PERSONAL INTEREST/PET CARE/HEALTH-FITNESS

DRAWING FOR BEGINNER AND INTERMEDIATE LEVELS
This is a foundation course, touching on such primary topics as perspective, drawing aids, composition, and value. A supply list will be provided prior to the start of class.
Material Expenses: $50 approx.
Elizabeth Kisseloff
CE9 452 R1 ZOOM COURSE Meets: Monday, 6:30pm-8:30pm.
Starts June 7 for 6 sessions.
$175
Fee: $120

INTRODUCTION TO LEARNING THE GUITAR
Whether you’re looking to brush up on the basics or kick-start a new hobby, this course is the one for you. Working at your own pace, and under the instruction of a professional musician and music educator, you will learn such skills as reading music, basic chords, fingerpicking, and simple blues techniques. Start playing songs by the end of your first lesson. No experience necessary.
Book required: Alfred’s Basic Guitar Method Book I.
Thomas Rizzuto
CE9 493 R1 ZOOM COURSE Meets: Tuesday, 7:00pm-8:30pm.
Starts June 1 for 10 sessions.
$175

WRITERS WRITE: PERSONAL JOURNALING
This workshop is for those with the desire to put pen to paper! Together we will spark your literary talents and inclinations to discover who you are as a writer. Whether you have never tried writing or the last time you picked up a pen was when you were in school, this is your chance to begin. Start by writing what you want to write. Book required: The Art of Writing by Stephen King.
Gregory Cioffi
CE9 692 R1 ZOOM COURSE Meets: Monday, 6:30pm-8:00pm.
Starts June 7 for 6 sessions.
$135

EXPLORE THE WORLD OF ACTING
Students will ZOOM into the basics of acting using sensory work, improvisation, and relaxation exercises while being taught various acting techniques. On the final class, students will perform a monologue with movement, props, and costumes supplied by student. No memorization is required, just a love of theater.
Gregory Cioffi
CE9 617 R1 ZOOM COURSE Meets: Monday, 8:00pm-10:00pm.
Starts June 7 for 6 sessions.
$175

THE ART OF PHOTOGRAPHY
This course will help you to transform your snapshots into memorable photographs. Focus will be placed on camera handling, composition, framing and lighting. This course is suitable for students with a “Point and Shoot” camera and 35mm auto/ manual SLR camera. We will simplify the technology and concentrate on the art of photography. Students should have pictures available.
Lawrence Chatterton
CES 055 R1 ZOOM COURSE Meets: Wednesday, 7:00pm-9:00pm.
Starts June 2 for 6 sessions.
$175

A FRESH APPROACH TO PROCRASTINATION
In this 2-part workshop, we will explore the reason that people procrastinate and provide insight to begin procrastinating in a positive way. There will be activities to generate critical thought around what are high value priorities. Participants will have the opportunity to create goals to make changes to prioritize more productively. In addition to SMART goals, we will explore the management of tasks by using the ABCDE method and the 80/20 rule. This workshop is interactive and will be comprised of both individual and group activities where participants will be encouraged to share. Participants are expected to have read or be familiar with Brian Tracy’s book, Eat That Frog!: 21 Great Ways to Stop Procrastinating, and Get More Done in Less Time.
Thomas Marino
CE9 717 R1 ZOOM COURSE Meets: Wednesdays June 16 and 23, 6:30pm-8:30pm.
$80

HOME COOKING FOR YOUR DOG AND CAT
Species appropriate, fresh, and homemade is the best way to feed your pet. Learn how easy and affordable it is to make your own pet food and treats while creating a biologically appropriate diet for your dog or cat. The health benefits are numerous when dogs and cats eat a species appropriate diet. Must importantly, pet owners gain awareness of many common health issues our pets face: allergies, joint problems, obesity, digestive upset, and behavior issues.
ONE DAY WORKSHOP.
Christine Filardi
CE9 587 R1 ZOOM COURSE Meets: Thursday, June 10, 6:30pm-8:30pm.
$40

SELF-CARE ACUPRESSURE FOR ANXIETY AND INSOMNIA
Acupuncture and acupressure have been shown to dramatically reduce anxiety and restlessness, and to improve the quality of sleep. In this workshop you will be taught acupressure points which can greatly reduce general stress and anxiety, points for pain relief will be included as well. When we release tension and stress before bedtime, the quality of sleep will be deeper and more restful.
ONE-DAY WORKSHOP.
Marie Regis
CE9 581 R1 ZOOM COURSE Meets: Wednesday, June 2, 7:00pm-9:00pm.

CHAIR AEROBICS
Just like any aerobic workout, chair aerobics is designed to increase muscle strength, muscle endurance and improve range of motion while stretching and burning calories. This is a modified format that offers safe alternatives to traditional exercises while having fun at the same time.
Participants should have water accessible and wear comfortable shoes.
Caryn Cooper
CE9 719 R1 ZOOM COURSE Meets: Monday, 7:30pm-8:30pm.
Starts June 7 for 8 sessions.
$75

MOVING FOR LIFE
This low impact dance exercise class combines elements of aerobics, cardio, stretching and yoga to address the needs of those dealing with various health and physical challenges such as breast cancer, heart disease, and joint pain in a fun and safe way.
Participants should have water accessible and wear comfortable shoes.
Caryn Cooper
CE9 718 R1 ZOOM COURSE Meets: Monday, 7:30pm-8:30pm.
Starts June 7 for 8 sessions.
$100

GUIDED MEDITATION
On a chair or on a mat in the comfort of your own home, join in for a moment of meditation. Breathe through this guided meditation to settle your thoughts and find some moments of calm. We will meditate and also have a brief chat for questions and discussion each week. Open to all levels, including first-timers. Participants should have water accessible and wear comfortable shoes.
Christina M. Rau
CE9 748 R1 ZOOM COURSE Meets: Sunday, 7:00pm-7:45pm.
Starts May 2 for 6 sessions.
$80

SEWING BASICS
Don’t be afraid of your sewing machine! In this class you will learn how to thread the machine, wind a bobbin, sew simple stitches, and basic machine maintenance. We will discuss different fabrics, their uses, how they’re sold, and how and where to buy them. Learn how to lay out and adjust patterns. By the last two sessions we will complete an apron and a reusable shopping bag. Please have a sewing machine available. A supply list will be provided prior to the start of class.
Material Expenses: $15 approx.
Julia Schilling
CE9 690 R1 ZOOM COURSE Meets: Tuesday, 7:00pm-9:00pm.
Starts June 8 for 4 sessions.
$120
REGISTRATION FORM

Please answer all questions on this form and send it together with your check, money order, or credit card information to:

OFFICE OF WORKFORCE DEVELOPMENT & LIFELONG LEARNING
Nassau Community College
One Education Drive
Garden City, New York 11530-6793

Make check payable to: Nassau Community College
OR fax the form with credit card information to: 516.828.3507

Last Name __________________________________________
Complete First Name __________________________________
Address ____________________________________________
City ___________________________ Zip ___________
Home Phone: ( ) __________________________
Cell Phone: ( ) __________________________
Work Phone: ( ) __________________________
*Birthdate: mm/dd/yyyy __ __/ __ __/ __ __ __
Have you ever taken any courses at NCC?  Yes  No
*ejected*
e-mail: ___________________________ NCC ID #: ___________________________

COURSE SELECTION

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Total Amount: $ __ __ __ __ __

Non-Credit Refund Policy: Tuition is refundable when a course is canceled by the College. Tuition is refundable to the student whose written request for withdrawal has been received by the Office of Workforce Development & Continuing Education prior to the beginning of the class. A 50% refund of tuition may be made to the student who has applied in writing to the Office of Workforce Development & Continuing Education prior to the second session of the class. NO REFUNDS WILL BE MADE AFTER THE SECOND CLASS MEETING OF ANY CLASS. Please be advised that if a refund is due it will take approximately 2-3 weeks to be processed.

CREDIT CARD PAYMENT INSTRUCTIONS:

I authorize the use of my credit card account for full payment of the amount of my course registration as indicated on this non-credit registration application.

Students with overdue tuition and fees may be referred to a collection agency and will incur additional liabilities of up to 33% to cover all associated collection cost processes.

Step 1: Print Cardholder’s name (as it appears on the credit card) ________________________________________

Step 2: Provide Cardholder’s signature: __________________________________________________________

Step 3: Please read: I certify that there is sufficient credit amount on the card listed below to cover the fee charges shown on the accompanying Registration Form. Otherwise, I understand the lack of approval by my credit card company will result in cancellation of this registration for non-payment.

Step 4: Card Information:
PLEASE Check ONE:  VISA  Mastercard  Discover  American Express

Card Number: ___________________________ Date of Expiration: __ __/ __ __ __ __ __

YOU MUST BE 18 OR OLDER TO REGISTER WITH THE EXCEPTION OF ALTERNATIVES, HSE, AND SAT PROGRAMS.

HOW DID YOU HEAR ABOUT OUR COURSES?

- TV
- Website
- Mail
- Newspaper
- Friend
- Email
- Other

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