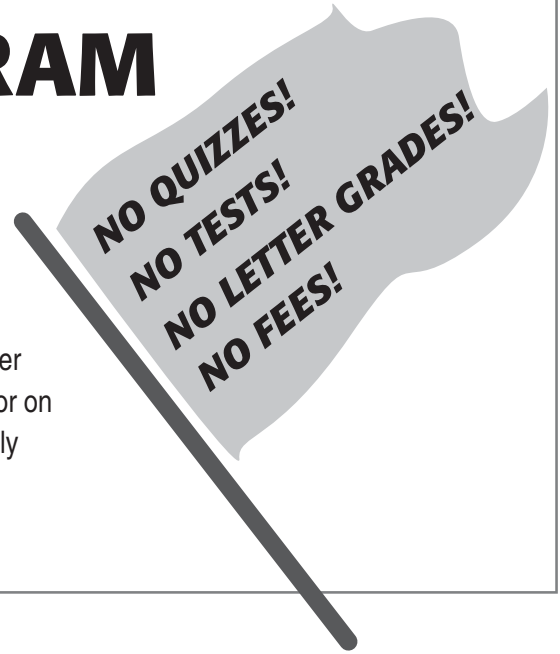


NONCREDIT PROGRAM

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.

0669 LEC MHG10 O'NEALL 1.00 .0 Th 0700P-0900P
09/14/06 - 11/09/06 See Footnote: Above class meets at the Morgan Hill Community Center site.

2169 LEC APE120 O'NEALL 1.00 .0 W 0700P-0900P
09/13/06 - 11/08/06

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.

0046 LAB GHR1 STAFF 1.00 .0 MW 0200P-0300P
09/11/06 - 11/08/06 See Footnote: Above class meets Off Campus

0048 LAB WM1 STAFF 1.00 .0 TuTh 1000A-1100A
10/19/06 - 12/21/06 See Footnote: Above class meets Off Campus

0052 LAB HOLCC STAFF 1.00 .0 Th 1100A-1200P
08/24/06 - 12/21/06 See Footnote: Above class meets Off Campus

0352 LAB HVME1 ROTH R 1.00 .0 Th 0930A-1030A
08/24/06 - 12/21/06 See Footnote: Above class meets Off Campus

0532 LAB VG1 STAFF 1.00 .0 Th 1100A-1200P
08/17/06 - 12/21/06 See Footnote: Above class meets Off Campus

0536 LAB WME1 CARVER J 1.00 .0 MW 0330P-0430P
09/11/06 - 11/08/06 See Footnote: Above class meets Off Campus

0609 LAB PHM1 CARVER J 1.00 .0 TuTh 1000A-1100A
08/22/06 - 12/21/06 See Footnote: Above class meets Off Campus

0670 LAB WM1 STAFF 1.00 .0 TuTh 1000A-1100A
08/08/06 - 10/05/06 See Footnote: Above class meets Off Campus

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.

0426 LAB HVME1 STAFF 3.00 .0 W 0100P-0400P
09/06/06 - 12/06/06 See Footnote: Above class meets Off Campus

0757 LAB PLY RICHARDS G 3.00 .0 W 1255P-0405P
09/06/06 - 12/20/06 Above class meets at Morgan Hill Playhouse

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.

0050 LEC HOL3 MCNAMARA R 1.00 .0 MW 0100P-0230P
09/11/06 - 10/18/06 Above class meets at the Hollister Briggs site

0051 LEC HOL3 MCNAMARA R 1.00 .0 MW 0100P-0230P
10/23/06 - 11/29/06 Above class meets at the Hollister Briggs site

0606 LEC MHG5 STAFF 1.00 .0 MW 1030A-1200P
09/11/06 - 10/18/06 See Footnote: Above class meets at the Morgan Hill Community Center site.

0607 LEC MHG5 STAFF 1.00 .0 MW 1030A-1200P
10/23/06 - 11/29/06 See Footnote: Above class meets at the Morgan Hill Community Center site.

0610 LEC SV002 STAFF 1.00 .0 TuTh 1100A-1230P
09/05/06 - 10/12/06 See Footnote: Above class meets Off Campus

0611 LEC SV002 STAFF 1.00 .0 TuTh 1100A-1230P
10/17/06 - 11/28/06 See Footnote: Above class meets Off Campus

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 grades, financial aid, tutoring and technical support.

0772 ONLINE PARKER J 3.00 .0 DHR 0000-0000 46
09/05/06 - 12/23/06 This online class will be delivered entirely over the Internet. After enrolling, start the class by going to <http://www.gavilan.edu/disted/>, click on your class link, and email the instructor at jparker@gavilan.edu. Class is open-entry/open-exit. You can enroll at any time during semester.

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.

0047 LEC GHR1 STAFF 2.00 .0 TuTh 0200P-0300P
09/19/06 - 12/12/06 See Footnote: Above class meets Off Campus

0531 LEC LOADCS PAOLINI L 2.00 .0 MW 1115A-1215P
09/25/06 - 12/13/06 See Footnote: Above class meets Off Campus

PHYSICAL EDUCATION:ADAPTED

PE 701 Tai Chi for Wellness

Transferable: No

This course will introduce the student to the thirty seven posture forms and movements of Tai Chi, an ancient Chinese practice that focuses on slow paced coordinated movements that improve balance, coordination, mobility and breathing. The students will also learn how to use this non-contact exercise program to reduce stress in their daily lives.

0608 LAB CH102 STAFF 1.00 .0 MW 0600P-0800P
10/23/06 - 12/20/06

0668 LAB CH102 STAFF 1.00 .0 TuTh 0600P-0800P
08/22/06 - 10/19/06

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. Rhythmical movement will be adjusted to suit individual students mobility needs.

0351 LAB HOLCC STAFF 1.00 .0 Tu 1000A-1200P
08/22/06 - 12/19/06 See Footnote: Above class meets Off Campus

0533 LAB VG1 STAFF 1.00 .0 F 1000A-1200P
08/11/06 - 12/22/06 See Footnote: Above class meets Off Campus

2006 LAB GHR1 STAFF 1.00 .0 MTh 0930A-1030A
08/14/06 - 12/11/06 See Footnote: Above class meets Off Campus

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, Buiding 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

**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

**THERE'S A
TV STATION AT
GAVILAN**



Community Media Access Partnership (CMAP) manages the four community TV channels in Gilroy, Hollister and San Juan Bautista.

Any resident can submit a video to air, or you can learn how to use CMAP's video equipment and make a TV show.

- Channel 17
City View
- Channel 18
GavTV
- Channel 19
EdTV
- Channel 20
Public Access

INTERESTED? CHECK OUT OUR WEBSITE: WWW.MYCMAP.ORG OR DROP BY OUR FACILITY IN L-139!