Continuing Education
COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

INSIDE:
Project Management | 5
Data Analytics Using Excel | 8
Fine Arts and Crafts | 23–29
Trips and Tours | 55–57
... and much more!

FALL 19
REGISTRATION BEGINS AUG. 5

stlcc.edu/ce | 314-984-7777
Zak Zych

I’m surprised how many students tell me their boss recently informed them they are now, suddenly, their company’s new graphic designer, even if they have no previous experience in graphic communications. So they quickly sign up for two or three classes at the community college and strive to ride the wave of their new responsibilities. I’m sympathetic toward people who find themselves in this situation and take pride when they tell me that the lessons we covered in the previous week’s class were immediately put to use at work!”

Explore Zak’s Adobe® Photoshop® courses on pages 18–19.

Amanda Ball Clark
“Rogue Historian” teaching for STLCC Continuing Education since Spring 2019.

I encourage students to seek out forgotten and unknown histories, to see their city through a new lens with an even bigger story to tell. STLCC Continuing Education’s participants all come with such curiosity for local history and challenge me every time with great questions and discussions.”

Explore Amanda’s History courses and Trips and Tours (as RenegadeSTL) on pages 55–57.

Almut Marino
“Passionate Mentor” teaching for STLCC Continuing Education since 1997.

Although I prepare St. Louis’ food handlers to serve safe food to their customers, I hope to inspire each student to live a healthier life for themselves, too. Being a dietitian, chef and teacher, my mission is to ‘Equip children and families to live their best life.’ Every day, I get to work with hundreds of young children to help them learn about organic gardening, cooking and leading a healthy life. I love educating adults as much as children, and teaching in the CE department allows me to continue that on a part-time basis.”

Explore Almut’s ServSafe® Food Safety courses on page 10.
We’re here for you whether you’re letting your curiosity point you in new directions, seeking professional courses to help advance your career or pursuing new challenges to expand your mind. Continuing Education provides a showcase of opportunities to broaden your potential and change your life!

- experiential, life-long learning
- diverse, inclusive community
- continually evolving for an ever-changing world

Discover how Continuing Education can spark your potential and unlock a whole new future for you!

Not receiving a catalog each semester?
Please call Continuing Education at 314-984-7777 or email us at CEdropbox@stlcc.edu to be added to our mailing list.

### Fall 2019 Continuing Education Courses

#### Professional Development

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#### Career Studies

- ACE® Personal Trainer
- Emergency Care
- CPR and First Aid
- Caregiving At Home
- Real Estate
- Health Care Careers
- Aerospace Manufacturing
- Truck Driving

#### Computers and Technology

- Personal Computing
- Mobile Technologies
- Microsoft Tools
- G Suite Google Tools
- Adobe Tools
- Web Development
- Social Media
- Smart Home Technology
- 3D Modeling and Drafting

#### Testing and Review

- Adult Education and Literacy (AEL)

#### Personal Enrichment

- Ageless Learning Seminars
- Creative Arts
- Fine Arts
- Crafts
- Culinary
- Dance
- Theater
- Music
- Photography
- Writing
- Home, Nature and Garden
  - Home Improvement and Maintenance
  - Master Naturalist
  - Animal Care
- Personal Finance
  - Finance and Investments
  - Real Estate
  - Estate Planning
  - Retirement Planning
- Language and Communications
  - Personal Communication
  - Foreign Language
  - Sign Language
- Historical Studies
  - Genealogy
  - Culture
  - Religion
  - History
- Tours and Trips
- Wellness, Fitness and Recreation
  - Recreation and Sports
  - Motorcycle Safety Training
  - Cards and Games
  - Fencing
  - Recreational Team Sports
  - Golf
  - Tennis and Pickleball
  - Bowling
  - Fitness
  - Aquatics
  - Aerobic and Strength Exercise
  - Boot Camp
  - Barre, Yoga and Pilates
  - Tai Chi
  - Self Defense
  - Wellness and Personal Development
- Youth Classes

#### Helpful Information

- Location Index
- General Information
- Registration Form

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

*If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Continuing Education Access Office at 314-984-7704 as soon as possible in advance of the program for consideration of your accommodations request. It is helpful to receive accommodations requests at least 10 days in advance of a program. For trips and tours, advance notice of up to one month is requested. With less advance notice, it may be difficult to meet needs of interested members.*

*Saint Louis Community College Board of Trustees: Rodney Gee, Chair; Kevin M. Martin, Ed.D.; Vice Chair; Eletheria “Libby” Fitzgerald; Doris A. Graham, Ph.D.; Craig H. Larson, Ed.D.; Anne Adams Marshall; Pam Ross*

*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.*
Shoring Up: Insights-Driven Process Improvements in the Workplace

You could read it from a book, but I went through hands-on exercises with classmates, which helps [me] to understand how to do it more effectively.”

Benroy Shimotani

Working as a quality manager in the St. Louis area, Benroy Shimotani aspired to learn more about reducing waste and improving processes after reading The Toyota Way. “I want to do my job very effectively,” he explains, “and I wanted a trained practitioner to teach me how to go about finding the root cause and follow it when we’re trying to better a situation.” Shimotani enrolled in St. Louis Community College’s Lean Six Sigma Green Belt class to better understand how to accelerate his own productivity as well as those whom he manages.

The Lean Six Sigma class uses problem-solving tools to enable managers and line workers alike to identify problems and successfully solve them, ensuring faster, more accurate production. Lean Six Sigma is a worldwide practice that enables a collaborative effort to improve workplace flow and systematically reduce waste. For example, processes such as DMAIC (define, measure, analyze, improve, control) can help a group identify ways to run improvement projects.

Shimotani sought a set curriculum that could foster his growth. The STLCC program provides in-person, small group training that encourages open conversation between students. “You could read it from a book but I went through hands-on exercises with classmates, which helps [me] to understand how to do it more effectively,” he said. Shimotani feels that the various student backgrounds added to his experience.

Instructor Pat Dalton says the course allows students who are active members within manufacturing, customer service and non-manufacturing to immediately access tools that help eliminate repeated processes, improve speed or reduce inventory. “I think you’ll be a more helpful team member and a better asset to the company,” Shimotani says of learning the processes behind the manufacturing.

Shimotani used his Lean skill set in the workplace right away. The infinity diagram, which is a brainstorming technique, helped his team identify key issues in their company’s manufacturing techniques. After finding a couple of patterns, they identified the root causes and used process mapping to create solutions.

Dalton encourages students coming from any background to use the Lean method to unpack workplace difficulties and improve company flow. “This is helpful for anybody to look at any problem as a system-wide problem,” Shimotani said. “It’s a commitment for sure, but it’s worthwhile.”

An upcoming Lean Six Sigma Green Belt cohort begins Sept. 11. Students meet for 12 sessions on Wednesday evenings and Saturdays totaling 45 hours of instruction, including an 18-hour capstone simulation project. Students who successfully complete this training will receive their Lean Six Sigma Green Belt award of completion. Find more information on the Lean Six Sigma Green Belt program on page 5, and register at stlcc.edu/ce.
PROFESSIONAL DEVELOPMENT
Improve business performance | Achieve professional goals | Enhance your career | Gain a leading edge

St. Louis Community College
Continuing Education

PROFESSIONAL ESSENTIALS
Project Management (PMP) | Lean Six Sigma

Hone your problem-solving skills and successfully complete more projects on time and on budget. St. Louis Community College helps you take your business goals to the next level and maintain a competitive edge.

We have more! Ready to develop your interpersonal or public speaking skills? Check out our Communications courses on page 48.

Project Management Orientation
This free session is designed to provide information to individuals interested in obtaining the Project Management Professional (PMP®) certification. You’ll learn about the concepts, test preparation and requirements needed for certification. Presentation includes an overview of the program, a look at class materials, trends in the industry and potential job opportunities for PMPs. The orientation is free but registration is required.

BPTC:703 | 1 session | NO FEE
F01 Sa 9 am-noon
Dirk Lupien
Sept. 14
STLCC-Corp. College, 219

Project Management
Project managers are in demand when the need is for skills that include time, resource 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 prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. Program is presented by a Registered Educational Provider (REP). Class meets Thursdays: 10/3,10/10,10/17,10/24,10/31 and Saturdays: 10/5,10/12,10/19. Lunch provided on Saturdays. Class is subject to cancellation if minimum enrollment is not met by 9/5. No refunds after this date unless class is canceled.

BPTC:703 | 8 sessions | $1649 AGE 60+ | $1649 REG
F02 Th 6 pm-9 pm
Sa 8:30 am-4 pm
Dirk Lupien
Oct. 3 – Oct. 31
STLCC-Corp. College, 209

Lean Six Sigma Green Belt
Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt for professional development, this course is appropriate for you. We blend classroom instruction and online modules. Program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive a LEAN Six Sigma Green Belt award of completion and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and two consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive noncredit certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program. Lunch provided on Saturdays. Class meets Wednesdays 9/11,9/18,9/25,10/2,10/9,10/16,10/23,10/30,11/1,11/8 and Saturdays 11/9,11/16. Class is subject to cancellation if minimum enrollment is not met by 9/5. No refunds after this date unless class is canceled.

BPTC:701 | 12 sessions | $1534 AGE 60+ | $1899 REG
F01 W 6 pm-9 pm
Sa 8:30 am-4 pm
Patricia Dalton
Sept. 11 – Nov. 16
STLCC-Corp. College, 205
CAREER ESSENTIALS

Discover Your Career Passion
You spend a good part of your life expressing yourself through work and career. For this reason, it is important to discover a path that offers joy and value in what you do. In this class, we will help you to convert that passion into a career path through the use of worksheets and discussions. You have always known what you love, now discover your career passion.

CPDV:702 2 sessions | $47 AGE 60+ | $45 REG
F01 Tu 7 pm-9:30 pm  Jean Walters
Oct. 8 – Oct. 15  MC-BA, 118
F02 Sa 9 am-noon  Carol Watkins
Oct. 26  MC-BA, 111

Plus 50 Employment: The Purpose, Process and Payoff
Whether you have been recently laid off from your job as a result of the economy and company restructuring or are looking to get into a different career path, individuals over age fifty may find that the job seeking and employment process is vastly different from years ago. Come learn about the unique challenges that older workers may face including researching companies, locating online job search databases, updating your resume to match your skills with prospects, networking, skill enhancement tools, interview styles, local resources, branding statements and more. You’ll receive information from industry experts to help you find the path to opportunities.

CPDV:701 2 sessions | $37.50 AGE 60+ | $59 REG
F01 Th 6 pm-9 pm  Edwin Penfold
Oct. 3 – Oct. 10  MC-BA, 112

Plus 50: Explore the Rewards of Volunteering Pathway
Are you looking for ways to thrive and “give back” in retirement? Wondering how you will use your time meaningfully? Where will you choose to put your energy? In this workshop we will look at ways to recycle and revive your dreams while rethinking your opportunities through volunteering. Explore the volunteer pathway with an experienced life coach and the support of like-minded fellow participants.

CPDV:702 1 session | $52 AGE 60+ | $59 REG
F02 Sa 9 am-noon  Carol Watkins
Oct. 26  MC-BA, 111

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. We believe the years between 50 and 75 can be some of the best, but don’t know how to make sense of the changes we’re facing. If you are looking for meaning in work and life, this powerful interactive learning experience will teach you how to 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. Bring a sack lunch.

CPDV:702 1 session | $40 AGE 60+ | $55 REG
F03 Sa 9 am-4 pm  Carol Watkins
Sept. 21  MC-BA, 124
F04 Sa 9 am-4 pm  Carol Watkins
Nov. 30  MC-BA, 124

Small Business Essentials

Starting and Managing a Small Business
Are you thinking about starting and managing a small business in Missouri? Designed for individuals who are considering starting a business, have made the decision to start or who have been in business for less than two years, this program will discuss: the basics of business ownership, planning for success, organizational forms of business, legal and regulatory environment, recordkeeping and information management, marketing, financing and resources. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:701 2 sessions | $59 AGE 60+ | $69 REG
F04 Sa 9 am-noon  Lynette Watson
Sept. 14 – Sept. 21  MC-SO, 111
F05 Sa 9 am-noon  Lynette Watson
Nov. 2 – Nov. 9  MC-SO, 111

Understanding Patents, Trademarks and Copyrights
Intentional property (IP) is often the most valuable asset a business will ever own. Unfortunately, many businesses and entrepreneurs are unfamiliar with IP and are ill-equipped to successfully secure, exploit, and enforce their IP rights. In this course, you will learn the differences between trademarks, copyrights and trade secrets, and discover why they are essential to the health and success of businesses of all types and sizes. Taught by an experienced IP attorney.

BUSS:734 1 session | $41 AGE 60+ | $59 REG
F01 Sa 8:30 am-1:30 pm  Morris Turek
Sept. 21  MC-BA, 114

Franchising as a Small Business Option
Have you thought about buying a new or existing franchise? Learn the basics every potential franchisee should know, building your knowledge to make a well-informed investment decision. Gain a working knowledge of franchising and how to assess your own suitability as a franchise business owner. You will learn about the main franchise business models, the advantages and disadvantages of franchising, and the fees and royalties applicable in franchising. This class will also be valuable for business consultants and accountants who work with franchise clients.

BUSS:765 1 session | $39 AGE 60+ | $59 REG
F01 Sa 9 am-12:30 pm  Jane Cohen
Sept. 21  MC-SO, 107

NEW Trademarks and Copyrights for Small Business
Intellectual property (IP) is often the most valuable asset a business will ever own. Unfortunately, many businesses and entrepreneurs are unfamiliar with IP and are ill-equipped to successfully secure, exploit, and enforce their IP rights. In this course, you will learn the differences between trademarks, copyrights and trade secrets, and discover why they are essential to the health and success of businesses of all types and sizes. Taught by an experienced IP attorney.

BUSS:734 1 session | $26 AGE 60+ | $39 REG
F02 Th 6 pm-9 pm  Morris Turek
Oct. 3  WW, 201

Ultimate Rainmaker: Sales Training for Business Owners and Managers
Are you a business owner struggling to sell yourself and your business to the general public? Are you a manager who is looking for new sales techniques for you and your team? Local author and Sales Manager, Keith Antone Willis, Sr. is sharing his best practices for growing sales exponentially through easy yet effective techniques. This course will teach you how to identify sales opportunities, cultivate old and new contacts that turn into profitable sales relationships, and how to develop a long-term sales strategy for growing revenue. The class includes a signed copy of the book, “10 Laws of the Ultimate Rainmaker.”

BUSS:765 1 session | $59 AGE 60+ | $69 REG
F03 Th 6 pm-9 pm  Keith Willis, Sr.
Oct. 10  MC-SO, 109

DIY Background Checks on Potential Tenants, Contractors, Employees
Protect yourself and your business using public resources and investigative techniques to learn more about the candidates you are about to hire in a legal capacity. From an employee-hiring manager for a large or small business firm to a homeowner contractor or rental property manager, it’s a good employment practice to learn more about potential individuals you are hiring and screen those candidates to help ensure that a potential new hire does not have anything lurking in their past that could potentially harm your business or create a safety hazard for clients and other employees. Taught by a private investigator, come learn about free and low cost options for conducting background checks, and how to identify background checks and the “red flags” to look for before a potential problem arises.

BUSS:765 1 session | $18 AGE 60+ | $25 REG
F02 Sa 10 am-noon  Cheryl Ring Mantinband
Oct. 12  MC-BA, 120

NEW Plus 50: Too Young to Retire
What’s next? That is a question many 50 and above are asking themselves as they think about retirement. This workshop is about revitalizing our definition of retirement. We are seeing a “new retirement” take shape as baby boomers are reaching 65 at a rate of 10,000 people per day. Many will live an additional 20-30 years. What will you do with this time? Will you remain in your current career, modify it, volunteer or choose a paid or unpaid encore career? This workshop is ideal for energetic millennials who are exploring choice and possibility as they design their next chapters.

CPDV:702 1 session | $40 AGE 60+ | $65 REG
F03 Sa 9 am-4 pm  Carol Watkins
Nov. 2  MC-BA, 122

We have more! Are you experiencing significant change or ready to reclaim time and find balance? You may be interested in our “Transitions and Transformations” or “Finding Balance” courses on page 66, which are specially geared toward the needs of individuals age 50 and up.
Inventors’ One-Day Series: Learn, Create, Grow

Learn from the experts as Inventors Association of St. Louis, one of the oldest inventor-assistance organizations in the United States, offers insights and secrets of invention procedures and business-building. Register for each class.

STLCC-Meramec (MC) | MC-BA, 116 | Saturday, Sept. 7
BUS 765 | 1 Session | $25 AGE 60+ | $25 REG
F13 9 am-10 am | Ask An Inventor: An Introduction to the Invention Process
F04 10:15 am-11:15 am | Intellectual Property: Learn How to Protect Your Ideas
F05 11:30 am-12:30 pm | How to Research and Understand Patents to Avoid Infringement
F06 1:15 pm-2:15 pm | How to Manufacture Your First Product
F07 2:30 pm-3:30 pm | Crowdfunding: What’s the Difference Between Crowdfunding Platforms?

Business Start-Up Skills for Artisans and Crafters
Are you ready to take your craft or hobby business to the next level? Is this the year you plan to make a profit with your artisan or craft side business? Are you looking to turn your side hustle into a money-making business? You’ve been developing your talent and finding a demand for your handmade craft or artistic products, but how do you navigate the independent marketplace? Get ready for the upcoming season and learn tips from award-winning artist, 40-year veteran Mike Ochonicky as she discusses effective marketing techniques, outlets to sell online and in-person, balancing creativity with administrative tasks and more. Bring a notebook and pen to class.
BUS 701 | 1 Session | $25 AGE 60+ | $35 REG
F01 Tu 6:15 pm-9:15 pm | Lynette Watson
Nov. 5 - Dec. 3 | MC-BA, 118
• NOTE: No class 11/26.

Business Plan Development
An intensive, four-session, individually customized course designed to provide new and aspiring entrepreneurs with the tools and resources to create a solid business plan. Experienced business facilitators/coaches will guide group sessions and share practical experiences to enhance your business. Participants learn with and from their peers, creating a powerful network that continues well after the program is complete. These sessions are enriched with guest speakers from various disciplines including the legal profession, marketing, human resources and financing. In addition, each participant will begin by taking the GrowthWheel® assessment and receive customized tools based on this assessment to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Continued counseling from a business counselor and certified life coach is available after the completion of the class. Please bring a laptop or electronic device to class for working on your business plan. Program is offered in partnership with the Small Business and Technology Development Center. GrowthWheel® is a registered trademark of GrowthWheel International Inc.
BUS 702 | 4 sessions | $109 AGE 60+ | $189 REG.
F01 Tu 6:15 pm-9:15 pm | Lynette Watson
Nov. 5 - Dec. 3 | MC-BA, 118

Ask An Inventor: An Introduction to the Invention Process
Gain valuable lessons and tips to avoid common mistakes made when becoming an inventor. Ask questions from a twice-patented inventor as she shares her experience about the steps she took and the challenges she faced in developing her idea into a prototype, creating a finished product and desktop app, identifying a manufacturer, selecting a patent attorney, bringing her product to market, and more. Offered at MC and FP.

How to Sell and License Your Product
Learn the pros, cons and differences between licensing and self-production of a new product. Benefit from tips about how to approach potential licensees (e.g. retailers, major brands, big box stores, etc.) and how to best structure your sales pitch to be impactful and secure a deal. Offered at FP.

Intellectual Property: Learn How to Protect Your Ideas
This course introduces participants to the different types of intellectual property (IP) available (i.e. patents, trademarks and copyrights) and how to provide protection for their inventions and other original work. Information will be provided about the length and type of protections granted under each filing and how to avoid infringing on existing IPs or losing patent protection. Offered at MC and FP.

Crowdfunding: What’s the Difference Between Crowdfunding Platforms?
Thinking about starting a crowdfunding campaign to launch a product but don’t know which to use? Many factors should be considered before launching a campaign to fund your idea, inventions, business, cause or organization. Learn the general differences and requirements, pros and cons, and benefits and risks associated with the most popular crowdfunding websites. Also, explore samples of the most successful and failed campaigns launched right here in St. Louis! Offered at MC.

How to Manufacture Your First Product
Learn the dos and don’ts of manufacturing and how to select the best manufacturer for your product based upon your product type. This session explores the product manufacturing process in the U.S., China, Mexico, India, etc. Learn the different requirements for obtaining a product sample and placing initial orders; inherent risks, inconveniences, and timelines associated with average production runs; expenses involved in manufacturing in the U.S. versus abroad and more. Offered at MC.

How to Research and Understand Patents to Avoid Infringement
Attempting to read and understand a patent can be daunting. However, it is important for inventors to conduct basic patent research to determine if their idea already exists (e.g. under another name or category) and is, in fact, patentable. This class helps inventors better read and understand the contents and key parts of a patent and to gain knowledge about the requirements for and meaning of terms like dependent/ independent claims, prior art, patent infringement, and more. Students will also learn how to improve their research inquiries on free websites and extract valuable information from various patents that will aid in devising their own patents. Offered at MC.

How to Sell and License Your Product
Learn the pros, cons and differences between licensing and self-production of a new product. Benefit from tips about how to approach potential licensees (e.g. retailers, major brands, big box stores, etc.) and how to best structure your sales pitch to be impactful and secure a deal. Offered at FP.

Local Funding, Resources and Maker Spaces to Bring Product to Market
Did you know that St. Louis ranks as one of the top three cities in America with the best entrepreneurial community? A number of local entities have created programs and raised money to extend to start-up entrepreneurs and inventors. However, many of these resources are underutilized. Learn how to take advantage of these available training, resources, funding and mentoring opportunities. Offered at FP.

Using Cut and Sew Factories to Manufacture Your Product and Fashion Designs
Need help developing, constructing, and/or launching a product or clothing collection but don’t know where to start? Learn how cut and sew factories can help you through the entire process from design… to sales… and distribution! Participants will gain an understanding about how these factories can convert their designs and sketches into finished products by providing services such as design development, pattern creation, pattern digitization, assembly, and manufacturing and can aid in launching their products within a shorter period of time than most manufacturers. Offered at FP.

Mike was awesome! I’m amazed at her career and experience!
Paula A.
St. Louis
Understanding Accounting: An Introduction

Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office manager position, this introductory course provides an overview of accounting terminology and processes, analyzing financial activities and statements and applying the fundamentals of accounting. Course covers debits, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more. Students may bring a sack lunch/drink to class.

Accounting Boot Camp: Beginning I

Designed for individuals and entrepreneurs who desire to learn and master knowledge about basic accounting, this rigorous, fast-paced, hands-on boot camp provides an introduction to accounting business terminology, accounting principles, the accounting cycle and the preparation of financial statements. This course includes a variety of hands-on case studies for practical application and is taught by a tenured accounting professor. Students are required to bring pencils, calculator and notebook paper. All other class materials will be provided. Bring a sack lunch.

Accounting Boot Camp: Beginning II

This boot camp builds upon an introduction to accounting business terminology and accounting principles with discussion of the accounting cycle and preparation of financial statements. This rigorous, fast-paced, hands-on boot camp is designed for individuals and entrepreneurs who desire to learn and master knowledge about basic accounting. Course will include lots of hands-on case studies for practical application. Taught by a tenured accounting professor. Students are required to bring pencils, calculator and notebook paper. All other class materials will be provided. Bring a sack lunch.

Accounting Boot Camp: Beginning III

This rigorous, fast-paced, hands-on extension of Accounting Boot Camp: Beginning II is designed for individuals and entrepreneurs who desire to advance their accounting knowledge. Course introduces subsidiary ledgers, special journals and internal controls. Students are required to bring pencils, calculator, and notebook paper.

NEW! Excel® for Accounting

This course is designed to enhance students’ knowledge by using Microsoft Excel to create financial statements, pie charts, bar graphs and tables by working with multiple worksheets. Learn to create more complex formulas using the function feature in Excel, analyze results to examine various financial activities and develop a professional-looking worksheet for internal and external use. Please bring a flash drive.

Accounting Boot Camp: Beginning III

This rigorous, fast-paced, hands-on extension of Accounting Boot Camp: Beginning II is designed for individuals and entrepreneurs who desire to advance their accounting knowledge. Course introduces subsidiary ledgers, special journals and internal controls. Students are required to bring pencils, calculator, and notebook paper.

NEW! Introduction to Data Analytics Using Excel®

The course is designed to continue enhancing students’ knowledge by exploring the use of data analysis tools in Microsoft Excel. Students will be introduced to pivot tables, data tables, and comparison bar graphs. Students will learn how to use the conditional formatting function and sort feature to further analyze data. Please bring a flash drive. Prerequisite: introductory-level Microsoft Excel experience.

NEW! Recordkeeping for the Small Business Owner

As a small business owner, it is important for you to have good recordkeeping procedures and accurately follow tax guidelines. Taught by small business tax professional, T. Spector, CPA, class topics include internal and external financial records, different forms of business ownership (and their specific recordkeeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, and methods for tracking and deducting vehicle expenses. The instructor welcomes a two-way discussion and questions about your specific situation.

NEW! Small Business Tax Seminar

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

NEW! Payroll for Small Business

Payroll is an integral activity of an organization’s operations. In this course, explore introductory payroll laws and terminology, flow of a payroll systems and wage/salary computations for small- and medium-size businesses.

We have more! We offer an array of Excel® classes ranging from beginning to advanced. Discover additional course options on page 17.
Drones

Introduction to Drones
Designed to provide information to individuals interested in the drone industry, learn about the operation, history and manufacture of these robotic vehicles as well as current uses of drones in law enforcement, agriculture, aerial photography and more! Discussion will also include requirements to build and regulations to fly drones. Students will have the opportunity to fly a quadcopter simulator in class.
ENGR:706 | 1 session | $121.50 AGE 60+ | $135 REG
F01 Sa 10 am-noon
Sept. 21
Rory Paul
MC-SO, 108

Safety and Quality: OSHA

10-Hour OSHA: Construction Safety and Health Training Certification
Class meets Monday 9/23 and Thursday 9/26 and meets the required laws for working on public job sites. Led by an OSHA certified trainer, course covers the mandated OSHA topics including OSHA regulations, general safety and health, electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10-Hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 9/18 is encouraged. No refunds after this date.
CONS:736 | 2 sessions | $76 AGE 60+ | $125 REG
F01 M/Th 5 pm-8 pm
Sept. 23 – Sept. 26
STLCC-Corp. College, 209

10-Hour OSHA: General Industry Safety and Health Training Certification
Class meets Monday 10/14 and Thursday 10/17. This 10-hour OSHA course is ideal for employee safety and health awareness. Get introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Part 1910. Students will receive a 10-hour OSHA card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 10/9 is encouraged. No refunds after this date.
CONS:736 | 2 sessions | $76 AGE 60+ | $125 REG
F02 M/Th 4 pm-9:30 pm
Oct. 14 – Oct. 17
STLCC-Corp. College, 207

Solar Basic, Solar Site Survey, Components and System Build: Part I
Join the field of solar energy. In this course, you will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets and safety basics. Class will introduce basic photovoltaic equipment and you will learn how to assess potential installation sites for their solar energy potential. Gain hands-on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites and calculation of load estimations. In addition, learn about photovoltaic system components and how they interact with each other. You will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. Build a full string inverter system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included. Enrollment by 8/22 is encouraged. No refunds after this date.
CONS:721 | 7 sessions | $293 AGE 60+ | $349 REG
F01 Tu 6 pm-7:30 pm
Aug. 20
Ryan Chester
FV-CWI, 136

Solar Basics, Solar Site Survey, Components and Systems Build: Part II
A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics: Part I. Registration by 9/17 is encouraged. No refunds after this date.
CONS:721 | 7 sessions | $96.50 AGE 60+ | $199 REG
F03 Tu/Th 5 pm-8 pm
Sept. 24 – Oct. 15
RYAN CHESTER
FV-CWI, 127

Advanced NEC for Photovoltaics and NABCEP for Installer Exam
Learn the 2014/2017 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This continuation education class is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text included. Registration by 11/15 is encouraged. No refunds after this date.
CONS:721 | 5 sessions | $145.50 AGE 60+ | $199 REG
F04 Tu/Th 5 pm-8 pm
Oct. 17 – Nov. 7
• NOTE: No class 10/22, 11/5.
RYAN CHESTER
FV-CWI, 127

CONS:721 | 8 sessions | $173 AGE 60+ | $259 REG
F05 Tu/Th 5 pm-8 pm
Nov. 12 – Dec. 10
• NOTE: No class 11/28.
RYAN CHESTER
FV-CWI, 127

Solar Photovoltaics Information Session
Join us for an informational session on how to become a part of the solar field. The application, design, installation and operation of photovoltaic systems will be introduced. Explore the path for certification through the North American Board of Certified Energy Professionals (NABCEP). Program is free but registration is required.
CONS:721 | 1 session | NO FEE
F01 Tu 6 pm-7:30 pm
Aug. 20
Ryan Chester
FV-CWI, 136

Solar Basics, Solar Site Survey, Components and Systems Build: Part I
Join the field of solar energy. In this course, you will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets and safety basics. Class will introduce basic photovoltaic equipment and you will learn how to assess potential installation sites for their solar energy potential. Gain hands-on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites and calculation of load estimations. In addition, learn about photovoltaic system components and how they interact with each other. You will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. Build a full string inverter system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included. Enrollment by 8/22 is encouraged. No refunds after this date.
CONS:721 | 7 sessions | $293 AGE 60+ | $349 REG
F01 Tu 6 pm-7:30 pm
Aug. 20 – Sept. 19
Ryan Chester
FV-CWI, 127

Solar Basics, Solar Site Survey, Components and Systems Build: Part II
A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics: Part I. Registration by 9/17 is encouraged. No refunds after this date.
CONS:721 | 7 sessions | $96.50 AGE 60+ | $199 REG
F03 Tu/Th 5 pm-8 pm
Sept. 24 – Oct. 15
RYAN CHESTER
FV-CWI, 127

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CONS:721 | 5 sessions | $145.50 AGE 60+ | $199 REG
F04 Tu/Th 5 pm-8 pm
Oct. 17 – Nov. 7
• NOTE: No class 10/22, 11/5.
RYAN CHESTER
FV-CWI, 127

CONS:721 | 8 sessions | $173 AGE 60+ | $259 REG
F05 Tu/Th 5 pm-8 pm
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• NOTE: No class 11/28.
RYAN CHESTER
FV-CWI, 127

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FV-CWI, 127

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A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics: Part I. Registration by 9/17 is encouraged. No refunds after this date.
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F03 Tu/Th 5 pm-8 pm
Sept. 24 – Oct. 15
RYAN CHESTER
FV-CWI, 127

Advanced NEC for Photovoltaics and NABCEP for Installer Exam
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CONS:721 | 5 sessions | $145.50 AGE 60+ | $199 REG
F04 Tu/Th 5 pm-8 pm
Oct. 17 – Nov. 7
• NOTE: No class 10/22, 11/5.
RYAN CHESTER
FV-CWI, 127

CONS:721 | 8 sessions | $173 AGE 60+ | $259 REG
F05 Tu/Th 5 pm-8 pm
Nov. 12 – Dec. 10
• NOTE: No class 11/28.
RYAN CHESTER
FV-CWI, 127

Solar Photovoltaics Information Session
Join us for an informational session on how to become a part of the solar field. The application, design, installation and operation of photovoltaic systems will be introduced. Explore the path for certification through the North American Board of Certified Energy Professionals (NABCEP). Program is free but registration is required.
CONS:721 | 1 session | NO FEE
F01 Tu 6 pm-7:30 pm
Aug. 20
Ryan Chester
FV-CWI, 136
CONSTRUCTION

National Electrical Code and Calculations: Part I

ELEC:705 | 14 sessions | $192 AGE 60+ | $799 REG
F01  Tu 6 pm-9 pm  Michael Smith  Aug. 27 – Dec. 10  STLCC-South County, 213
• NOTE: No class 9/17, 10/22.

Construction Methods
This course covers many of the principles, materials, and methods used in light construction. Topics include building codes, construction standards and specializations, wood and wood products, concrete, masonry, glass, plastics, aluminum products, bituminous products, gypsum products, asbestos cement products, construction methods systems, foundation systems, slabs-on-ground, floor/ceiling systems, wood framed floors, wall systems, masonry walls, roof/ceiling systems, stucco, and terrazzo. Dates listed correspond with credit term. Available for credit as CE 108 550. CONS:701 | $170.20 AGE 60+ | $340.50 REG
F01  Tu 7:05 pm-9:45 pm  Sept. 16 – Dec. 15  FV-E, 160
• NOTE: No class 10/22.

Construction Blueprint Reading
The interpretation of construction working drawings and specifications for residential and commercial building projects. Architectural, structural, and utility drawings will be covered. Dates listed correspond with credit term. Available for credit as CE 116 551. CONS:718 | $170.20 AGE 60+ | $340.50 REG
F01  M 7:05 pm-9:45 pm  Sept. 15 – Dec. 15  FV-E, 160

Electronic Drafting
Electronic Drafting introduces basic drafting with emphasis on technical sketching and lettering. Topics include schematic diagrams, block diagrams, electronic symbols, etched circuit layout, wiring diagrams, mechanical detail, electronic detail, and assembly drawings. Dates listed correspond with credit term. Available for credit as EGR 104 502. CONS:765 | $113.50 AGE 60+ | $227 REG
F02  Tu 4:30 pm-7:05 pm  Aug. 19 – Dec. 15  FV-E, 160
• NOTE: No class 10/22.

Engineering Drawing
Engineering Drawing uses a combination of instruments and CAD systems for making drawings. The course includes use of instruments, lettering, geometrical constructions, technical sketching, principles of orthographic projection, pictorial drawing, descriptive geometry, sectional views and conventions, auxiliary views, and dimensioning. Dates listed correspond with credit term. Class available for credit as EGR 100 550. CONS:765 | $170.20 AGE 60+ | $340.50 REG
F01  Tu/Th 7 pm-9:55 pm  Paul Morris  Sept. 16 – Dec. 15  FV-E, 283
• NOTE: No class 10/22, 11/28.

MANUFACTURING

Manufacturing Processes I
Teaching theory and manipulative skills in the basic processes of manufacturing lathes, milling machines, shapers, drill presses, welding, foundry, sheet metal, precision instrument reading and hand tools. Additional lab hours required. Dates listed correspond with credit term. Available for credit as MC 151 550. CONS:765 | $170.20 AGE 60+ | $340.50 REG
F03  MW 7 pm-9:30 pm  Aug. 19 – Dec. 15  FV-E, 155
• NOTE: No class 9/4, 11/27.

Introduction to Robotics
This course is a historical overview of the use and development of robotics. Topics to be studied include specific types and application of industrial robots, the effects of industrial robots and technology on employers and employees, and the programming and function of robotic simulators. Additional lab hours required. Dates listed correspond with credit term. Available for credit as ME 140 550. COMP:765 | $170.20 AGE 60+ | $340.50 REG
F01  MW 4:15 pm-5:55 pm  Thomas McGovern  Aug. 19 – Dec. 15  FV-E, 156
• NOTE: No class 9/4, 11/27.

Materials and Metallurgy
This course is a survey of the sources, preparation, properties and uses of engineering materials. Topics include the following the iron-carbon system, ferrous metallurgy, nonferrous metallurgy, ceramics, plastics, elastomers, composites, and finishes. Practical laboratory activities are performed to clarify and enhance text material. Additional lab hours required. Dates listed correspond with credit term. Available for credit as MC 249 550. CONS:765 | $170.20 AGE 60+ | $340.50 REG
F04  MW 6:15 pm-7:55 pm  Aug. 19 – Dec. 15  TBD
• NOTE: No class 9/4, 11/27.

Programmable Logic Controllers
This course presents the fundamentals of ladder logic (or relay logic) used on modern industrial controllers. Basic elements such as timers, counters, and sequences are studied, as well as traditional methods of applying them to machine control. Students will program and perform laboratory experiments with programmable logic controllers, such as the Allen Bradley SLC-100 controllers and interface them to various input and output devices. An industrial robot also is available in class for lab experiments. Use of IBM/Allen Bradley personal computer interface software will be covered as well. Additional lab hours required. Prerequisites: ME 140 recommended. Dates listed correspond with credit term. Available for credit as ME 211 551. COMP:765 | $170.20 AGE 60+ | $340.50 REG
F02  Tu/Th 5:15 pm-6:55 pm  Troy Kitchen  Aug. 19 – Dec. 15  FV-CW, 132
• NOTE: No class 10/22, 11/28.

FOOD SAFETY

ServSafe® Food Safety Certification
St. Louis City and St. Louis County Health Departments require that at least one person within each food service facility be certified in food safety. This nationally recognized class offers training to individuals who are employed by, manage or own food service operations in the hospitality industry. The second class concludes with the exam. Fee includes textbook, answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally-recognized ServSafe® certificate. Bring a sack lunch to class.

RMGT:701 | 3 sessions | $179 AGE 60+ | $340.50 REG
F01  Sa 8 am-3 pm  Christina Clark  Sept. 7 – Sept. 21  FP-HSP, 219
F02  Sa 8 am-3 pm  Almut Marino  Oct. 5 – Oct. 19  FP-B, 243
F03  Sa 8 am-3 pm  Almut Marino  Nov. 9 – Nov. 23  MC-SO, 205
• NOTE: No class 11/16.

ServSafe® Food Safety Certification Review and Retest
This class is only for those who were not successful on a recent exam or who took the ServSafe® online course and require a proctored exam. It is recommended that you study the text before coming to class. An opportunity to ask review questions will be provided before re-attempting the exam. Fee includes answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally-recognized ServSafe® certificate. Bring a sack lunch to class.

RMGT:702 | 1 session | $79 AGE 60+ | $127 REG
F01  Sa 8 am-3 pm  Christina Clark  Sept. 21  FP-HSP, 219
F02  Sa 8 am-3 pm  Almut Marino  Oct. 19  FP-B, 243
F03  Sa 8 am-3 pm  Almut Marino  Nov. 23  MC-SO, 205

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We have more! Interested in 3D modeling and drafting using AutoCAD or SOLIDWORKS? Discover available courses under “3D Modeling and Drafting” on page 20.
PERSONAL TRAINER

NEW ACE® Personal Trainer Information Session
This free information session explains the process and curriculum of the ACE® Personal Trainer Certification Prep Course. Determine what you can expect in the 10-week course by learning the course topics and methods to prepare for the ACE Personal Trainer exam. This information session is not mandatory.
PEDU:753 | 1 session | NO FEE
F03 M 6 pm-7 pm Melissa Baumgartner Aug. 26 FP-G, 113

ACE® Personal Trainer Certification Prep Course
Ready for a career change? Become a certified personal trainer! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training (ACE IFT) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE AND HAVE A HIGH SCHOOL DIPLOMA/GED. STUDENT MUST HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf for more information on eligibility. Fee includes cost of exam, textbook, study guide and sample test. Additional fee to retook exam. Voucher for exam must be used within six months of date received. Class is not eligible for Senior Scholarship. Registration/withdrawal deadline: 9/3. No refunds after that date.
PEDU:753 | 10 sessions | 55/2 AGE 60+ | 5695 REG
Funding assistance may be available through WIOA and SkillUp. Please inquire.
F01 M 5:30 pm-8:30 pm Sept. 9 – Nov. 11 Melissa Baumgartner MC-SO, 105
F02 F 9:30 am-12:30 pm Sept. 13 – Nov. 22 Melissa Baumgartner FP-G, 113
+ NOTE: No class 11/1.
BLS for Healthcare Providers
This American Heart Association course is designed for the healthcare provider. Each participant must obtain an 84% or higher on the written evaluation and demonstrate proficiency in all CPR skills. Skills include adult, child and infant CPR, FBAO management of the conscious victim, adult/infant/child two rescuer CPR, mouth-to-mask ventilation and automatic external defibrillation (AED). Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Students who successfully complete the course will receive an electronic BLS completion card within 20 calendar days of the class. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival. This course meets the STLCC nursing department admission requirements.

CPRR:707 | 1 session | $55.50 AGE 60+ | $79 REG
F01 M 5 pm-10 pm Aug. 19 MC-CE
F02 Sa 9 am-3:30 pm Aug. 31 FP-G, 121
F03 W 5 pm-10 pm Sept. 4 FV-TC, 105
F04 M 5 pm-10 pm Sept. 9 MC-CE
F05 Sa 9 am-3:30 pm Sept. 14 FP-G, 121
F06 Tu 5 pm-10 pm Sept. 17 STLCC-South County, 100
F07 F 9 am-3:30 pm Sept. 27 STLCC-Harrison, 104
F08 W 9 am-3:30 pm Oct. 1 WW, 226
F09 Tu 5 pm-10 pm Oct. 8 FV-TC, 107
F10 M 5 pm-10 pm Oct. 14 FP-G, 121
F11 W 9 am-3:30 pm Oct. 16 STLCC-Corp. College, 201
F12 Th 5 pm-10 pm Oct. 24 MC-CE
F13 M 9 am-3:30 pm Oct. 28 STLCC-South County, 100
F14 W 9 am-3:30 pm Oct. 28 FP-G, 121
F15 F 9 am-3:30 pm Nov. 8 FV-TC, 105
F16 M 9 am-3:30 pm Nov. 11 STLCC-Corp. College, 207
F17 Sa 9 am-3:30 pm Nov. 16 MC-CE
F18 W 9 am-3:30 pm Nov. 20 WW, 226
F19 F 9 am-3:30 pm Nov. 20 FP-G, 121
F20 Sa 9 am-3:30 pm Dec. 4 MC-CE

CPR Instructor Renewal Course
To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will 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 TC, regional and national ECC information. Prerequisites: The instructor must have taught at least four CPR courses and 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 the instructor must provide documentation meeting all prerequisites. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Interested students must contact the Training Center Coordinator at amiller457@stlcc.edu before registering for the BLS Essentials Instructor Course.

CPRR:708 | 1 session | $225.50 AGE 60+ | $299 REG
F01 M 8 am-5 pm Oct. 21 FP-G, 121

STLCC-South County, 100
STLCC-Corp. College, 207
STLCC-South County, 100
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STLCC-Harrison, 104
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STLCC-Harrison, 104

HeartSaver CPR AED: Adult
The HeartSaver CPR AED Course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace and may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. This course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Electronic cards will be issued within 20 calendar days of the course completion. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR:701 | 1 session | $47 AGE 60+ | $59 REG
F01 W 4 pm-7:30 pm Sept. 11 FV-TC, 105
F02 Sa 4 pm-7:30 pm Oct. 5 FP-G, 121
F03 Tu 4 pm-7:30 pm Nov. 5 MC-CE

HeartSaver First Aid CPR/AED
HeartSaver First Aid CPR/AED is a classroom, DVD-driven, 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 and AED use. Practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Within 20 calendar days of successful completion, each participant will receive an electronic course completion card. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival.

CPRR:706 | 1 session | $73 AGE 60+ | $99 REG
F01 Sa 8:30 am-4:30 pm Aug. 24 FP-G, 121

HeartSaver First Aid CPR AED: Pediatric
The HeartSaver Pediatric First Aid CPR AED course teaches lay rescuers to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging, using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival. Bring a sack lunch.

CPRR:711 | 1 session | $73 AGE 60+ | $99 REG
F01 Sa 8:30 am-4 pm Sept. 21 FP-G, 121
F02 Sa 8:30 am-4 pm Oct. 26 FV-TC, 105
F03 Sa 8:30 am-4 pm Nov. 2 MC-CE

Basic Life Support Instructor Essentials Course
The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and first aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre-course online study, followed by the hands-on session conducted by training center faculty during the AHA Instructor course. This course educates the instructor candidate in 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. 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 and alignment with an AHA Training Center. Registration four weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC training center faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Registration/Refund/Withdrawal deadline: 10/1. Interested students must contact the Training Center Coordinator at amiller457@stlcc.edu before registering for the BLS Essentials Instructor Course.

CPRR:709 | 1 session | $63.50 AGE 60+ | $89 REG
F01 M 6 pm-10 pm Sept. 23 FP-G, 121
F02 W 6 pm-10 pm Nov. 6 FP-G, 121

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.
# PROFESSIONAL DEVELOPMENT

## CAREGIVING AT HOME

**Palliative Care Navigation**
Considered the model for high quality, compassionate care for those with life-limiting or debilitating illness, palliative or end of life care is one of the most difficult decisions that individuals and families can make. Learn the basics of palliative care and become more informed on what questions to ask and how to best tailor palliative care to fit you and your families unique needs.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Session Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Age Group</th>
<th>Provider</th>
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<tbody>
<tr>
<td>AHCE:701</td>
<td>Caring for Aging Parents: Best Practices</td>
<td>Oct. 25</td>
<td>M 6:00-8:00</td>
<td>$25</td>
<td>65+</td>
<td>Jenna Mueller</td>
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<tr>
<td>AHCE:702</td>
<td>Medications and Pain Management</td>
<td>Oct. 12</td>
<td>M 6:30-8:30 pm</td>
<td>$25</td>
<td>65+</td>
<td>Catherine Kush</td>
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<tr>
<td>AHCE:703</td>
<td>Dementia Diagnosis and Behaviors</td>
<td>Oct. 9</td>
<td>M 6:30-8:30 pm</td>
<td>$25</td>
<td>65+</td>
<td>Chien Hung</td>
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<tr>
<td>AHCE:704</td>
<td>Do No Harm: Proper Body Mechanics</td>
<td>Oct. 7</td>
<td>M 6:30-8:30 pm</td>
<td>$25</td>
<td>65+</td>
<td>Catherine Kush</td>
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</tbody>
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- **Caregiving at Home or in a Facility: Which is Better?**
  - The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging, it may develop over a period of time. A variety of factors should be considered when the need for caregiving arises. Join us to explore and compare home- and facility-based options when individuals need increased assistance with everyday tasks. Discussion about the range of services provided through home care agencies will include non-medical support such as housekeeping, shopping and errands, bathing and personal care, medical services such as physical therapy, speech therapy, occupational therapy and wound care. We will explore community services such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. Discussion will cover the different levels of facility-based care including skilled nursing, assisted living and residential care will also be addressed.

- **Medications and Pain Management**
  - Pain management is one of the most important aspects of care post-surgery or for someone with a chronic condition. Learn from an expert in senior issues about medications and current trends in pain management for seniors. While this course is primarily for nonprofessional caregivers, portions of the course may be very useful to professionals providing care for family or friends.

- **Dementia Diagnosis and Behaviors**
  - In this interactive session, learn the early signs of dementia and coping methods after diagnosis. Have questions related to dementia progression and the different areas of dementia diagnosis including Alzheimer’s answered by a senior care expert.

- **Do No Harm: Proper Body Mechanics**
  - How do you safely move a senior in bed, transfer and assist with walking? Learn proper body mechanics that will assure the safety of both the person being assisted and the caregiver. Please wear flat shoes and slacks for this session.

## Loss as a Senior: Coping with Loneliness
Loss as a senior can present unique challenges to those who experience it. Isolation, depression and persistent feelings of sadness can all be outcomes of the loss of a loved one and can be especially difficult to cope with as an older adult. In this class, learn coping methods and resources specifically aimed at helping you or a loved one work through these emotions.

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<th>Course Code</th>
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<td>AHCE:701</td>
<td>Loss as a Senior: Coping with Loneliness</td>
<td>Oct. 12</td>
<td>M 6:00-8:00</td>
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<td>Chien Hung</td>
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## Fall Prevention and Screening
Falls are the leading cause of injury and death in those over age 65 and for that reason fall prevention is a national health priority. Wondering how your balance and gait compare to national averages? Come and perform a variety of balance and gait assessments and find out! This class will also provide fall prevention tips from experts in the field.

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<th>Course Code</th>
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## Caregiving Resources
Of the nearly 44 million family caregivers in the United States, many are often over-burdened and under-informed. Both the caregiver and care-receiver will benefit from having access to quality resources that will support them in their respective roles. Learn valuable information about the basics of caregiving and receive helpful resources and tips for navigating your role as a family caregiver.

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Caregivers – sometimes referred to as informal caregivers – are unpaid individuals who help assist others with daily living and/or medical tasks. Oftentimes, caregivers are a spouse, partner, family member, friend or neighbor. The work is important and often not easy. You’re not alone. Join our experts and fellow attendees who, like you, are considering the tasks of caregiving. Held at our Meramec campus, this series covers a range of helpful topics to support you and, ultimately, those for whom you care.
The need for health care workers in St. Louis keeps growing!

Accelerated training is also available for these in-demand positions:

**Medical Assistant**
Prepare for administrative and basic clinical tasks in a clinical setting.
[stlcc.edu/MA](http://stlcc.edu/MA) | 23-week | Tu-F day

**Patient Care Technician**
Prepare for entry level patient care technician positions in a hospital setting.
[stlcc.edu/PCT](http://stlcc.edu/PCT) | 9-week | M-Th day

**Community Health Worker**
Prepare to become a trusted community member who assists individuals and communities to adopt healthy behaviors.
[stlcc.edu/CHW](http://stlcc.edu/CHW) | 12-week | TuTh day

To learn more and complete an online application, visit [stlcc.edu/Accelerated](http://stlcc.edu/Accelerated).

BUILD SOMETHING **AMAZING**

Check out the Boeing Pre-Employment Training Program!

- Ten-week assembly training
- Five-week composite mechanic training

All training takes place at the Center for Workforce Innovation at St. Louis Community College’s Florissant Valley campus. Upon program completion, participants are eligible to interview for positions with Boeing.

**FREE tuition if accepted into program!**
Learn more at [stlcc.edu/boeing](http://stlcc.edu/boeing)

More than 600 of our Pre-Employment Training Program graduates have been employed with Boeing.
THE ROAD TO FREEDOM

Truck Driving: A Rewarding, In Demand Career

After an accident halted Lisa Zehrt’s work with horses, she pursued truck driving for a more sustainable career. A few trips on the open road with a friend convinced her truck driving would work.

“I always liked trucks more than the average girl,” Zehrt said. Choosing St. Louis Community College’s accelerated CDL-A Professional Truck Driving program was an easy choice.

With class sizes that max at eight students, Zehrt enjoyed one-on-one time with instructors and a tight-knit community to work in. The class incorporated plenty of hands-on work in the truck yard, with all students taking turns driving STLCC-owned semi-trailer trucks.

The course – offered in five-week daytime or eight-week evening formats – covers truck maneuvering, backing and driving, trip planning, industry relations, safety inspections and paperwork. Zehrt remembers her teachers as very helpful and expresses gratitude for the chance to have picked her company right out of school.

Zehrt explains that some companies make you sign a contract in exchange for schooling. “There are enough niches in the trucking industry world that you can find something that suits you,” she said.

Bartending and working with horses resulted in many hours worked with little payoff. Now Zehrt is thankful she can work significantly fewer hours and spend most nights at home. “The money in trucking is great.”

Zehrt now drives a semi flatbed trailer for a regional towing company. Most of her trips are in the St. Louis region, occasionally driving to Chicago or Wisconsin, with her longest trip to Oklahoma City. Zehrt thinks choosing your own adventure makes trucking a more fun industry. “If you’re local and want to stay at home every night, you might make less, regional a little more, and I know people who will be out for two weeks at a time who might make $120,000 in a year,” she said. “The $5,000 you spend on schooling is nothing.”

Trucking jobs in the U.S. or in Missouri are plentiful. Zehrt had ten companies contacting her to hire upon graduation. She explains that her class all had jobs in a timely manner post-graduation.

At 27 years old, Zehrt recognizes that young women in the industry are rare but she doesn’t let that hold her back. She estimates that she sees a woman for every one in six drivers when she visits truck stops. Despite the occasional funny look, she still experiences kindness from fellow truckers on the job. Still, it takes resilience. After several months of success, Zehrt loves her job and hopes to see positive changes in the industry’s future. “It’s empowering to drive a big truck, and sometimes better than the boys,” she said.

STLCC CDL-A Professional Truck Driving cohorts start every five weeks. Students must be 21 years old with a valid Missouri or Illinois driver’s license. Learn more by visiting stlcc.edu/TruckDriving. Contact Bahi Talundzic, career pathway coach, at 314-644-9786 or italundzic@stlcc.edu with any questions.

To learn more, visit
stlcc.edu/TruckDriving
PERSONAL COMPUTING

PCs and Technology: Introduction in a Day
Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It’s a class designed for those with little or no computer skills.

COMP:701 | 1 session | $99 REG
F01 | Sa 9 am-4 pm | Jean Bradley
Nov. 9 | MC-BA, 216

Internet Research and Investigations: Public Records
Explore a wide range of public records on the internet. Discover how to uncover real estate records, criminal records, court judgements, marriages, births, deaths and more. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful.

COMP:742 | 1 session | $25 AGE 60+ | $35 REG
F01 | Sa 12:30 pm-3:30 pm | Jean Bradley
Aug. 24 | MC-BA, 216

NEW! MORE ONLINE COURSES FOR YOUR SUCCESS
www.ed2go.com/stlcc

MOBILE TECHNOLOGIES

Introduction to iPhone® Mobile Digital Device
The adage goes that the best camera is the one you have with you, and for many of us, that means the one built into our smartphone. Learn more about how to adapt to the strengths and compensate for the weaknesses of a camera that we already carry in our pockets. In particular, this course will focus on the features and workflow of the camera system in iPhone® digital devices. From understanding the various modes, filters and settings of the camera app to managing and editing in the photos app, learn to share, save and print your favorite memories. For the more ambitious, we will also preview the possibilities with more advanced camera and editing apps and see samples of what talented photographers have captured with their smart phones. Bring your iPhone® device to class so you can follow along with instruction. Students must have some experience with smartphone prior to class. iPhone® is a registered trademark of Apple Inc. This is an independent course and has not been authorized, sponsored or otherwise approved by Apple Inc.

COMP:765 | 1 session | $35 REG
F06 | Sa 9 am-noon | Gregory Ray
Oct. 12 | STLCC-Corp. College, 207

iPhone® and iPad® Mobile Digital Devices: The Basics
Did you finally break down and purchase an iPhone or iPad mobile digital device only to discover that you can barely use it? Come to this class to learn the basics and functionality of the Apple iOS® platform. Please note universal functions will be taught and that specific "apps" may vary from device to device. Students must have some experience with smartphone prior to class. iPhone and iPad are registered trademarks of Apple Inc. iOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used by Apple under license. This is an independent course and has not been authorized, sponsored or otherwise approved by Apple Inc.

COMP:765 | 1 session | $35 REG
F03 | W 6 pm-9 pm | Gregory Ray
Sept. 11 | MC-BA, 124
F04 | Th 6 pm-9 pm | Gregory Ray
Oct. 17 | MC-BA, 118

iPhone® and iPad® Mobile Digital Devices: Next Steps
No longer a beginner, not yet an expert in using your iPhone or iPad mobile digital device? Feel like you could be doing more than the basics? This class will explore more about choosing and getting apps; taking, organizing, and sharing photos; shortcuts for using frequent apps like email, iMessages® and the Safari® web browser; how to keep your data secure; and settings to customize your device to work better for you. And for those of you who want to use your iPad as your sole computer, we will show how much is possible (and what limitations to expect). This class is for those comfortable navigating around their devices, or who have completed our Basics course. Students should bring their iPhones and/or an iPad along with the corresponding chargers. iPhone, iPad, iMessages and Safari are registered trademarks of Apple Inc. This is an independent course and has not been authorized, sponsored or otherwise approved by Apple Inc.

COMP:765 | 1 session | $35 REG
F05 | W 6 pm-9 pm | Gregory Ray
Nov. 13 | MC-BA, 118
Microsoft® Windows® 10
Explore Windows® 10 and all its user-friendly features in this course. Topics include using start screen, live tiles, hot corners, charm bar, OneDrive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

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MICROSOFT TOOLS

Microsoft® Word® 2016: In a Day
Learn the basics of MS Word in one day! You’ll create and save documents; enter and edit text; learn to indent, set tabs, and enhance documents; make block moves, deletes, and copies; use spell checker; find and replace text; use shortcut keys; and print. Recommended to bring a flash drive. Prerequisite: Windows® Introduction class or equivalent experience.

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Microsoft® Word® 2016 for Business:
Part I
Learn to create professional-looking business documents using this powerful word processing software. Discover how editing and formatting tools are at your fingertips as you work with the toolbar ribbon. Leave with the skills to create a document, format, change styles and fonts, cut/paste, import text, use keyboard shortcuts, and print. Recommended to bring a flash drive. Prerequisite: Windows® Introduction class or equivalent experience. Recommended to bring a flash drive.

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Microsoft® Excel® 2016: In a Day
Learn the basics of MS Excel in one day! In this introductory course, you’ll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Recommended to bring a flash drive. Prerequisite: Windows® Introduction class or equivalent experience.

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Microsoft® Excel® 2016 for Business: Part I
You will learn tips and tricks to navigate efficiently and create effective spreadsheets in one of Microsoft's most powerful programs. Learn to build basic formulas and functions, with an emphasis on relative and absolute referencing. Learn to make your spreadsheets and printouts easier to read with special formatting techniques. An important class for the beginner as well as for the self-taught Excel user. Prerequisite: Windows® Introduction class. Recommended to bring a flash drive.

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Microsoft® Excel® 2016 for Business: Part II
Build on previous knowledge and further your spreadsheet skills by creating more complex formulas using a variety of functions. Learn techniques of data management and analyzing your data with lists, charts, common charts, pivot tables and pivot charts. Discover the ease of using range names and conditional formatting. Prerequisite: Microsoft Excel 2016 For Business: Part I class or equivalent experience. Recommended to bring a flash drive. Recommended to bring a flash drive.

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Microsoft® Access® 2016 for Business: Part I
Learn the foundations to plan and design a database system. Learn to create, manage and maintain tables and table relationships. Dissect, print, filter and filtering records within tables. Prerequisite: Windows® Introduction class or equivalent experience. Recommended to bring a flash drive.

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Microsoft® Access® 2016 for Business: Part II
Get the skill you need to enhance your database designs. Work with data normalization, table relationships and join techniques, including inner and outer joins. Learn to query multiple tables for customized reports. Create more complex queries using parameters and action queries. Learn to use more advanced reporting techniques. Prerequisite: Windows® Introduction class or equivalent experience and Microsoft Access® 2016 for Business Part I or equivalent experience. Recommended to bring a flash drive.

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Microsoft® Access® 2016 for Business: Part III
Take your Access databases to the next level by implementing tools such as macros, VBA coding and switches to give your user-base a fluid Access experience. We will also use features to secure your database through options such as splitting it to front and back-end parts, link tables, and import/export data. Create forms for navigating and organizing your database using a variety of features to enhance your user’s involvement. Prerequisite: Access for Business: Parts I and II or equivalent experience. Recommended to bring a flash drive.

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Adobe Photoshop® CC: In a Day
This workshop presents essential techniques for graphic designers, photographers and digital artists who are already regular users of Photoshop. This level of instruction will demonstrate precise selections using the pen tool and compositing two images together based on displacement maps. You will explore the brush engine, typography, filters, channels, advanced masking and the new vanishing point tool. Be prepared for an intensive hands-on learning experience that will assist you in expanding creativity.

Adobe Photoshop® CC: The First Step
This workshop introduces practical methods for working with the software. Carefully crafted tutorials provide an overview and reinforce the student’s understanding of Photoshop tools, including layers, making selections, masking, basic color, type tool, extraction filter, image resolution, and conversion from RGB to grayscale. Image repairs with the healing paint tool and clone stamp will be explored. The ability to create unique fictional images without a camera or scanner will be introduced. Lots of discussion and guided demonstrations by a Photoshop expert will encourage class participation in an atmosphere of mutual support.

Adobe Photoshop® CC: Intermediate
Picking up right where the introductory class left off, topics build your understanding of the histogram, exposure adjustments, smoothing wrinkles and brightening teeth, changing the size of your image and canvas, crop tool and blending modes. Students will work hands-on with a wide variety of images. Prerequisite: Windows® Introduction class or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program.

Adobe Photoshop® CC: Advanced
This advanced course builds on skills learned in the beginning and intermediate classes. Topics may include but are not limited to coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Essentials program.

Adobe Photoshop® CC Workshop: Image Editing
This workshop will cover how to use layers and blending modes to colorize black and white photos; brightening, darkening and adding contrast to pictures and how to take an otherwise pedestrian image and give it lots of extra visual interest!

Adobe Photoshop® CC Workshop: Photo Editing
Learn how to create and edit documents in Google Docs. This class provides an overview of tools available in Google Drive. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

YouTube: Adobe Photoshop® CC: Introduction
This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images or internet graphics. Topics include layers, history, clone stamp, spot healing brush tool and content-aware fill, quick selection tool, magic wand and color range, transformations, and sets. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Photos™
Google Photos is a free app to store your photos. Learn how to edit individual photos, create and share albums, and build photo books. You will also learn how to search your photos for people or objects and check your account settings. We will explore this app on the computer and your mobile device. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Drawings and Slides™
Create flyers and slide presentations using tools in Google Drive. With Google Drawings, learn how to insert images, word art, text boxes and tables. This can be used for flyers, social media banners and graphics, certificates and infographics. Use Google Slides to create presentations. Everything from Google Drawing is available in Google Slides, in addition to templates and transitions. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Docs™ and Sheets™
Learn how to create and edit a document in Google Docs and a spreadsheet in Google Sheets. In Docs, learn how to format text, create a table of contents and insert images and tables. In Sheets, learn how to edit cells, insert and delete rows and columns and use simple formulas. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Drive™
Access your files in Google Drive. Prerequisite: Windows® Introduction class.

G Suite Google Tools
This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images or internet graphics. Topics include layers, history, clone stamp, spot healing brush tool and content-aware fill, quick selection tool, magic wand and color range, transformations, and sets. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Drive™
Learn how to create and edit documents in Google Docs. This class provides an overview of tools available in Google Drive. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Adobe Photoshop® CC: Advanced
This advanced course builds on skills learned in the beginning and intermediate classes. Topics may include but are not limited to coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Essentials program.

Adobe Photoshop® CC: Introduction
This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images or internet graphics. Topics include layers, history, clone stamp, spot healing brush tool and content-aware fill, quick selection tool, magic wand and color range, transformations, and sets. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Adobe Photoshop® CC Workshop: Image Editing
This workshop will cover how to use layers and blending modes to colorize black and white photos; brightening, darkening and adding contrast to pictures and how to take an otherwise pedestrian image and give it lots of extra visual interest!

Adobe Photoshop® CC Workshop: Photo Editing
Learn how to create and edit documents in Google Docs. This class provides an overview of tools available in Google Drive. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Photos™
Google Photos is a free app to store your photos. Learn how to edit individual photos, create and share albums, and build photo books. You will also learn how to search your photos for people or objects and check your account settings. We will explore this app on the computer and your mobile device. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Drawings and Slides™
Create flyers and slide presentations using tools in Google Drive. With Google Drawings, learn how to insert images, word art, text boxes and tables. This can be used for flyers, social media banners and graphics, certificates and infographics. Use Google Slides to create presentations. Everything from Google Drawing is available in Google Slides, in addition to templates and transitions. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Docs™ and Sheets™
Learn how to create and edit a document in Google Docs and a spreadsheet in Google Sheets. In Docs, learn how to format text, create a table of contents and insert images and tables. In Sheets, learn how to edit cells, insert and delete rows and columns and use simple formulas. Instructor works extensively in Google Drive. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful. Please have your Google account set up before class and bring user ID and password.

Google Drive™
Access your files in Google Drive. Prerequisite: Windows® Introduction class.
Adobe After Effects®: The First Step
Gain understanding and skill in utilizing AfterEffects to create motion graphics. We focus on learning the interface in After Effects, putting graphics in motion and rendering finished motion and animation projects. Participants will also explore a workflow between Photoshop and After Effects. Be prepared for an intensive hands-on learning experience.

Adobe After Effects®: The Next Step
Now that you know the basics of adding assets and key framing motion in After Effects, investigate more advanced techniques. Get a deeper understanding of options in the effects panel and other topics including background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.

Adobe Lightroom® Classic CC: Advanced Development Techniques
This workshop focuses on advanced image development techniques for all digital photographers. Students will learn global and selective enhancement tools, enabling 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.

Adobe Photoshop® CC Workshop: Masking
This half-day workshop continues to build upon techniques learned in Adobe Photoshop Creative Cloud. This class focuses on refining selections, quick masks, layer masks and channels. You will also learn how to non-destructively conceal a portion of an image and blend multiple photos into a single composition.

Adobe Lightroom® Classic CC: Introduction
This workshop introduces the basics of Lightroom Classic CC, a desktop-focused software that contains powerful and comprehensive digital photography tools, enabling 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.

Adobe Lightroom® Classic CC: Advanced Organization
This workshop focuses on the Lightroom database to optimize your digital and scanned image searches, enabling you to filter, locate and select images by date, location, keyword and other metadata items. Suited for all Lightroom users, this workshop helps you create collections that meet your unique needs.

Adobe Lightroom® Classic CC: Using Output Modules
This workshop focuses on using the output modules to layout and print images with the Lightroom print module. Creating a photo book with the Lightroom book module. Creating a slideshow and video with slideshow module. Creating web module output to present your images. For all Lightroom Classic users.

Create Your Own Website With Adobe Dreamweaver®
Dreamweaver is a great program for building and designing websites with a highly visual interface. Working with responsive templates, learn to design a website that works on multiple device platforms. Along with the creation of a website, you will be given details on how to work creatively in the visual display while gaining awareness of code snippets, helping to build confidence for non-coders. While gaining these perspectives, dabbling in navigation menus, graphics, multimedia, forms, links and tables. In addition, learn about creating accessible content for all users on the web and what topics to stay aware of as technology and the internet continue to advance. Complete this course with a basic functional website that incorporates at least one advanced topic. Students should have a working knowledge of computers and the internet. Class requires an Adobe ID prior to first class: learn more at accounts.adobe.com. Supply list sent with details.

Create Your Own Website With Wordpress®
Anyone can learn how to create their own website in just a few hours using Wordpress, the most popular website authoring tool on the internet. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, Wordpress is your answer and it’s free and you don’t have to be a techie DIV with your creativity and Wordpress. Walk away from this class with a basic website and the skills to go as far as you want. The sky’s the limit! Prerequisite: Windows® Introduction class or equivalent experience and basic knowledge of Wordpress. This class will move at a fast pace. Students must already have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password when coming to class. Wordpress is a registered trademark of the Wordpress Foundation.

Ease Into Wordpress®
Introduces the same content covered in Create Your Own Website With Wordpress. This class moves at a slower pace and is designed for those who are not generally comfortable with computers. Prerequisite: Windows® Introduction class or equivalent experience.

Introduce to Twitter
Hashtag? What is a hashtag? If you’ve ever asked this question, then this class is for you! Twitter is all rage for Gen Y and celebrities, and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows® Introduction class or equivalent experience.

NEW! Create Your Own Website With Adobe Dreamweaver®
Dreamweaver is a great program for building and designing websites with a highly visual interface. Working with responsive templates, learn to design a website that works on multiple device platforms. Along with the creation of a website, you will be given details on how to work creatively in the visual display while gaining awareness of code snippets, helping to build confidence for non-coders. While gaining these perspectives, dabbling in navigation menus, graphics, multimedia, forms, links and tables. In addition, learn about creating accessible content for all users on the web and what topics to stay aware of as technology and the internet continue to advance. Complete this course with a basic functional website that incorporates at least one advanced topic. Students should have a working knowledge of computers and the internet. Class requires an Adobe ID prior to first class: learn more at accounts.adobe.com. Supply list sent with details.

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Introduce to Twitter
Hashtag? What is a hashtag? If you’ve ever asked this question, then this class is for you! Twitter is all rage for Gen Y and celebrities, and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows® Introduction class or equivalent experience.
SMART HOME TECHNOLOGY

Intro to Smart Home Technology
Enhance your lifestyle with simple, yet sophisticated control of music, video, lights, climate and more. This introductory class will give you the basics to create your smart home system, which can reduce energy consumption, create a comfortable family living environment and protect your home against intruders. Note: There are literally hundreds of smart home products on the market and this class will cover concepts and functionality and may not focus on specific brands. Smart home technology requires Wi-Fi in the home and a smart phone or tablet and knowledge on how to download apps to the device.

COMP:765 | 1 session | $35 AGE 60+ | $35 REG
F07 Tu 6 pm-9 pm
Oct. 8
Gregory Ray
MC-BA, 114

3D MODELING AND DRAFTING

Introduction to AutoCAD® I
Introduction to AutoCAD I covers the fundamentals of the AutoCAD drafting system. Students will learn how to create drawings, setup units, limits, layers, linetypes and colors. Drawing procedures for typical geometric operations are covered. Special features operations including polylines, blocks, dimensioning, cross-hatching and plotting are also covered. Dates listed correspond with credit term. Available for credit as EGR 133 550. AutoCAD is a registered trademark of Autodesk, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries.

COMP:770 | $113.50 AGE 60+ | $227 REG
F01 W 7 pm-9:30 pm
Aug. 28 – Oct. 9
Walter Staas
FV-E, 277
F02 Sa 9 am-noon
Oct. 5 – Nov. 16
Toshi Floyd
FP-G, 117

Introduction to 3D Solid Modeling for Design
Introduction to 3D Solid Modeling for Design teaches the use of 3D solid modeling CAD packages. Instruction includes how to use a 3D CAD package to develop solid models in order to generate assemblies and 2D drawings. This course focuses on SOLIDWORKS® software or Inventor® for lab projects. Prerequisites: EGR 100 or department approval. Dates listed correspond with credit term. Available for credit as ME 230 551. SOLIDWORKS is a trademark or registered trademark of Dassault Systèmes or its subsidiaries in the United States and/or other countries. Inventor is a registered trademark of Autodesk, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries. All other trademarks are owned by their respective owners.

COMP:770 | $227 AGE 60+ | $454 REG
F01 MW 7 pm-9:55 pm
Sept. 16 – Dec. 15
Thomas Grass
FV-E, 278

AET classes prepare students for the HiSET exam and include instruction in the five subject areas tested:

• Language Arts–Reading
• Language Arts–Writing
• Science
• Social Studies
• Mathematics

Chemistry Warm-Up, Math Review
Don’t let chemistry get you down! Get a head start on the materials you will need to succeed in Chemistry (CHM: 101 or CHM: 105). Topics include algebra review, calculator operations, scientific notation, metric system, dimensional analysis and study skills. Please bring a TI-30, TI-35 or any scientific calculator to class. Over 80% of the students completing this review went on to pass their Chemistry courses with a grade of “C” or higher.

MATH:752 | 3 sessions | $44 AGE 60+ | $75 REG
F01 M/Tu/W 8:30 am-12:30 pm
Aug. 19 – Aug. 21
FP-G, 121

FREE! GED classes
HiSET is the new GED
Call today!

HiSET test scholarships available
Personalized instruction
Career & college counseling

314-984-7777 | stlcc.edu/hiset

AEL classes prepare students for the HiSET exam and include instruction in the five subject areas tested:

• Language Arts–Reading
• Language Arts–Writing
• Science
• Social Studies
• Mathematics

The Missouri Department of Elementary and Secondary Education supports Adult Education and Literacy (AEL) services throughout the St. Louis area. Many students enroll in AEL classes in order to prepare for the high school equivalency examination (HiSET, formerly GED).
PERSONAL ENRICHMENT
Add variety to life | Enjoy a creative outlet | Improve your sense of wellbeing | Forge new friendships

AGELESS LEARNING SEMINARS

Open to all ages! Classes in the table below are held at the Missouri History Museum.
Registration opens August 19 for all Ageless Learning Seminars.

<table>
<thead>
<tr>
<th>Seminar Code</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Title</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>SENR:702 F19</td>
<td>Tu</td>
<td>Aug. 20</td>
<td>10:30 am-noon</td>
<td>The St. Louis Mystery: Hoax or Literary Phenomena?</td>
<td>Bev Schuetz</td>
</tr>
<tr>
<td>SENR:702 F01</td>
<td>W</td>
<td>Aug. 28</td>
<td>10:30 am-noon</td>
<td>The Story of Archer Alexander</td>
<td>Dorris Keevan-Franke</td>
</tr>
<tr>
<td>SENR:702 F02</td>
<td>M</td>
<td>Sept. 9</td>
<td>10:30 am-noon</td>
<td>Constitutional Convention</td>
<td>Bonnie Vega</td>
</tr>
<tr>
<td>SENR:702 F03</td>
<td>Th</td>
<td>Sept. 12</td>
<td>10:30 am-noon</td>
<td>Charles Lindbergh: Hero or Hypocrite?</td>
<td>Bev Schuetz</td>
</tr>
<tr>
<td>SENR:702 F04</td>
<td>Tu</td>
<td>Sept. 17</td>
<td>10:30 am-noon</td>
<td>The 60’s in St. Louis: 1760s, 1860s and 1960s</td>
<td>Ron Elz</td>
</tr>
<tr>
<td>SENR:702 F05</td>
<td>Th</td>
<td>Sept. 19</td>
<td>10:30 am-noon</td>
<td>1904 World’s Fair</td>
<td>Bellefontaine Cemetery staff</td>
</tr>
<tr>
<td>SENR:702 F06</td>
<td>Tu</td>
<td>Oct. 1</td>
<td>10:30 am-noon</td>
<td>Ratification of the Constitution</td>
<td>Bonnie Vega</td>
</tr>
<tr>
<td>SENR:702 F07</td>
<td>Tu</td>
<td>Oct. 8</td>
<td>10:30 am-noon</td>
<td>Secrets of J. Edgar Hoover and the FBI</td>
<td>Bev Schuetz</td>
</tr>
<tr>
<td>SENR:702 F08</td>
<td>Th</td>
<td>Oct. 10</td>
<td>10:30 am-noon</td>
<td>The German Heritage Corridor</td>
<td>Dorris Keevan-Franke</td>
</tr>
<tr>
<td>SENR:702 F09</td>
<td>Tu</td>
<td>Oct. 15</td>
<td>10:30 am-noon</td>
<td>African American History at Bellefontaine</td>
<td>Bellefontaine Cemetery staff</td>
</tr>
<tr>
<td>SENR:702 F10</td>
<td>W</td>
<td>Oct. 23</td>
<td>10:30 am-noon</td>
<td>St. Louis and Missouri Political History</td>
<td>Ron Elz</td>
</tr>
<tr>
<td>SENR:702 F11</td>
<td>W</td>
<td>Oct. 30</td>
<td>10:30 am-noon</td>
<td>The First Congress</td>
<td>Bonnie Vega</td>
</tr>
<tr>
<td>SENR:702 F12</td>
<td>Th</td>
<td>Nov. 7</td>
<td>10:30 am-noon</td>
<td>Gone With the Wind: The Author, the Movie, the Secret</td>
<td>Bev Schuetz</td>
</tr>
<tr>
<td>SENR:702 F13</td>
<td>Tu</td>
<td>Nov. 12</td>
<td>10:30 am-noon</td>
<td>World War I Veterans of St. Louis</td>
<td>Bellefontaine Cemetery staff</td>
</tr>
<tr>
<td>SENR:702 F14</td>
<td>Th</td>
<td>Nov. 14</td>
<td>10:30 am-noon</td>
<td>From Extras to Bulletins! The Power of the Press and Media in St. Louis History</td>
<td>Ron Elz</td>
</tr>
<tr>
<td>SENR:702 F15</td>
<td>Tu</td>
<td>Nov. 19</td>
<td>10:30 am-noon</td>
<td>George Washington’s Cabinet</td>
<td>Bonnie Vega</td>
</tr>
<tr>
<td>SENR:702 F16</td>
<td>Th</td>
<td>Nov. 21</td>
<td>10:30 am-noon</td>
<td>Missouri’s Statehood</td>
<td>Dorris Keevan-Franke</td>
</tr>
<tr>
<td>SENR:702 F17</td>
<td>Tu</td>
<td>Dec. 10</td>
<td>10:30 am-noon</td>
<td>St. Louis’ Cultural Landmarks</td>
<td>Ron Elz</td>
</tr>
<tr>
<td>SENR:702 F18</td>
<td>Th</td>
<td>Dec. 12</td>
<td>10:30 am-noon</td>
<td>John Marshall: The Creation of the Supreme Court</td>
<td>Bonnie Vega</td>
</tr>
</tbody>
</table>

Find more free seminars on the next page. | Ageless Learning Seminar registration opens August 19.
Are You New to Medicare?

Are you nearing Medicare eligibility? Come discover tips about Medicare enrollment, differences between Medicare Advantage and Medigaps, how to choose a part D plan and methods to protect your benefits. Small class setting supports questions from participants. Class is presented by CLAIM, a nonprofit organization providing information about Medicare to Missourians. All of CLAIM’s services are free, unbiased and confidential. Program is free but registration is required.

Registration for this seminar opens 8/19.

SENR:702 | 1 session | NO FEE
34 Th 10 am-noon  
Sept. 12  
MC-SO, 108

A Fashion Revolution

During much of fashion history—from the fall of the Roman Empire to the 20th century—women’s clothing was cumbersome and restrictive with tight-laced corsets, stiff petticoats and long, full skirts. But for one brief period, from about 1790 to 1820, everything changed. An extraordinary revolution in fashion freed women from corsets, full skirts, flounces and frills. Come learn about the social, political and cultural forces that influenced a change in women’s dress and in the process, discuss some broader questions on the purpose of clothing, who or what decides what is fashionable and why you dress the way you do. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F29 Th 1 pm-3 pm  
Sept. 12  
MC-Student Ctr, 201
Catherine Reilly
F30 Th 10 am-noon  
Nov. 7  
MC-Student Ctr, 201
Catherine Reilly

St. Louis Libraries of All Types

Our libraries come in all shapes and sizes. They serve communities. They serve institutions of learning. They can be free or by subscription. You can borrow a book, a rake, a French DVD, a guitar or a telescope. St. Louis hosts 12 Carnegie libraries. There is a library in the city hidden underneath a basketball court. Plus, there are libraries focusing on medicine, railroads, individual towns and even a library that will reduce your library fee for every beer you drink! Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F25 Th 10 am-11:30 am  
Sept. 19  
Douglas Schneider  
MC-Student Ctr, 201
F26 F 10 am-11:30 am  
Oct. 11  
Douglas Schneider  
WW, 102A

The Wild West

The Old West—a fascinating past of history—is closer to us in Missouri than really anywhere else! Come explore Dodge City, James Gang, outlaws, lawmen, Great Plains Indians, gunfights, the gateway to the west and the history and stories of our western heritage. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F31 Th 10 am-11:30 am  
Sept. 26  
Tim Townsend  
WW, 102A

The Revolutionary War at Sea

More colonial troops died on ships than on land. Sea power was the key to victory in the Revolutionary War and the world was a very different place when England won the war. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F27 Th 1 pm-2:30 pm  
Oct. 17  
Douglas Schneider  
FW-CWI, 136
F28 Th 10 am-11:30 am  
Nov. 21  
WW, 102A

Mindfulness: The Science and Practice Beyond the Hype

Mindfulness, a state of awareness and a way of processing information, has been linked with a variety of psychological benefits. These include stress reduction, increases in working memory and improved emotional well-being, among others. Mindfulness has grown immensely in popularity, and with this growing awareness comes the possibility of misunderstanding and misapplication. In this lecture, Sophia Pierroutsakos, Ph.D., professor of Psychology, will discuss the benefits of mindfulness. She will also share strategies guests can use to train their brains to be mindful in their daily lives. Program is free but registration is required. Light refreshments and open seating starting at 6:30 p.m. Lecture will begin promptly at 7 p.m. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F33 Th 7 pm-8 pm  
Oct. 17  
WW, 102A
Sophia Pierroutsakos

Foods of Italy

For those planning a trip to Italy or those who would like to join us on a virtual gastronomic trip across the ocean for a slideshow tour and enjoy a glimpse of the diverse regional cuisines of Italy. From the arancini of Sicily to bagna cauda of Piedmont, you’ll discover the splendor of some of Italy’s regional gastronomic favorites. Andiamo! Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F34 Th 10 am-noon  
Oct. 24  
Barbara Klein  
MC-Student Ctr, 201

Neuroplasticity: Protecting and Rewiring Your Brain

Up until the 1960s, researchers believed that changes in the brain could only take place during infancy and childhood. By early adulthood, it was believed that the brain’s physical structure was, for the most part, permanent. Modern research has demonstrated that the brain continues to create new neural pathways and alter existing ones in order to adapt to new experiences, learn information and create memories. Come join us as Syed Chowdhury, Ph.D., professor of biological sciences, shares his own research data, recent studies and current findings in the interesting and yet vastly enigmatic field of neuroscience. From this lecture, you will gain a greater understanding of how brain functions can be improved and preserved as well as concerns related to abnormal plasticity. Light refreshments and open seating starting at 6:30 p.m. The lecture will begin promptly at 7 p.m. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F24 Th 7 pm-8 pm  
Nov. 14  
Syed Chowdhury  
WW, 102A

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. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F20 Th 10 am-11:30 am  
Nov. 14  
Mary Saputo  
FW-CWI, 136

Cary Grant

From his very early years in film with Mae West, throughout his madcap acrobatic and comedic roles with such notables as Irene Dunne, Katherine Hepburn and Rosalind Russell, come take a fascinating journey through all of Cary Grant’s remarkable life as a true movie star and leading man. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F21 Th 10 am-11:30 am  
Dec. 5  
Mary Saputo  
FW-CWI, 136

The 25 Secrets of Bogart and Bergman’s “Casablanca”

Return to Rick’s Café American for one more night of romance, intrigue and discovery into one of the world’s most powerful films. Fans and newbies alike will gain new insight into behind-the-scenes workings of World War II Hollywood and the enduring legends of love and liberty that they created. Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F32 F 10 am-noon  
Dec. 6  
Dan Yezbick, Ph.D.  
MC-Student Ctr, 201

The Director’s Cut: Frank Capra

Join us for a captivating reflection on this Oscar-winning, Italian-born director whose movies embodied humor, sympathy and American goodwill. With over five decades of memorable films from which to choose, such as “It Happened One Night” to the Christmas classic, “It’s a Wonderful Life,” you’ll be in Hollywood heaven. A very special tribute to a very special director! Program is free but registration is required. Registration for this program opens 8/19.

SENR:702 | 1 session | NO FEE
F22 F 10 am-11:30 am  
Dec. 13  
Mary Saputo  
WW, 102A
Color Theory
Work with paint or collage to create a different work each week that explores a principle of color theory. Whether you are a new or experienced artist, learn to further enhance the use of color in your artworks. Topics include color vocabulary, color wheel and color systems, working with grays, and color harmonies.

Drawing

Drawing: All Levels
All levels of drawing ability are welcome to this flexible class covering an array of diverse drawing topics. The fundamental tools of how to approach line, perspective, value and composition are introduced/reinforced. Students will use pencil, conte crayon, and charcoal. Supply list sent.

Drawing: Traditional Pencil Basics I
Discover the fundamentals of an essential art using pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only.

Drawing: Traditional Pencil Basics II
Hone the skills you learned in Traditional Pencil Basics I while focusing on the next levels for your drawing. This studio-based course will allow time for you to draw with a mixture of five-, 30- and 60-minute exercises. Prerequisite: Drawing: Traditional Pencil Basics I or equivalent.

Drawing with Color Pastels
Bring the world of color into your drawing by using soft pastels. Develop drawing skills and learn a variety of techniques while exploring the fundamentals of composition and color theory. Previous drawing or painting experience required. Supply list sent. Bring art supplies to first class.

Figure Drawing: Beginning
Draw with gesture, line, shape and value in relation to a human figure with emphasis on accurate proportions and finding the rhythmic lines within the human body. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Supply list sent. Nude models used. Classroom has tables and stools. Bring a tabletop easel if you wish.

All About Framing Artwork
Join us for a crash course in what’s new in framing as well as framing design basics. Explore what is important for your needs: how to best prep your work for a show, how to prep art so it will look good for a long time, how and where to hang art (and where it should never be hung.) Traditional and non-traditional custom framing and DIY ideas presented. Bring questions and photos of your rooms and art or bring your art!

NEW! Drawing: Traditional Pencil Basics I
Drawing: Traditional Pencil Basics II
All About Framing Artwork

We have more! Love discovering more of St. Louis? Be sure to check out our "Tours and Trips" on pages 55–57.
**Drawing (cont.)**

**Figure Drawing: Intermediate/Advanced**

Draw with gesture, line, shape and value in relation to a human figure. Strong anatomical study is practiced, as well as finding the planes of the figure, drawing the skeleton, muscle groups, and light on form. Individualized instruction emphasized. Supply list sent. Nude models used. Classroom has tables and stools. Bring a tabletto easel if you wish.

**ARTS:718** 6 sessions | $82 AGE 60+ | $139 REG

F02 M 6:30 pm-9:30 pm
Nov. 4 – Dec. 9
Elizabeth Kern
Clayton HS, 24

**Portrait Drawing**

Learn how to achieve a likeness, the planes of the human head, age differences, proportion, the skull and underlying musculature, and how to properly place the head on the neck. We will also discuss lighting and shading and how to position the head on the drawing paper for aesthetic appeal. Supply list sent.

**ARTS:721** 3 sessions | $95.50 AGE 60+ | $85 REG

F06 W 10 am-noon
Oct. 9 – Oct. 23
Elizabeth Kern

**Picture Book Illustration**

Are you a lover of children’s storybooks with a desire to illustrate your own? Join us to plot your story into a six-page counting book through the creation of thumbnails then sketches, making a book dummy before painting final artwork. You will leave with your book—ready to keep and share on your own… or take the next step and submit to publishers!

**ARTS:721** 4 sessions | $95.50 AGE 60+ | $105 REG

F02 W 6 pm-9 pm
Sept. 4 – Sept. 25
Sean Long
MC-HE, 125

We have more! Round out your book-creation aspirations with a writing class… we offer a variety! Learn more on page 40.

**Caricature Drawing**

The caricature is a time-honored form of illustration. Surprise friends and loved ones by capturing their quirksiness as a cartoon character! This introductory course focuses on how to draw a portrait using degrees of graphic exaggeration and distortion of facial and/or body features. Learn how to observe through the eyes of a caricaturist and how to approach the actual drawing of the subject/model. The desired outcome, through practice, is for you to be able to create a recognizable portrait of a subject/model. Supply list sent.

**ARTS:721** 4 sessions | $95.50 AGE 60+ | $105 REG

F05 W 6 pm-9 pm
Oct. 2 – Oct. 23
Sean Long
MC-HE, 125

**Botanical Illustration: Colored Pencils**

In this color pencil course focused on the plant kingdom as subject matter, learn about antique styles and finding inspiration to create contemporary pieces using modern methods. Join us to delve into drawing, texture, color and composition using dried plants, fruit and fresh flowers as models. All levels welcome. Supply list sent.

**ARTS:709** 5 sessions | $95.50 AGE 60+ | $105 REG

F01 Th noon-3 pm
Aug. 29 – Sept. 26
Maureen Brodsky
MC-CE

**Perspective Drawing and Still Life**

Explore drawing fundamentals of line, perspective, value and composition in a relaxed atmosphere. No experience is necessary and you will receive individualized instruction. Intermediate level students will advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class.

**ARTS:709** 6 sessions | $95.50 AGE 60+ | $105 REG

F09 Th 6:30 pm-9 pm
Aug. 29 – Oct. 3
Philip Perschbacher
Clayton HS, 24
F11 Th 6:30 pm-9 pm
Oct. 17 – Nov. 21
Philip Perschbacher
FP-G, 409

**Pottery: All Levels**

Explore projects in which skills in hand-building (for beginners) and wheel throwing (for more advanced students) are investigated and improved. All levels of experience welcome. Fee includes most materials.

**ARTS:727** 6 sessions | $102.50 AGE 60+ | $119 REG

F01 Tu 7 pm-9:30 pm
Sept. 3 – Oct. 8
Carl Behmer
FH-V, 109
Sheow Chang
FH-V, 109
F02 F 6 pm-9:30 pm
Sept. 7 – Oct. 12
Sheow Chang
FH-V, 109
F03 Sa 9:30 am-noon
Oct. 19 – Nov. 23
Carl Behmer
FH-V, 109
F04 Tu 7 pm-9:30 pm
Oct. 29 – Dec. 3
Carl Behmer
FH-V, 109

**Right Brain Drawing**

Learn ways to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You’ll make the mental shift to a state where drawing is pleasurable, meditative and frees you from anxiety. Instructor has years of experience in assisting students to access their creative mind! Supply list sent. Textbook required; bring to first class:


**ARTS:721** 8 sessions | $70 AGE 60+ | $119 REG

F04 Tu 6:30 pm-8:30 pm
Sept. 17 – Nov. 12
Kirkwood Sr. HS, SA 1

• NOTE: No class 10/22.

**Sketchbook: Doodling with a Purpose**

Join us to experiment with your drawing techniques. This class focuses on making marks, drawing the same subject in varying ways, developing compositions and refining drawing styles. We will explore nature and daily life through sketch and nature journaling. We will also incorporate found items and bits of inspiration to develop a daily sketch practice. Supply list sent.

**ARTS:721** 6 sessions | $68.50 AGE 60+ | $105 REG

F07 Th 6:30 pm-8 pm
Oct. 17 – Nov. 21
Jeffrey Johnson
STLLC-Corp. College, 213

**Travel Drawing**

See St. Louis through the eyes of a traveler! Whether a long time resident or a newcomer, this basic drawing class will explore elements of drawing such as sketching, figure gestures, perspective, landscape, value, and composition through on-site drawing experiences at locations around St. Louis City. Drawing materials range from pen, ink, and watercolor to pencil. Students will learn through demos, hands-on experience, and feedback sessions. Lessons tailored to the level of students. Course emphasizes building a sense of community. By the end of class, students should have multiple skills they can use in their own travels and outside of St. Louis. Supplies and locations discussed at the first class, which will meet for an hour at instructor’s art studio. Prerequisite: students must be able to walk 15 minutes at a time.

**ARTS:721** 6 sessions | $110 AGE 60+ | $119 REG

F03 Sa 10 am-noon
Sept. 14 – Oct. 19
Sarah Paulsen
FP-Off Campus

**Botanical Illustration: Watercolor**

In this watercolor course focused on the plant kingdom as subject matter, learn about antique styles, finding inspiration to create contemporary pieces using modern methods. Join us to delve into drawing, texture, color and composition using dried plants, fruit and fresh flowers as models. All levels welcome. Supply list sent.

**ARTS:709** 5 sessions | $68.50 AGE 60+ | $105 REG

F07 Th noon-3 pm
Oct. 17 – Oct. 24
Maureen Brodsky
MC-CE

**Oil or Acrylic Painting: All Levels**

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. First three classes provide foundational and refresher guidance. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom. No class 10/15. Cost for adults 60 and over $144. Class held at Nottingham High School Room 110.

**ARTS:740** 5 sessions | $68.50 AGE 60+ | $105 REG

F03 W 6 pm-9 pm
Aug. 8 – Oct. 2
Mike Ochonicky
WW, 309

• NOTE: No class 9/11.

F02 Tu 2 pm-5 pm
Sept. 10 – Oct. 8
Eureka Community Ctr
Nancy Muschany

F04 Tu 2 pm-5 pm
Oct. 22 – Nov. 19
Eureka Community Ctr
Nancy Muschany

F05 W 6 pm-9 pm
Oct. 23 – Nov. 20
Mike Ochonicky
WW, 309

**ARTS:740** 10 sessions | $144 AGE 60+ | $205 REG

F01 Tu 5:30 pm-8:30 pm
Sept. 3 – Nov. 12
Lisa Payne
Nottingham HS, 110

• NOTE: No class 10/15.
Oil or Acrylic Painting: Advanced
Offered for experienced artists who want to paint for fun, relaxation or have a goal of eventually selling paintings. Enjoy formal instruction in color, technique or composition. Work at your own pace. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom.

ARTS:746 | 10 sessions | $144 AGE 60+ | $205 REG
F01 W 6 pm-9 pm Brenda Schilling
Sept. 4 – Nov. 13 Clayton HS, 24
• NOTE: No class 10/16.

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. Instructor provides prints and photos. Painting board provided. Supply list sent. This class is for beginners only.

ARTS:748 | 4 sessions | $68.50 AGE 60+ | $105 REG
F10 F 9 am-noon Nov. 22 – Dec. 20 MC-CE
• NOTE: No class 11/29.

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. Instructor provides prints and photos. Painting board provided. Supply list sent. Prerequisite: Acrylic Impressions-Beginning class.

ARTS:748 | 10 sessions | $144 AGE 60+ | $205 REG
F02 Tu 12:30 pm-3:30 pm Annie Smith Piffel Sept. 3 – Nov. 12 Kirkwood Community Ctr
• NOTE: No class 11/5.
F03 W 6 pm-9 pm Annie Smith Piffel Sept. 4 – Nov. 6 MC-CE

Acrylic Impressions: Workshop
In this accelerated workshop, work in a small scale to quickly complete your own vibrant, light-filled Impressionist-inspired piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | 4 sessions | $68.50 AGE 60+ | $105 REG
F09 Tu 12:30 pm-3:30 pm Annie Smith Piffel Nov. 19 – Dec. 10 Kirkwood Community Ctr

Painting Plein Air: St. Louis Cityscapes
Paint St. Louis plein air (outside) and explore the language of color. Paint at a variety of locations like Soulard, Lafayette Square, Forest Park and the Central West End. The class focuses on using a limited palette and experiencing the different emotions of color while painting light. All mediums are welcome. Supplies and locations will be discussed at the first class, which will meet for one hour at Forest Park Visitor Center. All following sessions are for two hours and meet in different locations around the city. Provide your own transportation.

ARTS:748 | 6 sessions | $70 AGE 60+ | $119 REG
F01 Tu 9:30 am-11:30 am Maureen Brodsky Aug. 20 – Sept. 24 FP-G, 409

NEW! House Portraits: Watercolor or Acrylic
Honor the place you call home with a house portrait, learning techniques for correct proportions and perspective. See your home on canvas! Big brick, siding, roof tiles, concrete and greenery textures. Bring in reference photos of the house you wish to paint. Work at your own pace to complete one portrait or, if desired, several portraits. All levels welcome. Supply list sent. Bring supplies to first class.

ARTS:748 | 3 sessions | $65.50 AGE 60+ | $85 REG
F08 W 12:30 pm-3 pm Lisa Payne Nov. 6 – Nov. 20 MC-CE

NEW! Pet Portraits: Acrylic
Celebrate your pet or the pet of someone else with a unique portrait painting. It can also make a great gift. Learn techniques to achieve proper proportions, animal likeness and realistic textures (e.g., fur, feathers). The instructor will demonstrate how to paint fur (or feather) texture as well. Bring reference photos of the pet you wish to paint. All types of pets are welcome subjects. Work at your own pace to complete on portrait or, if desired, several portraits. All levels are welcome. Supply list sent. Bring supplies to first class.

ARTS:748 | 3 sessions | $65.50 AGE 60+ | $85 REG
F06 W 12:30 pm-3 pm Lisa Payne Oct. 9 – Oct. 23 MC-CE

NEW! Portrait Painting: Oil or Acrylic
Create a portrait of a friend, family member, celebrity, stranger or yourself, exploring all aspects of portrait painting. Working from mirrors or photos, explore facial proportions and methods for creating a likeness. Realistic treatment of skin tones and hair also covered. All levels welcome, though having a foundation of painting or drawing can be helpful. As the instructor demonstrates some techniques, students work at their own pace. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:748 | 5 sessions | $68.50 AGE 60+ | $105 REG
F04 W 1 pm-4 pm Lisa Payne Aug. 28 – Sept. 25 MC-CE

BYOB Painting I
Bring your own favorite beverage to sip as you paint a maybe-masterpiece on stretched canvas in this fun, one-evening class! Water-based oils are the only type allowed in the classroom. Painting will be different than the one offered in BYOB Painting II.

ARTS:748 | 1 session | $29 AGE 60+ | $49 REG
F07 W 6 pm-9 pm Mike Ochonicky Sept. 11 Kirkwood Community Ctr

BYOB Painting II
Bring your own favorite beverage to sip as you paint a maybe-masterpiece on stretched canvas in this fun, one-evening class! No previous art experience is needed as a professional artist leads the class through every step to complete your very own painting of an autumn pumpkin. All art supplies provided. Please bring a paint shirt or apron, sense of humor and your own beverage-of-choice. This painting will be different than the one offered in BYOB Painting II.

ARTS:748 | 1 session | $29 AGE 60+ | $49 REG
F07 W 6 pm-9 pm Mike Ochonicky Sept. 11 Kirkwood Community Ctr

A-Door-Able Basket
Create a basket that carries two full-sized bottles of your favorite wine and is specially designed with a wooden "shelf" that holds two glasses. Keep it for those cozy nights watching the sunset or give it as a perfect gift to the wine lover in your life.

CRFT:734 | 1 session | $62.50 AGE 60+ | $75 REG
F01 Sa 9 am-2 pm Laura Klaus Oct. 26 MC-CE

Market Basket
Carry your fall farmers market favorites in this beautiful basket which measures 15 x 8 x 8. No experience or talent needed. Register with a friend for a fun-filled Saturday morning!

CRFT:734 | 1 session | $55 AGE 60+ | $65 REG
F03 Sa 8:30 am-12:30 pm Laura Klaus Oct. 5 MC-CE

Double Wine Basket
Create a basket that carries two full-sized bottles of your favorite wine and is especially designed with a wooden "shelf" that holds two glasses. Keep it for those cozy nights watching the sunset or give it as a perfect gift to the wine lover in your life.

CRFT:734 | 1 session | $62.50 AGE 60+ | $75 REG
F01 Sa 9 am-2 pm Laura Klaus Oct. 26 MC-CE

Crochet

Crochet I
Learn to crochet basic stitches: single, double and treble, to decrease and increase and change colors. Make a simple piece and get help reading patterns. This class is best for beginner students or those who have crocheted before, but long ago. Supply list will be sent.

CRFT:724 | 3 sessions | $32.50 AGE 60+ | $49 REG
F02 W 6:30 pm-8:30 pm Dee Levang Sept. 11 – Sept. 25 MC-CE

Crochet II
Go beyond the basics of crochet with this class learning how to make a flat circle, tubular shapes and textured stitches and build your pattern reading skills. After this class, you will be an intermediate crocheter! You may bring your own project to the last class for help or troubleshooting. Prerequisite: Crochet I or equivalent experience. Supply list sent.

CRFT:726 | 2 sessions | $31.50 AGE 60+ | $49 REG
F02 Tu 6 pm-9 pm Dee Levang Oct. 29 – Nov. 5 MC-SO, 109

Crochet in a Day
In this crocheting crash course learn the basics in one day and be on your way to impress friends and yourself. This beautiful form of handicraft is so worth the time. You may bring snacks or a sack lunch. Supply list sent.

CRFT:724 | 1 session | $32.50 AGE 60+ | $49 REG
F04 Sa 9 am-3 pm Dee Levang Sept. 21 MC-SO, 109

Crochet: Not Your Granny’s Square
Learn the basic granny square plus other shapes and modern takes on the classic motif including hexagons and triangles. Several joining techniques will also be taught. Supply list sent.

CRFT:726 | 3 sessions | $31.50 AGE 60+ | $49 REG
F03 M 6:30 pm-8:30 pm Dee Levang Sept. 23 – Oct. 7 MC-SO, 109

314-984-7777 | STLCC.EDU/CE 25
Crochet: Tips and Tricks
Expert tips and tricks for seasoned crocheters, including the linked crochet turning chain, invisible finish, and joyless color change in the round and more. This class is for intermediate to advanced crocheters. Supply list sent.
CRFT:724 | 1 session | $32.50 AGE 60+ | $49 REG
F02 Sun 9 am-3 pm Dee Levang MC-SO, 109

Tunisian Crochet
Tunisian crochet is a very similar technique to single crochet, but instead of working in the back loops, you work in the front loop only. This results in a much stiffer, more open fabric. The beginning of the row is quite different from traditional crochet, and some special knotting techniques are utilized. Advanced skills include foundation rows, Tunisian simple stitch and Tunisian knit stitch. Supply list sent.
CRFT:731 | 1 session | $40.50 AGE 60+ | $59 REG
F01 Thur 6 pm-8 pm Dee Levang MC-SO, 109

Tunisian Crochet II
Now that you've learned the basics of Tunisian crochet (simple stitch, knot stitch, purl stitch and reverse stitch), what's next? In this class, learn several ways to change color, working in the round with a double ended hook, combination stitches and seaming techniques. Bring a project in progress and get help if needed. Prerequisite: Tunisian Crochet I or similar experience. Supply list sent.
CRFT:728 | 2 sessions | $56.50 AGE 60+ | $79 REG
F01 Thu 6 pm-8 pm Dee Levang MC-SO, 109

Intermediate Knitting: Dog Sweater
Pamper your pooch with a custom dog sweater! Learn how to properly measure your dog and use your knitting skills to make a sweater that will keep Fido warm through the winter. Prerequisites: intro to knitting class or the ability to knit, cast on and bind off.
CRFT:727 | 5 sessions | $68.50 AGE 60+ | $98 REG
F06 Thur 6 pm-8 pm Thi Miller Nottingham HS, 104

Knitted Holiday Ornaments
Deck your home and tree with beautiful knitted ornaments or gift them to family and friends. We'll explore a variety of designs and colors to make the holidays look festive! Supply list sent.
CRFT:726 | 5 sessions | $46 AGE 60+ | $65 REG
F05 Tu 6 pm-8 pm Thi Miller Nottingham HS, 104

• NOTE: No class 10/31.

Knit a simple pom hat in the round in one morning! Use the basic knit and purl stitches and increasing and decreasing techniques to learn how to knit in the round and create a beautiful piece. Prerequisite: Knit 101 or equivalent experience. Supply list sent.
CRFT:720 | 1 session | $34 AGE 60+ | $49 REG
F01 Sat 9 am-3 pm Cristin Greenlee Kirkwood Sr. HS, W105

Knitted Sweater: Cardigan
Create your first knitted sweater - a great step for those interested in garment knitting or ready to move into more advanced knitting. We'll cover sweater construction, design and shaping, and measurements for various yarns and body shapes. Supply list sent.
CRFT:722 | 6 sessions | $82.50 AGE 60+ | $105 REG
F01 Tu 6 pm-8 pm Thi Miller Nottingham HS, 105

Knitting
Learn to Knit in a Day
Join us for a crash course in knitting. Learn the basics in one fell swoop - casting on, knitting, purling, pattern reading, binding off and - be on your way to impress friends and yourself! It's a beautiful form of handiwork that's well worth the time. You may bring snacks or a sack lunch. Supply list sent.
CRFT:720 | 1 session | $34 AGE 60+ | $49 REG
F02 Sa 9 am-3 pm Cristin Greenlee MC-SO, 109

Knitting 101
Knitting isn't just for making winter garments and accessories. Using linen, silk and lighter threads and yarns, create projects and garments that will be useful all year round. Cover the basics - casting on, increasing and decreasing, finishing, a variety of stitches and more. Gain lots of information and tips for future projects, as well as help reading patterns. You may bring unfinished projects or start a new project. All levels welcome. Supply list sent.
CRFT:721 | 3 sessions | $41 AGE 60+ | $55 REG
F01 Tu 6:30 pm-8:30 pm Kirkwood Sr. HS, W105

Knitting: The Next Step
Level up your knitting skills with this fun and interactive class where you will explore skills beyond basic knitting and purling. Learn techniques for increasing and decreasing, lace-making, knitting, mistake fixes and simple pattern reading. Supply list sent. Prerequisite: Knit 101 or equivalent experience.
CRFT:722 | 2 sessions | $41 AGE 60+ | $55 REG
F02 Tu 6 pm-9 pm Cristin Greenlee Oct. 22 - Oct. 29 Kirkwood Sr. HS, W105

Knitted Hats
Learn how to knit a hat with instructional techniques for casting on, knitting, decreasing and shaping, weaving in ends, and-most importantly-working in the round. You'll learn both how to use a circular needle as well double-pointed needles. After this class, you'll be well on your way to more advanced knitting! Supply list sent.
CRFT:721 | 3 sessions | $37 AGE 60+ | $49 REG
F05 Tu 6 pm-8 pm Sept. 10 - Sept. 24 Nottingham HS, 104

Make It and Take It: Pom Hat in the Round
Knit a simple pom hat in the round in one morning! Use the basic knit and purl stitches and increasing and decreasing techniques to learn how to knit in the round and create a beautiful piece. Prerequisite: Knit 101 or equivalent experience. Supply list sent.
CRFT:720 | 1 session | $34 AGE 60+ | $49 REG
F01 Sa 9 am-3 pm Cristin Greenlee Nov. 2 MC-SO, 109

Knitted Sweater: Cardigan
Create your first knitted sweater - a great step for those interested in garment knitting or ready to move into more advanced knitting. We'll cover sweater construction, design and shaping, and measurements for various sizes and body shapes. Supply list sent.
CRFT:722 | 6 sessions | $82.50 AGE 60+ | $105 REG
F07 Tu 6 pm-8 pm Thi Miller Oct. 1 - Nov. 5 Nottingham HS, 105

Amigurumi
Amigurumi is the Japanese art of crocheting small, stuffed yarn creatures. In this class hone your Crochet skills and make a small and colorful animal that you will cherish. Supply list sent.
CRFT:724 | 3 sessions | $41.50 AGE 60+ | $58 REG
F03 MWF 6:30 pm-8:30 pm Dee Levang Nottingham HS, 104

Pom-Poms, Tassels and More!
There's no need to know how to knit or crochet to have fun with yarn and fiber. Learn how to hoop weave and make pom-poms and tassels, wall hangings, wrapped objects and more! Supply list sent; some supplies will be available for purchase in class.
CRFT:726 | 2 sessions | $32.50 AGE 60+ | $49 REG
F04 Sa 9 am Nooni Dee Levang Aug. 24 - Aug. 31 MC-SO, 109

“Dee was very good with instructions and gave everyone time to learn new stitches.”

Peggy B.
St. Louis

Tunisian Crochet
Tunisian crochet is sometimes thought of as a cross between crochet and knitt. An elongated hook is used, either called a Tunisian or Afghan hook. Learn the Foundation Row, Tunisian Simple Stitch, Tunisian Knit Stitch, changing colors and binding off. This class is for beginning Tunisian crocheters and provides a good refresher for those who have experience, but may have forgotten some steps. Supply list to be emailed before the start of class.
CRFT:722 | 1 session | $16 AGE 60+ | $25 REG
F01 W 6 pm-9 pm Dee Levang Oct. 2 MC-SO, 205

Tunisian Crochet in a Day
Tunisian crochet is sometimes thought of as a cross between crochet and knitt. An elongated hook is used, either called a Tunisian or Afghan hook. Learn the Foundation Row, Tunisian Simple Stitch, Tunisian Knit Stitch, changing colors and binding off. This class is for beginning Tunisian crocheters and provides a good refresher for those who have experience, but may have forgotten some steps. Supply list sent.
CRFT:724 | 2 sessions | $31.50 AGE 60+ | $49 REG
F02 Tu 6 pm-9 pm Dee Levang Nov. 19 - Nov. 26 MC-SO, 108

Knotted Roving
Create a knotted roving that's well worth the time. You may bring materials or start a new project. All levels welcome. Supply list sent.
CRFT:723 | 2 sessions | $30 AGE 60+ | $40 REG
F04 Tu 6 pm-9 pm Thi Miller Nottingham HS, 104

Knit a simple pom hat in the round in one morning! Use the basic knit and purl stitches and increasing and decreasing techniques to learn how to knit in the round and create a beautiful piece. Prerequisite: Knit 101 or equivalent experience. Supply list sent.
CRFT:720 | 1 session | $34 AGE 60+ | $49 REG
F01 Sa 9 am-3 pm Cristin Greenlee Nov. 2 MC-SO, 109

Knit a simple pom hat in the round in one morning! Use the basic knit and purl stitches and increasing and decreasing techniques to learn how to knit in the round and create a beautiful piece. Prerequisite: Knit 101 or equivalent experience. Supply list sent.
CRFT:720 | 1 session | $34 AGE 60+ | $49 REG
F01 Sa 9 am-3 pm Cristin Greenlee Nov. 2 MC-SO, 109

Knitted Holiday Ornaments
Deck your home and tree with beautiful knitted ornaments or gift them to family and friends. We'll explore a variety of designs and colors to make the holidays look festive! Supply list sent.
CRFT:726 | 5 sessions | $46 AGE 60+ | $65 REG
F06 Tu 6 pm-8 pm Thi Miller Nottingham HS, 104

• NOTE: No class 10/31.

Knitted Holiday Ornaments
Deck your home and tree with beautiful knitted ornaments or gift them to family and friends. We'll explore a variety of designs and colors to make the holidays look festive! Supply list sent.
CRFT:726 | 5 sessions | $46 AGE 60+ | $65 REG
F06 Th 6 pm-8 pm Thi Miller Nottingham HS, 104

• NOTE: No class 10/31.

Knitted Holiday Ornaments
Deck your home and tree with beautiful knitted ornaments or gift them to family and friends. We'll explore a variety of designs and colors to make the holidays look festive! Supply list sent.
CRFT:726 | 5 sessions | $46 AGE 60+ | $65 REG
F06 Th 6 pm-8 pm Thi Miller Nottingham HS, 104

Knitted Holiday Ornaments
Deck your home and tree with beautiful knitted ornaments or gift them to family and friends. We'll explore a variety of designs and colors to make the holidays look festive! Supply list sent.
CRFT:726 | 5 sessions | $46 AGE 60+ | $65 REG
F06 Th 6 pm-8 pm Thi Miller Nottingham HS, 104

• NOTE: No class 10/31.
Sewing

Introduction to Sewing Machines
Sewing machines can be a bit intimidating. Like any other tool, once you become familiar with its pieces and parts you will have more success (and fun!) using it to your advantage. In this introductory course, learn the basic parts and functions of the sewing machine. This crash course covers threading the machine and bobbin; adjusting tension; stitch width and length; and will introduce you to basic sewing language. You will leave with a finished lunch bag and an arsenal of sewing machine knowledge. All materials provided.

CRAFT:713 | 1 session | $35 AGE 60+ | $49 REG
F06 | Tu 6:30 pm-8:30 pm
Sept. 17
F09 | Tu 6:30 pm-8:30 pm
Nov. 5
Perennial STL

Mending 101
Learn the basic skills needed to mend your own clothes. We’ll learn how to sew on buttons, hooks and snaps, hem skirts and pants, put on patches and repair minor tears and possibly even fix zippers. No experience necessary. All materials provided. Leave with a small repair kit that you will make in the class.

CRAFT:713 | 1 session | $35 AGE 60+ | $49 REG
F03 | Th 6 pm-8 pm
Sept. 26
City Sewing Room

HOT! Sewing for Cosplay and Costumes
Be prepared for the next convention or Renaissance festival with this interactive class. Bring your fabric and pattern and work with the instructor to make your perfect costume. You must be able to use a sewing machine.

CRAFT:713 | 2 sessions | $75 AGE 60+ | $75 REG
F02 | Sa noon-4 pm
Sept. 21 – Sept. 28
City Sewing Room

Fabulous Fabric Holiday Gift Bag
Make gift giving special with a festive fabric bag! Create beautiful one of a kind fabric gift bags that will steal the show this holiday season. All materials are provided.

CRAFT:713 | 1 session | $39 AGE 60+ | $39 REG
F04 | Th 6 pm-8:30 pm
Nov. 14
City Sewing Room

NEW! Holla-Daze Fabric Wine Bag
The only thing better than receiving wine as a gift is being gifted wine in a custom fabric bag. In this hands-on class sew a holiday wine bag or two or three! These bags will be sure to add the perfect personal touch sure to impress whomever receives your gift. Sign up with a friend and bring along your favorite beverage. Must be 21+ to attend.

CRAFT:713 | 1 session | $39 AGE 60+ | $39 REG
F05 | F 6 pm-8 pm
Dec. 6
City Sewing Room

Your Personal Dress Form
Construct a dress form that exactly matched to your body with tape and fiberfill. The form will be placed on a simple stand. Wear appropriate undergarments and an old t-shirt. All materials provided.

CRAFT:713 | 1 session | $78.50 AGE 60+ | $92 REG
F01 | Sa 9 am-2 pm
Sept. 7
City Sewing Room

Textiles/Fabrics

Macramé and Merlot
Macramé—it’s “knot” like the ’70s! Taking the home décor world by storm are these knotted hanging baskets for your houseplants. Get your vintage craft skills on by making a macramé plant holder while enjoying a glass of your favorite beverage. Make this into a group outing with your friends to create macramé and memories that you will cherish. Bring your own beverage of choice. Ages 21+ only.

CRAFT:713 | 1 session | $29 AGE 60+ | $29 REG
F12 | F 6 pm-9 pm
Oct. 18
City Sewing Room

Spin Your Own Yarn on a Drop Spindle
Make your own yarn without a spinning wheel! Learn to spin yarn from various fiber preps while using a drop spindle. This class is for beginners and wheel spinners who may not have much experience in drop spindle spinning. Registration/refund/withdrawal deadline: 11/11. No refunds after that date. There is an additional $30 material fee, payable to the instructor at the first class.

CRAFT:713 | 3 sessions | $32.50 AGE 60+ | $49 REG
F06 | M 6:30 pm-8:30 pm
Nov. 25 – Dec. 9
Dee Leaveng
MC-SW, 102

Embroidery I
Embroidery doesn’t have to be dancing dishes or kittens in mittens! In this three week class, create a pair of pillowcases that fit your personality. Focus on creating your own designs and using the many resources available to find unique patterns that inspire you. Learn different techniques for transferring designs that are easy and effective and discover different stitches from basic to advanced. Everyone will work together, but each will have a very personalized end product. All supplies included in the cost of the class and will be yours to take home to use again and again. Please bring a pair of scissors to class. No prior experience necessary.

CRAFT:728 | 3 sessions | $58.50 AGE 60+ | $75 REG
F01 | W 6:30 pm-8:30 pm
Sept. 4 – Sept. 18
Magan Harms
STLCC-South County, 104

Embroidery II
Expand your skills with this continuation of Embroidery I. Try out different types of materials to stitch on and with. Move on from just cotton on cotton to a variety of mediums while learning more techniques to enhance all of your embroidery, and more stitches to expand your repertoire. Please bring scissors, an embroidery hoop, and needles. All other supplies provided.

CRAFT:728 | 3 sessions | $58.50 AGE 60+ | $75 REG
F02 | W 6:30 pm-8:30 pm
Oct. 2 – Oct. 16
Magan Harms
STLCC-South County, 104

Embroidery with Linen
Learn to work with linen creating a fall themed project with warm, muted materials. Expand your skills and learn ways to combine stitches to create a new look. Although a continuation of Embroidery I, Design and Stitch and Embroidery II, participation in those classes is not required. Basic embroidery skills necessary. Please bring scissors, an embroidery hoop and needles. All other supplies provided.

CRAFT:728 | 3 sessions | $58.50 AGE 60+ | $75 REG
F03 | W 6:30 pm-8:30 pm
Oct. 30 – Nov. 13
STLCC-South County, 102

Weaving: Table Runner
In this beginning class for those interested in weaving, work on a four-shaft preloaded table top loom to create a cotton runner. Select from multiple colors for the runner. Learn basic weaving techniques in tabby and twill. All materials included in class costs.

CRAFT:713 | 1 session | $59 AGE 60+ | $178 REG
F10 | Sa 10 am-4 pm
Sept. 14
Craft Central

CRAFT:713 | 2 sessions | $59 AGE 60+ | $178 REG
F11 | Th 6 pm-9 pm
Oct. 10 – Oct. 17
Craft Central

Needle Felt: A Holiday Gnome
Learn to needle felt holiday gnomes! Needle felting utilizes a single, barbed needle borrowed from commercial felting machines, to tangle and compact wool fibers into forming three-dimensional felt sculptures. In contrast to traditional felt making methods that use water and friction, needle felting is also known as dry felting. All materials included in class cost.

CRAFT:765 | 1 session | $49 AGE 60+ | $49 REG
F06 | Sa 10 am-noon
Nov. 23
Craft Central

Paper Crafts

Suminagashi: Japanese Paper Marbling
Learn to make beautiful marbled paper using the ancient Japanese art of suminagashi. Discover the secrets to marbling using a simple floating ink process. Take home sheets of marbled paper to turn into cards, gift tags, and other projects.

CRAFT:742 | 1 session | $39 AGE 60+ | $49 REG
F01 | Sa 9 am-noon
Oct. 5
Magan Harms
STLCC-South County, 102

CRAFT:742 | 1 session | $39 AGE 60+ | $49 REG
F02 | Tu 5:45 pm-8:45 pm
Dec. 3
Magan Harms
Nottingham HS, 119

This class was very hands-on. A great way to learn a new skill!

Leslie J. Clayton
Centerpiece

Fall Fresh Flowers Bouquet
In this hands-on class explore the basics of floral arrangement and design. Learning florists’ tips, tricks and trade secrets that will help you to create beautiful arrangements at home. Take home a rustic wood box filled with a variety of greens as well as fall flowers including sunflowers, mums, hypericum berries and roses. All materials provided.

CRFT:744 | 1 session | $61.50 AGE 60+ | $69 REG
F02 W 6 pm-8 pm
Sept. 27 MC-SW, 106

NEW! Silk Flower Thanksgiving Centerpiece
In this hands-on class explore the basics of silk floral arrangement and design. Use wire cutters and floral tape to create a beautiful silk arrangement that you will enjoy for years to come. Learn florists’ tips, tricks and trade secrets that will help you to create beautiful floral arrangements at home. All materials provided.

CRFT:744 | 1 session | $61.50 AGE 60+ | $69 REG
F04 W 6 pm-8 pm
Nov. 13 WW, 102A

NEW! Fresh Floral Thanksgiving Centerpiece
In this hands-on class explore the basics of floral arrangement and design, learning florists’ tips, tricks and trade secrets that will help you to create beautiful arrangements at home. Take home your own fresh floral arrangement that will steal the show on your Thanksgiving table. All materials provided.

CRFT:744 | 1 session | $57.50 AGE 60+ | $65 REG
F01 Sa 9 am-11 am
Nov. 23 MC-SW, 106

NEW! Winter Rose Bouquet
Learn the secrets to a beautiful long-lasting fresh bouquet of long-stemmed roses and greenery crafting a creation to adorn your house for the holidays. This hands-on class explores the basics of floral arrangement and design. Learn florists’ tips, tricks and trade secrets that will help you to create beautiful floral arrangements at home. All materials provided.

CRFT:744 | 1 session | $67.50 AGE 60+ | $75 REG
F03 Sa 9 am-11 am
Dec. 14 MC-SW, 106

Resin Coasters
Create your own set of creative drink coasters. Choose from swirls of colors, add some sparkle or metallic flakes, and embed little trinkets or small mementos as well. In this make and take DIY class, you bring your creativity (and maybe some of your own add ins if you wish), and we supply the rest. Learn the steps and go home with a set of 4 epoxy resin coasters of your own design.

CRFT:765 | 1 session | $53.4 AGE 60+ | $65 REG
F02 Sa 9 am-noon
Sept. 28 MC-SO, 108

Glass and Ceramics

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

CRFT:740 | 1 session | $45.4 AGE 60+ | $55 REG
F01 Th 6 pm-9 pm
Aug. 22 Perennial STL

Stained Glass: Jewelry Box
Make your own stained glass jewelry box that you will treasure for years to come! Class includes an exploration of equipment and terminology. Learn the techniques for glass cutting and grinding as well as copper foiling and soldering to create your own jewelry box in this class. All materials included.

CRFT:753 | 2 sessions | $115 AGE 60+ | $125 REG
F01 Tu 6 pm-9 pm
Sept. 10 – Sept. 17 Craft Central

Stained Glass: Spider Web
Catch the eyes not flies with this stained glass spider web a perfect decoration for your window each Halloween. The class includes an explanation of equipment and terminology. Learn cutting and grinding techniques as well as copper foiling and soldering to create your own sun catcher. All materials included.

CRFT:740 | 2 sessions | $115 AGE 60+ | $115 REG
F02 W 5 pm-8 pm
Sept. 25 – Oct. 2 Craft Central

A Tree for Every Season Platter
Create a platter celebrating a tree’s transition through the seasons as it buds in spring, blooms in summer, changes color in the fall and gathers snow in winter. Pieces will be fired and ready for pickup at the shop one week after class. Fee includes all materials and firing. Food-safe.

CRFT:741 | 1 session | $55 AGE 60+ | $65 REG
F02 W 6 pm-9 pm
Janet Becker
Painted Zebra

Small Pet Watering Bowl
Your pet deserves to be pampered. What better way to show them love than to have a hand-painted bowl for their food or water? Join us in this fun painting class and make a pet watering bowl you and your furry friends will treasure. Pieces will be fired and ready for pickup at the shop one week after class. Fee includes all materials and firing. Food-safe.

CRFT:741 | 1 session | $45 AGE 60+ | $55 REG
F03 W 6 pm-8 pm
Cathy Cody
Painted Zebra

Palm Tree Plate
Create your own relaxing sunset vista on a plate - a palm tree in silhouette against a personalized colorful beach scene. Pieces will be fired and ready for pickup at the shop one week after class. Fee includes all materials and firing. Food-safe.

CRFT:741 | 1 session | $44.50 AGE 60+ | $55 REG
F01 W 6 pm-8 pm
Janet Becker
Painted Zebra

Holiday Canister
Paint a canister ideal for holiday decor or treats - a thoughtful gift to a loved one or a holiday decoration you can enjoy for years to come. Pieces will be fired and ready for pickup at the shop one week after class. Fee includes all materials and firing. Food-safe.

CRFT:741 | 1 session | $40.50 AGE 60+ | $51 REG
F04 W 6 pm-8 pm
Cathy Cody
Painted Zebra

NEW! Mosaic Breakfast Tray
Create a mosaic glass tray work of art that you will love to use in your home or give as a thoughtful handmade gift. All materials included.

CRFT:740 | 2 sessions | $59 AGE 60+ | $79 REG
F04 W 5 pm-8 pm
Nov. 6 – Nov. 13 Craft Central

Stained Glass: Ornaments
Make your holidays sparkle with one-of-a-kind handmade stained glass ornaments! Join us to explore the medium of stained glass and learn its history, how it is made and why it is an intricate and unique art form treasured art form for centuries with its elegance seen around the world. By learning to cut, grind, copper foil and solder, you will create three glass ornaments: an angel, a toy soldier and a bird. All materials included in the cost of the class.

CRFT:740 | 1 session | $59 AGE 60+ | $59 REG
F03 Tu 6 am-6 am
Nov. 19 Craft Central

Please Share your Photos!

Have great photos of your continuing education classes and creations? Please share your experiences with the STLCC Continuing Education (CE) community! When you post on Facebook, Instagram or Twitter, be sure to use #stlccCE or @stlccCE. Your photo could be included in a future issue of the CE catalog... with your permission and recognition, of course! We can’t wait to see your photos.

Facebook | @stlccCE | #stlccCE
Metalsmiting: Beginning Techniques For Jewelry Making
Learn the fundamental metalsmiting techniques for making jewelry. Basic metal manipulation skills including sawing, forming and shaping, filing, sanding, soldering and polishing will be taught. You will make two finished pieces—a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Supplies included in cost of class.
CRFT:753 | 7 sessions | $162.50 AGE 60+ | $225 REG
F02 | W 6 pm-9 pm | Kevin Lin
   | Aug. 21 – Oct. 2

Metalsmiting: Intermediate Techniques For Jewelry Making—Rings
Learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Techniques for Jewelry or equivalent experience is preferred.
CRFT:753 | 7 sessions | $162.50 AGE 60+ | $225 REG
F03 | W 6 pm-9 pm | Kevin Lin
   | Oct. 16 – Dec. 4
   *NOTE: No class 11/27.

Soldered Jewelry Pendants
Create an upcycled stained glass pendant from scraps of ceramic and glass. Using copper foil, flux and lead-free solder to sculpt a custom jewelry pendant. Learn how to safely use a glass cutter and grinder to create custom shapes from found vintage plates, mirrors and clear glass. Also, learn to make a custom-sized jump ring and tips on right places to look for upcycled treasures for all your upcycled jewelry projects. Note: This class requires hand strength and the use of a very hot tool. Patience, an eye for safety and hand dexterity will help participants achieve their design goals. All materials provided.
CRFT:753 | 1 session | $50 AGE 60+ | $50 REG
F01 | Sa 10 am-1 pm | Perennial STL
   | Dec. 7

Introduction to Wood Burning
Learn how to customize your woodworking projects with wood-burned accents. From lettering to stamping, wood burning is a great skill to transform various types of wood into unique pieces that everyone will ask about. You’ll experiment with different wood burning tips, and you’ll learn tricks for a successful finished project. No experience necessary. You will leave with a few wood-burned samples, including a keychain and other bits of salvaged wood. All materials provided.
CRFT:765 | 1 session | $45 AGE 60+ | $45 REG
F03 | W 6:30 pm-8:30 pm | Perennial STL
   | Oct. 9

Metal Work

Metalworking: Copper Chasing Leaves
Metalsmithing is one of the oldest metalworking occupations, producing useful items such as tools, kitchenware, tableware, jewelry and more for centuries! Shaping metal with a hammer is the fundamental element of smiting and in this class, you will learn how to cold hammer copper and apply the technique of copper chasing to create images of leaves in copper plates. All materials included in cost of class.
CRFT:753 | 2 sessions | $99 AGE 60+ | $99 REG
F04 | Sa 9 am-noon | Sept. 7 – Sept. 14
   | Mueller Industries

Beginning Blacksmith: Create a Wall Mount J-Hook
A blacksmith creates objects from wrought iron or steel by forging metal and using tools to hammer, bend and cut to create useful items. In this introductory class, explore the craft of blacksmithing to make your very own wall mount J-hook. Learn the proper use of blacksmithing tools including fire and forge control while you hammer and twist steel in the traditional blacksmith medium. You will be exposed to hot steel being hammered which emits sparks that can come in contact with your clothing. Please wear protective clothing; your arms and legs should be covered, and you must wear closed-toed shoes. Gloves and safety glasses will be provided and limited shop aprons are available on-site.
CRFT:753 | 1 session | $89 AGE 60+ | $89 REG
F06 | Sa 9 am-11:30 am | Mueller Industries
   | Oct. 12
F07 | Sa 9 am-11:30 am | Mueller Industries
   | Oct. 26
F08 | Sa 9 am-11:30 am | Mueller Industries
   | Nov. 9

Wood Burning

Introduction to Upholstery: Dining Room Chair
Get a hands-on introduction to basic upholstery as you explore the tricks to recovering the seat of an old dining room chair and creating a new seat structure with webbing. Plus, you’ll leave with your own handmade webbing stretcher. You may bring in one or two dining room chairs from your set to practice reupholstering. The class will work in small groups. All materials provided.
CRFT:713 | 1 session | $39 AGE 60+ | $39 REG
F08 | Tu 6:30 pm-8:30 pm | Perennial STL
   | Sept. 10

Eco-Friendly Furniture Restoration Demo
In this demonstration and talk, learn tips on repairing joints and refinishing surfaces… all with the earth in mind! Through hands-on demonstrations, learn all about natural paints, stains and waxes. Learn to add a pop of color to your projects with milk paint, mix and apply a fresh coat of signature wood wax and cook up natural stain from walnuts. You’ll leave this workshop with the knowledge to add a whole new look to your furniture without harming the environment or compromising your health.
CRFT:765 | 1 session | $35 AGE 60+ | $35 REG
F04 | W 6:30 pm-8 pm | Perennial STL
   | Oct. 23

Metal Work

Metalworking: Intermediate

Wine Bottle Re-Use
Do you have a hard time recycling beautiful glass bottles? Transform your used wine bottles into a self-watering planter. Learn safe ways to cut glass bottles using techniques you can replicate at home. Discover an easy, eco-friendly way to remove adhesive residue. In class you’ll practice scoring and cutting glass with a custom glass cutter tool in combination with a hot/cold water bath. Decorate your home with these upcycled creations, or give as a handmade gift.
CRFT:765 | 1 session | $45 AGE 60+ | $45 REG
F05 | Th 6:30 pm-9 pm | Perennial STL
   | Nov. 9

Upcycling

Introduction to Upholstery: Dining Room Chair
Get a hands-on introduction to basic upholstery as you explore the tricks to recovering the seat of an old dining room chair and creating a new seat structure with webbing. Plus, you’ll leave with your own handmade webbing stretcher. You may bring in one or two dining room chairs from your set to practice reupholstering. The class will work in small groups. All materials provided.
CRFT:713 | 1 session | $39 AGE 60+ | $39 REG
F08 | Tu 6:30 pm-8:30 pm | Perennial STL
   | Sept. 10

Eco-Friendly Furniture Restoration Demo
In this demonstration and talk, learn tips on repairing joints and refinishing surfaces… all with the earth in mind! Through hands-on demonstrations, learn all about natural paints, stains and waxes. Learn to add a pop of color to your projects with milk paint, mix and apply a fresh coat of signature wood wax and cook up natural stain from walnuts. You’ll leave this workshop with the knowledge to add a whole new look to your furniture without harming the environment or compromising your health.
CRFT:765 | 1 session | $35 AGE 60+ | $35 REG
F04 | W 6:30 pm-8 pm | Perennial STL
   | Oct. 23

NEW Pallet Serving Tray
Upcycle found pallets into a rustic serving tray, learning best practices to safely and efficiently deconstruct and reassemble materials using tools like the miter saw and power drill and brad gun. Finish off your tray with a wash of eco-friendly milk paint, and add reclaimed hardware for the perfect finished piece!
CRFT:765 | 1 session | $45 AGE 60+ | $45 REG
F01 | Sa 10 am-12:30 pm | Perennial STL
   | Nov. 9

HOT! Jewelry

Metalsmiting: Beginning Techniques For Jewelry Making
Learn the fundamental metalsmiting techniques for making jewelry. Basic metal manipulation skills including sawing, forming and shaping, filing, sanding, soldering and polishing will be taught. You will make two finished pieces—a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Supplies included in cost of class.
CRFT:753 | 7 sessions | $162.50 AGE 60+ | $225 REG
F02 | W 6 pm-9 pm | Kevin Lin
   | Aug. 21 – Oct. 2

Metalsmiting: Intermediate Techniques For Jewelry Making—Rings
Learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Techniques for Jewelry or equivalent experience is preferred.
CRFT:753 | 7 sessions | $162.50 AGE 60+ | $225 REG
F03 | W 6 pm-9 pm | Kevin Lin
   | Oct. 16 – Dec. 4
   *NOTE: No class 11/27.

Soldered Jewelry Pendants
Create an upcycled stained glass pendant from scraps of ceramic and glass. Using copper foil, flux and lead-free solder to sculpt a custom jewelry pendant. Learn how to safely use a glass cutter and grinder to create custom shapes from found vintage plates, mirrors and clear glass. Also, learn to make a custom-sized jump ring and tips on right places to look for upcycled treasures for all your upcycled jewelry projects. Note: This class requires hand strength and the use of a very hot tool. Patience, an eye for safety and hand dexterity will help participants achieve their design goals. All materials provided.
CRFT:753 | 1 session | $50 AGE 60+ | $50 REG
F01 | Sa 10 am-1 pm | Perennial STL
   | Dec. 7

Introduction to Wood Burning
Learn how to customize your woodworking projects with wood-burned accents. From lettering to stamping, wood burning is a great skill to transform various types of wood into unique pieces that everyone will ask about. You’ll experiment with different wood burning tips, and you’ll learn tricks for a successful finished project. No experience necessary. You will leave with a few wood-burned samples, including a keychain and other bits of salvaged wood. All materials provided.
CRFT:765 | 1 session | $45 AGE 60+ | $45 REG
F03 | W 6:30 pm-8:30 pm | Perennial STL
   | Oct. 9
CULINARY

Cooking Essentials

Introductory Knife Skills (With Dinner!)
Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef’s knife safely and effectively? In this class, you will learn safety tips along with a variety of classic cuts and simple cutting techniques. We will explore proper knife care and ways to recognize quality when shopping for a knife. Then, practice simple cuts with a chef’s knife that will be yours to keep for attending this course! By class end, you will be able to safely dice an onion and turn carrots, celery and potatoes into uniform pieces of whatever size you want with confidence! Includes plenty of time for practice, questions and one-on-one guidance as you practice your knife skills while making soup, salad, garlic bread and a roasted pork tenderloin for a tasty dinner. Class includes a lecture, independent practice and hands-on cooking.

Food: 747
1 session | $56 AGE 60+ | $57 REG

F01 W 6 pm-9:30 pm  Sept. 18
Kirkwood Sr. HS, C 191

Modern Day Sauce Masters
Become a modern-day sauce master, learning the basics of sauce-making from scratch using modern-day ingredients with classic techniques. Learn how to make “foundation” sauces the instructor regularly uses in her own cooking: pizza sauce, beefy spaghetti sauce, garlic butter sauce, pan sauces for chicken and beef, white cream sauce, cheese sauce, and emulsion dressing, as well as how to adjust the flavors and seasonings of each sauce to best suit your tastes and meals. In this “modern” sauce class, we’ll save time by utilizing pre-made broths and stock bases, building our skills to thicken sauces with roux, corn starch slurry and a dressing-style emulsion. This class includes lecture, demonstration, hands-on cooking and a gourmet dinner of Italian pasta with salad and garlic bread.

Food: 747
1 session | $39 AGE 60+ | $49 REG

F03 W 6 pm-9:30 pm  Nov. 6
Kirkwood Sr. HS, C 191

What’s in Your Spice Cabinet? An Exploration of Spices A-Z
Have you ever stared at the hundreds of little bottles in the spice aisle at your grocery store perplexed, thinking, “What does that smell/taste like, and what can I do with it?” Come find out. In this exploratory course, you’ll experience a variety of spices from anise to turmeric. Learn about spices that have perplexed you, what they taste and smell like, foods and cuisines with which to pair them and, of course, how to incorporate them into awesome dishes like smoked paprika seared tilapia, saffron risotto, Vietnamese lemongrass chicken, Jamaican jerk pasta, Mexican ancho chili chicken and more! Come hungry and bring take-home containers. Class is hands-on and includes a lecture/discussion of spices and lots of cooking and eating.

Food: 747
1 session | $39 AGE 60+ | $49 REG

F02 W 6 pm-9:30 pm  Oct. 2
Kirkwood Sr. HS, C 191

Baker’s Delight

New! Bake and No-Bake Sweet Treats
While noshing on a ‘healthy’ Italian salad, let’s make some sweets! Learn to create desserts that require baking and some that don’t: carrot cakes with pecan cream cheese frosting; chocolate chess pie; lemon chiffon pie; and strawberry, banana and cocoa-hazelnut wontons. These are all hands-on classes. Please bring containers. Park on Hartford or Hampton. Flappole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

Food: 705
1 session | $41.50 AGE 60+ | $49 REG

F02 Tu 11 am-2 pm  Dec. 3
Elizabeth Parker
Culinary Arts House

Gluten-Free Baking
Just in time for the holidays, learn to prepare gluten-free desserts that are delicious additions to your holiday table! Prepare and make Italian amaretti cookies, bourbon pecan salted caramel cheesecake with homemade caramel sauce and candied pecans, almond pear ricotta cake, and chocolate brownie cookies. Please bring containers. Park on Hartford or Hampton. Flappole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

Food: 705
1 session | $41.50 AGE 60+ | $49 REG

F01 Sa 10 am-1 pm  Nov. 16
Tiffany Smith
Culinary Arts House

Impossibly Easy Mini Pie Tarts
Have you ever bought a pie shell from the store because you were terrified that you would butcher a pie crust from scratch? Well, fear no more! Learn just how easy it can be to make simple butter milk pie crusts while creating surprisingly easy, elegant mini tarts. Master pie crust along with different types of pie fillings like homemade vanilla custard, from-scratch cherry pie filling, blackberry filling and chocolate bourbon pecan pie. You will take home crusts to freeze—imagine the convenience of ready-to-bake frozen mini crusts with the taste and quality that only comes from being homemade—as well as pies that are ready to eat, so bring take-home containers. Class includes demonstration and lots of hands-on practice.

Food: 705
1 session | $39 AGE 60+ | $49 REG

F03 W 6 pm-9:30 pm  Nov. 20
Michelle Melton
Kirkwood Sr. HS, C 191

Cake Decorating

Contemporary Wedding Cakes
What wedding cake styles are modern brides requesting? Come join us in this beginning level wedding cake class to learn simple contemporary and traditional wedding cake designs that are popular with brides. Designs include bling and ribbon wrap, ombre effect, scroll work and fondant appliqués. More as time permits. Also, learn about pricing, support, transportation and set up. As a bonus, helpful resources and links will be provided to help aid those who wish to start a small cake business. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.

Food: 704
3 sessions | $41.50 AGE 60+ | $59 REG

F01 Tu 6:30 pm-9 pm  Nov. 5 – Nov. 19  Carla Soll
FV-Student Ctr, Dining A  NOTE: First class will meet in Dining B; subsequent classes will take place in Dining A.

NEW! 3D Purse Cake
In this advanced technique class, learn the art of sculpting and creating a 3D purse cake. Using a variety of classic and specialized cake decorating techniques, sculpt your cake, frost with buttercream and cover with marshmallow fondant. Add pizzazz and personality to your finished purse cake with customized edible accent pieces. Prerequisite: Beginning Cake Decorating and basic cake decorating skills required. Supplies extra.

Food: 704
2 sessions | $37 AGE 60+ | $49 REG

F02 W 6 pm-8:30 pm  Sept. 30 – Oct. 7
Tori Wiley
Nottingham HS, 110

Cake Decorating for Fun or Profit:

Beginning
Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of 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. Join for fun or for the rewards of starting your own business. Supplies extra.

Food: 701
4 sessions | $42 AGE 60+ | $69 REG

F01 Tu 6 pm-8:30 pm  Sept. 10 – Oct. 1
Nottingham HS, 106

Cake Decorating for Fun or Profit:

Beginning/Intermediate
Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of 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 the icing rose, run sugar techniques, figure piping and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra.

Food: 701
8 sessions | $47.50 AGE 60+ | $75 REG

F02 Tu 6:30 pm-9 pm  Sept. 3 – Oct. 29  Cara Soll
FV-Student Ctr, Dining A  NOTE: No class 10/22.

Cake Decorating for Fun or Profit:

Intermediate
Enhance your artistic skills and creative abilities in this intermediate level class. Learn to make and use rolled buttercream, candy clay and marshmallow fondant. Add wow to your cakes with gelatin and chocolate decor. More techniques demonstrated as time permits. Basic cake decorating skills required. Supplies extra.

Food: 702
4 sessions | $42 AGE 60+ | $69 REG

F01 Tu 6 pm-8:30 pm  Oct. 15 – Nov. 5  Teri Wiley
Nottingham HS, 110

Cake Decorating for Fun or Profit:

Wedding Cakes
Learn simple contemporary and traditional wedding cake designs that are popular with brides. Designs include bling and ribbon wrap, ombre effect, scroll work and fondant appliqués. More as time permits. Also, learn about pricing, support, transportation and set up. As a bonus, helpful resources and links will be provided to help aid those who wish to start a small cake business. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.

Food: 704
3 sessions | $41.50 AGE 60+ | $59 REG

F01 Tu 6:30 pm-9 pm  Nov. 5 – Nov. 19  Carla Soll
FV-Student Ctr, Dining A  NOTE: First class will meet in Dining B; subsequent classes will take place in Dining A.

Cake Decorating for Fun or Profit: Cake Decorating for Fun or Profit:

Contemporary Wedding Cakes

What wedding cake styles are modern brides requesting? Come join us in this beginning level wedding cake class to learn simple contemporary and traditional wedding cake designs that are popular with brides. Designs include bling and ribbon wrap, ombre effect, scroll work and fondant appliqués. More as time permits. Also, learn about pricing, support, transportation and set up. As a bonus, helpful resources and links will be provided to help aid those who wish to start a small cake business. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.

Food: 704
3 sessions | $41.50 AGE 60+ | $59 REG

F01 Tu 6:30 pm-9 pm  Nov. 5 – Nov. 19  Carla Soll
FV-Student Ctr, Dining A  NOTE: First class will meet in Dining B; subsequent classes will take place in Dining A.

NEW! 3D Purse Cake
In this advanced technique class, learn the art of sculpting and creating a 3D purse cake. Using a variety of classic and specialized cake decorating techniques, sculpt your cake, frost with buttercream and cover with marshmallow fondant. Add pizzazz and personality to your finished purse cake with customized edible accent pieces. Prerequisite: Beginning Cake Decorating and basic cake decorating skills required. Supplies extra.

Food: 704
2 sessions | $37 AGE 60+ | $49 REG

F02 W 6 pm-8:30 pm  Sept. 30 – Oct. 7
Tori Wiley
Nottingham HS, 110

Cake Decorating for Fun or Profit:

Beginning
Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of 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. Join for fun or for the rewards of starting your own business. Supplies extra.

Food: 701
4 sessions | $42 AGE 60+ | $69 REG

F01 Tu 6 pm-8:30 pm  Sept. 10 – Oct. 1
Nottingham HS, 106
Cheese Making

Marvelous Mozzarella!
With modern methods, mozzarella is an instant-gratification cheese. Make and enjoy it in one sitting as we craft fresh mozzarella from milk and incorporate it into several recipes to create a full meal—appetizer, salad, main dish and dessert—served at the conclusion of class. New recipes are in the mix. The class is hands-on and you will be stretching your cheese-making skills! Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:**765 | 1 session | $41.50 AGE 60+ | $49 REG

F04  Sa 10 am-1 pm  
Lisa Payne  
Nov. 9  
Culinary Arts House

Cooking with Friends

NEW! Girls Night Out! Asian Appetizers
Learn a handful of easy recipes that are perfect for your holiday parties, tailgating events or anytime you want to impress a crowd with fabulous appetizers. These quick and tasty apps are guaranteed to please your family and guests! Make and enjoy orange ginger chicken skewers with Thai peanut dipping sauce and learn to make restaurant-quality veggie spring rolls. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:**765 | 1 session | $41.50 AGE 60+ | $49 REG

F01  Sa 6 pm-9 pm  
Brittany Coates  
Sept. 20  
Culinary Arts House

Sips and Pours

Roast Your Own Coffee
Warning: This class will spoil your taste buds for delicious coffee! After taking the class, you will never go back to commercial coffees! Roasting coffee is easier than it sounds and you can do it right in your own home. In this class, you will learn the process of roasting your own coffee, the different methods of roasting coffee and their advantages and disadvantages, the characteristics of different green coffees (and where you can find them) and how you grind your own coffee. There is an entire sub-culture of people roasting their own coffee; become part of it and enjoy your coffee even more! Bring a container to take home your own roasted coffee.

**FOOD:**765 | 1 session | $29 AGE 60+ | $39 REG

F05  Tu 6:30 pm-8:30 pm  
Roy Lenox  
Kirkwood Sr. HS, C191

International Flavors

Chinese Takeout (At Home!)
Addicted to your favorites on your local Chinese restaurant’s take-out menu but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Chinese take-out favorites at home with fresh vegetables and (sometimes) less oil. In this class, we will learn how to make crab Rangoon, General Tso’s chicken, sesame chicken, moo goo gai pan, Szechuan beef, pork fried rice, egg drop soup and more. Come hungy and bring take-home containers. Class includes lots of hands-on cooking.

**FOOD:**732 | 1 session | $39 AGE 60+ | $49 REG

F01  W 6:30 pm-9:30 pm  
Michelle Melton  
Sept. 11  
Kirkwood Sr. HS, C191

NEW! Mezze on the Mezzanine!
Middle Eastern Small Plates
Are you looking for ideas for your holiday entertaining? Just put together a mezze platter! It is simple, elegant and delicious, perfect for cocktail parties or for your traditional holiday meal. In the Middle East, mezze or mezze are small plates similar to Spanish tapas, served hot or cold, spicy or savory, and are generally accompanied by wine, beer or other alcoholic drink. Recipes for this class include salmon and bulgur tartare with olive and preserved lemon salsa, grilled eggplant pate, marinated peppers with buffalo mozzarella, cauliflower and cumin fritters with yogurt sauce, bulgur salad, beet borani or roasted beets with yogurt sauce and fried onion, and cardamom and rosewater poached pears. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:**733 | 1 session | $41.50 AGE 60+ | $49 REG

F01  F 6 pm-9 pm  
Prabha Pergadia  
Sept. 27  
Culinary Arts House

Moroccan Street Food
Street food vendors are tucked into any marketplace in Morocco. The variety of classic delights and regional favorites create a difficult choice for any adventurous traveler. In this class, we will fry up light-as-air sfenj, Moroccan doughnuts; grill the flavorful kefta, ground beef or lamb; cook a pot of bassara, fava-bean dip, served with Moroccan bread; and bake a batch of Moroccan cookies for a sweet treat. Fresh mint tea will be served as well. Class is hands-on. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:**734 | 1 session | $41.50 AGE 60+ | $49 REG

F01  Sa 5:30 pm-8:30 pm  
Lisa Payne  
Oct. 19  
Culinary Arts House

NEW! Spanish Street Food: Empanadas
Empanadas are certainly among one of life’s simplest and tastiest pleasures. The name empanada is taken from the Spanish and Portuguese verb “empanar,” which means “to wrap in bread.” The filling can be anything from meats to cheeses to veggies (or a combination) and the stuffed dough can either be baked or fried. In this class, prepare traditional filling for beef empanadas and corn empanadas from Argentina, in addition to making a chicken, spinach and poblano pepper filling. You will also prepare a few sauces to accompany our empanadas. So, roll up your sleeves and come have fun preparing these delightful food snacks! Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:**733 | 1 session | $41.50 AGE 60+ | $49 REG

F01  Sa 10 am-1 pm  
Jeanette Pingel  
Oct. 12  
Culinary Arts House

Regional Indian Favorites
Enjoy preparing regional Indian chicken dishes, including chicken 65, which combines boneless chicken with spices before being fried; bhuna chicken marinated in yogurt and spices; fresh-made naan with garlic butter; aloo gobi, a combination of cauliflower and potatoes cooked in aromatic spices; and pulav, a fragrant basmati rice dish cooked with aromatic spices. Bring your appetite for these mouth-watering Indian dishes!

**FOOD:**733 | 1 session | $39 AGE 60+ | $49 REG

F04  M 6 pm-9 pm  
Seema Sintre  
Nov. 11  
Lindbergh HS, 128

Regional Indian Vegetarian Favorites
Prepare chana masala, chickpea cooked with aromatic spices and tomatoes; phthla, a chickpea-flour sauce made with fresh spices; khichdi, a comforting rice and lentil dish; koshimbir, an onion, tomatoes and cilantro salad; and fresh naan with garlic butter. Bring containers and your appetite for these mouth-watering Indian dishes!

**FOOD:**733 | 1 session | $39 AGE 60+ | $49 REG

F05  M 6 pm-9 pm  
Seema Sintre  
Oct. 28  
Lindbergh HS, 128

“ I enjoyed the group work and Seema was an excellent teacher. Highly recommend!”

Ted O.  
St. Louis

Regional Indian Vegetarian Favorites
Prepare chana masala, chickpea cooked with aromatic spices and tomatoes; phthla, a chickpea-flour sauce made with fresh spices; khichdi, a comforting rice and lentil dish; koshimbir, an onion, tomatoes and cilantro salad; and fresh naan with garlic butter. Bring containers and your appetite for these mouth-watering Indian dishes!

**FOOD:**733 | 1 session | $39 AGE 60+ | $49 REG

F05  M 6 pm-9 pm  
Seema Sintre  
Oct. 28  
Lindbergh HS, 128

REGISTRATION BEGINS AUG.5  |  314-984-7777  |  STLCC.EDU/CE  | 31
**Meal Prep with Your Instant Pot**

From applesauce to zucchini bread, it's amazing what can be cooked in an instant pot. Learn how to prep food ahead of time and ways to prepare meals from frozen food. Get dinner on the table quickly and stress-free with a little pre-planning. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:** 722 | 1 session | $41.50 AGE 60+ | $49 REG

**F01** Su 1 pm-4 pm

Tiffany Smith

Culinary Arts House

**NEW! Sheet Pan Suppers**

Everyone needs quick and easy meals in their kitchen toolbox. One pan meals are healthy and can be quickly assembled and cleaned up with minimal effort. Learn how to prepare chicken fajitas, shrimp boil, butternut squash with chicken (paleo and gluten-free), lemon pepper tilapia and one-bowl chocolate cake. Class is hands-on. Please bring a container. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:** 722 | 1 session | $41.50 AGE 60+ | $49 REG

**F02** W 5 pm-9 pm

Kim Bell

Culinary Arts House

**NEW! Fall into Comfort: Cozy Cooking for Fall**

Food and memories are interconnected. The smell of your favorite meal can take you home again. Spend the evening making favorites like chicken pot pie, beef stew using an electric pressure cooker, cornbread, bacon-wrapped asparagus, an herb-roasted pork tenderloin stuffed with prosciutto and cheese, shiitake mushroom pasta and more. For dessert, delve into the world of all things pumpkin with pumpkin spice latte cupcakes and pumpkin gingersnap cookies. Come hungry and bring take-home containers. Class includes lots of hands-on cooking.

**FOOD:** 722 | 1 session | $39 AGE 60+ | $49 REG

**F04** W 6:30 pm-9:30 pm

Michelle Melton

Kirkwood Sr. HS, C191

**NEW! Tasty Tater Sides**

Learn to cook two delectable meals that incorporate potatoes, taught at a slower pace with one-on-one assistance for easy level skill development. In the first of two sessions, prepare chicken and broccoli skillet, white rice, pepper and onion stir fry and coconut macarons. The next week, prepare broccoli cheese soup, ham and cheese sammies, and peanut butter freezer fudge. Bring take-home containers.

**FOOD:** 723 | 2 sessions | $48 AGE 60+ | $65 REG

**F01** M 6 pm-9 pm

Latoya Chauncey

Sept. 16 – Sept. 23

Lindbergh HS, 128

**Vegetable Meals and Sides**

**Irresistible Vegetables: Who Knew?**

Are you tired of cooking corn, broccoli, carrots and peas the same way every night? Rediscover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Put excitement and variety back into your world of veggies with even more delicious recipes that will leave your family coming back for more. Discover more than a dozen tasty veggie recipes including restaurant favorites and gourmet appetizers like parmesan baked green bean French fries, stuffed Gouda chrizo baby bell peppers. Class includes assistance for easy level skill development. In the first of two sessions, prepare broccoli and cauliflower au gratin and much more! Come hungry and bring take-home containers. Class includes a discussion on how to clean, cut and cook various fresh veggies as well as lots of hands-on cooking.

**FOOD:** 735 | 1 session | $39 AGE 60+ | $49 REG

**F03** W 6:30 pm-9:30 pm

Michelle Melton

Kirkwood Sr. HS, C191

**More Irresistible Vegetables**

Would you like to learn new ways to make vegetables the stars of your meals or the centerpiece of a tasty snack? Rediscover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. In this class, we will make over a dozen tasty veggie recipes including restaurant favorites and gourmet appetizers like parmesan baked green bean French fries, stuffed Gouda chrizo baby bell peppers. Class includes assistance for easy level skill development. In the first of two sessions, prepare broccoli and cauliflower au gratin and much more! Come hungry and bring take-home containers. Class includes a discussion on how to clean, cut and cook various fresh veggies as well as lots of hands-on cooking.

**FOOD:** 735 | 1 session | $39 AGE 60+ | $49 REG

**F03** W 6:30 pm-9:30 pm

Michelle Melton

Kirkwood Sr. HS, C191

**The Art of Cajun Cooking; Authentic NOLA Gumbo**

Grab your partner and let’s visit the Big Easy for the night! Get a taste of New Orleans cuisine making a savoury and delicious chicken andouille sausage gumbo. Learn the process of developing the complex flavors that go into a rich and robust authentic NOLA gumbo. Finish the night with the sweet goodness of peach pecan bread pudding with a caramel bourbon sauce. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

**FOOD:** 765 | 1 session | $41.50 AGE 60+ | $49 REG

**F03** F 6 pm-9 pm

Brittany Coates

Culinary Arts House
Halloween Cookies

Put the "treat" in trick or treat this Halloween! Learn tips and tricks to bake and decorate flat, spooky and fun cookies ideal for the upcoming Halloween season. Your cookies are sure to delight your family and friends. Bring a cookie sheet with sides to take your creations home. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

F01 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Elizabeth Parker  
Culinary Arts House

Fall into Fall Cookies

As the weather cools, warm up your home with fall cookie baking and decorating! Whether for school friends, personal gatherings or upcoming winter weddings, learn the art of baking and decorating flat, pretty cookies for the autumn season and beyond. Your cookies are sure to delight family and friends. Bring a cookie sheet with sides to take your creations home. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

F01 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Teri Wiley  
Nov. 17
Culinary Arts House

Holiday Appetizers

Learn to create quick, tasty recipes sure to please your family and guests at holiday parties, tailgating and anytime you want fabulous appetizers. Enjoy stuffed five-cheese mushrooms and learn how to assemble a gourmet charcuterie board using premium cut meats, cheeses, fruits and more. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

F01 | F 6 pm-9 pm | $41.50 AGE 60+ | $49 REG  
Brittany Coates  
Nov. 15
Culinary Arts House

Holiday Cookies

The holidays are coming! Impress your guests by learning the art of baking and decorating flat, beautiful cookies that are sure to delight your family and friends this season. Bring a cookie sheet with sides to take your creations home. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

F03 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Teri Wiley  
Dec. 8
Culinary Arts House

Conquer the Christmas Cookie Craze!

Have you always wanted to be the one with the awesome tray of homemade Christmas cookies at your holiday gatherings but just don’t have the time to do all that baking? In this class, we will work together to conquer our Christmas cookie woes by making at least five different tried-and-true holiday cookie winners! We will make and bake classic chocolate chip, chocolate mint, chocolate cherry amareto cordial cookies and more. Sample each cookie during class and leave with enough to assemble a few stellar trays of assorted holiday cookies to wow your friends and relatives. No one will ever guess that you made it all in only a few hours! Class is hands-on. Bring multiple tins to take home all the cookies you will help make in this class.

F04 | W 9 am-3:30 pm | $59 AGE 60+ | $69 REG  
Michelle Melton  
Dec. 11
Kirkwood Sr. Hs, C191

NEW Holiday Appetizers

Learn to create quick, tasty recipes sure to please your family and guests at holiday parties, tailgating and anytime you want fabulous appetizers. Enjoy stuffed five-cheese mushrooms and learn how to assemble a gourmet charcuterie board using premium cut meats, cheeses, fruits and more. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

F02 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Teri Wiley  
Nov. 17
Culinary Arts House

NEW Holiday Appetizers

Learn to create quick, tasty recipes sure to please your family and guests at holiday parties, tailgating and anytime you want fabulous appetizers. Enjoy stuffed five-cheese mushrooms and learn how to assemble a gourmet charcuterie board using premium cut meats, cheeses, fruits and more. Please bring containers. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

F02 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Teri Wiley  
Nov. 17
Culinary Arts House

NEW Fall Into Fall Cookies

As the weather cools, warm up your home with fall cookie baking and decorating! Whether for school friends, personal gatherings or upcoming wedding events, learn the art of baking and decorating flat, pretty cookies for the autumn season and beyond. Your cookies are sure to delight family and friends. Bring a cookie sheet with sides to take your creations home. Park on Hartford or Hampton. Flagpole in front. The Culinary Arts House has an exterior staircase that is used for entry into the facility.

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Teri Wiley  
Nov. 17
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Teri Wiley  
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F02 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Teri Wiley  
Nov. 17
Culinary Arts House

Fall into Fall Cookies

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F02 | Su 1 pm-4 pm | $41.50 AGE 60+ | $49 REG  
Teri Wiley  
Nov. 17
Culinary Arts House
Tap

**Tap Dance: Beginning**

Designed for beginners and those with limited tap experience, this class explores basic tap steps and combinations as well as an entire tap routine. Develop your sense of movement while practicing basic rhythm tap techniques in this fun way to exercise!

Do not purchase tap shoes until after first class. Adiva Dance Studio is located behind a kitchen and bath design store.

**DANC:707** | 8 sessions | $69 AGE 60+ | $69 REG

**F01** M 8 pm-9 pm  
Sept. 9 – Oct. 28  
**ADIVA Dance Center**  
NOTE: Do not purchase tap shoes until after first class. Adiva Dance Studio is located behind a kitchen and bath design store.

**Tap Dance: Intermediate**

This class is designed for the tap dancer who is ready to take the basics to the next level. Oxford style tap shoes preferred, no rubber metatarsal pads on tap shoes. Skills included in this course are five-count riffs, pullbacks, steps combined in succession, and focus on the rhythm and accent of each skill.

**DANC:708** | 10 sessions | $69 AGE 60+ | $69 REG

**F01** Tu 6:30 pm-7:30 pm  
Bonnie Kleyboecker  
Sept. 10 – Nov. 19  
**St John’s Evangelical UCC**  
NOTE: No class 10/22.

**Tap Dance: Beyond the Basics**

Once you’ve thoroughly mastered the basics, take the next steps to advance your dancing technique. You’ll learn and practice new steps, combinations and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.

**DANC:709** | 10 sessions | $69 AGE 60+ | $69 REG

**F01** Tu 7:30 pm-8:30 pm  
Bonnie Kleyboecker  
Sept. 10 – Nov. 19  
**St John’s Evangelical UCC**  
NOTE: No class 10/22.

Latin

**Let’s Salsa!**

The most popular of the Latin dances, salsa is easy to learn and a creative way to work out. After learning the basics, we’ll move on to the exciting variations including sharp turns, rotations and spins. After taking a few classes, you’ll have the confidence to join the fun on the dance floor. Partners or singles are welcome. Please wear hard soled shoes, no tennis shoes or sandals.

**DANC:725** | 10 sessions | $69 AGE 60+ | $69 REG

**F01** Th 8 pm-8:50 pm  
Diane Brown  
Sept. 5 – Nov. 7  
**FV-PE, 233**

**The Kizomba Explosion**

Join us to learn the latest dance sweeping the nation! This Angolan dance combines the grace and style of tango with rhythm and blues groove. Students will learn foundational techniques in footwork and partner-work for both lead and follow. Also explore the dance’s history and origins. By the end of this class, you will be ready to show your moves on the floor and wow spectators! Couples are welcome though no partner is required. On street parking; stairs-only access to dance studio in residential area.

**DANC:726** | 8 sessions | $69 AGE 60+ | $69 REG

**F03** Th 6 pm-7 pm  
Aug. 22 – Oct. 10  
**Almas Del Ritmo**

Swing

**Swing Dance: Beginning**

Learn to swing dance in a fun, relaxed atmosphere. Practicing a variety of easily performed steps that are the basic ingredients of all higher level swing dancing. Experiences of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Couples and singles welcome. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended; no tennis shoes.

**DANC:738** | 8 sessions | $69 AGE 60+ | $69 REG

**F03** M 8 pm-9 pm  
Karen Merlin  
Sept. 9 – Nov. 4  
**Bluebird Park, Ellisville**  
NOTE: No class 10/7. Couples and singles welcome. Rotation of partners encouraged but not mandatory.

**Swing Dance: Beginning I and II**

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. Starting with the basics and various swing movements, then moving on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you’ll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended, no tennis shoes.

**DANC:739** | 6 sessions | $55 AGE 60+ | $75 REG

**F01** M 6:30 pm-7:45 pm  
Geraldine Tevilin  
Sept. 9 – Oct. 14  
**Concordia Lutheran, Café**

**Swing Dance: Beginning II**

Learn to swing dance in a fun, relaxed atmosphere. Practicing a variety of easily performed steps that are the basic ingredients of all higher level swing dancing. Experiences of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Couples and singles welcome. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended; no tennis shoes.

**DANC:740** | 8 sessions | $55 AGE 60+ | $85 REG

**F03** M 6:30 pm-7:45 pm  
Karen Sevier  
Sept. 10 – Oct. 29  
**University CAFE**

**Swing Dance: Intermediate**

Learn to swing dance in a fun, relaxed atmosphere. Practicing a variety of easily performed steps that are the basic ingredients of all higher level swing dancing. Experiences of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Couples and singles welcome. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended; no tennis shoes.

**DANC:741** | 12 sessions | $65 AGE 60+ | $65 REG

**F01** Tu 7:15 pm-8:45 pm  
West County Spinners  
Sept. 10 – Nov. 26  
**Trinity Lutheran, Café**

We have more!
**Easy Social Dance**

Whether you're preparing for a special occasion or just want to dance for fun and fitness, this class is for you. You will learn to dance to any music, fast or slow, Simple basic steps, various rhythms will be taught and you'll enjoy dancing at most any social occasion. Partners or singles are welcome. Wear hard soled shoes, no tennis shoes or sandals.

**DANC:728** | 8 sessions | $57 AGE 60+ | $69 REG  
F01 Tu 7:30 pm-8:50 pm  
Sept. 10 – Nov. 5
  - Bluebird Park, Ellisville
  - NOTE: No class 10/8.

F02 Th 6:30 pm-7:50 pm  
Sept. 12 – Nov. 14
  - Bluebird Park, Ellisville
  - NOTE: No class 10/3, 10/31.

**DANC:738** | 10 sessions | $58 AGE 60+ | $59 REG  
F02 Th 7 pm-7:50 pm  
Sept. 5 – Nov. 7
  - FV-PE, 233

**Easy Social Dance I and II**

In this fun class, learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher, adding new moves to what you already know and still enjoy! You'll feel more confident and will be in the center of it all when the music starts playing at your next social gathering. Learn how to dance on the beat of the music, the best form for body positioning, posture and balance; how to lead and follow; how to spin; plus lots of great tips and ideas geared especially to each individual and couple. Practice forms of swing, slow, Latin and even freestyle, if you like. Enjoy music, lots of fun and all you need to know for your next social event or night on the town. Partners required. Fee is per person. Dress shoes recommended, no tennis shoes.

**DANC:728** | 8 sessions | $55 AGE 60+ | $69 REG  
F03 W 6 pm-7:15 pm  
Aug. 28 – Oct. 16

**DANC:728** | 8 sessions | $55 AGE 60+ | $69 REG  
F04 M 8 pm-9:30 pm  
Oct. 9 – Oct. 28
  - Concordia Lutheran, Café

**Let's Dance! Night Club Two-Step**

Night club two-step is a great couple's dance to learn to dance to slow music. It crosses music types from country dance and R&B, to easy listening and smooth jazz. Night club two-step can travel around the dance floor, stay as a stationary dance or a combination. It's a popular style for many wedding couples because of its smooth, romantic and relaxed qualities. If you are looking for a great slow dance, night club two-step is the dance to learn, and our experienced instructors will have you feeling comfortable on the dance floor in three short lessons! Partners only. Fee is per person. Dress shoes recommended, no tennis shoes.

**DANC:719** | 3 sessions | $50 AGE 60+ | $59 REG  
F01 M 6:30 pm-7:45 pm  
Oct. 21 – Nov. 4
  - Concordia Lutheran, Café

**Line Dance for Adults**

Even if you have two left feet, you can learn basic line dancing steps. No prior experience necessary and no partner required. Come by yourself or bring a group of friends. Be prepared for lots of fun, cardio workout, exercise, and the opportunity to make new friends. Learn new line dances and old classics at an easy-going pace. Non-rubber soled shoes recommended.

**DANC:748** | 8 sessions | $49 AGE 60+ | $69 REG  
F02 Tu 6:15 pm-7:15 pm  
Sept. 10 – Nov. 5
  - Bluebird Park, Ellisville
  - NOTE: No class 10/8.

F01 Th 8 pm-9 pm  
Sept. 12 – Nov. 14
  - Bluebird Park, Ellisville
  - NOTE: No class 10/3, 10/31.

**Line Dance for Older Adults:**

**Easy Intermediate**

Step it up a notch! This class is for those who have mastered the beginner class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise and meeting good friends!

**Pre-requisite:** Line Dance for Older Adults: Beginning.

**DANC:749** | 10 sessions | $38 AGE 60+ | $59 REG  
F01 Th 10 am-10:50 am  
Sept. 12 – Nov. 14
  - FV-PE, 233

**Slide Dance: Beginning**

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends. If you’ve never tried slide dancing, or you haven't danced this style in a while and would like a refresher. Our instructor will start at the beginning and take you to fantasy! No experience required.

**DANC:749** | 6 sessions | $34 AGE 60+ | $49 REG  
F07 Tu 11 am-11:50 am  
Aug. 31 – Oct. 5

F02 Sa 10 am-10:50 am  
Sept. 7 – Oct. 12

F04 Sa 11 am-11:50 am  
Oct. 12 – Nov. 16
  - LaVerne Gee
  - FV-PE, Dance Rm

**Electric Slide: Plus**

This is a strictly-for-fun course that is designed to teach you the electric slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

**DANC:749** | 6 sessions | $34 AGE 60+ | $49 REG  
F07 Tu 11 am-11:50 am  
Oct. 15 – Nov. 19
  - Eleanor Whitney
  - FV-PE, 233

**Electric Slide: Plus**

This is a strictly-for-fun course that is designed to teach you the electric slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

**DANC:749** | 6 sessions | $34 AGE 60+ | $49 REG  
F05 Sa noon-12:50 pm  
Aug. 31 – Oct. 5
  - Eleanor Whitney
  - FV-PE, 233

**Egyptian Street Belly Dance:**

**Beginning**

If you are itching for something new in your dance routine, this class is it! Egyptian street belly dance is an exciting new style known in the Arab world as mahraganat sha’abi (Arabic for “festival dancing”) aka street belly dance which has recently emerged from post-revolution youth culture. Characterized by a blend of the indigenous, core movements of belly dance, Egyptian folkloric movements, and modern street dance stylings, this high-energy, heavily rhythm-based dance takes its Gestural Cues from lyrics of cutting-edge Egyptian electro-sha’abi music, also called mahragan. You can expect to sweat, have fun and learn about another culture! We will end the session with a "hafla (Arabic for ‘party’)" where students can show off their new moves! All genders welcome. Prerequisite: Egyptian Street Belly Dance: Beginning.

**DANC:719** | 10 sessions | $39.50 AGE 60+ | $59 REG  
F03 Tu 7 pm-8 pm  
Sept. 10 – Nov. 19
  - Amber Skye
  - FV-PE, Dance Rm
  - NOTE: No class 10/22.

**Egyptian Street Belly Dance:**

**Intermediate**

Yalla! (Let’s go) Expand your knowledge and skill level by further exploring street dance concepts and layered, intermediate torso work while also developing your skills through both individual dance and group choreography. Delve more deeply into footprint, layering, tracing and the basic concepts of tutting, broadening your knowledge of Arabic music and rhythms as we explore musicality and emotion in Egyptian dance. We will end the session with a “hafla (Arabic for ‘party’)” where students can show off their new moves! All genders welcome. Prerequisite: Egyptian Street Belly Dance: Beginning.

**DANC:719** | 10 sessions | $39.50 AGE 60+ | $59 REG  
F03 Tu 7 pm-8 pm  
Sept. 10 – Nov. 19
  - Amber Skye
  - FV-PE, Dance Rm

**Belly Dance**

**For Fun and Fitness**

If you’re looking for a fun and entertaining new way to exercise, try belly dancing! This workout will make you look good and move with confidence on the dance floor. No baggy sweat clothes. Adiva Dance Studio is located behind a kitchen and bath design store.

**DANC:745** | 8 sessions | $69 AGE 60+ | $69 REG  
F01 Tu 7 pm-7:55 pm  
Sept. 10 – Oct. 29
  - Adiva Dance Center
**Actor’s Workshop: Beginning and Brush-up**

Curtain up! A fun workshop for beginners and a great brush-up for more experienced actors. Prepare monologues and develop cold reading techniques while building confidence and sharpening audition skills. Have a blast acting with fellow classmates and enjoy learning more about your talent! A different style will be presented each semester!

**THTR:701** | 10 sessions | $53 | AGE 60+ | $195 REG
FO1 M 7 pm-9 pm David Houghton Sept. 30 – Dec. 2 MC-Student Ctr, 125

**Improvis Comedy For Beginners**

Step out of your comfort zone and explore the creative world of improv! If you like the show “Whose Line Is It Anyway?” you’ll love this class! Learn to think on your feet and live in the moment while having fun! Master the basic structure of improvisation and to play improv games with confidence!

**THTR:707** | 4 sessions | $53 | AGE 60+ | $49 REG
FO1 M 6:30 pm-8:30 pm Oct. 21 – Nov. 11 FP-7, 204

“Bob Baker was a very good teacher. I would definitely take his class again and recommend it to others.

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**Music Business**

**NEW! The Business of Music: From Performing to Publishing**

Achieve success with your music! From writing better and more memorable songs to how and where to record them, this class prepares students for the business of music. Learn the truth about copyright laws, where to upload songs for maximum exposure, preparation tips for recording in a professional studio, and how to market yourself and book shows to perform for audiences. Whether music is for work or fun, this class covers your major to know! Performance and marketing tips are emphasized and students in class to receive feedback from their peers. Instructor provides private assessment to advise level of readiness to begin marketing or performing their songs.

**MUSIC:765** | 6 sessions | $59.50 | AGE 60+ | $19 REG
FO1 Th 6:30 pm-8:30 pm Sept. 5 – Oct. 10

**Fun with Ukulele Part I**

Play an instrument so easy you can strum a tune after the first session! Learn basic music theory, train your ear and coordinate your fingers in this easy and fun class. The ukulele’s small body and fingerboard make it a perfect starter instrument for the guitar! Fee includes music and use of a ukulele. Last session held off-campus.

**MUSIC:722** | 8 sessions | $50 | AGE 60+ | $89 REG
FO1 Tu 7 pm-9 pm Karl Markl Sept. 10 – Nov. 5 STLCC-South County, 122

**Guitar: Beginning**

Offered for students who have never played a guitar and have no background in music, this class covers tuning, changing strings, how to select a new guitar and a brief history of the instrument. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own acoustic guitar and an extra set of strings.

**MUSIC:705** | 8 sessions | $49.50 | AGE 60+ | $79 REG
FO2 W 7 pm-8:30 pm Sept. 11 – Nov. 6 Kirkwood Sr. HS, W 115

**NEW! Finger Picking for Guitar**

Play folk, blues and ragtime, and explore general accompaniment patterns that create a complete, solo sound. Course emphasizes alternating bass style and music in both guitar tablature and traditional notation. Open tuning concepts discussed if time permits. Prerequisite: Ability to tune the guitar, knowledge of first position chords and experience making basic chord changes with the left hand. Previous students welcome and will be provided new songs. Bring a six-string acoustic guitar and capo to each class; music stand is recommended.

**MUSIC:705** | 8 sessions | $49.50 | AGE 60+ | $79 REG
FO1 Tu 7 pm-8:30 pm Sept. 10 – Nov. 12 Kirkwood Sr. HS, W 115

**NEW! Introduction to Songwriting on Acoustic Guitar**

Learn how songs emerge from fairly simple structures, and creative ways to add intriguing changes to a song’s composition and performance style. Aimed at beginning guitarists or aspiring songwriters who are just starting to play guitar (or intermediate players wanting to start writing songs), this class focuses on basic chord progressions and easy picking patterns used as the basis for original songs. Equal time will be given to elemental acoustic guitar technique and how to approach the art of writing a song, especially for guitar. Write then perform your original songs in class and receive feedback. Bring acoustic guitar, notebook and pencil.

**MUSIC:725** | 6 sessions | $59.50 | AGE 60+ | $89 REG
FO1 Tu 6:30 pm-8:30 pm Oct. 29 – Dec. 3

**Harmonica**

**NEW! Harmonica: Beginning**

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/songbook and a 10-hole, “C” diatonic harmonica. Instructor is a member of the Gateway Harmonica Club.

**MUSIC:720** | 3 sessions | $39 | AGE 60+ | $39 REG
FO1 M 6:30 pm-7:30 pm Oct. 7 – Oct. 21

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**STLCC-EDU.CE | 314-984-7777**
Piano

**Piano: Beginning**
In this enjoyable, relaxed approach to the piano, learn the letter names of notes and where they are on the keyboard, simple chords to accompany melodies, easy rhythm patterns and pedaling. Headphones with 1/4 inch adapter required.

**MUSC:710**  | 14 sessions  | $68 AGE 60+  | $119 REG  
F01  | Sa 8 am-9:25 am  | Christina Springer  
• NOTE: No class 8/31, 10/12, 11/30.  

**Piano: Advanced Beginning**
Learn more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Pop music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Headphones with 1/4 inch adapter required.

**MUSC:711**  | 14 sessions  | $68 AGE 60+  | $119 REG  
F01  | Sa 9:30 am-11 am  | Christina Springer  
• NOTE: No class 8/31, 10/12, 11/30.  

**Piano: Intermediate I**
Finishing major scales, explore minor scales and songs in minor keys, chromatic scales, inverted chords, more advanced peda study and pop songs. Prerequisite: Piano: Advanced Beginning or equivalent experience, student must know letter names of notes and where they are located on the keyboard. Headphones with 1/4 inch adapter required. Required texts discussed at first class.

**MUSC:712**  | 14 sessions  | $55 AGE 60+  | $89 REG  
F01  | Th noon-12:55 pm  | Cheryl Conley  
Aug. 29 – Dec. 5  
• NOTE: No class 11/28.

**Piano: Intermediate II**
Continue to explore minor keys, chromatic scales, inverted chords, more advanced peda study and pop songs. Prerequisite: Piano: Intermediate I or equivalent experience. Headphones with 1/4 inch adapter required. Required texts discussed at first class.

**MUSC:712**  | 14 sessions  | $55 AGE 60+  | $89 REG  
F02  | Th 9 am-10 am  | Cheryl Conley  
Aug. 29 – Dec. 5  
• NOTE: No class 11/28.

**Piano: Advanced**
For those who enjoy playing all types of music, learn a variety of songs from the classics to jazz to pop. Class covers continuation of minor scales and chords, more pieces in minor keys and more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs! Prerequisite: Piano: Intermediate I or equivalent experience. Headphones with 1/4 inch adapter required. Required texts discussed at first class.

**MUSC:713**  | 14 sessions  | $55 AGE 60+  | $89 REG  
F02  | Th 1 pm-1:55 pm  | Cheryl Conley  
Aug. 29 – Dec. 5  
• NOTE: No class 11/28.

**Singing With Impact**
Examine unique vocal styles from around the world, the power and intimacy of singing with a concentration on popular music idioms, and how to develop your own vocal style for maximum pleasure and impact. Learn and demonstrate elements of singing such as nuancing lyrics effectively, harmonies, projecting, proper breathing, and creative “emoting” in order to command audience attention and receive useful feedback. Professional performance techniques will be covered. No text required, just a desire to sing at the height of your potential!

**MUSC:765**  | 6 sessions  | $19.50 AGE 60+  | $35 REG  
F02  | Tu 6:30 pm-8:30 pm  | Kevin Renick  
Sept. 10 – Oct. 15  | MC-LH, 104

**Meramec Concert Choir**
A study and performance of advanced choral literature including vocal technique and development. Available for credit as MUS 133 601 (CRN 33181). Auditions for part assignment only. Contact the conductor at 314-984-7638.

**MUSC:717**  | 30 sessions  | $35 AGE 60+  | $55 REG  
F02  | Tu/Th 12:30 pm-1:50 pm  | Gerald Myers  
Aug. 20 – Dec. 5  
• NOTE: No class 10/22, 11/28.

**Symphonic Band**
Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 30266). Auditions for seating purposes only. Contact the conductor at 314-984-7636.

**MUSC:716**  | 15 sessions  | $35 AGE 60+  | $55 REG  
F01  | Th 7 pm-9:40 pm  | Gary Gackstatter  
Aug. 22 – Dec. 5  | MC-HW, 102

**Meramec Orchestra**
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 135 651 (CRN 30266). Auditions for seating purposes only. Contact the conductor at 314-984-7636.

**MUSC:714**  | 15 sessions  | $35 AGE 60+  | $55 REG  
F01  | M 7 pm-9:40 pm  | Gary Gackstatter  
Aug. 19 – Dec. 2  
• NOTE: No class 9/2.
If taking pictures is your passion and you have artistic flair, the Digital Photography Essentials Program from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade necessary to take your passion to the next level.

Six (6) photography classes and three (3) additional Photoshop® classes meet the curriculum requirements of the program:

- Three (3) core classes
- Three (3) field classes
- Three (3) Photoshop® classes (see page 18 for courses)

Upon successful fulfillment of the program requirements, an award of completion will be granted. For questions, call 314-984-7777.

Photography classes may be taken individually or as part of the program.

**DIGITAL PHOTOGRAPHY ESSENTIALS PROGRAM**

**PHOTOGRAPHY**

**Core Classes**

**Digital Photography: Introduction**
Learn the basics of photography such as camera skills and the use of light, exposure and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation. This course meets the curriculum requirements of the Digital Photography Essentials Program.

**PHOT:720** 4 sessions | $44.50 AGE 60+ | 169 REG

- **F01** Th 6:30 pm-9 pm Aug. 22 – Sept. 12 STLCC-Corp. College, 207
- **F02** M 6:30 pm-9 pm Sept. 9 – Sept. 30
- **F03** W 6:30 pm-9 pm Oct. 2 – Oct. 23

**Digital Photography: Intermediate**
Expand your understanding of composition and lighting techniques. Learn how lighting and composition change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your digital camera, accessories and memory card. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program.

**PHOT:721** 4 sessions | $44.50 AGE 60+ | 169 REG

- **F01** Th 6:30 pm-9 pm Sept. 19 – Oct. 10 STLCC-Corp. College, 207
- **F02** M 6:30 pm-9 pm Oct. 7 – Oct. 28

**Digital Photography: Advanced**
Continue and expand your learning on composition and lighting techniques. Enhance your skills as a photographer, exploring ways lighting and composition change how to take photos. Bring your digital camera, accessories and memory card. Prerequisite: Digital Photography: Intermediate or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program.

**PHOT:722** 4 sessions | $44.50 AGE 60+ | 169 REG

- **F01** M 6:30 pm-9 pm Nov. 4 – Nov. 25
- **F02** Th 6:30 pm-9 pm Nov. 7 – Dec. 5

**Field Classes**

**NEW! Photjournalism and Documentary Photography**
Learn to tell a story using photos, either through single images that capture a “decisive moment” or a series of images that illustrate unfolding news. Complete real-world assignments and receive immediate constructive feedback equipping you to contribute photos to organizational publications and websites and to illustrate personal projects. Analyze images taken by legendary photojournalists including Pulitzer Prize winners, and learn how to put their award-winning techniques to work! Prerequisite: Digital Photography: Introduction, Take Better Pictures, or equivalent experience. Bring digital camera to class. This course meets the curriculum requirements of the Digital Photography Essentials Program.

**PHOT:731** 5 sessions | $48.50 AGE 60+ | 179 REG

- **F01** Sa 9 am-11:30 am Nov. 9 – Nov. 2
  • NOTE: No class 11/30.
- **F02** M 6:30 pm-9 pm Nov. 11 – Dec. 3

**Event Photography: Sports, Concerts, Weddings and More**
Learn how to shoot events as a participant—not an observer—and create images that put your audience at the center of the action. Discover how to pick the best lens for each event, choosing from wide angle, normal, portrait or telephoto. Explore how professionals harness natural light to achieve great images. Master the basics of bounce flash to get expert results with just one light. Learn how to use a “shot list” to ensure that you capture all the images that each job requires. Get acquainted with legendary field photographers and learn how to put their techniques to work for you. Bring a digital camera to class. Prerequisite: Digital Photography: Introduction, Take Better Pictures Introduction, or equivalent experience. This course meets the curriculum requirements of the Digital Photography Essentials Program.

**PHOT:765** 4 sessions | $44.50 AGE 60+ | 169 REG

- **F02** Sa 9 am-11:30 am Oct. 12 – Nov. 3
- **F03** M 6:30 pm-9 pm Oct. 14 – Nov. 4

**Nature and Outdoor Photography**
Improve outdoor nature and photography skills and expand your creativity in this hands-on class. Transform your work with thorough instruction coupled with classroom sessions and image critiques. Learn what makes a great photo, the techniques required and the tips and tricks professional photographers use. Complete weekly assignments and bring photos to each class for critique. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience. Bring your digital camera to class. Field trips required on own; details to be announced in class. This course meets the curriculum requirements of the Digital Photography Essentials Program.

**PHOT:708** 4 sessions | $44.50 AGE 60+ | 169 REG

- **F01** Sa 9 am-11:30 am Sept. 7 – Sept. 28
- **F02** M 6:30 pm-9 pm Sept. 9 – Sept. 30

**“John is an excellent instructor. I learned so much in such a short period of time.”**

Scott F.
St. Louis
Enhanced Skills

**Darkroom Developing and Printing for B&W Photography: Part I**
Develop and print black and white pictures in a darkroom and explore chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class. Students should bring film to develop or negatives to print to first class.

**PHOT:705 | 6 sessions | $72.50 AGE 60+ | $109 REG**

F01  F 6:30 pm-9 pm    Cheryl Petrovic
     Sept. 6 – Oct. 11  FP-F, 411

**NEW! Darkroom Developing and Printing for B&W Photography: Part II**
Expand your skills to develop and print black and white pictures in a darkroom and further explore chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class. Students should bring film to develop or negatives to print to first class. Prerequisite: Darkroom Developing and Printing for B&W Photography: Part I or equivalent experience.

**PHOT:705 | 6 sessions | $72.50 AGE 60+ | $109 REG**

F02  F 6:30 pm-9 pm    Cheryl Petrovic
     Oct. 18 – Nov. 22  FP-F, 411

**Studio Lighting, Portrait and Indoor Photography**
In this introduction to basic techniques of using flash as a primary and secondary light source, explore flash and its effects on your imagery through projects, classroom discussion and image critiques. Bring your digital camera to class. Field trips required; details to be announced in class. Provide own transportation. Prerequisite: Digital Photography: Introduction or equivalent experience.

**PHOT:711 | 4 sessions | $45 AGE 60+ | $79 REG**

F01  Sa 9 am-11:30 am    Gary Hesse
     Oct. 26 – Nov. 16  MC-BA, 105

  • NOTE: Nov. 16 session held at MC-BA, 114.

**Close-Up and Macro Photography Workshop**
Explore the hidden world of close-up photography from the macroscopic to the microscopic. This workshop delves into the selection of lenses and accessories and demonstrates exposure and lighting techniques to achieve professional results. Students are recommended to bring their camera and tripod (if available).

**PHOT:730 | 1 session | $34.50 AGE 60+ | $49 REG**

F01  Sa 9 am-2 pm    Gary Hesse
     Sept. 21  MC-SW, 106

**Architecture and Real Estate 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 will focus on the methods and techniques of photographing interiors and exteriors of buildings, homes and landscapes. This hands-on course includes discussion on equipment, lighting, exposure, wide field panoramic photography and virtual tours. Students provide their own camera and transportation. Prerequisite: Digital Photography: Introduction.

**PHOT:710 | 4 sessions | $44.50 AGE 60+ | $69 REG**

F01  Sa 9 am-1:30 pm    Gary Hesse
     Sept. 26 – Oct. 19  MC-SW, 106

**Copyright and Fair Use in Photography and the Visual Arts**
In the visual arts protecting your work is often as important as the work itself. What are intellectual property, copyright, creative commons, fair use and public domain? What are the legal differences between commercial, non-commercial and personal usage of images? Come to this workshop to discover the issues photographers and artists need to know to safeguard themselves and their work.

**PHOT:765 | 1 session | $21.50 AGE 60+ | $29 REG**

F01  W 6 pm-9 pm    Gary Hesse
     Nov. 6  STLCC-Corp. College, 213


Do you have a hobby, talent, skill or area of expertise that you would like to teach to others? We are looking for instructors for the following topics, and welcome ideas for new classes:

- Non-Profit Development
- Grant Writing
- Nature, Ecology & Horticulture
- Selling on Amazon®
- Business Analytics
- Social Media
- Voiceovers
- Podcasting
- Computers
- Finance
- Senior Exercise
- Religion
- History
- Theater
- Fine Art
- Culture
- Basic Life Support (BLS)

Learn more and apply at jobs.stlcc.edu/postings/8107
Unleashing the Writer Within
Every one of us has a special story to tell, but it can be hard in this busy, modern world to access that creativity. In this class, we'll peel away the familiar outer layers of doubt, distraction and writer's block. We'll get to the core of what we're actually trying to say, and learn to say it with language that is irreplaceably unique to each of us. When the writer within is unleashed, the words will come freely and the stories we need to tell will finally occur to us. While not a class requirement, those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You'll need to make copies of your work to share.

WRIT:701 4 sessions $49.50 AGE 60+ $79 REG
F01 W 7 pm-9:30 pm Jordan Oakes
Sept. 4 – Sept. 25
FP-C, 217

The Art of Setting
Stories don't exist in a vacuum. They have to take place somewhere, and the choice of where and when your story happens often determines what your characters do, where they live, how the pace of their lives plays out, and ultimately what kind of story you're telling. Through examples and exercises, we'll discuss the level of specificity necessary to create a setting your characters can fully inhabit, how much detail to put in and what to leave out. Bring the writing tool(s) of your choice to class along with a sack lunch, as well as any examples from your own work or the work of your favorite writer to examine and discuss.

WRIT:719 1 session $44 AGE 60+ $59 REG
F01 Sa 9 am-3:30 pm Jeffrey Ricker
Sept. 21
MC-50, 205

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, when to use “who” and when to use “whom,” and what’s the difference between “effect” and “affect.” The years may have chipped away at your knowledge of English, but this class will apply a fresh coat of literacy to your writing no matter what kind you do. This class was formerly called Writing Basics Brush-Up (What You Should Have Learned in High School).

WRIT:704 4 sessions $49.50 AGE 60+ $79 REG
F03 M 7 pm-9:30 pm Jordan Oakes
Nov. 4 – Nov. 25
FP-C, 225

Developing Your Dialogue
Does your dialogue sound stiff? Would a real person say that? Participate in writing activities designed to develop your use of dialogue. Enjoy learning and practicing the essential elements of dialogue through concise presentations and enjoyable activities. Have fun examining what people say, why they say it and how to fictionalize their conversation. Bring your fears, wants and good humor to this interactive workshop.

WRIT:724 1 session $20 AGE 60+ $39 REG
F01 Th 6:30 pm-9:30 pm Jeffrey Penn May
Nov. 7
MC-50, 206

We have more! Interested in learning more about St. Louis' rich history of female writers? You may enjoy our new course, “Women’s Literary History of St. Louis.” Learn more on page 55.

Exploring the Creative Process

NEW! Bullet Journals for Writers
The website bulletjournal.com describes a bullet journal as “The Analog System for the Digital Age.” These blank notebooks, which may or may not consist of pages with dot grids, can contain to-do lists, diary entries and much more. For writers, that more often means a section devoted to ideas and inspiration. A writer’s bullet journal might also contain a plan to transform their plans into concrete projects. Whatever your goals as a writer, this course will show you how a bullet journal can kick start your creativity, your career or both. All you need to get started is any blank notebook, your favorite writing implements, and an open mind. Please note that any notebook would work for this class.

WRIT:710 1 session $44 AGE 60+ $59 REG
F01 W 6:30 pm-9:30 pm Charlene Oldham
Sept. 14
MC-BA, 116

Finding Your Niche
Who are you as a writer? What are your goals, dreams, expectations, whims, tastes, desires and peculiarities? What is your style? Style can be an excuse for lazy writing or it can be an incandescent artistic expression. More likely, yours falls somewhere in between. Discover who you are by comparing your style to successful literary and commercial authors. Enjoy an evening of concise presentation and well-designed activity facilitated by an experienced writer.

WRIT:765 1 session $29 AGE 60+ $39 REG
F01 Sa 9:30 am-3 pm Jeffrey Penn May
Sept. 18
MC-SO, 108

The Healing Power of the Pen:
Writing Through Trauma
Science has proven that keeping unprocessed emotions bottled up can lead to health problems. Writing provides a way to process events and struggles. In this class, learn creative writing exercises to craft a story and create characters and metaphors that allow self-exploration in a safe environment. This will not be therapy. It is more an honest evaluation of self that will result in writing an in-depth personal essay.

WRIT:765 2 sessions $44 AGE 60+ $59 REG
F02 Th 6 pm-9 pm Mary Eigle
Sept. 19 – Sept. 26
WW, 204

Creative Writing for New Writers:
A One Day Workshop
Are you just getting started with writing? Do you want to study your strengths as a writer? Would you like positive feedback on your writing in a supportive environment? This workshop will help you create a short story, essay or poem to share in a group workshop. Bring writing tools of your choice (pen/paper/laptop/tablet).

WRIT:701 1 session $44 AGE 60+ $59 REG
F02 Sa 9:30 am-3:30 pm Meredith McDonough
Sept. 28
MC-SO, 111

Writer’s Workshop: Revising and Editing
One thing most writers can do even better than writing is procrastinate. Completing your short story, poem, chapter or essay is usually a matter of revising and editing and usually involves several drafts to polish your project enough to consider it finished. This class guides you through three drafts of your short story, poem or essay. If you’re writing a book, receive guidance through revising one chapter, be it the first or final. We will workshop each draft, which entails sharing your work-in-progress with fellow students and the instructor. Our purpose will be to encourage one another, clarify to the writing and, most of all, to help bring your project to a polished conclusion. This course is designed for those already working on a novel, short story, poetry or essay. Please bring at least five copies to the first session.

WRIT:706 4 sessions $49.50 AGE 60+ $79 REG
F01 M 7 pm-9:30 pm Jordan Oakes
Sept. 30 – Oct. 21
FP-C, 217
exploring the creative process (cont.)

Calling All Writers: A Write-In
Are you looking for writing inspiration and practice? A place where you could hang out with other writers without needing to make a long-term commitment or spend a lot of money? Join us at Schlafly Tap Room to eat, drink, and find inspiration to write! At our write-ins, prompts and brief instruction helps motivate everyone into a freewheeling writing session. After the initial burst of writing, those who want to can read their work to the group. Then we take a break and socialize. The process is repeated one more time, followed by drinks, snacks and more socializing. Comments about your work during the social time are geared toward motivating you to write more. There is no pressure, no angst—just freewheeling creativity! Bring your sense of humor along and join us for an inspirational write-in. BYO pen and paper. Beer, wine, and non-alcoholic beverages will be available for purchase along with a menu of delectable foods! Seats are limited, register early!

WRIT:765 | 1 session | $29 AGE 60+ | $39 REG
F03 Tu 6:30 pm-9:30 pm Jeffrey Penn May Schlafly Tap Room

Mining Your Soul Story
Our minds record the sum of our experiences. Writing extracts the event and allows us to see the situation and our reaction as two separate things. Using various prompts, reflective journaling time and shared conversation receive tools for mining and writing your own soul story. This workshop is intended for everyone, whether you are new to writing or a long-time journal writer.

WRIT:710 | 2 sessions | $44 AGE 60+ | $59 REG
F02 Th 6 pm-9 pm Mary Eigl WW, 204

Writing Short Fiction for Publication
Share your work with others who are actively seeking publication. This instructor-facilitated discussion fosters learning of how to assimilate constructive criticism and enjoy the process. Expect others to give you encouragement but not false praise. While writers often wear their hearts on their shirtsleeves, they must also develop a thick skin. A sense of humor helps. Bring copies of no more than five pages for everyone to the first session. This four-session course for intermediate writers is limited to ten participants.

WRIT:704 | 4 sessions | $49.50 AGE 60+ | $79 REG
F01 Tu 6:30 pm-9:30 pm Jeffrey Penn May MC-SO, 204

So You Think You Want to Write for TV and Film?
Do you have a great idea for a TV show or a feature film, but you don’t know what to do with it? In this three-hour class, learn how to expand your initial idea into a complete, three-act story with interesting characters and a compelling plot. Also, receive insights on basic screenplay formatting standards to help your script look professional.

WRIT:728 | 1 session | $29 AGE 60+ | $39 REG
F01 Sa 9:30 am-12:30 pm Rita Russell FV-SS, 103

Self-Publishing for Writers
If you’re writing a book and have been contemplating the daunting task of getting it published, come learn about the process involved in self-publishing your work. Discover important tactics to save yourself a lot of time and money and ways to better understand all the decisions required to make self-publishing a successful venture. We’ll cover everything from getting copyright registered, applying for an ISBN, good cover design, manuscript editing, print, eBooks and marketing.

WRIT:704 | 1 session | $24 AGE 60+ | $29 REG
F02 Th 7 pm-9 pm Jill Mettendorf MC-SO, 204

“Self-Publishing for Writers was very well prepared, to the point and timely.”

Jenna H. St. Louis

How to Publish Your Own Book: What You Need to Know
Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop, explore the realities of independent publishing, how editing and design can make your book look great, options for getting your book into print, sales channels, eBook production and tips for book marketing.

WRIT:704 | 1 session | $39 AGE 60+ | $39 REG
F05 Sa 8 am-noon STL Publishers Association MC-SO, 108

NEW! Developing Diverse Fictional Characters
Do you want to create engaging characters from different backgrounds and different cultures, but you aren’t sure where to start? This workshop introduces you to the basic components to consider while developing realistic and diverse characters for your novel or short story.

WRIT:719 | 1 session | $29 AGE 60+ | $39 REG
F02 Th 6 pm-9 pm P.A. DeVoe MC-SO, 206

Writing Scenes for the Screen
Every time you sit down to write a script, you are faced with the challenge of creating a great scene: Where to begin? How long should it be? How to make the dialogue and narrative descriptions snap, crackle and pop? In this class, learn the essential keys for creating dynamic scenes full of conflict, subtext, characterization, and imagery. This course is designed for screenwriters, but writers of all genres are welcome.

WRIT:728 | 6 sessions | $52.50 AGE 60+ | $89 REG
F02 W 7 pm-9:30 pm Rita Russell FV-SS, 102

• NOTE: No class 11/6.
HOME IMPROVEMENT AND MAINTENANCE

Auto

**Basic Car Maintenance**
Cars get us from home and work to soccer and the grocery store, but at some point, they may need repair or maintenance. Ease auto anxiety by learning how to perform minor repairs and maintenance on your own car! Specific maintenance problems will be discussed and students will have the opportunity to learn to inspect and perform minor repairs and maintenance on their own car.

**Auto:701**
1 session | $20 AGE 60+ | $29 REG
F01 Th 6 pm-9 pm Michael Silva
Oct. 3
Advanced Auto Service

Home DIY

**How to Work with a Contractor**
Have a project that requires hiring a contractor? Learn from our home repair specialist what you need to know to get the job done right! Many factors influence the decision to hire a contractor. For instance, is the job primarily repair, remodeling, or new construction? Is a specialized contractor or general contractor needed, and where do subcontractors fit into the picture? What's the timeline and budget? Who's responsible for materials and determines the logistics of the project? Don't forget the paperwork and, oh yes, the clean-up! Join us and bring your questions about how to work with a contractor.

**Home:765**
1 session | $25 AGE 60+ | $25 REG
F01 W 7 pm-9 pm Jean Linton
Sept. 4
PV-E, 158

Home Decor

**Think Like a Decorator**
Explore the décor process as an interior designer does, thinking through the potential for enhanced beauty and improved function while also considering your taste, needs, and your “givens” (what cannot be changed). Learn some quick-fixes and budget-friendly make-over tips. Also, learn about classic décor mistakes. You'll benefit from “fresh eyes” and a new understanding of design basics. Bring three of your favorite decorating magazines to first class.

**Home:702**
4 sessions | $35.50 AGE 60+ | $59 REG
F01 M 7 pm-9 pm Deborah Weltman
Sept. 23 - Oct. 14
MC-SO, 107

**Interior Design: Color Schemes for Home, Kitchen and Bath**
Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. Learn the secret of achieving properly balanced color placement, how to combine patterns in fabrics and furniture, and how to integrate these patterns into your space. Selection of paint color, wood tone, countertops, cabinets, light fixtures and hardware will be addressed.

**Home:708**
1 session | $20 AGE 60+ | $29 REG
F01 M 6:30 pm-9:30 pm Kathryn Leinauer
Oct. 28
MC-SO, 107

**Interior Décor: Accessories for Home, Kitchen and Bath**
Well-chosen accessories are the perfect finishing touch every room deserves. In this class, learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your home will reflect your personality with a professional touch!

**Home:709**
1 session | $20 AGE 60+ | $29 REG
F01 Tu 6:30 pm-9:30 pm Kathryn Leinauer
Oct. 29
MC-SO, 107

Featured Instructor

Jean Linton

“Jean was very detailed. I was very impressed with her passion for her work.”

Melanie Brown, Ballwin
Be Your Own General Contractor
Save money on home renovation projects by serving as your own general contractor. Understand a
general contractor’s role and responsibilities, how to interview
sub-contractors, required permits, insurance for the
property owner and sub-contractors, scheduling sub-contractors, settling up a payment schedule, and
understand liens, waivers and contracts.
HOME:765 | 1 session | 519 AGE 60+ | $25 REG
F02 W 7 pm-9 pm Troy Galloway MC-SO, 109

How to Use Power Tools
Power tools make difficult jobs easier and provide
greater accuracy but to use them effectively and
without injury, they must be operated correctly.
Join our home repair expert for demonstrations of
common power tools including drills, rotary tools and
reciprocating miter and circular saws. Bring a small
power tool you’d like to know more about and it may
be selected for demonstration during class. Join us
and bring your questions to learn more about power tools!
HOME:713 | 1 session | 125 AGE 60+ | $25 REG
F01 W 7 pm-9 pm Jean Linton Oct. 2 Kirkwood Sr. HS, SA 2

DIY Home Inspections
Considering buying or selling a home in the near
future? Learn to perform your own unofficial inspections to save you money, time and headaches by spotting costly repairs before you get to the contract stage! Topics will include reasons for home inspections, what home inspectors look for, home inspection reports, how to choose a home inspector and the different types of inspections.
HOME:765 | 1 session | 519 AGE 60+ | $25 REG
F03 W 7 pm-9 pm Troy Galloway Oct. 2 MC-SO, 108

Hands-on Home Repair: Electrical Fixes
When something needs fixing, who do you call? Fix it
yourself and save time, money and hassle! A variety of
simple home repairs will be presented with a hands-on focus. Electricity and safety, small electrical
problems and the difference between aluminum and
copper wiring (and how to work with both) will be
discussed. We’ll help ease the anxieties of 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 have to pay someone else to do it for you after this class. If you need a new light fixture, wall switch or
toilet, this class will guide you!
HOME:727 | 1 session | 529 AGE 60+ | $29 REG
F01 M 7 pm-9 pm Jean Linton Oct. 7 PV-E, 158

NEw Hands-on Home Repair: Electrical Fixes Part 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. Prerequisite: Hands-on Home Repair: Electrical
Fixes or equivalent experience.
HOME:727 | 1 session | 135 AGE 60+ | $35 REG
F02 M 7 pm-9 pm Jean Linton Oct. 14 PV-E, 158

House Maintenance
House maintenance and repairs don’t have to be
daunting tasks that cost hundreds of dollars for
someone else to fix—many can be done yourself!
Learn how to relight a pilot light, fix a faucet, replace
a furnace filter or electrical outlets, and where to locate
utility shut-offs. Save money by performing these
simple tasks yourself!
HOME:713 | 1 session | 125 AGE 60+ | $25 REG
F02 W 7 pm-9 pm Jean Linton Oct. 23 Kirkwood Sr. HS, SA 2

St. Louis Community College Continuing Education’s Master Naturalist Program consists of three components:

1. Completion of five (5) biology, geology, physical science or horticulture related college credit courses. Beginning Summer 2017, students must attain a grade of C or higher to apply toward the Master Naturalist Program. Classes taken by audit will not apply toward program requirements.

2. Attend six (6) Continuing Education Master Naturalist designated programs offered through St. Louis Community College in the area of Ecology, Nature, or Landscape and Gardening.

3. Volunteer 25 hours with a local nature-related organization.

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

For questions, call 314-984-7777.

Be Your Own General Contractor

Electrical Fixes Part II

DIY Home Inspections

Hands-on Home Repair: Electrical Fixes

Hands-on Home Repair: Electrical Fixes Part II

House Maintenance

Master Naturalist Program
Introduction to Beekeeping
Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come learn how to attract native pollinators and honeybees by installing a pollinator-friendly garden and nesting habitat. Course introduces getting started with beekeeping and honeybee products of the hive. Course meets the curriculum requirements for the Master Naturalist program.

NATR:733 | 1 session | $29 AGE 60+ | $29 REG
F02 Sa 9 am-noon Jane Sueme Nov. 23 MC-SO, 107

Beekeeping 2.0: Maintaining Healthy Colonies
A main goal in keeping honey bees is overwintering with a healthy colony. This class covers honeybee beekeeping beyound the first year with instruction specific to our area regarding nutrition, pest and disease identification and management and swarm control of healthy, established colonies next spring. Course meets the curriculum requirements for the Master Naturalist program.

NATR:733 | 1 session | $29 AGE 60+ | $29 REG
F01 Sa 9 am-noon Jane Sueme Sept. 21 MC-SO, 232

Insects of Missouri
Join research entomologist, conservationist and photographer Chris Brown as he shares information on the broad variety of insects with specific habitat associations within Missouri’s ecoregions. Through photos, learn about the fantastic diversity, introductory level morphology and taxonomy along with some of the fascinating natural history aspects of Missouri’s insects. Course meets the curriculum requirements for the Master Naturalist program.

NATR:715 | 1 session | $25 AGE 60+ | $25 REG
F01 W 6 pm-8:30 pm Chris Brown Oct. 2 MC-SS, 108

Go Batty! Bats of Missouri
Missouri is home to at least 14 different species of bats. Learn about these different species, where they live, how common they are, methods used to research and monitor them along with neat facts about bats. Taught by Kathryn Womack of the Missouri Department of Conservation, explore and discuss the importance of bats to the environment and humans as well as current threats to these fascinating creatures. Course meets the curriculum requirements of the Master Naturalist program.

NATR:709 | 1 session | $29 AGE 60+ | $29 REG
F05 Sa 9 am-noon Kathryn Womack Oct. 5 MC-SO, 232

Introduction to Bird Watching
According to the U.S. Fish & Wildlife Service, more than 45 million Americans list birding as a favorite pastime. Whether you are an amateur bird enthusiast or simply interested in learning more about the identification and migratory patterns of the wildlife in your own backyard, this class is for you! Discover how to recognize bird species by sight, song, physical attributes and behavior. Also, learn about binoculars, how to use a field guide, feeder/landscaping strategies to attract more birds to your backyard and the best places to view an assortment of birds in the St. Louis area. Field trip on Saturday allows you to practice your skills; details to be discussed in class. Provide your own transportation. Offered in partnership with the St. Louis Audubon Society. Course meets the curriculum requirements of the Master Naturalist program.

NATR:709 | 2 sessions | $35 $35 REG
F02 W/Sa 7 pm-9 pm S. Krause, B. Salsigver Sept. 4 - Sept. 7 MC-SO, 108

Great Horned Owls: Hunting and Feeding
Join us for a fascinating insight into one of the most successful predators in the Americas. Instructor Mark H.X. Glenshaw, an award-winning naturalist, has been observing, documenting and delivering outreach with great horned owls in Forest Park since December 2005. Mark has learned many of the owls’ hunting perches and observed and documented many predatory attempts as well as seen the owls feed themselves and their many owlets. Course meets the curriculum requirements for the Master Naturalist program.

NATR:709 | 1 session | $25 AGE 60+ | $25 REG
F06 Th 6:30 pm-8:30 pm Mark H.X. Glenshaw Oct. 10 MC-SO, 232

Forest Park Owls: Hiding in Plain Sight
Join award-winning naturalist and speaker Mark H.X. Glenshaw for an informative glimpse into the lives of a local mated pair of great horned owls in Forest Park. Mark 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. Don’t be surprised if you find yourself looking for owls after this course in a follow-up, instructor-led owl prowl! Course meets the curriculum requirements for the Master Naturalist program.

NATR:709 | 1 session | $25 AGE 60+ | $25 REG
F01 Th 6:30 pm-8:30 pm Mark H.X. Glenshaw Aug. 29 FP-C, 225

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? Award-winning naturalist Mark H.X. Glenshaw aka “The Owl Man” has studied great horned owls in Forest Park since 2005 and leads scores of owl prowl each year. Discover ways to find owls in your area whether in subdivisions, city neighborhoods, pocket parks or large public parks. Learn which owls you are most likely to see or hear, where and how to look for them, what to listen for and the importance of research and collaboration. Techniques taught mirror those he uses in his personal studies. For additional insights, he will also share via photos some of the behaviors he has observed and documented. Course meets the curriculum requirements for the Master Naturalist program.

NATR:709 | 1 session | $25 AGE 60+ | $25 REG
F03 Th 6:30 pm-8:30 pm Mark H.X. Glenshaw Sept. 5 FP-C, 217

Crows
Among the crows, prevalent across much of the continent, are distinguished by their large, all-black feathers and cawing voices. Come explore the world of this exceptional bird including discussion of behavior and problem solving tactics they employ as they interact with their habitat. Learn about food sources, nesting, and other interesting facts. Other local corvids (blue jays and fish crows) will be included in the discussion. Offered in cooperation with St. Louis Audubon Society. Course meets the curriculum requirements of the Master Naturalist program.

NATR:709 | 1 session | $35 AGE 60+ | $35 REG
F04 W 7 pm-9 pm S. Krause, B. Salsigver Oct. 2 MC-SO, 111

Woodpeckers
With the exception of Australia, almost every region in the world hosts woodpeckers. Closer to home, and depending on the season, Missouri is home to seven species. Take an in-depth look at our local woodpecker population including adaptations, anatomy, behavior, habitats and more. Learn how to attract woodpeckers by providing places for the birds to feed and nest. Offered in partnership with the St. Louis Audubon Society. Course meets the curriculum requirements of the Master Naturalist program.

NATR:709 | 1 session | $35 AGE 60+ | $35 REG
F07 W 7 pm-9 pm S. Krause, B. Salsigver Nov. 6 MC-SO, 204

Overview of Oaks: Local and Abroad
Explore the many varieties of native oaks and other interesting oak trees that live among us and around the world. Discover oak history; differences in red and white, or oak trees commercial, ecological, urban and wildlife benefits; and much more. You will also learn how Forest ReLeaf grows all kinds of oaks and how you can tool! Offered in partnership with Forest ReLeaf of Missouri. Course meets the curriculum requirements of the Master Naturalist program.

NATR:772 | 1 session | $29 AGE 60+ | $29 REG
F01 Th 6 pm-9 pm Cory Knoblauch Oct. 3 MC-SO, 111

Common Mushrooms of Missouri
Trametes versicolor, lycoperdon perlatum, strobolomyces confusus, oh my! Put the fun in fungus and learn to identify some of the most common mushrooms in Missouri. Class combines lecture, discussion and field exploration. Bring sack lunch and hiking shoes. This course meets the curriculum requirements for the Master Naturalist Certificate.

NATR:723 | 1 session | $25 AGE 60+ | $25 REG
F01 Th 6 pm-8 pm Cory Knoblauch Oct. 10 Babler State Park, Visitors Ctr

Even More Common Mushrooms of Missouri
Discover even more of Missouri’s hundreds of mushrooms. Starting with a presentation, learn how to identify several species before taking to the field hands-on exploration. Bring a sack lunch and hiking shoes. This course meets the curriculum requirements for the Master Naturalist Certificate.

NATR:723 | 1 session | $25 AGE 60+ | $25 REG
F02 Th 6 pm-8 pm Cory Knoblauch Oct. 24 Babler State Park, Visitors Ctr

Unique Animals and Plants of Australia
Australia has been geographically isolated for over 45 million years resulting in an abundance of plants and animals found only on this continent (endemics). An amazing 80% of the mammal, reptile, frog and flowering plant species are endemic to Australia. Australia’s diverse oceans support around 4,000 of the world’s 22,000 types of fish. With its temperate and tropical rainforests, deserts, grasslands and coral reefs, this unique continent accounts for almost 10% of the total biodiversity of Earth. Biology professor Dave Tytka will show photos and discuss the remarkable natural histories of the larger, more unique animals and plants. Course meets the curriculum requirements for the Master Naturalist program.

NATR:765 | 1 session | $21.50 AGE 60+ | $29 REG
F01 M 6:30 pm-8:30 pm David Tytka Oct. 7 MC-SO, 204

NEW! Binocular Astronomy
What can you see with a pair of binoculars in the night sky? A surprising portion of the universe! Learn basics of binocular use, what kinds of night sky objects are discoverable, how to find them and how they will appear through binoculars. Recommended that students buy these materials / publications: “Exploring the Night Sky with Binoculars” ISBN-10: 0961320710.

NATR:722 | 1 session | $20 AGE 60+ | $20 REG
F02 Th 7 pm-9 pm Michael Malolepszy Nov. 7 MC-SO, 108

Exploring Fall and Winter Night Skies
Using the unaided eye, binoculars or small to medium sized telescopes, learn to find, identify and observe astronomical objects and events of late fall and winter including the moon, planets, artificial satellites, meteors, comets, stars, constellations and nebula. Bring a tripod (or use one at the field trip site). Viewing in 35-45 degree latitude, such as Phillipe’s planisphere 6’ or larger, and current issue of “Sky & Telescope” ($5.99) magazine. One field trip on Friday 11/1 or other date; details to be discussed in class.

NATR:732 | 4 sessions | $29.50 AGE 60+ | $49 REG
F01 MW 7 pm-9 pm Michael Malolepszy Oct. 28 - Nov. 6 MC-SO, 105
ANIMAL WELFARE ASSISTANT PROGRAM

If animals are your passion but you’re not sure where you fit, this program will help you sort out the options, focus on your strengths and build the knowledge base needed for a successful future in animal welfare organizations. Complete six courses to earn your certificate. Courses are offered in the spring and fall, with three of the six required courses available each semester.

Animal Welfare and the Humane Movement
There are different facets of animal welfare, and the work of animal welfare agencies in the St. Louis metro area are built on varying viewpoints. Gain insights into the history of the U.S. animal welfare/humane movement and where we are today. We’ll also trouble-shoot community animal welfare needs and possible solutions. Course meets requirements of Animal Welfare Assistant Program.

FINC:741 | 1 session | $26 AGE 60+ | $29 REG
F01  Tu 6 pm-8:30 pm
   Sept. 24 MC-LH, 102

Getting to Know Us: St. Louis
Animal Welfare Organizations
St. Louis hosts various organizations of all types and sizes involved in animal welfare activities, rescues and shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, advocacy groups and more. Each group presents a unique role, approach and way of operating, but it takes everyone in the community to meet the needs of our local animals. The good news is that a wide range of animal welfare-related activities exist in the St. Louis metro area, offering involvement opportunities for people with a variety of interests and skills (like you!). A panel of representatives from local agencies will present their stories and answer your questions. Course meets requirements of Animal Welfare Assistant Program.

FINC:741 | 1 session | $26 AGE 60+ | $29 REG
F02  Tu 6 pm-8:30 pm
   Oct. 15 MC-LH, 102

Investigations, Rescues, Legalities and Legislative Issues in Animal Welfare
Hear first-hand accounts from the real world of animal welfare investigations and rescues, learning how investigators work and how animal welfare agencies and the law handle violations. Explore legal issues (how does our society define “adequate care and control” of animals?) as well as advocacy and legislation related to animal welfare. Course meets requirements of Animal Welfare Assistant Program.

FINC:741 | 1 session | $26 AGE 60+ | $29 REG
F03  Tu 6 pm-8:30 pm
   Nov. 19 MC-LH, 102

Each class can be taken by itself or as part of the Animal Welfare Assistant Program as initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Curriculum developed by the Humane Society of Missouri, Animal Protective Association of Missouri, and St. Louis County Animal Care & Control. Those who successfully complete the coursework and earn a certificate of completion may receive priority employment by the sponsoring agencies.

Presented in partnership with:

HOT!
Understanding Wall Street

Understanding how stocks, bonds, mutual funds and the various financial vehicles of Wall Street function is essential to a solid financial backbone. Learn what these vehicles are, how they work and separate fact from fiction when it comes to fueling your retirement fire. Discussion will include how these items work and how the taxes and fees woven into these vehicles can affect your bottom line. Gain an overview of differences between stocks, bonds and mutual funds; tax considerations (the ultimate loophole); fees; common financial myths; how to overcome obstacles in order to create wealth; and ways exit strategies can affect your legacy.

FINC:765 | 1 session | $29 AGE 60+ | $35 REG
F01 Tu 6 pm-8 pm Andrew Hall Nov. 5 MC-BA, 124
F02 Tu 6 pm-8 pm Andrew Hall Nov. 7 FP-G, 327

NEW! DIY Financial Planning

Learn from the author of “Achieving Financial Stability in America” how you can do your own financial planning like a pro while minimizing costs. Having a great job with a nice salary is not enough to achieve financial stability. Understanding tax benefits that are readily available for savers and ways to protect your assets from creditors is also essential. This dynamic two-session course explores various financial topics including credit, loans, financial products, investment, retirement planning, education planning, personal taxes and estate planning.

FINC:765 | 2 sessions | $29 AGE 60+ | $54 REG
F05 Sa 9 am-noon Misook Yu, CFP® Sept. 7 – Sept. 14 MC-SO, 109

Managing Investment Risk in Bear Markets

In this class, we will explore how to preserve and grow your assets in a Bear Market. The market is up, the market is down. Interest rates are increasing. Tax cuts and booming deficits make us question the sustainability of the longest bull market in history. RMDs (Required Minimum Distribution) must be well-planned – we need our retirement savings to last a lifetime! How could all these unknowns affect your legacy? What tactics and strategies do the wealthy utilize in down markets? Get the answers to these questions and more in this class.

FINC:705 | 4 sessions | $35 AGE 60+ | $35 REG
F03 W 6:30 pm-8:30 pm Jason Ingram Aug. 28 – Sept. 18 MC-BA, 118
F02 Tu 6:30 pm-8:30 pm Mark Rafis Oct. 1 – Oct. 22 FP-G, 119

Paying for Long Term Care: Alternative Funding Options

What is long term care (LTC) and how do you pay for it? If you have ever experienced a friend or family member who has needed long term care, you understand the costs associated with providing this assistance. The question is how to pay for it without having to purchase long term care insurance. Class will focus on alternative financial programs that can be used to pay for LTC instead of specifically buying a long term care insurance policy.

FINC:746 | 1 session | $25 AGE 60+ | $35 REG
F01 W 7 pm-9 pm Steve Glazer Oct. 9 MC-SO, 111
F02 W 7 pm-9 pm Steve Glazer Oct. 16 WW, 220

We have more! Are you providing long term care as a caregiver? Be sure to check out “Caring for At Home” on page 13.

NEW! Leveling Up: Buying vs. Renting

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

REAL:765 | 1 session | $13 AGE 60+ | $19 REG
F01 Th 7 pm-9 pm Jill McCoy Sept. 5 FP-G, 111
F02 Tu 7 pm-9 pm Jill McCoy Oct. 8 MC-BA, 124
F03 Th 7 pm-9 pm Jill McCoy Oct. 24 STLCC-South County, 101
F04 W 7 pm-9 pm Jill McCoy Nov. 6 FV-B, 211

NEW! The Upside of Downsizing

We accumulate a lot of things over the years, but eventually the extra stuff needs to go! Whether it’s choosing a simpler lifestyle, empty-nesting, or entering independent living, downsizing can seem overwhelming in the beginning. This comes first, getting rid of clutter or getting organized? Listing the house or finding your new home? From paring down the excess to moving to a smaller space, let us help you explore the upside of downsizing!

REAL:765 | 1 session | $13 AGE 60+ | $19 REG
F05 Tu 7 pm-9 pm Jill McCoy Sept. 24 MC-BA, 124

Buying a Home? Top Home Buying Mistakes to Avoid

“If only we had known…” is the sad tale of too many home buyers. Purchasing a home is the largest investment you’ll ever make. Discover home buying mistakes to avoid and the inside scoop to avoid surprises at closing. Learn what you should know before you purchase, what to expect throughout the process, strategies to obtain the best value, the importance of understanding contracts you sign, getting the right inspections before closing the deal and how to safeguard yourself in any market.

REAL:701 | 1 session | $13 AGE 60+ | $25 REG
F01 W 7 pm-9 pm Jill McCoy Aug. 28 WW, 222
F02 Tu 7 pm-9 pm Jill McCoy Sept. 17 STLCC-South County, 101
F03 Th 7 pm-9 pm Jill McCoy Oct. 3 FP-G, 325

Real Estate Investing for Income

True financial wealth is about having the unearned income to finance your life goals without having to work. Private market commercial real estate returned an average of 8.4% over the 10-year period from 2000 to 2010. The key is to understand what you are buying by having a solid knowledge and a good plan. Find out how to plan your investment strategies to lead to true financial wealth!

REAL:725 | 1 session | $23 AGE 60+ | $29 REG
F01 W 7 pm-9 pm Jill McCoy Sept. 25 WW, 222
F02 Th 7 pm-9 pm Jill McCoy Oct. 17 FV-SS, 105
F03 Tu 7 pm-9 pm Jill McCoy Nov. 5 STLCC-South County, 101

Preparation Your Estate Plan

Preparation of anyone who would like to better understand the basics of estate planning, this course explores factors to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family. In addition, learn the importance of beneficiary designations, transfer on death registrations (TODs), payable on death registrations (PODs), powers of attorney and health care directives. You don’t have to be wealthy to make a plan for your heir! Taught by both a financial advisor and an estate attorney.

FINC:710 | 1 session | $35 AGE 60+ | $35 REG
F01 Tu 6:30 pm-9 pm M. Bittner, K. Gmelich Sept. 10 MC-BA, 124

Tax and Estate Planning

This course outlines long-term, multi-generational tax strategies aimed at saving the retiree significant dollars through retirement and beyond. The new tax law changes of 2018 have had a significant impact on the tax strategies many pre-retirees can utilize to maximize their income, pay less taxes over the course of their lives, and pass their estate on as efficiently as possible. This course examines those changes and takes a dive into qualified vs. non-qualified monies, insurance, wills and trusts, and basic as well as advanced tax strategies to maximize your long term plan.

FINC:710 | 1 session | $35 AGE 60+ | $35 REG
F02 Th 6 pm-8 pm Andrew Hall Sept. 26 STLCC-South County, 104
F03 Th 6 pm-8 pm Andrew Hall Oct. 3 MC-SO, 204
F04 Th 6 pm-8 pm Andrew Hall Oct. 24 FP-G, 323
Retirement University

Financial planning is one of the most important aspects in helping you to prepare for the future. Learn how to take a strategic approach to the retirement process to prepare you for every step of the way during the growth, income/distribution and conservation life stages helping to avoid retirement roadblocks and mitigate risks in all aspects of your financial life. The in-class, step-by-step curriculum will help you develop a comprehensive understanding of tax planning strategies, advanced social security planning, wealth accumulation vs. (de)cummulation, the sequence of returns risk, long term care and Medicare options and will give you the tools to design your own strategy. Learn about the final stage of your financial life through discussion of wills, trusts, estate and tax efficient legacy planning. Handouts will be provided.

FINC:736 3 sessions  $59 60+  $59 REG
F01 Tu 6 pm-8 pm Andrew Hall Sept. 10 - Sept. 24 MC-BA, 122
F02 Tu 6 pm-8 pm Andrew Hall Sept. 10 - Sept. 24 MC-BA, 122

Managing Cash Flow in Retirement

Living in retirement is all about the cash flow, not the pile of cash. Class will focus on retirement income planning and threats to cash flow during your retirement years. Review will cover real life case studies including retiree health care costs and the impact of taxes and withdrawal rates on investment account longevity.

FINC:736 3 sessions  $59 60+  $59 REG
F01 W 7 pm-9 pm Steve Glazer Sept. 25 MC-50, 111

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. Learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed and the little-understood effect of earned income on Social Security benefits.

FINC:736 3 sessions  $59 60+  $59 REG
F06 W 7 pm-9 pm Steve Glazer Nov. 6 MC-BA, 114
F07 W 7 pm-9 pm Steve Glazer Nov. 13 WW, 214

The Keys to Comprehensive Retirement Income: The 4 M's

In this class, we will define four solutions to develop comprehensive retirement income: maximizing current cash flow, especially in the early years of retirement; maintaining your standard of living; minimizing cash-flow risk and minimizing short and long-term principal erosion. The key to comprehensive retirement income is exploring how the four M's are connected and balancing them to create personalized solutions. All course materials will be supplied for this four-session training.

FINC:705 4 sessions  $35 60+  $35 REG
F04 Th 6:30 pm-8:30 pm James Ingram Sept. 5 - Sept. 26 WW, 201

Retirement Exit Strategy

You have compiled a lifetime of assets, now what? This course dives into how to live the life that you earned during your retirement years. Topics discussed include tax strategy and how to minimize taxation over the course of not only your life, but your heirs' life as well; estate planning and passing money on as efficiently as possible, eliminating probate and reducing taxation; income stream analysis to determine what sources of money to take from when and why to reduce longevity risk and unnecessary taxes; social security maximization strategies, spousal benefit planning and more.

FINC:736 1 session  $39 60+  $39 REG
F03 Th 6 pm-8 pm STLCC South County, 103
F04 Th 6 pm-8 pm STLCC South County, 103
F05 Tu 6 pm-8 pm STLCC South County, 103

HOT!
PERSONAL COMMUNICATION

Bringing Out the Best in People and Managing the Conflicts
Effectively managing people in an organization leads to outstanding individual performances and great organizational performance. Through interactive activities, you’ll learn how to identify and address behavioral causes of performance challenges, as well as maximize the success of current strong performers. You’ll discover how to pinpoint key business results and significant behaviors that impact results. In addition, you’ll be able to provide objective, positive and constructive feedback to bring out the best in others.

BUSN:745 | 1 session | $30 AGE 60+ | 39 REG
F01 Sa 8:30 am-noon
James Lombardo
Sept. 14
STLCC-Corp. College, 207

Listening Beyond the Words: Building Communication Skills
Ineffective listening can block the success of any business. Are you hearing your customers’ needs and desires? Are your relationships with colleagues and coworkers harmonious? Learn to build skills that enhance your working and personal relationships. Class will focus on the fundamentals of effective listening and eliminating defensiveness in the communication process. Discover blocks hindering good listening, build positive interaction, in-depth listening skills and appropriate feedback. Lunch on your own.

BUSN:713 | 1 session | $45.50 AGE 60+ | 49 REG
F01 Th 9 am-4 pm
Jean Walters
Sept. 19
STLCC-Corp. College, 207

“Jean was great! She is very knowledgeable and made the class interactive.”

Eric H.
Rock Hill

No Sweat Public Speaking
Speaking opportunities are business, career and leadership opportunities! Are you making the most of those speaking moments? Learn how to develop, practice and deliver knock-your-socks-off presentations with no sweat! Learn the components, parts and elements of a presentation along with tips to take your presentation from “blah” to “ah.” Overcome your fear of public speaking. Class taught by a local speaker, coach and author.

COMM:715 | 3 sessions | $51 AGE 60+ | 54 REG
F01 Tu 6:30 pm-8:30 pm
Fred Miller
MC-BA, 124
Sept. 24 – Oct. 8
F01 Tu 6:30 pm-8:30 pm
Nov. 5 – Nov. 9

FOREIGN LANGUAGE

Arabic

NEW! Arabic for the Traveler

FLAR:701 | 4 sessions | $39.50 AGE 60+ | 59 REG
F01 W 6:30 pm-8:30 pm
Jabr Dumit
Sept. 4 – Sept. 25
MC-BA, 120

We have more! Traveling soon? Be sure to check out “Great Tips for Traveling Abroad” on page 56!

Arabic Language: Beginning I

FLAR:717 | 8 sessions | $60 AGE 60+ | 99 REG
F01 W 6:30 pm-8:30 pm
Jabr Dumit
Oct. 2 – Nov. 20
MC-BA, 120

NEW! Bosnian-Croatian for Neighbors
How did St. Louis become home to 70,000 Bosnians, the highest population outside of Europe? What is the difference in a Bosniak, Croat and Serb? Get the opportunity to learn more about those from the Balkan peninsula and be able to say hello to your Bosnian neighbors from customs and food to religion and history! Learn more about those from the Balkan peninsula and be able to say hello to your Bosnian neighbors in their native language. If you are interested in cultures and inclusion, this is the class for you! No text required. Bring notebook, pencil and small pocket notebook.

FLBO:765 | 1 session | $31 AGE 60+ | 19 REG
F01 Tu 5 pm-7 pm
Azim Mujakic
Aug. 27
STLCC-South County, 100

Bosnian-Croatian Language: Beginning I
Are you interested in the Bosnian-Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required. Bring notebook, pencil and small pocket notebook.

FLBO:717 | 8 sessions | $60 AGE 60+ | 99 REG
F01 Th 6:30 pm-8:30 pm
Azim Mujakic
Sept. 5 – Oct. 24
STLCC-South County, 100

Bosnian-Croatian Language: Beginning II
Explore Bosnian-Croatian culture and language in a relaxed and informal atmosphere. Continue to study reading, writing, and grammar, and build stronger communicative competence and vocabulary in a new language. Prerequisite: Bosnian-Croatian Language: Beginning I or equivalent experience. No text required. Bring notebook, pencil and small pocket notebook.

FLBO:718 | 8 sessions | $60 AGE 60+ | 99 REG
F01 W 6:30 pm-8:30 pm
Azim Mujakic
Oct. 2 – Nov. 20
STLCC-South County, 103
Chinese (Mandarin)

Chinese for First Timers
Explore an ancient culture and language with this perfect class for beginners who are ready to start with the basics. Get introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required.
FLCH:717 4 sessions | $59 REG
F01 M 7 pm-9 pm John Yeh
Sept. 16 – Oct. 7
MC-BA, 203

Chinese (Mandarin) Language: Beginning I
Learn practical Mandarin conversation skills and dialogue for travel or business. Master useful dialogue to ask for directions, navigate public transportation, order at restaurants and other necessities. After completing this class you will have a basic knowledge of the Chinese language. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Bring required text to first class: “Lonely Planet Mandarin Phrasebook and Dictionary” 10th ed., ISBN 978-1786571694.
FLCH:717 8 sessions | $99 REG
F01 M 7 pm-9 pm John Yeh
Oct. 14 – Dec. 2
MC-BA, 203

Italian

Italian Language: Beginning II
Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration on oral use of the language in everyday situations and conversation with cultural elements are emphasized. Class is conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning I or equivalent experience. Bring required text to first class: “Ultimate Italian: Beginner-Intermediate” ISBN 978-1400009671.
FLIT:719 8 sessions | $99 REG
F01 Tu 6:30 pm-8:30 pm Maria Brandle
Aug. 21 – Oct. 9
Kirkwood Sr. HS, E 183
F02 M 4 pm-6 pm Barbara Klein
Sept. 9 – Oct. 28
MC-SO, 108

Italian Language: Beginning III
Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration on oral use of the language in everyday situations and conversation with cultural elements are emphasized. Class is conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning II or equivalent experience. Bring required text to first class: “Ultimate Italian: Beginner-Intermediate” ISBN 978-1400009671.
FLIT:719 8 sessions | $99 REG
F01 W 6:30 pm-8:30 pm Maria Brandle
Aug. 21 – Oct. 9
Kirkwood Sr. HS, E 183
F02 Tu 7 pm-9 pm Barbara Klein
Oct. 8 – Dec. 3
FP-C, 225
•NOTE: No class 10/12.

Italian Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and converse in Italian. No text required.
FLIT:716 6 sessions | $75 REG
F01 M 7 pm-9 pm
Sept. 16 – Oct. 21
Barbara Klein
MC-SO, 108
F02 Tu 4 pm-6 pm
Oct. 8 – Nov. 19
Barbara Klein
FP-C, 225
•NOTE: No class 10/22.
F03 M 7 pm-9 pm
Nov. 4 – Dec. 9
Barbara Klein
MC-SO, 109

Italian Language: Advanced
Continue to review grammar and syntax in conjunction with reading and discussion of articles and short stories in this advanced Italian conversation class. Prerequisite: Italian Language: Intermediate II or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.
FLIT:723 8 sessions | $99 REG
F01 M 7 pm-9 pm
Sept. 23 – Nov. 18
Luisa Flynn
Clayton HS, 124
•NOTE: No class 10/14.

French

French Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in French. Bring required text to first class: “French NOW! Level 1” ISBN 978-1438072791.
FLFR:717 8 sessions | $99 REG
F01 M 6:30 pm-8:30 pm Barbara Sandmel
Sept. 9 – Nov. 11
Clayton HS, 102
•NOTE: No class 9/30, 10/14.

French Language: Intermediate I
FLFR:718 8 sessions | $99 REG
F01 M 6:30 pm-8:30 pm
Oct. 16 – Dec. 11
Barbara Sandmel
MC-SO, 108
F02 Tu 4 pm-6 pm
Nov. 4 – Dec. 9
Barbara Sandmel
FP-C, 225
•NOTE: No class 11/27.

Irish (Gaelic)

Irish (Gaelic) Language: Beginning I
Explore a new culture and language with this perfect class for beginners who are ready to start with the basics. Get introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required.
FLIR:717 8 sessions | $99 REG
F01 Sa 9 am-11 am Sarah Johnson
Sept. 7 – Oct. 26
FP-D, 217

Irish (Gaelic) Language: Beginning II
Continue to increase your knowledge of Gaelic including speaking, grammar and vocabulary. Concentration will be on oral use of the language in everyday situations. Prerequisite: Irish (Gaelic) Language: Beginning I or equivalent experience. No text required.
FLIR:718 8 sessions | $99 REG
F01 Sa 11:30 am-1:30 pm Sarah Johnson
Sept. 7 – Oct. 26
FP-D, 217

Italian for the Traveler
Explore an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs and menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure in Italy with this jump-start course for smart travelers! Bring required text to first class: “Berlitz Italian Phrase Book & Dictionary” ISBN 978-1780044866.
FLIT:716 6 sessions | $75 REG
F01 M 7 pm-9 pm
Sept. 16 – Oct. 21
Barbara Klein
MC-SO, 108
F02 Tu 4 pm-6 pm
Oct. 8 – Nov. 19
Barbara Klein
FP-C, 225
•NOTE: No class 10/22.
F03 M 7 pm-9 pm
Nov. 4 – Dec. 9
Barbara Klein
MC-SO, 109

Italian Language: Beginning II
FLIT:718 8 sessions | $99 REG
F01 W 6:30 pm-8:30 pm Maria Brandle
Oct. 16 – Dec. 11
Kirkwood Sr. HS, E 183
•NOTE: No class 11/27.

Italian Language: Beginning III
FLIT:718 8 sessions | $99 REG
F01 M 7 pm-9 pm
Sept. 7 – Oct. 26
John Yeh
FP-C, 225

Italian Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and converse in Italian. No text required.
FLIT:716 6 sessions | $75 REG
F01 M 7 pm-9 pm
Sept. 16 – Oct. 21
Barbara Klein
MC-SO, 108
F02 Tu 4 pm-6 pm
Oct. 8 – Nov. 19
Barbara Klein
FP-C, 225
•NOTE: No class 10/22.
F03 M 7 pm-9 pm
Nov. 4 – Dec. 9
Barbara Klein
MC-SO, 109

Italian Language: Advanced
Continue to review grammar and syntax in conjunction with reading and discussion of articles and short stories in this advanced Italian conversation class. Prerequisite: Italian Language: Intermediate II or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.
FLIT:723 8 sessions | $99 REG
F01 M 7 pm-9 pm
Sept. 23 – Nov. 18
Luisa Flynn
Clayton HS, 124
•NOTE: No class 10/14.

Study Abroad in Barbados

Immerse yourself in the education and culture of Barbados with St. Louis Community College’s study abroad program. The course will examine and explore the concept of comparative and international education with special emphasis on the West Indies in general, but Barbados in particular. This 11-day program includes visits to museums, college tours, elementary and high school, wildlife reserve and scenic drives around the island.

Space is limited to 15 participants.
$2,999 (estimated)

Learn more: stlcc.edu/StudyInBarbados
<table>
<thead>
<tr>
<th>Course Title</th>
<th>Description</th>
<th>Text Required</th>
<th>Instructor</th>
<th>Schedule</th>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Korean Language: Beginners I</td>
<td>Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and converse in Korean. Last class will be a Korean potluck. Bring recommended text to first class: “Korean for Beginners: Mastering Conversational Korean” ISBN 978-0804841009.</td>
<td>FLKO:718</td>
<td>8 sessions</td>
<td>$50 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Korean Language: Beginners II</td>
<td>Continue to increase your knowledge of the Korean language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in everyday situations. Conversation with cultural elements will be emphasized. Prerequisite: Korean Language: Beginning I or equivalent experience. One class will be held at a local Korean restaurant where students will be able to test their skills! Bring required text to first class: “Korean for Beginners: Mastering Conversational Korean” ISBN 978-0804841009.</td>
<td>FLKO:718</td>
<td>8 sessions</td>
<td>$50 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>German Language: Beginning I</td>
<td>Enjoy an easy and practical introduction to the German language. Learn survival phrases, how to read signs and menus, transportation schedules and more! Explore cultural differences and be prepared to enjoy your adventure in Germany with this jump-start course for smart travelers! Bring required text to first class: “Berlitz German Phrase Book &amp; Dictionary” ISBN 978-1780045016.</td>
<td>FLGE:716</td>
<td>4 sessions</td>
<td>$39.50 ACE 60+</td>
<td>$59 REG</td>
<td>F01</td>
</tr>
<tr>
<td>German Language: Beginning II</td>
<td>Continue to increase your knowledge of the German language including speaking, grammar and vocabulary. Dialogue will be utilized with a special emphasis placed on grammar. Prerequisite: German Language: Beginning I or equivalent experience. Bring required text to first class: “Berliner Platz 1, NEU” ISBN 978-3126060257.</td>
<td>FLGE:720</td>
<td>8 sessions</td>
<td>$50 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Portuguese for the Traveler</td>
<td>Enjoy an easy and practical introduction to the Brazilian Portuguese language. Learn survival phrases, how to read signs and menus, transportation schedules and more! Explore cultural differences and be prepared to enjoy your adventure in Brazil with this jump-start course for smart travelers! Suggested text: “Berlitz Brazilian Portuguese Phrase Book and Dictionary” ISBN 978-1780045115. Class is taught by a native-fluent speaker provided by Viva Brasil STL.</td>
<td>FLPG:716</td>
<td>6 sessions</td>
<td>$79 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Portuguese I</td>
<td>Ideal for tourists, business travelers or those interested in the Brazilian culture, this beginning course provide the necessary tools for students to engage in simple Brazilian Portuguese conversation and to acquire basic reading skills. While the emphasis is on conversation, class also includes grammar. Suggested text: “Bom Dia, Brasil” ISBN 978-0300166611. Class is taught by a native-fluent speaker provided by Viva Brasil STL.</td>
<td>FLPG:717</td>
<td>8 sessions</td>
<td>$59 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Portuguese II</td>
<td>Learn language structures, vocabulary, communication skills, and information about the culture and geography of Brazil. While the emphasis is on conversation, class also includes grammar. Prerequisite: Portuguese I or equivalent experience. Suggested text: “Bom Dia, Brasil” ISBN 978-0300166611. Class is taught by a native-fluent speaker provided by Viva Brasil STL.</td>
<td>FLPG:718</td>
<td>8 sessions</td>
<td>$59 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Russian Language: Beginning I</td>
<td>Explore a new culture and language in a relaxed and informal atmosphere. This course will primarily focus on oral proficiency of the Russian language. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Bring required text to first class: “Russian in 10 Minutes a Day” ISBN 978-1931873345.</td>
<td>FLSR:717</td>
<td>4 sessions</td>
<td>$50 ACE 60+</td>
<td>$59 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Russian Language: Beginning II</td>
<td>Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in everyday situations. Prerequisite: Russian Language: Beginning I or equivalent experience. Bring required text to first class: “Live from Russia Volume 1” ISBN 978-0757552014.</td>
<td>FLSR:717</td>
<td>6 sessions</td>
<td>$50 ACE 60+</td>
<td>$99 REG</td>
<td>F02</td>
</tr>
<tr>
<td>Russian Language: Intermediate I</td>
<td>Continue to deepen your knowledge of Russian and expand its use. Students will become increasingly proficient in conversational skills as they use their language to explore real-life situations. Prerequisite: Russian Language: Intermediate I. Bring required text to first class: “Live from Russia Volume 1” ISBN 978-0757552014.</td>
<td>FLSR:717</td>
<td>12 sessions</td>
<td>$50 ACE 60+</td>
<td>$159 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Russian Language: Advanced I</td>
<td>Continue to refine grammar and expand vocabulary while gaining confidence and comfort in conversational Russian. Prerequisite: Russian Language: Intermediate II or equivalent experience. Bring required text to first class: “Live from Russia Volume 1” ISBN 978-0757552014.</td>
<td>FLSR:717</td>
<td>12 sessions</td>
<td>$50 ACE 60+</td>
<td>$159 REG</td>
<td>F02</td>
</tr>
<tr>
<td>Russian Conversation</td>
<td>Course to increase your knowledge of the Portuguese language including speaking, grammar and vocabulary in this immersive class conducted almost exclusively in Portuguese. Concentration will be on oral use of the language in everyday situations, emphasizing conversation with cultural elements. Prerequisite: Portuguese III or equivalent experience. Suggested text: “Bom Dia, Brasil” ISBN 978-0300166611. Class is taught by a native-fluent speaker provided by Viva Brasil STL.</td>
<td>FLPG:719</td>
<td>8 sessions</td>
<td>$79 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
<tr>
<td>Russian Conversation</td>
<td>Course to increase your knowledge of the Portuguese language including speaking, grammar and vocabulary in this immersive class conducted almost exclusively in Portuguese. Concentration will be on oral use of the language in everyday situations, emphasizing conversation with cultural elements. Prerequisite: Portuguese III or equivalent experience. Suggested text: “Bom Dia, Brasil” ISBN 978-0300166611. Class is taught by a native-fluent speaker provided by Viva Brasil STL.</td>
<td>FLPG:720</td>
<td>8 sessions</td>
<td>$79 ACE 60+</td>
<td>$99 REG</td>
<td>F01</td>
</tr>
</tbody>
</table>

We have more! Traveling soon? Be sure to check out “Great Tips for Traveling Abroad” on page 56!
Spanish

Spanish for the Traveler

FLSP:716 | 8 sessions | $60 | AGE 60+ | 99 | REG
F01 Th 7 pm-9 pm Timothy Neckermann
Aug. 29 - Oct. 17
• NOTE: No class 11/27.

We have more! Traveling soon? Be sure to check out “Great Tips for Traveling Abroad” on page 56!

Spanish Language: Beginning I

FLSP:717 | 8 sessions | $60 | AGE 60+ | 99 | REG
F01 M 6:30 pm-8:30 pm Timothy Neckermann
Aug. 19 - Oct. 14
• NOTE: No class 9/2.

Spanish Language: Beginning II
Continue to increase your knowledge of the Spanish language including speaking, grammar, and vocabulary. Concentration will be on oral use of the language in everyday situations. Prerequisite: Spanish Language: Beginning I or equivalent experience. Bring required texts to first class: “Spanish is Fun: Book 1” ISBN 978-1634199285 and “Spanish is Fun: Book 1 Companion Workbook” ISBN 978-1531106331.

FLSP:718 | 8 sessions | $60 | AGE 60+ | 99 | REG
F02 Tu 7 pm-9 pm Ann Rupert
Aug. 19 - Oct. 14
• NOTE: No class 9/2.

Spanish Language: Intermediate I
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic vocabulary and sentence structure. Aspects of Latin culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language: Beginning II or equivalent experience. Bring required texts to first class: “Spanish is Fun: Book 2” ISBN 978-1634199746708 and “Spanish is Fun: Book 2 Companion Workbook” ISBN 978-1629746654.

FLSP:720 | 8 sessions | $60 | AGE 60+ | 99 | REG
F04 W 7 pm-9 pm Timothy Neckermann
Aug. 19 - Oct. 9

Spanish Language: Intermediate II
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latin culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language: Intermediate I or equivalent experience. Bring required texts to first class: “Spanish is Fun: Book 2” ISBN 978-1634199746708 and “Spanish is Fun: Book 2 Companion Workbook” ISBN 978-1629746654.

FLSP:721 | 8 sessions | $60 | AGE 60+ | 99 | REG
F01 W 6:30 pm-8 pm Timothy Neckermann
Aug. 16 – Oct. 11
• NOTE: No class 11/27.

Spanish Language: Intermediate III
Expand your conversational skills in Spanish through focus on everyday vocabulary and situations. Advanced level grammar and sentence structure will be examined and reviewed. Aspects of Latin culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation: Intermediate II or equivalent experience. Bring required texts to first class: “Spanish is Fun: Book 2” ISBN 978-1634199746708 and “Spanish is Fun: Book 2 Companion Workbook” ISBN 978-1629746654.

FLSP:722 | 8 sessions | $60 | AGE 60+ | 99 | REG
F01 Th 6 pm-8 pm Ann Rupert
Aug. 22 – Oct. 10

Spanish Conversation: Advanced I
Increase your vocabulary and conversational skills through this advanced level course. Emphasis will be on speaking Spanish by discussing short readings on a variety of topics. Prerequisite: Spanish Conversation: Intermediate III or equivalent experience. Bring required text to first class: “Easy Spanish Reader” ISBN 978-087720193, available online.

FLSP:723 | 8 sessions | $60 | AGE 60+ | 99 | REG
F01 W 6 pm-8 pm Maria de la Garza
Aug. 21 – Oct. 9

Spanish Grammar: Beginning II
Continue to increase your proficiency in conjugating verbs and understanding the present and preterite tense of regular, irregular and stem-changing verbs; the preterite of regular and irregular verbs; and the imperfect tense through more writing and conversation as you master the Spanish language. Topics covered will be stem-changing verbs in the present and preterite, future and conditional tenses, and the present, past, future and conditional perfect tenses. Prerequisite: Spanish Grammar: Advanced I or equivalent experience, basic pronunciation, and understanding of subject pronouns and verb conjugation. Bring required text to first class: “Segundo Libro (Spanish First Year) Workbook” ISBN 978-0877205197.

FLSP:724 | 8 sessions | $60 | AGE 60+ | 99 | REG
F01 M 7 pm-9 pm Ann Rupert
Oct. 21 – Dec. 9

Spanish Grammar: Intermediate I
Continue to increase your proficiency in conjugating verbs and understanding the present and preterite, imperfect and future tenses through more writing and conversation as you master the Spanish language. Prerequisite: Spanish Grammar: Beginning III or equivalent experience, basic pronunciation, and understanding of subject pronouns and verb conjugation. Bring required text to first class: “Primer Libro (Spanish First Year) Workbook” ISBN 978-0877205197.

FLSP:720 | 8 sessions | $60 | AGE 60+ | 99 | REG
F02 Th 7 pm-9 pm Ann Rupert
Aug. 22 – Oct. 10

Spanish Grammar: Intermediate II
Continue to increase your proficiency in conjugating verbs and understanding the present and preterite, imperfect and future tenses through more writing and conversation as you master the Spanish language. Prerequisite: Spanish Grammar: Beginning III or equivalent experience, basic pronunciation, and understanding of subject pronouns and verb conjugation. Bring required text to first class: “Segundo Libro (Spanish First Year) Workbook” ISBN 978-0877205067, available online.

FLSP:723 | 8 sessions | $60 | AGE 60+ | 99 | REG
F02 Tu 4 pm-6 pm Ann Rupert
Aug. 20 – Oct. 8

Spanish Grammar: Advanced II
Continue to increase your proficiency in conjugating verbs and understanding the present and preterite tense through more writing and conversation as you master the Spanish language. Prerequisite: Spanish Grammar: Advanced I or equivalent experience, basic pronunciation, and understanding of subject pronouns and verb conjugation. Bring required text to first class: “Segundo Libro (Spanish in Two Years)” 2nd ed., ISBN 978-0877205067, available online.

FLSP:724 | 8 sessions | $60 | AGE 60+ | 99 | REG
F03 Tu 4 pm-6 pm Ann Rupert
Oct. 15 – Dec. 10

Spanish Grammar: Advanced III
Continue to increase your proficiency in conjugating verbs and understanding the present and preterite, imperfect and future tenses through more writing and conversation as you master the Spanish language. Prerequisite: Spanish Grammar: Advanced III or equivalent experience, basic pronunciation, and understanding of subject pronouns and verb conjugation. Bring required text to first class: “Segundo Libro (Spanish in Two Years)” 2nd ed., ISBN 978-0877205067, available online.

FLSP:723 | 8 sessions | $60 | AGE 60+ | 99 | REG
F04 Sa 10 am-noon Ann Rupert
Sept. 21 – Nov. 9

PERSONAL ENRICHMENT
REGISTRATION BEGINS AUG 5 | 314-984-7777 | STLCC.EDUC/CE

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**SIGN LANGUAGE**

Sign Language: Beginning ASL
Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs. You will also receive a brief overview of deaf culture as you begin to learn the basics of unspoken communication. Text required - bring to first class. “A Basic Course in American Sign Language” ISBN 978-09326666420.

**SIGN:701 | 8 sessions | $60 AGE 60+ | $99 REG**
F01 M 6 pm-8 pm Ronald Selingner Sept. 9 – Oct. 28 FV-C, 110
F02 M 6 pm-8 pm Regina Driskill Sept. 9 – Oct. 28 FV-C, 110
F03 M 6 pm-8 pm Regina Driskill Sept. 26 – Nov. 14 STLCC-South County, 103

**Getting Started with Sign Language I**
Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc.) to begin communicating in Sign Language. Class does not cover ASL sentence structure. No text required.

**SIGN:701 | 8 sessions | $60 AGE 60+ | $99 REG**
F01 Tu 6:30 pm-8:30 pm Cindy Hayes Sept. 24 – Nov. 19 STLCC-South County, 103

**Getting Started with Sign Language II**
Explore even more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in the prerequisite class. Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required.

**SIGN:702 | 8 sessions | $60 AGE 60+ | $99 REG**
F01 M 6:30 pm-8:30 pm Cindy Hayes Sept. 23 – Nov. 11 STLCC-South County, 103
F02 M 6:30 pm-8:30 pm Cindy Hayes Sept. 26 – Nov. 14 STLCC-South County, 103

**Getting Started with Sign Language III: Chapters 1-6**
Build upon the skills you learned in the Beginning I and Beginning II sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, “The Joy of Signing.” The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 1-6. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II. Text required, bring to first class. “The Joy of Signing” by Lottie Riekehof ISBN 1607313618.

**SIGN:702 | 8 sessions | $60 AGE 60+ | $99 REG**
F01 Tu 6:30 pm-8:30 pm Cindy Hayes Sept. 24 – Nov. 19 STLCC-South County, 103

**Genealogy**

**Beginning Your Online Roots**
Genealogy research in the 21st century is far different than it was a hundred years ago — or is it? Learn beginning techniques of research with modern technological advances. This class covers American resources that can be found in libraries, courthouses, churches and other online resources. Prerequisite: Windows® computer skills.

**GENE:705 | 4 sessions | $135.50 AGE 60+ | $159 REG**
F03 Tu 3:30 pm-5:30 pm Mary Stamm Sept. 17 – Oct. 8 MC-BA, 202

**Researching Cemeteries and Death Records**
Discover how to research ancestral burial grounds and various death records effectively to aid the family tree. Bring notebook, pencil, jump drive and family research notes to class. Pre-course materials available at www.leafseeker.com/resources.html.

**GENE:704 | 3 sessions | $53 AGE 60+ | $55 REG**
F01 Th 5:30 pm-8:30 pm LaDonna Garner Aug. 29 – Sept. 12 F-8, 120

**Mining Newspapers for Genealogy**
Unearth the numerous ways ancestors were chronicled by historical print through digitized and microfilmed newspapers. Bring notebook, pencil, jump drive and family research notes to class. Pre-course materials available at www.leafseeker.com/resources.html.

**GENE:704 | 1 session | $46 AGE 60+ | $42 REG**
F01 Th 5:30 pm-8:30 pm LaDonna Garner Oct. 17 F-8, 120

**Using Online Newspapers to Expand Your Family**
Researchers often look at newspapers for one item—obituaries. Newspapers help genealogists gather useful information and are increasingly available online. Learn about newspapers, where to locate them online and how to effectively use them. Prerequisites: Windows® computer skills and an active St. Louis County Library Card.

**GENE:705 | 2 sessions | $27 AGE 60+ | $35 REG**
F04 W 3:30 pm-5:30 pm Mary Stamm Oct. 2 – Oct. 9 STLCC-South County, 207

**Using FamilySearch.org**
Massive amounts of genealogical information are available for free on FamilySearch.org. This class will help navigate the website and all it has to offer for your genealogical research. Register for a free account at FamilySearch.org prior to class. Bring account login and jump drive to class. Prerequisite: Windows® computer skills.

**GENE:705 | 2 sessions | $27 AGE 60+ | $39 REG**
F05 W 3:30 pm-5:30 pm Mary Stamm Sept. 18 – Sept. 25 MC-BA, 212

**Silent Weekend**
Experience silence and new communication understanding while you take mini workshops conducted at beginning, intermediate, and or advanced levels. Weekend begins Friday at 6pm and continues until Sunday at noon. Information will be sent after registering via email. No refunds until 10/12.

**SIGN:725 | 1 session | $129 AGE 60+ | $129 REG**
F01 F 6 pm – Su noon Regina Driskill Oct. 25 – Oct. 27 Babler State Park

**NEW! Silent Weekend: Saturday Only**
This is a Saturday only day pass to the 40th anniversary line-up of Silent Weekend events. Includes entry and participation for all Saturday events including food. This does not include overnight accommodations at Babler Park. No refunds after 10/12.

**SIGN:725 | 1 session | $59 AGE 60+ | $59 REG**
F02 Sa 8 am-8 pm Regina Driskill Oct. 26 Babler State Park
Compiling Your Genealogy with RootsMagic™
Keep track of your genealogy research, photos and documents with the user-friendly family tree program, RootsMagic™. Prerequisite: Windows® computer skills and how to use a jump drive. Bring notebook, pencil, jump drive and family research notes to class. Pre-course materials available at www.leafseeker.com/resources.html. RootsMagic is a trademark of RootsMagic, Inc.

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<th>GEN:705</th>
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<tr>
<td>F06</td>
<td>Tu 5:30 pm-8:30 pm</td>
<td>LaDonna Garner</td>
<td>Sept. 26 – Oct. 3</td>
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Getting the Most from HeritageQuest®
Loaded with genealogical information and available for free with your St. Louis County Library card is HeritageQuest! This class discusses the various components that a genealogist can access from home with HeritageQuest® such as census records, military records and the Serial Set. HeritageQuest is a registered trademark of ProQuest LLC.

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<td>F02</td>
<td>Tu 3:30 pm-5:30 pm</td>
<td>Mary Stamm</td>
<td>Nov. 5 – Nov. 12</td>
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Options for Breaking Down Genealogical Walls
One of the most common challenges in genealogical research is blocked family lines. This interactive class teaches genealogical problem solving techniques to open those blocked lines and enhance your research! Prerequisite: Windows® computer skills and a beginning genealogy class from either St. Louis Genealogical Society or St. Louis Community College with at least six (6) months of applicable experience.

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<tr>
<td>F01</td>
<td>W 3:30 pm-5:30 pm</td>
<td>Mary Stamm</td>
<td>Oct. 16 – Oct. 23</td>
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Is Everything Really Getting Worse?
In the U.S. and around the world it seems societal challenges like crime, terrorism, poverty, inequality, wars, prejudice, health, the environment, education, immigration, political systems and moral values are getting worse. But are they really? Should we be pessimistic about the future or optimistic? Will our children and grandchildren inherit a world of even greater challenges than we experienced? This class will present facts (not feelings or personal observations) so that you can come to your own conclusion through sound reasoning. You may be quite surprised at the outcome.

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<tr>
<td>F01</td>
<td>Tu 7 pm-9 pm</td>
<td>Jan Worley</td>
<td>Sept. 10 – Sept. 17</td>
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NEW! Read All About It!: A Midwife’s Memoir
Explore the memoir of Jennifer Worth, author of “The Midwife: A Memoir of Birth, Joy and Hard Times” (The Midwife Trilogy), a series of books developed into one of PBS’ most popular series, “Call The Midwife.” Come read about and discuss the culture of the time periods in her books and how it has evolved into what society is today. Receive the book to read sections of in class and then take home. Cost of book included in class fee.

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<tr>
<td>F01</td>
<td>Sa 10 am-noon</td>
<td>Jacqueline Mink</td>
<td>Sept. 21 – Sept. 28</td>
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<tr>
<td>F02</td>
<td>Sa 10 am-noon</td>
<td>Jacqueline Mink</td>
<td>Oct. 12 – Oct. 19</td>
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NEW! Franken-Feature! James Whale and the Frankenstei Fan-nomenon!
Explore the secrets and mysteries behind the world’s most famous monster from Mary Shelley’s original creation to the Hollywood classics that made him big, green, and famous! Fun for all and filled with Franken-thrills of every kind!

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<tr>
<td>F02</td>
<td>Th 6 pm-9 pm</td>
<td>Dan Yezbick, Ph.D.</td>
<td>Oct. 24</td>
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NEW! The Beatles Yellow Submarine
Film: “The Beatles: Yellow Submarine” (George Dunning, 1968).

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<tr>
<td>F03</td>
<td>Tu 6 pm-9 pm</td>
<td>Dan Yezbick, Ph.D.</td>
<td>Nov. 5</td>
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NEW! Transgender Experience: Discussing Transgender and Gender Non-Conforming Identity
Explore the foundational ideas underlying categories like trans and transgender, illuminating the complexity of how gender works in general and specifically for trans people. Topics include history, terminology, etiquette and policy advocacy. Through tales of personal experience, the facilitator will debunk myths and provide information about the range of trans identities and experiences. Gain comfort talking about these issues and explore how these issues are relevant to you in your communities.

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<tr>
<td>F01</td>
<td>Th 6 pm-9 pm</td>
<td>Stephanie Thurmer</td>
<td>Sept. 5</td>
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REGENCY

What’s So Unique About Christianity?
There are two unique truths of Christianity: the Trinity and the Incarnation. Both of these tenets of the Christian faith are manifestly and uniquely manifested in how we live and how we love; interpersonal communion and personal union. Explore how the Trinity is one divine nature shared perfectly by three divine persons and how and why the second person of this Trinity became human. Basic scripture and key theologians will be examined.

RELG:703 | 1 session | $19 AGE 60+ | $19 REG
F02 W 6:30 pm-8 pm Fr. David Meconi, S.J. Sept. 18 FP-G, 113

Forgiveness: The Key to Happiness
Love can heal the world and forgiveness is the catalyst for making it happen. When we give up all grievances, the path is open to finding real peace and happiness. Discussion will include inspirational stories of the miracles of personal healing that radical forgiveness can produce and why forgiveness is so important for our own well-being and for others. The steps of performing forgiveness will be presented and discussed. Following these steps outside the classroom can release grievances and heal relationships. This presentation of forgiveness is psychologically based and is not focused on any particular religious view of forgiveness, so no religious or faith-based view of forgiveness is needed to understand and practice it.

RELG:701 | 1 session | $13 AGE 60+ | $19 REG
F02 Tu 7 pm-9 pm Jan Worley Oct. 11 MC-SO, 111

How We Know and Why We Believe
This course is an expansion of “How Do We Know What We Know to Be True?” offered in 2018. It examines four major ways in which humans have come to “know” what they believe to be true. In addition, there is a focus on comparing and contrasting knowledge and belief.

RELG:701 | 2 sessions | $21 AGE 60+ | $29 REG
F01 Th 7 pm-9 pm Ronald Mertz Oct. 17 – Oct. 24 MC-BA, 120

History of the Bible
Join us for the fascinating history of one of the world’s most famous, most read, most debated and most controversial books. Discussion will focus on how, when and by whom the material was recorded, copied, translated, debated and eventually selected to be canonized into collections to form the Hebrew scriptures followed by the Christian Bible, consisting of the Old and New Testaments. The Protestant Reformation will be discussed with attention to the implications of printing and translation of the Bible into English, and the recovery of ancient manuscripts, construction of critical editions and the rise of critical historical scholarship as well as contemporary responses. Stories within the Bible will not be discussed.

RELG:701 | 2 sessions | $19 AGE 60+ | $29 REG
F03 Tu 7 pm-9 pm Jan Worley Nov. 5 – Nov. 12 MC-BA, 120

Classical Anti-Semitism
During World War II the Grand Mufti of Jerusalem, Haj Amin al-Husseini, recruited 20,000 volunteers to work with the SS in implementing Hitler’s Final Solution. The Mufti’s effort to bring Hitler’s program of extermination of Jews to the Arab world created a bridge of sorts between the classical form of anti-Semitism that motivated Hitler and modern anti-Zionism. The first part of this series focuses in detail on classical anti-Semitism, which is marked by a series of distinct characteristics related to history, religion and culture beginning with Moses. In framing the tenets of classical anti-Semitism we will begin to draw a distinction between it and its contemporary, specifically Israeli-based component.

RELG:765 | 1 session | $13 AGE 60+ | $19 REG
F01 Th 7 pm-9 pm Katie Young Nov. 7 STLCC-South County, 100

Modern Anti-Zionism
Recently, Palestinian demonstrators from Gaza flew a swastika-decorated kite into Israel proper. This action marked an unusual but undeniable connection between modern anti-Zionism and its cousin, classical anti-Semitism. The first part of this course explores the historical development of anti-Semitism, beginning with Moses and progressing through the pseudo-scientific theories that classify Judaism not as merely a religion, but a race—an idea promulgated by, among others, Nazi Germany. This installment focuses on resentment directed specifically toward Jewish control of Israel by an array of detractors, including some in the Jewish community. It will delineate between religious and ethnocultural-based hostility toward the Jewish people and that which results directly from the Zionist movement and its results. Join us for an examination of this significant “-ism” from the perspectives of international relations, internal Israeli dynamics, religious sensibilities and historical patterns.

RELG:765 | 1 session | $13 AGE 60+ | $19 REG
F02 Th 7 pm-9 pm Katie Young Nov. 14 STLCC-South County, 100

NEW! World War II Tanks
Which army in World War II had the best tank? How do you even rate what makes a tank “the best”? This class will discuss the main battle tanks of the major combatant nations and rate them for mobility, armor and weaponry. We will also place these ratings into the context of battles in which they fought.

HIST:714 | 1 session | $13 AGE 60+ | $19 REG
F02 Th 7 pm-9 pm John Ketcherside Sept. 9 WW, 226

NEW! Standing in the Reign: The Lives and Legacies of Victoria and Albert
Together, Queen Victoria and Prince Albert wove a love story, transformed a nation and became the grandparents of Europe. Learn how Albert is responsible for a cherished Christmas tradition and about the crucial role he played in the American Civil War. We'll also explore how Victoria spanned an era and showed enduring love, mourning her departed husband for decades as she reigned as beloved Queen. Spend an evening discovering how Victoria and Albert came to their positions and the influence of their legacy.

HIST:712 | 1 session | $13 AGE 60+ | $19 REG
F02 Tu 7 pm-9 pm James Gallen Sept. 10 MC-SO, 205

NEW! Six Women
Tracing the story of six women through their maternal ancestry was an unexpected journey—a feat Gloria Perry thought near impossible in fact. To her surprise, genealogy tools, oral history and field trips enabled her to trace her maternal ancestry through America and Germany. Listen as she weaves the tale of six women and her quest to find them. This class is a mix of historical story-telling and genealogy tips. Instructor will be in period dress as her ancestors would have worn.

HIST:765 | 1 session | $19 AGE 60+ | $19 REG
F02 W 7 pm-8:30 pm Gloria Perry Sept. 11 MC-SO, 111

NEW! The Politics of Population
Part II: Migration
During the Middle Ages people rarely traveled more than seven miles beyond their place of birth. In other periods of human history, for various reasons, massive pockets of humanity uprooted themselves and their families in search of new circumstances or, more pressingly, to escape those which were no longer tenable. This second installment of the population series will examine patterns of human migration. Specifically, this investigation will focus on large-scale relocation resulting from factors related directly to changes in weather and climate. Join us as we work to understand the forces driving contemporary migrations and connect them to their historical counterparts. Prerequisite: The Politics of Population Part I: Homefront.

HIST:765 | 1 session | $13 AGE 60+ | $19 REG
F01 Th 7 pm-9 pm Katie Young Sept. 12 MC-SO, 108
The Life and Legacy of George H. W. Bush
Our country recently said farewell to George H. W. and Barbara Bush. Spend an evening reflecting on the life of this Navy hero, Yale Bulldog, businessman, congressman, ambassador, vice-president and president and learn how he and Barbara became the linchpins of a political dynasty.

New!

HIST:703 | 1 session | $13 AGE 60+ | $19 REG
F01 | Tu 7pm-9pm | James Gallen
   Sept. 24 | MC-BA, 120

Napoleon’s 100 Days
Napoleon dramatically returned to France as a criminal and within 100 days was once again Emperor of France, at war with Europe, and again abdicating his throne and under arrest! This class will discuss this dramatic story and the battles that led to his defeat at Waterloo.

New!

HIST:712 | 1 session | $13 AGE 60+ | $19 REG
F01 | M 7pm-9pm | John Ketcherside
   Sept. 30 | MC-BA, 116

Maitresse-en-titre: French Kings and Their Famous Paramours
Diane de Poitiers. Gabrielle d’Estrees. Madame de Pompadour. With one notable exception, every French king from the Merovingian Dynasty through the Second Empire has enjoyed the company of one or more extramarital “favorites.” These women typically boasted high birth and status, authority in the eyes of the court and considerable public attention. This course will explore the roles and lives of some of the most famous (and infamous) mistresses of French kings, from the relationships they shared with their respective kings and the reputations they enjoyed among courtiers, to the tokens of royal affection they received. Join us for a round of salon gossip so lurid that it could only be about the French!

New!

HIST:712 | 1 session | $13 AGE 60+ | $19 REG
F03 | Th 7pm-9pm | Katie Young
   Oct. 3 | MC-SO, 108

The Cuban Missile Crisis
Did the United States “win” the Cuban Missile Crisis? Did the Soviets? This class examines the Cold War context in which the crisis occurred, the decisions leaders made from the options available to them, and the long term impact some of these decisions continue to present today.

New!

HIST:715 | 1 session | $13 AGE 60+ | $19 REG
F01 | M 7pm-9pm | John Ketcherside
   Oct. 21 | MC-BA, 116

Battle of the Bulge
In an attempt to drive a wedge between the British and American armies and capture the port of Antwerp, the Germans launched an offensive through the Ardennes forest. The result was the largest battle fought by the American Army during the Second World War: the Battle of the Bulge. Often portrayed as a near disaster for the American Army during the Second World War: the M 7 pm-9 pm

HIST:708 | 1 session | $13 AGE 60+ | $19 REG
F02 | Th 6:30pm-8:30pm | Amanda Ball Clark
   Sept. 5 | MC-CS, 206

NEW! St. Louis Disasters and Catastrophes
Cholera, tornadoes, fire - all of these disasters have devastated St. Louis but have also brought about improvements to our city and cities around the globe. Topics will include the Great Fire of 1849, the 1896 and 1927 St. Louis tornadoes, transportation disasters and more!

New!

HIST:708 | 1 session | $13 AGE 60+ | $19 REG
F01 | Th 6:30pm-8:30pm | Amanda Ball Clark
   Sept. 19 | MC-CS, 206

St. Louis True Crime Survey
Take a deep dive into some of St. Louis history’s most notorious true crime stories of murder, robbery, kidnapping and disappearance! Learn the real stories behind infamous legends and uncover crimes that have been lost to history. Each story will be illuminated with multi-media accounts including 255-year-old journal entries, archived newspaper coverage, popular culture references and more. True crime fans will not want to miss this class!

New!

HIST:708 | 1 session | $13 AGE 60+ | $19 REG
F03 | Th 6:30pm-8:30pm | Amanda Ball Clark
   Oct. 17 | MC-CS, 206

NEW! Dark Moments in St. Louis History
St. Louis has had its fair share of dark moments in its history including mayors mained or killed while in office, prominent St. Louisans held captive by pirates, school children sprayed with radioactive substances, and agonizing deaths in the Mississippi River. Explore these moments and more in this class. You may even discover not one but two Jack the Ripper suspects with ties to St. Louis!

New!

HIST:708 | 1 session | $13 AGE 60+ | $19 REG
F05 | W 7pm-8:30pm | Douglas Schneider
   Oct. 30 | MC-CS, 206

The 1904 World's Fair: Innovations and Inventions
Many new products and inventions made their debut at the 1904 World's Fair in St. Louis including the fax machine, cotton candy, electric typewriter, cell phone booth and many others! The World's Fair exposed people to objects they had never seen before like the ice cream cone and puffed rice, and it even brought St. Louis clear drinking water for the first time! Join us for an illuminating evening of all the 1904 World's Fair brought to the modern world!

New!

HIST:708 | 1 session | $13 AGE 60+ | $19 REG
F04 | W 7pm-8:30pm | Douglas Schneider
   Nov. 13 | MC-CS, 206

Women's Literary History of St. Louis
Learn about St. Louis’ incredibly rich history of women writers, playwrights, poets and even a muse or two. This lecture will discuss famous female authors including Sara Teasdale, Kate Chopin, Maya Angelou and more. Learn about the historical context of their lives and work while gaining insights into the lives they led. We will also uncover several women whose work has been lost to popular history, but who will astound you with their genius and unbelievable life stories.

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New!

HIST:708 | 1 session | $13 AGE 60+ | $19 REG
F04 | W 7pm-8:30pm | Douglas Schneider
   Nov. 13 | MC-CS, 206

New! Walking Tour of Central West End
Stroll through some of St. Louis' grandest architecture and explore famous authors, ghosts and celebrities that have called this neighborhood home. Tour includes the Cathedral Basilica, Chase Park Plaza, Hortense Place and many hidden architectural and history treasures. Meet in Chase Park Plaza lobby. Withdrawal deadline for refund: 8/23.

New!

TRIP:701 | 1 session | $185.50 AGE 60+ | $255 REG
F02 | Th 6:30pm-9pm | Joan Huisinga
   Aug. 29 | MC-Off Campus

New! Walk Across the Mississippi River
Enjoy an educational stroll across McKinley Bridge before setting off by bus to explore Granite City, an Illinois company town founded in 1896 and named after the kitchenware manufactured there. Experience the town through a new lens, visiting the art and design district, silk stocking row, Route 66, railroad buildings, an art deco library, graffiti alley, army camp and remnants of the town it once was. Lunch will be in Illinois in a historic bank building. Also see an l-house turned into a museum. Cost includes bus, town guide, admissions, lunch and gratuities. Bus leaves from Forest Park campus in the parking lot behind Tower G. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 8/15.

New!

TRIP:701 | 1 session | $114.50 AGE 60+ | $125 REG
F01 | Th 8am-4:30pm | Joan Huisinga
   Aug. 29 | MC-Off Campus

New! Walking Tour of Central West End
Stroll through some of St. Louis’ grandest architecture and explore famous authors, ghosts and celebrities that have called this neighborhood home. Tour includes the Cathedral Basilica, Chase Park Plaza, Hortense Place and many hidden architectural and history treasures. Meet in Chase Park Plaza lobby. Withdrawal deadline for refund: 8/23.

New!

TRIP:701 | 1 session | $25 AGE 60+ | $25 REG
F03 | Sa 10am-noon | RenegadeSTL
   Sept. 14 | MC-Off Campus

PERSONAL ENRICHMENT
TOURS AND TRIPS
We care about your comfort during our Tours and Trips! So it’s important you are aware that these outings may require navigation of stairs or uneven surfaces. By nature, walking tours may offer limited access to seating.

If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Continuing Education Access Office at 314-984-7704 as soon as possible in advance of the program for consideration of your accommodations request. For trips and tours, it is helpful to receive advance notice of up to one month.

With less advance notice, it may be difficult to meet needs of interested members.

New! Our Newest National Park, Ste. Genevieve
Historic sites of Ste. Genevieve have been designated as North America’s newest National Park, earning this spot as the best collection of French Colonial architecture in the nation. Learn why the town received this honor and tour the latest restored examples on the National Park grounds. Enjoy lunch at the Old Brick House followed by tours of two historic houses on the town square. There will be time for shopping a quick wine tasting or an ice cream cone on your own before we head back to campus. Anticipate slightly uneven ground by two sites and walking around the square. Cost includes bus, town guide, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 8/15.
Great Tips for Traveling Abroad
Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who’ve been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and offers numerous helpful tips for what to bring (and more importantly what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling internationally. Little things can make a big difference in your experience. If you’re planning to go abroad, make this class your first stop!

**TRIP:703 |** | 1 session | $20.50 AGE 60+ | $91.50 AGE 60+ | $|
F01 | Tu 6:30 pm-8:30 pm | Fred Miller | Clayton HS, 123 | Sept. 17

**NEW! Pompeii in St. Louis**
Relive the catastrophic eruption of Mount Vesuvius and the rediscovery of the Roman city of Pompeii with nearly 200 authentic artifacts and interactives at the St. Louis Science Center. Experience a guided tour through the exhibit followed by a private lecture by an expert on Roman culture and history. Enjoy a Sicilian lunch at Bartolino’s Osteria. Withdrawal deadline for refund: 9/30.

**TRIP:701 |** | 1 session | $109 AGE 60+ | $109 REG |
F16 | M 9 am-4 pm | Are We There Yet? | FV-Off Campus |
| Meet tour bus: Top of circular drive between Administration and Social Sciences buildings |
F17 | M 9:30 am-3:15 pm | Are We There Yet? | MC-Off Campus |
| Meet tour bus: Lot W on NW side of Meramec campus |

**NEW! Unusual Little Museums**
Visit unique St. Louis museums you probably didn’t know existed with collections spanning music, music, art, religion and then some. We will travel off the beaten path to different areas of the city, discovering small, hidden gems along the way. There is a flight of stairs in two buildings. Cost includes bus, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 8/23.

**TRIP:701 |** | 1 session | $91.50 AGE 60+ | $99 REG |
F04 | Th 9:30 am-3:30 pm | Joan Huisinga | MC-Off Campus |
| Sept. 26 |

**Forest Park Walking Tour**
See Forest Park in a whole new light—not just as the backdrop for the 1904 World's Fair but as a reflection of our city's complicated history and promising future. In this two-hour walking tour, explore a hidden corner of the Missouri History Museum, learn the stories behind some of the amazing statues tucked away throughout the park and see familiar sites through the eyes of countess generations of Louisians, including those who called this area home 10,000 years ago. Provide own transportation to tour, which will begin at Forest Park visitors center south entrance. Withdrawal deadline for refund: 9/16.

**TRIP:701 |** | 1 session | $54 AGE 60+ | $45 REG |
F05 | Sa 10 am-noon | RenegadeSTL | FP-Off Campus |
| Sept. 28 |

**NEW! Millionaire’s Row**
Millionaire’s Row, which sits on the edge of the new $94 million NGA site, features lavish Victorian mansions built by prominent St. Louis businessmen in the 1870s and 1880s with architectural styles spanning Italianate, Second Empire and Romanesque Revival. Visit one of three African-American museums on Millionaire’s Row, the George B. Vashon Museum. See gaggleys, flounder houses and breweries on the tour as well. Bus leaves from Forest Park campus in the parking lot behind Tower G. Please arrive 15 minutes prior to departure time.

**TRIP:701 |** | 1 session | $63 AGE 60+ | $59 REG |
F06 | W 9:30 am-noon | Douglas Schneider | FP-Off Campus |
| Oct. 2 |

**NEW! Re-Live the 1904 World’s Fair**
Join us for an illustrated, narrated tour of the historic 1904 World’s Fair grounds in and around Forest Park. Travel back in time through a special 3D stereoscopic presentation (special 3D glasses will be provided), and then visit the sites of the marvels you’ve just seen: the colossal ferris wheel and floral clock, festival hall and the Grand Basin, the fabulous pike with the Tyrolean Alps and baby incubators, the Philippine village and the walled city of Jerusalem, the first Olympic Games to be held in the USA, massive buildings, famous and exotic people, amazing inventions and much more! Fee includes a light lunch of foods made famous at the Fair and print materials (including maps) for you to take home. Some walking required. Provide own transportation for the tour.

**TRIP:701 |** | 1 session | $50.50 AGE 60+ | $59 REG |
F08 | Sa 8:30 am-1:30 pm | C. Koehler, D. Schneider | FP-G, 115 |
| Oct. 5 |

**St. Louis Cortex By Bus**
The Cortex Innovation Community is home to a vibrant 200-acre innovation hub and technology district integrated into St. Louis historic Central West End. This tour explores the district, stopping to visit hot spots in our local Silicon Valley. Discover which building offers weekly free lectures with free wine/beer. The tour will also show off the new neighboring projects being developed: City Foundry and The Armory. Lunch at the Chocolate Pig. Bus leaves from Forest Park campus in the parking lot behind Tower G. Withdrawal deadline for refund: 6/28.

**TRIP:701 |** | 1 session | $64 AGE 60+ | $69 REG |
F14 | Tu 9:30 am-12:30 pm | Douglas Schneider | FP-Off Campus |
| Oct. 29 |

**NEW Beautiful Belleville**
Explore Belleville, IL through a guided walking tour (1.5 to 2 miles) to learn the early history of Belleville founders and famous visitors and to view the town’s French and German architecture. A German historical neighborhood featuring houses of various tradesmen and merchants will be highlighted. Visit the Belleville Labor and Industrial Museum for an informative experience. Enjoy lunch at the new Hofbrauhaus. After lunch, tour the seat of the Belleville Diocese—Cathedral of St. Peter, modeled after the Exeter cathedral in England. Fee includes professional tour guide Dea Hoover, motorcoach transportation, local guided tour in Belleville, IL, lunch at Hofbrauhaus, tour of Cathedral of St. Peter, and all gratuities to driver and guide. Please note the Belleville historical tour is a walking tour of 1.5 to 2 miles at a leisurely pace. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 10/1.

**TRIP:701 |** | 1 session | $109 AGE 60+ | $109 REG |
F11 | Th 8:45 am-4:30 pm | Are We There Yet? | FV-Off Campus |
| Meet tour bus: Top of circular drive between Administration and Social Sciences buildings |
F12 | Th 9:15 am-4 pm | Are We There Yet? | MC-Off Campus |
| Meet tour bus: Lot W on NW side of Meramec campus |

**NEW True Crime Tour**
Exclusive to STLCC! Join Renegade STL as we go deep into all things true crime throughout St. Louis’ colorful history! Reaching back through our city’s 255-year history, we will discuss the true stories behind some of the most notorious crimes as well as uncover stories that have been lost to popular history. Bus leaves from Forest Park campus in the parking lot behind Tower G.

**TRIP:701 |** | 1 session | $45 AGE 60+ | $45 REG |
F13 | Sa 10 am-noon | RenegadeSTL | FP-Off Campus |
| Oct. 26 |

**Haunted House: St. Louis Stories at the Lemp Mansion**
Meet at the Lemp Mansion, 3322 DeMenil Place, one of America’s most haunted houses to tour and learn about the family. Enjoy lunch followed by Joan’s program on St. Louis favorite ghosts and haunted homes. Parking is on the lot next door to the home and on the street. Cost includes home tour, lunch and lecture.

**TRIP:701 |** | 1 session | $54 AGE 60+ | $49 REG |
F10 | W 11 am-2 pm | Joan Huisinga | MC-Off Campus |
| Oct. 16 |

We have more! Prepare for your travel with foreign language classes. Explore our many options—including Arabic, Bosnian/ Croatian, French, Gaelic, German, Italian, Korean, Mandarin, Portuguese, Russian and Spanish—on pages 48-51.
Country Christmas  
Christmas customs were different over 100 years ago in what was the "country" at the time. Travel back in time as we visit the Sappington House and the Hawken House to learn about their holiday celebrations. Then it's on to Hermann for a modern lunch at Blue Owl followed by a tour of the Anheuser Estate and perhaps the Burgess House House for some last minute shopping. The tour includes guide, homes, lunch, transportation and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 10/1.

CHRISTMAS IN THE GREEN WITH VISIT TO HONEYSHUCK  
Explore the Champ Clark House in Bowling Green, Missouri. This former residence of Honorable Champ Clark, congressman from Missouri’s 9th District who presided as speaker of the U. S. House of Representatives from 1911 to 1919. His son Bennett Clark was raised here and went on to distinguish himself as a founder of The American Legion and U. S. Senator from the Show-Me State. When they moved to the house in 1898, Champ and his wife Genevieve named it Honeyshuck for the seed-pods of the locust tree in the yard. Now a National Historic Landmark and regional museum, the Clark’s home is open to the public with collections that interpret not only their personal lives and political legacies of the Clark family, but the remarkable records and rich heritage of public service by elected office-holders from Pike County and Northeast Missouri. Also, enjoy a private, catered lunch at the Broken P Arena event venue before experiencing an annual Christmas bazaar in the Green that highlights the small-town, locally owned shops. Visit Bankhead Chocolates, famous for their chocolate caramel turtles where you will receive a chocolate turtle to sample. Then, enjoy shopping time at Bankhead’s, Heartstrings and the Country Store on your own. Fee includes: professional tour guide Dea Hoover, motorcoach transportation, private tour of Honeyshuck, inclusive lunch at Broken P Arena, sample at Bankhead’s Chocolate, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/1.

SPACIFIC OCEAN CRUISE  
Discover the magnificent shorelines of Alaska, the Hawaiian Islands, the South Pacific, Southeast Asia and Japan. This Alaska and Japan cruise has it all! Enjoy the wildlife, the historic sites, the culture and the food and drinks of this magnificent Alaska and Japan cruise. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 10/1.

NEW! EXODUS TO THE NILE  
Discover one of the most spectacular places on earth and cruise the Nile River from Luxor to Aswan. Enjoy the ancient temples of Luxor, the Valley of the Kings, Abu Simbel, and the Aswan High Dam. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/18.

VICARIOUS TRAVEL  
Enjoy a virtual trip to historic French cities including Bordeaux, Mont St. Emilion (wine lovers, you'll love it), Lourdes, Toulouse, Albi (cathedrals don't get better than this one), Limoges, Dijon (Burgundy's capital city) and Lyon (former capital of our city of St. Louis). We'll also explore the incredible 15th century Hotel Deau at Beaune, the 10th century Cluny abbey, Ronchamp's fabulous 1950s-era Clauzelter Church, and some wonderful parts of the magnificent Paris.

NEW! EXPLORE SOUTHEASTERN FRANCE: A TRAVELOGUE  
Gain an insightful view into this island filled with beautiful natural scenery and fascinating historic places. Sites related to the 1959 revolution, wonderful churches, Ernest Hemingway's fascinating home, a performance at the incredible Tropicana nightclub, and much more will be enjoyed. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.

CHICAGO CUBA: A TRAVELOGUE  
Gain an insightful view into this island filled with beautiful natural scenery and fascinating historic places. Sites related to the 1959 revolution, wonderful churches, Ernest Hemingway's fascinating home, a performance at the incredible Tropicana nightclub, and much more will be enjoyed. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.

NEW! EXPLORE NEW ZEALAND: A TRAVELOGUE  
Experience the best of New Zealand’s natural landscapes, from the rugged coastlines of the South Island to the majestic glaciers of the North Island. Visit Auckland, the country’s largest city, and explore its vibrant culture and beautiful parks. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.

NEW! EXPLORE MYANMAR: A TRAVELOGUE  
Discover one of Asia’s most interesting places: Myanmar. Formly known as Burma, Myanmar is beautiful in architecture and scenery, featuring some of the world's most spectacular pagodas and temples, but also hosts an element of public policy that is highly controversial. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.

NEW! EXPLORE BRAZIL: A TRAVELOGUE  
Brazil is a vast and diverse country with a rich culture and history. Explore the stunning beaches of Rio de Janeiro, the rich history of Sao Paulo, and the architectural marvels of Brasilia. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.

NEW! EXPLORE THE MEDITERRANEAN  
Discover the beauty and history of the Mediterranean region, from Greece to Italy. Explore the ancient ruins of Athens, the scenic beaches of the Greek islands, and the cultural marvels of Rome and Florence. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.

NEW! EXPLORE CHINA: A TRAVELOGUE  
Experience the rich history and culture of China, from the ancient palaces of Beijing to the modern skyline of Shanghai. Fee includes: round-trip airfare, accommodation, meals, excursions and gratuities. Meet tour bus on Lot E on NW side of Meramec campuse. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 11/19.
Motorcycle Safety Basic Rider Course

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, and also provides an excellent skills update for returning riders or those with experience but no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited—check availability before registering; personal scooters are also permitted). This is a MO State waiver class; those who successfully complete the course will be issued a completion card to obtain the MO license endorsement. Students must be at least 15 and a half years of age and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring a three-quarter or full helmet that meets Department of Transportation standards (loaner helmets available), over ankle boots with 2-inch or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants and a photo ID. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are dismissed from class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted. Visit stltc.edu/motorcycle for detailed information. To view a five-minute video of the course highlights, visit msf-usa.org.

**MOTR:700 | 2 sessions | $152.50 AGE 60+ | $225 REG**

**F02** Sa/Su 7 am-5 pm  
Aug. 24 - Aug. 25  
Jeffery Pittenger  
FP-D, 215

**F03** Sa/Su 7 am-5 pm  
Sept. 7 – Sept. 8  
Jeffery Pittenger  
FP-D, 215

**F04** Sa/Su 7 am-5 pm  
Sept. 14 – Sept. 15  
Jeffery Pittenger  
FP-D, 215

**F05** Sa/Su 8 am-6 pm  
Sept. 21 – Sept. 22  
Jeffery Pittenger  
FP-D, 215

**F06** Sa/Su 8 am-6 pm  
Oct. 5 – Oct. 6  
Jeffery Pittenger  
FP-D, 215

**F07** Sa/Su 8 am-6 pm  
Oct. 12 – Oct. 13  
Jeffery Pittenger  
FP-D, 215

**F08** Sa/Su 8 am-6 pm  
Oct. 19 – Oct. 20  
Jeffery Pittenger  
FP-D, 215

**F09** Sa/Su 8 am-6 pm  
Oct. 26 – Oct. 27  
Jeffery Pittenger  
FP-D, 215

Bridge: Beginning

Want to learn a new card game this fall? Bridge is the perfect game for you! Learn Standard American (SAYC) bidding, game instruction, defense techniques and general etiquette used in contract bridge.

**GAME:701 | 4 sessions | $24 AGE 60+ | $39 REG**

**F03** W 4:30 pm-6:30 pm  
Oct. 2 – Oct. 23  
FV-Student Ctr, Dining A

**GAME:701 | 8 sessions | $58.50 AGE 60+ | $89 REG**

**F01** M 5 pm-7 pm  
Aug. 19 – Oct. 28  
• NOTE: No class 9/2, 9/30, 10/21.

**GAME:701 | 8 sessions | $66 AGE 60+ | $99 REG**

**F02** Tu 2:45 pm-4:45 pm  
Aug. 20 – Oct. 15  
Affton White-Rodgers, B  
• NOTE: No class 10/1.

Bridge: Supervised Party Bridge with Intermediate Instruction

Practice what you learned in Bridge: Beginning in this structured party bridge setting. Play bridge, keep score and learn how to play your hand more skillfully. Prerequisite: Bridge: Beginning or equivalent experience.

**GAME:702 | 3 sessions | $27.50 AGE 60+ | $39 REG**

**F01** M 5 pm-7 pm  
Dec. 2 – Dec. 16  
Phyllis Siegel  
MC-SW, 108

**GAME:702 | 3 sessions | $29 AGE 60+ | $39 REG**

**F02** Tu 2:45 pm-4:45 pm  
Dec. 3 – Dec. 17  
Phyllis Siegel  
Affton White-Rodgers, B

Chess for Beginners

Are you new to the game of chess? Have you always wanted to learn the world’s greatest game? Starting at square one, go from pawn to a tournament ready chess player! Build critical thinking, spark cognitive development, increase memory and learn skills that translate to all parts of your life. All chess materials provided.

**GAME:710 | 8 sessions | $39.50 AGE 60+ | $59 REG**

**F02** M 5 pm-6 pm  
Sept. 16 – Nov. 4  
Kyle Weber  
MC-SW, 105

NEW Chess Tactics and Strategy

Go beyoind the opening and dive into tactical motifs and complex checkmate patterns. Analyze high level grandmaster games, middle game and endgame strategies. Students at this level can readily implement openning principles and can demonstrate all advanced strategies. Students must bring a three-quarter or full helmet that meets Department of Transportation standards (loaner helmets available), over ankle boots with 2-inch or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants and a photo ID. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted. Visit stltc.edu/motorcycle for detailed information. To view a five-minute video of the course highlights, visit msf-usa.org.

**GAME:710 | 8 sessions | $39.50 AGE 60+ | $59 REG**

**F03** W 5 pm-6 pm  
Sept. 19 – Nov. 6  
Kyle Weber  
MC-SW, 105

NEW Learn to Play Mah Jongg and Supervised Play

Challenge your intellect with the Chinese game of Mah Jongg. This tile-based game similar to the card game rummy is gaining popularity all around the world. Learn this game of skill, strategy and chance in just three sessions! Already know how to play or need a refresher? Join us for supervised play with instruction as needed! Bring 2019 Mah Jongg card to class.

**GAME:710 | 3 sessions | $29 AGE 60+ | $39 REG**

**F01** Tu 2:45 pm-4:45 pm  
Oct. 29 – Nov. 19  
Affton White-Rodgers, B  
• NOTE: No class 11/5.

NEW Chess Tactics and Strategy

Go beyoind the opening and dive into tactical motifs and complex checkmate patterns. Analyze high level grandmaster games, middle game and endgame strategies. Students at this level can readily implement openning principles and can demonstrate all advanced strategies. Students must bring a three-quarter or full helmet that meets Department of Transportation standards (loaner helmets available), over ankle boots with 2-inch or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants and a photo ID. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted. Visit stltc.edu/motorcycle for detailed information. To view a five-minute video of the course highlights, visit msf-usa.org.

**GAME:710 | 8 sessions | $39.50 AGE 60+ | $59 REG**

**F02** M 5 pm-6 pm  
Sept. 16 – Nov. 4  
Kyle Weber  
MC-SW, 105

NEW Learn to Play Mah Jongg and Supervised Play

Challenge your intellect with the Chinese game of Mah Jongg. This tile-based game similar to the card game rummy is gaining popularity all around the world. Learn this game of skill, strategy and chance in just three sessions! Already know how to play or need a refresher? Join us for supervised play with instruction as needed! Bring 2019 Mah Jongg card to class.

**GAME:710 | 3 sessions | $29 AGE 60+ | $39 REG**

**F01** Tu 2:45 pm-4:45 pm  
Oct. 29 – Nov. 19  
Affton White-Rodgers, B  
• NOTE: No class 11/5.

The instructors created a welcoming and friendly learning environment. They made it easy to get comfortable with fellow classmates and feel comfortable asking any questions.

Amanda H.  
Saint Louis
PERSONAL ENRICHMENT

Fencing

Fencing: Beginning I and II
Have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and outing and will accommodate returning students as well with instruction to expand technique. Equipment provided.

**PEDU:745 | 8 sessions | $44 AGE 60+ | $69 REG**

**F01 | W 6 pm-7 pm**
Rick S.,
Saint Louis

“...this class was a lot of fun and informative. I left with a greater appreciation for fencing.”

Recreational Team Sports

Basketball: Recreational
Tired of riding the pine? Get up and play! A great way to have fun and get exercise. All levels welcome; just register and come play! Bring a white and a dark colored t-shirt to class. Do not wear jewelry.

**PEDU:701 | 12 sessions | $59 AGE 60+ | $99 REG**

**F01 | M 7 pm-8:30 pm**
Richard Bannecker
Resurrection Lutheran

Volleyball: Recreational
Keep fit, have fun and make friends. Register and come play! All levels welcome.

**PEDU:704 | 10 sessions | $37 AGE 60+ | $69 REG**

**F01 | F 7 pm-8:30 pm**
Jason Guss
FV-PE, Gym

Golf for Seniors
Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace. Extra fee for balls.

**PEDU:765 | 4 sessions | $45 AGE 60+ | $45 REG**

**F02 | Tu 10 am-11 am**

Sept. 10 – Oct. 1 Golfport of Maryland Heights

Golf: Basics and Beyond
Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers can get back to basics to help unlearn any bad habits. Class covers putting, chipping, pitching, rules, etiquette, full swing with iron and full swing with wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course. Extra fee for balls.

**PEDU:730 | 5 sessions | $99 AGE 60+ | $99 REG**

**F03 | Sa 10 am-11:30 am**

Sept. 7 – Oct. 5 Eagle Springs Golf Course

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

**PEDU:730 | 4 sessions | $45 AGE 60+ | $45 REG**

**F02 | Tu 6 pm-7 pm**

Sept. 10 – Oct. 1 Golfport of Maryland Heights

**PEDU:730 | 6 sessions | $32 AGE 60+ | $32 REG**

**F01 | Th 6 pm-7 pm**

Sept. 12 – Oct. 17 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 | 4 sessions | $45 AGE 60+ | $45 REG**

**F03 | Th 7 pm-8 pm**

Sept. 12 – Oct. 3 Golfport of Maryland Heights

**F04 | Sa 9 am-10 am**

Sept. 14 – Oct. 5 Golfport of Maryland Heights

**F05 | Sa 10 am-11 am**

Sept. 14 – Oct. 5 Golfport of Maryland Heights

**PEDU:731 | 6 sessions | $32 AGE 60+ | $32 REG**

**F01 | Tu 7 pm-8 pm**

Sept. 10 – Oct. 15 First Tee Driving Range

**F02 | Th 7 pm-8 pm**

Sept. 12 – Oct. 17 First Tee Driving Range

Golf: Caregiver/Child
Enjoy time with your child, ages 7-15, and have fun learning the basics of golf together! Improve your game and help your child practice golf skills. Registration required for each participant. Extra fee for balls. Senior discount does not apply.

**PEDU:765 | 4 sessions | $45 AGE 60+ | $45 REG**

**F05 | Sa 11 am-noon**

Sept. 14 – Oct. 5 Golfport of Maryland Heights

Golf: Advanced
Focus on individual skills that need improvement. This class is catered to the experienced golfer eager to practice drills, refine their golf mind set and improve course management skills.

**PEDU:734 | 6 sessions | $32 AGE 60+ | $59 REG**

**F03 | W 6 pm-7 pm**

Sept. 11 – Oct. 16 First Tee Driving Range

Golf: Playing Lesson
Enjoy this unique opportunity to play with an experienced golf instructor. Golf professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately $15 to play some holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the class start time, so be sure to arrive a few minutes early.

**PEDU:765 | 1 session | $39 AGE 60+ | $39 REG**

**F06 | Tu 5 pm-7 pm**

Aug. 27 Eagle Springs Golf Course

**F07 | Tu 5 pm-7 pm**

Sept. 10 Eagle Springs Golf Course

Golf: The Swing of Things
Get into the swing of things! This fun class is essential for every golfer! Perfecting your swing is not all about hitting the ball; it’s learning and understanding how to use your body motion to create your perfect swing. Extra fee for balls.

**PEDU:765 | 4 sessions | $45 AGE 60+ | $45 REG**

**F03 | Th 7 pm-8 pm**

Sept. 10 – Oct. 1 Golfport of Maryland Heights

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 | $32 AGE 60+ | $59 REG**

**F01 | Tu 6 pm-7 pm**

Sept. 10 – Oct. 15 First Tee Driving Range

**F02 | Th 6 pm-7 pm**

Sept. 12 – Oct. 3 Golfport of Maryland Heights

Golf: Tee for Two
Want to enjoy the game of golf with your significant other? Whether you’ve played for years or have never picked up a club, couples can enjoy time together while learning and improving golf skills. Open to all levels. Each participant must register. Clubs available for use at the range. Extra fee for balls.

**PEDU:765 | 4 sessions | $45 AGE 60+ | $45 REG**

**F04 | Th 6 pm-7 pm**

Sept. 12 – Oct. 3 Golfport of Maryland Heights

HOT!

REGISTRATION BEGINS AUG 5 | 314-984-7777 | STLCC.EDU/CE 59
Tennis and Pickleball

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 emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved 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.

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<tr>
<td>F01</td>
<td>Sa 2:30 pm-3:30 pm</td>
<td>Sept. 7 – Oct. 19</td>
<td>Vetta Concord Sports Club</td>
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<tr>
<td>F02</td>
<td>Tu 1 pm-2 pm</td>
<td>Oct. 22 – Dec. 3</td>
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Tennis: Beginning I and II - NTRP 1.0-2.5
See NTRP rating Box. Tennis balls provided.

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<td>F07</td>
<td>Su 6 pm-7 pm</td>
<td>Sept. 8 – Sept. 29</td>
<td>Frontenac Racquet Club</td>
</tr>
<tr>
<td>F05</td>
<td>M 1 pm-2 pm</td>
<td>Sept. 9 – Sept. 30</td>
<td>Sunset Hills CC, indoor courts</td>
</tr>
<tr>
<td>F03</td>
<td>Sa 1 pm-2 pm</td>
<td>Oct. 5 – Oct. 26</td>
<td>Sunset Hills CC, indoor courts</td>
</tr>
<tr>
<td>F08</td>
<td>Su 6 pm-7 pm</td>
<td>Oct. 6 – Oct. 27</td>
<td>Frontenac Racquet Club</td>
</tr>
<tr>
<td>F06</td>
<td>M 1 pm-2 pm</td>
<td>Oct. 7 – Oct. 28</td>
<td>Sunset Hills CC, indoor courts</td>
</tr>
<tr>
<td>F04</td>
<td>Sa 1 pm-2 pm Nov. 2 – Nov. 30</td>
<td>Sunset Hills CC, indoor courts</td>
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Tennis: Beginning II - NTRP 2.5
See NTRP rating Box. Tennis balls provided.

<table>
<thead>
<tr>
<th>PEDU:734</th>
<th>7 sessions</th>
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<th>$65 REG</th>
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<tbody>
<tr>
<td>F01</td>
<td>Sa 3:30 pm-4:30 pm</td>
<td>Sept. 7 – Oct. 19</td>
<td>Vetta Concord Sports Club</td>
</tr>
<tr>
<td>F02</td>
<td>Sa 3:30 pm-4:30 pm</td>
<td>Oct. 26 – Dec. 14</td>
<td>Vetta Concord Sports Club</td>
</tr>
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</table>

Tennis: Intermediate I - NTRP 3.0
See NTRP rating Box. Tennis balls provided.

<table>
<thead>
<tr>
<th>PEDU:735</th>
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<th>$80 REG</th>
</tr>
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<tbody>
<tr>
<td>F05</td>
<td>Su 7 pm-8 pm</td>
<td>Sept. 8 – Sept. 29</td>
<td>Frontenac Racquet Club</td>
</tr>
<tr>
<td>F06</td>
<td>Su 7 pm-8 pm</td>
<td>Oct. 6 – Oct. 27</td>
<td>Frontenac Racquet Club</td>
</tr>
<tr>
<td>F07</td>
<td>Su 7 pm-8 pm</td>
<td>Oct. 22 – Dec. 3</td>
<td>Vetta Concord Sports Club</td>
</tr>
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</table>

Tennis: Intermediate Advanced - NTRP 3.0-4.0
See NTRP rating Box. Tennis balls provided.

<table>
<thead>
<tr>
<th>PEDU:736</th>
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<tbody>
<tr>
<td>F01</td>
<td>Tu 2 pm-3:30 pm</td>
<td>Sept. 7 – Oct. 19</td>
<td>Vetta Concord Sports Club</td>
</tr>
<tr>
<td>F02</td>
<td>Sa 4:30 pm-6 pm</td>
<td>Sept. 7 – Oct. 19</td>
<td>Vetta Concord Sports Club</td>
</tr>
<tr>
<td>F03</td>
<td>Th 2 pm-3:30 pm</td>
<td>Oct. 22 – Dec. 3</td>
<td>Vetta Concord Sports Club</td>
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</table>

Tennis: Intermediate Advanced - NTRP 3.0-4.0
See NTRP rating Box. Tennis balls provided.

<table>
<thead>
<tr>
<th>PEDU:737</th>
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<tbody>
<tr>
<td>F01</td>
<td>Tu 2 pm-3:30 pm</td>
<td>Sept. 7 – Oct. 19</td>
<td>Vetta Concord Sports Club</td>
</tr>
<tr>
<td>F02</td>
<td>Sa 4:30 pm-6 pm</td>
<td>Sept. 7 – Oct. 19</td>
<td>Vetta Concord Sports Club</td>
</tr>
<tr>
<td>F03</td>
<td>Th 2 pm-3:30 pm</td>
<td>Oct. 22 – Dec. 3</td>
<td>Vetta Concord Sports Club</td>
</tr>
</tbody>
</table>

Pickleball: Basics and Continuing
Come join the fun! Pickleball is a fast-growing sport for good reason: it’s easy to learn, easy to play and great exercise for all ages and abilities. Beginners will learn the basics of pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

<table>
<thead>
<tr>
<th>PEDU:740</th>
<th>6 sessions</th>
<th>$36.50 AGE 60+</th>
<th>$36.50 REG</th>
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<tbody>
<tr>
<td>F03</td>
<td>Sa 9 am-10 am</td>
<td>Sept. 7 – Oct. 12</td>
<td>Kennedy Rec Complex</td>
</tr>
<tr>
<td>F04</td>
<td>Sa 10 am-11 am</td>
<td>Sept. 7 – Oct. 12</td>
<td>Kennedy Rec Complex</td>
</tr>
<tr>
<td>F05</td>
<td>Sa 11 am-noon</td>
<td>Sept. 7 – Oct. 12</td>
<td>Kennedy Rec Complex</td>
</tr>
<tr>
<td>F01</td>
<td>M 5 pm-6 pm</td>
<td>Sept. 9 – Oct. 14</td>
<td>Kennedy Rec Complex</td>
</tr>
<tr>
<td>F02</td>
<td>M 6 pm-7 pm</td>
<td>Sept. 9 – Oct. 14</td>
<td>Kennedy Rec Complex</td>
</tr>
<tr>
<td>F06</td>
<td>W 5 pm-6 pm</td>
<td>Sept. 11 – Oct. 16</td>
<td>Kennedy Rec Complex</td>
</tr>
<tr>
<td>F07</td>
<td>Th 5 pm-6 pm</td>
<td>Sept. 12 – Oct. 17</td>
<td>Kennedy Rec Complex</td>
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Pickleball: Basics and Continuing
See NTRP rating Box. Tennis balls provided.

<table>
<thead>
<tr>
<th>PEDU:740</th>
<th>7 sessions</th>
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</tr>
</tbody>
</table>

Bowling

Tennis: Intermediate I - NTRP 3.0
See NTRP rating Box. Tennis balls provided.

<table>
<thead>
<tr>
<th>PEDU:735</th>
<th>4 sessions</th>
<th>$80 AGE 60+</th>
<th>$80 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>F05</td>
<td>Su 7 pm-8 pm</td>
<td>Sept. 8 – Sept. 29</td>
<td>Frontenac Racquet Club</td>
</tr>
<tr>
<td>F06</td>
<td>Su 7 pm-8 pm</td>
<td>Oct. 6 – Oct. 27</td>
<td>Frontenac Racquet Club</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>PEDU:772</th>
<th>4 sessions</th>
<th>$26.50 AGE 60+</th>
<th>$26.50 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>F01</td>
<td>Tu noon-2 pm</td>
<td>Oct. 1 – Oct. 22</td>
<td>Crestwood Bowl</td>
</tr>
</tbody>
</table>

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: Intermediate I - NTRP 3.0
See NTRP rating Box. Tennis balls provided.

<table>
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<td>Tu noon-2 pm</td>
<td>Oct. 1 – Oct. 22</td>
<td>Crestwood Bowl</td>
</tr>
</tbody>
</table>
ATTENTION Water Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call:

- Meramec Pool.............. 314-984-7399
- Forest Park Pool............. 314-644-9717
- Florissant Valley Pool ....... 314-513-4275

Family Swim

Have fun as a family as you swim, dive or lounge in our pool. One parent/guardian per non-swimming child. One parent/guardian per three children if they can swim. All participants must register.

PEDU:720 | 12 sessions | $79 AGE 60+ | $79 REG

F01 Su 5 pm-6:30 pm
Sept. 8 - Nov. 24
FV-PE, Pool

Lap Swim

Get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however, you must provide your own towel and lock for your valuables.

PEDU:721 | 22 sessions | $89 AGE 60+ | $89 REG
F02 Tu/Th 7 am-7:50 am
Sept. 10 - Nov. 21
FV-PE, Pool

PEDU:721 | 33 sessions | $99 AGE 60+ | $99 REG
F01 MW 7 am-7:50 am
Sept. 9 - Nov. 22
FV-PE, Pool

Open Lap Swim

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available; however, you must provide your own towel and lock for your valuables.

PEDU:721 | 60 sessions | $51 AGE 60+ | $95 REG
F03 M-Tu/Wn/Th 8 am-8:50 am
Aug. 19 - Dec. 5
MC-PE, Pool
• NOTE: No class 9/2, 10/22, 11/27, 11/28.

Swimming Skills:
Beginning/Intermediate

Not the strongest swimmer? It’s time to change that! Acquire basic to intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722 | 8 sessions | $50 AGE 60+ | $65 REG
F02 Sa 10 am-10:50 am
Jeanne Hudgens
FV-PE, Pool
• NOTE: No class 10/12.

F01 Sa 11 am-11:50 am
Jeanne Hudgens
FV-PE, Pool

• NOTE: No class 10/12.

Gentle Aqua Dance

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Dance integrates dance-fitness moves with water-based exercises, just at a slower pace.

PEDU:729 | 14 sessions | $54.50 AGE 60+ | $89 REG
F13 MW 9 am-9:50 am
Sept. 9 - Oct. 23
Neil Skid
MC-PE, Pool
• NOTE: No class 11/27.

F14 MW 9 am-9:50 am
Oct. 28 - Dec. 16
Neil Skid
MC-PE, Pool

Water Exercise

Get a total body workout! Tone, strengthen and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729 | 12 sessions | $49.50 AGE 60+ | $79 REG
F10 Tu/Th 9 am-9:50 am
Gary Ketcherside
MC-PE, Pool
Aug. 22 - Dec. 5
• NOTE: No class 10/22, 11/28.

PEDU:729 | 15 sessions | $54.50 AGE 60+ | $89 REG
F05 Tu/Th 9 am-9:50 am
Aug. 20 - Oct. 8
Gary Ketcherside
MC-PE, Pool

PEDU:729 | 16 sessions | $72.50 AGE 60+ | $95 REG
F15 MW 8 am-8:50 am
Sept. 9 - Oct. 14
Daniel Vogt
FV-PE, Pool

F16 MW 9 am-9:50 am
Sept. 9 - Oct. 14
Daniel Vogt
FV-PE, Pool

F17 MW 10 am-10:50 am
Sept. 9 - Oct. 14
Daniel Vogt
FV-PE, Pool

F19 MW 8 am-8:50 am
Oct. 21 - Nov. 25
Daniel Vogt
FV-PE, Pool

F20 MW 9 am-9:50 am
Oct. 21 - Nov. 25
Daniel Vogt
FV-PE, Pool

F18 MW 10 am-10:50 am
Oct. 21 - Nov. 25
Daniel Vogt
FV-PE, Pool

Water Aerobics

Experience a low impact shallow water workout with exercise movements and fun music where you can choose your own intensity level. Swimming ability is not required for this class.

PEDU:729 | 10 sessions | $50 AGE 60+ | $65 REG
F12 Tu/Th 8 am-8:50 am
Yolanda Woodard
MC-PE, Pool
Nov. 5 - Dec. 3
• NOTE: No class 11/28.

PEDU:729 | 14 sessions | $72.50 AGE 60+ | $95 REG
F11 Tu/Th 8 am-8:50 am
Yolanda Woodard
MC-PE, Pool
Sept. 10 - Oct. 24

Aquafusion/FABS

Enjoy the best of both worlds! Join this high energy combo class for tighter abs and better balance while building muscle. Incorporate various resistance equipment like dumbbells and noodles to build cardio capacity and increase your strength and endurance.

PEDU:729 | 14 sessions | $54.50 AGE 60+ | $89 REG
F01 MW 1 pm-1:50 pm
Terri Williams
MC-PE, Pool
Aug. 19 - Oct. 7
• NOTE: No class 9/2.

F04 Tu/Th 1 pm-1:50 pm
Aug. 20 - Oct. 3
Terri Williams
MC-PE, Pool

F06 MW 1 pm-1:50 pm
Oct. 14 - Dec. 2
Terri Williams
MC-PE, Pool

F09 Tu/Th 1 pm-1:50 pm
Oct. 15 - Dec. 5
Terri Williams
MC-PE, Pool
• NOTE: No class 10/22, 11/28.

F21 Tu/Th 2 pm-2:50 pm
Aug. 20 - Oct. 3
Terri Williams
MC-PE, Pool

F22 Tu/Th 2 pm-2:50 pm
Oct. 15 - Dec. 5
Terri Williams
MC-PE, Pool
• NOTE: No class 10/22, 11/28.

FABS: For Over Forty, Abs, Balance and Strength

Are you over forty? Do you want tighter abs to help with balance? Do you loathe the thought of pumping iron in a gym but would still like to build muscle and increase strength? Then this FABSulous class is for you!

As we age, our bellies tend to get bigger, our balance becomes a bit off kilter and our muscles start to sag (especially the back of those arms). Using various water equipment, FABS class will tighten your tummy, improve your balance and build major muscle groups.

PEDU:729 | 14 sessions | $54.50 AGE 60+ | $89 REG
F03 MW 7 pm-7:50 pm
Terri Williams
MC-PE, Pool
Aug. 19 - Oct. 7
• NOTE: No class 9/2.

F08 MW 7 pm-7:50 pm
Oct. 14 - Dec. 2
Terri Williams
MC-PE, Pool
• NOTE: No class 11/27.

Stand-Up Paddleboarding: Introduction

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. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | 2 sessions | $59 AGE 60+ | $59 REG
F01 Sa 10 am-noon
Simpson Lake
Sept. 7 - Sept. 14
Dance Aerobics
Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (one to three pounds) and a mat. No dance experience required.

**PEDU:750** | 12 sessions | $58 AGE 60+ | $75 REG

- **F01** W 6 pm-6:50 pm  
  Sept. 11 – Dec. 11  
  Susan Pellegrino  
  St. Paul UCC  
  • NOTE: No class 10/16, 11/27.

**NEW!** Fit Hop
This full body cardio workout is guaranteed to make you sweat. Learn basic hip hop moves integrated with workout moves to complete a mini dance by the end of each class.

**PEDU:754** | 6 sessions | $59 AGE 60+ | $59 REG

- **F04** Th 5:15 pm-6 pm  
  Sept. 5 – Oct. 10  
  St. Lou Dance Crew
- **F05** Th 5:15 pm-6 pm  
  Oct. 24 – Nov. 18  
  St. Lou Dance Crew  
  • NOTE: No class 11/28.

Zumba Gold®
Come join in the fun and get fit with the upbeat tempo of Latin and international music! Zumba Gold® takes a lower intensity approach to Zumba® dance, making this class perfect for older active adults or individuals with limited physical ability. Exercises will include proper breathing and gentle stretching and are modified to help work on your posture, strength, and balance. Zumba Gold® is a trademark of Zumba Fitness, LLC. used under license (ADIVA Dance Center).

**PEDU:747** | 8 sessions | $59 AGE 60+ | $59 REG

- **F02** W 11 am-11:50 am  
  Sept. 4 – Oct. 23  
  ADIVA Dance Center

**Soul Dance: A Combination of Cardio and Strength Training**
Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Soul Dance is rooted in sensory awareness, joy, pleasure and love for your body. Join a Soul Dance class and free your spirit! All levels and abilities welcome. No shoes on mats.

**PEDU:755** | 6 sessions | $42 AGE 60+ | $59 REG

- **F16** Sa 8:30 am-9:20 am  
  Sept. 7 – Oct. 12  
  MC-PE, 105
- **F17** Sa 8:30 am-9:20 am  
  Oct. 19 – Nov. 23  
  MC-PE, 105

**Cardio and Abs**
Challenge yourself with this 60-minute calorie burner that will leave you invigorated and stronger! Get your heart pumping and fat burning with exercises focused on cardio and abs with a concentration on upper/lower abdominals, sides/obliques and back core strength. Core and posture are targeted throughout the class to let you leave standing taller and stronger.

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

- **F01** Su 8:30 am-9:30 am  
  Sept. 8 – Oct. 27  
  Z Total Body

**Cardio Kickboxing**
Begin class with a warm-up and stretching followed by an aerobic workout; including floor work and self-defense moves.

**PEDU:744** | 10 sessions | $69 AGE 60+ | $69 REG

- **F03** M 7 pm-8 pm  
  Sept. 16 – Nov. 25  
  Timothy Toeniskoetter  
  Sperreng, Café  
  • NOTE: No class 10/21.
- **F01** W 7 pm-8 pm  
  Sept. 18 – Nov. 20  
  Martial Arts Ctrn (Mehlville)

**Kickboxing with Trampoline Fit**
This total body high-intensity workout consists of cardio drills using gloves, hit pads and kick pads. Perform jabs, punches, hooks, upper cuts and kicks to burn fat and tone muscles. In the second half of class be ready to jump like a kid again, but this time, to lose inches, build strength and increase endurance. Personal 36" trampolines used to work lower body with low-impact bounce moves that are fun, exhilarating and aerobically effective. Upper body trampoline moves are worked with the safety bar.

**PEDU:744** | 8 sessions | $69 AGE 60+ | $69 REG

- **F02** W 11:15 am-11:50 am  
  Sept. 10 – Oct. 29  
  Z Total Body

**STRONG by Zumba®**
Come join this group fitness class that will use High Intensity Interval Training (HIIT) moves in sync with music to get your body working harder! This class incorporates basic fitness moves, martial arts, plyometrics and primal movement. STRONG by Zumba® is geared for all levels of fitness. Note: This is not a standard Zumba® dance class! STRONG by Zumba® is a trademark of Zumba Fitness, LLC. used under license (Flex Studio). Please bring water bottle and towel.

**PEDU:747** | 10 sessions | $69 AGE 60+ | $69 REG

- **F01** Sa 9:15 am-10:15 am  
  Sept. 21 – Nov. 23  
  Flex Fitness Studio

**HIIT After 40**
This total-body, moderately-high intensity interval workout uses a variety of bodyweight/light weight exercises to tone and tighten for that fit, strong and healthy version of you! Designed to help overall health and toning and to inform/motivate in a fun supportive way. Please bring mat to class.

**PEDU:747** | 8 sessions | $40 AGE 60+ | $65 REG

- **F03** Tu 6 pm-7 pm  
  Aug. 27 – Oct. 15  
  Patricia Werner  
  MC-PE, 201
- **F04** Tu 7:15 pm-8 pm  
  Aug. 27 – Oct. 15  
  Patricia Werner  
  MC-PE, 201
- **F05** Tu 6 pm-7 pm  
  Oct. 29 – Dec. 17  
  Patricia Werner  
  MC-PE, 201
- **F06** Tu 7:15 pm-8:15 pm  
  Oct. 29 – Dec. 17  
  Patricia Werner  
  MC-PE, 201

**Fit and Fabulous Over 60**
Functional fitness trains muscles for safer, more efficient every-day movement, which is increasingly important as we age. In this class, enjoy a variety of chair exercises; stretches for flexibility; balance and strength building with light weights, bands, pilate rings and balls. Work on balance with security of a chair or barre. Fun hour of socializing, singing, talking and laughing while working the mind and body all through fitness moves for all levels.

**PEDU:754** | 8 sessions | $59 AGE 60+ | $69 REG

- **F02** M 3 pm-4 pm  
  Sept. 9 – Oct. 28  
  Z Total Body

**Senior Chair Exercise**
Seated exercise can improve flexibility, strength and relaxation. Simply adding a little physical activity to your weekly routine can help you feel better, look better and enjoy life more. Chair exercise is a great way to improve flexibility and posture as well as reduce stress.

**SENR:704** | 6 sessions | $32 AGE 60+ | $35 REG

- **F04** Tu 9 am-9:30 am  
  Sept. 3 – Oct. 8  
  Kathleen Schabelski  
  FP-LB, 43
- **F05** Tu 9 am-9:30 am  
  Oct. 29 – Dec. 3  
  Kathleen Schabelski  
  FP-LB, 43

**Senior Fitness**
Come get fit and increase your stability and flexibility. The class involves standing and sitting in a chair while using light weights (one pound), small ball, and stretch bands to enhance fitness with music to add to the fun. Includes light stretching and relaxation. Wear sturdy athletic shoes and bring towel and water to class.

**SENR:704** | 8 sessions | $59 AGE 60+ | $59 REG

- **F03** W 1 pm-1:50 pm  
  Sept. 4 – Oct. 23  
  ADIVA Dance Center

**Boot Camp With Shark Fitness**
Challenge yourself with resistance training, calisthenics, short runs, and drills designed to work every major muscle group in this 60-minute class. Learn the correct way to train in terms of form, tempo and exercise selection. Despite the group setting, this class will challenge you individually to give your best and expect optimal results. Bring a towel or mat and water. Weather permitting, class will be held outside; dress appropriately. Meet at the entrance to the PE building on O parking lot.

**PEDU:755** | 9 sessions | $129 AGE 60+ | $129 REG

- **F11** MWF 5:45 am-6:45 am  
  Dec. 2 – Dec. 20  
  MC-PE, O Lot
- **F09** Tu/Th 5:45 am-6:45 am  
  Nov. 12 – Dec. 19  
  MC-PE, O Lot
- **F08** MW 5:45 am-6:45 am  
  Oct. 30 – Nov. 25  
  MC-PE, O Lot
- **F07** MW 5:30 pm-6:30 pm  
  Oct. 28 – Dec. 18  
  MC-PE, O Lot
- **F06** MW 5:45 am-6:45 am  
  Sept. 25 – Oct. 26  
  MC-PE, O Lot
- **F05** MW 5:45 am-6:45 am  
  Aug. 19 – Sept. 23  
  MC-PE, O Lot
- **F04** MW 5:45 am-6:45 am  
  Sept. 25 – Oct. 28  
  MC-PE, O Lot
- **F03** MW 5:45 am-6:45 am  
  Aug. 20 – Sept. 26  
  MC-PE, O Lot

Have you ever thought about becoming a personal trainer?
Get a jump start with our 10-week ACE® Personal Trainer Certification Prep Course. Learn more on page 11.

Need-based funding assistance may be available through WIOA and SkillUP.

stlcc.edu/accelerated
Barre Cardio and Tone
Join us for a series of ballet barre and floor exercises that focus on the thighs, core and booty. Core and posture are worked throughout the workout.

PEDU:754 | 8 sessions | $69 AGE 60+ | $69 REG
F03 Th 6:30-7 pm
Sept. 12 – Oct. 31
Z Total Body

Dynamic Stretch
Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat.

PEDU:755 | 12 sessions | $45 AGE 60+ | $75 REG
F12 Tu 8 am-9:15 am
Gary Ketcherside
Sept. 3 – Nov. 26
*NOTE: No class 10/22.

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

PEDU:761 | 10 sessions | $49 AGE 60+ | $69 REG
F08 M 12:15 pm-1:15 pm
Kelly Kauffman
Sept. 16 – Nov. 18
Affton White-Rodgers, Gym

Yoga
Relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring a towel, mat, yoga belt and resistance band.

PEDU:761 | 10 sessions | $58.50 AGE 60+ | $95 REG
F11 Tu 1 pm-2:15 pm
Christine Hayes
Sept. 3 – Nov. 5
Big Bend Yoga Center

PEDU:761 | 13 sessions | $75 AGE 60+ | $195 REG
F16 M 6 pm-7 pm
Sharon Danlyuck
Sept. 9 – Dec. 9
Sunset Hills C.C., Multi Rm
F17 M 7:15 pm-8:15 pm
Sharon Danlyuck
Sept. 9 – Dec. 9
Sunset Hills C.C., Multi Rm

Yoga for Seniors
Open your mind to a new understanding of your body with this gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water.

SENK:704 | 8 sessions | $75 AGE 60+ | $79 REG
F01 Th 10 am-11 am
Aug. 22 – Oct. 10
Masterpeace Studios
F02 Th 10 am-11 am
Masterpeace Studios
*NOTE: No class 11/28.

NEW Chair Yoga
Yoga designed specifically for students who want or need a gentler class. Posures can be done in a chair, standing with using the chair for balance, or at the wall, making it a yoga class for all physical abilities. Chair yoga is appropriate for those with chronic health issues, those with limited range of motion or those who have difficulty getting up and down from the floor. No yoga experience necessary.

PEDU:761 | 7 sessions | $59 AGE 60+ | $59 REG
F23 W 10:45 am-11:45 am
Sept. 4 – Oct. 16
South River Yoga
F25 F 10:45 am-11:45 am
Sept. 6 – Oct. 18
South River Yoga
F28 M 10:45 am-11:45 am
Sept. 9 – Oct. 21
South River Yoga

Gentle Yoga
Enjoy a gentle combination of yoga exercises to help improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water.

PEDU:761 | 5 sessions | $32.50 AGE 60+ | $145 REG
F14 M 9:30 am-10:30 am
Nicole Thompson
Aug. 19 – Sept. 23
Queeny Park, Multi Rm
*NOTE: No class 9/2.

PEDU:761 | 8 sessions | $75 AGE 60+ | $179 REG
F09 Th 7:30 pm-8 pm
Aug. 22 – Oct. 10
Masterpeace Studios
F10 Th 7 pm-8 pm
Masterpeace Studios
*NOTE: No class 11/28.

PEDU:761 | 11 sessions | $147.50 AGE 60+ | $175 REG
F15 M 9:30 am-10:30 am
Nicole Thompson
Sept. 30 – Dec. 9
Queeny Park, Multi Rm

NEW Gentle Yoga with Sound Healing
Enjoy gentle movement that can include floor work, standing postures, balance postures and some longer held restorative poses. Relax in a supported and restorative position while the instructor plays crystal singing bowls, Tibetan singing bowls, chimes and HAPI® drums. The various sound patterns allow for deep relaxation and often help with stress, anxiety and sleep issues. Some yoga experience recommended. HAPI is a registered trademark of Rhythm Earth Corp.

PEDU:761 | 7 sessions | $59 AGE 60+ | $59 REG
F27 Su 6 pm-7 pm
Sept. 8 – Oct. 20
South River Yoga
F31 Su 6 pm-7 pm
Oct. 27 – Dec. 15
South River Yoga

NEW Slow Flow Vinyasa with Sound Healing
Enjoy building strength and increasing flexibility through a slow and steady flow of yoga poses. The focus is on smoothly linking breath with movement and building stamina through mindfully holding postures for several breaths. Relax in a supported and restorative position while the instructor plays crystal singing bowls, Tibetan singing bowls, chimes and HAPI® drums. The various sound patterns allow for deep relaxation and often help with stress, anxiety and sleep issues. Some yoga experience recommended. HAPI is a registered trademark of Rhythm Earth Corp.

PEDU:761 | 7 sessions | $59 AGE 60+ | $59 REG
F24 W 7:30 pm-8:30 pm
Sept. 4 – Oct. 16
South River Yoga
F29 W 7:30 pm-8:30 pm
Oct. 23 – Dec. 11
South River Yoga
*NOTE: No class 11/27.

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

PEDU:761 | 10 sessions | $58.50 AGE 60+ | $95 REG
F12 Th 9 am-10:15 am
Karen Martinez
Sept. 5 – Nov. 14
Big Bend Yoga Center
*NOTE: No class 10/31.

PEDU:761 | 10 sessions | $49 AGE 60+ | $69 REG
F07 M 1:30 pm-2:30 pm
Kelly Kauffman
Sept. 16 – Nov. 18
Affton White-Rodgers, Gym

Iyengar Yoga: Beginning
Well known for its highly developed teaching methodology and rigorous teacher training program, Iyengar yoga’s complete integration of postures and yoga philosophy brings physical health and vigor, mental clarity, emotional serenity and poise. Postures are taught by certified teachers in a safe, orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga mat.

PEDU:761 | 7 sessions | $141.50 AGE 60+ | $69 REG
Beginning
F04 W 7:45 pm-9 pm
Robert Gadon
Aug. 21 – Oct. 2
WW, 102B
F18 Th 6:30 pm-7:45 pm
Robert Gadon
Aug. 22 – Oct. 3
FP-PE, East Rm
F05 W 6:15 pm-7:30 pm
Robert Gadon
Oct. 16 – Dec. 4
WW, 102B
F19 Th 6:30 pm-7:45 pm
Robert Gadon
Oct. 17 – Dec. 5
FP-LB, 43
*NOTE: No class 11/27.

Continuing
F03 W 6:15 pm-7:30 pm
Robert Gadon
Aug. 21 – Oct. 2
WW, 102B
F06 W 7:45 pm-9 pm
Robert Gadon
Oct. 16 – Dec. 4
WW, 102B
*NOTE: No class 11/27.

BUTI Yoga®
Are you ready to be empowered and get a great workout? The BUTI style fuses yoga and tribal-inspired dance with hip spiraling and plynometrics into an exciting, high-intensity workout that transforms your body from the inside out. Bring a towel and water; mats provided. BUTI Yoga® is a trademark of BUTI Fitness, Inc.

PEDU:761 | 16 sessions | $69 AGE 60+ | $69 REG
F13 Tu 5:30 pm-6:15 pm
Sept. 17 – Nov. 19
Flex Fitness Studio

NEW Deep Stretch and Restorative Yoga
Focus on unwinding chronic tension and pain through gentle movement and work with therapy balls and foam rollers. We all carry chronic tension in various areas of our bodies, and we all have habitual ways we sit, walk and carry ourselves. Poor postural habits and chronic tension can lead to discomfort, pain and anxiety. Learn simple techniques for daily use to help with stress and increase a sense of calmness. No yoga experience is necessary; however, many techniques used in this class are done on the floor. Must be able to get on and off the floor.

PEDU:761 | 7 sessions | $65 AGE 60+ | $65 REG
F26 Su 4 pm-5:15 pm
Sept. 8 – Oct. 20
South River Yoga
F30 Su 4 pm-5:15 pm
Oct. 27 – Dec. 15
South River Yoga
Yogalates
Enjoy the benefits of yoga, pilates and core strengthening as you exercise and stretch with a challenging and relaxing workout! Bring water, towel and yoga mat.

**PEDU:756 | 6 sessions | $69 AGE 60+ | $69 REG**

**F02 Th 5:30 pm-7 pm**
Dennise Motta
Oct. 31 – Dec. 12
St. Lou Dance Crew

**PEDU:756 | 8 sessions | $89 AGE 60+ | $89 REG**

**F01 Th 5:30 pm-7 pm**
Dennise Motta
Aug. 29 – Nov. 24
St. Lou Dance Crew

**NEW Pilates with Props**
You will explore every fitness prop possible to create good posture, increase core strength, flexibility and agility. Every muscle will be stretched by the end of class.

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

**F03 Tu/Th 8:30 am-9:30 am**
Marsha Fey
Sept. 10 – Oct. 3
Z Total Body

**F04 Tu/Th 8:30 am-9:30 am**
Marsha Fey
Oct. 8 – Oct. 31
Z Total Body

**Fitness Flex for Women**
Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

**PEDU:755 | 12 sessions | $45 AGE 60+ | $75 REG**

**F13 Tu 7 pm-8 pm**
Marsha Fey
Sept. 3 – Dec. 3
Sperreng, Small Gym

**F14 W 7 pm-8 pm**
Marsha Fey
Sept. 4 – Dec. 4
Sperreng, Small Gym

**F15 M 7 pm-8 pm**
Marsha Fey
Sept. 9 – Dec. 2
Sperreng, Small Gym

**Stretch and Strength**
This class focuses on developing and increasing the flexibility and strength required to execute various dance moves. In addition, areas of flexibility training, core stability and muscular strength are covered in the class and beneficial for the non dancer as well. Using restorative and de-stressing elements, this class incorporates intense and deep stretches using every part of the body and will include exercises that strengthen core with breathing and meditation techniques.

**PEDU:755 | 6 sessions | $59 AGE 60+ | $59 REG**

**F18 W 7 pm-8 pm**
St. Lou Dance Crew
Sept. 4 – Oct. 9

**F19 W 7 pm-8 pm**
St. Lou Dance Crew
Oct. 23 – Dec. 4

**NEW Yin + Meditation**
Yin yoga aims to restore the deeper connective tissues and ligaments in the joints. You will hold long, passive, and often restorative postures, allowing the fascial tissue in joints build and maintain strength, mobility, and stability. This class is perfect for those looking for a quiet respite from the everyday bustle.

**PEDU:761 | 7 sessions | $34.50 AGE 60+ | $59 REG**

**F20 Tu 6 pm-7:15 pm**
Laura Meyer
Sept. 5 – Oct. 15
FP-LB, 43

**F21 Tu 6 pm-7:15 pm**
Laura Meyer
Oct. 29 – Dec. 7
FP-LB, 43

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

**PEDU:761 | 5 sessions | $29.50 AGE 60+ | $49 REG**

**F22 W 7 pm-8:15 pm**
Pamela Todd
Sept. 11 – Oct. 9
MC-PE, 201

**NEW Self Defense**
Establish a lifestyle that promotes fitness and well-being while learning how to defend yourself. It is never too late to learn how your life can be improved through practice of the ancient martial arts tradition. Utilizes kickboxing techniques with kicks and punches.

**PEDU:743 | 10 sessions | $85 AGE 60+ | $195 REG**

**F02 MW 7:30 pm-8:15 pm**
Premier Martial Arts
Aug. 26 – Sept. 30
Wildwood

**F03 Tu/Th 7 pm-7:45 pm**
Premier Martial Arts
Aug. 27 – Sept. 26
CWE

**NEW Practical Self-Defense for Women I**
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 student and refresher for students with previous training. This course is led by a female instructor with over 25 years experience in martial arts. Class covers situational awareness, stand up defense (striking and kicking), defense against grab attacks and grappling techniques to escape from ground attacks. Hands-on basic physical fitness required to practice techniques with partners. Minors must be accompanied by parent/guardian. Registration and signed waiver required for each participant. All gear is provided. No shoes on mats. Athlete’s wear required.

**PEDU:743 | 1 session | $125 AGE 60+ | $25 REG**

**F01 F 6 pm-9 pm**
CODA Martial Arts
Sept. 7

**PEDU:743 | 1 session | $125 AGE 60+ | $25 REG**

**F09 F 6 pm-9 pm**
Gina Bredon
Oct. 18

**T’ai Chi Chih: Continuing**
Ready to enhance your T’ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form and refine individual movements. Prerequisite: T’ai Chi Chih: Beginning. No shoes are allowed inside the yoga studio.

**PEDU:766 | 5 sessions | $34.50 AGE 60+ | $59 REG**

**F02 Tu 1:15 pm-2:15 pm**
Jeanette Miller
Nov. 5 – Dec. 3
Solar Yoga Center

**PEDU:767 | 10 sessions | $44.50 AGE 60+ | $69 REG**

**F01 Tu 1:15 pm-2:15 pm**
Jeanette Miller
Aug. 20 – Oct. 22
Solar Yoga Center

**Introduction to T’ai Chi for Health**
Experience a moving meditation of safe, low-impact exercise while improving strength, balance and flexibility in this introduction to T’ai Chi. This class introduces basic T’ai Chi principles and practices like focused breathing, coordinated mindful movement and focused weight shifting. Please wear comfortable, loose fitting clothing and flat soled shoes.

**PEDU:766 | 8 sessions | $36 AGE 60+ | $59 REG**

**F07 M 5 pm-6 pm**
Dennis Wunschel
Aug. 19 – Oct. 14
STLCC-South County, 125

**F09 M 5 pm-6 pm**
Dennis Wunschel
Oct. 21 – Dec. 9
STLCC-South County, 125

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

**PEDU:766 | 8 sessions | $36 AGE 60+ | $59 REG**

**F08 Tu 10 am-11 am**
Dennis Wunschel
Aug. 20 – Oct. 8
STLCC-South County, 125

**F10 Tu 10 am-11 am**
Dennis Wunschel
Oct. 22 – Dec. 17
STLCC-South County, 125

**T’ai Chi Chih: Beginning**
Tai Chi Chih is a moving meditation consisting of 19 movements and one pose. Its purpose is to circulate and balance one’s chi or vital force life energy. Health benefits include better balance, blood pressure control and reduction in symptoms associated with stress, shingles and arthritis.

**PEDU:766 | 10 sessions | $44.50 AGE 60+ | $69 REG**

**F01 Tu 2:30 pm-3:30 pm**
Jeanette Miller
Aug. 20 – Oct. 22
Solar Yoga Center

**F03 Tu 2:30 pm-3:30 pm**
Jeanette Miller
Nov. 5 – Dec. 3
Solar Yoga Center

**T’ai Chi Chih: Beginning/Continuing**
Tai Chi Chih is a moving meditation consisting of 19 movements and one pose. Its purpose is to circulate and balance one’s chi or vital force life energy. Health benefits include better balance, blood pressure control and reduction in symptoms associated with stress, shingles and arthritis.

**PEDU:766 | 10 sessions | $39.50 AGE 60+ | $59 REG**

**F03 Th 4:30 pm-5:30 pm**
Pamela Todd
Oct. 12 – Nov. 2
FP-LB, 43

**Note: No class 10/31.**

**Lotus T’ai Chi Qigong**
Do you have limited mobility or weak knees and legs? No problem! You can still benefit from learning Qigong and T’ai Chi movements while you are sitting. This form of exercise can help reduce muscle stiffness, improve breathing, calm stress and increase your mobility. All levels of ability welcome.

**PEDU:766 | 8 sessions | $59 AGE 60+ | $59 REG**

**F06 Th 5 pm-5:50 pm**
Alex Chen
Sept. 19 – Nov. 7
MC-PE, 201

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

**PEDU:766 | 8 sessions | $59 AGE 60+ | $59 REG**

**F04 W 1 pm-5 pm**
Alex Chen
Sept. 18 – Nov. 6
MC-PE, 201

**F05 Th 6 pm-6:50 pm**
Alex Chen
Sept. 19 – Nov. 7
MC-PE, 201

**Self Defense**

**Barre, Yoga and Pilates (cont.)**
Wellness and Personal Development

Couples Massage
Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish massage, Russian massage and trigger point therapy. Partner required. Fee is per person. Supply list will be emailed.

<table>
<thead>
<tr>
<th>Course ID</th>
<th>Title</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEDU:704</td>
<td>Natural Wellness: Acupressure</td>
<td>W</td>
<td>6:30-8:30 pm</td>
<td>MC-PE, 201</td>
</tr>
<tr>
<td>F01</td>
<td>Sa 9:30 am-3:30 pm</td>
<td>Alice Sanvito</td>
<td>Oct. 26</td>
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</tbody>
</table>

Personal Insights

Discover Your Talents
Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top five strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. Text required - bring to first class: "Strengths Finder 2.0," ISBN: 9781595620156.

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<tbody>
<tr>
<td>PERD:709</td>
<td>Discover Your Talents</td>
<td>F01</td>
<td>Sa 9:30 am-12:30 pm</td>
<td>Nancy Cohen</td>
</tr>
</tbody>
</table>

Discover the Secret of Dreams and Power of Imagination
Discover the secrets of your subconscious. Learn the language of dreams and easy ways to interpret. Dive into the 15 types of dreams, guidelines for sharing techniques and for "dream incubation." Learn how our imagination works for (and against) us and ways to harness its power. Discover how guided imagery and active imagination can enhance healing and bring creative solutions to all areas of life.

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<tbody>
<tr>
<td>PERD:732</td>
<td>The Secret of Dreams</td>
<td>W</td>
<td>6:30 pm-8:30 pm</td>
<td>Rhonda Leifheit</td>
</tr>
</tbody>
</table>

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 a variety of exercises and practices to help develop your intuition including sensing auras, psychometry (intuiting information by holding objects) and more.

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<th>Time</th>
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<tbody>
<tr>
<td>PERD:735</td>
<td>The Power of Coincidence</td>
<td>W</td>
<td>6:30 pm-8:30 pm</td>
<td>Rhonda Leifheit</td>
</tr>
</tbody>
</table>

Systema: Russian Self-Defense
Learn the innovative and versatile self-defense tactics of Systema, the Russian martial art. Systema tactics are quick, realistic and effective against any type of opponent under any circumstance. Systema is based on instinctive reactions, individual strengths and characteristics specifically designed for fast learning.

<table>
<thead>
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<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>PEDU:743</td>
<td>Systema: Russian Self-Defense</td>
<td>F05</td>
<td>Tu 6:30 pm-8:30 pm</td>
<td>St. Louis Fite Club</td>
</tr>
</tbody>
</table>

Karma
Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life.

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<tbody>
<tr>
<td>PERD:709</td>
<td>Exploring Karma and Its Impact</td>
<td>F05</td>
<td>Sa 10 am-morn</td>
<td>William Duffin</td>
</tr>
</tbody>
</table>

St. Louis Fite Club
10 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 10 significant clues to your past lives.
PERD: 735  2 sessions  $26.50 AGE 60+  $39 REG
F02  Sa 9:30 am-noon  Rhonda Leifheit
Nov. 9 – Nov. 16  MC-CN, 226

“Great! Lots of interaction with students. Rhonda is a very good instructor.

Personal Growth

NEW! Mind Over Matter
What matters to you? What do you want to achieve? Learn how taking care of your body positively affects your mind and can lead to greater happiness. Are there things you want to do, but cannot get motivated? Are you bogged down by stress and loneliness? Let’s talk about key strategies to help you live a more invigorating life by educating, motivating and inspiring you to take charge of your life. Get rid of the negative talk and become the person you are meant to be.
HEAL: 765  2 sessions  $19 AGE 60+  $29 REG
F01  W 6 pm-8:30 pm  Rebecca Barczewski
Sept. 11 – Sept. 18  MC-BA, 118
F02  W 6 pm-8:30 pm  Rebecca Barczewski
Oct. 9 – Oct. 16  MC-BA, 120
F03  W 6 pm-8:30 pm  Rebecca Barczewski
Nov. 13 – Nov. 20  MC-BA, 120
F04  W 6 pm-8:30 pm  Rebecca Barczewski
Dec. 11 – Dec. 18  MC-BA, 120

Courage, Risks and Rewards: Taking Chances to Change Your Life
Life is all about choices. The decision to leap into something new and different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk, learn how to change your mindset and identify five powerful perspectives on risk-taking that will empower you to take more chances and create opportunities for happiness and fulfillment.
PERD: 709  1 session  $25 AGE 60+  $35 REG
F03  Sa 9 am-1 pm  Carol Watkins
Oct. 19  MC-BA, 203

Facing Your Giants
Explore the continual lessons and obstacles you face in life and the ‘giant’ that is lurking underneath these events. Discover how to recognize dysfunctional giants and how they manifest. Learn strategies to conquer those giants, calm the drama and end self-sabotaging behaviors that result from these overwhelming problems.
PERD: 709  1 session  $20 AGE 60+  $25 REG
F04  Sa 10 am-noon  William Duffin
Oct. 19  MC-SS, 109

Assertiveness for the Sensitive Person
Have you ever been told that you are “too nice” and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others over their own, which leaves them feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.
PERD: 744  2 sessions  $25 AGE 60+  $39 REG
F01  Th 7 pm-9 pm  Nancy Cohen
Nov. 7 – Nov. 14  STLCC-Corp. College, 209

Transitions and Transformations: Thriving in the Midst of Change
Life is a cycle of beginnings and endings. Transitions can be hard, but they hold a positive side, too. They offer 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. The fall season of life brings its own unique set of challenges and opportunities: we lose a loved one or a job, experience divorce or illness, we have an empty nest. Or perhaps we are exhilarated by becoming a new grandparent, embarking upon new jobs or moving to a new home or city. Whether the transition is positive or negative, we all have times when we ask ourselves, “How can I make it easier?” Practical strategies will be discussed to empower you in making future changes with greater confidence, less stress and the greatest potential to thrive. Class is suggested for ages 50+.
PERD: 709  1 session  $25 AGE 60+  $35 REG
F06  Sa 9 am-1 pm  Carol Watkins
Nov. 9  MC-BA, 202

Finding Balance: Reclaim Your Time and Live a More Fulfilling Life
Does it seem like time is flying by at the speed of light? How can you create balance amidst all the busyness? Balance means different things to different people, and while total complete balance at all times is virtually impossible, you can learn how to make continuous small adjustments to achieve a dynamic state of balance and fulfillment in your life. Join us to learn how. Class is suggested for ages 50+.
PERD: 709  1 session  $25 AGE 60+  $35 REG
F07  Sa 9 am-1 pm  Carol Watkins
Nov. 9  MC-BA, 202

We have more! Discover additional classes to help prepare for and navigate your purpose and fulfillment after age 50, whether through employment, retirement or volunteerism. Find our “Plus 50” courses on page 6.
MARTIAL ARTS AND SELF DEFENSE

Karate for Youth, Ages 4–10
Designed to build self-confidence, self-esteem and self-discipline, this class teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program.
KIDS:707 | 10 sessions | $59 REG
F01 Sa 10 am-11 am
Sept. 14 – Nov. 16  Martial Arts Cnr (Mehlville)

NEW! Kids Martial Arts, Ages 4–10
Grow confidence and self-assurance, work hard and learn respect. Practicing martial arts can be effective in improving grades and attitude while improving one’s physical and mental state. Learn basic martial arts and self-defense while also practicing in our Black Belt Excellence Character Development program.
KIDS:707 | 10 sessions | $95 REG
F02 MW 6:30 pm-7:15 pm  Premier Martial Arts
Aug. 26 – Sept. 30  • NOTE: No class 9/2.
F03 TuTh 6 pm-6:45 pm  Premier Martial Arts
Aug. 27 – Sept. 26  (CWE)

Kids Self-Defense, Ages 6–11
Are your children prepared to defend themselves from bullies or a bad situation? Krav Maga is a fun, exciting and realistic system designed to prepare both the body and mind for real world situations. Utilizing stress drills designed to mimic real life situations, beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight; build confidence, self-esteem, balance, coordination; and learn like skills. Class is hands-on and fully interactive. No shoes on mats; athletic wear required.
KIDS:714 | 10 sessions | $95 REG
F01 M 5:30 pm-6:15 pm  Xtreme Krav Maga, Fenton
Sept. 9 – Nov. 11
F02 W 5:30 pm-6:15 pm
Sept. 11 – Nov. 13  Xtreme Krav Maga, Fenton
F03 Sa 9:15 am-10 am
Sept. 14 – Nov. 16  Xtreme Krav Maga, Fenton

DANCE

Intro to Arabic Folk and Modern Dance, Ages 7–12
Expand your child’s dance and cultural knowledge in this fun and informative class! Your child will learn various styles of dance such as sa’di, kaheleeji and nabian from regions throughout the Middle East. We will explore the tradition behind the different styles of music, their rhythms, and create an interactive environment for these social and group dances. Join us for culturally informed movement and fun! Props are provided. Comfortable active wear is recommended. Students may choose to go barefoot.
KIDS:711 | 4 sessions | $39 REG
F01 Sa 11 am-11:50 am  Oct. 26 – Nov. 16
F02 Sa 11 am-noon
Aug. 24 – Oct. 12  Almas Del Ritmo

Intro to Latin Dancing, Ages 7–12
Kids will have fun experiencing the many styles of Latin dance. From salsa to merengue your child will explore the culture, history and the origin behind the dances. Portions of the class will be taught in Spanish and instruments will be used. Children are to wear comfortable active wear. Tennis shoes are allowed.
KIDS:711 | 8 sessions | $69 REG
F01 Sa 11 am-noon
Oct. 26 – Nov. 16  Amber Skye
FP-P, Dance Rm

FENCING

Fencing for Youth, Ages 8–15:
Beginning I and II
F04 M 5:30 pm-6:30 pm
Sept. 16 – Nov. 4  Patrick Dorsey
MC-PE, 201

JUNIOR DOCS AND VETS

NEW! Look What’s Inside:
Dissection for Junior Doctors and Veterinarians, Ages 8–15
Put on your aprons and gloves and get ready to explore the internal tissues, organs, and muscles found in a pig, shark or owl specimen, depending on the section you’ve selected below. Choose one, two or all three! Learn to use dissection equipment properly and to identify organs.
KIDS:706 | 1 session | $19 REG
F01 Sa 9 am-10:15 am
Oct. 12  FV-SM, 238
Shark Dissection:
F02 Sa 10:30 am-11:45 am
Oct. 12  FV-SM, 238  • NOTE: Bring a sack lunch if you are staying for the 12:15 p.m. dissection class.

OWL Dissection:
F03 Sa 12:15 pm-1:30 pm
Oct. 12  FV-SM, 238

Swimming

Swimming for Children, Ages 5–15:
Beginning
Get ready to swim like a fish—maybe a shark! Overcome any fear you may have of the water, practice beginning swimming strokes and learn personal water safety skills.
KIDS:720 | 8 sessions | $65 REG
F01 Sa noon-12:50 pm  Sept. 7 – Nov. 2  • NOTE: No class 10/12.
F02 Sa 1 pm-1:50 pm
Sept. 7 – Nov. 2  • NOTE: No class 10/12.
F03 Sa 2 pm-2:50 pm
Sept. 7 – Nov. 2  • NOTE: No class 10/12.

TENNIS

Tennis for Youth, Ages 4–6:
Pee Wee
Series of group lessons specifically designed to introduce the game of tennis. Class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided.
KIDS:709 | 4 sessions | $45 REG
F13 Su 5:30 pm-6 pm  Sept. 8 – Sept. 29  Frontenac Racquet Club
F07 M 10:30 am-11 am  Sept. 9 – Sept. 30  Sunset Hills CC, indoor courts
F01 Sa 10:30 am-11 am  Oct. 5 – Oct. 26  Sunset Hills CC, indoor courts
F16 Su 5:30 pm-6 pm  Oct. 6 – Oct. 27  Frontenac Racquet Club
F10 M 10:30 am-11 am  Oct. 7 – Oct. 28  Sunset Hills CC, indoor courts
F04 Sa 10:30 am-11 am  Nov. 2 – Nov. 30  Sunset Hills CC, indoor courts  • NOTE: No class 11/9.

Tennis for Youth, Ages 7–15:
Beginning I and II
Designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.
KIDS:709 | 4 sessions | $80 REG
F14 Su 6 pm-7 pm  Sept. 8 – Sept. 29  Frontenac Racquet Club
F08 M 11 am-noon  Sept. 9 – Sept. 30  Sunset Hills CC, indoor courts
F02 Sa 11 am-noon  Oct. 5 – Oct. 26  Sunset Hills CC, indoor courts
F17 Su 6 pm-7 pm  Oct. 6 – Oct. 27  Frontenac Racquet Club
F11 M 11 am-noon  Oct. 7 – Oct. 28  Sunset Hills CC, indoor courts
F05 Sa 11 am-noon  Nov. 2 – Nov. 30  Sunset Hills CC, indoor courts  • NOTE: No class 11/9.

Tennis for Youth, Ages 11–15:
F15 Su 7 pm-8 pm  Sept. 8 – Sept. 29  Frontenac Racquet Club
F09 M noon-1 pm  Sept. 9 – Sept. 30  Sunset Hills CC, indoor courts
F03 Sa noon-1 pm  Oct. 5 – Oct. 26  Sunset Hills CC, indoor courts
F18 Su 7 pm-8 pm  Oct. 6 – Oct. 27  Frontenac Racquet Club
F12 M noon-1 pm  Oct. 7 – Oct. 28  Sunset Hills CC, indoor courts
F06 Sa noon-1 am  Nov. 2 – Nov. 30  Sunset Hills CC, indoor courts  • NOTE: No class 11/9.
Workforce Solutions Group of St. Louis Community College leverages education for growth in the knowledge economy by offering programs and services designed to advance people, businesses and communities.

We accomplish this through our Continuing Education, Corporate Services and Community Services operating units with teams centrally located at the Corporate College, a state-of-the-art facility dedicated to corporate education and professional development.

Need on-site tailored training and development?
Contact us at 314-539-5022 to discuss specialized programs custom-fit to your unique needs and goals. Or, learn more about our suite of workforce and continuing education solutions at stlcc.edu/workforce.

Each year, STLCC’s Workforce Solutions Group publishes its annual State of the St. Louis Workforce Report. Our most recent issue focuses on financial services, health care and information technology. Learn more and download the report at stlcc.edu/STLworkforce.
LOCATION INDEX

For more information visit stlcc.edu/ce
General Information

Enrollment in Continuing Education classes and programs is limited to persons 16 years and older except for youth section classes and where otherwise noted.

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. Full refunds will be issued for classes canceled by the College unless noted otherwise in the catalog. Please call 314-984-7777 with any questions.

Inclement Weather
Occasionally, Continuing Education classes are canceled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the College website, 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, 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.

Refund of Fees
If you wish to withdraw from a class, you will receive a full refund for most classes if the class is dropped three business days before the first meeting. See the course schedule for classes (such as day trips) that require notice of more than three business days for cancellation and eligibility for a refund.

Requests for withdrawals must be submitted in writing to a Continuing Education office in person, by email at CEdropbox@stlcc.edu or via mail to:
Missouri residents who are at least 65 years of age will be awarded a scholarship to be exempt from tuition fees to enroll in select courses on a space available basis. There will be a non-refundable registration fee of $5 per course to a maximum of $25 per semester. Student is responsible for administrative and other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two business days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE FOR DETAILS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Textbooks
Textbooks can be purchased at the campus bookstores unless otherwise noted in the course description.

Parking
On campuses, parking is available in student-designated lots. Parking permits are not required.

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

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, the College will institute disciplinary action.

Firearms on College Property
Except for licensed police officers, no person 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 van or vehicle or at College-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on College property, owned or leased or at any College activity.

Non-Discrimination
St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

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 Continuing Education Access Office at 314-984-7704 as soon as possible in advance of the program for consideration of your accommodations request. It is helpful to receive accommodations requests at least 10 days in advance of a program. For trips and tours, advance notice of up to one month is requested. With less advance notice, it may be difficult to meet needs of interested members. Learn more about STLCC disAbility Support Services at stlcc.edu/disability.

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.
ONLINE
www.stlcc.edu/CE
Email address required for online registration. Payment via credit/debit card is due at time of registration.

MAIL
STLCC Continuing Education
3221 Mckelvey Rd, Ste 250
Bridgeton, MO 63044
Fill out the enclosed enrollment form and include payment. Students who register by mail will receive confirmation of enrollment by email. If you have questions regarding your enrollment, please call Continuing Education at 314-984-7777.

PHONE
314-984-7777
Call Center hours:
• M-Th 8:30 am-5 pm
• F 8:30 am-4 pm
Extended hours: August 5-15
• M-Th 8:30 am-7:30 pm
• F 8:30 am-4 pm
To streamline your registration experience, please have all information shown in the registration form below prepared and ready to provide during your call.

If you have enrollment questions, please call Continuing Education at 314-984-7777.

IN PERSON
STLCC Continuing Education Offices: M-F 8:30 am-4 pm
Meramec
802 Couch Avenue
St. Louis, MO 63122
Florissant Valley
Center for Workforce Innovation
3344 Pershall Road
Ferguson, MO 63135
Forest Park
Student Center-125
5600 Oakland Avenue
St. Louis, MO 63110
In person registration not available at Wildwood or South County campuses.

Enrollment in classes within this brochure is limited to persons 16 years or 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. Some classes have additional registration deadline requirements. Please check course descriptions.

Confirmations and Cancellations: Registration confirmations, course updates and cancellation notices will be delivered to the e-mail address under which the registration has been made. Please see Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

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<th>Course Code</th>
<th>Section</th>
<th>Course Title</th>
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Total:

Name  _____________________________________________________________________________________________________________________
LAST  FIRST  MIDDLE INITIAL
Address _____________________________________________________________________________________________________________________
STREET OR POST OFFICE BOX
CITY  STATE  COUNTY  ZIP CODE
Email  _______________________________________________________________________________________________  ○ Male  ○ Female
Birth Date  ___________________________  Student # (optional)  ___________________________  ○ Yes, I am age 60+
Primary Phone  ___________________________  Alternate Phone  ___________________________

PAYMENT METHOD: ○ Check made payable to St. Louis Community College  ○ Credit Card (complete information below)

CREDIT CARD NUMBER  ___________________________  EXPIRATION DATE  ______ / ______  _____________
○ MasterCard  ○ VISA  ○ Discover  ○ American Express  Signature  ___________________________
ST. LOUIS COMMUNITY COLLEGE...
Since 1962, more than 1.2 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 80,000 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—Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers—south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

Printed on recycled paper.

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than $200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. 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.