College for Living Evening classes

Crafting

Unleash your creativity and discover the joy of making something with your own hands! In this engaging and hands-on class, you'll create a variety of seasonal and decorative craft projects using different materials and techniques. Make personalized gifts for family and friends or create special keepsakes to enjoy yourself. Along the way, you'll build confidence, practice following directions, learn new crafting skills, and connect with others who share your interest in creativity. Whether you're an experienced crafter or trying it for the first time, you'll leave each class with a smile, new friendships, and a project you're proud to show off!

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

Instructor: Becky Tifft
8 Mondays: **October 19—December 7, 2026**
6:00 pm—8:00 pm
Coyne Hall, Room 216 Tuition: $119

Beginner Sign Language

This beginner-friendly American Sign Language (ASL) class provides a relaxed and supportive environment where participants can learn at their own pace. Discover the ASL alphabet, practice everyday signs, and learn how to communicate using simple words and phrases. Whether you're looking to refresh skills you already have or are learning sign language for the very first time, this class offers an enjoyable way to expand your communication skills and meet new friends.

Instructor: Rebecca Scott
8 Mondays: **October 19—December 6, 2026**
6:00—8:00 pm
Coyne Hall, Room 220 Tuition: $99



Music Appreciation

Explore a wide variety of musical styles, from pop and rock to jazz, country, classical, folk, and cultural music from around the world. Listen to favorite songs, learn about fascinating instruments, and share the music that inspires you. Get ready to join the fun as we sing along to familiar tunes, play percussion instruments, learn simple rhythms, participate in musical games, and move to the beat. Whether you're a lifelong music lover or just curious to learn more, this class celebrates creativity, self-expression, friendship, and the joy that music brings to our lives. Everyone can make music, and everyone is welcome!

Instructor: Michelle Lamson
8 Tuesdays: **October 20 —December 8, 2026**
6:00 pm—7:30 pm
Coyne Hall, Room 216 Tuition: $89

Healthy Living

Healthy Living combines movement, nutrition, relaxation, and social connection to help participants develop healthy habits that can last a lifetime. Learn easy exercises, stretching techniques, and calming breathing exercises designed to reduce stress and improve overall well-being. You'll also explore healthy eating by preparing simple snacks and small meals while learning practical kitchen skills. Come ready to move, taste, create, and discover how healthy living can be enjoyable and rewarding!

Instructor: Colleen Tanner
8 Wednesdays: **October 21—December 9, 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: Victoria Locurcio
8 Thursdays: **October 22—December 17, 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

Fall 2026

Name: _____

Home Address: _____

Date of Birth: _____, Phone: _____

Contact person: _____, Phone: _____

Email address: _____

Check which class you want to take:

_____Crafting $99 Mondays	_____ Sign Language $99 Mondays	_____Music $89 Tuesdays	_____Healthy Living $99 Wednesdays	_____Aerobics$79 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 Colleen Tanner at smithc3970@sunyocc.edu
- To register by ***phone***, call the College for Living office, (315) 498-6006, 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: _____