Continuing Education
COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

FALL 20 REGISTRATION BEGINS AUG 10

ONLINE CLASSES:
Inventors' Series | 6
Photography | 17
Yoga | 29
... and many more!

St. Louis Community College
Continuing Education
stlcc.edu/CE | 314-984-7777
MEET A FEW OF OUR TEAM MEMBERS

Alex | Student Account Specialist

“I love that I’m able to work with an institution that helps individuals within the community. Our classes are great for everyone, and it’s wonderful hearing the excitement from our students. Personally, I’m always looking for ways to redecorate my home, and I know CE offers a class for that!”

Fall 2020 Top Pick:
Interior Décor: Accessories for Home, Kitchen and Bath, page 20

Kelly | Operations Manager

“We witness transformations and new sparks of interest in students every day, which brings such purpose to all the planning, organizing and back-office business our team delivers. As a college, we take professional development seriously, yet we also embrace the balance and stress relief personal enrichment classes add to life. After all, when we show up for ourselves, we can better show up for others!”

Fall 2020 Top Pick:
Mind Over Matter, page 28

Richard | Student Support Guru

“Continuing Education plays such a valuable role in the community, offering classes that can change your life or just provide a few hours to relax and learn something new. I love signing people up for classes that they have a passion for. It’s especially exciting when they can share their passion by turning it into a business.”

Fall 2020 Top Pick:
Business Start-Up Skills for Artisans and Crafters, page 7
Please note:

All classes listed in this catalog are offered in an online format. In-person classes for the fall term may open later in the semester. Be sure to check for updates at stlcc.edu/CE. Unless otherwise specified in the course description, registration for online classes closes three business days prior to the class start date. A valid email address must be provided at registration, and computer and internet access for attending the class is required. Please refer to page 30 for more information.

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

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.

314-984-7777 | CALL CENTER

Hours
• M–Th .............8:30 a.m.–5 p.m.
• F .................8:30 a.m.–4 p.m.

To contact us, please call 314-984-7777 or email us at CEdropbox@stlcc.edu.
See page 31 for more registration methods.

REGISTER ONLINE | 24 HOURS
stlcc.edu/CE

Fall 2020 Continuing Education Courses

PROFESSIONAL DEVELOPMENT

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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:
Pam Ross, Chair; Anne Adams Marshall, Vice Chair; Rodney Gee; Doris A. Graham, Ph.D.; Craig H. Larson, Ed.D.; Mary Luebke; Kevin M. Martin, Ed.D.

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.
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.
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
F04 Sa 9 a.m.-noon
Sept. 19
Dirk Lupien
Online

Project Management
Project managers are in demand when the need is for skills that require time, resources and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. Program utilizes Registered Educational Provider (REP) materials. Class meets Thursdays 10/1, 10/8, 10/15, 10/22, 10/29, from 6-9 p.m. and Saturdays 10/10, 10/17, 10/24, from 8:30 a.m.-4 p.m. Registration deadline: 9/23. No refunds after this date unless the class is canceled.

BPTC-703 | 8 sessions | $1649 AGE 60+ | $1649 REG
F05 Th 6-9 p.m., Sa 8:30 a.m.-4 p.m.
Oct. 1 – Oct. 24
Online

• NOTE: No class 10/3.

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 42 hours of instruction. Class meets Wednesdays 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, from 4-7 p.m. and Saturdays 10/24, 10/31, 11/7, 11/14, 11/21, from 8-11 a.m. Class is subject to cancellation if minimum enrollment is not met by 9/9.

BPTC-701 | 14 sessions | $1534 AGE 60+ | $1899 REG
F05 W 4-7 p.m., Sa 8-11 a.m.
Sept. 16 – Nov. 21
Pat Dalton
Online

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 | $31 AGE 60+ | $49 REG
F01 M 6:30-8:30 p.m.
Sept. 21 – Oct. 5
Fred Miller
Online
F02 Th 6:30-8:30 p.m.
Nov. 5 – Nov. 19
Fred Miller
Online
Inventors’ Series:
So You Want to be an Inventor!

Gain insights from experienced inventors, discover secrets of invention procedures and explore valuable business-building techniques. Presented by Invent-ED Network Connection, this series will help you put your best foot forward as you step into the world of entrepreneurship. Register for each class.

Saturday, August 29

Ask An Inventor: An Introduction to the Inventing Process
Gain valuable lessons and tips to avoid common mistakes when becoming an inventor. Ask a twice-patented inventor many of your questions about inventing. Listen as she shares her experience about the steps taken and challenges 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!
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F01 Sa 9-10 a.m. Cheri Renee Aug. 29 Online

Intellectual Property: How to Protect Your Inventions
Learn the different types of Intellectual Property (IP) available (i.e. patents, trademarks and copyrights) to provide protection for inventions and other original work. Explore the length and type of protections granted under each filing and how to avoid infringing on existing IPs or losing patent protection.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F02 Sa 10:15-11:15 a.m. Cheri Renee Aug. 29 Online

How to Research Patents to Protect Your Ideas
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 (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 gain knowledge about the requirements for and meaning of terms like dependent/independent claims, prior art, patent infringement and more. Learn how to improve research inquiries on free websites and extract valuable information from various patents that will aid in devising new patents.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F03 Sa 12-1 p.m. Cheri Renee Aug. 29 Online

Crowdfunding: What’s the Difference Between Platforms?
Thinking about starting a crowdfunding campaign to launch a product but don’t know what platform to use? Many factors should be considered before launching a campaign to fund your idea, invention, business, cause or organization. Learn the general differences and requirements, pros and cons, and benefits versus risks associated with the most popular crowdfunding websites. Explore samples of the most successful and failed campaigns launched right here in St. Louis.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F04 Sa 1:15-2:15 p.m. Cheri Renee Aug. 29 Online

Saturday, September 12

Re-inventing Yourself to Generate Income
Are you out of work? Do you have a great product, service or creative work that you’d like to sell but don’t know where to start? Re-invent yourself and identify ways to generate a new source of income through self-employment. Learn how to start a home-based business and become an entrepreneur.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F05 Sa 9-10 a.m. Cheri Renee Sept. 12 Online

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 on your product type. This session explores the product manufacturing process in the U.S., China, Mexico, India and more. 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. Also, gain valuable tips to avoid costly manufacturing mistakes during production and insights on local and international companies that provide U.S. clients with product sourcing and translation services along with facilitation of off-shore manufacturing in China, Mexico, Taiwan and other countries for free or at a low cost.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F06 Sa 10:15-11:15 a.m. Cheri Renee Sept. 12 Online

Using Cut and Sew Factories for Manufacturing
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, to distribution! Gain an understanding of how these factories can convert designs and sketches into finished products, providing services such as design development, pattern creation and digitization, assembly and manufacturing that can help launch products within a shorter period of time than most manufacturers.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F07 Sa 12-1 p.m. Cheri Renee Sept. 12 Online

Entrepreneur Resources
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 devised programs, services, and/or raised money to extend to start-up entrepreneurs and inventors, but many are underutilized. Learn how to take advantage of free training, resources, funding and mentoring opportunities available to get your product or idea off the ground.
BUSS-765 | 1 session | $25 AGE 60+ | $25 REG
F08 Sa 1:15-2:15 p.m. Cheri Renee Sept. 12 Online

Registration closes three business days prior to class start date unless otherwise specified.
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 one 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 Development Center.
BUSS-701 | 2 sessions | $69 | AG60+ | $49 REG
F05 Sa 9 a.m.-noon | Lynette Watson
Sept. 12 – Sept. 19 Online

Business Start-Up Skills for Artisans and Crafters
Are you ready to take your craft or hobby business to the next level? Looking to turn your side hustle into a money-making business? You have 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 an award winning, 40-year veteran in the arts and former Executive Director of Best of Missouri Hands as she discusses effective marketing techniques, outlets to sell online and in-person, how to balance creativity with administrative tasks and more. Bring a notebook and pen to class.
BUSS-701 | 1 session | $52 | AG60+ | $35 REG
F08 Th 6-9 p.m. | Mike Ochonicky
Sept. 17 Online
F09 Th 6-9 p.m. | Oct. 8 Online

Small Business Tax Seminar
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.
BUSS-741 | 1 session | $39 | AG60+ | $39 REG
F15 Sa 9 a.m.-1 p.m. | T. Spector
Oct. 17 Online

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 and 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.
BUSS-741 | 2 sessions | $59 | AG60+ | $39 REG
F16 Sa 9 a.m.-1 p.m. | T. Spector
Oct. 24 – Oct. 31 Online

Payroll for Small Business
Payroll is an integral activity of an organizations 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.
BUSS-741 | 2 sessions | $44 | AG60+ | $39 REG
F07 Sa 9 a.m.-1 p.m. | Stacy Moore
Nov. 7 – Nov. 14 Online

Accounting

Accounting Boot Camp: Beginning I
This boot camp builds upon 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. Bring pencils, calculator and notebook paper. All other class materials provided.
BUSS-741 | 2 sessions | $44 | AG60+ | $39 REG
F09 Sa 9 a.m.-1 p.m. | Stacy Moore
Sept. 12 – Sept. 19 Online

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 boot camp is designed for individuals and entrepreneurs who desire to learn and master basic accounting. Course will include lots of hands-on case studies for practical application. Taught by a tenured accounting professor. Prerequisite: Accounting Boot Camp: Beginning I. Bring pencils, calculator and notebook paper. All other class materials provided.
BUSS-741 | 2 sessions | $44 | AG60+ | $39 REG
F10 Sa 9 a.m.-1 p.m. | Stacy Moore
Sept. 26 – Oct. 3 Online

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. Prerequisite: Accounting Boot Camp: Beginning II. Bring pencils, calculator and notebook paper.
BUSS-741 | 2 sessions | $44 | AG60+ | $39 REG
F11 Sa 9 a.m.-1 p.m. | Stacy Moore
Oct. 10 – Oct. 17 Online

Purpose, Process and Payoff
Want to know how to stand out amongst professionals in your industry! At the end of this two session class, be ready for your network connections to explode and take you to the next level in business.
CPDV-701 | 2 sessions | $137 | AG60+ | $69 REG
F03 Tu 6-9 p.m. | Edwin Penfold
Oct. 6 – Oct. 13 Online

Community Health Worker
Prepare to become a trusted community member who assists individuals and communities to adopt healthy behaviors.
stlcc.edu/CHW | 16-week | TuTh day

The need for health care workers in St. Louis keeps growing!
Accelerated training is available for these in-demand positions. Learn more about our programs and available funding options by visiting the websites listed below.

Medical Assistant
Prepare for administrative and basic clinical tasks in a clinical setting.
stlcc.edu/MA | 23-week | M-F day

Patient Care Technician
Prepare for entry-level patient care technician positions in a hospital setting.
stlcc.edu/PCT | 9-week | M-F day

Community Health Worker
Prepare to become a trusted community member who assists individuals and communities to adopt healthy behaviors.
stlcc.edu/CHW | 16-week | TuTh day

Resumé Workshop: Impress Potential Employers
Develop an effective resumé for today’s job market in this interactive writing workshop. Learn how to provide a great first impression to obtain the job interview. Gain tips for advertising your qualifications, focusing on your strengths and the work you want to do. Highlight your most important accomplishments and focus on the link between the company’s needs and the benefits you will provide.
CPDV-704 | 1 session | $20 | AG60+ | $29 REG
F01 Sa 9:11:30 a.m. | Keshia Kent
Online
F02 Sa 9:11:30 a.m. | Keshia Kent
Online

Plus 50: Finding Purpose and Passion in the Third Chapter
Are you facing the uncharted post-career years and wondering what’s next? Many of us in the third chapter of life feel unsettled, restless and adrift. We believe the years between 50 and 75 can be some of the best, but do not know how to make sense of the changes we are facing. Learn how to tap into the power of purpose and find new meaning in work and life. Whether you are seeking an encore career, looking for enlivening volunteer work or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity and fulfillment.
CPDV-702 | 1 session | $40 | AG60+ | $55 REG
F02 Sa 9 a.m.-4 p.m. | Carol Watkins
Sept. 19 Online

Plus 50 Employment: The Purpose, Process and Payoff
Whether you have been laid off from your job as a result of the economy or are looking to get into a different career path, individuals over age 50 may find that the job-seeking and employment processes have changed. Learn to research companies, locate online job search databases, update your resumé and network. Class will also cover skill enhancement tools, interview styles, local resources, branding statements and more. Receive valuable information from industry experts to help you find the path to new opportunities.
CPDV-701 | 2 sessions | $137 | AG60+ | $69 REG
F03 Tu 6-9 p.m. | Edwin Penfold
Oct. 6 – Oct. 13 Online

Professionally Polished: Designing Your LinkedIn® Portfolio
Want to know how to stand out amongst professionals on the largest social network for business? Led by a marketing executive, learn how to build a dynamic portfolio on LinkedIn that will help you rise up in your industry! At the end of this two session class, be ready for your network connections to explode and take you to the next level in business.
CPDV-705 | 2 sessions | $59 | AG60+ | $59 REG
F03 Sa 9 a.m.-4 p.m. | Sarah Guldalain
Oct. 8 – Oct. 15 Online
How to Start a Career in Real Estate

Do you enjoy helping people? Have you considered getting into the business of real estate and wondered what it takes to be successful? The real estate profession offers one of the widest career opportunities in the business world. From buying and selling homes, office buildings, industrial property and corporation farmland to property management, land development, mortgage banking, urban planning, real estate counseling and appraisal, there are many avenues to explore! Find out about the licensure process to become a real estate agent and starting avenues to explore! Find out about the licensure real estate counseling and appraisal, there are many development, mortgage banking, urban planning, corporation farmland to property management, land selling homes, office buildings, industrial property and opportunities in the business world. From buying and estate profession offers one of the widest career wondered what it takes to be successful? The real

Getting into the business of real estate and

How to Start a Career in Real Estate

Ready for a career change? Become a certified personal trainer! Designed to give you the knowledge 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, student must be at least 18 years of age and have a high school diploma or high school equivalency. Student must hold CPR/AED certification before taking exam. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at 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 retake exam. Voucher for exam must be used within six months of date received. Registration/withdrawal deadline: 9/20. No refunds after that date. Funding assistance may be available through WIOA and SkillUp; please inquire.

Pedu-753 | 1 session | No Fee
F01  M 6-7 p.m.   Melissa Baumgartner  Sept. 14  Online

ACE® Personal Trainer Certification Prep Course

An introductory study of the NEC for those in related fields, this course covers the elements, changes, applications and design aspects of the 2020 National Electrical Code for residential and commercial properties. Certificate of participation will be awarded to those who successfully finish the course.

Elec-705 | 28 sessions | $192  age 60+ | $299 REG
F01  TuW 6-7:30 p.m.   Michael Smith  Aug. 25 - Dec. 1  Online
• NOTE: No class 11/25.

10-hour OSHA: Construction Safety and Health Training Certification

Class meets Tuesday 9/8 through Thursday 9/10, 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, basic 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. Class time includes breaks. Withdrawal deadline for refund: 8/29.

Cons-736 | 3 sessions | $76  age 60+ | $125 REG
F04  TuWTh 4-7:40 p.m.   Lamont Ray  Sept. 8 - Sept. 10  Online

10-hour OSHA: General Industry Safety and Health Training Certification

Class meets Monday 11/16 through Wednesday 11/18. 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 course completion card after completion of the course. Class time includes breaks. Withdrawal deadline for refund: 11/6.
Cons-736 | 3 sessions | $76  age 60+ | $125 REG
F05  M 4-7:40 p.m.   Lamont Ray  Nov. 16 - Nov. 18  Online

We have more! Ready to purchase a starter home? Has your family outgrown your current house, or is it time to downsize? Check out the lineup of real estate classes on page 23.
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 (6) courses to earn your non-credit certificate. Courses are offered in the spring and fall, with three (3) of the six (6) required courses available each semester. Learn more at stlcc.edu/animalwelfare.

Career and Volunteer Opportunities in Animal Welfare Agencies
Animals are wonderful. If you agree, you may have thought about working with them (or for their welfare). If you’ve considered the possibility of a career or volunteer position in the wide world of animal welfare but aren’t sure where you fit into the picture, this class can help you sort through the possibilities. Learn about the personal rewards and benefits of working directly with animals as well as things you can do indirectly (and locally) for their benefit. Course meets requirements of Animal Welfare Assistant Program.

ANIM-741 | 1 session | $26 AGE 60+ | $29 REG
F02 Tu 6-8:30 p.m.
Sept. 29
Online

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 troubleshoot community animal welfare needs and possible solutions. Course meets requirements of Animal Welfare Assistant Program.

ANIM-741 | 1 session | $26 AGE 60+ | $29 REG
F01 Tu 6-8:30 p.m.
Oct. 20
Online

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.

ANIM-741 | 1 session | $26 AGE 60+ | $29 REG
F03 Tu 6-8:30 p.m.
Nov. 17
Online

Presented in partnership with:

This class was an amazing eye-opener that convinced me to pursue a career in animal welfare advocacy, to volunteer at an animal shelter, and to write state representatives about bills that impact animal welfare in my community and in Missouri at large.”

Rachel, Career and Volunteer Opportunities in Animal Welfare Agencies
**PERSONAL COMPUTING**

**Exploring Free Graphics Programs**
Looking for free alternatives to designing flyers, newsletters, logos and other professional graphic designs? In this course, Canva, Google Drawings, and Gravit Designer will be discussed. Prerequisite: Working knowledge of the internet and basic PC skills.

**COMP-742 | 1 session | $28.50 AGE 60+ | $39 REG**

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<th>F01</th>
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We have more! Explore even more design programs and create next-level projects! See “Adobe Tools” on page 12.

**Personal Online Security**
Ensure your terrestrial and digital footprints are secure. Gain the skills to exercise the best security practices to protect your personal information, help prevent identity fraud, and preserve data integrity. Shelter your confidentiality from those who may seek to exploit your personal information and be able to ask questions from an expert in the field of data security. Conduct your professional and personal electronic communications using the most current and effective techniques.

**COMP-795 | 1 session | $33 AGE 60+ | $49 REG**

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**SMART HOME TECHNOLOGY**

**Introduction to Smart Home Technology**
Enhance your lifestyle with simple yet sophisticated control of music, video, lights, climate and more. This introductory class explores ways to create a smart home system that can reduce energy consumption, create a more comfortable family living environment and help protect your home against intruders. Note: Literally hundreds of smart home products exist on the market, and while this class will cover concepts and functionality, it may not focus on specific product 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 | $49 AGE 60+ | $49 REG**

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**MOBILE TECHNOLOGIES**

**iPhone® And iPad® Mobile Digital Devices: Introduction**
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 bring their own iPhone/iPad device to the class. This class will only discuss the Apple products. Other smartphone devices will not be covered.

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

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**iPhone® And iPad® Mobile Digital Devices: Next Steps**
No longer a beginner, but not yet an expert in using your iPhone® or iPad® mobile digital device? Feel like you could be doing more than the basics? 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, learn how much is possible (and what limitations to expect). This class is for those comfortable navigating around their devices, or who have completed our introduction course. Students should bring their iPhones® and/or an iPad® along with the corresponding chargers.

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

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Microsoft® Word® 2016 for Business: In a Day
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 and edit a document with confidence. Prerequisite: Windows® Introduction class or equivalent experience. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-715  1 session  933 60+  $129 reg.
F01  F 9 a.m.-4 p.m.  Sept. 4  Online
F02  W 9 a.m.-4 p.m.  Sept. 23  Online
F03  Sa 9 a.m.-4 p.m.  Nov. 7  Online

Microsoft® Excel® 2016
For Business: In a Day
Learn the basics of MS Excel in one day! In this introductory course, learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, and more. Topics include setting up worksheets, labeling, entering values, entering cells, copying, saving, and other commands. Recommended to bring a flash drive. Prerequisite: Windows® Introduction class or equivalent experience. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-720  1 session  933 60+  $129 reg.
F01  M/Tu 12:30-4 p.m.  Sept. 14 – Sept. 15  Online
F02  F 9 a.m.-4 p.m.  Oct. 16  Online
F03  Sa 9 a.m.-4 p.m.  Aug. 29  Online

Microsoft® Excel® 2016
For Business: Part II
Learn tips and tricks to efficiently navigate 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 sheets and printouts easier to read with special formatting techniques. An important class for beginners and for self-taught Excel users. Prerequisite: Windows® Introduction class. Recommended to bring a flash drive. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-721  1 session  933 60+  $129 reg.
F01  M 9 a.m.-noon  Oct. 12  Online
F02  F 9 a.m.-4 p.m.  Oct. 23  Online
F03  M 9 a.m.-noon  Nov. 6  Online

Microsoft® Excel® 2016
For Business: Power Pivot Tables
This class will set you on the course to take advantage of one of the most robust Data Analysis tools that Excel® includes. Power Pivot® enables you to create reports, or Data Models, from multiple data sources both in and outside of Excel. Learn to create and manage relationships, hierarchies, Power Pivot tables and charts. You will also be introduced to creating your own Calculated Columns, Calculated Fields (Measures), and Key Performance Indicators. Prerequisite: Microsoft Excel 2016 for Business Part II or equivalent experience. Recommended to bring a flash drive. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-722  1 session  344 60+  $159 reg.
F04  M 9 a.m.-noon  Oct. 12  Online
F03  M 9 a.m.-noon  Nov. 6  Online

Microsoft® Access® 2016
For Business: In a Day
Learn the basics of Access® in one day! Learn how to plan and design a database system; add, change and delete information; and create simple reports and query the database to find display data. Prerequisite: Windows® Introduction class or equivalent experience. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-725  1 session  933 60+  $129 reg.
F01  F 9 a.m.-4 p.m.  Nov. 20  Online

Microsoft® Access® 2016
For Business: Part II
Gain the skills necessary 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. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-726  1 session  933 60+  $129 reg.
F01  F 9 a.m.-4 p.m.  Dec. 4  Online

Microsoft® Access® 2016
For Business: Part III
Take your Access databases to the next level by implementing tools such as macros, VBA coding and switchboards to give your user base a fluid Access experience. Discover features to secure your database through options such as front- and back-end splitting, link tables and import/export data. Create forms to intuitively navigate and organize your data; Prerequisite: Access for Business: Parts I and II or equivalent experience. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

COMP-727  1 session  933 60+  $129 reg.
F01  F 9 a.m.-4 p.m.  Dec. 18  Online
**Adobe® Photoshop® CC: In a Day Workshop**

Explore the basics of Photoshop in a day! Learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Topics include layers, history, the clone stamp, the spot healing brush tool and content-aware fill, transformations and the difference between destructive and non-destructive editing. Work hands-on with a wide variety of images. Prerequisite: Windows® Introduction class or equivalent experience. Textbook and class files will be mailed to each student registered. Registration closes five days prior to class start date.

**CVTW-704 | 1 session | $73.50 Age 60+ | $99 REG**

| F09 | 9 a.m.-4 p.m. | Zak Zych | Oct. 24 |

*Adobe® Photoshop® CC: The First Step*

Through carefully crafted tutorials, learn practical Photoshop skills including layers, making selections, masking, basic color, type tool, extraction filter, image resolution, and conversion from RGB to grayscale. Image repairs with the healing patch and clone stamp will be explored. Discuss how to create unique fictional images without a camera or scanner. Lots of discussion and guided demonstrations by a Photoshop expert encourages class participation in an atmosphere of mutual support. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

**CVTW-704 | 1 session | $99 REG | $139 REG**

| F06 | F 8:30 a.m.-4:30 p.m. | Zak Zych | Online | Sept. 4 |

“Great experience! The instructor answered every question with a supportive and positive approach.”

*Phil, St. Louis*

**Adobe® Photoshop® CC: Introduction**

Topics include layers, history, clone stamp, spot healing brush tool and content-aware fill, quick selection tool, magic wand and colour range, transformations, and difference between destructive and non-destructive editing. Work hands-on with a wide variety of images. Basic computer knowledge required. This course meets the curriculum requirements of the Digital Photography Essentials Program. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

**CVTW-704 | 4 sessions | $102.50 Age 60+ | $139 REG**

| F03 | M 6-9 p.m. | Zak Zych | Sept. 14 |
| **Note:** No class size 25. |

**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 work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Essentials Program. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

**CVTW-701 | 4 sessions | $102.50 Age 60+ | $139 REG**

| F04 | M 6-9 p.m. | Zak Zych | Online | Oct. 12 – Nov. 2 |

**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 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. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

**CVTW-701 | 4 sessions | $102.50 Age 60+ | $139 REG**

| F03 | M 6-9 p.m. | Zak Zych | Nov. 9 – Nov. 30 |

**Adobe® Photoshop® CC: Masking Workshop**

This one-day workshop builds upon techniques learned in Adobe Photoshop CC with focus on refining selections, quick masks, layer masks and channels. Also learn how to non-distrctively conceal a portion of an image and blend multiple photos into a single composition. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

**CVTW-704 | 1 session | $103.50 Age 60+ | $139 REG**

| F07 | F 9 a.m.-4 p.m. | Zak Zych | Sept. 18 |

**Adobe® Photoshop® CC: Image Size Workshop**

When you download an image from your camera or the internet, what is it good for? At what size can you print it? How would it appear uploaded to your website or Facebook? Learn the ins and outs of image sizing, compression and file formats, and differences, and what is best for online versus print. Class textbook and files will be mailed to each registered student. Registration closes five days prior to class start date.

**CVTW-704 | 1 session | $103.50 Age 60+ | $139 REG**

| F08 | F 9 a.m.-4 p.m. | Zak Zych | Oct. 2 |

**Adobe® Photoshop® CC: Blending Modes Workshop**

Discover efficient and powerful ways to use layers and blending modes to colorize black and white photos; brighten, darken and add contrast to pictures; and how to take an otherwise pedestrian image and give it lots of extra visual interest!

**CVTW-704 | 1 session | $73.50 Age 60+ | $99 REG**

| F10 | F 10 a.m.-3 p.m. | Zak Zych | Nov. 6 |

This course meets the curriculum requirements of Continuing Education’s Digital Photography Essentials program. See page 17 for more information.

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**Adobe® After Effects®: The First Step**

Gain understanding and skill in utilizing After Effects to create motion graphics. We focus on learning the interface in After Effects, putting graphics in motion and rendering finished movie and animation projects. Participants will also explore a workflow between Photoshop® and After Effects. Be prepared for an intensive hands-on learning experience.

**CVTW-704 | 1 session | $99 Age 60+ | $139 REG**

| F01 | F 8:30 a.m.-4:30 p.m. | Timothy Linder | Sept. 18 |

**Adobe® After Effects®: The Next Step**

Now that you know the basics of adding assets and keyframing 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.

**CVTW-704 | 1 session | $99 Age 60+ | $139 REG**

| F02 | F 8:30 a.m.-4:30 p.m. | Timothy Linder | Oct. 2 |

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Learn more and apply at stlcc.edu/MfgTech
G SUITE GOOGLE TOOLS

Introduction to Google Drive™
Learn how to create docs, sheets, slides and more using Google's free web-based system. Access your documents from any computer and easily share them with others. 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. It is also helpful, but not required, to have your Google account set up prior to class; bring user ID and password.

COMP-742 | 1 session | $28.50 AGE 60+ | $39 REG
F02  Th 6-9 p.m. Laura Warren
     Oct. 29

Google Docs™ and Sheets™
Learn how to create and edit a text 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.

COMP-742 | 1 session | $28.50 AGE 60+ | $39 REG
F04  Th 6-9 p.m. Laura Warren
     Nov. 5

Advanced Google Sheets™
Take the next step in learning more about Google Sheets beyond the basics. In this class, learn how to quickly and easily gain insights from your data. Some topics discussed but not limited to include data validation, conditional formatting, and pivot tables. Prerequisite: Google Docs™ and Sheets course or working knowledge of Google Sheets.

COMP-742 | 1 session | $28.50 AGE 60+ | $39 REG
F03  Th 6-9 p.m. Laura Warren
     Nov. 19

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HOT!  REGISTRATION BEGINS AUG 10 | 314-984-7777 | STLCC.EDU/CE

PROFESSIONAL DEVELOPMENT

Finding and Paying for the Perfect College
Find and finance the ideal college or apprenticeship. You’ll learn techniques for identifying the perfect college or apprenticeship and understand ways to minimize the cost (it really can be inexpensive or even free!). Whether it’s the on-the-job apprenticeship, a community college associate’s degree or the Ivy League, you’ll learn the best approaches to finding the right fit. Registration for this class closes four days prior to class start date.

EDUC-765 | 2 sessions | $39 AGE 60+ | $39 REG
F01 W 7-9 p.m. Online
     Oct. 21 - Oct. 28

FREE! GED CLASSES
HiSET is the new GED. Call today!
314-984-7777 | stlcc.edu/hiset

Registration closes three business days prior to class start date unless otherwise specified.
Truck Driving

Prepare for a well-paying career in commercial truck driving...one of the fastest growing opportunities in the United States today.

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Learn more and apply at stlcc.edu/boeing

HVAC Operator I Technical Training

Interested in HVAC? Through hands-on instruction, our training program could get you on the pathway to a new career!

• Gain important HVAC troubleshooting skills.
• Understand HVAC system operations.
• Prepare to take your EPA certification exams.

Learn more and apply at stlcc.edu/HVAC

Professional CDL-A Training

Gain the substantial knowledge and practical skills needed to become an entry-level over-the-road or local truck driver. Instruction includes 40 hours of classroom training with emphasis on safety, FMCSR regulation, trip planning and more. 160 hours of behind-the-wheel and important hands-on learning for pre-trip inspections, skilled backing maneuvers, and road time on a variety of roadways. Before going on the road, experience driving on a high-tech simulator in a safe environment. Thorough curriculum exceeds the U.S. Department of Transportation’s (DOT) Proposed Minimum Standards for Training Tractor Trailer Drivers, ensuring you receive training and behind-the-wheel experience companies value and that you can take with you to an employer of your choice.

Get started by attending a free information session. Learn more at stlcc.edu/truckdriving.
NEW! St. Louis: The City that Makes and Loves Ice Cream
St. Louis popularized the ice cream cone in 1904 and we even have an ice cream cone sculpture. In the 21st century, St. Louis boasts more ice cream options than ever, with many establishments crafting their own icy treats right before your eyes. Find out about micro-creameries and craft ice cream and the many choices available to St. Louisans today.

SEN-R702 | 1 session | 39 REG
F01 Th 10-11:30 a.m. | Douglas Schneider
Sept. 17 | Online

How Missouri Women Got the Vote
Missouri, and especially St. Louis, was a hotbed of women’s suffrage activity in the 19th and 20th centuries. Take a journey from the movement-energizing Civil War to the 19th amendment, which granted women the ballot nationwide in 1920. Discover what happened once Missouri women got the vote as we celebrate the centennial of its ratification.

SEN-R702 | 1 session | 39 REG
F02 F 10-11:30 a.m. | Douglas Schneider
Oct. 16 | Online

NEW! Tour of St. Louis Breweries, Past and Present
St. Louis is an American brewing epicenter, with a landscape dotted with breweries both large and small. We even had 36 breweries active during the Civil War. Join us on a visual tour of a couple dozen breweries from the past and present. Be prepared to answer some trivia questions.

SEN-R702 | 1 session | 39 REG
F03 F 10-11:30 a.m. | Douglas Schneider
Nov. 20 | Online

The 1950s Are Still Alive in St. Louis
Would you like to sit in the historic Arena’s penalty box, eat a Parkmoor chickburger or watch some roller derby action? How about making money because you love Lucy or seeing Sputnik in person? This talk covers items from 1950s St. Louis that have survived into the 21st century. Take a peek into how people spent their spare time in the post-war era and what remains of these pastimes in St. Louis, both indoors and out. Find out how you can re-live the era, dance the night away with music from the fabulous ’50s and even find products on store shelves that are unchanged from over 60 years ago!

SEN-R702 | 1 session | 39 REG
F04 Th 10-11:30 a.m. | Douglas Schneider
Dec. 3 | Online

CAREGIVING AT HOME
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. This series covers a range of helpful topics to support you and, ultimately, those for whom you care.

Caregiving at Home: 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 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.

AHCE-701 | 1 session | $25 REG
F02 Tu 9 a.m.-noon
Oct. 13 | Online

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 as well as medical services like 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 also cover the different levels of facility-based care including skilled nursing, assisted living and residential care.

AHCE-701 | 1 session | $25 REG
F01 Th 9 a.m.-noon
Oct. 15 | Online

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.

AHCE-701 | 1 session | $25 REG
F03 Tu 9 a.m.-noon
Oct. 20 | Online
FINE ARTS

Artful Saturdays
Enjoy four Saturday mornings virtually exploring topics in art history. Led by art historian Betsy Solomon, experience a specific theme each weekend: 10/3, Early Renaissance; Donatello and Masaccio; 10/10, Baroque Light and Drama: Artemisia Gentileschi and Gian Lorenzo Bernini; 10/17, Auguste Rodin: First Modern Sculptor; and 10/24, Two African American Painters: Henry Tanner and Romare Bearden.

ARTS-705 | 4 sessions | $54 AGE 60+ | $99 REG
F01 | Th 6-8:30 p.m. | Betsy Solomon

ARTS-709 | 6 sessions | $68.50 AGE 60+ | $105 REG
F01 | Sa 10 a.m.-11:30 a.m. | Betsy Solomon

F02 | Tu 1-3:30 p.m. | Maureen Brodsky

Drawing: Beginning/Intermediate
Beginning students learn the tools, materials, and visual and artistic perception essential to drawing as returning students continue to sharpen skills through class projects or independent work. Drawing fundamentals such as line, perspective, value and composition are covered. Students will use pencil, conte crayon and charcoal. Supply list will be sent.

ARTS-709 | 6 sessions | $68.50 AGE 60+ | $105 REG
F01 | Sa 10 a.m.-11:30 a.m. | Betsy Solomon

F02 | Tu 1-3:30 p.m. | Maureen Brodsky

F03 | Th 6:30-8:30 p.m. | Lisa Payne

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

ARTS-715 | 5 sessions | $68.50 AGE 60+ | $105 REG
F01 | Th 12-3 p.m. | Maureen Brodsky

F02 | Tu 6-8:30 p.m. | Lisa Payne

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 inner artist. You will 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.

ARTS-725 | 6 sessions | $70 AGE 60+ | $115 REG
F01 | Th 6:30-8:30 p.m. | Mary Feagan

Painting

Watercolor: Intermediate/Advanced Techniques
Build your watercolor skills to a more advanced level, exploring challenging techniques of layered washes, modeling with color and unusual textural accents and more. Students must be proficient in drawing with basic watercolor skills. Prerequisite: Watercolor: Beginning Techniques or equivalent experience. Supply list will be sent.

ARTS-736 | 6 sessions | $74 AGE 60+ | $120 REG
F01 | Tu 1-3:30 p.m. | Maureen Brodsky

New! Printmaking: Monotypes and Relief Prints
Explore the medium of printmaking with both conventional and non-traditional methods. Using a variety of materials and found objects, experiment with collage, stenciling, painting and drawing to create monotypes and relief prints on paper. Supply list sent.

ARTS-765 | 6 sessions | $54 AGE 60+ | $89 REG
F01 | M 9:30 a.m.-noon | Ruth Kolker

Registration closes three business days prior to class start date unless otherwise specified.
PHOTOGRAPHY

Photojournalism 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.

PHOT-731 | 15 sessions | 169 | 1.09 | REG
F01 Tu 6:30-9 p.m. | Aug. 18 – Sept. 15
John Kerans | Online
F02 M 6:30-9 p.m. | Oct. 19 – Nov. 16
John Kerans | Online

Nature and Outdoor Photography
Improve outdoor nature and photography skills and expand your creativity in this 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. Field trips required on own; details to be announced in class. Prerequisite: Digital Photography: Introduction or equivalent experience. Course meets the curriculum requirements for Digital Photography Essentials Program.

PHOT-708 | 4 sessions | 167 | 1.99 | REG
F01 M 6:30-9 p.m. | Sept. 21 – Oct. 12
John Kerans | Online
F02 M 6:30-9 p.m. | Nov. 23 – Dec. 14
John Kerans | Online

NEW! Portrait Photography
Create compelling “on location” portraits at home, work or play without the need for a studio or expensive equipment. Learn why a long lens makes faces look great, how to adapt your existing lenses for portrait shoots and the best angles to make your subject look their best. Replicate the aesthetic of a Hollywood motion picture by separating subjects from backgrounds using shallow focus and learn how to make photos come alive. Field trips required on own; details to be announced in class. Prerequisite: Digital Photography: Introduction or equivalent experience. Course meets the curriculum requirements for Digital Photography Essentials Program.

PHOT-710 | 5 sessions | 169 | 1.09 | REG
F01 W 6:30-9 p.m. | Sept. 23 – Oct. 21
John Kerans | Online
F02 W 6:30-9 p.m. | Nov. 4 – Dec. 9
John Kerans | Online

DANCE

NEW! Ballet: All Levels
This class is for adult dancers who have experience or want to learn ballet. Students will utilize ballet techniques to build their strength, stamina, flexibility and coordination. Classes include barre exercises and progression. Attire: Tight-fitting athletic wear or dancewear and ballet shoes.

DANC-701 | 8 sessions | 542 | 50 | 4.09 | REG
F01 W 6-7 p.m. | Sept. 9 – Oct. 28
Tamara Kelly | Online

Latin Dance Fitness
This Latin-inspired, exhilarating, easy-to-follow, calorie-burning dance-fitness party will move you toward a happier, healthier lifestyle without feeling like you are working out. Dance through life!

DANC-718 | 8 sessions | 559 | 50 | 4.59 | REG
F01 M 6-7 p.m. | Aug. 17 – Oct. 12
• NOTE: No class 9/7.
Carmen Guynn | Online
F02 W 6-7 p.m. | Aug. 19 – Oct. 7
Carmen Guynn | Online
F03 W 6-7 p.m. | Oct. 19 – Dec. 7
Carmen Guynn | Online
F04 W 6-7 p.m. | Oct. 14 – Dec. 9
• NOTE: No class 11/25.
Carmen Guynn | Online

The Salsa Experience I
Learn about authentic Latin culture through the rhythmic sounds of salsa music and dance. Discover the history of salsa, the origin of the dance, basic salsa steps and musicality skills. You will be moving and shaking to some of the hottest salsa music in no time.

DANC-725 | 8 sessions | 559 | 50 | 4.59 | REG
F01 Tu 6-7 p.m. | Aug. 18 – Oct. 6
Carmen Guynn | Online
F02 Th 6-7 p.m. | Aug. 20 – Oct. 8
Carmen Guynn | Online

The Salsa Experience II
Learn more intricate turn patterns, footwork and body movement and gain a better understanding of musicality, timing and speed. Prerequisite: The Salsa Experience I or understanding of basic salsa steps, technique, musicality skills and cultural awareness.

DANC-725 | 8 sessions | 559 | 50 | 4.59 | REG
F05 Tu 6-7 p.m. | Oct. 13 – Dec. 1
Carmen Guynn | Online
F06 Th 6-7 p.m. | Oct. 15 – Dec. 10
• NOTE: No class 11/26.
Carmen Guynn | Online

The Bachata Experience
This Dominican dance will have you styling and socializing on the dance floor in no time! Build a strong foundation in both footwork and partner-work, achieve an authentic look and feel in your movement, develop and enhance leading and following techniques, and develop your dance etiquette. Also, gain a better understanding of Bachata’s history and culture along with theory, tools and concepts to help you make you a more versatile dancer.

DANC-725 | 8 sessions | 559 | 50 | 4.59 | REG
F02 W 7-8 p.m. | Aug. 19 – Oct. 7
Carmen Guynn | Online
F04 W 7-8 p.m. | Oct. 14 – Dec. 9
• NOTE: No class 11/25.
Carmen Guynn | Online

SHARE YOUR PHOTOS!

Have great pics 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.

STLCC.EDU/CE
Fundamentals of Music Theory
Music is present in many aspects of life, but what actually defines music? Learn about time and key signatures, notes, rhythms and more.
MUSC-701 4 sessions | $49.50 AGE 60+ | $79 REG
F02 Sa 9-11 a.m. Christina Springer Nov. 7 – Dec. 5 Online
• NOTE: No class 11/27;

NEW! The Folk Revival
Discover the history of the Folk Music Revival of the 1950s and 60s that brought folk music to the forefront on campuses, TV and radio, and in coffee houses and concert halls. Discussion includes recordings and demonstrations of different types of songs that played a part in the Revival including cowboy, blues, spirituals, country and mountain music, maritime, hobo, union, work songs and British ballads. The influence of this music on the singer-songwriter movement of the period is explored.
MUSC-701 2 sessions | $27 AGE 60+ | $39 REG
F01 W 7-9 p.m. James Renz Nov. 4 – Nov. 11 Online

Band and Orchestra
HYBRID: Meramec Orchestra
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 134 650 (CRN 30232). Auditions for seating purposes only. Contact the conductor at 314-984-7636. This ensemble may meet in a hybrid format including on-campus rehearsals with safe-distancing, paired with online instruction using Blackboard Collaborate. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.
MUSC-714 15 sessions | $35 AGE 60+ | $35 REG
F01 M 7-9 p.m. Gary Gackstatter Aug. 24 – Dec. 7 Online
• NOTE: No class 9/7.

HYBRID: Symphonic Band
Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 30232). Auditions for seating purposes only; contact the conductor at 314-984-7636. This ensemble may meet in a hybrid format including on-campus rehearsals with safe-distancing, paired with online instruction using Blackboard Collaborate. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.
MUSC-716 15 sessions | $35 AGE 60+ | $35 REG
F01 Th 7-9:40 p.m. Gary Gackstatter Aug. 27 – Dec. 10 Online
• NOTE: No class 11/26.

Vocals and Choir
HYBRID: Meramec Concert Choir
Study and performance of representative choral literature. Emphasis on vocal technique and development. Additional studio hours required. Available for credit as MUS 134 650 (CRN 30232). Auditions for seating purposes only; contact the conductor at 314-984-7636. This ensemble may meet in a hybrid format including on-campus rehearsals with safe-distancing, paired with online instruction using Blackboard Collaborate. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.
MUSC-717 30 sessions | $35 AGE 60+ | $35 REG
F01 TuTh 12:30-1:50 p.m. Gerald Myers Aug. 25 – Dec. 10 Online
• NOTE: No class 10/27, 11/26.

Piano
Beginning Piano
In this enjoyable styles 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.
MUSC-710 16 sessions | $172 AGE 60+ | $119 REG
F03 Tu 12-12:55 p.m. Cheryl Conley Aug. 25 – Dec. 8 Online

Advanced Beginning Piano
Learn more advanced rhythms—dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Songs are played in major keys and pop music is introduced. A review at the course’s beginning is provided if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes.
MUSC-711 16 sessions | $172 AGE 60+ | $119 REG
F01 Tu 1-2 p.m. Cheryl Conley Aug. 25 – Dec. 8 Online

Intermediate Piano I
Finish the major scales and explore minor chords and songs in minor keys, chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Advanced Beginning Piano or equivalent experience. Student must know letter names of notes and where they are located on the keyboard.
MUSC-712 15 sessions | $65 AGE 60+ | $109 REG
F01 Th 12-12:55 p.m. Cheryl Conley Aug. 27 – Dec. 10 Online
• NOTE: No class 11/26.

Intermediate Piano II
Continue to explore minor keys, chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Intermediate Piano I or equivalent experience. Required texts discussed at first class.
MUSC-712 15 sessions | $65 AGE 60+ | $109 REG
F02 Th 1-1:55 p.m. Cheryl Conley Aug. 27 – Dec. 10 Online

Advanced Piano
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. Prerequisite: Intermediate Piano II or equivalent experience. Required texts discussed at first class.
MUSC-713 15 sessions | $65 AGE 60+ | $110 REG
F01 Th 2-3 p.m. Cheryl Conley Aug. 27 – Dec. 10 Online
• NOTE: No class 11/26.

Guitar
Beginning Guitar
Offered for students who have never played guitar and want a background in music. Learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques; tablature, guitar notation and tuning are introduced. Must provide own acoustic guitar and extra set of strings. Prerequisite: Beginning Guitar or equivalent experience.
MUSC-705 8 sessions | $55 AGE 60+ | $99 REG
F01 Sa 1:30-3 p.m. Christina Springer Aug. 29 – Oct. 31 Online
• NOTE: No class 9/5, 10/10.
MUSC-705 8 sessions | $55 AGE 60+ | $99 REG
F02 W 7-8:30 p.m. James Renz Sept. 9 – Oct. 28 Online
• No test required

Advanced Beginning Guitar
Continue reading standard music notation, play chords (including barre chords) and ensemble-based music, and strengthen basic improvisation skills. Must provide own acoustic guitar and extra set of strings. Prerequisite: Beginning Guitar or equivalent experience.
MUSC-705 8 sessions | $55 AGE 60+ | $99 REG
F03 Sa 1:30-3 p.m. Christina Springer Aug. 29 – Oct. 31 Online
• NOTE: No class 9/5, 10/10.

Harmonica
Beginning Harmonica
The harmonica is a fun and easy musical instrument to learn. In just three sessions be able to play dozens of folk and campfire tunes. Songs include student guide/book and a 10-hole, “C” diatonic harmonica that will be mailed before class. Instructors are members of the Gateway Harmonica Club.
MUSC-720 3 sessions | $39 AGE 60+ | $39 REG
F01 W 6:30-7:30 p.m. Buddy and Jessie Hirsch Sept. 2 – Sept. 16 Online
F02 W 6:30-7:30 p.m. Buddy and Jessie Hirsch Nov. 4 – Nov. 18 Online
### PERSONAL ENRICHMENT

#### Writing

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<thead>
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<th>Course</th>
<th>Description</th>
<th>Stars</th>
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<tbody>
<tr>
<td>WRIT-704</td>
<td>1 session</td>
<td>$49.50</td>
<td>REG</td>
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<tr>
<td>WRIT-705</td>
<td>4 sessions</td>
<td>$90</td>
<td>AGE 60+</td>
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#### 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.

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<td>WRIT-701</td>
<td>4 sessions</td>
<td>$90</td>
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#### Exploring the Creative Process

In this introductory writing class, focus on the art of flash and micro memoir. Read a variety of brief memoirs by a diverse range of voices and learn how to craft short pieces about your own life. Class sessions will be composed of discussion, in-class writing and informal workshop. No writing experience required.

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<tr>
<td>WRIT-714</td>
<td>6 sessions</td>
<td>$79</td>
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#### Boot Camp for Writers

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

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#### Freelancing for Fun and Profit

Interested in earning money by sharing news or knowledge through the written word? Learn how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines and more by covering some of the basics of reporting, writing and selling stories. No matter what your interests or expertise, learn how to identify markets, write query letters, research and interview and write articles that will get you published. Bring recent copies of your favorite publications as well as any original story ideas you'd like to see in print.

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<tr>
<td>WRIT-722</td>
<td>1 session</td>
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#### Finding Writing Jobs Using Online Resources

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

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<tr>
<td>WRIT-722</td>
<td>1 session</td>
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</table>
**Home Improvement and Maintenance**

**Home Improvement**

**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, setting up a payment schedule, and understand liens, waivers and contracts.

**HOME-765 | 1 session | $19 60+ | $25 REG**

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<tr>
<th>F01</th>
<th>W 7-9 p.m.</th>
<th>Troy Galloway</th>
<th>Sept. 30</th>
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</table>

**DIY Home Inspections**
Considering buying or selling a home in the near future? Learn to perform your own unofficial inspections to save money, time and headaches by spotting costly repairs before you get to the contract stage! Topics 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 | $19 60+ | $25 REG**

<table>
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<tr>
<th>F02</th>
<th>W 7-9 p.m.</th>
<th>Troy Galloway</th>
<th>Oct. 14</th>
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**Home Décor**

**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, counter tops, cabinets, light fixtures and hardware will be addressed. Please bring a pen and notebook to class.

**HOME-708 | 1 session | $20 60+ | $29 REG**

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<tr>
<th>F01</th>
<th>W 6:30-9:30 p.m.</th>
<th>Kathryn Leinauer</th>
<th>Sept. 16</th>
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**Interior Décor: Accessories for Home, Kitchen and Bath**
Well-chosen accessories are the perfect finishing touch every room deserves. 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 spaces. Choices of color and the combinations of patterns will be demonstrated. After this class, your home will reflect your personality with a professional touch! Please bring a pen and notebook to class.

**HOME-709 | 1 session | $20 60+ | $29 REG**

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<tr>
<th>F01</th>
<th>W 6:30-9:30 p.m.</th>
<th>Kathryn Leinauer</th>
<th>Sept. 23</th>
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Registration closes three business days prior to class start date unless otherwise specified.
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.

Visit stlcc.edu/masternaturalist to learn more.

Ecology

**Indoor Composting: Make and Take Home A Bokashi Bucket**

Don’t throw away those scraps...up to 20% of household trash can be composted! The bokashi bucket system, which can be used year-round, is quick, convenient and produces no household odors. In this hands-on session, construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You’ll create a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 9/1. No refunds after this date. Course meets the curriculum requirements for the Master Naturalist program.

- **ECOL-704** | 1 session | $59 AGE 60+ | $59 REG
- **F01** W 7-8:30 p.m. Maggie McCoy
  - Sept. 9 Online

Horticulture

**Succulents**

Succulents are hot and trending in both gardening and decorating. Perfect for both the seasoned and forgetful gardener, this group of plants offers easy-to-care-for choices for your home. What to grow, how to grow, where to grow—we’ll cover it all with plenty of inspiring images to get you ready to grow these low-maintenance plants, both indoors and out. Course meets the curriculum requirements for the Master Naturalist program.

- **HORT-722** | 1 session | $20 AGE 60+ | $25 REG
- **F01** W 6:30-8:30 p.m. Mike Ochonicky
  - Oct. 7 Online


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
- Foreign Languages
- Folk/Ethnic Dance
- Nature
- Computers & Personal Technology
- Smart Home Technology
- Android™ Phone
- Résumé Writing
- Interviewing Skills

Ready to share your love of learning by teaching a Continuing Education (CE) course? Learn more at stlcc.edu/teachforCE

More online courses for your success!

ed2go.com/stlcc
## 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 LTC insurance. Learn about alternative financial programs that can be used to pay for LTC instead of buying a specific insurance policy.

FINC-746 | 1 session | $29 | AGE 60+ | $29 REG
F01 W 7-9 p.m. | Sept. 9 | Jason Ingram

### Innovative Alternatives for Long-term Care

Extended care, also called long-term care, is something we all hope we will never need. However, the expense, both emotionally and financially, can bankrupt a family. Traditional long-term care solutions are expensive and not tax efficient. Learn alternatives for extended care that can be structured to offer you flexibility through unlimited care benefits for you and your spouse.

FINC-746 | 1 session | $39 | AGE 60+ | $39 REG
F02 W 6:30-8:30 p.m. | Oct. 7 | Jason Ingram

### Adaptive Investment: Managing Through an Extended Bear Market

The wealthy seem to always come out ahead. How can the average person, who has done everything right in accumulating assets for retirement, utilize many of those same strategies the super-rich use? Join us as we explore strategies and lay the groundwork by replacing the bond position in your portfolio and managing risk for a more confident future.

FINC-765 | 1 session | $39 | AGE 60+ | $39 REG
F09 Tu 6:30-8:30 p.m. | Sept. 29 | Jason Ingram

### Defusing Your IRA Time Bomb: The Tax Train is Coming!

Learn about proactive measures to take now to help mitigate the possibility of increasing taxes to pay for ever-increasing national debt. In this class, we will watch "The Power of Zero—The Tax Train is Coming." This documentary is the first to explore the impact of our nation's looming debt crisis, covering how it could threaten to disrupt your traditional retirement and the possibility of a sovereign debt crisis.

FINC-765 | 2 sessions | $39 | AGE 60+ | $39 REG
F06 Th 6:30-8:30 p.m. | Oct. 8 - Oct. 15 | Jason Ingram

### Taxes, Taxes, Taxes: Mitigating Taxes in Retirement

A clear strategy to address the possibility of income and capital gains tax increases should be an essential part of a successful retirement strategy. Taxes do not necessarily go down in the retirement years, and the possibility of increases without a well thought out and implemented plan can change retirement goals and the face of retirement dramatically. In this class, we will explore steps to take now to mitigate the impact of possible tax increases.

FINC-736 | 2 sessions | $39 | AGE 60+ | $39 REG
F09 W 6:30-8:30 p.m. | Oct. 21 - Oct. 28 | Andrew Hall

### Where Does All of My Money Go?

Gain Control of Your Finances

Are you one of 52% of Americans who don’t have a budget? You don’t have to be a CPA to manage your finances and build wealth within the resources that you have. Learn about budgeting, building emergency savings, paying down debt, saving for retirement and a crash course in building wealth through investments.

Many of the financial questions you were afraid to ask will be answered in this course that will help you take control of your finances and help build a better future for you and your family.

FINC-735 | 1 session | $25 | AGE 60+ | $35 REG
F01 Sa 9 a.m.-1 p.m. | Oct. 17 | Janine Smith

### Tax and Estate Planning

Uncover long-term, multi-generational tax strategies aimed at saving significant dollars through retirement and beyond. New tax law changes of 2018 have significantly impacted 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. Come examine those changes, and take a dive into qualified versus non-qualified monies, insurance, wills and trusts, and advanced tax strategies to maximize your long term plan.

FINC-710 | 1 session | $35 | AGE 60+ | $35 REG
F01 Th 6-8 p.m. | Oct. 22 | Andrew Hall

### 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 includes how 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+ | $29 REG
F01 Th 6-8 p.m. | Nov. 5 | Andrew Hall
F02 Th 6-8 p.m. | Nov. 12 | Andrew Hall
**Personal Enrichment**

**Real Estate**

**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 | $18 AGE 60+ | $25 REG**

F01: Th 7-9 p.m.  
Sept. 17  
Jill McCoy  
Online

**Home Selling: Your Guide to a Successful Sale**

If you’ve never sold a home before—or even if you have, but it’s been a while—it’s important to know your marketing options. Learn what to expect from the home selling process, ways to add impact and value to your home for top-dollar offers, how to use knowledge of competition in your area to determine a realistic selling price, the pros and cons of “for sale by owner” and how to find the right agent to sell your house. In one evening, learn insider tips that can get you the best deal for your home!

**REAL-702 | 1 session | $18 AGE 60+ | $25 REG**

F01: Th 7-9 p.m.  
Oct. 1  
Jill McCoy  
Online

**Real Estate Investing for Income**

True financial wealth is about having the unearned income to finance your life goals without having to work. Based on July 2018 data from the National Council of Real Estate Investment Fiduciaries (NCREIF), private market commercial real estate returned an average of 9.85% over the past five years. The key is to understand what you are buying by having solid knowledge and a good plan. Find out how to plan your investment strategies in order to find true financial wealth!

**REAL-712 | 1 session | $28 AGE 60+ | $35 REG**

F01: Th 7-9 p.m.  
Oct. 15  
Jill McCoy  
Online

**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. Which 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 | $18 AGE 60+ | $25 REG**

F01: Th 7-9 p.m.  
Nov. 19  
Jill McCoy  
Online

**Retirement Planning**

**Annuity Realities: How to Utilize in Your Retirement**

Annuities offer distinct opportunities for many individuals. In this course, we will demystify annuities by going through an orientation on annuity realities, exploring the use of annuities for retirement income distribution and examining how these unique products are taxed.

**FINC-736 | 1 session | $39 AGE 60+ | $39 REG**

F04: Tu 6:30-8:30 p.m.  
Sept. 8  
Jill McCoy  
Online

**Retirement University**

Financial planning is one of the most important aspects in helping you prepare for the future. Learn how to strategically approach retirement during the growth, income/distribution and conservation life stages, helping to avoid retirement roadblocks and mitigate risks in all aspects of your financial life. In-class, step-by-step curriculum helps you develop a comprehensive understanding of tax planning strategies, advanced social security planning, wealth accumulation versus (de)accumulation, 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 provided.

**FINC-736 | 3 sessions | $59 AGE 60+ | $59 REG**

F01: Tu 6-8 p.m.  
Sept. 15 – Sept. 29  
Andrew Hall  
Online

**Navigating the Choppy Waters of Retirement: Preparing for Turbulent Times**

You have worked a lifetime to reach the point when you can retire. However, retirement planning does not end when retirement begins. What do you do next, and how you navigate the array of tax issues and regulatory pitfalls, can make a big difference in the long-term success of your retirement plan. Have you personally prepared for unexpected financial shocks? Do you feel like you are in control of your financial future as you approach, or live in, retirement? Join us for an extensive look at the icebergs that can sink your retirement ship.

**FINC-736 | 2 sessions | $59 AGE 60+ | $59 REG**

F06: Tu 6:30-8:30 p.m.  
Sept. 15 – Sept. 22  
Jason Ingram  
Online

**Managing Cash Flow in Retirement**

Living in retirement is all about the cash flow, not the pile of cash. Learn about retirement income planning and threats to cash flow during your retirement years. Real life case studies will explore retiree health care costs and the impact of taxes and withdrawal rates on investment account longevity.

**FINC-736 | 1 session | $29 AGE 60+ | $29 REG**

F03: Th 7-9 p.m.  
Sept. 23  
Andrew Hall  
Online

**Case Studies in Retirement: Panel Discussion**

Our panel of industry experts includes an estate attorney, accountant and extended care specialist. During the discussion, they will cover three case studies and strategies about mitigating risk, extended care (long-term care) and tax efficiencies. The class will engage in an open discussion after studying the three case studies.

**FINC-736 | 1 session | $29 AGE 60+ | $39 REG**

F08: Tu 6:30-8:30 p.m.  
Oct. 20  
Andrew Hall  
Online

Have you ever thought about becoming a personal trainer?

According to the U.S. Bureau of Labor Statistics report, median salary for these workers is $40,390.

Get a jump start with our 10-week ACE® Personal Trainer Certification Prep Course. Learn more on page 8. Need-based funding assistance may be available through WIOA and SkillUP.

stlcc.edu/accelerated

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Registration closes three business days prior to class start date unless otherwise specified.
SIGN LANGUAGE

Getting Started With Sign Language II
Explore more common words and phrases and continue learning basic signs to build upon knowledge acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language I or equivalent experience. No text required.
SIGN-702 | 10 sessions | $70.50 AGE 60+ | $119 REG
F01 Tu 6:30-8:30 p.m. Cynthia Hayes Sept. 8 – Nov. 10 Online

Getting Started With Sign Language III
Build upon existing skills and increase your ability to communicate using sign language. Continue to learn more signs as we explore chapters 7-12 of the required textbook, "The Joy of Signing." Text is divided into units which do not build upon each other so experience with chapters 1-6 is not necessary. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II or equivalent experience.
SIGN-702 | 10 sessions | $70.50 AGE 60+ | $119 REG
F02 M 6:30-8:30 p.m. Cynthia Hayes Sept. 14 – Nov. 16 Online

WORLD LANGUAGES

Bosnian-Croatian

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 the Balkan peninsula from a native speaker. No text required. Bring notebook, pencil and small pocket notebook.
FLBO-717 | 8 sessions | $70.00 AGE 60+ | $109 REG
F01 Tu 6-8 p.m. Azim Mujakic Sept. 15 – Nov. 10 Online

Chinese (Mandarin)

Chinese for First Timers
Explore an ancient culture and language with this class for beginners. Class introduces pronunciation, greetings, basic sentences and the Pin Yin system. No text required.
FLCH-717 | 4 sessions | $35.50 AGE 60+ | $59 REG
F01 F 6-8 p.m. John Yeh Sept. 18 – Oct. 9 Online

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.
FLCH-717 | 8 sessions | $62.00 AGE 60+ | $109 REG
F02 F 6-8 p.m. John Yeh Oct. 16 – Dec. 11 Online
• NOTE: No class 11/27.

German

German Language: Beginning III
Continue to increase your knowledge of the German language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in everyday situations. Prerequisite: German Language: Beginning II or equivalent experience.
FLGE-719 | 8 sessions | $70.00 AGE 60+ | $109 REG
F01 M 6-8 p.m. Ann Nufer-Cotter Sept. 14 – Nov. 2 Online
• Bring required text to first class: "Berliner Platz 1, NEU" ISBN 978-3126060257.

German Language: Advanced I
Continue to increase your knowledge of the German language including speaking, writing, grammar and vocabulary. Dialogue is utilized with a special emphasis placed on grammar. Prerequisite: German Language: Intermediate II or equivalent experience.
FLGE-765 | 8 sessions | $70.00 AGE 60+ | $109 REG
F01 Tu 6-8 p.m. Ann Nufer-Cotter Sept. 15 – Nov. 10 Online
• NOTE: No class 11/3.
• Bring required text to first class: "Berliner Platz 2, NEU" ISBN 978-3126060394.

Registration closes three business days prior to class start date unless otherwise specified.
Portuguese

Portuguese I
Ideal for tourists, business travelers or those interested in the Brazilian culture, this beginning course provides 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. Class is taught by a native-fluent speaker.
FLPG-717 | 8 sessions | $109 AGE 60+ | $109 REG
F01 W 6:30-8:30 p.m. Viva Brasil
Aug. 19 – Oct. 7

Portuguese II
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. Class is taught by a native-fluent speaker.
FLPG-718 | 8 sessions | $109 AGE 60+ | $109 REG
F01 W 6:30-8:30 p.m. Viva Brasil
Aug. 19 – Oct. 7
F02 W 6:30-8:30 p.m. Viva Brasil
Oct. 14 – Dec. 9
• NOTE: No class 11/25.

Portuguese III
Continue to learn language structures, vocabulary, communication skills, culture and everyday vocabulary. This course is for those with basic conversational ability in Portuguese. Prerequisite: Portuguese II or equivalent experience. Class is taught by a native-fluent speaker.
FLPG-719 | 8 sessions | $109 AGE 60+ | $109 REG
F01 W 6:30-8:30 p.m. Viva Brasil
Oct. 14 – Dec. 9
• NOTE: No class 11/25.

Russian

Russian for First Timers
Explore a new culture and language. This class is perfect for beginners who are ready to start with the basics. Get introduced to the alphabet, pronunciation, greetings and phrases.
FLRU-717 | 4 sessions | $35.50 AGE 60+ | $39 REG
F01 M 7-9 p.m. Valerie Powers
Sept. 14 – Oct. 5
• Bring required text to first class: “Russian in 10 Minutes a Day” ISBN 978-193173345.

Russian Language: Beginning I
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.
FLRU-717 | 8 sessions | $62.50 AGE 60+ | $69 REG
F02 M 7-9 p.m. Valerie Powers
Oct. 12 – Dec. 7
• NOTE: No class 11/2.
• Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.

Russian Language: Beginning III
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 II or equivalent experience.
FLRU-719 | 12 sessions | $101.50 AGE 60+ | $109 REG
F01 Th 5-7 p.m. Valerie Powers
Sept. 3 – Nov. 19
• Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.

Russian Language: Intermediate I
Improve your conversational skills in Russian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Prerequisite: Russian Language: Beginning III or equivalent experience.
FLRU-720 | 12 sessions | $89 AGE 60+ | $109 REG
F01 Tu 7-9 p.m. Valerie Powers
Sept. 1 – Dec. 1
• NOTE: No class 9/22, 11/3.
• Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.

Russian Language: Intermediate II
Continue to expand your understanding of Russian and develop your language skills. Become increasingly proficient in conversational Russian as you use the language to explore real-life situations. Prerequisite: Russian Conversation: Advanced II or equivalent experience.
FLRU-722 | 12 sessions | $101.50 AGE 60+ | $109 REG
F01 W 7-9 p.m. Valerie Powers
Sept. 2 – Dec. 2
• NOTE: No class 11/4, 11/25.
• Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.

Russian Language: Advanced I
Continue to refine grammar and expand vocabulary while gaining confidence and comfort in conversational Russian. Prerequisite: Russian Language: Intermediate III or equivalent experience.
FLRU-723 | 12 sessions | $89 AGE 60+ | $109 REG
F01 Th 7-9 p.m. Valerie Powers
Sept. 3 – Nov. 19
• Bring required text to first class: “Live from Russia! Volume 1” ISBN 978-0757552014.

Russian Language: Advanced II
Continue to expand your understanding of Russian and develop your language skills. Become increasingly proficient in conversational Russian as you use the language to explore real-life situations. Prerequisite: Russian Conversation: Advanced II or equivalent experience.
FLRU-725 | 12 sessions | $101.50 AGE 60+ | $109 REG
F01 F 2:15-4:15 p.m. Valerie Powers
Sept. 11 – Dec. 4
• NOTE: No class 11/27.

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Health and Fitness Courses

• Food, Nutrition and Health
• Mind-Body Therapies
• Spanish for Medical Professionals
• Stress Management
• Human Anatomy and Physiology

HOT!
Spanish for the Traveler
Traveling to a Spanish-speaking country? Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary for traveling, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish.
FLSP-716 | 8 sessions | $70 | 60+ | $109 REG
F01 M 7-9 p.m. Timothy Neckermann
Th 4:30-6:30 p.m. Timothy Neckermann
Sept. 14 – Dec. 2
Online

Spanish 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 Spanish.
FLSP-717 | 8 sessions | $70 | 60+ | $109 REG
F01 Th 4:30-6:30 p.m. Timothy Neckermann
Tu 7-9 p.m. Timothy Neckermann
Sept. 17 – Nov. 5
Online

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.
FLSP-718 | 8 sessions | $70 | 60+ | $109 REG
F01 Tu 4-6 p.m. Maria de la Garza
Sept. 1 – Oct. 20
Online

Spanish Language: Beginning III
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 II or equivalent experience.
FLSP-719 | 8 sessions | $70 | 60+ | $109 REG
F01 W 4:30-6:30 p.m. Timothy Neckermann
Sept. 16 – Nov. 4
Online

Spanish Language: Intermediate I
Review basic grammar and sentence structure, and improve your Spanish conversation skills through everyday vocabulary and situations. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout class. Prerequisite: Spanish Language: Beginning III or equivalent experience.
FLSP-720 | 8 sessions | $70 | 60+ | $109 REG
F01 W 6-8 p.m. Maria de la Garza
Sept. 1 – Oct. 21
Online

Spanish Language: Intermediate II
Review basic grammar and sentence structure, and improve your Spanish conversation skills through everyday vocabulary and situations. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout class. Prerequisite: Spanish Language: Intermediate I or equivalent experience.
FLSP-721 | 8 sessions | $70 | 60+ | $109 REG
F01 Th 7-9 p.m. Timothy Neckermann
Sept. 17 – Nov. 5
Online

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 Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language: Intermediate II or equivalent experience.
FLSP-722 | 8 sessions | $70 | 60+ | $109 REG
F01 Tu 7-9 p.m. Timothy Neckermann
Sept. 15 – Nov. 10
Online
• NOTE: No class 11/13.

NEW! Intermediate Spanish Reading I
Enjoy reading in Spanish to improve vocabulary and understanding of Spanish culture. Prerequisite: Spanish Language: Intermediate III or equivalent experience.
FLSP-720 | 8 sessions | $70 | 60+ | $109 REG
F03 Th 4-6 p.m. Maria de la Garza
Sept. 3 – Oct. 22
Online
• Bring required text to first class: “Spanish Short Stories for Beginners” ISBN 978-1968303693.

NEW! Advanced Spanish Reading III
Continue to increase your Spanish vocabulary and comprehension through the ongoing reading and discussion of a book that richly portrays Spanish culture and personal journeys. “Senderos fronterizos,” by Francisco Jiménez, is the author’s teenage recollection of emigrating to America and the challenges he and his family faced through poverty and prejudice. Prerequisite: Advanced Spanish Reading II or equivalent experience.
FLSP-723 | 8 sessions | $70 | 60+ | $109 REG
F01 Th 6:30-8:30 p.m. Maria de la Garza
Sept. 3 – Oct. 22
Online
• Bring required text to first class: “Senderos fronterizos” ISBN 978-0618226184, available online.

Registration closes three business days prior to class start date unless otherwise specified.
GENEALOGY

NEW! Genealogy: How to Begin
This class covers basic American resources for beginning family history research. Learn about sources of information that are available from your home, including census, library, courthouse and church records to enhance researching your roots. Prerequisites: Windows® computer skills and an active St. Louis County Library card.
GENE-701 4 sessions $455.50 AGE 60+ $69 REG
F01 W 3-5 p.m. Mary Stamm
Sept. 16 – Oct. 7 Online

NEW! Introduction to Catholic Church Records
Researchers often use baptismal and marriage records to assist their genealogical research, but there are many other details to be found within them. Learn other clues and secrets hiding in Catholic church records, how to locate them, and how to use them effectively! Prerequisites: Windows® computer skills and an active St. Louis County Library card.
GENE-704 1 session $19 AGE 60+ $25 REG
F01 W 3-5 p.m. Mary Stamm
Oct. 14 Online

Unlocking Deeds to Gather Family Information
Our ancestors often bought and sold property. Learn how to examine and analyze your family’s deeds to unlock a treasure trove of genealogical information. Prerequisite: Windows® computer skills. Must have an active free FamilySearch.org account and bring login information to class.
GENE-704 2 sessions $27 AGE 60+ $39 REG
F02 W 3-5 p.m. Mary Stamm
Oct. 21 – Oct. 28 Online

TOURS AND TRIPS

NEW! Close Encounters of the European Kind
Are you planning a trip to Europe but want to be better prepared for your trip? Looking for more interesting travel excursions? Learn the ins and outs of international European adventures from a seasoned traveler, laughing as you learn the dos and don'ts for a truly memorable trip experience.
TRIP-703 1 session $321 AGE 60+ $49 REG
F01 M 6:30-8:30 p.m. Mike Ochonicky
Oct. 5 Online

NEW! THE MYSTIQUE OF ROUTE 66 IN MISSOURI
Route 66 has become much more than a fond American memory in the years since its decline. From Sir Paul McCartney cruising Route 66 for his 66th birthday to a Route 66-themed nightclub in Thailand, find out why this highway has captured the imagination of so many around the world. Explore the mystique of Route 66 and discover locations near St. Louis where Route 66 is still alive today!
HIST-708 1 session $19 AGE 60+ $25 REG
F01 W 7-8:30 p.m. Douglas Schneider
Sept. 23 Online

NEW! Put A Stamp On It: The Postal Service in St. Louis, 1804-Present
It is said that the postal service is what united the United States. Enjoy an overview of the U.S. Postal Service in St. Louis, tracing its history from before Missouri became a state to present day. Class features a visual tour of select St. Louis area post offices with unique qualities. Instructor will discuss the first transcontinental mail route which started in St. Louis and ended in California.
HIST-708 1 session $19 AGE 60+ $25 REG
F02 W 7-8:30 p.m. Douglas Schneider
Oct. 7 Online

NEW! Vice Presidents from Adams to Pence: Their Role and History
Dis missed by John Adams as “the most insignificant office that ever the invention of man contrived or his imagination conceived,” the vice presidency has evolved into a highly sought-after and important position in government. Examine the history of the vice presidency, its occupants and changing roles, and the pivotal vice presidents who channeled the development of the office.
HIST-703 1 session $18.50 AGE 60+ $25 REG
F01 Th 7-9 p.m. James Gallen
Oct. 29 Online

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, massive pockets of humanity uprooted themselves and their families in search of new circumstances or 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. Recommended prerequisite: The Politics of Population Part I: Homefront.
HIST-765 1 session $19 AGE 60+ $25 REG
F02 Tu 6:30-8:30 p.m. Katie Hagerty Young
Sept. 29 Online

HISTORY

NEW! Personel Enrichment
For centuries, American women, often supported and aided by men, have fought to win social, legal, economic and even domestic equality. Though the course will focus on key gains made in the 20th century, it will reference important developments in the broader history of the struggle for women’s equality. Join us as we work to understand the battles our fore-mothers fought to advance our standing in American society and those that our daughters will still have to fight.
HIST-765 1 session $19 AGE 60+ $25 REG
F01 Tu 6:30-8:30 p.m. Katie Hagerty Young
Sept. 16 Online

NEW! The LGBTQIA+ Rights Movement in America
The year 2019 marked the 50th anniversary of the Stonewall uprising, the LGBTQIA+ community’s equivalent to the storming of the Bastille. In both cases, the landmark event was not simply a spontaneous eruption of action to advance a cause, but the result of a myriad of complex factors that were rooted in decades of collective grievances. This course examines the history of the gay, lesbian, bisexual, transgender, plus-movement to attain legal and social equality in America, from the earliest efforts to organize through the Supreme Court’s landmark 2015 Obergefell v. Hodges decision which made marriage equality the law of the land. Questions, anecdotes and memories are encouraged in this important discussion.
HIST-765 1 session $19 AGE 60+ $25 REG
F01 W 6:30-8:30 p.m. Katie Hagerty Young
Sept. 16 Online

RELIGION

NEW! Forgiveness: The Key to Happiness
Love can heal the world, and forgiveness is the catalyst for making it happen. Discussion includes inspirational stories of miraculous personal healing that radical forgiveness can produce and the importance of forgiveness for well-being. Explore steps of forgiveness that can release grievances and heal relationships. Presentation is psychologically based. No religious or faith-based view of forgiveness is needed to understand and practice it.
RELG-765 1 session $50 AGE 60+ $65 REG
F01 Tu 7-9 p.m. Jan Worley
Oct. 20 Online

NEW! History of the Bible
Join us for the fascinating history of the world’s most famous, most read, most debated and most controversial book. Discussion focuses on how, when and by whom the biblical record was recorded, copied, translated and debated, and eventually selected to be canonized into collections to form the Hebrew Bible, and then the Christian Bible with the Old and New Testament. Prerequisites: Professors will be discussing with attention to the implications of printing and translation of the Bible into English, recovery of ancient manuscripts, construction of critical editions and the rise of critical historical scholarship and contemporary responses. Specific Bible stories will not be discussed.
RELG-704 2 sessions $27 AGE 60+ $39 REG
F01 Tu 7-9 p.m. Jan Worley
Nov. 10 – Nov. 17 Online

To learn more about this and other study abroad opportunities, visit stlcc.edu/studyabroad or email Chris Sulincevski at csulincevski@stlcc.edu.
**Wellness and Personal Development**

### Natural Living

**Nutrition 101**
What types of nutrients are found in different foods? How much should you eat, and what should you be choosing for meals? Join a licensed and registered dietician to learn about balanced eating, macronutrients and portion control. Explore the upcoming changes with nutrition facts labels and the importance of knowing what's on your ingredient list. This class will break down fad diets and work to establish eating practices which lead to sustainable habits for the long haul.

**PERD-747** | 1 session | $35 | 60+ | $35 | REG
---|---|---|---|---|---
**F01** | W 6-7:30 p.m. | Allison Lesko | Online
Sept. 9
**F02** | W 6-7:30 p.m. | Allison Lesko | Online
Dec. 2

### Natural Wellness: Overview of Chinese Medicine
Explore the fundamental concepts of traditional Chinese medicine that have steered this form of care for more than 2,500 years! Learn basic principles you can apply in your daily life to enhance health and wellness. Class taught by a licensed acupuncture and herbalist with a doctorate in Traditional Chinese Medicine.

**HEAL-701** | 1 session | $29 | 60+ | $29 | REG
---|---|---|---|---|---
**F01** | W 6-8:30 p.m. | Alex Chen | Online
Oct. 22

### Natural Wellness: Killing Pain Without Painkillers
Learn where pain comes from, what it means and how to alleviate it using various methods of traditional Chinese medicine. This class introduces options for pain management and is not a substitute for a professional diagnosis and treatment. Class taught by a licensed acupuncturist and herbalist with a doctorate in Traditional Chinese Medicine.

**HEAL-701** | 1 session | $29 | 60+ | $29 | REG
---|---|---|---|---|---
**F02** | W 6-8:30 p.m. | Alex Chen | Online
Oct. 28

### Natural Wellness: Alternative Medicine
What can you do if modern medicine provides no working solution for your disease? The ancient Traditional Chinese Medicine (TCM) has been using acupuncture, herbs and other forms of treatment to restore normal operations and improve defensive functions of the body. It could provide you with alternative options for both chronic conditions and emerging infectious diseases such as Alzheimer’s or Parkinson’s diseases, cancer and viral infections. Class taught by a licensed acupuncturist and herbalist with a doctorate in Traditional Chinese Medicine.

**HEAL-701** | 1 session | $29 | 60+ | $29 | REG
---|---|---|---|---|---
**F03** | W 6-8:30 p.m. | Alex Chen | Online
Nov. 18

### Meditation

**Meditation for Inner Peace**
Learn practices to calm your anxious mind, relax your body and lift your spirits. Meditation is an important practice in spiritual, as well as intuitive, development. It brings relaxation, mental clarity and emotional balance, opening the heart and mind to greater spiritual awareness. Experience a variety of techniques and find the one that’s best for you.

**PERD-732** | 4 sessions | $45 | 60+ | $50 | REG
---|---|---|---|---|---
**F01** | W 6:30-8:30 p.m. | Rhonda Leifheit | Online
Sept. 23 - Oct. 14

**Meditate to Refresh and Rejuvenate**
Help manage your mind and emotions while connecting with your own inner silence. Uncover creativity and bliss while bringing joy and enthusiasm to your life. Tap into the power of meditation and enjoy the benefits of mental clarity, increased energy, better physical health, improved relationships, greater peace of mind and increased productivity.

**PERD-732** | 2 sessions | $25 | REG
---|---|---|---|---|---
**F02** | Sa 4-5 p.m. | Neelima Bhavsar | Online
Sept. 12 - Sept. 26
**F03** | Sa 4-5 p.m. | Neelima Bhavsar | Online
Oct. 10 - Oct. 24
**F04** | Sa 4-5 p.m. | Neelima Bhavsar | Online
Nov. 7 - Nov. 21
**F05** | Sa 4-5 p.m. | Neelima Bhavsar | Online
Dec. 5 - Dec. 19

### Personal Growth

**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 you 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.

**PERD-709** | 2 sessions | $19 | 60+ | $29 | REG
---|---|---|---|---|---
**F15** | W 6-7:30 p.m. | Rebecca Barczewski | Online
Sept. 9 - Sept. 16
**F14** | W 6-7:30 p.m. | Rebecca Barczewski | Online
Oct. 7 - Oct. 14
**F13** | W 6-7:30 p.m. | Rebecca Barczewski | Online
Nov. 4 - Nov. 18
**F12** | W 6-7:30 p.m. | Rebecca Barczewski | Online
Dec. 2 - Dec. 9

### 10 Clues to Your Past Lives
Do you 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 | $27 | 60+ | $39 | REG
---|---|---|---|---|---
**F01** | W 6:30-8:30 p.m. | Rhonda Leifheit | Online
Sept. 9 - Sept. 16

### Discover Your Talents
What are your true strengths? Many people find it difficult to identify their own strengths and face the challenge of articulating them well. Use the highly acclaimed StrengthsFinder 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.

**PERD-709** | 2 sessions | $27 | 60+ | $39 | REG
---|---|---|---|---|---
**F02** | Sa 9:30-11 a.m. | Carol Watkins | Online
Sept. 12 - Sept. 19

*Bring required text to first class: “StrengthsFinder 2.0” ISBN 9781595620156.

Registration closes three business days prior to class start date unless otherwise specified.
Mastering Mindfulness
Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? Search for methods to improve your memory and find a clearer understanding of your purpose in life by learning mindfulness. Begin engaging with the world with your entire mind instead of a fleeting, uncontrolled thought, and learn tools to stretch your mind in amazing ways.

NEW! Law of Attraction, What’s the Problem?
Have you visualized and made a vision board but still run into the same old obstacles? Please join us to learn the part most people miss: the unconscious counter-intention. Dive into the law of attraction and discover insights into the subjective unconscious blocks keeping you from your desires. Reveal your hidden potential as you remove these unconscious blocks.

The Power to Heal
Have you ever wondered why you make the same mistakes over and over again? Is there an explanation to your patterns in life? Explore methods that are unique and universal for understanding yourself and what you need to do in order to become a whole, complete and healed person. The techniques will help identify, understand and heal the source of wounds that keep you from being your true self.

The Power of Coincidence
Discover how to trust your intuition and receive the power of synchronicity. Explore the interconnectedness of all things and build a greater awareness of meaningful coincidences in life!

NEW! Overcoming Procrastination
Do you have a few tasks that you never seem to get done? Do you meet deadlines at the last possible minute? Does your perfectionism keep you from finishing projects? Explore the type of procrastinator you are and learn strategies for overcoming your particular procrastination style. Pursue positive change as you set goals and share successes with the class.

NEW! Create Your Travel Memoir
Recall your travel experiences and discover the many ways travel has enriched your life. While the pandemic may have changed travel plans, this is a wonderful time to retrieve those memories and enjoy them again through journaling. You will receive “The Mindful Traveler” a guide to recollection, reflection. Take this opportunity to create a record of breath-taking places, favorite travel companions, historical events, and much more. You are free to focus on a favorite topic such as your greatest adventure or spiritual pilgrimage. At its best, travel helps us grow. Mindful travelers learn to keep an open heart and see all of life as a grand adventure.

TRANSITIONS & TRANSFORMATIONS: THIRVING IN THE MIDST OF CHANGE
Life is a cycle of beginnings and endings. Transitions can be hard, but they hold a positive side, too, offering 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. When 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 navigating through future changes with greater confidence, less stress and the greatest potential to thrive. Class is suggested for ages 50+.

NEW! Yin-Flow Yoga
Based off of the meridian energetic lines of traditional Chinese medicine, this class will emphasize the kidneys/urinary bladder, liver/gallbladder, spleen/stomach, lungs/large intestine and the heart/small intestine pairs. Explore poses primarily on the floor and hold for longer periods of time. First half of class will be dedicated to the yin yoga poses and the second half will emphasize gentle flow style movements to cultivate a balance of stillness and dynamic movement.

Yoga for Stress and Anxiety
Modern life and busyness can cause your stress response to be continually turned on leading to feelings of chronic worry and exhaustion. Focus on specific techniques to activate the relaxation response leading to greater calmness and ease. Class is a combination of gentle movements and restorative yoga poses. You will be able to use yoga props that you have in your home including blankets, pillows and a scarf. Class also emphasizes breathing practices and meditations for stress reduction. No yoga experience is necessary.

Alignment Principles of Yoga
In this beginner yoga class, learn how to assess and adjust your body alignment to develop strength and flexibility. Through mindful movement, help restore your mental and physical health, possibly even alleviating painful conditions like sore back and knees. Safe and effective for all levels and experience.

Yoga classes can be challenging and require proper alignment. This class is suggested for ages 50+.

Chess Tactics
Go beyond the opening and dive into tactical motifs and complex checkmate patterns. Analyze high level grandmaster games, middle game and endgame strategies. This class is for intermediate chess players, who know how to play but have not yet learned the more challenging concepts. Prerequisite: Students at this level can readily implement opening principles and can demonstrate all advanced rules of chess. Students must create a free account on Lichess.org and share username with instructor prior to first class. Please bring a notebook and pen.

NEW! Science Mania
There are so many things to explore in this class! Dive into the mystery, “current” events, fantastic flames, wacky waters, fun-damental forces, science of magic, super stuctures and under pressure! Focus on a different topic each week with projects to show off your mad science knowledge! Registration deadline: 10/11. Grades K-5. Complete supply list will be emailed and some supplies will be mailed to you.

NEW! Mad Science
Have you always wanted to learn the world’s greatest grandmaster games, middle game and endgame strategies. This class is for intermediate chess players, who know how to play but have not yet learned the more challenging concepts. Prerequisite: Students at this level can readily implement opening principles and can demonstrate all advanced rules of chess. Students must create a free account on Lichess.org and share username with instructor prior to first class. Please bring a notebook and pen.

NEW! Crayola® Wild World
Are you ready for an art expedition? Let the wonder and beauty of the animal kingdom inspire your empathy, curiosity and creativity. Learn about lions, elephants, sharks and more, and find out how wildlife conservationists are working to protect species around the globe. Art materials will be provided and use of art techniques, and use Crayola® products to create animal-inspired art projects, from frog paintings to polar bear sculptures! Registration deadline: 10/15. Grades K-5. Complete supply list will be emailed and some supplies will be mailed to you.
Enrollment in Continuing Education classes and programs is limited to persons 16 years and older except for youth section classes and where otherwise noted.

**Online Classes**
Students registering for online classes must have a valid email address and reliable internet connection. A link to your online class will be emailed to you two business days before the class start date. If you do not receive this, please call 314-984-7777 during business hours. More information on our online classes can be found at stlcc.edu/CE; go to "Support for Online Classes."

Registration closes three business days prior to class start date unless otherwise specified in the course description.

**Students Rights and Responsibilities**
All students are responsible for adhering to College policies and procedures. Please refer to stlcc.edu/college-policy-procedures.

**Class Changes/Postponement/Cancellation**
Any course change 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 radio) and television channels 2, 4, and 5. 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 by email at CEdropbox@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

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<th>Time of Withdrawal</th>
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<td>Three business days prior to the first class meeting. Must be submitted in writing.</td>
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<td>Two business days prior to the first class meeting or after the class has begun.</td>
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FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.

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

**Fee Reduction for Adults Age 60+**
At the time of registration, adults 60 years and older may enroll in select courses for a reduced fee. Class costs are provided in each catalog course listing and online course description. Contact the Continuing Education office for questions regarding the reduced rate. Reduction will be calculated at check-out.

**Senior Citizen Scholarship**
Senior citizen scholarships do not apply to online courses.
3 EASY WAYS TO REGISTER | Many classes have limited seating. Be sure to register early!

**ONLINE**
www.stlcc.edu/CE

Email address required for online registration. Payment via credit/debit card is due at time of registration.

**MAIL**
STLCC Continuing Education
3221 McKelvey Rd, Ste 250
Bridgeton, MO 63044

Fill out the enrollment form and include check or money order for 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 a.m.-5 p.m.
- F 8:30 a.m.-4 p.m.

Payment is due at the time of registration. To streamline your registration experience, please have payment information and 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.

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. Registration closes three business days prior to class start date unless otherwise specified. 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 Class Changes/Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

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Address ________________________________________________________
STREET OR POST OFFICE BOX ________________________________________
CITY ___________________________ STATE ____________ COUNTY ______ Zip Code __________

Email ________________________________________________________

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

Primary Phone ____________________________ Alternate Phone _______________

**PAYMENT:** Please include check or money order made payable to St. Louis Community College.

To pay by credit/debit card, please register online at stlcc.edu/CE or by phone at 314-984-7777.
REGISTRATION BEGINS AUGUST 10

200+ personal enrichment and professional development online courses…
discover your potential inside!

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:

- Five campuses-Florissant Valley, Forest Park, Meramec, Wildwood and Corporate
- 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

Govemed 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.