Continuing Education
COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

Be the main character of your story.

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... and many more!

St. Louis Community College
Continuing Education
stlcc.edu/CE | 314-984-7777
Start your story.

Register at: stlcc.edu/CE

Call Center
Phone: 314-984-7777
Email: CEdropbox@stlcc.edu

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

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Bucket List

Work It

Self-care

Life’s Adventures
## Spring 2023 Continuing Education Courses

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If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Access Office at stlcc.edu/disability as soon as possible in advance of the program for consideration of your accommodations request. A student may submit this application at any time during their enrollment, but the College recommends submitting the application as early as possible to make any necessary arrangements.

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:** Kevin M. Martin, Ed.D., Chair; Craig H. Larson, Ed.D., Vice Chair; Rodney Gee; Doris A. Graham, Ph.D.; Mary Luebke; Ann Adams Marshall; Pam Ross
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 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 under-served communities throughout the St. Louis region.

ADVANCING PEOPLE: CONTINUING EDUCATION

Continuing Education (CE) enrolls thousands of participants annually in professional development and personal enrichment courses. Over 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 on campus and at locations throughout the greater St. Louis region and online, in partnership with other community organizations and non-profits.

ADVANCING THE MISSION: INSTITUTIONAL DEVELOPMENT

Institutional Development advances STLCC’s mission to expand minds and change lives every day through working with faculty, staff and partners to secure funding and build capacity from federal, state and local sources. This allows WSG to offer programs and services that best serve the needs of students and the community, often at little or no cost to students.

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

BUSINESS 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.

PBCT-703 | 1 session | NO FEE
P01  Sa 9 a.m.-noon  Dirk Lupien  Mar 4

Project Management
Project managers are in demand when the need is for skills that require time, resources and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria of 35 hours that is required to register for the PMP exam. This practical learning experience prepares the student for the PMP® certification exam by lecture, online exercises, working sessions and practice exams. Program utilizes Registered Educational Provider (REP) materials. Class meets Wednesdays: 6-9pm and Saturdays: 8:30am-4pm. No refunds after Mar 21 unless class is canceled.

PBCT-703 | 8 sessions | $1699 AGE 60+ | $1699 REG
P02  W 6-9 p.m.; Sa 8:30 a.m.-4 p.m.  Dirk Lupien  Mar 23 - Apr 26
  • NOTE: No class Apr 8

NONPROFIT ESSENTIALS

Starting Your Own Nonprofit
This popular seminar provides an overview of the legal basis for establishing and running a nonprofit organization. Presented by a grant writer and entrepreneur who speaks from his experience in creating and managing nonprofit start-ups. Class includes practical tips and useful nonprofit resources to assist in nonprofit formation, orienting new board members and nonprofit directors. This class will teach you the process of establishing a nonprofit organization in a step-by-step format using the IRS Nonprofit Form 1023.

NPAD-703 | 1 session | $27.50 AGE 60+ | $35 REG
P01  Sa 10 a.m.-12:30 p.m.  Jimmie Calmese  Mar 25

Identifying & Securing Nonprofit Funding
Are you an established nonprofit looking for new donors and new ways to generate revenue? This course will teach you how to overcome the most common fundraising hurdles and how to attract new sources of funding for your nonprofit organization. Taught by a nonprofit grant writer and Executive Director, this course will teach you best practices and innovative ways to grow and cultivate your donor base and grow fundraising dollars.

NPAD-703 | 1 session | $27.50 AGE 60+ | $35 REG
P01  Sa 10 a.m.-12:30 p.m.  Jimmie Calmese  Feb 25

Introduction to Advocacy and Public Policy
Discover the benefits, advantages, potential pitfalls and the difference between advocacy and lobbying. Discover ways to partner with your stakeholders to create or leverage your advocacy efforts with committees, volunteers and related engagement approaches. You will have the opportunity for questions and discussion applied to your real-world situations.

NPAD-703 | 1 session | $35 AGE 60+ | $35 REG
P03  Sa 9-11:00 a.m.  Sheri Bilderback  Feb 11

Grants

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 | $75 AGE 60+ | $109 REG
P01  Sa 10 a.m.-12:30 p.m.  Jimmie Calmese  Apr 15 - May 6

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 | $75 AGE 60+ | $109 REG
P02  Sa 10 a.m.-12:30 p.m.  Jimmie Calmese  May 20 - Jun 24
  • NOTE: No class May 27, Jun 17
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.

For full course descriptions, please go to the registration page at stlcc.edu/CE.
The Business of Inventing

As a business owner you wear many hats. This class will provide you with the big picture of business development and management. Learn how to become better prepared for product or business launches while avoiding common pitfalls that lead to business failure.

BUSS-701 | 2 sessions | $35 AGED | $35 REG
P05 Th M 6-7:30 p.m. Cheri Renee
Feb 9 – Feb 13 Online
P06 T Th 10-11:30 a.m. Cheri Renee
Mar 21 - Mar 23 FV-C 106

STEmulating Innovative Minds: A Product Development Workshop

Channel your inner STEM talent and skill sets while working on the development of your ideas and produce a prototype using online resources. Explore various applications of Science, Technology, Engineering, and Marketing.

BUSN-765 | 2 sessions | $35 AGED | $35 REG
P25 T Th 10-11:30 a.m. Cheri Renee
Mar 7 - Mar 9 FV-C 106

Career Essentials

How to Get a Job with the State of MO

Explore general information about the State of MO Job Site including: the procedure of how to apply and where; Merit Exam and other requirements; and examples of jobs in several departments (Mental Health, Children and Family Support, Corrections, Senior and Disability Services; Conservation, State Parks, nursing). Discussion will examine benefits (vacation time, sick time, retirement, pension, 401k, further education, promotions, comp time, maternity/paternity leave) and ideas for internships.

CPDV-701 | 1 session | $21.50 AGED | $29 REG
P01 Sa 11 a.m.-1 p.m. Dr. Lawrence Gibbs
Mar 25 Online

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 | $45 AGED | $45 REG
P01 W 6-8:30 p.m. Jean Walters
Jun 7 – Jun 14 STLCC-Corp 207

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the uncharted post-career years and wondering what’s next? Many of us in the third chapter of life feel unsettled, restless and adrift. The years between 50 and 75 can be some of the best, but are you wondering how to make sense of the changes you’re facing? 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 | $45 AGED | $45 REG
P02 Sa 9:30 a.m.-12:30 p.m. Carol Watkins
Jun 3 – Jun 10 Online

Plus 50: Beginning Job Interview Techniques

Get tips and helpful advice on how to find out what employers are looking for in candidates and how you can prepare for interviews by phone, face-to-face, group or panel formats.

CPDV-703 | 1 session | $22.50 AGED | $29 REG
P01 W 6-8:30 p.m. Edwin Penfold
Apr 19 MC-SO 204

Plus 50: The Job Search

Learn the current basics of job search and avoid the costly services and traps of the internet. Discussion will cover basic resume development, the online application process and those pesky interest questionnaires.

CPDV-705 | 1 session | $22.50 AGED | $29 REG
P01 W 6-8:30 p.m. Edwin Penfold
Mar 29 MC-SO 204

Boeing Assembly Pre-Employment Training Program

More than 1,000 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 & Riveter Composites

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

Learn more and apply at stlcc.edu/Boeing

PROFESSIONAL DEVELOPMENT
PERSONAL COMPUTING

PCs and Technology Introduction:
In a Day
Build foundational computer skills and get familiar with other digital technologies. Through hands-on experience on a PC, learn essential concepts, understand commands and develop confidence. Basic terminology and functionality of computer hardware, software, printers and drives will be explored. This class is ideal for users with few or no computer skills.
COMP-701 | 1 session | $46 AGE 60+ | $69 REG
P01 | Sa 9 a.m. - 3:30 p.m. | Feb 4 | Jean Frey | MC-HE 127
P02 | Sa 9 a.m. - 3:30 p.m. | May 6 | Jean Frey | MC-HE 127

Internet Research & Investigations:
Consumer Information
Does my doctor have a high malpractice rate? What is my neighborhood’s crime rate? Does my contractor have a lengthy list of lawsuits? Which vehicles have crash test results? What happens if something goes wrong with an online transaction? If you are curious about these questions, this class is for you. Prerequisite: Windows® Introduction class or equivalent experience.
COMP-742 | 1 session | $23.50 AGE 60+ | $35 REG
P01 | Sa 12:30-3:30 p.m. | Jean Frey | Mar 25

Internet Research and Investigations: Public Records
Explore a wide range of public records on the internet, and discover how to uncover real estate information, help prevent identity fraud, and preserve data integrity, confidentiality and availability. Conduct your corporal, electronic and communications using the most current/effective techniques/methodologies.
COMP-765 | 1 session | $24 AGE 60+ | $35 REG
P15 | Sa 9 a.m. - 12 p.m. | Fernando Tillman | Feb 25 | STLCC-Corp 208

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.
COMP-742 | 1 session | $23.50 AGE 60+ | $35 REG
P03 | Sa 12:30-3:30 p.m. | Jean Frey | May 20

Introduction to Twitter
Hashtag? What is a hashtag? If you’ve ever asked, this class is for you! Twitter is all the rage for Millennials and some celebrities, and an increasingly important source of information. Find out more about one of the most popular social media sites. Prerequisite: Windows® Introduction class or equivalent experience.
COMP-742 | 1 session | $17.50 AGE 60+ | $29 REG
P05 | W 6-9 p.m. | Richard Vagen | Apr 5 | Online

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.
COMP-742 | 1 session | $23.50 AGE 60+ | $35 REG
P04 | Sa 12:30-3:30 p.m. | Jean Frey | Jun 10 | Online

Personal Online Security
Learn to ensure your terrestrial and digital footprints are secure. Learn to exercise the best security practices to protect your personal information, help prevent identity fraud, and preserve data integrity, confidentiality and availability. Conduct your corporal, electronic and communications using the most current/effective techniques/methodologies.
COMP-765 | 1 session | $24 AGE 60+ | $35 REG
P15 | Sa 9 a.m. - 12 p.m. | Fernando Tillman | Feb 25 | STLCC-Corp 208

Beyond Broadcast:
TV in the Age of Streaming
“What’s on TV tonight?” was once an easily answered question through TV Guide or channel surfing. But in today’s era of smart TVs, streaming subscription, cord-cutting and on-demand services, finding an answer is more challenging. Survey the transition from analog broadcast to the digital age of smart devices and streaming services. Discover “what’s on,” explore how to watch, and understand what still needs an antenna.
COMP-765 | 1 session | $39 AGE 60+ | $59 REG
P07 | W 6-9 p.m. | Gregory Ray | Apr 5 | STLCC-Corp 207

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, smart phone or tablet, and knowledge of how to download apps. This class will cover concepts and functionality, but will not focus on specific product brands.
COMP-765 | 1 session | $39 AGE 60+ | $59 REG
P08 | W 6-9 p.m. | Gregory Ray | Mar 8 | STLCC-Corp 207

Introduction to AutoCAD® I
Students will cover the fundamentals of the AutoCAD drafting system and learn how to create drawings, setup units, limits, layers, linetypes and colors. Drawing procedures for typical geometric operations are covered. Special features operations including polylines, blocks, dimensioning, cross-hatching and plotting are also covered. AutoCAD is a registered trademark of Autodesk, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries. Available for credit as EGR 133 651.
COMP-770 | 12 sessions | $244 AGE 60+ | $244 REG
P01 | T 6:30-10 p.m. | Walter Staas | Feb 14 - May 9 | MC-AS 206

Introduction To AutoCAD® II
Continuation of Introduction to AutoCAD I
Course includes DOS for AutoCAD, Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows and introduction to LISP® language. AutoCAD is a registered trademark of Autodesk, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries. Available for credit as EGR 141 550.
COMP-770 | 12 sessions | $244 AGE 60+ | $244 REG
P02 | W 7:05-9:30 p.m. | Walter Staas | Feb 15 - May 10 | F V-E 278

For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.
**MICROSOFT® TOOLS**

**Microsoft® Excel®: 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 setup, 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 | $90.50 | AGE 60+ | $129
1. **P01**
   - Sa 9 a.m.-4 p.m.
   - Cris Heffernan
   - Apr 1
   - STLCC-Corp 206

**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 the 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 | $90.50 | AGE 60+ | $129
1. **P02**
   - W Th 9 a.m.-12:30 p.m.
   - Cris Heffernan
   - Feb 1 – Feb 2
   - STLCC-Corp 206
2. **P03**
   - F 9 a.m.-4 p.m.
   - Feb 17
3. **P04**
   - Th 9 a.m.-4 p.m.
   - Jun 8
   - Cris Heffernan
   - STLCC-Corp 206

**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 | $90.50 | AGE 60+ | $129
1. **P02**
   - W Th 9 a.m.-12:30 p.m.
   - Cris Heffernan
   - Mar 1 – Mar 2
   - STLCC-Corp 206
2. **P03**
   - F 9 a.m.-4 p.m.
   - Mar 24
3. **P04**
   - Th 9 a.m.-4 p.m.
   - Jun 15
   - Cris Heffernan
   - STLCC-Corp 206

**Microsoft® Excel® Part III**
Expand your expertise as you manage multiple workbooks and worksheets, build 3D calculations, add file links, and explore lookup functions. Master formula auditing tools, data validation and sharing, and workbook protection. Use scenarios, data tables and 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 | $90.50 | AGE 60+ | $129
1. **P01**
   - W Th 9 a.m.-12:30 p.m.
   - Cris Heffernan
   - Apr 5-6
   - STLCC-Corp 206
2. **P02**
   - F 9 a.m.-4 p.m.
   - Apr 21
3. **P04**
   - Th 9 a.m.-4 p.m.
   - Jun 22
   - Cris Heffernan
   - STLCC-Corp 206

**Microsoft® Excel®: Power Pivot®es**: Data Analysis
Get set on a course to take advantage of one of the most robust data analysis tools that Excel includes. Power Pivot®es enable you to create reports, or data models, from multiple data sources both in and outside of Excel. You’ll learn to create and manage relationships, hierarchies, Power Pivot tables and charts and be introduced to creating your own calculated columns, calculated fields (measures), and key performance indicators. Prerequisite: Microsoft Excel 2016 for Business Part II or equivalent experience with creating single source Pivot Tables. Recommended to bring a flash drive.

**COMP-727** | 1 session | $90.50 | AGE 60+ | $129
1. **P03**
   - F 9 a.m.-12:30 p.m.
   - Apr 28
2. **P05**
   - Th 9 a.m.-12:30 p.m.
   - Jun 29
   - Cris Heffernan
   - STLCC-Corp 206

**Windows®**

**Microsoft® Windows® 10 for Beginners**
Explore Windows® 10 and all 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: Basic computer knowledge.

**COMP-705** | 1 session | $77 | AGE 60+ | $99
1. **P01**
   - Sa 9 a.m.-4 p.m.
   - April 22
   - James Prater
   - MC-CN 125

**WEB SITES AND SERVICES**

**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
1. **P06**
   - W 6-9 p.m.
   - Mar 22
   - Gregory Ray
   - STLCC-Corp 206

**Introduction to Tableau®**
Tableau is one of the fastest evolving business intelligence (BI) and data visualization tools. Learn the foundation of Tableau and how to navigate its interface, import data, and create your first dashboard. Topics include data preparation, calculations, parameters, dynamic filters, and layout containers to name a few. You will walk out of this course feeling confident to start building robust dashboards!

**COMP-727** | 4 sessions | $113.50 | AGE 60+ | $159
1. **P01**
   - W 6-9 p.m.
   - Feb 1 – Feb 22
   - Lee Douangkeomany
   - Online

**DRONES**

**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).

**ENGR-706** | 2 sessions | $159 | AGE 60+ | $249
1. **P01**
   - Sa 8-3 p.m.
   - Feb 4 – Feb 11
   - Rory Paul
   - FV-CWI 136
## 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.

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### 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 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.

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### Adobe® InDesign® Creative Cloud®: The Second Step
Discover 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.

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<td>P01</td>
<td>F 8:30 a.m.-4:30 p.m.</td>
<td>David Haley</td>
<td>Jun 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Format</th>
<th>Fee</th>
<th>Duration</th>
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<tr>
<td>CWTW-704</td>
<td>1 session</td>
<td>$98.50 AGE 60+</td>
<td>$135 REG</td>
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<td>MC-HE 127</td>
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<tr>
<td>P01</td>
<td>F 8:30 a.m.-4:30 p.m.</td>
<td>Tim Linder</td>
<td>Feb 24</td>
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<tr>
<td>P02</td>
<td>F 8:30 a.m.-4:30 p.m.</td>
<td>Tim Linder</td>
<td>Mar 3</td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Format</th>
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<td>P02</td>
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<td>Tim Linder</td>
<td>Mar 3</td>
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</table>

### 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. You must bring your own iPhone/iPad device to the class.

<table>
<thead>
<tr>
<th>Name</th>
<th>Format</th>
<th>Fee</th>
<th>Duration</th>
<th>Age</th>
<th>Code</th>
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<tr>
<td>COMP-765</td>
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<td>$49 AGE 60+</td>
<td>$49 REG</td>
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<td>MC-HE 127</td>
</tr>
<tr>
<td>P01</td>
<td>W 6-9 p.m.</td>
<td>Gregory Ray</td>
<td>Feb 1</td>
<td></td>
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</tr>
<tr>
<td>P02</td>
<td>W 6-9 p.m.</td>
<td>Gregory Ray</td>
<td>May 3</td>
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</tbody>
</table>

#### 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.

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<thead>
<tr>
<th>Name</th>
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<th>Duration</th>
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<tr>
<td>P04</td>
<td>W 6-9 p.m.</td>
<td>Gregory Ray</td>
<td>May 10</td>
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</table>

#### Mac for Window Switchers
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.

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<thead>
<tr>
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#### Digital Devices: Introduction
Adobe® InDesign® Creative Cloud®: Introduction
Adobe® InDesign® Creative Cloud®: The Second Step
Adobe® After Effects®: The First Step
Adobe® After Effects®: The Next Step
Adobe® Lightroom® Classic: Introduction
Apple® Devices
iPhone® and iPad® Mobile
Digital Devices: Introduction
iPhone® and iPad®: Next Steps
Mac for Window Switchers
Adobe® InDesign® Creative Cloud®: The First Step
Adobe® InDesign® Creative Cloud®: The Second Step
Adobe® After Effects®: The First Step
Adobe® After Effects®: The Next Step
Adobe® Lightroom® Classic: Introduction
Adobe® InDesign® Creative Cloud®: Introduction
Adobe® InDesign® Creative Cloud®: The Second Step
Adobe® After Effects®: The First Step
Adobe® After Effects®: The Next Step
Adobe® Lightroom® Classic: Introduction
Apple® Devices
iPhone® and iPad® Mobile
Digital Devices: Introduction
iPhone® and iPad®: Next Steps
Mac for Window Switchers
**GOOGLE TOOLS**

**Getting To Know Google Tools**
Think you know Google? Can you search effectively? Are you using Jamboard™, Calendar™, Keep™, YouTube®, Gmail™, Meet™ and all of the effective extensions? Come and learn all about each app, one app per week from Missouri’s FIRST Google Certified Innovator.

**COMP-742 | 2 sessions | $53.50 AGE 60+ | $69 REG**
**P07** W 6-8 p.m.  
Cindy Lane  
Apr 5 – Apr 12  
MC-HE 127

**Google: Goods You Should Know and Use**
Want to be a Google guru? Begin by gaining an understanding of the most important Google tools for your daily life. Explore the intricate details of Google Calendar™, Gmail™, Drive™, Search™, Maps™, Add-ons™ and Extensions™.

**COMP-742 | 2 sessions | $53.50 AGE 60+ | $69 REG**
**P08** W 6-8 p.m.  
Cindy Lane  
May 3 – May 10  
MC-HE 138

For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.

**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 | $141.50 AGE 60+ | $199 REG**
**P09** W 6-9 p.m.  
Joseph Richey  
Feb 22 – Mar 29  
Online  
• NOTE: No class Mar 15

**Intermediate SQL**
Learn how to properly design a relational database and structure tables within it. 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 | $153 AGE 60+ | $199 REG**
**P11** W 6-9 p.m.  
Joseph Richey  
Apr 5 – Apr 26  
MC-HE 127

**Advanced SQL**
Build upon your skills and discover how to properly design a relational database and structure tables within the database. Learn to plan and create tables along with viewing table information. You’ll gain insight into the purpose of, and how to select primary and foreign keys and decipher the different types of indexes in addition to the advantages of referential integrity and how it can affect data maintenance and prevent errors. Focus will be on column and value constraints, UNION, INTERCEPT, ROLLBACK and COMMIT and comparing results in multiple queries.

**COMP-765 | 5 sessions | $141.50 AGE 60+ | $199 REG**
**P12** Th 6-9 p.m.  
Joseph Richey  
Apr 6 – May 4  
MC-HE 127

**SQL Programming**
Learn the benefits of and how to write or modify stored procedures to select or manipulate data in an SQL Server database. Investigate how to define and reference variables and parameters in stored procedures. Learn how to use conditional if and case statements in processing data. Learn how to use SQL Server while loops to control data processing. Discover how to declare and manage cursors to process individual rows of data returned by a query. Prerequisite: Intermediate SQL Language or equivalent experience.

**COMP-765 | 5 sessions | $141.50 AGE 60+ | $199 REG**
**P13** W 6-9 p.m.  
Joseph Richey  
May 10 – Jun 7  
MC-HE 127

**For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.**
CAREER STUDIES

Start your health care career pathway.

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

Patient Care Technician

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

11 weeks | stlcc.edu/PCT

Medical Assistant

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

28 weeks | stlcc.edu/MA

Community Health Worker

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

16 weeks | stlcc.edu/CHW

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

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**CPR AND FIRST AID**

**Heartsaver First Aid: CPR/AED**

Heartsaver First Aid CPR/AED is a classroom, instructor-led course that teaches students critical skills needed to respond and manage a first aid, choking or sudden cardiac arrest emergency during the first few minutes before emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn the skills to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR, infant CPR, and AED use. Practical skills (hands-on mannequin simulation) evaluation and testing are required for course completion. Within 20 business days of successful completion, each participant will receive an electronic course completion card. Due to the nature of the course, you must arrive on time. No refund for late arrival.

**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.

**BLS Instructor Essentials Course**

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre-course online study, followed by the hands-on session conducted by Training Center Faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre-course preparation. 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. Registration four weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLC Training Center Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. 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 jclark399@stlcc.edu before registering for the BLS Instructor Essentials Course. The last day to register is Mar 29.

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† 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.
Community Assistance

Community Emergency Response Team Training (CERT)
Have you ever thought “What would I do if a tornado struck my subdivision?” or “What types of natural disasters can happen in St. Louis?” We have the answers. Community Emergency Response Team Training (CERT) is a series of classes that prepares you to help your community in the event of a crisis. Through lecture and hands-on activities, professional emergency responders will teach you about emergency and disaster preparedness, while you receive training in basic response skills such as fire safety, team organization, light search and rescue, and medical operations. Training will conclude with a full-scale disaster exercise in a tornado simulation (off-site), Saturday, Apr 15. Upon successful completion of the training, you will be able to join a local St. Louis Area CERT program to continue to support and help where volunteers are needed. Participants must be 18 years of age or older. While no course fee is associated with this offering, a small STLCC administrative fee is required for registration.
EMSS-715 | 9 sessions | $9 AGE 60+ | $9 REG
P01 Tu 6:30 p.m.-10 p.m.
Feb 7 – Apr 15
FV-E 154
• NOTE: No class Mar 14, Apr 4
P02 W 6:30 p.m.-10 p.m.
Feb 8 – Apr 15
FP-W 119
• NOTE: No class Mar 15, Apr 5
P03 Th 6:30 p.m.-10 p.m.
Feb 9 – Apr 15
WW 220
• NOTE: No class Mar 16, Apr 6

Animal Welfare Advocate

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, Legalities, and Legislative Issues
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 | $32 AGE 60+ | $35 REG
P01 Tu 6-8:30 p.m.
Feb 28 MC-SO 105

The ‘People’ Ingredient: Working in an Animal Welfare Organization
If you’re thinking about working or volunteering in an animal welfare agency, you’ll need a variety of important “people” skills. 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 | $32 AGE 60+ | $35 REG
P02 Tu 6-8:30 p.m.
Mar 28 MC-SO 105

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 | $32 AGE 60+ | $35 REG
P03 Tu 6-8:30 p.m.
Apr 25 MC-SO 105

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

Animal Welfare Advocate Program
Make a difference in the lives of animals in your community. Learn more about the program: stlcc.edu/AnimalWelfare

REGISTRATION BEGINS JAN. 4 | 314-984-7777 | STLCC.EDU/CE
HVAC Operator I Technical Training

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: 5 weeks, 4 nights per week, 6-10 p.m. No cost
Daytime classes: 2 weeks, 5 days per week, 8 a.m.-2:30 p.m. No cost

stlcc.edu/HVAC

Missouri Manufacturing Technician I Pre-Apprenticeship Program

• Four-week, non-credit training program offered in a hybrid classroom/online format. Must first 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

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

stlcc.edu/EnviroTech

Hazardous Materials Technician with Class B CDL

Learn to assess and clean up contaminated properties in the St. Louis Metropolitan area, as well as other remediation sites nationwide. Coursework includes certifications in hazardous waste operations, truck driver training (Class B CDL), and safe transportation of hazardous materials.

Earn five valuable certifications:
OSHA 30-Hour: Construction & Safety
OSHA 7300: Permit-Required Confined Space
HAZMAT endorsement for the CDL

stlcc.edu/HazmatTech

STLCC NO-FEE Training

STLCC NO-FEE Training

STLCC NO-FEE Training
## Personal Enrichment

Add variety to life | Enjoy a creative outlet | Improve your sense of well-being | Forge new friendships

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Registration</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>The Bridges of St. Louis</strong></td>
<td>Was Natural Bridge an actual bridge? Uncover the history of St. Louis' bridges over the last 140 years. From decorative bridges to creek bridges, explore area bridges built for people, automobiles and railroads.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Feb 16</strong></td>
<td><strong>Online</strong></td>
</tr>
<tr>
<td><strong>St. Louis Breweries: Past and Present</strong></td>
<td>During the Civil War, St. Louis had 36 active breweries! Come prepared to engage in some local trivia with an armchair tour of St. Louis, an American brewing epicenter. You'll venture into dozens of local breweries, both past and present.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Mar 10</strong></td>
<td><strong>MC-SO 112</strong></td>
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<tr>
<td><strong>Fascinating History of St. Louis Hospitals</strong></td>
<td>Did Jack the Ripper die in St. Louis? St. Louis has many hospitals that cater to different people. From religious hospitals, to charity hospitals to even a hospital where it's speculated that Jack the Ripper died. Come learn how the St. Louis hospital system has evolved over the years.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Apr 21</strong></td>
<td><strong>WW 102A</strong></td>
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<tr>
<td><strong>Historic House Museums in the St. Louis Area</strong></td>
<td>Join this armchair adventure into the history of St. Louis' house museums ranging from dogtrot to 42-room &quot;castles.&quot; Learn about the history of these once family dwellings that are now history museums open to the public.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>May 12</strong></td>
<td><strong>Online</strong></td>
</tr>
<tr>
<td><strong>Mocktails Not Cocktails: A Guide to St. Louis For Non-Drinkers</strong></td>
<td>What does a non-drinking St. Louisan do in a city known for beer brewing? Learn about some of the hidden gems of St. Louis that specialize in kava, elixirs, kombucha, tonics and boba. Discover fun outside-of-the-bar-life in St. Louis.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Jun 30</strong></td>
<td><strong>MC-SO 111</strong></td>
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<tr>
<td><strong>A Hollywood Valentine</strong></td>
<td>Love is definitely in the air with this special Valentine presentation! Relive some of the most Romantic Classic film clips from Old Hollywood, including “Gone with the Wind,” “Casablanca,” “South Pacific,” “The King and I,” and so much more! This one will have you swooning!</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Feb 8</strong></td>
<td><strong>MC-SO 109</strong></td>
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<td><strong>Marilyn Monroe</strong></td>
<td>Delve into an incredible presentation that outlines Marilyn's life from her tragic upbringing to her superstar status. Delightful clips and trivia from some of her most iconic films including “Gentlemen Prefer Blondes,” “How to Marry a Millionaire,” and the blockbuster comedy “Some Like it Hot” will be revealed. Also, view rare footage of her last, never-released Hollywood film!</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>May 10</strong></td>
<td><strong>MC-SO 232</strong></td>
</tr>
<tr>
<td><strong>Audrey Hepburn</strong></td>
<td>Journey into the life of the gracious and talented Audrey Hepburn from her Oscar-winning performance in her first American film “Roman Holiday,” straight through to some fascinating trivia and clips surrounding &quot;Breakfast at Tiffany.&quot;s and the blockbuster of all time, “My Fair Lady”; beauty and grace beyond all comprehension...Oh So Lovely!</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Mar 22</strong></td>
<td><strong>WW-102A</strong></td>
</tr>
<tr>
<td><strong>Tyrone Powers</strong></td>
<td>Stunningly handsome, see beautiful film clips of some of Tyrone Powers' most popular films that will leave you mesmerized as you follow his life's work from the 1930's, 40's and 50's.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Apr 12</strong></td>
<td><strong>V-CWI 126</strong></td>
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<tr>
<td><strong>Judy Garland</strong></td>
<td>Engage in this exclusive presentation that covers the life of legendary Judy Garland spanning her early career with Mickey Rooney, plus some of her most memorable song and dance scenes from “Meet Me in St. Louis,” “Easter Parade,” right up to television’s “The Judy Garland Show.” Lots of background movie trivia included; you'll fall in love with Judy all over again!</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Jun 7</strong></td>
<td><strong>V-CWI 206</strong></td>
</tr>
<tr>
<td><strong>Medicare 101</strong></td>
<td>Find out how Medicare works, get answers to your questions and learn about your options to help you decide the coverage that best meets your needs. The seminar will include Original Medicare (Part A &amp; Part B) and Prescription Drug Plans (Part D), Medicare Supplement (Medigap) and Medicare Advantage (HMO and PPO) plans. This class is offered through CLAIM, Missouri’s official State Health Insurance Assistance Program (SHIP). CLAIM counselors do not sell or promote any insurance company or its products.</td>
<td><strong>SENR-702</strong></td>
<td><strong>1 session</strong></td>
<td><strong>REG</strong></td>
<td><strong>Online</strong></td>
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</table>
Black Female Billionaires
Come explore the legacy of the first female black inventors and entrepreneurs in the early 1900s that became billionaires and serial entrepreneurs. Venture into the lives of Annie Malone and Madam CJ Walker and learn how their innovative legacy lives on in the history of St. Louis.

Mary Bethune McCloud
Join us to learn about the life and legacy of Mary Bethune McCloud, highly respected black educator, entrepreneur, philanthropist, and rights activist. Hear about Mrs. Bethune’s life-long commitment to African American education, civil rights movements, women empowerment, social entrepreneurship and how each continues to benefit and positively impact many generations of students and families.

Black Billionaire Legends
Explore a few of America’s top black entrepreneurs and the hurdles they jumped to become black billionaires. Discussion will focus on noteworthy black billionaires including Tyler Perry, Oprah Winfrey, David Steward, and more. Learn how each of their past and ongoing accomplishments have been game-changing within their respective industries.

The Pleasure of New Orleans
Here’s your chance to venture out on a virtual tour of the “City of Dreams.” New Orleans is known for its unique traditions, distinctive culture, religion and celebrations. Hear a local historian’s perspective on the unique history between St. Louis and New Orleans and find out how New Orleans became a deep-water port and what St. Louis had to do with it.

Foods of Italy
For those planning a trip to Italy or those who would like to join a virtual gastronomic trip across the ocean for a slideshow tour and enjoy a glimpse of the diverse regional cuisines of Italy. From the arancini of Sicily to bagna cauda of Piedmont, you'll discover the splendor of some of Italy’s regional epicurean favorites.

Sights of Italy
Planning a trip to Italy or thinking of doing so? Join us on a trip across the ocean for a picturesque slideshow tour to get a glimpse of the 20 regions of Italy. From the ancient, historical cities of Rome, Florence and Venice to the Valley of the Temples in Sicily and onto the medieval castles in the Valle d’Aosta, you'll discover the splendor of some of Italy's hidden treasures, Andiamo!

Thailand: The Land of Smiles
In Thailand, the ‘Land of Smiles,’ you’ll have a hard time finding an angry person. What you will find is intriguing temples, pristine beaches, statuesque mountains, tasty street food, kick boxing and domesticated elephants. Thailand is the only country in southeast Asia to have escaped colonial rule. The Buddhist religion, the monarchy and the military have helped shape its society. Engage in an overview of Thailand and get a firsthand account of the instructor’s perspective attending medical school here.

Morocco: From the Seacoast to the Desert
Capture the essence of Morocco: cities with romantic names like Casablanca, Tangiers, Fez, Marrakesh; and cities with friendly people and intriguing souks (bazaars.) Morocco has a Mediterranean seacoast and an Atlantic seacoast, plus the Sahara Desert, and the Atlas Mountains. They even have a royal family. Sit back and enjoy an experience like no other!

Yallabina!: An Urban Egypt 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 multi-media and hands on experience. Prepare for laughter and joy in true Egyptian style!

The Greek Isles
There are 6,000 unique islands in Greece and the country showcases a variety of beaches, bays, caves, ancient villages, monasteries, and museums. Crete is the largest island and you can visit the Palace of Knossos, which has 4,000-year-old throne room and 4000-year-old flush toilet. Knossos is also the location of the Labyrinth and its resident minotau, a natural source of nourishment that devoured humans for sustenance. Mykonos is where celebrities go to party, Corfu has an ancient Venetian fortress, Rhodes once had one of the seven wonders of the ancient world and in Santorini you can stand on a hilltop, look seaward towards the lost city of Atlantis. There is much to discover and explore!

Plant Spirit Allies: A Shamanic Perspective On The Green World
Discover the mystery of plant spirits, our guides in this world and in all worlds. Plant spirits have been our allies through ancient times, teaching us their herbal medicine, whispering the secrets of their magic. How can we develop this connection with the kingdom of flora? How can we discover our plant spirit allies? How do they speak with us? Class includes a guided meditation to meet a plant spirit ally and uncover its messages to you. You may wish to bring an eye cover and a blanket or something cozy to be comfortable for the meditation. If you don’t know a thing about plants or the green world and want to learn, or if you already have a love for plants and want to deepen your connection, this is the class for you!

Understanding Your Intuition: Am I 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.

For most classes, registration closes three full business days before the class start date. Please check the online course description for the last day to register.
Magick of Imbolc: Discover Your Inner Flame

Imbolc, Candlemas or St. Brigit’s Day is a time of hearth and home, of sitting by the hearth fire as the ice swirls outside. It is a historical time when the sheep came into their milk, bringing promise to the land. What are the energies of this time of year? How can you partner with these energies to empower and nurture your life? Class includes 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 to the Spirit of Winter. You may wish to bring a blanket or something cozy to be comfortable for the meditation.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P02 | Tu 6-8 p.m. | Kassia Morgan | Feb 7 | Online

Crystal Spirit Allies: A Shamanic Perspective On The Crystal Kingdom

Join us as we discover the mystery of crystals, our allies in this world and in all worlds. Crystals, minerals and stones have been our allies through ancient times, teaching us their medicine, whispering the secrets of their magic. How can we develop this connection with the Crystal Kingdom? How can we discover our stone spirit allies? How do they speak with us, call to us? Class includes a guided meditation to meet a crystal spirit ally and discover its messages to you. You may wish to bring an eye cover and a blanket or something cozy to be comfortable for the meditation. If you are brand new to crystals/stones and want to learn, or if you’ve been working with crystals already and want to deepen your connection, this class is for you!

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P10 | Tu 6-8 p.m. | Sheri Bilderback | Apr 11 | Online

Love Magick: Bring More Love Into Your Life

Learn about love magick, how to practice it and the dos and don’ts. Love magick can help you in your relationships and with self-love. Uncover limiting beliefs hindering love in your life; for example, we will learn why unconditional love does not mean unconditional boundaries. Class includes a guided meditation to visit a messenger or spirit of love. You may wish to bring a blanket or something cozy to be comfortable for the meditation.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P03 | M 6-8 p.m. | Kassia Morgan | Feb 13 | Online

The Magickal Wheel of the Year: An Overview

Learn about the eight sabbats, festivals or holidays on the Wheel of the Year, which follows the seasonal calendar. Many 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. There are common threads and mythos for each of these festivals and holidays woven through different historical times, cultures, religions and traditions.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P01 | Tu 6-8 p.m. | Kassia Morgan | Apr 25 | Online

What’s In a Dream?: Unlock The Power of Your Dreams

Learn how to unlock the power of your dreams and partner with your dream time. Find answers to questions, uncover opportunities, overcome challenges and even 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
P08 | Tu 6-8 p.m. | Sheri Bilderback | Feb 28 | Online

Magick of Ostara/The Spring Equinox: Discover the Power of Rebirth In Your Life

Ostara or the Spring Equinox is a time of new beginnings and birth, plants breaking through the soil and animals birthing their young. It is a time of creating ourselves anew and finding our balance, of new breezes blowing change into our lives, sweeping away what no longer serves. What are the energies of this time of year? How can you use them to empower your life? Class includes 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 to the eternal spring of rebirth to assist you. Materials provided.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P04 | Tu 6-8 p.m. | Kassia Morgan | Mar 7 | Online

Magick of Beltane: Partnering With Nature to Find and Kindle Your Passion

Some celebrate this time of year as Beltane or May Day. It is a historical time of youth, love, fertility, passion and excitement. We can partner with nature and its energies to find our passion in life, stoke our inner fire, kindle our spirit and even to find love. We build the inner flame, burning away that which no longer serves, kindling our inner love of self. What are the energies of this time of year? How can you use them to empower your life? Class includes 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 to the Lord and Lady of the Dance to stoke and stir your creative passions.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P06 | Tu 6-8 p.m. | Kassia Morgan | Mar 28 | Online

Magick of Air: Partnering with the Element of Air To Refresh Your Life

Spring is associated with the seasonal direction of the East, the energies of Air, inspiration and renewal. What are the energies and correspondences of the Element of Air and the seasonal direction of the East? How can you partner with nature’s energies to create your life? Class includes lore, practices and tips for how to partner with the Element of Air. Class also includes a guided meditation for inspiration and renewal from the Spirit of Air.

CLTR-765 | 1 session | $29 AGE 60+ | $29 REG
P05 | Tu 6-8 p.m. | Kassia Morgan | Mar 21 | Online

Crystals: An Introduction

There are many myths and some misinformation about the proper care and use of crystals. This hands-on course will help you narrow down the expansive to a manageable list of crystals including key crystals to begin to find comfort, balance, and emotional balance. Materials provided.

CLTR-765 | 1 session | $49 AGE 60+ | $49 REG
P11 | F 6-8:30 p.m. | Mar 31 | Abundant Lotus
CLTR-765 | 1 session | $49 AGE 60+ | $49 REG
P14 | F 6-8:30 p.m. | Feb 10 | Online

Supplies will be mailed.

Crystals in the Home

While crystals are beautiful, they also are powerful and protective. Learn how and where to place crystals in your home to enhance communication, calm, love, self-love and even protection from negativity. Build on knowledge to understand the difference in crystals and how different shapes can play a part in how the energy is distributed. Materials provided.

CLTR-765 | 1 session | $49 AGE 60+ | $49 REG
P12 | F 6-8:30 p.m. | Apr 21 | Abundant Lotus

Oracle Cards: Getting Started

There is a big difference between oracle decks and tarot decks. Understand and examine these differences and how to select the right deck for you. Materials provided.

CLTR-765 | 1 session | $49 AGE 60+ | $49 REG
P13 | F 6-8:30 p.m. | Jun 16 | Abundant Lotus
FINE ARTS

Artful Saturdays
Enjoy three Saturday mornings exploring selections from the Saint Louis Art Museum collections. Tours will be led by Betsy Solomon and will feature a specific theme each weekend: Feb 4, More Than Just Stuff: Signs and Symbols in Art; Feb 11, Art & Personal Image; Portraiture Through The Centuries; Feb 25, TBD. Participants must provide their own transportation. Meet in Sculpture Hall inside the main entrance to the Cass Gilbert (original) Saint Louis Art Museum building.
ARTS-705 | 3 sessions | $54.50 AGE 60+ | $69 REG
P01 Sa 10 a.m.-noon Betsy Solomon
Feb 4 – Feb 25 St. Louis Art Museum
• NOTE: No class Feb 18

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, and joy into your life.
ARTS-766 | 1 session | $24 AGE 60+ | $29 REG
P02 Tu 6-8 p.m. Fawn Hoener
Jan 31 FP-W 117

Pottery

Pottery: Beginning
Discover the basics of pottery hand-building and wheel throwing learning how to center a ball of clay, open it, and pull the walls to make small cups and bowls. You’ll explore methods like pinch, coil, slab, slip, surface techniques and embellishments. Learn how to glaze and hand-paint your own pottery with glazes, slips, and engobes.
ARTS-767 | 8 sessions | $179 AGE 60+ | $179 REG
P01 Th 11 a.m.-1 p.m.
Feb 23 – Apr 20 South Broadway Art Project
• NOTE: No class Mar 16
P02 Th 11 a.m.-1 p.m.
May 4 – Jun 22 South Broadway Art Project

Pottery Monthly Adventure
Come ready to get dirty! Need a place to relax the mind and just enjoy yourself? Join others that love to create and believe in making things by hand. This monthly membership will allow you work in an open studio at your own pace with full access to wheels, equipment tools, and expert instruction when requested. Students have access six days a week during open hours. This is for seasoned potters that are comfortable working alone. Note: Clay, glaze, and firing provided. Students pay for pottery they decide to keep, bisque fire and glaze.
ARTS-727 | unlimited sessions | $145 AGE 60+ | $145 REG
P03 Tu-Su 11 a.m.-10:00 p.m. (varies)
Mar 1 – Mar 31 South Broadway Art Project
P04 Tu-Su 11 a.m.-10:00 p.m. (varies)
Apr 5 – Apr 30 South Broadway Art Project
P05 Tu-Su 11 a.m.-10:00 p.m. (varies)
May 3 – May 31 South Broadway Art Project
P06 Tu-Su 11 a.m.-10:00 p.m. (varies)
Jun 7 – Jun 30 South Broadway Art Project

Watercolor: Intermediate/Advanced
Build your watercolor skills to a more advanced level, exploring challenging techniques of layered washes, modeling with color and unusual textural accents and more. Students must be proficient in drawing with basic watercolor skills. Prerequisite: Watercolor: Beginning Techniques or equivalent experience. Supply list will be sent.
ARTS-736 | 10 sessions | $180.50 AGE 60+ | $205 REG
P01 F 9 a.m.-noon Annie Smith-Piffel
Feb 3 – Apr 14 Bluebird Park - Ellisville
• NOTE: No class Mar 17

Painting

Oil or Acrylic Painting
Explore oil paint’s richness. Discover color theory, artistic perception, composition and paint mixing/ application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Only water-based oils will be used. Supply list will be sent.
ARTS-740 | 6 sessions | $69.50 AGE 60+ | $89 REG
P07 Th 5:30-8:30 p.m. Lisa Payne
Feb 2 – Mar 9 Online
P08 Tu 5:30-8:30 p.m.
May 23 – Jun 27 Online

BYOB: Winter Trees
Sip your favorite beverage as you paint your own masterpiece during this fun! No previous art experience is required. Your professional instructor will lead you through each step to complete your own painting of winter trees. Have your supplies and sense of humor ready! Supply list will be sent.
ARTS-748 | 1 session | $19.50 AGE 60+ | $29 REG
P01 W 6-9 p.m. Michelle Ochonicky
Feb 22 Online

Painting

Acrylic Impressions- Beginning
In this beginning course, learn how to paint like the Impressionists, working in small scale to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list will be sent. This class is for beginners only.
ARTS-748 | 10 sessions | $180.50 AGE 60+ | $205 REG
P02 W 6-9 p.m. Michelle Ochonicky
Mar 8 Online
Printmaking

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. Experiment with collage, stenciling, painting and drawing. Supply list will be sent.

ARTS-765 | 6 sessions | $69.50 Aged 60+ | $109 REG
P01 M 9:30 a.m.-noon
Mar 20 – Apr 24
Ruth Kolker
MC-HE 216

Drawing

Drawing: Beginning/Intermediate
Learn the tools, materials, and visual and artistic perception essential to drawing. Or, as a returning student, continue to sharpen your skills through projects and/or independent work. Explore drawing fundamentals including line, perspective, value and composition in the use of pencil, conte crayon and charcoal. Supply will be sent.

ARTS-709 | 6 sessions | $69.50 Aged 60+ | $109 REG
P01 Tu 9:30 a.m.-noon
Feb 7 – Mar 21
Ruth Kolker
MC-SW 108
P02 Tu 9:30 a.m.-noon
Apr 4 – May 9
Ruth Kolker
MC-SW 108
P03 Tu 6-8:30 p.m.
Jan 31 – Mar 7
Lisa Payne
Online
P04 Th 6-8:30 p.m.
May 25 – Jun 29
Lisa Payne
Online

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

ARTS-716 | 4 sessions | $57.50 Aged 60+ | $85 REG
P01 Tu 1-3:30 p.m.
Mar 21 – Apr 11
Maureen Brodsky
MC-SW 103

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 | $77 Aged 60+ | $119 REG
P01 Sa 10 a.m.-noon
Apr 15 – Jun 10
Mary Feagan
MC-HE 124
• NOTE: No class May 27

CRAFTS

Basketry

Square Cake Carrier
Nothing beats a homemade treat arriving in a handmade basket! Learn the basics of basket weaving, and leave with a square cake carrier you will enjoy for years to come. Complete with a swing handle that allows for easy cake placing. Color options available at class. All materials included.

CRFT-734 | 1 session | $70 Aged 60+ | $105 REG
P02 Th 9 a.m.-1 p.m.
Feb 16
Laura Klaus
MC-CE

Cane Vase
Create a beautiful vase using the same material that is used to cane a chair seat. This vase starts with a wood base and is woven around a glass vase that stays in the weaving. Tight weaving around the vase will be emphasized so that the shape of the vase shines through. Finished size approximately 3”x8” tall.

CRFT-734 | 1 session | $57 Aged 60+ | $99 REG
P03 Sa 9 a.m.-12 p.m.
Mar 4
Laura Klaus
MC-CE

Market Basket
The local farmers market will be even more enjoyable with this basket on your arm. Learn the basics of basket weaving and complete a market basket you’ll enjoy for years to come. All materials are provided.

CRFT-734 | 1 session | $70 Aged 60+ | $105 REG
P01 Th 9 a.m.-1 p.m.
Feb 2
Laura Klaus
MC-CE

Rolling Pin Handle Basket
Perfect for any country kitchen, this little basket will hold a variety of things... salt & pepper shakers, small mason jars, napkins & hot chocolate packets. Or it can be used in the bathroom to accentuate the décor by placing washcloths or specialty soaps in it. Be ready to create the perfect small gift basket!

CRFT-765 | 1 session | $70 Aged 60+ | $105 REG
P01 Sa 9 a.m.-1 p.m.
Apr 1
Laura Klaus
MC-CE

Floral Arrangement

Fresh Flower Arrangement
Explore the basics of floral arrangement and design in this hands-on session. Learn florists’ tips, tricks and trade secrets that will help you to create beautiful arrangements at home. Take home a vase filled with a variety of greens as well as flowers. All materials provided.

CRFT-744 | 1 session | $75 Aged 60+ | $105 REG
P01 Tu 5:30-7:30 p.m.
Mar 21
Kathy Vaughn
MC-CE

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

CRFT-744 | 1 session | $75 Aged 60+ | $105 REG
P02 Tu 5:30-7:30 p.m.
Apr 25
Kathleen Vaughn
MC-CE

Artificial Summer Décor Wreath
Use artificial flowers to create a summer wreath that will add a fun pop of color to your front door this summer and for many seasons to come. Welcome to bring in broken ceramic and glass to use in your mosaic.

CRFT-740 | 1 session | $45 Aged 60+ | $65 REG
P03 Tu 5:30-7:30 p.m.
May 23
Kathleen Vaughn
MC-CE

Mosaic and Ceramics

Mosaic Stepping Stone*
Re-purpose 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 | $45 Aged 60+ | $65 REG
P01 W 6-9 p.m.
Mar 22
Perennial

For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
Introduction to Cricut®
Machines Level I
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.
CRFT-765 | 1 session | $39 AGE 60+ | $55 REG
P04  Sa 10 a.m.-1 p.m.  Rhonda Cross  Feb 4

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 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.
CRFT-765 | 1 session | $39 AGE 60+ | $55 REG
P05  Sa 10 a.m.-1 p.m.  Rhonda Cross  Feb 11

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.
CRFT-765 | 1 session | $39 AGE 60+ | $55 REG
P06  Sa 10 a.m.-1 p.m.  Rhonda Cross  Mar 25

A Cricut® Soiree
Grab your Cricut and a friend to make some memories and fun-filled holiday gifts. No more online shopping, make it and take it in this class where you will leave with three unique gifts. All participants must register.
CRFT-765 | 1 session | $47.50 AGE 60+ | $75 REG
P07  Sa 10 a.m.-1 p.m.  Rhonda Cross  Mar 25

Blacksmith Hook*
Explore the craft of blacksmithing to make your very own wall mount J-hook in this introductory class. Join us to learn the proper use of blacksmithing tools, including proper fire and forge control, while you hammer and twist steel in the traditional blacksmith medium.
CRFT-753 | 1 session | $139 AGE 60+ | $139 REG
P03  Sa 9-11:30 a.m.  Mueller Industries  Apr 29
P06  Sa 9-11:30 a.m.  Mueller Industries  Apr 29

Blacksmith Keychain*
Make a personalized key chain and explore the craft of blacksmithing in this introductory class. Learn the proper use of blacksmithing tools, including fire and forge control, while you hammer and twist steel in the traditional blacksmith medium.
CRFT-753 | 1 session | $165 AGE 60+ | $165 REG
P01  Sa 9 a.m.-noon  Mueller Industries  Apr 4
P04  Sa 9 a.m.-noon  Mueller Industries  Apr 1

Copper Chasing Leaf**
Metalsmithing is one of the oldest metalworking occupations, producing useful items such as tools, kitchenware, tableware, jewelry and more for centuries! Shaping metal with a hammer is the fundamental element of smithing and in this class, you will learn how to cold hammer copper and apply the technique of copper chasing to create images in copper plates.
CRFT-753 | 2 sessions | $139 AGE 60+ | $139 REG
P02  Th 5-8 p.m.  Feb 16 – Feb 23  Mueller Industries
P05  Th 5-8 p.m.  Apr 13 – Apr 20  Mueller Industries

Beginning Techniques for Jewelry*
Learn fundamental metalsmithing techniques for making jewelry. Gain basic metal manipulation skills including sawing, forming and shaping. Explore filing, sanding, soldering and polishing. Acquire the basic building blocks needed for jewelry design and complete two finished pieces: a cuff bracelet and a pendant with a simple stone setting. No prior experience necessary. All materials provided.
CRFT-753 | 7 sessions | $158.50 AGE 60+ | $225 REG
P07  W 5-8 p.m.  Chih Yu Lin  Feb 1 – Mar 22
- NOTE: No class Mar 15

Intermediate Techniques for Jewelry*
Explore how to make rings from sheet metal and wire. Different methods of soldering will also be taught. Learn how to make ring bands, twisted rings, rolling rings, rings within a ring and bezel settings. Students with previous experience working with metal may move on to more advanced projects. All materials provided.
CRFT-753 | 7 sessions | $158.50 AGE 60+ | $225 REG
P08  W 5-8 p.m.  Chih Yu Lin  Apr 5 – May 17
- NOTE: No class Mar 15

- All materials provided. Please wear protective clothing to cover your arms and legs 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.

Macramé Hanging Shelf
Macramé – it’s knots like the 70s! Get your vintage craft skills on by making a macramé wall hanging. Make this into a group outing with your friends to create macramé and memories that you will cherish.
CRFT-713 | 1 session | $49 AGE 60+ | $49 REG
P02  W 6-8:30 p.m.  Apr 12  Perennial

Alabama Stitching
Creative hand embroidery on knits is joining two pieces of knit fabric by applying one on top of the other. Great for recycling t-shirts into new shirts, skirts or hats. Bring two coordinating T-shirts to class, we have the rest of notions and thread.
CRFT-713 | 2 sessions | $69 AGE 60+ | $69 REG
P04  F 5:30-8:30 p.m.  Feb 17 – Feb 24  City Sewing Room
P07  F 5-9 p.m.  Jun 16 – Jun 23  City Sewing Room

T-Shirt Quilt
Bring all your T-shirts to make a most memorable quilt. Size of quilt depends on how many T-shirts you want to sew together. 20 makes a twin quilt, 30 makes a double size quilt. Quilt top will be backed with fabric you will need to purchase after the first class. All other supplies included.
CRFT-713 | 4 sessions | $149 AGE 60+ | $149 REG
P06  Su 1 p.m.-4 p.m.  Apr 16 – May 7  City Sewing Room

Personalized Dress Forms
Make a dress form to exactly match your body with made-to-measure Bootstrap DIY dress form pattern to be purchased at first class by you ($30). It’s a sewn dress form stuffed tightly with fiberfill and mounted on a pole. Sewing experience is helpful.
CRFT-713 | 4 sessions | $149 AGE 60+ | $149 REG
P05  Su 1 p.m.-4 p.m.  Feb 5 – Mar 5  City Sewing Room
- NOTE: No class Feb 19

Beginning Embroidery
Embroidery doesn’t have to be dancing dishes or kittens in mittens! Learn different techniques for transferring designs that are easy and effective and discover different stitches from basic to advanced. Everyone will work together, but each will have a very personalized end product. No prior experience necessary.
CRFT-728 | 1 session | $37 AGE 60+ | $49 REG
P01  Su 2-5 p.m.  Rosemary Ziegler  Mar 5

Macramé Hanging Shelf
Macramé – it’s knots like the 70s! Get your vintage craft skills on by making a macramé wall hanging. Make this into a group outing with your friends to create macramé and memories that you will cherish.
CRFT-713 | 1 session | $49 AGE 60+ | $49 REG
P02  W 6-8:30 p.m.  Apr 12  Perennial

Fitting a Store Bought Pattern
Bring a McCall’s, Simplicity or other pattern to learn how to make pattern adjustments so the garment will fit you better. In this class you will make a muslin sample, be fitted for it and make adjustments on the pattern. Some supplies provided.
CRFT-713 | 2 sessions | $69 AGE 60+ | $69 REG
P04  F 5:30-8:30 p.m.  Feb 17 – Feb 24  City Sewing Room
P07  F 5-9 p.m.  Jun 16 – Jun 23  City Sewing Room

Sewing and Quilting

Beginning Techniques for Jewelry*
Learn fundamental metalsmithing techniques for making jewelry. Gain basic metal manipulation skills including sawing, forming and shaping. Explore filing, sanding, soldering and polishing. Acquire the basic building blocks needed for jewelry design and complete two finished pieces: a cuff bracelet and a pendant with a simple stone setting. No prior experience necessary. All materials provided.
CRFT-753 | 7 sessions | $158.50 AGE 60+ | $225 REG
P07  W 5-8 p.m.  Chih Yu Lin  Feb 1 – Mar 22
- NOTE: No class Mar 15

Intermediate Techniques for Jewelry*
Explore how to make rings from sheet metal and wire. Different methods of soldering will also be taught. Learn how to make ring bands, twisted rings, rolling rings, rings within a ring and bezel settings. Students with previous experience working with metal may move on to more advanced projects. All materials provided.
CRFT-753 | 7 sessions | $158.50 AGE 60+ | $225 REG
P08  W 5-8 p.m.  Chih Yu Lin  Apr 5 – May 17
- NOTE: No class Mar 15

- All materials provided. Please wear protective clothing to cover your arms and legs 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.
Knit 101
Knitting isn't just for making winter garments and accessories. Using linen, silk and lighter threads and yarns, create projects and garments that will be useful 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. All levels welcome. Supply list will be sent.
CRFT-720 | 2 sessions | $36 AGE 60+ | $49 REG
CRFT-722 | 3 sessions | $44 AGE 60+ | $59 REG
P01 Th 1:30-3:30 p.m. | Thi Miller
Feb 16 – Feb 23 | FP-W 125
P02 Tu 1:30-3:30 p.m. | Thi Miller
Apr 4 – Apr 18 | FP-W 125

Knitted Baby Leg Warmers
A great gift for that itty bitty, little feet. Who can resist? Quick to knit and such a pleasure to give away. Make a pair or two or three! This simple pattern is a great foundation for your creativity as well as a fantastic way to use up this small balls of yarn! Supply list will be sent.
CRFT-722 | 4 sessions | $52 AGE 60+ | $65 REG
P01 Tu 6-8 p.m. | Thi Miller
Feb 16 – Mar 9 | FP-W 125

Perfect Knitted Coasters
Move beyond basic knitting and add a splash of color or two to your knitting. In this class, we'll explore various color work techniques such as intarsia and duplicate stitching while knitting awesome coasters. These will be fantastic for your home or a lovely gift for others. Supply list will be sent.
CRFT-722 | 4 sessions | $52 AGE 60+ | $65 REG
P01 Tu 6-8 p.m. | Thi Miller
Feb 16 – Mar 9 | FP-W 125

Perfect Knitted Coasters
Move beyond basic knitting and add a splash of color or two to your knitting. In this class, we'll explore various color work techniques such as intarsia and duplicate stitching while knitting awesome coasters. These will be fantastic for your home or a lovely gift for others. Supply list will be sent.
CRFT-722 | 4 sessions | $52 AGE 60+ | $65 REG
P01 Tu 6-8 p.m. | Thi Miller
Feb 16 – Mar 9 | FP-W 125

Knitted Socks for Beginners
In this class, we'll learn how to knit our lovely socks on double pointed needles. Oh, what fun it is! 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 will be sent.
CRFT-722 | 6 sessions | $47 AGE 60+ | $59 REG
P01 Tu 6-8 p.m. | Thi Miller
Jan 31 – Mar 7 | FP-W 125

Knitted Circular Shawl
A beautiful circular shawl to gift or keep you warm during those chilly spring evenings. Learn to work in the round while incorporating creative designs into the shawl. We'll also discuss the various constructions of shawls and learn about edgings. Supply list will be sent.
CRFT-722 | 7 sessions | $52 AGE 60+ | $65 REG
P01 Th 6-8 p.m. | Thi Miller
Jan 21 – Jun 8 | FP-W 125

Knitting Assistance
Stuck on that knitting project? Confused by that pattern? Have a mistake and can’t seem to fix it? Well, breathe a sigh of relief. Bring in projects you need help with, and the instructor will work with you to get you back on track. Supply list will be sent.
CRFT-722 | 5 sessions | $47 AGE 60+ | $59 REG
P01 Th 1-3 p.m. | Thi Miller
May 4 - Jun 1 | FP-W 125

Child’s Raglan Sweater
A great start to a first knitted sweater and the perfect gift for that special someone. A sweater is a great step for those who are interested in garment knitting or ready to move into more advanced knitting. We’ll cover sweater construction, design and shaping. Supply list will be sent.
CRFT-722 | 7 sessions | $52 AGE 60+ | $65 REG
P01 Tu 6-8 p.m. | Thi Miller
Apr 25 – Jun 6 | FP-W 125

Crotchet Hat
Applying concepts you learned in Introduction to Crochet to make a hat for winter. Supply list will be sent.
CRFT-724 | 1 session | $40 AGE 60+ | $49 REG
P01 Tu 6-8 p.m. | Rosemary Ziegler
Feb 5 | MC-CN 221

Understanding Crochet Patterns and Charts
Do you get lost reading crochet patterns? Do crochet charts look like hieroglyphics to you? No fear, help is on the way! Learn how to break down written crochet patterns into approachable steps, and how to follow crochet charts/diagrams even without written instructions. Supply list will be sent.
CRFT-724 | 1 session | $40 AGE 60+ | $49 REG
P01 Sa 10 a.m.-1 p.m. | Dee Levang
Apr 1 | MC-SO 107

Tunisian Crochet in a Day
In this one day beginner level Tunisian Crochet class, you’ll learn how to create the foundation row, the Tunisian simple stitch, the Tunisian knit stitch, how to change colors, how to bind off, and how to read Tunisian Crochet chart patterns. This class is also a good refresher for those who have Tunisian Crocheted before, but may have forgotten some steps. Please bring a lunch or snacks, as we’ll take a short meal break during class. Supply list will be sent.
CRFT-724 | 1 session | $40 AGE 60+ | $59 REG
P01 Sa 10 a.m.-4 p.m. | Dee Levang
Mar 25 | MC-SO 107

Market Bag
In this project-based one day class, you'll learn how to make an airy open crocheted market bag. We'll use crochet thread or a more durable cotton yarn to make a washable bag to use for your farmer's market finds or produce at the grocery store. No more polluting the environment with disposable plastic bags. Prerequisite: Basic crochet skills, chain stitch, single and double crochet. Supply list will be sent.
CRFT-724 | 1 session | $40 AGE 60+ | $49 REG
P05 Su 9 a.m. – 1 p.m. | Rosemary Ziegler
May 7 | MC-CN 227

Indigo Dyeing
Shibori, Japanese tie dye, is a multi-faceted art form where you can tie, fold, and stitch your way to a whole new look for tired linens. Sample several different traditional shibori techniques, including kumo, which involves tying and binding your fabric, and itajime, which involves clamping your fabric. Approximately two square feet of fabric for each dyeing technique will be provided. We'll be using indigo dye to dip into a vibrant, striking blue you're sure to love. Supply list will be sent.
CRFT-726 | 2 sessions | $55 AGE 60+ | $69 REG
P01 Sa 9-1 p.m. | Dee Levang
May 15 | MC-SO 107

Reg: Personal Enrichment

AM: Personal Enrichment

PM: Personal Enrichment

ực: Personal Enrichment

REGISTRATION BEGINS JAN. 4 | 314-984-7777 | STLCC.EDU/CE 21
Yogurt and More!
Culturing yogurt is easier than you think! In this class discover the step-by-step process of making delicious yogurt at home. Explore different ways to substitute using yogurt in cooking and baking and learn to make delicious yogurt-based salad dressings, marinades and dips. A pan of granola will be made to enjoy with the yogurt.

**FOOD-723** | 1 session | $42.50 AGE 60+ | $55 REG
**P02** | Sa 10 a.m.-1 p.m. | Jeannette Pingel | Culinary Arts House

Wines of the Pacific Northwest: Oregon and Washington State*

The wine regions of Oregon and Washington State are among the fastest growing and most popular wine producing regions of the country. Winemakers are finding that the terroir of these regions is on a world class scale. Come learn about and taste wine from Oregon’s Willamette Valley and Washington’s Columbia Valley; the two best known regions from each of these states. We’ll also discuss the notable sub-regions of each and see what makes them unique and interesting. $20 payable to Wine Barrel at time of class for tasting fee. Participants must be 21 years of age or older.

**FOOD-760** | 1 session | $19 AGE 60+ | $29 REG
**P03** | Tu 6-7:30 p.m. | Mike Ward | The Wine Barrel

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. Supply List will be sent.

**FOOD-765** | 1 session | $35.50 AGE 60+ | $49 REG
**P09** | Tu 6-8 p.m. | Tiffany Smith | Online

**Culinary/Beverage**

**German Lager Beer Brewing for Homebrewers**
Get a start into the process of brewing beer with a local brew master. Topics include: the production of malt, mashing, lauterning, wort boiling and fermentation.

**FOOD-722** | 1 session | $29 AGE 60+ | $29 REG
**P04** | Tu 6:30-8:30 p.m. | Florian Kuplent | FP-W 119

**An Overview of the Beer Brewing Process**
Get a start into the process of brewing beer with a local brew master. Topics include: the production of malt, mashing, lauterning, wort boiling and fermentation.

**FOOD-722** | 1 session | $29 AGE 60+ | $29 REG
**P05** | W 6:30-8:30 p.m. | Florian Kuplent | Mar 1 FP-W 118

**Wines of the Iberian Peninsula: Spain and Portugal**
Some of the most interesting wines today are coming from Spain and Portugal, and we’ve been enjoying wines from these countries for hundreds of years. The Iberian Peninsula is one of the finest places in Europe to grow grapes and make wine. The diversity of climates makes it a viticultural star for winemakers. We’ll discuss taste classic wines from both countries including sparkling wine, dry white and red wine and even some fortified wine.$20 payable to Wine Barrel at time of class for tasting fee. Participants must be 21 years of age or older.

**FOOD-760** | 1 session | $19 AGE 60+ | $19 REG
**P01** | Tu 6-7:30 p.m. | Mike Ward | The Wine Barrel

**Barista Basics**
Go behind the scenes at one of STL’s finest coffee shops. Learn how to make hot and cold coffee drinks that taste like they were made in a cafe. Class covers milk steaming, proper measurements, cleaning and hygiene, and brewing. Create an amazing flavor profile in your morning cup.

**FOOD-765** | 1 session | $55 AGE 60+ | $55 REG
**P01** | F 6-8 p.m. | Latte Lounge | Mar 31 Latte Lounge Florissant

**Coffee Roasting Made Easy**
Roasting coffee is easier than it sounds, producing fresh and flavorful coffee! Find out the secret to enjoying great coffee every day with home roasting. Bring a container to take home your own roasted coffee.

**FOOD-765** | 1 session | $48 AGE 60+ | $59 REG
**P02** | Tu 6:30-9 p.m. | Roy Lenox | Apr 25 Kirkwood High School C-191

**Cricut® Cookie Stencils:**
Create and Use
Get creative to design, make, and use acetate and silk screen cookie stencils with practice on a couple of cookie designs in class. You must bring a laptop, iPad, or phone with access to Design Space in order to work along. Familiarity with Design Space is a plus, but not mandatory. Prerequisite: Basic cookie baking and decorating skills. Bring take home container.

**FOOD-705** | 1 session | $40.50 AGE 60+ | $49 REG
**P01** | Su 1-4 p.m. | Teri Wiley | Jun 25 Culinary Arts House

**Culinary Arts House**

**Cookie Decorating**
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 your cakes creative, casual, elegant or romantic. All materials provided.

**FOOD-701** | 1 session | $50.50 AGE 60+ | $59 REG
**P04** | M 5:30-8:30 p.m. | Teri Wiley | Mar 27 Culinary Arts House

**痕跡的酸阿拉伯人：波特兰和新西兰**

**See Cooking and More!**
Get a glass of wine not knowing the grape variety, region or country, vintage or the winery, what do you do? Villa professionals all over the world are tested on blind tasting and must get as close as they can to deciphering key details about a wine without knowing anything about it. In this class, we’ll explore the methods used to gather vital information about wine and make a guess as to what it is. Valuable for anyone who wants to know more about wine and how to pair it with food. You’ll find that beginners do well in this type of class and everyone age 21 and over is welcome. $20 payable to Wine Barrel at time of class for tasting fee.

**FOOD-760** | 1 session | $19 AGE 60+ | $19 REG
**P02** | Tu 6-7:30 p.m. | Mike Ward | The Wine Barrel

**Ice Cream and Frozen Yogurt Cookies:**

**Time:**
Whether for Mother’s Day, showers, birthdays, or just a casual gathering, impress your guests through the art of cookie decorating. Get lots of tips and tricks to create flat, pretty cookies—perfect for any event. Bring an edged cookie sheet to take home your creations. All materials provided.

**FOOD-767** | 1 session | $150 AGE 60+ | $179 REG
**P03** | Su 1-4 p.m. | Teri Wiley | Apr 30 Culinary Arts House

**Buttercream: Beyond The Basics**
Buttercream is so versatile. Elevate your cake decorating skills in this demonstration class! Rustic, marbled, fault line, and terrazzo are just a few of the techniques you’ll learn.

**FOOD-702** | 1 session | $40.50 AGE 60+ | $49 REG
**P01** | Su 1-4 p.m. | Teri Wiley | May 21 Culinary Arts House

**Cookie Decorating**

**Iced and Decorated Sugar Cookies: Springtime Fun**
Whether for Mother’s Day, showers, birthdays, or just a casual gathering, impress your guests through the art of cookie decorating. Get lots of tips and tricks to create flat, pretty cookies—perfect for any event. Bring an edged cookie sheet to take home your creations. All materials provided.

**FOOD-765** | 1 session | $50.50 AGE 60+ | $59 REG
**P03** | Su 6-9 p.m. | Tiffany Smith | May 7 Online

**Scratch Cake Baking II:**
Chiffon Cakes and Pound Cakes
You, too, can level up your skills to become the next “Great Baker!” Master the techniques for making delicious light and fluffy chiffon cakes and dense, yet moist, pound cakes for the perfect bake. Class includes recipes for the cakes and a variety of fillings and frostings. Supply list will be sent.

**FOOD-701** | 1 session | $35.50 AGE 60+ | $49 REG
**P03** | Tu 6-9 p.m. | Tiffany Smith | May 7 Online

**Culinary Arts House**

**Cookie Decorating**

**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 your cakes creative, casual, elegant or romantic. All materials provided.

**FOOD-701** | 1 session | $50.50 AGE 60+ | $59 REG
**P04** | M 5:30-8:30 p.m. | Teri Wiley | Mar 27 Culinary Arts House

**Culinary Arts House**

**Cookie Decorating**

**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 your cakes creative, casual, elegant or romantic. All materials provided.

**FOOD-701** | 1 session | $150 AGE 60+ | $179 REG
**P03** | Su 1-4 p.m. | Teri Wiley | Apr 30 Culinary Arts House

**Buttercream: Beyond The Basics**
Buttercream is so versatile. Elevate your cake decorating skills in this demonstration class! Rustic, marbled, fault line, and terrazzo are just a few of the techniques you’ll learn.

**FOOD-702** | 1 session | $40.50 AGE 60+ | $49 REG
**P01** | Su 1-4 p.m. | Teri Wiley | May 21 Culinary Arts House

**Culinary Arts House**
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 | $65 AGE 60+ | $65 REG
P01 | Tu 6-8 p.m. | Heather Stein
May 2 | Mouse in the House Charcuterie

The Art and Science of Instant Pot
Considered a modern wonder by devoted fans, the Instant Pot combines functions, making it a substitute for a number of kitchen appliances. But its many modes, programming steps, and safety features can be off-putting. Learn the principles beyond the Instant Pot, its range of features, and formulas for adapting new recipes, including what types of dishes work best. Then move beyond the basics with an exploration of its less obvious creative uses, including infusing your own vanilla extract, making wine from store-bought juice and even starting seeds for planting.

FOOD-722 | 1 session | $50 AGE 60+ | $50 REG
P03 | Th 6:30-8:30 p.m. | Gregory Ray
Apr 20 | Culinary Arts House

Healthy Frying With Your Air Fryer
Enjoy fried foods the healthier way and learn to use your air fryer like a pro. Come hungry! All materials provided, bring take home container.

FOOD-722 | 1 session | $50.50 AGE 60+ | $50 REG
P06 | M 5:30-8:30 p.m. | Teri Wiley
Apr 17 | 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. All materials provided. Bring take home container.

FOOD-722 | 1 session | $50.50 AGE 60+ | $50 REG
P07 | M 1-4 p.m. | Teri Wiley
Feb 27 | Culinary Arts House

Introductory Knife Skills (with Dinner!)*
Learn how to use a chef’s knife safely and how to execute a variety of cutting techniques as we prepare a tasty dinner. Class includes a new chef’s knife to take home, a discussion of knife quality, safety and maintenance, demonstrations of how to mince, chop, slice, and dice effectively, and lots of hands-on practice.

FOOD-723 | 1 session | $75.50 AGE 60+ | $75 REG
P01 | Tu 6-9 p.m. | Michelle Melton
Mar 7 | Kirkwood High School-C 191

Chinese Take-out Japanese Fusion
Learn how to make your Asian take-out favorites. In this buffet-style cooking class, we will work together to make crab rangoon, pork pot stickers, fried rice, chicken yakis udon, orange chicken, Chinese green beans, and more. Come hungry and bring take-home containers. Class is very hands-on.

FOOD-734 | 1 session | $54.50 AGE 60+ | $55 REG
P02 | Tu 6-9 p.m. | Michelle Melton
Mar 28 | Kirkwood High School-C 191

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

FOOD-734 | 1 session | $54.50 AGE 60+ | $55 REG
P03 | Sa 4-7 p.m. | Lisa Payne
Jun 3 | Thomas Dunn Learning Center

Vegetarian Thali
Thali is an assortment of dishes composed of dairy, pulses, vegetables and grains served on a single platter. We will prepare dal, eggplant, okra and carrot salad and whole wheat bread called roti. For dessert, you have kheer made with vermicelli and milk.

FOOD-734 | 1 session | $49 AGE 60+ | $50 REG
P01 | W 6-9 p.m. | Prabha Pergadia
Apr 26 | Culinary Arts House

Irresistible Vegetables: Who Knew? (Demonstration)
Discover the wonders of veggies through simple recipes that will leave you wanting more. In this lecture, we will discuss cooking techniques and tricks for 18 recipes including garlic roasted asparagus, parmesan zucchini chips, Chinese green beans, marsala brussels sprouts, cauliflower au gratin, and more! Recipes will be sent.

FOOD-735 | 1 session | $21 AGE 60+ | $21 REG
P01 | Tu 7-9 p.m. | Michelle Melton
Apr 4 | Online

Irresistible Vegetables: Who Knew? (Hands On)
Discover the wonders of veggies through simple, often quick recipes that will leave you coming back for more. In this hands-on cooking class, we will work together to prepare up to 18 different vegetable recipes, and even prepare a vegetable-themed buffet dinner. Come hungry and bring take-home containers.

FOOD-735 | 1 session | $45.50 AGE 60+ | $46 REG
P02 | Tu 6-9 p.m. | Michelle Melton
Apr 11 | Kirkwood High School-C 191

Exploring Spices From A to Z (Hands-on)
This hands-on cooking class will allow you to see, smell, and taste a wide variety of spices as we work together to prepare a buffet of spice-focused recipes. Buffet includes saffron risotto, mild chicken vindaloo, smoked paprika tilapia, curry chicken, cardamom pumpkin spice muffins and more. Come hungry and bring take-home containers.

FOOD-747 | 1 session | $73.50 AGE 60+ | $75 REG
P01 | Tu 6:30-9 p.m. | Michelle Melton
Feb 7 | Kirkwood High School-C 191

Exploring Spices From A to Z (Discussion-Based)
This online discussion explores a wide variety of spices from Anise to Turmeric, including where they come from, how to identify high quality varieties, what each spice looks and tastes like, and what types of foods and cuisines each goes well with. Packet includes in-depth spice guide and recipes. Recipe packet will be sent.

FOOD-747 | 1 session | $54.50 AGE 60+ | $55 REG
P02 | Tu 6-9 p.m. | Michelle Melton
Feb 5 | Online

Vegetarian Thali
Thali is an assortment of dishes composed of dairy, pulses, vegetables and grains served on a single platter. We will prepare dal, eggplant, okra and carrot salad and whole wheat bread called roti. For dessert, you have kheer made with vermicelli and milk.

FOOD-734 | 1 session | $49 AGE 60+ | $50 REG
P01 | W 6-9 p.m. | Prabha Pergadia
Apr 26 | Culinary Arts House

Irresistible Vegetables: Who Knew? (Demonstration)
Discover the wonders of veggies through simple recipes that will leave you wanting more. In this lecture, we will discuss cooking techniques and tricks for 18 recipes including garlic roasted asparagus, parmesan zucchini chips, Chinese green beans, marsala brussels sprouts, cauliflower au gratin, and more! Recipes will be sent.

FOOD-735 | 1 session | $21 AGE 60+ | $21 REG
P01 | Tu 7-9 p.m. | Michelle Melton
Apr 4 | Online

Irresistible Vegetables: Who Knew? (Hands On)
Discover the wonders of veggies through simple, often quick recipes that will leave you coming back for more. In this hands-on cooking class, we will work together to prepare up to 18 different vegetable recipes, and even prepare a vegetable-themed buffet dinner. Come hungry and bring take-home containers.

FOOD-735 | 1 session | $45.50 AGE 60+ | $46 REG
P02 | Tu 6-9 p.m. | Michelle Melton
Apr 11 | Kirkwood High School-C 191

A Taste of the Middle East
Are you ready to expand your culinary palate? Learn to make falafel (vegetarian fritters made from ground chickpeas, spices and fresh herbs, then lightly fried), traditional tahini sauce, tatziki and Fatteh (green salad with lemon dressing). All this will complete a beautiful mezze platter with a selection of olives, roasted vegetables, and pita. Don’t miss out on this opportunity to learn something new!

FOOD-765 | 1 session | $54 AGE 60+ | $55 REG
P01 | Th 7-8 p.m. | Michelle Melton
May 18 | Online

A Taste of New Orleans
Don’t miss this chance to roll up your sleeves and bring home some of the favorites including Creole Jambalaya (a rice dish with chicken and sausage), shrimp po-boy sliders and a colorful, festive Mardi Gras slaw. On the menu, learn to prepare some of the classics as well. Registration begins Jan. 4.

FOOD-765 | 1 session | $65 AGE 60+ | $65 REG
P05 | Sa 10 a.m.-1 p.m. | Jeanette Pingel
May 20 | Culinary Arts House

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
DANCE

Tap: Beginner and Intermediate
Practice basic tap steps and tap combinations. 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. | Theresa Daniels-ADIVA
Jan 31 – Mar 28 | MC-PE East Lobby
• NOTE: No class Mar 14

Zumba Gold Toning
If you want a workout that’s also a lot of fun, Zumba Gold Toning might be just the class for you. Zumba Toning keeps Zumba’s essence while focusing on strength training the arms, abs and thighs. This class blends low-intensity strength training with a fun party atmosphere. Dress comfortably and bring water. Athletic shoes with minimal tread advisable.
DANC-718 | 8 sessions | $69 AGE 60+ | $69 REG
P01 | Tu 10-10:45 a.m. | Theresa Daniels-ADIVA
Jan 31 – Mar 28 | MC-PE East Lobby
• NOTE: No class Mar 14

Hip Hop Belly Fusion
This new, innovative style blends element of hip hop and street dance with modern, urban belly dance (Egyptian sha’abi). Learn a savage and sassy choreography that’s fun and easy to follow. Prior belly dance experience is not required, and modifications will be offered for the experienced student. Students may choose to wear street shoes.
DANC-719 | 6 sessions | $50 AGE 60+ | $45 REG
P01 | W 7-8 p.m. | Amber Skye
Mar 22 – Apr 26 | MC-PE 105

Body Positive Dance
Take an adventure into the world of self-love and body positivity. Learn how to embrace your body while moving and grooving with friends from all walks of life while showing your pride and encouraging others. All body types and genders encouraged to attend. Bring your positivity and be ready to move your body to current and old school hits! See you there!
DANC-719 | 6 sessions | $50 AGE 60+ | $45 REG
P02 | W 7-8 p.m. | Amber Skye
Feb 1 – Mar 8 | MC-PE 105

Ballroom Dance: Beginner
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 are helpful, though not required. Each participant must register.
DANC-720 | 8 sessions | $64.50 AGE 60+ | $79 REG
P01 | M 6:30-7:50 p.m. | Karen Merlin
Jan 30 – Apr 3 | Bluebird Park-Ellisville
• NOTE: No class Feb 20, Mar 13

Latin Dance: Beginner
Round out your basic ballroom skills and learn to dance to Latin rhythms of cha-cha, international style rumba and the tango. This course is designed for those who have had no dance experience as well as for those who have done other styles of dance. Couples and singles welcome. Each participant must register.
DANC-725 | 8 sessions | $64.50 AGE 60+ | $79 REG
P01 | W 7:30-8:30 p.m. | Karen Merlin
Feb 15 – Apr 6 | MC-PE East Lobby
• NOTE: No class Feb 22, Mar 15, Apr 5

Latin Dance
Swiveling hips and a sinuous rib cage characterize Latin Dance. In this introductory course, which gives a foundation of movement for students who have had little or no dance experience. Students will learn the basics in ‘Salsa, The Bachata, The Cha Cha and Merengue’. Emphasis will be on the development of partnering skills, lead and follow, the basic principles of timing, as well as basic foot work and variations of simple turn patterns. Dress shoes recommended.
DANC-725 | 8 sessions | $51.50 AGE 60+ | $89 REG
P02 | Tu 5:40-7:10 p.m. | Mike Cook & Lesia Hatcher
Jan 30 – Mar 20 | MC-PE East Lobby
• NOTE: No class Mar 14

East Coast Swing
East Coast Swing, a vibrant, partnered social dance, has held strong throughout the years. Explore iterations that evolved over time and the many styles of dance that have evolved from it. Learn East Coast basics and how to lead and follow single- and triple-step, six-count moves.
DANC-728 | 8 sessions | $51.50 AGE 60+ | $89 REG
P03 | M 5:40-7:10 p.m. | Mike Cook & Lesia Hatcher
Jan 30 – Apr 10 | MC-PE East Lobby
• NOTE: No class Feb 6, Feb 20, Mar 13

Easy Social Dance
Are you attending a reunion, wedding reception or social gathering where there will be dancing? Are you attending a reunion, wedding reception or social gathering where there will be dancing? Our instructors will cover the basics and move on to as many patterns as possible. We’ll work on spinning, timing, lead/follow and more. Great fun for parties, weddings and other social events. Partners required. Fee is per person. Dress shoes recommended.
DANC-728 | 8 sessions | $51.50 AGE 60+ | $89 REG
P06 | Th 5:40-7:10 p.m. | Mike Cook & Lesia Hatcher
Feb 5 – Apr 6 | MC-PE East Lobby
• NOTE: No class Mar 16

Sway Dance: Beginning
Learn to swing dance in a fun, relaxed atmosphere. Practice easily performed steps that form the basic ingredients of all higher-level swing dancing. These techniques 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 | $64.50 AGE 60+ | $79 REG
P01 | M 8-9 p.m. | Karen Merlin
Jan 30 – Apr 3 | Bluebird Park-Ellisville
• NOTE: No class Feb 20, Mar 13

Line Dance
Studies show line dancing can help improve balance, coordination, memory and improve mobility. More than anything, line dance is a lot of fun! You’ll love the music and the steps are easy to learn. Students are encouraged to move at your own pace. This class is appropriate for all levels from beginners to more experienced levels. No partner or experience is needed. Learn to line dance from a pro. Non-rubber soled shoes are recommended.
DANC-748 | 12 sessions | $89 AGE 60+ | $89 REG
P01 | Tu 11 a.m.–12 p.m. | Kirkwood Community Cntr
Vitality In Motion
Jan 31 – Apr 25 | Kirkwood Community Cntr
• NOTE: No class Mar 14

Wedding Dances
Weddings are some of the most, most memorable events in life. Whether it’s your own special day or the marriage of one of your loved ones, you’ll always remember the moments that made it extraordinary. You can make the day even more fun and personal by learning or choreographing a dance: whether it be a few basic fun moves or a smooth waltz. Sign up now for these wedding dance lessons in advance that will make the big day even more significant. Dress shoes recommended.
DANC-748 | 8 sessions | $64.50 AGE 60+ | $79 REG
P03 | Tu 6:15-7:15 p.m. | Karen Merlin
Jan 31 – Mar 28 | Bluebird Park-Ellisville
• NOTE: No class Mar 14
P04 | Th 8-9 p.m. | Karen Merlin
Feb 2 – Mar 30 | Bluebird Park-Ellisville
• NOTE: No class Mar 16
Slides and Line Dances
Come learn the latest beginner and intermediate line dances set to R&B music. Imagine yourself joining in the fun at parties and social events where line dancers take to the floor. After taking this class, you will be able to do just that! Explicit instructions from an experienced instructor will make learning easy. It’s a fun way to exercise, reduce stress, and socialize. Dress comfortably.

**DANC-748** | 6 sessions | $30 AGE 60+ | $45 REG
**P08** | Sa 10-11 a.m. | Stephanie Crusoe
| Apr 15 – May 20 | PV-PE 122

Easy Line Dance for Seniors
Even if you have never danced before you’ll learn the basic steps of line dancing. Take part in learning new line dances and old classics especially designed for the senior (age 50+) beginner dancer. We’ll learn at an easy-going pace and use many songs you’ll recognize. Join us for some fun, cardiovascular exercise and the opportunity to meet new friends. No prior experience is necessary. Come by yourself or bring a group of friends. Non-rubber-soled shoes are recommended.

**DANC-748** | 8 sessions | $64.50 AGE 60+ | $79 REG
**P02** | Tu 10:30-11:30 a.m. | Karen Merlin
| Jan 31 – Mar 28 | Bluebird Park-Ellisville
• NOTE: No class Mar 14

Line Dance For Adults
Even if you have two left feet, you can learn basic line dancing steps. Take part in learning new line dances and old classics at an easy going pace while getting cardiovascular exercise, making new friends and having fun. No prior experience required. Come by yourself or bring a group of friends.

**DANC-748** | 8 sessions | $46.50 AGE 60+ | $65 REG
**P06** | W 6:15-7:15 p.m. | Karen Merlin
| Feb 15 – Apr 26 | MC-PE East Lobby
• NOTE: No class Feb 22, Mar 15, Apr 05

Country Dance
Learn the basic dance steps that will give you the confidence on the dance floor and join in on the fun. You’ll have a lot of energetic fun while learning classic country western line dances as well as newer country western line dances. You will be able to dance at social events, weddings, and more. Partner not required, but bring a friend or two for twice the fun! No experience necessary.

**DANC-748** | 8 sessions | $51 AGE 60+ | $89 REG
**P07** | Th 7:15-8:45 p.m. Mike Cook & Lesia Hatcher
| Feb 9 – Apr 6 | MC-PE East Lobby
• NOTE: No class Mar 16

**MUSIC**

General

The Musicals of Rodgers and Hammerstein
From familiar musicals like “South Pacific” and “The Sound of Music,” to less well-known shows like “Allegro” and “Pipe Dream,” join this exploration of the eleven musicals created by the team of Richard Rodgers and Oscar Hammerstein. Watch video clips of songs and dance numbers from stage productions of their shows and hear live commentary by the experienced theater instructor about the background, content and creative process behind their creation.

**MUSC-701** | 2 sessions | $29 AGE 60+ | $39 REG
**P01** | W 7-9 p.m. | Ken Ross
| Mar 22 – Mar 29 | 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 show and receive feedback.

**MUSC-725** | 8 sessions | $66.50 AGE 60+ | $109 REG
**P01** | M 6:30-8:30 p.m. | Kevin Renick
| Feb 6 – Apr 10 | MC-HE 112
• NOTE: No class Feb 20 & Mar 13

World Rhythms
Let’s make music! Play the life-celebrating rhythms of Brazil, Africa, Cuba, the Caribbean, and Japan. Taught by a musical director of JOIA: World Percussion who has over 30 years of experience.

**MUSC-765** | 8 sessions | $69 AGE 60+ | $99 REG
**P03** | Sa 10-11 a.m. | Rick Kramer
| Apr 15 – Jun 10 | MC-HE 112
• NOTE: No class May 27

Harmonica

Harmonica: Beginning
The harmonica is fun and easy to learn. In just three sessions, learn to play many simple songs. The ability to read music is not required. Fee includes a student guide/songbook and a ten-hole diatonic harmonica in the key of C. All materials provided.

**MUSC-720** | 3 sessions | $45 AGE 60+ | $45 REG
**P01** | W 6:30-7:30 p.m. Gateway Harmonica Club
| Feb 1 – Feb 15 | MC-SO 107
**P02** | Th 6-7 p.m. | Gateway Harmonica Club
| Feb 2 – Feb 16 | FP-E 209
**P03** | W 6:30-7:30 p.m. Gateway Harmonica Club
| Mar 1 – Mar 22 | PV-55 104
• NOTE: No class Mar 15

**Guitar**

Guitar: Beginner Reading Music Notations
Students will learn the basics of reading guitar music on the treble clef and the guitar. This class will be an intense session of reading music using the first 3 strings of the guitar. Students will need a pencil, notebook, and text for the class. Students will be asked to demonstrate and play taught skills. Student will need a guitar. Book needed: Everybody’s Guitar Method Book 1 (RED BOOK), ISBN 978-1569392812.

**MUSC-705** | 1 session | $22.50 AGE 60+ | $29 REG
**P02** | Sa 2:30-4:30 p.m. | Christina Springer
| Mar 25 | Online

Fingerpicking For Guitar
Begin to play folk, blues and ragtime, and general accompaniment patterns that create a solo guitar sound, using alternating bass and arpeggio styles. Bring your 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 | $51 AGE 60+ | $89 REG
**P01** | Tu 7-8:30 p.m. | Jim Renz
| Feb 7 – Apr 4 | MC-HE 112
• NOTE: No class Mar 14

Guitar: Intensive Intro
This class is designed for a student that has never held a guitar and just wants to get started. Students will learn to play guitar by a number system and reading notes on the first string. Understanding the basics of the body of the guitar, reading beginning tablature, and basic note reading are topics that will be discussed in this one-time course. Students will need a guitar to participate and will be sent music.

**MUSC-707** | 1 session | $22.50 AGE 60+ | $29 REG
**P01** | Sa 2:30-4:30 p.m. | Christina Springer
| Feb 4 | Online

Guitar: Scales, Chords, and Lead Sheets
Students will learn how to build chords based on scales. This class is designed to help students gain a beginning understanding of how to read the chords of a lead sheet and give ideas for basic guitar improvisation. Students will need a guitar and will be asked to play and demonstrate taught skills.

**MUSC-765** | 1 session | $22.50 AGE 60+ | $29 REG
**P01** | Sa 2:30-4:30 p.m. | Christina Springer
| Apr 22 | Online

REGISTRATION BEGINS JAN. 4 | 314-984-7777 | STLCCE.EDUCUCE 25
Piano: Beginning

MUSC-710 | 21 sessions | $93.50 AGE 60+ | $149 REG
P01 Tu noon-12:55 p.m. | Cheryl Conley
Jan 31 – Jun 27 | MHC-112
• NOTE: No class Mar 14

Piano: Advanced Beginners

MUSC-711 | 21 sessions | $93.50 AGE 60+ | $149 REG
P01 Tu 1-1:55 p.m. | Cheryl Conley
Jan 31 – Jun 27 | MHC-112
• NOTE: No class Mar 14

Piano: Intermediate I
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 Intermediate I and want to continue exploring and strengthening skills. Prerequisite: Piano Intermediate I or equivalent experience. Required text will be discussed at the first class.

MUSC-712 | 21 sessions | $93.50 AGE 60+ | $149 REG
P02 Th 12-12:55 p.m. | Cheryl Conley
Feb 2 – Jun 29 | MHC-112
• NOTE: No class Mar 16

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 Intermediate I and want to continue exploring and strengthening skills. Prerequisite: Piano Intermediate I or equivalent experience. Required text will be discussed at the first class.

MUSC-713 | 21 sessions | $93.50 AGE 60+ | $149 REG
P01 Th 11-11:55 a.m. | Cheryl Conley
Feb 3 – Jun 29 | MHC-112
• NOTE: No class Mar 16

Piano: Advanced Intro
Begin learning how to play the piano in this one time class. This class will help you identify patterns on the keyboard and help you get started with reading music in one class. Learn basic rhythms and beginning hand positions. Students will need a piano/keyboard. Texts required; bring to first class.

MUSC-713 | 21 sessions | $93.50 AGE 60+ | $149 REG
P02 Th 11-11:55 a.m. | Cheryl Conley
Feb 3 – Jun 29 | MHC-112
• NOTE: No class Mar 16

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

MUSC-713 | 21 sessions | $93.50 AGE 60+ | $149 REG
P01 Th 1-1:55 p.m. | Cheryl Conley
Feb 7 – Jun 29 | MHC-112
• NOTE: No class Mar 16

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: Piano Advanced I or equivalent experience. Required text discussed at first class.

MUSC-713 | 21 sessions | $93.50 AGE 60+ | $149 REG
P02 Th 11-11:55 a.m. | Cheryl Conley
Feb 7 – Jun 29 | MHC-112
• NOTE: No class Mar 16

Piano: Scales, Chords, and Lead Sheets
Students will learn how to build chords based on scales. This class is designed to help students gain a beginning understanding of how to read the chords of a lead sheet and give ideas for basic piano improvisation. Students will need a piano/keyboard and will be asked to play and demonstrate taught skills. Book needed: Fundamentals of Piano Theory-Preparatory Level, ISBN 978-0849762536.

MUSC-765 | 1 session | $22.50 AGE 60+ | $29 REG
P01 Sa 12-2 p.m. | Christina Springer
Online

Improvosional Acting Techniques for Beginners
Step out of your comfort zone and explore the creative world of improv! An introduction to improvisational (improv) games and acting techniques aimed at encouraging exploration of character, building stage confidence, and expanding creativity. You’ll love this class as you learn to think on your feet and live in the moment while having fun. So, say, “Yes!” it’s the only course requirement to begin enjoying the art of improvisational acting!

THTR-701 | 6 sessions | $41.50 AGE 60+ | $69 REG
P01 Sa 10 a.m.-12 p.m. | Rita Russell
Apr 15 – May 20 | FP-TC 207

Meramec Orchestra
Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 134 650 (CRN 11790). 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 questions.

MUSC-714 | 14 sessions | $39 AGE 60+ | $59 REG
P01 M 7-9:40 p.m. | Gary Gackstatter
Jan 23 – May 8 | MHC-HW 102
• NOTE: No class Feb 20, Mar 13

Symphonic Band
In this class, study and perform representative symphonic band literature. Available for credit as MUS 134 650 (CRN 11790). Auditions are for seating purposes only. Any questions, contact the conductor at 314-984-7636, contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu.

MUSC-716 | 16 sessions | $39 AGE 60+ | $59 REG
P01 Th 7-9:40 p.m. | Gary Gackstatter
Jan 19 – May 11 | MHC-HW 102
• NOTE: No class Mar 16

Meramec Concert Choir
Study and performance of representative choral literature. Emphasis will be on vocal technique and development. Available for credit as MUS 131 636 (CRN 11128). Auditions for part assignment only. Contact the conductor at 314-984-7636. Contact the program coordinator at 314-984-7638 or MeramecMusic@stlcc.edu with questions.

MUSC-717 | 32 sessions | $39 AGE 60+ | $59 REG
P01 To Th 12:30-1:50 p.m. | Gerald Myers
Jan 17 – May 11 | MHC-HW 102
• NOTE: No class Mar 14 and Mar 16

THEATER
Writing Your First Screenplay
Do you ever watch movies or TV shows and think “I could write something better than that”! Well, here’s your chance to learn how. This course introduces you to the core elements of storytelling –idea, plot, structure, scene development, character, dialogue, and theme– and explains how those elements combine to make a great script. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your own screenplay.

THTR-701 | 6 sessions | $41.50 AGE 60+ | $69 REG
P01 Sa 10 a.m.-12 p.m. | Rita Russell
Apr 15 – May 20 | FP-TC 207
## PHOTOGRAPHY

For all Core and Field classes, you must provide your own digital camera, any make or model is acceptable, preferably a beginner or enthusiast level DSLR or mirrorless camera.

The courses listed under Photography meet the curriculum requirements for the Digital Photography Essentials program. Classes may be taken for your own personal enrichment or as part of the Digital Photography Essentials program.

### Core Classes

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<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Session Dates</th>
<th>Cost</th>
<th>Age</th>
<th>Notes</th>
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<tbody>
<tr>
<td>PHOT-720</td>
<td>Digital Photography: Introduction</td>
<td>P04: Tu 6:30-9 p.m.</td>
<td>$76</td>
<td>Age 60+</td>
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<td>P08: Tu 6:30-9 p.m.</td>
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### Enhanced Skills

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<th>Course Code</th>
<th>Course Name</th>
<th>Session Dates</th>
<th>Cost</th>
<th>Age</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>PHOT-705</td>
<td>Darkroom Developing &amp; Printing for Black &amp; White Photography Part I</td>
<td>P01: F 6-8:30 p.m.</td>
<td>$76.50</td>
<td>Age 60+</td>
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<td>P02: F 6-8:30 p.m.</td>
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### Street Photography

Why is street photography different from other forms of photography? Learn how to deal with different lighting situations as well as share your images with others. Gain a better understanding of camera settings and what they do in controlling your images. Leave with a nice portfolio from what you have learned and practiced over the five-week series. Prerequisite: Digital Photography: Introduction or equivalent experience.

**Art of Photography I: A Beginner’s Journey**

Explore introductory photography, including the basic concepts and science of photography in both film and digital. Taught by an instructor with more than 40 years’ professional experience and using film photography as a guide, discover how to stop taking snapshots and start creating works of art. You must have a film or digital camera that can be used completely manual mode and allows for interchangeable lenses. Challenges will be presented each week for you to practice and share with peers.

**Art of Photography II: A Novice’s Journey**

Continue your journey into the world of photography. Learn the science of the medium through the use of camera angles and settings. You must have a film or digital camera that can be used completely manual mode and allows for interchangeable lenses. Challenges will be presented each week for you to practice and share with peers, with critiques by peers and instructor. Prerequisite: Completion of The Art of Photography: Introduction or equivalent experience.

### 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. Additional details provided on projects in class.

**Architectureal 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.

**Digital Photography Essentials Program**

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

Create compelling on-location portraits at home, work or play without a studio or expensive equipment. Uncover why a long lens makes faces look great. Adapt your existing lenses for portrait shots. 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. Additional details provided on projects in class. Prerequisite: Digital Photography: Introduction or equivalent experience.

**PHOT-720 | 5 sessions | $109 | P03**

- **P03** W 6:30-9 p.m.
- John Kerans
- Apr 19 – May 17
- Online

**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 | P03**

- **P03** W 6:30-9:30 p.m.
- Gregory Ray
- Feb 15
- STLCC-Corp 207

**Photojournalism and Documentary Photography**

Learn to tell a story using photos. Create single images that capture a decisive moment or capture a series of images that illustrate unfolding news. Complete real-world assignments and receive immediate constructive feedback. Knowledge gained from this class will equip you raise your photojournalism skill, whether your goal is to contribute for publication or more effectively illustrate personal projects. Analyze images taken by legendary photojournalists, including Pulitzer Prize winners, and put their award-winning techniques to work.

**PHOT-731 | 5 sessions | $109 | P03**

- **P03** W 6:30-9 p.m.
- John Kerans
- May 31 – Jun 28
- Online

**Writing**

**Unleashing The Writer Within**

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 | $57 | P03**

- **P03** M 6:30-9:30 p.m.
- Jordan Oakes
- Jan 30 – Feb 27
- Online

**Freelancing for Fun and Profit**

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

**WRIT-704 | 1 session | $37.50 | P03**

- **P03** Sa 9:30 a.m.-1 p.m.
- Charlene Oldham
- Feb 11
- Online

**WordPress® for Writers: Easy Website Design Publishing**

Looking for a place to share your poetry, essays, short stories and other creative works with the world? Design your perfect online forum with one of the world’s most popular Web design tools. WordPress draws more than 400 million people who view 15.5 billion pages each month. It’s free to start and easy to use, while capable of producing professional results. In fact, WordPress sites are so professional that you can use them as an online hub for marketing your work to journals, magazines, and other print or online publications.

Students must have a generic email account and an online hub for marketing your work to journals. Sites are so professional that you can use them as an online hub for marketing your work to journals, magazines, and other print or online publications. Learn how to develop ideas into pieces for newspapers, consumer magazines, trade magazines, blogs and online magazines. Examine the basics of reporting, writing and selling stories. Learn to identify markets, write query letters, research and interview. Uncover how to write articles that will get you published for profit. Bring recent copies of your favorite publications as well as any original story ideas you would like to see in print.

**WRIT-704 | 4 sessions | $57 | P03**

- **P03** Sa 9:30 a.m.-1 p.m.
- Charlene Oldham
- Jun 3
- Online
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 | 4 sessions | 155 AGE 60+ | 155 REG
P04 Th 6-8 p.m. Elliot Laurence Apr 20 – May 11 FP-W 117

Crash Course to Getting Published
You've finally finished your story or perfected your poem and want to get published. Find out the next steps with focus on writing contests and online publication. Writing contests are a great way to publicize your work, break into the writing scene, and gain cash. Learn tips on writing one-paragraph biographies, provide an explanation of cover letters, and prepare you for what to expect from the world of online literary magazines.
WRIT-704 | 4 sessions | 155 AGE 60+ | 155 REG
P04 Th 6-8 p.m. Elliot Laurence Apr 20 – May 11 FP-W 117

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. Should you use "who" or "whom"? What’s the difference between ‘effective’ and ‘affect’. This class will apply a fresh coat of literacy to your writing.
WRIT-704 | 4 sessions | 155 AGE 60+ | 155 REG
P09 F 6:30-9:30 p.m. Jordan Oakes Feb 3 – Feb 24 Online
P08 Th 6:30-9:30 p.m. Jordan Oakes May 4 – May 25 Online

Boot Camp for Writers
Do you have an idea for a fictional tale, nonfiction story or memoir, but are struggling to get started? Are you working on a project but need feedback as you go? With weekly assignments and guided in-class critiques, start writing, stay writing or improve the writing you already do. All genres are welcome. If you have a work in progress, bring copies to share for peer review.
WRIT-704 | 4 sessions | 155 AGE 60+ | 155 REG
P06 Tu 6:30-9:30 p.m. Jordan Oakes Jan 31 – Feb 21 Online

Writing for Publishing
You have a story or a poem, and want to get published, now what? Explore tips on how to write one-paragraph biographies, an explanation on cover letters, and what to expect from the world of online literary magazines. With luck and practice, you can start publishing and profiting from your work.
WRIT-704 | 4 sessions | 155 AGE 60+ | 155 REG
P07 M 6:30-9:30 p.m. Jordan Oakes May 1 – May 22 Online

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 | 2 sessions | 129 AGE 60+ | 129 REG
P03 M W 6-8 p.m. Elliot Laurence Mar 20 – Mar 22 FP-W 117

A-Z Editing
The most daunting part of the writing process is often after all the words are on paper. This course will help writers, new or veteran, fiction or academic, how to become their own editors. Learn the different types of editing (yes, there is more than one!), how to write proper dialogue, and how to master punctuation.
WRIT-706 | 3 sessions | 734 AGE 60+ | 734 REG
P01 W 6-8 p.m. Elliot Laurence Feb 8 – Feb 22 Online
P02 M 6-8 p.m. Elliot Laurence Apr 17 – May 1 FP-W 117

Jazzy Dialogue: Tips and Tricks
Good dialogue should flow like jazz. It can be one of the most important components of fiction. This workshop will help you polish your pen to create fluent, fluid and believable conversations between characters.
WRIT-706 | 4 sessions | 575 AGE 60+ | 575 REG
P05 Th 6:30-9:30 p.m. Jordan Oakes Mar 23 – Apr 13 Online
P06 W 6:30-9:30 p.m. Jordan Oakes May 3 – May 24 Online

Finding the Right Words
Mark Twain famously said that the difference between the right word and the almost-right word is the difference between lightning and lightning bug. Good writing is essentially the art of discovering those perfect words. This class will help you find the sometimes-elusive language to get it absolutely right.
WRIT-706 | 4 sessions | 575 AGE 60+ | 575 REG
P05 Th 6:30-9:30 p.m. Jordan Oakes Mar 23 – Apr 13 Online
P06 W 6:30-9:30 p.m. Jordan Oakes May 3 – May 24 Online

Writing a Review: Rock ‘n’ Roll History
Trace the history of what we know today as rock’n’roll music, going from Elvis to Nirvana, and not missing a beat. The class will involve listening assignments and writing a review on the music topic of your choice.
WRIT-706 | 4 sessions | 575 AGE 60+ | 575 REG
P04 W 6:30-9:30 p.m. Jordan Oakes Mar 22 – Apr 12 Online

Journaling for Writers
Journals can contain to-do lists, diary entries and much more. For writers, journals often include a section devoted to ideas and inspiration. A writer’s bullet journal might also contain ideas to transform plans into concrete projects. Whatever your goals are as a writer, discover how a bullet journal can kick start your creativity, your career, or both. All you need to get started is any blank notebook, your favorite writing implements and an open mind.
WRIT-710 | 1 session | 377 AGE 60+ | 377 REG
P01 Sa 9:30 a.m.-1 p.m. Charlene Oldham Feb 27 – Mar 6 Online

Writing Your Memoir
We have everything we need right at our fingertips when we compose a memoir—except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir can focus on your childhood or your adult years—or simply one particularly life-changing day.
WRIT-714 | 4 sessions | 575 AGE 60+ | 575 REG
P01 Th 6:30-9:30 p.m. Jordan Oakes Feb 2 – Feb 23 Online
P02 Tu 6:30-9:30 p.m. Jordan Oakes May 2 – May 23 Online

The Art of Poetry
Focus on the art and craft of poetry including: what makes a good image, how to use language to evoke a sensory response, and 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 works of established writers in the field.
WRIT-716 | 4 sessions | 575 AGE 60+ | 575 REG
P03 M 6:30-9:30 p.m. Jordan Oakes Jun 20 – Apr 10 Online
P04 W 6:30-9:30 p.m. Jordan Oakes Jun 7 – Jun 28 Online

The Birth of a Character
Discover how to create characters who will lead the way through the corridors of your short story or novel.
WRIT-724 | 4 sessions | 575 AGE 60+ | 575 REG
P04 W 6:30-9:30 p.m. Jordan Oakes Mar 21 – Apr 11 Online

Perfecting Your Resume
Looking for a job, submitting a proposal, applying to a residency or a publication? Almost all of these requires a resume. Learn tips and tricks to create a resume that is professional, accurate, and versatile enough to submit to use for multiple applications.
WRIT-765 | 2 sessions | 529 AGE 60+ | 529 REG
P01 M 6-8 p.m. Elliot Laurence Feb 27 – Mar 6 Online

The Art of the Metaphor
Metaphors are used in practically every form of writing. Come learn about all the varieties, including similes and metonymies. Whether your focus is poetry, fiction, essays, or even journalism, this class is for you.
WRIT-765 | 4 sessions | 575 AGE 60+ | 575 REG
P02 Th 6:30-9:30 p.m. Jordan Oakes Jun 8 – Jun 29 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. Discover the multiple online job boards designed to help you find enjoyable, paid writing work.
WRIT-722 | 1 session | 377 AGE 60+ | 377 REG
P01 Sa 9:30 a.m.-1 p.m. Charlene Oldham Apr 22 Online

Horror Writing
If your stories tend to veer toward the dark, or eerily suspenseful side of writing, this class may be your poison in the best possible sense. Short story reading assignments along with workshopping your own stories will help you in your dream (or nightmare) to be the next Stephen King. This class will be so good, it’s scary.
WRIT-719 | 4 sessions | 575 AGE 60+ | 575 REG
P05 F 6:30-9:30 p.m. Jordan Oakes Mar 24 – Apr 14 Online

The Poetics of Metaphor
Metaphors are used in practically every form of writing. Come learn about all the varieties, including similes and metonymies. Whether your focus is poetry, fiction, essays, or even journalism, this class is for you.
WRIT-765 | 4 sessions | 575 AGE 60+ | 575 REG
P02 Th 6:30-9:30 p.m. Jordan Oakes Jun 8 – Jun 29 Online

REGISTRATION BEGINS JAN. 4 | 314-984-7777 | STLCC.EDU/CE

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## FINANCE AND INVESTMENTS

### 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 trustees responsible for wrapping up the final affairs. Learn from an estate planning attorney about the legal process from when occurs in probate court to instances when 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 | $32.50 AGE 60+ | $39 REG
---|---|---|---
**P01** | W 7-9 p.m. | Paul Gantner | Feb 22

### Estate Planning: Living Trusts†
Estate planning allows you to control of your assets and legacy to loved ones. Learn 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 | $32.50 AGE 60+ | $39 REG
---|---|---|---
**P02** | W 7-9 p.m. | Jackie Capriano | Feb 15

### Estate Planning: For the Exceptional Child†
For parents of children with exceptional needs, estate planning is the only way to protect the child’s financial interests today as well as in the future, when you may no longer able to help. Because no one is immortal, most of us recognize the need for an estate plan, preferably one that appoints a suitable guardian for our children, sees to their financial and legal needs, protects their government benefits, and avoids probate. The need for care may extend throughout their childhood and last well into adulthood, potentially their entire lives. Providing the appropriate degree of care requires careful legal and financial planning. The instructor will discuss the different tools available when planning for a child with special needs. Participants will learn about Powers of Attorney, Guardianships, Special Needs Trusts, ABLE Accounts and more. Taught by an attorney.

**FINC-710** | 1 session | $32.50 AGE 60+ | $39 REG
---|---|---|---
**P03** | W 7-9 p.m. | Paul Gantner | Mar 22

### Revocable Trusts, Wills, and Powers of Attorney†
Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Discussion will focus on wills, the probate process and avoiding probate through 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 | $32.50 AGE 60+ | $39 REG
---|---|---|---
**P04** | Tu 6-8 p.m. | Yvonne Homeyer | Mar 21

### Financial Planning vs. Financial Portfolio†
A financial portfolio often is simply a pile of investment products: stocks, bonds, annuities, life insurance, etc. It can resemble the junk drawer in your kitchen. This is not a financial plan. While a plan does involve financial products, it more so demands direction and intention to achieve your goals. A plan is not only the products that you pick, but creating a steady, reliable stream of income that you can’t outlive, a healthcare and long term care plan to protect you from the biggest expenses that retirees face, a tax plan in an increasing tax environment, and a legacy plan, to ensure those you left behind are taken care of. Most importantly, a plan allows you to create experiences with the people you care the most about, simply having a portfolio does not achieve this.

**FINC-705** | 1 session | $99 AGE 60+ | $99 REG
---|---|---|---
**P01** | Tu 6-8 p.m. | Andrew Hall | MC-SO 107
**P02** | Tu 6-8 p.m. | Andrew Hall | FP-W 117

### Retiring in a Recession†
Examine how new tax legislation could affect your retirement income, how properly coordinating your investment, income, and healthcare benefits can save you money; strategies to create sustainable and reliable income regardless of market conditions; how to play “defense” in a volatile market; and how to reduce taxation of your Social Security benefits.

**FINC-736** | 1 session | $99 AGE 60+ | $99 REG
---|---|---|---
**P01** | Th 6-8 p.m. | Andrew Hall | Feb 16
**P02** | Tu 6-8 p.m. | Andrew Hall | May 23
**P03** | Tu 6-8 p.m. | Andrew Hall | May 23

### Overview of Retirement Issues: Medicare, Medigap, Housing, and Much More!†
Gain insight on Medicare (parts A,B,C,D); Medigap (A-L); Medicaid (services, eligibility, look back); age of retirement (Social Security); retired vets and spouse benefits; housing (HUD, SNF, ALF, CCRC, remodeling); adult day healthcare; and hotline abuse protection. Discussion will address issues that could arise after you retire.

**FINC-736** | 1 session | $99.50 AGE 60+ | $99 REG
---|---|---|---
**P06** | Sa 11 a.m.-1 p.m. | Dr. Lawrence Gibbs | Apr 15

### Personal Finance

### 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 | $99 AGE 60+ | $99 REG
---|---|---|---
**P02** | Th 6-8 p.m. | Andrew Hall | Mar 2
**P03** | Th 6-8 p.m. | Andrew Hall | Apr 13

### Identity Theft II: Post Pandemic†
Explore how identify theft has evolved during the pandemic and the additional steps we must take to increase our protection. Criminals continue to expand methods of identity theft, often in channels and 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 | $19.50 AGE 60+ | $19.50 REG
---|---|---|---
**P01** | Sa 10 a.m.-12 p.m. | Cheryl Ring | Online

### Finance 101: When Life Gives You Lemons†
Learn how to get in charge of your personal finances: learning to track expenses, getting educated about investments, how to handle credit card debt, setting and achieving financial goals, the difference between fixed, variable and mixed expenses and more. Learn the best personal finance practices from Dave Ramsey, Suze Orman, Ric Edelman and others.

**FINC-765** | 1 session | $20 AGE 60+ | $20 REG
---|---|---|---
**P02** | Sa 12-1:30 p.m. | Glennon Brady | MC-SO 107

### John C. Bogle: The History of Index Fund Investing†
Learn the story of how and why index investing was started by late Vanguard founder - John “Jack” Bogle and how he revolutionized the mutual fund world.

**FINC-765** | 1 session | $20 AGE 60+ | $20 REG
---|---|---|---
**P03** | Sa 12-1:30 p.m. | Glennon Brady | MC-SO 107

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

**STLCC.EDU/CE | 314-984-7777 | REGISTRATION BEGINS JAN. 4**
Introduction to Stock Market
Learn about the equities markets and the approaches that successful investors use to select stocks. Topics include goal-setting and successful strategies; protecting profits and limiting losses; understanding investment risk and market psychology; techniques for selecting stocks in both up and down markets; stock classifications—growth, income, cyclical, interest-sensitive, and defensive; approaches to the study of the markets—understanding market cycles; diversification through mutual funds; potential impact of current monetary and fiscal policy on portfolios; tracking/measuring stock performance; and how to read and comprehend financial tables and sources of information.

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<th>FINC-765</th>
<th>1 session</th>
<th>$32 AGE 60+</th>
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<tbody>
<tr>
<td>P04</td>
<td>Sa 10 a.m.-12 p.m.</td>
<td>Rashad Ross</td>
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<tr>
<td>P05</td>
<td>Sa 10 a.m.-12 p.m.</td>
<td>Rashad Ross</td>
<td>FV-B 125</td>
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Introduction to Cryptocurrency and Bitcoin
Blockchain is the technology that is powering the cryptocurrencies such as Bitcoin, it is also driving the innovative and exciting new technologies including web3, metaverse, NFT, DAO (decentralized autonomous organization) and DeFi (decentralized finance), etc. This class will cover what Bitcoin and cryptocurrency are, a brief history of Bitcoin, major components of Bitcoin, Bitcoin as both a security token and a utility token. This class will also introduce some other interesting aspects about blockchain as well as its major functions. All materials provided.

<table>
<thead>
<tr>
<th>FINC-765</th>
<th>4 sessions</th>
<th>$49 AGE 60+</th>
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<tbody>
<tr>
<td>P06</td>
<td>Th 6:30-8 p.m.</td>
<td>Feng Hou</td>
<td>Apr 6 - Apr 27</td>
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**For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.**

**HOME**

**Home Improvement and Maintenance**

Decorating 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.

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<tr>
<th>HOME-703</th>
<th>1 session</th>
<th>$23 AGE 60+</th>
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<tbody>
<tr>
<td>P01</td>
<td>Tu 6-8 p.m.</td>
<td>Fawn Hoener</td>
<td>FP-W 325</td>
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</tbody>
</table>

Hands-on Home Repair: Plumbing
Have a leaky faucet or just want to upgrade to the latest style? Has your running toilet caused your water bill to skyrocket? Don’t get sticker shock by calling a plumber, instead come to this hands-on class and learn how to fix minor plumbing issues.

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<tr>
<th>HOME-725</th>
<th>1 session</th>
<th>$35 AGE 60+</th>
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<tbody>
<tr>
<td>P03</td>
<td>Th 6-9 p.m.</td>
<td>Jean Linton</td>
<td>FV-E 154</td>
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</table>

Hands-on Home Repair: Electrical
When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a hands-on focus. You won’t need to fear performing simple DIY electrical repairs or need to pay someone else to do it for you after this class.

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<tr>
<th>HOME-713</th>
<th>1 session</th>
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<tbody>
<tr>
<td>P02</td>
<td>Th 6-9 p.m.</td>
<td>Jean Linton</td>
<td>FV-E 154</td>
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</table>

DIY: Drywalling
If you have a drywall project in your future, pick up drywalling basics of how to measure, cut, and hang drywall. Learn proper layout and how to prep the room prior to installing 2"x4 framing. Gain tips on cutting and applying seam tape.

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<tr>
<th>HOME-765</th>
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<tbody>
<tr>
<td>P04</td>
<td>Sa 10:30 a.m.-12 p.m.</td>
<td>Christina Ritter</td>
<td>MC-SO 108</td>
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</tbody>
</table>

Green Cleaning: Use This! Not That
Reduce exposure to potentially hazardous chemicals, biological and particle contaminants from cleaners that can adversely impact indoor air quality and your health. Learn about the and how’s and why’s of green cleaning in this hands-on demonstration. Expand your understanding of conventional cleaners and effective cleaning alternatives. There will be time for questions and information to take home with recipes.

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<th>HOME-775</th>
<th>1 session</th>
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<td>P03</td>
<td>Th 6-9 p.m.</td>
<td>Jean Linton</td>
<td>MC-SO 108</td>
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</table>

How to Use Power Tools
Power tools help perform difficult tasks with minimal effort and greater accuracy. In order to use effectively without injury, learn how to operate tools safely. Instructor will demonstrate the use of several common power tools. If you have a small power tool you’d like to know more about, bring it to class and our instructor may select it for demonstration. Be sure to bring your questions.

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<td>P05</td>
<td>Th 6-9 p.m.</td>
<td>Jean Linton</td>
<td>May 18</td>
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How to Talk to a Contractor
Some home projects might require a contractor, but how do you pick the right person? Discuss the several different aspects of hiring a contractor and learn how to select the person for your home renovation job. Bring your questions.

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<td>P06</td>
<td>Th 6-9 p.m.</td>
<td>Jean Linton</td>
<td>Jun 22</td>
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*Risk, Release and Waiver of Liability* must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
JOIN US ON STLCC’S STUDY TOURS IN CUBA AND ITALY

Cuba: May 22 – 31, 2023
Experience the amazing culture, history, music, food, and attractions of this beautiful island country. Enjoy walking through the cities of Havana, Pinar del Rio, Cienfuegos, Trinidad, Santa Clara, and Cojimar. Visit rural and agricultural areas, ecological community ports, mountains, waterfalls, markets, museums, art and dance studios, and more. Learn from expert presenters on various Cuba-related subjects.

$3,900 (estimate)

Italy: June 10 – 17, 2023
Improve your existing or acquire new basic colloquial Italian language skills in the beautiful town of Bologna where the oldest university in the western world resides. Learn from experienced local language teachers. Intimately experience the local culture, traditions, customs, food, music, and history through organized after-class activities and tours. Day trip to Florence is included in the program.

$3,200 (estimate)

For more information: www.stlcc.edu/studyabroad

Thinking About Buying a Home? Here’s What You Need to Know†
Buying a home is a huge decision—probably the biggest financial decision most adults will ever make. Knowing the “whys” and “why nots” can save a buyer a lot of time, energy, and money. Learn what you need to know about the buying process; from before you tour the first house to walking away from the closing table as a new homeowner.

REAL-701 | 1 session | $23 AGE 60+ | $29 REG
P01 W 6-8 p.m. | Rebecca Delaney
Feb 8

Buying Real Estate in a Changing Market†
No matter what market conditions are occurring, there are steps a buyer can take to ensure they are getting the best deal. Join us to learn some rules and strategies to help achieve the best position for getting your offer accepted and protecting yourself. With the market constantly changing, you need to be prepared.

REAL-701 | 1 session | $23 AGE 60+ | $29 REG
P02 Tu 7-9 p.m. | Jill McCoy
Jun 13

Selling My House! How to Be Successful†
Today’s real estate market is a seller’s market. There are more buyers looking to buy than sellers willing to sell. How can you maximize this opportunity to get the price you want for the sale of your house in the time frame you need? Examine strategies, tips, and insights you can use to successfully sell your house.

REAL-702 | 1 session | $23 AGE 60+ | $29 REG
P01 W 6-8 p.m. | Rebecca Delaney
Mar 11

How to Position Property for the Highest Return in any Market†
To sell your home for the most money, it’s best to understand how changing trends in your local market, the total cost of selling a home, and the best strategies for selling to meet your goals. The highest offer won’t always leave you with the most money, and you won’t always recoup the costs of major renovations. Learn where to focus your money and energy to get the most gain for the least amount of work.

REAL-702 | 1 session | $23 AGE 60+ | $29 REG
P02 Th 7-9 p.m. | Jill McCoy
May 11

Real Estate Investing for Building Personal Wealth†
Real estate investing is one of the top three time-tested ways for people from all economic means to build wealth. There are several ways to invest in real estate which includes owning rental property, flipping houses for resale, and buying vacation homes. We'll discuss how to get the financing to purchase investment properties, finding and evaluating properties, and operating properties.

REAL-712 | 1 session | $23 AGE 60+ | $29 REG
P01 W 6-8 p.m. | Rebecca Delaney
Apr 19

A Career in Real Estate†
Thinking about a career in real estate? There are many facets to the industry with a variety of avenues. Here is your opportunity to hear from a seasoned real estate professional with more than 22 years of experience about the reality of the profession and what it takes to succeed. Learn what it takes to build a successful business working with clients buying and selling real estate and uncover all the other unique opportunities for anyone who wants to work in the industry such as an appraiser, a property manager, an investor, or a business manager who supports a team.

REAL-715 | 1 session | $27 AGE 60+ | $35 REG
P01 Th 7-9 p.m. | Jill McCoy
Feb 23

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 screenings on potential tenants. Discover how to be creative by using the telephone, interview, computer, rental application and lease expectations.

REAL-720 | 1 session | $45.50 AGE 60+ | $69 REG
P01 Sa 9 a.m.-5 p.m. | Mary Hankins
Mar 19

How to Avoid Foreclosure†
Are you falling behind on your monthly mortgage payment? Have you found yourself delinquent on your loan? Is your adjustable rate mortgage becoming unaffordable because of increasing payments? You are not alone. Every year millions of people have trouble with their mortgages, but foreclosure often can be prevented. Don't be afraid or embarrassed to ask for help. More than one-third of those who seek help are successful in finding alternatives to foreclosure.

REAL-765 | 1 session | $23 AGE 60+ | $29 REG
P03 Tu 7-9 p.m. | Jill McCoy
Mar 25

The Advantages of Downsizing†
Each stage of life demands different lifestyles. There are many advantages of “rightsizing” to a smaller, more manageable home including financial savings, less home maintenance and cleaning, and less monthly expenses. Maintain the same level of comfort and style you're accustomed to while benefiting from downsizing.

REAL-765 | 1 session | $23 AGE 60+ | $29 REG
P01 W 6-8 p.m. | Rebecca Delaney
May 17

Today’s Real Estate Market: So Many Questions!!†
Find out what the experts say about today’s historical real estate market. Is it going to crash, what is a seller’s market, what’s causing the housing shortage, how has inflation affected the housing market, what to expect with mortgage interest rates, are home values going to continue to appreciate or depreciate?

REAL-765 | 1 session | $23 AGE 60+ | $29 REG
P02 W 6-8 p.m. | Rebecca Delaney
Jun 21

†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.
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.

**Ecology**

**Beeswax Food Wrap**
You don’t need to go out and buy new products to reduce waste at home — you can make them yourself from reclaimed materials! Receive hands-on guidance and craft along to make a set of cloth beeswax wraps from salvaged fabric and natural materials to replace plastics in your kitchen and learn tips and tricks along the way. Leave the workshop with a pair of wraps and the knowledge to make more! Class will also cover best practices to reduce the amount of trash coming in and out of your cabinets, counters, and fridge.

**ECOL-700** | 1 session | $39 AGE 60+ | $39 REG
P01 | W 6-7:30 p.m. | Perennial
Feb 15

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

**ECOL-704** | 1 session | $59 AGE 60+ | $59 REG
P01 | Tu 6:30-8 p.m. | Maggie McCoy
Feb 21
Maggie McCoy
MC-CE 117
P02 | Th 6:30-8 p.m. | May 4
FP-W 119

**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. Instructor has years of personal and professional experience, and is an enthusiastic and knowledgeable healthy-chicken farmer.

**ECOL-705** | 1 session | $26 AGE 60+ | $39 REG
P01 | Sa 9 a.m.-1 p.m. | Guy Niere
Mar 25
Guy Niere
MC-CE 108

**Landscape and Gardening**

**All About Herbs**
Fragrant, tasty, and wonderful—heavy 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 sessions | $22 AGE 60+ | $35 REG
P01 | W Th 7-9 p.m. | Mike Ochonicky
Apr 12 - Apr 13
Online

**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 | $22.50 AGE 60+ | $29 REG
P01 | W 7-9 p.m. | Mike Ochonicky
Apr 19
Online

**Environmentally Friendly Gardens**
How you maintain your garden or landscape can have positive or negative effects on your own health, animals, and environment. Learn environmentally friendly alternatives to weed control, how to increase fertility in your soil without synthetic fertilizers, how to identify some amazing beneficial insects, identifying invasive plants and why they are a threat to our landscapes and forests.

**HORT-712** | 1 session | $14 AGE 60+ | $19 REG
P01 | W 6-7:30 | Christina Ritter
May 31
Christina Ritter
MC-CE 108

**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 | $21.50 AGE 60+ | $29 REG
P01 | W 5-8 p.m. | Sue Leahy
Feb 22
Sue Leahy
MC-CE 108

**Really Green Thumbs**
Improve your eco-green garden materials and your green thumb gardening practices. Learn how an organic and sustainable approach can benefit your home or community garden. Join a master gardener, and discover simple ways to incorporate natural techniques to improve your garden soil, plant nutrition and pest control. Make your garden environmentally friendly and improve your gardening skills, your health and the world in which we all live. Bring a notebook and pen to class.

**HORT-713** | 1 session | $22.50 AGE 60+ | $29 REG
P03 | W 5-8 p.m. | Dan Pearson
Mar 8
Dan Pearson
MC-CE 108

**Go Native! Native Landscaping with Sun Adapted Perennials**
Heathy 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 | $19.50 AGE 60+ | $29 REG
P05 | F 9 a.m.-12 p.m. | Dave Tylka
Apr 7
Dave Tylka
MC-CE

**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 | $19 AGE 60+ | $19 REG
P06 | F 9 a.m.-12 p.m. | Susie Van de Riet
Apr 14
Susie Van de Riet
Online

**Organic Farming Tour at EarthDance**
Capture the essence of natural gardening through a tour of the EarthDance organic farm visiting their sustainable operations, which include rain, herbs, and “7 generations” gardens. The production field will be highlighted while examining local, small-scale organic farming and how it differs from big agriculture monocrops. You’ll view the greenhouses and harvest house to gain a sense of how the packing processes work before food leaves the farm.

**HORT-713** | 1 session | $19 AGE 60+ | $19 REG
P07 | Th 12-30 p.m. | EarthDance Farm
Apr 27
EarthDance Farm
Wildflower Walk

Enjoy the beauty of early spring wildflowers at Shaw Nature Reserve's Whitmire Wildflower Garden. Check in at the Visitor's Center. 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: Apr 23.

**NATR-704** | 1 session | $20 AGE 60+ | $25 REG  
**P01**  
Su 10 a.m.-12 p.m.  
Rebecca Bunn  
Shaw Nature Reserve

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-714** | 1 session | $22.50 AGE 60+ | $25 REG  
**P01**  
Th 7-9 p.m.  
Mike Ochronicky  
May 11  
Online

**Introduction to Houseplants: Tropical Foliage**

Plants can add life and design to your interior spaces, but how do you know where to start? Learn the basics of indoor plant care, troubleshooting, and how to select the best plants for you. We'll review a selection of houseplants, their origin, and their maintenance requirements. Students are welcome to bring questions and photos of their own plants.  

**HORT-722** | 1 session | $19.50 AGE 60+ | $25 REG  
**P01**  
W 6-8 p.m.  
Laura Tetley  
Feb 22  
Maypop Coffee & Garden Center

**Introduction to Houseplants: Succulents and Cacti**

Cacti and succulents aren't as easy as they seem. Learn what a succulent plant, care requirements, troubleshooting, propagation tricks, and even how to re-pot with those pesky thorns! A brief review of a selection of cacti and succulents, their origin, and maintenance requirements will be discussed. Students are welcome to bring questions and photos of their own plants.  

**HORT-722** | 1 session | $19.50 AGE 60+ | $25 REG  
**P02**  
Th 6-8 p.m.  
Mar 9  
Maypop Coffee & Garden Center

**Water, Water Everywhere**

Create your own rain garden understanding placement, planning, construction, maintenance and explore the differences between rain and water gardens. Discussion will focus on ponds, bubblers and patio water gardens. Photos will highlight favorite native rain garden plants. Get started on a new outdoor feature.  

**HORT-723** | 1 session | $21.50 AGE 60+ | $25 REG  
**P01**  
Th 5-6 p.m.  
Sue Leahy  
May 9  
MC-SO 107

**Adventures of a Paleontologist: Fossils!**

The world's fascination with dinosaurs and fossils is exciting but how do fossils form? Explore what fossils really are and the many ways plants and animals can become fossilized. Learn the basics of preparing dinosaur fossils for research and education.  

**NATR-704** | 1 session | $20 AGE 60+ | $25 REG  
**P02**  
Su 8-10 a.m.  
Rebecca Bunn  
Jun 25  
Shaw Nature Reserve

**For Goodness Snakes**

Snakes are one of the most widely misunderstood animals in nature. Learn to identify common Missouri venomous and nonvenomous snakes and dispel those popular myths you might have heard. Increase your familiarity with and your ability to distinguish differences between the species to help you gain accurate information of local serpents.  

**NATR-727** | 1 session | $14 AGE 60+ | $19 REG  
**P01**  
W 6-7:30 p.m.  
Christina Ritter  
May 10  
MC-SO 168

**Introduction to Beekeeping**

Come learn how to attract native pollinators of flowering plants that provide food, fiber, spices, medicines, and animal forage. Come learn how to attract native pollinators and honeybees by planting a pollinator friendly garden and constructing nesting habitat for native pollinators. Introductory information on getting started with beekeeping and honeybee products of the hive.  

**NATR-733** | 2 sessions | $39 AGE 60+ | $39 REG  
**P01**  
Tu 5:30-7:30 p.m.  
Feb 21 - Feb 28  
Jane Sueme  
MC-SO 107  
WW 201

**Wildflowers 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 storm water 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.  

**NATR-765** | 1 session | $44.50 AGE 60+ | $69 REG  
**P01**  
Sa 8:30 a.m.-12:30 p.m.  
Dave Tylka  
May 20  
FP-Off Campus
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.

### Chinese (Mandarin)

<table>
<thead>
<tr>
<th>Course</th>
<th>Type</th>
<th>Sessions</th>
<th>Fee</th>
<th>Age</th>
<th>Start Date</th>
<th>Instructor</th>
<th>Room</th>
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<tbody>
<tr>
<td>Chinese for First-Timers</td>
<td>FLCH-717</td>
<td>4</td>
<td>$77.50</td>
<td>Age 60+</td>
<td>Feb 3–Mar 24</td>
<td>John Yeh</td>
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<tr>
<td>Chinese: Beginning I</td>
<td>FLCH-717</td>
<td>8</td>
<td>$87.50</td>
<td>Age 60+</td>
<td>Apr 7–May 26</td>
<td>John Yeh</td>
<td>Online</td>
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### Italian

**Preparing for Your Trip to Italy**
Do you have an upcoming trip to Italy or want to know more about traveling there? Learn practical traveling tips and cultural differences to be aware of while in the country. Bring pencil and notebook.

<table>
<thead>
<tr>
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<th>Start Date</th>
<th>Instructor</th>
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<td>Italian for The Traveler</td>
<td>FLIT-716</td>
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<td>$73.50</td>
<td>Age 60+</td>
<td>Apr 17–May 22</td>
<td>Barbara Klein</td>
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<td>8</td>
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<td>Mike Cross</td>
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<td>Apr 11–May 30</td>
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### Portuguese

**Portuguese: Beginning I**

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<th>Start Date</th>
<th>Instructor</th>
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<td>Portuguese: Beginning I</td>
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<td>$129</td>
<td>Age 60+</td>
<td>Feb 1–Mar 29</td>
<td>Viva Brasil</td>
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<td>Portuguese: Beginning II</td>
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<td>8</td>
<td>$129</td>
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<td>Apr 19–Jun 7</td>
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<td>Portuguese: Beginning III</td>
<td>FLPG-719</td>
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<td>Age 60+</td>
<td>Apr 19–Jun 7</td>
<td>Viva Brasil</td>
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<tr>
<td>Portuguese: Intermediate I</td>
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For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.
**Russian**

**Russian for First Timers**  
FLRU-717 | 4 sessions | $67 AGE 60+ |  | $99 REG  
P01 | Th 7-9 p.m.  
Valerie Powers  
Feb 2 – Feb 23  
Online

**Russian: Beginning I**  
FLRU-717 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P02 | Th 7-9 p.m.  
Valerie Powers  
Mar 2 – May 25  
• NOTE: No class Mar 16

**Russian: Beginning II**  
FLRU-717 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P02 | Th 7-9 p.m.  
Valerie Powers  
Mar 2 – May 25  
• NOTE: No class Mar 16

**Russian: Beginning III**  
FLRU-719 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P02 | M 7-9 p.m.  
Valerie Powers  
Jan 30 – May 1  
• NOTE: No class Feb 20, Mar 13

**Russian: Intermediate II**  
FLRU-721 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P02 | W 5-7 p.m.  
Valerie Powers  
Feb 1 – Apr 26  
• NOTE: No class Mar 15

**Russian: Intermediate III**  
FLRU-721 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P01 | M 5-7 p.m.  
Valerie Powers  
Jan 30 – May 1  
• NOTE: No class Feb 20, Mar 13

**Russian Advanced Conversation**  
FLRU-712 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P01 | F 2-4 p.m.  
Valerie Powers  
Feb 3 – Apr 28  
• NOTE: No class Mar 17

**Russian: Advanced II**  
FLRU-724 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P02 | Tu 7-9 p.m.  
Valerie Powers  
Jan 31 – Apr 25  
• NOTE: No class Mar 14

**Russian: Advanced III**  
FLRU-725 | 12 sessions | $109.50 AGE 60+ |  | $199 REG  
P01 | W 7-9 p.m.  
Valerie Powers  
Feb 1 – Apr 26  
• NOTE: No class Mar 15

**Spanish**

**Spanish Beginning I**  
FLSP-717 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | Th 6-8 p.m.  
Ann Rupert  
Feb 2 – Mar 30  
MC-CN 202  
• NOTE: No class Mar 16

**Spanish: Beginning II**  
FLSP-718 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | W 6-8 p.m.  
Ann Rupert  
Feb 1 – Mar 29  
MC-CN 202  
• NOTE: No class Mar 15

**Spanish: Beginning III**  
FLSP-719 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | W 6-8 p.m.  
Ann Rupert  
Apr 19 – Jun 7  
MC-CN 228  
• NOTE: No class Mar 16

**Spanish: Intermediate I**  
FLSP-720 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | W 7-9 p.m.  
Timothy Neckermann  
Mar 1 – Apr 26  
Online  
• NOTE: No class Mar 15

**Spanish: Intermediate II**  
FLSP-721 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | Th 4:30-6:30 p.m.  
Timothy Neckermann  
Feb 2 – Mar 30  
Online  
• NOTE: No class Mar 16

**Spanish: Intermediate III**  
FLSP-722 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | M 4:30-6:30 p.m.  
Timothy Neckermann  
Jan 30 – Apr 3  
Online  
• NOTE: No class Feb 20, Mar 13

**Spanish: Reading III**  
FLSP-723 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P03 | Tu 4:30-6:30 p.m.  
Maria De La Garza  
Jan 31 – Mar 28  
Online  
• NOTE: No class Mar 14

**Spanish: Advanced Reading Continued**  
FLSP-723 | 8 sessions | $87.50 AGE 60+ |  | $129 REG  
P01 | W 4:30-6:30 p.m.  
Maria De La Garza  
Feb 1 – Mar 29  
Online  
• NOTE: No class Mar 15

**Communications**

**Sign Language**

Getting Started With Sign I  
Journey into Sign Language! Establish a basic knowledge of Sign Language and learn common vocabulary for numbers, feelings, opposites, colors, and food. Class does not cover ASL sentence structure. No textbook is required.  
SIGN-701 | 8 sessions | $78.50 AGE 60+ |  | $129 REG  
P01 | Tu 6:30-8:30 p.m.  
Cindy Hayes  
Feb 21 – Apr 18  
STLCC-SoCo 120  
• NOTE: No class Mar 14

Getting Started With Sign II  
Build on the skills you learned in the Beginning I sign language classes to increase your ability to communicate using sign language and continue to learn many more signs as you work through the book, “The Joy of Signing.” The book is divided into several chapters and may be taken at any time as the skills are independent of each other. This class will cover chapters 19-25. 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 ISBN 1607313618.  
SIGN-701 | 8 sessions | $78.50 AGE 60+ |  | $129 REG  
P02 | M 6:30-8:30 p.m.  
Cindy Hayes  
Feb 27 – Apr 24  
STLCC-SoCo 120  
• NOTE: No class Mar 13
HISTORY

**Local**

**St. Louis in the American Revolution**
Before the Gateway Arch welcomed visitors to St. Louis, a tower and trench located closely were used to keep visitors out. This, however, did not prevent the British from attacking. The British killed and captured dozens of St. Louisans and retaliated to get revenge. Course will cover the role that St. Louis played during the American revolution and how the British were prevented from taking control of the Mississippi River.

**HIST-708** | 1 session | $24 AGE 60+ | $29 REG.
---|---|---|---
P03 | M 7-8:30 p.m. | Doug Schneider | Online

**Armcush Tour Through History: St. Louis’ Baseball**
St. Louis has the richest baseball history of any city in the United States besides New York City. Enjoy a presentation showcasing the sites where baseball history happened from 1860 to the present. You'll be entertained by the stories and pictures of the site of the first ever game in St. Louis, homes players grew up and lived in, businesses they ran, historic buildings, the ballparks, the statues, and the graves.

**HIST-708** | 1 session | $23.50 AGE 60+ | $29 REG.
---|---|---|---
P05 | Th 10 a.m.-12 p.m. | Brian Flaspohler | MC-CE
P06 | Th 10 a.m.-12 p.m. | Brian Flaspohler | WW 102A
P07 | Th 10 a.m.-12 p.m. | Brian Flaspohler | FP-E 308
P08 | Th 10 a.m.-12 p.m. | Brian Flaspohler | Feb 16 | Online

**New Deal WPA Buildings in St. Louis**
There are lots of places in St. Louis that were created by FDR's New Deal during the Great Depression. Take a visual journey into the structures that still can and stand and be visited. These structures range from the imaginative; pleasant murals/sculptures, a wonderful waterfall, a haunted staircase and our beloved Jewel Box to the mundane: river flood control and highway viaducts and even a fish hatchery.

**HIST-708** | 1 session | $24 AGE 60+ | $29 REG.
---|---|---|---
P04 | M 7-8:30 p.m. | Doug Schneider | Online

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**United States**

**Clowns- From Court Jester to Krusty**
Clowns have appeared in most cultures dating as far back 2400 BC. These clowns would eventually evolve into the court jesters of medieval Europe, who would openly mock food, drink, and the monarchy, all while behaving maniacally for a laugh. Today, the clown seems to have two opposite roles in America: to amuse us or to scare us.

**HIST-708** | 1 session | $24 AGE 60+ | $29 REG.
---|---|---|---
P03 | M 7-8:30 p.m. | Doug Schneider | Online

**The Mystique of Route 66 in Missouri**
Route 66 has become much more than a fond American memory in the years since its decline. From Sir Paul McCartney cruising Route 66 for his 66th birthday to a Route 66-themed nightclub in Thailand, find out why this highway has captured the imagination of so many around the world. Explore the mystique of Route 66 and discover locations near St. Louis where Route 66 is still alive today!

**HIST-708** | 1 session | $24 AGE 60+ | $29 REG.
---|---|---|---
P01 | M 7-8:30 p.m. | Doug Schneider | Feb 13 | Online

**The Spanish-American War**
In 1898, American outrage over Spanish atrocities in Cuba boiled over into war with Spain. Within a few short months, Spain was expelled from the New World, America became a world power and Theodore Roosevelt became a household word. Spend an evening learning about this “Splendid Little War” that gained America an overseas empire and changed forever its place in the world.

**HIST-765** | 1 session | $40.50 AGE 60+ | $59 REG.
---|---|---|---
P08 | W 6:30-8:30 p.m. | Ruth Elberman | Apr 26 – May 10 | MC-SS 108

**A Match Made In Germany**
The marriage occurred September, 1836, in Sankt Martin Church, Sankt Martin, Germany, and was the beginning of an interesting tale involving this family thus begun in the Bavarian region of farming country. Though the marriage was made in Germany, through various twists and turns, all the couple’s sons made it to America, and at different times. The records of their sojourns, as well as their underlying stability regarding place, made them easy to trace in later years. The story of this family of five adults and their journey will keep you guessing as to how it’s going to turn out. If it was a novel, it would be a page turner. Genealogical stories can be fun and entertaining in the process of telling; perhaps stories in your own family might surface as well.

**HIST-765** | 1 session | $22.50 AGE 60+ | $29 REG.
---|---|---|---
P07 | Th 7-8:30 p.m. | Gloria Perry | Mar 30 | MC-SS 108

**The Falklands War**
The Falklands Conflict was a short, undeclared war between Argentina and Britain over the sovereignty of the Falkland Islands (known as Islas Malvinas in Argentina); South Georgia and the South Sandwich Islands. The conflict lasted 74 days and cost over 900 lives. Expand your knowledge of this little discussed conflict in the South Atlantic.

**HIST-765** | 1 session | $22.50 AGE 60+ | $29 REG.
---|---|---|---
P04 | Tu 7-8:30 p.m. | John Ketcherside | Apr 4 | MC-SO 205

**Connecting the Dots: Wine, History and Religion**
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 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.

**HIST-765** | 1 session | $22.50 AGE 60+ | $29 REG.
---|---|---|---
P01 | Sa 1-3 p.m. | Stephanie Thurmer | Online
P02 | Sa 1-3 p.m. | Stephanie Thurmer | May 13 | Online

**The Korean War**
Often known as the “Forgotten War”, the Korean War was the first live conflict of the Cold War. It was both a civil war between the Koreas and a proxy war between the U.S. and the U.S.S.R. This class will examine the war itself; how domestic and international politics affected it and attempted to put Korea into modern context.

**HIST-765** | 1 session | $22.50 AGE 60+ | $29 REG.
---|---|---|---
P03 | Tu 7-8:30 p.m. | John Ketcherside | Feb 7 | MC-SO 205

**Rough Rider: Theodore Roosevelt**
Over 125 years ago, Theodore Roosevelt charged up Kettle Hill and into the American consciousness forever. Spend an evening reflecting on the life and career of this rough rider, conservationist, governor, colonel, vice-president, president, explorer and American icon.

**HIST-765** | 1 session | $22.50 AGE 60+ | $29 REG.
---|---|---|---
P06 | Tu 7-9 p.m. | James Gallen | Apr 18 | MC-SO 205
Genealogy: How to Begin
Discover basic American resources for beginning family history research. Learn about sources of information that are available from your home including census, library, courthouse, and church records to enhance researching your roots to start your exploration of the past. Prerequisite: Windows® computer skills and an active St. Louis County Library card. Recommended text: "The Complete Idiot's Guide to Genealogy" ISBN 978-1615641567, available online.

Genealogy Brick Walls: Where Should I Go From Here?
Using online resources may leave holes, gaps, and incorrect information in your genealogical search. Learn how to explore both online and offline sources to further your knowledge using various problem-solving techniques. You must have an active St Louis County Library card.

Religion
If you are intrigued by the major religions of Asia, begin your search for understanding with this course offering an introduction to the teachings, history, development and current challenges of Hinduism and Buddhism. 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 Western/Monotheistic Religions to provide a more complete view of major world religions.

Philosophy
You'll gain an understanding of the teachings, history, development and current challenges of Judaism, Christianity or Islam. Expand your knowledge of other belief systems and gain the opportunity to discuss differences and similarities of major world religions.
TOURS AND TRIPS

For FV-Off campus tours, meet tour bus at the top of the circular driveway between the Administration and Social Sciences Buildings. For MC-Off Campus tours, meet tour bus in Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time for all tours and trips.

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 | $50 AGED 60+ | $59 REG
P01 | Sa 8:30 a.m.-1:30 p.m. | Charles Koehler
Apr 22 | FP W 120

What’s New In St. Lou*
Billions of dollars are being poured into new development in St. Louis. Explore our city’s newest additions and developments as we tour the area. Most of the trip will be on the bus and stops will be made to tour the inside of select attractions. Lunch in one of the new St. Louis restaurants. You will be amazed at all that is going on. Price includes tour guide, motorcoach transportation, all listed attractions, food, gratuities for guides and driver and all other reservations and arrangements.
TRIP-701 | 1 session | $140.50 AGED 60+ | $149 REG
P04 | W 9:30 a.m.-3:30 p.m. | Joan Huisinga
May 10 | FP-Off Campus

Old St. Louis Love Stories at Campbell House*
Looking for a unique way to spend Valentine’s Day? Come listen to the story of Robert and Virginia Campbell’s courtship and marriage as you tour their beautiful authentically restored home. A special dessert will follow the first presentation as you hear tales of other famous old St. Louis love stories.
TRIP-701 | 1 session | $41 AGED 60+ | $49 REG
P03 | Tu 1-4 p.m. | Joan Huisinga
Feb 14 | FP-Off Campus

Exploring St. Louis*
Take a spring adventure and discover places you may not have seen before in our area. Some are historic and some so new, you may be the first of your friends to visit. We’ll carpool; lunch is at your expense. Admissions are covered in the class fee. The first class meets for a short orientation at the Continuing Education building followed by a tour. The next three weeks, we’ll meet in the parking lot off Couch Ave. by the Meramec campus Continuing Education building, where you’ll receive maps and directions.
TRIP-701 | 4 sessions | $85.50 AGED 60+ | $129 REG
P02 | F 9 a.m.-2:30 p.m. | Joan Huisinga
Apr 14 – May 5 | FP-Off Campus

The Walls Can Talk Prison Tour: Jefferson 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 with a former inmate. Complete the trip with a stop at a local favorite—Central Dairy Ice Cream Parlor. Price includes tour guide, motorcoach and 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. Wear comfortable shoes and dress for the weather. The prison has no heat nor air conditioning.
TRIP-702 | 1 session | $169 AGED 60+ | $169 REG
P04 | Th 8 a.m.-7 p.m. | Dea Hoover
Apr 13 | MC-Off Campus

Warm Springs Clydesdale Ranch Join us for an enlightening tour of Warm Springs Ranch in Booneville, 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. Tour includes professional guide, motorcoach, all listed attractions, speakers, experiences, inclusive lunch and all gratuities to driver and guide.
TRIP-702 | 1 session | $139 AGED 60+ | $139 REG
P06 | Th 7 a.m.-5 p.m. | Dea Hoover
May 4 | MC-Off Campus

Exploring Historic Edwardsville*
Enjoy a day exploring and learning Edwardsville’s history. Take a tour of Wildey Theater, designated by the Edwardsville Historic Preservation Commission as a Local Landmark. Start your exploration of Edwardsville history with a guided tour of the theater and learn how they make their legendary popcorn! Next, partake in a guided tour of Edwardsville, the third-oldest city in Illinois, to visit the Leclaire Neighborhood, travel the Route 66 trail to historic Saint Louis Street, and relax with a scenic drive through the campus of Southern Illinois University Edwardsville. Delight in lunch at Bella Millyard and a custard treat at Annie’s Frozen Custard before heading to Colonel Benjamin Stephenson’s House. The 1820 Colonel Benjamin Stephenson House, is a two-story Federal-style brick home built with native material and featuring original millwork. Enjoy a guided tour and demonstrations with docents dressed in period costumes. Price includes professional tour guide, motorcoach transportation, all listed attractions, food, gratuities for guides and driver and all other reservations and arrangements.
TRIP-702 | 1 session | $114.50 AGED 60+ | $129 REG
P05 | Sa 7:30 a.m.-6:30 p.m. | Joan Huisinga
Apr 22 | MC-Off Campus

Gorgeous Grafton by Air, Land and Water*
Soar over the Mississippi Bluffs on the brand new Grafton SkyTour to Aerie’s Resort and Winery. The SkyTour is the only combination lift in the Midwest and the second fixed-grip gondola in North America. At the top, enjoy breathtaking views overlooking the confluence of the Illinois and Mississippi Rivers. Explore the resort’s gift shops and stores and grab a drink on the expansive deck and beer garden. Group wine and beer tasting included. Next, enjoy lunch at Castell’s Moonlight for their famous fish and Chick Fried Chicken. End the tour relaxing on the Hakuna Matata riverboat during a Mississippi River cruise. Based out of the Grafton Harbor, the Hakuna Matata has upper deck open-air seating and enclosed mid-deck seating. Tour includes professional guide, motorcoach, all listed attractions, speakers, experiences, inclusive lunch and all gratuities to driver and guide.
TRIP-702 | 1 session | $139 AGED 60+ | $139 REG
P07 | Th 8:20 a.m.-6 p.m. | Dea Hoover
May 11 | MC-Off Campus

Amish in Arthur, Illinois*
Visit the largest Amish community in Illinois including where they live and work. Highlights include countryside back roads, a noon dinner in an Amish home with a farm tour, the monthly horse auction (which is also an important Amish economic and social event), and visits to small businesses like woodworking and food vendors. There will also be a short visit to Main Street to see quilts, antiques and cheese shops. Bring your coffee for the early bus ride; we’ll provide the donuts and muffins. Price includes tour guide, motorcoach transportation, all listed attractions, food, gratuities for guides and driver and all other reservations and arrangements.
TRIP-702 | 1 session | $114.50 AGED 60+ | $129 REG
P05 | Sa 7:30 a.m.-6:30 p.m. | Joan Huisinga
Apr 22 | MC-Off Campus

*Assumption of Risk, Release and Waiver of Liability must be signed before departure. See page 46 for more details.
FITNESS, RECREATION AND SPORTS

Cardio and Strength

Barre Cardio & Tone
Learn a sequence of upper body exercises using light free weights to target biceps, triceps, shoulder, chest and back muscles. Then, move to a series of ballet barre and floor exercises that focus on the thighs while working core and posture. Every exercise includes active stretching to elongate the targeted muscles.

PEDU-754 | 6 sessions | $69 AGE 60+ | $69 REG
P01 | Th 5-6 p.m. | Lisa Hale | Feb 2 – Mar 23 | Z Total Body

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.

PEDU-754 | 6 sessions | $75 AGE 60+ | $75 REG
P03 | M 6:30-7:30 p.m. | Shiana Walker | Apr 10 – May 15 | PV-PE 233

Low-Impact Full Body
You do not necessarily have to jump around to get a fulfilling workout. Bodyweight training exercises use gravity and your own weight to provide resistance. Benefits include improved strength, lower blood pressure and reduced stress. No heavy weights used, class will focus on low-impact exercises that are easier on your joints.

PEDU-754 | 6 sessions | $75 AGE 60+ | $75 REG
P02 | M 6:30-7:30 p.m. | Shiana Walker | Feb 6 – Mar 27 | PV-PE 233
   · NOTE: No class Feb 20, Mar 13

Let’s Move Bootcamp
Gain strength and endurance in this dynamic full body workout. Enjoy a warmup 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-755 | 6 sessions | $59 AGE 60+ | $59 REG
P01 | W 5:30-6:15 p.m. | Angela Brown | Feb 22 – Apr 5 | PV-PE 233
   · NOTE: No class Mar 15

Stand-Up Paddleboarding
Stand-up paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP. Learn proper paddleboarding instruction and get a brief introduction before hitting the water. Once on the water, receive continuous instruction as you practice and get comfortable on your board.

PEDU-770 | 2 sessions | $59 AGE 60+ | $59 REG
P01 | Sa 10-11:30 a.m. | Stacey Drake | Jun 3-10 | River’s Edge Park

Golf: Beginner Preparation for a Golf Scramble
New to golf? Learn the basics of short game, full swing so you will feel more comfortable playing in a Scramble Tournament format. Beginners ONLY, no touring pros.

PEDU-730 | 4 sessions | $75 AGE 60+ | $75 REG
P01 | Sa 10-11:30 a.m. | Tim Davenport | Apr 1 – Apr 29 | Eagle Springs Golf Course
   · NOTE: No class Apr 8
P02 | Sa 12:1-30 p.m. | Tim Davenport | Apr 1 – Apr 29 | Eagle Springs Golf Course
   · NOTE: No class Apr 8
P03 | M 5:30-7 p.m. | Tim Davenport | Apr 3 – Apr 24 | Eagle Springs Golf Course
P04 | Sa 10-11:30 a.m. | Tim Davenport | Jun 3 – Jul 1 | Eagle Springs Golf Course
   · NOTE: No class Jun 17
P05 | M 5:30-7 p.m. | Tim Davenport | Jun 5 – Jul 3 | Eagle Springs Golf Course
   · NOTE: No class Jun 19

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 | 6 sessions | $52.5 AGE 60+ | $75 REG
P07 | Tu 6:30-7:30 p.m. | Scott Neibert | Apr 4 – May 9 | First Tee Driving Range
P06 | Th 6:30-7:45 p.m. | Scott Neibert | Apr 6 – May 4 | First Tee Driving Range
P09 | Sa 9-10 a.m. | Scott Neibert | Apr 15 – May 20 | First Tee Driving Range
P08 | Th 6:30-7:30 p.m. | Scott Neibert | May 18 – Jun 22 | First Tee Driving Range

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

PEDU-731 | 6 sessions | $52.5 AGE 60+ | $75 REG
P10 | Tu 7-8 p.m. | Scott Neibert | Apr 4 – May 9 | First Tee Driving Range
P11 | Th 7-8 p.m. | Scott Neibert | Apr 6 – May 11 | First Tee Driving Range
P12 | M 7-8 p.m. | Scott Neibert | May 8 – Jun 26 | First Tee Driving Range
   · NOTE: No class May 26, Jun 19
P13 | Th 7-8 p.m. | Scott Neibert | May 18 – Jun 22 | First Tee Driving Range

Golf: Playing Lesson
Bridge the gap between golf lessons and playing in this small class setting. Play on the course with swing evaluation and gain tips on etiquette. Improve your swing at the range. Come away from class being comfortable playing golf. Additional $20.00 fee at the golf course.

PEDU-765 | 1 session | $35 AGE 60+ | $35 REG
P01 | Tu 5-7 p.m. | Tim Davenport | Apr 11 | Eagle Springs Golf Course
P02 | Tu 6-8 p.m. | Tim Davenport | May 9 | Eagle Springs Golf Course
P03 | Tu 6-8 p.m. | Tim Davenport | Jun 6 | Eagle Springs Golf Course

Golf: Short Game Skills
Whether you are a beginning student or just want to improve your golf game, this class caters to you. Spend each week focused on a short game skill: putting, chipping and pitching. Final class will be spent playing a practice green. Extra fee for balls.

PEDU-765 | 6 sessions | $52.5 AGE 60+ | $75 REG
P04 | Sa 10-11 a.m. | Scott Neibert | Apr 1 – May 13 | First Tee Driving Range

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. | Mike Bluth | Mar 22 – Apr 12 | Crestwood Bowl

Bowling

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.
Pickleball

All equipment provided. Dress appropriately for outdoor court. Textbook is not mandatory but is essential for reference, more comprehension and understanding: “Pickleball: Tips, Strategies, Lessons and Myths, a PPR / IPTPA Certified Instructor and U.S. Open Gold Medal Winner” (available through online retailers.)*

Pickleball: Beginning

Student must be age 18 or older.

<table>
<thead>
<tr>
<th>Course</th>
<th>Sessions</th>
<th>Age</th>
<th>REG</th>
<th>Instructor</th>
<th>Site</th>
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<tr>
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<td>Jennifer Jones</td>
<td>Affton Community Center</td>
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<td>P06</td>
<td>Th 1:30-2:30 p.m.</td>
<td>May 4 – May 25</td>
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<td>Chesterfield Parks and Rec</td>
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<td>P07</td>
<td>Sa 1:30-2:30 p.m.</td>
<td>Apr 1 – Apr 29</td>
<td>John Callahan</td>
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Pickleball: Beginning II/ Intermediate

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<td>Jun 8 – Jun 29</td>
<td>John Callahan</td>
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</tbody>
</table>

Yoga Flow

Flow through an alignment oriented yoga practice featuring cues and guidance suitable for the beginning yogi or more experienced practitioner. Use yoga poses to help improve balance, strength and flexibility. Suitable for all levels. Bring a yoga mat and towel. Yoga blocks and yoga straps are optional.

<table>
<thead>
<tr>
<th>Course</th>
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<th>Age</th>
<th>REG</th>
<th>Instructor</th>
<th>Site</th>
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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.

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<td>Feb 6 – May 8</td>
<td>John Callahan</td>
<td>Sunset Hills Community Center</td>
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Yoga with Light Weights

Master incorporating light weight repetitions and sets while in yoga poses. Using weights strengthens your bones, increases your muscle tone when combining with traditional yoga poses! Two to five-pound weights will be provided for the class. Some yoga experience recommended.

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<th>Instructor</th>
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<tr>
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<td>South River Yoga</td>
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<td>P06</td>
<td>Tu 9:10 a.m.</td>
<td>Feb 7 – Mar 18</td>
<td>John Callahan</td>
<td>Affton Community Center</td>
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Yoga: Beginning

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and yoga mat. Student must be age 18 or older.

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<tr>
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<th>Instructor</th>
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<td>P02</td>
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<td>Jan 31 – Mar 21</td>
<td>Lisa Hale</td>
<td>Total Body</td>
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</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 yoga mat.

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<th>Instructor</th>
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<td>Feb 6 – Apr 24</td>
<td>John Callahan</td>
<td>Affton Community Center</td>
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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, long and relaxed. Student must be age 18 or older.

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<tr>
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<th>Instructor</th>
<th>Site</th>
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<tr>
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<td>Jan 31 – Mar 21</td>
<td>Kelly Kauffmann</td>
<td>Total Body</td>
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Sunday Evening Stretch

Unwind from your weekend and prepare for the week ahead! Join this mindful, slower-paced class that includes gentle floor movements, longer held stretches and breathing practices that increase relaxation. Practice is done almost completely on the floor in a soft candlelit setting. No yoga experience necessary.

<table>
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<tr>
<th>Course</th>
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<th>Instructor</th>
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<td>Mar 7 – Apr 25</td>
<td>John Callahan</td>
<td>South River Yoga</td>
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Vinyasa Flow

Vinyasa Flow emphasizes the continuous movement between postures, coordinated with and guided by deliberate breath. The practice becomes a moving meditation that creates strength, flexibility and fluidity in the body and mind. Expect a fully balanced class of forward and lateral bending, twists, and backbends with opportunity for more challenging poses. Some yoga experience recommended.

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<td>Su 6:30-7:30 p.m.</td>
<td>Mar 26 – May 7</td>
<td>John Callahan</td>
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Back Care Yoga

Focus your routine on specific yoga poses and sequencing that is beneficial for the spine, spinal muscles, as well as the “core” of the body. You’ll work on supporting the spine through strengthening actions and maintaining/increasing mobility through the five primary movements of the spine. No yoga experience necessary.

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<tr>
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<td>Jennifer Jones</td>
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<td>Feb 6 – Apr 3</td>
<td>John Callahan</td>
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</table>

Pilates and Yoga

*Note: No class Feb 20, Mar 13

School District of St. Louis Park 41
**Self-Defense**

**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.

**Class is hands-on and fully interactive.**

**Self-defense and hand-to-hand combat techniques**

**new students and repeat beginners will practice**

**Utilizing stress drills to mimic real life situations,**

**prepare both body and mind for violent attacks.**

**aggressive and fast-paced discipline designed to**

**units and law enforcement agencies, is an exciting,**

**Krav Maga, the preferred system for U.S. military**

**Are you prepared to defend yourself in an attack?**

**Krav Maga, the preferred system for U.S. military**

**practical for novices and refresher for students with**

**Intro for novices and refresher for students with**

**liberal physical fitness required to practice techniques**

**against grab attacks and grappling techniques**

**stand-up defense (striking and kicking), defense**

**instructor with more than 25 years of experience**

**your ability to defend against personal attacks with**

**Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.**

**National Tennis Rating Program (NTRP)**

1.0 **This player is just starting to play tennis.**

2.0 **May have had some lessons; needs on-court experience.**

2.5 **Can sustain a short rally of slow pace; needs to develop form.**

3.0 **Consistent on medium-paced shots; needs work on form and strategy.**

3.5 **Consistent with directional control; needs to work on specialty shots.**

4.0 **Dependable with directional control and depth has specialty shots.**

**Needs to play more percentage tennis.**

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

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

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

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

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

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

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

**Tennis: Beginning I, NTRP 1.0-2.0**

- See NTRP rating box. Tennis balls provided.

**Tennis: Intermediate I, NTRP**

- See NTRP rating box. Tennis balls provided.

**Tennis: Advanced, NTRP 3.0-4.0**

- See NTRP rating box. Tennis balls provided.

**Volleyball: Recreational**

- Keep fit, have fun and make friends. For all levels.

---

*Assumption of Risk, Release and Waiver of Liability must be signed at first class if meeting in-person or acknowledged before participating in an online class. See page 46 for details.*
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
P01 M 5:15-6:15 p.m. Dennis Winschel
Jan 30 – Apr 3 STCCC-SoCo 127
• NOTE: No class Feb 20, Mar 13

T’ai Chi for Health: Intermediate
T’ai Chi remains a safe low-impact exercise for improving strength, balance, flexibility, mental acuity and mindfulness. This class builds on the completed Introduction to T’ai Chi for Health with more integrated whole body movements. Wear loose-fitting clothing and flat-soled shoes.

PEDU-766 | 12 sessions | $59 AGE 60+ | $89 REG
P02 M 4-5 p.m. Dennis Winschel
Jan 30 – May 1 STCCC-SoCo 127
• NOTE: No class Feb 20, Mar 13

T’ai Chi: 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
P03 Tu 4:30-5:30 p.m. Jeanette Miller
Feb 7 – Apr 18 FV-PE 233
• NOTE: No class Mar 14

T’ai Chi: Mini Session
Maintain and expand your T’ai Chi skills. Beginners learn from experienced instructor and classmates while continuing students enhance their own movements. Get better balance, blood pressure control and reduction in symptoms associated with stress, shingles and arthritis.

PEDU-766 | 4 sessions | $34 AGE 60+ | $49 REG
P04 Tu 4:30-5:30 p.m. Jeanette Miller
May 2 – May 23 FV-PE 233

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
P05 W 11-11:50 a.m. Alex Chen
Feb 2 – Mar 30 MC-PE E Lobby
• NOTE: No class Mar 16

Wellness and Personal Development

Personal Insights

Mastering Mindfulness
Are you easily affected by thoughts, feelings and sounds around you? Do you find meditation difficult because your mind is too busy? Explore mindfulness as a method to improve your memory and find a clearer understanding of your purpose in life. Begin engaging the world with your entire mind instead of a fleeting, uncontrolled thought. Learn tools to stretch your mind in amazing ways.

PERD-709 | 1 session | $22.50 AGE 60+ | $29 REG
P06 Th 6:30-8:30 p.m. William Duffin
Mar 23 Online

Discovering “Enough”: Life & Balance
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 | $23 AGE 60+ | $29 REG
P02 Tu 6-8 p.m. Fawn Hoener
May 16 FP-W 313

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 | $22.50 AGE 60+ | $29 REG
P08 Th 6:30-8:30 p.m. William Duffin
May 11 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 life and death? Can we communicate with our loved ones who have passed before us? Can we visit heaven? A hell? Do souls really get “stuck” between life and death? Can we communicate with our loved ones who have passed before us? Can we visit heaven? A hell? Do souls really get “stuck” between life and death? Can we communicate with our loved ones who have passed before us? Can we visit heaven? A hell? Do souls really get “stuck” between life and death? Can we communicate with our loved ones who have passed before us? Can we visit heaven?

PERD-709 | 1 session | $22.50 AGE 60+ | $29 REG
P07 Th 6:30-8:30 p.m. William Duffin
Apr 13 Online

Law of Attraction, What’s the Problem?
You have visualized and made your vision happen. Now what? Learn how to make your visions happen. Ever wonder why you make the same mistakes 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 | $22.50 AGE 60+ | $29 REG
P05 Th 6:30-8:30 p.m. William Duffin
Feb 23 Online

Transitions and Transformations
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. 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. Learn practical strategies to empower you to 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+ | $39 REG
P03 Sa 9:30-11:30 a.m. Carol Watkins
Apr 15 – Apr 22 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. 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+ | $39 REG
P04 Sa 9:30-11:30 a.m. Carol Watkins
May 13 – May 20 Online

Successfully Navigating Change
Do you feel stuck? Overwhelmed? Discover which phase of the change cycle you are in and learn specific tools to navigate that cycle and other phases of the change cycle.

PERD-709 | 1 session | $23 AGE 60+ | $29 REG
P01 Tu 6-8 p.m. Fawn Hoener
Mar 7 FP-W 120

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 10 significant clues to your past lives.

PERD-735 | 2 sessions | $26 AGE 60+ | $39 REG
P02 Sa 10 a.m.-12 p.m. Rhonda Leifheit
Feb 4 – Feb 11 MC-SO 109

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 exercises and practices to help develop your intuition including sensing auras, psychometry (and myths) of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering 10 significant clues to your past lives.

PERD-735 | 4 sessions | $33.50 AGE 60+ | $55 REG
P03 Th 10 a.m.-12 p.m. Rhonda Leifheit
Feb 16 – Mar 9 MC-SW 207
Dreams: Your Inner Teacher
Where are your dreams taking you? Each night, while you are dreaming, your soul goes on great adventures. Dreams can help us solve problems, heal emotional wounds, or prepare us for the future. Delve into the mystery of dreams to discover the profound guidance they offer.

PERD-735 | 4 sessions | $33.50 AGE 60+ | $55 REG
P01 W 6-8 p.m. | Rhonda Leifheit
May 3 – May 24
MC-SO 109

Assurance 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 | $27 AGE 60+ | $39 REG
P01 Th 7-9 p.m. | Nancy Cohen
Mar 23 – Mar 30
Online

Personal Development From The Greats
Delve into the learning experiences of personal development giants including Tony Robbins, Jim Rohn, Les Brown, Lisa Nichols, Zig Ziglar and more. Discover their personal stories of how they overcame adversity to create successes in their lives through personal development.

PERD-765 | 1 session | $24 AGE 60+ | $39 REG
P09 Sa 12 p.m.-1:30 p.m. | Glennon Brady
Marc 25
MC-SO 109

25+ Mental Health Tips
Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. This class will provide tips on how to keep your mental health in check!

PERD-765 | 1 session | $24 AGE 60+ | $39 REG
P08 Sa noon-1:30 p.m. | Glennon Brady
Feb 4
MC-SO 206

How To Solve A Problem
How many times have you put a problem on the back burner because you didn’t want to face it or have time to deal with it? Have you ever said “I’ll cross that bridge when I get to it?” There are multiple ways to find solutions to problems, everyday problems, not how to fix the world. In this class we will discuss how to solve problems, ways to eliminate the hassle, and what to do if you are in a real bind. Learn tricks and tips that can apply to everyday problems. Leave your problems at home, but be prepared to talk about them!

PERD-765 | 1 session | $22.50 AGE 60+ | $39 REG
P06 Th 7-9 p.m. | Cheryl Ring
Feb 3
Online
P07 Sa 9-11 a.m. | Cheryl Ring
Apr 29
MC-SO 109

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 mental clarity, increased energy, improved physical health, stronger relationships, greater peace of mind and added productivity.

PERD-765 | 1 session | $24 AGE 60+ | $39 REG
P01 Sa 11 a.m.-12 p.m. | Neelima Bhavsar
Jun 3
Online

Meditation: Release Anxiety and Increase Productivity
Meditation is the recommended “go to” for health improvement, reducing stress, and lifting people to a state of peace. If you want to be productive, this process holds the formula to get you there. You’ll learn the fundamentals to develop a meditation practice and increase productivity and calm. It might even save your life!

PERD-765 | 2 sessions | $55 AGE 60+ | $55 REG
P10 W 6-8:30 p.m. | Jean Walters
Apr 12 – Apr 19
STLCC-Corp 207

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

PERD-765 | 2 sessions | $55 AGE 60+ | $55 REG
P11 W 6-8:30 p.m. | Jean Walters
May 17 – May 24
STLCC-Corp 207

Regaining Your Confidence: Difficult Relationships
Rediscovering your confidence is never easy, especially after a break-up, losing a job, or a failing a class. There are many reasons why someone might lose themselves and then one day need to rediscover. If you or someone you know needs a head start or another approach to rediscovery this is the place to be. In this two-part course you will have the opportunity to hear stories and share your own, in comparison, to learn and grow as we discuss the process and the tools that will help you find your inner strength (we all have) to place you on the right path to discover and develop your strategic plan that will prepare you for your new mindset.

PERD-765 | 2 sessions | $26 AGE 60+ | $39 REG
P05 Th 7-9 p.m. | Cheryl Ring
Mar 9
Online
P04 Sa 11:30 a.m.-1:30 p.m. | Cheryl Ring
Apr 22 – Apr 29
MC-SO 109

Discover the Benefits of Meridian Tapping
Meridian tapping combines tapping on acupuncture points with intention statements to clear mental, emotional and physical energy. Learn step-by-step instruction in tapping for emotions such as anger, fear and anger overcoming, origins of thought field therapy, applications for health issues such as indigestion, headaches and insomnia; root cause technique to heal long-standing or complex issues; techniques to clear self-hatred and change unwanted habits; and, self-acceptance as a means to greater health and emotional freedom.

PERD-765 | 3 sessions | $33.50 AGE 60+ | $49 REG
P03 Th 6-8 p.m. | Rhonda Leifheit
Jun 6 – Jun 20
MC-SO 109

Mindfulness and Memory
A stressful life can leave us depleted and scattered, resulting in “mindlessness.” We might more frequently forget things, run into things, drop things. While it’s wise to check with your doctor regarding concerns about memory, a more mindful approach (being fully present) can help you slow down, de-stress, focus your attention, and improve memory.

PERD-765 | 4 sessions | $33.50 AGE 60+ | $55 REG
P02 Th 6-8 p.m. | Rhonda Leifheit
Mar 28 – Apr 18
MC-SO 109

Natural Wellness: Overview of Traditional 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+ | $59 REG
P01 Th 6:30-8:30 p.m. | Alex Chen
Feb 9
Online
P02 Th 6:30-8:30 p.m. | Alex Chen
Apr 20
Online

Couples Massage
Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage and Trigger Point Therapy. Partner required. Fee is per person. Supply list will be sent.

HEAL-704 | 1 session | $34 AGE 60+ | $49 REG
P01 Sa 9:30 a.m.-3:30 p.m. | Kacper Szarejko
Apr 15
MC-SW 106

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

AHCE-701 | 1 session | $29 AGE 60+ | $39 REG
P02 Th 2-4 p.m. | Chien Hung
Mar 9
Online

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

AHCE-701 | 1 session | $29 AGE 60+ | $39 REG
P01 Th 2-4 p.m. | Chien Hung
Apr 13
Online
GENERAL INFORMATION

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.

For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register.

Location Index

The Abundant Lotus
1121 N. Lafayette St., 63031
Affton White-Rodgers Community Center
9801 Mackenzie Rd., 63123
A Mouse in the House Charcuserie
10757 North Outer 40, Suite 150A, 63005
Bluebird Park - Ellisville
225 Kiefer Creek Rd., 63201
Chesterfield Parks, Recreation & Arts
17891 N. Outer Rd., 63005
City Sewing Room
6700 Arsenal Ave., 63139
Crestwood Bowl
9822 Watson Rd., 63126
Culinary Arts House
3137 Hampton Ave., 63139
Dwight Davis Tennis Center
5620 Grand Dr., 63112
Eagle Springs Golf Course
2575 Redman Rd., 63136
EarthDance Farm
233 S. Date, 63135
First Tee Driving Range
6206 Lemay Ferry Rd., 63129
Kirkwood Community Center
111 South Geyer Rd., 63122
Kirkwood High School
801 W. Essex Ave., 63122
Latte Lounge - Downtown
2617 Washington Ave., 63103
Latte Lounge - Florissant
2100 N. Waterford Dr., 63033
Maypop Coffee & Garden Center
803 Marshall, 63119
Mueller Industries
12951 Maurer Ind. Dr., 63127
Perennial
3762 S. Broadway, 63118
River’s Edge Park
16975 North Outer 40, 63005
Shaw Nature Reserve
307 Pinetum Loop Rd., 63039
Soulcraft
431 S. Florissant Rd., 63135
South Broadway Art Project
3816 S. Broadway, 63118
South River Yoga
4407 Meramec Bottom Rd., 63129
St. Louis Art Museum
1 Fine Arts Dr., 63110
Sunset Hills Community Center
3915 S. Lindbergh Blvd., 63127
The Wine Barrel
3828 S. Lindbergh Blvd., #111, 63127
Thomas Dunn Learning Center
3113 Gasconade St., 63118
Vetta Sports - Concord
12320 Old Tesson Rd., 63128
Xtreme Krav Maga & Fitness - Dorsett
12632 Dorsett Rd., 63043
Xtreme Krav Maga & Fitness - Fenton
570 South Highway Dr., 63026
Z Total Body (Fenton)
830 Horan Dr., 63026

STLCC-Center for Workforce Innovation
3344 Pershall Rd., 63135
STLCC-Corporate College
3221 McKelvey Rd., 63044
STLCC-Florissant Valley
3400 Pershall Rd., 63135
STLCC-Forest Park
5600 Oakland Ave., 63110
STLCC-Meramec
11333 Big Bend Rd., 63122
STLCC-Meramec, Continuing Education Building
802 Couch Ave., 63122
STLCC-South County
4115 Meramec Bottom Rd., 63129
STLCC-William J. Harrison Education Center
3140 Cass Ave., 63106
STLCC-Wildwood
2645 Generations Dr., 63026

For more information, visit stlcc.edu/CE

Campus Legend

FLORISSANT VALLEY = FV
A ................. ADMINISTRATION
B ................. BUSINESS
CDC .............. CHILD DEVELOPMENT CENTER
C ................. COMMUNICATIONS
EC ............... EMERSON CENTER
E ................ ENGINEERING
H ................ HUMANITIES
IR ................. INSTRUCTIONAL RESOURCES
PE ............... PHYSICAL EDUCATION
S ................ SERVICE BUILDING
SM ............... SCIENCE-MATHEMATICS
SS ............... SOCIAL SCIENCES
Student Ctr ... STUDENT CENTER
T ................ THEATER
TC ................ TRAINING CENTER
CW .............. CTR FOR WORKFORCE INNOVATION
FOREST PARK = FP
E ................ EAST WING
W ................ WEST WING
HealthSci ......... CTR NURSING & HEALTH SCIENCES
HSP ................ HOSPITALITY
LB ................ LIBRARY
PE ............... PHYSICAL EDUCATION
Student Ctr ... STUDENT CENTER
T ................ THEATER
AA .............. ART ANNEX

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

WILDWOOD = WW

EXTENSION CAMPUS
STLCC Corporate College = STLCC-Corp
STLCC South County = STLCC-SoCo
William J. Harrison Education Center = STLCC-Harrison
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.” For most classes, registration is closed three business days prior to the class start date. See website course descriptions for the last day to register.

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 KMOV-AM (1120) and on KMOV-TV, KSDB-TV and KTVI/Fox 2. Also, all location closings will be posted at stlcc.edu. To sign up for automated SMS notifications of STLCPP campus closures or emergencies, visit stlcc.edu/alerts. When St. Louis Community College cancels classes, online and off-campus classes are also canceled. In addition, when a particular host school district or institution closes, the Continuing Education classes at that location will not meet.

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.

Class Withdrawal and Refunds
If you wish to withdraw from a class, 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 Cedrobox@stlcc.edu or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

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

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

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

Fee Reduction for Individuals Age 60 and Older
At the time of registration, individuals age 60 and older may enroll in select courses for a reduced fee. Contact the CE office for questions regarding the reduced rate. Reduction will be calculated at check-out.

Senior Citizen Scholarship
For information, please visit stlcc.edu/CE or call 314-984-7777.

Unattended Children
Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The College reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, College will institute disciplinary action.

Textbooks
Unless otherwise noted in the course description, textbooks can be purchased via web order through the STLC Bookstore and selected for pick-up or shipping (no in-store purchasing). Most orders are filled and shipped within 3-5 business days. 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. Visit stlouisccbookstore.com for additional information.

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 Christine Davis, Ed.D. at 314-539-5725.

Protection of Intellectual Property
The content of each course consists of intellectual property of the College and the faculty member. Recording of course lectures, discussions and materials, or distribution/transmission of the course content, is prohibited. The reason for this policy is to protect the intellectual property of the College and faculty member, to protect the copyright interests in course materials and to protect the privacy interests of students participating in this course. Public distribution or transmission to publically 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 Access Office at stlcc.edu/disability as soon as possible in advance of the program for consideration of your accommodations request. A student may submit this application at any time during their enrollment, but the College recommends submitting the application as early as possible to allow time to make any necessary arrangements.

Environmental Health and Safety
Some Continuing Education courses involve work with materials and products that require special handling. Please refer to STLC’s Environmental Health and Safety page (www.stlcc.edu/departments/environmental-health-and-safety) for additional information.

Assumption of Risk, Release and Waiver of Liability
St. Louis Community College assumes no liability for accidents or injuries that may occur while participating in Continuing Education classes and programs and provides no funds to cover medical costs or expenses. Students are reminded that participation is voluntary. A signed waiver is required for participation in select courses and participants must be age 18 or older. It is strongly recommended that all students have their own health insurance.

St. Louis Community College Continuing Education seeks to provide courses that are academically interesting and create opportunities for members to broaden their scope and interests. The material presented in these courses is for informational purposes only, and the views and opinions expressed in class are strictly those of the instructor.
REGISTRATION IS EASY!
Many classes have limited seating and registration deadlines. 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 (closed three business days prior to class start unless otherwise noted in the course description at stlcc.edu/CE.)

Please contact our Call Center with any questions you may have at 314-984-7777 or CEdropbox@stlcc.edu.

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

Enrollment in classes within this catalog 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. For most classes, registration is closed three business days before the class start date. Please check the online course description for the last day to register. Some classes have additional registration deadline requirements.

Confirmations and Cancellations: Registration confirmations, course updates and cancellation notices will be delivered to the email address provided at registration. Please see Class Changes/Postponement/Cancellation section of General Information for further information.

PLEASE REGISTER ME FOR THE FOLLOWING COURSES:

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Course Title</th>
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Total: __________

Name
LAST __________________________________________ FIRST __________________________________________ MIDDLE INITIAL

Address
STREET OR POST OFFICE BOX ________________________________________________________________
CITY ______________________________ STATE _______ COUNTY __________ ZIP CODE ____________

Email ____________________________________________________________ Student # (optional) ____________ Yes, I am age 60+

Birth Date ___________________________ Primary Phone ___________________________ Alternate Phone ___________________________

Payment: Please include check or money order made payable to “St. Louis Community College”.
To pay by credit/debit card, please register online at stlcc.edu/CE.
Since 1962, more than 1.3 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 50,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers

Associate degrees in arts, science, fine arts, applied science and teaching are offered as well as certificates of proficiency and Specialization. The College’s Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses, two education centers, two training centers and four centers of excellence.
- With four ways to learn at STLCC, we have an option that will work for your schedule. Classes are taught Face-to-Face (F2F), Live Virtual Lecture (LVL), Online, and Hybrid.

St. Louis Community College is committed to expanding the minds and changing the lives of our students. STLCC is institutionally accredited by the Higher Learning Commission (HLC), and many of our programs have been accredited or approved by recognized accrediting bodies. 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.