Continuing Education
COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

SUMMER/ FALL 23
REGISTRATION BEGINS JULY 10

Go beyond your backyard.

INSIDE:
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... and many more!

stlcc.edu/CE | 314-984-7777
“BEST WATERCOLOR CLASS I’VE TAKEN.”
FINE ARTS p. 18

“EXCELLENT PRESENTATIONS! THE INSTRUCTOR’S KNOWLEDGE OF THE ITALIAN LANGUAGE AND CULTURE WAS SUPERB.”
WORLD LANGUAGES p. 35

“HAVING TAKEN EXPLORING ST. LOUIS CLASSES FOR SEVERAL YEARS, I HAVE ALWAYS HAD A GREAT EXPERIENCE. ALWAYS SOMETHING NEW, INTERESTING AND GREATLY INFORMATIVE. I LEARNED ABOUT LOCAL PEOPLE AND PLACES IN A VERY PERSONAL WAY.”
AGELESS LEARNING SEMINARS p. 15

“I DEFINITELY AM MORE COMFORTABLE WITH MY CAMERA SETTINGS, LENSES AND EDITING PROGRAMS. THE INSTRUCTOR ALSO IS VERY AVAILABLE FOR QUESTIONS WHICH WAS INVALUABLE. I’M SO GLAD I TOOK HIS COURSE!”
PHOTOGRAPHY p. 28

“INCREDIBLE TEACHER! HE HAS A TRUE PASSION FOR THE UKULELE AND IT SHOWS IN HIS TEACHING.”
MUSIC p. 26

“I WAS VERY IMPRESSED WITH THE HIGH CALIBER OF THIS CLASS AND LEARNED MORE THAN THE FUNDAMENTALS OF PICKLEBALL. I FELL IN LOVE WITH THE SPORT AND LOOK FORWARD TO TAKING MORE CLASSES WITH THE INSTRUCTOR.”
FITNESS, RECREATION AND SPORTS p. 18

Explore the possibilities.

Register at: stlcc.edu/CE

Call Center
Phone: 314-984-7777
Email: CEdropbox@stlcc.edu

Hours
• M-Th 8:30 a.m.-4:30 p.m.
• F 8:30 a.m.-4 p.m
### Summer/Fall 2023 Continuing Education Courses

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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.

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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:** Craig H. Larson, Ed.D., Chair; Kevin M. Martin, Ed.D., Vice Chair; Rodney Gee; Doris A. Graham, Ph.D.; Mary Luebke; Ann Adams Marshall; Nicole Robinson, Ed.D.
Workforce Solutions Group

Providing training to grow the St. Louis economy

- Short-term training programs for individuals to gain skills for a living wage career path
- Personal enrichment courses for lifelong learning
- Contract training and consulting services for companies to achieve their goals and growth

By the numbers

<table>
<thead>
<tr>
<th>Advanced Manufacturing</th>
<th>Healthcare</th>
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<td>2,000 graduates</td>
<td>1,000+ graduates</td>
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<tr>
<th>Tech</th>
<th>Transportation</th>
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<tr>
<td>250+ graduates</td>
<td>800+ graduates</td>
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1,500+ companies
15,000+ employees enriched by WSG customized training and specialized consulting

1,300+ Continuing Education classes offered annually
100,000+ individuals served since 2016

Boeing Pre-Employment Training

1,082 graduates hired by Boeing

44% higher starting salary at Boeing vs. national average

the only 1
Boeing pre-employment custom training program in the United States

71% of employers have openings for workers with short-term training

Contact us at 314-984-7777 for accelerated job training and personal enrichment courses.

Contact us at 314-539-5750 for customized training and specialized consulting.

Learn more at stlcc.edu/workforce.
PROFESSIONAL DEVELOPMENT

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

NONPROFIT ESSENTIALS

Identifying & Securing Nonprofit Funding

Are you an established nonprofit looking for new donors and new ways to generate revenue? This course will teach you how to overcome the most common fundraising hurdles and how to attract new sources of funding for your nonprofit organization. Taught by a nonprofit grant writer and executive director, this course will teach you best practices and innovative ways to grow and cultivate your donor base and grow fundraising dollars.

NPAD-703  |  1 session  |  $26 AGE 60+  |  $35 REG
F01  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Aug 12  |  Online
F02  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Oct 2  |  Online

Starting Your Own Nonprofit

This popular seminar provides an overview of the legal basis for establishing and running a nonprofit organization. Presented by a grant writer and entrepreneur who speaks from his experience in creating and managing nonprofit start-ups. Class includes practical tips and useful nonprofit resources to assist in nonprofit formation, orienting new board members and nonprofit directors. This class will teach you the process of establishing a nonprofit organization in a step-by-step format using the IRS Nonprofit Form 1023.

NPAD-703  |  1 session  |  $26 AGE 60+  |  $35 REG
F03  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Aug 26  |  Online
F04  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Nov 18  |  Online

Grants

Grant Writing: Getting Started

Develop successful proposals by improving grant writing skills. Gain the strategies and skills to write competitive grants with compelling narratives, goals, and outcomes. Engage in challenging workshops that explore real-world funding opportunities and take part in exercises that strengthen your grant development skills.

NPAD-701  |  4 sessions  |  $93 AGE 60+  |  $129 REG
F01  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Sep 9 – Sep 30  |  Online
F02  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Oct 14 – Nov 4  |  Online

Grant Writing: Beyond the Basics

You will 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  |  $93 AGE 60+  |  $129 REG
F02  |  Sa 10 a.m.-12:30 p.m.  |  Jimmie Calmese  |  Oct 14 – Nov 4  |  Online

BUSINESS ESSENTIALS

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  |  $1699 REG
F01  |  Sa 9 a.m.-12 p.m.  |  Dirk Lupien  |  Sep 16  |  MC-SS 208

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. Program utilizes Registered Educational Provider (REP) materials.

BPCT-703  |  8 sessions  |  $1699 AGE 60+  |  $1699 REG
F02  |  W 6-9 p.m.; Sa 8:30 a.m.-4 p.m.  |  Dirk Lupien  |  Oct 11 – Nov 8  |  MC-SS 208

Registration for class marked above closes five business days before class start date.
Boeing Assembly Pre-Employment Training Program

More than 1,000 graduates have been hired via the St. Louis Community College Boeing Pre-Employment Training program.

Choose from two training and career pathways:

**Sheet Metal Assembler & Riveter Composites Assembly Mechanic**
- Four- to eight-week training with convenient day or night classes
- Training is ideal for candidates who are mechanically inclined
- Guaranteed interview for all program graduates

Learn more and apply at **stlcc.edu/Boeing**

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**Leadership Development for Personal Success**
Increase your skills with proven principles and strategize to become a successful leader through a variety of leadership concepts. You’ll learn to apply effective communication at the workplace, understand and develop organizational skills that can shape your career, and appreciate and understand your manager’s priorities. Class will include interactive discussions to spark innovative thinking.

**BUSN-713** | 4 sessions | $26 AGE 60+ | $45 REG
F01 | Sa 6-7:30 p.m. | Rajesh Arumugam
Sep 9 – Sep 30 | Online

**Effective Business Writing**
Have you ever needed to write a letter or memo to a company or to your colleagues, but didn’t know quite how to get started? Do you have to share information with your boss or clients, but somehow you splatter your words across the page? Come learn steps that can help you produce effective business writing using simple writing strategies and techniques to support your business and work success.

**BUSN-713** | 4 sessions | $43.50 AGE 60+ | $69 REG
F02 | Sa 10 a.m. - 12 p.m. | Teyuna Darris
Aug 5 – Aug 26 | Online

**DEI: Courageous Conversations**
Diversity, equity and inclusion are important concepts to address for businesses and individuals that seek to promote the fair treatment and full participation of all people, including populations who have historically been underrepresented or subject to discrimination because of their background, identity, or disability. Discussion will cover: microaggressions, racial consciousness and anti-racism bystander behavior along with open dialogue to discuss these issues.

**BUSN-713** | 4 sessions | $26 AGE 60+ | $45 REG
F03 | W 6-7:30 p.m. | Wanda Starr-Ferguson
Sep 13 - Oct 4 | Online

**DEI: Foundations**
Recognizing the fair treatment of others is an important practice both in business and social sectors. Class will examine and discuss the differences between diversity, equity, inclusion, unconscious bias, and avoiding stereotypes in an engaging way.

**BUSN-713** | 4 sessions | $26 AGE 60+ | $45 REG
F04 | Th 6-7:30 p.m. | Wanda Starr-Ferguson
Sep 14 - Oct 5 | Online

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**DEI: Unconscious Bias**
Unconscious bias is a negative opinion we have against someone that we are not consciously aware of and is deeply ingrained in every human being. Some unconscious biases are harmless and relate to personal preferences while others can be incredibly harmful and lead to organizational decisions that alienate or hurt employees and can lead to a decrease in employee satisfaction, company productivity, and in some cases, public confidence. Learn more about potential unconscious biases that may be impacting your team or company.

**BUSN-713** | 1 session | $22.50 AGE 60+ | $29 REG
F05 | Tu 6-8 p.m. | Wanda Starr-Ferguson
Oct 10 | Online

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**DEI: Avoiding Stereotypes**
There are endless stereotypes about people from all walks of life and those impressions can lead to the generalization and categorization of employees, which should be avoided to champion individuality. Emphasis on individuality can boost inclusion and diversity within the workplace and ensure all employees are valued which may help to boost productivity and effectiveness. Class dialogue will cover examples of stereotypes and steps to address.

**BUSN-713** | 1 session | $22.50 AGE 60+ | $29 REG
F06 | Tu 6-8 p.m. | Wanda Starr-Ferguson
Oct 17 | Online

**DEI: Diversity and Inclusion**

Thought leader Verna Myers said it best: “Diversity is being invited to the party. Inclusion is being asked to dance.” In other words, simply including employees in different aspects of the organization’s development is not enough. Leaders must engage with employees and genuinely take an interest in their well-being personally and professionally. Class dialogue will cover examples of stereotypes and steps to address.

**BUSN-713** | 1 session | $22.50 AGE 60+ | $29 REG
F07 | Tu 6-8 p.m. | Wanda Starr-Ferguson
Oct 24 | Online

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* A certificate of completion will be awarded at the end of each DEI class.
Inventors’ Start-Up Series: Learn, Develop and Launch!

Gain valuable information from The Invent-ED Network Connection (The I.N.C.) about the inventing process and starting a business. The series will provide immediately actionable tips to help launch your product idea and new business and enter into the world of inventorship and entrepreneurship fast.

For full course descriptions, please go to the registration page at stlcc.edu/CE and select the Small Business Essentials category.

Inventing 101: The Inventing Process

BUSS-765  | 1 session  | $25 AGE 60+  | $25 REG
F04  | Sa 9-10 a.m.  | Cheri Renee  | Sep 9  | Online

Patents, Trademarks, and Copyrights

BUSS-765  | 1 session  | $25 AGE 60+  | $25 REG
F05  | Sa 10:15-11:15 a.m.  | Cheri Renee  | Sep 9  | Online

How to Research, Read and Understand Patents

BUSS-765  | 1 session  | $25 AGE 60+  | $25 REG
F06  | Sa 11:30 a.m.-12:30 p.m.  | Cheri Renee  | Sep 9  | Online

How to Manufacture Your First Product in the U.S. and Abroad

BUSS-765  | 1 session  | $25 AGE 60+  | $25 REG
F07  | Sa 9-10 a.m.  | Cheri Renee  | Sep 16  | Online

How to License Your Products or Ideas Yourself

BUSS-765  | 1 session  | $25 AGE 60+  | $25 REG
F08  | Sa 10:15-11:15 a.m.  | Cheri Renee  | Sep 16  | Online

Business Start-Up 101: Become an Entrepreneur

BUSS-765  | 1 session  | $25 AGE 60+  | $25 REG
F09  | Sa 11:30 a.m.-12:30 p.m.  | Cheri Renee  | Sep 16  | Online

Starting and Managing a Small Business

Are you thinking about starting and managing a small business in Missouri? Designed for individuals who are considering starting a business or who have made the decision to start or who have been in business for less than two years. You’ll explore the basics of business ownership, planning for success, organizational forms of business, legal and regulatory environment, record keeping and information management, marketing, financing and resources. This program is offered in partnership with the Small Business Development Center.

BUSS-701  | 2 sessions  | $75 AGE 60+  | $75 REG
F01  | Tu 6-9 p.m.  | Lynette Watson  | Jul 25 – Aug 1  | MC-SO 111
F02  | Sa 9 a.m.-12 p.m.  | Lynette Watson  | Dec 2 – Dec 9  | MC-SO 111

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. She’ll discuss effective marketing techniques, outlets to sell online and in-person, methods to balance creativity with administrative tasks and more. Bring a notebook and pen to class.

BUSS-701  | 2 sessions  | $33 AGE 60+  | $45 REG
F03  | W 7-9 p.m.  | Mike Ochonicky  | Nov 8 – Nov 15  | Online

Business Plan Writing and Development Workshop

An intensive, four-session, individually customized course designed to provide new and aspiring entrepreneurs with the tools and resources to create a solid business plan. Experienced business facilitator will guide group sessions and share practical experiences to enhance your business. Participants learn with and from their peers, creating a powerful network that continues well after the program is complete. Each participant will begin by taking the GrowthWheel® assessment and receive customized tools based on this assessment to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Please bring a laptop or electronic device to class for working on your business plan. This program is offered in partnership with the Small Business Development Center.

BUSS-702  | 4 sessions  | $109 AGE 60+  | $109 REG
F01  | W 6-9 p.m.  | Lynette Watson  | Sep 13 – Oct 4  | MC-SO 111

The Business of Small Business: Understanding Financial Statements

Discover ways to turn financial statements into useful management tools. Understand where cash comes from and how it’s used in day-to-day business. During this course designed for business owners, managers, accountants, bankers and consultants, you’ll learn to identify and correct cash flow problems and prepare future performance of a business using a cash budget. Gain comfort about decisions to prepare for growth, a better understanding of loans and financing, a deeper knowledge of how and when to make affordable purchases and a comprehension of how much cash can safely be taken out of the business. This program is offered in partnership with the Small Business Development Center.

BUSS-741  | 3 sessions  | $85 AGE 60+  | $85 REG
F01  | Th 6-9 p.m.  | Lynette Watson  | Jul 27 – Aug 10  | MC-SO 111

Build Your Brand: Personal Edition

Are you new to the workforce, a career changer, or returning to the workforce? Discover how to plan, organize, and polish your online and real-world persona to strategically present yourself and your work in a way that could help you achieve your professional goals. You’ll also learn how to use social media and a few online tools that can help you standout to recruiters (for job seekers) and possibly attract new customers (for entrepreneurs).

BUSS-765  | 2 sessions  | $52 AGE 60+  | $39 REG
F01  | Sa 10 a.m. - 12 p.m.  | Teyuna Darris  | Sep 23 – Sep 30  | Online

Build Your Brand: Business Edition

Are you a business owner trying to determine how to present your business to others so you can attract customers and achieve your business goals? Come explore branding basics combined with strategies and tactics you can use to help you to create a polished online presence that could help you to achieve your business goals. In addition, learn how to use social media and a few online tools to help your business standout from others.

BUSS-765  | 2 sessions  | $52 AGE 60+  | $39 REG
F02  | Sa 10 a.m. - 12 p.m.  | Teyuna Darris  | Oct 21 – Oct 28  | Online

How to Write a PR Plan

Are you trying to make your work or business standout from the crowd? Delve into the basics of public relations and how you can use PR to help you accomplish your professional goals. These strategies and tactics can help you develop a polished look for your persona, work, or business, and can help you to accomplish your personal and professional goals.

BUSS-765  | 2 sessions  | $26 AGE 60+  | $39 REG
F03  | Sa 10 a.m. - 12 p.m.  | Teyuna Darris  | Nov 11 – Nov 18  | Online

We have more! Looking to develop your small business website? See p. 9 for our web development class.
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 | $55 | $79 REG
F02 | Sa 9:00 a.m.-1:00 p.m. | Stacy Moore | FP-E 208
Sept 16 – Sep 23

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 | $55 | $79 REG
F03 | Sa 9:00 a.m.-1:00 p.m. | Stacy Moore | FP-E 208
Sept 30 – Oct 7

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 | $55 | $79 REG
F04 | Sa 9:00 a.m.-1:00 p.m. | Stacy Moore | FP-E 208
Oct 21 – Oct 28

Small Business Tax Seminar
If you are thinking of starting a small business or have already done so, this program is designed for you. Join a small business tax professional and CPA to learn the tax-related essentials of starting a business: business use of the home, record keeping, independent contractor versus employee, hobby versus business, federal income tax and employment tax requirements. This program is designed for sole proprietors, but much of the information relates to all forms of business ownership. Instructor welcomes a two-way discussion and questions about your specific situation.

BUSS-741 | 1 session | $55 | $55 REG
F05 | Sa 9 a.m.-1 p.m. | Teri Spector | MC-SO 111
Nov 18

Record-Keeping for Small Business Owners
As a small business owner, good record keeping procedures and accurately followed tax guidelines are critical. During this course taught by a small business tax professional and CPA, you’ll explore internal and external financial records, different forms of business ownership (and specific record keeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, and methods for tracking and deducting vehicle expenses. Instructor welcomes a two-way discussion and questions about your specific situation.

BUSS-741 | 2 sessions | $58 | $85 REG
F06 | Sa 9 a.m.-1 p.m. | Teri Spector | MC-SO 112
Dec 2 – Dec 9

Career Essentials

How To Get a Job with the State of MO
Explore general information about the State of MO Job Site including: the procedure of how to apply and where; Merit Exam and other requirements; and examples of jobs in several departments (Mental Health, Children and Family Support, Corrections, Senior and Disability Services; Conservation, State Parks, Nursing). Discussion will examine benefits (vacation time, sick time, retirement, pension, 401k, further education, promotions, comp time, maternity/paternity leave) and ideas for internships.

CPDV-701 | 1 session | $21.50 | $29 REG
F01 | Sa 11 a.m.-1 p.m. | Dr. Lawrence Gibbs | FP-E 209
Oct 12

What Matters Most: Building A Fulfilling Next Chapter
Have you ever tried to navigate to a destination with landmarks instead of a map or GPS and felt confused or lost? Are you in the second half of life and wondering to chart a course for your future but not sure where to start? In this workshop, we will explore how to get in touch with your core values and act upon them with alignment to create your unique roadmap for your next chapter.

CPDV-702 | 2 sessions | $26 | $39 REG
F02 | Sa 9:30-11 a.m. | Carol Watkins | Online
Oct 28 – Nov 4

Volunteering Pathways
Are you looking for ways to thrive and “give back” in retirement? Wondering how you’ll use your time meaningfully? Where will you choose to put your energy? In this workshop, we will look at ways to recycle and revive your dreams while rethinking your opportunities through volunteering. Explore the volunteer pathway with an experienced life coach and the support of like-minded fellow participants.

CPDV-702 | 1 session | $26 | $39 REG
F01 | Sa 9:30-11 a.m. | Carol Watkins | Online
Oct 14

Plus 50: Beginning Job Interview Techniques
Get tips and helpful advice on how to find out what employers are looking for in candidates and how you can prepare for interviews by phone, face-to-face, group or panel formats. Bring a flash drive to class.

CPDV-703 | 1 session | $22.50 | $29 REG
F01 | Th 6-8 p.m. | Edwin Penfold | STLCC-SoCo 206
Sep 7

Plus 50: The Job Search
Learn the current basics of job search and avoid the costly services and traps of the internet. Discussion will cover basic resume development, the online application processes and those pesky interest questionnaires. Bring a flash drive to class.

CPDV-705 | 1 session | $22.50 | $29 REG
F01 | W 6-8 p.m. | Edwin Penfold | STLCC-SoCo 206
Sep 6

We have more! Looking to start a new career in real estate?
See p. 33 for details on getting started.
PERSONAL COMPUTING

PCs and Technology

Introduction: In a Day
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. This class is ideal for users with few or no computer skills.

COMP-701 | 1 session | $51 | AGED 60+ | $69 | REG
F01 | Sa 9 a.m.-3 p.m. | Aug 5 | RV-B 119
F02 | Sa 9 a.m.-3 p.m. | Nov 18 | RV-B 119

Mac for Windows® 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. Prerequisite: Basic computer familiarity with a recent version of Windows.

COMP-765 | 1 session | $39 | AGED 60+ | $39 | REG
F03 | Tu 6-9 p.m. | Aug 15 | MC-HE 136

Introduction to Smart Home Technology
A smart home system can help you reduce energy consumption, create a more comfortable family living environment and help protect your home against intruders. Enhance your lifestyle with simple, yet sophisticated control of music, video, lights, climate and more. Please note: Smart home technology requires Wi-Fi in the home, smart phone or tablet, and knowledge of how to download apps. This class will cover concepts and functionality, but will not focus on specific product brands.

COMP-765 | 1 session | $39 | AGED 60+ | $39 | REG
F04 | W 6-9 p.m. | Aug 23 | Online

Beyond Broadcast:
TV in the Age of Streaming
“What’s on TV tonight?” was once an easily answered question through TV Guide or channel surfing. But in today’s era of smart TVs, streaming subscriptions, cord-cutting and on-demand services, finding an answer is more challenging. Survey the transition from analog broadcast to the digital age of smart devices and streaming services. Discover “what’s on,” explore how to watch, and understand what still needs an antenna.

COMP-765 | 1 session | $39 | AGED 60+ | $39 | REG
F06 | W 6-9 p.m. | Sep 6 | Online

Introduction To AutoCAD® I
Introduction to AutoCAD I covers the fundamentals of the AutoCAD drafting system. Students 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. Available for credit as EGR 133 S52.

COMP-770 | 12 sessions | $244 | AGED 60+ | $244 | REG
F01 | W 7-9:15 p.m. | Sep 20 – Dec 13 | NOTE: No class 11/22

Apple® Devices

iPhone® and iPad® Mobile Digital Devices: Introduction
Did you purchase an iPhone or iPad only to discover that you can barely use it? Explore the basics and functionality of the Apple® iOS® platform in this class. This class will discuss only Apple products; other smart phone devices will not be covered. Please note: universal functions will be taught and specific apps may vary from device to device. You must bring your own iPhone/iPad device and charger cord to class.

COMP-765 | 1 session | $49 | AGED 60+ | $49 | REG
F01 | W 6-9 p.m. | Jul 26 | Gregory Ray
F07 | Tu 6-9 p.m. | Oct 10 | Gregory Ray

iPhone® and iPad®: Next Steps
If you’re no longer a beginner, but not yet an expert, learn the skills to take your use to the next stage, Explore selecting and installing apps. Take, organize and share photos. Adopt shortcuts for frequently used apps (e.g., iMessages®, Safari® web browser). Keep your data secure. Customize your device to work better for you. If you’re an iPad user seeking to use your device as your sole computer, learn how much is possible and limitations to expect. Prerequisite: iPhone and iPad Mobile Digital Devices: Introduction or equivalent experience. Have your iPhone and/or iPad and corresponding charger(s) handy when joining class.

COMP-765 | 1 session | $49 | AGED 60+ | $49 | REG
F02 | W 6-9 p.m. | Aug 2 | Online
F08 | W 6-9 p.m. | Oct 25 | Gregory Ray

Web Development

WordPress® for Business
WordPress® is the most popular software for building and hosting personal websites, but it’s increasingly also the engine of richly-designed and complex business sites. Explore the features of WordPress and its multitude of add-ons. Learn about themes and plugins (many free) that can make your site do more than share articles. Learn how to enable e-commerce, as well as considerations about extra security, maintenance, and monitoring requirements for your business website.

COMP-765 | 1 session | $49 | AGED 60+ | $49 | REG
F05 | W 6-9 p.m. | Aug 30 | Gregory Ray

Storytelling With Tableau®

Tableau®
Tableau is one of the fastest evolving business intelligences (BI) and data visualization tools. Learn the foundation of Tableau and how to navigate its interface, import data, and create your first dashboard. Topics include data preparation, calculations, parameters, dynamic filters, and layout containers to name a few. You will walk out of this course feeling confident to start building robust dashboards!

COMP-727 | 2 sessions | $159 | AGED 60+ | $159 | REG
F01 | Sa 9 a.m.-4 p.m. | Aug 19 – Aug 26 | Lee Douangkeomany
F02 | W 6-9 p.m. | Nov 1 – Nov 29 | Lee Douangkeomany

WordPress® is the most popular software for building and hosting personal websites, but it’s increasingly also the engine of richly-designed and complex business sites. Explore the features of WordPress and its multitude of add-ons. Learn about themes and plugins (many free) that can make your site do more than share articles. Learn how to enable e-commerce, as well as considerations about extra security, maintenance, and monitoring requirements for your business website.

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AutoCAD is a registered trademark of Autodesk, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries.
Adobe® Tools

Photo Editing

Adobe® Photoshop Creative Cloud®: Introduction
This course shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Topics may include but are not limited to: layers, history, the clone stamp, the spot healing brush tool and content-aware fill, the quick selection tool, the magic wand and color range, transformations and the difference between destructive and non-destructive editing. Students will work hands-on with a wide variety of images.

COMP-755 | 4 sessions | $149
F01 M-6 p.m.  Francis Zych
Aug 10 – Nov 20  MC-HE 233

Adobe® Photoshop Creative Cloud®: Image Size Workshop
When you download an image from your camera or the internet, what is it good for? At what size can you print it? How would it appear if uploaded to your website or Facebook? Learn the ins and outs of image and canvas size, all the cool things the crop tool can do, and how to control the size of a photo via the “save for the web” command. Prerequisite: Adobe Photoshop Creative Cloud: Intermediate or equivalent experience.

CVTW-704 | 1 session | $129 F04 F 9 a.m.-4 p.m. Francis Zych
Oct 13 MC-HE 233

Adobe® Photoshop Creative Cloud®: 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-704 | 1 session | $129
F05 Sa 9 a.m.-4 p.m.  Francis Zych
Nov 11 MC-HE 233

Adobe® Lightroom® Classic: Introduction
Learn the basics of Lightroom Classic, a desktop-focused software with powerful and comprehensive digital photography tools. Mastering Lightroom will help you to organize and bring out the best in your images. Lightroom is designed as an end-to-end photographic workflow for both amateur and professional photographers.

CVTW-701 | 1 session | $139
F02 Sa 9 a.m.-4 p.m.  Charles LaGarce
Aug 19 MC-HE 233
F03 Sa 9 a.m.-4 p.m.  Charles LaGarce
Oct 28 MC-HE 233

Adobe® Lightroom® Classic: Advanced Development Techniques
Explore advanced image development techniques. Learn global and selective enhancement tools to optimize images. Emphasis will be placed on preparing images for the Lightroom output modules: print, slideshow, book and web. Prerequisite: Adobe Lightroom Classic: Introduction or equivalent experience.

CVTW-701 | 1 session | $139
F04 Sa 9 a.m.-4 p.m.  Charles LaGarce
Sep 23 MC-HE 233
F05 Sa 9 a.m.-4 p.m.  Charles LaGarce
Nov 11 MC-HE 233

Adobe® InDesign® Creative Cloud®: The First Step
Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos, set type correctly for flyers and brochures and master other basic applications. Learn core tools and use them to complete a basic InDesign document. Explore key commands and discover other great tips that make easy work of your layouts.

CVTW-702 | 1 session | $135
F03 F 8:30 a.m.-4:30 p.m.  Francis Zych
Sep 8 MC-HE 233
F01 F 8:30 a.m.-4:30 p.m.  David Haley
Oct 6 Online

Adobe® InDesign® Creative Cloud®: Next Steps
Discover the best way to set up your brochure or multi-page document. Learn how to optimize your page setup for better productivity. Modern typesetting techniques, including examples from the top magazines, will showcase how to elevate your document. This introduction to style sheets will have your work looking consistent and professional.

CVTW-702 | 1 session | $135
F02 F 8:30 a.m.-4:30 p.m.  David Haley
Oct 20 Online

Layout and Design

Adobe® InDesign® Creative Cloud®: The First Step
Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos, set type correctly for flyers and brochures and master other basic applications. Learn core tools and use them to complete a basic InDesign document. Explore key commands and discover other great tips that make easy work of your layouts.

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CVTW-702 | 1 session | $135
F02 F 8:30 a.m.-4:30 p.m.  David Haley
Oct 20 Online

Video Editing and Motion Graphics

Adobe® After Effects®: The First Step
Use After Effects to create motion graphics. Explore the interface in After Effects, put graphics into motion and render finished movie and animation projects. Explore the workflow between Photoshop® and After Effects. Be prepared for an intensive, hands-on learning experience.

CVTW-704 | 1 session | $129
F01 F 8:30 a.m.-4:30 p.m.  Tim Linder
Nov 10 MC-HE 233

Adobe® After Effects®: The Next Step
Sharpen your skills with advanced After Effects techniques. Uncover a deeper understanding of the effects panel options. Explore background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience. Prerequisite: Adobe After Effects: The First Step or equivalent experience.

CVTW-704 | 1 session | $129
F02 F 8:30 a.m.-4:30 p.m.  Tim Linder
Nov 17 MC-HE 233
**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. Prerequisite: Windows® Introduction class. Participants are encouraged to bring a flash drive.

**COMP-720 | 2 sessions | $90.50**
**F01 | W/Th 9 a.m.-12:30 p.m.**
**Aug 9 – Aug 10 | STLCC-Corp 208**
**Cris Heffernan**

**Microsoft® Excel®: Part II**
Expand your spreadsheet skills and create complex formulas through functions. Master data management techniques and analysis using lists, tables, common charts, pivot tables and pivot charts. Discover the ease of using range names and conditional formatting. Participants are encouraged to bring a flash drive. Prerequisite: Microsoft Excel: Part I or equivalent experience.

**COMP-721 | 2 sessions | $90.50**
**F01 | W/Th 9 a.m.-12:30 p.m.**
**Aug 9 – Aug 10 | STLCC-Corp 208**
**Cris Heffernan**

**Microsoft® Excel®: Part III**
Expand your expertise as you manage multiple workbooks and worksheets, build 3D calculations, add file links, and explore lookup functions. Master formula auditing tools, data validation and sharing, and workbook protection. Use scenarios, data tables and analysis tools to increase productivity. Create macros to save time and create consistency across workbooks. Participants are encouraged to bring a flash drive. Prerequisite: Microsoft Excel: Part I or equivalent experience.

**COMP-722 | 2 sessions | $90.50**
**F01 | W/Th 9 a.m.-12:30 p.m.**
**Aug 30 – Aug 31 | STLCC-Corp 208**
**Cris Heffernan**

**Microsoft® Excel®: Power Pivots®: Data Analysis**
Get set on a course to take advantage of one of the most robust data analysis tools that Excel includes. Power Pivot enables you to create reports, or data models, from multiple data sources both in and outside of Excel. You'll learn to create and manage relationships, hierarchies, Power Pivot tables and charts and be introduced to creating your own calculated columns, calculated fields (measures), and key performance indicators. Participants are encouraged to bring a flash drive. Prerequisite: Microsoft Excel: Part III or equivalent experience.

**COMP-723 | 1 session | $90.50**
**F04 | F 9 a.m.-12:30 p.m.**
**Sep 15 | STLCC-Corp 208**
**Cris Heffernan**

**PROGRAMMING & DATA ANALYTICS**

**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 | $117**
**F09 | Th 6-9 p.m.**
**Sep 7 – Oct 5 | Joseph Richey**

**SQL: Intermediate**
Learn how to properly design a relational database and structure tables within the database. Create primary and foreign keys and understand their importance. Make table joins, discover the advantages of referential integrity and learn about database component planning. Apply table column constraints to control data input. Uncover how to use aggregate functions when joining tables. Discover how to work with views and manipulate the data output when working with multiple queries.

**COMP-776 | 4 sessions | $133.50**
**F09 | Th 6-9 p.m.**
**Sep 7 – Oct 16 | Joseph Richey**

**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-776 | 5 sessions | $117**
**F11 | W 6-9 p.m.**
**Sep 6 – Oct 4 | Joseph Richey**

**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. Learn to error handling techniques to trap for errors in your programs. Learn how to write functions. Explore how to write classes that include methods, constructors and variables. Learn how to work with date and time data, iterators and generators. Other topics include working with functions such as lambda, filter and map.

**COMP-776 | 4 sessions | $133.50**
**F12 | W 6-9 p.m.**
**Oct 26 – Nov 15 | Joseph Richey**
CAREER STUDIES

Start your health care career pathway.

Become job ready through our hands-on, non-credit health care training programs. Prepare for an entry-level position and build an impactful career as you fill the need for health care workers here in St. Louis.

Patient Care Technician

Prepare for an entry-level position working alongside nurses and other healthcare professionals to provide direct patient care in a hospital setting.

11 weeks | stlcc.edu/PCT

Medical Assistant

Understand how medical offices operate and learn the medical assisting skills necessary to perform both administrative and clinical duties.

28 weeks | stlcc.edu/MA

Community Health Worker

Prepare to become a trusted community member who assists individuals and communities in adopting healthy behaviors.

16 weeks | stlcc.edu/CHW

Central Sterile Processing Technician

Prepare for a position in the central sterile processing dept. of a BJCC Healthcare hospital as you learn to clean, decontaminate, sterilize and distribute medical and surgical instrumentation.

24 weeks | stlcc.edu/CSPT

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 services arrive. 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 manequin 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 | $128 | 109 REG
F01 | Sa 8:30 a.m. - 4:30 p.m. | STLCC Staff | FP-W 126
F02 | Sa 8:30 a.m. - 4:30 p.m. | STLCC Staff | FP-W 126
Aug 26
Nov 18

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 | $87.50 | 109 REG
F01 | W 9 a.m. - 3 p.m. | STLCC Staff | FP-W 126
F02 | Th 5-10 p.m | STLCC Staff | FP-W 126
Aug 16
Sep 21
F03 | Tu 9 a.m. - 3 p.m. | STLCC Staff | FP-W 126
Oct 10
F04 | W 9 a.m. - 3 p.m. | STLCC Staff | FP-W 126
Dec 6

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 jclark399@stlcc.edu before registering for the BLS Instructor Essentials Course.

CPRR-708 | 1 session | $298 | 349 REG
F01 | W 9 a.m. - 5 p.m. | STLCC Staff | FP-W 126
Oct 25

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 jclark399@stlcc.edu before registering for the CPR Instructor Renewal Course.

CPRR-709 | 1 session | $63 | 99 REG
F01 | W 9 a.m. - 1 p.m. | STLCC Staff | FP-W 126
Sep 20

† 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 medical service (EMS) arrives. Use of these materials in an educational and has developed instructional materials for this purpose. Use of these materials in an educational and 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 jclark399@stlcc.edu before registering for the CPR Instructor Renewal Course.

Any fee charged for a course, except for a portion of the fee needed for American Heart Association course materials, 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) on Saturday, Nov 4. 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 | 9 sessions | $9 AGE 60+ | $9 REG
F01 Th 6:30-10 p.m.
   Sep 14 – Nov 4
   Various Instructors
   FV-E 156
F02 W 6:30-10 p.m.
   Sep 13 – Nov 4
   Various Instructors
   FP-W 323
F03 Tu 6:30-10 p.m.
   Sep 12 – Nov 4
   Various Instructors
   WW 225

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.

Meet Your Local Animal Welfare Organizations
St. Louis has many animal welfare organizations of all types and sizes, such as rescue groups and shelters, foster and adoption agencies, pet food pantries, emergency and investigation teams, health clinics, advocacy groups, and more. A panel of representatives from some of these local agencies will share interesting stories and answer your questions.

ANIM-741 | 1 session | $30 AGE 60+ | $35 REG
F01 Tu 6-8:30 p.m.
   Nov 28
   MC-SO 105

Career and Volunteer Opportunities in Animal Welfare
Animals are wonderful! If you’ve considered working in the world of animal welfare, this class can help you see all the career and volunteer possibilities. You’ll learn about the personal rewards and benefits of working directly with animals as well as actions you can take—locally, directly and even indirectly—for their benefit.

ANIM-741 | 1 session | $30 AGE 60+ | $35 REG
F01 Tu 6-8:30 p.m.
   Sep 26
   MC-SO 105

Past, Present, Future: Animal Welfare and the Humane Movement
In this class, you’ll learn the history of animal welfare and the humane movement in the United States. We’ll examine current community animal welfare needs and possible solutions.

ANIM-741 | 1 session | $30 AGE 60+ | $35 REG
F01 Tu 6-8:30 p.m.
   Oct 24
   MC-SO 105

Make a difference in the lives of animals in your community. Learn more about the program: stlcc.edu/AnimalWelfare

Truck Driving

CDL-A Training
Prepare for a well-paying career in commercial truck driving, one of the fastest growing industries in the United States today.

Gain the knowledge and skills sought by employers to become an over-the-road or local commercial truck driver.

- Four-week, 200-hour non-credit training program, including CDL-A testing
- Classroom and lab instruction emphasizing safety, DOT regulations, trip planning, pre-trip inspections and more
- Several hours mastering skilled backing maneuvers, as well as urban, rural and highway driving
- Thorough curriculum exceeds the Department of Transportation – Federal Motor Carrier Safety Administration’s “entry level driver training” standards and will prepare you for the CDL-A exam

Get started by attending a free information session. Learn more at stlcc.edu/TruckDriving

REGISTRATION BEGINS JULY 10 | 314-984-7777 | STLCC.EDU/CE
HVAC Operator I Technical Training

Gain important troubleshooting skills
Understand HVAC system operations
Learn to assemble and install residential heating and cooling equipment; Course is 90% hands-on
Prepare and sit for your EPA certification exam (included)
This grant-funded program includes training in soft skills (Bring Your A-Game Anywhere), OSHA 10 and Excel® for Business; program also adds some resume assistance.

Evening classes: 5 weeks, 4 nights per week, 6-10 p.m. No cost
Daytime classes: 2 weeks, 5 days per week, 8 a.m.-2:30 p.m. No cost

stlcc.edu/HVAC

Looking for hands-on work with competitive pay?

Environmental Remediation Technician

Prepare for a career in hazardous waste clean-up and make a difference in the St. Louis area, as well as other remediation sites nationwide.

- Six-week, non-credit training program
- Earn 20 valuable certifications, including OSHA certifications and licensing in lead and asbestos abatement

stlcc.edu/EnviroTech

Missouri Manufacturing Technician I Pre-Apprenticeship Program

- Four-week, non-credit training program offered in a hybrid classroom/online format. Must first complete Manufacturing Portal: Soft Skills Training, Excel for Business and OSHA 10.
- Earn up to three industry certifications: OSHA 10 – General Industry, MSSC CPT Safety and CPT Quality
- Gain team-building skills, employment strategies and computer literacy
- Receive Missouri Manufacturing Technician I certificate upon successful completion of industry certifications

stlcc.edu/MfgTech

Hazardous Materials Technician with Class B CDL

Learn to assess and clean up contaminated properties in the St. Louis Metropolitan area, as well as other remediation sites nationwide. Coursework includes certifications in hazardous waste operations, truck driver training (Class B CDL), and safe transportation of hazardous materials.

Earn five valuable certifications:
OSHA 30-Hour: Construction & Safety
40-Hour HAZWOPER: Hazardous Waste Operations and Emergency Response
OSHA 7300: Permit-Required Confined Space
Class B Commercial Driver's License (CDL)
HAZMAT endorsement for the CDL

stlcc.edu/HazmatTech
PERSONAL ENRICHMENT

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

The Revolutionary War at Sea
More colonial troops died on ships than on land. Sea power determined whether the colonies would gain their independence. Join us to discover how the British, Americans and French conducted the Revolutionary War at sea and about three St. Louis cannons with ties to a British frigate that tried to bombard Charleston, South Carolina in 1776. Explore the beginnings of submarine warfare and learn about a tiny island (smaller than Kirkwood, Missouri) that was pivotal in our defeat of the British. Finally, hear how John Paul Jones apologized to the British after the Revolutionary War.

St. Louis on the Water: Transportation History
For centuries, St. Louis has used water transportation for both commerce and recreation. From ironclads to cruise ships to flatboats, take a journey into how St. Louis is linked to the water. Learn about the Missouri State Navy, how Robert E. Lee improved the water transportation in St. Louis, and that the city also has an ice cream cone sculpture? In the 21st century, St. Louis boasts more ice cream options than ever, including the fl oating casinos and McDonalds.

The City That Loves Ice Cream
Did you know that St. Louis popularized the ice cream cone in 1904 and that the city also has an ice cream cone sculpture? In the 21st century, St. Louis has more ice cream options than ever, including the fl oating casinos and McDonalds.

Haunted Places In St. Louis
Rivers are conduits of paranormal activity. St. Louis has plenty of rivers, and plenty of paranormal activity. Learn more about places where people have experienced the unsettling presence of spirits including haunted homes, parks, theaters, roads and staircases. He will also review St. Louis paranormal history, the Ouija board that wrote a novel, a family with heads as big as pumpkins and the voodoo practitioner whose body was chopped into pieces to keep her from rising from the dead.

Katharine Hepburn
Sit back and revel in the fabulous history of this mega movie star, from her unforgettable roles in such blockbusters as "Bringing Up Baby" and "The Philadelphia Story" to her real life and on-screen romance with the one and only Spencer Tracy. Top all of this off with heartwarming clips from "On Golden Pond" and you have one spectacular walk through old Hollywood.

Clark Gable
Oscar winner, legend, or King of Hollywood - whichever label you choose, he was unarguably Hollywood's Leading Man! We will cover a multitude of iconic films from the 1930's up to his last film in 1961...oh, and we MAY touch on something with a plantation theme from the Old South, if you know what I mean!

Train Stations In the St. Louis Area
Take an armchair journey into the train stations of St. Louis, both past and present. Learn where you can catch a ride on a train today in St. Louis and what local spots re-create an aura of railroading in the golden era.

Gene Kelly
This presentation will cover the life of dancer/choreographer Gene Kelly, complete with original movie poster pictures and video clips from some of his most memorable films, including back stories surrounding the making of "Singin' in the Rain". You'll be whistling these great songs all the way home!

Rest in Peace: Cemeteries in St. Louis
Take an armchair adventure tour and explore cemeteries in St. Louis. From religious and military graveyards to graveyards under parks, you'll discover the famous people buried at some of these local sites. You'll also learn about the first crematorium west of the Mississippi.

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Beloved Character Actors from the Golden Era: Part II

The studios from Hollywood's Golden Age had large stables of contract and stock players from every walk of life and of every type of personality. These beloved character actors played sidekicks, best friends and even odd-ball relatives as an example! Part Two continues to remind us of these colorful actors/actresses that appeared in so many of our favorite films throughout those glorious years!

SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F25 | Sa 1-2:30 p.m. | Mary Saputo
Nov 18 | MC-SO 232

Medicare 101

Find out how Medicare works, get answers to your questions and learn about options to help you decide the coverage that best meets your needs. The seminar will include Original Medicare (Part A & Part B) and Prescription Drug Plans (Part D), Medicare Supplement (Medigap), and Medicare Advantage (HMO and PPO) plans. While no course fee is associated with this offering, a small STLCC administrative fee is required for registration. This class is offered through SHIP, Missouri's official State Health Insurance Assistance Program (SHIP). SHIP counselors do not sell or promote any insurance company or its products.

SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F07 | Sa 10 a.m.-12 p.m. | Wilma Schmitz
Aug 12 | MC-SO 108
F08 | W 1-2:30 p.m. | Wilma Schmitz
Aug 16 | FV-C 102
F09 | M 1-2:30 p.m. | Wilma Schmitz
Aug 21 | STLCC-SoCo 202
F10 | W 1-2:30 p.m. | Wilma Schmitz
Aug 23 | FP-W 117
F11 | W 6-8 p.m. | Wilma Schmitz
Sep 13 | MC-SO 204
F12 | Sa 10 a.m.-12 p.m. | Wilma Schmitz
Sep 16 | MC-CE
F13 | W 1-2:30 p.m. | Wilma Schmitz
Sep 20 | FF-W 214
F14 | W 6-8 p.m. | Wilma Schmitz
Oct 18 | MC-SO 109
F15 | Sa 10 a.m.-12 p.m. | Wilma Schmitz
Oct 21 | FV-C 102
F16 | W 1-2:30 p.m. | Wilma Schmitz
Oct 25 | FP-W 117
F17 | W 1-2:30 p.m. | Wilma Schmitz
Nov 1 | MC-SO 112
F18 | W 6-8 p.m. | Wilma Schmitz
Nov 15 | MC-CE
F19 | Sa 10 a.m.-12 p.m. | Wilma Schmitz
Nov 18 | FP-W 117

Medicare: Preparing for Open Enrollment

Preparing for Medicare Open Enrollment seminars will educate people with Medicare coverage or new to Medicare on the different parts of Medicare, eligibility, enrollment options, and how they can personalize their Medicare plan based on their needs. While no course fee is associated with this offering, a small STLCC administrative fee is required for registration. Missouri’s State Health Insurance Assistance Program (Missouri SHIP) offers this class. Missouri SHIP counselors do not sell or promote any insurance company or its products.

SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F13 | W 1-2:30 p.m. | Wilma Schmitz
Sep 20 | WW 214
F14 | W 6-8 p.m. | Wilma Schmitz
Oct 18 | MC-SO 109
F15 | Sa 10 a.m.-12 p.m. | Wilma Schmitz
Oct 21 | FV-C 102
F16 | W 1-2:30 p.m. | Wilma Schmitz
Oct 25 | FP-W 117
F17 | W 1-2:30 p.m. | Wilma Schmitz
Nov 1 | MC-SO 112
F18 | W 6-8 p.m. | Wilma Schmitz
Nov 15 | MC-CE
F19 | Sa 10 a.m.-12 p.m. | Wilma Schmitz
Nov 18 | FP-W 117
Samhain is Not a Myth!
Discover the Witch’s Halloween
Witches really do exist, and not just on Halloween! The Witches’ Halloween, or Samhain, is the final harvest on the seasonal Wheel of the Year and coincides with other cultural celebrations such as the Day of the Dead and All Saint’s Day. Come discover the myths, energy and beauty of this sacred seasonal cycle of death and rebirth and learn how to partner with its energies to enhance your life.

CLTR-701 | 1 session | $29 | $29 REG
F01 | M 6-8 p.m. | Kassia Morgan Oct 16 | Online

The Magick of Mabon
and The Autumn Equinox
Some celebrate this time of year as the Autumn Equinox, Mabon or the second harvest. It is the time of the harvest of the grapes and fruits of the vine. Partner with nature and the energies of this time of year to cultivate your personal harvest. Class includes a guided meditation to journey to the Spirit of Autumn.

CLTR-765 | 1 session | $29 | $29 REG
F02 | M 6-8 p.m. | Kassia Morgan Sep 11 | Online

Yallabina!:
An Exploration of Urban Egypt
Take an intimate trip into the local life of everyday people in Cairo, Egypt. The instructor shares her personal experience with love and family, and what it’s really like to be a woman in Cairo. Get immersed into a new world of music, customs, clothing, dance, food, and culture as you explore urban Cairo through a multi-media and hands on experience. Prepare for laughter and joy in true Egyptian style!

CLTR-702 | 1 session | $22.50 | $29 REG
F04 | Sa 11 a.m.-1 p.m. | Amber Skye Sep 23 | MC-SO 205

Sights of Italy
For those planning a trip to Italy, or those who would like to join us on a trip across the ocean for a picturesque slideshow tour and get a glimpse of the 20 regions of Italy. From the ancient, historical cities of Rome, Florence and Venice to the Valley of the Temples in Sicily and onto the medieval castles in the Valle d’Aosta, you’ll discover the splendor of some of Italy’s hidden treasures. Andiamo! Bring pencil and notebook.

CLTR-702 | 1 session | $22.50 | $29 REG
F01 | Tu 6:30-8:30 p.m. | Barbara Kien Nov 14 | MC-SO 112

Foods of Italy
For those planning a trip to Italy or those who would like to join a virtual gastronomic trip across the ocean for a slideshow tour and enjoy a glimpse of the diverse regional cuisines of Italy. From the arancini of Sicily to bagna cauda of Piedmont, you’ll discover the splendor of some of Italy’s regional epicurean favorites. Bring pencil and notebook.

CLTR-702 | 1 session | $22.50 | $29 REG
F02 | M 6-8 p.m. | Barbara Kien Dec 4 | MC-SO 112
CREATIVE ARTS

FINE ARTS

Artful Saturdays
Enjoy three Saturday mornings exploring local museum collections: The Saint Louis Art Museum and Laumeier Sculpture Park. Tours will feature a specific theme each weekend. Sep 23 & 30 meet at St. Louis Art Museum inside the main entrance to the Cass Gilbert (original) museum. Oct 7 meet at Laumeier Sculpture Park outside the Aronson Fine Arts gallery. Themes will be discussed at class. Rain Date: Oct 14. Participants must provide their own transportation.
ARTS-705 | 3 sessions | $55 AGE 60+ | $69 REG
F01 | Sa 10 a.m.-12 p.m. | Betsy Solomon
   Sep 23 – Oct 7 | St. Louis Art Museum

Drawing

Drawing Beginning /Intermediate
Learn the tools, materials, and visual artistic essence of drawing. Returning students will continue to sharpen your skills. Explore drawing fundamentals including line, perspective, value and composition using pencil, conte crayon and charcoal. Supply list will be sent.
ARTS-709 | 6 sessions | $69.50 AGE 60+ | $109 REG
F01 | Th 5-7:30 p.m. | Lisa Payne
    Aug 10 – Sep 21
   • NOTE: No class 8/31
F02 | Th 6-8:30 p.m. | Lisa Payne
    Oct 5 – Nov 16
   • NOTE: No class 10/26
F04 | Tu 9:30 a.m.-12 p.m. | Ruth Kolker
    Sep 6 – Oct 11
F05 | Tu 9:30 a.m.-12 p.m. | Ruth Kolker
    Oct 25 – Nov 29

Botanical Illustration: Colored Pencils
Focusing on the plant kingdom as subject matter, you’ll learn about antique styles and find inspiration to create contemporary pieces using modern methods. You’ll delve into drawing, texture, color and composition using dried plants, fruit and fresh flowers as models. All levels welcome. Supply list will be sent.
ARTS-716 | 14 sessions | $86 AGE 60+ | $85 REG
F01 | Tu 1-3:30 p.m. | Maureen Brodsky
   Sep 5 – Sep 26

Right-Brain Drawing
Discover how to make the mental shift to where drawing is pleasurable and meditative. Drawing exercises utilize 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. Supply list will be sent.
ARTS-721 | 8 sessions | $77 AGE 60+ | $119 REG
F01 | Sa 10 a.m.-12 p.m. | Mary Feagan
   Sep 9 – Oct 28

Watercolor: Beginning
Paint with the brilliant color and fluid stroke of watercolor while exploring paint, paper and brush techniques. This course covers a variety of subject matter in a supportive atmosphere. Supply list will be sent.
ARTS-735 | 16 sessions | $92.50 AGE 60+ | $119 REG
F01 | Th 1-3:30 p.m. | Maureen Brodsky
   Oct 12 – Nov 17
F02 | F 9 a.m.-12 p.m. | Annie Smith-Piffel
   Aug 18 – Oct 20 | Bluebird Park-Ellisville

Watercolor: Immediate/Advanced
Take your watercolor skills to a more advanced level, exploring challenging techniques of layered washes, modeling with color and unusual textural accents and more. Prerequisite: Watercolor: Beginning or equivalent experience. Supply list will be sent.
ARTS-736 | 10 sessions | $180.50 AGE 60+ | $205 REG
F01 | Th 9 a.m.-12 p.m. | Annie Smith-Piffel
   Aug 24 – Nov 9 | Bluebird Park-Ellisville
   • NOTE: No class 9/21,10/19

Botanical Illustration: Watercolor
Focusing on the plant kingdom as subject matter, learn about antique styles and find inspiration to create contemporary watercolor pieces using modern methods. Delve into drawing, texture, color and composition using dried plants, fruit and fresh flowers as models. All levels welcome. Supply list will be sent.
ARTS-709 | 6 sessions | $92.50 AGE 60+ | $119 REG
F03 | Tu 1-3:30 p.m. | Maureen Brodsky
   Oct 10 – Nov 21
   • NOTE: No class 11/7

Studio Painting:
Water-Based Oil & Acrylic
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 | $57.50 AGE 60+ | $109 REG
F03 | Tu 2-5 p.m. | Mike Ochonicky
   Sep 12 – Oct 17
   • NOTE: No class 10/3
F04 | Tu 5:45-8:45 p.m. | Mike Ochonicky
   Sep 12 – Oct 17
   • NOTE: No class 10/3

Painting

Acrylic Impressions: Beginner
In this beginning course, learn how to paint like the Impressionists, working in small scale to quickly complete your own vibrant, light-filled piece. Supply list will be sent.
ARTS-748 | 10 sessions | $180.50 AGE 60+ | $205 REG
F01 | Th 9 a.m.-12 p.m. | Annie Smith-Piffel
   Aug 24 – Nov 9 | Bluebird Park-Ellisville
   • NOTE: No class 9/21,10/19

Acrylic Impressions: Intermediate/Advanced
In this follow up course, learn how to loosen your style and paint like the Impressionists, working in small scale to quickly complete your own vibrant, light-filled piece. Prerequisite: Acrylic Impressions: Beginner or equivalent experience. Supply list will be sent.
ARTS-749 | 10 sessions | $180.50 AGE 60+ | $205 REG
F02 | Th 12:30 p.m.-3:30 p.m. | Annie Smith-Piffel
   Aug 18 – Oct 20 | Bluebird Park-Ellisville

Oil or Acrylic Painting
Explore oil paint’s richness. Discover 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. Only water-based oils will be used. Supply list will be sent.
ARTS-740 | 6 sessions | $69.50 AGE 60+ | $109 REG
F01 | Tu 5:30-8:30 p.m. | Lisa Payne
   Aug 1 – Sep 5
   • NOTE: No class 10/3
F02 | Tu 5-8 p.m. | Lisa Payne
   Sep 20 – Oct 25
   • NOTE: No class 10/3, 10/31, 11/7

Watercolor: Immediate/Advanced
Take your watercolor skills to a more advanced level, exploring challenging techniques of layered washes, modeling with color and unusual textural accents and more. Prerequisite: Watercolor: Beginning or equivalent experience. Supply list will be sent.
ARTS-749 | 10 sessions | $180.50 AGE 60+ | $205 REG
F02 | Th 12:30 p.m.-3:30 p.m. | Annie Smith-Piffel
   Aug 18 – Oct 20 | Bluebird Park-Ellisville
   • NOTE: No class 9/21,10/19

Printmaking

Printmaking: Monotypes and Relief Prints
Explore the medium of printmaking with both conventional and non-traditional methods. Use a variety of materials (found objects) to create monotypes and relief prints on paper. Experiment with collage, stenciling, painting and drawing. Supply list will be sent.
ARTS-765 | 6 sessions | $69.50 AGE 60+ | $109 REG
F01 | M 9:30 a.m.-12 p.m. | Ruth Kolker
   Oct 9 – Nov 13
   • Online

Printmaking: Relief Prints
Explore relief printing techniques with direct carving methods. Learn how to prepare, register and print a variety of relief prints on paper and fabric. Scherenschnitte, woodcut, linocut and lithography are covered. Supply list will be sent.
ARTS-766 | 6 sessions | $92.50 AGE 60+ | $119 REG
F02 | Tu 1-4 p.m. | Karen Donham
   Nov 16 – Dec 14
   • Online

Printmaking: Monoprinting
Explore the art of monoprinting, a printmaking technique where only one版 is used to make a print. Learn a variety of monoprinting techniques and how to use them to create unique prints. Supply list will be sent.
ARTS-767 | 6 sessions | $92.50 AGE 60+ | $119 REG
F01 | F 10 a.m.-12 p.m. | Maureen Brodsky
   Oct 26 – Nov 22
   • Online

Printmaking: Collagraphs
Explore the art of collagraphs, a printmaking technique that involves creating a relief plate by applying different materials to a sheet of metal. Learn how to create collagraph prints and how to use them to create unique prints. Supply list will be sent.
ARTS-768 | 6 sessions | $92.50 AGE 60+ | $119 REG
F01 | Tu 1-4 p.m. | Karen Donham
   Nov 24 – Dec 14
   • Online

Printmaking: Intaglio Prints
Explore intaglio printing techniques, including etching, engraving, and drypoint. Learn how to create your own intaglio prints and how to use them to create unique prints. Supply list will be sent.
ARTS-769 | 6 sessions | $92.50 AGE 60+ | $119 REG
F01 | M 9:30 a.m.-12 p.m. | Ruth Kolker
   Oct 12 – Nov 16
   • Online
Pottery: Beginning
Discover the basics of pottery and learn all about hand-building and wheel throwing. Learn how to center, open, and pull to make small cups and bowls on the pottery wheel, as well as hand-building techniques such as pinch, coil, slab, and attachments, in addition to designing the surface with carving, textures, and embellishments. You will also learn how to glaze and hand-paint your own pottery. All supplies provided.
ARTS-727 | 8 sessions | $179 60+ | $179 REG
F01 Th 11 a.m.-1 p.m. Sarah Rye Bliss Aug 10 – Oct 5 South Broadway Art Project
- NOTE: No class 8/31
F03 Th 11 a.m.-1 p.m. Sarah Rye Bliss Oct 12 – Dec 7 South Broadway Art Project
- NOTE: No class 11/23

Pottery: Intermediate/Advanced
Continue to build on your pottery skills in this intermediate-advanced level class, where you can take your skills with hand-building and wheel throwing to the next level. This class will help you take a close look at how to take your form and sculpture to the next level. This class is not a beginners level class. Students will produce thin and lightweight pottery with refined and intentional edges and surfaces. Prerequisite: Pottery: Beginning or equivalent experience. All supplies provided.
ARTS-727 | 8 sessions | $179 60+ | $179 REG
F02 W 2-4 p.m. Laura Klaus Aug 9 – Sep 27 South Broadway Art Project
F04 W 2-4 p.m. Sarah Rye Bliss Oct 11 – Nov 29 South Broadway Art Project

Pottery: Monthly Adventure: August
Come ready to get dirty! Need a place to relax the mind and just enjoy yourself? Join others that love to create and believe in making things by hand. This monthly membership will allow you to work in an open studio at your own pace with full access to wheels, equipment, tools and expert instruction when requested. Students have access five days a week during open hours. This is for seasoned potters that are comfortable working alone. Note: clay, glaze, and firing provided. Students pay for pottery they decide to keep, bisque fire and glaze with a 30% off on clay, glaze, and fire fees. Student pottery is priced by weight.
ARTS-727 | 29 sessions | $145 60+ | $145 REG
F05 W, Th, F, Sa, Su 11 a.m.-9 p.m. Sarah Rye Bliss Aug 2 – Aug 31 South Broadway Art Project

October
ARTS-727 | 30 sessions | $145 60+ | $145 REG
F07 W, Th, F, Sa, Su 11 a.m.-9 p.m. Sarah Rye Bliss Oct 1 – Oct 31 South Broadway Art Project

November
ARTS-727 | 29 sessions | $145 60+ | $145 REG
F08 W, Th, F, Sa, Su 11 a.m.-9 p.m. Sarah Rye Bliss Nov 1 – Nov 30 South Broadway Art Project

CRAFTS

Basketry: Burlap Flower
Learn weaving techniques and develop basketry expertise while making a classic basket adorned with a beautiful flower and a traditional handle. The finished product will be approximately 12” x 12” x 8”, not including the handle. All supplies provided.
CRFT-734 | 1 session | $76 60+ | $85 REG
F02 Tu 9 a.m.-1 p.m. Laura Klaus Jul 25 MC-CE

Basketry: Bountiful Bowl
Make a charming mid-sized bowl with a wide variety of uses such as a center piece or to use while you garden. Learn the basics of basket weaving and complete a woven bowl you’ll enjoy for years to come. The finished product will be approximately 12” diameter, 6” tall. All supplies provided.
CRFT-734 | 1 session | $72.50 60+ | $85 REG
F03 Sa 9 a.m.-1 p.m. Laura Klaus Aug 26 MC-CE

Basketry: Bow-a-Plenty
Learn basic basket weaving skills to create a basket you will enjoy for years to come. This class will focus on bow techniques to add to a traditional basket. The finished product will be approximately 11” x 7” x 4”, not including the handle. All supplies provided.
CRFT-734 | 1 session | $72.50 60+ | $85 REG
F05 Sa 9 a.m.-1 p.m. Laura Klaus Nov 18 MC-CE

Basketry: Peg Basket
Create a hanging basket with wooden pegs for leashes, hats, aprons, and more! Basic basket weaving techniques will be developed while creating a long-lasting addition to any home. The finished product will be approximately 8” x 4” x 4”, not including the handle. All supplies provided.
CRFT-734 | 1 session | $72.50 60+ | $85 REG
F06 Tu 6-9 p.m. Laura Klaus Dec 5 MC-CE

Basketry: Picnic Caddy
Wrap up your summer in style with a hand-woven picnic caddy. This mid-sized basket uses multiple colors and a plastic lining to make sure your picnic goes without a hitch. The finished product will be approximately 9” x 8” x 4”, not including the handle or feet. All supplies provided.
CRFT-734 | 1 session | $62.50 60+ | $75 REG
F04 Tu 6-9 p.m. Laura Klaus Sep 19 MC-SC 125

Basketry: Nantucket
Jump into the process of weaving a historical Nantucket basket. Hand-woven using rattan or cane onto wooden molds with wooden bases, these baskets are the perfect addition to any home! The finished product will be approximately 6” x 3”. All supplies provided.
CRFT-734 | 1 session | $62.50 60+ | $75 REG
F01 Tu 6-9 p.m. Laura Klaus Oct 10 MC-CE

Basketry: Peg Basket
Ikebana: 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. Students are required to bring scissors and/or pruners. Each session has it’s own unique theme. See online details for more information.

**CRFT-744** | 1 session | $60 AGE 60+ | $70 REG
---|---|---|---
F01 | Tu 5:30-7:30 p.m. | Kathleen Vaughn | MC-CF 207
F02 | Th 5:30-7:30 p.m. | Annie Brown | MC-SW 207
F03 | Thu 5:30-7:30 p.m. | Annie Brown | MC-SO 207
F04 | Thu 5:30-7:30 p.m. | Kathleen Vaughn | Mc-CE

Fresh Flower Arrangement

In this hands-on class, explore the basics of floral arrangement and design. Use wire cutters and floral tape to create a beautiful arrangement. Learn florists’ tips, tricks and trade secrets that will help you to create beautiful floral arrangements at home. Students are required to bring scissors and/or pruners to the class. All other supplies provided.

**CRFT-744** | 1 session | $70 AGE 60+ | $85 REG
---|---|---|---
F05 | Tu 5:30-7:30 p.m. | Kathleen Vaughn | MC-CE

Christmas Wreath

Add holiday cheer to your front door with a silk flower wreath. Use wire cutters and floral tape to create a beautiful silk arrangement that you’ll enjoy for years to come. Learn florists’ tips, tricks and trade secrets that will help you to create beautiful floral arrangements at home. Students are required to bring scissors and/or pruners to class. All other supplies provided.

**CRFT-744** | 1 session | $60 AGE 60+ | $75 REG
---|---|---|---
F06 | Tu 5:30-7:30 p.m. | Kathleen Vaughn | MC-CE

Introduction to Cricut® Machines Level I

Expand and explore more of what your Cricut machine can do. Learn tricks and key steps to working with vinyl, iron-on and cardstock materials. Bring your own Cricut Explore® or Maker® machines to class as well as an established login to the Cricut Design Space® application. Supply list will be sent.

**CRFT-765** | 1 session | $39 AGE 60+ | $55 REG
---|---|---|---
F01 | Sa 10 a.m.-1 p.m. | Rhonda Cross | MC-CN 125
F02 | Sa 10 a.m.-1 p.m. | Rhonda Cross | FV-B 122

Introduction to Cricut® Machines Level II

Take your crafting to the next level and learn 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 detachng 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. Supply list will be sent.

**CRFT-765** | 1 session | $39 AGE 60+ | $55 REG
---|---|---|---
F03 | Sa 10 a.m.-1 p.m. | Rhonda Cross | MC-CN 125
F04 | Sa 10 a.m.-1 p.m. | Rhonda Cross | FV-B 122

Introduction to Cricut® Machines Level III

Infusible Ink is an all-new system of Cricut DIY products that makes it possible to achieve pro-level, personalized heat transfers on t-shirts and more at home for the first time. An Infusible ink transfer becomes one with the material itself. The results are bright, beautiful, seamlessly smooth transfers that never flake, peel, wrinkle, or crack. Bring your own Cricut Explore® or Maker® machines to class as well as an established login to the Cricut Design Space® application. Supply list will be sent.

**CRFT-765** | 1 session | $39 AGE 60+ | $55 REG
---|---|---|---
F05 | Sa 10 a.m.-1 p.m. | Rhonda Cross | MC-CN 125

A Cricut® Soirée

Grab your Cricut and a friend to make some fun-filled memories. No more online shopping, make it and take it in this class where you will leave with three unique gifts. Supply list will be sent.

**CRFT-765** | 1 session | $47.50 AGE 60+ | $75 REG
---|---|---|---
F06 | Sa 10 a.m.-4 p.m. | Rhonda Cross | MC-CN 125

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
# Knitting and Crochet

## Textured Crochet
For those who are comfortable with crochet basics, let's play with texture! In this intermediate level class, you'll learn textured crochet stitches and groupings including bobbles, popcorns, and clusters; post stitches and crochet cables; ribbing, puffs, and loops; 3D flowers and hyperbolic crochet. Supply list will be sent.

**CRFT-726** | 4 sessions | $66.50 | AGE 60+ | $95 REG
---|---|---|---|---
**F06** | W 6-8 p.m. | Dee Levang | MC-SO 107

## Socks on the Magic Loop
Knit socks in the round using the magic loop technique, a wonderful and fun alternative to using double-pointed needles. Supply list will be sent.

**CRFT-720** | 6 sessions | $53.50 | AGE 60+ | $85 REG
---|---|---|---|---
**F03** | Th 6-8 p.m. | Thi Miller | FP-W 125
Aug 17 – Sep 21

## Knit 101
Knitting isn't just for making winter garments and accessories. Using linen, silk and lighter threads and yarns, create projects and garments that will be useful year round. Cover the basics - casting on, increasing and decreasing, finishing, and a variety of stitches. Gain tips for future projects, as well as help reading patterns. All levels welcome. Supply list will be sent.

**CRFT-720** | 3 sessions | $40 | AGE 60+ | $59 REG
---|---|---|---|---
**F02** | Tu 1:30-3:30 p.m. | Thi Miller | FP-W 125
Aug 22 – Sep 5
**F01** | Th 6-8 p.m. | Thi Miller | FP-W 125
Oct 5 – Oct 19

## Exploring Colorwork
Colorwork knitting uses multiple colors of yarn to create incredibly striking pieces! Join us as we discuss and explore the different techniques of colorwork in knitting. Build your knitting confidence as you work through small samples of designs in class and take home your materials and tools to apply them to your own knitting pieces! Supply list will be sent.

**CRFT-722** | 5 sessions | $47.50 | AGE 60+ | $79 REG
---|---|---|---|---
**F03** | Tu 6-8 p.m. | Thi Miller | FP-W 125
Aug 15 – Sep 12
**F04** | Tu 1:30-3:30 p.m. | Thi Miller | FP-W 125
Oct 31 – Dec 5
- **NOTE:** No class 11/7

## Knifty Knitting: Mittens
Knitted mittens are perfect for winter. They're quick to make and a great gift to give. Work with double-pointed needles and learn in-depth mitten construction and design. Supply list will be sent.

**CRFT-722** | 4 sessions | $43.50 | AGE 60+ | $65 REG
---|---|---|---|---
**F02** | Tu 1:30-3:30 p.m. | Thi Miller | FP-W 125
Sep 26 – Oct 24
- **NOTE:** No class 10/3
**F01** | Th 6-8 p.m. | Thi Miller | FP-W 125
Nov 2 – Nov 30
- **NOTE:** No class 11/23

## Top-down Sweater
Learn to knit a beautiful, classic saddle shoulder sweater for men or women in this fun class using intermediate/advanced knitting skills. Hone in on your knitting skills with custom garment shaping and design exploration. Supply list will be sent.

**CRFT-722** | 8 sessions | $57 | AGE 60+ | $99 REG
---|---|---|---|---
**F05** | Tu 6-8 p.m. | Thi Miller | FP-W 125
Sep 26 – Nov 28
- **NOTE:** No class 10/3 and 11/7

## Tunisian Crochet in the Round
Learn to work Tunisian crochet in the round. We'll use a double ended crochet hook (or two interchangeable hooks attached to a cable), and create a lovely cowl. Topics covered include creating a foundation row in the round, forward and reverse passes, color changes, and combination stitches. This class is for those who have experience with the basics of Tunisian crochet. Supply list will be sent.

**CRFT-724** | 1 session | $46.50 | AGE 60+ | $79 REG
---|---|---|---|---
**F02** | Sa 1-4 p.m. | Dee Levang | MC-SO 107
Sep 30

## Textiles and Fabrics
### Macramé and Merlot*
Craft a plant hanger for a six-inch pot. Learn basic macramé knots while enjoying a little sipping and snacking. Macramé rope and pots are provided; you bring the drinks and snacks.

**CRFT-713** | 1 session | $45 | AGE 60+ | $69 REG
---|---|---|---|---
**F06** | Sa 6-9 p.m. | City Sewing Room
**F07** | F 6-9 p.m. | City Sewing Room

### Macramé Hanging Shelf
Macramé—it’s knot like the 70s! Taking the home décor world by storm are these knotted wall hangings. Get your vintage craft skills on by crafting a project that you can enjoy during class. All participants must register individually.

**CRFT-713** | 1 session | $49 | AGE 60+ | $49 REG
---|---|---|---|---
**F09** | Tu 6-8:30 p.m. | Perennial
Nov 14

### Needle Felting: Introduction
Get crafty and try something new! Join us for a fun and memorable group outing with your friends to create macramé hangings. Get your vintage craft skills on by crafting a project that you can enjoy during class. All participants must register individually.

**CRFT-713** | 1 session | $45 | AGE 60+ | $45 REG
---|---|---|---|---
**F05** | Sa 6-9 p.m. | City Sewing Room
Oct 7

### Indigo Dyeing
Shibori, Japanese tie dye, is a multi-faceted art form where you can tie, fold, and stitch your way to a whole new look for tired linens. Sample several different traditional shibori techniques, including kumo, which involves tying and binding your fabric, and itajime, which involves clamping your fabric. Approximately two square feet of fabric for each dyeing technique will be provided. Use these techniques outside of class to reviving your old sheets, pillowcases, or articles of clothing.

**CRFT-765** | 1 session | $49 | AGE 60+ | $49 REG
---|---|---|---|---
**F06** | W 6-8 p.m. | Dee Levang | MC-SO 107

### Circular Weaving
In this beginner to intermediate weaving class, you'll learn how to warp and weave on an embroidery hoop to make a small woven wall hanging. You'll also delve into weaving on concentric metal rings, with an open space in the center. No weaving experience needed. Supply list will be sent.

**CRFT-711** | 2 sessions | $47 | AGE 60+ | $69 REG
---|---|---|---|---
**F01** | Sa 1-5 p.m. | Dee Levang
Nov 4 – Nov 11

### Sip ‘n’ Sew*
Enjoy an evening of simple stitching with a sewing machine while enjoying a social hour with your favorite friend and drink. We’ll be making a simple project you are guaranteed to finish. No sewing experience necessary. We provide everything you will need to complete your project, including the sewing machine included with the cost of the class. Please feel free to bring a beverage of your choice to enjoy during class. All participants must register individually.

**CRFT-713** | 1 session | $45 | AGE 60+ | $45 REG
---|---|---|---|---
**F04** | F 6-9 p.m. | City Sewing Room
Jul 28

### Fitting a Store Bought Pattern
In this class, you will make a muslin sample and be fitted for it and make adjustments on the pattern. Bring a McCalls, Simplicity or other pattern to learn how to make pattern adjustments so the garment will fit you better. Free muslin, notions and sewing machine are provided.

**CRFT-713** | 2 sessions | $69 | AGE 60+ | $69 REG
---|---|---|---|---
**F08** | Tu 5:30-8:30 p.m. | City Sewing Room
Aug 22 – Aug 29

### Mending 101
Learn basic mending skills, like sewing on a button, hemming pants, mending ripped knees, repairing torn pockets and more. Get your clothes ready to wear again. No experience necessary. This class is mainly hand sewing, but some machine sewing may be done. Bring one item to mend if you wish.

**CRFT-713** | 1 session | $45 | AGE 60+ | $45 REG
---|---|---|---|---
**F03** | Su 1-4 p.m. | City Sewing Room
Oct 22

*Student must be age 21 or older.

**REGISTRATION BEGINS JULY 10 | 314-984-7777 | STLCC.EDU/CE**
CULINARY/BEVERAGE

Wines of France: Bordeaux vs. Burgundy*

Bordeaux and Burgundy are the two most well-known and historic wine regions in the world, but they are also very different in grape varieties, styles of wine, regional classifications and history. Join us to taste and discuss wines from each region and decide who’s the world champion of wine. There is an additional $20 fee payable to The Wine Barrel for tasting.

FOOD-760 | 1 session | $19.00 | AGE 60+ | $19.00
F01 Tu 6-7:30 p.m. Mike Ward Aug 29 The Wine Barrel

Wines of Italy: Indigenous Grape Varieties*

We’re all familiar with chianti, prosecco and pinot grigio but Italy also grows nearly 2000 different grape varieties. Come discuss some of the interesting grapes and their origin and regions in Italy. While you won’t taste all 2000, you’ll sample some quality and noteworthy wines. There is an additional $20 fee payable to The Wine Barrel for tasting.

FOOD-760 | 1 session | $19.00 | AGE 60+ | $19.00
F02 Tu 6-7:30 p.m. Mike Ward Sep 19 The Wine Barrel

Wines of the Southern Hemisphere Part 2*

New world styles of wine from south of the equator are wonderful to try and pair nicely with many foods. Delve into an introduction to the grapes and wines that showcase the history of the Southern Hemisphere’s growing regions, in addition to new trends in the growing regions. Australia, New Zealand, Chile and Argentina will be well represented in this class. There is an additional $20 fee payable to The Wine Barrel for tasting.

FOOD-760 | 1 session | $19.00 | AGE 60+ | $19.00
F03 Tu 6-7:30 p.m. Mike Ward Oct 17 The Wine Barrel

Wines of the U.S.: Napa Valley vs. Sonoma*

Northern California is one of the most perfect places on earth to grow grapes and make wine. Sonoma and Napa are two of the finest in the world. While they grow similar grape varieties, the terroir of the regions makes for different wine flavors and aromas. Expand your knowledge of these world class regions and taste chardonnays, cabernets and zinfandel then you decide who wears the crown as top in the U.S. There is an additional $20 fee payable to The Wine Barrel for tasting.

FOOD-760 | 1 session | $19.00 | AGE 60+ | $19.00
F04 Tu 6-7:30 p.m. Mike Ward Nov 14 The Wine Barrel

Iced and Decorated Sugar Cookies: Bridal Shower/Wedding

It’s always wedding season and what better way to share your love and talents with friends, family and customers than creating some of the most memorable and unique cookies they’ve ever seen. Perfect bridal showers or for the special day, your cookies will contribute to the couple’s joy. Come learn the art of cookie decorating. Tips and tricks apply to any theme. Bring an edged cookie sheet to take home your creations. All supplies provided.

FOOD-765 | 1 session | $50.00 | AGE 60+ | $50.00
F01 Su 1-4 p.m. Teri Wiley Aug 13 Culinary Arts House
F02 M:30-8:30 p.m. Teri Wiley Aug 14 Culinary Arts House

Iced and Decorated Sugar Cookies: Fall

The weather has chilled, kids are back in school, and the holiday season is about to begin. Focus on fall in the form of cookies! Come learn a variety of skills to impress your guests through the art of cookie decorating. Get lots of tips and tricks to create flat, pretty cookies—perfect for any event. Skills learned can be applied to any themed cutout cookies. Bring an edged cookie sheet to take home your creations. All supplies provided.

FOOD-765 | 1 session | $50.00 | AGE 60+ | $50.00
F03 Su 1-4 p.m. Teri Wiley Nov 12 Culinary Arts House
F04 M:30-8:30 p.m. Teri Wiley Nov 13 Culinary Arts House

Iced and Decorated Sugar Cookies: Christmas

Get in the holiday spirit and learn to make themed decorated cookies. Perfect for parties, gift giving or special events. Learn for fun or for the rewards of starting your own business. All supplies provided.

FOOD-765 | 1 session | $50.00 | AGE 60+ | $50.00
F05 Su 1-4 p.m. Teri Wiley Dec 10 Culinary Arts House
F06 M:30-8:30 p.m. Teri Wiley Dec 11 Culinary Arts House

Drop Cookies

Looking to excite your friends and family with your creative cookies? Master delicious, pretty drop cookies that are perfect for gifting. From measuring ingredients to prepping ahead and baking, you’ll be guided through the entire process and provided with tips and tricks to make your cookies look and taste good. Sign up today and elevate your baking game! All supplies provided.

FOOD-765 | 1 session | $50.00 | AGE 60+ | $50.00
F07 Su 1-4 p.m. Teri Wiley Nov 26 Culinary Arts House
F08 M:30-8:30 p.m. Teri Wiley Nov 27 Culinary Arts House

Cake Decorating In A Day

Unleash your creativity with cake decorating! Gain instruction and practice using basic tools to torture, fill and ice your cakes. Decorate with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Learn for fun or for the rewards of starting your own business. All supplies provided.

FOOD-701 | 1 session | $50.00 | AGE 60+ | $50.00
F01 Su 1-4 p.m. Teri Wiley Jul 30 Culinary Arts House
F02 Su 1-4 p.m. Teri Wiley Aug 27 Culinary Arts House
F03 Su 1-4 p.m. Teri Wiley Oct 29 Culinary Arts House
F04 M:30-8:30 p.m. Teri Wiley Oct 30 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 torture, fill and ice your cakes. Decorate 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, royal icing and fondant embellishments, 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 and the supply list will be given out then.

FOOD-701 | 8 sessions | $141.00 | AGE 60+ | $141.00
F05 Tu 6:30-9 p.m. Carola Soll Sep 12 – Nov 14 Private Dining Room A
F06 Th 6-9 p.m. Tiffany Smith Oct 12 Culinary Arts House

Scratch Cake Baking II: Chiffon and Pound Cakes

You, too, can level up your skills to become the next “Great Baker!” Master the techniques for making delicious light and fluffy chiffon cakes and dense, yet moist, pound cakes for the perfect bake. Class includes recipes for the cakes and a variety of fillings and frostings. Supply list will be sent.

FOOD-701 | 1 session | $135.00 | AGE 60+ | $149.00
F01 M 5-8 p.m. Teri Wiley Sep 15 Culinary Arts House

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
Meals and Entertaining

**Pie Baking**
Learn how to make delicious pies from scratch including homemade pie crust! This class will teach baking techniques for great tasting and beautiful pies. We will make homemade pie crust, a fruit pie, a cream pie, a pecan pie and a custard-based pie. Supply list will be sent.
**FOOD-705** 1 session $35.50 AGED | $49 REG
F02 Th 6-9 p.m. Tiffani Smith Nov 9 Online

**Healthy Frying With Your Air Fryer**
Looking to make quick, healthy meals? In this class, you will learn to use your air fryer to make a variety of recipes that are easy and nutritious. You will learn how to make a variety of dishes. Learn the proper technique, temperature, and timing for air frying different ingredients and types of food. Also learn to adapt traditional recipes to be cooked in the air fryer, Come hungry! All supplies provided.
**FOOD-722** 1 session $50.50 AGED | $59 REG
F01 Su 1-4 p.m. Teri Wiley Sep 17 Culinary Arts House
F02 M 5:30-8:30 p.m. Teri Wiley Sep 18 Culinary Arts House

**Cooking With Your Instant Pot**
From applesauce to zucchini bread, it is amazing what can be cooked in an Instant Pot. Learn how to prepare food ahead of time and ways to prepare meals from frozen food. Lessen your stress and get dinner on the table quickly with a little pre-planning. All supplies provided.
**FOOD-722** 1 session $50.50 AGED | $59 REG
F03 Su 1-4 p.m. Teri Wiley Oct 15 Culinary Arts House
F04 M 5:30-8:30 p.m. Teri Wiley Oct 16 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 $49.50 AGED | $49 REG
F05 Tu 6-9 p.m. Gregory Ray Sep 12 MC-SW 207

**Soup 101**
Want to expand your culinary skills and learn how to make delicious, comforting soups from scratch? Learn to make five different types of soups, each with its own unique flavor and ingredient profile. From classic chicken noodle with homemade noodles to hearty white chicken lasagna, you'll create soups that are sure to impress using whatever ingredients you happen to have in your pantry. With step-by-step instruction and hands-on guidance, you'll be a soup master in no time! All supplies provided. Bring take-home container.
**FOOD-765** 1 session $50.50 AGED | $59 REG
F07 Su 1-4 p.m. Teri Wiley Oct 1 Culinary Arts House
F08 M 5:30-8:30 p.m. Teri Wiley Oct 2 Culinary Arts House

**Mastering Homemade Pies With Buttermilk Pie Crusts**
Learn how to make simple buttermilk pie crusts from scratch as we prepare Thanksgiving (or anytime) pies together online. Follow along step-by-step with pie dough in one-hour Monday evening. Let it chill overnight and then make and bake two pies on Tuesday – chocolate bourbon pecan pie and dark sweet cherry pie. Recipes for the class (with extra recipes for other pie fillings) will be sent. Class meets Monday: 7-8 p.m. and Tuesday 7:30-9:30 p.m.
**FOOD-705** 2 sessions $34 AGED | $49 REG
F01 M 7-8 p.m./Tu 7-9:30 p.m. Michelle Melton Nov 20 – Nov 21 Online

**Dining Gourmet: Fall Appetizer Party**
In this hands-on, party themed class, prepare and enjoy a gourmet menu of fall appetizers. Menu will include apple cider, hot cheese dip, parmesan and paprika cauliflower, caramel apple slices, savory pumpkin crescent rolls, soy sauce apple meatballs, bacon wrapped asparagus, apple gouda chicken quesadillas, pumpkin spice latte cupcakes, and more! Bring take-home containers. All other supplies provided.
**FOOD-714** 1 session $54.50 AGED | $59 REG
F01 Tu 6-9 p.m. Michelle Melton Sep 26 Kirkwood High School C-191

**Charcuterie 101**
Are you a total cheese nerd? Do you want to create delicious custom charcuterie displays and have loads of fun doing it? Designed for beginners, you’ll learn how to pair cheeses and cured meats with an assortment of crackers, fresh fruits and veggies. Master techniques to create beautiful cured meat roses, cut cheese and proper placement so that everything stays crisp and fresh. Class will lead you step-by-step through the layout and composition of an elevated charcuterie board. All supplies provided.
**FOOD-714** 1 session $56 AGED | $56 REG
F02 W 6-8 p.m. Heather Stein Sep 6 House in the House Charcuterie

**Street Food from Asia**
Celebrate diversity and a passion for food as you prepare and sample some of the favorite street foods from Asia. The French may have introduced baguettes to Vietnam, but a jackfruit banh mi is uniquely Vietnamese. What is more satisfying than a triple decker Mumbai grilled sandwich that is loaded with veggies and spiced with mint chutney? Steamed momos from Tibet and Nepal served with a fiery tomato sauce is definitely a crowd pleaser. A creamy coconut curry is a favorite in Southeast Asia, and what can be cooked in an Instant Pot. Learn how to make simple buttermilk pie crusts from scratch as we prepare Thanksgiving (or anytime) pies together online. Follow along step-by-step with pie dough in one-hour Monday evening. Let it chill overnight and then make and bake two pies on Tuesday – chocolate bourbon pecan pie and dark sweet cherry pie. Recipes for the class (with extra recipes for other pie fillings) will be sent. Class meets Monday: 7-8 p.m. and Tuesday 7:30-9:30 p.m.
**FOOD-705** 2 sessions $34 AGED | $49 REG
F01 M 7-8 p.m./Tu 7-9:30 p.m. Michelle Melton Nov 20 – Nov 21 Online

**Exploring Spices from A to Z**
This online discussion explores a wide variety of spices from Anise to Turmeric, including where they come from, how to identify high quality varieties, what each spice looks and tastes like, and what types of foods and cuisines each goes well with. Recipe packet will be sent which includes an in-depth spice guide and recipes.
**FOOD-747** 1 session $53.50 AGED | $53 REG
F01 Tu 6:30-9 p.m. Michelle Melton Oct 15 Online

**Coastal Mexican Cuisine**
Seafood from the nutrient rich waters of the Pacific Ocean and the Gulf of Mexico add a flavorful complement to Mexican dishes. You’ll be cooking and sampling coc tel de camarones (shrimp cocktail) with an avocado dressing, pescado a la veracruzana (Veracruz-Style fish), salmon baked in foil and a delicious seafood stew from Tampa. Arroz al estilo costeno (coastal style rice) will accompany the seafood dishes for a delightful dining experience. All supplies provided.
**FOOD-765** 1 session $54.50 AGED | $59 REG
F11 Su 10 a.m. – 1 p.m. Prabha Pergadia Oct 7 Thomas Dunn Learning Center

**Moroccan Grilling Party**
Add exciting new flavor to your grilling menu. Explore herb and spice rich Moroccan flavors and classic dishes. Also, enjoy preparing traditional warm and cold salads to accompany the feast complete with fresh-baked Moroccan bread and mint tea. Grilling will take place in and outdoors, depending on weather conditions. Class is hands-on. All supplies provided, bring take-home container.
**FOOD-734** 1 session $45.50 AGED | $59 REG
F01 Sa 4-7 p.m. Lisa Payne Sep 9 Thomas Dunn Learning Center

**More Irresistible Vegetables (Discussion-Based)**
Discover the versatility of veggies through simple recipes that will leave you wanting more. In this online lecture, the second version of Irresistible Vegetables, we will discuss cooking techniques and tricks for 16 recipes including parmesan baked green bean fries, stuffed gouda chorizo baby bell peppers, black bean brownies and more! Class packet will be sent.
**FOOD-735** 1 session $23.50 AGED | $35 REG
F01 Su 6:30-9 p.m. Michelle Melton Aug 20 Online

**More Irresistible Vegetables (Hands-On)**
Re-discover the versatility of veggies through simple, often quick recipes that will leave you coming back for more. In this hands-on cooking class, we will prepare up to 16 different veggie recipes, and then enjoy a vegetable-themed buffet dinner. Recipes include parmesan baked green bean fries, gouda chorizo baby peppers, and more! Bring take-home containers. All other supplies provided.
**FOOD-735** 1 session $45.50 AGED | $59 REG
F02 Tu 6-9 p.m. Michelle Melton Sep 5 Kirkwood High School C-191

**Exploring Spices from A to Z (Discussion-Based)**
This online discussion explores a wide variety of spices from Anise to Turmeric, including where they come from, how to identify high quality varieties, what each spice looks and tastes like, and what types of foods and cuisines each goes well with. Recipe packet will be sent which includes an in-depth spice guide and recipes.
**FOOD-747** 1 session $53.50 AGED | $53 REG
F01 Tu 6-9 p.m. Michelle Melton Oct 15 Online
DANCE

Ballroom Dance: Beginner*
Learn to dance with grace, ease and confidence. Add new dimension to your life by learning classic ballroom favorites 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 | $64.50 AGE 60+ | $79 REG
F01 M 6:30-7:50 p.m. Karen Merlin July 25 – Sept 12 MC-PE East Lobby
• Note: No class 9/4, 9/25, 10/23

Body Positive Dance*
Let's dance to fresh tunes and focus on YOU! In this class, you will gain the tools necessary in order to feel more comfortable in your body and practice self-love. There will be meditation to help you connect to your body, catwalking, group fellowship and sharing, all while learning a fun and easy choreo in order for you to be your best self! All body types and genders are welcome! Be prepared for FUN!
DANC-719 | 6 sessions | $30 AGE 60+ | $45 REG
F01 W 7-8 p.m. Amber Skye Aug 16 – Sep 20 MC-PE 105

Country Western Dance*
Country Western dancing takes familiar patterns and rhythms and puts a new twist on their style. There are several dances that are danced to Country Western music, each with its own unique style and timing. Country two-step is a partner dance with moves counter-clockwise around the floor with spins and turns using country and some contemporary tunes. The River Waltz and the stationary Cha Cha are line dances done with a partner or by yourself. You will enjoy learning the gliding action of the Country Western dances. Dance shoes recommended. Each participant must register. No experience required.
DANC-748 | 8 sessions | $51 AGE 60+ | $89 REG
F01 Tu 7:15-8:45 p.m. Mike Cook & Lesia Hatcher July 25 – Sep 12 MC-PE East Lobby
F02 Tu 7:15-8:45 p.m. Mike Cook & Lesia Hatcher Oct 10 – Dec 5 MC-PE East Lobby
• Note: No class 11/7

Easy Social Dance*
Are you attending a reunion, wedding reception or social gathering where there will be dancing? Explore several easy dances that will allow you to dance to anything, while learning techniques to move smoothly and to lead or follow with confidence. If there is a particular song you want to know how to dance to for your event, feel free to bring it to class for helpful suggestions. Couples and singles are welcome. Partners are not required. Dance shoes recommended. Each participant must register. No experience required.
DANC-728 | 8 sessions | $64.50 AGE 60+ | $79 REG
F01 Aug 24 – Oct 19 Bluebird Park-Ellisville
• Note: No class 9/28

Hip Hop Belly Fusion*
This new, innovative style created by the instructor blends elements of hip hop and street dance with modern, urban belly dance (Egyptian Sha'abi). Dive into Egyptian culture and music while learning a savage and sassy choreography that is sure to wow your friends and family! Prior belly dance experience is not required, and modifications will be offered for the experienced student. Students are encouraged to wear sneakers/athletic shoes. Yallah! Let's go!
DANC-719 | 6 sessions | $30 AGE 60+ | $45 REG
F02 W 7-8 p.m. Amber Skye Oct 4 – Nov 8 MC-PE 105

Latin Dance*
Swivelling hips and a sinuous rib cage characterize Latin Dance. In this introductory course students will learn the basics in Salsa, Rumba, The Bachata, The Cha Cha and Merengué. Emphasis will be on the development of partnering skills, lead and follow, the basic principles of timing, as well as basic foot work and variations of simple turn patterns. Dress shoes recommended. Each participant must register. No experience required.
DANC-725 | 8 sessions | $60.50 AGE 60+ | $75 REG
F02 Tu 6:15-7:15 p.m. Karen Merlin Aug 22 – Oct 24 Bluebird Park-Ellisville
• Note: No class 9/26, 10/3
F04 Th 7:30-8:30 p.m. Aug 24 – Oct 19 Bluebird Park-Ellisville
• Note: No class 9/28
DANC-748 | 8 sessions | $46.50 AGE 60+ | $65 REG
F05 W 6:15-7:15 p.m. Karen Merlin Aug 23 – Oct 18 MC-PE East Lobby
• Note: No class 9/27

Line Dance For Adults: Beginner*
Even if you have two left feet, you can learn basic line dancing steps. Take part in learning new line dances and old classics at an easy going pace. Line dancing improves balance, coordination, memory and provides excellent cardio-vascular exercise. You'll enjoy different styles of dancing, variety of music and the opportunity to meet fellow dancers in a friendly, low-key environment. Each participant must register. No experience required.
DANC-748 | 8 sessions | $60.50 AGE 60+ | $75 REG
F02 Tu 7-8 p.m. Almas Del Ritmo Dance Studio
July 25 – Sep 12
F02 Tu 7-8 p.m. Almas Del Ritmo Dance Studio Oct 10 – Dec 5
• Note: No class 11/7

Latin Dance For Partners: Beginner*
Round out your basic ballroom skills and learn to dance to Latin rhythms of cha-cha, merengue and the tango. This course is designed for those who have had no dance experience as well as those who have done other styles of dance. Partners required. Each participant must register. No experience required.
DANC-725 | 8 sessions | $46.50 AGE 60+ | $65 REG
F01 W 7:30-8:30 p.m. Aug 23 – Oct 18 Karen Merlin MC-PE East Lobby
• Note: No class 9/26, 10/3

The Salsa Essentials (Latin Dance)*
Learn authentic Latin culture through the rhythmic sounds of salsa music and dance including the history of salsa, origin of the dance, basic salsa steps, musicality skills, and techniques for men to become the perfect lead and ladies to be a fantastic follower. You'll be moving and shaking in time at some of the hottest Latin dance spots in town! Couples are welcome but no partner is required.
DANC-718 | 8 sessions | $59 AGE 60+ | $99 REG
F01 Tu 7-8 p.m. Almas Del Ritmo Dance Studio
July 25 – Sep 18
F02 Tu 7-8 p.m. Almas Del Ritmo Dance Studio Oct 10 – Dec 5
• Note: No class 11/7

Line Dance For Adults: Intermediate*
If you have taken the beginner line dance class and have a good understanding of the basic patterns and movements this will be a fun, challenging class for you. Class will provide excellent cardio-vascular exercise, improve your balance, coordination and memory. You'll enjoy different styles of dancing, variety of music and the opportunity to meet fellow dancers in a friendly, low-key environment. Each participant must register.
DANC-748 | 8 sessions | $60.50 AGE 60+ | $75 REG
F03 Tu 7:30-8:30 p.m. Almas Del Ritmo Dance Studio
Aug 22 – Oct 24
• Note: No class 9/26, 10/3
Line Dance For Adults 55+*
This traditional line dance class offers you benefits beyond the great time you're going to have each lesson! Studies show line dancing can help improve balance, coordination, memory and improve mobility. More than anything, line dance is a lot of fun! You'll love the music and the steps are easy to learn. The classes will teach authentic line dance terminology and will build from one class to the next building your endurance and memorization skills. This class is appropriate for all active aging levels (55+) from beginners to more experienced. No partner or experience is needed. Learn to line dance from a pro.
DANC-748 | 8 sessions | $119 A GE 60+ | $119 REG
F08 Th 11:30 a.m.-12:30 p.m. Sandy Dickerson
Jul 27 – Sep 14 MC-PE East Lobby

Easy Line Dance for Seniors*
Even if you have two left feet you can learn the basic steps of line dancing. Take part in learning new line dances and old classics especially designed for the senior (50+) beginner dancer. We'll learn at an easy-going pace and use many songs you'll recognize. Line dancing improves balance, coordination, memory and provides excellent cardiovascular exercise. It's a great deal of fun and it's a wonderful opportunity to make new friends. Each participant must register. No experience required.
DANC-748 | 8 sessions | $60.50 A GE 60+ | $75 REG
F01 Tu 10:30-11:30 a.m. Karen Merlin
Aug 22 – Oct 24 Bluebird Park-Ellisville
• NOTE: No class 9/26, 10/3

Swing Dance: Beginner*
Learn to swing dance in a fun, relaxed atmosphere. Practice easily performed steps that form the basic ingredients 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 | $60.50 A GE 60+ | $75 REG
F01 M 8-9 p.m. Karen Merlin
Aug 22 – Oct 30 Bluebird Park-Ellisville
• NOTE: No class 9/4, 9/25, 10/23

Tap: Beginner and Intermediate*
Practice basic tap steps and tap combinations. Develop your sense of movement while practicing basic rhythm tap techniques in this fun way to exercise! Do not purchase tap shoes until after first class.
DANC-707 | 8 sessions | $69 A GE 60+ | $69 REG
F01 Tu 11-11:50 a.m. Theresa Daniels
Sep 5 – Oct 31 MC-PE East Lobby
• NOTE: No class 10/3

Wedding Dances*
Weddings are some of the best, most memorable events in life. Whether it's your own special day or the marriage of one of your loved ones, you'll always remember the moments that made it extraordinary. You can make the day even more fun and personal by learning or choreographing a dance; whether it be a fun basic fun moves or a smooth waltz. This class will make it special and unforgettable for you and your friends! Dress shoes recommended. Each participant must register. No experience required.
DANC-728 | 8 sessions | $51 A GE 60+ | $89 REG
F05 Th 7:15-8:45 p.m. Mike Cook & Lesia Hatcher
Jul 27 - Sep 14 MC-PE East Lobby
F09 Th 7:15-8:45 p.m. Mike Cook & Lesia Hatcher
Oct 5 – Nov 30 MC-PE East Lobby
• NOTE: No class 11/23

West Coast Swing*
West Coast Swing is a partner dance which can be danced to most of today's dance music genres: contemporary, blues, pop, 50's-90's 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”. Instructors will cover the basics and move on to as many patterns as possible. We'll work on 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-728 | 8 sessions | $51 A GE 60+ | $89 REG
F04 Th 5:40-7:10 p.m. Mike Cook & Lesia Hatcher
Jul 27 – Sep 14 MC-PE East Lobby
F08 Th 5:40-7:10 p.m. Mike Cook & Lesia Hatcher
Oct 5 – Nov 30 MC-PE East Lobby
• NOTE: No class 11/23

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
MUSIC

General

Summer Jam Session: Friday Night Acoustics
Bring your acoustic-only instrument, music stand and clothes pins or paper clips (in case we choose to play outside) for an evening of fun. No electric instruments allowed. Music will be provided. Genres may include pop, jazz and blues. Improvise and/or play rhythm and/or melody leads.
MUSC-765 1 session $22.50 Age 60+ $29 REG
F03 F 4:30-6:30 p.m. Christina Springer F-V-C 135
F04 F 4:30-6:30 p.m. Christina Springer F-V-C 137

World Rhythms
Let’s make music! 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. This class will be hands-on. No experience is required. All instruments provided.
MUSC-765 8 sessions $109 Age 60+ $109 REG
F01 Sa 10-11 a.m. “Samba Rick” Kramer Jul 29 – Sep 23 MC-HW 102
F02 Sa 10-11 a.m. “Samba Rick” Kramer Sep 30 – Nov 18 MC-HW 102

Harmonica

Harmonica: Beginning
The harmonica is fun and easy to learn. In just three sessions, learn to play many simple songs. The ability to read music is not required. Fee includes a student guide/songbook and a ten-hole diatonic harmonica in the key of C.
MUSC-720 3 sessions $45 Age 60+ $45 REG
F01 W 6:30 - 7:30 p.m. Gateway Harmonica Club Gateway Harmonica Club MC-SO 112
F02 Th 6-7 p.m. Gateway Harmonica Club Sep 7 - Sep 21 EP-F 213
F03 M 6:30 - 7:30 p.m. Gateway Harmonica Club Oct 2 - Oct 16 Gateway Harmonica Club MC-SO 112
F04 W 6:30 - 7:30 p.m. Gateway Harmonica Club Nov 1 – Nov 15 Gateway Harmonica Club MC-SO 112
F05 Th 2 - 3 p.m. Gateway Harmonica Club Nov 2 - Nov 16 Gateway Harmonica Club MC-SO 112

Fun With The Ukulele: Part I
Play an instrument so easy you can strum a tune after the first session! Learn basic music theory, train your ear and coordinate your fingers in this easy and fun class. The ukulele’s small body and fingerboard make it a perfect starter instrument for the guitar! Comprehensive class notes will be provided and a ukulele will be provided free of cost for the duration of the class.
MUSC-705 8 sessions $87 Age 60+ $129 REG
F02 Tu 6:30-8:30 p.m. Karl Markl STLC-SoCo 205
F03 W 6:30-8:30 p.m. Karl Markl STLC-SoCo 205
F04 Th 6:30-8:30 p.m. Karl Markl STLC-SoCo 205
F05 F 6:30-8:30 p.m. Karl Markl STLC-SoCo 205
F06 W 6:30-8:30 p.m. Karl Markl STLC-SoCo 205
F07 Th 6:30-8:30 p.m. Karl Markl STLC-SoCo 205
F08 F 6:30-8:30 p.m. Karl Markl STLC-SoCo 205

Guitar

Fingerpicking for Guitar
Begin to play folk, blues and 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. Handouts will be provided.
MUSC-705 8 sessions $63 Age 60+ $101 REG
F01 Tu 7-8:30 p.m. Jim Renz Sep 12 – Nov 14 MC-HW 102
MUSC-705 4 sessions $32.50 Age 60+ $45 REG
F03 M 8-9 p.m. Christina Springer Aug 7 – Aug 28 Online

Guitar: Beginner
No experience? No sweat! If you’ve never played guitar and have no music background, this is your opportunity to learn. Play first position and open position chords, simple scales, melodies and right hand strumming techniques. Gain an introduction to tablature, guitar notation and tuning. You must provide your own acoustic guitar and an extra set of strings. Bring required text to first class: “Everybody’s Guitar Method, Book 1” ISBN 978-1569392812.
MUSC-705 1 session $22.50 Age 60+ $29 REG
F04 M 8-9 p.m. Christina Springer Aug 7 – Aug 28 Online

Guitar: Intensive Intro
This class is designed for a student that has never held a guitar and just wants to get started. Students will learn to play guitar by a number system and reading notes on the first string. Understanding the basics of the body of the guitar, reading beginning tablature, and basic note reading are topics that will be discussed in this one-time course. Students will need a guitar to participate and will be sent music.
MUSC-707 1 session $22.50 Age 60+ $29 REG
F03 Sa 2:30-4:30 p.m. Christina Springer Sep 23 Online

Guitar: Scales, Chords, and Lead Sheets
Students will learn how to build chords based on scales. This class is designed to help students gain a beginning understanding of how to read the chords of a lead sheet and give ideas for basic guitar improvisation. Students will need a guitar and will be asked to play and demonstrate taught skills.
MUSC-765 1 session $22.50 Age 60+ $29 REG
F06 Sa 2:30-4:30 p.m. Christina Springer Nov 18 Online

Guitar: Winter Holiday Songs
This class is for the beginning guitarist that wants to learn easy approachable winter holiday songs. You will learn a variety of ways to play holiday favorites. Student must have a guitar to play.
MUSC-765 1 session $22.50 Age 60+ $29 REG
F08 Sa 2:30-4:30 p.m. Christina Springer Dec 9 Online

Musicals

Songwriting: The Art and Discipline
Discover the intricacies of crafting original songs and the pleasure and therapeutic value of the 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, and 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 to share and receive feedback.
MUSC-725 6 sessions $73.50 Age 60+ $105 REG
F01 M 6:30-8:30 p.m. Kevin Renick Sep 11 – Oct 16 MC-HE 123
Piano: Beginner
During this enjoyable, relaxed approach, learn the letter names of notes and where they are on the keyboard. Play simple chords to accompany melodies. Learn easy rhythm patterns and pedaling. Bring required text to first class: "Play Piano Now! Alfred's Basic Adult Piano Course, Book 1" ISBN 978-0739007648. Students will need a piano/keyboard.
MUSC-710 | 4 sessions | $32.50 AGED | $45 REG
F02 M 6:45-7:45 p.m. Christina Springer Aug 7 - Aug 28 Online

Piano: Advanced Beginner
Learn more advanced rhythms. 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. A review at the course's beginning is provided as needed. Prerequisite: Basic knowledge of keyboard and letter names of notes. Students will need a piano/keyboard. Choose from the following texts depending on skill level and bring to first class: "Play Piano Now! Alfred's Basic Adult Piano Course Book" ISBN 978-0739012048; "Alfred's Basic Adult All-in-One Course, Level 2" ISBN 978-0882849959, or "Alfred's Basic Adult All-in-One Course, Level 3" ISBN 978-073900687.
MUSC-711 | 4 sessions | $32.50 AGED | $45 REG
F02 Tu 6:45-7:45 p.m. Christina Springer Aug 8 - Aug 29 Online

Piano: Beginning Reading Music Notation
Begin to work on reading music notation for the piano. Including basic hand positions and songs that incorporate the treble, bass clef and basic beginning rhythms. Students will need a piano/keyboard.
MUSC-710 | 1 session | $22.50 AGED | $29 REG
F03 Sa 12-2 p.m. Christina Springer Oct 21 Online

Piano: Beginning
MUSC-710 | 18 sessions | $91.50 AGED | $139 REG
F01 Tu 12-12:55 p.m. Cheryl Conley Jul 25 - Dec 5 MC-HE 112
- NOTE: No class 10/3, 11/7

Piano: Advanced Beginners
MUSC-711 | 18 sessions | $91.50 AGED | $139 REG
F01 Tu 1-1:55 p.m. Cheryl Conley Jul 25 - Dec 5 MC-HE 112
- NOTE: No class 10/3, 11/7

Piano: Intermediate I
MUSC-712 | 18 sessions | $91.50 AGED | $139 REG
F01 Tu 2-2:55 p.m. Cheryl Conley Jul 25 - Dec 5 MC-HE 112
- NOTE: No class 10/3, 11/7

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. This class is for students that understand the basics of Intermediate I and want to continue exploring and strengthening skills. Prerequisite: Piano Intermediate I or equivalent experience. Required text will be discussed at the first class.
MUSC-712 | 19 sessions | $92.50 AGED | $145 REG
F02 Th 12-12:55 p.m. Cheryl Conley Jul 27 - Dec 7 MC-HE 112
- NOTE: No class 11/23

Piano: Advanced I
Dive deeper into minor keys, chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Intermediate Piano II or equivalent experience. Required texts discussed at first class.
MUSC-713 | 19 sessions | $92.50 AGED | $145 REG
F01 Th 1-1:55 p.m. Cheryl Conley Jul 27 - Dec 7 MC-HE 112
- NOTE: No class 11/23

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. Prerequisite: Piano Advanced I or equivalent experience. Required text discussed at first class.
MUSC-713 | 19 sessions | $92.50 AGED | $145 REG
F02 Th 2-2:55 p.m. Cheryl Conley Jul 27 - Dec 7 MC-HE 112
- NOTE: No class 11/23

Piano: Intensive Intro
Begin learning how to play the piano in this one time class. This class will help you identify patterns on the keyboard and help you get started with reading music in one class. Learn basic rhythms and beginning hand positions. Students will need a piano or keyboard to participate. Materials will be sent before first class.
MUSC-713 | 1 session | $22.50 AGED | $29 REG
F04 Sa 12:00-2:00 p.m. Christina Springer Sep 23 Online

Piano: Scales, Chords & Lead Sheets
Learn how to build chords based on scales. Class is designed to help students gain a beginning understanding of how to read the chords of a lead sheet and give ideas for basic piano improvisation. Students will need a piano/keyboard and will be asked to play and demonstrate taught skills. Bring required text to first class: "Fundamentals of Piano Theory-Preparatory Level" ISBN 978-0849762536.
MUSC-765 | 1 session | $22.50 AGED | $29 REG
F05 Sa 12-2 p.m. Christina Springer Nov 18 Online

Piano: Winter Holiday Songs
Designed for the beginning pianist that wants to learn easy approachable winter holiday songs. You will learn a variety of ways to play holiday favorites. Student must have a piano/keyboard to play.
MUSC-765 | 1 session | $22.50 AGED | $29 REG
F07 Sa 12-2 p.m. Christina Springer Dec 9 Online

Vocals, Band and Orchestra

Meramec Orchestra
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 132 650 (CRN 31139). Auditions for seating purposes only. Contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions.
MUSC-714 | 16 sessions | $39 AGED | $59 REG
F01 M 7-9:40 p.m. Gary Gackstatter Aug 21 - Dec 11 MC-HW 102
- NOTE: No class 9/4

Symphonic Band
Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 31139). Auditions for seating purposes only. Contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions.
MUSC-716 | 15 sessions | $39 AGED | $59 REG
F01 Th 7-9:40 p.m. Gary Gackstatter Aug 24 - Dec 7 MC-HW 102
- NOTE: No class 11/23

Meramec Concert Choir
Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 601 (CRN 30789). Auditions for part assignment only. Contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions.
MUSC-717 | 29 sessions | $39 AGED | $59 REG
F01 Tu/Th 12:30-1:50 p.m. Gerald Myers Aug 22 - Dec 7 MC-HW 102
- NOTE: No class 10/3, 11/7, 11/23

REGISTRATION BEGINS JULY 10   |   314-984-7777   |   STLCC.EDU/CE  |   27
Digital Photography: Introduction
If you want to take memorable photos and learn the basic skills of photography this course is for you. Students will gain an understanding of the functions and settings on their 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 | $73.50 AGE 60+ | $109 REG
F01  W 6:30-9 p.m.  \[ Jul 26 – Aug 23 \]  Gary Hesse  MC-HE 124
F02  Tu 6:30-9 p.m.  \[ Aug 1 – Aug 29 \]  John Kerans  Online
F03  Th 6:30-9 p.m.  \[ Aug 29 – Sep 26 \]  STLCC-Corp-207
F04  Tu 6:30-9 p.m.  \[ Aug 31 – Sep 28 \]  John Kerans  Online
F05  Th 6:30-9 p.m.  \[ Aug 31 – Sep 28 \]  Gary Hesse  MC-CN 201
F06  W 6:30-9 p.m.  \[ Oct 4 – Nov 1 \]  Gary Hesse  MC-CN 224

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 or equivalent experience.

PHOT-721  |  5 sessions | $73.50 AGE 60+ | $109 REG
F01  Tu 6:30-9 p.m.  \[ Sep 19 – Oct 24 \]  John Kerans  Online
F02  Tu 6:30-9 p.m.  \[ Oct 10 – Nov 14 \]  Gary Hesse  STLCC-Corp 207
F03  Th 6:30-9 p.m.  \[ Oct 12 – Nov 9 \]  Gary Hesse  MC-CN 207
F04  Th 6:30-9 p.m.  \[ Oct 19 – Nov 16 \]  John Kerans  Online

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. Students should have a fundamental knowledge of their camera functions. Prerequisite: Digital Photography: Intermediate or equivalent experience.

PHOT-722  |  5 sessions | $73.50 AGE 60+ | $109 REG
F01  M 6:30-9 p.m.  \[ Nov 6 – Dec 4 \]  Gary Hesse  MC-SW 207
F02  W 6:30-9 p.m.  \[ Nov 8 – Dec 13 \]  Gary Hesse  MC-SW 207
  • NOTE: No class 11/24

Street Photography
Why is street photography different from other forms of photography? Learn how to deal with different lighting situations as well as share your images with others. Gain a better understanding of camera settings and what they do in controlling your images. Leave with a nice portfolio from what you have learned and practiced over the four-week series. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT-765  |  4 sessions | $67 AGE 60+ | $99 REG
F01  Tu 7-9 p.m.  \[ Sep 5 – Sep 26 \]  Stephanie Thurmer  Online

Film Photography: Introduction
Explore introductory photography, including the basic concepts and science of photography when using film. Taught by an instructor with more than 40 years professional experience and using film photography as a guide, discover how to stop taking snapshots and start creating works of art. You must have a film camera that can be used completely manual mode and allows for interchangeable lenses. Challenges will be presented each week for you to practice and share with peers.

PHOT-763  |  5 sessions | $67 AGE 60+ | $99 REG
F02  Tu 7-9 p.m.  \[ Aug 1 – Aug 29 \]  Stephanie Thurmer  Online

Film Photography: Intermediate
Continue your journey into the world of film photography. Learn the science of the medium through the use of camera angles and settings. You must have a film camera that allows for interchangeable lenses. Challenges will be presented each week for you to practice and share with peers. Prerequisite: Film Photography: Introduction or equivalent experience.

PHOT-765  |  5 sessions | $67 AGE 60+ | $99 REG
F03  W 7-9 p.m.  \[ Nov 1 – Nov 29 \]  Stephanie Thurmer  Online

Close-Up and Macro Photography Workshop
Explore the hidden world of close-up photography from the macroscopic to the microscopic. This workshop delves into the selection of lenses and accessories and demonstrates exposure and lighting techniques to achieve professional results. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT-730  |  1 session | $84 AGE 60+ | $99 REG
F01  Sa 9 a.m. – 2 p.m.  \[ Sep 9 \]  Gary Hesse  MC-SW 207

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 in class. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT-710  |  5 sessions | $66.50 AGE 60+ | $99 REG
F02  W 6:30-9 p.m.  \[ Sep 6 – Oct 4 \]  John Kerans  Online

Darkroom Developing & Printing for Black & White Photography: Part I
Develop and print black and white pictures in a darkroom. 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 | $75.50 AGE 60+ | $115 REG
F01  F 6-8:30 p.m.  \[ Sep 8 – Oct 13 \]  Cheryl Petrovic  FP-W 415

Darkroom Developing & Printing for 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. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT-705  |  6 sessions | $75.50 AGE 60+ | $115 REG
F02  F 6-8:30 p.m.  \[ Oct 20 – Dec 1 \]  Cheryl Petrovic  FP-W 415
  • NOTE: No class 11/24

Background Information:
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: Film Photography and Darkroom Developing & Printing. All classes may be taken for your own personal enrichment.

Digital Photography ESSENTIALS PROGRAM
Build new skills and take your passion to the next level. Learn more about the program: stlcc.edu/PhotoEssentials
iPhone® Photography: Move Beyond Snapshots
Make the most of the camera you already carry. Take better photos and master basics of the iPhone camera app, including its multiple modes and options. After a primer, you’ll use what you’ve learned during a brief walking tour. Train your “photographer’s eye” through use of available light and composition techniques. Explore the lifecycle of a digital photo—from snap to edit to sharing—with tips for printing, organizing, backup and storage.

PHOT-720 | 1 session | $49 | AGE 60+ | $45 | REG
F07 | Th 6:30-9 p.m. | Gregory Ray | STLCC-Corp 207
F08 | Tu 6:30-9 p.m. | Gregory Ray | Nov 7

Documentary and Photojournalism
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 to 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 | $64.50 | AGE 60+ | $105 | REG
F01 | M 6:30-9 p.m. | Oct 23 – Nov 20 | Online

Field Classes

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. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT-708 | 4 sessions | $71.50 | AGE 60+ | $105 | REG
F01 | Sa 9 a.m.-12 p.m. | Gary Hesse | Aug 5 – Aug 26 | MC-SW 207

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 experience and discuss equipment, lighting, exposure, wide field panoramic photography and virtual explorations. Prerequisite: Digital Photography: Introduction or equivalent experience.

PHOT-710 | 4 sessions | $71.50 | AGE 60+ | $105 | REG
F01 | Sa 9 a.m.-12 p.m. | Gary Hesse | Sep 16 – Oct 7 | MC-SW 207
Unleashing The Writer Within
Each of us has a story to tell. But it can be hard to access that creativity, peel away the familiar outer layers of doubt, remove distractions and overcome writer’s block. Get to the core of what you’re trying to say and learn to say it with language that is irreplaceably unique to you. When the writer within is unleashed, the words will come freely and the stories we need to tell will finally occur to us. While not a class requirement, those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students.

WRIT-701 | 4 sessions | $51 | AGE 60+ | $89 | REG
F01 M 6:30-9:30 p.m. Jordan Oakes
Jul 24 – Aug 14 Online
F02 Th 6:30-9:30 p.m. Jordan Oakes
Oct 26 – Nov 16 Online

Breaking Writer’s Block
Have you ever experienced an overwhelming feeling of being stuck in the writing process without the ability to move forward and write anything new? We all have writer’s block from time to time: when the creative inkwell runs dry. This class, using fun writing exercises, techniques, prompts, and productive critiques, will replenish your imagination and get you back in front of your keyboard or typewriter in no time flat.

WRIT-701 | 4 sessions | $51 | AGE 60+ | $89 | REG
F03 M 6:30-9:30 p.m. Jordan Oakes
Aug 28 – Sep 25
• NOTE: No class 9/4

How to Write a Chapter
What is a chapter? How long should it be? How do you know where it should begin and end? This class will answer those questions, and examine the purpose of even breaking a large work into smaller sections. Fiction and nonfiction writers welcome.

WRIT-701 | 4 sessions | $51 | AGE 60+ | $89 | REG
F04 Tu 6:30-9:30 p.m. Jordan Oakes
Oct 10 – Oct 31 Online

Creative Non-Fiction
The line between truth and fiction is in our imagination. Explore methods of writing nonfiction that give an author some wiggle room to make a story truly creative. Truth is in the eye of the beholder (or reader), with details added or subtracted. The way we write our truth is by way of our individual style; no other person would write about the same event in an identical way.

WRIT-701 | 4 sessions | $51 | AGE 60+ | $89 | REG
F05 W 6:30-9:30 p.m. Jordan Oakes
Oct 11 – Nov 1 Online

Let’s Write a Novel
In preparation for NaNoWriMo, this course will help you get started on your novel, and guide you through your first chapters with helpful critiques, support, and suggestions.

WRIT-701 | 4 sessions | $51 | AGE 60+ | $89 | REG
F06 Tu 6:30-9:30 p.m. Jordan Oakes
Nov 14 – Dec 5 Online

Writing: Your Work in Progress
Along with writer’s block, authors sometimes seek feedback and review to help them get to the next step. Bring your story, essay, poem, chapter, or anything else that you’re already working on to this unique opportunity class gathering to receive input from fellow writers. Get the help you need to successfully bring your work to completion.

WRIT-701 | 4 sessions | $51 | AGE 60+ | $89 | REG
F07 W 6:30-9:30 p.m. Jordan Oakes
Nov 15 – Dec 13 Online

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 | $51 | AGE 60+ | $89 | REG
F01 Tu 6:30-9:30 p.m. Jordan Oakes
Jul 25 – Aug 15 Online
F02 F 6:30-9:30 p.m. Jordan Oakes
Oct 13 – Nov 3 Online

Grammar You Should Know
After graduating from high school and even college, many of us still have gaps and lapses in our grammar and spelling. For example, should you use *who* or *whom*? What’s the difference between *effect* and *affect*? This class will apply a fresh coat of literacy to your writing.

WRIT-704 | 4 sessions | $51 | AGE 60+ | $89 | REG
F03 F 6:30-9:30 p.m. Jordan Oakes
Jul 28 – Aug 18 Online
F04 Tu 6:30-9:30 p.m. Jordan Oakes
Aug 29 – Sep 19 Online

Advanced Grammar
This course is designed for those who already know the basics of grammar backward and forward. You will be introduced to grammatical forms such as gerunds, determiners, and how to correctly use commas.

WRIT-704 | 4 sessions | $51 | AGE 60+ | $89 | REG
F05 Th 6:30-9:30 p.m. Jordan Oakes
Sep 14 – Oct 5 Online

Query Letter: Getting a Literary Agent
The query letter is a vital step along the way to finding an agent and getting published. Gain valuable insight and discover what content to include in a query letter and assistance to help you refine your query. Need feedback on your manuscript? Bring along for a partial review opportunity to benefit your work.

WRIT-704 | 4 sessions | $51 | AGE 60+ | $89 | REG
F06 Sa 9:30 a.m.-1 p.m. STL Publishers Association
Nov 4 Online

How to Publish Your Own Book: What You Need To Know
Have you been thinking about writing a book? Or, have you written one and are curious about other outlets. Content will include reading movie publishing reviews online including blogs and other outlets. Examine the basics of how to develop ideas into pieces for newspapers, and design can make your book look great. Review and online magazines. Examine the basics of how to develop ideas into pieces for newspapers, and design can make your book look great.

WRIT-704 | 4 sessions | $51 | AGE 60+ | $89 | REG
F07 W 6:30-9:30 p.m. Jordan Oakes
Nov 14 – Dec 5 Online

Jazzy Dialogue: Tips and Tricks
Good dialogue should flow like jazz; it can be one of the most important components of fiction. This workshop will help you polish your pen to create fluent, fluid and believable conversations between characters.

WRIT-706 | 4 sessions | $51 | AGE 60+ | $89 | REG
F01 W 6:30-9:30 p.m. Jordan Oakes
Aug 30 – Sep 20 Online

Write Your Memoir
Creativity isn’t always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us becomes complete. We have everything we need right at our fingertips when we compose a memoir—except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir can focus on your childhood or your adult years—or simply one particularly life-changing day.

WRIT-714 | 4 sessions | $51 | AGE 60+ | $89 | REG
F01 Th 6:30-9:30 p.m. Jordan Oakes
Jul 27 – Aug 17 Online

The Art of Poetry
Focus on the art and craft of poetry including: what makes a good image, how to use language that evokes a sensory response, and the way to create metaphors that are a seamless mix of the surprising and the inevitable. Poetry is for everyone. This is your opportunity to find your own poetic voice, while reviewing works of established writers in the field.

WRIT-716 | 4 sessions | $51 | AGE 60+ | $89 | REG
F01 F 6:30-9:30 p.m. Jordan Oakes
Sep 8 – Sep 29 Online

Freelancing for Fun and Profit
Get paid for exploring your passion or sharing what you know with others through carefully crafted non-fiction news and feature articles. Learn how to develop ideas into pieces for newspapers, consumer magazines, trade magazines, blogs and online magazines. Examine the basics of reporting, writing and selling stories. Learn to identify markets, write query letters, research and interview. Uncover how to write articles that will get you published for profit. Bring recent copies of your favorite publications as well as any original story ideas you would like to see in print.

WRIT-722 | 2 sessions | $51 | AGE 60+ | $89 | REG
F01 Sa 9:30 a.m.-1 p.m. Charlene Oldham
Sep 9 – Sep 16 MC-SO 232

Finding Writing Jobs

Using Online Resources
Finding 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 | $51 | AGE 60+ | $89 | REG
F02 Sa 9:30 a.m.-1 p.m. Charlene Oldham
Oct 21 MC-SO 232

Become a Movie Reviewer
Build your knowledge to eloquently and cohesively articulate and express your thoughts and opinions on cinema via the art of crafting a convincing and entertaining movie review. Explore avenues for publishing reviews online including blogs and other outlets. Content will include reading movie reviews by established critics and focusing on what makes their work publishable and influential.

WRIT-728 | 4 sessions | $51 | AGE 60+ | $89 | REG
F01 W 6:30-9:30 p.m. Jordan Oakes
Oct 9 – Oct 30 Online

STLCC.EDU/CE | 314-984-7777 | REGISTRATION BEGINS JULY 10
**FINANCE AND INVESTMENTS**

**Long-term and Estate Planning**

**Revocable Trusts, Wills, 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 | $32.50 AGE 60+ | $39 REG**
**F01** W 6-8 p.m.  
Yvonne Homeyer  
Oct 4  
STLCC-Corp 207

**Estate Planning: What To Do When a Loved One Passes Away†**
When someone passes away, the responsibilities of settling the estate are often placed upon the family or trustee responsible for wrapping up the final affairs. Learn from an estate planning attorney about the legal process—from what occurs in probate court to instances when the probate court may not be needed in closing the decedent’s estate. Uncover practical, pre-planning tips as well as common mistakes that can cause litigation. Taught by an attorney.

**FINC-710 | 1 session | $32.50 AGE 60+ | $39 REG**
**F02** W 7-9 p.m.  
Paul Gantner  
Oct 11  
Online

**Estate Planning: For the Exceptional Child†**
For parents of children with exceptional needs, estate planning is the only way to protect the child’s financial interests today as well as in the future, when you may no longer be able to help. Because no one is immortal, most of us recognize the need for an estate plan, preferably one that appoints a suitable guardian for our children, sees to their financial and legal needs, protects their government benefits, and avoids probate. The need for care may extend throughout their childhood and last well into adulthood, potentially their entire lives. Providing the appropriate degree of care requires careful legal and financial planning. The instructor will discuss the different tools available when planning for a child with special needs. Participants will learn about Powers of Attorney, Guardianships, Special Needs Trusts, ABLE Accounts and more. Taught by an attorney.

**FINC-710 | 1 session | $32.50 AGE 60+ | $39 REG**
**F03** Tu 7-9 p.m.  
Paul Gantner  
Aug 8  
Online

**Affording the Costs of Long-Term Care†**
Most Americans who turn 65 will need to pay for long-term care at some point, and with the costs increasing, there is always worry about how they will be able to afford it. If you are looking into care for a loved one and/or if long-term care costs are in their own future, this class is for you. Presentation will discuss the five ways to plan and pay for long-term care and which of those ways might be right for you. Discussion will cover eligibility requirements for government benefits (Medicaid and Veterans Aid & Attendance) and what you can do now to prepare before they are needed. Taught by an attorney.

**FINC-710 | 1 session | $32.50 AGE 60+ | $39 REG**
**F04** W 7-9 p.m.  
Paul Gantner  
Nov 8  
Online

**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 | $19.50 AGE 60+ | $25 REG**
**F01** Sa 11 a.m.-1 p.m.  
Dr. Lawrence Gibbs  
Sep 23  
MC-SO 107

† Courses offered through St. Louis Community College Continuing Education are for educational purposes only. While this information is believed to be reliable, participants should consult with licensed professional regarding your specific situation.
### Real Estate Investing for Building Personal Wealth

Real estate investing is one of the top three time-tested ways for people from all economic means to build wealth. There are several ways to invest in real estate which includes owning rental property, flipping houses for resale, and buying vacation homes. We’ll discuss how to get the financing to purchase investment properties, finding and evaluating properties, and operating properties.

**REAL-712 | 1 session | $21.50 AGE 60+ | $29 REG**

**F01**\[7\]  W 6-8 p.m.  
Jill McCoy  
MC-SO 204

**F02**\[7\]  W 6-8 p.m.  
Rebecca Delaney  
MC-SO 204

**How to Start a Career in Real Estate**

Thinking about a career in real estate? Here is your opportunity to hear from a seasoned real estate professional with more than 22 years of experience about the reality of the profession and what it takes to succeed. Learn what it takes to build a successful business working with clients buying and selling real estate and uncover all the other unique opportunities for anyone who wants to work in the industry.

**REAL-715 | 1 session | $21.50 AGE 60+ | $29 REG**

**F01**\[7\]  Th 7-9 p.m.  
Jill McCoy  
FP-W 117

**How to Avoid Foreclosure**

Are you falling behind on your monthly mortgage payment? Is your adjustable rate mortgage becoming unaffordable because of increasing payments? You are not alone. Every year, millions of people have trouble with their mortgages, but foreclosure often can be prevented. More than one-third of those who seek help are successful in finding alternatives to foreclosure. Come learn about potential options.

**REAL-765 | 1 session | $21.50 AGE 60+ | $29 REG**

**F01**\[7\]  Th 7-9 p.m.  
Jill McCoy  
FP-W 117

### Selling My Home: How to be Successful

Today's real estate market is a seller's market. There are more buyers than sellers willing to sell. How can you maximize this opportunity to get the price you want for the sale of your house in the time frame you need? Examine strategies, tips, and insights you can use to successfully sell your house.

**REAL-702 | 1 session | $21.50 AGE 60+ | $29 REG**

**F01**\[7\]  W 6-8 p.m.  
Rebecca Delaney  
Aug 30

**F02**\[7\]  Th 7-9 p.m.  
Jill McCoy  
Oct 17

### Hands-on Home Repair: Electrical Fixes†

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. If you need a new light fixture, wall switch or outlet, this class will guide you with the “do-it-yourself” know-how. 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-713 | 1 session | $45 AGE 60+ | $45 REG**

**F01**\[7\]  Th 6-9 p.m.  
Jean Linton  
Aug 24

### Hands-on 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, instead come to this hands-on class and learn how to fix minor plumbing issues.

**HOME-725 | 1 session | $45 AGE 60+ | $45 REG**

**F01**\[7\]  Th 6-9 p.m.  
Jean Linton  
Sep 21

### Hands-on Home Repair: Patching & Texturing†

Need to cover holes in the wall? From a small as a hanging mishap to a doorknob size hole, you can make your wall look as good as new with patching and texturing drywall. Learn about the types of drywall textures and how to prep and repair to make your walls look brand new again!

**HOME-711 | 1 session | $45 AGE 60+ | $45 REG**

**F01**\[7\]  Th 6-9 p.m.  
Jean Linton  
Oct 26

### How to Use Small Power Tools†

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. Bring your questions.

**HOME-765 | 1 session | $45 AGE 60+ | $45 REG**

**F04**\[7\]  Th 6-9 p.m.  
Jean Linton  
Nov 16

### Green Cleaning: Use This! Not That!†

Reduce exposure to potentially hazardous chemicals, biological and particle contaminants from cleaners that can adversely impact indoor air quality and your health. Learn about the hows and whys of green cleaning in this hands-on demonstration. Expand your understanding of conventional cleaners and effective cleaning alternatives.

**HOME-765 | 1 session | $19 AGE 60+ | $25 REG**

**F02**\[7\]  Sa 10:30 a.m.-12:30 p.m.  
Christina Ritter  
Aug 9

**F01**\[7\]  Sa 10 a.m.-12 p.m.  
Christina Ritter  
Oct 7

**F03**\[7\]  Th 6-8 p.m.  
Christina Ritter  
Dec 7

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*Assumption of Risk, Release and Waiver of Liability must be signed before departure. See page 46 for details.
MASTER NATURALIST
The courses listed under Nature, Ecology, Landscape and Gardening, and Go Native! Series 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.

### Ecology

#### Beeswax Food Wraps
You don’t need to go out and buy new products to reduce waste at home — you can make them yourself from reclaimed materials! Receive hands-on guidance and craft along to make a set of cloth beeswax wraps from salvaged fabric and natural materials to replace plastics in your kitchen and learn tips and tricks along the way. Leave the workshop with a pair of wraps and the knowledge to make more! Class will also cover best practices to reduce the amount of trash coming in and out of your kitchen.

**ECOL-700** | 1 session | 545 | 545 REG
---|---|---|---
**F01** | Th 6:30-8 p.m. | Perennial | Oct 25

#### Indoor Composting: Making a 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 | 559 | 559 REG
---|---|---|---
**F01** | W 6:30-8 p.m. | Maggie McCoy | Sep 6

#### Go Native! Native Landscaping for Bees, Butterflies & 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.

**HRT-713** | 1 session | 525 | 525 REG
---|---|---|---
**F01** | W 6-7:30 p.m. | Christina Ritter | Sep 27

#### Conserve Rain Water with a Rain Barrel
Do you use tap water to water your plants? Learn about the positives of rain barrels and their effect on the environment.

**HRT-723** | 1 session | 519 | 519 REG
---|---|---|---
**F01** | Sa 10:30 a.m.-12 p.m. | Christina Ritter | Jul 29

### 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.

**HRT-702** | 1 session | 559 | 559 REG
---|---|---|---
**F01** | F 9 a.m.- 12 p.m. | Flower Hill Farm | Sep 8

**HRT-701** | 2 sessions | 522.50 | 35 REG
---|---|---|---
**F01** | Th 7-9 p.m. | Michelle Ochonicky | Sep 21 – Sep 28

#### Environmentally Friendly Gardens
How you maintain your garden or landscape can have positive or negative effects on your health, animals, and environment. Learn environmentally friendly alternatives to weed control, how to increase fertility in your soil without synthetic fertilizers, how to identify some fantastic and beneficial insects, how to identify invasive plants, and how they threaten our landscapes and forests.

**HRT-702** | 1 session | 525 | 525 REG
---|---|---|---
**F01** | F 9 a.m.- 12 p.m. | Flower Hill Farm | Aug 25

**HRT-701** | 2 sessions | 559 | 559 REG
---|---|---|---
**F01** | Th 7-9 p.m. | Michelle Ochonicky | Sep 20

### Fall Organic Gardening
This class is designed to discuss the ideal fall crops such as greens & garlic, season extension, cover cropping, putting the garden “to bed” for the winter, and spring planning for the organic garden.

**HRT-702** | 1 session | 559 | 559 REG
---|---|---|---
**F01** | F 9 a.m.- 12 p.m. | Flower Hill Farm | Aug 25

**HRT-701** | 2 sessions | 559 | 559 REG
---|---|---|---
**F01** | Th 7-9 p.m. | Michelle Ochonicky | Sep 20

### Winter Prep for Your Garden
Summer’s over! What can you do with your garden? Learn how to properly prepare your garden for winter. A little time spent in fall can produce big benefits for a successful garden next spring.

**HRT-707** | 1 session | 518.50 | 25 REG
---|---|---|---
**F01** | W 7-9 p.m. | Michelle Ochonicky | Online
Nature

The Big Blue and Green:
A History of Earth
Explore Earth’s structure and the complex process that continually changes its surface and are seen here in the Midwest. Survey a global study of plate tectonics and the forces that create volcanoes, earthquakes, and mountains, along with the weathering forces that continually shape its surface. Examine geologic time, relative and absolute age dating and fossil record, including dinosaurs of North America.
NATR-704 | 1 session | $25 AGE 60+ | $25 REG
F01 W 6-8 p.m. Ron Giesler
Oct 18 MC-CE

Fall Prairie Walk
As the beautiful hues of fall emerge, join our small group tour to explore and discover the grasslands of the Shaw Nature Reserve’s restored prairie habitat. Learn about the prairie grasses and wildflowers that once covered almost half of Missouri. The Nature Reserve’s restored prairies provide critical habitat for Missouri’s native plants and wildlife. Join a local naturalist who will guide you on a 2-mile walk on varied trails, including grass, gravel, and paved surfaces. Wear comfortable shoes and dress appropriately for the weather. Check in at the Visitor Center and meet at the Wetland Parking Lot. Rain Date: Oct 29.
NATR-704 | 1 session | $19 AGE 60+ | $25 REG
F02 Su 10 a.m.-12 p.m. Rebecca Bunn
Oct 22 Shaw Nature Reserve

Forest Park Owls:
Mating and Nesting
Join a local award-winning naturalist and speaker and explore the mating, nesting behavior and the owlets raised by the great horned owls he has been observing and documenting in Forest Park since December 2005. Learn what he has observed and documented including mating, nest selection, feeding of the owlets, fledgling 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
F03 Th 6:30-8:30 p.m. Mark Glenshaw
Oct 19 MC-SO 107

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 REG
F04 Th 6:30-8:30 p.m. Mark Glenshaw
Nov 9 MC-SO 107

Monarchs and Milkweeds
Join a local biologist and learn the plight of these beautiful ambassadors of the air, how you can help monarchs by planting different milkweed species around your home, and where milkweed seeds and seedlings may be obtained.
NATR-720 | 1 session | $22.50 AGE 60+ | $29 REG
F01 Th 9:30-11:30 a.m. Dave Tylka
Oct 19 MC-CE

For Goodness snakes
Snakes are one of the most widely misunderstood animals in nature. Learn to identify common Missouri venomous and nonvenomous snakes and dispel those popular myths you might have heard. Increase your familiarity with and your ability to distinguish differences between the species to help you gain accurate information of local serpents.
NATR-727 | 1 session | $14 AGE 60+ | $19 REG
F02 M 6-7:30 p.m. Christina Ritter
Jul 24 MC-SO 108
F01 W 6:30-8:30 p.m. Christina Ritter
Sep 13 MC-SO 105
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.

**Italian**

**Preparing for Your Trip to Italy**
Do you have an upcoming trip to Italy or want to know more about traveling there? Learn practical traveling tips and cultural differences to be aware of while in the country. Instructor previously lived in Italy and travels there frequently. Now she wants to help prepare you to enjoy your experience in this beautiful country. Bring pencil and notebook.

**FLIT-716** 1 session | $29.50 | $29 REG
F01  Tu 6:30-8:30 p.m.  Sep 12  Barbara Klien  MC-SO 111
F02  M 4-6 p.m.  Nov 27  Barbara Klien  MC-SO 112

**Italian for the Traveler**

**FLIT-716** 8 sessions | $105.50 | $129 REG
F01  Tu 6:30-8:30 p.m.  Sep 9 – Oct 31  Michael Cross  FP-W 214
   - NOTE: No class 9/4
F02  M 4-6 p.m.  Nov 16 – Nov 20  Barbara Klien  MC-SO 112

**Italian: Beginning I**

**FLIT-717** 8 sessions | $78.50 | $129 REG
F01  Tu 6:30-8:30 p.m.  Sep 12 – Nov 14  Barbara Klien  MC-SO 111
   - NOTE: No class 10/3, 11/7
F02  M 7-9 p.m.  Aug 7 – Oct 2  Michael Cross  FP-W 214
   - NOTE: No class 9/4

**Italian: Beginning II**

**FLIT-718** 8 sessions | $78.50 | $129 REG
F01  Tu 6:30-8:30 p.m.  Aug 9 – Sep 27  Viva Brasil  MC-SO 205
F02  W 6-8 p.m.  Sep 9 – Nov 29  Viva Brasil  MC-SO 205
   - NOTE: No class 11/22

**German Language: Beginning I**

**FLGE-717** 8 sessions | $82 AGE 60+ | $129 REG
F01  W 6-8 p.m.  Aug 9 – Sep 27  Caryn Miller  MC-SO 206
F02  W 6-8 p.m.  Oct 4 – Nov 29  Caryn Miller  MC-SO 206

**German Language: Beginning II**

**FLGE-718** 8 sessions | $82 AGE 60+ | $129 REG
F01  W 6-8 p.m.  Jul 25 – Sep 12  Caryn Miller  MC-SO 206
   - NOTE: No class 11/22

**German Language: Beginning III**

**FLGE-719** 8 sessions | $82 AGE 60+ | $129 REG
F01  Tu 6-8 p.m.  Nov 27 – Jan 19  Caryn Miller  MC-SO 206

**Portuguese**

**Portuguese: Beginning I**

**FLPG-716** 8 sessions | $129 AGE 60+ | $129 REG
F01  W 6-8 p.m.  Aug 9 – Sep 27  Viva Brasil  MC-SO 205
F02  W 6-8 p.m.  Sep 9 – Nov 29  Viva Brasil  MC-SO 205
   - NOTE: No class 11/22

**Portuguese: Beginning II**

**FLPG-718** 8 sessions | $129 AGE 60+ | $129 REG
F01  W 6-8 p.m.  Aug 9 – Sep 27  Viva Brasil  MC-SO 205
F02  W 6-8 p.m.  Sep 9 – Nov 29  Viva Brasil  MC-SO 205
   - NOTE: No class 11/22

**Portuguese: Beginning III**

**FLPG-719** 8 sessions | $129 AGE 60+ | $129 REG
F01  Tu 6-8 p.m.  Aug 9 – Sep 27  Viva Brasil  MC-SO 205
F02  W 6-8 p.m.  Sep 9 – Nov 29  Viva Brasil  MC-SO 205
   - NOTE: No class 11/22

**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 | $87 AGE 60+ | $129 REG
F01  Tu 7-9 p.m.  Jul 25 – Sep 12  Tim Neckermann  Online
F02  Th 7-9 p.m.  Sep 28 – Nov 16  Tim Neckermann  Online

**Spanish: Beginning I**

**FLSP-717** 8 sessions | $87 AGE 60+ | $129 REG
F01  Tu 4:30-6:30 p.m.  Aug 2 – Sep 20  Maria de la Garza  Online
   - NOTE: No class 10/3, 11/7
F02  Tu 4:30-6:30 p.m.  Sep 26 – Nov 28  Maria de la Garza  Online
   - NOTE: No class 10/3, 11/7

**Spanish: Beginning II**

**FLSP-718** 8 sessions | $87 AGE 60+ | $129 REG
F01  W 4:30-6:30 p.m.  Aug 2 – Sep 20  Maria de la Garza  Online
   - NOTE: No class 10/3, 11/7
F02  W 4:30-6:30 p.m.  Sep 26 – Nov 28  Maria de la Garza  Online
   - NOTE: No class 10/3, 11/7

**Spanish: Beginning III**

**FLSP-719** 8 sessions | $87 AGE 60+ | $129 REG
F01  Tu 4:30-6:30 p.m.  Jul 25 – Sep 12  Tim Neckermann  Online
F02  Th 4:30-6:30 p.m.  Sep 28 – Nov 16  Tim Neckermann  Online
F03  Th 4:30-6:30 p.m.  Oct 4 – Nov 29  Tim Neckermann  Online
   - NOTE: No class 11/22

**Spanish: Intermediate I**

**FLSP-720** 8 sessions | $87 AGE 60+ | $129 REG
F01  Tu 4:30-6:30 p.m.  Jul 25 – Sep 12  Tim Neckermann  Online
F02  Th 4:30-6:30 p.m.  Sep 28 – Nov 16  Tim Neckermann  Online

**Spanish: Intermediate II**

**FLSP-721** 8 sessions | $87 AGE 60+ | $129 REG
F01  W 4:30-6:30 p.m.  Jul 26 – Sep 13  Maria de la Garza  Online
F02  W 4:30-6:30 p.m.  Oct 4 – Nov 22  Maria de la Garza  Online

**Spanish: Advanced Reading**

**FLSP-723** 8 sessions | $87 AGE 60+ | $129 REG
F01  W 4:30-6:30 p.m.  Jul 26 – Sep 13  Maria de la Garza  Online
F02  W 4:30-6:30 p.m.  Oct 4 – Nov 22  Maria de la Garza  Online
**Russian**

**Russian for First Timers**
- FLRU-717 | 4 sessions | $73.50 AGE 60+ | $99 REG
- **F01** Th 5-7 p.m. | Valerie Powers
  - Aug 24 – Sep 14
- **F02** Th 5-7 p.m. | Valerie Powers
  - Sep 21 – Nov 16
  - NOTE: No class 10/5

**Russian: Beginning I**
- FLRU-717 | 8 sessions | $123.50 AGE 60+ | $199 REG
- **F01** W 7-9 p.m. | Valerie Powers
  - Aug 23 – Nov 15
  - NOTE: No class 10/4

**Russian: Advanced I**
- FLRU-723 | 12 sessions | $123.50 AGE 60+ | $199 REG
- **F01** M 5-7 p.m. | Valerie Powers
  - Aug 21 – Nov 20
  - NOTE: No class 9/4, 10/2

**Russian: Advanced II**
- FLRU-724 | 12 sessions | $123.50 AGE 60+ | $199 REG
- **F01** Tu 7-9 p.m. | Valerie Powers
  - Aug 23 – Nov 15
  - NOTE: No class 10/3, 10/31, 11/7

**Russian: Intermediate III**
- FLRU-725 | 12 sessions | $123.50 AGE 60+ | $199 REG
- **F01** W 7-9 p.m. | Valerie Powers
  - Aug 23 – Nov 15
  - NOTE: No class 10/4

**Russian: Advanced Conversation**
- FLRU-724 | 12 sessions | $123.50 AGE 60+ | $199 REG
- **F02** F 1-3 p.m. | Valerie Powers
  - Aug 25 – Dec 1
  - NOTE: No class 9/22, 10/6, 11/24

**Russian: Advanced Conversation**
- FLRU-717 | 8 sessions | $123.50 AGE 60+ | $199 REG
- **F02** Th 5-7 p.m. | Valerie Powers
  - Aug 24 – Sep 14
  - Online

**Communications**

**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, HGT, 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 | $49 AGE 60+ | $99 REG**
- **F01** Sa 12-1:30 p.m. | Jason Rooney
  - Sep 23
  - Online
  - NOTE: No class 9/22, 10/6, 11/24

**History**

**Armchair Tour Through History: St. Louis Baseball**
St. Louis has the richest baseball history of any city in the United States besides New York City. Enjoy a presentation showcasing the sites where baseball history happened from 1860 to the present. You’ll be entertained by the stories and pictures of the site of the first ever game in St. Louis, homes players grew up and lived in, businesses they ran, historic buildings, the ballparks, the statues, and the graves.

**HIST-708 | 1 session | $23.50 AGE 60+ | $29 REG**
- **F03** Tu 10 a.m.-12 p.m. | Brian Flaspohler
  - Aug 8
  - STGCC-Corp 207

**Indigenous Tribes of Missouri**
Learn what life was like for indigenous groups in Missouri centuries before and after it was settled. Explore tribes including Kickapoo, Shawnee, Ioway, Otoe, Delaware, Osage and others while uncovering why there are no federally recognized tribes in Missouri today.

**HIST-708 | 1 session | $24 AGE 60+ | $29 REG**
- **F01** F 1-2:30 p.m. | Doug Schneider
  - Sep 15
  - Online

**Gangs of St. Louis: 1880-1980**
Gangs, mobs, pickpockets, thieves, kidnappers, and organized crimes reached St. Louis in the 1880’s and were still going strong in 1980, the year of the I-55 mob car bombing. Discussion will delve into over 100 years of gang activity and also include early 20th century gang activity in St. Louis through the Bottom Gang vs. Egan’s Rats, how prohibition multiplied gang activity, and the overall effect on St. Louis and law enforcement.

**HIST-708 | 1 session | $24 AGE 60+ | $29 REG**
- **F02** Th 7-8:30 p.m. | Doug Schneider
  - Nov 2
  - MC-SS 112

**World**

**Connecting the Dots: Wine, History and Religion Are All Connected**
Trace the interwoven narratives of wine, religion and history through an examination of famous potables, places and people. Discover where wine was first made. Learn about revered vineyards that were protected during World War I and II. Hear the rarely told stories of some very famous people who were instrumental in helping get works of art out of Europe before and during enemy occupation.

**HIST-765 | 1 session | $22.50 AGE 60+ | $29 REG**
- **F01** F 7-9 p.m. | Stephanie Thurmer
  - Jul 28
  - Online

- **F02** F 7-9 p.m. | Stephanie Thurmer
  - Dec 1
  - Online
GENEALOGY

Finding Death Information
On and Offline
Death is inevitable. But finding that elusive death documentation sometimes proves difficult. Besides the obvious death certificate, this class will look at some additional sources of death information.
GENE-704 | 2 sessions | $26.50 | $29 REG
F01    Th 1-3 p.m.    Patricia Stamm
         Sep 7 – Sep 14    MC-SW 110

Genealogy Research:
Library Resources
There is a vast array of genealogical information available at the library. Learn about different types of libraries, how to locate them and how to effectively use them for your research.
GENE-704 | 3 sessions | $40 | $49 REG
F01    Th 1-3 p.m.    Patricia Stamm
         Sep 28 – Oct 12    MC-SW 110
F02    Tu 1-3 p.m.    Patricia Stamm
         Oct 24 – Nov 14    MC-SW 110
        • NOTE: No class 11/7.

Rediscovering FamilySearch.org
FamilySearch is constantly changing and updating. This course shows you how to effectively use all of the resources available from this popular website at your home computer.
GENE-704 | 3 sessions | $40 | $49 REG
F03    Tu 1-3 p.m.    Patricia Stamm
         Oct 24 – Nov 14    MC-SW 110
        • NOTE: No class 11/7.

More than an Obituary-
Newspapers on and off line
Online newspapers often offer an abundance of information and help users gather additional data used in research. Learn about these resources, where to locate them online and how to effectively use them.
GENE-704 | 3 sessions | $26.50 | $29 REG
F04    Tu 1-3 p.m.    Patricia Stamm
         Nov 28 – Dec 5    MC-SW 110

RELIGION

Shared Themes in Religions
Are there symbols and themes that are shared among most religions? Learn beliefs and practices common in several of the world’s largest religions including Christianity and Islam and, also, smaller religions like Zoroastrianism and Judaism. Discover what monotheistic religions have in common with the eastern religion of Hinduism, as well as the god-less religions of Daoism and Confucianism. The aim of this class is to bring to light what unifies the world’s religions.
RELG-701 | 1 session | $23 AGE 60+ | $29 REG
F07    W 6-8 p.m.    Sahar Joakim
         Nov 15    MC-SO 204

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.
RELG-702 | 1 session | $23 AGE 60+ | $29 REG
F01    W 6-8 p.m.    Sahar Joakim
         Nov 28 – Dec 5    MC-SO 110

Western/Monotheistic Religions
Zoroastrianism is the oldest monotheistic religion predating Judaism, Christianity, and Islam. You’ll learn about all four of these religions and you’ll gain an understanding of their teachings, history, development and current challenges. Expand your knowledge of other belief systems and gain the opportunity to discuss differences and similarities of major world religions.
RELG-703 | 1 session | $23 AGE 60+ | $29 REG
F01    W 6-8 p.m.    Sahar Joakim
         Oct 11    MC-SO 204

Two War Warriors
Junior servicemen of one war are sometimes seasoned veterans of the next. Union and Confederate soldiers and sailors of the Civil War redonned their uniforms 33 years later when war with Spain loomed. Spend an evening with some of them; the medal of honor winner on Missionary Ridge who assumed high command in the Philippines, the ship payroll clerk who became commander in chief and the confederate cavalry officers who served in military and political roles. Recall names like MacArthur, McKinley, Wheeler and others. Learn how their Civil War experience influenced them and the Spanish American War.
HIST-712 | 1 session | $22.50 AGE 60+ | $29 REG
F01    Th 7-9 p.m.    Jim Gallen
         Oct 26    MC-SO 205
PHIL-701 | 1 session | $23 AGE 60+ | $29 REG
F01 | Sa 9-11 a.m. | Jeffrey Scott Martin | Sep 23 | FV-SS 101
F05 | Sa 9-11 a.m. | Jeffrey Scott Martin | Aug 26 | FV-SS 101
F06 | Sa 1-3 p.m. | Jeffrey Scott Martin | Oct 28 | FV-SS 101

Ethics: 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? If so, what is it? And how can you know if you are living well? How far should you go to change the way other people live? In this session, you will learn several normative theories according to which you should behave. You’ll also apply your own theories to common activities and compare how you think things should be to how they are. Expand your knowledge of belief systems in ethics and gain the opportunity to discuss differences and similarities of views with community members.

PHIL-701 | 1 session | $23 AGE 60+ | $29 REG
F04 | W 6-8 p.m. | Sahar Joakim | Sep 20 | MC-SO 204

Logical Reasoning and Critical Thinking
Engage in the basics of argumentation and reasoning in this introduction to logic where you’ll pinpoint how to identify, construct, and evaluate logical arguments, as well as, arguments with fallacies that merely look like good logic. Sharpen your ability to engage in critical thinking both in the abstract and when applying logical reasoning skills to content such as commercials, literature, and speeches.

PHIL-701 | 1 session | $23 AGE 60+ | $29 REG
F02 | W 6-8 p.m. | Sahar Joakim | Nov 8 | MC-SO 204

Re-Live the 1904 World’s Fair*
Join us for an illustrated and narrated tour of the historic 1904 World’s Fair grounds in and around Forest Park. Travel back in time through a special 3D stereoscopic presentation (special 3D glasses will be provided) to some of sites. After your virtual tour, take an actual tour and visit these sites. Some sites include, the colossal Ferris wheel, Grand Basin, amazing inventions and much more! Lunch with Fair themed foods is included. Some walking is required. Must provide own transportation.

TRIP-701 | 1 session | $56 AGE 60+ | $65 REG
F01 | Sa 8:30-1:30 p.m. | Charles Koehler | Sep 16 | FP-W 120

ST. LOUIS MURAL TOUR*
St. Louis has a wide variety of murals: vintage, modern, legal, stealth and murals that trick the eye. Venture across the city on a bus tour that will take you to various mural locations. Lunch will be provided at Cafe Piazza. Last date to register Sep 7.

TRIP-701 | 1 session | $56 AGE 60+ | $85 REG
F02 | Th 10 a.m.-1:30 p.m. | Doug Schneider | Sep 14 | FP-Off Campus

A TASTE OF ST. LOUIS*
Take a trip around St. Louis tasting the foods unique or invented in our area. We do not stop for lunch, but rather nibble all day starting with coffee cake and ending with dessert in various locations around town significant to the foods’ origin. If you wish to make purchases to bring home, please bring a bag to keep them in. Last date to register: Oct 5.

TRIP-701 | 1 session | $103 AGE 60+ | $109 REG
F06 | W 9 a.m.-3 p.m. | Joan Huisinga | Oct 11 | MC-Off Campus

Mom-and-Pop Doughnut Shops in St. Louis*
Cruising the streets of south St. Louis in this bus tour, celebrate the little mom-and-pop doughnut shops with stops at three of these delightfully delicious havens (including one which is a Route 66 landmark). You will be able to purchase doughnuts at each one. Discover all types of architecture including art deco buildings and learn about Vincent Price, craft beer, kidnappings, Steve McQueen, and a mini railroad that is long gone.

TRIP-701 | 1 session | $58 AGE 60+ | $75 REG
F03 | W 6-8 p.m. | Doug Schneider | Oct 12 | FP-Off Campus

EXPLORING ST. LOUIS*
Take a fall 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.

TRIP-701 | 4 sessions | $85.50 AGE 60+ | $129 REG
F04 | Th 9 a.m.-2:30 p.m. | Joan Huisinga | Sep 14 – Oct 5 | MC-Off Campus

A Haunted Florissant*
The city of Florissant dates back to the late 1700’s and the remains of some of those residents may still be there. Examine the history of the area, led by the head of the Florissant historical society, as you pass by private homes and groop their beauty background stories. Tour will include two public sites. A box lunch will be provided and served in a haunted park. Last date to register: Oct 5.

TRIP-701 | 1 session | $103 AGE 60+ | $109 REG
F06 | W 9 a.m.-3 p.m. | Joan Huisinga | Oct 11 | MC-Off Campus

AWTY?: Historic Homes of St. Louis*
Discover two of St. Louis’ historical jewels, Oakland House and Magic Chef Mansion! Enjoy a theatrical tour of the completely restored Oakland House, which was built in 1853 by Louis A. Benoist. Learn about the designer, George Ingham Barnett and his many ties to other historical neighborhoods around St. Louis. Complete the tour with a catered lunch onsite at the Oakland House. Continue on to one of St. Louis’ premiere old-world estates, Magic Chef Mansion. Built in 1908, the beautiful and elegant manor is an oasis of sophisticated elegance surrounded by two acres in the Compton Hill Restoration Square neighborhood. Owner Shelley Donaho has restored the home to its original beauty and will give a private tour of her home. Last date to withdraw with refund: Nov 3. Last date to register: Dec 6.

TRIP-701 | 1 session | $129 AGE 60+ | $129 REG
F08 | W 10:30 a.m.-4 p.m. | Dea Hoover | Nov 15 | MC-Off Campus
F09 | W 9:45 a.m.-4:30 p.m. | Dea Hoover | Nov 15 | MC-Off Campus

Am.酒
AWTY?: Miss Augusta Luxury Lunch Cruise and Mt. Pleasant Winery*
Travel to the charming and beautiful wine country in Augusta, MO, known for its long history and charm. Explore the shops along historic Walnut Street before making your way to the newly renovated Miss Augusta Luxury Yacht for a captain-narrated cruise on the Mississippi River while enjoying lunch. Venture on tour to Mount Pleasant Winery, where you will discover the charm and history of old winemaking with a private tour. Taste a variety of Mount Pleasant’s award-winning wines at your own expense before departing. Note: Tour requires moderate amounts of walking. Mount Pleasant Winery tastings are not included in the price of the tour. Last date to withdraw with refund: Sep 15. Last date to register: Sep 22.

TRIP-701 | 1 session | $149 AGE 60+ | $149 REG
F10  F 9 a.m.-5 p.m.  Dea Hoover  Sep 29  MC-Off-Campus

AWTY?: Caverns & Cellars*
Tour St. James Winery, one of Missouri's largest wineries, followed by lunch at Sybil's and on to Meramec Caverns. Missouri is known as the Cave State and has over 6,000 known caves. Enjoy a guided walking tour conducted by trained rangers followed by a relaxing, history-filled excursion aboard a canopy-topped riverboat. You will see some of the rarest and the largest cave formations in the world on your tour. Note: This tour requires moderate amounts of walking. Last date to withdraw with refund: Jul 26. Last date to register: Jul 26.

TRIP-701 | 1 session | $149 AGE 60+ | $149 REG
F11  W 8:30 a.m.-5:30 p.m.  Aug 2  MC-Off-Campus

AWTY?: Saints & Soldiers in Perryville, MO*
Journey to Perryville, MO, where you will embark on a 1-hour guided tour of the National Shrine of Our Lady of the Miraculous Medal, where you will learn the history of the church and the paintings inside. Take a stroll along the Rosary Walk to the outside WWI grotto while you admire the statues, bridges, and water features along the way. Head to a local favorite, Mary Jane Burgers and Brew, for lunch then enjoy a guided tour of the home owned by Abraham Lincoln in Perryville, owned by his father and architect, where he was raised and entertained multiple times. Enjoy lunch at Maldaner's Restaurant followed by a visit to Lincoln's home. Now a national historic site, run by the National Park Service, the home of Abraham Lincoln has been fully restored. Discover how a four-block neighborhood reveals an intimate look at Lincoln as husband, father, neighbor, and politician. Tour Lincoln's home and Presidential Museum and see breathtaking memorials and historical significance. Note: This tour requires moderate amounts of walking and standing. You must be able to lift your leg 12 inches to board the Amtrak train. Last date to withdraw with refund: Aug 11. Last date to register: Aug 16.

TRIP-701 | 1 session | $159 AGE 60+ | $159 REG
F04  M 7:45 a.m.-5 p.m.  Dea Hoover  Sep 25  MC-Off-Campus
F05  M 8:30 a.m.-4:30 p.m.  Aug 23  FV-Off-Campus

AWTY?: Land of Lincoln with Amtrak Ride*
Travel to the land of Lincoln and explore the Abraham Lincoln Presidential Museum. The museum is home to a state-of-the-art interactive replica of the cabin in which he was raised and multiple theaters. Enjoy lunch at Malder's Restaurant followed by a visit to Lincoln's home. Now a national historic site, run by the National Park Service, the only home Abraham Lincoln ever owned. Discover how a four-block neighborhood reveals an intimate look at Lincoln as husband, father, neighbor, and politician. Tour Lincoln's home and Presidential Museum and see breathtaking monuments and historical significance. Note: This tour requires moderate amounts of walking and standing. You must be able to lift your leg 12 inches to board the Amtrak train. Last date to withdraw with refund: Aug 11. Last date to register: Aug 16.

TRIP-701 | 1 session | $159 AGE 60+ | $159 REG
F06  W 7:45 a.m.-8 p.m.  Dea Hoover  Aug 23  MC-Off-Campus

AWTY?: Hannibal Christmas*
*"O Come All Ye Faithful" grab a friend or loved one to enjoy this holiday experience in Hannibal, MO. Explore the 1871 beautifully restored Dubach Inn, where you can learn about the architectural blend of Italianate Villa and Second Empire, located close to downtown. En route to lunch at the Hannibal Country Club, stop and pose for pictures with Tom Sawyer and Becky Thatcher as they extend their holiday greetings and welcome to the group with goody bags for all! Enjoy Richard Garey's performance of "A Shepherd's Tale", the story of Esrom, shepherd of Bethlehem, at a local theater. Explore the local shops of Historic Main Street before heading home. Note: This tour requires moderate amounts of walking. Last day to withdraw with refund: Nov 30. Last date to register: Dec 5.

TRIP-701 | 1 session | $159 AGE 60+ | $159 REG
F07  Th 5-7 p.m.-6 p.m.  Dec 12  MC-Off-Campus
Dea Hoover

*Assumption of Risk, Release and Waiver of Liability must be signed before departure. See page 46 for details.

Golf:

Golf: Playing Lesson*
Bridge the gap between golf lessons and playing in this small class setting. Play on the course with swing evaluation and gain tips on etiquette. Improve your swing at the range. Come away from class being comfortable playing golf. Additional $20.00 fee at the golf course.

PEDU-765 | 1 session | $155 AGE 60+ | $155 REG
F01  Tu 5-7 p.m.  Aug 29  Tim Davenport  Eagle Springs Golf Course

Golf: Basics and Beyond*
Learning to play golf is key to a greater 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 wood. A great mix for beginners just learning to play and experienced golfers brushing up on skills and rules of play as a refresher. Extra fee for balls.

PEDU-730 | 6 sessions | $579 AGE 60+ | $579 REG
F01  Sa 10-11:30 a.m.  Tim Davenport  Sep 9 – Oct 14  Eagle Springs Golf Course

Golf: Scramble*
A scramble is a common format for golf tournaments. Learn the basics such as grip, stance, holding a club, where to stand on the course, and more.

PEDU-730 | 1 session | $535 AGE 60+ | $535 REG
F02  Sa 10-11:30 a.m.  Tim Davenport  Aug 29  Eagle Springs Golf Course

Golf:

Stand-Up Paddleboarding*
Stand-up paddleboarding is a rapidly growing sport that is suitable for almost everyone! Have fun and soak up the benefits of a great exercise while learning how to SUP, learn proper paddling instruction and get a brief introduction before hitting the water. Once on the water, receive continuous instruction as you practice and get comfortable on your board.

PEDU-770 | 2 sessions | $59 AGE 60+ | $59 REG
F01  Sa 10-11:30 a.m.  Stacey Drake  Aug 12 – 19  River’s Edge Park

AWTY?: Lunch With Lincoln in Alton, IL*
Enjoy a historic Alton driving tour filled with historic homes, great shops, diverse industries, and historic sites on the banks of the Mississippi River. Marvel at the elaborately styled houses in the Middle Historic District, learn about Alton’s ties to the abolitionist movement at the Elijah P. Lovejoy Monument and continue past the site of the final senatorial debate between Stephen A Douglas and Abraham Lincoln. Travel back in time and experience "Dinner" at Lincoln’s table in an interactive lunch at My Just Desserts featuring actors from Alton Little Theater. Your "dinner" hosts will include Mary Todd, Robert Todd, and Lizbeth Beckly, Mary’s longtime servant sharing all the household gossip. Complete your travel back in time with a visit to Hamilton Primary School in Otterville, IL, the first free and integrated school in the US. Learn about the slave who erected a monument for his master and why they’re buried side-by-side. Last date to withdraw with refund: Sep 11. Last date to register: Sep 18.

TRIP-702 | 1 session | $169 AGE 60+ | $169 REG
F04  M 7:45 a.m.-5 p.m.  Sep 25  Dea Hoover  MC-Off-Campus
F05  M 8:30 a.m.-4:30 p.m.  Sep 25  MC-Off-Campus

AWTY?: Land of Lincoln with Amtrak Ride*
Travel to the land of Lincoln and explore the Abraham Lincoln Presidential Museum. The museum is home to a state-of-the-art interactive replica of the cabin in which he was raised and entertained multiple times. Enjoy lunch at Malder's Restaurant followed by a visit to Lincoln's home. Now a national historic site, run by the National Park Service, the only home Abraham Lincoln ever owned. Discover how a four-block neighborhood reveals an intimate look at Lincoln as husband, father, neighbor, and politician. Tour Lincoln's home and Presidential Museum and see breathtaking monuments and historical significance. Note: This tour requires moderate amounts of walking and standing. You must be able to lift your leg 12 inches to board the Amtrak train. Last date to withdraw with refund: Aug 11. Last date to register: Aug 16.

TRIP-701 | 1 session | $159 AGE 60+ | $159 REG
F06  W 7:45 a.m.-8 p.m.  Dea Hoover  Aug 23  MC-Off-Campus

AWTY?: Hannibal Christmas*
*"O Come All Ye Faithful" grab a friend or loved one to enjoy this holiday experience in Hannibal, MO. Explore the 1871 beautifully restored Dubach Inn, where you can learn about the architectural blend of Italianate Villa and Second Empire, located close to downtown. En route to lunch at the Hannibal Country Club, stop and pose for pictures with Tom Sawyer and Becky Thatcher as they extend their holiday greetings and welcome to the group with goody bags for all! Enjoy Richard Garey's performance of "A Shepherd's Tale", the story of Esrom, shepherd of Bethlehem, at a local theater. Explore the local shops of Historic Main Street before heading home. Note: This tour requires moderate amounts of walking and standing. You must be able to lift your leg 12 inches to board the Amtrak train. Last date to withdraw with refund: Nov 30. Last date to register: Dec 5.

TRIP-701 | 1 session | $159 AGE 60+ | $159 REG
F07  Th 5-7 p.m.-6 p.m.  Dec 12  MC-Off-Campus
Dea Hoover

Barre Cardio & Tone*
Learn a sequence of upper body exercises using light free weights to target biceps, triceps, shoulders, chest and back muscles. Then, move to a series of ballet barre and floor exercises that focus on the thighs while working core and posture. Every exercise includes active stretching to elongate the targeted muscles.

PEDU-754 | 8 sessions | $69 AGE 60+ | $69 REG
F01  Th 5-6 p.m.  Lisa Huseman  Sep 7 – Oct 26  Z Total Body
### Pilates and Yoga

#### Mat Pilates*
Build core strength with floor exercises that will help increase strength, flexibility and agility. Every muscle will be stretched by the end of class, leaving you feeling lean, long and relaxed.

**PEDU-756 | 8 sessions | $69 AGE 60+ | $69 REG**

**F01** Tu 5:30-6:30 p.m.  
Sep 5 – Oct 31  
-Lisa Husman  
-Note: No class 10/3

#### Accessible (Chair) Yoga*
Accessible (chair) yoga is the class for people who don’t think they can “do yoga.” Options will be provided for students to use chairs, the wall, or other poses. Regardless of age, shape, physical limitations or health circumstances, the instructor works with each student to create unique yoga poses in a safe and comfortable setting. Chairs are provided and no yoga experience is necessary.

**PEDU-761 | 8 sessions | $69 AGE 60+ | $69 REG**

**F01** W 12-1 p.m.  
Sep 6 – Oct 25  
-South River Yoga

#### Yoga: All Levels*
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. All levels welcome. Bring water, towel and mat.

**PEDU-761 | 8 sessions | $53 AGE 60+ | $69 REG**

**F03** M 6-7 p.m.  
Sharon Danyluck  
-Note: no class 10/3

**F06** Th 1-2 p.m.  
Jennifer DeSuza  
Sep 7 – Oct 26  
-PV-PE 233

#### 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. This is a continuation of Yoga: Beginning. This class is not suited for beginners.

**PEDU-761 | 10 sessions | $119 AGE 60+ | $119 REG**

**F05** M 1:30-2:30 p.m.  
-Kelly Kaufman  
-Sep 11 – Nov 13  
-Atton Community Center

### Volleyball

**Volleyball: Recreational**
Keep fit, have fun and make friends. All levels welcome.

**PEDU-704 | 10 session | $64 AGE 60+ | $99 REG**

**F01** F 7-8:30 p.m.  
Sep 8 – Nov 10  
-Jason Guss  
-PV-PE Gym

### Pickleball

**Pickleball: Beginning**
Pickleball is a fast-growing and easy-to-learn sport that provides exercise for all ages. Learn tips and strategies through game-play scenarios.

**PEDU-740 | 4 sessions | $119 AGE 60+ | $119 REG**

**F01** W 1:30-3 p.m.  
-Caillahan Pickleball Academy Instructors  
Jul 26 – Aug 16  
-Dwight Davis Tennis Center

**F02** Sa 1:2-3:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Aug 26 – Sep 23  
-Dwight Davis Tennis Center  
-Note: No class 9/2

**F03** Tu 3:15-4:45 p.m.  
-Caillahan Pickleball Academy Instructors  
Jul 25 – Aug 15  
-Atton Community Center

**F04** Tu 3:15-4:45 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 5 – Sep 26  
-Atton Community Center

**F05** Th 1:30-3 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 21 – Oct 12  
-Checkpoint Parks and Rec

**F19** W 1:30-3 p.m.  
-Caillahan Pickleball Academy Instructors  
Aug 23 – Sep 13  
-Dwight Davis Tennis Center

**F20** W 1:30-3 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 20 – Oct 11  
-Dwight Davis Tennis Center

**F21** Sa 1-2:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Jul 29 – Aug 19  
-Dwight Davis Tennis Center

**F22** Sa 1-2:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 30 – Oct 21  
-Dwight Davis Tennis Center

**F23** Tu 3:15-4:45 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 19 – Oct 17  
-Note: No class 10/3

**F24** Tu 3:15-4:45 p.m.  
-Caillahan Pickleball Academy Instructors  
Nov 14 – Dec 5  
-Atton Community Center

**F25** Tu 3:15-4:45 p.m.  
-Caillahan Pickleball Academy Instructors  
Aug 22 – Sep 12  
-Atton Community Center

**F26** W 3:15-4:45 p.m.  
-Caillahan Pickleball Academy Instructors  
Jun 26 – Aug 16  
-Checkpoint Parks and Rec

**F31** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Jul 25 – Aug 15  
-Atton Community Center

**F32** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Aug 22 – Sep 12  
-Atton Community Center

**F33** Th 3:4-5:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 7 – Sep 28  
-Checkpoint Parks and Rec

**F36** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 19 – Oct 17  
-Note: No class 10/3.

**F37** W 3:4-5:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Aug 23 – Sep 13  
-Dwight Davis Tennis Center

**F38** W 3:4-5:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 20 – Oct 11  
-Dwight Davis Tennis Center

**F39** Sa 3-4:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Jul 29 – Aug 19  
-Dwight Davis Tennis Center

**F40** Sa 3-4:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 30 – Oct 21  
-Dwight Davis Tennis Center

**F41** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Jul 25 – Aug 15  
-Atton Community Center

**F42** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Aug 22 – Sep 12  
-Atton Community Center

**F43** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Sep 7 – Sep 28  
-Checkpoint Parks and Rec

**F46** Tu 4:45-6:15 p.m.  
-Caillahan Pickleball Academy Instructors  
Oct 3 – Oct 24  
-Checkpoint Parks and Rec

**F47** Th 3:4-5:30 p.m.  
-Caillahan Pickleball Academy Instructors  
Nov 2 – Nov 30  
-Note: No class 11/23

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*Assumption of Risk, Release and Waiver of Liability must be signed before departure. See page 46 for more details.
**Self-Defense**

**Krav Maga™**
Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced discipline designed to prepare both body and mind for violent attacks. While utilizing stress drills to mimic real-life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques. Class is fully interactive. No shoes on mats; athletic wear required.

**PEDU-743 | 10 sessions | $95 | $95 REG**

- **F01** M 6-7 p.m. | Steve Sulze  
  Jul 24 – Oct 2  Chesterfield Xtreme Krav Maga  
  - NOTE: No class 9/4

- **F02** Sa 10-11 a.m. | Steve Sulze  
  Sep 16 – Nov 18  Fenton Xtreme Krav Maga

- **F03** M 6-7 p.m. | Steve Sulze  
  Jul 24 – Oct 2  Fenton Xtreme Krav Maga  
  - NOTE: No class 9/4

- **F04** Sa 10-11 a.m. | Steve Sulze  
  Sep 16 – Nov 18  Chesterfield Xtreme Krav Maga

**Women’s Krav Maga™**

**PEDU-743 | 10 sessions | $95 | $95 REG**

- **F05** Sa 10-11 a.m. | Steve Sulze  
  Sep 30 – Dec 9  Fenton Xtreme Krav Maga  
  - NOTE: No class 11/25

**Practical Women’s Self Defense**
Maximize your own power and gain confidence in your ability to defend against personal attacks with easy-to-learn, highly effective techniques. A great intro for novices and refresher for students with previous training, this course is led by a female instructor with more than 25 years of experience in martial arts. Class covers situational awareness, stand-up defense (striking and kicking), defense against grab attacks and grappling techniques to escape from ground attacks. Hands-on basic physical fitness required to practice techniques with partners. All gear is provided. No shoes on mats. Athletic wear required.

**PEDU-743 | 1 session | $39 | $39 REG**

- **F06** F 6-9 p.m. | Gina Breadon  
  Jul 26  
  MC-PE 105

- **F07** Sa 9 a.m.-12 p.m. | Gina Breadon  
  Sep 23  
  MC-PE 105

- **F08** Sa 9 a.m.-12 p.m. | Gina Breadon  
  Nov 4  
  MC-PE 105

**T’ai Chi**

**T’ai Chi for Health: Introduction**
Experience a moving meditation of safe, low-impact exercise while improving strength, balance and flexibility. Explore basic principles and practices including focused breathing, coordinated mind movement and focused weight shifting. Please wear comfortable, loose-fitting clothing and flat-soled shoes.

**PEDU-766 | 8 sessions | $57 | $79 REG**

- **F01** M 5:15-6:15 p.m. | Dennis Winschel  
  Jul 24 – Sep 18  Episcopal Church of the Advent  
  - NOTE: No class 9/4

- **F02** M 5:15-6:15 p.m. | Dennis Winschel  
  Oct 2 – Nov 20  Episcopal Church of the Advent

**T’ai Chi for Health: Intermediate**
T’ai Chi remains a safe low-impact exercise for improving strength, balance, flexibility, mental acuity and mindfulness. For those currently practicing T’ai Chi principles, this class builds on the completed Introduction to T’ai Chi for Health with more integrated whole body movements. Please wear comfortable, loose-fitting clothing and flat-soled shoes.

**PEDU-766 | 10 sessions | $61.50 | $89 REG**

- **F03** M 4-5 p.m. | Dennis Winschel  
  Jul 24 – Oct 2  Episcopal Church of the Advent  
  - NOTE: No class 9/4

- **F04** M 4-5 p.m. | Dennis Winschel  
  Oct 9 – Dec 11  Episcopal Church of the Advent

**Chen Tai Chi for Beginners**
Strengthen your body through slow, smooth movements. Increase energy with mindful breathing and improve balance through the constant shift of body weight. T’ai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of T’ai Chi.

**PEDU-766 | 8 sessions | $79 | $79 REG**

- **F05** W 11:11-12:15 a.m. | Alex Chen  
  Sep 6 – Oct 25  
  MC-PE East Lobby
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.

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 emphasized is 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. Every effort will be made to schedule a make-up class for outdoor classes missed due to rainouts. However, no refunds will be given for rained out classes.

*Tennis Beginning I, NTRP 1.0-2.0
See NTRP rating box.
PEDU-733 | 7 sessions | $75 | $75 REG
F01 Tu 1-2 p.m.
Aug 8 – Sep 19
F02 Sa 2:30-3:30 p.m.
Aug 5 – Sep 23
- NOTE: No class 9/2
F03 Tu 1-2 p.m.
Oct 10 – Nov 28
- NOTE: No class 11/7
F04 Sa 2:30-3:30 p.m.
Oct 7 – Nov 18

*Tennis: Intermediate I, NTRP 3.0
See NTRP rating box.
PEDU-735 | 7 sessions | $75 | $75 REG
F01 Tu 2-3:30 p.m.
Aug 8 – Sep 19
F02 Tu 2-3:30 p.m.
Oct 10 – Nov 28
- NOTE: No class 11/7.

*Tennis: Beginning II, NTRP 2.5
See NTRP rating box.
PEDU-734 | 7 sessions | $75 | $75 REG
F01 Sa 3:30-4:30 p.m.
Aug 5 – Sep 23
- NOTE: No class 9/2
F02 Sa 3:30-4:30 p.m.
Oct 7 – Nov 18

*Tennis: Intermediate Advanced, NTRP 3.0-4.0
See NTRP rating box.
PEDU-736 | 7 sessions | $99 | $99 REG
F01 Sa 4:30-6 p.m.
Aug 5 – Sep 23
- NOTE: No class 9/2
F02 Sa 4:30-6 p.m.
Oct 7 – Nov 18

*Assumption of Risk, Release and Waiver of Liability must be signed before departure. See page 46 for details.
Natural Wellness: Acupressure
Do you suffer from headaches, back pain, neck stiffness or shoulder tension? Acupressure is a good way to alleviate all of these symptoms, as well as improve blood circulation and reduce chronic inflammation. Learn how to find the acupressure points and how to massage these points to help improve both your health and the health of your loved ones. Partner required. Fee is per person. Bring a yoga mat or towel to lay on the floor.

HEAL-T01  1 session $39 AGE ED- | $39 REG
F01 W 6-8:30 p.m. Alex Chen MC-SW 106
Sep 13

Karmic Connections: Past Lives and Present Relationships
Karmic connections are soul connections. The intensity of emotions (pleasant or unpleasant) is often our first clue that we have been with these souls in past lives. Significant relationships (family, romantic or friendships) offer us profound spiritual insight—if and when we are willing to learn.

PERD-T09  4 sessions $26 AGE ED- | $39 REG
F01 Sa 10 a.m. - 12 p.m. Rhonda Leifheit Dec 2 – Dec 9 MC-SO 109

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-T09  1 session $22.50 AGE ED- | $29 REG
F03 M 6:30-8:30 p.m. William Duffin
Jul 24 Online
F04 M 6:30-8:30 p.m. William Duffin Nov 20 Online

Law of Attraction, What’s the Problem?
You have visualized and made your vision board, but you are still encountering the same old obstacles. Explore a key human trait: the unconscious counter-intention. Discover your hidden potential as you remove your unconscious blocks. Dive into the law of attraction and discover insight into your subjective unconscious blocks to your desires.

PERD-T09  1 session $22.50 AGE ED- | $29 REG
F05 M 6:30-8:30 p.m. William Duffin Aug 7 Online

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-T09  1 session $22.50 AGE ED- | $29 REG
F06 M 6:30-8:30 p.m. William Duffin Sep 18 Online

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-T09  1 session $22.50 AGE ED- | $29 REG
F07 M 6:30-8:30 p.m. William Duffin Oct 30 Online

Oracles and Divination
Have you dabbled in tarot or oracle cards? Many systems of divination have been used through the centuries. Instructor will share his experience of over 30 years to teach you a safe and fun way to communicate with spirit with a variety of oracle decks. Bring your favorite deck or tool and let’s get to work.

PERD-T09  1 session $22.50 AGE ED- | $29 REG
F08 M 6:30-8:30 p.m. William Duffin Oct 9 Online
F09 M 6:30-8:30 p.m. William Duffin Dec 4 Online

Discovering “Enough”: Life and Balance
Do you feel overwhelmed by the tasks on your “to-do” list, the stuff in your closets or the events on your calendar? Learn how to create a life of balance and ease by finding your own personal “enough.” Discover 6 simple ways that people get stuck and tools to break free.

PERD-T09  1 session $23 AGE ED- | $29 REG
F11 Th 6-8 p.m. Fawn Hoener Oct 19 FP-W 118

Finding Balance: Reclaim Time and Live a Fulfilling Life
Does it seem like time is flying by at the speed of light? How can you create balance amidst all the busyness? Balance has different meanings for everyone, and while total complete balance at all times is virtually impossible, you can learn how to make continuous small adjustments to achieve a dynamic state of balance and fulfillment in your life.

PERD-T09  1 session $24 AGE ED- | $29 REG
F02 Sa 9:30-11 a.m. Carol Watkins Sep 30 Online

Successfully Navigating Change
Do you feel stuck? Overwhelmed? Hoping to recover something dear to you that seems irrecoverably lost? Discover which phase of the change cycle you are in and learn specific tools to navigate that cycle and other phases of the change cycle.

PERD-T09  1 session $23 AGE ED- | $29 REG
F10 Th 6-8 p.m. Fawn Hoener Sep 28 FP-W 118

Exploring the Way of Integrity
Discover a path from stuck and suffering to freedom and joy using the tools from Martha Beck’s bestselling book, “The Way of Integrity.” Led by a trained Master Coach, discover how to read internal signals that are always leading you on your true path and how to recognize what you actually yearn for, rather than what our culture sells us. Participants are encouraged to read the first four chapters prior to the first class. Text required; bring to first class: “The Way of Integrity” by Martha Beck, ISBN# 978-1-9848-8148-9. Participants may purchase the book or borrow a copy from St. Louis City and St. Louis County libraries. Instructor will provide “A Companion Guide to the Way of Integrity” exercise booklet.

PERD-T09  4 sessions $25 AGE ED- | $45 REG
F12 Th 6-7:30 p.m. Aug 31 – Sep 21 Fawn Hoener FP-W 118

Developing Intuition
Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your psychic senses is naturally strongest: gut feelings, inner listening or intuitive seeing. Learn exercises and practices to help develop your intuition including sensing auras, psychometry (intuiting information by holding objects in your hand) and more.

PERD-T35  4 sessions $33.50 AGE ED- | $55 REG
F01 Tu 6-8 p.m. Aug 1 – Aug 22 Rhonda Leifheit MC-SO 109

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-T35  4 sessions $26 AGE ED- | $39 REG
F02 Sa 10 a.m. - 12 p.m. Nov 11 – Nov 18 Rhonda Leifheit MC-SO 109

Assertiveness for the Sensitive Person
Have you ever been told you’re “too nice” and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others than their own. This can result in an individual feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.

PERD-T43  2 sessions $27 AGE ED- | $39 REG
F03 Th 7-9 p.m. Oct 12 – Oct 19 Nancy Cohen Online

Meditations for Inner Peace
Calm your anxious mind, relax your body and lift your spirits. Meditation brings relaxation, mental clarity, emotional balance and opens the heart and mind to greater spiritual awareness. Experience a variety of techniques and find the ones that are best for you. Meditation is an important practice in spiritual, as well as intuitive development.

PERD-T65  4 sessions $33.50 AGE ED- | $55 REG
F01 W 6-8 p.m. Sep 6 – Sep 27 Rhonda Leifheit MC-SO 109
Discover the Benefits of Meridian Tapping

Meridian tapping combines tapping on acupressure points with intention statements to clear mental, emotional and physical energy. Also referred to as energy tapping or emotional freedom technique (EFT), its usage continues to grow because of its effectiveness. Learn step-by-step instruction in tapping for emotions such as anxiety, fear, anger and feeling overwhelmed; origins of thought field therapy; applications for health issues such as indigestion, headaches and insomnia; root cause technique to heal long-standing or complex issues; techniques to clear self-sabotage and change unwanted habits; and, self-acceptance as a means to greater health and emotional freedom.

PERD-765 | 3 sessions | $33 AGE 60- | $49 REG
F02  Tu 10 a.m. - 12 p.m.  Rhonda Leifheit
Oct 10 – Oct 24 MC-CE

Your “Ah Ha” Moment

Take a journey from your core, in this highly motivational program, through your layers, to the surface that presents your first impression to the world. Examine the “what” and “why” others see in you including the realization, inspiration, insight, recognition and comprehension through your unintentional and subconscious parts that you don’t have control over. Come to understand misconceptions people have and how to change those or make improvements. With group participation, learn to live a happier and healthier life with confidence that will last a lifetime. Sign up with your bestie, mom and sisters or brothers. Each participant must register.

PERD-765 | 2 sessions | $26 AGE 60- | $39 REG
F03  Sa 10 a.m.-12 p.m.
Aug 12 – Aug 19 Cheryl D. Ring
MC-SO 109
F04  Sa 10 a.m.-12 p.m.
Sep 30 – Oct 7 Cheryl D. Ring
MC-SO 109
F05  W 7-9 p.m.
Oct 11 – Oct 18 Cheryl D. Ring
Online

How to Solve a Problem

How many times have you put a problem on the back burner because you didn’t want to face it or have time to deal with it? Have you ever said “I’ll cross that bridge when I get to it”? There are multiple ways to finding solutions to problems, everyday problems, not how to fix the world. In this class we will discuss how to find solutions, ways to eliminate the hassle, and what to do if you are in a real bind. Learn tricks and tips that can apply to everyday problems. Leave your problems at home, but be prepared to talk about them!

PERD-765 | 1 session | $22.50 AGE 60- | $29 REG
F06  Sa 10 a.m.-12 p.m.
Aug 26 Cheryl D. Ring
MC-SO 109
F07  W 7-9 p.m.
Oct 4 Cheryl D. Ring
Online

Problem Solving

People face thousands of problems each day that involve finances, family, a big move or a much-needed change. These problems are also often tied to emotional decisions. At the end of the day, we have to live with our choices and so do our loved ones. This means we have to make the best decision available. Strategizing helps make your conquest much simpler because you have a roadmap and makes it easier to align with a final determination when faced with conflicting alternatives. This is an excellent class for those who have problems making and sticking with their decisions.

PERD-765 | 1 session | $22.50 AGE 60- | $29 REG
F08  Sa 10 a.m.-12 p.m.  Cheryl D. Ring
Nov 18 MC-SO 108
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 16 years and older except where otherwise noted.

For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.

Location Index

Affton White-Rodgers Community Center
9801 Mackenzie Rd., 63123

Almas Del Ritmo Dance Company
3515 Park Ave., 63104

Bluebird Park - Ellisville
225 Kiefer Creek Rd., 63201

Chesterfield Parks, Recreation & Arts
17891 N. Outer Rd., 63005

City Sewing Room
6700 Arsenal Ave., 63139

Culinary Arts House
3137 Hampton Ave., 63139

Dwight Davis Tennis Center
5620 Grand Dr., 63112

Eagle Springs Golf Course
2575 Redman Rd., 63136

Episcopal Church of the Advent
9373 Garber Rd., 63127

Jammin J Automotive
10188 Page Ave, 63132

Kirkwood High School
801 W. Es谢 Ave., 63122

Mouse in the House Charcuterie
17057 North Outer 40, Suite 150A
63005

Mueller Industries
12951 Maurer Ind. Dr., 63127

Perennial
3762 S. Broadway, 63118

Shaw Nature Reserve
307 Pinetum Loop Rd., 63039

South Broadway Art Project
3816 S. Broadway, 63118

South River Yoga
4407 Meramec Bottom Rd., 63129

St. Louis Art Museum
1 Fine Arts Dr., 63110

Sunset Hills Community Center
3915 S. Lindbergh Blvd., 63127

The Wine Bar
3828 S. Lindbergh Blvd., 63127

Thomas Dunn Learning Center
3113 Gasconade St., 63118

Vetta Sports - Concord
12320 Old Tesson Rd., 63128

Vetta Sports - Sunset Hills
10911 Gravois Industrial Ct., 63128

Xtreme Krav Maga & Fitness - Chesterfield
291 Chesterfield Center, 63017

Xtreme Krav Maga & Fitness - Fenton
570 South Highway Dr., 63026

Z Total Body (Fenton)
830 Horan Dr., 63026

STLCC-Center for Workforce Innovation
FV-CWI
3344 Pershall Rd., 63135

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-Meramec, Continuing Education Building
MC-CE
802 Couch Ave., 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
B………………. BUSINESS
CDC…………… CHILD DEVELOPMENT CENTER
C………………. COMMUNICATIONS
EC……………… EMERSON CENTER
E………………. ENGINEERING
H…………………. HUMANITIES
IR………………. INSTRUCTIONAL RESOURCES
PE……………… PHYSICAL EDUCATION
S………………. SERVICE BUILDING
SM…………… SCIENCE-MATHEMATICS
SS…………… SOCIAL SCIENCES
Student Ctr .... STUDENT CENTER
T…………………. THEATER
TC……………… TRAINING CENTER
CWI…………….. CTR FOR WORKFORCE INNOVATION

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
AA…………….. ART ANNEX

MERAMEC = MC
AC……………… ASSESSMENT CENTER
AD…………….. ADMINISTRATION/CLARK HALL
A5………………. APPLIED SCIENCE
CE…………….. CONTINUING ED. BLDG.
CP……………… CAMPUS POLICE
CN………………. COMMUNICATIONS NORTH
GH………………. GREENHOUSE
HE………………. HUMANITIES EAST
HW………………. HUMANITIES WEST
LH………………. LECTURE HALLS
PE……………… PHYSICAL EDUCATION
Student Ctr …. STUDENT CENTER
SO……………… SOCIAL SCIENCE
SS…………… SCIENCE SOUTH
SW……………… SCIENCE WEST
T…………………. THEATRE

WILDCOOD = WW
EXTENSION CAMPUS
STLCC Corporate College = STLCC-Corp
STLCC South County = STLCC-SoCo
William J. Harrison Education Center = STLCC-Harrison
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/CE, go to “Support for Online Classes.” For most classes, registration is closed three business days prior to the class start date. See website course descriptions for the last day to register.

Students’ Rights and Responsibilities
All students are responsible for adhering to College policies and procedures. Please refer to stlcc.edu/need2know.

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 unless noted otherwise in the catalog. Please 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 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 2.75% 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 course schedule for classes (such as day trips) that require notice of more than three business days for cancellation and eligibility for a refund.

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.

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<th>Time of Withdrawal</th>
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<td>Three business days prior to the first class meeting. Must be submitted in writing.</td>
<td>100%</td>
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<td>Two business days prior to the first class meeting or the class has begun.</td>
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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. Contact the CE office for questions regarding the reduced rate. 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.

Textbooks
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.textbooks.com and select the arrow under “View your course items.” On the next screen, select “Continuing Education” at the first down menu for options to find your specific course. At the checkout page, select guest and enter your email to get started.

Safety and Program Guidelines for Youth Classes
All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be dismissed for misbehavior.

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
St. Louis Community College is committed to creating inclusive, welcoming, and respectful learning and working environments focused on the needs of our diverse communities. The College does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, pregnancy, sexual orientation, gender identity, gender expression, age, disability, protected veteran status, and any other status protected by applicable state or federal law. The College’s nondiscrimination policies apply to any phase of its employment process, any phase of its educational or training programs, and all of its educational activities or programs. 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. Please refer to STLCC’s Environmental Health and Safety page (www.stlcc.edu/departments/environmental-health-and-safety) for additional 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. A signed waiver is required for participation in select courses and participants must be age 18 or older. 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.
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 2.75% 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 16 years or older except for youth classes or where otherwise noted.  
Students must be 18 years or older to sign print waivers or acknowledge online waivers.

Registration Deadline: All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register. Some classes have additional registration deadline 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:

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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.
3221 McKelvey Rd.
St. Louis, MO 63044-2534

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

Learning is convenient via:
- Four campuses, two education centers, two training centers and four centers of excellence.
- With four ways to learn at STLCC, we have an option that will work for your schedule. Classes are taught Face-to-Face (F2F), Live Virtual Lecture (LVL), Online, and Hybrid.

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.