle School, Gilroy, room B-7
STFI St. Francis, 7950 Church St., Gilroy, 95020
SV01-004 South Valley Middle School, Building I, 385 IOOF Ave., Gilroy
VPRH Valley Pine Retirement Home, 545 E. Main Ave., Morgan Hill, 95037
WM Wheeler Manor, 651 W. 6th St., Gilroy
YMCA Morgan Hill YMCA, 17686 Crest Ave., Morgan Hill 95037

Noncredit Program

Introducation 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 grades, financial aid, tutoring and technical support.

LIB 732

Course meets Off Campus

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.

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 mobility needs.

Physical Education: Adapted

Spring 2007 Schedule

MUSIC

SPECIALS

DISCOUNTS

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