

Winter

2016

MODESTO JUNIOR COLLEGE

mjc4life

community education

LIFELONG LEARNING IN ACTION



Where the Fun Never Stops!

"The MJC Community Education offerings are so diverse that no matter what your interest, you'll find something new to discover. For someone retired, or even not retired, it's the perfect way to keep your mind active! Of course, the best-kept secret for seniors is MICL (see page 33). For a \$40 fee, you have a choice of 18 plus classes per semester, each lasting 5 weeks. These classes are taught by some of the sharpest people around . . . retired senior citizens! So look through this schedule of classes and indulge in a little cooking, dancing, crafting or computing. Try something new . . . it's almost like the sky's the limit with MJC Community Education!"



Diana Loomis

Register Online @ www.mjc4life.org

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Community Education Where the Fun Never Stops!

That is our Community Education staffs' mission: to provide fun, educational, and career-changing programs to our community.

Community Education's staff, **Pat Brennan, Fahimeh Horton, Vicki Vander Veen, and Angie Vizcarra**, are always working to fit the needs of our community by making our classes, career programs and trips better. Their combined efforts are the driving force behind Community Education.

MJC Community Education has settled into our new office on the first floor of the Morris Memorial Building, Office 104. Make sure to visit us at our new location.

When you enroll in one of our classes, you become a part of Community Education. Check out the variety of classes we have to offer, including:

- Soap making
- Motorcycle Training
- Yoga
- Guitar
- Cooking Classes
- Kids/Teen classes
- Career Helps
- Piloxing

If it is a trip that you are interested in taking, we have both day trips and extended trips. The informational meetings, planning and the attention paid to detail is what makes our trips exceptional!

I encourage you to look through this schedule of classes to find a class that interests you. You can then register online at www.mjc4life.org. If you have any questions, please call (209) 575-6063. We are here to serve you!

Elizabeth Orozco-Wittke
Manager, Community Education & Contract Programs

mjc4life

Adult Fun

ARTS/CRAFTS



Soap Making from Scratch

Come learn how to make soap the old fashioned way, using the cold process method. No pre-made bases or melt and pour kits here! You'll start with simple, natural oils and pure water and finish with beautiful handmade soap. No matter your skill level - new to soap making - or previous experience - this class will be fun and beneficial to you. During class you will make 2 lbs. of soap to take home. Come dressed to get messy! Make gifts to share with family and friends.

Angela Palmer \$45 + \$15 mat. fee*
 Feb 6 Sat 9am - 12pm
 1 session John Muir, WC, 259

*pay \$15 material fee to instructor at class

Advanced Cold Process Soap

new Ready to take your soap making to the next level? This class picks up where Soap Making from Scratch left off. Come learn how to utilize herbs, colorants, fragrance and specialty ingredients in your soap making. Experiment with swirling and layering techniques. Come connect with other soapers and advance your skills.

Angela Palmer \$45 + \$20 mat. fee*
 Mar 19 Sat 9am - 12pm
 1 session John Muir, WC, 259

*pay \$20 material fee to instructor at class

Beginning Floral - Easter Arrangement

new Learn basic floral arranging skills while you create a beautiful, seasonal piece to brighten up your home! You will be surprised how easy it is, once you are shown the methods the professionals use to create beautiful floral pieces. You will learn something new in each stand-alone class, while creating your own, original arrangement.



NOTE: Bring to class: Scissors (for ribbon), Scissors and/or small pruners/nippers (appropriate for stems), wire cutters. Material fee is for flowers and supplies used in class.

Debra Greenlee \$25 + \$30 mat. fee*
 Mar 24 Thu 6pm - 8:30pm
 1 session John Muir, WC, 259

*pay \$30 material fee to instructor at class



CHALK PAINT® by Annie Sloan

Become your own decorator in this introductory class! Learn how to transform your

furniture, decor, cabinets and much more in one easy step. You will learn five certified CHALK PAINT® techniques, plus proper wax application. A variety of techniques and finishes will be covered that you will be able to use in your home and garden! You will be able to take your painted sample pieces home. Materials provided but a small piece of furniture/decor is welcome. Must not be larger than 2x2 ft.

NOTE: Material fee required to cover supplies and take-away samples. Class size limited to 12. Materials provided but a small piece of furniture/decor is welcome. Must not be larger than 2x2 ft.

Lauren Camarata \$45 + \$25 mat. fee*
 Feb 19 Fri 10:30am - 1:30pm
 1 session John Muir, WC, 259

*pay \$25 material fee to instructor at class

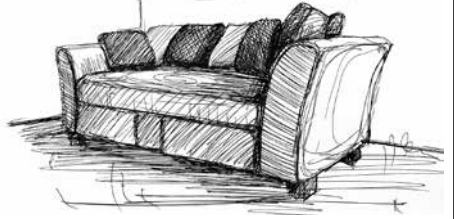
Fun with Leisure Watercolor Painting

Don't miss out on this ever-popular class. Our instructor will help you learn to be successful in this great art medium. If you have admired watercolor paintings and thought it would be a fun technique to know, then this class is for YOU. The class is designed for all levels. Learn the basic techniques, color, and composition. You will receive individual assistance and experience the joy of painting with watercolor.

NOTE: Material fee will cover supplies for the first two weeks of class. Instructor will talk about supplies to purchase for future classes. No class Feb. 12, 2016.

Linda Salmon	\$125 + \$10 mat. fee*
Jan 29 - Mar 25	Fri 1pm - 4pm
8 sessions	Art Bldg, 201

*pay \$10 material fee to instructor at class



Exploring Drawing Techniques

Whether you are a novice or a seasoned hobbyist, this class offers you the fundamental techniques used in the creative artistic process. Build up your eye-brain-hand coordination. Graphite, ink and charcoal will be the drawing mediums, along with several kinds of paper. Students will be given the opportunity to develop their own drawing styles as they are introduced to basic artistic concepts. Historical and present examples of artists will be studied. You will be pleasantly surprised at how much your drawing will improve after even one session! All levels welcome.

NOTE: Bring supplies to first class. Go to www.mjc.edu/commed. Material fee covers supplies used in class. Don't buy supplies until you know the class will go.

Linda Salmon	\$99 + \$10 mat. fee*
Feb 9 - Mar 15	Tue 6pm - 8:30pm
6 sessions	Art Bldg, 201

*pay \$10 material fee to instructor at class



Getting Started with Acrylics

Acrylics are more versatile than any other medium. Diluted acrylics are transparent and can work like watercolors. Applied thickly they resemble oils, but are easily cleaned up with water. Colors are exuberant; mistakes can be hidden. We will go over the different techniques, tools, surfaces, and brushes used in this very creative medium. All levels of painters are welcome.

NOTE: Ask for supply list or go to www.mjc.edu/commed. Do not purchase your supplies until you have confirmed with our office that the class will be held.

Linda Salmon	\$99 + \$10 mat. fee*
Feb 11 - Mar 17	Thu 6:15pm - 8:45pm
6 sessions	Art Bldg, 102

*pay \$10 material fee to instructor at class

Beginning Glass Etching

Come learn the technique of glass etching and find out just how versatile it is. Monogram your glass salad bowl, Pyrex glass pan, or stem ware and make it easy to recognize your dish or glass at the next gathering. Take old stuff and make it new with glass etching, come join the fun and make unique gifts and projects.



NOTE: Wear old clothes. Bring scissors, exacto knife, glue stick, and small towel to class. Many patterns provided to etch or bring your own ideas.

Wizzi Wisilinski	\$29 + \$12 mat. fee*
Jan 28	Thu 9am - 12pm
1 session	John Muir, WC, 259

*pay \$12 material fee to instructor at class

Lapidary

Learn how to turn stones into beautiful pieces for decor or gems for mounting into custom jewelry. This



class teaches basic to advanced lapidary skills including cutting, grinding, faceting and polishing of ornamental, semi-precious and precious stones. You will learn how to recognize, find and develop your gem materials and make beautiful pieces of art. The supplies needed will vary depending upon the projects and materials you select.

NOTE: Students must wear prescription or safety glasses in class and a waterproof apron is recommended. Material fee is for supplies required for classroom equipment.

A > Jean Hayes \$99 + \$11 mat. fee*
Jan 13 - Apr 13 Wed 1:15pm - 4:45pm
14 sessions Stoddard Annex,
Lapidary

B > Jean Hayes \$99 + \$11 mat. fee*
Jan 13 - Apr 13 Wed 6:30pm - 10pm
14 sessions Stoddard Annex,
Lapidary

*pay \$11 material fee to instructor at class



Professional Pearl and Bead Stringing

Learn to tie your own pearl necklaces and save money. Quality jewelry is hand-tied and knotted. Don't pay the high cost of professionally-tied necklaces, tie your own. Find out where to purchase pearls and precious beads. This would make a great holiday gift.

NOTE: Material fee for first project kit.

A > Jean Hayes \$69 + \$35 mat. fee*
Mar 25 - Apr 8 Fri 1:30pm - 4:30pm
3 sessions Stoddard Annex,
Metalcraft

B > Jean Hayes \$69 + \$35 mat. fee*
Mar 25 - Apr 8 Fri 6:30pm - 9:30pm
3 sessions Stoddard Annex,
Metalcraft

*pay \$35 material fee to instructor at class

Dichroic Glass Fusing

Create your very own handcrafted art glass jewelry pieces. Design, cut, tack and stack various layers of Dichroic Art glass and small frit pieces onto a solid glass base for a three dimensional sculptural effect. The term dichroic is used because dichroic glass appears to be one color at one angle and another color at a different angle. Beginner level. All levels welcome. Project: earrings and pendant.

Jean Hayes \$49 + \$25 mat. fee*
Jan 29 - Feb 5 Fri 6:30pm - 9:30pm
2 sessions Stoddard Annex,
Metalcraft

*pay \$25 material fee to instructor at class

Making Large Cabochons

new This is an opportunity to learn to make large cabochons for displays or larger jewelry projects. These cabochons will either be free-forms or made from drafting templates positioned on the lapidary material to capture the larger patterns appearing in the slabs of rock. Many slabs of rock have beautiful patterns that would be destroyed if they were cut up for making smaller cabochons but the larger cabochons will be able to incorporate all of the pattern within the slab. The lapidary material will be supplied by the instructor but students are encouraged to bring their favorite pieces that are suitable for the large cabochon process. The size of the cabochons that will be taught are from 3 inches across up to 5+ inches across. The equipment to accomplish the cabochon shaping and polishing is available in the classroom.



NOTE: Pre-requisite: Lapidary experience with making cabochons. No class Feb 12.

Robert Rush \$49 + \$5 mat. fee*
Feb 5 - Feb 26 Fri 6pm - 9pm
3 sessions Stoddard Annex,
Lapidary

*pay \$5 material fee to instructor at class



Making Cabochon Doublets and Triplets

new Ever wondered how and why layered cabochons are made? Making these involves thinning and flattening layers of gemstone materials and assembling them with epoxy adhesive followed by shaping them in the normal cabochon process. They are done to utilize gem materials that don't show well when they are thicker like the normal cabochon material. The process is also done to enhance the colors or patterns in various lapidary materials. Typically the lapidary material to be enhanced will be backed with black basalt and topped with clear quartz in the case of a triplet. A doublet will be two layers including a black backing or a quartz top. Materials and supplies to do the process will be supplied by the instructor, though students are encouraged to bring their own lapidary material that they wish to use. The equipment to accomplish the cabochon shaping and polishing are available in the classroom.

NOTE: Pre-requisite: Lapidary experience with making cabochons.

Robert Rush	\$49 + \$10 mat. fee*
Mar 18 - Apr 1	Fri 6pm - 9pm
3 sessions	Stoddard Annex, Lapidary

*pay \$10 material fee to instructor at class

Jewelry and Metalcraft

Whatever your interest, you will have fun learning the basics, and more in this ongoing Jewelry class. Learn how to earn some extra money or make beautiful gifts for someone special. Learn fine-jewelry techniques to construct custom jewelry from copper, bronze, sterling silver and gold. Beginners to advanced learn and practice skills in fabrication, wax carving, introduction to casting, and stone setting. Beginning levels are project-oriented with various jewelry items. The supplies needed vary depending upon the projects and materials you select.



NOTE: No class on Jan.18 and Feb.15. Students must bring safety glasses if they do not wear prescription glasses.

A	Jean Hayes	\$99 + \$11 mat. fee*
	Jan 11 - Apr 25	Mon 1:15pm - 4:45pm
	14 sessions	Stoddard Annex, Metalcraft
B	Jean Hayes	\$99 + \$11 mat. fee*
	Jan 11 - Apr 25	Mon 6:30pm - 10pm
	14 sessions	Stoddard Annex, Metalcraft
C	Jean Hayes	\$99 + \$11 mat. fee*
	Jan 14 - Apr 14	Thu 1:15pm - 4:45pm
	14 sessions	Stoddard Annex, Metalcraft
D	Jean Hayes	\$99 + \$11 mat. fee*
	Jan 14 - Apr 14	Thu 6:30pm - 10pm
	14 sessions	Stoddard Annex, Metalcraft

*pay \$11 material fee to instructor at class

Authentic Stained Glass for Beginners

Come join us and learn the skilled art of authentic stained glass. This is an exciting class in learning



the Tiffany style process. No experience necessary. You'll learn to cut 40 pieces of glass and grind them to fit into a beautiful Hummingbird oval panel to proudly hang up for display or give as a wonderful gift when you are finished. This is the same process Louis Comfort Tiffany developed for his spectacular Tiffany lamps. Download the supply list for additional items you have around the house that you'll need later. Other tools and equipment are provided in class.

NOTE: Bring to first class safety glasses, old clothes and wear closed-toe shoes, a glass cutter, scissors and glue stick. Ask for a supply list or go to www.mjc.edu/commed.

A >Wizzi Wisilinski	\$115 + \$95 mat. fee*
Jan 19 - Feb 23	Tue 1pm - 4pm
6 sessions	John Muir, WC, 259
B >Wizzi Wisilinski	\$115 + \$95 mat. fee*
Mar 1 - Apr 5	Tue 1pm - 4pm
6 sessions	John Muir, WC, 259

*pay \$95 material fee to instructor at class

WORKSHOP - for Authentic Stained Glass Students

This class is for those who have taken the Beginning class with Wizzi and want to continue working on other projects of their choice. You must have taken a Beginning class from Wizzi in order to register for this class. The class will be held at the same time as the Beginning class. You will select your own projects and purchase your own glass and supplies. Your material fee will depend on the project you select.

NOTE: You will select your project and purchase your glass and supplies separately.

A >Wizzi Wisilinski	\$75
Jan 19 - Feb 23	Tue 1pm - 4pm
6 sessions	John Muir, WC, 259
B >Wizzi Wisilinski	\$75
Mar 1 - Apr 5	Tue 1pm - 4pm
6 sessions	John Muir, WC, 259

Vintage Mixed Media Jewelry

Learn an artistic take on jewelry design that's a little offbeat, using mixed media. Try your hand at combining a variety of unusual materials together in the same jewelry piece.



Let go and have some fun trying new ways to combine beads with chain, ribbon, cording, wire, buttons and charms. Even try your hand at a resin piece, to create an eclectic necklace or bracelet. This class is designed for beginner and intermediate level students.

NOTE: See some ideas of the things you will be able to create with this class at <http://www.pinterest.com/debbithinksdeep/vintage-mixed-media-jewelry-class/>. Feel free to bring baubles, beads and broken bits of jewelry to embellish and personalize the piece that you will make. Suggested tools to bring: flat nose pliers, round nose pliers, jewelry style wire cutters.

A >Debra Greenlee	\$29 + \$20 mat. fee*
Mar 2	Wed 9am - 12pm
1 session	John Muir, WC, 259
B >Debra Greenlee	\$29 + \$20 mat. fee*
Mar 16	Wed 6pm - 9pm
1 session	John Muir, WC, 259

*pay \$20 material fee to instructor at class

Working and Creating with Resin

In this class we will reach beyond the basics of working with resin for jewelry and mixed media. You will create unique resin-filled bezels and resin papers with oodles of variations and inclusions. Feel free to bring a selection of elements that you would like to include in your piece. These can include new pieces, tiny bits of broken jewelry, watches, watch parts, whatever teenie bits of creativity inspire you. To better understand what you will learn to produce in this class, please take a moment to look at this collection of inspiration photos curated especially for this class - <https://www.pinterest.com/debbithinksdeep/resin/>

NOTE: You will receive a kit full of fun and practical items to make several unique resin pieces to include in your jewelry and other artistic pursuits.

Debra Greenlee \$29 + \$25 mat. fee*
 Feb 17 Wed 6pm - 9pm
 1 session John Muir, WC, 259

*pay \$25 material fee to instructor at class



Jewelry Metal Stamping

Make a custom pendant, bracelet or earrings using a metal stamping technique. No crafting skills necessary! If you can use a hammer, you can learn to make beautiful custom jewelry. This course will introduce students to the basics of metal stamping. Learn the best metals to use, design ideas, basic techniques. You will complete a project of your own design in class! Take a moment to explore the inspirational photos collected for this class: <https://www.pinterest.com/debbithinksdeep/stamping-class/>

NOTE: Bring to class: A 16 oz. household hammer; Optional: earplugs. Material fee includes a set of alphabet and numerical stamps that the student will take home, and a variety of metal stamping blanks.

A - Debra Greenlee \$29 + \$25 mat. fee*
 Feb 23 Tue 9am - 12pm
 1 session Stoddard Annex,
 Metalcraft

B - Debra Greenlee \$29 + \$25 mat. fee*
 Mar 18 Fri 6pm - 9pm
 1 session Stoddard Annex,
 Metalcraft

*pay \$25 material fee to instructor at class

Soldering Glass Charms

new Fashion an "antique" beveled glass mirror heirloom, from scratch! You are welcome to bring your own antique image to use for this keepsake.



Instructor will provide images but feel free to bring your own photographs, greeting cards, product labels, tickets, invitations, paper dolls, etc. for personalizing your pieces. You will also work on beautiful glass charms to wear! Makes a perfect Valentine's Day gift for that special someone. All levels welcome.

NOTE: As seen on Pinterest: <https://www.pinterest.com/debbithinksdeep/soldering-class/>. If you have a chisel tip soldering iron at home bring it, otherwise the instructor will have some for classroom use.

Debra Greenlee \$35 + \$20 mat. fee*
 Feb 2 - Feb 9 Tue 6pm - 8:30pm
 2 sessions John Muir, WC, 259

*pay \$20 material fee to instructor at class

MUSIC



Beginning Harp I - Workshop for Adults

Have you ever wanted to play the harp? It's easier than it looks! You will learn to play simple melodies and accompaniments on the Celtic harp. No prior musical experience necessary - just bring your love of this beautiful instrument.

NOTE: Each student will be provided a harp for use during class.

Margie Butler \$30
 Feb 6 Sat 10am - 12pm
 1 session Music Bldg, 112

Beginning Harp II - Workshop for Adults

In this class you will expand upon what you learned in Beginning Harp I, with more songs, more complex arrangements and lots of fun!

NOTE: Each student will be provided a harp for use during class.

Margie Butler \$30
 Feb 6 Sat 1pm - 3pm
 1 session Music Bldg, 112

Beginning Blues Harmonica

Beginning Blues Harmonica will get you jammin' the blues immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail and scream! No previous musical or harmonica experience is required.

NOTE: Bring a Major Diatonic Harmonica in the key C; available in class for \$13 if you don't have one. Material fee for instructional CD and handouts.

David Broida \$35 + \$15 mat. fee*
 Mar 10 Thu 7:45pm - 9:30pm
 1 session John Muir, WC, 261

*pay \$15 material fee to instructor at class

Harmonica

Healthy Harmonica

Breathing is our foundation when playing harmonica for healthy, vibrant living. We will take the simplest of pop, folk and blues rhythms and melodies and invigorate them with simple, but powerful, breathing techniques to make any song deeply expressive! No previous musical experience is required - only a desire to have fun and feel more healthy and alive!

NOTE: Bring a Major Diatonic Harmonica in the key C; available in class for \$13 if you don't have one. Material fee is for instructional CD and handouts.

David Broida \$35 + \$15 mat. fee*
 Mar 10 Thu 6pm - 7:30pm
 1 session John Muir, WC, 261

*pay \$15 material fee to instructor at class

African D'jembe Drumming



Come discover the popular D'jembe drum as you learn to play polyrhythmic phrases and sing folkloric African songs within certain regions of Africa. Helps promote hand and eye coordination and releases stress. No prior experience necessary, all levels welcome. Drums provided for classroom use.

NOTE: No class 2/12/2016. Wear comfortable clothes.

Khemya MitRahina \$55
 Jan 22 - Feb 19 Fri 5pm - 6pm
 4 sessions Valley Charter H. S.

African D'jembe Drumming Intermediate

Feel the sense of community while you take your drumming to the next level. Learn to play more difficult polyrhythmic phrases on the popular D'jembe drum. Helps promote hand and eye coordination and releases stress. Drums provided for use in class, or bring your own.

NOTE: No class on 2/12/2016. Wear comfortable clothes.

Khemya MitRahina \$55
 Jan 22 - Feb 19 Fri 6pm - 7pm
 4 sessions Valley Charter H. S.



Guitar for Adults: Beginner

Have you always wanted to play guitar? This class is for you! Learn to play the songs you love in an enjoyable and pressure-free atmosphere. By learning the basic chords and rhythms, you will be able to play a wide-range of songs in a short period of time. No musical experience necessary. Just bring your guitar. Music will be provided.

NOTE: Bring an acoustic guitar to class.

A > Susan Janis	\$59 + \$2 mat. fee*
Feb 3 - Mar 9	Wed 9am - 10am
6 sessions	John Muir, WC, 253
B > Susan Janis	\$59 + \$2 mat. fee*
Feb 5 - Mar 18	Fri 10:15am - 11:15am
6 sessions	John Muir, WC, 253

*pay \$2 material fee to instructor at class

Guitar for Adults: Beginner II

This class is perfect for students who have taken the Beginner class, or have learned some chords on their own, yet are not quite ready to move into the Intermediate class. Students will continue learning the first-position chords, while playing fun songs in a pressure-free atmosphere. By learning new chords and rhythms, you will be able to play many more songs in a short period of time. Very little musical experience necessary. Just bring your guitar. Music will be provided.

NOTE: This class is for students who completed the Beginner class. Bring an acoustic guitar to class.

Susan Janis	\$59 + \$2 mat. fee*
Feb 3 - Mar 9	Wed 10:15am - 11:15am
6 sessions	John Muir, WC, 253

*pay \$2 material fee to instructor at class

Intermediate Guitar for Adults

new This class is intended to be an extension of Guitar for Adults: Beginner II. Students will continue to learn the first position chords, tablature and strum rhythms, as well as learning basic finger picking. Music provided.

A > Susan Janis	\$59 + \$2 mat. fee*
Feb 3 - Mar 9	Wed 7:15pm - 8:15pm
6 sessions	John Muir, WC, 253
B > Susan Janis	\$59 + \$2 mat. fee*
Feb 5 - Mar 18	Fri 9am - 10am
6 sessions	John Muir, WC, 253

*pay \$2 material fee to instructor at class



Intermediate Guitar for Adults II

new This class is intended to be an extension of the Intermediate Guitar for Adults class. Students should know the basic first-position chords, read tablature and be ready to continue learning various finger-picking styles and strum rhythms. Music provided.

Susan Janis	\$59 + \$2 mat. fee*
Feb 3 - Mar 9	Wed 6pm - 7pm
6 sessions	John Muir, WC, 253

*pay \$2 material fee to instructor at class



Beginning Piano for Adults

You have always wanted to play piano but it was never the right time? Well, the time is NOW! Piano lessons are great for the hands, mind, and spirit. Come learn in a warm, supportive class. You will work at your own pace on individual keyboards.

NOTE: Bring a pair of full-sized headphones with a 1/4" or 6.35mm wide jack or adapter.

debee loyd \$79 + \$10 mat. fee*
Feb 4 - Mar 10 Thu 6:30pm - 8:30pm
6 sessions Music Bldg, 109

*pay \$10 material fee at registration

SEWING



Adult Sewing

Do you want to learn how to sew and alter your own clothes or sew items for your home? Or, you need to learn to use your own sewing machine. This course is designed to help you develop basic sewing skills and take the mystery and frustration out of using a sewing machine. Taught by an expert sewing instructor, you will learn how to operate and troubleshoot a sewing machine, hand-sewing techniques, purchase fabric, cut and sew your projects. Projects include: double drawstring bag, pillow with zipper and an apron. Patterns are provided.

NOTE: If you have your own machine and want to use it, bring it to class, along with bobbins and operating manual. Bring to class a pair of scissors, tape measure, seam ripper, seam gauge, magnetic pin cushion, pins (preferably quilting pins) and tailor's chalk. Don't purchase supplies until you call our office to confirm class will be held. Ask for supply list or go to www.mjc.edu/com-med. Bring material for first project class.

Carrie Carlile-Ward \$119
Feb 2 - Mar 8 Tue 6:30pm - 9pm
6 sessions John Muir, WC, 264

Morning Sewing

This class, is geared to help the beginner develop basic sewing skills and take the



mystery and frustration out of operating a sewing machine. Learn basic sewing skills needed to sew items for your home or personal use. Projects include: double drawstring bag, handkerchief, pillow with zipper and craft apron. Patterns are provided. Elaine is a retired home economics instructor and is anxious to share her knowledge with you. Learn to "Sew What?" - anything you want!

NOTE: No class on February 15. If you have your own machine and want to use it, bring it to class, along with bobbins and operating manual. Bring a pair of scissors, tape measure, seam ripper, seam gauge, pin cushion, good quality pins, and tailor's chalk. Don't purchase supplies until you call our office to confirm class will be held. Material fee will cover required materials for all 4 projects.

Elaine Arnold \$95 + \$27 mat. fee*
Jan 25 - Mar 7 Mon 9:30am - 11:30am
6 sessions John Muir, WC, 264

*pay \$27 material fee to instructor at class

Morning Sewing II

new This morning class is the next step in learning basic sewing skills. We will make a sturdy tote bag, a decorative apron with gathering and applied pockets, and a project voted upon by the students.

NOTE: If you have your own machine and want to use it, bring it to class, along with bobbins and operating manual. Bring a pair of scissors, tape measure, seam ripper, seam gauge, pin cushion, good quality pins, and tailor's chalk. Don't purchase supplies until you call our office to confirm class will be held. Students will purchase their choice of fabric for the last two projects.

Elaine Arnold \$69 + \$20 mat. fee*
Mar 21 - Apr 11 Mon 9:30am - 11:30am
4 sessions John Muir, WC, 264

*pay \$20 material fee to instructor at class

Quilting - Snowball and 9-Patch

new Combine two basic quilt blocks for an easy-to-make quilt. Two sizes to choose from for the class, but other sizes will be shared. This quilt can be done in scraps or you can plan your colors.

NOTE: Supply list at www.mjc.edu/commed or ask for one from our office.

Marilee Heaston \$45
 Mar 1 - Mar 8 Tue 9:30am - 12:30pm
 2 sessions John Muir, WC, 264



Quilting - Stars and Bars

new Combine a Rail Fence block and a Sawtooth Star block for an impressive quilt. Several size options will be offered. Would make a great baby quilt, lap quilt or graduation or wedding gift. Level - Advanced Beginning

NOTE: Supply list at www.mjc.edu/commed or ask for one from our office.

Marilee Heaston \$45
 Mar 3 - Mar 10 Thu 6pm - 9pm
 2 sessions John Muir, WC, 264

Quilting - Pineapple Applique

new This Pineapple pattern is a very easy pattern for your first project to learn the hand applique technique. The block itself is only 18" square. Tricks of the trade for turning the edge and Hawaiian quilting will be taught.

NOTE: Supply list at www.mjc.edu/commed or ask for one from our office.

Marilee Heaston \$45
 Mar 17 - Mar 24 Thu 6pm - 9pm
 2 sessions John Muir, WC, 264



Learn to Crochet

Crochet is quick and fun. It's a great finishing technique for knitting projects. Learn basic stitches while making a fresh winter scarf to add color to your outfit on those cooler evenings.

NOTE: No previous crochet experience necessary. Bring 400 yards of smooth, light colored, worsted weight yarn and a J hook.

Linda Casey \$39
 Feb 22 - Feb 29 Mon 6:30pm - 8:30pm
 2 sessions John Muir, WC, 161

Intermediate Crochet

Learn more difficult stitches like treble, front and back post, and shell stitch. Practice increases, decreases, and crochet in the round and how to turn this into a small bag. We will talk about the ins and outs of reading a pattern. Students will receive a sampler booklet for making an afghan. Must know how to chain and single crochet

NOTE: Please bring to class two skeins of worsted weight yarn, and a J crochet hook.

Linda Casey \$39
 Mar 14 - Mar 21 Mon 6:30pm - 8:30pm
 2 sessions John Muir, WC, 161

Dazzling Knitting Techniques

Have fun and socialize while learning in this knitting class designed for retirement-aged adults. From beginner to advanced, there is something for everyone in this continuing class. You will practice different knitting techniques and decorative stitches, while making items your friends and family will treasure. The importance of gauge, weight, and selecting and caring for different fibers will be covered.

A > Deanna Salter \$87
Feb 3 - Apr 20 Wed 9am - 12pm
12 sessions Homewood Village
Mobile Home Park,
Club House

B > Deanna Salter \$87
Feb 3 - Apr 20 Wed 1pm - 4pm
12 sessions Homewood Village
Mobile Home Park,
Club House



Beginning Knitting

Have you always wanted to knit? Well now is your chance! Learn the basics of knitting - casting on, purling, and binding off. Returning students welcome, bring a project! Learn to knit now and make beautiful, one-of-a-kind items.

NOTE: Material fee includes materials for beginning project.

Carrie Carlile-Ward \$59 + \$12 mat. fee*
Feb 4 - Feb 25 Thu 6:30pm - 9pm
4 sessions John Muir, WC, 161

*pay \$12 material fee to instructor at class

Intermediate Knitting

Take your knitting to the next level - learn to knit a sweater. In this class you will be shown how to increase, decrease, pick up stitches and read a sweater pattern. The project is an adorable toddler sweater.

NOTE: Bring to first class - Knitting Needles (straight) size 6 and 8; (circular) size 6 and 16 inch; tapestry needle; 4 stitch holders; 2 skeins of worsted weight yarn (do not use navy blue or black yarn).

Carrie Carlile-Ward \$39 + \$4 mat. fee*
Mar 3 - Mar 10 Thu 6:30pm - 9pm
2 sessions John Muir, WC, 264

*pay \$4 material fee to instructor at class

COOKING

Jam 'N Jelly



Here in the Central Valley our fruit grows sweet and delicious. At this workshop, you will learn the basics of making jam and the importance of preserving food safety. You will make delicious jams and jellies while learning some new winter recipes for strawberries, apples and citrus fruits. Everyone goes home with jar of our creation.

NOTE: Bring an apron.

Bambi Porter \$29 + \$15 mat. fee*
 Mar 5 Sat 9:30am - 12:30pm
 1 session Direct Appliance

*pay \$15 material fee to instructor at class

Sweets on a Stick

new Everyone loves a sweet, tasty treat on a stick. Just a few bites, but just enough to satisfy your sweet tooth.



Learn to create puffy marshmallow treats, delicious mini candied apples, and yummy, moist cake pops. Have fun assembling, dipping and decorating your sweet treats as you transform them into adorable creations. These desserts are so decorative, fun and delicious, they will disappear in record time!

Annette Reclusado \$29 + \$15 mat. fee*
 Feb 20 Sat 9:30am - 12:30pm
 1 session Direct Appliance

*pay \$15 material fee to instructor at class

Recipe App Class

new If you love to cook, you will find this class fun and useful. We will learn a recipe manager app that will include ingredient lists, scaling, grocery lists and meal planning for you and your family. No-hassle meal planning, and a powerful grocery list automatically consolidates your ingredients and categorizes them by aisle. Innovative clipboard tools let you copy and paste recipe information from any website. Quickly scale recipe ingredients to your desired serving size. The app works with Windows and Mac computers or laptops, smartphone (Android and iPhone), and Kindle Fire and Nook Color. The Recipe App we will use in class has a one-time cost on mobiles of \$4.99



NOTE: To get the most out of this class, students will be asked to download the recipe app onto their mobile devices (tablet, phone) during class - a \$4.99 one-time fee is charged by the company. If you choose to download onto your computer at home, there is a one-time fee of \$19.99. If you do not want to download the app, come to class and learn about what it can do for you.

Matt Ketchum \$39
 Mar 8 - Mar 10 Tue, Thu 6pm - 8pm
 2 sessions John Muir, WC, 152



Beginning Cake Decorating

This is one of our longest running cooking classes. Patsy will share her love of cake decorating with her students in a calm and helpful atmosphere. Have fun and be creative! Learn the basic way to bake a cake and the basics of cake decorating. This beginning class uses 1/2 of a sheet cake board to practice pressure and control techniques, borders, flowers and icing a cake. You will only be required to bring one cake on the 6th day of class.

NOTE: Bring the following supplies to the first class: Decorating Tips #3, 4, 16, 30, 47, 67, 71, 80, 104, 136, 190 and 199; 2 couplings; 2 - Wilton 8 decorating bag, 1 - #7 flower nail; 1 - Lily flower Nail Set, 1 - washcloth, 1 cookie sheet and a zip lock bag. Go to www.mjc.edu/commed to download supply list.

Patsy Laws \$79 + \$12 mat. fee*
 Feb 2 - Mar 15 Tue 6pm - 8pm
 7 sessions John Muir, WC, 161

*pay \$12 material fee to instructor at

Basic Cheese Making: Delicious spreadable Ricotta and Mozzarella



new This workshop will clear up the many mysteries of making cheese at home. You will leave feeling inspired and empowered to start your own fresh cheese journey. Learn basics of making good fresh cheese that will astonish your friends and dinner guests! You will make mozzarella and a spreadable ricotta.

Bambi Porter \$29 + \$15 mat. fee*
 Mar 12 Sat 9:30am - 12:30pm
 1 session Direct Appliance

*pay \$15 material fee to instructor at class

DANCE



Spicy Latin Favorites! Salsa and Merengue

new Come spice up your Friday evening! Have fun and enjoy learning the most favorite Latin dances, the Salsa and Merengue.

NOTE: No class Feb 12, 2015. No partner required. Hard leather-soled shoes recommended

Heidi & Xavier Gomez \$59 per person
 Jan 29 - Mar 25 Fri 6:30pm - 7:30pm
 8 sessions John Muir, 265



Wrap it Up!

new Come join the fun and learn how to make delicious spring rolls, cabbage rolls, crispy egg rolls and wonton. Our popular instructor, Annette Reclusado, will show you how to prepare these wonderful appetizers from beginning to end using fresh ingredients. Learn how to make and wrap the fillings, fry your treats, and create sauces. Impress your guests at your next party with the skills you learned in class!

Annette Reclusado \$29 + \$15 mat. fee*
 Mar 19 Sat 9:30am - 12:30pm
 1 session Direct Appliance

*pay \$15 material fee to instructor at class



African Caribbean Dance

Lift your spirits and get an excellent workout, as you learn African Caribbean dance to the rhythmic beat of the D'jembe drummers. This joyful dance uses bright colors and movements of the African and Caribbean cultures to tell traditional stories. Learn about the different regions, have fun with new friends, and leave class feeling happy, energized and refreshed.

NOTE: No class Feb 12, 2016. Wear comfortable clothes. Dancing barefoot is recommended.

Khemya MitRahina \$55
 Jan 22 - Feb 19 Fri 7pm - 8pm
 4 sessions Valley Charter High School



Line Up and Move Cardio

new The popularity of line dancing is growing! Its easy-to-follow format brings the latest club line moves to the fitness room. If you enjoy Country and top 40 music, learning simple steps that repeat throughout the song, and burning calories, in a fun environment, then this Line Up and Move class is for you! Join us for a boot scootin' good time! Our class is designed for all levels - beginning line dancers and those with some dance experience. The first part of each class we will learn steps to each dance lined up for the evening. As we progress we will review previous dance steps learned in prior weeks. By knowing the basic line dance steps you'll be able to get through most of the popular dances. Rose is a Professional Fitness Instructor who has taught hundreds of people how to get out on the dance floor and have fun!. Join Rose as she proves that you don't have "Two Left Feet" after all!

NOTE: Wear comfortable clothes and bring a water bottle and towel.

Rose Wilson	\$59
Feb 10 - Mar 30	Wed 6pm - 7pm
8 sessions	John Muir, WC, 265

East Coast Swing

East Coast Swing dances are an American favorite! Come have fun learning this popular ballroom dance that can be danced fast, as well as slow. You will enjoy using your new moves at the next party or event!

NOTE: No partner required. Wear hard sole shoes

Marie Sardalla-Davis	\$59
Feb 22 - Mar 28	Mon 4pm - 5pm
6 sessions	John Muir, WC, 253

Get on the Ball - Core Conditioning

Are you ready to roll? Swiss ball training is an excellent way to increase your core stability muscle strength, balance, posture and flexibility. This class will be scaled to accommodate every fitness level and will challenge everyone. William and Ann will lead you through a safe, effective, and fun whole-body exercise program using only a Swiss ball and a resistance band. You will be amazed at how many exercises you can do with so little equipment.

NOTE: Bring a Swiss ball, exercise mat and a resistance band. If you do not have a band you can buy a one from the instructor. See photos at <http://waedwards.net/mjclasses.aspx>. It is recommended that you consult your doctor prior to starting an exercise program.

William & Ann Edwards	\$79
Jan 28 - Mar 17	Thur 5:30pm - 6:30pm
8 sessions	John Muir, WC, 265

Ballroom Yoga

Try this unique approach to de-stressing while learning ballroom and Latin dance in a fun setting. Class begins and ends with calming yoga to develop flexibility and balance.



With the same relaxed approach, we get acquainted with sassy salsa and cha-cha, romantic rumba, waltz and foxtrot, and bouncy East Coast swing. Mastery of moves is not expected, but a compassionate heart for self and classmates will be encouraged. Partner and experience not required. Come with a yoga mat, comfortable clothes, and your desire for deep joy. Instructor brings 10 years of experience and a patient, detailed teaching style to foster interpersonal connections.

A > Marie Sardalla-Davis	\$59 per person
Feb 22 - Mar 28	Mon 2pm - 3:30pm
6 sessions	John Muir, WC, 253

B > Marie Sardalla-Davis	\$59 per person
Feb 23 - Mar 29	Tue 6pm - 7:30pm
6 sessions	John Muir, WC, 253

ACTIVITIES

PILOXING®

Piloxing Cardio Fun

new Come and join us in this fun, high energy class. Piloxing is an amazing total body workout. It combines the speed, agility and power of boxing to amp up your metabolism, then infuses standing Pilatus to sculpt and tone your body! Most workouts are based on intervals, where we will alternate between boxing and standing Pilates with some "easy-to-follow dance moves". Guaranteed high energy with fun music too! High energy equals high calorie burn.

A > Rose Wilson	\$59
Feb 22 - Mar 23	Mon, Wed 9am - 10am
10 sessions	John Muir, WC, 265
B > Rose Wilson	\$59
Mar 28 - Apr 27	Mon, Wed 9am - 10am
10 sessions	John Muir, WC, 265

QiGong

new QiGong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space. QiGong is an over five thousand year old Chinese health method that combines slow graceful movements with mental concentration and breathing to increase and balance a person's vital energy. It has been popularly referred to as Chinese yoga. All levels welcome.

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NOTE: Wear comfortable clothing. Ask for liability forms at class.

Naser Ataee or Mary Layton	\$65
Feb 9 - Mar 29	Tue 9am - 10am
8 sessions	John Muir, WC, 253

Resistance Training

new Time to stop resisting! It's time to start building



strength. Resistance Training is key to keeping strong muscles and good balance. Building muscle is building your health savings account. Start investing in your future today! American College of Sports Medicine Exercise Physiologist-Certified William and Ann will lead you through a safe, effective and fun whole-body exercise program using resistance bands, hand weights, body weight and a variety of other fitness toys. You can scale any of the exercises to fit your abilities so join us for lots of fun. For more info and photos go to <http://www.waedwards.net/mjcclases.aspx>.

NOTE: Bring a resistance band, a pair of 2-3 pound hand weights and a yoga/exercise mat to class. If you do not have a band you can buy a latex free Theraband from the instructors the first night of class. It is recommended that you consult your doctor prior to starting an exercise program.

William and Ann Edwards	\$79
Jan 26 - Mar 15	Tue 5:30pm - 6:30pm
8 sessions	John Muir, WC, 265

T'ai Chi for Every Body

This ever-popular class continues to offer quality and professional instruction in T'ai Chi. This slow relaxing movement reduces stress by promoting a physical and mental workout. It's about gaining self-awareness and self-discipline. Originally a Chinese Martial Art, T'ai Chi has many aspects. It is a meditative dance like in nature and can also be used as a form of aerobic exercise.



NOTE: Wear comfortable clothing. Ask for release of liability forms or go to www.mjc.edu/commed - bring to class.

Naser Ataee or Mary Layton	\$65
Feb 22 - Apr 11	Mon 6pm - 7pm
8 sessions	John Muir, WC, 265



Beginning Yoga and Pilates Style Stretch

If you've always wanted to try Yoga but were afraid of the challenging poses, this is the perfect class for you. Experience the health benefits of increased flexibility and relaxation. Increase back and abdominal strength at your individual level and leave each class feeling refreshed. It is recommended that you consult your doctor prior to starting an exercise program.

NOTE: Bring a yoga mat or towel to class. Ask for class forms or go to www.mjc.edu/commed.

A > Debbie Wolski	\$75
Jan 26 - Feb 18	Tue, Thu 7:15pm - 8:30pm
8 sessions	John Muir, WC, 265
B > Debbie Wolski	\$75
Feb 23 - Mar 17	Tue, Thu 7:15pm - 8:30pm
8 sessions	John Muir, WC, 265

Yoga for Every Body

Come rediscover the joys of movement! Indulge in these gentle but exhilarating yoga sessions tailored for seniors, plus size people and anyone who feels stiff or creaky. Yoga gives individual pleasure for every size and age increasing flexibility and building strength.

NOTE: Bring a towel or yoga mat to each class.

A > Debbie Wolski	\$75
Jan 26 - Feb 18	Tue, Thu 11:30am - 12:45pm
8 sessions	John Muir, WC, 265
B > Debbie Wolski	\$75
Feb 23 - Mar 17	Tue, Thu 11:30am - 12:45pm
8 sessions	John Muir, WC, 265



Golf for the Absolute Beginner

Don't know a putter from a driver! Have you wanted to join your friends and family for golf but were too embarrassed? Well now you can enjoy a Day on the Green. Come learn the fundamentals of golf in this concise 5-day class. The instructor will go over the rules of golf, etiquette, and play, leading to on-course instruction.

NOTE: If you have clubs, bring them, otherwise clubs will be provided at no cost. \$3 fee paid per session for range balls.

John Banks	\$55 + \$15 mat. fee*
Feb 21 - Mar 20	Sun 9:30am - 10:30am
5 sessions	McHenry Golf Center

*pay \$15 material fee to instructor at class

Beginning Golf for 55+

Always wanted to learn to play golf, but didn't have the time? Come and be with others that now can fit golf into their busy schedules. Learn the basics in this 5-day class. You will learn rules of golf, etiquette, and techniques that will lead to on-course instruction. So what are you waiting for? Get out, mingle and enjoy the outdoors.

NOTE: If you have clubs, bring them, otherwise clubs will be provided at no cost. \$3 fee paid per session for range balls.

John Banks	\$55 + \$15 mat. fee*
Feb 21 - Mar 20	Sun 10:30am - 11:30am
5 sessions	McHenry Golf Center

*pay \$15 material fee to instructor at class

Beginning Golf for Women Only

Calling all Ladies! Come and learn about the game of golf in a fun and comfortable environment. Learn the fundamentals of golf in this 5-day course. The instructor will go over the rules of golf, etiquette, and play, leading to on-course instruction.

NOTE: If you have clubs, bring them, otherwise clubs will be provided at no cost. \$3 fee paid per session for range balls.

John Banks	\$55 + \$15 mat. fee*
Feb 21 - Mar 20	Sun 11:30am - 12:30pm
5 sessions	McHenry Golf Center

*pay \$15 material fee to instructor at class



How to Train for a Marathon - 0 to 5k

Are you ready to take a few strides towards achieving the goal of participating in a Marathon? Get the training and support you need to prepare for your first 5k race while improving your overall health and fitness. Learn about injury prevention, nutrition, and training techniques to build strength and confidence. You will work at your own pace and comfort level and will receive health tips, coaching and an individualized training plan. This class is also for intermediate level walkers or runners who can complete a 5k but want to train for greater distances.

NOTE: Feb 1 class meets in Founders Hall, Room 233. No class on Mon. 2/15/16 class will meet on Tuesday, 2/16/16 instead. Meet at the track after the first class session. Attendance to the first class session is required for all new students. Wear comfortable walking/running shoes and bring water.

A >Kristi Victorino	\$65
Feb 1 - Mar 14	Mon 6:30pm - 7:45pm
7 sessions	MJC Track



Early Birders

Early Birders is designed for the beginning or intermediate birdwatcher interested in the study and identification of local birds. This class will enhance your appreciation and enjoyment of wildlife and nature. We will go to local public wildlife refuges, hiking and identifying birds in the field through field marks and vocalizations. Saturday, February 13, 2016 held at Merced National Wildlife Refuge, 7 a.m. to 12 p.m. and then on Saturday, February 20, 2016 held at San Luis N.W.R., 7 a.m. to 12 p.m.

NOTE: February 11, 2016 class meets at Founders Hall, 176. More information will be given in class. Bring binoculars (7- or 8- power) to class and field session. Bring any field guide to each class (recommended but optional). Suggested field guides: The Sibley Field Guide to Birds of Western North America available in paperback or National Geographic Field Guide to the Birds of North America. Ask for release of liability class forms or go to www.mjc.edu/commed.

Salvatore Salerno	\$69
3 sessions	
Feb 11	Thu 6pm - 8:30p m Founders Hall, 176
Feb 13	Sat 7am - 12pm Merced National Wildlife Refuge
Feb 20	Sat 7am - 12pm San Luis N.W.R.



Aquacize It!

Join the “regulars” who are enjoying Rose’s Aquacize It! class. They keep coming back for more! Exercising in water makes you feel about 90 percent lighter. When you jump or run in the water, your body does not experience the same impact that those moves cause when done on land. This makes it an ideal activity for those with arthritis, back problems, foot or leg injuries, and knee conditions. You can expect to burn between 400 and 500 calories per hour in a water aerobics class (the actual amount will depend on several criteria). By exercising in water you work against 12 times the resistance of air. This helps to develop muscle - which translates to a higher metabolism and healthier body. Of course, another plus, besides being fun, the water helps cover your movements so you don’t need to be self-conscious while exercising.

NOTE: Before beginning any new exercise program you should first check with your physician.

Rose Wilson	\$59
Mar 1 - Mar 31	Tue, Thu 11am - 12pm
10 sessions	MJC Small Pool



Why Zumba in the water? Besides just being FUN, there are many benefits to taking an Aqua Zumba class. Water resistance increases the calories burned and helps tone your body quicker. Any type of exercising in water creates less stress on sore and sensitive joints. If you are self-conscious in other group-exercise classes, this is the perfect class for you. Most moves are performed underwater, so only you know if you missed a step. The class will be held in the MJC small, heated pool and the instructor is our very own MJC Zumba instructor - Sue Rogers. Sue will have you moving to the music - you’ll forget you are actually exercising, just enjoying this new experience.

NOTE: This class is for all levels. Before beginning any new exercise program you should first check with your physician.

Susan Rogers	\$55
Mar 7 - Apr 6	Mon, Wed
10 sessions	9:45am - 10:30am
	MJC Small Pool

LIFEGUARD

Red Cross Lifeguard Certification

Get ready to apply for those jobs that require Red Cross Lifeguard Certification. Participants must be at least 15 years old by the last day of the course. The course includes a pre-test (see below) the first day of class, rescue skills for shallow and deep water, spinal injury management skills, CPR skills, AED skills, first aid skills, and written and in-water skills tests. At the **successful** completion of the course, you will be certified in Lifeguard Training, CPR/AED for the Professional Rescuer and Healthcare Provider, and First Aid. Participants should be prepared to be in the water Day 1, 2 and 4. Day 3 will be entirely focused on CPR/First Aid Training. Bring a pen, swim suit, towel, food/beverage, and photo ID with proof of age. **Taking this class DOES NOT guarantee Lifeguard Certification - that is determined by skill/knowledge tests.**

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PRETEST - All participants must pass the pre-test on the first day to continue with the course. 300 yd swim (mix of front crawl and breaststroke) not timed, and do a 20 yd swim, retrieve a 10 lb brick at a 7-10 feet depth, return to the starting point with the brick and exit the pool without any aid within 1 minute and 40 seconds, and tread water for 2 min using legs only.

NOTE - 2, FREE Pre-tests will be given on March 12 & Apr 16 from 9-11 am at the MJC pool. If you are not sure you can pass the pre-test requirements listed above - plan to take this test BEFORE you register. If you register for a class, and do not pass the test at the first class session, you will **NOT** receive a refund unless we are able to replace you with another student.

NOTE: Price includes CPR mask kit. Books will be available for purchase in class for \$37. If you choose not to purchase a book, you will have one to use during the class.

A >Maureen Nelson	\$220
Mar 26 - Apr 3	Sat, Sun 9am - 4pm
4 sessions	MJC Pool
B >Maureen Nelson	\$220
Apr 23 - May 1	Sat, Sun 9am - 4pm
4 sessions	MJC Pool

MODESTO AREA AQUATIC CLUB



MAAC is a fitness/competitive USMS Sanctioned Masters Swim Club for the Modesto area's adult community. It is designed for adults who wish to swim in an organized, relaxed, fun atmosphere. Coaches are there to help and provide an appropriately-gearred, fitness-oriented workout and stroke-technique feedback.

You will be required to fill out a release of liability form once a year BEFORE you can swim.

Minimum Requirement

100 yards of freestyle with rhythmic breathing

Fees

1. Insurance - \$52 per calendar year (you can sign up for this at www.usms.org OR come to the MJC Community Education with a check made payable to PMS for \$52).
2. Swimming - \$38 per month. Tri-annual and Annual payment available with discount

Find the swim days and times at the MAAC website at <http://maacswim.org>.

Dave Ashleigh Aquatic Center, next to the MJC Gymnasium on Coldwell Ave.

Swimmers and class participants should wear only non-cotton swim attire.

mjc4life

Lifestyle

HEALTH/BEAUTY

Stop Dieting: Start a Lifestyle!

Do you want to know why diets don't work? Come find out and learn tips to manage your weight without deprivation. Drop pounds while you are fully satisfied. No deprivation, no calorie counting, by understanding and learning the right foods to eat, your bio-individuality and lifestyle. This class will change your perspective on weight and weight loss!

Caroline Mitri \$29 + \$5 mat. fee*
 Feb 10 Wed 6pm - 8pm
 1 session Founders Hall, 172

*pay \$5 material fee to instructor at class



Detox with Blending & Juicing

Start the new year off right! A very important step in losing weight is by detoxing the body from toxins. An easy and quick way is by juicing or blending (making smoothies). But which one should you do? This class explains the difference between blending and juicing and how you can utilize it to shed pounds and gain energy. Recipes are also included in this class plus you will sample a freshly juiced drink during the class.

Caroline Mitri \$29 + \$8 mat. fee*
 Mar 2 Wed 6pm - 8:30pm
 1 session Founders Hall, 172

*pay \$8 material fee to instructor at class



Fabulous Foot Massage Reflexology

What the feet can tell about your body? They work hard for you, so treat them well. In this class you will learn techniques to giving a great foot massage that are based on the popular reflexology approach used for healing the whole body. Get ready to have truly happy feet! Come ready to go barefoot.

NOTE: YOU MUST ENROLL WITH A PARTNER. Bring a bottle of your favorite foot cream or lotion to use in class, 2 large towels and 3 hand towels. Class size is limited and fills fast! If you have a foot tub to soak your feet please bring it to class. \$5 material fee PER PERSON paid to instructor at class - for Epsom salt and handouts.

Sonja Radinovich \$25 per person + \$5 mat. fee*
 Jan 25 Mon 6:30pm - 8:30pm
 1 session John Muir, WC, 265

*pay \$5 per person material fee at class

Zen & Mindfulness Practice

This class will be an introduction to the practice of Zen. Zen Buddhism was discovered by Buddha in the early 2500's, and it is still widely practiced by Buddhist Monks and laypersons worldwide. The aim of Zen is to achieve enlightenment through meditation, train to clear the mind and practice mindfulness to manage your daily stress by utilizing four main postures, sitting, standing, walking and laying down. Participate in class discussion, book reading and meditation exercises.

NOTE: Bring a yoga mat and cushion. Wear comfortable clothes. Bring book: The Miracle of Mindfulness by Thich Nhat Hanh with the ISBN #0-8070-1239-4. Check Amazon.com for new and used books.

Douglas Pham \$69
 Feb 4 - Mar 24 Thu 7pm - 8:30pm
 8 sessions John Muir, WC, 253

Handmade Skin Care for Baby

new Not happy with the chemical-filled baby care products? Come learn how to make your own skin care products for your little one. These products are all-natural and use simple and inexpensive ingredients. And the best part? They're so easy to make! During class we will make 1 gentle soap bar, 1 talc-free baby powder, 1 oatmeal bath soak, and 1 booty balm. Come dressed to get messy!

NOTE: Material fee for handouts plus materials to make 4 skin care products.

Angela Palmer	\$45 + \$20 mat. fee*
Mar 5	Sat 9am - 12pm
1 session	John Muir, WC, 259

*pay \$20 material fee to instructor at class



Handmade Lotions and Creams

new Learn how to turn a few natural and inexpensive ingredients into luscious body lotions, rich herbal creams, and soothing facial moisturizers. Your handmade creams will rival expensive store-bought products, and they're better for your skin too! During class you will make 1 body lotion and 1 facial cream. Come dressed to get messy!

NOTE: Please bring to class: 2 wide mouth jars (approx. 4-6 oz.). Clean jelly jars or mason jars are perfect. Material fee for handouts plus materials to make 2 lotion products.

Angela Palmer	\$45 + \$15 mat. fee*
Feb 20	Sat 9am - 12pm
1 session	John Muir, WC, 259

*pay \$15 material fee to instructor at class

HOME/GARDEN



Vegetable Gardening . . . Get Back to Basics

Turn your garden into a source of delicious vegetables and personal satisfaction. Save money while you enjoy fresh produce that you have grown yourself. Learn the basics of growing, caring for and harvesting your own vegetables. Items discussed in class will be garden layout, planting time, site selection, soil preparation, drip irrigation, and harvest. Organic methods will also be covered in this unique class.

Martin Hildebrandt	\$35
Mar 15	Tue 6:30pm - 8:30pm
1 session	Wawona 2, WC



Backyard Composting

Sponsored by the City of Modesto and Community Education, this free class is designed to teach you how to put your garden refuse to good use. City residents must live within zip code areas 95350-95358.

NOTE: Receive a certificate at completion of class for \$5 off purchase of composter through the City of Modesto. Those who are not Modesto residents must pay a fee of \$35.

Martin Hildebrandt	FREE
Mar 19	Sat 10am - 12pm
1 session	Wawona 1, WC



Orchids by Al Rios



Orchids 101

Do you love the orchids you see in all the stores? The vibrant colors and unique petals? Do you buy one and it never blooms again, or are you afraid to buy one because you don't know how to care for it? This class will help get your orchids blooming and take the fear out of bringing one into your home. You will learn 4 different varieties of orchids. We will cover growing, watering, fertilizing and the medium needed for each type. Time will be available for questions about orchids - How often should I water? Which orchid is best for growing at home? When do I repot? What is the best potting material? Can I grow an orchid outdoors?

NOTE: Instructor will have orchids available to purchase at the end of class.

Alfred Rios	\$39
Feb 6	Sat 9am - 12pm
1 session	John Muir, WC, 259

MONEY MATTERS

Wills and Trusts: What You Should Know

This class is for people who want to know more about estate planning. This class will discuss the basics of wills, trusts and powers of attorney. The instructor is attorney Bruce E. Ramsey. Questions will be answered.

NOTE: Bring a note pad. The class size is limited to allow for ample student questions. Please pre-register, as walk-ins will not be accepted if class is full.

Bruce Ramsey	\$39
Jan 27	Wed 6:30pm - 8:30pm
1 session	Founders Hall, 172



I'm An Executor or Trustee - Now What?

Now that you have been named in a will as the executor/trustee of an estate, you may need this hands-on A-to-Z course that explains the duties, obligations and liabilities of an executor/trustee. This comprehensive overview of issues, including everything from commencing the probate process through the closing of the estate, is designed to address the concerns you may have when faced with this seemingly overwhelming task. Learn to proceed efficiently and effectively and gain the confidence that comes from being informed. The instructor is a local estate attorney.

NOTE: Bring a note pad. The class size is limited to allow for ample student questions. Please pre-register, as walk-ins will not be accepted if class is full.

Bruce Ramsey	\$39
Feb 3	Wed 6:30pm - 8:30pm
1 session	Founders Hall, 172



Planning for Persons with Disabilities

new This class addresses how to provide supplemental financial support for a disabled person, and at the same time preserve the disabled person's public benefits both financial and medical support. Questions and Answers will be part of this class.

Bruce Ramsey \$39
Feb 17 Wed 6:30pm - 8:30pm
1 session Founders Hall, 172

Plan Ahead

Avoid Legal and Family Pitfalls when Parents Die

This course will assist you in navigating legal issues, taxes, and family squabbles following the deaths of your parents. Topics include: creative distributions of assets, life estates, disclaimers, probate, trust administration, estate tax exemption trusts, generation skipping trusts, capital gains tax planning, parent/child property tax issues, will and trust contests, gifting and life insurance trusts. We will also discuss compensation for caregivers, in-kind distribution versus cash distribution, role of trustees and executors, joint ownership, and buyout of siblings. This class will offer options and helpful information to help avoid unnecessary stress when dealing with the loss of parents.

Bruce Ramsey \$39
Feb 24 Wed 6pm - 8pm
1 session Founders Hall, 172

PERSONAL INTEREST



Finding Your Roots Online

Researching your Roots is getting easier and easier as technology continues to be involved in the research. You can do almost all of your genealogy research completely online. Let Evalyn show you the sites that many professional genealogists use to do research. Some sites have fees, some are free, but all are available to you if you sign up for them. New ones are being created to help with your research. Records that used to take weeks to get back now are available with a click of the mouse! This hands-on class will get you excited about researching your family history online. You will be surprised at how much information is available right from the start! This class will be held in a computer lab where each student will use a computer. Great for all levels.

NOTE: Bring to class as much information that you have on your ancestors - full names, date of birth, birthplace, marriage dates and location, parents' names (or whatever you know). On Tues. Feb 23 class will meet at the LDS Genealogical Library at 4300 Dale Road, Modesto.

Evalyn Martinez \$45
Feb 16 - Mar 1 Tue, Thu 9:45am - 11:45am
5 sessions John Muir, WC, 152

Date Night: An Evening of Relaxation, Aromatherapy & Massage Essentials

Spend quality time as a couple learning the art of aromatherapy and massage! You will be introduced to select essential oils that are known to be useful in relaxation and romance, and practice stress-reducing massage techniques. We will also prepare custom massage oil in class to take home.

NOTE: You must enroll with a partner. Material fee includes bottle of personalized massage oil blend using therapeutic aromatherapy essential oils. Wear comfortable clothing, and bring two pillows and a large bath towel.

Sonja Radinovich \$25 + \$10 mat. fee*
 Feb 20 Sat 6pm - 8:30pm
 1 session John Muir, WC, 265

*pay \$10 material fee to instructor at class

Bridge

Beginning and Intermediate

This is a combined beginning and intermediate Bridge class. The beginners will learn basic skills to play the first day. Intermediates will have a review of the beginning class with advance e-mails, with playing lessons during each session. Beginners will learn the fundamentals of how the game is played, and strategies on how to improve your skills over a lifetime of enjoyment. Topics will include opening the bidding, responding, rebidding, placing the contract, competing, play of the hand and defense. The class will also demonstrate how to learn and play on the internet for free. This is a game for all ages!



NOTE: Material fee for book and handouts. No class March 17.

Lee Maddocks \$69 + \$10 mat. fee*
 Feb 11 - Mar 31 Thu 6:30pm - 8:30pm
 7 sessions Founders Hall, 155

*pay \$10 material fee to instructor at class



Beginner's Tarot

What is the Tarot? Often misunderstood and shrouded in mystery, this colorful deck of cards tells us a story through the language of pictures and symbolism, and offers the student of Tarot an opportunity to gain greater insight into the self and the situations of life. This class is designed for those with no experience with Tarot as well as those with some experience but who would like to explore further.

NOTE: Bring a Tarot deck from one of the following collections: Morgan Greer, or Raider-Waite decks, a notepad and pencil. Instructor will have other decks there to discuss.

Sonja Radinovich \$69
 Jan 27 - Mar 2 Wed 6:30pm - 8:30pm
 6 sessions John Muir, WC, 255

Tarot II

new This class will continue where the beginner's class left off. In Tarot II you will continue to develop your reading skills, learn new spreads, and delve more deeply into card meanings and combinations. Subjects covered will also include developing intuition, objectivity, and handling difficult cards.

NOTE: Bring your tarot cards to class.

Sonja Radinovich \$69
 Mar 16 - Apr 20 Wed 6:30pm - 8:30pm
 6 sessions John Muir, WC, 255



Conversational Spanish I

Conversational Spanish I

There is no time like NOW to begin learning Conversational Spanish. Learn basic drills and concepts. Class-time instruction will focus on the development of listening and speaking skills. Take-home reading and writing assignments will be reviewed to assess understanding. Alma is a credentialed instructor who has previously taught Spanish and ESL classes for several years.

NOTE: Material fee is for your textbook/workbook and CD

Alma Vera	\$75 + \$25 mat. fee*
Feb 4 - Mar 24	Thu 6:30pm - 8:30pm
8 sessions	Founders Hall, 157

*pay \$25 material fee at registration



Accent Enhancement

If you are a non-native English speaker, and

learned English as an adult, you most likely speak with an accent. This is because the brain and mouth create sounds in your first language and have not “learned” to produce or even hear the unique sounds in a second language (English). The ability to communicate clearly either with your co-workers, clients, and even friends and family, depends on your ability to clearly pronounce important phonics/sounds within the English language. In this class you will learn to change the way you use the mouth, teeth and tongue in order to form vowel and consonant sounds, which will help your communication with others who speak English. There will be classroom lecture and work, including recording and listening to your speech and identifying those sounds to work on in order to be better understood by English speakers. Alma has many years experience teaching English as a Second Language while at the same time helping the students improve their accents, to better communicate with others.

NOTE: Prerequisite is that you speak some English. This class does not teach English to those who do not speak English, as that is a separate class. Once you speak English, it will help with your accent.

Alma Vera	\$119
Feb 9 - Mar 29	Tue 6:30pm - 8:30pm
8 sessions	John Muir, WC, 260



Writing Teen Novels

new Have you ever wondered what makes those award-winning, best-selling teen novels so great? In this class, you'll discover what makes those middle grade and young adult stories that you love "tick". We'll do close reading of two novels, one middle grade and one young adult, to discover the mechanics of this genre and we'll practice those tricks in writing and revising our own teen stories.

NOTE: Students will be asked to read the following two novels BEFORE coming to class. *Goblin Secrets* by William Alexander (ISBN 978-1442427273 (paperback) and *Fangirl* by Rainbow Rowell (ISBN 978-1447263227 (paperback)).

Ilse Crane \$69 + \$2 mat. fee*
 Mar 3 - Mar 24 Thu 6pm - 9pm
 4 sessions Founders Hall, 257

*pay \$2 material fee to instructor at class

Writing and Publishing Children's books

In this workshop you will be introduced to the genre of children's books, learn about essential characteristics of children's books, look at published children's books, and get started with writing and revising. You will also learn about children's book publishing with practical information on how.

NOTE: You can come with just curiosity, an idea or a manuscript. All levels are welcome.

Ilse Crane \$59 + \$2 mat. fee*
 Feb 4 - Feb 18 Thu 6pm - 9pm
 3 sessions Founders Hall, 253

*pay \$2 material fee to instructor at class



Do it Yourself Divorce

Are you separating from your spouse or thinking of dissolving your marriage? Learn your basic legal rights and obligations as well as the dissolution process. This class will give you the tools to do your own divorce.

Stacy Speiller & Patti Torres \$29
 Feb 3 Wed 6pm - 8pm
 1 session Founders Hall, 215

Grandparent's Rights and Guardianship

This class is designed to address legal rights of grandparents when it comes to custody and visitation issues. The process of filing for a guardianship will also be discussed.

Stacy Speiller & Patti Torres \$29
 Mar 16 Thu 6pm - 8pm
 1 session Founders Hall, 215



Cutting the Cord - Streaming TV Solutions

In this "Cord Cutting" class we will learn about streaming TV solutions that can save you money on your cable bills. Showcase how to use devices including Apple TV, Roku, Chromecast, Fire TV, and Nexus Player. Learn about services such as Netflix, Hulu, and more. Because the internet is an integral part of "cutting the cord", an in-depth discussion on internet requirements is also included. This class will help you identify which devices and services will work best for you.

Matt Ketchum \$39
 Feb 20 Sat 8am - 12pm
 1 session Founders Hall, 237



All About Android

Google's Android is the number one system on mobile devices. Bring your Android smartphone, tablet, or mobile device to the class and connect to our free and fast Wi-Fi to discover how to customize your device. Setup your email, calendar and contacts. Explore using Google Apps including Gmail, Docs, Chrome, Voice, Google Plus, Hangout, Now, Keep, Drive, and much more.

NOTE: Bring your android smartphone, tablet or mobile device and charger to each class. This class is not for iPhone or iPad users.

Matt Ketchum	\$45
Mar 12	Sat 8am - 12pm
1 session	John Muir, WC, 255

Facebook for All

new Missing your kids, your grandkids, or your siblings far away? Did you know



that anyone can use Facebook to stay in touch with friends and family, find schoolmates from the past, or to simply stay up-to-date on the latest snapshots of your grandchildren? In this course, you will create a Facebook account, set privacy settings, search and view profiles, upload photos, reunite with friends old and new, join interest groups, and discover the many unexpected joys of having a Facebook profile. Don't be intimidated with the new technology - become one of the savvy users and experience Facebook firsthand!

NOTE: This is a hands-on class. The instructor will walk you through setting up a new account and how to use Facebook. Each student will work on a computer.

Adrenna Alkhas	\$39
Feb 27	Sat 9am - 12pm
1 session	John Muir, WC, 152

Your New iPad Demystify It!

Apple's iPad and iPad mini are popular tablets that have changed the way we use computers. Find out the basics of using the iPad, along with other features like iCloud, Siri, Safari, and the App Store. Learn how to use iOS, Wi-Fi, Bluetooth, installing and managing apps, general settings, and security. We will also use apps such as Messages, Camera, Facetime, Photos, Calendar, Mail, Notes, and Reminders. In addition, we will discover and understand how to use several of the top apps that are featured for the iPad. You will also learn how to connect your iPad to your TV. Make sure your device is fully charged before coming to class and don't forget to bring your wall charger as well.

NOTE: Bring your iPad and wall charger to class.

Matt Ketchum	\$49
Mar 1 - Mar 3	Tue, Thu 6pm - 9pm
2 sessions	John Muir, WC, 255



Managing Passwords

Do you have trouble keeping track of all your passwords on your computer and mobile devices? We are asked to change our passwords and not reuse them to stay secure, but it becomes more of a nuisance than trying to keep you safe online. In this course we will learn how to use recommended password manager programs you can use on any computer or mobile device. In the digital age where many websites and apps have you create usernames and passwords this class will give you the skills to easily log in to any of your accounts safely and securely.

Matt Ketchum	\$35
Feb 11	Thu 6pm - 9pm
1 session	John Muir, WC, 152

GED My Way!

FREE - A new program to prepare for the GED test more effectively

If you did not complete High School and need to earn your GED, this program was designed for you! It's flexible and fits around your schedule. Study just what you need to learn, and in the order you choose. You can spend as little as 3 hours a week on one subject at a time, or take up to 4 subjects, for a total of 12 class hours a week. Students may also progress faster by adding additional study time at home.



It is as simple as 1, 2, 3, 4!

- 1.** Schedule an official GED practice test in our lab on any of 4 subjects of your choice, and check your results.
- 2.** If the results show you need to study, sign up for the class you need. If the results show you are likely to pass that segment of the GED test, take a different practice test until you find an area you need to learn.
- 3.** Find a class that fits your schedule, and enroll. Our friendly instructors will help you understand the content, teach you important test taking strategies, and give you tools to succeed!
- 4.** Once you feel comfortable in the topic, take a practice test to see if you will pass. Your practice tests will give you the confidence to know you can take and pass the official examination at a GED Testing Service center.

Don't delay! Classes will fill quickly. If a class is full, be sure to register on the wait list, as classes are first-come, first-served. Attendance is required. Students who are a no-show will be dropped from class so others may attend.



Test Dates

You must register for a test date before you can register for a class.

Test dates from Jan 15-23 and Feb 29-Mar 5

Register online at www.mjc4life.org or call our office at 575-6063



Digital Photography Basics: What You Need to Know

Are you frustrated with the controls on your camera and want to break out of automatic mode to create better photographs? This five-week course will show you how to master the use of your camera's ISO, shutter and aperture settings resulting in total control over your images. You will learn how to use online image-editing software to re-size your weekly photo assignment images for upload to www.halfastop.com.

NOTE: Your camera should have the ability to change ISO, shutter, and aperture settings manually to fully appreciate this course. Bring your camera to class with a fully charged battery, memory card, USB cable and the manual.

A	>Richard Hermann	\$85
	Mar 3 - Mar 31	Thu 9:30am - 10:30pm
	5 sessions	Wawona 2, WC
B	>Richard Hermann	\$85
	Feb 9 - Mar 8	Tue 6:30pm - 7:30pm
	5 sessions	Wawona 2, WC



Street Photography 101

new Capture the city from an artistic point of view. In this class we'll explore the beauty of street photography. Our Instructor Samuel De Lemos will help you learn and explore the fundamentals of light, composition, maintaining that candid look, and much more. This class will meet in the classroom and at specific local sites. Students must have basic working knowledge of their camera and know how to take pictures using their camera before signing up. Types of cameras accepted: DSLRs, smart phones, and SLRs. Class is rated for beginner to intermediate. Basic computer skills recommended.

Samuel De Lemos	\$75 + \$10 mat. fee*
Feb 4 - Feb 25	Thu 3pm - 5pm
4 sessions	John Muir, WC, 261

*pay \$10 material fee to instructor at class



Motorcycle and Scooter Training

This CHP-approved training is designed primarily for beginning and inexperienced motorcyclists of all ages. It consists of 7 hours classroom and 10 hours on-cycle instruction of safe, responsible motorcycling.

Are you an experienced rider, but without a motorcycle license? The vehicle code in California allows for the impound of your motorcycle if you are caught riding without a M1 (motorcycle license) endorsement on your license. Law Enforcement officers don't always impound, but a high percentage do. Towing costs, storage cost and the cost of the ticket all add up to high fees.

CA AB1952 - This law requires a person under 21 years of age to complete the CMSP Motorcyclist Training Course before being issued a motorcycle instruction permit. The law requires the permit to be held for six months before a class M1 motorcycle driver license is issued.

1. When are the classes?

We hold 2 classes per week (A & B):

A Class - Thursday . . . 6:30pm - 10:00pm
 Saturday . . . 7:00am - 4:00pm
 Sunday . . . 7:00am -1:00am

B Class - Thursday . . . 6:30pm - 10:00pm
 Saturday . . . 8:00am - 5:00pm
 Sunday . . . 11:30am - 4:30pm

You will attend a total of at least 17 hours of instruction, including both classroom and range time. Times may vary, check the schedule.

2. How much does it cost?

21 years of age or over - \$258

15-1/2 - 20 years old at time of registration - \$180

The State requires this course for anyone under 21 who wants to obtain a M1 permit/license.

3. What happens after I complete the course?

Once you successfully complete the motorcycle class, our office will process the paperwork, and mail you a certificate within 2 weeks. Take the certificate to the DMV and it will waive the riding portion of the DMV requirements. There is no guarantee of license. If students are Couseled Out for safety reasons, or are unsuccessful on the Skills Evaluation, they will have the opportunity to return for a second try at no additional cost.

4. What type of motorcycles?

We provide the motorcycles for the range portion of the class. They are Honda Nighthawks and Rebels - 250cc.

5. What if I have a Scooter?

If you have a scooter, please let us know when you register. There are special requirements for scooter training. For more information call our office at 575-6063.

6. What do I need to bring?

We provide the helmets if you need one - if you bring your own it needs to be DOT approved (3/4 or full). On the days you ride you will need: Heavy jeans; Long sleeve shirt that covers the wrists; Eye protection (can be sun glasses, eye glasses or the visor for your helmet); Full-finger leather gloves; Heavy boots that cover the ankle (Canvas tennis shoes are not heavy enough - can use hiking boots, riding boots, work boots).

7. How do I sign up?

If you are 21 or over you can register online at www.mjc4life.org, by phone or in person.

If you are under 21, you must register by phone or in person in order to receive the \$78 "under 21" discount.

NOTE: The additional \$3 registration fee DOES NOT apply to motorcycle registrations.



Modesto Institute for Continued Learning

MICL (pronounced "Michael"), Modesto Institute for Continued Learning, is one of hundreds of similar institutes for mature learners that have become a part of college campuses throughout the world. Under the auspices of Modesto Junior College Community Education, MICL offers lecture, workshop, study and discussion groups during daylight hours on the MJC West Campus where adequate parking is available. Activities such as trips and social events are frequently offered, linking members to the community beyond the classroom. Planning for all classes is done in advance through the Curriculum Committee composed of MICL members.

The MICL semester is divided into three 5-week sessions referred to as A, B, and C Sessions. Classes meet weekly for two hours, at 10:00 a.m. or 1:00 p.m. The class schedules are arranged so members can attend as many classes as they like for one fee each semester. Registration for individual classes is not necessary as MICL membership includes ALL classes. The members plan and often present classes, and all members are encouraged to participate. All classes are not-for-credit and are for the joy of learning.

There are no tests and usually no books to buy. The single membership fee is \$40 per semester plus a \$10 parking fee for parking in MJC lots near El Capitan, where the classes are held. The \$40 fee covers registration and includes other campus services such as use of the library and bookstore.

An optional contribution of \$10 per semester is requested to cover MICL classroom expenses such as curriculum needs, paper supplies, social activities and general costs of producing an interesting, educational environment.

MICL's exciting trips will involve a charge for expenses incurred.

NEW MICL Classroom Location

MICL now has a new classroom on the West Campus. The college administration has provided us more space and a new location. MICL will now be held in the El Capitan Building. It is located at the back part of the campus. See map on page 65.

MICL Membership - \$40

Cash, check made payable to MJC or credit card - Visa, MasterCard, Discover

MICL Parking - \$10

If you have A handicapped parking tag, you do not need to purchase this. This fee can be combined with the membership fee for a total of \$50.

MICL Contribution - \$10

Cash or a check made payable to **MICL**. Give your check to the MICL Treasurer, Lance Krajewski - **NOT** to MJC Community Education.

MICL Information Meeting

Curious about MICL and the classes that are offered? Come to an informal meeting on Thursday, **January 14, 2016** from 10:00 to 10:45 a.m. in the MICL classroom - see map page 65.

You will also be able to register for MICL before and after this meeting from 9:00 to 10:00 and from 10:45 to 12:00 noon. If you can't make the meeting, you can still register by phone, mail, or internet as shown on page 66.

NOTE: There will be an additional \$3 registration fee charged if you register by phone, in person, or mail after this meeting. This meeting is for both new and returning students.

Monday – 10 a.m. – 12 noon

Monday AM A, B and C Sessions

Travels Around the World

Coordinator: Gary Moore

Have you ever dreamed of far away places that seemed exotic and promised adventures or maybe you have wanted to see places here in the good ol' USA but just haven't been able to get there? Alas, all the planning and travel seems too daunting. Have we got the place for you! Come join us in the "Travels Around the World" class. You can see all these places through eyes, ears, and minds of others who have been there. There will be lots of pictures, suggestions, and tips that will pique your interest, and all of this without leaving Modesto. So come with us and see the world!

Spring Classes 2016

A Session

Monday Jan. 18th - Feb. 19th

B Session

Monday Feb 22nd - Mar. 25th

C Session

Monday Mar. 28th - Apr. 29th

Monday – 1:00 p.m. – 3:00 p.m.

Monday PM - A Session

Joy of Coloring

Coordinator: Susan Filice

Escape and relax to the rhythm of your favorite colors flowing onto the page. Share the excitement of creation while enjoying pleasant music in the background. Picture yourself as a budding artist. COLORING is an international sensation igniting the imagination of adults and yielding health benefits to those that partake. This art form is lauded for engaging both sides of the brain, promoting more nimble problem solving, maintaining fine motor skills, and alleviating stress. Bring pencils, pens, charcoal, or paints to set your creativity free during our Monday afternoon sessions. Shop online or your local arts and crafts store for your book. Pages will be provided upon request. Join us to make a gift or simply satisfy your soul!

Monday PM - B session

Classical Music II

Coordinator: Christine Beckstrom

A sonorous smorgasbord to sensitize and stimulate your musical taste buds: brain healthy music appreciation.

Monday PM - C Session

Play Reading

Coordinator: Carol Stark

Sharpen up your inner Helen Mirren or Meryl Streep. Have some fun. We will do a play reading, readers theatre style and then see a corresponding video of the play to broaden our understanding and enjoyment of the play. Express yourself, be dramatic. It will be fun.

Tuesday and Thursday
8:30 to 9:30 a.m.
A, B and C sessions

Young at Heart

Coordinators: Arline Wortner, Lila Huff, Doc Wait, Leonard Olives, Jim McCabe

A strength-training program designed specifically for older adults followed by QiGong. You may sit or stand, depending on your physical ability. The program follows the guidelines of the Presidential Fitness Award.

Tuesday – 10:00 a.m. – noon

Tuesday AM - A Session

California History

Coordinator: Joann Flinn

Golden nuggets of California's illustrious and sometimes infamous past will be presented by the following guests: Ron Loya, director of the Mariposa Museum and History Center; Gary Dei Rossi, former assistant superintendent of San Joaquin County Office of Education and author of the ABC Book of San Joaquin County; Cynthia Henry, retired psychologist for Manteca Unified School District currently

authoring a book on French Camp history; Al Menshew, past local and national president of E Clampus Vitus, and past president of the Stanislaus County Historical Society; and William Whiteside, retired assistant superintendent from Manteca Unified School District who happens to be related to a very famous bandit. Starting with the discovery of gold all the way to World War II, people and events in California will be brought to light through the expertise of our speakers.

Tuesday AM - B Session

World Cities Sampler - "The Big Apple"

Coordinator: Bill Nichols

A focus on history including the legacies for today and what to take in as a tourist

Feb 23, 2016

Hour One - Creation: From One Island to Five Boroughs - Bill Nichols

Hour Two - The Statue of Liberty - Bill Nichols

March 1, 2016

Hour One - Getting Around Town: streets, buses and rails - Bill Nichols

Hour Two - Immigrant Settlement Patterns and Tenement Housing Sharon and Dave Froba

March 8, 2016

Hour One - The workers and their labor conditions – Marianne Mayerle

Hour Two - Skyscrapers in the Depression - Empire State & Rockefeller Center - Bill Nichols

March 15, 2016

Hour One

Fine Arts: the Metropolitan Museum of Arts & Frick Collection – Betty Boj-Sode

Hour Two - Tin Pan Alley, the Great White Way – Gary Moore

March 22, 2016

Hour One Booze, the Mob, Night Clubs & Speakeasies – Gene Richards

Hour Two

The Guy Who Got Things Done:
Robert Moses - Bill Nichols

Tuesday AM - C Session

Birding

Coordinator: Dave Froba

We will learn to identify and appreciate the birds of our local area. We'll use our field guide, photos, videos, and audio. We'll work both mind and soul since to know nature is to love it. In addition, each weekend we will take a non MICL field trip to parts of the county, near and wide, to hone our skills and deepen our appreciation. David Sibley's "Field Guide to the Birds of Western North America" is recommended but not required. In preparation for the class it would be good to watch the movie "Wings Over Our Two Counties" on YouTube.

Tuesday PM - B Session

Senior Issues

Coordinators: Vahl Clemensen & Gary Moore

This five week session will delve into many of the senior issues we each grapple with. We will be bringing in outside resources to address each issue. There will be time to get your questions answered. An example of issues to be addressed: To Move or Not to Move, Down Sizing, Legal Issues, Medical Issues, Mobility Issues, Senior Scam Prevention. The exact issues to be addressed each week will be announced in the weekly news letter.

Tuesday PM - C Session

MICL Meet Your Past

Coordinator: Hugh Brereton

This is an opportunity to meet selected MICL members whose histories should prove to be of interest to you. A message from the past describes this class very well. "Autobiographies are stranger than fiction and just as engaging. MICL members share the rich tapestry of their lives."

Tuesday 1:00 p.m. – 3:00 p.m.

Tuesday PM - A Session

Basic Spanish for Seniors

Coordinator: Suzanne Wilke

Basic Spanish for Seniors will continue with where we leave off at the end of summer session. This fall we will be learning a second past tense. The emphasis will be on using what we learn to be able to converse. It will be helpful if you have had some Spanish.

Wednesday –10:00 a.m. – noon**Wednesday AM - A Session****Potpourri**

Coordinator: Barbara Frazer

A medley of interesting subjects. us for fascinating discussions.

January 20, 2016

Supervisor Dick Monteith will speak on what he has learned about Stanislaus County in his years as Supervisor.

January 27, 2016

Candy Monarrez, Candy's Carefree Travel, will speak on the most popular places for travel.

February 3, 2016

Mayor Garrad Marsh, will speak on his vision for Modesto. (whether he is in office or not).

February 10, 2016

Jeri Johnson, will speak on Adult Services in Stanislaus County. Mickey Peabody, Senior Senator, and Billie Marlene Taylor, Senior Assemblyperson, will speak on the California Senior Legislature, Sacramento.

February 17, 2016

Mike Dunbar, Editor of Opinion Pages, The Modesto Bee will speak on the many kinds of news stories he has reported on over the years.

Wednesday AM - B & C Session**Great Decisions**

Coordinator: Jerry Jackman

Great Decisions is one of the difficult courses offered at MICL. It requires purchase of a \$20 "briefing book", homework, and reading one of the 8 topics each week. The payoff is developing an understanding of major problems of the world. Each class begins with a fresh documentary produced by the Foreign policy Association, followed by shared discussion of the topic. The topics for 2016 are: Middle East, The Rise of ISIS, The Future of Kurdistan, Migration, The Koreas, The United Nations, Climate Change, Cuba and the US

Wednesday – 1:00 – 3:00 p.m.**Wednesday PM - A, B and C Sessions****Writing it Down!**

Coordinator: Roger Jackson

Be inspired to share your writing efforts in an encouraging and supportive classroom setting. Class members write at home about anything they want, and they share what they write in class when they are ready. The goal of the class is to support one another in the writing process and learn by doing. Come and join our writing community as a writer or listener.

Thursday – 10:00 a.m.-noon

Thursday AM - A, B and C Sessions

What in the World?

A Session - Roger Vinande

B Session - Anita Altman

C Session - Carol Quinlan

Have you ever watched TV or read a news paper article, opinion, or letter to the editor and really wanted to discuss or react to what you read? "What in the World" is just the class for you. We discuss all kinds of issues and happenings from your neighborhood, local, regional, state, national, and world news. You bring in the topic, introduce it, and we all discuss it with the help of a new class facilitator each five week session. A number of class members have real expertise to lend to a number of discussions. Learn something new every day. Come join the camaraderie.

Last Thursday of each session 1:00 p.m. - 3:00 p.m.

MICL Book Club

Coordinator: Carol Sullivan and Others TBA

The MICL Bookclub is still evolving. Someone once said change is good. So far, I think this is working. We have decided to read a nonfiction book one month and a fiction book the next month. The book is suggested and selected by the group, and will be moderated by the person that suggested the book title. We will be deciding on the book for September when the Summer group meets in July so everyone will have plenty of time to be notified and read the book. Our group is open to everyone, even if you have not read, or have previously read the book, please feel free to join the group for any of the meetings. Keep Reading!

Thursday – 1:00 p.m. - 3:00 p.m.

Thursday PM - A, B, and C Sessions

Beginner's Bridge/Chess/Pinochle

Coordinator: Gene Richards

Bridge is a social game. It is stimulating, Motivating, exciting, and fascinating. We specialize in taking the absolute beginner and introducing them to a new world of fun. No experience necessary. This semester we will also start games of chess and pinochle. If you know or would like to learn these games join us.

Friday – 10:00 a.m. - noon (or when film ends)

Friday AM - A, B, C Sessions

Friday at the Movies

Coordinators: Betty Boj-Sode and Susan Wiltse

Start your weekend relaxation with a film classic or foreign film (subtitled in English, of course) that will carry you away to other times and other places. Discussion encouraged but not required.

mjc4life

Kids / Teens

COOKING FOR KIDS



Kids Beginning Cake Decorating (Ages 8-14)

Kids have fun exploring the basics of cake decorating while discovering their own creative talent. This beginning class uses 1/2 of a sheet cake board to practice icing fun with basic borders and flowers. At the end of the class kids will create an edible masterpiece they can proudly enjoy with family and friends.

NOTE: Kids must bring their supplies on first day of class. Bring to class: 1 - 8 in. Wilton decorating bag with bag coupling, Lily Flower nail kit, #7 flower nail and the following decorating tips: #4, #16, #30, #47, #67, #71, #104, #136, #190, #199 and #2-F. 1 wash cloth, cookie sheet and zip-loc bag. For more details on the supply list please go to www.mjc.edu/commed.

Patsy Laws \$59 + \$10 mat. fee*
 Feb 20 - Mar 12 Sat 3pm - 5pm
 4 sessions Wawona 1, WC

*pay \$10 material fee to instructor at class

FUN TO DO

Sketching for Kids (Ages 8-14)

Learn skills in drawing techniques, while expressing yourself through class projects using lines and shapes. You will explore how to analyze objects in nature and draw through careful observation. Lots of projects, lots of fun! All skill levels welcome.

NOTE: The instructor will bring a sketchbook for each child the first day of class. All materials are included in the material fee.

Linda Salmon \$69 + \$10 mat. fee*
 Feb 11 - Mar 17 Thu 4:15pm - 5:45pm
 6 sessions Art Bldg, 201

*pay \$10 material fee to instructor at class

YOUTH MUSIC



Kids D'jembe Drumming (Ages 8-14)

Come take an amazing classroom journey to Africa and the Caribbean! Experience the culture of sharing, cooperation and working together that is practiced in community D'jembe drumming. Learn the rhythms and songs that tell age old stories in different languages. Have fun with your friends while you learn to understand and appreciate different cultures from faraway places. Drums provided for classroom use.

NOTE: No class Feb. 12, 2016. Wear comfortable clothes.

Khemya MitRahina \$35
 Jan 22 - Feb 19 Fri 4pm - 5pm
 4 sessions Valley Charter High School

MJC Camps for Kids 2016

On your Mark, Get Ready, Set, Go!

MARK your calendar for the best summer ever!



GET READY - for a sneak preview to your inbox in February, just email [#BestSummerEver](mailto:commedoffice@mjc.edu) to commedoffice@mjc.edu



SET a reminder to register early for the camps of your choice! Registration opens February 22, 2016. Many of our camps fill early, so plan ahead for the best selection.



GO join your friends, or make new ones, while you participate in fun adventures and exciting learning activities!

We've listened to your suggestions!

Community Education is revamping our summer camps to be the best ever! Don't miss out on the fun. More activities, smaller camp sizes, and larger selection of camp themes.

Piano Adventure for Kids (Ages 7-10)



Learn the piano the fun way! These lessons will teach you note-reading. You will be playing real songs. Recital at the end of each class. Limited class size. Great experience!

NOTE: If you have already taken this class and still have the book, call the office at 575-6063 to register without paying for the book. No exceptions to age group please. Bring a pair of full-sized headphones with a 1/4" or 6.35mm wide jack or adapter.

debee loyd \$79 + \$10 mat. fee*
Feb 4 - Mar 10 Thu 4pm - 6pm
6 sessions Music Bldg, 109
*pay \$10 material fee at registration

Suzuki Piano

Suzuki's success has proven not only that young children are capable of learning to play an instrument, but also that they derive genuine pleasure from their music making. In addition to the monthly group lesson held at Modesto Junior College, you will pay for a weekly private lesson arranged by the Suzuki Piano Coordinator. Call 575-6063 for an application or download one at www.mjc.edu/commed. AFTER ACCEPTANCE INTO THE PROGRAM, a semester fee of \$29 per family is payable to MJC. There is a waiting list, so please plan ahead. Dates, locations and times vary for Suzuki group lessons. Please check with your instructor for your actual group lesson schedule.



NOTE: Ask for or download an application for Suzuki Piano at www.mjc.edu/commed. Do not register for this class until you have been assigned a piano teacher by the Suzuki Piano Coordinator.

LATE FEE - Register early to avoid a late fee. For students already in the program, on February 17, 2016 the fee will be \$34.

GOOD TO KNOW

SAT Math

Making the decision to attend college is probably one of the most important decisions you'll ever make, and your performance on college entrance exams is instrumental in determining your college choice. Universities and colleges throughout the U.S. require applicants to take the SAT or ACT as part of their evaluation packets. This course will prepare you for both. Learn SAT Math test-taking skills and strategies. Topics covered include comprehensive mathematical review in algebra, geometry and abstract reasoning. Practice tests will be given.

NOTE: Bring pencil and notebook. SAT study book included in price. Sign up for both classes and save \$40.

Linda Kong \$85
Feb 3 - Feb 17 Wed 6pm - 8pm
2 sessions John Muir, WC, 261

SAT English

This class will cover strategies to prepare students in writing, grammar, critical reading and essay writing. Practice test sections will be given, and practice handouts are included.

NOTE: SAT study book included in price. Sign up for both classes and save \$40. Please bring to class pencil and notebook, highlighter, pen, pencil, 8-color set fine-tipped markers.

Willie Loeser \$85
Mar 2 - Mar 16 Wed 6pm - 8pm
2 sessions John Muir, WC, 261

SAT Math AND English

You can register for both the SAT Math and English classes and save \$40.

NOTE: SAT study book included in price. Math - bring pencil and notebook.

English - Bring to class pencil, notebook, highlighter, pen, 8-color set fine-tipped markers. .

Linda Kong & Willie Loeser \$130
See dates and times above for both Math and English SAT classes



Competitive Swimming at its Best!

The Blue Tide Aquatics is a USA and summer league swim team. Local and travel swim meets available for all swimmers. Blue Tide swimmers can swim year round.

Focus on stroke mechanics and strong swimming skills.

Level 1: (Ages 5-8) 25 yards Freestyle with a consistent kick

Level 2: (Ages 7-11) 50 Freestyle/25 Backstroke

Level 3: (Ages 9-12) Legal 200 IM

Senior: (Ages 13 & up) Coach placement

See Blue Tide website for more information
<http://www.bluetideaquatics.com>

NOTE: YOU MUST HAVE USA SWIMMING INSURANCE TO SWIM WITH BLUE TIDE! - Go to the Blue Tide website - (<http://bluetideaquatics.com/about/>), Scroll down and you will see a link for the USA Registration Form. Print it out, fill it out, and mail with your payment.


No cotton swim wear.

mjc4life

Business

PERSONAL COMPUTER

Computers for Absolute Beginners



This hands-on class will introduce new computer users to the personal computer and its uses. Your instructor will quickly put you at ease and you will soon feel comfortable using a computer. This class is taught on Windows-based computers. You will learn the use of the mouse, and how to use a Windows-based word processing program. By the end of the course you should feel comfortable creating, saving and retrieving documents.

NOTE: No previous computer experience is necessary. \$20 book fee will be charged at time of registration.

Matt Ketchum	\$79 + \$20 mat. fee*
Feb 16 - Feb 25	Tue, Thu 6pm - 8pm
4 sessions	John Muir, WC, 152

*pay \$20 material fee at registration

Windows 10 - Laptops

new Windows 10 is the newest version of Microsoft Windows and in this class you will learn the essential features of Windows 10. Bring your own personal Windows 10 laptop to the class. We will cover how to upgrade a Windows 7 or Windows 8 laptop to Windows 10 for free, the new Start Menu, Cortana Searching, Task View, Multiple Desktop views, settings, the new Edge web browser, and how to switch from desktop to tablet mode. Please bring your power charger for your laptop to the class.

Matt Ketchum	\$95 + \$24 mat. fee*
Mar 2 - Mar 9	Mon, Wed 6pm - 9pm
3 sessions	John Muir, WC, 260

*pay \$24 material fee at registration



Excel 2013 - Beginning

Excel is a business standard for many jobs. Many times potential employers want to know if you have some basic knowledge of this powerful spreadsheet software. You will begin to learn the time-saving features that are built into this software. You'll create worksheets, use formulas, format for printing and create different types of charts.

NOTE: Prerequisite: Must be able to use Microsoft Windows operating system.

Ed Perillo	\$110 + \$24 mat. fee*
Mar 7 - Mar 16	Mon, Wed 6pm - 9pm
4 sessions	John Muir, WC, 152

*pay \$24 material fee at registration



Managing Passwords

Do you have trouble keeping track of all your passwords on your computer and mobile devices? We are asked to change our passwords and not reuse them to stay secure but it becomes more of a nuisance than trying to keep you safe online. In this course we will learn how to use recommended password manager programs you can use on any computer or mobile device. In the digital age, where many websites and apps have you create usernames and passwords, this class will give you the skills to easily log in to any of your accounts safely and securely.

Matt Ketchum	\$35
Feb 11	Thu 6pm - 9pm
1 session	John Muir, WC, 152

QuickBooks Pro 2015 Beginning

new *Prerequisite:* Must be familiar with the computer and Windows operating system. QuickBooks is one of the most popular accounting programs for small businesses. This course will introduce the novice to QuickBooks and the accounting principles. The class will cover working with customer transactions and vendor transactions. You will learn to manage credit card transactions and to use QuickBooks reconciliation features. You will create a QuickBooks file for a service company.

Linda Kong	\$115 + \$30 mat. fee*
Mar 15 - Mar 24	Tue, Thu 6pm - 9pm
4 sessions	John Muir, WC, 152

*pay \$30 material fee to instructor at class

55+ Introduction to Using Facebook

Create a Facebook account to explore social media. Learn about using



Facebook to connect with family and friends. Learn about precautions

to safeguard your identity with a control account to recover passwords for your Facebook account. Find safer ways to use technology. We will cover a checklist to use to not get caught by hackers and those wanting to use social technology against you.

Tai Wong	\$45
Mar 1 - Mar 3	Tue, Thu 9am - 12pm
2 sessions	John Muir, WC, 251



Computers for 55+ - Beginning

This hands-on class will move at a slower pace than our other beginning computer classes. You will learn parts of a computer, basic computer terms, use of the mouse and desktop personalization. You will learn how to create files and folders using word processing and more. By the end of the class, you should be able to create, save and retrieve documents, and move around the computer with confidence.

NOTE: No books. Handouts included in fee.

Tai Wong	\$105
Feb 8 - Feb 11	Mon, Tue, Wed, Thu 9am - 12pm
4 sessions	John Muir, WC, 251

Computers for 55+ - Intermediate

If you have a basic understanding of computers, this class will take you to the next level! We will cover formatting, fonts and inserting pictures in a word processing application, copying and pasting to create a flyer. We also will follow a step by step tutorial of the internet and email, multi-tasking and transferring information from different programs.

NOTE: Prerequisite: basic knowledge of Windows based computers. No book used for this class.

Tai Wong	\$105
Feb 22 - Feb 25	Mon, Tue, Wed, Thu 9am - 12pm
4 sessions	John Muir, WC, 251

Computers for 55+ - Advanced

We will review topics from previous classes and learn Windows 7 shortcuts to enhance your computer experience. Create a flyer in Word. You'll learn new techniques for formatting text, using templates, inserting graphics, using columns, and other tools. We will also learn how to access and use Internet Explorer and create a free Gmail account. You will use several types of search engines to get the most out of the internet. Learn how to insert (attach) files from your computer, camera or flash drive.

NOTE: Prerequisite: Completion of Beginning & Intermediate Computers for Adults 55+ or the knowledge.

Tai Wong	\$105
Mar 7 - Mar 10	Mon, Tue, Wed, Thu 9am - 12pm
4 sessions	John Muir, WC, 251



Safe Online Shopping for 55+

new Are there times you see something you would like to purchase online, but are fearful of the security?

What about the popular Amazon site where you can find just about anything you want? This class will help put your mind at ease by covering important security and privacy issues that you should be aware of when making purchases online. Included will be helpful tips for evaluating website security and keeping your identity safe. In this class, you will also learn the basics of Internet shopping, including online stores, auctions, and classifieds.

NOTE: Hands-on class. Should be familiar with browsing on the internet.

Tai Wong	\$45
Mar 14 - Mar 16	Mon, Wed 9am - 12pm
2 sessions	John Muir, WC, 251

More than 300 online courses

Online Courses

anytime, anywhere... just a click away!

Learn
from the
comfort of
home!



Learn from
the comfort
of home!

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Discussion Areas

6-week Format

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Most Classes **\$95**

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Many more classes to choose from!

Questions?
Call 575-6063

Enroll Now!

www.ed2go.com/mjc

CAREERS

Microanalysis-B-Mold Counting

Learn mold count procedures as applied to fruit and tomato products and food plant



sanitation. This 30-hour class includes lecture and hands-on training in a small class setting, includes Howard Mold, and Rot Count methods. A certificate of attendance will be awarded to students who successfully complete the class.

Donald Jepson \$350 + \$15 mat. fee*
 Feb 17 - Apr 20 Wed 6:15pm - 9:15pm
 10 sessions Science Community Center, 214

*pay \$15 material fee at registration

Make Extra Income: Auto Wholesale Business



Find out how to make some extra money buying and selling wholesale cars as a home-based business or, simply buy cars, motorcycles, boats at great wholesale prices. This 6-hour approved DMV class is the first step to acquire your dealer's license. Learn how to get your auto dealer's license and how to operate a profitable used car business. You can earn a substantial amount of income just by selling a few cars a month. Find out the how and where of buying at wholesale prices and how to sell at retail for very good profits. You'll get a free list of all the dealer-only auctions in the United States. Students will receive a DMV certificate of completion at the end of class.

Ronald Williams \$85 + \$20 mat. fee*
 Mar 28 - Mar 29 Mon, Tue 6pm - 9pm
 2 sessions John Muir, WC, 261

*pay \$20 material fee to instructor at class



SMOG BAR Update Class

This course offers 16 hours of update training. It will cover the latest smog update requirements. The Bureau of Automotive Repair (BAR) requires all licensed Smog Check Technicians whose license expires during the year, to complete the Update Training Course prior to renewing licenses.

NOTE: Price includes textbook. ABSOLUTELY NO walk-in registrations. Please pre-register by calling 575-6063.

A - Ruben Parra \$250
 Feb 6 - Feb 7 Sat, Sun 8am - 4:30pm
 2 sessions Tenaya Auto Complex

B - Ruben Parra \$250
 Apr 9 - Apr 10 Sat, Sun 8am - 4:30pm
 2 sessions Tenaya Auto Complex

Paralegal Certificate Course - Online

This is a 2-part course - Paralegal Certificate Course and Advanced Paralegal Course (Advanced course is required to practice in California)

Paralegal Certificate course is the beginning part. Price includes 2, 7-week sessions.
 \$1,289 (books additional approx \$550)

Advanced Paralegal course - you must select 6 out of 15 topics. You take up to 3 of the topics each 7-week session.

\$1,800 (book fee is determined by the classes you select.)

January 11 - February 26, 2016
 March 7 - April 22, 2016
 May 2 - June 17, 2016
 June 27 - August 12, 2016

SallieMae Student Loan available for this program.

Call 575-6063 for more info or go to www.legalstudies.com

Get That Job!

This series of 5 classes has been designed to help you use the latest resources available to put you ahead of the crowd. Come learn some tips to landing your next job.

Getting the Most Out of a Job Fair

new Are you attending job fairs hoping to find your next place of employment? Many job seekers visit job fairs without any preparation whatsoever, and then complain that "it wasn't worth it." This class will help prepare you for these gatherings and what to do once you get there. Learn to make the most of these opportunities. The class will also cover what steps to take in the follow-up. Put yourself in the forefront to get that job!

Linda Kenney \$35 + \$3 mat. fee*
Feb 11 Thu 6pm - 9pm
1 session Founders Hall, 212

*pay \$3 material fee at time of registration

Using LinkedIn to Get a Job

new How important is LinkedIn in helping you to find a job? Very! Internet networks not only help job seekers find employers, but also help employers find employees - if those potential employees put themselves where they can be found, with the right information. This class will cover what LinkedIn is, how it works, and why it works - if it is used correctly. This class will help guide you on using this popular web-based tool, LinkedIn, to your job-seeking advantage.

Linda Kenney \$35 + \$3 mat. fee*
Mar 3 Thu 6pm - 9pm
1 session Founders Hall, 212

*pay \$3 material fee at time of registration

Using Social Media to "Net" a Job

new Things have changed for job seekers. There's a new vocabulary in job searches today and it's being driven by something called social media. Linking up, connecting, friending, tweets, following . . . are all types of social media that can help you connect with others who may have knowledge of an employment opportunity. This class will provide the basics you need to use social media and computer networks to your advantage.

Linda Kenney \$35 + \$3 mat. fee*
Feb 25 Thu 6pm - 9pm
1 session Founders Hall, 212

*pay \$3 material fee at time of registration

Winning an Employer Over, Stand Out in the Crowd

new Why did he get the job and not you? Research with employers shows that they want to hire employees who make the workplace more productive and improve the bottom line. This class will help you talk about yourself during the interview, job fair, etc., so the employer will want to hire you. You will learn how to stand out in the crowd of job applicants and get that job!

Linda Kenney \$35 + \$3 mat. fee*
Feb 18 Thu 6pm - 9pm
1 session Founders Hall, 212

*pay \$3 material fee at time of registration

Interview Skills for Today's Workforce

Whether you are looking for job advancement, or trying to land your first job, this workshop offers great tools to use. This workshop will focus on how researching can help your chances in landing an interview and possibly the job. Be prepared for the questions you will most likely be asked, and be prepared to answer them. This class will also help you be prepared for the questions YOU should ask during the interview.

NOTE: If you have a resume bring it.

Linda Kenney \$35 + \$3 mat. fee* Mar 10 Thu 6pm - 9pm
1 session Founders Hall, 212

*pay \$3 material fee at time of registration

Intermediate Medical Coding ICD-10-CM, Diagnoses Only

This course is meant to teach the more advanced concepts of ICD-10-CM coding in order to: 1) prepare attendees for entry level coding in various health-care settings where ICD-10-CM is used and 2) will assist in preparing attendees for taking the CCA or CCS exams offered by the AHIMA to become a Nationally certified coder. Recommended, but not required: Medical Terminology.

Two textbooks are required; must bring to the first class.

NOTE: Supplies needed for first day of class: 3 ring binder, flags/post-it notes, highlighter pens, pen/pencil, paper. Textbooks: (1) ICD-10-CM Coding Book from Channel Publishing; Educational Annotation-Softcover version - order tab set also. ISBN 9781933053-70-7. Call 1.800.248.2882. Student price: \$59.95 + tabs \$11.95 +s/h. (2) ICD-10-CM & ICD-10-PCS Coding Handbook 2016 WITH Answers, softcover. ISBN: 978-1-55648-415-5 AHA order #148065. www.AHACentralOffice.com/products or call 800.242.2626. This book will be used for TWO classes. Books may be ordered "used" from other sources.

Diane Lemire	\$249
Jan 28 - May 5	Thu 6pm - 9:30pm
15 sessions	Wawona 1, West Campus

Medical Coding Update from ICD9 to ICD10CM, Diagnosis Only

new This course is meant to teach the conceptual changes of ICD-9 to ICD10CM diagnosis coding: 1) prepare attendees for entry level coding in various medical settings where ICD10CM is used. 2) will assist in preparing attendees for taking the CCA or CCS exams offered by the AHIMA to become a Nationally Certified Coder.

NOTE: Recommended: Medical Terminology (not required). MUST HAVE taken ICD9CM prior to this class.

Bring to class on the FIRST DAY: 3 ring binder, flags/post its, highlighter pens, pen/pencil, paper. **Two** textbooks are required - MUST HAVE for first day of class.

(1) ICD-10-CM Coding Book from Channel Publishing; Educational Annotation-Softcover Version - order Tab Set also ISBN 9781933053-70-7. Call 1.800.248.2882 student price: \$59.95 + tabs \$11.95 + s/h. (2) ICD-10-CM & ICD-10-PCS Coding Handbook 2016 WITH Answers - Softcover 8.5" x 11" ISBN: 978-1-55648-415-5 AHA order #: 148065

www.AHACentralOffice.com/products or call 800.242.2626. This book will be used for TWO classes. These books may be ordered "used" from other sources.

Diane Lemire	\$169
Jan 27 - Mar 23	Wed 6pm - 9:30pm
9 sessions	Wawona 1, West Campus

Basic Medical Coding: CPT

This is not a billing course. This course is meant to teach the Basics of CPT coding, in order to: 1) prepare attendees for entry level coding in various medical settings where CPT is used and 2) will assist in preparing attendees for taking the CCA or CCS exams offered by the AHIMA to become a Nationally certified coder. Course covers guidelines, use of code book and coding exercises. Recommended: Medical Terminology.

NOTE: CPT BOOKS FOR Medical Coding (**2 books needed**):

(1) CPT Workbook to be determined. Check back here for updates or go to class. (2) CPT Code Book 2016; Professional Edition only (do not purchase Standard) AMA product: go to www.amastore.com OR call 800.621.8335 ISBN 978-1-62202-204-5

Diane Lemire	\$249
Jan 26 - May 3	Tue 6pm - 9:30pm
15 sessions	Wawona 1, West Campus

Live Paralegal Class



After a successful first year of our in-class paralegal course, we are excited to be able to offer it again in 2016. Upon completion of this live paralegal class, you will be ready to become an important asset in a law office or legal department. This live class will satisfy the Certificate of Completion requirement of the California Business and Professions Code, Section 6450-6456. In addition, you must have a high school diploma or equivalent.

You will have computer lab time for legal research, writing, and filling out forms, in addition to lectures and discussions.

The class will be taught by attorneys and paralegals in our area, who have been in the legal field for many years, and understand how valuable the role of a paralegal is in a legal environment.

Topics covered in the class will be:

- Introduction
- Civil Procedure
- Torts
- Contracts
- Criminal Law and Procedures
- Federal Civil Procedure
- Family Law
- Wills, Trusts, and Estates
- Legal Research and Writing
- Civil Trials and Appeals
- Business Law
- Constitutional Law

Classes will meet Tuesday and Thursday evenings
6:00-9:30 p.m.- Classes begin April 5 - December
John Muir Hall, West Campus, Room 255

Fee for course will be \$4,600 and will include all books and one year access to LexisNexis Research for student work.

To help ensure your success you must have **ONE** of the following:

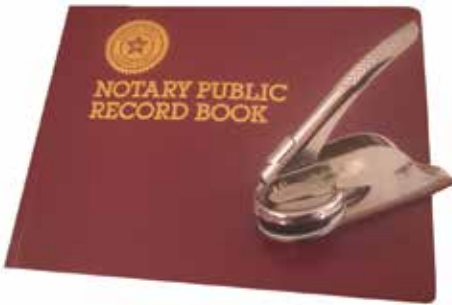
- Take the MJC Reading Accuplacer test and obtain a reading raw score of 70 or higher, **OR**
- AA degree or higher from a U.S. College, **OR**
- Successfully completed Reading 82 or higher with a "C" or higher

New Classes Begin April 5, 2016
Information Meetings are scheduled for
February 18 and March 17, 2016

Come meet our instructors - (local attorneys and paralegals from the community)

Be prepared to ask questions about this program.

NOTARY



Become a Notary Public in One Day

Start your own business, become a more valuable employee, provide customer service for your business or organization, earn additional income and get re-commissioned. This intensive, one-day seminar is designed to equip you with everything you need to know to become an effective Notary. You will find out about new legislation as well as how to pass the official Notary exam (must be taken every 4 years), identify document signers, keep a journal, fill out certificates and avoid lawsuits. Class time includes the test. The class includes a practice Notary Public Exam.

NOTE: Due to State regulations, no one will be admitted to the classroom after 8:30 a.m. You must return from breaks on time. Bring to class 1) \$40 check made payable to 'Secretary of State'; 2) Proper ID - current driver's license with photo or state issued ID card; 3) Two #2 pencils; 4) Passport color photo (2x2). You will be required to pass a Live Scan fingerprint check to become a Notary. To operate as a notary requires an investment in the following; you will need a Notary stamp, bond, journal and certificates. Insurance is recommended. NPS will have optional Notary packages available starting at \$309, but offer discounts the day of class.

Carrie Christensen \$99 + \$35 mat. fee*
 Mar 19 Sat 8am - 6pm
 1 session Forum Bldg, 101

*pay \$35 material fee to instructor at class

Renew your Notary Commission - 3 Hour State Required Seminar

As of January 2009, Renewing Notaries may take a 3-hour approved Notary Refresher course. We will review all laws and regulations you are required to know to continue as a Notary. You must take the exam and be fingerprinted again. Class time includes the test. Live Scan fingerprints required after you pass the exam. Arrive early. No one will be admitted after 12:45 p.m.

NOTE: Optional Notary supplies will be available for sale in class. Bring to class 1) \$40 check made payable to 'Secretary of State' 2) Proper ID - current driver's license with photo or state issued ID card; 3) Two #2 pencils; 4) Passport color photo (2x2). You will be required to pass a Live Scan fingerprint check to become a Notary. To operate as a notary requires an investment in the following; you will need a Notary stamp, bond, journal and certificates. Insurance is recommended. NPS will have optional Notary packages available starting at \$309, but offer discounts the day of class.

Carrie Christensen \$50 + \$35 mat. fee*
 Mar 19 Sat 12:30pm - 6pm
 1 session Forum Bldg, 101

*pay \$35 material fee to instructor at class

Become a Certified Loan Signing Agent

Now that you are a Notary, how do you build and maintain your signing business? We will teach you the skills and provide the tools necessary to become a Certified Loan Signing Agent and what it means. You will go through a loan package and see exactly what you need to do. Learn to negotiate your fee, get called back, and how to brand yourself as a professional in your market.

NOTE: Prerequisite: Prospective students must have taken a Notary class. \$60 material fee paid to instructor at class for Seminar Guide and Reference Book. \$20 fee for certification. NOTE NPS does not require student to be commissioned to take the Loan class, they only require that they take the Notary class first.

Carrie Christensen \$99 + \$60 mat. fee*
 Mar 26 Sat 9am - 4pm
 1 session Forum Bldg, 101

*pay \$60 material fee to instructor at class

mjc4life

Travel

TRIP INFORMATION



You can register for a trip the same way you would for a class. See the different ways you can register for classes or trips on page 66. Extended trips must be made over the phone or in person.

Once registered, day trip participants will receive a letter 7-10 days before the trip. Buses normally depart from the MJC West Campus, but MJC reserves the right to make any necessary changes in departure place and times. The departure location will be listed in the letter you receive from our office.

Modesto Junior College (MJC) reserves the right to make changes to itineraries of equal or greater value as deemed necessary. We cannot reimburse clients for items in the tour that they elect not to participate in.

MJC will not be liable for delays, bad conditions of the road, storms, acts of God, public enemies, strikes, acts of terrorism, and other conditions beyond its control.

All off-campus extracurricular field trips/excursions are voluntary. If you choose to participate, be advised that pursuant to the California Code of Regulations, subchapter 5, section 55450, you agree to hold the District, its officers, agents and employees harmless from any and all liability or claims which may arise out of or in connection with your participation.

Trip Cancellation Information

All trip refunds are subject to a \$20 processing fee, regardless of when or why you cancel. If our office needs to cancel a trip you will receive an automatic full refund.

Day Trips

A full (100%) refund will be given for trips which are full at the time registration is received or those that the college finds necessary to cancel. For trips/tours, advance notice of cancellation must be given with the following guidelines:

One-day Excursions

Short, day trips that do not have any pre-purchased tickets, meals or any other advanced payment, requires 7 days' notice.

Trips with Pre-purchased Items

Day trips that require MJC to pre-pay for tickets, meals, or other participant expenses require 30 days' notice.

Short, Overnight Trips

Refunds for overnight trips require a minimum of 45 days' notice of cancellation. Tickets and hotel reservations must be reserved and purchased by Modesto Junior College in advance and most are non-refundable. For less than the 45 days' notice we can only provide a refund if your space can be resold. If we are able to resell your space, a \$20 processing fee will be deducted from your refund.

Extended Trips

Our extended trips have various cancellation, deposit, and final payment deadlines. Please be sure to ask for this information when you register.

How much walking?

LIMITED: May require a walk to the theater, or to your seat at the ballpark. If free time allows participants to stroll a bit, you are welcome to find a place to sit and rest.

MODERATE: May require a large amount of walking, usually in either the morning or the afternoon.

EXTENDED: Will involve walking much of the day.



Wicked-San Francisco

Back by popular demand! WICKED is returning to San Francisco for a short engagement. Long before Dorothy drops in, two other girls meet in the Land of Oz; one, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. WICKED tells the story how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch. You will be dropped off and given free time at Union Square for a no-host lunch and shopping before being picked up and dropped off at the Orpheum Theatre. After the performance the bus will pick you up and travel back to Modesto.

NOTE: Fee includes matinee performance in center orchestra seat and chartered bus transportation.

A	Sat, Mar 19	\$180	8:30am - 7pm
B	Sat, Apr 2	\$180	8:30am - 7pm

DAY TRIPS

Pacific Orchid Exposition and Pier 39

More than 100,000 orchids in every color, shape, and size will be showcased and sold at this 64th Annual exposition. Annual exhibition that features exotic orchids grown in all types of environments from domestic




Orchids by Al Rios

greenhouses to new species collected in the wild from all over the world. We'll spend the afternoon at Pier 39 for a no host lunch and browsing. A treat for this trip - the instructor for our Orchids 101 class (page 24), Al Rios, will be hosting the trip.

NOTE: Fee includes entrance fee and chartered bus transportation.

Sun, Feb 28	\$57	8am - 6pm
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Carmel-By-The-Sea

 Carmel has consistently been voted

one of the top tourist and visitor destinations in the country and after visiting you understand why. Within the quaint European style village visitors can relax, unwind and enjoy the peaceful European ambience. With the art galleries, antique shops, boutiques, small intimate cafes, and restaurants, Carmel promises visitors hours of discovery. The day is yours to spend as you wish. Enjoy a no-host lunch as well as the beach and many shops. We will stop briefly at Casa de Fruta on the way to and from Carmel.



NOTE: Fee includes charter bus transportation only.


Sat, Mar 12 \$51 7:30am - 7:30pm

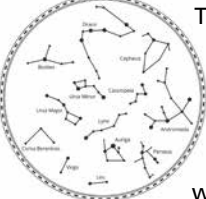
**Petaluma River Cruise
May, 2016**

This trip is so popular we're offering it again. Enjoy a three-hour narrated boat cruise of the Petaluma River. Sail this historic waterway from the turning basin in downtown Petaluma to the mouth of the river in San Pablo Bay. Learn about the history and importance of the river to the town of Petaluma and the surrounding countryside, and why it is still important today. See the bird and wildlife that inhabits this special region as we cruise down river and the return journey. Lunch is included. Call 575-6063 for date and price.

CALIFORNIA
ACADEMY OF
SCIENCES



 The California Academy of Sciences is a world class scientific and cultural institution. A single building houses an aquarium, a planetarium, and a natural history museum that's filled with hundreds of innovative and engaging exhibits. Located in Golden Gate Park across from the de Young Museum, you may explore at your own pace.



Tickets to the Planetarium are included in your admission. Just stop by the Planetarium kiosk when you arrive.


Choose from two dining spots, as well as satellite food stations, for your no-host lunch.

NOTE: Fee includes admission to the Academy of Sciences and chartered bus transportation.

Sat, Apr 16 \$76 8:30am - 5:30pm

GIANTS

Giants Baseball Interest List

 **New for Winter 2016** - you can now put your own name on an interest list. An advantage is you can add the number of people you want to purchase tickets for - Simply go to our registration site - www.mjc4life.org - search for "Giants Interest List" (it will be set up as a class with no fee). If you do not already have a profile you will need to create one - then add this "class". You will be asked how many other people (if you do not know their names, use guest 1, guest 2, etc.). Once the games, dates and prices are available you will be emailed with that information. From that time on registration will be first come, first serve. After the email is sent, you can register yourself and guests for whichever games you want by calling our office at 575-6063.

NOTE: Because you will be notified by email it is VERY important that your email address is correct.

Extended Trip Information Meeting

**Come and see what MJC
is offering in 2016 and 2017**

*See slides, ask questions, and meet others with
your same travel interests
Free refreshments and prizes.*



TIME TO TRAVEL WITH MJC

**Saturday, January 23
2:00 p.m.**

Modesto Junior College
435 College Avenue,
Modesto
Forum Building, Room 110
Free parking Saturdays

**Monday, March 14
3:00 p.m.**

Modesto Junior College
435 College Avenue,
Modesto
Forum Building, Room 101
Call for a free parking pass!

Call 575-6063 to RSVP

Islands of New England

June 17 - 24, 2016 - 8 Days

This tour highlights the beauty and charm of New England. Unpack only twice; spend three nights in Providence, Rhode Island and four nights in Cape Cod, Massachusetts. **Day one** your tour begins in Providence. **Day two** after a sight-seeing tour of Providence, depart for Newport, the "Yachting Capital of the East". Travel along Ocean Drive en route to Bellevue Avenue which is lined with 11 historic mansions representative of America's Gilded Age. Begun in the 1800's as summer "cottages", 7 of the 11 mansions have been designated National Historic Landmarks. You will tour the Marble House, built by Mr. and Mrs. William Vanderbilt. **Day three** travel to historic Boston for a day of sightseeing, highlighting: Beacon Hill, the Old South Meeting House, Boston Public Gardens, the historic North End, Old North Church, the U.S.S. Constitution and Faneuil Hall. During free time, stroll along the famed 2.5 mile Freedom Trail. **Day four** depart Providence for Cape Cod. Tour a New England cranberry bog and learn about dry harvesting. Then step back in time with a stop in the celebrated city of Plymouth where the Pilgrims landed in 1620. See legendary Plymouth Rock and board a reproduction of the Mayflower, the 102 passenger ship used by the Pilgrims for the 65-day journey from England. Experience the Pilgrim way of life with a visit to Plimoth Plantation, a re-creation of a 17th century village. Enjoy a lunch with sample recipes from that time as you learn some Pilgrim etiquette during your "Thanksgiving" feast. **Day five** travel by ferry to Martha's Vineyard. A local guide will show you this enchanting island known for visits by presidents and royalty. **Day six** begins with a panoramic tour of Hyannis, home of the Kennedy compound. After a visit to the poignant John F. Kennedy Memorial, step aboard the Nantucket ferry that whisks you to Nantucket. Upon arrival you'll tour and explore the beauty of the island, from cobblestoned Main



Street to its beaches

and lighthouses. **Day seven** travel to Provincetown, which is known as a lively artist colony. You have a choice of either a whale watching cruise in Cape Cod Bay or a scenic adventure through the sand dunes of the Cape. Tonight indulge in a traditional lobster feast at your farewell dinner. **Day eight** the tour ends and you head home.



Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 11 meals included. \$455 deposit per person due upon registration. **Book by December 10, 2015.**

Double \$2,799 per person

Single \$3,200 per person

The Pacific Northwest and the San Juan Islands

August 21 - 29, 2016 - 9 Days

This tour features San Juan Islands and Victoria, British Columbia. Arrive in Seattle, Washington on **Day one** and enjoy a welcome dinner tonight with your fellow travelers. **Day two** embark on a sightseeing tour that includes the restored waterfront area, Pioneer Square, and lively Pike Place Market. The afternoon is at leisure. **Day three** board your chartered boat to the San Juan Islands. Sail to this island chain consisting of 172 islands aboard the Viking Star. Relax inside or out on deck to take advantage of the many photo opportunities. A stop is made at Sucia Island State Park where you'll enjoy an included picnic lunch. Afterwards, rejoin the crew and hear more on this narrated cruise. Tonight you'll spend the night in Friday Harbor, a quaint village filled with shops and restaurants. **Day four** board the Viking Star and head north, passing Roche Harbor to witness Orca whales in their natural habitat. Along the way,



watch for river otters, sea lions and minke whales that also call this area home. Then, you are in for a treat - savor a cracked Dungeness crab lunch served right on board. Later, arrive in Victoria, home of most stunning scenery. **Day five** begin your day by exploring Butchart Gardens, the most popular attraction in Victoria.

National Geographic has declared these 55 acres to be one of the "top ten" magnificent gardens' in the world. Next, discover the history of Victoria on your tour of the city. **Day six** enjoy a morning of



leisure before boarding the MV Coho ferry for a 90 minute ride to Port Angeles, Washington. This charming art town is steeped in history. **Day seven** join a naturalist and guide to explore Olympic National Park. Take a leisurely hike

with your guide through the enchanted Hoh Rain Forest. Enjoy a picnic lunch while surrounded by nature. Continue on to Hurricane Ridge to take in the panoramas of the mountains, the Pacific Ocean, and Canada. **Day eight** enjoy leisure time this morning before transferring to the Seattle airport area for an overnight stay. **Day nine** the tour ends and you fly home.

NOTE: Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 14 meals included. \$455 deposit per person due upon registration. Book by February 15, 2016

Double \$3,879 per person

Single \$4,829 per person

Discover Croatia

September 3-14, 2016 - 12 Days

Explore Croatia and the countries of the Adriatic on this 12 day tour. Arrive in the seaside resort of Opatija, Croatia on **Day two**. Tonight enjoy a welcome dinner with your fellow travelers. **Day three** is at leisure to explore Opatija, this onetime summer retreat for Roman Caesars and Hapsburg Monarchs. **Day four** travel to Plitvice Lakes, Croatia's most beautiful national park. Its 16 terraced lakes are connected to each other by a series of waterfalls and free flowing cascades. A short boat cruise takes you into the heart of this natural wonder where you can further take in the inspiring scenery. **Day five** travel to the medieval city of Dubrovnik. Along the way enjoy magnificent views of the sparkling blue waters of the Adriatic Sea. **Day six** join an expert local guide on a tour of "Old Dubrovnik", a UNESCO World Heritage site. Visit the Franciscan Monastery, where Europe's oldest pharmacy lies; Rector's Palace, the City Walls, and more historical sites. During your stay in Dubrovnik you have the special opportunity to personalize your tour and partake in one of two inclusions: Elaphiti Islands cruise (today) or Montenegro excursion (tomorrow). The afternoon is at leisure unless you have chosen today's option of a cruise around the Elaphiti Islands. **Day seven** is at leisure unless you have chosen the Montenegro excursion which leaves in the morning to cross the border to Montenegro's Bay of Kotor. Your guide will introduce you to the deep history of the region. This evening, everyone will travel to the Konavle region to Cilipi for a family-style dinner in a locally-owned restaurant. While visiting with the local family you'll learn about life in the Croatian heartland and sample regional wines. **Day eight** see stunning sea views as you travel up the winding coastal road and stop at a quaint village in the Croatian countryside for time to taste the local specialties and a walk through the village square. Upon arrival in Split, set out on a walking tour featuring the Diocletian's Palace, one of the most significant late-Roman historical monuments and a UNESCO World Heritage site. Then, continue to your hotel located in the center of Split. **Day nine** travel up the coast into Ljubljana, the quaint capital of Slovenia. The afternoon is at leisure. **Day ten** a local expert introduces you to this lovely town with a tour including the impressive City Hall and a visit to the magnificent Cathedral of St. Nicholas. After lunch, drive a short distance to tranquil Lake Bled. Travel on a to this picturesque island of Lake Bled. Spend time

and the "wishing bell". Enjoy a stroll along the quiet paths of this lakeside community at your own pace. **Day eleven** travel to Zagreb, the capital of Croatia. After a city tour enjoy leisure time before tonight's farewell dinner at one of Zagreb's most famous restaurants. **Day twelve** the tour ends and you fly home



"pletna" boat in the center exploring the 17th century cathedral, St. Mary's Church,



NOTE: Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 15 meals included. \$510 deposit per person due upon registration. Save \$100.00 and book by March 4, 2016.

Double \$4,609 per person

Single \$5,359 per person Host

Exploring Greece and Its Islands

September 4 - 18, 2016 - 15 Days

Discover the beauty and wonder of Greece. Arrive on **Day two**. **Day three** tour Athens featuring the Acropolis, the ruins of the Temple of Zeus, the Royal



Palace, Tomb of the Unknown Soldier and the Olympic Stadium. **Day four** travel to Thermopylae and end your day in Kalambaka, at the foot of the Pindos Mountains. **Day five** visit 2 remote Meteora monasteries that extend nearly 900 feet into the air en route to Arachova. **Day six** a local expert guides you on a visit to the Sanctuary of Apollo, the Doric Temple, theatre

and the Delphi Museum before heading to the historic city of Olympia. **Day seven** a guided visit to Olympia includes a tour of the sanctuary of Zeus and the Olympic Stadium where the first Olympic Games were held in 776 BC. Later, partake in a Mediterranean cooking experience followed by a traditional Greek lunch. Next, enjoy a tour of the countryside, tasting local wines, olive oil, homemade jams and marmalades. Tonight broaden your knowledge of Greek instruments and folkloric dances with a Greek dance class. **Day eight** cross the Arkadian



Mountains en route to the ancient city of Mycenae for a

guided visit of the excavations featuring the Beehive tombs and the Lion Gate. **Day nine** travel by ferry to Mykonos, the whitewashed jewel of the Cyclades Islands. **Day ten** enjoy a day of leisure to independently explore the charms of Mykonos. **Day eleven** sail to the fabled island of Santorini. **Day twelve** visit the excavation site of ancient Akrotiri, a prehistoric settlement known as the "Minoan Pompeii", which was destroyed and preserved by a volcanic eruption around 1450 B.C. Next, travel to the spectacular of Oia, where the best views of the crater are found. **Day thirteen** enjoy a

day of leisure to relax or independently explore Santorini, considered one of the most spectacular and stunning landscapes in the world. **Day fourteen** bid farewell to the Greek Islands and fly back to Athens for your overnight stay. Celebrate Greece at the farewell dinner. **Day fifteen** the tour ends and you fly home.

NOTE: Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 22 meals included. \$510 deposit per person due upon registration. Book by February 26, 2016

Double	\$5,259	Single	\$6,109
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BEST OF EASTERN CANADA

September 18 - 25, 2016

The tour begins in Montreal, Quebec. Your two night stay includes a sightseeing tour of Montreal highlighting Notre Dame Cathedral, St. Joseph's Oratory, Jacques Cartier Square, and McGill University. The afternoon is at leisure. **Day three** depart for Quebec City where you will have a sightseeing tour of both Old and New Quebec. See the stately Chateau Frontenac, the Parliament, the St. Louis Arch, and Place Royale, the site of the original settlement of the city of Quebec. **Day four** enjoy breakfast at a local sugar shack and learn the traditions of maple syrup making. The afternoon is at leisure. **Day five** depart for Ottawa, the capital of Canada. This afternoon after a stroll through the Byward Market, embark on a city tour showcasing the Rideau Canal and Parliament buildings. **Day six** drive to Rockport and enjoy a memorable cruise through the region of 1000 Islands, found



on the border between the United States and Canada. This afternoon arrive in Toronto for your final two night stay. **Day seven** visit Niagara-on-the-Lake and enjoy local shops before traveling to the thundering



and awe-inspiring Niagara Falls. Of course, no visit to Niagara Falls would be complete without experiencing the incredible Maid of the Mist cruise. Board the boat to see and feel the falls up close.



Enjoy your farewell dinner this evening and the end of this incredible vacation. **Day eight** the tour ends and you head home.

NOTE: Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 11 meals included. \$455 deposit per person due upon registration. Book by March 11, 2016.

A > Double \$3,299 Single \$3,899

Christmas on the Danube

Featuring a 6 night Danube River Cruise

November 2016 - 9 days

**Highlights: Wurzburg • Nuremberg
Regensburg • Passau • Vienna**

Call 575-6063 for information

Spain's Classics

Oct 15 - Oct 25, 2016 - 11 Days



Arrive on **Day two** in Madrid, Spain's capital and largest city. Tonight enjoy a welcome dinner with your fellow travelers. **Day three** during a locally guided tour, see the Puerta del Sol, Plaza Mayor, and the Royal Palace. This afternoon travel to Toledo, a UNESCO site and the capital of medieval Spain until 1560. A tour highlights the magnificent Gothic cathedral and the 13th century synagogue, a testament to Toledo's Jewish heritage. Also, stop at the Church of Santo Tome to view El Greco's masterpiece painting, the Burial of Count Orgaz.

Day four depart Madrid for the Moorish city of Cordoba. Embark on a walking tour of the Mezquita, an architectural marvel, built by the Moors in the 8th century and was converted into the city's cathedral in the 16th century. Arrive later in Seville for a two night stay. **Day five** you will see Columbus' tomb, the ornate cathedral, and Giralda Bell Tower. Enjoy a walking tour of the quaint old Santa Cruz Quarter with bright flowers, white-washed buildings and winding streets. This evening enjoy an authentic flamenco show featuring Seville's top performers.

Day six depart Seville and travel along the Sierra Nevada to Granada for a one night stay. A local expert joins you for a tour of the world-famous Alhambra, the immense hill-top palace that is a UNESCO site. **Day seven** travel to the Mediterranean coast where you arrive for a two night stay in the city of Valencia, a treasure trove of Roman and Arabic architecture. **Day**



eight begin your day viewing the City of Arts & Sciences. A walking tour of historic Valencia features the ornate 14th century Serranos Tower and imposing 15th century Quart Towers. You'll also see the bustling central market, one



of the largest in Europe, and view the Gothic cathedral, where construction began in 1262 on the site of an ancient mosque. Afterwards, visit Lladro-City of Porcelain and learn about the world-famous handmade Lladro figurines. Travel to the area where paella cuisine originated. A "paella experience" features a boat ride on the canals surrounding rice field plantations; a visit to a traditional fisherman's home known as a barraca; a paella-making demonstration and an authentic paella lunch. **Day nine** travel to Barcelona for the last two nights. The afternoon is at leisure to explore. **Day ten** your locally guided tour gives you an in-depth look at Barcelona, one of the most vibrant and

lively cities in Spain! See Columbus Monument; Parc de Montjuic, plus Antonio Gaudi's UNESCO World Heritage sites including La Sagrada Familia, Parc Guell, Batllo House and the unconventional Casa Mila building. Tonight gather for a farewell dinner and celebrate the end of a wonderful trip. **Day eleven** the tour ends and you head home.

NOTE: Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 14 meals included. \$510 deposit per person due upon registration. Book by April 8, 2016 and save \$200.

Double \$4,259

Single \$4,759

COSTA RICA

January 29 - February 8, 2017 - 11 Days

Costa Rica or "rich coast" in English is one of the world's top eco-tourism destinations. With almost a quarter of the country either a national park or a protected area, opportunities to explore natural wonders are abundant. **Day one** is a travel day. **Day two** travel through the Braulio Carrillo National Park to the Caribbean low lands. Cruise the rivers and canals of Tortuguero National Park as your guide explains the rain forest eco-systems. Arrive at your eco-lodge for a two night stay surrounded by a tropical forest and wildlife. Visit the world's first Green Turtle Research Station. Discover how to protect the turtle's nesting habitat and eggs. Join your fellow travelers tonight for a welcome dinner. **Day three** set out on a bird watching excursion, weather permitting that explores the variety of local species and migratory birds that flock to this area.

This afternoon embark on a boat cruise through the park to look for wildlife as well as exotic flora.

Tortuguero National Park protects over 350 species of birds and mammals.

Day four enjoy a leisurely boat ride to the mainland as you travel to the Sarapiquí region. Make a stop at an organic pineapple plantation to learn about the various types of this fruit and why Costa Rican pineapples are among the world's best. At a cacao plantation observe the process of producing chocolate from the cacao bean and sample the delicious finished product.



Continue to your hotel at the foot of the Tenorio Volcano



for a three night stay. **Day five** take an exhilarating river-rafting adventure on the Tenorio and Corobicí rivers. Later, meet some Tico artisans as you discover the world of craft-brewing culture on the shores of Lake Arenal. **Day six** set out on a cultural adventure in a Maleku indigenous village. Interact and learn

about how they live. Enjoy lunch with them before heading back to the resort.

The afternoon is at leisure. **Day seven** travel to the Pacific Coast stopping at the Villa Vanilla organic spice farm before arriving at the world-famous Manuel Antonio National Park. This evening enjoy sunset



from your hotel overlooking the park and the Pacific Ocean. **Day eight** travel minutes down the road to explore Manuel Antonio National Park, known for its pristine beaches and primary forest. The afternoon is at leisure. If you're looking

for adventure, choose an optional zip-line tour this afternoon or an optional nighttime nature reserve walk. **Day nine** travel north to the Villa Blanca Cloud Forest, originally owned by the former president of Costa Rica, Rodrigo Carazo Odio. A

stop is made en route at the El Toledo Organic Coffee Plantation. Discover the natural growing methods used. Continue to the city of San Ramon - referred to as "The City of Presidents & Poets" for a tour. Then, settle into your hotel overlooking the cloud forest and enjoy the view from your individual casitas during your two night stay. **Day ten** a locally guided tour explores sustainable agriculture, farming techniques, and greenhouse cultivation. Enjoy a lunch created with ingredients grown on the farm. The afternoon is at leisure. Tonight, partake in a tree adoption ceremony followed by a farewell dinner. **Day eleven** the tour ends and you head home.

NOTE: Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 19 meals included. \$510 deposit per person due upon registration. Book by June 22, 2016

Double \$3,799

Single \$4,699

Shades of Ireland Featuring Northern Ireland

March 13 – 25, 2017 – 13 Days

Ireland continues to be a very popular travel destination. We will be in Ireland over Saint Patrick's Day so pack your bags and register today! Arrive in Dublin on **Day**



two. Tonight, enjoy a welcome dinner with traditional Irish entertainment. **Day three** you decide how you want to explore Dublin. You may select a locally guided bus tour to see St. Patrick's Cathedral, St. Stephan's Green, Grafton Street, etc. Or, you may select a walking tour of the city's historic center, exploring O'Connell Street, the General Post Office, and the River Liffey. The afternoon is at leisure. **Day four** travel to Kilkenny to explore this charming city situated on the banks of the River Nore.

Then, arrive in the historic city of Waterford and visit the House of Waterford Crystal. After a factory tour and time in the retail store, embark on a leisurely paced walking tour of this unique city. **Day five** journey to historic Blarney Castle where you may kiss the famous Blarney Stone. Next, it's on to Killarney where you may ride a jaunting car to the beautiful Muckross House for a tour. Or, ride a jaunting car through Killarney National Park to Ross Castle; then, board a traditional boat and sail through the lakes in the company of an expert boatman. Tonight is Diner's Choice. Dinner is included and you may choose where to eat from a variety of great restaurants. Since it's Saint Patrick's Day, enjoy the merriment in the local pubs. **Day six** begins with a stop at the Gap of Dunloe, where you may shop for traditional Irish goods. Next, it's on to the Ring of Kerry where you will travel along a lovely coastal route. Continue on as you traverse rugged mountain passes into "Ladies View", a lovely vantage point where you may gaze upon the Lakes of Killarney. **Day seven** experience the customs and daily life of a traditional Irish family during a memorable visit to the Molanna Dairy Farm. Continue to Limerick where you will see King John's Castle and the Treaty Stone and hear the history of the "city of the violated treaty". **Day eight** journey to the 700-foot-high Cliffs of Moher for incredible views of the Atlantic and the Aran Islands. Then, travel through the limestone landscape of the Burren. After a brief stop in Galway, continue to Enniskillen, Northern Ireland where you will stay at the Manor House Hotel, a stunning 19th-century estate located on a secluded lakeside. **Day nine** take in the natural beauty of County Donegal. Stop in Donegal Town and stroll the town square, with its quaint craft and woolen shops. Then, it is on the city of Derry, famous for its turbulent political history. This afternoon, a local guide leads you on a walk through this old walled city. **Day ten** you may choose to journey to the Inishowen Peninsula and Malin Head. Or, you may choose a locally guided tour to take a deeper look at Derry's turbulent history. You will finish at the Museum of Free Derry, where you'll meet individuals who witnessed the events of Bloody Sunday. **Day eleven** see the most natural site in Northern Ireland as



you visit the magnificent Giant's Causeway. Formed by volcanic activity, the causeway resembles a cobble road leading into the sea. **Day twelve** travel to Belfast, the capital of Northern Ireland. On a guided tour, hear of the struggles in this city's history as you pass through the different neighborhoods. See "Samson" and "Goliath", the cranes at the shipyard that built the Titanic, before touring the "Titanic Experience," Northern Ireland's most visited attraction. Afterwards, cross back into the Republic of Ireland where you will arrive in Kingscourt and stay your final night at Cabra Castle. Toast the end of a fabulous trip during your farewell dinner. **Day thirteen** the tour ends and you head home.

Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 17 meals included. \$530 deposit per person due upon registration. Save \$250 and book by September 14, 2016.

Double - \$4,029 per person

Single - \$4,429.00 per person

Imperial Cities

April 17 – April 27, 2017 – 11 Days



This tour highlights three night stays in three amazing cities. Arrive on **Day two** in Prague, Czech Republic. This evening join your fellow travelers for a welcome dinner. **Day three** begins with a panoramic tour of the city. Visit and tour the Hradcany Castle, including the gothic St. Vitus Cathedral. Discover the lovely statue-lined Charles Bridge. This afternoon is at leisure. Tonight enjoy Czech food, beer, wine and dancing. **Day four** either explore Prague on your own or choose an optional excursion to Prague's Old Jewish Quarter to see its historic Jewish Museum and Europe's oldest surviving Jewish cemetery. **Day five** depart for Vienna, Austria, former capital of the Austro-Hungarian Empire. En route, stop at the fairytale town of Cesky Krumlov. Enjoy some free time to explore before arriving in Vienna. Tonight enjoy local entertainment and sample locally-produced wine in the picturesque wine-making village of Grinzing. **Day six** join a local resident for a visit to Schoenbrunn Palace, the summer retreat of the Habsburg dynasty for more than 200 years. This evening, you may choose to join an optional dinner followed by a classical music concert. **Day seven** travel to the medieval town of Durnstein where you embark on a scenic Danube River Cruise. Later, visit the 11th-century Melk Abbey. **Day eight** journey to Bratislava, former coronation city and Imperial capital of the Hapsburg Empire. Enjoy a city tour with a local expert. Continue to Budapest, Hungary, the "Queen of the Danube". Enjoy leisure time before having dinner tonight in the city. **Day nine** includes a tour with a local expert. Discover Matthias Church, site of many coronations of kings. Next, see the Fisherman's Bastion with its white walls, towers, and arcades. Continue to historic Old Buda and Gellert Hill, followed by the Parliament. At Heroes Square, admire the Millennium Monument, which memorializes the 1,000th anniversary of Hungarian dominion. **Day ten** visit the Baroque town of Szentendre and the former Renaissance capital of Visegrad. Visit a 14th century castle where knights with costumes and weaponry recreate the days of chivalry. Then, enjoy a special Renaissance-style farewell dinner at the castle restaurant and re-enact the days of medieval times. **Day eleven** the tour ends and you head home.



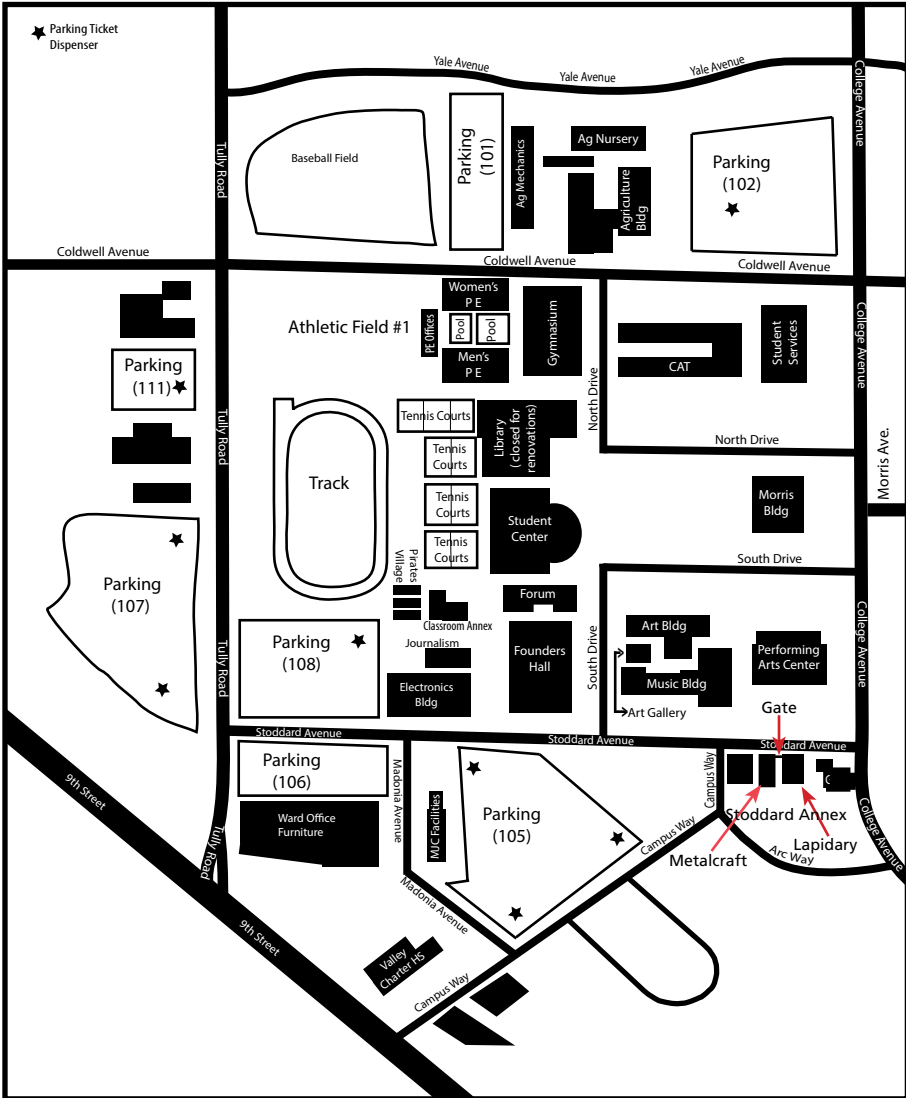
Cancellation waiver insurance, airfare, hotel accommodations, round trip airport transfers from Modesto, hotel transfers, and 14 meals included. \$510 deposit per person due upon registration. Save \$200 and book by October 11, 2016.

Double - \$3,979.00 per person

Single - \$4,629 per person

Modesto Junior College - EAST Campus

435 College Avenue, Modesto, CA 95350



Off-Campus Location Key

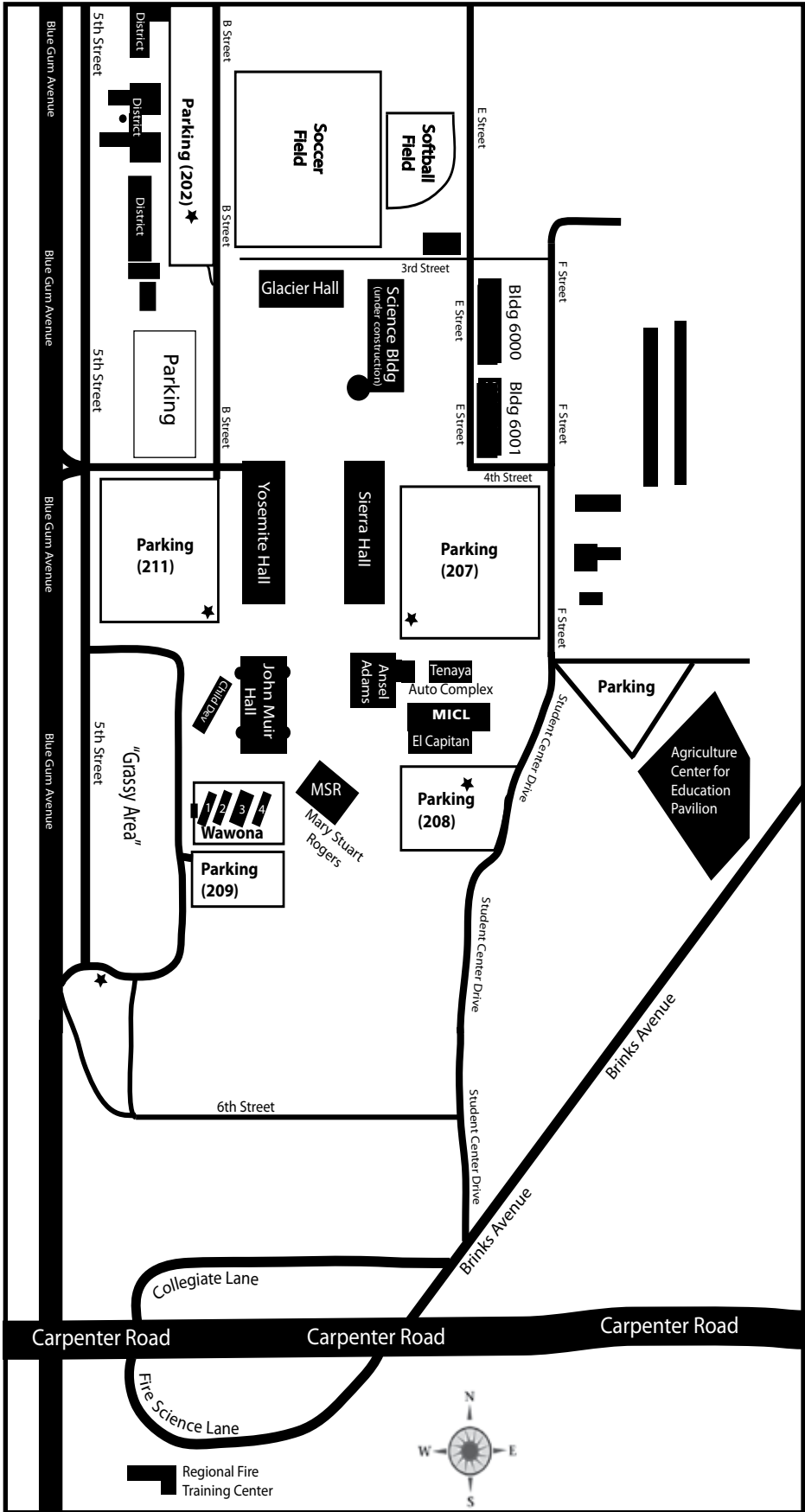
Direct Appliance - 2424 McHenry Avenue, Modesto

McHenry Golf Center - 1550 McHenry Avenue, Modesto

VCHS (Valley Charter High School) - 108 Campus Way (off of Stoddard Avenue) - Corner of 9th Street and Campus Way

Modesto Junior College - WEST Campus

2201 Blue Gum Avenue, Modesto, CA 95358



Registration Form and Information

ONLINE www.mjc4life.org — Register online and save \$3. If you register online you will receive instant verification of enrollment!

All registrations except online registration, trips and motorcycle training, pharmacy, phlebotomy, and paralegal will be charged a \$3 registration fee.

If you already have a Student Profile at www.mjc4life.org, sign in (left hand column). If you have forgotten your Username or Password please call our office at 575-6063.

If you have not registered for a Community Education class/trip before, please click on *Sign In* on the left side, and then "Create New Student Profile." Once you have created your profile, you can sign in and register for classes at anytime using the information you submitted. It's the easiest, quickest way to register!

PHONE 575-6063 If you cannot register online, call and register over the telephone with a MasterCard, Visa or Discover credit card/debit card. There will be a \$3 registration fee added to your order. Please have all information requested on the registration form below available when you call.

WALK-IN Morris Memorial Admin. Bldg, Rm 104, East Campus, 435 College Ave, Modesto Register in person - Hours: Mon-Fri, 8am-5pm. \$3 fee charged for most classes.

MAIL MJC Community Education, 435 College Avenue, Modesto, CA 95350 Send completed registration form (or copy of it) to MJC Community Education. If you'd like a confirmation returned to you, please enclose a self-addressed, stamped envelope. Add \$3 registration fee to the total (see form below).

FAX 575-6025 Be sure to include credit card information on your registration form. Add the \$3 registration fee to the total (see form below).



REGISTRATION FORM

Questions? Call 575-6063

First Name _____ Last Name _____

Mailing Address _____

City _____ Zip _____

Gender: M F | Date of Birth _____

Home Phone _____ Work/Mobile _____

Email Address _____

REQUIRED for registration: I have read the Refund Policy on page 65.

Write the Class Title (or enough of the title to clearly identify the class) as well as the appropriate Section Letter (A - B - C) if listed. Also Include the Start Date (i.e., June 3).

CLASS TITLE (and Section Letter if needed (A - B - C))	START DATE	PRICE

Registration Fee (If you are NOT registering online please add this \$3 fee) **\$3.00**

All registrations EXCEPT online registration, trips, motorcycle training, pharmacy, phlebotomy, and paralegal, special sports clinics, and career certification classes.

TOTAL _____

Credit Card # _____

Expiration Date _____ Last 3 numbers on back of card _____

Name on Card (PLEASE PRINT) _____

Card Holder Signature _____

Frequently Asked Questions

Can I register in the classroom?

Walk-in registration is on a space-available basis. You can only pay for a class at the door with check, money order made payable to MJC, or credit/debit card. NOTE: No unregistered people are allowed in the class (parents, children, infants, guests).

Can I stay in the class with my child?

No. Unless the class is specifically set up as a parent/child class, or parent participation is encouraged, we ask that you not stay in the class with your child. If your child is not able to stay by themselves in a classroom setting, please wait until they are older.

What do the fees pay for?

Community Education classes/trips do not receive tax support. Your enrollment fees pay all costs of the program. In some cases there are additional material fees collected either by the instructor or at the time of registration for books or class supplies.

Do I have to pay for parking?

MJC parking regulations are in effect 24 hours a day from 7 a.m. on Monday thru 5 p.m. on Friday. Student parking is permitted in designated areas on the East and West Campus. Persons who park on campus are required to pay a fee. A daily ticket may be purchased from any campus parking ticket dispenser, located in the parking lots, for \$2.00. Street parking is free.

Why are offerings cancelled?

Community Education offerings do not receive funding from the state, so there is a minimum number of students who must be enrolled in order for an offering to be held. The decision whether or not to cancel is made 2-3 days before the start date and is based on the number of fully paid fees on that date. So please register early.

Supply Lists

Some of our offerings require a supply list. If you don't receive one, call our office at 575-6063 a few days before the start date. They are also posted on our web site at www.mjc.edu/commed. DO NOT purchase supplies until you have checked with our office at 575-6063 to confirm the class will be held.

Refund Policy

OFFERINGS

If you cancel at least seven days prior to the start date, you will be refunded your registration fee, less a \$20 processing fee. Any time after the seven days prior to class, or once an offering begins, we are unable to refund any portion of your fee. Different refund policies apply to trips and tours - see page 51.

CANCELLED OFFERINGS

A full (100%) refund will be given for an offering or trip that the college cancels. Refunds take a few weeks to process. If you pay by credit card, your account will be credited, if you pay by check or cash, you will receive a check in the mail.

ON-LINE REGISTRATION

If you registered over the internet you MUST call our office to receive a refund.

Will I receive college credits?

No - all of Community Education classes are not-for-profit. You may request an Award of Attendance once the class is over - no other records will be kept. To receive credits, you would need to choose an MJC credit class.

Can my child take an adult class?

With the Minor Consent form and Student Conduct form (online at www.mjc4life.org) a child ages 14-17 may register for an adult class. Turn these forms in when you register your child. The instructor needs to okay the child in their class. Call for age requirements for Motorcycle classes.

Can I get Financial Aid?

Because we do not receive state funding to help support our program, our classes are not eligible for financial aid.

Special Accommodations

Requests for reasonable accommodations for disabilities must be made at the time of registration and at least 10 days before the event. Every effort within our ability and legal responsibility will be made to meet your request. If you require an elevator for a second-level classroom, please let our office know when you register for your class.

GED My Way!



Due to special funding we have been able to make our GED program better - AND also offer it to you for **FREE**.

GED - New - Revised - FREE - see page 30

Career Helps



Classes for Fun and Leisure



Non-Profit Organization
U.S. Postage
PAID
Modesto, CA
Permit No. 25



435 College Avenue, Modesto, CA 95350

RESIDENTIAL CUSTOMER
ECRWSS

A Few of Our New Offerings for Winter 2016

Large Cabochons	Interview Skills	Line Up and Move
Writing Teen Novels	Online Shopping 55+	Piloxing
Pineapple Applique'	Using LinkedIn	QiGong
Sweets on a Stick	Medical Coding Update	Handmade Lotions

Not printed at taxpayer expense. Community Education classes are not-for-credit, and fully fee supported.

Register Online @ WWW.mjc4life.org