Continuing Education
COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

SPRING 21
REGISTRATION BEGINS JAN. 6

INSIDE:
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… and many more!

St. Louis Community College
Continuing Education
stlcc.edu/CE | 314-984-7777
On the Operations side of Continuing Education, we strive to be the best in customer service for our students. We **consider our students family** and enjoy connecting with them, hearing their ideas and questions, and helping them navigate our programming. Our priority is **meeting them where they are** and helping them enjoy their class!"”

— Janet, Team Lead of STLCC Continuing Education Operations

Give us a call or email us. We look forward to hearing from you!

I loved how **convenient** this was for me since it was online! I could relax and learn **in the comfort of my home**!”

— Justin, Continuing Education Student

Online classes provide a way to see old friends and **meet new friends** in a comfortable, totally safe way. As an instructor, I love the **interaction with students**. Students push me to learn more and present more so that the class stays fresh and interesting.”

— Maureen, Instructor of Fine Arts
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:
Pam Ross, Chair; Anne Adams
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M. Martin, Ed.D.

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
Extended hours from Jan. 6-14
• M-Th 8:30 a.m.-5:30 p.m.
• F (not extended) 8:30 a.m.-4 p.m.

Regular hours
• M-Th 8:30 a.m.-5 p.m.
• F 8:30 a.m.-4 p.m.

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

REGISTRATION BEGINS JAN. 6 | 314-984-7777 | STLCC.EDU/CE 3
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 onsite 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.

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.

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. All units are located at Corporate College, a state-of-the-art campus dedicated to corporate education and professional development.

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.
Project Management Orientation
This free session will provide information to individuals interested in obtaining the Project Management Professional® (PMP) certification. Learn the concepts, test preparation requirements, and how to successfully pass the exam. This course is an introduction to the PMP examination. *Participants will receive a study guide as part of the course. A computer with internet access is also needed for this course.*

Class meets Saturdays: 3/13, 3/20, 3/27

Project Management
Project managers play a critical role in planning, executing, monitoring, controlling and finishing efforts. 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 their 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.

BPCT-703 | 8 sessions | $1699 AOE 60+ | $1699 REG
P01 W 6-9 p.m.; Sa 8:30 a.m.-4:30 p.m. Dirk Lupien Online

Class meets Wednesdays: 3/3, 3/10, 3/17, 3/24, 3/31

Class meets Saturdays: 3/13, 3/20, 3/27

Project Management Professional (PMP) is a registered trademark of Project Management Institute, Inc. All other trademarks are the property of their respective owner.

LEAN Six Sigma Green Belt
Whether you work in a service or manufacturing environment, are a member of a quality team, quality manager or desire to obtain a Lean Six Sigma Green Belt for professional development, this course is for you. Learn the basic tenants of Lean Manufacturing and Six Sigma, including how to implement the DMAIC process (define, measure, analyze, improve, control), use Lean tools to reduce waste and enable flow, apply Six Sigma principles to reduce/sustain variation in a process, and more. Materials are included in course cost. Students successfully completing this training will receive a Lean Six Sigma Green Belt award of completion and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and consecutive Saturdays. Attendance on all class days is mandatory; if one of these days is missed, arrangements may be made with the instructor to complete the project and receive noncredit certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program.

BPCT-701 | 15 sessions | $1535 AOE 60+ | $1899 REG
P02 Th 4-7 p.m.; Sa 8-11 a.m. Patricia Dalton Feb. 11 – May 8 Online
Class meets Saturdays: 5/1, 5/8

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 communication. Discover blocks that hinder good listening. Build positive interaction techniques, in-depth listening skills and appropriate feedback.*

BUSN-713 | 2 sessions | $69 AOE 60+ | $69 REG
P01 Sa 9 a.m.-noon. May 4 – May 11

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

CPDV-702 | 1 session | $565 AOE 60+ | $565 REG
P03 Tu 6-8:30 p.m. April 13

Plus 50: Find Purpose and Passion in Your Third Chapter
Are you facing the uncharted post-career years and wondering what’s next? Many of us in the third chapter of life feel unsettled, restless and adrift. The years between 50 and 75 can be some of the best, but how do you make sense of the changes you’re facing? If you are looking for new meaning in work and life, this powerful and 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 reinvigorating your sense of identity, knowing your purpose will guide you to increased vitality, creativity and fulfillment.*

CPDV-702 | 2 sessions | $51 AOE 60+ | $69 REG
P01 Sa 9 a.m.-noon. April 17 – April 24

Plus 50: Explore the Rewards of the Volunteering Pathway
Are you looking for ways to thrive and give back during retirement? Through volunteering, you can discover ways to recycle and revitalize your dreams while rethinking your opportunities. Explore the volunteer pathway with an experienced life coach and gain support from like-minded classmates.*

CPDV-702 | 1 session | $23 AOE 60+ | $29 REG
P02 Sa 9:30-11:30 a.m. May 8
#### Business Foundations

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

**BUSS-701** 2 sessions  | $69 AGED 60+ | $69 REG
P02 Sa 9 a.m.-noon Lynette Watson
Feb. 6 – Feb. 13 Online

**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. You’ll 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  | $99 AGED 60+ | $99 REG
P01 Th 6:15-9:15 p.m. Lynette Watson
Feb. 25 – March 11 Online

**DIY Background Checks Investigation 101**
Protect yourself and your business using public resources and investigative techniques to legally learn more about the candidates you are ready to hire. From an employee-hiring manager for a large or small business firm to a homeowner contractor or rental property manager, it’s good employment practice to learn more about potential individuals you are hiring and screen candidates to help ensure a potential new hire does not have anything lurking in their past that could potentially harm your business or create a safety hazard for clients and other employees. Taught by a private investigator, learn about free and low-cost options for conducting background checks, when and how to conduct background checks and red flags to look for before a potential problem arises.

**BUSS-765** 1 session  | $19 AGED 60+ | $25 REG
P01 Sa 10 a.m.-noon Cheryl Ring Mantinband
Feb. 27
P02 Sa 10 a.m.-noon Cheryl Ring Mantinband
April 24 Online

**Business Skills for Artisans and Crafters**
Are you ready to take your craft or art business to the next level? Is this the year you plan to make a profit with your artisan or craft side business? Are you looking to turn your side-hustle into a money-making business? 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  | $27 AGED 60+ | $29 REG
P01 W 6-8 p.m. March 3 – March 10 Michelle Ochończyk
Online

**Business Plan Development**
This intensive, customized 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. These sessions are enriched with guest speakers from various disciplines, including the legal profession, marketing, human resources and financing. You’ll start the course by taking the GrowthWheel® assessment and receive customized tools based on your individual outcomes to assist as you build your plan. Program is offered in partnership with the Small Business and Technology Development Center.

**BUSS-702** 4 sessions  | $109 AGED 60+ | $109 REG
P01 Tu 6:15-9:15 p.m. Lynette Watson
April 20 – May 11 Online

**Payroll for Small Business**
Payroll is an integral activity of an organization’s operations. During this course, you’ll explore introductory payroll laws and terminology, payroll system flow and wage/salary computations for small and medium-sized businesses. Bring a sack lunch.*

**BUSS-741** 2 sessions  | $51 AGED 60+ | $57 REG
P07 Sa 9 a.m.-1 p.m. Stacy Moore
May 1 – May 8 FP-D, 215

**Accounting Skills for Small Business**
Designed for small business owners who desire to learn and master basic accounting, this course provides a variety of hands-on case studies for practical application and learn from a tenured professor. Bring pencils, calculator and notebook paper. All other class materials provided. Bring a sack lunch.*

**BUSS-741** 2 sessions  | $51 AGED 60+ | $57 REG
P04 Sa 9 a.m.-1 p.m. Stacy Moore
Feb. 27 – March 6 FP-D, 215

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**Accounting Boot Camp: Beginning I**
This boot camp builds Accounting Boot Camp: Beginning I business terminology and accounting principles with discussion of the accounting cycle and preparation of financial statements. This rigorous, fast-paced boot camp is designed for individuals and entrepreneurs who desire to learn and master basic accounting. Course will include numerous hands-on case studies for practical application, shared by 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  | $51 AGED 60+ | $57 REG
P05 Sa 9 a.m.-1 p.m. March 27 – April 3 Stacy Moore
FP-D, 215

**Accounting Boot Camp: Beginning II**
This rigorous, fast-paced, hands-on extension of Accounting Boot Camp: Beginning II is designed for individuals and entrepreneurs who desire to advance their accounting knowledge. Course introduces subsidiary ledgers, special journals and internal controls. Prerequisite: Accounting Boot Camp: Beginning II. Bring pencils, calculator, and notebook paper. All other class materials provided. Bring a sack lunch.*

**BUSS-741** 2 sessions  | $51 AGED 60+ | $57 REG
P06 Sa 9 a.m.-1 p.m. April 17 – April 24 Stacy Moore
FP-D, 215

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

**BUSS-741** 1 session  | $39 AGED 60+ | $39 REG
P03 Sa 9 a.m.-1 p.m. March 6 Teresa Spector
MC-BA, 118

**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 AGED 60+ | $79 REG
P02 Sa 9 a.m.-1 p.m. April 3 – April 10 Teresa Spector
MC-BA, 118

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Registration closes three business days prior to start date, except as otherwise noted in class description.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
Inventors’ One-Day Series: Learn, Create, Grow

Discover secrets of invention procedures and explore valuable business-building techniques. Presented by Invent-ED Network Connection, this series will help you put your best foot forward as you step into the world of inventorship. See full course descriptions at stlcc.edu/CE. Register for each class.

Saturday, Feb. 6 | Online

BUSS-765 | each session | $25 AGE 60+ | $25 REG
P03 9-10 a.m. | Inventing 101
P04 10:15-11:15 a.m. | Patent, Trademark and Copyright: Protect Your Idea or Invention
P05 11:45 a.m.-12:45 p.m. | Research, Read and Understand Patents
P06 1-2 p.m. | How to Manufacture Your First Product in the U.S. and Abroad

Saturday, Feb. 20 | Online

BUSS-765 | each session | $25 AGE 60+ | $25 REG
P07 9-10 a.m. | Business Start-Up 101: Become an Entrepreneur
P08 10:15-11:15 a.m. | Show Me the Money! Explore Start-Up Funding
P09 11:45 a.m.-12:45 p.m. | Crowdfunding: Kickstarter®, Indiegogo® and GoFundMe
P10 1-2 p.m. | Launch Your Product
P11 2:15-3:15 p.m. | Manufacture Your Clothing Products and Fashion Designs

Saturday, Feb. 27 | Online

BUSS-765 | each session | $25 AGE 60+ | $25 REG
P12 9-10 a.m. | How to License Your Product or Idea Yourself
P13 10:15-11:15 a.m. | Launching a Crowdfunding Campaign? Not as Easy as You Think
P14 11:45 a.m.-12:45 p.m. | Quickly Find Valuable Inventor Help and Resources Online
P15 1-2 p.m. | Don’t Blow It: Best Practices to Maximize NSF I-Corp™ Funding

Inventing 101
Have a great idea for a product, app or other invention? Explore a broad overview of the inventing process and methods to bring your idea to market. We’ll discuss factors to consider when sharing your idea and ways to navigate relationships with patent attorneys, product developers, industry professionals and others. Learn about non-disclosure agreements, prior art, public disclosure risks, ways to protect your idea prior to patent, cost-saving strategies and more.

Patent, Trademark and Copyright: Protect Your Idea or Invention
Need to know how to easily become “Patent Pending”? Explore the different types of Intellectual Property (IP), including patents, trademarks, copyrights, etc., that provide protection for inventions, writings, art, and other original and creative work. Learn about the length and type of protections granted under each filing and gain tips on how to avoid infringing on existing IPs or losing patent protection. Discover how to submit filings yourself for under $100 via the United States Patent and Trademark Office’s website.

Research, Read and Understand Patents
The jargon and legalese of patents can be daunting. But, as an inventor, it’s critical to conduct basic patent research to determine if your idea already exists. Discover how to better read and understand the contents and key parts of a patent. Learn the meaning of and requirements for 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 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, how to select the best manufacturer based upon your product type, and how the manufacturing process works in the U.S. and internationally. Explore the considerations for obtaining a product sample, initial order requirements, and troubleshooting tips for issues and bad production runs. Uncover tips about how to avoid costly manufacturing mistakes during production and discover local and international companies that provide clients with product sourcing, translation services and facilitation of offshore manufacturing.

Business Start-Up 101: Become an Entrepreneur
There are many different types of entrepreneurial ventures you can become a traditional entrepreneur (selling a product, service or idea), a “techpreneur” (technology inventor + entrepreneur), a “socialpreneur” (social worker + entrepreneur), or an “edupreneur” (educator + entrepreneur). Learn about the different paths 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. Learn how to take advantage of funding, training programs, networks, mentoring and other opportunities to help get your product or idea off the ground.

Kickstarter is a registered or unregistered trademark of Kickstarter, PBC. Indiegogo is a registered or unregistered trademark of Indiegogo, Inc. GoFundMe is a registered trademark of GoFundMe, Inc. National Innovation Network Teams Program and i-Corps are trademarks of the National Science Foundation (NSF). STLCC’s Continuing Education courses are independent seminars and are not affiliated with, or authorized, sponsored or approved by Kickstarter, PBC, Indiegogo, Inc., GoFundMe, Inc., or the NSF. All other trademarks are the property of their respective owner.

PROFESSIONAL DEVELOPMENT

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 crowdfunding platforms and explore each of their differences, requirements, advantages, disadvantages and risks.

Launch Your Product
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. With the knowledge gained in this course, you could save time and many overhead expenses associated with running a retail business.

Manufacture Your Clothing Products and Fashion Designs
Learn how cut-and-sew factories can aid in launching your products within a shorter time than most manufacturers.

How to License Your Product or Idea Yourself
Discover the pros and cons of licensing versus the self-production of a new product. Learn how to secure a licensing deal yourself and gain tips to approach potential retailers, major brands, big box stores and other licensees. Also, find out 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? Not as Easy as You Think
Before you launch your first crowdfunding page on Kickstarter®, Indiegogo® or GoFundMe®, there are many factors you need to consider. Explore crowdfunding websites, review past and present pages launched by inventors and discuss factors to consider prior to launch. Learn about the risks and components involved in setting up and managing a new or launched page. We’ll help find the best crowdfunding fit for your new idea and discuss what happens if your campaign succeeds or fails.

Quickly Find Valuable Inventor Help and Resources Online
Researching and collecting general data about your invention is daunting. 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 you need to gain a better understanding of the different forms of IP. Explore the various forms of IP (e.g., patent, trademark, trade secret and copyright), as well as the costs and filing processes.

Don’t Blow It: Best Practices to Maximize NSF I-Corp™ Funding
Explore the ins and outs of National Science Foundation’s (NSF’s) Innovation Corps (I-Corps™) program. The instructor, an I-Corps graduate, will share strategies to maximize the program’s benefits and information about business expenses, requests and reimbursements it will fund.
SAFETY AND QUALITY

10-Hour OSHA: Construction Safety & Health Training Certification
Led by an OSHA certified trainer, this course will cover OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tool safety, material handling and more. Class meets the required laws for working on public job sites. Upon successful completion students will receive a 10-Hour OSHA course completion card. Class time includes breaks.
Registration/withdrawal deadline: Feb. 12.
CONS-736 | 3 sessions | $76 AGE 60+ | $125 REG
P01  M/Tu/W 4-7:30 p.m.  Lamont Ray
Feb. 22 – Feb. 24  Online

10-Hour OSHA: General Industry Safety & Health Training Certification
This 10-hour course is ideal for individuals seeking an introduction to OSHA safety and health awareness protocols. You'll be introduced to OSHA policies, procedures and standards, as well as general industry safety and health principles covered in OSHA Part 1910. Upon successful completion, students will receive a 10-Hour OSHA course completion card. Class time includes breaks.
Registration/withdrawal deadline: March 5.
CONS-736 | 3 sessions | $76 AGE 60+ | $125 REG
P02  M/Tu/W 4-7:30 p.m.  Lamont Ray
March 15 – March 17  Online

ELECTRICAL

National Electrical Code and Calculations: Part II
Learn and review the specialty area of articles in the National Fire Protection Association (NFPA) Division 70 (National Electric Code®), including general definitions as a refresher from Part I. The text will cover hazardous locations, health care facilities, mobile home parks, manufactured wiring, swimming pools, electric welders and fire pumps along with special occupancies. Calculations are part of the NEC; basic calculations on trailer parks, welders, x-ray units and short circuit current will be reviewed and discussed. Textbook information available at stlcc.edu/CE under course description. Prerequisite: National Electrical Code and Calculations: Part I.
ELEC-705 | 14 sessions | $192 AGE 60+ | $299 REG
P01  Tu 6-9 p.m.  Michael Smith
Jan. 26 – May 4  Online
NOTE: No class March 16.

National Electric Code and NEC are registered trademarks of the National Fire Protection Association, Inc. (NFPA). STLCC’s Continuing Education courses are independent seminars and are not affiliated with, or authorized, sponsored or approved by the NFPA. All other trademarks are the property of their respective owner.

DRONES

Introduction to Drones
Learn the basics of the drone industry, including the operation, history and manufacture of drones. You'll explore the current uses of these robotic vehicles in law enforcement, agriculture, aerial photography and more! Discussion will also include an overview of current and possible future Federal Aviation Administration (FAA) requirements to build and regulations to fly drones.*
ENGR-706 | 1 session | $25 AGE 60+ | $25 REG
P02  Sa 10 a.m.-noon  Rory Paul
April 3

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'll review material to prepare for the FAA test. You'll learn about the new FAA regulation, airspace classifications, flight restrictions, aeronautical chart study, airport operations, radio communication, weather, human factors and more. Sample test questions will also be reviewed. Textbook information available at stlcc.edu/CE under course description. One hour lunch on your own. Registration/withdrawal deadline: April 9.*
ENGR-706 | 2 sessions | $159 AGE 60+ | $249 REG
P01  Sa 8 a.m.-3 p.m.  Jack Beetz
April 17 – April 24  PF-CWI, 136

Registration closes three business days prior to start date, except as otherwise noted in class description.
* 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 includes, but is not limited to, use of masks and social distancing requirements.
Truck Driving
Prepare for a well-paying career in commercial truck driving…one of the fastest growing opportunities in the United States today.

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

Boeing Assembly Pre-Employment Training Program
Choose from two training and career pathways:
Sheet Metal Assembly Mechanic
Composites Assembly Mechanic
- Training is ideal for candidates who are mechanically inclined.
- Convenient day or night classes available.
- Guaranteed interview for all program graduates.

Learn more and apply at stlcc.edu/boeing

HVAC Operator I Technical Training
Interested in HVAC? Through hands-on instruction, our training program could get you on the pathway to a new career!
• Gain important HVAC troubleshooting skills.
• Understand HVAC system operations.
• Prepare to take your EPA certification exams.

Learn more and apply at stlcc.edu/HVAC

Professional CDL-A Training
Gain the knowledge and skills sought by employers to become an over-the-road or local commercial truck driver.
• Five-week 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, road time on a variety of roadways
• 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.
• Gain experience and credentials you can take to employers of your choice.
ANIMAL WELFARE ADVOCATE PROGRAM

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

Investigations, Rescues and Legalities
Hear first-hand accounts from the real world of animal welfare investigations and rescues. Learn how investigators work and how animal welfare agencies and the law enforcement handle violations. Explore animal welfare legal issues (e.g., How does our society define “adequate care and control” of animals?), advocacy and legislation.

ANIM-741 | 1 session | $26 ACE GD | $29 REG
P01 | Tu 6-8:30 p.m. | Feb. 16 Online

The People Ingredient: Working in an Animal Welfare Organization
If you’re thinking about working or volunteering in an animal welfare agency, you’ll need a variety of important “people” skills. You may be matching pets with new families, working with people surrendering their pets, educating adults and kids in the community, or interacting with other agency staff. Gain an overview of the many capabilities you’ll need within animal welfare organizations. While there are many joys and rewards to working in animal welfare, there may be some sadness too; with this in mind, you’ll learn ways of coping with the inevitable heart-breaking side of the business.

ANIM-741 | 1 session | $26 ACE GD | $29 REG
P02 | Tu 6-8:30 p.m. | March 9 Online

Animal Care Basics for Animal Welfare Workers
In this class, it’s all about the animals! We’ll cover basic health considerations including prevention measures and spay/neuter issues. Acquiring some knowledge of animal behavior is a vital key to safe handling for yourself and the animals you work with. You’ll learn about caring for and feeding a variety of animals, behavioral screening techniques and enrichment ideas to enhance quality of life for confined animals. You’ll hear from several shelters who explain their basic animal care-taking operations. If you’re interested in working directly with animals, this class is a must!

ANIM-741 | 1 session | $26 ACE GD | $29 REG
P03 | Tu 6-8:30 p.m. | April 13 Online

Classes can be taken individually 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. Curriculum is developed by the Humane Society of Missouri, Animal Protective Association of Missouri, and St. Louis County Animal Care and Control.

Registration closes three business days prior to start date, except as otherwise noted in class description.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
Basic Life Support
This hybrid class will meet online to cover the majority of course content. This American Heart Association course is designed for the healthcare provider. The skills testing session held at the STLCC-Corp location will ensure that students are able to perform the necessary functions to pass the hands-on portion of the Basic Life Support (BLS) class. Students will also take their written exam during this time. Students who successfully complete the course will receive an electronic BLS completion card within 20 business days of the class. This course meets the STLCC nursing department admission requirements. Students will need internet access for the first part of class which will meet online.*

CPRR-707 | 2 sessions | $85.50 | AGE 60+ | $109 REG

P01 M 1-4 p.m.; Tu 9-11:30 a.m.
Jan. 11 – Jan. 12 STLCC-Corp, 209

P02 W 8-11 a.m.; Th 4-6:30 p.m.

P03 Tu 10 a.m.-1 p.m., W 11 a.m.-1:30 p.m.
Jan. 19 – Jan. 20 STLCC-Corp, 209

P04 Tu 10 a.m.-1 p.m., W 8-11:30 a.m.
Feb. 9 – Feb. 10 STLCC-Corp, 209

P05 W 9 a.m.-noon, Th 4-6:30 p.m.
Feb. 17 – Feb. 18 STLCC-Corp, 209

P06 Tu 4-7 p.m., W 4-6:30 p.m.
Feb. 23 – Feb. 24 STLCC-Corp, 209

P07 Tu 11 a.m.-1 p.m., W 11 a.m.-1:30 p.m.
March 2 – March 3 STLCC-Corp, 209

P08 Sa 8-11 a.m., M 8-11:30 a.m.
March 6 – March 8 STLCC-Corp, 209

P09 Th 8-11 a.m., F 8-11:30 a.m.
March 11 – March 12 STLCC-Corp, 209

P10 Tu 5-8 p.m., W 11 a.m.-1:30 p.m.
March 23 – March 24 STLCC-Corp, 209

P11 M 8-11 a.m., Tu 4-6:30 p.m.
March 29 – March 30 STLCC-Corp, 209

P12 Tu 8-11 a.m., W 4-6:30 p.m.
April 6 – April 7 STLCC-Corp, 209

P13 Sa 8-11 a.m., M 11 a.m.-1:30 p.m.
April 10 – April 12 STLCC-Corp, 209

P14 W 8-11 a.m., Th 11 a.m.-1:30 p.m.
April 21 – April 22 STLCC-Corp, 209

P15 Sa 1-3 p.m., M 4-6:30 p.m.
April 24 – April 26 STLCC-Corp, 209

P16 Sa 8-11 a.m., M 4-6:30 p.m.
May 1 – May 3 STLCC-Corp, 209

P17 W 5-8 p.m., Th 4-6:30 p.m.
May 12 – May 13 STLCC-Corp, 209

BLS Instructor Essentials Course
The American Heart Association (AHA) Basic Life Skills (BLS) Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA cardiopulmonary resuscitation (CPR) and First Aid courses. 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. Access to a computer is required. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card and alignment with an AHA Training Center. Registration four weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Interested students must contact the training center coordinator at amiller457@stlcc.edu before registering for the BLS Essentials Instructor Course.*

CPRR-708 | 2 sessions | $277 | AGE 60+ | $349 REG

P01 Sa 9 a.m.-3 p.m.; M 4-6:30 p.m.
April 3 – April 5 Online/STLCC-Corp, 206

P02 Class meets online via Zoom on April 3 from 9 a.m.-3 p.m.; In-person skills and test on April 5 from 4-6:30 p.m. at STLCC-Corp, 206.

STLCC 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.

Heartsaver First Aid: CPR/AED
This course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. Class is specifically tailored to those who are expected to respond to cardiovascular emergencies in the workplace. This offering is ideal for the learner with limited or no medical training. Electronic CPR Provider cards will be issued within 20 business days after successful completion of the course. Students must arrive on time. No refund will be given for registrants arriving late.*

CPRR-706 | 2 sessions | $85.50 | AGE 60+ | $109 REG

P01 Th 1-4 p.m.; F 8-11:30 a.m.
Feb. 4 – Feb. 5 Online/STLCC-Corp, 209

P02 Class meets online via Zoom on Feb. 4 from 1-4 p.m.; In-person skills and test on Feb. 5 from 8-11:30 a.m. at STLCC-Corp, 209.

P02 Tu 5-8 p.m.; W 4-7:30 p.m.
April 13 – April 14 Online/STLCC-Corp, 209

P02 Class meets online via Zoom on April 13 from 5-8 p.m.; In-person skills and test on April 14 from 4-7:30 p.m. at STLCC-Corp, 209.

Expanded Function Dental Assistant-Restorative II
At course completion, you will be able to explain the rationale, principles and procedures and perform placing, carving and finishing Class I, II, III, IV, V and VI restorations. Learn the concepts and techniques of restorative and preventive expanded function procedures delegated to dental assistants as set forth in the Missouri Practice Act. For more information, please email amiller457@stlcc.edu. Pre-course e-learning is required and included in the course fee. You must bring instruments (e.g. special carving, handpieces, and matrices), protective eyewear, examination gloves, face mask and a lab jacket for lab practice. Registration/withdrawal/refund deadline: March 6.*

DENA-727 | 2 sessions | $811 | AGE 60+ | $869 REG

P01 F 3-7:30 p.m., Sa 8 a.m.-4 p.m.
April 16 – April 17 FP-HealthSci, 122

Nitrous Oxide for Dental Assistants
The Nitrous Oxide for Dental Assistants course provides participants with the training and experience necessary to assist the dentist in monitoring nitrous oxide during office procedures. This course satisfies Missouri Dental Board requirements. Following the clinical competency, you are required to successfully pass a written examination, which will be administered on Friday for students with a Certified Dental Assistant (CDA) certificate and Saturday for those without a CDA. For more information, email amiller457@stlcc.edu. Equipment needed: Students are required to bring a stethoscope and sphygmomanometer (blood pressure cuff) to record blood pressure.*

DENA-726 | 2 sessions | F: $330 | Sa: $400 REG

Students can attend just the Friday session if they have a certified dental assisting certificate. Details online.

P02 F 8 a.m.-4 p.m., Sa 8 a.m.-1 p.m.
April 2 – April 3 FP-HealthSci, Dental Lab

The need for health care workers in St. Louis keeps growing! Learn more about these accelerated programs at the websites listed below.

Medical Assistant
Prepare for administrative and basic clinical tasks in a clinical setting.
stc.edu/MA | 30-week | M-F day

Patient Care Technician
Prepare for entry-level PCT positions in a hospital setting.
stc.edu/PCT | 11-week | M-F day

Community Health Worker
Prepare to assist individuals and communities in adopting healthy behaviors.
stc.edu/CHW | 16-week | TuTh day

Programs may be offered in a virtual hybrid format to align with current COVID guidelines.
PERSONAL COMPUTING

PCs and Technology Introduction
Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terminology and functionality of computer hardware, software, printers and drives will be explored. This is a class designed for users with few or no computer skills.

COMP-701 | 2 sessions | $41.50 AGE 60+ | $65 REG
P01 | Sa 12:30-3:30 p.m. | Jean Bradley
April 24 – May 1

Learning the Mac® as a 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, translating PC language and function to Mac equivalents. Why is the menu bar stuck to the top of the screen? Why doesn’t an app close when it has no more windows? Where did right-click go? We’ll explore ways to use a Mac efficiently. Prerequisite: Basic computer familiarity with a recent version of Windows.

COMP-765 | 1 session | $49 AGE 60+ | $49 REG
P01 | Th 6-9 p.m. | Greg Bradley
Jan. 28

Online Personal Security
Learn how to ensure your terrestrial and digital footprints are secure. Gain the skills to exercise the best security practices to protect your personal information, help prevent identity fraud and preserve data integrity. Shelter your confidentiality from those who may seek to exploit your personal information. Ask your security-related questions of a data security expert. Conduct your professional and personal electronic and communications using the most current and effective techniques.

COMP-795 | 1 session | $32.50 AGE 60+ | $49 REG
P01 | Sa 9 a.m.-1 p.m. | Fernando Tillman
Feb. 6
P02 | Sa 9 a.m.-1 p.m. | Fernando Tillman
April 10

Beyond Broadcast: TV in the Age of Streaming
“What’s on TV tonight?” used to be a straightforward question answered easily by the TV Guide or channel surfing. But in the era of smart TVs, streaming subscriptions, “cord cutting” and a multitude of on-demand services, finding an answer can now be challenging. This course will lay out the transition from broadcast channels in the analog era, to the digital age, the smart device revolution, and the dominance of streaming services. How we consume media has changed; learn to navigate your many viewing choices, figure out “what’s on,” watch across your multiple devices, and understand what still needs an antenna.

COMP-765 | 1 session | $49 AGE 60+ | $49 REG
P10 | Th 6-9 p.m. | Gregory Ray
Feb. 25

Registration closes three business days prior to start date, except as otherwise noted in class description.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
Microsoft® Tools

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; and create simple reports and queries. Learn how to find display data. Prerequisite: Windows® Introduction class or equivalent experience. Class textbook and files will be mailed to registered students. Registration closes five business days prior to the start date.

COMP-725 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | Sa 9 a.m.-4 p.m. | Cris Heffernan | March 27

Microsoft® Access® for Business: Part I
Learn the basics of database design with Microsoft Access. You'll 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.

COMP-726 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | April 30

Microsoft® Access® for Business: 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 and Microsoft Access 2016 for Business Part I or equivalent experience.

COMP-727 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | May 7

Microsoft® Access® for Business: Part III
Take your Access database to the next level using macros, VBA coding, switchboards and other similar tools to give your user base a fluid experience. Secure your database through the use of such as front- and back-end splitting, link tables and import/export data techniques. Create forms to intuitively navigate and organize your data.

COMP-728 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | May 21

Microsoft® Excel® for Business: Part I
Tackle tips and tricks to efficiently navigate and create spreadsheets in Excel. Build basic formulas and functions with an emphasis on relative and absolute referencing. Learn to make your sheets and printouts easier to read with special formatting techniques. This class is ideal for beginners and self-taught Excel® users.

COMP-720 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | Feb. 5

COMP-721 | 2 sessions | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | March 4 – May 11

Microsoft® Excel® for Business: Part II
Add to your knowledge and enhance your spreadsheet skills. In this class, you'll create more complex formulas using a variety of functions. Learn data management techniques and analysis using lists, tables, common charts, pivot tables and pivot charts. Discover the ease of using range names, conditional formatting.

COMP-722 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | Feb. 19

COMP-723 | 2 sessions | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | March 10 – March 11

Microsoft® Excel® for Business: Part III
Expand your Excel expertise as you manage multiple workbooks and spreadsheets. Expand your Excel knowledge as you manage multiple workbooks and spreadsheets.

COMP-724 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | March 24 – March 25

Microsoft® Word® for Business: Part I
Create professional-looking business documents, clean up formatting, change styles and fonts, cut and paste content, and import text with confidence. Prerequisite: Windows® Introduction class or equivalent experience. Class textbook and files will be mailed to registered students. Registration closes five business days prior to the start date.

COMP-715 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | Jan. 22

Microsoft® Word® for Business: Part II
If you are familiar with the basics of Microsoft Word, here’s your opportunity to learn the more advanced features. Learn to customize the Word environment, use advanced formatting techniques, work with styles, incorporate advanced table features, create and manage large documents, and use auto text, macros and templates. Prerequisite: Microsoft Word for Business: Part I or equivalent experience.

COMP-716 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | Jan. 29

Résumé Formatting in Microsoft® Word®
Create a professional-looking résumé using Microsoft Word. As this course will focus on formatting (as opposed to building a résumé) please bring the information you wish to format to class. The instructor will guide you on how to best format using alignment, columns, font and spacing.

COMP-715 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | M 9 a.m. | Cris Heffernan | April 26

Microsoft® Word® for Business: Part III
Learn the basics of Microsoft Excel in one session! During this introductory course, you’ll learn how to create spreadsheets for all accounting, expense analysis, budgeting and other applications. Topics include: worksheet set-up, labeling, entering values, editing cells, copying content, saving, and other commands. Participants are encouraged to bring a flash drive.

COMP-718 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | Sa 9 a.m.-4 p.m. | Cris Heffernan | Feb. 13

Microsoft® Word®
Microsoft® Outlook®
Microsoft® Outlook® and Outlook® Calendars
Learn the ins and outs of Microsoft Outlook and maximize efficiency as you use the best features of this popular email service. Gain tips and tricks for successful and straightforward calendar scheduling.

COMP-742 | 1 session | $34 | AGE 60+ | $54 REG
P01 | Th 5:30-8:30 p.m. | Rhonda Cross | Feb. 18

Microsoft® Outlook®
Microsoft® Word®
Microsoft® Excel®
Microsoft® Access®
Microsoft® Word®
Microsoft® Outlook®
Microsoft® Word® for Business: Part III
Learn the basics of database design with Microsoft Access. You’ll 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.

COMP-726 | 1 session | $96.50 | AGE 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan | StLCC-Corp, 208

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Microsoft® Outlook®
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REGISTRATION BEGINS JAN. 6 | 314-984-7777 | StLCC.EDU/CE 13
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.
CTVTW-701 | 1 session | $99.50 | REG
P03 Sa 8:30 a.m.-4:30 p.m. | Charles LaGarce
Jan. 23
P02 Sa 8:30 a.m.-4:30 p.m. | Charles LaGarce
April 3

Adobe® Lightroom®
Classic: Book and Print Module
This workshop will focus on using the output modules to layout and print images with the Lightroom® print module. You'll learn to create a photo book with the Lightroom book module. This course is ideal for all Lightroom Classic users.
CTVTW-701 | 1 session | $99.50 | REG
P03 Sa 8:30 a.m.-4:30 p.m. | Charles LaGarce
April 24

Adobe® Lightroom®
Classic: Advanced Development Techniques
This workshop will explore advanced image development techniques for all digital photographers. You'll 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.
CTVTW-701 | 1 session | $99.50 | REG
P03 Sa 8:30 a.m.-4:30 p.m. | Charles LaGarce
Feb. 13

Adobe® Lightroom®
Classic: Advanced Organization
This workshop will 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.
CTVTW-701 | 1 session | $99.50 | REG
P04 Sa 8:30 a.m.-4:30 p.m. | Charles LaGarce
March 13

Adobe® Photoshop®
Creative Cloud®: The First Step Workshop
Through a series lectures and tutorials, each lasting for about an hour, the workshop may last from 8 to 10 hours. The workshop may cover (but is not limited to) how to create, copy, transform and manage layers, how to combine layers into groups, transferring content from one document to another, traveling backwards and forwards through Photoshop time, controlling the magnification of your document, crafting selections (with the marquee tool, quick selection tool, magic wand and select color range feature), making adjustments both destructively and non-destructively, simple color alterations via adjustment layers and an introduction to the power of the clone stamp. Class textbook will be mailed to registered students. Registration closes five business days prior to class start date.
CTVTW-704 | 1 session | $99.50 | REG
P03 F 8:30 a.m.-4:30 p.m. | Zak Zych
Feb. 12

Adobe® Photoshop®
Creative Cloud®: Picking up where the introductory class left off, you'll build upon your understanding of Photoshop® tools and techniques. We'll dive into the histogram, exposure adjustments, smoothing wrinkles, brightening teeth, changing the size of your image and canvas, crop tool use and blending modes. You'll work hands-on with a wide variety of images. Prerequisite: Adobe® Photoshop Introduction class.
CTVTW-704 | 1 session | $104 | REG
P02 M 6-9 p.m. | Zak Zych
Feb. 8 – March 8
NOTE: No class Feb. 15.

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. You'll also learn to non-destructively conceal a portion of an image and blend multiple photos into a simple composition. Class textbook and files will be mailed to registered students.
CTVTW-704 | 1 session | $99.50 | REG
P05 F 9 a.m.-4 p.m. | Zak Zych
March 12

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 uploaded to your website or Facebook? Learn the ins and outs of image and canvas size, all the cool things that can be done with the crop tool, and how to control the size of a photo via the save for the web command.
CTVTW-704 | 1 session | $99.50 | REG
P07 F 9 a.m.-4 p.m. | Zak Zych
April 9

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Motion Graphics

Before You Get Started in Adobe® After Effects®
Experience more of the Creative Cloud® with this introduction to Adobe After Effects. Explore how to set up Photoshop files for use in After Effects. Learn about keyframes and inbetweens, adjusting position, scale, rotation and opacity. Coordinate images with audio and export to .mov and .mp4 formats.

CVTW-704 | 1 session | $99.50 AGE 60+ | $59 REG
P04 F 10 a.m.-2 p.m. | Zak Zych
Jan. 29

Adobe® After Effects®: The Next Step

Now that you understand the basics of adding assets and keyframing motion in After Effects, gain more advanced techniques. During this course, you’ll uncover a deeper understanding of effects panel options and other topics. We’ll 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+ | $59 REG
P10 F 8:30 a.m.-4:30 p.m. | Timothy Linder
Feb. 26

Adobe® After Effects®: The Next Step

Now that you understand the basics of adding assets and keyframing motion in After Effects, gain more advanced techniques. During this course, you’ll uncover a deeper understanding of effects panel options and other topics. We’ll 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+ | $59 REG
P11 F 8:30 a.m.-4:30 p.m. | Timothy Linder
March 5

Introduction to 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 AGE 60+ | $139 REG
P01 F 8:30 a.m.-4:30 p.m. | David Haley
Feb. 12

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, show you how to elevate your document. This introduction to style sheets will help you keep your work looking consistent and professional.

CVTW-702 | 1 session | $99.50 AGE 60+ | $139 REG
P02 F 8:30 a.m.-4:30 p.m. | David Haley
Feb. 26

Introduction to Squarespace®
Launch your own website using Squarespace and enter the digital space! You’ll register a domain name and use Squarespace to design a website of your own. There will be general instruction on template selection and design, with ample time to create freely and ask questions. Domain name, Squarespace package and G Suite™ are not included in class price; please bring a credit/debit card to first class for the purchase of $40 for these materials.

COMP-745 | 2 sessions | $41 AGE 60+ | $59 REG
P02 Tu 6-8 p.m. | Taylor Dailing
March 2 - March 9
Online
P03 Tu 6-8 p.m. | Taylor Dailing
May 4 - May 11
Online

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

COMP-742 | 1 session | $16.50 AGE 60+ | $29 REG
P07 W 6-9 p.m. | Rich Vagen
March 24
Online

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Social Media & Web

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? This course will cover the features of WordPress® and its multitude of add-ons. You’ll 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
P08 Th 6-9 p.m. | Gregory Ray
March 25
Online

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Power Skills Bootcamp: Information Technology (IT)

STLCC’s Power Skills Bootcamp program provides valuable, hands-on training, preparing you to compete for technology-driven jobs in the local labor market.

IN THREE WEEKS, GAIN A RANGE OF TECHNICAL AND SOFT SKILLS:

• Microsoft® Office® Specialist (MOS) 2016 Excel® Certification
• PC fundamentals
• Cybersecurity
• Career and professional planning

Learn more and apply at stlcc.edu/PowerSkillsBootcamp

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Registration closes three business days prior to start date, except as otherwise noted in class description.

REGISTRATION BEGINS JAN. 6 | 314-984-7777 | STLCC.EDU/CE 15
SMART HOME TECHNOLOGY

Introduction to Smart Home Technology
Creating a smart home system can help you reduce energy consumption, create a more comfortable family living environment and help protect your home against intruders. Learn how to enhance your lifestyle with simple, yet sophisticated control of music, video, lights, climate and more through this introductory smart home system course. Please note: Smart home technology requires Wi-Fi in the home and a smart phone or tablet and knowledge on how to download apps to the device. Literally thousands of smart home products exist on the market. While this class will cover concepts and functionality, it may not focus on specific product brands.

COMP-765 | 1 session | $49 | AGE 60+ | $49 REG
P03 Th 6-9 p.m. Gregory Ray Online Feb. 4
P05 Th 6-9 p.m. Gregory Ray Online April 1

MOBILE TECHNOLOGY

iPhone® and iPad® Mobile Digital Devices: Introduction
Did you purchase an iPhone or iPad mobile digital device 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 | 1 session | $49 | AGE 60+ | $49 REG
P02 W 6-9 p.m. Gregory Ray Online Feb. 3
P06 W 6-9 p.m. Gregory Ray Online May 5

iPhone® and iPad® Mobile Digital Devices: Next Steps
No longer a beginner, but not yet an expert in using your iPhone or iPad mobile digital device? Feel like you could be doing more than the basics? Explore more about choosing and getting apps; taking, organizing and sharing photos; adopting shortcuts for frequently-used apps like email, iMessages® and the Safari® web browser; keeping your data secure; and customize your device to work better for you. For iPad users seeking to use your device as your sole computer, you'll learn how much is possible and what limitations to expect. Prerequisite is some familiarity in navigating your iPhone and/or iPad or completion of our Basics course. Bring your iPhone and/or an iPad and corresponding charger(s).

COMP-765 | 1 session | $49 | AGE 60+ | $49 REG
P02 W 9 a.m.-noon Gregory Ray Online Feb. 10
P07 W 9 a.m.-noon Gregory Ray Online May 12

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Missouri Manufacturing Technician Training
Rapidly skill-up for entry level employment in advanced, high performance manufacturing.

IN THIS SIX WEEK HYBRID CLASSROOM/ONLINE PROGRAM, PREPARE FOR VALUABLE CREDENTIALS:
• OSHA 10-Hour
• Sit for two MSSC Certified Production Technician (CPT) exams
• Upon successful MSSC CPT Safety and CPT Quality certifications, receive Missouri Manufacturing Technician I Certificate

Learn more and apply at stlcc.edu/MfgTech

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STLCC NO-FEE HIGH-VALUE TRAINING
PERSONAL ENRICHMENT
Add variety to life | Enjoy a creative outlet | Improve your sense of well-being | Forge new friendships

AGELESS LEARNING SEMINARS

Shipping Container Buildings in the U.S.
After 20 years of being shipped around the world, a container reaches the end of its lifespan. However, a container can live on if you use it to build a house, an office, an apartment building, a swimming pool, or a replica of the Globe Theatre where Shakespeare’s plays were performed in London in the 1600’s. See some amazing things Americans have built with used shipping containers.

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P01 W 10-11:30 a.m. | Douglas Schneider
Jan. 27 Online

Maplewood: Trendy Suburb Born of Fire
Creativity and architecture are in no short supply in Maplewood. There you’ll find a mule palace, the oldest lanes west of the Mississippi, tie-dyed grilled cheese sandwiches, licking tables, bar swings, salt from the Dead Sea, and a tugboat where you can eat Empanadas De Platanos y Chorizo. Learn about the history of Maplewood, how it handled being on Route 66, how it attracted creative people and how it became the first Green Dining District in the United States.

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P02 F 10-11:30 a.m. | Douglas Schneider
Jan. 29 Online

Welcome to Medicare
If you’re turning 65 or you’re still working and planning to retire soon, it’s time to start thinking about Medicare and your coverage options. CLAIM, Missouri’s official State Health Care Insurance Assistance Program (SHIP), will explain how Medicare works in 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).

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P11 W 1-2:30 p.m. | Online
Feb. 10
P09 W 1-2:30 p.m. | Online
March 20
P10 W 1-2:30 p.m. | Online
April 14

Gone In A Flash! Trafficking Myths and Perceptions
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!

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P08 Tu 6:30-8:30 p.m. | Julie Copp
Feb. 16 Online

Undiscovered ChicagoLand: A Travelogue
Been to the Michigan Mile and Wrigley Field a million times but never to the North Shore? Or Oak Brook Park? Learn about the neighborhoods and architecture that are less explored in the Second City!

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P07 Tu 6:30-8:30 p.m. | Are We There Yet? Online
Feb. 23

Connecting the Dots: History, Religion and Wine
Trace the interwoven narratives of wine, religion and history through an examination of famous potables, places and people. Discover where wine was first made. Learn about revered vineyards that were protected during wartime (World War I and II). Hear the rarely told stories of some very famous people who were instrumental in helping get works of art out of Europe before and during enemy occupation.

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P03 W 10-11:30 a.m. | Stephanie Thurmer
Feb. 24 Online

The Motorcycle in American Life
They started off as bicycles with motors, but they became their own form of transportation. The turn of the 20th century saw America start to manufacture its own motorcycles, and police departments started using them in 1911. Discover the role that motorcycles have played in American life—from transportation to cinema to folklore to self-expression to music to a sense of menace.

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P04 Th 10-11:30 a.m. | Douglas Schneider
March 11 Online

Just What The Doctor Ordered: Advocating for Yourself
The skill of advocating for yourself or a loved one is (unfortunately) a necessity to navigate our health care system. Join a local advocate as she discusses her trials and tribulations while advocating for her husband for more than six years. She will share her experience navigating scheduling procedures, appealing denied claims and prescriptions, and forging a path to good health care. Learn how to prepare for every appointment, and how to quickly receive results and answers.

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P06 W 10-11:30 a.m. | Are We There Yet? Online
April 7

Thailand: The Land of Smiles
It is called the “Land of Smiles” because you’ll have a hard time finding an angry person in Thailand. What you will find: intriguing temples, pristine beaches, statuesque mountains, tasty street food, kickboxing and domesticated elephants. Thailand is the only country in southeast Asia to have escaped colonial rule. The Buddhist religion, the monarchy and the military have helped shape its society.

SEN R-702 | 1 session | $9 AGE 60+ | $9 REG
P05 F 10-11:30 a.m. | Douglas Schneider
April 23 Online

Registration closes three business days prior to start date, except as otherwise noted in class description.

REGISTRATION BEGINS JAN. 6 | 314-984-7777 | STLCC.EDU/CE 17
**Artful Saturdays**

Enjoy three Saturday mornings virtually exploring art history. Led by a local art historian, you'll experience a specific theme each weekend: Leonardo da Vinci: Renaissance Man, March 13; El Greco Master of Mannerism, March 20; Velasquez and Zurbaran: Two Painters From Seville, March 27.

**ARTS-705** | 3 sessions | $55.50 | AGE 60+ | $65 REG

P01  Sa  10 a.m.-11:30 a.m.  Betsy Solomon  March 13 – March 27  Online

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**Drawing**

**Drawing: Beginning/Intermediate**

Beginning students learn the tools, materials and artistic perceptions essential to drawing. Returning students will continue to sharpen skills through class projects or independent work. Drawing fundamentals such as use, perspective, value and composition are covered. Students will use pencil, Conte crayon and charcoal.

**ARTS-709** | 6 sessions | $72 AGE 60+ | $109 REG

P01  Th  6-8:30 p.m.  Lisa Payne  Feb. 25 – April 8  Online

NOTE: No class March 18.

**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+ | $109 REG

P03  Tu  6:30-9 p.m.  Brenda Schilling  Feb. 2 – March 9  Online

**Botanical Illustration: Colored Pencils**

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

**ARTS-716** | 5 sessions | $72 AGE 60+ | $109 REG

P01  Th  noon-3 p.m.  Maureen Brodsky  Feb. 4 – March 4  Online

**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 information available at stlcc.edu/CE in course description.

**ARTS-723** | 8 sessions | $72 AGE 60+ | $119 REG

P01  Th  6:30-8:30 p.m.  Mary Feagan  March 25 – May 13  Online

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**Painting**

**Watercolor: Beginning Techniques**

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

**ARTS-735** | 6 sessions | $72 AGE 60+ | $109 REG

P01  Tu  1:30-3:30 p.m.  Maureen Brodsky  Feb. 2 – March 9  Online

**Watercolor: Intermediate/Advanced Techniques**

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

**ARTS-736** | 6 sessions | $74.50 AGE 60+ | $119 REG

P01  Tu  1:30-3 p.m.  Maureen Brodsky  March 23 – April 27  Online

**Botanical Illustration: Watercolor**

Focusing on the plant kingdom as subject matter, you’ll learn about antique styles and find inspiration to create contemporary watercolor pieces using modern methods. Delve into drawing, texture, color and composition using dried plants, fruit and fresh flowers as models. All levels welcome. Supply list will be sent.

**ARTS-737** | 5 sessions | $72 AGE 60+ | $109 REG

P02  Th  noon-3 p.m.  Maureen Brodsky  March 25 – April 22  Online

**Oil or Acrylic Painting: All Levels**

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

**ARTS-740** | 6 sessions | $57.50 AGE 60+ | $109 REG

P01  Tu  5:30-8:30 p.m.  Lisa Payne  Feb. 23 – April 6  Online

NOTE: No class March 16.

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**Travel Drawing**

See St. Louis through the eyes of a traveler! Whether a longtime resident or a newcomer, this basic drawing class will explore elements of drawing such as sketching, figure gestures, perspective, landscape, value and composition through on-site drawing experiences at locations around St. Louis City. Drawing materials range from pen, ink and watercolor to pencil. Students will learn through demos, hands-on experience and feedback sessions. Lessons are tailored to the level of students. This course emphasizes building a sense of community. By the end of class, you’ll take away multiple skills you can use in during your own travels, both in and out of St. Louis. Supplies and locations will be discussed during the first class, which will meet for an hour via Zoom. Prerequisite: Students must be able to walk 15 minutes at a time.

**ARTS-721** | 6 sessions | $79 AGE 60+ | $119 REG

P01  Sa  10 a.m.-1 p.m.  Sarah Paulsen  April 3 – May 8 Online (1st class), Various locations
## CRAFTS

### Basketry

**Basketry: Cake Carrier**
Cake makes everything better. After all, nothing beats a homemade treat arriving in a handmade basket! Learn the basics of basket weaving, and leave with a square cake carrier you'll enjoy for years to come. You'll learn how to create a swing handle that allows for easy cake placing. Several color options will be available. All materials included.*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Fee</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>CRFT-734</td>
<td>Basketry: Cake Carrier</td>
<td>$48</td>
<td>Jan. 23</td>
</tr>
<tr>
<td>P01</td>
<td>Sa 1-5 p.m.</td>
<td>Laura Klaus</td>
<td>MC-CE</td>
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**Basketry: Vase**
Show off your spring flowers in a custom handmade wicker vase! Learn weaving methods as you craft a beautiful woven vase complete with water holding insert designed to keep your flowers looking great!*

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<td>P01</td>
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<td>Laura Klaus</td>
<td>MC-CE</td>
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### Pottery

**Pottery: All Levels**
Explore and expand your skills in hand-building (for beginners) and wheel throwing (for more advanced students) through hands-on projects. All levels of experience welcome. Fee includes most materials.*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Fee</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARTS-727</td>
<td>Pottery: All Levels</td>
<td>$102</td>
<td>Jan. 19 - Feb. 23</td>
</tr>
<tr>
<td>P01</td>
<td>Tu 7-9:30 p.m.</td>
<td>Carl Behmer</td>
<td>FV-H, 109</td>
</tr>
<tr>
<td>P02</td>
<td>Sa 9:30 a.m.-noon</td>
<td>Linda Brattain</td>
<td>FV-H, 109</td>
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<tr>
<td>P03</td>
<td>Tu 7-9:30 p.m.</td>
<td>Carl Behmer</td>
<td>FV-H, 109</td>
</tr>
<tr>
<td>P04</td>
<td>Sa 9:30 a.m.-noon</td>
<td>Shew Chang</td>
<td>FV-H, 109</td>
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### Metalwork

**Beginning Blacksmith: Create A Wall Mount J-Hook**
A blacksmith creates objects from wrought iron or steel by forging metal and using tools to hammer, bend and cut to create useful items. In this introductory class, explore the craft of blacksmithing 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, causing sparks that can come in contact with your clothing. Please wear protective clothing; your arms and legs should be covered, and you must wear closed-toed shoes. Gloves and safety glasses will be provided and a limited number of shop aprons are available on-site.*

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<tr>
<th>Course Code</th>
<th>Description</th>
<th>Fee</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>CRFT-753</td>
<td>Beginning Blacksmith: Create A Wall Mount J-Hook</td>
<td>$108</td>
<td>Mar. 15</td>
</tr>
<tr>
<td>P04</td>
<td>Sa 9-11:30 a.m.</td>
<td>Mueller Industries</td>
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<tr>
<td>P05</td>
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<td>Mueller Industries</td>
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### Please 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.

registration closes three business days prior to start date, except as otherwise noted in class description.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
Crochet

Introduction to Crochet
Learn to crochet basic single, double and treble stitches. Discover how to decrease, increase and change colors. Make a simple piece and get help reading patterns. This class is best for beginning students and those who have crocheted before (but are seeking a refresher). Supply list will be sent. Registration/withdrawal deadline: Feb. 3.*

CRFT-724 | 1 session | $38.50 AGE 60+ | $55 REG
P01 Su 12:30-5:30 p.m. Rosemary Melton Feb. 7 M/C-BA, 116

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 more. This class is ideal for intermediate to advanced crocheters. Supply list will be sent. Registration/withdrawal deadline: Feb. 16.*

CRFT-724 | 1 session | $38.50 AGE 60+ | $55 REG
P02 Su 12:30-5:30 p.m. Rosemary Melton Feb. 20 M/C-BA, 116

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

CRFT-726 | 1 session | $38.50 AGE 60+ | $55 REG
P01 Sa 12:30-5:30 p.m. Rosemary Melton Jan. 30 M/C-BA, 116

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 | $38.50 AGE 60+ | $55 REG
P03 Sa 12:30-5:30 p.m. Rosemary Melton March 13 M/C-BA, 116

Crocheted Shrug/Jacket
Create a cozy and chic crochet shrug or jacket and add a fun and useful item to your wardrobe. In this one-day class, you will construct a shrug or jacket with the guidance of an expert instructor. Prerequisite: Crochet I or similar experience. Supply list will be sent.*

CRFT-726 | 1 session | $38.50 AGE 60+ | $55 REG
P04 Sa 12:30-5:30 p.m. Rosemary Melton April 10 M/C-BA, 116

Sewing, Textiles and Fabrics

Intro to Sewing Machines
Sewing machines can be a bit intimidating. Like any other tool, once you become familiar with its pieces and parts, you will have more success (and fun) using it to your advantage. In this introductory course, you'll learn the basic parts and functions of the sewing machine. This crash course covers threading the machine and bobbin, adjusting tension, stitch width and length, and basic sewing language. Leave with a finished lunch bag and a trove of sewing machine knowledge. All materials are provided. Registration/withdrawal deadline: April 9.*

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P04 W 6-9 p.m. April 14 City Sewing Room

Beginning Quitting
This class puts the “fun” in fundamentals of quitting! Learn how to choose, cut and sew fabric to make a beautiful table runner. You may bring your own fabric (four to five choices of 1/4 yard each) or use fabric provided at the class. All supplies will be provided including batting, notions and sewing machines. Registration/withdrawal deadline: March 4.*

CRFT-715 | 2 sessions | $56 AGE 60+ | $65 REG
P01 Tu/Th 6-9 p.m. March 9 - March 11 City Sewing Room

Nifty and Thrifty Sewing
Bring your great bargain finds to this class and learn how to transform them into treasured items you want to wear all the time! Learn to take in, let out, shorten hems, move buttons, remove sleeves, crop a top and so much more. Sewing experience is not necessary. All other materials will be provided. Registration/withdrawal deadline: Feb. 23.*

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P03 Sa 1-4 p.m. Feb. 27 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. Registration/withdrawal deadline: May 5.*

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P05 Sa 10 a.m.-12:30 p.m. May 8 City Sewing Room

Needle Felt – Owl
Needle felt is a process whereby using a single, barbed needle borrowed from commercial felting machines, wool fibers are tangled and compacted by repeatedly jabbing the needle into the fibers, creating a three-dimensional felt owl. 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-765 | 1 session | $45 AGE 60+ | $45 REG
P02 W 6-8 p.m. Jan. 27 Craft Central

Weaving Table Runner
In this beginning-level class, work on a four-shaft, preloaded, tabletop loom to create a cotton runner. Select from multiple colors for the runner. Learn basic weaving techniques in tabby and twill. All materials are included in class cost.*

CRFT-713 | 1 session | $58 AGE 60+ | $89 REG
P01 Sa 9 a.m.-3 p.m. Feb. 7 Craft Central
P02 Sa 9 a.m.-3 p.m. Feb. 28 Craft Central

Knot Your Average Craft Night: Macramé and More
Ready to expand your knotting skills? Gain the ability to tie a variety of knots such as the Josephine knot and monkey fist. Using beads and a selection of high-quality fibers, create a handmade 15 by 18 inch wall hanger or a one of a kind plant hanger — your choice! All materials are provided. Registration/withdrawal deadline: April 26.*

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P04 F 6-9 p.m. April 30 City Sewing Room

Ceramics

Large Ceramic Spoon Rest
Make it a large flower, a colorful hot air balloon, an exciting pinwheel, retro checks or the design of your choice. Your spoon rest will be food-safe, fired and ready for pickup at the Painted Zebra one week after class. All materials are included.*

CRFT-741 | 1 session | $52 AGE 60+ | $49 REG
P01 W 6-8 p.m. March 24 Janet Becker Painted Zebra Kirkwood

Triangle Ceramic Plate
Paint an abstract design on your plate, then spatter paint over your creation. Your unique plate will look awesome on your table. All items are included in class cost.*

CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P02 Sa 12-5 p.m. April 14 Janet Becker Painted Zebra Kirkwood

Hibiscus Ceramic Plate
Create a one-of-a-kind plate to use for gatherings with friends and family. The floral design will already be embossed on the plate giving you an outline. You will be able to choose your own colors to make this food-safe item one you will treasure for years to come.*

CRFT-741 | 1 session | $52 AGE 60+ | $49 REG
P03 W 6-8 p.m. May 5 Janet Becker Painted Zebra Kirkwood

Registration closes three business days prior to the start date.

* 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 includes, but is not limited to, use of masks and social distancing requirements.

STLCC.EDU/CE | 314-984-7777 | REGISTRATION BEGINS JAN. 6
**Coastal Mexican Cuisine**

Seafood plays a major role in Mexican cuisine. Coctel de camarones (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 chilies 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 costero, 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. See full course description on CE website for location details.


Are you tired of cooking corn, broccoli, carrots and peas the same way every night? Rediscover the wonders of veggies through simple (and often quick) recipes that will leave your family coming back for more. We'll work through cooking techniques and preparation tricks for more than a dozen different veggie recipes including roasted lemon pepper cauliflower, Chinese green beans, Marsala brussel sprouts, roasted tomato soup, chocolate zucchini bread, crab stuffed mushrooms and more! Students will be emailed the recipe packet three days before class. Registration/withdrawal/refund deadline: Feb. 25.


Are you looking for more new ideas to make vegetables the star of your meals or the centerpiece of a tasty snack? We'll walk through cooking techniques and preparation tricks for more than a dozen veggie recipes and explore restaurant favorites and gourmet appetizers including parmesan baked green bean French fries, stuffed Gouda chorizo baby bell peppers, Cajun corn succotash, honey roasted butternut squash, black bean brownies, minestrone, cauliflower fried rice and more. Students will be emailed the recipe packet three days before class. Registration/withdrawal/refund deadline: March 18.

**Even More Irresistible Vegetables! Third Edition**

In this third installment of irresistible vegetables, we’ll continue to explore the wonderful world of veggies. We’ll expand our repertoire of vegetable recipes by delving into new cooking techniques and preparation tricks for more than a dozen new veggie recipes including Greek salad, roasted broccoli corn chowder, cheddar zucchini corn muffins, basil pesto pasta salad, sesame orange broccoli, mushroom flatbread and more. Students will be emailed the recipe packet three days before class. Registration/withdrawal/refund deadline: April 1.

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**Cooking Basics**

Introducing very basic, slow-paced food preparation for individuals needing one-on-one assistance with skill development.

**Comfort Foods**

Learn to cook two comforting meals that are great for sharing, taught at a slower pace with one-on-one assistance for beginner-level skill development. During the first session, you’ll prepare tator tot casserole, seasoned green beans and homemade fruit salad. The next week, create skillet lasagna, oven-fried parmesan zucchini and s’mores casserole. Bring take-home containers. See full course description on CE website for location details.

**Spring Meals**

Cook two delectable meals that are perfect for the spring season, taught with one-on-one assistance for beginner-level skill development. In the first session, we’ll prepare fish stick tacos, Mexican street corn, fried hash browns and cinnamon ice cream. The second session will include chicken pot pie, green garden salad and muddy buddies. Bring take-home containers. See full course description on CE website for location details.

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**Cake Decorating**

Learn the basics of buttercream, ganache and fondant 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. Supply list will be sent. Supplies extra.

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For additional courses and class information, visit STLCC.EDU/CE.
African Dance

The Kizomba Explosion
Dirty dancing was not just a movie! Come experience this sensual Angolan dance, which combines salsa, bachata, tango, merengue, samba and lambada and is currently sweeping the globe. Learn foundational footwork and partner work for both lead and follow. Uncover the history, origins, and culture of kizomba. By the end of your class sessions, awe spectators with the way your hips move and how effortlessly it looks. This dance can be performed solo or with a partner. Couples are welcome with the enrollment of each person.

DANC-725 8 sessions $59 AGE 60+ $59 REG
P04 W 7:05-8 p.m. Almas Del Ritmo
March 24 – May 12

Ballet

Ballet: All Levels
During this introductory class, you’ll learn basic ballet techniques while building your strength, stamina, flexibility and coordination. If you’ve never tried ballet or need a refresher, this is for you. Attire: tight-fitting athletic wear or dancewear and comfortable shoes.

DANC-701 6 sessions $33.50 AGE 60+ $49 REG
P01 Tu 6-7 p.m. Tamara Kelly
Jan. 19 – Feb. 23

Belly Dance

Belly Dance for Fun and Fitness
Belly dancing is a fun and exciting way to workout. Experience the sounds of Middle Eastern music while exploring various belly dance moves. Attire: fitness-style clothing.

DANC-745 8 sessions $59 AGE 60+ $59 REG
P01 Tu 7-8 p.m. Theresa Daniels
Feb. 2 – March 30

NOTE: No class March 16.

Hip Hop Fusion Belly Dance
This new, innovative style blends elements of hip hop and street dance with modern, urban belly dance (Egyptian sha’abi). Students will learn a savage and sassy choreography that’s fun and easy to follow from home! 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 6 sessions $32 AGE 60+ $49 REG
P01 Th 7-8 p.m. Amber Clarke
Feb. 19 – April 1
NOTE: No class March 18.

Latin Dance

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

DANC-725 8 sessions $59 AGE 60+ $59 REG
P03 W 6-7 p.m. Almas Del Ritmo
Jan. 20 – March 10

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

DANC-718 8 sessions $59 AGE 60+ $59 REG
P01 M 6-7 p.m. Almas Del Ritmo
Jan. 25 – March 15

P02 W 6-7 p.m. Almas Del Ritmo
March 24 – May 12

The Salsa Experience: Beginning
Learn about authentic Latin culture through the rhythmic sounds of salsa music and dance. During these short weeks, you will 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+ $59 REG
P01 Tu 6-7 p.m. Almas Del Ritmo
Jan. 19 – March 9

Slide Dance

Slide Dance: Beginning
Slide dancing is a fun, energetic way to get your exercise. People of all ages can have fun moving to great music and making new friends. If you’ve never tried slide dancing or need a refresher, your instructor will start at the beginning and take you to fantasia! No prior experience is required.

DANC-749 6 sessions $35 AGE 60+ $49 REG
P01 Sa 10-10:50 a.m. Eleanor Whitney
Jan. 23 – Feb. 27

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

DANC-749 6 sessions $35 AGE 60+ $49 REG
P02 Sa 11-11:50 a.m. Eleanor Whitney
Jan. 23 – Feb. 27

THEATER

Acting For The Camera
Looking for a way to stay safe yet continue performing in a group? Or, perhaps you just want to get more comfortable presenting your work online? Brush up on your acting skills and learn the basics of camera acting. This is the perfect time to practice the subtleties of this intimate art of performance. Learn how to express big emotions in seemingly small ways. The camera forgives less than the stage, so be prepared to stop acting and get real during this class. Students can choose to work on monologues, two person scenes or presentations for internet business. This course is appropriate for both beginning and experienced students.

THTR-701 10 sessions $70 AGE 60+ $119 REG
P01 M 6:30-8:30 p.m. Melanie Klug
Jan. 25 – April 5
NOTE: No class March 15.
### Music

#### The Folk Revival
Discover the history of the Folk Music Revival of the 1950s and 1960s that brought folk music to the forefront on campuses, TV and radio, and in coffee houses and concert halls. This discussion includes recordings and demonstrations of different types of songs that played a part in the Revival. You’ll understand the difference between cowboy, blues, spirituals, country and mountain music, maritime, hobo, union, work songs and British ballads. We’ll discuss the influence of this music on the singer-songwriter movement of the period.

**MUSC-701** | **2 sessions** | $27.00 | AGE 60+ | $39 REG

P02  W 7-9 p.m.  
James Renz  
April 21 – April 28

#### Fingerpicking for Guitar
Learn to play folk, blues and ragtime. Discover general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. This course emphasizes alternating bass style, and will explore music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Previous students welcome and will be provided new songs. All must have a six-string acoustic guitar and guitar capo for class. A music stand is recommended. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. No text required.

**MUSC-705** | **8 sessions** | $55.00 | $99 REG

P01  W 6:30-7:30 p.m.  
Buddy Hirsch  
April 7 – April 21

#### Advanced Guitar for Beginners
This class is for the self-taught guitar player that wants to learn technique. You should be able to read standard music notation, play chords (including barre chords) and ensemble-based music, and have strong basic improvisation skills. Must provide your own acoustic guitar and extra set of strings. Prerequisite: Beginning Guitar or equivalent experience. Textbook information available at stlcc.edu/CE under course description. Additional online music program will be discussed for more advanced learning at home. Cost of program is not included in course fee.

**MUSC-705** | **8 sessions** | $57.00 | $99 REG

P01  Sa 12:30-1:55 p.m.  
Christina Springer  
Jan. 23 – March 13

### Beginning Piano
In this enjoyable, relaxed approach to the piano, you’ll learn the letter names of notes, where notes are located on the keyboard, simple chords to accompany melodies, easy rhythm patterns and pedagogical techniques. Textbook information available at stlcc.edu/CE under course description. Additional online music program will be discussed for more advanced learning at home. Cost of program is not included in course fee.

**MUSC-710** | **8 sessions** | $55.00 | $99 REG

P01  Sa 9-10:25 a.m.  
Christina Springer  
Jan. 23 – March 13

#### Advanced Piano For Beginners
Learn more advanced rhythms (dotted rhythms and triplets), major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Songs are played in major keys and pop music is introduced. A review provided at course beginning (as needed). Prerequisite: Basic knowledge of keyboard and letter names of notes. Textbook information available at stlcc.edu/CE under course description. Additional online music program will be discussed for more advanced learning at home. Cost of program is not included in course fee.

**MUSC-711** | **8 sessions** | $55.00 | $99 REG

P01  Sa 10:30 a.m.-noon  
Christina Springer  
Jan. 23 – March 13

### Group Beginning Guitar
Offered for students who have never played guitar and have no background in music. Learn to play first and open position chords, simple scales, melodies and right hand strumming techniques. Must provide your own acoustic guitar and extra set of strings. No text required.

**MUSC-705** | **8 sessions** | $55.00 | $99 REG

P03  W 7-8:30 p.m.  
James Renz  
Feb. 17 – April 14

#### Group Beginning Harp
Offered for students who have never played harp and have no background in music. Learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques; tablature, guitar notation and tuning are introduced. Must provide your own acoustic guitar and extra set of strings. Textbook information available at stlcc.edu/CE under course description.

**MUSC-705** | **8 sessions** | $55.00 | $99 REG

P04  Sa 2-3 p.m.  
Christina Springer  
Jan. 23 – March 13

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

**MUSC-720** | **3 sessions** | $39.00 | $39 REG

P01  W 6:30-7:30 p.m.  
Buddy Hirsch  
Feb. 3 – Feb. 17

P02  W 6:30-7:30 p.m.  
Buddy Hirsch  
April 7 – April 21

### Band and Orchestra
#### Meramec Orchestra
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 134 650 (CRN 14378). Auditions for sitting purposes only. Contact the conductor at 314-984-7636. This ensemble may meet in a hybrid format including on-campus rehearsals with safe-distancing, paired with online instruction using Blackboard Collaborate. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.

**MUSC-714** | **15 sessions** | $39.00 | $39 REG

P01  M 7-9:40 p.m.  
Gary Gackstatter  
Jan. 25 – May 10  
Hybrid; MC-HW, 102  
NOTE: No class March 15.

#### Symphonic Band
Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 12920). Auditions for seating purposes only; contact the conductor at 314-984-7636. This ensemble may meet in a hybrid format including on-campus rehearsals with safe-distancing, paired with online instruction using Blackboard Collaborate. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.

**MUSC-716** | **15 sessions** | $39.00 | $39 REG

P01  Th 7-9:40 p.m.  
Gary Gackstatter  
Jan. 21 – May 13  
Hybrid; MC-HW, 102  
NOTE: No class March 18.

### Vocals
#### Meramec Concert Choir
Study and performance of representative choral literature. Emphasis on vocal technique and development. Additional studio hours required. Available for credit as MUS 131 601 (CRN 14378). Auditions for part assignment only. Contact the conductor at 314-984-7638. This ensemble may meet in a hybrid format including on-campus rehearsals with safe-distancing, paired with online instruction using Blackboard Collaborate. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.

**MUSC-717** | **30 sessions** | $39.00 | $39 REG

P01  Tu/Th 12:30-1:50 p.m.  
Gerald Myers  
Jan. 19 – May 13  
Hybrid; MC-HW, 102  
NOTE: No class March 16, March 18.

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* 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 includes, but is not limited to, use of masks and social distancing requirements.
PHOTOGRAPHY

Core Class

Introduction to Digital Photography
If you'd like to take memorable photos, but you don't understand your camera, this course is designed for you. Each week, you'll learn two or three principles of photography. Then, through demonstration and class discussion, you'll learn how to apply those principles to whichever camera you own. Between classes, you'll put those principles to work by shooting a weekly assignment and returning with your photos for a personal, detailed critique. By the end of this course, you'll understand technical terms (e.g., aperture, shutter speed and ISO), as well as artistic terms (e.g., rule of thirds, leading lines and depth of field). Course meets the curriculum requirements for Digital Photography Essentials Program.

PHOT-720 | 5 sessions | $68.50 AGE 60+ | $109 REG
P01 W 6:30-9:30 p.m. John Kerans Jan. 27 - Feb. 24 Online
P02 W 6:30-9:30 p.m. John Kerans March 2 - March 31 Online
P03 M 6:30-9:30 p.m. April 12 - May 10 Online

Field Classes

Photography 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. You'll analyze images taken by legendary photojournalists and learn how to put their award-winning techniques to work! Course meets the curriculum requirements for Digital Photography Essentials Program.

PHOT-731 | 5 sessions | $68.50 AGE 60+ | $109 REG
P01 M 6:30-9:30 p.m. John Kerans March 1 - April 5 Online
NOTE: No class March 15.

PHOTOGRAPHY ESSENTIALS PROGRAM

Build new skills and take your passion to the next level.
Learn more about the program at: stlcc.edu/photoessentials

Nature and Outdoor Photography
Improve outdoor nature photography skills and expand your creativity in this class. Through classroom sessions and image critiques, learn what makes a great photo and techniques professional photographers use. 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. Bring your digital camera to first class. Course meets the curriculum requirements for Digital Photography Essentials Program.

PHOT-708 | 4 sessions | $66.50 AGE 60+ | $99 REG
P01 M 6:30-9 p.m. Jan. 25 - Feb. 22 John Kerans Online
P02 W 6:30-9 p.m. March 3 - March 31 John Kerans Online
NOTE: No class March 17.

Wild Animal Photography
Explore the wild side with this four-session photography course. The class will focus on how to get that “awesome” photograph of a non-domesticated animal. Class topics will include selecting which image you want to take, understanding the importance of angles and aperture, and evaluating background and lighting. Students will need to provide their own camera. Course meets the curriculum requirements for Digital Photography Essentials Program.

PHOT-708 | 4 sessions | $99 AGE 60+ | $99 REG
P03 Sa 10-11:30 a.m. John Kerans March 24 - April 24 Online

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

PHOT-710 | 5 sessions | $66.50 AGE 60+ | $109 REG
P01 W 6:30-9 p.m. John Kerans April 1 - May 5 Online

iPhone® Photography: Move Beyond Snapshots
Learn to take better photos with your iPhone and explore what you can do with them afterwards. We'll start with the basics of the camera app, including its multiple modes and options. After a hands-on walkthrough of camera functions of recent iPhone models, you'll use what you've learned during a brief walking tour. Together, we'll help train your “photographer’s eye” through use of available light and composition options. Lastly, we'll discuss the lifecycle of a digital photo, from snap to editing, sharing, printing, organizing, backup and storage management.

PHOT-720 | 1 session | $49 AGE 60+ | $49 REG
P01 Th 5-8 p.m. Gregory Ray March 11 STLCC-Corp, 210

WRITING

The Craft of Writing

Unleash 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. During this class, you'll peel away the familiar outer layers of doubt, distraction and writer's block. You'll get to the core of what you're actually trying to say, and learn to say it with language that is irreplacably 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+ | $59 REG
P01 Th 6:30-9:30 p.m. Jan. 21 - Feb. 11

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+ | $59 REG
P01 Tu 6:30-9:30 p.m. Feb. 16 - March 9

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. This class was formerly called Writing Basics Brush-Up (What You Should Have Learned in High School!)

WRIT-704 | 4 sessions | $53.50 AGE 60+ | $59 REG
P02 W 6:30-9:30 p.m. March 24 - April 14

Exploring the Creative Process

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

WRIT-714 | 6 sessions | $56 AGE 60+ | $79 REG
P01 W 7-9 p.m. Jan. 20 - Feb. 24
Gabe Montesanti Online
Creative Writing – Going Beyond the Written Words

If you enjoy writing as a form of art and personal expression, this course is designed for you! Explore a variety of literary elements that can help shape a story, making it both impactful and relevant to the reader. You will be encouraged, inspired and challenged. Participation in workshops and group sessions will help you to develop an original written piece.

WRIT-701 | 8 sessions | $56 A GE 60+ | $79 REG
P01 M/F 6:30-8 p.m. | Feb. 1 – Feb. 26 | Alicia Sorenson | Online
P03 M/F 6:30-8 p.m. | March 29 – April 23 | Alicia Sorenson | Online

Journaling for Writers

Journals can contain to-do lists, diary entries and much more. But, for writers, journals often include a section devoted to ideas and inspiration. A writer’s bullet journal might also contain ideas to transform plans into concrete projects. Whatever your goals are as a writer, this course will show you how a bullet journal can kick start your creativity, your career or both. All you need to get just started is any blank notebook, your favorite writing implements and an open mind.

WRIT-710 | 1 session | $37 A GE 60+ | $55 REG
P01 Sa 9:30 a.m.-1 p.m. | Charlene Oldham | Feb. 20

Fun With Flash Fiction

In this introductory class, you’ll read, write and investigate the short, short story. For our purposes, flash will be defined as a story of less than 1,500 words. Learn flash techniques including foreground and background, plot lines, believable characters, symbolism and negative space. Be prepared to read, write and have fun!

WRIT-724 | 6 sessions | $56 A GE 60+ | $79 REG
P02 W 6-9 p.m. | Gabe Montesanti | Feb. 24 – April 7 | Online
NOTE: No class March 17.

Personal Essays For Publication

Do you want to learn to express opinions through the prism of your own personal experiences? Effective personal writing requires that you identify multiple online job boards to find enjoyable, paid writing work.

WRIT-741 | 1 session | $37 A GE 60+ | $55 REG
P01 Sa 9:30 a.m.-1 p.m. | Charlene Oldham | Feb. 27 | 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 we already know and a great plot that’s already been lived. A memoir isn’t necessarily the same as an autobiography. It can focus on your childhood, adult years or simply one particular life-changing event. Every life is fascinating. Every story deserves to be told. This class will guide you in writing your own unique and personal memoir.

WRIT-714 | 6 sessions | $54 A GE 60+ | $99 REG
P03 Tu 6:30-8:30 p.m. | Jordan Oakes | March 23 – April 27 | Online

Writer’s Review: Harry Potter – Beyond the Magic Part I

In this course, you will have an opportunity to take a beloved story and explore the rich, complex themes of race, power, identity, social classes, political systems and more! We will practice and apply literary analysis skills in a way that will make the reading and learning seem both enriching and effortless. We will cover one book per week (books 1-4 of the series). This course is part of a two part series. Book list sent.

WRIT-765 | 7 sessions | $56 A GE 60+ | $79 REG
P01 Sa/Su 6:30-8 p.m. | Alicia Sorenson | March 27 – April 18 | Online
NOTE: No class April 4.

Writer’s Review: Harry Potter – Beyond the Magic Part II

In this course, you will continue your journey into the world of Harry Potter where you will continue to explore, more in depth the rich and complex themes of race, power, identity, social classes, political systems, and more! We will continue to practice and apply literary analysis skills as you delve deeper into to the magic of witchcraft, wizardry. This is the second part to the series and will cover books 5-8 of the series. Book list sent.

WRIT-765 | 7 sessions | $56 A GE 60+ | $79 REG
P01 Sa/Su 6:30-8 p.m. | Alicia Sorenson | March 27 – April 18 | Online
NOTE: No class April 4.

Find 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, this course will help you identify multiple online job boards to find enjoyable, paid writing work.

WRIT-722 | 1 session | $37 A GE 60+ | $55 REG
P02 Sa 9:30 a.m.-1 p.m. | Charlene Oldham | Feb. 13 | Online

WordPress® for Writers: Easy Website Design Online Publishing

Looking for a place to share your poetry, essays, short stories and other creative works with the world? Why not design the perfect online forum yourself? WordPress draws more than 409 million people who view 15.5 billion pages each month. It is one of the world’s most popular web design tools that is free and easy to use while still producing professional results. In fact, WordPress sites are so professional that you can use them as an online hub for marketing your work to journals, magazines and other print or online publications. Prerequisite: Windows® Introduction class or equivalent experience. Students must have a generic email account through Gmail™, Yahoo or Hotmail® and know their email address and password.

WRIT-704 | 1 session | $37 A GE 60+ | $55 REG
P04 Sa 9:30 a.m.-1 p.m. | Charlene Oldham | Jan. 30 | Online

How to Publish Your Own Book: What You Need to Know

Meet the publisher. A memoir isn’t necessarily the same as an autobiography. It can focus on your childhood, adult years or simply one particular life-changing event. Every life is fascinating. Every story deserves to be told. This class will guide you in writing your own unique and personal memoir.

WRIT-714 | 6 sessions | $54 A GE 60+ | $99 REG
P03 Tu 6:30-8:30 p.m. | Jordan Oakes | March 23 – April 27 | Online

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Freelancing for Fun and Profit

Do you want to get paid for exploring your passion or sharing what you know with others through carefully crafted non-fiction news and feature articles? This course teaches you how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines and more by covering some of the basics of reporting, writing and selling stories. No matter what your interests or expertise, you will learn how to identify markets, write query letters, research and interview and write articles that will get you published for profit. Bring recent copies of your favorite publications as well as any original story ideas you’d like to see in print.

WRIT-722 | 1 session | $37 A GE 60+ | $55 REG
P01 Sa 9:30 a.m.-1 p.m. | Charlene Oldham | Feb. 6 | Online

Publishing

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**Auto**

**Basic Car Maintenance**
Cars conveniently get us from home and work to soccer and the grocery store. But the moment a car needs repairs 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 vehicle, undertake minor repairs and perform maintenance on your own car. No driver should miss this class!

**AUTO-701 | 1 session | $20 AGE 60+ | $29 REG**

P01  Th 6-9 p.m.  Michael Silva  
   April 8  Advanced Auto Service

**Home**

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

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

P01  W 6:30-9:30 p.m.  Kathryn Leinauer  
   Feb. 3  MC-BA, 116

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

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

P01  W 6:30-9:30 p.m.  Kathryn Leinauer  
   Feb. 10  MC-BA, 116

**DIY Home Inspections**
Considering buying or selling a home in the near future? Learn to perform your own unofficial inspections to save money, time and headaches by spotting costly repairs before you get to the contract stage! Topics include reasons for home inspections, what home inspectors look for, home inspection reports, how to choose a home inspector and the different types of inspections.*

**HOME-713 | 1 session | $19 AGE 60+ | $25 REG**

P01  W 7-9 p.m.  Troy Galloway  
   April 21  MC-BA, 116

**Real Estate**

**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 and understand the pros and cons of “for sale by owner”. Discover how to find the right agent to sell your house. In one evening, you’ll learn insider tips that can get you the best deal for your home!

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

P01  Th 7-9 p.m.  Jill McCoy  
   Feb. 4  Online

P02  Th 7-9 p.m.  Jill McCoy  
   May 6  Online

**Real Estate Investing for Income**
True financial wealth is about having the unearned income to finance your life goals without having to work. According to the S&P 500 Index at the end of 2019, the average return on investment in the US is 8.6%. The average rate of return heavily depends on the type of rental property. 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**

P01  Th 7-9 p.m.  Jill McCoy  
   Feb. 25  Online

P02  Tu 7-9 p.m.  Jill McCoy  
   May 11  Online

**Leveling Up: Buying vs. Renting**
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**

P02  Tu 7-9 p.m.  Jill McCoy  
   March 9  Online

**The Upside of Downsizing**
We accumulate a lot of things over the years, but eventually the extra stuff needs to go! Whether it’s choosing a simpler lifestyle, empty-nesting or entering independent living, downsizing can seem overwhelming in the beginning. Which comes first: get rid of clutter or get organized? List the house or get rid of clutter or get organized? 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**

P01  Th 7-9 p.m.  Jill McCoy  
   March 11  Online

**Be Your Own General Contractor**
Save money on home renovation projects by serving as your own general contractor. Understand a general contractor’s role and responsibilities, how to interview sub-contractors, required permits, insurance for the property owner and sub-contractors, scheduling sub-contractors, setting up a payment schedule, and understand liens, waivers and contracts.*

**HOME-713 | 1 session | $19 AGE 60+ | $25 REG**

P02  W 7-9 p.m.  Troy Galloway  
   May 5  MC-BA, 116

   **KATHY LEINAUER**
   Interior designer and instructor

W  6:30-9:30 p.m.

**HOME-708**
**KATHRYN LEINAUER**
Interior designer and instructor
W  6:30-9:30 p.m.
Buying a Home? Top Home 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 AGED 60+ | $29 REG
P01 Th 7-9 p.m. Jill McCoy
March 25

REAL-702 | 1 session | $39.50 AGED 60+ | $69 REG
P01 Sa 9 a.m.-5 p.m. Mary Hankins
March 13

How to Start a Career in Real Estate
Do you enjoy helping people? Have you considered getting into the business of real estate? Do you wonder what it takes to be successful? 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. We’ll show you how to build a new career in real estate!

REAL-715 | 1 session | $23 AGED 60+ | $29 REG
P01 Th 7-9 p.m. Jill McCoy
April 1

Go Native! Native Landscaping With Shrubs
Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and that have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife.

HORT-713 | 1 session | $29 AGED 60+ | $29 REG
P01 Th 9 a.m.-noon Mitch Leachman
April 1

Go Native! Native Landscaping With Shrubs
Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and that have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife.

HORT-713 | 1 session | $29 AGED 60+ | $29 REG
P02 Th 9 a.m.-noon Mitch Leachman
April 8

Go Native! Native Landscaping With Shrubs
Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and that have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife.

HORT-713 | 1 session | $29 AGED 60+ | $29 REG
P03 Th 9 a.m.-noon Mitch Leachman
April 15

Go Native! Native Landscaping With Shrubs
Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and that have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife.

HORT-713 | 1 session | $29 AGED 60+ | $29 REG
P04 Sa 9 a.m.-noon Susan Van de Riet
April 17

Soil and Composting: Get the “Dirt” on Successful Gardening
The first step in successful gardening is working from the ground up. Learn the “dirt” on successful gardening with easy-to-understand information on soil types, practical tips on preparation and composting tips and benefits for your home garden. This is a valuable class for both beginning and experienced homeowners.

HORT-709 | 1 session | $23 AGED 60+ | $25 REG
P01 Th 6-8 p.m. Mike Ochonicky
Feb. 25
P02 Th 6-8 p.m. Mike Ochonicky
April 8

Herb Gardening
Now is the time to plan for your summer garden! Learn how to get the most for your effort in this one-night class. Whether you’re just starting or you’re expanding an herb garden, you’ll learn about soil conditions, fertilizing and the optimal placement for growth. Hear the best advice from a master gardener on how to plant, maintain and harvest an herb garden. Plus, you’ll gain tips on using herbs in and around your home, and discover the best way to freeze and preserve herbs for future use.

HORT-701 | 2 sessions | $23 AGED 60+ | $35 REG
P01 W/Th 6-8 p.m. Mike Ochonicky
March 24 – March 25
P02 W/Th 6-8 p.m. Mike Ochonicky
May 12 – May 13

Container Gardening
No room to plant a large garden? Try container gardening! Join a master gardener and learn how to select containers and choose plants. You’ll discover how to start and maintain flowers, vegetables and herbs within a contained space. Recommendations for plant combinations will also be discussed. Make the best of the area you have and create visually appealing, functional surroundings.

HORT-714 | 1 session | $19 AGED 60+ | $25 REG
P01 Th 6-8 p.m. Mike Ochonicky
April 15

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

HORT-722 | 1 session | $19 AGED 60+ | $25 REG
P01 W 6-8 p.m. Mike Ochonicky
April 28

Cultivate your interests and build community connections. Learn more about the program at: stlc.edu/masternaturalist

Registration closes three business days prior to start date, except as otherwise noted in class description.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
**Nature**

**Forest Park Owls: Hunting and Feeding**

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

**NATR-709 | 1 session | $25 AGE 60+ | $25 REG**

**P01**

Th 6:30-8:30 p.m.  
Mark H.X. Glenshaw  
Feb. 18  
**Online**

**How to Find an Owl in Your Neighborhood**

Do you ever see or hear an owl in your neighborhood and want to experience more of these beautiful birds? Discover ways to find owls in your area—whether in subdivisions, city neighborhoods, pocket parks or large public parks. Learn which owls you are most likely to see or hear, where and how to look for them, what to listen for and the importance of research and collaboration.

**NATR-709 | 1 session | $25 AGE 60+ | $25 REG**

**P01**

Th 6:30-8:30 p.m.  
Mark H.X. Glenshaw  
April 22  
**Online**

**Spring Nature Walk**

With the warm weather on its way, it’s time to get outside and see what’s blooming! Join our small group tour to explore, discover and study the spring landscape within the environment and splendor of Shaw Nature Reserve. Enjoy a guided 2-3 mile walk along well-maintained and mostly level paths through gardens and trails. Wear comfortable shoes and dress appropriately for the weather. Meet at the picnic tables across from the visitor’s center at Shaw Nature Reserve.* W

**NATR-704 | 1 session | $19 AGE 60+ | $25 REG**

**P01**

Sa 10 a.m.-noon  
Nancy Gelb  
April 24  
**Shaw Nature Reserve**

**Ecology**

**Indoor Composting: Make And Take Home a Bokashi Bucket**

Don’t throw away those scraps! Up to 20% of household trash can be composted! The quick and convenient Bokashi Bucket system can be used year-round and produces no household odors. During this hands-on session, you’ll construct and learn how to maintain 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 and included in fee. Supply pick-up location and date will be emailed. Registration deadline: Feb. 16. No refunds after this date. Class is offered in partnership with the Missouri Botanical Garden Earthways Center.

**ECOL-704 | 1 session | $59 AGE 60+ | $59 REG**

**P01**

Tu 7-8:30 p.m.  
MoBot Earthways Ctr  
March 2  
**Online**

**PERSONAL FINANCE**

**FINANCE AND INVESTMENTS**

**Navigating a Financial Crisis**

We are more than a decade removed from the 2008 stock market crash. During 2020, many of us saw the market crash and rebound in a matter of months. There is no question we live in a volatile economic time and that a crisis can occur at any moment. Are you prepared? As we age, our runway for recovery runs out. This class will discuss ways to take advantage of volatility and, more importantly, help prevent a financial crisis from draining your savings. During this course, we’ll focus on the areas of tax, social security, retirement exit strategies and income planning.

**FINC-705 | 1 session | $25 AGE 60+ | $25 REG**

**P01**

Th 6-8 p.m.  
Andrew Hall  
Jan. 21  
**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 annuities are bad. Historically, annuities are one of the most misunderstood and broadly defined financial products. Annuities can be powerful if used correctly, but detrimental if used improperly. This course will untangle the web, teaching you if and when to use the right tool for the job, and how to properly use any annuity you may already have.

**FINC-765 | 1 session | $25 AGE 60+ | $25 REG**

**P02**

Th 6-8 p.m.  
Andrew Hall  
Feb. 18  
**Online**

**Where Does All My Money Go?**

Are you one of 33% of Americans who don’t have a budget (according to a 2020 debt.com poll)? You don’t have to be a CPA to manage your finances and build wealth within the resources that you have. Learn about budgeting, building emergency savings, paying down debt, saving for retirement and a crash course in building wealth through investments. Many of the financial questions you were afraid to ask will be answered in this course that will help you take control of your finances and help build a better future for you and your family.

**FINC-735 | 1 session | $23.50 AGE 60+ | $35 REG**

**P01**

Sa 9 a.m.-1 p.m.  
Tiffany Smith  
Feb. 20  
**Online**

**Foundations of Investing**

Would you like to understand the fundamental rules of investing? During this class, you’ll gain the foundation to get started and learn some basic financial terminology. For those with a current investment portfolio and/or 401(k), the knowledge you’ll learn may help you evaluate what you have and determine if repositioning is necessary. We will explain how to develop goal-focused strategies and follow a proven process to accomplish your goals. You will learn the importance of choosing quality investments, diversifying your portfolio, investing for the long term and focusing on what you can control. Your capacity for risk will be assessed and the portfolio objective that is right for you will be revealed.

**FINC-705 | 1 session | $25 AGE 60+ | $25 REG**

**P03**

Tu 6-8:30 p.m.  
Margie Bittner  
Feb. 23  
**Online**
Adaptive Investment: Managing Through an Extended Bear Market
The wealthy always seem to come out ahead. How can the average person, who has done everything right in accumulating assets for retirement, use many of the same strategies used by the super-rich? Join us as we lay the groundwork and explore strategies that may be unfamiliar to you by replacing the bond position in your portfolio and managing risk for a more confident future.
FINC-765 | 1 session | $25 AGE 60+ | $25 REG
P04 Tu 6-8 p.m. Jason Ingram
February 23

The Nuts and Bolts of Investing
Learn the “tools of the trade” for an individual investor! We will explain the fundamentals and key features of stocks, bonds, mutual funds and ETFs (exchange traded funds). Find out when (and when not) to use a particular tool. We will discuss how and when each is taxed in a qualified (e.g., IRA) and non-qualified account. Interest, dividends, expense ratio, capital gains, maturity date, rate of return, stock index, “the market” and many other financial terms will be explained. Come and learn how to outfit your financial toolbox. This is an ideal follow up to the Foundations of Investing class.
FINC-705 | 1 session | $29 AGE 60+ | $29 REG
P02 Tu 6:30-8:30 p.m. Margie Bittner
March 9

Identity Theft Seminar
If you use a credit card, have a checking account, or use the internet, it is 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 it. Through this informative example-based class, learn why people lie, how to detect deception, what to do if you become a victim, and free, investigative resources for home use. Don’t get scammed!
FINC-765 | 1 session | $23 AGE 60+ | $29 REG
P01 Sa 10 a.m.-noon Cheryl Ring Mantinband
March 13

Tax Strategies in a Volatile Climate
Uncover long-term, multi-generational tax strategies aimed at saving significant dollars through retirement and beyond. 2018 brought a good tax law that significantly impacted the tax strategies many pre-retirees can utilize to maximize their income, pay less taxes over the course of their lives, and pass their estate on as efficiently as possible. Come examine those strategies and take a dive into qualified versus non-qualified monies, insurance, wills and trusts, and advanced tax strategies to maximize your long-term plan.
FINC-765 | 1 session | $25 AGE 60+ | $25 REG
P03 Tu 6-8 p.m. Andrew Hall
April 6

Defusing Your IRA Time Bomb
In this class, you will have the opportunity to view selected clips from “The Power of Zero: The Tax Train is Coming,” a tax documentary. This documentary is the first to explore the impact of our nation’s looming debt crisis. The film covers the magnitude of the debt crisis, threat it poses to the traditional retirement and the possibility of a sovereign default. Learn about proactive measures to take now that will help to mitigate the possibility of increasing taxes to pay for ever-increasing national debt.
FINC-765 | 2 sessions | $39 AGE 60+ | $39 REG
P05 Th 6-8 p.m. April 8 - April 15

Financial Planning for Women
Most women will be solely in charge of their own finances at some point in their lives. This class focuses on the unique financial concerns facing women and what’s important to them. Strategies for preparing for retirement and living in retirement will be presented along with how to balance this with your other goals such as education of your children or assisting elderly parents. We will address what to expect from Social Security, how to plan ahead for the unexpected, and managing risks like market fluctuation, inflation and the rising costs of healthcare along with long term care. Ideal for women between the ages of 35-70.
FINC-705 | 1 session | $29 AGE 60+ | $29 REG
P04 Th 6:30-8:30 p.m. Margie Bittner
April 8

Mitigating Taxes in Retirement
A clear strategy to address the possibility income and capital gains tax increases should be an essential part of a successful retirement strategy. Taxes don't necessarily go down in the retirement years and the possibility of increases without a well-thought-out and implemented plan can change retirement goals and the face of retirement dramatically. During this class, we will explore steps to take now to mitigate the impact of possible tax increases.
FINC-765 | 2 sessions | $35 AGE 60+ | $35 REG
P02 Tu 6-8 p.m. April 20 - April 27

Advanced Social Security
Social Security always seems to be a hot-button issue. Will the program continue to exist, especially now that COVID-19 has impacted the economy? This class will not only talk about the economic viability of Social Security, but will also share how Social Security is calculated and how you can decide when it is best for you to claim. We’ll discuss how to properly coordinate your benefit with your tax plan, your income plan, your estate plan, and even your long-term care plan. Coordination is the name of the game. And, if not handled properly, claiming Social Security incorrectly can lead to decreased lifetime benefits and, perhaps, increased taxes.
FINC-765 | 1 session | $25 AGE 60+ | $25 REG
P01 Tu 6-8 p.m.
May 11

Estate and Long-term Planning

Estate Planning: What to Do When a Loved One Passes Away
When someone passes away, the responsibilities of settling the estate are often placed upon family or the trustee that is charged with wrapping up final affairs. During this course, you’ll learn about the legal process from an estate planning attorney, including what occurs in probate court to instances when the probate court may not be needed in closing the decedent’s estate. The course will discuss practical pre-planning tips as well as common mistakes that can cause litigation.
FINC-710 | 1 session | $33 AGE 60+ | $33 REG
P01 Tu 7-9 p.m. Paul Gantner
February 9

Estate Planning: Living Trusts
Effective estate planning can help you control your assets and manage your legacy for loved ones. Taught by an attorney, this course will cover ways to plan your estate, avoid probate and guardianships, and potentially reduce or eliminate estate taxes. Find out why a living trust may be the best solution.
FINC-710 | 1 session | $33 AGE 60+ | $33 REG
P02 W 7-9 p.m. Jacquelyn Capriano
February 24

Mitigating the Long-term Care Crisis
What is long-term care (LTC) and how do you pay for it? Do you want to move into a facility or stay at home? LTC can be expensive. The question is, how do you pay for it without having to purchase LTC insurance? This class will teach you about alternative financial programs that can be used to pay for LTC for both you and your loved ones.
FINC-746 | 1 session | $25 AGE 60+ | $25 REG
P01 Th 6-8 p.m. March 4

Innovative Alternatives for Long-term Care Planning
Extended care, also called long-term care (LTC), is something we all hope we will never need. However, the expense, both emotionally and financially, can bankrupt a family. Traditional long-term care solutions are expensive and not tax efficient. Learn alternatives for extended care that can be structured to offer you flexibility through unlimited care benefits for you and your loved ones.
FINC-746 | 1 session | $25 AGE 60+ | $25 REG
P02 Th 6-8 p.m.
March 25

Ed2go
More online courses for your success!
ed2go.com/stlcc

Registration closes three business days prior to the start date.

W See Assumption of Risk, Release and Waiver of Liability on page 46.
* 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 includes, but is not limited to, use of masks and social distancing requirements.
Nonverbal Communication: How to Speak & Listen Without Words
Avoid miscommunication and become a better overall communicator. Explore the extraordinary amount of information provided through nonverbal communication and how a simple movement or facial expression can completely contradict what 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
P01 Tu 6:30-8:30 p.m. Erin De Vore
Feb. 2 – Feb. 9 MC-50, 205

Communication Skills for Personal Empowerment
At least 95% of all conflicts are caused by poor communications and all successful relationships are built on good communication, including personal, social and business connections. In this class, learn the two rules and three components of good communications, plus how to empower yourself through personal responsibility, proper body language and assertiveness. Bring your biggest communication challenges to class to receive personal attention and problem solving.*
COMM-765 | 3 sessions | $69 AGE 60+ | $69 REG
P01 Th 6-8:30 p.m. Jean Walters
Feb. 25 – March 11 STLCC-Corp, 207

No Sweat Public Speaking
Speaking opportunities are business, career and leadership opportunities! Are you making the most of those speaking moments? Learn how to develop, practice and deliver knock-your-socks-off presentations with no sweat! Learn the components, parts and elements of a presentation along with tips to take your presentation from “blah” to “ah.” Overcome your fear of public speaking. Class is taught by a local speaker, coach and author.
COMM-715 | 3 sessions | $31.50 AGE 60+ | $49 REG
P01 M 6:30-8:30 p.m. Fred Miller
April 19 – May 3

SIGN LANGUAGE
Getting Started with Sign Language III – Chapters 18-25
Build on the skills you learned in the Beginning I and Beginning II sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, “The Joy of Signing.” The book is divided into several chapters and may be taken in any order as the skills are independent of each other. This class will cover chapters 18-25. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language II. Textbook information available at stlcc.edu/CE under course description.
SIGN-702 | 8 sessions | $70.50 AGE 60+ | $119 REG
P01 M 6:30-8:30 p.m. Cynthia Hayes
Feb. 22 – April 26 Online
NOTE: No class March 15, March 22.

WORLD LANGUAGES

Chinese (Mandarin)
Chinese for First-Timers
Explore an ancient culture and language during this class for beginners. Learn pronunciations, greetings, basic sentences and the Pin Yin system. No text required.
FLCH-717 | 4 sessions | $35.50 AGE 60+ | $59 REG
P01 F 6-8 p.m. John Yeh
Feb. 5 – Feb. 26 Online

Chinese (Mandarin) Beginning I
Learn Mandarin conversation skills and dialogue for travel or business. Master useful dialogue, including phrases to ask for directions, navigate public transportation, order at restaurants and other necessities. After completing this class, you’ll have a basic knowledge of the Chinese language. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Textbook information available at stlcc.edu/CE under course description.
FLCH-717 | 8 sessions | $70 AGE 60+ | $109 REG
P02 F 6-8 p.m. John Yeh
March 26 – May 14 Online

Bosnian
Bosnian-Croatian for Neighbors
How did St. Louis become home to the highest Bosnian population (more than 70,000 individuals) outside of Europe? What is the difference in a Bosnian, Croat and Serb? Learn more about your Bosnian neighbors by exploring topics from customs and food to religion and history. If you are interested in cultures and inclusion, this is the class for you! No text required. Bring notebook, pencil and small pocket notebook.
FLBO-765 | 1 session | $27 AGE 60+ | $39 REG
P01 Tu 5:30-7:30 p.m. Azim Mujakic
Feb. 9 Online

Bosnian-Croatian Beginning I
Are you interested in the Bosnian-Croatian language and regional culture? Is your opportunity to learn everyday expressions, simple conversational phrases and contemporary culture touchpoints of the Balkan peninsula from a native speaker. No text required. Bring notebook, pencil and small pocket notebook.
FLBO-717 | 8 sessions | $70 AGE 60+ | $109 REG
P01 Tu 6:30-8:30 p.m. Azim Mujakic
Feb. 23 – April 13 Online

Bosnian-Croatian Beginning II
Explore Bosnian-Croatian culture and language in a relaxed, informal atmosphere. Build on your reading, writing, grammar, communicative competence and vocabulary in a new language. Prerequisite: Bosnian-Croatian Beginning I or equivalent experience. No text required. Bring notebook, pencil and small pocket notebook.
FLBO-718 | 8 sessions | $70 AGE 60+ | $109 REG
P01 W 6:30-8:30 p.m. Azim Mujakic
Feb. 24 – April 14 Online
German

German Beginning I
Learn practical vocabulary, correct pronunciation and basic sentence structure necessary to understand and formulate conversations in German! Textbook information available at stlcc.edu/CE under course description.

FLGE-717 | 8 sessions | $70 AGE 60+ | $109 REG
P01 Th 6-8 p.m. Ann Nufer-Cotter
Jan. 21 – March 11 Online

German Beginning II
Increase your knowledge of the German language, including speaking, grammar and vocabulary! Concentration will be on oral use of the language during everyday situations. Prerequisite: German Beginning I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLGE-718 | 8 sessions | $70 AGE 60+ | $109 REG
P01 Th 6-8 p.m. Ann Nufer-Cotter
March 25 – May 13 Online

NOTE: German Beginning III is not offered this semester.

German Intermediate I
Prerequisite: German Beginning III or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLGE-720 | 8 sessions | $70 AGE 60+ | $109 REG
P02 W 6-8 p.m. Ann Nufer-Cotter
Jan. 20 – March 10

German Intermediate II
Prerequisite: German Intermediate I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLGE-721 | 8 sessions | $70 AGE 60+ | $109 REG
P01 M 6-8 p.m. Ann Nufer-Cotter
March 22 – May 10

NOTE: German Intermediate III and German Advanced I are not offered this semester.

German Advanced I
Prerequisite: German Advanced I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLGE-765 | 8 sessions | $70 AGE 60+ | $109 REG
P02 Tu 6-8 p.m. Ann Nufer-Cotter
Jan. 19 – March 9

German Advanced II
Prerequisite: German Advanced I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLGE-765 | 8 sessions | $70 AGE 60+ | $109 REG
P01 Tu 6-8 p.m. Ann Nufer-Cotter
March 23 – May 11

German Advanced III
Prerequisite: German Advanced II or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLGE-765 | 8 sessions | $70 AGE 60+ | $109 REG
P01 Tu 6-8 p.m. Ann Nufer-Cotter
March 23 – May 11

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PERSONAL ENRICHMENT

Portuguese

Portuguese I
Tourists, business travelers and those interested in the Brazilian culture will gain the tools to engage in simple Brazilian Portuguese conversation and basic reading skills. Textbook information available at stlcc.edu/CE under course description.

FLPG-717 | 8 sessions | $109 AGE 60+ | $109 REG
P01 W 6:30-8:30 p.m. Viva Brasil STL Jan. 20 – March 10
P02 Sa 10 a.m.-noon Viva Brasil STL Jan. 23 – March 13
P03 W 6:30-8:30 p.m. Viva Brasil STL March 24 – May 12

Portuguese II
Learn language structures, vocabulary, communication skills and information about the culture and geography of Brazil. While the emphasis is on conversation, this class will also tackle grammar. Prerequisite: Portuguese I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLPG-718 | 8 sessions | $109 AGE 60+ | $109 REG
P01 W 6:30-8:30 p.m. Viva Brasil STL Jan. 20 – March 10
P02 Sa 10 a.m.-noon Viva Brasil STL March 27 – May 15

Portuguese III
This course is for those with basic conversational ability in Portuguese. Prerequisite: Portuguese II or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLPG-719 | 8 sessions | $109 AGE 60+ | $109 REG
P01 W 6:30-8:30 p.m. Viva Brasil STL Jan. 20 – March 10
P02 Sa 10 a.m.-noon Viva Brasil STL March 27 – May 15

Portuguese IV
Prerequisite: Portuguese III or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLPG-720 | 8 sessions | $109 AGE 60+ | $109 REG
P01 W 6:30-8:30 p.m. Viva Brasil STL March 24 – May 12

Portuguese Conversation
Exercise and grow your knowledge of the Portuguese language including speaking, grammar and vocabulary during this immersive class conducted almost exclusively in Portuguese. Prerequisite: Portuguese IV or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLPG-723 | 8 sessions | $109 AGE 60+ | $109 REG
P01 Sa 10 a.m.-noon Viva Brasil STL March 27 – May 15

Russian

Russian for First-Timers
Class introduces Russian alphabet, pronunciations, greetings and phrases. Textbook information available at stlcc.edu/CE under course description.

FLRU-717 | 4 sessions | $35.50 AGE 60+ | $159 REG
P01 Tu 5-7 p.m. Valerie Powers Jan. 19 – Feb. 9
NOTE: No class March 16.

Russian Beginning I
Broaden your horizons and discover a new culture and language. This course will primarily focus on oral proficiency. Prerequisite: Russian for First-Timers or a good understanding of the Russian alphabet. Textbook information available at stlcc.edu/CE under course description.

FLRU-718 | 8 sessions | $70 AGE 60+ | $109 REG
P02 Tu 5-7 p.m. Valerie Powers Feb. 16 – April 13
NOTE: No class March 16.

Russian Beginning II
Increase your knowledge of the Russian language including speaking, grammar and vocabulary. Focus on oral use of the language in everyday situations. Prerequisite: Russian Beginning I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLRU-719 | 12 sessions | $100 AGE 60+ | $159 REG
P01 M 7-9 p.m. Valerie Powers Jan. 25 – April 26
NOTE: No class Feb. 15, March 15.

NOTE: Russian Beginning III is not offered this semester.

Russian Intermediate I
Prerequisite: Russian Beginning III or equivalent experience. Textbook information available at stlcc.edu/CE under course description.

FLRU-720 | 12 sessions | $100 AGE 60+ | $159 REG
P01 Th 5-7 p.m. Valerie Powers Jan. 21 – April 22
NOTE: No class March 18, April 1.

Russian Intermediate II
Prerequisite: Russian Intermediate I. Textbook information available at stlcc.edu/CE under course description.

FLRU-721 | 12 sessions | $100 AGE 60+ | $159 REG
P01 Tu 7-9 p.m. Valerie Powers Jan. 19 – April 13
NOTE: No class March 16.

NOTE: Russian Intermediate III is not offered this semester.

Russian Advanced I
Prerequisite: Russian Intermediate III or equivalent experience. Textbook information available at stlcc.edu/CE in course description.

FLRU-723 | 12 sessions | $100 AGE 60+ | $159 REG
P01 Th 7-9 p.m. Valerie Powers Jan. 21 – April 22
NOTE: No class March 18, April 1.

Russian Advanced II
Prerequisite: Russian Advanced I or equivalent experience. Textbook information available at stlcc.edu/CE in course description.

FLRU-724 | 12 sessions | $100 AGE 60+ | $159 REG
P01 Th 7-9 p.m. Valerie Powers Jan. 19 – April 22
NOTE: No class March 19, April 2.

NOTE: Russian Advanced III is not offered this semester.
Spanish for the Traveler
Learn practical Spanish vocabulary specifically for use in traveling with an overview of correct pronunciation for conversation and the basic sentence structures in Spanish. Textbook information available at stlcc.edu/CE under course description.
FLSP-716 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 M 4:30-6:30 p.m. | Maria de la Garza
Jan. 25 – March 29
Online
NOTE: No class Feb. 15, March 15.
P03 Th 4:30-6:30 p.m. | Timothy Neckermann
March 25 – May 13
Online
P02 M 4:30-6:30 p.m. | Maria de la Garza
April 5 – May 24
Online

Spanish Beginning I
Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish. Textbook information available at stlcc.edu/CE under course description.
FLSP-717 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P02 Tu 4:30-6:30 p.m. | Timothy Neckermann
March 23 – May 11
Online
P03 W 4:30-6:30 p.m. | Timothy Neckermann
March 24 – May 12
Online
P01 Tu 4:30-6:30 p.m. | Maria de la Garza
March 30 – May 18
Online

Spanish Beginning II
Increase your knowledge of the Spanish language including speaking, grammar and vocabulary. We’ll concentrate on oral language use during everyday situations. Prerequisite: Spanish Beginning I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.
FLSP-718 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Tu 7-9 p.m. | Timothy Neckermann
March 23 – May 11
Online

Spanish Beginning III
Prerequisite: Spanish Beginning II or equivalent experience. Textbook information available at stlcc.edu/CE under course description.
FLSP-719 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Tu 4:30-6:30 p.m. | Maria de la Garza
Jan. 19 – March 9
Online
P02 M 4:30-6:30 p.m. | Timothy Neckermann
March 22 – May 10
Online

Spanish Beginning I, II, III Review
Become proficient in conjugating regular, irregular and stem-changing verbs. 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. Textbook information available at stlcc.edu/CE under course description.
FLSP-723 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P05 Th 2-4 p.m. | Timothy Neckermann
March 25 – May 13
Online

Spanish Intermediate I
Prerequisite: Spanish Beginning III or equivalent experience. Textbook information available at stlcc.edu/CE under course description.
FLSP-720 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P02 Th 7-9 p.m. | Timothy Neckermann
March 25 – May 13
Online
P01 W 4:30-6:30 p.m. | Maria de la Garza
March 31 – May 19
Online

Spanish Intermediate II
Prerequisite: Spanish Intermediate I or equivalent experience. Textbook information available at stlcc.edu/CE under course description.
FLSP-721 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Th 4-6 p.m. | Maria de la Garza
Jan. 21 – March 11
Online

Spanish Intermediate III
Prerequisite: Spanish Intermediate II or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-722 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 W 4:30-6:30 p.m. | Maria de la Garza
Jan. 20 – March 10
Online
P02 M 2-4 p.m. | Timothy Neckermann
March 22 – May 10
Online

Spanish Intermediate I, II, III Review
Become proficient in conjugating regular, irregular and stem-changing verbs. Indefinite past 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 Intermediate III or equivalent experience. Textbook information available at stlcc.edu/CE under course description.
FLSP-723 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P04 M 7-9 p.m. | Timothy Neckermann
March 22 – May 10
Online

Spanish Advanced Reading I
Increase your Spanish vocabulary and comprehension by reading and discussing a book that richly portrays Spanish culture and personal journeys. Prerequisite: Spanish Intermediate Reading II or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-724 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Th 6:30-8:30 p.m. | Maria de la Garza
April 1 – May 20
Online

Spanish Advanced Reading II
Prerequisite: Spanish Advanced Reading III or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-725 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Th 4-6 p.m. | Maria de la Garza
April 1 – May 20
Online

Spanish Advanced Reading III
Prerequisite: Spanish Advanced Reading IV or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-726 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Th 4-6 p.m. | Maria de la Garza
April 1 – May 20
Online

Spanish Advanced Reading IV
Prerequisite: Spanish Advanced Reading V or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-727 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Th 4-6 p.m. | Maria de la Garza
April 1 – May 20
Online

Spanish Advanced Reading V
Prerequisite: Spanish Advanced Reading IV or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-728 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P03 Th 6:30-8:30 p.m. | Maria de la Garza
April 1 – May 20
Online

NOTE: Spanish Intermediate Reading I is not offered this semester.

Spanish Intermediate Reading II
Use reading in Spanish to improve your vocabulary and deepen your understanding of the Spanish culture. Prerequisite: Spanish Intermediate Reading I or equivalent experience. Textbook information available at stlcc.edu/CE in course description.
FLSP-729 | 8 sessions | $70 \text{ AGE 60+} | $109 \text{ REG}
P01 Th 4-6 p.m. | Maria de la Garza
Jan. 21 – March 11
Online

Registration closes three business days prior to the start date.

“Maria showed a genuine interest in the students. She was quick to praise and encourage student participation, which is important in a foreign language class.”
Kelly, St. Louis
LGBTQIA+ Dialogue

Invite friends, family, allies and anyone looking to engage in healthy conversation to these courses. Please note: All STLCC classes are Safe Space learning environments.

A Transgender Experience: Comprehensive Discussion
Through tales of personal experience, film critiquing and discussions, discover some of the debunked myths and trans experiences in the past and present. Explore the foundational ideas illuminating the complexity of gender in general and specifically for trans people through terminology, history, etiquette and policy advocacy.

CLTR-701 | 4 sessions | $39.50 | AGE 60+ | $69 REG
P01 W 6-9 p.m. Stephanie Thurmer
Jan. 27 – Feb. 17 Online

Queer Dialogue: Learning the Alphabet: What is LGBTQIA?
These ABCs may not be as easy as 1, 2, 3! Learn what the letters stand for and how they have impacted communities for over 40 years. The additions to the LGBT community have grown in numbers and represent more than those that identify as “gay.” Discuss how you can be an ally in your community and support your friends, neighbors, family and loved ones.

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P06 Th 6-8 p.m. Stephanie Thurmer
Feb. 4 Online

Queer Dialogue: Proper Pronouns: Trans Inclusive Vocabulary
Gender neutral? Gender inclusive? “They”/”Them”/”He”/”She” … these are all words that have become part of our vocabulary, but what do they really mean? Why is it so important? Learn about the ever-changing vocabulary that is bringing many questions to the table. Explore the use of proper pronouns as well as how and when to use them.

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P07 Th 6-8 p.m. Stephanie Thurmer
Feb. 11 Online

Queer Dialogue: Worry About TransFat! Not TransPeople
What is “transphobia”? Is letting transgender people use their identified restroom really putting predators in our bathrooms? Discover some of the controversial debates over the years, the legislations passed, the fears in the community and truth behind it all.

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P08 Th 6-8 p.m. Stephanie Thurmer
Feb. 18 Online

Queer Dialogue: Trans-lation: Love in the Trans-Community
You can’t be transgender and be gay … right? Discover unique relationships within the transgender community, the difference between gender and sexuality and if they are “fluid.”

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P09 Th 6-8 p.m. Stephanie Thurmer
Feb. 25 Online

Growing With Your Happiness
In the current environment that we are living in, everyone is looking for their own happiness. Everyone wants to be happy! Most people don’t know where to find happiness or how to start their journey. In the last few decades, psychological scientific research has discovered elements of happiness and the strategies that one can take to increase their happiness. A real increase in one’s own happiness is attainable and can be permanent if one is willing to do the work required. The findings of the research and how to apply them will be discussed.

CLTR-765 | 1 session | $19 AGE 60+ | $25 REG
P01 Tu 7-9 p.m. Jan Worley
Online

Stranger Danger! Sex Trafficking Minors in Our Backyards!
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. Discover the truth about the hidden, but highly profitable, human and sex trafficking industry and its prevalence nationwide, especially in Missouri.

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P05 Th 6:30-8:30 p.m. Julie Copp
Online

Gone In A Flash! Trafficking Myths and Perceptions
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!

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P03 Tu 6:30-8:30 p.m. Julie Copp
Online

CLTR-701 | 1 session | $19 AGE 60+ | $25 REG
P04 Th 6:30-8:30 p.m. March 25

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Exploring Mackinac Island: A Travelogue

Mackinac Island is one of the few places in the United States that banned vehicles during the past century. As such, the destination has developed into a quiet island during the winter and bustling tourist destination during the summer. Learn the French and American history of the area as well as the importance of the Straits of Mackinac connecting Great Lakes Michigan and Huron.

CLTR-701 | 525 AGE 60+ | $25 REG
P01 Th 6:30 p.m.-8:30 p.m. Are We There Yet? Online

A History of Ireland: A Travelogue

Many people in St. Louis have roots connecting back to the Emerald Isle. Through local tour directors, discover the history of the Celts, the Claddagh, Clew Bay and more!

CLTR-702 | 1 session | $25 AGE 60+ | $25 REG
P03 Tu 6:30-8:30 p.m. Are We There Yet? Online

¡Viva México! A Travelogue

From college professor to Mexico resident to ¡Viva México! A Travelogue

Western/Monotheistic Religions

During each session, you’ll gain an understanding of the teachings, history, development and current challenges of Judaism, Christianity and Islam. Expand your knowledge of these belief systems and discuss differences and similarities of the major world religions. It is recommended that this course be taken in conjunction with Religion and Its Role in World History and Western/Monotheistic Religions to provide a more complete view of major world religions.

RELG-702 | 2 sessions | $29 AGE 60+ | $39 REG
P01 Tu 7-9 p.m. Jan Worley Online

Forgiveness: The Key to Happiness

Love can heal the world, and forgiveness is the catalyst for making it happen. Hear inspirational stories of miraculous personal healing that radical forgiveness can produce and gain perspective on why forgiveness is so important for well-being. Explore steps of forgiveness that, performed outside of the classroom, can release grievances and heal relationships. This course is a recommended prerequisite for the Eastern Religions and Western/Monotheistic Religions courses, which discuss five major world religions.

RELG-704 | 2 sessions | $25 AGE 60+ | $25 REG
P01 Tu 7-9 p.m. Jan Worley Online

Forgiveness needed to understand and practice it.

RELG-765 | 1 session | $20 AGE 60+ | $25 REG
P01 Tu 7-9 p.m. Jan Worley Online
American Musical Theater: From “Show Boat” to “Hamilton”
From “Show Boat” and “West Side Story” to “Company” and “Dear Evan Hansen,” enjoy a fast-paced and entertaining look at the history of American musical theater through video clips of musical numbers from stage, concert and film versions of musicals and in-class commentary by the instructor. Discover the importance of significant shows through a look at the history of musical theater by a professional.

HIST-765 4 sessions | $29.50 AGE 60+ | $49 REG
P02 Tu 6:30-8:30 p.m. | Ken Ross
Jan. 26 – Feb. 16

Protecting Our Nation’s Secrets
A St. Louis native and local tour guide will discuss the past and current issues affecting our country’s national security. He will share his personal narrative of thirty years experience as a federal agent in counterintelligence and his role in protecting our nation’s secrets.

HIST-703 | 1 session | $19 AGE 60+ | $25 REG
P04 Tu 6:30-8:30 p.m. | Joseph DeGregorio
Jan. 26

Great Love Stories of St. Louis
Join us for a fun, in-depth study of several important true love stories in St. Louis history. You’ll hear the stories of Dred and Harriet Scott, Frankie and Johnny, Ulysses S. Grant and Julia Dentand, and a few more which examine the power of love in changing history.

HIST-708 | 1 session | $19 AGE 60+ | $25 REG
P05 F 9:30-11:30 a.m. | Joan Huisenga
Feb. 12

Ulysses S. Grant: From St. Louis to Glory
Ulysses S. Grant married a St. Louis native and is the only president to have lived in the St. Louis area. How do we assess this man who was both praised and vilified in his time and ours? Discover more about this Army Officer, farmer, general, president and world traveler with ties to St. Louis.

HIST-705 | 1 session | $19 AGE 60+ | $25 REG
P01 Th 7-9 p.m. | James Gallen
Feb. 18

James Eads: The Engineering Genius
James Buchanan Eads was a self-educated, world-renowned civil engineering genius, who did so much for St. Louis and its rivers. Discover the many creative designs and creations that he is known for in St. Louis such as the world's first steel bridge.

HIST-708 | 1 session | $19 AGE 60+ | $25 REG
P02 Tu 7-8:30 p.m. | Douglas Schneider
Feb. 23

A Biographical Look at The Wright Brothers
Embark on a journey into the lives of two of the most famous brothers in history, the Wright Brothers. The brothers lived in a city that was a hotbed of innovation during a time ripe for aviation experimentation. Discover how they succeeded in creating the airplane and tried to promote and patent their invention after Kitty Hawk.

HIST-703 | 1 session | $19 AGE 60+ | $25 REG
P01 Th 7-8:30 p.m. | Douglas Schneider
Feb. 25

Napoleon Bonaparte
2021 is the bicentennial of the death of Napoleon Bonaparte who was one of the most consequential figures of the nineteenth century. Spend an evening reflecting on the life of the man whose sale of the Louisiana Territory made our own soil American.

HIST-703 | 1 session | $19 AGE 60+ | $25 REG
P03 Th 7:30-8 p.m. | James Gallen
Feb. 25

Utopias in Missouri
A “utopia” is an intentional community, an ideal place or society. Missouri has seen a number of intentional communities in the 19th, 20th and 21st centuries. So many exist, in fact, that UMSL publishes an academic journal called “Utopian Studies.” Discover the philosophical, ecological, urbanistic, religious and educational movements that have created utopian communities in St. Louis, St. Louis County, and in Missouri.

HIST-708 | 1 session | $19 AGE 60+ | $25 REG
P01 Th 7-8:30 p.m. | Douglas Schneider
March 11

Missouri Folktales
How does your garden grow? Weather signs, courting advice, river lore and curious tales waiting to be heard. Don’t let the bedbugs bite; listen to your Granny and everything will be all right.

HIST-708 | 1 session | $19 AGE 60+ | $25 REG
P06 F 9:30-11:30 a.m. | Joan Huisenga
March 11

History of Clowns: From Jesters to Krusty
Clowns have appeared in most cultures throughout the world’s history. They have been often seen as figures of the nineteenth century. Spend an evening reflecting on the life of the man whose sale of the Louisiana Territory made our own soil American.

HIST-703 | 1 session | $19 AGE 60+ | $25 REG
P01 Th 7-8:30 p.m. | Douglas Schneider
March 11

The Bloody Border War: 1854-1865
The “Border War” began almost immediately when Kansas was opened for settlement in 1854, seven years before the Civil War officially began. Although the Civil War was over, some of the men of the Border War decided not to lay down their arms. Hear about events on the border before and during the Civil War, including the actions of Federal troops who burned more than 2,200 square miles of Missouri, including homes, farms and towns.

HIST-703 | 1 session | $19 AGE 60+ | $25 REG
P02 Tu 7-8:30 p.m. | Douglas Schneider
April 13

The 1904 World’s Fair: Man’s Greatest Achievement
Billboards all around the country proclaimed: “MAN’S GREATEST ACHIEVEMENT – St. Louis World’s Fair.” More than 20,000,000 visitors came to see the Fair, also known as the Louisiana Purchase Exposition. Join us for a visual tour of the Fairgrounds as they stood in 1904, and learn where you can find remnants of the Fair in 2020. Discover the story of the 1904 Olympics held in conjunction with the World’s Fair — the first Olympics on American soil.

HIST-708 | 1 session | $19 AGE 60+ | $25 REG
P03 M 7-8:30 p.m. | Douglas Schneider
May 10

The 1904 World’s Fair: Innovations and Inventions
Many inventions made their debut at the 1904 World’s Fair in St. Louis. The World’s Fair exposed people to things that they had never seen before, including cotton candy, the fax machine, ice cream cones, Dr Pepper™, puffed rice and clear drinking water. Join us as we learn about the innovations and inventions of the Fair.

HIST-708 | 1 session | $19 AGE 60+ | $25 REG
P04 W 7-8:30 p.m. | Douglas Schneider
May 12

Dr Pepper is a registered trademark of Dr Pepper/Seven Up, Inc. All other trademarks are the property of their respective owner.

Registration closes three business days prior to the start date.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
TOURS AND TRIPS

Close Encounters of the European Kind
Looking for more interesting travel excursions? Learn the ins and outs of European adventures from a seasoned traveler. You’ll laugh as you learn the dos and don'ts for a truly memorable trip experience.

TRIP-703 | 1 session | $25 REG
P03 | W 6:30-8:30 p.m. | Mike Ochonicky
Feb. 17 Online

St. Louis on the Move
Private enterprise has recently invested billions in St. Louis. Find out about our newest additions and view the newest hotels, condos, entertainment districts and public spaces. While most of the tour will be driving, we will tour the inside of several newly opened sites. Enjoy some time at the (Ferris) Wheel at St. Louis Union Station, where there will be time for a ride (at your own expense) while the rest of us wave at you. Tour includes bus, lunch, donations and gratuities. Meet the tour bus on Lot E on northwest side of STLCC Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: Feb. 26.*

TRIP-701 | 1 session | $59 REG
P04 | Tu 9:30 a.m.-3:30 p.m. | Joan Huisinga
March 23 MC-Off Campus

Are We There Yet? Travel Like a Pro... or at Least Look Like It!
Enjoy a presentation with St. Louis tour guide Dea Hoover as she takes you down the path of planning, preparing and embarking upon any journey — short or long, domestic or international. Discover what sort of travel you most enjoy and explore ways to prepare for pleasure, business or emergency travel.

TRIP-703 | 1 session | $29 REG
P01 | W 6:30-8:30 p.m. | Are We There Yet?
March 24 Online

Are We There Yet? Music and Mill in Cape
Enjoy lunch at Celebrations while attending a private musical performance by Jerry Ford. A fixture at the Purple Crackle and the Colony Club in East Cape Girardeau, Ill, for many years, Ford has entertained audiences throughout the Midwest since 1957, providing back-up to Bob Hope, Red Skelton, Ray Stevens, Bobby Vinton, Ted Lewis and others. We'll next visit Bollinger Mill Historic Site, the oldest of its type in Missouri. Also, learn how the milling process works and, if river levels allow, observe a milling demonstration. Tour includes professional tour guide, motorcoach, all listed attractions, speakers, experiences, inclusive lunch and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: March 1.*

TRIP-702 | 1 session | $124 REG
P01 | Th 9:30 a.m.-5:15 p.m. | Are We There Yet?
March 25 MC-Off Campus

Are We There Yet? Tips for the Solo Traveler
Going solo does not mean going alone! Learn about groups to join, independent booking sites, cruise lines with no single supplement, private guides and how to safely navigate cities. Also navigate the ins and outs of using VRBO™, hostels and Airbnb™.

TRIP-703 | 1 session | $25 REG
P02 | Sa 10 a.m.-noon | Are We There Yet?
March 27 Online

Walking Tour: History of Grand
Gather at Strauss Park (across from the Fabulous FoxTheatre) for a leisurely walking tour (complete with stops and seated pauses.) Along the way, you'll learn about the history of our theater district, what's new and what's coming. The exact locations we'll visit will depend on restrictions at the time of the tour, but there is so much to see! Lunch on your own. Parking is available in the garage at Grand and Washington, other nearby lots in the area or at meters (using the ParkMobile app).*

TRIP-701 | 1 session | $29 REG
P01 | W 9:30 a.m.-12:30 p.m. | Joan Huisinga
March 31 FP-Off Campus

Are We There Yet? Explore the Valley of Coal in Glen Carbon
Spend a day getting to know the village of Glen Carbon. You’ll start with a visit to the 100-year-old brick school that now houses Heritage Museum and Old City Hall/Fire House. From there, you’ll explore vibrant exhibits and learn how the Madison Coal Corporation impacted the community with its company town approach to mining. After enjoying a catered lunch by Wooden Nickel Pub and Grill, you’ll experience the history and lingering wood smoke smells of Yanda Log Cabin, which served as home to a blacksmith family with 10 children. Delight in a guided driving tour of Glen Carbon including the site of the former Acme schoolhouse, Glen Carbon covered bridge and doughboy statue. Before heading home, we’ll stop at Bobby’s Frozen Custard, home of the famous turtle sundae, to appreciate a refreshing treat. Tour includes professional tour guide, motorcoach, all listed attractions, speakers, experiences, inclusive lunch and all gratuities to driver and guide. Meet tour bus at the Meramec Campus (7:45 a.m.) on Lot E, or at the Florissant Campus (8:30 a.m.) at top of circular driveway between Administration and Social Sciences Buildings. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: March 15.*

TRIP-702 | 1 session | $119 REG
P02 | Tu 7:45 a.m.-4:45 p.m. | Are We There Yet?
April 6 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 new that you may be the first of your friends to visit. Bring a lunch the first day. Come explore with us. Each week is a fun adventure! Walking is involved. First class meeting location will be emailed on April 8. Tour includes tour guide, all fees for attractions and gratuities. Withdrawal deadline for refund: April 1.*

TRIP-701 | 4 sessions | $75 REG
P03 | Th 9 a.m.-2:30 p.m. | Are We There Yet?
April 22 – May 13 Joan Huisinga MC-Off Campus

Registration closes three business days prior to the start date.

* See Assumption of Risk, Release and Waiver of Liability on page 46.

W See Assumption of Risk, Release and Waiver of Liability on page 46.

* 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 includes, but is not limited to, use of masks and social distancing requirements.

STLCC.EDU/CE | 314-984-7777 | REGISTRATION BEGINS JAN. 6
Are We There Yet? Gorgeous Grafton by Air, Land and Water
Join us as we soar over the Mississippi Bluffs on the brand new Grafton SkyTour to Aerie’s Resort and Winery. The SkyTour is the only combination lift in the Midwest and the second fixed-grip gondola in North America. At the top, enjoy breathtaking views overlooking the confluence of the Illinois and Mississippi Rivers. Explore the resort gift shops and stores and grab a drink on the expansive deck and beer garden. Group wine and beer tasting included. Next, enjoy lunch at Pere Marquette State Park Lodge. End the tour relaxing on the Hakuna Matata riverboat for a Mississippi River cruise. Based out of the Grafton Harbor, the Hakuna Matata has upper deck open-air seating and enclosed mid-deck seating. Tour includes professional guide Dea Hoover, motorcoach, all listed attractions, speakers, experiences, inclusive lunch and all gratuities to driver and guide. Withdrawal deadline for refund: 4/16. W
TRIP-702 | 1 session | $124 AGE 60+ | $124 REG
P03 Tu 9 a.m.-5:30 p.m. Are We There Yet? May 4 MC/FV-Off Campus
Meet tour bus at the Meramec campus (9 a.m.) on Lot E, or at the Florissant Valley campus (9:30 a.m.) at top of circular driveway between administration and social sciences buildings. Please arrive 15 minutes prior to departure time.

Are We There Yet? Historic Hermann and Dierberg Farm ft. Amtrak Ride
Ride the rails of Amtrak from Kirkwood, Mo. to Hermann, Mo., and step back in time as you visit Hermann School Museum. Used as an elementary school until 1955, the museum contains a large assortment of memorabilia from the early days of the town. A period-costumed docent will make the experience come to life. Enjoy lunch at Harvest Table followed by Dierberg Farm living history tour. Spend this guided tour learning about the history and the story of the people who lived and worked on the farm. Tour includes the first settlement village, two historic homes, period gardens, and an open-air tram ride around the property. Before heading home, we will be sure to stop by Hermann Wurst Haus for a smoked sausage and bratwurst tasting. Tour includes professional tour guide, motorcoach, Amtrak ticket, all listed attractions, speakers, experiences, inclusive lunch and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: April 12. W
TRIP-702 | 1 session | $124 AGE 60+ | $124 REG
P04 Thu 8 a.m.-5 p.m. Are We There Yet? May 7 MC-Off Campus

Walking Tour: Central West End
Recently listed by U.S. News and World Report Travel as third in their list of “Best Things To Do in St. Louis,” Cathedral Basilica is our first stop on a walking tour along Taylor Ave. from Lindell Blvd. to McPherson Ave. It is a path members of the Women’s Suffrage Movement took on their way to the Wednesday Club, passing the private streets and early homes of several literary greats. Two of Theodore Links’ architectural gems sit across the street from one another. From the Wednesday Club, we’ll venture to Second Presbyterian Church and view its fine collection of Tiffany windows. Meet in the small park in the northwest corner of the Cathedral parking lot (near the large black dome). Park on Taylor, Maryland or in church parking lot. W
TRIP-703 | 1 session | $21.50 AGE 60+ | $29 REG
P02 Tu 9:30 a.m.-12:30 p.m. Walking Tour: Central West End May 11
Joan Huisinga FP-Off Campus

Motorcycle Safety Basic Rider Course
Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator and also provides an excellent skills update for returning riders or those with experience but no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited – check availability before registering; personal scooters are also permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program that serves as a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15 and a half years of age and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring a three-quarter or full helmet that meets Department of Transportation standards (loaner helmets available), over ankle boots with two-inch or lower heels, full finger gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants and a photo ID. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted. Visit stlcc.edu/motorcycle for detailed information. A health screening form will be sent prior to class. Form must be completed to participate in class. W
MOTR-700 | 2 sessions | $152.50 AGE 60+ | $225 REG
P01 Sa 7 a.m.-5 p.m. May 15 – May 16 Jeffrey Pittenger FP-Highland Park, 117
P02 Sa 7 a.m.-5 p.m. May 15 – May 16 Jeffrey Pittenger FP-Highland Park, 117

FITNESS AND RECREATION

PERSONAL ENRICHMENT

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FITNESS AND RECREATION
Motorcycle Skills: Basic Bike Bonding Rider Course

Bike bonding refers to the connection and interaction between a rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of this course is to develop and practice basic skills beyond those acquired in the Basic Rider Course (BRC). The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those who may not have ridden for a period of time since their BRC or who desire additional practice time. You must have completed the BBBRC to have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. The BRC is a recommended prerequisite for the novice rider; however, it is not required. Must have motorcycle permit or M-endorsement on driver’s license and be 18 years of age or older. Those under 18 years of age must have a release form signed by a legal guardian or parent. Required items include DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with two-inch or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants and a photo ID. Loaner motorcycles provided. This is not a MO State waiver class. A health screening form will be sent prior to class. Form must be completed to participate in class.*W MOTR-703 | 1 session | $66.50 AGE 60+ | $99 REG
P01 Su 9 a.m.-7 p.m. Jeffrey Pittenger
March 28
FP-Highland Park, 117

Motorcycle Skills: Ultimate Bike Bonding Rider Course

Bike bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). This is a precision riding curriculum derived from police motorcycle training courses and consists of drills and skill circuits to improve a rider’s performance. Controlled motorcycle operation and body positioning are emphasized to maximize low-speed operation and control. By the end of the course, participants should be able to handle their motorcycle in a more precise and smooth manner. There is no classroom portion to this course. Participants must have completed the BBBRC and pass an on-site safety inspection. The BRC-2 or ARC are recommended prerequisites if the student has never taken a formal class for low speed maneuvers. Must have an M-endorsement on license, use their own street-legal insured motorcycle (no scooters permitted), and be 18 years of age or older. Required items include DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with two-inch or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants. A health screening form will be sent prior to class. Form must be completed to participate in class.*W MOTR-704 | 1 session | $66.50 AGE 60+ | $99 REG
P01 Sa 9 a.m.-7 p.m. Jeffrey Pittenger
May 8
FP-Highland Park, 117

Chess Tactics and Strategy: Intermediate

Go beyond the opening and dive into tactical motifs and complex checkmate patterns. Analyze high-level grandmaster games, middle game and endgame strategies. This class is for intermediate chess players who know how to play but have not yet learned the more challenging concepts. Prerequisite: You can readily implement opening principles and can demonstrate all advanced rules of chess. You must create a free account on Lichess.org and share username with instructor prior to first class. Please bring a notebook and pen.
GAME-720 | 8 sessions | $54.50 AGE 60+ | $69 REG
P01 Tu 5-6 p.m. Kyle Weber
Jan. 19 – March 9
Online
P02 Tu 5-6 p.m. Kyle Weber
March 23 – May 11
Online

Chess Tactics and Strategy: Advanced

Go beyond the opening and dive into tactical motifs and complex checkmate patterns. During this course, you’ll analyze high level Grandmaster games, middle game and endgame strategies. Prerequisite: You can readily implement opening principles and can demonstrate all advanced rules of chess. This class is for intermediate chess players who know how to play but are seeking more challenging concepts.
GAME-720 | 8 sessions | $54.50 AGE 60+ | $69 REG
P04 Th 5-6 p.m. Kyle Weber
March 25 – May 13
Online

Chess For Beginners

Are you new to the game of chess? Have you always wanted to learn the world’s greatest game? Start at square one and go from pawn to tournament-ready chess player! Build critical thinking, spark cognitive development, increase memory and learn skills that translate every part of life. Students must create a free account on Lichess.org and share username with instructor prior to first class. Please bring a notebook and pen.
GAME-720 | 8 sessions | $54.50 AGE 60+ | $69 REG
P01 Tu 5-6 p.m. Aaron Krieser
March 23 – April 27
Room to be determined

Bridge: Beginning

Want to learn a new card game this spring? Bridge is the perfect game for you! Learn Standard American (SAYC) bidding, game instruction, defense techniques and general etiquette used in contract bridge.*
GAME-701 | 6 sessions | $47.50 AGE 60+ | $75 REG
P01 Tu 5:30-7:30 p.m. Aaron Krieser
March 23 – April 27
Room to be determined

I have been enthusiastic about chess on and off all my life, but this class broke through several barriers of understanding the aspects that are beyond the basic moves. This was a very rewarding experience with a great teacher.

Jonathan, St. Louis

Registration closes three business days prior to the start date.

W See Assumption of Risk, Release and Waiver of Liability on page 46.

* 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 includes, but is not limited to, use of masks and social distancing requirements.
## PERSONAL ENRICHMENT

### Golf

**Golf: Beginning I**
Start from the beginning and learn the basic fundamentals of golf. During this class, you’ll learn about grip, set up, mini-swing, full swing, putting and chipping. This is a perfect introductory class for new players, and a great way for experienced golfers to sharpen rudimentary golf skills. Extra fee for balls.* W

<table>
<thead>
<tr>
<th>PEDU-730</th>
<th>4 sessions</th>
<th>$49 AGE 60+</th>
<th>$49 REG</th>
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<tbody>
<tr>
<td>P07 Th 6-7 p.m.</td>
<td>April 8 – April 29 Golfport, Maryland Heights</td>
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</table>

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

<table>
<thead>
<tr>
<th>PEDU-730</th>
<th>4 sessions</th>
<th>$49 AGE 60+</th>
<th>$49 REG</th>
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<tr>
<td>P05 Tu 5-6 p.m.</td>
<td>April 6 - April 27 Golfport, Maryland Heights</td>
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**Golf: Beginning II**
Review, practice and expand on fundamentals presented in Golf: Beginning I. With emphasis on correcting individual swing faults, this is the perfect class for beginning golfers with previous instruction. Extra fee for balls.* W

<table>
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<tr>
<th>PEDU-731</th>
<th>4 sessions</th>
<th>$49 AGE 60+</th>
<th>$49 REG</th>
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<tbody>
<tr>
<td>P03 Sa 9-10 a.m.</td>
<td>April 10 – May 1 Golfport, Maryland Heights</td>
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<tr>
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<th>$65 REG</th>
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<tbody>
<tr>
<td>P02 Tu 7-8 p.m.</td>
<td>April 6 - May 11 First Tee</td>
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<tr>
<td>P01 W 7:30-8:30 p.m.</td>
<td>April 7 - May 12 First Tee</td>
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**Golf: Basics and Beyond**
Learning to play golf correctly is key to a great game. If you’re a new golfer, this course will help you get started on the right track. For more experienced golfers, get back to basics and unlearn any bad habits. Class covers putting, chipping, pitching, rules, etiquette, and full swing with iron and with wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course. Extra fee for balls.* W

<table>
<thead>
<tr>
<th>PEDU-730</th>
<th>5 sessions</th>
<th>$79 AGE 60+</th>
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<tr>
<td>P01 M 5:30-7 p.m.</td>
<td>April 5 – May 3 Eagle Springs</td>
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<tr>
<td>P02 Sa 10-11:30 a.m.</td>
<td>April 10 – May 8 Eagle Springs</td>
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<thead>
<tr>
<th>PEDU-765</th>
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<th>$39 AGE 60+</th>
<th>$39 REG</th>
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<tbody>
<tr>
<td>P01 M 5-7 p.m.</td>
<td>May 10 Eagle Springs</td>
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</table>

**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. Clubs are available for use at the range. Extra fee for balls is required for each participant.* W

<table>
<thead>
<tr>
<th>PEDU-765</th>
<th>4 sessions</th>
<th>$49 AGE 60+</th>
<th>$49 REG</th>
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<tbody>
<tr>
<td>P02 Tu 6-7 p.m.</td>
<td>April 6 – April 27 Golfport, Maryland Heights</td>
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<tr>
<td>P03 Sa 10-11 a.m.</td>
<td>April 10 – May 1 Golfport, Maryland Heights</td>
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**Self-Defense**

### Krav Maga™ – Women Only
Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced class designed to prepare both body and mind for violent attacks. Utilizing stress drills to mimic real-life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation. Class is hands-on and fully interactive. No shoes on mats; athletic wear required.* W

<table>
<thead>
<tr>
<th>PEDU-743</th>
<th>10 sessions</th>
<th>$99 AGE 60+</th>
<th>$99 REG</th>
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<tbody>
<tr>
<td>P01 Tu 6-7 p.m.</td>
<td>Jan. 26 – March 30 Xtreme Krav Maga Fenton</td>
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### Krav Maga™
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<tr>
<th>PEDU-743</th>
<th>10 sessions</th>
<th>$99 AGE 60+</th>
<th>$99 REG</th>
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<tbody>
<tr>
<td>P03 M 6-7 p.m.</td>
<td>Jan. 25 – April 5 Xtreme Krav Maga Dorsett</td>
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<tr>
<td>P04 Sa 10-11 a.m.</td>
<td>Jan. 30 – April 3 Xtreme Krav Maga Dorsett</td>
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<tr>
<td>P02 Tu 6-7 p.m.</td>
<td>Jan. 30 – April 3 Xtreme Krav Maga Fenton</td>
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</table>

**Kids Self-Defense, Ages 8-11**
Are you prepared to defend yourself from bullies or a bad situation? Krav Maga is a fun, exciting and realistic system designed to prepare both your body and mind for real-world situations. Through practical stress drills, beginners practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight. Build confidence, self-esteem, balance, coordination and learn skills. Class is hands-on and fully interactive. No shoes on mats; athletic wear required. This class is geared to children age 8 to 11. Assumption of Risk, Release and Waiver of Liability must be signed at first class by a parent or guardian.*

<table>
<thead>
<tr>
<th>KIDS-714</th>
<th>10 sessions</th>
<th>$89 AGE 60+</th>
<th>$89 REG</th>
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<tbody>
<tr>
<td>P01 M 5:30-6:15 p.m.</td>
<td>Jan. 25 – April 5 Xtreme Krav Maga Fenton</td>
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</table>

*NOTE: No class Feb. 15.*
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 depths has specialty shots. Needs to play more percentage tennis.

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

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

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

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

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

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

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

Tennis: Beginning I, NTRP 1.0-2.0
See NTRP rating box. Tennis balls provided.* W
PEDU-733 | 7 sessions | $69 AGE 60+ | $59 REG
P01  Tu 1-2 p.m.
    Feb. 2 – March 16
    Vetta Concord
P02  Sa 2:30-3:30 p.m.
    Feb. 6 – March 20
    Vetta Concord
P03  Tu 1-2 p.m.
    March 23 – May 4
    Vetta Concord
P04  Sa 2:30-3:30 p.m.
    March 27 – May 15
    Vetta Concord
    NOTE: No class April 3.

Tennis: Beginning II, NTRP 2.5
See NTRP rating box. Tennis balls provided.* W
PEDU-734 | 7 sessions | $69 AGE 60+ | $59 REG
P01  Sa 3:30-4:30 p.m.
    Feb. 6 – March 20
    Vetta Concord
P03  Sa 3:30-4:30 p.m.
    March 27 – May 15
    Vetta Concord
    NOTE: No class April 3.

Tennis: Intermediate I, NTRP 3.0
See NTRP rating box. Tennis balls provided.* W
PEDU-735 | 7 sessions | $95 AGE 60+ | $95 REG
P01  Tu 2-3:30 p.m.
    Feb. 2 – March 16
    Vetta Concord
P02  Tu 2-3:30 p.m.
    March 23 – May 4
    Vetta Concord

Tennis: Intermediate Advanced, NTRP 3.0-4.0
See NTRP rating box. Tennis balls provided.* W
PEDU-736 | 7 sessions | $95 AGE 60+ | $95 REG
P01  Sa 4:30-6 p.m.
    Feb. 6 – March 20
    Vetta Concord
P04  Sa 4:30-6 p.m.
    March 27 – May 15
    Vetta Concord
    NOTE: No class April 3.
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. W

PEDU-761 | 10 sessions | $99 AGE 60+ | $99 REG
P08 Sa 9:15-10:30 a.m. Yoga 108 at The City Studio Jan. 23 – March 27 Hybrid Class offered at Yoga 108 at The City Studio or online. Student’s choice.

Alignment Principles of Yoga
In this beginner yoga class, you’ll learn how to assess and adjust your body alignment to develop strength and flexibility. Through mindful movement, help restore your mental and physical health, possibly even alleviating painful conditions such as sore back and knees. Techniques learned during this course are safe and effective for all levels of practitioner. W

PEDU-761 | 10 sessions | $99 AGE 60+ | $99 REG
P08 Sa 9:15-10:30 a.m. Yoga 108 at The City Studio Jan. 23 – March 27 Hybrid Class offered at Yoga 108 at The City Studio or online. Student’s choice.

Yin Yoga
Yin Yoga is a slower paced style yoga derived from Meridian Theory of Traditional Chinese Medicine. Yin Yoga is a meditative practice that takes place primarily on the floor, with postures held for longer periods of time (typically three – five minutes). The longer holds target specific energetic lines and the body’s connective tissues (e.g., ligaments, joints and fascia). No prior yoga experience is necessary. W

PEDU-761 | 7 sessions | $69 AGE 60+ | $69 REG
P07 Tu 9-10:15 a.m. South River Yoga Jan. 26 – March 9 Online

Yoga for Stress and Anxiety
Modern life and busy-ness can cause your stress response to be continually “turned on” leading to feelings of chronic worry and exhaustion. During this course, you’ll focus on specific techniques to activate relaxation responses, leading to greater calmness and ease. Class is a combination of gentle movements and restorative yoga poses. Explore poses on the floor using a variety of yoga props to support your body as you hold poses for a few minutes at a time. You will be able to use props that you have at your home (e.g., blankets, pillows and a scarf) in place of a yoga strap. Class also emphasizes breathing practices and meditations for stress reduction. No prior yoga experience is necessary. W

PEDU-761 | 7 sessions | $69 AGE 60+ | $69 REG
P10 W 4:30-5:30 p.m. South River Yoga Jan. 27 – March 10 Online

Yoga
Relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. All levels welcome. Bring water, towel and mat.* W

PEDU-761 | 13 sessions | $94 AGE 60+ | $119 REG
P05 M 5:30-6:30 p.m. Feb. 8 – May 10 Sharon Danyluk Sunset Hills CC, Multi Rm NOTE: No class Feb. 15.
P06 M 6:45-7:45 p.m. Feb. 8 – May 10 Sharon Danyluk Sunset Hills CC, Multi Rm NOTE: No class Feb. 15.

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

PEDU-761 | 10 sessions | $119 AGE 60+ | $119 REG
P01 M 12:15-1:15 p.m. Feb. 22 – April 6 Kelly Kauffmann Affton White-Rodgers, 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. Prerequisite: Prior yoga experience.* W

PEDU-761 | 10 sessions | $119 AGE 60+ | $119 REG
P02 M 13:30-2:30 p.m. Feb. 22 – April 6 Kelly Kauffmann Affton White-Rodgers, A

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.* W

PEDU-756 | 6 sessions | $94 AGE 60+ | $69 REG
P01 Th 5:30-6:30 p.m. Feb. 4 – March 11 Denise Motta Affton White-Rodgers, A

P02 Th 5:30-6:30 p.m. March 25 – April 29 Affton White-Rodgers, A

Chair Yoga
Enjoy a flowing fusion of yoga and classical movement set entirely to beautiful music, done from the comfort of your chair. Focus on breath, posture, meditation, flexibility, mobility and stress relief. Start your day feeling positive, refreshed and energized. This one-of-a-kind adaptive yoga class has been featured on St. Louis Public Radio and in the Ladue News.* W

PEDU-761 | 8 sessions | $79 AGE 60+ | $79 REG
P11 F 10:10-11:15 a.m. April 2 – May 14 Vitality in Motion Affton White-Rodgers, A

Balance Barre
Explore a fun, effective way to develop better balance, posture, coordination, flexibility and strength. Enjoy beautiful music while stretching and strengthening your body and working the mind-body connection for this unique balance class. Focus on fall prevention and proper alignment to keep you agile, mobile and strong. Participate while standing or seated using the “barre” for balance. This unique program has been featured on St. Louis Public Radio and in the Ladue News. Come try this one-of-a-kind program for yourself! This course is ideal for individuals age 55 and older and those of all abilities. W

PEDU-754 | 8 sessions | $79 AGE 60+ | $79 REG
P04 M 10:10-11:15 a.m. April 5 – May 24 Vitality in Motion Affton White-Rodgers, A

Registration closes three business days prior to the start date.

* See Assumption of Risk, Release and Waiver of Liability on page 46.

W 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 includes, but is not limited to, use of masks and social distancing requirements.

REGISTRATION BEGINS JAN. 6 | 314-984-7777 | STLCC.EDU/CE 41
Caregiving

Caregiving at Home or in a Facility: Which Is Better?
The need for caregiving in the home may occur suddenly from an illness or injury, or over a period of time due to chronic illness or aging. Many factors should be considered when the need for caregiving arises. Join us to explore and compare home- and facility-based options available when individuals need increased assistance with everyday tasks. Discussion about the range of services provided through home care agencies will include non-medical support (e.g., housekeeping, shopping and errands, bathing and personal care) as well as medical services (e.g., physical therapy, speech therapy, occupational therapy and wound care.) We will explore community services such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. Discussion will also cover the different levels of facility-based care including skilled nursing, assisted living and residential care.

AHCE-701  | 1 session | $25 AGE 60+ | $25 REG
P01  Th 6-8 p.m.  |  | Chien Hung  | Online
Jan. 28
P02  Th 6-8 p.m.  |  | Chien Hung  | Online
Feb. 4

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

AHCE-701  | 1 session | $25 AGE 60+ | $25 REG
P03  Th 6-8 p.m.  |  | Chien Hung  | Online
March 25

Nutrition 101
What types of nutrients are found in different foods? How much you should eat? When and how often? Join a licensed and registered dietitian to learn about truly balanced eating, macronutrients and portion control. Explore the upcoming changes with nutrition facts labels and the importance of knowing what’s on your ingredient list. This class will break down fad diets, discuss why they are considered fads, and discover how to establish eating practices which can lead to sustainable habits for the long haul.

PERD-747  | 1 session | $39 AGE 60+ | $39 REG
P01  W 6-7:30 p.m.  |  | Allison Lesko  | Online
Feb. 10
P02  W 6-7:30 p.m.  |  | Allison Lesko  | Online
April 7

Natural Wellness

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

HEAL-701  | 1 session | $29 AGE 60+ | $29 REG
P03  M 6-8:30 p.m.  |  | Alex Chen  | Online
Feb. 8

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

HEAL-701  | 1 session | $29 AGE 60+ | $29 REG
P02  M 6-8:30 p.m.  |  | Alex Chen  | Online
Feb. 22

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

HEAL-701  | 1 session | $29 AGE 60+ | $29 REG
P01  M 6-8:30 p.m.  |  | Alex Chen  | Online
March 29
Mind Over Matter
What matters to you? What do you want to achieve? Learn how taking care of your body positively affects your mind and can lead to greater happiness. Are there things you want to do, but you cannot get motivated? Are you bogged down by stress and loneliness? Let’s talk about key strategies to help you live a more invigorating life by educating, motivating and inspiring you to take charge of your life. Get rid of the negative talk and become the person you are meant to be.

PERD-709 | 2 sessions | $22.50 AGE 60+ | 135 REG
P04 W 6:7:30 p.m.  |  Rebecca Barczewski
Jan. 20 – Jan. 27  |  Online

PERD-732 | 4 sessions | $31.50 AGE 60+ | 55 REG
P05 Sa 4:5 p.m.  |  Neelima Bhavsar
Jan. 23 – March 27  |  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, learn how to change your mindset. During this course, you’ll learn five powerful perspectives on risk-taking that will empower you to take more chances in the future.

PERD-709 | 2 sessions | $22.50 AGE 60+ | 135 REG
P02 Sa 9:30-11 a.m.  |  Carol Watkins
Jan. 23 – Jan. 30  |  Online

PERD-732 | 3 sessions | $55 AGE 60+ | 155 REG
P06 Tu 6:30-8:30 p.m.  |  Jean Walters
Feb. 2 – Feb. 16  |  Online

Meditation I: How and Why
Meditation offers a way to release stress, strengthen health, connect to your deeper mind, develop intuition, and find peace in our chaotic world. Learn how to align your mind and gain access to the vast storehouse of inner wisdom within you. With each class meditation, explore various exercises and methods to deepen your experience. A CD is provided to help you move quickly into meditation. Optional: bring a blanket or pillow. * W

PERD-732 | 4 sessions | $31.50 AGE 60+ | 55 REG
P05 Th 6-8 p.m.  |  Rhonda Leifheit
March 4 – April 1  |  Online

10 Clues to Your Past Lives
Ever wonder if you’ve lived before? Learn how past lives might influence your life now. Find clues in your talents and gifts, fears and phobias, relationships and health. Explore basic theories (and myths) of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering 10 significant clues to your past lives.

PERD-735 | 2 sessions | $24 AGE 60+ | 139 REG
P01 Sa 10 a.m.-noon  |  Rhonda Leifheit
Feb. 6 – Feb. 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. W

PERD-732 | 2 sessions | $19 AGE 60+ | 29 REG
P01 Sa 4-5 p.m.  |  Neelima Bhavsar
Feb. 6 – Feb. 20  |  Online
NOTE: No class Feb. 13.
P02 Sa 4-5 p.m.  |  Neelima Bhavsar
March 13 – March 27  |  Online
NOTE: No class March 20.
P03 Sa 4-5 p.m.  |  Neelima Bhavsar
April 10 – April 24  |  Online
NOTE: No class April 17.
P04 Sa 4-5 p.m.  |  Neelima Bhavsar
May 1 – May 15  |  Online
NOTE: No class May 8.

Mastering Mindfulness
Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? During this course, we’ll 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 | $19 AGE 60+ | 29 REG
P08 Th 6:30-8:30 p.m.  |  William Duffin
Feb. 11  |  Online

Meditation 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. W

PERD-732 | 4 sessions | $31.50 AGE 60+ | 55 REG
P05 Th 6-8 p.m.  |  Rhonda Leifheit
March 4 – April 1  |  Online
NOTE: No class March 18.

Registration closes three business days prior to the start date.

W See Assumption of Risk, Release and Waiver of Liability on page 46.

* 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 includes, but is not limited to, use of masks and social distancing requirements.

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

• Career development
• Interviewing skills
• Résumé writing
• Non-profit development
• CPR and first aid
• Computer, mobile and smart home technology
• Home, nature and garden
• World languages
• Cultural dance
• Youth classes

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

Learn more at stlcc.edu/teachforCE
Law of Attraction, What’s the Problem?
You have visualized and made your vision board, but you are still encountering the same old obstacles? Explore a key human trait: the unconscious counter-intention. Discover your hidden potential as you remove your unconscious blocks. You will dive into the law of attraction and discover insight into your subjective unconscious blocks to your desires.
PERD-709 | 1 session | $19 AGE 60+ | $29 REG
P09 Sa 10 a.m.-noon William Duffin
Feb. 13

Assertiveness for the Sensitive Person
Have you ever been told that you are “too nice” and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others than their own. This can result in an individual feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.
PERD-744 | 2 sessions | $24 AGE 60+ | $39 REG
P01 Tu 7-9 p.m. Nancy Cohen
March 2 – March 9

Transitions and Transformations: Thriving in the Midst of Change
Life is a cycle of beginnings and endings. Transitions can be hard, but they hold a positive side, too. Transitions offer the opportunity to rethink the direction of our lives. In the second and third chapters of life, we may discover that our own life is similar to seasonal patterns of endings and beginnings. The fall season of life brings its own unique set of challenges and opportunities. You may lose a loved one or a job, experience divorce or illness, have an empty nest. Or, you become a new grandparent, embark on new job or move to a city. Whether the transition is positive or negative, too. Transitions offer the opportunity to rethink the direction of our lives.
PERD-709 | 2 sessions | $22.50 AGE 60+ | $35 REG
P01 Sa 9:30-11 a.m. Carol Watkins
March 6 – March 13

Overcoming Procrastination
Do you have a few projects that you never seem to finish? Do you meet deadlines at the last possible minute? Are you too much of a perfectionist to finish projects? Explore the type of procrastinator you are and learn strategies for overcoming your particular procrastination style. Set goals and share successes with the class.
PERD-709 | 3 sessions | $31.50 AGE 60+ | $55 REG
P13 Tu 6-8:30 p.m. Barbara Fischer
March 23 – April 6

Healing Magic and Miracles
Are you stuck in a limited belief or situation and don’t know what the next step is, how to break through or move beyond? We are responsible for creating our lives, yet we have not been taught the techniques to do so in alignment with our desires. Learn those techniques, find your answers, break through to a more expanded experience, strengthen your intuition and connect with the powerful healing energies. We will cultivate the inspiration needed to break down the doors of past conditioning and enter the realm of joyful relationships, vibrant health, abundance and dreams come true. This is our goal.*
PERD-765 | 3 sessions | $59 AGE 60+ | $99 REG
P01 Tu 6-8:30 p.m. Jean Walters
March 23 – April 6
STLCC-Corp, 207

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 | $19 AGE 60+ | $29 REG
P10 Th 6:30-8:30 p.m. William Duffin
March 25

The Power of Coincidence
Discover how to trust your intuition and receive the power of synchronicities. Explore the interconnections of all things and build a greater awareness of meaningful coincidences in life!
PERD-709 | 1 session | $19 AGE 60+ | $29 REG
P11 Sa 10 a.m.-noon William Duffin
March 27

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 | $19 AGE 60+ | $29 REG
P12 Th 6:30-8:30 p.m. William Duffin
April 8

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. You’ll explore how understanding and practice can help you move toward the state of peacefulness more easily.
PERD-743 | 2 sessions | $24 AGE 60+ | $39 REG
P01 Th 7-9 p.m. Nancy Cohen
April 22 – April 29

Registration closes three business days prior to the start date.
W See Assumption of Risk, Release and Waiver of Liability on page 46.
* 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 includes, but is not limited to, use of masks and social distancing requirements.
LOCATION INDEX

STLCC-Center for Workforce Innovation
FV-CWI
3344 Pershall Rd., 63135

STLCC-Corporate College
STLCC-Corp
3221 McKelvey Rd., 63044

STLCC-Florissant Valley
FV
3400 Pershall Rd., 63135

STLCC-Forest Park
FP
5600 Oakland Ave., 63110

STLCC-Meramec
MC
11333 Big Bend Rd., 63122

STLCC-South County
STLCC-South Cty
4115 Meramec Bottom Rd., 63129

STLCC-William J. Harrison Education Center
STLCC-Harrison
3140 Cass Ave., 63106

STLCC-Wildwood
WW
2645 Generations Dr. Wildwood, 63040

Advanced Auto Service
6123 Gravois Ave., 63116

Afton White-Rodgers Community Center
9801 Mackenzie Rd., 63123

City Sewing Room
6700 Arsenal Ave., 63139

Craft Central
8500 Delmar, 63124

Culinary Arts House
3137 Hampton Ave., 63139

Eagle Springs Golf Course
2575 Redman Rd., 63136

First Tee Driving Range (South County)
6286 Lemay Ferry Rd., 63129

GolfPort of Maryland Heights
1 GolfPort Dr., 63146

Mueller Industries
12951 Maurer Ind. Dr., 63127

Painted Zebra (Kirkwood)
10907 Manchester Rd., 63122

Schlafly Tap Room
2100 Locust St., 63103

Shaw Nature Reserve
307 Pinetum Loop Rd.
Gray Summit, 63039

Sunset Hills Community Center
3915 S. Lindbergh, 63127

The Studio, Inc. (Brentwood)
1332 Strassner Dr., 63144

Vetta Sports – Concord
12320 Old Tesson Ferry Rd., 63128

Xtreme Krav Maga (Dorsett)
12632 Dorsett Rd.
Maryland Heights, 63043

Xtreme Krav Maga (Fen)
639 Gravois Bluffs Blvd.,
Ste C, 63026

Yoga 108 at The City Studio
#8 N. Newstead, 63108

For more information visit stlcc.edu/ce

CAMPUS LEGEND

FLORISSANT VALLEY = FV
A.....................ADMINISTRATION
B.....................BUSINESS
CDC..................CHILD DEVELOPMENT CENTER
C.....................COMMUNICATIONS
EC....................EMERSON CENTER
E.....................ENGINEERING
H.....................HUMANITIES
IR....................INSTRUCTIONAL RESOURCES
PE.....................PHYSICAL EDUCATION
S.....................SERVICE BUILDING
SM...................SCIENCE-MATHEMATICS
SS...................SOCIAL SCIENCES
Student Ctr ..... STUDENT CENTER
T.....................THEATER
TC..................TRAINING CENTER
CWI..............CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP
A.....................A-TOWER
B.....................B-TOWER
C.....................C-TOWER
D.....................D-TOWER
F.....................F-TOWER
G.....................G-TOWER
HealthSci ......... CTR NURSING & HEALTH SCIENCES
HSP..................HOSPITALITY
L.....................LIBRARY
PE.....................PHYSICAL EDUCATION
Student Ctr ..... STUDENT CENTER
T.....................THEATRE
AA...................ART ANNEX

MERMACE = MC
AC..................ASSESSMENT CENTER
AD..................ADMINISTRATION/CLARK HALL
AS..................APPLIED SCIENCE
BA..................BUSINESS ADMINISTRATION
CE..................CONTINUING ED. BLDG.
CP..................CAMPUS POLICE
CN..................COMMUNICATIONS NORTH
CS..................COMMUNICATIONS SOUTH
GH..................GREENHOUSE
HE..................HUMANITIES EAST
HW..................HUMANITIES WEST
LH..................LECTURE HALLS
L.....................LIBRARY
PE.....................PHYSICAL EDUCATION
Student Ctr ..... STUDENT CENTER
SO..................SOCIAL SCIENCE
SS..................SCIENCE SOUTH
SW..................SCIENCE WEST
T.....................THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES
STLCC Corporate College
= STLCC-Corp
STLCC South County
= STLCC-South Cty
William J. Harrison Education Center
= STLCC-Harrison
Enrollment in Continuing Education classes and programs is limited to persons 16 years and older except for youth section classes and where otherwise noted.

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

Students Rights and Responsibilities
All students are responsible for adhering to College policies and procedures. Please refer to stlcc.edu/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 KMOV-AM (1120) and on KMOV-TV, KS DK-TV and KTVI/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
Courses offered in-person may be rescheduled, canceled or transitioned to an online format based on COVID-19 guidelines. Students are required to follow COVID guidelines for classroom participation, which includes, but is 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 a Continuing Education office by email at CEdropbox@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

Time of Withdrawal Percentage Refund
Three business days prior to the first class meeting. Must be submitted in writing. 100%
Two business days prior to the first class meeting or after the class has begun. None

FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.

A student may receive either a full or partial refund for exceptional circumstances. For exceptional circumstances, 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
Senior citizen scholarship does not apply to online classes.

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.否则 otherwise noted in the course description. Books ordered through the website will be shipped to you free of charge. Please go to stlccbookstore.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 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.
REGISTRATION IS EASY! | Many classes have limited seating. Be sure to register early!

ONLINE
www.stlcc.edu/CE

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

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

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 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.

Extended hours from Jan. 6-14
• M-Th 8:30 a.m.-5:30 p.m.
• F (not extended) 8:30 a.m.-4 p.m.

Regular hours
• M-Th 8:30 a.m.-5 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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PAYMENT: Please include check or money order made payable to St. Louis Community College.
To pay by credit/debit card, please register online at stlcc.edu/CE.
REGISTRATION BEGINS JAN. 6
475+ personal enrichment and professional development courses…
explore the possibilities inside!

ST. LOUIS COMMUNITY COLLEGE…
Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college’s Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:
- Five campuses- Florissant Valley, Forest Park, Meramec, Wildwood and Corporate
- Three education centers—south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

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.