

Continuing Education

COMMUNITY CLASSES FOR LIFELONG LEARNING

Passion. Discovery. Opportunity.

SPRING 26

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...and much more!



St. Louis Community College
Continuing Education

stlcc.edu/CE | 314-984-7777



Take Your Hobby to the Next Level with STLCC Continuing Education

When life handed Carla Soll heartache, she turned it into something sweet. After the loss of her infant daughter, Kyra, she discovered cake decorating through a St. Louis Community College Continuing Education class.

What began as therapy quickly became a passion and she turned that passion into Anointed Cake Creations, specializing in custom cakes and cupcakes for all occasions. That first class inspired her to continue her education through STLCC's Culinary Arts program and, eventually, to build a thriving business rooted in creativity and faith.

Today, Carla has come full circle—teaching the same cake decorating class that once inspired her. For nearly ten years, she's helped students find confidence, creativity, and sometimes even a new calling. She encourages them to quiet their self-doubt, take chances, and learn by doing.

Inspired by Carla? Register for her class, **Cake Decorating for Fun or Profit: Beginning and Intermediate** on p. 24, or start your own sweet success story!

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Register at: stlcc.edu/CE

Spring 2026 Continuing Education Courses

For ages 18+ or where otherwise noted in course descriptions. **New this term, Family Classes.**

All classes have registration deadlines before the class start date. Please check the online course description for specific class information regarding the last day to register and additional requirements.

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Stay connected!

Sign up to receive email updates about the latest personal and professional development classes at St. Louis Community College.



Scan here!

If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Access Office at stlcc.edu/disability as soon as possible in advance of the program for consideration of your accommodations request. A student may submit this application at any time during their enrollment, but the College recommends submitting the application as early as possible to make any necessary arrangements.



St. Louis Community College expands minds and changes lives every day by offering high-quality educational experiences leading to degrees, certificates, employment, university transfer and life-long learning.

St. Louis Community College Board of Trustees: *Rodney Gee, M.S., Chair; Craig H. Larson, Ed.D., Vice-Chair; Doris A. Graham, Ph.D.; Mary Luebke; Kevin M. Martin, Ed.D.; Nicole Robinson, Ed.D.; Holly Talir*



SHIFT YOUR CAREER INTO HIGH GEAR WITH TRUCK DRIVER TRAINING



St. Louis Community College's commercial driver's license (CDL) truck driver training program gets you road-ready in just four weeks.

Learn from seasoned pros with top-notch rigs at an affordable price.

PROGRAMS OFFERED

- CDL-A Training
- CDL-B Training
- CDL-B with Hazmat Training
- HAZMAT Endorsement class

WHY HIT THE ROAD WITH STLCC?

Classroom and Lab Instruction: Our program features a new fleet of automatic transmission trucks and trailers, training equipment and state-of-the-art simulators.

Behind-the-wheel experience: Prepare for highway, urban and rural driving taught by industry professionals, beginning in our 193,000-square-foot truck driving range.

LEARN
MORE



stlcc.edu/truckdriving

 St. Louis Community College



BRIGHTEN YOUR FUTURE WITH SOLAR INSTALLER TRAINING AT STLCC

The shift toward clean energy means the need for skilled solar panel installers is growing fast.

STLCC's free, short-term solar installer training program gives you the experience and technical knowledge to confidently install, maintain and troubleshoot solar panels on homes and businesses.

CERTIFICATIONS

- OSHA 10-Hour Construction Safety
- 40-Hour HAZWOPER Hazardous Waste Operations and Emergency Response
- OSHA 7405 Fall Hazard Awareness
- NABCEP Solar PV Associate National American Board of Certified Energy Professionals

This program is offered in partnership with the Saint Louis University Center for Environmental Education and Training and the U.S. Environmental Protection Agency. It is designed to help eligible individuals launch their careers in solar energy.

Next class: April 6 - May 5, 2026

LEARN
MORE



stlcc.edu/solar

 St. Louis
Community
College



This project has been funded, wholly or in part, by the EPA. The contents of this document do not necessarily reflect the views and policies of the EPA.

PROFESSIONAL DEVELOPMENT

Improve business performance | Achieve professional goals | Enhance your career | Gain a leading edge



ESSENTIALS TRAINING

NONPROFIT ESSENTIALS

Starting Your Own Nonprofit

Thinking about launching a nonprofit or strengthening the foundation of one you've already started? This popular seminar is your go-to guide for understanding the legal framework behind establishing and running a successful nonprofit organization. Led by a seasoned grant writer and entrepreneur with firsthand experience in building and managing nonprofit startups, you'll gain practical insights, real-world advice and valuable resources to help with nonprofit formation, onboarding new board members, and guiding nonprofit directors. Plus, you'll learn the step-by-step process of completing the IRS Nonprofit Form 1023, making the path to official status clearer and more manageable.

NPAD-703 | 2 sessions | \$37 AGE 60+ | \$55 REG
P07 Sa 12-2:30 p.m. Jimmie Calmese
Feb 21 – Feb 28 Online
P08 Th 6-8:30 p.m. Jimmie Calmese
May 14 – May 21 Online

Identifying and Securing Nonprofit Funding

Are you part of an established nonprofit looking for new donors and new ways to generate revenue? Designed to help you overcome common fundraising challenges and uncover fresh strategies for attracting new donors and revenue streams, you'll discover best practices and innovative techniques for cultivating a thriving donor base and grow your fundraising dollars. Led by a seasoned nonprofit grant writer and Executive Director, you'll learn the tools and insights to take your organization to the next level.

NPAD-703 | 2 sessions | \$37 AGE 60+ | \$55 REG
P09 Sa 12-2:30 p.m. Jimmie Calmese
Jan 31 – Feb 7 Online
P10 Sa 12-2:30 p.m. Jimmie Calmese
Mar 28 – Apr 4 Online

Integrating Mission and Margin

Ignite your nonprofits potential by aligning your organizations mission with the resources it needs for long-term sustainability and growth. Learn how philanthropic origins and social responsibility shape nonprofit success and examine real-world case studies that reveal what works and what doesn't. Discover practical strategies to integrate purpose with margin, ensuring your mission remains effective and impactful. This session is ideal for nonprofit leaders ready to expand their vision and deepen their impact.

NPAD-703 | 1 session | \$25 AGE 60+ | \$25 REG
P06 Tu 6-7:30 p.m. Rachel Covington
Apr 14 FP-HS 306

Managing Nonprofits: Programs, Partnerships and Capacities

Strengthen your nonprofit from the inside out. This course equips mission-driven professionals with the tools to lead with strategy, build capacity and drive long-term impact. Explore the essentials of sustainable nonprofit management—from program development and financial planning to community engagement and partnership growth. Learn how to cultivate strong relationships with donors, volunteers, and stakeholders, and walk away with a roadmap for building a more resilient, connected and future-ready organization.

NPAD-703 | 2 sessions | \$37 AGE 60+ | \$55 REG
P11 Sa 12-2:30 p.m. Jimmie Calmese
Apr 11 – Apr 18 Online
P12 Sa 12-2:30 p.m. Jimmie Calmese
Jun 6 – Jun 13 Online

Responsive Nonprofit Strategies

Designed for professionals working directly with communities, this training introduces trauma-informed principles and culturally responsive approaches to service delivery, team dynamics, and engagement. You will explore strategies for creating inclusive, healing-centered environments that support both staff and the populations they serve. Emphasis is placed on fostering resilience, equity, and meaningful connection in community-based work.

NPAD-703 | 4 sessions | \$55 AGE 60+ | \$55 REG
P02 Sa 10-11:30 a.m. Chelesa Holden
Apr 4 – Apr 25 Online

Storytelling, Data, and Community Accountability

In this transformative approach to ethical storytelling and impact measurement to empower professionals to foster genuine community accountability, you'll learn how to collect and share meaningful data while amplifying the voices of those you serve, ensuring your work reflects transparency, and purpose. With a focus on responsible data use, transparent communication, and outcome-focused reporting, this class provides practical tools to help you lead with integrity and engage authentically. Ideal for nonprofit leaders, social entrepreneurs, and advocates, this course equips you to measure what matters and tell stories that inspire real change.

NPAD-703 | 4 sessions | \$55 AGE 60+ | \$55 REG
P03 Sa 10-11:30 a.m. Chelesa Holden
May 16 – Jun 13 Online

• NOTE: No class 5/23

NONPROFIT ESSENTIALS

Board Development

Build a stronger, mission-driven board—even when recruitment feels challenging. Explore creative outreach strategies, align potential board members with your organization goals, and use tools like the Board Matrix to guide your efforts. Through interactive learning, you'll strengthen your leadership approach and expand board capacity and walk away with actionable insights you can apply immediately.

NPAD-703 | 1 session | \$25 AGE 60+ | \$25 REG

P04 Tu 6-7:30 p.m. **Rachel Covington**
Feb 10 *FP-HS 306*

Board Engagement

Supercharge your board's energy and effectiveness into passionate leadership! Learn how to keep board members engaged, invested and aligned with your mission. Discover how to host impactful meetings that spark ideas and drive action, clarify roles to eliminate confusion and inspire leadership that adds real value. Through creative engagement strategies and practical tools, you'll walk away with insights to make your board members stronger ambassadors and advocates.

NPAD-703 | 1 session | \$25 AGE 60+ | \$25 REG

P05 Tu 6-7:30 p.m. **Rachel Covington**
Mar 3 *MC-HE 123*

Foundations of Nonprofit Leadership and Governance

Whether you're stepping into a leadership role, an early-stage nonprofit professional or joining a nonprofit board for the first time, discover the foundational principles of impactful governance and mission-driven strategy. Uncover the essential building blocks of effective governance from mission development and ethical leadership to understanding board roles and cultivating a values-aligned organizational culture. You'll gain practical tools for decision-making and long-term impact, tailored to the unique challenges of the nonprofit sector.

NPAD-703 | 4 sessions | \$55 AGE 60+ | \$55 REG

P01 Sa 10-11:30 a.m. **Chelesa Holden**
Feb 7 - Mar 7 *Online*

• NOTE: No class 2/14

Grants

Grant Writing: Getting Started

Unlock the power of persuasive writing and take your grant proposals to the next level to succeed! Whether you're new to grant writing or looking to sharpen your skills, you'll gain proven strategies for crafting competitive proposals with compelling narratives, clearly defined goals, and measurable outcomes. Engage in interactive workshops that explore real-world funding opportunities and participate in exercises designed to strengthen your grant development skills.

NPAD-701 | 4 sessions | \$71.50 AGE 60+ | \$109 REG

P01 W 6-8:30 p.m. **Jimmie Calmese**
Jan 28 - Feb 18 *Online*

P02 W 6-8:30 p.m. **Jimmie Calmese**
Apr 1 - Apr 22 *Online*

Grant Writing: Beyond the Basics

Strengthen your understanding of grant development and successful proposals in this fast-paced, hands-on course. Explore what it takes to write an effective letter of intent, a full grant proposal and a professional gratitude letter from real grant language and samples. Learn practical grant writing and submission techniques. Write powerful narratives that incorporate statistics and research.

NPAD-701 | 4 sessions | \$71.50 AGE 60+ | \$109 REG

P03 W 6-8:30 p.m. **Jimmie Calmese**
Feb 25 - Mar 25 *Online*

• NOTE: No class 3/18

P04 W 6-8:30 p.m. **Jimmie Calmese**
Apr 29 - May 20 *Online*

Grant Writing and Funding Strategies

Craft persuasive grant proposals and uncover funding opportunities that align with your mission. Learn how to structure your writing for impact, clarity, and results—whether you're supporting a nonprofit, educational initiative, or community project. Ideal for changemakers ready to turn ideas into funded action. Build the skills to secure support and make a lasting difference.

NPAD-701 | 4 sessions | \$37.50 AGE 60+ | \$55 REG

P05 M 6-8 p.m. **Tasha Lester**
Apr 13 - May 4 *FP-W 323*

BUSINESS ESSENTIALS

Project Management

Project Management Orientation

This free information session is designed for individuals interested in obtaining the Project Management Professional (PMP) certification. Learn the concepts, test preparation and requirements needed for certification. Presentation includes an overview of the program, a look at class materials, trends in the industry and potential job opportunities for PMPs. The orientation is free, but registration is required.

BPCT-703 | 1 session | NO FEE

P01 M 6-7:30 p.m. **Robert McAnally**
Mar 23 *MC-HE 123*

Project Management

Project managers are in demand when the need is for skills that require time, resources and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning experience prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. Class times: Tuesdays, 6-9 p.m. on Apr 14-May 19; and Thursdays, 6-9 p.m. on Apr 16-May 21. Last date to register and withdraw with a full refund: Mar 31.

BPCT-703 | 12 sessions | \$1699 AGE 60+ | \$1699 REG

P02 Tu/Th 6-9 p.m. **Robert McAnally**
Apr 14 - May 21 *MC-HE 123*

Business Management

Professional Communication and Copywriting

Elevate your writing to connect, persuade, and reflect your brand's voice with clarity and impact. Discover how to craft compelling content that supports business goals and deepens client engagement. Whether you're refining messaging, writing for marketing, or communicating across platforms, learn techniques that make your words work smarter. Strong writing builds strong relationships and drives results.

BUSN-713 | 2 sessions | \$26.50 AGE 60+ | \$39 REG

P01 M 10 a.m.-12 p.m. **Tasha Lester**
May 18 - Jun 1 *FP-W 117*

• NOTE: No class 5/25

CAREER ESSENTIALS

Employment Goals

The Résumé Lab: Your Story in Print

Craft a résumé that truly reflects your strengths, experiences and identity in this hands-on class designed to guide you through the fundamentals of creating a strong, professional résumé. You'll learn key principles for organizing your experience, highlighting your skills, and presenting your story clearly. After covering the basics, you'll move to the computer lab to put what you've learned into practice, building or refining your own résumé in real time. Bring a flash drive with your most current resume on it (Word document, Google doc, Canva document or PDF). Emailing it to yourself is also an option.

CPDV-704 | 1 session | \$55 AGE 60+ | \$55 REG
P01 Sa 9-11:30 a.m. **Katie Silversmith**
 Apr 11 *MC-CN 125*

Ace the Interview: Prep for Success

Unlock your career potential with expert interview preparation techniques designed to help you stand out. Learn how to confidently respond to challenging questions, highlight your strengths, and communicate your value to employers. Discover strategies for making a lasting impression and navigating different interview formats. Perfect for job seekers aiming to land their ideal role with confidence and clarity.

CPDV-703 | 1 session | \$18.50 AGE 60+ | \$25 REG
P02 Sa 10-11:30 a.m. **Monica Black-Robinson**
 Apr 25 *Online*

Mastering Interview Skills

Boost your confidence and sharpen your interview skills in this dynamic, hands-on course designed to help you stand out in today's competitive job market. You'll learn how to craft compelling responses, reduce anxiety and use body language to your advantage while also discussing active listening, non-verbal cues and strategies for handling tough questions with poise. Through guided practice and personalized feedback, you'll walk away with the tools to communicate clearly, confidently, and professionally. Bring a notebook and pen.

CPDV-703 | 3 sessions | \$31 AGE 60+ | \$45 REG
P01 W 6-7:30 p.m. **Trisha Farris**
 Jan 28 – Feb 11 *FP-E 216*

Networking for Job Success

Boost your career through the art of professional networking to uncover career opportunities and advance your goals. Explore strategies on how to identify meaningful connections, craft standout introductions and engage effectively across platforms including LinkedIn, industry events and professional organizations. Whether online or in-person, you'll gain confidence and practical job seeking strategies to expand your reach and open doors to new possibilities.

CPDV-701 | 1 session | \$18.50 AGE 60+ | \$25 REG
P03 Sa 10-11:30 a.m. **Monica Black-Robinson**
 Jun 13 *Online*

Building Your Individual Development Plan

Take control of your professional growth with a goal-focused approach designed to help you build a personalized roadmap. Gain practical tools to assess your strengths, conduct self-assessments, set SMART goals, identify key skills and choose development activities that drive results. A structured timeline helps you track progress that you can adjust along the way. Ideal for anyone looking to enhance job performance, explore new career paths or step into leadership.

CPDV-701 | 1 session | \$18.50 AGE 60+ | \$25 REG
P01 Sa 10-11:30 a.m. **Monica Black-Robinson**
 Mar 28 *Online*

Building Workplace Relationships

Build stronger, more inclusive workplace relationships that fuel collaboration, trust, and team success. Explore practical strategies to communicate effectively across diverse teams, navigate conflict with empathy, and foster a culture of respect and psychological safety. Through real-world scenarios and interactive tools, you will discover how to enhance teamwork and create a more connected, productive work environment. Whether you're new to your role or looking to grow your interpersonal skills, this experience helps you thrive professionally.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
P07 F 4-6 p.m. **Anthony George**
 May 8 *Online*

Career and Job Planning with a Purpose

Gain the clarity and confidence to take charge of your career path with purpose. Discover how to align your professional goals with your personal values and strengths—whether you're just starting out, pivoting to something new, or aiming for advancement. Learn practical strategies to navigate transitions, set meaningful goals and make empowered decisions. Your next career move starts with an intention.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
P05 W 6-8 p.m. **Anthony George**
 Mar 4 *Online*

Career Kickstart

Embark on a journey of self-discovery and career exploration designed to help you uncover your unique strengths, interests, and values. Through guided self-assessments, industry insights, and practical strategies, you'll gain the tools to align your personal attributes with meaningful career paths bringing focus and direction to your future. Whether you're just starting out, considering a pivot, or seeking next steps, make informed decisions that reflect who you are and where you want to go.

CPDV-702 | 1 session | \$18.50 AGE 60+ | \$25 REG
P01 Sa 10-11:30 a.m. **Monica Black-Robinson**
 Feb 28 *Online*

For additional classes on enhancing your communication skills, see p. 41.

Vision Boarding and Goal Mapping

Bring your goals to life through a creative, hands-on experience that blends vision with action. Use provided materials to design a personalized roadmap for growth—whether you're dreaming big in your career or seeking clarity in your personal journey. Explore your aspirations visually, reflect deeply, and leave with a plan that inspires momentum. All supplies provided.

CPDV-701 | 2 sessions | \$36.50 AGE 60+ | \$49 REG
P08 Th 6-8 p.m. **Tasha Lester**
 Apr 23 – Apr 30 *FP-L 20*

Leading Teams at the Workplace

Step into leadership with confidence! Explore essential strategies in communication, motivation, conflict resolution, and performance management through hands-on activities and real-world case studies. Discover how to build trust, inspire collaboration, and lead empowered teams that drive results. Whether you're new to leadership or ready to sharpen your skills, this course will elevate your impact in any workplace.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
P04 Tu 6-8 p.m. **Anthony George**
 Feb 3 *Online*

Having Difficult Conversations in the Workplace

Master the art of navigating tough workplace conversations with confidence, empathy, and clarity. Learn how to address performance issues, deliver constructive feedback and resolve conflicts while preserving trust and professionalism. Gain practical tools to foster open communication and strengthen team dynamics. Whether the topic is sensitive or high-stakes, you'll be ready to lead the dialogue with purpose and poise.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
P06 Th 6-8 p.m. **Anthony George**
 Apr 9 *Online*

Navigating Workplace Conflict

Develop the confidence and skills to navigate challenging conversations in the workplace with professionalism and clarity. Learn how to prepare for and initiate difficult discussions, manage emotions—both your's and others'—and maintain constructive dialogue. Explore strategies for resolving conflict, fostering collaboration, and strengthening workplace relationships. Ideal for anyone seeking to improve communication and contribute to a more productive and respectful work environment.

CPDV-701 | 1 session | \$18.50 AGE 60+ | \$25 REG
P02 Sa 10-11:30 a.m. **Monica Black-Robinson**
 May 30 *Online*

Plus 50: Finding Purpose and Passion in the Third Chapter

What's next after retirement? If you're navigating life between 50 and 75 and searching for renewed purpose, this engaging course offers tools to help you thrive. Explore how to find meaning in work, volunteering, or personal reinvention—and discover how purpose can spark vitality, creativity, and fulfillment in your next chapter.

CPDV-702 | 2 sessions | \$45 AGE 60+ | \$69 REG
P02 Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**
 Apr 18 – Apr 25 *MC-SC 201*



SMALL BUSINESS ESSENTIALS

Business Start-Up

Business Funding 101

Designed for early-stage and planning-phase entrepreneurs, take the guesswork out of financing your business. Discover a wide range of funding options so you can choose the path that best fits your business model. Through practical insights and real-world strategies, you'll discover how to position your venture for financial success, avoid common pitfalls, and make informed decisions that fuel growth. For a complete foundation, we recommend pairing this session with Business Plan Development.

BUSS-765 | 1 session | \$25 AGE 60+ | **\$25** REG
P02 Sa 11 a.m.-1 p.m. **Roger Bequette**
Mar 7 MC-HE 123

Business Plan Development

Turn your business idea into a concise, actionable path to profit before ever spending a dime! Designed for those just starting out or those refining an early-phase business, you'll utilize a customizable business plan template and discover how to identify potential weaknesses, refine your value proposition, build a growth-ready plan that's tailored to your goals and walk away with a polished plan you can use to pitch, plan, and progress. For greater impact, it's recommended to pair this session with Business Funding 101.

BUSS-702 | 2 sessions | \$69 AGE 60+ | **\$69** REG
P01 Sa 11 a.m.-2 p.m. **Roger Bequette**
Feb 21 - Feb 28 MC-HE 123

Business Start-Up Skills for Artisans and Crafters

Take your craft or art business to the next level! Learn tips from an award-winning, 40-year veteran of the arts and former Best of Missouri Hands Executive Director. Discuss effective marketing techniques, outlets to sell online and in-person, methods to balance creativity with administrative tasks and more.

BUSS-701 | 2 sessions | \$30 AGE 60+ | **\$45** REG
P02 W 7-9 p.m. **Mike Ochonicky**
Feb 11 - Feb 18 Online

How to Become a Consultant

What if your career wasn't something you left behind, but the very thing that paid for your next great adventure? Learn how the skills, wisdom and stories you've collected over a lifetime can generate income without waiting for retirement or draining your savings. Designed so your experience works for you not the other way around. Using a five-step roadmap, you'll discover your marketable niche, find your ideal audience, set the right price for your services, build a legitimate business framework and market yourself to find your first client.

BUSS-701 | 1 session | \$45 AGE 60+ | **\$45** REG
P01 Sa 10 a.m.-12 p.m. **Kim Resch**
Jan 31 Online

Legal Essentials for Entrepreneurs

Demystify key legal concepts like contracts, trusts, and compliance to protect your business and make informed decisions. Whether you're reviewing agreements or advising clients, gain the confidence to navigate legal documentation with clarity and precision. Ideal for business owners and consultants ready to strengthen their legal literacy. Empower your work with knowledge that minimizes risk and maximizes impact.

BUSS-765 | 3 sessions | \$26 AGE 60+ | **\$39** REG
P08 W 10 a.m.-12 p.m. **Tasha Lester**
Mar 25 - Apr 15 FP-E 215
• NOTE: No class 4/1

QuickBooks for Small Business Owners

Take control of your business finances through this hands-on class designed specifically for small business owners who want to learn how to effectively manage their bookkeeping using QuickBooks Online. You'll explore key features such as invoicing, expense tracking, payroll basics, and financial reporting all in a supportive, computer lab setting. Whether you're just starting out or looking to streamline your current processes, this class will help you build the skills to keep your business organized and financially healthy. Bring pencils, calculator, notebook and sack lunch.

BUSS-741 | 5 sessions | \$98.50 AGE 60+ | **\$149** REG
P01 Tu 1-5 p.m. **Dawn Jones**
Apr 21 - May 19 STLCC-Corp 208

Strategic Planning for Small Business Growth

Turn your vision into a strategic roadmap that fuels long-term success. Learn how to create clear, actionable plans that align with your goals and adapt to real-world challenges. Perfect for entrepreneurs and small business owners ready to move from ideas to impact. Gain the tools and confidence to lead your business with purpose and direction. Bring a notebook and pen.

BUSS-765 | 3 sessions | \$26 AGE 60+ | **\$39** REG
P07 Tu 6-8 p.m. **Tasha Lester**
Feb 17 - Mar 3 FP-W 117

SMALL BUSINESS ESSENTIALS

Accounting

Accounting Boot Camp: Beginning I

Designed for individuals and entrepreneurs who want to learn and master basic accounting. This rigorous, fast-paced boot camp introduces accounting business terminology, principles, the accounting cycle and the preparation of financial statements. Explore a variety of hands-on case studies for practical application and learn from a tenured accounting professor. Bring pencils, calculator, notebook and sack lunch.

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
P02 Sa 9 a.m.-1 p.m. **Stacy Moore**
Mar 28 – Apr 4 FP-E 208

Accounting Boot Camp: Beginning II

Build on Accounting Boot Camp: Beginning I business terminology and accounting principles and explore more information about the accounting cycle and preparation of financial statements. This rigorous, fast-paced boot camp is designed for individuals and entrepreneurs who desire to learn and master basic accounting. Work through hands-on case studies for practical application with guidance from a tenured accounting professor. Bring pencils, calculator, notebook and sack lunch. Prerequisite: Accounting Boot Camp: Beginning I.

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
P03 Sa 9 a.m.-1 p.m. **Stacy Moore**
Apr 11 – Apr 18 FP-E 208

Accounting Boot Camp: Beginning III

This rigorous, hands-on extension of Accounting Boot Camp: Beginning II is designed for individuals and entrepreneurs who desire to advance their accounting knowledge. Discover subsidiary ledgers, special journals and internal controls. Bring pencils, calculator, notebook and sack lunch. Prerequisite: Accounting Boot Camp: Beginning II.

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
P04 Sa 9 a.m.-1 p.m. **Stacy Moore**
Apr 25 – May 2 FP-E 208

Accounting Boot Camp Capstone

Ready to put your accounting skills to the ultimate test? This immersive Capstone Bootcamp invites adult learners, entrepreneurs, and professionals to step into the role of financial expert for a fictional small business. You'll navigate the full accounting cycle, from journal entries to closing the books, while exploring advanced topics like payroll accounting, depreciation schedules and inventory tracking. It's a hands-on, real-world challenge designed to showcase your mastery and prepare you for confident, practical application in the field. Bring pencils, calculator, notebook and sack lunch. Accounting Boot Camp: Beginning I, II, III.

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
P06 Sa 9 a.m.-1 p.m. **Stacy Moore**
Feb 21 - Feb 28 FP-E 208
P05 Sa 9 a.m.-1 p.m. **Stacy Moore**
May 30 – Jun 6 FP-E 208

Marketing

Brand Standards in Business

Define your brand with an introduction to the core principles of brand standards and their role in building a successful business. Learn how consistent messaging, visual presentation and customer interaction creates a recognizable and trusted brand through blended lectures, real-world case studies and workshop-style activities to help you develop your own brand standards. Whether you're launching a new venture or refining an existing identity, develop your own brand standards that reflect your values and resonate with your audience.

BUSS-765 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
P01 Th 10 a.m.-12 p.m. **Ron Williams**
May 14-May 21 STLCC-Corp 207

Content to Cashflow: CapCut for Marketing

Turn your video editing skills into a content-powered cash machine! You'll dive into CapCut and discover how to create scroll-stopping content that builds your brand and boosts your bottom line. Learn smart editing techniques, creative workflows, and branding strategies that make digital marketing feel effortless—even if you're not tech-savvy. Whether you're an entrepreneur, small business owner, or aspiring content creator, this course will show you how to turn videos into value.

BUSS-765 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
P06 Tu 6-8 p.m. **Brittany Raji Alberty**
Jun 9 – Jun 16 FV-SM 252



PERSONAL COMPUTING

PC and Technology Introduction

Build foundational computer skills and get familiar with other digital technologies. Through hands-on experience on a PC, learn essential concepts, understand commands and develop confidence. Basic terminology and functionality of computer hardware, software, printers and drives will be explored.

COMP-701 1 session \$39 ^{AGE 60+} \$39 ^{REG}	
P02 W 12:30-3:00 p.m.	Francelle Darris
Feb 25	FP-E 310
P03 F 12:30-3:00 p.m.	Francelle Darris
Mar 27	MC-ET 203
P04 Sa 11:30 a.m.-2 p.m.	Francelle Darris
Apr 18	FV-SM 252
P05 F 11:30 a.m.-2 p.m.	Francelle Darris
May 8	FP-E 310

PC & Technology Extended

Join a comprehensive introduction to digital technologies and foundational computer skills, designed to empower you with essential knowledge and confidence in navigating the digital world. Through hands-on experience with personal computers (PCs), you will gain a thorough understanding of fundamental concepts, become familiar with essential commands and develop proficiency in utilizing various digital tools. Topics covered include basic computer concepts, operating systems, introduction to electronic devices, applications and software, internet and connectivity. Designed for individuals with limited or no prior computer skills. Gain practical skills and knowledge to confidently navigate digital technologies, effectively utilize electronic devices, and safeguard your digital assets.

COMP-701 1 session \$69 ^{AGE 60+} \$69 ^{REG}	
P01 Sa 9 a.m.-3 p.m.	Rhonda Cross
Feb 21	FV-SM 252

Personal Online Security

Scammers are lurking ready to pounce on the unexpected. Take preventative steps and learn how to protect your personal and professional information from various threats, including mobile vulnerabilities and AI security risks. Gain security best practices to prevent identity fraud, preserve data integrity, and maintain confidentiality. Get answers to your pressing security questions from a data security expert and master the latest techniques for secure communication and data protection.

COMP-765 1 session \$39 ^{AGE 60+} \$39 ^{REG}	
P03 F 9 a.m.-12p.m.	Fernando Tillman
Feb 27	STLCC-Corp 208
P05 F 9 a.m.-12p.m.	Fernando Tillman
Mar 27	MC-ET 305
P11 F 9 a.m.-12p.m.	Fernando Tillman
Apr 24	STLCC-Corp 208

Artificial Intelligence (AI)

Amp'D Up: AI Introductory Course

Are you ready to explore the fundamentals of AI, demystifying the technology and understanding how it can be practically applied in everyday settings? You'll gain a solid foundation in AI and its core concepts—from machine learning to natural language processing through real-world AI tools. Join this engaging, hands-on journey and leave with a newfound understanding of how AI can empower your goals and add value to your career, business, or daily life.

BUSS-765 3 sessions \$36 ^{AGE 60+} \$55 ^{REG}	
P04 Th 6-7:30 p.m.	Brittany Raji Alberty
Mar 26 – Apr 9	FV-SM 252

How to Use AI Without Sounding Generic

Running a small business means wearing every hat - including copywriter for your website, emails and social media. This hands-on workshop teaches resourceful entrepreneurs how to create authentic, effective copy using AI tools without sounding like every other generic business out there. You'll learn the foundational elements that make copy work, master the art of writing AI prompts that produce usable results and discover the common mistakes that waste time and money. Perfect for solo entrepreneurs and small business owners who need professional-quality copy but want to build this skill in-house.

BUSS-765 2 sessions \$19.50 ^{AGE 60+} \$29 ^{REG}	
P03 Tu/Th 6-7:30 p.m.	Pooja Arshanapally
Apr 21 – Apr 23	MC-ET 307

Prompts to Profits: Mastering ChatGPT for Business Impact

Unlock the power of AI and put ChatGPT to work for you! This hands-on power pack dives deep into how to integrate ChatGPT into your business strategy—no tech background required. Learn how to generate personalized content, automate customer service and master advanced prompt techniques that turn AI into your most efficient team member. Walk away with real tools, real examples and the confidence to make AI your business superpower.

BUSS-765 2 sessions \$26.50 ^{AGE 60+} \$39 ^{REG}	
P05 Th 6-8 p.m.	Brittany Raji Alberty
May 14 – May 21	FV-SM 252

Decode the ethics of AI and it's consequences. **See p. 45.**

Engineering Graphics

Introduction to AutoCAD® I

Cover the fundamentals of the AutoCAD drafting system. You will learn how to create drawings, setup units, limits, layers, linetypes, and colors. Drawing procedures for typical geometric operations are covered. Special features operations including polylines, blocks, dimensioning, cross-hatching, and plotting are also covered. Can be taken for credit under EGR 133 550 or EGR 133 651.

COMP-770 30 sessions \$366 ^{AGE 60+} \$366 ^{REG}	
P04 M/W 7:30-8:45 p.m.	Elgin Carnes
Jan 21-May 13	FV-AM 318

• NOTE: No class 2/16, 3/16 and 3/18

COMP-770 16 sessions \$366 ^{AGE 60+} \$366 ^{REG}	
P05 W 6-8:50 p.m.	Walter Staas
Jan 21-May 13	MC-SW 202

• NOTE: No class 3/18

Introduction to AutoCAD® II

Introduction to AutoCAD II is a continuation of Introduction to AutoCAD I (EGR 133). Topics include Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows. Included is an introduction to 3D modeling languages. Prerequisites: EGR 133. Can be taken for credit under EGR 141 551.

COMP-770 32 sessions \$366 ^{AGE 60+} \$366 ^{REG}	
P02 Tu/Th 8-9:50 p.m.	Paul Morris
Jan 20-May 14	FV-AM 318

• NOTE: No class 3/17 and 3/19

Engineering Drawing

Engineering Drawing uses a combination of instruments and CAD systems for making drawings. Instruments, lettering, geometrical constructions, technical sketching, principles of orthographic projection, pictorial drawing, descriptive geometry, sectional views and conventions, auxiliary views, and dimensioning will be covered. Can be taken for credit under EGR 100 550.

COMP-770 30 sessions \$366 ^{AGE 60+} \$366 ^{REG}	
P01 M/W 5:30-7:20 p.m.	Elgin Carnes
Jan 21-May 13	FV-AM 318

• NOTE: No class 2/16, 3/16 and 3/18

Introduction to Revit®

Introduction to Revit will provide instruction using Revit software for building information modeling (BIM) for architecture. Instruction will focus on how both graphic and non-graphic architectural information for a building is produced through the creation of a single project database represented in a 3D model. Can be taken for credit under EGR 230 551.

COMP-770 32 sessions \$366 ^{AGE 60+} \$366 ^{REG}	
P03 Tu/Th 5-7:45 p.m.	Paul Morris
Jan 20-May 14	FV-AM 318

• NOTE: No class 3/17 and 3/19

PERSONAL COMPUTING

WordPress®

WordPress®: Introduction

Learn the overall structure of a WordPress site; its building blocks such as pages, posts, and yes blocks; and key concepts for customization such as themes, plugins, and widgets. See how to go from installation to a basic published site, then how to add and edit your own content. Explore how to enhance your sites appearance and functionality through free or commercial themes and plug-ins. Then, round out with an overview of essential site maintenance tasks, including keeping WordPress secure and updated, plus suggested resources for further learning.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}

P08 Tu 6-9 p.m.
Apr 7

Gregory Ray
MC-ET 203

WordPress®: Business Essentials

Learn how to assess your goals, functions and design from a WordPress perspective; gather and prepare the appropriate content; and decide how you will handle hosting and development. See how to improve site performance, security, and search engine visibility as well as expand from a static sales presentation to a dynamic store, member portal, or community hub. Keep your site in good condition via traffic analytics, regular maintenance and managing how others can contribute.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}

P10 Tu 6-9 p.m.
Apr 14

Gregory Ray
MC-SC 201

Computer scams are on the rise. Stay safe with **Introduction to Cybersecurity** p. 15.

Apple®

Mac® for Window® Switchers

For those raised on Windows PCs, the intuitive design of Macs can be anything but. Many item names, locations and behaviors on Mac are similar, but remain different enough from PC to invite confusion. This introduction to the "Apple® way" will lean on what you already know, but will translate PC-related language and function to Mac equivalents. This class is demonstration based.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}

P04 Tu 6-9 p.m.
Mar 24

Gregory Ray
MC-CN 128

The Organized Mac®: Organizing, Finding, and Protecting Files

Is your desktop covered in jumbles of icons and files? Can you remember where you saved that important document? The Mac system has a wide variety of built-in functions for helping you efficiently work with and manage your files, ensure your valuable data is protected and media collections (family photos, favorite music, etc.) are easy to find. You'll explore the basics of Mac file organization plus integrated features like Finder Tags, Spotlight, Quick Look, Mission Control, iCloud Drive and Time Machine. This class is demonstration based.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}

P07 Tu 6-9 p.m.
Mar 31

Gregory Ray
MC-CN 128

iPhone® and iPad®: Upgrade Yourself

Apple's iPhone and iPad are incredibly powerful and intensely personal devices which are upgraded regularly but one thing they don't come with is a manual to help you keep up! Ready to fill in the gaps and unlock their (and your) potential? Build from the basics like learning buttons and gestures, and move on to leveling up what you can do via the App Store. Connect and protect your data via iCloud®, customize your screens and discover hidden features in common apps. Learn the lingo and how to safely explore what all the Apple mobile ecosystem can do. Bring your Apple devices to practice and follow along.

COMP-765 | 2 sessions | \$95^{AGE 60+} | \$95^{REG}

P01 Tu 6-9 p.m.
Feb 3 - Feb 10

Gregory Ray
MC-SC 201

P13 Tu 6-9 p.m.
May 19 - May 26

Gregory Ray
MC-CN 128

Looking for more digital art classes?
See p. 17.

ADOBE® TOOLS

Adobe® Lightroom® Classic: Introduction

Whether you're an amateur or a professional, you will be guided through mastering Lightroom's powerful tools to organize, enhance, and transform your images. Discover how to streamline your workflow from start to finish and bring your creative vision to life. Join us and take your photography skills to the next level!

CVTW-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}

P01 Sa 9 a.m. - 4 p.m.
Feb 21

Charlie LaGarce
MC-HE 136

P05 Sa 9 a.m. - 4 p.m.
Apr 25

Charlie LaGarce
MC-HE 233

Adobe® Lightroom® Classic: Advanced Development Techniques

Take the next step into Lightroom Classic, a powerful desktop software packed with comprehensive tools for digital photography. By mastering Lightroom, you'll learn to efficiently organize your photos and enhance their quality. Designed for both amateur and professional photographers, Lightroom offers an end-to-end workflow to elevate your photographic skills.

CVTW-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}

P03 Sa 9 a.m. - 4 p.m.
Mar 28

Charlie LaGarce
MC-HE 233

P07 Sa 9 a.m. - 4 p.m.
May 16

Charlie LaGarce
MC-HE 233

Adobe® Photoshop®: Introduction

Learn practical Photoshop skills for everyday use. Gain hands-on experience in layers, history, basic color and selections. Explore image repairs with the healing patch and clone stamp. Create unique fictional images without a camera or scanner. Experience guided demonstrations by a Photoshop expert, encouraging class participation.

CVTW-701 | 4 sessions | \$189^{AGE 60+} | \$189^{REG}

P04 Sa 12-3 p.m.
Apr 4 - Apr 25

Zak Zych
MC-HE 136

Adobe® Photoshop®: Intermediate

Pick up where the introductory class left off and enhance your techniques. Dive in to the histogram, exposure adjustments, smoothing wrinkles, brightening teeth, image and canvas size changes, crop tool use and blending modes. Work hands-on with a variety of images.

CVTW-701 | 4 sessions | \$189^{AGE 60+} | \$189^{REG}

P06 Sa 12-3 p.m.
May 9 - Jun 6

Zak Zych
MC-HE 136

• NOTE: No class 5/23

Adobe® Photoshop®: In a Day Workshop

Explore the basics of Photoshop in a single, hands-on session. Manipulate digital images from a digital camera, previously scanned images or internet graphics. Use layers, history, clone stamp, content-aware fill and spot healing brush tools. Gain a greater understanding of transformations and the difference between destructive and non-destructive editing.

CVTW-701 | 1 session | \$119^{AGE 60+} | \$119^{REG}

P02 F 9 a.m. - 4 p.m.
Mar 27

Zak Zych
MC-HE 136

PROGRAMMING & DATA ANALYTICS

Introduction to Coding

Gain a clear understanding of the fundamentals of computer programming through hands-on examples and guided demonstrations. Explore the purpose and applications of Python, R, SQL, JavaScript, HTML, and CSS. See how coding is used to analyze data, build websites, and create interactive tools. Understand how different coding languages work together.

COMP-765 | 1 session | \$29 AGE 60+ | \$29 REG
P09 Tu 4:30-6:30 p.m. **Carlos Rivera**
Apr 14 MC-CN 128

Introduction to Power Business Intelligence (BI)

Take part in an overview of Power BI and its key features/capabilities. Learn core functions of business intelligence and potential uses for your personal and/or professional needs including data analysis (relationships/trends), report creation (to include dashboards), and other visualizations. Join in the opportunity to define future hands-on class offerings to develop basic experience with the application.

COMP-722 | 1 session | \$35 AGE 60+ | \$35 REG
P01 F 8:45 - 10:45 a.m. **Fernando Tillman**
May 8 MC-ET 203

Python

Python: Introduction

Learn the basics of programming using Python including Python syntax, working with variables, scope, wildcards and expressions. Explore the area of datatypes and expressions. Investigate strings, operators and functions. Gain an understanding of lists, multi-dimensional lists, dictionaries and subscripts. Learn how to open, close and read files in Python.

COMP-765 | 5 sessions | \$199 AGE 60+ | \$199 REG
P06 Sa 9 a.m.-12 p.m. **Joe Richey**
Mar 28 - Apr 25 MC-CN 221

Python: Intermediate

Expand your knowledge of working with strings in Python by incorporating string formatting. Learn control structures including: conditionals and loops to control the flow of your application, error handling techniques to trap for errors in your programs and how to write functions. Explore how to write classes that include methods, constructors and variables, how to work with date and time data, iterators and generators along with working with functions such as lambda, filter and map.

COMP-765 | 4 sessions | \$199 AGE 60+ | \$199 REG
P12 Sa 9 a.m.-12 p.m. **Joe Richey**
May 9 - Jun 6 MC-CN 221
• NOTE: No class 5/23

SQL

SQL: Introduction

Learn the generic SQL commands that can be used with a variety of client/server database systems. Discover how to query the database to extract the information you need to include grouping and sorting of the data. Gain an understanding on how to use wildcards, logical and comparison operators and to create calculated columns. Learn how to join database tables to write higher level queries to extract related data and how to use multiple criteria in filtering out unwanted data.

COMP-765 | 5 sessions | \$199 AGE 60+ | \$199 REG
P02 F 9 a.m.-12 p.m. **Joe Richey**
Feb 6 - Mar 6 MC-CN 222

MICROSOFT® TOOLS

Microsoft® Excel®: Part I

Glean tips and tricks to navigate and create effective spreadsheets in one of Microsoft's most powerful programs. Build basic formulas and functions with an emphasis on relative and absolute referencing. Make your sheets and printouts easier to read with special formatting techniques. This class is ideal for beginners and self-taught Excel users. Participants are encouraged to bring a flash drive.

COMP-720 | 2 sessions | \$129 AGE 60+ | \$129 REG
P01 Tu 5-8:30 p.m. **Dawn Jones**
Feb 17 - Feb 24 MC-ET 203
P02 Tu 1-4:30 p.m. **Dawn Jones**
Mar 24 - Mar 31 MC-ET 203
P03 W 2-5:30 p.m. **Mark Croy**
Feb 11 - Feb 18 STLC-Corp 208
P04 W 2-5:30 p.m. **Mark Croy**
Apr 22 - Apr 29 STLC-Corp 208

Microsoft® Excel®: Part II

Take your spreadsheet skills to the next level in this intermediate Excel course designed for users ready to go beyond the basics. Learn to build complex formulas using functions and data management through lists, tables, and commonly used charts. Explore powerful tools like pivot tables and pivot charts to analyze and visualize data with ease and discover how range names and conditional formatting can streamline your workflow and enhance clarity. Bring a flash drive.

COMP-721 | 2 sessions | \$129 AGE 60+ | \$129 REG
P01 Th 5-8:30 p.m. **Dawn Jones**
Apr 16 - Apr 23 MC-ET 203
P02 M 2-5:30 p.m. **Mark Croy**
Mar 2 - Mar 9 STLC-Corp 208
P03 M 2-5:30 p.m. **Mark Croy**
May 11 - May 18 STLC-Corp 208

Microsoft® Excel®: Part III

Expand your spreadsheet skill expertise in this advanced Excel course designed for users ready to maximize efficiency and precision. Learn to manage multiple workbooks and worksheets, build 3D calculations, and integrate file links for seamless data flow. Explore powerful lookup functions, master formula auditing, apply data validation, and implement workbook protection to ensure accuracy and security. Boost productivity with scenarios, data tables, and advanced analysis tools. Discover how to create and use macros to automate tasks and maintain consistency across projects. Bring a flash drive.

COMP-722 | 2 sessions | \$129 AGE 60+ | \$129 REG
P03 M 2-5:30 p.m. **Mark Croy**
Mar 30 - Apr 6 STLC-Corp 208

CAREER STUDIES

Animal Welfare Advocate

Classes may be taken for your own personal enrichment or as part of the Animal Welfare Advocate program. Curriculum is developed by the Humane Society of Missouri, Animal Protective Association of Missouri and St. Louis County Animal Care and Control.

Animal Care Basics for Animal Welfare Workers

This class is all about the animals! We'll cover basic health considerations, injury-prevention measures, and spay/neuter operations. You'll learn how to care for and feed a variety of animals, including what to do in disaster situations to ensure their safety. Understanding animal behavior is key to safe handling, and we'll explore fear-free techniques and enrichment programs that support emotional well-being. Shelter professionals will share their standard operating procedures and essential caregiving practices. If you're interested in working directly with animals, this class is a must!

ANIM-741 | 1 session | \$39 AGE 60+ | \$39 REG

P03 Tu 6-8:30 p.m.
Apr 14

MC-LH 103

Animals and the Law: Investigations, Rescues and Legislative Issues

Step into the world of animal welfare and learn what it means to be a voice for the voiceless. Hear firsthand from investigators and rescuers working to prevent abuse and educate pet owners. Explore laws, advocacy efforts, and recent rescues led by HSMO and The Missouri Alliance for Animal Legislation. Gain tools to make a difference and discover ways to get involved. Ideal for animal lovers, aspiring advocates, and anyone passionate about justice.

ANIM-741 | 1 session | \$39 AGE 60+ | \$39 REG

P01 Tu 6-8:30 p.m.
Feb 17

MC-LH 103

The Human Element: Working in an Animal Welfare Organization

Thinking about a career or volunteer role in animal welfare? This class offers a realistic look at the people skills needed—from matching pets with families to educating the public and working with staff. You'll also learn how professionals cope with the emotional challenges of the job. Above all, it's an inspiring overview of what it takes to succeed in the field.

ANIM-741 | 1 session | \$39 AGE 60+ | \$39 REG

P02 Tu 6-8:30 p.m.
Mar 10

MC-LH 103



Make a difference in the lives
of animals in your community.

Learn more about the program:
stlcc.edu/AnimalWelfare

CPR and First Aid†

Heartsaver First Aid: CPR/AED

Heartsaver First Aid CPR AED is a classroom, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency during the first few minutes before emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn the skills to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR, infant CPR and AED use. Practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Within 20 business days of successful completion, each participant will receive an electronic course completion card. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR-706 | 1 session | \$115 AGE 60+ | \$115 REG

P01 F 8:30 a.m. - 4:30 p.m.

Mar 27

FP-W 126

P02 W 8:30 a.m. - 4:30 p.m.

May 20

FP-W 126

BLS for Healthcare Providers

Participate in simulated clinical scenarios and learning stations during this American Heart Association Basic Life Skills (AHA BLS) Instructor-led course. Coursework includes skills practice, skills testing and a written exam. Upon successful completion, you will receive an electronic BLS completion card within 20 business days of the class. This course meets the STLCC nursing department admission requirements. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR-707 | 1 session | \$115 AGE 60+ | \$115 REG

P01 F 9 a.m. - 3 p.m.

Feb 20

FP-W 126

P02 Sa 5-10 p.m.

Apr 11

FP-W 126

P03 W 9 a.m. - 3 p.m.

May 13

FP-W 126

P04 Tu 9 a.m. - 3 p.m.

Jun 9

FP-W 126

BLS Instructor Essentials Course

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre-course online study, followed by the hands-on session conducted by Training Center faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre-course preparation. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card. Registration four weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. At time of registration, you must provide documentation meeting all prerequisites. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Interested students must contact the training center coordinator at jlark399@stlcc.edu before registering for the BLS Instructor Essentials Course.

CPRR-708 | 1 session | \$375 AGE 60+ | \$375 REG

P01 W 9 a.m. - 5 p.m.

Mar 4

FP-W 126

BLS Instructor Renewal

To successfully complete the American Heart Association cardiopulmonary resuscitation (CPR) Instructor Renewal course, you must demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review training center (TC), regional and national emergency cardiovascular care (ECC) information. Upon successful completion, you will receive an electronic BLS completion card within 20 business days of the class. Prerequisite: You must have taught at least four CPR courses, attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration you must provide documentation meeting all prerequisites. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Interested students must contact the training center coordinator at jlark399@stlcc.edu before registering for the CPR Instructor Renewal Course.

CPRR-709 | 1 session | \$99 AGE 60+ | \$99 REG

P01 Tu 9 a.m. - 1 p.m.

Apr 7

FP-W 126

P02 Sa 9 a.m. - 1 p.m.

Jun 13

FP-W 126

† St. Louis Community College serves as a Community Training Center for the American Heart Association whose mission is to reduce disability and death from cardiovascular disease and stroke and set guidelines for emergency cardiovascular care and training. The American Heart Association strongly promotes knowledge and proficiency in basic life support (BLS) and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association.

Any fee charged for a course, except for a portion of the fee needed for American Heart Association course material, does not represent income to the Association.



Community Assistance

Community Emergency Response Team Training (CERT)

Have you ever thought "What would I do if a tornado struck my subdivision?" or "What types of natural disasters can happen in St. Louis?" We have the answers. Community Emergency Response Team Training (CERT) is a series of classes that prepares you to help your community in the event of a crisis. Through lecture and hands-on activities, professional emergency responders will teach you about emergency and disaster preparedness, while you receive training in basic response skills such as fire safety, team organization, light search and rescue, and medical operations. Training will conclude with a full-scale disaster exercise in a tornado simulation (off-site location: 1001 Assembly Pkwy, Fenton, MO 63026) on Saturday, March 21st, 9am-3pm. Upon successful completion of the training, you will be able to join a local St. Louis Area CERT program to continue to support and help where volunteers are needed.

EMSS-715 | 8 sessions | \$9 AGE 60+ | \$9 REG

P01 Tu 6:30-10 p.m.

Jan 27 - Mar 21

WW-AC 225

P02 W 6:30-10 p.m.

Jan 28 - Mar 21

FP-W 313

Food Safety

ServSafe® Manager Certification Class

ServSafe Manager Certification is a nationally recognized food safety training and certification program accredited by the American National Standards Institute (ANSI) and the Conference for Food Protection (CFP). The course equips food service managers and personnel with the knowledge and tools necessary to handle food safely and prevent foodborne illnesses. Upon successful completion of the training and exam, students will earn the ServSafe Manager Certificate, valid for five (5) years and accepted across all 50 states. ServSafe Food Protection classes run approximately 8 hours including the exam. This is a single day intensive session. Class includes the computer-based exam (24-48 hour results). All training materials incorporate the latest information from the most recent FDA Food Code. We use only the ServSafe Manager 7th Edition for all class instruction. Bring a sack lunch, pen, notebook and headphones to class.

RMGT-701 | 1 session | \$245 AGE 60+ | \$245 REG

P01 Th 9 a.m.-5 p.m.

Apr 16

Ron Williams
STLCC-Corp 208

LITERACY

Coaching for Impact: Supporting Teacher Growth

Step into a leadership role designed for aspiring coaches and education leaders with proven tools to support teacher development through data-driven planning, effective feedback cycles, and instructional protocols. Engage in role-play and real-life case studies to build equity-focused, high-rigor coaching practices.

EDUC-765 | 2 sessions | \$20 AGE 60+ | \$25 REG

P02 Th 6-7 p.m.

Mar 5 - Mar 12

Fallon MacNeil

FP-E 214

Culture, Equity and Learning

Discover how to create inclusive, high-impact learning environments that reflect the diverse identities of your students through culturally responsive pedagogy, equity-focused strategies, and practical tools for adapting curriculum and classroom culture. Through real-world examples and interactive planning, educators will gain the confidence to close equity gaps and elevate student engagement. Perfect for K-12 teachers, instructional coaches, and those in teacher preparation programs.

EDUC-765 | 2 sessions | \$20 AGE 60+ | \$25 REG

P01 Tu 6-7 p.m.

Apr 7 - Apr 14

Fallon MacNeil

FP-E 216

The Maternal Health Crisis

Maternal health outcomes are shaped by deep-rooted systems, historical inequities, and persistent misinformation. You'll gain the tools to recognize harmful narratives, understand the deeper causes behind these disparities, and take meaningful steps toward birthing justice in both your professional and personal life. Be part of the movement to transform maternal care.

EDUC-765 | 2 sessions | \$49 AGE 60+ | \$49 REG

P03 Tu 6-7:30 p.m.

May 12 - May 19

Dr. LiTreae Holt

Online

Building High-Impact Training Programs

Create training programs that truly connect with learners and deliver measurable results. Explore how to assess needs, design engaging curriculum, and apply facilitation techniques that spark participation and retention. Whether you're launching a new initiative or refining existing content, discover tools to elevate your impact.

EDUC-765 | 3 sessions | \$26 AGE 60+ | \$39 REG

P04 Th 5:30-7:30 p.m.

Feb 12 - Feb 26

Tasha Lester

FP-E 213

PERSONAL ENRICHMENT

Add variety to life | Enjoy a creative outlet | Improve your sense of well-being | Forge new friendships



AGELESS LEARNING SEMINARS

An Abundance of Parks in St. Louis County

St. Louis County is home to a treasure trove of parks, each with its own story, charm and surprises. Come explore the unique features of these community spaces, from historic landmarks and nature trails with wildlife sculptures, sport fishing and even a dog park named after a heroic search-and-rescue labrador. You'll also learn about a park with its own Speakers Corner, just like the famous one in London! Whether you're a nature lover, history buff, or just looking for new ways to enjoy your community, open your eyes to the rich possibilities in your own backyard.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P01 Th 7-8:30 p.m. **Doug Schneider**
 Feb 12 *Online*

Bygone Teams and Forgotten Fields: St. Louis Sports History

St. Louis has been a powerhouse of American sports but many of its greatest teams and stadiums now live only in memory. Revisit the city's former professional teams across major league, Negro league, minor league, and alternative league play, and explore the venues that once roared with fans. Along the way, you'll uncover personal stories that bring the past to life, including where Yogi Berra took his future wife on their first date. A must for sports fans, history buffs, and anyone who loves a good hometown story.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P08 Tu 1-2:30 p.m. **Doug Schneider**
 Apr 14 *MC-HE 124*

Cary Grant

Trace Cary Grant's remarkable journey from his early film days alongside Mae West to his unforgettable roles with icons like Irene Dunne, Katharine Hepburn and Rosalind Russell. Follow his evolution as a madcap comedian, acrobatic performer, and ultimately, a timeless leading man.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P03 Th 10-11:30 a.m. **Mary Saputo**
 Mar 12 *WW-AC 227*

Drones: Above STL

Aerial photography offers a striking new perspective and consumer drones have made it more accessible than ever. Learn the fundamentals of drone operation including flight mechanics, safety practices, and the legal landscape surrounding recreational use. Guidance is also provided on how to evaluate and select a drone that aligns with individual needs and budgets. While not intended as preparation for FAA Part 107 certification, this learning experience equips hobbyists and enthusiasts with the knowledge to begin capturing stunning images from above.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P14 W 6-7:30 p.m. **Patrick McGuirk**
 Jun 3 *WW-AC 202*

Gary Cooper

This handsome two-time Oscar winner with an everyman's screen image had an extensive film career, even though he died young at 60 years old. Revel in the history of this charming leading man, on and off-screen, as you explore such blockbusters as "Meet John Doe, Pride of the Yankees" and more!

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P06 Th 10-11:30 a.m. **Mary Saputo**
 Apr 9 *WW-AC 227*

Introduction to Cybersecurity

Don't get played, get prepared! The internet is the newest domain they try to take advantage of. Arm yourself with the tools to recognize data manipulation learning the same logic scammers use to deceive and exploit you online. From social engineering weapons to spotting their AI hallucinations (aka AI slop) strategies meant to play on your emotions, hijack your attention and drain your wallet. Sharpen your skills and instinct with confidence against the scammers.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P10 W 6-7:30 p.m. **Patrick McGuirk**
 May 6 *WW-AC 202*

Jennifer Jones

It's often said that this extraordinary and talented actress was somewhat forgotten and overshadowed by her contemporaries, but you'll be reminded of her acting talents that started with her Oscar-winning performance in "Song of Bernadette", and other familiar titles such as "Portrait of Jennie", "Love Is A Many Splendid Thing" and more.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P11 Th 10-11:30 a.m. **Mary Saputo**
 May 14 *MC-HE 124*

Maplewood: The Suburb Born of Fire

Venture into Maplewood, a city where mule palaces meet bar swings and tie-dyed grilled cheese exudes whimsy. Home to the oldest bowling lanes west of the Mississippi, discover the architectural charm and imaginative spirit that makes Maplewood one of the most original communities in the region. Learn how its location on Route 66 shaped its quirky development, how it became a magnet for artists and innovators. From the Dead Sea salt to a tugboat serving empanadas de platanos y chorizo, there is creativity, sustainability and even a table designed for licking!

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P05 Tu 10-11:30 a.m. **Doug Schneider**
 Mar 24 *MC-HE 124*

Wine: Tips, Stories and Legends

Uncork a world of folklore and fascinating history in this engaging exploration of wine. Journey through captivating stories and legends that span centuries from ancient rituals to religious symbolism and see how wine has woven itself into the fabric of culture and belief.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
P09 Sa 9:45-11:45 a.m. **Stephanie Thurmer**
 Apr 18 *Online*

Medicare 101

Medicare can be confusing. Learn how Medicare works, get answers to your questions, and explore your options to choose the coverage that best fits your needs. The seminar will cover Original Medicare (Parts A & B), Prescription Drug Plans (Part D), Medicare Supplement (Medigap), and Medicare Advantage plans (HMO and PPO). While there is no course fee, a small STLC administrative fee is required for registration. This class is offered by Missouri SHIP, Missouri's official State Health Insurance Assistance Program. SHIP counselors do not sell or promote any insurance company or its products.

SENR-702	1 session \$10 AGE 60+ \$10 REG
P02	Th 6-8 p.m. Feb 12 SHIP Counselor Online
P04	Th 6-8 p.m. Mar 12 SHIP Counselor Online
P07	Th 6-8 p.m. Apr 9 SHIP Counselor MC-SW 106
P12	Th 6-8 p.m. May 14 SHIP Counselor WW-AC 204
P16	Th 6-8 p.m. Jun 11 SHIP Counselor FP-H 110

Robots in St. Louis

St. Louis has played a surprising and significant role in the world of robotics. As we celebrate the 100th anniversary of the first robot designed to perform useful work, this session explores how the city has contributed to the development, manufacturing, and use of robotic systems. Learn where robots are made, how they're marketed, and how local industries are creating jobs in this growing field. Discover the story of a Clayton-based inventor who has sold more than 70 million robots worldwide and how St. Louis continues to inspire curiosity and creativity.

SENR-702	1 session \$10 AGE 60+ \$10 REG
P13	Tu 10-11:30 a.m. Jun 2 Doug Schneider MC-CN 128

The Director's Cut: Howard Hawks

Best remembered for a string of iconic hits like "Bringing Up Baby", "His Girl Friday", and "To Have and Have Not", this Indiana-born director, screenwriter, and producer was renowned for his powerful storytelling and unforgettable contributions to cinema. His work helped define an era of Hollywood magic. Discover the life and legacy of this incredibly talented filmmaker.

SENR-702	1 session \$10 AGE 60+ \$10 REG
P15	Th 10-11:30 a.m. Jun 11 Mary Saputo MC-HE 123

Cinema Italiano - Italian Cinema

Step into the golden age of Italian cinema and experience the drama, beauty, and artistry of iconic, classic films! You'll watch unforgettable clips from Italy's most celebrated movies (with English subtitles) and dive into lively discussions about plot, characters, and key phrases. Whether you're a language learner, film lover, or curious beginner, you'll enjoy a rich blend of culture and conversation to guide you.

CLTR-704	4 sessions \$52 AGE 60+ \$79 REG
P01	M 6-8 p.m. Mar 30 - Apr 20 Michael Cross MC-SW 106

Italian Neorealism: Cinema That Changed the World

Venture into the powerful world of post-war Italy and discover the film movement that redefined storytelling. This immersive introduction to Italian Neorealism explores the groundbreaking directors, unforgettable characters, and real-life settings that gave voice to a nation and inspired generations of filmmakers around the globe. Through rich historical, cultural, and artistic context, you'll see how these films shaped not just Italian cinema, but the very language of film itself.

CLTR-702	2 sessions \$31.50 AGE 60+ \$45 REG
P04	W 4-6 p.m. Jun 3 - Jun 10 Barbara Klein MC-CN 203

Exploring Witchcraft: Your Journey Begins

Explore the soulful, nature-based paths of Witchcraft and Wicca through key concepts and foundational practices. Learn how to connect with magical energy for personal growth, intention and transformation. Includes a grounding meditation and a guided journey to meet a spirit guide. Bring a blanket or something cozy for comfort. Handout provided.

CLTR-765	1 session \$29 AGE 60+ \$29 REG
P01	Tu 6:30-8:30 p.m. Mar 24 Kassia Morgan Online

Intuitive Living: Unlocking Signs, Dreams and Inner Wisdom

Welcoming beginners and returning practitioners, tap into your intuitive gifts through practical tools, guided meditations and live demonstrations while focusing on recognizing signs, synchronicities, and dreams as sources of insight and growth. Learn divination methods like oracle cards and pendulums, with mini readings as time allows. Each session includes a handout to support your journey. Bring a blanket or something cozy for comfort.

CLTR-765	4 sessions \$89 AGE 60+ \$89 REG
P02	Tu 6:30-8:30 p.m. Apr 14 - May 19 Kassia Morgan Online

• NOTE: No class 4/21 and 5/5

Living in the Florida Keys

Escape to the laid-back shores of the Florida Keys in this exploration of one of America's most unique regions. From shipwrecks and naval battles to the quirky independence of the Conch Republic, you'll uncover the fascinating stories that shaped this island chains adventurous spirit. Along the way, you'll dive into the Keys' world-class fishing, boating, diving, and seafood culture that continues to draw explorers and dreamers alike.

CLTR-701	1 session \$24 AGE 60+ \$29 REG
P01	Th 1-2:30 p.m. Mar 12 Doug Schneider FP-HealthSci 308

Northern Italy: From Mountains to the Riviera

Get ready to be transported to one of the most breathtaking regions in Europe! From the snow-capped peaks of the Dolomites to the sparkling waters of the Italian lakes and Riviera, northern Italy is a feast for the senses. Take a virtual tour through iconic cities like Venice, Milan, Padua, Verona, and Trieste, each brimming with history, art, and charm. Revel in Piedmont's world-famous vineyards, stroll past Juliet's balcony, and uncover the secrets of Italy's enchanting walled cities. Perfect for travelers, culture lovers and dreamers alike.

CLTR-765	1 session \$24 AGE 60+ \$29 REG
P04	Th 1-2:30 p.m. Jun 4 Doug Schneider FP-HealthSci 310

Regional Italian Cuisine

Planning a trip to Italy or just dreaming of one? Embark on a delicious virtual adventure across the country's rich culinary landscape! In this vibrant slideshow tour, you'll explore Italy's most iconic regional dishes from the golden arancini of Sicily to the savory bagna cauda of Piedmont. Discover the stories, traditions, and flavors that make each region unique. Whether you're a foodie, traveler, or curious cook, this class will transport your taste buds without leaving your seat.

CLTR-702	1 session \$22.50 AGE 60+ \$29 REG
P03	W 4-6 p.m. May 20 Barbara Klein MC-CN 203

Sights of Italy

Dreaming of Italy? Whether you're planning a trip or simply exploring from afar, this picturesque slideshow tour will transport you across the country's 20 breathtaking regions. From the timeless beauty of Rome, Florence, and Venice to the ancient ruins of Sicily's Valley of the Temples and the medieval castles of Valle d'Aosta, you'll uncover hidden gems and iconic landmarks alike. Andiamo! Bring pencil and notebook.

CLTR-702	1 session \$22.50 AGE 60+ \$29 REG
P02	W 4-6 p.m. Mar 25 Barbara Klein MC-CN 203

The Greek Isles: Legends, Landscapes, and Legacy

Embark on an unforgettable journey through the Greek Isles where every island tells a story. With over 6,000 islands, take a guided armchair tour out to explore the best of Greece's natural beauty, ancient wonders and vibrant culture. Wander through Crete's legendary Palace of Knossos, where history unveils a 4,000-year-old throne room. Peek at the celebrity hot spot of Mykonos, and stroll the fortified streets of Corfu, where Venetian architecture still reigns. Milo's enchants with its volcanic landscapes and connection to the iconic Venus de Milo. Whether you're drawn to monasteries, museums, beaches, or bays, the Greek Isles promise a rich tapestry of experiences.

CLTR-765	1 session \$24 AGE 60+ \$29 REG
P03	M 1-2:30 p.m. May 18 Doug Schneider MC-CN 128

CREATIVE ARTS

FINE ARTS

Drawing*

Drawing Beginning/Intermediate

Whether you're picking up a pencil for the first time or returning to refine your craft, this drawing class is your gateway to creative expression. Discover the essential tools, materials, and visual artistic techniques that bring your ideas to life with fundamentals including line, perspective, value, and composition using pencil, cont crayon, and charcoal. Returning students will continue to grow through inspiring projects and independent work. Come sketch, shade and surprise yourself with what you can create! Supply list will be sent.

ARTS-709 | 6 sessions | \$135 AGE 60+ | \$135 REG
P02 Tu 9:30 a.m.-12 p.m. Ruth Kolker
 Feb 10 - Mar 24 MC-HE 124
 • NOTE: No class 3/17
P03 Tu 9:30 a.m.-12 p.m. Ruth Kolker
 Apr 7 - May 12 MC-HE 124

Drawing: Beginning/Intermediate

Learn the tools, materials, and visual artistic perception essential to drawing. Returning students continue to sharpen your skills through projects/independent work. Explore drawing fundamentals including line, perspective, value and composition in the use of pencil, cont crayon and charcoal. Supply list will be sent.

ARTS-709 | 6 sessions | \$129 AGE 60+ | \$129 REG
P01 Th 6-8:30 p.m. Lisa Payne
 Feb 5 - Mar 12 Online
P04 Th 5-7:30 p.m. Lisa Payne
 May 7 - Jun 11 WW-AC 209

Graphite Pencil and Charcoal: Introduction

Get hands-on with graphite and charcoal as you learn how to create expressive, lifelike drawings. You'll explore different methods each week, discover how to place accents effectively and gain insight into bird anatomy while drawing portraits of three unique species. Perfect for beginners or anyone curious about these materials. Supply list will be sent.

ARTS-709 | 6 sessions | \$129 AGE 60+ | \$129 REG
P05 W 5-7 p.m. Ainura Barron
 Feb 18 - Apr 1 WW-AC 209

Right-Brain Drawing

Discover how to make the mental shift to where drawing is pleasurable, meditative, and freeing from anxiety. Drawing exercises use the more creative, less analytical hemisphere to unleash your potential artist. Learn ways to tap into the right side of your brain for creative projects. Please read the first three chapters of the book assigned before the first class. Supply list will be sent.

ARTS-721 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Sa 10 a.m.-12 p.m. Mary Feagan
 Mar 28 - May 16 MC-HE 124

Head and Figure Drawing: Beginning

Learn the fundamentals of drawing the human head, figure and develop the ability to create impressive pencil-rendered portraits and poses. Discover techniques and insights rarely covered in traditional figure drawing books and apply the same methods used throughout the instructor's successful commercial art career to build confidence and skill in your own artistic practice. Supply list will be sent.

ARTS-718 | 4 sessions | \$119 AGE 60+ | \$119 REG
P01 Sa 1-4 p.m. Ron Lizorty
 Mar 28 - Apr 25 FV-AC 113
 • NOTE: No class 4/4

Head and Figure Drawing: Advanced

Build on your foundational skills to create more involved and exciting drawings. Draw dynamic poses and expressive heads that convey character and emotion. Explore techniques that bring life and energy to your work. By the end, you'll walk away with a collection of rewarding, impactful drawings that reflect your growth and creativity. Supply list will be sent.

ARTS-718 | 4 sessions | \$119 AGE 60+ | \$119 REG
P02 Sa 1-4 p.m. Ron Lizorty
 May 9 - Jun 6 FV-AC 113
 • NOTE: No class 5/23

Colored Pencils: Beginner

Discover the versatility and richness of colored pencils while learning the fundamentals of drawing and color application. Instruction emphasizes basic color theory, light and shadow, and simple composition. Ideal for beginners or anyone seeking to build confidence and control through guided exercises and step-by-step demonstrations. Supply list will be sent.

ARTS-716 | 5 sessions | \$129 AGE 60+ | \$129 REG
P01 Th 5:30 - 8:30 p.m. Ed Pearce
 Feb 5 - Mar 5 MC-SW 105

Colored Pencils: Intermediate

Explore composition and perspective while learning how to apply the rule of thirds, golden ratio, and vanishing points to create balanced, engaging drawings. Emphasis is placed on thoughtful composition, lighting, and refinement of professional drawing techniques. Supply list will be sent.

ARTS-716 | 5 sessions | \$129 AGE 60+ | \$129 REG
P02 Th 5:30 - 8:30 p.m. Ed Pearce
 Mar 26 - Apr 23 FP-HealthSci 212

Colored Pencils: Advanced

Broaden your understanding of color theory, blending, layering and texturing techniques specific to colored pencils. Gain in-depth knowledge as you focus on complex subjects such as realistic textures, reflective surfaces, and intricate details, culminating in the creation of a polished final piece. Supply list will be sent.

ARTS-716 | 7 sessions | \$179 AGE 60+ | \$179 REG
P03 Th 5:30 - 8:30 p.m. Ed Pearce
 May 7 - Jun 18 MC-SW 106

Colored Pencils: Explore Still-Life

Rediscover the joy of drawing with colored pencils! Explore shading techniques, sketch simple objects and build up to a still life composition. Along the way, you'll learn about materials, color mixing, texture and how to create volume and depth. A perfect starting point for anyone new to graphic materials or returning to drawing with fresh eyes. Supply list will be sent.

ARTS-716 | 6 sessions | \$115 AGE 60+ | \$115 REG
P04 W 5-7 p.m. Ainura Barron
 Apr 15 - May 20 WW-AC 209

Painting*

Watercolor Exploration

Explore your artistic side and let your creativity flow in this hands-on, foundational watercolor course. You'll learn essential techniques like wet-on-wet, wet-on-dry, standard washes, and expressive brushwork while painting two serene nature scenes: a babbling brook in a quiet forest and a gentle wave rolling on a beach. You'll walk away with two beautiful, frame-worthy paintings and the confidence to continue your watercolor journey on your own. Supply list will be sent.

ARTS-735 | 1 session | \$39 AGE 60+ | \$39 REG
P02 W 3-5 p.m. Stajah Curry
 Mar 4 FV-SM 127

Watercolor: Cardinal on a Branch

Discover the joy of watercolor painting in this beginner-friendly workshop designed to relax and inspire! With a pre-drawn layout to guide you, you'll dive right into creating your own charming, small, cardinal artwork—no prior experience needed. Learn basic techniques, enjoy a creative atmosphere, and leave with a sense of accomplishment and beautiful piece of art to take home. All supplies provided.

ARTS-735 | 1 session | \$35 AGE 60+ | \$35 REG
P01 Th 10:30 a.m.-12 p.m. Artfully Aging
 Feb 19 WW-AC 209

Watercolor: Summer Hills Scene

Embark on a relaxing and enjoyable standalone watercolor workshop designed for beginners. Learn basic watercolor techniques that features a pre-drawn layout, allowing you to start painting right away! Create a summer landscape watercolor painting to take home at the end of the class. No prior art training is necessary. All supplies provided.

ARTS-735 | 1 session | \$35 AGE 60+ | \$35 REG
P04 Th 10:30 a.m.-12 p.m. Artfully Aging
 May 21 WW-AC 209

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

Painting*

Watercolor: Tulips in a Tall Vase

Ready to unwind and tap into your creativity? Join this fun, beginner-friendly watercolor workshop where you'll create a charming painting of tulips in a vase. No painting experience needed! With a small, pre-drawn layout and step-by-step guidance, you'll create a painting and leave with a beautiful piece of art to brighten your home. All supplies provided.

ARTS-735 | 1 session | \$35 AGE 60+ | \$35 REG
P03 Th 10:30 a.m.-12 p.m. **Artfully Aging**
 Apr 16 WW-AC 209

Experimenting with Oil Pastel

Explore oil pastel techniques while working in mixed media with gouache. Apply strokes and brushwork, mix colors and play with texture discovering how lighting interacts with color. Use a rich palette to create depth through light and shadow. Perfect for anyone ready to experiment and refine their skills. Supply list will be sent.

ARTS-740 | 4 sessions | \$115 AGE 60+ | \$115 REG
P10 Th 5-7 p.m. **Ainura Barron**
 Mar 26 - Apr 16 WW-AC 209

Oil or Acrylic Painting

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Water-based oils are the only type allowed in the classroom. Supply list will be sent.

ARTS-740 | 6 sessions | \$159 AGE 60+ | \$159 REG
P01 Tu 5:30-8:30 p.m. **Lisa Payne**
 Feb 3 - Mar 10 Online
P07 Tu 5-8 p.m. **Lisa Payne**
 May 5 - Jun 9 WW-AC 209

Portraits in Oil

Step into the studio and unlock your inner artist! In a hands-on environment, you'll learn to paint portraits using the techniques of the classical masters. From oil painting and color theory to proportion, perspective, and anatomy, you'll build a strong foundation while developing your own unique style. Ideal for beginners and a refreshing space for experienced artists, this course encourages the development of personal style in portraiture. Supply list will be sent.

ARTS-740 | 3 sessions | \$79 AGE 60+ | \$79 REG
P06 Tu 3-6 p.m. **Stajah Curry**
 Apr 7 - Apr 21 FV-SM 127

Studio Painting: Acrylics and Water Based Oils

Explore oil paint's richness and acrylic's speed during a class that covers color theory, artistic perception, composition and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Supply list will be sent.

ARTS-740 | 5 sessions | \$145 AGE 60+ | \$145 REG
P02 Tu 2-5 p.m. **Mike Ochonicky**
 Feb 3 - Mar 3 MC-SW 106
P03 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 Feb 3 - Mar 3 MC-SW 106
P04 Tu 2-5 p.m. **Mike Ochonicky**
 Mar 24 - Apr 21 MC-SW 106
P05 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 Mar 24 - Apr 21 MC-SW 106
P08 Tu 2-5 p.m. **Mike Ochonicky**
 May 12 - Jun 9 MC-SW 106
P09 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 May 12 - Jun 9 MC-SW 106

Pottery*

Beginner Pottery Fundamentals

Discover the basics of pottery and learn all about hand-building and wheel throwing. Learn how to center, open, and pull to make cups, cylinders, and bowls on the pottery wheel, as well as hand-building projects and techniques such as pinch, coil, slab. Related techniques such as making and attaching handles, trimming, embellishments, surface design, painting and glazing will also be covered. SBAP will feature different projects to meet the needs of new students to clay as well as continuing students who want to repeat the class multiple times. Classes also include seven extra hours of studio time for independent practice and finish work. All supplies provided.

ARTS-727 | 7 sessions | \$199 AGE 60+ | \$199 REG
P06 W 9:30 a.m.-12 p.m.
 Jan 28 - Mar 11 South Broadway Art Project
P07 W 9:30 a.m.-12 p.m.
 Apr 8 - May 20 South Broadway Art Project

Pottery: All Levels

Explore projects in hand-building and wheel throwing, investigating and improving skills with clay. All levels of beginners and advanced students are welcome. Please note that the ceramics studio at FV is an educational space and not a production studio. Those with established production practices should seek other facilities. One bag of clay will be provided. Supply list will be sent.

ARTS-727 | 12 sessions | \$289 AGE 60+ | \$289 REG
P03 Sa 9 a.m.-12 p.m. **Showay Chang**
 Feb 21 - May 30 FV-AC 109
 • NOTE: No class 3/14, 3/21, and 5/23
P04 Sa 1-4 p.m. **Showay Chang**
 Feb 21 - May 30 FV-AC 109
 • NOTE: No class 3/14, 3/21, and 5/23

Wheel Throwing 101 & 102

Designed for all levels of expertise. Discover the basics of pottery and learn all about how to throw on the Potters Wheel. Learn how to center, open, and pull to make cups, cylinders and bowls and more on the pottery wheel. Also learn about related techniques such as making and attaching handles, trimming, embellishments, surface design, painting and glazing. Classes also include seven extra hours of studio time for independent practice and finish work. All supplies provided.

ARTS-727 | 7 sessions | \$199 AGE 60+ | \$199 REG
P12 Tu 9:30 a.m.-12 p.m.
 Jan 27 - Mar 10 South Broadway Art Project
P13 Tu 9:30 a.m.-12 p.m.
 Apr 7 - May 19 South Broadway Art Project

Beginner's Hand Building

Discover the possibilities of clay without the pottery wheel in this beginner hand building class. Learn slab, coil, and pinch techniques to create functional and sculptural forms. Perfect for those who want to explore clay at a relaxed, creative pace. All supplies provided.

ARTS-727 | 4 sessions | \$175 AGE 60+ | \$175 REG
P02 Th 9 a.m.-12 p.m.
 Feb 19 - Mar 12 Craft Alliance

Ceramics: Cup and Tea Strainer

Craft a one-of-a-kind ceramic cup paired with a matching tea strainer in this creative workshop. You'll learn hand building skills and functional design considerations for brewing the perfect cup of tea. Finish with surface details that make your set uniquely yours. All supplies provided.

ARTS-727 | 1 session | \$95 AGE 60+ | \$95 REG
P01 Th 9 a.m.-12 p.m.
 Feb 12 Craft Alliance

Hand-building & Sculpture: All Levels

Focus on hand-building with coils, slab work and mixed methods construction. Each class will feature a new project theme. Beginners will start small and intermediate and advanced students will be able to take technique, size, and scale to the next level. SBAP will feature different projects to meet the needs of new students to clay as well as continuing students who want to repeat the class multiple times. Classes also include seven extra hours of studio time for independent practice and finish work. All supplies provided.

ARTS-727 | 7 sessions | \$199 AGE 60+ | \$199 REG
P08 W 1-3:30 p.m.
 Jan 28 - Mar 11 South Broadway Art Project
P09 W 1-3:30 p.m.
 Apr 8 - May 20 South Broadway Art Project

In the Potter's Kitchen

Learn about the fundamentals of hand-building and wheel throwing by learning how to design and make uniquely creative functional forms to eat, drink, and serve from no matter the level you are at. There are a lot of options to explore forms centered around setting the table and serving dishes. Plenty of step-by-step instructions, examples and patterns for your use will be provided. Some examples of project work include but not limited to: pitchers, berry bowls, cheese boards, juicers, butter dishes, taco plate, pour-over coffee-crock, egg cups, serving bowls, platters and more. SBAP will feature different projects and would be a great class to repeat multiple times. This includes seven extra hours of studio time for independent practice and finish work. All supplies provided.

ARTS-727 | 7 sessions | \$199 AGE 60+ | \$199 REG
P10 Th 12-2:30 p.m.
 Jan 29 - Mar 12 South Broadway Art Project
P11 Th 1-3:30 p.m.
 Apr 9 - May 21 South Broadway Art Project

Kitchen Sink: Clay for the Table

Celebrate spring by making functional ceramic pieces that brighten up your table. Create vases, berry bowls, and other seasonal tableware using hand building techniques. Surface decoration and glazing methods make each piece uniquely yours while you learn building skills for future kitchen creations. All supplies provided.

ARTS-727 | 4 sessions | \$175 AGE 60+ | \$175 REG
P05 Th 9 a.m.-12 p.m.
 Apr 16 - May 7 Craft Alliance

Make-A-Mug Workshop

Everyone should have their own hand-made artisanal mug and why not make it yourself? You will work at a table and learn hand-building skills like pinch, and coil, as well as surface decoration techniques to design your own mug, cup, or bowl. Instruction is provided and you will be walked through each step of the process and when you're all done we will dip it in a color for you. All pottery is cone six stoneware and food safe. All supplies provided.

ARTS-727 | 1 session | \$55 AGE 60+ | \$55 REG
P14 Tu 1-3:30 p.m.
 Feb 17 South Broadway Art Project
P15 Tu 1-3:30 p.m.
 Apr 7 South Broadway Art Project
P16 Tu 1-3:30 p.m.
 May 5 South Broadway Art Project

Printmaking

Printmaking: Greeting Cards

Get hands-on with the timeless art of letterpress printing in this fun and creative workshop. Choose from over 50 stunning designs, learn insider printing techniques, and roll up your sleeves to produce a beautiful set of personalized greeting cards. You'll leave with 20 custom pieces of stationery, complete with matching envelopes, featuring your name, initials or special sentiment (up to 20 characters). All supplies provided.

ARTS-765 | 1 session | \$55 AGE 60+ | \$55 REG

P01 Sa 1-3:30 p.m. **Marie Oberkirsch**
Feb 7 Central Print

P04 Sa 1-3:30 p.m. **Marie Oberkirsch**
Apr 11 Central Print

Relief Printmaking for Beginners

Discover the expressive possibilities of relief printmaking in this hands-on workshop. You'll learn to design, carve, and ink your own printing block to create striking prints on paper. Experiment with composition, color, and texture while building a set of prints to take home. All supplies provided.

ARTS-765 | 3 sessions | \$129 AGE 60+ | \$129 REG

P06 Th 9 a.m.-12 p.m.
May 14 - May 28 Craft Alliance

Art Experiences

Artful Saturdays

Spend three inspiring Saturday mornings exploring the art collections of one of the Midwest's most celebrated museums! Each week, you'll embark on a different themed tour through the Saint Louis Art Museum's world-class treasures uncovering hidden gems, iconic masterpieces, and stories that bring the art to life. Whether you're an art lover or a curious newcomer, these guided experiences promise fresh perspectives and unforgettable moments. Information about where to meet will be provided via email prior to each group meeting.

ARTS-705 | 3 sessions | \$69 AGE 60+ | \$69 REG

P01 Sa 10 a.m. - 12 p.m. **Betsy Solomon**
Jan 31 - Feb 21 St. Louis Art Museum

• NOTE: No class 2/14

P02 Sa 10 a.m. - 12 p.m. **Betsy Solomon**
May 30 - Jun 13 St. Louis Art Museum

CRAFTS

Book Binding

Book Binding

Learn the basics of stab binding and stitch variations. Create a series of stitch structures including, two-hole accounting, four-hole with card stock cover, and your choice of decorative stitch Tortoise Shell, Hemp Leaf, or Kangxi. Paper selection, stitching patterns, folding, scoring, cutting and tearing paper will all be discussed. All supplies provided.

CRFT-765 | 1 session | \$59 AGE 60+ | \$59 REG

P04 Sa 1-3:30 p.m. **Marie Oberkirsch**
Feb 21 FP-HealthSci 310

P11 Sa 1-3:30 p.m. **Marie Oberkirsch**
Apr 25 FP-HealthSci 310

Cardboard Art*

Personalized Package Pizazz

Turn everyday cardboard into extraordinary keepsakes! Learn how to design personalized packaging that celebrates the unique traits of your gift recipient whether it's their hobbies, birth month, favorite colors, initials or interests. Each box becomes a canvas for creativity, transforming into a meaningful and artistic expression that enhances the gift inside. Perfect for crafters, gift-givers, and anyone who loves adding a personal touch. Supply list will be sent.

ARTS-703 | 1 session | \$29 AGE 60+ | \$29 REG

P02 Th 5-8 p.m. **Jamie Agee**
May 14 MC-SW 105

Digital Art*

Digital Rhythm & Flow

Design beyond the surface with creative digital art through layered digital composition and bring your creative vision to life using powerful tools like Photoshop, Illustrator, or Paint. Combine photo manipulation, blend visual elements and apply core design principles to craft stunning, cohesive artworks that reflect rhythm, style, and thematic flow. Discover how technology enhances creative expression through thoughtful placement, contrast and continuity. Whether you're a beginner or looking to sharpen your digital design skills, this is your chance to explore, experiment and express. Supply list will be sent.

ARTS-703 | 2 sessions | \$55 AGE 60+ | \$55 REG

P01 Tu 5-8 p.m. **Jamie Agee**
Apr 7 - Apr 14 MC-ET 305

Cricut®*

Introduction to Cricut®
Machines Level I

Unlock the full creative potential of your Cricut machine in this hands-on, skill-building course designed for makers of all levels. Bring your own Cricut Explore, Maker, or Joy Extra machine to class, as well as an established login to the Cricut Design Space application. Learn how to master vinyl, iron-on, and cardstock materials through expert tips, essential techniques and inspiring project ideas. If you have a Cricut Joy Extra, you must bring your own laptop, tablet or phone with Cricut Design Space loaded to those devices along with your Bluetooth on your devices being operational. Supply list will be sent.

CRFT-765 | 1 session | \$59 AGE 60+ | \$59 REG

P03 Tu 5-8 p.m. **Rhonda Cross**
Feb 17 FV-SM 252

P07 W 5-8 p.m. **Rhonda Cross**
Apr 1 MC-CN 221

Introduction to Cricut®
Machines Level II

Take your crafting to the next level and become proficient in the many features of the Cricut Machine. Explore the basics of paper crafting with the powerful cutting technology and application interface of the Cricut, while focusing on layers, welding, attaching and detaching images, writing and scoring. Bring your own Cricut Explore or Maker machines to class as well as an established login to the Cricut Design Space application. If you have a Cricut Joy Extra, you must bring your own laptop, tablet or phone with Cricut Design Space loaded to those devices along with your Bluetooth on your devices being operational. Supply list will be sent.

CRFT-765 | 1 session | \$59 AGE 60+ | \$59 REG

P05 Tu 5-8 p.m. **Rhonda Cross**
Mar 10 FV-SM 252

P10 W 5-8 p.m. **Rhonda Cross**
Apr 22 MC-CN 221

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

CRAFTS

Floral Arrangement

Blooms and Vases: A Floral Design Experience

Unleash your inner floral artist where beauty blossoms and creativity flows. You will learn the basics of floral design, including structure, color balance, and arrangement techniques. Create a stunning, custom flower arrangement in a glass vase to take home along with care instructions to keep blooms fresh and radiant. All supplies provided.

CRFT-744 | 1 session | \$85 AGE 60+ | **\$85** REG
P01 Sa 11 a.m.-1 p.m. **Not Just Paint**
 Mar 7 *FV-SM 233*
P07 Sa 11 a.m.-1 p.m. **Not Just Paint**
 May 16 *FV-SM 233*

Japanese Art of Flower Arranging

Ikenobo Ikebana, the centuries old Japanese art of flower arranging, transforms plant and flower materials into beautiful and elegant expressions. After learning about Ikebana's history and a how-to demonstration, you'll design and create an arrangement and learn skills relevant to this practice of bringing nature and harmony together in a disciplined art form. No prior experience is necessary. Bring scissors and/or pruners. All other supplies provided.

CRFT-744 | 1 session | \$75 AGE 60+ | **\$75** REG
P03 Th 5:30 - 7:30 p.m. **Anne Brown**
 Mar 26 *MC-SC 201*
P06 Th 5:30 - 7:30 p.m. **Anne Brown**
 Apr 30 *MC-SC 201*

Spring Fresh Floral Arrangement

Celebrate the season with fresh blooms and creative flair! In this hands-on class, explore the fundamentals of floral arranging and design using traditional spring colors and themes. Learn professional florists tips, tricks and trade secrets to craft stunning arrangements you can recreate at home. You'll work with a variety of flowers and foliage while gaining confidence in composition, balance and style. Bring scissors and/or pruners to class. All other supplies provided.

CRFT-744 | 1 session | \$99 AGE 60+ | **\$99** REG
P02 Tu 6-8 p.m. **Kathy Vaughn**
 Mar 24 *MC-SC 201*
P05 Tu 6-8 p.m. **Kathy Vaughn**
 Apr 21 *MC-SC 201*

Succulent Arrangement

Rooted in Style: A Succulent Arrangement Experience

Ground yourself in creativity during this immersive succulent arrangement workshop that blends stylish design with hands-on charm. Learn the art of combining textures, shapes, and colors to create a stunning container garden featuring resilient plants. Guided by expert tips, you'll master arrangement techniques and receive step-by-step care instructions to ensure your creation flourishes. All supplies provided.

CRFT-744 | 1 session | \$60 AGE 60+ | **\$60** REG
P04 Sa 11 a.m.-1 p.m. **Not Just Paint**
 Apr 11 *FV-SM 233*

Knitting and Crochet*

Knit 101

Unleash your creativity and enjoy the rewarding experience of knitting! Discover the basic techniques of knitting including how to cast-on, knit and purl, bind-off and weave in ends seamlessly. Explore the world of yarns, needles and gauge, and learn to read simple patterns with confidence. Plus, get tips on addressing common mistakes and much more! Supply list will be sent.

CRFT-720 | 4 sessions | \$79 AGE 60+ | **\$79** REG
P01 Tu 1:30-3:30 p.m. **Thi Miller**
 Jan 27 - Feb 17 *FP-H 107*
P02 Th 6-8 p.m. **Thi Miller**
 Feb 5 - Feb 26 *FP-H 107*

Knit Clinic

Stuck on a knitting project? Let's fix that! Get the guidance you need to finally finish that beautiful piece you've been working on. Bring your project, your questions and your passion and get expertise to troubleshoot and untangle. Whether you're halfway through or puzzled by a pattern, this is your chance to get unstuck and reignite your creative spark. Supply list will be sent.

CRFT-720 | 5 sessions | \$99 AGE 60+ | **\$99** REG
P05 Th 6-8 p.m. **Thi Miller**
 May 21 - Jun 18 *FP-H 107*

Knitted Lace Cowl

Add style and flair to your wardrobe this season with a neck wrap that's as cozy as it is elegant by incorporating lace into your knitting. In this hands-on class, you'll learn a fun technique that's surprisingly simple and guaranteed to elevate any project. Supply list will be sent.

CRFT-720 | 5 sessions | \$99 AGE 60+ | **\$99** REG
P03 Th 1:30-3:30 p.m. **Thi Miller**
 Apr 2 - Apr 30 *FP-H 107*

Knitted Socks - Toe Up on the Magic Loop

Discover the art of sock knitting using the versatile Magic Loop method, a fun and flexible alternative to double-pointed needles and introduces the toe-up technique, allowing for easy fit adjustments and progress tracking as you knit. Perfect for adventurous beginners or experienced knitters looking to expand their skills with circular knitting fundamentals. Supply list will be sent.

CRFT-765 | 6 sessions | \$115 AGE 60+ | **\$115** REG
P12 Tu 6-8 p.m. **Thi Miller**
 May 12 - Jun 16 *FP-H 107*

Knitted Summer Tee

Ready to create a stylish summer garment? Learn the essentials of basic garment construction from sizing and fit to adding eye-catching features to your summer tee that reflect your personal style. Supply list will be sent.

CRFT-720 | 6 sessions | \$115 AGE 60+ | **\$115** REG
P04 Th 6-8 p.m. **Thi Miller**
 Apr 2 - May 7 *FP-H 107*

Granny Squares Galore

Take your crochet skills to the next level! In this fun, hands-on class, you'll learn how to create the classic granny square and beyond! Explore fresh, modern shapes and discover multiple joining techniques to bring your pieces together beautifully. Basic crochet skills are required including chain, single and double crochet stitches. Supply list will be sent.

CRFT-726 | 4 sessions | \$85 AGE 60+ | **\$85** REG
P02 Sa 10:30 a.m.-12:30 p.m. **Dee Levang**
 Apr 11 - May 2 *MC-SW 105*

Textured Crochet

Stitch your way to a cozy blanket! Bring your hooks and enthusiasm to this fun, hands-on class where you'll explore a variety of textured stitches: popcorns, puffs, posts, and more! Create a beautiful lap or baby blanket filled with sample stitches that showcase your creativity and technique. Perfect for those with basic to intermediate crochet experience, this class is a great way to expand your stitch vocabulary and craft something cozy and unique. Required skills include knowing the chain, single and double crochet stitches, plus changing colors. Supply list will be sent.

CRFT-726 | 4 sessions | \$85 AGE 60+ | **\$85** REG
P01 Sa 1-3 p.m. **Dee Levang**
 Feb 21 - Mar 28 *MC-SW 105*
 • NOTE: No class 3/14 and 3/21

Metalsmithing

Metalsmithing: Ring and Dish

Create a beautiful handmade ring paired with a small matching dish to hold it. Learn fundamental metalsmithing techniques such as shaping, soldering, and finishing in a creative environment. Leave with both a wearable piece and a functional display dish of your own design showcasing your own unique style. All supplies provided.

CRFT-753 | 1 session | \$95 AGE 60+ | **\$95** REG
P01 Th 9 a.m.-12 p.m. **Craft Alliance**
 Feb 26

Metalsmithing: Textured Cuff

Design and create a custom copper cuff bracelet with unique textures and patterns. You'll use hammers, stamps, and other tools to create a design that reflects your personal style. Learn finishing techniques to make your cuff comfortable to wear and ready to show off. All supplies provided.

CRFT-753 | 1 session | \$95 AGE 60+ | **\$95** REG
P02 Th 9 a.m.-12 p.m. **Craft Alliance**
 Mar 26

Stained Glass Suncatchers

Bring light and color into your home by creating a one-of-a-kind stained glass suncatcher. In this beginner-friendly workshop, you'll learn to cut, grind, and solder glass pieces using the copper foil method. Experiment with shapes, patterns, and colors to design a sparkling piece that catches the sun beautifully. All supplies provided.

CRFT-740 | 2 sessions | \$115 AGE 60+ | **\$115** REG
P01 Th 9 a.m.-12 p.m. **Craft Alliance**
 Apr 9 - Apr 16

Weaving*

Tapestry Weaving

Discover the art of weaving in this beginner-friendly, hands-on course. Using a small frame, lap loom, or tabletop loom, you'll learn how to warp your loom and create beautiful patterns with tabby and twill weaves, rya knots, soumak, fringe, and more. Whether you're brand new to fiber arts or looking to refresh your skills, this class offers a relaxing and creative space to explore texture, color, and design. Supply list will be sent.

CRFT-765 | 4 sessions | \$85 AGE 60+ | **\$85** REG
P09 Sa 1:30-3:30 p.m. **Dee Levang**
 Apr 11 - May 2 *MC-SW 105*

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

CRAFTS

Mosaics

Garden Stone

Learn the basics of mosaics or take your skills to the next level as you work with a wonderful buffet of tiles and glass to make a garden stone 9"x9". Cut glass, create a design and apply adhesive like a pro. Grouting can be done by you in the studio or at home with a take-home kit for free. If you prefer for the organization to grout it for you, there is an extra hourly fee. All supplies provided.

CRFT-765 | 1 session | \$75 AGE 60+ | \$75 REG

P14 W 10 a.m.-12:30 p.m.
Jun 10

Vicki Ash
Yucundu

I Heart U: Three Piece Wooden Set

Learn the basics of mosaics or take your skills to the next level as you work with a wonderful buffet of tiles and glass to make a three piece I Heart U set. Cut glass, create a design and apply adhesive like a pro. Grouting can be done by you in the studio or at home with a take-home kit for free. If you prefer for the organization to grout it for you, there is an extra hourly fee. Beginners welcomed. All supplies provided.

CRFT-765 | 1 session | \$75 AGE 60+ | \$75 REG

P01 W 10 a.m.-12:30 p.m.
Feb 4

Vicki Ash
Yucundu

Shamrock Plaque

Learn the basics of mosaics or take your skills to the next level as you work with a wonderful buffet of tiles and glass to make a shamrock plaque. Cut glass, create a design and apply adhesive like a pro. Grouting can be done by you in the studio or at home with a take-home kit for free. If you prefer for the organization to grout it for you, there is an extra hourly fee. Beginners welcomed. All supplies provided.

CRFT-765 | 1 session | \$75 AGE 60+ | \$75 REG

P06 W 6-8:30 p.m.
Mar 11

Vicki Ash
Yucundu

Vintage Teacup Half

Learn the basics of mosaics or take your skills to the next level as you work with a wonderful buffet of tiles and glass to make a vintage teacup half on a 8" x 10" plaques. Cut glass, create a design and apply adhesive like a pro. Grouting can be done by you in the studio or at home with a take-home kit for free. If you prefer for the organization to grout it for you, there is an extra hourly fee. Beginners welcomed. All supplies provided.

CRFT-765 | 1 session | \$75 AGE 60+ | \$75 REG

P08 W 10 a.m.-12:30 p.m.
Apr 1

Vicki Ash
Yucundu

Mixed Media*

Mixed Media Expression

Rediscover your creativity and reconnect with your inner child in this transformative, hands-on art experience. Through a variety of crafting techniques, you'll create a textured abstract piece using recycled materials, traditional supplies, and your own untapped imagination. You'll work through creative blocks, emotional baggage, and cognitive hangups while exploring the healing power of artistic expression. Leave with a meaningful piece of art and a renewed sense of creative energy. Supply list will be sent.

ARTS-765 | 1 session | \$35 AGE 60+ | \$35 REG

P05 W 3-6 p.m.
May 13

Stajah Curry
FV-SM 125

Origami*

Origami: All Levels

Unfold your creativity and bring paper to life! In this hands-on class, you'll transform two-dimensional paper into stunning three-dimensional art. Learn the foundational techniques of origami, mastering basic forms and gradually progressing to create beautiful hanging ornaments. Delve into the principles of gravity and balance to craft elegant holiday mobiles that captivate and inspire. Beginning with basic folding methods, you'll increase your skills with multiple paper projects. All levels welcome, from beginner to advanced origami experience. Supply list will be sent.

ARTS-765 | 1 session | \$29 AGE 60+ | \$29 REG

P02 W 3-6 p.m.
Mar 25

Showay Chang
FV-AC 106

P03 W 3-6 p.m.
Apr 8

Showay Chang
FV-AC 106

Papermaking

Handmade Paper

Dive into the art of papermaking and transform pulp into beautifully textured handmade sheets. Learn techniques for adding color, texture and inclusions to make your paper truly unique. Great for use in stationery, crafts or as stand-alone works of art. All supplies provided.

CRFT-765 | 1 session | \$45 AGE 60+ | \$45 REG

P02 Th 9 a.m.-12 p.m.
Feb 5

Craft Alliance
Craft Alliance

Sewing*

Basic Hand Sewing

Learn the fundamentals of hand sewing, including essential tools, fabric preparation, and several basic stitches. Using scrap fabric, you'll practice each stitch and discuss when and why to use it. By the end of class, you will create and take home a finished pillow case, showcasing one of the stitches learned. Supply list will be sent.

CRFT-713 | 2 sessions | \$35 AGE 60+ | \$35 REG

P01 Tu 6-8 p.m.
Mar 24 - Mar 31

Tamura Binion
MC-SW 105

Macramé*

Macramé Basics

Learn beginner-friendly macramé skill: working with two colors of cord to make a set of drink coasters or a larger trivet. This versatile design can also be expanded to make placemats or table runners later on your own. If you can tie a knot, you can make these projects! Supply list will be sent.

CRFT-765 | 1 session | \$39 AGE 60+ | \$39 REG

P13 Sa 1-4 p.m.
May 16

Dee Levang
MC-SW 105



CULINARY/BEVERAGES

Beverages

World in a Cup: A History and Appreciation of Tea

The humble cup of tea is one of humanity's oldest prepared beverages, dating back over 4000 years and spanning the globe since with a wide variation in types, preparations, rituals, and significance across many cultures. Between tastings of some main varieties of tea leaves, expand your knowledge on teas impact on history, from its origins in China through the formal tea ceremonies of Japan, spanning the British empire and filling pitchers in the American south. Focus will include distinguishing and discussing how to prepare different leaf types (e.g. black and green), favored national flavorings and common snack-worthy pairings. Come share a cuppa! All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG

P04 Tu 6-9 p.m.
Mar 3

Gregory Ray
MC-SC 201

Uncorked Secrets? California

Treat yourself or someone special to a taste of California's finest wines! Join us for an exclusive class featuring outstanding reds and whites from Napa Valley, Sonoma, and beyond. Discover the regions that have made California a world-renowned wine destination, and indulge in the bold, vibrant flavors that define these iconic wines. It's the perfect way to celebrate—one sip at a time! Fee includes light refreshments and wine tastings. Students must be age 21 or older.

FOOD-760 | 1 session | \$29 AGE 60+ | \$29 REG

P03 Th 6-8 p.m.
Apr 16

Total Wine & More—Brentwood

Uncorked Secrets? France

Vive La France! Why not raise a glass to the world's greatest wine-making regions in France? Explore the rich diversity of wines from Bordeaux, Burgundy, Champagne and beyond. Master the wine aisles and effortlessly navigate any restaurant wine list with expert knowledge of France's legendary vineyards, from the rolling hills of Provence to the sun-kissed Loire Valley. Savor the essence of France in every glass! Fee includes light refreshments and wine tastings. Students must be age 21 or older.

FOOD-760 | 1 session | \$29 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Apr 19

Total Wine & More—Brentwood

Uncorked Secrets? Italy

From tip to toe take a wine tour of Italy. For a special occasion or to enjoy with a sumptuous dinner or gathering with friends, take a journey through Italy's finest wines! From the sparkling proseccos of the north to the rich reds of Sicily, the breathtaking mountains and seas of Italy create the perfect backdrop for some of the worlds most beloved wines. Join us as we explore the crisp pinot grigios, the classic Sangiovese-based wines of Tuscany and much more. Whether you're celebrating with friends and family or simply indulging in a taste of Italy, this tour is the perfect way to raise a glass to life's beautiful moments. Fee includes light refreshments and wine tastings. Students must be age 21 or older.

FOOD-760 | 1 session | \$29 AGE 60+ | \$29 REG

P02 Th 6-8 p.m.
Mar 5

Total Wine & More—Brentwood

Culinary Basics

Exploring Spices From A to Z: Hands-On

Discover a vibrant array of spices, from the sweet warmth of anise to the golden glow of turmeric beginning with an in-depth discussion and the chance to smell and explore each spice, learning how they contribute to flavor. Then, roll up your sleeves as you prepare and enjoy a spice-focused buffet that highlights classic flavor profiles. Rather than mastering specific recipes, this class emphasizes creativity in using spices to elevate your own cooking. Whether you're a curious beginner or a seasoned home chef, you'll leave with a deeper understanding for spice blending, layering and experimentation. Come hungry for this hands-on class. All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$75 AGE 60+ | \$75 REG

P13 Tu 6-9:30 p.m.
Mar 3

Michelle Melton
Rogers Middle School

Classic Sauces: Elevated

Sauces are the soul of a memorable meal. Learn to master three that will elevate your cooking to new heights. Begin with a velvety hollandaise served over classic eggs benedict, then move on to a refined beurre blanc paired with salmon and seasonal vegetables. Finally, stir up bold flavor with a rich, homemade barbecue sauce perfect for chicken. This flavorful journey will leave you inspired and confident in your culinary creations. All supplies provided.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG

P22 M 6-8:30 p.m.
Mar 9

Beth Hoeltke
Rogers Middle School

Introductory Knife Skills With Dinner!

Sharpen your culinary skills and boost your kitchen know-how in this hands-on knife skills class. Discover how to safely and effectively use a chef's knife while preparing a delicious dinner, learning essential techniques like mincing, chopping, slicing, and dicing through demonstrations and guided practice. Along the way, you'll explore knife safety and maintenance, ensuring you know how to care for your tools. Class includes a brand-new chefs knife for you to take home, so you can continue your skills long after the final bite. All supplies provided.

FOOD-723 | 1 session | \$105 AGE 60+ | \$105 REG

P01 Tu 6-9:30 p.m.
Feb 3

Michelle Melton
Rogers Middle School

Sourdough Bread

Discover the science and craft of sourdough in this hands-on workshop designed for beginners. You'll learn how to maintain a healthy starter, understand fermentation, and master the techniques behind shaping, proofing, and baking a beautiful artisan loaf. Each participant will leave with their own starter, a toolkit, and a take-and-bake sourdough loaf—plus the skills to bake confidently at home. All supplies provided.

FOOD-706 | 1 session | \$89 AGE 60+ | \$89 REG

P01 Sa 10 a.m.-12 p.m.
Feb 21

Valerie Brown
MC-SC 201

P02 Th 6-8 p.m.
Apr 30

Valerie Brown
WW-AC 309

Ode to Jamie Oliver: Five Ingredients, Endless Flavor!

Discover the magic of simplicity with Jamie Olivers famous 5-ingredient meals! In this hands-on class, you and your fellow foodies will whip up 34 of his most mouthwatering recipes quick, clever, and packed with flavor. Feeling creative? We might even throw in a culinary twist or two to make each dish uniquely yours. All supplies provided.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG

P03 M 6-8:30 p.m.
Apr 13

Beth Hoeltke
Rogers Middle School

Instant Pot and Air Fryer: Dinner Made Simple

Dust off your instant pot and air fryer and learn how to make them your go-to tools for quick, delicious meals with stress-free cooking. Discover how to pair these appliances with pantry staples and freezer finds to simplify dinner prep and save time. From crispy proteins to creamy comfort foods, you'll walk away with smart planning strategies, time-saving tips and tasty, easy recipes to try at home. Come hungry—your Instant Pot and Air Fryer are about to become your favorite sous chefs! All supplies provided.

FOOD-722 | 1 session | \$59 AGE 60+ | \$59 REG

P02 M 6-9 p.m.
Mar 2

Teri Wiley
Culinary Arts House

The Art and Science of Instant Pot

Considered a modern wonder by devoted fans, the Instant Pot combines functions, making it a substitute for a number of kitchen appliances. But its many modes, programming steps, and safety features can be off-putting. Learn the principles beyond the Instant Pot, its range of features, and formulas for adapting new recipes including what types of dishes work best. Then, move beyond the basics with an exploration of its less obvious creative uses including infusing your own vanilla extract, making wine from store-bought juice and even starting seeds for planting.

FOOD-722 | 1 session | \$29 AGE 60+ | \$29 REG

P01 Tu 6-9 p.m.
Mar 10

Gregory Ray
MC-SW 207

The Art of Soup: Mastering Chicken & Dumplings

In this slower paced, technique-focused class, you will learn how to make chicken and dumpling soup with soft, thick, pasta-style dumplings from scratch. In addition, basic knife skills for chopping up vegetables, how to thicken soups with roux, and general tips for soup-making success will be explored as we prepare and enjoy a few different types of soup. Class is hands-on. Come hungry! All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$69 AGE 60+ | \$69 REG

P28 Tu 6-9:30 p.m.
Mar 31

Michelle Melton
Rogers Middle School

Hungry for more nutritional tips? See the Nutrition and Wellness classes on p. 50.

Healthy Eating

Meal Prep for Busy People

No time to cook? No problem! This action-packed class will show you how to simplify meal prep for real life. Discover easy batch-cooking strategies, build-your-own meal templates, and grocery shortcuts to save time and money. Whether you cook for one or a family, you'll leave with practical tools and inspiration to make balanced, home-cooked meals a regular reality, even on your busiest days. All supplies provided.

FOOD-765 | 1 session | \$29 AGE 60+ | \$25 REG
P16 Th 6:30-8 p.m. **Sandi Barrett**
 May 7 *MC-SC 201*

Smart Meal Planning

Meal planning doesn't have to be complicated! In this interactive class, learn simple, flexible strategies for building balanced meals that fit your lifestyle. Debunk the myth that healthy eating means elaborate cooking and learn ways to tailor meals to your taste, budget and schedule. Discover practical ways to include more fruits and veggies and explore tools for tackling grocery shopping, meal planning, and meal prep through hands-on activities. Come with questions and leave with confidence and a blueprint for smarter, stress-free eating! All supplies provided.

FOOD-765 | 1 session | \$29 AGE 60+ | \$25 REG
P14 Tu 6:30-8 p.m. **Sandi Barrett**
 Mar 31 *MC-SC 201*

Smart Eating for Blood Sugar

Steady energy and better health begin with balanced blood sugar. Explore the power of fiber-rich, plant-based meals to reduce cravings, stabilize mood and help prevent or manage Type 2 diabetes. Plus, enjoy delicious plant-based food samples and walk away with practical strategies you can use immediately. All supplies provided.

FOOD-765 | 1 session | \$55 AGE 60+ | \$55 REG
P06 W 11 a.m.-12:30 p.m. **Zana Scott**
 Mar 4 *STLCC-Corp 207*

Smart Eating for Sharp Minds

Say goodbye to brain fog and hello to clarity with this informational session focused on plant-powered brain health. You'll discover how specific nutrients found in everyday plant-based foods can nourish your mind, protect against cognitive decline and help you stay sharp well into your later years. Enjoy delicious plant-based food samples and walk away with practical strategies to boost mental clarity through nutrition. All supplies provided.

FOOD-765 | 1 session | \$55 AGE 60+ | \$55 REG
P09 W 11 a.m.-12:30 p.m. **Zana Scott**
 Jun 3 *STLCC-Corp 207*

Live Green: Eat Clean

Unlock the magic of raw vegan cuisine and transform your kitchen into a playground of vibrant, plant-powered flavor. Led by a seasoned vegan expert with over 30 years of experience as a professional cook, baker and instructor, dive into the art of raw cuisine, from savory dishes to decadent desserts, learning insider tips and techniques that elevate your meals. This hands-on class includes recipes and take home pre-made samples that will wow your taste buds and impress your friends. All supplies provided.

FOOD-765 | 4 sessions | \$105 AGE 60+ | \$105 REG
P12 M 5:45-6:45 p.m. **Jenney Woodford**
 Mar 30 - Apr 20 *St. Lou Dance Crew*

Healthy Snacking: Smart Choices Made Simple

Confused about snacks? Learn how to make smarter, more satisfying snack choices without sacrificing taste. In this practical fast-paced workshop, you'll discover how to identify snacks that support your energy and wellbeing, understand what to look for on ingredient lists and nutrition labels and avoid common sources of excess sugar and salt. We'll cover strategies for planning and preparing snacks that fit your lifestyle, including easy ideas for home, work or on the go. Leave with a list of simple snack options and the skills to select healthier snacks with confidence. All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
P15 Th 6:30-8:30 p.m. **Sandi Barrett**
 Apr 9 *MC-SC 201*

Smoothies and Protein Balls Made Easy

Discover how simple and satisfying healthy smoothies and power balls can be. In this hands-on class, you'll blend two energizing smoothies and make your own power balls, learning about the nutritional benefits of each ingredient and how they can support your energy and recovery. Explore ways to tweak the recipes for your tastes or dietary needs and get practical tips for building balanced blends at home. We'll discuss the best times to enjoy smoothies or power balls as part of your routine. Leave with recipes, nutrition insights and the confidence to create delicious, nourishing treats any time. All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
P17 Th 6:30-8:30 p.m. **Sandi Barrett**
 Apr 23 *MC-SC 201*

Fermenting for Wellness

Discover how simple ingredients can transform into bold, probiotic-rich foods that nourish your gut and delight your taste buds. Get hands-on with sauerkraut-making, quick pickled vegetables and a refreshing yogurt-based dip. Leave with your own fermentation starter jar and tasty pickle samples to continue the journey at home. All supplies provided.

FOOD-765 | 1 session | \$95 AGE 60+ | \$95 REG
P25 Sa 10 a.m.-1 p.m. **Queenie Vesey**
 Feb 21 *MC-SW 106*

Plant Power for Your Heart

High blood pressure and high cholesterol aren't just about genetics, they're also shaped by what's on your plate. Learn how a plant-forward diet can help reduce cardiovascular risk, improve circulation, and strengthen your heart at any age. Enjoy delicious plant-based food samples and walk away with practical strategies you can use immediately. All supplies provided.

FOOD-765 | 1 session | \$55 AGE 60+ | \$55 REG
P07 W 11 a.m.-12:30 p.m. **Zana Scott**
 Apr 1 *STLCC-Corp 207*

The Anti-Inflammation Diet

Aches, swelling, and joint discomfort aren't inevitable with age. Learn how certain whole plant foods can calm inflammation, support mobility, and help you feel better in your body—without extreme diets or expensive supplements. You'll learn insight meal tips while enjoying delicious plant-based samples that nourish from the inside out. All supplies provided.

FOOD-765 | 1 session | \$55 AGE 60+ | \$55 REG
P05 W 11 a.m.-12:30 p.m. **Zana Scott**
 Feb 18 *STLCC-Corp 207*

Revitalize with Plant Foods

If mid-day slumps are your norm, it's time to rethink what's on your plate. This energizing session reveals why fatigue isn't just getting older and how the right foods can help you feel vibrant, focused, and strong at any age. You'll discover nutrient-rich options that restore energy naturally, support healthy aging, and keep you going without caffeine crashes or sugar spikes. Enjoy plant-based food samples and walk away with practical tips you can use immediately. All supplies provided.

FOOD-765 | 1 session | \$55 AGE 60+ | \$55 REG
P10 W 11 a.m.-12:30 p.m. **Zana Scott**
 Jan 28 *STLCC-Corp 207*

Balancing Hormones Naturally

If hot flashes, mood swings, stubborn belly weight, or low energy are slowing you down, this session offers a refreshing, food-first approach to feeling better. Discover how targeted plant-based foods can naturally support hormonal balance and ease the transition into midlife. Boost your energy and knowledge while enjoying delicious plant-based samples that nourish from the inside out. All supplies provided.

FOOD-765 | 1 session | \$55 AGE 60+ | \$55 REG
P08 W 5:30-7 p.m. **Zana Scott**
 May 6 *STLCC-Corp 207*
P11 W 11 a.m.-12:30 p.m. **Zana Scott**
 May 27 *MC-SC 201*

CULINARY/BEVERAGES

Meals and Entertaining

Saturday Brunch

Indulge in the art of brunch! Perfect for a late breakfast or early lunch with family and friends, this class features a delicious lineup of globally inspired dishes. You'll start with shakshuka, a savory Middle Eastern favorite, then explore the flavors of tortilla española and a fresh niçoise salad. Finish on a sweet note with cardamom rice pudding infused with rose water and topped with nuts—simple, elegant, and unforgettable. All supplies provided.

FOOD-725 | 1 session | \$95 AGE 60+ | \$95 REG

P01 Sa 10 a.m.-1 p.m. **Prabha Pergadia**
Apr 18 Culinary Arts House

Sushi Making for Beginners

Learn the art of sushi making in this beginner-friendly, hands-on class! Our experienced instructor will guide you through techniques she's mastered over the years helping you build confidence in the kitchen. You'll create three delicious rolls—California, spicy tuna, and Philadelphia—while developing new culinary skills. No experience needed. Come ready to roll and have fun! All supplies provided.

FOOD-732 | 1 session | \$59 AGE 60+ | \$59 REG

P01 Th 7-8:15 p.m. **Irma Markham**
Feb 12 Show Me Sushi
P02 F 7-8:15 p.m. **Irma Markham**
Apr 17 Show Me Sushi

Pasta Party

If you've ever dreamed of making your own pasta from scratch, this fun class is the perfect place to start. You'll create several different types of pasta, each paired with a delicious, complementary sauce from creamy garlic blends to bold tomato bases. You'll gain hands-on experience and practical tips that will empower you to host your own pasta party. Rolling, cutting and saucing, you'll leave class with new skills. Come hungry, this is more than just cooking, it's a celebration of flavor! All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG

P19 Su 1-4 p.m. **Teri Wiley**
May 3 Thomas Dunn Learning Center
P20 M 6-9 p.m. **Teri Wiley**
May 4 Rogers Middle School

Casablanca Cooking

Casablanca is more than just Rick's Cafe. Casablanca cooking is a delightful marriage of opposites: sweet and savory, elegant and simple, traditional and modern. In this hands-on class, you'll prepare a couscous dish, tagines, salads and dessert inspired by this famous Moroccan city. Mint tea and authentic Moroccan bread will also be served. Come explore the real romance of this unique culinary destination! All supplies provided.

FOOD-765 | 1 session | \$49 AGE 60+ | \$49 REG

P01 Sa 4-7 p.m. **Lisa Payne**
Jun 6 Thomas Dunn Learning Center

Level up your food safety skills with
ServSafe training on p. 14

Taste of Thailand: A Culinary Stroll

No passport needed-- just bring your appetite! Join us for a hands-on culinary adventure as we walk through the vibrant streets of Thailand, tasting and creating authentic dishes like savory chicken satay, refreshing Thai cucumber salad, and a rich, aromatic vegetable panang curry served with fragrant jasmine rice. Whether you're a seasoned foodie or just love trying new flavors, this class is your ticket to a delicious escape! All supplies provided.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG

P02 M 6-8:30 p.m. **Beth Hoeltke**
Feb 23 Rogers Middle School

Beyond the Lettuce!

Say goodbye to boring greens and hello to bold, crave-worthy combinations. Explore how to build salads that deliver on taste, texture and nutrition. Create a layered mason jar salad to take home, plus whip up two crowd-pleasers: a Thai-inspired peanut slaw and caprese salad skewers. Learn how to make dressings from scratch that elevate every bite. All supplies provided.

FOOD-765 | 1 session | \$95 AGE 60+ | \$95 REG

P26 Sa 10 a.m.-1 p.m. **Queenie Vesey**
Mar 7 MC-SC 201

Grab-and-Go Breakfasts

Busy mornings just got easier. Create overnight oats with your favorite mix-ins, press no-bake energy bars and layer chia pudding cups with fresh fruit. These portable breakfasts are packed with lasting energy and flavor. Leave with a ready-to-go breakfast kit to fuel your day. All supplies provided.

FOOD-765 | 1 session | \$95 AGE 60+ | \$95 REG

P27 Sa 10 a.m.-1 p.m. **Queenie Vesey**
Mar 28 MC-SC 201

Mediterranean Mezze

Take a flavorful journey through the Mediterranean! Learn how to craft vibrant mezze dishes like creamy hummus, herb-packed tabbouleh and refreshing cucumber tzatziki. Discover the secrets to balancing textures and flavors, then create a beautiful sampler platter to take home and enjoy. All supplies provided.

FOOD-765 | 1 session | \$95 AGE 60+ | \$95 REG

P23 Sa 10 a.m.-1 p.m. **Queenie Vesey**
Apr 11 MC-SC 201

World of Wraps!

Travel the world through vibrant wraps and rolls—no passport required! Get hands-on with Vietnamese spring rolls, Greek-inspired lavash veggie wraps and sweet fruit-filled dessert wraps. Explore the art of layering fresh ingredients and crafting flavorful dipping sauces, then take home a sampler to enjoy and share. All supplies provided.

FOOD-765 | 1 session | \$95 AGE 60+ | \$95 REG

P24 Sa 10 a.m.-1 p.m. **Queenie Vesey**
Feb. 28 MC-SC 201

Cake Decorating*

The Cupcake Chronicles

Whip up a little magic and a lot of frosting in this sweet cupcake adventure! Whether you're a beginner or just love to play with buttercream and marshmallow fondant, this class is all about turning cupcakes into colorful, tasty works of art. You'll learn a few decorating tricks, then dive into the fun of designing your own delightful treats. All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG

P21 M 6-9 p.m. **Teri Wiley**
Jun 8 Culinary Arts House

Cake Decorating for Fun or Profit: Beginning and Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice using basic tools to torte, fill and ice your cakes. Decorate cakes with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then, you'll enhance your artistic skills and creative abilities with techniques like striped buttercream, ruffle rosettes, a royal icing project and fondant accents and embellishments like a fondant cake topper, simple figure piping and cupcake design as a bonus. More as time permits. Join for fun or for the rewards of starting your own business. The first class is informational, includes demos and a supply list will be given. Supplies not included in class cost.

FOOD-701 | 8 sessions | \$205 AGE 60+ | \$205 REG

P01 Tu 6:30-9 p.m. **Carla Soll**
Feb 24 - Apr 21 FV-SM 233

• NOTE: No class 3/17

P02 Tu 6:30-9 p.m. **Carla Soll**
Apr 28 - Jun 23 MC-SC 201

• NOTE: No class 5/5

Cake Decorating In a Day

Ignite your imagination with cake decorating! In this hands-on class, you'll receive instruction and gain practice using basic tools to torte, fill and ice cakes with professionalism. From delicate flowers and elegant borders to playful writing and romantic flourishes, you'll explore techniques that transform simple cakes into stunning creations. Whether you're decorating for fun or dreaming of launching your own cake business, this experience offers both artistic fulfillment and entrepreneurial inspiration. All supplies provided.

FOOD-701 | 1 session | \$59 AGE 60+ | \$59 REG

P03 Su 1-4 p.m. **Teri Wiley**
Mar 1 Culinary Arts House

Cookie Decorating

Iced and Decorated Sugar Cookies: Easter

Learn the art of cookie decorating and wow your friends with beautifully crafted treats! Discover tips and tricks for creating smooth, picture-perfect finishes, then decorate pre-baked cookies in festive Easter designs that are as delightful to look at as they are to eat. Perfect for beginners and seasoned bakers alike, offering a fun and flavorful way to celebrate the season. Bring an edged cookie sheet to take home your delicious creations! All supplies provided.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG

P18 M 6-9 p.m. **Teri Wiley**
Mar 30 Culinary Arts House

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

DANCE

Ballroom

Ballroom Dance: Beginning

Learn to dance with grace, ease and confidence. Add new dimension to your life by learning classic ballroom favorites including foxtrot, swing, waltz and rumba for a lifetime of enjoyment. You'll be amazed at what you can do with the variety of dance rhythms and steps covered. Partners are helpful, though not required. Each participant must register. No experience required.

DANC-720 | 8 sessions | \$79 AGE 60+ | \$79 REG

P01 M 6:30-7:50 p.m. **Karen Merlin**
Feb 2 – Apr 6 *Bluebird Park-Ellisville*
• NOTE: No class 2/16, 3/16

Country Western Dance

Country Western Dance

Saddle up for a lively journey through the world of country western dancing where classic rhythms meet new twists on style! This partner dance class introduces you to a variety of fun and accessible dances set to country and contemporary tunes, each with its own unique flair and timing. You'll learn the smooth, counterclockwise flow of the country two-step, complete with spins and turns, and dive into the graceful river waltz, the upbeat stationary cha cha, and the dynamic swing triple two-step. Along the way, you'll discover the signature gliding action that makes country western dancing so captivating and social. Dress shoes recommended. Partner required. Each participant must register. No experience required.

DANC-748 | 8 sessions | \$115 AGE 60+ | \$115 REG

P01 Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 5 – Apr 2 *MC-SC 125*
• NOTE: No class 3/19

P02 Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 16 – Jun 4 *First Unity Church of St. Louis*

Latin Dance

Bachata Latin Dance: Beginner

Ready to groove to the beats of bachata? The dance from the Dominican Republic focusing on solo technique, body movement, musicality and rhythm! Whether you're new to bachata or looking to refine your solo and partner dancing, this class will help you build a solid foundation and express yourself through the music. No partner required.

DANC-718 | 8 sessions | \$99 AGE 60+ | \$99 REG

P01 M 7-8 p.m. **Carmen Guynn**
Apr 6 – Jun 1 *Almas Del Ritmo Dance*
• NOTE: No class 5/25

Latin Dance

Get ready to move with passion and rhythm in this exciting introduction to Latin dance! Designed for beginners or those with little dance experience, this class lays the foundation for five Latin styles: salsa, rumba, bachata, cha cha, and merengue. You'll learn the basics while developing partnering skills, lead and follow techniques, and the principles of timing. From smooth footwork to playful turn patterns, each session will help you build skills and connection on the dance floor. Dress shoes recommended. Partners are required. Each participant must register.

DANC-725 | 8 sessions | \$115 AGE 60+ | \$115 REG

P01 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 3 – Mar 31 *MC-SC 125*
• NOTE: No class 3/17

P02 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Apr 14 – Jun 2 *First Unity Church of St. Louis*

Latin Dance Fitness

Turn your workout into a dance party blending the vibrant rhythms of salsa, merengue, bachata, reggaeton, and more into a full-body cardio experience that's as fun as it is effective. With easy-to-follow moves and a welcoming vibe, you'll burn calories, boost endurance, and dance away stress—no partner or experience needed. Just bring your energy and let the music move you!

DANC-718 | 8 sessions | \$99 AGE 60+ | \$99 REG

P03 F 6-7 p.m. **Carmen Guynn**
Apr 3 – May 22 *Almas Del Ritmo Dance*

Latin Dance for Couples: Beginning

Add flair and finesse to your basic ballroom dance skills with this vibrant Latin dance course! Whether you're brand new to dancing or have experience in other styles, you'll find yourself moving confidently to the rhythms of the cha-cha, the elegant international rumba, and the dramatic tango. Designed to help you build strong fundamentals while enjoying the expressive energy that Latin dance brings to the floor. Partners required. Each participant must register.

DANC-725 | 8 sessions | \$75 AGE 60+ | \$75 REG

P03 Th 7:30-8:30 p.m. **Karen Merlin**
Feb 5 – Apr 2 *Bluebird Park-Ellisville*
• NOTE: No class 3/19

Salsa

Salsa Dance: Beginner

Ignite your passion for salsa with a class that brings the heat and the connection! Dive into the art of partner work as you learn to move in sync, communicate through rhythm, and build confidence on the dance floor. Whether you're leading or following, this class will elevate your style and deepen your musicality. Come ready to sweat, smile, and salsa like never before! No partner required.

DANC-718 | 8 sessions | \$99 AGE 60+ | \$99 REG

P02 Tu 7-8 p.m. **Carmen Guynn**
Apr 7 – May 26 *Almas Del Ritmo Dance*

Partner Up and Salsa On!

Step into the rhythm and elevate your salsa with this dynamic partner class! You'll master lead and follow techniques, refine your timing, and learn stylish turns and patterns that bring your dancing to life. Whether you're dancing socially or just want to connect more confidently with a partner, this class will help you move with grace and precision. Partner required—just bring your energy and love for Latin dance! Each participant must register.

DANC-718 | 8 sessions | \$99 AGE 60+ | \$99 REG

P04 F 7-8 p.m. **Carmen Guynn**
Apr 3 – May 22 *Almas Del Ritmo Dance*

Tap

Tap: Beginner

Discover the joy of rhythm tap in a beginner-friendly class that emphasizes musicality and stylized movement. Learn foundational tap techniques while exploring the expressive, syncopated rhythms that make this dance form so dynamic. Perfect for adults new to tap or returning after time away. Come ready to make music with your feet and have fun doing it! Tap shoes are required.

DANC-707 | 6 sessions | \$145 AGE 60+ | \$145 REG

P01 W 7:30-8:15 p.m. **St. Lou Dance Crew**
Mar 25 – Apr 29 *St. Lou Dance Crew*

Tap: Beginner and Intermediate

Stomp, shuffle, and slide your way into the world of rhythm tap! In this upbeat, high-energy class, you'll practice fundamental tap steps, learn classic combinations, and build your coordination and timing from the ground up. Whether you're brand new to dance or just looking to try something new, this class will have you moving to the beat in no time. No tap shoes required for the first class—come as you are and get ready to make some noise!

DANC-707 | 8 sessions | \$59 AGE 60+ | \$59 REG

P02 M 9-9:50 a.m. **Theresa Daniels**
Feb 9 – Apr 13 *MC-SC 201*

• NOTE: No class 2/16 and 3/16

DANCE

Social Dance

Wedding Dances

Weddings are some of the best, most memorable events in life. Whether it's your own special day or you are part of the celebration, you'll always remember the moments that made it extraordinary. From easy-to-learn moves to choreographing a waltz, you'll explore options that suit your style and comfort level while learning how to move smoothly and in-sync with your partner. Add some flair and make the day special and unforgettable by creating memories you'll cherish forever with family and friends. Dress shoes recommended. Couples only. Each participant must register.

DANC-728 | 8 sessions | \$115^{AGE 60+} | \$115^{REG}

P03 W 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 4 – Apr 1 MC-SC 125

• NOTE: No class 3/18

P04 W 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 15 – Jun 3 First Unity Church of St. Louis

Easy Social Dance

Never danced with a partner before? No problem! Whether you're gearing up for a wedding, a party, or any social event where dancing is on the agenda, this class will have you gliding across the floor with style. You'll learn several easy dances with techniques to move smoothly and to lead or follow. Dress shoes recommended. Partners required. Each participant must register. No experience required.

DANC-728 | 8 sessions | \$115^{AGE 60+} | \$115^{REG}

P01 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 2 – Apr 6 MC-SC 201

• NOTE: No class 2/16, 3/16

P02 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 20 – Jun 15 First Unity Church of St. Louis
• NOTE: No class 5/25

Easy Social Dance

Do you have a big event coming up - a reunion, wedding reception or social gathering where dancing is on the agenda? Gain confidence and have fun on the dance floor! You'll explore a variety of easy-to-learn dances that work with almost any kind of music. Pick up some smooth movement techniques and learn how to lead or follow with ease. Have a special song in mind for your event? Bring it to class for helpful suggestions on how to dance to it! Whether you're a total beginner or just want to brush up your skills, this class is designed to make your next celebration unforgettable. Couples and singles are welcome. Partners are not required. Each participant must register. No experience required.

DANC-728 | 8 sessions | \$79^{AGE 60+} | \$79^{REG}

P05 Th 6-7:20 p.m. **Karen Merlin**
Feb 5 – Apr 2 Bluebird Park-Ellisville

• NOTE: No class 3/19

Line Dance

Line Dance: Beginning

Line dancing is a fun way to get moving and it's even better when shared with a friend or a group of friends! You don't need a partner to join in the fun. With easy-to-follow routines and upbeat music, line dancing offers a welcoming space to connect, exercise and enjoy yourself.

DANC-748 | 8 sessions | \$85^{AGE 60+} | \$85^{REG}

P03 M 7-8 p.m. **Sandy Derickson**
Feb 2 – Apr 6 Episcopal Church of the Advent

• NOTE: No class 2/23 and 3/16

P04 M 7-8 p.m. **Sandy Derickson**
Apr 13 – Jun 15 Episcopal Church of the Advent

• NOTE: No class 4/20 and 5/25

Line Dance: Beginning

Think you've got two left feet? No worries, this beginner-friendly line dancing class is designed just for you! Learn the basic steps at an easygoing pace with a mix of classic and new line dances. Line dancing is an excellent workout that boosts your balance, coordination, memory, and cardiovascular health. You'll experience a variety of dance styles and music genres, all while connecting with fellow dancers in a welcoming, low-key environment. Whether you're dancing for fitness, fun, or friendship, this class is your perfect first step! No experience required.

DANC-748 | 8 sessions | \$75^{AGE 60+} | \$75^{REG}

P08 Tu 6:15-7:15 p.m. **Karen Merlin**
Feb 3 – Mar 31 Bluebird Park-Ellisville

• NOTE: No class 3/17

Line Dance: Intermediate

Ready to take your line dancing to the next level? If you've already mastered the basics, this fun class is your chance to build on those skills with more challenging step patterns. Not only is it a fantastic cardiovascular workout, but it also boosts your balance, coordination, and memory! It's the perfect way to stay active, sharpen your skills, and have a blast doing it!

DANC-748 | 8 sessions | \$75^{AGE 60+} | \$75^{REG}

P09 Tu 7:30-8:30 p.m. **Karen Merlin**

Feb 3 – Mar 31 Bluebird Park-Ellisville

• NOTE: No class 3/17

Easy Line Dance: 50+

Even if you have two left feet, you can learn the basic steps of line dancing! Take part in discovering new line dances and old classics especially designed for the senior (50+) beginner dancer. Line dancing improves balance, coordination, memory and provides excellent cardiovascular exercise. It's a great deal of fun and a wonderful opportunity to make new friends. No experience required.

DANC-748 | 8 sessions | \$75^{AGE 60+} | \$75^{REG}

P07 W 10:30-11:30 a.m. **Karen Merlin**
Feb 4 – Apr 1 Bluebird Park-Ellisville

• NOTE: No class 3/18

Line Dance: 50+

Move to the beat and discover the many benefits of traditional line dancing! Enjoy easy-to-follow movements set to music you'll love, while gradually building your endurance and sharpening your memorization skills. Whether you're dancing for fitness, fun, or friendship, you'll stay active and connected.

DANC-748 | 8 sessions | \$79^{AGE 60+} | \$79^{REG}

P05 Th 11 a.m.-12 p.m. **Sandy Derickson**
Feb 12 – Apr 16 MC-SC 201

• NOTE: No class 3/5, 3/19

P06 Th 11 a.m.-12 p.m. **Sandy Derickson**
Apr 23 – Jun 11 MC-SC 201

Swing

Swing Dance: Beginning

Learn east coast swing basics, both single and triple step moves, in a fun, relaxed atmosphere. Practice easily performed steps that form the fundamentals of all higher level swing dancing. These techniques will help you look great on the dance floor after just a few lessons. This is a fun way to meet new friends and dance to great music. Couples and singles welcome. Each participant must register. No experience required.

DANC-738 | 8 sessions | \$75^{AGE 60+} | \$75^{REG}

P07 M 8-9 p.m. **Karen Merlin**

Feb 2 – Apr 6 Bluebird Park-Ellisville

• NOTE: No class 2/16, 3/16

East Coast Swing

Get into the rhythm of this lively, timeless partner dance that's as fun today as it was decades ago! Upbeat and engaging, you'll dive into the basics while exploring how the dance has evolved into a variety of exciting styles over the years. Learn to lead and follow with confidence as you master single- and triple-step six-count moves set to music that keeps you connecting with enthusiasm. Partners required. Each participant must register. No experience required.

DANC-738 | 8 sessions | \$115^{AGE 60+} | \$115^{REG}

P05 W 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 4 – Apr 1 MC-SC 125

• NOTE: No class 3/18

P06 W 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Apr 15 – Jun 3 First Unity Church of St. Louis

West Coast Swing

Ready to hit the dance floor with style? West coast swing is a partner dance which can be danced to most of today's dance music genres: contemporary, blues, pop, 50s-90s styles of music. Leads are smooth, flirty and fun. It's very popular in the St. Louis area - lots of places to enjoy west coast swing on your next dance night out. You'll cover the basics and move on to as many patterns as possible along with spinning, timing, lead/follow and more. Great fun for parties, weddings and other social events. Partners required. Each participant must register. No experience required.

DANC-738 | 8 sessions | \$115^{AGE 60+} | \$115^{REG}

P01 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 2 – Apr 6 MC-SC 201

• NOTE: No class 2/16, 3/16

P02 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Apr 20 – Jun 15 First Unity Church of St. Louis

• NOTE: No class 5/25

Imperial Swing

Step onto the dance floor and discover the joy of imperial swing—a dynamic partner dance that blends the elegance of ballroom with the energy of swing. Whether you're new to dancing or looking to refine your technique, this class offers a fun and welcoming environment to learn foundational steps, timing, and styling. You'll explore the unique rhythm that makes imperial swing a favorite in social dance scenes across the Midwest. Partner required. Just bring your enthusiasm and dress shoes! Each participant must register.

DANC-738 | 8 sessions | \$115^{AGE 60+} | \$115^{REG}

P03 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 3 – Mar 31 MC-SC 125

• NOTE: No class 3/17

P04 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 14 – Jun 2 First Unity Church of St. Louis

MUSIC

Vinyl Collecting

Dive into the world of vinyl with a comprehensive course on collecting records. Whether you're a newbie or a seasoned collector, this class will guide you through the essentials of starting your collection, finding those must-have records and understanding their value. Learn the best places to buy and sell vinyl and gain insights into the market trends. Join us and discover why vinyl is back in vogue, and how you can build a collection that spins with style and substance. This is not the place to find out how much your record is worth - but you'll learn methods that will allow you to price and determine value on your own.

MUSC-765 | 1 session | \$29 AGE 60+ | **\$29** REG
P03 F 6-9 p.m. **Jordan Oakes**
 Jun 12 *FW-W 124*

Music History: Classical Music A History to be Heard Part 1

This engaging course introduces novice listeners to the enchanting world of classical music through a simple and enjoyable teaching style. You'll explore the music and lives of composers like Bach and his contemporaries, gaining a deeper appreciation for the Baroque era. Perfect for those new to classical music!

MUSC-702 | 1 session | \$19 AGE 60+ | **\$19** REG
P01 Tu 9-11 a.m. **Christina Springer**
 Jun 2 *Online*

Music History: Classical Music A History to be Heard Part 2

This course continues from Classical Music: A History to Be Heard, Part I, delving deeper into the music and lives of renowned composers like Haydn, Mozart and Beethoven. Through engaging lessons, you'll gain a richer understanding and appreciation of the classical era's masterpieces. Perfect for those looking to expand their knowledge of classical music!

MUSC-702 | 1 session | \$19 AGE 60+ | **\$19** REG
P02 Tu 9-11 a.m. **Christina Springer**
 Jun 9 *Online*

Drum Circles: Introduction

Discover how the gentle rhythms of djembes, frame drums and other percussion instruments can reduce stress, elevate your mood, and improve your immune system. You will use your creativity, hear the rhythm, relax into it, then respond by simply playing along. Drum circles bring people together, strengthening community bonds and social interactions. No musical experience is required. Instruments are provided or you can bring your own.

MUSC-765 | 1 session | \$25 AGE 60+ | **\$25** REG
P02 M 6:30-7:45 p.m. **Eileen Wolfington**
 Jun 1 *FV-SM 124*

World Rhythms

Let's make music! In this hands-on class, you'll play the life-celebrating rhythms of Brazil, Africa, Cuba, the Caribbean and Japan. Taught by a musical director of JOIA: World Percussion who has over 30 years of experience. No experience is required. All instruments provided.

MUSC-765 | 8 sessions | \$109 AGE 60+ | **\$109** REG
P01 Sa 10-11 a.m. **"Samba Rick" Kramer**
 Mar 28 - May 16 *MC-HW 102*

Harmonica

Harmonica Appreciation: Discover the Magic!

Ever been amazed by the rich, soulful sounds of the harmonica? Join us for an exciting class, exploring this fascinating instrument. Enjoy live demonstrations, performances of famous songs and video highlights of legendary players. You'll leave with a new appreciation for this mighty little instrument!

MUSC-720 | 1 session | \$35 AGE 60+ | **\$35** REG
P01 W 6-8 p.m. **Gateway Harmonica Club**
 Jan 28 *MC-AS 108*

Harmonica: Beginner

Jump into the world of harmonica fun! In just three lively sessions, you'll be able to play some simple tunes. No music reading needed, just your excitement! The fee covers a student guide, songbook, and a ten-hole diatonic harmonica in the key of C. Ready to make some joyful noise? Let's harmonize together!

MUSC-720 | 3 sessions | \$45 AGE 60+ | **\$45** REG
P02 W 6:30-7:30 p.m. **Gateway Harmonica Club**
 Feb 4 - Feb 18 *MC-AS 108*
P04 M 6:30-7:30 p.m. **Gateway Harmonica Club**
 Apr 13 - Apr 27 *STLCC-SoCo 118*
P05 Th 6:30-7:30 p.m. **Gateway Harmonica Club**
 May 7 - May 21 *FV-SM 125*
P06 M 6:30-7:30 p.m. **Gateway Harmonica Club**
 Jun 1 - Jun 15 *MC-AS 108*

Chromatic Harmonica: Beginner

Unlock the magic of the chromatic harmonica! Dive into the basics and master a variety of songs with ease. The button-activated sliding bar allows you play both natural notes and sharps/flats effortlessly. No need to read music. The course fee includes a comprehensive student guide and songbook. Bring your own chromatic harmonica in the key of C or grab one for \$40 at the first session. Let's make some music together!

MUSC-720 | 3 sessions | \$45 AGE 60+ | **\$45** REG
P03 Th 6:30-7:30 p.m. **Gateway Harmonica Club**
 Feb 26 - Mar 12 *MC-SW 209*

Piano*

See online course descriptions at stlcc.edu/CE for textbook information and prerequisites.

Piano: Beginner

Spark your interest in this beginner piano class offering a relaxed and enjoyable introduction to the essentials of playing. You'll start by learning the letter names of notes and how to find them on the keyboard, building a solid foundation for reading and playing music. From there, you'll explore simple chords that allow you to accompany melodies with ease, and practice rhythm patterns that bring your playing to life. Pedaling techniques will also be introduced to help you add depth and smoothness to your sound.

MUSC-710 | 18 sessions | \$155 AGE 60+ | **\$155** REG
P01 Tu 12-12:55 p.m. **Cheryl Conley**
 Feb 3 - Jun 9 *MC-HE 127*
 • NOTE: No class 3/17

Piano*

Piano: Beginner

Explore the magical world of music, starting with the basics. Learn to recognize note names and their positions on the keyboard, play simple chords, and read basic rhythm patterns. Purchase book after first class.

MUSC-710 | 10 sessions | \$75 AGE 60+ | **\$75** REG
P02 Tu 7:45-8:45 p.m. **Christina Springer**
 Jan 27 - Apr 7 *Online*
 • NOTE: No class 3/17

Piano: Advanced Beginner

Learn more advanced rhythms and examine dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Play songs (in major keys), including some pop music.

MUSC-711 | 18 sessions | \$155 AGE 60+ | **\$155** REG
P01 Tu 1-1:55 p.m. **Cheryl Conley**
 Feb 3 - Jun 9 *MC-HE 127*
 • NOTE: No class 3/17

Piano: Intensive Beginner

This lively fast-paced class is perfect for rusty fingers ready to groove. You'll zip through note names, jam on simple chords, and clap out catchy rhythms. Let's play! Purchase book after first class.

MUSC-710 | 3 sessions | \$35 AGE 60+ | **\$35** REG
P03 Tu 7:45-8:45 p.m. **Christina Springer**
 Jun 2 - Jun 16 *Online*

Piano: Intermediate I

Complete the major scales. Explore minor chords and songs in minor keys. Practice chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: You must know letter names of notes and keyboard location.

MUSC-712 | 18 sessions | \$155 AGE 60+ | **\$155** REG
P01 Tu 2-2:55 p.m. **Cheryl Conley**
 Feb 3 - Jun 9 *MC-HE 127*
 • NOTE: No class 3/17

Piano: Intermediate II

Continue to explore minor chords and songs in minor keys while practicing chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: You must understand the basics of Intermediate I.

MUSC-712 | 18 sessions | \$155 AGE 60+ | **\$155** REG
P02 Th 12-12:55 p.m. **Cheryl Conley**
 Feb 5 - Jun 11 *MC-HE 127*
 • NOTE: No class 3/19

Piano: Advanced I

Dive deeper into minor keys, chromatic scales, inverted chords, more advanced pedal study and pop songs. Required texts discussed at first class.

MUSC-713 | 18 sessions | \$155 AGE 60+ | **\$155** REG
P01 Th 1-1:55 p.m. **Cheryl Conley**
 Feb 5 - Jun 11 *MC-HE 127*
 • NOTE: No class 3/19

Piano: Advanced II

Enjoy playing all types of music from classics to jazz and pop. Pieces explored are more advanced and include a variety of composers. Required text discussed at first class.

MUSC-713 | 18 sessions | \$155 AGE 60+ | **\$155** REG
P02 Th 2-2:55 p.m. **Cheryl Conley**
 Feb 5 - Jun 11 *MC-HE 127*
 • NOTE: No class 3/19

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

MUSIC

Songwriting

Songwriting: The Art of Discipline

Discover the intricacies of crafting original songs and the pleasure and therapeutic value of this mode of self-expression. Explore the many stylistic approaches to writing a song, barriers (both realistic and self-imposed) to finishing and sharing an original song. Discuss examples throughout history of successful and unsuccessful songs including the personal stories behind them. You'll have the opportunity to share favorite songs from the popular music canon and bring in works of your own and receive feedback.

MUSC-725 | 7 sessions | \$109 AGE 60+ | \$109 REG
P01 M 6:30-8:30 p.m. **Kevin Renick**
 Feb 23 – Apr 13 MC-HE 124
 • NOTE: No class 3/16

Choir, Band and Orchestra

Meramec Choir

Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 636 (CRN 10671). Auditions for part assignment only. Contact the Director of Instrumental Studies at 314-984-7636 or gunnerstall1@stlcc.edu with questions.

MUSC-717 | 32 sessions | \$39 AGE 60+ | \$39 REG
P01 Tu, Th 12:30-1:50 p.m. **Christopher Boemler**
 Jan 20 – May 14 MC-HW 102
 • NOTE: No class 3/17, 3/19

Meramec Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 10982). Auditions for seating purposes only. Contact the conductor at 314-984-7636 or gunnerstall1@stlcc.edu with questions.

MUSC-716 | 16 sessions | \$39 AGE 60+ | \$39 REG
P01 Th 7-9:40 p.m. **Grant Unnerstall**
 Jan 22 – May 14 MC-HW 102
 • NOTE: No class 3/19

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 132 650 (CRN 10981). Auditions for seating purposes only. Contact the Director of Instrumental Studies at 314-984-7636 or gunnerstall1@stlcc.edu with questions.

MUSC-714 | 14 sessions | \$39 AGE 60+ | \$39 REG
P01 M 7-9:40 p.m. **Sebastian Buhts**
 Jan 26 – May 11 MC-HW 102
 • NOTE: No class 2/16, 3/16

Jazz Combos

Forest Park Jazz Combos

Study and performance of appropriate small ensemble literature. Develops individual and ensemble musical skills including technique, sight reading, improvisation, intonation, balance, and blend. Available for credit as MUSC 138 450 (CRN 12723).

MUSC-704 | 16 sessions | \$39 AGE 60+ | \$39 REG
P02 Tu 5-6:30 p.m. **Thomas Zirkle**
 Jan 20-May 12 FP-PA T121
 • NOTE: No class 3/17

Meramec Jazz Combos

Study and performance of appropriate small ensemble literature. Develops individual and ensemble musical skills including technique, sight reading, improvisation, intonation, balance, and blend. Available for credit as MUSC 138 637 (CRN 11843).

MUSC-704 | 13 sessions | \$39 AGE 60+ | \$39 REG
P01 Tu 7-9:15 p.m. **Joseph Pastor**
 Feb 10 – May 12 MC-HW 102
 • NOTE: No class 3/17

Guitar*

Guitar: Beginner

This beginner-friendly class is designed for students with no prior guitar or music experience. You'll learn to play basic chords, simple scales, melodies and right-hand strumming techniques. We will also introduce you to tablature and guitar notation. Please have your own acoustic guitar. See online listing for textbook information.

MUSC-705 | 10 sessions | \$75 AGE 60+ | \$75 REG
P01 Tu 9-10 p.m. **Christina Springer**
 Jan 27 – Apr 7 Online
 • NOTE: No class 3/17

Fingerpicking Blues Guitar

Dive into the soulful world of fingerpicking blues with this immersive introduction. You'll explore foundational fingerpicking techniques and learn classic tunes rooted in the rich traditions of country blues and Delta blues from the American South. Before enrolling, you should be familiar with basic left-hand guitar chords and be able to make basic chord changes. Music and other handouts will be provided in the classroom each week.

MUSC-705 | 4 sessions | \$45 AGE 60+ | \$45 REG
P04 Tu 7-8:30 p.m. **James Renz**
 Apr 21 – May 12 MC-HE 134

Fingerpicking for Guitar

Begin to play folk, blues, ragtime, and general accompaniment patterns that create a solo guitar sound, using alternating bass and arpeggio styles. Bring your six-string acoustic guitar and guitar capo to each class. Prerequisite: Ability to tune the guitar, knowledge of first position chords and experience making basic chord changes with the left hand. Music and other handouts will be provided in the classroom each week.

MUSC-705 | 8 sessions | \$99 AGE 60+ | \$99 REG
P02 Tu 7-8:30 p.m. **James Renz**
 Feb 10 – Apr 7 MC-HE 134
 • NOTE: No class 3/17

Guitar*

Guitar: Beginner I

Designed to help you build a strong foundation in both technique and musical confidence, you'll learn proper handling of your guitar and basic chords, while developing coordination between your hands. As you progress, you'll explore tone control and finger exercises that enhance your sound and dexterity. Music and other handouts will be provided in the classroom each week. You must bring your own acoustic guitar along with an extra set of strings.

MUSC-705 | 8 sessions | \$99 AGE 60+ | \$99 REG
P03 W 7-8:30 p.m. **James Renz**
 Feb 11 – Apr 8 MC-HW 102
 • NOTE: No class 3/18

Guitar: Beginner II

If you've had beginning guitar lessons and want to improve your guitar rhythm, chord changes, different types of guitar strums, and basic right- and left-hand patterns, this class is for you. Prerequisite: Knowledge of basic left-hand guitar chords and chord changes with the ability to transition between chords, tune your own guitar (a digital tuner is recommended) and use a guitar capo. Music and other handouts will be provided in the classroom each week. Bring your own guitar. Whether you're brand new or brushing up on basics, this course is designed to help you play with confidence and joy.

MUSC-707 | 8 sessions | \$99 AGE 60+ | \$99 REG
P01 W 7-8:30 p.m. **James Renz**
 Apr 22 – Jun 10 MC-HW 102

Guitar: Intensive Beginner

Haven't played in a while or want a fast-paced music refresher? This energetic class covers first and open position chords, simple scales, melodies, strumming techniques and intro to tablature and notation. Bring your acoustic guitar and let's jam! See online listing for textbook information.

MUSC-705 | 3 sessions | \$35 AGE 60+ | \$35 REG
P05 Tu 9-10 p.m. **Christina Springer**
 Jun 2 – Jun 16 Online

Guitar: Friday Night Jam

Grab your acoustic guitar and join a relaxed, welcoming space to play music with others! Perfect for beginner and intermediate players, you'll explore easy-to-learn songs, build confidence and enjoy the joy of jamming together. No pressure, just good vibes and great tunes.

MUSC-705 | 1 session | \$25 AGE 60+ | \$25 REG
P06 F 6-8:30 p.m. **Christina Springer**
 Jun 5 FV-SM 126

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

PHOTOGRAPHY

For all Core and Field classes, you must provide your own digital camera, any make or model is acceptable, preferably a beginner or enthusiast level. DSLR or mirrorless camera is recommended.

Most courses listed under Photography meet the curriculum requirements for the Digital Photography Essentials program. Classes excluded from the requirements are those listed under the Exploration and Enhanced Skills sections.

All classes may be taken for your own personal enrichment.

For all iPhone® photography classes please bring your device and charger.

Exploration

iPhone® Photography: After the Photo

Unlock the full potential of your iPhones camera with this hands-on course! Learn to review, manage and enhance your 'digital shoebox' using Apple's Photos app as well as when to consider other alternatives. Dive into basic editing techniques for quick fixes in the field plus assess when a shot is fixable and when a do-over is better. See the latest AI-powered innovations and get tips for exploring your sprawling collection through features like Trips, Memories and object search. Ensure your memories are protected with iCloud backups and get your best shots out of the Photos app and into your life through sharing, printing, customization and more. You must provide your own iPhone and charger.

PHOT-720 | 1 session | \$39 AGE 60+ | \$39 REG

P02 Tu 6-9 p.m.
Feb 24

Gregory Ray
MC-HE 124

iPhone® Photography: Move Beyond Snapshots

Take better photos with the amazing camera you already have with you! Learn how the iPhone hardware and software work together to make it possible to capture stunning photographs without requiring expert knowledge. Master the various modes and settings of the iPhones camera app exploring how it can solve specific challenges like low light and create specific effects like portraits and panoramas. Train your "photographers eye" using principles of artistic composition to level up your vacation snaps into postcard-worthy prints with advice on how to practice with your iPhone before your big trip. Discover how your iPhone camera can also be used as a tool to identify plants, read foreign languages and scan documents. You must provide your own iPhone and charger.

PHOT-720 | 1 session | \$39 AGE 60+ | \$39 REG

P01 Tu 6-9 p.m.
Feb 17

Gregory Ray
MC-HE 124

Capture the City!

Unleash your creativity and explore the unique charm of urban landscapes while learning to master different lighting situations and camera settings. Share your stunning images with fellow photographers and build a captivating portfolio that reflects your newfound skills to transform everyday scenes into extraordinary photographs! Requirements: interchangeable-lens camera and memory card.

PHOT-765 | 3 sessions | \$45 AGE 60+ | \$45 REG

P02 Sa 12-2 p.m.
Apr 4 – Apr 18

Stephanie Thurmer
Online

Picture Perfect: Time-Saving Tips from Pro Photographers

Unlock the secrets to stunning photos in less time! Discover time-saving tips and techniques that professional photographers use daily. Learn how to streamline your process, capture better shots quickly, and improve your workflow, all while enhancing the quality of your photos. Perfect for photographers of all levels looking to work smarter and achieve professional results! Requirements: interchangeable-lens camera and memory card.

PHOT-765 | 1 session | \$29 AGE 60+ | \$29 REG

P03 Sa 12-2 p.m.
May 2

Stephanie Thurmer
Online

Ten Rules of Composition

Discover the Ten Essential Rules of Photography, with weekly lessons, hands-on practice, and expert feedback. For beginners and advanced photographers, elevate your skills and capture stunning shots like never before! Requirements: interchangeable-lens camera and memory card.

PHOT-710 | 3 sessions | \$45 AGE 60+ | \$45 REG

P03 Sa 12-1:30 p.m.
Feb 7 – Feb 28

Stephanie Thurmer
Online

• NOTE: No class 2/14

Photobook and Zine Production

Bring your photography to life in print with this exciting, hands-on course designed for amateur photographers ready to turn their images into a stunning photo book or zine. Whether you're commemorating a once-in-a-lifetime trip or dreaming of publishing your work for the world to see, you'll gain insight into curating your image collection and designing compelling layouts to choosing the right printing options and preparing files for production. Don't miss this chance to learn to make something incredible. You must have a collection of images and a free account with blurb.com and mixam.com.

PHOT-710 | 6 sessions | \$95 AGE 60+ | \$95 REG

P01 W 7-9 p.m.
Feb 4 – Mar 11

John Taylor
MC-CN 221

Photojournalism and Documentary Photography

Learn to tell a story using photos. Create single images that capture a decisive moment or capture a series of images that illustrate unfolding news. Complete real-world assignments and receive immediate constructive feedback. Knowledge gained from this class will equip you raise your photojournalism skill, whether your goal is to contribute for publication or more effectively illustrate personal projects. Analyze images taken by legendary photojournalists, including Pulitzer Prize winners, and put their award-winning techniques to work.

PHOT-731 | 5 sessions | \$89 AGE 60+ | \$89 REG

P01 W 6:30-9 p.m.
May 6 – Jun 3

John Kerans
Online

Core Classes

Digital Photography: Introduction

If you want to take memorable photos and learn the basic skills of photography, this course is for you. You will gain an understanding of the functions and settings on your digital camera such as shooting modes, image size, aperture, shutter speed, ISO, etc. Explore the creative use of light, exposure, depth of field, and composition to improve your photographs.

PHOT-720 | 5 sessions | \$89 AGE 60+ | \$89 REG

P03 M 6:30-9 p.m.
Feb 2 – Mar 9

John Kerans
Online

• NOTE: No class 2/16

P04 W 6:30-9 p.m.
Mar 25 – Apr 22

John Kerans
Online

P05 Tu 6:30-9 p.m.
Jan 27 – Feb 24

Gary Hesse
MC-SW 207

P06 W 6:30-9 p.m.
Apr 1 – Apr 29

Gary Hesse
MC-ET 311

P07 W 6:30-9 p.m.
May 20 – Jun 17

Gary Hesse
MC-SW 207

Digital Photography: Intermediate

Expand your skills as a photographer! Continue to build memorable photos as you advance your photography skills. Special emphasis on understanding lighting, color and exposure as well as RAW image file support. Prerequisite: Digital Photography: Introduction

PHOT-721 | 5 sessions | \$89 AGE 60+ | \$89 REG

P01 Tu 6:30-9 p.m.
Mar 24 – Apr 21

John Kerans
Online

P02 Tu 6:30-9 p.m.
Mar 24 – Apr 21

Gary Hesse
MC-SW 207

P03 Th 6:30-9 p.m.
Mar 26 – Apr 23

Gary Hesse
MC-SW 207

Digital Photography: Advanced

Continue expanding your skills of digital photography while exploring more advanced features of your camera. Discover alternative methods for capturing and enhancing your photographic images. You should have a fundamental knowledge of your camera functions and the basics of introduction and intermediate photography. Prerequisite: Digital Photography: Intermediate

PHOT-722 | 5 sessions | \$89 AGE 60+ | \$89 REG

P01 M 6:30-9 p.m.
May 4 – Jun 8

John Kerans
Online

• NOTE: No class 5/25

P02 Tu 6:30-9 p.m.
May 5 – Jun 2

Gary Hesse
MC-SW 207

P03 Th 6:30-9 p.m.
May 7 – Jun 4

Gary Hesse
MC-SW 207

PHOTOGRAPHY

Enhanced Skills

Darkroom Developing & Printing Black & White Photography: Part I

Step into the tactile world of analog photography with a hands-on journey through black and white darkroom printing. This process blends science and artistry, guiding you from negative to final print using light, chemistry, and precision. Explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class.

PHOT-705 | 6 sessions | \$105 AGE 60+ | \$105 REG

P01 F 6-8:30 p.m. **Cheryl Petrovic**
Jan 30 – Mar 13 *FP-W 415*
• NOTE: No class 2/13

Darkroom Developing & Printing Black & White Photography: Part II

Expand your skills to develop and print black and white pictures in a darkroom. Further explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class.

PHOT-705 | 6 sessions | \$105 AGE 60+ | \$105 REG

P02 F 6-8:30 p.m. **Cheryl Petrovic**
Mar 27 – May 8 *FP-W 415*
• NOTE: No class 4/10



DIGITAL PHOTOGRAPHY ESSENTIALS PROGRAM

stlcc.edu/PhotoEssentials

Field Classes

Architectural Photography

Whether you are interested in the commercial applications of architectural photography for real estate or building documentation, or simply have an appreciation for architecture, this course is for you. Learn the methods and techniques of photographing interiors and exteriors of buildings, homes and landscapes. Get hands-on and discuss equipment, lighting, exposure, wide field panoramic photography and virtual tours.

PHOT-710 | 4 sessions | \$85 AGE 60+ | \$85 REG

P04 Sa 9 a.m.-12 p.m. **Gary Heshe**
Apr 11 – May 2 *MC-SW 207*

Nature and Outdoor Photography

Improve your outdoor nature photography skills and expand your creativity! Learn what makes a great photo and understand the techniques professional photographers use. Additional details provided on projects in class.

PHOT-708 | 4 sessions | \$85 AGE 60+ | \$85 REG

P01 Sa 9 a.m.-12 p.m. **Gary Heshe**
May 16 – Jun 13 *MC-SW 207*
• NOTE: No class 5/23

Portrait Photography

Create compelling on-location portraits at home, work or play without a studio or expensive equipment. Uncover why a long lens makes faces look great. Adapt your existing lenses for portrait shoots. Choose angles to make your subject look their best. Replicate the aesthetic of a Hollywood motion picture by separating subjects from backgrounds using shallow focus. Explore how to take advantage of available and supplemental light sources. Additional details provided on projects during class.

PHOT-710 | 5 sessions | \$89 AGE 60+ | \$89 REG

P02 Tu 6:30-9 p.m. **John Kerans**
May 5 – Jun 2 *Online*

Event Photography:

Sports, Concerts, Weddings & More

Learn how to shoot events as a participant—not an observer—and create images that put your audience at the center of the action. Discover how to pick the best lens for each event, choosing from wide angle, normal, portrait or telephoto. Explore how professionals harness natural light to achieve great images and master the basics of bounce flash to get expert results with just one light. Learn how to use a shot list to ensure that you capture all the images that each job requires. Get acquainted with legendary field photographers and learn how to put their techniques to work for you. Field trips required on your own; details to be announced in class. Prerequisite: Digital Photography: Introduction or equivalent experience

PHOT-765 | 5 sessions | \$89 AGE 60+ | \$89 REG

P01 M 6:30-9 p.m. **John Kerans**
Mar 30 – Apr 27 *Online*

THEATER/FILM

History of Film: The 1960s

Step into one of the most transformative decades in cinematic history! From counterculture movements to groundbreaking storytelling, the 1960s reshaped film in ways that still influence Hollywood today. Each week, dive into a different facet of 1960s culture through the lens of visionary filmmakers who captured the spirit of change. Whether you're a movie buff or a history enthusiast, this course will open your eyes to how film became a powerful mirror of society.

THTR-765 | 4 sessions | \$80^{AGE 60+} | \$115^{REG}
P02 Tu 6-9 p.m. **Adam Sydney**
 Mar 24 – Apr 14 *FP-W 117*

Improvational Acting Techniques For Beginners

An introduction to improvisational (improv) games and acting techniques aimed at encouraging exploration of character, building stage confidence and expanding creativity! You'll love this class as you learn to think on your feet and live in the moment while having fun.

THTR-707 | 4 sessions | \$43^{AGE 60+} | \$65^{REG}
P01 Sa 12:30-2:30 p.m. **Brian Rolf**
 Feb 7 – Mar 7 *FV-SM 203*
 • NOTE: No class 2/14
P02 Sa 12:30-2:30 p.m. **Brian Rolf**
 Apr 4 – Apr 25 *FP-PA Upper Lobby*
P03 Sa 12:30-2:30 p.m. **Brian Rolf**
 May 16 – Jun 13 *MC-T 112*
 • NOTE: No class 5/23

Introduction to Reader's Theatre

Develop your skills in performance, public speaking, character analysis, vocal projection, and storytelling; all while having fun engaging with world class plays in a laid-back environment. Perform full plays without the need for memorization, elaborate stage movements, or lengthy rehearsal time. Explore both short and long form playwriting through the works of several playwrights covering comedy, tragedy and even absurdism. No previous acting experience necessary.

THTR-765 | 4 sessions | \$43^{AGE 60+} | \$65^{REG}
P07 Sa 10 a.m.-12 p.m. **Brian Rolf**
 May 16 – Jun 13 *MC-T 112*
 • NOTE: No class 5/23

Introduction to Theatre: Building a Play in Four Weeks

Be challenged to work with others to conceive, write, design, stage, and yes, perform an original play in four class periods! Everything will come from the creative collective of the group, and no previous experience in any theatre discipline is required. A fun, hands-on way to jump into several areas of theatre at once, and to become comfortable taking risks and relying on a group to create art.

THTR-765 | 4 sessions | \$43^{AGE 60+} | \$65^{REG}
P05 Sa 10 a.m.-12 p.m. **Brian Rolf**
 Apr 4 – Apr 25 *FP-PA Upper Lobby*

Screenwriting/Playwriting

Screenwriting: Crash Course for Beginners

Curious about how a story goes from idea to page? Get a quick introduction to the world of screenwriting and learn how to watch shows and read scripts like a pro. Explore the narrative, visual, and aural elements that shape compelling stories. Gain a foundational understanding of the three-act structure and leave ready to write scripts with dynamic characters, engaging plots, and universal themes.

THTR-765 | 1 session | \$19^{AGE 60+} | \$29^{REG}
P01 Sa 10 a.m.-1 p.m. **Rita Russell**
 Mar 7 *FV-SS 101*

Screenwriting: Keys to Writing Great Scenes

Every time you sit down to write a script, you're faced with the challenge of crafting great scenes. Learn the essential techniques for writing dialogue and narrative descriptions that snap, crackle, and pop. Through targeted writing exercises and analysis of produced screenplays, gain the tools to elevate your scenes from serviceable to standout. Designed for writers with a basic understanding of screenwriting and screenplay format.

THTR-765 | 6 sessions | \$76^{AGE 60+} | \$116^{REG}
P06 Sa 10 a.m.-12 p.m. **Rita Russell**
 Apr 18 – May 30 *FV-TC 207*
 • NOTE: No class 5/23

Screenwriting: Watching Movies Like a Writer

One of the best ways for screenwriters to build storytelling skills is by doing what they love most: watching movies. From fade-in to fade-out, learn how to view films and TV shows with a critical eye for character development, conflict, twists, payoffs, and resolution. After seeing productions in a new light, you'll be able to identify key elements of great storytelling and apply them to your own work, helping your stories leap off the page and onto the screen.

THTR-765 | 4 sessions | \$52^{AGE 60+} | \$79^{REG}
P04 W 7-9 p.m. **Rita Russell**
 Apr 1 – Apr 22 *FV-SS 104*

Sitcom Scriptwriting

Ever wonder how your favorite sitcoms come to life? Here's your chance to find out. Become part of a writers room with fellow classmates and collaborate with your team to create an original script. Whether you're a comedy lover or aspiring screenwriter, this hands-on experience will sharpen your skills and keep you laughing all the way through.

THTR-765 | 4 sessions | \$80^{AGE 60+} | \$115^{REG}
P03 F 6-9 p.m. **Adam Sydney**
 Mar 27 – Apr 17 *FP-W 117*

WRITING

Poetry

Poetry: How to Read it, How to Write it

Poetry invites you to slow down, observe closely, and speak with precision and imagination. Explore the craft behind the art learning what makes a vivid image, how to choose language that evokes a sensory response, and how to build metaphors that feel both surprising and inevitable. Poetry is for everyone; whether you're new to poetry or returning to it with fresh eyes. This is a space to experiment, reflect, and connect through language and an opportunity to find your own poetic voice, while reviewing works of established writers in the field.

WRIT-716 | 5 sessions | \$62^{AGE 60+} | \$89^{REG}
P01 F 6-8:30 p.m. **Jordan Oakes**
 Apr 3-May 1 *FP-W 325*

Publication

How to Publish Your Own Book: Tools and Tips for your Success

Have you been thinking about writing or possibly publishing a book yourself? You'll learn the basics and explore the realities of independent publishing. This includes editing and book design, marketing and learning the process of what it takes to become a published author. This detailed overview with tangible resources and tips is taught by instructors from the St. Louis Publishers Association.

WRIT-704 | 1 session | \$45^{AGE 60+} | \$45^{REG}
P03 Sa 8 a.m.-12 p.m. **St. Louis Publisher Association**
 Apr 11 *MC-AS 108*

Self-Publishing 101: What, Why, and How

Let's simplify the intimidating topic of self-publishing into three core questions: WHAT, WHY, and HOW. You'll discover the history of self-publishing, technological innovations, publishing options, common myths, pros and cons and the most important considerations for authors. Explore the possibilities, learn how self-publishing authors can affordably rival the production quality of a large publishing company and bring your questions to get in-person feedback about your own project!

WRIT-704 | 1 session | \$19^{AGE 60+} | \$25^{REG}
P01 Tu 6-7:30 p.m. **Andrew Doty**
 Feb 24 *Online*

From Pitch to Publish: Writing Magazine Features

Step into the world of feature writing as you learn to craft, refine, and publish your own magazine article. You will learn how to craft your story, identify a target publication, approach and appeal to an editor, and honor deadlines. Finally, you will submit a story to a magazine or newspaper (including many online possibilities) and gather the skills to continue to pitch your work to various publications even after the class is over.

WRIT-704 | 5 sessions | \$62^{AGE 60+} | \$89^{REG}
P02 W 6-8:30 p.m. **Jordan Oakes**
 Mar 25 – Apr 22 *FP-W 124*
 • NOTE: No class 3/20

WRITING

Storytelling

Boot Camp for Writers

Do you have an idea for a fictional tale, nonfiction story or memoir, but are struggling to get started? Are you working on a project but need feedback as you go? With weekly assignments and guided in-class critiques, start writing, stay writing or improve the writing you already do. All genres are welcome. If you have a work in progress, bring copies to share for peer review.

WRIT-704 | 4 sessions | \$62 AGE 60+ | \$89 REG

P06 Tu 6-9 p.m. **Jordan Oakes**
May 12 – Jun 2 *FP-E 216*

Creative Writing

Do you have a story you'd like to tell, but you're not sure where to start? Join us in exploring the many ways you can make that story a reality. You'll look at fiction, creative non-fiction, and even non-fiction narrative, looking closely at the parts of a story and how to develop them most effectively. Whether this is your first time writing or you're an old pro, you'll have a chance to hone your craft and have a lot of fun along the way.

WRIT-701 | 4 sessions | \$47 AGE 60+ | \$69 REG

P01 Tu 6-8 p.m. **Adam Sydney**
Jan 27 – Feb 17 *FP-E 216*

Writing Workshop

Sharpen your voice and refine your craft in this inclusive writing workshop designed for writers at every stage. Whether you're shaping a poem, revising an essay, or fine-tuning a piece of prose, this class offers a supportive space for constructive critique to edit and meaningful growth to polish your work and achieve your goals. Learn how to strengthen your structure, deepen your imagery, and clarify your message—whether your goal is publication, contest submission, or personal growth and expression.

WRIT-706 | 5 sessions | \$62 AGE 60+ | \$89 REG

P01 F 6-8:30 p.m. **Jordan Oakes**
May 8 – Jun 5 *FP-W 117*

Horror, Thrillers and Sci-Fi

If you're interested in crafting stories in the worlds of any of these classic genres or meshing them you've come to the right place. Learn how to revise and perfect your work while staying true to your style and your vision. If you're already working on something, that's fine. If not, we'll help one another scare up a short story or novel chapter, whether it's suspenseful, dystopian, or just plain futuristic.

WRIT-719 | 5 sessions | \$62 AGE 60+ | \$89 REG

P01 Th 6-8:30 p.m. **Jordan Oakes**
Apr 30 – May 28 *Online*

Journaling for Writers

If your last journal dates back to high school, it's time to pick up your pen again! Some journals contain to-do lists, diary entries, and much more. For writers, journals often have a section devoted to ideas and inspiration. Whatever your goals as a writer, explore how a journal can kick start your creativity, your career or both by creating a roadmap to transform your plans into concrete projects.

WRIT-710 | 1 session | \$28 AGE 60+ | \$39 REG

P01 Sa 9:30 a.m.-1 p.m. **Charlene Oldham**
Apr 11 *MC-SW 210*

Painting with Words

Writing is, in its own way, a visual medium and the words are merely a pathway to a movie that plays in the mind. Explore how storytelling can be sparked by imagery and how your own words can inspire visual interpretation. You'll begin by writing a story based on a painting and then, in a separate exercise, you have the option to add original art to complement your story and examine how the visual image and written art can enrich one another in powerful, unexpected ways.

WRIT-701 | 4 sessions | \$62 AGE 60+ | \$89 REG

P04 Tu 6-9 p.m. **Jordan Oakes**
Apr 7 – Apr 28 *FP-HS 310*

Research for Writers

Whether you're writing fiction or nonfiction, it's important to know the right information to back your story. Knowing how, and where, to find the facts and organizing the information gives your story weight. This class focuses on research and fact-checking techniques with an eye toward authenticity while workshoping your story for clarity.

WRIT-704 | 4 sessions | \$62 AGE 60+ | \$89 REG

P04 M 6-9 p.m. **Jordan Oakes**
Apr 27 – May 18 *Online*

Short Story Writing

Whether you've been wanting to explore creative writing or doing it for years, learn to develop the skills for all types of stories. Have fun with the group, create your own short stories, take the opportunity to share your work and receive feedback on how to make it even better. By the end of the class, you'll have a story that you can submit to competitions and literary magazines, or just share with friends and family.

WRIT-701 | 4 sessions | \$47 AGE 60+ | \$69 REG

P06 W 6-8 p.m. **Adam Sydney**
May 27 – Jun 17 *FP-W 325*

Subconscious Writing

Do you have a writing project that just never gets off the ground because you don't know what to write next? Or maybe you feel that your writing can sometimes feel flat and uninspired? Discuss subconscious writing and its tools and strategies to help you write more creatively and have more fun. Relax, let your subconscious take over and explore the thoughts and stories just below the surface of your mind.

WRIT-701 | 4 sessions | \$47 AGE 60+ | \$69 REG

P05 Tu 6-8 p.m. **Adam Sydney**
May 26 – Jun 16 *FP-W 325*

The Art of the Interview

Great storytelling starts with great listening and in the world of feature writing, your ability to ask the right questions and shape meaningful responses is everything. Whether you're profiling a community leader, capturing a slice of everyday life, or diving into a complex issue, learn how to shape responses into engaging articles, feature stories and compelling narratives.

WRIT-704 | 4 sessions | \$62 AGE 60+ | \$89 REG

P05 W 6-9 p.m. **Jordan Oakes**
May 6 – May 27 *FP-W 117*

The Lost Art of Letter Writing

These days, "letter writing" is a term that encompasses everything from email and texts to old-fashioned pen-and-paper missives. The right words, the right attitude, and caring enough to avoid common mistakes can help you keep friends, get a job or achieve whatever objective you desire. Learn why you should never use "You" in second-person communication, and how coming up with the just-right euphemism can prevent awkwardness and smooth things over. You'll also learn how to balance assertiveness and politeness like a skilled word-juggler.

WRIT-701 | 5 sessions | \$62 AGE 60+ | \$89 REG

P03 M 6-8:30 p.m. **Jordan Oakes**
Mar 2 – Apr 6 *FP-W 117*

• NOTE: No class 3/16

Unleashing the Writer Within

Everyone has a story to tell, but accessing your creativity can be challenging. Learn to peel away layers of doubt, eliminate distractions and conquer writers block. Discover how to articulate your core message with language that is uniquely yours. When you unleash the writer within, words will flow effortlessly and the stories you need to tell will emerge naturally. While sharing your work is optional, those who do will benefit from constructive critiques by the instructor and fellow students. Join us and unlock your full writing potential.

WRIT-701 | 4 sessions | \$62 AGE 60+ | \$89 REG

P02 Tu 6-9 p.m. **Jordan Oakes**
Feb 3 – Feb 24 *Online*

Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When you write about your own lives and experiences, the story within you becomes complete. A memoir can focus on your childhood or your adult years or simply one particularly life-changing day. You may have everything you need right at your fingertips when you compose a memoir except, perhaps, the writing techniques that can help you feel confident enough to put it all down on paper. What transforms those experiences into compelling narrative is craft: knowing how to shape a moment, evoke emotion, and guide the reader through your personal arc. Whether you're writing about a single transformative day or an entire chapter of your life, the key is learning how to structure, reflect and connect. Discover what you may be missing to complete your chapter.

WRIT-714 | 5 sessions | \$62 AGE 60+ | \$89 REG

P01 W 6-8:30 p.m. **Jordan Oakes**
Feb 4 – Mar 4 *Online*

Finding Writing Jobs Using Online Resources

Online job boards, including Upwork and ProBlogger, offer thousands of new writing jobs every day, but they are only starting points for finding work online. Whether you are already an experienced freelancer or are simply interested in exploring options for earning extra income while working from home, discover the multiple online job boards designed to help you find enjoyable, paid writing work.

WRIT-722 | 1 session | \$28 AGE 60+ | \$39 REG

P01 Sa 9:30 a.m.-1 p.m. **Charlene Oldham**
Mar 28 *Online*

FINANCE AND INVESTMENTS

Personal Finance†

Wills, Trusts & Avoiding Probate

Estate planning allows you to control of your assets and legacy to loved ones. Learn ways to plan an estate, avoid probate, avoid guardianships and reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC-710 | 1 session | \$38.50 AGE 60+ | \$45 REG
P02 Tu 10 a.m.-12 p.m. **Paul Gantner**
 Mar 3 *MC-HE 124*

Wills, Trusts and Powers of Attorney

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Discussion will focus on wills, the probate process and avoiding probate through revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC-710 | 1 session | \$38.50 AGE 60+ | \$45 REG
P01 Tu 6-8 p.m. **Yvonne Homeyer**
 Mar 31 *MC-HE 124*

Medicare, Medigap, Housing, and Much More

Gain insight on Medicare (parts A,B,C,D); Medigap (A-L); Medicaid (services, eligibility, look back); age of retirement (Social Security); retired vets and spouse benefits; housing (HUD, SNF, ALF, CCRC, remodeling); adult day healthcare; and hotline abuse protection. Discussion will address issues that could arise after you retire.

FINC-736 | 1 session | \$31 AGE 60+ | \$39 REG
P07 Tu 6:30-8 p.m. **Dr. Larry Gibbs**
 Mar 24 *FP-HS 306*
P08 Tu 6:30-8 p.m. **Dr. Larry Gibbs**
 Apr 7 *MC-HE 123*

Raising Money-Smart Kids

Want to raise kids who are confident with money, not confused by it? This interactive session will equip you with age-appropriate strategies to teach children, from toddlers to teens, how to build a healthy relationship with saving, spending and financial decision-making. Whether you're introducing the concept of allowance or navigating teen budgeting, you'll leave with practical tools and insights to guide your child toward lifelong financial wellness.

FINC-765 | 1 session | \$19 AGE 60+ | \$19 REG
P02 W 5-6 p.m. **Alltru Credit Union**
 May 27 *FP-E 213*

Strong Credit Starts Here

New to credit? Build a roadmap to success to establish a healthy credit score! You'll uncover what goes into a credit score, why it's so critical to your financial future and the smart moves you can make right now to set yourself up for long-term success. Discover the tools, habits and insider tips that can help you unlock better financial opportunities. If you're dreaming of a new car, saving for a home or simply want more financial freedom, take control and unlock opportunities that good credit can bring.

FINC-765 | 1 session | \$19 AGE 60+ | \$19 REG
P04 M 5-6 p.m. **Alltru Credit Union**
 Apr 6 *FV-SM 125*

Building Generational Wealth and Legacy

This transformative course empowers participants to move beyond short-term gains and into the realm of lasting impact. You'll explore practical, time-tested strategies for building wealth that not only benefits your present but also secures a legacy for future generations. Through financial literacy, smart investing, estate planning, asset protection, and legacy building principles, you will gain a comprehensive roadmap for intentional, sustainable wealth creation. Ideal for individuals and families seeking to shift from survival mode to legacy mode—turning today's resources into tomorrow's inheritance.

FINC-705 | 1 session | \$39 AGE 60+ | \$39 REG
P03 Tu 6-7:30 p.m. **Kelly Butler**
 Apr 7 *Online*

Credit Repair 101

Life happens and sometimes, your credit score takes the hit. If you've struggled to build or maintain strong credit, you're not alone. This empowering class is designed to help you understand the credit system, identify what's holding your score back and take practical steps toward improvement. Learn about proven tools, strategies, and habits that can help you rebuild your credit and regain financial confidence—no shame, just support and solutions.

FINC-765 | 1 session | \$19 AGE 60+ | \$19 REG
P03 M 5-6 p.m. **Alltru Credit Union**
 May 18 *FV-SM 124*

Principles for Investing

Ready to take control of your financial future? Most investors make their money over time with smart, steady strategies, not in overnight moves. Learn the ten principles of investing to help guide you on the road to success. While investing strategy depends on personal needs, by following certain rules, it can help you achieve success and ultimately help you get to where you need to be.

FINC-705 | 1 session | \$22.50 AGE 60+ | \$29 REG
P01 Th 6-7 p.m. **Nick Still**
 Apr 23 *WW-AC 202*

Protect Yourself from Scammers and Fraud

Scammers are getting smarter and if you're not prepared, your money and identity could be gone in seconds. In this eye-opening session, banking professionals will reveal the latest tactics fraudsters use to infiltrate your personal accounts, steal sensitive information and drain your savings. You'll learn how to recognize red flags, protect your financial data and stay one step ahead of increasingly sophisticated scams. Don't wait until it's too late, arm yourself with the knowledge to fight back.

FINC-765 | 1 session | \$19 AGE 60+ | \$19 REG
P01 W 5-6 p.m. **Alltru Credit Union**
 Mar 11 *FP-E 213*





FINANCE AND INVESTMENTS

Retirement†

Retirement Rules of Investing

Retirement changes everything, especially how you manage your investments. Understand why retirement portfolios require a different approach, dive into key concepts, geometric returns and smart withdrawal strategies that can make or break your financial future. With clear guidance and practical insights, you'll learn to navigate your retirement finances with clarity and control.

FINC-736 | 1 session | \$29 AGE 60+ | \$29 REG

P05 Th 6-7:15 p.m.

Mar 12

Peter Wolynski

Online

Retire Well

The quality of your retirement relies on the quality of your plan, not just the size of your account. Through a strategic approach, you'll explore building financial plan that aligns with your long-term goals and personal purpose. You'll explore creating an income plan that you can't outlive, while protecting your wealth from taxes, economic crashes and your aging body.

FINC-736 | 1 session | \$25 AGE 60+ | \$25 REG

P03 Tu 6-8 p.m.

Feb 24

Andrew Hall

MC-SC 201

Retirement 101

Get introduced to the real-world complexities of retirement planning with hands-on strategies and expert insights. Skip the basics and focus on what truly matters—building a retirement plan that works for your unique goals. You will review actual case studies, ask specific questions and walk away with practical tools to make informed financial decisions.

FINC-736 | 1 session | \$25 AGE 60+ | \$25 REG

P01 W 6-7:30 p.m.

Mar 11

Financial & Tax Architects

STLCC-SoCo 103

P02 Th 6-7:30 p.m.

Mar 12

Financial & Tax Architects

WW-AC 225

How to Retire: A 7-Step Process

Take control of your retirement. Join our expert instructor, host of "The KMOX Money Show" for 30 years, to help you craft your ideal retirement plan. Learn how to identify income sources, manage taxes, protect your health and wealth and invest wisely for the future. Plus, you'll receive a detailed 120-page workbook to guide you every step of the way!

FINC-736 | 3 sessions | \$49 AGE 60+ | \$49 REG

P06 W 6-8 p.m.

May 13 – May 27

Mike Brown

MC-HE 124

Taxes In Retirement: Opportunities & Pitfalls

Ready to make the most of your retirement savings? Gain practical, easy-to-understand insights to help you minimize tax burdens, maximize your income during retirement and break down the complexities of retirement tax planning—from tax brackets and income types to Roth conversions, Social Security, Medicare tax traps and charitable giving strategies. Get equipped with smart, actionable strategies to protect your wealth and plan with peace of mind.

FINC-736 | 1 session | \$29 AGE 60+ | \$29 REG

P04 Th 6-7:15 p.m.

Feb 19

Peter Wolynski

Online

Financial Security†

Assets and Protection

Designed to empower individuals and families with the essential knowledge and tools to protect the assets they've worked hard to build. From real estate holdings and business interests to personal property and financial accounts, you'll explore practical strategies to safeguard wealth against unexpected life events, legal risks, and generational loss. Learn how to structure assets effectively, minimize exposure to risk, and implement protection plans using trusts, insurance, legal entities, and other vital tools.

FINC-705 | 1 session | \$39 AGE 60+ | \$39 REG

P02 Tu 6-7:30 p.m.

Mar 3

Kelly Butler

Online

Thrifting

How to Resale Shop

Discover the art of savvy resale shopping in this interactive class! Learn how to find the best resale shops, spot quality items at unbeatable prices, and master negotiation strategies to score amazing deals. Explore the benefits of resale shopping for both your wallet and the environment, while developing the skills to uncover hidden gems. Whether you're new to thrifting or a seasoned shopper, this class will boost your confidence and excitement for your next resale adventure.

FINC-765 | 1 session | \$29 AGE 60+ | \$29 REG

P05 W 6-8 p.m.

Apr 22

Joanie Ramey

FP-E019- Lecture Hall

P06 W 6-8 p.m.

May 13

Joanie Ramey

MC-HE 134

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HOME AND AUTO

Real Estate†

Rent vs. Buy: What Makes Sense for You?

Finding the right housing option can feel overwhelming but it doesn't have to be. There is an easy-to-follow guide designed to help you explore your choices, whether you're seeking long-term stability, planning your next move or simply learning what's out there to choose from. What's right for you? Join us for an informational discussion to make informed decisions.

REAL-720 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Apr 23

Jill McCoy
WW-AC 214

Thinking About Buying a Home? What You Need to Know

Ready to take the plunge into homeownership? This class will guide you through the essentials of buying a home, from understanding the market to securing financing and navigating the closing process. Gain the confidence and knowledge you need to make informed decisions and find your dream home!

REAL-701 | 1 session | \$23 AGE 60+ | \$29 REG

P03 Tu 6-8 p.m.
Apr 7

Rebecca Delaney
MC-AS 108

The Road to Homeownership Demystified

Discover a step-by-step guide to help you understand the home buying process. Starting with financing and credit to determine how much home you can afford to choosing the right home that fits your lifestyle, inspections, and finally, closing the deal. Whether you're just starting out or ready to buy soon, get the tools to move forward and receive the keys to your new home!

REAL-701 | 1 session | \$23 AGE 60+ | \$29 REG

P02 Th 6-8 p.m.
Mar 12

Jill McCoy
MC-SC 201

Home Buying for Millennials and Gen Z!

Whether you're tired of renting or just curious about the home buying process, this class is for you! For many younger adults, the dream of homeownership seems far-fetched because of the rising home prices, student debt and uncertainty of how the process works. Despite these difficulties there are ways to navigate high home prices with creativity and planning. Join us to find out how to successfully buy your next home.

REAL-701 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Jan 29

Jill McCoy
MC-AS 108

Selling Smart in Missouri

Selling a home in Missouri isn't just about putting up a For Sale sign, it's about understanding the local market. Dive into a comprehensive overview of the home-selling process tailored to Missouri's market and uncover key strategies for pricing, preparing your property, managing inspections and closing to maximize your return. Gain the knowledge needed to navigate the sale efficiently, successfully and profitably!

REAL-702 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Feb 5

Jill McCoy
WW-AC 214

Selling Your House? How to be Successful

In today's ever-evolving real estate market, how can you seize the opportunity to sell your house at the desired price within your preferred timeframe? Approach options with effective strategies, practical tips and valuable insights to ensure you achieve the best possible return on your home sale. Increase your knowledge and stay savvy to attain the greatest return.

REAL-702 | 1 session | \$23 AGE 60+ | \$29 REG

P02 Tu 6-8 p.m.
Feb 24

Rebecca Delaney
MC-AS 108

Real Estate Investing for Building Personal Wealth

Real estate investment is a proven way for people of all backgrounds to build lasting wealth. Explore different investment strategies from rental properties and flipping houses to buying vacation homes. You'll learn how to secure financing, evaluate opportunities, work with contractors and more. Get started building a path to financial freedom.

REAL-712 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Feb 12

Jill McCoy
FP-HS 206

P02 Th 6-8 p.m.
May 7

Jill McCoy
FV-SM 127

Step Into Real Estate: Build a Career that Lasts

Discover what it really takes to get started in the real estate industry. From licensing and training to daily responsibilities and income potential, you'll learn what to expect and how to prepare. Whether you're exploring a new career path or ready to make the leap, this class gives you the professional knowledge to take your first steps.

REAL-715 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Apr 9

Jill McCoy
FP-HS 310

Rent Drama: Role Play the Real Estate Life

Part improv and part educational, step into real estate scenarios through role play in this interactive class. You and your classmates will act out common situations such as buyer-seller negotiations, landlord-tenant disputes, inspection surprises and contract challenges. Build your confidence and negotiation skills while learning the lingo.

REAL-725 | 1 session | \$14 AGE 60+ | \$19 REG

P02 Tu 6:30-8 p.m.
Mar 31

Tamecka Jones
FV-SM 125

Blueprint to Your Dream: Build Your First House (In Theory!)

Discover what it really takes to build a home from choosing land to understanding costs, zoning, and timelines. In this creative, hands-on course, you'll design your dream house on paper using mock budgets and real-world insight and planning tools. Perfect for future homeowners or anyone curious about the construction process.

REAL-765 | 3 sessions | \$31 AGE 60+ | \$45 REG

P02 Tu 6:30-8 p.m.
Apr 7-Apr 21

Tamecka Jones
MC-HE 124

The Family Flip: Generational Wealth Through Real Estate

Learn how families can build wealth together by investing in property. You'll explore co-purchasing models, communication strategies, and tools for setting up shared goals and expectations. You'll leave class with joint wealth-building plan idea that you can take home and share

REAL-725 | 2 sessions | \$26 AGE 60+ | \$35 REG

P01 Tu 6:30-8 p.m.
Feb 17- Feb 24

Tamecka Jones
Online

Home Downsizing

Downsizing Tips for Seniors

Looking for helpful guidance for making a smooth transition to a smaller, more manageable home? Learn tips to sort and simplify belongings, plan your move and choose the right next home for your lifestyle. Whether you're planning ahead or ready to move soon, discover how to make the process less overwhelming and more empowering.

REAL-765 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 6-8 p.m.
Feb 26

Jill McCoy
WW-AC 214

Auto Maintenance†

Car Care Maintenance and Essentials

We all depend on our cars every day, but what happens when they break down? Join our comprehensive class that delves into everything from understanding basic auto systems and the current trends in the automotive industry to diagnosing issues in modern vehicles and exploring future technologies. We'll also cover essential tips on buying a car and more. This class is a must for anyone who drives a car or light truck!

AUTO-701 | 1 session | \$49 AGE 60+ | \$49 REG

P01 Sa 8-11 a.m.
Mar 28

Doug Jaquot
Jammin' J Automotive

HOME AND AUTO

Home Maintenance†

Design and Color Tips for Your Home

Want to transform your living space to reflect your personal style? Learn how to choose the perfect color palette, arrange furniture for optimal flow and incorporate design elements. Whether you're redecorating a single room or your entire home, this class will provide you with practical tips and creative inspiration.

HOME-701 | 1 session | \$23 AGE 60+ | \$29 REG
P01 Tu 6-8 p.m. **Rebecca Delaney**
May 12 *MC-AS 108*

Fearless Home Repair: Electrical Fixes I

When something needs fixing who do you call? Fix- it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a hands-on focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you with the do-it-yourself know-how. We'll talk about other small electrical problems, the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or need to pay someone else to do it for you after this class.

HOME-727 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Th 6-9 p.m. **Jean Linton**
Feb 12 *FV-SM 125*
P03 Tu 6-9 p.m. **Jean Linton**
May 19 *MC-SW 105*

Fearless Home Repair: Electrical Fixes II

Practice how to change-out switches, outlets and light fixtures in the second installment of electrical fixes. Learn how to strip wire, change a switch to a dimmer, repair broken cords and plugs and do general electrical tests to keep you safe.

HOME-727 | 1 session | \$55 AGE 60+ | \$55 REG
P02 Th 6-9 p.m. **Jean Linton**
Mar 26 *FV-SM 125*
HOME-727 | 1 session | \$55 AGE 60+ | \$55 REG
P04 Tu 6-9 p.m. **Jean Linton**
Jun 9 *MC-SW 105*

Fearless Home Repair: Plumbing

Have a leaky faucet or just want to upgrade to the latest style? Has your running toilet caused your water bill to skyrocket? Don't get sticker shock by calling a plumber, join this hands-on class and learn how to fix minor plumbing issues.

HOME-729 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Tu 6-9 p.m. **Jean Linton**
Feb 17 *FV-SM 125*
P02 Th 6-9 p.m. **Jean Linton**
May 7 *MC-SW 105*

DIY Ceramic Tiling

Ready to refresh your space with ceramic tiles? See what it takes and learn the basics from prepping the surface and planning your layout to measuring, cutting, and installing tile like a pro. You'll even learn how to replace a single broken tile without redoing the whole floor! Discover how to choose the right tile style, size and quantity for your project. Get ready to transform your home now!

HOME-724 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Th 6-9 p.m. **Jean Linton**
Apr 30 *FV-SM 125*

DIY Drywalling

Got a drywall project coming up? Build your skills, boost your know-how and transform your space. This practical, beginner-friendly class will teach you the essential skills to tackle drywall with confidence. Learn how to measure, cut, and hang drywall like a pro. Discover smart layout strategies, room prep techniques, and how to install 2x4 framing the right way. Plus, get insider tips on cutting and applying seam tape for a smooth, professional finish.

HOME-725 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Tu 6-9 p.m. **Jean Linton**
Mar 3 *FV-SM 125*

Paint Like a Pro

Different types of paint and sheen are important. Learn how to select the right products and tools for your painting projects, and how to use them for patching techniques for a finished look.

HOME-734 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Tu 6-9 p.m. **Jean Linton**
Apr 14 *MC-SW 105*

House Maintenance

House maintenance and repairs don't have to be daunting tasks that cost hundreds of dollars for someone else to fix—many can be done yourself! Learn how to relight a pilot light, fix a faucet, replace a furnace filter or electrical outlets, and where to locate utility shut-offs. Save money by performing these simple tasks yourself!

HOME-713 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Th 6-9 p.m. **Jean Linton**
May 28 *FV-SM 125*

How to Talk to a Contractor

Some home projects might require a contractor, but how do to pick the right person? Discuss the several different aspects of hiring a contractor and learn how to select the person for your home renovation job. Bring your questions.

HOME-765 | 1 session | \$45 AGE 60+ | \$45 REG
P01 Th 6-9 p.m. **Jean Linton**
Mar 12 *MC-SW 106*

Plan a Basement Project

A storage area, extra bedroom, bathroom, lighting or whatever - this class will help you think about all the things you need to plan that basement project you have been putting off.

HOME-765 | 1 session | \$45 AGE 60+ | \$45 REG
P02 Th 6-9 p.m. **Jean Linton**
Apr 2 *MC-SW 106*

Power Tools for Beginners

Power tools help perform difficult tasks with minimal effort and greater accuracy. In order to use effectively without injury, learn how to operate tools safely. Instructor will demonstrate the use of several common power tools. If you have a small power tool you'd like to know more about, bring it to class and it may be selected for demonstration. Bring your questions.

HOME-765 | 1 session | \$45 AGE 60+ | \$45 REG
P03 Tu 6-9 p.m. **Jean Linton**
Jun 2 *MC-SW 105*

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MASTER NATURALIST

The courses listed under Nature, Ecology, Landscape and Gardening meet the curriculum requirements for the Master Naturalist program. Classes may be taken for your own personal enrichment or as part of the Master Naturalist program.

Landscape and Gardening

All About Herbs

Fragrant, tasty, and wonderful—herbs belong in everyone's garden! Whether you are just starting or expanding an herb garden, learn the best advice from a Master Gardener on how to plant, maintain and harvest an herb garden. Gain tips on using herbs in and around your home, and discover the best way to freeze and preserve herbs for future use. Have pen and paper ready for class.

HORT-701 | 2 sessions | \$27 AGE 60+ | \$39 REG

P03 W 7-9 p.m. Mike Ochonicky
Apr 8 – Apr 15 Online

Garden Design for Historic Homes

Matching your garden style to your home's architecture can be a challenge. Whether you live in an older home or just prefer an historic garden style, this class will show you how to incorporate a garden plan and plantings that will provide the classic ambience of an established garden. View houses and gardens from a variety of eras as you discover how to plan a garden that will blend beautifully with your own home's architecture.

HORT-711 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 7-9 p.m. Mike Ochonicky
May 21 Online

Go Native!

Create Your Native Garden

If you want to go native but aren't sure how to get started, this class is for you. We will discuss site evaluation, plant selection and placement, and tips to keep your native garden looking tidy.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG

P01 Sa 9 a.m.-12 p.m. Susan Leahy
Feb 21 MC-SW 105

Go Native!

Native Landscaping for Bees, Butterflies, and Other Pollinators

Healthy landscapes boast large numbers of butterflies, bees, and other insect pollinators. The best plants lure pollinators to their flowers by offering pollen and nectar while evolving visual and olfactory cues such as nectar guides, color, and fragrance. Come gain practical advice on choosing native plants that will attract specific groups of pollinators.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG

P02 F 9 a.m.-12 p.m. Dave Tylka
Apr 10 MC-FS 211

Holistic Pest and Disease Control

Smart pest management is key to keeping your garden and orchard healthy, productive, and resilient. You'll learn the essentials of Integrated Pest Management (IPM), how to attract and support beneficial insects and how companion planting can help deter pests naturally. Explore common pests and diseases in the region, along with the most effective control methods for both home and community growers.

HORT-712 | 1 session | \$39 AGE 60+ | \$39 REG

P01 Th 6-7:30 p.m. Dean Gunderson
Apr 23 FP-W 216

Houseplant Parenting 101

Are you the proud parent of several beautiful little houseplants? Are they always wilting, or yellowing brown no matter what you do? Are you tired of having a "brown thumb"? If so, this is the class for you! Take the mystery out of caring for your leafy bundles of joy to grasp how to select the right plant for your home, how to cater to your plant's individual needs and how to manage common issues.

HORT-722 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Tu 6-8 p.m. Daria McKelvey
Mar 10 FP-W 117

Planting a "Moon" Garden

Transform your garden into a moonlit masterpiece. A "moon" garden is designed to dazzle during summer evenings, with plants that glow in the moonlight. Discover how to plan your own nighttime oasis—from choosing luminous blooms to creating a layout that enchants after sunset. Add that irresistible wow factor to your landscape and make every evening magical. Have pen and paper ready for class.

HORT-702 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Th 7-9 p.m. Mike Ochonicky
May 14 Online

So, You Want to Start a Garden

With so many voices sharing their favorite gardening setups and gear, it's easy to feel overwhelmed by choices. Cut through the noise by exploring the pros and cons of raised beds, berms and in-ground gardens. Break down essential tools, watering methods and other practical tips to help you decide what's truly useful for your space and goals.

HORT-701 | 1 session | \$39 AGE 60+ | \$39 REG

P01 Tu 2-3:30 p.m. Dean Gunderson
Feb 3 FP-W 216

Soil and Compost: Get the "Dirt" On Successful Gardening

The first step in successful gardening is working from the ground up beginning with the soil. Get the "dirt" on gardening through easy-to-understand information on soil types, practical tips on preparation and composting benefits for your home garden. A valuable learning opportunity for both beginning and experienced gardeners. Have pen and paper ready for class.

HORT-709 | 1 session | \$23 AGE 60+ | \$29 REG

P01 W 7-9 p.m. Mike Ochonicky
Mar 4 Online
P02 M 7-9 p.m. Mike Ochonicky
Apr 13 Online

Spring Crops and Planning Your Growing Space

Discover how to prepare your garden for the growing season and build a plan to keep it thriving year-round. You'll dive into the most effective crops and techniques for springtime gardening in St. Louis, along with proven strategies to keep your vegetables bountiful and disease-free.

HORT-701 | 1 session | \$39 AGE 60+ | \$39 REG

P02 Th 2-3:30 p.m. Dean Gunderson
Mar 12 FP-W 216

The Forest on Your Street

Trees are key urban infrastructure with extensive benefits but require planning and routine care just like any other infrastructure to maximize value and minimize conflicts. Discussion focuses on identifying and improving planting sites, planting and protection of trees and planning for routine tree care and maintenance. Learn how to start building a stronger relationship with your bark-covered community members and support your neighborhood tree health.

HORT-708 | 1 session | \$10 AGE 60+ | \$10 REG

P01 Th 6:30-8 p.m. Erin Godwin
Mar 26 FP-W 216

Veggie Gardening

Yes, you can grow your own delicious vegetables! Discover the secrets to prepare, plan, and cultivate a thriving summer garden. Whether you're a first-time gardener or a seasoned green thumb, you'll pick up practical tips for a bountiful harvest.

HORT-701 | 1 session | \$23 AGE 60+ | \$29 REG

P04 W 7-9 p.m. Mike Ochonicky
Apr 22 Online

Nature's Lumps and Bumps: Mysterious World of Plant Galls

When someone says the word "gall", most people think of the horned oak galls that plague pin oaks in the St. Louis area. But, did you know there are an estimated 2,000 types of insect-induced galls in the US alone? Each gall is specific to the gall former and serves as a key structure in which they rely on to complete their life cycle. We'll take a closer look at the mysterious, yet beautiful, world of plant galls and how they are formed, where they can be found and the most common types seen in the Midwest.

HORT-712 | 1 session | \$20 AGE 60+ | \$25 REG

P02 Tu 6-7:30 p.m. Daria McKelvey
May 12 FP-W 117

Water for the Garden

Curious about the most effective way to water your garden or orchard? You'll explore a variety of manual and irrigation methods—both store-bought and DIY—that suit different setups and needs. You'll also learn the fundamentals of rainwater collection and how to use it to keep your plants hydrated naturally.

HORT-712 | 1 session | \$39 AGE 60+ | \$39 REG

P03 Tu 5-6:30 p.m. Dean Gunderson
Jun 2 FP-W 117

Ecology

Backyard Chickens: Beginners

Have you thought about keeping chickens in your city or suburban backyard? Learn local ordinances and where to find more information for your area. Hear about the benefits of keeping chickens, appropriate housing and feeding and different ways to keep your chickens healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic knowledgeable healthy-chicken farmer.

ECOL-705 | 1 session | \$27 AGE 60+ | \$39 REG

P01 Sa 9 a.m.-1 p.m.

Mar 28

Guy Niere

MC-AS 108

Backyard Chickens: Advanced

Bring your questions to class! Designed for individuals who have been keeping chickens for a while and are looking for answers to their specific questions and an overview for more in-depth information on topics including: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing and judging for standards of perfection; supporting heritage breeds; and changing ordinances. This is an advanced level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

ECOL-705 | 1 session | \$27 AGE 60+ | \$39 REG

P02 Sa 9 a.m.-1 p.m.

Apr 18

Guy Niere

MC-AS 108

Critters in Our Communities:

Sharing a Habitat with Native Wildlife

We share an ecosystem filled with a diverse array of native critters that keep nature healthy. But, they are often full of surprises, a little mischievous and sometimes we have trouble getting along. Come explore the fascinating world of Missouri's wildlife and how to peacefully coexist with the creatures that share our ecosystem. You'll debunk common myths and offer practical tips for living in harmony with nature's wild neighbors. Perfect for nature lovers, backyard observers, and curious minds. Join us and discover how squirrely behavior can be surprisingly smart.

ECOL-700 | 1 session | \$59 AGE 60+ | \$59 REG

P02 Sa 1-4 p.m.

Mar 7

Endangered Wolf Center

PFAS the Forever Chemical

Curious about PFAS (a class of man-made chemicals, also known as "forever chemicals" because they don't break down easily and persist in the environment) and their impact on our environment? Join this eye-opening session to learn what PFAS are, why they matter and how they affect water quality. Explore the innovative technology behind the Waste Connections PFAS Water Treatment Plant and discover how it's helping to protect communities and ecosystems. This class is perfect for anyone interested in environmental science, public health, or sustainable solutions.

ECOL-700 | 1 session | \$10 AGE 60+ | \$10 REG

P01 W 10-11:30 a.m.

Feb 11

Brittany Witjer

FP-HS 206

Indoor Composting:

Making a Take Home Bokashi Bucket

Nearly 20% of household trash can be composted. The quick and convenient Bokashi bucket system can be used year-round and produces no household odors. Construct an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving Bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All materials are provided. Class is offered in partnership with the Missouri Botanical Garden EarthWays Center.

ECOL-704 | 1 session | \$59 AGE 60+ | \$59 REG

P01 Tu 6:30-8 p.m.

Feb 10

Maggie McCoy

MC-SW 105

Incubation of Bird Eggs

Explore successful chicken, turkey, duck, goose and quail egg incubation. Temperature, humidity, turning and sterilization will be the focus, with special attention to the eggs. From nutrition of the breeders, nest cleanliness, collection, and storage, these factors affect success long before incubation begins. Types and brands of incubators and care of hatchlings will also be covered.

ECOL-705 | 1 session | \$27 AGE 60+ | \$39 REG

P03 Sa 9 a.m.-1 p.m.

May 9

Guy Niere

MC-AS 108

Nature

Fungi Fundamentals:

Identifying Missouri's Mushrooms

Curious about Missouri's wild mushrooms? In this two-part class, you'll start in the classroom on Thursday with the basics of how to find and identify mushrooms, including an overview of the most common species you're likely to encounter in Missouri. Saturday you'll head out into the field for a hands-on foray, where you can practice spotting and identifying fungi in their natural habitats. It's a fun, beginner-friendly way to explore the world of mushrooms and enjoy the outdoors. For the foray portion of the class, you will need to bring a basket, a collection knife, and (optional) bug repellent. Meet at Forest 44 Nature Preserve trail head parking lot at 9 a.m.

NATR-723 | 2 sessions | \$59 AGE 60+ | \$59 REG

P01 Th 5:30-7:30 p.m.

Sa 9-11 a.m.

Apr 30 - May 2

Rachel Lawson

MC-AS 108

Introduction to Beekeeping

Bees play an important role in naturescape and agriculture as pollinators of flowering seed, berry, fruit and vegetables which provide for food, fiber, spices, medicine and animal forage. Come learn how to attract and provide habitat for native bees and honey bees with an introduction to getting started managing honey bees and products of the hive.

NATR-733 | 2 sessions | \$39 AGE 60+ | \$39 REG

P01 Tu 5:30-7:30 p.m.

Mar 3 - Mar 10

Jane Sueme

MC-HE 124

Nature

Bees, Pollinators and Native Plants

Discover the fascinating world of pollination and the vital role pollinators play in keeping our ecosystems thriving. From bees and butterflies to birds and bats, these unsung heroes help fertilize plants, support biodiversity and ensure the production of many of the foods we eat. Learn how Waste Connections is stepping up to support pollinators through community initiatives and environmental stewardship programs that promote habitat restoration and awareness. After the presentation, roll up your sleeves for a hands-on activity.

NATR-765 | 1 session | \$10 AGE 60+ | \$10 REG

P01 W 10-11:30 a.m.

Jun 17

Brittany Witjer

Waste Connections

Sustainability Campus

Butterflies of the St. Louis Area

Many people are familiar with monarchs, but did you know that there are more than 100 species of butterflies in the St. Louis area? Join us for a PowerPoint presentation from the president of the St. Louis Chapter of the North American Butterfly Association (NABA St. Louis) with photos of the most common local butterflies, along with confusing look-alikes, and lay a foundation for recognizing butterflies seen in your garden and on nature walks. Information about habitat, host plants and life cycle will also be discussed. A field trip to look at spring butterflies will take place on Saturday, June 13, from 10 a.m. to noon. Bring binoculars if you have them; they are not required but will make your experience more enjoyable. Field trip location will be announced the first night of the class.

NATR-720 | 2 sessions | \$26 AGE 60+ | \$39 REG

P01 Tu 6-8 p.m.

Sa 10 a.m.-12 p.m.

Jun 9 - Jun 13

Yvonne Homeyer

MC-AS 108

The Art of Flirtation:

Wolves and Breeding Season

Wolves may not flirt like humans, but their courtship during breeding season is a fascinating display of social intelligence and emotional nuance. Wolves rely on cooperation, empathy, and loyalty to thrive, making their breeding season a masterclass in connection and community. Learn about the ins and outs of breeding season: canid partnerships, pack dynamics, pup fostering and parenthood. A discussion on research projects held at the Endangered Wolf Center will be presented and how you can get involved.

NATR-727 | 1 session | \$59 AGE 60+ | \$59 REG

P01 Sa 1-4 p.m.

Feb 21

Endangered Wolf Center

Buzz, Bite, Beware:

Mosquitoes, Ticks, and You

Vector-borne pathogens (diseases that are transmitted by living organisms which carry infectious pathogens from one host to another typically blood-sucking insects) affect humans, wildlife and agriculture more than any other group of infectious disease. Join us to explore the intricate dynamics of vector-borne disease and learn how to identify medically significant species of mosquitoes and ticks we encounter locally, as well as prevention strategies to reduce your exposure.

NATR-715 | 1 session | \$10 AGE 60+ | \$10 REG

P01 M 12:30-3 p.m.

Jun 8

Brooke Dedrick

MC-SW 105

Birding by Ear: Spring Migration

The location of St. Louis on the Mississippi flyway makes it a great place to learn bird song. Broaden your knowledge of migrating songbirds that winter in Central and South America but nest in our fields and forests. A Thursday evening lecture is paired with a Saturday morning field trip to Babler State Park, meet in Visitor Center parking lot at 8 a.m., to enhance your learning and apply the concepts covered in class.

NATR-709 | 2 sessions | \$26 AGE 60+ | \$39 REG

P03 Th 6-8 p.m. **Diane Bircmont**

Sa 8-10 a.m.

Apr 16 – Apr 18

WW-AC 202

Sparrow Identification

If you've ever stared at a flock of little brown birds that you've encountered at your feeder or on a walk through a field and wondered how to tell them apart, this course is your gateway to information. Through a detailed classroom presentation, you'll dive into the subtle distinctions between sparrow species learning to recognize field marks, vocalizations and habitat preferences that make each one unique. Then, you'll take your new skills into the wild with a guided field trip Saturday in the Little Creve Coeur Ecological Area, meeting at 8 am in parking lot on River Valley Dr., to practice what you learned.

NATR-709 | 2 sessions | \$26 AGE 60+ | \$39 REG

P02 Th 6-8 p.m. **Diane Bircmont**

Sa 8-10 a.m.

Mar 12 – Mar 14

WW-AC 201

Winter Birding

Get hands-on with binoculars and discover how to navigate a field guide with confidence and how to identify the 30 most common winter birds. Whether you're new to birdwatching or just brushing up on your skills, you'll be spotting feathered friends like a pro in no time! A Thursday evening lecture is paired with a Saturday field trip in Busch Conservation Area, meeting in the Visitor Center parking lot at 8 a.m.

NATR-709 | 2 sessions | \$26 AGE 60+ | \$39 REG

P01 Th 6-8 p.m. **Diane Bircmont**

Sa 8-10 a.m.

Feb 12 – Feb 14

MC-AS 108

Forest Park Owls: Hiding in Plain Sight

Join a local award-winning naturalist and speaker for an informative glimpse into the lives of a local mated pair of great horned owls in Forest Park. He has been closely observing and documenting the owls since 2005. Learn how he found the owls, basic facts about the species and various behaviors he observes and documents with photos and videos to illustrate these behaviors.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG

P04 Th 6:30-8:30 p.m. **Mark Glenshaw**

Feb 12

FP-HS 310

Forest Park Owls: Hunting and Feeding

Join us for a fascinating insight into one of the most successful predators in the Americas. The instructor, an award-winning naturalist, has been observing, documenting and delivering outreach with great horned owls in Forest Park since December 2005. Learn about the owls' hunting perches and predatory attempts as well as how they care for their owlets.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG

P05 Th 6:30-8:30 p.m. **Mark Glenshaw**

Mar 12

MC-SW 105

Forest Park Owls: Mating, Nesting, and Owlets

Join a local award-winning naturalist and speaker to explore the behaviors of the owlets raised by the great horned owls he has been observing and documenting in Forest Park since December 2005. Learn what he has seen and documented including mating, nest selection, feeding of the owlets, fledging and gradual maturation of owlets and the dispersal of the owlets. You will be amazed at the delights and challenges these owls and their families face daily.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG

P06 Th 6:30-8:30 p.m. **Mark Glenshaw**

Apr 23

FP-HS 310

How to Find an Owl in Your Neighborhood

Do you ever see or hear an owl in your neighborhood and want to experience more of these beautiful birds? A local award-winning naturalist, The Owl Man leads scores of owl prowls each year. Discover ways to find owls in your area—whether in subdivisions, city neighborhoods, pocket parks or large public parks. Find out which owls you are most likely to see or hear, what to listen for and the importance of research and collaboration.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG

P07 Th 6:30-8:30 p.m. **Mark Glenshaw**

May 14

MC-AS 108



**MASTER
NATURALIST
PROGRAM**

Cultivate your interests and
build community connections.
Learn more about the program:
stlcc.edu/MasterNaturalist



WORLD LANGUAGES*

Go to the registration page at stlcc.edu/CE to see full course descriptions, prerequisites and textbook information.
Each progressive level builds upon language development and comprehension skills learned in prerequisite classes.

French

French for Travelers

Planning a trip to a French-speaking country? Make your journey smoother and more enjoyable with this fun, practical course in travel-ready French! In just a few weeks, you'll learn essential phrases, survival vocabulary, and key cultural tips to help you navigate real-world situations including reading signs, ordering from menus, using public transportation, and shopping like local. You'll receive preparation resources, practical tips, and an opportunity to ask questions.

FLFR-716 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 4:30-6:30 p.m. **Carlos Rivera**
 Feb 18 – Apr 15 MC-CN 227
 • NOTE: No class 3/18
P02 Th 4-6 p.m. **Michel Gueldry**
 Mar 26 – May 14 WW-AC 201

French: Beginning I

FLFR-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 4-6 p.m. **Michel Gueldry**
 Feb 11 – Apr 8 WW-AC 201
 • NOTE: No class 3/18
P02 W 4:30-6:30 p.m. **Carlos Rivera**
 Apr 29 – Jun 17 MC-SW 106

French: Beginning II

FLFR-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 4-6 p.m. **Michel Gueldry**
 Apr 22 – Jun 10 WW-AC 201

German

German for Travelers

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure.

FLGE-716 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Tu 6-8 p.m. **Caryn Miller**
 Apr 7 – May 26 MC-CN 228

German: Beginning I

FLGE-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6-8 p.m. **Caryn Miller**
 Jan 28 – Mar 25 MC-CN 228
 • NOTE: No class 3/18

German: Beginning II

FLGE-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6-8 p.m. **Caryn Miller**
 Apr 8 – May 27 MC-CN 228

German: Beginning III

FLGE-719 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Tu 6-8 p.m. **Caryn Miller**
 Jan 27 – Mar 24 MC-CN 228
 • NOTE: No class 3/17

Greek

Greek: Beginning I

FLGK-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Th 6:30-8:30 p.m. **Garrett Kiriakos-Fugate**
 Mar 26 – May 14 FP-HealthSci 214

Italian

Preparing for Your Trip to Italy

Planning a trip to Italy or dreaming of one? Get ready to explore with confidence! Learn engaging practical travel tips and cultural insights to help you navigate Italy like a seasoned traveler. Learn what to expect, what to avoid, and how to make the most of your time in this stunning country.

FLIT-765 | 1 session | \$29 AGE 60+ | \$29 REG
P01 W 4-6 p.m. **Barbara Klein**
 Apr 1 MC-CN 203
P03 M 5-7 p.m. **Michael Cross**
 May 4 FP-HealthSci 310
P04 W 6:30-8:30 p.m. **Barbara Klein**
 Jun 3 MC-CN 203

Italian for the Traveler

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs and menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure.

FLIT-716 | 6 sessions | \$115 AGE 60+ | \$115 REG
P01 W 4-6 p.m. **Barbara Klein**
 Feb 4 – Mar 11 MC-CN 203
P02 W 4-6 p.m. **Barbara Klein**
 Apr 8 – May 13 MC-CN 203

Italian: Beginning I

FLIT-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6:30-8:30 p.m. **Barbara Klein**
 Jan 28 – Mar 25 MC-CN 203
 • NOTE: No class 3/18
P02 Tu 6-8 p.m. **Michael Cross**
 Feb 3 – Mar 31 FP-HealthSci 310
 • NOTE: No class 3/17

Italian: Beginning II

FLIT-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Th 6-8 p.m. **Michael Cross**
 Feb 5 – Apr 2 FP-HealthSci 324
 • NOTE: No class 3/19
P02 W 6:30-8:30 p.m. **Barbara Klein**
 Apr 1 – May 20 MC-CN 203

Italian: Intermediate I

FLIT-720 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6-8 p.m. **Michael Cross**
 Feb 4 – Apr 1 MC-SW 210
 • NOTE: No class 3/18

Portuguese

Portuguese: Beginning I

FLPG-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6-8 p.m. **Viva Brasil**
 Feb 18 – Apr 15 MC-SW 209

Portuguese: Beginning II

FLPG-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6-8 p.m. **Viva Brasil**
 Apr 29 – Jun 17 MC-SW 209

Portuguese: Beginning III

FLPG-719 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6-8 p.m. **Viva Brasil**
 Feb 18 – Apr 15 MC-SW 106

Irish (Gaelic)

Irish: Beginning I

FLIR-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Th 5-7 p.m. **Kevin Scannell**
 Jan 29 – Mar 26 FP-HealthSci 308
 • NOTE: No class 3/19

Irish: Beginning II

FLIR-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P02 Th 5-7 p.m. **Kevin Scannell**
 Apr 9 – Jun 4 FP-HealthSci 308
 • NOTE: No class 5/28

Irish: Intermediate

FLIR-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Th 7-9 p.m. **Kevin Scannell**
 Jan 29 – Mar 26 FP-HealthSci 308
 • NOTE: No class 3/19
P03 Th 7-9 p.m. **Kevin Scannell**
 Apr 9 – Jun 4 FP-HealthSci 308
 • NOTE: No class 5/28

Russian

Russian for First Timers

Explore a new culture and language. This class is perfect for beginners who are ready to start with the basics. Get introduced to the alphabet, pronunciation, greetings and phrases.

FLRU-717 | 4 sessions | \$75 AGE 60+ | \$75 REG
P01 Tu 5-7 p.m. **Valerie Powers**
 Jan 27 – Feb 17 Online

Russian: Beginning I

FLRU-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
P02 Tu 5-7 p.m. **Valerie Powers**
 Mar 3 – Apr 28 Online
 • NOTE: No class 3/17

Russian: Beginning II

FLRU-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 Tu 6-8 p.m. **Valerie Powers**
 Jan 28 – Mar 25 Online
 • NOTE: No class 3/18

COMMUNICATIONS

Personal Communication

Mindful Communication and Conflict Navigation

Tough conversations don't have to be intimidating, they can be transformative and become opportunities for connection and growth. Learn to speak with clarity, compassion, and confidence—even when the conversation is tough. Explore practical tools, role-play scenarios, and reflective techniques that help you stay grounded and professional under pressure. Strengthen your ability to listen actively, respond thoughtfully, and build trust through meaningful dialogue. Bring a notebook and pen.

COMM-765 | 2 sessions | \$26.50 AGE 60+ | **\$39** REG
P05 Th 6-8 p.m. **Tasha Lester**
 May 21 – May 28 **FP-W 117**

Navigating Conversations

Enhance your communication skills for both personal and professional settings including active listening, non-verbal communication, conflict resolution and effective self-expression. Then, practice these techniques to improve clarity and respect in conversations, both in the workplace and at home. Focus will also cover overcoming common communication barriers and adapting styles to different audiences, fostering stronger, healthier relationships. Bring a notebook and pen.

COMM-765 | 3 sessions | \$23 AGE 60+ | **\$35** REG
P03 Th 6-7:30 p.m. **Trisha Farris**
 Jan 29 – Feb 12 **FP-E 208**

The Emotion Smart Series

Are your emotions limiting your career? How you say your words can make or break your career. They determine the impressions you leave and your impressions of others. If you've ever felt misunderstood, overlooked or stuck at work, come learn how your tone, pace and emotional delivery, your sound message, can either open doors or quietly close them. Through hands-on training, in five easy steps, you'll learn how to listen and control your sound messages to get the jobs and projects you want and leave positive lasting impressions. Whether you're pitching ideas, leading teams, or navigating tough conversations, get the tools to speak with purpose, presence and influence.

COMM-765 | 3 sessions | \$26 AGE 60+ | **\$39** REG
P04 Th 7-8:30 p.m. **John Werner**
 Feb 12 – Feb 26 **MC-HE 123**

Spanish

Spanish for Travelers

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure.

FLSP-716 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 Tu 6-8 p.m. **Kevin Zarate**
 Feb 10 – Apr 7 **FP-HealthSci 308**
 • NOTE: No class 3/17
P02 Th 6-8 p.m. **Kevin Zarate**
 Apr 23 – Jun 11 **FP-HealthSci 306**

Spanish: Beginning I

FLSP-717 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 Sa 10 a.m.-12 p.m. **Kevin Zarate**
 Jan 31 – Apr 11 **FP-H 107**
 • NOTE: No class 2/14, 3/14, and 3/21
P02 Tu 4:45-6:45 p.m. **Tim Neckermann**
 Feb 10 – Apr 7 **MC-CN 227**
 • NOTE: No class 3/17
P03 W 6-8 p.m. **Kevin Zarate**
 Feb 11 – Apr 8 **FP-HealthSci 308**
 • NOTE: No class 3/18
P04 Tu 4:45-6:45 p.m. **Tim Neckermann**
 Apr 21 – Jun 9 **MC-CN 227**

Spanish: Beginning II

FLSP-718 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Feb 3 – Mar 31 **Online**
 • NOTE: No class 3/17
P02 Sa 10 a.m.-12 p.m. **Kevin Zarate**
 Apr 18 – Jun 13 **FP-HealthSci 308**
 • NOTE: No class 5/23
P03 W 6-8 p.m. **Kevin Zarate**
 Apr 22 – Jun 10 **FP-HealthSci 308**
P04 W 4:45-6:45 p.m. **Tim Neckermann**
 Apr 22 – Jun 10 **MC-CN 227**

Spanish: Beginning III

FLSP-719 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 W 4:45-6:45 p.m. **Tim Neckermann**
 Feb 11 – Apr 8 **MC-LH 102**
 • NOTE: No class 3/18
P02 Th 4:30-6:30 p.m. **Maria de la Garza**
 Apr 16 – Jun 4 **Online**

Spanish: Intermediate I

FLSP-720 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 Th 4:45-6:45 p.m. **Tim Neckermann**
 Feb 12 – Apr 9 **MC-CN 227**
 • NOTE: No class 3/19

Spanish: Intermediate II

FLSP-721 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 Th 4:30-6:30 p.m. **Maria de la Garza**
 Feb 5 – Apr 2 **Online**
 • NOTE: No class 3/19
P02 Th 4:45-6:45 p.m. **Tim Neckermann**
 Apr 23 – Jun 11 **MC-CN 227**

Spanish: Intermediate III

FLSP-722 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Apr 14 – Jun 2 **Online**

Spanish: Reading

Increase your vocabulary and comprehension by reading and discussing a book in Spanish. Each Spanish: Reading class will cover a different book and information. Book will be announced closer to start of class. Supply list will be sent.

FLSP-765 | 8 sessions | \$149 AGE 60+ | **\$149** REG
P01 W 4:30-6:30 p.m. **Maria de la Garza**
 Feb 4 – Apr 1 **Online**
 • NOTE: No class 3/18
P02 W 4:30-6:30 p.m. **Maria de la Garza**
 Apr 15 – Jun 3 **Online**

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

COMMUNICATIONS

Voiceover

Introduction to Voiceover

Have you been told you have a great speaking voice? Learn how to get started in the voiceover acting industry from a sixteen-year voiceover veteran who has worked for NBC, ABC, PBS, HGTV, Nintendo, Saturday Night Live, Walmart and The Wendy Williams Show. Gain insights on the right voice for success, ways to find work, tips to land an agent and how to produce a demo. Q-and-A session will also address any basic questions about the industry.

COMM-765 | 1 session | \$59 AGE 60+ | \$59 REG
P01 Sa 12-1:30 p.m. Jason Rooney
Feb 21 MC-HE 124
P02 Sa 12-1:30 p.m. Jason Rooney
May 30 MC-HE 124

Sign Language*

Getting Started With Sign Language I

Journey into sign language! Establish a basic knowledge of sign language and learn common vocabulary for numbers, feelings, opposites, colors, and food using the book, "American Sign Language Made Easy For Beginners". Class does not cover ASL sentence structure. Book not available through STLCC bookstore, please check online retailers or talk to your instructor on the first day of class.

SIGN-701 | 8 sessions | \$149 AGE 60+ | \$149 REG
P02 Th 6:30-8:30 p.m. Cindy Hayes
Feb 26 - Apr 23 STLCC-SoCo 101
• NOTE: No class 3/19.
P03 Tu 6:30-8:30 p.m. Cindy Hayes
Mar 24 - May 12 MC-CN 202

Getting Started With Sign Language II

Build on the skills you learned in the Beginning I sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, "The Joy of Signing." The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 7-11. Class does not cover ASL sentence structure. Book not available through STLCC bookstore, please check online retailers or talk to your instructor on the first day of class.

SIGN-701 | 8 sessions | \$149 AGE 60+ | \$149 REG
P01 W 6:30-8:30 p.m. Cindy Hayes
Feb 18 - Apr 15 STLCC-SoCo 101
• NOTE: No class 3/18

TRIPS AND TOURS

Note: Many classes under the Tours and Trips subject area have early registration and withdrawal deadlines. Please see the online course description for details.

For FV-Off Campus tours, meet the tour bus at the lower lot of P-12.

For MC-Off Campus tours, meet tour bus in Lot E on NW side of Meramec campus.

AWTY?: Are We There Yet?

Please arrive 15 minutes prior to departure time for all trips and tours.

Tour prices include: professional guide, transportation, listed attractions, speakers, experiences, meals, and gratuities unless otherwise stated.

St. Louis

A Taste of St. Louis

Spend the day sampling iconic St. Louis foods, from gooey butter cake to toasted ravioli, discovering the stories behind their origins. No need to stop for lunch, well be eating all day, ending with ice cream cones and a sweet slice of local history. Travel from place to place, tasting your way through the city's culinary legacy. Come hungry and curious for a flavorful journey through St. Louis tradition! Price includes all listed attractions, meals, activities, gratuities and guide. Last date to register and withdraw with a full refund: Mar 23.

TRIP-701 | 1 session | \$169 AGE 60+ | \$169 REG
P04 M 9 a.m.-4 p.m. Joan Huisinga
Mar 30 MC-Off Campus

Exploring St. Louis

Take a spring adventure and discover places you may not have seen before in our area. Some are historic and some so new, you may be the first of your friends to visit. We'll carpool; lunch is at your expense. Admissions are covered in the class fee. The first class meets for a short orientation followed by a tour. The next three weeks, you'll meet in MC-SC 201, where you'll receive maps and directions. Please arrive 15 minutes prior to departure time. Last date to register and withdraw with a full refund: Apr 6.

TRIP-701 | 4 sessions | \$175 AGE 60+ | \$175 REG
P01 F 9 a.m.-2:30 p.m. Joan Huisinga
Apr 10 - May 1 MC-SC 201

AWTY?

Historic Elsah and Principia College

Discover the charm and history tucked along the Great River Road with this unforgettable day trip. Begin at Alton Riverfront Park and explore Principia College's stunning architecture, including a science building with a woolly mammoth and a chapel with breathtaking bluff views. Step into the storybook village of Elsah, where time seems to stand still, and enjoy a relaxing lunch at Josephine's Tea Room, complete with boutique shopping and decadent desserts. This scenic and enriching journey is perfect for those who love history, nature, and a touch of elegance. (Please note, there will be some stairs and standing.) Price includes all listed attractions, meals, activities, gratuities and guide. Last date to register and withdraw with a full refund: May 5.

TRIP-701 | 1 session | \$169 AGE 60+ | \$169 REG
P08 Tu 8:15 a.m.-3:30 p.m. Dea Hoover
May 12 MC-Off Campus
P09 Tu 9 a.m.-3 p.m. Dea Hoover
May 12 FV-Off Campus

AWTY?

Historic Homes of STL

Uncover the elegance of the Magic Chef Mansion, a stunning 1908 estate restored to its original grandeur, where owner Shelley Donaho will guide us through its rich history. After a delicious lunch at Twisted Tree, you'll explore the opulent Samuel Cupples House and Gallery brimming with pre-1919 art and glasswork. You'll wrap up the day with a sweet science twist—watch your ice cream come to life with liquid nitrogen at Ices Plain and Fancy in Tower Grove! (Please note, there will be some stairs and standing.) Price includes all listed attractions, meals, activities, gratuities and guide. Last date to register and withdraw with a full refund: Feb 26.

TRIP-701 | 1 session | \$159 AGE 60+ | \$159 REG
P05 Th 9:30 a.m.-4:20 p.m. Dea Hoover
Mar 5 MC-Off Campus
P06 Th 9 a.m.-5 p.m. Dea Hoover
Mar 5 FV-Off Campus

Map to the Rack: Resale Shopping Tour

You're invited on an all-access adventure to St. Louis's hidden gems—thrift, consignment, salvage and vintage shops bursting with style and stories. Whether you're chasing designer deals or funky finds this full day guided experience blends savvy shopping strategies, insider tips and interactive fun like a scavenger hunt and resale trivia. Come curious, leave with treasures and unforgettable memories you won't find on any rack! We'll carpool; lunch is at your expense. The first class meets for a short orientation in MC-SC 201 where you'll receive maps and directions followed by a tour. Please arrive 15 minutes prior to departure time. Last date to register and withdraw with a full refund: May 12.

TRIP-700 | 1 session | \$95 AGE 60+ | \$95 REG
P01 Sa 8:30 a.m.-2:30 p.m. Joanie Ramey
May 16 MC-SC 201

*Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

TRIPS AND TOURS

St. Louis

Scandalous Women in St. Louis History

From Madame Chouteau to the flappers of the 1920s and the resilience of World War II, St. Louis has seen its share of both the famous and infamous. Join us for coffee and treats as we recreate an 1870s "Kettle Drum"—the Victorian version of a Coffee Klatch. Enjoy lively conversation, historical tidbits, and the charm of a bygone era. Feel free to bring a calling card; the parlor maid will be waiting with her silver tray. Last date to register and withdraw with a full refund: Mar 3.

TRIP-701 | 1 session | \$35 AGE 60+ | \$35 REG

P02 Tu 9:30 a.m.-12 p.m.
Mar 10

Joan Huisinga
MC-HE 124

Celebrate Route 66

Take a nostalgic journey along the legendary Route 66 as it winds through the St. Louis metro area. Discover the stories behind iconic landmarks, quirky roadside attractions and the people who helped shape this historic highway. Enjoy a day filled with local flavor, vintage charm and fascinating history. Whether you're a longtime fan or new to the Mother Road, this celebration brings Route 66 to life right in your own backyard. Price includes all listed attractions, meals, activities, gratuities and guide. Last date to register and withdraw with a full refund: Apr 7.

TRIP-701 | 1 session | \$175 AGE 60+ | \$175 REG

P03 Tu 9 a.m.-5 p.m.
Apr 14

Joan Huisinga
MC-Off Campus

Missouri

AWTY?**Steeple Chase in Osage County**

Step back in time and explore the rich spiritual and architectural heritage of Missouri's heartland. From the majestic Cathedral of the Ozark in Freeburg to the oldest German Catholic parish west of the Mississippi in Westphalia, each stop reveals stories of faith, resilience and community. Enjoy a warm, homemade lunch and quilt display at Sacred Heart in Rich Fountain and experience the humble beginnings of Pilot Knob Baptist Church nestled in the countryside. This inspiring tour offers a rare glimpse into the soul of these historic churches and the people who built them. (Please note, there will be some stairs and standing.) Price includes all listed attractions, meals, activities, gratuities and guide. Last date to register and withdraw with a full refund: Apr 10.

TRIP-701 | 1 session | \$169 AGE 60+ | \$169 REG

P07 F 7 a.m.-6:30 p.m.
Apr 17

Dea Hoover
MC-Off Campus

HISTORY

HISTORICAL STUDIES

Local

Armchair Tour of St. Louis Baseball History

Step into the rich baseball history of St. Louis without leaving your seat! This virtual tour takes you to iconic addresses across the city, uncovering the hidden stories behind ballparks, players homes, businesses, grave sites, and more. See before-and-after photos, hear fascinating tales of baseball legends, and explore the places where unforgettable moments happened. Whether you're a die-hard fan or a curious local, this journey through St. Louis's baseball past is a home run!

HIST-708 | 1 session | \$29.50 AGE 60+ | \$35 REG

P01 Th 10 a.m.-12 p.m.
Feb 5

Brian Flaspohler
WW-AC 227

St. Louis Baseball History: 1860-1919

Discover the roots of America's pastime in the Gateway City! This fascinating class uncovers St. Louis's major league baseball history from 1860 to 1919, including the first-ever major league game, the birth of the Cardinals, and the colorful characters who shaped the sport. Meet the stars, the unsung heroes, and the visionaries, owners, players, and fans who helped build a baseball legacy that still thrives today. Perfect for history buffs and baseball fans alike!

HIST-708 | 1 session | \$29.50 AGE 60+ | \$35 REG

P03 Th 10 a.m.-12 p.m.
Feb 19

Brian Flaspohler
WW-AC 227

St. Louis Baseball History: 1920-1969

Relive the moments that made St. Louis a baseball powerhouse! From the rise and fall of the Browns to the Cardinals first World Series triumph, and the unforgettable Stars of the Negro Leagues this class brings the golden age of baseball to life. Discover the players, owners, and behind-the-scenes stories that shaped the city's major league legacy. Whether you're a lifelong fan or new to the game, this journey through St. Louis's baseball past is a grand slam!

HIST-708 | 1 session | \$29.50 AGE 60+ | \$35 REG

P04 Th 10 a.m.-12 p.m.
Mar 5

Brian Flaspohler
WW-AC 227

St. Louis Baseball History: 1970-Present

Step into the dugout of history and relive the glory days of the St. Louis Cardinals in this third installment of the Cardinals baseball series! Explore the powerhouse decades of the 1970s, 1980s, and 2000s highlighting the legendary players, unforgettable moments, and behind-the-scenes figures who fueled the teams success. From World Series wins to Hall of Fame careers, this class is a must for any true Cardinals fan.

HIST-708 | 1 session | \$29.50 AGE 60+ | \$35 REG

P07 Th 10 a.m.-12 p.m.
Apr 9

Brian Flaspohler
WW-HS 208

The Cathedral Basilica of Saint Louis: An Illustrated Timeline

Reflect upon more than 350 years of history behind the Cathedral Basilica of Saint Louis, from early French exploration to the present day. Venture into how Catholicism shaped the city's development and how several key churches led to the creation of this architectural masterpiece. Get introduced to the story behind its design, construction and breathtaking mosaics. Through historic illustrations and storytelling, you'll gain insight into the vision and events that brought this iconic cathedral to life.

HIST-708 | 1 session | \$22 AGE 60+ | \$29 REG

P06 Tu 10 a.m.-12 p.m.
Apr 7

John Guenther
MC-SW 206

The Gateway Arch: An Illustrated Timeline

Broaden your knowledge of the fascinating history behind the Gateway Arch and its symbolic connection to America's westward expansion. See how St. Louis became a pivotal hub in U.S. history, from the Louisiana Territory to the age of steamboats and railroads and how the vision for the Jefferson National Expansion Memorial evolved into the iconic monument we see today. Through historic images and storytelling, you'll gain insight into the creativity and collaboration that shaped this architectural landmark.

HIST-708 | 1 session | \$22 AGE 60+ | \$29 REG

P02 M 10 a.m.-12 p.m.
Feb 9

John Guenther
MC-SC 201

Urban Power & Politics in St. Louis: How Did the City Get This Way?

St. Louis isn't just a city, it's nearly 100 cities in one! Uncover how a patchwork of autonomous municipalities came to define one of America's most divided urban landscapes. Examine the historical forces that shaped the city's segregation, deindustrialization and municipal fragmentation. Using urban power theory, you'll critically examine how and why these dynamics developed and consider how their legacy continues to evolve today to reimagine the city's future.

HIST-708 | sessions | \$23 AGE 60+ | \$29 REG

P05 Sa 10 a.m.-12 p.m.
Apr 4

Nathan Pipes
FV-SM 127

Pruitt-Igoe: St. Louis through the Lens of Federal Housing Projects

Once hailed as a model for modern urban living, the Pruitt-Igoe housing complex in North City became one of the most infamous federal housing failures in post-war America. Based on the documentary, The Pruitt-Igoe Myth, uncover the complex web of race, policy, economics, and urban planning that led to its demolition just two decades after opening. Through critical analysis and discussion, you'll explore how St. Louis became a national case study in similar public housing challenges in cities across the country and lessons it offers. This session complements the class Urban Power & Politics in St. Louis: How Did the City Get This Way?

HIST-708 | sessions | \$23 AGE 60+ | \$29 REG

P10 Tu 10 a.m.-12 p.m.
May 5

Nathan Pipes
FV-SM 127

HISTORY

Missouri

Missouri's Major League Legacy

Step up to the plate and explore the rich baseball heritage of the Show-Me State! Discover the incredible stories of over 600 Missouri-born players who made it to the Major Leagues, from legendary Hall of Famers to trailblazing Negro Leaguers and unforgettable baseball families. Whether you're a lifelong fan or just love a good story, this journey through America's pastime will hit it out of the park.

HIST-708 | 1 session | \$29.50 AGE 60+ | \$35 REG

P08 Th 10 a.m.-12 p.m. **Brian Flaspohler**
Apr 23 WW-AC 227

Behind Bars:

Missouri's Jails and Prisons

From one-man cells to revolving jails, Missouri's incarceration history is anything but ordinary. Come explore the state's most unusual detention sites including cabooses, Civil War prisons, military facilities and abandoned lockups now turned museums. Uncover tales of gallows a jail and the infamous 47 bloodiest acres in America. Learn about the tornado that tore through two-foot-thick jail walls leaving inmates with only minor injuries. Today, some Missouri prisons host Shakespeare performances and train rescue dogs for adoption.

HIST-708 | 1 session | \$24 AGE 60+ | \$29 REG

P09 Tu 1-2:30 p.m. **Doug Schneider**
Apr 28 MC-CN 228

Ste. Genevieve:

Missouri's Oldest City

Capture the heart of history and culture with this unforgettable journey to Ste. Genevieve, Missouri's oldest European settlement, older than St. Louis and brimming with French charm. Examine the towns rich heritage through its authentic French colonial architecture, vibrant festivals, and mouthwatering French-inspired cuisine. Along with art galleries, antique shops, and cozy boutiques and soak in the scenic beauty shaped by the mighty Mississippi River. Whether you're a history buff, a culture enthusiast or simply craving a unique experience, this course offers a perfect blend of education, exploration, and inspiration.

HIST-708 | 1 session | \$24 AGE 60+ | \$29 REG

P11 Th 7-8:30 p.m. **Doug Schneider**
May 14 Online

United States

Revolutionary Friends, Foes, and Heroes

A riveting look into two of America's most complex founding fathers, John Adams and Thomas Jefferson whose friendship, rivalry and reconciliation helped shape the birth of a nation. Delve into their most productive collaboration in 1776, when they joined forces to draft the Declaration of Independence and steer the colonies toward liberty. Through historical insights, you'll explore how their lives intertwined to influence the trajectory of the United States until both men died on the 50th anniversary of the Declaration they helped create.

HIST-704 | 1 session | \$22 AGE 60+ | \$29 REG

P03 Tu 6:30-8:30 p.m. **Jim Gallen**
Mar 10 MC-SW 105

Revolutionary

Semiquincentennial: 1776

The Semiquincentennial of the American Revolution highlights the pivotal events of 1776. From the publication of Common Sense in January to the Continental Army's victory over Hessian mercenaries in December, this year shaped the nation's future. Key moments include the British evacuation of Boston, the signing of the Declaration of Independence, the capture of Nathan Hale, and more.

HIST-704 | 1 session | \$22 AGE 60+ | \$29 REG

P05 Tu 6:30-8:30 p.m. **Jim Gallen**
Apr 28 MC-SW 105

The American Revolution in Popular Film and Theater

What happens when Hollywood and Broadway take on history? Historical meaning is always a matter of perspective and often a source of debate. Through discussions and critical viewing, you'll explore how the American Revolution is portrayed in popular media including "The Patriot" and "Hamilton". How do different audiences and creators shape the narrative of the revolution? What do those choices reveal about our collective memory and cultural values? And, why do those differences matter? This session complements the class The American Revolution: What the Historians Argue.

HIST-704 | 1 session | \$23 AGE 60+ | \$29 REG

P04 Tu 10 a.m.-12 p.m. **Nathan Pipes**
Mar 10 FV-SM 127

The American Revolution: What the Historians Argue

The American Revolution isn't just history, it's a living symbol that continues to shape today's cultural and political debates. Examine how historians have interpreted the colonial struggle for independence and contrast those scholarly views with popular narratives and public memory. Through engaging discussions and critical analysis, explore how the Revolution's meaning has evolved and how its been repurposed in modern political and cultural discourse. This session is a perfect companion to class The American Revolution in Popular Film and Theater.

HIST-704 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Tu 10 a.m.-12 p.m. **Nathan Pipes**
Feb 10 FV-SM 127

The Revolutionary War at Sea

The Revolutionary War wasn't won on land alone; sea power played a decisive role. Come explore the dramatic naval battles, daring blockades and strategic maneuvers that shaped the outcome of the war. Discover how British, American, and French forces waged war on the water, and why more colonial troops perished at sea than on the battlefield. Uncover the hidden stories behind three cannons in a St. Louis park that once belonged to a British frigate in Charleston in 1776. Learn how a tiny island, smaller than Kirkwood, Missouri played a pivotal role in defeating the British. Dive into the origins of submarine warfare and the surprising reason John Paul Jones later apologized to the British. Don't miss this voyage as history comes alive on the high seas.

HIST-704 | 1 session | \$24 AGE 60+ | \$29 REG

P02 F 1-2:30 p.m. **Doug Schneider**
Feb 20 MC-CN 128

GENEALOGY

Prerequisite: Windows® computer skills and an active St. Louis County Library card.

Death Has Many Faces

Death may be certain but tracking it down in the records isn't always so simple. Go beyond the standard U.S. death certificate to uncover alternative sources of death information. Whether you're a genealogist, historian, or curious researcher, you'll learn where to look when the paper trail runs cold. Discover hidden clues in unexpected places and sharpen your skills in solving one of genealogy's most elusive mysteries.

GENE-704 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
P01 Tu 2-4 p.m. **Pat Stamm**
 Feb 10 – Feb 17 MC-FS 313

Genealogical Gems: Military Records

Many families have a legacy of military service and sometimes the records that tell those stories are often buried in complex archives. Unlock hidden information that can guide you through the rich and often overlooked world of military documents. Learn how to access personal details, service records and the locations of these historical gems. Whether you're a family historian or a curious researcher, you'll uncover powerful connections to the past and gain tools to bring untold heritage and stories to life.

GENE-704 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
P03 Tu 2-4 p.m. **Pat Stamm**
 Mar 24 – Mar 31 MC-FS 313

Genealogical Problem Solving: Climbing Brick Walls

Stuck on a blocked family line? Solve mysteries, discover connections and re-ignite your research in this hands-on, interactive course designed to equip genealogists of all levels with proven techniques to overcome research roadblocks. Learn to analyze clues, rethink strategies and unlock new paths in history. Whether you're facing missing records, name changes, or dead ends, this class will give you the tools to move forward with confidence.

GENE-704 | 3 sessions | \$45^{AGE 60+} | \$65^{REG}
P04 Tu 2-4 p.m. **Pat Stamm**
 Apr 14 – Apr 28 MC-FS 313

Newspapers Research: Both On and Offline

Unlock the hidden stories in newspapers! Newspapers are more than just obituaries they're rich with fascinating details, family stories, and historical gems waiting to be discovered. Discover how to find and use newspapers (both online and offline) to enhance your research. Explore which newspapers to look at, how to access information and tips for getting the most out of each page. Whether you're tracing your family tree or diving into local history, this session will help you uncover valuable insights you won't find anywhere else!

GENE-704 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
P02 Tu 2-4 p.m. **Pat Stamm**
 Mar 3 – Mar 10 MC-FS 313

PHILOSOPHY

AI Ethics

Delve into the continuously advancing domain of artificial intelligence (AI) and its significant ethical consequences. As AI technologies become increasingly woven into the fabric of our everyday existence, encompassing everything from personal assistants to self-driving cars, the imperative to grasp and tackle the ethical issues they present is paramount. Equip yourself with a fundamental comprehension of AI ethics, encompassing both the difficulties and prospects that AI advancements bring.

PHIL-701 | 1 session | \$22^{AGE 60+} | \$29^{REG}
P02 W 6-8 p.m. **Sahar Joakim-Resch PhD**
 Apr 22 MC-CN 128

Ethical Theories: The Right Way to Live

You did not choose to be born. But here you are! How should you live? Is there a "right" way? And how can you know if you are living well? Assess several theories according to which you could qualify as a "good" person. Expand your knowledge of normative ethical theories like egoism and utilitarianism to broader philosophies like Confucianism. How far will you go to live a noble life, and how far should you go to change the way others live?

PHIL-701 | 1 session | \$22^{AGE 60+} | \$29^{REG}
P01 W 6-8 p.m. **Sahar Joakim-Resch PhD**
 Mar 25 MC-CN 128

Philosophy of Religion

Millions of people have faith that a supernatural being exists. Is there one? Initial focus will be on the philosophical arguments, some backed by science, others by religion, in favor of a belief in God. In addition, journey into several arguments against a belief in God and the philosophy behind it. Assess your perspective on whether faith in God is based on reason by gaining a deeper understanding of both viewpoint beliefs. The goal of the class is not to sway but to equip you with a comprehensive understanding of both sides, enabling you to form your own reasoned viewpoint.

PHIL-701 | 1 session | \$22^{AGE 60+} | \$29^{REG}
P03 W 6-8 p.m. **Sahar Joakim-Resch PhD**
 Jun 3 MC-CN 128

RELIGION

Eastern Religions

If you are intrigued by the major religions of Asia, begin your search for understanding with this course offering an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. Expand your knowledge of other belief systems and discuss the differences and similarities of the major world religions. It is recommended that this course be taken in conjunction with Western/Monotheistic Religions to provide a more complete view of major world religions.

RELG-702 | 1 session | \$22^{AGE 60+} | \$29^{REG}
P01 W 6-8 p.m. **Sahar Joakim-Resch PhD**
 Apr 8 MC-CN 128

Western/Monotheistic Religions

Discover the fascinating origins of the world's major monotheistic religions. Begin with Zoroastrianism, the oldest known monotheistic faith and trace its influence on Judaism, Christianity, and Islam. Through rich discussions and historical insights, you'll explore the teachings, development and modern-day challenges of each tradition. This course offers a respectful space to compare beliefs, deepen understanding, and expand your worldview. It is recommended that this course be taken in conjunction with the Eastern Religions course to provide a more complete view of major world religions.

RELG-703 | 1 session | \$22^{AGE 60+} | \$29^{REG}
P01 W 6-8 p.m. **Sahar Joakim-Resch PhD**
 May 13 MC-CN 128

Introduction to Islam

Islam is the second largest religion in the world and has a surprisingly long history in the United States. Explore the basic beliefs and diverse practices of Muslims around the world, as well as their history, art, and architecture. Among the topics covered: the Hajj pilgrimage, the role of Islamic law in daily life, the importance of Quran recitation, and the differences between Sunni and Shii traditions.

RELG-701 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P04 Tu 6:30-8:30 p.m. **Garrett Kiriakos-Fugate**
 May 12 FP-HealthSci 306

Religious Architecture

Explore the diversity of world religions through an architectural tour of sacred spaces around the world. From Ottoman mosques to Shinto shrines, ancient churches and modern synagogues, expand your knowledge of religion, art, and architecture. Reflect on the common architectural themes that unite these places of worship, as well as the ways each is an expression of the unique traditions, cultures, and histories of the religious communities they serve.

RELG-765 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P01 W 6:30-8:30 p.m. **Garrett Kiriakos-Fugate**
 Apr 29 FP-HealthSci 306

FITNESS, RECREATION AND SPORTS

Baton Twirling

Adult Baton Twirling

Twirl, march, spin, toss and roll! This adult baton twirling class is the perfect blend of movement, music, and momentum led by a former champion who knows how to turn technique into fun. Learn new routines, improve coordination, and boost your fitness to perform for family and friends. Wear comfortable clothing and running or oxford shoes (no oversized shirts) and tie back long hair. Batons are included. This is your chance to shine!

PEDU-747 | 6 sessions | \$55 AGE 60+ | \$69 REG

P01	Th 5:30-6:30 p.m. Feb 5 – Mar 12	Jenney Woodford MC-PE East Lobby
P02	Th 5:30-6:30 p.m. Apr 2 – May 7	Jenney Woodford MC-PE East Lobby
P03	Th 5:30-6:30 p.m. May 14 – Jun 18	Jenney Woodford MC-PE East Lobby

Bowling

Bowling Skills

Whether you are just beginning or looking to bring your bowling game up a notch, have fun and learn new techniques as you learn proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games each week. Shoe rental included.

PEDU-772 | 4 sessions | \$48 AGE 60+ | \$65 REG

P01	Tu 11 a.m.-1 p.m. Apr 7 – Apr 28	Mike Bluth Crestwood Bowl
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Games and Hobbies

Gaelic Games: Introduction

Step into an introduction to the lively heritage of Gaelic games designed for those new to hurling, camogie and Gaelic football. Through engaging outdoor sessions, you'll build foundational skills while discovering the rich history, rules and cultural roots of these iconic Irish sports. The focus is on enjoyment, movement, and community. No experience needed and all fitness levels are encouraged to join the fun. All equipment provided. Participants should wear comfortable athletic clothing and non-marking athletic shoes.

PEDU-747 | 4 sessions | \$29 AGE 60+ | \$29 REG

P04	F 3-4:30 p.m. Feb 20 – Mar 13	St. Louis Gaelic Athletic Club MC-Youth Field
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Mahjong: Beginner

Discover the fascinating world of Mahjong in this beginner-friendly course designed for those new to the game. You'll learn the basic rules, tile meanings, and strategies to help you build confidence and enjoy playing. Through guided instruction and hands-on practice, you'll be ready to join a game with friends or at your local club. No prior experience is necessary just bring your curiosity and a willingness to learn! All supplies provided.

GAME-711 | 4 sessions | \$49 AGE 60+ | \$65 REG

P01	Sa 10-11:30 a.m. May 2 – May 30	Jill Goodman MC-HE 123
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• NOTE: No class 5/23

Cardio and Strength

Kickboxing

Ready to punch up your fitness routine at home? Kickboxing is your ticket to high-energy fun, fierce moves and serious results. With this full-body workout you will build strength, speed and cardiovascular endurance through dynamic punches, kicks and nonstop movement. Perfect for fitness and stress relief. Five pound weights recommended but not required.

PEDU-744 | 8 sessions | \$69 AGE 60+ | \$69 REG

P01	Tu 8-8:30 a.m. Feb 10 – Mar 31	Corrine McCawley Online
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Wall Pilates

Get fit at home. All you need is a wall and a mat to get started. Wall Pilates is a variation of traditional Pilates that incorporates the wall for added support, balance and resistance. This workout emphasizes alignment, core strength, and overall body stability. You'll enhance core engagement, improve balance and boost muscle activation, all while enjoying a low-impact exercise.

PEDU-756 | 8 sessions | \$69 AGE 60+ | \$69 REG

P01	W 5:30-6 p.m. Feb 11 – Apr 1	Lisa Hale Online
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Handball

Handball: Beginner

Fast, fun and addictive! Ready to add something fresh to your fitness routine? Handball is a fast-paced, high intensity sport that challenges your reflexes, coordination and stamina while delivering a serious dose of fun! Designed for beginners, get introduced to the fundamentals of handball including rules, court movement, striking techniques and basic strategy. You'll build skills quickly through drills and games, all in a supportive, beginner friendly environment. Handball gloves and goggles are included for you to keep. No other equipment or experience needed- just sneakers and some energy!

PEDU-769 | 6 sessions | \$109 AGE 60+ | \$109 REG

P01	W 10-11:30 a.m. Jan 28 – Mar 4	St. Louis Hinder Club US National Handball Center
P02	W 10-11:30 a.m. Apr 1 – May 6	St. Louis Hinder Club US National Handball Center

Hiking

A Beginner's Guide to Hiking

Discover the fun of being outdoors with this introductory course for new or beginning hikers! You'll learn how to select the right gear, navigate local trails, and plan for a safe and enjoyable hike. Build up your confidence to explore nature's wonders and unleash your inner adventurer!

PEDU-758 | 1 session | \$23 AGE 60+ | \$29 REG

P01	W 6-8 p.m. Apr 8	Daria McKelvey FP-W 117
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Golf

Golf: Basics and Beyond

Learning to play golf correctly is key to a great game. As a new golfer, get started on the right track. For more experienced golfers, get back to basics and unlearn any bad habits. Class covers putting, chipping, pitching, rules, etiquette, and full swing with iron and with wood. Extra fee for balls.

PEDU-730 | 4 sessions | \$89 AGE 60+ | \$89 REG

P01	Sa 10-11:30 a.m. Mar 28 – Apr 18	Eagle Springs Golf Course
P02	Tu 6-7:30 p.m. Mar 31 – Apr 21	Eagle Springs Golf Course
P03	Sa 10-11:30 a.m. May 2 – May 23	Eagle Springs Golf Course
P04	Sa 10-11:30 a.m. May 30 – Jun 27	Eagle Springs Golf Course

• NOTE: No class 6/20

Golf: Beginning I

Start from the beginning and learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. A perfect introductory class for new players and a great way for experienced golfers to sharpen rudimentary golf skills. Extra fee for balls.

PEDU-730 | 6 sessions | \$69 AGE 60+ | \$85 REG

P05	Tu 12-1 p.m. Mar 31 – May 5	Scott Neibert First Tee Driving Range
P06	Th 6:30-7:30 p.m. Apr 2 – May 7	Scott Neibert First Tee Driving Range

Golf: Beginning II

Review, practice and expand on fundamentals presented in Golf: Beginning I class. With emphasis on correcting individual swing faults, this is the perfect class for beginning golfers with previous instruction. Extra fee for balls.

PEDU-731 | 6 sessions | \$69 AGE 60+ | \$85 REG

P01	Tu 1-2 p.m. Mar 31 – May 5	Scott Neibert First Tee Driving Range
P02	Th 7:30-8:30 p.m. Apr 2 – May 7	Scott Neibert First Tee Driving Range

Golf: Playing Lessons

Ready to take your golf game from the practice range to the fairway with confidence? Bridge the gap between traditional lessons and real on-course play. You'll receive personalized swing evaluations, etiquette guidance and hands-on experience both on the course and at the range. Additional \$20 fee at the golf course.

PEDU-765 | 1 session | \$35 AGE 60+ | \$35 REG

P03	M 5:45-7:45 p.m. Apr 20	Eagle Springs Golf Course
P04	M 5:45-7:45 p.m. May 18	Eagle Springs Golf Course

Golf: Short Game Skills

Whether you're picking up a club for the first time or looking to sharpen your short game, this hands-on class is designed to elevate your skills and boost your confidence. Each week, you'll focus on a core short game technique—putting, chipping, and pitching. Apply everything you've learned at the final session. The improvement you'll see in your scorecard is priceless! Extra fee for balls.

PEDU-765 | 6 sessions | \$69 AGE 60+ | \$85 REG

P01	Sa 9-10 a.m. Apr 4 – May 9	Scott Neibert First Tee Driving Range
P02	Sa 10-11 a.m. Apr 4 – May 9	Scott Neibert First Tee Driving Range

Yoga

Yoga: Beginning

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and yoga mat.

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG
P04 M 12:15-1:15 p.m. **Kelly Carter**
 Feb 23 – May 4 Afton Community Center
 • NOTE: No class 3/16

Yoga: Continuing

Continue to build your yoga skills while learning to relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring a towel and yoga mat.

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG
P05 M 1:30-2:30 p.m. **Kelly Carter**
 Feb 23 – May 4 Afton Community Center
 • NOTE: No class 3/16

Yoga: Principles of Alignment

Learn how to assess and adjust your body alignment to develop strength and flexibility. Through mindful movement, help restore mental and physical health, possibly alleviating painful conditions such as sore back and knees. Techniques learned during this course are safe and effective for all levels of practitioner.

PEDU-761 | 9 sessions | \$139 AGE 60+ | \$139 REG
P02 Sa 8:45-10 a.m. **Kelsey Helms**
 Jan 31 – Mar 28 Yoga108 Studio

Chair Yoga

Whether you're new to yoga or seeking supportive practice, get the tools to build strength, confidence, and awareness using a chair as your mat. Yoga postures (asanas) and breathing techniques (pranayama) are used to gain concentration and self-discipline to improve your physical and emotional health. Bring your mat, a towel and water. If you have yoga blocks and a strap, you can bring those as well, but not required.

PEDU-761 | 10 sessions | \$85 AGE 60+ | \$129 REG
P07 Tu 11 a.m.-12:30 p.m. **Amma Drummond**
 Feb 24 – May 5 MC-SC 201
 • NOTE: No class 3/17

Keep Your Bones Strong

Practice and learn how to enhance bone strength from an internationally certified yoga therapist. Gain insight into the science of bone and receive a personal anatomical assessment. Discover how to foster balance and tensile strength while enhancing muscle stability and joint alignment with targeted movement. Must not have osteoporosis and you must be able to get up and down from the floor. Bring a yoga mat, towel, blanket and water.

PEDU-761 | 6 sessions | \$50 AGE 60+ | \$69 REG
P08 W 6:15-7:30 p.m. **Pamela Todd**
 Mar 25 – Apr 29 MC-SC 201

Vinyasa Flow Yoga

Flow through energizing sequences that build strength, flexibility, and balance—all from home. Guided breathwork helps calm the mind and activate your body. All levels welcome. Just bring your mat and your breath.

PEDU-761 | 8 sessions | \$69 AGE 60+ | \$69 REG
P03 F 8:30-9:30 a.m. **Debbie Daugherty**
 Feb 13 – Apr 3 Online

Yoga Skills

Find your gateway to building a strong foundation in both body and breath in this beginner-friendly yoga class. Designed to be safe, supportive and empowering, each session introduces essential poses (asanas), breathing techniques (pranayama) and alignment cues that help you move with intention and ease. Explore movement through a mindful and meditative lens, discovering how breath and posture work together to create balance. Discover the joy of yoga and grow at your own pace. Bring your mat, a towel and water. If you have yoga blocks and a strap, you can bring those as well, but not required.

PEDU-761 | 10 sessions | \$85 AGE 60+ | \$129 REG
P06 Tu 9-10:30 a.m. **Amma Drummond**
 Feb 24 – May 5 MC-SC 201
 • NOTE: No class 3/17

Yoga: Align and Unwind

Stilling the mind starts with aligning and freeing the body. Learn to unwind through understanding movement at a deep level. Untie your deepest knots and possibly solve painful conditions in the back, knees, shoulders and more. Techniques learned during this course are safe and effective for all levels of practitioner.

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG
P01 Tu 7:15-8:15 a.m. **Jayne Langsam**
 Jan 27 – Mar 31 Yoga108 Studio

Pickleball

All equipment provided. Dress appropriately for Hanley Park outdoor courts and Chesterfield Parks & Rec outdoor courts. Textbook is not mandatory but is essential for reference, more comprehension and understanding for Callahan Pickleball Academy classes: "Pickleball: Tips, Strategies, Lessons and Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner" (available through online retailers.)

Pickleball: Beginner

PEDU-740 | 4 sessions | \$119 AGE 60+ | \$119 REG
P01 Tu 3:30-5 p.m. **Callahan Pickleball Academy**
 Jan 27 – Feb 17 Afton Community Center

P02 W 2:30-4 p.m. **Callahan Pickleball Academy**
 Feb 25 – Mar 25 Beal Center
 Chesterfield Sports Complex
 • NOTE: No class 3/18

P03 Tu 3:30-5 p.m. **Callahan Pickleball Academy**
 Mar 31 – Apr 21 Afton Community Center

P04 Th 3-4:30 p.m. **Callahan Pickleball Academy**
 Apr 23 – May 14 Chesterfield Parks & Rec

P05 Sa 2:30-4 p.m. **Callahan Pickleball Academy**
 May 2 – May 23 Hanley Park

P06 Sa 2:30-4 p.m. **Callahan Pickleball Academy**
 May 30 – Jun 20 Hanley Park

P07 Tu 4:30-6 p.m.
 Feb 3 – Feb 24 Vetta Sunset

P08 Tu 4:30-6 p.m.
 Apr 28 – May 19 Vetta Sunset

Pickleball: Intermediate

PEDU-740 | 4 sessions | \$119 AGE 60+ | \$119 REG
P09 Tu 2-3:30 p.m. **Callahan Pickleball Academy**
 Jan 27 – Feb 17 Afton Community Center

P10 W 1-2:30 p.m. **Callahan Pickleball Academy**
 Feb 25 – Mar 25 Beal Center
 Chesterfield Sports Complex
 • NOTE: No class 3/18

P11 Tu 2-3:30 p.m. **Callahan Pickleball Academy**
 Mar 31 – Apr 21 Afton Community Center

P12 Th 1:30-3 p.m. **Callahan Pickleball Academy**
 Apr 23 – May 14 Chesterfield Parks & Rec

P13 Sa 1-2:30 p.m. **Callahan Pickleball Academy**
 May 2 – May 23 Hanley Park

P14 Sa 1-2:30 p.m. **Callahan Pickleball Academy**
 May 30 – Jun 20 Hanley Park

P15 Th 4:30-6 p.m.
 Feb 5 – Feb 26 Vetta Sunset

P16 Th 4:30-6 p.m.
 Apr 30 – May 21 Vetta Sunset

Tennis

National Tennis Rating Program (NTRP)

- 1.0** This player is just starting to play tennis.
- 2.0** May have had some lessons; needs on-court experience.
- 2.5** Can sustain a short rally of slow pace; needs to develop form.
- 3.0** Consistent on medium-paced shots; needs work on form and strategy.
- 3.5** Consistent with directional control; needs to work on specialty shots.
- 4.0** Dependable with directional control and depth has specialty shots. Needs to play more percentage tennis.

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasis on proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Consistency of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and are emphasized to improve consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately.

Tennis: Beginning I, NTRP 1.0-2.0

See NTRP rating box. Tennis balls provided.

PEDU-733 | 7 sessions | \$75 AGE 60+ | \$75 REG

P01	Tu 1-2 p.m.	
	Feb 3 – Mar 17	Vetta Concord
P02	Sa 2:30-3:30 p.m.	
	Feb 7 – Mar 21	Vetta Concord
P03	Tu 1-2 p.m.	
	Apr 7 – May 19	Vetta Concord
P04	Sa 2:30-3:30 p.m.	
	Apr 11 – May 23	Vetta Concord

Tennis: Beginning II, NTRP 2.5

See NTRP rating box. Tennis balls provided.

PEDU-734 | 7 sessions | \$75 AGE 60+ | \$75 REG

P01	Sa 3:30-4:30 p.m.	
	Feb 7 – Mar 21	Vetta Concord
P02	Sa 3:30-4:30 p.m.	
	Apr 11 – May 23	Vetta Concord

Tennis: Intermediate I, NTRP 3.0

See NTRP rating box. Tennis balls provided.

PEDU-735 | 7 sessions | \$99 AGE 60+ | \$99 REG

P01	Tu 2-3:30 p.m.	
	Feb 3 – Mar 17	Vetta Concord
P02	Tu 2-3:30 p.m.	
	Apr 7 – May 19	Vetta Concord

Tennis: Intermediate Advanced, NTRP 3.0-4.0

See NTRP rating box. Tennis balls provided.

PEDU-736 | 7 sessions | \$99 AGE 60+ | \$99 REG

P01	Sa 4:30-6 p.m.	
	Feb 7 – Mar 21	Vetta Concord
P02	Sa 4:30-6 p.m.	
	Apr 11 – May 23	Vetta Concord

Self-Defense

PLEASE NOTE: Xtreme Krav Maga requires student photo to be taken at first class. No shoes on mats; athletic wear required. Arrive 15 minutes early to the first class.

Krav Maga: Fundamentals

Designed for newcomers to Krav Maga, this class builds core martial arts and self-defense skills at a steady pace. With a focus on technique and comfort, it's ideal for those easing into training or seeking a thoughtful, skill-based introduction. No shoes on mats; athletic wear required.

PEDU-743 | 10 sessions | \$95 AGE 60+ | \$95 REG

P01	Tu, Th 7-8 p.m.	
	Jan 27 – Feb 26	Xtreme Krav Maga Fenton
P02	M, W 6-7 p.m.	
	Mar 23 – Apr 22	Xtreme Krav Maga Fenton
P03	M, W 6-7 p.m.	
	Apr 6 – May 6	Xtreme Krav Maga Fenton

Krav Maga: Beginner

This faster-paced class suits students with prior experience or strong physical readiness. It builds on foundational skills with greater intensity, offering a dynamic environment for those ready to progress quickly and train at a higher level. No shoes on mats; athletic wear required.

PEDU-743 | 10 sessions | \$95 AGE 60+ | \$95 REG

P05	Tu 7-8 p.m.	
	Feb 3 – Apr 7	Xtreme Krav Maga Fenton

Women's Only Self-Defense

Join this supportive, trauma-conscious class designed exclusively for women, focusing on practical self-defense techniques to increase awareness and build confidence and empowerment.

PEDU-743 | 10 sessions | \$95 AGE 60+ | \$95 REG

P04	W 7-8 p.m.	
	Jan 28 – Apr 1	Xtreme Krav Maga Fenton

WELLNESS AND PERSONAL DEVELOPMENT

Personal Insights

The Gift of Empathy

Do you consider yourself an empath? Do you often sense the thoughts and emotions of others involuntarily? While many view empathy as a burden or a condition to be fixed, others have shared that they 'shut it off' during their vulnerable youth. Some now seek to reconnect with this ability. Explore a deeper understanding of empathy as a gift rather than a curse.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Tu 6:30-8:30 p.m. **William Duffin**
Feb 10 *Online*

Autology: Finding the Truth in You

Are you ready to embark on a profound journey of self-discovery? In a world constantly pulling you in different directions, it's easy to lose touch with your authentic self. Designed to guide you back to your core, help uncover your deepest values, passions, and purpose. It's not just about introspection; it's about building a robust framework for living a life that is genuinely and unapologetically yours.

PERD-709 | 2 sessions | \$43 AGE 60+ | \$65 REG

P04 Sa 12-4 p.m. **Rachel Ponder**
Apr 4 - Apr 11 *FP-HS 310*

Autology: Bringing Your Gift to Life

Prepare to transform your self-knowledge into tangible impact, bringing your extraordinary gift(s) to life and enriching both yourself and the world around you. Identify your inherent gifts, cultivate your strength and translate your deepest passions into meaningful action. Explore strategies for overcoming self-doubt, fostering resilience and creating a life where your authentic self is not just known, but actively expressed and shared. Class can be taken individually or as a complement to Autology: Finding the Truth in You.

PERD-709 | 2 sessions | \$43 AGE 60+ | \$65 REG

P08 Sa 12-4 p.m. **Rachel Ponder**
May 2 - May 9 *FP-HS 310*

Attraction and Understanding Your True Intention

You've crafted your vision board, set your intentions, and dreamed big but something still feels stuck. Are still encountering the same old obstacles? Uncover the missing link: unconscious counter-intentions the hidden beliefs and emotional patterns that quietly sabotage your goals. Unlock the full force of your inner potential and explore the law of attraction from a deeper, more transformative angle and finally align your desires with your subconscious mind.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

P06 Tu 6:30-8:30 p.m. **William Duffin**
Apr 7 *Online*

Believe in Yourself: Tools and Techniques to Build Self-Confidence

Build your self-esteem and unlock your true potential. This engaging and interactive workshop is designed to help you overcome self-doubt and reconnect with your inner confidence. Led by a licensed clinical social worker, you will engage in activities, gain deeper self-awareness and identify your personal strengths. Discover practical strategies to nurture self-belief in your daily life.

PERD-709 | 1 session | \$35 AGE 60+ | \$35 REG

P02 Tu 5:30-7:30 p.m. **Lindsay Simons**
Feb 10 *MC-AS 108*

Build Better Relationships Through Communication

Connect more deeply with others by enhancing your communication skills. Learn practical tips for improving communication, building trust and strengthening relationships. Through engaging activities and real-life scenarios, you will master the art of clear communication, active listening, and empathetic understanding.

PERD-741 | 1 session | \$35 AGE 60+ | \$35 REG

P01 Tu 5:30-7:30 p.m. **Lindsay Simons**
Mar 3 *MC-AS 108*

Connected Living: Deeper Connections in a Disconnected World

More than ever, people are craving real connection; conversations that matter, relationships that last and communities that feel like home. Explore the introductory foundations of meaningful relationships and gain practical tools to foster deeper bonds in both personal and professional settings. Chart your pathway into unitive living, a way of being that emphasizes wholeness, belonging, and authentic connection.

PERD-741 | 1 session | \$17 AGE 60+ | \$25 REG

P02 Th 5-7:30 p.m. **Rachel Ponder**
May 21 *FV-SM 126*

Emotional Escape

Everybody has problems but certain problems can consume you, make you sick and waste your time and energy to the point of exhaustion. They keep you up at night with worry and stress. Learn how to escape from your ongoing emotional distress, worry, and anxiety in this eye-opening class that will teach you how to take control of a situation, your thoughts, and compartmentalize those that keep you up at night. Learn how to achieve self-hypnosis, gain control of a problem and find achievable resolutions.

PERD-765 | 1 session | \$23 AGE 60+ | \$29 REG

P01 Sa 10 a.m.-12:30 p.m. **Cheryl Ring Mantinband**
Feb 21 *MC-SW 209*

Empaths, Intuitives and Sensitives

If you've ever been called "too sensitive" or have felt that way, it's time to reframe your sensitivity to develop your powerful gifts. Empaths are finely tuned instruments able to sense emotional undercurrents, absorb energy and intuitively connect with others. But without proper boundaries and tools, that gift can feel more like a burden. Learn to identify your empathic traits, discover ways to energetically protect yourself and strengthen your auric field by developing your intuition through in-class activities.

PERD-743 | 3 sessions | \$36 AGE 60+ | \$55 REG

P01 Th 10 a.m.-12 p.m. **Rhonda Leifheit**
Apr 16 - Apr 30 *MC-HE 124*

How to Stress Less: Practical Steps for Managing Stress

This helpful and interactive workshop is all about learning how to deal with stress in a healthy way. Led by a trained mental health professional, you will learn what causes stress, learn and practice practical techniques for coping with stress exercises, and create your own individualized stressbusting 'tool kit'.

PERD-712 | 1 session | \$35 AGE 60+ | \$35 REG

P01 Tu 5:30-7 p.m. **Lindsay Simons**
Apr 14 *MC-AS 108*

Laughter Yoga: An Introduction

From stress relief to better brain function, laughter is a holistic intervention that keeps your mind positive and strengthens your immune system. Bring more oxygen to your body and brain as you combine childlike playfulness with creative laughter exercises and yogic breathing techniques. Explore a practice that will help you manage through life's challenges and improve your psychological well-being. Done from a seated or standing position, no traditional yoga clothing or yoga positions are used nor jokes, comedy, or drama. Bring your yoga mat.

PERD-709 | 1 session | \$18 AGE 60+ | \$19 REG

P12 M 6:30-7:30 p.m. **Eileen Wolfington**
Jun 8 *FV-SM 124*

Introduction to Singing Bowl Sound Baths

Your body is an instrument that responds to frequencies. Get in touch with your mind and body to feel calm and less stressed as you immerse yourself in the deep healing sound vibrations of crystal singing bowls, Tibetan bowls, chimes, etc. Prepare to be transported to a place of inner tranquility and profound well-being during this sound journey. A limited number of mats will be provided for those who wish to lie down in a relaxing position. This session can be done seated.

HEAL-765 | 1 session | \$19 AGE 60+ | \$25 REG

P02 M 6:30-7:45 p.m. **Eileen Wolfington**
May 18 *FV-SM 124*

Natural Wellness: Overview of Traditional Oriental Medicine

Explore the fundamental concepts of traditional Oriental medicine that have steered this form of care for more than 2,500 years! Discover basic principles you can apply in your daily life to enhance health and wellness. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in traditional Oriental medicine.

HEAL-701 | 1 session | \$35 AGE 60+ | \$35 REG

P01 Tu 6:30-8:30 p.m. **Alex Chen**
Mar 24 *Online*

Learn to Consult an Ancient Oracle

In ancient China, people sought higher guidance when faced with dilemmas by consulting the I Ching (or Book of Changes) which emerged to help people align with the Tao (or the flow) what we might call divine order or synchronicity. You'll learn to do readings using this remarkable divination system and gain insight into life's perplexing issues. Discover how the I Ching can predict future tendencies and determine the best timing of decisions. While its not necessary to have the I Ching for this class, The I Ching Workbook by R.L. Wing ISBN: 978-0385128384, is recommended. Available at online retailers.

PERD-735 | 3 sessions | \$36 AGE 60+ | \$55 REG

P03 W 10 a.m.-12 p.m. **Rhonda Leifheit**
Mar 4 - Mar 25 *MC-SC 201*

• NOTE: No class 3/18

WELLNESS AND PERSONAL DEVELOPMENT

Nutrition

Be Healthy and Happy

Good health can be summarized in six basics: what you eat, what you drink, how you sleep and rest, how you breathe, how you move, and how you think. Learn to enhance all these areas of life with simple and sometimes small changes that make a huge difference for greater health and well-being.

HEAL-765 | 1 session | \$23 AGE 60+ | \$29 REG
P01 W 6:30-8:30 p.m. **Laurel Clark**
Mar 25 *Online*

Fueling Wellness with Micronutrients

Boost your health from the inside out! Dive into the world of essential vitamins and minerals and discover how they power your immunity, metabolism and bone strength. You will learn to spot deficiencies and turn knowledge into action with smart strategies for adding nutrient-rich foods to your daily routine. Wellness starts here!

HEAL-712 | 1 session | \$45 AGE 60+ | \$45 REG
P03 M 6-7:30 p.m. **Allison Lesko**
Mar 9 *FP-HS 310*

Label Reading Made Simple

Confused by food packaging? Learn how to decode nutrition labels with confidence in this interactive workshop. Uncover the difference between marketing claims and facts, understand serving sizes, spot total versus added sugars and discover which nutrients are best limited or prioritized. Gain hands-on practice comparing real food labels so you can shop smarter and make healthier choices. Leave with a handy review sheet and a resource list of ingredients to avoid, empowering you in every grocery aisle!

HEAL-712 | 1 session | \$25 AGE 60+ | \$25 REG
P02 Th 6:30-8 p.m. **Sandi Barrett**
Mar 5 *MC-SC 201*

Nutrition 101

Explore how food fuels your body and supports long-term wellness. Examine the essentials of macronutrients—carbs, proteins, and fats—and how they affect energy levels and physical performance. You'll gain practical tools for smarter eating, from portion control to interpreting nutrition labels, and leave ready to apply balanced nutrition to everyday life.

HEAL-712 | 1 session | \$45 AGE 60+ | \$45 REG
P01 M 6-7:30 p.m. **Allison Lesko**
Feb 23 *FP-HS 310*

Modern Herbal Wellness

Unlock the powerful role of herbs in your diet and transform your approach to wellness! Through evidence-informed insights, you'll discover how herbal remedies can support digestive and reproductive health to bring balance to your daily life. This course offers the tools and insights to make herbal healing part of your lifestyle.

HEAL-701 | 2 sessions | \$49 AGE 60+ | \$49 REG
P02 W 6-7:30 p.m. **Dr. LiTrease Holt**
Apr 8 – Apr 15 *Online*

Foundations of a Healthy Routine

Kickstart your wellness journey! Discover how consistent habits in nutrition, sleep, movement and stress management can supercharge your energy, focus and resilience. Learn the power of routine and design your own weekly action plan, complete with meal timing and sleep schedules, to build sustainable habits that support lifelong health.

HEAL-765 | 1 session | \$45 AGE 60+ | \$45 REG
P03 M 6-7:30 p.m. **Allison Lesko**
May 18 *FP-HS 310*

Meditation/Mindfulness

Mindful Stress Management

Take control of your mental well-being, learn to manage stress and build resilience. Through breathing exercises, journaling, and mindfulness, you'll explore how stress affects the body and mind. Each week focuses on identifying personal stressors, applying coping tools, and building healthy habits. By the end, you'll create a personalized plan to support your well-being at home and work.

PERD-712 | 3 sessions | \$33 AGE 60+ | \$49 REG
P02 Tu 6-8 p.m. **Trisha Farris**
Jun 2 – Jun 16 *FP-W 124*

Mastering Mindfulness

Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? Explore mindfulness as a method to improve your memory and find a clearer understanding of your purpose in life. Begin engaging the world with your entire mind instead of a fleeting, uncontrolled thought. Learn tools to stretch your mind in amazing ways.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG
P03 Tu 6:30-8:30 p.m. **William Duffin**
Mar 3 *Online*

Meditation Unlocked: How it Works and Why it Matters

Discover the transformative power of meditation in this practical, hands-on class designed for both beginners and seasoned practitioners. Learn why meditation matters, how it can reduce anxiety, offer clarity, and create lasting change in your life. Explore a variety of techniques to deepen your practice and uncover personal insight. We'll try many of these methods together. Bring a pillow, mat, or cushion for comfort.

PERD-765 | 3 sessions | \$55 AGE 60+ | \$55 REG
P03 Tu 6:30-9 p.m. **Jean Walters**
Mar 24 – Apr 7 *MC-ET 311*

Navigating Social Justice

Explore the complexities of social justice through discussion, reflection and analysis through an examination of systemic inequality, challenges faced by marginalized groups and the influence of global events. Emphasis is placed on recognizing injustice in daily life across work, education, politics and learning tools for advocacy. You will leave with a better understanding of your role in advancing equity and meaningful change.

PERD-749 | 3 sessions | \$33 AGE 60+ | \$49 REG
P01 W 6-8 p.m. **Trisha Farris**
Apr 1 – Apr 15 *FP-W 216*

Oracles and Divination

Have you dabbled in tarot or oracle cards? Many systems of divination have been used through the centuries. Learn a safe and fun way to communicate with spirit with a variety of oracles. Bring your favorite deck or tool and let's get to work.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG
P05 Tu 6:30-8:30 p.m. **William Duffin**
Mar 31 *Online*

Ten Clues to your Past Lives

Ever wonder if you've lived before? Learn how past lives might influence your life now. Find clues in your talents and gifts; fears and phobias; relationships and health. Explore basic theories and myths of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering ten significant clues to your past lives.

PERD-735 | 2 sessions | \$27 AGE 60+ | \$39 REG
P02 Sa 10 a.m.-12 p.m. **Rhonda Leifheit**
Feb 21 – Feb 28 *MC-AS 108*

The Afterlife

What happens when we die? Will we meet our loved ones who have passed before us? Is there a heaven? A hell? Do souls really get "stuck" between worlds? Am I still "me" when my body dies? Gain a greater understanding of the afterlife and the journey of the soul thereto. Come to class with an open mind. This class is based on empirical and anecdotal fact and not a forum to debate individual religious views.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG
P11 Tu 6:30-8:30 p.m. **William Duffin**
Jun 2 *Online*

The Magic and Mystery of Dreams

Explore the fascinating world of dreams in this engaging class that reveals how to call them forth and why they matter. You'll learn a simple 4-step formula to interpret your dreams and uncover the deeper messages they hold. Discover how to decode symbols that appear in dreams—and in everyday life—and what to do when they show up.

PERD-735 | 3 sessions | \$55 AGE 60+ | \$55 REG
P01 Tu 6:30-9 p.m. **Jean Walters**
Feb 3 – Feb 17 *MC-ET 311*

The Power to Heal

Have you ever wondered why you make the same mistake over and over? Is there an explanation to your patterns in life? Explore methods, both unique and universal, for understanding yourself. Discover what you need to do in order to be a whole, complete and healed person. These techniques will help you identify, understand and heal the source of wounds that keep you from being your true self.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG
P09 Tu 6:30-8:30 p.m. **William Duffin**
May 5 *Online*

The Spiritual Journey Workshop

The spiritual journey is the search for meaning regardless of belief in a divine being. Together we will create a safe and sacred space in which to discover the nature of our own unique journeys as we explore concepts and practices from a variety of wisdom traditions. Come with an eager heart and an open mind, ready to read, listen, experience, reflect, and share. You will deepen your relationship with yourself and expand your sense of community.

PERD-709 | 6 sessions | \$52 AGE 60+ | \$79 REG
P07 W 10 a.m.-12 p.m. **January Kiefer**
Apr 15 – May 20 *FP-HS 310*

Meditation/Mindfulness

Train Your Senses and Master Your Mind

Led by a certified master coach, delve into the science of emotional intelligence, unpacking the biological and psychological foundations that shape how we think, feel, and connect. You'll discover how to harness this knowledge to make wiser decisions, strengthen relationships and respond to life. You'll be introduced to The T Method, a simple yet powerful technique designed to quiet the mind, enhance sleep, and regulate emotions—especially helpful for those who struggle with traditional meditation. Whether you're seeking personal growth or emotional mastery, discover a grounded, accessible path to lasting change.

PERD-765 | 2 sessions | \$27 AGE 60+ | \$39 REG

P02 Sa 10-12 p.m. **Cheryl Ring Mantinband**
Apr 11 – Apr 18 MC-SW 209

Visualization, Affirmation, and Manifestation

Unlock the power of visualization to design your best life. Discover the secrets behind your natural magnetism, the science of luck, and a proven three-part formula for lasting success and fulfillment. You'll gain a transformative daily practice that helps you clarify your priorities and manifest your deepest desires. Plus, explore the dynamic connection between inspiration and motivation and how to harness both to fuel your journey.

PERD-735 | 1 session | \$23 AGE 60+ | \$29 REG

P04 Sa 10 a.m.-12 p.m. **Laurel Clark**
Apr 11 Online

Your Brilliant Emotions: Messengers of Healing

Reclaim the validity and innate wisdom of your feelings. Beyond simplistic judgments of emotions as positive/negative, discover the language of emotions and the wisdom they hold. Using *The Language of Emotions*, by empath Karla McLaren, you'll learn the messages of specific emotions, the Three Levels of Emotion and the Five Emotional Skills. This class is informational and not intended as therapy.

PERD-709 | 3 sessions | \$36 AGE 60+ | \$55 REG

P10 Tu 6-8 p.m. **Rhonda Leifheit**
May 5 – May 19 MC-FS 208

Transitions and Transformations

Life is full of transitions—some joyful, others challenging. Whether you're navigating loss, a new role, or a major life change like divorce, illness or an empty nest, get practical strategies to help empower you to move forward. Designed for adults 50+, you'll explore how to embrace change, reduce stress, and thrive in your next chapter.

PERD-709 | 2 sessions | \$27 AGE 60+ | \$39 REG

P13 Sa 9:30-11:30 a.m. **Carol Watkins**
Feb 21-Feb 28 Online

Reframing Aging

Do you think about aging? Research shows that our beliefs about aging determine how long and how well we live, yet most of us find it hard to break through the societal aging stereotype. Get the perspectives and tools to overcome traditional beliefs and live your life to the fullest.

PERD-709 | 1 session | \$19 AGE 60+ | \$25 REG

P16 Sa 9:30-11:30 a.m. **Carol Watkins**
Jun 6 Online

Courage, Risks and Rewards: Taking Chances to Change Your Life

Life is all about choices. The decision to leap into something new or different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk and learn how to change your mindset. Learn five powerful perspectives on risk-taking that will empower you to take more chances and create opportunities for happiness and fulfillment.

PERD-709 | 2 sessions | \$27 AGE 60+ | \$39 REG

P14 Sa 9:30-11:30 a.m. **Carol Watkins**
Mar 28 – Apr 4 Online

Friendships: Build Meaningful Connections for a Thriving Life

Despite constant connectivity, nearly half of U.S. adults regularly feel lonely, according to a 2023 Surgeon General report. The pressures of modern life and lasting effects of the pandemic have deepened this isolation contributing to physical and emotional challenges. Connection is a skill and can be learned with the right tools. Come learn to build meaningful, lasting friendships.

PERD-709 | 1 session | \$19 AGE 60+ | \$25 REG

P15 Sa 9:30-11:30 a.m. **Carol Watkins**
May 16 MC-SW 106

Getting in Touch with Massage Therapy

Discover the art of intuitive touch as you explore techniques using your hands, forearms, body weight and simple tools to develop your own personalized massage style. This interactive, hands-on class emphasizes creativity, connection and comfort while practicing with classmates, no partner required! Please wear lightweight, easy-to-change clothing; all massage equipment and products are provided. Please bring a pillowcase, flat sheet, and fitted sheet to each session.

HEAL-704 | 8 sessions | \$129 AGE 60+ | \$129 REG

P01 M 6-8 p.m. **Sandra Roberts**
Apr 20 – Jun 15 Mellow Yellow Massage Spa
• NOTE: No class 5/25

Managing Your Mental Health

Discover practical ways to support and strengthen your mental health across multiple areas of your life. Whether you're preparing for counseling or simply seeking tools for better self-care, this class offers a thoughtful starting point. You'll begin with a personal assessment, then explore strategies for improving mental wellness in eight key dimensions. By the end, you'll leave with a personalized toolkit and participate in a guided wellness experience. Please note: this class is not a substitute for professional counseling or medical advice.

HEAL-702 | 3 sessions | \$33 AGE 60+ | \$49 REG

P01 Th 6-8 p.m. **Karen Banks**
Feb 26 – Mar 12 FP-W 117

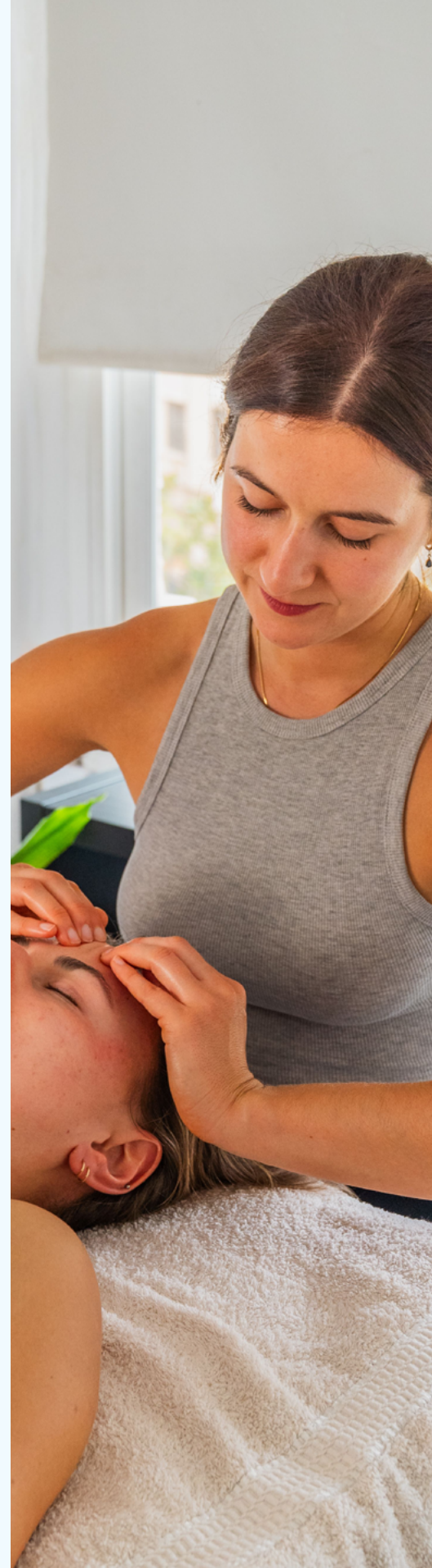
Grief 101

Grief is a natural and deeply personal response to loss, but it's often misunderstood or minimized in our fast-paced world. Feel supported and reflect while you explore the many forms grief can take, whether you have lost a spouse, child or sibling.

HEAL-702 | 1 session | \$23.50 AGE 60+ | \$29 REG

P02 Sa 10 a.m.-12 p.m. **Cindy Lane**
Feb 28 MC-SW 105

P03 Sa 10 a.m.-12 p.m. **Cindy Lane**
Apr 11 MC-SW 105



FAMILY CLASSES

Family Magic Fun

Step into the world of wonder and gather the family! This hands-on class teaches you how to perform a variety of classic magic tricks—from clever card illusions to surprising sleight-of-hand stunts. Whether you're a curious beginner or just looking to impress your friends, you'll learn the secrets behind the magic and have a blast doing it. No experience needed—just bring your enthusiasm and get ready to amaze! Children must be at least 8 years of age and accompanied by an adult. Each participant must register. All supplies provided.

FAML-730 | 1 session | \$23 AGE 60+ | \$29 REG

P05 M 7-9 p.m.
Feb 23

Paul Gregor
MC-HE 123

iPhone® Photography: Family Workshop

Turn solo snapshots into a team effort with this fun, hands-on family photography workshop. Learn the basics of the iPhone camera, then practice with activities like finding the best selfie angle, taking portraits, and cleaning up imperfect snaps. Compare how different uses like making contact photos or sharing on social media can inspire the use of features like cropping and filters. Practice together and discover tips for capturing and organizing your favorite moments. Perfect for families who love taking pictures and want to get everyone involved! You must provide your own iPhone and charger. Children must be at least 8 years of age and accompanied by an adult. Each participant must register.

FAML-730 | 1 session | \$29 AGE 60+ | \$29 REG

P08 Tu 6-9 p.m.
May 12

Gregory Ray
MC-HE 124

Development

Storytime and Language Growth

Share the joy of reading while building language skills together! In this Caregiver & Me class, together you'll explore children's literature to expand vocabulary, boost comprehension and develop storytelling confidence. Through engaging stories, repetition and discussion, new words are introduced in context to deepen understanding. Along the way, you'll discover basic story structures and themes while promoting cultural exchange and meaningful communication. Children must be at least 6 years of age and accompanied by an adult. Each participant must register.

FAML-730 | 2 sessions | \$17 AGE 60+ | \$25 REG

P13 W 6-7:30 p.m.
Mar 4 – Mar 11

Tamara Binion
MC-HE 123

Autology for Parent and Child: Nurturing Your Child's Inner Fire

Join us for an interactive workshop designed for parents and children (ages 7+). Together, you'll explore fun activities and reflective practices that help you recognize and nurture your child's natural passions and purpose. Leave with practical tools to deepen connection, spark meaningful conversations and support your child's journey with confidence and joy. Each participant must register.

FAML-730 | 2 sessions | \$23 AGE 60+ | \$35 REG

P15 Sa 1-3 p.m.
Jun 6 – Jun 13

Rachel Ponder
FP-HS 310

Arts/Crafts

Adult and Me:

Paper Making Workshop

Turn trash into treasure in this hands-on adult and child paper making class! You'll create beautiful new sheets from recycled paper material while learning fun, sustainable ways to reuse everyday waste. A creative activity that's messy, meaningful, and memorable. Ages 6 and up. One parent/guardian per three children. Each participant must register.

FAML-730 | 1 session | \$10 AGE 60+ | \$10 REG

P04 W 10-11:30 a.m.
Jun 10

Brittany Witjer
MC-SW 106

Family Crochet

Discover the joy of creating together! This hands-on class is designed for parents and children (ages 8 and up) to learn the basics of crochet side-by-side. Learn basic crochet skills, how to hold a hook and yarn, how to start, make basic stitches (chain, single, double-crochet), change colors, and start a simple project. No prior experience needed—just curiosity and a willingness to try something new. Supply list will be sent. Each participant must register.

FAML-730 | 2 sessions | \$45 AGE 60+ | \$45 REG

P02 Sa 10 a.m.-12 p.m.

Apr 11 – Apr 25

• NOTE: No class 4/18

Teri Wiley

MC-CN 128

Spring Bunny: Child and Special Adult

Celebrate creativity and discover the joy of painting together in this watercolor class designed for a child and their special adult. Together, you'll explore fundamental watercolor techniques while painting side-by-side on pre-drawn spring, bunny projects. With easy-to-follow, personalized instruction, participants will leave with a completed artwork and lasting memories. One adult registration required per child registration. Students must be aged 10 or older. All supplies provided.

FAML-730 | 1 session | \$35 AGE 60+ | \$35 REG

P01 Sa 10:30 a.m.-12 p.m.
Mar 28

Artfully Aging
WW-AC 209

Dance

Hip Hop: Tall and Small

Get ready to groove, bond, and shine on stage in this high-energy parent-child dance experience that brings families together through movement and rhythm. No prior dance experience is needed, just a love of music and a willingness to move. It's not just about learning the steps, it's about creating lasting memories and sharing the spotlight with someone you love. Children must be at least 6 years of age and accompanied by an adult. Each participant must register.

FAML-730 | 8 sessions | \$105 AGE 60+ | \$105 REG

P09 W 6-6:30 p.m.
Apr 8 – May 27

St. Lou Dance Crew
St. Lou Dance Crew

Jazz: Tall and Small

Step into the spotlight with a lively parent-child dance experience that celebrates connection through upbeat movement and expressive style. Families learn jazz choreography and perform side-by-side in a fun, supportive recital setting. No prior dance experience is needed—just enthusiasm, energy, and a love of music. Children must be at least 6 years of age and accompanied by an adult. Each participant must register.

FAML-730 | 4 sessions | \$75 AGE 60+ | \$75 REG

P10 M 7:30-8 p.m.
Apr 6 – Apr 27

St. Lou Dance Crew
St. Lou Dance Crew

Pequeños Moveros: "Little Movers"

Come sing, play, and grow with us! Pequeños Moveros "Little Movers" is a joyful bilingual (English & Spanish) class for children ages 0-6 and their caregivers. Through music, dance, and storytelling, families explore rhythm, language, and imagination together. Each session is filled with movement, laughter, and bonding—building coordination, creativity, and cultural connection. Each participant must register.

FAML-730 | 8 sessions | \$99 AGE 60+ | \$99 REG

P14 Sa 10-11 a.m.
Apr 4 – Jun 6

Carmen Guynn

Almas Del Ritmo Dance

• NOTE: No class 5/16, 5/23

Food

Cookie Creators Together

Sweeten your spring with a fun cookie decorating class for parents and kids! Learn expert tips and tricks to create smooth, picture-perfect cookies ideal for any occasion. You'll decorate pre-baked cookies with cheerful Easter-themed designs and take home your edible artwork. Bring an edged cookie sheet to take home your creations. Children must be at least 8 years of age and accompanied by an adult. Each participant must register. All supplies provided.

FAML-730 | 1 session | \$59 AGE 60+ | \$59 REG

P11 Su 1-4 p.m.

Mar 29

Teri Wiley

Culinary Arts House

Cupcake Decorating Duo

Join us for a sweet and simple introduction to cupcake decorating, perfect for kids and parents to enjoy together. Learn basic techniques using buttercream and marshmallow fondant (edible playdough), then let your creativity shine as you decorate several cupcakes. Children must be at least 8 years of age and accompanied by an adult. Each participant must register. All supplies provided, bring take-home container.

FAML-730 | 1 session | \$59 AGE 60+ | \$59 REG

P12 Su 1-4 p.m.
Jun 7

Teri Wiley
Culinary Arts House

Family Food Fight!

A culinary showdown with a twist! Parents and kids team up to create a delicious one or two course meal, choosing from a menu of tasty options provided. Then plate, present, and taste-test your way through a three to four course dinner experience. Will your family's dish reign supreme? Come ready to chop, stir, and laugh your way through this flavorful adventure. Children must be at least 8 years of age and accompanied by an adult. Each participant must register. All supplies provided.

FAML-730 | 1 session | \$59 AGE 60+ | \$59 REG

P06 M 6-8:30 p.m.
Jun 1

Beth Hoeltke

Rogers Middle School

Family Fun: Mini Tea for Two

Step into the charm of a traditional afternoon tea—just in miniature! Enjoy a sampling of classic treats like finger sandwiches, scones, and sweets along with a variety of teas to taste. Learn a bit about the history of tea service and how to identify and prepare different types of tea. Perfect for a parent and child duo looking for a delightful and delicious outing together. Children must be at least 8 years of age and accompanied by an adult. Each participant must register. All supplies provided.

FAML-730 | 1 session | \$39 AGE 60+ | \$39 REG

P07 Sa 1:30-3:30 p.m.
Apr 25

Gregory Ray
MC-SW 207

GENERAL INFORMATION

Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs and to view complete, up-to-date course information, visit St. Louis Community College at stlcc.edu/CE.

Enrollment in Continuing Education classes and programs is limited to persons 18 years and older except where otherwise noted.

All classes have registration deadlines before the class start date. Please check the online course description for specific class information regarding the last day to register and additional requirements.

Location Index

Afton White-Rodgers
Community Center (AFCC)
9801 Mackenzie Rd., 63123

Almas Del Ritmo Dance Company
(ADRD)
3515 Park Ave., 63104

Babler State Park
800 Guy Park Dr, 63005

Beal Center Chesterfield
Sports Complex (BCSC)
150 N Eatherton Rd, 63005

Bluebird Park - Ellisville
(ELLIS)
225 Kiefer Creek Rd., 63201

Busch Conservation Area
2360 Hwy D, 63304

Chesterfield Parks, Recreation & Arts
(CFPR)
17891 N. Outer Rd., 63005

Central Print (CPRT)
2624 N 14th St., 63106

Craft Alliance (CRAL)
5080 Delmar Blvd., 63108

Crestwood Bowl (CWBL)
9822 Watson Rd., 63126

Culinary Arts House (CAH)
3137 Hampton Ave., 63139
*City street parking between
Hampton and Hartford*

Eagle Springs Golf Course (ESGC)
2575 Redman Rd., 63136

Endangered Wolf Center (ENWO)
6750 Tyson Valley Rd., 63025

Episcopal Church of the Advent
(EPCA)
9373 Garber Rd., 63126

First Tee Driving Range (FTEE)
6286 Lemay Ferry Rd., 63129

First Unity Church of St. Louis (FUCS)
4753 Butler Hill Rd., 63128

Hanley Park (HYPK)
610 West Hanley Industrial Ct., 63144

Jammin J Automotive (JAMJ)
10188 Page Ave., 63132

Little Creve Coeur Ecological Area
150 River Valley Dr, 63017

Rogers Middle School (RMS)
7550 MacKenzie Rd, 63123

Show Me Sushi (SMS)
67 Grasso Plaza, 63123

South Broadway Art Project (SBAP)
3816 S. Broadway, 63118

South River Yoga (SRYG)
4407 Meramec Bottom Rd., 63129

St. Louis Art Museum (SLAM)
1 Fine Arts Dr., 63110

St. Lou Dance Crew (DNCRW)
Suite 210, 930 Kehrs Mill Rd., 63011

Sunset Hills Community Center (SHCC)
3915 S. Lindbergh Blvd., 63127

Thomas Dunn Learning Center (TDLC)
3113 Gasconade St., 63118

Total Wine & More- Brentwood (TWMB)
90 Brentwood Promenade Ct., 63144

US National Handball Center (USNH)
8701 Dunn Rd, 63042

Vetta Sports - Concord (CONC)
12320 Old Tesson Rd., 63128

Vetta Sports - Sunset Hills (SUNS)
10911 Gravois Industrial Ct., 63128

Waste Connections
Sustainability Campus (WCSC)
2443 Creve Coeur Mill Rd, 63043

Xtreme Krav Maga & Fitness - Fenton
(XKMF)
570 South Highway Dr., 63026

Yoga 108 City Studio (Yoga108)
8 N Newstead Ave., 63108

Yucandu (YCDU)
20 Allen Ave #110, 63119

STLCC-Corporate College
STLCC-Corp
3221 McKelvey Rd., 63044

STLCC-Florissant Valley
FV
3400 Pershall Rd., 63135

STLCC-Forest Park
FP
5600 Oakland Ave., 63110

STLCC-Meramec
MC
11333 Big Bend Rd., 63122

STLCC-South County
STLCC-SoCo
4115 Meramec Bottom Rd., 63129

**STLCC-William J. Harrison
Education Center**
STLCC-Harrison
3140 Cass Ave., 63106

STLCC-Wildwood
WW
2645 Generations Dr.
Wildwood, 63040

...

For more information,
visit stlcc.edu/CE

Campus Legend

FLORISSANT VALLEY = FV

A ADMINISTRATION
AC ARTS & COMMUNICATIONS
AM ADVANCED MANUFACTURING
B BUSINESS
CDC CHILD DEVELOPMENT CENTER
C COMMUNICATIONS
H HUMANITIES
HS HEALTH SCIENCE
IR INSTRUCTIONAL RESOURCES
PE PHYSICAL EDUCATION
S SERVICE BUILDING
SM SCIENCE-MATHEMATICS
SS SOCIAL SCIENCES
T THEATER

FOREST PARK = FP

E EAST WING
W WEST WING
HealthSci CTR NURSING & HEALTH SCIENCES
HSP HOSPITALITY
LB LIBRARY
PE PHYSICAL EDUCATION
Student Ctr STUDENT CENTER
T THEATRE
TC TRANSPORTATION CENTER
AA ART ANNEX

MERAMEC = MC

AC ASSESSMENT CENTER
AD ADMINISTRATION/CLARK HALL
AS APPLIED SCIENCE
CP CAMPUS POLICE
CN COMMUNICATIONS NORTH
ET EMERGING TECHNOLOGY CENTER
FS FINANCIAL SERVICES CENTER
GH GREENHOUSE
HE HUMANITIES EAST
HW HUMANITIES WEST
LH LECTURE HALLS
PE PHYSICAL EDUCATION
SC STUDENT CENTER
SS SCIENCE SOUTH
SW SCIENCE WEST
T THEATRE

WILDWOOD = WW

AC ARTS AND COMMUNICATIONS
..... (ORIGINAL BUILDING)
HS HEALTH SCIENCE
TS TECHNICAL SCIENCE

EXTENSION CAMPUSES

STLCC Corporate College = STLCC-Corp
STLCC South County = STLCC-SoCo
William J. Harrison Education Center =
STLCC-Harrison

STLCC Closures

Continuing Education offices will be closed and classes will not be held on the following dates:

Martin Luther King Day	January 19
President's Day	February 16
Spring Holiday	March 20
Memorial Day	May 25
Juneteenth	June 19

Enrollment in Continuing Education classes is limited to persons 18 years and older except for youth classes or where otherwise noted. All classes have registration deadlines before the class start date. Please check the online course description for specific class information regarding the last day to register and additional requirements.

Online Classes

Students registering for online classes must have a valid email address and reliable internet connection. A link to your online class will be emailed to you two business days before the class start date. If you do not receive this, please call 314-984-7777 during business hours. More information on our online classes can be found at stlcc.edu/continuing-education/support/

Students’ Rights and Responsibilities

All students are responsible for adhering to College policies and procedures. Please refer to stlcc.edu/college-policy-procedures/title-ix/rights-responsibilities.aspx.

Class Changes/Postponement/Cancellation

Any course changes in dates, times or locations will be emailed to students using the email address provided during course enrollment. Because Continuing Education (non-credit) classes are self-supporting, the decision to run a class is based on the number of students enrolled. The College reserves the right to cancel if sufficient enrollment is not achieved. **For changes and cancellations due to low enrollment, students will be notified by email.** Refunds will be issued for classes canceled by the College. Call 314-984-7777 with any questions.

Inclement Weather

Occasionally, Continuing Education classes are canceled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120), on KMOV-TV, KSDK-TV and KTVI/Fox 2. All campus location closings will be posted at stlcc.edu. To sign up for automated SMS notifications of STLCC campus closures or emergencies, visit stlcc.edu/alerts. **When St. Louis Community College cancels classes, online and off-campus classes are also canceled. In addition, when a particular host school district or institution closes, the Continuing Education classes at that location will not meet.**

Health and Safety Guidelines

Classes offered in-person may be rescheduled, canceled or transitioned to an online format. Students are required to follow all health and safety directives by St. Louis Community College and local health protocols.

Credit Card Processing Fee

A 2.85% third party processing fee will be added for class registrations made via debit and credit cards. This fee is nonrefundable. Payment may also be made via check through mail-in registration.

Class Withdrawal and Refunds

If you wish to withdraw from a class, you will receive a refund for most classes if the class is dropped three business days before the first meeting. See the CE website course schedule for classes (such as day trips) that require notice of more than three business days for cancellation and eligibility for a refund. Course fees for missed sessions are nonrefundable.

Requests for withdrawals must be submitted in writing to Continuing Education by email at CEDropbox@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

Time of Withdrawal	Percentage Refund
Three business days prior to the first class meeting. Must be submitted in writing.	100%
Two business days prior to the first class meeting or after the class has begun.	None
FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.	

A student may receive either a full or partial refund for exceptional circumstances. For exceptional circumstances, requests must be submitted in writing (email or mail) within 10 business days after the class start date to be considered. Supporting documentation may be required.

Fee Reduction for Individuals Age 60 and Older

At the time of registration, individuals age 60 and older may enroll in select courses for a reduced fee. Reduction will be calculated at check-out.

Senior Citizen Scholarship

For information, please visit stlcc.edu/CE or call 314-984-7777.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The College reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, College will institute disciplinary action.

FAQs

Answers to our frequently asked questions (FAQs) can be found on our website at: <https://stlcc.edu/docs/workforce-employer-services/ce-faqs.pdf>

Textbooks/Supplies

Unless otherwise noted in the course description, textbooks can be purchased either at online retailers or via web order through the STLCC online bookstore for home delivery or on-campus pick-up (on-site STLCC campus bookstore textbook purchase not available). Most online STLCC bookstore orders are filled and shipped within three business days. Visit stlcc.textbookx.com and select the arrow under "View your course items." On the next screen, select "Continuing Education" at the first drop down menu for options to find your specific course. At the checkout page, select guest and enter your email to get started. Please keep your receipts for class materials including supplies and textbooks as these cannot be reimbursed by the College for classes not held.

Firearms on College Property

No person (except for licensed police officers) shall possess or carry any firearm, visible or concealed, on college property, including college buildings and grounds leased or owned by the college, college athletic fields and parking lots or in any college vehicle or at college sponsored events on or off college property.

Non-Discrimination

STLCC prohibits discrimination based on sex, veteran status, disability, or any other protected class. Visit stlcc.edu/nondiscrimination to learn more about the College's nondiscrimination policies and for information on ways to contact the director for community standards/Title IX coordinator to make a report. For information or concerns relating to discrimination matters, contact the Director for Community Standards/Title IX Coordinator, Shannon Nicholson, MS, LPC, at 314-539-5345.

Protection of Intellectual Property

The content of each course consists of intellectual property of the College and the faculty member. Recording of course lectures, discussions and materials, or distribution/transmission of the course content, is prohibited. The reason for this policy is to protect the intellectual property of the College and faculty member, to protect the copyright interests in course materials and to protect the privacy interests of students participating in this course. Public distribution or transmission to publicly accessible web environments may constitute copyright infringement and may subject the student to disciplinary action under applicable College policies.

Accommodations

If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Access Office at stlcc.edu/disability as soon as possible in advance of the program for consideration of your accommodations request. A student may submit this application at any time during their enrollment, but the College recommends submitting the application as early as possible to allow time to make any necessary arrangements.

Environmental Health and Safety

Some Continuing Education courses involve work with materials and products that require special handling. Your instructor will cover any needed information..

Assumption of Risk, Release and Waiver of Liability

St. Louis Community College assumes no liability for accidents or injuries that may occur while participating in Continuing Education classes and programs and provides no funds to cover medical costs or expenses. Students are reminded that participation is voluntary. It is strongly recommended that all students have their own health insurance. St. Louis Community College Continuing Education seeks to provide courses that are academically interesting and create opportunities for members to broaden their scope and interests. The material presented in these courses is for informational purposes only, and the views and opinions expressed in class are strictly those of the instructor. For parent/child/family classes, parent or guardian must be present and must supervise their child(ren) at all times. By registering and participating in selected classes, you acknowledge, understand and appreciate that as part of your participation in the program/class, there are implicit dangers, hazards, ad inherent risk both known and unknown, to which you may be exposed. Therefore, you voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the program/class.

REGISTRATION IS EASY!

Many classes have limited seating and registration deadlines. Be sure to register early!



Online

www.stlcc.edu/CE

Email address required for online registration.

Payment via credit/debit card is due at time of registration.

Please note: A nonrefundable 2.85% fee will be added for class registrations made via debit or credit card.

Payment may also be made via check with mail-in registrations.



Mail

STLCC Continuing Education
3221 McKelvey Rd, Ste 250
Bridgeton, MO 63044

Complete the enrollment form and include check or money order for payment. Students who register by mail will receive confirmation of enrollment by email.

STLCC is committed to keeping your information safe. We can only accept debit and credit card payments through our online system. You can register and pay online at stlcc.edu/CE. We will also accept registration and payment via check by mail. All payment for classes must be received by the class registration deadline (closed three business days prior to class start unless otherwise noted in the course description at stlcc.edu/CE.)

Please contact our **Call Center** with any questions you may have at **314-984-7777** or **CEdropbox@stlcc.edu**.

Hours

• M-Th 8:30 a.m.-4:30 p.m. • F 8:30 a.m.-4 p.m.

Enrollment in classes within this catalog is limited to persons 18 years and older except for youth classes or where otherwise noted.

Registration Deadline: All non-credit courses are limited in enrollment. Advanced registration is required. All classes have registration deadlines before the class start date. Please check the online course description for specific class information regarding the last day to register and any additional requirements.

Confirmations and Cancellations: Registration confirmations, course updates and cancellation notices will be delivered to the email address provided at registration. Please see Class Changes/Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

Course Code	Section	Course Title	Start Date	Day/Time	Fees
-	P ____				
	P ____				
	P ____				
	P ____				
	P ____				
-	P ____				
-	P ____				
-	P ____				
Total:					

I wish to participate in the classes selected for registration and, in consideration, agree as follows: I acknowledge, understand and appreciate that as part of my participation in the program/class, there are implicit dangers, hazards and inherent risks, both known and unknown, to which I may be exposed. Therefore, I voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the program/class. For parent/child/family classes, parent or guardian must be present and must supervise their child(ren) at all times.

Name _____
LAST FIRST MIDDLE INITIAL

Address _____
STREET OR POST OFFICE BOX

CITY STATE COUNTY ZIP CODE

Email _____

Birth Date _____ Student # (optional) _____ ☐ Yes, I am age 60+

Primary Phone _____ Alternate Phone _____

Payment: Please include check or money order made payable to: **St. Louis Community College**.
To pay by credit/debit card, please register online at **stlcc.edu/CE**

REGISTRATION BEGINS JAN 7

650+ professional development and personal enrichment courses...fuel your passion!



Drawing | 17



Family Classes | 52



Home Maintenance | 36



Photography | 29



Nature | 38

[f stlcc](#) [@ stlccedu](#) | stlcc.edu/CE

ST. LOUIS COMMUNITY COLLEGE

Since 1962, more than 1.3 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 50,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in arts, science, fine arts, applied science and teaching are offered as well as certificates of proficiency and Specialization. The College's Workforce Solutions Group also serves the local business community through assessment, consulting and training services.



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St. Louis Community College is committed to expanding the minds and changing the lives of our students. STLCC is institutionally accredited by the Higher Learning Commission (HLC), and many of our programs have been accredited or approved by recognized accrediting bodies. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the College is helping St. Louis become the best place to live and work in the 21st century.