

MODESTO JUNIOR COLLEGE

# mjc4life

Winter

2014

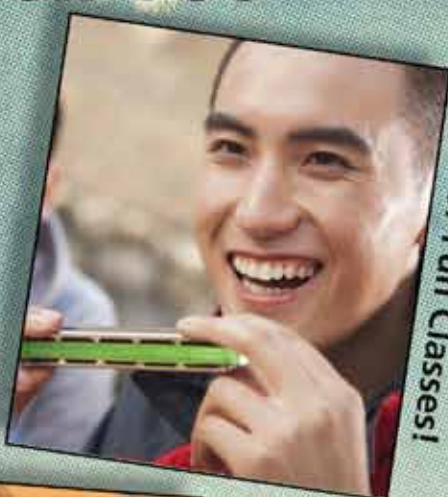
**community education**

LIFELONG LEARNING IN ACTION

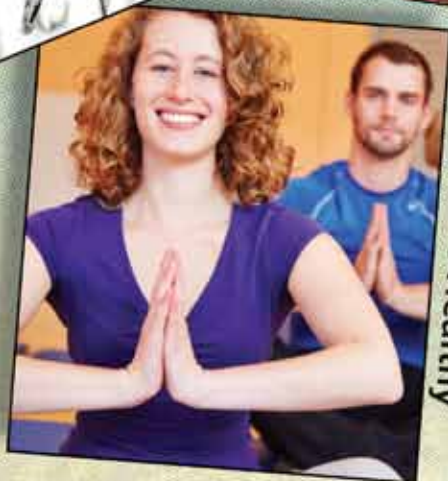
## New Year . . . New YOU



*New Career Choices*



*Just-for-Fun Classes!*



*Get Fit! - Be Healthy*

Sam Pierstorff (MJC Professor and past Modesto Poet Laureate) and his family enjoy Community Education's offerings year round. From swimming to video game design to dance classes, there is something for everyone in the family to enjoy. "Community Education," he says, "makes MJC a special place for the community to come learn, play, and live life more fully."



Register Online @ [www.mjc4life.org](http://www.mjc4life.org)

### CONTENTS

#### BUSINESS

Computers	47
Finance & Management	49
Careers	51

#### FUN

Arts and Crafts	3
Music	6
Sewing	8
Cooking	11
Dance	12
Activities	13

#### LIFESTYLE

Health & Beauty	18
Home & Garden	19
Money Matters	20
Personal Interest	21
Motorcycles	26
MICL	27

#### TRAVEL

Day Trips	57
Extended Trips	59

#### KIDS/TEENS

Activities	33
Cooking for Kids	32
Fun to Do	32
Music	33

Information/Questions	59
Maps	56-57
Registration Form	58

### Consistency in Serving Our Community

For over 70 years Community Education has taken great pride in offering students the opportunity to take classes to “learn by doing.” Community Education classes offer a fun and wonderful experience where you can become part of your community and join others of similar interests. This Winter 2014, our offerings continue to have something for everyone. Below is a short list of some featured classes and programs

#### Professional Courses

- Warehouse and Distribution Classes
- Lifeguard Certification
- Microanalysis B-Mold Counting

#### Personal Interest

- Social Media 101
- Cooking with a Pressure Cooker
- Self-defense for Women

#### Fitness Classes

- Aqua Zumba
- Golf for the Beginner
- Yoga

Let MJC Community Education be part of your life - train for a new career; get fit; learn a new skill - or just have fun.

Pedro Mendez

*Dean of Public Safety/Technical Education & Community Education/Workforce Development*

---

#### COMMUNITY EDUCATION STAFF

Kelly Addington  
 Pat Brennan  
 Martha Rice  
 Vicki Vander Veen  
 Angie Vizcarra

mjc4life

# Adult Fun

## ARTS AND CRAFTS

### Beginning Metal Etching



**new** If you are looking for a new technique to expand your jewelry-making skills this is the class for you. Etching allows you to add texture to your designs. The acid bath used for this process leaves three-dimensional high spots. Various finishing processes will allow you to express your individual creativity. No drawing skills necessary, rubber stamps allow for stress-free artistic expression. Students will complete one bracelet.

**NOTE:** Bring craft rubber stamps with preferred designs, safety glasses, and gloves. Wear clothes that can get dirty.

**Marilyn Valgos** \$35 + \$15 mat. fee\*  
 Feb 6 Thu 6pm - 9pm  
 1 session Bldg 6000, WC, 6002

\*pay \$15 material fee to instructor at class

### Creative Card Making

Join this class and make a huge array of fun and beautiful cards. You will use new, easy and quick techniques to make your cards look amazing. The supplied card kits come complete with embellishments, ribbon and stamped images. You will create 20 cards that coordinate with the spring holidays. Come have lots of fun and learn great paper crafting tips!

**NOTE:** Bring paper trimmer, scissors, two way adhesive, liquid quick-dry, extra tacky adhesive, and bone folder.

**Audra Munoz** \$29 + \$15 mat. fee\*  
 Feb 7 Fri 6pm - 9pm  
 1 session Wawona 2, WC

\*pay \$15 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.



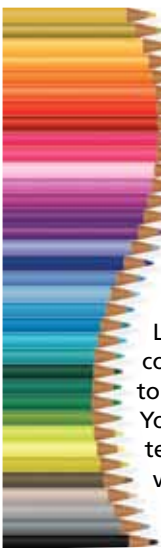
Graphite, ink and charcoal will be the drawing tools, along with several kinds of paper. Students will be given the opportunity to develop their own drawing styles as they are introduced to basic artistic concepts. Historical and present examples of artists will be studied. You will be pleasantly surprised 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](http://www.mjc.edu/commed). Material fee covers additional supplies used in class. Don't buy supplies until you know the class will go.

**Linda Salmon** \$99 + \$10 mat. fee\*  
 Jan 29 - Mar 5 Wed 6pm - 8:30pm  
 6 sessions Wawona 2, WC

\*pay \$10 material fee to instructor at class

### Drawing in Colored Pencil



Colored pencils are a fun, safe and portable way to express oneself artistically. You will focus on basics of color theory and color application while drawing spring flowers. Learn to mix and blend colors and to use pencils to create tone and hue. You will cover a variety of techniques and work on a variety of natural objects or from photographs. All levels welcome.

**NOTE:** Bring to first class a Prismacolor 24 (or larger) pencil set. Don't buy supplies until you know the class will go. Material fee covers additional supplies used in class.

**Linda Salmon** \$59 + \$10 mat. fee\*  
 Feb 4 - Feb 25 Tue 6pm - 8:30pm  
 4 sessions Wawona 2, WC

\*pay \$10 material fee to instructor at class

### Beginning Soldering

Fashion a 3" x 5" antique beveled glass mirror heirloom, from scratch! Bring your own antique image to use in this keepsake. You will also work on two beautiful glass charms to wear! If you need, instructor will provide images and oodles of ephemera (photographs, greeting cards, product labels, tickets, invitations, and paper dolls, etc.) for your use. Your images or mine!



**NOTE:** Bring safety goggles or glasses. All other necessary materials provided. Ask for list of optional tools and materials. See supply list for specific sizes of photos for ornament and charms.

A > Debra Greenlee	\$39 + \$15 mat. fee*
Feb 8	Sat 9am - 1pm
1 session	Bldg 6000, WC, 6002
B > Debra Greenlee	\$39 + \$15 mat. fee*
Mar 6	Thu 5:30pm - 9:30pm
1 session	Bldg 6000, WC, 6002

\*pay \$15 material fee to instructor at class

### Authentic Stained Glass for Beginners

Our newly-designed stained glass class is taught by Ms. Wizzi, an award-winning designer and accomplished instructor. Students will learn fundamentals of proper glass cutting, shaping, assembling, and soldering techniques. You will learn the copper foil method of creating stained glass. No experience is necessary. You will create a 45-piece authentic stained glass panel. Learn to make and design beautiful pieces for gifts or for yourself. Tools will be available in class to use or purchase.



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

A > Wizzi Wisilinski	\$115 + \$95 mat. fee*
Jan 14 - Feb 18	Tue 1pm - 4pm
6 sessions	Bldg 6000, WC, 6002
B > Wizzi Wisilinski	\$115 + \$95 mat. fee*
Feb 25 - Apr 1	Tue 1pm - 4pm
6 sessions	Bldg 6000, WC, 6002

\*pay \$95 material fee to instructor at class

### Bijous Trinket Necklace

Imagine creating a necklace from your own memories, bits of broken jewelry, Mom's china, Grandpa's marble, your children's artwork, sand from the beach where you honeymooned. In two classes we will complete a beautiful, contemporary necklace twinkling with your own personal treasures. Would make a wonderful Mother's Day gift!



**NOTE:** Bring safety goggles or glasses. All other necessary materials provided. Ask for list of optional tools and materials. You are encouraged to bring teeny-tiny bits for the bottle, your favorite ephemera (misc. memories) and high quality copies of photographs.

Debra Greenlee	\$42 + \$25 mat. fee*
Feb 18 - Feb 25	Tue 6pm - 9pm
2 sessions	Bldg 6000, WC, 6002

\*pay \$25 material fee to instructor at class

### WORKSHOP - for Authentic Stained Glass Students

This class is for those that 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 14 - Feb 18	Tue 1pm - 4pm
6 sessions	Bldg 6000, WC, 6002
B > Wizzi Wisilinski	\$75
Feb 25 - Apr 1	Tue 1pm - 4pm
6 sessions	Bldg 6000, WC, 6002

## WATERCOLOR

### Fun with Leisure Watercolor Painting

Don't miss out on this ever-popular class. Our instructor, Linda Salmon, will help you learn and 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:** No class Feb. 14. Bring supplies to first class. Ask for supply list or go to [www.mjc.edu/commed](http://www.mjc.edu/commed). Don't buy supplies until you know the class will go.

<b>Linda Salmon</b>	\$125
Jan 31 - Mar 28	Fri 1pm - 4pm
8 sessions	Wawona 2, WC



### 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 different techniques and cover tools, surfaces, and brushes used in this very creative medium. All levels of painters welcome.

**NOTE:** No Class Feb. 17. Ask for supply list or go to [www.mjc.edu/commed](http://www.mjc.edu/commed). Don't purchase your supplies until you have confirmed with our office that the class will be held.

<b>Linda Salmon</b>	\$99 + \$10 mat. fee*
Feb 3 - Mar 17	Mon 6pm - 8:30pm
6 sessions	Wawona 2, WC

\*pay \$10 material fee to instructor at class



### Pearl and Bead Stringing

Learn to tie your own pearl neck-

laces 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.

**NOTE:** Material fee paid to instructor for first project kit

<b>A &gt; Jean Hayes</b>	\$69 + \$30 mat. fee*
Mar 4 - Mar 18	Tue 1pm - 4pm
3 sessions	Bldg 6000, WC, 6003

<b>B &gt; Jean Hayes</b>	\$69 + \$30 mat. fee*
Mar 4 - Mar 18	Tue 6:30pm - 9:30pm
3 sessions	Bldg 6000, WC, 6003

\*pay \$30 material fee to instructor at class

### Jewelry and Metalcraft

Whatever your interest, you will have fun learning the basics, and more in this on-going 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 20 and Feb 17. Students must bring safety glasses if they do not wear prescription glasses.

<b>A &gt; Jean Hayes</b>	\$99 + \$11 mat. fee*
Jan 13 - Apr 28	Mon 1:15pm - 4:45pm
14 sessions	Bldg 6000, WC, 6003

<b>B &gt; Jean Hayes</b>	\$99 + \$11 mat. fee*
Jan 13 - Apr 28	Mon 6:30pm - 10pm
14 sessions	Bldg 6000, WC, 6003

<b>C &gt; Jean Hayes</b>	\$99 + \$11 mat. fee*
Jan 16 - Apr 17	Thu 1:15pm - 4:45pm
14 sessions	Bldg 6000, WC, 6003

<b>D &gt; Jean Hayes</b>	\$99 + \$11 mat. fee*
Jan 16 - Apr 17	Thu 6:30pm - 10pm
14 sessions	Bldg 6000, WC, 6003

\*pay \$11 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.

<b>A &gt; Jean Hayes</b>	\$99 + \$11 mat. fee*
Jan 15 - Apr 16	Wed 1:30pm - 5pm
14 sessions	Wawona 1, WC
<b>B &gt; Jean Hayes</b>	\$99 + \$11 mat. fee*
Jan 15 - Apr 16	Wed 6:30pm - 10pm
14 sessions	Bldg 6000, WC, 6003

\*pay \$11 material fee to instructor at class

### The Art of Bookmaking

Learn to make beautiful handmade books that you can use to contain your treasures, from sketches and journal entries to unique scrapbooks. We will explore a variety of book structures and styles of binding that incorporate beautiful papers, such as the pamphlet stitch, Japanese stab-bind and the traditional hard bound covers.

**NOTE:** Optional kit includes bone paper folder, X-acto knife, 24 inch metal ruler, 5 pack of bookbinding needles, awl/piercing tool, bar of bees wax, package of 50 ft. linen thread, binder clips, 28 x 44 Double thick chip board, PVA Glue. Download a supply list at [www.mjc.edu/commed](http://www.mjc.edu/commed).

<b>Jay Scantling</b>	\$69 + \$50 mat. fee*
Mar 13 - Apr 3	Thu 6pm - 9pm
4 sessions	John Muir, WC, 259

\*pay \$50 material fee for optional kit to instructor at class

## MUSIC

### Learn to Pinterest®

Are you ready to plan a project and looking for ideas? Whether it is remodeling your home, planning activities for the kids, or storing great recipes you find on the web, Pinterest is a virtual pinboard designed to inspire you. You will learn to create pinboards, search for ideas, and connect to friends and others with common interests. We will meet in a computer lab so we can learn hands-on and discover what makes Pinterest so addictive!

**NOTE:** Students who wish to create a Pinterest account must have a valid email address, Facebook account OR Twitter account.

<b>Matt Ketchum</b>	\$29
Feb 19	Wed 6pm - 8pm
1 session	John Muir, WC, 152

### 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.

<b>Margie Butler</b>	\$33
Mar 22	Sat 10am - 12pm
1 session	Music Bldg, 111

### 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.

<b>Margie Butler</b>	\$33
Mar 22	Sat 1pm - 3pm
1 session	Music Bldg, 111

## Beginning Piano for Adults

Have you 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-ear headphones with large-size adapter.

<b>debee loyd</b>	\$79 + \$10 mat. fee*
Feb 20 - Mar 27	Thu 6:30pm - 8:30pm
6 sessions	Music Bldg, 109

\*pay \$10 material fee at time of registration

# Harmonica

## 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 experience or harmonica training is required.

**NOTE:** Bring a Major Diatonic Harmonica in the key C, available in class for \$11. If you do not have one. Material fee for instructional CD and handouts.

<b>David Broida</b>	\$35 + \$15 mat. fee*
Mar 25	Tue 7:45pm - 9:15pm
1 session	John Muir, WC, 264

\*pay \$15 material fee to instructor at class

## 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 ability 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 \$11. If you do not have one.

<b>David Broida</b>	\$35 + \$15 mat. fee*
Mar 25	Tue 6pm - 7:30pm
1 session	John Muir, WC, 264

\*pay \$15 material fee to instructor at class

## Music Rhythm & Movement

**new** Have you ever wanted to play music with others, but not sure how or where to start? Whether you sing or play an instrument now, or have done so in the past, you will find this jam session using various instruments filled with extraordinary energy. A dynamic integration of group drumming, music improvisation, and body movement, this approach to music is open to all and allows both the beginning and advanced musician to experience the joy of spontaneous creativity in a mutually supportive and relaxing way. No musical background is necessary. Come join the fun! Bring your instrument or one will be provided for in class use.

<b>Chris Condon</b>	\$59
Mar 5 - Apr 2	Wed 7pm - 8pm
5 sessions	Dania Hall, T'ai Chi Studio



## Scottish Drumming

It's never too late to start learning an instrument. Scottish Pipe Band drumming is one of the most sophisticated styles of rudimental drumming today and can be learned at any age. In fact, learning to play an instrument helps to release stress and promotes hand and eye coordination. If you are interested in learning to play, or already play and want to improve, this class is for you.

**NOTE:** Material fee for practice pad and sticks. Please bring exact change.

<b>Thomas Robinson</b>	\$55 + \$45 mat. fee*
Mar 4 - Apr 8	Tue 5:45pm - 7:15pm
6 sessions	Wawona 2, WC

\*pay \$45 material fee to instructor at class

## You Can Uke

Ukulele for beginners or rusty players. Experienced players welcome too. Learn or review fret board, chords, and strums. Relaxed class - No musical background necessary. We'll learn songs made popular by famous ukuleles - from Hawaiian to Rock & Roll and more. Bring your friends and family.

**NOTE:** Bring any type of ukulele.

<b>Lorrie Freitas</b>	\$45 + \$5 mat. fee*
Feb 26 - Mar 19	Wed 6pm - 7:30pm
4 sessions	Valley Charter HS, Multi-Purpose Room

\*pay \$5 material fee to instructor at class

## Table Topper Quilt

**new** Choose from two versions of this quilt that finishes at approximately 36 inch square. Depending on your fabric choice this could also be a baby quilt. A large print that you want to showcase would work great in either version. "Sew" easy to make that you could have one for every season or holiday!

**NOTE:** Ask for a supply list/cutting instructions and a quilting information sheet, or go to our website at [www.mjc.edu/commed](http://www.mjc.edu/commed). DO NOT purchase your supplies until you have checked with our office (575-6063) to make sure there is enough enrollment for the class to be held. **Bring your supplies to first class.**

<b>Marilee Heaston</b>	\$45
Feb 27 - Mar 6	Thu 6pm - 9pm
2 sessions	John Muir, WC, 259

### SEWING

#### Quilting: How Do I Begin?

Beginning quilters will create a small tied quilt



that will use all the basic quilting skills - from fabric selection, through cutting and piecing, to simple appliqué and pattern blocks. Sew a mitered border that will make you proud! Learn terrific tips so that you will enjoy creating one of a kind gifts or heirlooms. This class is designed for beginning quilters who know how to use a sewing machine. Elaine has been enthusiastically quilting for over 30 years and will start you on your way to a lifetime joy of quilting.

**NOTE:** No class Feb. 17. Pick up a supply sheet/instruction sheet from the MJC Community Ed. office, or go to our website at [www.mjc.edu/commed](http://www.mjc.edu/commed). Bring your supplies to the first class. Do not purchase supplies until you have checked with the office (575-6063) to make sure there is enough enrollment for the class to be held.

<b>Elaine Arnold</b>	\$59
Jan 27 - Feb 24	Mon 1pm - 3pm
4 sessions	John Muir, WC, 259

## JELLY ROLL BABY QUILT

**new** The Jelly Roll makes this quilt easy to put together - the cutting is already done for you! If you prefer, you can also use yardage. This quilt finishes approximately 41" x 51" but could easily be made larger. One surprising addition adds some whimsy to this quilt.

**NOTE:** Ask for a supply list/cutting instructions and a quilting information sheet, or go to our website at [www.mjc.edu/commed](http://www.mjc.edu/commed). DO NOT purchase your supplies until you have checked with our office (575-6063) to make sure there is enough enrollment for the class to be held. Bring your supplies to first class.

<b>Marilee Heaston</b>	\$45
Feb 13 - Feb 20	Thu 6pm - 9pm
2 sessions	John Muir, WC, 259



## Adult Sewing

Do you want to learn how to sew and alter your own clothes or sew items for your home? Maybe you need to learn to use your own sewing machine. This course is designed to help you develop basic sewing skills and to take the mystery and frustration out of the process of operating 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 project. Projects: 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 tailors 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/commed](http://www.mjc.edu/commed).

<b>Carrie Carlile-Ward</b>	\$119
Jan 29 - Mar 5	Wed 6:30pm - 9pm
6 sessions	John Muir, WC, 259

## Adult Sewing - Next Step

This class picks up where adult sewing leaves off. You will work with patterns as you continue to master your basic skills such as seam finishes, darts, lap zipper application, facings, hems and making a pattern fit. Class will focus on new skills each week. First class you will practice these skills on samples.

**NOTE:** Bring your sewing machine or use ours. Ask for or download a supply list at [www.mjc.edu/commed](http://www.mjc.edu/commed) for supplies for the first class.

<b>Carrie Carlile-Ward</b>	\$89
Mar 12 - Apr 2	Wed 6:30pm - 9pm
4 sessions	John Muir, WC, 259

## CROCHET FOR FUN

### Learn to Crochet

Crochet is quick and fun. It's a great finishing technique for knitting projects. Learn basic stitches while making a fresh spring 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.

<b>Linda Casey</b>	\$39
Mar 3 - Mar 10	Mon 6:30pm - 8:30pm
2 sessions	John Muir, WC, 161

### Crochet Inside Out

**new** Learn square and rectangular afghan patterns that start in the middle and keep growing to any size from lap to king. This technique is perfect for using leftover yarns. Bet you can't make just one. Must know how to chain, single and double crochet.

**NOTE:** Bring at least two skeins of light colored, smooth worsted weight yarn and a J hook. Instructor will bring her leftovers to share.

<b>Linda Casey</b>	\$39
Mar 17 - Mar 24	Mon 6:30pm - 8:30pm
2 sessions	John Muir, WC, 161

### Crochet Shawls Galore

**new** Learn to make several basic triangular shawls just in time for cool spring days. They are quick and easy for great gifts. Some of these shawls can be turned into a square blanket for spring babies or home decor. Must know how to chain, single and double crochet.

**NOTE:** Bring two skeins of light colored, smooth worsted weight yarn and a J hook

<b>Linda Casey</b>	\$39
Mar 31 - Apr 7	Mon 6:30pm - 8:30pm
2 sessions	John Muir, WC, 161

## Beginning Knitting

Have you always wanted to knit? Well now's your chance! Learn the basics of knitting - casting on, purling, and binding off as you make a scarf in a fresh spring fashion color.

**NOTE:** Material fee includes materials for beginning project.

**Carrie Carlile-Ward** \$59 + \$12 mat. fee\*  
 Jan 27 - Feb 10 Mon 6:30pm - 9pm  
 3 sessions John Muir, WC, 161

\*pay \$12 material fee to instructor at class

## Knitting: Beginner Advanced Intermediate

**new**

This level is suitable for a beginning knitter yet challenging enough for an intermediate student. Carrie will go over fundamental techniques as well as introduce new knitting skills to add to your bag of tricks. Project: Wallaby hooded and front pouch sweater toddler to adult size.

**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** \$69 + \$9 mat. fee\*  
 Mar 10 - 31 Mon 6:30pm - 9pm  
 4 sessions John Muir, WC, 264

\*pay \$9 material fee to instructor at class

## 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  
 Jan 29 - Apr 30 Wed 9am - 12pm  
 14 sessions Homewood Village  
 Mobile Home Park

**B > Deanna Salter** \$87  
 Jan 29 - Apr 30 Wed 1pm - 4pm  
 14 sessions Homewood Village  
 Mobile Home Park



## Morning Sewing I - Beginning

This popular day 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: double drawstring bag, handkerchief, pillow with zipper and craft 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 a pair of scissors, tape measure, seam ripper, seam gauge, pin cushion, pins (preferably quilting pins) and tailors chalk. Don't purchase supplies until you call our office to confirm class will be held. Material fee will cover supplies for all 4 projects.

**Elaine Arnold** \$75 + \$25 mat. fee\*  
 Jan 28 - Mar 4 Tue 9:30am - 11:30am  
 6 sessions John Muir, WC, 259

\*pay \$25 material fee to instructor at class

## Morning Sewing II

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. We will also spend one day learning some basic mending skills.

**NOTE:** No class Feb. 17. 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, pins (preferably quilting pins), and tailors 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 second two projects.

**Elaine Arnold** \$75 + \$20 mat. fee\*  
 Jan 27 - Mar 10 Mon 9:30am - 11:30am  
 6 sessions John Muir, WC, 259

\*pay \$20 material fee to instructor at class

## COOKING

**Learn to Make Sushi**

Love Sushi, but don't know how to make them? This class is for you! You will learn the basic technique of rolling sushi using a bamboo mat, hand rolling cone sushi and hand molding sushi. The ingredients will be fresh vegetables, cooked seafood, smoked salmon and for the "real sushi" lover at heart - fresh raw salmon. To end the lesson, you will learn to make a deep-fried tempura battered sushi roll that is out of this world. Let's roll sushi and have lunch together.



**NOTE:** Bring an apron.

**Denise L'Heureux** \$29 + \$15 mat. fee\*  
Mar 1 Sat 9:30am - 12:30pm  
1 session Direct Appliance

\*pay \$15 material fee to instructor at class

**Beginning Cake Decorating**

Sign up early as this is one of our most popular cooking classes. It always fills up! 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](http://www.mjc.edu/commed) to download supply list.

**Patsy Laws** \$75 + \$12 mat. fee\*  
Feb 18 - Apr 1 Tue 6pm - 8pm  
7 sessions Wawona 1, WC

\*pay \$12 material fee to instructor at class

**Casseroles**

**new** Looking for a pleasing and nourishing casserole to prepare for your family or company? Look no further. Learn to make excellent filling casseroles that only need a side salad if desired for a filling dinner. There will be meats, vegetables and other nourishing items in your one dish casserole. Good for the stomach and good for the soul. This is not your Mom's casserole.

**Peggy Gardiner** \$29 + \$15 mat. fee\*  
Feb 22 Sat 9:30am - 12:30pm  
1 session Direct Appliance

\*pay \$15 material fee to instructor at class

**Lentil Soup Italiano**

**new** Italian-Style Lentil Soup is a hearty starter soup or a main-dish soup rich in flavor and texture served with a baguette wrapped in a blanket of butter, olive oil and herbs. As an added treat Ellie will show you how to make the filling for cannoli as an easy semi homemade dessert. A low fat high fiber dish served with or without meat this one will satisfy the whole family!

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

\*pay \$15 material fee to instructor at class

**Bread Making Fun**

There is nothing like fresh baked bread straight from the oven. Come learn the secrets to making delicious breads. You will receive a variety of recipes to begin your bread making journey



at home. Bring a loaf pan to class and you will be able to take home your own loaf of bread! Class will prepare whole wheat and focaccia.

**NOTE:** Bring one bread loaf pan and a standard size 10-12 inch bowl.

**A > Denise L'Heureux** \$29 + \$10 mat. fee\*  
Jan 25 Sat 9:30am-12:30pm  
1 session Direct Appliance

**B > Denise L'Heureux** \$29 + \$10 mat. fee\*  
Feb 19 Wed 10am - 1pm  
1 session Direct Appliance

\*\$10 material fee paid to instructor at class



### Pasta from Scratch

**new** Learn to make pasta from scratch. You don't need a fancy machine, just a little time and fresh ingredients, and oh yes a rolling pin! You will make basic pasta by hand, and then simmer up two sauce variations, a classic creamy Alfredo sauce and then a meat and mushroom marinara. Served with a mixed green salad topped with lemon vinaigrette made in class.

<b>Elizabeth McCurry</b>	\$29 + \$15 mat. fee*
Mar 15	Sat 9:30am - 12:30pm
1 session	Direct Appliance

\*pay \$15 material fee to instructor at class

### Pressure Cooker Meals

Pressure cookers have changed quite a bit since the days of lids popping off and making a big mess all over the kitchen as seen on TV comedy shows. Modern pressure cookers are an easy, fast way to make a meal. You can make the most inexpensive cuts of meat taste delicious with a pressure cooker! Join us to make a grain and vegetable pilaf dish, a meat and vegetable dish and a dessert all using pressure cookers.



<b>Bernadette Burns</b>	\$29 + \$15 mat. fee*
Mar 29	Sat 9:30am - 12:30pm
1 session	Direct Appliance

\*pay \$15 material fee to instructor at class

## DANCE

### Wedding Dances: Waltz, Rumba, and Night Club Two-Step

Two left feet? Afraid you'll just "clutch and sway". Why not start thinking about that first dance now? Whether it's your "first dance" at your reception, or a date, you'll know how to move and groove on that special day and beyond. Come have fun. Bring your wedding party, a partner or make a friend.

**NOTE:** No partner required. Wear soft sole shoes.

<b>Xavier &amp; Heidi Gomez</b>	\$65
Jan 28 - Mar 18	Tue 6pm - 7pm
8 sessions	You Can Dance Co, Suite P

### Cardio Line Dancing for All

Like Zumba but want more dancing? Love dancing but want more options? Then this is your class. Get a workout and learn the latest Line Dances. Many styles and rhythms will be covered: Cha Cha, Disco, Country, Cumbia, Hip Hop and more. Don't get left out...join the Party and get fit!

**NOTE:** No partner required. Wear soft sole shoes.

<b>Xavier &amp; Heidi Gomez</b>	\$65
Jan 28 - Mar 18	Tue 6pm - 7pm
8 sessions	You Can Dance Co, Suite P

### Salsa, Cha-Cha and Bachata

Spend your winter nights learning sizzling hot Latin dances. Bring a friend or make a new one.

**NOTE:** No partner required. Wear soft sole shoes.

<b>Xavier &amp; Heidi Gomez</b>	\$65
Jan 28 - Mar 18	Tue 6pm - 7pm
8 sessions	You Can Dance Co, Suite P

ACTIVITIES



**new** **DANCE YOUR WAY TO FITNESS!**  
 Enjoy the fun and energetic Zumba dance exercise, while using the resistance of water, as your friend. Water resistance will increase 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.

<b>Sue Rogers</b>	\$65
Mar 24 - Apr 30	Mon, Wed
12 sessions	12:45pm - 1:45pm
	MJC Small Pool

**Aquacize It**

**new** **SPLISH - SPLASH!** Get ready to have a fun, low-impact, quick-results, workout. Because of the resistance of water while working out (12 times the resistance of air), you can expect to burn between 400-500 calories per hour in a water aerobics class (depending on certain criteria). This resistance helps develop muscle - which translates to a higher metabolism and healthier body. Let our MJC Water Aerobics instructor - Amanda Foss - guide you through water aerobic exercises that will help get you, and keep you, fit. Exercising in water makes you feel about 90 percent lighter, according to the American Council on Exercise. 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. Another plus - besides being fun, the water helps cover your movements so you don't need to be self-conscious while exercising with a group. This class is held in the MJC small, heated pool.

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

<b>Amanda Foss</b>	\$65
Mar 25 - May 1	Tue, Thu
12 sessions	12:45pm - 1:45pm
	MJC Small Pool

**Body Rescue - Massage for Everyday Aches and Pains**



Had another rough day? Do you need a massage rescue? All of us, at one time or another, suffer from sore muscles that everyday stress can create. Come explore practical massage techniques and stretches to help relieve everyday aches and pains. You will focus on several areas: head, neck and shoulder, lower back, arms, hands, legs and feet. The techniques you learn can be done at home without special massage equipment. Massage not only relieves muscle pain and stress, but can help improve your sleep quality.

**NOTE:** Wear something comfortable. Body work will be done over clothing. **You must enroll with a partner.** Bring a towel.

<b>Kenneth Cheeseman</b>	\$35 per person	Mar 5 - Mar 12
	2 sessions	Wed 6:30pm - 8:30pm
		John Muir, WC, 264

## Early Birders

This class 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 land, hiking and identifying birds in the field through field marks and vocalizations. Saturday, February 8 held at Merced National Wildlife Refuge, 8 a.m. to 1 p.m., and then on Saturday, February 15 held at San Luis National Wildlife Refuge, 8 a.m. to 1 p.m.

**NOTE:** More information on locations 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 guide: The Sibley Field Guide to Birds of Western North America available in paperback at bookstores. Ask for class forms or go to [www.mjc.edu/commed](http://www.mjc.edu/commed).

<b>Salvatore Salerno</b>	3 sessions	\$69
Thu, Feb 6	6pm - 8pm	Founders Hall, 274
Sat, Feb 8	8am - 1pm	Merced National Wildlife Refuge
Sat, Feb 15	8am - 1pm	San Luis National Wildlife Refuge



## 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. Material fee (for cost of range balls for 5-week session) paid to instructor at the first class.

<b>John Banks</b>	\$55 + \$11 mat. fee*
Mar 16 - Apr 13	Sun 11:30am - 12:30pm
5 sessions	Dryden Park Golf Course

\*pay \$11 material fee to instructor at class

## Fly Fishing for Fun

Fly fishing is one of the fastest growing sports in America and it burns 400 calories an hour. Learn what rods, reels, and line to use and how to assemble them, what to purchase, and what flies or streamers to use. You will go outside for actual fly casting experience. Have fun, get fit and end up with a healthy fresh meal. Eric has been an avid fisherman and instructor for over 30 years. He has fished waters from Washington to Florida and California to Maine, while specializing in the intricacies of trout fishing.



**NOTE:** Material fee is for equipment rental, paid to instructor in class.

<b>Eric Christensen</b>	\$39 + \$15 mat. fee*
Mar 15	Sat 1pm - 4pm
1 session	Founders Hall, 153

\*pay \$15 material fee to instructor at class

## 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. Material fee (for cost of range balls for 5-week session) paid to instructor at the first class.

<b>A - John Banks</b>	\$55 + \$11 mat. fee*
Feb 2 - Mar 2	Sun 10:30am - 11:30am
5 sessions	Dryden Park Golf Course

<b>B - John Banks</b>	\$55 + \$11 mat. fee*
Mar 16 - Apr 13	Sun 10:30am - 11:30am
5 sessions	Dryden Park Golf Course

\*pay \$11 material fee to instructor at class

## Hard Core Balance Training

Back pain affects 80% of people at some point in their lives but often it can be avoided. Most aches and pains in your back, hips, knees, and feet are caused by poor posture resulting from weak core and leg muscles. Position yourself for success in this great toning and conditioning class. Our focus will be on strengthening your core, lower back and legs. We combine traditional strength and balance exercises with group activities while creating a fun atmosphere. The class is easily scalable. You'll get a good workout regardless of your physical condition or fitness level.

**NOTE:** Bring a yoga mat to class

### William and

<b>Ann Edwards</b>	\$79
Jan 28 - Mar 18	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.

<b>A &gt;Naser Ataee</b>	\$65
Feb 1 - Mar 22	Sat 8am - 9am
8 sessions	Dania Hall, T'ai Chi Studio
<b>B &gt;Naser Ataee</b>	\$65
Feb 24 - Apr 14	Mon 5:30pm - 6:30pm
8 sessions	John Muir, WC, 265

## 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. American College of Sports Medicine Health Fitness Specialists 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. Join in the fun!

**NOTE:** Bring a Swiss ball, exercise mat and a resistance band. If you do not have a band you can buy a set of 2 from the instructor for \$10. See photos at <http://waedwards.net/mjclasses.aspx>. It is recommended that you consult your doctor prior to starting an exercise program.

### William and

<b>Ann Edwards</b>	\$79
Jan 30 - Mar 20	Thu 5:30pm - 6:30pm
8 sessions	John Muir, WC, 265



## 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 3 and March 31 class meets in Founders Hall, Room 151. No class Feb 17, instead class meets on Tue. Feb 18 that week. Meet at the track after the first class session. Wear comfortable walking/running shoes and bring water.

<b>A &gt;Kristi Victorino</b>	\$65
Feb 3 - Mar 17	Mon 6:15pm - 7:30pm
7 sessions	Founders Hall, 151
<b>B &gt;Kristi Victorino</b>	\$65
Mar 31 - May 12	Mon 6:15pm - 7:30pm
7 sessions	Founders Hall, 151



**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. Must be able to climb one flight of stairs. Ask for class forms or go to [www.mjc.edu/commed](http://www.mjc.edu/commed). Class will meet on Feb. 17.

A > **Debbie Wolski** \$75  
 Jan 27 - Mar 17 Mon  
 8 sessions 7:15pm - 8:30pm  
 Village Yoga Center

B > **Debbie Wolski** \$75  
 Mar 31 - May 19 Mon  
 8 sessions 7:15pm - 8:30pm  
 Village Yoga Center

**Mommy and Me Yoga**

**new** The bliss of a new baby is sometimes accompanied by extra pounds and overwhelming feelings for the new mother. Allow the yoga experience to tone and firm your body, reduce stress and release negative energy. Access personal tools for positive transformation. Improve flexibility and strength. Improve self-confidence. Bring infant with you to bond as you benefit in this new Mommy and Me class.

**NOTE:** Must be able to climb 1 flight of stairs. Bring towel or yoga mat. Price includes parent plus one child.

**Katy Merrill & Carter** \$75 per parent and 1 child  
 Feb 13 - Apr 3 Thu 11:30am - 12:30pm  
 8 sessions Village Yoga Center

**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.

**Debbie Wolski** \$75  
 Feb 4 - Mar 25 Tue  
 8 sessions 11:30am - 12:45pm  
 Village Yoga Center

**Yoga Fitness Fusion**

**new** If you thought yoga class was just “breathing and stretching,” you haven’t tried this class! We’ve bumped up the intensity, moving dynamically in traditional yoga poses for a sustained cardio workout, using hand-held weights and resistance bands in poses for strength building, You’ll love the way your body responds with more strength, muscle tone, flexibility, balance, and inch loss! Bring a towel – you will sweat!

**NOTE:** Bring a towel. 2 10 lb weights provided

**Cynthia Christensen** \$75  
 Feb 5 - Mar 26 Wed  
 8 sessions 7:30pm - 8:45pm  
 Village Yoga Center

# LIFEGUARD

## Red Cross Lifeguard Certification

**new** Summer is coming - Get ready to apply for those "pool-setting" 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 swimming 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 completion of the course, participants 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. You will need to bring a pen, swim suit, towel, food/beverage, and picture-proof of age (passport, driver's license, permit, etc.).

\* \* \* \* \*

**PRETEST** - Pre-test: 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 minutes using legs only. **All participants must be able to pass the pre-test to continue with the course.**

**NOTE:** Price includes 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 throughout the class.

**A** > **Brian Uriebe** \$220  
 Mar 22, 23, 29, 30 Sat, Sun 9am - 4pm  
 4 sessions MJC Pool and  
 Men's PE 110

**B** > **Brian Uriebe** \$220  
 May 3, 10, 17, 18 Sat, Sun 9am - 4pm  
 4 sessions MJC Pool and  
 Men's PE 110

## MODESTO AREA AQUATIC CLUB



*making waves*

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 - \$50 per calendar year (you can sign up for this at [www.usms.org](http://www.usms.org) OR come to the MJC Community Education with a check made payable to PMS for \$50).
2. Swimming - \$38 per month. Tri-annual and Annual payment available with discount

*Check out the MAAC website at [www.maacswim.org](http://www.maacswim.org) for swim days and times.*

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

mjc4life

# Lifestyle

## HEALTH/BEAUTY

### Activate Healing Energy with Touch Techniques

**new** Certified Acupressurist and Health Communication Consultant, Roberta T. Anderson, PhD, will share practical and proven Touch Techniques to support personal health. She will explore with students several healing modalities and acupressure (acupuncture without needles) treatment patterns. When the touch techniques designed by Roberta are applied, they bring about a feeling of physical wellness that promotes a more vibrant and joyful lifestyle. Roberta will discuss how to have meaningful conversations with your physician and/or health care provider, resulting in improved mental and emotional well-being. She will demonstrate the application of her touch techniques and will encourage students to participate in the activities. There will be comfortable seating for those who prefer to be seated while participating. This class is specifically designed as a supplement to traditional health care.



**NOTE:** In order to fully participate students are encouraged to bring a floor mat or heavy bath towel. Loose fitting attire is also recommended. You will get a one hour break for lunch. E-mail Roberta with questions about class content to [info@health-careconnection.com](mailto:info@health-careconnection.com) - Subject line: MJC Class.

**Roberta Anderson** \$39 + \$20 mat. fee\*  
 Mar 22 Sat 9:30am - 4:30pm  
 1 session John Muir, WC, 265

\*pay \$20 material fee to instructor at class



### Annual Weight Loss Challenge: Lose 2 Win

Losing weight does not necessarily make you healthy which is why this program is so much more than a weight loss program. Physical fitness, proper nutrition, healthy body composition and positive attitude play key roles. If your goal is to feel good about yourself and to be happy, this program is for you. Learn proper nutrition through a myriad of activities including a shopping field trip, recipe exchanges, simple cooking tips and a cooking demo with a registered dietician. In each session you will get moving to the music while getting energized with balloons, chairs, pool noodles and a variety of common items. You'll quick forget you're exercising. To help you stay motivated your team of classmates will be there to provide support. You'll meet previous students and hear their inspirational success stories. Your program guides are William & Ann Edwards, certified Health Fitness Specialists through the American College of Sports Medicine (ACSM). Working together we will lose weight, gain health and make new friends. To check out the fun, photos and testimonials from the last class go to [www.waedwards.net/pages/MJCFat-2FitChallenge.aspx](http://www.waedwards.net/pages/MJCFat-2FitChallenge.aspx). A weekly weigh-in and body fat measurement are necessary but discrete since this is a contest. Bring a mat to class since each session will include exercise.

**NOTE:** No Class Feb 17th and March 31st. \$20 of your material fee will go towards the grand prize pot to be paid to the winners in Community Education Gift Certificates and program prizes. \$19 of your material fee is for food, materials and incentives. Everyone is encouraged to bring a pedometer and a yoga mat to class. For more information or to read our success stories from last year go to: <http://www.waedwards.net/Pages/MJCFat-2FitChallenge.aspx>

**William and Ann Edwards** \$179 + \$39 mat. fee\*  
 Jan 27 - May 12 Mon 6pm - 8pm  
 14 sessions John Muir, WC, 265

\*pay \$39 material fee at time of registration

## HOME/GARDEN

**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 in zip codes areas 95350-95358. Non-residents - \$35.

**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**

Modesto Residents	\$ Free
Non-Modesto Residents	\$35
Mar 29	Sat 10am - 12pm
1 session	Wawona 2, WC

**Beginning Upholstery**

In this beginning upholstery class you will discover how to create a niche in a craft that could lead to side jobs and extra cash. Learn fabric layout for cutting, how to use power sewing equipment and hand tools for basic furniture and automobile upholstery.

**NOTE:** Instructor will discuss projects at the first class. Bring pictures of proposed projects for approval.

<b>A</b>	<b>Robert Peck</b>	\$89 + \$25 mat. fee*
	Jan 22 - Feb 26	Wed 6pm - 9pm
	6 sessions	Bldg 6000, WC, 6002
<b>B</b>	<b>Robert Peck</b>	\$89 + \$25 mat. fee*
	Mar 12 - Apr 16	Wed 6pm - 9pm
	6 sessions	Bldg 6000, WC, 6002

\*pay \$25 material fee to instructor at class

**Orchids - the Whole Story**

**GET THOSE ORCHIDS BLOOMING!**

It's one thing to keep your orchid alive - but then why isn't it blooming? You buy your orchid with beautiful blooms, then nothing. This class will help you get your orchids blooming and relieve the apprehension of having one in your home. You will learn about 4 different varieties of orchids. Also covered will be growing, watering, fertilizing and the medium needed for each type. Al will explain when, and demonstrate how to re-pot an orchid. You will also learn about disease, insects, and insecticides. Time will be available for questions and answers about orchids. If you love Orchids, be sure to register for the San Francisco Orchid Show (Sunday, Feb. 23 - Al will be your host - see page 47).

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

<b>Alfred Rios</b>	\$39
Feb 8	Sat 9am - 12pm
1 session	Bldg 6000, WC, 6002

**Plan Your Dream Kitchen**

At last, answers to what is best in counter tops, appliances, flooring and much more. Should your appliances be stainless steel, or what about stainless steel sinks? What is new in appliances and flooring? Should you invest in a granite counter top over a Corian or a tile counter top? Peggy Gardiner, a former manager of multi-million dollar estates, will lead you through the maze of available kitchen products offered today with real world advice and opinions.

**NOTE:** Material fee paid to instructor for lecture material.

<b>Peggy Gardiner</b>	\$29 + \$5 mat. fee*
Mar 6	Thu 6pm - 9pm
1 session	John Muir, WC, 264

\*pay \$5 material fee to instructor at class

## MONEY MATTERS

### Building Your Financial Portfolio for \$25 per Month

Learn how you can invest \$25 a month in safe, secure, growth stocks that are historically proven to become \$100,000 in 10 years. How to by-pass your broker and keep the profit for yourself. Plus, learn what is happening in our economy and stock market today and how to use this knowledge to improve your own finances. The Christensen's, and thousands of others, have been using this method of investment for well over 30 years.

**NOTE:** An optional book is available for \$17 from instructor.

<b>Bobbie Christensen</b>	\$39
Mar 15	Sat 9am - 12pm
1 session	Founders Hall, 152



### 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.

<b>Bruce Ramsey</b>	\$39
Jan 22	Wed 6:30pm - 8:30pm
1 session	Founders Hall, 151



### Create a Debt-free Spending Plan

Are you overwhelmed, stressed or intimidated by the usage of your money? The good news is you can end the stress by increasing your knowledge and gain back your control over money. This two-part class starts with discussing the emotions over money issues; focus on what matters the most and begin tracking your income and expense. Part two covers money myths and learning how to create a custom spending plan just for you in proportion to your income. Finally, you will deal with the game changer topics, credit card usage, envelope system and other tools that will help you live your dreams one by one. Many places offer information on these principles – but this class allows you to work hands on, step by step with an actual scenario, yours!

<b>Adanech Begashaw</b>	\$39 + \$10 mat. fee*
Mar 29 - Apr 5	Sat 10am - 12pm
2 sessions	John Muir, WC, 259

\*pay \$10 material fee to instructor at class

### 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 an 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.

<b>Bruce Ramsey</b>	\$39
Feb 12	Wed 6:30pm - 8:30pm
1 session	Founders Hall, 151

## PERSONAL INTEREST

**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 to perform 'your way'. 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.

<b>Matt Ketchum</b>	\$55
Feb 1 - Feb 8	Sat 9am - 12pm
2 sessions	Wawona 2, WC

## Social Media 101

### Why Do I Need It?

Why do you need to know about Social Media? - The tide is turning - it is definitely the way of the future. Don't be left behind as businesses and acquaintances make the move to "Social Media" to keep in touch and to conduct business. This class will educate you on how to use the most popular social media accounts - to your benefit - including Facebook, Twitter, Instagram, YouTube and those QR codes you see displayed on merchandise (what is a QR code?). No matter how involved you want to be with social media, you will welcome the knowledge of what it can do for you. The class is held in a computer lab and you will have access to a computer as the instructor guides you through the various types of social media. She will also explain how to open an account, how to update your status, as well as how to monitor what friends and family are posting on social media. An important part of this class will be on the do's and don'ts of social media - and how to protect yourself.

<b>Dr. Adrenna Alkhas</b>	\$49
Mar 29	Sat 9am - 12pm
1 session	John Muir, WC, 152

**There's an App for That**

Learn how to use those apps! Bring your own device to class, including Android Smart Phones and tablets. You will learn how to setup Wi Fi on your mobile device, use the App Store, photo and video editing, Find out what data connection is and should it be on or off, Navigation, and Find my Device. Learn several of the most popular apps; like Instagram and Words with Friends that are useful and fun to use.

**NOTE:** Bring your Android, Smart Phone or tablet to class, along with charger.

<b>Matt Ketchum</b>	\$45
Mar 1	Sat 9am - 12pm
1 session	Wawona 2, WC

**Bridge for Beginners**

Bridge can be enjoyed by both the young and the old. This beginning class will teach you basic skills that will have you playing the first day. The class will teach you the fundamentals of how the game is played, and how to learn to improve your skills over a lifetime of enjoyment. Bridge is a great game to keep your mind healthy.

**NOTE:** No class April 24. Material fee for book and handouts.

<b>Lee Maddocks</b>	\$69 + \$10 mat. fee*
Mar 13 - May 8	Thu 6:30pm - 8:30pm
8 sessions	Yosemite Hall, WC, 214

\*pay \$10 material fee to instructor at class

**Date Night: Couples Massage**

What are you giving your Sweetheart for Valentines Day? Need a date night? Spend an evening learning the art of massage! You will be introduced to stress-reducing massage techniques that are known to be useful in relaxation and romance. Bring your favorite aromatherapy oil for an evening of therapeutic bliss.

**NOTE:** You must enroll with a partner. Wear comfortable clothing, and bring two pillows and a large bath towel and massage lotion.

<b>Sonja Radinovich</b>	\$25 per person + \$5
Feb 22	Sat 6pm - 8:30pm
1 session	John Muir, WC, 265

\$5 per couple material fee paid to teacher

## Play on Words

**new** This course promotes a greater awareness of the subtleties, quirks, and vagaries of the English language. A modest ultimate goal will be improved skills in word games: Scrabble, Boggle, the Jumble, and crossword puzzles.

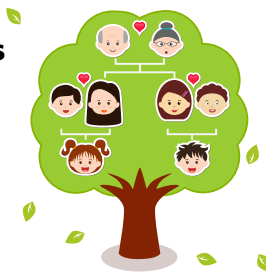


**NOTE:** If you have a Scrabble board game bring it.

<b>James Beggs</b>	\$45
Feb 13 - Feb 27	Thu 5:30pm - 7:30pm
3 sessions	Founders Hall, 255

## Finding Your Roots Online

That's right, with all of the advances in technology and the internet; 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. 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.



**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).

<b>Evalyn Martinez</b>	\$39
Jan 28 - Feb 4	Tue, Thu 1:30pm-3:30pm
3 sessions	John Muir, WC, 152

### ABOUT THE INSTRUCTOR:

*Ilse Craane has worked in publishing for more than 6 years. She has an MA in English Literature, specializing in children's fantasy books. Currently, she works for an agency for children's book writers and illustrators.*

## Introduction to Writing a Children's Book

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. This course has no prerequisites; it's an introduction to the genre and to the business of children's book publishing. You can come with just curiosity, an idea or a manuscript. All levels welcome.

<b>Ilse Craane</b>	\$35 + \$2 mat. fee*
Feb 24	Mon 6pm - 9pm
1 session	Wawona 1, WC

\*pay \$2 material fee to instructor at class

## Writing and Developing a Children's Book Workshop

A workshop to get you writing and revising your children's book manuscript. Important elements of a successful children's book will be discussed. Students will perform writing and revision exercises and will leave with a set of goals of what to do with your idea or manuscript. For the second and final class, you will submit your writing to the course instructor and your peers. We will do peer review and revision. Final touches and the submission process will be discussed. Ilse's Introduction to Writing a Children's Book course (above) can be useful, but is not a prerequisite.

**NOTE:** No prerequisites - come with just your curiosity, an idea or manuscript. All levels welcome.

<b>Ilse Craane</b>	\$49 + \$2 mat. fee*
Mar 24 - Mar 31	Mon 6pm - 9pm
2 sessions	Wawona 2, WC

\*pay \$2 material fee to instructor at class

## Self Defense for Women

This class will address common self-defense scenarios and offer practical methods of protection. Recognizing places and situations in which you are vulnerable, learning the importance of self-awareness, and practicing skills and techniques to defend yourself will be the focus of this 6 week course. A warning: discussions about violence will at times be explicit and straight forward with scenarios such as being attacked in one's home, or with a weapon. Students will practice moderate-level take downs. For those not physically active, or elderly, it is recommended they only observe the take downs. Instructor Brandon Guerra is a 2nd degree black belt in Aikido, and is also an instructor of Shaolin Kung Fu.

**NOTE:** Wear comfortable clothes.

<b>Brandon Guerra</b>	\$65
Feb 5 - Mar 12	Wed 6:15pm - 7:30pm
6 sessions	John Muir, WC, 265

## Discover Your Inner Diva

Are you ready to quit comparing, therefore undermining, yourself and your progress? Are you ready to let go of perfection and feel good about who you are and what you do? Discover your Inner Diva for success from the inside out. Inside you is a woman who's confident and self-assured ALL the time - your inner Diva. Be ready to be inspired and motivated for the life you want. In this safe, fun, supportive workshop you'll use non-strenuous movement, music, and all your senses to liberate yourself from the lie of necessary body perfection. Bring an open mind, loving heart, and curious nature and be ready for surprises that will boost your self-esteem and confidence immediately!



<b>Susan Bremer O'Neill</b>	\$57 + \$5 mat. fee*
Mar 29	Sat 9:30am - 12:30pm
1 session	John Muir, WC, 265

\*pay \$5 material fee to instructor at class

# GED

## Test Preparation

Welcome to the new GED Test Preparation class. The old 2002 Paper Series GED Test has been converted to a computer-based mode effective January 2014. What happens if you didn't finish by December 31, 2013? Any scores you had on file under the old 2002 series will be voided. What does this mean for you? You will start all over using the new 2014 Series GED on a testing-site computer. What should you do? Get familiar with the new computer based exam. To ensure that our class content is in line with the transition to the computer based testing Community Education has redesigned its five subject matter coursework to align with the Common Core Standards of the new GED exam. Our new 2014 GED Preparation class now uses a textbook, included in the price of the course. Sign up early as classes fill quickly.

**NOTE:** No class Jan 20 & Feb 17. Textbook included. First day of class all students will be given a test to determine which subjects they will need to work on during the class. Because of the many levels that students are at, some students may need to repeat the class or study on their own in order to be ready to take the test.

<b>A &gt; Brenda Smith</b>	\$99 + \$26 mat. fee*
Jan 13 - Feb 24	Mon, Wed 6pm - 9pm
11 sessions	John Muir, WC, 261
<b>B &gt; Brenda Smith</b>	\$99 + \$26 mat. fee*
Feb 3 - Mar 26	Mon, Wed 9am - 11am
15 sessions	John Muir, WC, 255
<b>C &gt; Willie Loeser</b>	\$99 + \$26 mat. fee*
Feb 4 - Mar 11	Tue, Thu 6pm - 9pm
11 sessions	John Muir, WC, 261
<b>D &gt; Brenda Smith</b>	\$99 + \$26 mat. fee*
Mar 10 - Apr 14	Mon, Wed 6pm - 9pm
11 sessions	Wawona 2, WC, 261

\*Material fee collected when you register.



### Spanish for the Absolute Beginner I

This class will teach you basic conversational Spanish to use for work, travel or to help you prepare to take other Spanish classes. The class will meet 8 weeks to help you learn and retain what is covered in class. The emphasis will be on conversation and less on grammar.

**NOTE:** Material fee collected at time of registration includes 3 CD set and laminated help sheets.

**Ricardo DeBernardi** \$110 + \$30 mat. fee\*  
 Jan 28 - Mar 18 Tue 6pm - 8pm  
 8 sessions Founders Hall, 275

\*pay \$30 material fee when you register.

### Spanish for the Absolute Beginner II

This class picks up where the Beginner I class ends. The class will continue to emphasize conversational skills needed to navigate through leisure, work and travel related situations. The class is not only for those who have taken the beginners class, but is open to anybody who wants to brush up on their Spanish conversational skills.

**NOTE:** Material fee collected at time of registration includes 3 CD set, laminated help sheets. Will meet off campus April 29.

*If you DO NOT need to purchase the materials - call our office at 575-6063 and we will waive the material fee.*

**Ricardo DeBernardi** \$110 + \$30 mat. fee\*  
 Mar 25 - May 13 Tue 6pm - 8pm  
 8 sessions Founders Hall, 275

\*pay \$30 material fee when you register.

### School for Dogs

Obedience training is one of the best things you can do for your dog . . . and yourself. Dogs are social animals and without proper training they will misbehave. Have fun learning all the elements needed to turn your K-9 companion into a healthy, well-behaved family dog. This class will be held on the West Campus.

**NOTE:** 1 dog per person. Collar and leash required for class. The group is responsible for picking up and disposing of all animal feces. Pet owners MUST provide proof of Rabies, Distemper and Parvo vaccinations and dog license at first class. Bring a bag of dog treats to class.

**Thomas Lee** \$75  
 Jan 21 - Feb 25 Tue 5:30pm - 6:30pm  
 6 sessions Ag Pavillion, WC  
 (see map page 57)

### School for Dogs II

Has your dog mastered a Basic Obedience Class? Your next step is to enroll them in the School for Dogs Part 2. The level of difficulty increases more in this class. Your dog will learn to stay longer and with distance. Train your dog to focus more on you around distractions. Learn the basics of off leash training and ween them off treats.



**NOTE:** 1 dog per person. Prerequisite: Your dog should have a clear understanding of the basic commands and be comfortable on leash. Bring poop bags, leash, recall leash (long leash), shot records. Collar and leash required for class. The group is responsible for picking up and disposing of all animal feces. Pet owners MUST provide proof of Rabies, Distemper and Parvo vaccinations and dog license at first class. Bring a bag of dog treats to class.

**Thomas Lee** \$75  
 Apr 22 - May 27 Tue 6pm - 7pm  
 6 sessions WC Grounds, Grassy Area (see map pg 57)



## Enhance Your Pets Health with Touch Techniques

Certified Acupressurist and animal whisperer, Roberta Anderson, PhD, will introduce you to hands-on techniques to enhance your pet's health. Come learn how to use alternative Touching Techniques to assist in your pet's physical and emotional well-being. The techniques Roberta shares have been successfully applied to reduce anxiety, pain and discomfort following emotional trauma, illness, accidents or surgery experienced by her client's dogs, cats, and horses. This class is specifically designed as a supplement to traditional veterinary care. Check out <http://www.petcareconnection.com/> for more details about Roberta and her Touching Techniques.

**NOTE:** Any student who wishes to bring their animal to class during the second session will need to provide the following evidence of vaccinations and safety equipment to the instructor on the first day of class. For Dogs: Distemper/Parvo annual, Rabies every 3yrs, & Bordetella annual. For Cats: RCPC - Feline Distemper, LEUK - Feline Leukemia, & Feline Rabies. All Dogs will need to be soft muzzled and on a leash. All Cats will need to be in carrying cages. Individual arrangements, *not associated with the class*, can be made for a home visit by the instructor for students with horses. If you have questions, please e-mail questions about class content to [info@petcareconnection.com](mailto:info@petcareconnection.com) - Subject line: MJC Class. Material fee paid to instructor for the book *Loving Hands: Touching Techniques to Enhance Your Pets Health*.

**Roberta Anderson** \$35 + \$20 mat. fee\*  
Mar 1 - Mar 8 Sat 9:30am - 12:30pm  
2 sessions Wawona 2, WC

\*pay \$20 material fee to instructor at class



## Learning Your DSLR Camera in Manual Mode

Learning Your DSLR Camera in Manual Mode to Create a Proper Exposure. The concepts of shutter speed, aperture and ISO will be explained in detail individually and also how they work together when light is brought into the question to create a properly exposed, beautiful image directly from your camera.

**NOTE:** Bring your camera to class.

**Elizabeth Evans** \$59 + \$7 mat. fee\*  
Feb 26 Wed 5:30pm - 8:30pm  
1 session Wawona 1, WC

\*pay \$7 material fee to instructor at class

## Portrait Photography

Learn how to find and utilize available and natural light to take better pictures of your subject. This class also includes tips on posing, angles and finding good locations to create a beautiful portrait.

**NOTE:** Bring your camera to class.

**Elizabeth Evans** \$59 + \$7 mat. fee\*  
Feb 27 Thu 5:30pm - 8:30pm  
1 session Wawona 1, WC

\*pay \$7 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 6 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 ABI 952 - This new law requires a person under 21 years of age to complete the Motorcycle Safety Foundation's Basic Rider Course before being issued a motorcycle instruction permit. The law requires the permit to be held for six months before a class M motorcycle driver license is issued.**

### 1. When are the classes?

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

**A Class** - Thurs. - 6:30pm - 9:30pm  
Sat. - 7:00am - 3:30pm  
Sun. - 7:00am - 12:00pm

**B Class** - Thurs. - 6:30pm - 9:30pm  
Sat. - 9:00am - 5:30pm  
Sun. - 12:30pm - 5:30pm

You will attend a total of at least 16 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 - \$250

15-1/2 - 20 years old at time of registration - \$150

The State requires this course for anyone under 21 who wants to obtain a M1/M2 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. You will take the certificate we mail you to the DMV and it will waive the driving portion of the DMV requirements. No guarantee of license. If students don't pass skill levels they will be counseled out and have the opportunity to return for a 2nd try, at no 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. 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](http://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 \$100 "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 adjacent to Building 6000, 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.

### MICL Classroom Location

From Carpenter, you will either turn onto Collegiate Drive or Fire Science Drive (depends on whether you are traveling North or South on Carpenter). You will then turn left on Student Center Drive. Follow Student Center Drive (and MICL signs). Also, see map on page 56. Parking is in front of the MICL Building (Bldg 6000)

### MICL Membership - \$40

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

### MICL Parking - \$10

If you have 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 check made payable to MICL - Give your check to the MICL Treasurer, Clay Allensworth - 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 16, 2014** from 10:00 to 10:45 a.m. in the MICL classroom.

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 58.

**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.

**A Session**

January 21<sup>st</sup> - February 21<sup>st</sup>

**B Session**

February 24<sup>th</sup> - March 28<sup>th</sup>

**C Session**

March 31<sup>st</sup> - May 2<sup>nd</sup>

**All these classes for one low \$40 Registration Fee**

**Monday - 10 a.m.-12 noon**

**Monday AM  
A, B, and C Sessions**

**Travels Around the World**

*Coordinator: Larry McElhane*

Everybody likes to travel and see new and exciting places and things but sometimes you don't have the time or the financial ability to go and see everything you would like. This class allows you to share in the travel of others without the time or finan-

cial commitment it takes to do it on your own. Please come join us as we experience travel without leaving home.

**Monday - 1:00-3:00 p.m.**

**Monday PM - A Session**

**First Ladies in Washington**

*Coordinator: Lavone Keyes/  
Betty Boj-Sode*

We'll continue to look into the lives of the women who stood with our past presidents during their term(s) in office. Learn more about Rachel Jackson, Jacqueline Kennedy Onassis, Hilary Clinton and other less familiar figures.

**Monday PM - B Session**

**World Dance Class**

*Coordinator: Judy and Don Kropp and Ray McElry, and Lise Swedberg*

No partners are need to join the World Dance class. You will learn traditional and new dances from many countries in Europe, the Middle East, and North and South America. If you enjoy a variety of musical styles and moving to music, you will enjoy this class. Dance is good for developing posture and balance, building muscle tone through low impact steps, and improving memory. Besides, it's fun! You need leather or synthetic-soled shoes that can move on carpet.

**Monday PM - C Session**

**Send in the Poets: Exploring Poetry Forms, Listening to Poetry Expression**

*Coordinator: Lynn Hansen*

Did you know the Central Valley is not only an important agricultural region, but has also produced many famous poets? Would you recognize

the following poetic forms: ekphrastic, pantoum, haiku, villanelle, sonnet? Did you know that April was National Poetry Month? Do you know what it takes to become a Nobel Laureate in Poetry? Are you aware of the MoSt Poetry Center and local poetry events in our community? Have you ever heard slam poetry? Come meet the current and former Poet Laureates of our city. Learn to identify different poetic forms. Come hear poetry readings by poets from our community, and works by Wilma Elizabeth McDaniel, Czeslaw Milosz, Pablo Neruda, Gary Snyder, Phillip and Levine.

**Tuesday and Thursday  
8:30 to 9:30 a.m.**

### A, B, and C Sessions

#### Young at Heart

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

A strength-training program designed specifically for older adults followed by Tai Chi. 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

#### Music and Singing with the Ukulele

*Coordinators: Norm Nomof  
Lorrie Freitas*

Won't you come join us as we sing along with the ukulele? Remember when people use to sit on the front

porch and have a good time singing their favorite songs and play their instruments. Well this is your chance to join in the fun. This class will not only allow you to join in on the singing but will also allow you to learn a little bit about playing the ukulele. We even have ukuleles that can be borrowed. Don't miss this class, it promises to be more fun than a barrel of monkeys playing a ukulele!

### Tuesday AM - B Session

#### Bridge

*Coordinator: Gene Richards*

For those who always wanted to play the game but never quite got around to it. "Just for fun" Bridge. No pressure, just a great time.

### Tuesday AM - C Session

#### Bird Identification

*Coordinator: Dave Froba*

Wild birds are beautiful, they are interesting in their marvelous behaviors, they are natural symbols of freedom and liberty, they are entertaining, and to make it even better they are all around us every day. So we are all bird watchers. But being able to tell one bird from another enhances the experience of watching, and listening to, birds. We'll focus on identification as well as learning where and when to find the birds we've identified. Dave Froba will use his thirty years of local birding experience and his thousands of video clips of local birds to help us on our journey. In addition, each week end we'll have a non-MICL field trip that will correspond to what we studied in class that week. This is not just a class. This is an experience. Don't miss it. David Sibley's "Field Guide to Birds of Western North America" is suggested, but not required.

**Tuesday - 1:00-3:00 p.m.**

**Tuesday PM - A Session**

**Beginning Spanish for Seniors**

*Coordinator: Suzanne Wilke*

This course will cover the basics of Spanish in a fun, relaxed atmosphere. Emphasis will be on conversation. A little knowledge of Spanish may be helpful, but it is not necessary. The class will be open to anyone with a desire to learn and have fun with a second language.

**Tuesday PM - B Session**

**French for Fun**

*Coordinator: Diana Loomis*

This class is designed for those with no experience in the French language, or who just want to review. Emphasis will be on basic practical conversation, reading, listening, and writing skills plus some aspects of French culture, music and geography. We will get you ready for your next trip to France with some helpful travel vocabulary. Come join the fun!

**Tuesday PM - C Session**

**Bridge**

*Coordinator: Gene Richards*

For those who always wanted to play the game but never quite got around to it. "Just for fun" Bridge. No pressure, just a great time.

**Wednesday - 10 a.m.- noon**

**Wednesday AM - A Session**

**Websites and Applications**

*Coordinator: Dave Froba*

Our computers and hand-held devices are like books with the ability to instantly and infinitely change pages. Increasing our ability to change those

pages will be our goal in this class. We'll focus on material that is likely to appeal to the needs and desires of MICL members. Each of us, at every class, will pick up at least one new app or website that we'll start to use. Guaranteed.

**Wednesday AM - B Session**

**World Nations Sampler: China**

*Coordinator: Lan Xie*

**Week 1** - A brief introduction of China and its customs and charms

**Week 2** - Chinese painting, paper cutting, embroidery, porcelain, lantern, music, Beijing opera, and more arts

**Week 3** - Chinese characters, four tones of pronunciation, simple dialogs, calligraphy, food, and clothes

**Week 4** - Confucianism, Taoism, Buddhism, and traditional virtues of China

**Week 5** - Eight fascinating places to visit in China and watch live performances as well

**Wednesday AM - C Session**

**Potpourri**

*Coordinator: Colleen Crosthwaite*

A collection of classes covering a variety of subjects. A true POTPOURRI of learning!

**Drug Addiction** - Norm Nomof;

**Microwave Cooking** - Yvonne Brunetti and Joann Flinn;

**Tour of the MJC Science Building** - Diana Loomis;

**San Francisco Earthquake and Fire**

**Wednesday - 1:00-3:00 p.m.****Wednesday PM  
A, B & C Sessions****Writer's Workshop**

*Coordinators: Joyce Starkey and  
Shirley Irving*

Whether you've been at it for years or have just begun to tell your story, you'll find encouragement, fellowship, and guidance for the writing process. Try short stories, essays, poetry or personal memoirs. You'll get good ideas and a fresh viewpoint, and have fun doing it.

**Thursday - 10 a.m. - noon****Thursday AM  
A, B, and C Sessions****What in the World?**

*A Session: Jerry Jackman*

*B Session: Gene Richards*

*C Session: Norm Nomof*

MICL's longest running class gives members a chance to confront important issues of the day through discussions of news headlines and other media coverage. Here's your opportunity to be challenged by your colleagues and visiting speakers and share your opinion about what in the world is going on these days. Please remember to disagree agreeably.

**Thursday - 1:00-3:00 p.m.****Thursdsay PM - A & B Sessions****Genealogy: Climbing Your  
Family Tree**

*Coordinators: Joann Flinn and  
Rhonda Franke*

Tracing your family history can be an enjoyable and rewarding experience. Subscription-based and free research websites will be demonstrated and explored. Participants are encour-

aged to bring their computers or other electronic research devices to this hands-on workshop. Bring anything you already may have acquired (e.g. birthdates, death dates, and names).

**Thursday PM - B and C Sessions  
Great Decisions**

*Coordinator: Jerry Jackman*

This study strives to take on some of the great geo-political issues of our day. If you've ever wondered by who, and why, certain world decisions are made, here is your chance to be part of them. We will use a book you'll need to buy, that directs us through the "Great Decisions" of our day.

**Last Thursday of all  
Sessions - 1:00-3:00 p.m.****A, B, and C Sessions****MICL Book Club**

*Coordinator: Carol Sullivan*

The MICL Book Club meets three times a semester on the last Thursday of each Session, A, B and C, 1:00 to 3:00 pm, to informally discuss a book previously chosen by the group.

**Friday - 10 a.m.-noon  
(or when film ends)****Friday AM****A, B, and C Sessions****Friday at the Movies**

*Coordinator A & C: Betty Boj-Sode*

*Coordinator B: Susan Wiltse*

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

mjc4life

# Kids / Teens

**FUN TO DO**

## Create Your Own Video Games (Ages 10-15)

Want to make your own video games? This class will show you where to start! Using Scratch, we'll create interactive stories, games, music, and art projects using blocks that snap together on the screen. Students will think creatively, develop problem-solving skills, and build on concepts they've learned in math class. Students should be comfortable using a computer and 5th grade math.

**NOTE:** 2 gig flash drive included in price

<b>Edward Walsh</b>	\$69
Feb 18 - Feb 27	Tue, Thu 4:30pm - 6pm
4 sessions	John Muir, WC, 251

## Create Your Own Video Games - Intermediate (Ages 10-15)

This is a continuation of the first Scratch class. We'll learn how to create cool background scenes, search the web for avatars & sound effects, convert a music video into a music loop, make a sprite avatar jump up and fall to the ground, and create explosions.

**NOTE:** 2 gig flash drive included in price.

<b>Edward Walsh</b>	\$69
Mar 11 - Mar 20	Tue, Thu 4:30pm - 6pm
4 sessions	John Muir, WC, 251

## 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 \$10 material fee.

<b>Linda Salmon</b>	\$69 + \$10 mat. fee*
Jan 29 - Mar 5	Wed 4pm - 5:30pm
6 sessions	Wawona 2, WC

\*pay \$10 material fee to instructor at class

**COOKING FOR KIDS**

## Kids Beginning Cake Decorating (Ages 8-14)

Kids can explore the basics of cake decorating while discovering their creativity. 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 have an edible masterpiece they can proudly enjoy with family and friends.

**NOTE:** No class Mar. 15. 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](http://www.mjc.edu/commed).

<b>Patsy Laws</b>	\$55 + \$10 mat. fee*
Mar 1 - Mar 29	Sat 2pm - 4pm
4 sessions	Wawona 1, WC

\*pay \$10 material fee to instructor at class

## 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](http://www.mjc.edu/commed). **AFTER ACCEPTANCE INTO THE PROGRAM**, a semester fee of \$25 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 Suzuki instructor for your actual group lesson schedule.

**NOTE:** Ask for, or download, an application for Suzuki Piano at [www.mjc.edu/commed](http://www.mjc.edu/commed). Do not register for this class until you've been assigned a piano teacher by the Suzuki Piano Coordinator.

ACTIVE ACTIVITIES

**Kids Aikido (Ages 6-9)**

Class is an age-specific curriculum that is professionally designed to teach children important life skills in an enriching manner that incorporates the martial arts. Instructor uses fun and exciting aikido drills to teach your child life lessons in teamwork, patience, self-discipline, respect and improves coordination, memory, and balance.

**NOTE:** Wear sweat pants or loose fitting pants. No shorts, wear shoes, no sandals, bring water.

<b>Brandon Guerra</b>	\$59
Feb 5 - Mar 12	Wed 4:30pm - 5:30pm
6 sessions	John Muir, WC, 265

**Doc McStuffins Tap (Ages 3-5)**

**new** The Doc is in! Bring a stuffed animal friend and make some noise with your feet to our favorite Doc McStuffins songs. Tap Shoes Required.

<b>Melissa Tuss</b>	\$45
Feb 28 - Apr 4	Fri 3:30pm - 4pm
6 sessions	John Muir, WC, 265

**Shake It Up! Jazz and Hip Hop (Ages 5-8)**

**new** Fun and high energy dance class that combines jazz and hip hop dance styles. We will dance to music from the kids TV show "Shake It Up" while we learn the basics of jazz and hip hop.

<b>Melissa Tuss</b>	\$49
Feb 28 - Apr 4	Fri 4:15pm - 5pm
6 sessions	John Muir, WC, 265

YOUTH MUSIC

**Beginning Piano for Kids (Ages 7-11)**

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 in the past 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 set of headphones to each class with large adapter, (full set headphones, not earbud style).

<b>debee loyd</b>	\$79 + \$10 mat. fee*
Feb 20 - Mar 27	Thu 4pm - 6pm
6 sessions	Music Bldg, 109

\*pay \$10 material fee at time of registration

**Voice Lessons for Kids (Ages 8-10 & 11-17)**

Come and join others in singing together and if you want, maybe even a solo! We will sing simple harmonies and songs; learn about proper singing methods and vocal technique. Work on basics notes, rhythms, and select 16 bars for your next open audition. Perform for your family on the last day. Let's Sing!

**NOTE:** No class Feb 18 & Apr 22. Apr 29 class meets at VCHS

<b>A &gt; Bernadette Burns</b>	\$59 + \$5 mat. fee*
Jan 21 - Mar 18	Tue
Ages 8-10	4pm - 5pm
Ages 11-17	5:15pm - 6:15pm
8 sessions	Music Bldg, 112

<b>B &gt; Bernadette Burns</b>	\$59 + \$5 mat. fee*
Mar 25 - May 20	Tue
Ages 8-10	4pm - 5pm
Ages 11-17	5:15pm - 6:15pm
8 sessions	Music Bldg, 112

\*pay \$5 material fee to instructor at class

**Mommy and Me Dance Class (Ages 18 months-3 years)**

**new** Baby's first dance class! A class for baby ballerinas and their mommies where little ones can learn how to be in a dance class environment with other kids! Mommy's will help their little dancers stretch, sing, play, make noise, and learn some basics of dance. For walking toddlers ages 18 months-3 years.

<b>Melissa Tuss</b>	\$49 (price includes parent and 1 child)
Feb 24 to Mar 31	Mon 10am-10:30am
6-sessions	John Muir, WC 265

mjc4life

# Business

## COMPUTERS

### Computers for Absolute Beginners

No matter how old you are - if you missed out on computer training along the way, you probably have already realized how important computers are in business and your personal life. This hands-on class will introduce the new computer user 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 11 - Feb 20 Tue, Thu  
 4 sessions 6:30pm - 8:30pm  
 John Muir, WC, 251

\*pay \$20 material fee at time of registration

### Beginning Computers The Next Step

Now that you can turn your computer on and use a few programs you may ask "What's Next?" The answers can be found in this simple Next Step course. You will learn more about Microsoft Office applications and Windows. Pre-requisite: basic ability to use a computer and/or the Computers for the Absolute Beginner class.

**NOTE:** Prerequisite: Basic knowledge of computers. No books used for this class.

**Matt Ketchum** \$79  
 Mar 4 - Mar 13 Tue, Thu  
 4 sessions 6:30pm - 8:30pm  
 John Muir, WC, 251



### Computer 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 how to move around the computer with confidence.

**NOTE:** No books. Handouts included in fee.

**Dianne Cole** \$105  
 Feb 25 - Mar 6 Tue, Thu 9am - 12pm  
 4 sessions John Muir, WC, 152

### Computer for 55+ Intermediate

If you have a basic understanding of computers, this class will take you to the next level! We'll cover formatting fonts and inserting pictures in word processing applications, 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.

**Dianne Cole** \$105  
 Mar 11 - Mar 20 Tue, Thu 9am - 12pm  
 4 sessions John Muir, WC, 152

## Windows 7

Windows 7, the newest Operating System by Microsoft is an upgrade from XP or VISTA. Learn all about the new features and how to customize your computer's settings to fit your needs. You will learn how to use the Start menu and task bar; move and resize windows; create and manage files, folders, and libraries; search for content on your computer; using gadgets; and how to keep your computer secure.

**NOTE:** \$20 material fee for the book will be collected at the time of registration.

<b>Matt Ketchum</b>	\$95 + \$20 mat. fee*
Mar 25 - Apr 1	Tue, Thu 6pm - 9pm
3 sessions	John Muir, WC, 251

\*pay \$20 material fee at registration



### QuickBooks Pro 2013 Beginning

**Prerequisite:** Must be familiar with the computer and Windows. 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.

<b>Patricia Wall</b>	\$110 + \$30 mat. fee*
Feb 25 - Mar 6	Tue, Thu 6pm - 9pm
4 sessions	John Muir, WC, 152

\*pay \$30 material fee at registration for book.

## Excel 2010 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.

<b>Ed Perillo</b>	\$110 + \$20 mat. fee*	Feb 24 - Mar 5	Mon, Wed 6pm - 9pm
4 sessions	John Muir, WC, 152		

\*pay \$20 material fee at time of registration

## Excel 2010 Intermediate

If you have already taken the Beginning Excel 2010 class, or have a good basic knowledge of Excel 2010, then this class will help expand your knowledge of Excel. You will learn how to link workbooks, use advanced functions, sort and filter data, create cell and range names, protect worksheets, use pivot tables, and templates.

**NOTE:** Prerequisite: Must have taken the Beginning Excel 2010 class or have a basic understanding of Excel.

<b>Ed Perillo</b>	\$110 + \$22 mat. fee*	Mar 17 - Mar 26	Mon, Wed 6pm - 9pm
4 sessions	John Muir, WC, 152		

\*pay \$22 material fee at time of registration



## Instructor-Led Online Courses



### Learn More!

- Expert Instructors
- 24-Hour Access
- Online discussion Areas
- 6 Weeks of Instruction
- Course Sessions Begin Monthly

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course from your home or office, at any time.

#### Stocks, Bonds, and Investing: Oh, My!

Make wise investment decisions so you have enough to live comfortably through your retirement.

#### Creating Web Pages

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

#### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry of bookkeeping, financial reporting, and more.

#### Grammar Refresher

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

#### Mac, iPhone, and iPad Programming

Learn to create Mac, iPhone, and iPad apps and programs using Objective-C and the Xcode compiler.

#### Writing Effective Grant Proposals

Learn to prepare grant proposals that get solid results for your favorite organization or charity.

#### Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

#### Creating WordPress Websites

Discover how to create and maintain dynamic websites and blogs without technical coding using the self-hosted WordPress.org publishing platform.

#### Blogging and Podcasting for Beginners

Learn how to create your very own blog and add a podcast too, using the tools you already have available on your computer.

#### Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

#### Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

#### Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

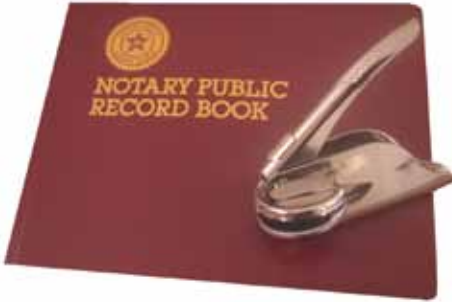
#### Discover Digital Photography

An informative introduction to the fascinating world of digital photography.

More Courses Available  
[www.mjc4life.org](http://www.mjc4life.org)

Most Courses  
**\$95**

**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 drivers 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 packets available starting at \$200, and up if you wish to purchase one on the day of class.

<b>Carrie Christensen</b>	\$99 + \$30 mat. fee*
Apr 12	Sat 8am - 6pm
1 session	Forum Bldg, 101

\*pay \$30 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 drivers 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 packets available starting at \$200.00 and up for those that wish to purchase one on the day of class.

<b>Carrie Christensen</b>	\$50 + \$30 mat. fee*
Apr 12	Sat 12:30pm - 6pm
1 session	Forum Bldg, 101

\*pay \$30 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 student must have taken a Notary class. \$60 material fee paid to instructor at class for Seminar Guide and Reference Book. \$20 fee for certification.

<b>Carrie Christensen</b>	\$99 + \$60 mat. fee*
May 3	Sat 9am - 4pm
1 session	Founders Hall, 157

\*pay \$60 material fee to instructor at class

## BUS. MANAGEMENT



### Social Media Marketing for Your Business

Each year social media plays a larger role in marketing your business. Will you be ready? If you could cut your print marketing budget, and still reach hundreds or even thousands, more potential customers for your business - would you be willing to try something new? Times are changing and social media is becoming a large part of networking and connecting, not just with other business professionals, but more importantly, with paying customers. Adrenna will show you how to use various social media accounts to network with others and build your customer base. She will let you know what to do if there is a negative post about your company and how to counter act it. This class will take you beyond the set-up of your social media pages, and will show you how to use Twitter, Facebook, LinkedIn, Google +, and YouTube to gain those all-important customers. Should you use QR codes - and why. Dr. Alkhas has been the marketing director for the Stanislaus County Fair for the last 4 years. Her doctorate focused on social media marketing. She understands the importance of using social media to network with others in the business world and wants to help your business survive the marketing changes that are happening.

<b>Dr. Adrenna Alkhas</b>	\$49
Mar 22	Sat 9am - 12pm
1 session	John Muir, WC, 152

## 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.

**NOTE:** Materials/handouts included in price.

<b>Don Jepson</b>	\$350
Feb 19 - Apr 23	Wed 6:15pm - 9:15pm
10 sessions	Science Bldg, 212

### How to Become an Event and Wedding Consultant



Whether it's a wedding, corporate function, client's convention or religious festival, effective event planning is crucial for success. Your comprehensive training includes: creating a guest list, hiring vendors, discussing local sites for the wedding or event, and wedding design. Creating a business plan and accounting system, contract law information as it pertains to deposits and liability law will also be covered. Learn the common pitfalls to avoid, best ways to market your business and, most importantly, how to gracefully say no to a new bride or client because you know it will be a bad experience. You'll leave knowing what you should need to orchestrate a memorable event. Ask for a Certificate of Completion at the end of class.

<b>Peggy Gardiner</b>	\$129 + \$25 mat. fee*
Feb 11 - Feb 18	Tue 6pm - 8pm
2 sessions	John Muir, WC, 264

\*pay \$25 material fee to instructor at class

## Online Paralegal Course

### Become a Paralegal

Assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. There are no prerequisites for this course, but there is a significant amount of homework and is a college-level course. Courses are offered through Center for Legal Studies.

### Online Classes

#### Basic Core Course

The Core Paralegal Certificate Course is completed in two consecutive seven-week sessions. You can select any session to start your course in:

January 13 - February 28, 2014

March 10 - April 25, 2014

May 5 - June 20, 2014

June 30 - August 15, 2014

#### Advanced Paralegal Course

This course is offered entirely online. You choose 6 topics from a list of 16 topics. You can take up to 3 topics each 7 week session (see session dates above).

### How Much Does it Cost?

#### Paralegal Core Course

\$1,189 + approx. \$500 for books

#### Paralegal Advanced Course

\$1,650 + books (cost of books depends on the topics you select)

*The Paralegal Certificate Course (Basic) and Advanced Paralegal Course satisfies the Certificate of Completion requirement of the California Business and Professions Code, Section 6450-6456.*

\* For a Live Paralegal class see page 43 \*

**Call 575-6063  
for information**

### Writing Your 1st Book or 7th

Bobbie Christensen, California author of twelve books, will show you how to develop and complete your manuscript in just 6-weeks following her own 10-step plan. Create a page-turner whether writing fiction or non-fiction, cookbook or textbook. "I've been to many other writing and publishing classes but you changed my view of what is possible". - Nancy Wile, Ed.D., Las Vegas.

**NOTE:** Material fee includes free consulting at any time and Writing, Publishing & Marketing Your 1st Book booklet.

<b>Bobbie Christensen</b>	\$39 + \$15 mat. fee*
Mar 15	Sat 1pm - 2:45pm
1 session	Founders Hall, 152

\*pay \$15 material fee to instructor at class

### Publishing Your 1st Book or 7th

Learn how to submit your work to a publisher or to self-publish and keep the profits, plus all about PODs, eBooks, etc. Includes all forms, contracts, and samples, etc.

**NOTE:** Material fee includes free consulting at any time and Writing, Publishing & Marketing Your 1st Book booklet.

<b>Bobbie Christensen</b>	\$39 + \$15 mat. fee*
Mar 15	Sat 3pm - 4:45pm
1 session	Founders Hall, 152

\*pay \$15 material fee to instructor at class

### Marketing Your 1st Book or 7th

Learn Bobbie's proven-to-succeed 6-step marketing plan including how to make a profit before your book is even printed, setting up book signings for maximum sales, setting up and presenting seminars that will get rave reviews, writing news releases, and much more.

**NOTE:** Material fee paid to instructor in class, includes free consulting at any time and Writing, Publishing & Marketing Your 1st Book booklet.

<b>Bobbie Christensen</b>	\$39 + \$15 mat. fee*
Mar 15	Sat 5pm - 6:45pm
1 session	Founders Hall, 152

\*pay \$15 material fee to instructor at class

**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.

**NOTE:** Recommended: Medical Terminology (not required). Bring to first class: Supplies students: 3 ring binder, flags/post its, highlighter pens, pen/pencil, paper Must have for first day of class

Two textbooks also required; must have for first day of class:

1) Basic Current Procedural Terminology & HCPCS Coding 2013 Edition By Gail Smith, with AHIMA publisher. ISBN: 9-781584-26400-2 (must have 2013 edition only) about \$73 +s/h Can buy through AHIMA at www.ahima.org or call 800.335.5535

2) CPT Code Book 2014; only Professional Edition please (not Standard edition) AMA publisher ISBN: 978-1-60359-844-6 Can buy through AMA at www.amabookstore.com or call 800.621.8335

<b>Diane Lemire</b>	\$249
Jan 28 - Apr 29	Tue 5:30 - 9:00pm
14 sessions	John Muir, WC, 260

**SMOG 2014 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 licenses Smog Check Technicians whose license expires during 2014 to complete the Year Update Training Course prior to renewing licenses.

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

<b>A &gt; John Peterson</b>	\$250
Jan 25 - Jan 26	Sat, Sun 8am - 6pm
2 sessions	Tenaya Auto Complex
<b>B &gt; John Peterson</b>	\$250
Feb 22 - Feb 23	Sat, Sun 8am - 6pm
2 sessions	Tenaya Auto Complex
<b>C &gt; John Peterson</b>	\$250
Mar 22 - Mar 23	Sat, Sun 8am - 6pm
2 sessions	Tenaya Auto Complex
<b>D &gt; John Peterson</b>	\$250
Apr 26 - Apr 27	Sat, Sun 8am - 6pm
2 sessions	Tenaya Auto Complex
<b>E &gt; John Peterson</b>	\$250
May 24 - May 25	Sat, Sun 8am - 6pm
2 sessions	Tenaya Auto Complex

**Coming in Spring 2014**

**Medical Coding ICD10 Update**

This seminar is an update for people who have either taken formal courses in ICD9CM or have worked in billing, coding - any area of health care for at least 1 year, doctors office, clinics, physical therapy or stand-alone surgical centers. All ICD9CM diagnosis codes will be CHANGED OFFICIALLY on October 1, 2014.

**FIRE SCIENCE**

**Coming in 2014!**

**Spring 2014**  
Fire Management 2A

**Summer 2014**  
Fire Command 2B

**Fall 2014**  
Fire Management 2B

**Call 548-5706  
for information**

# Logistics & Warehousing



In response to an overwhelming number of inquiries, MJC's Workforce Development and Community Education are offering training for entry-level positions in Warehousing - MSSC Certificate - Levels 1 & 2 - CLA (*Certified Logistics Associate*) & CLT (*Certified Logistics Technician*)

## Earn a Nationally Recognized Certificate!

Students will prepare for MSSC Certification Level I or Level 2. Successful students will earn the nationally recognized MSSC-CLA or CLT Certificate.

Warehousing and Distribution facilities in our area are growing at a rapid rate, and they want to hire workers who have the skills to hit the ground running.

### Course competencies include:

- Warehousing Operations
- Inventory Control Systems
- Order Processing
- Measurements & Metric Conversions
- Information Technology
- Powered Industrial Equipment
- Evaluation of Transportation Modes
- Safety



### CLA (*Certified Logistics Associate*) - \$460

Wed., Feb 26, March 5, 12, 19 - 7:00-10:00 p.m.  
Registration Deadline: January 31, 2014  
Sierra Hall, West Campus, Room 114

### CLT (*Certified Logistics Technician*)\* - \$460

Wed., Feb. 26, March 5, 12, 19 - 7:00-10:00 p.m.  
\*Must possess CLA Certificate to enroll in CLT  
Registration Deadline: January 31, 2014  
Sierra Hall, West Campus, Room 114

### Scan Guns & Inventory Control Systems - \$150

Sat., March 1 - 8:00 a.m.-12:00 p.m. OR  
Sat., March 22 - 8:00 a.m.-12:00 p.m.  
Sierra Hall, West Campus, Room 114

### Lift Truck & Safety Training - \$230

Sat., March 8 - 8:00 a.m.-5:00 p.m. OR  
Sat., March 15 - 8:00 a.m.-5:00 p.m.  
Sierra Hall, West Campus, Room 206



Lead Instructor: Mary Ann Henriques

NOTE: Online work outside of class required for CLA/CLT

Call 575-6063 to Register or go to [www.mjc4life.org](http://www.mjc4life.org)

# CERTIFIED PHLEBOTOMY TECHNICIAN I



Presented by

**Modesto Junior College Community Education**



A Certified Phlebotomy Technician I (CPT I) primarily collects blood samples for a variety of reasons, including medical testing, blood transfusion, and blood donation. Phlebotomists are also responsible for explaining procedures to patients, and more. Technological advances require more testing, resulting in the need for more Certified Phlebotomy Technicians.

Approved for  
SallieMae  
Smart Option  
Student Loan

**New Class  
Will Begin  
Summer 2014**

**Application process will require you to attend  
one Information Meeting**

**Wednesday, March 26, Founders Hall, Room 155**

## **The purpose of this program is:**

- \* To prepare you for an entry-level position as a Certified Phlebotomy Technician I
- \* To upgrade and/or broaden your skill base

## **Upon successful completion of this program, you may:**

- \* Take a national Phlebotomy Certification. Upon passing an examination you will be eligible to apply to the State of California for a CPT I certificate.

## **Program Includes:**

- \* 60 hours of classroom instruction - Basic and Advanced, plus homework
- \* 40 hours of externship - Practical Instruction in a Clinical Setting
- Students must complete a minimum of 50 venipunctures and a minimum of 10 skin punctures and observe two arterial blood draws.



**Tuition - \$2,395**

*(includes textbooks, lab materials and liability insurance)*

*Price now includes required background check and drug screening for externship.*

Information and Application can be downloaded and printed from our website:  
[www.mjc.edu/commed](http://www.mjc.edu/commed) (click on "Phlebotomy" on left column)

**Call 575-6063 for Additional Information**

# Live Paralegal Class



**New**

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.

In addition to computer lab time for legal research, writing, and filling out forms, the course will include role playing.

The class will be taught by attorneys and paralegals, who have been in the legal field for many years, and understand the importance of a paralegal 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

April 8 - November 20 from 6:00-9:30 p.m.

John Muir Hall, West Campus, Room 255

*No classes will be held July 1-17 (giving you time to make up any missed assignments and (if needed) get on track for the final weeks of the class)*

Fee for 30-week class - \$4,500 - includes all books and LexisNexis Research access for entire length of class.

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

- Take the MJC Reading Accuplacer test and obtain a 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

### **FREE INFORMATION MEETING**

**March 18, 2014 - 6:30 p.m.**

**John Muir Hall, West Campus, Room 255**

Come meet our lead instructor - Attorney Kay Parker and find out more about the class. Be prepared to ask questions about this new program.

# Pharmacy Technician

## Prepare for a New Career



### Call for Future Dates

#### Eligible for SallieMae Smart Option Student Loan

*Call 575-6063 for more information*

#### Purpose of program

- To qualify you to be licensed as a Pharmacy Technician (California law requires you to register as a Pharmacy Technician with the California State Board of Pharmacy in order to work as a Pharmacy Technician).
- To prepare you for an entry-level position as a Pharmacy Technician

#### Unique program focus for acute care practice

- You will be trained in aseptic technique and sterile product preparation

#### The program provides the initial groundwork

- You will be prepared to take the examination for national certification administered by the Pharmacy Technician Certification Board (PTCB). Successful completion of the PTCB examination entitles a technician the designation of CPhT (Certified Pharmacy Technician).

Pharmacy Technicians work in a variety of environments such as hospitals, independent or chain retail pharmacies, urgent care clinics, skilled nursing or long-term care pharmacies, hospice, government, or the pharmaceutical industry.

Application and sample math test available online at [www.mjc.edu/com](http://www.mjc.edu/com)

600-hour program provides lecture, lab and externship



**Call for Information - 575-6063**

Or visit: [www.mjc.edu/commed](http://www.mjc.edu/commed)

*Click on "Pharmacy Tech" located on the left hand side of the screen.*

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-day 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 seats 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.



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

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

Sat, Apr 12 \$69 8:30am - 5:30pm



### AT&T Park Tour & Lunch



We're taking you for a tour of the ballpark and not just any ballpark. It's where home runs can be "splash hits" and the breathtaking Bay view rivals the action on the field. On your behind-the-scenes guided tour of the AT&T Park you'll visit: View Level, A Luxury Suite, Club Level, Visitors' Clubhouse, and Field Level including - Dugouts and Batting Cage. After the tour enjoy an All-American lunch of: premium beef hot dog, condiments, potato salad, soda, water, and cookie. After leaving the ballpark you'll be given free time at Fisherman's Wharf.

**NOTE:** Fee includes chartered bus transportation, tour, and lunch.

Sat, Mar 1 \$83 8am - 6pm

### 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 chartered bus transportation only.

Sat, Mar 15 \$48 7:30am - 7:30pm



**Macy's Spring Flower Show**

**☺☺☺** Macy's Flower Show began in 1946 at Macy's Union Square, becoming the first department store Flower Show. In addition to serving as the official celebration for the start of the spring season, Macy's Flower Show is also a prime showcase for some of the city's most renowned floral and entertaining designers. The one-of-a-kind creations are stunning centerpieces that convey the personal style of the designer. A guided tour is included. Discover all the details about this year's flowers and plants, plus get a behind-the-scenes look at the celebration. The remainder of the day is yours to enjoy a no-host lunch and shopping.

**NOTE:** Fee includes guided tour and chartered bus transportation.

Sun, Mar 23 \$47 8:30am - 6:30pm



**Pacific Orchid Exposition and Pier 39**

**☺☺☺** More than 100,000 orchids in every color, shape, and size will be showcased and sold at this 62nd annual exhibition that features exotic orchids grown in all types of environments from domestic 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.

**NOTE:** Fee includes entrance fee and chartered bus transportation.

Sun, Feb 23 \$55 8am - 6pm



**Exploratorium - Pier 39**

**☺☺☺** In 2013 the Exploratorium opened a 330,000-square-foot indoor/outdoor space at Pier 15 on the San Francisco waterfront, providing 3 times more overall space than the original Palace of Fine Arts location. Explore more than 600 indoor and outdoor exhibits, 1.5 acres of free, outdoor space featuring a public plaza, promenade, a bayside restaurant, a plaza-side café, and the Exploratorium Store with interactive exhibits. Enjoy free time in the afternoon at Pier 39.

**NOTE:** Fee includes admission and chartered bus transportation.

Sat, Mar 8 \$65 8:30am - 6:30pm



**Interest List for 2014 Giant Games**

Call to put your name on an interest list. When we have dates and prices confirmed you will receive a call and will be able to register at that time.

**575-6063**

# MJC Presents

## Mama Mia Orpheum Theatre

**👣** Playing for a very limited time in San Francisco, this smash hit musical about a daughter's quest to discover the identity of her father on the eve of her wedding; set to the disco beat and storytelling magic of Abba's greatest hits, including "Dancing Queen", "Knowing Me, Knowing You", and "Take a Chance on Me". Mama Mia weaves an enchanting tale of love laughter and friendship. 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. This trip will sell out very quickly. Call Today.

**NOTE:** Fee includes matinee performance in Center Orchestra seating and chartered bus transportation.

Sat, Apr 5      \$142      8:30am - 7pm

## Wicked - Sacramento

**👣** 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 in Old Town Sacramento for a no-host lunch before being picked up and dropped off Broadway Sacramento. After the performance the bus will pick you up.

**NOTE:** Fee includes matinee performance in Orchestra middle seating and chartered bus transportation.

Sat, Jun 14      \$139      9:30am - 6pm

## Extended Trip Information Meeting

**Come and see what MJC is  
offering in 2014 and 2015**

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

◆ **Saturday, January 25, 2014  
2:00 p.m.**

Modesto Junior College,  
435 College Avenue, Modesto  
Forum Building, Room 110

*Free Parking on Saturday!*

◆ **Monday, March 10, 2014  
3:00 p.m.**

Modesto Junior College  
435 College Avenue, Modesto  
Forum Building, Room 102

*Call 575-6063 for Free Parking Pass*



**RSVP - Call 575-6063**

## Exploring Our Nation's Capitol Washington, D.C. - April 2-8, 2014

Enjoy a single hotel stay and unpack only once as you explore America's heritage.



Arrive on Day one. Day two a guided tour takes you to the U.S. Capitol Visitor Center. Continue on with stops at the moving World War II Memorial, the Vietnam Veterans Memorial and the Korean War Memorial. This afternoon, visit the White House Visitor Center. Day three visit Mount Vernon, home of George Washington. This afternoon, a narrated tour of Arlington National Cemetery includes the Tomb of the Unknowns and the Kennedy gravesites. Day four visit the Smithsonian Institution, with your choice of the Air and Space Museum or the National Museum

of American History. Day five tour the vibrant city of Baltimore with a local expert. Highlights include Fort McHenry where The Star Spangled Banner was penned during the War of 1812. This afternoon, travel to Annapolis for a guided walking tour of the U.S. Naval Academy. Day six visit the Washington National Cathedral and learn more of its history on a docent led tour. This afternoon, tour Ford's Theatre where President Abraham Lincoln was assassinated in 1865. Finish with a visit to the neighboring Petersen House, the boarding house to which Lincoln was carried. This evening enjoy a farewell dinner marking the end of a wonderful American journey.

**NOTE:** Cancellation waiver insurance, airfare, hotel accommodations, hotel transfers, and 9 Meals included. **Call for price and availability.**

# Albuquerque Balloon Fiesta

**6 Days - October 7-12, 2014**

The Albuquerque International Balloon Fiesta is a world-renowned attraction and destination. For more than four decades, the first week in October brings the picture show of hot air balloons sailing silently through the crisp fall air. Day one the tour begins in Santa Fe, New Mexico. Tonight, meet your fellow



travelers at a get acquainted dinner. Day two a local guide takes you on a walking and motor coach tour of the Santa Fe Plaza and surrounding city. After leisure time, a special dinner is prepared before your eyes by an expert chef at the Santa Fe School of Cooking. Day three travel along the Turquoise Trail where prehistoric peoples made their homes and Spanish missionaries explored the area. After a stop in the old coal mining town of Madrid, arrive at the highlight of the trip – The Albuquerque International Balloon Fiesta. See balloons launch in two remarkable waves. The 365 acres of grass and booths will be filled with balloons and vendors selling everything from traditional New Mexican food to balloon memorabilia. Day four visit the Balloon Fiesta at dawn and marvel in watching the balloons ascend in the early light. After leisure time at the Fiesta, a tour of Old Town Albuquerque awaits you. Experience the fusion of Mexican, Native American and Spanish heritages. After a ride along Route 66, enjoy leisure time to explore on your own in Old Town. Day five visit the National Museum of Nuclear Science and History on a docent led tour that includes the Manhattan Project. Next, visit the gateway of the 19 Pueblos of

New Mexico at the Indian Pueblo Cultural Center. The center strives to preserve Pueblo culture and present it with dignity and respect. Tonight enjoy your farewell dinner with fellow travelers. Day six the tour ends and you head home. This tour involves traveling at high altitudes (approximately 7,000 feet) and may not be suitable for some travelers.

Cancellation waiver insurance, airfare, hotel accommodations, hotel transfers, and 8 meals included. \$425 deposit per person due upon registration. Save \$100.00 and book by April 7, 2014

**Double occupancy - \$2,474 per person**

**Single occupancy - \$3,074 per person**

## London & Paris

*9 Days - September 7 – 15, 2014*

### Optional 3 Night Rome Post Tour Extension

Experience two of the world's most popular cities on one fabulous tour. After an overnight flight arrive on Day two in London, England. We are flying in one day before the tour begins to give you time to rest or explore on your own before the tour begins. On Day three enjoy leisure time before the tour begins this evening with a welcome dinner. Day four a local expert leads you on a panoramic tour of London. See Trafalgar Square, St. Paul's Cathedral, and Buckingham Palace; the London home to Britain's royalty since



1837. At Westminster, see the houses of Parliament, Westminster Abbey and Big Ben. This afternoon enjoy a theatre performance. Day five is yours to explore on your own. You may choose an optional excursion to Windsor Castle. Originally built to guard the city of London, Windsor Castle has been the home of Kings and Queens for nine centuries and is the oldest royal residence still in use today. This evening it's Diner's Choice. Your dinner is included and you'll choose from a "menu" of London's great restaurants. Day six depart London and travel on the Eurostar High Speed Train to Paris, France. Tonight, enjoy dinner with breathtaking views at the Eiffel Tower. Following dinner, enjoy a romantic Seine River cruise. Day seven see the Arc de Triomphe, Notre Dame Cathedral, Champs Elysees, and other amazing landmarks while on a guided tour. This afternoon you may choose an optional excursion to Louis XIV's magnificent Palace and Gardens of Versailles. Day eight you are free to enjoy the city. You may choose an optional tour at the Louvre; indulge in some of the world's most famous shopping, or sit at a sidewalk café and people watch. Tonight caps off a wonderful vacation with a special farewell dinner at the Paradis Latin, Paris' oldest cabaret theatre. Day nine the tour ends and you fly home.

### Ask about extra time in London or Paris

**NOTE:** \$500 deposit due upon registration. Cancellation waiver insurance, airfare, Eurostar High Speed Train to Paris, hotel accommodations, hotel transfers, and 11 meals included. Save 250 and book by March 8, 2014.

Double - \$4,379 per person

Single - \$5,314 per person

# Memorials of War: Normandy & Paris

*November 6 - 15, 2014 - 10 days*

This moving tour marks the 70th anniversary of the D-Day landings. Arrive in Paris, the "City of Lights" on Day two. Day three highlights life in the city during the German occupation and through the Liberation. View sights such as the Opera, the Ministry of Navy and others. Visit the small commemoration garden close to the Bir Hakeim Bridge. Here on July 16, 1942 over 11,000 Jews were arrested and confined to Velodrome d'Hiver before deportation. Day four explore Paris at your leisure or take the optional tour to the magnificent Versailles Palace. Tonight, enjoy dinner on the first floor of the Eiffel Tower with its commanding view of the city. Day five set off for the Normandy coast. During WWII, the largest invasion in history took place on these hallowed beaches. Visit the imposing La Roche-Guyon Castle; former headquarters of Field Marshall Erwin Rommel, the man responsible for Germany's imposing "Atlantic Wall." Next, visit the Memorial Peace Museum, built to commemorate those who gave their lives in the epic Battle of Normandy in 1944. Day six join a local expert on a tour of the Landing Beaches. Stop at the strategically



ally Pegasus Bridge. Then, visit Sword, Juno, and Gold beaches to view the remains of a Mulberry Harbour. Continue to the still-intact Longues-sur-Mer, location of the former German Artillery battery set between Omaha and Gold beaches. Day seven depart to visit Utah, westernmost of the Allied landing beaches. Then head to the town of St. Mere Eglise - made famous by paratrooper John Steel and the film "The Longest Day. Visit the parachute-shaped Airborne Museum which honors the paratroopers' sacrifices. Afterwards, stop at the Pointe Du Hoc Ranger Memorial to see where the valiant men of the 2nd Ranger Battalion scaled 100 foot cliffs on D-Day morning to seize the fortified enemy position and take control of the landing approaches to Omaha and Utah. Later, visit Omaha Beach, Omaha Memorial Museum and the U.S. Military Cemetery. Day eight view the Bayeux Tapestry, a 230 foot embroidered cloth depicting the events leading up to the Norman conquest of England. Continue to Le Mont St. Michel, a place of worship. Explore one of the most beautiful abbeys in France which dates back to the 11th century. Day nine depart for the medieval town of Chartres for a guided visit of its splendid Cathedral, spared during the war by an American officer who questioned the need to destroy it. Enjoy free time before returning to Paris for your farewell dinner and final night. Day ten the tour ends and you head home with many poignant memories.

**NOTE:** Cancellation waiver insurance, airfare, hotel accommodations, hotel transfers, and 13 Meals included. \$500 deposit per person due upon registration. Save \$250 and book by May 6, 2014

**Double Occupancy - \$4,249 per person**

**Single Occupancy - \$4,899 per person**

## Three Kingdoms of Indochina

October 30 - November 17, 2014 - 19 Days

After an overnight flight arrive on Day two in Ho Chi Minh City, formerly known as Saigon. Day three tour the city including the Post Office, Notre Dame Cathedral and Opera House. Visit the Reunification Palace where the Vietnam War ended. Tonight, enjoy a welcome dinner at a rooftop garden. Day four travel to the Mekong Delta for a river

cruise. After lunch, visit Cao Dai Temple. Day five fly to Da Nang. Stop at China Beach where American troops landed. Afterwards, visit Hoi An, a UNESCO World Heritage Site.



Embark on a cyclo tour and see sights of the town. Day six begins at a local market to prepare you for your cooking class. Afterwards, travel to the cooking school where you will prepare five Vietnamese dishes. Day seven take an optional sunrise photography class and observe fishermen bringing in their catch. En route to Hue, eat lunch at Lang Co fishing village and visit the Imperial tomb of Emperor Tu Duc. Tonight enjoy a royal feast, complete with music and Imperial costumes. Day eight visit the Imperial Citadel, the Forbidden Purple City and Thien Mu Pagoda. Later, fly to Hanoi, the capital of Vietnam. Experience Hoa Lo Prison (the Hanoi Hilton), where American POW's were held. Day nine visit the Museum of Ethnology and Vietnam's first university. Enjoy lunch at a non-profit restaurant that trains underprivileged children to give them new skills. Day ten visit the mausoleum that holds the preserved body of Ho Chi Minh. See his simple house on stilts. Day eleven drive to Halong Bay for your overnight cruise on a luxury junk board. Transfer to a sampan and visit a floating fishing village. Day twelve join a sunrise tai chi class on deck before exploring an ancient cave

on a nearby island. Enjoy brunch on board and cruise back to the harbor. Fly from Hanoi to Luang Prabang, Laos. Day thirteen venture through the countryside to Kuang Si waterfalls. Return to town and board a traditional river boat to cruise up and down the Mekong River and visit Pak Ou Caves, home to hundreds of Buddhas. Day fourteen visit

an elephant village and learn how mahouts train their elephants. You may opt to take an elephant ride. The afternoon is at leisure. Day fifteen wake before dawn and participate in the offering

of alms to hundreds of saffron-robed monks. Take a guided tour of the former Royal Palace, now the National Museum. Fly to Siem Reap, Cambodia. Day sixteen explore the ancient ruins of Angkor Thom. Continue to the Ta Prohm temple, overgrown by creeping jungle. Enjoy a Khmer lunch set in a traditional wooden house. Visit Angkor Wat, the world's largest religious building and symbol of Cambodia. Day seventeen explore Kompong Phluk, a floating village. Visit the Roluos Group and take an ox cart ride to the Roluos Pagoda where monks celebrate a private blessing ceremony. After lunch at a local home enjoy leisure time. Day eighteen enjoy a free morning before flying back to Ho Chi Minh City this afternoon. Tonight, enjoy a farewell dinner at a highly-acclaimed restaurant. Day nineteen the tour ends and you head home.

**NOTE:** Cancellation waiver insurance, airfare, hotel accommodations, hotel transfers, and 34 Meals included. \$580 deposit per person due upon registration. Save \$250 and book by April 30, 2014

**Double Occupancy - \$6,749 per person**

**Single Occupancy - \$7,899 per person**

# South America

## South America with Optional 4-Night Brazilian Amazon Pre-tour Extension

*This amazing tour allows you to choose either the 11 day tour or the 17 day tour.*

*Note: Additional visa and entrance fees may be required.*

### The Wonders of South America

**February 26 – March 8, 2015 – 11 Days**

After an overnight flight, arrive on Day two in Rio de Janeiro, capital of Brazil and host of the 2014 World Cup and 2016 Summer Olympics. Day three is at leisure. Day four embark on a city tour. This afternoon ascend Corcovado by train to Christ the Redeemer, one of the largest Art Deco statues in the world. Day five fly to Iguazu Falls. Enjoy a walking tour of the Brazilian side. Day six board the Rainforest Ecological Train on the Argentine side and walk to the platform overlooking powerful Devil's Throat. Day seven journey to Mendoza. Day eight enjoy a city tour and see the Parque General San Martin and the lively central Plaza Independencia. Day nine fly to Buenos Aires, birthplace of the tango and capital of Argentina. See the Avenida 9 de Julio; Recoleta Cemetery, where Evita Peron rests; the Presidential Palace and more. Day ten is at leisure. Tonight enjoy dinner and a stunning tango performance. Day eleven either the tour ends or you continue on.

**NOTE:** Cancellation waiver insurance, airfare, hotel accommodations, hotel transfers, and 15 Meals included. \$520 deposit per person due upon registration. Save \$250 and book by August 26, 2014

**Double- \$5,749 per person**

**Single- \$6,899 per person**

### Experience South America

**February 26 – March 14, 2015 – 17 Days**

Days' one through ten is the Wonders of South America tour. Day eleven is at leisure. Day twelve fly to San Carlos de Bariloche, situated in northern Patagonia. Day thirteen embark on the renowned Circuito Chico tour of Bariloche. Day fourteen travel from Argentina to Chile. Day fifteen enjoy the Lake District. After a stroll through the fish market, view the unique cathedral, built entirely of redwood. Continue to Puerto Montt where you will fly to Santiago, Chile. Day sixteen tour Santiago. Ride the cable car up Cerro San Cristobal for sweeping views of Santiago and the Andes and admire the Statue of the Immaculate Conception. Late afternoon enjoy a gourmet meal of Chilean favorites in this countryside setting. Day seventeen the tour ends and you fly home with many memories.

**NOTE:** Cancellation waiver insurance, airfare, hotel accommodations, hotel transfers, and 26 Meals included. \$520 deposit per person due upon registration. Save \$500 and book by August 26, 2014

**Double- \$8,299 per person**

**Single- \$9,949 per person**



## RIVER CRUISE Information Meeting

### Great Rivers - Christmas Markets

Saturday, February 1, 2014  
10:00 a.m.

Modesto Junior College  
435 College Ave, Modesto  
Forum Bldg., Room 110

*Free Parking on Saturday*

## Christmas Markets Along the Danube *December 2014 - 9 Days*

**Highlights: Nuremberg, Regensburg, Passau, Linz, Melk, Vienna**

Cruise the Danube River during the holidays, gliding past Christmas trees aglow with white candles as the wafting harmonies of Handel, Bach, and "Silent Night" beckon . . . sumptuous gingerbread cakes and spicy, nut-filled cookies tempt the palate . . . and the warm, happy spirit of the season is all around you.

On this popular holiday European getaway, you can experience the essence of Christmas in Europe, and cruise through the most beloved ports of Germany and

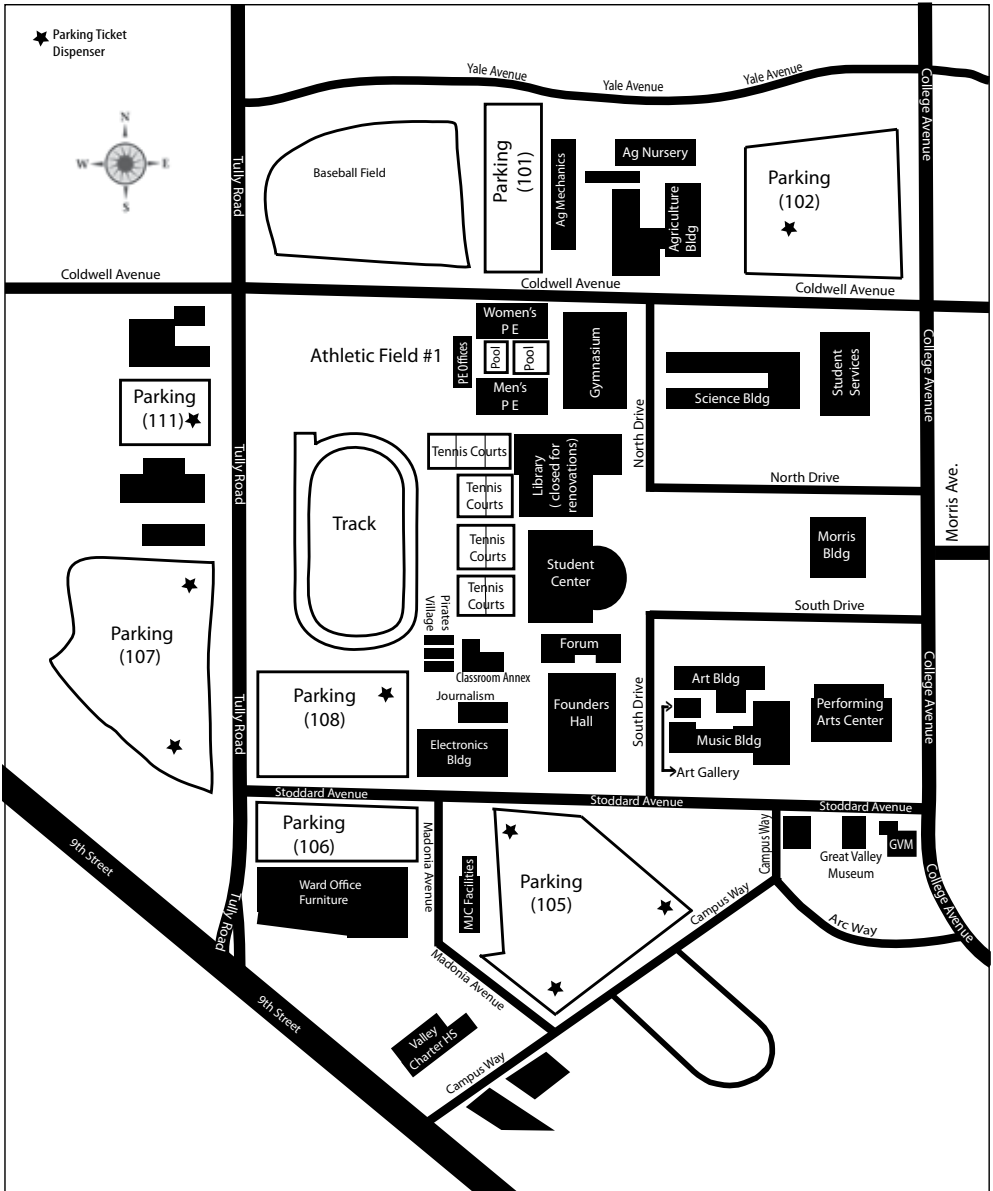


Austria. You'll explore the region's fabulous, craft-filled Christmas Markets, and savor a host of exclusive seasonal events. View storybook medieval towns in their holiday finery. Along with spending pleasant moments exclusively in the company of others who share the Christmas spirit, you will enjoy ALL meals onboard your comfortable ship, including wine with every dinner. You're invited to join a magical journey through Germany at an unbeatable value. Unpack only once and spend seven glorious nights as you cruise from Nuremberg, Germany to Vienna, Austria.

Call 575-6065 for dates and prices.

# Modesto Junior College - East Campus

435 College Avenue, Modesto, CA 95350



## Off-Campus Location Key

**Dania Hall, T'ai Chi Studio** - 416 1/2 I Street, 2nd Floor

**Direct Appliance** - 2424 McHenry Avenue, Modesto

**Dryden Park Golf Club** - 920 Sunset Ave., Modesto

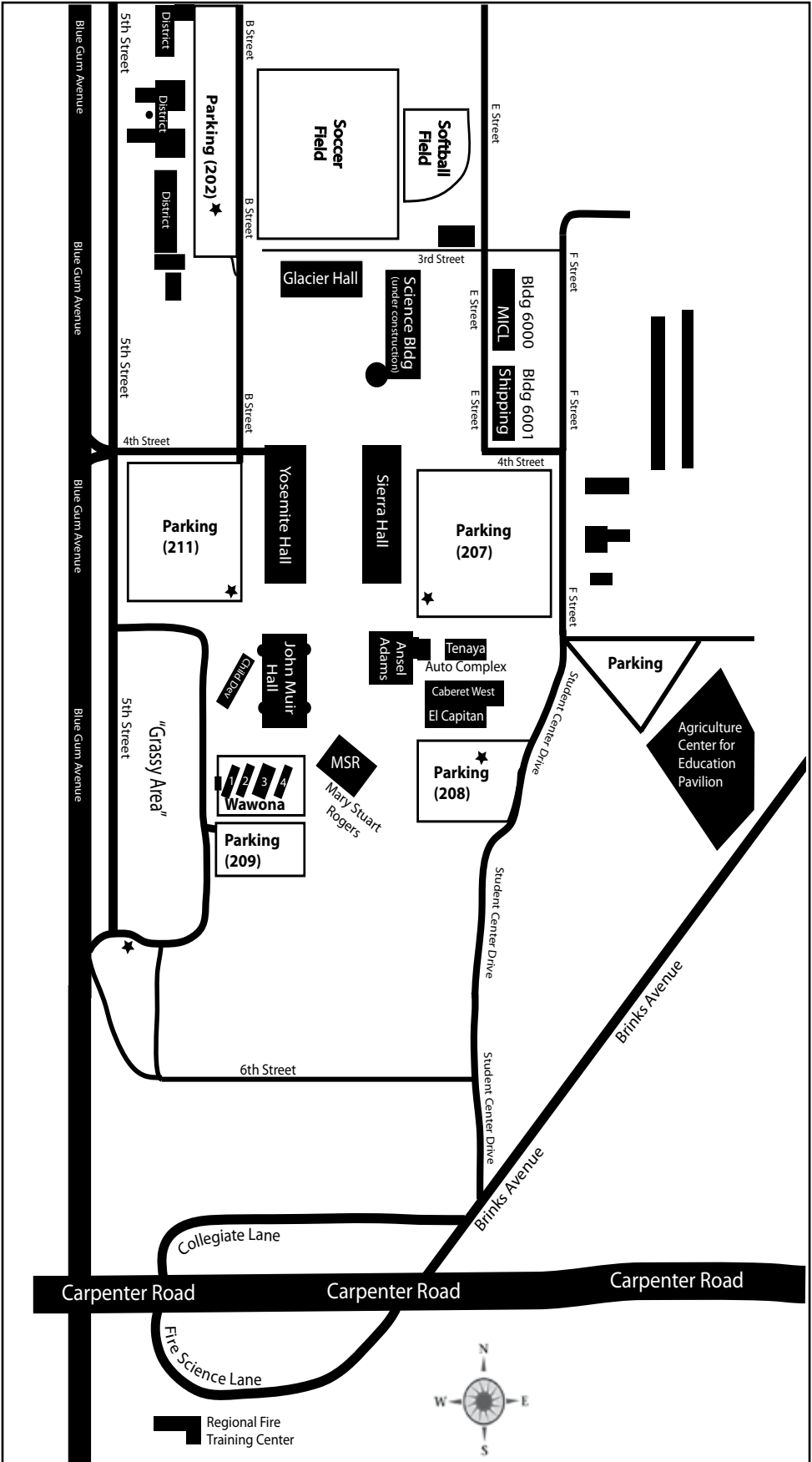
**VCHS (Valley Charter High School)** - 108 Campus Way (off of Stoddard Avenue)

**Village Yoga** - 1700 McHenry Avenue, Modesto, Ste. 66C

**You Can Dance** - 1501 Coffee Rd, Suite P, Modesto

# Modesto Junior College - West Campus

2201 Blue Gum Avenue, Modesto, CA 95358



# Five Ways to Register

**ONLINE** [www.mjc4life.org](http://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](http://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 204, 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 59.

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 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 until 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 \$1.00. 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](http://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.

## Can I get a refund?

### 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. Trips: Different refund policies apply to trips and tours. See page 50 for our trip refund policy.

### 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. A refund will NOT be processed if you try to drop online.

## 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. If you wish to receive credits, you should choose an MJC credit class.

## Can my child take an adult class?

Children ages 14-17 may register for an adult class only when a parent/ adult registers with them. 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.

Activities for All Ages



### New Classes in Winter 2014

- Beginning Metal Etching
- Music Rhythm & Movement
- Jelly Roll Baby Quilt
- Pasta from Scratch
- Aqua Zumba & Aquacize It!
- Lifeguard Certification
- Play on Words
- Doc McStuffins Tap

Career Training Programs



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

Arts and Crafts for All Ages



435 College Avenue, Modesto, CA 95350

RESIDENTIAL CUSTOMER  
ECRWSS

### Classes to Enjoy During the Day

- |                     |                    |                     |
|---------------------|--------------------|---------------------|
| Beginning Sewing    | Jewelry, Lapidary  | Bread Making        |
| Beginning Soldering | Beginning Quilting | Mommy & Me Yoga     |
| Stained Glass       | Aqua Zumba         | Yoga for Every Body |
| Watercolor Painting | Knitting           | Finding Your Roots  |

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

Register Online @ [WWW.mjc4life.org](http://WWW.mjc4life.org)