

# Continuing Education

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REGISTRATION

BEGINS JAN 4

COMMUNITY CLASSES FOR ALL AGES & STAGES OF LIFE

Discover  
what's next.

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Computers

and Technology | 9

Health and Wellness | 43

Tours and Trips | 39

*... and much more!*



St. Louis Community College  
Continuing Education

[stlcc.edu/CE](http://stlcc.edu/CE) | 314-984-7777

# Invest in yourself.

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## Dance

Country Western  
Latin  
Line  
Swing  
*...and more!*

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## Wellness

Be Happy and Healthy  
Dreams: Your Inner Teacher  
Medical Cannabis 101  
Meditations for Inner Peace  
*...and more!*

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## Beverages

Let's Explore Rum!  
The History of Tea  
Tour de France of Wine Tasting  
Whiskey: A Tasting Tour  
*...and more!*

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## Crafts

Basketry  
Floral Arranging  
Pet Crafts  
Quilting  
*...and more!*

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## Games

Crosswords  
Magic  
Modern Board Gaming  
*...and more!*



St. Louis  
Community  
College

**Register at:**  
**[stlcc.edu/CE](http://stlcc.edu/CE)**

**Need help? Contact us!**

**Phone**  
314-984-7777

**Email**  
[CEdropbox@stlcc.edu](mailto: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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**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](http://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:** *Craig H. Larson, Ed.D., Chair; Kevin M. Martin, Ed.D., Vice Chair; Rodney Gee; Doris A. Graham, Ph.D.; Mary Luebke; Ann Adams Marshall; Nicole Robinson, Ed.D.*



**Workforce Solutions Group (WSG) offers opportunities for accelerated training in areas including biotechnology, healthcare, manufacturing, information technology, transportation and culinary arts.**

Contact us at **314-984-7777** for accelerated job training and personal enrichment courses.

Contact us at **314-539-5750** for customized training and specialized consulting.

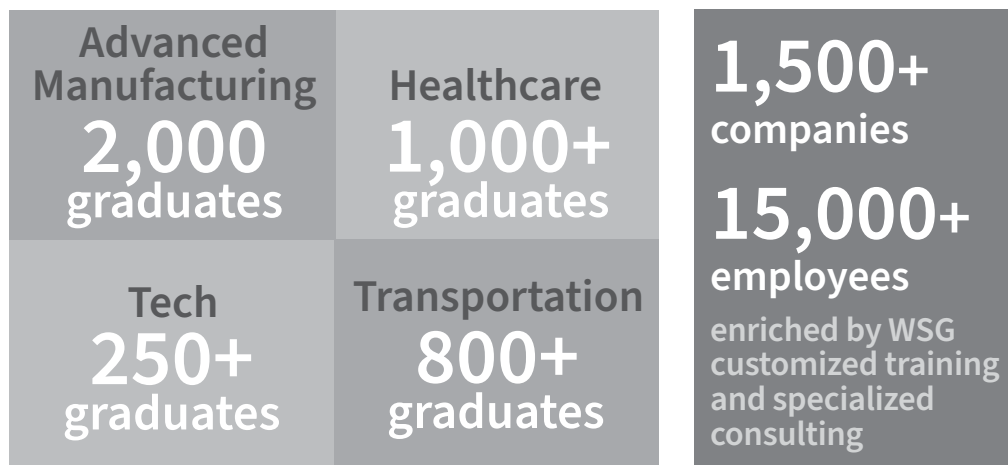
Learn more at [stlcc.edu/workforce](http://stlcc.edu/workforce).

# Workforce Solutions Group

## Providing training to grow the St. Louis economy

- Short-term training programs for individuals to gain skills for a living wage career path
- Personal enrichment courses for lifelong learning
- Contract training and consulting services for companies to achieve their goals and growth

## By the numbers



**1,300+** Continuing Education classes offered annually  
**100,000+** individuals served since 2016



**Boeing Pre-Employment Training**  
**1,082** graduates hired by Boeing  
**44%** higher starting salary at Boeing vs. national average  
**the only 1** Boeing pre-employment custom training program in the United States

# PROFESSIONAL DEVELOPMENT

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

## ESSENTIALS TRAINING

### NONPROFIT ESSENTIALS

#### Volunteer: How to Find a Nonprofit That Fits You

While many nonprofits rely on the great work of volunteers, selecting an organization to volunteer for can become a great fit, or not so much. Deciding which organization to donate your valuable time will take into account considerations such as missions, the type of work needed, flexibility and leadership to name a few. Finding the right organization can lead to great experiences, long lasting friendships for you and an impactful result for the nonprofit organization.

**NPAD-703** | 1 session | \$24 AGE 60+ | \$29 REG  
**P01** Sa 11 a.m.-1 p.m. **Cedric Benbow**  
Mar 2 *FP-E 210*

### BUSINESS ESSENTIALS

#### Project Management

#### 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.

**BPCT-703** | 1 session | NO FEE AGE 60+ | NO FEE REG  
**P01** Sa 9 a.m.-12 p.m. **Dirk Lupien**  
Mar 2 *MC-LH 101*

#### 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 times: Thursdays, 6-9 p.m. on Apr 4-May 2; and Saturdays 8:30 a.m.-4 p.m. on Apr 6, 13, 27. Last day to register and withdraw with refund is Wednesday, Mar 27.

**BPCT-703** | 8 sessions | \$1699 AGE 60+ | \$1699 REG  
**P02** Th 6-9 p.m.; Sa 8:30 a.m.-4 p.m. **Dirk Lupien**  
Apr 4 - May 2 *MC-CN 224*

#### Business Management

#### Operations Management: Getting Started

Whether it's planning an event or managing day-to-day programs, having all the tools in place to help you stay organized is important. Ideal for beginning event planners, office and operations managers, gain an understanding of the various components for carrying out successful program operations from beginning to end. Review of sample operational standards for successful outcomes will be presented.

**BUSN-713** | 2 sessions | \$35.50 AGE 60+ | \$45 REG  
**P01** Sa 10 a.m.-12 p.m. **Tanya Montgomery**  
Feb 3 - Feb 10 *Online*



# SMALL BUSINESS ESSENTIALS

## Business Start-Up Skills for Artisans and Crafters

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

**BUSS-701** | 2 sessions | \$34.50 AGE 60+ | \$45 REG  
P01 W 7-9 p.m. Mike Ochonicky  
Mar 20 - Mar 27 Online

## How to Write a PR Plan

Are you trying to make your work, or business standout from the crowd? Delve into the basics of public relations and how you can use PR to help you to accomplish your professional goals. These strategies and tactics can help you to develop a polished look for your persona, work, or business, and can help you to accomplish your personal and professional goals.

**BUSS-765** | 1 session | \$34 AGE 60+ | \$39 REG  
P08 Sa 10 a.m. - 12 p.m. Teyuna Darris  
Jun 1 FP-E 207B

## How to Use Popular Online Platforms

Do you find yourself needing to attend an online meeting, or event, but you don't know how to access it? Or, maybe you know how to access the meeting or event, but you don't know how to use all the tools and buttons on the screen after you connect? Increase your skills to run or participate in popular online telecommunication platforms including Zoom, Google Meet and Microsoft Teams so that you can actively join online events, job interviews, work sessions or simply connect with family and friends successfully and effectively.

**BUSS-765** | 1 session | \$34 AGE 60+ | \$39 REG  
P11 Sa 10 a.m.-12 p.m. Teyuna Darris  
Apr 20 FP-E 207B

## Business Analytics

### How to Write a SWOT Analysis

Do you need to make changes to your business or nonprofit to increase profits or reach, but not sure where to start? Capture your business strengths, weakness, opportunities and threats (SWOT) through a detailed analysis to create and use information to support your strategic planning needs and help you to achieve your business and organizational goals.

**BUSS-765** | 1 session | \$34 AGE 60+ | \$39 REG  
P09 Sa 10 a.m.-12 p.m. Teyuna Darris  
Mar 2 FP-E 207B

### How to Write a TOWS Analysis

Do you need an action plan for your business or nonprofit so you can achieve a specific goal? This class can help you to take strengths, weaknesses, opportunities and threats from your SWOT Analysis to help you determine how these four characteristics relate, then help you to create a plan of action to achieve a specific business or nonprofit goal.

**BUSS-765** | 1 session | \$34 AGE 60+ | \$39 REG  
P10 Sa 10 a.m.-12 p.m. Teyuna Darris  
Mar 23 FP-E 207B

## Accounting

### Accounting Boot Camp: Beginning I

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

**BUSS-741** | 2 sessions | \$64 AGE 60+ | \$85 REG  
P01 Sa 9:00 a.m.-1:00 p.m. Stacy Moore  
Apr 6 - Apr 13 FP-E 208  
P02 Sa 9:00 a.m.-1:00 p.m. Stacy Moore  
Jun 1 - Jun 8 FP-E 208

### Accounting Boot Camp: Beginning II

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

**BUSS-741** | 2 sessions | \$64 AGE 60+ | \$85 REG  
P03 Sa 9:00 a.m.-1:00 p.m. Stacy Moore  
Apr 20 - Apr 27 FP-E 208  
P04 Sa 9:00 a.m.-1:00 p.m. Stacy Moore  
Jun 15 - Jun 22 FP-E 208

### Accounting Boot Camp: Beginning III

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

**BUSS-741** | 2 sessions | \$64 AGE 60+ | \$85 REG  
P05 Sa 9:00 a.m.-1:00 p.m. Stacy Moore  
May 11 - May 18 FP-E 208

Marketing

**Integrated Marketing Essentials: Intro to Informal Research**

Designed for individuals and business professionals who want to know how to find, and use, research to guide advertising choices and staffing allocation. A fast-paced, "how to" deep yet broad approach, on reliable information sources such as social media demographic studies, industry reports, market statistics, US Census data, statistical and observational studies will provide a valuable knowledge approach. Internet access, as well as access to either MS Office or Google Office Suite is required for participation.

**BUSS-765** | 2 sessions | \$35.50 AGE 60+ | \$45 REG  
 P01 T/Th 6-8 p.m. Kim LaSalle  
 Jan 30 – Feb 1 Online

**Integrated Marketing Essentials: Intro to Survey Research**

Enhance your ability to reach the right target audience and the right market, with the right message, with surveys to guide business advertising choices and human resource allocation. Focused toward business professionals who want to know how to create and use survey research, you'll learn how to create simple customer surveys using email with guidelines on basic research principles including sample size requirements, validity, and reliability. Internet access, as well as access to either MS Office or Google Office Suite is required for participation.

**BUSS-765** | 2 sessions | \$35.50 AGE 60+ | \$45 REG  
 P02 M/W 6-8 p.m. Kim LaSalle  
 Feb 5 – Feb 7 Online

**Integrated Marketing Essentials: Organic Search Engine Optimization (SEO)**

Master the basics of organic search engine optimization (SEO) to increase your business prospects. This fast-paced course provides instruction on how search engines work, which search engines are most important, which HTML (META) tags are most critical for increasing website traffic and the creative approaches intrinsic to increasing stakeholder/consumer engagement. Internet access, as well as access to either MS Office or Google Office Suite is required for participation.

**BUSS-765** | 1 session | \$43.50 AGE 60+ | \$55 REG  
 P03 Sa 9 a.m.-2 p.m. Kim LaSalle  
 Feb 24 Online  
 P04 Sa 9 a.m.-2 p.m. Kim LaSalle  
 Mar 23 Online

**Integrated Marketing Essentials: Intro to Direct Mail**

For businesses large and small, gain an understanding in the basics of direct mail to increase your company's reach. Gain the skills necessary to develop a successful mail campaign including the critical concepts of audience segmentation, mailing list development, offer, personalization and tools to boost participation. Internet access, as well as access to either MS Office or Google Office Suite is required for participation.

**BUSS-765** | 1 session | \$32 AGE 60+ | \$39 REG  
 P05 Sa 9 a.m.-12 p.m. Kim LaSalle  
 Apr 6 Online

**Build Your Brand: Business Edition**

Are you a business owner trying to determine how to present your business to others so you can attract customers and achieve your business goals? Come explore branding basics combined with strategies and tactics you can use to help you to create a polished online presence that could help you to achieve your business goals. In addition, learn how to use social media and a few online tools to help your business stand out from others.

**BUSS-765** | 1 session | \$34 AGE 60+ | \$39 REG  
 P07 Sa 10 a.m. - 12 p.m. Teyuna Darris  
 May 18 FP-E 207B



**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 Assembly Mechanic**

- 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](http://stlcc.edu/Boeing)

**We have more!** Looking to enhance or build your business website?  
 See p.10 for WordPress® for Business.





## Career Essentials

### How to Get That Promotion

There are always opportunities to move up in the world of work. If you want a better title, a bigger paycheck or more responsibility, but your boss hasn't indicated that you'll be promoted any time soon, you may need to be more strategic. Review proven ways to grab the right person's attention and secure that promotion.

**CPDV-701** | 1 session | \$24 AGE 60+ | \$29 REG  
P02 Tu 6:30-8:30 p.m. **Donna Mickens**  
May 14 *STLCC-Corp 207*

### How to Plan for "Not" Retiring

The fact is not everyone wants to retire at a certain age; some just want to do something different in the work environment. Come take a look at how to live a vibrant lifestyle and address changes as you age in your new business or continue working over the age of 60 and beyond.

**CPDV-701** | 1 session | \$24 AGE 60+ | \$29 REG  
P01 Sa 11 a.m.-1 p.m. **Cedric Benbow**  
Feb 24 *FP-E 209*

### 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 | \$29 AGE 60+ | \$35 REG  
P03 Sa 11 a.m.-1:30 p.m. **Dr. Lawrence Gibbs**  
Mar 2 *FP-E 209*

### Volunteering Pathways

Are you looking for ways to thrive and "give back" in retirement? Wondering how you'll use your time meaningfully? Where will you choose to put your energy? In this workshop, you'll find ways to recycle and revive your dreams while rethinking your opportunities through volunteering. Explore the volunteer pathway with an experienced life coach and the support of like-minded fellow participants.

**CPDV-702** | 1 session | \$22 AGE 60+ | \$29 REG  
P01 Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**  
Apr 6 *Online*

### Build Your Brand: Personal Edition

Are you new to the workforce, a career changer, or returning to the workforce? Discover how to plan, organize, and polish your online and real-world persona to strategically present yourself and your work in a way that could help you to achieve your professional goals. You'll also learn how to use social media, and a few online tools that can help you to stand out to recruiters (for job seekers) and possibly attract new customers (for entrepreneurs).

**CPDV-702** | 1 session | \$34 AGE 60+ | \$39 REG  
P02 Sa 10 a.m. - 12 p.m. **Teyuna Darris**  
May 4 *FP-E 207B*

### 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 | \$24 AGE 60+ | \$29 REG  
P01 W 6-8 p.m. **Edwin Penfold**  
May 8 *STLCC-SoCo 122*

### 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 resumé development, the online application processes and those pesky interest questionnaires.

**CPDV-705** | 1 session | \$24 AGE 60+ | \$29 REG  
P01 W 6-8 p.m. **Edwin Penfold**  
May 1 *STLCC-SoCo 122*

### Application to Offer: How to Land Your Dream Job

Uncover tips and strategies to maneuver the job search process from application to job offer. Gain the knowledge to write effective resumes and cover letters, utilize your network for your job search, including LinkedIn, and sharpen your interview skills. Salary/benefits negotiation will also be discussed.

**CPDV-705** | 1 session | \$32 AGE 60+ | \$39 REG  
P02 Sa 9:00 a.m.-12:00 p.m. **Brian Gertler**  
Feb 10 *STLCC-SoCo 122*  
P03 Sa 9:00 a.m.-12:00 p.m. **Brian Gertler**  
Jun 15 *STLCC-SoCo 122*

**We have more!** Increase your knowledge to actively participate in online meetings.

See **How to Use Online Platforms** on p.7.

**We have more!** Looking for a career in real estate?

See **How to Start a Career in Real Estate** on p.31.



# 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 | \$54<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P01** Sa 9 a.m.-3 p.m. Rhonda Cross  
 Feb 3 FV-B 119  
**P02** Sa 9 a.m.-3 p.m. Rhonda Cross  
 Apr 13 FV-B 119

**COMP-701** | 1 session | \$33.50<sup>AGE 60+</sup> | \$45<sup>REG</sup>  
**P03** M 1-4 p.m. Francelle Darris  
 Feb 12 FV-B 119  
**P04** F 10 a.m.-1 p.m. Francelle Darris  
 Mar 1 FP-E 207B  
**P05** Sa 12:30-3:30 p.m. Francelle Darris  
 Mar 30 FP-E 207B  
**P06** F 1-4 p.m. Francelle Darris  
 Apr 26 FP-E 207B  
**P07** Sa 12:30-3:30 p.m. Francelle Darris  
 Apr 13 MC-AS 102

## Google®

### Getting to Know Google Tools

Think you know Google? Can you search effectively? Are you using Drive™, Calendar™, YouTube®, Gmail™, Meet™ and all of the effective extensions? Come and learn tips and tricks to save you time and money.

**COMP-742** | 3 sessions | \$51.50<sup>AGE 60+</sup> | \$75<sup>REG</sup>  
**P01** W 6-8 p.m. Cyndi Lane  
 Mar 20 - Apr 3 STLCC-SoCo 206  
**P02** W 6-8 p.m. Cyndi Lane  
 May 1 - May 15 MC-AS 102B

### Beyond Broadcasting

"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<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P09** W 6-9 p.m. Gregory Ray  
 Apr 3 STLCC-Corp 207

### Intro 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<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P11** Tu 6-9 p.m. Gregory Ray  
 Apr 23 STLCC-Corp 207

## Security Threats and My Mobile Device

The use of mobile devices (phones, tablets, etc.) has increased exponentially over the years. Consequently, they have been targeted for exploitation by nefarious actors to gain your information. This course will address security best practices to safeguard your device and data. We will also address/identify general and specific threats related to mobile devices.

**COMP-765** | 1 session | \$39<sup>AGE 60+</sup> | \$28<sup>REG</sup>  
**P01** Sa 9 a.m.-12 p.m. Fernando Tillman  
 Apr 6 STLCC-Corp 208  
**P02** Sa 9 a.m.-12 p.m. Fernando Tillman  
 Apr 6 FV-B 119

## Personal Online Security

Help protect and 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 | \$28<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P03** Sa 9 a.m.-12 p.m. Fernando Tillman  
 Feb 10 STLCC-Corp 207  
**P04** Sa 9 a.m.-12 p.m. Fernando Tillman  
 Apr 13 FV-B 120

## AutoCAD®

### Introduction to AutoCAD® I

Introduction to AutoCAD I covers the fundamentals of the AutoCAD drafting system. Students will 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. Available for credit as EGR 133 550.

**COMP-770** | 12 sessions | \$244<sup>AGE 60+</sup> | \$244<sup>REG</sup>  
**P01** M 7:05-9:30 p.m. Shauna Scribner  
 Feb 5 - May 6 FV-E 278  
 • NOTE: No class 2/19, 3/11

### Introduction to AutoCAD® II

Continuation of Introduction to AutoCAD I. DOS for AutoCAD, Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows, introduction to LISP language. Available for credit as EGR 141 650.

**COMP-770** | 12 sessions | \$244<sup>AGE 60+</sup> | \$244<sup>REG</sup>  
**P02** W 6:30-8:45 p.m. Walter Staas  
 Feb 7 - May 8 MC-AS 206  
 • NOTE: No class 3/13

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## Apple®

### Mac for Windows® 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.

**COMP-765** | 1 session | \$39<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P07** W 6-9 p.m. Gregory Ray  
 Mar 6 MC-HE 136

### The Organized Mac: Organizing, Finding, and Protecting Files

Is your desktop covered in jumbles of icons and files? Can you remember where you saved that important document? The Mac system has a wide variety of built-in functions for helping you efficiently work with and manage your files, ensure your valuable data is protected, and media collections (family photos, favorite music, etc) are a pleasure to navigate. We will cover the basics of Mac file organization, plus integrated features like Finder Tags, Spotlight, Quick Look, Mission Control, iCloud Drive, and Time Machine.

**COMP-765** | 1 session | \$39<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P10** Tu 6-9 p.m. Gregory Ray  
 Apr 9 MC-HE 136

### 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 class.

**COMP-765** | 1 session | \$49<sup>AGE 60+</sup> | \$49<sup>REG</sup>  
**P05** W 6-9 p.m. Gregory Ray  
 Feb 7 STLCC-Corp 207  
**P12** Tu 6-9 p.m. Gregory Ray  
 May 7 STLCC-Corp 207

### 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 introductory course. Have your iPhone and/or an iPad and corresponding charger(s) for class.

**COMP-765** | 1 session | \$49<sup>AGE 60+</sup> | \$49<sup>REG</sup>  
**P06** Tu 6-9 p.m. Gregory Ray  
 Feb 13 STLCC-Corp 207  
**P13** Tu 6-9 p.m. Gregory Ray  
 May 14 STLCC-Corp 209

# PROGRAMMING & DATA ANALYTICS

## SQL: Introduction

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.

**COMP-765** | 5 sessions | \$152<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P14** Th 6-9 p.m. **Joseph Richey**  
Feb 8 - Mar 7 *MC-HE 136*

## SQL: Intermediate

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

**COMP-765** | 4 sessions | \$152<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P15** Th 6-9 p.m. **Joseph Richey**  
Mar 21 - Apr 11 *MC-HE 136*

## Python: Introduction

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

**COMP-765** | 5 sessions | \$152<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P16** W 6-9 p.m. **Joseph Richey**  
Feb 7 - Mar 6 *MC-SC 201*

## Python: Intermediate

Expand your knowledge of working with strings in Python by incorporating string formatting. Learn control structures including: conditionals and loops to control the flow of your application, error handling techniques to trap for errors in your programs, and how to write functions. Explore how to write classes that include methods, constructors and variables, how to work with date and time data, iterators and generators, along with working with functions such as lambda, filter and map.

**COMP-765** | 4 sessions | \$152<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P17** W 6:30-9:30 p.m. **Joseph Richey**  
Mar 20 - Apr 10 *MC-SW 110*

# ADOBE® TOOLS

## Photo Editing

### Adobe® Lightroom® Classic: Introduction

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

**CVTW-701** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P02** Sa 9 a.m.-4 p.m. **Charles LaGarce**  
May 18 *MC-HE 233*

### Adobe® Lightroom® Classic: Advanced Development Techniques

Explore advanced image development techniques. Learn global and selective enhancement tools to optimize images. Emphasis will be placed on preparing images for the Lightroom output modules: print, slideshow, book and web.

**CVTW-701** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P03** Sa 9 a.m.-4 p.m. **Charles LaGarce**  
Jun 15 *MC-HE 233*

### Adobe® Photoshop®: Introduction

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

**CVTW-701** | 4 sessions | \$139<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P05** M 6-9 p.m. **Zak Zych**  
Feb 26 - Mar 25 *MC-CN 221*

• NOTE: No class 3/11

### Adobe® Photoshop®: Intermediate

Pick up where the introductory class left off and enhance your techniques. Dive in to the histogram, exposure adjustments, smoothing wrinkles, brightening teeth, image and canvas size changes, crop tool use and blending modes. Work hands-on with a variety of images.

**CVTW-701** | 4 sessions | \$139<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P06** M 6-9 p.m. **Zak Zych**  
Apr 1 - Apr 22 *MC-CN 221*

### Adobe® Photoshop®: Advanced

Build on skills learned during the beginning- and intermediate-level classes. Examine adjustment layers with layer masks, encounter smart objects, and work with blurring, sharpening, shadow and highlight tools.

**CVTW-701** | 4 sessions | \$139<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P07** M 6-9 p.m. **Zak Zych**  
Apr 29 - May 20 *MC-CN 221*

### Adobe® Photoshop®: Expert

Picking up right where Adobe Photoshop: Advanced left off, explore stop-motion animations, writing actions, displacement maps, dodging and burning, liquify and filters.

**CVTW-701** | 4 sessions | \$139<sup>AGE 60+</sup> | \$199<sup>REG</sup>  
**P08** M 6-9 p.m. **Zak Zych**  
Jun 3 - Jun 24 *MC-CN 221*

### Adobe® Photoshop® Creative Cloud®: In a Day Workshop

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

**CVTW-701** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P04** F 8:30 a.m.-4:30 p.m. **Zak Zych**  
Mar 1 *MC-HE 136*

### Adobe® Photoshop® Creative Cloud®: Masking Workshop

This one-day workshop builds upon techniques learned in Adobe Photoshop CC with focus on refining selections, quick masks, layer masks and channels. Learn to non-destructively conceal a portion of an image and blend multiple photos into a single composition.

**CVTW-701** | 1 session | \$59.50<sup>AGE 60+</sup> | \$99<sup>REG</sup>  
**P09** F 9 a.m.-4 p.m. **Zak Zych**  
Jun 14 *MC-HE 136*

### Adobe® Photoshop® Creative Cloud®: Image Size Workshop

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

**CVTW-704** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P03** F 9 a.m.-4 p.m. **Zak Zych**  
May 3 *MC-HE 136*

### Adobe® Photoshop® Creative Cloud®: Blending Modes Workshop

Discover efficient and powerful ways to use layers and blending modes to colorize black and white photos. Learn how to brighten, darken and add contrast. Explore how to transform an otherwise pedestrian image into an engaging visual.

**CVTW-704** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P04** F 10 a.m.-3 p.m. **Zak Zych**  
Apr 5 *MC-AS 102B*

## Video Editing and Motion Graphics

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

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

**CVTW-704** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P01** F 8:30 a.m.-4:30 p.m. **Tim Linder**  
 Feb 23 *MC-AS 102B*

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

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

**CVTW-704** | 1 session | \$103.50<sup>AGE 60+</sup> | \$139<sup>REG</sup>  
**P02** F 8:30 a.m.-4:30 p.m. **Tim Linder**  
 Mar 1 *MC-AS 102B*

## WEB DEVELOPMENT

### 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 plug-ins (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<sup>AGE 60+</sup> | \$49<sup>REG</sup>  
**P08** Tu 6-9 p.m. **Gregory Ray**  
 Mar 26 *STLCC-Corp 206*

## MICROSOFT® TOOLS

### PowerPoint®

#### Mastering PowerPoint®

Do you want to learn how to add some professional zing to your PowerPoint® presentations? Would you like to enhance those slides you need to share with your colleagues? We will explore learning theories and how to get your message across in an organized and engaging fashion. Bring your tired PowerPoint projects to class and we will freshen them up!

**COMP-742** | 2 sessions | \$53<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P03** W 6-8 p.m. **Cyndi Lane**  
 Jun 5 - Jun 12 *MC-AS 102B*  
**P04** W 6-8 p.m. **Cyndi Lane**  
 Feb 21 - Feb 28 *MC-SW 110*

### Windows®

#### Microsoft® Windows® 10 for Beginners

Explore Windows 10 and all its user-friendly features. 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.

**COMP-705** | 1 session | \$53<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P01** Sa 9 a.m.-4 p.m. **James Prater**  
 Apr 20 *MC-AS 102B*

### Excel®

#### Microsoft® Excel®: Part I

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

**COMP-720** | 2 sessions | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P01** W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**  
 Jan 24 - Jan 25 *STLCC-Corp 208*

**COMP-720** | 1 session | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P02** F 9 a.m.-4 p.m. **Cris Heffernan**  
 Mar 8 *STLCC-Corp 208*

**P03** Th 9 a.m.-4 p.m. **Cris Heffernan**  
 May 2 *STLCC-Corp 208*

#### 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. Participants are encouraged to bring a flash drive.

**COMP-721** | 2 sessions | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P01** W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**  
 Feb 7 - Feb 8 *STLCC-Corp 208*

**COMP-721** | 1 session | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P02** F 9 a.m.-4 p.m. **Cris Heffernan**  
 Mar 29 *STLCC-Corp 208*

**P03** Th 9 a.m.-4 p.m. **Cris Heffernan**  
 May 23 *STLCC-Corp 208*

#### 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. Participants are encouraged to bring a flash drive.

**COMP-722** | 2 sessions | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P01** W/Th 9 a.m.-12:30 p.m. **Cris Heffernan**  
 Feb 21 - Feb 22 *STLCC-Corp 208*

**COMP-722** | 1 session | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P02** F 9 a.m.-4 p.m. **Cris Heffernan**  
 Apr 26 *STLCC-Corp 208*

**P03** Th 9 a.m.-4 p.m. **Cris Heffernan**  
 Jun 13 *STLCC-Corp 208*

#### Microsoft® Excel®: Power Pivots®: Data Analysis

Get set on a course to take advantage of one of the most robust data analysis tools that Excel includes. Power Pivots 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. Recommended to bring a flash drive.

**COMP-722** | 1 session | \$101.50<sup>AGE 60+</sup> | \$129<sup>REG</sup>  
**P04** W 9 a.m.-12:30 p.m. **Cris Heffernan**  
 Mar 6 *STLCC-Corp 208*

**P05** Th 9 a.m.-12:30 p.m. **Cris Heffernan**  
 Jun 20 *STLCC-Corp 208*



## 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](http://stlcc.edu/PCT)

### Medical Assistant

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

23 weeks | [stlcc.edu/MA](http://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](http://stlcc.edu/CHW)

### Central Sterile Processing Technician

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

24 weeks | [stlcc.edu/CSPT](http://stlcc.edu/CSPT)

## 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 to 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 manikin 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.

**CPRR-706** | 1 session | \$90.50<sub>AGE 60+</sub> | \$115<sub>REG</sub>

**P01** Sa 8:30 a.m.- 4:30 p.m.

Mar 2

FP-W 126

**P02** Sa 8:30 a.m. - 4:30 p.m.

Jun 15

FP-W 126

### BLS for Healthcare Providers†

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

**CPRR-707** | 1 session | \$95.50<sub>AGE 60+</sub> | \$115<sub>REG</sub>

**P01** Tu 9 a.m.-3 p.m.

Mar 5

FP-W 126

**P02** W 5-10 p.m.

Apr 10

FP-W 126

**P03** W 9 a.m.-3 p.m.

May 15

FP-W 126

**P04** Th 9 a.m.-3 p.m.

Jun 20

FP-W 126

### 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 STLCC 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 [jlark399@stlcc.edu](mailto:jlark399@stlcc.edu) before registering for the BLS Instructor Essentials Course.

**CPRR-708** | 1 session | \$324.50<sub>AGE 60+</sub> | \$349<sub>REG</sub>

**P01** W 9 a.m. - 5 p.m.

Apr 17

FP-W 126

### BLS Instructor Renewal†

To successfully complete the American Heart Association cardiopulmonary resuscitation (CPR) Instructor Renewal course, you must demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review training center (TC), regional and national emergency cardiovascular care (ECC) information. Upon successful completion, you will receive an electronic BLS completion card (within 20 business days of the class.) Prerequisite: You must have taught at least four CPR courses, attended updates as required within the previous two years, and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration you must provide documentation meeting all prerequisites. Due to the nature of this course, you must arrive on time. No admittance will be permitted after the stated start time. No refund will be given for registrants arriving late. Interested students must contact the training center coordinator at [jlark399@stlcc.edu](mailto:jlark399@stlcc.edu) before registering for the CPR Instructor Renewal Course.

**CPRR-709** | 1 session | \$85<sub>AGE 60+</sub> | \$99<sub>REG</sub>

**P01** W 9 a.m. - 1 p.m.

Mar 27

FP-W 126

† 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) on Saturday, Mar 23. 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.

**EMSS-715** | 8 sessions | \$9 AGE 60+ | \$9 REG

- P01** Tu 6:30-10 p.m.  
Jan 30 – Mar 23 *WW 225*  
• NOTE: No class 3/12
- P02** W 6:30-10 p.m.  
Jan 31 – Mar 23 *FP-W 325*  
• NOTE: No class 3/13



**ANIMAL  
WELFARE  
ADVOCATE  
PROGRAM**

Make a difference in the lives of animals in your community.

Learn more about the program:  
[stlcc.edu/AnimalWelfare](http://stlcc.edu/AnimalWelfare)

## 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.

### Animals and the Law: Investigations, Rescues and Legislative Issues

Hear first-hand accounts from the real world of animal welfare investigations and rescues. You'll find out how investigators operate and how animal welfare agencies and the law handle calls regarding abuse and neglect. Above all, they strive to be objective, gather information and educate the pet owner or animal facility operator. You'll learn about the legal issues, for example, "How does our society define adequate care and control of animals?" as well as advocacy and legislation related to animal welfare. Get updates about recent HSMO animal rescues and learn about The Missouri Alliance for Animal Legislation and how you can get involved in advocacy efforts. This class will truly help you learn how to be the most effective "voice for the voiceless"

**ANIM-741** | 1 session | \$27.50 AGE 60+ | \$35 REG

- P01** Tu 6-8:30 p.m.  
Feb 27 *MC-SO 105*

### The Human Element: 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 when matching pets with new families, working with people surrendering their pets, answering questions, educating adults and children, or interacting with other agency staff. In this class, you'll gain an overview of many of the skills you'll need to perform these tasks. There are many joys and rewards to working in animal welfare, but some sadness, too, so we'll share our ways of coping with the inevitable heartbreaking side of the business. Above all, this class is sure to provide a realistic and inspiring "bird's eye view" of what it's like and what it takes to have a successful career in an animal welfare organization.

**ANIM-741** | 1 session | \$27.50 AGE 60+ | \$35 REG

- P02** Tu 6-8:30 p.m.  
Mar 26 *MC-SO 105*

### Animal Care Basics for Animal Welfare Workers

In this class, it's all about the animals! We'll cover basic health considerations, injury-prevention measures and spay/neuter operations. Understanding animal behavior is key to safe animal handling, both for yourself and the animals so we'll cover best practices in "Fear Free" animal handling techniques and enrichment programs that support the emotional well-being of the animals. You'll learn about caring and feeding a variety of animals, including what to do in disaster situations to assure their safety and well-being. Participating shelter members will explain their standard operating procedures and basic animal care-taking operations. If you're interested in working directly with animals, this class is a must!

**ANIM-741** | 1 session | \$27.50 AGE 60+ | \$35 REG

- P03** Tu 6-8:30 p.m.  
Apr 23 *MC-SO 105*



## Summer Youth Program

**COMING THIS SUMMER  
FOR YOUTH AGES 12-17!**



**Healthcare Program**  
Forest Park Campus  
June 24-27

**Manufacturing  
and Trades Program**  
Meramec Campus  
July 29-August 1

More details coming early March:  
[stlcc.edu/go/XPLR](http://stlcc.edu/go/XPLR)

**STLCC  
NO-FEE  
Training**

Looking for  
hands-on work  
with competitive pay?

### **Environmental Remediation Technician**

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

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

[stlcc.edu/EnviroTech](http://stlcc.edu/EnviroTech)



### **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)**

**Evening classes:** 5 weeks,  
4 nights per week, 6-10 p.m.

**Daytime classes:** 2 weeks,  
5 days per week, 8 a.m.-2:30 p.m.

[stlcc.edu/HVAC](http://stlcc.edu/HVAC)



**FIVE  
WEEK  
NON-CREDIT  
Training  
Program**

### **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

**40-Hour HAZWOPER**  
Hazardous Waste Operations  
and Emergency Response

**OSHA 7300:**  
Permit-Required  
Confined Space

**Class B Commercial  
Driver's License (CDL)**

**HAZMAT  
endorsement  
for the CDL**

[stlcc.edu/HazmatTech](http://stlcc.edu/HazmatTech)

# PERSONAL ENRICHMENT

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

## AGELESS LEARNING SEMINARS

### Armchair Tour of St. Louis: Baseball History

Delve into the geographic insights that influenced baseball and their relevance to the games' history including parks, player's homes and businesses, grave sites, and other places with baseball related stories. You'll see before and after photos, learn about the history of the sites and discover corresponding baseball stories that occurred.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P11** Sa 10 a.m.-12 p.m. **Brian Flaspohler**  
May 11 *FP-W 118*

### St. Louis: City of Fountains

St. Louis has fountains that range from knee-high seahorses spouting water to the tallest fountain in the United States of America. We have fountains inspired by ancient Greece and fountains that inspire spectators to participate in the fountains. You will learn about fountains, including those by world famous designers: Maya Lin, Carl Milles, Lawrence Halprin. Not only does St. Louis have fountains, it designs fountains as well.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P02** Th 9-10:30 a.m. **Doug Schneider**  
Feb 8 *MC-SO 107*

### Murals in St. Louis

St. Louis has a wide variety of murals: vintage, modern, legal, stealth, and murals that trick the eye. The city even has one continuous mile of murals. Take an armchair tour and view many of our murals and discover information about the talented muralists who created them. You will also hear about the "ghost signs" by itinerant painters who traveled the Midwest painting signs on buildings.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P06** Th 10-11:30 a.m. **Doug Schneider**  
Mar 7 *MC-SO 107*

### Shipping Container Buildings in St. Louis and Beyond

After 20 years of being shipped around the world, a container reaches the end of its lifespan. However, a container can live on to build a house, an office, an apartment building, a swimming pool, or a replica of the Globe Theatre where Shakespeare's plays were performed in London in the 1600s. You will learn all about what people in St. Louis have built with used shipping containers, plus some shipping container buildings in the rest of the United States.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P09** F 10-11:30 a.m. **Doug Schneider**  
Apr 12 *MC-SO 232*

### Ins and Outs of Hamburgers in St. Louis

St. Louis has several different ways of cooking burgers, styles of burgers, and choices of what kind of beef is used. Chuck-A-Burger has been here for over 70 years, the White Barn says its burgers are legendary, and steak burgers have become national thanks to Daniel Meyers. The burgers are so famous, you can even get one in any large town in Iceland. Journey back in time to discover the history of the St. Louis burger including the love story where hamburgers saved a silent movie star's marriage.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P13** Tu 10-11:30 a.m. **Doug Schneider**  
May 21 *MC-SO 107*

### Wake Up and Smell the St. Louis Coffee

St. Louisans have been drinking coffee ever since the city was founded in 1764. Coffee has played a major role in the St. Louis economy. In the 19th Century, we were the largest inland distribution center for coffee in the United States. The 1904 World's Fair gave coffee a boost. In this century, our city is replete with coffee roasters and coffee shops. You will dive into the history of coffee in St. Louis, the first wave, second wave, and third wave of coffee here.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P14** M 1-2:30 p.m. **Doug Schneider**  
Jun 10 *MC-SO 107*

### Gone in a Flash! Sex Trafficking Myths and Perceptions

What is human trafficking? What is sex trafficking? Discuss myths and perceptions that have defined the industry for decades and how to debunk them. Learn how to recognize red flags and how some of our past fears are actually aiding traffickers in exploiting more victims. The windowless white van is not the only thing to look out for!

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P04** Tu 2-4 p.m. **Julie Heifner, Ph.D.**  
Feb 27 *MC-SO 109*

### Alfred Hitchcock: Part 1

With a career that spanned six decades, Hitchcock was famous for a long list of films that brought audiences to the edge of their seats. He continues to be regarded as one of the most influential filmmakers in the history of world cinema. This class will include all of your favorites, of course! As Hitch once said "There is no terror in the bang, only in the anticipation of it." He got that right, didn't he?! This is part one of a two part series.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P03** Th 2-3:30 p.m. **Mary Saputo**  
Feb 15 *WW 102A*

### Alfred Hitchcock: Part 2

Continue the in-depth presentation of all of the favorite films directed by the great Hitchcock.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P05** Th 2-3:30 p.m. **Mary Saputo**  
Feb 29 *WW 102A*

### Shirley Temple

Explore the life of Shirley Temple, with all the adorable dance numbers you remember with such great partners as Bill Robinson and Buddy Ebsen. Learn lots of background trivia about some of her greatest films. You'll find yourself smiling from ear to ear!

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P08** Th 10-11:30 a.m. **Mary Saputo**  
Mar 21 *MC-SO 107*

**Mickey Rooney**

This presentation will cover the life of the Hollywood legend, Mickey Rooney, from his early pairings with Judy Garland and all through his interesting and full film career, including his later years in the show-stopping production "Sugar Babies" with Ann Miller.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P10** Th 2-3:30 p.m.

**Mary Saputo**

Apr 18

FV-C 102

**Cyd Charisse**

Cyd Charisse is one of the many women who epitomize Hollywood Glamour with a capital 'G'! Mesmerizing scenes from most all of her famous films, including "Singin' in the Rain", "The Bandwagon", "Silk Stockings" and more will be shared and discussed in addition to some behind the scenes trivia and footage from "Brigadoon"!

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P12** Th 10-11:30 a.m.

**Mary Saputo**

May 16

MC-SO 107

**Medicare 101†**

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 & Part B) and Prescription Drug Plans (Part D). Medicare Supplement (Medigap) and Medicare Advantage (HMO and PPO) plans. While no course fee is associated with this offering, a small STLC administrative fee is required for registration. This class is offered through SHIP, Missouri's official State Health Insurance Assistance Program. SHIP counselors do not sell or promote any insurance company or its products.

**SENR-702** | 1 session | \$9<sup>AGE 60+</sup> | \$9<sup>REG</sup>

**P01** Th 10 a.m.-12 p.m.

**Wilma Schmitz**

Feb 1

MC-CE

**P07** Tu 6-8 p.m.

**Wilma Schmitz**

Mar 5

FP-W 118

**P15** Tu 6-8 p.m.

**Wilma Schmitz**

Apr 2

MC-SO 108

**P16** W 6-8 p.m.

**Wilma Schmitz**

Apr 3

WW 214

**P17** Tu 6-8 p.m.

**Wilma Schmitz**

May 7

FV-C 103

**P18** Sa 10 a.m.-12 p.m.

**Wilma Schmitz**

May 18

Online

**P19** Tu 6-8 p.m.

**Wilma Schmitz**

Jun 4

MC-SO 108

**We have more!** Expand your health and wellness knowledge with an introduction to **Medical Cannabis 101** on p. 43.

**Sights of Italy**

For those planning a trip to Italy, or those who would like to, join us on a trip across the ocean for a picturesque slideshow tour and 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! Bring pencil and notebook.

**CLTR-702** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P03** Tu 4-6 p.m.

**Barbara Klein**

Mar 26

MC-SO 112

**What Makes Switzerland Unique: History, Culture, Army Knives**

Take a look at an armed neutral country with four national languages that has become a symbol for international peace. A symbol for peace; yet, every adult Swiss male is required to keep a rifle ready to defend the country. Delve into Swiss history, Swiss banking, Swiss commerce, Swiss sports, Swiss music, and Swiss food—but you will not hear about Swiss cheese, because there is no Swiss cheese in Switzerland.

**CLTR-702** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P02** W 7-8:30 p.m.

**Doug Schneider**

Mar 20

MC-SO 111

**Islands of the Eastern Caribbean: "The Road"**

The people who live in the Eastern Caribbean talk about going "up the road" and going "down the road" as they travel from island to island. This includes Grenada, Barbados, Saint Lucia, Martinique, St. Barts, Guadeloupe, and Saint Martin. This talk will look at the colonization and history of these islands, the effect of volcanic activity, and the bane of sugar cane. You will hear about the decapitated statues on one Eastern Caribbean island, and a town that sits in an active volcano.

**CLTR-702** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P04** Th 7-8:30 p.m.

**Doug Schneider**

Apr 4

MC-SO 111

**Scotland: The Lion in the North**

The Scots have their own music, dance, food, drink and language. They live amongst wonderful scenery and live in interesting cities. Learn about the Scottish countryside and culture including a Ferris wheel for canal boats and a mythical serpent that brings one million tourists a year enriching Scotland's economy by \$31,000,000. Closer to home, discover where in St. Louis you can dine on a tasty sheep's stomach stuffed with oatmeal—a tasty (for some) Scottish treat!

**CLTR-702** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P05** F 1-2:30 p.m.

**Doug Schneider**

Jun 14

MC-SO 111

**Viva Mexico! A Travelogue**

Travel to Mexico as your instructor describes the cultural differences she encountered while living there. From college professor to Mexico resident to missionary. Listen as she describes her research on culture shock while simultaneously going through the stages. You will hear a first-person account of life in Mexico while highlighting various aspects of human communication.

**CLTR-702** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P01** Th 10 a.m.-12 p.m. **Dr. Julie Heifner, Ph.D.**

Feb 1

MC-SO 107

**Classic Films:****Appreciating Screwball Comedy**

Enjoy classic films and learning about an iconic film genre? After watching "His Girl Friday" at home, delve into the theatrical aspects into what makes this screwball comedy successful by investigating its genre with this class. Be sure to stream the film within a few days of the class so that it will be fresh in your mind, and be ready to have some fun exploring this great film!

**CLTR-704** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P04** W 6:30-8:30 p.m.

**Adam Sydney**

Apr 3

MC-SO 111

**Classic Films:****Noir-The Magic of "Chinatown"**

Even if you've seen it before, "Chinatown" is always worth another look. By learning how noir films operate, you'll come to appreciate this film on a whole new level—and other films of the genre, too. Chinatown is available on several streaming services; be sure you watch it a day or two before class so that you'll be able to fully participate in the class discussion and explore and enjoy its many levels.

**CLTR-704** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P02** W 6:30-8:30 p.m.

**Adam Sydney**

Apr 17

FP-W 124

**Classic Films: "Groundhog Day"—A Study in Narration**

How could a story about the same day happening over and over again be engaging? "Groundhog Day" stands out as a classic from the 1990s in part because of the filmmaker's genius in storytelling. Learn how well-told stories engage the audience while discussing this hilarious movie. There are several ways to stream "Groundhog Day"; just be sure to watch it within a few days of the class so that you'll fully appreciate its depth.

**CLTR-704** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P03** W 6:30-8:30 p.m.

**Adam Sydney**

Apr 24

FP-W 124

**Masculinity: What Makes a Man?**

American media and culture often teach a singular definition of what a man "truly" is. If being a man is really one thing, how can it be that we are all taught differently? Join us and learn about the many ways that men across the world and America understand their manhood. Everyone, regardless of sex, gender or age is welcome to attend.

**CLTR-765** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

**P01** Tu 5-7 p.m.

**Michael Thomas**

Mar 26

FP-W 215



†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 professionals regarding your specific situation.



### The Criminal Justice System: An Introduction

Explore the fundamentals of the criminal justice system reviewing how the system works, who it impacts most and following a suspect from arrest to parole. Topics will follow through each step of the process and the various systems that are involved in making the United States penal system.

**CLTR-701** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P06 W 6-7:30 p.m.  
Apr 3

**Brandon Reid**  
FP-W 117

### Criminal Justice: A Lived Experience

Join us for a first hand account from a person who was involved in the criminal justice system. Discussion will shine light on various factors that played into his arrest and subsequent conviction and imprisonment.

**CLTR-701** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P07 Th 6-7:30 p.m.  
Apr 4

**Brandon Reid**  
FP-W 118

### 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-701** | 1 session | \$29<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P01 Tu 6-8 p.m.  
Jan 30

**Kassia Morgan**  
Online

### Magick of Ostara:

#### The Spring Equinox

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 in making positive change in your life. You may wish to bring a blanket or something cozy to be comfortable for the meditation.

**CLTR-701** | 1 session | \$29<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P04 Tu 6-8 p.m.  
Mar 5

**Kassia Morgan**  
Online

### Magick of Midsummer: Growing Your Life

What are the energies of this time of year? How can you use them to empower your life? Some celebrate this time of year as the Summer Solstice, Midsummer and Litha. It is a historical time of fertility, success, love, marriage, partnership and tending our gardens, literally and symbolically, to create our harvest for the fall. Around the longest day of the year, partner with nature's energies to grow your life, embracing the joy and prosperity life has to offer. Class includes a guided meditation with the Spirit of Summer. You may wish to bring a blanket or something cozy to be comfortable for the meditation.

**CLTR-701** | 1 session | \$29<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P08 Tu 6-8 p.m.  
Jun 18

**Kassia Morgan**  
Online

### Understanding Your Intuition: Am I a Psychic?

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

**CLTR-701** | 1 session | \$29<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P02 Tu 6-8 p.m.  
Feb 6

**Kassia Morgan**  
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; such as to 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 dream journaling.

**CLTR-701** | 1 session | \$29<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P03 Tu 6-8 p.m.  
Feb 20

**Kassia Morgan**  
Online

### Crystal Spirit Allies: A Shamanic Perspective

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-701** | 1 session | \$29<sup>AGE 60+</sup> | \$29<sup>REG</sup>

P05 Tu 6-8 p.m.  
Mar 26

**Kassia Morgan**  
Online



**We have more!** Be sure to check out the **Astrology: Beginners Guide** class on p. 44.

## FINE ARTS

## Artful Saturdays

Enjoy three mornings exploring local museum collections with tours featuring a specific theme each day. Meeting locations for each venue will be sent prior to first class. Both sections will cover the same information, the instructor requests you only register for one section. Participants must provide their own transportation to the sites.

**ARTS-705** | 3 sessions | \$55.50<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P01** Sa 10 a.m.-12 p.m. **Betsy Solomon**  
 Apr 6 St. Louis Art Museum  
 Apr 13 St. Louis Art Museum  
 Apr 20 Laumeier Sculpture Park  
 • RAIN DATE: 4/27

**P02** Sa 10 a.m.-12 p.m. **Betsy Solomon**  
 Jun 1 St. Louis Art Museum  
 Jun 8 St. Louis Art Museum  
 Jun 15 Laumeier Sculpture Park  
 • RAIN DATE: 6/22

## Drawing

## Drawing: Beginning/Intermediate

Learn the tools, materials, and visual artistic perception essential to drawing. Returning students continue to sharpen your skills through projects/independent work. Explore drawing fundamentals including line, perspective, and value in the use of pencil, conté crayon and charcoal. Supply list will be sent.

**ARTS-709** | 6 sessions | \$81<sup>AGE 60+</sup> | \$115<sup>REG</sup>  
**P01** Th 5-7:30 p.m. **Lisa Payne**  
 Feb 1 - Mar 7 WW 309

**P02** Tu 9:30 a.m.-12 p.m. **Ruth Kolker**  
 Feb 20 - Apr 2 MC-SO 107  
 • NOTE: No class 3/12

**P03** Tu 9:30 a.m.-12 p.m. **Ruth Kolker**  
 Apr 9 - May 14 MC-CE

**P04** W 6-8:30 p.m. **Lisa Payne**  
 May 15 - Jun 26 Online  
 • NOTE: No class 6/19

## 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.

**ARTS-721** | 8 sessions | \$89<sup>AGE 60+</sup> | \$125<sup>REG</sup>  
**P01** Sa 10 a.m.-12 p.m. **Mary Feagan**  
 Apr 6 - Jun 1 MC-HE 124  
 • NOTE: No class 5/25

## Painting

## Watercolor: Beginning

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

**ARTS-735** | 10 sessions | \$180.50<sup>AGE 60+</sup> | \$205<sup>REG</sup>  
**P01** F 9 a.m.-12 p.m. **Annie Smith-Piffel**  
 Mar 22 - May 24 Bluebird Park-Ellisville

## Watercolor: Immediate/Advanced

Take your watercolor skills to a more advanced level, exploring challenging techniques of layered washes, modeling with color and unusual textural accents and more. Prerequisite: Watercolor: Beginning or equivalent experience. Supply list will be sent.

**ARTS-736** | 10 sessions | \$180.50<sup>AGE 60+</sup> | \$205<sup>REG</sup>  
**P01** F 12:30 p.m.- 3:30 p.m. **Annie Smith-Piffel**  
 Mar 22 - May 24 Bluebird Park-Ellisville

## 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. Supply list will be sent.

**ARTS-748** | 10 sessions | \$180.50<sup>AGE 60+</sup> | \$205<sup>REG</sup>  
**P01** Th 9 a.m.- 12 p.m. **Annie Smith-Piffel**  
 Mar 21 - May 23 Bluebird Park-Ellisville

## Acrylic Impressions: Intermediate/Advanced

In this follow up course, learn how to loosen your style and paint like the Impressionists, working in small scale to quickly complete your own vibrant, light-filled piece. Prerequisite: Acrylic Impressions: Beginning or equivalent experience. Supply list will be sent.

**ARTS-748** | 10 sessions | \$180.50<sup>AGE 60+</sup> | \$205<sup>REG</sup>  
**P02** Th 12:30 -3:30 p.m. **Annie Smith-Piffel**  
 Mar 21 - May 23 Bluebird Park-Ellisville

## 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 | \$74.50<sup>AGE 60+</sup> | \$115<sup>REG</sup>  
**P01** Tu 5:30-8:30 p.m. **Lisa Payne**  
 Jan 30 - Mar 5 Online

**P08** Tu 5-8 p.m. **Lisa Payne**  
 May 21 - Jun 25 WW-309

## Studio Painting: Water-Based Oil and Acrylic

Explore oil paint's richness and acrylic's speed during a class that covers color theory, artistic perception, composition and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Some supplies provided, supply list will be sent.

**ARTS-740** | 5 sessions | \$75<sup>AGE 60+</sup> | \$109<sup>REG</sup>  
**P02** Tu 2-5 p.m. **Mike Ochonicky**  
 Feb 6 - Mar 5 MC-SW 106

**P03** Tu 5:45-8:45 p.m. **Mike Ochonicky**  
 Feb 6 - Mar 5 MC-SW 106

**P04** Tu 2-5 p.m. **Mike Ochonicky**  
 Mar 26 - Apr 23 MC-SW 106

**P05** Tu 5:45-8:45 p.m. **Mike Ochonicky**  
 Mar 26 - Apr 23 MC-SW 106

**P06** Tu 2-5 p.m. **Mike Ochonicky**  
 May 7 - Jun 4 MC-SW 106

**P07** Tu 5:45-8:45 p.m. **Mike Ochonicky**  
 May 7 - Jun 4 MC-SW 106

## Printmaking

## Printmaking: Greeting Cards

Create a set of letterpress printed greeting cards uniquely designed by you. Choose an image from over 50 designs, learn a few printing tricks and crank out 20 stationery cards with matching envelopes ready to use for special occasions. The final personalized cards will include your name, initials or other personalized sentiment (limited to 20 characters or less). All materials provided.

**ARTS-765** | 1 session | \$49<sup>AGE 60+</sup> | \$49<sup>REG</sup>  
**P02** Sa 1-3:30 p.m. **Marie Oberkirch**  
 Mar 23 Central Print

## 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 | \$75<sup>AGE 60+</sup> | \$109<sup>REG</sup>  
**P01** M 9:30 a.m.-12 p.m. **Ruth Kolker**  
 Mar 18 - Apr 22 MC-CE



## Pottery

**Pottery: All Levels**

Explore projects in hand-building and wheel throwing, investigating and improving skills with clay. All levels of beginners and advanced students are welcome. All supplies provided.

- ARTS-727** | 6 sessions | \$101 AGE 60+ | \$139 REG
- P04** Th 1-3:30 p.m. **Linda Brattain**  
Mar 21 – Apr 25 FV-H 109
- P10** Th 1-3:30 p.m. **Linda Brattain**  
May 9 – Jun 13 FV-H 109
- P11** Tu 6-9 p.m. **Carl Behmer**  
Mar 19 – Apr 23 FV-H 109
- P12** Tu 6-9 p.m. **Carl Behmer**  
May 7 – Jun 11 FV-H 109

- ARTS-727** | 10 sessions | \$144.50 AGE 60+ | \$195 REG
- P05** Sa 9 a.m.-12 p.m. **Sheow Chang**  
Apr 6 – Jun 22 FV-H 109
- NOTE: No class 5/18, 5/25
- P06** Sa 1:30 p.m.-4:30 p.m. **Sheow Chang**  
Apr 6 – Jun 22 FV-H 109
- NOTE: No class 5/18, 5/25

**Wheel Throwing: All Levels**

Journey into a new art or get out of your comfort zone and try new forms and techniques of how to throw on the potter's wheel. Enhance your skills by learning how to center, open, pull and make small cups and bowls while finishing pottery with various painting and glazing methods. From beginner to advanced levels, this class welcomes all. Some supplies provided, supply list will be sent.

- ARTS-727** | 8 sessions | \$179 AGE 60+ | \$179 REG
- P01** W 2-4 p.m. **Sarah Rye Bliss**  
Jan 31 – Mar 27 South Broadway Arts Project
- NOTE: No class 3/13
- P07** W 2-4 p.m. **Sarah Rye Bliss**  
Apr 10 – May 29 South Broadway Arts Project

**Pottery: Beginner**

Discover the basics of pottery and learn all about hand-building and wheel throwing. You will learn how to center, open, and pull to make small cups and bowls on the pottery wheel, as well as hand-building projects and techniques such as pinch, coil, slab. All supplies provided.

- ARTS-727** | 8 sessions | \$179 AGE 60+ | \$179 REG
- P02** Th 11 a.m.-1 p.m. **Sarah Rye Bliss**  
Feb 1 – Mar 28 South Broadway Arts Project
- NOTE: No class 3/14
- P08** Th 11 a.m.-1 p.m. **Sarah Rye Bliss**  
Apr 11 – May 30 South Broadway Arts Project

**Hand-building: All Levels**

Delve into hand-building with clay utilizing pinch, coil and slab methods to make functional, decorative, and sculptural pottery. Beginners will start with the basics, intermediate and advanced students will expand and level-up their hand-building skills, projects and techniques while also experiencing finishing their pottery with various painting and glazing methods. All supplies provided.

- ARTS-727** | 8 sessions | \$179 AGE 60+ | \$179 REG
- P03** Th 2-4 p.m. **Sarah Rye Bliss**  
Feb 1 – Mar 28 South Broadway Arts Project
- NOTE: No class 3/14
- P09** Th 2-4 p.m. **Sarah Rye Bliss**  
Apr 11 – May 30 South Broadway Arts Project

## CRAFTS

## Basketry

**Basketry: Casserole Carrier**

Do you need something to hold your casserole dish when serving? This is a lovely accessory that can be personalized with color to accent your kitchen or favorite dish. Dimensions: 16" x 13" x 4". All supplies provided.

- CRFT-734** | 1 session | \$72 AGE 60+ | \$85 REG
- P01** Tu 9 a.m.-1p.m. **Laura Klaus**  
Jan 30 MC-CE

**Basketry: Spring Table**

This basket features a solid woven base, but not in the usual way. The spring colors will be a welcome addition to any table. Dimensions: 13" x 14" x 3.5". All supplies provided.

- CRFT-734** | 1 session | \$62 AGE 60+ | \$75 REG
- P02** Tu 9 a.m.-1p.m. **Laura Klaus**  
Feb 20 MC-CE

**Basketry: Sports Team**

Showcase your love for your team in this sports themed basket. Add your homemade item to your decor or turn this basket into a special gift for the sports lover in your life. Dimensions: 12" x 10" x 9". All supplies provided.

- CRFT-734** | 1 session | \$72 AGE 60+ | \$85 REG
- P03** F 9 a.m.-1p.m. **Laura Klaus**  
Mar 29 MC-CE

**Basketry: Double Wine**

Create a basket that carries two full-sized bottles of your favorite wine. This basket is specially designed with a wooden "shelf" that holds two glasses. Keep it for those cozy nights watching the sunset or give it as a perfect gift to the wine lover in your life. Dimensions: 8" x 5" x 8". All supplies provided.

- CRFT-734** | 1 session | \$72 AGE 60+ | \$85 REG
- P04** Sa 9 a.m.-1p.m. **Laura Klaus**  
Apr 20 MC-CE

**Basketry: 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. Dimensions: 14" x 8" x 6". All supplies provided.

- CRFT-734** | 1 session | \$62 AGE 60+ | \$75 REG
- P05** Sa 9 a.m.-1p.m. **Laura Klaus**  
May 18 MC-CE

**Basketry: Patriotic**

Celebrate the upcoming holidays early with this basketry class! Gain the skills needed to weave a red, white, and blue classic basket. Dimensions: 8" x 8" x 8". All supplies provided.

- CRFT-734** | 1 session | \$62 AGE 60+ | \$75 REG
- P06** Tu 9 a.m.-1p.m. **Laura Klaus**  
Jun 11 MC-CE

## Book Binding

**Book Binding**

Learn the basics of stab binding and stitch variations. Create a series of stitch structures including, two-hole accounting, four-hole with card stock cover, and your choice of decorative stitch Tortoise Shell, Hemp Leaf, or Kangxi. Paper selection, stitching patterns, folding, scoring, cutting and tearing paper will all be discussed. All supplies provided.

- CRFT-765** | 1 session | \$55 AGE 60+ | \$55 REG
- P02** Sa 1-3:30 p.m. **Marie Oberkirsch**  
Feb 10 FP-W 124

## Cricut®

**Introduction to Cricut®  
Machines Level I**

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

- CRFT-765** | 1 session | \$39 AGE 60+ | \$55 REG
- P03** Sa 10 a.m.-1 p.m. **Rhonda Cross**  
Feb 10 MC-CN 125

**Introduction to Cricut®  
Machines Level II**

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

- CRFT-765** | 1 session | \$39 AGE 60+ | \$55 REG
- P04** Sa 10 a.m.-1 p.m. **Rhonda Cross**  
Mar 2 MC-CN 125

**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. Supplies list will be sent.

- CRFT-765** | 1 session | \$39 AGE 60+ | \$55 REG
- P05** Sa 10 a.m.-1 p.m. **Rhonda Cross**  
Mar 23 MC-CN 125

## Floral Arrangement

### Japanese Art of Flower Arranging

Ikenobo Ikebana, the centuries old Japanese art of flower arranging, transforms plant and flower materials into beautiful and elegant expressions. After learning about Ikebana's history and a how-to demonstration, you'll design and create an arrangement and learn skills relevant to this practice of bringing nature and harmony together in a disciplined art form. No prior experience is necessary. Students are required to bring scissors and/or pruners. Each session will have a different theme. All other supplies provided.

**CRFT-744** | 1 session | \$60.50 AGE 60+ | \$69 REG

**P03** Th 5:30-7:30 p.m. **Anne Brown**  
Feb 1 *MC-CE*

**P04** Th 5:30-7:30 p.m. **Anne Brown**  
Feb 29 *MC-CE*

### Fresh Flower Grouping

Explore the basics of floral arrangement and design spring floral groupings 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. Students are required to bring scissors and/or pruners.

**CRFT-744** | 1 session | \$70 AGE 60+ | \$85 REG

**P01** Tu 6-8 p.m. **Kathy Vaughn**  
Mar 19 *MC-CE*

### Fresh Floral Garden Basket

Explore the basics of floral arrangement and design a floral garden basket 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. Students are required to bring scissors and/or pruners.

**CRFT-744** | 1 session | \$70 AGE 60+ | \$85 REG

**P02** Tu 6-8 p.m. **Kathy Vaughn**  
Apr 16 *MC-CE*

## Mosaics

### 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. You are welcome to bring in broken ceramic and glass to use in your mosaic. All materials provided.

**CRFT-740** | 1 session | \$65 AGE 60+ | \$65 REG

**P01** W 6-8:30 p.m. *Perennial*  
Mar 27

## Pet Crafts

### Get Dog Parade Ready!

Get your four-legged pooch eye catcher ready and dressed in the latest fads for the Mardi Gras Dog Parade on February 10 or any other event! Have fun with other creative friends as you design and learn to create costumes for your pets. Patterns will be provided along with free fabric to choose from. If you have something already in mind, you can bring your own supplies. Be sure to bring pet measurements including how tall, long and round your pup is and their collar size. Sorry, no dogs allowed, just humans. All supplies provided.

**CRFT-713** | 1 session | \$45 AGE 60+ | \$45 REG

**P02** Tu 6-9 p.m. *City Sewing Room*  
Feb 6

## Knitting and Crochet

### 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-720** | 5 sessions | \$56 AGE 60+ | \$79 REG

**P01** Th 6-8 p.m. **Thi Miller**  
Feb 1 - Feb 29 *FP-W 125*

### Socks on the Magic Loop

Knit socks in the round using the magic loop technique, a wonderful and fun alternative to using double-pointed needles. Supply list will be sent.

**CRFT-720** | 6 sessions | \$68 AGE 60+ | \$95 REG

**P02** Th 1:30-3:30 p.m. **Thi Miller**  
Feb 1 - Mar 7 *FP-W 125*

### 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. Supply list will be sent.

**CRFT-720** | 3 sessions | \$45 AGE 60+ | \$59 REG

**P03** Tu 1:30-3:30 p.m. **Thi Miller**  
Feb 20 - Mar 5 *FP-W 125*

**P04** Tu 6-8 p.m. **Thi Miller**  
Mar 26 - Apr 9 *FP-W 125*

### Shadow Knitting

Shadow knitting is a very intriguing knitting technique that creates illusions through the combination of knit and purl stitches. Sharpen your skills to find out what shadow knitting is all about and explore this technique more in-depth while also incorporating your own creative designs. Supply list will be sent.

**CRFT-722** | 6 sessions | \$68 AGE 60+ | \$95 REG

**P01** Tu 6-8 p.m. **Thi Miller**  
Jan 30 - Mar 5 *FP-W 125*

**P04** Th 1:30-3:30 p.m. **Thi Miller**  
Apr 4 - May 9 *FP-W 125*

### Cardigan with Pockets

Have you ever wanted to create a knitted cardigan but didn't know where to start? Learn about sweater design, construction as well as how to incorporate pockets into your garment. We'll also cover shaping and measurements for various sizes and body shapes. Supply list will be sent.

**CRFT-722** | 10 sessions | \$99.50 AGE 60+ | \$145 REG

**P02** Th 6-8 p.m. **Thi Miller**  
Mar 28 - May 30 *FP-W 125*

### Knitted Tams

Try your hand at another style of hats: the tam! Instruction will go in depth about the construction of this unique hat style while also covering basic hat techniques such as knitting in the round, decreasing and shaping. You are also invited to explore colorwork design, if you choose. Supply list will be sent.

**CRFT-722** | 4 sessions | \$50.50 AGE 60+ | \$69 REG

**P03** Tu 1:30-3:30 p.m. **Thi Miller**  
Apr 2 - Apr 23 *FP-W 125*

### Knitted Poncho

Create and design a knitted poncho, a fun and unique garment. You'll dive into the creative construction of ponchos, exploring various designs to incorporate while also learning to knit in the round, decreasing and shaping. Supply list will be sent.

**CRFT-722** | 8 sessions | \$58.50 AGE 60+ | \$95 REG

**P05** Tu 6-8 p.m. **Thi Miller**  
Apr 23 - Jun 11 *FP-W 125*

### Beginning Tunisian Crochet

Tunisian crochet is sometimes thought of as a cross between crochet and knit. An elongated hook is used, either called a Tunisian or afghan hook. Learn the foundation row, Tunisian simple stitch, Tunisian knit stitch, changing colors and binding off. This class is for beginning Tunisian crocheters and provides a good refresher for those who have experience, but may have forgotten some steps. Supply list will be sent.

**CRFT-726** | 3 sessions | \$44.50 AGE 60+ | \$65 REG

**P01** Th 6-9 p.m. **Dee Levang**  
Apr 11 - Apr 25 *MC-SO 108*



## Sewing

**Sip 'n' Sew+**

Enjoy an evening of simple stitching with a sewing machine while enjoying a social hour with your favorite friend and drink. Several simple projects to choose from. No sewing experience necessary. We provide everything you will need to complete your project, including the sewing machine. Feel free to bring a beverage to sip on. Student must be age 21 or older.

**CRFT-713** | 1 session | \$45 AGE 60+ | \$45 REG

P04 F 5-8 p.m.

Feb 23

City Sewing Room

P10 F 5-8 p.m.

Apr 26

City Sewing Room

**Sewing Machine Basics**

Learn how and why your sewing machine works the way it does and more importantly, how to operate it! You will learn how to thread a needle, wind a bobbin and understand the parts of a sewing machine and how it works. You may bring your own machine or use one of ours. If you aren't sure what kind of machine to buy, this is the class for you! All supplies provided.

**CRFT-713** | 1 session | \$55 AGE 60+ | \$55 REG

P03 W 6-7:30 p.m.

Feb 7

Sew Hope

**Sew a Satin Hair Bonnet**

Keep your hair moisturized and protected by learning to make your own satin bonnet. Whether your hair is relaxed, natural, in locks or braids, avoid breakage and keep your hair healthy with your own custom satin bonnet. All supplies provided.

**CRFT-713** | 1 session | \$55 AGE 60+ | \$55 REG

P05 F 6-9 p.m.

Feb 23

Sew Hope

**Fitting a Store Bought Pattern**

Bring a McCall's, Simplicity or other pattern to learn how to make pattern adjustments so the garment fits you better. You will make a muslin sample and be fitted. Sewing experience is a must for this class. Supply list will be sent.

**CRFT-713** | 2 sessions | \$69 AGE 60+ | \$69 REG

P08 Su 2-5 p.m.

May 5 - May 12

City Sewing Room

**Personalized Dress Form**

Make a dress form that exactly matches your body with made to measure Bootstrap DIY Dress form pattern to be purchased at first class by you (\$30). This is not your Duck tape dress form! It is a sewn dress form stuffed tightly with fiberfill and mounted on a pole. Sewing experience is very helpful. Supply list will be sent.

**CRFT-713** | 5 sessions | \$175 AGE 60+ | \$175 REG

P11 Th 5:30-8:30 p.m.

May 2 - May 30

City Sewing Room

**Juneteenth Fabric Wreath**

Make a fun, fabric wreath perfect for every occasion. Choose from a variety of African-American inspired bold colors to make your fabric wreath one-of-a-kind. Grab your mom, sister or friend and make it a fun night out activity. You'll keep busy, alert, active and get your creativity flowing as you design your own wreath. All supplies provided.

**CRFT-713** | 1 session | \$55 AGE 60+ | \$55 REG

P12 F 6-8 p.m.

Jun 14

Sew Hope

## Quilting

**Make a Quilt with African Prints**

Join us as we celebrate Black History Month! Learn how to make a quilt top using African-inspired prints. Supply list will be sent.

**CRFT-713** | 3 sessions | \$135 AGE 60+ | \$135 REG

P01 Sa 1-3 p.m.

Feb 3 - Feb 24

Sew Hope

• NOTE: No class 2/17

**T-Shirt Quilt**

T-shirt quilts make fun, memorable quilts that last a lifetime. Make a themed quilt with t-shirts from your favorite sports team, school, office, church or hobby. You will need 20-25 shirts and 5-6 yards of fleece fabric that will be used for the back of your t-shirt quilt. Basic sewing knowledge is recommended. Supply list will be sent.

**CRFT-713** | 4 sessions | \$125 AGE 60+ | \$125 REG

P07 Sa 6-8 p.m.

Apr 6 - Apr 27

Sew Hope

**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. Supply list will be sent.

**CRFT-713** | 4 sessions | \$135 AGE 60+ | \$135 REG

P09 Su 2-5 p.m.

Apr 7 - Apr 28

City Sewing Room

**Quilting Basics**

Come together with experienced quilters and quilter wannabes for two afternoons of enjoyable piecing and stitching. If a newbie, you will be taught basic patterns to make a table runner. Experienced quilters will improve their skills under the watchful eye of a quilt guild member. Some supplies will be provided, supply list will be sent.

**CRFT-713** | 2 sessions | \$69 AGE 60+ | \$69 REG

P13 Th 2-5 p.m.

Jun 20 - Jun 27

City Sewing Room



## Textiles and Fabrics

**Introduction to Punch Needle**

Learn the essentials of the popular fiber craft of punch needle. You'll go over the basics from materials, to techniques, to finishing. Alternative materials and tools will be discussed as well. Each participant will receive a complete punch needle kit to work with and take home. All supplies provided.

**CRFT-713** | 1 session | \$58 AGE 60+ | \$65 REG

P06 Th 6-9 p.m.

Mar 7

Dee Levang

MC-SO 107

**Macramé Coasters**

Learn basic macramé skills in this beginner-friendly class. You'll work with two colors to make a set of drink coasters or a larger trivet. This versatile design can also be expanded to make placemats or table runners later on your own. Supply list will be sent.

**CRFT-765** | 1 session | \$32 AGE 60+ | \$39 REG

P01 Sa 1-4 p.m.

Feb 24

Dee Levang

MC-SO 108

**Dyeing with Indigo**

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. Use these techniques outside of class to revive your old sheets, pillowcases, or articles of clothing. All supplies provided.

**CRFT-765** | 1 session | \$65 AGE 60+ | \$65 REG

P06 W 6-8 p.m.

Apr 24

Perennial





# CULINARY/BEVERAGES

## Beverages

### Tour de France of Wine Tasting+

Take an adventure into the major wine regions of France the most influential nation in the world for fine and everyday wines. Increase your knowledge and discover how to decode labels and terms listed on the bottles. Fee includes light refreshments and wine tastings. No refunds after Wednesday, Feb 21.

**FOOD-760** | 1 session | \$22.50 AGE 60+ | \$35 REG

P01 W 5:30-6:30 p.m.

Mar 6 The Wine and Cheese Place Kirkwood

### Whiskey: A Tasting Tour+

Sip your way through a flight of North American whiskeys. Starting from Canada and exploring to the U.S., this class will take you on a tasting journey to discover your own personal whiskey style and help you to expand your horizons to find a world of new whiskeys to enjoy. Fee includes light refreshments and tastings. No refunds after Thursday, Mar 7.

**FOOD-760** | 1 session | \$24 AGE 60+ | \$39 REG

P02 Th 6-7 p.m.

Mar 28 The Wine and Cheese Place Forsyth

### Let's Explore Rum!+

Don't limit rum to just sweet tropical drinks or mixing with cola—it's a captivating and remarkable spirit. Bring the essence of the tropics and beyond to your palate as you taste through this up and coming spirit. Don't miss out on this unforgettable experience! Fee includes light refreshments and tastings. No refunds after Thursday, Apr 11.

**FOOD-760** | 1 session | \$27.50 AGE 60+ | \$45 REG

P03 Th 6-7 p.m.

Apr 25 The Wine and Cheese Place Forsyth

### Bubbles, Bubbles Everywhere+

Champagne is the world's most luxurious wine, but all sparkling wines are not the same and they aren't all Champagne. Enhance your knowledge, with a discussion of the history, myths and look at the people who made Champagne what it is today. Other classic styles of sparkling wine to include Cava from Spain, sparkling wine from the U.S. and more. Class fee includes tastings. No refunds after Tuesday, Feb 6.

**FOOD-760** | 1 session | \$34 AGE 60+ | \$39 REG

P04 Tu 6-7:30 p.m.

Feb 20

Mike Ward

The Wine Barrel

### Pinot Noir:

#### Overrated or Underrated?+

Pinot noir is considered one of the most interesting grape varieties in the world. It's hard to grow, it's finicky, it mutates and it delivers some of the most memorable wines you'll ever taste. Take a tour of Pinot Noir from its origins in Burgundy and trace its journey to other classic regions, Oregon, California, New Zealand and more. Class fee includes tastings. No refunds after Tuesday, Mar 12.

**FOOD-760** | 1 session | \$34 AGE 60+ | \$39 REG

P05 Tu 6-7:30 p.m.

Mar 26

Mike Ward

The Wine Barrel

### So, You Hate Sweet Wines Do You?+

Dessert wines are some of the most misunderstood wines in the world. Expand your palate and repertoire of classic wines intentionally made to pair with dessert or replace dessert. The methods of making dessert wines and the challenges modern winemakers have keeping these traditions alive will be discussed and will cover both fortified and non-fortified wines. Class fee includes tastings. No refunds after Tuesday, Apr 9.

**FOOD-760** | 1 session | \$34 AGE 60+ | \$39 REG

P06 Tu 6-7:30 p.m.

Apr 23

Mike Ward

The Wine Barrel

### Indigenous Grape Varieties+

Some grapes travel well; plant cabernet sauvignon in Napa Valley and you have a hit. But some grapes are better off staying at home. Come taste and study some of the world's most interesting indigenous grape varieties, both white and red, and see for yourself what makes them different, interesting and worthwhile to try. You'll taste wines from Europe and a few examples of new world wines to compare and contrast. Class fee includes tastings. No refunds after Tuesday, May 7.

**FOOD-760** | 1 session | \$34 AGE 60+ | \$39 REG

P07 Tu 6-7:30 p.m.

May 21

Mike Ward

The Wine Barrel

### The Perfect French Hot Chocolate

If you're searching for fun things to do with friends, get together with this hot chocolate making class and learn to create some real hot chocolate to enjoy. Learn something new and indulge in some rich and delicious drinks! This hot cocoa making class is designed to help you elevate your hot chocolate making skills to new heights, giving you the skills you need to whip up some sophisticated and warming creations. All supplies provided.

**FOOD-765** | 1 session | \$20 AGE 60+ | \$29 REG

P01 Tu 6:30-8:00 p.m.

Feb 13

Donna Mickens

Kirkwood High School C-191

### World in a Cup:

#### A History and Appreciation of Tea

The humble cup of tea is one of humanity's oldest prepared beverages, dating back over 4000 years and spanning the globe with a wide variation in types, preparations, rituals, and significance across many cultures. Between tastings of some main varieties of tea leaves, expand your knowledge on tea's impact on history, from its origins in China through the formal tea ceremonies of Japan, spanning the British empire and filling pitchers in the American South. Focus will include distinguishing and discussing how to prepare different leaf types (e.g. black and green), favored national flavorings and common snack worthy pairings. Bring your favorite tea cup or mug and come share a cuppa! All supplies provided.

**FOOD-765** | 1 session | \$39 AGE 60+ | \$39 REG

P04 Tu 6-9 p.m.

Mar 19

Gregory Ray

MC-SW 106

+Student must be age 21 or older.

## Cookie Decorating

### Iced and Decorated Sugar Cookies: Valentine

Grab a friend and join us for a Valentine cookie decorating class! You'll learn how to decorate cookies using royal icing from start to finish. Basic decorating techniques will be taught. Perfect for date night or a gathering with friends! Techniques can be applied to any occasion or design. Bring an edged cookie sheet to take home your creations. All supplies provided.

**FOOD-708** | 1 session | \$47.50 AGE 60+ | \$59 REG  
P01 Su 1-4 p.m. Teri Wiley  
Feb 11 Culinary Arts House

### Iced and Decorated Sugar Cookies: Easter

Bake the world a better place with this fun cookie session! Come alone or bring your BFF, we'll supply the rest! You'll learn how to decorate with royal icing along with different consistencies to make beautiful Easter cookies. Techniques can be applied to any occasion or design. Bring an edged cookie sheet to take home your creations. All supplies provided.

**FOOD-708** | 1 session | \$47.50 AGE 60+ | \$59 REG  
P02 Su 1-4 p.m. Teri Wiley  
Mar 24 Culinary Arts House

### Iced and Decorated Sugar Cookies: Summer Fun

Excited for summer? Add to the fun by learning to create professional level, decorated cookies with easy to learn techniques. Designed for the beginning baker who is just curious or the advanced level decorator, find out what all the hype is about and build upon your skills! Bring an edged cookie sheet to take home your creations. All supplies provided.

**FOOD-708** | 1 session | \$47.50 AGE 60+ | \$59 REG  
P03 Su 1-4 p.m. Teri Wiley  
May 5 Culinary Arts House



## Cake Decorating

### Cake Decorating in a Day

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

**FOOD-701** | 1 session | \$47.50 AGE 60+ | \$59 REG  
P01 Su 1-4 p.m. Teri Wiley  
Mar 3 Culinary Arts House  
P02 Su 1-4 p.m. Teri Wiley  
Jun 2 Culinary Arts House

### Cake Decorating for Fun or Profit: Beginning and Intermediate

Develop and take your skills to the next level! This combined course begins with 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. Then, you'll enhance your artistic skills and creative abilities with techniques like striped buttercream, ruffle rosettes, royal icing and fondant embellishments only, simple figure piping and cupcake design as a bonus. More as time permits. Join for fun or for the rewards of starting your own business. The first class is informational and the supply list will be given out then. Supplies not included in class cost.

**FOOD-701** | 8 sessions | \$149 AGE 60+ | \$199 REG  
P03 Tu 6:30-9 p.m. Carla Soll  
Feb 27 - Apr 23 FV-Student Ctr  
Private Dining Room A

• NOTE: No class 3/12

### Fun With Fondant

Spark your interest and master your skills to create festive cake and cupcake toppers using tasty homemade marshmallow fondant. Often seen on Etsy, discover how to make and shape fun cake design toppers! Fondant basics will be explored while you create decorative pieces to take home to use on a future cake. Cakes/cupcakes are not provided, but feel free to bring your own to decorate in class. All other supplies provided.

**FOOD-765** | 1 session | \$47.50 AGE 60+ | \$59 REG  
P05 Su 1-4 p.m. Teri Wiley  
Apr 14 Culinary Arts House



### 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 | \$49 AGE 60+ | \$49 REG

**P01** Tu 6-9 p.m. **Gregory Ray**  
Apr 16 *MC-SW 106*

### Healthy Cooking With Your Air Fryer

Looking to make quick, healthy meals? Learn to use your air fryer to make a variety of recipes that are easy and nutritious. From apple chips to fresh zucchini, you will learn how to make a variety of dishes. Learn the proper technique, temperature, and timing for air frying different ingredients and types of food. Also learn to adapt traditional recipes to be cooked in the air fryer. Come hungry! All supplies provided.

**FOOD-722** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P02** Su 1-4 p.m. **Teri Wiley**  
Jun 23 *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. All supplies provided.

**FOOD-723** | 1 session | \$77.50 AGE 60+ | \$89 REG

**P01** Tu 6-9 p.m. **Michelle Melton**  
Feb 20 *Kirkwood High School C-191*

### Chinese Take Out At Home

Learn how to make your Chinese take-out favorites at home! In this hands-on, buffet-style cooking class, you'll work together in groups to prepare crab rangoon, egg drop soup, pork fried rice, sesame chicken, General Tso's chicken, moo goo gai pan, Chinese green beans and more. Come hungry and bring take-home containers. All other supplies provided.

**FOOD-732** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P01** Tu 6-9 p.m. **Michelle Melton**  
Feb 27 *Kirkwood High School C-191*

### Street Food: From the Streets of Mumbai

Street food has always been popular in India as an affordable and a convenient snack to devour on-the-go. Spark your culinary interest and join us in making kathi roll with a spicy jackfruit filling, spicy shrimp cutlets, and grilled chicken kebabs with mint sauce all served with a simple tomato cucumber salad. Kheer, a rice pudding with pistachios and saffron, will round your dessert of the meal. All supplies provided, bring take-home container.

**FOOD-733** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P02** Sa 10 a.m. - 1 p.m. **Prabha Pergadia**  
May 18 *Thomas Dunn Learning Center*

### Chai Time: Indian Spiced Tea and Snacks

Tea stalls are found on every Indian street corner and are very much a part of the urban landscape. "Chai" or tea brewed with milk and a variety of herbs and spices such as mint, ginger, cardamom, cloves and a lot of sugar is consumed throughout the day. A great cup of tea is not complete unless it is accompanied by an assortment of snacks and evening tea is served with mostly fried and some sweet snacks. Join us and experience the art of making: vegetable pakoras made with zucchini and eggplant dipped in a chickpea batter and fried until crisp and golden, samosas filled with a spicy peas and potato filling, hariyali kebabs made with mashed peas, potatoes and paneer and gajar (carrot) halwa a simple yet delicious accompaniment to a great cup of tea. All supplies provided.

**FOOD-733** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P01** Sa 10 a.m. - 1 p.m. **Prabha Pergadia**  
Apr 27 *Thomas Dunn Learning Center*

### Moroccan Vegetarian Cuisine

Put a Moroccan twist on your vegetarian menu. Moroccan cuisine uses a variety of Mediterranean vegetables and fruits for hot and cold salads which this class will explore. You'll also prepare vegetable couscous, the flavorful shakshuka, made with eggs cooked in a tagine pot with a spiced fresh tomato sauce, as well as a harira, a hearty chickpea and lentil soup. No meal is complete without dessert and to finish, a Moroccan mint tea and a sweet almond and date treat will be included. All supplies provided.

**FOOD-734** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P01** Sa 4-7 p.m. **Lisa Payne**  
Jun 8 *Thomas Dunn Learning Center*

### Even More Irresistible Vegetables (Discussion-Based)

Continue to expand and explore your repertoire of creative vegetables in this third recipe packed version of the class. Refine the wonders of simple vegetables transformed with cooking techniques and tricks into 13 more irresistible recipes including Greek salad, roasted broccoli corn chowder soup, French style sautéed green beans, cheddar zucchini corn muffins, basil pesto pasta salad, baked sweet potato fries, mushroom flatbread and more. Class packet will be emailed in advance.

**FOOD-735** | 1 session | \$27 AGE 60+ | \$35 REG

**P01** Tu 6:30-9 p.m. **Michelle Melton**  
Mar 5 *Online*

### Even More Irresistible Vegetables (Hands-On)

In this hands-on, buffet-style class, the third version of irresistible vegetables, you'll work together with others to prepare 13 different tasty recipes. Recipes and menu items will include roasted broccoli corn chowder soup, pesto parmesan spaghetti squash, cheddar zucchini corn muffins, mushroom flatbread, carrot cake cupcakes and more. Come hungry and bring take-home containers. All other supplies provided.

**FOOD-735** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P02** Tu 6-9 p.m. **Michelle Melton**  
Mar 19 *Kirkwood High School C-191*

### Plant Based Living

Eat more greens! In a hurry at breakfast or mealtime? Discover ways to increase your greens/vegetables intake in all of your meals. Hands-on instruction including green drinks and healthy desserts made by you, the student! Main and side dish samples will be available and recipes to take home. Class taught by a 30-year vegan, cook, instructor/baker. All supplies provided.

**FOOD-765** | 1 session | \$36.50 AGE 60+ | \$45 REG

**P02** Th 5:30-7:30 p.m. **Jenny Woodford**  
Feb 29 *Kirkwood High School C-191*

**P03** M 5:30-7:30 p.m. **Jenny Woodford**  
Apr 29 *Kirkwood High School C-191*

### A Taste of New Orleans

New Orleans is known for its rich culture, jazz music, and flavorful food! On the menu, learn to prepare some of the favorites including creole jambalaya (a rice dish with chicken and sausage), shrimp po-boy sliders and a colorful and festive Mardi Gras slaw. Don't miss a chance to roll up your sleeves and "Laissez les bon temps rouler!" All supplies provided.

**FOOD-765** | 1 session | \$54 AGE 60+ | \$65 REG

**P06** Sa 10 a.m.-1 p.m. **Jeanette Pingel**  
Feb 3 *Culinary Arts House*

### A Gourmet Lunch: Soups, Salads and Sandwiches From Southern Europe

Be your own Top Chef amongst family and friends and join us in this hands-on class to prepare and enjoy a gourmet lunch buffet with soups, salads and sandwiches from Greece, Italy and France. Menu will include Italian wedding soup, Greek lemon chicken orzo soup, Italian salad, basil salad with marinated mozzarella, muffuletta sandwiches and more. Come hungry and bring take home containers. All other supplies provided.

**FOOD-765** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P07** Tu 6-9 p.m. **Michelle Melton**  
Apr 2 *Kirkwood High School C-191*

### Exploring Spices From A to Z (Discussion-Based)

Not sure what to do with your spice collection? Want to spice up your meals? Join us online as we discuss over 30 different spices from anise to turmeric, including where they come from, what they taste and smell like, how to identify high quality varieties and how to incorporate them into your own recipes. Class packet with spice-focused recipes and spice guide will be emailed in advance.

**FOOD-765** | 1 session | \$27 AGE 60+ | \$35 REG

**P08** Tu 6:30-9 p.m. **Michelle Melton**  
Jan 30 *Online*

### 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. All other supplies provided.

**FOOD-765** | 1 session | \$47.50 AGE 60+ | \$59 REG

**P09** Tu 6-9 p.m. **Michelle Melton**  
Feb 6 *Kirkwood High School C-191*



# DANCE

## Ballroom Dance: Beginning

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. No experience required.

**DANC-720** | 8 sessions | \$54.50 AGE 60+ | \$79 REG

**P01** M 6:30-7:50 p.m. **Karen Merlin**  
Jan 29 – Apr 8 *Bluebird Park- Ellisville*  
• NOTE: No class 2/19, 3/11, 4/1

## Body Positive Dance

Let's dance to fresh tunes and focus on YOU! Gain the tools necessary in order to feel more comfortable in your body and practice self love. There will be meditation to help you connect to your body, catwalking, group fellowship and sharing, all while learning a fun & easy choreography in order for you to be your highest and baddest self! All body types & genders are welcome!! Be prepared for radical self love and above all...FUN!

**DANC-719** | 5 sessions | \$34 AGE 60+ | \$45 REG

**P01** Tu 7-8 p.m. **Amber Skye**  
Jan 30 – Feb 27 *Episcopal Church of the Advent*

## Country Western Dance

Country Western dancing takes familiar patterns and rhythms and puts a new twist on their style. There are several dances that are danced to Country Western music, each with its own unique style and timing. Country two-step is a partner dance with moves counter-clockwise around the floor with spins and turns using country and some contemporary tunes. The River Waltz and the stationary Cha Cha are line dances done with a partner or by yourself. You will enjoy learning the gliding action of the Country Western dances. Dress shoes recommended. Each participant must register. No experience required.

**DANC-748** | 8 sessions | \$71 AGE 60+ | \$105 REG

**P04** Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**  
Jan 30 – Mar 26 *MC-PE East Lobby*  
• NOTE: No class 3/12

**P05** Tu 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**  
Apr 16 – Jun 4 *MC-PE East Lobby*

## East Coast Swing

East Coast Swing, a vibrant, partnered social dance that 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. Partners required. Each participant must register. No experience required.

**DANC-728** | 8 sessions | \$71 AGE 60+ | \$105 REG

**P01** Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**  
Feb 1 – Mar 28 *MC-PE East Lobby*  
• NOTE: No class 3/14.

**P02** Th 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**  
Apr 18 – Jun 6 *MC-PE East Lobby*

## Easy Social Dance

Are you attending a reunion, wedding reception or social gathering where there will be dancing? Explore several easy dances that will allow you to dance to anything, while learning techniques to move smoothly and to lead or follow with confidence. If there is a particular song you want to know how to dance to for your event, feel free to bring it to class for helpful suggestions. Couples and singles are welcome. Partners are not required. Each participant must register. No experience required.

**DANC-728** | 8 sessions | \$54.50 AGE 60+ | \$79 REG

**P09** Th 6-7:20 p.m. **Karen Merlin**  
Feb 1 – Mar 28 *Bluebird Park-Ellisville*  
• NOTE: No class 3/14

## Easy Social Dance

If you have never done partner dance then Easy Social Dance is the dance for you. Are you attending a wedding or social gathering where there will be dancing? Explore several easy dances that will allow you to dance, while learning techniques to move smoothly and to lead or follow with confidence. Dress shoes recommended. Partners required. Each participant must register. No experience required.

**DANC-728** | 8 sessions | \$71 AGE 60+ | \$105 REG

**P05** M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**  
Feb 5 – Apr 8 *MC-PE East Lobby*  
• NOTE: No class 2/19, 3/11

**P06** M 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**  
Apr 29 – Jun 24 *MC-PE East Lobby*  
• NOTE: No class 5/27

## Dance Revolution

As you age or experience an injury, your body moves differently or not as well as it once did. Reconnect with the joy of movement to all kinds of rhythm while learning how to keep your body in motion in spite of limited mobility. No dance experience required.

**DANC-718** | 8 sessions | \$49 AGE 60+ | \$49 REG

**P09** W 6-7 p.m. **Almas Del Ritmo Dance Studio**  
Feb 7 – Apr 3 *Almas Del Ritmo Dance Studio*  
• NOTE: No class 3/13

**P10** W 6-7 p.m. **Almas Del Ritmo Dance Studio**  
Apr 17 – Jun 5 *Almas Del Ritmo Dance Studio*

## Hip Hop Belly Fusion

This new, innovative style created by the instructor blends element of hip hop and street dance with modern, urban belly dance (Egyptian Sha'abi). Dive into Egyptian culture and music while learning a savage and sassy choreography that is sure to wow your friends and family! Prior belly dance experience is not required, and modifications will be offered for the experienced student. Students are encouraged to wear sneakers/athletic shoes. Yallabina! Let's go!

**DANC-719** | 6 sessions | \$32 AGE 60+ | \$45 REG

**P02** Tu 7-8 p.m. **Amber Skye**  
Mar 19 – Apr 23 *Episcopal Church of the Advent*

## 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, Rumba, 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 footwork and variations of simple turn patterns. Dress shoes recommended. Partners required. Each participant must register. No experience required.

**DANC-725** | 8 sessions | \$71 AGE 60+ | \$105 REG

**P01** Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**  
Feb 1 – Mar 28 *MC-PE East Lobby*  
• NOTE: No class 3/14

**DANC-725** | 8 sessions | \$71 AGE 60+ | \$105 REG

**P02** Th 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**  
Apr 18 – Jun 6 *MC-PE East Lobby*

## Latin Dance: Beginning

Learn rhythm, timing, and sequencing while understanding the connection with a dance partner including several salsa combinations that will explain both the lead's and follower's role, and how to implement proper technique to salsa music. Dress shoes recommended. Partners required. Each participant must register.

**DANC-718** | 8 sessions | \$49 AGE 60+ | \$49 REG

**P03** Tu 7-8 p.m. **Almas Del Ritmo Dance Studio**  
Feb 6 – Apr 2 *Almas Del Ritmo Dance Studio*  
• NOTE: No class 3/12

**P04** Tu 7-8 p.m. **Almas Del Ritmo Dance Studio**  
Apr 16 – Jun 4 *Almas Del Ritmo Dance Studio*

## Latin Dance Slides

If you have danced the Electric Slide, Cha Cha Slide, Cupid Shuffle, or the Wobble, then you will love Latin slide dances. Learn basic moves along with the history of Latin music and slide dances in easy-to-learn dance combinations to popular Latin songs. No experience required.

**DANC-718** | 8 sessions | \$49 AGE 60+ | \$49 REG

**P07** W 7-8 p.m. **Almas Del Ritmo Dance Studio**  
Feb 7 – Apr 3 *Almas Del Ritmo Dance Studio*  
• NOTE: No class 3/13

## Latin Dance for Couples: Beginning

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. Partners required. Each participant must register.

**DANC-725** | 8 sessions | \$56.50 AGE 60+ | \$75 REG

**P03** Th 7:30-8:30 p.m. **Karen Merlin**  
Feb 1 – Mar 28 *Bluebird Park-Ellisville*  
• NOTE: No class 3/14

## The Salsa Essentials (Latin Dance)

Learn authentic Latin culture through the rhythmic sounds of salsa music and dance including the history of salsa, origin of the dance, basic salsa steps, musicality skills, and techniques for men to become the perfect lead and ladies to be a fantastic follower. You'll be moving and shaking in time for some of the hottest Latin dance spots in town! Couples are welcomed but no partner is required. Fee is per person.

**DANC-718** | 8 sessions | \$49 AGE 60+ | \$49 REG

**P08** W 7-8 p.m. **Almas Del Ritmo Dance Studio**  
Apr 17 – Jun 5 *Almas Del Ritmo Dance Studio*

# DANCE

## Beginning Line Dance

Learning how to line dance is a fun endeavor for you and a friend or group of friends. Along with lifting moods, easing anxiety and improving balance and flexibility, it's just plain fun! You don't even need a partner!

**DANC-748** | 8 sessions | \$48<sup>AGE 60+</sup> | \$65<sup>REG</sup>

**P01** M 7-8 p.m. **Sandy Derickson**

Apr 22 – Jun 17 *Episcopal Church of the Advent*

• NOTE: No class 5/27

## Line Dance: Beginning

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. Line dancing improves balance, coordination, memory and provides excellent cardiovascular exercise. You'll enjoy different styles of dancing, variety of music and the opportunity to meet fellow dancers in a friendly, low-key environment. Each participant must register. No experience required.

**DANC-748** | 8 sessions | \$56.50<sup>AGE 60+</sup> | \$75<sup>REG</sup>

**P06** Tu 6:15-7:15 p.m. **Karen Merlin**

Jan 30 – Mar 26 *Bluebird Park-Ellisville*

• NOTE: No class 3/12

## Line Dance: Intermediate

If you have taken the beginner line dance class and have a good understanding of the basic step patterns and movements this will be a fun, challenging class for you. Class will provide excellent cardiovascular exercise, improve your balance, coordination and memory. You'll enjoy different styles of dancing, variety of music and the opportunity to meet fellow dancers in a friendly, low-key environment. Each participant must register.

**DANC-748** | 8 sessions | \$56.50<sup>AGE 60+</sup> | \$75<sup>REG</sup>

**P07** Tu 7:30-8:30 p.m. **Karen Merlin**

Jan 30 – Mar 26 *Bluebird Park-Ellisville*

• NOTE: No class 3/12

## Line Dance: 55+

This traditional line dance class offers you benefits beyond the great time you're going to have each lesson! 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. The classes will teach authentic line dance terminology and will build from one class to the next building your endurance and memorization skills. This class is appropriate for all active aging levels (55+) from beginners to more experienced. No partner or experience is needed. Learn to line dance from a pro.

**DANC-748** | 8 sessions | \$48<sup>AGE 60+</sup> | \$65<sup>REG</sup>

**P02** Th 11 a.m.-12 p.m. **Sandy Derickson**

Apr 18 – Jun 6 *MC-PE East Lobby*

**P03** F 1-2 p.m. **Sandy Derickson**

Apr 12 – Jun 7 *MC-PE East Lobby*

• NOTE: No class 4/26

## Easy Line Dance: 50+

Even if you have two left feet you can learn the basic steps of line dancing. Take part in learning new line dances and old classics especially designed for age 50+ beginner dancers. We'll learn at an easy-going pace and use many songs you'll recognize. Line dancing improves balance, coordination, memory and provides excellent cardiovascular exercise. It's a great deal of fun and it's a wonderful opportunity to make new friends. Each participant must register. No experience required.

**DANC-748** | 8 sessions | \$56.50<sup>AGE 60+</sup> | \$75<sup>REG</sup>

**P08** W 10:30-11:30 a.m. **Karen Merlin**

Jan 31 – Mar 27 *Bluebird Park-Ellisville*

• NOTE: No class 3/13

## Retrofit Dance Aerobics

Retrofit is 70s, 80s and 90s inspired dance aerobics. It is primarily low impact and ideal for adults ages 30+ as well as participants recovering from illness. Retrofit is "joint friendly" and fun. After some heart-pumping, low impact aerobics, we'll slow down with stretching and rotation movements on yoga mats. Bring yoga mat, water bottle and a towel.

**DANC-718** | 8 sessions | \$48<sup>AGE 60+</sup> | \$65<sup>REG</sup>

**P01** Tu 6:30-7:30 p.m. **A.J. Harrison**

Feb 6 – Apr 2 *FP-PE 110*

• NOTE: No class 3/12

**P02** Tu 6:30-7:30 p.m. **A.J. Harrison**

Apr 9 – May 28 *FP-PE 110*

## Swing Dance: Beginning

In this class you will learn East Coast Swing basics, both single and triple step moves, 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 participant must register. No experience required.

**DANC-738** | 8 sessions | \$56.50<sup>AGE 60+</sup> | \$75<sup>REG</sup>

**P01** M 8-9 p.m. **Karen Merlin**

Jan 29 – Apr 8 *Bluebird Park-Ellisville*

• NOTE: No class 2/19, 3/11, 4/1

## Tap: Beginning 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 | \$49<sup>AGE 60+</sup> | \$49<sup>REG</sup>

**P01** Tu 9-9:50 a.m. **Theresa Daniels**

Jan 30 – Mar 26 *MC-PE East Lobby*

• NOTE: No class 3/12

## Wedding Dances

Weddings are some of the best, 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. This class will make it special and unforgettable for you and your friends! Dress shoes recommended. Partner required. Each participant must register. No experience required.

**DANC-728** | 8 sessions | \$71<sup>AGE 60+</sup> | \$105<sup>REG</sup>

**P07** Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**

Apr 16 – Jun 4 *MC-PE East Lobby*

**P08** Tu 7:15-8:45 p.m. **Mike Cook & Lesia Hatcher**

Jan 30 – Mar 26 *MC-PE East Lobby*

• NOTE: No class 3/12

## West Coast Swing

West Coast Swing is a partner dance which can be danced to most of today's dance music genres: contemporary, blues, pop, 50s-90s styles of music. Leads are smooth, flirty and fun. It's very popular in the St. Louis area - lots of places to enjoy West Coast Swing on your next "dance-night out." 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. Each participant must register. No experience required.

**DANC-728** | 8 sessions | \$71<sup>AGE 60+</sup> | \$105<sup>REG</sup>

**P03** M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**

Feb 5 – Apr 8 *MC-PE East Lobby*

• NOTE: No class 2/19, 3/11

**P04** M 5:40-7:10 p.m. **Mike Cook & Lesia Hatcher**

Apr 29 – Jun 24 *MC-PE East Lobby*

• NOTE: No class 5/27

## Zumba Fitness

This exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness party will move you towards a happier and healthier lifestyle without feeling like you are working out. Dance through life and get fit!!! No experience required.

**DANC-718** | 8 sessions | \$49<sup>AGE 60+</sup> | \$49<sup>REG</sup>

**P05** W 5-6 p.m.

Feb 7 – Apr 3 *Almas Del Ritmo Dance Studio*

• NOTE: No class 3/13

**P06** W 5-6 p.m.

Apr 17 – Jun 5 *Almas Del Ritmo Dance Studio*



# MUSIC

## General

### 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. This class will be hands-on. No experience is required. All instruments provided.

**MUSC-765** | 8 sessions | \$109 AGE 60+ | \$109 REG  
**P01** Sa 10-11 a.m. 'Samba Rick' Kramer  
 Apr 6 - Jun 1 MC-HW 102  
 • NOTE: No class 5/25

## Harmonica

### Harmonica: Beginner

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.

**MUSC-720** | 3 sessions | \$45 AGE 60+ | \$45 REG  
**P01** Th 6:30-7:30 p.m. Gateway Harmonica Club  
 Feb 1 - Feb 15 MC-SO 112  
**P02** W 6-7 p.m. Gateway Harmonica Club  
 Mar 20 - Apr 3 FP-E 212  
**P03** W 6:30-7:30 p.m. Gateway Harmonica Club  
 May 1 - May 15 FV-SS 104  
**P04** M 6:30-7:30 p.m. Gateway Harmonica Club  
 Jun 3 - Jun 17 MC-SO 112

### Chromatic Harmonica: Beginners

Learn the basics of playing the chromatic harmonica, including many songs. With its button-activated sliding bar, the chromatic harmonica enables the musician to play natural notes plus sharps and flats. The ability to read music is not required. Fee includes a student guide/songbook. Bring your chromatic harmonica in the key of C or purchase a chromatic harmonica for \$40 during the first session.

**MUSC-720** | 3 sessions | \$45 AGE 60+ | \$45 REG  
**P05** W 6:30-7:30 p.m. Gateway Harmonica Club  
 Apr 3 - Apr 17 MC-SO 112

## Ukulele

### Fun With the Ukulele: Part II

This is a continuation of Fun With the Ukulele: Part I. New topics and techniques will be addressed. A ukulele will be provided, free of charge, for the duration of class. Comprehensive class notes will also be provided by the instructor.

**MUSC-705** | 8 sessions | \$92.50 AGE 60+ | \$129 REG  
**P01** Tu 6:30-8:30 p.m. Karl Markl  
 Jan 30 - Mar 26 STLCC-Soco 205  
 • NOTE: No class 3/12

## Guitar

### Fingerpicking for Guitar

Begin to play folk, blues, 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.

**MUSC-705** | 8 sessions | \$72 AGE 60+ | \$99 REG  
**P02** Tu 7-8:30 p.m. Jim Renz  
 Feb 6 - Apr 2 MC-HW 102  
 • NOTE: No class 3/12

### Guitar: Beginner

No experience? No sweat! If you've never played guitar and have no music background, this is your opportunity to learn. Play first position and open position chords, simple scales, melodies and right hand strumming techniques. Gain an introduction to tablature, guitar notation and tuning. You must provide own acoustic guitar and an extra set of strings.

**MUSC-705** | 8 sessions | \$72 AGE 60+ | \$99 REG  
**P03** W 7-8:30 p.m. Jim Renz  
 Feb 7 - Apr 3 MC-HW 102  
 • NOTE: No class 3/12

**MUSC-705** | 4 sessions | \$36 AGE 60+ | \$45 REG  
**P04** M 8:15-9:15 p.m. Christina Springer  
 Jun 3 - Jun 24 Online

### Guitar: Advanced Beginner

If you've had beginning guitar lessons and want to improve your guitar rhythm, chord changes, different types of guitar strums, and basic right- and left-hand patterns, this class is for you. Prerequisite: Knowledge of guitar chords with the ability to transition between chords, tune your own guitar (a digital tuner is recommended) and use a guitar capo. Class materials will be sent via email each week. Bring your own guitar.

**MUSC-707** | 8 sessions | \$72 AGE 60+ | \$99 REG  
**P01** W 7-8:30 p.m. Jim Renz  
 Apr 17 - Jun 5 MC-HW 102

**MUSC-707** | 4 sessions | \$36 AGE 60+ | \$45 REG  
**P02** Tu 8:15-9:15 p.m. Christina Springer  
 Jun 4 - Jun 25 Online

## Songwriting

### Songwriting: The Art and Discipline

Discover the intricacies of crafting original songs and the pleasure and therapeutic value of this mode of self-expression. Explore the many stylistic approaches to writing a song, barriers (both realistic and self-imposed) to finishing and sharing an original song, and examples throughout history of successful and unsuccessful songs including the personal stories behind them. You'll have the opportunity to share favorite songs from the popular music canon and bring in works of your own to share and receive feedback.

**MUSC-725** | 6 sessions | \$78 AGE 60+ | \$105 REG  
**P01** M 6:30-8:30 p.m. Kevin Renick  
 Feb 26 - Apr 8 MC HE-123  
 • NOTE: No class 3/11

## Piano

### Piano: Beginner

During this enjoyable, relaxed approach, learn the letter names of notes and where they are on the keyboard. Play simple chords to accompany melodies. Learn easy rhythm patterns and pedaling. Texts required; bring to first class: "Alfred's Basic Adult Piano Course, Level 1" ISBN 978-0882846163; "Alfred's Basic Adult Theory Piano Book, Level 1" ISBN 978-0882846354 and "Note Speller Book 1" ISBN 978-0769234533.

**MUSC-710** | 19 sessions | \$102 AGE 60+ | \$145 REG  
**P01** Tu 12-12:55 p.m. Cheryl Conley  
 Jan 30 - Jun 11 MC-HE 127  
 • NOTE: No class 3/12

**MUSC-710** | 4 sessions | \$36 AGE 60+ | \$45 REG  
**P02** M 7-8 p.m. Christina Springer  
 Jun 3 - Jun 24 Online

### Piano: Advanced Beginner

Learn more advanced rhythms. Examine dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. Play songs (in major keys), including some pop music. A review at the course's beginning is provided as needed. Prerequisite: Basic knowledge of keyboard and letter names of notes. Students will need a piano/keyboard. Choose from the following texts depending on skill level and bring to first class: "Play Piano Now! Alfred's Basic Adult Piano Course Book" ISBN 978-0739012048; "Alfred's Basic Adult All-in-One Course, Level 2" ISBN 978-0882849959, or "Alfred's Basic Adult All-in-One Course, Level 3" ISBN 978-0739000687.

**MUSC-711** | 19 sessions | \$102 AGE 60+ | \$145 REG  
**P01** Tu 1-1:55 p.m. Cheryl Conley  
 Jan 30 - Jun 11 MC-HE 127  
 • NOTE: No class 3/12

**MUSC-711** | 4 sessions | \$36 AGE 60+ | \$45 REG  
**P02** Tu 7-8 p.m. Christina Springer  
 Jun 4 - Jun 25 Online

### Piano: Intermediate I

Dig deeper into the major scales, explore minor chords and songs in minor keys. Practice chromatic scales, inverted chords, more advanced pedal study and pop songs. Prerequisite: Piano Advanced Beginners or equivalent experience. Student must know letter names of notes and where they are located on the keyboard. Texts required; bring to first class: "Alfred's Adult piano Course Lesson Book, Level 2" ISBN 978-0882846347; "Alfred's Basic Adult Theory Piano Book, Level 2" ISBN 978-0882846378; "Alfred's Basic Adult All-Time Favorites Book 2" ISBN 978-0739014080.

**MUSC-712** | 19 sessions | \$102 AGE 60+ | \$145 REG  
**P01** Tu 2-2:55 p.m. Cheryl Conley  
 Jan 30 - Jun 11 MC-HE 127  
 • NOTE: No class 3/12

# MUSIC

## 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-712** | 19 sessions | \$102<sup>AGE 60+</sup> | \$145<sup>REG</sup>  
P02 Th 12-12:55 p.m. Cheryl Conley  
Feb 1 – Jun 13 MC-HE 127  
• NOTE: No class 3/14

## Piano: Advanced I

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

**MUSC-713** | 19 sessions | \$102<sup>AGE 60+</sup> | \$145<sup>REG</sup>  
P01 Th 1-1:55 p.m. Cheryl Conley  
Feb 1 – Jun 13 MC-HE 127  
• NOTE: No class 3/14

## 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** | 19 sessions | \$102<sup>AGE 60+</sup> | \$145<sup>REG</sup>  
P02 Th 2-2:55 p.m. Cheryl Conley  
Feb 1 – Jun 13 MC-HE 127  
• NOTE: No class 3/14

## Vocals, Band and Orchestra

### Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS 132 650 (CRN 11242). 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** | 13 sessions | \$39<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
P01 M 7-9:40 p.m. Gary Gackstatter  
Jan 29 – May 6 MC-HW 102  
• NOTE: No class 2/19, 3/11

### Meramec Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134 650 (CRN 11243). 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-716** | 16 sessions | \$39<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
P01 Th 7-9:40 p.m. Gary Gackstatter  
Feb 1 – May 9 MC-HW 102  
• NOTE: No class 3/14

### Meramec Concert Choir

Study and performance of representative choral literature. Emphasis on vocal technique and development. Available for credit as MUS 131 636 (CRN 10810). 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<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
P01 Tu, Th 12:30-1:50 p.m. Gerald Myers  
Jan 30 – May 9 MC-HW 102  
• NOTE: No class 3/12, 3/14

# 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 is recommended.

Most courses listed under Photography meet the curriculum requirements for the Digital Photography Essentials program. Classes excluded from the requirements are: Film Photography and Darkroom Developing & Printing. All classes may be taken for your own personal enrichment.

## Core Classes

### Digital Photography: Introduction

If you want to take memorable photos and learn the basic skills of photography this course is for you. You will gain an understanding of the functions and settings on your digital camera such as shooting modes, image size, aperture, shutter speed, ISO, etc. Explore the creative use of light, exposure, depth of field, and composition to improve your photographs.

**PHOT-720** | 5 sessions | \$78.50<sup>AGE 60+</sup> | \$109<sup>REG</sup>  
P01 Tu 6:30-9 p.m. Gary Hesse  
Jan 30 – Feb 27 FP-W 217  
P02 Th 6:30-9 p.m. Gary Hesse  
Feb 1 – Feb 27 MC-SW 207  
P03 W 6:30-9 p.m. Gary Hesse  
Apr 3 – May 1 MC-SW 207  
P04 W 6:30-9 p.m. Gary Hesse  
May 22 – Jun 26 MC-SW 207  
• NOTE: No class 6/19  
P05 Tu 6-9 p.m. John Kerans  
Feb 6 – Mar 5 Online  
P06 W 6-9 p.m. John Kerans  
May 1 – May 29 Online

### Digital Photography: Intermediate

Expand your skills as a photographer! Continue to build memorable photos as you advance your photography skills. Special emphasis on understanding lighting, color and exposure as well as RAW image file support.

**PHOT-721** | 5 sessions | \$78.50<sup>AGE 60+</sup> | \$109<sup>REG</sup>  
P01 Tu 6:30-9 p.m. Gary Hesse  
Mar 19 – Apr 16 FP-W 124  
P02 Th 6:30-9 p.m. Gary Hesse  
Mar 21 – Apr 18 MC-SW 207  
P03 W 6-9 p.m. John Kerans  
Mar 20 – Apr 17 Online

### Digital Photography: Advanced

Continue expanding your skills of digital photography while exploring more advanced features of your camera. Discover alternative methods for capturing and enhancing your photographic images. You should have a fundamental knowledge of your camera functions and the basics of introduction and intermediate photography.

**PHOT-722** | 5 sessions | \$78.50<sup>AGE 60+</sup> | \$109<sup>REG</sup>  
P01 Tu 6:30-9 p.m. Gary Hesse  
Apr 30 – May 28 FP-W 124  
P02 Th 6:30-9 p.m. Gary Hesse  
May 2 – May 30 MC-SW 207  
P03 Tu 6-9 p.m. John Kerans  
Apr 23 – May 21 Online

## Enhanced Skills

### Darkroom Developing & Printing for Black & White Photography: Part I

Develop and print black and white pictures in a darkroom. Explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class.

**PHOT-705** | 6 sessions | \$78.50<sup>AGE 60+</sup> | \$115<sup>REG</sup>  
P01 F 6-8:30 p.m. Cheryl Petrovic  
Mar 22 – May 3 FP-W 415  
• NOTE: No class 4/12

### Darkroom Developing & Printing for Black & White Photography: Part II

Expand your skills to develop and print black and white pictures in a darkroom. Further explore chemical mixture, exposure time and use of darkroom equipment. (Note: This is a film developing class, not a photography instruction class.) You must provide film and 35mm camera. Chemicals, developing equipment and some paper will be provided. Please bring film to develop or negatives to print to first class.

**PHOT-705** | 6 sessions | \$78.50<sup>AGE 60+</sup> | \$115<sup>REG</sup>  
P02 F 6-8:30 p.m. Cheryl Petrovic  
May 17 – Jun 21 FP-W 415

### City Photography

What is City Photography? How is it 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 four-week series.

**PHOT-765** | 4 sessions | \$77<sup>AGE 60+</sup> | \$99<sup>REG</sup>  
P01 W 7-9 p.m. Stephanie Thurmer  
May 1 – May 22 Online

### Lights! Camera! Action!: A Film Exploration

Come explore the art of photography in this beginners course where creating works of art is just one of the great take aways. Class will cover the science of film photography and the basic concepts every beginning photographer needs to know.

**PHOT-765** | 5 sessions | \$73<sup>AGE 60+</sup> | \$99<sup>REG</sup>  
P02 Tu 7-9 p.m. Stephanie Thurmer  
Mar 26 – Apr 23 Online

## Field Classes

**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. Prerequisite: Digital Photography: Introduction or equivalent experience.

**PHOT-708** | 4 sessions | \$71.50<sup>AGE 60+</sup> | \$105<sup>REG</sup>  
**P01** Sa 9 a.m. - 12 p.m. **Gary Hesse**  
 Jun 8 - Jun 29 *MC-SW 207*

**Architectural Photography**

Whether you are interested in the commercial applications of architectural photography for real estate or building documentation, or simply have an appreciation for architecture, this course is for you. Learn the methods and techniques of photographing interiors and exteriors of buildings, homes and landscapes. Get hands-on and discuss equipment, lighting, exposure, wide field panoramic photography and virtual tours. Prerequisite: Digital Photography: Introduction or equivalent experience.

**PHOT-710** | 4 sessions | \$69<sup>AGE 60+</sup> | \$105<sup>REG</sup>  
**P01** Sa 9 a.m. - 12 p.m. **Gary Hesse**  
 Apr 27 - May 18 *MC-SW 207*

**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<sup>AGE 60+</sup> | \$49<sup>REG</sup>  
**P07** Tu 6-9 p.m. **Gregory Ray**  
 Feb 20 *STLCC-Corp 207*  
**P08** Tu 6-9 p.m. **Gregory Ray**  
 May 21 *STLCC-Corp 207*



## DIGITAL PHOTOGRAPHY ESSENTIALS PROGRAM

Build new skills and take your passion to the next level. Learn more about the program: [stlcc.edu/PhotoEssentials](http://stlcc.edu/PhotoEssentials)

# THEATER

**Theatre Audition Basics for Beginners**

Have you ever wanted to be in a theatrical performance, but didn't quite know how to get started? Discover almost everything you need to know to prepare for your first or next big audition! Explore how to pick a monologue that fits you, memorization techniques, relaxation methods, handling a cold read, working with other actors and cast, creating a theatrical resumé, picking a winning headshot, and more! No prior experience required.

**THTR-701** | 4 sessions | \$40.50<sup>AGE 60+</sup> | \$59<sup>REG</sup>  
**P01** Sa 1-3 p.m. **Brian Rolf**  
 May 4 - Jun 1 *FP-T 147*  
 • NOTE: No class 5/25

**Improvational 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-707** | 4 sessions | \$40.50<sup>AGE 60+</sup> | \$59<sup>REG</sup>  
**P01** Sa 10 a.m. - 12 p.m. **Brian Rolf**  
 Feb 3 - Mar 2 *FP-T 147*  
 • NOTE: No class 2/17  
**P02** Sa 10 a.m. - 12 p.m. **Brian Rolf**  
 Mar 23 - Apr 20 *MC-T 112*  
 • NOTE: No class 3/30  
**P03** Sa 10 a.m. - 12 p.m. **Brian Rolf**  
 May 4 - Jun 1 *FV-TC 202*  
 • NOTE: No class 5/25



## Screenwriting

**The Secrets of Screenwriting**

Ever wonder what professionals in the entertainment industry are looking for in a script? This is your chance to learn the tricks of the trade from someone who has 20 years of experience in the business. Start by reviewing the basics, then learn the many elements of craft and storytelling that communicate to a reader that you're no amateur—even if you haven't earned credits yet. Whether you're new to the subject or you've had some experience, this is a great opportunity to hone your abilities—and have some fun in the process.

**THTR-765** | 4 sessions | \$42<sup>AGE 60+</sup> | \$59<sup>REG</sup>  
**P03** W 6-8 p.m. **Adam Sydney**  
 May 29 - Jun 26 *FP-W 124*  
 • NOTE: No class 6/19

**Screenwriting: How to Write a Really Good Rom-Com**

Do you have a terrific idea for a film or TV romantic comedy, but you don't know how to write it? Examine classic and contemporary rom-coms and discuss what it takes to craft a fresh and funny story that audiences will fall in love with. Learn how to expand your idea into a solid three-act structure outline, with a plot, theme, and set of characters that will have audiences charmed at hello.

**THTR-765** | 1 session | \$22.50<sup>AGE 60+</sup> | \$29<sup>REG</sup>  
**P01** Sa 10 a.m. - 12 p.m. **Rita Russell**  
 Mar 2 *FV-TC 207*

**Screenwriting: Keys to Writing Great Scenes**

Every time you sit down to write a script, you are faced with the challenge of creating great scenes. In this class, you'll learn the essential keys for writing dialogue and narrative descriptions that snap, crackle, and pop. A series of writing exercises and analyses of produced screenplays will help you acquire the knowledge and tools to elevate your own scenes from serviceable to great. This course is designed for writers who already have a basic understanding of screenwriting and screenplay format.

**THTR-765** | 6 sessions | \$67.50<sup>AGE 60+</sup> | \$95<sup>REG</sup>  
**P04** Sa 10 a.m. - 12 p.m. **Rita Russell**  
 Apr 13 - May 18 *FV-TC 207*



# 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 | \$61.50 AGE 60+ | \$89 REG  
P02 Tu 6-9 p.m. Jordan Oakes  
Jun 4 - Jun 25 FP-W 118

## Short Story Writing

Whether you've been wanting to explore creative writing or you've been doing it for years, this class will help you develop the skills for all types of stories. Have fun with the group and create your own short stories and take the opportunity to share your work and receive feedback on how to make it even better. By the end of the class, you'll have a story that you can submit to competitions and literary magazines, or just share with friends and family.

**WRIT-701** | 4 sessions | \$42 AGE 60+ | \$59 REG  
P01 W 6-8 p.m. Adam Sydney  
May 1 - May 22 MC-SO 111

## Creating a Chapbook

Get started writing a chapbook, a short collection of poems. You will learn about the different types of chapbooks, how to structure your chapbook, and how to revise and edit your poems. You will also workshop your poems with your classmates and instructor. By the end of this course, you will have a completed chapbook of poems that you can be proud of.

**WRIT-701** | 6 sessions | \$53.50 AGE 60+ | \$75 REG  
P01 M 6-8:30 p.m. Joe Depczynski  
Apr 1 - May 6 FP-W 217

## 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 | \$61.50 AGE 60+ | \$89 REG  
P02 Th 6:30-9:30 p.m. Jordan Oakes  
Feb 1 - Feb 22 Online

## Jazzy Dialogue

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-704** | 4 sessions | \$61.50 AGE 60+ | \$89 REG  
P03 Th 6:30-9:30 p.m. Jordan Oakes  
Mar 21 - Apr 11 Online  
P05 W 6-9 p.m. Jordan Oakes  
May 29 - Jun 26 FP-W 221  
• NOTE: No class 6/19

## Grammar You Should Know

After graduating from high school and even college, many of us still have gaps and lapses in our grammar and spelling. For example, should you use "who" or "whom"? What's the difference between "effect" and "affect"? This class will apply a fresh coat of literacy to your writing.

**WRIT-704** | 4 sessions | \$61.50 AGE 60+ | \$89 REG  
P04 F 6:30-9:30 p.m. Jordan Oakes  
Mar 22 - Apr 12 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 409 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. You must have a generic email account through Gmail™, Yahoo or Hotmail and know this email.

**WRIT-704** | 1 session | \$41.50 AGE 60+ | \$49 REG  
P06 Sa 9:30 a.m.-1 p.m. Charlene Oldham  
Mar 23 Online

## Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us becomes complete. 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 | \$61.50 AGE 60+ | \$89 REG  
P01 W 6:30-9:30 p.m. Jordan Oakes  
Mar 20 - Apr 10 Online

**WRIT-714** | 1 session | \$33.50 AGE 60+ | \$45 REG  
P02 Sa 8:30 a.m.-12:30 p.m. Todd Rohman  
Feb 24 FP-W 124

P03 Sa 8:30 a.m.-12:30 p.m. Todd Rohman  
Apr 20 FP-W 124

## A Poet's Exploration: Part I

Explore poetry from contemporary poets, write original works of poetry, and gain valuable feedback from peers and the instructor on the work you compose in this class. This course is an introductory poetry writing class.

**WRIT-716** | 4 sessions | \$53.50 AGE 60+ | \$75 REG  
P01 M 6-8:30 p.m. Joe Depczynski  
Feb 5 - Mar 4 FP-W 124

• NOTE: No class 2/19

## Finding Writing Jobs Using Online Resources

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

**WRIT-722** | 1 session | \$41.50 AGE 60+ | \$49 REG  
P01 Sa 9:30 a.m.-1 p.m. Charlene Oldham  
Feb 24 Online

## Developing Your Dialogue

Does your dialogue sound stiff? Would a real person say that? Participate in writing activities designed to develop your use of dialogue. Enjoy learning and practicing the essential elements of dialogue through concise presentations and enjoyable activities. Have fun examining what people say, why they say it and how to fictionalize their conversation. Bring your fears, wants and good humor to this interactive workshop.

**WRIT-724** | 1 session | \$31.50 AGE 60+ | \$39 REG  
P01 W 6-9 p.m. Jeffrey Penn  
Feb 28 MC-SO 232

## Finding Your Niche

Who are you as a writer? What are your goals, dreams, expectations, whims, tastes, desires and peculiarities? What is your style? Style can be an excuse for lazy writing or an incandescent artistic expression; more likely, yours falls somewhere in between. Discover who you are by comparing your style to successful literary and commercial authors. Enjoy an evening of concise presentation and well-designed activity facilitated by an experienced writer.

**WRIT-765** | 1 session | \$31.50 AGE 60+ | \$39 REG  
P01 W 6-9 p.m. Jeffrey Penn  
Feb 21 MC-SO 232

P02 W 5-8 p.m. Adrienne Smith  
Mar 6 FP-W 124

P03 W 5-8 p.m. Adrienne Smith  
May 22 FP-W 124

## Creating Memorable Characters

Want to build a character that is unique and likeable? Learn how the names and characteristics that you give your fictional characters affect the flow of your story.

**WRIT-724** | 4 sessions | \$61.50 AGE 60+ | \$89 REG  
P02 F 6-9 p.m. Jordan Oakes  
Jun 7 - Jun 28 FP-W 124

**We have more!** Preserve your writing in style! Check out our **Book Binding** class on pg. 19.

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## FINANCE AND INVESTMENTS

### Long-term and Estate Planning

#### 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 | \$34<sup>AGE 60+</sup> | \$39<sup>REG</sup>

- |     |                      |   |
|-----|----------------------|---|
| P01 | W 6-8 p.m.<br>Mar 6  | <b>Yvonne Homeyer</b><br>STLCC-Corp 207 |
| P02 | W 6-8 p.m.<br>Apr 10 | <b>Yvonne Homeyer</b><br>MC-HE 123      |

#### Affording the Costs of Long-Term Care†

Most Americans who turn 65 will need to pay for long-term care at some point, and with the costs increasing, there is always worry about how they will be able to afford it. If you are looking into care for a loved one and/or if long-term care costs are in their own future, this class is for you. Presentation will discuss the five ways to plan and pay for long-term care and which of those ways might be right for you. Discussion will cover eligibility requirements for government benefits (Medicaid and Veterans Aid & Attendance) and what you can do now to prepare before they are needed. Taught by an attorney.

**FINC-710** | 1 session | \$34<sup>AGE 60+</sup> | \$39<sup>REG</sup>

- |     |                       |                               |
|-----|-----------------------|-------------------------------|
| P03 | Th 7-9 p.m.<br>Feb 22 | <b>Paul Gantner</b><br>Online |
|-----|-----------------------|-------------------------------|

#### Estate Planning: Living Trusts†

Estate planning allows you to take 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 | \$34<sup>AGE 60+</sup> | \$39<sup>REG</sup>

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|-----|---------------------|----------------------------------|
| P04 | W 7-9 p.m.<br>Feb 7 | <b>Jackie Capriano</b><br>Online |
|-----|---------------------|----------------------------------|

### Personal Finance

#### 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 | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

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|-----|-------------------------------|---------------------------------------|
| P01 | Sa 11 a.m.-1:30 p.m.<br>Apr 6 | <b>Dr. Lawrence Gibbs</b><br>FP-E 209 |
|-----|-------------------------------|---------------------------------------|

## HOME AND AUTO

### Real Estate

#### Purchasing a New Home With Confidence

Buying a home is a huge decision—probably the biggest financial decision most adults will ever make. Knowing the “hows” and “whys” as well as the “why nots” can save a buyer a lot of time, energy, and money. Learn what you need to know about the buying process from viewing your first house to walking away from the closing table as a new homeowner.

**REAL-701** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

- |     |                       |                                     |
|-----|-----------------------|-------------------------------------|
| P01 | Tu 7-9 p.m.<br>Mar 26 | <b>Jill McCoy</b><br>FP-W 124       |
| P02 | W 6-8 p.m.<br>May 1   | <b>Rebecca Delaney</b><br>MC-SO 204 |

#### Selling My Home: How to be Successful

Today's real estate market is constantly changing. 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 home for the best return possible.

**REAL-702** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

- |     |                       |                                     |
|-----|-----------------------|-------------------------------------|
| P01 | Th 7-9 p.m.<br>Mar 28 | <b>Jill McCoy</b><br>FV-SS 103      |
| P02 | W 6-8 p.m.<br>Jun 5   | <b>Rebecca Delaney</b><br>MC-SO 204 |
| P03 | Th 7-9 p.m.<br>Jun 20 | <b>Jill McCoy</b><br>FP-W 117       |

#### 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 including rental property, flipping houses to buying vacation homes. We'll discuss how to get financing, finding and evaluating properties, working with contractors and much more.

**REAL-712** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

- |     |                       |                                     |
|-----|-----------------------|-------------------------------------|
| P01 | W 6-8 p.m.<br>Apr 3   | <b>Rebecca Delaney</b><br>MC-SO 204 |
| P02 | Th 7-9 p.m.<br>May 16 | <b>Jill McCoy</b><br>WW-201         |

#### How to Start 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 appraiser, property manager, investor, or business manager who supports a team.

**REAL-715** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

- |     |                       |                                |
|-----|-----------------------|--------------------------------|
| P01 | Th 7-9 p.m.<br>Feb 15 | <b>Jill McCoy</b><br>FV-SS 103 |
| P02 | Th 7-9 p.m.<br>Apr 4  | <b>Jill McCoy</b><br>FP-W 124  |
| P03 | Th 7-9 p.m.<br>May 30 | <b>Jill McCoy</b><br>WW 201    |

#### How to be a Successful Landlord

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

**REAL-720** | 1 session | \$47<sup>AGE 60+</sup> | \$69<sup>REG</sup>

- |     |                            |                                 |
|-----|----------------------------|---------------------------------|
| P01 | Sa 9 a.m.-5 p.m.<br>Mar 23 | <b>Mary Hankins</b><br>FP-W 117 |
|-----|----------------------------|---------------------------------|

#### The Upside of Downsizing

Every person has their own unique needs and each stage of life demands different lifestyles. There are many advantages of “rightsizing” to a more manageable home. The benefits include financial savings, less home maintenance, and cleaning, de-cluttering and organizing, and simplifying life. We'll explore how you can maintain the same level of comfort and style you're accustomed to while benefiting from downsizing.

**REAL-765** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

- |     |                      |                                |
|-----|----------------------|--------------------------------|
| P01 | Th 7-9 p.m.<br>Feb 1 | <b>Jill McCoy</b><br>MC-SO 204 |
| P02 | Th 7-9 p.m.<br>Mar 7 | <b>Jill McCoy</b><br>WW 201    |

#### Real Estate: Renting vs. Buying

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

**REAL-765** | 1 session | \$24<sup>AGE 60+</sup> | \$29<sup>REG</sup>

- |     |                       |                                |
|-----|-----------------------|--------------------------------|
| P03 | Th 7-9 p.m.<br>Feb 29 | <b>Jill McCoy</b><br>FP-W 124  |
| P04 | Th 7-9 p.m.<br>Apr 11 | <b>Jill McCoy</b><br>FV-SS 103 |

†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 professionals regarding your specific situation.



## Auto Maintenance

### Basic Car Maintenance

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

**AUTO-701** | 1 session | \$49 AGE 60+ | \$49 REG

P01 Sa 8-11 a.m.  
Mar 23

Doug Jaquet  
Jammin' J Auto

## Home Maintenance

### Clean With This, Not With That! A Lesson in Green Cleaning

Reduce your family's 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 a fun, hands-on demonstration. You will learn a little about conventional cleaners, many of which are petroleum based, and a little about easy, economical and effective cleaning alternatives that are healthier for you, your family, your pets and the earth. You will make some simple DIY formulas in class. There will be plenty of time for questions, and information to take home that includes simple DIY cleaning formulas.

**HOME-765** | 1 session | \$20 AGE 60+ | \$25 REG

P01 Sa 10:30 a.m.-12:30 p.m. Christina Ritter  
Feb 24 MC-SW 106

## MASTER NATURALIST

The courses listed under Nature, Ecology, Landscape and Gardening 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

#### Industrial Hemp

Hemp, or industrial hemp, is a botanical class of cannabis sativa cultivars grow specifically for industrial or medicinal use. It can be used to make a wide range of products and is among the fastest growing plants on Earth. Learn the history, conservation benefits, and sustainable uses of this unique product.

**ECOL-700** | 1 session | \$19 AGE 60+ | \$19 REG

P01 Sa 11 a.m.-12 p.m. Mitchell Melber  
Apr 20 FP-W 325

#### Beeswax Food Wraps

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 many 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 | \$45 AGE 60+ | \$45 REG

P02 W 6-7:30 p.m. Perennial  
Feb 28

P03 W 6-7:30 p.m. Perennial  
May 29

#### Indoor Composting: Making a Bokashi Bucket

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

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

P01 W 6:30-8 p.m. Maggie McCoy  
Feb 28 MC-SW 105

#### Backyard Chickens: Beginners

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

**ECOL-705** | 1 session | \$30 AGE 60+ | \$39 REG

P01 Sa 9 a.m.-1 p.m. Guy Niere  
Feb 24 MC-SW 105

#### Backyard Chickens: Advanced

Bring your questions to class! This session is for individuals who have been keeping chickens for a while and are looking for answers to their specific questions and an overview for more in-depth information on the following topics: diseases, parasites, and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. This is an advanced level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

**ECOL-705** | 1 session | \$30 AGE 60+ | \$39 REG

P02 Sa 9 a.m.-1 p.m. Guy Niere  
Mar 23 MC-SW 105

#### Incubation of Birds

Explore successful chicken, turkey, duck, goose, and quail egg incubation. Temperature, humidity, turning and sterilization will be the focus, with special attention to the eggs. Nutrition of the breeders, nest cleanliness, collection, and storage, all affect success long before incubation begins. Types and brands of incubators and care of hatchlings will also be covered.

**ECOL-705** | 1 session | \$30 AGE 60+ | \$39 REG

P03 Sa 9 a.m.-1 p.m. Guy Niere  
Apr 13 MC-SW 105

### Landscape and Gardening

#### All About Herbs

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

**HORT-701** | 2 sessions | \$30 AGE 60+ | \$39 REG

P01 Th 7-9 p.m. Mike Ochonicky  
Apr 18 - Apr 25 Online

#### Planting a Moonlight Garden

Take your landscaping or planter designs to the next level and expand the magic of your garden into twilight. Learn how to plan and plant a garden that will glow in the evening.

**HORT-702** | 1 session | \$24 AGE 60+ | \$29 REG

P01 W 7-9 p.m. Mike Ochonicky  
May 15 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 information 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 | \$24 AGE 60+ | \$29 REG

P01 W 7-9 p.m. Mike Ochonicky  
Feb 28 Online

P02 W 7-9 p.m. Mike Ochonicky  
Apr 24 Online



Landscape and Gardening

**Environmentally Friendly Gardens**

How you maintain your garden or landscape can have positive or negative effects on the health of the soil, air, water and vegetation. Learn about environmentally friendly alternatives to weed control, how to increase fertility in your soil without synthetic fertilizers, how to identify some beneficial insect's vs insect pests and information on identifying invasive plants and why invasives are a threat to our landscapes and forests.

**HORT-712** | 1 session | \$14 AGE 60+ | \$19 REG

**P01** W 6-7:30 p.m. **Christina Ritter**  
Mar 20 MC-SW 105

**P02** Th 6-7:30 p.m. **Christina Ritter**  
Apr 18 MC-SW 105

**Go Native!  
Create Your Native Garden**

If you want to go native but aren't sure how to get started, this class is for you. We will discuss site evaluation, plant selection and placement, and tips to keep your native garden looking tidy.

**HORT-713** | 1 session | \$28 AGE 60+ | \$35 REG

**P01** Sa 9 a.m.-12 p.m. **Susan Leahy**  
Feb 24 MC-SW 209

**P02** Th 5-8 p.m. **Susan Leahy**  
Mar 7 MC-SW 207

**Go Native! Native Landscaping  
for Bees, Butterflies, and  
Other Pollinators**

Healthy landscapes boast large numbers of butterflies, bees, and other insect pollinators. The best plants lure pollinators to their flowers by offering pollen and nectar while evolving visual and olfactory cues such as nectar guides, color, and fragrance. Come gain practical advice on choosing native plants that will attract specific groups of pollinators.

**HORT-713** | 1 session | \$28 AGE 60+ | \$35 REG

**P04** F 9 a.m.-12 p.m. **Dave Tylka**  
Apr 5 MC-CE

**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.

**HORT-713** | 1 session | \$25 AGE 60+ | \$29 REG

**P06** W 7-9 p.m. **Mike Ochonicky**  
May 22 Online

**Go Native! Native Landscaping  
with Sun Adapted Perennials**

Prairies and glades are diverse and colorful natural communities in Missouri that thrive in the sun. Learn basic characteristics of the soil and moisture conditions and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area.

**HORT-713** | 1 session | \$29 AGE 60+ | \$29 REG

**P05** F 9 a.m.-12 p.m. **Susan Van de Riet**  
Apr 12 Online

**Go Native! Gardening for Nature**

Learn how a landscape of any size can help sustain the ecosystem by including native plants. You'll explore specific examples of the most versatile and adaptable native plants, how to establish and maintain them, and various local resources to help you along the way. Your small actions can make a big impact!

**HORT-713** | 1 session | \$29 AGE 60+ | \$29 REG

**P03** Tu 5-8 p.m. **Dan Pearson**  
Mar 19 FP-W 124

**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 | \$25 AGE 60+ | \$29 REG

**P01** W 7-9 p.m. **Mike Ochonicky**  
Jun 5 Online

**Rain Water Harvesting  
with Rain Barrels**

Rain barrels are a great way to conserve water, supplying non-chlorinated water for gardening by collecting and storing rainwater from your roof through a connection to your downspout that would otherwise be lost to runoff and diverted to storm drains, streams and rivers. Rain barrels keep excess water out of the storm water system thus alleviating some of the storm water issues plaguing the region and plants prefer rain water over chlorinated tap water.

**HORT-723** | 1 session | \$14 AGE 60+ | \$19 REG

**P01** Tu 6-7:30 p.m. **Christina Ritter**  
Jun 11 MC-SW 105

Nature

**Introduction to Bird Watching**

Join our expert staff to learn all about birding in our beautiful Castlewood Missouri State Park. You will learn all about the basics of common bird ID, techniques to use in the woods, equipment you can use, and more. Be prepared for hiking which may include some uneven surfaces. Be prepared to be comfortable in the outdoors, dress for the weather and bring a lunch, water bottle, and a camp chair. Register for section P05 if you need transportation to the park; meet at 6 a.m. on the Forest Park campus parking lot behind West Wing. Sharp departure 6:30 a.m. Register for section P06 if you will be taking your own transportation and meeting the group at Castlewood State Park at 6:45 a.m. Meet up location will be sent later. Birding equipment will be provided. For disability accommodations, please contact the Access Office at stlcc.edu/disability by February 29th. Course meets curriculum requirements for Master Naturalist program. Taught by: Tegan Cooper. Last date to register: Mar 19.

**NATR-709** | 1 session | \$9 AGE 60+ | \$9 REG

**P05** Sa 6 a.m.-2 p.m. **Mar 23**  
FP-Off Campus

**P06** Sa 6:45 a.m.-2 p.m. **Mar 23**  
Castlewood State Park

**Forest Park Owls:  
Hiding in Plain Sight**

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

**NATR-709** | 1 session | \$29 AGE 60+ | \$29 REG

**P01** Th 6:30-8:30 p.m. **Mark Glenshaw**  
Mar 28 FP-W 124

**Forest Park Owls:  
Hunting and Feeding**

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

**NATR-709** | 1 session | \$29 AGE 60+ | \$29 REG

**P02** Th 6:30-8:30 p.m. **Mark Glenshaw**  
Apr 11 MC-SO 107

**Forest Park Owls:  
Mating, Nesting, and Owlets**

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

**NATR-709** | 1 session | \$29 AGE 60+ | \$29 REG

**P03** Th 6:30-8:30 p.m. **Mark Glenshaw**  
May 9 FP-W 124



**MASTER  
NATURALIST  
PROGRAM**

Cultivate your interests and build community connections. Learn more about the program: [stlcc.edu/MasterNaturalist](http://stlcc.edu/MasterNaturalist)



## How to Find an Owl in Your Neighborhood

Do you ever see or hear an owl in your neighborhood and want to experience more of these beautiful birds? A local award-winning naturalist, The Owl Man leads scores of owl prowls each year. Discover ways to find owls in your area—whether in subdivisions, city neighborhoods, pocket parks or large public parks. Find out which owls you are most likely to see or hear, what to listen for and the importance of research and collaboration.

**NATR-709** | 1 session | \$29 AGE 60+ | \$29 REG  
**P04** Th 6:30-8:30 p.m. **Mark Glenshaw**  
 Jun 6 *MC-SO 107*

## Butterflies of the St. Louis Area

Many people are familiar with Monarchs, but did you know that there are more than 100 species of butterflies in the St. Louis area? A Power Point presentation with photos of the most common local butterflies, along with any confusing look-a-likes, will lay a foundation for recognizing butterflies seen in your garden and on nature walks. Information about habitat, host plants, and life cycle will also be discussed. A field trip to look at spring butterflies will take place on Saturday, May 4, from 10:00 to noon. Bring binoculars if you have them; they are not required but will make your experience more enjoyable. The location will be announced the night of the class. The instructor is the president of the St. Louis Chapter of the North American Butterfly Association (NABA St. Louis).

**NATR-720** | 2 sessions | \$30 AGE 60+ | \$39 REG  
**P01** W 6-8 p.m. and  
 Sa 10 a.m.-12 p.m. **Yvonne Homeyer**  
 May 1 & May 4 *MC-SO 112*

## Fishing

Join our expert staff and learn about fishing in our beautiful Missouri State Parks including equipment, casting a line and ideas on how to prepare your catch. Be prepared to be comfortable in the outdoors, including some walking on uneven surfaces. Dress for the weather and bring a lunch, water bottle and camp chair. Register for section P01 if you need transportation to the park; meet at 8 a.m. on the Forest Park campus parking lot behind West Wing. Sharp departure at 8:30 a.m. Register for section P02 if you will be taking your own transportation and meeting the group at Robertsville State Park at 9:15 a.m. Meeting spot will be sent at a later date. Fishing equipment is provided. For disability accommodations, please contact the Access Office at [stlcc.edu/disability](http://stlcc.edu/disability) by February 29th. Course meets curriculum requirements for Master Naturalist program. Last date to register: Apr 23.

**NATR-727** | 1 session | \$9 AGE 60+ | \$9 REG  
**P01** Sa 8 a.m.-3:30 p.m. *FP-Off Campus*  
 Apr 27  
**P02** Sa 9:15 a.m.-3:30 p.m. **Robertsville State Park**  
 Apr 27

## Missouri Snakes

Snakes are one of the most highly misunderstood and feared animals in nature. In this class, learn how to distinguish Missouri's venomous from non-venomous species and dispel some of the popular myths you may have heard. Having the ability to know the difference between venomous and non-venomous can help dissipate your fear of these amazing creatures. Learning more about them will help you gain an appreciation for these misunderstood reptiles.

**NATR-727** | 1 session | \$14 AGE 60+ | \$19 REG  
**P03** W 6-7:30 p.m. **Christina Ritter**  
 May 22 *MC-SW 105*

# WORLD LANGUAGES

Go to the registration page at [stlcc.edu/CE](http://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.

## German

### German Language: Beginning I

**FLGE-717** | 8 sessions | \$112.50 AGE 60+ | \$149 REG  
**P01** W 6-8 p.m. **Caryn Miller**  
 Jan 31 – Apr 3 *MC-SO 206*  
 • NOTE: No class 3/13 and 3/20

### German Language: Beginning II

**FLGE-718** | 8 sessions | \$112.50 AGE 60+ | \$149 REG  
**P01** W 6-8 p.m. **Caryn Miller**  
 Apr 10 – May 29 *MC-SO 206*

### German Language: Beginning III

**FLGE-719** | 8 sessions | \$112.50 AGE 60+ | \$149 REG  
**P01** Tu 6-8 p.m. **Caryn Miller**  
 Jan 30 – Apr 2 *MC-SO 206*  
 • NOTE: No class 3/12 and 3/19

### Discussion Topics in German: Intermediate

**FLGE-717** | 8 sessions | \$112.50 AGE 60+ | \$149 REG  
**P01** Tu 6-8 p.m. **Caryn Miller**  
 Apr 9 – May 28 *MC-SO 206*

## Irish

### Irish: Beginning I

**FLIR-717** | 8 sessions | \$115 AGE 60+ | \$149 REG  
**P01** Th 5-7 p.m. **Kevin Scannell**  
 Feb 8 – Apr 4 *FP-W 215*  
 • NOTE: No class 3/14

### Irish: Beginning II

**FLIR-718** | 8 sessions | \$115 AGE 60+ | \$149 REG  
**P01** Th 7-9 p.m. **Kevin Scannell**  
 Feb 8 – Apr 4 *FP-W 217*  
 • NOTE: No class 3/14  
**P02** Th 7-9 p.m. **Kevin Scannell**  
 Apr 18 – Jun 6 *FP-W 217*

## Russian

### Russian for First Timers

**FLRU-717** | 4 sessions | \$67 AGE 60+ | \$99 REG  
**P01** W 5-7 p.m. **Valerie Powers**  
 Jan 31 – Feb 21 *Online*

### Russian: Beginning I

**FLRU-717** | 8 sessions | \$111.50 AGE 60+ | \$175 REG  
**P02** W 5-7 p.m. **Valerie Powers**  
 Feb 28 – Apr 24 *Online*  
 • NOTE: No class 3/13

### Russian Beginning II

**FLRU-718** | 8 sessions | \$111.50 AGE 60+ | \$175 REG  
**P01** Th 5-7 p.m. **Valerie Powers**  
 Feb 1 – Mar 28 *Online*  
 • NOTE: No class 3/14

## 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. Instructor previously lived in Italy and travels there frequently. Now she wants to help prepare you to enjoy your experience in this beautiful country. Bring pencil and notebook

**FLIT-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P01** Tu 6:30-8:30 p.m. **Barbara Klein**  
 Apr 9 *MC-SO 112*

### Italian for the Traveler

**FLIT-716** | 6 sessions | \$96.50 AGE 60+ | \$115 REG  
**P01** Tu 4-6 p.m. **Barbara Klein**  
 Feb 6 – Mar 19 *MC-SO 112*  
 • NOTE: No class 3/12  
**P02** Tu 6:30-8:30 p.m. **Barbara Klein**  
 Apr 16 – May 21 *MC-SO 112*

### Italian: Beginning I

**FLIT-717** | 8 sessions | \$113 AGE 60+ | \$149 REG  
**P01** Tu 6:30-8:30 p.m. **Barbara Klein**  
 Jan 30 – Mar 26 *MC-SO 112*  
 • NOTE: No class 3/12  
**P02** M 5-7 p.m. **Michael Cross**  
 Feb 5 – Apr 8 *MC-CN 224*  
 • NOTE: No class 2/19 and 3/11

### Italian: Beginning II

**FLIT-718** | 8 sessions | \$113 AGE 60+ | \$149 REG  
**P02** Tu 4-6 p.m. **Barbara Klein**  
 Apr 9 – May 28 *MC-SO 112*  
**P01** M 7-9 p.m. **Michael Cross**  
 Feb 5 – Apr 8 *MC-CN 224*  
 • NOTE: No class 2/19 and 3/11

### Italian: Beginning III

**FLIT-719** | 8 sessions | \$113 AGE 60+ | \$149 REG  
**P01** M 5-7 p.m. **Michael Cross**  
 Apr 29 – Jun 24 *FP-W 124*  
 • NOTE: No class 5/27

### Italian: Intermediate I

**FLIT-720** | 8 sessions | \$113 AGE 60+ | \$149 REG  
**P01** M 6:30-8:30 p.m. **Barbara Klein**  
 Jan 29 – Apr 1 *MC-SO 112*  
 • NOTE: No class 2/19 and 3/11

### Conversational Italian for Beginners

**FLIT-765** | 8 sessions | \$113 AGE 60+ | \$149 REG  
**P02** M 7-9 p.m. **Michael Cross**  
 Apr 29 – Jun 24 *FP-W 124*  
 • NOTE: No class 5/27

## Portuguese

### Portuguese: Beginning I

**FLPG-717** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 6-8 p.m. **Viva Brasil**  
Jan 31 – Mar 27 MC-SO 107  
• NOTE: No class 3/13

### Portuguese: Beginning II

**FLPG-718** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 6-8 p.m. **Viva Brasil**  
Apr 17 – Jun 5 MC-SO 107

### Portuguese: Beginning III

**FLPG-719** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 6-8 p.m. **Viva Brasil**  
Jan 31 – Mar 27 MC-SO 205  
• NOTE: No class 3/13

### Portuguese: Beginning IV

**FLPG-719** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P02 W 6-8 p.m. **Viva Brasil**  
Apr 17 – Jun 5 MC-SO 205

### Portuguese: Intermediate I

**FLPG-720** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P02 W 6-8 p.m. **Viva Brasil**  
Jan 31 – Mar 27 MC-CN 202  
• NOTE: No class 3/13

### Portuguese: Intermediate II

**FLPG-721** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 6-8 p.m. **Viva Brasil**  
Apr 17 – Jun 5 MC-CN 202

### Portuguese: Intermediate III

**FLPG-722** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 6-8 p.m. **Viva Brasil**  
Jan 31 – Mar 27 MC-CN 221  
• NOTE: No class 3/13

### Portuguese: Intermediate IV

**FLPG-722** | 8 sessions | \$149<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P02 W 6-8 p.m. **Viva Brasil**  
Apr 17 – Jun 5 MC-CN 226

## Spanish

### Spanish for Travelers

Enjoy this jump-start course for smart travelers. Learn survival phrases and how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure.

**FLSP-716** | 8 sessions | \$113<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 4:30-6:30 p.m. **Tim Neckermann**  
Feb 7 – Apr 3 Online  
• NOTE: No class 3/13  
P02 W 4:30-6:30 p.m. **Tim Neckermann**  
Apr 15 – Jun 3 MC-CN 226

### Spanish: Beginning I

**FLSP-717** | 8 sessions | \$113<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 Tu 4:30-6:30 p.m. **Tim Neckermann**  
Feb 6 – Apr 2 MC-CN 202  
• NOTE: No class 3/12  
P02 Th 4:30-6:30 p.m. **Maria de la Garza**  
Feb 1 – Mar 28 Online  
• NOTE: No class 3/14

### Spanish: Beginning II

**FLSP-718** | 8 sessions | \$113<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 Th 4:30-6:30 p.m. **Maria de la Garza**  
Apr 11 – May 30 Online  
P02 Th 4:30-6:30 p.m. **Tim Neckermann**  
Apr 18 – Jun 6 MC-CN 202

### Spanish: Beginning III

**FLSP-719** | 8 sessions | \$113<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 Tu 4:30-6:30 p.m. **Maria de la Garza**  
Jan 30 – Mar 26 Online  
• NOTE: No class 3/12  
P03 Th 4:30-6:30 p.m. **Tim Neckermann**  
Feb 8 – Apr 4 Online  
• NOTE: No class 3/14

### Spanish: Intermediate I

**FLSP-720** | 8 sessions | \$113<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 Tu 4:30-6:30 p.m. **Maria de la Garza**  
Apr 9 – May 28 Online  
P02 Tu 4:30-6:30 p.m. **Tim Neckermann**  
Apr 16 – Jun 4 Online

### Spanish: Advanced Reading

Increase your vocabulary and comprehension by reading and discussing a book in Spanish.

**FLSP-723** | 8 sessions | \$112.50<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
P01 W 4:30-6:30 p.m. **Maria de la Garza**  
Jan 31 – Mar 27 Online  
• NOTE: No class 3/13  
P02 W 4:30-6:30 p.m. **Maria de la Garza**  
Apr 17 – Jun 5 Online



# COMMUNICATIONS

## Personal Communication

### Managing Difficult Conversations

Difficult conversations happen throughout our lives: at work, at home and in the world. The success of any relationship, business or personal, depends on the ability of those involved to effectively and confidently master difficult communication exchanges. Techniques are applicable to many situations including management or coworkers, bringing up issues with your spouse, understanding your kids better and getting to the bottom of a feud with your neighbor.

**COMM-765** | 3 sessions | \$32<sup>AGE 60+</sup> | \$45<sup>REG</sup>  
**P07** Tu 6:30-8:30 p.m. **Donna Mickens**  
Apr 2 - Apr 16 *STLCC-Corp 207*

### Emotion Smart 3.0: Emotional Intelligence Sound Message Series

Enhance your emotional intelligence and get to know co-workers, bosses, friends and family at a higher level. Learn to read "spoken emotions" in four simple steps. Sound messages are the volume, tone, and speed of words spoken plus silence and all other sounds from our mouth and throat that uncover emotion and meaning in our messages.

### The Language of Sound Messages

**COMM-765** | 1 session | \$20<sup>AGE 60+</sup> | \$25<sup>REG</sup>  
**P01** W 7-8 p.m. **John Werner**  
Jan 31 *MC-SO 109*

### Your Sound Messages in Four Windows

**COMM-765** | 1 session | \$20<sup>AGE 60+</sup> | \$25<sup>REG</sup>  
**P02** W 7-8 p.m. **John Werner**  
Feb 7 *MC-SO 109*

### A Well-Tempered Sound Message

**COMM-765** | 1 session | \$20<sup>AGE 60+</sup> | \$25<sup>REG</sup>  
**P03** W 7-8 p.m. **John Werner**  
Feb 21 *MC-SO 109*

## Sign Language

### Getting Started with Sign Language I

Journey into sign language! Establish a basic knowledge of sign language and learn common vocabulary for numbers, feelings, opposites, colors, and food. Class does not cover ASL sentence structure.

**SIGN-701** | 8 sessions | \$112.50<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
**P02** Tu 6-8 p.m. **Cindy Hayes**  
Feb 6 - Apr 2 *Online*  
• NOTE: No class 3/12  
**P04** W 6:30-8:30 p.m. **Cindy Hayes**  
Apr 3 - May 22 *STLCC-SoCo 120*

### Getting Started with Sign Language 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 7-11. Class does not cover ASL sentence structure.

**SIGN-701** | 8 sessions | \$112.50<sup>AGE 60+</sup> | \$149<sup>REG</sup>  
**P01** Th 6-8 p.m. **Cindy Hayes**  
Feb 1 - Mar 28 *Online*  
• NOTE: No class 3/14  
**P03** M 6:30-8:30 p.m. **Cindy Hayes**  
Mar 18 - May 6 *STLCC-SoCo 120*

## Speech Writing

### Writing a Motivational Speech or Presentation

Capture the attention of others! Words are powerful and help to get your ideas across. Learn how to start your speech with a bang, and how to keep people motivated and your audience engaged.

**COMM-715** | 1 session | \$34<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P01** Sa 11 a.m.-1 p.m. **Cedric Benbow**  
Feb 10 *FP-E 209*

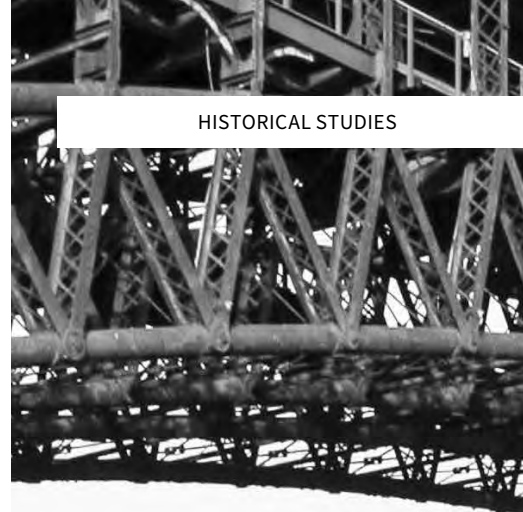
## Voiceover

### Introduction to Voiceover

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

**COMM-765** | 1 session | \$49<sup>AGE 60+</sup> | \$49<sup>REG</sup>  
**P04** Sa 12-1:30 p.m. **Jason Rooney**  
Feb 10 *MC-CE*  
**P05** F 5-6:30 p.m. **Jason Rooney**  
Mar 22 *STLCC-SoCo 205*  
**P06** Sa 12-1:30 p.m. **Jason Rooney**  
May 11 *MC-CE*

## HISTORICAL STUDIES



# HISTORY

## Local

### St. Louis Baseball History - The Early Years 1875-1901

Discover St. Louis' rich major league baseball history from 1875 to 1901. Learn about the teams, players, owners, and their stories. The first ever major league game, the origin of the St. Louis Cardinals and the stars and spear-carriers of those teams.

**HIST-708** | 1 session | \$23.50 AGE 60+ | \$29 REG  
**P02** W 10 a.m.-12 p.m. **Brian Flaspohler**  
 Feb 28 *FP-W 124*

### St. Louis Baseball History - The Middle Years 1902-1953

Expand your knowledge of St. Louis' baseball history from 1902 to 1953. This era covers the Browns' history in St. Louis, the Cardinals first World Series Championship and the great Stars teams of the Negro Leagues.

**HIST-708** | 1 session | \$23.50 AGE 60+ | \$29 REG  
**P03** W 10 a.m.-12 p.m. **Brian Flaspohler**  
 Mar 20 *FP-W 124*

### St. Louis Baseball History - Modern Times 1954-Present

In the third series of St. Louis Cardinal's baseball history, the decades of success of the 1960s, 1980s, and 2000s and the players and people that drove the baseball engine will be explored.

**HIST-708** | 1 session | \$23.50 AGE 60+ | \$29 REG  
**P05** W 10 a.m.-12 p.m. **Brian Flaspohler**  
 Apr 24 *FP-W 124*

### Honk if You Love St. Louis: Automobile History

In the early days, St. Louis had 27 automobile manufacturers. Later, the city had the big three: Chrysler, Ford and General Motors. We wowed the country with the Corvette. Nowadays, you can watch car races, visit a bunch of car museums and go to car shows. You can have a bourbon in a former Model T showroom and you can have a bowl of Polish dill pickle soup in a former Stutz-Bearcat showroom. Revitalize your understanding of the impact St. Louis has had on the automotive industry and fun facts including dealers that gave cars free to first-time car owners and Walt Disney's first car story.

**HIST-708** | 1 session | \$24 AGE 60+ | \$29 REG  
**P01** Tu 1-2:30 p.m. **Doug Schneider**  
 Feb 13 *MC-SO 109*

### St. Louis Takes to the Air: Aviation History

Aviation has a long history in St. Louis starting in 1910, with President Theodore Roosevelt coming to an airport in St. Louis because he wanted to be the first President to fly in an airplane. St. Louis has been involved with balloon flights, a dirigible harbor, air taxis, military aircraft, escadrilles, flying saucers, parachuters, and commercial aircraft along with aviation museums and guided missile sites. Expand your knowledge, little known facts and trivia about aviation in St. Louis including manufacturing for new-fangled flying machines in 1911, the room where Charles Lindbergh was given the money for the Spirit of St. Louis and a 1920 hangar that is now home to horses.

**HIST-708** | 1 session | \$24 AGE 60+ | \$29 REG  
**P04** Th 1-2:30 p.m. **Doug Schneider**  
 Apr 18 *MC-SO 109*

### History of Missouri Wines and Wineries

The wine industry in Missouri started before the wine industry in Napa Valley. We came to the rescue in 1869, when the French wine industry was being devastated by an invasive louse. Missouri and local experts knew how to solve the problem and they saved the French wine industry. In 1873, a Missouri wine won a gold medal at the World's Fair in Vienna, Austria. Missouri was a wine leader in the United States until Prohibition wiped out our wineries. But in the late 20th Century, the Missouri wine industry has been revived and is thriving.

**HIST-708** | 1 session | \$24 AGE 60+ | \$29 REG  
**P06** Th 1-2:30 p.m. **Doug Schneider**  
 Jun 13 *MC-SO 111*

## World

### Connecting the Dots: Wine, History and Religion are All Connected

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 | \$24 AGE 60+ | \$29 REG  
**P01** M 7-9 p.m. **Stephanie Thurmer**  
 Jan 29 *Online*  
**P05** Sa 9-11 a.m. **Stephanie Thurmer**  
 Apr 20 *Online*

### The Naval War in the Pacific: 1941-1942

The opening moves by the Japanese in the Pacific War played a key role in the phenomenal success but then the allies blunted the Japanese's forces and began to roll them back. Delve into a discussion based on the actions by both parties during this event.

**HIST-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P02** M 7-8:30 p.m. **John Ketcherside**  
 Feb 26 *MC-SO 109*

### The Anglo-Zulu Wars

How was a tiny African nation armed only with spears able to inflict devastating defeat on the most powerful empire in the world? Examine why the British Empire took on the Zulu nation by looking at the politics and characters involved on both sides. Explore how the battles were fought by examining the weapons and tactics of the British and Zulus.

**HIST-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P04** M 7-8:30 p.m. **John Ketcherside**  
 Apr 8 *WW 214*

## United States

### American Revolution Semiquincentennial: 1774 The Beginning

Those of us who enjoyed America's Bicentennial in 1976 may be surprised to know we are now in the Semiquincentennial of the American Revolution. The pageant leading to Revolution (250 years ago) was being played out across the colonies. The Stamp Townsend and Acts, Boston Massacre and Tea Party and organization of the Committees of Correspondence and First Continental Congress were just a few of the steps leading to war. Spend an evening learning about these and other events up to and including 1774 that started our country on its course to independence.

**HIST-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P03** Tu 7-9 p.m. **Jim Gallen**  
 Apr 2 *MC-SO 111*

### Jimmy Carter

Spend an evening reflecting on the life and career of Jimmy Carter. The 39th president of the United States, a sailor, businessman, governor and world private citizen, he was born into a Georgia peanut business. Carter was a graduate of the United States Naval Academy, served under Hyman Rickover, father of the Nuclear Navy, Georgia State Senator and Governor, successful dark horse candidate for President after which he served a single tumultuous term, followed by a record setting post-presidency. Spend an evening studying his times the man behind and beyond the headlines.

**HIST-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P06** M 7-9 p.m. **Jim Gallen**  
 Apr 29 *MC-SO 111*

### James Eads: The Engineering Genius Who Built Our First Bridge

James Buchanan Eads was a world-renowned civil engineering genius, who was self-educated. He designed a salvage operation for goods that were at the bottom of the Mississippi (using an empty whiskey barrel and a garden hose), he built ironclads for the Civil War in record time (63 days), he convinced a reluctant St. Louis to build the world's first steel bridge, and he solved problems with the flow of the Mississippi at its mouth. The remains of one of Eads' ironclads, sunk in the Mississippi mud for 94 years, have been put on display in a museum in Vicksburg. This talk will cover the life of a man who did so much for St. Louis and its river.

**HIST-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P07** Tu 1-2:30 p.m. **Doug Schneider**  
 Apr 30 *MC-SO 109*

# GENEALOGY

Prerequisite: Windows® computer skills and an active St. Louis County Library card.

## Secrets of Catholic Church Records

Researchers often look at baptismal and marriage registers. But there are other clues and secrets in Catholic records. Learn what they are, where you can locate them, and how to effectively use them.

**GENE-704** | 1 session | \$21.50 AGE 60+ | \$29 REG  
P01 Th 2-4 p.m. Pat Stamm  
Mar 7 MC-SC 201

## How to Begin My Genealogy Search

Learn beginning techniques with the modern technological advances. This class covers basic American resources available in your home, along with online resources that can help you learn about your roots.

**GENE-704** | 4 sessions | \$50.50 AGE 60+ | \$69 REG  
P02 Th 2-4 p.m. Pat Stamm  
Feb 8 - Feb 29 MC-SC 201

## Genealogical Gems: Land Deeds

Our ancestors often bought or sold property. By examining and analyzing your family's deeds, you may unlock a treasure trove of genealogical information.

**GENE-704** | 2 sessions | \$26.50 AGE 60+ | \$39 REG  
P03 Tu 2-4 p.m. Pat Stamm  
Apr 9 - Apr 16 MC-SC 201

## Gleaning All You Can From the Census

With the release of the 1950 Census, genealogists now have a new source of information. But it is also important to assess, review, and delve into the previous censuses. Learn the various options and tricks to online census research.

**GENE-704** | 2 sessions | \$26.50 AGE 60+ | \$39 REG  
P04 Tu 2-4 p.m. Pat Stamm  
Mar 19 - Mar 26 MC-SC 201

# RELIGION

## Preachers and Protests: A Glance at Religion and Resistance

Learn how religion has shaped our history during civil unrest and conflict, giving us the will and hope needed to envision a better future. In a multimedia approach, you'll hear, read, and watch your way through a history of faith during struggle. Topics include: Protestant preacher Anne Askew's interrogation, John Brown's sacred crusade and failed slave rebellion and the clergy involved in the Memphis Sanitation Strike of 1968.

**RELG-765** | 1 session | \$24 AGE 60+ | \$29 REG  
P01 Tu 5-7 p.m. Michael Thomas  
Feb 27 FP-W 215

# PHILOSOPHY

## Shakespeare, Seuss, and Scripture: Exploring the Stories of Our Lives

Who is creating the story of your life? What stories have most influenced the way you read books, see plays, or watch movies? How do these stories and their influences impact the way you live? Explore and make connections between various stories and our lives through: (1) practicing the oral interpretation of various stories; (2) evaluating various characters and places in these stories; and (3) creating and sharing personal interpretations and applications of stories. What do the tales of Shakespeare's Hamlet, Seuss's Green Eggs and Ham, and Scripture's Noah have in common? If you love, fear, or are simply stumped by Shakespeare, Dr. Seuss, and/or the Bible, this class is for you.

**PHIL-701** | 1 session | \$24 AGE 60+ | \$29 REG  
P06 Sa 9-11 a.m. Scott Martin  
Feb 24 FP-W 101

## Logical Reasoning and Critical Thinking

Engage in the basics of argumentation and reasoning in this introduction to logic where you'll pinpoint how to identify, construct, and evaluate logical arguments, as well as, arguments with fallacies that merely look like good logic. Sharpen your ability to engage in critical thinking both in the abstract and when applying logical reasoning skills to content such as commercials, literature, and speeches.

**PHIL-701** | 1 session | \$23 AGE 60+ | \$29 REG  
P05 Th 6-8 p.m. Sahar Joakim, Ph.D.  
Feb 15 MC-SO 204

## Introduction to Political Philosophy

Uncover and review the study of fundamental questions about the state, government, politics, liberty, justice, property, rights, law and the enforcement of a legal code by authority. The class will analyze different forms of justice along with comparing and contrasting their philosophical foundations.

**PHIL-701** | 1 session | \$24 AGE 60+ | \$29 REG  
P02 Th 1-3 p.m. Katherine Miles  
Mar 21 FP-W 124

## Philosophy of Religion

Millions of people have faith that a supernatural being exists. Is there one? Initial focus will be on the philosophical arguments, some backed by science, others by religion, in favor of a belief in God. In addition, journey into several arguments against a belief in God. Assess your perspective on whether faith in God is based on reason by gaining a deeper understanding of both viewpoint beliefs.

**PHIL-701** | 1 session | \$23 AGE 60+ | \$29 REG  
P08 Th 6-8 p.m. Sahar Joakim, Ph.D.  
Mar 28 MC-SO 204

## Ethics

### Technology Ethics

Who is responsible for problems that arise due to use of technology embedded in our society? How can we ensure the safe and beneficial development of technology (including AI)? How do we preserve human agency and autonomy in a high-tech or AI-driven world? Delve into ideals and several ethical theories and how each applies to real-life scenarios in technology. Transform your thinking of normative ethics including deontology, utilitarianism, and virtue ethics and how to apply these theories.

**PHIL-701** | 1 session | \$23 AGE 60+ | \$29 REG  
P04 Th 6-8 p.m. Sahar Joakim, Ph.D.  
Feb 1 STLC-SoCo 202

### Ethics: The Right Way To Live

You did not choose to be born. But here you are! How should you live? Is there a "right" way? If so, what is it? And how can you know if you are living well? How far should you go to change the way other people live? Learn several normative theories according to which you should behave and apply your own theories to common activities and compare how you think things should be to how they are. Expand your knowledge of belief systems in ethics and gain the opportunity to discuss differences and similarities of views with community members.

**PHIL-701** | 1 session | \$23 AGE 60+ | \$29 REG  
P07 Th 6-8 p.m. Sahar Joakim, Ph.D.  
Feb 29 MC-SO 204

### Ethics 101: Ethical Theories

Have you ever wondered how decisions are influenced? Join us to examine introductory principles and techniques of rational decision making in morality through debate and discussion. Various ethical theories and philosophers are explored, introduced and analyzed.

**PHIL-701** | 1 session | \$24 AGE 60+ | \$29 REG  
P01 Tu 1-2:30 p.m. Katherine Miles  
Mar 5 FP-W 124

### Applied Ethics: Moral Dilemmas

There is often a fine line between different viewpoints on very specific data. Increase your aptitude in analyzing varying moral and ethical dilemmas. Come explore your understanding and participate in a moral/ethical dilemma to debate while defending your assigned position.

**PHIL-701** | 1 session | \$24 AGE 60+ | \$29 REG  
P03 W 1-3 p.m. Katherine Miles  
Apr 10 FP-W 124

# TOURS AND TRIPS

**For FP-Off Campus tours**, meet tour bus at the parking lot behind the West Wing.

**For FV-Off campus tours**, pick-up location to be announced prior to trip.

**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.

Tour prices include: professional guide, transportation, listed attractions, speakers, experiences, meals, and gratuities unless otherwise stated.

## St. Louis Architecture: An Armchair Tour

Bring your coffee and eat our donuts while viewing the history of St. Louis through its architecture. From the founding by the French through the coming of the various nationalities up to modern day, we will look at the buildings and why the people built them as they did.

**TRIP-701** | 1 session | \$27.50 AGE 60+ | **\$35** REG  
**P01** F 9 a.m. - 12 p.m. **Joan Huisinga**  
 Jan 23 MC-CE

## Exploring St. Louis

Take a spring adventure and discover historic places you may not have seen before in the St. Louis area. Meet for the first class for an informational meeting at the Continuing Education building followed by the first tour. Maps and future locations will be provided at the informational meeting.

**TRIP-701** | 1 session | \$129 AGE 60+ | **\$129** REG  
**P02** F 9 a.m. - 2:30 p.m. **Joan Huisinga**  
 Apr 5 - Apr 26 MC-Off Campus

## AWTY? Predator vs. Prey: Endangered Wolf Center Experience

Don't miss this one-of-a-kind opportunity to enjoy a private, two-hour, guided tour tailored to what you most want to see and learn. You'll find there's far more to wolves than what the word "predator" brings to mind. Enjoy a buffet lunch at Holiday Inn Express Six Flags before continuing your adventure to the World Bird Sanctuary for a guided tour to view birds on display and learn about the past inhabitants of the area and meet the current residents.

**TRIP-701** | 1 session | \$159 AGE 60+ | **\$159** REG  
**P03** W 8:30 a.m.-5 p.m. **Dea Hoover**  
 Mar 20 FV-Off Campus  
**P04** W 9 a.m.-4:30 p.m. **Dea Hoover**  
 Mar 20 MC-Off Campus

## AWTY? 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 ten pastures. Afterward, enjoy a family style lunch at Settler's Inn. Wrap up your trip at Crane's Country Store, a true general store. No matter where you're from, Crane's feels like coming home. Last date to withdraw with refund Mar 28. Last date to register Apr 19.

**TRIP-702** | 1 session | \$149 AGE 60+ | **\$149** REG  
**P01** F 6:45 a.m.-5 p.m. **Dea Hoover**  
 May 10 MC-Off Campus

## AWTY? Quincy: An American Day Trip

Enjoy an American Day in Quincy, IL. Begin with a visit to Underbrink's Bakery. Enjoy a sweet tray and a behind-the-scenes kitchen walk through. Learn about former and infamous residents on a Quincy architectural and historical highlights tour. Lunch will be at the iconic Maid-Rite, home of the loose meat sandwich. After lunch tour the All Wars Museum, with over 10,000 military artifacts. End the day with a visit to the 1930s Ag Museum, with a private collection that tells the beginnings of farming. Last date to withdraw with refund May 1. Last date to register May 10.

**TRIP-702** | 1 session | \$149 AGE 60+ | **\$149** REG  
**P02** W 7 a.m.- 6:30 p.m. **Dea Hoover**  
 May 22 MC-Off Campus

## AWTY? Gorgeous Grafton by Air, Land and Water

Soar over the Mississippi Bluffs on the brand new Grafton SkyTour to Aerie's Resort and Winery. 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. Wine sample included. Next, enjoy lunch at Castell's Moonlight for their famous TALK-N-CHIC® Fried Chicken. End the tour relaxing on the Hakuna Matata riverboat during a Mississippi River cruise. Last date to withdraw with refund May 10. Last day to register Jun 1.

**TRIP-702** | 1 session | \$144 AGE 60+ | **\$144** REG  
**P03** F 8:30-6 p.m. **Dea Hoover**  
 Jun 14 MC-Off Campus  
**P04** F 9:15 a.m.-5:30 p.m. **Dea Hoover**  
 Jun 14 FV-Off Campus

## Springtime on the River

Travel down the scenic byway learning river history as we go to Principia college, the beautiful little Christian Science school and home to the famous architect Bernard Maybeck buildings. Be sure to bring your camera since Principia's Bluff offers some of the best scenic views on the river. You will tour some buildings in the unique town of Elsay. Lunch will be very special at Tara Pointe Inn, the scenic Bed and Breakfast in Grafton that occupies one of the highest peaks on the river. You will enjoy a private tour of the home. Then return back to the Missouri shore via Brussels Ferry to the peninsula of Calhoun County where you will visit unique shops before heading out. Last date to withdraw with refund Apr 15. Last date to register Apr 17.

**TRIP-702** | 1 session | \$109 AGE 60+ | **\$109** REG  
**P05** Tu 8:30 a.m. - 5 p.m. **Joan Huisinga**  
 Apr 23 MC-Off Campus

## Cuba, Missouri: Where Art Meets History!

Journey to the charming town of Cuba, Missouri where art meets history. First, stop at the Visitor Center for a guide for the Murals of Cuba that will tell the story of these larger-than-life artworks that adorn the towns building. Enjoy lunch at Missouri Hick BBQ and continue on with a stroll down main street for some shopping. Finally, stop at the quirky and fun-filled sweet store, Uranus Fudge Factory. The last date to register or withdraw with full refund is February 13.

**TRIP-702** | 1 session | \$149 AGE 60+ | **\$149** REG  
**P06** Th 8:30 a.m.- 5 p.m. **Elizabeth White**  
 Apr 4 MC-Off Campus

## St. Louis' German Heritage Tour

German Americans have had a profound influence on the cultural life, the landscapes, and the architecture of St. Louis. The tour will highlight the parks, neighborhoods, art, architecture, and cultural institutions wrought by Germans in St. Louis, including a stop at G&W Sausage and Gus's Pretzels and lunch is included. Seh Dich Spater! The last date to register or withdraw with full refund is January 30. Last date to register: Feb 1.

**TRIP-701** | 1 session | \$139 AGE 60+ | **\$139** REG  
**P05** Th 9 a.m. - 4 p.m. **Elizabeth White**  
 Mar 21 MC-Off Campus

## Rock'n Around the Park

Journey to one of Illinois' best attractions, Starved Rock State Park where you will tour the park and visitors center, ending your day with dinner and a stay at the Lodge. The next day, start with brunch and a Rock 'n' Roll Tribute live show on stage. Sing along with your favorites from Jerry Lee Lewis, Chuck Berry, The Beatles, Rolling Stones and many more. Follow your rock and roll journey with a guided musical tour by the Nevery Brothers ranging from 1955 to 1965. Finish the day with a light snack after the show. Trip includes motorcoach and three meals. The last date to register or withdraw with full refund is March 5. Last date to register: Mar 12.

**TRIP-702** | 1 session | \$609 AGE 60+ | **\$609** REG  
**P07** M-Tu 9:45 a.m.- 7:30 p.m. **Elizabeth White**  
 Apr 29 - Apr 30 MC-Off Campus

## Springtime in Amish Country

Tour the third largest Amish community in the nation, Shipshewana & Middlebury Indiana. Explore and shop for unique gifts at the iconic Shipshewana Auction and Flea Market. Tour with a local Amish guide through the beautiful countryside where you will visit an Amish bakery, blacksmith, and furniture store. Enjoy a home cooked supper at an Amish homestead and create your own wooden quilt square as a souvenir. This tour includes motorcoach, three breakfasts and two dinners. Note: This trip is requires a substantial amount of walking. You must be able to get on and off the motorcoach with minimal assistance. The last date to register or withdraw with full refund is March 19. Last date to register: Mar 25.

**TRIP-702** | 1 session | \$999 AGE 60+ | **\$999** REG  
**P08** Tu-Th 6:30 a.m.- 6 p.m. **Elizabeth White**  
 May 14 - May 16 MC-Off Campus

# FITNESS, RECREATION AND SPORTS

## Cruisin' the Mississippi

Join a two-day round-trip cruise on the Twilight Riverboat, a replica of the lavish Victorian steamboats of over a century ago. The cruise begins at the port of LeClaire, Iowa as we set sail up the "Mighty Miss!" Settle into a deck lounge and relax on the decks inside or out as you enjoy nautical navigation and narration by our captain as we sail by quaint river towns, river wildlife, and historical markers. Each day includes live entertainment and delicious meals prepared on board. Overnight stay between cruising days at the port of Dubuque, Iowa. Note: You must be able to climb stairs on the sternwheel without assistance. The last date to register or withdraw with full refund is April 10. Last date to register: Apr 16.

**TRIP-702** | 1 session | \$1585 AGE 60+ | \$1585 REG  
**P09** M-Th 7 a.m.-1 p.m. **Elizabeth White**  
 Jun 10 - Jun 13 *MC-Off Campus*

## St. Louis Cardinals Spring Training via Air

Get ready St. Louis Cardinals fans... Baseball is back in Florida for Spring Training 2024! Join us on this five day adventure to Jupiter, FL, winter home of the St. Louis Cardinals. Begin your trip to "The Sunshine State" with dinner and overnight accommodations in Orlando. The next day, we are off to the Atlantic Coast and Roger Dean Stadium for Spring Training OPENING DAY. After the game, enjoy dinner waterside restaurant. Next day enjoy some personal time on the beach before Game #2 with dinner after. On your last day, visit the batting practice fields at the stadium before Game #3. After the game, enjoy dinner prior to checking into our overnight accommodations in Orlando. Trip includes airfare, 3 breakfasts and 3 dinners, all listed attractions and games, taxes and gratuities. The last date to register: January 9.

**TRIP-702** | 1 session | \$2577 AGE 60+ | \$2577 REG  
**P10** F-Tu **Elizabeth White**  
 Feb 23 - Feb 27 *MC-Off Campus*

## Solar Eclipse Expedition

Experience nature's greatest sight - a total eclipse of the Sun! This spectacular total solar eclipse will be a record-setting astronomical event on April 8, 2024. Depart St. Louis and head east to Indiana - an outstanding destination for the total solar eclipse! Enjoy lunch in Spencer, Indiana - right at the eclipse totality epicenter. Enjoy strolling Spencer's town square, court house and quaint small town atmosphere. After this amazing experience, travel a short distance to the south side of Indianapolis for overnight accommodations and dinner. The next morning, enjoy breakfast then on to visit the historic Houck Covered Bridge and the Boone-Hutcheson Cemetery. Before heading back to St. Louis, enjoy lunch and browsing time in historic Greencastle, Indiana. The eclipse will not be seen in St. Louis, so join us as we travel to the center of the eclipse in Indiana! Pick-Up: Crackle Barrel Old Country Store, 1050 South Highway Drive, Fenton, Mo. 63026. Trip includes motorcoach, gratuities, three meals, all listed attractions and taxes. The last date to register: February 23.

**TRIP-702** | 1 session | \$497 AGE 60+ | \$497 REG  
**P11** M-Tu **Elizabeth White**  
 Apr 8 - Apr 9 *MC-Off Campus*

## Baton Twirling

### Baton Twirling

Twirl, march, spin and roll! Do you miss your childhood activity twirling the baton or never learned and want to give it a try? Taught by a former champion, join in the fun to learn routines, try a new skill, increase your fitness, perform for friends and family or competition. Wear comfortable clothing and tennis or oxford shoes. No oversized shirts. Hair must be tied back or up. Includes baton.

**PEDU-747** | 6 sessions | \$57 AGE 60+ | \$69 REG  
**P01** F 5:30-6:30 p.m. **Jenney Woodford**  
 Feb 2 - Mar 22 *FP-PE GYM*

## Bowling

### Bowling Skills

Whether you are just beginning or looking to bring your bowling game up a notch, have fun and learn new techniques as you learn proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games each week.

**PEDU-772** | 4 sessions | \$48 AGE 60+ | \$65 REG  
**P01** Tu 11 a.m.-1 p.m. **Mike Bluth**  
 Mar 19 - Apr 9 *Crestwood Bowl*

## 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** | 8 sessions | \$69 AGE 60+ | \$69 REG  
**P01** Th 5-6 p.m. **Lisa Huseman**  
 Feb 1 - Mar 28 *Z Total Body*  
 • NOTE: No class 3/14.  
**P02** Th 5-6 p.m. **Lisa Huseman**  
 Apr 18 - Jun 6 *Z Total Body*

## Games

### Modern Board Gaming: An Introduction

Board gaming is a great way to bring people together and now is as good a time as any to get into this great hobby. Learn about new games with a few different starting points and get answers to questions you have about this ever growing and evolving hobby. There is more to board games than Monopoly, Clue, Scrabble, and Candy Land. Lots more. Come find out!

**GAME-710** | 1 session | \$30 AGE 60+ | \$35 REG  
**P01** Sa 10 a.m.-12 p.m. **Adam Collins**  
 Feb 10 *FP-E 210*  
**P02** W 6-8 p.m. **Adam Collins**  
 Jun 5 *Online*

### Board Game Production

Got a board game idea and don't know what to do with it? Get the resources you need to take the next steps: where to go for parts, art, playtesters and more will be explained and explored! Let's get that idea out to the world!

**GAME-710** | 1 session | \$30 AGE 60+ | \$35 REG  
**P03** Sa 10 a.m.-12 p.m. **Adam Collins**  
 Feb 24 *FP-E 210*  
**P04** W 6-8 p.m. **Adam Collins**  
 Jun 12 *Online*

### Let's Make Magic

Want to impress your friends with magic tricks? For the young or old, entertain others with amazing card magic and beyond. With hands-on experience in class, everyone will work together to master their sleight of hand and performance skills to become an illusionist. Supply list will be sent.

**GAME-711** | 1 session | \$30 AGE 60+ | \$35 REG  
**P01** Sa 10 a.m.-12 p.m. **Paul Gregor**  
 Mar 23 *Online*  
**P02** Sa 10 a.m.-12 p.m. **Paul Gregor**  
 Apr 27 *MC-SO 107*

### All About Crosswords

In this interactive session led by a championship solver and experienced crossword constructor, you'll explore crosswords as both a hobby and as a profession. Learn the secrets of speed-solving and practice your wordplay skills in a variety of cruciverbal activities. All supplies provided.

**GAME-711** | 1 session | \$30 AGE 60+ | \$35 REG  
**P03** Sa 10 a.m.-12 p.m. **Shannon Rapp**  
 Feb 24 *FV-SO 111*  
**P04** Sa 10 a.m.-12 p.m. **Shannon Rapp**  
 Mar 23 *FP-W 118*





Golf

**Golf: Basics and Beyond**

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

- PEDU-730** | 5 sessions | \$89<sup>AGE 60+</sup> | \$89<sup>REG</sup>  
**P01** Tu 5:30-7 p.m. **Tim Davenport**  
 Apr 2 – Apr 30 Eagle Springs Golf Course  
**P02** Sa 10-11:30 a.m. **Tim Davenport**  
 Apr 6 – May 4 Eagle Springs Golf Course  
**P03** Sa 10-11:30 a.m. **Tim Davenport**  
 Jun 1 – Jun 29 Eagle Springs Golf Course

**Golf: Playing Lessons**

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 fee at the golf course.

- PEDU-765** | 1 session | \$39<sup>AGE 60+</sup> | \$39<sup>REG</sup>  
**P01** M 5-7 p.m. **Tim Davenport**  
 Apr 15 Eagle Springs Golf Course  
**P02** M 5:30-7:30 p.m. **Tim Davenport**  
 May 13 Eagle Springs Golf Course

**Golf: Beginners 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.

- PEDU-730** | 6 sessions | \$72<sup>AGE 60+</sup> | \$85<sup>REG</sup>  
**P04** Tu 12-1 p.m. **Scott Neibert**  
 Apr 2 – May 7 First Tee Driving Range  
**P05** Th 6:30-7:30 p.m. **Scott Neibert**  
 Apr 4 – May 9 First Tee Driving Range  
**P06** Sa 9-10 a.m. **Scott Neibert**  
 Apr 6 – May 11 First Tee Driving Range

**Golf: Beginners 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 | \$72<sup>AGE 60+</sup> | \$85<sup>REG</sup>  
**P01** Tu 1-2 p.m. **Scott Neibert**  
 Apr 2 – May 7 First Tee Driving Range  
**P02** Th 7:30-8:30 p.m. **Scott Neibert**  
 Apr 4 – May 9 First Tee Driving Range  
**P03** Sa 10-11 a.m. **Scott Neibert**  
 Apr 6 – May 11 First Tee Driving Range

Pilates and Yoga

**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.

- PEDU-756** | 8 sessions | \$69<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P01** Tu 5:30-6:30 p.m. **Lisa Huseman**  
 Jan 30 – Mar 26 Z Total Body  
 • NOTE: No class 3/12  
**P02** Tu 5:30-6:30 p.m. **Lisa Huseman**  
 Apr 16 – Jun 4 Z Total Body

**Buti Yoga™**

Buti Yoga is a trademarked style of yoga that combines plyometrics, tribal dancing and dynamic yoga asanas, creating an intense workout. Unlike traditional yoga, Buti Yoga is guided heavily by music for abdomen activation while bringing balance to your body's energetic and emotional systems.

- PEDU-761** | 8 sessions | \$69<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P01** Tu 6:30-7:30 p.m. **Lisa Huseman**  
 Jan 30 – Mar 26 Z Total Body  
 • NOTE: No class 3/12  
**P02** Tu 6:30-7:30 p.m. **Lisa Huseman**  
 Apr 16 – Jun 4 Z Total Body

**Yoga: Beginners**

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

- PEDU-761** | 10 sessions | \$119<sup>AGE 60+</sup> | \$119<sup>REG</sup>  
**P03** M 12:15-1:15 p.m. **Kelly Kauffman**  
 Jan 29 – Apr 15 Aftton Community Center Classroom C  
 • NOTE: No class 2/19, 3/11

**Yoga: Beginners**

New to yoga, learn the basics of poses, alignments, and the intention and philosophy behind the asanas. You'll also learn the etiquette of yoga. No yoga experience necessary. Bring a towel and yoga mat.

- PEDU-761** | 6 sessions | \$59<sup>AGE 60+</sup> | \$59<sup>REG</sup>  
**P05** W 10:30-11:30 a.m. **Ashley Menard**  
 Jan 31 – Mar 6 South River Yoga

**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.

- PEDU-761** | 10 sessions | \$119<sup>AGE 60+</sup> | \$119<sup>REG</sup>  
**P04** M 1:30-2:30 p.m. **Kelly Kauffman**  
 Jan 29 – Apr 15 Aftton Community Center Classroom C  
 • NOTE: No class 2/19, 3/11

**Keep Your Bones Strong**

Practice and learn how to enhance bone strength from an internationally certified yoga therapist. Gain insight into the science of bone and pertinent research and receive a personal anatomical assessment. Discover how to foster balance and tensile strength while enhancing muscle stability and joint alignment with targeted movement. Must not have osteoporosis. Must be able to get up and down from the floor. Bring a yoga mat, towel, blanket and water.

- PEDU-761** | 6 sessions | \$63<sup>AGE 60+</sup> | \$79<sup>REG</sup>  
**P06** W 6:15-7:30 p.m. **Pamela Todd**  
 Jan 31 – Mar 6 MC-PE 112

**Yoga: All Levels**

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.

- PEDU-761** | 8 sessions | \$53<sup>AGE 60+</sup> | \$69<sup>REG</sup>  
**P07** M 6-7 p.m. **Sharon Danyluck**  
 Feb 5 – Apr 8 Sunset Hills Community Center  
 • NOTE: No class 2/19, 3/11

Volleyball

**Volleyball: Recreational**

Keep fit, have fun and make friends. All levels welcome.

- PEDU-704** | 10 sessions | \$64<sup>AGE 60+</sup> | \$99<sup>REG</sup>  
**P01** F 7-8:30 p.m. **Jason Guss**  
 Mar 29 – May 31 FV-PE Gym



## Pickleball

All equipment provided. Dress appropriately for Dwight Davis outdoor courts. 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: Beginner

Pickleball is a fast-growing and easy-to-learn sport that provides exercise for all ages. Learn tips and strategies through game-play scenarios.

**PEDU-740** | 4 sessions | \$119<sup>AGE 60+</sup> | \$119<sup>REG</sup>

**P01** Tu 3:15-4:45 p.m. Callahan Pickleball Academy  
Jan 30 – Feb 20 Affton Community Center

**P02** Tu 3:15-4:45 p.m. Callahan Pickleball Academy  
Mar 5 – Apr 2 Affton Community Center  
• NOTE: No class 3/12

**P03** Tu 3:15-4:45 p.m. Callahan Pickleball Academy  
Apr 16 – May 7 Affton Community Center

**P04** Tu 3:15-4:45 p.m. Callahan Pickleball Academy  
May 21 – Jun 11 Affton Community Center

**P05** W 1-2:30 P.M. Callahan Pickleball Academy  
Apr 3 – Apr 24 Dwight Davis Tennis Center

**P06** Sa 1-2:30 p.m. Callahan Pickleball Academy  
Apr 6 – Apr 27 Dwight Davis Tennis Center

**P07** W 1-2:30 p.m. Callahan Pickleball Academy  
May 1 – May 22 Dwight Davis Tennis Center

**P08** Sa 1-2:30 p.m. Callahan Pickleball Academy  
May 4 – Jun 1 Dwight Davis Tennis Center  
• NOTE: No class 5/25

**P09** W 1-2:30 p.m. Callahan Pickleball Academy  
May 29 – Jun 26 Dwight Davis Tennis Center  
• NOTE: No class 6/19

**P10** Sa 1-2:30 p.m. Callahan Pickleball Academy  
Jun 8 – Jun 29 Dwight Davis Tennis Center

**P11** Tu 4:30-6 p.m. Various Instructors  
Feb 6 – Feb 27 Vetta Sunset Hills

**P12** Tu 4:30-6 p.m. Various Instructors  
Apr 2 – Apr 23 Vetta Sunset Hills

**P13** Tu 4:30-6 p.m. Various Instructors  
May 7 – May 28 Vetta Sunset Hills

**P27** M 1-2:30 p.m. Callahan Pickleball Academy  
Apr 8 – Apr 29 Chesterfield Parks & Rec

**P28** M 1-2:30 p.m. Callahan Pickleball Academy  
Jun 3 – Jun 24 Chesterfield Parks & Rec

### Pickleball: Intermediate

**PEDU-740** | 4 sessions | \$119<sup>AGE 60+</sup> | \$119<sup>REG</sup>

**P14** Tu 4:45-6:15 p.m. Callahan Pickleball Academy  
Jan 30 – Feb 20 Affton Community Center

**P15** Tu 4:45-6:15 p.m. Callahan Pickleball Academy  
Mar 5 – Apr 2 Affton Community Center  
• NOTE: No class 3/12

**P16** Tu 4:45-6:15 p.m. Callahan Pickleball Academy  
Apr 16 – May 7 Affton Community Center

**P17** Tu 4:45-6:15 p.m. Callahan Pickleball Academy  
May 21 – Jun 11 Affton Community Center

**P18** W 2:30-4 p.m. Callahan Pickleball Academy  
Apr 3 – Apr 24 Dwight Davis Tennis Center

**P19** Sa 2:30-4 p.m. Callahan Pickleball Academy  
Apr 6 – Apr 27 Dwight Davis Tennis Center

**P20** W 2:30-4 p.m. Callahan Pickleball Academy  
May 1 – May 22 Dwight Davis Tennis Center

**P21** Sa 2:30-4 p.m. Callahan Pickleball Academy  
May 4 – Jun 1 Dwight Davis Tennis Center  
• NOTE: No class 5/25

**P22** W 2:30-4 p.m. Callahan Pickleball Academy  
May 29 – Jun 26 Dwight Davis Tennis Center  
• NOTE: No class 6/19

**P23** Sa 2:30-4 p.m. Callahan Pickleball Academy  
Jun 8 – Jun 29 Dwight Davis Tennis Center

**P24** Th 4:30-6 p.m. Various Instructors  
Feb 8 – Feb 29 Vetta Sunset Hills

**P25** Th 4:30-6 p.m. Various Instructors  
Apr 4 – Apr 25 Vetta Sunset Hills

**P26** Th 4:30-6 p.m. Various Instructors  
May 9 – May 30 Vetta Sunset Hills

## Self-Defense

### Krav Maga™

Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced discipline designed to prepare both body and mind for violent attacks. While utilizing stress drills to mimic real-life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques. Class is fully interactive. No shoes on mats; athletic wear required. Please note: Business partner requires student photo to be taken at first class.

**PEDU-743** | 10 sessions | \$95<sup>AGE 60+</sup> | \$95<sup>REG</sup>

**P01** Th 6-7 p.m. Steve Sulze  
Feb 1 – Apr 11 Chesterfield Xtreme Krav Maga  
• NOTE: No class 3/14

**P02** M 6-7 p.m. Steve Sulze  
Feb 5 – Apr 22 Fenton Xtreme Krav Maga  
• NOTE: No class 2/19, 3/11

**P03** Th 7-8 p.m. Steve Sulze  
Feb 8 – Apr 18 Fenton Xtreme Krav Maga  
• NOTE: No class 3/14

**P04** Sa 10-11 a.m. Steve Sulze  
Apr 6 – Jun 15 Chesterfield Xtreme Krav Maga  
• NOTE: No class 5/25

**P05** M 6-7 p.m. Steve Sulze  
Apr 8 – Jun 17 Chesterfield Xtreme Krav Maga  
• NOTE: No class 5/27

### Women's Krav Maga™

**PEDU-743** | 10 sessions | \$95<sup>AGE 60+</sup> | \$95<sup>REG</sup>

**P06** Sa 10-11 a.m. Steve Sulze  
Apr 6 – Jun 15 Fenton Xtreme Krav Maga  
• NOTE: No class 5/25

### Practical Women's Self Defense

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.

**PEDU-743** | 1 session | \$39<sup>AGE 60+</sup> | \$39<sup>REG</sup>

**P07** Sa 9 a.m.-12 p.m. Gina Breadon  
Feb 3 CODA Martial Arts

**P08** F 6-9 p.m. Gina Breadon  
Mar 22 CODA Martial Arts

**P09** Sa 9 a.m.-12 p.m. Gina Breadon  
Apr 27 CODA Martial Arts



# WELLNESS AND PERSONAL DEVELOPMENT

## Personal Insights

### Medical Cannabis 101<sup>†</sup>

The use of cannabis to manage chronic medical conditions is on the rise in the United States. Many are looking to replace their often long medication list with more holistic treatments and cannabis has been a very effective option for many. Taught by a cannabis nurse educator, the scientific basics of medical cannabis will be explored along with the endocannabinoid system, cannabinoids including THC and CBD, common dosing protocols, delivery methods, and how to consume legally and responsibly.

**HEAL-701** | 1 session | \$25 AGE 60+ | \$25 REG  
**P01** Sa 9-10:30 a.m. **April Hatch**  
 Apr 20 FP-W 325

### Introduction to Making Cannabis Products at Home<sup>†</sup>

Although a physician can recommend cannabis for the treatment of a variety of chronic conditions, it is not covered by insurance and often causes a strain for patients financially. Many who have benefitted from utilizing cannabinoids cannot afford the price of manufactured products, like tinctures and edibles in dispensaries. They may also want to avoid contributing to the waste the products create. Learn the basics of making infusions and edibles at home. This is often ideal for patients who want the benefits from non-intoxicating cannabinoids like CBD and CBG.

**HEAL-701** | 1 session | \$25 AGE 60+ | \$25 REG  
**P02** Sa 12:30-2 p.m. **April Hatch**  
 Apr 20 FP-W 325

### Be Healthy and Happy

Good health can be summarized in six basics: what you eat, what you drink, how you sleep and rest, how you breathe, how you move, and how you think. Learn to enhance all these areas of life with simple and sometimes small changes that make a huge difference for greater health and wellbeing.

**HEAL-765** | 1 session | \$24 AGE 60+ | \$29 REG  
**P01** Sa 10 a.m.-12 p.m. **Laurel Clark**  
 May 4 STLCC-Corp 209  
**P02** Tu 6-8 p.m. **Laurel Clark**  
 Jun 4 STLCC-Corp 209

<sup>†</sup> 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 professionals regarding your specific situation.

## Tennis

### National Tennis Rating Program (NTRP)

- 1.0 This player is just starting to play tennis.
- 2.0 May have had some lessons; needs on-court experience.
- 2.5 Can sustain a short rally of slow pace; needs to develop form.
- 3.0 Consistent on medium-paced shots; needs work on form and strategy.
- 3.5 Consistent with directional control; needs to work on specialty shots.
- 4.0 Dependable with directional control and depth has specialty shots. 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 emphasis on proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Consistency of stroke production is a major goal.

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

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

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

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

See NTRP rating box.

- PEDU-733** | 7 sessions | \$75 AGE 60+ | \$75 REG
- P01** Sa 2:30-3:30 p.m. **Jason Falzone**  
 Feb 3 - Apr 13 Vetta Concord  
 • NOTE: No class 2/17, 3/9, 3/16, 3/30
- P02** Tu 1-2 p.m. **Jason Falzone**  
 Feb 6 - Mar 26 Vetta Concord  
 • NOTE: No class 3/12
- P03** Tu 1-2 p.m. **Jason Falzone**  
 Apr 16 - May 28 Vetta Concord
- P04** Sa 2:30-3:30 p.m. **Jason Falzone**  
 Apr 27 - Jun 15 Vetta Concord  
 • NOTE: No class 5/25

### Tennis: Beginning II, NTRP 2.5

See NTRP rating box.

- PEDU-734** | 7 sessions | \$75 AGE 60+ | \$75 REG
- P01** Sa 3:30-4:30 p.m. **Jason Falzone**  
 Feb 3 - Apr 13 Vetta Concord  
 • NOTE: No class 2/17, 3/9, 3/16, 3/30
- P02** Sa 3:30-4:30 p.m. **Jason Falzone**  
 Apr 27 - Jun 15 Vetta Concord  
 • NOTE: No class 5/25

### Tennis: Intermediate I, NTRP 3.0

See NTRP rating box.

- PEDU-735** | 7 sessions | \$99 AGE 60+ | \$99 REG
- P01** Tu 2-3:30 p.m. **Jason Falzone**  
 Feb 6 - Mar 26 Vetta Concord  
 • NOTE: No class 3/12
- P02** Tu 2-3:30 p.m. **Jason Falzone**  
 Apr 16 - May 28 Vetta Concord

### Tennis: Intermediate Advanced, NTRP 3.0-4.0

See NTRP rating box.

- PEDU-736** | 7 sessions | \$99 AGE 60+ | \$99 REG
- P01** Sa 4:30-6 p.m. **Jason Falzone**  
 Feb 3 - Apr 13 Vetta Concord  
 • NOTE: No class 2/17, 3/9, 3/16, 3/30
- P02** Sa 4:30-6 p.m. **Jason Falzone**  
 Apr 27 - Jun 15 Vetta Concord  
 • NOTE: No class 5/25

# WELLNESS AND PERSONAL DEVELOPMENT

## Personal Insights

### 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. In the second and third chapters of life, we may discover that our own life is similar to seasonal patterns of endings and beginnings. You may lose a loved one or a job, experience divorce or illness, have an empty nest. Or, you become a new grandparent, embark on new job or move to a new city. Whether the transition is positive or negative, we all have times when we ask ourselves, "How can I make it easier?" Learn practical strategies to empower you in making future changes with increased confidence, less stress and the greater potential to thrive. Class is recommended for individuals 50 and older.

**PERD-709** | 2 sessions | \$32<sub>AGE 60+</sub> | \$45<sub>REG</sub>

**P01** Sa 9:30 a.m.-12:30 p.m. **Carol Watkins**  
Feb 3 - Feb 10 *Online*

### Discerning Your Life Purpose

Everyone has unique talents, gifts, and qualities. Learn to identify your strengths and values to understand your unique contribution to the world. Using a "Values Assessment" questionnaire drawing upon intuitive guidance through dreams and meditation, and using journaling prompts, this class will help you discern your life purpose for greater fulfillment and peace of mind.

**PERD-709** | 2 sessions | \$31<sub>AGE 60+</sub> | \$39<sub>REG</sub>

**P02** Sa 10 a.m.-12 p.m. **Laurel Clark**  
Feb 3 - Feb 10 *Online*

### Reframing Aging

Do you think about aging? Research shows that our beliefs about aging determine how long and how well we live, yet most of us find it hard to break through the societal aging stereotype. Get the perspectives and tools to overcome traditional beliefs and live your life to the fullest.

**PERD-709** | 1 session | \$20<sub>AGE 60+</sub> | \$25<sub>REG</sub>

**P03** Sa 9:30-11 a.m. **Carol Watkins**  
Mar 2 *Online*

### Pendulum Dowsing for Intuitive Guidance

Trusting intuition can be a challenge. Learn how to use a pendulum for intuitive guidance. This tool can be used for decision making, to find lost objects, and for healing. No previous experience necessary. Instructor will supply resources for buying or making a pendulum that students may use for practice.

**PERD-709** | 1 session | \$24<sub>AGE 60+</sub> | \$29<sub>REG</sub>

**P04** Sa 10 a.m.-12 p.m. **Laurel Clark**  
Mar 2 *Online*

### Becoming More Creative in Everyday Life

We're all creative! Creativity encompasses more than art. Whether you think you have a 'creative bone' in your body or not, you can learn how to draw upon inspiration, intuition, and imagination to become more creative for decision making, personal relationships, and all areas of life.

**PERD-709** | 1 session | \$24<sub>AGE 60+</sub> | \$29<sub>REG</sub>

**P05** W 6-8 p.m. **Laurel Clark**  
Mar 20 *STLCC - Corp 209*

### Courage, Risks & Rewards:

#### Taking Chances to Change Your Life

Life is all about choices. The decision to leap into something new or different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk and learn how to change your mindset. Learn five powerful perspectives on risk-taking that will empower you to take more chances and create opportunities for happiness and fulfillment.

**PERD-709** | 2 sessions | \$28<sub>AGE 60+</sub> | \$35<sub>REG</sub>

**P06** Sa 9:30-11 a.m. **Carol Watkins**  
May 4 - May 11 *MC-SO 109*

### 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 | \$46<sub>AGE 60+</sub> | \$55<sub>REG</sub>

**P01** Th 10 a.m.-12 p.m. **Rhonda Leifheit**  
Feb 15 - Mar 7 *MC-SO 112*

### Dreams, Sleep, and Intuition

We all dream! Some of the greatest inventions, masterpieces, and business ideas come from dreams. Dreams give you guidance, inspiration, and understanding of yourself and your relationships. Learn how to improve your sleep, remember your dreams, and how to begin interpreting the messages they reveal.

**PERD-735** | 2 sessions | \$31<sub>AGE 60+</sub> | \$39<sub>REG</sub>

**P02** Tu 6-8 p.m. **Laurel Clark**  
Apr 2 - Apr 9 *STLCC - Corp 209*

### 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 (intuiting information by holding objects) and more.

**PERD-735** | 4 sessions | \$46<sub>AGE 60+</sub> | \$55<sub>REG</sub>

**P03** W 6-8 p.m. **Rhonda Leifheit**  
May 22 - Jun 12 *MC-SO 109*

### Assertiveness for the Sensitive Person

Have you ever been told you're too nice and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others than their own. This can result in an individual feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.

**PERD-743** | 2 sessions | \$31<sub>AGE 60+</sub> | \$39<sub>REG</sub>

**P01** Th 7-9 p.m. **Nancy Cohen**  
Mar 21 - Mar 28 *Online*

### Discover the Benefits of Meridian Tapping

Meridian tapping combines tapping on acupressure points with intention statements to clear mental, emotional and physical energy. Also referred to as energy tapping or emotional freedom technique (EFT), its usage continues to grow because of its effectiveness. Learn step-by-step instruction in tapping for emotions such as anxiety, fear, anger and feeling overwhelmed; origins of thought field therapy; applications for health issues such as indigestion, headaches and insomnia; root cause technique to heal long-standing or complex issues; techniques to clear self-sabotage and change unwanted habits; and, self-acceptance as a means to greater health and emotional freedom.

**PERD-765** | 3 sessions | \$35<sub>AGE 60+</sub> | \$49<sub>REG</sub>

**P01** Sa 10 a.m.-12 p.m. **Rhonda Leifheit**  
Feb 10 - Mar 2 *MC-SO 109*  
• NOTE: No class 2/17

### Astrology: Beginner's Guide

Curious about how the planets affect your everyday life? Examine astrology fundamentals and how the planets and zodiac signs affect your life and the world around you with information and guidance to determine use in your daily activities. Focus will also include reviewing individual birth charts.

**PERD-765** | 2 sessions | \$31<sub>AGE 60+</sub> | \$39<sub>REG</sub>

**P02** Tu 6:30-8:30 p.m. **Ryan Chester**  
Feb 20 - Feb 27 *MC-SO 109*

### Emotional Escape

Everybody has problems but certain problems can consume us, make us sick, and waste our time and energy to the point of exhaustion. They keep us up at night with worry and stress. Whether at work, home, or a social situation, you can get over these hurdles and move on. Life is full of problems for some who lose control and fall back into depression. This doesn't have to happen to you. Learn how to escape from your ongoing emotional distress, worry, and anxiety in this eye-opening class that will teach you how to take control of a situation, your thoughts, compartmentalize those that keep you up at night, and resolve. You will learn how to achieve self-hypnosis, gain control of a problem, and find achievable resolutions.

**PERD-765** | 1 session | \$24<sub>AGE 60+</sub> | \$29<sub>REG</sub>

**P03** Sa 10 a.m.-12 p.m. **Cheryl D. Ring**  
Feb 24 *MC-SO 109*

### Secrets of Synchronicity

Synchronicities are 'meaningful coincidences' reminding us that higher wisdom is speaking to us. When we're caught up in routines, or filled with fear and worry, we miss this valuable guidance. Learn to transform your mundane world into a world of enchantment through symbolism in nature, the wonder of chance meetings, and much more.

**PERD-765** | 4 sessions | \$46<sub>AGE 60+</sub> | \$55<sub>REG</sub>

**P04** Th 10 a.m.-12 p.m. **Rhonda Leifheit**  
Apr 4 - Apr 25 *MC-SO 107*

### Meditations For Inner Peace

Calm your anxious mind, relax your body and lift your spirits. Meditation brings relaxation, mental clarity, emotional balance and opens the heart and mind to greater spiritual awareness. Experience a variety of techniques and find the ones that are best for you. Meditation is an important practice in spirituality, as well as intuitive development.

**PERD-765** | 4 sessions | \$46<sub>AGE 60+</sub> | \$55<sub>REG</sub>

**P05** Tu 6-8 p.m. **Rhonda Leifheit**  
Apr 16 - May 7 *MC-SO 109*

# 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](http://stlcc.edu/CE).

Enrollment in Continuing Education classes and programs is limited to persons 18 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

Affton White-Rodgers Community Center (AFCC) 9801 Mackenzie Rd., 63123	Perennial (PRNL) 3762 S. Broadway, 63118
Almas Del Ritmo Dance Company (ADRD) 3515 Park Ave., 63104	Robertsville State Park (RBVL) 902 State Park Dr., 63072
Bluebird Park - Ellisville (ELLIS) 225 Kiefer Creek Rd., 63201	Shaw Nature Reserve (SNR) 307 Pinetum Loop Rd., 63039
Chesterfield Parks, Recreation & Arts (CFPR) 17891 N. Outer Rd., 63005	South Broadway Art Project (SBAP) 3816 S. Broadway, 63118
Castlewood State Park (CAST) 1401 Kiefer Creek Rd, 63021	South River Yoga (SRYG) 4407 Meramec Bottom Rd., 63129
Central Print (CPRT) 2624 N 14th St, 63106	St. Louis Art Museum (SLAM) 1 Fine Arts Dr., 63110
City Sewing Room (CSEW) 6700 Arsenal Ave., 63139	Sunset Hills Community Center (SHCC) 3915 S. Lindbergh Blvd., 63127
CODA Martial Arts (CODA) 11025 Gravois Industrial Ct Suite B 63128	The Wine Barrel (TWB) 3828 S. Lindbergh Blvd., #111 63127
Crestwood Bowl (CWBL) 9822 Watson Rd, 63126	The Wine and Cheese Place-Forsyth (WCPF) 7435 Forsyth Blvd, 63105
Culinary Arts House (CAH) 3137 Hampton Ave., 63139	The Wine and Cheese Place-Kirkwood (WCPK) 10451 Manchester Rd, 63122
Dwight Davis Tennis Center (DDTC) 5620 Grand Dr., 63112	Thomas Dunn Learning Center (TDLC) 3113 Gasconade St., 63118
Eagle Springs Golf Course (ESGC) 2575 Redman Rd., 63136	Vetta Sports - Concord (CONC) 12320 Old Tesson Rd., 63128
Episcopal Church of the Advent (EPCA) 9373 Garber Rd., 63126	Vetta Sports - Sunset Hills (SUNS) 10911 Gravois Industrial Ct., 63128
Jammin J Automotive (JJA) 10188 Page Ave, 63132	Xtreme Krav Maga & Fitness - Chesterfield (XKMC) 291 Chesterfield Center, 63017
Kirkwood High School (KHS) 801 W. Essex Ave., 63122	Xtreme Krav Maga & Fitness - Fenton (XKMF) 570 South Highway Dr., 63026
	Z Total Body - Fenton (ZBOD) 830 Horan Dr., 63026

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

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

**STLCC-Florissant Valley**  
*FV*  
3400 Pershall Rd., 63135

**STLCC-Forest Park**  
*FP*  
5600 Oakland Ave., 63110

**STLCC-Meramec**  
*MC*  
11333 Big Bend Rd., 63122

**STLCC-Meramec, Continuing Education Building**  
*MC-CE*  
802 Couch Ave., 63122

**STLCC-South County**  
*STLCC-SoCo*  
4115 Meramec Bottom Rd., 63129

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

**STLCC-Wildwood**  
*WW*  
2645 Generations Dr.  
Wildwood, 63040

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For more information, visit [stlcc.edu/CE](http://stlcc.edu/CE)

## Campus Legend

### FLORISSANT VALLEY = FV

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

### FOREST PARK = FP

E..... EAST WING  
W..... WEST WING  
HealthSci..... CTR NURSING & HEALTH SCIENCES  
HSP..... HOSPITALITY  
LB..... LIBRARY  
PE..... PHYSICAL EDUCATION  
Student Ctr.... STUDENT CENTER  
T..... THEATRE  
AA..... ART ANNEX

### MERAMEC = MC

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

### WILDWOOD = WW

### EXTENSION CAMPUSES

STLCC Corporate College = STLCC-Corp  
STLCC South County = STLCC-SoCo  
William J. Harrison Education Center = STLCC-Harrison

Enrollment in Continuing Education is limited to persons 18 years or older except for youth classes or where otherwise noted. 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.

### 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](http://stlcc.edu/CE); go to "Support for Online Classes."

### Students' Rights and Responsibilities

All students are responsible for adhering to College policies and procedures. Please refer to [stlcc.edu/need2know](http://stlcc.edu/need2know).

### Class Changes/Postponement/Cancellation

Any course changes in dates, times or locations will be emailed to students using the email address provided during course enrollment. Because Continuing Education (non-credit) classes are self-supporting, the decision to run a class is based on the number of students enrolled. The College reserves the right to cancel if sufficient enrollment is not achieved. **For changes and cancellations due to low enrollment, students will be notified by email.** Refunds will be issued for classes canceled by the College unless noted otherwise in the catalog. Please call 314-984-7777 with any questions.

### Inclement Weather

Occasionally, Continuing Education classes are canceled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120), on KMOV-TV, KSDK-TV and KTVI/Fox 2. All location closings will be posted at [stlcc.edu](http://stlcc.edu). To sign up for automated SMS notifications of STLCC campus closures or emergencies, visit [stlcc.edu/alerts](http://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 also 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 [CEdropbox@stlcc.edu](mailto:CEdropbox@stlcc.edu) or via mail to: 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044. Calculation of refunds will be based on the date the request is received via email or postmarked date.

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

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

A student may receive either a full or partial refund for exceptional circumstances. For exceptional circumstances, requests 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](http://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.

### FAQs

Answers to our frequently asked questions (FAQs) can be found on our website at: <https://stlcc.edu/docs/workforce-employer-services/ce-faqs.pdf>

### Textbooks

Unless otherwise noted in the course description, textbooks can be purchased either at online retailers or via web order through the STLCC online bookstore for home delivery or on-campus pick-up (on-site STLCC campus bookstore textbook purchase not available). Most online STLCC bookstore orders are filled and shipped within three business days. Visit [stlcc.textbookx.com](http://stlcc.textbookx.com) and select the arrow under "View your course items." On the next screen, select "Continuing Education" at the first down menu for options to find your specific course. At the checkout page, select guest and enter your email to get started.

### 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 relating to discrimination matters, contact the Director for Community Standards/Title IX Coordinator, Shannon Nicholson, MS, LPC, at 314-539-5345.

### Protection of Intellectual Property

The content of each course consists of intellectual property of the College and the faculty member. Recording of course lectures, discussions and materials, or distribution/transmission of the course content, is prohibited. The reason for this policy is to protect the intellectual property of the College and faculty member, to protect the copyright interests in course materials and to protect the privacy interests of students participating in this course. Public distribution or transmission to publicly accessible web environments may constitute copyright infringement and may subject the student to disciplinary action under applicable College policies.

### Accommodations

If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact the Access Office at [stlcc.edu/disability](http://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 STLCC's Environmental Health and Safety page ([www.stlcc.edu/departments/environmental-health-and-safety](http://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. 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](http://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 also 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](http://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](http://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 18 years or older except for youth classes or where otherwise noted.*

**Registration Deadline:** All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. 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:

Course Code	Section	Course Title	Start Date	Day/Time	Fees
-	P ___				
-	P ___				
-	P ___				
-	P ___				
<b>Total:</b>					

I wish to participate in the classes selected for registration and, in consideration agree as follows: I acknowledge, understand and appreciate that as part of my participation in the program/class, there are implicit dangers, hazards and inherent risks, both known and unknown, to which I may be exposed. Therefore, I voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the program/class.

Name \_\_\_\_\_  
LAST FIRST MIDDLE INITIAL

Address \_\_\_\_\_  
STREET OR POST OFFICE BOX

CITY STATE COUNTY ZIP CODE

Email \_\_\_\_\_

Birth Date \_\_\_\_\_ Student # (optional) \_\_\_\_\_  Yes, I am age 60+

Primary Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

**Payment:** Please include check or money order made payable to: **St. Louis Community College**.  
To pay by credit/debit card, please register online at **stlcc.edu/CE**.

## REGISTRATION BEGINS JANUARY 4

575+ professional development and personal enrichment courses ...discover what's next!



  | [stlccworkforce](https://www.stlccworkforce.com) | [stlcc.edu/CE](https://www.stlcc.edu/CE)

### ST. LOUIS COMMUNITY COLLEGE...

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, Live Virtual Lecture, 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 21<sup>st</sup> century.