

Continuing Education

SPRING 25
JAN - JUN

REGISTRATION
BEGINS JAN 6

COMMUNITY CLASSES FOR LIFELONG LEARNING

Capture
your passion.



Business and Career Development | 5-6 History | 36 Home, Nature and Garden | 30 World Languages | 34 ...and much more!



St. Louis Community College
Continuing Education

stlcc.edu/CE | 314-984-7777

130 NEW CLASSES! Give them a shot.



History: LGBTQ...and AI | p. 37



The Do's and Don'ts of Interior Decorating and Color | p.30



Vinyl Collecting | p. 24



Uncorked Secrets? | p. 19



Colored Pencils: Advanced | p. 24

Register at: 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

Spring 2025 Continuing Education Courses

For ages 18+ or where otherwise noted in course descriptions

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

PROFESSIONAL DEVELOPMENT

- Essentials Training.....5
- Nonprofit Essentials..... 5
- Business Essentials..... 5
- Career Essentials..... 6
- Small Business Essentials 7
- Marketing..... 8
- Computers and Technology8**
- Personal Computing..... 8
- Google® 8
- Engineering Graphics and AutoCAD® 8
- Apple® 9
- Adobe® Tools 9
- Web Development..... 10
- Programming and Data Analytics 10
- Microsoft® Tools 11
- Career Studies.....11**
- CPR and First Aid 11
- Community Assistance 11
- Animal Welfare 12
- Education 12

PERSONAL ENRICHMENT

- Ageless Learning Seminars.....13
- Culture..... 14
- Creative Arts15**
- Fine Arts 15
- Pottery..... 16
- Crafts 17
- Culinary/Beverages.....19
- Dance..... 21
- Music..... 23
- Photography 28
- Theater/Film 26
- Writing..... 27
- Personal Finance28**
- Finance and Investments 28
- Home, Nature and Garden30**
- Home and Auto..... 29
- Real Estate 29
- Home Maintenance.....30
- Master Naturalist 31
- Language and Communications34**
- World Languages..... 34
- Communications 35
- Sign Language 36
- Historical Studies.....36**
- Genealogy..... 36
- Religion..... 36
- History..... 37
- Trips and Tours 38
- Wellness, Fitness and Recreation39**
- Fitness, Recreation and Sports..... 40
- Games and Hobbies..... 40
- Wellness and Personal Development.. 43

HELPFUL INFORMATION

- General Information45
- Location Index45
- STLCC Closures45
- Registration Form 47

Summer Youth Program

**COMING THIS SUMMER
FOR YOUTH AGES 12-16!**



X

PLOR

aTION

YOUTH PROGRAMS

ST LOUIS COMMUNITY COLLEGE

More details coming early March:
[**stlcc.edu/go/XPLR**](http://stlcc.edu/go/XPLR)

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



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

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



STLCC offers opportunities for short term career training in areas including biotechnology, healthcare, manufacturing, transportation and information technology.

Contact us at **314-984-7777** for short term career training.

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

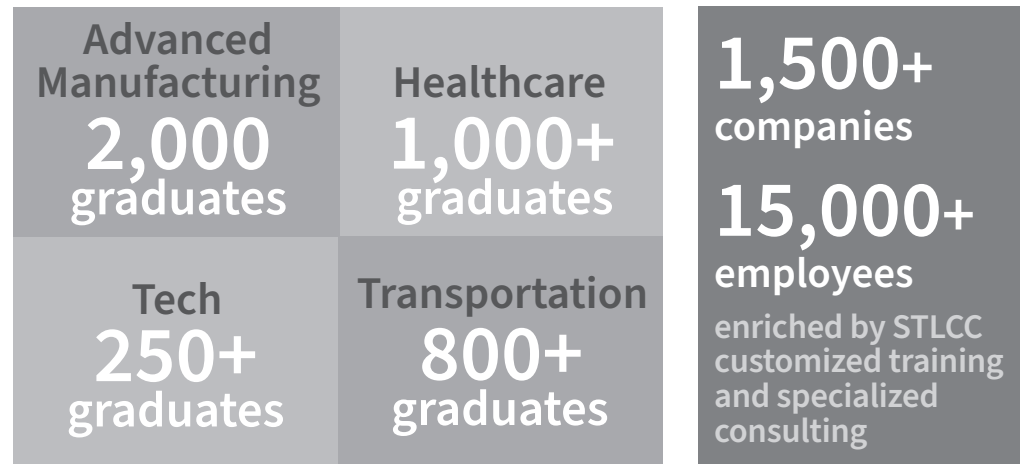
Learn more at stlcc.edu/workforce.

St. Louis Community College

Providing training to grow the St. Louis economy

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

By the numbers



1,200+ Continuing Education classes offered annually
100,000+ individuals served since 2016

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

Boeing Pre-Employment Training

1,404 graduates hired by Boeing

44% higher starting salary at Boeing vs. national average

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

PROFESSIONAL DEVELOPMENT

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

ESSENTIALS TRAINING

NONPROFIT ESSENTIALS

Identifying & Securing Nonprofit Funding

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

NPAD-703 | 1 session | \$20^{AGE 60+} | \$29^{REG}
P02 W 6-8:30 p.m. **Jimmie Calmese**
Feb 5 *Online*
P05 W 6-8:30 p.m. **Jimmie Calmese**
Jun 18 *Online*

Starting Your Own Nonprofit

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

NPAD-703 | 1 session | \$20^{AGE 60+} | \$29^{REG}
P03 W 6-8:30 p.m. **Jimmie Calmese**
Mar 5 *Online*
P04 W 6-8:30 p.m. **Jimmie Calmese**
Jun 11 *Online*

Volunteer Match: Find Your Cause!

While many nonprofits rely on the great work of volunteers, selecting an organization to volunteer for can become a great fit, or not so much. Deciding which organization to donate your valuable time will take into account considerations such as missions, the type work needed, flexibility and leadership to name a few. Finding the right organization can lead to great experiences, long lasting friendships for you and an impactful result for the nonprofit organization.

NPAD-703 | 1 session | \$24^{AGE 60+} | \$29^{REG}
P06 Sa 9-11 a.m. **Cedric Benbow**
May 10 *FP-E 214*

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}
P01 Th 6-8:30 p.m. **Jimmie Calmese**
Feb 6 - Feb 27 *Online*
P02 Sa 10 a.m.-12:30 p.m. **Jimmie Calmese**
Apr 12 - May 3 *Online*

Grant Writing: Beyond the Basics

In this fast-paced, hands-on course, strengthen your understanding of grant development and successful proposals. 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}
P03 Th 6-8:30 p.m. **Jimmie Calmese**
Mar 6 - Apr 3 *Online*
• NOTE: No class Mar 20
P04 W 6-8:30 p.m. **Jimmie Calmese**
May 14 - Jun 4 *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. Tuesdays, 6-9 p.m. on Apr 1-May 6; and Thursdays, 6-9 p.m. on Apr 3-May 8. Last date to register and withdraw with a full refund: Mar 14.

BPCT-703 | 12 sessions | \$1699^{AGE 60+} | \$1699^{REG}
P02 T, Th 6-9 p.m. **Robert McAnally**
Apr 1 - May 8 *STLCC-Corp Auditorium 4*

CAREER ESSENTIALS

Leadership Management

Establishing a Mentor/ Mentee Relationship

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

CPDV-701 | 1 session | \$18.50 AGE 60+ | \$25 REG
P05 W 6-8 p.m. **Monica Black-Robinson**
May 28 *Online*
P06 W 6-8 p.m. **Monica Black-Robinson**
May 7 *Online*

Leadership

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

CPDV-701 | 1 session | \$18.50 AGE 60+ | \$25 REG
P07 W 6-8 p.m. **Monica Black-Robinson**
Apr 2 *Online*

Financial Leadership Essentials

Unlock the financial savvy needed to elevate your leadership! This course answers the crucial question: "What should professional leaders know about financial management to engage in resource allocation decisions?" By the end, you'll understand your unit's relationship to the institution, master key financial terms and reports, and gain insights into the budget cycle. Plus, explore endowment management, fundraising fundamentals, grant funding, and alternative revenue streams to empower your decision-making. Supply list will be sent.

BUSS-741 | 3 sessions | \$36 AGE 60+ | \$55 REG
P01 Sa 10 a.m.-12 p.m. **Damon Braggs**
Feb 1 - Feb 22 *FP-E 210*
• NOTE: No class 2/15
P02 Sa 10 a.m.-12 p.m. **Damon Braggs**
May 3 - May 17 *MC-SO 205*

Elevating Your Leadership Skills

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

CPDV-701 | 2 sessions | \$26.50 AGE 60+ | \$39 REG
P09 Sa 10 a.m.-12 p.m. **Julius Sims II**
Apr 19 - Apr 26 *FP-E 212*

Employment Goals

How to Get a Job With the State of MO

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

CPDV-701 | 1 session | \$21 AGE 60+ | \$29 REG
P03 Sa 11 a.m.-1:30 p.m. **Dr. Lawrence Gibbs**
Mar 1 *FP-E 209*

Unlock Your Social Potential!

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

CPDV-701 | 4 sessions | \$37 AGE 60+ | \$55 REG
P04 Sa 11 a.m.-1 p.m. **Linda Pritchard**
Apr 5 - Apr 26 *FP-E 210*

Build Your Brand: Personal Edition

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

CPDV-702 | 1 session | \$12.50 AGE 60+ | \$19 REG
P01 Sa 10 a.m.-12 p.m. **Teyuna Darris**
Apr 26 *FP-E 308*

The Job Prep Hub

Unlock your professional potential with this career readiness class! This dynamic program equips you with essential tools for career success, including resume crafting, cover letter creation, and networking strategies. Dive into practical exercises and real-world scenarios to master time management, communication and professional etiquette. Personalized guidance ensures you identify your strengths, set career goals and build a strategic plan, empowering you to enter the workforce with confidence and clarity. Get ready to turn your career aspirations into reality! Have a journal for notes.

CPDV-704 | 2 sessions | \$23 AGE 60+ | \$35 REG
P01 Sa 10 a.m.-12 p.m. **Jim Fuller**
Feb 1 - Feb 8 *Online*

Dive into an exciting journey that could transform your future!

Don't miss out on the **real estate career classes featured on page 29!**

Essential Employability Skills

Boost your career prospects with this dynamic course designed to equip you with the must-have skills for today's workforce. Master professional behavior, effective communication, problem-solving, and teamwork—key traits employers seek. Prepare yourself to confidently tackle the modern job market and set the stage for lasting career success. Your journey to becoming job-ready starts here!

CPDV-701 | 3 sessions | \$36 AGE 60+ | \$55 REG
P01 M 5-7 p.m. **Dr. Byron Thornton**
Mar 24 - Apr 7 *STLCC-Harrison 107*

The Working Parent(s)

Struggling to juggle work and family life? Discover the secrets to achieving perfect balance. This dynamic course empowers you with practical strategies for effective communication, savvy time management, and strategic planning. Learn to set boundaries, manage expectations, and stay engaged both at work and home. Turn the juggling act into a seamless symphony and create a life where both work and family thrive!

CPDV-701 | 1 session | \$22.50 AGE 60+ | \$29 REG
P02 W 6-8 p.m. **Tamecka Jones**
Mar 5 *Online*

Discovering Short and Long Term Goals for your Career

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

CPDV-702 | 1 session | \$18.50 AGE 60+ | \$25 REG
P04 W 6-8 p.m. **Monica Black-Robinson**
Feb 5 *Online*

Choosing a Career Path That Works for You

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

CPDV-702 | 1 session | \$18.50 AGE 60+ | \$25 REG
P05 W 6-8 p.m. **Monica Black-Robinson**
Feb 19 *Online*

Networking Through Interviews

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

CPDV-703 | 1 session | \$18.50 AGE 60+ | \$25 REG
P01 W 6-8 p.m. **Monica Black-Robinson**
Mar 12 *FV-C 106*

SMALL BUSINESS ESSENTIALS

The Next Chapter

How to Plan for “Not” Retiring

The fact is not everyone wants to retire at a certain age; some just want to do something different in the work environment. Come take a look at how to live a vibrant lifestyle and address changes as you age in your new business or continue working over the age of 60 and beyond.

CPDV-701 | 1 session | \$18.50^{AGE 60+} | \$25^{REG}
P08 Sa 11:15 a.m.-1:15 p.m. **Cedric Benbow**
May 10 FP-E 218

What Matters Most: Building a Fulfilling Next Chapter

Have you ever tried to navigate to a destination with landmarks instead of a map or GPS and felt confused or lost? Are you in the second half of life and wanting to chart a course for your future but not sure where to start? Explore how to get in touch with your core values and act upon them with alignment to create your unique roadmap for your next chapter.

CPDV-702 | 2 sessions | \$26.50^{AGE 60+} | \$39^{REG}
P02 Sa 9:30-11:30 a.m. **Carol Watkins**
Apr 5 – Apr 12 Online

Plus 50: Finding Purpose and Passion in the Third Chapter

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

CPDV-702 | 2 sessions | \$31^{AGE 60+} | \$45^{REG}
P03 Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**
May 3 – May 10 MC-CE Classroom

Ready to make a difference? Check out the **Volunteer Match: Find Your Cause!** class on page 5 and discover how you can contribute to your community.

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

BUSS-701 | 2 sessions | \$34.50^{AGE 60+} | \$45^{REG}
P01 W 7-9:30 p.m. **Mike Ochonicky**
Feb 19 – Feb 26 Online

Build Your Own Clothing Brand

Fashion enthusiasts, ready to launch your own clothing line? Designed for beginners, discover essential insights and practical steps to transform your ideas into a thriving brand. Dive into business planning, branding, design, production, and marketing, equipping you with the foundational skills needed to succeed in the fashion industry. Join us and take the first step toward making your fashion dreams a reality!

BUSS-701 | 2 sessions | \$25.50^{AGE 60+} | \$39^{REG}
P02 Tu 10 a.m.-12 p.m. **Andreaira Durham**
Feb 4 – Feb 11 FP-W 311

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 | \$56^{AGE 60+} | \$85^{REG}
P03 Sa 9:00 a.m.-1:00 p.m. **Stacy Moore**
Mar 29 – Apr 5 FP-E 208

Accounting Boot Camp: Beginning II

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

BUSS-741 | 2 sessions | \$56^{AGE 60+} | \$85^{REG}
P04 Sa 9:00 a.m.-1:00 p.m. **Stacy Moore**
Apr 12 – Apr 19 FP-E 208

Accounting Boot Camp: Beginning III

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

BUSS-741 | 2 sessions | \$56^{AGE 60+} | \$85^{REG}
P05 Sa 9:00 a.m.-1:00 p.m. **Stacy Moore**
Apr 26 – May 3 FP-E 208

Business Management

Transforming Transactions Into Relationships

Unlock the secrets to transforming one-time transactions into lasting relationships. Master engagement strategies that make your business unforgettable, boost word-of-mouth referrals, and refine your authentic connection skills. Elevate your customer interactions and watch your community connections thrive! Have a journal for notes.

BUSN-713 | 6 sessions | \$58.50^{AGE 60+} | \$89^{REG}
P01 Th 6:30-8 p.m. **Gloria Sims**
Mar 27 – May 1 Online

Business Etiquette Essentials

Elevate your professional presence. Learn the key principles of professional conduct including communication skills and networking strategies to empower you to navigate various workplace situations with confidence and poise to help you build strong relationships and enhance your career. Master the art of business etiquette and make a lasting impression!

BUSN-713 | 1 session | \$18.50^{AGE 60+} | \$25^{REG}
P02 W 6-8 p.m. **Monica Black-Robinson**
Jun 11 Online

P03 W 6-8 p.m. **Monica Black-Robinson**
Jun 4 Online

Business Dining Etiquette

Navigate the world of professional dining with confidence. Learn the essential skills for conducting yourself with poise at business meals, from proper table settings to navigating conversations and networking. Discover the nuances of dining protocols that can enhance your professional image and foster strong relationships. Master the art of business dining and make a lasting impression in every professional setting!

BUSN-713 | 1 session | \$18.50^{AGE 60+} | \$25^{REG}
P05 W 6-8 p.m. **Monica Black-Robinson**
Apr 23 Online

P04 W 6-8 p.m. **Monica Black-Robinson**
Apr 30 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}
P06 Sa 10 a.m. - 12 p.m. **Julius Sims II**
Mar 29 – Apr 5 FP-E 212

Join the exciting **Philosophy leadership, critical thinking and AI classes on page 15!**

These courses are designed to sharpen your mind and give you a competitive edge. Don't miss out on this opportunity to transform your future!

Marketing

Organic Search Engine Optimization (SEO)

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

BUSS-765 | 1 session | \$29 AGE 60+ | \$45 REG

P03 Sa 9 a.m.-2 p.m.
Apr 12

Kim LaSalle
Online

Build Your Brand: Business Edition

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

BUSS-765 | 1 session | \$12.50 AGE 60+ | \$19 REG

P01 Sa 10 a.m.-12 p.m.
May 17

Teyuna Darris
FP-E 310

Marketing Campaign Development

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

BUSS-765 | 2 sessions | \$26.50 AGE 60+ | \$39 REG

P05 M, W 6-8 p.m.
May 5 - May 7

Kim LaSalle
Online

COMPUTERS AND TECHNOLOGY

PERSONAL COMPUTING

Personal Online Security

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

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

P03 F 9 a.m.-12 p.m.
Jan 31

Fernando Tillman
STLCC-Corp 208

P10 Sa 9 a.m.-12 p.m.
Apr 12

Fernando Tillman
STLCC-Corp 208

PCs and Technology Introduction: In A Day

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

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

P02 Sa 12-2:30 p.m.
Mar 8

Francelle Darris
FP-E 310

P03 F 1-3:30 p.m.
Apr 25

Francelle Darris
MC-SC 201

P04 Sa 12-2:30 p.m.
May 10

Francelle Darris
FV-B 119

P05 Sa 11 a.m.-1:30 p.m.
Jun 14

Francelle Darris
MC-SC 201

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. 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. You will gain practical skills and knowledge to confidently navigate digital technologies, effectively utilize electronic devices, and safeguard your digital assets.

COMP-701 | 1 session | \$69 AGE 60+ | \$69 REG

P01 Sa 9 a.m.-3 p.m.
Feb 8

Rhonda Cross
FV-B 122

Google®

Getting To Know Google Tools

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

COMP-742 | 3 sessions | \$75 AGE 60+ | \$75 REG

P01 W 6-8 p.m.
Feb 26 - Mar 12

Cindy Lane
MC-CN 222

P02 W 6-8 p.m.
May 14 - May 28

Cindy Lane
MC-CN 222

Engineering Graphics

Introduction to AutoCAD I

Introduction to AutoCAD I covers the fundamentals of the AutoCAD drafting system. Students will learn how to create drawings, setup units, limits, layers, linetypes and colors. Drawing procedures for typical geometric operations are covered. Special features operations including polylines, blocks, dimensioning, cross-hatching and plotting are also covered. Available for credit EGR 133 550.

COMP-770 | 12 sessions | \$244 AGE 60+ | \$244 REG

P01 W 7:05-9:55 p.m.
Feb 12 - May 14

FV-AM 314

• NOTE: No class 2/17, 3/17

Introduction to AutoCAD II

Continuation of Introduction to AutoCAD I. DOS for AutoCAD, Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows, introduction to LISP language. Can be taken as credit under EGR 141 650.

COMP-770 | 12 sessions | \$244 AGE 60+ | \$244 REG

P02 Th 6:30 - 8:45 p.m.
Feb 13 - May 15

MC-AS 206

• NOTE: No class 3/20

Home Technology

Beyond Broadcasting

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

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

P06 Tu 6-9 p.m.
Mar 4

Gregory Ray
STLCC-Corp 208

Introduction to

Smart Home Technology

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

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

P15 Tu 6-9 p.m.
May 13

Gregory Ray
STLCC-Corp 208

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

PERSONAL COMPUTING

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.

COMP-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}

P09 Tu 6-9 p.m.
Apr 8

Gregory Ray
STLCC-Corp 208

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 navigate. Learn the basics of Mac file organization, plus integrated features like Finder Tags, Spotlight, Quick Look, Mission Control, iCloud Drive, and Time Machine.

COMP-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}

P11 Tu 6-9 p.m.
Apr 15

Gregory Ray
STLCC-Corp 208

iPhone® and iPad® Mobile Digital Devices: Introduction

Did you purchase an iPhone or iPad only to discover that you can barely use it? Explore the basics and functionality of the Apple® iOS® platform in this class. Discussion will focus on only Apple products; other smart phone devices will not be covered. Please note: universal functions will be taught and specific apps may vary from device to device. Bring your iPhone and/or iPad and corresponding charger(s).

COMP-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}

P04 Tu 6-9 p.m.
Feb 4

Gregory Ray
STLCC-Corp 208

P16 Tu 6-9 p.m.
May 20

Gregory Ray
MC-SW 105

iPhone® and iPad®: Next Steps

If you're an iPad user seeking to use your device as your sole computer, learn how much is possible and limitations to expect. 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) and keep your data secure. Customize your device to work better for you. Bring your iPhone and/or iPad and corresponding charger(s).

COMP-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}

P05 Tu 6-9 p.m.
Feb 11

Gregory Ray
STLCC-Corp 208

P17 Tu 6-9 p.m.
May 27

Gregory Ray
MC-SW 105

ADOBE® TOOLS

Adobe® Lightroom® Classic: Introduction

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

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

P07 Sa 9 a.m.-4 p.m.
Feb 8

Charlie LaGaGarcia
MC-HE 233

P09 Sa 9 a.m.-4 p.m.
Apr 12

Charlie LaGaGarcia
MC-HE 233

Adobe® Lightroom® Classic: Advanced Development Techniques

Explore advanced image development techniques. Learn global and selective enhancement tools to optimize images. Emphasis will be placed on preparing images for the Lightroom output modules: print, slideshow, book and web.

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

P08 Sa 9 a.m.-4 p.m.
Mar 29

Charlie LaGaGarcia
MC-HE 233

P10 Sa 9 a.m.-4 p.m.
May 17

Charlie LaGaGarcia
MC-HE 233

Adobe® Photoshop®: In a Day Workshop

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

CVTW-701 | 1 session | \$129^{AGE 60+} | \$129^{REG}

P05 F 9 a.m.-4 p.m.
May 2

Zak Zych
MC-HE 136

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. Students must provide their own digital camera, any make or model is acceptable, preferably a beginner or enthusiast level DSLR or mirrorless camera.

CVTW-701 | 4 sessions | \$199^{AGE 60+} | \$199^{REG}

P01 Sa 12-3 p.m.
Feb 1 - Mar 1

Zak Zych
MC-HE 136

• NOTE: No class 2/15

Adobe® Photoshop®: Intermediate

Pick up where the introductory class left off and enhance your techniques. Dive in to the histogram, exposure adjustments, smoothing wrinkles, brightening teeth, image and canvas size changes, crop tool use and blending modes. Work hands-on with a variety of images. Prerequisite: Adobe® Photoshop®: Introduction. Course meets the curriculum requirements for Digital Photography Essentials Program. Students must provide their own digital camera, any make or model is acceptable, preferably a beginner or enthusiast level DSLR or mirrorless camera.

CVTW-701 | 4 sessions | \$199^{AGE 60+} | \$199^{REG}

P03 Sa 12-3 p.m.
Mar 29 - Apr 19

Zak Zych
MC-HE 136

Adobe® Photoshop®: Advanced

Build on skills learned during the beginning- and intermediate-level classes. Examine adjustment layers with layer masks, encounter smart objects, and work with blurring, sharpening, shadow and highlight tools. Prerequisite: Adobe® Photoshop®: Intermediate. Course meets the curriculum requirements for Digital Photography Essentials Program. Students must provide their own digital camera, any make or model is acceptable, preferably a beginner or enthusiast level DSLR or mirrorless camera.

CVTW-701 | 4 sessions | \$199^{AGE 60+} | \$199^{REG}

P06 Sa 12-3 p.m.
May 3 - May 31

Zak Zych
MC-HE 136

• NOTE: No class 5/24

Unlock your creative potential and dive into the art of capturing stunning photography moments to elevate your skills to new heights! **See photography classes on p. 24**

WEB DEVELOPMENT

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, plug-ins, 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 plug-ins. Then, round out with an overview of essential site maintenance tasks, including keeping WordPress secure and updated, plus suggested resources for further learning.

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

P12 Tu 6-9 p.m.
Apr 22

Gregory Ray
STLCC-Corp 208

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 | \$45^{AGE 60+} | \$45^{REG}

P14 Tu 6-9 p.m.
May 6

Gregory Ray
STLCC-Corp 208

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}

P02 Th 6-9 p.m.
Jan 30 - Feb 27

Joseph Richey
MC-SC 201

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}

P08 Th 6-9 p.m.
Mar 13 - Apr 10

Joseph Richey
MC-SC 201

• NOTE: No class 3/20

Python: Data Analysis

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

COMP-765 | 5 sessions | \$199^{AGE 60+} | \$199^{REG}

P13 W 6-9 p.m.
Apr 30 - May 28

Joseph Richey
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}

P01 W 6-9 p.m.
Jan 29 - Feb 26

Joseph Richey
MC-CN 221

SQL: Intermediate

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

COMP-765 | 4 sessions | \$199^{AGE 60+} | \$199^{REG}

P07 W 6-9 p.m.
Mar 12 - Apr 9

Joseph Richey
MC-CN 221

• NOTE: No class 3/19



MICROSOFT® TOOLS

Microsoft® Excel®: Part I

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

COMP-720 | 2 sessions | \$129_{AGE 60+} | \$129_{REG}
P01 Th and F 9 a.m.-12 p.m. **Debi Easlick**
 Feb 27 – Feb 28 *STLCC-Corp 208*

COMP-720 | 1 session | \$129_{AGE 60+} | \$129_{REG}
P02 Th 9 a.m.-4 p.m. **Debi Easlick**
 Apr 24 *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. It is recommended to bring a flash drive.

COMP-721 | 2 sessions | \$129_{AGE 60+} | \$129_{REG}
P01 Th and F 9 a.m.-12 p.m. **Debi Easlick**
 Mar 13 – Mar 14 *STLCC-Corp 208*

COMP-721 | 1 session | \$129_{AGE 60+} | \$129_{REG}
P02 Th 9 a.m.-4 p.m. **Debi Easlick**
 May 8 *STLCC-Corp 208*

Microsoft® Excel®: Power Pivots®: Data Analysis

Get set on a course to take advantage of one of the most robust data analysis tools that Excel includes. Power Pivots enable you to create reports, or data models, from multiple data sources both in and outside of Excel. You'll learn to create and manage relationships, hierarchies, Power Pivot tables and charts and be introduced to creating your own calculated columns, calculated fields (measures), and key performance indicators. It is recommended to bring a flash drive.

COMP-722 | 2 sessions | \$129_{AGE 60+} | \$129_{REG}
P01 Th and F 9 a.m.-12 p.m. **Debi Easlick**
 Apr 10 – Apr 11 *STLCC-Corp 208*

† 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.

CPR AND FIRST AID

Heartsaver First Aid: CPR/AED†

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

CPRR-706 | 1 session | \$115_{AGE 60+} | \$115_{REG}
P01 F 8:30 a.m. - 4:30 p.m. *FP-W 126*
 Mar 7
P02 W 8:30 a.m. - 4:30 p.m. *FP-W 126*
 May 7

BLS for Healthcare Providers†

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

CPRR-707 | 1 session | \$115_{AGE 60+} | \$115_{REG}
P01 Tu 9 a.m.-3 p.m. *FP-W 126*
 Feb 25
P02 Sa 5-10 p.m. *FP-W 126*
 Apr 12
P03 F 9 a.m. - 3 p.m. *FP-W 126*
 May 16
P04 Tu 9 a.m. - 3 p.m. *FP-W 126*
 Jun 10

BLS Instructor Renewal†

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

CPRR-709 | 1 session | \$99_{AGE 60+} | \$99_{REG}
P01 W 9 a.m. - 1 p.m. *FP-W 126*
 Mar 26
P02 Sa 9 a.m. - 1 p.m. *FP-W 126*
 Jun 7

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 precourse 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, precourse 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 precourse materials and completion of precourse preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. At time of registration, you must provide documentation meeting all prerequisites. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Interested students must contact the training center coordinator at jclark399@stlcc.edu before registering for the BLS Instructor Essentials Course.

CPRR-708 | 1 session | \$375_{AGE 60+} | \$375_{REG}
P01 W 9 a.m. - 5 p.m. *FP-W 126*
 Apr 23

Community Assistance

Community Emergency Response Team Training (CERT)

Have you ever thought "What would I do if a tornado struck my subdivision?" or "What types of natural disasters can happen in St. Louis?" We have the answers. Community Emergency Response Team Training (CERT) is a series of classes that prepares you to help your community in the event of a crisis. Through lecture and hands-on activities, professional emergency responders will teach you about emergency and disaster preparedness, while you receive training in basic response skills such as fire safety, team organization, light search and rescue, and medical operations. Training will conclude with a full-scale disaster exercise in a tornado simulation (off-site location: 1001 Assembly Pkwy, Fenton, MO 63026) on Saturday, March 15, 9am-3pm. Upon successful completion of the training, you will be able to join a local St. Louis Area CERT program to continue to support and help where volunteers are needed.

EMSS-715 | 8 sessions | \$9_{AGE 60+} | \$9_{REG}
P01 Tu 6:30-10 p.m. *WW 225*
 Jan 28 – Mar 15
P02 W 6:30-10 p.m. *FP-W 313*
 Jan 29 – Mar 15

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.

Animals and the Law: Investigations, Rescues and Legislative Issues

Hear first-hand accounts from the real world of animal welfare investigations and rescues. You'll find out how investigators operate and how animal welfare agencies and the law handle calls regarding abuse and neglect. Above all, they strive to be objective, gather information and educate the pet owner or animal facility operator. You'll learn about the legal issues, for example, "How does our society define adequate care and control of animals?", as well as advocacy and legislation related to animal welfare. Get updates about recent HSMO animal rescues and learn about The Missouri Alliance for Animal Legislation and how you can get involved in advocacy efforts. This class will truly help you learn how to be the most effective "voice for the voiceless"!

ANIM-741 | 1 session | \$32.60_{AGE 60+} | \$39_{REG}
P01 Tu 6-8:30 p.m. *Feb 11* *MC-SO 105*

The Human Element: Working in an Animal Welfare Organization

If you're thinking about working or volunteering in an animal welfare agency, you'll need a variety of important people skills when matching pets with new families, working with people surrendering their pets, answering questions, educating adults and children, or interacting with other agency staff. In this class, you'll gain an overview of many of the skills you'll need to perform these tasks. There are many joys and rewards to working in animal welfare, but some sadness, too, so we'll share our ways of coping with the inevitable heartbreaking side of the business. Above all, this class is sure to provide a realistic and inspiring "bird's eye view" of what it's like and what it takes to have a successful career in an animal welfare organization.

ANIM-741 | 1 session | \$32.60_{AGE 60+} | \$39_{REG}
P02 Tu 6-8:30 p.m. *Mar 11* *MC-SO 105*

Animal Care Basics for Animal Welfare Workers

In this class, it's all about the animals! We'll cover basic health considerations, injury-prevention measures and spay/neuter operations. Understanding animal behavior is key to safe animal handling, both for yourself and the animals so we'll cover best practices in "fear free" animal handling techniques and enrichment programs that support the emotional well-being of the animals. You'll learn about caring and feeding a variety of animals, including what to do in disaster situations to assure their safety and well-being. Participating shelter members will explain their standard operating procedures and basic animal care-taking operations. If you're interested in working directly with animals, this class is a must!

ANIM-741 | 1 session | \$32.60_{AGE 60+} | \$39_{REG}
P03 Tu 6-8:30 p.m. *Apr 8* *MC-SO 105*

Education

Tips for Navigating Your Doctoral Program

Ready to conquer your doctoral program? Get the essential strategies and tips you will need to excel in your academic adventure. From honing research skills to mastering time management and acing your dissertation, this course is your ultimate toolkit for success. Transform your PhD challenges into triumphs and navigate your journey with confidence!

EDUC-765 | 1 session | \$12.50_{AGE 60+} | \$19_{REG}
P01 Sa 10 a.m.-12 p.m. *Mar 29* *Teyuna Darris* *Online*

How to Help Your Child Succeed in School

Transform your role as a parent with this engaging course. This class will give you the tools and strategies to help your child excel academically. Discover how to foster a positive learning environment at home, communicate effectively with teachers and support your child's educational goals. Ideal for parents of elementary and secondary students, you'll become the ultimate ally in your child's academic journey.

EDUC-765 | 1 session | \$12.50_{AGE 60+} | \$19_{REG}
P02 Sa 10 a.m.-12 p.m. *Feb 8* *Teyuna Darris* *Online*

Unlocking Cultural Competence in Education

Dive into this transformative three-session course designed to empower educators—administrators, faculty, advisors, and student services staff—with the skills and insights needed to connect with diverse student populations. Focused on fostering inclusion and cultural sensitivity, this course is crucial for enhancing engagement and success among all students, especially underrepresented groups like African American males. Join us in creating an environment where every student thrives.

EDUC-765 | 3 sessions | \$37_{AGE 60+} | \$55_{REG}
P03 Tu 5-7 p.m. *Mar 4-Mar 25* *Dr. Byron Thornton* *STLCC-Harrison 107*

• NOTE: No class 3/18

Future Ready: College and Career Skills

Unlock your potential with "Future Ready," a dynamic course designed to pave your path to success. This engaging program combines personal development, career exploration, and strategic college planning to ensure you're prepared for every opportunity. Whether transitioning to higher education or entering the workforce, gain the essential skills and insights to make informed decisions and excel in your chosen path. Your journey to success starts here!

EDUC-765 | 3 sessions | \$37_{AGE 60+} | \$55_{REG}
P04 Th 5-7 p.m. *Mar 6-Mar 27* *Dr. Byron Thornton* *STLCC-Harrison 107*
• NOTE: No class 3/20

Studying Without Screaming

Why isn't there ever a class taught in school about HOW to study? ...Well, here it is! This presentation covers the different ways people learn and how to use this to your advantage, in school and beyond. Offering unique and creative methods on studying for better comprehension, memorization, organization, time management, and many practical techniques to navigate your way through getting your education. Very inclusive for ALL types of thinkers, including neurodivergent learners! Bring a notebook and pen to class along with your current class notes/syllabus.

EDUC-765 | 1 session | \$20_{AGE 60+} | \$29_{REG}
P05 Th 2-5 p.m. *Mar 6* *Suzanne Roussin* *FV-B 120*
P06 Th 2-5 p.m. *Apr 3* *Suzanne Roussin* *FV-B 122*
P07 F 2-5 p.m. *Mar 7* *Suzanne Roussin* *FP-E 310*
P08 F 2-5 p.m. *Apr 4* *Suzanne Roussin* *FP-E 310*

Foundation for College Chemistry

Pre-Chemistry for the uninitiated! This pressure-free class lays the STEM foundation for what you need to do well in Chemistry Fundamentals and Chemistry I. Basic math, conversions, dimensional analysis, scientific notation, how to read the periodic table, the structure and function of atoms, and calculating molarity will be covered. As the class progresses, you will be provided with a workbook/reference book. Bring a notebook and pen to class.

EDUC-765 | 4 sessions | \$70_{AGE 60+} | \$105_{REG}
P09 F 10 a.m.-1 p.m. *Apr 4 - Apr 25* *Suzanne Roussin* *FP-E 309*
P10 F 10 a.m.-1 p.m. *May 23 - Jun 13* *Suzanne Roussin* *FP-E 310*



**ANIMAL
WELFARE
ADVOCATE
PROGRAM**

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

Learn more about the program:
stlcc.edu/AnimalWelfare

PERSONAL ENRICHMENT

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

AGELESS LEARNING SEMINARS

Gone in a Flash: Awareness and Advocacy

Do you want to understand more about human trafficking? Learn more about how to help victims and survivors by being an aware and active community member. Hearing from someone with both professional and personal experience who worked with victims and survivors and participated in a federal case, 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 | \$9_{AGE 60+} | \$9_{REG}

P01 Th 2-4 p.m. **Julie Heifner PhD**
Jan 30 *MC-SO 111*

Those Funny Ladies - Screwball Comediennes from the 1930s & 1940s

Throughout the 1930s and 40s, the genre of 'Screwball' Comedies gave us some of the funniest and most endearing glimpses of leading ladies that kept us in stitches. You might say these types of films could be based upon the old "boy-meets-girl" formula turned topsy-turvy. You'll recognize all of these ladies, so grab your popcorn and settle in - this is gonna be fun!

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

P03 Th 2-3:30 p.m. **Mary Saputo**
Feb 20 *MC-SO 112*

Bakeries and Baking in St. Louis

A delicious exploration of St. Louis's baking heritage! Discover the rich baking traditions of St. Louis in this engaging talk. From the mud ovens of French colonial settlers to today's modern revolving and deck ovens, St. Louis has dense history. Learn about our nationally ranked baking and pastry arts program and explore the city's diverse bakeries, from yeast-free and ethnic bakeries to large-scale operations for supermarkets and small artisanal shops for farmers markets. Plus, find out about the best cookie shop in America.

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

P05 Th 10-11:30 a.m. **Doug Schneider**
Feb 27 *Online*

Unlocking the Mystery of Mexican Nonverbals

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

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

P04 Th 12-2 p.m. **Julie Heifner PhD**
Feb 27 *STLCC-SoCo 100*

Grace Kelly

Take an in-depth look at the relatively short, yet memorable film career of Princess of Monaco, Grace Kelly! Journey from her first major motion picture, "High Noon", through her last Hollywood film, "High Society". Interesting behind-the-scenes photos accompany this royal presentation.

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

P06 Th 10-11:30 a.m. **Mary Saputo**
Mar 6 *MC-SO 108*

Debbie Reynolds

Take a walk through the outstanding career of Debbie Reynolds - a legend in her own right, from her big break in "Singin' in the Rain" to the "Unsinkable Molly Brown" and everything in between, including her marriage to Eddie Fisher and her incredible Hollywood memorabilia collection.

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

P08 Th 10-11:30 a.m. **Mary Saputo**
Mar 27 *FV-E 158*

The War Years - Films and Music 1941-1945

When the United States went to war in December 1941, so did Hollywood. Nostalgia abounds as we visit some of the best loved films of that time frame, as well as those iconic songs that kept America going strong.

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

P09 Th 2-3:30 p.m. **Mary Saputo**
Apr 3 *WW 220*

Mary Wickes

Join us for a look at the career of St. Louis' own beloved comedienne, Mary Wickes, from her early years growing up near Washington University through her journey to Hollywood. You'll see endearing film clips from some of her favorite films, including "The Man Who Came to Dinner", "White Christmas", "The Trouble with Angels" and much more. Her impressive comedic timing made her a true star never to be forgotten!

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

P11 Th 10-11:30 a.m. **Mary Saputo**
Apr 17 *MC-SO 108*

Bette Davis

A mega-star and eleven-time Oscar nominee for Best Actress, this presentation will examine her career high-points with film clips and trivia from such blockbusters as "Jezebel", "The Man Who Came to Dinner" and "All About Eve", just to name a few!

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

P14 Th 10-11:30 a.m. **Mary Saputo**
May 8 *MC-SO 108*

Olivia de Havilland

A Hollywood living legend, Miss de Havilland is known for so much more than her adaptation of the demure Melanie in "Gone With The Wind". Her roles in the cinema ranged from dramatic to humorous to strength personified, not to mention her role off-screen when she took on a legal battle with the studios that would forever change actors' contracts within the system!

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

P16 Th 2-3:30 p.m. **Mary Saputo**
May 22 *WW 201*

The Making of "Gone With the Wind"

Regarded as one of the top 100 films of all time, bringing the popular novel "Gone With the Wind" to the silver screen was not a simple process. Learn about the delays, the struggles to find just the right stars to portray lead characters and the multiple script rewrites in this fascinating multimedia lecture.

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

P18 Th 10-11:30 a.m. **Mary Saputo**
Jun 5 *MC-SO 109*

Webster Groves: A Fascinating Community

First settled in 1802, Webster Groves developed along the railroad and has since grown into a vibrant community. Today, it features a university and various educational institutions, boasts interesting restaurants and has two downtowns. It even served as the setting for a television series. Take an armchair tour of this city, which proudly calls itself "a great place to live, work and play," welcoming families from all socioeconomic backgrounds, not just the wealthy commuter suburb envisioned by early developers.

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

P12 Th 7-8:30 p.m. **Doug Schneider**
Apr 24 *Online*

St. Louis Military: 1764 to the Present

Explore the rich military history of St. Louis, a city that has witnessed battles during the American Revolution and the Civil War. Home to the oldest operating military institution west of the Mississippi, St. Louis also hosted the first parachute jump and once had a Missouri State Navy. Today, the U.S. military maintains a strong presence with the Coast Guard, Army, Air Force, and Navy/Marines. Highlights include the Army Corps of Engineers' downtown library and museum, and the fastest combat ship in the U.S. Navy named after the city. Discover how the military has shaped St. Louis over the years.

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

P17 F 1-2:30 p.m. **Doug Schneider**
May 30 *MC-SO 108*

St. Louis: Libraries of All Types and Sizes

Libraries come in all shapes and sizes, serving both communities and educational institutions. They can be free or subscription-based, offering a diverse range of items to borrow, from books and rakes to French DVDs, guitars and telescopes. The area boasts 12 Carnegie libraries and even a library hidden beneath a basketball court. Additionally, there are specialized libraries focusing on medicine, railroads, and individual towns. There's even a unique library that reduces your fee for every beer you drink.

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

P19 M 7-8:30 p.m. **Doug Schneider**
Jun 9 *MC-SO 108*

Medicare 101

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

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

P02 Th 1-3 p.m. **Wilma Schmitz**
Feb 13 *Online*

P07 Th 6-8 p.m. **Wilma Schmitz**
Mar 13 *Online*

P10 Th 1-3 p.m. **Wilma Schmitz**
Apr 10 *MC-SO 109*

P13 Th 6-8 p.m. **Wilma Schmitz**
Apr 24 *WW 201*

P15 Th 6-8 p.m. **Wilma Schmitz**
May 15 *FV-C 103*

P2 Th 6-8 p.m. **Wilma Schmitz**
Jun 12 *MC-SO 108*

Iceland: A Tourist Hot Spot

Explore the world's oldest democracy and its northernmost capital city. Discover Iceland's stunning natural wonders, including waterfalls, volcanoes, hot springs, and the aurora borealis. Encounter puffins and Icelandic horses. Learn about Iceland's resilience during the 2008 financial crisis and the creation of the Reykjavik concert hall. Highlights include Iceland's history, culture, tourist attractions, and the surprising presence of St. Louis burgers in every large town.

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

P02 M 10-11:30 a.m. **Doug Schneider**
Apr 7 *MC-SO 108*

Costa Rica: A Top Tropical Travel Choice

Costa Rica's charm lies in its lush rainforests, unspoiled beaches, and abundant wildlife. With breathtaking landscapes and a myriad of creatures—from toucans to monkeys to jaguars—it's easy to see why. Where else can you hike active volcanoes, have botanists guide you through jungle walks, and surf turquoise waters all within a few days? All of this is complemented by a friendly population that warmly welcomes tourists. Take an armchair tour of this peaceful country, which has no armed forces.

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

P03 Th 1-2:30 p.m. **Doug Schneider**
May 1 *MC-SO 108*

Sights of Italy

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

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

P01 M 4-6 p.m. **Barb Klein**
Feb 3 *MC-SO 112*

P04 M 6:30-8:30 p.m. **Barb Klein**
Jun 9 *MC-SO 112*

Living on a Boat

More people today are discovering the advantages of living on a boat, simplifying their lives by giving up grass and garages, and moving or retiring to boats. According to *Living Aboard* magazine, the U.S. liveaboard population is about 75,000 and growing. Some choose this lifestyle because their families have always lived on boats, while others do it to embark on wide-ranging journeys, such as the Great Loop, which passes by St. Louis. This talk will explore the liveaboard lifestyle in the USA and other countries, and discuss how Tom Hanks set off a craze for houseboating.

CLTR-765 | 1 session | \$24^{AGE 60+} | \$29^{REG}

P03 Th 10-11:30 a.m. **Doug Schneider**
Jun 12 *MC-SO 108*

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}

P01 Tu 6-8 p.m. **Ryan Chester**
Apr 8 - Apr 15 *FP-HSP 107*

P02 Tu 6-8 p.m. **Ryan Chester**
May 6 - May 13 *MC-SO 111*

Understanding Your Intuition: Am I A Psychic?

Discover the world of your intuition, where you will answer the question "Am I psychic?". You've heard of gut instinct and psychics, but what are the different types of intuitive abilities? Learn how to explore your own intuitive skills and strengths, how to build on your skills, and how you can use that understanding to empower your life. Handout included.

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

P02 Tu 6-8 p.m. **Kassia Morgan**
Feb 25 *Online*

Magick of Imbolc: Discover Your Inner Flame

Imbolc, Candlemas, or St. Brigit's Day is a time of hearth and home, of sitting by the hearth fire as the ice swirls outside. It is a historical time when the sheep came into their milk, bringing promise to the land. What are the energies of this time of year? How can you partner with these energies to empower and nurture your life? Lore, practices and tips for how to flow with the Wheel of the Year at this time of year and integrate its energies into your life will be covered. You will take part in guided meditation to the Spirit of Winter. You may wish to have a blanket or something cozy with you to be comfortable for the meditation. Handout included.

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

P01 Tu 6-8 p.m. **Kassia Morgan**
Feb 4 *Online*

Magick of Ostara/the Spring Equinox: Discover the Power of Rebirth in Your Life

Ostara or the Spring Equinox is a time of new beginnings and birth, plants breaking through the soil and animals birthing their young. It is a time of creating ourselves anew and finding our balance, of new breezes blowing change into our lives, sweeping away what no longer serves. What are the energies of this time of year? How can you use them to empower your life? Lore, practices and tips for how to flow with the Wheel of the Year at this time of year and integrate its energies into your life will be covered. You will take part in a guided meditation to the eternal spring of rebirth to assist in making positive change in your life. You may wish to have a blanket or something cozy with you to be comfortable for the meditation. Handout included.

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

P03 Tu 6-8 p.m. **Kassia Morgan**
Mar 11 *Online*

Crystal Spirit Allies: A Shamanic Perspective on the Crystal Kingdom

Discover the mystery of crystals, our allies in this world and in all worlds. Crystals, minerals and stones have been our allies through ancient times, teaching us their medicine, whispering the secrets of their magic. How can you develop this connection with the Crystal Kingdom? How can you discover our stone spirit allies? How do they speak with us, call to us? You will take part in a guided meditation to meet a crystal spirit ally and discover its messages to you. You may want an eye cover or a blanket or something cozy to be comfortable for the meditation. If you are brand new to crystals/stones and want to learn, or if you've been working with crystals already and want to deepen your connection, this class is for you! Handout included.

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

P05 Tu 6-8 p.m. **Kassia Morgan**
Apr 8 *Online*

Plant Spirit Allies: A Shamanic Perspective on the Green World

Discover the mystery of plant spirits, our guides in this world and in all worlds. How can you develop a connection with the kingdom of flora and discover our plant spirit allies? You will take part in a guided meditation to meet a plant spirit ally and uncover its messages to you. If you don't know a thing about plants or the green world and want to learn, or if you already have a love for plants and want to deepen your connection, this is the class for you! Handout included.

CLTR-701 | 1 session | \$29^{AGE 60+} | \$29^{REG}
P06 Tu 6-8 p.m. **Kassia Morgan**
May 13 *Online*

PHILOSOPHY

Philosophy of Leadership: Explorations, Revisions, and Applications

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

PHIL-701 | 1 session | \$23.50^{AGE 60+} | \$29^{REG}
P01 Sa 10 a.m.-12 p.m. **Scott Martin**
Mar 29 *MC-SO 109*

Logical Reasoning and Critical Thinking

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

PHIL-701 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}
P02 Tu 6-8 p.m. **Sahar Joakim-Resch PhD**
Apr 1 *MC-SO 109*

AI Ethics

Delve into the continuously advancing domain of artificial intelligence (AI) and its significant ethical consequences. As AI technologies become increasingly woven into the fabric of our everyday existence, encompassing everything from personal assistants to self-driving cars, the imperative to grasp and tackle the ethical issues they present is paramount. Equip yourself with a fundamental comprehension of AI ethics, encompassing both the difficulties and prospects that AI advancements bring.

PHIL-701 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}
P03 Th 6-8 p.m. **Sahar Joakim-Resch PhD**
May 29 *MC-SO 109*

FINE ARTS

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. Information about where to meet will be provided to participants via email prior to each group meeting.

ARTS-705 | 3 sessions | \$69^{AGE 60+} | \$69^{REG}
P01 Sa 10 a.m.-12 p.m. **Betsy Solomon**
Mar 29 - Apr 12 *St. Louis Art Museum*
P02 Sa 10 a.m.-12 p.m. **Betsy Solomon**
May 31 - Jun 14 *St. Louis Art Museum*

In the DIY Art Supplies class series, you'll learn to make unique art supplies with repurposed and natural materials. Take just one class or take them all!*

DIY Art Supplies: Ink

Learn how to create inks made with foraged plants, salvaged copper scraps, coffee and more. Supply list will be sent.

ARTS-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}
P05 Sa 1-4 p.m. **Dee Levang**
Mar 29 *MC-SO 109*

DIY Art Supplies: Brushes and Tools

Learn how to create unusual paint brushes and mark-making tools from feathers, plants, salvaged household items and more. Supply list will be sent.

ARTS-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}
P08 Sa 1-4 p.m. **Dee Levang**
Apr 26 *MC-SO 109*

DIY Art Supplies: Paper

Learn how to create textured and colored papers made with recycled newsprint, salvaged cotton clothing, plant matter, and more. Supply list will be sent.

ARTS-765 | 1 session | \$45^{AGE 60+} | \$45^{REG}
P04 Sa 1-4 p.m. **Dee Levang**
Feb 22 *MC-SO 109*

Printmaking*

Printmaking: Greeting Cards

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! You will print personalized cards using your name, initials or other personalized sentiment (up to 20 characters). All supplies provided.

ARTS-765 | 1 session | \$49^{AGE 60+} | \$49^{REG}
P03 Sa 1-3:30 p.m. **Marie Oberkirsh**
Feb 1 *Central Print*
P06 Sa 1-3:30 p.m. **Marie Oberkirsh**
Mar 29 *Central Print*

Printmaking: Monotypes and Relief Prints

Explore printmaking with both conventional and non-traditional methods. Use a variety of materials (found objects) to create monotypes and relief prints on paper. Experiment with collage, stenciling, painting and drawing. Supply list will be sent.

ARTS-765 | 6 sessions | \$115^{AGE 60+} | \$115^{REG}
P07 M 9:30 a.m.-12 p.m. **Ruth Kolker**
Apr 7 - May 12 *Online*

Painterly Printmaking

Learn how to create painterly prints with monoprint and monotype techniques in the printmaking studio using printing presses and gelatin plates to create unique and layered prints. All supplies provided.

CRFT-765 | 1 session | \$65^{AGE 60+} | \$65^{REG}
P07 Th 9 a.m.-12 p.m.
Apr 24 *Craft Alliance*

Drawing*

Drawing: Beginning/Intermediate

Learn the tools, materials, and visual art 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 | \$115^{AGE 60+} | \$115^{REG}
P01 Th 5-7:30 p.m. **Lisa Payne**
Feb 6 - Mar 13 *WW 309*
P02 Tu 9:30 a.m.-12 p.m. **Ruth Kolker**
Feb 18 - Apr 1 *MC-CE Classroom*
 • NOTE: No class 3/18
P03 Tu 9:30 a.m.-12 p.m. **Ruth Kolker**
Apr 15 - May 20 *MC-CE Classroom*
P04 W 6-8:30 p.m. **Lisa Payne**
May 14 - Jun 18 *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. Check online registration for specific book information. Supply list will be sent.

ARTS-721 | 8 sessions | \$125^{AGE 60+} | \$125^{REG}
P01 Sa 10 a.m.-12 p.m. **Mary Feagan**
Apr 5 - May 31 *MC-HE 124*
 • NOTE: No class 5/24

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. Understand the importance of lightfast pencils and acid free papers. 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 | \$105^{AGE 60+} | \$105^{REG}
P01 Th 5:30-8:30 p.m. **Ed Pearce**
Feb 6 - Feb 27 *MC-SW 105*
P02 Th 5:30-8:30 p.m. **Ed Pearce**
Apr 3 - Apr 24 *FP-H 107*

Colored Pencils: Advanced

This advanced colored pencil drawing program is designed for 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. Supply list will be sent.

ARTS-716 | 5 sessions | \$129^{AGE 60+} | \$129^{REG}
P03 Th 5:30-8:30 p.m. **Ed Pearce**
May 8 - Jun 5 *MC-SW 105*

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

Painting*

Watercolor: Beginning

Paint with the brilliant color and fluid stroke of watercolor while exploring paint, paper and brush techniques. This course covers a variety of subject matter in a supportive atmosphere. Supply list will be sent.

ARTS-735 | 10 sessions | \$225 AGE 60+ | \$225 REG
P03 Th 9 a.m.-12 p.m. **Annie Smith-Piffel**
 Mar 6 – May 15 Bluebird Park – Ellisville
 • NOTE: No class 3/20

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
P01 Th 12:30-3:30 p.m. **Annie Smith-Piffel**
 Mar 6 – May 15 Bluebird Park – Ellisville
 • NOTE: No class 3/20

Watercolor: Winter Snow Scene

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 winter 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
P01 Th 10:30 a.m.-12 p.m. **Artfully Aging**
 Jan 30 WW 309

Watercolor: Valentine Ensemble

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 Valentine 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
P02 F 1:30-3 p.m. **Artfully Aging**
 Feb 14 WW 309

Watercolor: Flower Bouquet

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 floral bouquet watercolor painting to take home at the end of the class. No prior art training is necessary. All supplies provided.

ARTS-735 | 1 session | \$35 AGE 60+ | \$35 REG
P04 T 10:30 a.m.-12 p.m. **Artfully Aging**
 Apr 8 WW 309

Studio Painting: Water-Based Oil & Acrylic

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

ARTS-740 | 5 sessions | \$115 AGE 60+ | \$115 REG
P02 Tu 2-5 p.m. **Mike Ochonicky**
 Feb 11 – Mar 11 MC-SW 106
P03 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 Feb 11 – Mar 11 MC-SW 106
P04 Tu 2-5 p.m. **Mike Ochonicky**
 Apr 1 – Apr 29 MC-SW 106
P05 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 Apr 1 – Apr 29 MC-SW 106
P07 Tu 2-5 p.m. **Mike Ochonicky**
 May 13 – Jun 10 MC-SW 106
P08 Tu 5:45-8:45 p.m. **Mike Ochonicky**
 May 13 – Jun 10 MC-SW 106

Oil or Acrylic Painting

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

ARTS-740 | 6 sessions | \$115 AGE 60+ | \$115 REG
P01 Tu 5:30-8:30 p.m. **Lisa Payne**
 Feb 4 – Mar 11 Online
P06 Tu 5-8 p.m. **Lisa Payne**
 May 13 – Jun 17 WW 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
P01 F 9 a.m.-12 p.m. **Annie Smith-Piffel**
 Mar 7 – May 16 Bluebird Park – Ellisville
 • NOTE: No class 3/21

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
P02 F 12:30-3:30 p.m. **Annie Smith-Piffel**
 Mar 7 – May 16 Bluebird Park – Ellisville
 • NOTE: No class 3/21

Pottery

Wheel Throwing Fundamentals: All Levels

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

ARTS-727 | 8 sessions | \$179 AGE 60+ | \$179 REG
P04 Th 2-4 p.m. **Sarah Rye-Bliss**
 Feb 13 – Apr 10 South Broadway Arts Project
 • NOTE: No class 3/20
P10 Th 2-4 p.m. **Sarah Rye-Bliss**
 Apr 24 – Jun 12 South Broadway Arts Project

In the Potter's Kitchen

In this beginners and all levels pottery class you will 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. Throughout this class you will have lots 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, sugar & creamer set, taco plate, lemon juicer, personal crock, pour-over coffee-crock, egg cups, avocado boat, serving bowls, platters and more! All supplies provided.

ARTS-727 | 8 sessions | \$179 AGE 60+ | \$179 REG
P03 W 2-4 p.m. **Sarah Rye-Bliss**
 Feb 12 – Apr 9 South Broadway Arts Project
 • NOTE: No class 3/19
P09 W 2-4 p.m. **Sarah Rye-Bliss**
 Apr 23 – Jun 11 South Broadway Arts Project

Pottery Fundamentals: All Levels

Discover the basics of pottery and learn all about hand-building and wheel throwing. You will learn how to center, open and pull to make cups, cylinders, and bowls on the pottery wheel, as well as hand-building projects and techniques such as pinch, coil, slab. You will also learn related techniques such as making and attaching handles, trimming, embellishments, surface design, painting and glazing. Classes also include eight extra hours of studio time for independent practice and finish work. All supplies provided.

ARTS-727 | 8 sessions | \$179 AGE 60+ | \$179 REG
P05 Th 11 a.m.-1 p.m. **Sarah Rye-Bliss**
 Feb 13 – Apr 10 South Broadway Arts Project
 • NOTE: No class 3/20
P11 Th 11 a.m.-1 p.m. **Sarah Rye-Bliss**
 Apr 24 – Jun 12 South Broadway Arts Project

Pottery: All Levels

Explore projects in hand-building and wheel throwing, investigating and improving skills with clay. All levels of beginners and advanced students are welcome. Each student should bring an old towel and/or an apron. All other supplies provided.

ARTS-727 | 10 sessions | \$259 AGE 60+ | \$259 REG
P06 Sa 9 a.m.-12 p.m. **Sheow Chang**
 Mar 1 – Jun 7 FV-AC 109
 • NOTE: No class 3/15, 3/22, 4/19, 5/17, 5/24
P07 Sa 1:30-4:30 p.m. **Sheow Chang**
 Mar 1 – Jun 7 FV-AC 109
 • NOTE: No class 3/15, 3/22, 4/19, 5/17, 5/24

ARTS-727 | 12 sessions | \$219 AGE 60+ | \$219 REG
P02 Tu 6-8 p.m. **Carl Behmer**
 Feb 4 – Apr 29 FV-AC 109
 • NOTE: No class 3/18

CRAFTS

Basketry

Basketry: Market

Make a great basket for just about anything! It is approximately 12" x 8" x 8" and has an open weave base. You will learn how to identify the "good" side of the reed and lay out a base, twine, start/stop weaving, applying the rim and lashing to finish it off! All supplies provided.

CRFT-734 | 1 session | \$75 AGE 60+ | \$75 REG
P02 Th 9 a.m.-1 p.m. **Laura Klaus**
Mar 6 MC-CE Classroom

Basketry: Bread or Mail

What can a 14" x 9" x 5" basket be used for? How about bread for any holiday meal or everyday use as a mail catcher! This basket has an open weave base and the handles are part of the basket so there is no worrying about them coming out. Add a few rows of color to customize and make it a perfect fit in any décor. You will learn how to identify the "good" side of the reed and lay out a base, twine, start/stop weaving, applying the rim and lashing to finish it off! All supplies provided.

CRFT-734 | 1 session | \$55 AGE 60+ | \$55 REG
P03 Tu 9 a.m.-12 p.m. **Laura Klaus**
Apr 8 MC-CE Classroom

Basketry: Herb Drying

Create a small but mighty useful basket. The finished size is 14" x 14" x 1" and has small spaces between spokes to keep herbs from falling out as they dry. When not in use, hang it on the wall and decorate it for whatever the season or holiday is near. You will learn how to identify the "good" side of the reed and lay out a base, start/stop weaving, applying the wood hoop as a rim and lashing in place. All supplies provided.

CRFT-734 | 1 session | \$55 AGE 60+ | \$55 REG
P05 Tu 10 a.m.-12 p.m. **Laura Klaus**
Jun 17 MC-CE Classroom



Book Binding

Book Binding: The Basics

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

CRFT-765 | 1 session | \$55 AGE 60+ | \$55 REG
P01 Sa 1-3:30 p.m. **Marie Oberkirsch**
Feb 8 FP-H 107

Book Binding: Pamphlet Stitch

Learn the basics of pamphlet stitch case-in bookbinding. Create a hard cover booklet and learn about stitching, folding, scoring, cutting and tearing paper as well as pasting decorative paper and book cloth to book board to create a small blank book. Materials will be provided and tools will be available for use during class. All supplies provided.

CRFT-765 | 1 session | \$55 AGE 60+ | \$55 REG
P05 Sa 1-3:30 p.m. **Marie Oberkirsch**
Apr 5 FP-HSP 107

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. Supply list will be sent.

CRFT-765 | 1 session | \$55 AGE 60+ | \$55 REG
P02 W 5-8 p.m. **Rhonda Cross**
Feb 12 FV-B 122
P04 Sa 10 a.m.-1 p.m. **Rhonda Cross**
Mar 29 MC-CN 125

Introduction to Cricut® Machines: Level II

Take your crafting to the next level and learn the many features of the Cricut Machine. Explore the basics of paper crafting with the powerful cutting technology and application interface of the Cricut, while focusing on layers, welding, attaching and detaching images, writing and scoring. Bring your own Cricut Explore® or Maker® machines to class as well as an established login to the Cricut Design Space® application. Supply list will be sent.

CRFT-765 | 1 session | \$55 AGE 60+ | \$55 REG
P03 W 5-8 p.m. **Rhonda Cross**
Feb 26 FV-B 122
P06 Sa 10 a.m.-1 p.m. **Rhonda Cross**
Apr 12 MC-CN 125

Floral Arrangement

Japanese Art of Flower Arranging

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

CRFT-744 | 1 session | \$69 AGE 60+ | \$69 REG
P03 Th 5:30-7:30 p.m. **Anne Brown**
Apr 17 MC-CE Classroom
P04 Th 5:30-7:30 p.m. **Anne Brown**
Feb 20 MC-CE Classroom

Spring Fresh Floral Arrangement

Explore the basics of floral arrangement and design with traditional spring colors and themes. Learn florists' tips, tricks and trade secrets that will help you to create beautiful floral arrangements at home. Students are required to bring scissors and/or pruners to class. All other supplies provided.

CRFT-744 | 1 session | \$85 AGE 60+ | \$85 REG
P01 Tu 6-8 p.m. **Kathy Vaughn**
Mar 25 MC-CE Classroom
P02 Tu 6-8 p.m. **Kathy Vaughn**
Apr 15 MC-CE Classroom

Papermaking

Papermaking

Begin by processing a variety of fibers to make Western-style paper. Using a Hollander beater to break down fibers, such as cotton, abaca, and flax, you will explore various methods to form sheets. Moving on from basic sheet forming, we explore pigmentation methods, decorative paper techniques such as watermarks and blowouts, and sculptural paper techniques using overbeaten abaca. All supplies provided.

CRFT-765 | 1 session | \$65 AGE 60+ | \$65 REG
P08 F 9 a.m.-12 p.m. **Craft Alliance**
May 16



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

CRAFTS

Knitting and Crochet*

Knit 101

Learn the basic knitting techniques that will be useful year-round! Dive into how to cast-on, knit and purl, bind-off and correctly weave in ends. Different types of yarn, needles, gauge, simple pattern reading, addressing mistakes and more will also be discussed. Supply list will be sent.

CRFT-720 | 4 sessions | \$65^{AGE 60+} | \$65^{REG}
P01 Th 1:30-3:30 p.m. **Thi Miller**
Jan 30 – Feb 20 *FP-HSP 107*
P05 Th 1:30-3:30 p.m. **Thi Miller**
May 15 – Jun 5 *FP-HSP 107*

Knit 201: Beyond Basics

Now that you know the basic techniques of knitting, it's time to broaden your skills a bit more. Learn about various increases and decreases, lace, cabling, fixing mistakes, and simple pattern reading. Supply list will be sent.

CRFT-722 | 3 sessions | \$55^{AGE 60+} | \$55^{REG}
P02 Tu 1:30-3:30 p.m. **Thi Miller**
May 6 – May 20 *FP-HSP 107*

Be My Valentine: Knitted Hearts & Flowers

Give your loved ones a sweet little knitted gift filled full of love! These knitted hearts and flowers will look fantastic in a simple vase or strung along a banner. Be creative! Supply list will be sent.

CRFT-720 | 3 sessions | \$55^{AGE 60+} | \$55^{REG}
P02 Th 6-8 p.m. **Thi Miller**
Jan 30 – Feb 13 *FP-HSP 107*

Knit Clinic

Get some help with your knitted projects. Bring them to class and our instructor will help you get unstuck and on your way to finally finish your knitted piece. Supply list will be sent.

CRFT-720 | 6 sessions | \$95^{AGE 60+} | \$95^{REG}
P03 Th 6-8 p.m. **Thi Miller**
Mar 27 – May 1 *FP-HSP 110*

Knitted House Socks

Learn how to knit some lovely socks on double pointed needles. Sock knitting is incredibly enjoyable, portable and makes a fantastic gift. Learn all about the construction of a sock so that it can be made to order. Supply list will be sent.

CRFT-720 | 6 sessions | \$95^{AGE 60+} | \$95^{REG}
P04 Th 1:30-3:30 p.m. **Thi Miller**
Mar 27 – May 1 *FP-HSP 107*

Knitted Cabled Hats

Whether it's for yourself or a loved one, these cabled hats are sure to please and impress. Learn to incorporate cables into your knitted projects and various techniques including shaping, working in the round using circulars and double-pointed needles. Supply list will be sent.

CRFT-722 | 5 sessions | \$79^{AGE 60+} | \$79^{REG}
P03 Th 6-8 p.m. **Thi Miller**
May 15 – Jun 12 *FP-HSP 107*

Crochet 101

Dive into the world of crochet by mastering key concepts like hook sizes, yarn weights, and fundamental stitches. By the end of this course, you'll have crafted your very own scarf! Plus, the skills you gain can be applied to larger projects. Supply list will be sent.

CRFT-724 | 2 sessions | \$45^{AGE 60+} | \$45^{REG}
P01 Tu 6-8 p.m. **Kate Sandheinrich**
Jan 28 – Feb 4 *Online*

Brioche Crochet

This advanced crochet colorwork technique uses one or two colors to create a thick ribbed fabric when worked in the round. Learn this variation as well as a more airy flat-worked version. Intermediate crochet skills are required—knowing the chain, single, double, and post crochet stitches, plus changing colors. Supply list will be sent.

CRFT-726 | 2 sessions | \$59^{AGE 60+} | \$59^{REG}
P01 Sa 1-4 p.m. **Dee Levang**
Feb 1 – Feb 8 *MC-SW 105*

Mosaic Crochet

Using advanced crochet colorwork technique, two colors are used to create geometric patterns. You'll learn the various ways to work mosaic crochet: inset, overlay, and interlocking. Understanding pattern charts for mosaic crochet will also be discussed. Basic to intermediate crochet skills are required—knowing the chain, single, and double crochet stitches, plus changing colors. Supply list will be sent.

CRFT-726 | 3 sessions | \$79^{AGE 60+} | \$79^{REG}
P02 Tu 5:30-8:30 p.m. **Dee Levang**
Feb 25 – Mar 11 *MC-SW 105*

Tapestry Crochet

Tapestry crochet is a colorwork technique that involves working with two or more colors in a single row and changing between colors in a designated color pattern. The non-working color is carried within the stitch, creating a fabric that is reversible and has no floats on the back. You'll learn to work tapestry crochet in the round and flat, how to read charts and finishing techniques. Basic crochet skills are required—knowing the chain and single crochet stitches. Supply list will be sent.

CRFT-726 | 3 sessions | \$79^{AGE 60+} | \$79^{REG}
P03 M 5:30-8:30 p.m. **Dee Levang**
Mar 24 – Apr 7 *MC-SW 105*

Stash-Busting Knitted Sweater

Knit a colorful sweater with multiple colors! Use the pattern provided or explore your own creativity. Sweater construction, design and shaping, and measurements for various sizes and body shapes will be covered. Supply list will be sent.

CRFT-722 | 10 sessions | \$155^{AGE 60+} | \$155^{REG}
P01 Tu 6-8 p.m. **Thi Miller**
Mar 25 – May 27 *FP-HealthSci 206*

Textured Crochet Baby Blanket

Babies love grabbing on to their blankets, especially when there are lovely nubs and wee holes for their little fingers to play with. You'll learn and practice several types of textural crochet stitches while creating a baby blanket of sample stitches. Basic to intermediate crochet skills are required—knowing the chain, single, and double crochet stitches, plus changing colors. Supply list will be sent.

CRFT-726 | 4 sessions | \$59^{AGE 60+} | \$59^{REG}
P04 W 6:30-8 p.m. **Dee Levang**
Apr 9 – Apr 30 *MC-SW 105*

Amigurumi for Beginners: Peeps

Explore amigurumi! Dive into the Japanese art of knitting or crocheting adorable, small stuffed yarn creatures. Learn to create your very own charming creature; a peep! While it's designed for those with some crocheting experience, beginners are warmly welcome to join and get started. Supply list will be sent.

CRFT-724 | 2 sessions | \$45^{AGE 60+} | \$45^{REG}
P02 Tu 6-8 p.m. **Kate Sandheinrich**
Apr 1 – Apr 8 *Online*

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!

CRFT-713 | 1 session | \$49^{AGE 60+} | \$49^{REG}
P01 Th 6-7:30 p.m. *Sew Hope*
Mar 13
P03 Sa 10-11:30 a.m. *Sew Hope*
May 17

PJ Pants Workshop

Curious about sewing and eager to create a practical, enjoyable project? This class offers the perfect opportunity to craft a cozy pair of elastic pajama pants. Using a commercial sewing pattern available in sizes S to XXXL, you'll master the techniques needed to bring your comfy creation to life. Please purchase four yards of cotton or flannel fabric and bring to first day of class. All other supplies provided.

CRFT-713 | 1 session | \$65^{AGE 60+} | \$65^{REG}
P02 Sa 10 a.m.-4 p.m. *Sew Hope*
Apr 26

Metalsmithing

Making a Ring and Dish

Journey into the world of ring making and discover the art of crafting a stunning shallow dish with a beautifully decorated edge, all from copper! These hands-on techniques are not just fun and engaging, but also perfect stepping stones into the fascinating realm of metalsmithing. Whether you're a beginner or looking to expand your skills, ignite your passion for creating unique, handcrafted pieces. Closed toed shoes are required. All supplies provided.

CRFT-753 | 1 session | \$65^{AGE 60+} | \$65^{REG}
P01 Th 9 a.m.-12 p.m. *Craft Alliance*
Jan 30

Making a Cuff Bracelet

Dive into the captivating world of copper embellishment and discover innovative techniques to transform plain copper strips into stunning, one-of-a-kind cuff bracelets. Learn how to add texture and stamped patterns that will make your creations truly unique. These hands-on methods are not only fun and creative but also serve as fantastic building blocks for mastering the art of metalsmithing. Whether you're a novice or looking to enhance your skills, spark your imagination and elevate your craftsmanship. Closed toed shoes are required. All supplies provided.

CRFT-753 | 1 session | \$65^{AGE 60+} | \$65^{REG}
P02 Th 9 a.m.-12 p.m. *Craft Alliance*
Feb 13

CULINARY/BEVERAGES

Beverages

The Perfect French Hot Chocolate

Indulge in the luxurious experience of French hot chocolate, a divine treat that's not for the casual chocolate dabbler or the faint of heart. Crafted with rich, dark European chocolate and velvety heavy cream, this recipe is a celebration for true chocolate lovers. Each sip is a journey to a charming French bistro, enveloping your senses in deep, decadent flavors. All supplies provided.

FOOD-765 | 1 session | \$29 AGE 60+ | \$29 REG
P04 Tu 6:30-8:30 p.m. **Donna Mickens**
 Feb 11 Rogers Middle School

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 includes distinguishing and discussing how to prepare different leaf types (e.g. black and green), favored national flavorings and common snack-worthy pairings. Come share a cuppa! All supplies provided.

FOOD-765 | 1 session | \$39 AGE 60+ | \$39 REG
P02 Tu 6-9 p.m. **Gregory Ray**
 Mar 11 MC-SW 207

Uncorked Secrets?

Embark on an exciting journey with our mystery wine classes! Unveil the secrets behind an array of exquisite wines as you engage in a thrilling tasting experience. Learn to identify unique flavor profiles and wine regions while honing your palate with interactive, guided sessions. Perfect for enthusiasts and novices alike, these classes promise an adventurous exploration into the world of wine, where every sip reveals a new mystery! Fee includes light refreshments and wine tastings. Student must be age 21 or older. Check online January 6th when registration opens for each class topic reveal!!

FOOD-760 | 1 session | \$29 AGE 60+ | \$29 REG
P02 Th 6-8 p.m. *Total Wine & More – Brentwood*
 Mar 20
P03 W 6-8 p.m. *Total Wine & More – Brentwood*
 Apr 23
P04 Tu 6-8 p.m. *Total Wine & More – Brentwood*
 May 6
P05 Tu 6-8 p.m. *Total Wine & More – Brentwood*
 Jun 10

Cookie Decorating

Iced and Decorated Sugar Cookies: Valentine

Grab a friend and join us for a Valentine cookie decorating class! You'll learn how to decorate cookies using royal icing from start to finish. Basic decorating techniques will be taught. Perfect for date night or a gathering with friends! Techniques can be applied to any occasion or design. Bring an edged cookie sheet to take home your creations. All other supplies provided.

FOOD-708 | 1 session | \$59 AGE 60+ | \$59 REG
P01 Su 1-4 p.m. **Teri Wiley**
 Feb 2 Culinary Arts House

Iced and Decorated Sugar Cookies: Summer Fun

Excited for summer? Add to the fun by learning to create professional level, decorated cookies with easy to learn techniques. Designed for the beginning baker who is just curious or the advanced level decorator, find out what all the hype is about and build upon your skills! Bring an edged cookie sheet to take home your creations. All other supplies provided.

FOOD-708 | 1 session | \$59 AGE 60+ | \$59 REG
P02 Su 1-4 p.m. **Teri Wiley**
 May 11 Culinary Arts House

Cake Decorating*

Cake Decorating In a Day

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

FOOD-701 | 1 session | \$59 AGE 60+ | \$59 REG
P03 Su 1-4 p.m. **Teri Wiley**
 Mar 2 Culinary Arts House

Cake Decorating for Fun or Profit: Beginning and Intermediate

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

FOOD-701 | 8 sessions | \$205 AGE 60+ | \$205 REG
P01 Tu 6:30-9 p.m. **Carla Soll**
 Feb 25 – Apr 22 FV-PE 204
 • NOTE: No class 3/18
P02 Tu 6:30-9 p.m. **Carla Soll**
 May 6 – Jun 24 MC-CE Classroom

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



CULINARY/BEVERAGES

Meals and Entertaining

Mouth Watering Salad Dressings and Dipping Sauces

Elevate your meals with a burst of flavor that's not only mouth watering but also incredibly healthy. All these recipes are homemade, no hidden preservatives, no added sugars—just pure, wholesome ingredients that will have your taste buds dancing with delight. Let's discover how simple it is to make your own delectable dressings and sauces. All supplies provided, bring take-home container. Bring a notebook and pen.

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

P03 Su 1-3 p.m. **Zana Scott**
Apr 27 Culinary Arts House

Savory Vegan Cheese Sauces

Craving something rich and creamy but still healthy? Join us to learn how to make mouthwatering, savory vegan cheese sauces that are so good, you won't believe they're plant-based. These easy-to-make recipes are perfect for drizzling over your favorite dishes or dipping with your go to chips and veggies. Indulge in flavors that are as good for you as they are delicious! All supplies provided, bring take-home container. Bring a notebook and pen.

FOOD-726 | 1 session | \$75^{AGE 60+} | \$75^{REG}

P01 Su 1-3 p.m. **Zana Scott**
May 18 Culinary Arts House

Moroccan Cooking for Two

Embark on a flavorful adventure! Join us for a hands-on, couples-only culinary journey to Morocco, where you'll learn to create authentic meat and vegetable tajines, fresh salads, and traditional Moroccan mint tea. Discover the unique blend of herbs and spices that make this cuisine so irresistible. Developed by a Moroccan-American couple, this class is designed to inspire delicious memories and deepen your connection over shared flavors. Each participant must register. All supplies provided.

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

P05 Sa 4-7 p.m. **Lisa Payne**
Jun 7 Thomas Dunn Learning Center

Lavender Lover's Culinary Workshop

Dive into the art and science of infusing aromatic lavender buds into delightful dishes. This hands-on workshop features tastings of historic baked goods, fragrant teas, and delectable scones. Plus, unleash your creativity by crafting your own signature spice blend to take home. Join us for a fragrant journey that will elevate your culinary repertoire! All supplies provided.

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

P06 Sa 1-3 p.m. **Penelope Woodhouse**
Jun 7 Botanical Tea Room

Eat Your Flowers!

Discover the delightful world of edible flowers and transform your special occasion menus into vibrant masterpieces. In this hands-on workshop, you'll learn creative techniques for incorporating flowers into your dishes, perfect for garden parties, picnics, and celebrations. Enjoy tastings of your floral creations and let your culinary imagination blossom! All supplies provided.

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

P07 Sa 11 a.m.-1 p.m. **Penelope Woodhouse**
May 10 Botanical Tea Room

Pasta Party

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

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

P08 Su 1-4 p.m. **Teri Wiley**
Mar 30 Thomas Dunn Learning Center

P09 Su 1-4 p.m. **Teri Wiley**
Jun 1 Thomas Dunn Learning Center

Tamales

Join us for a hands-on tamales cooking class where you'll learn the art of crafting these delicious Mexican delicacies from scratch! Discover the secrets of masa preparation, flavorful fillings, and perfect folding techniques as you create your own culinary creation. Get ready to spice up your kitchen with authentic flavors! All supplies provided.

FOOD-734 | 1 session | \$49^{AGE 60+} | \$49^{REG}

P01 Su 1-4 p.m. **Teri Wiley**
Apr 20 Thomas Dunn Learning Center

The Art and Science of Instant Pot

The Instant Pot combines functions, making it a substitute for a number of kitchen appliances. Learn the principles beyond the Instant Pot, its range of features and formulas for adapting new recipes, including what types of dishes work best. Then, move beyond the basics with an exploration of its less obvious creative uses including infusing your own vanilla extract, making wine from store-bought juice and even starting seeds for planting.

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

P01 Tu 6-9 p.m. **Gregory Ray**
Mar 25 MC-SW 105

Summer Salad Sensations

Brighten up your summer picnics, lunches, and dinner parties with colorful, healthy salads that are quick and easy to prepare! Enjoy the delightful flavors of a classic nicoise salad featuring grilled ahi tuna, a refreshing fattoush with grilled eggplant, pita, fresh veggies, zesty Peruvian causa, and a chilled sesame noodle salad. These versatile dishes will keep you out of the kitchen and enjoying the sunshine! All supplies provided.

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

P10 Sa 10 a.m.-1 p.m. **Prabha Pergadia**
Apr 5 Culinary Arts House

Home Wine Making for Beginners: Demonstration-Based

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

FOOD-760 | 1 session | \$59^{AGE 60+} | \$59^{REG}

P01 Th 6-9 p.m. **Beth Hoeltke**
Feb 27 Rogers Middle School

Eating With Your Eyes

Enjoy an evening meal starting with an appetizer or first course (soup or salad), followed by the entree and finally dessert. Together we will create a three course meal using color, texture and taste. You will receive tips and tricks of the culinary trade to showcase the presentation of food and enjoy the meal together. All supplies provided, bring take-home container.

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

P01 Th 6-9 p.m. **Beth Hoeltke**
Mar 12 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, learn 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. All supplies provided.

FOOD-765 | 1 session | \$65^{AGE 60+} | \$65^{REG}

P11 Tu 6-9 p.m. **Michelle Melton**
Mar 4 Rogers Middle School

Winter Holiday Dinner with Bacon

Prepare and enjoy a gourmet winter holiday-themed dinner with a bacon-heavy menu. Recipes will include bacon wrapped asparagus, sautéed bacon marsala brussels sprouts, twice baked potato casserole, fruit-stuffed pork tenderloin with apple port sauce, dessert (without bacon in it), and more. We will also discuss tips for successfully incorporating these recipes into your holiday planning. All supplies provided.

FOOD-765 | 1 session | \$65^{AGE 60+} | \$65^{REG}

P12 W 6-9 p.m. **Michelle Melton**
Feb 12 Rogers Middle School

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}

P13 Tu 6-9:30 p.m. **Michelle Melton**
Jan 28 Rogers Middle School

Japanese Fusion Dinner

Learn how to make some of your Asian take-out favorites in this hands-on buffet-style cooking class. Menu will include Japanese onion soup, authentic pork pot stickers, Chinese green beans, chicken yaki udon, and more. Come hungry! All supplies provided, bring take-home container.

FOOD-765 | 1 session | \$65^{AGE 60+} | \$65^{REG}

P14 Tu 6-9 p.m. **Michelle Melton**
Apr 15 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 | \$95^{AGE 60+} | \$95^{REG}

P01 Tu 6-9:30 p.m. **Michelle Melton**
Mar 25 Rogers Middle School

DANCE

Ballroom

Ballroom Dance: Beginning

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

DANC-720 | 8 sessions | \$79^{AGE 60+} | \$79^{REG}
P01 M 6:30-7:50 p.m. **Karen Merlin**
 Feb 3 – Apr 14 Bluebird Park – Ellisville
 • NOTE: No class 2/17, 3/17, 4/7

Cardio Dance

Fit Hip Hop

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

DANC-719 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}
P01 W 5:45-6:30 p.m. **St. Lou Dance Crew**
 May 7 – May 28 Fitness Studio

Break Dance: Beginning

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

DANC-719 | 6 sessions | \$105^{AGE 60+} | \$105^{REG}
P02 W 7:15-8 p.m. **St. Lou Dance Crew**
 Jan 29 – Mar 5 Fitness Studio

Dance Workout

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

DANC-718 | 6 sessions | \$105^{AGE 60+} | \$105^{REG}
P01 Th 7-7:45 p.m. **St. Lou Dance Crew**
 Apr 3 – May 8 Fitness Studio



Latin Dance

Latin Dance

Swivelling hips and a sinuous rib cage characterize Latin dance. In this introductory course, which gives a foundation of movement for students who have had little or no dance experience, 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. No experience required.

DANC-725 | 8 sessions | \$109^{AGE 60+} | \$109^{REG}
P04 Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
 Feb 4 – Apr 1 First Unity Church of St. Louis
 • NOTE: No class 3/18
P05 Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
 Apr 17 – Jun 5 First Unity Church of St. Louis

Salsa, Merengue & Bachata

Join us for an exciting Latin dance experience, perfect for singles and couples alike! In this class, you'll learn the lively rhythms of salsa, bachata, and merengue. Discover the unique styles and techniques of each dance while having fun and meeting new friends. Whether you're a beginner or looking to enhance your skills, this class will get you moving on the dance floor with confidence and flair! Couples and singles welcome. Each participant must register.

DANC-725 | 6 sessions | \$105^{AGE 60+} | \$105^{REG}
P02 W 6:30-7:15 p.m. **St. Lou Dance Crew**
 Jan 29 – Mar 5 Fitness Studio

DANC-725 | 10 sessions | \$145^{AGE 60+} | \$145^{REG}

P03 W 6:30-7:15 p.m. **St. Lou Dance Crew**
 Apr 2 – Jun 4 Fitness Studio

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}
P01 Th 7:30-8:30 p.m. **Karen Merlin**
 Feb 6 – Apr 3 Bluebird Park – Ellisville
 • NOTE: No class 3/20

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}
P01 M 7-8 p.m. **Sandy Derickson**
 Jan 27 – Mar 31 Episcopal Church of the Advent
 • NOTE: No class 2/17, 3/17
P02 M 7-8 p.m. **Sandy Derickson**
 Apr 21 – Jun 16 Episcopal Church of the Advent
 • NOTE: No class 5/26

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}
P08 Tu 6:15-7:15 p.m. **Karen Merlin**
 Feb 4 – Apr 1 Bluebird Park – Ellisville
 • NOTE: No class 3/18

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}
P09 Tu 7:30-8:30 p.m. **Karen Merlin**
 Feb 4 – Apr 1 Bluebird Park – Ellisville
 • NOTE: No class 3/18

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}
P07 W 10:30-11:30 a.m. **Karen Merlin**
 Feb 5 – Apr 2 Bluebird Park – Ellisville
 • NOTE: No class 3/19

Line Dance: 55+

Studies show line dancing can help improve balance, coordination, memory and improve mobility. You'll love the music and the steps are easy to learn. The classes will teach authentic line dance terminology and will build from one class to the next building your endurance and memorization skills. This 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}
P04 Th 11 a.m.-12 p.m. **Sandy Derickson**
 Apr 17 – Jun 5 MC-PE East Lobby
P06 F 1-2 p.m. **Sandy Derickson**
 Apr 18 – Jun 13 MC-PE East Lobby
 • NOTE: No class 4/25

DANCE

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 recommended. Couples only. Each participant must register.

- DANC-728** | 8 sessions | \$109^{AGE 60+} | \$109^{REG}
P04 W 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 5 - Apr 2 First Unity Church of St. Louis
 • NOTE: No class 3/19
- P07** Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Apr 15 - Jun 3 First Unity Church of St. Louis

Easy Social Dance

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}
P02 M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 3 - Apr 7 First Unity Church of St. Louis
 • NOTE: No class 2/17, 3/17
- P03** Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 6 - Apr 3 First Unity Church of St. Louis
 • NOTE: No class 3/20
- P05** W 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Apr 16 - Jun 4 First Unity Church of St. Louis
- P06** M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 21 - Jun 16 First Unity Church of St. Louis
 • NOTE: No class 5/26

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}
P01 Th 6-7:20 p.m. **Karen Merlin**
Feb 6 - Apr 3 Bluebird Park - Ellisville
 • NOTE: No class 3/20

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 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}
P01 M 8-9 p.m. **Karen Merlin**
Feb 3 - Apr 14 Bluebird Park - Ellisville
 • NOTE: No class 2/17, 3/17, 4/7

East Coast Swing

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

- DANC-738** | 8 sessions | \$109^{AGE 60+} | \$109^{REG}
P04 Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 4 - Apr 1 First Unity Church of St. Louis
 • NOTE: No class 3/18
- P05** W 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 5 - Apr 2 First Unity Church of St. Louis
 • NOTE: No class 3/19
- P08** Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 15 - Jun 3 First Unity Church of St. Louis
- P09** Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 17 - Jun 5 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}
P02 M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Feb 3 - Apr 7 First Unity Church of St. Louis
 • NOTE: No class 2/17, 3/17.
- P03** Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Feb 6 - Apr 3 First Unity Church of St. Louis
 • NOTE: No class 3/20
- P06** W 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**
Apr 16 - Jun 4 First Unity Church of St. Louis
- P07** M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**
Apr 21 - Jun 16 First Unity Church of St. Louis
 • NOTE: No class 5/26

Tap

Tap for Adults

Explore the art of rhythm tap with a focus on musicality! This stylized version of tap dance emphasizes creativity and expression, allowing you to enhance your skills while enjoying the vibrant energy of the dance. Perfect for all levels, this class will help you groove to the beat and develop your unique tap style! Tap shoes are required.

- DANC-707** | 6 sessions | \$105^{AGE 60+} | \$105^{REG}
P02 Tu 7:45-8:30 p.m.
Jan 28 - Mar 4 St. Lou Dance Crew Fitness Studio

- DANC-707** | 10 sessions | \$145^{AGE 60+} | \$145^{REG}
P03 Tu 7:45-8:30 p.m.
Apr 1 - Jun 3 St. Lou Dance Crew Fitness Studio

Tap: Beginner and Intermediate

Practice basic tap steps and tap combinations. Develop your sense of movement while practicing basic rhythm tap techniques in this fun way to exercise! Purchase tap shoes after first class.

- DANC-707** | 8 sessions | \$59^{AGE 60+} | \$59^{REG}
P01 Tu 9-9:50 a.m. **Theresa Daniels**
Jan 28 - Mar 25 MC-PE East Lobby
 • NOTE: No class 3/18



MUSIC

World Rhythms

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

MUSC-765 | 8 sessions | \$109^{AGE 60+} | \$109^{REG}
P01 Sa 10 - 11 a.m. "Samba Rick" Kramer
Mar 29 - May 17 MC-HW 102

Harmonica

Harmonica: Beginner

The harmonica is fun and easy to learn. In just three sessions, learn to play many simple songs. The ability to read music is not required. Fee includes a student guide/songbook and a ten-hole diatonic harmonica in the key of C.

MUSC-720 | 3 sessions | \$45^{AGE 60+} | \$45^{REG}
P01 W 6:30-7:30 p.m. Gateway Harmonica Club
Feb 5 - Feb 19 MC-SO 109
P02 W 6-7 p.m. Gateway Harmonica Club
Feb 26 - Mar 12 FP-E 212
P04 Th 6:30-7:30 p.m. Gateway Harmonica Club
May 1 - May 15 STLCC-SoCo 122
P05 M 6:30-7:30 p.m. Gateway Harmonica Club
Jun 2 - Jun 16 MC-SO 109

Chromatic Harmonica: Beginner

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

MUSC-720 | 3 sessions | \$45^{AGE 60+} | \$45^{REG}
P03 Th 6:30-7:30 p.m. Gateway Harmonica Club
Apr 3 - Apr 17 MC-SO 109

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 | 6 sessions | \$105^{AGE 60+} | \$105^{REG}
P01 M 6:30-8:30 p.m. Kevin Renick
Feb 24 - Apr 7 MC-HE 123
• NOTE: No class 3/17

Guitar*

Fingerpicking for Guitar

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

MUSC-705 | 8 sessions | \$99^{AGE 60+} | \$99^{REG}
P02 Tu 7-8:30 p.m. Jim Renick
Feb 11 - Apr 8 MC-HW 102
• NOTE: No class 3/18

Guitar: Beginner I

If you've never played guitar and have no music background, this is your opportunity to learn. Play first position and open position chords, simple scales, melodies and right hand strumming techniques. Gain an introduction to tablature, guitar notation and tuning. You must provide own acoustic guitar and an extra set of strings. See on-line course description for textbook information.

MUSC-705 | 3 sessions | \$39^{AGE 60+} | \$39^{REG}
P04 M 8-9 p.m. Christina Springer
Jun 2 - Jun 16 Online

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. Students must provide their own acoustic guitar and extra set of strings.

MUSC-705 | 8 sessions | \$99^{AGE 60+} | \$99^{REG}
P03 W 7-8:30 p.m. Jim Renick
Feb 12 - Apr 9 MC-HW 102
• NOTE: No class 3/19

Guitar: Beginner II

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

MUSC-707 | 8 sessions | \$99^{AGE 60+} | \$99^{REG}
P01 W 7-8:30 p.m. Jim Renick
Apr 23 - Jun 11 MC-HW 102

Ukulele

Fun With The Ukulele: Part II

A continuation of Fun With The Ukulele: Part I. You'll cover previous instruction along with new topics and techniques. A ukulele will be provided, free of charge, by the instructor for the duration of class. Comprehensive class notes will also be provided.

MUSC-705 | 8 sessions | \$129^{AGE 60+} | \$129^{REG}
P01 Tu 6:30 - 8:30 p.m. Karl Markl
Jan 28 - Mar 25 STLCC-SoCo 100
• NOTE: No class 3/18

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

Piano*

Piano: Beginner

Learn the letter names of notes and where they are on the keyboard. Play simple chords to accompany melodies. Learn easy rhythm patterns and pedaling. See on-line course description for textbook information.

MUSC-710 | 19 sessions | \$155^{AGE 60+} | \$155^{REG}
P01 Tu 12-12:55 p.m. Cherly Conley
Jan 28 - Jun 10 MC-HE 127

• NOTE: No class 3/18
MUSC-710 | 3 sessions | \$39^{AGE 60+} | \$39^{REG}
P02 M 6:45-7:45 p.m. Christina Springer
Jun 2 - Jun 19 Online

Piano: Advanced Beginner

Learn more advanced rhythms. Examine dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Play songs (in major keys), including some pop music. A review at the course's beginning is provided as needed. See on-line course description for textbook information.

MUSC-711 | 19 sessions | \$155^{AGE 60+} | \$155^{REG}
P01 Tu 1-1:55 p.m. Cherly Conley
Jan 28 - Jun 10 MC-HE 127
• NOTE: No class 3/18

Piano: Intermediate I

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

MUSC-712 | 19 sessions | \$155^{AGE 60+} | \$155^{REG}
P01 Tu 2-2:55 p.m. Cherly Conley
Jan 28 - Jun 10 MC-HE 127
• NOTE: No class 3/18

Piano: Intermediate II

Continue to explore minor chords and songs in minor keys while practicing chromatic scales, inverted chords, more advanced pedal study and pop songs. This class is for students that understand the basics of Intermediate I and want to continue exploring and strengthening skills. See on-line course description for textbook information.

MUSC-712 | 19 sessions | \$155^{AGE 60+} | \$155^{REG}
P02 Th 12-12:55 p.m. Cherly Conley
Jan 30 - Jun 12 MC-HE 127
• NOTE: No class 3/20

Piano: Advanced I

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

MUSC-713 | 19 sessions | \$155^{AGE 60+} | \$155^{REG}
P01 Th 1-1:55 p.m. Cherly Conley
Jan 30 - Jun 12 MC-HE 127
• NOTE: No class 3/20

Piano: Advanced II

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

MUSC-713 | 19 sessions | \$155^{AGE 60+} | \$155^{REG}
P02 Th 2-2:55 p.m. Cherly Conley
Jan 30 - Jun 12 MC-HE 127
• NOTE: No class 3/20

MUSIC

Choir, Band and Orchestra

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 132 650 (CRN 11041). Auditions for seating purposes only. Contact the Director of Instrumental Studies at 314-984-7636 or gunnerstall1@stlcc.edu with questions.

MUSC-714 | 14 sessions | \$39^{AGE 60+} | \$39^{REG}
P01 M 7-9:40 p.m. James Nancy
Jan 27 – May 12 MC-HW 102
• NOTE: No class 2/17, 3/17

Meramec Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 11042). Auditions for seating purposes only. Contact the conductor at 314-984-7636 or gunnerstall1@stlcc.edu with questions

MUSC-716 | 16 sessions | \$39^{AGE 60+} | \$39^{REG}
P01 Th 7-9:40 p.m. Grant Unnerstall
Jan 23 – May 15 MC-HW 102
• NOTE: No class 3/20

Meramec Concert Choir

Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 601 (CRN 10704). 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}
P01 Tu, Th 12:30-1:50 p.m. Gerald Myers
Jan 21 – May 15 MC-HW 102
• NOTE: No class 3/18, 3/20

Music Collection

Vinyl Collecting

Dive into the world of vinyl with a comprehensive course on collecting records. Whether you're a newbie or a seasoned collector, this class will guide you through the essentials of starting your collection, finding those must-have records, and understanding their value. Learn the best places to buy and sell vinyl and gain insights into the market trends. Join us and discover why vinyl is back in vogue, and how you can build a collection that spins with style and substance.

MUSC-765 | 1 session | \$29^{AGE 60+} | \$29^{REG}
P02 F 6:30-8:30 p.m. Jordan Oakes
May 23 FP-W 124

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 back up 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}
P03 Tu 6-9 p.m. Gregory Ray
Feb 25 MC-HE 233

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}
P01 Tu 6-9 p.m. Gregory Ray
Feb 18 STLCC-Corp 207
P02 Tu 6-9 p.m. Gregory Ray
Jun 3 MC-SW 105

Introduction to Photography

Designed to introduce the fundamentals of photography, including the exposure triangle, depth of field and compositional rules. Work to build your confidence in camera operation, as well as, how to boost your creativity. Requirements: interchangeable-lens camera and memory card.

PHOT-720 | 5 sessions | \$95^{AGE 60+} | \$95^{REG}
P05 Tu 6-8 p.m. Jason Gray
Jan 28 – Feb 25 FP-W 217

Intermediate Photography

Focus on continuing and expanding creative photography techniques. Get introduced to lighting techniques and develop your abilities to articulate meaning with your work. Requirements: interchangeable-lens camera and memory card.

PHOT-721 | 5 sessions | \$95^{AGE 60+} | \$95^{REG}
P01 Tu 6-8 p.m. Jason Gray
Mar 4 – Apr 8 FP-W 319
• NOTE: No class 3/18

Advanced Photography

Structured to prepare you for stepping beyond the classroom in photography. You'll fulfill assignments designed to mirror potential client work and be introduced to aspects of building a presence as a photographer. Requirements: interchangeable-lens camera and memory card.

PHOT-722 | 5 sessions | \$95^{AGE 60+} | \$95^{REG}
P02 Tu 6-8 p.m. Jason Gray
Apr 15 – May 13 FP-W 322

Unlock Your Photography Potential

Discover the art of photography with a hands-on approach that covers camera settings, composition, and lighting. Experiment with different perspectives and learn to use both natural and artificial light effectively. Receive personalized feedback and practical tips to enhance your skills and capture stunning images. Perfect for beginners with any camera, this class will equip you with the tools to create compelling photographs and continue growing as a photographer. Requirements: bring camera of choice.

PHOT-720 | 5 sessions | \$85^{AGE 60+} | \$85^{REG}
P04 Sa 10 a.m.-12 p.m. Jim Fuller
Mar 29 – Apr 26 MC-SW 105

Master Your Craft

Designed for experienced photographers ready to push their skills further. Explore advanced techniques in composition, lighting, and post-processing while experimenting with creative approaches and technologies. Engage in hands-on sessions and receive personalized feedback to refine your technical skills and develop a unique photographic style. By the end, you'll have a deeper understanding of advanced principles and a portfolio showcasing your enhanced skills and creative vision. Requirements: bring camera of choice.

PHOT-722 | 5 sessions | \$85^{AGE 60+} | \$85^{REG}
P01 Sa 10 a.m.-12 p.m. Jim Fuller
May 10 – Jun 14 MC-SW 105
• NOTE: No class 5/24



DIGITAL
PHOTOGRAPHY
ESSENTIALS PROGRAM

stlcc.edu/PhotoEssentials

Exploration

Digital Storytelling: How To Create A Photo Essay

Discover the art of digital storytelling in this engaging course where you'll blend the power of photography with compelling written narratives. You'll learn key photography techniques, explore the principles of digital storytelling and become familiar with various digital media tools and platforms. Each session will cover essential topics including composition, lighting, creative writing, photo editing and effective presentation. You'll develop and refine a portfolio of images paired with a narrative text. Ideal for those interested in enhancing their storytelling skills through digital media. Requirements: basic photography skills and create a free Canva account.

PHOT-731 | 4 sessions | \$85^{AGE 60+} | \$85^{REG}

- P01** Tu 6:30-8:30 p.m. **Jeffrey Wetherill**
Mar 25 - Apr 15 *MC-HE 233*
- P02** Th 6:30-8:30 p.m. **Jeffrey Wetherill**
Mar 27 - Apr 17 *STLCC-Corp 208*

The Photographic Series

Explore the different types of series that photographers produce for commercial work and as artists. Gain insights into how to sequence images and develop an understanding in how to use the unique attributes of photography to communicate the stories you wish to share. Requirements: interchangeable-lens camera and memory card.

PHOT-765 | 5 sessions | \$95^{AGE 60+} | \$95^{REG}

- P01** Sa 10 a.m.-12 p.m. **Jason Gray**
Feb 1 - Mar 8 *Online*
- NOTE: No class 3/15
- P02** Sa 10 a.m.-12 p.m. **Jason Gray**
Mar 29 - Apr 26 *Online*
- P03** Sa 10 a.m.-12 p.m. **Jason Gray**
May 3 - Jun 7 *Online*
- NOTE: No class 5/24

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}

- P04** Sa 10:30 a.m.-12 p.m. **Stephanie Thurmer**
Feb 1 - Feb 22 *Online*
- NOTE: No class 2/15



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 | \$125^{AGE 60+} | \$125^{REG}

- P06** Tu 6:30-9 p.m. **John Kerans**
Feb 4 - Mar 4 *Online*
- P07** M 6:30-9 p.m. **John Kerans**
May 5 - Jun 9 *Online*
- NOTE: No class 5/26
- P08** Tu 6:30-9 p.m. **Gary Hesse**
Jan 28 - Feb 25 *STLCC-Corp 209*
- P09** Th 6:30-9 p.m. **Gary Hesse**
Jan 30-Feb 27 *MC-SW 207*
- P10** W 6:30-9 p.m. **Gary Hesse**
Apr 2 - Apr 30 *MC-SO 205*
- P11** W 6:30-9 p.m. **Gary Hesse**
May 21 - Jun 18 *MC-SW 105*

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 | \$125^{AGE 60+} | \$125^{REG}

- P02** M 6:30-9 p.m. **John Kerans**
Mar 10 - Apr 14 *Online*
- NOTE: No class 3/17
- P03** Tu 6:30-9 p.m. **Gary Hesse**
Mar 25 - Apr 22 *STLCC-Corp 207*
- P04** Th 6:30-9 p.m. **Gary Hesse**
Mar 27 - Apr 24 *MC-SW 105*

Digital Photography: Advanced

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

PHOT-722 | 5 sessions | \$125^{AGE 60+} | \$125^{REG}

- P03** Tu 6:30-9 p.m. **John Kerans**
Apr 22 - May 20 *Online*
- P04** Tu 6:30-9 p.m. **Gary Hesse**
May 6 - Jun 3 *STLCC-Corp 207*
- P05** Th 6:30-9 p.m. **Gary Hesse**
May 8 - Jun 5 *MC-SW 207*

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 | \$119^{AGE 60+} | \$119^{REG}

- P02** Sa 9 a.m.-12 p.m. **Gary Hesse**
Apr 12 - May 3 *MC-SW 106*

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 | \$119^{AGE 60+} | \$119^{REG}

- P01** Sa 9 a.m.-12 p.m. **Gary Hesse**
May 17 - Jun 14 *MC-SW 106*
- NOTE: No class 5/24

Portrait Photography

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

PHOT-710 | 5 sessions | \$125^{AGE 60+} | \$125^{REG}

- P01** Th 6:30-9 p.m. **John Kerans**
May 1 - May 29 *Online*

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 | \$139^{AGE 60+} | \$139^{REG}

- P01** F 6-8:30 p.m. **Cheryl Petrovic**
Jan 31 - Mar 28 *FP-W 415*
- NOTE: No class 2/14, 3/14, 3/21

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 | \$139^{AGE 60+} | \$139^{REG}

- P02** F 6-8:30 p.m. **Cheryl Petrovic**
Apr 4 - May 16 *FP-W 415*
- NOTE: No class 4/11

THEATER/FILM

Understanding Film

Ever wished you could dig a little deeper into the movie you just saw? Each week, watch a classic or newer movie with the class, then join the discussion about a different aspect of filmmaking and film language. Expand your knowledge of important movies and develop the skills to really appreciate films and how they work.

THTR-765 | 4 sessions | \$70^{AGE 60+} | \$105^{REG}
P08 W 6-9 p.m. **Adam Sydney**
 May 21 - Jun 11 *FP-W 117*

Bond, James Bond: A Cinematic Journey

Dive into the world of espionage and adventure with our James Bond film series. Enjoy screenings of three to four iconic James Bond movies from before the turn of the century. After viewing, discover interesting trivia and lesser-known fun facts about the films. Engage in lively discussion and share your thoughts and insights on the movies

THTR-765 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P10 F 6-9 p.m. **Jordan Oakes**
 Apr 4 - Apr 25 *FP-W 124*

Acting for the Camera

Join a specialized program that focuses on developing your skills for film and television. You will learn on-camera techniques, including framing, blocking and conveying organic performances. Through scene work and script analysis gain practical experience in front of the camera, honing your ability to deliver compelling and authentic performances tailored for on-screen success. All levels welcome!

THTR-701 | 4 sessions | \$43^{AGE 60+} | \$65^{REG}
P01 W 6-8 p.m. **Anne Sheahan**
 Mar 26 - Apr 16 *MC-SO 111*

Voice Acting

You will be introduced to the fundamental principles of voiceover acting, including solo and group performance, script analysis, character analysis, and vocal techniques. You will explore how to set up a home studio and learn about the essential equipment needed to create a professional recording space at home. Through practical exercises and in-depth discussions, you will develop the skills necessary to excel in the voiceover industry. All levels welcome!

THTR-765 | 4 sessions | \$43^{AGE 60+} | \$65^{REG}
P07 W 6-8 p.m. **Anne Sheahan**
 May 7 - May 28 *STLCC- SoCo 204*

Improvisational 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!" to begin enjoying the art of improvisational acting!

THTR-707 | 4 sessions | \$38^{AGE 60+} | \$65^{REG}
P01 Sa 12:30-2:30 p.m. **Brian Rolf**
 Feb 1 - Mar 1 *FP-T 147*

• NOTE: No class 2/15
P02 Sa 12:30-2:30 p.m. **Brian Rolf**
 Mar 29 - Apr 19 *MC-T 112*

P04 Th 11 a.m.-1 p.m. **Brian Rolf**
 May 3 - May 31 *WW 204*
 • NOTE: No class 5/24

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. The class is 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 | \$38^{AGE 60+} | \$65^{REG}
P09 Sa 10 a.m.-12 p.m. **Brian Rolf**
 Mar 29 - Apr 19 *MC-T 112*

Scene Painting for the Stage

The role of a scenic artist is crucial to the execution of a well designed theatre production. You will learn how this role interacts with the Scenic Designer and the rest of the technical ensemble. Explore the basics of painting scenery for a stage play by using a variety of scene painting tools and, after demonstration, have the opportunity to execute techniques to recreate the look of wood, foliage, marble, stone, brickwork, and the basics of light, shade, and shadow. This is a very "hands on class", so put on your paint duds!

THTR-765 | 4 sessions | \$40.50^{AGE 60+} | \$69^{REG}
P05 Sa 9:30-11:30 a.m. **Rick Willmore**
 Apr 26 - May 31 *MC-T 133*

• NOTE: No class 5/3 and 5/24

Screenwriting

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. Review the basics, then learn the many elements of craft and storytelling that communicate to a reader that you're not an 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 | \$70^{AGE 60+} | \$105^{REG}
P01 W 6-9 p.m. **Adam Sydney**
 Jan 29 - Feb 19 *FP-W 117*

Screenwriting: Crash Course for Beginners

Are you curious about how a story goes from idea to page to screen? Join in a quick introduction to TV and film screenwriting. Learn the keys to watching shows and reading scripts like a professional critiquing the narrative, visual, and aural elements of story. Gain a basic understanding of the three-act structure and come away prepared to write scripts with interesting characters, compelling plots, and universal themes.

THTR-765 | 1 session | \$19.50^{AGE 60+} | \$29^{REG}
P02 Sa 10 a.m.-1 p.m. **Rita Russell**
 Feb 22 *FV-TC 207*

Screenwriting: How to Write a Really Good Rom-Com

Do you have a terrific idea for a film or TV romantic comedy but don't know how to write it? Examine classic and contemporary rom-coms and discuss what it takes to craft a fresh and funny story that audiences will fall in love with. Learn how to expand your idea into a solid outline with a plot, theme, and set of characters that will have audiences charmed at "hello".

THTR-765 | 1 session | \$19.50^{AGE 60+} | \$29^{REG}
P03 Sa 10 a.m.-1 p.m. **Rita Russell**
 Mar 8 *FV-TC 207*

Screenwriting: Creating the Beat Sheet

Writing a screenplay can seem like a Herculean task if you don't know where to start, where you're going, or how to build a satisfying ending. With the help of a beat sheet/outline, learn to identify the major action and emotional points of your script and organize your scenes into strong sequences and acts that stay on track. A critical examination of beat sheets for some well-known films will assist you in developing your own.

THTR-765 | 2 sessions | \$30^{AGE 60+} | \$49^{REG}
P04 Sa 10 a.m.-1 p.m. **Rita Russell**
 Apr 5 - Apr 12 *FV-SS 104*

Screenwriting: Revising the Beginning

Designed for writers who have completed Act 1 of a screenplay, this 6-week workshop guides you in revising your script's beginning to make sure it's on solid ground. Explore the best way to set up the crucial first ten pages and build dramatic tension through the end of Act 1. Each writer will share and discuss up to 30 pages of their screenplay and receive constructive feedback from the instructor and class regarding tone, story, plot, characters, and dialogue.

THTR-765 | 6 sessions | \$57^{AGE 60+} | \$95^{REG}
P06 Sa 10 a.m.-12 p.m. **Rita Russell**
 Apr 26 - Jun 7 *FV-SS 105*

• NOTE: No class 5/24



WRITING

Storytelling

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 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P07 M 6:30-9:30 p.m. **Jordan Oakes**
Apr 28 – May 19 *Online*

Creative Writing

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

WRIT-701 | 4 sessions | \$47^{AGE 60+} | \$69^{REG}
P04 W 6-8 p.m. **Adam Sydney**
Mar 12 – Apr 9 *FP-W 125*
• NOTE: No class 3/19

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, and 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}
P02 Th 6-8 p.m. **Adam Sydney**
Jan 30 – Feb 20 *FP-W 125*

Creative Nonfiction

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

WRIT-701 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P08 Th 6:30-9:30 p.m. **Jordan Oakes**
May 8 – May 29 *Online*

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-701 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P03 Th 6-9 p.m. **Jordan Oakes**
Feb 20 – Mar 13 *FP-W 216*

How to Write a Twist Ending

Master the art of the unexpected with our course on 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. Join us and 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}
P05 M 6-9 p.m. **Jordan Oakes**
Mar 24 – Apr 14 *FP-W 124*

Flash Non-Fiction

Sometimes less is more. Learn the art of expressing yourself in under 1,000 words. Learn from the works of other writers and receive helpful feedback from your peers in writing workshops. Bring a notebook, writing utensils and/or a personal laptop.

WRIT-701 | 6 sessions | \$61^{AGE 60+} | \$85^{REG}
P06 Sa 9:30-11:30 a.m. **Margaret Graves**
Mar 29 – May 3 *FV-SM 125*

Creative Nonfiction: Lyric and Personal Essays

Learn about the art of writing lyric and personal essays through reading analyses and discussion. Show off your creativity and hone your writing skills in cooperative writing workshops. Bring a notebook, writing utensils and/or a personal laptop.

WRIT-701 | 6 sessions | \$61^{AGE 60+} | \$85^{REG}
P01 W 6:30-8:30 p.m. **Margaret Graves**
Jan 29 – Mar 5 *FV-SM 125*

Therapeutic Writing

Unlock the power of your emotions through the art of writing. You'll explore how to express your feelings in a way that is both healing and cathartic. Learn to craft your words with precision and artistry, transforming raw emotion into compelling narratives. Prepare to embrace vulnerability and honesty, as these are the cornerstones of the most impactful writing. Join us and discover the therapeutic benefits of putting your heart on the page.

WRIT-710 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P01 Tu 6-9 p.m. **Jordan Oakes**
Apr 22 – May 13 *FP-W 125*

Writing Workshop

If you're familiar with the basics of creative writing and narrative structure, this class will give you an opportunity to go even deeper. Each week, you'll be free to focus on a particular project or projects while giving and receiving notes and applying new literary concepts to your work. Conversely, if you'd like prompts to inspire a new piece each week, you'll have your pick. Either way, this is your opportunity to make some serious strides with your writing and take it to the next level.

WRIT-706 | 4 sessions | \$47^{AGE 60+} | \$69^{REG}
P01 W 6-8 p.m. **Adam Sydney**
Apr 16 – May 7 *FP-W 124*

Guide to the Style Guides

Should you follow the Chicago Manual of Style or AP style? What about MLA? This course will help you learn how to navigate the rule-based style guides used for reference in the process of writing books, magazines and newspaper articles; and you will come to grips with controversial punctuation marks like the Oxford comma! Additionally, the class will assign the students writing exercises in the various specific styles.

WRIT-704 | 4 sessions | \$48^{AGE 60+} | \$69^{REG}
P07 Tu 6-8 p.m. **Jordan Oakes**
May 27 – Jun 17 *FP-W 124*

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}
P01 Tu 6-9 p.m. **Jordan Oakes**
Feb 4 – Feb 25 *FP-W 125*

Write Your Memoir

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

WRIT-714 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P01 F 6:30-9:30 p.m. **Jordan Oakes**
Feb 7 – Feb 28 *Online*

WRITING

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}
P04 Sa 8 a.m.-12 p.m. **Jo Lena Johnson**
 Mar 29 *FV-SS 105*

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}
P02 W 7-8:30 p.m. **Andrew Doty**
 Feb 26 *Online*
 • NOTE: No class
P06 W 7-8:30 p.m. **Andrew Doty**
 Apr 23 *FP-W 125*

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 | \$36^{AGE 60+} | \$55^{REG}
P05 Sa 9:30 a.m.-1 p.m. **Charlene Oldham**
 Apr 5 - Apr 12 *MC-SC 201*

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 | 4 sessions | \$55^{AGE 60+} | \$79^{REG}
P02 W 5:30-7:30 p.m. **Rachel Ponder**
 Apr 23 - May 14 *FV-SS 105*

Finding Writing Jobs Using Online Resources

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

WRIT-722 | 1 session | \$28.60^{AGE 60+} | \$39^{REG}
P01 Sa 9:30 a.m. -1 p.m. **Charlene Oldham**
 Mar 8 *Online*

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. This is your opportunity to find your own poetic voice, while reviewing works of established writers in the field.

WRIT-716 | 4 sessions | \$62^{AGE 60+} | \$89^{REG}
P01 W 6-9 p.m. **Jordan Oakes**
 May 28 - Jun 18 *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}
P03 Th 6:30-9:30 p.m. **Jordan Oakes**
 Mar 27 - Apr 17 *Online*

FINANCE AND INVESTMENTS

Long-term and Estate Planning†

Revocable Trusts, Wills, and Powers of Attorney

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

FINC-710 | 1 session | \$31^{AGE 60+} | \$39^{REG}
P01 W 6-8 p.m. **Yvonne Homeyer**
 Mar 26 *MC-SO 107*

Personal Finance†

Smart Finances: A Beginner's Guide

Unlock the secrets to smart money management with "Money Mastery." This engaging course provides you with essential skills and knowledge to take charge of your finances and make confident, informed decisions. Whether you're new to financial planning or seeking to enhance your expertise, discover practical, real-world strategies to build your financial future. Get ready to master your money and thrive!

FINC-765 | 3 sessions | \$37^{AGE 60+} | \$55^{REG}
P01 W 5-7 p.m. **Dr. Byron Thornton**
 Mar 26-Apr 9 *STLCC-Harrison 107*

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 | \$39^{AGE 60+} | \$39^{REG}
P01 W 6-8 p.m. **Mike Brown**
 Feb 12 - Feb 26 *MC-SO 105*
P02 W 6-8 p.m. **Mike Brown**
 Jun 4 - Jun 18 *MC-SO 105*

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}
P03 Sa 11 a.m.-1:30 p.m. **Dr. Lawrence Gibbs**
 Feb 22 *FP-E 209*

†Courses offered through St. Louis Community College Continuing Education are for educational purposes only. While this information is believed to be reliable, participants should consult with licensed professionals regarding your specific situation.

HOME AND AUTO

Real Estate

Purchasing a New Home With Confidence

Buying a home is a huge decision—probably the biggest financial decision most adults will ever make. Knowing the how's and why as well as the why not's can save a buyer a lot of time, energy, and money. Learn what you need to know about the buying process from viewing your first house to walking away from the closing table as a new homeowner.

REAL-701 | 1 session | \$23 AGE 60+ | \$29 REG
P01 Tu 6-8 p.m. **Jill McCoy**
Jan 28 *MC-SO 108*
P02 Tu 6-8 p.m. **Rebecca Delaney**
Jun 17 *MC-SO 108*

Selling My Home: How to Be Successful

Today's real estate market is constantly changing. How can you maximize this opportunity to get the price you want for the sale of your house in the time frame you need? Examine strategies, tips, and insights you can use to successfully sell your home for the best return possible.

REAL-702 | 1 session | \$23 AGE 60+ | \$29 REG
P01 Tu 6-8 p.m. **Jill McCoy**
Mar 4 *FV-SS 105*
P02 Tu 6-8 p.m. **Rebecca Delaney**
May 10 *MC-SO 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
P01 Th 6-8 p.m. **Rebecca Delaney**
Mar 27 *MC-SO 108*
P02 Th 6-8 p.m. **Jill McCoy**
Jun 5 *WW 214*

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
P01 Th 6-8 p.m. **Jill McCoy**
Feb 20 *FP-W 214*
P02 Tu 6-8 p.m. **Jill McCoy**
Apr 8 *FP-W 214*

How to Be a Successful Landlord

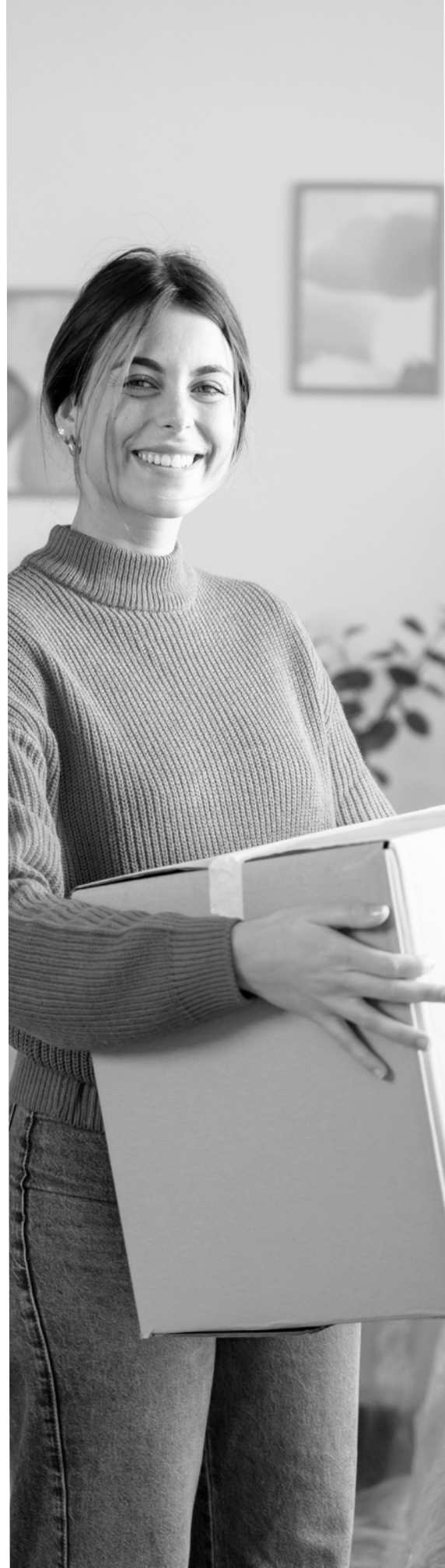
Increase income on your real estate investments by improving your skills as a landlord. Learn how to lower property damage and eviction costs by performing effective initial screening on potential tenants. Discover how to be creative by using the telephone, interview, computer, rental application, and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

REAL-720 | 1 session | \$47 AGE 60+ | \$69 REG
P01 Sa 9 a.m. - 5 p.m. **Mary Hankins**
Mar 29 *FP-W 124*

The Upside of Downsizing

Every person has their own unique needs and each stage of life demands different lifestyles. There are many advantages of "rightsizing" to a more manageable home. The benefits include financial savings, less home maintenance, 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
P01 Tu 6-8 p.m. **Jill McCoy**
Mar 11 *MC-SO 108*



HOME AND AUTO

Auto Maintenance

Basic Car Maintenance

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

AUTO-701 | 1 session | \$49 AGE 60+ | \$49 REG

P01 Sa 8-11 a.m. **Doug Jaquot**
Mar 29 *Jammin' J Auto*

Home Maintenance†

The Do's and Don'ts of Interior Decorating and Color

Have you ever walked into a room, and something felt "off" or "wrong"? Interior decorating and color taps into our personality, tastes, desires and we want to display them in our surroundings. However, design and color can be complex, and it's easy to make mistakes. By following tried and true design and color rules, your spaces can be welcoming and comforting and feel like home.

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

P01 Th 6-8 p.m. **Rebecca Delaney**
Apr 17 *MC-CN 230*

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

P01 Th 6-9 p.m. **Jean Linton**
Feb 13 *FV-E 154*

P04 Th 6-9 p.m. **Jean Linton**
Apr 3 *MC-SO 112*

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

P03 Tu 6-9 p.m. **Jean Linton**
Mar 25 *FV-E 154*

P06 Th 6-9 p.m. **Jean Linton**
Jun 5 *MC-SO 112*

Home Maintenance†

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

P02 Th 6-9 p.m. **Jean Linton**
Feb 27 *FV-E 154*

P05 Th 6-9 p.m. **Jean Linton**
May 15 *MC-SO 112*

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

P01 Th 6-9 p.m. **Jean Linton**
Mar 13 *MC-SO 112*

Paint Like a Pro

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

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

P01 Tu 6-9 p.m. **Jean Linton**
May 6 *FV-E 154*

How to Talk to a Contractor

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

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

P02 Tu 6-9 p.m. **Jean Linton**
Apr 8 *MC-SO 112*

The Dirty Secrets of Household Cleaners

Reduce your family's exposure to potentially hazardous chemicals, biological and particle contaminants from cleaners that can adversely impact indoor air quality and your health. Learn about the how's and why's of green cleaning in a fun, hands-on demonstration. You will learn a little about conventional cleaners, many of which are petroleum based, and a little about easy, economical and effective cleaning alternatives that are healthier for you, your family, your pets and the earth. You'll make some simple DIY formulas in class. There will be plenty of time for questions, and information to take home that includes simple DIY cleaning formulas.

HOME-765 | 1 session | \$22 AGE 60+ | \$25 REG

P01 Th 6-7:30 p.m. **Christina Ritter**
Mar 13 *MC-SW 106*

†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.

Ecology

Indoor Composting: Making a Bokashi Bucket

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

ECOL-704 | 1 session | \$59 AGE 60+ | \$59 REG
P01 Th 6:30-8 p.m. **Maggie McCoy**
 Feb 20 MC-SW 106

Backyard Chickens: Beginners

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

ECOL-705 | 1 session | \$28 AGE 60+ | \$39 REG
P01 Sa 9 a.m.-1 p.m. **Guy Niere**
 Feb 8 MC-SO 107

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 | \$27.60 AGE 60+ | \$39 REG
P01 Th 7-9 p.m. **Mike Ochonicky**
 Mar 6 - Mar 13 Online

Planting a Moonlight Garden

Take your landscaping or planter designs to the next level and expand the magic of your garden into twilight. Learn how to plan and plant a garden that will glow in the evening.

HORT-702 | 1 session | \$23 AGE 60+ | \$29 REG
P01 W 7-9 p.m. **Mike Ochonicky**
 Apr 9 Online

Spring into Gardening

When the weather starts warming up and plant buds begin swelling, it can only mean one thing: Spring is on the way and it's time to get back into the garden! Learn how to prepare your garden for the season with timely spring and early summer gardening tips. Topics covered will include setting out your spring veggies, when (and when not) to prune your trees and shrubs, how to manage common pest and disease issues and more!

HORT-708 | 1 session | \$23 AGE 60+ | \$29 REG
P01 Tu 6-8 p.m. **Daria McKelvey**
 Apr 15 MC-SO 111

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
P01 Th 7-9 p.m. **Mike Ochonicky**
 Feb 27 Online
P02 W 7-9 p.m. **Mike Ochonicky**
 Apr 2 Online

Environmentally Friendly Gardens

How you maintain your garden or landscape can have positive or negative effects on the health of the soil, air, water and vegetation. Learn about environmentally friendly alternatives to weed control, how to increase fertility in your soil without synthetic fertilizers, how to identify some beneficial insects vs insect pests and information on identifying invasive plants and why invasives are a threat to our landscapes and forests.

HORT-712 | 1 session | \$14 AGE 60+ | \$19 REG
P01 W 6-7:30 p.m. **Christina Ritter**
 Apr 23 MC-SO 108



Landscape and Gardening

Go Native! Create Your Native Garden

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

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG
P01 Sa 9 a.m. - 12 p.m. **Sue Leahy**
Feb 22 MC-SW 106

Go Native! Native Landscaping for Bees, Butterflies and Other Pollinators

Healthy landscapes boast large numbers of butterflies, bees, and other insect pollinators. The best plants lure pollinators to their flowers by offering pollen and nectar while evolving visual and olfactory cues such as nectar guides, color, and fragrance. Gain practical advice on choosing native plants that will attract specific groups of pollinators.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG
P04 F 9 a.m. - 12 p.m. **Dave Tylka**
Apr 4 MC-SO 107

Go Native! Gardening for Nature

Learn how a landscape of any size can help sustain the ecosystem by including native plants. You'll explore specific examples of the most versatile and adaptable native plants, how to establish and maintain them, and various local resources to help you along the way.

HORT-713 | 1 session | \$35 AGE 60+ | \$35 REG
P03 Tu 5-8 p.m. **Dan Pearson**
Mar 11 FP-E 210

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, and how to support them through specific gardening techniques and native plants.

HORT-713 | 1 session | \$26 AGE 60+ | \$35 REG
P02 F 9 a.m.-12 p.m. **Susie Van de Riet**
Feb 28 FP-W 124

Container Gardening

No room to plant a large garden? Learn how to select containers and choose plants from a Master Gardener. Discover how to start and maintain flowers, veggies and herbs within a contained space. Recommendations for plant combinations will also be discussed. Create visually appealing, functional surroundings.

HORT-714 | 1 session | \$23 AGE 60+ | \$29 REG
P01 W 7-9 p.m. **Mike Ochonicky**
May 7 Online

Rain Water Harvesting with Rain Barrels

Discover the benefits of rainwater harvesting and learn how to effectively use rain barrels to conserve water and support your garden. You will be guided through the process of collecting and storing rainwater from your roof via a connection to your downspout, transforming what would be runoff into a valuable resource. By using rain barrels, you can reduce the strain on stormwater systems, helping to mitigate regional stormwater issues. Additionally, your plants will thrive on the non-chlorinated rainwater, which is often preferred over tap water. Join us to make a positive environmental impact and enhance your gardening practices with sustainable water management techniques..

HORT-723 | 1 session | \$14 AGE 60+ | \$19 REG
P02 W 6-7:30 p.m. **Christina Ritter**
Jun 18 MC-SW 106

Botanical Therapeutic Horticulture

Therapeutic horticulture practices promote human wellbeing through plant-based activities benefiting the mind, body, and spirit. Come to beautiful Augusta Missouri and join in on this introductory program exploring ways in which you can deepen your connection with nature using culinary herbs for cooking, creating, meditating and naturoscaping.

HORT-723 | 1 session | \$59 AGE 60+ | \$59 REG
P01 Sa 11 a.m.-1 p.m. **Penelope Woodhouse**
May 24 Botanical Tea Room



**MASTER
NATURALIST
PROGRAM**

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



Spring River Hike

As winter releases its hold on Missouri, join our small group tour to explore and discover the bottomland forest of the Shaw Nature Reserve. We will begin in the dappled light of the upper woodland before descending to the banks of the Meramec River. Learn about the history of the river and its flood cycle, as well as the oak-hickory forest that serves as home for Missouri's native plants and wildlife. Join a local naturalist who will guide you on a two-mile hike on varied trails, including gravel and rocky surfaces. Wear sturdy shoes and dress appropriately for the weather. Check in at the Visitor Center and meet at the Trail House parking lot. Note: This trail is subject to floods, program may be altered depending on conditions. Rain Date: April 13.

NATR-704 | 1 session | \$22^{AGE 60+} | \$29^{REG}
P01 Su 9-11:30 a.m. **Rebecca Bunn**
 Mar 30 *Shaw Nature Preserve*

Fishing

Join our expert staff to learn all about fishing in our beautiful Missouri State Parks. You will learn all about the basics of fishing equipment, casting a line, and get some ideas about how to prepare your catch. This time-honored hobby will have you hooked in no time! Fishing equipment is provided. Be prepared to be comfortable in the outdoors, dress for the weather and bring a lunch, water bottle, and a camp chair. Questions about the class can be directed to Sue Love at (636) 940-3323 or Richard Love at (636) 458-3813 x226. General questions can be directed to Tegan Cooper at (314) 340-5933.

NATR-707 | 1 session | \$9^{AGE 60+} | \$9^{REG}
P04 Sa 9:30 a.m. - 2:30 p.m. **MO State Park**
 Jun 7 **Instructors**
Robertsville State Park

Interspecies Besties: Symbiotic Relationships with Wolves

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. Learn about the symbiotic relationships that wolves have with the other organisms around them. Includes a guided tour. Directions to facility will be sent.

NATR-727 | 1 session | \$59^{AGE 60+} | \$59^{REG}
P01 Sa 1-3:30 p.m. **Endangered Wolf Center**
 Feb 22

Husbandry for Recovery Species: Preparing Wolves for Life in the Wild

The Endangered Wolf Center focuses on the conservation of endangered canid species. Managed care in zoological facilities is essential for the recovery of these animals. Learn why the management of recovery and non-recovery species differs and discover how we set our recovery species up for success when they are released into their native habitats. Includes a guided tour. Directions to facility will be sent.

NATR-727 | 1 session | \$59^{AGE 60+} | \$59^{REG}
P02 Sa 1-3:30 p.m. **Endangered Wolf Center**
 Mar 29

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}
P01 Th 6:30-8:30 p.m. **Mark Glenshaw**
 Feb 13 *FP-E 210*

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}
P02 Th 6:30-8:30 p.m. **Mark Glenshaw**
 Mar 13 *MC-SO 111*

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}
P03 Th 6:30-8:30 p.m. **Mark Glenshaw**
 Apr 17 *FP-E 210*

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}
P04 Th 6:30-8:30 p.m. **Mark Glenshaw**
 May 15 *MC-SO 111*

Introduction to Beekeeping

Bees play an important role in natuescape 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}
P01 Tu 5:30-7:30 p.m. **Jane Sueme**
 Mar 4 - Mar 11 *MC-SO 111*

Dragonflies and Damselflies of the St. Louis Area

With summer upon us, Missouri ponds and streams will be teeming with insect life. Join us to explore the fascinating world of dragonflies and damselflies in the St. Louis area. In class you'll study photographs to identify field marks, then apply your new knowledge and skills on a weekend field trip on June 14. Field trip location and details to be discussed in class. Provide own transportation. No nets or collecting, please. Binoculars and cameras are helpful tools in the field. The instructor is the president of the St. Louis Chapter of the North American Butterfly Association (NABA St. Louis).

NATR-715 | 2 sessions | \$28^{AGE 60+} | \$39^{REG}
P01 Tu 6-8 p.m. **Yvonne Homeyer**
 Sa 10 a.m. - 12 p.m. *MC-SO 111*
 Jun 10 and Jun 14

Woody Ornamentals: Trees & Shrubs

Learn tips on how to plan placement of trees and shrubs in your landscape, plus how to plant properly. We'll also discuss best methods for pruning small trees and shrubs to assure their beauty for years to come.

NATR-722 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P01 W 7-9 p.m. **Mike Ochonicky**
 Mar 26 *Online*

Snakes Spectacular

Snakes are one of the most highly misunderstood and feared animals in nature. You will learn how to distinguish Missouri's venomous from non-venomous species and dispel some of the popular myths you may have heard. Having the ability to know the difference between venomous and non-venomous can help dissipate your fear of these amazing creatures. Learning more about them will help you gain an appreciation for these misunderstood reptiles.

NATR-727 | 1 session | \$22^{AGE 60+} | \$25^{REG}
P03 Th 6-7:30 p.m. **Christina Ritter**
 May 22 *MC-SW 106*

WORLD LANGUAGES*

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

German

German Language: Beginning I

FLGE-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 6-8 p.m. **Caryn Miller**
 Jan 29 – Mar 26 *MC-SO 206*
 • NOTE: No class 3/19

German Language: Beginning II

FLGE-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 6-8 p.m. **Caryn Miller**
 Apr 9 – May 28 *MC-SO 206*

German Language: Beginning III

FLGE-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Tu 6-8 p.m. **Caryn Miller**
 Jan 28 – Mar 25 *MC-SO 206*
 • NOTE: No class 3/18

Discussion Topics in German: Intermediate

FLGE-720 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Tu 6-8 p.m. **Caryn Miller**
 Apr 8 – May 27 *MC-SO 206*

Irish (Gaelic)

Irish Language: Beginning I

FLIR-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Th 5-7 p.m. **Kevin Scannell**
 Jan 30 – Mar 27 *FP-W 217*
 • NOTE: No class 3/20
P02 Th 5-7 p.m. **Kevin Scannell**
 Apr 10 – May 29 *FP-W 125*

Irish Language: Beginning II

FLIR-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Th 7-9 p.m. **Kevin Scannell**
 Jan 30 – Mar 27 *FP-W 217*
 • NOTE: No class 3/20
P02 Th 7-9 p.m. **Kevin Scannell**
 Apr 10 – May 29 *FP-W 125*

Latin

Latin for Beginners

FLLT-702 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Tu 7:05-9 p.m. **Michael Cross**
 Jan 28 – Mar 25 *FP-HealthSci 212*
 • NOTE: No class 3/18

Italian

Preparing for Your Trip to Italy

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

FLIT-765 | 1 session | \$29^{AGE 60+} | \$29^{REG}
P01 M 4-6 p.m. **Barb Klein**
 Jan 27 *MC-SO 112*
P02 M 6:30-8:30 p.m. **Barb Klein**
 Apr 14 *MC-SO 112*

Italian for the Traveler

FLIT-716 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Tu 5-7 p.m. **Michael Cross**
 Jan 28 – Mar 25 *FP-HealthSci 212*
 • NOTE: No class 3/18.

FLIT-716 | 6 sessions | \$115^{AGE 60+} | \$115^{REG}
P02 M 4-6 p.m. **Barb Klein**
 Feb 10 – Mar 31 *MC-SO 112*
 • NOTE: No class 2/17 and 3/17
P03 M 6:30-8:30 p.m. **Barb Klein**
 Apr 21 – Jun 2 *MC-SO 112*
 • NOTE: No class 5/26

Italian: Beginning I

FLIT-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 M 5-7 p.m. **Michael Cross**
 Jan 27 – Mar 31 *MC-SO 107*
 • NOTE: No class 2/17 and 3/17
P02 Tu 5-7 p.m. **Michael Cross**
 Apr 8 – May 27 *FP-HealthSci 212*
P03 M 4-6 p.m. **Barb Klein**
 Apr 14 – Jun 9 *MC-SO 112*
 • NOTE: No class 5/26

Italian: Beginning II

FLIT-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 M 5-7 p.m. **Michael Cross**
 Apr 7 – Jun 2 *MC-SO 107*
 • NOTE: No class 5/26

Italian: Beginning III

FLIT-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 M 6:30-8:30 p.m. **Barb Klein**
 Jan 27 – Mar 31 *MC-SO 112*
 • NOTE: No class 2/17 and 3/17
P02 Tu 7:05-9 p.m. **Michael Cross**
 Apr 8 – May 27 *FP HealthSci 212*

Portuguese

Portuguese: Beginning I

FLPG-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 6-8 p.m. **Viva Brasil**
 Jan 29 – Mar 26 *MC-SO 108*
 • NOTE: No class 3/19

Portuguese: Beginning II

FLPG-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 6-8 p.m. **Viva Brasil**
 Apr 9 – May 28 *MC-SO 112*

Portuguese: Beginning III

FLPG-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 6-8 p.m. **Viva Brasil**
 Jan 29 – Mar 26 *MC-SO 112*
 • NOTE: No class 3/19

Portuguese: Beginning IV

FLPG-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P02 W 6-8 p.m. **Viva Brasil**
 Apr 9 – May 28 *MC-SO 204*

Russian

Russian for First Timers

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

FLRU-717 | 4 sessions | \$75^{AGE 60+} | \$75^{REG}
P01 W 6-8 p.m. **Valerie Powers**
 Jan 29 – Feb 26 *Online*
 • NOTE: No class 2/19
P03 Th 5-7 p.m. **Valerie Powers**
 May 1 – May 22 *Online*

Russian: Beginning I

FLRU-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P02 W 6-8 p.m. **Valerie Powers**
 Mar 12 – May 7 *Online*
 • NOTE: No class 3/19

WORLD LANGUAGES*

Spanish

Spanish for Travelers

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

FLSP-716 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 4:45-6:45 p.m. **Tim Neckermann**
 Apr 9 – May 28 *MC-SO 107*

Spanish: Beginning I

FLSP-717 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 6-8PM **Kevin Zarate**
 Feb 11 – April 8 *FP-HSP 110*

• NOTE: No class 3/26

P02 Th 4:45-6:45 p.m. **Tim Neckermann**
 Jan 30 – Mar 27 *MC-SO 204*

• NOTE: No class 3/20

P03 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Feb 4 – Apr 1 *Online*

• NOTE: No class 3/18

P04 Sa 10 a.m.-12 p.m. **Kevin Zarate**
 March 29 – May 17 *FP-W 221*

Spanish: Beginning II

FLSP-718 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Tu 6-8PM **Kevin Zarate**
 April 22 – June 10 *FP-W 221*

P02 Th 4:45-6:45 p.m. **Tim Neckermann**
 Apr 10 – May 29 *MC-SO 204*

P03 Tu 4:30-6:30 p.m. **Maria de la Garza**
 Apr 15 – Jun 3 *Online*

Spanish: Beginning III

FLSP-719 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Tu 4:45-6:45 p.m. **Tim Neckermann**
 Jan 28 – Mar 25 *Online*

• NOTE: No class 3/18

Spanish: Intermediate I

FLSP-720 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 4:45-6:45 p.m. **Tim Neckermann**
 Jan 29 – Mar 26 *MC-SO 204*
 • NOTE: No class 3/19

Spanish Intermediate II

FLSP-721 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 Th 4:30-6:30 p.m. **Maria de la Garza**
 Feb 6 – Apr 3 *Online*
 • NOTE: No class 3/20

Spanish: Intermediate III

FLSP-722 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P03 Tu 4:45-6:45 p.m. **Tim Neckermann**
 Apr 8 – May 27 *MC-SO 204*
P02 Th 4:30-6:30 p.m. **Maria de la Garza**
 Apr 17 – Jun 5 *Online*

Spanish: Reading I

Increase your vocabulary and comprehension by reading and discussing a book in Spanish. Book will be announced closer to start of class.

FLSP-765 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P01 W 4:30-6:30 p.m. **Maria de la Garza**
 Feb 5 – Apr 2 *Online*
 • NOTE: No class 3/19

Spanish: Reading II

Continue to increase your vocabulary and comprehension by reading and discussing a book in Spanish. Book will be announced closer to start of class.

FLSP-765 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}
P02 W 4:30-6:30 p.m. **Maria de la Garza**
 Apr 16 – Jun 4 *Online*

COMMUNICATIONS

Personal Communication

Managing Difficult Conversations

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

COMM-765 | 1 session | \$20^{AGE 60+} | \$29^{REG}
P07 Th 6-9 p.m. **Donna Mickens**
 Apr 3 *STLCC-Corp 207*

Improvisation for Corporate Communication

Join this workshop designed to enhance communication, teamwork, and salesmanship through engaging team-building exercises. Ideal for salespeople, managers, and executives, this program will help you connect with others, adapt to change, and turn each “no” into a “yes.” Gain practical techniques to build rapport quickly in professional settings and thrive in client-focused environments. Don't miss this opportunity to elevate your skills and drive success! Bring a notebook and pen to class.

COMM-765 | 3 sessions | \$37.50^{AGE 60+} | \$55^{REG}
P05 Sa 12-2 p.m. **Suzanne Roussin**
 Apr 5 – Apr 19 *FV-C 102*

The Art of Explaining Things

Whether you just want to sharpen your skills and learn some new tips, or you are terrified of speaking in public, this workshop will definitely beef up your toolkit for success! Perfect for teachers and executives, this class covers public speaking and an in-depth look at the Art of Explaining Things. Learn techniques for explaining concepts in a clear and engaging manner and also workshop a subject of your own choosing and present it in front of the class. Bring a notebook and pen to class.

COMM-765 | 3 sessions | \$37.50^{AGE 60+} | \$55^{REG}
P06 Sa 12-2 p.m. **Suzanne Roussin**
 May 3 – May 17 *FV-C 102*

Speak Up!

Enhance your presentation skills through engaging activities and practice. Learn to structure impactful speeches, captivate your audience, and effectively use visual aids. Receive valuable feedback to refine your delivery and overcome stage anxiety. By the end of the course, you'll be prepared to excel in any speaking situation.

COMM-715 | 2 sessions | \$23^{AGE 60+} | \$35^{REG}
P01 Sa 10 a.m.-12 p.m. **Jim Fuller**
 Mar 1 – Mar 8 *MC-CE Classroom*

Inspiring Speeches: Ignite Motivation

Capture the attention of others! Words are powerful and help to get your ideas across. Learn what how to start your speech with bang, and how to keep people motivated and your audience engaged.

COMM-715 | 1 session | \$12.50^{AGE 60+} | \$19^{REG}
P02 Sa 1:30-3:30 p.m. **Cedric Benbow**
 May 10 *FP-E 210*



*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}

- P02** Sa 12-1:30 p.m. **Jason Rooney**
Mar 29 *MC-CE Classroom*
- P03** Sa 12-1:30 p.m. **Jason Rooney**
Apr 26 *MC-CE Classroom*
- P04** Sa 12-1:30 p.m. **Jason Rooney**
May 31 *MC-CE Classroom*

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. "American Sign Language Made Easy For Beginners" not available through the STLCC bookstore, please check online retailers or talk to your instructor on the first day of class. ISBN will be listed on the registration site.

SIGN-701 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}

- P01** Tu 6-8 p.m. **Cindy Hayes**
Feb 18 – Apr 15 *Online*
• NOTE: No class 3/18
- P03** M 6:30-8:30 p.m. **Cindy Hayes**
Mar 24 – May 12 *STLCC-SoCo 100*

Getting Started With Sign Language II

Build on the skills you learned in the Beginning I sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, "The Joy of Signing." The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 18-25. Class does not cover ASL sentence structure. Book not available through the STLCC bookstore, please check online retailers or talk to your instructor on the first day of class.

SIGN-701 | 8 sessions | \$149^{AGE 60+} | \$149^{REG}

- P02** Th 6-8 p.m. **Cindy Hayes**
Feb 20 – Apr 17 *Online*
• NOTE: No class 3/20
- P04** W 6:30-8:30 p.m. **Cindy Hayes**
Mar 26 – May 14 *STLCC-SoCo 100*

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

GENEALOGY

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

Outdated or Not? Using Different Libraries for Family History

Libraries, archive and historical societies: all these repositories have a vast array of genealogical information. Some materials are online while other data is only available at the facility. Learn about the different types of libraries, how to locate them and how to effectively use them when researching family history.

GENE-704 | 3 sessions | \$47^{AGE 60+} | \$69^{REG}

- P01** W 2-4 p.m. **Pat Stamm**
Jan 29 – Feb 12 *MC-SC 201*

More Than an Obituary: Newspapers On and Off-Line

Genealogists often search newspapers for family obituaries. But newspapers articles can provide so much more information! Let's track both on and offline area newspapers.

GENE-704 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}

- P02** W 2-4 p.m. **Pat Stamm**
Feb 19 – Feb 26 *MC-SC 201*

Exploring Our Ancestor's Occupations

Occupational records are often overlooked and underutilized. Discover the variety of records that can enhance your family research.

GENE-704 | 1 session | \$23^{AGE 60+} | \$29^{REG}

- P03** W 2-4 p.m. **Pat Stamm**
Mar 12 *MC-SC 201*

Genealogical Gems: Delving Into Missouri Research

Missouri has a rich history full of genealogical resources. Explore the people, area and collections in both digital or in-person research for the state and county.

GENE-704 | 3 sessions | \$47^{AGE 60+} | \$69^{REG}

- P04** W 2-4 p.m. **Pat Stamm**
Apr 2 – Apr 16 *MC-SC 201*

Genealogical Gems: Census Research

The government collected census schedules with unique information. Many genealogists browse them at face value. Explore techniques for both the population and non-population census schedules for clues to expand family history.

GENE-704 | 3 sessions | \$47^{AGE 60+} | \$69^{REG}

- P05** W 2-4 p.m. **Pat Stamm**
May 7 – May 21 *MC-SC 201*

RELIGION

Western/Monotheistic Religions

Zoroastrianism is the oldest monotheistic religion predating Judaism, Christianity, and Islam. Learn about all four of these religions and gain an understanding of their teachings, history, development and current challenges. Expand your knowledge of other belief systems and gain the opportunity to discuss differences and similarities of major world religions. It is recommended that this course be taken in conjunction with the Eastern Religions course to provide a more complete view of major world religions.

RELG-765 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}

- P01** Tu 6-8 p.m. **Sahar Joakim-Resch PhD**
Apr 22 *MC-SO 109*

Eastern Religions

If you are intrigued by the major religions of Asia, begin your search for understanding with this course offering an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. Expand your knowledge of other belief systems and discuss the differences and similarities of the major world religions. It is recommended that this course be taken in conjunction with Western/Monotheistic Religions to provide a more complete view of major world religions.

RELG-765 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}

- P02** Tu 6-8 p.m. **Sahar Joakim-Resch PhD**
Apr 29 *MC-SO 109*

Philosophy of Religion

Millions of people have faith that a supernatural being exists. Is there one? Initial focus will be on the philosophical arguments, some backed by science, others by religion, in favor of a belief in God. In addition, journey into several arguments against a belief in God and the philosophy behind it. Assess your perspective on whether faith in God is based on reason by gaining a deeper understanding of both viewpoint beliefs. The goal of the class is not to sway but to equip you with a comprehensive understanding of both sides, enabling you to form your own reasoned viewpoint.

RELG-765 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}

- P03** Tu 6-8 p.m. **Sahar Joakim-Resch PhD**
May 6 *MC-SO 109*

HISTORY

Local

St. Louis City: National Register of Historic Places

The National Register of Historic Places, maintained by the National Park Service, is the official list of the nation's historic places worthy of preservation. See a wide variety of historic properties in the city of St. Louis, ranging from the familiar to the not-so-familiar, including factories, parks, houses, breweries, neighborhoods, banks, churches, and even a Coca-Cola syrup plant. Highlights from the National Register throughout the city will be featured.

HIST-708 | 1 session | \$24^{AGE 60+} | \$29^{REG}
P03 Tu 10-11:30 a.m. **Doug Schneider**
May 20 *Online*

How MO Women Got to Vote

Explore the vibrant history of the suffragist movement in Missouri, with a focus on St. Louis, a hub of activism. Trace the journey from the Civil War, which ignited the fight for women's rights, to the Nineteenth Amendment, granting women the right to vote. Discover the key figures, pivotal moments, and significant changes that occurred once Missouri women secured the vote.

HIST-708 | 1 session | \$24^{AGE 60+} | \$29^{REG}
P02 F 1-2:30 p.m. **Doug Schneider**
Apr 4 *MC-SO 108*

History St. Louis: The Lemp Mansion

Nestled in Benton Park, this historic St. Louis landmark is shrouded in mystery and ghostly tales. Uncover the eerie history of its architectural design and delve into the chilling triumphs and tragedies of its ill-fated residents.

HIST-708 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}
P01 Tu 6-8 p.m. **Kate Sandheinrich**
Mar 11 *Online*

Looking for more opportunities to learn about history? Be sure to check out the classes under **Trips and Tours** on p. 38.

United States

History: LGBTQ... and A!

Celebrate Pride Month with a history lesson on the LGBTQ+ community, its origins and how to be a good ally.

HIST-710 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}
P01 Tu 6-8 p.m. **Kate Sandheinrich**
Jun 3 *Online*

Lost States of America

Embark on a captivating journey through the myriad of places that aspired to join the Union but never quite made it. Discover the intriguing stories of the State of Franklin, the Conch Republic, the State of Rough and Ready, the Kingdom of Beaver Island, and the State of Absaroka. Delve into the tale of the county that seceded from Missouri in 1961, establishing its own democratically-elected government, issuing visas, and printing its own postage stamps. Learn about Alaska's Independence Party and the largest county in the USA, with 2.2 million people, which voted in 2022 to begin a secession process. Join us to explore these fascinating tales of ambition and independence.

HIST-703 | 1 session | \$24^{AGE 60+} | \$29^{REG}
P01 Th 7-8:30 p.m. **Doug Schneider**
Jan 30 *Online*

Et Tu, Brute! Assassinations in Modern Times and in History

Explore the profound impact of political assassinations through history. Examine the definition of assassination as "murder by sudden or secret attack, often for political reasons," and investigate notable cases involving U.S. presidents and other political figures. Topics include high-profile cases motivated by ransom, adultery, organized crime, and more, such as the unique case of a Kansas state senator killed during a conflict over a county seat. Additionally, significant global assassinations that have altered the course of history will be analyzed. Through detailed analysis and historical context, you will gain a deeper understanding of the motives, methods, and consequences of political assassinations.

HIST-765 | 1 session | \$24^{AGE 60+} | \$29^{REG}
P02 Tu 10-11:30 a.m. **Doug Schneider**
Mar 25 *MC-SO 108*

The Revolutionary War: 1775

Explore the dawn of the American Revolution, starting with Patrick Henry's impassioned cry for "Liberty or Death" that resonated across the colonies. Experience the intensity of the first shots fired at Lexington and Concord, igniting the conflict that continued at Bunker Hill. This pivotal year also saw George Washington appointed as the commander of the Continental Army.

HIST-704 | 1 session | \$22.50^{AGE 60+} | \$29^{REG}
P01 Th 6:30-8:30 p.m. **Jim Gallen**
Apr 17 *MC-SO 111*

Revolutionary Leaders: John Hancock and Patrick Henry

Uncover the courageous stories of the American Revolution, driven by men who risked their lives and fortunes for liberty. Journey into the lives of two such patriots: John Hancock of Massachusetts and Patrick Henry of Virginia. Discover their pivotal roles in the Revolution and their enduring contributions to the nation they helped to create.

HIST-704 | 1 session | \$22.50^{AGE 60+} | \$29^{REG}
P02 W 6:30-8:30 p.m. **Jim Gallen**
Apr 30

1914 and the Origins of World War I

Uncover the intricate origins of World War I and their profound impact on the military actions during the conflict's initial months. Discover the complex web of events and decisions that led to the outbreak of war in 1914. Engage in thought-provoking discussions on whether the war could have been avoided or if different strategies might have altered its course. Join us for a comprehensive exploration of the factors that shaped one of history's most significant conflicts.

HIST-703 | 1 session | \$22.50^{AGE 60+} | \$29^{REG}
P02 M 7-8:30 p.m. **Chris Ketcherside**
Apr 7 *MC-SO 111*

Notorious Serial Killers: Ted Bundy

Despite our natural instinct to shy away from morbidity, there's a timeless fascination with the odd and the creepy. Delve into the chilling story of the infamous serial killer, Theodore "Ted" Robert Bundy. Explore his modus operandi and trace the timeline of events leading to his eventual capture.

HIST-765 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}
P04 Tu 6-8 p.m. **Kate Sandheinrich**
May 6 *Online*

World

Preparations for Normandy

Dive deep into the meticulous preparations undertaken by both the Allies and Germany for the monumental Normandy landings. Over nearly two years, both sides engaged in extensive planning and strategizing. Explore the successes and failures of these efforts, providing a comprehensive understanding of why certain strategies succeeded while others fell short, shaping the course of this pivotal moment in history.

HIST-765 | 1 session | \$22.50^{AGE 60+} | \$29^{REG}
P01 M 7-8:30 p.m. **Chris Ketcherside**
Mar 3 *MC-SO 111*

The Punic Wars

Explore the principal politics, characters, and battles that defined the Punic Wars, a series of titanic conflicts that raged across the Mediterranean basin for decades as Rome and Carthage vied for supremacy in the ancient world. Did Hannibal really cross the Alps with elephants? Come and find out as we delve into the three monumental wars that determined mastery of the ancient world.

HIST-765 | 1 session | \$22.50^{AGE 60+} | \$29^{REG}
P03 M 7-8:30 p.m. **Chris Ketcherside**
May 5 *MC-SO 111*

Notorious Serial Killers: Jack the Ripper

Delve into the chilling tale of the infamous serial killer, Jack the Ripper. Explore the known facts of the case, scrutinize witness accounts, and evaluate various theories surrounding his identity and motives.

HIST-765 | 1 session | \$21.50^{AGE 60+} | \$29^{REG}
P05 Tu 6-8 p.m. **Kate Sandheinrich**
May 27 *Online*

TRIPS AND TOURS

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

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

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

AWTY?: Are We There Yet?

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

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

St. Louis

Exploring St. Louis

Take a spring adventure and discover places you may not have seen before in our area. Some are historic and some so new, you may be the first of your friends to visit. We'll carpool; lunch is at your expense. Admissions are covered in the class fee. The first class meets for a short orientation 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: Mar 14.

TRIP-701 | 4 sessions | \$129^{AGE 60+} | \$129^{REG}
P01 F 9 a.m.-2:30 p.m. **Joan Huisinga**
 Mar 28 - Apr 25 **MC-CE Classroom**
 • NOTE: No class 4/18

Kosher Konnection

In a day steeped in remembrance and reflection, you will begin at the Kaplan-Feldman Holocaust Museum, where the haunting stories of survival and loss are vividly brought to life. At Temple Israel, the sacred space invites you to learn about Jewish worship services and traditions that have sustained the community for generations. The journey culminates at Ohave Shalom Cemetery, where you pay your respects to Holocaust survivors, whose enduring spirit and legacy rest peacefully beneath solemn stones. Each stop on this journey weaves together a profound tapestry of history, faith, and memory. Price includes all listed attractions, activities, gratuities, meals and guide. Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information after the last date to register. Last date to register and withdraw with a full refund: Apr 1.

TRIP-701 | 1 session | \$159^{AGE 60+} | \$159^{REG}
P04 Tu 8 a.m.-4:30 p.m. **Trips Unlimited**
 Apr 22 **Off Campus**

Walk on the Wild Side

Venture into the wild to learn about the rehabilitation and care of a variety of animals. World Bird Sanctuary provides a safe haven for non-releasable birds. An expert naturalist will guide you through the outdoor exhibits and introduce you to some of the inhabitants. Did you know that every Mexican wolf in the wild today can trace their roots to the Endangered Wolf Center in Eureka? As we walk along the outdoor enclosures, our guide will share insights from five decades of working with wolves, foxes and painted dogs. An outdoor walking tour with some paved areas and limited seating. Price includes all listed attractions, activities, gratuities, meals and guide. Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information after the last date to register. Last date to register and withdraw with a full refund: May 9.

TRIP-701 | 1 session | \$155^{AGE 60+} | \$155^{REG}
P05 W 8 a.m.-4:30 p.m. **Trips Unlimited**
 Jun 4 **Off Campus**

Special Gardens & Galleries

Master Gardener Linda will take you to gorgeous locations that most people would never know to visit. Enjoy a guided stroll through the St. Louis City Garden to view the plantings, sculptures and water features. At the St. Louis University Art Museum, ranked 4th in the United States in college museums, you'll marvel at Chihuly glass, old masters and the Western Jesuit Mission collection plus much more! Price includes all listed attractions, activities, gratuities, meals and guide. Please note that seats are extremely limited for this trip, no exceptions will be made. Students will be contacted by the tour group staff with meet-up locations and additional information after the last date to register. Last date to register and withdraw with a full refund: May 19.

TRIP-701 | 1 session | \$145^{AGE 60+} | \$145^{REG}
P06 W 8 a.m.-4:30 p.m. **Trips Unlimited**
 Jun 18 **Off Campus**

Missouri

Missouri Folktales: Discussion

Spring into the wisdom of the past! As the season blossoms, discover how Missourians of yesteryear predicted the future through gardening, courting, medicine, and weather lore. Join us to explore the intriguing-sometimes bizarre-practices of the past. Share your own family stories and see if the tales of the Granny Woman hold any truth. Uncover the charm of tradition and the mysteries of nature this spring!

TRIP-701 | 1 session | \$19^{AGE 60+} | \$19^{REG}
P02 W 1-3 p.m. **Joan Huisinga**
 Apr 9 **MC-CE Classroom**

AWTY?

Warm Springs Clydesdale Ranch

Start your adventure at Warm Springs Ranch in Boonville, MO, home to a premier Clydesdale breeding farm. Tour the impressive facilities, including the mare/stallion barn and scenic pastures. Afterward, enjoy a hearty family-style lunch at Settler's Inn. Then, explore Crane's Country Store, the Midwest's largest Carhartt distributor, where you'll find everything you need-and some delightful surprises. Join us for a day of breathtaking sights and charming experiences! Last date to register and withdraw with a full refund: May 12.

TRIP-702 | 1 session | \$159^{AGE 60+} | \$159^{REG}
P02 F 7:45 a.m.-5:15 p.m. **Dea Hoover**
 May 16 **MC-Off Campus**

AWTY?

89th Anniversary: Iron Curtain Speech

Don't miss this captivating journey to the National Churchill Museum in Fulton, MO, as we celebrate the 89th anniversary of Winston Churchill's "Iron Curtain Speech." Enjoy a guided tour with a local re-enactor, visit the stunning St. Mary the Virgin Aldermanbury, and indulge in a delicious lunch in town. We'll also explore the Fulton Auto Museum, featuring a DeLorean straight from "Back to the Future", before concluding our adventure at Crane's Country Store. Don't miss this unique blend of history and fun! Price includes all listed attractions, meals, activities, gratuities and guide. Last date to register and withdraw with a full refund: Feb 26.

TRIP-702 | 1 session | \$149^{AGE 60+} | \$149^{REG}
P04 W 7:30 a.m.-6 p.m. **Dea Hoover**
 Mar 5 **MC-Off Campus**

Amish in Arthur, Illinois

Embark on a captivating adventure to Illinois' largest Amish community! Discover scenic backroads, savor a home-cooked noon meal, and meet friendly horses. Explore charming small businesses showcasing woodworking and delicious local foods. Make a quick stop on Main Street for stunning quilts, antiques, and treats. Bring your coffee for the early bus ride—we'll provide delightful donuts or muffins! Join us for a day filled with culture, charm, and culinary delights! Last date to register and withdraw with a full refund: Apr 29.

TRIP-701 | 1 session | \$169^{AGE 60+} | \$169^{REG}
P03 Tu 7:30 a.m.-6:30 p.m. **Joan Huisinga**
 May 6 *MC-Off Campus*

AWTY?:**Land of Lincoln With Amtrak Ride**

Join us for an unforgettable journey through Lincoln's life and legacy! Discover the Abraham Lincoln Presidential Museum, featuring interactive exhibits, a replica of Lincoln's childhood cabin, and engaging theaters, including a holographic film. Enjoy lunch at the popular Maldaner's Restaurant, then visit the Lincoln Home, the only residence he ever owned, offering insight into his life as a husband and politician. Conclude your day at the Lincoln Tomb, an impressive monument where he and his family rest. Note: This tour requires moderate amounts of walking and standing. You must be able to lift your leg 12 inches to board the Amtrak train. Last date to register and withdraw with a full refund: Mar 28.

TRIP-702 | 1 session | \$169^{AGE 60+} | \$169^{REG}
P01 Th 7:45 a.m.-8 p.m. **Dea Hoover**
 Apr 3 *MC-Off Campus*

AWTY?**Quincy: An American Day Trip**

Join us for an exciting day exploring Quincy's rich heritage! Start with a break at the Oakley Lindsay Center, then embark on a guided city tour. Learn about Woodland Cemetery, Quincy's oldest active cemetery, and enjoy a delicious lunch at Tiramisu. Visit St. Boniface Church to uncover the history of Fr. Augustus Tolton, America's first Black priest. Next, explore the Quincy Underground Railroad Museum at the Dr. Richard Eells House, a key site in the fight for freedom. Wrap up your day at the History Museum on the Square and browse the gift shop. Don't miss this chance to dive into Quincy's fascinating past! Last date to register and withdraw with a full refund: Jun 13.

TRIP-702 | 1 session | \$169^{AGE 60+} | \$169^{REG}
P03 F 7 a.m.-8:15 p.m. **Dea Hoover**
 Jun 20 *MC-Off Campus*

AWTY?**Natchez and New Orleans**

Set out on an enchanting week-long adventure through the captivating cities of Natchez and New Orleans! Discover the hidden treasures of Natchez, where antebellum mansions whisper stories of the past, and the Mississippi River sets the stage for unforgettable moments. Then, dive into the vibrant heart of New Orleans, a city bursting with jazz, tantalizing cuisine, and a spirit like no other. Experience lively street performances, savor local delicacies, and uncover the rich tapestry of cultures that shape this remarkable region. Join us for a journey filled with intrigue, charm, and unforgettable memories—your adventure awaits! Please note that 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: Feb 8.

TRIP-702 | 1 session | \$2329^{AGE 60+} | \$2329^{REG}
P05 Sa 7 a.m.-7 p.m. **Dea Hoover**
 Mar 8 - Mar 13 *MC-Off Campus*

AWTY? Mystery Tour

Embark on an exciting Mystery Trip Tour, where adventure awaits at every turn! Join us for a surprise-filled journey to a hidden destination, complete with engaging activities and exploration. Uncover hidden gems, enjoy delightful experiences, and meet fellow adventurers along the way. Get ready for a week of fun and discovery—what will the mystery reveal? Sign up and find out! Please note that 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: Apr 28.

TRIP-702 | 1 session | \$1890^{AGE 60+} | \$1890^{REG}
P06 M 7:30 a.m.-8 p.m. **Dea Hoover**
 May 5 - May 9 *MC-Off Campus*

**FITNESS,
RECREATION
AND SPORTS****Baton Twirling****Baton Twirling**

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

PEDU-747 | 6 sessions | \$53^{AGE 60+} | \$79^{REG}
P01 F 5:30-6:30 p.m. **Jenney Woodford**
 Feb 7 - Mar 14 *MC-PE East Lobby*
P02 F 5:30-6:30 p.m. **Jenney Woodford**
 Apr 4 - May 16 *MC-PE East Lobby*
 • NOTE: No class 4/25

Bowling**Bowling Skills**

Whether you are just beginning or looking to bring your bowling game up a notch, have fun and learn new techniques as you learn proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games each week. Shoe rental included.

PEDU-772 | 4 sessions | \$48^{AGE 60+} | \$65^{REG}
P01 Tu 11 a.m.-1 p.m. **Mike Bluth**
 Apr 1 - Apr 22 *Crestwood Bowl*

Cardio and Strength**Hiking 101: Beginner's Guide**

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

PEDU-758 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P01 Th 6-8 p.m. **Daria McKelvey**
 Mar 27 *MC-SO 111*

Zumba

Get ready to 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 is needed—just bring your enthusiasm and get ready to have fun while getting fit!

PEDU-750 | 8 sessions | \$47^{AGE 60+} | \$69^{REG}
P01 Tu 2-3 p.m. **Rosalba Ramirez**
 Feb 11 - Apr 15 *WW-Multi 102A*
 • NOTE: No class 3/11, 3/18

FITNESS, RECREATION AND SPORTS

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 | \$37.50^{AGE 60+} | \$55^{REG}
P02 Th 6-9 p.m. **Adam Collins**
 Feb 20 – Feb 27 *MC-SO 107*

Let's Make Magic

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

GAME-711 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P04 M 7-9 p.m. **Paul Gregor**
 Mar 3 *MC-SO 108*
P05 M 7-9 p.m. **Paul Gregor**
 May 5 *MC-SO 108*

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}
P01 Th 6-8 p.m. **Adam Collins**
 Feb 6 *MC-SO 107*

Paddleboarding

Stand-Up Paddleboarding

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

PEDU-770 | 2 sessions | \$75^{AGE 60+} | \$75^{REG}
P01 Sa 11 a.m.-12:30 p.m. **Stacey Drake**
 Jun 7 – Jun 14 *River's Edge Park*

Are you a passionate vinyl collector? Dive into the world of records and elevate your hobby to the next level in the **Vinyl Collecting class on p. 23!**

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}
P03 Sa 10-11:30 a.m. **Tim Davenport**
 Mar 29 – Apr 19 *Eagle Springs Golf Course*
P04 Tu 6-7:30 p.m. **Tim Davenport**
 Apr 1 – Apr 22 *Eagle Springs Golf Course*
P05 Sa 10-11:30 a.m. **Tim Davenport**
 May 3 – May 31 *Eagle Springs Golf Course*
 • NOTE: No class 5/24
P06 Tu 6-7:30 p.m. **Tim Davenport**
 May 27 – Jun 17 *Eagle Springs Golf Course*

Golf: Playing Lessons

Bridge the gap between golf lessons and playing in this small class setting. Play on the course with swing evaluation and gain tips on etiquette. Improve your swing at the range. Come away from class being comfortable playing golf. Additional \$20 fee at the golf course.

PEDU-765 | 1 session | \$39^{AGE 60+} | \$39^{REG}
P03 M 5:45-7:45 p.m. **Tim Davenport**
 Apr 21 *Eagle Springs Golf Course*
P04 M 6-8 p.m. **Tim Davenport**
 May 19 *Eagle Springs Golf Course*

Golf: Short Game Skills

Whether you are a beginning student or just want to improve your golf game, this class caters to you. Spend each week focused on a short game skill: putting, chipping and pitching. Final class will be spent playing a practice green. Extra fee for balls.

PEDU-765 | 6 sessions | \$69^{AGE 60+} | \$85^{REG}
P01 Sa 9-10 a.m. **Scott Neibert**
 Apr 5 – May 10 *First Tee Driving Range*
P02 Sa 10-11 a.m. **Scott Neibert**
 Apr 5 – May 10 *First Tee Driving Range*

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}
P01 Th 6:30-7:30 p.m. **Scott Neibert**
 Apr 3 – May 8 *First Tee Driving Range*
P02 Tu 12-1 p.m. **Scott Neibert**
 Apr 8 – May 13 *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 | \$85^{AGE 60+} | \$85^{REG}
P01 Th 7:30-8:30 p.m. **Scott Neibert**
 Apr 3 – May 8 *First Tee Driving Range*
P02 Tu 1-2 p.m. **Scott Neibert**
 Apr 8 – May 13 *First Tee Driving Range*

Yoga

Yoga: Beginning

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

PEDU-761 | 10 sessions | \$139^{AGE 60+} | \$139^{REG}
P01 M 12:15-1:15 p.m. **Kelly Kauffmann**
 Jan 27 – Apr 14 *Afton Community Center*
 • NOTE: No class 2/17, 3/17

Yoga: Continuing

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

PEDU-761 | 10 sessions | \$139^{AGE 60+} | \$139^{REG}
P02 M 1:30-2:30 p.m. **Kelly Kauffmann**
 Jan 27 – Apr 14 *Afton Community Center*
 • NOTE: No class 2/17, 3/17

Yoga: All Levels

Relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring water, towel and mat.

PEDU-761 | 8 sessions | \$62^{AGE 60+} | \$89^{REG}
P06 M 6-7 p.m. **Sharon Danyluck**
 Mar 24 – May 12 *Sunset Hills Community Center*

Yoga Movement and Meditation

Discover inner peace and self-connection through gentle, functional movements and mindful exploration. Enhance joint stability and expand your range of motion, allowing you to move at a pace that respects your unique body and spirit. Perfect for both beginners and seasoned yogis, each session is tailored to meet you exactly where you are. Bring a yoga mat.

PEDU-761 | 8 sessions | \$47^{AGE 60+} | \$69^{REG}
P03 Tu 12-1 p.m. **Dina Fachin**
 Jan 28 – Mar 25 *FP-PE 110*
 • NOTE: No class 3/18
P07 Th 12-1 p.m. **Dina Fachin**
 Apr 3 – May 22 *FP-PE 110*

Keep Your Bones Strong

Practice how to enhance bone strength from an internationally certified yoga therapist. Gain insight into the science of bone and pertinent research and receive a personal anatomical assessment. Discover how to foster balance 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}
P04 W 6:15-7:30 p.m. **Pamela Todd**
 Jan 29 – Mar 5 *MC-PE 112*

CIRCL Mobility

Elevate your movement with this active and dynamic session crafted to enhance your range of motion and build joint strength. You'll engage in breath work, mobility patterns, and flow states, complemented by flexibility exercises to improve posture, boost circulation, and stimulate your nervous system, leading to better muscle activation. Bring your yoga mat.

PEDU-761 | 8 sessions | \$41^{AGE 60+} | \$59^{REG}
P05 Tu 3:15-4 p.m. **Rosalba Ramirez**
 Feb 11 – Apr 15 *WW-Multi 102A*
 • NOTE: No class 3/11, 3/18

Pickleball

All equipment provided. Dress appropriately for Dwight Davis outdoor courts and Chesterfield Parks & Rec outdoor courts.. Textbook is not mandatory but is essential for reference, more comprehension and understanding for Callahan Pickleball Academy classes: "Pickleball: Tips, Strategies, Lessons and Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner" (available through online retailers.)

Pickleball: Beginner

PEDU-740 | 4 sessions | \$119^{AGE 60+} | \$119^{REG}

P01 Tu 3:30-5 p.m. Callahan Pickleball Academy
Jan 28 – Feb 18 Affton Community Center

P02 Tu 3:30-5 p.m. Callahan Pickleball Academy
Mar 4 – Apr 1 Affton Community Center

• NOTE: No class 3/18

P03 Sa 2:30-4 p.m. Callahan Pickleball Academy
Apr 5 – Apr 26 Dwight Davis Tennis Center

P04 W 2:30-4 p.m. Callahan Pickleball Academy
Apr 9 – Apr 30 Dwight Davis Tennis Center

P05 Th 3-4:30 p.m. Callahan Pickleball Academy
Apr 24 – May 15 Chesterfield Parks & Rec

P06 Th 3-4:30 p.m. Callahan Pickleball Academy
May 22 – Jun 12 Chesterfield Parks & Rec

P07 Sa 2:30-4 p.m. Callahan Pickleball Academy
May 24 – Jun 14 Dwight Davis Tennis Center

P08 W 2:30-4 p.m. Callahan Pickleball Academy
Jun 4 – Jun 25 Dwight Davis Tennis Center

P09 Tu 4:30-6 p.m.
Feb 4 – Feb 25 Vetta Sunset

P10 Tu 4:30-6 p.m.
Apr 1 – Apr 22 Vetta Sunset

P11 Tu 4:30-6 p.m.
Apr 29 – May 20 Vetta Sunset

Pickleball: Beginner II/Intermediate

PEDU-740 | 4 sessions | \$119^{AGE 60+} | \$119^{REG}

P12 Tu 2-3:30 p.m. Callahan Pickleball Academy
Jan 28 – Feb 18 Affton Community Center

P13 Tu 2-3:30 p.m. Callahan Pickleball Academy
Mar 4 – Apr 1 Affton Community Center

• NOTE: No class 3/18

P14 Sa 1-2:30 p.m. Callahan Pickleball Academy
Apr 5 – Feb 26 Dwight Davis Tennis Center

P15 Th 1:30-3 p.m. Callahan Pickleball Academy
May 22 – Jun 12 Chesterfield Parks & Rec

P16 Sa 1-2:30 p.m. Callahan Pickleball Academy
May 24 – Jun 14 Dwight Davis Tennis Center

P17 Th 4:30-6 p.m.
Feb 6 – Feb 27 Vetta Sunset

P18 Th 4:30-6 p.m.
Apr 3 – Apr 24 Vetta Sunset



Self-Defense

Krav Maga™

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

PEDU-743 | 10 sessions | \$95^{AGE 60+} | \$95^{REG}

P01 M 6-7 p.m.
Feb 3 – Apr 21 Xtreme Krav Maga Fenton

• NOTE: No class 2/17, 3/17

P02 Sa 10-11 a.m.
Feb 22 – May 10 Xtreme Krav Maga Fenton

• NOTE: No class 3/15, 3/22

P04 Tu 7-8 p.m.
Apr 8 – Jun 10 Xtreme Krav Maga Fenton

Krav Maga™: Women Only

PEDU-743 | 10 sessions | \$95^{AGE 60+} | \$95^{REG}

P03 W 7-8 p.m.
Mar 5 – May 14 Xtreme Krav Maga Fenton

• NOTE: No class 3/19

Practical Women's Self Defense

Maximize your own power and gain confidence in your ability to defend against personal attacks with easy-to-learn, highly effective techniques. A great intro for novices and refresher for students with previous training. Course is led by a female instructor with 25 years of experience in martial arts. Class covers situational awareness, stand-up defense (striking and kicking), defense against grab attacks and grappling techniques to escape from ground attacks and hands-on bag work. Expect a fun work out. Basic physical fitness required. All gear is provided. No shoes on mats. Athletic wear required.

PEDU-743 | 1 session | \$39^{AGE 60+} | \$39^{REG}

P06 Sa 9 a.m.-12 p.m. Gina Breadon
Feb 8 CODA Martial Arts

P07 Sa 9 a.m.-12 p.m. Gina Breadon
Apr 5 CODA Martial Arts

P08 F 6-9 p.m. Gina Breadon
Jun 13 CODA Martial Arts

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}

P01 F 7-8:30 p.m. Deidre Brown
Feb 21 – May 9 FV-PE Gym

• NOTE: No class 3/21, 4/11



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
- | | |
|--|---------------------------------------|
| P01 Sa 2:30-3:30 p.m.
Feb 1 – Apr 5
• NOTE: No class 2/15, 3/15, 3/22 | Jason Falzone
Vetta Concord |
| P02 Tu 1-2 p.m.
Feb 4 – Mar 25
• NOTE: No class 3/18 | Jason Falzone
Vetta Concord |
| P03 Tu 1-2 p.m.
Apr 15 – May 27 | Jason Falzone
Vetta Concord |
| P04 Sa 2:30-3:30 p.m.
Apr 19 – Jun 7
• NOTE: No class 5/24 | Jason Falzone
Vetta Concord |

Tennis: Beginning II, NTRP 2.5

See NTRP rating box. Tennis balls provided.

- PEDU-734** | 7 sessions | \$75 AGE 60+ | \$75 REG
- | | |
|--|---------------------------------------|
| P01 Sa 3:30-4:30 p.m.
Feb 1 – Apr 5
• NOTE: No class 2/15, 3/15, 3/22 | Jason Falzone
Vetta Concord |
| P02 Sa 3:30-4:30 p.m.
Apr 19 – Jun 7
• NOTE: No class 5/24 | Jason Falzone
Vetta Concord |

Tennis: Intermediate I, NTRP 3.0

See NTRP rating box. Tennis balls provided.

- PEDU-735** | 7 sessions | \$99 AGE 60+ | \$99 REG
- | | |
|--|---------------------------------------|
| P01 Tu 2-3:30 p.m.
Feb 4 – Mar 25
• NOTE: No class 3/18 | Jason Falzone
Vetta Concord |
| P02 Tu 2-3:30 p.m.
Apr 15 – May 27 | Jason Falzone
Vetta Concord |

Tennis: Intermediate Advanced, NTRP 3.0-4.0

See NTRP rating box. Tennis balls provided.

- PEDU-736** | 7 sessions | \$99 AGE 60+ | \$99 REG
- | | |
|---|---------------------------------------|
| P01 Sa 4:30-6 p.m.
Feb 1 – Apr 5
• NOTE: No class 2/15, 3/15, 3/22 | Jason Falzone
Vetta Concord |
| P02 Sa 4:30-6 p.m.
Apr 19 – Jun 7
• NOTE: No class 5/24 | Jason Falzone
Vetta Concord |

WELLNESS AND PERSONAL DEVELOPMENT

General

Autology: Finding the Truth in You

Autology, the study of oneself, invites us on a 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 | 4 sessions | \$45^{AGE 60+} | \$69^{REG}
P01 W 5:30-7:30 p.m. Rachel Ponder
Jan 29 – Feb 19 FV-SS 105

Autology: Bringing Your Gift 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 | 4 sessions | \$45^{AGE 60+} | \$69^{REG}
P05 W 5:30-7:30 p.m. Rachel Ponder
Mar 26 – Apr 16 FV-SS 105

Transitions and Transformations

Life is a cycle of beginnings and endings. Transitions can be hard, but they hold a positive side, too. Transitions offer the opportunity to rethink the direction of our lives. In the second and third chapters of life, we may discover that our own life is similar to seasonal patterns of endings and beginnings. You may lose a loved one or a job, experience divorce or illness, have an empty nest. Or, you become a new grandparent, embark on new job or move to a city. Whether the transition is positive or negative, we all have times when we ask ourselves, "How can I make it easier?" Learn practical strategies to empower you in making future changes with increased confidence, less stress and the greater potential to thrive. Class is recommended for individuals 50 and older.

PERD-709 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
P02 Sa 9:30 - 11:30 a.m. Carol Watkins
Feb 1 – Feb 8 Online

The Afterlife

What happens when we die? Will we meet our loved ones who have passed before us? Is there a heaven? A hell? Do souls really get "stuck" between worlds? Am I still "me" when my body dies? Gain a greater understanding of the afterlife and the journey of the soul thereto. Come to class with an open mind. This class is based on empirical and anecdotal fact and not a forum to debate individual religious views.

PERD-709 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P03 Tu 6:30-8:30 p.m. William Duffin
Feb 25 MC-SO 112

Courage, Risks and Rewards: Taking Chances To Change Your Life

Life is all about choices. The decision to leap into something new or different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk and learn how to change your mindset. Learn five powerful perspectives on risk-taking that will empower you to take more chances and create opportunities for happiness and fulfillment.

PERD-709 | 2 sessions | \$36^{AGE 60+} | \$49^{REG}
P04 Sa 9:30 - 11:30 a.m. Carol Watkins
Mar 1 – Mar 8 Online

Oracles & Divination

Have you dabbled in tarot or oracle cards? Many systems of divination have been used through the centuries. Join Rev. William as he shares his experience of over 30 years to teach you a safe and fun way to communicate with spirits and 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}
P06 Sa 10 a.m.-12 p.m. William Duffin
Mar 29 Online

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. Discover your hidden potential as you remove your unconscious blocks. Dive into the law of attraction and discover insight into your subjective unconscious blocks to your desires.

PERD-709 | 1 session | \$23^{AGE 60+} | \$29^{REG}
P10 Sa 10 a.m.-12 p.m. William Duffin
Jun 7 Online

Ten Clues to Your Past Lives

Ever wonder if you've lived before? Learn how past lives might influence your life now. Find clues in your talents and gifts; fears and phobias; relationships and health. Explore basic theories (and myths) of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering ten significant clues to your past lives.

PERD-735 | 2 sessions | \$28^{AGE 60+} | \$39^{REG}
P01 Th 10 a.m. - 12 p.m. Rhonda Leifheit
Mar 6 – Mar 13 MC-CN 230

Emotional Escape

Everybody has problems but certain 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. Whether at work, home, or a social situation, you can get over these hurdles and move on. Life is full of problems for some who lose control and fall back into depression. This doesn't have to happen to you. Learn how to escape from your ongoing emotional distress, worry, and anxiety in this eye-opening class that will teach you how to take control of a situation, your thoughts, 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}
P01 Sa 10 a.m. - 12:30 p.m. Cheryl Ring
Feb 8 MC-SO 108

Intuition

Secrets Of Synchronicity

Synchronicities are "meaningful coincidences" reminding us that higher wisdom is speaking to us. When we're caught up in routines, or filled with fear and worry, we miss this valuable guidance. Learn to transform your mundane world into a world of enchantment through symbolism in nature, the wonder of chance meetings, and much more.

PERD-765 | 3 sessions | \$36^{AGE 60+} | \$49^{REG}
P02 W 6 - 8 p.m. Rhonda Leifheit
Apr 30 – May 14 MC-SO 109

Pendulum Dowsing for Intuitive Guidance

Everyone has intuitive abilities but trusting intuition can be a challenge. You will learn how to use a pendulum for intuitive guidance. This tool can be used for decision making, to find lost objects, and for healing. No previous experience necessary. Bring your own pendulum to class. This can be as simple as key on a keyring, a necklace, or a fishing weight on a fishing line. 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}
P08 M 6:30 - 8:30 p.m. Laurel Clark
May 12 STLC-Corp 209

Developing Intuition

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

PERD-735 | 4 sessions | \$38^{AGE 60+} | \$59^{REG}
P02 W 10 a.m. - 12 p.m. Rhonda Leifheit
Mar 26 – Apr 16 MC-CN 230

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}
P07 Tu 6:30-8:30 p.m. William Duffin
Apr 15 MC-SO 112



WELLNESS AND PERSONAL DEVELOPMENT

Personal Insights

Natural Wellness: Overview of Traditional Oriental Medicine

Explore the fundamental concepts of traditional Oriental medicine that have steered this form of care for more than 2,500 years! Discover basic principles you can apply in your daily life to enhance health and wellness. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in traditional Oriental medicine.

HEAL-701 | 1 session | \$35 AGE 60+ | \$35 REG

P01 Tu 6:30-8:30 p.m.
Mar 25

Alex Chen
Online

Introduction to Empowerment and Equity in Mental Health

Achieve a foundational understanding of mental and behavioral health with a focus on equity and community support. Explore key concepts, resilience-building techniques, and strategies for promoting mental health in underserved communities. You will be introduced to educational and career pathways in mental and behavioral health, offering students practical insights into advocating for mental health equity.

HEAL-702 | 2 sessions | \$26 AGE 60+ | \$35 REG

P01 Th 6-8 p.m.
Feb 20 - Feb 27

Candace Simmons
FV-B 119

The Power to Heal

Have you ever wondered why you make the same mistake over and over? Is there an explanation to your patterns in life? Explore methods, both unique and universal, for understanding yourself. Discover what you need to do in order to be a whole, complete and healed person. These techniques will help you identify, understand and heal the source of wounds that keep you from being your true self.

PERD-709 | 1 session | \$23 AGE 60+ | \$29 REG

P09 Tu 6:30-8:30 p.m.
May 13

William Duffin
MC-SO 112

Getting in Touch with Massage Therapy

Bring your hands and heart to the table with an introduction to the field of massage therapy. Learn to perform a one-hour full-body relaxation massage incorporating deep tissue techniques and spa enhancements. Please wear comfortable, lightweight clothing such as athletic gear, shorts, leggings, tank tops, and/or t-shirts.

HEAL-704 | 8 sessions | \$129 AGE 60+ | \$129 REG

P01 M 6-8 p.m.
Apr 21 - Jun 16

Sandra Roberts
Mellow Yellow
Massage Studio

• NOTE: No class 5/26

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

P01 M 6:30 - 8:30 p.m.
Mar 3

Laurel Clark
STLCC-Corp 209

GENERAL INFORMATION

Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs and to view complete, up-to-date course information, visit St. Louis Community College at stlcc.edu/CE.

Enrollment in Continuing Education classes and programs is limited to persons 18 years and older except where otherwise noted.

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

Location Index

Afton White-Rodgers Community Center (AFCC) 9801 Mackenzie Rd., 63123	Jammin J Automotive (JJA) 10188 Page Ave, 63132
Bluebird Park - Ellisville (ELLIS) 225 Kiefer Creek Rd., 63201	Lake School Park Tennis Courts (LSPRC) 581 Coeur De Ville Dr, 63141
Botanical Tea Room (BTR) 5350 Hackmann Rd., 63332	Mellow Yellow Massage Spa Studio (MYMS) 5431 Chippewa St., 63109
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	Rogers Middle School (RMS) 7550 MacKenzie Rd, 63123
CODA Martial Arts (CODA) 11025 Gravois Industrial Ct Suite B 63128	Shaw Nature Reserve (SNR) 307 Pinetum Loop Rd., 63039
Craft Alliance (CRAL) 5080 Delmar Blvd, 63108	Sew Hope (SWHP) 630 N Hwy 67, 63031
Crestwood Bowl (CWBL) 9822 Watson Rd, 63126	South Broadway Art Project (SBAP) 3816 S. Broadway, 63118
Culinary Arts House (CAH) 3137 Hampton Ave., 63139 <i>City street parking between Hampton and Hartford</i>	St. Louis Art Museum (SLAM) 1 Fine Arts Dr., 63110
Dwight Davis Tennis Center (DDTC) 5620 Grand Dr., 63112	St. Lou Dance Crew (DNCRW) 930 Kehrs Mill Rd., 63011
Eagle Springs Golf Course (ESGC) 2575 Redman Rd., 63136	Sunset Hills Community Center (SHCC) 3915 S. Lindbergh Blvd., 63127
Endangered Wolf Center (ENWO) 6750 Tyson Valley Rd., 63025	Thomas Dunn Learning Center (TDLC) 3113 Gasconade St., 63118
Episcopal Church of the Advent (EPCA) 9373 Garber Rd., 63126	Total Wine & More- Brentwood (TWMB) 90 Brentwood Promenade Ct., 63144
First Tee Driving Range (FTEE) 6286 Lemay Ferry Rd, 63129	Vetta Sports - Concord (CONC) 12320 Old Tesson Rd., 63128
First Unity Church of St. Louis (FUCS) 4753 Butler Hill Rd, 63128	Vetta Sports - Sunset Hills (SUNS) 10911 Gravois Industrial Ct., 63128
	Xtreme Krav Maga & Fitness - Fenton (XKMF) 570 South Highway Dr., 63026

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

STLCC-Corporate College
STLCC-Corp
3221 McKelvey Rd., 63044

STLCC-Florissant Valley
FV
3400 Pershall Rd., 63135

STLCC-Forest Park
FP
5600 Oakland Ave., 63110

STLCC-Meramec
MC
11333 Big Bend Rd., 63122

**STLCC-Meramec,
Continuing Education Building**
MC-CE
802 Couch Ave., 63122

STLCC-South County
STLCC-SoCo
4115 Meramec Bottom Rd., 63129

**STLCC-William J. Harrison
Education Center**
STLCC-Harrison
3140 Cass Ave., 63106

STLCC-Wildwood
WW
2645 Generations Dr.
Wildwood, 63040

...

For more information,
visit stlcc.edu/CE

Campus Legend

FLORISSANT VALLEY = FV

A..... ADMINISTRATION
AC..... ARTS & COMMUNICATIONS
AM..... ADVANCED MANUFACTURING
B..... BUSINESS
CDC..... CHILD DEVELOPMENT CENTER
C..... COMMUNICATIONS
EC..... EMERSON CENTER
E..... ENGINEERING
H..... HUMANITIES
IR..... INSTRUCTIONAL RESOURCES
PE..... PHYSICAL EDUCATION
S..... SERVICE BUILDING
SM..... SCIENCE-MATHEMATICS
SS..... SOCIAL SCIENCES
Student Ctr.... STUDENT CENTER
T..... THEATER
TC..... TRAINING CENTER
CWI..... CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

E..... EAST WING
W..... WEST WING
HealthSci..... CTR NURSING & HEALTH SCIENCES
HSP..... HOSPITALITY
LB..... LIBRARY
PE..... PHYSICAL EDUCATION
Student Ctr.... STUDENT CENTER
T..... THEATRE
AA..... ART ANNEX

MERAMEC = MC

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

WILDWOOD = WW

EXTENSION CAMPUSES

STLCC Corporate College = STLCC-Corp
STLCC South County = STLCC-SoCo

STLCC Closures

Continuing Education offices will be closed and classes will not be held on the following dates:

Martin Luther King Day	January 20
President's Day	February 17
Spring Holiday	March 15-23 (no classes) March 21 (office closed)
Memorial Day	May 26
Juneteenth	June 19

Enrollment in Continuing Education classes is limited to persons 18 years and older except for youth classes or where otherwise noted. For most classes, registration is closed three business days prior to the class start date. See website course descriptions for the last day to register.

Online Classes

Students registering for online classes must have a valid email address and reliable internet connection. A link to your online class will be emailed to you two business days before the class start date. If you do not receive this, please call 314-984-7777 during business hours. More information on our online classes can be found at stlcc.edu/CE; go to "Support for Online Classes."

Students' Rights and Responsibilities

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

Class Changes/Postponement/Cancellation

Any course changes in dates, times or locations will be emailed to students using the email address provided during course enrollment. Because Continuing Education (non-credit) classes are self-supporting, the decision to run a class is based on the number of students enrolled. The College reserves the right to cancel if sufficient enrollment is not achieved. **For changes and cancellations due to low enrollment, students will be notified by email.** Refunds will be issued for classes canceled by the College. Call 314-984-7777 with any questions.

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

Inclement Weather

Occasionally, Continuing Education classes are canceled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120), on KMOV-TV, KSDK-TV and KTVI/Fox 2. All location closings will be posted at stlcc.edu. To sign up for automated SMS notifications of STLCC campus closures or emergencies, visit stlcc.edu/alerts. **When St. Louis Community College cancels classes, online and off-campus classes are also canceled. In addition, when a particular host school district or institution closes, the Continuing Education classes at that location will not meet.**

Health and Safety Guidelines

Classes offered in-person may be rescheduled, canceled or transitioned to an online format. Students are required to follow all health and safety directives by St. Louis Community College and local health protocols.

Credit Card Processing Fee

A 2.85% third party processing fee will be added for class registrations made via debit and credit cards. This fee is nonrefundable. Payment may also be made via check through mail-in registration.

Class Withdrawal and Refunds

If you wish to withdraw from a class, you will receive a refund for most classes if the class is dropped three business days before the first meeting. See the CE website course schedule for classes (such as day trips) that require notice of more than three business days for cancellation and eligibility for a refund. Course fees for missed sessions are nonrefundable.

Requests for withdrawals must be submitted in writing to Continuing Education by email at CEdropbox@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

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 prior to first class meeting. For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register. Some classes have additional registration deadline requirements.

Confirmations and Cancellations: Registration confirmations, course updates and cancellation notices will be delivered to the email address provided at registration. Please see Class Changes/Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

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

I wish to participate in the classes selected for registration and, in consideration agree as follows: I acknowledge, understand and appreciate that as part of my participation in the program/class, there are implicit dangers, hazards and inherent risks, both known and unknown, to which I may be exposed. Therefore, I voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the program/class.

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**



St. Louis Community College
Continuing Education

NONPROFIT ORG.
U.S. Postage
PAID
St. Louis, MO
Permit No. 2370

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

REGISTRATION BEGINS JAN 6

575+ professional development and personal enrichment courses ...capture your passion!



History | 37



Culinary/Beverages | 19



Education | 12



Nature | 30



Finance | 28

[f stlcc](#) [@ stlccedu](#) | stlcc.edu/CE

ST. LOUIS COMMUNITY COLLEGE

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

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers

- Associate degrees in arts, science, fine arts, applied science and teaching are offered as well as certificates of proficiency and Specialization. The College's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

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



Printed on
recycled paper.

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.