

## College for Living Evening classes

### 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.

\*Students who require 1:1 assistance should bring a helper to assist them.

Instructor: Becky Tift

8 Mondays: **March 16—May 4, 2026**

6:00 pm—8:00 pm

Coyne Hall, Room 216

Tuition: \$99

### 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: Michelle Lamson

8 Tuesdays: **March 17 —May 5, 2026**

6:00 pm—7:30 pm

Coyne Hall, Room 216

Tuition: \$79

### Basic Microwave Cooking and Nutrition

This course helps students learn how to safely use a microwave to make simple meals and snacks in a fun environment while socializing with friends.. Students practice basic cooking steps, kitchen safety, and cleanup. The course also teaches basic nutrition, such as food groups and making healthy food choices. The class builds everyday skills students can use at home to increase independence.

Instructor: Jennifer

8 Wednesdays: **March 18—May 6, 2026**

6:00—8:00 pm

Coyne Hall, Room 216

Tuition: \$99

### Dance Party Aerobics

Dance and exercise while enjoying all types of music; student suggestions are always welcomed. Dance offs are a regular occurrence. Both low impact and more high intensity cardio is determined on the student's energy each week. Any movement counts, and students are always encouraged to show off their moves.

Instructor: Tori

8 Thursdays: **March 19—May 7, 2026**

6:00—7:00 pm

Coyne Hall, Room 216

Tuition: \$79

**If you plan to pay with cash in person, please contact us to schedule a drop-off time.  
You must pay the exact amount as we do not have change.**



College for Living Program  
REGISTRATION FORM  
Spring 2026

Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_, Phone: \_\_\_\_\_  
Contact person: \_\_\_\_\_, Phone: \_\_\_\_\_  
Email address: \_\_\_\_\_

Check which class you want to take:

\_\_\_\_\_ Crafting \$99      \_\_\_\_\_ Music \$79      \_\_\_\_\_ Nutrition and Cooking \$99      \_\_\_\_\_ Dance Party \$79  
Mondays                      Tuesdays                      Wednesdays                      Thursdays

**IMPORTANT: Please send your registration form in as soon as possible to reserve a spot in the class. Checks are payable to OCC and may be mailed separately after the registration form. If you plan to pay with cash in person, please contact us to schedule a drop-off time. You must pay the exact amount as we do not have change. Refunds are only given for cancelled classes.**

**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 **email**, scan the completed form and email it to Dan McKenney at d.mckenney@sunyocc.edu
- To register by **phone**, call the College for Living office, (315) 498-6005, between the hours of 9:00-4:00, M-F
- To register by **fax**, just complete this form and fax it to (315) 498-2569
- To register by **mail**, just complete this form and send it to: College for Living, Onondaga Community College, 4585 West Seneca Turnpike, Syracuse, NY 13215

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) 3 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: \_\_\_\_\_