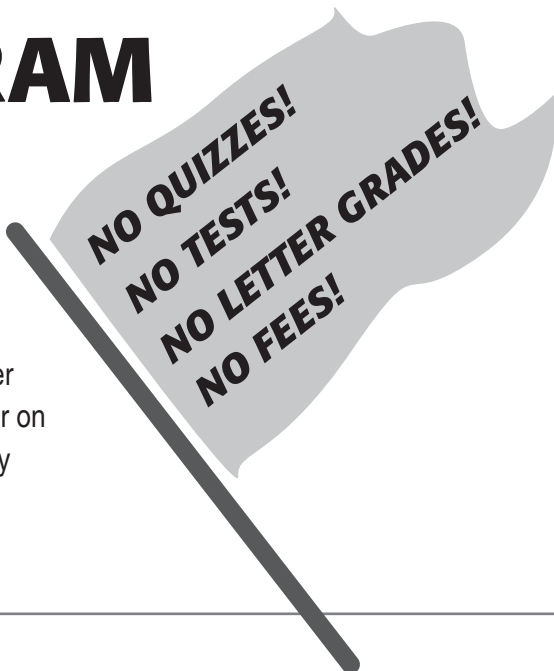


NONCREDIT PROGRAM

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.



**NO QUIZZES!
NO TESTS!
NO LETTER GRADES!
NO FEES!**

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
			02/01/07 - 04/03/07	See Footnote: Above class meets Off Campus			
4055	LAB	PHM1	SWEENEY L	2.00	.0	TuTh	1000A-1100A
			04/05/07 - 06/12/07	See Footnote: Above class meets Off Campus			
4056	LAB	HOLCC	ROTH R	1.00	.0	Th	1100A-1200P
			02/01/07 - 06/07/07	See Footnote: Above class meets Off Campus			
4057	LAB	GHR1	ROTH R	2.00	.0	TuTh	0930A-1030A
			02/06/07 - 04/05/07	See Footnote: Above class meets Off Campus			
4058	LAB	GHR1	ROTH R	2.00	.0	TuTh	0930A-1030A
			04/17/07 - 06/14/07	See Footnote: Above class meets Off Campus			
4870	LAB	VPRH	ROTH R	1.00	.0	Th	0100P-0200P
			02/01/07 - 06/07/07	See Footnote: Above class meets Off Campus			
4871	LAB	WM1	GERUSA R	2.00	.0	TuTh	1000A-1100A
			02/01/07 - 04/03/07	See Footnote: Above class meets Off Campus			
4872	LAB	WM1	GERUSA R	1.00	.0	TuTh	1000A-1100A
			04/05/07 - 06/12/07	See Footnote: Above class meets Off Campus			
6009	LAB	GHS	SMITH S	1.00	.0	S	1045A-1145A
			02/03/07 - 06/02/07	See Footnote: Above class meets Off Campus			

AH 742 Coping with Loss

Transferable: No

In this course, the older adult will learn that grief and loss are an integral part of the human experience and they are not alone and that grief is universal. Specific topics will include: the process of normal grieving, tools for effective coping, signs of depression, resiliency skills, and resources available in the community and redefining one's life after a loss.

4877	LEC	COGMR	DASS R	2.00	.0	Tu	0100P-0300P
			02/06/07 - 03/27/07	See Footnote: 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.

4857	LAB	HVME1	GUPTA R	3.00	.0	F	0930A-1230P
			02/02/07 - 06/15/07	See Footnote: Above class meets Off Campus			
4858	LAB	LOADCS	LAAGE D	3.00	.0	MW	1045A-1215P
			01/29/07 - 06/13/07	See Footnote: Above class meets Off Campus			
4859	LAB	WM1	BARRETT S	3.00	.0	M	0100P-0400P
			01/29/07 - 06/18/07	See Footnote: Above class meets Off Campus			

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.

4876	LAB	COGMR	DASS R	2.00	.0	Tu	0300P-0500P
			02/06/07 - 03/27/07	See Footnote: Above class meets Off Campus			

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.

4875	LAB	MHG12	STAFF	4.00	.0	MW	0100P-0300P
			04/02/07 - 05/02/07	See Footnote: Above class meets Off Campus			

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.

4874	LAB	MHG5	STAFF	2.00	.0	MW	0100P-0300P
			02/05/07 - 03/28/07	See Footnote: Above class meets Off Campus			

ENGL 755 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
			02/01/07 - 06/07/07	See Footnote: Above class meets Off Campus			

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.

6509	LAB	RANCHO	SEGOVIA M	3.00	.0	S	0100P-0400P
02/03/07 - 06/02/07 See Footnote: Above class meets Off Campus							
6510	LAB	SV001	STARR S	3.00	.0	S	0900A-1200P
02/03/07 - 06/02/07 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 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.

6506	LEC	STFI	STUKER D	3.00	.0	MTh	0600P-0730P
01/29/07 - 06/14/07 See Footnote: Above class meets Off Campus							
6507	LEC	SOBRTO	GONZALES D	3.00	.0	TuTh	0600P-0730P
02/01/07 - 06/12/07 See Footnote: Above class meets Off Campus							
6508	LEC	RANCHO	SEGOVIA M	3.00	.0	W	0600P-0900P
01/31/07 - 06/06/07 See Footnote: 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 of interest while also developing the soft skills needed in the workplace. This course is a combination of lecture, lab, and self-paced instruction.

4865	LAB	SV003	GONZALES D	10.00	.0	MTuWThF	0900A-1100A
01/29/07 - 05/31/07 See Footnote: Above class meets Off Campus							

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.

4888	LEC	LI100	GERUSA R	3.00	.0	MTuWTh	1230P-0330P
01/08/07 - 01/11/07							
6514	LEC	RANCHO	STAFF	2.00	.0	M	0600P-0800P
02/05/07 - 03/19/07 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.

4860	LAB	HVME1	SWEENEY L	3.00	.0	W	0215P-0515P
01/31/07 - 05/09/07 See Footnote: Above class meets Off Campus							
4884	LAB	PLY	RICHARDS G	3.00	.0	W	1255P-0405P
01/31/07 - 06/06/07 See Footnote: Above class meets Off Campus							
4895	LAB	WM1	GERUSA R	3.00	.0	F	0100P-0400P
02/02/07 - 05/18/07 See Footnote: Above class meets Off Campus							

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.

4633	LEC	SV002	HERNANDEZ A	4.00	.0	TuTh	0930A-1130A
02/06/07 - 03/06/07 See Footnote: Above class meets Off Campus							
4634	LEC	SV002	HERNANDEZ A	5.00	.0	TuTh	0930A-1130A
03/08/07 - 04/05/07 See Footnote: Above class meets Off Campus							
4635	LEC	MHG5	STAFF	4.00	.0	MW	1030A-1230P
02/05/07 - 03/07/07 Above class meets at Morgan Hill Community site							
4636	LEC	MHG5	STAFF	4.00	.0	MW	1030A-1230P
03/12/07 - 04/16/07 Above class meets at Morgan Hill Community site							
4637	LEC	HOL3	MENDEZ F	3.00	.0	MW	0130P-0300P
02/05/07 - 03/19/07 Above class meets at the Hollister Briggs site							
4638	LEC	HOL3	MENDEZ F	3.00	.0	MW	0130P-0300P
03/26/07 - 05/09/07 Above class meets at the Hollister Briggs site							

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.

4855	LEC	MHG12	STAFF	2.00	.0	F	0100P-0300P
02/02/07 - 04/06/07 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.

4864 ONLINE PARKER J 1.00 .0 DHR 0000-0000 38
 01/31/07 - 05/25/07 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. Students who have not begun the class or contacted the instructor by 5 pm on the 3rd day of class will be dropped from the class.



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.

4856	LEC	GHR1	MENDEZ F	1.00	.0	TuTh	0200P-0300P
02/06/07 - 05/03/07 See Footnote: Above class meets Off Campus							
4863	LEC	LOADCS	STAFF	1.00	.0	MW	0130P-0230P
01/29/07 - 04/30/07 See Footnote: Above class meets Off Campus							
4866	LEC	VPRH	SWEENEY L	2.00	.0	F	0100P-0300P
02/02/07 - 05/04/07 See Footnote: Above class meets Off Campus							
6503	LEC	GHS	ROBB P	2.00	.0	Tu	0730P-0945P
STAFF See Footnote: Above class meets Off Campus							
6504	LEC	SOLB7	STAFF	2.00	.0	W	0700P-0950P
See Footnote: Above class meets Off Campus							

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

4773	LAB	GHR1	MENDONCA B	1.00	.0	MW	0200P-0300P
01/29/07 - 06/13/07 See Footnote: Above class meets Off Campus							
4774	LAB	HOLLCC	MENDEZ F	2.00	.0	Tu	1000A-1200P
02/06/07 - 06/12/07 See Footnote: Above class meets Off Campus							
4775	LAB	HVME1	MENDONCA B	2.00	.0	Th	1030A-1230P
02/01/07 - 06/07/07 See Footnote: Above class meets Off Campus							
4868	LAB	VPRH	ROTH R	1.00	.0	Tu	0100P-0300P
02/06/07 - 06/12/07 See Footnote: Above class meets Off Campus							
4869	LAB	YMCA	MENDONCA B	1.00	.0	TuF	1000A-1200P
02/02/07 - 06/15/07 See Footnote: Above class meets Off Campus							
4887	LAB	COGMR	MENDONCA B	1.00	.0	F	0100P-0300P
02/02/07 - 06/15/07 See Footnote: Above class meets Off Campus							

Day of Beauty

for Men & Women

Includes:

- ✓ Hair cut & style
 - ✓ Deep conditioning
 - ✓ Scalp treatment
 - ✓ Manicure
 - ✓ Facial
 - ✓ Eyebrow arch
 - ✓ Makeup
- no substitutions*



only **\$30**
w/o coupon - \$35

DISCOUNTS

Senior Citizens: 20% daily
 Staff/Students: 10% daily

Discounts not applicable to DAILY SPECIALS, Special perms or any service under \$6.00

Spring/Fall hours

Wed.-Fri. 10:30 am - 2:30 pm

Summer hours

Tu.-Th. 10:30 am - 3:30 pm

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
 Discounts not applicable to daily specials, special color, special perms or any service under \$6. Not valid with any other discounts.

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.
- 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 & 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
- SOBRTO Sobrato Transitional Housing, Gilroy
- SOLB7 Solorsano Middle School, Gilroy, room B-7
- STFI St. Francis, 7950 Church St., Gilroy, 95020
- SV001-004 South Valley Middle School, Building I, 385 IOOF Ave., Gilroy
- VPRH Valley Pines Retirement Home, 545 E. Main Ave., Morgan Hill, 95037
- WM Wheeler Manor, 651 W. 6th St., Gilroy
- YMCA Morgan Hill YMCA, 17666 Crest Ave., Morgan Hill 95037