

College for Living classes

OCC Main Campus

Spring 2020

Crafting

Make and enjoy projects with a variety of materials. You will create decorative seasonal pieces to give as gifts or keep for yourself. Emphasis will be on following directions while making new friends and having fun with a new hobby. **CLASS IS LIMITED TO 12 STUDENTS.**

*Students who require one-on-one assistance should bring a helper to assist them.

Instructor: Chris Kiely, enthusiastic and experienced in working with individuals with intellectual disabilities.

8 Mondays, March 16 to May 11, 2020

NO CLASS ON APRIL 6, 2020

6:00 pm—8:00 pm

Coyne Hall, Room 216

Tuition: \$89

Healthy Lifestyles

Lifestyles can be healthy or unhealthy based on food choices, activity level and behavior. A positive lifestyle can bring happiness, while a negative lifestyle can lead to sadness. True happiness can change your attitude and inspire you to make better decisions regarding your health and behavior. In this class you will learn ways to improve your lifestyle with diet and exercise, manage your feelings and identify healthy relationships. Learn with others how to remain safe using social media appropriately.

Instructor: Lisa Chamberlain, enthusiastic and experienced in working with individuals with intellectual disabilities.

8 Mondays, March 16 to May 4, 2020

6:00 pm—7:30 pm

Coyne Hall, Room 226

Tuition: \$79

Aerobics

Learn how to integrate your love for music while at the same time keeping physically fit. You will be led through a warm up, cardio activity and a cool down period. Class can be modified for students with physical limitations. Students need to bring a water bottle and wear loose comfortable clothing.

Instructor: Denise Neimeier, enthusiastic and experienced in working with individuals with intellectual disabilities.

8 Tuesdays, March 17 to May 5, 2020

6:00 pm—7:00 pm

Coyne Hall, First Floor Lobby

Tuition: \$69

Music Appreciation

Listen and discuss various types of music. There will be many opportunities to sing and dance! Classes will discuss classical, country, jazz, and rock and roll. You will be encouraged to bring your own favorites to share. This class is a great way to share your knowledge while learning about others' taste in music.

Instructor: Dan Lounsbery, enthusiastic and experienced in working with individuals with intellectual disabilities.

8 Wednesdays, March 18 to May 6, 2020

6:00 pm—7:00 pm

Coyne Hall, Room 216

Tuition: \$69

REGISTRATION FORM ON REVERSE SIDE



College for Living Program
REGISTRATION FORM

Name: _____

Home Address: _____

Phone: _____, Date of Birth: _____

Email address: _____

COURSE INFORMATION

Course Name _____

Course Fee _____ Course Date _____

Course Name _____

Course Fee _____ Course Date _____

Students MUST be 18 years or older and be pre-registered. Registrations are taken on a first-come, first-served basis. You are registered once we receive your registration by mail, fax, phone, or email.

All classes are open to the public.

YOU WILL NOT RECEIVE A CONFIRMATION; however, we will notify you if the class you chose is already full at the time we receive your registration form, and we will give you the option of registering for a different class.

- To register by **mail**, just complete this form and send it to Onondaga Community College, College for Living, 4585 West Seneca Turnpike, Syracuse, NY 13215
- To register by **fax**, just complete this form and fax it to (315) 492-8166
- To register by **phone**, just call the College for Living office, (315) 498-6005, between the hours of 9:00-4:00, M-F
- To register by **email**, please scan this form and email it to Kathy Cummings at cummingk@sunyocc.edu

PLEASE READ: Checks are payable to Onondaga Community College and may be mailed separately from the registration form in order to reserve your spot in the class. Refunds are only given for cancelled classes.

ALL STUDENTS: Please read and sign the following statement

Financial Responsibility Agreement:

1. By registering for classes at Onondaga Community College, I acknowledge and agree that:
 - I am at least 18 years of age or the parent/legal guardian of a student under the age of 18.
 - I am financially responsible for all charges related to my registration and housing.
2. I understand that if I decide not to attend the courses, which I am registering for, that it is my responsibility to drop the course(s) three days prior to the start date to avoid any financial liability.
3. For OCC's complete Financial Responsibility Agreement, please reference the College Web site under Bursar office, the course schedule, student handbook, or College catalog.

I hereby apply for registration and certify that all information I have given to be true and correct. I agree to obey all rules and regulations of Onondaga Community College.

Signature of Student: _____ Date: _____