

Continuing Education

FALL 24
JUL - DEC
REGISTRATION
BEGINS JULY 9

COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

Discover
what's next.



St. Louis Community College
Continuing Education

stlcc.edu/CE | 314-984-7777

Fall 2024 Continuing Education Courses

For ages 18+ or where otherwise noted in course descriptions

For most classes, registration is closed three business days before the class start date. Please check the online course description for specific deadlines.

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

PROFESSIONAL DEVELOPMENT

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

ESSENTIALS TRAINING

NONPROFIT ESSENTIALS

Identifying and 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 | \$20^{AGE 60+} | \$29^{REG}
F02 Sa 10 a.m.-12:30 p.m. **Jimmie Calmese**
Dec 7 *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 | \$20^{AGE 60+} | \$29^{REG}
F01 W 6-8:30 p.m. **Jimmie Calmese**
Aug 28 *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 | \$49^{AGE 60+} | \$75^{REG}
F01 Sa 10 a.m.-12:30 p.m. **Jimmie Calmese**
Aug 3 - Aug 24 *Online*
F03 Sa 10 a.m.-12:30 p.m. **Jimmie Calmese**
Oct 5 - Oct 26 *Online*

Grant Writing: Beyond the Basics

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

NPAD-701 | 4 sessions | \$49^{AGE 60+} | \$75^{REG}
F02 Sa 10 a.m.-12:30 p.m. **Jimmie Calmese**
Sep 7 - Sep 28 *Online*
F04 Sa 10 a.m.-12:30 p.m. **Jimmie Calmese**
Nov 2 - Nov 23 *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^{AGE 60+} | NO FEE^{REG}
F01 Sa 9 a.m.-12 p.m. **Dirk Lupien**
Sep 7 *MC-SO 105*

Project Management

Project managers are in demand when the need is for skills that require time, resources and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning experience prepares the student for the PMP® certification exam by lecture, online exercises, working sessions and practice exams. Class times: Wednesdays, 6-9PM on Oct 2-Oct 30; and Saturdays 8:30AM-4PM on Oct 12, 19, 26. Last date to register and withdraw with refund: Sep 25.

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 2 - Oct 30 *MC-SO 105*

SMALL BUSINESS ESSENTIALS

Business Start-Up

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 | \$30.50 AGE 60+ | \$45 REG
F01 W 7-9 p.m. Mike Ochonicky
Nov 6 – Nov 13 Online

Business Management

Business Etiquette

Prepare for your future and present yourself with confidence in the areas of image, interaction and generational courtesy. Learn the principles of proper etiquette and how communication and social skills can enhance successful outcomes.

BUSS-713 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F01 W 6-8 p.m. Monica Robinson
Oct 30 – Nov 6 FP-E 210

Emotional Intelligence

Navigate the harsh terrain of leadership with this specialized course tailored for emerging and established leaders who manage individuals they may not naturally connect with. Learn the art of balancing emotional intelligence, effective leadership and constructive relationships at work.

BUSS-713 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F02 Sa 10 a.m.-12 p.m. Julius Sims II
Sep 14 – Sep 21 FP-E 210

We have more!

Hone in your communication skills with additional classes **Managing Difficult Conversations** along with **Listening Beyond Words** on p. 36.

Marketing

Organic Search Engine Optimization (SEO)

Master the basics of organic search engine optimization (SEO) to increase your business prospects. This fast-paced course provides instruction on how search engines work, which search engines are most important, which html (META) tags are most critical for increasing website traffic and the creative approaches intrinsic to increasing stakeholder/consumer engagement. Internet access, as well as access to either MS Office or Google Office Suite is required for participation.

BUSS-765 | 1 session | \$29 AGE 60+ | \$45 REG
F01 Sa 9 a.m.-2 p.m. Kim LaSalle
Sep 21 Online
F02 Sa 9 a.m.-2 p.m. Kim LaSalle
Nov 9 Online

Marketing Campaign Development

Take your business to the next level! Designed for business professionals who want to understand the basics of strategic marketing development, this fast-paced course takes a high-level look at the planning components necessary to create a successful marketing campaign. Setting campaign objectives (such as brand awareness, lead generation and sales), budgeting, target audience identification, creative development and media selection will be addressed. In addition, you'll look at the requirements for data-driven campaign execution and measurement.

BUSS-765 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F03 M, W 6-8 p.m. Kim LaSalle
Sep 9 – Sep 11 Online
F04 M, W 6-8 p.m. Kim LaSalle
Oct 7 – Oct 9 Online

Accounting

Intro to Accounting for Businesses

Are you a small business owner or employee tasked with company financial review but you don't have a strong background in accounting? Broaden your skills and understanding of financial statements with an introduction to the accounting equation and two of the three major financial statements, the balance sheet along with the profit and loss statement. T-accounts, general ledger entries and responsibilities an accountant typically performs will also be explored.

BUSS-741 | 3 sessions | \$29.50 AGE 60+ | \$39 REG
F01 M 6-7 p.m. Felisha Davis
Jul 29 – Aug 12 STLCC-Corp 207

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 | \$56 AGE 60+ | \$85 REG
F02 Sa 9:00 a.m.-1:00 p.m. Stacy Moore
Sep 14 – Sep 21 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 | \$56 AGE 60+ | \$85 REG
F03 Sa 9:00 a.m.-1:00 p.m. Stacy Moore
Sep 28 – Oct 5 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 | \$56 AGE 60+ | \$85 REG
F04 Sa 9:00 a.m.-1:00 p.m. Stacy Moore
Oct 19 – Oct 26 FP-E 208

CAREER ESSENTIALS

Leadership Management

Establishing a Mentor/ Mentee Relationship

Make a difference in your career. Building your relationship with a mentor is similar to the job search—you want to make sure it's the right fit. It's important to put time, effort and focus into cultivating and growing this relationship. Mentors can be an invaluable part of your career progression. After all, they say successful people have mentors. They can serve to guide you, provide encouragement and connect you with professional contacts and more. Discover the best practices to develop your mentor matching process for establishing a long-term relationship throughout your life and career.

CPDV-701 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F01 W 6-8 p.m. **Monica Robinson**
 Sep 25 – Oct 2 *FP-E 210*

Leadership

Discover your informal leadership style. Many people are looking to grow as leaders even if they aren't officially part of the management team. Informal leadership is all about credibility and influence that is valued and can be developed over time. Boost your informal leadership strengths and examine areas for improvement to become that extraordinary informal leader that's ready for the next opportunity!

CPDV-701 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F02 W 6-8 p.m. **Monica Robinson**
 Oct 9 – Oct 16 *FP-E 210*

Elevating Your Leadership Skills

Embark on a transformative journey, immersing yourself in an exciting study of leadership models necessary for today's workforce. Gain insights into essential skills like emotional intelligence, persuasion, empathy, team building, and self-awareness. Through engaging discussions, case studies, and real-world applications, you'll be equipped with tools to lead with confidence, adaptability, and a profound understanding of leadership.

CPDV-701 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F03 Sa 10 a.m.-12 p.m. **Julius Sims II**
 Aug 10 – Aug 17 *STLCC-Corp 207*

From Employee to Entrepreneur

Becoming your own boss may sound tempting but the role brings on new responsibilities when transitioning from traditional employee tasks to becoming a business entrepreneur. Sharpen your effective time management skills, explore business metric measurements and examine offering excellent customer service to keeping your business afloat and thriving.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
F08 Th 6-8 p.m. **Tamecka Jones**
 Sep 12 *FV-C 106*
F09 Sa 10 a.m.-12 p.m. **Tamecka Jones**
 Sep 14 *MC-SO 107*

Employment Goals

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 AGE 60+ | \$29 REG
F04 Sa 11 a.m.-1:30 p.m. **Dr. Lawrence Gibbs**
 Sep 14 *FP-E 209*

Adult Etiquette

Enhance your social skills, boost your confidence and navigate various social and professional situations with ease gaining essential qualities that will benefit you throughout your life in your career and personal settings.

CPDV-701 | 4 sessions | \$36.50 AGE 60+ | \$55 REG
F05 Sa 11 a.m.-1 p.m. **Linda Pritchard**
 Sep 7 – Sep 28 *FP-E 212*

Back to the Basics for Professionals

Get recognition as a professional, no matter your role, using and understanding soft skills. Be prepared to problem solve, receive constructive feedback and apply directives to manage projects with minimal supervision along with creative approaches to solve problems individually and/or with a team to achieve optimal results.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
F06 Th 6-8 p.m. **Tamecka Jones**
 Oct 10 *FV-C 106*
F07 Sa 10 a.m.-12 p.m. **Tamecka Jones**
 Oct 12 *MC-SO 107*

The Working Parent(s)

Juggling work and family commitments can be challenging. Learn to balance multiple roles and tasks in order to be present for both work and your family through effective communication, time management, planning, boundaries and identifying realistic expectations within your control.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
F10 Th 6-8 p.m. **Tamecka Jones**
 Aug 8 *FV-C 106*
F11 Sa 10 a.m.-12 p.m. **Tamecka Jones**
 Aug 10 *MC-SO 107*

Discovering Short and Long Term Goals for your Career

Who is in control of your career? If it isn't you, then it is time for you to learn how to take control of it. Designed to introduce participants to the stages of career development and the career development model that others have used to successfully advance their careers. Elements will include self-awareness, career awareness, career exploration, career preparation, job seeking and advancement.

CPDV-702 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F01 W 6-8 p.m. **Monica Robinson**
 Sep 11 – Sep 18 *FP-E 210*

Choosing a Career Path That Works for You

Interested in a new career? People seek to change careers for many different reasons. Your career goals or values may have changed, you may have discovered new interests that you would like to incorporate into your job, you may wish to make more money, or have more flexible hours just to name a few. Before you decide, it is important to take the time to evaluate your present situation, to explore career options, to decide if your career needs making over and to choose a career that will be more satisfying for you.

CPDV-702 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F02 W 6-8 p.m. **Monica Robinson**
 Aug 7 – Aug 14 *FV-C 106*

Networking With Interviews

Informational interviews are essential in helping you to find out more about areas and roles you're interested in. You may think you know all about a certain position, but speaking to someone directly gives you the opportunity to test your assumptions. Make the journey toward success and learn how an informational interview and networking may help you stand-out from other candidates and help secure your next job.

CPDV-703 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F01 W 6-8 p.m. **Monica Robinson**
 Aug 21 – Aug 28 *FV-C 106*

The Next Chapter

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, you'll find 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 | \$25.50 AGE 60+ | \$35 REG
F03 Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**
 Sep 14 *Online*

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 road map for your next chapter.

CPDV-702 | 1 session | \$21 AGE 60+ | \$29 REG
F04 Sa 9:30-11:30 a.m. **Carol Watkins**
 Sep 28 *Online*

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the uncharted post-career years and wondering what's next? Many of us in the third chapter of life feel unsettled, restless and adrift. The years between 50 and 75 can be some of the best, but are you wondering how to make sense of the changes you're facing? If you are looking for new meaning in work and life, this powerful, interactive learning experience will share ways you can tap into the power of purpose. Whether you're seeking an encore career, looking for enlivening volunteer work or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity and fulfillment.

CPDV-702 | 2 sessions | \$31 AGE 60+ | \$45 REG
F05 Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**
 Oct 12 – Oct 19 *Online*

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 \$45 ^{AGE 60+} \$45 ^{REG}	
F02 F 12:30-3:30 p.m. Sep 6	Francelle Darris FP-E 207B
F03 Sa 10 a.m.-1 p.m. Sep 28	Francelle Darris FP-E 310
F04 F 12:30-3:30 p.m. Oct 11	Francelle Darris MC-SC 310
F05 Sa 10 a.m.-1 p.m. Oct 26	Francelle Darris FV-B 119

PC and Technology: Extended

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

COMP-701 1 session \$69 ^{AGE 60+} \$69 ^{REG}	
F06 Sa 9 a.m.-3 p.m. Aug 24	Rhonda Cross FV-B 119

Introduction to Power BI®

Introduction to Power BI is a foundation course designed to introduce you to the fundamental concepts and practical applications of Microsoft's Power BI tool. Topics include data import and transformation with Power Query Editor, data modeling, DAX to name a few. Through hands-on exercises, you will learn how to transform, visualize, and analyze data using Power BI, empowering you with valuable skills applicable in both academic and professional settings.

COMP-722 2 sessions \$109 ^{AGE 60+} \$109 ^{REG}	
F04 Sa 9 a.m.-12 p.m. Oct 5 - Oct 12	Lee Douangkeomany MC-CN 221

Engineering Graphics

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. Dates align with credit schedule. Available for credit as EGR.

COMP-770 12 sessions \$244 ^{AGE 60+} \$244 ^{REG}	
F01 W 7-9:15 p.m. Sept 18-Dec 4	FV-E 283

Introduction to Revit®

Introduction to Revit will provide instruction using Revit software for building information modeling (BIM) for architecture. Instruction will focus on how both graphic and non-graphic architectural information for a building is produced through the creation of a single project database represented in a 3D model. Dates align with credit schedule. Class is a combination of lecture and lab hours. Available for credit as EGR 133 552.

COMP-770 24 sessions \$488 ^{AGE 60+} \$488 ^{REG}	
F02 M/W 6-9:30 p.m. Sept 16-Dec 4	Paul Morris MC-SW 202
• NOTE: No class 11/27	

Google®

Getting to Know Google Tools

Think you know Google? Can you search effectively? Are you using Drive™, Calendar™, YouTube®, Gmail™, Meet™ and all of the effective extensions? Come and learn tips and tricks to save you time and money.

COMP-742 3 sessions \$75 ^{AGE 60+} \$75 ^{REG}	
F01 W 6-8 p.m. Aug 7 - Aug 21	Cindy Lane STLCC-SoCo 206
F03 W 6-8 p.m. Sep 18 - Oct 2	Cindy Lane MC-CN 222

Home Technology

Beyond Broadcasting

"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 subscription, 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}	
F07 Tu 6-9 p.m. Sep 17	Gregory Ray MC-SO 107

Intro 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}	
F11 Tu 6-9 p.m. Oct 15	Gregory Ray MC-SO 109

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Apple®

Mac for Window Switchers

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

COMP-765 | 1 session | \$39^{AGE 60+} | \$39^{REG}
F06 Tu 6-9 p.m. **Gregory Ray**
 Aug 27 *MC-HE 233*

The Organized Mac: Organizing, Finding, and Protecting Files

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

COMP-765 | 1 session | \$39^{AGE 60+} | \$39^{REG}
F10 Tu 6-9 p.m. **Gregory Ray**
 Sep 24 *MC-HE 233*

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. You 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 to the class.

COMP-765 | 1 session | \$39^{AGE 60+} | \$39^{REG}
F01 Tu 6-9 p.m. **Gregory Ray**
 Aug 6 *MC-CE Classroom*
F12 Tu 6-9 p.m. **Gregory Ray**
 Oct 22 *MC-SO 107*

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: familiarity in navigating your iPhone and/or iPad or completion of our Basics course. Have your iPhone and/or an iPad and corresponding charger(s) handy when joining class.

COMP-765 | 1 session | \$39^{AGE 60+} | \$39^{REG}
F05 Tu 6-9 p.m. **Gregory Ray**
 Aug 13 *STLCC-Corp 207*
F14 Tu 6-9 p.m. **Gregory Ray**
 Oct 29 *MC-SO 107*

ADOBE® TOOLS**Adobe® Lightroom® Classic: Introduction**

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

CVTW-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}
F01 Sa 9 a.m.-4 p.m. **Charles LaGarce**
 Aug 17 *MC-HE 233*
F03 Sa 9 a.m.-4 p.m. **Charles LaGarce**
 Nov 9 *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.

CVTW-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}
F02 Sa 9 a.m.-4 p.m. **Charles LaGarce**
 Oct 5 *MC-HE 233*
F04 Sa 9 a.m.-4 p.m. **Charles LaGarce**
 Dec 7 *MC-HE 136*

Adobe® Photoshop®: In a Day Workshop

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

CVTW-704 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F05 F 9 a.m.-4 p.m. **Zak Zych**
 Nov 22 *MC-HE 233*

Adobe® Photoshop®: The First Steps Workshop

Join our 8-hour workshop to explore essential Photoshop techniques. Learn about layers, transformations, both destructive and non-destructive editing, adjustment layers, the clone stamp tool, and content-aware fill.

CVTW-704 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F01 F 8:30 a.m.-4:30 p.m. **Zak Zych**
 Sep 6 *MC-HE 233*

Adobe® Photoshop®: Introduction

Learn practical Photoshop skills for everyday use. Gain hands-on experience in layers, making selections, masking, basic color, type tool, extraction filter, image resolution, and conversion from RGB to grayscale. Explore image repairs with the healing patch and clone stamp. Create unique fictional images without a camera or scanner. Experience guided demonstrations by a Photoshop expert, encouraging class participation in an atmosphere of mutual support.

COMP-755 | 4 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Sa 12-3 p.m. **Zak Zych**
 Aug 24 - Sep 21 *MC-HE 136*

• NOTE: No class 8/31

Adobe® Photoshop®: 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, changing the size of your image and canvas, the power of crop tool and blending modes. You'll work hands-on with a wide variety of images.

COMP-755 | 4 sessions | \$149^{AGE 60+} | \$149^{REG}
F02 Sa 12-3 p.m. **Zak Zych**
 Sep 28 - Oct 19 *MC-HE 136*

Adobe® Photoshop®: Advanced

Build on skills learned during the beginning- and intermediate-level classes. Examine adjustment layers with layer masks, encounter smart objects, and work with blurring, sharpening, shadow and highlight tools.

COMP-755 | 4 sessions | \$149^{AGE 60+} | \$149^{REG}
F03 Sa 6-9 p.m. **Zak Zych**
 Oct 26 - Nov 16 *MC-HE 136*

Adobe® Photoshop®: Masking Workshop

This one-day workshop builds upon techniques learned in Adobe Photoshop 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.

CVTW-704 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F02 F 9 a.m.-4 p.m. **Zak Zych**
 Sep 20 *MC-HE 233*

Adobe® Photoshop®: 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.

CVTW-704 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F03 F 9 a.m.-4 p.m. **Zak Zych**
 Oct 11 *MC-HE 233*

Adobe® Photoshop®: 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.

CVTW-704 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F04 F 10 a.m.-3 p.m. **Zak Zych**
 Nov 1 *MC-HE 233*

PROGRAMMING & DATA ANALYTICS

Python: Introduction

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

COMP-765 | 5 sessions | \$199^{AGE 60+} | \$199^{REG}
F02 W 6-9 p.m. **Joseph Richey**
Aug 7 - Sep 4 *MC-CN 221*
• NOTE: No class 8/1

Python: Intermediate

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

COMP-765 | 4 sessions | \$199^{AGE 60+} | \$199^{REG}
F08 W 6-9 p.m. **Joseph Richey**
Sep 18 - Oct 9 *MC-CN 221*

Python: Data Analysis

Expand your Python knowledge by learning the topics of data analysis, visualization and investigate Python's data analysis techniques. Learn the basics of how to use the matplotlib, numpy, pandas and seaborn modules for performing analysis and visualization. Learn data manipulation using pandas and how to work with its data structure and functions to filter, select, group and aggregate data. This course covers such operations as (1) using numpy arrays, (2) Using pandas series and dataframes (3) plotting datasets using matplotlib, (4) filter select, group, and aggregate data, and (5) how to convert raw data into a more usable format known as data wrangling or data munging.

COMP-765 | 5 sessions | \$199^{AGE 60+} | \$199^{REG}
F16 W 6-9 p.m. **Joseph Richey**
Oct 23 - Nov 20 *MC-SC 201*

SQL: Introduction

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

COMP-765 | 5 sessions | \$199^{AGE 60+} | \$199^{REG}
F03 Th 6-9 p.m. **Joseph Richey**
Aug 8 - Sep 5 *MC-SC 201*

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 | \$199^{AGE 60+} | \$199^{REG}
F09 Th 6-9 p.m. **Joseph Richey**
Sep 19 - Oct 10 *MC-SC 201*



MICROSOFT® TOOLS

Excel®

Microsoft® Excel®: Part I

Learn 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 | \$129^{AGE 60+} | \$129^{REG}
F01 W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**
Jul 31 – Aug 1 *STLCC-Corp 208*
F03 W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**
Sep 25 – Sep 26 *STLCC-Corp 208*

COMP-720 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F02 F 9 a.m.-4 p.m. **Cris Heffernan**
Aug 9 *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.

COMP-721 | 2 sessions | \$129^{AGE 60+} | \$129^{REG}
F01 W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**
Aug 14 – Aug 15 *STLCC-Corp 208*
F03 W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**
Oct 9 – Oct 10 *STLCC-Corp 208*

COMP-721 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F02 F 9 a.m.-4 p.m. **Cris Heffernan**
Aug 23 *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.

COMP-722 | 2 sessions | \$129^{AGE 60+} | \$129^{REG}
F01 W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**
Aug 28 – Aug 29 *STLCC-Corp 208*
F05 W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**
Oct 23 – Oct 24 *STLCC-Corp 208*

COMP-722 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F02 F 9 a.m.-4 p.m. **Cris Heffernan**
Sep 6 *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.

COMP-722 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F03 F 9 a.m.-12:30 pm. **Cris Heffernan**
Sep 20 *STLCC-Corp 208*
F06 F 9 a.m.-12:30 p.m. **Cris Heffernan**
Nov 8 *STLCC-Corp 208*

PowerPoint®

Mastering PowerPoint

Do you want to learn how to add some professional zing to your PowerPoint presentations? Would you like to enhance those slides you need to share with your colleagues? We will explore learning theories and how to get your message across in an organized and engaging fashion. Bring your tired PowerPoint projects to class and we will freshen them up!

COMP-742 | 2 sessions | \$55^{AGE 60+} | \$55^{REG}
F02 W 6-8 p.m. **Cindy Lane**
Aug 28 – Sep 4 *STLCC-SoCo 206*
F04 W 6-8 p.m. **Cindy Lane**
Oct 9 – Oct 16 *MC-SC 201*

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 | 4 sessions | \$165^{AGE 60+} | \$165^{REG}
F01 W 6-9 p.m. **Lee Douangkeomany**
Aug 21 – Sep 18 *MC-SC 201*
 • NOTE: No class 9/4

Windows®

Microsoft® Windows® 10 for Beginners

Explore Windows 10 and all its user-friendly features. Topics include using start screen, live tiles, hot corners, and OneDrive®. Please note: This course is not for tablets or touch screen devices; you will use a mouse to navigate.

COMP-705 | 1 session | \$69^{AGE 60+} | \$69^{REG}
F01 Sa 9 a.m.-4 p.m. **James Prater**
Nov 9 *MC-SC 201*

CPR AND FIRST AID

Heartsaver First Aid: CPR/AED†

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

CPRR-706 | 1 session | \$90.50 AGE 60+ | \$115 REG

- F01** Sa 8:30 a.m. - 4:30 p.m.
Sep 7 FP-W 126
- F02** Sa 8:30 a.m. - 4:30 p.m.
Nov 2 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 | \$95.50 AGE 60+ | \$115 REG

- F01** F 9 a.m. - 3 p.m.
Aug 2 FP-W 126
- F02** M 5-10 p.m.
Sep 16 FP-W 126
- F03** Tu 9 a.m. - 3 p.m.
Oct 8 FP-W 126
- F04** F 9 a.m. - 3 p.m.
Nov 15 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 | \$324.50 AGE 60+ | \$349 REG

- F01** W 9 a.m. - 5 p.m.
Oct 16 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 | \$85 AGE 60+ | \$99 REG

- F01** W 9 a.m. - 1 p.m.
Aug 7 FP-W 126

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

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

Community Assistance

Community Emergency Response Team Training (CERT)

Have you ever thought, "What would I do if a tornado struck my subdivision?" or "What types of natural disasters can happen in St. Louis?" We have the answers. Community Emergency Response Team Training (CERT) is a series of classes that prepares you to help your community in the event of a crisis. Through lecture and hands-on activities, professional emergency responders will teach you about emergency and disaster preparedness, while you receive training in basic response skills such as fire safety, team organization, light search and rescue, and medical operations. Training will conclude with a full-scale disaster exercise in a tornado simulation (off-site location: 1001 Assembly Pkwy, Fenton, MO 63026) on Saturday, October 26, 9am-3pm. Upon successful completion of the training, you will be able to join a local St. Louis Area CERT program to continue to support and help where volunteers are needed.

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

- F01** Tu 6:30-10 p.m.
Sep 10-Oct 26 *WW 225*
• NOTE: No class 10/1
Due to no class on Tuesday, Oct 1, class will meet instead on Monday, Sept 30.
- F02** W 6:30-10 p.m.
Sep 11-Oct 26 *FW-W 325*
- F03** Th 6:30-10 p.m.
Sep 12-Oct 26 *FV-E 156*



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.

Career and Volunteer Opportunities in Animal Welfare Agencies

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 24 *MC-SO 105*

Animal Welfare and the Humane Movement

What does the term "animal welfare" bring to your mind? There are different facets of "animal welfare," and the work of animal welfare agencies in the St. Louis metro area are built on different viewpoints. Gain insight into the history of the animal welfare/humane movement in the United States and where we are today. Explore community animal welfare needs and possible solutions.

ANIM-741 | 1 session | \$30 AGE 60+ | \$35 REG

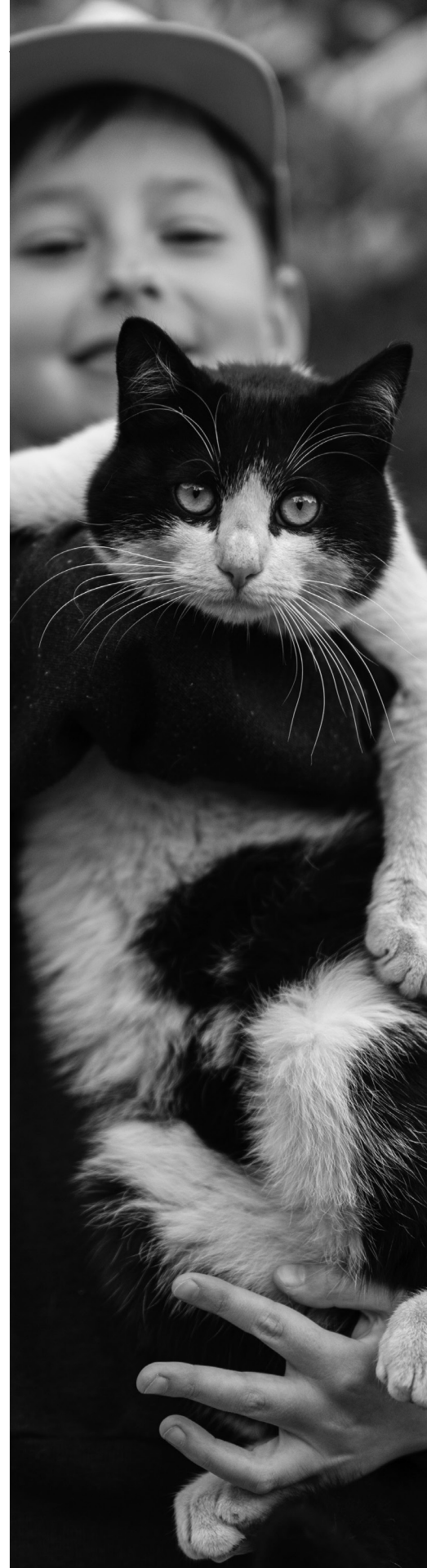
- F02** Tu 6-8:30 p.m.
Oct 22 *MC-SO 105*

Getting to Know Us: St. Louis Animal Welfare Organizations

St. Louis hosts various organizations of all types and sizes involved in animal welfare activities, rescues and shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, and advocacy. Each has a unique role, approach and way of operating, but it takes the full community to meet the needs of our local animals and offers involvement opportunities for people with a variety of interests and skills (like you!). A panel from local agencies will present their stories and answer your questions.

ANIM-741 | 1 session | \$30 AGE 60+ | \$35 REG

- F03** Tu 6-8:30 p.m.
Nov 26 *MC-SO 105*



PERSONAL ENRICHMENT

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

AGELESS LEARNING SEMINARS

Armchair Tour of St. Louis Baseball History

Virtually visit addresses in St. Louis and learn their baseball relevance—the parks, player's homes and businesses, grave sites, and other locations with baseball stories. Before and after photos, the history of the sites, and the baseball stories that happened at the spot.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F05 Sa 10 a.m.-12 p.m. **Brian Flaspohler**
Aug 24 *FP-E 218*

Ann Miller

A dynamic dancer and Hollywood icon, Ann Miller, will captivate you as you watch her rise through Hollywood with film clips of an adolescent through her fabulous dance sequences in "On The Town" and "Easter Parade" and a poignant singing performance in her one-woman show many years later. An unforgettable star!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F07 Th 10-11:30 a.m. **Mary Saputo**
Sep 12 *MC-SW 207*

The Best of Classic Hollywood Horror

Making a debut during the silent era, horror films emerged in the 1930's with 'talkies' and so did the sound effects that we all loved - creaking doors, rumbles of thunder, and that music! Come on, Lon Chaney, Boris Karloff, Bela Lugosi and Vincent Price are all waiting to see YOU!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F15 Th 2-3:30 p.m. **Mary Saputo**
Oct 24 *MC-SO 107*

Betty Grable

America's favorite pin-up girl comes to life in this rich, historical presentation behind the beautiful and talented Betty Grable. Trivia and film clips of all of her most notable Hollywood pictures with the likes of Tyrone Power, John Payne, Van Johnson and so much more. A million dollar story surrounding the lady with the 'Million Dollar Legs'!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F12 Th 2-3:30 p.m. **Mary Saputo**
Oct 10 *Richmond Heights Public Library*

Clark Gable

Oscar winner, legend, or king of Hollywood—whichever label you choose, this was unarguably Hollywood's leading man. We will cover a multitude of iconic films from the 1930s 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
F16 Th 10-11:30 a.m. **Mary Saputo**
Nov 7 *MC-SW 207*

Donald O'Connor

Dive into Donald O'Connor's life with fabulous vintage film clips of him singing, dancing at 12 years old, plus all the great dance numbers from "Singing in the Rain" including the iconic "Make 'Em Laugh". This is a comedic film star no one should ever forget!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F06 Th 2-3:30 p.m. **Mary Saputo**
Aug 29 *FV-E 158*

Ethnic Dining in St. Louis

You don't have to leave St. Louis to enjoy foods from the four corners of the Earth. The city has access to a wide range of ethnic foods from around the globe from Albania and Bhutan, to Turkey and Venezuela. Delve into the various cuisines, expand your palate and try some of St. Louis' amazing international restaurants.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F19 Th 10 a.m.-11:30 a.m. **Doug Schneider**
Dec 5 *MC-SW 207*

Nicolas Brothers

Follow the infamous Nicholas Brothers dance team through their extraordinary film career throughout the 1930s-1940s with highlights and clips featuring Dorothy Dandridge, Carmen Miranda, Betty Grable and more. If you have never heard of these talented brothers, be prepared to be wowed by their spectacular and unforgettable performances.

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F10 Th 2-3:30 p.m. **Mary Saputo**
Sep 19 *Ferguson Public Library*

Gone In a Flash!

What is human trafficking? What other types of trafficking are there? Discuss myths and perceptions that have defined the industry for decades and how to debunk them. Learn how to recognize red flags and how some of our past fears are actually aiding traffickers in exploiting more victims. The windowless white van is not the only thing to look out for!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F09 Th 2-4 p.m. **Dr. Julie Heifner**
Sep 19 *MC-SO 107*
F13 Tu 12-2 p.m. **Dr. Julie Heifner**
Oct 15 *STLCC-SoCo 103*

Jane Powell

Reminisce with us as we highlight the bubbly, effervescent performances of Jane Powell, a darling of Hollywood, with clips from "Royal Wedding", "Seven Brides for Seven Brothers" and more! Singer, dancer, film and stage actress, Jane was the epitome of the "Girl Next Door" until she purposefully left MGM in the mid-50's. Was it a happy ending? Come and find out!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F11 Th 10-11:30 a.m. **Mary Saputo**
Oct 3 *FV-E 158*

Judy Garland

Engage in this exclusive presentation that covers of life of legendary Judy Garland's spanning her early career with Mickey Rooney, plus some of her most memorable song and dance scenes from "Meet Me in St. Louis", "Easter Parade" and so much more, right up to television's "The Judy Garland Show." Join us in celebrating what would have been her 102nd birthday this year as we honor the enduring legacy of this remarkable entertainer!

SENR-702 | 1 session | \$9 AGE 60+ | \$9 REG
F04 Th 10-11:30 a.m. **Mary Saputo**
Aug 15 *MC-SO 108*

Medicare 101

Medicare can be confusing. Find out how Medicare works, get answers to your questions, and learn about your options to help you decide the coverage that best meets your needs. The seminar will include Original Medicare (Parts A & 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. Missouri SHIP, Missouri's official State Health Insurance Assistance Program, offers this class. SHIP counselors do not sell or promote any insurance company or its products.

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

F20	W 6-7:30 p.m. Jul 31	Wilma Schmitz FV-C 102
F03	W 6-7:30 p.m. Aug 14	Wilma Schmitz MC-CE Classroom
F08	W 6-7:30 p.m. Sep 18	Wilma Schmitz STLCC-SoCo 202
F14	W 6-7:30 p.m. Oct 16	Wilma Schmitz FP-HSP 107
F17	W 6-7:30 p.m. Nov 13	Wilma Schmitz MC-CE Classroom

Foods and Drinks Invented in St. Louis

Condiments, sandwiches, pastries, fairy floss, breakfast items, main dishes, salads, sodas, salad dressings, and milk that does not need refrigeration all made their debut in St. Louis. Learn about these inventions and much more!

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

F01	Tu 7-8:30 p.m. Jul 30	Doug Schneider Online
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A Panorama of Parks in the City of St. Louis

Go beyond your backyard with a virtual tour of some of the parks in the city of St. Louis (there are over 100!). Journey through interesting local parks with fun facts along the way. Learn which park is featured in math textbook for its shape, where to smell the roses and much more!

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

F18	Th 7-8:30 p.m. Sep 5	Doug Schneider Kirkwood Public Library
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Wine Trivia

Get trivia night ready with an overview of little known trivia and stories from the wine industry. Learn where wine originated, where the steepest vineyard in the world is located, and also find out what an industry term is for a very popular chardonnay and a wine maker you have never heard of before (but probably have had before!). There is also a link between St. Louis and a count in Tuscany you will explore.

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

F02	Sa 10 a.m. - 12 p.m. Aug 24	Stephanine Thurmer Online
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Sunny Portugal

Portugal, where the sidewalks are mosaics, the houses are decorated with tiles, and you are never far from a wonderful pastry shop. Learn how Celts, Romans, Visigoths, Moors and Christians all left their mark and what Portugal has to offer!

CLTR-702 | 1 session | \$24^{AGE 60+} | \$29^{REG}

F02	F 10 a.m. - 11:30 p.m. Sep 13	Doug Schneider MC-HE 124
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Homage to Barcelona

Embark on a journey into the marvelous city of Barcelona. This city is on the Mediterranean coast of Spain and is noted for its whimsical architecture and many museums. Sit back and enjoy this armchair tour of a city that is the focal point of the fifth largest urban area in the European Union.

CLTR-702 | 1 session | \$24^{AGE 60+} | \$29^{REG}

F04	F 1-2:30 p.m. Oct 18	Doug Schneider MC-SO 108
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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 | \$29^{AGE 60+} | \$29^{REG}

F03	M 4 - 6 p.m. Oct 21	Barbara Klein MC-SO 112
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Unlocking the Mystery of Mexican Nonverbals

The world of nonverbal communication is fascinating and even more complex when examined within a cultural context. Learn about Mexican nonverbals from a professor who lived and studied in Mexico for years. Explore understanding and interpreting Mexican use of time, personal space, expressiveness, dress and use of color.

CLTR-702 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F01	Th 2 - 4 p.m. Aug 29	Dr. Julie Heifner MC-SO 107
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The Motorcycle and the American Life

They started off as bicycles with motors, but then became their own form of transportation. Dive into the turn of the century where America started to manufacture its own motorcycles, and police departments started using them in 1911. From transportation, to cinema, to folklore, to self-expression, to music to a sense of menace learn the impact motorcycles had on history.

CLTR-701 | 1 session | \$24^{AGE 60+} | \$29^{REG}

F04	Tu 7-8:30 p.m. Oct 15	Doug Schneider Online
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Beginner's Guide to Astrology

Curious about how the planets affect your everyday life? Examine astrology fundamentals and how the planets and zodiac signs affect your life and the world around you with information and guidance to determine use in your daily activities. Focus will also include reviewing individual birth charts.

CLTR-765 | 2 sessions | \$27^{AGE 60+} | \$39^{REG}

F01	M 6:30-8:30 p.m. Nov 4 - Nov 11	Ryan Chester MC-SO 111
F02	Th 6:30-8:30 p.m. Nov 7 - Nov 14	Ryan Chester FV-SS 105

Magick of Samhain: 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 mythos, energy and beauty of this sacred seasonal cycle of death and rebirth and learn how to partner with its energies to enhance your life. Class includes a guided meditation to meet a spirit of Samhain or an ancestor. You may wish to bring a blanket or something cozy to be comfortable for the meditation. Handout is included.

CLTR-701 | 1 session | \$29^{AGE 60+} | \$29^{REG}

F06	Tu 6 - 8 p.m. Oct 29	Kassia Morgan Online
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The Magick of Lammas / Lughnasadh - the First Harvest

Considered the time of the first harvest, some celebrate this time of year as Lammas or Lughnasadh where the first fruits of our summer labors are coming into ripeness and the farmers are entering the fields to harvest the early crops. What are the energies of this time of year? How can you use them to empower your life? You may wish to bring a blanket or something cozy to be comfortable for the meditation. Handout is included.

CLTR-701 | 1 session | \$29^{AGE 60+} | \$29^{REG}

F01	Tu 6 - 8 p.m. Jul 30	Kassia Morgan Online
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Protection Magick and Psychic Self-Defense

Learn how to protect yourself from unwanted energies with the simple yet powerful techniques of protection magick. Every day you encounter energy, good and bad. Other people's energy can impact your daily life, health and happiness. Just like washing your hands, good psychic hygiene is imperative and can make a positive difference in your life. Handout is included.

CLTR-701 | 1 session | \$29^{AGE 60+} | \$29^{REG}

F05	Th 6 - 8 p.m. Oct 24	Kassia Morgan Online
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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. We can partner with nature and the energies of this time of year to cultivate our personal harvest. What are the energies of this time of year? How can you partner with them to empower your life? Class includes a guided meditation to journey to the Spirit of Autumn. You may wish to bring a blanket or something cozy to be comfortable for the meditation. Handout is included.

CLTR-701 | 1 session | \$29^{AGE 60+} | \$29^{REG}

F03	Tu 6 - 8 p.m. Sep 17	Kassia Morgan Online
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Culture

Discover Your Animal Spirit Allies, a Shamanic Perspective

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 an animal spirit. You may wish to bring a blanket or something cozy to be comfortable for the meditation. Handout is included.

CLTR-701 | 1 session | \$29 AGE 60+ | \$29 REG
F02 Th 6 - 8 p.m. **Kassia Morgan**
 Sep 12 *Online*

Death and the Dying Process, a Shamanic Perspective

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? What is it like to be the one chosen by the dying to help them cross the bridge? What might you expect? During class, we will have a guided meditation to meet with an ancestor or beloved. You may wish to bring a blanket or something cozy to be comfortable for the meditation. Handout is included.

CLTR-701 | 1 session | \$29 AGE 60+ | \$29 REG
F07 Tu 6 - 8 p.m. **Kassia Morgan**
 Nov 12 *Online*

Masculinity: What Makes a Man?

American media and culture often teach a singular definition of what a man "truly" is. If being a man is really one thing, how can it be that we are all taught differently? Join us and learn about the many ways that men across the world and America understand their manhood. Everyone, regardless of sex, gender or age is welcome to attend.

CLTR-765 | 1 session | \$23 AGE 60+ | \$29 REG
F03 Tu 5 - 7 p.m. **Michael Thomas**
 Nov 12 *FP-W 217*

CREATIVE ARTS

FINE ARTS

Artful Saturdays

Enjoy three Saturday mornings exploring the Saint Louis Art Museum collections. Tours will feature a specific theme each weekend, specific selections TBD. Where to meet: Saint Louis Art Museum (SLAM) — inside the main entrance to the Cass Gilbert (original) museum building.

ARTS-705 | 3 sessions | \$69 AGE 60+ | \$69 REG
F01 Sa 10 a.m. - 12 p.m. **Betsy Solomon**
 Sep 28 - Oct 12 *St. Louis Art Museum*

Printmaking

Printmaking: Greeting Cards

Create a set of letterpress printed greeting cards uniquely designed by you. Choose an image over 50 designs, learn a few printing tricks and crank out 20 stationary cards with matching envelopes ready to use for special occasion. The final personalized cards will include your name, initials or other personalized sentiment (limited to 20 characters or less). All supplies provided.

ARTS-765 | 1 session | \$49 AGE 60+ | \$49 REG
F03 Sa 1-3:30 p.m. **Marie Oberkirsch**
 Aug 24 *Central Print*
F05 Sa 1 - 3:30 p.m. **Marie Oberkirsch**
 Oct 12 *Central Print*

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 | \$115 AGE 60+ | \$115 REG
F01 M 9:30 a.m.-12 p.m. **Ruth Kolker**
 Sep 9 - Oct 14 *Online*

Drawing*

Drawing: Beginning/Intermediate

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

ARTS-709 | 6 sessions | \$115 AGE 60+ | \$115 REG
F05 Th 5 - 7:30 p.m. **Lisa Payne**
 Aug 8 - Sep 19 *WW 309*
 • NOTE: No class 8/29
F02 Tu 9:30 a.m.-12 p.m. **Ruth Kolker**
 Aug 27 - Oct 8 *MC-CE Classroom*
 • NOTE: No class 10/1
F03 Th 6 - 8:30 p.m. **Lisa Payne**
 Oct 3 - Nov 14 *Online*
 • NOTE: No class 10/24
F04 Tu 9:30 a.m.-12 p.m. **Ruth Kolker**
 Oct 22 - Dec 3 *MC-CE Classroom*
 • NOTE: No class 11/5

Right-Brain Drawing

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

ARTS-721 | 8 sessions | \$125 AGE 60+ | \$125 REG
F01 Sa 10 a.m.-12 p.m. **Mary Feagan**
 Sep 7 - Oct 26 *MC-HE 124*

Colored Pencil: Beginning/Intermediate

Bring color to your drawings while discovering the types of surfaces and tools that are available. Explore drawing techniques while creating new colors through layering and blending. Understand the importance of lightfast pencils and acid free papers. Embrace the idea that we all have valuable information to share with each other regardless of our experience level. Supply list will be sent.

ARTS-716 | 4 sessions | \$105 AGE 60+ | \$105 REG
F01 Th 5:30-8:30 p.m. **Ed Pearce**
 Sep 5 - Sep 26 *FP-HSP 110*
F02 Th 5:30-8:30 p.m. **Ed Pearce**
 Oct 3 - Oct 24 *MC-SO 109*



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



Painting*

Watercolor: 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 | 10 sessions | \$225 AGE 60+ | \$225 REG
F01 Th 9 a.m.-12 p.m. **Annie Smith-Piffel**
Aug 8 - Oct 31 *Bluebird Park - Ellisville*
• NOTE: No class 8/15, 9/19, and 10/17

Watercolor: Intermediate/Advanced

Build your watercolor skills to a more advanced level, exploring challenging techniques of layered washes, modeling with color and unusual textural accents. Students must be proficient in drawing with basic watercolor skills. Supply list will be sent.

ARTS-736 | 10 sessions | \$225 AGE 60+ | \$225 REG
F01 Th 12:30-3:30 p.m. **Annie Smith-Piffel**
Aug 8 - Oct 31 *Bluebird Park - Ellisville*
• NOTE: No class 8/15, 9/19, and 10/17

Oil or Acrylic Painting

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

ARTS-740 | 6 sessions | \$115 AGE 60+ | \$115 REG
F01 Tu 5:30 - 8:30 p.m. **Lisa Payne**
Aug 6 - Sep 10 *Online*
F02 Tu 5 - 8 p.m. **Lisa Payne**
Sep 24 - Nov 12 *WW 309*
• NOTE: No class 10/1, 11/5

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 | \$115 AGE 60+ | \$115 REG
F03 Tu 2-5 p.m. **Mike Ochonicky**
Sep 24 - Oct 29 *MC-SW 106*
• NOTE: No class 10/1
F04 Tu 5:45 - 8:45 p.m. **Mike Ochonicky**
Sep 24 - Oct 29 *MC-SW 102*
• NOTE: No class 10/1

Acrylic Impressions: Beginning

Learn how to paint like the Impressionists, working in small scale to quickly complete your own vibrant, light-filled piece. Create colors with minimal paint to better paint in the impressionistic style. Work at your own pace on a subject that is inspirational to you. Supply list will be sent.

ARTS-748 | 10 sessions | \$225 AGE 60+ | \$225 REG
F01 F 9 a.m.-12 p.m. **Annie Smith-Piffel**
Aug 23 - Oct 25 *Bluebird Park - Ellisville*

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. Learn how to create colors with minimal paint to better your impressionistic style. Work at your own pace, on your own subject. Instructor provides prints and photos. Painting board provided. Supply list will be sent.

ARTS-748 | 10 sessions | \$225 AGE 60+ | \$225 REG
F02 F 12:30-3:30 p.m. **Annie Smith-Piffel**
Aug 23 - Oct 25 *Bluebird Park - Ellisville*

Pottery*

Pottery: Beginner

Discover the basics of pottery and learn all about hand-building and wheel throwing. You will learn how to center, open, and pull to make small cups and bowls on the pottery wheel, as well as hand-building projects and techniques such as pinch, coil, slab. All supplies provided.

ARTS-727 | 8 sessions | \$179 AGE 60+ | \$179 REG
F03 Th 11 a.m.-1 p.m. **Sarah Rye Bliss**
Aug 8 - Sep 26 *South Broadway Arts Project*
F10 Th 11 a.m.-1 p.m. **Sarah Rye Bliss**
Oct 10 - Dec 5 *South Broadway Arts Project*
• NOTE: No class 11/28

Pottery: All Levels

Explore projects in hand-building and wheel throwing, investigating and improving skills with clay. All levels of beginners and advanced students are welcome. All supplies provided.

ARTS-727 | 6 sessions | \$189 AGE 60+ | \$189 REG
F01 Th 12:30 - 3:30 p.m. **Linda Brattain**
Aug 1 - Sep 5 *FV-H 109*
F08 Th 12:30 - 3:30 p.m. **Linda Brattain**
Sep 19 - Oct 31 *FV-H 109*
• NOTE: No class 10/17

ARTS-727 | 10 sessions | \$259 AGE 60+ | \$259 REG
F06 Sa 9 a.m.-12 p.m. **Sheow Chang**
Sep 7 - Nov 9 *FV-H 109*
F07 Sa 1:30-4:30 p.m. **Sheow Chang**
Sep 7 - Nov 9 *FV-H 109*

ARTS-727 | 12 sessions | \$219 AGE 60+ | \$219 REG
F05 Tu 7 - 9 p.m. **Carl Behmer**
Aug 20 - Nov 19 *FV-H 109*
• NOTE: No class 10/1 and 11/5

Wheel Throwing: All Levels

Journey into a new art or get out of your comfort zone and try new forms and techniques of how to throw on the potter's wheel. Enhance your skills by learning how to center, open, pull and make small cups and bowls while finishing pottery with various painting and glazing methods. From beginner to advanced levels, this class welcomes all. All supplies provided.

ARTS-727 | 8 sessions | \$179 AGE 60+ | \$179 REG
F02 W 2-4 p.m. **Sarah Rye Bliss**
Aug 7 - Oct 2 *South Broadway Arts Project*
• NOTE: No class 9/11
F09 W 2-4 p.m. **Sarah Rye Bliss**
Oct 9 - Dec 4 *South Broadway Arts Project*
• NOTE: No class 11/27

Hand-building: All Levels

Delve into hand-building with clay utilizing pinch, coil and slab methods to make functional, decorative, and sculptural pottery. Beginners will start with the basics, intermediate and advanced students will expand and level-up their hand-building skills, projects and techniques while also experiencing finishing their pottery with various painting and glazing methods. Classes also include 6-8 extra hours of studio time for practice and finish work. All supplies provided.

ARTS-727 | 8 sessions | \$179 AGE 60+ | \$179 REG
F04 Th 2-4 p.m. **Sarah Rye Bliss**
Aug 8 - Sep 26 *South Broadway Arts Project*
F11 Th 2-4 p.m. **Sarah Rye Bliss**
Oct 10 - Dec 5 *South Broadway Arts Project*
• NOTE: No class 11/28

CRAFTS

Basketry*

Basketry: Napkin Holder

The perfect basket for beginners! Learn twining, start/stop weaving, applying a rim and lashing it in place. Leave class with a completed 7" x 7" x 3" basket, just the right size for napkins. All supplies provided.

CRFT-734 | 1 session | \$75 AGE 60+ | \$75 REG
F01 Tu 9 a.m.-12 p.m. **Laura Klaus**
 Aug 20 *MC-CE Classroom*

Basketry: Jelly Jar

Want a cute basket with feet to keep it off the table? This is the perfect size to hold two of your favorite jellies or jams. Learn how to twine, start/stop weave, apply a rim and lash to finish it off. Basket dimensions: 7" x 3" x 4". All supplies provided.

CRFT-734 | 1 session | \$75 AGE 60+ | \$75 REG
F02 W 9 a.m.-12 p.m. **Laura Klaus**
 Sep 11 *MC-CE Classroom*

Basketry: Fall Candy Corn

It's all about the colors! Make a basket the shape of candy corn, but with fall colors. Start/stop weaving, twining, lashing are just some of what you will learn. Shaping this basket will be stressed. Basket dimensions: 8" x 8" x 6". All supplies provided.

CRFT-734 | 1 session | \$85 AGE 60+ | \$85 REG
F03 W 9 a.m.-1 p.m. **Laura Klaus**
 Oct 23 *MC-CE Classroom*

Basketry: Oui Snowman

This cute little basket starts with a glass jar with a wood base already attached. This is woven with very small weavers and is a continuous weaving. Add a face and a wooden hat and this snowman is ready to stash any small items. Basket dimensions: 2" x 2". All supplies provided.

CRFT-734 | 1 session | \$65 AGE 60+ | \$65 REG
F04 W 9-11 a.m. **Laura Klaus**
 Nov 20 *MC-CE Classroom*

Book Binding

Book Binding: The Basics

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

ARTS-765 | 1 session | \$55 AGE 60+ | \$55 REG
F02 Sa 1 - 3:30 p.m. **Marie Oberkirsch**
 Aug 10 *FP-HSP 107*

Book Binding: Pamphlet Stitch

Discover the basics of pamphlet stitch case-in bookbinding. Create a hard cover booklet and learn about stitching, folding, scoring, cutting and tearing paper as well as pasting decorative paper and book cloth to a book board to create a small blank book. All supplies provided.

ARTS-765 | 1 session | \$55 AGE 60+ | \$55 REG
F04 Sa 1-3:30 p.m. **Marie Oberkirsch**
 Oct 26 *FP-HSP 107*

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 | \$55 AGE 60+ | \$55 REG
F03 Sa 10 a.m.-1 p.m. **Rhonda Cross**
 Sep 21 *FV-B 122*
F07 Sa 10 a.m.-1 p.m. **Rhonda Cross**
 Oct 12 *MC-CN 125*

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 | \$55 AGE 60+ | \$55 REG
F04 W 5-8 p.m. **Rhonda Cross**
 Sep 25 *FV-B 122*
F09 Sa 10 a.m.-1 p.m. **Rhonda Cross**
 Oct 19 *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 | \$59 AGE 60+ | \$59 REG
F11 Sa 10 a.m.-3 p.m. **Rhonda Cross**
 Nov 9 *MC-CN 125*

Floral Arrangement

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. Each session will have a different theme. Students are required to bring scissors and/or pruners. All other supplies provided.

CRFT-744 | 1 session | \$69 AGE 60+ | \$69 REG
F01 Th 5:30-7:30 p.m. **Anne Brown**
 Sep 12 *MC-CE Classroom*
F03 Th 5:30-7:30 p.m. **Anne Brown**
 Oct 3 *MC-CE Classroom*

Fresh Floral Arrangement: Summer

In this hands-on class, explore the basics of floral arrangement and design with traditional summer colors and themes. 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 | \$85 AGE 60+ | \$85 REG
F02 Tu 6-8 p.m. **Kathy Vaughn**
 Sep 17 *MC-CE Classroom*

Fresh Floral Arrangement: Fall

In this hands-on class, explore the basics of floral arrangement and design with traditional fall colors and themes. 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 | \$85 AGE 60+ | \$85 REG
F04 Tu 6-8 p.m. **Kathy Vaughn**
 Oct 22 *MC-CE Classroom*

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 | \$85 AGE 60+ | \$85 REG
F06 Tu 6-8 p.m. **Kathy Vaughn**
 Nov 19 *MC-CE Classroom*

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

Knitting and Crochet*

Knit 101

Knitting isn't just for making winter garments and accessories. Learn the basic knitting techniques that will be useful year-round! Dive into how to cast-on, knit and purl, bind-off, and correctly weave in ends. Different types of yarn, needles, gauge, simple pattern reading, addressing mistakes, and more will also be discussed. Supply list will be sent.

CRFT-720 | 4 sessions | \$65^{AGE 60+} | \$65^{REG}

F01 Tu 6-8 p.m. **Thi Miller**
Aug 6 - Aug 27 *FP-HSP 107*
F02 Th 1:30-3:30 p.m. **Thi Miller**
Aug 15 - Sep 5 *FP-HSP 107*

Knitted Sweater: Raglan

A great start to a first knitted sweater and the perfect gift for that special someone. A sweater is a great step for those who are interested in garment knitting or ready to move into more advanced knitting. We'll cover sweater construction, design and shaping. Supply list will be sent.

CRFT-722 | 10 sessions | \$145^{AGE 60+} | \$145^{REG}

F01 Th 6-8 p.m. **Thi Miller**
Aug 8 - Oct 10 *FP-HSP 107*

Knitted Holiday Ornaments

Deck your home and Christmas tree with beautiful knitted ornaments. You can also gift them to family and friends. We'll explore a variety of designs and colors to make the holidays look festive! Supply list will be sent.

CRFT-722 | 4 sessions | \$65^{AGE 60+} | \$65^{REG}

F02 Tu 6-8 p.m. **Thi Miller**
Sep 10 - Oct 8 *FP-HSP 107*
• NOTE: No class 10/1

Knitted Throw Pillow Cover

Brighten up those pillows with a beautiful hand-knitted cover and move beyond scarf knitting! You'll explore creating unique designs as well as learn a few new techniques. Supply list will be sent.

CRFT-722 | 6 sessions | \$95^{AGE 60+} | \$95^{REG}

F03 Tu 1:30-3:30 p.m. **Thi Miller**
Sep 17 - Oct 29 *FP-HSP 107*
• NOTE: No class 10/1

Knitted Hat

Join us in learning how to knit a hat! Techniques covered include casting on, knitting, decreasing and shaping, weaving in ends, and most importantly, working in the round. You'll learn both how to use a circular needle as well double-pointed needles. After this class, you'll be well on your way to more advanced knitting! Supply list will be sent.

CRFT-722 | 4 sessions | \$65^{AGE 60+} | \$65^{REG}

F04 Th 1:30-3:30 p.m. **Thi Miller**
Sep 19 - Oct 10 *FP-HSP 107*

Double Knitting: Two-Color Stranded Cowl

Learn the beautiful technique of double knitting with two-color stranding. Explore several techniques while creating several samples that will have your friends oohing and ahing at its beauty. Supply list will be sent.

CRFT-722 | 5 sessions | \$79^{AGE 60+} | \$79^{REG}

F05 Tu 6-8 p.m. **Thi Miller**
Oct 22 - Nov 26 *FP-HSP 107*
• NOTE: No class 11/5

Knitted Throw Pillow Cover

Brighten up those pillows with a beautiful hand-knitted cover. This is a great class to move beyond scarf knitting! We'll explore creating unique designs as well as learn a few new techniques. Supply list will be sent.

CRFT-722 | 6 sessions | \$95^{AGE 60+} | \$95^{REG}

F06 Th 6-8 p.m. **Thi Miller**
Oct 24 - Dec 5 *FP-HSP 107*
• NOTE: No class 11/28

Non-Knit Yarn Projects

Use beautiful yarns and fibers to make home decor projects without the need to know how to knit or crochet. Learn how to make wall hangings, small hoop weavings, pom poms, tassels, and more. All skill levels are welcome! Supply list will be sent.

CRFT-726 | 3 sessions | \$65^{AGE 60+} | \$65^{REG}

F01 W 6-8:30 p.m. **Dee Levang**
Sep 11 - Sep 25 *MC-SO 108*

Understanding Crochet Patterns & Charts

Do you get lost reading crochet patterns? Do crochet charts look like hieroglyphics to you? No fear, help is on the way! Learn how to break down written crochet patterns into approachable steps, and how to follow crochet charts/diagrams even without written instructions. Supply list will be sent.

CRFT-724 | 1 session | \$45^{AGE 60+} | \$45^{REG}

F01 Sa 1-4 p.m. **Dee Levang**
Aug 24 *MC-SO 109*

Tunisian Crochet in a Day

Learn how to create the foundation row, the Tunisian simple stitch, the Tunisian knit stitch, how to change colors, how to bind off, and how to read Tunisian Crochet chart patterns. This class is also a good refresher for those who have Tunisian crocheted before, but may have forgotten some steps. Please bring a lunch or snacks, as we'll take a short meal break during class. Supply list will be sent.

CRFT-724 | 1 session | \$59^{AGE 60+} | \$59^{REG}

F02 Sa 10 a.m.-4 p.m. **Dee Levang**
Sep 21 *MC-SO 109*

Sewing

Green Home Sewing

Learn how to use our donated fabric to make lots of re-usable household items like grocery bags, produce and storage bags, reusable "paper towels" and more. Bring nothing, we have all the fabric, notions and sewing machines. All supplies provided.

CRFT-713 | 1 session | \$45^{AGE 60+} | \$45^{REG}

F01 Sa 2-4:30 p.m. **Thi Miller**
Aug 17 *City Sewing Room*

Sewing Machine Basics

Learn how and why your sewing machine works the way it does and more importantly, how to operate it! You will learn how to thread a needle, wind a bobbin and understand the parts of a sewing machine and how it works. You may bring your own machine or use one of ours. If you aren't sure what kind of machine to buy, this is the class for you! All supplies provided.

CRFT-713 | 1 session | \$49^{AGE 60+} | \$49^{REG}

F02 W 6-7:30 p.m. **Thi Miller** *Sew Hope*
Sep 11
F07 W 6-7:30 p.m. **Thi Miller** *Sew Hope*
Nov 6

Fitting a Store Bought Pattern

Bring a McCalls, Simplicity or other pattern to learn how to make pattern and other adjustments so the garment fits you better. In this class you will make a muslin sample and be fitted. Sewing experience is a must for this class. All supplies provided.

CRFT-713 | 2 sessions | \$69^{AGE 60+} | \$69^{REG}

F03 Sa 1-4 p.m. **Thi Miller**
Sep 14 - Sep 21 *City Sewing Room*

Halloween Costumes

Get some help in making your child's Halloween costume. Bring your pattern and fabric and we will get it started - or finished if you are stuck in the middle. Must be able to use a sewing machine. Supply list will be sent.

CRFT-713 | 1 session | \$45^{AGE 60+} | \$45^{REG}

F04 Sa 1-4 p.m. **Thi Miller**
Oct 5 *City Sewing Room*

T-Shirt Quilt

T-shirt quilts make fun, memorable quilts that last a lifetime. Make a themed quilt with t-shirts from your favorite sports team, school, office, church or hobby. You will need 20-25 shirts and 5-6 yards of fleece fabric that will be used for the back of your t-shirt quilt. Supply list will be sent, all other supplies provided. Basic sewing knowledge is recommended.

CRFT-713 | 4 sessions | \$125^{AGE 60+} | \$125^{REG}

F05 Sa 2-4 p.m. **Thi Miller** *Sew Hope*
Oct 5 - Oct 26

Introduction to Punch Needle

Learn the essentials of the popular fiber craft of punch needle. You'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. All supplies provided.

CRFT-713 | 1 session | \$65^{AGE 60+} | \$65^{REG}

F06 Sa 1-4 p.m. **Dee Levang**
Oct 19 *MC-SO 109*

CULINARY/BEVERAGES

Quilting*

Paper Piecing Quilting

Gain quick skills to quilt all kinds of designs and images for a wall hanging, table runner or more. Sew fabric directly onto the paper creating a quilted flower, animal or design, remove the paper and you are left with a wonderful quilted piece. Basic knowledge of a sewing machine will help, but is not necessary. Methods are all straight stitching. All supplies provided.

CRFT-715 | 1 session | \$45 AGE 60+ | \$45 REG

F01 Sa 1-4 p.m.

Aug 3

City Sewing Room

T-Shirt Quilt

Bring all your t-shirts to make a most memorable quilt. Size of quilt depends on how many t-shirts you want to sew together, 20 makes a twin quilt, 30 makes a double size quilt. Quilt top will be backed with fabric you will need to purchase after the first class. Some supplies provided, supply list will be sent.

CRFT-715 | 4 sessions | \$135 AGE 60+ | \$135 REG

F02 Sa 1-4 p.m.

Oct 19 - Nov 9

City Sewing Room

Textiles and Fabrics

Macramé and Merlot: Wall Hanging

Expand your knotting skills by learning some fancy knots like the Josephine knot and monkey fist and using beads and fancy fibers in your creations. We will be making a 15" x 18" wall hanging or if you choose, a one of a kind plant hanger. This is a bring your own drink event. All supplies provided. Student must be age 21 or older.

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

F05 F 5-8 p.m.

Sep 27

City Sewing Room

Macramé Door Jingle

Adorn your home with a festive holiday door jingle and learn basic macramé knots while enjoying this fun and relaxing craft project. Absolute beginners through seasoned macramés are welcomed! This door jingle makes a great last-minute handmade gift as well. Supply list will be sent.

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

F10 Sa 1-4 p.m.

Nov 9

Dee Levang

MC-SO 108

Beverages

The Perfect Holiday Hot Chocolate

Delight in this timeless holiday drink as you learn to make real European hot chocolate and dress it up for the holidays! You'll create marshmallow snow-people, add special flavorings and discuss a variety of toppings or other additions to make your holiday hot chocolate your own secret recipe! All supplies provided.

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

F01 Tu 6:30-8 p.m.

Dec 3

Donna Mickens

Kirkwood High School C-191

Afternoon Tea

Afternoon tea is an English tradition of fancy teas paired with three indulgent courses of savories/finger sandwiches, scones and sweets. It's a delightful and relaxing time to sit back and savor tea, treats, and good company. Join us for an unforgettable afternoon of tea tastings and education, afternoon tea history and rituals, and a lovely spread of delectable pastries, sandwiches, sweets and chocolates. All dress is welcome but feel free to wear your tea finery, royal hat or fascinator! All supplies provided.

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

F02 Sa 2-3:30 p.m.

Sep 28

Donna Mickens

Culinary Arts House

World in a Cup:

A History and Appreciation of Tea

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

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

F15 Tu 6-9 p.m.

Sep 3

Gregory Ray

MC-SW 207

Wine 101: In Vino Veritas

Hosting a dinner party is a lot of work — an occasion requiring an array of dishes, scene-setting music, and, of course, a nice wine. Take the stress out of picking the 'right' wine and discover varieties that match your style and taste preferences. You will identify key components of wine and explore how to pair the options with your menu to make your next event or gathering a success! Fee includes light refreshments and wine tastings. Student must be age 21 or older. Last date to register and withdraw with a full refund: Aug 13.

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

F02 Tu 6-8 p.m.

Aug 20

Total Wine & More Brentwood

Bienvenido Spain:

A Spotlight on Spain

Join us before the holiday Fiesta Nacional de Espana (National Day of Spain) and say "Salud" with Spanish wine! Take a journey through some of Spain's most renowned winemaking regions and learn about diverse options from bubbly Cava to elegant reds. Fee includes light refreshments and wine tastings. Student must be age 21 or older. Last date to register and withdraw with a full refund: Sep 30.

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

F03 Tu 6-8 p.m.

Oct 8

Total Wine & More Brentwood

Cookie Decorating

How to Stencil Cookies

Take your cookie skills to the next level and learn the basics of cookie stenciling! You'll start by practicing several designs on paper and then move on to decorating already iced cookies. Bring a cookie sheet with sides to take home your creations. All other supplies provided.

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

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

Nov 4

Teri Wiley

Culinary Arts House

Iced and Decorated Sugar Cookies: Fall

Impress your friends with the art of cookie decorating. Get lots of tips and tricks to create flat, pretty cookies—perfect for any event. You'll decorate already baked cookies in some fun fall-themed designs. Bring a cookie sheet with sides to take home your creations. All other supplies provided.

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

F11 Su 1-4 p.m.

Nov 17

Teri Wiley

Culinary Arts House

Iced and Decorated Sugar Cookies: Christmas

Add some fun designs to your Christmas cookie tray. Get lots of tips and tricks to create flat, pretty cookies—perfect for any event. You'll decorate already baked cookies in fun Christmas-themed designs. Bring a cookie sheet with sides to take home your creations. All other supplies provided.

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

F12 Su 1-4 p.m.

Dec 8

Teri Wiley

Culinary Arts House

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

Cake Decorating*

Beginning Cake Decorating

Unleash your creativity with the basics of cake decorating! You'll learn several tips to bake, level, fill, frost, and smooth your cake. Practice with some popular piping tips and add writing, flowers, and a border as time permits. All supplies provided.

FOOD-701 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F01 Su 1-4 p.m. Teri Wiley
Sep 15 Culinary Arts House

Floral Cupcake Bouquet

Cupcakes are wonderful but a cakecup bouquet is even better! Level up your decorating skills and join in learning how to assemble a cupcake bouquet perfect for gifting. You'll start with some tricks to baking pretty cupcakes then decorate already baked cupcakes as flowers using different tips. Please bring the following tips to class if you have them - 2D, 1M, 80, 104, 352. All other supplies provided.

FOOD-705 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F05 Su 1-4 p.m. Teri Wiley
Aug 25 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 them 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 & Fondant embellishments only, 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. Supplies not included in class cost.

FOOD-701 | 8 sessions | \$205^{AGE 60+} | \$205^{REG}
F02 Tu 6:30-9 p.m. Carla Soll
Sep 10 - Nov 12 FV-Student Ctr
Private Dining Room A

* NOTE: No class 10/1, 11/5

Fun With Fondant

Learn to make your own tasty fondant out of marshmallows! Then, advance your knowledge and learn how to make basic cake or cupcake décor including polka dots, stripes, bows and more. You'll work your way up to 2D and 3D animals and figures as featured in many Etsy shops. Please bring a cookie sheet to take your decorations home. All other supplies provided.

FOOD-765 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F07 M 5:30-8:30 p.m. Teri Wiley
Sep 23 Culinary Arts House

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

Meals and Entertaining

Spooky Food for Halloween

Everyone knows the best part of Halloween is the candy and no one knows better than the little trick-or-treaters. Impress your friends and family this Halloween with some spooky and sweet treats that will stop them dead in their tracks- pun intended! You'll be making finger foods and desserts such as worms, dead finger cookies and putrid punch just to name a few. All supplies provided.

FOOD-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F08 Su 1-4 p.m. Teri Wiley
Oct 6 Thomas Dunn Learning Center

Pasta Party

Have you been wanting to try making your own pasta? In this fun class, we'll make several different pastas with matching sauces. Take what you learn and throw a pasta party of your own! Come hungry. All supplies provided.

FOOD-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F09 Su 1-4 p.m. Teri Wiley
Oct 20 Thomas Dunn Learning Center

Couscous

Expand your knowledge of North African cuisine featuring couscous. Couscous not only refers to the rolled pasta, but the entire dish that contains the pasta which usually has a combination of meat and vegetables. A few of the popular featured dishes from a variety of North African and Middle East countries will include couscous of seven vegetables, couscous with tfaya and pearl couscous salad. Moroccan mint tea will also be served. All supplies provided.

FOOD-765 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F14 Sa 10 a.m.-1 p.m. Lisa Payne
Sep 21 Thomas Dunn Learning Center

Elevated Scones: Sweet and Savory

Master warm, buttery, melt-in-your-mouth scones. Learn how to make both sweet and savory scones. You will bake some scones and wrap up the unbaked scones to take home and freeze for your next Sunday brunch! You will also whip up some tasty butters to pair with your scones for a dynamic brunch line up! This class is vegetarian but cannot accommodate vegan or gluten-free students. All supplies provided, bring take-home container.

FOOD-705 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F01 W 6-8:30 p.m. Donna Mickens
Nov 6 Kirkwood High School C-191

Cream Scones

Cream scones couldn't be simpler to bake or more delicious to eat! Unlike most scones, there is no need to cut in butter, and there are no eggs. These are not only easy to make, but they are also the best scones you will ever have—crunchy edges with a tender interior. Perfect with butter and fresh preserves. All supplies provided, bring take home container.

FOOD-705 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F02 W 6-9 p.m. Debbie Easlick
Aug 28 Kirkwood High School C-191

Macarons with Chocolate Ganache

With just a few ingredients, a mixer, and a piping bag, you can make the most celebrated of cookies! Macarons open the door to almost any flavor combination you can think of. Starting with a simple almond batter, the combinations are endless. All supplies provided, bring take home container.

FOOD-705 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F03 W 6-9 p.m. Debbie Easlick
Sep 11 Kirkwood High School C-191

Bagels, Bagels and More Bagels! (Demonstration-Based)

Unleash your creative cooking skills and learn how easy it is to bake your own bagels, with more chew and flavor than store-bought! Discover how different ingredients affect the final product, as well as a variety of shaping techniques. All supplies provided, bring take home container.

FOOD-705 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F04 W 6-9 p.m. Debbie Easlick
Oct 2 Kirkwood High School C-191

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 | \$39^{AGE 60+} | \$39^{REG}
F01 Tu 6-9 p.m. Gregory Ray
Oct 8 MC-SW 105

Exploring Spices From A to Z (Discussion-Based)

Not sure what to do with your spice collection? Want to spice up your meals? Join us online as we discuss over 30 different spices from Anise to Turmeric, including where they come from, what they taste and smell like, how to identify high quality varieties, and how to incorporate them into your own recipes. Class packet with spice-focused recipes and spice guide will be emailed in advance.

FOOD-765 | 1 session | \$35^{AGE 60+} | \$35^{REG}
F16 Tu 6:30-9 p.m. Michelle Melton
Aug 27 Online

Exploring Spices From A to Z (Hands-On)

This hands-on cooking class will allow you to see, smell, and taste a wide variety of spices as we work together to prepare a buffet of spice-focused recipes. Buffet includes saffron risotto, mild chicken vindaloo, smoked paprika tilapia, curry chicken, cardamom pumpkin spice muffins and more. Come hungry and bring take-home containers. All other supplies provided.

FOOD-765 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F17 Tu 6-9 p.m. Michelle Melton
Sep 3 Kirkwood High School C-191

Meals and Entertaining

**Irresistible Vegetables
(Discussion-Based)**

Discover the wonders of veggies through simple recipes that will leave you wanting more. In this online lecture, the first version of this class, we will discuss cooking techniques and tricks for a variety of vegetable recipes including Chinese green beans, candied sweet potatoes, cheesy cauliflower au gratin, bacon marsala brussel sprouts, and more. Class packet will be emailed in advance.

FOOD-735 | 1 session | \$45^{AGE 60+} | \$45^{REG}
F01 Tu 6:30-9 p.m. **Michelle Melton**
 Sep 17 *Online*

**Irresistible Vegetables
(Hands-On)**

Discover the wonders of veggies through simple recipes that will leave you wanting more. In this very hands-on cooking class, we will prepare up to 12 recipes, and then enjoy a vegetable-themed buffet dinner. Menu includes Chinese green beans, candied sweet potatoes, cheesy cauliflower au gratin, bacon marsala brussel sprouts, and more. Come hungry and bring take-home containers. All other supplies provided.

FOOD-735 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F02 Tu 6-9 p.m. **Michelle Melton**
 Sep 24 *Kirkwood High School C-191*

A Gourmet Lunch: Soups, Salads and Sandwiches from Southern Europe

Be your own Top Chef amongst family and friends and join us in this hands-on class to prepare and enjoy a gourmet lunch buffet with soups, salads and sandwiches from Greece, Italy and France. Menu will include Italian wedding soup, Greek lemon chicken orzo soup, Italian salad, basil salad with marinated mozzarella, muffaletta sandwiches and more. Come hungry and bring take home containers. All other supplies provided.

FOOD-765 | 1 session | \$65^{AGE 60+} | \$65^{REG}
F18 Tu 6-9 p.m. **Michelle Melton**
 Oct 15 *Kirkwood High School C-191*

**Introductory Knife Skills
(With Dinner!)**

Learn how to use a chef's knife safely and how to execute a variety of cutting techniques as we prepare a tasty dinner. Class includes a new chef's knife to take home, a discussion of knife quality, safety and maintenance, demonstrations of how to mince, chop, slice, and dice effectively, and lots of hands-on practice. All supplies provided.

FOOD-723 | 1 session | \$89^{AGE 60+} | \$89^{REG}
F01 Tu 6-9 p.m. **Michelle Melton**
 Oct 29 *Kirkwood High School C-191*

**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 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 supplies provided.

FOOD-714 | 1 session | \$65^{AGE 60+} | \$65^{REG}
F01 Tu 6-9 p.m. **Michelle Melton**
 Nov 12 *Kirkwood High School C-191*

**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. All other supplies provided.

FOOD-705 | 2 sessions | \$75^{AGE 60+} | \$75^{REG}
F06 M/Tu 7-8 p.m./7-9:30 p.m. **Michelle Melton**
 Nov 25 - Nov 26 *Online*

**Dining Gourmet:
Mastering Italian Cuisine**

Learn how to make chicken modiga and authentic Italian carbonara pasta, with guanciale, as you prepare and enjoy a full gourmet Italian dinner with salad and sides. Tastings of a few of the classic Italian cheeses and the cured meats will also be included. Come hungry and bring take-home containers. Class is hands-on. All supplies provided.

FOOD-765 | 1 session | \$65^{AGE 60+} | \$65^{REG}
F19 Tu 6-9 p.m. **Michelle Melton**
 Dec 10 *Kirkwood High School C-191*

**Home Wine Making for Beginners
(Demonstration-Based)**

Familiarize yourself with the joys of home winemaking! You CAN make wines of your own choice in your home, at an affordable price and to your own palette preference. Watch and learn as simple ingredients from local stores and online develop into a personalized libation. Student must be age 21 or older. All supplies provided.

FOOD-760 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F01 Tu 6-9 p.m. **Beth Hoeltke**
 Sep 19 *Culinary Arts House*

Eating With Your Eyes

You eat with your eyes before ever placing food into your mouth. Make every appetizer or meal look delicious! Enjoy an evening meal starting with an appetizer, then a first course (soup or salad), entree and finally dessert, while receiving tips and tricks of the culinary trade to showcase the presentation of your food and possibly the dinner table. All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F20 Th 6-9 p.m. **Beth Hoeltke**
 Oct 17 *Culinary Arts House*

**Green Kitchen Magic Series:
The Joys of Plant-Based Cooking
(Demonstration-Based)**

Explore plant-based cooking with the Green Kitchen Magic series. Tailored classes cover plant-based proteins, batch cooking, seasonal ingredients and vegan meal planning. Perfect for all levels, discover the joys of plant-based eating complete with food samples.

Join us for one class or all four and embark on a flavorful journey to a healthier lifestyle.

See online course descriptions for detailed information.

Bring a pen and 6"x9" steno pad to class. All other supplies provided.

**Mastering Batch Cooking
for Easy Vegan Meals**

FOOD-765 | 1 session | \$69^{AGE 60+} | \$69^{REG}
F03 Sa 11:30 a.m.-1:30 p.m. **Zana Scott**
 Sep 14 *Culinary Arts House*

**The Joys of Plant-Based
Meal Planning**

FOOD-765 | 1 session | \$69^{AGE 60+} | \$69^{REG}
F04 Sa 11:30 a.m.-1:30 p.m. **Zana Scott**
 Nov 9 *Culinary Arts House*

**Dispel the Myths of Plant-Based
Proteins**

FOOD-765 | 1 session | \$69^{AGE 60+} | \$69^{REG}
F05 Sa 11:30 a.m.-1:30 p.m. **Zana Scott**
 Aug 10 *Culinary Arts House*

**Seasonings Make the Difference
in Plant-Based Cooking**

FOOD-765 | 1 session | \$69^{AGE 60+} | \$69^{REG}
F06 Sa 11:30 a.m.-1:30 p.m. **Zana Scott**
 Oct 12 *Culinary Arts House*

DANCE

Ballroom

Ballroom Dance: Beginning

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 | \$79^{AGE 60+} | \$79^{REG}

F01 M 6:30-7:50 p.m. **Karen Merlin**
Aug 19 - Oct 14 *Bluebird Park- Ellisville*
• NOTE: No class 9/2

Cardio Dance

Retrofit Dance Aerobics

Retrofit is 70s, 80s and 90s inspired dance aerobics. It is primarily low impact and ideal for adults ages 30+ as well as participants recovering from illness. Retrofit is "joint friendly" and fun. After some heart-pumping, low impact aerobics, we'll slow down with stretching and rotation movements on yoga mats. Bring yoga mat, water bottle and a towel.

DANC-718 | 8 sessions | \$69^{AGE 60+} | \$69^{REG}

F02 Tu 6:30-7:30 p.m. **A.J. Harrison (Alissa)**
Jul 30 - Sep 17 *FP-PE Dance Room*

Fit Hip Hop

A cardio workout class, guaranteed to make you sweat! Work out every part of your body while learning a short hip hop dance using basic moves in combination with fitness moves.

DANC-719 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}

F01 M 6:45-7:30 p.m. **St. Lou Dance Crew**
Sep 9-Sep 30 *Fitness Studio*

Break Dance: Beginning

Bring out your inner groove and explore break dancing with standing and ground break dancing moves. These moves will be incorporated with basic hip hop dance choreography. No dance experience required.

DANC-719 | 6 sessions | \$109^{AGE 60+} | \$109^{REG}

F02 W 7-7:45 p.m. **St. Lou Dance Crew**
Sep 18 - Oct 23 *Fitness Studio*

Dance Workout

Add some fun in your exercise routine! Combine an aerobic warm up, yoga and pilates stretches and ballet barre exercises to strengthen your core, posture and artistry.

DANC-718 | 6 sessions | \$89^{AGE 60+} | \$89^{REG}

F01 Th 7-7:45 p.m. **St. Lou Dance Crew**
Sep 19 - Oct 24 *Fitness Studio*

Line Dance

Beginning Line Dance

Learning how to line dance is a fun endeavor for you and a friend or group of friends. Along with lifting moods, easing anxiety and improving balance and flexibility, it's just plain fun! You don't even need a partner!

DANC-748 | 8 sessions | \$69^{AGE 60+} | \$69^{REG}

F04 M 7-8 p.m. **Sandy Derickson**
Jul 29 - Sep 23 *Episcopal Church of the Advent*
• NOTE: No class 9/2

F05 M 7-8 p.m. **Sandy Derickson**
Oct 14 - Dec 2 *Episcopal Church of the Advent*

Line Dance: Beginning

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. No experience required.

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

F02 Tu 6:15-7:15 p.m. **Karen Merlin**
Aug 20 - Oct 15 *Bluebird Park- Ellisville*
• NOTE: No class 10/1

Line Dance: Intermediate

If you have taken the beginner line dance class and have a good understanding of the basic step patterns and movements this would be a fun, challenging class for you. This provides excellent cardio-vascular exercise, improves your balance, coordination and memory. Enjoy different styles of dancing, variety of music and the opportunity to meet fellow dancers in a friendly, low-key environment.

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

F03 Tu 7:30-8:30 p.m. **Karen Merlin**
Aug 20 - Oct 15 *Bluebird Park- Ellisville*
• NOTE: No class 10/1

Line Dance: 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. You'll love the music and the easy steps. The classes will teach authentic line dance terminology and will build from one class to the next. This class is appropriate for all active aging levels (55+) from beginners to more experienced. No partner or experience is needed.

DANC-748 | 8 sessions | \$69^{AGE 60+} | \$69^{REG}

F06 Th 11 a.m.-12 p.m. **Sandy Derickson**
Aug 1 - Sep 19 *MC-PE East Lobby*
F07 F 1-2 p.m. **Sandy Derickson**
Oct 4 - Nov 22 *MC-PE East Lobby*

Easy Line Dance: 50+

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 individuals (50+) beginner dancers. You'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 | \$75^{AGE 60+} | \$75^{REG}

F01 W 10:30-11:30 a.m. **Karen Merlin**
Aug 21 - Oct 16 *Bluebird Park- Ellisville*
• NOTE: No class 9/11

Latin Dance

Latin Dance

Swivelling hips and a sinuous rib cage characterize Latin dance. In this introductory course, which gives a foundation of movement for students who have had little or no dance experience. 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 footwork and variations of simple turn patterns. Dress shoes recommended. Partners required. Each participant must register. No experience required.

DANC-725 | 8 sessions | \$105^{AGE 60+} | \$105^{REG}

F04 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Oct 8 - Dec 3 *MC-PE East Lobby*
• NOTE: No class 11/5

Latin Dance for Couples: Beginning

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.

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

F02 Th 7:30-8:30 p.m. **Karen Merlin**
Aug 22 - Oct 10 *Bluebird Park- Ellisville*

Salsa and Merengue in Socks!

Whether you are single or a couple, learn various styles of Latin dance all while dancing in socks! A great "spin" on salsa dancing for fun! Each participant must register. No previous dance experience required.

DANC-725 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}

F01 W 6:15-7 p.m. **St. Lou Dance Crew**
Oct 2 - Oct 23 *Fitness Studio*

Social Dance

Easy Social Dance

If you have never done partner dance then Easy Social Dance is the dance for you. Are you attending a wedding or social gathering where there will be dancing? Explore several easy dances that will allow you to dance, while learning techniques to move smoothly and to lead or follow with confidence. Dress shoes recommended. Partners required. Each participant must register. No experience required.

DANC-728 | 8 sessions | \$105^{AGE 60+} | \$105^{REG}

F04 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Jul 29 – Sep 23 *MC-PE East Lobby*

• NOTE: No class 9/2

F05 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Oct 7 – Nov 25 *MC-PE East Lobby*

DANC-748 | 8 sessions | \$105^{AGE 60+} | \$105^{REG}

F08 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
July 30 – Sep 17 *MC-PE East Lobby*

F09 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Oct 8 – Dec 3 *MC-PE East Lobby*

• NOTE: No class 11/5

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. Each participant must register. No experience required.

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

F01 Th 6-7:20 p.m. **Karen Merlin**
Aug 22 – Oct 10 *Bluebird Park- Ellisville*

Tap

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 | \$59^{AGE 60+} | \$59^{REG}

F01 Tu 9-9:50 a.m. **Theresa Daniels**
Sep 3 – Oct 29 *MC-PE East Lobby*

• NOTE: No class 10/1

Swing

Swing Dance: Beginning

In this class you will learn east coast swing basics, both single and triple step moves, 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 | \$75^{AGE 60+} | \$75^{REG}

F01 M 8-9 p.m. **Karen Merlin**
Aug 19 – Oct 14 *Bluebird Park- Ellisville*

• NOTE: No class 9/2

East Coast Swing

East coast swing, a vibrant, partnered social dance, that 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. Partners required. Each participant must register. No experience required.

DANC-725 | 8 sessions | \$105^{AGE 60+} | \$105^{REG}

F03 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Jul 30 – Sep 17 *MC-PE East Lobby*

DANC-728 | 8 sessions | \$105^{AGE 60+} | \$105^{REG}

F06 Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Aug 1 – Sep 19 *MC-PE East Lobby*

F07 Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Oct 3 – Nov 21 *MC-PE East Lobby*

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, 50s-90s styles of music. Leads are smooth, flirty and fun. It's very popular in the St. Louis area - lots of places to enjoy west coast swing on your next "dance-night out". Our instructors will cover the basics and move on to as many patterns as possible. You'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 | \$105^{AGE 60+} | \$105^{REG}

F02 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Jul 29 – Sep 23 *MC-PE East Lobby*

• NOTE: No class 9/2

F03 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Oct 7 – Nov 25 *MC-PE East Lobby*

F08 Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Aug 1 – Sep 19 *MC-PE East Lobby*

F09 Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Oct 3 – Nov 21 *MC-PE East Lobby*



MUSIC

General

Listening to the St. Louis Symphony Orchestra

Explore the music on three upcoming concerts of the St. Louis Symphony Orchestra (SLSO). Discussion will focus on the forms, sounds and cultural context of the music so that you can hone in on your listening skills and increase your appreciation for the art form. Concerts include Symphonie Fantastique: Opening Weekend (September 27 & 29), Mendelssohn's Reformation: Onward to Triumph (October 18-19) and Mozart's Requiem: Joy and Sorrow (November 9-10). You will be offered a discount on tickets to the September and October concerts and free tickets to the November concert so you can put your newfound knowledge to work. No previous musical experience or knowledge required.

MUSC-701 | 3 sessions | \$49 AGE 60+ | \$49 REG
F01 M 11 a.m.-12:30 p.m. Sarah Ruddy
 Sep 23, Oct 14, Nov 4 MC-SO 205

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
F03 Sa 10-11 a.m. 'Samba Rick' Kramer
 Aug 3 - Sep 28 MC-HW 102
 • NOTE: No class 8/31

Harmonica

Harmonica: Beginner

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. Linda Jacobs & Jim Melchers
 Sep 4 - Sep 18 MC-SO 112
F02 Th 6-7 p.m. Linda Jacobs & Jim Melchers
 Oct 3 - Oct 17 FP-E 213

Chromatic Harmonica: Beginner

Learn the basics of playing the chromatic harmonica, including many songs. With its button-activated sliding bar, the chromatic harmonica enables the musician to play natural notes plus sharps and flats. The ability to read music is not required. Fee includes a student guide/songbook. Bring your chromatic harmonica in the key of C or purchase a chromatic harmonica for \$40 during the first session.

MUSC-720 | 3 sessions | \$45 AGE 60+ | \$45 REG
F03 W 6:30-7:30 p.m. Linda Jacobs & Jim Melchers
 Nov 6 - Nov 20 MC-SO 112

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 from the instructor and a ukulele will be provided free of cost for the duration of the class.

MUSC-705 | 8 sessions | \$129 AGE 60+ | \$129 REG
F01 Tu 6:30-8:30 p.m. Karl Markl
 Sep 3 - Oct 29 STLCC-SoCo 100
 • NOTE: No class 10/1

Guitar

Fingerpicking for Guitar

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

MUSC-705 | 8 sessions | \$99 AGE 60+ | \$99 REG
F02 Tu 7-8:30 p.m. Jim Renz
 Sep 10 - Nov 12 MC-HW 102
 • NOTE: No class 10/1, 11/5

Guitar: Beginner I

If you've never played guitar and have no music background, this is your opportunity to learn. Students must provide their own acoustic guitar and extra set of strings.

MUSC-705 | 4 sessions | \$45 AGE 60+ | \$45 REG
F03 M 8-9 p.m. Christina Springer
 Aug 5 - Aug 26 Online

MUSC-705 | 8 sessions | \$99 AGE 60+ | \$99 REG
F04 W 7-8:30 p.m. Jim Renz
 Aug 21 - Oct 9 MC-HW 102

Guitar: Beginner II

If you've had beginning guitar lessons and want to improve, this class is for you. Students must provide their own guitar and extra set of strings. Bring your own guitar. 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.

MUSC-707 | 4 sessions | \$45 AGE 60+ | \$45 REG
F01 Tu 8-9 p.m. Christina Springer
 Aug 6 - Aug 27 Online

MUSC-707 | 8 sessions | \$99 AGE 60+ | \$99 REG
F02 W 7-8:30 p.m. Jim Renz
 Oct 16 - Dec 11 MC-HW 102
 • NOTE: No class 11/27

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 | \$29 AGE 60+ | \$29 REG
F03 Sa 2:30-4:30 p.m. Christina Springer
 Sep 21 Online
F04 Sa 2:30-4:30 p.m. Christina Springer
 Oct 19 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 | \$29 AGE 60+ | \$29 REG
F02 Sa 2:30-4:30 p.m. Christina Springer
 Dec 7 Online



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.

MUSC-710 | 17 sessions | \$145^{AGE 60+} | \$145^{REG}
F01 Tu 12-12:55 p.m. **Cheryl Conley**
 Jul 30 – Dec 3 *MC-HE 127*
 • NOTE: No class 10/1, 11/5

MUSC-710 | 4 sessions | \$45^{AGE 60+} | \$45^{REG}
F02 M 6:45-7:45 p.m. **Christina Springer**
 Aug 5 – Aug 26 *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. See on-line course description for textbook information.

MUSC-711 | 17 sessions | \$145^{AGE 60+} | \$145^{REG}
F01 Tu 1-1:55 p.m. **Cheryl Conley**
 Jul 30 – Dec 3 *MC-HE 127*
 • NOTE: No class 10/1, 11/5

MUSC-711 | 4 sessions | \$45^{AGE 60+} | \$45^{REG}
F02 Tu 6:45-7:45 p.m. **Christina Springer**
 Aug 6 – Aug 27 *Online*

Piano: Intermediate I

Complete the major scales. Explore minor chords and songs in minor keys. Practice chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Piano Advanced Beginners or equivalent experience. Student must know letter names of notes and where they are located on the keyboard. See on-line course description for textbook information.

MUSC-712 | 17 sessions | \$145^{AGE 60+} | \$145^{REG}
F01 Tu 2-2:55 p.m. **Cheryl Conley**
 Jul 30 – Dec 3 *MC-HE 127*
 • NOTE: No class 10/1, 11/5

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 | 18 sessions | \$145^{AGE 60+} | \$145^{REG}
F02 Th 12-12:55 p.m. **Cheryl Conley**
 Aug 1 – Dec 5 *MC-HE 127*
 • NOTE: No class 11/28

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 | 18 sessions | \$145^{AGE 60+} | \$145^{REG}
F01 Th 1-1:55 p.m. **Cheryl Conley**
 Aug 1 – Dec 5 *MC-HE 127*
 • NOTE: No class 11/28

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 | 18 sessions | \$145^{AGE 60+} | \$145^{REG}
F02 Th 2-2:55 p.m. **Cheryl Conley**
 Aug 1 – Dec 5 *MC-HE 127*
 • NOTE: No class 11/28

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.

MUSC-713 | 1 session | \$29^{AGE 60+} | \$29^{REG}
F03 Sa 12-2 p.m. **Christina Springer**
 Sep 21 *Online*
F04 Sa 12-2 p.m. **Christina Springer**
 Oct 19 *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 | \$29^{AGE 60+} | \$29^{REG}
F01 Sa 12-2 p.m. **Christina Springer**
 Dec 7 *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 34787). Auditions for seating purposes only. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions. Class dates align with the credit term.

MUSC-714 | 16 sessions | \$39^{AGE 60+} | \$39^{REG}
F01 M 7-9:40 p.m. **Gerald Myers**
 Aug 19 – Dec 9 *MC-HW 102*
 • NOTE: No class 9/2

Meramec Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 34788). Auditions for seating purposes only. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions. Class dates align with the credit term.

MUSC-716 | 16 sessions | \$39^{AGE 60+} | \$39^{REG}
F01 Th 7-9:40 p.m. **Gerald Myers**
 Aug 22 – Dec 12 *MC-HW 102*
 • NOTE: No class 11/28

Meramec Concert Choir

Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 601 (CRN 34521). Auditions for part assignment only. Contact the conductor / program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions. Class dates align with the credit term.

MUSC-717 | 31 sessions | \$39^{AGE 60+} | \$39^{REG}
F01 Tu, Th 12:30-1:50 p.m. **Gerald Myers**
 Aug 20 – Dec 12 *MC-HW 102*
 • NOTE: No class 10/1, 11/5, 11/28



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

PHOTOGRAPHY

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

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

Core Classes

Analog Photography

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 or digital 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, with optional critiques by peers and instructor.

PHOT-765 | 5 sessions | \$99^{AGE 60+} | \$99^{REG}
F01 Tu 7-9 p.m. **Stephanie Thurmer**
Oct 1 - Oct 29 *Online*

Finishing Touches

Explore how proper cropping, camera angles, simple computer techniques, and finishes can turn your pictures into images you are proud to display.

PHOT-765 | 5 sessions | \$99^{AGE 60+} | \$99^{REG}
F02 W 7-9 p.m. **Stephanie Thurmer**
Oct 2 - Oct 30 *Online*

Digital Photography: Introduction

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

PHOT-720 | 5 sessions | \$139^{AGE 60+} | \$139^{REG}
F01 W 6:30-9 p.m. **Gary Hesse**
Jul 31 - Aug 28 *MC-SW 207*
F02 Tu 6:30-9 p.m. **John Kerans**
Aug 6 - Sep 3 *Online*
F04 Tu 6:30-9 p.m. **Gary Hesse**
Aug 27 - Sep 24 *STLCC-Corp 207*
F05 Th 6:30-9 p.m. **Gary Hesse**
Aug 29 - Sep 26 *MC-SW 209*
F06 W 6:30-9 p.m. **Gary Hesse**
Oct 2 - Oct 30 *MC-SW 207*
F07 W 6:30-9 p.m. **John Kerans**
Oct 23 - Nov 20 *Online*

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.

PHOT-721 | 5 sessions | \$139^{AGE 60+} | \$139^{REG}
F01 W 6:30-9 p.m. **John Kerans**
Sep 11 - Oct 9 *Online*
F02 Tu 6:30-9 p.m. **Gary Hesse**
Oct 8 - Nov 12 *STLCC-Corp 207*
• NOTE: No class 11/05
F03 Th 6:30-9 p.m. **Gary Hesse**
Oct 10 - Nov 7 *MC-SW 105*

Digital Photography: Advanced

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

PHOT-722 | 5 sessions | \$139^{AGE 60+} | \$139^{REG}
F01 Tu 6:30-9 p.m. **John Kerans**
Oct 15 - Nov 19 *Online*
• NOTE: No class 11/5
F02 M 6:30-9 p.m. **Gary Hesse**
Nov 4 - Dec 2 *MC-SW 105*
F03 W 6:30-9 p.m. **Gary Hesse**
Nov 6 - Dec 4 *STLCC-Corp 207*

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 | \$125^{AGE 60+} | \$125^{REG}
F01 Sa 9 a.m.-12 p.m. **Gary Hesse**
Aug 3 - Aug 24 *MC-SW 106*

Architectural Photography

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

PHOT-710 | 4 sessions | \$125^{AGE 60+} | \$125^{REG}
F01 Sa 9 a.m.-12 p.m. **Gary Hesse**
Sep 21 - Oct 12 *MC-SW 106*

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, use what you've learned during a brief walking tour. Train your "photographer's eye" through use of available light and composition techniques.

PHOT-720 | 1 session | \$39^{AGE 60+} | \$39^{REG}
F03 Tu 6-9 p.m. **Gregory Ray**
Aug 20 *MC-CE Classroom*
F08 Tu 6-9 p.m. **Gregory Ray**
Nov 12 *MC-SW 105*

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 | \$115^{AGE 60+} | \$115^{REG}
F01 F 6-8:30 p.m. **Cheryl Petrovic**
Sep 6 - Oct 11 *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.

PHOT-705 | 6 sessions | \$115^{AGE 60+} | \$115^{REG}
F02 F 6-8:30 p.m. **Cheryl Petrovic**
Oct 18 - Nov 22 *FP-W 415*

Studio Lighting, Portrait and Indoor Photography

Learn the basic techniques of studio and location lighting while exploring how to use flash as a primary and secondary light source; the use of multiple flashes, reflectors, and other light modifiers; and cover the pros and cons of flash versus continuous lighting through discussion and demonstration. Learn effective and economical tips and techniques to achieve professional results.

PHOT-711 | 4 sessions | \$125^{AGE 60+} | \$125^{REG}
F01 Sa 9 a.m.-12 p.m. **Gary Hesse**
Nov 2 - Nov 23 *MC-SW 106*

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.

PHOT-730 | 1 session | \$65^{AGE 60+} | \$65^{REG}
F01 Sa 9 a.m.-2:30 p.m. **Gary Hesse**
Sep 7 *MC-SW 106*

THEATER

Improvational 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 | \$37.50 AGE 60+ | \$65 REG
F01 Sa 12:30-2:30 p.m. **Brian Rolf**
 Aug 3 - Aug 24 *FP-T 147*
F02 Sa 12:30-2:30 p.m. **Brian Rolf**
 Sep 7 - Sep 28 *MC-T 112*
F03 Sa 12:30-2:30 p.m. **Brian Rolf**
 Nov 2 - Nov 23 *FV-TC 202*

Screenwriting

Screenwriting: Creating the Story First

The most important element of a screenplay isn't the quality of the writing, it's the idea. Before spending time putting words on the page, you first need to come up with a really great story that others will find exciting. Discuss TV and film projects that stand out, develop your story idea, and learn how to appeal to a wide audience.

THTR-765 | 2 sessions | \$30 AGE 60+ | \$49 REG
F01 Sa 10 a.m.-1 p.m. **Rita Russell**
 Sep 14 - Sep 21 *FV-TC 207*

Screenwriting: Beginning Your Screenplay

Do you ever watch movies or TV shows and think "I could write something better than that!" Well, here's your chance to learn how. Dive into the core elements of storytelling—idea, plot, structure, scene development, character, dialogue, and theme—while exploring how those elements combine to make a great script. Begin to master the basics of screenwriting and start working on your very own screenplay.

THTR-765 | 6 sessions | \$57 AGE 60+ | \$95 REG
F02 Sa 10 a.m.-12 p.m. **Rita Russell**
 Oct 5 - Nov 16 *FV-TC 207*
 • NOTE: No class 11/2

Filmmaking

Filmmaking: Make Your Own Short

With today's technology, the tools you need to make a short film are right at your fingertips. If you've seen some attempts online, you know it isn't as easy as it sounds to make a good short! Whether you have experience or not, join us in working together to produce your film in a relaxed, enjoyable atmosphere from script to editing to make sure you have a short film you'll be glad to share.

THTR-765 | 4 sessions | \$45.50 AGE 60+ | \$69 REG
F03 F 6 - 8 p.m. **Adam Sydney**
 Nov 1 - Nov 22 *FP-W 124*

WRITING

Publication

Writing Personal Essays for Publication

Do you want to learn to express opinions through the prism of your own personal experiences? Effective personal essays can do just that while evoking happiness, sorrow and everything in between for the writer and audience alike. If you'd like to learn more about this form of creative nonfiction or want to gain an understanding of how to get personal essays published in magazines or online, this class is for you. Please come prepared with some of your own ideas as well as examples of personal essays from your favorite print or internet publications.

WRIT-714 | 1 session | \$27 AGE 60+ | \$39 REG
F01 Sa 9:30 a.m.-1 p.m. **Charlene Oldham**
 Nov 2 *MC-SC 201*

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 | \$27 AGE 60+ | \$39 REG
F01 Sa 9:30 a.m.-1 p.m. **Charlene Oldham**
 Sep 7 *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
F02 Sa 8 a.m.-12 p.m. **Andrew Doty**
 Nov 16 *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-704 | 2 sessions | \$32 AGE 60+ | \$55 REG
F01 Sa 9:30 a.m.-1 p.m. **Charlene Oldham**
 Oct 5 - Oct 12 *MC-SC 201*

Writing a Query Letter: Obtaining a Literary Agent

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

WRIT-704 | 4 sessions | \$51 AGE 60+ | \$89 REG
F06 M 6:30-9:30 pm. **Jordan Oakes**
 Nov 4 - Nov 25 *Online*

Grammar

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
F04 W 6-9 p.m. **Jordan Oakes**
 Sep 4 - Sep 25 *FP-W 118*

Poetry

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**
 Aug 2 - Aug 23 *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}
F03 Tu 6:30-9:30 p.m. **Jordan Oakes**
 Aug 6 – Aug 27 *FP-W 118*

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}
F06 W 6-9 p.m. **Jordan Oakes**
 Aug 7 – Aug 28 *FP-W 118*
F10 W 6:30-9:30 pm. **Jordan Oakes**
 Nov 6 – Dec 4 *Online*
 • NOTE: No class 11/27

Creative Non-Fiction

We all know fiction—stories that don't directly come from real life—and we know non-fiction—information about the facts of the past or present. But what about that space in between? If you've ever been inspired to explore writing that starts with your experiences but develops creatively in other ways, this course will be a fun path to developing your voice as a creative non-fiction author.

WRIT-701 | 4 sessions | \$45^{AGE 60+} | \$69^{REG}
F05 W 6 - 8 p.m. **Adam Sydney**
 Oct 30 – Nov 20 *FP-W 124*

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}
F07 Th 6-9 p.m. **Jordan Oakes**
 Oct 3 – Oct 24 *FP-W 118*

Mistakes By the Well-Intentioned Writer

This class will help you recognize and avoid some basic, and some not so basic, mistakes often made by well-intentioned writers. These include the overuse of adverbs, not understanding the importance of a comma in the right place, under-developing characters, and other common impediments to writing a perfect and publishable story.

WRIT-704 | 4 sessions | \$51^{AGE 60+} | \$89^{REG}
F05 M 6:30-9:30 p.m. **Jordan Oakes**
 Sep 9 – Sep 30 *Online*

Writing and Publishing 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}
F02 Th 6:30-9:30 p.m. **Jordan Oakes**
 Sep 5 – Sep 26 *FP-W 118*

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}
F08 F 6-9 p.m. **Jordan Oakes**
 Sep 6 – Sep 27 *FP-W 118*

The Start of a Story

To coincide with NaNoWriMo (National Novel Writing Month), this class will be a support system for getting your novel going, with feedback and encouragement offered from fellow long-form authors.

WRIT-701 | 4 sessions | \$51^{AGE 60+} | \$89^{REG}
F09 F 6:30-9:30 pm. **Jordan Oakes**
 Nov 1 – Nov 22 *Online*

Creating Memorable Characters

Want to build a character that is unique and likeable? Learn how the names and characteristics that you give your fictional characters affect the flow of your story.

WRIT-724 | 4 sessions | \$51^{AGE 60+} | \$89^{REG}
F01 F 6-9 p.m. **Jordan Oakes**
 Oct 4 – Oct 25 *FP-W 118*

A Spooktacular Writing Seminar

Explore short stories in the horror genre, and try your hand at creating your own. Flash-fiction writers welcome!

WRIT-719 | 4 sessions | \$51^{AGE 60+} | \$89^{REG}
F01 W 6-9 p.m. **Jordan Oakes**
 Oct 9 – Oct 30 *FP-W 118*
F02 M 6:30-9:30 pm. **Jordan Oakes**
 Oct 7 – Oct 28 *Online*

The Art of Metaphor

Metaphors are used in practically every form of writing. Come learn about all the varieties, including similes and metonymies. Whether your focus is poetry, fiction, essays, or even journalism, this class is for you.

WRIT-765 | 4 sessions | \$51^{AGE 60+} | \$89^{REG}
F01 Tu 6-9 p.m. **Jordan Oakes**
 Oct 8 – Oct 29 *FP-W 118*

Subconscious Writing

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

WRIT-701 | 4 sessions | \$45^{AGE 60+} | \$69^{REG}
F02 Th 6 - 8 p.m. **Adam Sydney**
 Oct 31 – Nov 21 *FP-W 318*

Jazzy Dialogue

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 Tu 6-9 p.m. **Jordan Oakes**
 Sep 3 – Sep 24 *FP-W 118*

We have more! Interested in preserving your work? Be sure to check our **Book Binding** classes on p. 19.

PERSONAL FINANCE

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 | \$31_{AGE 60+} | \$39_{REG}

F01 W 6-8 p.m. **Yvonne Homeyer**
Oct 9 *STLCC-Corp 207*

Personal Finance

Banking Basics†

Dive into a learning experience that demystifies the world of finances, empowering you to make savvy money moves. From understanding the basics of budgeting to unraveling the mysteries of credit scores, this course is your key to financial confidence. Explore the ins and outs of everyday banking, gaining practical insights into managing accounts, navigating online banking platforms, and optimizing your financial transactions. Get ready to conquer your financial goals with knowledge, skills, and flair!

FINC-765 | 1 session | \$28_{AGE 60+} | \$33_{REG}

F01 Sa 11 a.m.-12 p.m. **Julius Sims II**
Sep 28 *FV-C 102*

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 sessions | \$31_{AGE 60+} | \$39_{REG}

F01 Sa 11 a.m.-1:30 p.m. **Dr. Lawrence Gibbs**
Oct 5 *FP-E 209*

HOME, NATURE AND GARDEN

HOME AND AUTO

Real Estate

Purchasing a New Home With Confidence

Buying a home is a huge decision—probably the biggest financial decision most adults will ever make. Knowing the “hows” and “why” as well as the “why nots” can save a buyer a lot of time, energy, and money. Learn what you need to know about the buying process from viewing your first house to walking away from the closing table as a new homeowner.

REAL-701 | 1 session | \$21_{AGE 60+} | \$29_{REG}

F01 Th 6-8 p.m. **Jill McCoy**
Aug 8 *FP-W 117*
F02 W 6-8 p.m. **Rebecca Delaney**
Aug 28 *MC-SO 108*
F03 Th 6-8 p.m. **Jill McCoy**
Oct 17 *FV-SS 103*

Selling My Home: How To Be Successful

Today's real estate market is constantly changing. 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 home for the best return possible.

REAL-702 | 1 session | \$21_{AGE 60+} | \$29_{REG}

F01 Th 6-8 p.m. **Jill McCoy**
Aug 22 *FV-SS 103*
F02 W 6-8 p.m. **Rebecca Delaney**
Sep 18 *MC-SO 111*
F03 Th 6-8 p.m. **Jill McCoy**
Oct 24 *FP-W 316*

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 including rental property, flipping houses to buying vacation homes. We'll discuss how to get financing, finding and evaluating properties, working with contractors and much more.

REAL-712 | 1 session | \$21_{AGE 60+} | \$29_{REG}

F01 Th 6-8 p.m. **Jill McCoy**
Sep 5 *FV-SS 103*
F02 W 6-8 p.m. **Rebecca Delaney**
Oct 23 *MC-SO 112*
F03 Th 6-8 p.m. **Jill McCoy**
Nov 14 *FP-W 316*

How to Start a Career In Real Estate

Thinking about a career in real estate? There are many facets to the industry with a variety of avenues. 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 such as appraiser, property manager, investor, or business manager who supports a team.

REAL-715 | 1 session | \$21_{AGE 60+} | \$29_{REG}

F01 Th 6-8 p.m. **Jill McCoy**
Aug 29 *FP-W 117*
F02 Th 6-8 p.m. **Jill McCoy**
Nov 7 *FV-SS 103*

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}

F01 Sa 9 a.m.-5 p.m. **Mary Hankins**
Aug 3 *FP-W 117*
F02 Sa 9 a.m.-5 p.m. **Mary Hankins**
Nov 2 *FP-W 117*

The Upside of Downsizing

Every person has their own unique needs and each stage of life demands different lifestyles. There are many advantages of “rightsizing” to a more manageable home. The benefits include financial savings, less home maintenance, and cleaning, de-cluttering and organizing, and simplifying life. 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 | \$21_{AGE 60+} | \$29_{REG}

F01 Th 6-8 p.m. **Jill McCoy**
Sep 12 *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 | \$49_{AGE 60+} | \$49_{REG}

F01 Sa 8-11 a.m. **Doug Jaquot**
Oct 12 *Jammin' J Auto*

†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 professionals regarding your specific situation.

Home Maintenance†

Fearless 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, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you with the "do-it-yourself" know-how. We'll talk about other small electrical problems, the difference between aluminum and copper wiring and "how to" work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or need to pay someone else to do it for you after this class. All supplies provided.

HOME-713 | 1 session | \$45 AGE 60+ | \$45 REG

F01 Tu 6-9 p.m. **Jean Linton**
Aug 6 *FV-E 154*
F03 Th 6-9 p.m. **Jean Linton**
Sep 5 *MC-SO 112*

Fearless Home Repair: Plumbing

Have a leaky faucet or just want to upgrade to the latest style? Has your running toilet caused your water bill to skyrocket? Don't get sticker shock by calling a plumber, instead come to this hands-on class and learn how to fix minor plumbing issues. All supplies provided.

HOME-713 | 1 session | \$45 AGE 60+ | \$45 REG

F02 Tu 6-9 p.m. **Jean Linton**
Aug 27 *MC-SO 112*
F04 Th 6-9 p.m. **Jean Linton**
Sep 12 *FV-E 154*

Drywall: 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! All supplies provided.

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

F01 Tu 6-9 p.m. **Jean Linton**
Oct 29 *MC-SO 112*

Paint Like a Pro

Different types of paint and sheen are important. Learn how to select the right products and tools for your painting projects, and how to use them for patching techniques for a finished look. All supplies provided.

HOME-734 | 1 session | \$45 AGE 60+ | \$45 REG

F01 Th 6-9 p.m. **Jean Linton**
Nov 7 *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. If you have a small power tool you'd like to know more about, bring it to class and our instructor may select it for demonstration. Be sure to bring your questions. All supplies provided.

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

F01 Tu 6-9 p.m. **Jean Linton**
Oct 15 *FV-E 154*

MASTER NATURALIST

The courses listed under Nature, Ecology, Landscape and Gardening meet the curriculum requirements for the Master Naturalist program. Classes may be taken for your own personal enrichment or as part of the Master Naturalist program.

Ecology

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 Th 6:30-8 p.m. **Maggie McCoy**
Sep 12 *MC-SW 105*

Backyard Chickens: Beginners

Have you thought about keeping chickens in your city or suburban backyard? Learn local ordinances and where to find more information for your area. Hear about the benefits of keeping chickens, appropriate housing and feeding, and different ways to keep your chickens healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic knowledgeable healthy-chicken farmer.

ECOL-705 | 1 session | \$26 AGE 60+ | \$39 REG

F01 Sa 9 a.m.-1 p.m. **Guy Niere**
Aug 24 *MC-SO 108*

Backyard Chickens: Advanced

Bring your questions to class! This session is for individuals who have been keeping chickens for a while and are looking for answers to their specific questions and an overview for more in-depth information on the following topics: diseases, parasites, and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. This is an advanced level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

ECOL-705 | 1 session | \$26 AGE 60+ | \$39 REG

F02 Sa 9 a.m.-1 p.m. **Guy Niere**
Sep 21 *MC-SO 108*

Incubation of Bird Eggs

Explore successful chicken, turkey, duck, goose, and quail egg incubation. Temperature, humidity, turning and sterilization will be the focus, with special attention to the eggs. From nutrition of the breeders, nest cleanliness, collection, and storage, these affect success long before incubation begins. Types and brands of incubators and care of hatchlings will also be covered.

ECOL-705 | 1 session | \$26 AGE 60+ | \$39 REG

F03 Sa 9 a.m.-1 p.m. **Guy Niere**
Oct 19 *MC-SO 108*

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 | \$27 AGE 60+ | \$39 REG

F01 W 7-9 p.m. **Mike Ochonicky**
Oct 9 - Oct 16 *Online*

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 | \$22 AGE 60+ | \$29 REG

F01 Th 7-9 p.m. **Mike Ochonicky**
Oct 10 *Online*

Soil and Compost: Get the "Dirt" on Successful Gardening

The first step in successful gardening is working from the ground up. Learn the "dirt" on gardening through easy-to-understand information on soil types, practical tips on preparation, and composting benefits for your home garden. This is a valuable learning opportunity for both beginning and experienced gardeners.

HORT-709 | 1 session | \$22 AGE 60+ | \$29 REG

F01 Th 7-9 p.m. **Mike Ochonicky**
Oct 17 *Online*

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Landscape and Gardening

Botanical Battles: Managing Garden Pests and Diseases

Are your plants plagued by pests? Do diseases leave you in despair? Increase your knowledge about the most common Midwest pest and disease issues that affect ornamental plants, trees and shrubs. You'll also learn how to prevent and manage issues through integrated pest management (IPM) strategies to keep your plants happy and healthy!

HORT-712 | 2 sessions | \$27 AGE 60+ | \$39 REG

F01 W 6-8 p.m.
Aug 7 - Aug 14

Daria McKelvey
MC-SO 111

Go Native! 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

F02 Sa 9 a.m.-12 p.m.
Sep 28

Sue Leahy
MC-SW 209

Go Native! Create Your Native Garden

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

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG

F03 Sa 9 a.m.-12 p.m.
Oct 19

Sue Leahy
MC-SW 209

Go Native! Flood Control with Native Plants in Your Yard

Harness the power of nature to manage stormwater. Explore the surprising potential of native plants and how they can be strategically incorporated into landscapes to absorb excess water, filter pollutants, and reduce flooding in your community, all while helping to revitalize the ecosystem. Whether you're a naturesscaping enthusiast looking to enhance your landscape or a homeowner seeking practical solutions to stormwater issues, this class offers inspiration and actionable ideas for creating beautiful, resilient, and environmentally friendly residential landscapes. Through practical examples and case studies, we will showcase how you can use rain gardens, bioswales, woodland gardens, and meadowscapes in your yard to manage stormwater effectively while creating inviting outdoor spaces.

HORT-713 | 1 session | \$29 AGE 60+ | \$29 REG

F01 Tu 6-8 p.m.
Sep 17

Dan Pearson
FP-E 210

Go Native! Native Landscaping with Sun Adapted Perennials

Prairies and glades are diverse and colorful natural communities in Missouri that thrive in the sun. Learn basic characteristics of the soil and moisture conditions and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area.

HORT-713 | 1 session | \$35 AGE 60+ | \$35 REG

F04 Th 9 a.m.-12 p.m.
Oct 17

Susan Van de Riet
FP-E 412

Nature

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. A local naturalist will guide you on a two mile walk on varied trails. 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

F01 Su 9-11 a.m.
Oct 13

Rebecca Bunn
Shaw Nature Reserve

Forest Park Owls: Hiding in Plain Sight

Join a local award-winning naturalist 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.
Aug 22

Mark Glenshaw
MC-SO 112

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 and documenting great horned owls in Forest Park for 19 years. 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.
Sep 19

Mark Glenshaw
FP-E 213

Forest Park Owls: Mating, Nesting, and Owlets

Join a local award-winning naturalist 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 about mating, nest selection, feeding of the owlets, fledging and gradual maturation of owlets, and the dispersal of the owlets. You will be amazed at the delights and challenges these owls face daily.

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

F03 Th 6:30-8:30 p.m.
Oct 17

Mark Glenshaw
MC-SO 112

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—and 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.
Nov 7

Mark Glenshaw
FP-E 213

Butterflies of the St. Louis Area

Did you know that there are more than 100 species of butterflies in the St. Louis area? A presentation with photos of the most common local butterflies will lay a foundation for recognizing butterflies seen in your garden and on nature walks. Information about habitat, host plants, and life cycle will also be discussed. A field trip to view butterflies will take place on Saturday, September 7, from 10:00 to noon. Bring binoculars; they are not required but will make your experience more enjoyable. The location will be announced the night of the class. The instructor is the president of the St. Louis Chapter of the North American Butterfly Association (NABA St. Louis).

NATR-720 | 2 sessions | \$26 AGE 60+ | \$39 REG

F01 W 6-8 p.m.
Sep 4

Yvonne Homeyer
MC-SO 111

Sa 10 a.m.-12 p.m.
Sep 7

Yvonne Homeyer
TBA

Introduction to Beekeeping

Bees play an important role in naturesscape and agriculture as pollinators of flowering seed, berry, fruit and vegetables which provide for food, fiber, spices, medicine and animal forage. Come learn how to attract and provide habitat for native bees and honey bees. Introduction to getting started managing honey bees and learn about products of the hive.

NATR-733 | 2 sessions | \$39 AGE 60+ | \$39 REG

F01 Sa 9-11 a.m.
Nov 23 - Dec 7

Jane Sueme
MC-SO 111

• NOTE: No class 11/30

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.

German

German Language: Beginning I

FLGE-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6 - 8 p.m. **Caryn Miller**
 Aug 21 - Oct 9 *MC-SO 206*

German Language: Beginning II

FLGE-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6 - 8 p.m. **Caryn Miller**
 Oct 16 - Dec 11 *MC-SO 206*
 • NOTE: No class 11/27

Discussion Topics in German: Intermediate

FLGE-720 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Tu 6 - 8 p.m. **Caryn Miller**
 Oct 8 - Dec 3 *MC-SO 206*
 • NOTE: No class 11/5

Irish (Gaelic)

Irish Language: Beginning I

FLIR-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Th 5-7 p.m. **Kevin Scannell**
 Aug 1 - Sep 19 *FP-W 221*
F02 Th 5-7 p.m. **Kevin Scannell**
 Oct 3 - Nov 21 *FP-W 221*

Irish Language: Beginning II

FLIR-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Th 7:05-9 p.m. **Kevin Scannell**
 Aug 1 - Sep 19 *FP-W 221*
F02 Th 7:05-9 p.m. **Kevin Scannell**
 Oct 3 - Nov 21 *FP-W 221*

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 while in this beautiful country. Bring pencil and notebook.

FLIT-765 | 1 session | \$29^{AGE 60+} | \$29^{REG}
F01 M 4 - 6 p.m. **Barbara Klein**
 Oct 14 *MC-SO 112*

Italian for the Traveler

FLIT-716 | 6 sessions | \$115^{AGE 60+} | \$115^{REG}
F01 M 4 - 6 p.m. **Barbara Klein**
 Aug 26 - Oct 7 *MC-SO 112*

• NOTE: No class 9/2
F02 M 4 - 6 p.m. **Barbara Klein**
 Oct 28 - Dec 2 *MC-SO 112*

Italian: Beginning I

FLIT-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 M 5-7 p.m. **Michael Cross**
 Aug 5 - Sep 30 *FP-W 124*

• NOTE: No class 9/2
F02 M 6:30 - 8:30 p.m. **Barbara Klein**
 Aug 12 - Oct 7 *MC-SO 112*

• NOTE: No class 9/2
F03 M 7-9 p.m. **Michael Cross**
 Oct 14 - Dec 2 *FP-W 124*

Italian: Beginning II

FLIT-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 M 7-9 p.m. **Michael Cross**
 Aug 5 - Sep 30 *FP-W 124*

• NOTE: No class 9/2
F02 M 6:30 - 8:30 p.m. **Barbara Klein**
 Oct 14 - Dec 2 *MC-SO 112*

Italian: Beginning III

FLIT-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 M 5-7 p.m. **Michael Cross**
 Oct 14 - Dec 2 *FP-W 124*

Portuguese

Portuguese: Beginning I

FLPG-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Jul 31 - Sep 18 *MC-SO 109*

Portuguese: Beginning II

FLPG-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Oct 2 - Nov 20 *MC-SO 109*

Portuguese: Beginning III

FLPG-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Jul 31 - Sep 18 *MC-SO 107*

Portuguese: Beginning IV

FLPG-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F02 W 6-8 p.m. **Viva Brasil**
 Oct 2 - Nov 20 *MC-SO 107*

Portuguese: Intermediate II

FLPG-721 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Oct 2 - Nov 20 *MC-SO 111*

Portuguese: Intermediate III

FLPG-722 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Jul 31 - Sep 18 *MC-SO 204*

Portuguese: Intermediate IV

FLPG-722 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F03 W 6-8 p.m. **Viva Brasil**
 Oct 2 - Nov 20 *MC-SO 205*

Portuguese: Advanced I

FLPG-724 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Jul 31 - Sep 18 *MC-SO 205*

Portuguese: Advanced II

FLPG-725 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 6-8 p.m. **Viva Brasil**
 Oct 2 - Nov 20 *MC-SO 204*

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

Spanish

Spanish For Travelers

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

FLSP-716 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Th 4:45-6:45 p.m. **Timothy Neckermann**
 Oct 10 – Dec 5 *Online*

• NOTE: No class 11/28

Spanish: Beginning I

FLSP-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Tu 4:45-6:45 p.m. **Timothy Neckermann**
 Jul 30 – Sep 17 *MC-CN 202*

F02 Tu 4:45-6:45 p.m. **Timothy Neckermann**
 Oct 8 – Dec 3 *MC-CN 202*

• NOTE: No class 11/5

Spanish: Beginning II

FLSP-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F02 W 4:45-6:45 p.m. **Timothy Neckermann**
 Oct 9 – Dec 4 *Online*

• NOTE: No class 11/27

Spanish: Beginning III

FLSP-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 4:45-6:45 p.m. **Timothy Neckermann**
 Jul 31 – Sep 18 *MC-CN 202*

F02 Th 4:30-6:30 p.m. **Maria de la Garza**
 Aug 1 – Sep 19 *Online*

Spanish: Intermediate I

FLSP-720 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Th 4:45-6:45 p.m. **Timothy Neckermann**
 Aug 1 – Sep 19 *MC-CN 202*

F02 Th 4:30-6:30 p.m. **Maria de la Garza**
 Oct 10 – Dec 5 *Online*

• NOTE: No class 11/28

Spanish: Intermediate II

FLSP-721 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Jul 30 – Sep 17 *Online*

Spanish: Intermediate III

FLSP-722 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Oct 8 – Dec 3 *Online*

• NOTE: No class 11/5.

Spanish: Reading I

Increase your vocabulary and comprehension by reading and discussing a fun and simple book in Spanish. Book will be announced closer to the start date.

FLSP-765 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 W 4:30-6:30 p.m. **Maria de la Garza**
 Jul 31 – Sep 18 *Online*

Spanish: Reading II

Continue to increase your vocabulary and comprehension by reading and discussing a fun and simple book in Spanish. Book will be announced closer to the start date.

FLSP-765 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F02 W 4:30-6:30 p.m. **Maria de la Garza**
 Oct 9 – Dec 4 *Online*

• NOTE: No class 11/27

Russian

Russian For First Timers

Explore a new culture and language. Perfect for beginners who are ready to start with the basics. Get introduced to the alphabet, pronunciation, greetings and phrases.

FLRU-717 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}
F01 W 5-7 p.m. **Valerie Powers**
 Aug 28 – Sep 18 *Online*

Russian: Beginning I

FLRU-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F02 W 5-7 p.m. **Valerie Powers**
 Sep 25 – Dec 4 *Online*

• NOTE: No class 10/16, 11/20, and 11/27

Russian: Beginning III

FLRU-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Th 5-7 p.m. **Valerie Powers**
 Aug 29 – Oct 24 *Online*

• NOTE: No class 10/17



COMMUNICATIONS

Personal Communication

Managing Difficult Conversations

Difficult conversations happen throughout our lives: at work, at home and in the world. The success of any relationship, business or personal, depends on the ability of those involved to effectively and confidently master difficult communication exchanges. Techniques are applicable to many situations including management or coworkers, bringing up issues with your spouse, understanding your kids better and getting to the bottom of a feud with your neighbor.

COMM-765 | 2 sessions | \$27^{AGE 60+} | \$39^{REG}
F01 Th 6:30-8:30 p.m. **Donna Mickens**
 Sep 12 - Sep 19 *STLCC-Corp 207*

Learning to Listen, Communicate and Conflict Resolution

Listening and communication are key skills, both in expressing your ideas and hearing the correct message, especially when it comes to conflict resolution and mutual understanding. Through in-class exercises, examine ways to improve listening skills, strengthen your ability to describe clear mental images and to ask clarifying questions. Applying these practices will enhance relationships with your partner, children, students, and colleagues.

COMM-765 | 2 sessions | \$27^{AGE 60+} | \$39^{REG}
F06 W 6:30-8:30 p.m. **Laurel Clark**
 Aug 14 - Aug 21 *STLCC-Corp 209*

Listening Beyond the Words

Ineffective listening can block the success of any relationship or business. Are you hearing your cohort's needs and desires? Are your relationships with family and colleagues harmonious? Build skills that enhance your working and personal relationships. Class will focus on the fundamentals of effective listening and eliminating defensiveness in the communication process. Discover blocks hindering good listening, build positive interaction, in-depth listening skills and appropriate feedback.

COMM-765 | 2 sessions | \$55^{AGE 60+} | \$55^{REG}
F07 Th 6:30-8:30 p.m. **Jean Walters**
 Oct 3 - Oct 10 *MC-SO 112*

Voiceover

Introduction to Voiceover

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

COMM-765 | 1 session | \$59^{AGE 60+} | \$59^{REG}
F02 Sa 12-1:30 p.m. **Jason Rooney**
 Aug 17 *MC-CE Classroom*
F03 F 5:30-7 p.m. **Jason Rooney**
 Sep 13 *STLCC-SoCo 205*
F04 Sa 12-1:30 p.m. **Jason Rooney**
 Oct 19 *MC-CE Classroom*
F05 F 5:30-7 p.m. **Jason Rooney**
 Nov 15 *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 | \$149^{AGE 60+} | \$149^{REG}
F02 Th 6 - 8 p.m. **Cindy Hayes**
 Aug 29 - Oct 17 *Online*
F03 W 6:30 - 8:30 p.m. **Cindy Hayes**
 Sep 25 - Nov 13 *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 7-11. Class does not cover ASL sentence structure.

SIGN-701 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
F01 Tu 6 - 8 p.m. **Cindy Hayes**
 Aug 27 - Oct 22 *Online*
 • NOTE: No class 10/1
F04 M 6:30 - 8:30 p.m. **Cindy Hayes**
 Sep 30 - Nov 18 *STLCC-SoCo 120*

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

GENEALOGY

Prerequisite: Windows® computer skills and an active St. Louis County Library card.

Finding Death Information On and Off-line

Death is inevitable, but finding that illusive death sometimes proves difficult. Besides the obvious death certificate this class will look at some of the additional sources of death information.

GENE-704 | 2 sessions | \$34^{AGE 60+} | \$49^{REG}
F02 Th 2-4 p.m. **Pat Stamm**
 Oct 17 - Oct 24 *MC-SC 201*

Thinking Outside of the Box: Genealogy Research Planning

Learn how to establish a research plan incorporating alternative US records to solve genealogical obstacles by utilizing online resources may leave holes, gaps, and incorrect information.

GENE-704 | 3 sessions | \$50^{AGE 60+} | \$69^{REG}
F03 Th 2-4 p.m. **Pat Stamm**
 Nov 7 - Nov 21 *MC-SC 201*

Genealogical Gems: Military Records

Many families had members who served in the military. Researchers often omit this type of investigation because of the complexity. Learn how to navigate this personal information and records, and where to locate documents.

GENE-704 | 2 sessions | \$34^{AGE 60+} | \$49^{REG}
F04 Th 2-4 p.m. **Pat Stamm**
 Dec 5 - Dec 12 *MC-SC 201*

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 | \$50^{AGE 60+} | \$69^{REG}
F01 Th 2-4 p.m. **Pat Stamm**
 Sep 19 - Oct 3 *MC-SC 201*

PHILOSOPHY

Philosophy of Leadership: Explorations, Revisions and Applications

What leadership skills, strengths, and weakness do you have? Where do you get, or upon what do you build your truths about leadership? Building on the foundation of leadership guru Peter Fuda's seven leadership metaphors, explore these questions and discover what leadership means to each of us—individually and collectively, in personal lives, in homes, at jobs, and in communities. Discover how to better know what you are doing, how you are doing it and why you are doing it.

PHIL-701 | 1 session | \$23.50^{AGE 60+} | \$29^{REG}
F01 Sa 10 a.m.-12 p.m. **Scott Martin**
 Sep 21 *FV-SS 101*

HISTORY

Local

St. Louis Baseball History - The Early Years 1860-1919

St. Louis' rich major league baseball history from 1860 to 1919. Learn about the teams, players, owners, and stories and the first ever major league game, the origin of the St. Louis Cardinals, and the stars and spear-carriers of those teams.

HIST-708 | 1 session | \$23.50 AGE 60+ | \$29 REG
F01 Sa 10 a.m.-12 p.m. **Brian Flaspohler**
 Sep 21 *FP-E 217*

St. Louis Baseball History - The Middle Years 1920-1969

St. Louis' rich major league baseball history from 1920 to 1969. Learn about the teams, players, owners, and stories. This era covers the Browns' history in St. Louis, the Cardinals first World Series Championship, and the great Stars teams of the Negro Leagues.

HIST-708 | 1 session | \$23.50 AGE 60+ | \$29 REG
F03 Sa 10 a.m.-12 p.m. **Brian Flaspohler**
 Oct 19 *FP-E 217*

St. Louis Baseball History - Modern Times 1970-Present

In the third series of St. Louis Cardinal's baseball history, the decades of success of the 1960s, 1980s, and 2000s and the players and people that drove the baseball engine will be explored.

HIST-708 | 1 session | \$23.50 AGE 60+ | \$29 REG
F04 Sa 10 a.m.-12 p.m. **Brian Flaspohler**
 Nov 16 *FP-E 217*

Earthquakes in St. Louis and Missouri

Since 1804, the year St. Louis became part of the United States, the city have suffered damage from 12 earthquakes and have felt many others. Shockingly, Missouri experienced 328 quakes in the year 2022! Learn about the damage and severity of the many quakes. Build your knowledge on earthquake preparedness, earthquake insurance, seismographs and how to interpret the Richter Scale.

HIST-708 | 1 session | \$24 AGE 60+ | \$29 REG
F02 Th 1-2:30 p.m. **Doug Schneider**
 Oct 10 *MC-CN 228*

Ghost Towns in Missouri and Beyond

Abandoned buildings, paranormal folklore, and historic relics cast an eerie and intriguing atmosphere over Missouri's ghost towns. A detour through these rural locales reveals stories of a changing world and devastating acts of nature. Depopulated or simply forgotten, many have fallen into disrepair. Others have only remnants and artifacts as proof of their former heydays.

HIST-702 | 1 session | \$24 AGE 60+ | \$29 REG
F01 F 10-11:30 a.m. **Doug Schneider**
 Aug 9 *MC-SO 108*

United States

Aaron Burr: The Man Who Shot Alexander Hamilton

Although Burr had many life accomplishments, the one he went down in history for is shooting Alexander Hamilton. Explore the many unsung stories before Hamilton met his end. From graduating at 16, to becoming a war hero, to being tried for treason, Burr's life was anything but ordinary.

HIST-703 | 1 session | \$24 AGE 60+ | \$29 REG
F01 M 1-2:30 p.m. **Doug Schneider**
 Aug 26 *Online*

They Also Ran

Presidential winners make the history books, but what about the losers, those who also ran? Who are they? Why did they lose? What do their losses tell us about the history of their times? What influence, before or after their defeats have on our country? Spend an evening considering those who also ran.

HIST-703 | 1 session | \$22.50 AGE 60+ | \$29 REG
F02 Tu 6:30-8:30 p.m. **Jim Gallen**
 Oct 29 *MC-SO 111*

A Biographical Look at the Wright Brothers

The remarkable Wright Brothers lived in a city that was a hotbed of innovation during a time ripe for aviation experimentation. Enjoy an insightful look at two of the most famous brothers in history. Learn how the Wright Brothers succeeded in creating the airplane, and how they tried to promote and protect their invention after Kitty Hawk.

HIST-703 | 1 session | \$24 AGE 60+ | \$29 REG
F03 F 10-11:30 a.m. **Doug Schneider**
 Nov 1 *MC-CN 230*

Untold Labor Stories

As Labor Day approaches, discover some of the unsung heroes in American labor history. Learn about the 1912 Bread and Roses Textile Strike, one of the most prominent early black unionists, Ben Fletcher, and the 1918 Chicago labor trial.

HIST-765 | 1 session | \$23 AGE 60+ | \$29 REG
F01 Tu 5-7 p.m. **Michael Thomas**
 Aug 20 *FP-W 217*

Politics and Witches

Discover the hidden figures in American history who've influenced and battled popular sentiment since before the pilgrims landed at Plymouth. How come female politicians are still called witches? Why do politicians say "Witch Hunt" so often? And how can we sort the myth from truth?

HIST-765 | 1 session | \$23 AGE 60+ | \$29 REG
F03 Tu 5-7 p.m. **Michael Thomas**
 Oct 22 *FP-W 217*

History of Film: The 20th Century

Perhaps nothing represents the changes in our culture over the last century as much as the motion pictures produced. Journey into the different eras of the 20th century through the lens of the films that were made to help us better understand the times. It's a great way to learn more about the time period while also getting to watch some great movies.

HIST-765 | 4 sessions | \$45.50 AGE 60+ | \$69 REG
F04 Tu 6-8 p.m. **Adam Sydney**
 Nov 12 - Dec 3 *FP-W 221*

World

Winston Churchill at 150

The year 2024 is the sesquicentennial of the birth of Winston Churchill. Spend an evening studying the life of this soldier, statesman, imperialist, politician, and possibly Man of the Twentieth Century. From his privileged birth, he played the parts of war correspondent, MP, cabinet member, soldier, prime minister, party leader, author and painter. In addition, consider his role in two world wars and minor other ones and contemplate how our world was molded by this most influential life.

HIST-712 | 1 session | \$22.50 AGE 60+ | \$29 REG
F01 W 6:30-8:30 p.m. **Jim Gallen**
 Nov 20 *MC-SO 108*

The Allied Air War in the ETO

Learn all about the Anglo-American bombing campaign against Germany during World War II. Discuss tactics, technology, successes, failures and the controversies that came with the air power of the European Theater of Operations.

HIST-714 | 1 session | \$24 AGE 60+ | \$29 REG
F01 M 7-8:30 p.m. **Chris Ketcherside**
 Oct 14 *MC-SO 107*

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
F05 Sa 1-3 p.m. **Stephanie Thurmer**
 Nov 16 *Online*

TOURS AND TRIPS

Note: Many classes under the Tours and Trips subject area have early registration and withdrawal deadlines. Please see the online course description for details.

For 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.

For Elizabeth White's tours, pick-up will vary from tour to tour. Departure points are St. Charles, South County and Fenton. Tour times to be announced

AWTY?: Are We There Yet?

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

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

St. Louis

AWTY? St. Louis Off the Beaten Path

Come explore some of the hidden jewels of St. Louis. Begin your tour with a visit to the Jefferson Barracks Telephone Museum where tour guides will show you around an extensive collection of telephones and memorabilia. Continue on to the Miniature Museum to explore the two story building that is the home to exhibits in scales ranging from 1:6 to micro-scale. Enjoy lunch at Pappy's Smokehouse before wrapping up your trip with a tour of the World Chess Hall of Fame. Last date to withdraw with a full refund: Aug 22.

TRIP-701 | 1 session | \$124^{AGE 60+} | \$124^{REG}
F02 Th 8:30 a.m.-4:45 p.m. **Dea Hoover**
 Sep 12 *FV-Off Campus*
F03 Th 9:15 a.m.-4 p.m. **Dea Hoover**
 Sep 12 *MC-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, you'll meet in the parking lot off Couch Ave by the Meramec campus Continuing Education building, where you'll receive maps and directions. Last date to register and withdraw with a full refund: Sep 27.

TRIP-701 | 4 sessions | \$129^{AGE 60+} | \$129^{REG}
F06 F 9 a.m.-2:30 p.m. **Joan Huisinga**
 Oct 4 - Oct 25 *Off Campus*

A Night at the Munny

Embark on an evening under the stars at The Munny, America's oldest and largest outdoor theater. Discover where the magic happens during a backstage tour followed by a dinner and a show. Watch "Waitress", the story of Jenna, a baker who dreams of escaping her job, small town and rocky marriage. *Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information after the last date to register.* Last date to register and withdraw with a full refund: Jul 19.

TRIP-701 | 1 session | \$175^{AGE 60+} | \$175^{REG}
F01 Sa **Elizabeth White**
 Aug 3 *Off Campus*

World Religions

Embark on a captivating journey through the history of five world religions. Visit the houses of worship, learn about the beliefs, customs and traditions. Tour the St. Louis Abbey/St. Anselm Church, Hindu Temple, Fo Guang Shan Buddhist Center, and Daar ul Islam Mosque. Enjoy lunch at Simon Kohn's Deli. *Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information after the last date to register.* Last date to register and withdraw with a full refund: Jul 19.

TRIP-702 | 1 session | \$147^{AGE 60+} | \$147^{REG}
F01 W **Elizabeth White**
 Aug 14 *Off Campus*

AWTY? Predator vs Prey

Don't miss this one-of-a-kind opportunity to enjoy a private, two-hour, guided tour tailored to what you most want to see and learn. With insights gathered over five decades of working with and for wolves and other wild canids, Endangered Wolf Center is offering a rare experience to get to know these animals. We'll share an inside look at three additional endangered species in our care: African painted dogs, maned wolves, and swift foxes. Before your next adventure, you will enjoy a buffet lunch at Holiday Inn Express Six Flags. Continue your adventure to the World Bird Sanctuary for a guided tour to view birds on display and learn about the past inhabitants of the area and meet the current residents. You will visit the animal hospital and then observe a flying demo in the Nature Center. Last date to withdraw with a full refund: Aug 28.

TRIP-701 | 1 session | \$159^{AGE 60+} | \$159^{REG}
F04 W 8:45 a.m.-5 p.m. **Dea Hoover**
 Sep 25 *FV-Off Campus*
F05 W 9:15 a.m.-4:30 p.m. **Dea Hoover**
 Sep 25 *MC-Off Campus*

The Unusual Little Museums of St. Louis

The St. Louis area abounds with small unique museums run by dedicated individuals. From art to religion to collections of objects large and small these volunteers have opened spaces for others to enjoy their work. We will tour several of these small museums and have a simple lunch in one of them. Prepare to be surprised at places you didn't know existed. Lunch is included in the class fee.

TRIP-701 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F07 Th 9 a.m.-4 p.m. **Joan Huisinga**
 Nov 14 *MC-Off Campus*

A Victorian Holiday

Get into the holiday spirit and travel back to the late 1800s, visiting grand mansions decked out and adorned for Christmas. You'll 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.

TRIP-701 | 1 session | \$129^{AGE 60+} | \$129^{REG}
F08 Th 9:30 a.m.-4 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 for him and his third wife, Sarah Elizabeth 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. Last date to withdraw with a full refund: Oct 18.

TRIP-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}
F09 Th 9:45 a.m.-4:30 p.m. **Dea Hoover**
 Nov 7 *FV-Off Campus*
F10 Th 10:30 a.m.-4 p.m. **Dea Hoover**
 Nov 7 *MC-Off Campus*

Missouri

AWTY? Miss Augusta Luxury Lunch Cruise & 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. Last date to withdraw with a full refund: Sep 19.

TRIP-702 | 1 session | \$169 AGE 60+ | \$169 REG
F08 W 9 a.m.-5 p.m. **Dea Hoover**
 Oct 16 *MC-Off Campus*

Country Christmas

Travel back and explore Christmas customs from more than a century ago at the Sappington House and the Hawken House, and learn about their celebrations. Then move on to Kimmswick for lunch at the Blue Owl, followed by a tour of the Anheuser Home and perhaps the Burgess House with a bit of time for last minute shopping.

TRIP-702 | 1 session | \$129 AGE 60+ | \$129 REG
F10 Th 9 a.m.-4 p.m. **Joan Huisinga**
 Dec 5 *MC-Off Campus*

Exploration Travel

A Guide for the Adventurer: Road Trip Planning

Want to plan a road trip but don't know how to start? Come learn how to explore the open road in a safe and fun way that will provide you with many memorable moments and lots of adventure. Bring your questions and ideas to discuss with other fellow travelers and an experienced travel and event planner.

TRIP-703 | 1 session | \$35 AGE 60+ | \$35 REG
F01 Sa 1-3 p.m. **Teresa Willis**
 Aug 24 *FP-W 124*
F02 Tu 1-3 p.m. **Teresa Willis**
 Oct 1 *MC-SO 204*
F03 Tu 5-7 p.m. **Teresa Willis**
 Oct 22 *FV-SS 103*
F04 Sa 1-3 p.m. **Teresa Willis**
 Nov 16 *Online*

United States

A Million Dollar Quartet Adventure

Experience an unforgettable two-day adventure filled with charm, entertainment, exploration and memories. Buckle up and experience Indiana as you visit the Shrine of St. Mother Theodore Guerin, an Alpaca Farm, museums, historical sites and an electrifying performance of "Million Dollar Quartet." *Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information 20 days before the tour.* Last date to register and withdraw with a full refund: July 31.

TRIP-702 | 1 session | \$602 AGE 60+ | \$602 REG
F05 Sa-Su **Elizabeth White**
 Sep 21 - Sep 22 *Off Campus*

AWTY?

Overhead View of Jacksonville, IL

Travel to Jacksonville, Illinois and enjoy a guided campus tour of its top ranked liberal arts college followed by lunch at Jacksonville Country Club. Continue your adventure with a tour of the elegant Governor Duncan Mansion built by Joseph and Elizabeth Duncan in 1834. Wrap up your trip with a ride on one of the Big Eli Ferris Wheels. Last date to withdraw with a full refund: Aug 21.

TRIP-702 | 1 session | \$139 AGE 60+ | \$139 REG
F03 W 7 a.m.-6:45 p.m. **Dea Hoover**
 Sep 11 *MC-Off Campus*
F04 W 8:00 a.m.-6:15 p.m. **Dea Hoover**
 Sep 11 *FV-Off Campus*

Recreational Vehicles

Boondocking & Dry Camping 101

What is boondocking? Come learn how to travel in your RV to locations that do not have amenities or hookups. This experience is for those that want to experience nature in their RV with no hookups, sites or neighbors.

TRIP-700 | 1 session | \$35 AGE 60+ | \$35 REG
F02 Sa 10 a.m.-12 p.m. **Teresa Willis**
 Aug 24 *FP-W 124*
F04 Th 5:30-7:30 p.m. **Teresa Willis**
 Sep 26 *MC-SO 204*
F06 Th 5-7 p.m. **Teresa Willis**
 Oct 24 *FV-SS 103*
F07 Sa 10-12 p.m. **Teresa Willis**
 Nov 16 *Online*

Autumn Ales & Alpine Vibes Oktoberfest Getaway

Join an unforgettable Oktoberfest extravaganza at Starved Rock State Park in Illinois! Immerse yourself in a whirlwind of German cheer, vibrant colors, and mouthwatering cuisine while indulging in traditional German lunches, hearty dinners, and plenty of frothy beverages along the way. From the festive atmosphere to the stunning natural beauty, this tour is the perfect blend of excitement and relaxation. *Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information 20 days before the tour.* Last date to register and withdraw with a full refund: Sep 4.

TRIP-702 | 1 session | \$579 AGE 60+ | \$579 REG
F09 Su-M **Elizabeth White**
 Oct 20 - Oct 21 *Off Campus*

Haunted Alton

Things get a little strange in old river towns in October. Join us as we tour historic Alton and visit sites known for unusual happenings. We will visit a typhoid island, a haunted hotel and hopefully the McPike Mansion and hear stories of haunted lore as we drive by other sites. Dinner will be at Fast Eddies. This tour is for 21+ years old with no exceptions.

TRIP-702 | 1 session | \$129 AGE 60+ | \$129 REG
F07 Tu 2-9 pm. **Joan Huisinga**
 Oct 15 *MC-Off Campus*

AWTY? Gorgeous Grafton by Air, Land and Water

Soar over the Mississippi Bluffs on the brand new Grafton SkyTour to Aerie's Resort and Winery. Enjoy breathtaking views overlooking the confluence of the Illinois and Mississippi Rivers. Explore the resort's gift shops and stores and grab a drink on the expansive deck and beer garden. Wine sample included. Next, enjoy lunch at Castelli's Moonlight for their famous talk and Chic Fried Chicken. End the tour relaxing on the Hakuna Matata riverboat during a Mississippi River cruise. Last date to withdraw with a full refund: Sep 17.

TRIP-702 | 1 session | \$144 AGE 60+ | \$144 REG
F11 Tu 8:30 a.m.-6 p.m. **Dea Hoover**
 Oct 15 *MC-Off Campus*
F12 Tu 9:15 a.m.-5:30 p.m. **Dea Hoover**
 Oct 15 *FV-Off Campus*

RV Basics Training Workshop

If you've recently bought or thinking about buying a RV, come explore and learn about the ins and outs of RVs by a certified RV inspector and registered RV technician. Learn about basic operation, maintenance and troubleshooting for your RV including: roof/exterior, appliances, wheel assemblies and much more. Note: There will be a hands-on experience at the end for on campus classes.

TRIP-700 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Sa 10 a.m.-12:30 p.m. **Teresa Willis**
 Aug 10 *FP-W 124*
F03 Tu 5:30-8 p.m. **Teresa Willis**
 Sep 10 *MC-CE Classroom*
F05 W 5:30-8 p.m. **Teresa Willis**
 Oct 9 *FV-SS 105*
F08 Sa 10 a.m.-12:30 p.m. **Teresa Willis**
 Nov 9 *Online*

FITNESS, RECREATION AND SPORTS

Baton Twirling

Baton Twirling

Twirl, march, spin and roll! Do you miss your childhood activity twirling the baton or never learned and want to give it a try? Taught by a former champion, join in the fun to learn routines, try a new skill, increase your fitness, perform for friends and family or competition. Wear comfortable clothing and tennis or oxford shoes. No oversized shirts. Hair must be tied back or up. Includes baton.

PEDU-747 | 6 sessions | \$61^{AGE 60+} | \$79^{REG}

F01 F 5:30-6:30 p.m. **Jenny Woodford**
Aug 2 – Sep 13 *MC-PE East Lobby*

• NOTE: No class 8/30

Cardio and Strength

Barre Cardi & 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**
Aug 8 – Sep 26 *Z Total Body*

Hiking 101: Beginner's Guide

Discover the fun of being outdoors with this introductory course for new or beginning hikers! You'll learn how to select the right gear, navigate local trails, and plan for a safe and enjoyable hike. Build up your confidence to explore nature's wonders and unleash your inner adventurer!

PEDU-758 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F01 Tu 6-8 p.m. **Daria McKelvey**
Sep 10 *MC-SO 111*

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 | 5 sessions | \$89^{AGE 60+} | \$89^{REG}

F03 Sa 10-11:30 a.m. **Tim Davenport**
Sep 7 – Oct 5 *Eagle Springs Golf Course*

Golf: Playing Lessons

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 fee at the golf course.

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

F01 M 5-7 p.m. **Tim Davenport**
Aug 19 *Eagle Springs Golf Course*

F02 M 4:30-6:30 p.m. **Tim Davenport**
Sep 9 *Eagle Springs Golf Course*

Golf: Beginning I

Start from the beginning and learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. This is a perfect introductory class for new players and a great way for experienced golfers to sharpen rudimentary golf skills. Extra fee for balls.

PEDU-730 | 6 sessions | \$61^{AGE 60+} | \$85^{REG}

F01 Tu 8-9 a.m. **Scott Neibert**
Jul 30 – Sep 3 *First Tee Driving Range*

F02 Th 6:30-7:30 p.m. **Scott Neibert**
Aug 1 – Sep 5 *First Tee Driving Range*

Golf: Beginning II

Review, practice and expand on fundamentals presented in Golf: Beginning I. With emphasis on correcting individual swing faults, this is the perfect class for beginning golfers with previous instruction. Extra fee for balls.

PEDU-731 | 6 sessions | \$61^{AGE 60+} | \$85^{REG}

F01 Tu 9-10 a.m. **Scott Neibert**
Jul 30 – Sep 3 *First Tee Driving Range*

F02 Th 7:30-8:30 p.m. **Scott Neibert**
Aug 1 – Sep 5 *First Tee Driving Range*

Games and Hobbies

Modern Board Gaming: An Introduction

Board gaming is a great way to bring people together and now is as good a time as any to get into this hobby. Learn about new games with a few different starting points and get answers to questions you have about this ever growing and evolving hobby. There is more to board games than Monopoly, Clue, Scrabble, and Candy Land. Lots more. Come find out!

GAME-711 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F05 Th 6-8 p.m. **Adam Collins**
Nov 7 *Online*

F06 Sa 10 a.m.-12 p.m. **Adam Collins**
Nov 16 *FP-E 209*

Board Game Appreciation

Board games are gaining in popularity! Check out some new fun as you explore King of Tokyo, Pandemic, Can't Stop, Ticket to Ride, Catan, and more! Each week will focus on a specific game, the mechanics of play, the designer and most importantly learning and playing the game.

GAME-711 | 8 sessions | \$65.50^{AGE 60+} | \$99^{REG}

F09 Th 6-8 p.m. **Adam Collins**
Aug 29 – Oct 17 *MC-SO 107*

Board Game Production

Got a board game idea and don't know what to do with it? Get the resources you need to take the next steps: where to go for parts, art, playtesters and more will be explained and explored. Let's get that idea out to the world!

GAME-711 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F07 Th 6-8 p.m. **Adam Collins**
Nov 14 *Online*

F08 Sa 10 a.m.-12 p.m. **Adam Collins**
Dec 7 *FP-E 209*

Stamp Collecting for Fun or Fame

October is National Stamp Collecting Month! Get involved with an introduction to the hobby of stamp collecting. You will explore tools, philatelic items, organizations that will help you start or enhance your collection for fun and be exposed to ways of exhibiting for fame. Concepts can be applied to any stamp topic you are interested in: butterflies, flowers, love, black heritage, space and so much more.

GAME-711 | 2 sessions | \$30^{AGE 60+} | \$39^{REG}

F01 Th 6-7:30 p.m. **Charlene Blair**
Oct 3 – Oct 10 *Online*

Let's Make Magic

Want to impress your friends with magic tricks? For the young or old, entertain others with amazing card magic and beyond. With hands-on experience in class, everyone will work together to master their sleight of hand and performance skills to become an illusionist. Just bring a deck of blue standard bicycle playing cards. All other supplies provided.

GAME-711 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F02 M 7-9 p.m. **Paul Gregor**
Aug 19 *MC-SO 107*

F03 M 7-9 p.m. **Paul Gregor**
Sep 23 *MC-SO 107*

F04 M 7-9 p.m. **Paul Gregor**
Oct 21 *MC-SO 107*

All About Crosswords

In this interactive session led by a championship solver and experienced crossword constructor, you'll explore crosswords as both a hobby and as a profession. Learn the secrets of speed-solving and practice your wordplay skills in a variety of cruciverbal activities.

GAME-711 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F10 Sa 10 a.m.-12 p.m. **Shannon Rapp**
Sep 7 *FV-B 120*

F11 Sa 10 a.m.-12 p.m. **Shannon Rapp**
Sep 14 *FP-W 118*

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
Aug 6 - Sep 24 Z Total Body

Yoga: Beginner

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and yoga mat.

PEDU-761 | 10 sessions | \$129^{AGE 60+} | \$129^{REG}
F03 M 12:15-1:15 p.m. Kelly Kauffmann
Sep 9 - Nov 11 Affton Community Center

Yoga: Continuing

Continue to build your yoga skills while learning to relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring a towel and yoga mat.

PEDU-761 | 10 sessions | \$129^{AGE 60+} | \$129^{REG}
F04 M 1:30-2:30 p.m. Kelly Kauffmann
Sep 9 - Nov 11 Affton 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 | \$45^{AGE 60+} | \$79^{REG}
F05 M 6-7 p.m. Sharon Danyluck
Sep 9 - Oct 28 Sunset Hills Community Center

Keep Your Bones Strong

Practice and learn how to enhance bone strength from an internationally certified yoga therapist. Gain insight into the science of bone and pertinent research and receive a personal anatomical assessment. Discover how to foster balance and tensile strength while enhancing muscle stability and joint alignment with targeted movement. Must not have osteoporosis. Must be able to get up and down from the floor. Bring a yoga mat, towel, blanket and water.

PEDU-761 | 6 sessions | \$44^{AGE 60+} | \$69^{REG}
F06 W 6:15-7:30 p.m. Pamela Todd
Oct 9 - Nov 13 MC-PE 112

Paddleboarding

Paddleboard Yoga

Try something new! Broaden your horizons and challenge your existing yoga practice in new ways or as a new yogi give paddleboard yoga a try. No experience in yoga or in standup paddleboarding (SUP) necessary. You'll start with SUP basics and beginner yoga poses and move along to advanced options if interested. Based on your skill, options will be taught so that you can nurture your love of SUP and yoga.

PEDU-761 | 3 sessions | \$109^{AGE 60+} | \$109^{REG}
F01 Sa 12:30-2 p.m. Stacey Drake
Aug 3 - Aug 17 River's Edge Park

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 | \$75^{AGE 60+} | \$75^{REG}
F01 Sa 10:30 a.m.-12 p.m. Stacey Drake
Aug 10 - Aug 17 River's Edge Park

Racquet Sports

Pickle, Padel and Racquet

Join in the fun and learn how to play pickleball, along with three other exciting shortcourt racquet games: F.U.N. Padel 44, F.U.N. Tennis 44 and F.U.N. Padel 60. These are easy games to learn in a short amount of time and a great introduction to the world of racquet sports. All equipment will be provided.

PEDU-788 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}
F01 Tu 7:30-8:30 p.m. Mark Platt
Sep 3 - Sep 24 Lake School Park
Tennis Courts

F.U.N. Padel™

Come learn how to play this new and innovative sport, including basic strokes like forehand, backhand, serve and volley while using the walls to your advantage. All equipment will be provided.

PEDU-788 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}
F02 Sa 9-10 a.m. Mark Platt
Sep 7 - Sep 28 St. Ann Community Center



Pickleball

All equipment provided. Dress appropriately for Dwight Davis outdoor courts. 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: Beginner

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	Sa 2:30-4 p.m. Aug 3 – Aug 24	Callahan Pickleball Academy Dwight Davis Tennis Center
F02	W 2:30-4 p.m. Aug 7 – Aug 28	Callahan Pickleball Academy Dwight Davis Tennis Center
F03	W 2:30-4 p.m. Sep 4 – Sep 25	Callahan Pickleball Academy Dwight Davis Tennis Center
F04	Sa 2:30-4 p.m. Sep 7 – Sep 28	Callahan Pickleball Academy Dwight Davis Tennis Center
F05	W 2:30-4 p.m. Oct 2 – Oct 23	Callahan Pickleball Academy Dwight Davis Tennis Center
F06	Sa 2:30-4 p.m. Oct 5 – Oct 26	Callahan Pickleball Academy Dwight Davis Tennis Center
F07	Th 3-4:30 p.m. Aug 8 – Aug 29	Callahan Pickleball Academy Chesterfield Parks & Rec
F08	Th 3-4:30 p.m. Sep 5 – Sep 26	Callahan Pickleball Academy Chesterfield Parks & Rec
F09	Th 3-4:30 p.m. Oct 3 – Oct 24	Callahan Pickleball Academy Chesterfield Parks & Rec
F10	Tu 4-5:30 p.m. Aug 27 – Sep 17	Callahan Pickleball Academy Affton Community Center
F11	Tu 4-5:30 p.m. Oct 8 – Oct 29	Callahan Pickleball Academy Affton Community Center
F12	Tu 4-5:30 p.m. Nov 12 – Dec 3	Callahan Pickleball Academy Affton Community Center
F13	Tu 4:30-6 p.m. Sep 3 – Sep 24	Vetta Sunset Hills
F14	Tu 4:30-6 p.m. Oct 8 – Oct 29	Vetta Sunset Hills
F15	Tu 4:30-6 p.m. Nov 12 – Dec 3	Vetta Sunset Hills

Pickleball: Beginner II/Intermediate

PEDU-740 4 sessions \$119 ^{AGE 60+} \$119 ^{REG}		
F16	Sa 1-2:30 p.m. Aug 3 – Aug 24	Callahan Pickleball Academy Dwight Davis Tennis Center
F17	W 1-2:30 p.m. Aug 7 – Aug 28	Callahan Pickleball Academy Dwight Davis Tennis Center
F18	W 1-2:30 p.m. Sep 4 – Sep 25	Callahan Pickleball Academy Dwight Davis Tennis Center
F19	Sa 1-2:30 p.m. Sep 7 – Sep 28	Callahan Pickleball Academy Dwight Davis Tennis Center
F20	W 1-2:30 p.m. Oct 2 – Oct 23	Callahan Pickleball Academy Dwight Davis Tennis Center
F21	Sa 1-2:30 p.m. Oct 5 – Oct 26	Callahan Pickleball Academy Dwight Davis Tennis Center
F22	Th 1:30-3 p.m. Aug 8 – Aug 29	Callahan Pickleball Academy Chesterfield Parks & Rec
F23	Th 1:30-3 p.m. Sep 5 – Sep 26	Callahan Pickleball Academy Chesterfield Parks & Rec
F24	Th 1:30-3 p.m. Oct 3 – Oct 24	Callahan Pickleball Academy Chesterfield Parks & Rec
F25	Tu 2:30-4 p.m. Aug 27 – Sep 17	Callahan Pickleball Academy Affton Community Center
F26	Tu 2:30-4 p.m. Oct 8 – Oct 29	Callahan Pickleball Academy Affton Community Center
F27	Tu 2:30-4 p.m. Nov 12 – Dec 3	Callahan Pickleball Academy Affton Community Center
F28	Th 4:30-6 p.m. Sep 5 – Sep 26	Vetta Sunset Hills
F29	Th 4:30-6 p.m. Oct 3 – Oct 24	Vetta Sunset Hills
F30	Th 4:30-6 p.m. Nov 7 – Dec 5	Vetta Sunset Hills
		• NOTE: No class 11/28

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. Please note: Business partner requires student photo to be taken at first class.

PEDU-743 10 sessions \$95 ^{AGE 60+} \$95 ^{REG}		
F01	M 6-7 p.m. Aug 5 – Oct 14	Steve Sulze Chesterfield Xtreme Krav Maga
		• NOTE: No class 9/2
F02	Th 6-7 p.m. Aug 15 – Oct 17	Steve Sulze Fenton Xtreme Krav Maga
F03	Th 6-7 p.m. Sep 19 – Nov 21	Steve Sulze Chesterfield Xtreme Krav Maga
F04	Sa 10-11 a.m. Sep 28 – Dec 7	Steve Sulze Chesterfield Xtreme Krav Maga
		• NOTE: No class 11/30
F05	M 6-7 p.m. Sep 30 – Dec 2	Steve Sulze Fenton Xtreme Krav Maga

Women's Krav Maga™

PEDU-743 10 sessions \$95 ^{AGE 60+} \$95 ^{REG}		
F06	Sa 10-11 a.m. Sep 28 – Dec 7	Steve Sulze Fenton Xtreme Krav Maga
		• NOTE: No class 11/30

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}		
F07	Sa 9 a.m.-12 p.m. Aug 3	Gina Breadon CODA Martial Arts
F08	F 6-9 p.m. Sep 27	Gina Breadon CODA Martial Arts
F09	Sa 9 a.m.-12 p.m. Nov 2	Gina Breadon CODA Martial Arts

Tennis

WELLNESS
AND PERSONAL
DEVELOPMENT

Personal Insights

Introduction to Empowerment
and Equity in Mental Health

Empower yourself with foundational knowledge, resources, and skills to promote mental health equity and well-being. You will explore the fundamental concepts at the intersection of psychology, education, and mental health support, with a strong emphasis on diversity and inclusion. Topics covered include the basics of psychology, the vital role of diversity and inclusion in mental health care, introductory strategies for promoting mental health in underserved communities, an overview of psychology-based careers and educational pathways, and an introduction to building resilience and fostering community support.

HEAL-702 | 7 sessions | \$36^{AGE 60+} | \$55^{REG}

F01 Tu 6-7 p.m.

Candace Simms

Sep 10 - Oct 29

FV-B 119

• NOTE: No class 10/1

Be Healthy and Happy

Good health can be summarized in six basics: what you eat, what you drink, how you sleep and rest, how you breathe, how you move, and how you think. Learn to enhance all these areas of life with simple and sometimes small changes that make a huge difference for greater health and wellbeing.

HEAL-765 | 1 session | \$23^{AGE 60+} | \$29^{REG}

F01 W 6:30-8:30 p.m.
Sep 25

Laurel Clark
STLCC-Corp 209

Attraction and Understanding
Your True Intention

You have visualized and made your vision board, but are you 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^{AGE 60+} | \$29^{REG}

F01 Tu 6:30-8:30 p.m.
Aug 13

William Duffin
MC-SO 112

Karmic Connections:
Past Lives & 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 insights—if and when we are willing to learn.

PERD-709 | 2 sessions | \$26^{AGE 60+} | \$39^{REG}

F02 W 6-8 p.m.
Aug 21 - Aug 28

Rhonda Leifheit
MC-SO 111

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^{AGE 60+} | \$29^{REG}

F03 Sa 10 a.m.-12 p.m.
Sep 7

William Duffin
Online

National Tennis Rating Program (NTRP)

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

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

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

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

Beginning II (2.5): Further emphasis on proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Consistency of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and are emphasized to improve consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. 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. Tennis balls provided.

PEDU-733 | 7 sessions | \$75^{AGE 60+} | \$75^{REG}

F01 Tu 1-2 p.m.
Aug 6 - Sep 17

Jason Falzone
Vetta Concord

F02 Sa 2:30-3:30 p.m.
Aug 10 - Sep 28

Jason Falzone
Vetta Concord

• NOTE: No class 8/31

F03 Tu 1-2 p.m.
Oct 8 - Nov 26

Jason Falzone
Vetta Concord

• NOTE: No class 11/5

F04 Sa 2:30-3:30 p.m.
Oct 12 - Nov 23

Jason Falzone
Vetta Concord

Tennis: Beginning II, NTRP 2.5

See NTRP rating box. Tennis balls provided.

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

F01 Sa 3:30-4:30 p.m.
Aug 10 - Sep 28

Jason Falzone
Vetta Concord

• NOTE: No class 8/31

F02 Sa 3:30-4:30 p.m.
Oct 12 - Nov 23

Jason Falzone
Vetta Concord

Tennis: Intermediate I, NTRP 3.0

See NTRP rating box. Tennis balls provided.

PEDU-735 | 7 sessions | \$99^{AGE 60+} | \$99^{REG}

F01 Tu 2-3:30 p.m.
Aug 6 - Sep 17

Jason Falzone
Vetta Concord

F02 Tu 2-3:30 p.m.
Oct 8 - Nov 26

Jason Falzone
Vetta Concord

• NOTE: No class 11/5.

Tennis: Intermediate
Advanced, NTRP 3.0-4.0

See NTRP rating box. Tennis balls provided.

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

F01 Sa 4:30-6 p.m.
Aug 10 - Sep 28

Jason Falzone
Vetta Concord

• NOTE: No class 8/31

F02 Sa 4:30-6 p.m.
Oct 12 - Nov 23

Jason Falzone
Vetta Concord

WELLNESS AND PERSONAL DEVELOPMENT

Meditation/Mindfulness

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.

PERD-765 | 4 sessions | \$38^{AGE 60+} | \$59^{REG}
F01 Tu 6-8 p.m. Rhonda Leifheit
Sep 10 – Oct 8 MC-SO 109
• NOTE: No class 10/1

Meditation: How and Why

Meditation offers a way to release stress, connect to your deeper mind, develop intuition, and find peace in our chaotic world. Learn how to align your mind and gain access to the vast storehouse of inner wisdom within you.

PERD-765 | 2 sessions | \$55^{AGE 60+} | \$55^{REG}
F02 Th 6:30-8:30 p.m. Jean Walters
Sep 19 – Sep 26 MC-SO 112

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. Learn tools to stretch your mind in amazing ways.

PERD-709 | 1 session | \$22^{AGE 60+} | \$29^{REG}
F08 Sa 10 a.m.-12 p.m. William Duffin
Nov 16 Online

Intuition

Pendulum Dowsing for Intuitive Guidance

Trusting intuition can be a challenge. Learn how to use a pendulum for intuitive guidance. This tool can be used for decision making, to find lost objects, and for healing. Instructor will supply resources for buying or making a pendulum that students may use for practice.

PERD-709 | 1 session | \$23^{AGE 60+} | \$29^{REG}
F10 W 6:30-8:30 p.m. Laurel Clark
Oct 2 STLCC-Corp 209

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Learn exercises and practices to help develop your intuition including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD-735 | 4 sessions | \$38^{AGE 60+} | \$59^{REG}
F03 W 1-3 p.m. Rhonda Leifheit
Oct 16 – Nov 6 MC-SO 112

Dreams, Sleep, and Intuition

We all dream! Some of the greatest inventions, masterpieces, and business ideas come from dreams. Dreams give you guidance, inspiration, and understanding of yourself and your relationships. Learn how to improve your sleep, remember your dreams, and how to begin interpreting the messages they reveal.

PERD-735 | 2 sessions | \$27^{AGE 60+} | \$39^{REG}
F04 Sa 10 a.m.-12 p.m. Laurel Clark
Nov 2 – Nov 9 Online

General

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^{AGE 60+} | \$29^{REG}
F04 Tu 6:30-8:30 p.m. William Duffin
Sep 24 MC-SO 112

Oracles & Divination

Have you dabbled in tarot or oracle cards? The instructor will share his experience of over 30 years to teach you a safe and fun way to communicate with spirits with a variety of oracles. Bring your favorite deck or tool and let's get to work.

PERD-709 | 1 session | \$22^{AGE 60+} | \$29^{REG}
F05 Tu 6:30-8:30 p.m. William Duffin
Oct 15 MC-SO 112

Reframing Aging

Do you think about aging? Research shows that our beliefs about aging determine how long and how well we live, yet most of us find it hard to break through the societal aging stereotype. Get the perspectives and tools to overcome traditional beliefs and live your life to the fullest.

PERD-709 | 1 session | \$22^{AGE 60+} | \$29^{REG}
F06 Sa 9:30-11:30 a.m. Carol Watkins
Nov 2 Online

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? 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 | \$22^{AGE 60+} | \$29^{REG}
F07 Sa 9:30-11:30 a.m. Carol Watkins
Nov 16 Online

Discerning Your Life Purpose

Everyone has unique talents, gifts, and qualities. Learn to identify your strengths and values to understand your unique contribution to the world. Using a "Values Assessment" questionnaire drawing upon intuitive guidance through dreams and meditation, and using journaling prompts, this class will help you discern your life purpose for greater fulfillment and peace of mind.

PERD-709 | 2 sessions | \$27^{AGE 60+} | \$39^{REG}
F09 Sa 10 a.m.-12 p.m. Laurel Clark
Sep 14 – Sep 21 Online

The Universal Laws of Visualization

Why do some people seem to have all the luck, and others find that no matter what they do, things don't work out? Successful people know how to concentrate and visualize what they want, and act on their ideas with dedication and consistency. Discover how universal laws work and how to apply them for greater fulfillment. You will learn a formula for success and a daily practice to prioritize your desires, and a powerful concentration exercise to hone your ability to focus your energies and be attentive to opportunity. Whether it's good relationships, financial security, or peace of mind, you can learn to be one of those people who have all the luck!

PERD-735 | 1 session | \$23^{AGE 60+} | \$29^{REG}
F01 W 6:30-8:30 p.m. Laurel Clark
Jul 31 STLCC-Corp 209

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 W 6-8 p.m. Rhonda Leifheit
Aug 7 – Aug 14 MC-SO 108

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 17 – Oct 24 Online

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}
F03 Tu 1-3 p.m. Rhonda Leifheit
Oct 15 – Oct 29 MC-CN 203

GENERAL INFORMATION

Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs and to view complete, up-to-date course information, visit St. Louis Community College at stlcc.edu/CE.

Enrollment in Continuing Education classes and programs is limited to persons 18 years and older except where otherwise noted.

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 (AFCC)
9801 Mackenzie Rd., 63123

Bluebird Park - Ellisville
(ELLIS)
225 Kiefer Creek Rd., 63201

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

Central Print (CPRT)
2624 N 14th St, 63106

City Sewing Room (CSEW)
6700 Arsenal Ave., 63139

CODA Martial Arts (CODA)
11025 Gravois Industrial Ct Suite B
63128

Culinary Arts House (CAH)
3137 Hampton Ave., 63139
*City street parking between
Hampton and Hartford*

Dwight Davis Tennis Center (DDTC)
5620 Grand Dr., 63112

Eagle Springs Golf Course (ESGC)
2575 Redman Rd., 63136

Episcopal Church of the Advent
(EPCA)
9373 Garber Rd., 63126

Ferguson Public Library (FLIB)
35 N Florissant Rd, 63135

First Tee Driving Range (FTEE)
6286 Lemay Ferry Rd, 63129

Jammin J Automotive (JJA)
10188 Page Ave, 63132

Kirkwood High School (KHS)
801 W. Essex Ave., 63122

Kirkwood Public Library (KLIB)
140 E. Jefferson Ave., 63122

Lake School Park Tennis Courts
(LSPRC)
581 Coeur De Ville Dr, 63141

Richmond Heights Public Library
(RLIB)
8001 Dale Avenue, 63117

River's Edge Park (RVEP)
16975 N Outer 40 Rd, 63005

Shaw Nature Reserve (SNR)
307 Pinetum Loop Rd., 63039

Sew Hope (SWHP)
630 N Hwy 67, 63031

South Broadway Art Project (SBAP)
3816 S. Broadway, 63118

St. Ann Community Center (SACC)
1 Community Center Dr, 63074

St. Louis Art Museum (SLAM)
1 Fine Arts Dr., 63110

St. Lou Dance Crew (DNCRW)
930 Kehrs Mill Rd., 63011

Sunset Hills Community Center (SHCC)
3915 S. Lindbergh Blvd., 63127

Thomas Dunn Learning Center (TDLC)
3113 Gasconade St., 63118

Total Wine & More- Brentwood (TWMB)
90 Brentwood Promenade Ct., 63144

Vetta Sports - Concord (CONC)
12320 Old Tesson Rd., 63128

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

Xtreme Krav Maga & Fitness - Chesterfield
(XKMC)
291 Chesterfield Center, 63017

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

Z Total Body - Fenton (ZBOD)
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

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For more information,
visit stlcc.edu/CE

Campus Legend

FLORISSANT VALLEY = FV

A..... ADMINISTRATION
B..... BUSINESS
CDC..... CHILD DEVELOPMENT CENTER
C..... COMMUNICATIONS
EC..... EMERSON CENTER
E..... ENGINEERING
H..... HUMANITIES
IR..... INSTRUCTIONAL RESOURCES
PE..... PHYSICAL EDUCATION
S..... SERVICE BUILDING
SM..... SCIENCE-MATHEMATICS
SS..... SOCIAL SCIENCES
Student Ctr.... STUDENT CENTER
T..... THEATER
TC..... TRAINING CENTER
CWI..... CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

E..... EAST WING
W..... WEST WING
HealthSci..... CTR NURSING & HEALTH SCIENCES
HSP..... HOSPITALITY
LB..... LIBRARY
PE..... PHYSICAL EDUCATION
Student Ctr.... STUDENT CENTER
T..... THEATRE
AA..... ART ANNEX

MERAMEC = MC

AC..... ASSESSMENT CENTER
AD..... ADMINISTRATION/CLARK HALL
AS..... APPLIED SCIENCE
CE..... CONTINUING EDUCATION 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

STLCC Closures

Continuing Education offices will be closed and classes will not be held on the following dates:

Independence Day	July 4
Labor Day	September 2
Staff Development Day	October 1
Thanksgiving Break	November 28-29
Winter Break	December 24-January 2

Enrollment in Continuing Education classes is limited to persons 18 years and older except for youth classes or where otherwise noted. 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.

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."

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. Call 314-984-7777 with any questions.

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

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 2.85% third party processing fee will be added for class registrations made via debit and credit cards. This fee is nonrefundable. Payment may also be made via check through mail-in registration.

Class Withdrawal and Refunds

If you wish to withdraw from a class, you will receive a refund for most classes if the class is dropped three business days before the first meeting. See the CE website course schedule for classes (such as day trips) that require notice of more than three business days for cancellation and eligibility for a refund. Course fees for missed sessions are nonrefundable.

Requests for withdrawals must be submitted in writing to Continuing Education by email at CEdropbox@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

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

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

Fee Reduction for Individuals Age 60 and Older

At the time of registration, individuals age 60 and older may enroll in select courses for a reduced fee. Reduction will be calculated at check-out.

Senior Citizen Scholarship

For information, please visit stlcc.edu/CE or call 314-984-7777.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The College reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, College will institute disciplinary action.

FAQs

Answers to our frequently asked questions (FAQs) can be found on our website at: <https://stlcc.edu/docs/workforce-employer-services/ce-faqs.pdf>

Textbooks

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.

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. 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 2.85% fee will be added for class registrations made via debit or credit card.

Payment may also be made via check with mail-in registrations.



Mail

STLCC Continuing Education
3221 McKelvey Rd, Ste 250
Bridgeton, MO 63044

Complete the enrollment form and include check or money order for payment. Students who register by mail will receive confirmation of enrollment by email.

STLCC is committed to keeping your information safe. We can only accept debit and credit card payments through our online system. You can register and pay online at stlcc.edu/CE. We will also accept registration and payment via check by mail. All payment for classes must be received by the class registration deadline (closed three business days prior to class start unless otherwise noted in the course description at stlcc.edu/CE.)

Please contact our **Call Center** with any questions you may have at **314-984-7777** or **CEdropbox@stlcc.edu**.

Hours

• M-Th 8:30 a.m.-4:30 p.m.

• F 8:30 a.m.-4 p.m.

Enrollment in classes within this catalog is limited to persons 18 years and older except for youth classes or where otherwise noted.

Registration Deadline: All non-credit courses are limited in enrollment. Advanced registration is required 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
Total:					

I wish to participate in the classes selected for registration and, in consideration agree as follows: I acknowledge, understand and appreciate that as part of my participation in the program/class, there are implicit dangers, hazards and inherent risks, both known and unknown, to which I may be exposed. Therefore, I voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the program/class.

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**.