Continuing Education

COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

FALL 21
REGISTRATION BEGINS AUG 9

INSIDE:
Computers | 14
Culinary | 28
World Languages | 42
... and many more!

stlcc.edu/CE | 314-984-7777
NEW to the LINEUP

Conflict Management
Build effective work relationships and help resolve conflicts as a team member. | page 5

Fresh Floral Arrangement
Design balanced, eye-catching floral arrangements alongside fellow crafters. | page 26

World Languages: Swahili
Challenge your mind and explore other cultures through the study of language. | page 45

Animal Spirit Allies: Shamanic Perspective
Learn about the mystery of animal spirits and how you can connect with the animal kingdom. | page 51
Connect with us!

We are here and happy to help you with any questions or concerns.

The best way to get in touch is by phone at 314-984-7777

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

You can also send us an email at CEdropbox@stlcc.edu

REGISTER ONLINE | 24 HOURS
stlcc.edu/CE

See page 63 for more information.

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**Fall 2021 Continuing Education Courses**

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

St. Louis Community College
Board of Trustees:
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Pam Ross

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### Professional Development

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If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the 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.

Not receiving a catalog each semester?

Please call Continuing Education at 314-984-7777 or email us at CEdropbox@stlcc.edu.

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### Personal Enrichment

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### Helpful Information

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St. Louis Community College Workforce Solutions Group (WSG) connects job seekers and employment providers through customized and accelerated training, and offers opportunities for lifelong learning through continuing education.

WSG builds community through its Business Services, Community Services, Continuing Education and Institutional Development (Grants) operating units and provides regional labor insights via its annual State of the St. Louis Workforce report.

ADVANCING EMPLOYERS:
BUSINESS SERVICES

Business Services offers customized and comprehensive solutions for dynamic workforces. As one of the largest providers of training and consulting services in the St. Louis metro area, this WSG unit helps advance more than 10,000 employees annually, representing more than 100 organizations. Business Services’ flagship Center for Workforce Innovation provides advanced training in aerospace, manufacturing, automated controls and industrial maintenance technology in its 32,000 square-foot, high-tech facility.

The unit also offers enterprise-wide solutions for organizations with national and international footprints. Business Services coordinates on-site services at Corporate College through its Testing and Assessment Center, WorkKeys Solution Center and Meeting and Event Services.

ADVANCING COMMUNITIES:
COMMUNITY SERVICES

Community Services partners with employers, community organizations, schools, educators and government to create job training opportunities for residents and a talent pipeline for employers. Community Services helps job seekers develop marketable job skills through accelerated training programs, usually with a duration of less than one semester, and specializes in strengthening underserved communities throughout the St. Louis region.

Workforce Solutions Group provides regional labor insights via its annual State of the St. Louis Workforce Report. Learn more and download the report at stlcc.edu/STLworkforce.

ADVANCING PEOPLE:
CONTINUING EDUCATION

Continuing Education (CE) enrolls thousands of participants annually in professional development and personal enrichment courses. More than 40 percent of enrollees complete professional development training in pursuit of a license or certification, while 60 percent seek personal enrichment opportunities. Each year, CE offers hundreds of courses at locations throughout the greater St. Louis region and online, often in partnership with other community organizations and non-profits.

ADVANCING THE MISSION:
INSTITUTIONAL DEVELOPMENT

Institutional Development advances STLCC’s mission to expand minds and change lives every day through working with faculty, staff and partners to secure funding and build capacity from federal, state and local sources. This work allows WSG to offer programs and services that best serve the needs of students and the community.

Need on-site tailored training and development?

Contact us at 314-539-5750 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.
PROFESSIONAL DEVELOPMENT

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

ESSENTIALS TRAINING

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

BPCT-703 | 1 session | NO FEE
F01  Sa 9 a.m.-noon  Dirk Lupien
     Sep. 11  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 experience 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 6-9pm and Saturdays: 8:30am-4pm. REGISTRATION DEADLINE: 9/28. No refunds after this date unless class is canceled.

BPCT-703 | 8 sessions | $1699 | $1699 REG
F01  Th 6-9 p.m.  Dirk Lupien
     Oct. 7 – Nov. 4
   * NOTE: No class Oct. 9.

NEW! Conflict Management
Uncover strategies for effective work relationships and how to deal with conflict by exploring causes and how to negotiate for resolutions. For team leaders, supervisors, managers and even business-to-business practitioners, learn skills for resolving and managing workplace disagreement including ways to manage and turn around conflict in a clear and constructive manner. The following textbooks are not mandatory but are essential for reference and more comprehension and understanding: "Organization Behavior: Managing People and Organization: Griffin et al; 13th Edition" ISBN 978-0357042502 and "Organization Behavior: Theory and Practice: Cole, G.A.2001: Paperback" ISBN 0357042506.

BUSS-765 | 6 sessions | $565 | $55 REG
F01  Th 6:15-8:15 p.m.  Joyce Nganga
     Sep. 2 – Oct. 7

NEW! Conflict Negotiations Skills
Examine ways in which leadership in organizations can resolve conflicts and negotiate for a good course. The course is fit for individuals working as supervisors, leads, manager and who want to take it to a higher level. Explore common causes of conflict in workplace environment and approaches supporting a negotiation for a good will. Learn how to prevent conflict before it becomes a crisis and use negotiation skills in transactions, both formal and informal sectors. Recommended (but not required) textbooks: "Organization Behavior: Managing People and Organization: Griffin et al; 13th Edition" ISBN 978-0357042502 and "Organization Behavior: Theory and Practice: Cole, G.A.2001: Paperback" ISBN 0357042506.

BUSS-765 | 6 sessions | $565 | $55 REG
F02  Th 6:15-8:15 p.m.  Joyce Nganga
     Oct. 7 – Dec. 9
   * NOTE: No class Nov. 11, Nov. 25.

Listening Beyond the Words: Building Communication Skills
Ineffective listening can block the success of any business. Are you hearing your customers' needs and desires? Are your relationships with colleagues and co-workers harmonious? Learn to build skills that enhance your working and personal relationships. Class will focus on the fundamentals of effective listening and eliminating defensiveness in the communication process. Discover blocks that hinder good listening. Build positive interaction techniques, in-depth listening skills and appropriate feedback abilities.

BUSN-713 | 1 session | $79 | $79 REG
F01  Th 9 a.m.-4 p.m.  Jean Walters
     Sep. 16

We have more! Learn how to overcome communication barriers in a diverse environment. See page 41.
### Small Business Essentials

#### Business Start-Up Skills for Artisans and Crafters
Take your craft or art business to the next level. Learn tips from an award-winning, 40-year veteran in the arts and former Best of Missouri Hands Executive Director as she discusses effective marketing techniques, outlets to sell online and in-person, methods to balance creativity with administrative tasks and more. Bring a notebook and pen to class.

**BUSS-701** | 2 sessions | $33 AGE 60+ | $45 REG
---|---|---|---
F01 | Th 7-9 p.m. | Mike Ochonicky | Online
   Sep. 16 – Sep. 23
F02 | Th 7-9 p.m. | Mike Ochonicky | Online
   Oct. 7 – Oct. 14

#### 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 or have made the decision to start or who have been in business for less than two years, this program will discuss the basics of business ownership, planning for success, organizational forms of business, legal and regulatory environment, recordkeeping and information management, marketing, financing and resources. This program is offered in partnership with the Small Business and Technology Development Center.

**BUSS-701** | 2 sessions | $75 AGE 60+ | $75 REG
---|---|---|---
F03 | Sa 9 a.m.-noon | Lynette Watson | Online
   Sep. 18 – Sep. 25
F04 | Sa 9 a.m.-noon | Lynette Watson | Online
   Oct. 16 – Oct. 23

#### Business Plan Development
This intensive, individually customized, four-session course is designed to provide new and aspiring entrepreneurs with tools and resources to create a solid business plan. Experienced business facilitators/coaches will guide group sessions and share practical experiences to help enhance your business. Learn with and from peers, and create a powerful network that continues well after the program is complete. Gain enrichment from guest speakers of various disciplines, including the legal profession, marketing, human resources and financing. Start the course by taking the Growth Wheel® assessment and receive customized tools based on your individual outcomes to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Program is offered in partnership with the Small Business and Technology Development Center.

**BUSS-702** | 4 sessions | $125 AGE 60+ | $125 REG
---|---|---|---
F03 | T 6:15-9:15 p.m. | Lynette Watson | Online
   Oct. 19 – Nov. 9
F07 | Sa 10 a.m.-noon | Cheryl Ring | MC-BA 212
   Dec. 4

#### Investigation Basics
Do you need to know information about a person for personal or professional purposes? From hiring managers to property owners to homeowners, learn the techniques and discover free online resources to get the information you need to make an educated decision. Gain insights that will assist you, your family, or the organization you represent.

**BUSS-765** | 1 session | $23 AGE 60+ | $29 REG
---|---|---|---
F07 | Sa 10 a.m.-noon | Cheryl Ring | MC-BA 212

### Public Relations

**Public Relations I**
Familiarize yourself with basic principles of public relations, stakeholders, and code of ethics in today's global economy. Gain knowledge of the process that includes research, planning, action, communication, monitoring and evaluation (M&E). The following textbooks are not mandatory but are essential for reference and more comprehension and understanding: “Introduction to Public Relations: Strategic, Digital, and Socially Responsible Communication 2nd Edition” ISBN 9781544392004 and “Discovering Public Relations: An Introduction to Creative and Strategic practices: Karen Freberg: 1st Edition” ISBN 1544355378.

**BUSS-702** | 6 sessions | $65 AGE 60+ | $95 REG
---|---|---|---
F01 | Th 4-6 p.m. | Joyce Nganga | Online
   Sep. 2 – Oct. 7

**Public Relations II**
Familiarize yourself with basic principles of public relations, stakeholders, and code of ethics in today's global economy. Gain knowledge of the process that includes research, planning, action, communication, monitoring and evaluation (M&E). Prerequisite: Public Relations I. The following textbooks are not mandatory but are essential for reference and more comprehension and understanding: “Introduction to Public Relations: Strategic, Digital, and Socially Responsible Communication 2nd Edition” ISBN 9781544392004 and “Discovering Public Relations: An Introduction to Creative and Strategic practices: Karen Freberg: 1st Edition” ISBN 1544355378.

**BUSS-702** | 6 sessions | $65 AGE 60+ | $95 REG
---|---|---|---
F02 | Th 4-6 p.m. | Joyce Nganga | Online
   Oct. 21 – Dec. 9
   • NOTE: No class Nov. 11, Nov. 25.
Accounting and Taxes

Accounting Boot Camp: Beginning I
Designed for individuals and entrepreneurs who want to learn and master basic accounting, this rigorous, fast-paced boot camp provides an introduction to accounting business terminology, accounting principles, the accounting cycle and the preparation of financial statements. Explore a variety of hands-on case studies for practical application and learn from a tenured accounting professor. Bring pencils, calculator, notebook and a sack lunch. All other class materials provided.

BUSS-741 2 sessions | $55 AGE 60+ | $79 REG
F02 Sa 9 a.m.-1 p.m. Stacy Moore
Sep. 18 – Sep. 25 FP-D Tower 217A

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

BUSS-741 2 sessions | $55 AGE 60+ | $79 REG
F03 Sa 9 a.m.-1 p.m. Stacy Moore
Oct. 9 – Oct. 16 FP-D Tower 217A

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. Discover subsidiary ledgers, special journals and internal controls. Prerequisite: Accounting Boot Camp: Beginning II. Bring pencils, calculator, and notebook paper. All other class materials provided. Bring a sack lunch.

BUSS-741 2 sessions | $55 AGE 60+ | $79 REG
F04 Sa 9 a.m.-1 p.m. Stacy Moore
Oct. 30 – Nov. 6 FP-D Tower 217A

The Business of Small Business: Understanding Financials
Discover ways to turn financial statements into useful management tools. Understand where cash comes from and where it's used in day-to-day business. During this course designed for business owners, managers, accountants, bankers and consultants, you'll learn to identify and correct cash flow problems and prepare future performance of a business using a cash budget. Gain comfort about decisions to prepare for growth, a better understanding of loans and financing, a deeper knowledge of how and when to make affordable purchases and a comprehension of how much cash can safely be taken out of the business.

BUSS-741 3 sessions | $109 AGE 60+ | $109 REG
F07 Th 6:15-9:15 p.m. Lynette Watson
Sep. 2 – Sep. 16 Online

Recordkeeping for the Small Business Owner
As a small business owner, good recordkeeping procedures and accurately followed tax guidelines are critical. During this course taught by a small business tax professional and CPA, you'll explore internal and external financial records, different forms of business ownership (and specific recordkeeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, and methods for tracking and deducting vehicle expenses. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS-741 | 2 sessions | $79 AGE 60+ | $79 REG
F06 Sa 9 a.m.-1 p.m. Teri Spector
Nov. 13 – Nov. 20 MC-BA 120

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

BUSS-741 | 1 session | $49 AGE 60+ | $49 REG
F05 Sa 9 a.m.-1 p.m. Teri Spector
Nov. 6 MC-BA 120

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

CPDV-702 2 sessions | $32.50 AGE 60+ | $55 REG
F02 Sa 9 a.m.-noon Carol Watkins
Sep. 18 – Sep. 25 Online

Discover Your Career Passion
You spend a good part of your life expressing creativity and fulfillment. But what makes your work or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity and fulfillment. Whether you’re seeking an encore career, looking for enlivening volunteer work or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity and fulfillment.

CPDV-702 2 sessions | $65 AGE 60+ | $65 REG
F01 Tu 6-8:30 p.m. Jean Walters
Oct. 19 – Oct. 26 STLCC-Corp 207
Inventors’ Start-Up Series: Learn, Develop and Launch!

Gain valuable information from The Invent-ED Network Connection (The I.N.C.) about the inventing process and starting a business. The series will provide immediately actionable tips to help launch your product idea and new business and enter into the world of inventorship and entrepreneurship fast. Register for each class.

Saturday, Aug. 28 | Online
BUSS-765 | each session | $29 AGES 60+ | $29 REG
F08 9-10 a.m. | Inventing 101: The Inventing Process
F03 10:15-11:15 a.m. | Patents, Trademarks and Copyrights
F04 11:45 a.m.-12:45 p.m. | Research, Read and Understand Patents
F05 1-2 p.m. | How to Manufacture Your First Product in the U.S. and Abroad

Saturday, Sep. 18 | Online
BUSS-765 | each session | $29 AGES 60+ | $29 REG
F06 9-10 a.m. | Business Start-Up 101: Become an Entrepreneur
F09 10:15-11:15 a.m. | Show Me the Money! Explore Start-Up Funding
F10 11:45 a.m.-12:45 p.m. | Crowdfunding: Kickstarter®, Indiegogo® and GoFundMe®
F14 1-2 p.m. | Launch Your Product(s) or Home-based Business Immediately

Saturday, Sep. 25 | Online
BUSS-765 | each session | $29 AGES 60+ | $29 REG
F11 9-10 a.m. | How to License Your Product or Idea Yourself
F12 10:15-11:15 a.m. | Launching a Crowdfunding Campaign? It’s Not as Easy as You Think
F13 11:45 a.m.-12:45 p.m. | Quickly Find Valuable Inventor Help and Resources via USPTO
F15 1-2 p.m. | Using Cut and Sew Factories to Manufacture Products and Fashion Designs

Research, Read and Understand Patents

The jargon and legalese of patents can be daunting. But, as an inventor, being able to conduct basic patent research to determine if your idea already exists (e.g., under another name or category) and is patentable is critical. Discover how to better read and understand the contents and key parts of a patent. Gain knowledge about the requirements for and meaning of terms such as “claims,” “prior art,” “infringement” and more. Uncover how to improve your research inquiries on free websites and how to use what you learn from other patents to aid in the development of your own.

How to Manufacture Your First Product in the U.S. and Abroad

Learn the “do’s and don’ts” of manufacturing and how to select the best manufacturer based upon your product type. Examine the manufacturing process in the U.S. and internationally. Learn how to obtain a product sample and make initial orders. Discover ways to address the inherent risks, inconveniences, and timelines associated with average production runs, and expenses involved in manufacturing in the USA versus abroad. Uncover tips about how to avoid costly manufacturing mistakes during production and survey local and international companies that provide clients with product sourcing, translation services and facilitation of offshore manufacturing.

Business Start-Up 101: Become an Entrepreneur

Want to start a business but don’t know how? Do you know what type of entrepreneur you are and the type you’d like to become? Are you an inventor who plans to become an entrepreneur by launching or selling your own product? This class is for you! There are many different types of entrepreneur. For instance, you can become a traditional entrepreneur (selling a product, service or idea), a “techpreneur” (technology inventor + entrepreneur), a “socialpreneur” (socially conscious + entrepreneur) or an “edupreneur” (educator + entrepreneur), and more. Learn about the different types and start your journey to entrepreneurship with knowledge and resources to help you launch your enterprise.

Show Me the Money! Explore Start-Up Funding

St. Louis ranks third in the U.S. in terms of best entrepreneurial communities and offers access to a wealth of funding and start-up resources. Our city boasts several new inventor and business programs, services and incubators designed to help you get started. However, many of these resources remain untapped because entrepreneurs don’t know about them. Get on the fast track to funding for your new idea, invention or business and gain access to inventor and business start-up funding and valuable resources. Learn how to take advantage of free training programs, networks, mentoring and other opportunities (many now available online) to help get your product or idea off the ground.

Crowdfunding: Kickstarter®, Indiegogo® and GoFundMe®

Crowdfunding campaigns can help you raise funds for your new product or idea, launch or grow a business, assist a non-profit organization or support a personal project or community cause. Learn about three of the most popular platforms: Kickstarter, Indiegogo and GoFundMe. Explore the differences, requirements, advantages, disadvantages and risks associated. See samples of the most successful and failed campaigns launched here in St. Louis. Examine the many factors to consider before launching a campaign.

Launch Your Product(s) or Home-based Business Immediately

Have a finished product, artwork, literature, craft or design you’re ready to launch or sell? Not sure how or where to do it without a storefront? This class is for you! Gain valuable information about where you can immediately create your own storefront and begin selling your merchandise for free or at a very low cost online and/or at local retail outlets. Save time, money and many overhead expenses associated with a retail business. Learn the ease of becoming a new entrepreneur or business owner. Discover how to bring your product or idea to market in 24 hours.

How to License Your Product or Idea Yourself

Learn the pros and cons of licensing versus the self-production of a new product. Examine how to help you get started. However, you can approach potential retailers, major brands, big box stores and other third parties. Discover how to structure and submit a video or one-page sales pitch online directly to targeted licensees to gain their interest and secure a licensing deal.
Launching a Crowdfunding Campaign? It’s Not as Easy as You Think
Before you launch your first crowdfunding page on Kickstarter®, Indiegogo®, GoFundMe®, there are many factors you need to know. Without this knowledge, you could put your invention at risk in more ways than one! Explore several crowdfunding websites, review past and present pages launched by inventors, and discuss factors to consider prior to launch. Find the best crowdfunding fit for your new idea. Learn about the risks with crowdfunding pages (with or without a patent) and the many components involved in setting up and managing a new or launched page. Examine what happens if your campaign succeeds or fails.

Quickly Find Valuable Inventor Help and Resources via USPTO
Researching and collecting general data about your invention is daunting enough. You need to know more (e.g., how and when to protect your idea with some form of intellectual property rights (IP)). Learn how to quickly gather inventor information, forms and videos from the U.S. Patent and Trademark Office (USPTO) website. Discover how to extract the valuable content, information, videos, and/or forms that you need. Gain a better understanding of the different forms of IP (e.g., patent, trademark, trade secret, and copyright) as well as the costs and filing processes (with or without an attorney).

Using Cut and Sew Factories to Manufacture Products and Fashion Designs
Need help developing, constructing or launching a product or clothing collection? Learn how cut and-sew factories can help you through the entire process—from idea to design to product to sales to distribution. Gain an understanding about how these factories can convert your ideas and sketches into finished products through design development, pattern creation, pattern digitization, assembly, packaging and manufacturing. Discover how cut-and-sew factories can prototype and aid in launching your products within a shorter time than most manufacturers.

Ready to build something amazing?
Boeing Assembly Pre-Employment Training Program
More than 900 graduates have been hired via the St. Louis Community College Boeing Pre-Employment Training program.

Choose from two training and career pathways:
Sheet Metal Assembler and Riveter
Composites Assembly Mechanic

• Five- to eight-week training with convenient day or night classes available
• Training is ideal for candidates who are mechanically inclined
• Guaranteed interview for all program graduates

Learn more and apply at stlcc.edu/Boeing
REAL ESTATE

How to Start a Career in Real Estate
Do you enjoy helping people? Have you considered getting into the business of real estate? The real estate profession offers one of the widest career opportunities in the business world. From the 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 explore opportunities in this dynamic field. Courses offered through St. Louis Community College Continuing Education are for educational purposes only. While this information is believed to be reliable, participants should consult with licensed professional regarding your specific situation.

REAL-715 | 1 session | $23 AGE 60+ | $29 REG
F01 Th 7-9 p.m. | Jill McCoy
Nov. 4 Online

ACE Personal Trainer Information Session
This free information session explains the process and curriculum of the ACE Personal Trainer Certification Prep Course. Determine what to expect in the 12-week course by learning the course topics and methods to prep for the ACE Personal Trainer exam. Registration for the ACE Personal Trainer Certification Prep Course closes on 9/1 (PEDU-753 F01). The information session is not mandatory.

ACE Personal Trainer Certification Prep Course
Ready for a career change? Become a certified personal trainer! This course is designed to prepare you for the ACE Personal Trainer Certification Exam and to help you become an effective personal trainer. Focus on 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. Explore how to facilitate rapport, support adherence, promote self-efficacy and encourage behavior change in clients. Learn to design programs that help clients improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, muscular endurance and strength. Due to the specialized nature of this class, you must be at least 18 years of age and have a high school diploma or high school equivalency. You must hold CPR/AED certification before taking the ACE Personal Trainer Certification Exam. Background check may be required for certification. Review the “ACE Certification Candidate Handbook” (at acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf) for more info 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: 9/1. No refunds after that date.

PEDU-753 | 12 sessions | $727.50 AGE 60+ | $795 REG
F01 W 5-7:30 p.m. | Lauren Lepchenske
Sep. 15 – Dec. 1 Online
ANIMAL WELFARE

Classes may be taken for your own personal enrichment or as part of the Animal Welfare Advocate program. Curriculum is developed by the Humane Society of Missouri, Animal Protective Association of Missouri, and St. Louis County Animal Care and Control.

Career and Volunteer Opportunities in Animal Welfare

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

ANIM-741 | 1 session | $26 | AGE 60+ | $29 | REG
F02 | Tu 6-8:30 p.m. | Online
Sep. 21

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. Explore community animal welfare needs and possible solutions. Class can be taken by itself or as part of the Animal Welfare Assistant Program as initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM-741 | 1 session | $26 | AGE 60+ | $29 | REG
F01 | Tu 6-8:30 p.m. | Online
Oct. 19

Get to Know Us: St. Louis Animal Welfare Organizations

St. Louis hosts various organizations of all types and sizes involved in animal welfare activities, rescues and shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, and advocacy group. Each holds a unique role, approach and way of operating, but it takes the full community to meet the needs of our local animals. And, each offers involvement opportunities for people with a variety of interests and skills (like you!). A panel from local agencies will present their stories and answer your questions. Class can be taken by itself, or as part of the Animal Welfare Assistant Program as initial training/preparation for work in a range of public and private animal welfare organizations.

ANIM-741 | 1 session | $26 | AGE 60+ | $29 | REG
F03 | Tu 6-8:30 p.m. | Online
Nov. 16

We have more! Learn how to understand pet behaviors and gain new skills in animal care. See page 40.

ANIMAL WELFARE ADVOCATE PROGRAM

Make a difference in the lives of animals in your community. Learn more about the program: stlcc.edu/animalwelfare

Missouri Manufacturing Technician I Pre-Apprenticeship Program

Rapidly skill up for employment in high-performance manufacturing.

- Six-week, non-credit training program offered in a hybrid classroom/online format
- Earn up to three industry certifications: OSHA 10 – General Industry, MSSC CPT Safety and CPT Quality
- Gain team-building skills, employment strategies and computer literacy
- Receive Missouri Manufacturing Technician I certificate upon successful completion of industry certifications

stlcc.edu/MfgTech
Heartsaver First Aid: CPR/AED
This Heartsaver CPR/AED course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. The class is specifically tailored to those who are expected to respond to cardiovascular emergencies in the workplace and may be used to teach CPR to those required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. This offering is ideal for the learner with limited or no medical training. Electronic cards will be issued within 20 calendar days of the class. Due to the nature of the course, you must arrive on time. No refund will be given for registrants arriving late.

CPRR-706 | 1 session | $96 AGE 60+ | $125 REG
F01 Th 8:30 a.m.-4:30 p.m. Sep. 16
F02 Sa 8:30 a.m.-4:30 p.m. Oct. 23
F03 W 9 a.m.-4:30 p.m. Nov. 10

BLS for Healthcare Providers
Participate in simulated clinical scenarios and learning stations during this American Heart Association Basic Life Skills (AHA BLS) Instructor-led course. Coursework includes skills practice, skills testing and a written exam. Upon successful completion, you will receive an electronic BLS completion card (within 20 business days of the class). This course meets the STLCPC nursing department admission requirements.

CPRR-707 | 1 session | $186.50 AGE 60+ | $267.50 REG
F02 Sa 9 a.m.-3 p.m. Aug. 28
F01 Tu 9 a.m.-3 p.m. Aug. 21
F03 Th 9 a.m.-3 p.m. Sep. 30
F04 W 5-10 p.m. Oct. 6
F05 Sa 9 a.m.-3 p.m. Oct. 16
F06 Th 5-10 p.m. Oct. 21
F07 F 9 a.m.-3 p.m. Oct. 29
F08 W 5-10 p.m. Nov. 3
F09 Sa 9 a.m.-3 p.m. Nov. 13
F10 Th 5-10 p.m. Nov. 18
F11 W 9 a.m.-3 p.m. Dec. 1
F12 Sa 9 a.m.-3 p.m. Dec. 11
F13 M 9 a.m.-3 p.m. Dec. 20

Basic Life Support Instructor Essentials Course
The American Heart Association Basic Life Skills (AHA BLS) Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA cardiopulmonary resuscitation (CPR) and First Aid courses. The course is taught in a hybrid format: instructor candidates will complete pre-course online study, followed by the hands-on session conducted by training center faculty during the AHA Instructor course. This course educates you in using AHA Instructor teaching materials, how to ensure that students meet learning objectives, student coaching skills, how to conduct an objective skills performance evaluation and how to follow AHA Instructor course policies. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card and alignment with an AHA Training Center. Registration four weeks prior to course start is required to ensure that course materials and pre-course preparation. An STLCPC training center faculty member must monitor the instructor candidates’ teaching and verify the performance of the candidate’s provider skills within six months of the initial BLS Instructor Essentials Course per AHA requirements. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Registration/Refund/Withdrawal deadline: 9/5. Interested students must contact the training center coordinator at rkazdovy@stlcc.edu before registering for the BLS Essentials Instructor Course.

CPRR-708 | 1 session | $267.50 AGE 60+ | $349 REG
F01 F 8 a.m.-5 p.m. Sep. 17

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

CPRR-709 | 1 session | $186.50 AGE 60+ | $249 REG
F01 W 6-10 p.m. Sep. 22

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

Become job ready through our hands-on, non-credit health care training programs. Prepare for an entry-level position and build an impactful career as you fill the need for health care workers here in St. Louis.

**Patient Care Technician**

Prepare for an entry-level position working alongside nurses and other healthcare professionals to provide direct patient care in a hospital setting.

11 weeks | stlcc.edu/PCT

**Medical Assistant**

Understand how medical offices operate and learn the medical assisting skills necessary to perform both administrative and clinical duties.

28 weeks | stlcc.edu/MA

**Community Health Worker**

Prepare to become a trusted community member who assists individuals and communities in adopting healthy behaviors.

16 weeks | stlcc.edu/CHW
**PERSONAL COMPUTING**

**PCs and Technology Introduction**
Build foundational computer skills and get familiar with other digital technologies. Through hands-on experience on a PC, learn essential concepts, understand commands and develop confidence. Basic terminology and functionality of computer hardware, software, printers and drives will be explored. This class is ideal for users with few or no computer skills.

**COMP-701**
- **1 session**: 454.50 | AGE 60+ | 36 REG
- **F01**: Sa 9 a.m.-3:30 p.m.
- **Dec. 11**: Online

**Online Personal Security**
Learn how to ensure your terrestrial and digital footprints are secure. Gain security best 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. Ask your security-related questions of a data security expert. Conduct your professional and personal electronic communications using the most current and effective techniques.

**COMP-795**
- **1 session**: 534.50 | AGE 60+ | 34 REG
- **F01**: Sa 9 a.m.-1 p.m.
- **Oct. 16**: Online

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

**COMP-742**
- **1 session**: 524 | AGE 60+ | 35 REG
- **F02**: Sa 12:30-3:30 p.m.
- **Aug. 28**: Online
- **F03**: Sa 12:30-3:30 p.m.
- **Sep. 18**: Online

**Internet Research and Investigations: Consumer Information**
Does my doctor have a high malpractice rate? What is the crime rate in my neighborhood? Does my contractor have a lengthy list of lawsuits? Which vehicles have crash test results? What happens if something goes wrong with an online transaction? If you are curious about the answers to any of these questions, this class is for you. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

**COMP-742**
- **1 session**: 524 | AGE 60+ | 35 REG
- **F03**: Sa 12:30-3:30 p.m.
- **Jean Bradley**: Online

**Internet Research and Investigations: Politics and Law**
Who donated to political campaigns and when? How do I find out what initiatives are on an upcoming ballot so I can research them? Which non-profit organizations have presented summaries of candidates platforms, bill descriptions and voting records of politicians in an unbiased way? If you are curious about the answers to any of these questions, this class is for you! Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

**COMP-742**
- **1 session**: 524 | AGE 60+ | 35 REG
- **F04**: Sa 12:30-3:30 p.m.
- **Jean Bradley**: Online

**Introduction to Cricut® Machines**
Take your crafting to the next level and learn the many features of the Cricut Machine. Explore the basics of paper crafting with the powerful cutting technology and application interface of the Cricut. This class will focus on layers, welding, attaching and detaching images, writing and scoring. Students must bring their own Cricut Explore or Maker machine to class as well as an established login to the Cricut Design Space application.

**COMP-755**
- **1 session**: 534 | AGE 60+ | 45 REG
- **F01**: Sa 10 a.m.-1 p.m.
- **Rhonda Cross**: MC-BA 122
- **REG**: 49

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

**COMP-765**
- **1 session**: 49 | AGE 60+ | 49 REG
- **F13**: Th 5-8 p.m.
- **Gregory Ray**: Online

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

**COMP-742**
- **1 session**: 518 | AGE 60+ | 18 REG
- **F01**: W 6-9 p.m.
- **Richard Vagen**: Nov. 17

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

**COMP-765**
- **1 session**: 549 | AGE 60+ | 54 REG
- **F01**: W 5-8 p.m.
- **Gregory Ray**: Online
### Microsoft® Tools

#### Access®

**Microsoft® Access®: In a Day**
Learn the basics of Access in a single session! Examine how to plan and design a database system. Add, change and delete information. Create simple reports and query the database to find display data. Prerequisite: Windows Introduction class or equivalent experience. Participants are encouraged to bring a flash drive.

- **COMP-725** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | F 9 a.m.-4 p.m. | Oct. 1 | Cris Heffernan | STLCC-Corp 208

**Microsoft® Access®: Part I**
Grasp the basics of database design with Microsoft Access. Discover how to create, manage and maintain tables and table relationships. Leverage sorting and filtering records within tables. Prerequisite: Windows Introduction class or equivalent experience. Participants are encouraged to bring a flash drive.

- **COMP-726** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | F 9 a.m.-4 p.m. | Nov. 5 | Cris Heffernan | STLCC-Corp 208

**Microsoft® Access®: Part II**
Gain the skills necessary to enhance your database designs. Work with data normalization, table relationships, and inner and outer join techniques. Learn to query multiple tables for customized reports. Create more complex queries using parameters and action queries. Explore more advanced reporting techniques. Prerequisite: Windows Introduction class or equivalent experience. Participants are encouraged to bring a flash drive.

- **COMP-727** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | F 9 a.m.-4 p.m. | Nov. 19 | Cris Heffernan | STLCC-Corp 208

#### Excel®

**Microsoft® Excel® in a Day**
Learn the basics of Microsoft Excel in one session! Learn how to create spreadsheets for accounting, expense analysis, budgeting and other applications. Topics include: worksheet set-up, labeling, entering values, editing cells, copying content, and saving. Participants are encouraged to bring a flash drive. Prerequisite: Windows Introduction class or equivalent experience.

- **COMP-720** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | W 9 a.m.-4 p.m. | Nov. 17 | Cris Heffernan | Online

**Microsoft® Excel®: Part I**
Glean tips and tricks to successfully 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. Make your sheets and printouts easier to read with special formatting techniques. This important class is ideal for beginners and for self-taught Excel users. Prerequisite: Windows Introduction class. Participants are encouraged to bring a flash drive.

- **COMP-721** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | F 9 a.m.-4 p.m. | Sep. 29 | Cris Heffernan | STLCC-Corp 208
- **F02** | W Th 9 a.m.-12:30 p.m. | Oct. 6 – Oct. 7 | Cris Heffernan | Online

**Microsoft® Excel®: Part II**
Expand your spreadsheet skills and create complex formulas through functions. Master data management techniques and analysis using lists, tables, common charts, pivot tables and pivot charts. Discover the ease of using range names and conditional formatting. Prerequisite: Microsoft Excel 2016 For Business: Part I class or equivalent experience. Participants are encouraged to bring a flash drive.

- **COMP-722** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | F 9 a.m.-4 p.m. | Aug. 26 | Cris Heffernan | STLCC-Corp 208
- **F02** | W Th 9 a.m.-12:30 p.m. | Oct. 27 – Oct. 28 | Cris Heffernan | Online

**Microsoft® Excel®: Part III**
Expand your expertise as you manage multiple workbooks and worksheets, build 3D calculations, add file links, and explore the power of lookup functions. Master formula auditing tools, data validation and sharing, and workbook protection. Use scenarios, data tables and other major data analysis tools to increase productivity. Create macros to save time and create consistency across workbooks. Prerequisite: Microsoft Excel 2016 for Business: Part II or equivalent experience. Participants are encouraged to bring a flash drive.

- **COMP-723** | 1 session | $96.50 ACE 60+ | $129 REG
- **F02** | F 9 a.m.-4 p.m. | Sep. 17 | Cris Heffernan | STLCC-Corp 208
- **F03** | W Th 9 a.m.-12:30 p.m. | Nov. 11 | Cris Heffernan | STLCC-Corp 208

### Outlook®

**Outlook® and Outlook® Calendars**
Master one of the most popular business email applications: Microsoft Outlook. Explore the many features of Outlook Calendar that can assist in creating appointments, organizing meetings. Save time and increase your workplace productivity. Prerequisite: Windows Introduction class or equivalent experience.

- **COMP-742** | 1 session | $24 ACE 60+ | $35 REG
- **F05** | Th 5:30-8:30 p.m. | Oct. 14 | Rhonda Cross | Online

### Word®

**Microsoft® Word® For Business: Part I**
Produce professional-looking business documents using Microsoft Word. Create documents, clean up formatting, change styles and fonts, cut and paste content, and import text with confidence. Prerequisite: Windows Introduction class or equivalent experience. Participants are encouraged to bring a flash drive.

- **COMP-715** | 1 session | $96.50 ACE 60+ | $129 REG
- **F01** | F 9 a.m.-4 p.m. | Dec. 3 | Cris Heffernan | STLCC-Corp 208

◊ Registration for online classes marked above closes five business days before class start date. Textbooks will be mailed to registered students.
Adobe® Lightroom® Classic: 
Introduction
Learn the basics of Lightroom Classic, a desktop-focused software with powerful and comprehensive digital photography tools. Mastering Lightroom will enable you to organize and bring out the best in your images. Lightroom is designed as an end-to-end photographic workflow for both amateur and professional photographers.
CVTW-701 | 1 session | $99.50 AGE 60+ | $139 REG
F04 Sa 8:30 a.m.-4:30 p.m. Charles LaGarce Aug. 28 MC-HE 136
F05 Sa 8:30 a.m.-4:30 p.m. Charles LaGarce Nov. 6 MC-HE 136

Adobe® Lightroom® Classic: 
Book and Print Module
Focus on using the output modules to layout and print images with the Lightroom print module. Learn to create a photo book with the Lightroom book module. This course is ideal for all Lightroom Classic users.
CVTW-701 | 1 session | $99.50 AGE 60+ | $139 REG
F03 Sa 8:30 a.m.-4:30 p.m. Charles LaGarce Dec. 4 MC-HE 136

Adobe® Lightroom® Classic: 
Advanced Development Techniques
Explore advanced image development techniques. Learn global and selective enhancement tools to optimize images. Emphasis will be placed on preparing images for the Lightroom output modules: print, slideshow, book and web.
CVTW-701 | 1 session | $99.50 AGE 60+ | $139 REG
F01 Sa 8:30 a.m.-4:30 p.m. Charles LaGarce Sep. 11 MC-HE 136

Adobe® Lightroom® Classic: 
Advanced Organization
Focus on using the Lightroom database to optimize your digital and scanned image searches, enabling you to filter, locate and select images by date, location, keyword and other metadata items. Suited for all Lightroom users, this workshop will help you create collections that meet your unique needs.
CVTW-701 | 1 session | $99.50 AGE 60+ | $139 REG
F02 Sa 8:30 a.m.-4:30 p.m. Charles LaGarce Oct. 23 MC-HE 136

Adobe® Photoshop® Creative Cloud®: In a Day Workshop
Explore the basics of Photoshop in a single, hands-on class! Learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Discover the use of layers, history, clone stamp, content-aware fill, and spot healing brush tools. Gain a greater understanding of transformations and the difference between destructive and non-destructive editing. Prerequisite: Windows Introduction class or equivalent experience.
CVTW-704 | 1 session | $100.50 AGE 60+ | $135 REG
F10 Sa 9 a.m.-4 p.m. Zak Zych Nov. 6 MC-HE 233

Adobe® Photoshop®: The First Step Workshop
Learn practical Photoshop skills for everyday use. Gain hands-on experience in the following techniques, attributes and tools: 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. Discover how to create unique fictional images without a camera or scanner. Discussion will be based around guided demonstrations by a Photoshop expert, encouraging class participation in an atmosphere of mutual support.
CVTW-704 | 1 session | $100.50 AGE 60+ | $135 REG
F07 F 8:30 a.m.-4:30 p.m. Zak Zych Sep. 17 MC-HE 233

Adobe® Photoshop®: Intermediate
Pick up where the introductory class left off and enhance your techniques. Dive in to the histogram, exposure adjustments, smoothing wrinkles, brightening teeth, image and canvas size changes, crop tool use and blending modes. Work hands-on with a variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Essentials program.
CVTW-704 | 4 sessions | $143 AGE 60+ | $199 REG
F04 4 M 6-9 p.m. Zak Zych Aug. 30 – Sep. 27 Online
NOTE: No class Sep. 6.

Adobe® Photoshop®: Advanced
Build on your skills learned during the beginning and intermediate level classes. Examine adjustment layers with layer masks, encounter smart objects, and work with blurring, sharpening, shadow and highlight tools. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Essentials program.
CVTW-704 | 4 sessions | $143 AGE 60+ | $199 REG
F05 4 M 6-9 p.m. Zak Zych Nov. 1 – Nov. 22 Online

Adobe® Photoshop® Creative Cloud®: Image Size Workshop
When you download an image from your camera or the internet, what is it good for? At what size can you print it? How would it appear if uploaded to your website or Facebook? Learn the ins and outs of image and canvas size, all the cool things that a crop tool can do, and how to control the size of a photo via the “save for the web” command.
CVTW-704 | 1 session | $100.50 AGE 60+ | $135 REG
F08 F 9 a.m.-4 p.m. Zak Zych Oct. 1 MC-HE 233

Adobe® Photoshop® Creative Cloud®: 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. Learn to non-destructively conceal a portion of an image and blend multiple photos into a single composition.
CVTW-704 | 1 session | $100.50 AGE 60+ | $135 REG
F09 F 9 a.m.-4 p.m. Zak Zych Oct. 15 MC-HE 233

Motion Graphics
Adobe® After Effects®: Introductory Workshop
Explore more of Creative Cloud and how to set up Photoshop files for use in After Effects. Learn about keyframes and in-betweeners, adjusting position, scale, rotation and opacity. Coordinate images with audio and export to .mov and .mp4 formats.
CVTW-704 | 1 session | $72 AGE 60+ | $99 REG
F06 F 10 a.m.-2 p.m. Zak Zych Sep. 3 MC-HE 233

Adobe® After Effects®: The First Step
Use After Effects to create motion graphics. Explore the interface in After Effects, put graphics into motion and render finished movie and animation projects. Explore the workflow between Photoshop and After Effects. Be prepared for an intensive, hands-on learning experience.
CVTW-704 | 1 session | $99.50 AGE 60+ | $139 REG
F01 F 8:30 a.m.-4:30 p.m. Tim Linder Nov. 5 Online

Adobe® After Effects®: The Next Step
Sharpen your skills with advanced After Effects techniques. Uncover a deeper understanding of the effects panel options. Explore background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.
CVTW-704 | 1 session | $99.50 AGE 60+ | $139 REG
F02 F 8:30 a.m.-4:30 p.m. Tim Linder Nov. 19 Online

◊ Registration for online classes marked above closes five business days before class start date.
APPLE® DEVICES

iPhone® and iPad® Mobile Digital Devices: introduction

Did you purchase an iPhone or iPad only to discover that you can barely use it? Explore the basics and functionality of the Apple iOS platform in this class. This class will discuss only Apple products; other smart phone devices will not be covered. Please note: universal functions will be taught and specific “apps” may vary from device to device. Students must bring their own iPhone/iPad device to the class.

COMP-765 | 4 sessions | $149 | $199
F02 Th 5-8 p.m. | Gregory Ray | Online
F03 M 6-9 p.m. | Gregory Ray | Online
F04 Th 5-8 p.m. | Gregory Ray | Online
F05 W 5-8 p.m. | Oct. 6 | Online

Advanced Tableau®

Learn how to and sort data from a single or multiple data sources, effectively use parameters, work with logical and conditional calculations, combine calculated fields and parameters, manipulate table calculations, and choose the right visualization for your type of data. Discover how to switch dimensions to measures and vice versa. Learn how to manipulate data using Boolean fields and context filters.

COMP-765 | 4 sessions | $149
F02 Tu 6-9 p.m. | Lee Douankeomany | Online

Storytelling With Tableau®

Build on skills from Introduction to Tableau, and create dashboards to tell the story within your data. Learn best practices for formatting and presenting data to tell data-driven stories.

COMP-765 | 4 sessions | $149
F03 Tu 6-9 p.m. | Lee Douankeomany | Online

NEW! Analytics With Tableau®

Learn to create new data from existing data by leveraging the functionality of calculated fields, aggregations and parameters. The limitless choice you make will influence your analysis with Tableau visualizations.

COMP-765 | 4 sessions | $149
F04 Tu 6-9 p.m. | Lee Douankeomany | Online

*NOTE: No class Nov. 23.

Adobe® InDesign® Creative Cloud®: The First Step

Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos, set type correctly for flyers and brochures and master other basic applications. Learn the program’s core tools and use them to complete a basic InDesign document. Explore key commands and discover other great tips that make easy work of your layouts.

CVTW-702 | 1 session | $99.50 | $139
F01 F 8:30 a.m.-4:30 p.m. | David Haley | Sep. 10

Adobe® InDesign® Creative Cloud®: The Second Step

Don’t know the best way to set up your brochure or multi-page document? Learn how to optimize your page setup for better productivity. Modern typesetting techniques, including examples from the top magazines, will showcase how to elevate your document. This introduction to style sheets will have your work looking consistent and professional.

CVTW-702 | 1 session | $99.50 | $139
F02 F 8:30 a.m.-4:30 p.m. | David Haley | Sep. 24

Adobe® Illustrator® Creative Cloud®: The First Step

If you want to illustration skills to be somewhat lacking, it’s never too late to add drawing to your toolkit. This workshop breaks down the fundamentals of drawing—specifically, digital drawing—by taking you through how to work with Adobe Illustrator. Learn how to work with different drawing tools in Illustrator and explore drawing fundamentals. Engage with the elements of design, explore the software’s powerful stroking and filling tools, and master the basics of vector drawing.

CVTW-702 | 1 session | $99.50 | $139
F03 F 8:30 a.m.-4:30 p.m. | David Haley | Oct. 8

Adobe® Illustrator® Creative Cloud®: The Second Step

As a follow-up to the fundamentals workshop, discover with more advanced tools and features of Adobe Illustrator. Learn steps to break down complex digital illustrations, working with templates and without templates. Discover tools to give you hyper realistic images. Complete a design using what has been covered in both the fundamentals and next step workshops.

CVTW-702 | 1 session | $99.50 | $139
F04 F 8:30 a.m.-4:30 p.m. | David Haley | Oct. 22

 Mac® for the Windows® Switcher

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

COMP-765 | 1 session | $99
F08 Th 5-8 p.m. | Gregory Ray | Sep. 16 | Online

Phone: 314-984-7777
Stlcc.edu/ce
NEW! SQL Language: Level I
Learn the generic SQL commands that can be used with a variety of client/server database systems. Discover how to query the database to extract the information you need to include grouping and sorting of the data. Gain an understanding on how to use wildcards, logical and comparison operators, and to create calculated columns. Learn how to join database tables to write higher level queries to extract related data and how to use multiple criteria in filtering out unwanted data. This course uses Microsoft SQL Server.

COMP-765 | 5 sessions | $145 | AGE 60+ | $199 REG
F07 W 6-9 p.m. Joseph Richey
Sep. 1 – Sep. 29 Online

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

COMP-765 | 4 sessions | $156 | AGE 60+ | $199 REG
F10 W 6-9 p.m. Joseph Richey
Oct. 6 – Oct. 27 Online

SQL in Relational and Non-Relational Databases
Build a practical base knowledge of PostgreSQL, a relational database, and MongoDB, a non-relational database. Learn how to create, read, update, and delete records, join tables, and query on embedded and nested documents.

COMP-765 | 5 sessions | $145 | AGE 60+ | $199 REG
F14 Th 5:30-8:30 p.m. KC Rivera
Oct. 21 – Nov. 18 Online

Technical Business Analysts
Demystify the automagical world of software development. Discover how data is preserved and communicated between systems. Explore database fundamentals, API calls, and Azure and AWS cloud technologies. Learn how to translate business requirements into technical requirements and acceptance criteria.

COMP-765 | 6 sessions | $184 | AGE 60+ | $249 REG
F15 W 5:30-8:30 p.m. KC Rivera
Sep. 1 – Oct. 6 MC-BA 202

NEW! Intro to Web Services and Postman
Review web service basics: anatomy of a URL, HTTP request methods, HTTP status codes, and JSON. Then use Postman™ to make web service calls. Explore creating requests, collections, using variables, setting up workspaces, and how to use the Test Runner tool. This course is a great fit for developers looking to explore new tools, or Quality Assurances or Business Analysts that are looking to upskill.

COMP-765 | 1 session | $64 | AGE 60+ | $75 REG
F11 Sa 10 a.m.-1 p.m. KC Rivera
Sep. 19 Online

WordPress® for Business
WordPress is the most popular software for building and hosting personal websites on the Internet, but it’s increasingly also the engine of richly-designed and complex business sites. Want to promote and sell your photography? Run a subscription-based coaching practice? Make a living building sites for other small businesses? Explore the features of WordPress and its multitude of add-ons. Learn about themes and plugins (many of them free) that can make your site do more than share articles. This class will emphasize ways to enable e-commerce, as well as considerations about extra security, maintenance, and monitoring requirements you should consider once a business WordPress site goes live to the public.

COMP-765 | 1 session | $49 | AGE 60+ | $49 REG
F06 Th 6-9 p.m. Gregory Ray
Sep. 9 Online

WEB SITES AND SERVICES

LITERACY

Literacy: Basic Reading Skills
This class is for the beginner reader who needs help with introductory reading skills. Focus will be on the sounds of language, print awareness and decoding text. An emphasis will be placed on building basic comprehension skills for everyday literacy.

EDUC-765 | 9 sessions | $80 | AGE 60+ | $125 REG
F03 W 9-10:45 a.m. STLCC Staff
Sep. 22 – Nov. 17 STLCC-SoCo 202
F01 Tu 3-4:45 p.m. STLCC Staff
Sep. 21 – Nov. 16 MC-BA 120

EDUC-765 | 9 sessions | $80 | AGE 60+ | $125 REG
F02 W 9-10:45 a.m. STLCC Staff
Sep. 22 – Nov. 17 STLCC-SoCo 202
F04 Tu 3-4:45 p.m. STLCC Staff
Sep. 21 – Nov. 16 MC-BA 122

Commercial Drones: FAA Part 107 Test Prep
Prepare for the Federal Aviation Administration (FAA) test to operate a drone. The new FAA Part 107 regulation now requires operators of commercial for-hire unmanned aerial vehicles (UAV) to obtain a Remote Pilot Certification with a small Unmanned Aircraft Systems (UAS) rating, or to be under direct supervision of a person who holds certification. With guidance from a former airline pilot and current drone instructor, you will review material to prepare for the FAA test. Learn about the new FAA regulation, airspace classifications, flight restrictions, aeronautical chart study, airport operations, radio communication, weather and human factors. Sample test questions will also be reviewed. Bring required text to first class: ASA Remote Pilot 2021 Test Prep; ISBN 978-1619549753 (available online.)

ENGR-706 | 2 sessions | $159 | AGE 60+ | $249 REG
F01 Sa 8-3 p.m. Rory Paul
Oct. 9 – Oct. 16 FC-ENG 136

INDUSTRY, QUALITY AND SAFETY
Truck Driving CDL-A Training

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

Gain the knowledge and skills sought by employers to become an over-the-road or local commercial truck driver.

- **Five-week, non-credit training program**
- **40 hours of classroom instruction** emphasizing safety, regulations, trip planning and big rig operation on a high-tech driving simulator
- **160 hours of behind-the-wheel and hands-on learning** including pre-trip inspections, skilled backing maneuvers, and urban, rural and highway driving
- **Thorough curriculum** exceeds the Department of Transportation – Federal Motor Carrier Safety Administration’s “entry level driver training” standards and will prepare you for the CDL-A exam

Get started by attending a free information session. Learn more at [stlcc.edu/TruckDriving](http://stlcc.edu/TruckDriving)

“\[I gained a lot of self-confidence\] from driving on the road and I got to see a part of life that most people don’t get to see. It was a phenomenal experience.\]”

– Jeffrey, CDL program graduate
Looking for hands-on work with competitive pay?  
**Environmental Remediation Technician**

Prepare for a career in hazardous waste clean-up and make a difference in the St. Louis area, as well as other remediation sites nationwide.

- **Six-week, non-credit training program**
- **Earn 20 valuable certifications, including OSHA certifications and licensing in lead and asbestos abatement**

Get started at [stlcc.edu/EnviroTech](http://stlcc.edu/EnviroTech)

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**HVAC Operator I  
Technical Training**

For a limited time, HVAC training is now available at **no cost** to students thanks to funding from Healthy Blue/Anthem and the MoAMP program.

Through hands-on instruction, learn to maintain and troubleshoot forced air systems and the basics on how the systems and control boards work.

- **Gain important troubleshooting skills**
- **Understand HVAC system operations**
- **Learn to assemble and install residential heating and cooling equipment; Course is 90% hands-on**
- **Prepare and sit for your EPA certification exam (included)**

This grant-funded program includes training in soft skills (Bring Your A-Game Anywhere), OSHA 10 and Excel® for Business; program also adds some resume assistance.

**Evening classes:** 8 weeks, 4 nights per week, 6-9 p.m. Cost per student: No cost  
**Daytime classes:** 4 weeks, 5 days per week, 8 a.m.-2:30 p.m. Cost per student: No cost

Learn more and register at [stlcc.edu/HVAC](http://stlcc.edu/HVAC)
Robots in St. Louis
We are approaching the 100th anniversary of the creation of the first robot that could do useful work. Nowadays, there are 230,000 robots working in American factories and there are many types of robots supporting the US military. In St. Louis, we can buy our own personal robots at Lowes™ or Best Buy™. We find robots working in St. Louis hospitals and supermarkets. Find out where robots are made in St. Louis and how St. Louis is encouraging people to explore and advance the robot world.

Amusement Parks In St. Louis: Past and Present
St. Louisans have memories of bygone amusement parks: big ones (Chain of Rocks, Holiday Hill, Forest Park Highlands) and small ones (Westlake Park, Hashagen's Park, Mannion Park). Nowadays, St. Louisans may make memories at Six Flags, which covers 323 acres. Come take a virtual tour of the old river city homes and area. Some may of the amusement parks that have called St. Louis home.

Crossing the Sahara
The Sahara used to be green: a place of grasslands, lakes, hippopotami, and folklore. It is now a 3.5 million-square-mile desert. Join a journey across the Sahara. Discuss traditional and modern methods of crossing the Sahara and learn about ergs, oases, atomic testing grounds, human trafficking, and how to hitch a ride on a camel. Discover why your worst enemies in the Sahara are your own eyes.

Islands of the Eastern Caribbean: “The Road”
People who live in the Eastern Caribbean talk about going “up the road” and going “down the road” as they travel from island to island (including Grenada, Barbados, Saint Lucia, Martinique, St. Barts, Guadeloupe, Saint Martin.) Explore the colonization and history of these islands, the effect of volcanic activity, and the bane of sugar cane. Join in a discussion about the decapitated statues on one Eastern Caribbean island and a town that sits in an active volcano.

Castles of Scotland and Ireland
Learn the importance of castles in the formation of two familiar nations: Scotland and Ireland. Although separated by water, their Celtic roots often traversed paths due to water crossings. Learn about the Pirate Queen, Bonnie Prince Charles, Edinburgh and Stirling Castles plus the Rock of Cashel. This genre of films made its debut during the silent era. But when the talkies emerged in the 1930’s, so did the sound effects that we all loved: creaking doors, rumbles of thunder, and that music! Lon Chaney, Boris Karloff, Bela Lugosi and Vincent Price are all waiting to see you ...

Classic Hollywood Horror
This genre of films made its debut during the silent era. But when the talkies emerged in the 1930’s, so did the sound effects that we all loved: creaking doors, rumbles of thunder, and that music! Lon Chaney, Boris Karloff, Bela Lugosi and Vincent Price are all waiting to see you ...

A Traveler’s Journey of Everyday Life in Urban Egypt
Take an intimate trip into the local life of everyday people in Cairo, Egypt! Amber shares her personal experience with love and family, and what it’s really like to be a woman in Cairo. Get immersed into a new world of music, customs, clothing, dance, food, and culture as you explore urban Cairo through a multi-media and hands-on experience. Prepare for laughter and joy in true Egyptian style!

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

Hollywood Welcomes Rodgers and Hammerstein
Even as Hollywood beckoned Broadway’s dynamic duo to bring their works to the big screen, Richard Rodgers and Oscar Hammerstein were not big fans of Tinseltown. Learn about their incredible career that eventually brought us such hit films as State Fair, Oklahoma, Carousel, The King and I and The Flower Drum Song. Hear the fascinating story and explore their journey through beautiful film clips.

A Hollywood Classic Christmas
Get in the spirit of the holidays with this festive presentation featuring classic films and classic clips from your favorite holiday classics including “Holiday Inn,” “The Bishop’s Wife,” “It’s a Wonderful Life,” “White Christmas” and many more.

Scrimshaw: The Folk Art of Sailors
Learn about historic American folk art created by 18th and 19th century sailors aboard whaling ships during this lively presentation. See actual finished works by a scrimshaw artist.
An Artist’s Life: From Crayons to the White House
How did a childhood love of art turn into a career as an artist, arts administrator and arts editor? Follow Michelle “Mike” Ochonicky’s amazing, creative journey that led her on some incredible and unexpected paths, all the way to projects at the White House.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F03 Th 10-11:30 a.m. Mike Ochonicky Oct. 21 Online

Caregiving at Home: Caregiving Resources
Of the nearly 44 million family caregivers in the U.S., 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.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F06 Th 12-1:30 p.m. Chien Hung Oct. 14 Online

Welcome to Medicare†
If you’re turning 65 or planning to retire soon, it’s time to start thinking about Medicare and your coverage options. CLAIM, Missouri’s State Health Insurance Assistance Program, will explain how Medicare works using clear, easy-to-understand language. CLAIM does not represent or sell insurance products. While there is no course fee associated with this offering, there is a small STLCC administrative fee required for registration. This class is offered through CLAIM, Missouri’s official State Health Care Insurance Assistance Program (SHIP).
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F29 W 1:2-30 p.m. MO CLAIM Sep. 8 Online
F30 W 1:2-30 p.m. MO CLAIM Oct. 13 Online
F31 W 1:2-30 p.m. MO CLAIM Nov. 10 Online
F32 W 1:2-30 p.m. MO CLAIM Dec. 15 Online

Medicare Part D: Preparing For Open Enrollment†
Do you have Medicare and prescription drug coverage? Did you know the plan that met your needs this year can change so much it won’t match your needs for next year? The annual Open Enrollment Period for Medicare Part D is Oct.ober 15-December 7, 2021. You may find your drugs are no longer covered or cost too much. CLAIM, Missouri’s State Health Insurance Assistance Program, will share the questions you need to ask to find the best plan for you. CLAIM does not represent or sell insurance products. While there is no course fee associated with this offering, there is a small STLCC administrative fee required for registration. This class is offered through CLAIM, Missouri’s official State Health Care Insurance Assistance Program (SHIP).
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F18 W 1:2-30 p.m. MO CLAIM Sep. 15 Online
F19 W 1:2-30 p.m. MO CLAIM Oct. 20 Online
F20 W 1:2-30 p.m. MO CLAIM Nov. 17 Online

Selfish Vs. Self-Care: From Evolution to Revolution
Learn what self-care looks like and discover the roadblocks keeping you from putting yourself first. Work on strategies to dismantle these roadblocks, and work on a plan to move one more step to self-care.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F25 Sa 10:11:30 a.m. Carmen Guynn Aug. 21 Online

Basics of HIV/STI for Seniors
Latest statistics show that the fastest growing segment of the United States HIV population is individuals 50 and older. Discuss HIV and AIDS are, how they are transmitted, who is at risk and HIV symptoms. Gain an understanding of the importance of testing and methods of treatment. Participants will be able to demonstrate basic knowledge of key concepts and develop a basic understanding of HIV transmission and risk reduction.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F04 Th 5:3-0 p.m. Jordan Braxton Sep. 16 Online

Surviving the Change of Life While Having Fun!
Understand your sexuality after 60 and know what it looks like. Explore the positive changes as we grow older. Terminology, transmission, and risk reduction will be discussed.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F05 Th 5:3-0 p.m. Jordan Braxton Oct. 14 Online

Surviving the Holiday Gossip
Gossip can damage lives and relationships. Learn to recognize gossip and the tools to avoid its pitfalls in your communication. This will include powerful techniques to be alerted to dangerous situations or protect your own safety is having a personal safety strategy in place before you need it. Learn tips and strategies to make your safe space even more secure.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F28 Th 6:7-30 p.m. Sheri Bilderback Nov. 4 Online

Tis the Season to Be Aware: Personal Awareness and Safety Strategies
One of the most important steps you can take for your own safety is having a personal safety strategy in place before you need it. Learn tips and techniques to be alerted to dangerous situations to help avoid being a victim of a potential crime. Learn how to move from awareness to avoidance with valuable information you can use every day. This is especially important information entering the holiday shopping season.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F33 Th 6:7-30 p.m. Sheri Bilderback Dec. 2 Online

Predators of the Pandemic: Gen Z and Social Media
Now more than ever, predator use of social platforms has dramatically increased because of the pandemic, including their use for the recruitment of children for sex trafficking. Discuss things to look for with social media and the youth in your life. Upon completion, you will recognize different platforms and how they’re used for sex trafficking.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F22 Th 6-7:30 p.m. Julie Copp Oct. 21 Online
F21 Th 6-7:30 p.m. Julie Copp Nov. 4 Online

Gone in a Flash
What is human trafficking? What is sex trafficking? Discuss myths and perceptions that have defined the industry for decades and how to debunk them. Learn how to recognize red flags and how some of our past fears are actually aiding traffickers in exploiting more victims. The windowless white van is not the only thing to look out for!
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F12 W 6-7:30 p.m. Julie Copp Aug. 18 Online
F13 Th 6-7:30 p.m. Julie Copp Sep. 9 Online

Stranger Danger
Sex trafficking is a $150 billion industry annually worldwide, with $975 million coming from the U.S. alone. Each year, approximately 199,000 incidences occur in this country, branding the U.S. as one of the worst countries for human trafficking. This year, Missouri ranked seventh in the country. During this course, you’ll uncover the truth about the hidden, but highly profitable human and sex trafficking industry. Discussions will examine its prevalence in the United States with a focus on Missouri.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F26 W 6-7:30 p.m. Julie Copp Sep. 1 Online
F27 Th 6-7:30 p.m. Julie Copp Oct. 11 Online

Science and Ethics of Trans
Explore the science behind what makes a person transgender as well as the ethics.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F24 Tu 6-7:30 p.m. Stephanie Thurmer Sep. 21 Online

Living My Best Trans Life
Hear a short narrative written by a friend of a transwoman when first coming out and the struggles she and her family have faced over a 20-year period.
SENR-702 | 1 session | $9 AGE 60+ | $9 REG
F17 M 6:30-8 p.m. Stephanie Thurmer Oct. 11 Online

† Courses offered through St. Louis Community College Continuing Education are for educational purposes only. While this information is believed to be reliable, participants should consult with licensed professional regarding your specific situation.
Drawing: Beginning/Intermediate
Learn the tools, materials, and visual and artistic perception essential to drawing. Or, as a returning student, continue to sharpen your skills through projects and/or independent work. Explore drawing fundamentals including line, perspective, value and composition in the use of pencil, conté crayon and charcoal. Supply list will be sent.

**ARTS-709** | 6 sessions | $75 **AGE 60+** | $109 REG
---|---|---|---
F01 | Tu 9:30-noon | Ruth Kolker | MC-HE 123
  Sep. 7 – Oct. 19
  • NOTE: No class Oct. 5.

Drawing: Pencil I
Discover essential art fundamentals using pencil to create line, perspective, value and composition. No experience necessary; individualized instruction included. Supply list will be sent.

**ARTS-709** | 4 sessions | $75 **AGE 60+** | $99 REG
---|---|---|---
F01 | Sa 12-3 p.m. | Sean Long | MC-HE 128
  Sep. 4 – Sep. 25

Drawing With Color Pastels
Bring the world of color into your drawing using soft pastels. Develop drawing skills and learn a variety of techniques while exploring the fundamentals of composition and color theory. Previous drawing or painting experience is required. Supply list will be sent.

**ARTS-721** | 6 sessions | $72 **AGE 60+** | $99 REG
---|---|---|---
F01 | Tu 6:30-9 p.m. | Brenda Schilling | Online
  Aug. 24 – Sep. 28

Right Brain Drawing
Learn ways to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You’ll make the mental shift to a state where drawing is pleasurable, meditative and freeing from anxiety. Your instructor has years of experience in assisting students to access their creative mind! Supply list will be sent. Textbook required: Drawing on the Right Side of the Brain: The Definitive, 4th Edition. ISBN 978-1585429202.

**ARTS-721** | 4 sessions | $79.50 **AGE 60+** | $119 REG
---|---|---|---
F01 | Sa 10-noon | Mary Feagan | MC-HE 218
  Oct. 2 – Oct. 23

Children's Book Illustration
Are you a lover of children’s storybooks with a desire to illustrate your own? Plot your story into a six-page counting book. Create thumbnails, then sketches, and a book dummy before painting final artwork. You will leave with your book ready to keep and share on your own or take the next step and submit to publishers!

**ARTS-721** | 4 sessions | $76.50 **AGE 60+** | $99 REG
---|---|---|---
F01 | W 6-8 p.m. | Sean Long | MC-HE 125
  Sep. 8 – Sep. 29

Oil or Acrylic Painting: All Levels
Explore oil paint’s richness. Discover color theory, artistic perception, composition and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Supply list will be sent.

**ARTS-740** | 6 sessions | $64.50 **AGE 60+** | $109 REG
---|---|---|---
F01 | Tu 5:30-8:30 p.m. | Lisa Payne | Online
  Aug. 31 – Oct. 12
  • NOTE: No class Oct. 5.

BYOB Painting: Autumn Acorns
Sip your favorite beverage, prepare for fall and paint a your own masterpiece on stretched canvas during this fun class! No previous art experience required. A professional artist instructor will lead you through each step to complete your autumn acorn. Have your supplies and sense of humor ready! Supply list will be sent.

**ARTS-748** | 1 session | $31.50 **AGE 60+** | $39 REG
---|---|---|---
F01 | Tu 6-9 p.m. | Mike Ochonicky | Online
  Sep. 14

BYOB Painting: Autumn Pumpkins
Sip your favorite beverage, prepare for fall and paint your own masterpiece on stretched canvas during this fun class! No previous art experience required. A professional artist instructor will lead you through each step to complete your autumn pumpkin. Have your supplies and sense of humor ready! Supply list will be sent.

**ARTS-748** | 1 session | $31.50 **AGE 60+** | $39 REG
---|---|---|---
F01 | Tu 6-9 p.m. | Mike Ochonicky | Online
  Oct. 12

BYOB Painting: Winter Trees
Sip your favorite warmed or chilled beverage as you paint your own masterpiece on stretched canvas during this fun class! Bring in the Winter season in an artsy way. No previous art experience is required. Your professional artist instructor will lead you through each step to complete your very own painting of winter trees. Have your supplies and sense of humor ready! Supply list will be sent.

**ARTS-748** | 1 session | $31.50 **AGE 60+** | $39 REG
---|---|---|---
F01 | Tu 6-9 p.m. | Mike Ochonicky | Online
  Nov. 2

REGISTRATION BEGINS AUG. 9 | 314-984-7777 | STLCC.EDU/CE
Printmaking: Relief Prints
Survey various materials, tools, methods, techniques, and processes of printmaking. Leave with an understanding of fundamental techniques for making relief prints. Discover how to use printmaking as an element of mixed artwork and how to professionally present prints.

ARTS-765 | 4 sessions | $56 AGE 60+ | $79 REG
F02 M 9:30- noon Ruth Kolker
Sep. 27 – Nov. 1
Online

Printmaking: Monotypes and Relief Prints
Explore the medium of printmaking with both conventional and non-traditional methods. Use a variety of materials (found objects) to create monotypes and relief prints on paper, through experimentation with collage, stenciling, painting and drawing. Supply list will be sent.

ARTS-765 | 6 sessions | $72 AGE 60+ | $95 REG
F02 M 9:30- noon Ruth Kolker
Sep. 27 – Nov. 1
Online

Woven Wall Hanging
Add color and texture to your walls with a woven wall hanging! This entirely introductory class covers everything you need to know from setting up the loom to taking off your finished weaving (and so many fun things in-between). Practice warping a loom, create fringe, weave stripes, and explore shapes and textures. Class fee includes a handmade tapestry needle and frame loom to keep! Participants will be emailed information about how to participate prior to the class. You will be able to pick up a kit of supplies, including a handmade frame loom, tapestry needle, warp thread, and a selection of yarns; please provide your own scissors. Please include your color palette in your order. Supply pick-up at Perennial STL.

CRFT-713 | 1 session | $49 AGE 60+ | $49 REG
F10 Sa 10 a.m.-12:30 p.m.
Nov. 6
Online

Macramé and Merlot: Plant Hanger
Craft a plant hanger for a six-inch pot. Learn basic macramé knots while enjoying a little sipping and snacking. Macramé rope and pots are provided; you bring the drinks and snacks.

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
F04 F 6-9 p.m.
Sep. 17
City Sewing Room

Felted Bead and Tassel Swag
No need to control your swagger after you take this class! Get hands-on and create a swag with wet felted beads. Gain the skills needed to make tassels. Dress up your mantel, doorway, office cubical or nursery with this one-of-a-kind home decor item. Supply list will be sent.

CRFT-713 | 1 session | $23 AGE 60+ | $35 REG
F11 M 6-9 p.m.
Dee Levang
Sep. 20
Online

Needle Felt: Gnome
In contrast to traditional felt-making methods that use water and friction, needle felting is also known as dry felting. All materials are included in class cost.

CRFT-713 | 1 session | $49 AGE 60+ | $49 REG
F12 W 6-8 p.m.
Dec. 1 – Dec. 15
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.

Please share your photos with STLCC.EDU/CE or @stlccCE.
Sewing and Quilting

Introduction to Sewing Machines
Overcome your hesitation and learn skills on a sewing machine. From old machines to brand new ones, learn the mechanics and basic principles of sewing. Machines are available for use or you can bring your own. All materials included.

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
F01 Su 1-4 p.m. Oct. 10 City Sewing Room
F02 Su 1-4 p.m. Nov. 7 City Sewing Room

Green Home Sewing
Save money and reduce waste in this eco-friendly sewing class! Using donated fabric, make reusable household items like grocery bags, produce carriers, storage bags and reusable towels that can replace disposables. All materials are provided.

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
F05 Su 1-3:30 p.m. Aug. 29 City Sewing Room

Upcycled Sweater Mittens
Transform your favorite worn sweater into a pair of wearable mittens. Learn the basics of using a sewing machine and working with a pattern to make a polished pair of fleece or flannel-lined cozy mittens. Use your own vintage sweaters to use for this project (this project requires 1 sweater) or choose from a variety provided by Perennial. You’ll also receive a pattern to make an optional matching hat from the same sweater, which you can complete outside of class. Participants should have basic knowledge of how to use a sewing machine.

CRFT-765 | 1 session | $45 AGE 60+ | $45 REG
F09 Tu 6-9 p.m. Nov. 30 Perennial STL

Nifty and Thrifty Sewing
Bring your great bargain finds and transform them into treasured items you’ll want to wear all the time! Learn to take in, let out, shorten hems, move buttons, remove sleeves, crop a top and much more. Prior sewing experience is helpful. All other materials will be provided.

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
F06 F 6-9 p.m. Dec. 3 City Sewing Room

Intro to Quilting
Enjoy the calming effects of quilt making. During this two-week class, learn a few basic quilting techniques and make a table runner or placemat. All materials supplied.

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
F03 Su 1-4 p.m. Sep. 12 City Sewing Room

Knitting and Crochet

Knit 101
Knitting isn’t just for making winter garments and accessories. Using linen, silk and lighter threads and yarns, create projects and garments that will be useful all year round. Cover the basics - casting on, increasing and decreasing, finishing, a variety of stitches and more. Gain lots of information and tips for future projects, as well as help reading patterns. Bring unfinished projects or start a new project. All levels welcome. Supply list will be sent.

CRFT-722 | 3 sessions | $34 AGE 60+ | $49 REG
F03 Tu 6-8 p.m. Aug. 24 - Sep. 7 Thi Miller
F04 Tu 6-8 p.m. Nov. 9 - Nov. 23 Thi Miller

Mug Koozie
Design and knit a mug koozie, a perfect gift for yourself or someone else during this winter season. Explore techniques including knitting in the round, buttonholes and design features. Supply list will be sent.

CRFT-722 | 3 sessions | $34 AGE 60+ | $49 REG
F07 Tu 6-8 p.m. Sep. 14 - Sep. 28 Thi Miller

Fair Isle Hat
Practice knitting a hat and incorporate some colorwork into the design. Explore casting on, knitting, decreasing and shaping, weaving in ends, and most importantly, working in the round. Use a circular needle and double-pointed needles. After this class, you’ll be well on your way to more advanced knitting! Supply list will be sent.

CRFT-722 | 4 sessions | $35 AGE 60+ | $55 REG
F06 Tu 6-8 p.m. Oct. 5 - Oct. 26 Thi Miller

Entrelac
In this class, we will apply the intriguing entrelac technique in the round. Design and knit a beautiful cowl. This technique creates beautiful overlaps of basketweave design, and is especially highlighted in variegated or multicolor yarn. Supply list will be sent.

CRFT-722 | 5 sessions | $50 AGE 60+ | $75 REG
F05 Th 6-8 p.m. Oct. 21 - Nov. 18 Thi Miller

Crochet

Crochet I
Explore expert tips and tricks for seasoned crocheters, including the linked crochet turning chain, invisible finish, jogless color change in the round and increasing and decreasing. This class is ideal for intermediate to advanced crocheters. Supply list will be sent.

CRFT-724 | 1 session | $30 AGE 60+ | $45 REG
F02 Su 1-5 p.m. Rosemary Ziegler

Granny Squares
Learn the basic granny square, other shapes and modern takes on this classic motif (including hexagons and triangles.) Several joining techniques will also be taught. Supply list will be sent.

CRFT-726 | 1 session | $30 AGE 60+ | $45 REG
F03 Su 2-6 p.m. Rosemary Ziegler

Crotchet Market Bag
Advance your crochet skills to the next level and learn how to crochet a market bag for your farmers market finds! Go green and gain new skills at the same time. Supply list will be sent.

CRFT-726 | 1 session | $24 AGE 60+ | $35 REG
F01 Su 9 a.m.-noon Rosemary Ziegler
**Basketry**

**Basketry: Woven Bowl**
Add flair to your home décor with a beautiful woven bowl. Create a unique item while gaining skills and confidence in basketry. All materials provided.

CRFT-734 | 1 session | $51.50 AGE 60+ | $65 REG
F01 Sa 1-5 p.m. Laura Klaus Aug. 28 MC-CE

**Basketry: Table Caddy**
Organize your table supplies for picnics and group gatherings with this woven table caddy. Explore basketry methods and learn to weave with a cute table caddy. All materials provided.

CRFT-734 | 1 session | $44 AGE 60+ | $55 REG
F02 Tu 5-8 p.m. Laura Klaus Sep. 7 MC-CE

**Newspaper: Basket Weaving**
This course involves a use of various paper styles, techniques and processes of newspaper basket weaving. Explore the fundamental techniques of basket weaving with paper. Unlock your inner artist by creating different designs, heights, width and shapes of paper baskets. All materials provided.

CRFT-734 | 1 session | $57 AGE 60+ | $69 REG
F07 Sa 10 a.m.-2 p.m. Bryiona Whitlock Sep. 18 FS-SS 103

**Bread Basket**
Make holiday gatherings extra special with this woven bread basket that will be cherished for years to come. Discover basketry skills and have fun learning weaving methods. All materials provided.

CRFT-734 | 1 session | $51.50 AGE 60+ | $65 REG
F03 Sa 9 a.m.-1 p.m. Laura Klaus Oct. 23 MC-CE

**Wire This: Basket Weaving**
Explore various wire materials, techniques and processes of basket weaving with wire. Leave with an understanding of the fundamental techniques of wire basket weaving that can be used on all levels from beginner to advanced. Discover how to connect and awaken your inner artist through creative thinking. Supply list will be sent.

CRFT-734 | 1 session | $57 AGE 60+ | $69 REG
F06 Sa 10 a.m.-2 p.m. Bryiona Whitlock Oct. 23 FS-SS 103

**Basketry: Chairside Organizer**
Keep your magazines and remote controls handy with this woven chairside organizer. Gain basketry skills in this fun and interactive class. All materials provided.

CRFT-734 | 1 session | $51.50 AGE 60+ | $65 REG
F04 Sa 9 a.m.-1 p.m. Laura Klaus Nov. 13 MC-CE

**Basketry: Casserole Carrier**
Travel to gatherings in style with this stylish and unique woven casserole carrier. Learn weaving techniques and develop basketry expertise. All materials provided.

CRFT-734 | 1 session | $51.50 AGE 60+ | $65 REG
F05 Sa 1-5 p.m. Laura Klaus Dec. 11 MC-CE

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**Mosaic and Ceramics**

**Upcycled Mosaic Stepping Stone**
Repurpose broken plates and forgotten tiles to create a beautiful DIY mosaic. Learn how to cut glass and tile and how to form your own cast concrete, creating a unique stepping stone for your outdoor spaces. All materials provided. You are welcome to bring in broken ceramic and glass to use in your mosaic.

CRFT-740 | 1 session | $49 AGE 60+ | $59 REG
F01 Th 6-9 p.m. Sep. 2 Perennial STL

**Brilliant Floral Platter**
Paint a useful coupe platter with a beautiful floral pattern, a welcome addition to any meal. Your unique platter will be food-safe, fired, and ready for pickup at the Painted Zebra one week after class.

CRFT-741 | 1 session | $40.50 AGE 60+ | $49 REG
F01 W 6-8 p.m. Jan Becker Painted Zebra

**Inspiration Soup Bowl**
Use your imagination to create a one-of-a-kind soup bowl. Borrow a design from a piece of clothing, aerosol can, or favorite picture. Recreate the design using paints on a soup bowl. Your food-safe bowl will be fired and ready for pickup at the Painted Zebra one week after class.

CRFT-741 | 1 session | $40.50 AGE 60+ | $49 REG
F03 W 6-8 p.m. Jan Becker Painted Zebra

**Holiday Greetings Plate**
Get ready to hang ornaments early as you prepare for the upcoming holiday season. Decorate a square rim plate with three colorful ornaments. All materials provided.

CRFT-741 | 1 session | $49 AGE 60+ | $60 REG
F02 W 6-8 p.m. Jan Becker Painted Zebra

**Fall Wreath**
Add fall flair to your front door with a silk flower wreath. Use wire cutters and floral tape to create a beautiful silk arrangement that you'll enjoy for years to come. Learn florists' tips, tricks and trade secrets that will help you to create beautiful floral arrangements at home. All materials provided.

CRFT-744 | 1 session | $64.50 AGE 60+ | $79 REG
F02 Tu 5-7 p.m. Kathy Vaughn Oct. 19

**Holiday Centerpiece**
Explore the basics of fresh floral arrangement and design in this hands-on session. Create a beautiful arrangement and learn florists' tips, tricks and trade secrets that will help you to create floral arrangements at home. All materials provided.

CRFT-744 | 1 session | $64.50 AGE 60+ | $79 REG
F03 Tu 6-8 p.m. Kathy Vaughn Nov. 16

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**Floral Arrangement**

**Fresh Floral Arrangement**
Explore the basics of floral arrangement and design in this hands-on session. Learn florists' tips, tricks and trade secrets that will help you to create beautiful arrangements at home. Take home an arrangement filled with a variety of greens as well as fall flowers including sunflowers, mums, hypericum berries and roses. All materials provided.

CRFT-744 | 1 session | $64.50 AGE 60+ | $79 REG
F01 Tu 5-7 p.m. Kathy Vaughn Sep. 21 MC-CE
**Personal Enrichment**

**Metalwork**

**Beginning Blacksmith: Create a Wall Mount J-Hook**

In this introductory class, explore the craft of blacksmithing and make your very own wall mount J-hook. Learn the proper use of blacksmithing tools, including fire and forge control, while you hammer and twist steel in the traditional blacksmith medium. You will be exposed to hot steel being hammered, and sparks may come in contact with your clothing. Please wear protective clothing; your arms and legs should be covered, and you must wear closed-toed shoes. Gloves and safety glasses will be provided and a limited number of shop aprons are available on-site.

**CRFT-753 | 1 session | $139 AGE 60+ | $139 REG**

- **F09** Sa 9-11:30 a.m. Mueller Industries
- **F10** Sa 9-11:30 a.m. Oct. 2
- **F03** Sa 9-11:30 a.m. Mueller Industries
- **F04** Sa 9-11:30 a.m. Dec. 4 Mueller Industries

**Copper Chasing**

Metalsmithing, one of the oldest metalworking occupations, is used to create useful items such as tools, kitchenware, tableware, jewelry and more for centuries! Shaping metal with a hammer is the fundamental element of smiting. Learn how to cold hammer copper and apply the technique of copper chasing to create images of leaves in copper plates.

**CRFT-753 | 2 sessions | $99 AGE 60+ | $99 REG**

- **F05** Th 5-8 p.m. Oct. 14 – Oct. 21 Mueller Industries
- **F06** Th 5-8 p.m. Nov. 4 – Nov. 11 Mueller Industries

**Soldered Jewelry Pendants**

Create an upcycled stained glass pendant from scraps of ceramic and glass. Using copper foil, flux and lead-free solder to sculpt a custom jewelry pendant. Learn how to safely use a glass cutter and grinder to create custom shapes from found vintage plates, mirrors and clear glass. Also, learn to make a custom-sized jump ring and tips on right places to look for upcycled treasures for all your upcycled jewelry projects. Note: This class requires hand strength and the use of a very hot tool. Patience, an eye for safety and hand dexterity will help participants achieve their design goals. All materials provided.

**CRFT-753 | 1 session | $49 AGE 60+ | $49 REG**

- **F08** Tu 6:30-9 p.m. Dec. 7 Perennial STL

**Leatherwork**

**NEW! Intermediate Techniques for Jewelry Making: Rings**

Explore how to make rings from sheet metal and wire. Different methods of soldering will also be taught. Learn how to make ring bands, twisted rings, rolling rings, rings within a ring and bezel settings. Students with previous experience working with metal may move on to more advanced projects. Tools and metals included in class fee.

**CRFT-753 | 7 sessions | $163 AGE 60+ | $225 REG**

- **F01** W 6-9 p.m. Kevin Lin Aug. 25 – Oct. 6 FV-E 290
- **F02** W 6-9 p.m. Oct. 13 – Dec. 1 Kevin Lin FV-E 290
  - NOTE: No class Nov. 24.

**NEW! Leather Earrings**

Learn how to make three different styles of earrings using salvaged leather scraps in this hands-on workshop. Learn different techniques to add shape, volume, and movement to fashion three pairs of earrings. All materials provided.

**CRFT-753 | 1 session | $49 AGE 60+ | $49 REG**

- **F07** Sa 10 a.m.-noon Aug. 28 Perennial STL

**NEW! Leather Wallet**

Craft your own simple wallet using salvaged leather! In this workshop, you’ll use a template to cut and punch leather, then bind it together using the saddle stitch. Discover how to set eyelets to adorn your key ring. All materials provided.

**CRFT-753 | 1 session | $49 AGE 60+ | $49 REG**

- **F04** Sa 10 a.m.-12:30 p.m. Perennial STL Nov. 6

**NEW! Sustainable Beauty Products**

Learn to use natural ingredients to create DIY beauty products for soft skin, smooth hair, and a little color in your cheeks. Not only will you save money making your own treatments, moisturizers, balms, scrubs and more, but you’ll be able to customize products just for you! Perennial founder and Not Makeup brand entrepreneur Jenny Murphy will cover basic ingredients to keep around the house for a variety of beauty products, share favorite homemade recipes, and tips to make a few products to work into your new self-care routine. Your kit will have materials to make lip balm during the workshop, but many other products will be demonstrated and discussed. This kit may be picked up at Perennial (3762 S. Broadway, 63118) on Thursday-Saturday, Oct. 7-9 from 11 a.m.-5 p.m., or email classes@perennialstl.org to arrange another time. You will need to provide a stovetop and saucepan to participate.

**CRFT-765 | 1 session | $19 AGE 60+ | $19 REG**

- **F08** Tu 6:30-8 p.m. Perennial STL Oct. 12 Online

**We have more!** Care for the planet as you learn about environmentally friendly composting and build your own Bokashi bucket. See page 39.

**Recycled Paper Making**

Skip the land-fill and learn how to recycle your own paper. Take paper that has already been printed on, reduce it to a pulp and recreate your own fully recycled paper that can be used again. All supplies provided.

**CRFT-765 | 1 session | $23 AGE 60+ | $35 REG**

- **F10** Sa 9 a.m.-noon Rosemary Ziegler Nov. 13 MC-SW 106

**Seed Paper Making**

Grow the ultimate recycled garden! In this hands-on class, take paper that has already been printed on, reduce it to a pulp and then embed flower seeds to produce a unique, plantable paper. Create a note you can send to a friend that they can read, plant and then watch bloom. All supplies are provided.

**CRFT-765 | 1 session | $23 AGE 60+ | $35 REG**

- **F11** Sa 1:30-4:30 p.m. Rosemary Ziegler Nov. 13 MC-SW 106
CULINARY

Healthy Frying With Your Air Fryer
Enjoy fried foods the healthier way and learn to use your air fryer like a pro. Enjoy the A-to-Zs of air frying, from apple fritters to zucchini fries. Come hungry!

FOOD-722 | 1 session | $44 AGE 60+ | $59 REG
F02 Su 1-4 p.m. Culinary Arts House
Teri Wiley
Aug. 29
F01 Su 1-4 p.m. Culinary Arts House
Teri Wiley
Sep. 26

What's in Your Spice Cabinet? An Exploration of Spices From A to Z
Have you ever wanted to make dinner menus more exciting, but felt lost as to which spices to use for which recipe? Pull out your spices and discover everything from Anise to Turmeric, where each comes from and how to identify high quality varieties. Explore each spice's look, taste, smell and best pairings. Email CookingwithMichelleM@gmail.com two weeks in advance for your course sample of up to four spices so you can experience them for yourself (or try them in one of the spice-focused recipes in your class packet).

FOOD-747 | 1 session | $25 AGE 60+ | $35 REG
F01 W 6-9:30 p.m. Online
Michelle Melton
Sep. 1

Cooking With Your Instant Pot
From applesauce to zucchini bread, it's amazing what can be cooked in an Instant Pot. Learn how to prep food ahead of time and ways to prepare meals from frozen food. Lessen your stress and get dinner on the table quickly with a little pre-planning. Please bring containers.

FOOD-765 | 1 session | $44 AGE 60+ | $59 REG
F01 Su 1-4 p.m. Culinary Arts House
Teri Wiley
Sep. 12

Roast Your Own Coffee
Warning: This class will spoil your taste buds for delicious coffee! Roasting coffee is easier than it sounds and you can do it right in your own home. Learn the process of roasting your own coffee, the different methods of roasting, and the advantages and disadvantages, the characteristics of different green coffees (and where you can find them!) and how to grind your own coffee. There is an entire sub-culture of people roasting their own coffee; become part of it and enjoy your coffee even more. Bring a container to take home your own roasted coffee.

FOOD-765 | 1 session | $49 AGE 60+ | $59 REG
F03 Tu 6-9 p.m. Kirkwood High School
Roy Lenox
Sep. 21
F04 Th 6-9:30 p.m. Kirkwood High School
Roy Lenox
Nov. 2

NEW! Kombucha 101
Kombucha has recently become a trendy drink in the U.S., but this fermented tea has roots that go back to ancient Asian culture. Discover the potential health benefits and learn about the brewing process in this informational, introductory class. Leave feeling empowered to introduce kombucha into your kitchen and wellness routine! Students will not brew in class.

FOOD-765 | 1 session | $29 AGE 60+ | $29 REG
F05 W 7-9 p.m. MC-SW 106
William Pauley
Sep. 22

NEW! Plant-Based Diet 101: Getting Started
Plant-based eating has health benefits that contribute to longevity. Discover easy solutions to begin a plant-based diet. Learn which foods you should consider eating more of, and how to prepare them with flavor and feel satiated. Dispel common myths about fat, protein, calorie intake, and techniques for handling social situations. Class includes a cooking demo as well as easy recipe suggestions to get you started.

FOOD-765 | 1 session | $25 AGE 60+ | $25 REG
F07 W 6:30-8:30 Online
Monica Stoutenborough
Nov. 10

Introduction to Food Photography
Do you want to take better photos of your food to improve your blog or elevate your tasty business? This class has the recipe to get you there! Through hands-on, interactive projects, learn photography fundamentals, composition, styling and editing. By the end of this course, identify your niche and personal photography style, grow a beautiful backgroup and prop collection and develop a portfolio. Supplies required include digital camera or smartphone camera (preferred) and laptop; list of additional supplies will be sent.

FOOD-722 | 4 sessions | $119.50 AGE 60+ | $149 REG
F04 M 6-9 p.m. Culinary Arts House
Deva Williamson
Oct. 4 – Oct. 25

What Else Can Your Waffle Maker Do?
One-use appliances can feel like an inconvenience or a waste of space. Maximize the usage of your waffle maker and discover new ideas to transform this appliance from its boring breakfast identity into one of your kitchen's superstars!

FOOD-722 | 1 session | $44 AGE 60+ | $59 REG
F03 Su 1-4 p.m. Culinary Arts House
Teri Wiley
Oct. 10

NEW! Plant-Based Dairy Alternatives
Most people agree: giving up cheese can be the biggest challenge when switching to a plant-based diet. Discover why it’s so challenging and how you can easily make the switch. You’ll learn a very simple cheese sauce recipe that doesn’t require complicated equipment or expensive ingredients. Get recipes for dairy alternatives including cheese sauce, making your own milk, and creamy salad dressing.

FOOD-765 | 1 session | $25 AGE 60+ | $25 REG
F06 W 6:30-8:30 Online
Monica Stoutenborough
Dec. 15
Meals and Entertaining

New! Fall Meals
Learn to cook two delectable meals that are perfect for autumn, taught at a slower pace with one-on-one assistance for easy-level skill development. During the first session, you’ll prepare spaghetti with meat sauce, homestyle green beans, garlic bread and homemade peanut butter cups. The next week, you’ll make cheesy chicken broccoli bake, mashed potatoes and apple crisp. Bring take-home containers.

FOOD-723 | 2 sessions | $46 AGE 60+ | $65 REG
F01 M 6-9 p.m. Latoya Chauncey
Sep. 13 – Sep. 20 Culinary Arts House

Indian Appetizers for Entertaining
Serve a few or serve a crowd! Appetizers can be a fun starter for a party or a full meal for your family. Recipe selections will include spicy shrimp cutlets with mint sauce, vegetable Galouti kebab (made with taro root and rajma) with yogurt sauce, chicken kebab and vegetable momo (steamed dumpling) with sesame and tomato chutney.

FOOD-734 | 1 session | $66.50 AGE 60+ | $79 REG
F01 F 6-9 p.m. Phraba Pergadia
Sep. 17 Thomas Dunn Learning Center

Moroccan Tagine
Moroccan cuisine reflects its cultural influences (Berber, Arab and French) while utilizing the rich Mediterranean agriculture. Explore the culinary pleasures of Morocco with authentic recipes straight from the Moroccan kitchen. The menu for this hands-on class includes meat and vegetable tagines, hot and cold salads, as well as traditional mint tea and fresh bread. Learn how Moroccan chefs use spices and herbs, an essential component to this style. Please bring a container.

FOOD-734 | 1 session | $55 AGE 60+ | $65 REG
F03 Sa 10 a.m.-1 p.m. Lisa Payne
Oct. 2 Thomas Dunn Learning Center

Comfort Foods
Learn to cook two comforting meals that are great for sharing and taught at a slower pace with one-on-one assistance for easy-level skill development. During the first session, you’ll prepare chicken pot pie, garden salad and cherry-chocolate pudge pie. The next week, create pizza mac and cheese, lemon pepper spinach and strawberry icebox cake. Bring take-home containers.

FOOD-723 | 2 sessions | $46 AGE 60+ | $65 REG
F02 M 6-9 p.m. Latoya Chauncey
Oct. 11 – Oct. 18 Culinary Arts House

Modern Day Sauce Masters: Conquering Pan Sauce While Making Chicken Madeira or Chicken Marsala at Home
Become a modern day sauce master. Learn how to make pan sauces from scratch using modern day ingredients paired with classic techniques. Make a basic pan sauce thickened with a corn starch slurry as you follow along with the instructor step-by-step from the comfort of your own kitchen. Make your choice of Chicken Madeira or Chicken Marsala along with perfectly cooked al dente pasta. Then, enjoy your dinner as you hear how to create your own pan sauces. Email CookingwithMichelleM@gmail.com prior to the class for the shopping list and class packet.

FOOD-747 | 1 session | $55 AGE 60+ | $65 REG
F02 W 6:30-9:30 p.m. Michelle Melton
Oct. 13 Online

Coastal Mexican Cuisine
Seafood plays a major role in Mexican cuisine. The nutrient rich waters bordering more than half of Mexico provide an abundance of seafood, and the flavors of the country are a perfect complement to seafood. Coctel de Camarones or a shrimp cocktail with avocado dressing and a delicious seafood stew from Tampico will set the stage for the start of a beautiful meal. Pescado a la Veracruzana is a famous fish dish that combines chiles and tomatoes from the New World and a very Spanish addition of capers and olives. From the city of Acapulco you have fish filets baked in foil with tomatoes, cilantro and red onions. Arroz al Estilo Costeño or rice cooked coastal style will accompany the fish dishes. This class is part demonstration and part hands-on. Please bring a container for food to take home.

FOOD-734 | 1 session | $66.50 AGE 60+ | $79 REG
F04 Sa 6-9 p.m. Phraba Pergadia
Oct. 16 Culinary Arts House

Irresistible Vegetables: Who Knew? (First Edition)
Are you tired of cooking corn, broccoli, carrots, and peas the same way every night? Rediscover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Explore cooking techniques and preparation tricks for 18 different veggie recipes including Chinese green beans, Marsala Brussels sprouts, Parmesan zucchini chips, chocolate zucchini bread and cauliflower au gratin. Email CookingwithMichelleM@gmail.com in advance for the class packet.

FOOD-735 | 1 session | $51.50 AGE 60+ | $59 REG
F01 W 7-9:30 p.m. Michelle Melton
Nov. 3 Online

Coastal Mexican Cuisine
Seafood plays a major role in Mexican cuisine. The nutrient rich waters bordering more than half of Mexico provide an abundance of seafood, and the flavors of the country are a perfect complement to seafood. Coctel de Camarones or a shrimp cocktail with avocado dressing and a delicious seafood stew from Tampico will set the stage for the start of a beautiful meal. Pescado a la Veracruzana is a famous fish dish that combines chiles and tomatoes from the New World and a very Spanish addition of capers and olives. From the city of Acapulco you have fish filets baked in foil with tomatoes, cilantro and red onions. Arroz al Estilo Costeño or rice cooked coastal style will accompany the fish dishes. This class is part demonstration and part hands-on. Please bring a container for food to take home.

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Oct. 16 Culinary Arts House

Irresistible Vegetables: Who Knew? (First Edition)
Are you tired of cooking corn, broccoli, carrots, and peas the same way every night? Rediscover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Explore cooking techniques and preparation tricks for 18 different veggie recipes including Chinese green beans, Marsala Brussels sprouts, Parmesan zucchini chips, chocolate zucchini bread and cauliflower au gratin. Email CookingwithMichelleM@gmail.com in advance for the class packet.

FOOD-735 | 1 session | $51.50 AGE 60+ | $59 REG
F01 W 7-9:30 p.m. Michelle Melton
Nov. 3 Online

Brunch at Tiffany’s: Holiday Brunch
Whether you are entertaining at home or taking a dish to family and friends, delicious brunch recipe ideas during the holidays are a perfect gift. Learn how to make puff pastry mini quiches (an at-home version of your favorite bakery-cafe egg soufflés), eggnog French toast with bananas Foster sauce, oven-roasted herb potatoes and a layered cheesecake fruit trifle. Also, learn how to make an easy croissant brittle for gift giving that is perfect with your favorite coffee drink.

FOOD-725 | 1 session | $51.50 AGE 60+ | $59 REG
F01 Sa 10 a.m.-1 p.m. Tiffany Smith
Nov. 6 Online

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

FOOD-734 | 1 session | $66.50 AGE 60+ | $79 REG
F02 Sa 10 a.m.-1 p.m. Phraba Pergadia
Dec. 4 Thomas Dunn Learning Center

We have more! Love learning about other cultures? Take a deep dive with a world language class. See page 42.
**Cake Decorating**

**Introduction to Cake Decorating**
Have you fallen in love with the art of cake decorating but don’t know where to start developing your skills? Learn the basics of buttercream, ganache and fondant to get started, and gain hands-on experience assembling flawless tiers. Practice leveling cake layers, filling and icing a cake with sharp edges. Familiarize yourself with the most commonly used piping tips for writing with icing and adding decorative borders and flowers. First class is fun and informational, and class supply list will be given. Supplies extra.

**FOOD-701 | 4 sessions | $119.50 AGE 60+ | $149 REG**

**Cake Decorating for Fun or Profit: Beginning and Intermediate**
Unleash your creativity with cake decorating! Start with instruction and practice using basic tools to tote, fill and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then, enhance your artistic skills and creative abilities with techniques like striped buttercream, ruffle rosettes, royal icing and fondant embellishments, figure piping and cupcake design. Learn for fun or for the reward of starting your own business. First class is informational and a supply list will be given. Supplies extra.

**FOOD-701 | 9 sessions | $144 AGE 60+ | $189 REG**

**Cake Decorating in a Day**
Unleash your creativity with cake decorating! Gain instruction and practice using basic tools to tote, fill and ice your cakes. Decorate them with flowers, writing, and borders to make your cakes creative, casual, elegant or romantic. Learn for fun or for the reward of starting your own business. Supplies are included.

**FOOD-701 | 1 session | $44 AGE 60+ | $59 REG**

**Advanced Cake Decorating**
Use buttercream, ganache and fondant to make beautiful and creative cakes. Assemble flawless tiers, practice leveling layers and filling, and ice cakes with sharp edges. Expand your use of piping tips for writing with icing and add decorative borders and flowers. First class is fun and informational, and class supply list will be given. Supplies extra.

**FOOD-703 | 3 sessions | $127 AGE 60+ | $149 REG**

**NEW! Autumn Cakes and Buttercream Flowers**
Capture the beautiful colors of autumn in your next delectable delight! Learn to sculpt and pipe elaborate buttercream flowers, and master insider tips and tricks. Discover how to pipe swoon-worthy flowers, make an authentic buttercream, and balance color buttercream colors to capture an autumn aesthetic. Class supply list will be given. Supplies extra.

**FOOD-701 | 3 sessions | $93 AGE 60+ | $115 REG**

**DANCE**

**Hip Hop Fusion**
This new, innovative style blends elements of hip hop and street dance with modern, urban belly dance (Egyptian sha'abi). Learn a savage and sassy choreography that's fun and easy to follow! Prior belly dance experience is not required, and modifications will be offered for the experienced student. Students may choose to wear street shoes.

**DANC-719 | 4 sessions | $25 AGE 60+ | $35 REG**

**Latin Dance Fitness**
This Latin-inspired dance party is exhilarating and easy to follow. Burn calories while you move toward a happier, healthier, and fitter lifestyle without feeling like a workout.

**DANC-718 | 8 sessions | $59 AGE 60+ | $79 REG**

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

**DANC-725 | 8 sessions | $59 AGE 60+ | $79 REG**

**Tap: Beginner and Intermediate**
Practice basic tap steps and tap combinations, as well as an entire tap routine. Develop your sense of movement while practicing basic rhythm tap techniques in this fun way to exercise! Do not purchase tap shoes until after first class.

**DANC-707 | 8 sessions | $69 AGE 60+ | $89 REG**

**REGISTRATION BEGINS AUG. 9**
Meramec Choir
Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 601 (CRN 33136). Auditions for part assignment only. Contact the conductor at 314-984-7638. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.
MUSC-717 | 31 sessions | $39 AGE 60+ | $39 REG
F01 Tu Th 12:30-1:15 p.m. Gerald Myers
Aug. 24 – Dec. 16
MC-HW 102
• NOTE: No class Nov. 5, Nov. 25.

Meramec Orchestra
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 132 651 (CRN 32634). Auditions for seating purposes only. Contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.
MUSC-714 | 16 sessions | $39 AGE 60+ | $39 REG
F01 M 7-9:40 p.m. Gary Gackstacker
Aug. 23 – Dec. 13
MC-HW 102
• NOTE: No class Sep. 6.

Meramec Symphonic Band
Study and performance of representative symphonic band literature. Available for credit as MUS 134 651 (CRN 32635). Auditions for seating purposes only; contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.
MUSC-716 | 16 sessions | $39 AGE 60+ | $39 REG
F01 Th 7-9:40 p.m. Gary Gackstacker
Aug. 26 – Dec. 16
MC-HW 102
• NOTE: No class Nov. 25.

Harmonica
Harmonica: Beginning
The harmonica is a fun and easy to learn. In just six lessons, learn to play dozens of folk and campfire songs. Fee includes student guide/song book, and a 10-hole, C diatonic harmonica. Instructor is a member of the Gateway Harmonica Club. Materials will be mailed to the students prior to the first class.
MUSC-720 | 13 sessions | $39 AGE 60+ | $39 REG
F01 W 6:30-7:30 p.m. Buddy Hirsch
Aug. 1 – Sep. 15
Online
F02 W 6:30-7:30 p.m. Buddy Hirsch
Nov. 3 – Nov. 17
Online

Fun With Ukulele
Because of its small body and fingerboard, the ukulele is a perfect starter instrument for those that aspire to play the guitar. Have fun learning basic music theory while training your ears and fingers to strum a tune by the end of the first class.
MUSC-705 | 8 sessions | $65.50 AGE 60+ | $105 REG
F01 Tu 7-9 p.m. Karl Markl
Sep. 14 – Nov. 9
STLCC-SocCo 122
• NOTE: No class Oct. 5.

Ukulele
Guitar: Advanced Beginning
MUSC-705 | 8 sessions | $57 AGE 60+ | $99 REG
F03 Sa 12:30-2:30 p.m. Christina Springer
Aug. 28 – Oct. 30
Online
• NOTE: No class Sep. 4, Oct. 9.
Piano: Beginning
During this enjoyable, relaxed approach, learn the letter names of notes and where they are on the keyboard. Play simple chords to accompany melodies. Learn easy rhythm patterns and pedaling. Bring required text to first class: "Alfred's Basic Adult Piano Course, Book 1" ISBN 978-0739007648.

MUSC-710 | 8 sessions | $65 AGE 60+ | $109 REG
F01 Sa 9-10:25 a.m. Christina Springer
Aug. 28 – Oct. 30 Online
• NOTE: No class Sep. 4, Oct. 9.


MUSC-711 | 16 sessions | $80 AGE 60+ | $129 REG
F01 Sa 10:30-noon Christina Springer
Aug. 28 – Oct. 30 Online
• NOTE: No class Sep. 4, Oct. 9.

Choose from the following texts depending on skill level and bring to first class: "Alfred's Basic Adult Piano Course Book 2" ISBN 978-0739012048; "Alfred's Basic Adult All-In-One Course, Level 2" ISBN 978-0882846349; "Alfred's Basic Adult All-In-One Piano Course, Level 2" ISBN 978-0882846378.

Advanced Beginners
Learn more advanced rhythms. Examine dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Play songs (in major keys), including some pop music. A review at the course’s beginning is provided as needed. Prerequisite: Basic knowledge of keyboard and letter names of notes.

MUSC-711 | 8 sessions | $65 AGE 60+ | $109 REG
F01 Sa 10:30-noon Christina Springer
Aug. 28 – Oct. 30 Online
• NOTE: No class Sep. 4, Oct. 9.

Piano: Intermediate I

MUSC-712 | 16 sessions | $80 AGE 60+ | $129 REG
F01 Tu 2:15-3:15 p.m. Cheryl Conley
Aug. 24 – Dec. 16 Online
• NOTE: No class Oct. 5.

Piano: Intermediate II
Continue to explore minor chords and songs in minor keys while practicing chromatic scales, inverted chords, more advanced pedal study and pop songs. This class is for students that understand the basics of Advanced I and want to continue exploring and strengthening skills. Prerequisite: Advanced Beginning Piano or equivalent experience. Student must know letter names of notes and where they are located on the keyboard. Required text discussed at first class.

MUSC-712 | 16 sessions | $80 AGE 60+ | $129 REG
F02 Tu 12-1 p.m. Cheryl Conley
Aug. 24 – Dec. 16 Online
• NOTE: No class Nov. 25.

Piano: Advanced I
Dive deeper into minor keys, chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Intermediate Piano II or equivalent experience. Required text discussed at first class.

MUSC-713 | 15 sessions | $80 AGE 60+ | $129 REG
F01 Th 1:10-2:10 p.m. Cheryl Conley
Aug. 26 – Dec. 16 Online
• NOTE: No class Nov. 25.

Piano: Advanced II
Enjoy playing all types of music from Classics to Jazz and Pop. Pieces explored are more advanced and include a variety of composers. Prerequisite Advanced I or equivalent experience. Required text discussed at first class.

MUSC-713 | 16 sessions | $80 AGE 60+ | $129 REG
F02 Th 2:15-3:15 p.m. Cheryl Conley
Aug. 26 – Dec. 16 Online
• NOTE: No class Nov. 25.
Poetry Writing

Poetry can sometimes be intimidating just to read. Writing poetry is an exciting art, but one that can bring out the undiscovered treasures buried deep in a creative mind. This class will be fun, and promises to leave you with a sense of what poetry is all about. You’ll read the work of established and classic writers who can guide you on your mission: To write your own poems, and gently workshop them into masterpieces.

WRIT-716 | 4 sessions | $53.50 AGE 60+ | $89 REG
F01 Tu 6:30–9:30 p.m. | Jordan Oakes
Aug. 24 – Sep. 21 | Online

Write Your Memoir

Creativity isn’t always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that’s already been lived. We have everything we need right at our fingertips when we compose a memoir except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. Every life is fascinating. Every story deserves to be told — and everyone can write their own very unique and special memoir.

WRIT-714 | 6 sessions | $55 AGE 60+ | $99 REG
F01 Th 6:30–9:30 p.m. | Jordan Oakes
Sep. 23 – Oct. 28 | Online

NEW! Picking up the Pen: A Beginner’s Course

Can’t get your writing motor started? Find inspiration here! All writers welcome — from newbies to experienced scribes who want to up their game. Bring your fiction, nonfiction, memoir or essay.

WRIT-765 | 4 sessions | $53.50 AGE 60+ | $89 REG
F01 M 6:30–9:30 p.m. | Jordan Oakes
Sep. 27 – Oct. 18 | Online

Unleashing the Writer Within

Each one of us has a special story to tell. But, it can be hard in this busy, modern world to access that creativity. Peel away the familiar outer layers of doubt, distraction and writer’s block. Get to the core of what you’re trying to say, and learn to say it with language that is irreplaceably unique to you. When the writer within is unleashed, the words will come freely and the stories we need to tell will finally occur to us. While not a class requirement, those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students.

WRIT-701 | 4 sessions | $53.50 AGE 60+ | $89 REG
F02 Tu 6:30–9:30 p.m. | Jordan Oakes
Sep. 28 – Oct. 26 | Online

Grammar You Should Know

After graduating from high school and even college, many of us still have gaps and lapses in our grammar and spelling. For example, should you use “who” or “whom”? What’s the difference between “effect” and “affect”? The years may have chipped away at your knowledge of English, but this class will apply a fresh coat of literacy to your writing.

WRIT-704 | 4 sessions | $53.50 AGE 60+ | $89 REG
F02 W 6:30–9:30 p.m. | Jordan Oakes
Sep. 29 – Oct. 20 | Online

Boot Camp for Writers

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

WRIT-704 | 4 sessions | $53.50 AGE 60+ | $89 REG
F03 F 6:30–9:30 p.m. | Jordan Oakes
Oct. 8 – Oct. 29 | Online

In-Depth Editing

For many, the most dreaded part of writing comes after the work is finished and must be edited. During this workshop, you’ll not only review grammar rules, but also participate in line-by-line editing. Comb through stories, essays, and articles for mistakes. Discover opportunities to improve, heighten, and revitalize our language to create a compelling and professional piece. For optimal results, please bring at least one-page of written work that is ready for editing.

WRIT-706 | 2 sessions | $37 AGE 60+ | $55 REG
F02 Tu 6–8 p.m. | Elliot Laurence
Oct. 12 – Oct. 19 | Online

Writing Compelling Diverse Characters

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

WRIT-719 | 2 sessions | $29 AGE 60+ | $39 REG
F01 W 6:7–7:30 p.m. | Pam De Voe
Oct. 13 – Oct. 20 | Online

ACT I: Revising Your Screenplay

Designed for writers who have completed Act I of an original screenplay, this workshop guides you through revising your story’s beginning to make it great. Share and discuss the first thirty pages of your feature and receive constructive feedback from the instructor and your peers regarding tone, story, plot, characters, and dialogue. Find the best way to set up the crucial first ten pages and build dramatic tension through the end of Act I. Brief lectures on craft issues supplement the workshop.

WRIT-728 | 6 sessions | $62.50 AGE 60+ | $89 REG
F01 Sa 10:30 a.m.–noon | Rita Russell
Oct. 16 – Nov. 20 | Online

Freelancing for Fun and Profit

Get paid for exploring your passion or sharing what you know with others through carefully crafted non-fiction news and feature articles. Learn how to develop ideas into pieces for newspapers, consumer magazines, trade magazines, blogs and online magazines. Examine the basics of reporting, writing and selling stories. Learn to identify markets, write query letters, research and interview. Uncover how to write articles that will get you published for profit. Bring recent copies of your favorite publications as well as any original story ideas you would like to see in print.

WRIT-722 | 1 session | $41 AGE 60+ | $59 REG
F02 Sa 9:30 a.m.–1 p.m. | Charlene Oldham
Oct. 16 | Online
Writing What You Don’t Know: Including Diversity
How do you properly write what you don’t know? It is safe to write about experiences that differ from yours. Learn how to write about different walks of life, locations, and time settings, as well as how to do so vividly and honestly. Dabble in the art of research, creation and growth.

WRIT-706 | 2 sessions | $37 AGE 60- | $55 REG
F01  Tu 6-8 p.m. Elliot Laurence Oct. 26 – Nov. 2 Online

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

WRIT-706 | 2 sessions | $37 AGE 60- | $55 REG
F03  F Sa 6:30-9:30 p.m. Jordan Oakes Oct. 29 – Oct. 30 Online

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

WRIT-722 | 1 session | $41 AGE 60- | $59 REG
F01  Sa 9 a.m.-1 p.m. Charlene Oldham Nov. 13 Online

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

WRIT-704 | 1 session | $45 AGE 60- | $45 REG
F01  Sa 8 a.m.-noon STL Publishers Association Nov. 20 Online

Digital Photography: Introduction
If you’d like to take memorable photos, but you don’t understand your camera, this course is designed for you. Each week, learn two or three principles of photography and how to apply them to the camera you own. Between classes, put knowledge to work by shooting a weekly assignment and returning with your photos for critique. Explore the technical (e.g., aperture, shutter speed and ISO) and artistic (e.g., rule of thirds, leading lines and depth of field.)

PHOT-720 | 5 sessions | $68.50 AGE 60- | $109 REG
F02  M 6:30-9 p.m. Aug. 23 – Sep. 27
John Kerans Online
F01  W 6:30-9 p.m. Sep. 29 – Oct. 27
John Kerans Online
F04  M 6:30-9 p.m. Sep. 13 – Oct. 4
Gary Hesse MC-SW 207
F05  Tu 6-8:30 p.m. Oct. 19 – Nov. 9
Gary Hesse MC-HE 124

Digital Photography: Intermediate
If you have a fundamental knowledge of camera functions, expand your understanding of light, color and exposure. Improve your skills by learning how to photograph in challenging lighting situations, and how to correct and enhance your images. Special emphasis will be placed on RAW image file support. Prerequisite: Digital Photography: Introduction or equivalent experience.Δ

PHOT-721 | 4 sessions | $63.50 AGE 60- | $99 REG
F01  W 6-8:30 p.m. Oct. 13 – Nov. 3
Gary Hesse MC-HE 123
F02  W 6:30-8:30 p.m. Oct. 18 – Nov. 8
Gary Hesse MC-HE 123

Digital Photography: Advanced
Expand your understanding of digital photography and explore more advanced camera and equipment features. Examine alternative and experimental methods and techniques for capturing and enhancing photographic images. This is a continuation of introductory and intermediate digital photography and students are expected to have fundamental knowledge of camera functions and the basics of digital photography. Bring your digital camera to class. Prerequisite: Digital Photography: Intermediate or equivalent experience.Δ

PHOT-722 | 4 sessions | $63.50 AGE 60- | $99 REG
F01  M 6-8:30 p.m. Nov. 8 – Nov. 29
Gary Hesse MC-HE 123
F02  W 6-8:30 p.m. Nov. 10 – Dec. 8
Gary Hesse MC-HE 123

Δ Class meets the curriculum requirements for the Digital Photography Essentials program. Classes may be taken for your own personal enrichment or as part of the program.
Photojournalism and Documentary Photography  
Learn to tell a story using photos. Create single images that capture a decisive moment or capture a series of images that illustrate unfolding news. Complete real-world assignments and receive immediate constructive feedback. Knowledge gained from this class will equip you raise your photojournalism skill, whether your goal is to contribute for publication or more effectively illustrate personal projects. Analyze images taken by legendary photojournalists, including Pulitzer Prize winners, and put their award-winning techniques to work! A

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Nature and Outdoor Photography  
Improve your outdoor nature photography skills and expand your creativity. Learn what makes a great photo and understand the techniques professional photographers use. Complete weekly assignments and bring photos to class for critique. Field trips required independently; details will be announced in class. Prerequisite: Digital Photography: Introduction or equivalent experience. Bring your digital camera to first class.

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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 shots, and the angles to make your subject look their best. Replicate the aesthetic of a Hollywood motion picture by separating subjects from backgrounds using shallow focus. Learn how to take advantage of available and supplemental light sources. Complete weekly assignments and bring photos to each class for critique. Field trips required independently; details will be announced in class. Prerequisite: Digital Photography: Introduction or equivalent experience.

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iPhone® Photography: Move Beyond Snapshots  
Learn to take better photos and master basics of the iPhone camera app, including its multiple modes and options. After a primer, you’ll use what you’ve learned during a brief walking tour. Train your “photographer’s eye” through use of available light and composition techniques. Explore the lifecycle of a digital photo—from snap to edit to sharing—with tips for printing, organizing, backup and storage. Make the most of the camera you already carry!

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<th>PHOT-720</th>
<th>1 session</th>
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<td>F01</td>
<td>Sa 12-3 p.m.</td>
<td>Gregory Ray</td>
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<td>Aug. 28</td>
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Darkroom Developing and Printing for Black and White Photography: Part I  
Develop and print black and white pictures in a darkroom. Explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class.

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<th>PHOT-705</th>
<th>6 sessions</th>
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<td>F01</td>
<td>F 6-8:30 p.m.</td>
<td>Cher Petrovic</td>
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<td>Sep. 3 – Oct. 8</td>
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Darkroom Developing and Printing for Black and White Photography: Part II  
Expand your skills to develop and print black and white pictures in a darkroom. Further explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class. Prerequisite: Darkroom Developing and Printing for Black and White Photography: Part I or equivalent experience.

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<td>F02</td>
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Street Photography  
Why is street photography different from other forms of photography? Learn how to deal with different lighting situations as well as share your images with others. Gain a better understanding of camera settings and what they do in controlling your images. Leave with a nice portfolio from what you have learned and practiced over the five-week series. A

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<td>F01</td>
<td>F 6:30-8:30 p.m.</td>
<td>Stephanie Thurmer</td>
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<td>Oct. 1 – Oct. 29</td>
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Copyright and Fair Use in Photography and Visual Arts  
In the visual arts, protecting your work is often as important as the work itself. What are intellectual property, copyright, creative commons, fair use and public domain? What are the legal differences between commercial, non-commercial and personal usage of images? Discover the issues photographers and artists need to know to safeguard themselves and their work.

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<th>PHOT-765</th>
<th>1 session</th>
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DIGITAL PHOTOGRAPHY ESSENTIALS PROGRAM  
Build new skills and take your passion to the next level. Learn more about the program at: stlcc.edu/PhotoEssentials
FINANCE AND INVESTMENTS

Personal Finance

Annuities, Not Your Grandmother’s Ones
The word “annuity” has become one of those four-letter words your mother warned you about. However, while there are bad annuities, not all are. Historically, annuities are one of the most misunderstood and broadly defined financial products. Annuities can be powerful when used correctly, yet detrimental if used improperly. This course will untangle the complexities of annuities before revealing the merits of the ones that best fit your situation the best.
FINC-765 | 1 session | $39 AGE 60+ | $39 REG
F05  Tu 6-8 p.m.  Andrew Hall  Oct. 14
Online

The Good, the Bad and the Ugly of Annuities
The word “annuity” has become one of those four-letter words your mother warned you about. However, while there are bad annuities, not all are. Annuities are one of the most misunderstood and broadly defined financial products. They can be powerful when used correctly, yet detrimental if used improperly. Untangle the complexities of annuities, and understand the merits of the ones that best fit your situation.
FINC-765 | 1 session | $39 AGE 60+ | $39 REG
F01  Th 6-8 p.m.  Jason Ingram  Sep. 21
MC-SO 107

NEW! Three Ways to Help Take Back Control of Your Financial Future
Understand the recent pandemic’s impact on the economy and individuals, and, more importantly, how to regain confidence in your financial outlook no matter what the future holds. Explore risk analysis, Roth conversion, retirement income plans and social security analysis and consideration of a fixed index annuity.
FINC-765 | 1 session | $39 AGE 60+ | $39 REG
F06  Th 6-8 p.m.  Jason Ingram  Oct. 14
Online

Identity Theft Seminar
If you use a credit card, checking account, or internet accounts, it’s important to be aware of the latest scams. It can take months and cost more than $1,000 to recover and clean up your identity and credit, but only two hours to learn how to prevent fraud. Learn why people lie, how to detect deception and scams, what to do if you become a victim, and how to find free investigative resources to use at home.
FINC-765 | 1 session | $31.50 AGE 60+ | $39 REG
F03  Sa 10 a.m.-noon  Cheryl Ring  Sep. 25
MC-BA 118

Identity Theft and More: Pandemic Edition
Identity thieves are always finding ways to stay ahead of the game. When the pandemic began, the world became their playground. Learn about international scamming, counterfeiting and more. Stay one step ahead of the scammers. The Identity Theft Seminar is a precursor to this class, but is not required to join this class.
FINC-765 | 1 session | $31.50 AGE 60+ | $39 REG
F06  Sa 10 a.m.-noon  Cheryl Ring  Nov. 13
MC-BA 122

Social Safety During COVID-19
Crime occurs at rest stops and travel routes every day. Explore how to protect your identity and wellbeing during road-trips by learning safe travel. Examine how to stay healthy and carefully navigate through COVID-19 restrictions. Gain insights from a health care worker and retired private investigator, who will share current experiences working on the frontlines of a local hospital.
FINC-765 | 1 session | $31.50 AGE 60+ | $39 REG
F04  Sa 10 a.m.-noon  Cheryl Ring  Oct. 16
Online

Where Does My Money Go?
Are you one of the 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. Take control of your finances and help build a better future for you and your family.
FINC-735 | 1 session | $34.50 AGE 60+ | $49 REG
F01  Sa 9 a.m.-1 p.m.  Tiffany Smith  Oct. 16
Online

NEW! How to Help Protect Yourself from a Potential Tax Storm
National debt out of control, unfunded liabilities, sovereign debt crisis; what’s next? Learn how to protect your IRA and your retirement income from the possibility of tax increases. Discover how the wealthy protect their assets and produce tax-free income.
FINC-765 | 2 sessions | $49 AGE 60+ | $49 REG
F11  Tu 6-8 p.m.  Jason Ingram  Nov. 2 – Nov. 9
Online

Financial Planning in Uncertain Times
If the last year has taught us anything, it is that things can change instantly. Are you prepared? More importantly, is your financial plan ready to weather the uncertainty? All too often our financial plan focuses on traditional “asset allocation,” but is missing “strategy-level diversification.” This class focuses on how to ensure your plan is strategically diverse enough to handle cash flow, income, risk management, and growth needs, especially during the uncertainty of today’s economic climate.
FINC-705 | 1 session | $39 AGE 60+ | $39 REG
F01  Tu 6-8 p.m.  Andrew Hall  Nov. 16
FP-F 325
### Life Insurance 101†

Life insurance is one of the most misunderstood financial tools, and is often hotly debated in the financial world. Often times, the negative stigma comes from high powered sales people. Being that it is one of the best tax planning tools available today, understanding the ins and outs is crucial for a holistic plan. Plans today can provide tax-free benefits in case of an emergency, a long-term care event, college expenses, or just about anything else. Learn how life insurance is used as a strategy, and not a product.

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### Estate Planning: Living Trusts†

Everyone wants to do estate planning for control of their assets and for a legacy to loved ones. Learn various ways to plan an estate, avoid probate, avoid guardianships and reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

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### Estate Planning: What to do When a Loved One Passes Away†

When someone passes away, often the responsibilities of settling the estate are placed upon the family or trustee that is charged with wrapping up all the final affairs. Learn from an estate planning attorney about the legal process from what occurs in probate court to instances where the probate court may not be needed in closing the decedent’s estate. Uncover practical pre-planning tips as well as common mistakes that can cause litigation.

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### Revocable Trusts, Wills and Powers of Attorneys†

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

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### Tax and Estate Planning†

Uncover long-term, multi-generational tax strategies aimed at saving significant dollars through retirement and beyond. New tax law changes 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. Examine those changes, and explore qualified versus non-qualified monies, insurance, wills and trusts, and advanced tax strategies to maximize your long-term plan.

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### Advanced Social Security†

Social Security always seems to be a hot-button issue. Will it even be around, especially now that COVID-19 has had its effect on the economy? Explore the economic survivability of Social Security, gain a complete run-down of how Social Security is calculated and discover when it is best for you to claim. Learn how to properly coordinate your benefit with your tax plan, income plan, estate plan, and long-term care plan. Coordination is the name of the game; if not handled properly, claiming Social Security incorrectly can lead to decreased lifetime benefits and, perhaps, more importantly increased taxes.

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### Navigating Social Security Options†

What is the best way to decide when to claim? Learn how to navigate the challenges in how you take your Social Security and where the break-even analysis rests. Your health, your age and your other income will help to analyze the many paths one can take in deciding when to take your benefits.

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### 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.

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### New! Navigate Retirement Income and Tax Risks†

Focus on important topics proven to resonate with today’s retirees and soon-to-be retirees. Examine the damaging impact of taxes on one’s retirement outlook while exploring the risk of the market and current economy on the possibility of not having enough income in retirement.

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### Taxes in Retirement†

Taxes are at historic lows for many Americans today. Have you done the proper planning needed to ensure you’re in the most tax efficient position for retirement? Your portfolio is diverse, is your tax strategy diverse? Taxes are the number one area retirees hemorrhage money during a lifetime. Learn how to limit the taxability of Social Security, use tax strategies to minimize the taxes paid in retirement, and focus on how to limit the taxation of estate, and the elimination for the tax-time bomb that is looming for your heirs.

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### Defusing Your IRA Timebomb/ Mitigating Taxes in Retirement†

See ways to mitigate your taxes in retirement by solid planning. In retirement, the taxes on these deferred taxation accounts matter. Learn strategies to defuse that time-bomb and create a more stress-free retirement.

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### Live, Quit or Die: Long-term Care Solutions†

Learn how traditional long-term care insurance compares to some exciting hybrid solutions. Never worry about moving in with the kids again and take control of your extended care.

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### Mitigating the Long-Term Care Crisis†

What is long-term care (LTC) and how do you pay for it? Do you want to go into a facility or stay at home? If you have ever experienced a friend or family member who has needed long-term care, you may understand the costs associated with providing assistance. LTC insurance can be expensive. The question is, "How do you pay for LTC without having to purchase LTC insurance?" Learn about alternative financial programs that can be used to pay for LTC for both you and your loved one.

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

### Real Estate

#### Buying a Home? Top Buying Mistakes to Avoid†

“If only we had known ... “ This is the sad post-purchase statement of too many homebuyers. Purchasing a home is one of the largest investments you'll ever make. Discover how to avoid home-buying mistakes and learn the inside scoop of how to avoid surprises at closing. Understand 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 | $23 AGE 60+ | $29 REG  
F01 | Th 7-9 p.m. | Jill McCoy  
Sep. 16 | Online

#### Home Selling: Your Guide to a Successful Sale†

If you've never sold a home before—or if 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. Understand the pros and cons of “for sale by owner." Discover how to find the right agent to sell your house. Learn insider tips that can get you the best deal for your home!

**REAL-702** | 1 session | $23 AGE 60+ | $29 REG  
F01 | Th 7-9 p.m. | Jill McCoy  
Sep. 30 | Online

#### How to Be a Successful Landlord†

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

**REAL-720** | 1 session | $48 AGE 60+ | $69 REG  
F02 | Sa 9 a.m.-5 p.m. | Mary Hankins  
Oct. 9 | FP-G Tower 325

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

#### Real Estate Investing for Income†

True financial wealth is about having the unearned income to finance your life goals without having to work. 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 | $23 AGE 60+ | $29 REG  
F01 | Th 7-9 p.m. | Jill McCoy  
Oct. 14 | Online

#### Leveling Up: Buying vs. Renting, Millennial Edition†

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

**REAL-765** | 1 session | $23 AGE 60+ | $29 REG  
F01 | Th 7-9 p.m. | Jill McCoy  
Oct. 21 | Online

#### The Upside of Downsizing†

We accumulate 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 at first. Which comes first: get rid of clutter or get organized? List the house or find your new home? From paring down the excess to moving to a smaller space, we'll help you explore the upside of downsizing.

**REAL-765** | 1 session | $23 AGE 60+ | $29 REG  
F02 | Th 7-9 p.m. | Jill McCoy  
Nov. 18 | Online

### Auto

#### Basic Car Maintenance

Cars offer convenience. But the moment a vehicle needs repair or maintenance, it can become a source of anxiety and frustration. Ease your auto anxiety by better understanding cars, the auto repair industry and routine service problems. Learn how to inspect your own vehicle. No driver should miss this class!

**AUTO-701** | 1 session | $45 AGE 60+ | $45 REG  
F01 | Sa 8-11 a.m.  
Oct. 2  
F02 | Sa 1-4 p.m.  
Oct. 2

Doug Jacquot  
Jammin’ J Auto

Doug Jacquot  
Jammin’ J Auto
Forest Park Owls: Hiding in Plain Sight
Join a local award-winning naturalist and speaker for an informative glimpse into the lives of a local mated pair of Great Horned Owls in Forest Park. He has been closely observing and documenting the owls since 2005. Learn what he found the owls, basic facts about the species and various behaviors he observes and documents with photos and videos to illustrate these behaviors.

NATR-709 | 1 session | $29 AGE 60+ | $29 REG
F03 Th 6:30-8:30 p.m. Mark Glenshaw Aug. 19 FP-D-215

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

NATR-720 | 1 session | $29 AGE 60+ | $29 REG
F01 Th 6:30-8:30 p.m. Mark Glenshaw Nov. 4 MC-BA-116

Monarchs and Milkweeds
Join a local biologist and learn the plight of these beautiful ambassadors of the air, how you can help monarchs by planting different milkweed species around your home, and where milkweed seeds and seedlings may be obtained.

NATR-720 | 1 session | $21.50 AGE 60+ | $29 REG
F01 Th 9:30-11:30 a.m. Dave Tylka Oct. 7 MC-SW-103

Humane Trapping of Unwanted Guests
Pesky pest problems? Explore how to address incessant problems with animals such as: mink, weasels, raccoons, opossums, foxes and coyotes. Discover some of the most effective yet humane ways of trapping and removing those furry unwanted guests from your property.

NATR-765 | 1 session | $23 AGE 60+ | $29 REG
F01 Sa 10-1 p.m. Guy Niere Oct. 16 MC-SO-108

Indoor Composting: Making a Bokashi Bucket
Nearly 20% of household trash can be composted. The quick and convenient Bokashi Bucket system can be used year-round and produces no household odors. Construct an indoor composting system capable of decomposing food and houseplant 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 are included in fee; you will be contacted about supply pickup. Class is offered in partnership with the Missouri Botanical Garden EarthWays Center.

ECOL-704 | 1 session | $59 AGE 60+ | $59 REG
F01 W 7-8:30 p.m. Sep. 15 Maggie McCoy Online

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

ECOL-705 | 1 session | $29 AGE 60+ | $39 REG
F01 Sa 10-2 p.m. Guy Niere Sep. 25 MC-SO-108

Backyard Chickens For the Seasoned
If you’ve been keeping chickens for a while and are looking for answers to your specific questions, this class is for you! Gain an overview for more in-depth information on: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. This is an intermediate level class and will not include introductory information covered in Backyard Chickens for the Beginner.

ECOL-705 | 1 session | $23 AGE 60+ | $29 REG
F02 Sa 10-noon Oct. 2 Guy Niere MC-SO-108

NEW! Incubating Bird Eggs
Explore successful incubation of all species of birds (with emphasis on chickens) as well as other species of poultry and waterfowl. Gain additional information on brooding chicks, poult, ducklings and goslings.

ECOL-705 | 1 session | $26 AGE 60+ | $35 REG
F03 Sa 10-1 p.m. Guy Niere Oct. 9 MC-SO-108

Landscaping With Trees and Shrubs
Ready to ditch the lawn mower, watering system, fertilizer spreader and leaf blower? Discover how to bring more birds and butterflies to your garden. You’ll learn how to recreate a lively landscape, reduce maintenance, and increase four-season interest while drawing birds and butterflies to your garden.

HORT-708 | 1 session | $23 AGE 60+ | $29 REG
F02 Tu 9-11 a.m. Elizabeth Struckhoff Sep. 14 MC-SW-103

Maintaining Native Plant Gardens
Explore ways to tend your native garden and maintenance required. Learn tips and tricks to minimizing maintenance time. This session will include a seasonal maintenance and discussion of invasive plants and aggressive natives. Learn when to let your native guests prosper and when you pull them.

HORT-713 | 1 session | $23 AGE 60+ | $29 REG
F02 Tu 9-11 a.m. Elizabeth Struckhoff Sep. 28 MC-SW-103

Winter Prep for Your Garden
Summer’s over: What can you do with your garden? Learn how to properly prepare your garden for winter. A little time spent in fall can produce big benefits for a successful garden next spring.

HORT-707 | 1 sessions | $23 AGE 60+ | $29 REG
F01 W 6-8 p.m. Mike Ochronicky Sep. 29 Online

Go Native! Native Landscaping for Bees, Butterflies and Other Pollinators
Healthy landscapes boast large numbers and a wide diversity of pollinators such as butterflies and bees. Discuss some of the best plants to lure pollinators through pollen, nectar, resin and oil, and evolving visual and olfactory cues (e.g., nectar guides, color and fragrance). Gain practical advice about optimal native selections that attract pollinators.

HORT-713 | 1 session | $23 AGE 60+ | $29 REG
F01 Th 9-noon Dave Tylka Sep. 30 MC-SW-103

Masters Naturalist Program
Cultivate your interests and build community connections. Learn more about the program at: stlcc.edu/MasterNaturalist
NEW! Pimp My Paws!

Pet Grooming 101

Learn from a professional animal trainer and handler, the ins and outs of grooming your animals. From ears to anal glands, learn what is appropriate for you to do at home and the stuff to leave to the professionals. This discussion will include grooming tips for cats, dogs, birds, rabbits and rodents.

ANIM-765 | 1 session | $23 AGE 60+ | $29 REG
F04  F 6:30-8:30 p.m.  Dorene Olson  
     Aug. 27  
     MC-SO 108

Bird’s the Word!

Learn about types of birds and the households that they are best suited for. Housing, medical care, diet, and environmental enrichment are all integral parts of your commitment to this pet, who may outlive you. Discover how to find and properly choose a bird. Explore cage considerations. Evaluate food and toys appropriate for species. Learn how to get a bird from a rescue or a breeder and how to find a reputable breeder. Tackle what to do with your bird should something happen to you. There will be two bird teaching assistants present, but please leave your own two-legged ambassadors at home.

ANIM-715 | 1 session | $23 AGE 60+ | $29 REG
F02  M 6:30-8:30 p.m.  Dorene Olson  
     Oct. 25  
     MC-SO 108

Band-Aids® and Bandits:

Basic First Aid For Animals

If you own a pet, it’s important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Do not bring your pet to class.

ANIM-702 | 1 session | $23 AGE 60+ | $29 REG
F01  Sa 9:30-11:30 a.m.  Dorene Olson  
     Nov. 20  
     MC-SO 108

We have more! Learn about local animal welfare organizations and explore volunteer and career opportunities. See page 11.
**Nonverbal Communication: How to Speak and Listen Without Words**
Explore the extraordinary amount of information provided through nonverbal communication. Enhance your communication skills, avoid miscommunication and become a better communicator overall. Uncover how a simple movement or facial expression can contradict the message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to improve your communication skills.

**COMM-711** | 2 sessions | $27 AGE 60+ | $39 REG
F01  Tu 6:30-8:30 p.m.  Erin De Vore  Oct. 19 – Oct. 26  STLCC-SoCo 120

**New! Public Speaking for a Virtual World**
Public speaking enhances critical thinking skills and may lead to career advancement. Traditional public speaking is nerve wracking for many—but public speaking over Zoom is another beast altogether! Improve your virtual presentation skills in this essential course.

**COMM-715** | 3 sessions | $47.50 AGE 60+ | $65 REG
F01  Sa 9-11 a.m.  Joyce Nganga  Sep. 11 – Sep. 25  Online

**Public Speaking: Argumentation, Persuasion and Influence**
Public speaking is an art with an aim. Learn how to inform, entertain and influence, with a focus on confidence and poise. Captivate your audience and enhance your storytelling skills by clearly outlining your objectives and crafting persuasive arguments. Class will benefit those looking to improve skills for personal and professional reasons alike.

**COMM-715** | 3 sessions | $47.50 AGE 60+ | $65 REG
F02  Sa 9-11 a.m.  Joyce Nganga  Dec. 4 – Dec. 18  FP-C 221

**Communicating in a Crisis: COVID-19 Edition**
Tackle problems before they become a crisis. Develop speaking skills and ease communication with friends, family, and colleagues during this stressful time. Discover what a crises management plan is, what it typically contains, and how you can create and use your own plan to communicate effectively in the midst of a global pandemic.

**COMM-765** | 1 session | $31.50 AGE 60+ | $39 REG
F01  Sa 9 a.m.-noon  Joyce Nganga  Aug. 28  Online

**Communication Skills for Personal Empowerment**
Conflicts are often caused by poor communications. Conversely, successful personal, social and business relationships are built on good communication. Learn a framework (two rules, three components) of good communications. Empower yourself through personal responsibility, proper body language and assertiveness. Bring your biggest communication challenges and receive personal attention and help with problem solving.

**COMM-765** | 2 sessions | $75 AGE 60+ | $75 REG
F01  Tu 6:30-8:30 p.m.  Jean Walters  Sep. 28 – Oct. 5  STLCC-Corp 207

**Communicating in a Diverse Environment**
Our differences can complicate how we communicate with one another—casually and professionally. Uncover how gender, sexual orientation, race, religion, organizational culture, and age all shape the way we communicate. Discover how to overcome barriers and improve communication in your personal and professional life.

**COMM-765** | 1 session | $31.50 AGE 60+ | $39 REG
F02  Sa 9 a.m.-noon  Joyce Nganga  Oct. 23  Online

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

**COMM-765** | 1 session | $49 AGE 60+ | $49 REG
F04  Sa 2-3:30 p.m.  Jason Rooney  Oct. 2  PP-C 221
F05  Sa 2-3:30 p.m.  Jason Rooney  Dec. 4  MC-BA 124
**SIGN LANGUAGE**

**Getting Started With Sign Language I**
Journey into Sign Language! Establish a basic knowledge of Sign Language and learn common vocabulary for numbers, feelings, opposites, colors, and food. Class does not cover ASL sentence structure. No textbook required.

SIGN-701 | 8 sessions | $86.50 AGE 60+ | $135 REG
F01  Tu 6:30-8:30 p.m.  Cindy Hayes  Sep. 21 – Nov. 16  STGCC-SoCo 118
• NOTE: No class Oct. 5.

**Getting Started With Sign Language II**
Explore more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in the prerequisite class. Getting Started with Sign Language I. Class does not cover ASL sentence structure. No textbook required.

SIGN-702 | 8 sessions | $86.50 AGE 60+ | $135 REG
F03  Th 6:30-8:30 p.m.  Cindy Hayes  Sep. 23 – Nov. 11  STGCC-SoCo 122

**Getting Started With Sign Language III: Chapters 1-6**
Build upon the skills you learned in the Beginning I and Beginning 2 sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, “The Joy of Signing”. The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 1-6. Class does not cover ASL sentence structure. Prerequisite: Getting Started With Sign Language II. Text required, bring a notebook, pencil and small pocket notebook.

SIGN-701 | 8 sessions | $86.50 AGE 60+ | $135 REG
F01  M 6-8 p.m.  Cindy Hayes  Sep. 20 – Nov. 8  STGCC-SoCo 122

**Baby Signs**
Do you ever wish your baby could talk? Learn sign language to use with your baby or toddler! Learn signs for common words for people, animals, foods and colors. Discover the benefits of signing with young children. Don’t miss this opportunity to stimulate your child’s development! Required textbook: The Complete Guide to Baby Sign Language. ISBN 978-1-64152-567-1.

SIGN-765 | 6 sessions | $78.50 AGE 60+ | $115 REG
F01  W 6:30-7:30 p.m.  Cindy Hayes  Aug. 18 – Sep. 22

**WORLD LANGUAGES**

**Bosnian**

**Bosnian-Croatian for Neighbors**
How did St. Louis become home to 70,000 Bosnians, the highest population outside of Europe? What is the difference between Bosniak, Croat and Serb? Learn more about your Bosnian neighbors, with topics ranging from cultural customs to food to religion to history! Explore the ways of the Balkan peninsula and learn to say hello to your Bosnian neighbors in their native language. No textbook is required. Bring notebook, pencil and small pocket notebook.

FLBO-765 | 1 session | $30 AGE 60+ | $35 REG
F01  M 6-8 p.m.  Azim Mujakic  Aug. 30  STGCC-SoCo 120

**Bosnian-Croatian: Beginning I**
Explore Bosnian-Croatian language and culture of the region. Learn everyday expressions, simple conversational phrases and insights about the contemporary culture of the Balkan peninsula from a native speaker. No textbook is required. Bring a notebook, pencil and small pocket notebook.

FLBO-716 | 8 sessions | $90 AGE 60+ | $129 REG
F01  M 6-8 p.m.  Azim Mujakic  Sep. 13 – Nov. 8  STGCC-SoCo 120

**Bosnian-Croatian: Beginning II**
Continue studying reading, writing, and grammar. Build stronger communicative competence and vocabulary in a new language. Prerequisite: Bosnian-Croatian Language: Beginning I or equivalent experience. No textbook is required. Bring notebook, pencil and small pocket notebook.

FLBO-717 | 8 sessions | $90 AGE 60+ | $129 REG
F01  M 6-8 p.m.  Azim Mujakic  Sep. 13 – Nov. 8  STGCC-SoCo 120

**Chinese (Mandarin)**

**Chinese for Travelers**
Enjoy an easy and practical introduction to the Chinese Mandarin language and traveler etiquette tips. Learn daily use phrases including greetings, self-introduction and directions. Although the focus will be on oral conversation skills, you will also learn how to read simple Chinese characters and recognize public signs. No textbook is required.

FLCH-716 | 8 sessions | $90 AGE 60+ | $129 REG
F01  Sa 10 a.m.-noon  Xiaobo Quan  Sep. 11 – Oct. 30

**Chinese for First-Timers**
Explore an ancient culture and language during this class for beginners. You’ll explore pronunciations, greetings, basic sentences and the Pin Yin system. No textbook required.

FLCH-717 | 8 sessions | $90 AGE 60+ | $129 REG
F01  F 6-8 p.m.  John Yeh  Oct. 7 – Nov. 11

**Chinese: Beginning II**
Deepen your knowledge of Chinese culture and language in a relaxed and informal atmosphere. Continue learning practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and formulate conversations in Chinese Prerequisite: Chinese Language: Beginning I or equivalent experience. No textbook required.

FLCH-718 | 8 sessions | $90 AGE 60+ | $129 REG
F02  Tu 7-9 p.m.  Xiaobo Quan  Sep. 7 – Nov. 2
• NOTE: No class Oct. 5.
French

French for Travelers

FLFR-716 | 6 sessions | $68.50 | REG 129
F01 Sa 10 a.m.-noon Olivia Mikus
Sep. 11 – Oct. 16
• NOTE: No class Nov. 27.
F02 Sa 10 a.m.-noon Olivia Mikus
Nov. 6 – Dec. 18
Online
FLFR-717 | 8 sessions | $90 AGE 60+ | $105 REG
F01 M 6:30-8:30 p.m. Patricia Adams
Oct. 25 – Dec. 13 Nottingham School

French: Beginning I
Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations. Bring required text to first class: “French Now! Level 1” ISBN 978-1438072791.

FLFR-717 | 8 sessions | $90 AGE 60+ | $129 REG
F01 M 6:30-8:30 p.m. Patricia Adams

French: Beginning II
Deepen your knowledge of French culture and language in a relaxed and informal atmosphere. Continue learning practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and formulate conversations in French! Prerequisite: French Language: Beginning I or equivalent experience. Bring required text to first class: “French Now! Level 1” ISBN 978-1438072791.

FLFR-718 | 8 sessions | $90 AGE 60+ | $129 REG
F01 M 6:30-8:30 p.m. Patricia Adams
Aug. 23 – Oct. 18
Nottingham School
• NOTE: No class Sep. 6.

French: Beginning III
Deepen your speaking, grammar and vocabulary skills. Concentration will be on oral use of the language in everyday situations. Prerequisite: French: Beginning II or equivalent experience. Bring required text to first class: “French Now! Level 1” ISBN 978-1438072791.

FLFR-719 | 8 sessions | $90 AGE 60+ | $129 REG
F01 Tu 7-9 p.m. Olivia Mikus
Aug. 24 – Oct. 19
Online
• NOTE: No class Oct. 5.

German

German: Beginning I
Explore a new culture and language in a relaxed, informal atmosphere. Learn practical vocabulary, correct pronunciation and basic sentence structure necessary to understand and formulate conversations. Bring required text to first class: “Berliner Platz 1, NEU” ISBN 978-3-12-606025-7.

FLGE-717 | 8 sessions | $90 AGE 60+ | $129 REG
F01 W 6-8 p.m. Ann Cotter
Oct. 20 – Dec. 15
MC-BA 124
• NOTE: No class Nov. 24.

German: Intermediate I
Continue to increase your knowledge of the German language including speaking, writing, grammar and vocabulary. Dialogue will be utilized with a special emphasis placed on grammar. Prerequisite: German Language: Beginning III or equivalent experience. Bring required text to first class: “Berliner Platz 1, NEU” ISBN 978-3126060257.

FLGE-720 | 8 sessions | $90 AGE 60+ | $129 REG
F01 Th 6-8 p.m. Ann Cotter
Aug. 26 – Oct. 14
MC-BA 124

German: 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 III or equivalent experience. Bring required text to first class: “Berliner Platz 2, NEU” ISBN 978-126060394.

FLGE-765 | 8 sessions | $90 AGE 60+ | $129 REG
F01 Tu 6-8 p.m. Ann Cotter
Aug. 24 – Oct. 19
MC-BA 203
• NOTE: No class Oct. 5.

Irish (Gaelic)

Irish for Travelers
Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. No text required.

FLIR-716 | 8 sessions | $90 AGE 60+ | $129 REG
F02 Tu 6-8 p.m. Matt Morrison
Oct. 12 – Nov. 30
MC-BA 122

Irish: Beginning I
Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand Gaelic conversations. No text required.

FLIR-717 | 8 sessions | $90 AGE 60+ | $129 REG
F01 W 6-8 p.m. Matt Morrison
Aug. 25 – Oct. 13
MC-BA 122

Irish: Beginning II
Increase your speaking, grammar and vocabulary skills. Concentration will be on oral use of the language in everyday situations. Prerequisite: Irish: Beginning I or equivalent experience. No text required.

FLIR-718 | 8 sessions | $90 AGE 60+ | $129 REG
F03 Oct. 27 – Dec. 15
• NOTE: No class Nov. 24.
**Italian for Travelers**

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs and menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure! Bring required text to first class: “Berlitz Italian Phrase Book & Dictionary” ISBN 978-1780044866.

**FLIT-717** | 8 sessions | $90 AGE 60+ | $105 REG
F01 M 4-6 p.m. | Barbara Klein | MC-SO 108
Aug. 23 – Oct. 4
• NOTE: No class Sep. 6.
F02 M 7-9 p.m. | Barbara Klein | MC-SO 112
Oct. 25 – Nov. 29

**Italian: Beginning I**


**FLIT-717** | 8 sessions | $90 AGE 60+ | $129 REG
F01 M 7-9 p.m. | Barbara Klein | MC-SO 108
Aug. 23 – Oct. 18
• NOTE: No class Sep. 6.
F02 M 4-6 p.m. | Barbara Klein | MC-SO 112

**Japanese for Travelers**

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure! No textbook is required.

**FLJP-716** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Tu 2:30-4:30 p.m. | Yuki Tanaka-McFarlane | Aug. 19 – Oct. 7

**Japanese: Beginning I**


**FLJP-717** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Th 2:30-4:30 p.m. | Yuki Tanaka-McFarlane | Oct. 14 – Dec. 9

**Japanese: Beginning II**


**FLJP-718** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Sa 9:30-11:30 a.m. | Junghae Park | Aug. 21 – Oct. 9

**Korean: Beginning I**


**FLKO-718** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Sa 9:30-11:30 a.m. | Junghae Park | Aug. 21 – Oct. 9

**Korean: Beginning II**


**FLKO-717** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Sa 9:30-11:30 a.m. | Junghae Park | Aug. 21 – Oct. 9

**Portuguese for Travelers**

Enjoy an easy and practical introduction to the Brazilian Portuguese language. Learn survival phrases, how to read signs and menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure in Brazil with this jump-start course for smart travelers! Suggested text: “Berlitz Brazilian Portuguese Phrase Book and Dictionary” ISBN 978-1780045115. Class is taught by a native-fluent speaker.

**FLPG-716** | 6 sessions | $90 AGE 60+ | $105 REG
F01 M 6-8 p.m. | Viva Brasil | MC-SO 107
Sep. 13 – Oct. 18

**Portuguese: Beginning I**

Acquire basic Brazilian Portuguese conversation and reading skills. While the emphasis is on conversation, class also includes grammar. Bring required text to first class: “Bom Dia, Brasil” ISBN 978-0300116311. Class is taught by a native-fluent speaker.

**FLPG-717** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Tu 6-8 p.m. | Viva Brasil | MC-SO 108
Aug. 24 – Oct. 19
• NOTE: No class Oct. 5.
F02 Tu 6-8 p.m. | Viva Brasil | MC-SO 107
Oct. 26 – Dec. 14

**Portuguese: Beginning II**

Explore language structures, vocabulary, communication skills, culture and the geography of Brazil. While the emphasis is on conversation, you’ll also explore grammar. Prerequisite: Portuguese I or equivalent experience. Class is taught by a native-fluent speaker. Bring required text to first class: “Bom Dia, Brasil” ISBN 978-0300116311.

**FLPG-718** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Sa 10 a.m.-noon | Viva Brasil | MC-SO 107
Aug. 28 – Oct. 16

**Portuguese: Beginning III**

Enhance your knowledge of language structures, vocabulary, communication skills, culture and everyday vocabulary. This course is for those with basic Portuguese conversational ability. Class is taught by a native-fluent speaker. Prerequisite: Portuguese II or equivalent experience. Bring required text to first class: “Bom Dia, Brasil” ISBN 978-0300116311.

**FLPG-719** | 8 sessions | $90 AGE 60+ | $129 REG
F01 Sa 10 a.m.-noon | Viva Brasil | MC-SO 112
Oct. 23 – Dec. 18
• NOTE: No class Nov. 27.
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. Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.
FLRU-717 | 4 sessions | $89.50 | 36 REG
F01 Th 5-7 p.m. | Valerie Powers | Aug. 26 – Sep. 16 Online

Russian: 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. Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.
FLRU-717 | 12 sessions | $110.50 | 119 REG
F02 Th 5-7 p.m. | Valerie Powers | Sep. 23 – Nov. 11 Online

Russian: 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. Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.
FLRU-719 | 12 sessions | $110.50 | 199 REG
F01 Tu 5-7 p.m. | Valerie Powers | Aug. 24 – Nov. 16 Online
• NOTE: No class Oct. 5.

Russian: Intermediate I
Improve your conversational skills through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Prerequisite: Russian Language: Beginning III or equivalent experience. Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.
FLRU-720 | 12 sessions | $110.50 | 199 REG
F01 M 6-8 p.m. | Valerie Powers | Aug. 23 – Nov. 15 Online
• NOTE: No class Sep. 6.

Russian: Intermediate II
Continue to deepen your knowledge of Russian and expand its use. Become increasingly proficient in conversational skills as you use language to explore real-life situations. Prerequisite: Russian Language: Intermediate I. Bring required text to first class: “Live from Russia: Volume 1” ISBN 978-0757552014.
FLRU-721 | 12 sessions | $110.50 | 199 REG
F02 W 5-7 p.m. | Valerie Powers | Aug. 25 – Nov. 17 Online
• NOTE: No class Sep. 22.

Russian: Intermediate III
Expand your conversational skills through focus on everyday vocabulary and situations. Advanced level grammar and sentence structure will be examined and reviewed. Prerequisite: Russian Language: Intermediate II or equivalent experience. “Live from Russia: Volume 1” ISBN 978-0757552014.
FLRU-721 | 12 sessions | $110.50 | 199 REG
F01 Tu 7-9 p.m. | Valerie Powers | Aug. 24 – Nov. 16 Online
• NOTE: No class Oct. 5.

Russian: 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. Bring required text to first class: “Live from Russia: Volume 2” ISBN 978-0757558412.
FLRU-723 | 12 sessions | $110.50 | 199 REG
F01 W 7-9 p.m. | Valerie Powers | Aug. 25 – Nov. 17 Online
• NOTE: No class Sep. 22.

Russian Advanced Conversation
Develop your language and everyday speaking skills by practicing conversations in real-life situations. Prerequisite: Russian Language: Advanced I or equivalent experience. Bring required text to first class: Russian As We Speak It by Serafima Khvoronina ISBN 978-520003737.
FLRU-724 | 12 sessions | $110.50 | 199 REG
F02 F 2:15-4:15 p.m. | Valerie Powers | Aug. 27 – Nov. 12 Online

Spanish

Spanish for Travelers
Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure! Bring required texts to first class: “Spanish is Fun: Book 1” ISBN 978-1634199285 and “Spanish is Fun: Book 1 Companion Workbook” ISBN 978-1531106331. Available online.
FLSP-716 | 8 sessions | $90 | 129 REG
F01 W 7-9 p.m. | Timothy Neckermann | Aug. 24 – Oct. 19 Online
F02 Th 4:30-6:30 p.m. | Timothy Neckermann | Aug. 27 – Oct. 15 Online
F03 W 7-9 p.m. | Timothy Neckermann | Oct. 20 – Dec. 15 Online
• NOTE: No class Nov. 24.

Spanish: Beginning I
Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations. Learn how to conjugate regular verbs, how to match verbs with the proper pronoun, proper pronunciation (stress on the proper syllables of words). Bring required texts to first class: Spanish is Fun: Book 1 ISBN 978-1634199285 and Spanish is Fun: Book 1 Companion Workbook; ISBN 978-1531106331, available online.
FLSP-717 | 8 sessions | $90 | 129 REG
F01 M 7-9 p.m. | Timothy Neckermann | Aug. 24 – Oct. 19 Online
F02 Th 4:30-6:30 p.m. | Maria de La Garza | Oct. 21 – Dec. 16 Online
• NOTE: No class Nov. 25.
F03 M 4:30-6:30 p.m. | Timothy Neckermann | Oct. 25 – Dec. 13 Online

Spanish: Beginning II
Increase your speaking, grammar and vocabulary skills. Concentration will be on oral use of the language in everyday situations. Prerequisite: Spanish Language: Beginning I or equivalent experience. Bring required text to first class: Spanish is Fun: Book 1 ISBN 978-1634199285 and Spanish is Fun: Book 1 Companion Workbook ISBN 978-1531106331.
FLSP-718 | 8 sessions | $90 | 129 REG
F01 Tu 6-8 p.m. | Ann Rupert | Aug. 24 – Oct. 19 Online
• NOTE: No class Oct. 5.
F03 Tu 7-9 p.m. | Timothy Neckermann | Aug. 24 – Oct. 19 Online
• NOTE: No class Oct. 5.
F04 Tu 4:30-6:30 p.m. | Timothy Neckermann | Oct. 26 – Dec. 14 Online

Swahili

Swahili: Beginning I
Swahili has a rich and remarkable history and is spoken by 140 million people across the globe. Learn to communicate with individuals near and far through basic conversations, blogs and social media. Discover the basics of speaking and writing, with a focus on proper pronunciation and basic sentence structure. No textbook required.
FLSW-717 | 12 sessions | $120 | 179 REG
F01 W 7-9 p.m. | Joyce Nganga | Sep. 8 – Dec. 1 Online
• NOTE: No class Nov. 24.

Spanish

Spanish for Travelers
Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure! Bring required texts to first class: “Spanish is Fun: Book 1” ISBN 978-1634199285 and “Spanish is Fun: Book 1 Companion Workbook” ISBN 978-1531106331. Available online.
FLSP-716 | 8 sessions | $90 | 129 REG
F01 W 7-9 p.m. | Timothy Neckermann | Aug. 24 – Oct. 19 Online
F02 Th 4:30-6:30 p.m. | Timothy Neckermann | Aug. 27 – Oct. 15 Online
F03 W 7-9 p.m. | Timothy Neckermann | Oct. 20 – Dec. 15 Online
• NOTE: No class Nov. 24.

Spanish: Beginning I
Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations. Learn how to conjugate regular verbs, how to match verbs with the proper pronoun, proper pronunciation (stress on the proper syllables of words). Bring required texts to first class: Spanish is Fun: Book 1 ISBN 978-1634199285 and Spanish is Fun: Book 1 Companion Workbook; ISBN 978-1531106331, available online.
FLSP-717 | 8 sessions | $90 | 129 REG
F01 M 7-9 p.m. | Timothy Neckermann | Aug. 24 – Oct. 19 Online
F02 Th 4:30-6:30 p.m. | Maria de La Garza | Oct. 21 – Dec. 16 Online
• NOTE: No class Nov. 25.
F03 M 4:30-6:30 p.m. | Timothy Neckermann | Oct. 25 – Dec. 13 Online

Spanish: Beginning II
Increase your speaking, grammar and vocabulary skills. Concentration will be on oral use of the language in everyday situations. Prerequisite: Spanish Language: Beginning I or equivalent experience. Bring required text to first class: Spanish is Fun: Book 1 ISBN 978-1634199285 and Spanish is Fun: Book 1 Companion Workbook ISBN 978-1531106331. Available online.
FLSP-718 | 8 sessions | $90 | 129 REG
F01 Tu 6-8 p.m. | Ann Rupert | Aug. 24 – Oct. 19 Online
• NOTE: No class Oct. 5.
F03 Tu 7-9 p.m. | Timothy Neckermann | Aug. 24 – Oct. 19 Online
• NOTE: No class Oct. 5.
F04 Tu 4:30-6:30 p.m. | Timothy Neckermann | Oct. 26 – Dec. 14 Online

REGISTRATION BEGINS AUG. 9 | 314-984-7777 | STLCC.EDU/CE 45
Spanish: Beginning III  

**FLSP-719** | 8 sessions | $90 AGE 60+ | $129 REG  
F04 Tu 5-7 p.m. | Maria de La Garza  
Aug. 24 – Oct. 19 | Online  
• NOTE: No class Oct. 5.
F05 Th 4:30-6:30 p.m. | Timothy Neckermann  
Aug. 26 – Oct. 14 | Online  
F06 W 4:30-6:30 p.m. | Timothy Neckermann  
Oct. 20 – Dec. 15 | Online  
• NOTE: No class Nov. 24.
F01 W 6:30-8:30 p.m. | Ann Rupert  
Oct. 27 – Dec. 15 | MC-BA 120

Spanish Beginner’s Review  
Become proficient in conjugating regular, irregular and stem-changing verbs! Gain an in-depth understanding of the present tense through writing, and practice speaking as you master the Spanish language. Only present tense verbs will be covered. Must have a basic understanding of how to conjugate regular verbs and match them with the proper pronoun and a good grasp of proper pronunciation, including rules of stress on the proper syllables of words. Prerequisite: Spanish Beginning III or equivalent experience. Bring required text to first class: “Primer Libro (Spanish First Year) Workbook” 2nd ed., ISBN 978-0877205197.

**FLSP-720** | 8 sessions | $90 AGE 60+ | $129 REG  
F04 Th 4:30-6:30 p.m. | Timothy Neckermann  
Oct. 21 – Dec. 16 | Online  
• NOTE: No class Nov. 25.
F03 Tu 5-7 p.m. | Maria de La Garza  
Oct. 26 – Dec. 14 | Online

Spanish: Grammar Beginning I  
Become proficient in conjugating regular, irregular and stem-changing verbs. Gain an in-depth understanding of the present tense through writing, and practice speaking as you master the Spanish language. Only present tense verbs will be covered. Must have a basic understanding of how to conjugate regular verbs and match them with the proper pronoun and a good grasp of proper pronunciation, including rules of stress on the proper syllables of words. Prerequisite: Spanish Language: Beginning II or equivalent experience. Bring required text to first class: “Primer Libro (Spanish First Year) Workbook” 2nd ed., ISBN 978-0877205197.

**FLSP-719** | 8 sessions | $90 AGE 60+ | $129 REG  
F04 Tu 5-7 p.m. | Maria de La Garza  
Aug. 24 – Oct. 19 | Online  
F05 Th 4:30-6:30 p.m. | Timothy Neckermann  
Aug. 26 – Oct. 14 | Online  
F06 W 4:30-6:30 p.m. | Timothy Neckermann  
Oct. 20 – Dec. 15 | Online  
• NOTE: No class Nov. 24.
F01 W 6:30-8:30 p.m. | Ann Rupert  
Oct. 27 – Dec. 15 | MC-BA 120

Spanish 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: Intermediate I or equivalent experience. Bring required texts to first class: “Spanish is Fun: Book 2” ISBN 978-1629746708 and “Spanish is Fun: Book 2 Companion Workbook” ISBN 978-1629746654.

**FLSP-720** | 8 sessions | $90 AGE 60+ | $129 REG  
F04 Th 4:30-6:30 p.m. | Timothy Neckermann  
Oct. 21 – Dec. 16 | Online  
• NOTE: No class Nov. 25.
F03 Tu 5-7 p.m. | Maria de La Garza  
Oct. 26 – Dec. 14 | Online

Spanish 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. Bring required texts to first class: “Spanish is Fun: Book 2” ISBN 978-1629746708 and “Spanish is Fun: Book 2 Companion Workbook” ISBN 978-1629746654.

**FLSP-722** | 8 sessions | $90 AGE 60+ | $129 REG  
F01 W 5-7 p.m. | Maria de La Garza  
Aug. 25 – Oct. 13 | Online

Spanish Intermediate Review  
Deepen your verb conjugation, speaking and written skills. Improve your understanding of present tense through writing and speaking; only present tense verbs will be covered. Must have a basic understanding of: how to conjugate regular verbs, how to match them with the proper pronoun, proper pronunciation (stress on the proper syllables of words.) Prerequisite: Spanish Intermediate III or equivalent experience. Bring required text to first class: “Primer Libro (Spanish First Year) Workbook” 2nd ed., ISBN 978-0877205197, available online.

**FLSP-723** | 8 sessions | $90 AGE 60+ | $129 REG  
F04 Th 7-9 p.m. | Timothy Neckermann  
Aug. 26 – Oct. 14 | Online

Spanish: Advanced I  
Increase your vocabulary and conversational skills through this advanced level course. Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Bring required text to first class: “Easy Spanish Reader” ISBN 978-0071850193.

**FLSP-723** | 8 sessions | $90 AGE 60+ | $129 REG  
F03 Th 7-9 p.m. | Timothy Neckermann  
Aug. 26 – Oct. 14 | Online

Spanish: Advanced II  
Increase your vocabulary and conversational skills through this advanced level course. Emphasis will be on spoken Spanish by reading and discussing a book in Spanish. Prerequisite: Spanish Advanced I or equivalent experience. Bring required text to first class: “Cajás de Cartúñ” ISBN 978-0618226160, available online.

**FLSP-723** | 8 sessions | $90 AGE 60+ | $129 REG  
F08 Th 7-9 p.m. | Timothy Neckermann  
Oct. 21 – Dec. 16 | Online  
• NOTE: No class Nov. 25.

Spanish: Reading I  
Increase your vocabulary and comprehension by reading and discussing a book in Spanish. Prerequisite: Spanish Advanced I or equivalent experience. Bring required text to first class: Intermediate Spanish Short Stories by Lingo Mastery ISBN 9781721046460, available online.

**FLSP-720** | 8 sessions | $90 AGE 60+ | $129 REG  
F01 M 5-7 p.m. | Maria de La Garza  
Aug. 23 – Oct. 18 | Online  
• NOTE: No class Sep. 6.

Spanish: Reading II  
Use reading in Spanish to improve your vocabulary and deepening your understanding of Spanish culture. Prerequisite: Spanish Reading I or equivalent experience. Bring required text to first class: Intermediate Spanish Short Stories by Lingo Mastery ISBN 9781721046460, available online.

**FLSP-723** | 8 sessions | $90 AGE 60+ | $129 REG  
F06 Th 6:30-8:30 p.m. | Maria de La Garza  
Aug. 26 – Oct. 14 | Online

Spanish: Advanced Reading VII  
Continue gaining vocabulary and comprehension by reading and discussing a book that richly portrays Spanish culture and personal journeys. Prerequisite: Spanish Conversation: Advanced VI or equivalent experience. Textbook will be announced prior to class start.

**FLSP-723** | 8 sessions | $90 AGE 60+ | $129 REG  
F06 Th 6:30-8:30 p.m. | Maria de La Garza  
Aug. 26 – Oct. 14 | Online

STLCC.EDU/CE  | 314-984-7777  | REGISTRATION BEGINS AUG. 9
**Six Women**
Tracing the story of six women through her maternal ancestry was an unexpected journey—a feat Gloria Perry thought near impossible, in fact. To her surprise, she was able to use a variety of genealogy tools, oral history, and field trips to trace her maternal ancestry through America and Germany. Listen in as Gloria weaves the tale of six women and her quest to find them. This class is a mix of historical storytelling and genealogy tips. Instructor will be in period dress as her ancestors would have worn.

**HIST-765 | 1 session | $29 Age 60+ | $29 Reg**
F01 Th 7-8:30 p.m. Gloria Perry
Sep. 9 MC-SO 205

**NEW! 200 Years of Famous Missourians**
In 2021, Missouri celebrates 200 hundred years of statehood. Spend an evening talking about some of the Missourians honored in the Hall of Famous Missourians—some familiar, others not typically associated with Missouri, and others unknown (but who should be)! Learn who they are and why they are honored.

**HIST-708 | 1 session | $27 Age 60+ | $35 Reg**
F01 Th 7-9 p.m. James Gallen
Sep. 30 MC-SO 205

**Beer, Brats and Baseball**
We all know St. Louis is Cardinal Nation! Delve deeper into the city’s baseball history in this class, where we will discuss the German entrepreneur who brought the Brown Stockings to St. Louis, how the team became the Cardinals and the history behind some of your favorite baseball traditions.

**HIST-708 | 1 session | $26 Age 60+ | $35 Reg**
F04 Sa 9:30-11:30 a.m. Victoria Cannon
Oct. 2 Thomas Dunn Learning Center

**Looking up While Walking Downtown**
Explore the many unique and beautiful architectural highlights of downtown St. Louis, including: the world’s first skyscraper; statues by one of the WWII Monuments Men; architectural and painted optical illusions; mythological creatures and animals; ornate terra cotta; rhythmic windows; a dome fashioned after St. Peters in Rome; and a St. Louis building that received national acclaim by PBS.

**HIST-708 | 1 session | $23 Age 60+ | $29 Reg**
F03 F 9:30-11 a.m. Douglas Schneider
Oct. 8 Online

**NEW! Missouri’s Civil War**
During Missouri’s bicentennial, it’s appropriate to look back at important times in Missouri’s past. None were more important or trying than the Civil War years. As one of the most intensely fought-over states, Missourians marched away to wear Blue and Grey, fought each other and then returned home. Spend an evening looking at some of the leading characters and battles of those divisive years.

**HIST-708 | 1 session | $27 Age 60+ | $35 Reg**
F02 Th 7-9 p.m. James Gallen
Oct. 28 MC-SO 205

**St. Louis on Fire**
A legacy of fire shapes modern St. Louis. The Great Fire of 1849 wiped out a huge swath of the riverfront and caused the first death of a firefighter in the country. St. Louis boasts the oldest fire department west of the Mississippi. There were firefighting shows at the 1904 St. Louis World’s Fair. Remains of a burnt hotel still stand in Tower Grove Park. Revisit this history, the evolution of firefighting methods and equipment, and the city’s repurposed fire stations.

**HIST-708 | 1 session | $23 Age 60+ | $29 Reg**
F05 F 9:30-11 a.m. Douglas Schneider
Dec. 3 Online

We have more! History buff? Check out the lineup of Ageless Learning Seminars starting on page 21.

To explore your own family’s past, try a genealogy class. See page 50.
**NEW!** The Story of Peoples Brewing Company, America’s First Black-Owned Brewery

In 1970, the now-defunct Peoples Brewing Company became the first black-owned brewery in the United States. As minorities in the field, the company struggled to survive and profit; they only stayed in business for two short years. Discover the significance of the story of this short-lived brewery and the intersections of race, capitalism and beer.

**HIST-711 | 1 session | $30 AGE 60+ | $35 REG**

- **F01** Sa 9:30-11:30 a.m.
- **Victoria Cannon**
- **Aug. 28 MC-SO 205**

**Aaron Burr: The Man Who Shot Alexander Hamilton**

We remember Aaron Burr for killing Alexander Hamilton, but he lived an interesting life before their fatal duel. Uncover the forgotten details of this war hero, senator and former Vice President’s life, including: his graduation from college at the age of 16; trial for treason; relationship with Napoleon; and, divorce on the same day as his death.

**HIST-703 | 1 session | $23 AGE 60+ | $29 REG**

- **F01** F 9:30-11 a.m.
- **Douglas Schneider**
- **Sep. 24 Online**

**Baseball’s Hidden Histories**

Baseball is widely known as America’s favorite pastime. However, people from all different cultures and backgrounds participate in the sport. Throughout U.S. history, baseball has been a unifier and a catalyst for social change. Explore how race, gender and class movements were built on the baseball field and learn about some of your favorite sport’s hidden figures.

**HIST-765 | 1 session | $30 AGE 60+ | $35 REG**

- **F02** Sa 9:30-11:30 a.m.
- **Victoria Cannon**
- **Sep. 25 Thomas Dunn Learning Center**

**NEW! True Crime History: Vice, Morality and Murder in the Borderland**

In 1926, the death of the Peteet family in San Diego, CA, received national attention. Retrace the details of this true crime horror story and explore how one family’s vacation-gone-wrong turned into a larger rallying cry for reforming the US-Mexico border regulations in the early twentieth century. This tale will give you insight into the fraught history of vice and virtue associated with the southern border.

**HIST-765 | 1 session | $30 AGE 60+ | $35 REG**

- **F06** Sa 9:30-11:30 a.m.
- **Victoria Cannon**
- **Oct. 30 MC-SO 205**

**Native Leaders: Crazy Horse, Sitting Bull, Geronimo and Chief Joseph**

Rediscover the stories of remarkable Native American leaders. Discover how Crazy Horse took up arms against the United States federal government to fight against encroachment by white American settlers, explore the Battle of Little Bighorn and understand how the Nez Perce conducted themselves in the face of incredible adversity. Also, you will find out about when Geronimo resided in St. Louis.

**HIST-703 | 1 session | $23 AGE 60+ | $29 REG**

- **F02** F 9:30-11 a.m.
- **Douglas Schneider**
- **Nov. 19 Online**

**Tools: A History**

Survey human civilization from the perspective of tools and the materials we make using them. Explore our development through the lenses of fire for cooking (and thus less time spent hunting to survive), the stone wheel, various metal ages, and the electrical and electronic advances of today. What is the next frontier, based on what we can make?

**HIST-765 | 1 session | $35 AGE 60+ | $35 REG**

- **F07** W 6:30-8:30 p.m.
- **Gregory Ray**
- **Sep. 8 Online**
PHILOSOPHY

A Moral Perspective: The Value Humans Assign to Nature and Animals
What are our moral and ethical obligations to the natural world? Explore the expansion of the moral community to include animals, forests, and even bodies of water through philosophical views on environmental ethics. Connect this logic to modern societal issues in determining the inclusion of animals and non-sentient beings in moral considerations. Please bring a pen and loose leaf paper.

PHIL-701 | 1 session | $21 AGE 60+ | $25 REG
F01 | W 6:30-8:30 p.m. | Danielle Walker
  Sep. 15

NEW! Philosophy for the Modern World: Technology and Society
Many of us use advanced technology such as smart phones, mobile apps, and facial recognition for convenience in our everyday lives, without stopping to consider ethical and social implications. Explore modern technology through the lens of applied ethics, social theory, and engage around themes including surveillance and punishment.

PHIL-701 | 1 session | $25 AGE 60+ | $25 REG
F03 | W 6:30-8:30 p.m. | Gregory Ray
  Sep. 22

Philosophy for the Modern World: Social Networking
Social media is nearly essential in the modern world. But applications such as Instagram, Facebook, and Twitter are both pro- and anti-social in their impact. Do tech companies have moral obligations in which projects they undertake? How ethical is their data usage? Discuss applied ethics and social theory, as well as a few references to theories of punishment.

PHIL-701 | 1 session | $25 AGE 60+ | $25 REG
F04 | Th 6:30-8:30 p.m. | Gregory Ray
  Oct. 28

Putting the Human in Human Rights

PHIL-701 | 1 session | $21 AGE 60+ | $25 REG
F02 | W 6:30-8:30 p.m. | Danielle Walker
  Oct. 20

RELIGION

Suicide: From Sin to Medicine
"There is only one true philosophical question, and that is suicide." Albert Camus' statement highlights suicide's role as an ethical and sociological "problem" throughout history. Learn how perceptions of suicidal behavior have changed, from the view of suicide as "unpardonable sin" in Christian theology, to the medicalization of suicide in the modern era.

RELG-765 | 1 session | $30 AGE 60+ | $35 REG
F01 | Th 6:30-8:30 p.m.
  Aug. 26
  Nick Lewis

The Work of Her Hands: Catholic Women Religious
In 2016, billboards appeared around the St. Louis area with a simple message, "We have faith in you, St. Louis," signed "St. Louis Catholic Sisters." The billboards were the latest legacy of a diverse group of women religious whose lives and work have shaped the city’s physical, social, emotional, and religious landscapes for more than three centuries. Discover how these women lived their faith in a changing St. Louis. We’ll explore how their lives, deeds, and way of living their religion intersected with larger issues of race, gender, class, and power in tense moments of reckoning and conflict in the St. Louis area and beyond.

RELG-765 | 1 session | $30 AGE 60+ | $35 REG
F02 | Sa 9-11 a.m.
  Sep. 16
  Amelia Flood

How We Know and Why We Believe
Discover four major modes for obtaining knowledge and each mode's impact on our beliefs. Examine how humans have come to “know” what they believe to be true, with a focus on comparing and contrasting knowledge and belief.

RELG-701 | 2 sessions | $37 AGE 60+ | $45 REG
F01 | Tu 7-9 p.m.
  Sep. 14 – Sep. 21
  Ron Mertz

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

- Career development
- Interviewing skills
- Résumé writing
- Non-profit development
- Fine arts and crafting
- Computer, mobile and smart home technology
- Culinary arts
- Theater
- Music
- Dance
- Nature and gardening
- Home improvement and design
- Religion
- Culture

Ready to share your love of learning by teaching a Continuing Education (CE) course?

Learn more at stlcc.edu/teachforCE
Planning Family Reunions and Get Togethers

Memorable family gatherings start with a bit of preparation, a dash of family history, and a pinch of creative sharing. Discover avenues to host a family reunion that commemorates family lineage. Bring a notebook, pencil, and family research notes to first class.

GENE-765 | 2 sessions | $41 | AGE 60+ | $59 REG
F01 Th 1-4 p.m. LaDonna Garner
Aug. 19 – Aug. 26 Online

Genealogy: How to Begin

Discover 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. Recommended text: “The Complete Idiot’s Guide to Genealogy” ISBN 978-1615641567, available online.

GENE-701 | 4 sessions | $45.50 | AGE 60+ | $69 REG
F01 T 3-5 p.m. Mary Stamm
Sep. 7 – Sep. 28 Online

Compiling Your Genealogy with RootsMagic

Keep ahead of your genealogy research, photos, and documents with this user-friendly family tree program. Prerequisite: Windows introduction class or equivalent experience. Precourse materials found at https://leafseeker.com/resources. Bring a notebook, pencil, and family research notes to first class. Students must purchase RootsMagic software before class starts (https://www.rootsmagic.com/Try/RootsMagic; RootsMagic 7 or 8 Recommended for this course).

GENE-704 | 2 sessions | $48 | AGE 60+ | $79 REG
F02 W Th 1-4 p.m. LaDonna Garner
Sep. 8 – Sep. 16 Online

Using FamilySearch.org®

Learn to effectively use the resources available from an old favorite, FamilySearch.org, which offers massive amounts of genealogical information available for free. Learn tips to navigate the website and explore all it has to offer for your genealogical research. Instructions to register at FamilySearch.org for a free account will be sent. Please register prior to first class and bring account login and jump drive to class.

GENE-705 | 2 sessions | $37 | AGE 60+ | $49 REG
F01 T 3-5 p.m. Mary Stamm
Oct. 5 – Oct. 12 Online

Mining Newspapers for Genealogy

Unearth the numerous ways ancestors were chronicled by historical print through digitized and microfilmed newspapers. Precourse materials https://leafseeker.com/resources. Bring a notebook, pencil, and family research notes to first class.

GENE-704 | 2 sessions | $41 | AGE 60+ | $59 REG
F03 W Th 1-4 p.m. LaDonna Garner
Oct. 6 – Oct. 7 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 | $37 | AGE 60+ | $49 REG
F01 T 3-5 p.m. Mary Stamm
Oct. 19 – Oct. 26 Online

Introduction to Military Records

Many families had members who served in the military and researchers often omit this type of research because of the complexity. Learn how to navigate this type of personal information and records, and discover the location of these documents. Prerequisite: Windows computer skills. Students must have an active St Louis County Library card.

GENE-705 | 2 sessions | $37 | AGE 60+ | $49 REG
F02 T 3-5 p.m. Mary Stamm
Nov. 9 – Nov. 16 Online
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Instructor</th>
<th>Dates</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>CL TR-701</td>
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<td>PERSONAL ENRICHMENT</td>
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<td>F04 F07</td>
<td>Lost Lemp Brewery</td>
<td>Stephanie Thurmer</td>
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<td>F04 F07</td>
<td>History of the Ouija Board</td>
<td>Kassia Morgan</td>
<td>Oct 21</td>
<td>6-8 p.m.</td>
<td>$29 AGE 60+</td>
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<td>F04</td>
<td>Connecting the Dots: Wine</td>
<td>St. Louis Paranormal Research Society</td>
<td>Oct 14</td>
<td>6-8 p.m.</td>
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<td>F04 F07</td>
<td>The Transgender Experience</td>
<td>Sheri Bilderback</td>
<td>Oct 21</td>
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<td>F04</td>
<td>Understanding Intersexuality</td>
<td>Jordan Braxton</td>
<td>Oct 26</td>
<td>6-8 p.m.</td>
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<td>F04</td>
<td>Diversity and Gender Inclusion</td>
<td>Stephanie Thurmer</td>
<td>Oct 21</td>
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<td>F04</td>
<td>Travel Near and Far</td>
<td>Stephanie Thurmer</td>
<td>Oct 21</td>
<td>6-8 p.m.</td>
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<td>F04</td>
<td>A History of Ireland: A Travelogue</td>
<td>Stephanie Thurmer</td>
<td>Oct 21</td>
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<td>F04</td>
<td>Samhain Is Not a Myth! Discover the Witch's Halloween</td>
<td>St. Louis Paranormal Research Society</td>
<td>Oct 21</td>
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<td>F04</td>
<td>Lost Lemp Brewery</td>
<td>St. Louis Paranormal Research Society</td>
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<td>F04</td>
<td>Taste of the Hill in a Box Virtual Tour</td>
<td>St. Louis Paranormal Research Society</td>
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<td>F04</td>
<td>LGBTQIA+ Dialogue</td>
<td>St. Louis Paranormal Research Society</td>
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<td>F04</td>
<td>History of Trans Cinema in Hollywood</td>
<td>St. Louis Paranormal Research Society</td>
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<td>F04</td>
<td>Personal Enrichment</td>
<td>St. Louis Paranormal Research Society</td>
<td>Oct 21</td>
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Celebrate Missouri’s Bicentennial
Enjoy a guided tour of Bellefontaine Cemetery, highlighting the resting place of some of St. Louis’s most important historical figures. Lunch is included at Lombard’s downtown. Then, enjoy a ride on The Wheel at Union Station. Finally, venture on to the Eugene Field House Museum and see the Special Bicentennial Quilt featuring squares created by quilters across the state in celebration of Missouri’s 200th Birthday. Withdrawal deadline for refund: 8/22.

TRAIP-702 | 1 session | $119 | Age 60+ | $119 REG
F06  F 8:45 a.m.-5:30 p.m.  AWTY? Dea Hoover
      Sep. 10  FV-Off Campus
F11  F 9:30 a.m.-5 p.m.  AWTY? Dea Hoover
      Sep. 10  MC-Off Campus

Spirit of Peoria Lunch Cruise
Tour the Melvin Price Lock and Dam system and a visit to the National Great Rivers Museum. Enjoy lunch aboard the Spirit of Peoria Riverboat while you cruise along the Mississippi River. Lunch is included. Withdrawal deadline for refund: 9/8.*

TRAIP-702 | 1 session | $119 | Age 60+ | $119 REG
F12  W 8 a.m.-4 p.m.  AWTY? Dea Hoover
     Sep. 22  MC-Off Campus

Exploring St. Louis
Discover places you probably haven’t seen before throughout the St. Louis area. While some are historical, others are so new that you may be the first of your friends to visit. Each week is a fun adventure! Walking is involved. Bring a lunch the first day. Tour includes tour guide, all fees for attractions and gratuities. Students must provide their own transportation.*

TRAIP-701 | 1 session | $176.50 | Age 60+ | $115 REG
F01  F 9 a.m.-2:30 p.m.  Joan Huisinga
     Oct. 1 - Oct. 22  TBA

Haunted Alton and Cruise
Enjoy a morning haunted sightseeing cruise aboard the Hakuna Matata. Enjoy lunch at Castell’s Moonlight, famous for their Talk-n-Chic fried chicken. Adventure on a Haunted Alton tour with a local guide which includes a visit to Smallpox Island and a tour at the McPike Mansion. Withdrawal deadline for refund: 9/17.*

TRAIP-702 | 1 session | $80.50 | Age 60+ | $119 REG
F07  F 8:30 a.m.-6 p.m.  AWTY? Dea Hoover
     Oct. 1  FV-Off Campus
F08  F 9:15 a.m.-5:15 p.m.  AWTY? Dea Hoover
     Oct. 1  MC-Off Campus

Mid-Century Modern St. Louis
Post-World War II St. Louis became a leader in modernist architecture. See a selection of these buildings from family homes in Crestwood to well-known commercial structures and learn about their famous architects. Lunch is on your own at the fast food “Flying Saucer” building on Grand Ave. Because of uncertain COVID-19 restrictions, this will mainly be a driving tour and lecture by a well-known architect, but hopefully interior access will be available to several buildings. Tour includes the bus, architects talk, gratuities and admissions. Withdrawal deadline for refund: 9/23.*

TRAIP-701 | $94.50 | Age 60+ | $119 REG
F06  Th 9:30 a.m.-3:30 p.m.  Joan Huisinga
     Oct. 7  MC-Off Campus

Taste of St. Louis
St. Louis’ favorite foods may be a dietician’s dilemma. Take a trip around St. Louis tasting the foods unique or invented in our area. We do not stop for lunch, but rather nibble all day starting with coffee and ending with dessert in various locations around town significant to the foods origin. If you wish to make purchases to bring home, please bring a bag to keep them in. The tour includes bus, food tastings and gratuities. Withdrawal deadline for refund: 9/29.*

TRAIP-701 | $86.50 | Age 60+ | $115 REG
F08  W 9 a.m.-3 p.m.  Joan Huisinga
     Oct. 13  MC-Off Campus

Alton Historic Homes and Arts Tour
Enjoy a driving tour with local guide to see the “kit homes” — homes shipped to individuals with assembly instructions to build! Alton is home to more than 40 kit homes today. Plus, visit the Jacoby Arts Center and see a live art demo, enjoy lunch at Josephine’s Tea Room and take a tour of Beall Mansion! Withdrawal deadline for refund: 10/11.*

TRAIP-702 | 1 session | $119 | Age 60+ | $119 REG
F03  M 8 a.m.-4:30 p.m.  AWTY? Dea Hoover
     Oct. 25  FV-Off Campus
F04  M 8:45 a.m.-4 p.m.  AWTY? Dea Hoover
     Oct. 25  MC-Off Campus

Favorite Haunts: St. Charles and North County
Hop on your broomstick (a nice bus) and explore the ghostly tales of St. Charles and a bit of North St. Louis county. Our first stop will be the Payne-Gentry house in North County, home to many unusual spirits and stories. Then, you’ll move on to Main Street St. Charles, where it seems ghosts lurk behind every facade. Lunch will take place in a haunted restaurant. There will be a short time for some looking or shopping on Main Street or to sit and watch the river roll by before heading to a group of Linden trees to learn another story. Tour includes the bus, lunch, admissions and gratuities. Withdrawal deadline for refund: 10/13.*

TRAIP-701 | $98.50 | Age 60+ | $119 REG
F07  W 9 a.m.-3 p.m.  Joan Huisinga
     Oct. 27  MC-Off Campus

Beautiful Belleville
Enjoy a walking tour of historical Belleville, highlighting the town’s famous German heritage. Plus, visit the Labor & Industry Museum and a tour of Cathedral of St. Peter. Please note the tour of Belleville is an approximately 1.5 mile walking tour at a leisure pace. Withdrawal deadline for refund: 10/22.*

TRAIP-702 | 1 session | $109 | Age 60+ | $109 REG
F05  F 8:45 a.m.-4:30 p.m.  AWTY? Dea Hoover
     Nov. 5  FV-Off Campus
F13  F 9:15 a.m.-4 p.m.  AWTY? Dea Hoover
     Nov. 5  MC-Off Campus

Country Christmas
Travel back and explore Christmas customs from more than a century ago at the Sappington House and the Hawken House, and learn about their celebrations. Then move on to Kimmswick for an up-to-date lunch at the Blue Owl, followed by a tour of the Anheuser Home and perhaps the Burgess House with a bit of time for last minute shopping. The tour includes guides, homes, lunch transportation and gratuities. Withdrawal deadline for refund: 11/30.*

TRAIP-702 | $94 | Age 60+ | $125 REG
F01  Th 9 a.m.-3 p.m.  Joan Huisinga
     Dec. 9  MC-Off Campus

Quincy Christmas
Join a private home tour decorated for the holiday season. Enjoy lunch at Tiramisu, followed by a tour of John Wood Mansion and a visit to the St. Francis Church. End with a take-home treat from Underbrink’s Bakery. Lunch included. Withdrawal deadline for refund: 11/30.*

TRAIP-702 | $129 | Age 60+ | $129 REG
F09  Tu 7:30 a.m.-6:30 p.m.  AWTY? Dea Hoover
     Dec. 14  MC-Off Campus

Victorian Holiday
Travel back to the late 1800’s with a refreshed and updated traditional Victorian holiday tour. Start with coffee and scones at Campbell House, one of the best examples of Victorian style in the U.S. Then venture to the Old Court House for a holiday concert. Enjoy high tea at the Missouri Athletic Club, home of an ever-changing gingerbread village. Lastly, travel to the historic Samuel Cupples house, a magnificent Renaissance building for a bite of chocolate. Both houses have second floors that contain steep steps. Fee covers transportation, food, admissions and gratuities. Withdrawal deadline for refund: 12/1.*

TRAIP-702 | $97.50 | Age 60+ | $129 REG
F02  W 9:30 a.m.-3:30 p.m.  Joan Huisinga
     Dec. 15  MC-Off Campus

* Assumption of Risk, Release and Waiver of Liability must be signed before departure. See page 62 for more details.

STLCC.EDU/CE  |  314-984-7777  |  REGISTRATION BEGINS AUG. 9

52
Aquafusion

Use various resistance equipment, such as dumbbells and noodles, during this high energy class to build cardio capacity and strengthen main muscle groups. Increase your strength and endurance, and leave feeling great!*

**PEDU-729 | 14 sessions | $82 AGE 60+ | $125 REG**

- **F04** M W 9-10 a.m.
  - **Aug. 30 – Oct. 18**
  - **Terri Williams**
  - **MC-PE Pool**
  - **NOTE: No class Sep. 6.**

- **F01** M W 9-10 a.m.
  - **Oct. 25 – Dec. 8**
  - **Terri Williams**
  - **MC-PE Pool**

Aquafusion/FABS

Do you want to be more flexible? Do you want to improve your flexibility? Do you feel tight in your sore? Do you want to increase your balance? Do you want to have fun in the water? Then this FABSulous class is for you! As we age, our bellies tend to get bigger, our balance becomes a bit off kilter, and our muscles start to sag. Using various water equipment, FABS class will tighten your tummy, improve your balance, and build major muscle groups.*

**PEDU-729 | 14 sessions | $82 AGE 60+ | $125 REG**

- **F03** T Th 9-10 a.m.
  - **Aug. 31 – Oct. 14**
  - **Terri Williams**
  - **MC-PE Pool**

- **F02** T Th 9-10 a.m.
  - **Oct. 26 – Dec. 14**
  - **Terri Williams**
  - **MC-PE Pool**
  - **NOTE: No class Nov. 25.**

* Assumption of Risk, Release and Waiver of Liability must be signed at first class. See page 62 for more details.
Tennis

National Tennis Rating Program (NTRP)

1.0  This player is just starting to play tennis.
2.0  May have had some lessons; needs on-court experience.
2.5  Can sustain a short rally of slow pace; needs to develop form.
3.0  Consistent on medium-paced shots; needs work on form and strategy.
3.5  Consistent with directional control; needs to work on specialty shots.
4.0  Dependable with directional control and depth; has specialty shots.

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drills. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Consistency of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Tennis: Beginning I
See NTRP rating box. Tennis balls provided.*

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<tr>
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Tennis: Beginning II
See NTRP rating box. Tennis balls provided.*

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Tennis: Intermediate I
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Tennis: Intermediate/Advanced
See NTRP rating box. Tennis balls provided.*

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Pickleball

NEW! Pickleball: Beginning
Pickleball is a fast-growing sport for good reason. Easy to learn, easy to play and great exercise for all ages and abilities. Beginners learn pickleball basics, tips, strategies, myths, like-skill grouping, and game play scenarios. All equipment provided. Dress appropriately for outdoor court. The following textbook is not mandatory but essential for reference and more comprehension and understanding: Pickleball: Tips, Strategies, Lessons & Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner.*

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Pickelball: Beginning/Intermediate
Pickleball is a fast-growing sport for good reason. Easy to learn, easy to play and great exercise for all ages and abilities. Beginners learn pickleball basics, tips, strategies, myths, like-skill grouping, and game play scenarios. Intermediate players will play at a more advanced level. All equipment provided. Dress appropriately for outdoor court. The following textbook is not mandatory but essential for reference and more comprehension and understanding: Pickleball: Tips, Strategies, Lessons & Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner.*

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Pickleball: Intermediate
Pickleball is a fast-growing sport for good reason: it’s easy to learn, easy to play and great exercise for all ages and abilities. Expand on pickleball basics, tips, strategies, myths, like-skill grouping, and game play scenarios at a more advanced level. Prerequisite: Pickleball: Beginner or previous pickleball experience. All equipment provided. Dress appropriately for outdoor court. The following textbook is not mandatory but essential for reference and more comprehension and understanding: Pickleball: Tips, Strategies, Lessons & Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner.*

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Pickleball: Intermediate
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Golf: Basics and Beyond
Learning to play golf correctly is key to a great game. As a new golfer, get started right track. For more experienced golfers, get back to basics and unlearn any bad habits. Class covers putting, chipping, pitching, rules, etiquette, and full swing with iron and with wood. A great mix for beginners just learning to play and experienced golfers brushing up on skills and rules of play as a refresher. Extra fee for balls.*

PEDU-730  | 5 sessions  | $75 AGE 60+  | $75 REG
F05  | Sa 10-11:30 a.m.
   |  Sep. 11 – Oct. 9  Eagle Springs Golf Course

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

PEDU-730  | 4 sessions  | $49 AGE 60+  | $49 REG
F01  | T 6-7 p.m.
   |  Sep. 7 – Sep. 28  Golfport of Maryland Heights

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

PEDU-730  | 4 sessions  | $49 AGE 60+  | $49 REG
F02  | Th 6-7 p.m.
   |  Sep. 9 – Sep. 30  Golfport of Maryland Heights
F04  | Sa 10-11 a.m.
   |  Sep. 11 – Oct. 2  Golfport of Maryland Heights

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

PEDU-731  | 4 sessions  | $49 AGE 60+  | $49 REG
F01  | Th 7-8 p.m.
   |  Sep. 9 – Sep. 30  Golfport of Maryland Heights
F02  | Sa 9-10 a.m.
   |  Sep. 11 – Oct. 2  Golfport of Maryland Heights

Golf: Playing Lesson
Enjoy this unique opportunity to play nine holes of golf with an experienced instructor. If you're a golfer who has received prior instruction, but have had difficulty taking your game to the next level, this opportunity is for you. Be prepared to pay Eagle Springs approximately $15 to play some holes on the course (includes riding cart).*

PEDU-765  | 1 session  | $35 AGE 60+  | $35 REG
F05  | T 5-7 p.m.
   |  Aug. 31  Eagle Springs Golf Course
F06  | M 3-5 p.m.
   |  Sep. 13  Eagle Springs Golf Course

Golf for Seniors
Learn the basic fundamentals of golf: grip, set-up, miniswing, full swing, putting and chipping. Class will move at a slower pace. Extra fee for balls.*

PEDU-765  | 4 sessions  | $49 AGE 60+  | $49 REG
F02  | T 11 a.m.-noon
   |  Sep. 7 – Sep. 28  Golfport of Maryland Heights

Golf: The Swing of Things
Get into the swing of things! This fun class is essential for every golfer. Perfecting your swing is not all about hitting the ball; it's learning and understanding how to use your body motion to create your perfect swing. Extra fee for balls.*

PEDU-765  | 4 sessions  | $49 AGE 60+  | $49 REG
F01  | T 10-11 a.m.
   |  Sep. 7 – Sep. 28  Golfport of Maryland Heights

Golf: The FUNdamentals
Acquire an open mind in your golf game through learning the basics, or FUNdamentals. Learn skills required to ensure a sound golf experience and have fun doing so. Extra fee for balls.*

PEDU-730  | 4 sessions  | $49 AGE 60+  | $49 REG
F03  | Th 5-6 p.m.
   |  Sep. 9 – Sep. 30  Golfport of Maryland Heights

Golf: Tee for Two
Want to enjoy the game of golf with your significant other? Whether you've played for years or have never picked up a club, couples can enjoy time together while learning and improving golf skills. This course is open to all levels of player. Each participant must register.*

PEDU-765  | 4 sessions  | $49 AGE 60+  | $49 REG
F03  | Th 11 a.m.-noon
   |  Sep. 9 – Sep. 30  Golfport of Maryland Heights

Golf: Caregiver/Child
Enjoy time with your child (ages 7-15) on the links and learn the basics of golf together! Improve your game and help your child practice golf skills. Registration required for each participant. Extra fee for balls paid by each participant.*

PEDU-765  | 4 sessions  | $49 AGE 60+  | $49 REG
F04  | Sa 11 a.m.-noon
   |  Sep. 11 – Oct. 2  Golfport of Maryland Heights

* Assumption of Risk, Release and Waiver of Liability must be signed at first class. See page 62 for more details.
Fitness

Pilates

Strengthen, lengthen and tone muscle, and increase your flexibility. Learn how to execute Pilates movements while focusing on breathing, allowing your mind and body to unite. Bring a towel and mat.*

PEDU-756 | 13 sessions | $79 AGE 60+ | $119 REG
F01 M 6:10-7:05 p.m. Kathy McMeans
Aug. 30 – Nov. 29
MC-PE 105
• NOTE: No class Sep. 6.
F02 W 6:10-7:05 p.m. Kathy McMeans
Sep. 1 – Nov. 24
MC-PE 105

Yoga to Align and Unwind

Stilling the mind starts with aligning and freeing the body. This beginner yoga class teaches you to unwind through understanding movement at a deep level. Untie your deepest knots and possibly solve painful conditions in the back or knees. Techniques learned during this course are safe and effective for all levels of practitioner. In this blended format, choose the method (online or in-person) that works best for you.*

PEDU-761 | 11 sessions | $79 AGE 60+ | $95 REG
F01 Th 6:45-7:45 a.m. Yoga 108 at The City
Sep. 2 – Nov. 11
Multi Rm
Blended

NEW! Lunchtime Yoga Refresh

Experience gentle, yet energizing flowing sequences aimed at cultivating calm, focused awareness for the rest of the day.*

PEDU-761 | 11 sessions | $79 AGE 60+ | $95 REG
F03 Th 11:30 a.m.-12:30 p.m. Yoga 108 at The City Studio
Sep. 2 – Nov. 11
Multi Rm
Blended

Senior Chair Yoga

Heal the body, mind and spirit. Build balance, strength, mobility and flexibility through standing or seated yoga poses with the aid of a chair. Designed for participants age 55 and older, but all are welcome.*

PEDU-761 | 10 sessions | $99 AGE 60+ | $99 REG
F08 W 10-11 a.m. Denise Motta
Sep. 8 – Nov. 17
Multi Rm
Blended
• NOTE: No class Sep. 22.

Yogalates

Enjoy the benefits of yoga, Pilates and core strengthening as you exercise and stretch with a challenging and relaxing workout! Bring water, towel and yoga mat.*

PEDU-756 | 10 sessions | $99 AGE 60+ | $99 REG
F03 Th 5:30-6:30 p.m. Denise Motta
Sep. 9 – Dec. 2
Multi Rm
Blended
• NOTE: No class Sep. 16, Sep. 23, Nov. 25.

Classical Yoga

Learn a unique blend of flowing dance-like yoga moves and stretches set to inspiring and stimulating classical music. Focus on mindfulness, breathing, flexibility, range of motion, balance and stability. Taught by a certified yoga instructor, the class provides a truly one-of-a-kind yoga exercise experience by using a chair while standing for some of the postures and flows in order to improve in stretching and balance.*

PEDU-761 | 8 sessions | $79 AGE 60+ | $79 REG
F05 F 10-10:45 a.m. Vitality in Motion
Sep. 10 - Oct. 29
Multi Rm
Blended

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 alleviating painful conditions such as sore back and knees. Techniques learned during this course are safe and effective for all levels of practitioner. Students’ choice to take online or in-person.*

PEDU-761 | 10 sessions | $99 AGE 60+ | $99 REG
F01 Sa 9:15-10:30 a.m. Yoga 108 at The City Studio
Sep. 11 – Nov. 13
Multi Rm
Blended

Yoga Basics

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

PEDU-761 | 10 sessions | $119 AGE 60+ | $119 REG
F06 M 12:15-1:15 p.m. Kelly Kauffmann
Sep. 13 – Nov. 22
Sunset Hills Comm Ctr
• NOTE: No class Oct. 2.
Comm Ctr A

Yoga: Continuing

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

PEDU-761 | 10 sessions | $119 AGE 60+ | $119 REG
F07 M 1:30-2:30 p.m. Kelly Kauffmann
Sep. 13 – Nov. 22
Sunset Hills Comm Ctr
• NOTE: No class Oct. 11.
Comm Ctr A

* Assumption of Risk, Release and Waiver of Liability must be signed at first class. See page 62 for more details.
Cardio and Strength

HIIT After 40
This total-body, moderately-high intensity interval workout uses a variety of bodyweight and light-weight exercises to tone and tighten for that fit, strong and healthy version of you! Aid overall health and toning, and gain information and motivation in a fun supportive environment. Please bring mat and light weights to class.*

**PEDU-747** | 8 sessions | $49 **AGE 60+** | $79 **REG**
F04 | T 6-7 p.m. | Trish Werner | Aug. 31 – Oct. 26 | STLCC-SoCo 127
• NOTE: No class Oct. 5.
F03 | W 6-7 p.m. | Trish Werner | Nov. 2 – Dec. 21 | STLCC-SoCo 127

Body Reset Training Program
Getting fit is one measurement of health. Understanding why that is not happening is another. Injuries, incorrect posture and other elements may be keeping you from being at your best in all of your movements, ranging from everyday motion to athletic performance. Restore your body and regain amazing balance and flexibility from this core workout, designed to strengthen and align you back to full motion.*

**PEDU-747** | 8 sessions | $79 **AGE 60+** | $79 **REG**
F02 | W 6-7 p.m. | Almas Del Ritmo | Sep. 1 – Nov. 3 | Online

Fitness Flex for Women
Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and one-to-two pound weights recommended.*

**PEDU-755** | 12 sessions | $69 **AGE 60+** | $105 **REG**
F01 | T 7-8 p.m. | Marsha Fey | Sep. 7 – Nov. 23 | MC-PE 201

Barre Cardio and Tone
Learn a sequence of upper body exercises using light free weights to target biceps, triceps, shoulder, chest and back muscles. Then, move to a series of ballet barre and floor exercises that focus on the thighs while working core and posture. Every exercise includes active stretching to elongate the targeted muscles.*

**PEDU-754** | 13 sessions | $119 **AGE 60+** | $119 **REG**
F03 | Th 5:30-6:30 p.m. | Trish Werner | Sep. 9 – Dec. 9 | Z Total Body
• NOTE: No class Nov. 25.

TRX Strength and Cardioboxx
TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. TRX leverages gravity and your body to complete variety of exercises. Cardioboxx is a fun combination of kickboxing moves (jab, cross, hook, upper cut, side kicks, front kicks, back kicks) in a layering format with upper and lower body combinations getting your heart rate up. Along with some specific strength moves to focus on abs, glutes or legs.*

**PEDU-754** | 13 sessions | $119 **AGE 60+** | $119 **REG**
F02 | T 4:30-5:30 p.m. | Trish Werner | Sep. 7 – Nov. 30 | Z Total Body

NEW! Trampoline Fit and Cardioboxx
Jump like a kid again, and build strength and endurance. Cardioboxx is a fun combination of kickboxing moves (jab, cross, hook, upper cut, side kicks, front kicks, back kicks) and upper and lower body combinations designed to get your heart rate up. Personal 36-inch trampolines are used to work lower body with fun, exhilarating, low-impact, aerobically effective bounce moves. Upper body moves are worked with a safety bar, so no fear of falling off the trampoline. Along with some specific strength moves, you’ll focus on abs, glutes or legs.*

**PEDU-754** | 13 sessions | $119 **AGE 60+** | $119 **REG**
F01 | Th 4:30-5:30 p.m. | Trish Werner | Sep. 9 – Dec. 9 | Z Total Body
• NOTE: No class Nov. 25.

Rest, Stress and Destress
Visit different ways to learn how to destress your life through various methods to rejuvenate your mind, body and soul as well as relax them. A light, no thinking, stress-free class to end your day on a good note and prepare for a restful night’s sleep.*

**PEDU-761** | 6 sessions | $59 **AGE 60+** | $59 **REG**
F11 | M 7:30-8:15 p.m. | Jakki Taylor | Nov. 8 – Dec. 13 | St. Lou Dance Crew

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

**PEDU-761** | 6 sessions | $48 **AGE 60+** | $75 **REG**
F04 | W 6-7:15 p.m. | Pamela Todd | Nov. 10 – Dec. 15 | MC-PE 201

NEW! Baby Weights
Join a fitness class designed for the new parent. Tone arms, legs and core while spending time with baby and reclaiming your personal strength and endurance. All fitness levels welcome. Best suited for parents with babies in pre-walking stage.*

**PEDU-755** | 6 sessions | $59 **AGE 60+** | $59 **REG**
F02 | Tu 10:30-11:15 a.m. | Jakki Taylor | Nov. 9 – Dec. 14 | St. Lou Dance Crew

We have more! As a new parent, communicate with your baby or toddler and stimulate their development with sign language. See page 42.

Fly Tots
Enjoy valuable time with your little one while incorporating light exercises for caregiver and flips and tricks for your tot. Best suited for moms and dads with children age 2-5 years old.*

**PEDU-754** | 6 sessions | $59 **AGE 60+** | $59 **REG**
F04 | Tu 9:30-10:15 a.m. | Jakki Taylor | Nov. 9 – Dec. 14 | St. Lou Dance Crew
T'ai Chi

T'ai Chi Chih: Beginning/Continuing
Expand your journey through 19 movements and one pose of this moving meditation. Beginners learn from experienced instructor and classmates while continuing students enhance their own movements. Health benefits include better balance, blood pressure control and reduction in symptoms associated with stress, shingles and arthritis.*

PEDU-766 | 10 sessions | $69 AGE 60+ | $99 REG
F04 T 4:30-5:30 p.m. | Jeanette Miller
Aug. 31 – Nov. 2
FV-PE 122

Chen T’ai Chi for Beginners
Strengthen your body through slow, smooth movements. Increase energy with mindful breathing and improve balance through the constant shift of body weight. T’ai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of T’ai Chi.*

PEDU-766 | 8 sessions | $79 AGE 60+ | $79 REG
F01 W 1:15-2:15 p.m. | Alex Chen
Sep. 15 – Nov. 3
MC-PE 201

Introduction to T’ai Chi for Health
Experience a moving meditation of safe, low-impact exercise while improving strength, balance and flexibility. Explore basic principles and practices including focused breathing, coordinated mindful movement and focused weight shifting. Please wear comfortable, loose-fitting clothing and flat soled shoes.*

PEDU-766 | 8 sessions | $49 AGE 60+ | $79 REG
F02 M 3-4 p.m. | Dennis Winschel
Sep. 13 – Nov. 8
STLCC-SoCo 127

• NOTE: No class Oct. 11.

T’ai Chi for Health: Intermediate
T’ai Chi remains a safe low-impact exercise for improving strength, balance, flexibility, mental acuity and mindfulness. For those currently practicing T’ai Chi principles, this class builds on the completed Introduction to T’ai Chi for Health with more integrated whole body movements. Please wear comfortable, loose-fitting clothing and flat soled shoes.*

PEDU-766 | 8 sessions | $49 AGE 60+ | $79 REG
F03 Tu 4-5 p.m. | Dennis Winschel
Sep. 14 – Nov. 2
STLCC-SoCo 125

Lotus T’ai Chi Qigong
Qigong is a way to cultivate your vitality by improving the overall body functions, reducing the risk of getting sick and accelerating the recovery of diseases. Over thousands of years, qigong has been known to help many chronic and complex health issues. This form of exercise can also reduce muscle stiffness, improve breathing, calm your stress and increase your mobility. All ages and levels of ability are welcome.*

PEDU-766 | 8 sessions | $79 AGE 60+ | $79 REG
F05 W 11:30 a.m.-12:30 p.m. | Alex Chen
Sep. 15 – Nov. 3
MC-PE TBA

Self-Defense

Practical Self-Defense for Woman
Maximize your own power and gain confidence to defend against personal attacks with easy-to-learn, highly-effective techniques. Great intro for novice and trained students. Female instructor; 30+ years experience. Situational awareness, stand-up defense (striking and kicking), defense against grab attacks and grappling escapes on ground. Hands-on and vigorous exercise. Basic physical fitness required. All gear provided. No shoes on mats. Athletic wear required. Minors age 16-17 enrolled in class must be accompanied by parent/guardian.*

PEDU-743 | 1 session | $39 AGE 60+ | $39 REG
F03 F 6-9 p.m. | Gina Breadon
Sep. 17
MC-PE 105

F04 Sa 9 a.m.-noon | Gina Breadon
Oct. 16
MC-PE 105

F05 F 6-9 p.m. | Gina Breadon
Nov. 5
MC-PE 105

F06 Sa 9 a.m.-noon | Gina Breadon
Dec. 4
MC-PE 105

ACE® Personal Trainer Certification Prep

Turn your passion for health and fitness into a career as a personal trainer.

• 12 session, non-credit training program

• Learn to design individualized fitness programs based on clients’ health, fitness and goals

• Study physiology, nutrition, teaching techniques and more

• Prepare for the American Council on Exercise (ACE) Personal Trainer Certification Exam

Learn more and register at stlcc.edu/Accelerated

* Assumption of Risk, Release and Waiver of Liability must be signed at first class. See page 62 for more details.
**Wellness and Personal Development**

**Personal Insights**

**Mastering Mindfulness**
Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? Explore mindfulness as a method to improve your memory and find a clearer understanding of your purpose in life. Begin engaging the world with your entire mind instead of a fleeting, uncontrolled thought. Learn tools to stretch your mind in amazing ways.

**PERD-709 | 1 session | $23 AGE 60+ | $29 REG**
| **F05** | Th 6:30-8:30 p.m. | William Duffin |
| **Sep. 16** | **Online** |

**Law of Attraction, What’s the Problem?**
You have visualized and made your vision board, but are you still encountering the same old obstacles? Explore a key human trait: the unconscious counter-intention. Discover your hidden potential as you remove your unconscious blocks. Dive into the law of attraction and discover insight into your subjective unconscious blocks to your desires.

**PERD-709 | 1 session | $23 AGE 60+ | $29 REG**
| **F06** | Sa 10 a.m.-noon | William Duffin |
| **Sep. 18** | **Online** |

**Assertiveness for the Sensitive Person**
Have you ever been told you’re “too nice” and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others than their own. This can result in an individual feeling powerless and unheard. Learn how powerfully you really are and develop confidence to be more comfortably assertive.

**PERD-743 | 2 sessions | $33 AGE 60+ | $45 REG**
| **F01** | Th 7-9 p.m. | Nancy Cohen |
| **Sep. 23 – Sep. 30** | **Online** |

**Challenge of Choice: Effective Decision Making**
Every action we take in life requires us to make decisions. Yet, many struggle each day with this process. Explore the core barriers behind decision making, define a streamlined process, and gain tips on how to deal with the positive and negative consequences that come with decision making.

**PERD-709 | 1 session | $49 AGE 60+ | $49 REG**
| **F02** | Sa 11 a.m.-12:30 p.m. | Candace Anthony |
| **Sep. 25** | **Online** |

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

**PERD-709 | 1 session | $23 AGE 60+ | $29 REG**
| **F07** | Th 6:30-8:30 p.m. | William Duffin |
| **Sep. 30** | **Online** |

**The Afterlife**
What happens when we die? Will we meet our loved ones who have passed before us? Is there a heaven? A hell? Do souls really get “stuck” between worlds? Am I still “me” when my body dies? Gain a greater understanding of the afterlife and the journey of the soul thereto. Students should come to class with an open mind. This class is based on empirical and anecdotal fact and not a forum to debate disbelief. Discover the five aspects of emotional intelligence and increase your awareness with the goal of meeting your interpersonal and intrapersonal goals.

**PERD-709 | 1 session | $23 AGE 60+ | $29 REG**
| **F08** | Sa 10 a.m.-noon | William Duffin |
| **Oct. 2** | **Online** |

**Effective Goal Planning for Personal Development**
Have you ever struggled to meet a goal you’ve set for yourself? Wonder what would increase your motivation? Explore what contributes to your motivation, discover the difference between a goal and an objective, and leave with a plan to achieve personal and professional goals.

**PERD-709 | 1 session | $49 AGE 60+ | $49 REG**
| **F03** | Sa 11 a.m.-12:30 p.m. | Candace Anthony |
| **Oct. 16** | **Online** |

**Courage, Risks and Rewards: Taking Chances to Change Your Life**
Life is all about choices. The decision to leap into something new or different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk and learn how to change your mindset. Learn five powerful perspectives on risk-taking that will empower you to take more chances and create opportunities for happiness and fulfillment.

**PERD-709 | 2 sessions | $29 AGE 60+ | $39 REG**
| **F11** | Sa 9:30-11 a.m. | Carol Watkins |
| **Oct. 16 – Oct. 23** | **Online** |

**How to Find More Peace and Happiness**
We all want to feel peace and joy, but the challenges we often face make that seem difficult. Discover how simple changes in your everyday thoughts and routines can make a remarkable difference in your life. Explore how understanding and practice can help you move toward the state of peacefulness more easily.

**PERD-744 | 2 sessions | $33 AGE 60+ | $45 REG**
| **F01** | Th 7-9 p.m. | Nancy Cohen |
| **Oct. 21 – Oct. 28** | **Online**

**Karma**
Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life.

**PERD-709 | 1 session | $23 AGE 60+ | $29 REG**
| **F09** | Th 6:30-8:30 p.m. | William Duffin |
| **Nov. 4** | **Online** |

**Enhancing Your Emotional Intelligence Skill**
You may have heard of Emotional Intelligence (EI). But do you understand what it is or how it applies to you? Knowing EI and at what level you are displaying the skills that fall under this concept can benefit you through increased motivation and improved social interactions. Discover the five aspects of Emotional Intelligence and increase your awareness with the goal of meeting your interpersonal and intrapersonal goals.

**PERD-765 | 1 session | $41 AGE 60+ | $49 REG**
| **F04** | Sa 10 a.m.-noon | Rhonda Leifheit |
| **Nov. 6 – Nov. 20** | **MC-BA 118** |

**Create Your Travel Memoir**
Recall your travel experiences and discover the many ways travel has enriched your life. Mindful travelers learn to keep an open heart and see all of life as a grand adventure. 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’s Memoir,” a guide to recollection and reflection. Take this opportunity to create a record of breath-taking places, favorite travel companions, historical appreciation and more.

**PERD-709 | 3 sessions | $41 AGE 60+ | $59 REG**

**Transitions and Transformations:**
**Thriving in the Midst of Change**
Transitions can be hard, but they hold a positive side, too. Transitions offer the opportunity to rethink the direction of our lives. In the second and third chapters of our lives, we may discover similarities to seasonal patterns of endings and beginnings. You may lose a loved one or a job, experience divorce or illness or have an empty nest. Maybe you become a new grandparent, embark on new job or move to a new city. Whether the transition is positive or negative, learn practical strategies to empower you in making future changes with increased confidence, less stress and the greater potential to thrive. Class is recommended for individuals 50 and older.

**PERD-709 | 2 sessions | $29 AGE 60+ | $39 REG**
| **F10** | Sa 9:30-11 a.m. | Carol Watkins |
| **Nov. 13 – Nov. 20** | **Online**
Discover the Benefits of Meridian Tapping
Meridian tapping combines tapping on acupressure points with intention statements to clear mental, emotional and physical energy. Also referred to as energy tapping or emotional freedom technique (EFT), its usage continues to grow because of its effectiveness. Learn step-by-step instruction in tapping for emotions such as anxiety, fear, anger and feeling overwhelmed; origins of thought field therapy; applications for health issues such as indigestion, headaches and insomnia; root cause technique to heal long-standing or complex issues; techniques to clear self-sabotage and change unwanted habits; and, self-acceptance as a means to greater health and emotional freedom.

PERD-735 | 3 sessions | $41 AGE 60+ | $59 REG
F01 T 6:30 p.m. | Rhonda Leifheit
   Sep. 7 – Sep. 21 | MC-BA 118

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! Discover basic principles you can apply in your daily life to enhance health and wellness. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in traditional Chinese medicine.

HEAL-701 | 1 session | $39 AGE 60+ | $39 REG
F02 W 6-8:30 p.m. | Alex Chen
   Sep. 29 | Online

Eastern Philosophy for Wellness
Explore the concepts of eastern philosophy to guide you through the ebb and flow of chronic diseases and lead you to a healthy life. This class will inspire your lifestyle and anchor your anxious mind by offering different perspectives on life.

HEAL-701 | 1 session | $39 AGE 60+ | $39 REG
F01 W 6-8:30 p.m. | Alex Chen
   Oct. 27 | Online

Natural Wellness: Killing Pain Without Painkillers
Examine 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 professional diagnosis and treatment. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in traditional Chinese medicine.

HEAL-701 | 1 session | $39 AGE 60+ | $39 REG
F03 W 6-8:30 p.m. | Alex Chen
   Oct. 13 | Online

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 elevated mental clarity, increased energy, improved physical health, stronger relationships, greater peace of mind and added productivity. Please bring a mat.

PERD-732 | 2 sessions | $23 AGE 60+ | $29 REG
F01 Sa 4-5 p.m. | Neelima Bhavsar
   Sep. 18 – Sep. 25 | Online
F02 Sa 4-5 p.m. | Neelima Bhavsar
   Oct. 16 – Oct. 23 | Online
F03 Sa 4-5 p.m. | Neelima Bhavsar
   Nov. 13 – Nov. 20 | Online
F04 Sa 4-5 p.m. | Neelima Bhavsar
   Dec. 4 – Dec. 11 | Online

Meditations for Inner Peace
Calm your anxious mind, relax your body and lift your spirits. Meditation brings relaxation, mental clarity, emotional balance and opens the heart and mind to greater spiritual awareness. Experience a variety of techniques and find the ones that are best for you. Meditation is an important practice in spiritual, as well as intuitive, development.

PERD-732 | 4 sessions | $55 AGE 60+ | $79 REG
F05 W 6-8 p.m. | Rhonda Leifheit
   Sep. 29 – Oct. 20 | MC-BA 118

Zen Living
Do you want more peace and calm in your life? Do you feel stressed? Do you find yourself having a negative outlook? Learn practical ways to nurture Zen in your surroundings, relationships and personal philosophy. Explore open discussions on how Zen influences personal finances, physical ailments, sleeping habits, personal environment, self-confidence, happiness, forgiveness, spirituality and love.

HEAL-702 | 2 sessions | $30.50 AGE 60+ | $45 REG
F01 T 6:30-8:30 p.m. | Johnny Sprang
   Nov. 16 – Nov. 23 | MC-BA 118

We have more! Learn more about long-term care solutions and how to pay for them. See page 37.
Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs and to view complete, up-to-date course information, visit St. Louis Community College at stlcc.edu/CE.

Enrollment in Continuing Education classes and programs is limited to persons 16 years and older except for youth section classes and where otherwise noted.

Registration for classes closes three business days before class start date unless otherwise noted in course description.

For more information, visit stlcc.edu/CE
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/need2know.

Class Changes/Postponement/Cancellation
Any course changes in dates, times or locations will be emailed to students using the email address provided during course enrollment. Because Continuing Education (non-credit) classes are self-supporting, the decision to run a class is based on the number of students enrolled. The College reserves the right to cancel if sufficient enrollment is not achieved. For changes and cancellations due to low enrollment, students will be notified by email. Full refunds will be issued for classes canceled by the College unless noted otherwise in the catalog. Please call 314-984-7777 with any questions.

Inclement Weather
Occasionally, Continuing Education classes are canceled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KS DK-TV and KVIT/Fox 2. Also, all location closings will be posted at stlcc.edu. To sign up for automated SMS notifications of STLCC campus closures or emergencies, visit stlcc.edu/alerts.

When St. Louis Community College cancels classes, online and off-campus classes are also canceled.

In addition, when a particular host school district or institution closes, the Continuing Education classes at that location will not meet.

COVID-19 Guidelines
Classes offered in-person may be rescheduled, canceled or transitioned to an online format based on COVID-19 guidelines. Students are required to follow COVID-19 guidelines for classroom participation, which may include, but are not limited to, use of masks and social distancing requirements.

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 Continuing Education by email at CEregistration@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculations of refunds will be based on the date the request is received via email or postmarked date.

Time of Withdrawal
100%

Three business days prior to the first class meeting. Must be submitted in writing.

None

Two business days prior to the first class meeting or after the class has begun.

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 Individuals Age 60 and Older
At the time of registration, individuals age 60 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 CE office for questions regarding the reduced rate. Reduction will be calculated at check-out.

Senior Citizen Scholarship
For information, please visit stlcc.edu/CE or call 314-984-7777.

Unattended Children
Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The College reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, College will institute disciplinary action.

Textbooks
Textbooks can be purchased at the campus bookstores or online through the STLCC bookstore website unless otherwise noted in the course description. Books ordered through the website will be shipped to you free of charge. Please go to stlouisccbookstore.com for additional information. CE students should select the term, department, course, and section to show a full list of what is required or optional for that specific class. Enter ‘CE’ or ‘Continuing Education’ on the website when prompted for a student number to complete the order.

Safety and Program Guidelines for Youth Classes
All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be dismissed for misbehavior.

Firearms on College Property
No person (except for licensed police officers) shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds – leased or owned by the college – college athletic fields and parking lots) or in any college vehicle or at college sponsored events on or off college property.

Non-Discrimination
St. Louis Community College is committed to creating inclusive, welcoming, and respectful learning and working environments focused on the needs of our diverse communities. The College does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, pregnancy, sexual orientation, gender identity, gender expression, age, disability, protected veteran status, and any other status protected by applicable state or federal law. The College’s nondiscrimination policies apply to any phase of its employment process, any phase of its admission, or financial aid programs, and all of its educational programs or activities. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

Protection of Intellectual Property
The content of each course consists of intellectual property of the College and the faculty member. Recording of course lectures, discussions and materials, or distribution/transmission of the course content, is prohibited. The reason for this policy is to protect the intellectual property of the College and faculty member, to protect the copyright interests in course materials and to protect the privacy interests of students participating in this course. Public distribution or transmission to publicly accessible web environments may constitute copyright infringement and may subject the student to disciplinary action under applicable College policies.

Accommodations
If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Continuing Education Access Office at 314-984-7704 as soon as possible in advance of the program for consideration of your accommodations request.

It is helpful to receive accommodations requests at least 10 days in advance of a program. For trips and tours, advance notice of up to one month is requested. With less advance notice, it may be difficult to meet needs of interested members. Learn more about STLCC disAbility Support Services at stlcc.edu/disability.

Environmental Health and Safety
Some Continuing Education courses involve work with materials and products that require special handling. Please refer to STLCC’s Environmental Health and Safety page (www.stlcc.edu/departments/environmental-health-and-safety) for additional information.

Assumption of Risk, Release and Waiver of Liability
St. Louis Community College assumes no liability for accidents or injuries that may occur while participating in Continuing Education classes and programs and provides no funds to cover medical costs or expenses. Students are reminded that participation is voluntary. A signed waiver is required for participation in select courses and participants must be age 18 or older. It is strongly recommended that all students have their own health insurance.

St. Louis Community College Continuing Education seeks to provide courses that are academically interesting and create opportunities for members to broaden their scope and interests. The material presented in these courses is for informational purposes only, and the views and opinions expressed in class are strictly those of the instructor.
Many classes have limited seating. Be sure to register early!

Registration is easy!

ONLINE

www.stlcc.edu/CE

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

Please note: A 2.75% fee will be added for class registrations made via debit or credit card. Payment may alternatively be made via check.

MAIL

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

Complete the enrollment form and include check or money order for payment. Students who register by mail will receive confirmation of enrollment by email.

STLCC is committed to keeping your information safe. We can only accept debit and credit card payments through our online system. You can register and pay online at stlcc.edu/CE. We will also accept registration and payment via check by mail. All payment for classes must be received by the class registration deadline (three business days prior to class start unless otherwise noted in catalog and/or in the course description at stlcc.edu/CE.)

Please contact our Call Center with any questions you may have at 314-984-7777.

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

Enrollment in classes within this brochure is limited to persons 16 years or older except for youth classes or where otherwise noted. Students must be 18 years or older to sign print waivers or acknowledge online waivers.

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, except as otherwise noted in course description. 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 email address provided at registration. Please see Class Changes/Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

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CITY _____________________________________________________________________________________________________________________

STATE ___________________________________________________________________________________________________________________

COUNTY _________________________________________________________________________________________________________________

ZIP CODE _______________________________________________________________________________________________________________

Email ____________________________________________________________________________________________________________________

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

Primary Phone __________________________________________________________ Alternate Phone ________________________________

P A Y M E N T : 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.
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

ST. LOUIS COMMUNITY COLLEGE...

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

Governed by a board of seven 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.