

SUMMER/
FALL 23

REGISTRATION
BEGINS JULY 10

Continuing Education

COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

Go beyond
your backyard.

INSIDE:

Culture | 17

Tours and Trips | 38

Recreation | 39

... and many more!



St. Louis Community College
Continuing Education

stlcc.edu/CE | 314-984-7777

**“BEST
WATERCOLOR
CLASS
I’VE TAKEN.”**

FINE ARTS p. 18

**“INCREDIBLE TEACHER!
HE HAS A TRUE PASSION
FOR THE UKELELE AND
IT SHOWS IN HIS TEACHING.”**

MUSIC p. 26

**“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 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

**“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

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

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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.



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 (WSG) offers opportunities for accelerated training in areas including healthcare, manufacturing, information technology and culinary arts.

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**.

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

Advanced Manufacturing
2,000
graduates

Healthcare
1,000+
graduates

Tech
250+
graduates

Transportation
800+
graduates

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

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

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

PROFESSIONAL DEVELOPMENT

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

ESSENTIALS TRAINING

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**
Dec 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

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

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

F01 Sa 9 a.m.-12 p.m.
Sep 16

Dirk Lupien
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



Business Management

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 under represented 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*

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*

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 will focus on the differences between diversity and inclusion with conversation on actions to take to address these concepts.

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

* A certificate of completion will be awarded at the end of each DEI class.

SMALL BUSINESS ESSENTIALS

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 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 stand out to recruiters (for job seekers) and possibly attract new customers (for entrepreneurs).

BUSS-765 | 2 sessions | \$26 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 stand out from others.

BUSS-765 | 2 sessions | \$26 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 stand out 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 ^{AGE 60+} | \$79 ^{REG}
F02 Sa 9:00 a.m.-1:00 p.m. **Stacy Moore**
Sep 16 – Sep 23 *FP-E 208*

Accounting Boot Camp: Beginning II

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

BUSS-741 | 2 sessions | \$55 ^{AGE 60+} | \$79 ^{REG}
F03 Sa 9:00 a.m.-1:00 p.m. **Stacy Moore**
Sep 30 – Oct 7 *FP-E 208*

Accounting Boot Camp: Beginning III

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

BUSS-741 | 2 sessions | \$55 ^{AGE 60+} | \$79 ^{REG}
F04 Sa 9:00 a.m.-1:00 p.m. **Stacy Moore**
Oct 21 – Oct 28 *FP-E 208*

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 ^{AGE 60+} | \$55 ^{REG}
F05 Sa 9 a.m.-1 p.m. **Teri Spector**
Nov 18 *MC-SO 111*

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 | \$85 ^{AGE 60+} | \$85 ^{REG}
F06 Sa 9 a.m.-1 p.m. **Teri Spector**
Dec 2 – Dec 9 *MC-SO 112*

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 ^{AGE 60+} | \$29 ^{REG}
F01 Sa 11 a.m.-1 p.m. **Dr. Lawrence Gibbs**
Oct 21 *FP-E 209*

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 wanting 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 ^{AGE 60+} | \$39 ^{REG}
F02 Sa 9:30-11 a.m. **Carol Watkins**
Oct 28 – Nov 4 *Online*

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 ^{AGE 60+} | \$39 ^{REG}
F01 Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**
Oct 14 *Online*

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 ^{AGE 60+} | \$29 ^{REG}
F01 Th 6-8 p.m. **Edwin Penfold**
Sep 7 *STLCC-SoCo 206*

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 ^{AGE 60+} | \$29 ^{REG}
F01 W 6-8 p.m. **Edwin Penfold**
Sep 6 *STLCC-SoCo 206*

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^{AGE 60+} | \$69^{REG}
F01 Sa 9 a.m.-3 p.m. **Rhonda Cross**
 Aug 5 *FV-B 119*
F02 Sa 9 a.m.-3 p.m. **Rhonda Cross**
 Nov 18 *FV-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^{AGE 60+} | \$39^{REG}
F03 Tu 6-9 p.m. **Gregory Ray**
 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^{AGE 60+} | \$39^{REG}
F04 W 6-9 p.m. **Gregory Ray**
 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^{AGE 60+} | \$39^{REG}
F06 W 6-9 p.m. **Gregory Ray**
 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 133 552.

COMP-770 | 12 sessions | \$244^{AGE 60+} | \$244^{REG}
F01 W 7-9:15 p.m. **Walter Staas**
 Sep 20 - Dec 13 *FV-ENGR 283*
 • 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^{AGE 60+} | \$49^{REG}
F01 W 6-9 p.m. **Gregory Ray**
 Jul 26 *Online*
F07 Tu 6-9 p.m. **Gregory Ray**
 Oct 10 *STLCC-Corp 207*

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^{AGE 60+} | \$49^{REG}
F02 W 6-9 p.m. **Gregory Ray**
 Aug 2 *Online*
F08 W 6-9 p.m. **Gregory Ray**
 Oct 25 *STLCC-Corp 207*

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 WordPress site.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F05 W 6-9 p.m. **Gregory Ray**
 Aug 30 *Online*

Tableau®

Introduction to 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 | \$109^{AGE 60+} | \$159^{REG}
F01 Sa 9 a.m.-4 p.m. **Lee Douangkeomany**
 Aug 19 - Aug 26 *MC-CN 125*

COMP-727 | 4 sessions | \$109^{AGE 60+} | \$159^{REG}
F02 W 6-9 p.m. **Lee Douangkeomany**
 Nov 1 - Nov 29 *Online*

• NOTE: No class 11/22

Storytelling With Tableau®

Build on skills from Introduction to Tableau, as you create dashboards to tell the story within your data. Learn best practices for formatting and presenting data to tell data-driven stories. Prerequisite: Introduction to Tableau or equivalent experience.

COMP-727 | 2 sessions | \$109^{AGE 60+} | \$159^{REG}
F03 Sa 9 a.m.-4 p.m. **Lee Douangkeomany**
 Sep 16 - Sep 23 *MC-CN 125*

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 | \$84 AGE 60+ | \$149 REG
F01 M 6-9 p.m. Francis Zych
 Aug 28 – Sep 25 MC-HE 233
 • NOTE: No class 9/4

Adobe® Photoshop Creative Cloud®: Intermediate

Picking up right where the introductory class left off, topics may include but are not limited to: understanding the histogram and how to adjust exposure, smoothing wrinkles and brightening teeth and the power of crop tool and blending modes. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Creative Cloud: Introduction or equivalent experience.

COMP-755 | 4 sessions | \$84 AGE 60+ | \$149 REG
F02 M 6-9 p.m. Francis Zych
 Oct 2 – Oct 23 MC-HE 233

Adobe® Photoshop Creative Cloud®: Advanced

Building on the skills learned in the beginning and intermediate classes, topics may include but are not limited to: coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Creative Cloud: Intermediate or equivalent experience.

COMP-755 | 4 sessions | \$84 AGE 60+ | \$149 REG
F03 M 6-9 p.m. Francis Zych
 Oct 30 – Nov 20 MC-HE 233

Adobe® Photoshop Creative Cloud®: Blending Modes Workshop

Discover efficient and powerful ways to use layers and blending modes to colorize black and white photos. Learn how to brighten, darken and add contrast. Explore how to transform an otherwise pedestrian image into an engaging visual. Prerequisite: Adobe Photoshop Creative Cloud: Intermediate or equivalent experience.

CVTW-704 | 1 session | \$78 AGE 60+ | \$105 REG
F06 F 10 a.m.-3 p.m. Francis Zych
 Nov 10 MC-HE 138

Adobe® Photoshop Creative Cloud®: Masking Workshop

This one-day workshop builds upon techniques learned in Adobe Photoshop Creative Cloud with focus on refining selections, quick masks, layer masks and channels. Learn to non-destructively conceal a portion of an image and blend multiple photos into a single composition. Prerequisite: Adobe Photoshop Creative Cloud: Intermediate or equivalent experience.

CVTW-704 | 1 session | \$91 AGE 60+ | \$129 REG
F03 F 9 a.m.-4 p.m. Francis Zych
 Sep 22 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 | \$91 AGE 60+ | \$129 REG
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 | \$91 AGE 60+ | \$129 REG
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 | \$103.50 AGE 60+ | \$139 REG
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 | \$103.50 AGE 60+ | \$139 REG
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

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.

CVTW-702 | 1 session | \$89 AGE 60+ | \$135 REG
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 | \$89 AGE 60+ | \$135 REG
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 | \$71 AGE 60+ | \$129 REG
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 | \$71 AGE 60+ | \$129 REG
F02 F 8:30 a.m.-4:30 p.m. Tim Linder
 Nov 17 MC-HE 233

MICROSOFT® TOOLS

Excel®

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 AGE 60+ | \$129 REG

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| F01 | W/Th 9 a.m.-12:30 p.m.
Jul 26 – Jul 27 | Cris Heffernan
STLCC-Corp 208 |
| F02 | F 9 a.m.-4 p.m.
Aug 18 | Cris Heffernan
STLCC-Corp 208 |
| F03 | Th 9 a.m.-4 p.m.
Sep 21 | Cris Heffernan
STLCC-Corp 208 |

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 AGE 60+ | \$129 REG

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| F01 | W/Th 9 a.m.-12:30 p.m.
Aug 9 – Aug 10 | Cris Heffernan
STLCC-Corp 208 |
| F02 | F 9 a.m.-4 p.m.
Aug 25 | Cris Heffernan
STLCC-Corp 208 |
| F03 | Th 9 a.m.-4 p.m.
Oct 5 | Cris Heffernan
STLCC-Corp 208 |

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 II or equivalent experience.

COMP-722 | 2 sessions | \$90.50 AGE 60+ | \$129 REG

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| F01 | W/Th 9 a.m.-12:30 p.m.
Aug 30 – Aug 31 | Cris Heffernan
STLCC-Corp 208 |
| F02 | F 9 a.m.-4 p.m.
Sep 8 | Cris Heffernan
STLCC-Corp 208 |
| F03 | Th 9 a.m.-4 p.m.
Oct 19 | Cris Heffernan
STLCC-Corp 208 |

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 Pivots enable 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-722 | 1 session | \$90.50 AGE 60+ | \$129 REG

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| F04 | F 9 a.m.-12:30 p.m.
Sep 15 | Cris Heffernan
STLCC-Corp 208 |
| F05 | Th 9 a.m.-12:30 p.m.
Nov 9 | Cris Heffernan
STLCC-Corp 208 |

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 AGE 60+ | \$199 REG
F10 Th 6-9 p.m. **Joseph Richey**
Sep 7 – Oct 5 MC-HE 233

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-765 | 4 sessions | \$133.50 AGE 60+ | \$199 REG
F09 Th 6-9 p.m. **Joseph Richey**
Oct 26 – Nov 16 MC-HE 233

Python: Introduction

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

COMP-765 | 5 sessions | \$117 AGE 60+ | \$199 REG
F11 W 6-9 p.m. **Joseph Richey**
Sep 6 – Oct 4 MC-HE 233

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-765 | 4 sessions | \$133.50 AGE 60+ | \$199 REG
F12 W 6-9 p.m. **Joseph Richey**
Oct 25 – Nov 15 MC-HE 233



CPR AND FIRST AID

Heartsaver First Aid: CPR/AED†

Heartsaver First Aid CPR AED is a classroom, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency during the first few minutes before emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn the skills to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR, infant CPR and AED use. Practical skills (hands-on 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 \$82 AGE 60+ \$109 REG	
F01 Sa 8:30 a.m. - 4:30 p.m. Aug 26	STLCC Staff FP-W 126
F02 Sa 8:30 a.m. - 4:30 p.m. Nov 18	STLCC Staff FP-W 126

BLS for Healthcare Providers†

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

CPRR-707 1 session \$87.50 AGE 60+ \$109 REG	
F01 W 9 a.m. - 3 p.m. Aug 16	STLCC Staff FP-W 126
F02 Th 5-10 p.m. Sep 21	STLCC Staff FP-W 126
F03 Tu 9 a.m. - 3 p.m. Oct 10	STLCC Staff FP-W 126
F04 W 9 a.m. - 3 p.m. Dec 6	STLCC Staff FP-W 126

BLS Instructor Essentials Course†

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre-course online study, followed by the hands-on session conducted by Training Center faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre-course preparation. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card. Registration four weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. At time of registration you must provide documentation meeting all prerequisites. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Interested students must contact the training center coordinator at jclark399@stlcc.edu before registering for the BLS Instructor Essentials Course.

CPRR-708 1 session \$298 AGE 60+ \$349 REG	
F01 W 9 a.m. - 5 p.m. Oct 25	STLCC Staff FP-W 126

BLS Instructor Renewal†

To successfully complete the American Heart Association cardiopulmonary resuscitation (CPR) Instructor Renewal course, you must demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review training center (TC), regional and national emergency cardiovascular care (ECC) information. Upon successful completion, you will receive an electronic BLS completion card (within 20 business days of the class.) Prerequisite: You must have taught at least four CPR courses, attended updates as required within the previous two years, and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration you must provide documentation meeting all prerequisites. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Interested students must contact the training center coordinator at jclark399@stlcc.edu before registering for the CPR Instructor Renewal Course.

CPRR-709 1 session \$63 AGE 60+ \$99 REG	
F01 W 9 a.m. - 1 p.m. Sep 20	STLCC Staff FP-W 126

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 BJC Healthcare hospital as you learn to clean, decontaminate, sterilize and distribute medical and surgical instrumentation.

24 weeks | stlcc.edu/CSPT

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

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

Community Assistance

Community Emergency Response Team Training (CERT)

Have you ever thought “What would I do if a tornado struck my subdivision?” or “What types of natural disasters can happen in St. Louis?” We have the answers. Community Emergency Response Team Training (CERT) is a series of classes that prepares you to help your community in the event of a crisis. Through lecture and hands-on activities, professional emergency responders will teach you about emergency and disaster preparedness, while you receive training in basic response skills such as fire safety, team organization, light search and rescue, and medical operations. Training will conclude with a full-scale disaster exercise in a tornado simulation (off-site) 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

F03 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

F02 Tu 6-8:30 p.m.

Oct 24

MC-SO 105



**ANIMAL
WELFARE
ADVOCATE
PROGRAM**

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

STLCC
NO-FEE
Training



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

STLCC
NO-FEE
Training

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



STLCC
NO-FEE
Training



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



FIVE
WEEK
NON-CREDIT
Training
Program

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

AGELESS LEARNING SEMINARS

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.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F01 Th 1-2:30 p.m. **Doug Schneider**
Aug 3 Online

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, as well as the floating casinos and McDonalds.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F02 W 10-11:30 a.m. **Doug Schneider**
Aug 2 MC-SO 232

St. Louis: 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 boasts more ice cream options than ever, with many establishments crafting their own icy treats right before your eyes. Find out about micro-creameries, craft ice cream and the many choices available to St. Louisans today. Perfect for enjoying on a hot summer day!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F03 F 10-11:30 a.m. **Doug Schneider**
Sep 8 MC-SO 109

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.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F04 Th 10-11:30 a.m. **Doug Schneider**
Oct 16 MC-CE 108

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.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F05 M 7-8:30 p.m. **Doug Schneider**
Dec 4 Online

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.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F06 F 7-8:30 p.m. **Doug Schneider**
Nov 17 Online

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!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F21 Sa 11 a.m.-12:30 p.m. **Mary Saputo**
Aug 12 MC-SO 232

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.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F22 F 2-3:30 p.m. **Mary Saputo**
Sep 15 WW 102A

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!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F23 F 3-4:30 p.m. **Mary Saputo**
Oct 6 FV-C 102

Irene Dunne

This talented actress with the beautiful operatic voice may have had a short career, but her list of films and legendary co-stars equals Hollywood Magic! Dramatic, comedic, and downright lovable... you're guaranteed to fall in love with her all over again. Highlights in this presentation range from the original version of 'Showboat' from 1936 through her hilarious pairings with Cary Grant and more!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG

F24 F 2-3:30 p.m. **Mary Saputo**
Nov 3 WW 102A



Inspire. Challenge. Help others grow.

We are looking for instructors for the following topics, and welcome ideas for new classes:

- Career development
- Computers
- Culinary arts
- Culture
- Dance
- Fine arts and crafting
- Genealogy
- Golf
- Home improvement and design
- Interviewing skills
- Music
- Nature and gardening
- Non-profit development
- Religion
- Résumé writing
- ServSafe® training
- Theater
- Writing
- World Language : French
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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.
Nov 18

Mary Saputo
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.
Aug 12

Wilma Schmitz
MC-SO 108

F08 W 1-2:30 p.m.
Aug 16

Wilma Schmitz
FV-C 102

F09 M 1-2:30 p.m.
Aug 21

Wilma Schmitz
STLCC-SoCo 202

F10 W 1-2:30 p.m.
Aug 23

Wilma Schmitz
FP-W 117

F11 W 6-8 p.m.
Sep 13

Wilma Schmitz
MC-SO 204

F12 Sa 10 a.m.-12 p.m.
Sep 16

Wilma Schmitz
MC-CE

F20 Sa 10 a.m.-12 p.m.
Dec 9

Wilma Schmitz
MC-CE

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.
Sep 20

Wilma Schmitz
WW 214

F14 W 6-8 p.m.
Oct 18

Wilma Schmitz
MC-SO 109

F15 Sa 10 a.m.-12 p.m.
Oct 21

Wilma Schmitz
FV-C 102

F16 W 1-2:30 p.m.
Oct 25

Wilma Schmitz
FP-W 117

F17 W 1-2:30 p.m.
Nov 1

Wilma Schmitz
MC-SO 112

F18 W 6-8 p.m.
Nov 15

Wilma Schmitz
MC-CE

F19 Sa 10 a.m.-12 p.m.
Nov 18

Wilma Schmitz
FP-W 117

Culture

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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$29 REG
F01 Tu 6:30-8:30 p.m. **Barbara Klien**
 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 AGE 60+ | \$29 REG
F02 M 4-6 p.m. **Barbara Klien**
 Dec 4 *MC-SO 112*

Armchair Travel: Singapore

Join an armchair tour of Singapore, the country known for being the most expensive in the world. With rich culture, a great food scene, and deep history, you might be surprised to learn that this country is smaller than St. Louis County! Travel virtually across the country while discovering fun facts and important history of the area.

CLTR-702 | 1 session | \$24 AGE 60+ | \$29 REG
F05 M 7-8:30 p.m. **Doug Schneider**
 Oct 16 *MC-SO 111*

Crossing the Sahara

The Sahara used to be green: a place of grasslands, lakes, hippopotami, and folklore. It is now a 3.5 million-square-mile desert. Join in a virtual journey across the Sahara with discussion around traditional and modern methods of crossing the Sahara along with information on ergs, oases, atomic testing grounds, human trafficking, and how to hitch a ride on a camel. Discover why your worst enemy in the Sahara is your own eyes.

CLTR-702 | 1 session | \$24 AGE 60+ | \$29 REG
F03 Tu 7-8:30 p.m. **Doug Schneider**
 Dec 5 *MC-SO 112*

Mud Architecture Around the World

Mud has always been more than just dirt and water! From ancient Persia to the Central West End and beyond join us on a deep dive into historical mud architecture around the world and even close to home! Get firsthand knowledge from a local historian that lived in a mud house for many years.

CLTR-765 | 1 session | \$24 AGE 60+ | \$29 REG
F01 W 10-11:30 a.m. **Doug Schneider**
 Aug 30 *Online*

The Magick of Yule and The Winter Solstice

Some celebrate this time of year as Christmas or Yule. What are the energies of Winter and how can you work with them to empower your life? How can you embrace the stillness within? Join a discussion of the magical spell of the Winter Solstice since ancient times. Discover the power of stillness and going within to nurture the seeds of new beginning and the future you choose to create. Take part in a guided meditation to commune with the Spirit of Yule.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F03 Tu 6-8 p.m. **Kassia Morgan**
 Dec 5 *Online*

A Shamanic Perspective: Discover Your Animal Spirit Allies

Join us for a shamanic exploration as we discover the mystery of animal spirits and their role as messengers or animal spirit guides. Curious about the deeper meanings of animals you encounter in your daily life? Learn how animals speak with us and how you too can develop this connection with the animal kingdom and discover your own animal allies. Class includes a guided meditation to meet your animal spirit.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F04 M 6-8 p.m. **Sheri Bilderback**
 Sep 18 *Online*

A Shamanic Perspective: Death and the Dying Process

Death conjures images for us of a final end. Yet for those following a path of shamanism, it is freedom of the soul from the body that it used in this life to experience all that it can on its journey. The lessons of this life now behind it, death is the rebirth of the spirit into a whole new experience, the next step on the soul's journey. What is it to be the one who sits in vigil with the dying or to be the one chosen by the dying to help them cross the bridge? What might you expect?

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F05 M 6-8 p.m. **Sheri Bilderback**
 Sep 25 *Online*



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 | \$50 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 perception essential to drawing. Returning students will continue to sharpen your skills. Explore drawing fundamentals including line, perspective, value and composition using pencil, conté 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 *WW 204*

• NOTE: No class 8/31
F02 Th 6-8:30 p.m. **Lisa Payne**
 Oct 5 – Nov 16 *Online*

• NOTE: No class 10/26
F04 Tu 9:30 a.m.-12 p.m. **Ruth Kolker**
 Sep 6 – Oct 11 *MC-CE*

F05 Tu 9:30 a.m.-12 p.m. **Ruth Kolker**
 Oct 25 – Nov 29 *MC-CE*

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 | 4 sessions | \$66 AGE 60+ | \$85 REG
F01 Tu 1-3:30 p.m. **Maureen Brodsky**
 Sep 5 – Sep 26 *MC-CE*

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. Bring required text to first class: Drawing on the Right Side of the Brain: The Definitive, ISBN 978-1585429202.

ARTS-721 | 8 sessions | \$77 AGE 60+ | \$119 REG
F01 Sa 10 a.m.-12 p.m. **Mary Feagan**
 Sep 9 – Oct 28 *MC-HE 124*

Painting

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 | 6 sessions | \$92.50 AGE 60+ | \$119 REG
F01 Th 1-3:30 p.m. **Maureen Brodsky**
 Oct 12 – Nov 16 *MC-CE*

ARTS-735 | 10 sessions | \$180.50 AGE 60+ | \$205 REG
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 F 12:30 p.m.-3:30 p.m. **Annie Smith-Piffel**
 Aug 18 – Oct 20 *Bluebird Park-Ellisville*

Acrylic Impressions: Beginning

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: Beginning or equivalent experience. Supply list will be sent.

ARTS-748 | 10 sessions | \$180.50 AGE 60+ | \$205 REG
F02 Th 12:30 p.m.-3:30 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 *MC-CE*
 • 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 | \$71 AGE 60+ | \$109 REG
F03 Tu 2-5 p.m. **Mike Ochonicky**
 Sep 12 – Oct 17 *MC-SW 105*

• NOTE: No class 10/3
F04 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 Sep 12 – Oct 17 *MC-SW 105*
 • NOTE: No class 10/3

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 *Online*
F02 Tu 5-8 p.m. **Lisa Payne**
 Sep 20 – Oct 25 *WW 309*
 • NOTE: No class 10/3, 10/31, 11/7

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*

Pottery

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 AGE 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 function or 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 AGE 60+ | \$179 REG

F02 W 2-4 p.m. **Sarah Rye Bliss**
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 AGE 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*

September

ARTS-727 | 29 sessions | \$145 AGE 60+ | \$145 REG

F06 W, Th, F, Sa, Su 11 a.m.-9 p.m. **Sarah Rye Bliss**
Sep 1 – Sep 30 *South Broadway Art Project*

October

ARTS-727 | 30 sessions | \$145 AGE 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 AGE 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

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"x12"x8", not including the handle. All supplies provided.

CRFT-734 | 1 session | \$76 AGE 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 centerpiece 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 AGE 60+ | \$85 REG

F03 Sa 9 a.m.-1 p.m. **Laura Klaus**
Aug 26 *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"x8"x4", not including the handle or feet. All supplies provided.

CRFT-734 | 1 session | \$62.50 AGE 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"x3". All supplies provided.

CRFT-734 | 1 session | \$62.50 AGE 60+ | \$75 REG

F01 Tu 6-9 p.m. **Laura Klaus**
Oct 10 *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"x7"x4", not including the handle. All supplies provided.

CRFT-734 | 1 session | \$72.50 AGE 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"x4"x4", not including the handle. All supplies provided.

CRFT-734 | 1 session | \$72.50 AGE 60+ | \$85 REG

F06 Tu 9 a.m.-1 p.m. **Laura Klaus**
Dec 5 *MC-CE*



Floral Arrangement

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 | \$61^{AGE 60+} | \$70^{REG}

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|------------|-----------------------------|--------------------------------|
| F01 | Th 5:30-7:30 p.m.
Sep 21 | Anne Brown
MC-SW 207 |
| F02 | Th 5:30-7:30 p.m.
Oct 26 | Anne Brown
MC-SW 207 |
| F03 | Th 5:30-7:30 p.m.
Nov 16 | Anne Brown
MC-SO 207 |

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}

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|------------|-----------------------------|---------------------------------|
| F04 | Th 5:30-7:30 p.m.
Sep 19 | Kathleen Vaughn
MC-CE |
|------------|-----------------------------|---------------------------------|

Fresh Flower Arrangement: Fall Colors

In this hands-on class explore the basics of floral arrangement and design with traditional fall colors and themes. 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 first day of class. All other supplies provided.

CRFT-744 | 1 session | \$70^{AGE 60+} | \$85^{REG}

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|------------|-----------------------------|---------------------------------|
| F05 | Tu 5:30-7:30 p.m.
Oct 17 | 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}

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|------------|-----------------------------|---------------------------------|
| F06 | Tu 5:30-7:30 p.m.
Nov 14 | Kathleen Vaughn
MC-CE |
|------------|-----------------------------|---------------------------------|

Cricut®

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}

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|------------|-----------------------------|----------------------------------|
| F01 | Sa 10 a.m.-1 p.m.
Aug 12 | Rhonda Cross
MC-CN 125 |
| F02 | Sa 10 a.m.-1 p.m.
Aug 26 | 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 detaching images, writing and scoring. Bring your own Cricut Explore® or Maker® machines to class as well as an established login to the Cricut Design Space® application. Supply list will be sent.

CRFT-765 | 1 session | \$39^{AGE 60+} | \$55^{REG}

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|------------|----------------------------|----------------------------------|
| F03 | Sa 10 a.m.-1 p.m.
Sep 9 | Rhonda Cross
MC-CN 125 |
|------------|----------------------------|----------------------------------|

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}

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|------------|----------------------------|----------------------------------|
| F04 | Sa 10 a.m.-1 p.m.
Oct 7 | Rhonda Cross
MC-CN 125 |
|------------|----------------------------|----------------------------------|

A Cricut® Soiree

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}

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|------------|----------------------------|----------------------------------|
| F05 | Sa 10 a.m.-4 p.m.
Nov 4 | Rhonda Cross
MC-CN 125 |
|------------|----------------------------|----------------------------------|

Mosaic and Ceramics

Mosaic Stepping Stone*

Repurpose broken plates and forgotten tiles to create a beautiful DIY mosaic. Learn how to cut glass and tile and how to form your own cast concrete, creating a unique stepping stone for your outdoor spaces. All materials provided. You are welcome to bring in broken ceramic and glass to use in your mosaic.

CRFT-740 | 1 session | \$45^{AGE 60+} | \$45^{REG}

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|------------|---------------------|------------------|
| F01 | W 6-9 p.m.
Aug 2 | Perennial |
|------------|---------------------|------------------|

Metal Crafts

Copper Chasing*

Metalsmithing is one of the oldest metalworking occupations, producing useful items such as tools, kitchenware, tableware, jewelry and more for centuries! Shaping metal with a hammer is the fundamental element of smithing and in this class, you will learn how to cold hammer copper and apply the technique of copper chasing to create images in copper plates. All supplies provided. Each section has it's own unique theme, see online course descriptions for more details.

CRFT-753 | 2 sessions | \$139^{AGE 60+} | \$139^{REG}

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|------------|--------------------------------------|---------------------------|
| F01 | Tu 5-8 p.m.
Sep 12 – Sep 19 | Mueller Industries |
| F02 | Sa 9 a.m.-12 p.m.
Oct 14 – Oct 21 | Mueller Industries |
| F05 | Sa 9 a.m.-12 p.m.
Nov 11 – Nov 18 | Mueller Industrie |

Blacksmith: Keychain*

In this introductory class, explore the craft of blacksmithing and make a personalized key chain. Learn the proper use of blacksmithing tools, including fire and forge control, while you hammer and twist steel in the traditional blacksmith medium. You will be exposed to hot steel being hammered, and sparks may come in contact with your clothing. Close toed shoes and protective clothing that cover your arms and legs is required. Gloves and safety glasses will be provided and limited shop aprons are available on-site. All supplies provided.

CRFT-753 | 1 session | \$165^{AGE 60+} | \$165^{REG}

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|------------|------------------------------|---------------------------|
| F03 | Sa 12:30-3:30 p.m.
Oct 14 | Mueller Industries |
|------------|------------------------------|---------------------------|

Blacksmith: Hook*

A blacksmith creates objects from wrought iron or steel by forging the metal and using tools to hammer, bend, and cut to create useful items. In this introductory class, you will explore the craft of blacksmithing to make your very own wall mount J-hook! Join us to learn the proper use of blacksmithing tools, including proper fire and forge control, while you hammer and twist steel in the traditional blacksmith medium. All supplies provided. Close toed shoes and protective clothing that cover your arms and legs is required. Gloves and safety glasses will be provided and limited shop aprons are available on-site.

CRFT-753 | 1 session | \$139^{AGE 60+} | \$139^{REG}

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|------------|------------------------------|---------------------------|
| F04 | Sa 12:30-3:30 p.m.
Nov 11 | Mueller Industries |
|------------|------------------------------|---------------------------|

*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

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**
Aug 17 – Sep 21 *FP-W 125*

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**
Aug 22 – Sep 5 *FP-W 125*
F01 Th 6-8 p.m. **Thi Miller**
Oct 5 – Oct 19 *FP-W 125*

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 knitted pieces! Supply list will be sent.

CRFT-722 | 5 sessions | \$47.50 AGE 60+ | **\$79** REG
F03 Tu 6-8 p.m. **Thi Miller**
Aug 15 – Sep 12 *FP-W 125*
F04 Tu 1:30-3:30 p.m. **Thi Miller**
Oct 31 – Dec 5 *FP-W 125*
 • 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**
Sep 26 – Oct 24 *FP-W 125*
 • NOTE: No class 10/3
F01 Th 6-8 p.m. **Thi Miller**
Nov 2 – Nov 30 *FP-W 125*
 • 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**
Sep 26 – Nov 28 *FP-W 125*
 • 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+ | **\$59** REG
F02 Sa 1-4 p.m. **Dee Levang**
Sep 30 *MC-SO 107*

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
F01 W 6-8 p.m. **Dee Levang**
Sep 6 – Sep 27 *MC-SO 108*

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+ | **\$45** REG
F06 Sa 6-9 p.m. **City Sewing Room**
Sep 16
F07 F 6-9 p.m. **City Sewing Room**
Dec 1

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 making a macramé wall hanging. Make this into a group outing with your friends to create macramé and memories that you will cherish. Supply list will be sent.

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 class creating a felted animal using needle felting techniques. Discover the basics by creating three dimensional shapes, joining pieces and adding surface details. You'll also work flat, creating a lovely felted landscape. The finished product will be approximately 5" x 7". All supplies provided.

CRFT-765 | 2 sessions | \$63 AGE 60+ | **\$85** REG
F07 W 6-9 p.m. **Dee Levang**
Jul 26 – Aug 2 *MC-SO 107*

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 revive your old sheets, pillowcases, or articles of clothing. All supplies provided.

CRFT-765 | 1 session | \$49 AGE 60+ | **\$49** REG
F06 W 6-8 p.m. **Perennial**
Sep 6

PERSONAL ENRICHMENT

Weaving

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-713 | 2 sessions | \$47 AGE 60+ | **\$69** REG
F01 Sa 1-5 p.m. **Dee Levang**
Nov 4 – Nov 11 *MC-SO 108*

Spinning with a Drop Spindle

Spin your own yarn with a drop spindle! Experiment with several fiber types and fiber preparations, then learn to ply your singles into a lovely yarn that you can use for all kinds of projects. All supplies provided.

CRFT-724 | 3 sessions | \$85.50 AGE 60+ | **\$99** REG
F01 W 6-9 p.m. **Dee Levang**
Oct 4 – Oct 18 *MC-SO 108*

Sewing and Quilting

Introduction to Punch Needle

Learn the essentials of the popular fiber craft of punch needle. In this class, we'll go over the basics from materials, to techniques, to finishing. Alternative materials and tools will be discussed as well. Each participant will receive a complete punch needle kit to work with and take home.

CRFT-713 | 1 session | \$52.50 AGE 60+ | **\$65** REG
F02 W 6-9 p.m. **Dee Levang**
Aug 30 *MC-SO 108*

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
F05 Sa 6-9 p.m. **City Sewing Room**
Oct 7

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 McCall's, 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.

CULINARY/BEVERAGE

Beverages

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 AGE 60+ | \$19 REG

F01 Tu 6-7:30 p.m.
Aug 29

Mike Ward
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 AGE 60+ | \$19 REG

F02 Tu 6-7:30 p.m.
Sep 19

Mike Ward
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 AGE 60+ | \$19 REG

F03 Tu 6-7:30 p.m.
Oct 17

Mike Ward
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 AGE 60+ | \$19 REG

F04 Tu 6-7:30 p.m.
Nov 14

Mike Ward
The Wine Barrel

Cookie Decorating

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 | \$50.50 AGE 60+ | \$59 REG

F01 Su 1-4 p.m.
Aug 13

Teri Wiley
Culinary Arts House

F02 M 5:30-8:30 p.m.
Aug 14

Teri Wiley
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 | \$50.50 AGE 60+ | \$59 REG

F03 Su 1-4 p.m.
Nov 12

Teri Wiley
Culinary Arts House

F04 M 5:30-8:30 p.m.
Nov 13

Teri Wiley
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 a special treat for Santa, you'll impress your friends and family with your skills as you gain tips and tricks to create bakery level cookies. Class will focus on holiday themes, but the skills gained can be applied to any occasion. Bring an edged cookie sheet to take home your creations. All supplies provided.

FOOD-765 | 1 session | \$50.50 AGE 60+ | \$59 REG

F05 Su 1-4 p.m.
Dec 10

Teri Wiley
Culinary Arts House

F06 M 5:30-8:30 p.m.
Dec 11

Teri Wiley
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 | \$50.50 AGE 60+ | \$59 REG

F09 Su 1-4 p.m.
Nov 26

Teri Wiley
Culinary Arts House

F10 M 5:30-8:30 p.m.
Nov 27

Teri Wiley
Culinary Arts House

Cake Decorating

Cake Decorating In A Day

Unleash your creativity with cake decorating! Gain instruction and practice using basic tools to torte, 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 reward of starting your own business. All supplies provided.

FOOD-701 | 1 session | \$50.50 AGE 60+ | \$59 REG

F01 Su 1-4 p.m.
Jul 30

Teri Wiley
Culinary Arts House

F02 Su 1-4 p.m.
Aug 27

Teri Wiley
Culinary Arts House

F03 Su 1-4 p.m.
Oct 29

Teri Wiley
Culinary Arts House

F04 M 5:30-8:30 p.m.
Oct 30

Teri Wiley
Culinary Arts House

Cake Decorating for Fun or Profit: Beginning and Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice using basic tools to torte, fill and ice your cakes. Decorate 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 AGE 60+ | \$199 REG

F05 Tu 6:30-9 p.m.
Sep 12 - Nov 14

Carla Soll
FV-Student Ctr
Private Dining Room A

* NOTE: No class 10/3, 11/7

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 | \$35.50 AGE 60+ | \$49 REG

F06 Th 6-9 p.m.
Oct 12

Tiffany Smith
Online

+Student must be age 21 or older.

*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 AGE 60+ | \$49 REG
F02 Th 6-9 p.m. **Tiffany 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 AGE 60+ | \$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 prep 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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 7-9:30 p.m.

FOOD-705 | 2 sessions | \$34 AGE 60+ | \$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 | \$45.50 AGE 60+ | \$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 | \$65 AGE 60+ | \$65 REG
F02 W 6-8 p.m. **Heather Stein**
Sep 6 Mouse 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. From Karachi to Mumbai falooda with saffron ice cream that will help cool you off on a hot summer day. Satisfy your tastebuds in the exploration of street foods. All supplies provided.

FOOD-732 | 1 session | \$49 AGE 60+ | \$59 REG
F01 Sa 10 a.m. - 1 p.m. **Prabha Pergadia**
Aug 26 Culinary Arts House

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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 | \$23.50 AGE 60+ | \$35 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 coctel 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 Tampico. Arroz al estilo costeno (coastal style rice) will accompany the seafood dishes for a delightful dining experience. All supplies provided.

FOOD-765 | 1 session | \$45.50 AGE 60+ | \$59 REG
F11 Su 10 a.m. - 1 p.m. **Prabha Pergadia**
Oct 7 Thomas Dunn Learning Center

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**
Aug 21 – Oct 30 Bluebird Park-Ellisville
• 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. Dress shoes recommended. Each participant must register. No experience required.

DANC-748 | 8 sessions | \$51 AGE 60+ | **\$89** REG
F06 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Jul 25 – Sep 12 MC-PE East Lobby
F07 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Oct 10 – Dec 5 MC-PE East Lobby
• NOTE: No class 11/7

East Coast Swing*

East Coast Swing, a vibrant, partnered social dance, has held strong throughout the years. Explore iterations that evolved over time and the many styles of dance that have evolved from it. Learn East Coast basics and how to lead and follow single- and triple-step, six-count moves. Each participant must register. No experience required.

DANC-728 | 8 sessions | \$51 AGE 60+ | **\$89** REG
F02 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Jul 24 – Sep 18 MC-PE East Lobby
• NOTE: No class 9/4
F06 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Oct 9 – Nov 27 MC-PE East Lobby

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. Dress shoes recommended. Each participant must register. No experience required.

DANC-728 | 8 sessions | \$64.50 AGE 60+ | **\$79** REG
F01 Th 6-7:20 p.m. **Karen Merlin**
Aug 24 – Oct 19 Bluebird Park-Ellisville
• NOTE: No class 9/28

DANC-728 | 8 sessions | \$51 AGE 60+ | **\$89** REG
F03 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Jul 25 – Sep 12 MC-PE East Lobby
F07 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Oct 10 – Dec 5 MC-PE East Lobby
• NOTE: No class 11/7

Hip Hop Belly Fusion*

This new, innovative style created by the instructor blends element 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. Yallabina! 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 Merengue. 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 | \$51 AGE 60+ | **\$89** REG
F02 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Jul 24 – Sep 18 MC-PE East Lobby
• NOTE: No class 9/4
F03 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Oct 9 – Nov 27 MC-PE East Lobby

Latin Dance Fitness*

This exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party will move you towards a happier and healthier lifestyle without feeling like you are working out.

DANC-718 | 8 sessions | \$59 AGE 60+ | **\$59** REG
F04 W 5-6 p.m. **Almas Del Ritmo Dance Studio**
Jul 26 – Sep 13
F05 W 5-6 p.m. **Almas Del Ritmo Dance Studio**
Oct 11 – Nov 29

Latin Dance For Partners: Beginner*

Round out your basic ballroom skills and learn to dance to Latin rhythms of cha-cha, international style rumba and the tango. This course is designed for those who have had no dance experience as well as for 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. **Karen Merlin**
Aug 23 – Oct 18 MC-PE East Lobby
• NOTE: No class 9/27

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+ | **\$59** REG
F01 Tu 7-8 p.m. **Almas Del Ritmo Dance Studio**
Jul 25 – Sep 12
F02 Tu 7-8 p.m. **Almas Del Ritmo Dance Studio**
Oct 10 – Dec 5
• NOTE: No class 11/7

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 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. **Karen Merlin**
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: Intermediate*

If you have taken the beginner line dance class and have a good understanding of the basic step 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. **Karen Merlin**
Aug 22 – Oct 24 Bluebird Park-Ellisville
• 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 AGE 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 dancers. 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 AGE 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 AGE 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 AGE 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 few 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 AGE 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 AGE 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**
Aug 4 FV-C 135
F04 F 4:30-6:30 p.m. **Christina Springer**
Aug 11 FV-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
 • NOTE: No class 9/2
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**
Sep 6 - Sep 20 MC-SO 112
F02 Th 6-7 p.m. **Gateway Harmonica Club**
Sep 7 - Sep 21 FP-E 213
F03 M 6:30 - 7:30 p.m. **Gateway Harmonica Club**
Oct 2 - Oct 16 FV-SS 208
F04 W 6:30 - 7:30 p.m. **Gateway Harmonica Club**
Nov 1 - Nov 15 MC-SO 112
F05 Th 2 - 3 p.m. **Gateway Harmonica Club**
Nov 2 - Nov 16 FP-E 213

Ukulele

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**
Sep 5 - Oct 31 STLCC-SoCo 205
 • NOTE: No class 10/3

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
 • NOTE: No class 10/3, 11/7

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 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 | 4 sessions | \$32.50 AGE 60+ | \$45 REG
F03 M 8-9 p.m. **Christina Springer**
Aug 7 - Aug 28 Online

Guitar:

Beginning Reading Music Notation

Students will learn the basics of reading guitar music on the treble clef and the guitar. This class will be an intense session of reading music using the first three strings of the guitar. Students will need a pencil, notebook and text for the class. Students will be asked to demonstrate and play taught skills. Students will need a guitar. Bring required text to first class: "Everybody's Guitar Method Book 1" (RED BOOK) ISBN 978-1569392812.

MUSC-705 | 1 session | \$22.50 AGE 60+ | \$29 REG
F04 Sa 2:30-4:30 p.m. **Christina Springer**
Oct 21 Online

Guitar: 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. Bring required text to first class: "Everybody's Guitar Method, Book 1" ISBN 978-1569392812. Students will need a guitar.

MUSC-707 | 4 sessions | \$32.50 AGE 60+ | \$45 REG
F02 Tu 8-9 p.m. **Christina Springer**
Aug 8 - Aug 29 Online

Guitar: Advanced Beginner

If you've had beginning guitar lessons and want to improve your guitar rhythm, chord changes, different types of guitar strums, and basic right- and left-hand patterns, this class is for you. Prerequisite: Knowledge of guitar chords with the ability to transition between chords, tune your own guitar (a digital tuner is recommended) and use a guitar capo. Class materials will be sent via e-mail each week. Students will need a guitar.

MUSC-707 | 8 sessions | \$51 AGE 60+ | \$89 REG
F01 W 7-8:30 p.m. **Jim Renz**
Sep 13 - Nov 1 MC-HW 102

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 this mode of self-expression. Explore the many stylistic approaches to writing a song, barriers (both realistic and self-imposed) to finishing and sharing an original song, 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

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 AGE 60+ | \$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 978-0739000687.

MUSC-711 | 4 sessions | \$32.50 AGE 60+ | \$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 AGE 60+ | \$29 REG
F03 Sa 12-2 p.m. **Christina Springer**
Oct 21 *Online*

Piano: Beginning

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. Texts required; bring to first class: "Alfred's Basic Adult Piano Course, Level 1" ISBN 978-0882846163; "Alfred's Basic Adult Theory Piano Book, Level 1" ISBN 978-0882846354; "Note Speller Book 1" ISBN 978-0769234533.

MUSC-710 | 18 sessions | \$91.50 AGE 60+ | \$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

During this enjoyable, relaxed approach to the piano, learn the letter names of notes, where notes are located on the keyboard, simple chords to accompany melodies, easy rhythm patterns and pedaling techniques. Texts required; bring to first class: "Alfred's Basic Adult Piano Course, Level 1" ISBN 978-0882846163; "Alfred's Basic Adult Theory Piano Book, Level 1" ISBN 978-0882846354; "Alfred's Basic Adult All-Time Favorites Book 1" ISBN 978-0739009093.

MUSC-711 | 18 sessions | \$91.50 AGE 60+ | \$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

Learn to complete the major scales and explore minor chords and songs in minor keys. Practice chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Piano Advanced Beginners or equivalent experience. Student must know letter names of notes and where they are located on the keyboard. Texts required; bring to first class: "Alfred's Adult piano Course Lesson Book, Level 2" ISBN 978-0882846347; "Alfred's Basic Adult Theory Piano Book, Level 2" ISBN 978-0882846378; "Alfred's Basic Adult All-Time Favorites Book 2" ISBN 978-0739014080.

MUSC-712 | 18 sessions | \$91.50 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$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 31138). 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 AGE 60+ | \$39 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 AGE 60+ | \$39 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 AGE 60+ | \$39 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

PHOTOGRAPHY

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

Most courses listed under Photography meet the curriculum requirements for the Digital Photography Essentials program. Classes excluded from the requirements are: Film Photography and Darkroom Developing & Printing. All classes may be taken for your own personal enrichment.

Core Classes

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 Tu 6:30-9 p.m. Aug 29 – Sep 26	Gary Hesse STLCC-Corp-207
F04 Th 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
• NOTE: No class 10/3	
F02 Tu 6:30-9 p.m. Oct 10 – Nov 14	Gary Hesse STLCC-Corp 207
• NOTE: No class 11/7	
F03 Th 6:30-9 p.m. Oct 12 – Nov 9	Gary Hesse MC-SW 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-765 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



DIGITAL PHOTOGRAPHY ESSENTIALS PROGRAM

Build new skills and take your passion to the next level. Learn more about the program:
stlcc.edu/PhotoEssentials

Enhanced Skills

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	

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+ \$109 REG	
F02 W 6:30-9 p.m. Sep 6 – Oct 4	John Kerans 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

THEATER

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+ | \$49 REG
F07 Th 6-9 p.m. **Gregory Ray**
Aug 10 *STLCC-Corp 207*
F08 Tu 6-9 p.m. **Gregory Ray**
Nov 7 *STLCC-Corp 207*

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. **John Kerans**
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*

PHOT-708 | 5 sessions | \$71.50 AGE 60+ | \$105 REG
F02 M 6:30-9 p.m. **John Kerans**
Sep 11 – Oct 9 *Online*

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*

Theatre Audition Basics for Beginners

Have you ever wanted to be in a theatrical performance, but didn't quite know how to get started? Discover almost everything you need to know to prepare for your first or next big audition! Explore how to pick a monologue that fits you, memorization techniques, relaxation methods, handling a cold read, working with other actors and cast, creating a theatrical resumé, picking a winning headshot, and more! No prior experience required.

THTR-701 | 4 sessions | \$32.50 AGE 60+ | \$55 REG
F01 Sa 1:30-3:30 p.m. **Brian Rolf**
Jul 29 – Aug 19 *FP-T 147 Lecture Hall*
F02 Sa 1:30-3:30 p.m. **Brian Rolf**
Sep 9 – Sep 30 *MC-T 112*
F03 Sa 1:30-3:30 p.m. **Brian Rolf**
Oct 28 – Nov 18 *FV-TC 202*

Improvistational Acting Techniques for Beginners

Step out of your comfort zone and explore the creative world of improv! An introduction to improvisational (improv) games and acting techniques aimed at encouraging exploration of character, building stage confidence, and expanding creativity. You'll love this class as you learn to think on your feet and live in the moment while having fun. So, say, "Yes!"; it's the only course requirement to begin enjoying the art of improvisational acting!

THTR-707 | 4 sessions | \$32.50 AGE 60+ | \$55 REG
F01 Sa 10 a.m.-12 p.m. **Brian Rolf**
Jul 29 – Aug 19 *FP-T 147 Lecture Hall*
F02 Sa 10 a.m.-12 p.m. **Brian Rolf**
Sep 9 – Sep 30 *MC-T 112*
F03 Sa 10 a.m.-12 p.m. **Brian Rolf**
Oct 14 – Nov 4 *FV-TC 202*



WRITING

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 *Online*
• 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*

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 a comma.

WRIT-704 | 4 sessions | \$51^{AGE 60+} | \$89^{REG}
F04 Tu 6:30-9:30 p.m. **Jordan Oakes**
Aug 29 – Sep 19 *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}
F05 Th 6:30-9:30 p.m. **Jordan Oakes**
Sep 14 – Oct 5 *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 how to publish it yourself? Explore the realities of independent publishing. Discover how editing and design can make your book look great. Review options for getting your book into print, sales channels, e-book production and tips for book marketing.

WRIT-704 | 1 session | \$45^{AGE 60+} | \$45^{REG}
F06 Sa 8 a.m.-12 p.m. **STL Publishers Association**
Nov 4 *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 | \$35^{AGE 60+} | \$59^{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

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

WRIT-722 | 1 session | \$22.50^{AGE 60+} | \$35^{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 M 6:30-9:30 p.m. **Jordan Oakes**
Oct 9 – Oct 30 *Online*

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*

Estate Planning: Living Trusts†

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

FINC-710 | 1 session | \$32.50 AGE 60+ | \$39 REG
F05 W 7-9 p.m. **Jackie Capriano**
 Sep 20 *Online*

Personal Finance

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.

HOME

Real Estate

Thinking About Buying a Home?

Buying a home is a huge decision—probably the biggest financial decision most adults will ever make. Knowing the “how” and “why” as well as the “why not” can save a buyer a lot of time, energy, and money. Learn what you need to know about the buying process; from before you tour the first house to becoming a new homeowner.

REAL-701 | 1 session | \$21.50 AGE 60+ | \$29 REG
F01 W 6-8 p.m. **Rebecca Delaney**
 Jul 26 MC-SO 204
F02 Th 7-9 p.m. **Jill McCoy**
 Sep 14 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 W 6-8 p.m. **Rebecca Delaney**
 Aug 30 MC-SO 204
F02 Th 7-9 p.m. **Jill McCoy**
 Oct 17 FP-W 117

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
F02 Tu 7-9 p.m. **Jill McCoy**
 Aug 15 FP-W 117
F01 W 6-8 p.m. **Rebecca Delaney**
 Sep 27 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 Th 7-9 p.m. **Jill McCoy**
 Nov 30 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
F04 Th 7-9 p.m. **Jill McCoy**
 Sep 28 FP-W 117

How to be a Successful Landlord

Increase income on your real estate investments by improving your skills as a landlord. Learn how to lower property damage and eviction costs by performing effective initial screening on potential tenants. Discover how to be creative by using the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship.

REAL-720 | 1 session | \$44 AGE 60+ | \$69 REG
F02 Sa 9 a.m.-5 p.m. **Mary Hankins**
 Jul 29 FP-W 325
F01 Sa 9 a.m.-5 p.m. **Mary Hankins**
 Oct 21 FP-W 325

The Upside to Downsizing

Every family or person has their own unique needs, and each stage of life demands different lifestyles. There are many advantages of “rightsizing” to a smaller, more manageable home. These include financial savings, less home maintenance and cleaning, de-cluttering and organizing, and less monthly expenses. We'll explore how you can maintain the same level of comfort and style you're accustomed to while benefiting from downsizing.

REAL-765 | 1 session | \$23 AGE 60+ | \$29 REG
F03 Th 7-9 p.m. **Jill McCoy**
 Aug 31 FP-W 117
F01 W 6-8 p.m. **Rebecca Delaney**
 Oct 25 MC-SO 204

Today's Real Estate Market

Find out what the experts say about today's historical real estate market. Is it going to crash, what is a seller's market, what's causing the housing shortage, how has inflation affected the housing market, what to expect with mortgage interest rates, are home values going to continue to appreciate or depreciate? We'll take a look at what answers the national experts have to all these questions and more.

REAL-765 | 1 session | \$23 AGE 60+ | \$29 REG
F02 W 6-8 p.m. **Rebecca Delaney**
 Nov 29 MC-SO 204

Real Estate: Renting vs. Buying

Are you a renter who has ambitions of buying a home or a current homeowner wondering whether renting makes more sense for your lifestyle? Ready for a change but don't know where to start? It may be time to evaluate the relative costs, benefits and drawbacks of owning versus renting your home. Join a real estate professional and make a plan for the best option for your living situation.

REAL-765 | 1 session | \$21.50 AGE 60+ | \$29 REG
F05 Th 7-9 p.m. **Jill McCoy**
 Nov 2 FP-W 117

Auto Maintenance

Basic Car Maintenance*

The moment a vehicle needs repair or maintenance, it can become a source of anxiety and frustration. Ease your auto anxiety by learning to inspect your own vehicle, navigate the auto repair industry and understand routine service problems.

AUTO-701 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Sa 8-11 a.m. **Doug Jacquot**
 Oct 14 Jammin' J Auto

Home Maintenance

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 Th 6-9 p.m. **Jean Linton**
 Aug 24 FV-E 154

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-713 | 1 session | \$45 AGE 60+ | \$45 REG
F02 Th 6-9 p.m. **Jean Linton**
 Sep 21 FV-E 154

Hands-on Home Repair:
Patching & Texturing†

Need to cover holes in the wall? From as 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-725 | 1 session | \$49 AGE 60+ | \$49 REG
F01 Th 6-9 p.m. **Jean Linton**
 Oct 26 FV-E 154

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 Th 6-9 p.m. **Jean Linton**
 Nov 16 FV-E 154

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 Sa 10:30 a.m.-12:30 p.m. **Christina Ritter**
 Aug 5 MC-SW 106
F01 Sa 10 a.m.-12 p.m. **Christina Ritter**
 Oct 7 MC-SW 106
F03 Th 6-8 p.m. **Christina Ritter**
 Dec 7 MC-SW 207

*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 many more! Class will also cover best practices to reduce the amount of trash coming in and out of your kitchen.

ECOL-700 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Th 6-7:30 p.m. **Perennial**
 Oct 12

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 | \$59 AGE 60+ | \$59 REG
F01 W 6:30-8 p.m. **Maggie McCoy**
 Sep 6 **MC-SW 106**



**MASTER
NATURALIST
PROGRAM**

Cultivate your interests and build community connections. Learn more about the program: stlcc.edu/MasterNaturalist

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.

HORT-701 | 2 sessions | \$22.50 AGE 60+ | \$35 REG
F01 Th 7-9 p.m. **Michelle Ochonicky**
 Sep 21 - Sep 28 **Online**

Fall Flowers: Planning and Planting

Fall is the perfect time to plan and plant bulbs, perennials, shrubs, trees and hardy biennials that will "spring forth" an abundance of beauty all season long. Tips and tricks for having flowers in the garden all season long.

HORT-702 | 1 session | \$59 AGE 60+ | \$59 REG
F01 F 9 a.m. - 12 p.m. **Flower Hill Farm**
 Sep 8 **MC-CN 202**

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.

HORT-702 | 1 session | \$59 AGE 60+ | \$59 REG
F02 F 9 a.m. - 12 p.m. **Flower Hill Farm**
 Aug 25 **MC-CN 202**

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.

HORT-707 | 1 session | \$18.50 AGE 60+ | \$25 REG
F01 W 7-9 p.m. **Michelle Ochonicky**
 Sep 20 **Online**

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.

HORT-712 | 1 session | \$14 AGE 60+ | \$19 REG
F01 W 6-7:30 p.m. **Christina Ritter**
 Sep 27 **MC-SS 108**

Native Grasses, Rushes, and Sedges

Do you like the look of ornamental grasses, but want to go native? Missouri has some fantastic native grasses, rushes and sedges. Find out why these native types are better choices for your landscape, the native environment where these plants are normally found, and how to choose the best ones for your conditions, sun or shade, wet or dry. We'll also briefly discuss maintenance.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG
F01 W 5-8 p.m. **Sue Leahy**
 Sep 13 **MC-SW 209**

Create Your Own Native Garden

If you want to go native but aren't sure how to get started, this class is for you. We will discuss site evaluation, plant selection and placement, and tips to keep your native garden looking tidy.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG
F02 Sa 9 a.m.-12 p.m. **Sue Leahy**
 Oct 14 **MC-SW 209**

Go Native! NativeLandscaping 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.

HORT-713 | 1 session | \$19.50 AGE 60+ | \$29 REG
F03 M 9 a.m.-12 p.m. **Dave Tylka**
 Sep 25 **MC-CE**

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.

HORT-723 | 1 session | \$19 AGE 60+ | \$25 REG
F01 Sa 10:30 a.m.-12 p.m. **Christina Ritter**
 Jul 29 **MC-SW 207**
F02 F 6-7:30 p.m. **Christina Ritter**
 Aug 18 **MC-SW 207**

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: Hiding in Plain Sight

Join a local award-winning naturalist and speaker for an informative glimpse into the lives of a local mated pair of Great Horned Owls in Forest Park. He has been closely observing and documenting the owls since 2005. Learn how he found the owls, basic facts about the species and various behaviors he observes and documents with photos and videos to illustrate these behaviors.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG

F01 Th 6:30-8:30 p.m.

Mark Glenshaw

Aug 3

MC-SO 107

Forest Park Owls: Hunting and Feeding

Join us for a fascinating insight into one of the most successful predators in the Americas. The instructor, an award-winning naturalist, has been observing, documenting and delivering outreach with great horned owls in Forest Park since December 2005. Learn about the owls' hunting perches and predatory attempts as well as how they care for their owlets.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG

F02 Th 6:30-8:30 p.m.

Mark Glenshaw

Sep 14

MC-SO 107

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 AGE 60+ | \$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 6-7:30 p.m.

Christina Ritter

Sep 13

MC-SO 105



LANGUAGE AND COMMUNICATIONS

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 | \$22.50 AGE 60+ | \$29 REG
F02 Tu 6:30-8:30 p.m. Barbara Klien
Sep 12 MC-SO 111
F05 M 4-6 p.m. Barbara Klien
Nov 27 MC-SO 112

Italian for the Traveler

FLIT-716 | 6 sessions | \$67 AGE 60+ | \$105 REG
F01 Tu 6:30-8:30 p.m. Barbara Klien
Sep 19 – Oct 31 MC-SO 112
• NOTE: No class 10/3
F03 M 4-6 p.m. Barbara Klien
Oct 16 – Nov 20 MC-SO 112

Italian: Beginning I

FLIT-717 | 8 sessions | \$78.50 AGE 60+ | \$129 REG
F02 M 5-7 p.m. Michael Cross
Aug 7 – Oct 2 FP-W 214
• NOTE: No class 9/4
F01 Tu 4-6 p.m. Barbara Klien
Sep 12 – Nov 14 MC-SO 111
• NOTE: No class 10/3, 11/7

Italian: Beginning II

FLIT-718 | 8 sessions | \$78.50 AGE 60+ | \$129 REG
F02 M 7-9 p.m. Michael Cross
Aug 7 – Oct 2 FP-W 214
• NOTE: No class 9/4
FLIT-718 | 8 sessions | \$78.50 AGE 60+ | \$129 REG
F01 M 6:30-8:30 p.m. Barbara Klien
Oct 16 – Dec 4 MC-SO 112

Italian: Beginning III

FLIT-719 | 8 sessions | \$78.50 AGE 60+ | \$129 REG
F01 M 7-9 p.m. Michael Cross
Oct 16 – Dec 4 MC-CN 221

German

German Language: Beginning I

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

German Language: Beginning II

FLGE-718 | 8 sessions | \$82 AGE 60+ | \$129 REG
F02 W 6-8 p.m. Caryn Miller
Oct 4 – Nov 29 MC-SO 206
• NOTE: No class 11/22

German Language: Beginning III

FLGE-719 | 8 sessions | \$82 AGE 60+ | \$129 REG
F03 Tu 6-8 p.m. Caryn Miller
Jul 25 – Sep 12 MC-SO 206

Portuguese

Portuguese: Beginning I

FLPG-716 | 8 sessions | \$129 AGE 60+ | \$129 REG
F01 W 6-8 p.m. Viva Brasil
Aug 9 – Sep 27 MC-SO 205

Portuguese: Beginning II

FLPG-718 | 8 sessions | \$129 AGE 60+ | \$129 REG
F01 W 6-8 p.m. Viva Brasil
Oct 4 – Nov 29 MC-SO 205
• NOTE: No class 11/22

Portuguese: Beginning III

FLPG-719 | 8 sessions | \$129 AGE 60+ | \$129 REG
F01 W 6-8 p.m. Viva Brasil
Aug 9 – Sep 27 MC-SO 107

Portuguese: Beginning IV

FLPG-719 | 8 sessions | \$129 AGE 60+ | \$129 REG
F02 W 6-8 p.m. Viva Brasil
Oct 4 – Nov 29 MC-SO 107
• NOTE: No class 11/22

Portuguese: Intermediate I

FLPG-720 | 8 sessions | \$129 AGE 60+ | \$129 REG
F01 W 6-8 p.m. Viva Brasil
Aug 9 – Sep 27 MC-CN 201

Portuguese: Intermediate II

FLPG-721 | 8 sessions | \$129 AGE 60+ | \$129 REG
F01 W 6-8 p.m. Viva Brasil
Oct 4 – Nov 29 MC-CN 201
• NOTE: No class 11/22.

Spanish

Spanish for Travelers

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure.

FLSP-716 | 8 sessions | \$87 AGE 60+ | \$129 REG
F01 Tu 7-9 p.m. Tim Neckermann
Jul 25 – Sep 12 Online
F02 Th 7-9 p.m. Tim Neckermann
Sep 28 – Nov 16 Online

Spanish: Beginning I

FLSP-717 | 8 sessions | \$87 AGE 60+ | \$129 REG
F03 Tu 4:30-6:30 p.m. Maria de la Garza
Jul 25 – Sep 12 Online
F01 Th 4:30-6:30 p.m. Tim Neckermann
Jul 27 – Sep 14 MC-CN 202
F02 W 7-9 p.m. Tim Neckermann
Aug 2 – Sep 20 Online

Spanish: Beginning II

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

Spanish: Beginning III

FLSP-719 | 8 sessions | \$87 AGE 60+ | \$129 REG
F01 Th 4:30-6:30 p.m. Tim Neckermann
Sep 28 – Nov 16 Online
F02 W 7-9 p.m. Tim Neckermann
Oct 4 – Nov 29 STLCC-SoCo 120
• 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. Tim Neckermann
Jul 25 – Sep 12 Online

Spanish: Intermediate II

FLSP-721 | 8 sessions | \$87 AGE 60+ | \$129 REG
F01 Tu 7-9 p.m. Tim Neckermann
Oct 10 – Dec 5 Online
• NOTE: No class 11/7

Spanish: Advanced Reading

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

COMMUNICATIONS

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 *Online*

Russian: Beginning I

FLRU-717 | 8 sessions | \$123.50 AGE 60+ | **\$199** REG
F02 Th 5-7 p.m. **Valerie Powers**
Sep 21 – Nov 16 *Online*
 • NOTE: No class 10/5

Russian: Intermediate III

FLRU-722 | 12 sessions | \$123.50 AGE 60+ | **\$199** REG
F01 W 7-9 p.m. **Valerie Powers**
Aug 23 – Nov 15 *Online*
 • 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 *Online*
 • 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 22 – Nov 28 *Online*
 • NOTE: No class 10/3,10/31, 11/7

Russian: Advanced III

FLRU-725 | 12 sessions | \$123.50 AGE 60+ | **\$199** REG
F01 W 5-7 p.m. **Valerie Powers**
Aug 23 – Nov 15 *Online*
 • 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 *Online*
 • NOTE: No class 9/22, 10/6, 11/24

Voiceover

Introduction to Voiceover

Have you been told you have a great speaking voice? Learn how to get started in the voiceover acting industry from a sixteen-year voiceover veteran who has worked for NBC, ABC, PBS, HGTV, Nintendo, Saturday Night Live, Walmart and The Wendy Williams Show. Gain insights on the right voice for success, ways to find work, tips to land an agent and how to produce a demo. Q-and-A session will also address any basic questions about the industry.

COMM-765 | 1 session | \$49 AGE 60+ | **\$49** REG
F01 Sa 12-1:30 p.m. **Jason Rooney**
Jul 29 *MC-CE*
F02 Sa 12-1:30 p.m. **Jason Rooney**
Aug 19 *FP-E 213*
F03 Sa 12-1:30 p.m. **Jason Rooney**
Sep 23 *MC-CE*
F04 M 5-6:30 p.m. **Jason Rooney**
Oct 16 *STLCC-SoCo 205*
F05 M 5-6:30 p.m. **Jason Rooney**
Nov 6 *STLCC-SoCo 205*

Sign Language

Getting Started with Sign Language I

Journey into Sign Language! Establish a basic knowledge of Sign Language and learn common vocabulary for numbers, feelings, opposites, colors, and food. Class does not cover ASL sentence structure.

SIGN-701 | 8 sessions | \$78.50 AGE 60+ | **\$129** REG
F01 W 6-8 p.m. **Cindy Hayes**
Aug 30 – Oct 18 *Online*
F02 Th 6:30-8:30 p.m. **Cindy Hayes**
Sep 21 – Nov 9 *STLCC-SoCo 120*

Getting Started with Sign Language II

Build on the skills you learned in the Beginning I sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, "The Joy of Signing." The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 1-6. Class does not cover ASL sentence structure. Prerequisite: Getting Started With Sign Language I. Bring required text to first class: The Joy of Signing, ISBN: 1607313618.

SIGN-701 | 8 sessions | \$78.50 AGE 60+ | **\$129** REG
F03 Tu 6-8 p.m. **Cindy Hayes**
Aug 29 – Oct 24 *Online*
 • NOTE: No class 10/3
F04 M 6:30-8:30 p.m. **Cindy Hayes**
Sep 25 – Nov 13 *STLCC-SoCo 120*

HISTORY

Local

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 *STLCC-Corp 207*
F04 Tu 10 a.m.-12 p.m. **Brian Flaspohler**
Sep 12 *WW 102A*
F05 Tu 10 a.m.-12 p.m. **Brian Flaspohler**
Oct 17 *FP-E 309*

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*

United States

**Steamship Captain:
Riding on the High Seas in the 1850s**

What was it like to cross the Atlantic again and again from New York to London or France in the 19th century? Ride the waves of this rich story of an 1850s steamship captain, his entourage, and their fares to envision the luxury afforded passengers, the tribulations of crew hierarchy and the challenges of preparing a ship for voyage. Instructor wears period dress in this dynamic portrayal of 1850s life. This is a journey you won't want to miss!

HIST-701 | 1 session | \$29 AGE 60+ | \$29 REG
F05 Th 7-8:30 p.m. **Gloria Perry**
 Sep 28 MC-SO 107

The Bloody Border War: 1854-1865

The "Border War" began almost immediately when Kansas was opened for settlement in 1854, seven years before the Civil War officially began. Missouri and Kansas were both divided states. It was a "war" between people that had strong opposing sentiments and lifestyles at stake. Learn about the events on the border before and during the Civil War, including the actions of Federal troops who burned homes, farms and towns over 2,200 square miles of Missouri—an area larger than the state of Delaware. You'll learn about some men of the Border War who decided not to lay down their arms just because the Civil War was over.

HIST-703 | 1 session | \$24 AGE 60+ | \$29 REG
F01 M 7-8:30 p.m. **Doug Schneider**
 Jul 31 MC-SS 108

**The Second Elizabethan Age:
Elizabeth II**

For nearly a century, as princess and monarch, Elizabeth Windsor was in the public spotlight on both sides of the Atlantic. Born the daughter of a "spare" prince, she grew into a role model princess in war and queen for a lifetime. Spend an evening expanding your knowledge on how this princess, war veteran, queen, head of the commonwealth, defender of the faith, turf woman, wife, mother and counselor to generations of prime ministers shaped and reflected the second Elizabethan age.

HIST-710 | 1 session | \$22.50 AGE 60+ | \$29 REG
F01 Tu 7-9 p.m. **Jim Gallen**
 Sep 12 MC-SO 205
F02 W 7-9 p.m. **Jim Gallen**
 Oct 18 Online

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

GENEALOGY

**Finding Death Information
On and Offline**

Death is inevitable. But finding that illusive 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 AGE 60+ | \$39 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 AGE 60+ | \$59 REG
F02 Th 1-3 p.m. **Patricia Stamm**
 Sep 28 – Oct 12 MC-SW 110

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 AGE 60+ | \$59 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 | 2 sessions | \$26.50 AGE 60+ | \$39 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**
 Oct 25 MC-SO 108

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



PHILOSOPHY

Shakespeare, Seuss, and Scripture: Exploring the Stories of Our Lives

Who is creating the story of your life? What stories have most influenced the way you read books, see plays, or watch movies? How do these stories and their influences impact the way you live? Explore and make connections between various stories and our lives through: (1) practicing the oral interpretation of various stories; (2) evaluating various characters and places in these stories; and (3) creating and sharing personal interpretations and applications of stories. What do the tales of Shakespeare's Hamlet, Seuss's Green Eggs and Ham, and Scripture's Noah have in common? If you love, fear, or are simply stumped by Shakespeare, Dr. Seuss, and/or the Bible, this class is for you.

PHIL-701 | 1 session | \$23.50 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

Philosophy of Religion

Millions of people have faith that a supernatural being exists. Is there one? Initial focus will be on the philosophical arguments, some backed by science, others by religion, in favor of a belief in God. In addition, journey into several arguments against a belief in God. Assess your perspective on whether faith in God is based on reason by gaining a deeper understanding of both viewpoint beliefs.

PHIL-701 | 1 session | \$23 AGE 60+ | \$29 REG
F03 W 6-8 p.m. **Sahar Joakim**
Sep 27 MC-SO 112

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

TOURS AND TRIPS

For FP-Off Campus tours, meet tour bus at the parking lot behind the West Wing

For FV-Off campus tours, meet tour bus at the top of the circular driveway between the Administration and Social Sciences Buildings.

For MC-Off Campus tours, meet tour bus in Lot E on NW side of Meramec campus.

Please arrive 15 minutes prior to departure time for all tours and trips.

Tour prices include: professional guide, transportation, all listed attractions, speakers, experiences, meals, and all gratuities unless otherwise stated.

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 | \$68 AGE 60+ | \$85 REG
F02 Th 10 a.m.-1:30 p.m. **Doug Schneider**
Sep 14 FP-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. This tour involves a minimal amount of walking. Last date to withdraw with refund: Sep 29. Last date to register: Oct 5.

TRIP-701 | 1 session | \$58 AGE 60+ | \$75 REG
F03 Th 9-11 a.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. The first class meets for a short orientation at the Continuing Education building followed by a tour. The next three weeks, we'll meet in the parking lot off Couch Ave. by the Meramec campus Continuing Education building, where you'll receive maps and directions. Last day to register: Sep 8. Must provide own transportation.

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 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: Sep 15.

TRIP-701 | 1 session | \$107 AGE 60+ | \$115 REG
F05 Th 9 a.m.-3 p.m. **Joan Huisinga**
Sep 21 MC-Off Campus

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 grasp their beauty and 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 FV-Off Campus

A Victorian Holiday*

Get into the holiday spirit and travel back to the late 1800's, visiting grand mansions decked out and adorned for Christmas. Start the day with scones and coffee at Campbell House, one of the best examples of Victorian decoration in the U.S. Then, it's on to Mr. Cupples's fine Romanesque-style home on the St. Louis University campus. Next, high tea will be served at the Missouri Athletic Club with viewing of the gingerbread village display. And, that's not all! The day will conclude at the Eugene Field Home with a taste of delicious chocolate. Not to be missed, this trip will truly be a spectacular event to get you into the holiday spirit. Last date to register: Dec 6.

TRIP-701 | 1 session | \$104 AGE 60+ | \$109 REG
F07 Tu 9:30 a.m.-3:30 p.m. **Joan Huisinga**
Dec 12 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 Reservoir 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: Nov 8.

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 FV-Off Campus

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 Missouri River while enjoying lunch. Venture on to tour 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 Sybill's and on to explore Meramec Caverns. Missouri is known as the Cave State and has over 6,000 surveyed 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 both 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 21. 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. **Dea Hoover**
 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 honor wall and Vietnam Wall (outside) at the Missouri National Veteran's Memorial. Before heading home, stop at Rozier's Mercantile, which has been the only open and continually operated store in Perry County. Note: This tour requires moderate amounts of walking. Last date to withdraw with refund: Sep 15. Last date to register: Sep 21.

TRIP-702 | 1 session | \$139 AGE 60+ | \$139 REG
F03 Th 8 a.m.-5:30 p.m. **Dea Hoover**
 Sep 28 *MC-Off-Campus*

Big Things, Small Town*

Travel a bit of the Old National Road, our first highway, heading down Highway 70 to Casey, Illinois home of the world's grandest and unbelievable collection of oversized and large items for you to explore. The quest continues as we venture off Highway 70 for an exciting stop on the Old Road, then head into Casey for lunch, followed by a guided tour. After the tour, you'll have time for pictures and shopping. Imagine your friends and family's surprise with a photo of you inside a giant birdcage or climbing up to a mailbox bigger than a car! Bring your camera or cell phone to capture the fun. Last date to withdraw with refund: Sep 29. Last date to register: Oct 3.

TRIP-702 | 1 session | \$114 AGE 60+ | \$119 REG
F02 M 8 a.m.-6 p.m. **Joan Huisinga**
 Oct 9 *MC-Off-Campus*

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 Middletown 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 Keckly, 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. **Dea Hoover**
 Sep 25 *MC-Off-Campus*
F05 M 8:30 a.m.-4:30 p.m. **Dea Hoover**
 Sep 25 *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 library, a replica of the cabin in which he was raised, and multiple theaters. 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 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-702 | 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 B & B, known for its unique 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 Shepard'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 date to withdraw with refund: Nov 30. Last date to register: Dec 5.

TRIP-702 | 1 session | \$159 AGE 60+ | \$159 REG
F07 Tu 7:30 a.m.-6 p.m. **Dea Hoover**
 Dec 12 *MC-Off-Campus*

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

FITNESS, RECREATION AND SPORTS

Cardio and Strength

Barre Cardio & Tone*

Learn a sequence of upper body exercises using light free weights to target biceps, triceps, shoulder, 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*

Stand-Up Paddleboarding*

Stand-up paddleboarding is a rapidly growing sport that is suitable for almost anyone! 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*

Golf

Golf: Basics and Beyond*

Learning to play golf correctly is key to a great game. As a new golfer, get started on the right track. For more experienced golfers, get back to basics and unlearn any bad habits. Class covers putting, chipping, pitching, rules, etiquette, and full swing with iron and with wood. 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 | \$79 AGE 60+ | \$79 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 | \$35 AGE 60+ | \$35 REG
F02 Sa 10-11:30 a.m. **Tim Davenport**
 Aug 19 *Eagle Springs Golf Course*

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 | \$35 AGE 60+ | \$35 REG
F01 Tu 5-7 p.m. **Tim Davenport**
 Aug 29 *Eagle Springs Golf Course*

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. **Jason Guss**
 Sep 8 – Nov 10 *FV-PE Gym*

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. **Lisa Huseman**
 Sep 5 – Oct 31 *Z Total Body*
 • 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. **Sally Denton**
 Sep 6 – Oct 25 *South River Yoga*

Yoga: Beginning*

New or returning to yoga? Learn the basics of standard yoga poses, postures, flexibility, breathing techniques, and more. No experience is necessary. Bring a towel and a yoga mat.

PEDU-761 | 6 sessions | \$59 AGE 60+ | **\$59** REG
F02 Tu 10:30-11:30 a.m. **Ashley Menard**
 Aug 15 – Sep 19 *South River Yoga*

PEDU-761 | 10 sessions | \$119 AGE 60+ | **\$119** REG
F04 M 12:15-1:15 p.m. **Kelly Kauffman**
 Sep 11 – Nov 13 *Afton Community Center*

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**
 Sep 11 – Oct 30 *Sunset Hills Community Center*
F06 Th 1-2 p.m. **Jennifer DeSuza**
 Sep 7 – Oct 26 *FV-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 Kauffman**
 Sep 11 – Nov 13 *Afton Community Center*

Pickleball

All equipment provided. Dress appropriately for outdoor court. Textbook is not mandatory but is essential for reference, more comprehension and understanding: "Pickleball: Tips, Strategies, Lessons and Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner" (available through online retailers.)*

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. **Callahan Pickleball Academy Instructors**
 Jul 26 – Aug 16 *Dwight Davis Tennis Center*

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

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

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

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

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

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

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

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

F23 Tu 3:15-4:45 p.m. **Callahan Pickleball Academy Instructors**
 Sep 19 – Oct 17 *Afton Community Center*
 • NOTE: No class 10/3

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

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

F26 W 3:15-4:45 p.m. **Callahan Pickleball Academy Instructors**
 Jul 26 – Aug 16 *Chesterfield Parks and Rec*

F13 Tu 4:30 p.m.-6 p.m. **Various Instructors**
 Sep 5 – Sep 26 *Vetta Sunset Hills*

F14 Tu 2:30-4 p.m. **Various Instructors**
 Oct 3 – Oct 24 *Vetta Sunset Hills*

F15 Tu 4:30-6 p.m. **Various Instructors**
 Nov 14 – Dec 5 *Vetta Sunset Hills*

Pickleball: Beginning II/Intermediate

PEDU-740 | 4 sessions | \$119 AGE 60+ | **\$119** REG
F06 W 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Jul 26 – Aug 16 *Dwight Davis Tennis Center*

F07 Sa 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Aug 26 – Sep 23 *Dwight Davis Tennis Center*
 • NOTE: No class 9/2

F08 Tu 4:45-6:15 p.m. **Callahan Pickleball Academy Instructors**
 Jul 25 – Aug 15 *Afton Community Center*

F09 Tu 4:45-6:15 p.m. **Callahan Pickleball Academy Instructors**
 Aug 22 – Sep 12 *Afton Community Center*

F11 Th 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Sep 21 – Oct 12 *Chesterfield Parks and Rec*

F12 Tu 4:45-6:15 p.m. **Callahan Pickleball Academy Instructors**
 Sep 19 – Oct 17 *Afton Community Center*
 • NOTE: No class 10/3.

F27 W 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Aug 23 – Sep 13 *Dwight Davis Tennis Center*

F28 W 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Sep 20 – Oct 11 *Dwight Davis Tennis Center*

F29 Sa 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Jul 29 – Aug 19 *Dwight Davis Tennis Center*

F30 Sa 3-4:30 p.m. **Callahan Pickleball Academy Instructors**
 Sep 30 – Oct 21 *Dwight Davis Tennis Center*

F31 Tu 4:45-6:15 p.m. **Callahan Pickleball Academy Instructors**
 Jul 25 – Aug 15 *Chesterfield Parks and Rec*

F32 Tu 3-4:30 p.m. **Various Instructors**
 Sep 5 – Sep 26 *Vetta Sunset hills*

F33 Th 4-5:30 p.m. **Various Instructors**
 Sep 7 – Sep 28 *Vetta Sunset Hills*

F16 Tu 3-4:30 p.m. **Various Instructors**
 Oct 3 – Oct 24 *Vetta Sunset Hills*

F17 Th 3-4:30 p.m. **Various Instructors**
 Nov 2 – Nov 30 *Vetta Sunset Hills*
 • NOTE: No class 11/23

*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 AGE 60+ | \$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 AGE 60+ | \$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 AGE 60+ | \$39 REG

F06 F 6-9 p.m. **Gina Breadon**
Jul 28 *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 mindful movement and focused weight shifting. Please wear comfortable, loose-fitting clothing and flat-soled shoes.

PEDU-766 | 8 sessions | \$57 AGE 60+ | \$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 Tai 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 AGE 60+ | \$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 AGE 60+ | \$79 REG

F05 W 11-11:50 a.m. **Alex Chen**
Sep 6 – Oct 25 *MC-PE East Lobby*



Tennis

National Tennis Rating Program (NTRP)

- 1.0** *This player is just starting to play tennis.*
- 2.0** *May have had some lessons; needs on-court experience.*
- 2.5** *Can sustain a short rally of slow pace; needs to develop form.*
- 3.0** *Consistent on medium-paced shots; needs work on form and strategy.*
- 3.5** *Consistent with directional control; needs to work on specialty shots.*
- 4.0** *Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis.*

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further 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^{AGE 60+} | \$75^{REG}

F01 Tu 1-2 p.m. Jason Falzone
Aug 8 – Sep 19 Vetta Concord

F02 Sa 2:30-3:30 p.m. Jason Falzone
Aug 5 – Sep 23 Vetta Concord
• NOTE: No class 9/2

F03 Tu 1-2 p.m. Jason Falzone
Oct 10 – Nov 28 Vetta Concord
• NOTE: No class 11/7

F04 Sa 2:30-3:30 p.m. Jason Falzone
Oct 7 – Nov 18 Vetta Concord

Tennis: Beginning II, NTRP 2.5

See NTRP rating box.

PEDU-734 | 7 sessions | \$75^{AGE 60+} | \$75^{REG}

F01 Sa 3:30-4:30 p.m. Jason Falzone
Aug 5 – Sep 23 Vetta Concord
• NOTE: No class 9/2

F02 Sa 3:30-4:30 p.m. Jason Falzone
Oct 7 – Nov 18 Vetta Concord

Tennis: Intermediate I, NTRP 3.0

See NTRP rating box.

PEDU-735 | 7 sessions | \$75^{AGE 60+} | \$75^{REG}

F01 Tu 2-3:30 p.m. Jason Falzone
Aug 8 – Sep 19 Vetta Concord

F02 Tu 2-3:30 p.m. Jason Falzone
Oct 10 – Nov 28 Vetta Concord
• NOTE: No class 11/7.

Tennis: Intermediate Advanced, NTRP 3.0-4.0

See NTRP rating box.

PEDU-736 | 7 sessions | \$99^{AGE 60+} | \$99^{REG}

F01 Sa 4:30-6 p.m. Jason Falzone
Aug 5 – Sep 23 Vetta Concord
• NOTE: No class 9/2

F02 Sa 4:30-6 p.m. Jason Falzone
Oct 7 – Nov 18 Vetta Concord

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

WELLNESS AND PERSONAL DEVELOPMENT

Personal Insights

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-701 | 1 session | \$39 AGE 60+ | \$39 REG

F01 W 6-8:30 p.m. **Alex Chen**
Sep 13 *MC-SW 106*

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-709 | 2 sessions | \$26 AGE 60+ | \$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-709 | 1 session | \$22.50 AGE 60+ | \$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-709 | 1 session | \$22.50 AGE 60+ | \$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-709 | 1 session | \$22.50 AGE 60+ | \$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-709 | 1 session | \$22.50 AGE 60+ | \$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 oracles. Bring your favorite deck or tool and let's get to work.

PERD-709 | 1 session | \$22.50 AGE 60+ | \$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 common ways that people get stuck and tools to break free.

PERD-709 | 1 session | \$23 AGE 60+ | \$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-709 | 1 session | \$24 AGE 60+ | \$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 irrevocably 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-709 | 1 session | \$23 AGE 60+ | \$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, "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-709 | 4 sessions | \$26 AGE 60+ | \$45 REG

F12 Th 6-7:30 p.m. **Fawn Hoener**
Aug 31 - Sep 21 *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-735 | 4 sessions | \$33.50 AGE 60+ | \$55 REG

F01 Tu 6-8 p.m. **Rhonda Leifheit**
Aug 1 - Aug 22 *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-735 | 2 sessions | \$26 AGE 60+ | \$39 REG

F02 Sa 10 a.m. - 12 p.m. **Rhonda Leifheit**
Nov 11 - Nov 18 *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-743 | 2 sessions | \$27 AGE 60+ | \$39 REG

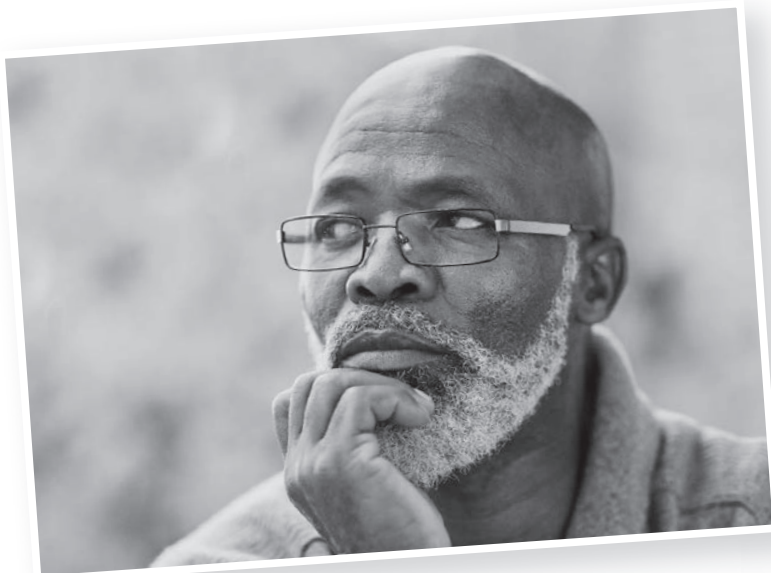
F01 Th 7-9 p.m. **Nancy Cohen**
Oct 12 - Oct 19 *Online*

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-765 | 4 sessions | \$33.50 AGE 60+ | \$55 REG

F01 W 6-8 p.m. **Rhonda Leifheit**
Sep 6 - Sep 27 *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. **Cheryl D. Ring**
 Aug 12 - Aug 19 MC-SO 109
F04 Sa 10 a.m.-12 p.m. **Cheryl D. Ring**
 Sep 30 - Oct 7 MC-SO 109
F05 W 7-9 p.m. **Cheryl D. Ring**
 Oct 11 - Oct 18 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. **Cheryl D. Ring**
 Aug 26 MC-SO 109
F07 W 7-9 p.m. **Cheryl D. Ring**
 Oct 4 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

Afton 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., 63130

Episcopal Church of the Advent
9373 Garber Rd., 63126

Jammin J Automotive
10188 Page Ave, 63132

Kirkwood High School
801 W. Essex 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 Barrel
3828 S. Lindbergh Blvd., #111
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 Hightway 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**



St. Louis Community College
Continuing Education

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
AS..... 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

WILDWOOD = WW

EXTENSION CAMPUSES

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.

Time of Withdrawal	Percentage Refund
Three business days prior to the first class meeting. Must be submitted in writing.	100%
Two business days prior to the first class meeting or after the class has begun.	None

FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.

A student may receive either a full or partial refund for exceptional circumstances. For exceptional circumstances, requests must be submitted in writing (email or mail) within 10 business days after the class start date to be considered. Supporting documentation may be required.

Fee Reduction for Individuals Age 60 and Older

At the time of registration, individuals age 60 and older may enroll in select courses for a reduced fee. 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.textbookx.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 admission, or financial aid programs, and all of its educational programs or activities.

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:

Course Code	Section	Course Title	Start Date	Day/Time	Fees
-	F ____				
-	F ____				
-	F ____				
-	F ____				
Total:					

Name _____
LAST FIRST MIDDLE INITIAL

Address _____
STREET OR POST OFFICE BOX

CITY STATE COUNTY ZIP CODE

Email _____

Birth Date _____ Student # (optional) _____ ☐ Yes, I am age 60+

Primary Phone _____ Alternate Phone _____

Payment: Please include check or money order made payable to "St. Louis Community College."

To pay by credit/debit card, please register online at stlcc.edu/CE.



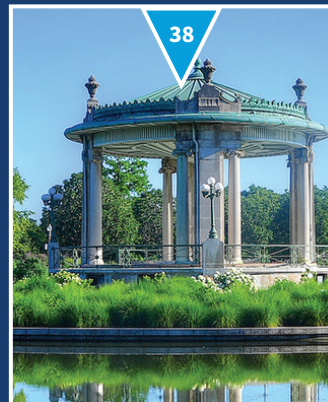
St. Louis Community College
Continuing Education

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| [stlccworkforce](https://stlccworkforce.com) | stlcc.edu/CE

ST. LOUIS COMMUNITY COLLEGE...

Since 1962, more than 1.3 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 50,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in arts, science, fine arts, applied science and teaching are offered as well as certificates of proficiency and Specialization. The College's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

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.



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St. Louis Community College is committed to expanding the minds and changing the lives of our students. STLCC is institutionally accredited by the Higher Learning Commission (HLC), and many of our programs have been accredited or approved by recognized accrediting bodies. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the College is helping St. Louis become the best place to live and work in the 21st century.