

Sinclair

Community College

College for Lifelong Learning

Winter Quarter 2012

Class Schedule

January 9 – March 25



...for every age and stage of life

www.sinclair.edu/lifelong



Mission Statement

To develop a collaborative relationship with adults of the Miami Valley area to promote lifelong learning through educational, cultural, recreational, and social opportunities that embrace diversity and service to the community.

Holiday/Closings

Martin Luther King Day Jan 16

Any College for Lifelong Learning student attending courses at a site other than the Dayton campus should check with the instructor or site coordinator for any unique closings for that site only.

Weather/Emergency Closing

Check the local media outlets, Sinclair's web site, or Sinclair's information line at (937) 512-2888 to see if the college is closed or delayed due to weather or other emergency.

College for Lifelong Learning Office

Sinclair Community College
Building 10, Room 10112
444 West Third Street
Dayton, Ohio 45402-1460

(937) 512-2372
(937) 512-5184

On the cover:

CLL students observe an Ikebana (Japanese flower arranging) demonstration during the 2011 SEEK Conference.

Dear Friends,

Welcome back for another term of learning and enjoyment!

There are several new things happening. First of all, plans are moving ahead for the switch to a semester calendar, beginning with the Fall Quarter 2012. We've been soliciting input from students, faculty, and community partners, so we can make this transition as smooth as possible. Many of you have asked for specific information, such as the dates for the term. Beginning with this issue of our CLL schedule, we'll be providing you with updated information as we go along, and it will appear on the back cover where you will be able to find it easily. If you have any suggestions as we move in this direction, please let us know.

Another major topic of discussion for this coming year will be Sinclair's 125th anniversary. In 1887, Sinclair began with three classes and 55 students. Who could have imagined at that time that a few classes begun in the evenings at the Y by a Scottish gentleman named David A. Sinclair would have evolved into the highly regarded and readily accessible educational institution that Sinclair is today! Stay in touch to hear about the upcoming celebration.

I know that I say this every time, but it bears repeating, for the many new students who join us each time. There are three ways you can take classes with us:

- Enroll in Seminars & Workshops, which are open to adults of any age.
- Audit academic classes tuition free on a space-available basis once you are age 60 or better at the campus locations or at 25+ off-campus sites throughout the community.
- Take classes for credit, just as any other student.

Please take a few moments to look through the offerings for this coming term. You may be interested in some of our new sessions: The "Wellness Paradigm" will inform us about the shift from an illness focus to a wellness focus, and give tips for getting and staying well. "Transforming My Life...Again" will show you how to re-evaluate and re-invent your life, and inspire you to live to the fullest. In addition to taking good care of ourselves, there's also a new class on the "Care and Feeding of Your Computer," with tips on how to maintain its wellness, too.

And once again, thank you to our loyal students, knowledgeable instructors, supportive community partners, and wonderful Advisory Board members. We are proud to work with you!

Best wishes,

Anne Holaday

Anne Holaday
Coordinator, College for Lifelong Learning
(937) 512-5184

2012
Semesters 
sinclair.edu/semesters

For more information about the upcoming Semester conversion, see the back cover.

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General Information

College for Lifelong Learning Advisory Board

Our College for Lifelong Learning Advisory Board is an important part of our effort. Through representatives, we receive constructive input about our program, including new sessions to develop, and valuable volunteer assistance during registration and other peak times. The guidance keeps us on target to meet educational interests and needs.

Committees work on specific issues and make recommendations to the advisory board. Individuals work in the areas of curriculum, marketing/publicity, SEEK Conference (Sharing Education, Experience, Knowledge), speaker's bureau, and volunteerism.

If you are interested in becoming part of the advisory board to shape the future learning opportunities we offer, call **(937) 512-5184**. Thank you!

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Note: Even if the Seminars & Workshops are free, you must register with College for Lifelong Learning to attend.

College for Lifelong Learning Executive Board & Advisory Board Meeting Dates

The College for Lifelong Learning Executive Board and Advisory Board will meet on the following dates:

- Feb. 1** Executive Committee
- Feb. 15** Advisory Board
- April 4** Executive Committee
- April 18** Advisory Board

All meetings are open to interested individuals.

Winter Quarter Registration Dates

Seminars & Workshops Dec. 1 until session meets.

Audit & Golden Age

- Wednesday, December 28 - Thursday, December 29
8:00 a.m. - 7:00 p.m.
- Friday, December 30
8:00 a.m. - 5:00 p.m.
- Tuesday January 3 - Thursday, January 5
8:00 a.m. - 7:00 p.m.
- Friday, January 6
8:00 a.m. - 5:00 p.m.

Winter Quarter 2012 January 9 - March 25

Spring Quarter Registration Dates

Seminars & Workshops March 1 until session meets.

Audit & Golden Age

- Monday, March 26 - Thursday, March 29
8:00 a.m. - 5:00 p.m.
- Friday, March 30
8:00 a.m. - 5:00 p.m.

Spring Quarter 2012 April 2 - June 17

Seminars & Workshops

New Directions

Course Descriptions

LL 08 X1 Winter

1 session

To every season, there is a reason, and this is a New Year! The message of winter is to rest, contemplate, and focus on our overall well-being, and to rejuvenate our physical, mental, and spiritual energy. It's like going into hibernation and coming back out in the spring with fresh vitality, clarity, and insight, so we can begin anew. Come and hear more of winter's message for us, and discover why winter is the best time for planning whatever you want to accomplish.

LL 40 X1 Tour of Career Services

1 session

The Career Services department can help you set career goals and learn ways to reach these goals. At this visit, you'll learn about everything available to you, including computerized career guidance systems, the career library, assistance with resume writing and interviewing skills, "Clothes That Work" referral forms, and individualized career counseling. Drop in any time within the two-hour timeframe listed.

LL 40 X2 Tour of the Job Center

1 session

Montgomery County's Job Center is the largest one-stop employment and training centers in the United States. More than 40 organizations are housed in this 8-acre facility, and a half-million customers go to the Job Center every year. The Center provides thousands of local employers access to a large pool of skilled and professional individuals, which in turn, gives job seekers access to thousands of job postings at one site. The Center has been recognized for its ability to bring employers, educators, and social service agencies together to address workforce development issues. Take a tour of this facility and see how it can help you.

LL 36 X1 Career Services: The Resume & Interview

3 sessions

If you are looking for a new opportunity but haven't been in the job market for awhile, this session is designed for you. You will learn the principles of writing a strong resume for today's market, have the opportunity for instructor and peer critique of your draft resume, and discover how to secure the job with your interview. Taught by the director of Sinclair's Career Services department.

LL 37 X1 Experience: Recognizing Your Value

2 sessions

Experience means that you have a lot to offer, both in a work environment and as a community volunteer. But sometimes we need to convince others of that value. Come to these informative sessions on how to recognize and communicate the value you can bring to the table, no matter where life is taking you. Taught by the director of Sinclair's Career Services department.

LL 38 X1 Good Jobs for Bad Times

1 session

In an economic slump, some jobs have better staying power than others. What are these jobs, and how can you learn about them? In this session, we'll look at the local economy and try to determine where to find the jobs with the best chance for stability.

LL 08 X2 Saving Yourself from Scams

1 session

If something sounds too good to be true, it probably is. But many scammers know exactly how to reach you and how to make their offers seem legitimate. Learn to recognize potential scams, as well as become knowledgeable on the most common ones targeting consumers in our area. Brought to you by the Better Business Bureau.

At a Glance!

LL 08 X1 Winter

Free • Englewood LC
Friday • 10:00a-11:30a
1/20 • S. Graves

LL 40 X1 Career Services Tour

Free¹⁵ • Sinclair
Thursday • 10:00a-11:00a
2/2 • M. Massie/M. Imwalle

LL 40 X2 Job Center Tour

Free • Job Center
Wednesday • 1:30p-2:30p
3/21 • K. Holland

LL 36 X1 Career Services: The Resume & Interview

Free¹⁵ • Sinclair
Thursday • 10:00a - 12:00p
2/9 - 2/23 • M. Massie/T. Grant

LL 37 X1 Experience: Recognizing Your Value

Free¹⁵ • Sinclair
Thursday • 10:00a-12:00p
3/1 - 3/8 • M. Massie/T. Grant

LL 38 X1 Good Jobs

Free¹⁵ • Sinclair
Thursday • 10:00a-11:00a
1/19 • M. Massie/T. Grant

LL 08 X2 Saving Yourself from Scams

Free¹⁰ • One Lincoln Park
Thursday • 2:00p-3:30p
3/8 • S. Popp/T. Chatfield/H. Campbell-Bradley
Minimum: 10

List of Seminars & Workshops sponsors: page 20

At a Glance!

LL 08 Legacy Letters

X3—Free²⁹ • Oakwood Village, Springfield
 Tuesday • 10:00a-11:30a
 3/13 • A. Koehnen/R. Monroe/S. Chinn

X4—Free¹⁰ • One Lincoln Park
 Thursday • 2:00p-3:30p
 1/12 • A. Koehnen/H. Campbell-Bradley

LL 08 X5 Estate Planning

Free²⁸ • Dayton Metro Library, Kettering-Moraine Branch
 Wednesday • 1:30p-3:00p
 1/18 • R. Solada

LL 08 X6 Take Stock

Free²⁸ • Dayton Metro Library, Kettering-Moraine Branch
 Wednesday • 1:30p-3:00p
 2/15 • R. Solada

LL 08 X7 Tax-Free Investing

Free²⁸ • Dayton Metro Library, Kettering-Moraine Branch
 Wednesday • 1:30p-3:00p
 3/14 • R. Solada

LL 41 X2 Life & Health Sciences Career Job Fair

Free¹⁵ • Sinclair, Building 12
 Friday • 12:00p-4:00p
 2/3 • M. Massie/T. Grant/M. Bailey

LL 39 X5 10 Truths

\$25 • Engineer's Club
 Monday • 11:00a-1:00p
 1/27 • P. Fleming/T. Roberts

LL 45 X1 Retirement Planning

\$25 • Sinclair
 Tuesday • 3:30p-5:30p
 2/7 & 2/14 • P. Mutter

Course Descriptions

LL 08 X3 & X4 Legacy Letters

1 session

A professional writer will help you write your “legacy letter” or “ethical will”, an increasingly popular document designed to pass values on from one generation to the next. This document can range from a few paragraphs to a lengthy piece and can include cultural and spiritual values, blessings and expressions of love, as well as lessons and wisdom from life experience, requests for forgiveness, and family stories.

LL 08 X5 Preparing Your Estate Plan

1 session

Learn more about what to consider when creating your will, as well as the benefits of trusts in estate planning and how to help reduce taxes on your estate. This is an educational and informational presentation. The library is located at 3496 Far Hills Avenue, Kettering.

LL 08 X6 Take Stock in the Market

1 session

With this seminar, you will learn basic stock terminology, as well as time-proven strategies created to help you reach your financial goals. This is an educational and informational presentation. The library is located at 3496 Far Hills Avenue, Kettering.

LL 08 X7 Tax Free Investing

1 session

It's not what you make – it's what you keep. Learn about tax-advantaged investments and their features, tax-free investment returns vs. taxable investment returns, and how tax-free investing can help you achieve your goals. This is an educational and informational presentation. The library is located at 3496 Far Hills Avenue, Kettering.

LL 41 X2 Life & Health Sciences Career Job Fair

1 session

This 24th Annual Career Job Fair provides a unique opportunity for health care providers to present their organizations to potential employees, and at the same time offer the students and prospective graduates as well as alumni the opportunity to learn more about health care organizations throughout the State of Ohio and the nation.

LL 39 X5 Leadership: The 10 Truths about Leadership

1 session

In turbulent times, leaders must move beyond pessimistic predictions, trendy fads, and simplistic solutions; they must turn to what's real and proven. Based on 30 years of research and more than 1 million responses to a leadership assessment study, these 10 time-tested truths show what every leader must know, the questions they must be prepared to answer, and the real-world issues they face. Patrick Fleming and Tom Roberts, from Sinclair's Student Leadership Development Office, present this important material. Fee includes workshop and soup & sandwich lunch.

LL 45 X1 Retirement Planning Workshop

2 sessions

Are you within five years of retirement? Are you wondering what you will do in the next stage of your life? This is the time to start thinking about some of the issues you will face and plan to make the transition as smooth as possible. Among the topics to be discussed will be employment, volunteerism, and lifelong learning, as well as hobbies, housing and transportation, and personal and inter-generational relationships. Come away ready and able to take charge of your future after retirement—the best time of your life!

Course Descriptions

LL 02 X2 Taking Care of Your Loved Ones: Discussion Group

3 sessions

Caring for a parent, spouse, or other loved one? Discuss useful tips and helpful information, as well as brainstorm about your specific situation. Guest speakers offer additional insight. You are not alone.

LL 08 X8 Use It or Lose It: Keeping Your Brain Fit

1 session

It takes exercise, nutrition, and mental stimulation to keep your brain fit. Learn techniques to keep your brain alert, active, and fit for a lifetime.

LL 06 X1 - X3 Duplicate Bridge

3 sessions

This session will increase your awareness about Duplicate Bridge and how much fun it can be. It is also a good session for accomplished players as well. Sessions take place the fourth Wednesday of each month, so choose the sessions that fit with your schedule; this is an on-going session, and you don't need to play every time. Price includes a soup & salad lunch, bridge play, and prizes. Deadline: 1/16, 2/13, 3/19.

LL 11 X1 No Tutu Ballet

Ongoing

This easy-to-follow ballet class will show you steps and combinations that will improve your grace, balance and coordination.

LL 12 X1 Sock Hop Jive

Ongoing

In this class, have fun with ballroom dance steps from the 40's, 50's and 60's.

LL 13 X1 Line Dance

Ongoing

Add this to your dance repertoire - country line dance! Includes from 1 wall to 4 wall dances. A great time for all!

LL 14 X1 Aqua Joggers

Ongoing

Enjoy water aerobics, walking and jogging taught to the tunes of the oldies. Provides a great workout and great fun!

LL 08 X9 Wellness Paradigm

1 session

Learn about research and a paradigm shift from illness to wellness. We'll discuss the wellness paradigm, how to get and stay well, 21st Century healthcare, and how to create a working wellness model.

DIT 143 S1 & S2 Healthy Cooking

Class Available to Audit

Audit (no tuition, if 60 or better; \$15 lab fee) • Sinclair 13422
Wednesday (restricted to seniors) or Friday • 9:00a-12:30p
1/11-3/21; 1/13- 3/23 • Chef Lorraine Gose

This class explores the basic principles of nutrition, food selection, meal preparation, and recipe modifications/substitutions that promote healthy eating and disease prevention. Menu planning and sanitation principles will be incorporated. This class is very interactive and hands-on. Each week the class begins with a 45-60 minute lecture, demonstration, and discussion, followed by a 2½ hour lab session, during which students prepare items and taste what has been prepared. "Celebrate life by being healthy" is the course's theme.

At a Glance!

LL 02 X2 Discussion Group

Free⁴ • Mercy Siena
Saturday • 10:00a-12:00p
1/21, 2/18, 3/17 • A. Holaday/B. Kreuzer/P. Buening

LL 08 X8 Brain Fitness

Free²⁹ • Oakwood Village, Springfield
Saturday • 1:00p-4:00p
2/25 • A. Anzalone/R. Monroe/S. Chinn

LL 06 X1 Duplicate Bridge

X1—\$17 • Sycamore Creek CC
Wednesday • 10:00a-3:00p
1/25 • L. Walker

X2—\$17 • Sycamore Creek CC
Wednesday • 10:00a-3:00p
2/22 • L. Walker

X3—\$17 • Sycamore Creek CC
Wednesday • 10:00a-3:00p
3/28 • L. Walker

LL 11 X1 Ballet

Free¹² • St. Leonard, the Franciscan Center
Wednesday • 1:30p-2:30p
1/11-3/21 • D. Stewart

LL 12 X1 Sock Hop Jive

Free¹² • St. Leonard, the Franciscan Center
Wednesday • 2:30p-3:30p
1/11-3/21 • D. Stewart

LL 13 X1 Line Dance

Free¹² • St. Leonard, the Franciscan Center
Friday • 1:00p-2:00p
1/13-3/23 • D. Stewart

LL 14 X1 Aqua Joggers

Free¹² • St. Leonard, the Franciscan Center
Friday • 2:30p-3:30p
1/13-3/23 • D. Stewart

LL 08 X9 Wellness Paradigm

Free¹² • St. Leonard, Franciscan Center/Florentine Room
Friday • 9:00a-10:30a
2/10 • J. Harless/D. Arrowood/D. Stewart

At a Glance!

LL 23 X1 Chair Exercises (suggested for age 60 and better)

Free¹² • St. Leonard, Auditorium
Tuesday • 10:15a-10:50a
1/10-3/20 • D. Stewart

LL 24 X1 Tai Chi (suggested for any age)

Free¹² • St. Leonard, the Franciscan Center
Friday • 10:15a-11:00a
1/13-3/23 • D. Stewart

LL 24 X2 Advanced Tai Chi (suggested for any age)

Free¹² • St. Leonard, the Franciscan Center
Friday • 11:00a-11:30a
1/13-3/23 • D. Stewart

LL 25 X1 Chair Pilates & Yoga

(suggested for age 60 and better)
Free¹² • St. Leonard, Auditorium
Friday • 2:00p-2:50p
1/13-3/23 • D. Stewart

LL 26 X1 Zumba Gold (suggested for age 60 and better)

Free¹² • St. Leonard, the Franciscan Center
Tuesday • 2:00p-2:45p
1/10-3/20 • D. Stewart

LL 27 X1 Self-Defense with a Cane (suggested for age 60 and better)

Free¹² • St. Leonard, the Franciscan Center
Tuesday • 3:00p-4:00p
1/10-3/20 • D. Stewart

LL 28 X1 Hula Hoop

Free¹² • St. Leonard, the Franciscan Center
Friday • 3:00p - 4:00p
1/13-3/23 • D. Stewart

LL 29 X1 Asian Arts (suggested for age 60 and better)

Free¹² • St. Leonard, the Franciscan Center
Tuesday • 4:00p-5:00p
1/10-3/20 • D. Stewart

Course Descriptions

LL 23 X1 Chair Exercises for Balance and Strengthening Ongoing

Learn gentle chair exercises focusing on improving functional balance and strength. By improving core strength and flexibility, you can improve balance with these easy-to-do exercises.

LL 24 X1 Tai Chi Ongoing

Tai Chi is a gentle approach to physical and mental training. Benefits include stress reduction, better focus, and concentration. When adults study and train using this ancient art form, they can find improved balance, flexibility, and coordination.

LL 24 X2 Advanced Tai Chi Ongoing

Take your skills to the next level in this advanced class. We'll explore more deeply into the "long forms."

LL 25 X1 Chair Pilates & Yoga Ongoing

Focus on the core section of the body to strengthen up-right balance, using gentle yoga techniques to improve mobility and functional balance. All exercises are done from a seated position and are moderate in intensity.

LL 26 X1 Zumba Gold Ongoing

Zumba Gold is an exercise/dance class that is a great aerobic workout for the senior adult. The choreography of the program is geared to improve functional balance and overall strength. Zumba Gold at St. Leonard is offered at a step-by-step pace to allow for learning and great fun!

LL 27 X1 Self-Defense with a Cane Ongoing

Learn various moves with the cane and found objects that can be used defensively. Taught by Master Instructor Debra Stewart, this program is also considered an exercise program, as certain muscles for balance and strength need to be toned to successfully perform the movements and stances for self-defense.

LL 28 X1 Hula Hoop Ongoing

Hula Hoop! Remember how much fun that was? This aerobic exercise program will be done to music from all eras. Children and Grandchildren are welcome.

LL 29 X1 Integrated Asian Arts Ongoing

Great amounts of strength, stamina, and flexibility are developed through the practice of Asian Arts. Proper form and movement develop the mind-body connection, coordination, strength, flexibility, and stamina. This is an alternative for the healthy, active senior adult to take the Asian Arts to a new level without putting yourself at risk—don't worry, no breaking boards or free-sparring.

Course Descriptions

LL 31 X1 Belly Dancing

This wellness program is designed to be a great workout, while improving your strength and balance. Offering a different and interesting way to move and stay fit, come prepared for fun and excitement!

Ongoing

LL 33 X1 Sunrise Yoga

Start your day in a positive way. Come for meditation and power yoga. Bring your own blocks and mat, and enjoy.

Ongoing

LL 32 X1 Drumming

Drumming is an ancient art of healing, using sound produced by social circles utilizing group percussion. Emerging research has found that drumming can release tension and stress, reduce depression, relieve pain, and promote overall well-being for those who regularly participate.

Ongoing

LL 35 X2 Wrinkle Busters

Put your best face forward for a more healthy you. This is a gentle facial exercise class for toning muscles under your natural layers of skin to add light and life to your facial expressions.

Ongoing

LL 48 X1 Beginning Clogging

You've seen it on TV and perhaps even in a live performance. Ever wonder how those dancers do it? Have fun with various folk and clogging dance techniques, while experiencing a great aerobic workout!

Ongoing

LL 08 X10 Gratitude

Discover ways to increase your gratitude quotient, as well as your understanding of the science behind gratitude and wellness.

2 Sessions

LL 03 X1 & X3 Laughter Yoga

Laughter Yoga combines unconditional laughter with yogic breathing for a new exercise routine. Laughter is simulated as a body exercise in a group, but with eye contact and childlike playfulness, it soon turns into real and contagious laughter, providing physiological and psychological benefits. Taught by a Certified Laughter Yoga Leader.

Ongoing

LL 05 Labyrinth Walk

The Labyrinth is a walking meditation that quiets the mind and offers a metaphor for life. Labyrinths can be found in almost every spiritual tradition, from the Tree of Life in Jewish Mysticism to the Medicine Wheel in Native American tradition. Walk the indoor 11 circuit (circle) labyrinth at Westminster Presbyterian Church, downtown Dayton, using the same design as the labyrinth in the floor of the Chartres Cathedral in France. Go at a time convenient for you, as the labyrinth is open from 12-8 p.m. Please register with the College for Lifelong Learning office to ensure that we have an accurate count of how many people to expect.

Monthly

At a Glance!

LL 31 X1 Belly Dancing

Free¹² • St. Leonard, the Franciscan Center

Wednesday • 3:30p-4:30p
1/11-3/21 • D. Stewart

LL 33 X1 Sunrise Yoga

Free¹² • St. Leonard, the Franciscan Center

Monday • 8:00a-8:45a
1/9-3/20 • D. Stewart

LL 32 X1 Drumming

Free¹² • St. Leonard, the Franciscan Center

Friday • 7:00p-8:00p
1/27, 2/24, & 3/23 • D. Stewart

LL 35 X1 Wrinkle Busters

Free¹² • St. Leonard, Auditorium

Tuesday • 9:30a - 10:00a

1/10-3/20 • D. Stewart

LL 48 X1 Clogging

Free¹² • St. Leonard, the Franciscan Center

Friday • 4:00p-4:45p
1/13-3/23 • D. Stewart

LL 08 X10 Gratitude

Free¹² • St. Leonard, the Franciscan Center

Thursday • 2:00p-3:30p
1/19 & 1/26 • D. Stewart

LL 03 Laughter Yoga

X1—Free²⁴ • Waterford House

Tuesday • 1:30p-3:00p
1/17, 2/21, & 3/20 • L. Andriacco/D. Schwinn

X3—Free²⁹ • Oakwood Village, Springfield

Tuesday • 10:00a-11:30a
1/10 & 2/21 • L. Andriacco/R. Monroe/ S. Chinn

LL 05 Labyrinth Walk

X1—Free • Sinclair & Westminster
Tuesday • 12:00p-8:00p
1/3 • B. Battin

X2—Free • Sinclair & Westminster
Tuesday • 12:00p-8:00p
2/7 • B. Battin

X3—Free • Sinclair & Westminster
Tuesday • 12:00p-8:00p
3/6 • B. Battin

At a Glance!

LL 08 X11 Deciphering Bills

Free¹² • St. Leonard, Franciscan Center, Florentine Room
Thursday • 2:00p – 3:30p
2/2 • S. Klein/ D. Arrowood/ D. Stewart

LL 20 X2 Disease Self-Management

Free¹² • St. Leonard, Franciscan Center/Tuscany Room
Thursday • 10:00a-12:30p
2/9-3/15 • A. Finnicum/B. Kreuzer/P.Buening

LL 08 X12 Defining Diabetes

Free²² • Earl Heck Senior Center
Tuesday • 11:30a-12:30p
1/3 • R. Harrold/ S. Rogers

LL 08 X13 Preventology

Free²² • Earl Heck Senior Center
Tuesday • 11:30a-12:30p
2/7 • J. Petrey/ S. Rogers

LL 08 X14 Building Healthier Communities

Free²² • Earl Heck Senior Center
Tuesday • 11:30a-12:30p
3/6 • A. Adams/ S. Rogers

LL 08 X15 Get off the Couch

Free²³ • Vandalia Senior Center
Tuesday • 12:00p-1:00p
1/17 • S. Rogers

LL 08 X16 Getting a Leg Up on PAD

Free²³ • Vandalia Senior Center
Tuesday • 12:00p-1:00p
2/21 • M. Dinsmore/ S. Rogers

LL 08 X17 New Dietary Guidelines

Free²³ • Vandalia Senior Center
Tuesday • 12:00p-1:00p
3/20 • D. Clark/ S. Rogers

Course Descriptions

LL 08 X11 Deciphering Your Medical Bills

1 session

What do you do if, after a series of medical events, the bills start arriving, maybe even before you get home, and they continue to arrive until you become overwhelmed with the mountain of bills, medical statements, insurance denials, and collection notices? This session will help you understand how to decipher your medical bills, or those of a loved one, and provide tips on how to manage the reimbursement system.

LL 20 X2 Healthy U: A Chronic Disease Self-Management Workshop

6 sessions

People with different long-term health problems attend Healthy U together. The interactive, small group workshops are held once a week for six weeks to discuss day-to-day management skills to better manage symptoms and feel healthier. Topics include practical ways to deal with pain, fatigue, stress and depression; the importance of physical activity and a healthy diet; and communication. This is an evidence-based program, proven to provide health benefits and promote disease prevention. Offered in partnership with the Area Agency on Aging and Mercy Siena Retirement Community.

LL 08 X12 Defining Diabetes

1 session

Diabetes is a common disease that causes long-term damage to the body, especially the heart and blood vessels. In 2010, it was estimated that 1 out of 10 Americans were living with diabetes. Learn different aspects of diabetes from recognizing symptoms and prevention to current research on better ways to live with diabetes. Lunch is included.

LL 08 X13 Preventology: Slowing the Progression of Aging

1 session

Most people have two ages, a birth age and a body age. The difference is determined by the way we choose to live. Learn strategies for slowing down the physical clock and living a longer, healthier life. Lunch is included.

LL 08 X14 Building Healthier Communities... Today and Tomorrow

1 session

Find out more about emerging technologies, the influence of healthcare reform and unique community care initiatives designed to contribute to the physical, social and economic health of Dayton and surrounding areas. Lunch is included.

LL 08 X15 Get off the Couch and Out the Door!

1 session

There are many reasons to make exercise and healthy nutrition part of your daily life...and it is not as difficult as it seems. Learn about good food choices and different types of exercise. Find what works best for you! Lunch is included.

LL 08 X16 Getting a Leg Up on Peripheral Arterial Disease (PAD)

1 session

Do you have muscle cramps or “tired” legs that start with exercise and stop after a few minutes of rest? Peripheral Arterial Disease (PAD) is a treatable disorder. Learn about PAD, its causes, symptoms and how it is now being treated. Lunch is included.

LL 08 X17 New Dietary Guidelines

1 session

We're all looking for easy and clear directions about healthy food choices. Learn simple steps toward improved dietary health, balanced meals, and other strategies to fight the obesity epidemic at any age. Lunch is included.

Course Descriptions

LL 08 X18 Transforming My Life...Again **1 session**
Find out how to re-evaluate your life, re-discover who you are, re-invent yourself, and determine where you want the rest of your life to take you. Learn how these subjects relate to your wellness, and be inspired to live your life to the fullest.

LL 08 X19 How to Recognize an Emergency **1 session**
Learn how to recognize some common emergencies, such as a heart attack, stroke, or choking. And find out what to do, whether this is happening to another person, or to you. Presented by a representative from the Red Cross.

LL 09 X2 Nursing Law: Ohio Law & Rules Governing Nursing Practice **1 session, 1 contact hour awarded**
Ohio laws and rules governing Nursing practice establish and identify the legal scope and standards of practice, establish grounds for discipline, and provide a framework for public protection. Identify the laws and New Ohio Rule and its importance; describe the regulations of Ohio nursing and how they affect the scope of RN/LPN practice; identify the license renewal and exemptions process; identify violations that may result in disciplinary action; discuss standards of practice and delegation principles. Lunch will be provided.

LL 09 X3 Grief & Loss **1 session**
Grief and loss can take its toll. And did you know that this process can begin even before someone passes on? This session will explain the subject and present ways of coping.

LL 09 X4 Relaxation **1 session**
We all need to learn how to relax and take a break from the demands of work, home, and other things we're involved with. Come to this session and you will learn tips for doing just that. Relaxation should be a normal part of every day.

LL 09 X5 Understanding Alzheimer's Disease **1 session**
Nearly 250,000 people in Ohio suffer from Alzheimer's Disease, and someone develops the disease every 69 seconds! Learn more about it and how it affects the lives of those we care for, whether that is our profession or out of love for a family member.

LL 02 X3 Widows' Support Group **Monthly**
The death of a husband is overwhelming and life changing. Founded by several widows who have survived this shattering, painful experience, the group offers emotional support, guidance, friendship, and hope to women of all ages.

LL 20 X1 Healthy U: Diabetes Self-Management Program **6 sessions**
This interactive, small group workshop is for those with Type 2 diabetes. Meet once a week for six weeks to discuss day-to-day management skills, and how to maintain and/or increase activities. Gain confidence and new skills so you can better manage your diabetes and feel healthier. This evidence-based program is proven to provide health benefits and promote disease prevention. Offered in partnership with the Area Agency on Aging and Mercy Siena Retirement Community.

LL 08 X20 Vitamin D: Dramatic New Discoveries & Applications **1 session**
Dr. John Studebaker, M.S., M.D., a Family Medicine Physician in Darke County, Ohio, for more than 30 years, has devoted time to Vitamin D research, showing that Vitamin D is immediately valuable for health and longevity. Learn about this important topic. Dr. Studebaker is certified by the American Board of Integrative Holistic Medicine, and he practices and consults in that field.

At a Glance!

LL 08 X18 Transforming Life
Free¹⁸ • Bethany Village Center
Thursday • 10:00a-11:30a
2/23 • B. Marshall/J. Neidhart

LL 08 X19 Recognize an Emergency
Free⁴ • Mercy Siena, Naas Wellness Center
Thursday • 10:00a-11:30a
3/29 • P. Hiatt-Peer/P. Buening/B. Kreuzer

LL 09 X2 Nursing Law
Free¹² • St. Leonard, Health Center
Thursday • 11:30a-1:00p
1/12 • C. Brad/D. Stewart/B. White

LL 09 X3 Grief & Loss
Free^{4, 32} • Mercy Siena, Naas Wellness Center
Wednesday • 4:00p-5:30p
1/18 • D. Moore/P. Buening/B. Kreuzer

LL 09 X4 Relaxation
Free^{4, 32} • Mercy Siena, Naas Wellness Center
Wednesday • 4:00p-5:30p
2/22 • D. Moore/P. Buening/B. Kreuzer

LL 09 X5 Understanding Alzheimer's
Free^{4, 32} • Mercy Siena, Naas Wellness Center
Thursday • 4:00p-5:30p
3/15 • D. Moore/P. Buening/B. Kreuzer

LL 02 X3 Support Group
Free • Normandy Church
Fridays • 3:00p-5:00p
1/6, 2/3, 3/2 • N. Roberson

LL 20 X1 Diabetes
Free⁴ • Mercy Siena, Naas Wellness Center
Wednesday • 1:00p-3:30p
3/7-4/11 • P. Buening/B. Kreuzer

LL 08 X20 Vitamin D
Free⁴ • Mercy Siena, Naas Wellness Center
Saturday • 10:00a-12:00p
2/4 • Dr. J. Studebaker/P. Buening/B. Kreuzer

Seminars & Workshops *Computers & Technology*

At a Glance!

LL 43 X1 Photoshop I

\$75 • Barnes, Room 202
Wednesday • 11:30a-1:30p
1/25-3/7 • N. Roach

LL 46 X1 Photoshop II

\$75 • Barnes, Room 202
Wednesday • 2:30p-4:30p
1/25-3/7 • N. Roach

LL 52 Beginning PC Skills

X1—\$75 • Barnes, Room 202

Monday • 10:00a-12:00p
1/16-3/19 • M. Jones

X2—\$75 • Huber Heights LC, 118

Tuesday • 12:30p-2:30p
1/17-3/20 • M. Jones

X3—\$75 • Preble County LC, 109

Monday • 4:00p-6:00p
1/16-3/19 • M. Jones

X4—\$75 • Centerville H.S.

Saturday • 10:00a-12:00p
1/21-3/24 • G. Frericks

LL 54 X1 Keyboarding

\$75 • Barnes, Room 202
Tuesday • 1:00p-3:00p
1/17-3/6 • N. Roach

LL 55 X1 Intermediate P.C. Skills

\$45 • Barnes, Room 202
Wednesday • 9:00a-11:00a
2/22-3/21 • P. Neal

LL 61 Intro to Word

X1—\$75 • Barnes, Room 202

Monday • 12:30p-2:30p
1/16-3/29 • M. Jones

X2—\$75 • Huber Heights LC, 117

Tuesday • 3:30p-5:30p
1/17-3/20 • M. Jones

X3—\$75 • Preble County LC, 109

Wednesday • 3:30p-5:30p
1/18-3/21 • M. Jones

LL 62 X1 Intermediate Word

\$75 • Englewood LC, 104
Wednesday • 11:00a-1:00p
1/19-3/20 • M. Jones

LL 63 X2 Word 2010

\$45 • Barnes, Room 202
Thursday • 2:30p-4:30p
2/23-3/22 • P. Neal

Course Descriptions

LL 43 X1 Photoshop I

7 sessions

With the Photoshop software you will learn in class, you can become the electronic equivalent of your all-time favorite artist. Learn the basics, as well as how to touch up pictures on your home computer.

LL 46 X1 Photoshop II

7 sessions

Build on the fundamentals presented in Photoshop I. Emphasis is placed on correcting the most common image problems, restoring old photographs, inserting text, and other step-by-step techniques to improve and create inspiring images with skill and subtlety.

LL 52 Beginning PC Skills

10 sessions

Are you computer challenged? Let this course introduce you to the computer age. As a beginner, you'll appreciate the clear introduction to computer terminology, hardware, and software. You will also be introduced to the Windows operating system and other basic PC skills. Text materials are provided.

LL 54 Keyboarding

8 sessions

Are you a "hunt & peck" person? Learning how to "touch" keyboard can save you time and effort, and may be essential if you are looking to use a computer for work. Develop your skill using software that will teach you where to touch for the keys you want. This class will help you become more efficient as you create documents, send e-mails, or work on other projects.

LL 55 X1 Intermediate PC Skills

5 sessions

Review and refine concepts and skills covered in Introduction to PCs. Learn how to erase, rename, and move files from the hard drive to CDs and flash drives. Create and name files and sub-directories for efficient retrieval. Also, use Window's calculator, paint programs, and other special features.

LL 61 Intro to Microsoft Word

10 sessions

Learn basic word processing skills using Word 2007, including commonly used commands and strategies for formatting, editing, and revising text. Prerequisite: keyboarding and computer experience.

LL 62 X1 Intermediate Word

10 sessions

The more advanced features of Microsoft Word will be covered in this class. Learn about setting up a database and mail merging for address labels, creating labels, and performing calculations in tables, making posters and working with clip art, and setting up a newsletter.

LL 63 X2 Word 2010

5 sessions

Learn the changes, similarities, and nuances of this latest Microsoft Word program so you can easily transition to using the new software package.

Course Descriptions

LL 63 X1 Additional Features of Microsoft Word

5 sessions

This class builds on what you have learned in Intermediate Word. Learn additional features and how to use them. Prerequisite: Introduction & Intermediate Word.

LL 68 X1 E-mail

5 sessions

Electronic mail offers a convenient, quick way to stay in touch with family, friends, and other contacts. Learn how to compose, send, receive, and manage e-mail messages. Commonly used e-mail features will be demonstrated and practiced.

LL 69 X1 E-mail & Internet

10 sessions

If you've been wanting to learn the skills needed to create, receive, and manage your e-mails, as well as learn how to find whatever you need on the internet, this combines both areas into one class. You'll learn and practice in class.

LL 72 X2 Publisher

10 sessions

Learn the Microsoft Publisher software, which provides formats you can easily use for newsletters and other publications, including business cards, flyers, and more. You will be able to use these skills for work or your own personal projects.

LL 75 X1 Building Your Own Web Site

10 sessions

Learn to effectively design your own web site, either for personal or business use; follow a template to enter key information and pictures. The web site can be shared with family members or business associates to keep them up-to-date.

LL 79 Excel

10 sessions

Explore basic spreadsheet functions using Microsoft's Excel program. Excel can be used for a wide range of functions, from creating a list to performing accounting functions.

LL 81 X1 The Basics of Selling on eBay:

Learn to buy and sell like a pro!

2 sessions

Learn about selling on eBay and all the steps needed to become a successful seller, from setting up an account to completing the sale. This hands-on class covers a welcome to eBay, getting started, enhanced listings, detailed listings, and completing sales. Emphasis will be placed on pricing, shipping, and security.

LL 82 X1 Beyond the Basics

2 sessions

If you've been selling on eBay and are ready to grow your business, learn the keys to success on eBay: set goals, provide great products and great deals, provide excellent customer service, increase efficiency and lower costs, become a top-rated seller, market your business, and review your performance improve.

LL 84 x1 RootsMagic Genealogical Software

10 sessions

Having and using genealogical software is a tremendous tool in organizing and facilitating genealogical research. Learn about the packages available and work specifically with RootsMagic. Be prepared with names of your ancestors to use. Using these tools, you will add to your family tree in class.

LL 95 X3 LinkedIn

2 sessions

LinkedIn is a networking tool that helps you to stay informed about your contacts and industry—find and access experts, ideas, and opportunities—as well as establish and control your professional profile online. Learn about this way to stay in touch and potentially find a new job. It's like a Facebook for your career.

At a Glance!

LL 63 X1 MS Word Features

\$45 • Sinclair
Wednesday • 2:00p-4:00p
2/22-3/21 • P. Neal

LL 68 X1 E-mail

\$45 • Barnes, Room 202
Thursday • 12:00p-2:00p
2/23-3/22 • P. Neal

LL 69 X1 E-mail & Internet

\$75 • Preble County LC, 109
Thursday • 3:30p-5:30p
1/19-3/22 • M. Jones

LL 72 X2 Publisher

\$75 • Preble County LC, 109
Friday • 1:30p-3:30p
1/20-3/23 • M. Jones

LL 75 X1 Building Your Own Web Site

\$75 • Barnes, Room 202
Tuesday • 9:00a-11:00a
1/17-3/20 • M. Jones

LL 79 X1 Excel

\$75 • Sinclair
Thursday • 12:00p-2:00p
1/19-3/22 • M. Jones

LL 81 X1 Selling on eBay

\$35 • Barnes, Room 202
Friday • 9:00a-12:00p
3/2 & 3/9 • L Seery
Maximum: 15

LL 82 X1 Beyond the Basics

\$35 • Barnes, Room 202
Friday • 9:00a-12:00p
3/16 & 3/23 • L Seery
Maximum: 15

LL 84 X1 RootsMagic

\$75 • Centerville H.S.
Saturday • 10:00a-12:00p
1/21-3/31 (except 2/18) • D. Palmer

LL 95 X3 LinkedIn

\$30 • Barnes, Room 202
Thursday • 9:00a-11:00a
2/2 & 2/9 • M. Jones

Seminars & Workshops *Computers & Technology*

At a Glance!

LL 97 X5 Care & Feeding

Free • Sinclair, 5114
Wednesday • 10:30a-12:30p
3/7 • K. Hook

LL 98 Instructor for an Hour

X1—\$30 • Barnes, Room 202
Monday • 9:00a-10:00a
1/16-3/19 • M. Jones
X2—\$30 • Preble County LC
Wednesday • 2:30p-3:30p
1/18-3/21 • M. Jones

LL 99 Online Schedule

X1—Free • Sinclair
Wednesday • 2:30p-4:30p
1/4 • L. Baxley
X2—Free • Sinclair
Thursday • 2:30p-4:30p
3/22 • A. Leonard

Course Descriptions

LL 97 X5 Care & Feeding of Your Computer

1 session

There are things you can do to protect your computer and keep it in good running order. Come learn how to use your computer for best performance, how not to be scammed, and how to keep your computer clean and well maintained.

LL 98 X1 & X2 Instructor for an Hour:

Get Your Computer Questions Answered

3 sessions

Is there something you're unsure about or would like to know without attending a regularly scheduled class? This is your opportunity to sit down one-on-one with an instructor and get individual, focused attention. Time will be scheduled by the hour; other time available by appointment.

LL 99 Sinclair's Online Schedule

1 session

Now that the schedule for classes available for credit or audit are exclusively online, how can you find what you're looking for? Come for an easy tutorial on how to go to Sinclair's website and identify the classes you want to enroll in. There will be explanation, practice, and individual assistance during class.

Seminars & Workshops

Arts & Entertainment

At a Glance!

LL 08 X21 Lunch Bunch: The Heights Café

Free • The Heights Cafe
Tuesday • 11:30a-?
1/3 • A. Schwieterman
Minimum: 10

LL 08 X22 Lunch Bunch: Cherry House Café

Free • Cherry House Café
Thursday • 11:30a-?
2/2 • A. Schwieterman
Minimum: 10

LL 08 X23 Lunch Bunch: Archer's Tavern

Free • Archer's Tavern
Tuesday • 11:30a-?
3/6 • A. Schwieterman
Minimum: 10

LL 08 X24 Conservation Expo

Free⁶ • Cox Arboretum
Tuesday • 1:00p-4:00p
2/21 • Y. Dunphe

Course Descriptions

LL 08 X21 Lunch Bunch: The Heights Café

1 session

Experience a quaint, local café with fresh ingredients and great taste! Soups, salads and sandwiches are inspired by foods from around the world. Order from the menu and pay on your own. Located at 6178 Chambersburg Road in Dayton. **Deadline:** Register by December 28.

LL 08 X22 Lunch Bunch: Cherry House Café

1 session

Cherry House Café is an independent, family owned and operated restaurant in the heart of Beavercreek. It offers a wide selection of sandwiches, salads, entrees, soups, and bakery items in a "homey" and comfortable setting. The menu is updated regularly to offer new selections. Order from the menu and pay on your own. Located at 1241 Meadowbridge Drive in Beavercreek. **Deadline:** Register by January 26.

LL 08 X23 Lunch Bunch: Archer's Tavern

1 session

In 1802, John Archer Jr. constructed a log cabin on the northeast corner of Main and Franklin Streets. Now, 208 years after John Archer Jr. established his tavern, Scott, Mike, and Dan welcome you to the new "Archer's Tavern." Foods range from specialty pizzas, sandwiches, salads, hamburgers, and surf or turf selections. Order from the menu and pay on your own. Located at 9496 Dayton Lebanon Pike "Route 48" in Centerville. **Deadline:** Register by February 28.

LL 08 X24 Conservation Expo

1 session

What are the elements of conservation? How do the land stewardship plans of Five Rivers Metroparks protect our native habitats? How can you help? Find out the answers to these questions, meet some of the experts, plus more. Wildlife surveys, invasive plant identification and management, re-forestation efforts, prairie burns and management, and nature center operations are just a few of the things to investigate. And those who are interested in volunteering are invited to discover how their contributions can leave a legacy for the future.

Course Descriptions

Compost Kitchen 3-Part Series

Composting is a sound and effective way to improve garden soil and recycle waste materials. Classes may be taken separately or as a series. Participants attending all three sessions will receive a free composter from Montgomery County Solid Waste.

LL 08 X25 Compost Kitchen: Building Better Soil 1 session

Learn how to evaluate soil, manage its composition, and add available nutrients without the use of synthetic fertilizer.

LL 08 X26 Compost Kitchen: Backyard Composting 1 session

Focus on various composting methods, describe the characteristics of good compost, and address typical challenges associated with getting started.

LL 08 X27 Compost Kitchen: Worm Bins/Composting Community 1 session

Worms are efficient composters, and with their help gardeners can produce quick, quality compost. Learn how to manage a worm bin! John Woodman from Montgomery County Solid Waste will discuss community composting efforts.

LL 08 X28 Moon over Aullwood 3 sessions

Enjoy music along with a walk on a crisp winter evening. Doors open at 7:15 p.m. and the evening begins with a musical performance. During a 30-minute intermission, enjoy refreshments and take a naturalist-guided walk, followed by the continuing musical performance. Selections are from diverse musical genres. Call for ticket prices. The Education Center is located at 1000 Aullwood Road, Dayton 45414. Aullwood is associated with the national Audubon organization.

LL 08 X29-X32 How Green is Your Footprint Series (4-Part Series)

This series will help you explore ways to lessen your environmental impact at home, whether you are in the kitchen, laundry room, basement, or garden. Attend one or all four classes.

LL 08 X29 Part 1: Creating an Environmentally Friendly Lifestyle 1 session

Learn the differences between reduce, reuse, recycle, and renew. Hear how much each process impacts our environment and our community. Practice sorting trash and find out where different kinds of trash are taken in our communities. Know where to take our hazardous waste!

LL 08 X30 Part 2: Virtual Trip to a Recycling Plant 1 session

Want to see how co-mingled trash collected from your curbside is separated? See how few human hands are involved inside a local recycling facility. We'll also talk about the life cycle of a product based on what it's made of.

LL 08 X31 Part 3: Montgomery County Solid Waste Transfer Site 1 session

Travel to our county's solid transfer station to witness the trash and yard waste of our 'throw away' society. Learn where it all goes from here, how we destroy it, what it costs, and what new uses we've found for some of our "STUFF".

LL 08 X32 Part 4: How Can I Lighten My Own Footprint? 1 session

Our own Master Recyclers will describe how you can conserve by recycling, reducing, and reusing things around your house and garden. Learn about others' personal plans they have developed to change their behavior to lighten their own footprint. Think about which ideas you can do in your home.

At a Glance!

LL 08 X25 Better Soil

Free⁶ • Wegerzyn
Thursday • 10:00a-12:00p
3/15 • B. Hoevel

LL 08 X26 Backyard Composting

Free⁶ • Wegerzyn
Thursday • 10:00a-12:00p
3/22 • B. Hoevel

LL 08 X27 Worm Bins

Free⁶ • Wegerzyn
Thursday • 10:00a-12:00p
3/29 • B. Hoevel

LL 08 X28 Moon over Aullwood

\$TBA⁶ • Marie S. Aull Education Center
Saturday • 7:30p-10:00p
1/28, 2/25 & 3/24 • A. Hamilton

LL 08 X29 Environmentally Friendly Lifestyle

Free⁶ • Wegerzyn
Saturday • 10:00a - 12:00p
1/7 • B. Hoevel

LL 08 X30 Recycling Plant

Free⁶ • Wegerzyn
Saturday • 10:00a - 12:00p
1/14 • B. Hoevel

LL 08 X31 Solid Waste Transfer Site

Free⁶ • Wegerzyn
Saturday • 10:00a - 12:00p
1/21 • B. Hoevel

LL 08 X32 Lighten My Footprint

Free⁶ • Wegerzyn
Saturday • 10:00a - 12:00p
1/28 • B. Hoevel

At a Glance!

LL 08 X33 Winter Gardening Workshop

Free⁶ • Wegerzyn Auditorium
Saturday • 10:00a – 12:00p
2/25 • B. Hoevel

LL 08 X34 Gardeners and the Environment

Free⁶ • Wegerzyn Adult Classroom
Saturday • 10:00a – 12:00p
3/17 • B. Hoevel

LL 08 X35 Green Yard Maintenance

Free⁶ • Wegerzyn
Saturday • 10:00a – 12:00p
3/24 • B. Hoevel

LL 08 X36 What You can Safely Use on your Yard

Free⁶ • Wegerzyn
Saturday • 10:00a – 12:00p
3/31 • B. Hoevel

LL 08 X37 Trees in Garden Design

Free⁶ • Wegerzyn Adult Classroom
Saturday • 12:00p – 1:00p
1/7 • B. Hoevel

LL 08 X38 Trees in the Winter

Free⁶ • Wegerzyn
Saturday • 12:00p – 1:00p
2/25 • B. Hoevel

LL 08 X39 Miami Valley Gardening Conference

\$50 before 2/27; \$25 for full-time students • Sinclair, Bldg 12 Great Hall
Saturday • 7:30a – 5:00p
3/3 • B. Hoevel

LL 08 X40 Bus Trip: Lexington

TBA • Wegerzyn & Lexington
Tuesday • 7:00a-6:30p
4/24 • B. Hoevel
Minimum: 30

Course Descriptions

LL 08 X33 Winter Gardening Workshop

1 session

Learn what the avid gardener does during the middle of winter to enjoy last year's harvest, prepare for the approaching growing season, and tend an indoor garden. Cook winter squash, mix herbal teas, create spring garden plans, start tomato seeds, and learn how to grow and harvest fresh sprouts and micro-greens. There will also be a lecture on seed-starting by farmer Doug Christen.

LL 08 X34 Gardeners and the Environment

1 session

When you garden, you have a direct effect on the land around you. Learn ways that you as an individual can make your area—whether a small balcony, or a large vegetable garden—a positive space. We'll talk about plants, water, fertilizer, mulches, and weeds, and how your choices can impact the environment.

LL 08 X35- X36 Creating A Green Yard Series (2-Part Series)

This series is designed to help you explore ways to lessen your environmental impact in your own backyard, no matter where you live and what plants live there. Attend one or both classes.

LL 08 X35 Green Yard Maintenance

1 session

Turf expert Glenn Pottenger will explain how to care for your yard in environmentally friendly ways that will still make it look great. Talk about mowing and watering techniques, grass seed, insects, and diseases. Come with your questions and go home ready to have a great year in your yard!

LL 08 X36 What You can Safely Use on your Yard

1 session

Marvin Duren, of Marvin's Organic gardens, will talk about the best environmentally friendly products to use on your yard, including fertilizers, pre-emergents, compost and more. Learn the differences between commercially available products and what you need to know before buying and using.

LL 08 X37 Trees in Garden Design

1 session

Focus on the use of trees and parts of trees in fences, frames, and supports. Look at formal and forest settings, and cover innovative uses for natural material.

LL 08 X38 Trees in the Winter

1 session

Experience the Dougherty structure in winter, then go into the park to see and discuss what happens to trees in winter. Dress for the weather. End the session with hot beverages! Meet in the parking lot. This program is weather-dependent.

LL 08 X39 Miami Valley Gardening Conference

1 session

Five Rivers MetroParks' 17th annual Miami Valley Gardening Conference is the perfect place to start your gardening year! It's a fun and informational day, with national and local speakers and the company of fellow gardeners. Keynote speakers are bestselling author Amy Stewart (*Wicked Plants*, *Wicked Bugs*) and noted garden writer Lee Reich, with a special session on perennials led by Laura Deeter. There will be breakout sessions and hands-on demonstrations. Fee includes breakfast snack, lunch, breaks, and parking.

LL 08 X40 Bus Trip: Spring in Lexington, Kentucky

1 session

Visit the Arboretum and State Botanical Garden of Kentucky. Spring arrives earlier there, and the peonies and flowering trees should be in full bloom. After a tour of the grounds, take a self-guided, two-mile "Walk across Kentucky," visit the children's garden, or enjoy a stroll around the arboretum. Then go to Ashland, home of statesman Henry Clay, to enjoy a box lunch and guided tour of the mansion and gardens. Check in: 7:00 a.m.; return to Wegerzyn: 6:30 p.m. Price includes all fees, snacks, and lunch. **Deadline:** Registration and payment due by March 20.

Course Descriptions

LL 08 X41 Pancake Brunch and Sugarbush Walks

1 session

The “Gourmet Cooks” from Friends of Aullwood Board will flip flapjacks, sear sausages, pour coffee, and ladle syrup for your culinary delight. Take a Sugarbush walk to the sugar house where sap is boiled into maple syrup. Register with Sinclair, then call Aullwood at 890-7360 to reserve one of seven seating times beginning at 10 a.m. and continuing until 1 p.m. Pay at the door.

LL 08 X42 Dinner & a Play: *Red*

1 session

Dinner at Uno’s; the play is at Loft Theatre. John Logan’s play (winner of six 2010 Tony awards, including Best Play) starts with “what do you see?” asked by artist Mark Rothko, staring at one of his works. What artists see is the play’s core issue, and includes the on-stage canvas preparation for one of Rothko’s famed larger-than-life rectangles of bursting color. Park on streets, or in nearby lots or garages. Uno’s is at 126 North Main Street, Dayton; the Loft Theatre is at 138 North Main Street, Dayton. **Deadline:** Registration and payment due January 9.

LL 08 X43 Dinner & a Concert:

Miami Valley Symphony Orchestra

1 session

Have dinner at Barnsider; order off the menu and pay on your own. Then enjoy the MVSO Winter Concert featuring soprano Diana Farrell. Works include *Le Chasseur Maudit*, by Cesar Franck; *Così fan tutti: Come scoglio immoto resto*, by Mozart; and *Symphony No. 8, opus 93*, by Beethoven. Music Director is Ken Kohlenberg, director of the Sinclair Symphony Orchestra. Barnsider is located 5202 N. Main St., Dayton; Shiloh Church is located 5300 Philadelphia Drive at N. Main Street., Dayton. **Deadline:** Registration and payment due February 3.

LL 08 X44 Lunch & Opera: *The Enchanted Island*

1 session

First enjoy lunch at Fox & Hound, 2661 Fairfield Commons, Beavercreek; order off of the menu, pay on your own. By 12:55 p.m., go to Regal Cinema box office at 2651 Fairfield Commons, Beavercreek, to buy your ticket to the simulcast of *The Enchanted Island*, directed and designed by Phelim McDermott and Julian Crouch. In this opera, the lovers from Shakespeare’s *A Midsummer Night’s Dream* are shipwrecked on his other-worldly island of *The Tempest*. Inspired by the music of the 18th century, the work showcases arias and ensembles by Handel, Vivaldi, Rameau, and others, as well as a new libretto by Jeremy Sams. Conducted by William Christie, the work features Joyce DiDonato and Plácido Domingo. **Deadline:** Register by January 13.

LL 08 X45 Hors D’oeuvres & Sinclair Theatre: *Almost Maine*

1 session

Amidst the glow of the northern lights, the residents of Almost, Maine find themselves falling in and out of love in unexpected, and often hilarious, ways. Knees are bruised. Hearts are broken. But bruises heal, and hearts mend—almost—in this delightful midwinter night’s dream. Described by the *NY Sun* as “A snowy charmer...These nine tales of love in the time of frostbite have a winning glow that proves surprisingly contagious,” *Almost, Maine* offers a glimpse into the charming and quirky side of love.

LL 08 X46 Opera: *Romeo and Juliet*

1 session

This universal story has been adapted in countless plays, films and in dance, but perhaps no medium better expresses the love, longing, and ultimate tragedy than the sweeping romanticism of Gounod’s supreme opera. Before the opera, eat dinner at Uno’s, 126 North Main Street, Dayton; order off the menu and pay on your own. The Schuster Center is located at 1 West Second Street, Dayton.

At a Glance!

LL 08 X41 Pancake Brunch and Sugarbush Walks

\$6.50/adults; \$3.50/Child (12 & under) • Aullwood Farm
Sunday • 7:30a-4:00p
3/4 • P. Mutter/ C. Felver

LL 08 X42 Dinner & a Play: *Red*

\$21.50 & Dinner • Uno’s & Loft Theatre
Thursday • 5:00p-9:00p
1/19 • P. & D. Mutter
Maximum: 12

LL 08 X43 Dinner & a Concert: Miami Valley Symphony Orchestra

\$10 & Dinner • Barnsider & Shiloh Church
Saturday • 5:30p - 10:00p
2/11 • P. & D. Mutter
Minimum: 12

LL 08 X44 Lunch & Opera: *The Enchanted Island*

\$21 & Lunch • Fox and Hound & Regal Cinema
Saturday • 11:00a - 4:00p
1/21 • P. & D. Mutter
Minimum: 12

LL 08 X45 Hors D’oeuvres & Theatre: *Almost Maine*

\$15 • Sinclair, Blair Hall
Thursday • 6:00p-7:00p,
refreshments; 7:00p-9:00p, play
3/1 • A. Holaday

LL 08 X46 Opera: *Romeo and Juliet*

\$10 • Uno’s & Schuster Center
Wednesday • 5:00p-10:00p
2/22 • A. Holaday
Maximum: 35

Please note: Tickets for College for Lifelong Learning students are only available through the CLL office.

At a Glance!

LL 10 Writing About Your Life & Times

X1—\$45 • Sinclair
Tuesday • 2:15p-4:15p
1/17-3/20 • K. Berg

X2—\$25¹ • Mercy Siena
Tuesday • 10:00a-12:00p
1/17-3/20 • S. Kelleher
Maximum: 20

LL 12 X1 Journaling

Free¹² • St. Leonard
Wednesday • 1:30p-3:30p
1/18-2/22 • S. Kelleher/D. Stewart

LL 17 X1 WOLP

Free¹⁰ • One Lincoln Park
Tuesday • 9:30a-10:30a
1/10-3/20 • T. Peters/H. Campbell-Bradley

LL 08 X47 Oil Painting

\$48* • Mill Ridge Village
Tuesday • 10:00a-4:00p
1/10, 214/, & 3/13 • R. Davis/G. King
Maximum: 10

Course Descriptions

LL 10 Writing About Your Life & Times

10 sessions

Everyone has a story to tell. Provide your family with your story for now and in the future. This course leads you through the process of writing, sharing, and preserving your personal history. Each student may submit a writing sample to be duplicated, bound in booklet form, and distributed to class members.

LL 12 X1 Journaling Workshop

6 sessions

If you agree with Plato that “The life which is unexamined is not worth living,” join the Journaling Workshop. Explore such topics as why we journal, how to choose a journal, the various types of journal keeping, how to overcome writer’s block, the healing power of personal writing, and how journaling can lead to memoir writing. With the help of weekly writing exercises, begin the age-old practice of keeping a journal.

LL 17 X1 WOLP

11 sessions

DJ and Musicologist Tony Peters will play your favorite music for your listening pleasure each Tuesday morning. He accepts requests, and will also share some of the history about the music you’re listening to. This is offered through a partnership with One Lincoln Park.

LL 08 X47 Bob Ross Style Oil Painting

4 sessions

This is a wet-on-wet oil painting technique developed by Bob Ross, who appeared on television and was known for using large brushes. No previous painting or drawing experience required. Complete a ready-to-frame picture in just one class, and do a new painting each month, with some being landscapes and some florals. Wear old clothing, and bring a sack lunch, paper towels, and/or wet wipes. Taught by a certified Bob Ross Painting instructor. Register with the College for Lifelong Learning; make payment to instructor at Mill Ridge Village.

Seminars & Workshops

History & Culture

At a Glance!

LL 08 X48 Tour: Engineer’s Club

\$10 + lunch • Engineer’s Club
Wednesday • 10:00a-11:30a tour;
11:30a-1:00p optional lunch
3/21 • C. Beck
Minimum: 10; Maximum: 18

LL 08 X49 Harvey Girls

Free¹⁸ • Bethany Village Center
Thursday • 1:00p-2:30p
1/19 • N. Roach/J. Neidhart

Course Descriptions

LL 08 X48 Tour: Engineer’s Club

1 session

Tour the historical Engineer’s Club of Dayton, and learn about the founders and their business connections. Discover little known secrets of early members. Optional lunch in the club’s dining room (ranging from \$10-\$15); order off the menu and pay on your own. Free parking in the Club’s lot and in the Wright State University lot east of the Club; other parking available at the Masonic/Memorial Hall parking lot for a fee. Tour led by Clark Beck, past Club president.

LL 08 X49 Harvey Girls: The Women Who Civilized Dining in the Wild West

1 session

Originally, trains in the West did not offer meal service, leaving passengers to fend for themselves or be at the mercy of poorly run roadhouses. But Fred Harvey had a dream to bring good food at reasonable prices to travelers, and the “Harvey Girls,” as they came to be known, were an important part of that equation. They brought respectability to waitressing, while having the chance to travel and experience a bit of adventure as they “civilized the Old West.”

Course Descriptions

LL 08 X50 Tour of the Ray Kroc Center

1 session

Joan Kroc, wife of McDonald's entrepreneur Ray Kroc, made a large bequest to The Salvation Army, funding the creation of Dayton's Kroc Center with a tech café, family center, 400-seat sanctuary, movie theater, and more. The Duncarrick Mansion, the original structure on the grounds, has been restored and serves as the administrative offices. Tour this wonderful facility that is open to all area residents. Located at 1000 Keowee Street, Dayton. To park, enter the Kroc Center lot off Webster Street. **Deadline:** Register by January 18.

LL 08 X51 Woodland Cemetery: Part 3

1 session

Learn about aviation heroes and legends: the Wright Brothers, a World War I Flying Ace, the Tuskegee Airmen, fallen soldiers from each war, and other aviators at Woodland. Presenter Sherry Pesut will be in period costume for this program. Guest speaker Marty Pesut will talk about the Wright Brothers. Note: This is a PowerPoint presentation; Part 6 will be a walking tour of Woodland.

LL 08 X52 Woodland Cemetery: Part 4

1 session

Learn about more famous people of Woodland: the Meads, Colonel Deeds, Charles Kettering, politicians, more famous women there, and the inventors who now reside there. Presenter Sherry Pesut will be in period costume for this program. Guest speaker Chuck Johnson will talk about Charles Kettering, from his experience working for "Boss" during the last two years of his life. Note: This is a PowerPoint presentation; Part 6 will be a walking tour of Woodland.

LL 08 X53 Written in Stone

1 session

What can a quiet, reflective walk through old cemeteries tell you? Other than being the site of genealogical research, you may be struck by the beautiful examples of gravestone carvings, the brave statuary, and the epitaphs written in stone. These silent sentinels link us with our history and culture. Why do we mark our graves and write messages on them? Look at the evolution and meaning of tombstone iconography and humorous and famous obituaries and epitaphs through the 19th and 20th centuries. If we listen hard, the stones can speak. By the way, who has "That's All Folks!" written on his tombstone?

LL 08 X54 The 150th Anniversary of the Civil War

1 session

2011 marks the 150th anniversary of the beginning of the Civil War. See historic photos of Dayton during the Civil War, including the Dayton Civil War Band, and Civil War monuments. Also learn about conditions in Dayton, including protests, riots, and a number of Montgomery County citizens who served in the war.

LL 08 X55 & X56 Dayton's Rich Gypsy History

1 session

King Owen and Queen Harriet Stanley came from England in the 1800s to make the Miami Valley the headquarters of gypsies in the U.S. Discover where they lived in the Miami Valley, how they made a living (you may be surprised), how many area gypsies lived, newspaper accounts about thousands of people lining the funeral route for the Queen and King when they were buried at Woodland Cemetery, as well as the history of the gypsy burial plot at Woodland. There will be colorful descriptions of local gypsy life, the legacy of the Miami Valley gypsies in street names and family names, photographs, gypsy tales, and gypsy music.

LL 08 X57 Highlights of Small Towns of the Northern Miami Valley

1 session

Do you know where you can eat alligator, dine on French and German food, find the best pies ever, enjoy a Made-Rite, visit an historic relic chapel, and see where Annie Oakley once lived? The unique small towns of the Northern Miami Valley offer all these—historic sites, diverse restaurants, and distinctive histories.

At a Glance!

LL 08X50 Kroc Center

Free • Kroc Center
Monday • 10:00a-11:30a
1/30 • C. Felver/Salvation Army
Personnel
Maximum: 30

LL 08 X51 Woodland Cemetery: Part 3

\$5 • Woodland Cemetery,
Mausoleum
Wednesday • 9:00a-10:30a
2/29 • S. Pesut

LL 08 X52 Woodland Cemetery: Part 4

\$5 • Woodland Cemetery,
Mausoleum
Wednesday • 9:00a-10:30a
3/7 • S. Pesut

LL 08 X53 Written in Stone

Free⁵ • Mill Ridge Village
Friday • 1:30p-3:00p
3/23 • N. Roach/G. King

LL 08 X54 Civil War

Free⁵ • Mill Ridge Village
Thursday • 1:30p-3:00p
3/1 • L. Bey

LL 08 Dayton's Gypsies

X55—Free¹² • St. Leonard
Franciscan Center/Tuscany Room
Wednesday • 1:30p-3:00p
1/18 • L. Bey/D. Arrowood/D.
Stewart

X56—Free⁴ • Mercy Siena, Naas
Wellness Center

Friday • 1:30p-3:00p
2/10 • L. Bey/P. Buening/B. Kreuzer

LL 08 X57 Northern Miami Valley

Free²³ • Vandalia Senior Center
Friday • 1:00p-2:30p
3/16 • L. Bey/E. Kaylor

At a Glance!

LL 08 X58 Sarasota

Free²¹ • Sycamore Glen
Thursday • 2:00p-3:30p
2/9 • L. Bey/S. Wills

LL 08 X59 The French Quarter

Free¹⁰ • One Lincoln Park
Thursday • 2:00p-3:30p
2/16 • L. Bey/H. Campbell-Bradley

LL 08 X60 Mary Todd Lincoln

Free²¹ • Sycamore Glen
Friday • 2:00p-3:30p
3/16 • S. Wills

LL 08 X61 Music in Appalachia

Free²¹ • Sycamore Glen
Tuesday • 2:00p-3:30p
1/24 • K. Hayes/S. Wills

LL 08 X62 Ohio First Ladies

Free²⁹ • Oakwood Village,
Springfield
Wednesday • 10:00a-11:00a
1/25 • M. Mabe/R. Monroe/S. Chinn

LL 08 X63 Chocolate

Free⁴ • Mercy Siena, Nass Wellness
Center
Tuesday • 1:30p-2:30p
1/16 • J. Lightcap/P. Buening/B.
Kreuzer

LL 08 X64 Presidents: Part I

Free²⁹ • Oakwood Village,
Springfield
Tuesday • 10:00a-11:00a
2/7 • J. Lightcap/S. Monroe/S.
Chinn

LL 08 X65 Presidents: Part II

Free²⁹ • Oakwood Village,
Springfield
Tuesday • 10:00a-11:00a
3/6 • J. Lightcap/R. Monroe/S.
Chinn

LL 08 X66 Women of Flight

Free⁸ • Walnut Creek
Tuesday • 10:30a-11:30a
1/10 • S. Lightcap/J. Ashworth

Course Descriptions

LL 08 X58 Having a Good Time in Sarasota!

1 session

This visual tour of Florida's Gulf Coast treasure, Sarasota, provides a look at one of the largest Amish winter communities in the U.S. See the famous John and Mable Ringling Museum of Art, the Ringling Circus Museum, and the restored mansion on Sarasota Bay. View unusual outdoor sculptures, great architecture, wonderful sandy beaches, exclusive shopping, and the famous Asolo Theater. Experience a boat ride on Sarasota Bay and the best seafood ever.

LL 08 X59 A Walk of the French Quarter in New Orleans

1 session

Take a one-hour photo journey of the unique, one-of-a-kind French Quarter. Walk historic streets to see Jackson Square, site of the oldest cathedral in the U.S.; the building where the Louisiana Purchase was signed; coffee and beignets at the famous Café du Monde; as well as literary sites, James Audubon's cottage, quaint shops, Spanish balconies, great restaurants, and more.

LL 08 X60 Mary Todd Lincoln

1 session

Mary Todd Lincoln had a ready wit and sparkling personality attuned to politics, making her popular among the gentry of Springfield, Illinois. Although she was courted by the rising young lawyer and politician Stephen Douglas and others, she married Abraham Lincoln and later became First Lady. She was both honored and criticized, and suffered from headaches and bouts of depression. Yet Lincoln, watching her put her guests at ease during a White House reception, said happily: "My wife is as handsome as when she was a girl, and I fell in love with her; and what is more, I have never fallen out."

LL 08 X61 Music in Appalachia

1 session

We will look at the role of music in rural as well as urban Appalachia, and we'll highlight how the Appalachian culture and music are intertwined. A variety of distinctive regional musical traditions will also be discussed.

LL 08 X62 Ohio's Presidential First Ladies

1 session

Ohio proudly boasts the election of eight as America's Chief Executive. Hear about the women behind the men, the wives who supported their husband's political careers, sharing their personal lives with their country.

LL 08 X63 Chocolate: A History

1 session

The story of chocolate spans more than 2,000 years and now circles the globe. Explore the history of this favorite flavor of most Americans.

LL 08 X64 Ohio: Mother of Presidents—Part I

1 session

The Buckeye State claims eight Presidents of the United States as "favorite sons". The stories of these leaders of the U.S. make up a two-part presentation. Four of those "favorite sons" will be presented.

LL 08 X65 Ohio: Mother of Presidents—Part II

1 session

This session continues the stories of the Ohio "favorite sons" who have served our nation as President. Look at four more presidents and review the impact Ohio has had on the national scene as we move from the 19th to the 20th century.

LL 08 X66 Women of Flight:

A Look at Women in Aviation History

1 session

Women have been impacting the history of aviation since the first hot-air balloon crested the horizon. And since the beginning of aeronautical history, women have been an ever-present force as supporters, inventors, and pioneers. Susan Lightcap reviews that history and highlights those women.

Course Descriptions

LL 08 X67 Mardi Gras – Fat Tuesday: A Look at the Holiday that Made New Orleans Famous

1 session

Every year more than 4 million people come to New Orleans from around the world to be part of what is often billed as the “greatest free party on Earth” – Mardi Gras! Review the history and traditions of this popular holiday.

LL 08 X68 1600 Pennsylvania Avenue: A Look at the Most Famous Address in the World

1 session

The White House is one of the two most recognizable buildings in our country. For 200 years, it has been a symbol of the U.S. Presidency, U.S. Government, and American people. Focus on the history of this unique and fascinating building.

LL 08 X69 Ohioans and Their Contributions: Part II

1 session

This continues last year’s popular look at Ohioans who have contributed to the state, nation, and world. They range from famous to infamous and from well-known to obscure. Look at how this new and different group of Ohioans from the worlds of politics, invention, sports, and entertainment made their mark on society. Fee includes presentation, box lunch, and museum admission.

LL 08 X70 All Things Chocolate

1 session

Just in time for Valentine’s Day, learn all about the history and uses of chocolate. Working with our caterer, Carter Catering, our speaker will walk guests through a meal featuring chocolate from beginning to end and everything in between. Fee includes presentation, box lunch, and museum admission.

LL 08 X71 In Pursuit of Jane Austen

1 session

Author and lecturer Carrie Bebris offers a personal introduction to her award-winning Mr. & Mrs. Darcy Mystery series, which embroils Jane Austen’s most beloved characters in intrigue. She will also share how she recreates Regency England in her mystery novels through historical research. Fee includes presentation, box lunch, and museum admission.

LL 08 X72 Preserving Life Memories

1 session

There are events in life that need to be recorded for family history. Whether you are interviewing a family member or writing and recording your own memories, this session will give you a “jump start.” Discuss how to get started and continue through the life’s history to capture those family keepsakes. Each life story is unique and should not be lost! Nancy Roach has studied and taught how to take family oral histories and recorded for the Arcade Square memories book.

LL 08 X73 The History of Tecumseh

6 sessions

Born in the 18th century to the Shawnee, Tecumseh became one of the greatest leaders in the history of North America. Warrior, prophet, and leader, he led a revolt against incursion of European advancement into the Ohio Valley. Learn about Tecumseh’s life, his leadership and prophetic abilities, and his impact on the culture of his time as well as our own. He brought hope and healing to a declining culture. Find out how his lessons can transform today’s culture.

LL 21 X5 Primary Election Analysis

1 session

As the primary season rages on, analyze where the candidates stand. Look at their successes and failures during the primary season. Also look at the strengths and weaknesses of the candidates that remain in the running.

LL 08 X74 Historic Downtown Dayton Churches

1 session

Look back in time at the first church in Dayton and our beautiful churches in the downtown area. Discuss the history of each church, and take a photographic tour of them.

At a Glance!

LL 08 X67 Fat Tuesday

Free⁸ • Walnut Creek
Tuesday • 10:30a-11:30a
2/14 • J. & S. Lightcap/J. Ashworth

LL 08 X68 1600 Pennsylvania Avenue

Free⁸ • Walnut Creek
Tuesday • 10:30a-11:30a
3/13 • J. Lightcap/J. Ashworth

LL 08 X69 Ohioans

\$18 • Warren County History Center
Wednesday • 11:30a-1:00p
1/18 • J. Zimkus

LL 08 X70 All Things Chocolate

\$18 • Warren County History Center
Wednesday • 11:30a-1:00p
2/8 • S. Sumner, Hamilton County Parks

LL 08 X71 Jane Austen

\$18 • Warren County History Center
Wednesday • 11:30a-1:00p
3/14 • C. Bebris

LL 08 X72 Preserving Memories

Free²¹ • Sycamore Glen
Friday • 2:00p-3:30p
1/27 • N. Roach/S. Wills

LL 08 X73 Tecumseh

Free¹² • St Leonard, Franciscan Center/Florentine Room
Tuesday • 1:00p-2:00p
1/24-2/28 • J. Harless/D. Arrowood/D. Stewart

LL 21 X5 Primary Election

Free¹⁸ • Bethany Village Center
Thursday • 11:00a-12:00p
3/22 • K. Combs/J. Neidhart

LL 08 X74 Historic Churches

Free⁴ • Mercy Siena, Naas Wellness Center
Friday • 2:00p-3:30p
3/9 • S. Pesut

Senior Sites

Audit Schedule

These classes are tuition-free for those age 60 and better. Turn in your registration form to Registration or the College for Lifelong Learning. Those who are continuing at the same site the next term may indicate that to their instructor. Membership in the site may be required. Call (937) 512-2372 or 512-5184 for more information.

Beth Jacob (DSC), 7020 N. Main St., Dayton 45415 (937) 274-2149

| | | | | |
|------------|---|---|-------------|-------------|
| HIS 297/GG | The American People in Depression & War: 1925-1945 | R | 1:00p-3:30p | D. Williams |
|------------|---|---|-------------|-------------|

Bethany Village (BLV), 6445 Far Hills Avenue, Dayton 45459, (937) 433-2110

| | | | | |
|------------|------------------------------------|---|--------------|--------------|
| ART 297/GM | Painting & More | W | 10:00a-1:15p | F. Betz |
| PED 148/8E | Beginning Ballroom Dance** | M | 1:00p-2:40p | J. & D. Rose |
| PED 149/9F | Intermediate Social Dance** | R | 6:00p-7:40p | J. & D. Rose |

Brookville Senior Citizen Center (BSCC), Golden Gate Park, Brookville 45309, (937) 512-2372

| | | | | |
|------------|----------------------------|----|--------------|-----------|
| ART 297/GA | Painting & More | T | 9:00a-12:15p | K. Moore |
| PED 105/GH | Physical Fitness | MW | 9:30a-10:20a | T. Penick |

Dayton Jewish (DJC), Boonshoft Center, 525 Versailles Dr., Centerville 45459 (937) 853-0372

| | | | | |
|------------|-------------------------|---|---------------|----------|
| MUS 115/GH | Intro to Opera | W | 1:00p-3:30p | R. Bobo |
| ART 297/GP | Art Appreciation | F | 10:00a-12:00p | B. Stork |

Earl Heck Community Center (EHCC), 201 N. Main Street, Englewood 45322, (937) 836-5929

| | | | | |
|------------|----------------------------|---|--------------|-------------|
| ART 297/GN | Painting & More | W | 9:00a-12:15p | S. Harbaugh |
|------------|----------------------------|---|--------------|-------------|

Northwest Recreation Center (formerly Ellison) (ESCC), 1600 Princeton Avenue, 45406, (937) 333-3322

| | | | | |
|------------|---|----|--------------|---------------|
| ART 297/GJ | Painting & More | F | 9:00a-12:15p | B. Bolton |
| PED 105/GA | Physical Fitness | TR | 9:45a-10:35a | L. Tschippert |
| HIS 297/GL | Dayton's African-American Heritage & You | W | 9:00a-11:30a | M. Peters |

Legend of Sponsors

- ¹ Sponsored by Mercy Siena or Sycamore Glen Retirement Community (They will pay \$15 of the \$45 tuition fee.)
- ² Sponsored by Crestview Manor
- ³ Cooperatively offered by Lathrem Senior Center and Sinclair Community College for Lifelong Learning
- ⁴ Sponsored by Mercy Siena Retirement Community
- ⁵ Sponsored by Mill Ridge Village
- ⁶ Offered in collaboration with Five Rivers MetroParks: Aullwood, Cox Arboretum and the Germantown Nature Center, and Wegerzyn Gardens
- ⁷ Sponsored by the Oscar & Marjorie Boonshoft Center for Jewish Culture and Education
- ⁸ Sponsored by the Suites at Walnut Creek
- ⁹ Offered in collaboration with Dayton History—Carillon Historical Park
- ¹⁰ Sponsored by One Lincoln Park
- ¹¹ Sponsored by Mercy Siena Retirement Community (Mercy Siena will pay the instructor's fee, plus \$2 of the \$6 food supply fee).
- ¹² Sponsored by St. Leonard's Wellness Program
- ¹³ Dayton Urban League may pay for training for qualified students.
- ¹⁴ Sponsored by Dayton Metro Library System
- ¹⁵ Provided by Sinclair's Career Services department
- ¹⁶ Provided by KMCN Community Wellness Program
- ¹⁷ Sponsored by Otterbein Retirement Community, Lebanon
- ¹⁸ Sponsored by Bethany Village
- ¹⁹ Sponsored by Dayton Urban League
- ²⁰ Sponsored by Fairhaven Church
- ²¹ Sponsored by Sycamore Glen Retirement Community
- ²² Sponsored by Brookhaven Retirement Community
- ²³ Sponsored by Vandalia Senior Center
- ²⁴ Sponsored by Waterford House
- ²⁵ Sponsored by Yellow Springs Senior Center
- ²⁶ Sponsored by Brookhaven Retirement Community & Good Samaritan Hospital
- ²⁷ Sponsored by Diversity Grant funding
- ²⁸ Underwritten by Edward Jones office, Ron Solada, Financial Advisor. Edward Jones, its employees and financial advisors are not estate planners and do not give tax or legal advice
- ²⁹ Sponsored by Oakwood Village, Springfield
- ³⁰ Sponsored by The Greenbriar, Eaton
- ³¹ Provided by The Area Agency on Aging
- ³² Provided by VITAS Innovative Hospice Care
- ³³ Sponsored by Lathrem Senior Adult Center
- ³⁴ Supported by the Preble County District Library

Rec Center-Roosevelt Commons (formerly Ellison) (ROSC), 2021 W. Third Street, 45417, (937) 333-4732

| | | | | |
|------------|--------------------|----|---------------|-------------|
| PED 105/GA | Physical Fitness | TR | 9:45a-10:35a | S. Trees |
| PED 148/GC | Soulful Line Dance | MF | 10:00a-10:50a | J. Drummond |

Fairborn Senior Center (FSC), 325 N. Third Street, Fairborn, 45324, (937) 878-4141

| | | | | |
|------------|--------------------|---|---------------|---------|
| HUM 125/GA | Survey of Cultures | F | 10:00a-12:30p | M. Mabe |
|------------|--------------------|---|---------------|---------|

Friendship Village (FSHP), 5790 Denlinger Road, Dayton 45426, (937) 837-5581

| | | | | |
|------------|---|---|-------------|--------------|
| ART 297/GB | Painting & More | M | 1:00p-4:15p | B. Stork |
| PLS 297/GE | Political Parties & the Electoral Process | W | 1:30p-4:00p | L. Callender |

Hithergreen Senior Center (HSC), 5900 Hithergreen Drive, Dayton 45429, (937) 435-2415

| | | | | |
|------------|---------------------------|----|---------------|------------|
| ART 297/GC | Painting & More | M | 9:00a-12:15p | B. Stork |
| ART 297/GD | Watercolor Painting* | R | 9:30a-12:45p | D. Coyle |
| ART 297/GE | Watercolor Painting* | T | 9:30a-12:45p | D. Coyle |
| CJS 102/GB | Constitutional Law | M | 1:00p-3:30p | E. Orlando |
| MUS 115/GB | Intro to Opera | T | 6:00p-8:00p | R. Bobo |
| PED 154/GA | Aerobic Conditioning | TR | 10:00a-10:50a | M. Pittman |
| PED 165/GD | Country/Western Dance | T | 1:30p-3:10p | P. Burger |
| PED 204/GA | Adv. Aerobic Conditioning | TR | 8:45a-10:00a | M. Pittman |

Huber Heights Senior Center (HHSC), 6428 Chambersburg Road, Huber Heights 45424, (937) 233-9999

| | | | | |
|------------|------------------|----|---------------|------------|
| PED 105/GG | Physical Fitness | TF | 8:00a-8:50a | F. Strahan |
| PED 105/GC | Physical Fitness | MW | 10:00a-10:50a | D. Pence |
| PED 105/GD | Physical Fitness | MW | 8:00a-8:50a | D. Pence |
| PED 105/GB | Physical Fitness | MW | 9:00a-9:50a | D. Pence |

Kettering Rosewood Arts Centre (KRAC), 2655 Olson Drive, Dayton 45420, (937) 296-0294

| | | | | |
|------------|-----------------|---|-------------|----------|
| ART 297/GF | Painting & More | W | 1:00p-4:15p | D. Black |
| ART 297/GG | Painting & More | R | 1:00p-4:15p | D. Black |

Lathrem Senior Adult Center (LSAC), 2900 Glengarry Drive, Dayton 45420, (937) 296-2480

| | | | | |
|------------|-------------------------------------|---|-------------|-----------|
| HIS 297/GF | 20th Century Presidential Campaigns | M | 1:30p-4:00p | K. Combs |
| PED 165/GE | Country/Western Dance | R | 1:00p-2:40p | P. Burger |

Lohrey Recreation Center (LCC), 2366 Glenarm Avenue, Dayton 45420, (937) 333-3131

| | | | | |
|------------|-----------------|---|--------------|-----------|
| ART 297/GH | Painting & More | T | 9:00a-12:15p | R. Wourms |
|------------|-----------------|---|--------------|-----------|

Maria-Joseph Living Care Center (MJLC), 4830 Salem Avenue, Dayton 45416, (937) 278-2692

| | | | | |
|------------|--------------------------|---|-------------|------------|
| DAN 105/GB | Adapted Wheelchair Dance | F | 1:30p-3:10p | M. Pittman |
| DAN 105/GC | Adapted Wheelchair Dance | F | 3:20p-5:00p | M. Pittman |

Mature American Citizens (EAL), Meets at Englewood Learning Center, (937) 836-8750

| | | | | |
|------------|------------------|----|--------------|------------|
| PED 105/GF | Physical Fitness | MW | 9:30a-10:20a | F. Strahan |
|------------|------------------|----|--------------|------------|

Mercy Siena Retirement Community (MSNC), 6075 North Main Street, Dayton 45415, (937) 279-2879

| | | | | |
|------------|---|---|---------------|-------------|
| DAN 105/GE | Adapted Wheelchair Dance | F | 10:00a-11:40a | M. Pittman |
| ART 297/GK | Painting & More | T | 1:00p-4:15p | S. Harbaugh |
| PED 105/GM | Physical Fitness (meets at Naas Wellness Center) | T | 6:00p-7:40p | D. Stewart |

Senior Sites

Audit Schedule

Miami Shores of Moraine Nursing Center (MSMN), 3421 Pinnacle Road, Dayton 45418, (937) 268-3488

| | | | | |
|------------|--------------------------|----|---------------|------------|
| DAN 105/GA | Adapted Wheelchair Dance | MW | 11:00a-11:50a | M. Pittman |
|------------|--------------------------|----|---------------|------------|

Miamisburg Senior Adult Center (MBSC), 305 East Central Avenue, Miamisburg 45342, (937) 866-8999

| | | | | |
|------------|-----------------------------|-----|--------------|------------|
| PED 204/9E | Adv. Aerobic Conditioning** | MWF | 4:00p-4:50p | D. Pence |
| ART 297/GI | Painting & More | F | 1:00p-4:15p | J. Bristol |
| PED 204/GB | Adv. Aerobic Conditioning | TR | 12:45p-2:00p | D. Pence |
| HIS 297/GM | The American West | M | 1:15p-3:45p | W. Kuhn |

One Lincoln Park (OLP), 590 Isaac Prugh Way, Dayton 45429, (937) 298-0594

| | | | | |
|------------|---------------|---|-------------|----------|
| HIS 297/GC | The Civil War | F | 1:00p-3:30p | K. Hayes |
|------------|---------------|---|-------------|----------|

Preble County Learning Center (PCLC), 450 E Washington-Jackson Rd, Eaton 45320, (937) 456-5252

| | | | | |
|------------|--------------------------|----|-------------|-----------|
| ART 101/8B | Introduction to Art | TR | 2:00p-3:15p | |
| HIS 102/9A | U.S. History (1815-1919) | R | 7:00p-9:45p | |
| PLS 201/8A | International Relations | MW | 3:00p-4:15p | J. Perry |
| REL 112/8B | Western Religions | TR | 3:00p-5:10p | J. Dickey |

Sinclair Campus (SCC), 444 West Third Street, Dayton 45402, (937) 512-2372

| | | | | |
|------------|--------------------------|----|---------------|--------------|
| PED 101/02 | Beginning Swimming | TR | 11:00a-11:50a | N. Peavy |
| PED 102/02 | Intermediate Swimming | TR | 10:00a-10:50a | N. Peavy |
| PED 153/05 | Water Aerobics | TR | 2:00p-2:50p | N. Peavy |
| ART 297/5Z | Ceramic Arts for Seniors | MW | 8:00a-10:45a | S. Perkins |
| DIT 143/S1 | Healthy Cooking | W | 9:00a-12:30p | Chef L. Gose |
| DIT 143/S2 | Healthy Cooking | F | 9:00a-12:30p | Chef L. Gose |

Trinity Community of Beavercreek (TBC), 3218 Indian Ripple Rd., Beavercreek 45440, (937) 426-8481

| | | | | |
|------------|---------------------|---|-------------|----------|
| HUM 140/GT | Music in Appalachia | W | 1:30p-4:00p | K. Hayes |
|------------|---------------------|---|-------------|----------|

Trotwood Seniors (CPMC), Greater Works/Y, 506 E. Main St., Trotwood 45426, (937) 512-2372

| | | | | |
|------------|----------------------|---|-------------|-----------|
| PED 148/8D | Soulful Line Dance** | T | 6:00p-7:40p | C. Echols |
|------------|----------------------|---|-------------|-----------|

Vandalia Senior Center (VSCC), 21 Tionda Drive, South, Vandalia 45377, (937) 898-1232

| | | | | |
|------------|------------------------------|----|---------------|------------|
| ART 297/GL | Painting & More | R | 12:00p-3:15p | K. Moore |
| HIS 297/GD | Rebuilding Europe after WWII | M | 1:00p-3:30p | B. Weiss |
| PED 105/GE | Physical Fitness | MW | 11:00a-11:50a | F. Strahan |
| PED 105/GJ | Physical Fitness | MW | 12:00p-12:50p | F. Strahan |
| ART 297/GO | Art Appreciation | T | 1:30p-3:30p | B. Stork |

Villas of Brookhaven (VOB), One Country Lane, Brookville 45309, (937) 833-4006

| | | | | |
|------------|---|---|-------------|------------|
| PLS 297/GJ | Political Parties & the Electoral Process | R | 1:00p-3:30p | M. Sprague |
|------------|---|---|-------------|------------|

Walnut Creek Nursing Center (WCNC), 5070 Lamme Road, Dayton 45439, (937) 293-7703

| | | | | |
|------------|--------------------------|----|-------------|------------|
| DAN 105/GG | Adapted Wheelchair Dance | TR | 4:10p-5:00p | M. Pittman |
|------------|--------------------------|----|-------------|------------|

Wood Glen Nursing Center (WGNC), 3800 Summit Glen Drive, Dayton 45449, (937) 436-2273

| | | | | |
|------------|--------------------------|---|-------------|------------|
| DAN 105/GH | Adapted Wheelchair Dance | T | 2:15p-3:55p | M. Pittman |
| DAN 105/GJ | Adapted Wheelchair Dance | R | 2:15p-3:55p | M. Pittman |

* Restricted class. Instructor's signature required.

**Not restricted to seniors 60 and over. Tuition charged for those under 60 and membership fee at offering site may be required.

College for Lifelong Learning students who are age 60 or better may register to participate in credit classes for continued learning at any of the Sinclair campuses tuition free on a space-available basis. The classes shown in this list represent days and times that have been convenient for our students. However, not all classes or times are listed. For the complete listing of classes and sections, check the Sinclair website at www.sinclair.edu, which has the latest information, as the schedule is updated on an ongoing basis. If you have any questions or concerns, please feel free to contact the College for Lifelong Learning office at (937) 512-2372. Please note: no credit given; lab fees may apply to some classes. For more information on audit class locations, see the legend on page 34.

Accounting (ACC)

| | | | | |
|------------|---|----|-------------------|--|
| ACC 121/03 | Introduction to Financial Accounting | MW | 10:30am - 12:45pm | |
| ACC 121/07 | Introduction to Financial Accounting | TR | 1:00pm - 3:15pm | |
| ACC 122/01 | Intro to Managerial Accounting | MW | 10:30am - 12:45pm | |
| ACC 122/50 | Intro to Managerial Accounting | MW | 7:00pm - 9:15pm | |

Allied Health (ALH)

| | | | | |
|------------|--|----|------------------|-----------|
| ALH 103/02 | Intro to Health Care Delivery | TR | 8:00am - 9:15am | |
| ALH 103/04 | Intro to Health Care Delivery | F | 9:00am - 11:45am | |
| ALH 103/8B | Intro to Health Care Delivery | MW | 1:00pm - 2:15pm | ELC, 104 |
| ALH 103/8F | Intro to Health Care Delivery | S | 8:00am - 10:45am | ELC, 109 |
| ALH 104/02 | Allied Health Informatics | MW | 12:30pm - 1:45pm | 4110 |
| ALH 104/08 | Allied Health Informatics | TR | 2:00pm - 3:15pm | 4110 |
| ALH 106/03 | Intro to Basic Health Care Practice | F | 2:30pm - 5:00pm | 12302 |
| ALH 106/51 | Intro to Basic Health Care Practice | T | 5:30pm - 8:00pm | 12302 |
| ALH 106/8A | Intro to Basic Health Care Practice | W | 8:00am - 10:40am | HHLC, 111 |

Art (ART)

| | | | | |
|------------|------------------------------------|----|--------------------|-----------|
| ART 101/02 | Introduction to Art | TR | 11:00am - 12:15pm | 13404 |
| ART 101/04 | Introduction to Art | F | 1:00pm - 3:45pm | 13404 |
| ART 101/8A | Introduction to Art | MW | 11:30am - 12:15 pm | ELC, 105 |
| ART 101/8B | Introduction to Art | MW | 3:00pm - 4:15pm | PCLC, 110 |
| ART 102/02 | Art Appreciation: Art Media | W | 1:00pm - 3:45pm | 13404 |
| ART 107/9B | Beginning Photoshop | W | 12:00pm - 2:45pm | ELC, 109 |
| ART 108/01 | Design Basics: Color | TR | 8:30am - 11:15am | 13206 |
| ART 111/02 | Art Drawing I | TR | 8:30am - 11:15am | 13301 |
| ART 111/03 | Art Drawing I | TR | 2:30pm - 5:15pm | 13301 |
| ART 111/04 | Art Drawing I | F | 9:00am - 2:30pm | 13301 |
| ART 111/8A | Art Drawing I | MW | 4:00pm - 6:40pm | KHS |
| ART 111/W1 | Art Drawing I | S | 9:00am - 2:30pm | 13301 |
| ART 111/W5 | Art Drawing I | U | 12:30pm - 6:00pm | 13301 |
| ART 112/04 | Art Drawing II | F | 9:00am - 2:30pm | 13301 |
| ART 112/50 | Art Drawing II | MW | 5:30pm - 8:15pm | 13301 |
| ART 112/8A | Art Drawing II | MW | 4:00pm - 6:40pm | KHS |
| ART 112/W1 | Art Drawing II | S | 9:00am - 2:30pm | 13301 |
| ART 112/W5 | Art Drawing II | U | 12:30pm - 6:00pm | 13301 |
| ART 113/04 | Art Drawing III | F | 9:00am - 2:30pm | 13301 |
| ART 113/50 | Art Drawing III | MW | 5:30pm - 8:15pm | 13301 |
| ART 113/8A | Art Drawing III | MW | 6:00pm - 8:40pm | KHS |
| ART 113/W1 | Art Drawing III | S | 9:00am - 2:30pm | 13301 |
| ART 113/W5 | Art Drawing III | U | 12:30pm - 6:00pm | 13301 |

| | | | | |
|------------|---------------------------------|----|------------------|-------|
| ART 121/02 | Painting I | TR | 11:30am - 2:15pm | 13304 |
| ART 121/W1 | Painting I | S | 9:00am - 2:30pm | 13304 |
| ART 122/W1 | Painting II | S | 9:00am - 2:30pm | 13304 |
| ART 123/W1 | Painting III | S | 9:00am - 2:30pm | 13304 |
| ART 131/01 | Sculpture I | TR | 2:30pm - 5:15pm | 13306 |
| ART 131/02 | Sculpture I | MW | 11:30am - 2:15pm | 13306 |
| ART 131/50 | Sculpture I | MW | 5:30pm - 8:15pm | 13306 |
| ART 131/W1 | Sculpture I | S | 9:00am - 2:30pm | 13306 |
| ART 132/50 | Sculpture II | MW | 5:30pm - 8:15pm | 13306 |
| ART 132/W1 | Sculpture II | S | 9:00am - 2:30pm | 13306 |
| ART 133/50 | Sculpture III | MW | 5:30pm - 8:15pm | 13306 |
| ART 133/W1 | Sculpture III | S | 9:00am - 2:30pm | 13306 |
| ART 141/01 | Ceramic Art I | TR | 8:30am - 11:15am | 13307 |
| ART 141/02 | Ceramic Art I | TR | 11:30am - 2:15pm | 13307 |
| ART 141/50 | Ceramic Art I | MW | 5:30pm - 8:15pm | 13307 |
| ART 141/W1 | Ceramic Art I | S | 9:00am - 2:30pm | 13307 |
| ART 142/01 | Ceramic Art II | MW | 11:30am - 2:15pm | 13307 |
| ART 142/W1 | Ceramic Art II | S | 9:00am - 2:30pm | 13307 |
| ART 143/01 | Ceramic Art III | MW | 11:30am - 2:15pm | 13307 |
| ART 143/02 | Ceramic Art III | TR | 2:00pm - 4:45pm | 13307 |
| ART 143/W1 | Ceramic Art III | S | 9:00am - 2:30pm | 13307 |
| ART 161/01 | Photography I | TR | 8:30am - 11:15am | 13303 |
| ART 161/02 | Photography I | TR | 11:30am - 2:15pm | 13303 |
| ART 162/01 | Photography II | R | 4:00pm - 9:15pm | 13303 |
| ART 163/01 | Photography III | R | 4:00pm - 9:15pm | 13303 |
| ART 221/W1 | Advanced Painting I | S | 9:00am - 2:30pm | 13304 |
| ART 222/W1 | Advanced Painting II | S | 9:00am - 2:30pm | 13304 |
| ART 223/W1 | Advanced Painting III | S | 9:00am - 2:30pm | 13304 |
| ART 241/01 | Advanced Ceramic Art I | MW | 11:30am - 2:15pm | 13307 |
| ART 241/W1 | Advanced Ceramic Art I | S | 9:00am - 2:30pm | 13307 |
| ART 242/01 | Advanced Ceramic Art II | MW | 11:30am - 2:15pm | 13307 |
| ART 242/W1 | Advanced Ceramic Art II | S | 9:00am - 2:30pm | 13307 |
| ART 243/01 | Advanced Ceramic Art III | MW | 11:30am - 2:15pm | 13307 |
| ART 243/W1 | Advanced Ceramic Art III | S | 9:00am - 2:30pm | 13307 |
| ART 251/50 | Advanced Sculpture | MW | 5:30pm - 8:15pm | 13306 |
| ART 251/W1 | Advanced Sculpture | S | 9:00am - 2:30pm | 13306 |
| ART 265/01 | Color Photography I | W | 4:00pm - 9:15pm | 13303 |
| ART 266/01 | Color Photography II | W | 4:00pm - 9:15pm | 13303 |
| ART 267/01 | Color Photography III | W | 4:00pm - 9:15pm | 13303 |
| ART 297/5Z | Ceramics for Seniors | MW | 8:30am - 11:15am | 13307 |
| ART 297/GA | Painting & More | T | 9:00am - 12:15pm | BSCC |
| ART 297/GB | Painting & More | M | 1:00pm - 4:15pm | FSHP |
| ART 297/GC | Painting & More | M | 9:00am - 12:15pm | HSC |
| ART 297/GD | Watercolor Painting | R | 9:30am - 12:45pm | HSC |

| | | | | |
|------------|----------------------------|---|-------------------|------|
| ART 297/GE | Watercolor Painting | T | 9:30am - 12:45pm | HSC |
| ART 297/GF | Painting & More | W | 1:00pm - 4:15pm | KRAC |
| ART 297/GG | Painting & More | R | 1:00pm - 4:15pm | KRAC |
| ART 297/GH | Painting & More | T | 9:00am - 12:15pm | LCC |
| ART 297/GI | Painting & More | F | 1:00pm - 4:15pm | MBSC |
| ART 297/GJ | Painting & More | F | 9:00am - 12:15pm | ESCC |
| ART 297/GK | Painting & More | T | 1:00pm - 4:15pm | MSNC |
| ART 297/GL | Painting & More | R | 12:00pm - 3:15pm | VSCC |
| ART 297/GM | Painting & More | W | 10:00am - 1:15pm | BLV |
| ART 297/GN | Painting & More | W | 9:00am - 12:15pm | ESCC |
| ART 297/GO | Art Appreciation | T | 1:30pm - 3:30pm | VSCC |
| ART 297/GP | Art Appreciation | F | 10:00am - 12:15pm | DJC |

American Sign Language (ALS)

| | | | | |
|------------|--|----|-------------------|-----------|
| ASL 111/01 | Beginning American Sign Language I | MW | 8:00am - 9:15am | 9212 |
| ASL 111/02 | Beginning American Sign Language I | TR | 2:00pm - 3:15pm | 9212 |
| ASL 111/03 | Beginning American Sign Language I | MW | 12:15pm - 1:45pm | 9205 |
| ASL 111/50 | Beginning American Sign Language I | TR | 7:00pm - 8:15 pm | 9322 |
| ASL 111/8B | Beginning American Sign Language I | TR | 9:30am - 10:45am | CVCC, 104 |
| ASL 111/9A | Beginning American Sign Language I | TR | 5:30pm - 6:45pm | HHLC, 110 |
| ASL 112/02 | Beginning American Sign Language II | MW | 11:00am - 12:15pm | |
| ASL 112/9B | Beginning American Sign Language II | MW | 1:00pm - 2:15pm | ELC |

Automotive (AUT)

| | | | | |
|------------|---------------------------------|----|------------------|-------|
| AUT 100/50 | Basic Automotive Systems | R | 6:00pm - 10:10pm | 20113 |
| AUT 108/02 | Engine Systems | TR | 1:00pm - 4:15pm | 20241 |

Biology (BIO)

| | | | | |
|------------|---|-----|-------------------|------|
| BIO 141/01 | Principles of Anatomy & Physiology | MWF | 9:00am - 9:50am | |
| BIO 141/05 | Principles of Anatomy & Physiology | TR | 1:00pm - 2:15pm | |
| BIO 147/05 | Lab for BIO 141 | W | 10:00am - 11:40am | 4012 |
| BIO 147/02 | Lab for BIO 141 | M | 10:00am - 11:40am | 4012 |
| BIO 147/50 | Lab for BIO 141 | W | 7:00pm - 8:40pm | 4012 |

Business Information Systems (BIS) NOTE: Prerequisite required; contact department chair

| | | | | |
|------------|--|----|-------------------|-----------|
| BIS 101/04 | Personal Computer Keyboarding | MW | 9:00am - 9:50am | |
| BIS 101/8A | Personal Computer Keyboarding | F | 8:00am - 9:40am | ELC, 104 |
| BIS 101/8B | Personal Computer Keyboarding | F | 11:00am - 12:40pm | HHLC, 117 |
| BIS 104/S8 | Introduction to P.C. Usage | F | 10:00am - 12:45pm | ELC, 104 |
| BIS 104/S9 | Introduction to P.C. Usage | F | 8:00 am - 10:45am | HHLC, 117 |
| BIS 104/S2 | Introduction to P.C. Usage | MW | 2:00pm - 3:25pm | 3213 |
| BIS 105/03 | Computer Concepts | MW | 11:00am - 12:15pm | 5214 |
| BIS 105/01 | Computer Concepts | TR | 9:30am - 10:45am | 5134 |
| BIS 160/21 | Intro to Word, PowerPoint & Excel | TR | 2:00pm - 3:15pm | |
| BIS 160/8B | Intro to Word, PowerPoint & Excel | MW | 8:00am - 9:15am | HHLC, 117 |
| BIS 160/9G | Intro to Word, PowerPoint & Excel | MW | 1:00pm - 2:15pm | PCLC, 108 |
| BIS 160/9H | Intro to Word, PowerPoint & Excel | W | 7:00pm - 9:45pm | PCLC, 108 |
| BIS 161/01 | Intermediate Word, PowerPoint & Excel | TR | 2:00pm - 3:15pm | |
| BIS M35/01 | Microsoft Access | MW | 10:00am - 1:50pm | |
| BIS M35/8A | Microsoft Access | F | 1:00pm - 2:40pm | ELC, 104 |

| | | | | |
|------------|-----------------|----|-------------------|-----------|
| BIS M45/01 | Microsoft Excel | TR | 10:00am - 10:50am | |
| BIS M45/8A | Microsoft Excel | T | 10:00am - 11:50am | CVCC, 107 |
| BIS M75/02 | The Internet | TR | 12:30pm - 1:45PM | |
| BIS M75/9Q | The Internet | TR | 7:50am - 9:06am | |
| BIS M85/01 | Microsoft Word | MW | 10:00am - 10:50am | |

Chemistry (CHE)

| | | | | |
|------------|---------------------------|-----|-------------------|-------|
| CHE 120/02 | Introduction to Chemistry | MWF | 12:00pm - 12:50pm | 12341 |
| CHE 120/05 | Introduction to Chemistry | TR | 11:00am - 12:15pm | 12336 |
| CHE 126/03 | Lab for CHE 120 | M | 3:00pm - 4:50pm | 12343 |
| CHE 126/12 | Lab for CHE 120 | R | 3:00pm - 4:50pm | 12343 |

Chinese (CHN)

| | | | | |
|------------|------------------------|---|-----------------|------|
| CHN 100/50 | Conversational Chinese | T | 6:00pm - 8:40pm | 3147 |
|------------|------------------------|---|-----------------|------|

Communications (COM)

| | | | | |
|------------|-----------------------------|-----|-------------------|--|
| COM 206/04 | Interpersonal Communication | MWF | 10:00am - 10:50am | |
|------------|-----------------------------|-----|-------------------|--|

Computer Information Systems (CIS) NOTE: Prerequisite required; contact department chair

| | | | | |
|------------|-----------------------------------|----|-------------------|------|
| CIS 107/01 | Introduction to Operating Systems | MW | 9:00am - 10:15am | |
| CIS 107/04 | Introduction to Operating Systems | TR | 9:00am - 10:15am | |
| CIS 107/50 | Introduction to Operating Systems | W | 6:00pm - 8:45pm | |
| CIS 130/01 | Introduction to Web Development | TR | 12:00pm - 1:15pm | |
| CIS 130/51 | Introduction to Web Development | W | 6:00pm - 8:45pm | |
| CIS 131/50 | Intermediate Web Development | T | 6:00pm - 8:40pm | |
| CIS 238/01 | PC Troubleshooting | TR | 10:00am - 11:40am | 5043 |
| CIS 265/01 | Database Management Systems | TR | 9:00am - 10:15am | |
| CIS 265/02 | Database Management Systems | MW | 10:00am - 11:15am | |
| CIS 265/50 | Database Management Systems | W | 6:00pm - 8:45PM | |

DANCE (DAN)

| | | | | |
|------------|--------------------------|----|-------------------|------|
| DAN 105/GA | Adapted Wheelchair Dance | MW | 11:00am - 11:50am | MSMN |
| DAN 105/GB | Adapted Wheelchair Dance | F | 1:30pm - 3:10pm | MJLC |
| DAN 105/GC | Adapted Wheelchair Dance | F | 3:20pm - 5:00pm | MJLC |
| DAN 105/GE | Adapted Wheelchair Dance | F | 10:00am - 11:40am | MSNH |
| DAN 105/GG | Adapted Wheelchair Dance | TR | 4:10pm - 5:00pm | WCNC |
| DAN 105/GH | Adapted Wheelchair Dance | T | 2:15pm - 3:55pm | WGNC |
| DAN 105/GJ | Adapted Wheelchair Dance | R | 2:15pm - 3:55pm | WGNC |

Developmental Studies (DEV)

| | | | | |
|------------|----------------------------------|----|-------------------|-----------|
| DEV 075/12 | Foundations in Paragraph Writing | MW | 12:00pm - 1:40pm | |
| DEV 075/9A | Foundations in Paragraph Writing | TR | 10:00am - 11:40am | HHLC, 115 |
| DEV 075/9C | Foundations in Paragraph Writing | MW | 7:30pm - 9:10pm | HHLC, 115 |
| DEV 075/8J | Foundations in Paragraph Writing | MW | 10:00am - 11:40am | PCLC, 110 |
| DEV 084/06 | Basic Mathematics I | MW | 8:00am - 9:40am | |
| DEV 084/18 | Basic Mathematics I | TR | 10:00am - 11:50am | |
| DEV 084/8C | Basic Mathematics I | MW | 8:00am - 9:40am | HHLC, 113 |
| DEV 084/9C | Basic Mathematics I | S | 8:00am - 11:40am | CVCC, 113 |
| DEV 084/W1 | Basic Mathematics I | S | 9:00am - 12:30pm | |
| DEV 085/30 | Basic Mathematics II | TR | 10:00am - 11:50am | |
| DEV 085/W1 | Basic Mathematics II | S | 9:00am - 12:45pm | |

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|------------|------------------------------|----|-------------------|-----------|
| DEV 108/03 | Introduction to Algebra | MW | 10:00am - 11:40am | |
| DEV 108/8A | Introduction to Algebra | TR | 5:30pm - 7:15 pm | ELC, 106 |
| DEV 108/8B | Introduction to Algebra | MW | 12:00pm - 1:40pm | ELC, 106 |
| DEV 108/8H | Introduction to Algebra | TR | 8:00am - 9:40pm | PCLC, 111 |
| DEV 110/8A | Foundations of Essay Writing | MW | 2:00pm - 3:40pm | ELC, 106 |
| DEV 110/9G | Foundations of Essay Writing | TR | 5:00pm - 6:40pm | ELC, 107 |

Dietetics (DIT)

| | | | | |
|------------|-----------------|---|------------------|-------|
| DIT 143/S1 | Healthy Cooking | W | 9:00am - 12:30pm | 13422 |
| DIT 143/S2 | Healthy Cooking | F | 9:00am - 12:30pm | 13422 |

Early Childhood Education (ECE)

| | | | | |
|------------|---|----|-------------------|--|
| ECE 101/01 | Introduction to Early Childhood Education | MW | 9:00am - 10:15am | |
| ECE 106/01 | Childhood Nutrition, Health, & Safety | MW | 11:00am - 12:15pm | |

Economics (ECO)

| | | | | |
|------------|------------------------------|----|-------------------|--|
| ECO 105/01 | General Economics | TR | 11:00am - 12:15pm | |
| ECO 105/51 | General Economics | W | 7:00pm - 9:45pm | |
| ECO 218/02 | Principles of Microeconomics | MW | 10:00am - 11:40am | |
| ECO 218/05 | Principles of Microeconomics | TR | 10:00am - 11:40am | |

English (ENG)

| | | | | |
|------------|------------------------------|----|-------------------|-----------|
| ENG 111/24 | English Composition I | TR | 11:00am - 12:15pm | |
| ENG 111/8B | English Composition I | TR | 10:00am - 11:15am | ELC, 105 |
| ENG 111/8P | English Composition I | S | 8:00am - 10:45am | HHLC, 112 |
| ENG 116/01 | Advanced Vocabulary Building | TR | 9:30am - 10:45am | K. Berg |
| ENG 131/06 | Business Communications I | TR | 12:30pm - 1:45PM | |
| ENG 131/51 | Business Communications I | T | 7:00pm - 9:45pm | |
| ENG 132/50 | Business Communications II | TR | 5:30pm - 6:45pm | |
| ENG 255/01 | Creative Writing: Poetry | MW | 2:00pm - 3:15pm | |
| ENG 256/01 | Creative Writing: Fiction | TR | 12:30pm - 1:45pm | |

English as a Second Language (ESL)

| | | | | |
|------------|-----------|----|-------------------|--|
| ESL 050/01 | ESL Basic | MW | 10:00am - 11:40am | |
|------------|-----------|----|-------------------|--|

Finance (FIN)

| | | | | |
|------------|------------------|----|------------------|--|
| FIN 245/01 | Personal Finance | MW | 12:30pm - 1:45pm | |
|------------|------------------|----|------------------|--|

French (FRE)

| | | | | |
|------------|----------------------|----|-------------------|--|
| FRE 101/01 | Elementary French I | TR | 12:00pm - 1:50pm | |
| FRE 101/02 | Elementary French I | MW | 10:00am - 11:50am | |
| FRE 102/01 | Elementary French II | TR | 10:00am - 11:50am | |

Geography (GEO)

| | | | | |
|------------|--------------------|----|-------------------|-------|
| GEO 101/02 | Physical Geography | TR | 10:00am - 12:15am | 12311 |
| GEO 101/50 | Physical Geography | MW | 5:30pm - 7:45pm | 12311 |
| GEO 102/01 | Human Geography | MW | 12:30pm - 1:45pm | 12311 |
| GEO 102/02 | Human Geography | TR | 2:00pm - 3:15pm | 12311 |

German (GER)

| | | | | |
|------------|-----------------------|----|------------------|------|
| GER 100/01 | Conversational German | TR | 12:30pm - 1:45pm | 2320 |
|------------|-----------------------|----|------------------|------|

Health Information Management (HIM) NOTE: Prerequisite required; contact department chair

| | | | | |
|------------|---------------------------|----|-------------------|--|
| HIM 121/05 | Basic Medical Terminology | TR | 11:00am - 12:15pm | |
|------------|---------------------------|----|-------------------|--|

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|------------|---------------------------------|----|-------------------|-------|
| HIM 122/01 | Specialized Medical Terminology | MW | 11:00am - 12:15pm | |
| HIM 260/01 | ICD-9CM Medical Office Coding | MW | 9:30am - 10:45am | 13203 |
| HIM 260/02 | ICD-9CM Medical Office Coding | TR | 8:00am - 9:15am | 13203 |
| HIM 260/50 | ICD-9CM Medical Office Coding | TR | 7:00pm - 8:15pm | 13203 |
| HIM 261/01 | CPT Medical Office Coding | MW | 11:00am - 12:15pm | 13203 |
| HIM 261/02 | CPT Medical Office Coding | TR | 9:30am - 10:45am | 13203 |
| HIM 261/50 | CPT Medical Office Coding | TR | 5:30pm - 6:45pm | 13203 |
| HIM 262/01 | Advanced Medical Office Coding | MW | 9:30am - 11:45am | 2121 |
| HIM 262/02 | Advanced Medical Office Coding | TR | 2:30pm - 4:45pm | 2121 |

History (HIS)

| | | | | |
|------------|-------------------------------------|----|-------------------|-----------|
| HIS 101/02 | United States History (16071815) | MW | 11:00am - 12:15pm | |
| HIS 101/50 | United States History (16071815) | M | 7:00pm - 9:45pm | |
| HIS 101/8A | United States History (16071815) | MW | 8:00am - 9:15am | CVCC, 114 |
| HIS 101/9A | United States History (16071815) | MW | 1:00pm - 2:15pm | ELC, 108 |
| HIS 102/02 | United States History (18151919) | MW | 9:30am - 10:45am | |
| HIS 102/03 | United States History (18151919) | MW | 11:00am - 12:15pm | |
| HIS 102/50 | United States History (18151919) | TR | 4:00pm - 5:15pm | |
| HIS 102/8A | United States History (18181919) | F | 8:00am - 10:45am | ELC, 105 |
| HIS 103/01 | United States History (1919Present) | TR | 9:30am - 10:45am | |
| HIS 103/02 | United States History (1919Present) | MW | 11:00am - 12:15pm | |
| HIS 103/50 | United States History (1919Present) | MW | 5:30pm - 6:45pm | |
| HIS 103/8A | United States History (1919Present) | F | 11:00am - 1:45pm | ELC, 107 |
| HIS 111/02 | Western Civilization (01300) | TR | 8:00am - 9:15am | |
| HIS 111/01 | Western Civilization (01300) | F | 1:00pm - 3:45pm | |
| HIS 111/50 | Western Civilization (01300) | MW | 5:30pm - 6:45pm | |
| HIS 111/8A | Western Civilization (01300) | TR | 1:00pm - 2:15pm | HHLC, 116 |

Hospitality Management (HMT)

| | | | | |
|------------|---------------------|----|-------------------|--|
| HMT 107/01 | Sanitation & Safety | MW | 11:00am - 12:15pm | |
| HMT 107/02 | Sanitation & Safety | TR | 9:30am - 10:45am | |
| HMT 107/50 | Sanitation & Safety | W | 7:00pm - 9:45pm | |

History (HIS)

| | | | | |
|------------|--|----|-------------------|--|
| HUM 130/01 | Humanity & the Challenge of Technology | TR | 11:00am - 12:15pm | |
|------------|--|----|-------------------|--|

Japanese (JPN)

| | | | | |
|------------|----------------------------|----|------------------|------|
| JPN 100/W1 | Conversational Japanese I | S | 9:00am - 11:45am | 2320 |
| JPN 105/01 | Conversational Japanese II | TR | 12:30pm - 1:45pm | 3145 |

Law (LAW)

| | | | | |
|------------|-----------------|-----|------------------|--|
| LAW 101/02 | Business Law I | MW | 8:00am - 9:50am | |
| LAW 101/04 | Business Law I | TR | 12:00pm - 1:50pm | |
| LAW 101/53 | Business Law I | W | 6:00pm - 9:40pm | |
| LAW 102/TC | Business Law II | WWW | Online Course | |
| LAW 103/TC | Consumer Law | WWW | Online Course | |

Management (MAN)

| | | | | |
|------------|--|----|------------------|--|
| MAN 110/01 | Introduction to International Business | TR | 9:30am - 11:45AM | |
| MAN 201/02 | Introduction to Supervision | MW | 12:30pm - 1:45PM | |
| MAN 201/51 | Introduction to Supervision | T | 7:00pm - 9:45pm | |

Marketing (MRK)

| | | | |
|------------|--------------|----|------------------|
| MRK 201/01 | Marketing I | TR | 9:30am - 10:45am |
| MRK 201/50 | Marketing I | MW | 6:30pm - 7:45pm |
| MRK 202/06 | Marketing II | MW | 12:30am - 1:45pm |
| MRK 202/50 | Marketing II | TR | 6:30pm - 7:45pm |

Mathematics (MAT)

| | | | |
|------------|--------------------------------|-------|---------------------------|
| MAT 101/08 | Elementary Algebra | MW | 12:00pm - 1:50pm |
| MAT 101/17 | Elementary Algebra | MW | 2:00pm - 3:50pm |
| MAT 101/8L | Elementary Algebra | MW | 2:30pm - 4:20pm HHLC, 112 |
| MAT 101/9G | Elementary Algebra | TR | 7:00pm - 8:50pm HHLC, 112 |
| MAT 102/06 | Intermediate Algebra | TR | 8:00am - 10:15am |
| MAT 102/8A | Intermediate Algebra | MW | 9:30am - 11:45am ELC, 106 |
| MAT 102/8F | Intermediate Algebra | MW | 2:30pm - 4:45pm HHLC, 113 |
| MAT 191/05 | Pre-college Algebra I | TR | 10:00am - 11:50am |
| MAT 191/06 | Pre-college Algebra I | TR | 12:00pm - 1:50pm |
| MAT 201/01 | Calculus & Analytic Geometry I | MTWRF | 9:00am - 9:50am 1326 |
| MAT 201/50 | Calculus & Analytic Geometry I | MW | 4:30pm - 6:45pm |

Music (MUS)

| | | | |
|------------|--------------------------------------|--|---|
| MUS 105/01 | Introduction to Music | MWF | 10:00am - 10:50am 2020 |
| MUS 105/50 | Introduction to Music | MW | 5:30pm - 6:45pm 2020 |
| MUS 115/03 | Music Appreciation | TR | 2:00pm - 3:15pm 2020 |
| MUS 115/50 | Music Appreciation | W | 7:00pm - 9:30pm 2020 |
| MUS 115/9B | Music Appreciation | W | 7:00pm - 9:45pm HHLC, 110 |
| MUS 121/03 | Piano Class I | TR | 9:30am - 10:45am 2030 |
| MUS 121/50 | Piano Class I | TR | 5:30pm - 6:45pm 2030 |
| MUS 121/W1 | Piano Class I | S | 9:00am - 11:45am 2030 |
| MUS 151/01 | Guitar Class I | W | 1:00pm - 1:50pm 2031B |
| MUS 151/50 | Guitar Class I | W | 6:00pm - 6:50pm 2031B |
| MUS 198/01 | Applied Music—Piano | VARIES; Register with Music Department, 512-4580; Room 2220. Lesson times will be assigned at that time. | |
| MUS 198/02 | Applied Music—Voice | VARIES; Register with Music Department, 512-4580; Room 2220. Lesson times will be assigned at that time. | |
| MUS 198/03 | Applied Music—Classical Guitar | VARIES; Register with Music Department, 512-4580; Room 2220. Lesson times will be assigned at that time. | |
| MUS 198/14 | Applied Music—Violin | VARIES; Register with Music Department, 512-4580; Room 2220. Lesson times will be assigned at that time. | |
| MUS 198/21 | Applied Music—Popular Guitar | VARIES; Register with Music Department, 512-4580; Room 2220. Lesson times will be assigned at that time. | |
| MUS 198/22 | Applied Music—Electric Bass | VARIES; Register with Music Department, 512-4580; Room 2220. Lesson times will be assigned at that time. | |
| MUS 225/50 | Sinclair Concert Handbell Choir | M | 7:00pm - 8:40pm Auditions Required |
| MUS 261/01 | Chorale | M | 6:50pm - 9:30pm Auditions Required |
| MUS 298/W6 | Performance Class—Bluegrass Ensemble | S | 11:00am - 11:50am Room 2L15. Register with Music Department, 5124580 |

Occupational Therapy (OPT)

| | | | |
|------------|----------------------------------|---|-----------------------|
| OPT 198/50 | Excel for Engineering Technology | M | 6:00pm - 8:40pm 13122 |
|------------|----------------------------------|---|-----------------------|

OPT 201/50 **Statistical Process Control** W 6:00pm – 9:30pm 13225

Physical Education (PED)

PED 101/01 **Beginning Swimming** MW 10:00am – 10:50am 8024

PED 101/02 **Beginning Swimming** TR 11:00am – 11:50am 8024

PED 101/W1 **Beginning Swimming** S 10:20am – 12:00pm 8024

PED 102/01 **Intermediate Swimming** MW 9:00am – 9:50am 8024

PED 102/02 **Intermediate Swimming** TR 10:00am – 10:50am 8024

PED 105/01 **Physical Fitness** TR 11:00am – 11:50am 8022

PED 105/02 **Physical Fitness** TR 2:00pm – 2:50pm 8022

PED 105/05 **Physical Fitness** TR 1:00pm – 1:50pm 8115

PED 105/50 **Physical Fitness** MW 5:00pm – 5:50pm 8022

PED 105/GA **Physical Fitness** TR 9:45am – 10:35am RO SC

PED 105/GB **Physical Fitness** MW 9:00am – 9:50am HHSC

PED 105/GC **Physical Fitness** MW 10:00am – 10:50am HHSC

PED 105/GD **Physical Fitness** MW 8:00am – 8:50am HHSC

PED 105/GE **Physical Fitness** MW 11:00am – 11:50am VSCC

PED 105/GF **Physical Fitness** MW 9:30am – 10:20am EAL

PED 105/GG **Physical Fitness** TF 8:00am – 8:50am HHSC

PED 105/GH **Physical Fitness** MW 9:30am – 10:20am BSCC

PED 105/GJ **Physical Fitness** MW 12:00pm – 12:50pm VSCC

PED 105/GM **Physical Fitness** W 10:00am – 11:40am MSNC

PED 106/01 **Weight Training** MW 9:00am – 9:50am 8112

PED 106/02 **Weight Training** MW 10:00am – 10:50am 8112

PED 106/03 **Weight Training** MW 11:00am – 11:50am 8112

PED 106/04 **Weight Training** MW 1:00pm – 1:50pm 8112

PED 106/05 **Weight Training** MW 2:00pm – 2:50pm 8112

PED 106/06 **Weight Training** MW 3:00pm – 3:50pm 8112

PED 106/07 **Weight Training** TR 8:00am – 8:50am 8112

PED 106/08 **Weight Training** TR 9:00am – 9:50am 8112

PED 106/09 **Weight Training** TR 10:00am – 10:50am 8112

PED 106/10 **Weight Training** TR 11:00am – 11:50am 8112

PED 106/11 **Weight Training** TR 12:00pm – 12:50pm 8112

PED 106/12 **Weight Training** TR 1:00pm – 1:50pm 8112

PED 106/13 **Weight Training** TR 2:00pm – 2:50pm 8112

PED 106/15 **Weight Training** F 9:00am – 10:40am 8112

PED 106/16 **Weight Training** F 1:00pm – 2:40pm 8112

PED 106/50 **Weight Training** MW 4:00pm – 4:50pm 8112

PED 106/51 **Weight Training** MW 5:00pm – 5:50pm 8112

PED 106/54 **Weight Training** TR 5:00pm – 5:50pm 8112

PED 106/55 **Weight Training** TR 6:00pm – 6:50pm 8112

PED 106/8A **Weight Training** MW 1:00pm – 1:50pm PCLC

PED 106/W2 **Weight Training** S 10:20am – 12:00pm 8112

PED 107/01 **Flexibility Fitness** MW 2:00pm – 2:50pm 8022

PED 107/02 **Flexibility Fitness** TR 11:00am – 11:50am 8115

PED 107/03 **Flexibility Fitness** MW 11:00am – 11:50am 8113

PED 119/01 **Golf** F 12:00pm – 1:40pm 8L10E

| | | | | |
|------------|----------------------------------|----|-------------------|-------|
| PED 119/51 | Golf | W | 6:00pm – 7:40pm | 8L10E |
| PED 119/W1 | Golf | S | 8:30am – 10:10am | 8L10E |
| PED 125/8G | Bowling | T | 3:00pm – 4:40pm | BVB |
| PED 126/W1 | Volleyball | S | 8:30am – 10:10am | 8113 |
| PED 127/01 | Basketball | MW | 12:00pm – 12:50pm | 8113 |
| PED 127/02 | Basketball | TR | 11:00am – 11:50am | 8113 |
| PED 131/02 | Beginning Tennis | TR | 11:00am – 11:50am | 8L10C |
| PED 131/51 | Beginning Tennis | T | 5:20pm – 6:55pm | 8L10C |
| PED 131/01 | Beginning Tennis | MW | 12:00pm – 12:50pm | 8L10C |
| PED 132/01 | Intermediate Tennis | MW | 11:00am – 11:50am | 8L10C |
| PED 132/02 | Intermediate Tennis | TR | 12:00pm – 12:50pm | 8L10C |
| PED 132/03 | Intermediate Tennis | F | 9:00am – 10:40am | 8L10C |
| PED 132/50 | Intermediate Tennis | M | 7:00pm – 8:40pm | 8L10C |
| PED 132/51 | Intermediate Tennis | W | 7:00pm – 8:40pm | 8L10C |
| PED 132/52 | Intermediate Tennis | W | 5:20pm – 6:55pm | 8L10C |
| PED 133/01 | Advanced Tennis | MW | 10:00am – 10:50am | 8L10C |
| PED 133/02 | Advanced Tennis | TR | 10:00am – 10:50am | 8L10C |
| PED 133/03 | Advanced Tennis | F | 11:00am – 12:40pm | 8L10C |
| PED 133/50 | Advanced Tennis | M | 5:20pm – 6:55pm | 8L10C |
| PED 133/51 | Advanced Tennis | R | 5:20pm – 6:55pm | 8L10C |
| PED 136/01 | Beginning Yoga | MW | 9:00am – 9:50am | 8115 |
| PED 136/03 | Beginning Yoga | TR | 8:00am – 8:50am | 8022 |
| PED 136/50 | Beginning Yoga | M | 5:20pm – 6:55pm | 8115 |
| PED 136/8A | Beginning Yoga | TR | 1:00pm – 1:50pm | HHLC |
| PED 142/02 | Beginning Pilates | TR | 3:00pm – 3:50pm | 8115 |
| PED 142/04 | Beginning Pilates | TR | 10:00am – 10:50am | 8022 |
| PED 142/03 | Beginning Pilates | MW | 1:00pm – 1:50pm | 8022 |
| PED 148/01 | Beginning Social Dance | TR | 3:00pm – 3:50pm | 8022 |
| PED 148/02 | Beginning Social Dance | MW | 10:00am – 10:50am | 8113 |
| PED 148/8D | Beginning Social Dance | T | 6:00pm – 7:40pm | CPMC |
| PED 148/8E | Beginning Social Dance | M | 1:00pm – 2:40pm | BLV |
| PED 148/GC | Beginning Social Dance | MF | 10:00am – 10:50am | ROSC |
| PED 149/9F | Intermediate Social Dance | R | 6:00pm – 7:40pm | BLV |
| PED 153/01 | Water Aerobics | MW | 11:00am – 11:50am | 8024 |
| PED 153/02 | Water Aerobics | MW | 12:00pm – 12:50pm | 8024 |
| PED 153/05 | Water Aerobics | TR | 2:00pm – 2:50pm | 8024 |
| PED 153/04 | Water Aerobics | TR | 1:00pm – 1:50pm | 8024 |
| PED 153/50 | Water Aerobics | TR | 5:00pm – 5:50PM | 8024 |
| PED 153/8A | Water Aerobics | MW | 2:00pm – 2:50pm | PCLC |
| PED 154/01 | Aerobic Conditioning | MW | 9:00am – 9:50am | 8022 |
| PED 154/02 | Aerobic Conditioning | MW | 12:00pm – 12:50pm | 8022 |
| PED 154/06 | Aerobic Conditioning | F | 12:00pm – 1:40pm | 8022 |
| PED 154/GA | Aerobic Conditioning | TR | 10:00am – 10:50am | HSC |
| PED 164/02 | Cardio Sculpt | MW | 1:00pm – 1:50pm | 8113 |
| PED 164/04 | Cardio Sculpt | TR | 12:00pm – 12:50pm | 8113 |

| | | | | |
|--------------------------------|----------------------------------|-----|-------------------|----------|
| PED 165/GD | Country/Western Dance | T | 1:30pm - 3:10pm | HSC |
| PED 165/GE | Country/Western Dance | R | 1:00pm - 2:40pm | LSAC |
| PED 166/01 | Fitness Walking | MW | 12:00pm - 12:50pm | 8L10D |
| PED 166/02 | Fitness Walking | TR | 12:00pm - 12:50pm | 8L10D |
| PED 166/8A | Fitness Walking | TR | 12:00pm - 12:50pm | HHLC |
| PED 168/01 | Advanced Weight Training | MWF | 12:00pm - 12:50pm | 8112 |
| PED 170/01 | Tai Chi | MW | 8:00am - 8:50am | 8022 |
| PED 170/W1 | Tai Chi | S | 10:20am - 12:00pm | 8115 |
| PED 170/03 | Tai Chi | F | 9:00am - 10:40am | 8022 |
| PED 171/04 | Beginning Self Defense | TR | 1:00pm - 1:50pm | 8L11A |
| PED 171/50 | Beginning Self Defense | T | 5:20pm - 6:55pm | 8L11A |
| PED 171/W2 | Beginning Self Defense | S | 10:20am - 12:00pm | 8L11A |
| PED 172/50 | Intermediate Self Defense | T | 7:00pm - 8:40pm | 8L11A |
| PED 172/51 | Intermediate Self Defense | M | 7:00pm - 8:40pm | 8L11A |
| PED 176/01 | Core Conditioning | MW | 11:00am - 11:50am | 8022 |
| PED 176/02 | Core Conditioning | TR | 1:00pm - 1:50pm | 8022 |
| PED 176/03 | Core Conditioning | TR | 9:00am - 9:50am | 8022 |
| PED 192/01 | Group Indoor Cycling | MW | 12:00pm - 12:50pm | 8L10E |
| PED 192/02 | Group Indoor Cycling | TR | 12:00pm - 12:50pm | 8L10E |
| PED 192/8A | Group Indoor Cycling | MW | 1:00pm - 1:50pm | ELC |
| PED 200/05 | First Aid & Safety | F | 1:00pm - 2:40pm | 8018 |
| PED 200/8B | First Aid & Safety | R | 2:00pm - 3:40pm | HHLC-111 |
| PED 204/9E | Adv. Aerobic Conditioning | MWF | 4:00PM - 4:50pm | MBSC |
| PED 204/GA | Adv. Aerobic Conditioning | TR | 8:45am - 10:00am | HSC |
| PED 204/GB | Adv. Aerobic Conditioning | TR | 12:45pm - 2:00pm | MBSC |
| PED 209/51 | Beginning Scuba Diving | T | 7:00pm - 9:40pm | 8024 |
| PED 211/W1 | Intermediate Volleyball | S | 10:20am - 12:00pm | 8113 |
| Philosophy (PHI) | | | | |
| PHI 205/01 | Introduction to Philosophy | MW | 10:00am - 11:50am | 4141 |
| PHI 205/03 | Introduction to Philosophy | MW | 12:00pm - 1:50pm | |
| PHI 205/50 | Introduction to Philosophy | TR | 4:00pm - 5:50pm | |
| PHI 205/02 | Introduction to Philosophy | TR | 10:00am - 11:50am | |
| PHI 206/01 | Introduction to Ethics | MW | 10:00am - 11:50am | |
| PHI 206/02 | Introduction to Ethics | TR | 2:00pm - 3:50pm | |
| Political Science (PLS) | | | | |
| PLS 101/01 | American Federal Government I | F | 9:00am - 11:45am | 3145 |
| PLS 102/03 | American Federal Government II | MW | 12:30pm - 1:45pm | 3111 |
| PLS 102/04 | American Federal Government II | TR | 9:30am - 10:45am | |
| PLS 103/50 | State Government | MW | 5:30pm - 6:45pm | 3111 |
| PLS 200/04 | Political Life, Systems & Issues | TR | 2:00pm - 3:50pm | 3145 |
| PLS 200/03 | Political Life, Systems & Issues | TR | 10:00am - 11:50am | 3145 |
| PLS 200/02 | Political Life, Systems & Issues | MW | 2:0pm - 3:50pm | 3145 |
| PLS 201/50 | International Relations | MW | 6:00pm - 7:40pm | |

Psychology (PSY)

| | | | | |
|------------|-----------------------|-----|-------------------|--|
| PSY 119/02 | General Psychology | TR | 11:30am - 12:45pm | |
| PSY 119/07 | General Psychology | MW | 8:00am - 10:15am | |
| PSY 121/02 | General Psychology I | MWF | 9:00am - 9:50am | |
| PSY 121/12 | General Psychology I | TR | 11:00am - 12:15pm | |
| PSY 122/02 | General Psychology II | MWF | 10:00am - 10:50am | |
| PSY 122/10 | General Psychology II | TR | 11:00am - 12:15pm | |
| PSY 225/01 | Social Psychology | MW | 2:00pm - 3:50pm | |

Religious Studies (REL)

| | | | | |
|------------|-------------------|----|-------------------|------|
| REL 111/02 | Eastern Religions | TR | 2:00pm - 3:50pm | |
| REL 111/01 | Eastern Religions | MW | 10:00am - 11:50am | |
| REL 111/50 | Eastern Religions | MW | 4:00pm - 5:50pm | 3145 |
| REL 112/01 | Western Religions | MW | 2:00pm - 3:50pm | |
| REL 112/02 | Western Religions | TR | 12:00pm - 1:50pm | |

Real Estate (RES)

| | | | | |
|------------|------------------------------------|------|------------------|------|
| RES 201/S1 | Real Estate Principles & Practices | U | 8:00am - 4:00pm | |
| RES 201/S5 | Real Estate Principles & Practices | MTWR | 6:00pm - 10:00pm | |
| RES 202/S1 | Real Estate Law | S | 8:00am - 4:00pm | |
| RES 202/S5 | Real Estate Law | MTWR | 6:00pm - 10:00pm | DABR |
| RES 203/S1 | Real Estate Finance | S | 8:00am - 4:00pm | |
| RES 203/SA | Real Estate Finance | MTWR | 6:00pm - 10:00pm | |
| RES 215/50 | Real Estate Investing | W | 7:00pm - 9:45pm | |

Sociology (SOC)

| | | | | |
|------------|-------------------------|----|-------------------|-----------|
| SOC 111/05 | General Sociology I | MW | 9:30am - 10:45am | |
| SOC 111/12 | General Sociology I | TR | 9:30am - 10:45am | |
| SOC 112/02 | General Sociology II | MW | 11:00am - 12:15PM | |
| SOC 112/05 | General Sociology II | TR | 12:30pm - 1:45PM | |
| SOC 115/02 | Today's Changing Family | TR | 8:00am - 9:40am | |
| SOC 120/03 | General Sociology | MW | 2:00pm - 4:15PM | |
| SOC 120/02 | General Sociology | TR | 9:00am - 11:15AM | |
| SOC 145/04 | Comparing Cultures | TR | 9:30am - 10:45am | |
| SOC 145/8E | Comparing Cultures | F | 9:00am - 11:45am | HHLC, 114 |
| SOC 145/8C | Comparing Cultures | MW | 1:00pm - 2:15pm | PCLC |

Spanish (SPA)

| | | | | |
|------------|--------------------------|----|-------------------|----------|
| SPA 100/01 | Conversational Spanish I | TR | 12:30pm - 1:45pm | |
| SPA 100/02 | Conversational Spanish I | F | 8:00am - 10:40am | 2320 |
| SPA 100/50 | Conversational Spanish I | MW | 4:00pm - 5:15pm | 2320 |
| SPA 101/01 | Elementary Spanish I | MW | 10:00am - 11:40am | 2320 |
| SPA 101/03 | Elementary Spanish I | MW | 2:00pm - 3:50pm | 2320 |
| SPA 101/02 | Elementary Spanish I | TR | 12:00pm - 1:50pm | |
| SPA 101/8A | Elementary Spanish I | TR | 8:00am- 9:40am | ELC, 110 |
| SPA 102/01 | Elementary Spanish II | TR | 10:00am - 11:50am | |
| SPA 102/02 | Elementary Spanish II | MW | 2:00pm - 3:50pm | |
| SPA 102/03 | Elementary Spanish II | TR | 3:30pm - 5:10pm | |

SPA 103/01 **Elementary Spanish III** MW 12:00pm - 1:50pm 2320

Theatre (THE)

THE 103/01 **Acting for the Non-Major** MW 12:30pm - 2:45pm 2L12

THE 105/01 **Theatre Appreciation** TR 3:00pm - 4:15pm 2226

THE 202/01 **History of Theatre II** TR 1:30pm - 2:45pm

Audit Location Legend

| | | |
|-------------|---|----------------|
| BLV | Bethany Village, 6445 Far Hills Ave, Dayton, Ohio 45459 | (937) 433-2110 |
| BSCC | Brookville Senior Citizen Center, Golden Gate Park, Brookville, Ohio 45309 | (937) 512-2372 |
| BVB | Beaver-Vu Bowling; 1238 N Fairfield Rd, Beavercreek, Ohio 45432 | (937) 426-6771 |
| CHS | Centerville High School, 500 E Franklin St, Centerville, Ohio 45459 | (937) 439-3500 |
| CPMC | Greater Works Church/Y, 506 E Main St, Dayton, Ohio 45345 | (937) 512-2372 |
| CVCC | Courseview Campus, 5386 Courseview Dr, Mason, Ohio 45040-2362 | (513) 339-1212 |
| DABR | Dayton Area Board of Realtors, 1515 S Main St, Dayton, Ohio 45409 | (937) 223-0900 |
| DJC | Dayton Jewish, Boonshoft Center, 525 Versailles Dr, Centerville, Ohio 45459 | (937) 853-0372 |
| DSC | Covenant House (formerly Beth Jacob), 4911 Covenant Drive, Trotwood 45426 | (937) 274-2149 |
| EHCC | Earl Heck Community Center, 201 N. Main St, Englewood, Ohio 45322 | (937) 836-5929 |
| ELC | Englewood Learning Center, 1150 W National Rd, Englewood, Ohio 45322 | (937) 836-8750 |
| ESCC | Northwest Rec Ctr (formerly Ellison Center), 1600 Princeton Ave, Dayton, Ohio 45406 | (937) 333-3322 |
| FSC | Fairborn Senior Center, 325 N. Third St, Fairborn, Ohio 45324 | (937) 878-4141 |
| FSHP | Friendship Village, 5790 Denlinger Rd, Dayton, Ohio 45426 | (937) 837-5581 |
| HSC | Hithergreen Senior Center, 5900 Hithergreen Dr, Dayton, Ohio 45459 | (937) 435-2415 |
| HHLC | Huber Heights Learning Center, 7301 Shull Rd, Huber Heights, Ohio 45424 | (937) 233-5550 |
| HHSC | Huber Heights Senior Center, 6428 Chambersburg Rd, Huber Heights, Ohio 45424 | (937) 233-9999 |
| KRAC | Kettering Rosewood Arts Centre, 2655 Olson Dr, Dayton, Ohio 45420 | (937) 296-0294 |
| LCC | Lohrey Recreation Center, 2366 Glenarm Ave, Dayton, Ohio 45420 | (937) 333-3131 |
| LSAC | Lathrem Senior Adult Center, 2900 Glengarry Dr, Dayton, Ohio 45420 | (937) 296-2480 |
| MBSC | Miamisburg Senior Adult Center, 305 E Central Ave, Miamisburg, Ohio 45342 | (937) 866-8999 |
| MJLC | Maria-Joseph Living Care Center, 4830 Salem Ave, Dayton, Ohio 45416 | (937) 278-2692 |
| MRV | Mill Ridge Village, 1000 Mill Ridge Cir, Union, Ohio 45322 | (937) 832-6302 |
| MSNH | Mercy Siena Retirement Community, 6075 North Main St, Dayton, Ohio 45415 | (937) 279-2879 |
| MSMN | Miami Shores of Moraine Nursing Center, 3421 Pinnacle Rd, Dayton, Ohio 45418 | (937) 268-3488 |
| OLP | One Lincoln Park, 590 Isaac Prugh Wy, Dayton, Ohio 45429 | (937) 298-0594 |
| PCLC | Preble County Learning Center, 450 Washington-Jackson Rd, Eaton, Ohio 45320 | (937) 456-525 |
| ROSC | Roosevelt Commons Rec Ctr (formerly Ellison), 2021 W Third St, Dayton, Ohio 45417 | (937) 333-4732 |
| TCB | Trinity Community of Beavercreek, 3218 Indian Ripple Rd., Beavercreek, Ohio 45440 | (937) 426-8481 |
| VOB | Villas of Brookhaven, One Country Ln, Brookville, Ohio 45309 | (937) 833-4006 |
| VSCC | Vandalia Senior Citizens Center, 21 Tionda Dr S, Vandalia, Ohio 45377 | (937) 898-1232 |
| WCNC | Walnut Creek Nursing Center, 5070 Lamme Rd, Dayton, Ohio 45439 | (937) 293-7703 |
| WGNC | Wood Glen Nursing Center, 3800 Summit Glen Dr, Dayton, Ohio 45449 | (937) 436-2273 |
| YMCP | Preble County YMCA, 450 Washington-Jackson Rd, Eaton, Ohio 45320 | (937) 472-2010 |
| YTGC | Yankee Trace Golf Club, 10000 Yankee St, Dayton, Ohio 45458 | (937) 438-4653 |

Sinclair Theatre

***Almost Maine* • February 24—March 3**

By John Cariani, Directed by Kimberly Borst

A romantic comedy dubbed “nine tales of love in the time of frostbite” by the NY Sun—provides a delightful midwinter night’s dream.

Friday, February 24, 8:00 p.m.

Thursday, March 1, 7:00 p.m.

Saturday, February 25, 8:00 p.m.

Friday, March 2, 8:00 p.m.

Sunday, February 26, 2:00 p.m.

Saturday, March 3, 8:00 p.m.

Wednesday, February 29, 10:00 a.m.

Coming This Spring

***The Laramie Project* • May 18 - 26, 2012**

By Moisés Kaufman, Directed by Scott Stoney

A chronicle of the town of Laramie, Wyoming in the year after the murder of Matthew Shepard—based on over 400 interviews reflecting on the horrific hate crime.

The Complete Works of William Shakespeare (Abridged)

April 19 - 22, 2012

By Adam Long, Daniel Singer, and Jess Winfield

A parody of the 37 plays written by William Shakespeare—all of them performed (vastly abbreviated) in 90 minutes by only three actors.

Special Performances & Prices for Seniors

Persons age 60 and better can purchase tickets at a discounted rate for any of this season’s performances when ordering tickets through the College for Lifelong Learning office. Call **(937) 512-2372** or **(937) 512-5184** at least three days prior to the performance desired. The office is closed Fridays, Saturdays, Sundays, and holidays.

Tuskegee Airmen

Special Program with Preview of Upcoming Film

Call for details!

Box Office

The box office is located in the lobby of Blair Hall, Building 2. Call **(937) 512-2808**. The box office opens one hour prior to performance and seating begins approximately 30 minutes prior to curtain. Any other times, please call the box office and leave a message. All calls will be returned in a timely manner.

Season Tickets

Season tickets are available online at **www.sinclair.edu/arts**. For more information or group sales call (937) 512-2076.

Directions

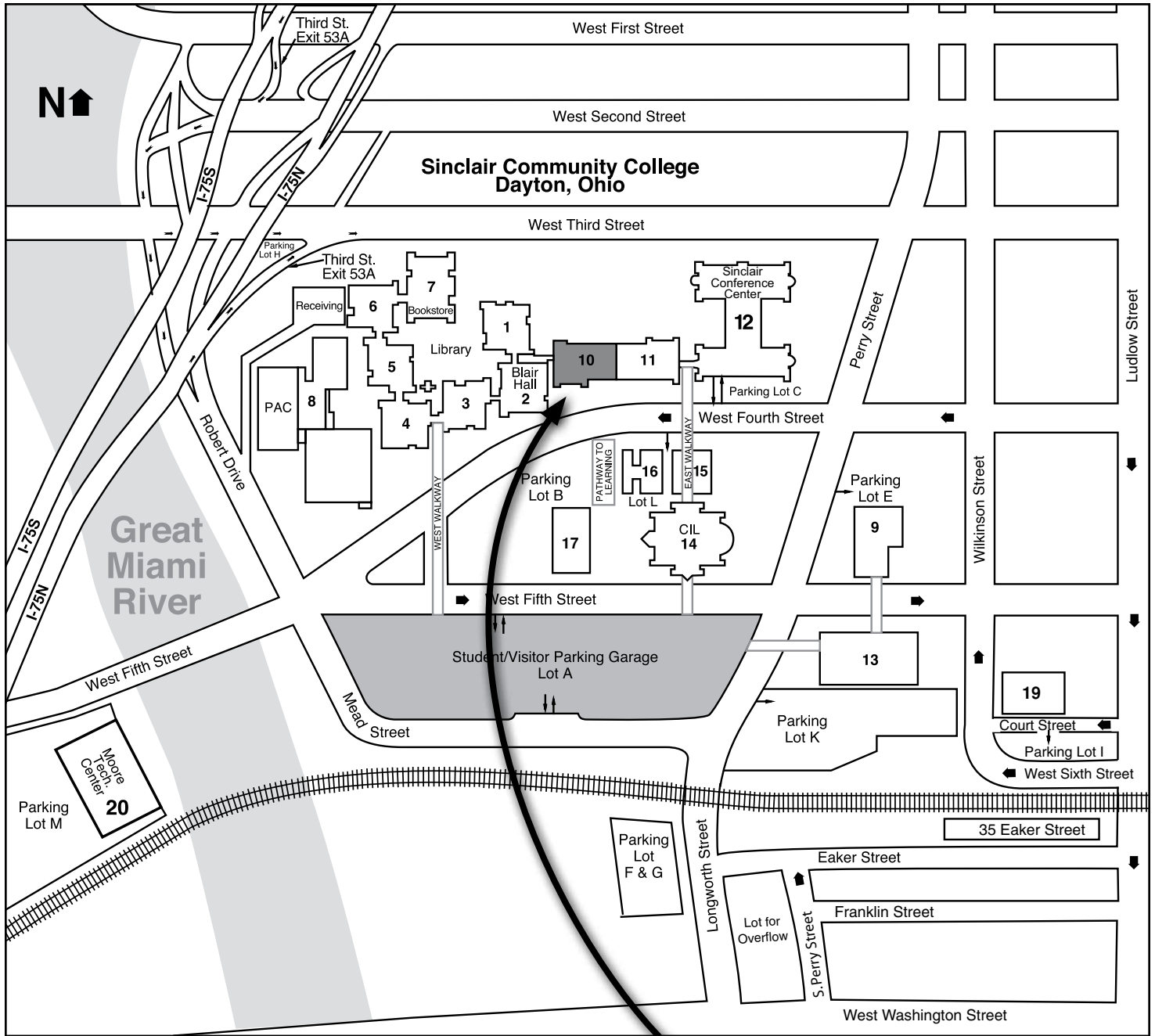
Take Fourth Street west to Building 2 (on right, past Building 10). Complete directions are available at **www.sinclair.edu**; use Quick Links and select campus map and parking.

Parking

Safe and easy access to ample free parking is located on both sides of Fourth Street, or park in Lot A (student parking garage); \$2 cash, \$1 Tartan Card. Refer to campus map on page 36.

Special Assistance

For information on handicap parking, wheelchair seating, and assisted listening devices, contact the theatre manager at **(937) 512-2076**.



College for Lifelong Learning
Building 10, Room 10112
(937) 512-2372 or (937) 512-5184

Seminars & Workshops Registration

Want to sign up for Seminars & Workshops?

There are three ways to do it.

- By mail, send your completed application, which appears on page 38, to the address on the form.
- In person, bring your application and payment to Sinclair College for Lifelong Learning, Building 10, Room 10112, Dayton Campus.
- By phone, call **(937) 512-2372** or **(937) 512-5184**.

Want to take a course at a Senior Center Site?

Register at the community site near you. Because some classes are limited in size, call the site for more information. See the list of College for Lifelong Learning sites on pages 20-22 for sites and available courses.

Want to audit a regular curriculum course?

Come to the Registration & Student Records area, Building 10, Second Floor, Dayton Campus, or to your nearby Learning Center, December 28-30 and January 3-6. Complete a yellow Audit Application and Registration Form, and submit it to the special College for Lifelong Learning desk. College for Lifelong Learning personnel will be there to assist you.

Want to register for regular Sinclair credit-bearing courses?

Whether on campus or at credit centers such as Wright-Patterson, or any of the Learning Centers, register through the Registration & Student Records office, Building 10, Second Floor, Dayton Campus, or at your nearby Learning Center.

You may register and pay your fees at any time during the registration period. See the winter 2012 quarterly schedule, available online, for course choices. If you want counselor assistance, call **(937) 512-5184** for more information.

How do I pay for my sessions?

You may use your credit card to pay for your classes if you go in person to the Bursar's office with your College for Lifelong Learning invoice, either at the Dayton Campus or at one of the Learning Centers. Please note: no credit card payments by phone.

In addition, while we discourage sending cash through the mail, you may also pay in cash at the Dayton Campus or at the Learning Centers, with your College for Lifelong Learning invoice.

And as always, you may pay by check, either in person or via mail.

Want a refund?

Full refund for sessions will be given if withdrawing *within one week* after the beginning of class. No refund for single session workshops after workshop date.

Have any questions?

Call **(937) 512-2372** or **(937) 512-5184** for more information. Office hours are **Monday - Thursday, 8:00 a.m. - 3:30 p.m.**

Sinclair's quarterly class schedule is exclusively online at www.sinclair.edu/schedule.

Note: you will continue to receive a printed College for Lifelong Learning schedule each quarter except summer.

A list of the most frequently taken classes has been incorporated into the College for Lifelong Learning schedule.

In fact, this will make it easier to find the classes you're interested in because the seminars and workshops, site offerings, and credit classes to audit will all appear together in this book.

We appreciate your feedback to let us know if the audit listing in this schedule includes the classes you are interested in taking. And, as always, just call the office if you have any questions or need assistance. We will be happy to help you.

Seminars & Workshops Registration Form

For faster registration, call the College for Lifelong Learning office as soon as you receive the class schedule to sign up for a selection of courses and other special sessions. Pay either by credit card in person with your College for Lifelong Learning invoice or by mailing a check with this registration form. Payment must be received before registration can be confirmed.

Mail application and check payable to Sinclair to:

College for Lifelong Learning, Room 10112
Sinclair Community College
444 West Third Street
Dayton, Ohio 45402-1460
(937) 512-2372 or (937) 512-5184



Tartan Card # _____ Birthdate _____

Name _____

Street _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

E-mail address _____

| LL Number | Course Name | Days | Time |
|-----------|-------------|-------|-------|
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| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
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| | |
|----------------------------|--------------------------------------|
| For Office Use Only | B E C |
| Payment Received _____ | Check # _____ Receipt Received _____ |



SINCLAIR
COMMUNITY COLLEGE

College for Lifelong Learning

Dayton Campus
444 West Third Street
Dayton, Ohio 45402-1460

**Periodicals
Postage
Paid**

Semester Conversion Information

Fall Semester 2012:

August 27 - December 14

Spring Semester 2013:

January 7 - May 3

Registration Dates: TBA

**Special Informational
Session**

Wednesday, February 1, 2012

Call for details

What is the difference between a quarter system and a semester system?

Under both the quarter and semester systems, an academic year is approximately 32-33 weeks in length. A quarter system comprises three 11-week terms, while a semester system comprises two 16-week terms. Specifically, Sinclair will run fall and spring semesters—both will have 15 weeks of instruction and one week of evaluation. There will also be a summer session, which will be abbreviated to 12 weeks.

Stay tuned for more information!

www.sinclair.edu/semesters

www.sinclair.edu/lifelong • (937) 512-2372, (937) 512-5184