

Continuing Education

COMMUNITY CLASSES FOR LIFELONG LEARNING

FALL 25
JUL - DEC

REGISTRATION
BEGINS JUL 9

Find your balance.



Animal Welfare | 12

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...and much more!



St. Louis Community College
Continuing Education

stlcc.edu/CE | 314-984-7777



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Welcome to the 2025 Fall Continuing Education course catalog at St. Louis Community College!

Thank you for being part of our vibrant learning community. Your curiosity, creativity and commitment to lifelong learning helps to make our program exceptional. We love seeing the energy you bring to each class, and we're thrilled to welcome you back or to have you join us for the first time this fall.

Lifelong learning isn't just about picking up a new skill—it's finding a balance through a journey that keeps your mind sharp, fuels your passions, connects you with others and opens new doors you didn't even know were there. Whether you're seeking to boost your career, dive into a new hobby or explore something that piques your interest, there's something in this catalog for you.

STLCC is proud to showcase six brand-new buildings across four campuses along with renovations to many existing spaces. These state-of-the-art facilities were designed to enhance the learning experience—and we can't wait for you to step inside to see what's new.

The Continuing Education team and knowledgeable instructors look forward to helping you find an exciting balance full of growth, discovery and fun through our diverse range of classes.

So take a moment for yourself, flip through the catalog and try something new. Keep learning, keep growing and make this your best season yet!



With warm regards,
Marie Peters
Manager, Continuing Education
St. Louis Community College

TO REGISTER: stlcc.edu/CE

Need help? Contact us!

Phone 314-984-7777 | **Email** CEdropbox@stlcc.edu

Hours • M-Th 8:30 a.m.-4:30 p.m. • F 8:30 a.m.-4 p.m.

Fall 2025 Continuing Education Courses

For ages 18+ or where otherwise noted in course descriptions.

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

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Take a moment
for yourself and
enroll today!
Scan here.



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



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

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

PERFORMANCE IMPROVEMENT CUSTOMIZED FOR YOU

Let us transform your team with customized corporate training and consulting services. STLCC's Corporate Services group helps empower the St. Louis region's workforce, having advanced 15,000+ employees from hundreds of companies for nearly 40 years.



As your partner, we provide training and consulting in:

- Leadership & Supervising
- Continuous Improvement & Lean
- Project Management & Productivity
- Microsoft® Tools
- Advanced Manufacturing & Safety
- Train the Trainer

**Check out
our extensive
course catalog:**



Contact Eric Whitehead today to get started:

314-539-5022 | ewhitehead@stlcc.edu | stlcc.edu/businesssolutions

PROFESSIONAL DEVELOPMENT

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



ESSENTIALS TRAINING

NONPROFIT ESSENTIALS

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 startups. Class includes practical tips and useful nonprofit resources to assist in nonprofit formation, orienting new board members and nonprofit directors. Learn 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
F03 Sa 12-2:30 p.m. **Jimmie Calmese**
Sep 13 *Online*
F04 Th 6-8:30 p.m. **Jimmie Calmese**
Nov 20 *Online*

Identifying and Securing Nonprofit Funding

Are you an established nonprofit looking for new donors and new ways to generate revenue? Discover 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, master 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
F05 Sa 12-2:30 p.m. **Jimmie Calmese**
Aug 9 *Online*
F06 Sa 12-2:30 p.m. **Jimmie Calmese**
Sep 27 *Online*

Managing Nonprofits: Programs, Partnerships and Capacities

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

NPAD-703 | 2 sessions | \$37 AGE 60+ | \$55 REG
F08 Sa 12-2:30 p.m. **Jimmie Calmese**
Aug 16 – Aug 23 *Online*
F09 Sa 12-2:30 p.m. **Jimmie Calmese**
Oct 11 – Oct 18 *Online*

Driving Nonprofit Performance and Innovation

Elevate your organization's impact by aligning mission with strategy through effective, mission-driven performance measurement. This course empowers nonprofit professionals to build a culture of learning, innovation, and accountability that drives real change. Learn to track what truly matters, generate meaningful evidence of your programs' effectiveness, and navigate the complexities of collective impact in an ever-evolving social landscape. You'll gain practical tools to enhance decision-making, foster sustainable outcomes, and lead your organization with clarity and confidence.

NPAD-703 | 3 sessions | \$36 AGE 60+ | \$55 REG
F01 Th 6-8 p.m. **Kwanzaa Wright**
Aug 28 – Sep 11 *FV-C 104*

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 W 6-8:30 p.m. **Jimmie Calmese**
Aug 6 – Aug 27 *Online*
F02 W 6-8:30 p.m. **Jimmie Calmese**
Oct 1 – Oct 22 *Online*

Grant Writing: Beyond the Basics

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

NPAD-701 | 4 sessions | \$49 AGE 60+ | \$75 REG
F03 W 6-8:30 p.m. **Jimmie Calmese**
Sep 3 – Sep 24 *Online*
F04 W 6-8:30 p.m. **Jimmie Calmese**
Oct 29 – Nov 19 *Online*

BUSINESS ESSENTIALS

Project Management

Project Management

Project managers are in demand when the need is for skills that require time, resources and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning experience prepares the student for the PMP® certification exam by lecture, online exercises, working sessions and practice exams. Class times: Tuesdays, 6-9 p.m. on Sep 23-Oct 28; and Thursdays, 6-9 p.m. on Sep 25-Nov 6. Last date to register and withdraw with a full refund: Sep 9.

BPCT-703 | 12 sessions | \$1699 AGE 60+ | \$1699 REG
F01 Tu/Th 6-9 p.m. **Robert McAnally**
Sep 23 - Nov 6 *STLCC-Corp Auditorium*
• NOTE: No class 10/7, 11/4

Business Management

Human Resource Management

Grounded in Gary Dessler's principles, this course covers essential HR functions including recruitment and performance management. It aims to align HR strategies with organizational goals, enhance workplace culture and employee satisfaction, and make you an asset to the team.

BUSN-713 | 2 sessions | \$19.50 AGE 60+ | \$29 REG
F02 Sa 12-1:30 p.m. **Omar Perkins**
Aug 2 - Aug 9 *MC-HE 123*

Looking to enhance your communication skills?

Don't miss out on the **personal communications classes on page 36!**

CAREER ESSENTIALS

Leadership Management

Creating Psychological Safety in the Workplace

Psychological safety is the foundation of innovation, collaboration and trust in the workplace. This class will help apply tools and methods for leaders to identify red flags of toxic cultures and provides actionable strategies to foster open communication and inclusion. Participants will learn how to transform their teams into high-trust, high-performance environments.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
F03 Sa 10 a.m.-12 p.m. **Julius Sims II**
Aug 16 *Online*

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. Engaging discussions, case studies, and real-world applications, equip you with tools to lead with confidence, adaptability, and a profound understanding of leadership.

CPDV-701 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F04 Sa 10 a.m.-12 p.m. **Julius Sims II**
Sep 6 - Sep 13 *FP-E 212*

Leadership Development

Cultivate your skills with this class that will give insight from John Maxwell, focuses on transformational leadership and team dynamics. Develop your unique leadership styles through engaging projects and self-assessments, empowering you to lead with confidence and integrity.

BUSN-713 | 2 sessions | \$19.50 AGE 60+ | \$29 REG
F01 Sa 10-11:30 a.m. **Omar Perkins**
Aug 2 - Aug 9 *MC-HE 123*

Employment Goals

Three Keys to Success for Completing Goals

Learn the concepts of expectations, infrastructure, and accountability to achieve your personal and professional aspirations. Through interactive activities and self-reflection, you will create actionable plans, fostering a growth mindset and resilience to unlock your potential.

BUSN-745 | 2 sessions | \$19.50 AGE 60+ | \$29 REG
F01 Sa 1-2:30 p.m. **Omar Perkins**
Aug 16 - Aug 23 *MC-HE 124*

Easy Ways to Improve Work and Daily Life

You don't need to be a tech expert to bring new ideas into your work or daily routine. This class will help you apply simple, practical ways to make tasks easier, improve efficiency, and solve everyday challenges. Using real-life examples, you will explore small changes that can make a big impact without requiring advanced skills or expensive tools. Whether you're looking to simplify work, streamline a small business, or just make life easier, this course will give you the confidence to try something new.

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
F01 Tu 7-9 p.m. **Ashley Spraggs**
Sep 9 *Online*

Building Better Workflows: Step-by-Step

Ever feel like you're always fixing the same problems? Position yourself for success with these simple ways to map out tasks, reduce wasted time and make work easier. Whether for a job, a small business, or everyday life, you'll learn how to break down complicated processes into clear, manageable steps. No technical skills are required—just a willingness to improve how things get done!

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
F02 M 7-9 p.m. **Ashley Spraggs**
Aug 25 *Online*

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.

BUSN-713 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F03 Sa 10 a.m.-12 p.m. **Julius Sims II**
Aug 2 - Aug 9 *FP-E 212*

Networking Through Informational Interviews

You will learn how to leverage informational interviews to build valuable professional connections and expand your network. Discover strategies for reaching out to industry professionals, crafting effective questions, and making a lasting impression. Whether you're job hunting or seeking career insights, this class will help you use informational interviews as a powerful tool for career growth. Gain the confidence and skills to turn conversations into opportunities.

CPDV-703 | 1 session | \$18.50 AGE 60+ | \$25 REG
F01 W 6-8 p.m. **Monica Black-Robinson**
Sep 10 *Online*

Discovering Your Informal Leadership

Explore the concept of informal leadership and how to recognize and embrace your unique leadership style, even without a formal title. Learn how to influence and inspire others through communication, problem-solving, and building trust. Whether you're leading a project, team, or initiative, this class will help you harness your natural leadership strengths. Gain practical strategies to make an impact and lead effectively in any situation.

CPDV-701 | 1 session | \$18.50 AGE 60+ | \$25 REG
F05 W 6-8 p.m. **Monica Black-Robinson**
Oct 29 *Online*

Cultural Competence and Inclusion

Explore how to navigate cultural differences and foster a more inclusive environment. Learn to adapt communication and behavior for diverse teams, ensuring mutual respect and understanding.

BUSN-713 | 1 session | \$18.50 AGE 60+ | \$25 REG
F04 Sa 11 a.m.-1 p.m. **Linda Pritchard**
Sep 13 *FP-W 313*

Networking with Confidence

Learn to approach networking opportunities with ease, build meaningful connections, and maintain long-term professional relationships. Practice introducing yourself, engaging in conversation, and following up effectively.

BUSN-713 | 1 session | \$18.50 AGE 60+ | \$25 REG
F05 Sa 11 a.m.-1 p.m. **Linda Pritchard**
Sep 27 *FP-W 313*

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. 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 | \$34.50 AGE 60+ | \$45 REG
F01 Th 7-9 p.m. **Mike Ochonicky**
 Oct 9 – Oct 16 *Online*

Affiliate Marketing 101: Building Passive Income Online

Affiliate marketing is one of the easiest ways to generate passive income online—but only if you do it the right way. This beginner-friendly course walks you through the fundamentals of affiliate marketing, how to choose profitable products and strategies to drive consistent sales without needing to own a product or service. You will have a clear plan for setting up your own affiliate marketing business, building a personal brand and leveraging AI-powered automation to scale your success!

BUSS-765 | 2 sessions | \$26 AGE 60+ | \$39 REG
F03 M 11 a.m.-1 p.m. **Tina Ratsaboutseua**
 Oct 6 – Oct 13 *Online*

Launch Your Automated Online Business

Starting a business doesn't have to be complicated! Step-by-step, this is designed for entrepreneurs, side hustlers and small business owners who want to launch a fully automated online business. Using Done-For-You (DFY) tools and AI automation, this course will help you create a low-maintenance, scalable business that can generate income 24/7. By the end of the course you will have a complete online business set up—including a website, branding, marketing funnels and AI-powered automation to run it smoothly!

BUSS-701 | 2 sessions | \$26 AGE 60+ | \$39 REG
F02 M 11 a.m.-1 p.m. **Tina Ratsaboutseua**
 Nov 3 – Nov 10 *Online*

Don't miss out on the hottest topic in tech!

Stay ahead of the curve and explore the **Artificial Intelligence classes on page 8!**

Interested in a career in real estate?
Be sure to check out page 31.

Online Selling

Thinking of taking your hobby or passion one step further and selling online? Get insight to consider all the factors that go into what product to sell online, review of online selling platforms, and business plan and accounting information you need to know to get started.

BUSS-701 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
F03 M 6:30-8:30 p.m. **Pam Meister**
 Sep 15 – Sep 22 *Online*
F04 M 6:30-8:30 p.m. **Pam Meister**
 Nov 10 – Nov 17 *Online*

The Food Truck Business Playbook

Jumpstart your journey in the food truck industry with a step-by-step guide to launching your own food truck business. Learn everything from daily operations and truck considerations to choosing a concept, creating a business plan and securing funding. Key topics include licenses and permits, purchasing equipment and marketing strategies to help you succeed in the competitive food truck industry..

BUSS-701 | 5 sessions | \$89 AGE 60+ | \$89 REG
F05 Tu 6-9 p.m. **Tom Jegle**
 Sep 2 – Sep 30 *FP-E 214*

Accounting

Accounting Boot Camp: Beginning I

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

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
F03 Sa 9 a.m.-1 p.m. **Stacy Moore**
 Sep 13 – Sep 20 *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. Work through hands-on case studies for practical application with guidance from a tenured accounting professor. Bring pencils, calculator, notebook and sack lunch. Prerequisite: Accounting Boot Camp: Beginning I.

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
F04 Sa 9 a.m.-1 p.m. **Stacy Moore**
 Sep 27 – Oct 4 *FP-E 208*

Accounting Boot Camp: Beginning III

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

BUSS-741 | 2 sessions | \$58.50 AGE 60+ | \$89 REG
F05 Sa 9 a.m.-1 p.m. **Stacy Moore**
 Oct 18 – Oct 25 *FP-E 208*

Accounting

Small Business Tax Seminar

Starting a small business or have already done so? This is designed for you. Join a small business tax professional and CPA to learn the tax-related essentials of starting a business: business use of the home, recordkeeping, independent contractor vs. employee, hobby vs. business, federal income tax and employment tax requirements. Designed for sole proprietors, but much of the information relates to all forms of business ownership.

BUSS-741 | 1 session | \$59 AGE 60+ | \$59 REG
F01 Th 5-9 p.m. **Teri Spector**
 Nov 13 *WW-AC 202*

Record-Keeping: Small Business Owners

Good record-keeping procedures and accurately followed tax guidelines are critical for small business owners. Taught by a small business tax professional and CPA, explore internal and external financial records, different forms of business ownership (and specific recordkeeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses and methods for tracking and deducting vehicle expenses.

BUSS-741 | 2 sessions | \$115 AGE 60+ | \$115 REG
F02 Sa 9 a.m.-1 p.m. **Teri Spector**
 Nov 15 – Nov 22 *MC-HE 123*

Marketing

Professional Presence and Personal Branding

Define, design, and elevate your professional identity with this engaging course focused on the power of personal branding. Develop a polished and confident presence that authentically reflects your values, strengths, and expertise. Learn how to craft a personal brand that not only enhances your credibility but also opens doors to new career opportunities. Whether you're climbing the career ladder, pivoting to a new field, or building a business, get empowered to stand out and strategically market yourself professionally.

BUSS-765 | 1 session | \$18.50 AGE 60+ | \$25 REG
F09 Sa 11 a.m.-1 p.m. **Linda Pritchard**
 Sep 20 *FP-W 313*

Maximize Your Content: A Guide to YouTube & TikTok Growth

Struggling to get views on your videos? This class is your ultimate guide to mastering growth on YouTube and TikTok. Crack the algorithm, create captivating content and optimize your videos for maximum discoverability. Build a loyal community, monetizing your content and using AI tools to stay ahead of trends.

BUSS-765 | 2 sessions | \$26 AGE 60+ | \$39 REG
F05 Sa 12:30-2:30 p.m. **Tom Geiser**
 Sep 6 – Sep 13 *MC-HE 123*

Marketing in the Age of AI: A Transformative Guide

Is your marketing strategy falling behind? Learn how to leverage AI to transform your marketing and communications with AI-driven insights and strategies. Discover powerful AI tools for content creation, optimization and data-driven decision-making. Unlock the future of marketing!

BUSS-765 | 2 sessions | \$26 AGE 60+ | \$39 REG
F06 Sa 9:30-11:30 a.m. **Tom Geiser**
 Sep 6 – Sep 13 *MC-HE 123*

PERSONAL COMPUTING

PC and Technology Introduction

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

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

F03	F 1-3 p.m. Aug 15	Francelle Darris FP-E 310
F06	Sa 12:30-2:30 p.m. Sep 13	Francelle Darris MC-CN 221
F07	Sa 1-3 p.m. Oct 18	Francelle Darris FV-SM 252

PC & Technology Extended

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

F04	Sa 9 a.m.-3 p.m. Aug 23	Rhonda Cross FV-SM 252
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Engineering Graphics

Introduction to AutoCAD I

Cover the fundamentals of the AutoCAD drafting system. Learn how to create drawings, setup units, limits, layers, linetypes, and colors. Drawing procedures for typical geometric operations are covered. Special features operations including polylines, blocks, dimensioning, cross-hatching, and plotting are also covered. Can be taken for credit as EGR 133 551.

COMP-770 | 15 sessions | \$244 AGE 60+ | \$244 REG

F01	Tu 7:30-10:20 p.m. Aug 26 - Dec 16	FV-AM 318
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• NOTE: No class 10/7 and 11/4

Engineering Drawing

Use a combination of instruments and CAD systems for making drawing. You will make use of instruments, lettering, geometrical constructions, technical sketching, principles of orthographic projection, pictorial drawing, descriptive geometry, sectional views and conventions, auxiliary views, and dimensioning. Can be taken for credit ENG 100 552.

COMP-770 | 31 sessions | \$366 AGE 60+ | \$366 REG

F02	Tu/Thurs 5:30-7:20 p.m. Aug 26 - Dec 18	FV-AM 318
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• NOTE: No class 10/7, 11/4 and 11/27

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Google®

Google Goods

Think you know how all the Google tools can streamline your life? Discover how to effectively utilize all the free tools available. Explore underutilized Google tools, uncover hidden gems in each one and enjoy dedicated time to ask questions and delve deeper into their functionalities.

COMP-701 | 3 sessions | \$79 AGE 60+ | \$79 REG

F02	Tu 6-8 p.m. Aug 5 - Aug 19	Cindy Lane MC-CN 221
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WordPress

WordPress: Introduction

Want to build your own website, blog, or online store? WordPress® is the world's most popular platform for website development, with many free features and an extensive library of powerful add-ons. Learn the overall structure of a WordPress site; its building blocks such as pages, posts, and (yes) blocks; and key concepts for customization such as themes, plugins, and widgets. See how to go from installation to a basic published site, then how to add and edit your own content. Explore how to enhance your site's appearance and functionality through free or commercial themes and plugins. Then, round out with an overview of essential site maintenance tasks, including keeping WordPress secure and updated, plus suggested resources for further learning.

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

F06	Tu 6-9 p.m. Sep 16	Gregory Ray STLC-Corp 208
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WordPress: Business Essentials

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

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

F07	Tu 6-9 p.m. Sep 23	Gregory Ray STLC-Corp 208
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Artificial Intelligence (AI)

AI is for Everyone!

Discover the transformative potential of AI, focusing on Gemini, Google's AI, and other useful programs for everyday life. Explore the essence of AI, its history, and the reasons behind the excitement surrounding it. Learn about free and accessible AI programs, and understand the unique features of Gemini as part of Google's offerings.

COMP-765 | 3 sessions | \$79 AGE 60+ | \$79 REG

F09	Tu 6-8 p.m. Oct 14 - Oct 28	Cindy Lane MC-CN 221
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AI 101: A Beginner's Guide to Artificial Intelligence

Artificial Intelligence (AI) is rapidly transforming industries, businesses, and everyday life. But what exactly is AI, and how can you use it effectively? This beginner-friendly course breaks down AI fundamentals, ethics, and real-world applications in a way that's easy to understand—no technical background required! By the end of this course, you will confidently navigate AI tools, understand AI-generated content and make informed decisions about integrating AI into your work and daily life.

BUSS-765 | 2 sessions | \$26 AGE 60+ | \$39 REG

F01	M 11 a.m.-1 p.m. Aug 4 - Aug 11	Tina Ratsaboutseua Online
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Introduction to Prompt Engineering

Unlock the power of AI by mastering Prompt Engineering—the key to effectively communicating with AI tools like ChatGPT and DALL-E. This beginner-friendly course teaches you how to craft precise prompts that generate high-quality AI responses for business, marketing, content creation and automation.

BUSS-765 | 2 sessions | \$26 AGE 60+ | \$39 REG

F02	M 11 a.m.-1 p.m. Sep 8 - Sep 15	Tina Ratsaboutseua Online
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Amp'D Up: AI Introductory Course

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

BUSS-765 | 3 sessions | \$36 AGE 60+ | \$55 REG

F04	Tu 6-7:30 p.m. Sep 2 - Sep 16	Brittany Raji Alberty FV-SV 101 Tiered Lecture Hall
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Marketing in the Age of AI: A Transformative Guide

Is your marketing strategy falling behind? Learn how to leverage AI to transform your marketing and communications with AI-driven insights and strategies. Discover powerful AI tools for content creation, optimization and data-driven decision-making. Unlock the future of marketing!

BUSS-765 | 2 sessions | \$26 AGE 60+ | \$39 REG

F06	Sa 9:30-11:30 a.m. Sep 6 - Sep 13	Tom Geiser MC-HE 123
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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. Class is demonstration-based, it is recommended students bring their own Mac device.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F04 Tu 6-9 p.m. **Gregory Ray**
 Sep 2 *MC-CN 221*

The Organized Mac: Organizing, Finding, and Protecting Files

Is your desktop covered in jumbles of icons and files? Can you remember where you saved that important document? The Mac system has a wide variety of built-in functions for helping you efficiently work with and manage your files, ensure your valuable data is protected, and media collections (family photos, favorite music, etc) are easy to find. 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. Class is demonstration-based, it is recommended students bring their own Mac device.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F05 Tu 6-9 p.m. **Gregory Ray**
 Sep 9 *MC-CN 221*

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. Only Apple products will be discussed, 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 | \$49^{AGE 60+} | \$49^{REG}
F02 Tu 6-9 p.m. **Gregory Ray**
 Aug 5 *STLCC-Corp 208*
F11 Tu 6-9 p.m. **Gregory Ray**
 Nov 11 *STLCC-Corp 208*

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. Your iPhone and/or an iPad and corresponding charger(s) handy when joining class.

COMP-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
F03 Tu 6-9 p.m. **Gregory Ray**
 Aug 12 *STLCC-Corp 208*
F12 Tu 6-9 p.m. **Gregory Ray**
 Nov 18 *STLCC-Corp 208*

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

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

CVTW-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}
F02 Sa 9 a.m.-4 p.m. **Charlie LaGarce**
 Aug 16 *MC-HE 233*
F04 Sa 9 a.m.-4 p.m. **Charlie LaGarce**
 Nov 8 *MC-HE 233*

Adobe® Lightroom® Classic: Advanced Development Techniques

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

CVTW-701 | 1 session | \$139^{AGE 60+} | \$139^{REG}
F03 Sa 9 a.m.-4 p.m. **Charlie LaGarce**
 Oct 11 *MC-HE 233*
F05 Sa 9 a.m.-4 p.m. **Charlie LaGarce**
 Dec 6 *MC-HE 233*

Adobe® Photoshop®: Introduction

Learn practical Photoshop skills for everyday use. Gain hands-on experience in layers, history, basic color and selections. Explore image repairs with the healing patch and clone stamp. Create unique fictional images without a camera or scanner. Experience guided demonstrations by a Photoshop expert, encouraging class participation in an atmosphere of mutual support. Course meets the curriculum requirements for Digital Photography Essentials Program.

CVTW-701 | 4 sessions | \$189^{AGE 60+} | \$189^{REG}
F01 Sa 12 - 3 p.m. **Zak Zych**
 Aug 2 - Aug 23 *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.

CVTW-702 | 1 session | \$119^{AGE 60+} | \$119^{REG}
F01 Sa 9 a.m.-4 p.m. **Zak Zych**
 Dec 6 *MC-HE 136*

WEB DEVELOPMENT**Web 2.0 Tools**

Educators of all grades seeking free and effective tools for their classrooms will find this course invaluable. Investigate daily-use tools that are both practical and priceless, with a focus on only free resources. Discover new ways to enhance your teaching toolkit and make the most of these essential tools.

COMP-701 | 3 sessions | \$45^{AGE 60+} | \$45^{REG}
F01 Tu 6-8 p.m. **Cindy Lane**
 Nov 11 - Nov 25 *MC-CN 221*

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



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- Finance
 - Budgeting
 - Stocks/Bonds
 - Retirement
- Games
 - Chess
 - Mahjong
- Computers and Technology
- Golf
- Dance
- Culinary
- Ageless Learning

Learn more at stlcc.edu/teachforCE

PROGRAMMING & DATA ANALYTICS

Python

Python: Introduction

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

COMP-765 | 5 sessions | \$199 AGE 60+ | \$199 REG
F01 Sa 9 a.m.-12 p.m. **Joe Richey**
 Aug 2 – Sep 6 *MC-CN 221*
 • NOTE: No class 8/30

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 Sa 9 a.m.-12 p.m. **Joe Richey**
 Sep 27 – Oct 18 *MC-CN 221*

SQL

SQL: Introduction

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

COMP-765 | 5 sessions | \$199 AGE 60+ | \$199 REG
F10 Sa 9 a.m.-12 p.m. **Joe Richey**
 Nov 1 – Dec 6 *MC-CN 221*
 • NOTE: No class 11/29

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

MICROSOFT® TOOLS

Microsoft® Word® and PowerPoint®

Dive into the most used yet underutilized tools in the Microsoft ecosystem. Uncover the full functionality of these popular tools, investigate the proper usage of PowerPoint, and explore new ways to integrate them into your daily life. Enjoy hands-on time to ask questions and delve deeper into each tool's capabilities.

COMP-701 | 3 sessions | \$79 AGE 60+ | \$79 REG
F05 W 6-8 p.m. **Cindy Lane**
 Sep 3 – Sep 17 *MC-CN 221*

Microsoft® Excel®: Part I

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

COMP-720 | 1 session | \$129 AGE 60+ | \$129 REG
F01 Th 9 a.m.-4 p.m. **Debi Easlick**
 Aug 7 *STLCC-Corp 208*
F02 Th 9 a.m.-4 p.m. **Debi Easlick**
 Oct 2 *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. Bring a flash drive.

COMP-721 | 1 session | \$129 AGE 60+ | \$129 REG
F01 Th 9 a.m.-4 p.m. **Debi Easlick**
 Aug 21 *STLCC-Corp 208*
F02 Th 9 a.m.-4 p.m. **Debi Easlick**
 Oct 16 *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. Bring a flash drive.

COMP-722 | 1 session | \$129 AGE 60+ | \$129 REG
F01 Th 9 a.m.-4 p.m. **Debi Easlick**
 Sep 11 *STLCC-Corp 208*

Microsoft® 365: Teams®, SharePoint® and OneDrive®

Introducing Microsoft® 365, the cloud-based environment many workplaces utilize. Using the Microsoft 365 suite of productivity apps online, you can easily communicate and collaborate through Microsoft® Teams® messaging and meeting functionality and Outlook® email. When you create a team, the Microsoft SharePoint® team site provides a central storage location for accessing and modifying shared documents. Bring a flash drive.

COMP-722 | 1 session | \$129 AGE 60+ | \$129 REG
F03 Th 9 a.m.-4 p.m. **Debi Easlick**
 Oct 30 *STLCC-Corp 208*

CAREER STUDIES

CPR and First Aid

Heartsaver First Aid: CPR/AED†

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

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

F01 F 8:30 a.m. - 4:30 p.m.
Sep 19 *FP-W 126*

F02 Tu 8:30 a.m. - 4:30 p.m.
Oct 28 *FP-W 126*

BLS for Healthcare Providers†

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

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

F01 Sa 9 a.m.-3 p.m.
Aug 16 *FP-W 126*

F02 Tu 5-10 p.m.
Sep 9 *FP-W 126*

F03 F 9 a.m.-3 p.m.
Oct 17 *FP-W 126*

F04 Th 9 a.m.-3 p.m.
Nov 6 *FP-W 126*

BLS Instructor Renewal†

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

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

F01 W 9 a.m.-1 p.m.
Aug 20 *FP-W 126*

F02 Sa 9 a.m. -1 p.m.
Nov 1 *FP-W 126*

BLS Instructor Essentials Course†

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

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

F01 Tu 9 a.m. - 5 p.m.
Oct 14 *FP-W 126*



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, November 1st, 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 9 - Nov 1 *WW-AC 225*

• NOTE: No class 10/7

F02 Th 6:30-10 p.m.
Sep 11 - Nov 1 *FP-W 313*

• NOTE: No class 10/9

† 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.

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

F01 Tu 6-8:30 p.m.

Sep 23

MC-LH 104

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. This class can be taken by itself or as part of the Animal Welfare Assistant Program as initial training and/or preparation for work in a range of public and private animal welfare agencies and organizations.

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

F02 Tu 6-8:30 p.m.

Oct 21

MC-LH 104

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

F03 Tu 6-8:30 p.m.

Nov 18

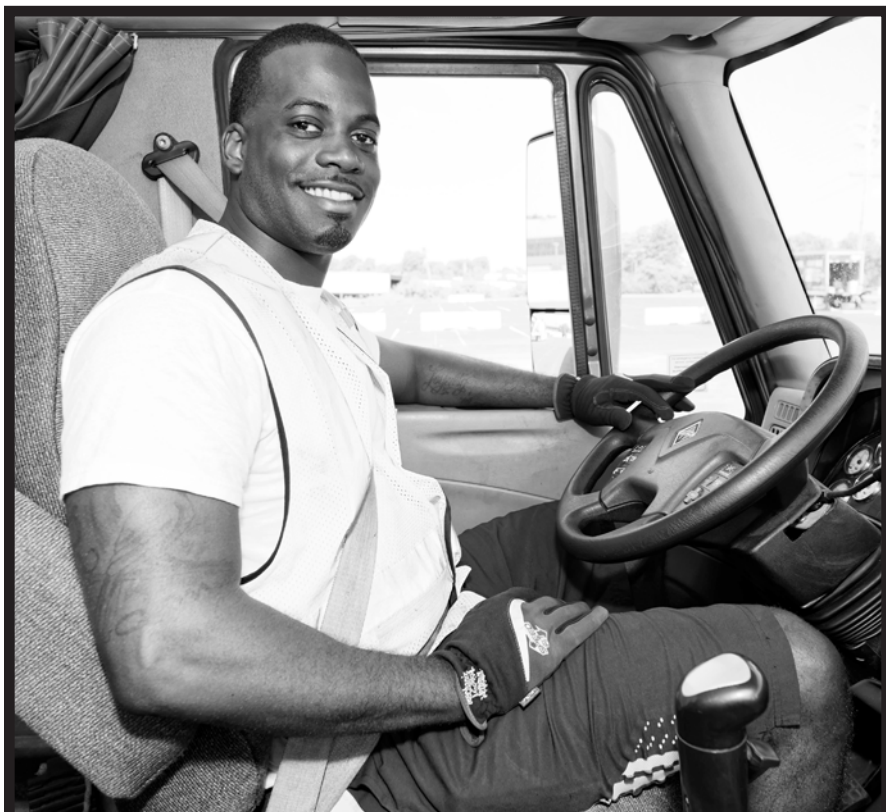
MC-LH 104



**ANIMAL
WELFARE
ADVOCATE
PROGRAM**

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

Learn more about the program:
stlcc.edu/AnimalWelfare



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



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 will be featured.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F07 Th 10 a.m. - 12 p.m. **Brian Flaspohler**
 Sep 4 *FP-HealthSci 214*

Bees, Pollinators and Native Plants

Delve into the pollination process and the role pollinators play in our ecosystems and learn how Waste Connections is supporting them. Join us for presentation followed by a hands-on activity.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F05 Tu 10-11:30 a.m. **Brittany Wiltjer**
 Aug 19 *MC-LH 101*

Introduction to Sustainability

Gain a comprehensive understanding of sustainability principles, Waste Connections' initiatives, and how to have a sustainable future. Join us for a presentation followed by a hands-on activity.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F06 Th 10-11:30 a.m. **Brittany Wiltjer**
 Aug 21 *FP-HealthSci 214*

Douglas MacArthur

For over a half century, Douglas MacArthur strode over the United States, its Army and Pacific policy. From the Rainbow Division of World War I, through the Depression, World War II, Korea and as the Old Soldier, MacArthur dared enemy fire, insulted and disobeyed presidents and blazed a path unparalleled in American history. Spend an evening considering this life that so influenced the Twentieth Century and continues to shape our own.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F13 Tu 6:30-8:30 p.m. **Jim Gallen**
 Nov 11 *MC-HE 124*

Missouri's Major Leaguers

Discover the fascinating stories and history of over 600 Missouri-born Major League players. Delve into the lives of Hall of Famers, Negro Leaguers, Missouri's baseball families, and others who played pivotal roles in some of baseball's most intriguing incidents.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F12 Th 10 a.m. - 12 p.m. **Brian Flaspohler**
 Nov 6 *FP-HealthSci 214*

The Director's Cut: Frank Capra

Join us for a fascinating reflection on this Oscar-winning, Italian-born director, whose movies embodied humor, sympathy, and American goodwill. With over five decades of memorable films, such as 'It Happened One Night' to the Christmas classic 'It's a Wonderful Life,' you'll be in Hollywood heaven!

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F04 Th 10-11:30 a.m. **Mary Saputo**
 Aug 14 *WW-AC 220*

Ol' Blue Eyes: The Films of Frank Sinatra

Sinatra's singing career was legendary but he also forged a highly successful career as a film actor for well over two decades. Take a two hour stroll (with a short intermission) through Hollywood with Ol' Blue Eyes himself!

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F15 Th 1-3 p.m. **Mary Saputo**
 Sep 18 *FP-HealthSci 214*

Tyrone Power

Stunningly handsome, this Hollywood heart-throb came from a talented family of actors dating back to the 1800s. Beautiful film clips of some of his most popular films will leave you mesmerized as we follow his life's work from the 1930s, 40s and 50s.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F16 W 9-10:30 a.m. **Mary Saputo**
 Oct 15 *WW-WW 204*

The Best of 1939

1939 was a perfectly magical year, producing some of Hollywood's most spectacular classics, such as "Beau Geste", "The Wizard of Oz", "Mr. Smith Goes to Washington" and "Gone with the Wind"...just to name a few!

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F17 Th 1-2:30 p.m. **Mary Saputo**
 Nov 6 *FV-SM 125*

Florissant Old and New Armchair Tour

Explore the rich history of Florissant! Discover the town's architectural heritage, preserved in the Old Town Historic District and learn about the post-World War II population boom. This armchair tour covers both historic and modern areas, featuring a taproom under construction, a restaurant with a penny candy counter, the best donuts in the St. Louis region and an inspired park.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F10 Th 10-11:30 a.m. **Doug Schneider**
 Oct 9 *FV-SM 233*

Gone in a Flash: Awareness and Advocacy

Learn more about how to help victims and survivors of human trafficking by being an aware and active community member. Hear from someone with both professional and personal experience working with victims and survivors. You will learn how to debunk labor/sex trafficking myths with accurate information so you can recognize red flags and understand how to respond.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F03 Tu 12-2 p.m. **Dr. Julie Heifner PhD**
 Aug 12 *STLCC-SoCo 100*

Sweet Sweets in St. Louis

St. Louis has a rich history of candy innovation and has introduced many beloved sweets to the USA. Our local chocolatiers are renowned, including one who bleeds chocolate. St. Louis also boasts shops that provide supplies for candymakers and offer workshops for aspiring confectioners.

SENR-702 | 1 session | \$10 AGE 60+ | \$10 REG
F01 W 10-11:30 a.m. **Doug Schneider**
 Aug 6 *MC-CN 228*

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 | \$10 AGE 60+ | \$10 REG

F02	W 6-8 p.m. Aug 6	Wilma Schmitz MC-SW 106
F08	W 1-3 p.m. Sep 10	Wilma Schmitz WW-AC 201
F09	W 6-8 p.m. Oct 8	Wilma Schmitz FV-C 104
F11	W 6-8 p.m. Nov 5	Wilma Schmitz MC-SW 106
F14	W 1-3 p.m. Dec 10	Wilma Schmitz FP-HealthSci 212



Cinema Italiano - Italian Cinema

Join in an immersive experience in the world of Italian movie classics! Watch clips from famous Italian films and engage in discussions about the plot and key phrases. Beginners are welcome, and English subtitles will be provided to enhance your understanding and enjoyment.

CLTR-704 | 4 sessions | \$49 AGE 60+ | \$49 REG
F01 Th 6-8 p.m.
Oct 16 - Nov 6
Michael Cross
MC-CN 224

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
F03 Tu 6-8 p.m.
Sep 9 - Sep 16
Ryan Chester
FP-HealthSci 206
F07 Tu 6-8 p.m.
Nov 11 - Nov 18
Ryan Chester
MC-HE 134

Morocco:

From the Seacoast to the Sahara

Discover the allure of Morocco, home to cities with romantic names like Casablanca, Tangiers, Fez, and Marrakesh. You will meet friendly people and explore intriguing souks (bazaars). Learn about Morocco's diverse landscapes, from the Mediterranean and Atlantic seacoasts to the vast Sahara Desert and the majestic Atlas Mountains. Plus, uncover the fascinating history of Morocco's royal family.

CLTR-702 | 1 session | \$24 AGE 60+ | \$29 REG
F02 W 1-2:30 p.m.
Nov 5
Doug Schneider
MC-CN 230

Scandinavia:

Denmark, Sweden and Norway

Delve into the rich history of Scandinavia, known to the ancients as the land of the Vikings who raided, traded, and settled across Europe and even reached North America. Today, Scandinavia is celebrated for its high standards of living, strong social welfare systems, and deep connections to nature. You will learn about both the ancient and modern eras, and discover highlights in Norway, Sweden, and Denmark. Marvel at the fjords, Northern Lights, grass roofs, Munch's "Scream," runestones, Kon Tiki and Lutfisk. Plus, uncover the story of a Norwegian city with a church built in 1125 that locals don't consider "old."

CLTR-702 | 1 session | \$24 AGE 60+ | \$29 REG
F03 Tu 7-8:30 p.m.
Nov 18
Doug Schneider
Online

Sights of Italy

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

CLTR-702 | 1 session | \$22.50 AGE 60+ | \$29 REG
F01 Th 4-6 p.m.
Oct 23
Barbara Klein
MC-SW 207

Discover Your Animal Spirit Allies, a Shamanic Perspective

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. Handout is included.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F01 Tu 6-8 p.m.
Aug 19
Kassia Morgan
Online

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. Handout is included.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F02 Tu 6-8 p.m.
Sep 9
Kassia Morgan
Online

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 we encounter energy, good and bad. Other people's energy can impact our daily lives, health and happiness. Good psychic hygiene is imperative and can make a positive difference in our lives. Handout is included.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F04 Tu 6-8 p.m.
Sep 30
Kassia Morgan
Online

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. Handout is included.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F05 Tu 6-8 p.m.
Oct 14
Kassia Morgan
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. Handout is included.

CLTR-765 | 1 session | \$29 AGE 60+ | \$29 REG
F06 Tu 6-8 p.m.
Oct 28
Kassia Morgan
Online

CREATIVE ARTS

FINE ARTS

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, value and composition in the use of pencil, conté crayon and charcoal. Supply list will be sent.

ARTS-709 6 sessions \$119 AGE 60+ \$119 REG	
F01 Tu 6-8:30 p.m.	Lisa Payne
Aug 12 – Sep 16	Online
F02 Tu 9:30 a.m.-12 p.m.	Ruth Kolker
Sep 2 – Oct 14	MC-CE Classroom
• NOTE: No class 10/7	
F03 Tu 9:30 a.m.-12 p.m.	Ruth Kolker
Oct 28– Dec 9	MC-CE Classroom
• NOTE: No class 11/25	
F04 Th 5-7:30 p.m.	Lisa Payne
Aug 14– Sep 18	WW-AC 309
F05 Th 6-8:30 p.m.	Lisa Payne
Oct 2 – Nov 6	Online

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. Please read the first three chapters of the book assigned before the first class. Supply list will be sent.

ARTS-721 8 sessions \$139 AGE 60+ \$139 REG	
F01 Sa 10 a.m.-12 p.m.	Mary Feagan
Sep 20 – Nov 8	MC-HE 124

Colored Pencils: Beginner/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. The intermediate track allows the option to work on projects if the basic information is already understood. Both tracks 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 \$109 AGE 60+ \$109 REG	
F01 Th 5:30-8:30 p.m.	Ed Pearce
Sep 11 – Oct 2	FP-HealthSci 306
F02 Th 5:30-8:30 p.m.	Ed Pearce
Oct 9 – Oct 30	MC-SW 105

Colored Pencils: Advanced

Welcome artists with a solid foundation in drawing and basic colored pencil techniques. Deepen your understanding of color theory, blending, layering, and texturing techniques specific to colored pencils. Explore complex subjects such as realistic textures, reflective surfaces, and intricate details, culminating in the creation of a polished final piece. Develop your personal style and the ability to convey mood, depth and emotion through the use of colored pencils. Supply list will be sent.

ARTS-716 5 sessions \$135 AGE 60+ \$135 REG	
F03 Th 5:30-8:30 p.m.	Ed Pearce
Nov 6 – Dec 11	MC-SW 105
• NOTE: No class 11/27	

*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

Experience the vibrant colors and fluid strokes of watercolor while mastering paint, paper, and brush techniques. Explore a variety of subjects in a supportive and encouraging environment. Supply list will be sent.

ARTS-735 10 sessions \$225 AGE 60+ \$225 REG	
F02 Th 9 a.m.-12 p.m.	Annie Smith-Piffel
Sep 4 – Nov 6	Bluebird Park - Ellisville

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 and more. 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
Sep 4 – Nov 6	Bluebird Park - Ellisville

Watercolor: Lighthouse by the Sea

Dive into a relaxing and enjoyable standalone watercolor workshop tailored for beginners. Master basic watercolor techniques with guided instruction and a predrawn layout, enabling you to start painting immediately. You will create a small lighthouse watercolor painting to take home at the end of the class. No prior art training is necessary. All supplies provided.

ARTS-735 1 session \$35 AGE 60+ \$35 REG	
F01 W 10:30 a.m.-12 p.m.	Ann Flory
Aug 28	WW-AC 309

Watercolor: Tall Vase of Mums

Dive into a relaxing and enjoyable standalone watercolor workshop tailored for beginners. Master basic watercolor techniques with guided instruction and a predrawn layout, enabling you to start painting immediately. You will create a small vase of mums watercolor painting to take home at the end of class. No prior art training is necessary. All supplies provided.

ARTS-735 1 session \$35 AGE 60+ \$35 REG	
F06 Th 10:30 a.m.-12 p.m.	Ann Flory
Sep 25	WW-AC 309

Watercolor: Owl on Branch

Dive into a relaxing and enjoyable standalone watercolor workshop tailored for beginners. Master basic watercolor techniques with guided instruction and a predrawn layout, enabling you to start painting immediately. You will create a nature scene watercolor painting to take home at the end of the class. No prior art training is necessary. All supplies provided.

ARTS-735 1 session \$35 AGE 60+ \$35 REG	
F03 W 10:30 a.m.-12 p.m.	Ann Flory
Oct 23	WW-AC 309

Watercolor: Pear Apple Still Life

Dive into a relaxing and enjoyable standalone watercolor workshop tailored for beginners. Master basic watercolor techniques with guided instruction and a predrawn layout, enabling you to start painting immediately. You will create a small still life watercolor painting to take home at the end of the class. No prior art training is necessary. All supplies provided.

ARTS-735 1 session \$35 AGE 60+ \$35 REG	
F04 Th 10:30 a.m.-12 p.m.	Ann Flory
Nov 20	WW-AC 309

Watercolor: Poinsettia

Embark on a relaxing and enjoyable stand alone watercolor workshop designed for beginners. This class includes instruction on basic watercolor techniques and features a pre-drawn layout, allowing you to start painting right away! Participants will create a small poinsettia watercolor painting to take home at the end of the class. No prior art training is necessary. All supplies provided.

ARTS-735 1 session \$35 AGE 60+ \$35 REG	
F05 Tu 10:30 a.m.-12 p.m.	Ann Flory
Dec 9	WW-AC 309

Acrylic Impressions: Beginning

In this beginning course, learn how to paint like the Impressionists, working in small scale to quickly complete your own vibrant, light-filled piece. Learn how to create colors with minimal paint to better paint in the impressionistic style. Each student works at their own pace, on their own subject that is inspirational to them. 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
Sep 5 – Nov 14	WW-AC 309
• NOTE: No class 10/31	

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. Each student works at their own pace, on their own subject that is inspirational to them. 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
Sep 5 – Nov 14	WW-AC 309
• NOTE: No class 10/31	

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 \$149 AGE 60+ \$149 REG	
F03 Tu 5-8 p.m.	Lisa Payne
Sep 30 – Nov 18	WW-AC 309
• NOTE: No class 10/7, 11/4 and 11/18	

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 \$135 AGE 60+ \$135 REG	
F01 Tu 2-5 p.m.	Mike Ochonicky
Sep 2 – Sep 30	MC-SW 106
F02 Tu 5:45-8:45 p.m.	Mike Ochonicky
Sep 2 – Sep 30	MC-CE Classroom

FINE ARTS

Pottery

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. Students should note that the ceramics studio at FV is an educational space and not a production studio. Those with established production practices should seek other facilities. One bag of clay will be provided. Supply list will be sent.

- ARTS-727** | 12 sessions | \$269 AGE 60+ | \$269 REG
F09 Sa 9 a.m.-12 p.m. **Showay Chang**
Aug 16 - Nov 8 *FV-AC 109*
- NOTE: No class 8/30
- F14** Sa 1-4 p.m. **Carl Behmer**
Aug 16 - Nov 8 *FV-AC 109*
- NOTE: No class 8/30

Slab-Build Dinnerware

Create a unique set of functional dinnerware in this hand-building ceramics workshop. Explore slab construction techniques to design and craft plates, bowls, or mugs with your own personal touch. Learn surface decoration, texture application, and finishing methods to bring your pieces to life. Perfect for beginners and those looking to expand their ceramic skills. All supplies provided.

- ARTS-727** | 4 sessions | \$169 AGE 60+ | \$169 REG
F04 Th 9 a.m.-12 p.m.
Sep 4 - Sep 25 *Craft Alliance*

Set of Coffee Mugs

Design and hand-build a set of custom coffee mugs in this introductory ceramics workshop. Learn slab construction techniques to shape, assemble, and add handles to create functional and stylish mugs. Explore surface decoration and texturing methods to personalize your pieces before they are fired and glazed. Perfect for beginners and those looking to refine their hand-building skills. All supplies provided.

- ARTS-727** | 1 session | \$75 AGE 60+ | \$75 REG
F05 F 9 a.m.-12 p.m.
Sep 19 *Craft Alliance*

Ceramics I

Explore the fundamental principles of ceramics and ceramic sculpture, incorporating both traditional and contemporary techniques. Gain hands-on experience while learning about various artistic ideas. Reading proficiency is required to enroll in this course. Can be taken for credit under ART 113 503.

- ARTS-727** | 24 sessions | \$366 AGE 60+ | \$366 REG
F15 Tu/Th 4-6:50 p.m.
Aug 26 - Dec 18 *FV-AC 109*

Beginner Pottery Fundamentals

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

- ARTS-727** | 7 sessions | \$199 AGE 60+ | \$199 REG
F01 Tu 9:30 a.m.-12:30 p.m. **Sarah Rye Bliss**
Aug 19 - Sep 30 *South Broadway Art Project*
- F06** Tu 9:30 a.m.-12:30 p.m. **Sarah Rye Bliss**
Oct 21 - Dec 9 *South Broadway Art Project*
- NOTE: No class 11/4

Wheel Throwing 101 & 102

Designed for all levels, discover the basics of pottery and learn all about how to throw on the potter's wheel. Jump into learning how to center, open, and pull to make cups, cylinders and bowls and more on the pottery wheel. Also learn about related techniques such as making and attaching handles, trimming, embellishments, surface design, painting and glazing. Class also include seven extra hours of studio time for independent practice and finish work. SBAP will meet the needs of new students to clay while featuring new challenges and projects for continuing students who want to repeat the class multiple times. All supplies provided.

- ARTS-727** | 7 sessions | \$199 AGE 60+ | \$199 REG
F02 W 9:30 a.m.-12:30 p.m. **Sarah Rye Bliss**
Aug 27 - Oct 8 *South Broadway Art Project*

In the Potter's Kitchen

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

- ARTS-727** | 7 sessions | \$199 AGE 60+ | \$199 REG
F03 Th 12-2:30 p.m. **Sarah Rye Bliss**
Aug 28 - Oct 9 *South Broadway Art Project*
- F08** Th 12-2:30 p.m. **Sarah Rye Bliss**
Oct 23 - Dec 11 *South Broadway Art Project*
- NOTE: No class 11/27

Hand-building & Sculpture: All Levels

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

- ARTS-727** | 7 sessions | \$199 AGE 60+ | \$199 REG
F07 W 1-3:30 p.m. **Sarah Rye Bliss**
Oct 22 - Dec 10 *South Broadway Art Project*
- NOTE: No class 11/26

Pumpkin and Gourd Luminaries

Master hand-building techniques. You'll learn essential skills like pinch, coil, and slab construction, along with decorative and sculptural applications. Perfect for all skill levels, our step-by-step guidance ensures a creative and rewarding experience. All supplies provided.

- ARTS-727** | 1 session | \$55 AGE 60+ | \$55 REG
F10 Th 1-3:30 p.m. **Sarah Rye Bliss**
Sep 18 *South Broadway Art Project*

Coil Weaved Baskets and Bowls

Master hand-building techniques. You'll learn essential skills like pinch, coil, and slab construction, along with decorative and sculptural applications. Perfect for all skill levels, our step-by-step guidance ensures a creative and rewarding experience. All supplies provided.

- ARTS-727** | 1 sessions | \$55 AGE 60+ | \$55 REG
F11 Th 1-3:30 p.m. **Sarah Rye Bliss**
Oct 9 *South Broadway Art Project*

Fleur de Lis Tiles

Master hand-building techniques. You'll learn essential skills like pinch, coil, and slab construction, along with decorative and sculptural applications. Perfect for all skill levels, our step-by-step guidance ensures a creative and rewarding experience. All supplies provided.

- ARTS-727** | 1 session | \$55 AGE 60+ | \$55 REG
F12 Th 1-3:30 p.m. **Sarah Rye Bliss**
Nov 6 *South Broadway Art Project*

Poinsettia and Lotus

Floral Tea Lights

Master hand-building techniques. You'll learn essential skills like pinch, coil, and slab construction, along with decorative and sculptural applications. Perfect for all skill levels, our step-by-step guidance ensures a creative and rewarding experience. All supplies provided.

- ARTS-727** | 1 session | \$55 AGE 60+ | \$55 REG
F13 Th 1-3:30 p.m. **Sarah Rye Bliss**
Dec 4 *South Broadway Art Project*

Printmaking*

Printmaking: Greeting Cards

Create and print a set of letterpress printed greeting cards. Choose an image from our archive of over 50 unique letterpress designs, learn a few printing tricks, and crank out a pile of prints! Students will leave the class with 20 pieces of fully printed stationery and matching envelopes. We provide tools, some ink, 20 sheets of paper/envelopes. You will print personalized cards using your name, initials or other personalized sentiment (limited to 20 characters or less). All supplies provided.

- ARTS-765** | 1 session | \$55 AGE 60+ | \$55 REG
F01 Sa 1-3:30 p.m. **Marie Oberkirsch**
Aug 9 *Central Print*
- F04** Sa 1-3:30 p.m. **Marie Oberkirsch**
Oct 4 *Central Print*

Art Experiences

Artful Saturdays

Enjoy three Saturday mornings discovering art collections at three local museums: the Saint Louis Art Museum, Missouri History Museum, and Laumeier Sculpture Park. Tours will feature a specific theme each weekend, selections TBD. The first meeting will be at St. Louis Art Museum. Information about where to meet on the other two dates will be provided to participants via email prior to each group meeting.

- ARTS-705** | 3 sessions | \$69 AGE 60+ | \$69 REG
F01 Sa 10 a.m. - 12 p.m. **Betsy Solomon**
Aug 9 - Aug 23 *St. Louis Art Museum*

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

CRAFTS

Book Binding

Book Binding

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

- CRFT-765** | 1 session | \$59 AGE 60+ | \$59 REG
F01 Sa 1-3:30 p.m. **Marie Oberkirsch**
 Aug 23 *FP-HealthSci 310*
F12 Sa 1-3:30 p.m. **Marie Oberkirsch**
 Oct 18 *FP-HealthSci 310*

Cricut®*

Introduction to Cricut® Machines Level I

Expand and explore 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. If you have a Cricut Joy Extra, you must bring your own laptop, tablet or phone with Cricut Design Space loaded to those devices along with your Bluetooth on your devices being operational. Supply list will be sent.

- CRFT-765** | 1 session | \$59 AGE 60+ | \$59 REG
F03 W 5-8 p.m. **Rhonda Cross**
 Aug 27 *FV-SM 252*
F07 Th 10 a.m.-1 p.m. **Rhonda Cross**
 Sep 18 *MC-AS 102*

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. If you have a Cricut Joy Extra, you must bring your own laptop, tablet or phone with Cricut Design Space loaded to those devices along with your Bluetooth on your devices being operational. Supply list will be sent.

- CRFT-765** | 1 session | \$59 AGE 60+ | \$59 REG
F04 W 5-8 p.m. **Rhonda Cross**
 Sep 3 *FV-SM 252*
F08 Th 10 a.m.-1 p.m. **Rhonda Cross**
 Sep 25 *MC-AS 102*

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. If you have a Cricut Joy Extra, you must bring your own laptop, tablet or phone with Cricut Design Space loaded to those devices along with your Bluetooth on your devices being operational. Supply list will be sent.

- CRFT-765** | 1 session | \$69 AGE 60+ | \$69 REG
F14 Sa 10 a.m.-3 p.m. **Rhonda Cross**
 Nov 22 *MC-CN 125*

Dried Florals

Pressed and Impressed

Discover the art of floral preservation through multiple creative processes. Explore efficient and imaginative methods, including pressing and natural printing. Design your own pressed floral arrangement in 6 x 6 inch floating frames using beautifully pressed flowers. All supplies provided.

- CRFT-744** | 1 session | \$49 AGE 60+ | \$49 REG
F01 W 5-7 p.m. **Katelynn Griffey**
 Aug 6 *FP-HealthSci 310*
F06 Tu 10 a.m.-12 p.m. **Katelynn Griffey**
 Oct 14 *FV-SM 249*

Botanical Card Making

Make your own elegant and unique works of art from dried flowers and herbs. Botanical tea will be served during this hands-on workshop. All supplies provided.

- CRFT-744** | 1 session | \$39 AGE 60+ | \$39 REG
F03 Sa 1-3 p.m. **Penelope Woodhouse**
 Sep 6 *Botanical Tea Room*

Spa Day Essentials

Create a beautiful flower shaped, aromatic lavender, shower steamer/bath bomb and lavender sachet for gift giving, personal use, or value-added product development. Leave with two full packaged bath bombs to use or to gift! All supplies provided.

- CRFT-765** | 1 session | \$39 AGE 60+ | \$39 REG
F02 Sa 1-3 p.m. **Penelope Woodhouse**
 Oct 11 *Botanical Tea Room*

Origami

Origami: Beginning

Explore the intricate craft of transforming two-dimensional paper into stunning three-dimensional art. Learn the foundational techniques of origami, mastering basic forms and gradually progressing to create beautiful hanging ornaments. Delve into the principles of gravity and balance to craft elegant holiday mobiles that captivate and inspire. Supply list will be sent.

- ARTS-765** | 1 session | \$29 AGE 60+ | \$29 REG
F07 W 2-4 p.m. **Showay Chang**
 Sep 17 *FV-AC 106*

Origami: Advanced

Elevate your paper art skills by tackling more complex and sophisticated origami projects. Challenge yourself with intricate structures that push the boundaries of traditional forms. Create higher-level projects, including advanced hanging ornaments and mobiles, while deepening your understanding of the interplay between gravity and balance in three-dimensional paper art. Supply list will be sent.

- ARTS-765** | 1 session | \$35 AGE 60+ | \$35 REG
F08 W 2-5 p.m. **Showay Chang**
 Oct 22 *FV-AC 106*

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. Each class offering will have a different theme. No prior experience is necessary. Bring scissors and/or pruners. All other supplies provided.

- CRFT-744** | 1 session | \$69 AGE 60+ | \$69 REG
F02 Th 5:30-7:30 p.m. **Anne Brown**
 Aug 28 *MC-CE Classroom*
F08 Th 5:30-7:30 p.m. **Anne Brown**
 Oct 30 *MC-CE Classroom*

Fresh Summer Floral Arrangement

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 | \$89 AGE 60+ | \$89 REG
F04 M 6-8 p.m. **Kathy Vaughn**
 Sep 15 *MC-CE Classroom*

Fresh Fall Floral Arrangement

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. Bring scissors and/or pruners to class. All other supplies provided.

- CRFT-744** | 1 session | \$89 AGE 60+ | \$89 REG
F07 Tu 6-8 p.m. **Kathy Vaughn**
 Oct 21 *MC-CE Classroom*

Artificial 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. Bring scissors and/or pruners to class. All other supplies provided.

- CRFT-744** | 1 session | \$89 AGE 60+ | \$89 REG
F09 Tu 6-8 p.m. **Kathy Vaughn**
 Nov 18 *MC-CE Classroom*

Screenprinting

Screenprint Your Own Design

Transform your artwork into custom prints in this two-day screenprinting workshop. Learn the essentials of preparing a screen, applying stencils, and printing on paper or fabric. Leave with your own hand-printed designs! All supplies provided.

- ARTS-765** | 2 sessions | \$99 AGE 60+ | \$99 REG
F03 Th 9 a.m.-12 p.m.
 Oct 2 - Oct 9 *Craft Alliance*

CRAFTS

Knitting and Crochet*

Knit 101

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

CRFT-720 | 4 sessions | \$65 AGE 60+ | \$65 REG
F01 Th 1:30-3:30 p.m. **Thi Miller**
 Sep 18 – Oct 9 FP-W 125
F02 Th 6-8 p.m. **Thi Miller**
 Nov 6 – Dec 4 FP-W 216
 • NOTE: No class 11/27

Knitted Cabled Market Bag

Take your knitting skills to the next level with a cabled market bag—an ideal project for advancing beyond the basics. Explore a variety of functional designs to create a bag perfect for all your market finds. Dive deep into bag construction and master several knitting techniques along the way. Get ready to knit a beautiful, practical accessory that you'll love to use! Supply list will be sent.

CRFT-722 | 6 sessions | \$95 AGE 60+ | \$95 REG
F01 Th 6-8 p.m. **Thi Miller**
 Sep 18 – Oct 23 FP-W 216

Knitted Fishermen's Sweater

Work on the classic Fishermen's sweater, exploring multiple pattern designs. Use the pattern provided or with the help of the instructor, explore your own creativity. A sweater is great step for those who are interested in garment knitting or ready to move into more advanced knitting. Cover sweater construction, design and shaping, and measurements for various sizes and body shapes. Supply list will be sent.

CRFT-722 | 9 sessions | \$149 AGE 60+ | \$149 REG
F02 Tu 6-8 p.m. **Thi Miller**
 Sep 30 – Dec 9 FP-W 125
 • NOTE: No class 10/7 and 11/4

Knitted Holiday Stocking

It's that wonderful time of the year! What better gift than a lovely knitted holiday stocking for yourself or a loved one. It's a sock, but much bigger! Learn about basic sock construction while embellishing the stocking with holiday colors and designs. A great piece to hold all those stocking stuffers! Supply list will be sent.

CRFT-722 | 6 sessions | \$95 AGE 60+ | \$95 REG
F03 Tu 1:30-3:30 p.m. **Thi Miller**
 Oct 14 – Nov 25 FP-HSP 107
 • NOTE: No class 11/4

Knitted Colorwork Mittens

Knitted mittens are the perfect winter accessory—quick to make and a delightful gift. Master the use of double-pointed needles, delve into the intricacies of mitten construction, and explore the art of colorwork design. Join us to craft beautiful, warm mittens that will keep you and your loved ones cozy all winter long! Supply list will be sent.

CRFT-722 | 5 sessions | \$79 AGE 60+ | \$79 REG
F04 Th 1:30-3:30 p.m. **Thi Miller**
 Oct 23 – Nov 20 FP-W 125

Crochet Next Level – Pro Tips and Tricks

Learn expert tips and tricks for seasoned crocheters, including chainless foundation stitches, invisible joins and finishes, jogless color changes in the round and much more. Class is for intermediate to advanced crocheters. Supply list will be sent.

CRFT-726 | 2 sessions | \$45 AGE 60+ | \$45 REG
F01 W 6-8 p.m. **Dee Levang**
 Jul 30 – Aug 6 MC-CN 226

CRFT-726 | 1 session | \$45 AGE 60+ | \$45 REG
F02 Sa 10 a.m.-2 p.m. **Dee Levang**
 Nov 8 MC-SW 105

Crochet Lace

Summer weather can't keep crocheters from making more crochet! Learn three special crochet lace techniques in this class: broomstick lace, hairpin lace and Solomon's knot lace. You will learn one technique, taught with a small project, in each class. This class is for intermediate and advanced crocheters. Supply list will be sent.

CRFT-724 | 3 sessions | \$85 AGE 60+ | \$85 REG
F01 Tu 6-9 p.m. **Dee Levang**
 Aug 12 – Aug 26 MC-CN 226

Tunisian Crochet in a Day

In this one-day beginner level Tunisian Crochet class, you'll 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 13 MC-SW 105

Mega XL Crochet

Also known as the crochet waistcoat stitch, mega XL crochet uses a heavy weight yarn, fabric strips or t-shirt yarn and a very large hook to make a thick and sturdy fabric. You will learn several variations of this stitch while making a throw rug and a small basket. Basic crochet skills required. Supply list will be sent.

CRFT-724 | 2 sessions | \$75 AGE 60+ | \$75 REG
F03 Sa 10 a.m.-2 p.m. **Dee Levang**
 Oct 11 – Oct 18 MC-CN 226

Tunisian Crochet in the Round

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

CRFT-724 | 2 sessions | \$59 AGE 60+ | \$59 REG
F04 M 6-9 p.m. **Dee Levang**
 Nov 3 – Nov 10 MC-SW 106

Crochet Garlands, Banners and Bunting

Festoon your home or outdoor space with colorful garlands and banners for all seasons! Learn how to crochet various motifs in multiples, connecting them into long strands to hang anywhere you like. Basic crochet skills required. Supply list will be sent.

CRFT-724 | 2 sessions | \$59 AGE 60+ | \$59 REG
F05 W 6-9 p.m. **Dee Levang**
 Nov 12 – Nov 19 MC-CN 226

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



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

CRAFTS

Metalsmithing

First-Time Metalsmithing

Explore the fundamentals of metalsmithing in this beginner-friendly class. Learn sawing, hammering, soldering, and finishing techniques to create small jewelry or sculptural pieces. Gain confidence working with metal while developing foundational skills. All supplies provided.

CRFT-765 | 4 sessions | \$169 AGE 60+ | \$169 REG

F10 Th 9 a.m.-12 p.m.

Oct 2 – Oct 23

Craft Alliance

Custom Cookie Cutter

Design and fabricate your own custom cookie cutter using sheet metal and simple hand tools. Learn shaping, filing and soldering techniques to create a unique cutter perfect for holiday baking or special occasions. All supplies provided.

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

F13 Th 9 a.m.-12 p.m.

Nov 6

Craft Alliance

Stained Glass Suncatcher

Bring vibrant color into your space by creating a custom stained glass suncatcher in this two-session workshop. Learn the traditional copper foil technique to cut, fit and assemble glass pieces into a beautiful design. In the second session, you'll solder your piece and add finishing touches to make your suncatcher shine. Perfect for beginners and those looking to explore the art of stained glass. All supplies provided.

ARTS-765 | 2 sessions | \$99 AGE 60+ | \$99 REG

F06 F 9 a.m.-12 p.m.

Nov 14 – Nov 21

Craft Alliance

Woodworking

Custom Cutting Board

Craft your own custom cutting board in this hands-on woodworking workshop. Learn essential techniques for selecting, cutting, and assembling wood pieces to create a durable and beautiful board. Explore sanding and finishing methods to enhance the wood's natural beauty while ensuring a smooth, functional surface. Perfect for beginners looking to develop their woodworking skills. All supplies provided.

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

F02 F 9 a.m.-12 p.m.

Sep 19

Craft Alliance

Woodturned Ornaments

Create beautifully handcrafted ornaments in this introductory woodturning workshop. Learn to use the lathe and essential turning tools to shape, carve, and finish unique wooden decorations. Experiment with different forms and embellishments to craft one-of-a-kind ornaments perfect for gifting or displaying. No prior experience needed! All supplies provided.

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

F05 F 9 a.m.-12 p.m.

Nov 14

Craft Alliance

Mosaics

Mosaic Garden Stone

Learn the basics of mosaics or take your skills to the next level. You will be working with a wonderful buffet of tiles and glass to create a unique garden stone (9"x9"). You will learn how to cut glass, create a design and apply adhesive like a pro. Grouting can be done by YOU in the studio or at home with a take-home kit for free. Studio can grout it for you, or if you would like extra studio time there is an hourly fee. Beginners welcomed. All supplies provided.

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

F05 Th 6-8:30 p.m.

Sep 11

Vicki Ash

Yucandu

Mosaic Pumpkin Plaque

Learn the basics of mosaics or take your skills to the next level. You will work with a wonderful buffet of tiles and glass to create a unique mosaic pumpkin plaque (with keyhole in the back). You will learn how to cut glass, create a design and apply adhesive like a pro. Grouting can be done by YOU in the studio or at home with a take-home kit for free. The studio can grout it for you, or if you would like extra studio time there is an hourly fee. Beginners welcomed. All supplies provided.

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

F06 W 10 a.m.-12:30 p.m.

Sep 17

Vicki Ash

Yucandu

F09 W 6-8:30 p.m.

Oct 1

Vicki Ash

Yucandu

Mosaic Pet Portrait

Learn the basics of mosaics or take your skills to the next level. You will work with a wonderful buffet of tiles and glass to create a unique mosaic pet portrait (8"x10" wood panel). You will learn how to cut glass, create a design and apply adhesive like a pro. Grouting can be done by YOU in the studio or at home with a take-home kit for free. Studio can grout it for you, or if you would like extra studio time there is an hourly fee. Beginners welcomed. All supplies provided.

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

F11 Th 10 a.m.-12:30 p.m.

Oct 16

Vicki Ash

Yucandu



Sewing

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 | \$55 AGE 60+ | \$55 REG

F01 Sa 10 a.m.-12 p.m.

Aug 23

Sew Hope

F05 W 6-8 p.m.

Nov 5

Sew Hope

Hand Sewing

Gone are the days of getting rid of a shirt because a button fell off, or having to run to a tailor because a seam ripped. In this class you'll learn practical hand sewing skills that will allow you to mend your own clothes. You'll learn how to thread a needle and knot the thread (that's always the first step), sew a backstitch and a ladder stitch (for mending ripped seams), a blind hem stitch (for hemming pants) and how to reattach a button. All supplies provided.

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

F08 Th 10 a.m.-12 p.m.

Aug 14

Perennial

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 15 shirts and 10 yards of Pellon P44F Fusible Lightweight Interfacing. Basic sewing knowledge is recommended. All other supplies provided.

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

F02 Sa 2-4 p.m.

Oct 4 – Oct 25

Sew Hope

Beginner Men's Sewing Class

Discover the art of sewing with hands-on experience using a sewing machine. Dive into a beginner-friendly project designed to build confidence and skill, perfect for those new to sewing. Enjoy a supportive environment where creativity and craftsmanship come together. All supplies provided.

CRFT-713 | 1 session | \$55 AGE 60+ | \$55 REG

F03 Sa 2-4 p.m.

Oct 18

Sew Hope

Embroider a Holiday Sweatshirt

Unlock the festive spirit by mastering the use of a multi-needle embroidery machine. Gain expertise in stabilizers and hooping techniques while creating your own personalized holiday sweatshirt. Please bring your own sweatshirt. All other supplies provided.

CRFT-713 | 1 session | \$55 AGE 60+ | \$55 REG

F06 Tu 6-7:30 p.m.

Nov 18

Sew Hope

CULINARY/BEVERAGES

Beverages

World in a Cup: A History and Appreciation of Tea

The humble cup of tea is one of humanity's oldest prepared beverages, dating back over 4000 years and spanning the globe since with a wide variation in types, preparations, rituals, and significance across many cultures. Between tastings of some main varieties of tea leaves, expand your knowledge on 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!

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

F02 Tu 6-9 p.m.
Oct 14

Gregory Ray
MC-SW 207

Afternoon Tea Culinary School

This interactive workshop is a recipe for successful creation of an afternoon tea experience. Afternoon tea will be served while participants are guided through detailed planning, preparation and serving techniques. A full library is available including inspiration from Highclere Castle which is a REAL working farm AKA Downton Abbey. This class is just in time for National Afternoon Tea Week! All supplies provided.

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

F04 Sa 10:30 a.m.-3:30 p.m.
Aug 16

Penelope Woodhouse
Botanical Tea Room

Uncorked Secrets?: France

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

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

F03 W 6-8 p.m.
Oct 29

Total Wine & More - Brentwood

Uncorked Secrets?: Italy

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

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

F04 Tu 6-8 p.m.
Sep 16

Total Wine & More - Brentwood

Cookie Decorating

Iced and Decorated Sugar Cookies: Thanksgiving

Impress your friends with the art of cookie decorating! Learn tips and tricks to create beautiful, flat cookies perfect for any event with pre-baked cookies with fun fall and Thanksgiving-themed designs. Bring an edged cookie sheet to take home your delicious decorated creations! All supplies provided.

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

F16 Su 1-4 p.m.
Nov 16

Teri Wiley
Culinary Arts House

Iced and Decorated Sugar Cookies: Christmas

Add some festive flair to your Christmas cookie tray! Learn tips and tricks for creating flat, beautifully decorated cookies that are perfect for the holiday season. You'll decorate pre-baked cookies with fun Christmas-themed designs. Bring an edged cookie sheet to take home your festive creations! All supplies provided.

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

F17 Su 1-4 p.m.
Dec 7

Teri Wiley
Culinary Arts House

Cookie Decorating: Intermediate

Now that you've mastered the basics, it's time to expand your skills with new cookie decorating techniques. Work with pre-baked and iced cookies to learn how to master cookie cutter flips, cookies on a stick, and 3D designs. You'll explore various techniques like hand-, splatter-, and palette-painting, create royal icing layons, and add beautiful gold/silver accents to your cookies. If time allows, you'll also get the chance to experiment with airbrushing, projectors, and stenciling. Bring a cookie sheet. All supplies provided.

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

F11 Su 1-4 p.m.
Aug 3

Teri Wiley
Culinary Arts House



Cake Decorating*

Make Your Own Cake and Cupcake Toppers

Learn how to create your own fun and colorful toppers to add a personal touch to your baked goods! Discover how to easily make everything from simple stripes and polka dots to 3D decor like standing numbers and signs. If you have an upcoming cake design in mind, let the instructor know ahead of time for personalized guidance. Please bring a cookie sheet. All supplies provided.

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

F14 Su 1-4 p.m.
Sep 14

Teri Wiley
Culinary Arts House

Cake Decorating for Fun or Profit: Beginning and Intermediate

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

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

F01 Tu 6:30-9 p.m.
Sep 9 - Nov 11

Carla Soll
FV-SM 233

*NOTE: No class 10/7, 11/4



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

CULINARY/BEVERAGES

Meals and Entertaining

Sushi Making for Beginners

Our instructor is excited to share techniques that she has mastered throughout her years of sushi making experience. Whether you're a beginner or a skilled cook, you will learn new ways and help develop your culinary skills. This hands-on class will teach you how to make a California roll, spicy tuna roll and Philadelphia roll. All supplies provided.

FOOD-732 | 1 session | \$59 AGE 60+ | \$59 REG
F01 Th 6-7:15 p.m. **Irma Markham**
 Sep 25 *Show Me Sushi*
F02 Tu 6-7:15 p.m. **Irma Markham**
 Oct 28 *Show Me Sushi*

Home Wine Making for Beginners: Demonstration-Based

Familiarize yourself with the joys of home wine making! 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. All supplies provided. Student must be age 21 or older.

FOOD-760 | 1 session | \$59 AGE 60+ | \$59 REG
F01 Th 6-9 p.m. **Beth Hoeltke**
 Sep 18 *Rogers Middle School*

French Pairings: Demonstration-Based

Join us for a captivating demonstration on how to pair affordable wines with delicious dishes. Watch as the instructor prepares pan-seared pork medallions with a creamy Camembert sauce and roasted cauliflower, paired with a smooth Pinot Noir. For dessert, indulge in a rich French chocolate cake, complimented by a delightful dessert wine. Discover the art of perfect pairings in this informative class. Bon appétit! All supplies provided.

FOOD-760 | 1 session | \$59 AGE 60+ | \$59 REG
F02 Th 6-9 p.m. **Beth Hoeltke**
 Oct 2 *Rogers Middle School*

Shrimp, More Shrimp and Bacon?

Love shrimp? Join this flavorful class where you'll create a grilled shrimp citrus salad as a refreshing appetizer. For the main course, enjoy perfectly grilled shrimp served with a rich brown butter sage sauce. And for dessert—no shrimp here! Indulge in vanilla ice cream with homemade caramel sauce and crispy bacon. A perfect blend of savory and sweet! All supplies provided.

FOOD-765 | 1 session | \$59 AGE 60+ | \$59 REG
F01 Th 6-9 p.m. **Beth Hoeltke**
 Nov 13 *Rogers Middle School*

Japanese Feast

Embark on an adventure to Japan without leaving home! Create a flavorful three-course Japanese meal beginning with oven-roasted sesame, ginger and garlic edamame, followed by yakitori-glazed grilled chicken thighs. The main course features miso-glazed salmon fillets, all served with Japanese sake. A true taste of Japan, right at your table! All supplies provided. Student must be age 21 or older.

FOOD-732 | 1 session | \$59 AGE 60+ | \$59 REG
F03 Th 6-9 p.m. **Beth Hoeltke**
 Oct 30 *Rogers Middle School*

Meet Me in Marrakech

Close your eyes and imagine a bustling market square with a rainbow of colors from clothing to piles of spices and olives. Snake charmers and street food vendors are side-by-side beckoning the evening crowd. Welcome to Marrakech! This unique culinary destination offers a wide variety of delights you can create in your home kitchen. You will prepare meat kebabs, tagines, salads and sides inspired by this southern Moroccan city. Mint tea and authentic Moroccan bread will also be served. Class is hands-on. All supplies provided.

FOOD-765 | 1 session | \$49 AGE 60+ | \$49 REG
F03 Sa 4-7 p.m. **Lisa Payne**
 Sep 6 *Thomas Dunn Learning Center*

DIY Edible Gifts from the Kitchen

Explore ways to prepare and pack simple gifts from teas, to scones, biscotti, chocolate, honey, fudge, and pantry staples. Tasting samples and recipes will be provided, along with resources for packing and presentation materials. While hands-on, this workshop does not involve cooking. All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
F05 Sa 10:30 a.m.-12:30 p.m.
 Oct 11 **Penelope Woodhouse**
Botanical Tea Room

Popovers, Crepes, and Pizzelle

Simple steps, quality ingredients, and the right tools can provide easy ways to enjoy the simple pleasures of the table. This is an interactive taste and learn skill building workshop. Sustainable ingredients are used (not gluten-free or vegan). All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
F06 Sa 10:30 a.m.-12:30 p.m.
 Aug 23 **Penelope Woodhouse**
Botanical Tea Room

Elegant End-of-Summer Rolls

Discover the art of creating elegant summer rolls. Simple techniques for creating an elevated and sophisticated offering for entertaining or picnics on the go. This is a plant-based offering with vibrant flavor, color, and texture. Gluten-free and vegan options. All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
F07 Sa 10:30 a.m.-12:30 p.m.
 Aug 2 **Penelope Woodhouse**
Botanical Tea Room

Teacup Charcuterie (Charm-Cute-TEA-ry)

Bring your favorite vintage teacup and saucer to transform into an elegant no-cook culinary masterpiece that is perfect for gift giving or festive special occasion gatherings. We will provide creative ideas and inspiring ingredients for you to give it a try. All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
F08 Sa 10:30 a.m.-12:30 p.m.
 Sep 27 **Penelope Woodhouse**
Botanical Tea Room

Exploring Spices from A to Z: Hands-On

Come discover a wide variety of spices from anise to turmeric, first as an in-depth discussion with the opportunity to smell each spice and then as we work together to prepare and enjoy a spice-focused buffet. Learn how to use each spice in your own cooking and then try some classic flavor profiles for yourself in this very hands-on cooking class. Come hungry! All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$69 AGE 60+ | \$69 REG
F09 Tu 6-9:30 p.m. **Michelle Melton**
 Sep 30 *Rogers Middle School*

Introductory Knife Skills with Dinner!

Learn how to use a chef's knife safely and how to execute a variety of cutting techniques as you prepare a tasty dinner. Class includes a new chef's knife for you to take home, dinner, a discussion of knife 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 | \$99 AGE 60+ | \$99 REG
F01 W 6-9:30 p.m. **Michelle Melton**
 Oct 22 *Rogers Middle School*

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, smoked gouda chorizo cheese dip, parmesan paprika cauliflower, pumpkin spice latte cupcakes, soy sauce apple meatballs, and more! Come hungry! All supplies provided, bring take-home container.

FOOD-714 | 1 session | \$75 AGE 60+ | \$75 REG
F01 Tu 6-9 p.m. **Michelle Melton**
 Nov 11 *Rogers Middle School*

The Art of Soup: Mastering Chicken and Dumplings

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

FOOD-765 | 1 session | \$69 AGE 60+ | \$69 REG
F10 Tu 6-9:30 p.m. **Michelle Melton**
 Dec 2 *Rogers Middle School*

The Art and Science of Instant Pot

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

FOOD-722 | 1 session | \$29 AGE 60+ | \$29 REG
F01 Tu 6-9 p.m. **Gregory Ray**
 Oct 21 *MC-SW 207*

CULINARY/ BEVERAGES

Meals and Entertaining

Pasta Party

Have you been wanting to make your own pasta? In this fun class, you will make several different pastas with matching sauces. Take what you learn and throw a pasta party of your own! Come hungry. All supplies provided, bring take-home container.

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

F12 Su 1-4 p.m. **Teri Wiley**
Aug 24 *Thomas Dunn Learning Center*
F13 M 6-9 p.m. **Teri Wiley**
Oct 27 *Rogers Middle School*

Soup 101

It's soup weather! Join us for a hands-on class where you will learn how to turn pantry and freezer ingredients into healthy, homemade soups. Discover new recipes, tips for simplifying the process, and how to prep ahead for easy meals. You will enjoy the soups together with delicious carbs—don't forget to bring a container to take home a bowl of your favorite! All supplies provided.

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

F15 Su 1-4 p.m. **Teri Wiley**
Oct 5 *Culinary Arts House*

It's All in the Wrap!: Bao

It's simple, bold in flavor, healthy, and perfect for weekday meals, weekend entertaining, or a quick snack anytime. Try a light and fluffy bao filled with crispy chicken coated in Chinese bbq sauce, topped with Asian slaw, or indulge in prawn and cheese pasties. You can also enjoy an onigirazu (sushi sandwich) with a spicy tofu filling or savory teriyaki mushroom lettuce wraps for a deliciously satisfying meal. All supplies provided.

FOOD-732 | 1 session | \$75 AGE 60+ | \$75 REG

F04 Sa 10 a.m.-1 p.m. **Prabha Pergadia**
Oct 25 *Culinary Arts House*

Classic Sauces

Sauces are the heart of cooking and in this class you will explore both classic and elevated techniques. You will begin by making a basic white sauce (roux), then transform it into a béchamel sauce, and finish with a rich mornay sauce to serve over pasta. Next, you will create a roasted tomato sauce with green chiles for another pasta dish, followed by a zesty chimichurri and aioli sauce to pair with a delicious skirt steak. By the end, you'll have a variety of sauces to enhance your cooking! All supplies provided.

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

F18 Th 6-9 p.m. **Beth Hoeltke**
Sep 4 *Rogers Middle School*

Plant-Based Living

Get cooking with hands-on sessions featuring crave-worthy breakfast, lunch, and dinner creations! Green drinks, raw chocolate carrot cake, peach cobbler, panna cotta, rice paper/sushi roll practice, sauce and flavor pairings and much more! Class includes samples, to-go containers and recipes. All supplies provided.

FOOD-765 | 4 sessions | \$95 AGE 60+ | \$95 REG

F19 M 6:45-7:30 p.m. *St. Lou Dance Crew*
Sep 8 – Sep 29 *Fitness Studio*

F20 M 6:45-7:30 p.m. *St. Lou Dance Crew*
Oct 20 – Nov 10 *Fitness Studio*

DANCE

Ballroom

Ballroom Dance: Beginning

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

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

F01 M 6:30-7:50 p.m. **Karen Merlin**
Sep 8 – Oct 27 *Bluebird Park - Ellisville*

Ballet/Choreography

Ballet and Contemporary Choreography

Combining aspects of ballet, moderne, lyrical, and jazz dance, explore boundaries of movement through contract-release studies, grounded floor work and fun innovative combinations. Strong focus on choreography.

DANC-701 | 4 sessions | \$85 AGE 60+ | \$85 REG

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

Cardio Dance

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 | \$99 AGE 60+ | \$99 REG

F01 Th 7:15-8 p.m. **St. Lou Dance Crew**
Sep 18 – Oct 23 *Fitness Studio*

Country Western Dance

Country Western Dance

Country Western dancing takes familiar patterns and rhythms and puts a new twist on their style. Several dances are danced to country western music, each with its own unique style and timing. Country two-step is a partner dance with moves counterclockwise around the floor with spins and turns using country and some contemporary tunes. You will also learn the river waltz, stationary cha cha and the swing triple two step and enjoy learning the gliding action of the country western dances. Dress shoes recommended. Partner required. Each participant must register. No experience required.

DANC-748 | 8 sessions | \$109 AGE 60+ | \$109 REG

F10 Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Jul 31 – Sep 18 *First Unity Church of St. Louis*

F11 Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Oct 2 – Nov 20 *First Unity Church of St. Louis*

Latin Dance

Latin Dance

Swiveling 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, students will learn the basics in salsa, rumba, the bachata, the cha cha and merengue. Emphasis will be on the development of partnering skills, lead and follow, the basic principles of timing, as well as basic footwork and variations of simple turn patterns. Dress shoes recommended. Partners required. Each participant must register.

DANC-725 | 8 sessions | \$109 AGE 60+ | \$109 REG

F02 Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Jul 31 – Sep 18 *First Unity Church of St. Louis*

F03 Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Oct 02 – Nov 20 *First Unity Church of St. Louis*

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 with 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

F01 Th 7:30-8:30 p.m. **Karen Merlin**
Sep 11 – Oct 30 *Bluebird Park - Ellisville*

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 28 – Sep 22 *Episcopal Church of the Advent*

• NOTE: No class 9/1

F05 M 7-8 p.m. **Sandy Derickson**
Oct 13 – Dec 1 *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**
Sep 9 – Nov 11 *Bluebird Park - Ellisville*

• NOTE: No class 10/7, 11/4

Line Dance: Intermediate

If you have taken the beginner line dance class and have a good understanding of the basic step patterns and movements, go the next step in this fun, challenging class. An excellent cardio-vascular exercise to improve your balance, coordination and memory. You'll enjoy different styles of dancing, variety of music and the opportunity to meet fellow dancers in a friendly, low-key environment.

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

F03 Tu 7:30-8:30 p.m. **Karen Merlin**
Sep 9 – Nov 11 *Bluebird Park - Ellisville*

• NOTE: No class 10/7, 11/4

DANCE

Line Dance

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 the senior (50+) beginner dancer. You'll learn at an easy-going pace with many songs you'll recognize. Line dancing improves balance, coordination, memory and provides excellent cardiovascular exercise. It's a great deal of fun and a wonderful opportunity to make new friends. No experience required.

DANC-748 | 8 sessions | \$75 AGE 60+ | \$75 REG
F01 W 10:30-11:30 a.m. **Karen Merlin**
 Sep 10 – Oct 29 Bluebird Park - Ellisville

Line Dance: 50+

Studies show line dancing can help improve balance, coordination, memory and mobility. You'll love the music and the steps are easy to learn. Explore authentic line dance terminology and build from one class to the next increasing your endurance and memorization skills. This traditional line dance class offers you benefits beyond the great time you're going to have each lesson!

DANC-748 | 8 sessions | \$69 AGE 60+ | \$69 REG
F07 Th 11 a.m.-12 p.m. **Sandy Derickson**
 Oct 9 – Dec 4 MC-PE East Lobby
 • NOTE: No class 11/27
F09 F 1-2 p.m. **Sandy Derickson**
 Oct 10 – Dec 05 MC-PE East Lobby
 • NOTE: No class 11/28

Modern Line Dance

Line dancing isn't just for country lovers. Learn different line dances to various genres of music. You will learn shuffles to pop, hip hop, country R & B and more!

DANC-748 | 6 sessions | \$115 AGE 60+ | \$115 REG
F12 M 7:30-8:30 p.m. **St. Lou Dance Crew**
 Sep 8 – Oct 13 Fitness Studio



Social Dance

Wedding Dances

Weddings are some of the best, most memorable events in life. Whether it's your own special day or the marriage of one of your loved ones, you'll always remember the moments that made it extraordinary. You can make the day even more fun and personal by learning or choreographing a dance; whether it be a few basic fun moves or a smooth waltz. This class will make it special and unforgettable for you and your friends! Dress shoes are recommended. Couples only. Each participant must register.

DANC-728 | 8 sessions | \$109 AGE 60+ | \$109 REG
F06 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
 Jul 29 – Sep 16 First Unity Church of St. Louis
F07 W 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
 Oct 1 – Nov 19 First Unity Church of St. Louis

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**
 Sep 11 – Oct 30 Bluebird Park - Ellisville

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 | \$109 AGE 60+ | \$109 REG
F03 W 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
 Jul 30 – Sep 17 First Unity Church of St. Louis
F04 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
 Oct 06 – Nov 24 First Unity Church of St. Louis
F05 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
 Sep 30 – Dec 02 First Unity Church of St. Louis
 • NOTE: No class 10/7, 11/4



Swing

Swing Dance: Beginning

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

DANC-738 | 8 sessions | \$75 AGE 60+ | \$75 REG
F01 M 8-9 p.m. **Karen Merlin**
 Sep 8 – Oct 27 Bluebird Park - Ellisville

East Coast Swing

East coast swing is 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-738 | 8 sessions | \$109 AGE 60+ | \$109 REG
F06 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
 Jul 29 – Sep 16 First Unity Church of St. Louis
F07 W 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
 Oct 1 – Nov 19 First Unity Church of St. Louis

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". You'll cover the basics and move on to as many patterns as possible along with spinning, timing, lead/follow and more. Great fun for parties, weddings and other social events. Partners required. Each participant must register. No experience required.

DANC-738 | 8 sessions | \$109 AGE 60+ | \$109 REG
F03 W 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
 Jul 30 – Sep 17 First Unity Church of St. Louis
F04 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
 Oct 6 – Nov 24 First Unity Church of St. Louis
F05 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
 Sep 30 – Dec 2 First Unity Church of St. Louis
 • NOTE: No class 10/7, 11/4

Tap

Tap: Beginner and Intermediate

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

DANC-707 | 8 sessions | \$59 AGE 60+ | \$59 REG
F01 Tu 9-9:50 a.m. **Theresa Daniels**
 Sep 2 – Oct 28 MC-PE East Lobby
 • NOTE: No class 10/7

MUSIC

Fundamentals of Beginning Music Theory

Dive into the world of music! This class is your gateway to understanding the essential elements that form the foundation of all music. Together, we'll explore notes, time signatures, key signatures, rhythms and so much more.

MUSC-765 | 10 sessions | \$75 AGE 60+ | \$75 REG

F02 M 8:30-9:30 p.m. Christina Springer
Sep 8 – Nov 10 Online

Music History: Classical Music

A History to be Heard Part 1

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

MUSC-702 | 1 session | \$19 AGE 60+ | \$19 REG

F01 F 6-8 p.m. Christina Springer
Oct 3 Online

Music History: Classical Music

A History to be Heard Part 2

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

MUSC-702 | 1 session | \$19 AGE 60+ | \$19 REG

F02 F 6-8 p.m. Christina Springer
Nov 7 Online

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. All supplies provided.

MUSC-765 | 8 sessions | \$109 AGE 60+ | \$109 REG

F01 Sa 10-11 a.m. Rick "Samba Rick" Kramer
Sep 6 – Oct 25 MC-HW 102

Introduction to Drum Circles

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

MUSC-765 | 1 session | \$25 AGE 60+ | \$25 REG

F03 M 6:30-7:30 p.m. Eileen Wolfington
Sep 15 FV-SM 126

Harmonica

Harmonica: Beginner

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

MUSC-720 | 3 sessions | \$45 AGE 60+ | \$45 REG

F02 W 6:30-7:30 p.m. Gateway Harmonica Club
Oct 1 – Oct 15 MC-SW 105

F03 M 6:30-7:30 p.m. Gateway Harmonica Club
Nov 3 – Nov 17 STLC-SoCo 101

Chromatic Harmonica: Beginner

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

MUSC-720 | 3 sessions | \$45 AGE 60+ | \$45 REG

F01 Th 6:30-7:30 p.m. Gateway Harmonica Club
Sep 4 – Sep 18 MC-SW 105

Piano*

Piano: Beginner

Embark on a delightful musical journey where learning feels like play. Get to know the letter names of notes and their spots on the keyboard. Experiment with simple chords to bring melodies to life, and groove to easy rhythm patterns while mastering the art of pedaling.

MUSC-710 | 18 sessions | \$155 AGE 60+ | \$155 REG

F01 Tu 12-12:55 p.m. Cheryl Conley
Jul 29 – Dec 2 MC-HE 127

• NOTE: No class 10/7

MUSC-710 | 10 sessions | \$75 AGE 60+ | \$75 REG

F02 Tu 7:45-8:45 p.m. Christina Springer
Sep 2 – Nov 11 Online

• NOTE: No class 10/7

Piano: Advanced Beginner

Take your musical journey to the next level by mastering advanced rhythms! Dive into the world of dotted rhythms and triplets, and explore the functions of major chords. Perfect your staccato playing, practice major scales and exercises, and bring your music to life with expressive phrasing and dynamic expression marks. Play a variety of songs in major keys, including some popular hits. We'll start with a comprehensive review to ensure you're ready to excel.

MUSC-711 | 18 sessions | \$155 AGE 60+ | \$155 REG

F01 Tu 1-1:55 p.m. Cheryl Conley
Jul 29 – Dec 2 MC-HE 127

• NOTE: No class 10/7

Piano*

Piano: Intermediate I

Unlock the full potential of your musical talent! Master the major scales and delve into the captivating world of minor chords and songs in minor keys. Challenge yourself with chromatic scales and inverted chords, and elevate your pedal techniques to new heights. Enjoy playing a variety of pop songs that will keep you inspired. Remember, knowing the letter names of notes and their positions on the keyboard is essential for this exciting journey

MUSC-712 | 18 sessions | \$155 AGE 60+ | \$155 REG

F01 Tu 2-2:55 p.m. Cheryl Conley
Jul 29 – Dec 2 MC-HE 127

• NOTE: No class 10/7

Piano: Intermediate II

Continue your exciting musical adventure as you dive deeper into minor chords and songs in minor keys. Challenge yourself with chromatic scales and inverted chords and refine your pedal techniques. Enjoy playing a variety of pop songs that will keep you motivated and inspired.

MUSC-712 | 18 sessions | \$155 AGE 60+ | \$155 REG

F02 Th 12-12:55 p.m. Cheryl Conley
Jul 31 – Dec 4 MC-HE 127

• NOTE: No class 11/27

Piano: Advanced I

Immerse yourself in the rich sounds of minor keys, master chromatic scales, and perfect inverted chords. Advance your pedal techniques and enjoy playing a variety of pop songs. Required texts will be discussed during the first class.

MUSC-713 | 18 sessions | \$155 AGE 60+ | \$155 REG

F01 Th 1-1:55 p.m. Cheryl Conley
Jul 31 – Dec 4 MC-HE 127

• NOTE: No class 11/27

Piano: Advanced II

Delight in playing a diverse range of music, from timeless classics to jazz and pop. Explore more advanced pieces by various composers, broadening your musical horizons. Required texts will be discussed during the first class

MUSC-713 | 18 sessions | \$155 AGE 60+ | \$155 REG

F02 Th 2-2:55 p.m. Cheryl Conley
Jul 31 – Dec 4 MC-HE 127

• NOTE: No class 11/27

Easy Piano: Duets/Trios/Ensembles

Are you excited to create beautiful music with fellow pianists? This is your perfect opportunity to come together and collaborate in a supportive ensemble setting. Under the expert guidance of our instructor, you'll receive music, explore its nuances, and work as a harmonious group to bring it to life.

MUSC-710 | 1 session | \$29 AGE 60+ | \$29 REG

F03 Sa 9-11:30 a.m. Christina Springer
Sep 20 FV-C 114

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

MUSIC

Guitar*

Guitar: Beginner

This beginner-friendly class is designed for students with no prior guitar or music experience. You'll learn to play basic chords, simple scales, melodies and right-hand strumming techniques. You'll be introduced to tablature and guitar notation. Please have your own acoustic guitar.

MUSC-705 | 10 sessions | \$75 AGE 60+ | \$75 REG

F01 Tu 9-10 p.m. **Christina Springer**
Sep 2 – Nov 11 *Online*
• NOTE: No class 10/7

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. **James Renz**
Sep 9 – Nov 4 *MC-HE 134*
• NOTE: No class 10/7

Guitar: Beginner I

Learn proper handling of guitars and basic chords with both hands while improving tone and coordination. Music will be provided to practice. Provide your own acoustic guitar and extra set of strings.

MUSC-705 | 8 sessions | \$99 AGE 60+ | \$99 REG

F03 W 7-8:30 p.m. **James Renz**
Sep 10 – Oct 29 *MC-HW 102*

Easy Guitar:

Duets/Trios/Ensemble

Ready to strum along with fellow guitar enthusiasts? This is your chance to collaborate and create beautiful music in a fun, ensemble setting. Under the expert guidance of our instructor, you'll receive music, dive into its details, and work together as a harmonious group.

MUSC-705 | 1 session | \$29 AGE 60+ | \$29 REG

F04 Sa 12:15-2:45 p.m. **Christina Springer**
Sep 20 *FV-C 114*



Vocals

Singing with Impact

Bring your desire to sing at the height of your potential. Examine the power and intimacy of singing (concentrating on popular music idioms), unique vocal styles and how to develop your own vocal style for maximum pleasure and impact. We will look at elements of singing such as enunciating lyrics effectively, harmonies, projecting, proper breathing and creative emoting to command audience attention. Everyone will get a chance to sing and receive useful guidance, and professional performance techniques will be covered.

MUSC-725 | 4 sessions | \$65 AGE 60+ | \$65 REG

F02 W 6:30-8:30 p.m. **Kevin Renick**
Sep 10 – Oct 1 *MC-HE 124*

Songwriting

Songwriting: The Art of Discipline

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

MUSC-725 | 7 sessions | \$109 AGE 60+ | \$109 REG

F01 M 6:30-8:30 p.m. **Kevin Renick**
Sep 8 – Oct 20 *MC-HE 124*



Choir, Band and Orchestra

Meramec Choir

Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 601 (CRN 30620). Auditions for part assignment only. Contact the conductor at 314-984-7638 or gmyers34@stlcc.edu with questions.

MUSC-717 | 32 sessions | \$39 AGE 60+ | \$39 REG

F01 Tu, Th 12:30-1:50 p.m. **Gerald Myers**
Aug 26 – Dec 18 *MC-HW 102*
• NOTE: No class 10/7, 11/27

Meramec Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 30863). Auditions for seating purposes only. Contact the conductor at 314-984-7636 or gunnerstall1@stlcc.edu with questions.

MUSC-716 | 16 sessions | \$39 AGE 60+ | \$39 REG

F01 Th 7-9:40 p.m. **Grant Unnerstall**
Aug 28 – Dec 18 *MC-HW 102*
• NOTE: No class 11/27

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 132 650 (CRN 30862). Auditions for seating purposes only. Contact the Director of Instrumental Studies at 314-984-7636 or gunnerstall1@stlcc.edu with questions.

MUSC-714 | 16 sessions | \$39 AGE 60+ | \$39 REG

F01 M 7-9:40 p.m. **James Nacy**
Aug 25 – Dec 15 *MC-HW 102*
• NOTE: No class 9/1

Jazz Combos

Meramec Jazz Combos

Study and performance of appropriate small ensemble literature. Develops individual and ensemble musical skills including technique, sight reading, improvisation, intonation, balance, and blend. Available for credit as MUSC 138 636 (CRN 31756).

MUSC-704 | 12 sessions | \$39 AGE 60+ | \$39 REG

F01 Tu 7-9:15 p.m. **Joseph Pastor**
Sep 23-Dec 16 *MC-HW 102*
• NOTE: No class 10/7

Forest Park Jazz Combos

Study and performance of appropriate small ensemble literature. Develops individual and ensemble musical skills including technique, sight reading, improvisation, intonation, balance, and blend. Available for credit as MUSC 138 450 (CRN 33024).

MUSC-704 | 16 sessions | \$39 AGE 60+ | \$39 REG

F02 Tu 5-6:50 p.m. **Thomas Zirkle**
Grant Unnerstall
Aug 26-Dec 16 *FP-PA T121*
• NOTE: No class 10/7

PHOTOGRAPHY

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

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

All classes may be taken for your own personal enrichment.

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

Exploration

iPhone® Photography: After the Photo

Unlock the full potential of your iPhone's camera with this hands-on course! Learn to review, manage, and enhance your photos using built-in tools and popular third-party apps. Dive into basic editing, explore AI innovations, and get tips for organizing your collection. Discover how to backup your photos with iCloud and get them off your phone through posting, printing, and more. Perfect for those with basic camera experience looking to elevate their photo game.

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

F02 Tu 6-9 p.m.
Aug 26

Gregory Ray
MC-HE 124

F04 Tu 6-9 p.m.
Dec 2

Gregory Ray
STLCC-Corp 207

iPhone® Photography: Move Beyond Snapshots

Make the most of the camera you already carry. Take better photos and master basics of the iPhone camera app, including its multiple modes and options. After a primer, you'll use what you've learned during a brief walking tour. Train your "photographer's eye"; through use of available light and composition techniques. Explore the lifecycle of a digital photo—from snap to edit to sharing—with tips for printing, organizing, backup and storage.

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

F01 Tu 6-9 p.m.
Aug 19

Gregory Ray
MC-HE 124

F03 Tu 6-9 p.m.
Nov 25

Gregory Ray
STLCC-Corp 207

Better Pictures: A Photography Primer

Learn everything you need to know to get started or to improve your skills in photography. Course will cover camera functions, composition techniques, history of photography, approaches to creating a photo series, and more. Requirements: interchangeable-lens camera and memory card.

PHOT-765 | 6 sessions | \$79 AGE 60+ | \$79 REG

F03 Tu 6-8 p.m.
Oct 14 - Nov 25

Jason Gray
FP-W 216

• NOTE: No class 11/4

Introduction to Contemplative Photography

Use contemplative photography to slow down and reconnect with the natural world. Create expressive, meaningful images by cultivating mindful experiences outdoors, exploring fresh ways to engage with your surroundings, overcoming creative blocks, and producing work that feels authentic and personal. Apply contemplative techniques to photography projects to bring depth and intention to your visual storytelling. Bring any image-making device—DSLR, mirrorless, point-and-shoot (digital or film)—and ensure you have access to a computer for completing the final project. Sessions two and three will involve fieldwork at a local park; please provide your own transportation.

PHOT-708 | 5 sessions | \$65 AGE 60+ | \$65 REG

F01 Th 6-7:30 p.m.
Jul 31 - Aug 28

Nick Becker
WW-AC 202

Photobook and Zine Production

This hands-on course guides you through the entire process of producing a printed photo book or short-form zine. Intended for amateur photographers wanting to create a single copy to remember the trip of a lifetime or to publish your work for the world to see. You will gain experience in the different options for printing your work, curating images, designing layouts, and preparing files for the production. Student requirements: a collection of images and a free account with blurb.com, mixam.com or canva.com.

PHOT-710 | 4 sessions | \$65 AGE 60+ | \$65 REG

F01 W 7-9 p.m.
Sep 3 - Sep 24

John Taylor
MC-CN 125

Ten Rules of Composition

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

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

F02 Sa 10 a.m.-12 p.m.
Oct 4 - Oct 18

Stephanie Thurmer
Online

Picture Perfect: Time-Saving Tips from Pro Photographers

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

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

F02 Sa 10 a.m.-12 p.m.
Aug 16

Stephanie Thurmer
Online

Capture the City!

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

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

F01 Sa 10 a.m.-12 p.m.
Sep 6 - Sep 20

Stephanie Thurmer
Online



Core Classes

Digital Photography: Introduction

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

PHOT-720	5 sessions \$89 AGE 60+ \$89 REG
F06	Tu 6:30-9 p.m. Aug 26 – Sep 23 Gary Hesse STLCC-Corp 209
F07	Th 6:30-9 p.m. Aug 28 – Sep 25 Gary Hesse MC-LH 104 Tiered Lecture Hall
F08	W 6:30-9 p.m. Oct 01 – Oct 29 Gary Hesse MC-SW 207
F09	Tu 6:30-9 p.m. Aug 5 – Sep 2 John Kerans Online
F10	M 6:30-9 p.m. Oct 27 – Nov 24 John Kerans 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. Prerequisite- Digital Photography: Introduction.

PHOT-721	5 sessions \$89 AGE 60+ \$89 REG
F01	Tu 6:30-9 p.m. Oct 14 – Nov 18 Gary Hesse STLCC-Corp 209
	• NOTE: No class 11/4
F02	Th 6:30-9 p.m. Oct 9 – Nov 6 Gary Hesse MC-LH 104 Tiered Lecture Hall
F03	M 6:30-9 p.m. Sep 15 – Oct 13 John Kerans Online

Digital Photography: Advanced

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

PHOT-722	5 sessions \$89 AGE 60+ \$89 REG
F01	M 6:30-9 p.m. Nov 3 – Dec 1 Gary Hesse MC-SW 207
F02	W 6:30-9 p.m. Nov 5 – Dec 10 Gary Hesse STLCC-Corp 209
	• NOTE: No class 11/26
F03	Tu 6:30-9 p.m. Oct 28 – Dec 2 John Kerans Online
	• NOTE: No class 11/4



**DIGITAL
PHOTOGRAPHY
ESSENTIALS PROGRAM**

stlcc.edu/PhotoEssentials

Field Classes

Architectural Photography

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

PHOT-710	4 sessions \$85 AGE 60+ \$85 REG
F03	Sa 9 a.m.-12 p.m. Sep 20 – Oct 11 Gary Hesse MC-SW 209

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 \$85 AGE 60+ \$85 REG
F02	Sa 9 a.m.-12 p.m. Aug 2 – Aug 23 Gary Hesse MC-SW 106

Portrait Photography

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

PHOT-710	5 sessions \$89 AGE 60+ \$89 REG
F04	W 6:30-9 p.m. Oct 1 – Oct 29 John Kerans Online

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 \$85 AGE 60+ \$85 REG
F01	Sa 9 a.m.-12 p.m. Nov 1 – Nov 22 Gary Hesse MC-SW 207

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 \$55 AGE 60+ \$55 REG
F01	Sa 9 a.m.-2:30 p.m. Sep 6 Gary Hesse MC-SW 207

Photojournalism and Documentary Photography

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

PHOT-731	5 sessions \$89 AGE 60+ \$89 REG
F01	W 6:30-9 p.m. Aug 13 – Sep 10 John Kerans Online

Event Photography: Sports, Concerts, Weddings & More

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

PHOT-765	5 sessions \$89 AGE 60+ \$89 REG
F04	Tu 6:30-9 p.m. Sep 16 – Oct 21 John Kerans Online
	• NOTE: No class 10/7

Enhanced Skills

Darkroom Developing & Printing 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 \$99 AGE 60+ \$99 REG
F01	F 6-8:30 p.m. Sep 5 – Oct 10 Cheryl Petrovic FP-W 415

Darkroom Developing & Printing Black & White Photography: Part II

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

PHOT-705	6 sessions \$99 AGE 60+ \$99 REG
F02	F 6-8:30 p.m. Oct 17 – Nov 21 Cheryl Petrovic FP-W 415

THEATER/FILM

History of Film: The 1970s

Often referred to as the Golden Age of Filmmaking, the 1970s represent a watershed—both in our society and in the production of American films. Each week, we'll look at a different element of 1970s culture through the lens of the filmmakers of the period and decide for ourselves if this was the best ten years for the film industry.

THTR-765 | 4 sessions | \$70^{AGE 60+} | \$105^{REG}
F02 F 6-8 p.m. **Adam Sydney**
Sep 5 – Sep 26 *FP-W 117*

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 | \$43^{AGE 60+} | \$65^{REG}
F01 Sa 12:30-2:30 p.m. **Brian Rolf**
Aug 2 – Aug 23 *FP-HealthSci 206*
F02 Sa 12:30-2:30 p.m. **Brian Rolf**
Sep 13 – Oct 4 *MC-T 112*
F03 Sa 12:30-2:30 p.m. **Brian Rolf**
Oct 25 – Nov 15 *FV-SS 101*

Introduction to Theatre: Building a Play in Four Weeks

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

THTR-765 | 4 sessions | \$43^{AGE 60+} | \$65^{REG}
F07 Sa 10 a.m.-12 p.m. **Brian Rolf**
Oct 25 – Nov 15 *FV-SS 101*

Screenwriting/Playwriting

The Secrets of Screenwriting

Ever wonder what professionals in the entertainment industry are looking for in a script? This is your chance to learn the tricks of the trade from someone who has 20 years of experience in the business. Start by reviewing the basics, then learn the many elements of craft and storytelling that communicate to a reader that you're no amateur—even if you haven't earned credits yet. Whether you're new to the subject or you've had some experience, this is a great opportunity to hone your abilities—and have some fun in the process.

THTR-765 | 4 sessions | \$79.50^{AGE 60+} | \$115^{REG}
F01 F 6-9 p.m. **Adam Sydney**
Aug 1 – Aug 22 *FP-W 117*

Screenwriting: Creating Story First

The most important element of a screenplay isn't the quality of the writing, it's the idea. Before putting words on the page, you'll need to first develop a great story. In this no-pressure workshop, we'll discuss TV and film projects that stand out, and we'll explore your story idea and its potential appeal to a wide audience.

THTR-765 | 2 sessions | \$30^{AGE 60+} | \$49^{REG}
F03 Sa 10 a.m.-1 p.m. **Rita Russell**
Sep 6 – Sep 13 *FV-SS 101*

Screenwriting: Reading Scripts Like a Writer

If you want to write a great screenplay, then you need to read lots of scripts. Join all levels of screenwriters, cinephiles, and filmmakers for a fun discussion of three professional screenplays. Learn to break down each script's structure and evaluate how well the story works. Come away ready to apply newfound tips, techniques, and craftsmanship to your own amazing stories.

THTR-765 | 4 sessions | \$40^{AGE 60+} | \$65^{REG}
F05 W 7-9 p.m. **Rita Russell**
Sep 17 – Oct 8 *FV-SS 104*

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. This course introduces you to the core elements of storytelling—idea, plot, structure, scene development, character, dialogue, and theme—and explains how those elements combine to make a script great. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your screenplay.

THTR-765 | 6 sessions | \$71.5^{AGE 60+} | \$119^{REG}
F06 Sa 10 a.m.-12:30 p.m. **Rita Russell**
Sep 27 – Nov 1 *FV-SS 104*

Playwriting 101

Do you have a brilliant idea for a stage production, or maybe you'd just like to have some fun developing your first play? If so, this is the perfect class for you. Each week, we'll look at another aspect of the craft of writing for the stage, and you'll have a chance to develop the first scenes of your new play.

THTR-765 | 4 sessions | \$70^{AGE 60+} | \$105^{REG}
F04 M 6-8 p.m. **Adam Sydney**
Sep 8 – Sep 29 *FP-Health Sci 206*



WRITING

Storytelling

Stream of Consciousness

Write freely, without overthinking. Let your thoughts flow in a continuous stream, capturing a multitude of feelings in one unbroken mental scroll. Then, take a moment to review and lightly revise your work, ensuring you preserve that initial burst of creativity.

WRIT-701 | 4 sessions | \$62 AGE 60+ | \$89 REG
F01 M 6-9 p.m. **Jordan Oakes**
 Nov 3 – Nov 24 *FP-W 124*

Unleashing the Writer Within

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

WRIT-701 | 5 sessions | \$62 AGE 60+ | \$89 REG
F02 Th 6-8:30 p.m. **Jordan Oakes**
 Oct 9 – Nov 6 *FP-W 125*

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 | 5 sessions | \$62 AGE 60+ | \$89 REG
F03 M 6-8:30 p.m. **Jordan Oakes**
 Aug 11 – Sep 15 *FP-W 124*
 • NOTE: No class 9/1

Short Story Writing

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

WRIT-701 | 4 sessions | \$47 AGE 60+ | \$69 REG
F04 Tu 6-8 p.m. **Adam Sydney**
 Aug 19 – Sep 9 *FP-W 125*

Subconscious Writing

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

WRIT-701 | 4 sessions | \$47 AGE 60+ | \$69 REG
F05 W 6-8 p.m. **Adam Sydney**
 Aug 20 – Sep 10 *FP-W 125*

Write a Twist Ending

Master the art of the unexpected when crafting twist endings. Discover the secrets to developing plots that cleverly lead your readers astray, only to surprise them with a jaw-dropping conclusion. You'll learn techniques to subtly mislead and build suspense, ensuring your story's final twist leaves a lasting impression. Transform your writing with endings that make readers exclaim, "I sure didn't see that coming!"

WRIT-701 | 4 sessions | \$62 AGE 60+ | \$89 REG
F06 F 6-9 p.m. **Jordan Oakes**
 Aug 8 – Sep 5 *FP-W 124*
 • NOTE: No class 8/29

Boot Camp for Writers

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

WRIT-704 | 4 sessions | \$62 AGE 60+ | \$89 REG
F01 Tu 6-9 p.m. **Jordan Oakes**
 Aug 5 – Aug 26 *FP-W 124*
F04 Tu 6-9 p.m. **Jordan Oakes**
 Oct 28 – Nov 18 *Online*

Writing Workshop

Refine your writing with our class, offering constructive critiques for writers of all levels. Whether you're working on prose, poetry, or essays, we'll help you edit and polish your work to achieve your goals, be it publication, contests, or personal growth.

WRIT-706 | 4 sessions | \$62 AGE 60+ | \$89 REG
F01 F 6-9 p.m. **Jordan Oakes**
 Oct 3 – Oct 24 *FP-W 124*

Write Your Memoir

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

WRIT-714 | 5 sessions | \$62 AGE 60+ | \$89 REG
F01 W 6-8:30 p.m. **Jordan Oakes**
 Sep 3 – Oct 1 *Online*

Horror, Thrillers and Sci-Fi

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

WRIT-719 | 4 sessions | \$62 AGE 60+ | \$89 REG
F01 W 6-9 p.m. **Jordan Oakes**
 Oct 15 – Nov 5 *FP-W 124*

Interviewing Basics for Writers

Ready for an adventure in storytelling? Unlock the secrets of interviewing and recording with flair! Master essential techniques to gather captivating stories for journalism and uncover delightful tales from family and friends. These skills will not only enrich your storytelling but also bring you closer to the heart of those you interview.

WRIT-765 | 1 session | \$28 AGE 60+ | \$39 REG
F02 F 9:30 a.m.-1 p.m. **Charlene Oldham**
 Dec 5 *MC-CE Classroom*

Creating Three-Dimensional Characters

Do you want to craft characters that stand out and resonate with readers? Learn how to develop unique and likable characters whose names and traits enhance your story's flow. Discover techniques for creating compelling backstories, personalities, and motivations that make your characters unforgettable. Join us and bring your fictional characters to life in ways that captivate and engage your audience.

WRIT-724 | 4 sessions | \$62 AGE 60+ | \$89 REG
F01 Th 6-9 p.m. **Jordan Oakes**
 Nov 13 – Dec 11 *FP-W 125*
 • NOTE: No class 11/27

Write With Honesty, Without Hesitation

One of the hardest things to do as a writer is to simply let go. Don't be afraid to shock! If you're compromising or holding back because you think you may offend your reader, you deprive them of the raw honesty that people connect with and deprive yourself of being your truest self as a creative writer. All forms of prose are welcome. Here, you can abandon your protective cocoon and, at last, spread your writerly wings.

WRIT-765 | 4 sessions | \$62 AGE 60+ | \$89 REG
F01 W 6-9 p.m. **Jordan Oakes**
 Aug 6 – Aug 27 *FP-W 124*

Poetry

Poetry: How to Read it, How to Write it

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. Find your own poetic voice, while reviewing works of established writers in the field.

WRIT-716 | 5 sessions | \$62 AGE 60+ | \$89 REG
F01 Tu 6-8:30 p.m. **Jordan Oakes**
 Sep 2 – Sep 30 *FP-W 124*

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 | \$62 AGE 60+ | \$89 REG
F02 Th 6-9 p.m. **Jordan Oakes**
 Sep 4 – Sep 25 *FP-W 217*

Publication

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

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
F07 Sa 8 a.m.-12 p.m. St. Louis Publisher Assoc.
 Nov 8 FP-W 125

Self-Publishing 101: What, Why and How

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

WRIT-704 | 1 session | \$19 AGE 60+ | \$25 REG
F06 Tu 6-7:30 p.m. Andrew Doty
 Dec 2 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 | \$40 AGE 60+ | \$59 REG
F03 Sa 9:30 a.m.-1 p.m. Charlene Oldham
 Oct 4 - Oct 11 MC-AS 108

Write Heart Right: Writing as a Healing Modality

Research has shown that expressive writing can decrease diastolic and systolic blood pressure, improve lung functioning, reduce stress and anxiety, and enhance focus and mental clarity. Throughout this class, we will use expressive writing as a tool to alleviate pressure, rejuvenate our autonomic systems, and discuss how you can use your writing to begin an autobiography or write a book!

WRIT-710 | 1 session | \$43 AGE 60+ | \$65 REG
F02 Sa 9 a.m.-4 p.m. Rachel Ponder
 Nov 1 FP-SH 310

FINANCE AND INVESTMENTS

Personal Finance†

Taxes In Retirement: Opportunities & Pitfalls

Ready to make the most of your retirement savings? Gain practical, easy-to-understand insights to help you minimize tax burdens and maximize your income during retirement. This class breaks down the complexities of retirement tax planning—from tax brackets and income types to Roth conversions, Social Security, Medicare tax traps, and charitable giving strategies. Whether you're nearing retirement or already enjoying it, this session will equip you with smart, actionable strategies to protect your wealth and plan with peace of mind. Taught by a local financial planner.

FINC-736 | 1 session | \$25 AGE 60+ | \$25 REG
F03 Th 6-7:30 p.m. Peter Wolynski
 Aug 28 Online

How to Retire: A 7-Step Process

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

FINC-736 | 3 sessions | \$49 AGE 60+ | \$49 REG
F04 W 6-8 p.m. Mike Brown
 Oct 8 - Oct 22 MC-HE 124

Medicare, Medigap, Housing and Much More

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

FINC-736 | 1 session | \$31 AGE 60+ | \$39 REG
F01 Sa 11 a.m.-1:30 p.m. Dr. Larry Gibbs
 Sep 27 FP-E 209
F02 Sa 11 a.m.-1:30 p.m. Dr. Larry Gibbs
 Oct 4 MC-HE 123

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 | \$38.50 AGE 60+ | \$45 REG
F01 W 6-8 p.m. Yvonne Homeyer
 Oct 8 MC-CE Classroom
F02 W 6-8 p.m. Yvonne Homeyer
 Sep 24 MC-CE Classroom

Wills, Trusts & Avoiding Probate

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

FINC-710 | 1 session | \$38.50 AGE 60+ | \$45 REG
F03 Tu 10 a.m.-12 p.m. Paul Gantner
 Sep 16 MC-LH 101 Tiered

Thrifting

How to Resale Shop

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

FINC-765 | 1 session | \$29 AGE 60+ | \$29 REG
F01 Th 6-8 p.m. Joanie Ramey
 Aug 21 FP-E 308
F02 W 6-8 p.m. Joanie Ramey
 Sep 10 MC-CN 228

HOME AND AUTO

Real Estate

Home Buying for Millennials and Gen Z

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

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

F01 Th 6-8 p.m.
Sep 4

Jill McCoy
MC-CN 128

F03 Th 6-8 p.m.
Oct 16

Jill McCoy
FP-HS 310

Thinking About Buying a Home? Here's What You Need to Know

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

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

F02 Tu 6-8 p.m.
Oct 14

Rebecca Delaney
MC-AS 108

Selling Your House? How to be Successful

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

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

F01 Tu 6-8 p.m.
Sep 16

Rebecca Delaney
MC-AS 108

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 | \$23 AGE 60+ | \$29 REG

F01 Th 6-8 p.m.
Oct 23

Jill McCoy
MC-AS 108

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 | \$23 AGE 60+ | \$29 REG

F01 Th 6-8 p.m.
Nov 20

Jill McCoy
WW-AC 214

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 | \$47 AGE 60+ | \$69 REG

F01 Sa 9 a.m.-5 p.m.
Aug 2

Mary Hankins
FP-W 124

The Family Flip: Generational Wealth Through Real Estate

Learn how families can build wealth together by investing in property. We'll explore co-purchasing models, communication strategies, and tools for setting up shared goals and expectations. You will walk away with a joint wealth-building plan that you can take home and share.

REAL-725 | 2 sessions | \$27 AGE 60+ | \$39 REG

F02 W 6-8 p.m.
Oct 15 - Oct 22

Tameka Jones
Online

Rent Drama: Roleplay the Real Estate Life

Part improv, part education and all fun—this interactive class invites you to step into real estate scenarios through roleplay. Participants act out common situations such as buyer-seller negotiations, landlord-tenant disputes, inspection surprises and contract challenges. Perfect for visual and hands-on learners who want to build real-world confidence while learning the lingo.

REAL-765 | 1 session | \$17 AGE 60+ | \$25 REG

F01 Tu 6-8:30 p.m.
Dec 2

Tameka Jones
MC-CN 128

Home Building

Blueprint to Your Dream: Build Your First House (In Theory!)

A fun, creative course that will teach you the steps to build a home—from choosing land to understanding costs, zoning and timelines. We'll "build on paper," designing dream homes with a mock budget and real-world insight into what it takes to construct a house.

REAL-765 | 3 sessions | \$31 AGE 60+ | \$45 REG

F02 Tu 6:30-8 p.m.
Aug 26 - Sep 9

Tameka Jones
FV-SM 125

Home Downsizing

Downsizing Tips for Seniors

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, cleaning, decluttering 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 | \$23 AGE 60+ | \$29 REG

F03 Th 6-8 p.m.
Sep 25

Jill McCoy
WW-AC 214

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

HOME AND AUTO

Home Maintenance†

Design and Color Tips for Your Home

Want to transform your living space to reflect your personal style? Learn how to choose the perfect color palette, arrange furniture for optimal flow, and incorporate design elements. Whether you're redecorating a single room or your entire home, this class will provide you with practical tips and creative inspiration.

HOME-701 | 1 session | \$21 AGE 60+ | \$29 REG
F01 Th 6-8 p.m. **Rebecca Delaney**
 Nov 13 *MC-AS 108*

Fearless Home Repair: Electrical Fixes I

When something needs fixing who do you call? Fix-it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a hands-on focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you with the do-it-yourself know-how. We'll talk about other small electrical problems, the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or need to pay someone else to do it for you after this class. All supplies provided.

HOME-713 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Tu 6-9 p.m. **Jean Linton**
 Aug 5 *FV-SM 127*
F05 Th 6-9 p.m. **Jean Linton**
 Nov 6 *MC-CE Classroom*

Fearless Home Repair: Electrical Fixes II

Practice how to change out switches, outlets and light fixtures in the second installment of electrical fixes. Learn how to strip wire, change a switch to a dimmer, add plugs and do general electrical tests to keep you safe.

HOME-713 | 1 session | \$55 AGE 60+ | \$55 REG
F03 Tu 6-9 p.m. **Jean Linton**
 Sep 16 *FV-SM 127*
F06 Th 6-9 p.m. **Jean Linton**
 Dec 4 *MC-CE Classroom*

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 Th 6-9 p.m. **Jean Linton**
 Aug 21 *MC-CE Classroom*
F04 Tu 6-9 p.m. **Jean Linton**
 Oct 14 *FV-SM 127*

Ceramic Tile

See what it takes to install your own ceramic tile. Learn the basics of prepping, laying out, measuring and installing, and replacing a single broken tile. Determine how much, tile style and tile sizing you'll need for projects.

HOME-724 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Th 6-9 p.m. **Jean Linton**
 Oct 23 *FV-SM 127*

Drywall: Patching and Texturing

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

HOME-725 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Tu 6-9 p.m. **Jean Linton**
 Aug 26 *FV-SM 127*

Paint Like a Pro

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

HOME-734 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Tu 6-9 p.m. **Jean Linton**
 Nov 18 *MC-CN 128*

How to Talk to a Contractor

Some home projects might require a contractor, but how do you pick the right person? Discuss the several different aspects of hiring a contractor and learn how to select the person for your home renovation job. Bring your questions.

HOME-765 | 1 session | \$45 AGE 60+ | \$45 REG
F01 Th 6-9 p.m. **Jean Linton**
 Sep 4 *MC-CE Classroom*

Auto Maintenance†

Car Care Maintenance and Essentials

We all depend on our cars every day, but what happens when they break down? Join our comprehensive class that delves into everything from understanding basic auto systems and the current trends in the automotive industry to diagnosing issues in modern vehicles and exploring future technologies. We'll also cover essential tips on buying a car and much more. This class is a must for anyone who drives a car or light truck!

AUTO-701 | 1 session | \$49 AGE 60+ | \$49 REG
F01 Sa 8-11 a.m. **Doug Jaquot**
 Oct 11 *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.

MASTER NATURALIST

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

Landscape and Gardening

All About Herbs

Fragrant, tasty, and wonderful—herbs belong in everyone's garden! Whether you are just starting or expanding an herb garden, learn the best advice from a Master Gardener on how to plant, maintain and harvest an herb garden. Gain tips on using herbs in and around your home, and discover the best way to freeze and preserve herbs for future use.

HORT-701 | 2 sessions | \$27 AGE 60+ | \$39 REG
F02 Tu 7-9 p.m. **Mike Ochonicky**
 Oct 14 - Oct 21 *Online*

Tea Gardens

Share the gift of nature. Pollinator tea gardens attract diverse pollinators by providing habitat, nectar and pollen. Pollinators not only provide us with delicious honey but also contribute essential ingredients for herbal teas that we enjoy. Visit the charming town of Augusta, Missouri, and immerse yourself in our tea blending, sip and learn, tea garden workshop.

HORT-701 | 1 session | \$39 AGE 60+ | \$39 REG
F01 Sa 10 a.m.-12 p.m. **Penelope Woodhouse**
 Sep 6 *Botanical Tea Room*

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 | \$23 AGE 60+ | \$29 REG
F01 Th 7-9 p.m. **Mike Ochonicky**
 Oct 23 *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 info 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 | \$23 AGE 60+ | \$29 REG
F01 W 7-9 p.m. **Mike Ochonicky**
 Sep 10 *Online*

Houseplant Parenting 101

Are you the proud parent of several beautiful little houseplants? Are they always wilting, yellowing or turning brown no matter what you do? Are you tired of having a "brown thumb"? If so, this is the class for you! This class will take the mystery out of caring for your leafy bundles of joy. We'll discuss how to select the right plant for your home, how to cater to your plant's individual needs, and how to manage common issues.

HORT-722 | 1 session | \$23 AGE 60+ | \$29 REG
F01 Tu 6-8 p.m. **Daria McKelvey**
 Oct 21 *FP-W 124*

Botanical Nomenclature for Gardeners

Coming across botanical names such as *Liriodendron tulipifera* and *Cephalanthus occidentalis* may cause one's head to spin. However, their use is critical for understanding plants and avoiding confusion in the plant world. Let's break down how botanical names are structured, how they provide insight to a plant's characteristics and real-world examples of their use in botany, conservation and gardening!

HORT-723 | 1 session | \$20 AGE 60+ | \$25 REG
F03 Th 6-7:30 p.m. **Daria McKelvey**
 Oct 2 *FP-W 125*

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
F01 Sa 9 a.m.-12 p.m. **Susan Leahy**
 Sep 6 *MC-SW 106*

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
F02 Sa 9 a.m.-12 p.m. **Susan Leahy**
 Oct 25 *MC-SW 105*

Go Native!

What's Up with Wasps?!

Have you ever pondered the purpose of a wasp? With approximately 115,000 species in the world, wasps serve as pollinators and are arguably among the best biological control agents of invertebrate populations helping keep ecosystems in balance. Explore the different kind of wasp species you may come across in this area, their benefits, examples of invertebrates they target and how to support them through specific gardening techniques and native plants.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG
F03 Sa 9 a.m.-12 p.m. **Susie Van de Riet**
 Oct 25 *FP-W 125*

Ecology

Indoor Composting: Making a Take Home Bokashi Bucket

Nearly 20% of household trash can be composted. The quick and convenient Bokashi bucket system can be used year-round and produces no household odors. Construct an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving Bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All materials are provided. Class is offered in partnership with the Missouri Botanical Garden EarthWays Center.

ECOL-704 | 1 session | \$59 AGE 60+ | \$59 REG
F01 W 6:30-8 p.m. **Maggie McCoy**
 Sep 17 *MC-SW 106*

Beeswax Food Wraps

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

ECOL 700 | 1 session | \$55 AGE 60+ | \$55 REG
F01 Th 10-11:30 a.m. **Sophia Coon**
 Sep 18 *Perennial Art Studio*



**MASTER
NATURALIST
PROGRAM**

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



Nature

Forest Park Owls: Hiding in Plain Sight

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

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG
F01 Th 6:30-8:30 p.m. **Mark Glenshaw**
Aug 21 MC-CN 128

Forest Park Owls: Hunting and Feeding

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

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG
F02 Th 6:30-8:30 p.m. **Mark Glenshaw**
Sep 25 FP-HS 310

Forest Park Owls: Mating, Nesting, and Owlets

Join a local award-winning naturalist and speaker and explore the mating, nesting behavior and the owlets raised by the great horned owls he has been observing and documenting in Forest Park since December 2005. Learn what he has observed and documented including mating, nest selection, feeding of the owlets, fledging and gradual maturation of owlets, and the dispersal of the owlets. You will be amazed at the delights and challenges these owls and their families face daily.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG
F03 Th 6:30-8:30 p.m. **Mark Glenshaw**
Oct 23 MC-CN 128

How to Find an Owl in Your Neighborhood

Do you ever see or hear an owl in your neighborhood and want to experience more of these beautiful birds? A local award-winning naturalist, The Owl Man, leads scores of owl prowls each year. Discover ways to find owls in your area—whether in subdivisions, city neighborhoods, pocket parks or large public parks. Find out which owls you are most likely to see or hear, what to listen for and the importance of research and collaboration.

NATR-709 | 1 session | \$29 AGE 60+ | \$29 REG
F04 Th 6:30-8:30 p.m. **Mark Glenshaw**
Nov 20 FP-HS 310

Fall Prairie Walk

As the beautiful hues of fall emerge, join our small group tour to explore and discover the grasslands of the Shaw Nature Reserve's restored prairie habitat. Learn about the prairie grasses and wildflowers that once covered almost half of Missouri. The Nature Reserve's restored prairies provide critical habitat for Missouri's native plants and wildlife. Join a local naturalist who will guide you on a two-mile walk on varied trails, including grass, gravel, and paved surfaces. Wear comfortable shoes and dress appropriately for the weather. Check in at the Visitor Center and meet at the Wetland Parking Lot. Rain Out Date: Oct. 26.

NATR-704 | 1 session | \$19 AGE 60+ | \$25 REG
F01 Su 9-11 a.m. **Rebecca Bunn**
Oct 12 Shaw Nature Reserve

Interspecies Besties: Symbiotic Relationships With Wolves

Explore how ecosystems are a complex web of interactions between organisms and their environment. These interactions, whether positive or negative, have direct and indirect impacts in the functioning of an ecosystem, and are essential dynamics to understand in conservation. Nature depends on apex carnivores and keystone species to survive and thrive. Wolves are both, which is why in this lesson, you will learn about the symbiotic relationships that wolves have with the other organisms around them.

NATR-727 | 1 session | \$59 AGE 60+ | \$59 REG
F01 Sa 1-4 p.m. **Endangered Wolf Center**
Nov 8

The Big Bad Lie: Wolf Myths in Western Culture

Wolves have historically been a controversial figure, being largely portrayed as a villain in Western myths, legends, and folklore. But how far does the wolf's reputation really go back? How are they seen in other cultures? And how does the shifting reputation of wolves in the West mirror human history?

NATR-727 | 1 session | \$59 AGE 60+ | \$59 REG
F02 Sa 1-4 p.m. **Endangered Wolf Center**
Nov 22

Introduction to Beekeeping

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

NATR-733 | 2 sessions | \$39 AGE 60+ | \$39 REG
F01 Tu 5:30-7:30 p.m. **Jane Sueme**
Nov 18 - Dec 2 MC-AS 108
• NOTE: No class 11/25

LANGUAGE AND COMMUNICATIONS

WORLD LANGUAGES*

Go to the registration page at stlcc.edu/CE to see full course descriptions, prerequisites and textbook information.
Each progressive level builds upon language development and comprehension skills learned in prerequisite classes.

French

French for Travelers

Designed for travelers, focusing on essential skills for navigating French-speaking environments. Learn core daily phrases, survival vocabulary, and important procedures. Reading signs, understanding menus, using transportation and shopping will be covered. Additionally, you will receive preparation resources, practical tips and will have time for a Q and A.

FLFR-716 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 1-3 p.m. Michel Gueldry
Oct 15 – Dec 10 WW-AC 201
• NOTE: No class 11/26

French: Beginning I

FLFR-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 4-6 p.m. Michel Gueldry
Aug 5 – Sep 23 WW-AC 201

French: Beginning II

FLFR-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 4-6 p.m. Michel Gueldry
Oct 14 – Dec 9 WW-AC 201
• NOTE: No class 11/25

German

German for Travelers

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

FLGE-716 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 6-8 p.m. Caryn Miller
Oct 14 – Dec 9 MC-HE 123

German Language: Beginning I

FLGE-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 6-8 p.m. Caryn Miller
Aug 13 – Oct 1 MC-HE 123

German Language: Beginning II

FLGE-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 6-8 p.m. Caryn Miller
Oct 15 – Dec 10 MC-HE 123

German Language: Beginning III

FLGE-719 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 6-8 p.m. Caryn Miller
Aug 12 – Sep 30 MC-HE 123

Italian

Italian for the Traveler

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

FLIT-716 | 6 sessions | \$115 AGE 60+ | \$115 REG
F01 Th 4-6 p.m. Barbara Klein
Sep 4 – Oct 9 MC-SW 207
F02 Th 4-6 p.m. Barbara Klein
Oct 30 – Dec 11 MC-SW 207
• NOTE: No class 11/27

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 Th 4-6 p.m. Barbara Klein
Aug 28 MC-SW 207
F02 Th 4-6 p.m. Barbara Klein
Oct 16 MC-SW 207

Italian: Beginning I

FLIT-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 5-7 p.m. Michael Cross
Aug 5 – Sep 30 MC-CN 227
• NOTE: No class 9/9
F02 Th 6:30-8:30 p.m. Barbara Klein
Aug 14 – Oct 2 MC-SW 207

Italian: Beginning II

FLIT-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Th 6:30-8:30 p.m. Barbara Klein
Oct 16 – Dec 11 MC-SW 207
• NOTE: No class 11/27
F02 Tu 5-7 p.m. Michael Cross
Oct 21 – Dec 9 MC-CN 224

Italian: Beginning III

FLIT-719 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 M 6-8 p.m. Michael Cross
Jul 28 – Sep 29 FP-HealthSci 212
• NOTE: No class 9/1 and 9/8

Italian: Intermediate I

FLIT-720 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 M 6-8 p.m. Michael Cross
Oct 13 – Dec 1 FP-HealthSci 212

Portuguese

Portuguese for the Traveler

Get a head start on your journey with this practical and engaging course designed for savvy travelers! Learn essential survival phrases, how to read signs, menus, and transportation schedules, and gain insights into cultural differences. Be prepared, confident, and ready to make the most of your adventure!

FLPG-716 | 6 sessions | \$115 AGE 60+ | \$115 REG
F01 Sa 10 a.m.-12 p.m. Viva Brasil
Oct 18 – Nov 22 MC-SW 106

Portuguese: Beginning I

FLPG-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 6-8 p.m. Viva Brasil
Jul 30 – Sep 17 MC-CN 128

Portuguese: Beginning II

FLPG-718 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 6-8 p.m. Viva Brasil
Oct 1 – Nov 19 MC-CN 128

Portuguese: Beginning IV

FLPG-719 | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 6-8 p.m. Viva Brasil
Oct 1 – Nov 19 MC-CN 226

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 6-8 p.m. Valerie Powers
Aug 20 – Sep 10 Online

Russian: Beginning I

FLRU-717 | 8 sessions | \$149 AGE 60+ | \$149 REG
F02 W 6-8 p.m. Valerie Powers
Sep 17 – Nov 19 Online
• NOTE: No class 10/1, 10/8

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

WORLD LANGUAGES*

Spanish

Spanish: Beginning I

- FLSP-717** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 4:45-6:45 p.m. **Tim Neckermann**
 Jul 29 – Sep 16 MC-CN 228
F02 Tu 6-8 p.m. **Kevin Zarate**
 Sep 30 – Dec 2 FP-HealthSci 308
 • NOTE: No class 10/7 and 11/4
F03 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Sep 30 – Dec 2 Online
 • NOTE: No class 10/7 and 11/4

Spanish: Beginning II

- FLSP-718** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Th 4:45-6:45 p.m. **Tim Neckermann**
 Jul 31 – Sep 18 MC-CN 227
F02 Sa 10 a.m.-12 p.m. **Kevin Zarate**
 Aug 2 – Sep 27 FP-HealthSci 308
 • NOTE: No class 8/30
F03 Tu 4:45-6:45 p.m. **Tim Neckermann**
 Sep 30 – Dec 2 MC-CN 228
 • NOTE: No class 10/7, 11/4

Spanish: Beginning III

- FLSP-719** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 6-8 p.m. **Kevin Zarate**
 Jul 29 – Sep 16 FP-HealthSci 308
F02 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Jul 29 – Sep 16 Online
F03 Th 4:45-6:45 p.m. **Tim Neckermann**
 Oct 2 – Nov 20 MC-CN 227
F04 Sa 10 a.m.-12 p.m. **Kevin Zarate**
 Oct 4 – Nov 22 FP-HealthSci 308

Spanish: Intermediate I

- FLSP-720** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Th 4:30-6:30 p.m. **Maria de la Garza**
 Jul 31 – Sep 18 Online

Spanish: Intermediate II

- FLSP-721** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 4:45-6:45 p.m. **Tim Neckermann**
 Jul 30 – Sep 17 MC-CN 227
F02 Th 4:30-6:30 p.m. **Maria de la Garza**
 Oct 2 – Nov 20 Online

Spanish: Intermediate III

- FLSP-722** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 W 4:45-6:45 p.m. **Tim Neckermann**
 Oct 1 – Nov 19 MC-CN 227

Spanish: Reading

Increase your vocabulary and comprehension by reading and discussing a book in Spanish. Each Spanish: Reading class will cover a different book and information. Book will be announced closer to start of class.

- FLSP-765** | 8 sessions | \$149 AGE 60+ | \$149 REG
F02 W 4:30-6:30 p.m. **Maria de la Garza**
 Jul 30 – Sep 17 Online
F04 W 4:30-6:30 p.m. **Maria de la Garza**
 Oct 1 – Nov 19 Online

Spanish Listening Comprehension: Unlock the Rhythms of Spanish

Dive into the vibrant world of Spanish music to dramatically improve listening comprehension! Utilize songs in the target language to enhance vocabulary, grammar, and idiomatic fluency. Move beyond simple translation, exploring the nuances of the language as used in authentic contexts. Ideal for those with prior Spanish experience, classes are primarily conducted in Spanish.

- FLSP-765** | 8 sessions | \$149 AGE 60+ | \$149 REG
F01 Tu 12-1 p.m. **Rosalba Ramirez**
 Jul 29 – Sep 16 WW-AC 202

Spanish Conversation: Speak with Confidence

Elevate your Spanish conversation skills with intensive practice and immediate feedback on pronunciation, grammar, and vocabulary from a native Spanish speaker experienced in oral proficiency testing. Gain the confidence to communicate effectively in real-life situations. Designed for those with previous Spanish instruction who want to refine their conversational fluency, classes are primarily conducted in Spanish.

- FLSP-765** | 8 sessions | \$149 AGE 60+ | \$149 REG
F03 Tu 2:30-4:30pm **Rosalba Ramirez**
 Sep 30 – Dec 2 WW-AC 204
 • NOTE: No class 10/7 and 11/4

COMMUNICATIONS

Personal Communication

Finding Your Voice: Presenting with Clarity and Impact

A strong presentation isn't about public speaking or having a PowerPoint—it's about delivering your message in a way that makes people listen. This course focuses on the structure, preparation, and delivery techniques needed to present ideas effectively in work meetings, business settings, or community discussions. Whether you're explaining a new idea, leading a discussion, or giving an update, this course will help you present with clarity and impact.

- COMM-765** | 1 session | \$13.50 AGE 60+ | \$19 REG
F03 Th 7-9 p.m. **Ashley Spraggs**
 Oct 16 Online

The Emotion Smart Series

Enhance your emotional intelligence and get to know co-workers, bosses, friends and family at a higher level. Learn to read spoken emotions in four simple steps. Sound messages are the volume, tone, and speed of words spoken plus silence and all other sounds from our mouth and throat that uncover emotion and meaning in our messages.

- COMM-765** | 3 sessions | \$42 AGE 60+ | \$55 REG
F05 Th 7-8:30 p.m. **John Werner**
 Sep 11 – Sep 25 MC-HE 123

Building Effective Communication Skills

Learn the essentials of clear, concise, and impactful verbal and written communication. Develop techniques to convey complex ideas simply and manage difficult conversations.

- COMM-765** | 1 session | \$12.50 AGE 60+ | \$19 REG
F06 Sa 11 a.m.-1 p.m. **Linda Pritchard**
 Sep 6 FP-W 313

Communication, Listening and Conflict Resolution

Communication is the key to good personal and professional relationships. Learn how to improve your ability to listen and how to share your thoughts honestly and tactfully. Develop ways to resolve conflict and to turn hard conversations into growth opportunities.

- COMM-765** | 1 session | \$23 AGE 60+ | \$29 REG
F07 W 6:30-8:30 p.m. **Laurel Clark**
 Oct 29 STLCC-Corp 209

Looking to enhance your employment and career skills? **See classes on page 6.**

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

COMMUNICATIONS

Voiceover

Introduction to Voiceover

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

COMM-765 | 1 session | \$59 AGE 60+ | **\$59** REG
F01 Sa 12-1:30 p.m. **Jason Rooney**
Aug 9 *STLCC-Corp 207*
F02 Sa 12-1:30 p.m. **Jason Rooney**
Nov 8 *STLCC-Corp 207*

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. Book not available through STLCC bookstore, please check online retailers or talk to your instructor on the first day of class.

SIGN-701 | 8 sessions | \$149 AGE 60+ | **\$149** REG
F02 Tu 6-8 p.m. **Cindy Hayes**
Sep 2 – Oct 28 *Online*
 • NOTE: No class 10/7
F04 M 6:30-8:30 p.m. **Cindy Hayes**
Sep 22 – Nov 10 *STLCC-SoCo 100*

Getting Started with Sign Language II

Build on the skills you learned in the Beginning I sign language class to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, "The Joy of Signing." The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 1-6. Class does not cover ASL sentence structure. Book not available through STLCC bookstore, please check online retailers or talk to your instructor on the first day of class.

SIGN-701 | 8 sessions | \$149 AGE 60+ | **\$149** REG
F01 Th 6-8 p.m. **Cindy Hayes**
Aug 28 – Oct 16 *Online*
F03 W 6:30-8:30 p.m. **Cindy Hayes**
Sep 17 – Nov 5 *STLCC-SoCo 100*

TRIPS AND TOURS

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

PLEASE NOTE: For overnight trips only. REAL ID enforcement begins May 7, 2025. If you do not have a REAL ID driver's license, which must be requested at the time you renew your license you must use an ID approved by TSA (example: passport).

For FV-Off Campus tours, meet the tour bus at the lower lot of P-12.

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

AWTY?: Are We There Yet?

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

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

St. Louis

AWTY?

Bygone Beer Barons of St. Louis

Take a guided tour of the historic Bellefontaine Cemetery, a tranquil landmark established in 1849, where you'll explore the final resting place of many prominent figures, including influential beer barons. Afterward, enjoy a delicious lunch at Lemp Mansion, featuring a house salad, chicken piccata, vegetables, and dessert. The day concludes with a guided history and ghost tour of Lemp Mansion, where you'll hear eerie tales about the Lemp family and their brewing empire. (Please note, there are two sets of stairs on the tour.) Last date to register and withdraw with a full refund: Oct 10.

TRIP-701 | 1 session | \$149 AGE 60+ | **\$149** REG
F06 F 8:30 a.m.-3 p.m. **Dea Hoover**
Oct 17 *MC-Off Campus*
F07 F 9:15 a.m.-3:45 p.m. **Dea Hoover**
Oct 17 *FV-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. Please arrive 15 minutes prior to departure time. Last date to register and withdraw with a full refund: Sep 26.

TRIP-701 | 4 sessions | \$129 AGE 60+ | **\$129** REG
F01 F 9 a.m.-2:30 p.m. **Joan Huisinga**
Oct 3 – Oct 24 *MC-CE Classroom*

St. Louis on the Move

Though it's fall, new buildings, openings, and restaurants are blooming all over town. We'll tour several, stop outside to discuss others, and hear about exciting developments coming soon. Lunch will be at a newly opened restaurant, showcasing the town's progress. Come and be surprised by the rapid growth and transformation happening. Last date to register and withdraw with a full refund: Oct 30.

TRIP-701 | 1 session | \$139 AGE 60+ | **\$139** REG
F03 Th 9 a.m.-4 p.m. **Joan Huisinga**
Nov 6 *MC-Off Campus*

Holiday Lights

Join us for a festive journey across the river to Illinois' stunning holiday light displays. We'll start with a drive through St. Louis holiday customs, then visit the Worldwide Technology Racetrack, featuring over a million LED lights synchronized to music. Next, we'll explore the beautiful religious lights at Our Lady of the Snows and enjoy the decorated trees inside, with time to grab a snack (food not included). Our final stop is Union Station's Grand Hall, where we'll watch a 3D Christmas light show, complete with a holiday dessert to end the evening. Last date to register and withdraw with a full refund: Dec 2.

TRIP-701 | 1 session | \$119 AGE 60+ | **\$119** REG
F04 Tu 5-10 p.m. **Joan Huisinga**
Dec 9 *MC-Off Campus*

AWTY? Irish in St. Louis

Explore the rich Irish heritage of St. Louis on this immersive tour led by a former University College Dublin student. Delve into the cultural roots of the city as we visit St. James the Greater Church, savor a traditional Irish lunch at John D. McGurk's, shop at the charming Kerry Cottage, and tour the historic Campbell House Museum. The day culminates in a lively performance by Irish dancers, showcasing the vibrant traditions that have shaped St. Louis. Last date to register and withdraw with a full refund: Oct 24.

TRIP-701 | 1 session | \$169 AGE 60+ | **\$169** REG
F08 F 9:20 a.m.-4:45 p.m. **Dea Hoover**
Oct 31 *MC-Off Campus*
F09 F 8:30 a.m.-5:30 p.m. **Dea Hoover**
Oct 31 *FV-Off Campus*

Victorian Holiday

Get into the holiday spirit and travel back to the late 1800's, 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 the Greek Revival French Chatillon-DeMenil home. Next, high tea will be served at the Missouri Athletic Club with viewing of the gingerbread village display. And, that's not all! The day will conclude at the Eugene Field Home with a taste of delicious chocolate. Not to be missed, this trip will truly be a spectacular event to get you into the holiday spirit. Last date to register and withdraw with a full refund: Dec 4.

TRIP-701 | 1 session | \$139 AGE 60+ | **\$139** REG
F05 Th 9:30 a.m.-3 p.m. **Joan Huisinga**
Dec 11 *MC-Off Campus*

Missouri

AWTY? Celebrate Cape: Then and Now

Join us for a day trip to Cape Girardeau, Missouri where you'll explore the city's rich history and vibrant culture. Visit the historic Red House Interpretive Center, Old St. Vincent's Church and the Cape Girardeau Conservation Nature Center, offering a deep dive into the area's natural beauty and heritage. Enjoy lunch at Port Cape Girardeau while taking in scenic river views. This excursion promises a perfect blend of history, architecture and nature. Last date to register and withdraw with a full refund: Aug 26.

TRIP-702 | 1 session | \$159^{AGE 60+} | \$159^{REG}
F01 Tu 8 a.m.-6 p.m. **Dea Hoover**
 Sep 2 *MC-Off Campus*

United States

AWTY? Anchors Away

Get ready for an unforgettable day exploring the heart of the Midwest's freight and riverway powerhouse! Begin with a behind-the-scenes driving tour of America's Central Port—one of the largest freight hubs in the region—then enjoy Castelli's famous "Talk n Chic" fried chicken for lunch. Take in breathtaking views from atop the Melvin Price Locks & Dam, where massive towboats and barges pass through one of the largest locks on the Mississippi. Cap it all off with a rare, self-guided tour aboard the historic USS LST 325—an authentic WWII tank landing ship making a special stop in Alton, IL. Last date to register and withdraw with a full refund: Sep 11.

TRIP-701 | 1 session | \$145^{AGE 60+} | \$145^{REG}
F10 Th 8:30 a.m.-5:30 p.m. **Dea Hoover**
 Sep 18 *MC-Off Campus*
F11 Th 9 a.m.-4:45 p.m. **Dea Hoover**
 Sep 18 *FV-Off Campus*

AWTY? Roots & Rye: Collinsville, Illinois

Step back in time at Willoughby Heritage Farm, where you'll explore 1940s farm life with historic barns, a 1930s farmhouse and live animals. Learn about Collinsville's history as the Horseradish Capital of the U.S. before enjoying lunch at Old Herald Brewing & Distillery, featuring locally grown horseradish in its dishes and drinks. Sample famous fudges and other delicious treats at Kruta Bakery. Last date to register and withdraw with a full refund: Oct 23.

TRIP-702 | 1 session | \$139^{AGE 60+} | \$139^{REG}
F02 Th 8:30 a.m.-4:15 p.m. **Dea Hoover**
 Oct 30 *MC-Off Campus*
F03 Th 9:15 a.m.-3:30 p.m. **Dea Hoover**
 Oct 30 *FV-Off Campus*

New Harmony, Indiana

Just across the Illinois border lies the small utopia of New Harmony, Indiana, a village with two unique utopian histories—first a German religious group, then a scientific society. Today, its modern revival features contemporary structures, an artists' colony and the restoration of historic buildings. A tram ride around the village, especially in October, may hint at its ghostly past. After a hearty buffet at the Red Geranium, we'll tour historic buildings and enjoy a bit of shopping before returning to campus. Last date to register and withdraw with a full refund: Oct 2.

TRIP-701 | 1 session | \$149^{AGE 60+} | \$149^{REG}
F02 Th 7:45 a.m.-6:15 p.m. **Joan Huisinga**
 Oct 9 *MC-Off Campus*

United States

AWTY? New England Fall Foliage

Experience the beauty of New England's fall foliage on this unforgettable journey! Enjoy luxurious motorcoach transportation, stays at top hotels like the Trapp Family Lodge in Vermont and a seaside resort in Maine, and a variety of exciting activities, including a visit to Morse Syrup Farm, a French cooking demo, a tour of Kennebunkport, and a ride on the Mt. Washington Cog Railway. This all-inclusive trip offers 15 delicious meals, including a Lobster Bake, along with professional tour directors to guide you every step of the way! NOTE: The only option available through STLCC is single occupancy. For double, triple and quad occupancy arrangements, as well as group insurance at an additional cost, please contact AWTY directly at 314-304-3508. Last date to register and withdraw with a full refund: Aug 1.

TRIP-702 | 1 session | \$6719^{AGE 60+} | \$6719^{REG}
F05 Su 5:15 a.m.-5:15 p.m. **Dea Hoover**
 Sep 28 – Oct 6 *MC-Off Campus*
F06 Su 5:45 a.m.-5:45 p.m. **Dea Hoover**
 Sep 28 – Oct 6 *FV-Off Campus*

AWTY? Door County, Wisconsin

Embark on a memorable get away with this exciting tour package, featuring a scenic Edelweiss Dinner Cruise and an exclusive Lambeau Field Tour. Explore the charm of Door County with a guided tour, including a ferry ride to Washington Island, and enjoy two nights at the cozy Open-Hearth Lodge in Sister Bay. Stay in luxurious accommodations at Hyatt Regency in Milwaukee and Oneida Lodge in Green Bay, with a total of 11 delicious meals included. Enjoy fascinating visits to the EAA Museum, Eagle Bluff Lighthouse, and Boynton Chapel. NOTE: The only option available through STLCC is single occupancy. For double, triple and quad occupancy arrangements, as well as group insurance at an additional cost, please contact AWTY directly at 314-304-3508. Last date to register and withdraw with a full refund: Sep 7.

TRIP-702 | 1 session | \$2321^{AGE 60+} | \$2321^{REG}
F04 Su 7:30 a.m.-8 p.m. **Dea Hoover**
 Sep 21 – Sep 25 *MC-Off Campus*

AWTY? San Antonio Christmas

San Antonio is famous for its Riverwalk and there is no better time to see it than when the luminarias line the San Antonio River for the holidays. We stay on the Riverwalk to give you the best location to enjoy this magical wonderland. Plus, we will explore the highlights of the area, such as the Japanese Sunken Tea Gardens, located in an abandoned rock quarry and the incomparable Villa Finale! NOTE: The only option available through STLCC is single occupancy. For double, triple and quad occupancy arrangements, as well as group insurance at an additional cost, please contact AWTY directly at 314-304-3508. Last date to register and withdraw with a full refund: Sep 15.

TRIP-702 | 1 session | \$2393^{AGE 60+} | \$2393^{REG}
F07 W 7:30 a.m.-7:30 p.m. **Dea Hoover**
 Dec 3 – Dec 6 *MC-Off Campus*
F08 W 8 a.m.-8 p.m. **Dea Hoover**
 Dec 3 – Dec 6 *FV-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-700 | 1 session | \$29^{AGE 60+} | \$29^{REG}
F11 Th 6-7:30 p.m. **Teresa Willis**
 Nov 6 *Online*

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. Class 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}
F08 Sa 2-4 p.m. **Teresa Willis**
 Aug 23 *FP-E 208*
F09 Sa 2-4 p.m. **Teresa Willis**
 Sep 13 *MC-HE 124*
F10 Sa 2-4 p.m. **Teresa Willis**
 Oct 11 *FV-SS 105*

Intro to Buying a RV

Confused by the wide variety of RVs out there? In this workshop, you will be guided through the endless options to find the perfect fit for your adventures. You will walk through key questions and considerations to ensure you choose the RV that matches your lifestyle and travel needs. Don't miss out on making the best decision for your next road trip!

TRIP-700 | 1 session | \$29^{AGE 60+} | \$29^{REG}
F02 Tu 6-7 p.m. **Teresa Willis**
 Sep 9 *Online*

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 of class.

TRIP-700 | 1 session | \$45^{AGE 60+} | \$45^{REG}
F05 Sa 10 a.m.-1 p.m. **Teresa Willis**
 Aug 23 *FP-E 208*
F06 Sa 10 a.m.-1 p.m. **Teresa Willis**
 Sep 13 *MC-HE 124*
F07 Sa 10 a.m.-1 p.m. **Teresa Willis**
 Oct 11 *FV-SS 105*

HISTORICAL STUDIES

HISTORY

Local

St. Louis: The Arch of History

Take part in a brief overview of the history of St. Louis by looking at maps. These maps act not only as snapshots of how the city is at a specific point in time, but shows how people viewed the city throughout time. Come learn the broad arch of history in St. Louis and perhaps even a glimpse of where the city could go next. Based on the book *Mapping St. Louis: A History of the Gateway City in 40 Rare Maps* by Andrew W. Hahn.

HIST-708 | 1 session | \$22 AGE 60+ | \$29 REG

F04 Sa 10 a.m.-12 p.m. **Enrique Riojas**
 Sep 27 *FP-HealthSci 306*

Route 66 in Nearby Illinois

Route 66 is well-marked in the state of Illinois. And there is lots to see: pink elephants, UFOs, Mother Jones' grave, one of Lincoln's law offices, classic motels, a house designed by Frank Lloyd Wright, donut shops, a rabbit ranch, motorcycle clubs, turkey tracks in the pavement...and a stretch where the pavement is actually bricks. Learn what you can see in Illinois from the Chain of Rocks Bridge to Springfield, the state capital and birthplace of the corn dog.

HIST-765 | 1 session | \$24 AGE 60+ | \$29 REG

F02 Tu 1-2:30 p.m. **Doug Schneider**
 Oct 21 *FP-HealthSci 312*

National Parks in Missouri: Origins and Impact

Discover how the National Park Service began and its evolution over time. Learn about Missouri's diverse national parks, from historic sites and battlefields to urban landscapes and waterways. Explore the state's newest national park, the tallest monument in the U.S., and the smallest park, which recently underwent a major renovation.

HIST-708 | 1 session | \$24 AGE 60+ | \$29 REG

F01 Tu 1-2:30 p.m. **Doug Schneider**
 Sep 9 *FP-HealthSci 314*

(Stone)henges: Missouri and Around the World

Explore the rich history and mystery of Stonehenge and the Bronze Age stone circle henges of Great Britain, including one that surrounds an entire village of 600 people. Discover stone circle henges across Africa, Asia, South America, and even a Bronze Age henge that recently reappeared in Europe due to drought. Learn about Missouri's own circle henges, some within driving distance of St. Louis. Not all of these henges are made of stone; some were created by locals such as a goat farmer, scientists, a magician, outdoor enthusiasts, and even the state government. Uncover the fascinating stories behind Missouri henges, some of which may date back 1,000 years.

HIST-708 | 1 session | \$24 AGE 60+ | \$29 REG

F03 Th 7-8:30 p.m. **Doug Schneider**
 Sep 25 *Online*

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. 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 | \$29.50 AGE 60+ | \$35 REG

F02 F 10 a.m.-12 p.m. **Brian Flaspohler**
 Sep 18 *FP-HealthSci 306*

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 covering 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 | \$29.50 AGE 60+ | \$35 REG

F05 Th 10 a.m.-12 p.m. **Brian Flaspohler**
 Oct 2 *FP-HealthSci 306*

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 | \$29.50 AGE 60+ | \$35 REG

F06 Th 10 a.m.-12 p.m. **Brian Flaspohler**
 Oct 16 *FP-HealthSci 306*



World

The Korean War 75 Years Later

2025 is the 75th anniversary of the beginning of the Korean War, known as the "Forgotten War". From the North Korean invasion of South Korea on June 25, 1950 through the armistice commencing in July 1953, Korean, United Nations and Chinese forces struggled back and forth across the Peninsula. The fighting left widespread destruction and a nation divided—an impoverished, tyrannical regime in the north and a free, prosperous democracy in the south.

HIST-765 | 1 session | \$22.50 AGE 60+ | \$29 REG

F01 Tu 6:30-8:30 p.m. **Jim Gallen**
 Sep 16 *MC-HE 124*

The End of WWI and the Treaty of Versailles

Delve into the details of how the war concluded and examine the profound impact of its ending on the Treaty that followed. Explore the perspectives and decisions that shaped the Treaty, famously described by Clemenceau as a "20-year ceasefire." Join us to gain a deeper understanding of the war's resolution and its lasting implications.

HIST-714 | 1 session | \$24 AGE 60+ | \$29 REG

F01 Tu 7-8:30 p.m. **Chris Ketcherside**
 Oct 14 *MC-HE 124*

The Cuban Missile Crisis Reexamined

Explore the Cuban Missile Crisis through a comprehensive examination of its context and timeline. Assess the effectiveness of the responses from leaders on both sides, questioning their strategies and decisions. Engage in an insightful exploration of the crisis and the leadership dynamics that shaped its course.

HIST-765 | 1 session | \$24 AGE 60+ | \$29 REG

F03 Tu 7-8:30 p.m. **Chris Ketcherside**
 Nov 4 *MC-HE 124*

Wales: Proud Land of Song

Explore Welsh history, culture, food, language, music and scenery. Wales, a Celtic country within the United Kingdom, boasts a rich history that stretches back to Neolithic times. Known as the Land of Song, Wales has a strong tradition of men's choruses. Today, it features its own Parliament and impressive twenty-first-century architecture.

HIST-712 | 1 session | \$24 AGE 60+ | \$29 REG

F01 W 1-2:30 p.m. **Douglas Schneider**
 Aug 20 *MC-CN 128*

GENEALOGY

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

Learning About My Family: Where Do I Start?

Embark on a journey through your family history! Learn the basics of American genealogy and explore a treasure trove of information right at home, delve into census records and visit libraries, courthouses and churches.

GENE-704 | 4 sessions | \$50^{AGE 60+} | \$75^{REG}
F01 Tu 2-4 p.m. **Pat Stamm**
 Sep 9 – Sep 30 *MC-SW 202*

Using Government Documents to Expand Your Family History

Unlock the secrets of your family's past with government documents! Dive into the legislative and executive branches, exploring their unique records and where to find them. Learn about the best websites and resources to uncover fascinating details about your ancestors.

GENE-704 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
F02 Tu 2-4 p.m. **Pat Stamm**
 Oct 14 – Oct 21 *MC-SW 202*

The Ever-Changing FamilySearch.org

Rediscover FamilySearch.org! Learn how to navigate and utilize the latest and greatest features of this free resource. Uncover new tools and modernized resources to make your family history research more effective and exciting.

GENE-704 | 3 sessions | \$43^{AGE 60+} | \$65^{REG}
F03 Tu 2-4 p.m. **Pat Stamm**
 Nov 4 – Nov 18 *MC-SW 202*

Genealogical Gems – Land Records

Imagine uncovering hidden stories of your ancestors through their property transactions. By exploring and analyzing your family's land records, you can unlock a treasure trove of genealogical gems. Each deed and document holds clues that can paint a vivid picture of your family's past.

GENE-704 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
F04 Tu 2-4 p.m. **Pat Stamm**
 Dec 2 – Dec 9 *MC-SW 202*

PHILOSOPHY

Philosophy for Normal People

Explore the two main purposes of Philosophy: the search for truth and living a good life. The first half focuses on Plato's Euthyphro to understand how philosophy aids in approaching truth. The second half delves into excerpts from the Analects of Confucius, examining how philosophers have developed theories of the good life. Gain the knowledge to seek truth in your own life and discover various theories of the Good Life to explore further.

PHIL-701 | 1 session | \$22^{AGE 60+} | \$29^{REG}
F01 Sa 10 a.m.-12 p.m. **Enrique Riojas**
 Nov 8 *FP-HealthSci 306*

AI Ethics

Delve into the continuously advancing domain of artificial intelligence (AI) and its significant ethical consequences. As AI technologies become increasingly woven into the fabric of our everyday existence, encompassing everything from personal assistants to self-driving cars, the imperative to grasp and tackle the ethical issues they present is paramount.

PHIL-701 | 1 session | \$23.50^{AGE 60+} | \$29^{REG}
F02 Th 6-8 p.m. **Sahar Resch PhD**
 Oct 16 *MC-CN 228*

Ethical Theories: The Right Way to Live

How should you live, and is there a "right" way? Learn several theories that define what it means to be a "good" person, from normative ethical theories like egoism and utilitarianism to broader philosophies like Confucianism. How far will you go to live a noble life, and how far should you go to change the way others live?

PHIL-701 | 1 session | \$23.50^{AGE 60+} | \$29^{REG}
F03 Th 6-8 p.m. **Sahar Resch PhD**
 Nov 20 *MC-CN 228*

RELIGION

Introduction to Islam

Explore the basic beliefs and diverse practices of Muslims around the world, as well as their history, art, and architecture. Among the topics covered: the Hajj pilgrimage, the role of Islamic law in daily life, the importance of Qur'an recitation and the differences between Sunni and Shi'i traditions.

RELG-701 | 1 session | \$23^{AGE 60+} | \$29^{REG}
F01 Th 6-8 p.m. **Garrett Kiriakos-Fugate**
 Oct 23 *FP-HealthSci 306*

Religious Architecture

Explore the diversity of world religions through an architectural tour of sacred spaces around the world. From Ottoman mosques to Shinto shrines, ancient churches and modern synagogues, expand your knowledge of religion, art, and architecture. Reflect on the common architectural themes that unite these places of worship.

RELG-765 | 1 session | \$23^{AGE 60+} | \$29^{REG}
F01 Th 6-8 p.m. **Garrett Kiriakos-Fugate**
 Aug 7 *FP-HealthSci 306*

Eastern Religions

Are you intrigued by the major religions of Asia? Begin your understanding with this course offering an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. Expand your knowledge of other belief systems and discuss the differences and similarities of the major world religions. It is recommended that this course be taken in conjunction with Western/Monotheistic Religions to provide a more complete view of world religions.

RELG-702 | 1 session | \$23.50^{AGE 60+} | \$29^{REG}
F01 Th 6-8 p.m. **Sahar Resch PhD**
 Aug 28 *MC-CN 228*

Western/Monotheistic Religions

Zoroastrianism is the oldest monotheistic religion predating Judaism, Christianity, and Islam. You'll learn about all four religions and gain an understanding of their teachings, history, development and current challenges. It is recommended that this course be taken in conjunction with the Eastern Religions course to provide a more complete view of world religions.

RELG-703 | 1 session | \$23.50^{AGE 60+} | \$29^{REG}
F02 Th 6-8 p.m. **Sahar Resch PhD**
 Sept 11 *MC-CN 228*

FITNESS, RECREATION AND SPORTS

Baton Twirling

Adult Baton Twirling

Twirl, march, spin, toss and roll! Join our adult baton twirling class, led by a former champion, and experience the thrill. Learn new routines, boost your fitness and perform for friends and family. Wear comfortable clothing and running or oxford shoes (no oversized shirts), and tie back long hair. Batons are provided. Come one, come all, and have fun!

PEDU-747 | 4 sessions | \$45^{AGE 60+} | \$55^{REG}
F01 Th 5:30-6:30 p.m. **Jenney Woodford**
 Sep 4 – Sep 25 *MC-PE East Lobby*

PEDU-747 | 6 sessions | \$55^{AGE 60+} | \$69^{REG}
F02 Th 5:30-6:30 p.m. **Jenney Woodford**
 Oct 23 – Dec 4 *MC-PE East Lobby*
 • NOTE: No class 11/27

Games and Hobbies

Catan: Learn to Play!

Join us to discover the legendary Settlers of Catan, a beloved board game for thirty years! In the first session, learn the basics of the base game, then dive into expansions and variations in the second meeting. Come master the art of settling the mythical island of Catan!

GAME-711 | 2 sessions | \$23^{AGE 60+} | \$35^{REG}
F04 W 6-8 p.m. **Adam Collins**
 Oct 8 – Oct 15 *Miniature Market*

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.

GAME-711 | 1 session | \$23^{AGE 60+} | \$29^{REG}
F01 Th 7-9 p.m. **Paul Gregor**
 Aug 28 *MC-SW 105*
F02 M 7-9 p.m. **Paul Gregor**
 Sep 29 *MC-SW 207*

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 great 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}
F03 W 6-8 p.m. **Adam Collins**
 Oct 22 *Miniature Market*

WELLNESS, FITNESS AND RECREATION

FITNESS, RECREATION AND SPORTS

Cardio and Strength

Zumba

Dance your way to fitness! This Latin-inspired, high-energy workout blends Latin and international dance moves to create a dynamic and exhilarating fitness experience. Combining fast and slow rhythms, this party-like class offers a perfect balance of cardio and muscle toning benefits. No dance experience needed. Have fun getting fit!

PEDU-750 | 8 sessions | \$53 AGE 60+ | \$75 REG

F01 W 9-10 a.m.

Aug 6 – Sep 24

Rosalba Ramirez

MC-PE East Lobby

CIRCUIT Challenge

Engage in a 60-minute full-body workout using your body weight and a few fitness tools (you'll need five pound weights, resistance bands and a small kids bouncy ball). This session features a continuous sequence of cardio spurts and muscle bursts, targeting various muscle groups to improve strength, endurance, and cardiovascular fitness. Get ready to sweat and smile!

PEDU-755 | 8 sessions | \$69 AGE 60+ | \$69 REG

F01 Sa 8:30-9:30 a.m.

Aug 2 – Sep 20

Lisa Hale

Online

F02 Sa 8:30-9:30 a.m.

Oct 4 – Nov 22

Lisa Hale

Online

Wall Pilates

Get fit at home. All you need is a wall and a mat to get started. Wall Pilates is a variation of traditional Pilates that incorporates the wall for added support, balance and resistance. This workout emphasizes alignment, core strength, and overall body stability. Enhance core engagement, improve balance and boost muscle activation, all while enjoying a low-impact exercise.

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

F01 W 5:30-6 p.m.

Jul 30 – Sep 17

Lisa Hale

Online

F02 W 5:30-6 p.m.

Oct 1 – Nov 19

Lisa Hale

Online

Hiking

A Beginner's Guide to Hiking

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

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

F01 Tu 6-8 p.m.

Sep 23

Daria McKelvey

FP-W 217

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 | 4 sessions | \$89 AGE 60+ | \$89 REG

F03 Sa 10-11:30 a.m.

Sep 6 – Sep 27

Tim Davenport

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 | \$35 AGE 60+ | \$35 REG

F01 M 5-7 p.m.

Aug 25

Tim Davenport

Eagle Springs Golf Course

F02 M 4:30-6:30 p.m.

Sep 22

Tim Davenport

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 | \$69 AGE 60+ | \$85 REG

F01 Tu 8-9 a.m.

Jul 29 – Sep 2

Scott Neibert

First Tee Driving Range

F02 Th 6:30-7:30 p.m.

Jul 31 – Sep 4

Scott Neibert

First Tee Driving Range

Golf: Beginning II

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

PEDU-731 | 6 sessions | \$69 AGE 60+ | \$85 REG

F01 Tu 9-10 a.m.

Jul 29 – Sep 2

Scott Neibert

First Tee Driving Range

PEDU-731 | 6 sessions | \$69 AGE 60+ | \$85 REG

F02 Th 7:30-8:30 p.m.

Jul 31 – Sep 4

Scott Neibert

First Tee Driving Range

Rock Climbing

Top Rope 101

Learn the ropes! Join our engaging two-hour introductory class and gain the essential skills and knowledge for indoor top rope rock climbing. You will learn safety procedures, proper delay technique, knot tying and equipment usage. Limited class size ensures you'll receive personalized attention from our experienced instructors. Sign up today and start your climbing journey with confidence! All climbing equipment will be provided for class.

PEDU-769 | 1 session | \$45 AGE 60+ | \$45 REG

F01 Sa 1-3 p.m. Upper Limits Maryland Heights

Sep 13

F02 Sa 1-3 p.m. Upper Limits Maryland Heights

Yoga

Yoga: Beginner

A comprehensive introduction to basic poses, proper alignment and the philosophy behind the asanas. Become familiar with yoga etiquette. No prior yoga experience is required. Bring a yoga mat.

PEDU-761 | 6 sessions | \$89 AGE 60+ | \$89 REG

F01 Th 10:30-11:30 a.m.

Jul 31 – Sep 04

Gayla Downey

South River Yoga

F06 Th 10:30-11:30 a.m.

Oct 2 – Nov 6

Gayla Downey

South River Yoga

Yoga: Beginning

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

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG

F03 M 12:15-1:15 p.m.

Sep 8 – Nov 10

Kelly Carter

Afton-White Rodgers

Community Center

Yoga: Continuing

Continue to build your yoga skills using breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring a towel and yoga mat.

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG

F04 M 1:30-2:30 p.m.

Sep 8 – Nov 10

Kelly Carter

Afton-White Rodgers

Community Center

Yoga: Align and Unwind

Stilling the mind starts with aligning and freeing the body. Untie your deepest knots and possibly solve painful conditions in the back, knees, shoulders and more. Safe and effective for all levels.

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG

F08 Tu 7:15-8:15 a.m.

Oct 7 – Dec 9

Jayne Langsam

Yoga108 Studio

Yoga: Principles of Alignment

Assess and adjust your body alignment to develop strength and flexibility. Restore mental and physical health, possibly alleviating painful conditions such as sore back and knees. Safe and effective for all levels.

PEDU-761 | 10 sessions | \$139 AGE 60+ | \$139 REG

F07 Sa 8:45-10 a.m.

Oct 4 – Dec 13

Kelsey Helms

Yoga108 Studio

• NOTE: No class 11/29

Keep Your Bones Strong

Learn how to enhance bone strength from an internationally certified yoga therapist. Receive a personal anatomical assessment. Foster balance and tensile strength while enhancing muscle stability and joint alignment with targeted movement. Must not have osteoporosis and be able to get up and down from the floor. Bring a yoga mat, towel, blanket and water.

PEDU-761 | 6 sessions | \$47 AGE 60+ | \$69 REG

F10 W 6:15-7:30 p.m.

Oct 29 – Dec 10

Pamela Todd

MC-PE 112

• NOTE: No class 11/26

CIRCL Mobility

Elevate your movement by enhancing your range of motion and building joint strength. Engage in breath work, mobility patterns and flow states. Bring your yoga mat and get ready to move with purpose and ease.

PEDU-761 | 8 sessions | \$41 AGE 60+ | \$59 REG

F11 W 10:15-11 a.m.

Aug 6 – Sep 24

Rosalba Ramirez

MC-PE East Lobby

FITNESS, RECREATION AND SPORTS

Pickleball

All equipment provided. Dress appropriately for Hanley Park outdoor courts and Chesterfield Parks & Rec outdoor courts. Textbook is not mandatory but is essential for reference, more comprehension and understanding for Callahan Pickleball Academy classes: "Pickleball: Tips, Strategies, Lessons and Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner" (available through online retailers.)

Pickleball: Beginner

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

F01	Tu 3:30-5 p.m.	Callahan Pickleball Academy
	Jul 29 – Aug 19	Afton Community Center
F02	Sa 2:30-4 p.m.	Callahan Pickleball Academy
	Aug 2 – Aug 23	Hanley Park
F03	W 2:30-4 p.m.	Callahan Pickleball Academy
	Aug 27 – Sep 17	Hanley Park
F04	Tu 4:30-6 p.m.	Vetta Sunset
	Sep 2 – Sep 23	
F05	Th 3-4:30 p.m.	Callahan Pickleball Academy
	Sep 25 – Oct 16	Chesterfield Parks and Rec
F06	Sa 2:30-4 p.m.	Callahan Pickleball Academy
	Sep 27 – Oct 18	Hanley Park
F07	Tu 3:30-5 p.m.	Callahan Pickleball Academy
	Oct 28 – Nov 18	Afton Community Center
F08	Tu 4:30-6 p.m.	Vetta Sunset
	Nov 4 – Nov 25	

Pickleball: Beginner II/Intermediate

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

F09	Tu 2-3:30 p.m.	Callahan Pickleball Academy
	Jul 29 – Aug 19	Afton Community Center
F10	Sa 1-2:30 p.m.	Callahan Pickleball Academy
	Aug 2 – Aug 23	Hanley Park
F11	Th 4:30-6 p.m.	Vetta Sunset
	Sep 4 – Sep 25	
F12	Th 1:30-3 p.m.	Callahan Pickleball Academy
	Sep 25 – Oct 16	Chesterfield Parks and Rec
F13	Tu 2-3:30 p.m.	Callahan Pickleball Academy
	Oct 28 – Nov 18	Afton Community Center
F14	Th 4:30-6 p.m.	Vetta Sunset
	Oct 30 – Nov 20	

Tennis

National Tennis Rating Program (NTRP)

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

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

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

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

Beginning II (2.5): Further emphasis on proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Consistency of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and are emphasized to improve consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. 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	Sa 2:30-3:30 p.m.	Vetta Concord
	Aug 2 – Sep 20	
	• NOTE: No class 8/30	
F02	Tu 1-2 p.m.	Vetta Concord
	Aug 5 – Sep 16	
F03	Sa 2:30-3:30 p.m.	Vetta Concord
	Oct 11 – Nov 22	
F04	Tu 1-2 p.m.	Vetta Concord
	Oct 14 – Nov 25	

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.	Vetta Concord
	Aug 2 – Sep 20	
	• NOTE: No class 8/30	
F02	Sa 3:30-4:30 p.m.	Vetta Concord
	Oct 11 – Nov 22	

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.	Vetta Concord
	Aug 5 – Sep 16	
F02	Tu 2-3:30 p.m.	Vetta Concord
	Oct 14 – Nov 25	

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.	Vetta Concord
	Aug 2 – Sep 20	
	• NOTE: No class 8/30	
F02	Sa 4:30-6 p.m.	Vetta Concord
	Oct 11 – Nov 22	

WELLNESS AND PERSONAL DEVELOPMENT

Self-Defense

PLEASE NOTE: Xtreme Krav Maga requires student photo to be taken at first class. No shoes on mats; athletic wear required. Arrive 30 minutes early to the first class.

Krav Maga: Beginner

Learn the fundamentals of Krav Maga self-defense in this beginner-friendly class, perfect for those with little to no experience or looking to ease into physical activity.

PEDU-743 | 10 sessions | \$95 AGE 60+ | \$95 REG

F01 M 6-7 p.m.

Aug 4 – Oct 13 Xtreme Krav Maga Fenton

• NOTE: No class 9/1

Krav Maga: All Levels

A dynamic, high-energy krav maga self-defense session suitable for all experience levels—whether you're just starting out or looking to sharpen your skills.

PEDU-743 | 10 sessions | \$95 AGE 60+ | \$95 REG

F02 Sa 10-11 a.m.

Sep 6 – Nov 8

Xtreme Krav Maga Fenton

F04 Th 7-8 p.m.

Oct 2 – Dec 11

Xtreme Krav Maga Fenton

• NOTE: No class 11/27

Women's Only Self Defense

A supportive, trauma-sensitive class designed exclusively for women, focusing on practical self-defense techniques to build confidence and empowerment.

PEDU-743 | 10 sessions | \$95 AGE 60+ | \$95 REG

F03 W 7-8 p.m.

Sep 17 – Nov 19

Xtreme Krav Maga Fenton

Volleyball

Volleyball: Recreational

Bump, set, spike! Whether you are new to the game or a seasoned player, this class is for you! Keep fit, learn new skills, improve existing skills and make new friends all while having fun.

PEDU-704 | 10 sessions | \$72 AGE 60+ | \$99 REG

F01 F 7-8:30 p.m.

Sep 5 – Nov 21

Deidre Brown

FV-PE Gym

• NOTE: No class 10/31, 11/14



Personal Insights

Numerology for Self-Awareness

Did you know that the letters in your name correspond to numbers that reveal your strengths and areas for growth? Similarly, the numbers in your birthdate reflect your life path, helping you understand your unique contribution to the world. Discover how the ancient science of numerology can deepen your self-awareness.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

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

Jul 29

Laurel Clark

STLCC-Corp 209

The Gift of Empathy

Do you consider yourself an empath? Do you often sense the thoughts and emotions of others involuntarily? While many view empathy as a burden or a condition to be fixed, others have shared that they 'shut it off' during their vulnerable youth. Explore a deeper understanding of empathy as a gift rather than a curse.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

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

Aug 5

William Duffin

Online

Autology: Finding the Truth in You

Autology, the exploration of self, embarks on a profound journey of self-discovery. This transformative class is designed to uncover the complexities of our true selves, reveal our unique gifts and illuminate the paths we yearn to tread in this world.

PERD-709 | 1 session | \$43 AGE 60+ | \$65 REG

F04 Sa 9 a.m.-4 p.m.

Aug 9

Rachel Ponder

FP-HS 310

Autology: Bringing Your Gifts to Life

Dive deep into your journey of self-discovery, pinpointing and addressing the barriers that hinder you from fully embracing and sharing your unique talents. Begin charting the path to nurturing and expressing your inherent gifts.

PERD-709 | 1 session | \$43 AGE 60+ | \$65 REG

F11 Sa 9 a.m.-4 p.m.

Sep 13

Rachel Ponder

FP-HS 310

Attraction and Understanding Your True Intention

You have visualized and made your vision board, but you are still encountering the same old obstacles. Explore a key human trait: the unconscious counter-intention. 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 | \$23 AGE 60+ | \$29 REG

F07 Tu 6:30-8:30 p.m.

Sep 2

William Duffin

Online

Karmic Connections:

Past Lives and Present Relationships

Karmic connections are soul connections. The intensity of emotions is often our first clue that we have been with these souls in past lives. Significant relationships offer us profound spiritual insights—if and when we are willing to learn.

PERD-709 | 2 sessions | \$28 AGE 60+ | \$39 REG

F13 W 5:30-7:30 p.m.

Sep 10 – Sep 17

Rhonda Leifheist

MC-CE Classroom

Introduction to Laughter Yoga

From stress relief to better brain function, laughter is a holistic intervention that keeps your mind positive and strengthens your immune system. Bring more oxygen to your body and brain as we combine childlike playfulness with creative laughter exercises and yogic breathing techniques. Explore a practice that will help you manage through life's challenges and improve your psychological well-being. Done from a seated or standing position, no traditional yoga clothing or yoga positions are used nor jokes, comedy, or drama.

PERD-709 | 1 session | \$18 AGE 60+ | \$19 REG

F21 M 6:30-7:30 p.m.

Sep 8

Eileen Wolfington

FV-SM 125

The Power to Heal

Have you ever wondered why you make the same mistake over and over? Is there an explanation to your patterns in life? Explore methods, both unique and universal, for understanding yourself. Discover what you need to do in order to be a whole, complete and healed person. These techniques will help you identify, understand and heal the source of wounds that keep you from being your true self.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F12 Tu 6:30-8:30 p.m.

Sep 9

William Duffin

Online

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

Aug 2

Laurel Clark

Online

Introduction to Singing Bowl Sound Baths

Your body is an instrument that responds to frequencies. Get in touch with your mind and body to feel calm and less stressed as you immerse yourself in the deep healing sound vibrations of crystal singing bowls, Tibetan bowls and chimes. Prepare to be transported to a place of inner tranquility and profound well-being during this sound journey. While a limited number of mats will be provided for those who wish to lie down in a relaxing position, this session can be done while seated.

HEAL-765 | 1 session | \$22 AGE 60+ | \$29 REG

F02 M 6:30-8 p.m.

Sep 22

Eileen Wolfington

FV-SM 126

Natural Wellness: Overview of Traditional Oriental Medicine

Explore the fundamental concepts of traditional Oriental medicine that have steered this form of care for more than 2,500 years! Discover basic principles you can apply in your daily life to enhance health and wellness. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in traditional Oriental medicine.

HEAL-701 | 1 session | \$35 AGE 60+ | \$35 REG

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

Nov 13

Alex Chen

Online

WELLNESS AND PERSONAL DEVELOPMENT

Intuition

Pendulum Dowsing for Intuitive Guidance

Everyone has intuitive abilities, but trusting intuition can be a challenge. Learn how to use a pendulum for guidance, for decision-making, to find lost objects and for healing. No previous experience necessary. Instructor can supply resources for buying or making a pendulum that students may use for practice.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F09 W 6:30-8:30 p.m.
Sep 3

Laurel Clark
STLCC-Corp 209

Unlocking Your Intuitive Voice

Everyone possesses intuition, an inner voice or subtle self that constantly provides guidance to help your life flow smoothly and achieve your goals. By building awareness of and following your intuition, you can strengthen this vital faculty. This class introduces various methods to tune into your intuition, using exercises, visualization and discussions to enhance the process.

PERD-765 | 3 sessions | \$55 AGE 60+ | \$55 REG

F02 Th 6:30-8:30 p.m.
Sep 11 - Sep 25

Jean Walters
MC-AS 108

Meditation/Mindfulness

Mastering Mindfulness

Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? Explore mindfulness as a method to improve your memory and find a clearer understanding of your purpose in life. Begin engaging the world with your entire mind instead of a fleeting, uncontrolled thought. Learn tools to stretch your mind in amazing ways.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F05 Tu 6:30-8:30 p.m.
Aug 12

William Duffin
Online

Meditations for Inner Peace

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

PERD-765 | 4 sessions | \$38 AGE 60+ | \$59 REG

F01 Th 6-8 p.m.
Aug 14 - Sep 4

Rhonda Leifheit
MC-AS 108

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 | \$36 AGE 60+ | \$49 REG

F04 W 10 a.m.-12 p.m.
Nov 5 - Nov 19

Rhonda Leifheit
MC-CE Classroom

General

Introduction to Positive Psychology

Discover the principles of positive psychology which emphasize enhancing well-being and happiness in both personal and professional settings. This exploration will introduce you to evidence-based strategies designed to promote resilience, mindfulness and strengths-based development, all aimed at fostering a more fulfilling and balanced life.

PERD-709 | 2 sessions | \$18 AGE 60+ | \$19 REG

F06 Sa 11 a.m.-12:30 p.m.
Aug 16 - Aug 23

Omar Perkins
MC-AS 108

Oracles and Divination

Have you dabbled in tarot or oracle cards? Many systems of divination have been used through the centuries. Safe and fun way to communicate with spirit with a variety of oracles. Bring your favorite deck or tool and let's get to work.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F14 Tu 6:30-8:30 p.m.
Sep 30

William Duffin
MC-AS 108

The Spiritual Journey

The spiritual journey is the search for meaning regardless of belief in a divine being. Together we will create a safe and sacred space in which to discover the nature of our own unique journeys as we explore concepts and practices from a variety of wisdom traditions. Come with an eager heart and an open mind, ready to read, listen, experience, reflect, and share. You will deepen your relationship with yourself and expand your sense of community.

PERD-709 | 6 sessions | \$52 AGE 60+ | \$79 REG

F15 W 10 a.m.-12 p.m.
Oct 1 - Nov 5

January Kiefer
FP-W 124

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 | \$23 AGE 60+ | \$29 REG

F16 Sa 9:30-11:30 a.m.
Oct 11

Carol Watkins
MC-SW 106

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. This class is based on empirical and anecdotal fact and not a forum to debate individual religious views.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F17 Tu 6:30-8:30 p.m.
Oct 14

William Duffin
Online

Becoming More Creative in Everyday Life

We're all creative! You don't have to be an artist, writer or musician to create. Whether you think you have a creative bone in your body or not, you can learn how to draw upon inspiration, intuition and imagination to think beyond the box for decision-making, personal relationships and all areas of life.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F18 W 6:30-8:30 p.m.
Oct 15

Laurel Clark
STLCC-Corp 209

Friendships: Build Meaningful Connections for a Thriving Life

Despite living in a hyperconnected world, many people struggle with loneliness and isolation. In fact, a 2023 U.S. Surgeon General Report revealed that nearly half of adults experience loneliness on a regular basis contributing to significant physical and emotional health challenges. The demands of modern life, combined with the lingering effects of the pandemic, have only deepened this struggle—leaving many unsure of how to foster meaningful connections. It doesn't have to be this way. Building and maintaining strong friendships is a skill that we can learn and develop.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

F19 Sa 9:30-11:30 a.m.
Oct 25

Carol Watkins
MC-AS 108

Reimagining Your Life Now: Navigating After 50

What's next? Let's revitalize our definition of retirement. We are seeing a "new retirement" take shape as baby boomers are reaching 65 at a rate of 10,000 people per day. Many will live an additional 20-30 years. What will you do with this time? Will you remain in your current career, modify it, volunteer or choose an encore career whether paid or unpaid? This workshop is ideal for energetic mid-lifers who are exploring choice and possibility as they design their next chapters.

PERD-709 | 2 sessions | \$37 AGE 60+ | \$59 REG

F20 Sa 9:30 a.m.-1 p.m.
Nov 8 - Nov 15

Carol Watkins
Online

Emotional Escape

Problems can consume us, make us sick, and waste our time and energy to the point of exhaustion. They keep us up at night with worry and stress. Learn how to escape from ongoing emotional distress, worry and anxiety in this eye-opening class that will teach you how to take control of a situation, your thoughts, compartmentalize those that keep you up at night, and resolve. Your will learn how to achieve self-hypnosis, gain control of a problem, and find achievable resolutions.

PERD-765 | 1 session | \$23 AGE 60+ | \$29 REG

F03 Sa 10 a.m.-12:30 p.m.
Oct 11

Cheryl Ring Mantinband
MC-SW 105

GENERAL INFORMATION



St. Louis Community College
Continuing Education

Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs and to view complete, up-to-date course information, visit St. Louis Community College at **stlcc.edu/CE**.

Enrollment in Continuing Education classes and programs is limited to persons 18 years and older except where otherwise noted.

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

Location Index

Afton White-Rodgers Community Center (AFCC) 9801 Mackenzie Rd., 63123	Lake School Park Tennis Courts (LSPRC) 581 Coeur De Ville Dr., 63141
Bluebird Park - Ellisville (ELLIS) 225 Kiefer Creek Rd., 63201	Miniature Market (MRKT) 9755 Manchester Rd., 63119
Botanical Tea Room (BTR) 5350 Hackmann Rd., 63332	Perennial (PRNL) 3762 S. Broadway, 63118
Chesterfield Parks, Recreation & Arts (CFPR) 17891 N. Outer Rd., 63005	River's Edge Park (RVEP) 16975 N Outer 40 Rd., 63005
Central Print (CPRT) 2624 N 14th St., 63106	Robertsville State Park (RBVL) 902 State Park Dr., 63072
City Sewing Room (CSEW) 6700 Arsenal Ave., 63139	Sew Hope (SWHP) 630 N Hwy 67, 63031
Craft Alliance (CRAL) 5080 Delmar Blvd., 63108	Shaw Nature Reserve (SNR) 307 Pinetum Loop Rd., 63039
Crestwood Bowl (CWBL) 9822 Watson Rd., 63126	Show Me Sushi (SMS) 67 Grasso Plaza, 63123
Culinary Arts House (CAH) 3137 Hampton Ave., 63139 <i>City street parking between Hampton and Hartford</i>	South Broadway Art Project (SBAP) 3816 S. Broadway, 63118
Eagle Springs Golf Course (ESGC) 2575 Redman Rd., 63136	South River Yoga (SRYG) 4407 Meramec Bottom Rd., 63129
Endangered Wolf Center (ENWO) 6750 Tyson Valley Rd., 63025	St. Louis Art Museum (SLAM) 1 Fine Arts Dr., 63110
Episcopal Church of the Advent (EPCA) 9373 Garber Rd., 63126	St. Lou Dance Crew (DNCRW) Suite 210, 930 Kehrs Mill Rd., 63011
First Tee Driving Range (FTEE) 6286 Lemay Ferry Rd., 63129	Sunset Hills Community Center (SHCC) 3915 S. Lindbergh Blvd., 63127
First Unity Church of St. Louis (FUCS) 4753 Butler Hill Rd., 63128	Thomas Dunn Learning Center (TDLC) 3113 Gasconade St., 63118
Hanley Park (HYPK) 610 West Hanley Industrial Ct., 63144	Total Wine & More- Brentwood (TWMB) 90 Brentwood Promenade Ct., 63144
Jammin J Automotive (JJA) 10188 Page Ave., 63132	Upper Limits -Maryland Heights (UPLM) 1874 Lackland Hill Pkwy., 63146
	Vetta Sports - Concord (CONC) 12320 Old Tesson Rd., 63128
	Vetta Sports - Sunset Hills (SUNS) 10911 Gravois Industrial Ct., 63128

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 1
Staff Development Day	October 7
Thanksgiving Break	November 27-28
Winter Break	December 24-January 2

Campus Legend

FLORISSANT VALLEY = FV

A.....	ADMINISTRATION
AC.....	ARTS & COMMUNICATIONS
AM.....	ADVANCED MANUFACTURING
B.....	BUSINESS
CDC.....	CHILD DEVELOPMENT CENTER
C.....	COMMUNICATIONS
H.....	HUMANITIES
HS.....	HEALTH SCIENCE
IR.....	INSTRUCTIONAL RESOURCES
PE.....	PHYSICAL EDUCATION
S.....	SERVICE BUILDING
SM.....	SCIENCE-MATHEMATICS
SS.....	SOCIAL SCIENCES
T.....	THEATER

FOREST PARK = FP

E.....	EAST WING
W.....	WEST WING
HealthSci.....	CTR NURSING & HEALTH SCIENCES
HSP.....	HOSPITALITY
LB.....	LIBRARY
PE.....	PHYSICAL EDUCATION
Student Ctr....	STUDENT CENTER
T.....	THEATRE
TC.....	TRANSPORTATION CENTER
AA.....	ART ANNEX

MERAMEC = MC

AC.....	ASSESSMENT CENTER
AD.....	ADMINISTRATION/CLARK HALL
AS.....	APPLIED SCIENCE
CE.....	CONTINUING EDUCATION BLDG.
CP.....	CAMPUS POLICE
CN.....	COMMUNICATIONS NORTH
ET.....	EMERGING TECHNOLOGY CENTER
FS.....	FINANCIAL SERVICES CENTER
GH.....	GREENHOUSE
HE.....	HUMANITIES EAST
HW.....	HUMANITIES WEST
LH.....	LECTURE HALLS
PE.....	PHYSICAL EDUCATION
Student Ctr....	STUDENT CENTER
SS.....	SCIENCE SOUTH
SW.....	SCIENCE WEST
T.....	THEATRE

WILDWOOD = WW

AC.....	ARTS AND COMMUNICATIONS (ORIGINAL BUILDING)
HS.....	HEALTH SCIENCE
TS.....	TECHNICAL SCIENCE

EXTENSION CAMPUSES

STLCC Corporate College =	STLCC-Corp
STLCC South County =	STLCC-SoCo
William J. Harrison Education Center =	STLCC-Harrison

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

Yoga 108 City Studio (Yoga108)
8 N Newstead Ave., 63108

Yucandu (YCDU)
20 Allen Ave #110, 63119

STLCC-Corporate College
STLCC-Corp
3221 McKelvey Rd., 63044

STLCC-Florissant Valley
FV
3400 Pershall Rd., 63135

STLCC-Forest Park
FP
5600 Oakland Ave., 63110

STLCC-Meramec
MC
11333 Big Bend Rd., 63122

STLCC-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**

Enrollment in Continuing Education classes is limited to persons 18 years and older except for youth classes or where otherwise noted. All classes have registration deadlines before the class start date. Please check the online course description for specific class information regarding the last day to register and additional requirements.

Online Classes

Students registering for online classes must have a valid email address and reliable internet connection. A link to your online class will be emailed to you two business days before the class start date. If you do not receive this, please call 314-984-7777 during business hours. More information on our online classes can be found at stlcc.edu/continuing-education/support/

Students’ Rights and Responsibilities

All students are responsible for adhering to College policies and procedures. Please refer to stlcc.edu/college-policy-procedures/title-ix/rights-responsibilities.aspx.

Class Changes/Postponement/Cancellation

Any course changes in dates, times or locations will be emailed to students using the email address provided during course enrollment. Because Continuing Education (non-credit) classes are self-supporting, the decision to run a class is based on the number of students enrolled. The College reserves the right to cancel if sufficient enrollment is not achieved. **For changes and cancellations due to low enrollment, students will be notified by email.** Refunds will be issued for classes canceled by the College. Call 314-984-7777 with any questions.

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.

Time of Withdrawal	Percentage Refund
Three business days prior to the first class meeting. Must be submitted in writing.	100%
Two business days prior to the first class meeting or after the class has begun.	None
FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.	

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

Fee Reduction for Individuals Age 60 and Older

At the time of registration, individuals age 60 and older may enroll in select courses for a reduced fee. Reduction will be calculated at check-out.

Senior Citizen Scholarship

For information, please visit stlcc.edu/CE or call 314-984-7777.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The College reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, College will institute disciplinary action.

FAQs

Answers to our frequently asked questions (FAQs) can be found on our website at: <https://stlcc.edu/docs/workforce-employer-services/ce-faqs.pdf>

Textbooks

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

STLCC prohibits discrimination based on sex, veteran status, disability, or any other protected class. Visit stlcc.edu/nondiscrimination to learn more about the College's nondiscrimination policies and for information on ways to contact the director for community standards/Title IX coordinator to make a report.

For information or concerns relating to discrimination matters, contact the Director for Community Standards/Title IX Coordinator, Shannon Nicholson, MS, LPC, at 314-539-5345.

Protection of Intellectual Property

The content of each course consists of intellectual property of the College and the faculty member. Recording of course lectures, discussions and materials, or distribution/transmission of the course content, is prohibited. The reason for this policy is to protect the intellectual property of the College and faculty member, to protect the copyright interests in course materials and to protect the privacy interests of students participating in this course. Public distribution or transmission to publicly accessible web environments may constitute copyright infringement and may subject the student to disciplinary action under applicable College policies.

Accommodations

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

Environmental Health and Safety

Some Continuing Education courses involve work with materials and products that require special handling. 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. All classes have registration deadlines before the class start date. Please check the online course description for specific class information regarding the last day to register and any additional requirements.

Confirmations and Cancellations: Registration confirmations, course updates and cancellation notices will be delivered to the email address provided at registration. Please see Class Changes/Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

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

REGISTRATION BEGINS JULY 9

575+ professional development and personal enrichment courses ...*find your balance!*



Fall Foliage Tour | 38



Dried Floral Crafts | 17



Sushi Making | 21



Home Decorating | 32



Rock Climbing | 41

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ST. LOUIS COMMUNITY COLLEGE

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

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



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SCAN HERE AND
ENROLL TODAY!



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