Continuing Education
COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

SPRING 22
REGISTRATION BEGINS JAN. 5

INSIDE:
Nonprofit Essentials | 6
Grant Writing | 6
Genealogy & Religion | 49
Nutrition & Wellness | 59
... and many more!

stlcc.edu/CE | 314-984-7777
FRESH & NEW classes for spring

Nonprofit: Seven Key Essentials to Grant Readiness | P. 6
Me and My Junior Artist: Happy Feet | P. 23
DIY Wedding Flowers | P. 25

Beer Academy | P. 29
Hip Hop Step Board | P. 56

CONNECT WITH US!
We are here and happy to help you with any questions or concerns.

Phone: 314-984-7777
Call Center Hours
• M-Th 8:30 a.m.-4:30 p.m.
• F 8:30 a.m.-4 p.m.

Email: CEdropbox@stlcc.edu
Register online anytime at stlcc.edu/CE
Spring 2022 Continuing Education Courses

PROFESSIONAL DEVELOPMENT
- Essentials Training ........................................... 5
- Professional Essentials ....................................... 5
- Nonprofit Essentials ........................................... 5
- Career Essentials ................................................ 6
- Small Business Essentials ..................................... 7
- Career Studies .................................................. 10
- Animal Welfare ................................................... 10
- Personal Trainer .................................................. 11
- Real Estate ........................................................... 11
- CPR and First Aid ............................................... 12

Computers and Technology ...................................... 14
- Personal Computing .............................................. 14
- Adobe® Tools ..................................................... 15
- Apple® Devices .................................................. 16
- Google Tools ...................................................... 16
- Tableau® ............................................................ 16
- Microsoft® Tools .................................................. 17
- Programming and Data Analytics ......................... 18
- Web Sites and Services ......................................... 18
- Industry, Quality and Safety ................................. 18
- Literacy ................................................................. 18

PERSONAL ENRICHMENT
- Ageless Learning Seminars ................................... 21
- Creative Arts ....................................................... 22
- Fine Arts ............................................................ 22
- Crafts ................................................................. 23
- Culinary ............................................................... 27
- Dance ................................................................. 30
- Music ................................................................. 31
- Photography ....................................................... 33
- Writing ................................................................. 35
- Personal Finance .................................................. 37
- Finance and Investments ....................................... 37
- Home, Nature and Garden .................................... 38
- Home and Auto ................................................... 38
- Master Naturalist .................................................. 39
- Language and Communications ............................. 42
- Communications .................................................. 42
- Sign Language ..................................................... 42
- World Languages .................................................. 43
- Historical Studies .................................................. 45
- Culture ............................................................... 45
- History ............................................................... 47
- Genealogy ............................................................ 49
- Religion ............................................................... 49
- Philosophy ........................................................... 50
- Tours and Trips ..................................................... 50
- Wellness, Fitness and Recreation ............................ 52
- Fitness, Games and Sports ..................................... 52
- Wellness and Personal Development ..................... 58
- Caregiving .......................................................... 60

HELPFUL INFORMATION
- General Information ............................................. 61
- Location Index ...................................................... 61
- Registration Form .................................................. 63

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.

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: Anne Adams Marshall, Chair; Kevin M. Martin, Ed.D., Vice Chair; Rodney Gee; Doris A. Graham, Ph.D.; Craig H. Larson, Ed.D.; Mary Luebke; Pam Ross
St. Louis Community College Workforce Solutions Group (WSG) connects job seekers and employment providers through customized and accelerated training, and offers opportunities for lifelong learning through continuing education.

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

ADVANCING EMPLOYERS: BUSINESS SERVICES

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

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

ADVANCING COMMUNITIES: COMMUNITY SERVICES

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

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

ADVANCING PEOPLE: CONTINUING EDUCATION

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

ADVANCING THE MISSION: INSTITUTIONAL DEVELOPMENT

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

Need on-site tailored training and development?

Contact us at 314-539-5750 to discuss specialized programs custom-fit to your unique needs and goals.

Or, learn more about our suite of workforce and continuing education solutions at stlcc.edu/workforce.
PROFESSIONAL DEVELOPMENT
Improve business performance | Achieve professional goals | Enhance your career | Gain a leading edge

PROFESSIONAL ESSENTIALS

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

BPC7-703 | 1 session | NO FEE
P01 Sa 9 a.m.-noon 
Dirk Lupien 
March 12 Online

Project Management
Project managers are in demand when the need is for skills that require time, resources and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning experience prepares the student for the PMP® certification exam by lecture, online exercises, working sessions and practice exams. Program utilizes Registered Educational Provider (REP) materials. Registration closes 5 business days prior to class start date. No refunds after this date unless class is canceled.

BPC7-703 | 8 sessions | $1649 AGE 60+ | $1649 REG
P02 W 6-9 p.m.; Sa 9:30 a.m.-4 p.m. 
Dirk Lupien 
March 30 – April 23 Online

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? Build skills that enhance your working and personal relationships. Focus on the fundamentals of effective listening and eliminate defensiveness in the communication process. Discover blocks that hinder good listening and learn positive interaction techniques, in-depth listening skills and appropriate feedback abilities.

BUSN-713 | 1 session | $79 AGE 60+ | $79 REG
P01 Th 9 a.m.-4 p.m. 
Jean Walters 
Feb. 3 STLCC-Corp 207

We have more! Sharpen your public speaking skills and communicate more effectively with your team. See page 42.

NONPROFIT ESSENTIALS

Setting Up a Board of Directors
For nonprofit organizations to be successful, entities must possess a strong and diverse leadership team. Recruiting and securing reliable board members can be challenging. Learn from a social work and nonprofit professional how to recruit meaningful and reliable board members and how to keep board members engaged.

NPAD-703 | 4 sessions | $95 AGE 60+ | $149 REG
P01 W 5-9 p.m. 
Chelesa Holden 
Jan. 19 – Feb. 9 FP-G 119

Budgeting 101
Gain an understanding of budget functions and the relationship between strategic budgeting and tactical budgeting. Nonprofits use different budgeting techniques and systems to handle operating challenges. Engage in advanced budget topics like donations, in-kind, allocations, and more.

NPAD-703 | 1 session | $24 AGE 60+ | $35 REG
P06 Tu 5-7 p.m. 
Kwanzaa Wright 
Feb. 1 Online

NEW! Trauma-informed Care in Nonprofits
In the nonprofit sector, many of the clients served have experienced some form of trauma. This course will explore the different types of trauma and how to best serve clients with a trauma-informed lens.

NPAD-702 | 1 session | $24 AGE 60+ | $35 REG
P02 W 6-8 p.m. 
Ashley Williams 
Feb. 2 Online
P03 Sa 10 a.m.-noon 
April 23 Ashley Williams Online
NEW! Overcoming Vicarious Trauma in Nonprofits

Professionals in the nonprofit sector often experience vicarious trauma in their daily work. Learn to overcome vicarious trauma and take care of your emotional well-being so you can continue to serve your clients in the best way possible.

NPAD-701 | 1 session | $24 AGE 60+ | $35 REG
P04 W 6-8 p.m. Ashley Williams
Feb. 9
P05 Sa 10 a.m.-noon Ashley Williams
March 26

Strategic Marketing and Fundraising Essentials

Learn from a social work and nonprofit professional how to pivot and strategically implement fundraising strategies, build excitement and engagement, and secure donations and funding for your organization. Nonprofit leaders can understand how mission delivery and connection with donors builds and transcends revenue.

NPAD-703 | 4 sessions | $95 AGE 60+ | $149 REG
P02 W 5-9 p.m. Chelesa Holden
March 2 – March 23

Intro to Program Evaluation

Are you new to the world of program evaluation? Explore the differences in evaluation and assessment, and when each should be used. Next, differentiate quantitative versus qualitative evaluation processes via an introductory lesson about a statistical program. Class is a mixture of lecture-based and assignment-based learning, and sessions culminate in group work where you will demonstrate the program evaluation skills learned throughout the course.

NPAD-702 | 8 sessions | $95 AGE 60+ | $149 REG
P01 Sa 10 a.m.-noon Emmanuel Owusu Amako
March 5 – April 30
• NOTE: No class March 19.

Nonprofit Leadership

Examine important leadership models and theories in today’s nonprofit sector. Discover how to navigate the complexities and challenges of leading a nonprofit organization in today’s ever-changing business environment. Explore a wide range of leadership strategies, new ways nonprofits are exercising leadership, and the role of ethics.

NPAD-703 | 4 sessions | $84 AGE 60+ | $129 REG
P03 Sa 10 a.m.-12:30 p.m. Jimmie Calmese
March 26 – April 16

Strategic Decision Making

The ability to make effective and timely decisions is an essential skill for successful nonprofit professionals. Mastery of this skill influences all aspects of day-to-day operations as well as strategic planning. Hone your decision-making skills by following a methodology based on tested actions and sound organizational approaches. Confidently tackle any decision with demonstrated skill.

NPAD-703 | 1 session | $24 AGE 60+ | $35 REG
P05 Tu 5-7 p.m. Kwanzaa Wright
March 29

How to Organize a Teatime Fundraiser

Teatime themes are popular fundraisers. This workshop will aid in the thematic approach, design, planning, organizing, and delegation of the menu-oriented tasks needed for successful teatime friend and fundraising event. Bring your notebook, ideas, goals, vision and creativeTEAR!

NPAD-704 | 1 session | $39 AGE 60+ | $59 REG
P02 Su 2-4 p.m. Penelope Beach
April 24

Volunteer Management

Nonprofit professionals efficiently recruit, track, engage, and retain volunteers. Learn effective volunteer management skills and applications, which allow organizations to build a more strategic, positive volunteer experience and cultivate long-term, mutually beneficial supporter relationships.

NPAD-704 | 1 session | $23.50 AGE 60+ | $29 REG
P01 Tu 5-7 p.m. Kwanzaa Wright
May 3

Grant Writing I

Develop successful proposals by improving grant writing skills. Gain the strategies and skills to write competitive grants with compelling narratives, goals, and outcomes. Engage in challenging workshops that explore real-world funding opportunities and take part in exercises that strengthen your grant development skills.

NPAD-701 | 4 sessions | $84 AGE 60+ | $129 REG
P01 Sa 10 a.m.-12:30 p.m. Jimmie Calmese
Jan. 22 – Feb. 12

Grant Writing II

Strengthen your understanding of grant development and successful proposals in this fast-paced, hands-on course. Explore what it takes to write an effective letter of intent, a full grant proposal, and a professional gratitude letter from real grant language and samples. Learn practical grant writing and submission techniques. Write powerful narratives that incorporate statistics and research.

NPAD-701 | 4 sessions | $84 AGE 60+ | $129 REG
P02 Sa 10 a.m.-12:30 p.m. Jimmie Calmese
Feb. 19 – March 12

Seven Key Essentials to Grant Readiness

There are a few critical items nonprofit organizations must have in place before applying for grants. Learn from a social work and nonprofit professional the key seven essentials that are appealing to funders when they look at grantee funding applications. This class is for individuals who have not yet applied for (a) grant(s) and have not been successful with securing funding.

NPAD-701 | 1 session | $23.50 AGE 60+ | $29 REG
P03 Th 6-7:30 p.m.
Feb. 24
P04 W 6-7:30 p.m.
April 13

Volunteer Management

Nonprofit professionals efficiently recruit, track, engage, and retain volunteers. Learn effective volunteer management skills and applications, which allow organizations to build a more strategic, positive volunteer experience and cultivate long-term, mutually beneficial supporter relationships.

NPAD-704 | 1 session | $23.50 AGE 60+ | $29 REG
P01 Tu 5-7 p.m. Kwanzaa Wright
May 3

Volunteer Management

Nonprofit professionals efficiently recruit, track, engage, and retain volunteers. Learn effective volunteer management skills and applications, which allow organizations to build a more strategic, positive volunteer experience and cultivate long-term, mutually beneficial supporter relationships.

NPAD-704 | 1 session | $23.50 AGE 60+ | $29 REG
P01 Tu 5-7 p.m. Kwanzaa Wright
May 3

Discover Your Career Passion

You spend a good part of your life expressing yourself through work and career. For that reason, it’s important to discover a path that offers joy and value in what you do. Convert that passion into a career path through the use of worksheets and discussions. You have always known what you love; now, discover your career passion.

CPDV-702 | 2 sessions | $160 AGE 60+ | $165 REG
P03 Tu 6-8:30 p.m. Juan Walters
March 22 – March 29

What Matters Most: Building a Fulfilling Next Chapter on the Foundation of Your Values

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

CPDV-702 | 2 sessions | $126 AGE 60+ | $135 REG
P04 Sa 9:30-11 a.m. Carol Watkins
March 5 – March 12

Plus 50: Finding Purpose and Passion in the Third Chapter

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

CPDV-702 | 2 sessions | $32.50 AGE 60+ | $55 REG
P01 Sa 9 a.m.-noon
April 2 – April 9
P02 Sa noon-1 p.m.
March 26

NEW! Overview of an Effective Special Education Teacher

Welcome to the first day of how to change the lives of students with unique abilities. This session is an introduction to becoming a special education teacher and best suited for those beginning their college education. Engage in impactful discussions, role playing, self and peer evaluations, and interactive assignments that will engage you to think outside the box. Please bring iPad or laptop to class. Supply list will be sent.

CPDV-701 | 1 session | $19 AGE 60+ | $25 REG
P01 Sa noon-1 p.m. Jennifer Carter
March 26

STLCC.EDU/CE | 314-984-7777 | REGISTRATION BEGINS JAN. 5
Starting and Managing a Small Business

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

BUSS-701 | 2 sessions | $75 | 175 REG
P01 Sa 9 a.m.-noon | Lynette Watson | March 5 – March 12 | Online
P02 Sa 9 a.m.-noon | Lynette Watson | April 30 – May 7 | Online

Business Start-Up Skills for Artisans and Crafters

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

BUSS-701 | 2 sessions | $33 | 145 REG
P03 Th 7-9 p.m. | Mike Ochonicky | Feb. 3 – Feb. 10 | Online
P04 W 7-9 p.m. | Mike Ochonicky | March 23 – March 30 | Online

Business Plan Development

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

BUSS-702 | 4 sessions | $125 | 125 REG
P01 Tu 6:15-9:15 p.m. | Lynette Watson | April 5 – April 26 | Online

NEW! Foundations of Business

Gain knowledge in understanding the "why" behind the study of business. Explore the major types of economic systems and consider how a nation's economy and productivity are measured. Examine the major types of competition, discuss the historical development of business in the United States, and explore the challenges that businesses can expect to encounter in the future. Textbook is not mandatory but essential for reference and more comprehensive understanding: "Foundations of Business 6th ed." ISBN 9781337386920.

BUSS-702 | 8 sessions | $55 | 179 REG
P02 Tu 6-7 p.m. | Travis Norris | Feb. 1 – March 29 | Online
• NOTE: No class March 15.

The Business of Small Business: Understanding Financials

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

BUSS-741 | 3 sessions | $109 | 109 REG
P01 Th 6:15-9:15 p.m. | Lynette Watson | Feb. 3 – Feb. 17 | 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 firm to a homeowner contractor or rental property manager, you’ll learn ways to ensure a 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, discover 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 | $23 | 23 REG
P13 Sa 10 a.m.-noon | Cheryl Ring | Feb. 26 | Online
P14 Sa 10 a.m.-noon | Cheryl Ring | April 23 | Online

Accounting

Accounting Boot Camp: Beginning I

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

BUSS-741 | 2 sessions | $55 | 79 REG
P02 Sa 9 a.m.-1 p.m. | Stacy Moore | Feb. 19 - Feb. 26 | FP-D 215

Accounting Boot Camp: Beginning II

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

BUSS-741 | 2 sessions | $55 | 79 REG
P03 Sa 9 a.m.-1 p.m. | Stacy Moore | March 5 – March 12 | FP-D 215

Accounting Boot Camp: Beginning III

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

BUSS-741 | 2 sessions | $55 | 79 REG
P04 Sa 9 a.m.-1 p.m. | Stacy Moore | April 2 – April 9 | FP-D 215
Inventors’ Start-Up Series: Learn, Develop and Launch!

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

Saturday, Jan. 29 | Online
BUSS-765 | each session | $25 AGE 66+ | $25 REG
P08 9-10 a.m. | Inventing 101: The Inventing Process
P05 10:15-11:15 a.m. | Patents, Trademarks and Copyrights
P06 11:45 a.m.-12:45 p.m. | Research, Read and Understand Patents
P07 1-2 p.m. | How to Manufacture Your First Product in the U.S. and Abroad

Saturday, Feb. 12 | Online
BUSS-765 | each session | $25 AGE 66+ | $25 REG
P01 9-10 a.m. | Business Start-Up 101: Become an Entrepreneur
P02 10:15-11:15 a.m. | Show Me the Money! Explore Start-Up Funding
P03 11:45 a.m.-12:45 p.m. | Crowdfunding: Kickstarter®, Indiegogo® and GoFundMe®
P04 1-2 p.m. | Launch Your Product(s) or Home-based Business Immediately

Saturday, Feb. 19 | Online
BUSS-765 | each session | $25 AGE 66+ | $25 REG
P11 9-10 a.m. | How to License Your Product or Idea Yourself
P10 10:15-11:15 a.m. | The Process of Launching a Crowdfunding Campaign
P12 11:45 a.m.-12:45 p.m. | Explore the USPTO Website to Quickly Find Free Inventor Resources
P09 1-2 p.m. | Using Cut and Sew Factories to Manufacture Products and Fashion Designs

Inventing 101: The Inventing Process
Have a great idea for a product, app or other invention? Not sure where to start? Explore the inventing process and methods to bring your idea to market. Examine 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 (NDAs), prior art, public disclosure risks, ways to protect your idea (prior to patent) and more. Gain cost-saving tips to address common challenges during the phases of product development. These short-cuts can save you time and set you on an accelerated path to inventing.

Patents, Trademarks, and Copyrights
Explore the different types of Intellectual Property (IP) (e.g., 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, losing patent protection, and more. Discover how to submit some filings yourself for under $100 via the United States Patent and Trademark Office’s (USPTO’s) website through their “pro-bono” and “self-help” services and how to easily become “Patent Pending”.

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

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

Business Start-Up 101: Become an Entrepreneur
Want to start a business but don’t know how? Are you an inventor who plans to become an entrepreneur by launching or selling your own product? There are many different types of entrepreneurship. For instance, you can become a traditional entrepreneur (selling a product, service or idea), a “techpreneur” (technology inventor + entrepreneur), a “socialpreneur” (socially conscious + entrepreneur) or an “edupreneur” (educator + entrepreneur). Learn about the different types and start your journey to entrepreneurship with knowledge and resources to help you launch your enterprise.

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

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

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

How to License Your Product or Idea Yourself
Learn the pros and cons of licensing versus the self-production of a new product. Examine how to secure a licensing deal yourself and tips to approach potential retailers, major brands, big box stores and other third parties. Discover how to structure and submit a video or one-page sales pitch online directly to targeted licensees to gain their interest and secure a licensing deal.
The Process of Launching a Crowdfunding Campaign
Before you launch your first crowdfunding page on Kickstarter®, Indiegogo®, GoFundMe®, there are many factors you need to know. Without this knowledge, you could put your invention at risk in more ways than one! Explore several crowdfunding websites, review past and present pages launched by inventors, and discuss factors to consider prior to launch. Find the best crowdfunding fit for your new idea. Learn about the risks with crowdfunding pages (with or without a patent) and the many components involved in setting up and managing a new or launched page. Examine what happens if your campaign succeeds or fails.

Explore the USPTO Website to Quickly Find Free Inventor Resources
Researching and collecting general data about your invention is daunting enough. You need to know more (e.g., how and when to protect your idea with some form intellectual property rights (IP)). Learn how to quickly gather inventor information, forms and videos from the U.S. Patent and Trademark Office (USPTO) website. Discover how to extract the valuable content, information, videos, and/or forms that you need 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 (with or without an attorney).

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

Ready to build something amazing?

Boeing Assembly Pre-Employment Training Program
More than 900 graduates have been hired via the St. Louis Community College Boeing Pre-Employment Training program.

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

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

Learn more and apply at stlcc.edu/Boeing
ANIMAL WELFARE

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

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 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 | REG
P01  Tu 6-8:30 p.m.  Jan. 25  MC-SO 112

The People Ingredient
If you're thinking about working or volunteering in an animal welfare agency, you'll need a variety of important “people” skills. Gain an overview of the many capabilities you’ll need within animal welfare organizations from matching pets with new families to educating adults and kids in the community. Learn ways of coping with the inevitable heart-breaking side of the business. There are many joys and rewards to working in animal welfare, but there may be some sadness too.

ANIM-741 | 1 session | $26 | REG
P02  Tu 6-8:30 p.m.  Feb. 15  MC-SO 112

Animal Care Basics
It’s all about the animals! Examine basic health considerations including prevention measures and spay/neuter issues. Gain knowledge of animal behavior as a vital key to safe handling for yourself and the animals you work with. Learn about caring for and feeding a variety of animals, behavioral screening techniques and enrichment ideas to enhance quality of life for confined animals. 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 | REG
P03  Tu 6-8:30 p.m.  March 29  MC-SO 112
PERSONAL TRAINER

ACE® Personal Trainer Information Session
This free information session explains the process and curriculum of the ACE Personal Trainer Certification Prep Course. Determine what to expect in the 12-week course by learning the course topics and methods to prep for the ACE Personal Trainer exam. Registration for the ACE Personal Trainer Certification Prep Course closes on Feb. 2 (PEDU-753 P01). The information session is not mandatory. Registration/withdrawal deadline: Jan. 20.

PEDU-753 | 1 session | NO FEE
P02 M 6-7 p.m. Melissa Baumgartner
Jan. 24 Online

ACE® Personal Trainer Certification Prep Course
Ready for a career change? Become a certified personal trainer! This course is designed to prepare you for the ACE Personal Trainer Certification Exam and to help you become an effective personal trainer. Focus on the ACE Integrated Fitness Training (ACE IFT) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness and goals. Explore how to facilitate rapport, support adherence, promote self-efficacy and encourage behavior change in clients. Learn to design programs that help clients improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, muscular endurance and strength. Due to the specialized nature of this class, you must be at least 18 years of age and have a high school diploma or high school equivalency. You must hold CPR/AED certification before taking the ACE Personal Trainer Certification Exam. A background check may be required for certification. Please review the “ACE Certification Candidate Handbook” (at acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf) for more information on eligibility. Fee includes exam cost, textbook, study guide and sample test. Additional fee to retake exam. Voucher for exam must be used within six months of date received. Registration/withdrawal deadline: Feb. 2.

PEDU-753 | 12 sessions | $727.50 AGE 60+ | $795 REG
P01 W 5-7:30 p.m. Lauren Lepchenske
Feb. 16 – May 11 Online
• NOTE: No class March 16.

REAL ESTATE

How to Start a Career in Real Estate†
Do you enjoy helping people? Have you considered getting into the business of real estate? The real estate profession offers one of the widest career opportunities in the business world. From the buying and selling homes, office buildings, industrial property and corporation farmland to property management, land development, mortgage banking, urban planning, real estate counseling and appraisal, there are many avenues to explore. Find out about the licensure process to become a real estate agent and explore opportunities in this dynamic field.

REAL-715 | 1 session | $23 AGE 60+ | $29 REG
P01 Th 7-9 p.m. Jill McCoy
April 28 Online
P02 Th 7-9 p.m. Jill McCoy
March 31 Online

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

Missouri Manufacturing Technician I Pre-Apprenticeship Program
Rapidly skill up for employment in high-performance manufacturing.

• Four-week, non-credit training program offered in a hybrid classroom/online format. Must complete Manufacturing Portal: Soft Skills Training, Excel for Business and OSHA 10.
• Earn up to three industry certifications: OSHA 10 – General Industry, MSSC CPT Safety and CPT Quality
• Gain team-building skills, employment strategies and computer literacy
• Receive Missouri Manufacturing Technician I certificate upon successful completion of industry certifications

stlcc.edu/MfgTech
**BLS for Healthcare Providers**

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

**CPRR-707** | 1 session | $87.50 | AGE 60+ | $109 REG

P01 W 9 a.m.-3 p.m. Jan. 19 MC-CE
P02 Th 5-10 p.m. Jan. 27 MC-CE
P03 Sa 9 a.m.-3 p.m. Feb. 5 MC-CE
P04 W 9 a.m.-3 p.m. Feb. 16 MC-CE
P05 Tu 5-10 p.m. Feb. 22 MC-CE
P06 Tu 9 a.m.-3 p.m. March 1 MC-CE
P07 Sa 9 a.m.-3 p.m. March 12 MC-CE
P08 M 5-10 p.m. March 21 MC-CE
P09 F 9 a.m.-3 p.m. April 1 MC-CE
P10 Sa 9 a.m.-3 p.m. April 16 MC-CE
P11 Th 5-10 p.m. April 21 MC-CE
P12 M 9 a.m.-3 p.m. April 25 MC-CE
P13 Tu 5-10 p.m. May 3 MC-CE
P14 Sa 9 a.m.-3 p.m. May 7 MC-CE

**BLS Instructor Essentials Course**

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

**CPRR-708** | 1 session | $298 AGE 60+ | $349 REG

P01 Tu 8 a.m.-5 p.m. April 12 FP-G 121

**BLS Instructor Renewal**

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

**CPRR-709** | 1 session | $53.50 AGE 60+ | $99 REG

P01 Sa 9 a.m.-1 p.m. April 30 MC-CE

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

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

**Patient Care Technician**

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

11 weeks | [stlcc.edu/PCT](stlcc.edu/PCT)

**Medical Assistant**

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

28 weeks | [stlcc.edu/MA](stlcc.edu/MA)

**Community Health Worker**

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

16 weeks | [stlcc.edu/CHW](stlcc.edu/CHW)

**Central Sterile Processing Technician**

Prepare for a position in the central sterile processing department of a hospital as you learn to clean, decontaminate, sterilize and distribute medical and surgical instrumentation.

24 weeks | [stlcc.edu/CSPT](stlcc.edu/CSPT)
### Introduction to Smart Home Technology

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

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-765 | Th 6-9 p.m. Mar 10               | Gregory Ray     | AGE 60+ | $49 | REG

### PCs and Technology Introduction

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

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-701 | Sa 9 a.m.–3:30 p.m. Apr 23       | Jean Bradley    | AGE 60+ | $44 | REG
|          | Sa 12:30-3:30 p.m. May 12        | Jean Bradley    | Online | $69 | REG

### Beyond Broadcast: TV in the Age of Streaming

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

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-765 | W 6-9 p.m. May 4                 | Gregory Ray     | Online | $49 | REG

### Suing for Robo Calls

Is your time consistently wasted answering robo calls to your cell phone or landline? Learn how to defend yourself from these annoying invasions and gain information on how to sue in the state of Missouri for financial compensation.

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-742 | Sa 12:30-3:30 p.m. May 14        | Jean Bradley    | Online | $55 | REG

### Internet Research and Investigations: Public Records

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

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-742 | Sa 12:30-3:30 p.m. Feb 26        | Jean Bradley    | Online | $53 | REG

### Internet Research and Investigations: Politics and Law

Who donated to political campaigns and when? What initiatives are on the upcoming ballot? Which organizations summarize candidate platforms, bill descriptions and politician voting records in an unbiased way? If you are curious about these questions, this class is for you. Prerequisite: Windows® Introduction class or equivalent experience; some internet experience helpful.

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-742 | Sa 12:30-3:30 p.m. Mar 26        | Jean Bradley    | Online | $53 | REG

### Technology for Crafting

### Introduction to Cricut® Machines Level I

Expand and explore more of what your Cricut® machine can do. Learn tricks and key steps to working with vinyl, iron-on and cardstock materials. Bring your own Cricut Explore® or Maker® machines to class as well as an established login to the Cricut Design Space® application. Supply list will be sent.

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-755 | Sa 10 a.m.–1 p.m. Feb 12         | Rhonda Cross    | MC-BA 202 | $40.50 | REG

### Introduction to Cricut® Machines Level II

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

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-755 | Sa 10 a.m.–1 p.m. March 12       | Rhonda Cross    | MC-BA 202 | $40.50 | REG

### Introduction to Cricut® Machines Level III

Infusible Ink is an all-new system of Cricut DIY products that makes it possible to achieve pro-level, personalized heat transfers on T-shirts and more at home for the first time. An Infusible Ink transfer becomes one with the material itself. The results are bright, beautiful, seamlessly smooth transfers that never flake, peel, wrinkle, or crack. Bring your own Cricut Explore® or Maker® machines to class as well as an established login to the Cricut Design Space® application. Supply list will be sent.

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-755 | Sa 10 a.m.–1 p.m. March 26       | Rhonda Cross    | MC-BA 202 | $40.50 | REG

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| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-755 | Sa 10 a.m.–1 p.m. March 26       | Rhonda Cross    | MC-BA 202 | $40.50 | REG

### Internet Research and Investigations: Consumer Information

Does my doctor have a high malpractice rate? What is a political candidate's crime rate? Does my contractor have a lengthy list of lawsuits? What happens if something goes wrong with an online transaction? If you are curious about these questions, this class is for you. Prerequisite: Windows® Introduction class or equivalent experience. Some internet experience helpful.

| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-742 | Sa 12:30-3:30 p.m. Feb 26        | Jean Bradley    | Online | $53 | REG

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| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-742 | Sa 12:30-3:30 p.m. Feb 26        | Jean Bradley    | Online | $53 | REG

### Introduction to Cricut® Machines Level III

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| Code     | Session Details                  | Instructor      | Ages | Fee | REG
|----------|----------------------------------|-----------------|------|-----|-----
| COMP-755 | Sa 10 a.m.–1 p.m. March 26       | Rhonda Cross    | MC-BA 202 | $40.50 | REG
ADOBE® TOOLS

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

CVTW-701 | 1 session | $97.50 | ACE 60+ | $135 REG
P03 Sa 8:30 a.m. - 4:30 p.m. Charles LaGarce
Jan. 29
MC-HE 233

Adobe Lightroom® Classic: Book and Print Module
Focus on using the output modules to lay out and print images with the Lightroom® print module. Learn to create a photo book with the Lightroom book module. This course is ideal for all Lightroom Classic users.

CVTW-701 | 1 session | $97.50 | ACE 60+ | $135 REG
P01 Sa 8:30 a.m. - 4:30 p.m. Charles LaGarce
April 2
MC-HE 233

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

CVTW-704 | 1 session | $100.50 | ACE 60+ | $135 REG
P12 F 9 a.m. - 4 p.m.
May 13
MC-HE 233

Adobe® Photoshop®: The First Step Workshop
Learn practical Photoshop skills for everyday use. Gain hands-on experience in layers, making selections, masking, basic color, type tool, extraction filter, image resolution, and conversion from RGB to grayscale. Image repairs with the healing patch and clone stamp will be explored. Create unique fictional images without a camera or scanner. Experience guided demonstrations by a Photoshop expert, encouraging class participation in an atmosphere of mutual support.

CVTW-704 | 1 session | $100.50 | ACE 60+ | $135 REG
P09 F 8:30 a.m. - 4:30 p.m.
Jan. 21
Zak Zych
MC-HE 233

Adobe® Photoshop®: Introduction
Learn practical Photoshop skills for everyday use. Gain hands-on experience in layers, making selections, masking, basic color, type tool, extraction filter, image resolution, and conversion from RGB to grayscale. Explore image repairs with the healing patch and clone stamp. Create unique fictional images without a camera or scanner. Experience guided demonstrations by a Photoshop expert, encouraging class participation in an atmosphere of mutual support. This course meets the curriculum requirements of the Digital Photography Essentials program.

CVTW-704 | 1 session | $114.50 | ACE 60+ | $159 REG
P08 W 6-9 p.m.
March 5
Zak Zych
March 5

Adobe® Photoshop®: Intermediate
Pick up where the introductory class left off and enhance your techniques. Dive in to the histogram, exposure adjustments, smoothing wrinkles, brightening teeth, image and canvas size changes, crop tool use and blending modes. Work hands-on with a variety of images. Prerequisite: Adobe® Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Essentials program.

CVTW-704 | 4 sessions | $114.50 | ACE 60+ | $159 REG
P06 W 6-9 p.m.
March 6 – March 9
Zak Zych
MC-HE 233

Adobe® Photoshop®: Advanced
Build on skills learned during the beginning- and intermediate-level classes. Examine adjustment layers with layer masks, encounter smart objects, and work with blurring, sharpening, shadow and highlight tools. Prerequisite: Adobe® Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Essentials program.

CVTW-704 | 4 sessions | $114.50 | ACE 60+ | $159 REG
P11 W 6-9 p.m.
March 16 – April 6
Zak Zych
MC-HE 233

Adobe® Photoshop®: Expert
Picking up right where Adobe Photoshop Advanced left off, explore stop-motion animations, writing Actions, displacement maps, dodging and burning, liquidity and filters. Prerequisite: Adobe® Photoshop Advanced class. This course meets the curriculum requirements of the Digital Photography Essentials program.

CVTW-704 | 4 sessions | $114.50 | ACE 60+ | $159 REG
P03 W 6-9 p.m.
April 13 – May 4
Zak Zych
Zak Zych

Adobe® Photoshop® Creative Cloud®: Image Size Workshop
When you download an image from your camera or the internet, what is it good for? At what size can you print it? How would it appear if uploaded to your website or Facebook? Learn the ins and outs of image and canvas size, all the cool things the crop tool can do, and how to control the size of a photo via the “save for the web” command.

CVTW-704 | 1 session | $100.50 | ACE 60+ | $135 REG
P10 F 9 a.m. - 4 p.m.
March 11
Zak Zych

Adobe® Photoshop® Creative Cloud®: Blending Modes Workshop
Discover efficient and powerful ways to use layers and blending modes to colorize black and white photos. Learn how to brighten, darken and add contrast. Explore how to transform an otherwise pedestrian image into an engaging visual.

CVTW-704 | 1 session | $100.50 | ACE 60+ | $135 REG
P04 T 10 a.m. - 3 p.m.
April 8
Zak Zych

Layout and Design

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

CVTW-702 | 1 session | $99 | ACE 60+ | $139 REG
P01 F 8:30 a.m. - 4:30 p.m.
David Haley
Feb. 11

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

CVTW-702 | 1 session | $99 | ACE 60+ | $139 REG
P02 F 8:30 a.m. - 4:30 p.m.
David Haley
Feb. 25

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

REGISTRATION BEGINS JAN. 5 | 314-984-7777 | STLCC.EDU/CE 15
Motion Graphics and Animation

Adobe® After Effects®: Introductory Workshop
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 in-between, adjusting position, scale, rotation and opacity. Coordinate images with audio and export to .mov and .mp4 formats.

CVTW-704 | 1 session | $72 AGE 60+ | $99 REG
P07 | F 10 a.m.-2 p.m. | Zak Zych | Feb. 4 | MC-HE 233

Adobe® After Effects®: The First Step
Use After Effects to create motion graphics. Explore the interface in After Effects, put graphics into motion and render finished movie and animation projects. Explore the workflow between Photoshop® and After Effects. Be prepared for an intensive, hands-on learning experience.

CVTW-704 | 1 session | $99.50 AGE 60+ | $139 REG
P01 | F 8:30 a.m.-4:30 p.m. | Timothy Linder | Feb. 25 | MC-HE 233

Adobe After Effects®: The Second Step
Sharpen your skills with advanced After Effects techniques. Uncover a deeper understanding of the effects panel options. Explore background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.

CVTW-704 | 1 session | $99.50 AGE 60+ | $139 REG
P02 | F 8:30 a.m.-4:30 p.m. | Timothy Linder | March 4 | MC-HE 233

APPLE® DEVICES

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

COMP-765 | 1 session | $49 AGE 60+ | $49 REG
P03 | W 6-9 p.m. | Gregory Ray | Feb. 2 | Online

iPhone® and iPad®: Next Steps
If you’re no longer a beginner, but not yet an expert, learn the skills to take your use to the next stage. Explore selecting and installing apps. Take, organize and share photos. Adopt shortcuts for frequently-used apps (e.g., iMessages®, Safari® web browser). Keep your data secure. Customize your device to work better for you. If you’re an iPad user seeking to use your device as your sole computer, learn how much is possible and limitations to expect. Prerequisite: familiarity in navigating your iPhone and/or iPad or completion of our Basics course. Have your iPhone and/or an iPad and corresponding charger(s) handy when joining class.

COMP-765 | 1 session | $49 AGE 60+ | $49 REG
P04 | W 6-9 p.m. | Gregory Ray | Feb. 9 | Online

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

COMP-765 | 1 session | $49 AGE 60+ | $49 REG
P02 | W 6-9 p.m. | Gregory Ray | April 6 | Online

GOOGLE TOOLS

Navigating Google Drive™
Explore all that makes up the land of Drive. There are many “roads”-Docs, Spreadsheets™, Slides™, Forms™, Draw™ and Jamboard™. Each week, “drive down a different road” (going slowly of course!), and gain a full understanding how Drive can be effectively used in your daily life.

COMP-742 | 1 session | $31 AGE 60+ | $49 REG
P03 | Th 6-8:30 p.m. | Cindy Lane | Feb. 10 | Online
P09 | Sat 9:30 a.m.-noon | Cindy Lane | April 30 | Online

Gmail™: Basics and Beyond
Learn how to create templates, schedule emails, label contacts, and organize your inbox. You’ll discover how to send confidential emails, create follow up tasks and explore how Gmail works together with other Google workspace tools.

COMP-742 | 1 session | $38 AGE 60+ | $49 REG
P02 | Th 6-9 p.m. | KC Rivera | Feb. 17 | Online

NEW! Google Geo Tools™
There are many geo tools you can use for free inside of Google. Examine all of the mapping tools and create maps, create KMLs, use ideas of embedded images to name just a few ideas. Google Earth™ has improved over the years, making it much more user friendly. Come see the world!

COMP-742 | 2 sessions | $57 AGE 60+ | $75 REG
P07 | Tu 6:30-8:30 p.m. | Cindy Lane | March 8 – March 15 | Online

TABLEAU®

Introduction to Tableau®
Tableau is one of the fastest evolving business intelligence (BI) and data visualization tools. Learn the foundations of Tableau and how to navigate its interface, import data, and create your first dashboard.

COMP-727 | 4 sessions | $171 AGE 60+ | $225 REG
P03 | Tu 6-9 p.m. | Lee Douangkeomany | Feb. 22 – March 15 | Online

Storytelling With Tableau®
Build on skills from Introduction to Tableau, as you create dashboards to tell the story of your data. Learn best practices for formatting and presenting data to tell data-driven stories.

COMP-727 | 4 sessions | $155 AGE 60+ | $199 REG
P02 | Tu 6-9 p.m. | Lee Douangkeomany | April 5 – April 26 | Online
Outlook®

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

COMP-742 | 1 session | $40.50 AGED 60+ | $55 REG
P01 | Th 5:30-8:30 p.m. | Rhonda Cross
Feb. 24 | Online

Project®

NEW! Getting Started With Microsoft Project 2019®
Microsoft Project 2019 makes it easy to create professional and personal project plans for home and business use. Learn about the new interface and key new features introduced in Project 2019.

COMP-727 | 5 sessions | $122.50 AGED 60+ | $149 REG
P01 | Th 7-8:30 p.m. | Travis Norris
April 7 – May 5 | Online

Access®

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

COMP-725 | 1 session | $96.50 AGED 60+ | $129 REG
P01 | M 9 a.m.-4 p.m. | Cris Heffernan
Feb. 7 | STLCC-Corp 208

Microsoft® Access®: Part I
Grasp the basics of database design with Microsoft Access. Create, manage and maintain tables and table relationships. Leverage sorting and filtering records within tables. Prerequisite: Windows® Introduction class or equivalent experience.

COMP-725 | 1 session | $96.50 AGED 60+ | $129 REG
P02 | F 9 a.m.-4 p.m. | Cris Heffernan
March 25 | STLCC-Corp 208

Microsoft® Access®: Part II
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-726 | 1 session | $96.50 AGED 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan
April 15 | STLCC-Corp 208

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

COMP-727 | 1 session | $96.50 AGED 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan
April 29 | STLCC-Corp 208

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

COMP-720 | 1 session | $96.50 AGED 60+ | $129 REG
P03 | Sa 9 a.m.-4 p.m. | Cris Heffernan
March 12 | STLCC-Corp 208

Microsoft® Excel®: Part I
Glean tips and tricks to navigate and create effective spreadsheets in one of Microsoft’s® most powerful programs. Build basic formulas and functions with an emphasis on relative and absolute referencing. Make your sheets and printouts easier to read with special formatting techniques. This class is ideal for beginners and self-taught Excel® users. Prerequisite: Windows® Introduction class. Participants are encouraged to bring a flash drive.

COMP-720 | 1 session | $96.50 AGED 60+ | $129 REG
P02 | F 9 a.m.-4 p.m. | Cris Heffernan
Jan. 21 | STLCC-Corp 208

COMP-720 | 2 sessions | $96.50 AGED 60+ | $129 REG
P01 | Tu W 9 a.m.-noon | Cris Heffernan
April 5 – April 6 | Online

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

COMP-721 | 1 session | $96.50 AGED 60+ | $129 REG
P02 | F 9 a.m.-4 p.m. | Cris Heffernan
Feb. 4 | STLCC-Corp 208

COMP-721 | 2 sessions | $96.50 AGED 60+ | $129 REG
P01 | Tu W 9 a.m.-noon | Cris Heffernan
April 19 – April 20 | Online

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

COMP-722 | 1 session | $96.50 AGED 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan
Feb. 25 | STLCC-Corp 206

COMP-722 | 2 sessions | $96.50 AGED 60+ | $129 REG
P04 | Tu W 9 a.m.-noon | Cris Heffernan
May 3 – May 4 | Online

Microsoft® Excel®: Power Pivots®
Power Pivots can create reports and models from multiple data sources—both in and out of Excel. Create and manage relationships, hierarchies, Power Pivot tables and charts. Explore calculated columns, calculated fields (measures) and key performance indicators. Prerequisite: Microsoft Excel 2016 for Business Part II or equivalent experience with creating single source pivot tables. Participants are encouraged to bring a flash drive.

COMP-722 | 1 session | $81 AGED 60+ | $99 REG
P02 | Th 9 a.m.-12:30 p.m. | Cris Heffernan
March 10 | STLCC-Corp 208

COMP-722 | 1 session | $81 AGED 60+ | $99 REG
P03 | Th 9 a.m.-12:30 p.m. | Cris Heffernan
May 12 | STLCC-Corp 208

Windows®

Microsoft® Windows® 10 for Beginners
Explore Windows® 10 and all of its user-friendly features in this course. Topics include: using start screen, live tiles, hot corners, charm bar and OneDrive®. Please note: This course is not for tablets or touch screen devices; you will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP-705 | 1 session | $77.50 AGED 60+ | $99 REG
P01 | Sa 9 a.m.-4 p.m. | James Prater
April 2 | MC-BA 202

Microsoft® Office 365® for the Home User
Deepen your understanding of the many applications of Microsoft Office 365® and harness their power to simplify and organize your life. OneDrive®, Forms® and other useful applications will be covered. Prerequisite: Windows® Introduction class or equivalent experience.

COMP-705 | 1 session | $34.50 AGED 60+ | $49 REG
P03 | Th 6-9 p.m. | Aaron Oliver
March 24 | Online

Microsoft® Office 365® for the Business User
Inspire productivity and increase efficiency in the workplace with Microsoft Office 365®. The class will cover applications that can be used as tools to improve your work capacity.

COMP-705 | 1 session | $34.50 AGED 60+ | $49 REG
P02 | Tu 6-9 p.m. | Aaron Oliver
April 12 | Online

Word®

Microsoft® Word® for Business: Part I
Produce professional-looking business documents using Microsoft Word. Clean up formatting, change styles and formats, cut and paste content, and import text with confidence. Prerequisite: Windows® Introduction class or equivalent experience.

COMP-715 | 1 session | $96.50 AGED 60+ | $129 REG
P01 | F 9 a.m.-4 p.m. | Cris Heffernan
Jan. 14 | STLCC-Corp 208

P02 | W 9 a.m.-4 p.m. | Cris Heffernan
March 30 | STLCC-Corp 208

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

REGISTRATION BEGINS JAN. 5 | 314-984-7777 | STLCC.EDU/CE 17
**Programming and Data Analytics**

**Introduction to SQL**
Learn the generic SQL commands that can be used with a variety of client/server database systems. Discover how to query the database to extract the information you need to include grouping and sorting of the data. Gain an understanding on how to use wildcards, logical and comparison operators, and to create calculated columns. Learn how to join database tables to write higher level queries to extract related data and how to use multiple criteria in filtering out unwanted data. This course uses Microsoft® SQL Server®.

COMP-765 | 5 sessions | $145.50 | AGE 60+ | $199 REG
P08 W 6-9 p.m. | Joseph Richey
Jan. 19 – Feb. 16 | Online

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

COMP-765 | 4 sessions | $156.50 | AGE 60+ | $199 REG
P09 W 6-9 p.m. | Joseph Richey
March 2 – March 23 | Online

**Introduction to Python®**
Learn the basics of programming using Python including Python syntax, working with variables, scope, wildcards, and expressions. Explore the area of datatypes and expressions. Investigate strings, operators and functions. Gain an understanding of lists, multi-dimensional lists, dictionaries, and subscripts. Learn how to open, close and read files in Python.

COMP-765 | 4 sessions | $156.50 | AGE 60+ | $199 REG
P10 Th 6-9 p.m. | Joseph Richey
Jan. 20 – Feb. 10 | Online

**Web Sites and Services**

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

COMP-765 | 1 session | $34 | AGE 60+ | $45 REG
P07 W 6-9 p.m. | KC Rivera
Feb. 2 | MC-BA 202

**NEW! Monday.com™ for Business Users**
Gain the skills to use Monday.com as an account manager. Discover the powerful tools that will enable you to lead teams though complicated processes utilizing this powerful project management software.

COMP-705 | 1 session | $22 | AGE 60+ | $49 REG
P04 Th 6-7:30 p.m. | Aaron Oliver
Feb. 17 | Online

**WordPress® for Business**
WordPress® is the most popular software for building and hosting personal websites, but it’s increasingly also the engine of richly-designed and complex business sites. Explore the features of WordPress® and its multitude of add-ons. Learn about themes and plugins (many free) that can make your site do more than share articles. Learn how to enable e-commerce, as well as considerations about extra security, maintenance, and monitoring requirements for your business WordPress site.

COMP-765 | 1 session | $49 | AGE 60+ | $49 REG
P01 W 6-9 p.m. | Gregory Ray
April 13 | Online

**Literacy:**

**Basic Numeric Skills**
Practice numeric literacy with an applied perspective. Gain fundamental arithmetical operations such as addition, subtraction and multiplication. Learn foundational numeracy and the ability to apply basic operations to life situations.

EDUC-765 | 9 sessions | $80 | AGE 60+ | $125 REG
P01 W 9-10:30 a.m. | Pat Dalton
Feb. 2 – March 30 | Online
P03 Tu 3:30-5 p.m. | Rory Paul
April 5 – May 31 | STGCC-SoCo 202

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

EDUC-765 | 9 sessions | $80 | AGE 60+ | $125 REG
P02 Th 9-10:30 a.m. | Pat Dalton
Feb. 3 – March 21 | Online
P04 W 3:30-5 p.m. | Rory Paul
April 6 – June 1 | STGCC-SoCo 202

**Industry, Quality and Safety**

**10-Hour OSHA: Construction Safety and Health Training Certification**
Led by an OSHA certified trainer, this course covers the mandated OSHA topics including OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling and more. Upon successful completion, you will receive a 10-Hour OSHA course completion card. Note: Possibility to extend to OSHA 30 with substantial interest. Withdrawal deadline for refund: Jan. 31.

CONS-736 | 3 sessions | $76 | AGE 60+ | $125 REG
P01 M W F 4-7:45 p.m. | Pat Dalton
Feb. 7 – Feb. 11 | STGCC-Corp 207

**10-Hour OSHA: General Industry Safety and Health Training Certification**
This 10-hour OSHA course is ideal for employee safety and health awareness. Gain an introduction to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Part 1910. Upon successful completion, you will receive a 10-Hour OSHA course completion card. Note: Possibility to extend to OSHA 30 with substantial interest. Withdrawal deadline for refund Feb. 28.

CONS-736 | 3 sessions | $76 | AGE 60+ | $125 REG
P02 M 4-7:45 p.m. | Pat Dalton
March 7 – March 21 | STGCC-Corp 207

**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. Learn about the new FAA regulation, airspace classifications, flight restrictions, aeronautical chart study, airport operations, radio communication, weather and human factors. Sample test questions will also be reviewed. Bring required text to first class: *ASA Remote Pilot 2021 Test Prep!* ISBN 978-1619549753 (available online.) One hour lunch on your own.

ENGR-706 | 2 sessions | $159 | AGE 60+ | $249 REG
P01 Sa 8 a.m.-3 p.m. | Rory Paul
Feb. 19 – Feb. 26 | FV-CWI 136
Truck Driving CDL-A Training

Prepare for a well-paying career in commercial truck driving, one of the fastest growing opportunities in the United States today. Gain the knowledge and skills sought by employers to become an over-the-road or local commercial truck driver.

- **Five-week, 200-hour non-credit training program, including CDL-A testing**
- Classroom and lab instruction emphasizing safety, DOT regulations, trip planning, pre-trip inspections and more
- Several hours mastering skilled backing maneuvers, as well as urban, rural and highway driving
- Thorough curriculum exceeds the Department of Transportation – Federal Motor Carrier Safety Administration’s “entry level driver training” standards and will prepare you for the CDL-A exam

Get started by attending a free information session. Learn more at [stlcc.edu/TruckDriving](http://stlcc.edu/TruckDriving)
Looking for hands-on work with competitive pay?  
**Environmental Remediation Technician**

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

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

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

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**HVAC Operator I Technical Training**

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

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

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

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

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

Learn more and register at [stlcc.edu/HVAC](stlcc.edu/HVAC)
PERSONAL ENRICHMENT
Add variety to life | Enjoy a creative outlet | Improve your sense of well-being | Forge new friendships

AGELESS LEARNING SEMINARS

Welcome To Medicare†
If you’re turning 65 or planning to retire soon, it’s time to start thinking about Medicare and your coverage options. CLAIM, Missouri’s State Health Insurance Assistance Program, will explain how Medicare works using clear, easy-to-understand language. 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).

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Session Dates</th>
<th>Venue</th>
<th>Fee</th>
<th>Age 60+ Fee</th>
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<td>MO Claim</td>
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Costa Rica: A Tropical Travel Choice
Costa Rica’s charm lies in its lush rainforests, unspoiled beaches, and abundance of wildlife. With breathtaking landscapes and a myriad of creatures – from toucans to monkeys to jaguars – it’s easy to see why. Where else can you hike active volcanoes, have botanists take you on jungle walks, and surf turquoise waters within the span of just a few days? All of this with affable population that welcomes tourists. Take an armchair tour of this country that lives in peace – it has no armed forces!

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<td>P01</td>
<td>W 10:11-12:30 a.m. March 9</td>
<td>Doug Schneider</td>
<td>$9</td>
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Barbara Stanwyck
Explore a multitude of unforgettable films starring Barbara Stanwyck, a strong yet lovable actress and a dynamic star in every sense of the word. Included are many memorable films throughout her career not to mention TV roles and a little something from that iconic mini-series, “The Thorn Birds.”

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<tr>
<th>Course Code</th>
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<th>Age 60+ Fee</th>
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<td>Mary Saputo</td>
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</table>

Edith Head Part 1
Experience an unforgettable walk through Old Hollywood with the iconic costume designer whose list of clients reads like a Who’s Who of a bygone era. Whether you are a film buff or just a lover of exquisite fashion, this presentation will fit you like a glove. Stories and movie clips from a long list of favorites included.

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<tr>
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<th>Age 60+ Fee</th>
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Edith Head Part 2
Continue our in-depth presentation of the famed Hollywood designer, exploring a multitude of unforgettable movies from the mid-1950s through the early 1970s, including the films that won her the last three Oscars for Best Costume Design and brought her total awards up to an incredible eight Oscars.

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<tr>
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<td>Mary Saputo</td>
<td>$9</td>
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</tbody>
</table>

Cavalcade of St. Louis Architecture
Learn about a St. Louis building that helped shape America. Take an armchair tour of St. Louis and learn about the history of the architecture. Learn how to recognize some of the famous architecture, both commercial and residential.

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<tr>
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<td>Doug Schneider</td>
<td>$9</td>
<td>$9</td>
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</tbody>
</table>

† Courses offered through St. Louis Community College Continuing Education are for educational purposes only. While this information is believed to be reliable, participants should consult with licensed professional regarding your specific situation.
Artful Saturdays
Enjoy three Saturday mornings exploring museum collections. Led by a local art historian, experience a specific theme each weekend: (Jan. 22) Centuries of Sculpture, (Jan. 29) Selections from the American Collection, and (Feb. 5) TBA. Meet in Sculpture Hall inside the main entrance to the Cass Gilbert (original) Saint Louis Art Museum building.
ARTS-705 | 3 sessions | $75 | AGE 60+ | $65 REG
P01  Sa 10 a.m.-noon  Betsy Solomon  Jan. 22 – Feb. 5  St. Louis Art Museum

Drawing
Learn the tools, materials, and visual artistic perception essential to drawing. Returning students continue to sharpen your skills through projects/independent work. Explore drawing fundamentals including line, perspective, value and composition in the use of pencil, conte crayon and charcoal. Supply list will be sent.
ARTS-709 | 6 sessions | $65 | AGE 60+ | $109 REG
P01  Tu 9:30 a.m.-noon  Ruth Kolker  March 29 – May 3  Kirkwood Comm Cntr
P02  Tu 9:30 a.m.-noon  Ruth Kolker  April 5 – May 10  Kirkwood Comm Cntr

Perspectives of Still Life Drawing
Explore drawing fundamentals of line, perspective, value and composition in a relaxed atmosphere with individualized instruction. All levels welcome. Intermediate level students will advance with more sophisticated projects. Bring pencil and sketch pad to first class; supplies will then be discussed.
ARTS-709 | 5 sessions | $68.50 | AGE 60+ | $105 REG
P04  M 6-9 p.m.  Philip Perschbacher  Feb. 7 – March 7  FP-G 413

Right Brain Drawing
Discover how to make the mental shift to where drawing is pleasurable, meditative and freeing from anxiety. Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. Learn ways to tap into the right side of your brain for creative projects. Supply list will be sent. Textbook required: “Drawing on the Right Side of the Brain: The Definitive, 4th Edition.” ISBN 978-1585429202.
ARTS-721 | 8 sessions | $72 | AGE 60+ | $119 REG
P01  Sa 10 a.m.-noon  Mary Feagan  March 12 – May 14  MC-HE 124

Travel Drawing
See St. Louis through the eyes of a traveler. 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. Learn through demos, hands-on experience and feedback sessions. Take away multiple skills you can use during your own travels. Supplies and locations will be discussed during the first class, which will meet for an hour via Zoom. Note: Students must be able to walk 15 minutes at a time and provide own transportation.
ARTS-721 | 5 sessions | $82 | AGE 60+ | $119 REG
P02  Sa 10 a.m.-1 p.m.  April 2 – April 30  Sarah Paulsen  FP-Off Campus

Oil/Acrylic Studio 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. Supply list will be sent.
ARTS-740 | 6 sessions | $65 | AGE 60+ | $109 REG
P05  Tu 5:30-8:30 p.m.  Lisa Payne  Feb. 1 – March 8  Online

BYOB Painting: Springtime Bouquet
Paint the night away! Paint a springtime bouquet with assistance from a local artist. Grab a beverage, a canvas and acrylic paint. No previous experience is required to create your own masterpiece. Have your supplies and sense of humor ready. Supply list will be sent.
ARTS-748 | 1 session | $21.50 | AGE 60+ | $29 REG
P01  Th 6-9 p.m.  Mike Ochonicky  March 31  Online

A Painting Soiree: Cinco De Mayo
Paint a Cinco De Mayo masterpiece with assistance from a local artist. Grab a beverage, a canvas and acrylic paint. No previous experience is required to create your own masterpiece. Have your supplies and sense of humor ready. All materials included. Registration closes April 29.
ARTS-748 | 1 session | $27.50 | AGE 60+ | $35 REG
P03  Th 6-9 p.m.  Mike Ochonicky  May 5  MC-HE 217
PERSONAL ENRICHMENT

CRAFTS

Printmaking

Printmaking: Relief Prints
Discover how to use printmaking as an element of mixed artwork and how to professionally present prints. Survey various materials, tools, methods, techniques, and processes of printmaking. Leave with an understanding of fundamental techniques for making relief prints.
ARTS-765 | 4 sessions | $54.50 AGE 60+ | $76 REG
P01 | Tu 6-8 p.m. | Bre Whitlock | FV-H 104
February 22 – March 15

Printmaking: Monotypes and Relief Prints
Explore the medium of printmaking with both conventional and non-traditional methods. Use a variety of materials (found objects) to create monotypes and relief prints on paper, through experimentation with collage, stenciling, painting and drawing. Supply list will be sent.
ARTS-765 | 6 sessions | $67 AGE 60+ | $104 REG
P02 | M 9:30 a.m.-noon | Ruth Kolker | Online
February 28 – April 4

Junior Artist

Me and My Jr. Artist: Happy Feet
Come make memories with your junior artist! Looking for ways to get out and about with your little one? Join this artsy bonding session of creativity where you will create your own masterpiece. Why wear ordinary sneakers, when you can create your own personalized works of art? No art skills needed to make fun, colorful kicks for yourself or for kids. Price includes supplies (except canvas shoes) and attendance for one adult and minor. Children must be at least 8 years of age and accompanied by an adult.
ARTS-748 | 1 session | $56.50 AGE 60+ | $64 REG
P02 | Sa noon-3 p.m. | Mike Ochonicky | MC-HE 123
May 7

We have more! Interested in classes for caregivers and kids? Check out these options:
- Simple Stuffed Animals, page 25
- Dungeons & Dragons®: Family Ed., page 52
- Golf: Caregiver/Child, page 53

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. Create a swing handle that allows for easy cake placing. Several color options will be available. All materials provided.
CRFT-734 | 1 session | $60 AGE 60+ | $75 REG
P01 | Sa 9 a.m.-1 p.m. | Laura Klaus | Jan. 15
March 12

Basketry: Stool
Weave your own small stool for a plant or child to enjoy. This sturdy handwoven treasure will be a great addition to your home decor. All materials provided.
CRFT-734 | 1 session | $60 AGE 60+ | $75 REG
P02 | Sa 9 a.m.-1 p.m. | Laura Klaus | Feb. 19
March 12

Door Basket
Add a pop of spring to your front door with this woven hanging basket. Add colors to create your one-of-a-kind masterpiece that will be the envy of your neighborhood. All materials provided.
CRFT-734 | 1 session | $47 AGE 60+ | $59 REG
P03 | Sa 1-4 p.m. | Laura Klaus | March 12
April 9

Wire This: Basket Weaving
Explore various wire materials, techniques and processes of basket weaving with wire. Leave with your inner artist by creating different designs, heights, widths and shapes of paper baskets. Supply list sent.
CRFT-734 | 1 session | $40.50 AGE 60+ | $49 REG
P07 | Tu 6-9 p.m. | Bre Whitlock | April 12
FV-B 123

Tobacco Basket
Get your home decor smoking hot with this handmade tobacco basket. Used during harvest these reed-woven baskets held tobacco leaves but have become a "must-have" home decor item. All materials provided.
CRFT-734 | 1 session | $47 AGE 60+ | $59 REG
P05 | Sa 9 a.m.-noon | Laura Klaus | May 14
MC-CE

Tobacco Basket
Get your home decor smoking hot with this handmade tobacco basket. Used during harvest these reed-woven baskets held tobacco leaves but have become a "must-have" home decor item. All materials provided.
CRFT-734 | 1 session | $47 AGE 60+ | $59 REG
P05 | Sa 9 a.m.-noon | Laura Klaus | May 14
MC-CE

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.

facebook | twitter | instagram | @stlccCE | #stlccCE
**Ceramics**

**Teapot for One**  
Paint a three-piece teapot set (cup, teapot and lid) using your own design or one supplied. You will be able to enjoy your new teapot set one week after class. Pick up at the Painted Zebra. All materials included.  
**CRFT-741**  
W 6-8 p.m.  
Jan. 12  
Jan Becker  
Painted Zebra

**NEW! Terrazzo Trinket Trays**  
Create a custom tray for your jewelry, keys or other trinkets in this hands-on class. Pick up your completed project one week after class. All materials included.  
**CRFT-765**  
F 6-8:30 p.m.  
Feb. 25  
Dee Levang  
MC-CE

**Peacock Serving Tray**  
Decorate a small serving tray with peacock feathers. Your exciting tray will be fired and ready for pick up at the Painted Zebra one week after the class. All materials included.  
**CRFT-741**  
W 6-8 p.m.  
April 13  
Jan Becker  
Painted Zebra

**Marbleized Ceramic Pieces**  
Create two truly one-of-a-kind ceramic pieces using shaving cream and paint. You will be able to paint a ball vase and serving tray. Both pieces will be fired and ready for pick up one week after the class. Pick up at the Painted Zebra. All materials included.  
**CRFT-741**  
W 6-8 p.m.  
March 16  
Jan Becker  
Painted Zebra

**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 sent.  
**CRFT-724**  
Su 9 a.m.-1 p.m.  
Rosemary Ziegler  
April 22  
MC-BA 114

**Crochet Decorative Garlands and Banners**  
Learn how to crochet several types of happy bright garlands, banners and buntingsto hang in your home, or outdoors, for decoration. Basic crochet skills required. Bring three to five skeins of different colored yarns (same weight), and appropriate sized hook. Supply list sent.  
**CRFT-713**  
Sa 1-5 p.m.  
Dee Levang  
Feb. 5  
MC-BA 114

**Crochet Slouchy Beanie**  
Keep cozy this chilly time of year with a homemade crochet beanie hat. Gain confidence in your crochet skills while creating a fashionable wardrobe accessory. Supply list sent.  
**CRFT-724**  
Su 2-6 p.m.  
Rosemary Ziegler  
March 16  
MC-BA 114

**Mosaic Crochet**  
Learn the basics of the beautiful mosaic crochet in this fun one day class. Prerequisite: Intro to Crochet or equivalent skills. Supply list sent.  
**CRFT-724**  
Su 9 a.m.-1 p.m.  
Rosemary Ziegler  
April 3  
MC-BA 114

**Knitting 101**  
Knitting isn't just for making winter garments and accessories. Using linen, silk and lighter threads and yarns, create projects and garments that will be useful year round. Cover the basics — casting on, increasing and decreasing, finishing, and a variety of stitches. Gain tips for future projects, as well as help reading patterns. Bring unfinished projects or start a new project. All levels welcome. Supply list sent.  
**CRFT-720**  
3 sessions  
$49  
P01 Tu 6-8 p.m.  
Feb. 22 – March 8  
Reg.  
FP-G 121

**Introduction to Knitting**  
Knitting is not just for making winter garments and accessories. Use linen, silk and lighter threads and yarns to make projects and useful, year-round garments. Practice casting on, increasing and decreasing, and casting off as well as both knit and purl stitches. Gain tips and tricks for future projects and help with reading patterns. Bring unfinished projects or start a new project. Supply list sent.  
**CRFT-720**  
5 sessions  
$49  
P04 Su 9 a.m.-1 p.m.  
Rosemary Ziegler  
May 9  
MC-BA 114

**Beginner Knitting: Socks**  
Knit lovely socks on double-pointed needles. Sock knitting is incredibly enjoyable, portable, and makes a fantastic gift. Learn all about the construction of a sock so that it can be made to order. Supply list sent.  
**CRFT-720**  
5 sessions  
$75  
P03 Tu 6-8 p.m.  
Jan. 18 – Feb. 15  
Reg.  
FP-G 119

**Beginner Knitting: Shawl**  
Knit an airy shawl cardigan for the spring season. Learn design features as well as measurement and construction to complete and bring home a wonderful garment-great to wear during those brisk spring moments. Supply list sent.  
**CRFT-720**  
3 sessions  
$45  
P02 Tu 6-8 p.m.  
March 29 – April 26  
Reg.  
FP-G 121

**Yoke Sweater**  
Learn to knit a classic yoke shoulder sweater. This beautiful sweater can be made for men or women. Learn custom garment shaping and explore designs while honing your knitting skills during this intermediate/advanced course. Supply list sent.  
**CRFT-722**  
8 sessions  
$67.50  
P02 Th 6-8 p.m.  
Jan. 27 – March 17  
Reg.  
FP-G 119

**Knitted Farmer’s Market Bag**  
Advance your knitting skills to the next level and learn how to knit a market bag for your farmers market finds. Go green and gain new skills. Supply list sent.  
**CRFT-722**  
6 sessions  
$85  
P01 Th 6-8 p.m.  
March 31 – May 5  
Reg.  
FP-G 119
Upcycled Mosaic Stepping Stone
Repurpose broken plates and forgotten tiles to create a beautiful DIY mosaic. Learn how to cut glass and tile and how to form your own cast concrete, creating a unique stepping stone for your outdoor spaces. All materials provided. You are welcome to bring in broken ceramic and glass to use in your mosaic.

CRFT-740 | 1 session | $49 AGE 60+ | $49 REG
P01 Tu 6-9 p.m. | Perennial | March 22

Eco-Friendly Furniture Restoration Demo
Learn tips to repair joints and refinish surfaces ... all with the Earth in mind. Through hands-on demonstrations, explore natural paints, stains and waxes. Gain the knowledge to add a whole new look to your furniture without harming the environment or compromising your health.

CRFT-765 | 1 session | $29 AGE 60+ | $29 REG
P01 Tu 6:30-8 p.m. | Perennial | April 19

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

CRFT-724 | 1 session | $34 AGE 60+ | $49 REG
P06 Su 2-5 p.m. | Rosemary Ziegler | April 24

Dyes From the Garden
Natural dyes are a beautiful and sustainable way to bring color to textiles. A Missouri Master Naturalist and Perennials Programs Director will demonstrate how to create dye baths from plants grown in Perennials’ educational dye garden. Learn how to process a few in-season plants to create hand-dyed fabrics in colors such as yellow, olive green, orange and gray. Create test strips from each dye bath to keep for future reference. Learn some dye-resist techniques and how to use an iron modifier to change the dye color results.

CRFT-765 | 1 session | $39 AGE 60+ | $39 REG
P04 Sa 10 a.m.-12:30 p.m. | Perennial | May 14

Fresh Floral Vase Arrangement
Explore the basics of floral arrangement and design, and learn florists’ tips, tricks and trade secrets that will help you to create beautiful arrangements at home. Take home a vase filled with a variety of greens as well as bright Spring flowers. All materials provided.

CRFT-744 | 1 session | $64 AGE 60+ | $75 REG
P01 F 6-8 p.m. | Shelly Coveyou | March 11

Spring Basket Centerpiece
Discover the basics of floral arrangement and design, and learn florists’ tips, tricks and trade secrets that will help you to create beautiful arrangements at home in this hands on class. Take home your own fresh floral arrangement that will steal the show on your table. All materials provided.

CRFT-744 | 1 session | $74 AGE 60+ | $85 REG
P02 F 6-8 p.m. | Shelly Coveyou | April 8

April Showers
Create a fresh floral bouquet in a small watering can in this hands on class. Gain tips and tricks from an expert florist to create many more stellar arrangements at home. All materials provided.

CRFT-744 | 1 session | $73 AGE 60+ | $85 REG
P05 Tu 5-7 p.m. | Kathy Vaughn | April 12

Mother’s Day Bouquet
Show that special someone some extra love with a custom silk floral arrangement they will cherish for years to come. All materials provided.

CRFT-744 | 1 session | $73 AGE 60+ | $85 REG
P06 Tu 5-7 p.m. | Kathy Vaughn | May 3

Mother’s Day Bouquet
Show that special someone some extra love with a custom silk floral arrangement they will cherish for years to come. All materials provided.

CRFT-744 | 1 session | $78 AGE 60+ | $89 REG
P03 F 6-9 p.m. | Shelly Coveyou | May 13

NEW DIY Wedding Flowers
Don’t let your nuptials break the bank, save money on wedding floral arrangements by taking this hands-on class. Learn how to create silk arrangements for your big day. All materials provided.

CRFT-744 | 1 session | $78 AGE 60+ | $89 REG
P03 F 6-9 p.m. | Shelly Coveyou | May 13

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

CRFT-753 | 2 sessions | $99 AGE 60+ | $109 REG
P04 Th 5-8 p.m. | Mueller Industries | Feb. 3 – Feb. 10
P05 F 10 a.m.-1 p.m. | Mueller Industries | May 13 – May 20
P06 Th 10 a.m.-1 p.m. | Mueller Industries | March 3 – March 10

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

CRFT-753 | 1 session | $139 AGE 60+ | $139 REG
P01 Sa 12:30-3 p.m. | Mueller Industries | Feb. 5
P02 Sa 12:30-3 p.m. | Mueller Industries | March 5
P03 Sa 12:30-3 p.m. | Mueller Industries | April 2

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

CRFT-753 | 1 session | $49 AGE 60+ | $49 REG
P08 Th 6:30-9 p.m. | Perennial | Feb. 17

PERSONAL ENRICHMENT
REGISTRATION BEGINS JAN. 5 | 314-984-7777 | STLCC.EDU/CE 25
Mending 101
Learn basic mending skills, like sewing on a button, hem pants, mend ripped knees, repair torn pockets and more. Get your clothes ready to wear again. No experience necessary. This class is mainly hand sewing, but some machine sewing may be done. Bring one item to mend if you wish.
CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P03 Su 1-4 p.m.  City Sewing Room

Introduction to Sewing Machines
Overcome your hesitation and learn skills on a sewing machine. From old machines to brand new ones, learn the mechanics and basic principles of sewing machines. Machines are available for use or you can bring your own.
CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P01 Su 1-4 p.m.  City Sewing Room
P02 F 6-9 p.m.  April 8  City Sewing Room

Skill-Up Sewing for Business
Discover sewing basics to start your own alteration business. Explore common alterations like hemming, dart, strap, and waist line reductions. Learn how to fit like a pro!
CRFT-713 | 6 sessions | $199 AGE 60+ | $199 REG
P08 Sa 10 a.m.-12:30 p.m.  Feb. 19 – March 26  City Sewing Room

Memory Apron or Pillow
Make a keepsake apron or pillow from your loved one's favorite shirt, (button down or t-shirt), dress, etc. Cut and remake the clothes into an apron or pillow you will cherish. Bring one or two items to class.
CRFT-713 | 1 session | $45 AGE 60+ | $45 REG
P05 Su noon-4 p.m.  Feb. 27  City Sewing Room

Rag Rugs From T-Shirts
Learn several ways to turn your old t-shirts into area rugs. Bring 10-12 old t-shirts, which you'll cut up to make a rug using weaving, knitting, sewing or braiding. No sewing experience necessary. All materials (other than t-shirts) provided.
CRFT-713 | 1 session | $45 AGE 60+ | $45 REG
P06 Su noon-4 p.m.  March 27  City Sewing Room

Swimsuit Edition
Learn the difference between the many stretch fabrics and which to use for swimsuits. Practice sewing lycra® and putting in elastic during the first class. Begin sewing a swimsuit in the second class. Experience in sewing necessary for this course. Bring swimsuit fabric to first class if you have it.
CRFT-713 | 3 sessions | $99 AGE 60+ | $99 REG
P07 Th 6-9 p.m.  March 31 – April 14  City Sewing Room

Sip 'n' Sew
Enjoy an evening of simple stitching with a sewing machine while enjoying a social hour with your favorite friend and drink. Make a fold over clutch bag—no sewing experience necessary. You'll be provided with everything you'll need to complete your bag, including use of the sewing machine. Please feel free to bring a beverage of your choice to enjoy during class.
CRFT-713 | 1 session | $39 AGE 60+ | $39 REG
P04 F 6-9 p.m.  May 6  City Sewing Room

We have more! Combine your love of crafting with the powerful technology of a Cricut® machine. Check out the series of classes on page 14.

Intermediate Embroidery
Embroidery doesn't have to be dancing dishes or kittens in mittens! Focus on your own designs and learn about resources to find unique patterns that inspire you. Discover easy and effective techniques to transfer designs. Practice stitches from basic to advanced. Everyone will work together, but each will have a very personalized end product. All supplies are included in the cost of the class and will be yours to take home to use again and again. Please bring a pair of scissors to class. No prior experience necessary.
CRFT-724 | 1 session | $34 AGE 60+ | $49 REG
P02 Su 9 a.m.-1 p.m.  Rosemary Ziegler  March 27  MC-BA 114

Punch Needle
Discover the modern, highly versatile and easy to learn craft of punch needle which can be used to embellish many practical items like pillows, rugs and wall hangings with fun, creative designs. All materials provided.
CRFT-713 | 1 session | $43 AGE 60+ | $55 REG
P09 F 6-9 p.m.  Dee Levang  April 8  MC-BA 114

Leather Earrings
Learn how to make three different styles of earrings using salvaged leather scraps in this hands-on workshop. Explore different techniques to add shape, volume, and movement to fashion three pairs of earrings.
CRFT-753 | 1 session | $39 AGE 60+ | $39 REG
P07 Sa 10 a.m.-noon  Perennial  Feb. 12  Perennial STL

Introduction to Woodburning
From lettering to stamping, woodburning is a great skill to transform various types of wood into unique pieces that everyone will ask about. Experiment with different wood-burning tips and learn tricks for a successful finished project. Leave with a few wood-burned samples, including a keychain and other bits of salvaged wood. No prior experience necessary. All materials provided.
CRFT-765 | 1 session | $45 AGE 60+ | $45 REG
P03 W 6:30-8:30 p.m.  Jan. 26  Perennial  Perennial STL
Healthy Frying With Your Air Fryer
Enjoy fried foods the healthier way and learn to use your air fryer like a pro. Enjoy the A-to-Zs of air frying, from apple fritters to zucchini fries. Come hungry!

Food-722 | 1 session | $44 age 60+ | $59 REG
P03 Su 1-4 p.m. Jan. 23 Teri Wiley Culinary Arts House
P04 Su 1-4 p.m. April 10 Culinary Arts House

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

Food-722 | 1 session | $44 age 60+ | $59 REG
P06 Su 1-4 p.m. April 24 Teri Wiley Culinary Arts House
P05 Su 1-4 p.m. Feb. 20 Culinary Arts House

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

Food-765 | 1 session | $25 age 60+ | $25 REG
P04 W 6:30-8:30 p.m. Monica Stoutenborough Online

More Irresistible Vegetables (Second Edition)
Are you tired of cooking corn, broccoli, carrots and peas the same way every night? Rediscover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. In this virtual class, explore cooking techniques and preparation tricks for 16 different veggie recipes including stuffed Gouda chorizo baby bell peppers, black bean brownies, Korean shrimp and veggie pancakes and more! Class covers best practices for roasting, sautéing and selecting quality vegetables when shopping. Email CookingwithMichelleM@gmail.com prior to the class for a copy of the recipe packet.

Food-735 | 1 session | $50 age 60+ | $65 REG
P01 W 7-9:30 p.m. March 2 Michelle Melton Online

Plant-Based Dairy Alternatives
Many people agree that giving up cheese is the biggest challenge when switching to a plant-based diet. Discover why it is so challenging and how you can easily make the switch. Learn a very simple cheese sauce recipe that doesn’t require complicated equipment or expensive ingredients. Get recipes for dairy alternatives including cheese sauce, milk and creamy salad dressing.

Food-765 | 1 session | $25 age 60+ | $25 REG
P05 W 6:30-8:30 p.m. Monica Stoutenborough March 16 Online

Eat This, Not That: Healthy Swaps and Substitutes
Discover healthy swaps and substitutes that still taste delicious. A registered dietitian will show you how to cook a few healthy dishes and explain the benefits of healthy swaps. Ask any questions along the way, taste test at the end, and leave with ideas you can take back to your own kitchen.

Food-765 | 1 session | $49 age 60+ | $59 REG
P06 Th 6-8 p.m. Lexi Linsenman March 24

What’s in Your Spice Cabinet? An Exploration of Spices From A to Z
Explore new ways to use your collection of spices and make your dinner menus more exciting. This class will cover a wide variety of spices from anise to turmeric, including where each spice comes from, how to identify high quality varieties, what each spice looks, tastes, and smells like, and what types of foods and cuisines each spice goes well with. For the best learning experience, email the instructor at CookingwithMichelleM@gmail.com two weeks prior to class for an advance course packet that will outline the spices covered in the class. At your request, the instructor will mail you mini samples of up to four different spices to try for yourself.

Food-747 | 1 session | $25 age 60+ | $35 REG
P02 W 6-9:30 p.m. April 27 Michelle Melton Online

Perfect Plate: Tips and Tricks for Plating Your Food
Does your food taste amazing but look bland? Learn tips and tricks to make your dishes look like top chef creations. Students will have hands-on guidance at plating dishes. Bring a camera to take pictures and an empty stomach to taste samples after class.

Food-722 | 1 session | $45 age 60+ | $55 REG
P12 Th 6-8 p.m. April 28 Lexi Linsenman Thomas Dunn
The Art of Charcuterie
Create a perfect charcuterie board in this hands-on session. Perfect for gatherings of friends and family, these boards are bound to impress. Learn about spacing and savory versus sweet flavor combos, and take home your own completed board. Gluten-free options available. All materials, including board, provided.

**Food-714** | 1 session | $55 | 60+ | $65 REG
---|---|---|---|---
P01 | Th 6-8 p.m. | Lexi Linsenman | Feb. 24 | Thomas Dunn

Flavorful Indian Dinner
Set your passport destination to the south of India. We will be preparing Kerala cardamom and cashew chicken, easy coconut milk jeweled rice, cucumber raita, and naan with cumin, raisins and onions. It is the perfect comfort food to take you away to a warm place, even when it’s cold outside. Expand your palate and come enjoy the experience of making something beautiful and delicious! Supply list sent.

**Food-734** | 1 session | $31.50 | 60+ | $45 REG
---|---|---|---|---
P01 | Sa 10 a.m.-1:30 p.m. | Jeanette Pingel | March 26 | Online

Brunch Breads
Make fluffy biscuits, flavorful scones, moist muffins and quick breads for your next brunch at home! Learn techniques for making these brunch breads from scratch and bake the treats during class. Baking basics packet of preparation tips and recipes will be sent prior to class for you to purchase ingredients and have supplies ready to prepare and bake during class. Students will need a food scale to accurately weigh ingredients at home.

**Food-706** | 1 session | $44 | 60+ | $59 REG
---|---|---|---|---
P01 | Sa 9 a.m.-noon | Tiffany Smith | March 5 | Online

Modern-day Sauce Masters: Conquering Garlic Butter Sauce for Shrimp Scampi
Become a modern-day sauce master as you learn to make sauce from scratch using modern ingredients and classic techniques. Follow along with the instructor step-by-step, from the comfort of your own kitchen, as you make shrimp scampi with garlic butter sauce and perfectly cooked al dente pasta. Then, enjoy your dinner with a salad and any sides you wish to add while learning the methods for making butter-based sauces, different ways to thicken sauces, and how to decide which ingredients to use for your own sauce recipes. Email CookingwithMichelleM@gmail.com prior to the class for the shopping list and recipe packet.

**Food-747** | 1 session | $45.50 | 60+ | $59 REG
---|---|---|---|---
P01 | W 6:30-9:30 p.m. | Michelle Melton | March 30 | Online

Mediterranean Magic
Travel to the Southern regions of France and Italy through some quintessential dishes. Enjoy olive tapenade from France and bruschetta al pomodor (crusty Italian toasts topped with fresh tomato and basil) from Tuscany as appetizers. Main course includes Fiorentina steak with roasted vegetables and pan-fried potatoes. Hope you saved room for dessert—almond cantucci are not only delicious but really easy to make. Supply list sent.

**Food-734** | 1 session | $31.50 | 60+ | $45 REG
---|---|---|---|---
P02 | Sa 10 a.m.-1:30 p.m. | Jeanette Pingel | April 23 | Online

We have more! Gain meal planning tips from a nutritionist, navigate meals with a picky eater, and help your family build healthy relationships with food. See page 59.
So, you think you’ve tasted enough beers to be an expert? Expand your knowledge of technical craft beer lingo, where beer comes from and how unique flavors are curated. In these four thematic classes, a local craft brewer will take you on a journey inside the industry and expand your understanding of beer. Offered in partnership with Urban Chestnut Brewing Company.

**Beer Academy Series**

**Beer Academy: Brewing 101**
- **FOOD-722 | 1 session | $29 AGE 60+ | $29 REG**
- **P15** W 6:30-8:30 p.m. Florian Kuplent
  - **Feb. 2** FP-H 219

**Beer Academy: Malt 101**
- **FOOD-722 | 1 session | $29 AGE 60+ | $29 REG**
- **P09** W 6:30-8:30 p.m. Florian Kuplent
  - **Feb. 23** FP-H 219

**Beer Academy: Hops 101**
- **FOOD-722 | 1 session | $29 AGE 60+ | $29 REG**
- **P10** W 6:30-8:30 p.m. Florian Kuplent
  - **March 16** FP-H 219

**Beer Academy: Beer Styles 101**
- **FOOD-722 | 1 session | $29 AGE 60+ | $29 REG**
- **P11** W 6:30-8:30 p.m. Florian Kuplent
  - **April 6** FP-H 219

**French Macarons**
Just in time for Valentine’s Day and spring events, learn how to make foolproof macarons that are quick, easy and delicious! Make perfect macaron shells and recipes for delicious fillings. Baking basics packet of preparation tips and recipes will be sent prior to class for you to purchase ingredients and have supplies ready to prepare and bake during class. Students will need a food scale to accurately weigh ingredients at home.

- **FOOD-765 | 1 session | $33 AGE 60+ | $45 REG**
- **P10** W 6-8 p.m.
  - **Feb. 2** Tiffany Smith

**Mastering Macarons**
Treat yourself like a Parisian! Learn how to bake what is perhaps the most iconic French treat—macarons. Don’t be intimated by these notoriously difficult-to-bake cookies. Learn tips and tricks from a professional pastry chef and master macarons.

- **FOOD-765 | 1 session | $59 AGE 60+ | $59 REG**
- **P12** Tu 6:30-9 p.m.
  - **Feb. 8** Kitt Villasis

**Iced and Decorated Sugar Cookies: Valentine’s Day**
Impress your guests through the art of cookie decorating! Get tips and tricks to create flat, pretty cookies—perfect for holidays and special events. Bring a cookie sheet with sides to take home your creations.

- **FOOD-765 | 1 session | $44 AGE 60+ | $59 REG**
- **P11** Su 1-4 p.m.
  - **Feb. 6** Teri Wiley

**Iced and Decorated Sugar Cookies: Springtime Fun**
Impress your guests through the art of cookie decorating! Get tips and tricks to create flat, pretty cookies—perfect for holidays and special events. Bring a cookie sheet with sides to take home your creations.

- **FOOD-765 | 1 session | $44 AGE 60+ | $59 REG**
- **P13** Su 1-4 p.m.
  - **March 27** Teri Wiley

**Cakes From Scratch**
Learn how to make impressive from-scratch layer cakes that are moist, flavorful and delicious. Learn baking techniques for perfect cakes, including recipes for yellow cake, chocolate cake, American buttercream and Swiss meringue buttercream. Baking basics packet of preparation tips and recipes will be sent prior to class for students to purchase ingredients and have supplies ready to prepare and bake during class. Students will need a food scale to accurately weigh ingredients at home.

- **FOOD-701 | 1 session | $33 AGE 60+ | $45 REG**
- **P03** W 6-8 p.m.
  - **Feb. 16** Tiffany Smith

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

- **FOOD-701 | 1 session | $44 AGE 60+ | $59 REG**
  - **P01** W 6-8 p.m.
  - **March 6** Teri Wiley
  - **P02** Su 1-4 p.m.
  - **May 1** Teri Wiley

**Desserts**

**Desserts**

**French Macarons**
Just in time for Valentine’s Day and spring events, learn how to make foolproof macarons that are quick, easy and delicious! Make perfect macaron shells and recipes for delicious fillings. Baking basics packet of preparation tips and recipes will be sent prior to class for you to purchase ingredients and have supplies ready to prepare and bake during class. Students will need a food scale to accurately weigh ingredients at home.

- **FOOD-765 | 1 session | $33 AGE 60+ | $45 REG**
- **P10** W 6-8 p.m.
  - **Feb. 2** Tiffany Smith

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- **FOOD-701 | 1 session | $44 AGE 60+ | $59 REG**
  - **P01** W 6-8 p.m.
  - **March 6** Teri Wiley
  - **P02** Su 1-4 p.m.
  - **May 1** Teri Wiley
Tap: Beginner and Intermediate
Practice basic tap steps and tap combinations, as well as an entire tap routine. Develop your sense of movement while practicing basic rhythm tap techniques in this fun way to exercise. Do not purchase tap shoes until after first class.

DANC-707 | 8 sessions | $69 AGE 60+ | $69 REG
P01  Tu 11-11:50 a.m. ADIVA
       Feb. 1 – March 22  MC-PE East Lobby

Tap: Beyond the Basics
Once you’ve thoroughly mastered the basics, take the next steps to advance your dancing technique. Learn and practice new steps, combinations and a dance routine that will make you a more proficient tapper. Previous tap experience and tap shoes required.

DANC-708 | 10 sessions | $56 AGE 60+ | $79 REG
P01  Tu 7-8 p.m.  Bonnie Kleyboecker
       Feb. 1 – April 5  Kirkwood Comm Ctr

The Salsa Experience
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. 18 – March 8  Almas del Ritmo Dance Co.

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

DANC-718 | 8 sessions | $59 AGE 60+ | $59 REG
P01  M 6-7 p.m.  Almas del Ritmo
       Jan. 24 – March 21  Online
       • NOTE: No class Feb. 21.

P02  W 6-7 p.m.  Almas del Ritmo
       March 9 – April 27  Online

The Cha Cha Challenge
This Cuban classic will have you moving in a heartbeat. Learn Cuban body motion along with how to accent pauses and breaks while learning playful arm styling to embellish the beat. Be ready for a night out on the town. No partner required but couples are welcomed.

DANC-725 | 8 sessions | $59 AGE 60+ | $59 REG
P01  M 7-8 p.m.  Almas del Ritmo
       March 7 – April 25  Almas del Ritmo Dance Co.

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

DANC-719 | 6 sessions | $31.50 AGE 60+ | $45 REG
P01  W 7-8 p.m.  Amber Skye
       Feb. 2 – March 9  FP-PE Dance Rm

Ballroom Dancing: Beginners
Learn to dance with grace, ease and confidence! Add new dimension to your life by learning classic ballroom favorites for a lifetime of enjoyment. You’ll be amazed at what you can do with the variety of dance rhythms and steps covered. Partners helpful though not required.

DANC-720 | 8 sessions | $60 AGE 60+ | $79 REG
P01  M 6:30-7:50 p.m.  Karen Merlin
       Jan. 31 – March 28  Bluebird Park - Ellisville
       • NOTE: No class Feb. 21.

Ballet: Beginners for Seasoned Adults
Join this beginner ballet course for adults 50+ with strong ballet technique. This course is designed for individuals who have never studied ballet or who want to bolster their technique.

DANC-701 | 8 sessions | $59 AGE 60+ | $59 REG
P02  M 5:5-45 p.m.  Vitality In Motion
       Jan. 24 – March 21  Kirkwood Comm Ctr
       • NOTE: No class Feb. 21.

Ballet: Beginning
The fun and exciting movement and musicality of ballet provide a great way to get into shape with techniques that are as good for the soul as they are for the body. Learn to use your center/core for strength, balance and technique.

DANC-701 | 8 sessions | $59 AGE 60+ | $59 REG
P02  M 6-7 p.m.  Almas del Ritmo
       March 9 – April 27  Online

Eating Social Dance
Learn to swing dance in a fun, relaxed atmosphere, practicing a variety of easily performed steps that form the basic ingredients of all higher level swing dancing. The techniques taught in this course will help you look great on the dance floor after just a few lessons. This is a fun way to meet new friends and dance to great music. Couples and singles welcome; each individual must register.

DANC-738 | 8 sessions | $55 AGE 60+ | $69 REG
P02  M 8-9 p.m.  Karen Merlin
       Jan. 31 – March 28  Bluebird Park - Ellisville
       • NOTE: No class Feb. 21.

Senior Rockin’ Rodeo: Country Line Dancing
YEEHAW! Grab your Stetson, grab your boots or come as you are because everyone is welcomed and everyone can dance! Come try this fun active aging (55+) dance class whether you’re a first timer or just “wanna cut a rug.” This class keeps your feet movin’, tappin’ and chassé-ing. Be prepared for lots of fun, cardiovascular exercise and the opportunity to make new friends while enjoying classic country tunes from back in the day and mixed with upbeat oldies.

DANC-748 | 8 sessions | $59 AGE 60+ | $69 REG
P01  Tu 11-11:45 a.m.  Vitality In Motion
       Jan. 25 – March 15  Kirkwood Comm Ctr

Line Dance
Even with two left feet, learn the basic line dancing steps. Take part in new line dances and old classics at an easy-going pace while getting cardiovascular exercise, making new friends and having fun. No prior experience necessary. Come by yourself or bring a group of friends. Non-rubber-soled shoes recommended.

DANC-748 | 8 sessions | $59 AGE 60+ | $79 REG
P02  Tu 6:15-7:15 p.m.  Karen Merlin
       Feb. 1 – March 22  Bluebird Park - Ellisville

EASY SOCIAL DANCE
Are you attending a reunion, wedding reception or social gathering where there will be dancing? Explore several easy dances that will allow you to dance to anything, while learning techniques to move smoothly and to lead or follow with confidence. If there is a particular song you want to know how to dance to for your event, feel free to bring it to class for helpful suggestions. Couples and singles are welcome. Each participant must register. Partners not required. Dress shoes recommended.

DANC-728 | 8 sessions | $63 AGE 60+ | $58 REG
P01  Tu 7:30-8:50 p.m.  Karen Merlin
       Feb. 1 – March 22  Bluebird Park - Ellisville

P02  Th 8:30-9:50 p.m.  Karen Merlin
       Feb. 3 – March 24  Bluebird Park - Ellisville

Easy Social Dance: Partners Required
Are you attending a reunion, wedding reception or social gathering where there will be dancing? Explore several easy dances that will allow you to dance to anything, while learning techniques to move smoothly and to lead or follow with confidence. If there is a particular song you want to know how to dance to for your event, feel free to bring it to class for helpful suggestions. Partners are required. Each participant must register. Dress shoes recommended.

DANC-728 | 8 sessions | $65 AGE 60+ | $79 REG
P01  Th 7:30-8:30 p.m.  Sherry Martin
       Feb. 3 – March 31  MC-PE Lobby
       • NOTE: No class March 17.
American Musical Theater
Part II: The Artists
Join another fast-paced and entertaining look at musical theater! View video clips of song and/or dance numbers from American musicals with in-class commentary by the instructor. Similar in style and format to the “American Musical Theater: From Show Boat to Hamilton” class, you'll hear the stories of the performers, choreographers, composers and lyricists who created and advanced musical theater from 1900-2020.
MUSC-702 | 4 sessions | $29.50 AGE 60+ | $49 REG
P01 Tu 7-9 p.m.  Ken Ross
Feb. 1 – Feb. 22  Online

Songwriting: The Art and Discipline
Discover the intricacies of crafting original songs and the pleasure and therapeutic value of this mode of self-expression. Explore the many stylistic approaches to writing a song, barriers (both realistic and self-imposed) to finishing and sharing an original song, and examples throughout history of successful and unsuccessful songs including the personal stories behind them. You'll have the opportunity to share favorite songs from the popular music canon and bring in works of your own to share and receive feedback.
MUSC-725 | 6 sessions | $54.50 AGE 60+ | $89 REG
P01 M 6:30-8:30 p.m.  Kevin Renick
Feb. 28 – April 4  MC-BA 116

Folk Revival
Begin to play folk, blues and ragtime, and general accompaniment patterns that create a solo guitar sound, using alternating bass and arpeggio styles. Bring a six-string acoustic guitar and guitar capo to each class. Prerequisite: Ability to tune the guitar, knowledge of first position chords, and experience making basic chord changes with the left hand. Handouts will be provided. No text required.
MUSC-701 | 2 sessions | $37 AGE 60+ | $49 REG
P01 W 6-8 p.m.  James Renz
March 23 – March 30  MC-SO 108

Rhythm: The Basics
Learn how to identify rhythms as well as how to read them in this quick introduction.
MUSC-765 | 1 session | $24 AGE 60+ | $29 REG
P01 S 9-11 a.m.  Christina Springer
May 7  Online

Classical Era: A Composer Exploration
Embark on a journey through the history of classical composers. Learn about some of the big influencers of this genre.
MUSC-703 | 1 session | $24 AGE 60+ | $29 REG
P01 Sa noon-2 p.m.  Christina Springer
May 7  Online

Jazz Era: A Composer Exploration
Embark on a journey through the history of jazz composers. Learn about some of the big influencers of this genre.
MUSC-704 | 1 session | $24 AGE 60+ | $29 REG
P01 Sa noon-2 p.m.  Christina Springer
May 14  Online

Reading Music: A Brief Synopsis
Musical notations are symbols or markings that direct musicians how to perform a piece. Join us for a brief introduction on reading music notations.
MUSC-765 | 1 session | $24 AGE 60+ | $29 REG
P02 S 9-11 a.m.  Christina Springer
May 14  Online

Guitar: Beginning
No experience? No sweat! If you've never played guitar and have no music background, this is your opportunity to learn. Play first position and open position chords, simple scales, melodies and right hand strumming techniques. Gain an introduction to tablature, guitar notation and tuning. You must provide own acoustic guitar and an extra set of strings. Bring required text to first class: “Everybody’s Guitar Method, Book 1” ISBN 978-1569392812.
MUSC-705 | 8 sessions | $65 AGE 60+ | $109 REG
P01 Sa 2-3 p.m.  Christina Springer
Jan. 22 – March 12  Online

Guitar: Advanced Beginners
Learn more advanced rhythms. Examine dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Play songs (in major keys), including some pop music. A review at the course’s beginning is provided as needed. Prerequisite: Basic knowledge of keyboard and letter names of notes. Bring required texts to first class: “Everybody’s Guitar Method, Book 1” ISBN 978-1569392812 and “Everybody’s Guitar Method, Book 2” ISBN 978-1569393956. Additional online music program will be discussed for more advanced learning.
MUSC-705 | 8 sessions | $75 AGE 60+ | $119 REG
P02 Sa 12:30-1:55 p.m.  Christina Springer
Jan. 22 – March 12  Online

Fingerpicking I
Begin to play folk, blues and ragtime, and general accompaniment patterns that create a solo guitar sound, using alternating bass and arpeggio styles. Bring a six-string acoustic guitar and guitar capo to each class. Prerequisite: Ability to tune the guitar, knowledge of first position chords, and experience making basic chord changes with the left hand. Handouts will be provided. No text required.
MUSC-705 | 8 sessions | $65 AGE 60+ | $109 REG
P04 Tu 7-8:30 p.m.  James Renz
Jan. 25 – March 15  MC-SO 111

Fingerpicking II
Continue to explore and develop concepts introduced in the Fingerpicking for Guitar I class, including right hand alternating bass and arpeggio patterns and styles, playing melodies, and accompanying other instruments and voice. Bring acoustic guitar and guitar capo to each class. Handouts will be provided.
MUSC-705 | 8 sessions | $65 AGE 60+ | $109 REG
P05 M 7-8:30 p.m.  James Renz
Jan. 24 – March 21  MC-SO 111
• NOTE: No class Feb. 21.
Piano: Beginning

MUSC-710 | 8 sessions | $56.50 AGE 60+ | $99 REG
P02 Sa 9:10-2:15 p.m. | Christina Springer
Jan. 22 – March 12 | Online

MUSC-710 | 16 sessions | $105 AGE 60+ | $109 REG
P01 Tu noon-12:55 p.m. | Cheryl Conley
Jan. 18 – May 3 | MC-HE 112

Piano: Advanced Beginners

MUSC-711 | 8 sessions | $65 AGE 60+ | $109 REG
P02 Sa 10:30-noon | Christina Springer
Jan. 22 – March 12 | Online

MUSC-711 | 16 sessions | $80 AGE 60+ | $129 REG
P01 Tu 1-1:55 p.m. | Cheryl Conley
Jan. 18 – May 3 | MC-HE 112

Piano: Intermediate I

MUSC-712 | 8 sessions | $80 AGE 60+ | $129 REG
P02 Sa 9:10-2:15 p.m. | Cheryl Conley
Jan. 29 – April 12 | Online

MUSC-712 | 16 sessions | $80 AGE 60+ | $129 REG
P01 Tu 2-2:55 p.m. | Cheryl Conley
Jan. 18 – May 3 | MC-HE 112

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

MUSC-712 | 16 sessions | $80 AGE 60+ | $129 REG
P02 Th noon-12:55 p.m. | Cheryl Conley
Jan. 20 – May 5 | MC-HE 112

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

MUSC-713 | 16 sessions | $80 AGE 60+ | $129 REG
P01 Th 1-1:55 p.m. | Cheryl Conley
Jan. 20 – May 5 | MC-HE 112

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

MUSC-713 | 16 sessions | $80 AGE 60+ | $129 REG
P02 Th 2-2:55 p.m. | Cheryl Conley
Jan. 20 – May 5 | MC-HE 112

Harmonica

Harmonica: Beginning
The harmonica is a fun and easy to learn. In just three sessions, learn to play dozens of folk and campfire songs. Fee includes student guide/ song-book, and a 10-hole, C diatonic harmonica. Instructor is a member of the Gateway Harmonica Club. Materials will be dispersed on the first day of class.

MUSC-720 | 3 sessions | $39 AGE 60+ | $39 REG
P01 W 6:30-7:30 p.m. | Gateway Harmonica
Feb. 2 – Feb. 16 | MC-SO 112

MUSC-720 | 8 sessions | $56.50 AGE 60+ | $105 REG
P03 Tu 7-9 p.m. | Karl Markl
Jan. 18 – March 8 | STLCC-SoCo 122

Ukulele

Fun With Ukulele: Part II
Continue to learn about the Ukulele in a fun and easy way. Prerequisite: Fun With Ukulele: Part I or permission from the instructor. Fee includes music and ukulele.

MUSC-705 | 8 sessions | $65.50 AGE 60+ | $105 REG
P01 Tu 7-9 p.m. | Gary Gackstatter
Jan. 18 – March 8 | MC-HW 102

Ukulele

Fun With Ukulele: Part II
Continue to learn about the Ukulele in a fun and easy way. Prerequisite: Fun With Ukulele: Part I or permission from the instructor. Fee includes music and ukulele.

MUSC-705 | 8 sessions | $65.50 AGE 60+ | $105 REG
P01 Tu 7-9 p.m. | Gary Gackstatter
Jan. 18 – March 8 | MC-HW 102

Vocals, Band and Orchestra

Meramec Concert Choir
Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 601 (CRN 11606). Auditions for part assignment only. Contact the conductor at 314-984-7638. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.

MUSC-716 | 9 sessions | $59 AGE 60+ | $59 REG
P01 Tu 7-9:40 p.m. | Gerald Myers
Jan. 18 – March 8 | STLCC-SoCo 122

Symphonic Band
Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 12711). Auditions for seating purposes only; contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.

MUSC-714 | 16 sessions | $59 AGE 60+ | $59 REG
P01 M 7-9:40 p.m. | Gary Gackstatter
Jan. 24 – May 9 | MC-HW 102

• NOTE: No class March 15, March 17.

Meramec Orchestra
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 134 650 (CRN 12710). Auditions for seating purposes only; contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with any questions.

MUSC-714 | 14 sessions | $59 AGE 60+ | $59 REG
P01 M 7-9:40 p.m. | Gary Gackstatter
Jan. 24 – May 9 | MC-HW 102

• NOTE: No class Feb. 21, March 14.
Digital Photography: Introduction
If you want to take memorable photos and learn the basic skills of photography, this course is for you. Gain an understanding of technical terms (e.g., aperture, shutter speed and ISO), and artistic terms (e.g., rule of thirds, leading lines and depth of field) while learning the principles of photography and how to apply them to your camera. Assignments and critiquing are an important part of class.

PHOT-720 | 4 sessions | $74.50 AGE 60+ | $99 REG
P01 Tu 6:30-9 p.m. | John Kerans
Jan. 24 – Feb. 28

P02 Th 6:30-9 p.m. | Gary Hesse
Jan. 27 – Feb. 17
STLCC-SoCo 102

P03 Sa 9:11-30 a.m. | Gary Hesse
Feb. 5 – Feb. 26
MC-HE 134

P04 W 6:30-9 p.m. | Gary Hesse
March 23 – April 20
MC-HE 134

P05 Th 6:30-9 p.m. | John Kerans
April 7 – May 5
Online

P06 Tu 6:30-9 p.m. | John Kerans
March 1 – April 5
Online

• NOTE: No class March 15.

Nature and Outdoor Photography
Improve your outdoor nature photography skills and expand your creativity. Learn what makes a great photo and understand the techniques professional photographers use. Complete weekly assignments and bring photos to each class for critique. Field trips required independently; details will be announced in class.

PHOT-708 | 5 sessions | $68.50 AGE 60+ | $109 REG
P01 M 6:30-9 p.m. | John Kerans
Jan. 24 – Feb. 28

P02 Th 6:30-9 p.m. | John Kerans
April 7 – May 5
Online

Portrait Photography
Create compelling on location portraits at home, work or play without the need for a studio or expensive equipment. Uncover how a long lens makes faces look great. Discover how to adapt your existing lenses for portrait shoots. Learn to choose angles to make your subject look their best. Replicate the aesthetic of a Hollywood motion picture by separating subjects from backgrounds using shallow focus. Explore how to take advantage of available and supplemental light sources. 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.

PHOT-710 | 5 sessions | $68.50 AGE 60+ | $109 REG
P01 M 6:30-9 p.m. | John Kerans
March 7 – April 11
Online

• NOTE: No class March 14.

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

PHOT-721 | 4 sessions | $74.50 AGE 60+ | $99 REG
P01 Tu 6:30-9 p.m. | Gary Hesse
March 1 – March 22
MC-HE 134

P02 Th 6:30-9 p.m. | Gary Hesse
March 3 – March 24
STLCC-SoCo 102

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

PHOT-722 | 4 sessions | $74.50 AGE 60+ | $99 REG
P01 Tu 6:30-9 p.m. | Gary Hesse
April 5 – April 26
MC-HE 134

P02 Th 6:30-9 p.m. | Gary Hesse
April 7 – April 28
STLCC-SoCo 102
Darkroom Developing and Printing for Black and White Photography: Part I
Develop and print black and white pictures in a darkroom. Explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class.
PHOT-705 | 6 sessions | $78 AGE 60+ | $115 REG
P01  F 6-8:30 p.m.  Cheryl Petrovic  Feb. 4 – March 11  FP-F 411

Darkroom Developing and Printing for Black and White Photography: Part II
Expand your skills to develop and print black and white pictures in a darkroom. Further explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class. Prerequisite: Darkroom Developing and Printing for Black and White Photography: Part I or equivalent experience.
PHOT-705 | 6 sessions | $78 AGE 60+ | $115 REG
P02  F 6-8:30 p.m.  Cheryl Petrovic  March 25 – May 6  FP-F 411
• NOTE: No class April 15.

Candid Photography △
Learn how to capture amazing candid images from family events through the use of natural light, flash, camera angles and spontaneity. Learn how to set your camera so you get the best images possible. You must provide your own digital camera; a DSLR with interchangeable lenses, any make or model is acceptable. Prerequisite: Digital Photography: Introduction or equivalent experience.
PHOT-723 | 5 sessions | $69.50 AGE 60+ | $99 REG
P01  Th 6:30-8:30 p.m.  Stephanie Thurmer  Jan. 27 – Feb. 24

Scenic Photography △
Nature photography is chaos and the opposite of portraiture (which done under very controlled conditions.) Nature photography requires patience, (sometimes) getting up before dawn, photographing in the elements and a differing use of lenses and camera settings. Share your own images and see images from the instructor as well. You must provide your own digital camera; a DSLR with interchangeable lenses, any make or model is acceptable. Prerequisite: Digital Photography: Introduction or equivalent experience.
PHOT-723 | 5 sessions | $69.50 AGE 60+ | $99 REG
P02  Tu 6:30-8:30 p.m.  Stephanie Thurmer  March 1 – March 29

iPhone® Photography: Move Beyond Snapshots
Make the most of the camera you already carry. Take better photos and master basics of the iPhone camera app, including its multiple modes and options. After a primer, you’ll use what you’ve learned during a brief walking tour. Train your “photographer’s eye”; through use of available light and composition techniques. Explore the lifecycle of a digital photo—from snap to edit to sharing—with tips for printing, organizing, backup and storage.
PHOT-720 | 1 session | $49 AGE 60+ | $49 REG
P01  Th 6-9 p.m.  Gregory Ray  March 3

Street Photography △
Why is street photography different from other forms of photography? Learn how to deal with different lighting situations as well as share your images with others. Gain a better understanding of camera settings and what they do in controlling your images. Leave with a nice portfolio from what you have learned and practiced over the five-week series. You must provide your own digital camera; a DSLR with interchangeable lenses, any make or model is acceptable. Prerequisite: Digital Photography: Introduction or equivalent experience.
PHOT-723 | 5 sessions | $69.50 AGE 60+ | $99 REG
P03  Tu 6:30-8:30 p.m.  Stephanie Thurmer  April 5 – May 3

Architectural Photography
Whether you are interested in the commercial applications of architectural photography for real estate or building documentation, or simply have an appreciation for architecture, this course is for you. Learn the methods and techniques of photographing interiors and exteriors of buildings, homes and landscapes. Get hands-on and discuss equipment, lighting, exposure, wide field panoramic photography and virtual tours. You must provide own camera and transportation. Class meets in person.
PHOT-710 | 4 sessions | $74.50 AGE 60+ | $99 REG
P01  Sa 9-11:30 a.m.  Gary Hesse  April 9 – April 30
MC-HE 134

We have more! Elevate your photographs with industry-leading editing software. Check out the Adobe® Photoshop® and Lightroom® classes on page 15.

Enhanced Skills

DIGITAL PHOTOGRAPHY ESSENTIALS PROGRAM
Build new skills and take your passion to the next level. Learn more about the program at: stlcc.edu/PhotoEssentials

For more information, call 314-984-7777.
Short Story Seminar
Although an integral piece of written literature, the art of the short story is often overlooked. Analyze the many ways short stories are structured, review historical examples, and learn how to apply this to your own stories.
WRIT-706 | 3 sessions | $37 AGE 60+ | $49 REG
P03 Th 5-7 p.m. | Elliot Laurence | Jan. 20 – Feb. 3 | MC-CN 128

NEW! A Writer’s Review: Social Science and Science Fiction
Science fiction allows authors to ask what could be instead of what is. In this class we will explore short works of science fiction that allow us to imagine different worlds while analyzing science fiction as a tool of social justice. Story topics will include environmental justice, prison abolition, and racial equity. This will be a casual, fun, discussion-based class.
WRIT-765 | 4 sessions | $34 AGE 60+ | $49 REG
P01 Sa 10:30-noon | Emma Grady-Paw | Jan. 22 – Feb. 12 | PP-C 213

Boot Camp for Writers
Do you have an idea for a fictional tale, nonfiction story or memoir, but are struggling to get started? Are you working on a project but need feedback as you go? With weekly assignments and guided in-class critiques, start writing, stay writing or improve the writing you already do. All genres are welcome. If you have a work in progress, bring copies to share for peer review.
WRIT-704 | 4 sessions | $53.50 AGE 60+ | $89 REG
P03 M 6:30-9:30 p.m. | Jordan Oakes | Jan. 24 – Feb. 14 | Online

The Elements of Fiction
Participate in writing activities designed to develop mastery of plot, character, point of view, dialogue, and more. Enjoy learning and practicing the essential elements of fiction through concise presentations and fun activities. Share your work with others. Take part in the discussion with a strong emphasis on learning how to assimilate constructive criticism and enjoy the process. Bring your fears, wants, and good humor to this interactive course for beginning and intermediate writers. Participants will understand and demonstrate the basic elements of fiction.
Writing to Intermediate Fiction Writers
WRIT-704 | 5 sessions | $47.50 AGE 60+ | $79 REG
P01 Tu 6-9 p.m. | Jeff May | Jan. 25 – Feb. 22 | MC-BA 118

Unleashing the Writer
Each of us has a story to tell. But, it can be hard to access that creativity, peel away the familiar outer layers of doubt, remove distractions and overcome writer’s block. Get to the core of what you’re trying to say, and learn to say it with language that is irreplaceably unique to you. When the writer within is unleashed, the words will come freely and the stories we need to tell will finally occur to us. While not a class requirement, those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students.
WRIT-701 | 4 sessions | $53.50 AGE 60+ | $89 REG
P01 Tu 6:30-9:30 p.m. | Jordan Oakes | Jan. 25 – Feb. 15 | Online

Healing Through Writing
Writing can be healing and therapeutic. Many stories we read contain meaning beyond the words on the page for the author, often reflective of events from their life. In this workshop, transform an event from your past into a fictional playground and create your own ending. A writing utensil, paper and imagination is all you need for this adventure of self-exploration.
WRIT-765 | 4 sessions | $39 AGE 60+ | $59 REG
P05 Th 6:30-8:30 p.m. | Denise Jones | Jan. 27 – Feb. 17 | Online

Blogging With WordPress
Have you ever thought about blogging and been unsure where to begin? Blogging can be both fun and profitable. There are endless topics to blog about. Join in and get started.
WRIT-765 | 4 sessions | $34 AGE 60+ | $49 REG
P04 Tu 6-7:30 p.m. | Kyona Robinson | Feb. 1 – Feb. 22 | Online

Write Your Memoir
Creativity isn’t always required when it comes to memoir. We all have a story to tell, but it can be hard to know how to say, and learn to say it with language that is irreplaceably unique to you. When the writer within is unleashed, the words will come freely and the stories we need to tell will finally occur to us. While not a class requirement, those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students.
WRIT-714 | 4 sessions | $53.50 AGE 60+ | $89 REG
P01 Th 6:30-9:30 p.m. | Jordan Oakes | Feb. 3 – Feb. 24 | Online

Finding Writing Jobs Using Online Resources
Online job boards, including Upwork™ and ProBlogger™, offer thousands of new writing jobs every day. But, they are only starting points for finding work online. Whether you are already an experienced freelancer or are simply interested in exploring options for earning extra income while working from home, discover the multiple online job boards designed to help you find enjoyable, paid writing work.
WRIT-722 | 1 session | $39 AGE 60+ | $49 REG
P01 Sa 9:30 a.m.–1 p.m. | Charlene Oldham | Feb. 5 | Online

In-depth Editing
For many, the most dreaded part of writing comes after the work is finished and must be edited. During this workshop, you’ll not only review grammar rules, but also participate in line-by-line editing. Comb through stories, essays, and articles for mistakes. Discover opportunities to improve, heighten, and revitalize our language to create a compelling and professional piece. For optimal results, please bring at least one-page of written work that is ready for editing.
WRIT-706 | 2 sessions | $44 AGE 60+ | $55 REG
P01 Tu Th 5-7 p.m. | Elliot Laurence | Feb. 15 – Feb. 17 | Online
P02 Tu Th 5-7 p.m. | Elliot Laurence | Feb. 22 – Feb. 24 | MC-CN 128

Creative Nonfiction
The line between truth and fiction is in our imagination. Explore methods of writing nonfiction that give an author some wiggle room to make a story truly creative. Truth is in the eye of the beholder (or reader), with details added or subtracted. The way we write our truth is by way of our individual style; no other person would write about the same event in an identical way.
WRIT-701 | 4 sessions | $53.50 AGE 60+ | $89 REG
P02 Tu 6:30-9:30 p.m. | Jordan Oakes | Feb. 22 – March 15 | Online

Proofreading Your Masterpiece: Getting Ready for Submission
Become a better proofreader and editor—potentially even prepare for a career as one. Bring your writing and work with you to class for classmates to revise and polish. Part of this class will be submitting your work to a journal of your choice. Bring your sharp eye and a sharp pencil.
WRIT-765 | 4 sessions | $53.50 AGE 60+ | $89 REG
P03 F 6:30-9:30 p.m. | Jordan Oakes | Feb. 18 – March 11 | Online
Poetry Writing
This class will focus on the art and craft of poetry: what makes a good image; how to use language that evokes a sensory response; the way to create metaphors that are a seamless mix of the surprising and the inevitable. Poetry is for everyone. This is your opportunity to find your own poetic voice, while reviewing work of established writers in the field.
WRIT-716 | 4 sessions | $53.50 AGE 60+ | $89 REG
P01 Th 6:30-9:30 p.m. Jordan Oakes March 24 – April 14 Online

Grammar You Should Know
After graduating from high school and even college, many of us still have gaps and lapses in our grammar and spelling. For example, should you use “who” or “whom”? What’s the difference between “effect” and “affect”? This class will apply a fresh coat of literacy to your writing.
WRIT-704 | 4 sessions | $53.50 AGE 60+ | $89 REG
P04 M 6:30-9:30 p.m. Jordan Oakes March 7 – March 28 Online

Writing Short Fiction for Publication
Share your work with others who are actively seeking publication. Take part in the discussion with a strong emphasis on learning how to assimilate constructive criticism and enjoy the process. Expect others to give you encouragement, but not false praise. While writers often wear their hearts on their shirtsleeves, they must also develop a thick skin. A sense of humor helps. Bring copies for everyone to the first session. This course for intermediate to advanced writers is limited to ten participants.
WRIT-704 | 5 sessions | $47.50 AGE 60+ | $79 REG
P02 Tu 6-9 p.m. Jeff May March 8 – April 5 MC-BA 118

Essay for Publication 101
This course will help you craft the perfect essay (or two.) Learn how to determine the ideal topic for you, and, when it’s ready, where to submit your beautifully written essay for publication.
WRIT-704 | 4 sessions | $53.50 AGE 60+ | $89 REG
P05 W 6:30-9:30 p.m. Jordan Oakes March 30 – April 20 Online

Developing Your Dialogue
Does your dialogue sound stiff? Would a real person say that? Participate in writing activities designed to develop your use of dialogue. Enjoy learning and practicing the essential elements of dialogue through concise presentations and enjoyable activities. Have fun examining what people say, why they say it and how to fictionalize their conversation. Bring your fears, wants and good humor to this interactive workshop.
WRIT-724 | 1 session | $30 AGE 60+ | $39 REG
P01 W 6-9 p.m. Jeff May April 20 MC-BA 118

How to Publish Your Own Book: What You Need to Know
Have you been thinking about writing a book? Or, have you written one and are curious about how to publish it yourself? Explore the realities of independent publishing. Discover how editing and design can make your book look great. Review options for getting your book into print, sales channels, e-book production and tips for book marketing. Presented by the St. Louis Publishers Association.
WRIT-704 | 1 session | $45 AGE 60+ | $45 REG
P06 Sa 8 a.m.-noon STL Publishers Association April 23 Online

Finding Your Niche
Who are you as a writer? What are your goals, dreams, expectations, whims, tastes, desires and peculiarities? What is your style? Style can be an excuse for lazy writing or an incandescent artistic expression. More likely, yours falls somewhere in between. Discover who you are by comparing your style to successful literary and commercial authors. Enjoy an evening of concise presentation and well-designed activity facilitated by an experienced writer.
WRIT-765 | 1 session | $30 AGE 60+ | $39 REG
P02 W 6-9 p.m. Jeff May April 27 MC-BA 124
Where Does My Money Go?†
Kick off 2022 with a focus on your financial success. Are you one of the 52% of Americans who don’t have a budget? You don’t have to be a CPA to manage your finances and build wealth within the resources that you have. Learn about budgeting, building emergency savings, paying down debt, saving for retirement and building wealth through investments. Many of the financial questions you were afraid to ask will be answered. Take control of your finances and help build a better future for you and your family.
FINC-735 | 1 session | $34.50 AGE 60+ | $49 REG
P04 Sa 9 a.m.-1 p.m. Feb. 5

NEW! Am I On Track?
Build a Personal Tracker for Financial Planning†
Construct a financial model to track your progress toward retirement. A starting model and assistance will be provided to personalize your own Microsoft Excel or Google Sheets spreadsheet. Instruction will be tailored to meet individual needs based on proficiency with spreadsheets and composition of your assets and liabilities. All levels of expertise with spreadsheets welcome. No investment or tax advice will be given and the instructor will not see students’ financial figures. Students must have a Google account or access to Microsoft Excel prior to first class.
FINC-705 | 3 sessions | $30 AGE 60+ | $39 REG
P01 W 6:30-7:30 p.m. Feb. 9 – Feb. 23

Don’t Lose Your Identity to the Pandemic: Identity Theft II†
Explore how identify theft has evolved during the pandemic. Criminals continue to expand platforms used by many daily. Gain knowledge on international criminals who are working-class citizens in their foreign communities who will do whatever it takes to put food on the table, and learn about local criminals who are finding ways to get their hands into your pockets. Scams can seem realistic in nature and are difficult to detect because of their relation to businesses, hospitals, education institutions, often putting the general public who rely on these institutions at risk. Gain insight, stay one step ahead and protect both your identity and your bank account.
FINC-765 | 1 session | $27 AGE 60+ | $35 REG
P02 Sa 10 a.m.-12:30 p.m. Cheryl Ring
Feb. 12

Long-term and Estate Planning

Advanced Social Security†
Social Security always seems to be a hot-button issue. Will it even be around, especially now that COVID-19 has had its effect on the economy? Explore the economic survivability of Social Security, gain a complete run-down of how Social Security is calculated and discover when it is best for you to claim. Learn how to properly coordinate your benefit with your tax plan, income plan, estate plan, and long-term care plan. Coordination is the name of the game; if not handled properly, claiming Social Security incorrectly can lead to decreased lifetime benefits and, perhaps, more importantly increased taxes.
FINC-736 | 1 session | $39 AGE 60+ | $39 REG
P01 Tu 6-8 p.m. Feb. 8

Estate Planning: Living Trusts†
Estate planning can provide control of assets and for a legacy to loved ones. Learn various ways to plan an estate, avoid probate, avoid guardianships and reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.
FINC-710 | 1 session | $31.50 AGE 60+ | $39 REG
P03 W 7-9 p.m. Jacquelynn Capriano
Feb. 9

Mitigating the Long-term Care Crisis†
What is long-term care (LTC) and how do you pay for it? Do you want to go into a facility or stay at home? If you have ever experienced a friend or family member who has needed long-term care, you may understand the costs associated with providing assistance. How can you pay for LTC without having to purchase LTC insurance? Learn about alternative financial programs that can be used to pay for LTC for you and your loved one.
FINC-746 | 1 session | $29 AGE 60+ | $39 REG
P01 Th 6-8 p.m. Andrew Hall
Feb. 10

The Good, the Bad, and the Ugly of Annuities†
The word “annuity” has become one of those four-letter words your mother warned you about. However, while there are bad annuities, not all are. Annuities are one of the most misunderstood and broadly defined financial products. They can be powerful when used correctly, yet detrimental if used improperly. Untangle the complexities of annuities, and understand the merits of the ones that best fit your situation.
FINC-765 | 1 session | $39 AGE 60+ | $39 REG
P01 Th 6-8 p.m. Andrew Hall
April 7

We have more! Learn about the basics of caregiving and gain resources and helpful tips as you weigh the best options for you and your family. See page 60.

Revolvable Trusts, Wills, and Powers of Attorneys†
Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.
FINC-710 | 1 session | $31.50 AGE 60+ | $39 REG
P02 Tu 6-8 p.m. Yvonne Homeyer
Feb. 15

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 the family or trustee responsible for wrapping up the final affairs. Learn from an estate planning attorney about the legal process—from what occurs in probate court to instances where the probate court may not be needed in closing the decedent’s estate. Uncover practical pre-planning tips as well as common mistakes that can cause litigation. Taught by an attorney.
FINC-710 | 1 session | $31.50 AGE 60+ | $39 REG
P01 Tu 7-9 p.m. Paul Gantner
March 8

Managing Cash Flow in Retirement†
Living in retirement is all about the cash flow—not the pile of cash. Learn about retirement income planning and threats to cash flow during your retirement years. Real life case studies will explore retiree health care costs and the impact of taxes and withdrawal rates on investment account longevity.
FINC-736 | 1 session | $39 AGE 60+ | $39 REG
P03 W 6-8 p.m. Andrew Hall
March 9

Taxes in Retirement†
Taxes are at historic lows for many Americans today. Have you done the proper planning needed to ensure you’re in the most tax efficient position for retirement? Your portfolio is diverse—is your tax strategy? Taxes are the number one area retirees focus on. Learn how to limit the taxability of Social Security, use tax strategies to minimize the taxes paid in retirement, and focus on how to limit the taxation of estate, a tax-time bomb that is looming for your heirs.
FINC-736 | 1 session | $39 AGE 60+ | $39 REG
P02 Th 6-8 p.m. Andrew Hall
March 10

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

Real Estate

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

REAL-702 | 1 session | $23 AGE 60+ | $29 REG
P01 Th 7-9 p.m. Jill McCoy Online
P02 Th 7-9 p.m. Jill McCoy Online

Real Estate Investing for Income†
True financial wealth is about having the unearned income to finance your life goals without having to work. 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 Online
P02 Tu 7-9 p.m. Jill McCoy Online

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

REAL-720 | 1 session | $48 AGE 60+ | $69 REG
P01 Sa 9 a.m.-5 p.m. Mary Hankins FP-G 121

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
P01 Tu 7-9 p.m. Jill McCoy Online
P02 Th 7-9 p.m. Jill McCoy Online

The Upside of Downsizing†
We accumulate things over the years, but eventually the extra stuff needs to go. Whether it’s choosing a simpler lifestyle, empty-nesting or entering independent living, downsizing can seem overwhelming at first. Which comes first: get rid of clutter or get organized? List the house or find your new home? From paring down the excess to moving to a smaller space, this session will help you explore the upside of downsizing.

REAL-765 | 1 session | $23 AGE 60+ | $29 REG
P01 Th 7-9 p.m. Jill McCoy Online
P02 Th 7-9 p.m. Jill McCoy Online

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 AGE 60+ | $29 REG
P01 Tu 7-9 p.m. Jill McCoy Online
P02 Th 7-9 p.m. Jill McCoy Online

We have more! Considering a career change? Explore opportunities in the field of real estate and learn about the process of becoming an agent. See page 11.

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

The courses listed under Nature, Ecology, Landscape and Gardening, and Go Native! Series meet the curriculum requirements for the Master Naturalist program. Classes may be taken for your own personal enrichment or as part of the Master Naturalist program.

## Auto

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

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<th>Course Code</th>
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## Home

### NEW! Decorating Your Home with Sustainability in Mind
Do you want to create the sanctuary of your dreams in your home, but have concerns about the environmental fallout of those changes? Learn how to create a home that supports you personally and supports our larger home, the Earth.

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<tr>
<td>HOME-703</td>
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## Nature

### The Big Blue and Green: A History of Earth
Explore Earth’s structure and the complex processes that continually shape its surface and that are seen here in the Midwest. Survey a global study of plate tectonics and the forces that create volcanoes, earthquakes, and mountains, along with the weathering forces that shape the landscape. Examine geologic time, relative and absolute age dating and fossil record, including dinosaurs of North America.

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<tr>
<td>NATR-704</td>
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<td>Doug Jacquot</td>
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### The Impact of Trees
Tree planting has the potential to help our communities address some of the most significant global challenges. As climate change, decreasing biodiversity, and limited access to nature deteriorate at our social, environmental, and economic fabric, trees can bring long lasting solutions. Explore how trees work for healthy people and places, and how you can maximize the power of trees in your own community.

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<td>Thomas Dunn</td>
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<td>Th 6-8 p.m.</td>
<td>$29</td>
<td>60+</td>
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### Wildflower Walk
Enjoy the beauty of early spring wildflowers at Shaw Nature Reserve's Whitmire Wildflower Garden. The hike will begin at the Bascom House and continue through a two mile loop along gently sloping paved and chipped trails through the wildflower garden and along Brush Creek Trail to the beginning of the prairie. Please dress for the weather and bring water, insect repellent and sunscreen if you like. Rain date is May 16.

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<tr>
<td>NATR-704</td>
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<td>REG</td>
<td>Rebecca Bunn</td>
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<td>P02</td>
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<td>$29</td>
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### Native Landscaping Tour of St. Louis Public Gardens: Spring
In St. Louis's public spaces, several different Midwest plant communities collide. Join a local biologist, professor, and author on a day tour of local gardens to learn which species furnish flowers for pollinators, provide visual stimulation, aid in stormwater absorption, and offer many other ecological services provided by native plants. Students must provide their own bag lunch and transportation to various locations. Itinerary will be sent prior to class.

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<td>$44.50</td>
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<td>David Tylka</td>
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<td>P01</td>
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<td>$69</td>
<td>60+</td>
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### Forest Park Owls: Hiding in Plain Sight
Join a local award-winning naturalist and speaker for an informative glimpse into the lives of a local mated pair of Great Horned Owls in Forest Park. He has been closely observing and documenting the owls since 2005. Learn how he found the owls, basic facts about the species and various behaviors he observes and documents with photos and videos to illustrate these behaviors.

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<tr>
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<tr>
<td>P01</td>
<td>Th 6:30-8:30 p.m.</td>
<td>$29</td>
<td>60+</td>
<td>REG</td>
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</tr>
</tbody>
</table>

### 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? Join an award-winning naturalist as he shares what he has learned from his fifteen years of studying owls. Discover ways to find owls in your area—whether in subdivisions, city neighborhoods, pocket parks or large public parks. Find out which owls you are most likely to see or hear, what to listen for and the importance of research and collaboration.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Type</th>
<th>Duration</th>
<th>Age Requirement</th>
<th>Access Code</th>
<th>Instructor(s)</th>
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<tr>
<td>NATR-709</td>
<td>1 session</td>
<td>$29</td>
<td>60+</td>
<td>REG</td>
<td>Mark H.X. Glenshaw</td>
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<td>$29</td>
<td>60+</td>
<td>REG</td>
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# Master Naturalist Program

Cultivate your interests and build community connections. Learn more about the program at: [stlcc.edu/MasterNaturalist](http://stlcc.edu/MasterNaturalist)
Indoor Composting: Making a Bokashi Bucket

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

ECTL-704 1 session $59 60+ $59 REG
P01 Tu 7-8:30 p.m. Maggie McCoy
March 8 Online

Backyard Chickens for Beginners

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

ECTL-705 1 session $29 60+ $39 REG
P01 Sa 10 a.m.-2 p.m. Guy Niere
March 12 MC-SS 108

Incorporating Bird Eggs

Learn about successful incubation of all species of birds with emphasis on chickens as well as other species of poultry and waterfowl. Additional information will be provided for brooding chicks, poults, ducklings and goslings.

ECTL-705 1 session $26 60+ $35 REG
P03 Sa 10 a.m.-1 p.m. Guy Niere
May 1 MC-SS 108

Native Grasses, Rushes and Sedges

Do you like the look of ornamental grasses, but want to go native? Missouri has some fantastic native grasses, rushes and sedges. Find out why these native types are better choices for your landscape, the native environment where these plants are normally found, and how to choose the best ones for your conditions, sun or shade, wet or dry. We’ll also briefly discuss maintenance.

HORT-713 1 session $25 60+ $25 REG
P08 Sa 9 a.m.-noon Sue Leahy
Jan. 22 MC-SW 204
P09 Tu 5-8 p.m. Sue Leahy
Feb. 15 MC-SW 207

Soil and Compost: Get the “Dirt” on Successful Gardening

The first step in successful gardening is working from the ground up. Learn the dirt on gardening through easy-to-understand info on soil types, practical tips on preparation, and composting benefits for your home garden. This is a valuable learning opportunity for both beginning and experienced gardeners.

HORT-709 1 session $19 60+ $25 REG
P01 Tu 7-9 p.m. Mike Ochonicky
Feb. 1 Online
P02 Th 7-9 p.m. Mike Ochonicky
April 28 Online

All About Herbs

Fragrant, tasty, and wonderful—herbs belong in everyone’s garden! Whether you are just starting or expanding an herb garden, learn the best advice from a Master Gardener on how to plant, maintain and harvest an herb garden. Gain tips on using herbs in and around your home, and discover the best way to freeze and preserve herbs for future use.

HORT-701 2 session $23 60+ $35 REG
P01 W 7-9 p.m. Mike Ochonicky
Feb. 16 – Feb. 23 Online
P02 Th 7-9 p.m. April 7 – April 14 Online

We have more! Try out new recipes and cooking techniques with your homegrown herbs and vegetables. Check out the culinary classes on page 27.

How to Attract Butterflies to Your Yard: Host Plants and Native Plant Gardening

Bring nature home. Create a butterfly and bird oasis with a careful selection of native plants and habitat enhancements. Learn which plants attract butterflies and why native plants are crucial. Instructor invites students to her garden, scheduled for April 30, from 10 a.m.-noon. Sponsored by the North American Butterfly Association.

HORT-714 1 session $19 60+ $25 REG
P07 Th 6-8 p.m. Dawn Weber
April 28 – April 30 Online

Container Gardening

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

HORT-713 1 session $29 60+ $29 REG
P07 Th 6-8 p.m. Mike Ochonicky
April 28 – April 30 MC-CE

How to Attract Butterflies to Your Yard: Host Plants and Native Plant Gardening

Bring nature home. Create a butterfly and bird oasis with a careful selection of native plants and habitat enhancements. Learn which plants attract butterflies and why native plants are crucial. Instructor invites students to her garden, scheduled for April 30, from 10 a.m.-noon. Sponsored by the North American Butterfly Association.

HORT-714 1 session $19 60+ $25 REG
P07 Th 6-8 p.m. Dawn Weber
April 28 – April 30 Online

Succulents

The hot trend in gardening today is succulents. Learn from a Master Gardener about the various types of these easy-to-grow, low-maintenance plants that can thrive indoors and out.

HORT-722 1 session $19 60+ $25 REG
P01 W 7-9 p.m. Mike Ochonicky
May 11 Online

NEW! Cut Flower Garden

Join a Master Gardener and sustainable cut-flower farmer for pro tips on fresh-cut flowers for every season. Gain insights on how to plan, plant, harvest, condition, and design cut flowers from your own garden. Learn how to keep flowers producing throughout the season and to maximize the vase life of locally grown stems. Offered in partnership with the University of Missouri-Extension.

HORT-702 1 session $59 60+ $59 REG
P01 F 1-4 p.m. Vicki Lander
Feb. 25 WW-Multipurpose Room
Go Native! Series

NEW! Go Native! Create Your Native Garden
If you want to “go native” but aren’t sure how to get started, this class is for you. We will discuss site evaluation, plant selection and placement, and tips to keep your native garden looking tidy.
HORT-713 | 1 session | $23 AGE 60+ | $29 REG
P10 Sa 9 a.m.-noon  Sue Leahy  MC-SW 204
P11 Tu 5-8 p.m.  Sue Leahy  MC-SW 207

Go Native! An Introduction to Gardening With Native Plants
Discover the many benefits of native landscaping, also known as “naturescaping,” which will enrich your life by supporting a healthy natural ecosystem that is beautiful and inspirational. Learn why native species are more beneficial than non-native species. Discover resources to help you on this journey, including details on the St. Louis Audubon Society “Bring Conservation Home” program.
HORT-713 | 1 session | $29 AGE 60+ | $29 REG
P01 W 9 a.m.-noon  Mitch Leachman  March 16  MC-CE

Go Native! Identification and Ecology of Common Missouri Wildflowers
Have you ever wanted to explore the scientific approach to identifying wildflowers? This is your introduction to flora classification. Missouri is a crossroads of several different natural communities and supports a wide array of native and non-native wildflowers. Explore basic flower parts and leaf arrangements, and determine the distinguishing and unique characteristics of more than 60 common species organized by color and chronology.
HORT-713 | 1 session | $28 AGE 60+ | $39 REG
P03 W 9 a.m.-noon  David Tylka  March 23  MC-CE

Go Native! Native Plant Gardening With Shrubs
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. Many suggestions will be presented to help you get started.
HORT-713 | 1 session | $29 AGE 60+ | $29 REG
P04 W 9 a.m.-noon  Mitch Leachman  March 30  MC-CE

Go Native! Identification and Natural History of Common Missouri Insects
Ever wonder why insects are the most successful and ecologically important class of animals in the world? They form a vital link between plants and vertebrate animals. After learning some basic anatomy, you’ll be able to identify ten major groups or orders of insects and recognize the most encountered species found in the greater St. Louis area. See close-up images of insects, discuss their natural history and receive identification resources to take home.
NATR-715 | 1 session | $28 AGE 60+ | $39 REG
P01 M 9 a.m.-noon  David Tylka  April 4  MC-CE

Go Native! Native Landscaping for Bees, Butterflies and Other Pollinators
Healthy landscapes boast large numbers of butterflies, bees, and other insect pollinators. The best plants lure pollinators to their flowers by offering pollen and nectar while evolving visual and olfactory cues such as nectar guides, color, and fragrance. Come gain practical advice on choosing native plants that will attract specific groups of pollinators.
HORT-713 | 1 session | $23 AGE 60+ | $29 REG
P05 M 9 a.m.-noon  David Tylka  April 11

Go Native! Native Landscaping With Sun-Adapted Perennials
Prairies and glades are diverse and colorful natural communities in Missouri that thrive in the sun. Learn basic characteristics of the soil and moisture conditions and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area.
HORT-713 | 1 session | $29 AGE 60+ | $29 REG
P06 F 9 a.m.-noon  Susie Van de Riet  April 15

STLCC.EDU/CE  41
Public Speaking: Argumentation, Persuasion and Influence
Public speaking is an art with an aim. Learn to inform, entertain and influence, with a focus on communicating with clarity and confidence. Build your skills for personal or professional use.
COMM-715 | 1 session  | $31.50 | 60+ | $39  | REG
P03 Sa 1-4 p.m.  Joyce Nganga  Jan. 22  FP-C 221

Public Speaking for a Virtual World
Public speaking enhances critical thinking skills and may lead to career advancement. Traditional public speaking is nerve wracking for many, but public speaking over Zoom is a whole other challenge. Improve your virtual presentation skills in this essential course.
COMM-715 | 1 session  | $31.50 | 60+ | $39  | REG
P02 Sa 1-4 p.m.  Joyce Nganga  March 26  FP-C 221

Communicating in a Diverse Environment
Our differences can complicate how we communicate with one another — casually and professionally. Uncover how gender, sexual orientation, race, religion, organizational culture, and age all shape the way we communicate. Discover how to overcome barriers and improve communication in your personal and professional life.
COMM-715 | 1 session  | $31.50 | 60+ | $39  | REG
P01 Sa 1-4 p.m.  Joyce Nganga  Feb. 5  FP-C 221

Interpersonal Communications
Analyze your speaking habits, modes of expression and non-verbal behavior. Learn to monitor your communication competence through self-awareness; a skill that can help you in every area of your life. Role-playing exercises in class will give students the chance to practice and assess interpersonal strategies used in various situations.
COMM-765 | 4 sessions  | $27 | 60+ | $39  | REG
P05 Tu 6:30-8:30 p.m.  Kevin Renick  Feb. 15 – March 8  Online

Introduction to Voiceover
Have you been told you have a great speaking voice? Learn how to get started in the voiceover acting industry from a sixteen-year voiceover veteran who has worked for NBC, ABC, PBS, HGTV, Nintendo, Saturday Night Live, United Airlines and “The Wendy Williams Show.” Gain insights on the right voice for success, ways to find work, tips to land an agent and how to produce a demo. A Q-and-A session will also address any basic questions about the industry.
COMM-765 | 1 session  | $49 | 60+ | $49  | REG
P01 Sa 2-3:30 p.m.  Jason Rooney  Feb. 26  MC-BA 274
P02 Sa 2-3:30 p.m.  Jason Rooney  April 30  FP-C 221

African Social and Linguistic Concepts
Delve into the many social and linguistic features unique to African culture and explore African worldview.
COMM-765 | 3 sessions  | $37 | 60+ | $55  | REG
P06 Sa 10 a.m.–noon  Freeman Word  April 2 – April 16  Online

NEW! Communicating Your Healthy Boundaries
Effective interpersonal communication is key to establishing and maintaining healthy boundaries in your personal and professional lives. Learn the power of “no” and practical communication tools that can empower you and your healthy boundaries, even when it is uncomfortable.
COMM-765 | 1 session  | $29 | 60+ | $129  | REG
P04 Th 6-8 p.m.  Sheri Bilderback  April 7  MC-SO 205

How to Become a Dynamic Communicator and Make Connections Easily
Conflicts are often caused by poor communication. Conversely, successful personal, social and business relationships are built on good communication. Learn a framework — two rules and the three components — of good communication. Discover how to empower yourself through personal responsibility, proper body language and assertiveness. Bring your biggest communication challenges to class and receive personal attention and help with problem solving.
COMM-765 | 3 sessions  | $75 | 60+ | $175  | REG
P03 Tu 6:30-8:30 p.m.  Jean Walters  April 19 – May 3  STLLC-Corp 207

SIGN LANGUAGE
Getting Started With Sign Language I
Journey into American Sign Language! Establish a basic knowledge of Sign Language and learn common vocabulary for numbers, feelings, opposites, colors, and food. Class does not cover ASL sentence structure. No textbook is required.
SIGN-701 | 8 sessions  | $86 | 60+ | $135  | REG
P01 Tu 6:30-8:30 p.m.  Cindy Hayes  Feb. 22 – April 26  STLLC-SoCo 118
• NOTE: No class March 15, March 22.

Getting Started With Sign Language II
Build on the skills you learned in the Beginning I Sign Language class to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, “The Joy of Signing.” The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 8-13. Class does not cover ASL sentence structure. Prerequisite: Getting Started with Sign Language I. Text required; bring to first class. “The Joy of Signing” by Lottie Riekehof
SIGN-701 | 8 sessions  | $86 | 60+ | $135  | REG
P02 M 6:30-8:30 p.m.  Cindy Hayes  Feb. 28 – April 25  STLLC-SoCo 118
• NOTE: No class March 15, March 22.

Baby Signs
SIGN-765 | 6 sessions  | $78 | 60+ | $115  | REG
P01 W 6:30-7:30 p.m.  Cindy Hayes  Feb. 2 – March 9  Online
Go to the registration page at stlcc.edu/CE to see full course descriptions, prerequisites and textbook information. Each progressive level builds upon language development and comprehension skills learned in prerequisite classes.

**World Languages**

**Bosnian-Croatian**

**Bosnian-Croatian for Neighbors**

- **FLBO-765** | 1 session | $25 REG
  - **P01** M 6-8 p.m. Jan. 24
  - **P02** Th 6-8 p.m. March 10

**Bosnian-Croatian: Beginning I**

- **FLBO-717** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** Tu 6-8 p.m. Jan. 25 – March 15
  - **P02** Th 6-8 p.m. March 24 – May 12

**Bosnian-Croatian: Beginning II**

- **FLBO-718** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** Tu 6-8 p.m. March 22 – May 10

**Chinese (Mandarin)**

**Chinese for First-timers**

- **FLCH-717** | 4 sessions | $79.50 AGE 60+ | $99 REG
  - **P03** F 6-8 p.m. Jan. 21 – Feb. 11
  - **P04** F 6-8 p.m. April 22 – May 13

**Chinese: Beginning I**

- **FLCH-717** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P02** F 6-8 p.m. Feb. 18 – April 15
  - **P01** Tu 7-9 p.m. March 23 – May 11

**Dutch**

**Dutch: Beginning I**

- **FLDT-717** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** M 7-9 p.m. Jan. 31 – March 28

**English**

**NEW! Old English for First-timers**

- **FLOE-717** | 6 sessions | $68.50 AGE 60+ | $105 REG
  - **P01** Tu 7-9 p.m. March 29 – May 3

**French**

**French: Beginning I**

- **FLFR-717** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** W 7-9 p.m. Jan. 19 – March 9

**French: Beginning II**

- **FLFR-718** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P02** W 7-9 p.m. March 23 – May 11

**German**

**German: Beginning II**

- **FLGE-718** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** W 6-8 p.m. March 23 – May 11

**Italian**

**Italian for Travelers**

- **FLIT-716** | 6 sessions | $68.50 AGE 60+ | $105 REG
  - **P01** Tu 7-9 p.m. Feb. 1 – March 8

**Italian: Beginning I**

- **FLIT-717** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P02** M 7-9 p.m. Feb. 28 – April 18
  - **P01** Tu 7-9 p.m. March 22 – April 26

**Italian: Beginning II**

- **FLIT-718** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** Tu 4-6 p.m. Jan. 18 – March 8

**Japanese**

**Japanese for Travelers**

- **FLJP-716** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** Tu 2:30-4:30 p.m. Jan. 18 – March 8

**Japanese: Beginning I**

- **FLJP-717** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** Th 2:30-4:30 p.m. March 24 – May 12

**Japanese: Beginning III**

- **FLJP-719** | 8 sessions | $90 AGE 60+ | $129 REG
  - **P01** Tu 2:30-4:30 p.m. March 22 – May 10

**Latin**

**Latin: Beginning I**

- **FLLT-702** | 8 sessions | $129 REG
  - **P01** Tu 7-9 p.m. Jan. 18 – March 8

**Portuguese**

**Portuguese: Beginning I**

- **FLPG-717** | 8 sessions | $129 REG
  - **P02** Sa 10 a.m.-noon Jan. 22 – March 12

**Portuguese: Beginning II**

- **FLPG-718** | 8 sessions | $129 REG
  - **P01** Tu 7-9 p.m. Jan. 18 – March 8

**Portuguese: Beginning III**

- **FLPG-719** | 8 sessions | $129 REG
  - **P01** Tu 7-9 p.m. March 22 – May 10

**Portuguese: Beginning IV**

- **FLPG-720** | 8 sessions | $129 REG
  - **P01** W 7-9 p.m. March 23 – May 11
## Russian

### Russian for First-timers
- **FLRU-717** | 4 sessions | $89.50 | **AGE 60+** | **$119**<sup>REG</sup>
- **P01** | M 7-9 p.m. | Valerie Powers | Jan. 24 – Feb. 14
- **FLRU-717** | 8 sessions | **$100** | **AGE 60+** | **$169**<sup>REG</sup>
- **P02** | M 7-9 p.m. | Valerie Powers | Feb. 28 – April 18

### Russian: Beginning I
- **FLRU-718** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | Tu 5-7 p.m. | Valerie Powers | Jan. 25 – April 12
- **NOTE:** No class Feb. 24, April 14.

### Russian: Beginning II
- **FLRU-721** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | Tu 7-9 p.m. | Valerie Powers | March 24 – May 12

### Russian: Intermediate I
- **FLRU-723** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | Tu 7-9 p.m. | Valerie Powers | March 24 – May 12

### Russian: Advanced I
- **FLRU-724** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P02** | M 7-9 p.m. | Valerie Powers | March 24 – May 12

### Russian: Advanced II
- **FLRU-725** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | Th 7-9 p.m. | Valerie Powers | March 24 – May 12

### Russian: Advanced II, Conversational Review
- **FLRU-728** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | F 2:15-4:15 p.m. | Valerie Powers | March 24 – May 12
- **NOTE:** No class March 18, April 15.

### Russian: Advanced III
- **FLRU-729** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | Th 7-9 p.m. | Valerie Powers | March 24 – May 12
- **NOTE:** No class Feb. 24, April 14.

## Spanish

### Spanish for Travelers
- **FLSP-716** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P01** | M 4-6 p.m. | Timothy Neckermann | Online
- **P02** | F 4-6 p.m. | Timothy Neckermann | Online

### Spanish: Beginning I
- **FLSP-717** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P01** | W 6-8 p.m. | Ann Rupert | Online
- **P02** | W 7-9 p.m. | Timothy Neckermann | Online
- **P03** | Th 7-9 p.m. | Timothy Neckermann | Online
- **P04** | Th 7-9 p.m. | Timothy Neckermann | Online

### Spanish: Beginning II
- **FLSP-718** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P01** | Tu 7-9 p.m. | Timothy Neckermann | Online
- **P02** | Th 6-8 p.m. | Timothy Neckermann | Online
- **P03** | Th 6-8 p.m. | Maria De La Garza | Online
- **P04** | W 7-9 p.m. | Timothy Neckermann | Online

### Spanish: Beginning III
- **FLSP-719** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P03** | Tu 4:30-6:30 p.m. | Timothy Neckermann | Online
- **P04** | Tu 7-9 p.m. | Timothy Neckermann | Online
- **P05** | Th 6-8 p.m. | Maria De La Garza | Online

### Spanish Beginner’s Review
- **FLSP-723** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P02** | M 7-9 p.m. | Timothy Neckermann | Online

### Spanish: Intermediate I
- **FLSP-720** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P01** | W 4:30-6:30 p.m. | Timothy Neckermann | Online
- **P02** | Tu 4:30-6:30 p.m. | Timothy Neckermann | Online

### Spanish: Intermediate II
- **FLSP-721** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P03** | M 5-7 p.m. | Maria De La Garza | Online
- **P04** | W 4:30-6:30 p.m. | Timothy Neckermann | Online

### Spanish: Intermediate III
- **FLSP-722** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P02** | Tu 4:30-6:30 p.m. | Timothy Neckermann | Online

### Spanish Intermediate Review
- **FLSP-723** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P03** | M 4:30-6:30 p.m. | Timothy Neckermann | Online

### Spanish: Grammar Beginning I
- **FLSP-717** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P05** | W 4:30-6:30 p.m. | Timothy Neckermann | Online

### Spanish: Grammar Beginning II
- **FLSP-718** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P05** | W 4:30-6:30 p.m. | Timothy Neckermann | Online

### Spanish: Advanced Reading I
- **FLSP-723** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P04** | F 4:30-6:30 p.m. | Maria De La Garza | Online

### Spanish: Advanced Reading II
- **FLSP-724** | 8 sessions | **$90** | **AGE 60+** | **$129**<sup>REG</sup>
- **P05** | W 4:30-6:30 p.m. | Maria De La Garza | Online

### Swahili

### Swahili: Beginning I
- **FLSW-717** | 12 sessions | **$110** | **AGE 60+** | **$199**<sup>REG</sup>
- **P01** | Th 6:30-8:30 p.m. | Joyce Nganga | Online
NEW! Introduction to Film Analysis
Learn how the art of filmmaking is accomplished, and understand the craft that goes into your favorite movies and TV shows. This course will teach you to recognize and describe the different stylistic elements of a film (such as cinematography, editing, sound) and analyze how/why they are used. Taking this course will enhance your enjoyment and understanding of film as an art form. Each class will consist of a lecture and discussion, with assigned films to be viewed outside of class.

CLTR-704 | 6 sessions | $40 AGE 60+ | $69 REG
P02 Sa 9:30-11:30 a.m. | Sam Hunt | FP-F 211
Jan. 22 – Feb. 26

A History of Ireland: A Travelogue
Many people in St. Louis have roots connecting them back to the Emerald Isle. Local tour directors will help you learn the history of the Celts, the Claddagh, Clew Bay and more.

CLTR-702 | 1 session | $29 AGE 60+ | $29 REG
P02 Tu 6:30-8:30 p.m. | AWTY? Dea Hoover | Online
Feb. 8

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

CLTR-702 | 1 session | $23.50 AGE 60+ | $29 REG
P01 Tu 10 a.m.-noon | Amber Skye | FP-D 200
March 5

Men and Masculinities: What Makes a Man?
What is a “man?” American media and culture often teach a singular definition of what a man “truly” is. Learn about the many ways in which men (and masculine people) express their masculinities, explore them, or are restricted by what society deems appropriate. This is a self-exploratory and educational class.

CLTR-701 | 4 sessions | $50 AGE 60+ | $69 REG
P02 Th 6-8 p.m. | Michael Thomas | FP-D 221
Feb. 10 – March 3

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.

CLTR-765 | 1 session | $24 AGE 60+ | $29 REG
P11 Th 7-9 p.m. | Stephanie Thurmer | Online
March 3

HIV/STI: Basics for Seniors
Latest statistics show that the fastest growing segment of the United States HIV population is individuals 50 and older. Discuss what HIV and AIDS are, how they are transmitted, who is at risk and HIV symptoms. Learn the importance of testing and methods of treatment. Gain a basic knowledge of key concepts and develop an understanding of HIV transmission and risk reduction.

CLTR-765 | 1 session | $23 AGE 60+ | $29 REG
P01 Tu 6-8 p.m. | Jordan Braxton | Online
March 8

Understanding Your Intuition: Am I a Psychic?
Discover the world of your intuition, where we will answer the question “Am I psychic?” We’ve all heard of gut instinct and psychics, but what are the different types of intuitive abilities? Learn how to explore your own intuitive skills and strengths, how to build on your skills, and how you can use that understanding to empower your life.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P09 W 6-8 p.m. | Sheri Bilderback | Online
Feb. 16

Unlocking the Power of Dreams
Discover how to unlock the power of your dreams to find answers to questions, discover opportunities and seek spiritual healing. Dream techniques discussed will include: herbs, stones, intention, dream triggers, lucid dreaming and using a dream journal.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P10 W 6-8 p.m. | Sheri Bilderback | Online
Feb. 23

Shamanic Spirit Allies: The Kingdom of Flora
Discover the mysteries of plant spirits. Plant spirits have been our allies through ancient times, teaching us their herbal medicine while whispering the secrets of their magic. Class includes a guided meditation to meet a plant spirit ally and uncover its messages to you.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P08 Tu 6-8 p.m. | Sheri Bilderback | Online
March 29

Shamanic Spirit Allies: The Crystal Kingdom
Join us as we discover the mysteries of crystals and our allies in the worlds. Learn about the medicinal properties of crystals, minerals and stones and how they have been our allies through ancient times. Class includes a guided meditation to meet a crystal spirit ally.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P07 Tu 6-8 p.m. | Sheri Bilderback | Online
April 12
The Transgender Experience: A Comprehensive Discussion
Explore ideas illuminating gender—both in general and for trans people. Explore history, terminology, etiquette and policy advocacy. Through tales of personal experience, film depictions, lecture and discussion, debunk myths and acquire information about the range of trans identities and experiences. Gain comfort talking about trans issues and explore their relevance.

CLTR-701 | 4 sessions | $34 AGE 60+ | $59 REG
P03  Tu 6-9 p.m. | Stephanie Thurmer
Feb. 1 – Feb. 22 Online

Understanding Intercosexuality
The LGBT community has grown in not only letters but numbers and represents more than those that identify as “gay.” Discuss how you can be an ally in your community and support. Through stories of personal experience and general discussions, discover some of the debunked myths about what being intersex means. Explore the foundational ideas illuminating the complexity of gender, specifically for intersex individuals. Through terminology, history, and policy advocacy.

CLTR-701 | 2 sessions | $25 AGE 60+ | $35 REG
P01  W 6-8 p.m. | Jordan Braxton
Feb. 2 – Feb. 9 FP-D 217A

History of Trans Cinema in Hollywood
Explore the history of transgender characters in film and early television. See how the transgender characters were portrayed and how they have changed over the years.

CLTR-704 | 2 sessions | $27 AGE 60+ | $39 REG
P01  Th 6:30-8:30 p.m. | Stephanie Thurmer
Feb. 3 – Feb. 10 Online

Diversity and Gender Expansive Terminology
Have you ever wondered what all the letters mean in LGBTQIA? What is the difference between sexual orientation, gender identity, and gender expression? Why is it important to use a person’s pronouns? Here’s your chance to get the answers to those questions and more. Through presentations, movies and personal narrative you will learn how wonderful humans are within the LGBTQIA Community.

CLTR-703 | 3 sessions | $31 AGE 60+ | $49 REG
P01  W 6-8 p.m. | Jordan Braxton
Feb. 16 – March 2 FP-D 217A

Safe Travels
Explore why guidelines exist for transgender individuals. Learn how to be safe and what to expect under various circumstances, as well as how to be prepared and respond to those situations. This class should be taken by everyone, from gender non-conforming persons to grandparents and allies of the LGBTQIA+ community.

CLTR-765 | 1 session | $24 AGE 60+ | $29 REG
P14  M 6:30-9 p.m. | Stephanie Thurmer
April 11 Online

Living My Best Trans Life
Hear a short narrative written by a friend of a transwoman when first coming out and the struggles she and her family have faced over a 20-year period.

CLTR-765 | 1 session | $24 AGE 60+ | $29 REG
P13  W 7-9 p.m. | Stephanie Thurmer
May 4 Online

Science and Ethics of Trans
Explore the science behind what makes a person transgender as well as the ethics.

CLTR-765 | 1 session | $24 AGE 60+ | $29 REG
P12  Tu 7-9 p.m. | Stephanie Thurmer
May 10 Online

The Magickal Wheel of the Year: An Overview
The Wheel of the Year is an annual cycle of seasonal festivals, observed by many modern Pagans. Explore how witches, pagans, and magickal practitioners follow this wheel as a foundation for partnering with nature and the seasons as part of their magickal work and personal growth.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P02  W 6-8 p.m. | Kassia Morgan
Jan. 19 Online

Discovering Your Inner Flame: Magick of Imbolc
Imbolc, also known as St. Brigit’s Day, is a time of hearth and home! Discover the energies of this historical time and how you can use them to empower and nurture your life. Class also includes a guided meditation to the Spirit of Winter.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P03  Th 6-8 p.m. | Kassia Morgan
Feb. 3 Online

Romancing the Heart With Magick: Bringing Love Into Your Life
Unconditional love does not mean unconditional boundaries. Discover how to use love magick in your life to create healthy relationships with yourself and others. Class includes a guided meditation to visit a messenger of spirit of love.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P04  Th 6-8 p.m. | Kassia Morgan
Feb. 10 Online

The Spring Equinox/Magick of Ostara: Power of Rebirth
Ostara, also known as the Spring Equinox, is a time of new beginnings and birth. It is a time of creating ourselves anew and finding our balance in life. Learn how to sweep away what no longer serves us in life. Explore lore, practices and tips for how to flow with the Wheel of the Year at this time of year and integrate its energies into your life. Class also includes a guided meditation for positive change.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P05  Th 6-8 p.m. | Kassia Morgan
March 10 Online

Renewing Your Life: Magick of Air
Spring is associated with the seasonal direction of the East, the energies of Air, inspiration and renewal. Discover how you can partner with nature’s energies to create your life. Explore lore, practices and tips for how to partner with the Element of Air. Class also includes a guided meditation for inspiration and renewal.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P06  W 6-8 p.m. | Kassia Morgan
March 23 Online

Kindling Your Inner Passion: Magick of Beltane
Beltane, also known as May Day, is a historical time of youth, love, fertility, passion and excitement. Learn about the partnership we have with nature and its energies and how we use them to find our passion in life, kindle our spirit and to find love. Class includes lore, practices and tips for how to flow with the Wheel of the Year. Class also includes a guided meditation to stir your creative passions.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P15  W 6-8 p.m. | Kassia Morgan
April 20 Online

We are looking for instructors for the following topics, and welcome ideas for new classes:

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

Learn more at stlcc.edu/teachforCE
St. Louis at the Movies
Movie tent, Airdrome, Cinerama, Movie Palace, IMAX, Drive-In, 3-D...survey the various ways that St. Louisans have gone to the movies. This story begins on the day Fred EHrenberg saw his first movie at the 1904 World’s Fair. Find out which theaters have been demolished, which have been transformed, and why some theaters have survived to the present day.
HIST-708 | 1 session | $23  REG | $29  REG
P02  W 7-8:30 p.m.  Doug Schneider
Feb. 2  Online

The Trail of Tears in Missouri
When the U.S. Government forced the Cherokee to move from their settlements in the southeastern United States to Oklahoma, they marched along four routes westward, eventually crossing Missouri. The Cherokee people suffered greatly as they made their way through Missouri in the winter. Understand how they lived in the Southeast, what they faced as they went westward, and explore what exists today in Missouri to mark their travel through the state.
HIST-708 | 1 session | $23  REG | $29  REG
P03  F 10-11:30 a.m.  Doug Schneider
March 11  Online

Dark Moments in St. Louis History
Plunge into the dark underbelly of St. Louis history and learn about some of those moments that make you go “wha?” A local historian will cover issues including the maiming of St. Louis mayors, horrible deaths in the Mississippi, school children being sprayed with radioactive substances by the U.S. Army, and Jack the Ripper suspects.
HIST-708 | 1 session | $23  REG | $29  REG
P04  W 7-8:30 p.m.  Doug Schneider
April 6  Online

How Railroads Shaped St. Louis
Live and abandoned railroad tracks are all around us. Railroads were vital in building the St. Louis economy, and they heavily influenced our city’s political decisions. St. Louis is now home to a dedicated railroad library, fielding research questions from around the country. Investigate the arrival, growth, and role of railroads in the region.
HIST-708 | 1 session | $23  REG | $29  REG
P05  F 10-11:30 a.m.  Doug Schneider
May 6  Online

Civilized Versus Savage: A History of Native American Boarding Schools
Recently, the dark history of Native American boarding schools across North America has made an appearance in the national news circuit. This class will uncover lost student histories and provide context for the founding of these institutions. Additionally, explore how sports played a major role in shaping Native American school culture.
HIST-703 | 1 session | $23  REG | $29  REG
P04  Th 6:30-8 p.m.  Victoria Cannon
Feb. 17  Thomas Dunn

Alexander Hamilton
Long before the musical, Alexander Hamilton was an ambitious young man from the Caribbean, the son his mentor George Washington never had, Revolutionary War officer, Secretary of the Treasury, leader of the Federalist Party, political operative and fatal duelist. Spend an evening learning about the real Hamilton before going to the theatre.
HIST-703 | 1 session | $23  REG | $29  REG
P06  M 7-9 p.m.  James Galien
March 21  MC-SO 205

The Road to Unity: Reflections on Racism Through History
Retrace the instructor’s pilgrimage to Montgomery, Ala., to see The Legacy Museum, National Memorial for Peace and Justice and the Dexter Avenue King Memorial Baptist Church. Discuss local historical events related to social (in)justice in the context of these places and consider how we can use them as exemplars to eradicate racism in contemporary society.
HIST-703 | 1 session | $15  REG | $15  REG
P01  Tu 10-11 a.m.  Julie Nicoli
April 12  MC-SO 205

The Underground Railroad in Kansas: The Amazing Exploits of the Beecher Bible and Rifle Colony
Explore the Kansas City area and state of Kansas as we stop at Underground Railroad stations that helped enslaved people escape bondage (freedom seekers) on their quest to attain liberty. Stops on this classroom tour include Quindaro, an Underground Railroad hub in north Kansas City, Lawrence, Topeka and the Beecher Bible and Rifle Colony in the Flint Hills of Kansas.
HIST-703 | 1 session | $15  REG | $15  REG
P02  Tu 10-11 a.m.  Julie Nicoli
April 12  MC-SO 205

The Underground Railroad in Central Illinois
Learn about the incredible network of Underground Railroad conductors and safe houses in the Central Illinois region. Find out how they assisted enslaved people escaping bondage (freedom seekers) on their journey from Missouri to Central Illinois, and on to liberty through Chicago and the Great Lakes to Canada. Also, remember some of the free Black communities in the area that either absorbed freedom seekers or helped them move north.
HIST-703 | 1 session | $15  REG | $15  REG
P03  Tu 10-11 a.m.  Julie Nicoli
May 10  MC-SO 205

We have more! Check out the lineup of music history classes on page 31.
The Mexican American War

Ulysses S. Grant called the Mexican American War “one of the most unjust ever waged by a stronger against a weaker nation.” Inexorably bound to the annexation of Texas, the Mexican-American War was the culmination of Manifest Destiny that extended the national boundaries to California, elevated the slave issue in the public square and trained the warriors who would decide that issue in the Civil War. Explore this overlooked but transformative period in American history.

HIST-703 | 1 session | $23 AGE 60+ | $29 REG
P05 | Th 7-9 p.m. | James Gallen
Feb. 3

Exploring The Olympics™: Mexico, 1968

Come explore the Olympics XIX, held in Mexico City in 1968. These games of the Olympiad were the first held in Latin America, but they were fraught with political tensions including a student-protest-turned-massacre and a powerful protest that became a long-standing symbol of the Black Power Movement.

HIST-765 | 1 session | $30 AGE 60+ | $35 REG
P01 | Th 6-8 p.m. | Victoria Cannon
Feb. 3

Indigenous African History

Learn African history from an indigenous African perspective. Topics include common themes, important issues, events and personalities. Meta-thematic questions will also be covered, including: What is history? What is the traditional role of African history in society? How do Africans record and share history?

HIST-765 | 3 sessions | $37 AGE 60+ | $55 REG
P10 | Sa 10 a.m.-noon | Freeman Word
Feb. 5 – Feb. 19

History of Passing in the Black and Transgender Communities

Look back at how passing was part of history in the Black and Transgender communities, and examine how passing has evolved in 2021.

HIST-765 | 2 sessions | $35 AGE 60+ | $45 REG
P05 | W 6-8 p.m. | Jordan Braxton
March 9 – March 16

NEW! Picturing the Past: People of Color in Photojournalism

The photos will be familiar, but many do not know the photographers who captured the images. History has focused on white male photojournalists, but now others are getting the recognition they deserve. Class includes many examples of their work and will highlight those working primarily for North American publications.

HIST-765 | 1 session | $23 AGE 60+ | $29 REG
P07 | Th 7-8:30 p.m. | Mary Butkus
Feb. 24

Picturing the Past: Women in Photojournalism

Women have worked as photojournalists since the early 1900s and have captured many landmark events. Margaret Bourke-White shot the first cover of Life Magazine in 1936 and Jackie Bouvier Kennedy was an “Inquiring Camera Girl” in 1951. And there are many more who worked in photojournalism when it was a predominantly male profession. Class includes many examples of their work and will highlight those working primarily for North American publications.

HIST-765 | 1 session | $23 AGE 60+ | $29 REG
P08 | Th 7-8:30 p.m. | Mary Butkus
March 24

Influential Photos: How Photojournalism Shaped Mass Media

Who in the media decides which photos are important? How are landmark images chosen? Visuals have driven many of the big stories of the 20th and 21st centuries. Come discover why some stories live throughout the ages and why some events are virtually forgotten. Many times, the photos did drive the narrative. Class includes many examples and will concentrate on North American publications.

HIST-765 | 1 session | $23 AGE 60+ | $29 REG
P09 | Th 7-8:30 p.m. | Mary Butkus
April 21

WWI: Other Fronts

Explore the lesser-discussed actions of WWI, including events in Africa, the Middle East and the Pacific.

HIST-764 | 1 session | $23 AGE 60+ | $29 REG
P02 | Tu 7-8:30 p.m. | John Ketcherside
March 29

1918: Endgame

Learn about the WWI's end in 1918, including the German offensives, U.S. entry and post-war peace conference.

HIST-714 | 1 session | $23 AGE 60+ | $29 REG
P03 | Th 7-8:30 p.m. | John Ketcherside
April 26

History of Indo-European Languages

The Indo-European language family is the largest in the world, with 46% of the population speaking one of these languages. Journey back to around 4500 BC to Proto-Indo European (PIE), the ancient ancestor of Indo-European languages. Then, explore their present-day distribution, such as the colonial expansion of English, French and Spanish in the modern period. Class is lecture and discussion based. Text required, bring to first class: “The Indo-European Languages” ISBN 9780367869021.

HIST-727 | 6 sessions | $68.50 AGE 60+ | $105 REG
P01 | M 7-9 p.m. | Michael Cross
April 4 – May 9

We have more! Prepare for upcoming travels, connect with your ancestry, or communicate with your neighbors. See world language and sign language classes on page 43.

This One Goes to 11: A Brief History of Punk Rock

Punk rock is loud, unapologetic and filled with niche subgenres and themes. Hear and learn about the brief history and impact of punk.

HIST-765 | 1 session | $30 AGE 60+ | $35 REG
P03 | Th 6:30-8:30 p.m. | Andrew Turbesi
April 28

From Myth to Marvel®: The Journey of Loki

With the popularity of Marvel's franchises, Loki has become a household name. Learn how the name “Loki” transitioned from a Norse god to a Marvel Comic’s mainstay in our collective cultural memory.

HIST-765 | 1 session | $30 AGE 60+ | $35 REG
P04 | Th 6:30-8:30 p.m. | Andrew Turbesi
May 12
GENEALOGY

Outdated or Not? Using a Library Effectively

There is a vast array of genealogical information available at the library. Learn about different types of libraries, how to locate them and how to effectively use them for your research. Prerequisites: Windows® computer skills and an active St. Louis County Library card.

**GENE-704** | 3 sessions | $41 | Age 60+ | $59 REG
**P01** | Tu 1-3 p.m. | Mary Stamm
Feb. 8 – Feb. 22
Online

Genealogy Brick Walls: Where Should I Go From Here?

Using the online resources may leave holes, gaps and incorrect information in your genealogical search. Learn how to explore both online and off using various problem-solving techniques. You must have an active St. Louis County Library card. Strongly suggested: It is recommended that you have taken a beginning class from either St. Louis Genealogical Society or St. Louis Community College with at least six months of research experience prior to this course.

**GENE-765** | 3 sessions | $41 | Age 60+ | $59 REG
**P01** | Tu 1-3 p.m. | Mary Stamm
March 22 – April 5
Online

Using Online Newspapers to Expand Your Family

Researchers too often look to newspapers for one item: obituaries. Today, more and more online newspapers help users gather additional information used in research. Learn about these resources, where to locate them online and how to effectively use them. Prerequisites: Windows® computer skills and an active St. Louis County Library card.

**GENE-704** | 2 sessions | $27 | Age 60+ | $39 REG
**P02** | Tu 1-3 p.m. | Mary Stamm
May 3 – May 10
Online

RELIGION

Religion and Its Role in World History

What is religion? Explore this question and join a discussion which includes a brief survey of world history and how religion has influenced every period. This class is a recommended prerequisite for the Eastern Religions and Western/Monotheistic Religions courses, which discuss five major world religions.

**RELG-701** | 1 session | $23 | Age 60+ | $29 REG
**P01** | W 7-9 p.m. | Sahar Joakim
Jan. 26
MC-SO 205
Online

NEW! Heaven, Hell and Other Final Destinations

What happens to us when we die? This question has haunted humankind throughout history, and religions across cultures and time have centered around the answer to it. This course serves as a guide to the various possibilities of the afterlife, from the Abrahamic division of Heaven and Hell, to the Buddhist Six Realms of Reawakening, to the physical underworlds of Ancient Egypt, Greece and Mesopotomia. This course also highlights the similarities in geography and structure of life after death across these cultures, even as it explores the differences in each cosmology.

**RELG-765** | 1 session | $23 | Age 60+ | $29 REG
**P02** | W 7-9 p.m. | Nick Lewis
Feb. 2
Online

Apocalypse Soon: What to Do at the End of the World?

“ar the end is near!” or so people have been saying since the beginning. The fear or desire of an imminent apocalypse has been a staple of religious thought since antiquity. This course serves as an introduction to eschatology, the theological study of the end of days, across many different world religions, as well as how physicists and astronomers theorize the universe will inevitably end.

**RELG-765** | 1 session | $23 | Age 60+ | $29 REG
**P03** | W 7-9 p.m. | Nick Lewis
March 9
Online

Eastern Religions

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

**RELG-701** | 2 sessions | $27 | Age 60+ | $39 REG
**P02** | W 7-9 p.m. | Sahar Joakim
Feb. 9 – Feb. 16
MC-SO 204
Online

Western/Monotheistic Religions

Gain an understanding of the teachings, history, development and current challenges of Judaism, Christianity and Islam. Expand your knowledge of other belief systems and gain the opportunity to discuss differences and similarities of major world religions. It is recommended that this course be taken in conjunction with Religion and Its Role in World History and Eastern Religions to provide a more complete view of major world religions.

**RELG-701** | 3 sessions | $27 | Age 60+ | $55 REG
**P03** | W 7-9 p.m. | Sahar Joakim
March 23 – April 6
MC-SO 204
Online

Conqueror, Lover, Liar: Character and Controversy of King David

King David is one of the most well-known, revered and controversial Old Testament figures. Interrogate David’s character from a literary perspective. Explore the question, “What was David like as a mortal man?” Uncover David’s (clever and strikingly vicious) strategies as a commander, his intimate friendship with Jonathan, an infamous relationship with Bathsheba and how his political tactics changed as he aged.

**RELG-765** | 3 sessions | $28.50 | Age 60+ | $45 REG
**P04** | Th 7:30-7:30 p.m. | Michael Thomas
April 7 – April 21
FP-C 223
Online

Forgiveness: The Key to Happiness

Love can heal the world, and forgiveness is the catalyst for making it happen. When we give up all grievances, the path to real peace and happiness opens. 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 presentation of forgiveness is psychologically based and not focused on any particular religious view of forgiveness; no religious or faith-based view of forgiveness is needed to understand and practice it.

**RELG-765** | 1 session | $23 | Age 60+ | $29 REG
**P01** | W 7-9 p.m. | Sahar Joakim
April 27
MC-SO 204
Online
PHILOSOPHY

NEW! Indigenous African Philosophy
Explore important ways of thought and thinking from an indigenous African perspective. Discuss the big questions of life, wisdom, knowledge and consciousness as approached by Africans stretching back to humanity’s earliest time.
PHIL-701 3 sessions | $37 AGE 60+ | $55 REG
P01 Sa 10 a.m.-noon Freeman Word
   Feb. 26 – March 12 Online

Philosophy of the Modern World:
Surveillance and Privacy
With the expansion of network-connected cameras and the ever-present smartphone, what are the implications for living under near-constant surveillance? Are we offered security at the cost of privacy? Discuss philosophical debates in crime and punishment, political theory and ethics, which weigh the benefits and tradeoffs of constant observation.
PHIL-701 1 session | $25 AGE 60+ | $25 REG
P02 W 6:30-8:30 p.m. Gregory Ray
   March 9 Online

NEW! STLC.EDU/CE

TOURS AND TRIPS

Travel Scams: How to Avoid Them
Excited about traveling again? Don’t get caught up in the fray of things because you are excited, disoriented or unaware of local customs. Learn how to spot something too good to be true during this informative class with a local tour guide. Also, learn the ins and outs of booking that will protect you and your finances.
TRIP-703 1 session | $29 AGE 60+ | $29 REG
P01 Sa 10 a.m.-noon AWTY? Dea Hoover
   Jan. 22

St. Louis Architecture via Armchair
Bring your coffee and eat our donuts while viewing the history of St. Louis through its architecture. From the founding by the French through the coming of the various nationalities up to modern day, we will look at the buildings and why the people built them as they did.
TRIP-701 1 session | $31.50 AGE 60+ | $39 REG
P05 W 9 a.m.-noon Joan Huisinga
   Feb. 16 MC-SO 108

The Other New York
Most people think of New York as Manhattan and forget about the other beautiful scenic surprises around the Big Apple. Come learn about the 1,000 Islands (it’s not just a salad dressing), the Hudson Valley, Hyde Park and Ichabod Cranes’ Sleepy Hollow. This is an adventure you don’t want to miss.
TRIP-703 1 session | $29 AGE 60+ | $29 REG
P04 W 6:30-8:30 p.m. AWTY? Dea Hoover
   Feb. 16

Close Encounters of the European Kind
Learn the ins and outs of European adventures from a seasoned traveler. You’ll laugh as you learn the dos and don’ts for truly memorable travel experiences.
TRIP-703 1 session | $19 AGE 60+ | $25 REG
P03 W 7-9 p.m. Mike Ochonicky
   Feb. 23

Rigs That Run: History of Automotive Row
St. Louis played a key role in the development of the automobile industry. It was one of the larger cities on track to rival Detroit. Tour St. Louis’ first “Automobile Row” on Locust St. Enjoy lunch at The Fountain on Locust followed by a tour of the Museum of Transportation. Price includes professional tour guide, transportation, all listed attractions, experiences, inclusive lunch and all gratuities to driver and guide. Note: This tour has approximately one mile of walking. Withdrawal deadline for refund: Feb. 29.*
TRIP-701 1 session | $119 AGE 60+ | $119 REG
P01 W | FV 8:45 a.m.-5 p.m. AWTY? Dea Hoover
   W | MC 9:15 a.m.-4:30 p.m. March 9 FV/VC-Off Campus

St. Louis Architectural Tour
Visit early French structures in Cahokia followed by classical structures such as the old Cathedral and a glimpse of the Campbell House, a private Victorian, as we make our way around the area passing by public and private buildings built by different ethnic groups. The tour includes bus, entrance fees, lunch and gratuities. Withdrawal deadline for refund: March 2.*
TRIP-701 1 session | $111 AGE 60+ | $119 REG
P06 W 9:15 a.m.-3 p.m. Joan Huisinga
   March 9 MC-Off Campus

All Aboard for Washington, MO, via Amtrak
Want to learn about the science, technology and history of trains? Come on a journey to Washington, Missouri and tour the Iron Spike Model Train Museum where model trains of all shapes and sizes run all day. After lunch at the Hawthorne Inn, experience a millinery demo with a local designer known across the United States. Lastly, travel to Main Street for a demo by Gary Lucy, a local artist, at his gallery. Price includes, motorcoach transportation, all listed attractions including Amtrak one-way from Kirkwood to Washington, Missouri, docent tour at Iron Spike Model Train Museum and millinery demo, inclusive lunch at the Hawthorne Inn, gratuities for guide and driver, and all reservations and arrangements. Participants must be able to lift leg 12 inches to board Amtrak train. Wear comfortable shoes and dress for the weather. Withdrawal deadline for refund: Feb. 28.*
TRIP-702 1 session | $129 AGE 60+ | $129 REG
P09 Tu 8 a.m.-5:15 p.m. AWTY? Dea Hoover
   March 22 MC-Off Campus
National Churchill Museum
Travel back in time to Westminster College in Fulton, Missouri to the newly renovated Churchill Museum, home of Churchill's famous “Iron Curtain Speech.” Tour the museum and see “Breakthrough,” the sculpture made by Churchill’s granddaughter from pieces of the Berlin Wall. After lunch in the beautiful student dining hall, take in an organ recital at St. Mary the Virgin Aldermanbury, the English church reassembled on campus. A quick stop at Cranes General store on the way back will complete our day. Price includes bus, gratuities, lunch and entrance fees. Withdrawal deadline for refund: March 29.*
TRIP-702 | 1 session | $120 AGE 60+ | $125 REG
P05 M 9:15 a.m.-5 p.m. | Joan Huisinga
April 4 | MC-Off Campus

Treasures of Osage County
Embark on a journey to Linn, Missouri, for a tour and lunch at Linn State Tech. Learn about the recreational therapy equine program and visit the Healing Horse Therapeutic Riding Program. Next, visit the oldest Catholic Parish in Osage County, where you will get a history of the church and see the largest collection of Diocesan of Jefferson City. Complete the tour with a wine tasting and talk with the owner of Westphalia Vineyards. Price includes tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Withdrawal deadline for refund: March 31.*
TRIP-702 | 1 session | $119 AGE 60+ | $119 REG
P08 Tu 8 a.m.-6 p.m. | AWTY? Dea Hoover
April 19 | MC-Off Campus

Historic Homes of Florissant
Tour historic Florissant, MO, from the Gitteimeier House to the Taille de Noyer, a fur trading post and one of the oldest homes in St. Louis County. Enjoy lunch at a local eatery and continue on to visit the home to the region’s only canonized Catholic saint, St. Rose Philippine Duchesne. Complete the tour with a sweet treat at Doodles Frozen Custard. Price includes professional tour guide, transportation, all listed attractions, experiences, inclusive lunch and all gratuities to driver and guide. Withdrawal deadline for refund: April 1.*
TRIP-701 | 1 session | $119 AGE 60+ | $119 REG
P02 M | MC 8:30 a.m.-4:30 p.m. AWTY? Dea Hoover
M | FV 9 a.m.-4 p.m.
April 11 | MC/FV-Off Campus

Warm Springs Clydesdale Ranch
Join us for an enlightening tour of Warm Springs Ranch in Boonville, Missouri. See the state-of-the-art Clydesdale breeding farm that features a mare/stallion and foaling barn, veterinary lab, and 10 pastures. Afterward, enjoy family style lunch at Settler’s Inn. Be sure to leave room for dessert as the Russell Stover Outlet will be the final stop for yummy treats to take home. Price includes professional tour guide, transportation, all listed attractions, experiences, inclusive lunch and all gratuities to driver and guide. Withdrawal deadline for refund: April 12.*
TRIP-702 | 1 session | $129 AGE 60+ | $129 REG
P04 W 7 a.m.-5 p.m. | AWTY? Dea Hoover
April 20 | MC-Off Campus

New Harmony
A utopia nestled on the banks of the Wabash, New Harmony is the home of two different communes—first a religious German Group, then members of Robert Owens thinkers and scientists. Starting from the modern Anthem, we will tour by tram and enter several of the buildings. Lunch will be at the famous Red Geranium, and there will be time to tour gift shops and galleries. Price includes bus, tram tour and admissions, lunch and gratuity. Withdrawal deadline for refund: April 7.*
TRIP-702 | 1 session | $123 AGE 60+ | $123 REG
P06 W 8:15 a.m.-6 p.m. | Joan Huisinga
April 13 | MC-Off Campus

Taste of the Neighborhoods
Visit some of St. Louis’ best-known neighborhoods and sample the local fare. Begin with Mexican pastries at El Chico Bakery, followed by a Lebanese lunch at St. Raymond’s Maronite Cathedral. Spend the afternoon exploring The Hill’s markets, with some yummy takeaways. Finally, watch as Ices Plain ‘n Fancy creates your own ice cream concoction right in front of you using nitrogen. Pick up for MC is 9:30 a.m. with drop off at 4 p.m. Price includes professional tour guide, transportation, all listed attractions, experiences, inclusive lunch, all gratuities to driver and guide. Withdrawal deadline for refund: April 5.*
TRIP-701 | 1 session | $113 AGE 60+ | $113 REG
P03 W | FV 9 a.m.-4:30 p.m. AWTY? Dea Hoover
W | MC 9:30 a.m.-4 p.m.
April 13 | FV/MC-Off Campus

Springtime On the River Road
Travel down the scenic byway learning river history as we go to Principia college, the beautiful little Christian Science school and home to the famous architect Bernard Maybeck buildings. Principia’s bluff views are some of the best on the river. We will tour some buildings in the unique town of Elsa. Lunch will be very special at Tara Pointe, the scenic Bed and Breakfast in Grafton that occupies one of the highest peaks on the river. It is not open to the general public. We will return back to the Missouri shore via Grafton Ferry. Price includes admissions, bus, elegant lunch and gratuities. Withdrawal deadline for refund: May 2.*
TRIP-702 | 1 session | $128.50 AGE 60+ | $139 REG
P07 Th 10 a.m.-5 p.m. | Joan Huisinga
May 5 | MC-Off Campus

The Walls Can Talk Prison Tour: Jeff City via Amtrak
Ride the rails to Jefferson City, home to the infamous prison known as “The Walls,” tour the Missouri State Penitentiary with Q-and-A from a former inmate. Complete the trip with a stop at a local favorite—Central Dairy Ice Cream Parlor. Price includes tour guide, motorcoach and Amtrak transportation, all listed attractions, speakers, experiences, lunch at Prison Brews, and all gratuities to driver and guide. NOTE: This is a heavy walking and standing tour. Participants must be able to lift leg 12 inches to board Amtrak train. Withdrawal deadline for refund: April 8.*
TRIP-702 | 1 session | $149 AGE 60+ | $149 REG
P10 Tu 8 a.m.-7 p.m. | AWTY? Dea Hoover
April 12 | MC-Off Campus

Crystal Bridge Overnight Adventure
Journey with us to Bentonville, Arkansas, where you can experience the world’s largest collection of American art at Crystal Bridges Art Museum. A collection curated with the support of Alice Walton, sister of Bud and Sam, includes Warhol’s “Dolly Parton,” Norman Rockwell’s “Rosie the Riveter,” and even a Frank Lloyd Wright home right on the property. Also, we’ll visit the Peel Mansion and Walmart Welcome Center Museum. Tour price includes professional tour guide, motorcoach, hotel accommodations at the Embassy Suites (per person), creation of individual art at Terra Studios, 2 breakfast 1 lunch and 1 dinner (including appetizers and cocktails at the hotel), meal at Peel Mansion and all gratuities to driver and guides (additional guides and escorts included). Withdrawal deadline for refund: Feb. 4.

NOTE: Room occupants must be arranged by the student. Each occupant must register.*

Taste of the Neighborhoods
Visit some of St. Louis’ best-known neighborhoods and sample the local fare. Begin with Mexican pastries at El Chico Bakery, followed by a Lebanese lunch at St. Raymond’s Maronite Cathedral. Spend the afternoon exploring The Hill’s markets, with some yummy takeaways. Finally, watch as Ices Plain ‘n Fancy creates your own ice cream concoction right in front of you using nitrogen. Pick up for MC is 9:30 a.m. with drop off at 4 p.m. Price includes professional tour guide, transportation, all listed attractions, experiences, inclusive lunch and all gratuities to driver and guide. Withdrawal deadline for refund: April 5.*
TRIP-701 | 1 session | $113 AGE 60+ | $113 REG
P03 W | FV 9 a.m.-4:30 p.m. AWTY? Dea Hoover
W | MC 9:30 a.m.-4 p.m.
April 13 | FV/MC-Off Campus

Re-live the 1904 World’s Fair
Join us for an illustrated and narrated tour of the historic 1904 World’s Fair grounds in and around Forest Park. Travel back in time through a special 3D stereoscopic presentation (special 3D glasses will be provided) to some of sites. After your virtual tour, take an actual tour and visit these sites. Some sites include, the colossal Ferris wheel, Grand Basin, amazing inventions and much more! Fee includes a light lunch of famous Fair foods. Some walking required. Must provide own transportation.*
TRIP-701 | 1 session | $40.50 AGE 60+ | $59 REG
P04 Sa 8:30 a.m.-1:30 p.m. | Charles Koehler and Doug Schoepp
April 23 | FP-G 115

We have more! Further explore your love of travel and get immersed into a new world through travelogues classes. See page 45.

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

REGISTRATION BEGINS JAN. 5 | 314-984-7777 | STLCC.EDU/CE
NEW! Introduction to Modern Board Gaming
The modern explosion of new board games into the market has resulted in a massive catalogue to choose from: all with different rules and complexities. Learn about the various types of popular board games, how they are played, and which games are most worth playing with friends and family. Explore euro-games, strategic card games, and mystery solving/storytelling game categories.
GAME-711 | 1 session | $41.50 AGE 60+ | $59 REG
P10 Sa 1-3:30 p.m. | Scott Maue
Jan. 29 – Feb. 5 | FP-C 223

Beginning Bridge
Want to learn a new card game this fall? Bridge is the perfect game for you! Learn Standard American (SAYC) bidding, game instruction, defense techniques and general etiquette used in contract bridge.
GAME-701 | 6 sessions | $78.50 AGE 60+ | $109 REG
P01 W 5-7 p.m. | Aaron Krieser
Feb. 9 – March 16 | FV-E 160

The Adventure Begins: Intro to Dungeons & Dragons®
Learn how to create your own Dungeons & Dragons® character, as well as the basic rules to be a player in your own adventure. Supply list will be provided three business days before class.
GAME-711 | 1 session | $26 AGE 60+ | $35 REG
P01 Th 6-9 p.m. | Andrew Turbesi
Feb. 10 | Thomas Dunn
P02 Th 6-9 p.m. | Andrew Turbesi
May 5 | Thomas Dunn

Let’s Play Dungeons & Dragons®
Gain a refresh on the basic rules and best practices of Dungeons & Dragons®. Learn to build both player characters and non-player characters, explore adventure design and storytelling, and discover how to best engage with everyone at the table. This section is for individuals 18 and older; all experience levels welcome.
GAME-711 | 4 sessions | $72.50 AGE 60+ | $109 REG
P07 Th 6:30-8:30 p.m. | Thom Murray
Feb. 17 – March 10 | FP-C 213

Intro to Dungeons & Dragons® Homebrew
Survey a general introduction to homebrew skills within the Dungeons & Dragons® universe. Topics will include maps, campaigns, items, magic weapons, characters and classes. Build at least one game item during class and come prepared with any ideas you want to work on. Supply list will be sent.
GAME-711 | 1 session | $27.50 AGE 60+ | $39 REG
P05 W 6-9 p.m. | Josh Thuman
March 2 | FP-C 223
P06 Sa 1-4 p.m. | Josh Thuman
April 2 | FP-C 223

Become a Dungeons & Dragons® Dungeon Master: Tips and Tricks
Gain a general introduction to being a dungeon master (DM). Hear tips and tricks from an experienced instructor learned throughout the campaigns they’ve run and played. There will be a practice element to the class and new materials for DM’s of all levels looking for a different perspective. Supply list will be sent.
GAME-711 | 1 session | $27.50 AGE 60+ | $39 REG
P03 W 6-9 p.m. | Josh Thuman
March 16 | FP-C 223
P04 Sa 1-4 p.m. | Josh Thuman
April 23 | FP-C 223

Teens Only: Dungeons & Dragons® Club
Learn how to build a character, write an adventure, and tell a story using Dungeons & Dragons®. Learn the basic rules, how to run a game, and insights for making a compelling adventure. This section is for individuals 14 to 18 years old; all experience levels welcome.*
GAME-711 | 4 sessions | $72.50 AGE 60+ | $109 REG
P08 Th 6:30-8:30 p.m. | Thom Murray
March 24 – April 14 | FP-C 221

NEW! Dungeons & Dragons®: Family Edition
Clear off the dinner table and play some Dungeons & Dragons®. Learn the basic rules, how to run a game, and insights for making an engaging adventure for the whole family. This section is for guardians and children; all participants must register.
GAME-711 | 4 sessions | $36.50 AGE 60+ | $55 REG
P09 Th 6:30-8:30 p.m. | Thom Murray
April 21 – May 12 | FP-C 221

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

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

PEDU-730 | 5 sessions | $75 AGE 60+ | $75 REG
P08  M 5:30-7 p.m.  April 4 – May 2  Eagle Springs
P09  Sa 10-11:30 a.m.  April 9 – May 7  Eagle Springs

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

PEDU-730 | 4 sessions | $49 AGE 60+ | $49 REG
P01  Tu 6-7 p.m.  April 5 – April 26  Golfport of Maryland Heights
P06  W 6:30-7:30 p.m.  Scott Neibert  April 6 – May 11  First Tee
P07  Sa 10-11 a.m.  April 9 – May 14  First Tee

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

PEDU-765 | 4 sessions | $49 AGE 60+ | $49 REG
P01  Tu 10-11 a.m.  April 5 – April 26  Golfport of Maryland Heights

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

PEDU-765 | 4 sessions | $49 AGE 60+ | $49 REG
P02  Tu 11 a.m.-noon  April 5 – April 26  Golfport of Maryland Heights

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

PEDU-730 | 4 sessions | $49 AGE 60+ | $49 REG
P02  Th 5-6 p.m.  April 7 – April 28  Golfport of Maryland Heights

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

PEDU-730 | 4 sessions | $49 AGE 60+ | $49 REG
P03  Th 6-7 p.m.  April 7 – April 28  Golfport of Maryland Heights
P04  Sa 10-11 a.m.  April 9 – April 30  Golfport of Maryland Heights

Golf: Basic Fundamentals Refresher
A perfect class for beginning golfers with previous instruction. Extra fee for balls.*

PEDU-731 | 4 sessions | $49 AGE 60+ | $49 REG
P01  Th 7-8 p.m.  April 7 – April 28  Golfport of Maryland Heights
P04  Sa 9-10 a.m.  April 9 – April 30  Golfport of Maryland Heights

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

PEDU-765 | 4 sessions | $49 AGE 60+ | $49 REG
P04  Th 11 a.m.-noon  April 7 – April 28  Golfport of Maryland Heights

Golf: Caregiver/Child
Enjoy time with your child (for ages 7 to 15) on the links and have fun learning the basics of golf together. Registration required for each participant. Extra fee for balls paid by each participant.*

PEDU-765 | 4 sessions | $49 AGE 60+ | $49 REG
P03  Sa 11 a.m.-noon  April 9 – April 30  Golfport of Maryland Heights

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

PEDU-765 | 1 session | $35 AGE 60+ | $35 REG
P05  M 5-7 p.m.  May 9  Eagle Springs
P06  Tu 5-7 p.m.  April 19  Eagle Springs

**Eagle Springs approximately $15 to play some holes on the course (includes riding cart).*
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 in 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.

Tennis: Beginning I, NTRP 1.0-2.0
See NTRP rating box. Tennis balls provided.*

Tennis: Intermediate I, NTRP 3.0
See NTRP rating box. Tennis balls provided.*

Tennis: Beginning II, NTRP 2.5
See NTRP rating box. Tennis balls provided.*

Tennis: Intermediate Advanced, NTRP 3.0-4.0
See NTRP rating box. Tennis balls provided.*

Tennis: Beginning II, NTRP 2.5
See NTRP rating box. Tennis balls provided.*

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

Aqua Zumba®
Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of a traditional Zumba class with water-based exercises.*

**PEDU-729 | 6 sessions | $70 AGE 60+ | $85 REG**

**P01**
T Th 1-1:50 p.m.
Barbara Harris
FV-PE Pool
Jan. 25 - Feb. 10

**P02**
T Th 1-1:50 p.m.
Barbara Harris
FV-PE Pool
Feb. 22 - March 10

**PEDU-729 | 14 sessions | $90 AGE 60+ | $125 REG**

**P12**
T Th 1-1:50 p.m.
Barbara Harris
March 22 - May 5

Swimming Skills: Advanced
Gain more confidence in and around water with advanced instruction. Emphasis on lap swimming techniques, breath control and acquiring endurance.*

**PEDU-729 | 16 sessions | $95 AGE 60+ | $135 REG**

**P04**
MWF 11-11:50 a.m.
Daniel Vogt
FV-PE Pool
Jan. 24 - March 2

**P09**
MWF 11-11:50 a.m.
Daniel Vogt
FV-PE Pool
March 21 - April 25

Water Exercise
Get a total body workout. Tone, strengthen and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.*

**PEDU-729 | 16 sessions | $95 AGE 60+ | $135 REG**

**P01**
MWF 8-8:50 a.m.
Daniel Vogt
FV-PE Pool
Jan. 24 - March 2

**P02**
MWF 9-9:50 a.m.
Daniel Vogt
FV-PE Pool
Jan. 24 - March 2

**P03**
MWF 10-10:50 a.m.
Daniel Vogt
FV-PE Pool
Jan. 24 - March 2

**P05**
MWF 8-8:50 a.m.
March 21 - April 25

**P06**
MWF 9-9:50 a.m.
March 21 - April 25

**P07**
MWF 10-10:50 a.m.
March 21 - April 25

Self-Defense

Krav Maga™
Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced discipline designed to prepare both body and mind for violent attacks. 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.*

**PEDU-743 | 10 sessions | $95 AGE 60+ | $95 REG**

**P06**
Sa 10-11 a.m.
Jan. 29 - April 2
Xtreme Krav Maga Dorsett

**P07**
Sa 10-11 a.m.
Jan. 29 - April 2
Xtreme Krav Maga Fenton

Practical Self-Defense for Women
Maximize your own power and gain confidence in your ability to defend against personal attacks with easy-to-learn, highly effective techniques. A great intro for novices and refresher for students with previous training, this course is led by a female instructor with more than 25 years of experience in martial arts. Class covers situational awareness, stand-up defense (striking and kicking), defense against grab attacks and grappling techniques to escape from ground attacks. Hands-on basic physical fitness required to practice techniques with partners. All gear is provided. No shoes on mats. Athletic wear required. Students must be age 16 or older; students ages 16 or 17 must be accompanied by parent/guardian.*

**PEDU-743 | 1 session | $39 AGE 60+ | $39 REG**

**P01**
Sa 9 a.m.-noon
Feb. 5
Gina Breadon
MC-PE 105

**P02**
F 6-9 p.m.
March 11
Gina Breadon
MC-PE 105

**P03**
Sa 9 a.m.-noon
April 2
Gina Breadon
MC-PE 105

**P04**
F 6-9 p.m.
April 22
Gina Breadon
MC-PE 105

Street Smart Self-Defense
Protect yourself wherever you go by learning and understanding self-defense techniques deeply rooted in martial arts and focused on common sense, unconventional life-saving approaches. Special training or education is not required. Class taught by a brown belt in classic Japanese Shotokan karate and black belt in Korean Hapkido.*

**PEDU-743 | 6 sessions | $49 AGE 60+ | $79 REG**

**P05**
Th 6:30-8:30 p.m.
Johnny Sprang
March 3 - April 14
MC-BA 114

*NOTE: No class March 17.

Bowling

Bowling Skills
Whether you are just beginning or looking to bring your bowling game up a notch, have fun and learn new techniques as you learn proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games each week.*

**PEDU-772 | 4 sessions | $35 AGE 60+ | $55 REG**

**P01**
W 11 a.m.-1 p.m.
Michael Bluth
March 23 - April 13
Crestwood Bowl

Volleyball

Volleyball: Recreational
Keep fit, have fun and make friends. All levels welcome.*

**PEDU-704 | 10 sessions | $56 AGE 60+ | $99 REG**

**P04**
M 5:30-6:15 p.m.
Annie Gun’s Health & Fitness
April 11 – May 16
FV-PE 233

Fitness Boot Camp

Let's Move Boot Camp
Gain strength and endurance in this dynamic full body workout. Enjoy a warm up to get your body ready. Then get moving and working before taking a nice cool down. Modifications will be offered and all fitness levels are welcome.

**PEDU-759 | 6 sessions | $59 AGE 60+ | $59 REG**

**P01**
F 7-8:30 p.m.
Jason Guss
Feb. 11 – April 22
F-PE Gym

**P04**
M 5:30-6:15 p.m.
Annie Gun’s Health & Fitness
April 11 – May 16
FV-PE 233
Rest, Stress and Destress
Visit different ways to learn how to destress your life through various methods to rejuvenate your mind, body and soul as well as relax them. A light, no thinking, stress-free class to end your day on a good note and prepare for a restful nights sleep.*

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

Mat Pilates
Build core strength with floor exercises that will help increase strength, flexibility and agility. Every muscle will be stretched by the end of class, leaving you feeling lean and relaxed.*

Mat Classes
Build core strength with floor exercises that will help increase strength, flexibility and agility. Every muscle will be stretched by the end of class, leaving you feeling lean and relaxed.*

Zumba® Toning
Fun meets fit with the upbeat tempo of Latin and international music. Zumba® toning takes a lower intensity approach to Zumba dance, making this class perfect for older active adults or individuals with limited physical ability. Exercises will include proper breathing and gentle stretching and are modified to help work on posture, strength and balance.*

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

TRX Strength and CardioBoxx
TRX is a form of training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. TRX leverages gravity and your body to complete variety of exercises. CardioBoxx is a fun combination of kickboxing moves (jab, cross, hook, upper cut, side kicks, front kicks, back kicks) in a layering format with upper and lower body combinations getting your heart rate up.*

Muscle Up and CardioBoxx
Muscle up with light weights, resistance bands and other fitness toys. Then, transition into CardioBoxx. Explore fun combination of kickboxing moves (jab, cross, hook, upper cut, side kicks, front kicks, back kicks) in a layering format with upper and lower body combinations getting your heart rate up.*

Fitness & Fun = Google GEO Tools™
Grab your walking shoes or bike and your Google Account. Take an online journey using Google Earth™ and Maps™ before you walk or ride bike. Explore the wine region of France or head into Egypt to check out the pyramids. Learn how to track your walking or riding miles inside Google Earth and share your trail with others. You must have a Google Account prior to first class. Class meets online for the first six sessions, then in person at MC-SW 103.*

Barre Cardio and Tone
Learn a sequence of upper body exercises using light weight free weights to target biceps, triceps, shoulder, chest and back muscles. Then, move to a series of ballet barre and floor exercises that focus on the thighs while working core and posture. Every exercise includes active stretching to elongate the targeted muscles.*

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. This course is ideal for individuals age 55 and older, and those of all abilities.*

Baby Weights
Join a fitness class designed for the new parent. Tone arms, legs and core while spending time with baby and reclaiming your personal strength and endurance. All fitness levels welcome. Best suited for parents with babies in pre-walking stage.*

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

NEW! Hip Hop Step Board
Step board is an up-tempo way to get your heart pumping and stay fit. Enjoy all the benefits of a high-intensity cardio workout without putting stress on your joints by using a step board and focusing on balance, coordination and agility. Improve overall fitness by building strength, reducing fat, and boosting your cardiovascular health while targeting your legs, upper body, core, and flexibility. Bring step board to first class.*
**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.*

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>10 sessions</th>
<th>$119 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>P04 M 12:15-1:15 p.m.</td>
<td>Kelly Kauffmann</td>
<td>Feb. 7 – April 18 Affton White-Rodgers</td>
</tr>
</tbody>
</table>

**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.*

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>13 sessions</th>
<th>$119 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>P13 M 6-7 p.m.</td>
<td>Sharon Danyluck</td>
<td>Jan. 31 – May 2 Sunset Hills Comm Ctr Multi Rm</td>
</tr>
</tbody>
</table>

**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.*

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>10 sessions</th>
<th>$119 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>P05 M 1:30-2:30 p.m.</td>
<td>Kelly Kauffmann</td>
<td>Feb. 7 – April 18 Affton White-Rodgers</td>
</tr>
</tbody>
</table>

**Yoga to Align and Unwind**
Stilling the mind starts with aligning and freeing the body. This beginner yoga class will help you learn 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.*

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>11 sessions</th>
<th>$95 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>P07 Th 6:45-7:45 a.m.</td>
<td>Jan. 20 – March 31 The City Studio</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>11 sessions</th>
<th>$95 REG</th>
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</thead>
<tbody>
<tr>
<td>P08 M 11:30 a.m.-12:30 p.m.</td>
<td>Jan. 20 – March 31 The City Studio</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>10 sessions</th>
<th>$99 REG</th>
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<tbody>
<tr>
<td>P09 Sa 9:15-10:30 a.m.</td>
<td>Jan. 22 – March 26 The City Studio</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>PEDU-761</th>
<th>6 sessions</th>
<th>$75 REG</th>
</tr>
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<tbody>
<tr>
<td>P02 W 11:15 a.m.-12:15 p.m.</td>
<td>April 13 – May 18 Affton White-Rodgers</td>
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<tr>
<td>P03 W 11:15 a.m.-12:15 p.m.</td>
<td>April 13 – May 18 Affton White-Rodgers</td>
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</tbody>
</table>

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

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<thead>
<tr>
<th>PEDU-761</th>
<th>8 sessions</th>
<th>$79 REG</th>
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</thead>
<tbody>
<tr>
<td>P06 F 10-10:45 a.m.</td>
<td>Vitality in Motion Affton White-Rodgers</td>
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</tbody>
</table>

**Yoga for Stress and Anxiety**
Modern life and busyness can cause your stress response to be continually turned on, leading to feelings of chronic worry and exhaustion. Learn specific techniques to activate relaxation responses, leading to greater calmness and ease. Discover 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.*

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<thead>
<tr>
<th>PEDU-761</th>
<th>7 sessions</th>
<th>$69 REG</th>
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</thead>
<tbody>
<tr>
<td>P10 Th 4:30-5:30 p.m.</td>
<td>March 24 – May 5 South River Yoga</td>
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</table>

**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.*

<table>
<thead>
<tr>
<th>PEDU-756</th>
<th>6 sessions</th>
<th>$75 REG</th>
</tr>
</thead>
<tbody>
<tr>
<td>P01 Th 5:30-6:30 p.m.</td>
<td>April 14 – May 19</td>
<td></td>
</tr>
<tr>
<td>P04 Th 5:30-6:30 p.m.</td>
<td>April 14 – May 19</td>
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</tbody>
</table>

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

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<thead>
<tr>
<th>PEDU-756</th>
<th>13 sessions</th>
<th>$119 REG</th>
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<tbody>
<tr>
<td>P02 M 6:10-7:05 p.m.</td>
<td>Kathy McMeans</td>
<td></td>
</tr>
<tr>
<td>P03 W 6:10-7:05 p.m.</td>
<td>Kathy McMeans</td>
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</tbody>
</table>

**ACE® Personal Trainer Certification Prep**
Turn your passion for health and fitness into a career.

- **12 session, non-credit training program**
- **Learn to design individualized fitness programs** based on clients’ health, fitness and goals
- **Study physiology, nutrition, teaching techniques and more**
- **Prepare for the American Council on Exercise (ACE)** Personal Trainer Certification Exam

Learn more and register at [stlcc.edu/Accelerated](http://stlcc.edu/Accelerated)
T’ai Chi

**Introduction to T’ai Chi for Health**
Experience a moving meditation of safe, low-impact exercise while improving strength, balance and flexibility. Explore basic principles and practices including focused breathing, coordinated mindful movement and focused weight shifting. Please wear comfortable, loose-fitting clothing and flat-soled shoes.*

**PEDU-766**
- 8 sessions | $49 AGE 60+ | $79 REG
- Tu 4-5 p.m.
- Dennis Winschel
  Jan. 31 – April 17
- NOTE: No class Feb. 21, March 14.

**Chen T’ai Chi for Beginners**
Strengthen your body through slow, smooth movements. Increase energy with mindful breathing and improve balance through the constant shift of body weight. T’ai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of T’ai Chi.*

**PEDU-766**
- 8 sessions | $79 AGE 60+ | $99 REG
- W 1-1:50 p.m.
- Alex Chen
  Feb. 2 – March 30
- NOTE: No class March 16.

**T’ai Chi Chih: Beginning/Continuing**
Expand your journey through 19 movements and one pose of this moving meditation. Beginners learn from experienced instructor and classmates while continuing students enhance their own movements. Health benefits include better balance, blood pressure control and reduction in symptoms associated with stress, shingles and arthritis.*

**PEDU-766**
- 10 sessions | $69 AGE 60+ | $99 REG
- Tu 4:30-5:30 p.m.
- Jeanette Miller
  Feb. 8 – April 19
- NOTE: No class March 15.

**T’ai Chi Chih: Health: Intermediate**
T’ai Chi remains a safe low-impact exercise for improving strength, balance, flexibility, mental acuity and mindfulness. For those currently practicing T’ai Chi principles, this class builds on the completed Introduction to T’ai Chi for Health with more integrated whole body movements. Please wear comfortable, loose-fitting clothing and flat soled shoes.*

**PEDU-766**
- 8 sessions | $49 AGE 60+ | $79 REG
- Tu 4-5 p.m.
- Dennis Winschel
  Feb. 1 – March 29
- NOTE: No class March 15.

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

**HEAL-701**
- 1 session | $39 AGE 60+ | $39 REG
- P01 Th 6-8:30 p.m.
- Alex Chen
  Feb. 3
- Online

**Natural Wellness: Alternative Healthcare**
Modern scientific research has shown how complementary and alternative medicine can help in treating systematic and chronic diseases. Understand how the mechanism of acupuncture and other forms of treatment in traditional Chinese medicine (TCM) provide alternative options for common, but difficult-to-treat diseases such as Alzheimer’s, stroke, cancer and Parkinson’s disease. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in Traditional Chinese Medicine.

**HEAL-701**
- 1 session | $39 AGE 60+ | $39 REG
- P03 Th 6-8:30 p.m.
- Alex Chen
  March 3
- Online

**Overview of Chinese Medicine**
Explore the fundamental concepts of traditional Chinese medicine that have steered this form of care for more than 2,500 years! Discover basic principles you can apply in your daily life to enhance health and wellness. Learn from the experience of a licensed acupuncturist and herbalist with a doctorate in traditional Chinese medicine.

**HEAL-701**
- 1 session | $39 AGE 60+ | $39 REG
- P02 Th 6-8:30 p.m.
- Alex Chen
  Feb. 17
- Online

**Meditate to Refresh and Rejuvenate**
Manage your mind and emotions while connecting with your own inner silence. Uncover creativity and bliss while bringing joy and enthusiasm to your life. Tap into the power of meditation and enjoy the benefits of elevated mental clarity, increased energy, improved physical health, stronger relationships, greater peace of mind and added productivity. Please bring a mat.

**PERD-732**
- 2 sessions | $23 AGE 60+ | $29 REG
- P01 Sa 4-5 p.m.
- Neelima Bhavsar
  Feb. 5 – March 12
- Online
- P02 Sa 4-5 p.m.
- Neelima Bhavsar
  March 5 – March 12
- Online
- P03 Sa 4-5 p.m.
- Neelima Bhavsar
  April 2 – April 9
- Online
- P04 Sa 4-5 p.m.
- Neelima Bhavsar
  May 7 – May 14
- Online

* Assumption of Risk, Release and Waiver of Liability must be signed at first class. See page 62 for more details.
Meal Planning 101
Interested in having more home cooked meals, but never have time? Tired of spending half your paycheck on groceries just to have the food go bad? Be guided by a Registered Dietitian Nutritionist through the ins and outs of meal planning while providing tips and tricks to help you save time, money and reduce the monotony of everyday meals.
PERD-747 | 1 session | $65 Age 60+, $65 REG
P03 M 4:30-6 p.m. McDaniel Nutrition
March 21 Online

Navigating Meals With a Picky Eater
Meal times with kids can be exciting as they discover new foods. But for some parents, they are filled with frustration, deal-making and battles over food on the plate. Meal times with picky eaters do not have to be a chore. Explore the division of responsibility of feeding, techniques to help increase enjoyment at meals and the science behind children's eating habits.
PERD-747 | 1 session | $65 Age 60+, $65 REG
P04 M 4:30-6 p.m. McDaniel Nutrition
March 28 Online

Supporting a Healthy Relationship With Food
Many people think healthy eating is about what is on the plate and focus on the nutrient profile of foods. While nutrient-dense foods are part of a balanced diet, they are not the end-all, be-all for "healthy" eating. In fact, some would argue that the relationships children have with food influence healthy eating more than any particular food they put in their body. Explore this idea and walk through the steps to help create the framework for building healthy relationships with food.
PERD-747 | 1 session | $65 Age 60+, $65 REG
P05 M 4:30-6 p.m. McDaniel Nutrition
April 4 Online

Vision Boards
Create your own personal vision for positive change via a playful vision board. Use the power of feeling states and pattern recognition to invite more fun, energy, joy into your life.
PERD-709 | 1 session | $26 Age 60+, $35 REG
P03 Sa 9:30-11 a.m. Carol Watkins
Feb. 5 – Feb. 12 Online

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. You may lose a loved one or a job, experience divorce or illness, have an empty nest. Or, you become a new grandparent, embark on new job or move to a city. Whether the transition is positive or negative, we all have times when we ask ourselves, “How can I make it easier?” Learn practical strategies to empower you in making future changes with increased confidence, less stress and the greater potential to thrive. Class is recommended for individuals 50 and older.
PERD-709 | 2 sessions | $26 Age 60+, $35 REG
P03 Sa 9:30-11 a.m. Carol Watkins
Feb. 5 – Feb. 12 Online

Assumptiveness for the Sensitive Person
Have you ever been told you’re “too nice” and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others than their own. This can result in an individual feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.
PERD-743 | 2 sessions | $33 Age 60+, $45 REG
P01 Th 7-9 p.m. Nancy Cohen
Jan. 27 – Feb. 3 Online

Developing Intuition
Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your psychic senses is naturally strongest: gut feelings, inner listening or intuitive seeing. Learn practices to help develop your intuition including sensing auras, psychometry (intuiting information by holding objects) and more.
PERD-735 | 4 sessions | $25 Age 60+, $55 REG
P07 Sa 10 a.m.-noon Rhonda Leifheit
Feb. 12 – March 5 MC-BA 122

Discovering Enough
Do you feel overwhelmed by the tasks on your “to-do” list, the stuff in your closets or the events on your calendar? Learn how to create a life of balance and ease by finding your own personal “enough.” Discover common ways that people get stuck and tools to break free.
PERD-709 | 1 session | $25 Age 60+, $29 REG
P09 W 6-8 p.m. Fawn Hoener
Feb. 23 PP-F 225

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 | $25 Age 60+, $29 REG
P04 Th 6:30-8:30 p.m. William Duffin
Feb. 24

Law of Attraction, What’s the Problem?
You’ve visualized and made your vision board, but are you still encountering the same old obstacles? Explore a key human trait: the unconscious counter-intention. Discover your hidden potential as you remove your unconscious blocks. Dive into the law of attraction and discover insight into your subjective unconscious blocks to your desires.
PERD-709 | 1 session | $25 Age 60+, $29 REG
P05 Sa 10 a.m.-noon William Duffin
Feb. 26 Online

NEW! Community Inclusion of Individuals With Unique Abilities
Discover a new perspective toward individuals living with unique abilities and how they are viewed in our communities. This course consists of impactful discussions, role playing, self/peer evaluations, and interactive assignments that will engage you to think outside the box. This is designed to open your eyes and cause you think by standing in someone else’s shoes. Please bring iPad or laptop to class. Supply list will be sent.
PERD-765 | 1 session | $19 Age 60+, $25 REG
P01 Sa noon-1 p.m. Jennifer Carter
April 9 FV-SM 111
P02 Sa noon-1 p.m. Jennifer Carter
April 9 FV-SM 111
Ten Clues to Your Past Lives
Ever wonder if you’ve lived before? Learn how past lives might influence your life now. Find clues in your talents and gifts, fears and phobias, relationships and health. Explore basic theories (and myths) of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering ten significant clues to your past lives.

PERD-735 | 2 sessions | $27 AGE 60+ | $39 REG
P06 Tu 6-8 p.m. | Rhonda Leifheit
March 1 – March 8 | MC-BA 116

Zen Living
Do you want more peace and calm in your life? Do you feel stressed? Do you find yourself having a negative outlook? Learn practical ways to nurture Zen in your surroundings, relationships and personal philosophy. Explore open discussions on how Zen influences personal finances, physical ailments, sleeping habits, personal environment, self-confidence, happiness, forgiveness, spirituality and love.

HEAL-702 | 2 sessions | $30.50 AGE 60+ | $45 REG
P01 Tu 6:30-8:30 p.m. | Johnny Sprang
March 1 – March 8 | MC-BA 114

How to Find More Peace and Happiness
We want to feel peace and joy, but the challenges we face can make it seem difficult. Discover how simple changes in your everyday thoughts and routines can make a remarkable difference in your life. Explore how understanding and practice can help you move toward a state of peacefulness more easily.

PERD-744 | 2 sessions | $33 AGE 60+ | $45 REG
P01 Th 7-9 p.m. | Nancy Cohen
March 3 – March 10 | Online

NEW! Successfully Navigating Change
Do you feel stuck? Overwhelmed? Hoping to recover something dear to you that seems irrevocably lost? Discover which phase of the change cycle you are in and learn specific tools to navigate it and other phases of the change cycle.

PERD-709 | 1 session | $23 AGE 60+ | $29 REG
P01 W 6-8 p.m. | Fawn Hoener
March 9 | FP-F 325

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 perfectionist to finish projects? Explore the type of procrastinator you are and learn strategies for overcoming your particular procrastination style.

PERD-709 | 3 sessions | $49 AGE 60+ | $69 REG
P01 Tu 6:30-8:30 p.m. | Barbara Fischer
March 22 – April 5 | Online

Mastering Mindfulness
Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? Explore mindfulness as a method to improve your memory and find a clearer understanding of your purpose in life. Begin engaging the world with your entire mind instead of a fleeting, uncontrolled thought. Learn tools to stretch your mind in amazing ways.

PERD-709 | 1 session | $23 AGE 60+ | $29 REG
P06 Th 6:30-8:30 p.m. | William Duffin
April 14 | Online

The Afterlife
What happens when we die? Will we meet our loved ones who have passed before us? Is there a heaven? A hell? Do souls really get “stuck” between worlds? Am I still “me” when my body dies? Gain a greater understanding of the afterlife and the journey of the soul thereto. Students should come to class with an open mind. This class is based on empirical and anecdotal fact and not a forum to debate individual religious views.

PERD-709 | 1 session | $23 AGE 60+ | $29 REG
P07 Sa 10 a.m.-noon | William Duffin
April 16 | Online

Courage, Risks and Rewards: Taking Chances to Change Your Life
Life is all about choices. The decision to leap into something new or different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk and learn how to change your mindset. Learn five powerful perspectives on risk-taking that will empower you to take more chances and create opportunities for happiness and fulfillment.

PERD-709 | 2 sessions | $26 AGE 60+ | $35 REG
P02 Sa 9:30-11 a.m. | Carol Watkins
May 7 – May 14 | Online

Caregiving Resources for Older Adults
Of the nearly 44 million family caregivers in the U.S., many are over-burdened and under-informed. 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
P02 Th 6-8 p.m. | VOYC
Feb. 24 | Online

Loss as a Senior: Coping With Loneliness
Loss as a senior can present unique challenges to those who experience it such as, isolation, depression and persistent feelings of sadness. This can especially be difficult to cope with as an older adult. Learn coping methods and resources to help you or a loved one work through these emotions.

AHCE-701 | 1 session | $25 AGE 60+ | $25 REG
P01 Th 11 a.m.-1 p.m. | VOYC
March 17 | Online
Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs and to view complete, up-to-date course information, visit St. Louis Community College at stlcc.edu/CE.

Enrollment in Continuing Education classes and programs is limited to persons 16 years and older except where otherwise noted.

Registration for classes closes three business days before class start date unless otherwise noted in course description.

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

Students’ Rights and Responsibilities
All students are responsible for adhering to College policies and procedures. Please refer to stlcc.edu/need2know.

Class Changes/Postponement/Cancellation
Any course changes in dates, times or locations will be emailed to students using the email address provided during course enrollment. Because Continuing Education (non-credit) classes are self-supporting, the decision to run a class is based on the number of students enrolled. The College reserves the right to cancel if sufficient enrollment is not achieved. For changes and cancellations due to low enrollment, students will be notified by email. Refunds will be issued for classes canceled by the College unless noted otherwise in the catalog. Please call 314-984-7777 with any questions.

Inclement Weather
Occasionally, Continuing Education classes are canceled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. 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 specific host school district or institution closes, the Continuing Education classes at that location will not meet.

Health and Safety Guidelines
Classes offered in-person may be rescheduled, canceled or transitioned to an online format. Students are required to follow all health and safety directives by St. Louis Community College and local health protocols.

Credit Card Processing Fee
A 2.75% third party processing fee will be added for class registrations made via debit and credit cards. This fee is nonrefundable. Payment may alternatively be made via check through mail-in registration.

Refund of Fees
If you wish to withdraw from a course, you will receive a refund for most classes if the class is dropped three business days before the first meeting. See the course schedule for classes (such as day trips) that require notice of more than three business days for cancellation and eligibility for a refund.

Requests for withdrawals must be submitted in writing to Continuing Education by email at 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.

Academic Challenges
The College reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, College will institute disciplinary action.

Textbooks
Textbooks can be purchased at the campus bookstores or online through the STLCC bookstore website unless otherwise noted in the course description. Books ordered through the website will be shipped to you free of charge. Please go to stlouisccbookstore.com for additional information. CE students should select the term, department, course, and section to show a full list of what is required or optional for that specific class. Enter ‘CE’ or ‘Continuing Education’ on the website when prompted for a student number to complete the order.

Safety and Program Guidelines for Youth Classes
All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be dismissed for misbehavior.

Firearms on College Property
No person (except for licensed police officers) shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds – leased or owned by the college – college athletic fields and parking lots) or in any college vehicle or at college sponsored events on or off college property.

Non-Discrimination
St. Louis Community College is committed to creating inclusive, welcoming, and respectful learning and working environments focused on the needs of our diverse communities. The College does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, pregnancy, sexual orientation, gender identity, gender expression, age, disability, protected veteran status, and any other status protected by applicable state or federal law. The College’s nondiscrimination policies apply to any phase of its employment process, any phase of its admission, or financial aid programs, and all of its educational programs or activities. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

Protection of Intellectual Property
The content of each course consists of intellectual property of the College and the faculty member. Recording of course lectures, discussions and materials, or distribution/transmission of the course content, is prohibited. The College and faculty member, to protect the copyright interests in course materials and to protect the privacy interests of students participating in this course. Public distribution or transmission to publicly accessible web environments may constitute copyright infringement and may subject the student to disciplinary action under applicable College policies.

Accommodations
If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Continuing Education Access Office at 314-984-7704 as soon as possible in advance of the program for consideration of your accommodations request.

It is helpful to receive accommodations requests at least 10 days in advance of a program. For trips and tours, advance notice of up to one month is requested. With less advance notice, it may be difficult to meet needs of interested members. Learn more about STLCC disAbility Support Services at stlcc.edu/disability.

Environmental Health and Safety
Some Continuing Education courses involve work with materials and products that require special handling. Please refer to STLCC’s Environmental Health and Safety page (www.stlcc.edu/departments/environmental-health-and-safety) for additional information.

Assumption of Risk, Release and Waiver of Liability
St. Louis Community College assumes no liability for accidents or injuries that may occur while participating in Continuing Education classes and programs and provides no funds to cover medical costs or expenses. Students are reminded that participation is voluntary. A signed waiver is required for participation in select courses and participants must be age 18 or older. It is strongly recommended that all students have their own health insurance. St. Louis Community College Continuing Education seeks to provide courses that are academically interesting and create opportunities for members to broaden their knowledge and interests. The material presented in these courses, 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. **Please note: A nonrefundable 2.75% fee will be added for class registrations made via debit or credit card.** Payment may alternatively be made via check with mail-in registrations.

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

Complete the enrollment form and include check or money order for payment. Students who register by mail will receive confirmation of enrollment by email.

STLCC is committed to keeping your information safe. We can only accept debit and credit card payments through our online system. You can register and pay online at stlcc.edu/CE. We will also accept registration and payment via check by mail. All payment for classes must be received by the class registration deadline (three business days prior to class start unless otherwise noted in catalog and/or in the course description at stlcc.edu/CE.)

Please contact our Call Center with any questions you may have at 314-984-7777.

**Hours**
- M-Th 8:30 a.m.-4:30 p.m.
- F 8:30 a.m.-4 p.m.

Enrollment in classes within this brochure is limited to persons 16 years or older except for youth classes or where otherwise noted. Students must be 18 years or older to sign print waivers or acknowledge online waivers.

**Registration Deadline:** All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Registration closes three business days prior to class start date, except as otherwise noted in course description. Some classes have additional registration deadline requirements. Please check course descriptions.

**Confirmations and Cancellations:** Registration confirmations, course updates and cancellation notices will be delivered to the email address provided at registration. Please see Class Changes/Postponement/Cancellation section of General Information for further information.

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**PLEASE REGISTER ME FOR THE FOLLOWING COURSES:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Section</th>
<th>Course Title</th>
<th>Start Date</th>
<th>Day/Time</th>
<th>Fees</th>
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**Total:**

**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.
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

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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.