Grow Yourself!

Beyond DIY
• Mosaic Serving Tray  p. 4
• Balloon Twisting. p. 4
• Art Club p. 7

Get Fit
• Social Dance  p. 10
• Learn To Sail  p. 31
• Basic Fly Tying p. 31

Music
• Jazz Guitar  p. 11
• Kansas City Jazz p. 11

Money
• Buying Real Estate p. 13
• Retirement Elevated p. 13

Sign up any time online: info.umkc.edu/communiversity
As we close out our first semester of Communiversity, Vincent and I would like to thank all of you for your patience and understanding. Filling Rick Mareske's shoes is a huge challenge and we have had a few bumps along the way. But, working together, and with your help, we have successfully navigated our biggest hurdles.

In the coming months and year, you will see a few changes. But, rest assured, the quality of the classes remains our number one priority. Please take note of some of our newest class offerings. We are very excited about them. On page 17 we offer "Growing Better Tomatoes." I don't know about you, but this is a goal I strive for every year. I can't wait to take the class and eventually see the fruits of my labor. If you love local history, you might be interested to learn about the history of the UMKC Volkert campus. On page 31 we offer a UMKC Historical Walking Tour. Please join our friend Chris Wolff as he shares stories, history and interesting facts about UMKC you probably never knew.

The Spring series of classes also includes some of your favorites. We continue to offer dance classes, grant-writing classes, yoga and meditation and many other staples. These classes remain quite popular and fill up fast. Thanks to the loyal conveners who continue to donate their time.

Please also note a new section in the catalog regarding our partnership with Ed2go. Through them, we are able to offer some online classes not offered in the general Communiversity curriculum. We have highlighted a few, but the total offering is quite extensive. Take a minute to browse the list. I feel certain you will find something of interest.

Another new feature is our Artist's Corner. Each catalog will showcase the work of an artist who is a UMKC alumna/a. Being that I also serve as Director of Advancement in the College of Arts and Sciences, and have for 16 years, I am always thrilled to highlight graduates from the College. We have so much talent! Take a special look at this semester's featured artist, Linda Link. Her information is below.

Finally, we really appreciate your feedback. Class ideas, location ideas, what we can do better, etc. Without your input, we won't grow. We encourage you to call any time.

Again, thank you for being a Communiversity fan.

Karen English, Executive Director, Communiversity (816-235-1139)
Vincent Tabb, Office Support Assistant (816-235-1448)

Communiversity Staff
Karen English, Director of Communiversity
Vincent Tabb, Office Support Assistant

Graphics
Linda Link, guest artist

About the Artist

Linda Link is a UMKC 2015 studio art graduate with a minor in art history and the creator of this semester's catalog cover as well as the design elements throughout.

While earning her undergraduate degree, she developed a love for a myriad of creative outlets such as graphic design, photography, metalsmithing, and surface and mixed media design. Linda says inspiration for her work comes from many places such as ethnographic symbols, architecture, sculptors, textiles, painters, and children's book illustrators to name a few.

"To be a maker is to have a connection to the past but in new and exciting ways. It's a rewarding amalgamation of skill and technology that enables me to cultivate my artistic voice and develop an open dialog with others."

UMKC students are encouraged to submit work for consideration for the catalog. If you are interested in submitting work to be considered for future issues of the catalog and you are a current UMKC student, please contact us. Only original artwork will be considered.
Arts & Crafts

#1001 A  
**Zentangle Butterflies**
Using butterflies as our focus, you will learn how to take “doodling” to a new level. The practice of Zentangle is calming, centering and self-affirming. You will create six different zentangle butterflies in this session. Ideas for how to finish and display your butterflies will be discussed. This class includes a PowerPoint presentation, handout, materials for hands-on learning and step-by-step instructions for several tangle patterns. Be warned: It is addictive!

**CONVENER:** Christine Shuck (816-318-0169)  
**Email:** shuckchristine@gmail.com  
**Website:** http://thedeadlynightshade.com  
**CLASS FEE:** $10.00 + $25.00 material fee = $35.00  
**Sec. A:** 1 session(s); Beginning Saturday, May 21, 2016; 1:00 PM - 3:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

#1002 A  
**Zentangle Off the Page: Pendants & Bookmarks**
Take your favorite Zentangle design, color it, or leave it in black and white, and add it to an attractive glass pendant. Class includes all supplies needed to make a beautiful and unique glass pendant and also a bookmark. Perfect for gift-giving. Come Zentangle with us!

**CONVENER:** Christine Shuck (816-318-0169)  
**Email:** shuckchristine@gmail.com  
**Website:** http://thedeadlynightshade.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session(s); Beginning Saturday, April 23, 2016; 1:00 PM - 3:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

#1003 A  
**Zentangle Off the Page: Coasters**
Zentangle your favorite designs onto a set of four tiles for your own set of personal art with a purpose! Participants will be provided with four tiles ready for their Zentangle designs and completed work will include a felt backing and sealant to protect the design. Perfect for gift-giving.

**CONVENER:** Christine Shuck (816-318-0169)  
**Email:** shuckchristine@gmail.com  
**Website:** http://thedeadlynightshade.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session(s); Beginning Saturday, March 19, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

#1004 A  
**Art of the Altered Page**
In this class, we will create art by upcycling old books. Choose from weathered pages of a battered 1900 Encyclopedia Britannica and change those pages into farmable art. Each art piece is completely unique, but incorporates doodling, Zentangle, found words, and more to create a piece suitable for framing or use in decoupage. Help turn a book slated for the trash into a thoughtful piece of beauty!

**CONVENER:** Christine Shuck (816-318-0169)  
**Email:** shuckchristine@gmail.com  
**Website:** http://thedeadlynightshade.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session(s); Beginning Saturday, January 23, 2016; 1:00 PM - 3:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

#1005 A  
**Creating Zendala Art**
Mandala and Zentangle - two fascinating and meditative art forms combine to make Zendala art! Attendees will learn about the history of mandala art and get a chance to make their own art while looking at a wide range of mandala and zendala inspired art.

**CONVENER:** Christine Shuck (816-318-0169)  
**Email:** shuckchristine@gmail.com  
**Website:** http://thedeadlynightshade.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session(s); Beginning Saturday, January 23, 2016; 1:00 PM - 3:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

#1006 A  
**Perchance to Zentangle**
Not an artist? Challenged when drawing stick figures? Learn how to take “doodling” to a whole new level. The practice of Zentangle is calming, centering, and self-affirming. It is creating art…for the non-artist. Learn how Zentangle can help you focus, expand artistic abilities you didn’t know you had, and create beautiful art in the process. This class includes a PowerPoint presentation, handout, materials for hands-on learning and step-by-step instructions for several tangle patterns to help you learn the art of Zentangle. Be warned, it is addictive!

**CONVENER:** Christine Shuck (816-318-0169)  
**Email:** shuckchristine@gmail.com  
**Website:** http://thedeadlynightshade.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session(s); Beginning Saturday, January 23, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10
#1008 A Basic Airbrushing
Learn basic airbrushing techniques and fundamentals. Including set up and basic care of equipment. You will be engaged in an intense two-hour session and you will leave with your own creation that you personally created. Bring $15.00 to class to cover materials and supplies.
CONVENER: Daniel Rowland
Email: airbrushworks2012@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, March 05, 2016; 11:00 AM - 1:00 PM; Holy Cow Market and Music, 3109 Gillham Road Kansas City MO 64109; LIMIT: 20

#1009 A Learn to Crochet
Cozy up with a crochet hook and some yarn and learn all the basic stitches: chain, single, double and treble. From there you can make afghans, scarves, hats, dresses, baby clothes, purses, decorations, boxes, or whatever you can imagine. Bring your own supplies or buy them at class. Nirmal has been crocheting ever since her grandmother taught her at age seven.
CONVENER: Nirmal Keur Khalsa (816-753-1781)
Email: NirmalCrochets@gmail.com
CLASS FEE: $14.00
Sec. A: 2 session(s); Beginning Thursday, February 11, 2016; 6:00 PM - 8:00 PM; The Studio Knitting & Needlepoint, 5555 Nall, Overland Park, KS 66207; LIMIT: 8

#1010 A Mixed Media Girls
Come meet the new girl in your life! In this acrylic painting class, we will create an adorable mixed media girl. I will walk you through the process of creating a whimsical, folk art girl using mixed media techniques. We will use acrylic paint, india ink, stamps, collage paper, fabric, and stencils to create an adorable background. Then, you can free hand your pooch or use my templates if you prefer. Your new best friend will make you giggle with joy!
CONVENER: Stacy Krieg
Email: kriegsj@yahoo.com
CLASS FEE: $10.00 + $30.00 material fee = $40.00
Sec. A: 1 session(s); Beginning Saturday, April 30, 2016; 1:00 PM - 3:00 PM; Livestock Exchange Building, 1600 Genessee, Ste. 408, Kansas City, MO 64102; LIMIT: 6

#1011 A Meow Mix!
Meow Mix! Come meet the new cat in your life! In this acrylic painting class, we will create an adorable mixed media kitty. I will walk you through the process of many mixed media techniques. We will use acrylic paint, india ink, stamps, collage paper, fabric, and stencils, etc. to create an adorable background. Then, you can free hand your kitty or use my templates if you prefer. Your new piece will prove that cats are also man’s best friend!
CONVENER: Stacy Krieg
Email: kriegsj@yahoo.com
CLASS FEE: $10.00 + $30.00 material fee = $40.00
Sec. A: 1 session(s); Beginning Saturday, April 09, 2016; 1:00 PM - 3:00 PM; Livestock Exchange Building, 1600 Genessee, Ste. 408, Kansas City, MO 64102; LIMIT: 6

#1012 A Doggone It!
Doggone it! Come meet the new dog in your life! In this acrylic painting class, we will create an adorable mixed media dog. I will walk you through the process of many mixed media techniques. We will use acrylic paint, india ink, stamps, collage paper, fabric, and stencils, etc. to create an adorable background. Then, you can free hand your pooch or use my templates if you prefer. Your new best friend will make you giggle with joy!
CONVENER: Stacy Krieg
Email: kriegsj@yahoo.com
CLASS FEE: $10.00 + $30.00 material fee = $40.00
Sec. A: 1 session(s); Beginning Saturday, January 30, 2016; 1:00 PM - 3:00 PM; Livestock Exchange Building, 1600 Genessee, Ste. 408, Kansas City, MO 64102; LIMIT: 6

#1013 A Let’s Get Waxy!
Learn the ancient art of encaustic painting (painting with beeswax). This medium is so versatile and gorgeous and does most of the work for you. This ancient painting method has stood the test of time and is regaining popularity due to its unique look, versatility, and incredible ability to be used with many mixed media techniques. In this class, we will learn the basics of encaustic combined with mixed media techniques (the shellac burn, alcohol inks, collage, and oil pastels, etc). The possibilities are endless with this medium!
CONVENER: Stacy Krieg
Email: kriegsj@yahoo.com
CLASS FEE: $10.00 + $30.00 material fee = $40.00
Sec. A: 1 session(s); Beginning Saturday, April 30, 2016; 1:00 PM - 3:00 PM; Livestock Exchange Building, 1600 Genessee, Ste. 408, Kansas City, MO 64102; LIMIT: 10

#1014 A Balloon Twisting
An introduction to balloon twisting. Participants will be introduced to the various tools and techniques for making basic balloon animals and continue on to more advanced techniques and sculptures.
CONVENER: James Wskie
Email: wskie@cox.net
CLASS FEE: $18.00 + $25.00 material fee = $43.00
Sec. A: 8 session(s); Beginning Wednesday, January 20, 2016; 7:00 PM - 8:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#1015 A Dye Your Own Silk Scarf
Join Jackie Denning in using non-toxic forgivable dye that will stay the color you want. NO STEAMING! We will fold, bend, clamp, twist, dye and play. I have fabric markers to add details at the end. Material charge is $25.00. Pre-pay for materials on paypal at JackieDenningArt@yahoo.com. No refunds for no-shows. Must cancel a week in advance as the materials are bought in advance. Wear a smock. This can get pretty messy.
CONVENER: Jackie Denning (727-420-2596)
Email: jackiedenningart@yahoo.com
Website: jackiedenningart.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, April 11, 2016; 5:15 PM - 7:15 PM; Artist and Craftsmen Supply, 229 Southwest Boulevard KCMO MO 64108; LIMIT: 6

#1016 A Make a Beaded Bracelet and Matching Earrings
Learn how to make compatible bead combinations to create a stunning bracelet and earring set designed by you. Learn about various styles of clasps and findings for bracelet construction. All materials included.
CONVENER: Regina Compernolle (816-547-0255)
Email: sacredheartarts@pac.com
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session(s); Beginning Thursday, January 21, 2016; 7:00 PM - 9:00 PM; Dogwood Forest in Kansas City, Kansas, Regina will contact with directions; LIMIT: 10

#1017 A Fall in Love with Watercolors
Even if you have never painted before, you can create in this relaxed, peaceful venue. You will enter or continue in the wonderful world of watercolors with this simplified, step-by-step approach. We will cover all of the basics; color selection, palette layout, brushes, paper selection, splattering, wet on wet techniques, etc. There will be a demonstration during each class, then hands-on artwork. Our goal is for you to have a finished painting at the end of each session, i.e. flowers, leaves, trees, landscapes, K.C. Plaza and more.
CONVENER: Robert Muraus (405-255-9077)
CLASS FEE: $18.00 + $15.00 material fee = $33.00
Sec. A: 4 session(s); Beginning Tuesday, January 19, 2016; 6:00 PM - 8:00 PM; First Church of the Nazarene, Missouri, Southside Room, 11811 State Line Road KCMO 64114; LIMIT: 25

#1018 A, B, C or D Mosaic Basics
This class is aimed at playing with the materials, learning the tools and finding out that this is the most addictive art form ever. The course covers tools for nipping, cutting, proper adhesives and substrates. Students will be introduced to a wide variety of materials exploring both traditional and contemporary techniques. This comprehensive class offers a strong foundation for constructing interior mosaics.
CONVENER: Laura Rendlen
Email: laura.rendlen@gmail.com
CLASS FEE: $10.00 + $35.00 material fee = $45.00
Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; Sec. B: 1 session(s); Beginning Saturday, February 13, 2016; Sec. C: 1 session(s); Beginning Saturday, March 19, 2016; Sec. D: 1 session(s); Beginning Saturday, April 30, 2016; 10:00 AM - 1:00 PM; Laura Rendlen Studio, 1708 Belleview KCMO 64114; LIMIT: 10

#1019 A Mosaic Serving Tray
Create your own one-of-a-kind glass mosaic serving tray. Useful for drinks and more. Use inside or outside. Samples and full instruction provided. Please bring gloves. Supply fee of $25.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.
CONVENER: Marla DiBenedetto
Email: captaindraiven@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, May 14, 2016; 1:00 PM - 3:30 PM; Location TBD; LIMIT: 10
#1020 A,B or C
Plein Air Watercolor Class
Enjoy an afternoon painting in the great outdoors. Learn about watercolor painting, get tips and more. Please bring a hard tray, wood etc. to put your paper on. If it rains class will be held indoors. Each week is different. Supply fee of $10.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty MO 64068 before class.
CONVENER: Marla DiBenedetto
Email: captainraven@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, April 02, 2016;
Sec. B: 1 session(s); Beginning Saturday, April 16, 2016;
Sec. C: 1 session(s); Beginning Saturday, May 07, 2016;
12:30 PM - 3:30 PM Anita B. Gorman Discovery Center, 4750 Troost Kansas City MO 64110; LIMIT: 10

#1021 A
Acrylic Painting
Awaken or dust off your inner artist! We will use still life, personal sketch books, dream journals and Kansas City for inspiration. All skill levels welcome. With Artist Kris Devlin.
CONVENER: Kris Devlin
CLASS FEE: $18.00 + $45.00 material fee = $63.00
Sec. A: 8 session(s); Beginning Tuesday, March 01, 2016; 6:00 PM - 8:00 PM; Historic Katz Drugstore, 3948 Main Kansas City MO 64111; LIMIT: 30

The Writers Place
Take your writing to the next level in our writing workshops in poetry, fiction, and creative nonfiction. Taught by working writers, they’re perfect for beginners, inspiring for everyone.
The Writers Place
3607 Pennsylvania
Kansas City, MO 64111
(816) 753-1090
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Women of the Drum
Home Herbalist Courses
Women’s Sacred Studies
Regina Compernolle 816-547-0266
Regina@sacredeartharts.com

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#1022 A  
**Art of Clay: Hand-Building**

This class will introduce participants to several techniques of constructing hand-built functional and/or sculptural pottery forms using stoneware clay and glazes. We strongly suggest taking this class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this class once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramics arts and education in Kansas City.

**CONVENER:** The Clay Guild (816-383-1663)  
**CLASS FEE:** $18.00  
**Sec. A:** 4 session(s); Beginning Monday, April 19, 2016; 6:30 PM - 8:30 PM; Kansas City Clay Guild, 200 W. 74th St., KCMO 64114; LIMIT: 10

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#1023 A  
**Art of Clay: Wheel-Throwing**

This class is an introduction to the potters’ wheel. Participants will learn how to center clay and create several basic forms using electric potters’ wheels. We strongly suggest taking the handbuilding class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this course once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramics arts and education in Kansas City.

**CONVENER:** The Clay Guild (816-383-1663)  
**CLASS FEE:** $18.00  
**Sec. A:** 4 session(s); Beginning Monday, April 19, 2016; 6:30 PM - 8:30 PM; Kansas City Clay Guild, 200 W. 74th St., KC MO 64114; LIMIT: 8

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#1024 A  
**Fun Mosaic Garden Stepping Stones**

Enjoy an afternoon making two stepping stones for your garden or a path. Step-by-step instruction with demonstrations. Please bring gloves as the glass is sharp. You will learn how to cut glass and how to make stepping stones at home. All other supplies provided. Supply fee of $25.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.  

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Saturday, March 19, 2016; 12:00 PM - 4:00 PM; Anita B. Gorman Discovery Center, 4750 Troost Kansas City MO 64110; LIMIT: 10

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#1025 A  
**3D Horizontal Spinning Garden Sculptures**

Learn how to cut, texture and design a 3-D garden sculpture. No soldering required. Using my designs and patterns, you will have a choice of eight patterns to choose from. Please wear gloves and bring a hammer. Samples and step by step demonstration. All other supplies included. Supply fee of $25.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Saturday, March 05, 2016; 12:00 PM - 4:00 PM; Anita B. Gorman Discovery Center, 4750 Troost Kansas City MO 64110; Limit: 10

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#1026 A  
**Watercolor 1**

Explore the wonderful world of watercolors. A beginners class. Students will learn several techniques and implement them in the picture we will be painting today. The first in a series of 4. Each will cover different techniques and subjects. Supply fee of $10.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Sunday, February 21, 2016; 1:00 PM - 4:00 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO 64108; LIMIT: 10

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#1027 A  
**Watercolor 2**

Learn new techniques in this session which builds on the previous class. Students will take home a completed picture using techniques learned. Supply fee of $10.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Sunday, February 28, 2016; 1:00 PM - 4:00 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO 64108; LIMIT: 10

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#1028 A  
**Figure Drawing**

Join us in a relaxed setting where you can do a lot of figure drawing. We cycle through several quick one-minute gesture drawings, then gradually work up to longer fifteen minute drawings. This class is open to all levels of artists; beginners to seasoned. This class is non-instructive; guidance and advice is given on request. Easels and drawing horses are provided. Please bring your art materials and supplies and a one-time fee of $45 to the first class for model fee and room rental.

**CONVENER:** Jeff Wolenker (913-788-3467)  
**Email:** studio7fineart@msn.com  
**CLASS FEE:** $18.00  
**Sec. A:** 5 session(s); Beginning Wednesday, January 20, 2016; 6:30 PM - 9:15 PM; Artist and Craftsman Supply, 239 Southwest Boulevard KCMO MO 64108; LIMIT: 8

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#1029 A  
**Watercolor 3**

A continuation of watercolor 2. Learn even more new techniques to use and implement in the picture of the day. Supply fee of $10.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Sunday, March 06, 2016; 1:00 PM - 4:00 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO 64108; LIMIT: 10

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#1030 A  
**Watercolor 4**

Here is the final installment of this watercolor series. We will add a few more techniques and implement them in our picture of the day. Supply fee of $10.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty, MO, 64068 before class.

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Sunday, March 13, 2016; 1:00 PM - 4:00 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO 64108; LIMIT: 10

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#1031 A, B or C  
**Create a Mandala**

Join Jackie Denning to create your own mandala. Jackie figured a very easy way for anyone to make a beautiful mandala. Everyone always loves theirs. They can’t believe how relaxing and fun it is. You can color copy them later to make other things from it. Pre-pay on paypal to jackiedenningart@yahoo.com. No refunds for no-shows. Must cancel class a week in advance as materials are bought in advance. Materials fees are $11.00 on paper or $19.00 on canvas.

**CONVENER:** Jackie Denning (727-420-2596)  
**Website:** jackiedenningart.com  
**CLASS FEE:** $19.00  
**Sec. A:** 5 session(s); Beginning Wednesday, February 24, 2016; 6:30 PM - 9:15 PM; Artist and Craftsman Supply, 239 Southwest Boulevard KCMO MO 64108; LIMIT: 10

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#1032 A  
**Soda Can Roses and Glass Painted Vase**

Enjoy the afternoon learning how to make roses from recycled aluminum soda/drink cans and then glass paint a vase to put them in. Just in time for Valentines Day giving or keep for yourself. Please bring gloves. Supply fee of $15.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty MO 64068 before class.

**CONVENER:** Marla DiBenedetto  
**Email:** captaindraiven@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Sunday, February 07, 2016; 1:30 PM - 5:30 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO 64108; LIMIT: 10

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#1033 A  
**Jewelry Making: Beads & Wire**

This class is designed for all levels. Beginners to seasoned. You will learn to make a variety of bead and wire jewelry. Materials are included except for beads, wire, and clasp. Bring your ideas and let’s create together. You will go home with at least one piece of jewelry. Pre-pay on paypal or in advance.

**CONVENER:** The Clay Guild (816-383-1663)  
**CLASS FEE:** $25.00  
**Sec. A:** 6 session(s); Beginning Saturday, March 26, 2016; 10:00 AM - 1:00 PM; Kansas City Clay Guild, 200 W. 74th St., KCMO 64114; LIMIT: 8

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#1034 A  
**Figure Drawing**

Join Jackie Denning to create your own mandala. Jackie figured a very easy way for anyone to make a beautiful mandala. Everyone always loves theirs. They can’t believe how relaxing and fun it is. You can color copy them later to make other things from it. Pre-pay on paypal to jackiedenningart@yahoo.com. No refunds for no-shows. Must cancel class a week in advance as materials are bought in advance. Materials fees are $11.00 on paper or $19.00 on canvas.

**CONVENER:** Jackie Denning (727-420-2596)  
**Email:** jackiedenningart@yahoo.com  
**Website:** jackiedenningart.com  
**CLASS FEE:** $19.00  
**Sec. A:** 5 session(s); Beginning Monday, May 9, 2016; 5:15 PM - 7:15 PM; Artist and Craftsman Supply, 239 Southwest Boulevard KCMO MO 64108; LIMIT: 8
#1033 A
Make Your Own Silkscreen
Create your own silkscreen with Jackie Denning. We use a resist and paint it on the screen. When dry, we will print in the negative space creating an organic funky original design by you that can be printed over and over at home. Bring 100 percent cotton light colored fabric to do a test print on. Most people finish in time for this. Having a design idea when you come in helps. Avoid anything too complicated or detailed. Pre-pay material fee on paypal to jackiedenningart@yahoo.com. No refunds for no-shows. Must cancel class a week in advance as materials are bought in advance. Material fees are $25.00.
CONVENER: Jackie Denning (727-420-2596)
Website: jackiedenningart.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, May 2, 2016; 5:15 PM - 7:15 PM; Artist and Craftsman Supply, 239 Southwest Boulevard KCMO MO 64108; LIMIT : 6

#1034 A
Easy Peasy Batik
Join Jackie Denning in an easy non-toxic easier to get out soy wax corner cutting batik technique. Bring a piece of 100 percent cotton light colored fabric, no larger than pillow case size. We will draw and stamp with soy wax then paint in with beautiful colors that will stay the color you intended. When you get home and it is dry, you can iron out wax, then wash and viola! You did a batik Jackie style. Bring garments that can get painty or an apron. It is art class after all. Pre-pay material fee on paypal to jackiedenningart@yahoo.com. No refunds for no-shows. Must cancel a week in advance. Materials are bought in advance. Material fees are $25.00.
CONVENER: Jackie Denning (727-420-2596)
Website: jackiedenningart.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, April 25, 2016; 5:15 PM - 7:15 PM; Artist and Craftsman Supply, 239 Southwest Boulevard KCMO MO 64108; LIMIT : 6

#1035 A
Block Print Greeting Card Size
Come join Jackie Denning in creating your own 4x6 block print card design that can be printed multiple times on greeting cards in different colors. It is so fun and easy. Maybe make a design filled with love. Jackiedenningart.com. Pre-pay for materials through paypal. Send money to: Jackiedenningart@yahoo.com. No refunds for no-shows. Cancellations need be made one week in advance. Materials are bought in advance. Bring clothes that can get dirty or a smock. Feel free to bring design ideas. Material fees are $25.00.
CONVENER: Jackie Denning (727-420-2596)
Email: jackiedenningart@yahoo.com
Website: jackiedenningart.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, January 25, 2016; 5:15 PM - 7:15 PM; Artist and Craftsman Supply, 239 Southwest Boulevard KCMO MO 64108; LIMIT : 8

#1036 A, B, C or D
Art Journals
Join us for First Friday Art Journal Page Prompt in Open Studio. Art Journals are a labor of love. They take time and dedication to complete them. Every First Friday in Open Studio we will have a special project available that will make a great addition for your journal. Come play with a ton of art journal supplies and have access to our paper wall! The first hour in studio is free, after that regular studio fees apply. Supplies will be available from 10:00 a.m.-7:30 p.m. every First Friday. Bring $16 to class for materials.
CONVENER: Sheryl Godsy (816-287-1531 )
Email: godsytd@gmail.com
Website: www.daretodabble.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Friday, February 05, 2016;
Sec. B: 1 session(s); Beginning Friday, March 04, 2016;
Sec. C: 1 session(s); Beginning Friday, April 01, 2016;
Sec. D: 1 session(s); Beginning Friday, May 06, 2016;
10:00 AM - 7:30 PM; Dare to Dabble, 1329 Swift, North Kansas City, MO 64116; LIMIT : 10

#1037 A, B, C or D
Painting with Acrylics
Join Dare to Dabble on Third Thursdays to dabble in the art of painting with acrylics! We will guide you through the steps of creating a 16"x20" piece of artwork while enjoying breaks along the way filled with laughter and music to make you dance. At the end of the session you will leave with your own masterpiece. A material fee of $20 includes 16 x 20" canvases with all supplies provided.
CONVENER: Sheryl Godsy (816-287-1531 )
Email: godsytd@gmail.com
Website: www.daretodabble.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Thursday, January 21, 2016;
Sec. B: 1 session(s); Beginning Thursday, February 18, 2016;
Sec. C: 1 session(s); Beginning Thursday, March 17, 2016;
Sec. D: 1 session(s); Beginning Thursday, April 21, 2016;
1:00 PM - 3:00 PM; Dare to Dabble, 1329 Swift, North Kansas City, MO 64116; LIMIT : 15

#1038 A, B, C or D
Art Club
Unleash your creativity at Dare to Dabble! Young artist ages 7 and up will dabble in a variety of art mediums with projects that explore art principles and elements of design. We provide all the supplies in an inspiring art studio environment. Material fee is $25 per session.
CONVENER: Sheryl Godsy & Erin Rosales (816-287-1531 )
Email: godsytd@gmail.com
Website: www.daretodabble.com
CLASS FEE: $14.00
Sec. A: 2 session(s); Beginning Thursday, January 21, 2016;
Sec. B: 2 session(s); Beginning Thursday, February 18, 2016;
Sec. C: 2 session(s); Beginning Thursday, March 17, 2016;
Sec. D: 2 session(s); Beginning Thursday, April 21, 2016;
4:00 PM - 5:00 PM; Dare to Dabble, 1329 Swift, North Kansas City, MO 64116; LIMIT : 10

#3925 Main, KCMO 64111
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A 501(c)(3) not-for-profit organization.

For a complete schedule
Call 816-561-2882
or visit: www.cityinmotion.org
#1039 A
Better with Leather! Mask Making

Dare to Dabble provides a monthly opportunity to learn how to make handcrafted leather projects. Each session participants will be able to choose a project. We provide all the tools and supplies and Mid America Leather Artist Guild will be here to provide resources and instruction on techniques. We believe in DOING to learn, MAKING to be creative, and EMBRACING mistakes to gain experience. The material fee due by January 14th.

#1040 A
Bookbinding: Pocket Journal

Looking for an Analog (ink on paper) equivalent to your Digital device (smartphone, tablet or e-reader)? This little book is perfect for carrying in your pocket or bag to keep track of your schedule or jotting down anything from your brilliant ideas to your grocery list. The Hedgehog is an unabashed knock-off of the popular Moleskine journals and demonstrates the basics of hand-bookbinding.

#1041 A
Letterpress Stationery

Using a vintage printing press and individual pieces of hand-set metal type, create some luxurious stationery note cards perfect to give away as a gift or keep for yourself. This relief printing process is the same technology that Johannes Gutenberg used in the 15th century to create the first printed Bible, but it’s widely used today for upscale social stationery such as business cards, greeting cards and invitations. Chuck is a production manager for a book publisher in Kansas City and has been practicing the “book arts” for nearly 20 years.

#1042 A
Everything Old Is New Again

Do you have old Beaded Jewelry that needs updating? This class will show you how to take old Beaded Jewelry (Necklaces & Bracelets) and update it to a new beautiful piece of Beaded Jewelry. This class is for Beaded Jewelry only. Please bring $10 to class for materials fees.

#1043 A
Beaded Wrap Leather Bracelet

Using beads and stringing them between leather we will make a beautiful bracelet with a button closure. Please bring $10 to class for materials fees.

#1044 A or B
Henna: Temporary Indian Tattoos

Learn about the history of henna and several ways to apply it. We’ll practice application, look at traditional and modern designs, learn how to use henna for natural tanning and also how to grow the plant. Sabira learned this art of adorning the different parts of the body with temporary tattoos (henna) at a very young age. Ajay and Sabira use their skills to promote the Indian culture through this medium. Material fee is for henna kit and a booklet.

#1045 A
Better with Leather! Wallet and Coin Purse

Dare to Dabble provides a monthly opportunity to learn how to make handcrafted leather projects. Learn tooling and lacing. We provide all the tools and supplies and Mid America Leather Artist Guild will be here to provide resources and instruction on techniques. We believe in DOING to learn, MAKING to be creative, and EMBRACING mistakes to gain experience. Material fee needs to be paid in advance by March 1 for each project – can be paid on phone 816-421-1025 or at Dare to Dabble – 1329 Swift, NKC MO.

#1046 A or B
Wood Fired Raku

In the first session we will learn basic hand-building techniques and produce pieces to be bisqued, glazed and raku-fired. In the second session we’ll glaze fire our hand-built work. Be prepared to cut some wood and stoke the kiln to maintain temperature of 1950°F. The pots can be completed in the afternoon. Please send $35 for materials and firing to Back Door Pottery. If we have blowing rains we will reschedule the second meeting. Bring a lunch or hotdogs to roast.

#1047 A
Egyptian Paste Beads

Egyptian Paste (faience) is colored self-glazing clay fired to 1900°F. Come experience the magic of this 3000 year old process. Most people are familiar with the ancient turquoise scarabs and mummy beads. Class includes demonstrations of marbling, forming and molding, then hands-on bead ornament making. Participants can then string and assemble the fired beads they make into a finished piece. Please send $25 to cover materials and firing to Back Door Pottery: 3922 St John Ave. KCMO 64123. Rebecca has been an instructor of recreational pottery classes since 1986 and was the ceramics instructor at William Jewel College from 1980 to 1999. Art Institute graduate. More information and images on my website at www.BackDoorPottery.com

#1048 A
Coiled Rim Gourd

Gourds aren’t just for birdhouses – they can be an artful yet functional piece. Learn how to make a beautiful simple coiled bowl or vase. Dare to Dabble will have an assortment of cleaned 5-7 gourds and you will finish it with a variety of media or hotdogs to roast.
**#1049 A or B**  
**Alcohol Ink Jewelry - I can do that!**

These little bottles of ink are really fun and have loads of amazing applications. In this “I can do that” class we will explore alcohol ink on a domino or a tile. We'll show you how to add texture with stamps and embellish your work to create a stunning pendant. Please bring $15 to class for supplies. 

Dare to Dabble is Kansas City’s teaching arts studio where jewelry making is just one of many creative mediums available in open studio.  

**CONVENER:** Sheryl Godsy (816-287-1531)  
Email: godsytya@gmail.com  
Website: www.daredabble.com  
CLASS FEE: $10.00

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**#1103 A, B, C or D**  
**East Coast Swing**

We’ve got rhythm! We’ve got music—swings music! From 40’s swing music to rhythm and blues, we’ll do it all! Are you ready to put the bounce in your step? This beginning to intermediate swing class features many fun and flashy variations. It’s so much fun, you won’t notice what a great workout you’re getting! Please bring $5 to each class for room rental.  

**CONVENER:** Toi Shaw  (816-305-2931)  
Email: toishaw@aol.com  
CLASS FEE: $18.00

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**#1105 A, B, C or D**  
**West Coast Swing**

This type of swing is a smooth dance done to many types of music. Traditionally danced to rhythm and blues, it has now branched out to country, rock, disco and funk. It is danced on a slot, allowing each partner freedom of expression. We will start with the basic pattern and add a new pattern weekly. No partner necessary. Review each week! Bring $5 per meeting for room rental.  

**CONVENER:** Kyle Patel  
CLASS FEE: $18.00

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**#1106 A**  
**World Folk Dancers of Kansas City**

Folk dancing can be a visit to the past and a window to other cultures. Sometimes it combines modern music with old dances. It is a way to exercise with music, and have fun, too! Please bring $3 per night for room rental.  

**CONVENER:** Vivian Hartzler Hunt & Henry Temchin  
CLASS FEE: $18.00

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**#1108 A or B**  
**English Country Dance**

Most commonly known for being included in movies from the early 1800s, e.g. “Pride and Prejudice,” English Country Dance was popular for almost 400 years and died out around 1870. The dance involves beautiful patterns, graceful moves, and a full range of music from waltzes to jigs. One dance might be slow and graceful, and the next might have you laughing breathlessly. Please bring $5 to contribute towards room rental. 

**CONVENER:** Martine  
Website: wwwwcangirlsdance.weebly.com  
CLASS FEE: $10.00

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**#1109 A or B**  
**Flamenco!**

This workshop will be geared toward adults interested in an introduction to the rhythms, movement, and history of Flamenco dance. Wear comfortable workout type clothing and heeled shoes. Please bring $5 to class for room rental.  

**CONVENER:** City In Motion Faculty & Cindy Bleck  
CLASS FEE: $10.00

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**#1110 A or B**  
**Tap Dance for Adults of All Ages: Basics Beginners or Beginners Again**

If you have always wanted to learn to tap dance, but never had the time, the confidence, or the opportunity now is the time to prove you can do it! Also, if you are a former tap dancer who wants to brush up and renew old skills, Billie Mahoney, internationally acclaimed tap dance artist, is the one to help you. Emphasis is on technique and style while learning the first steps of shim sham and soft shoe. Please bring $5 to class for room rental.  

**CONVENER:** City In Motion Faculty & Billie Mahoney  
CLASS FEE: $10.00

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**##Dissertations & Theses**

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#1111 A or B
**Belly Dance is Fun**
You know you’ve always wanted to take a belly dance class, so… come on down! Get loose and coax your body to flow in ways that you’ve never imagined with the upbeat, captivating rhythms of far-away places. Belly dance is a combination of strength, posture, flexibility and muscle control. Fun and fitness can be yours if this addictive habit is right for you. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Halah Zeki
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Tuesday, January 19, 2016;
**Sec. B:** 1 session(s); Beginning Tuesday, March 29, 2016;
7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1112 A or B
**Adult Jazz Dance**
Strut your stuff in this fun and energetic class. Learn basic dance technique, work on flexibility and toning, and explore several styles of jazz dance. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Stephanie Whittler
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Tuesday, January 19, 2016;
**Sec. B:** 1 session(s); Beginning Tuesday, March 29, 2016;
7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1113 A or B
**World Dance Fusion**
Inspired by the world music/fusion movement, this class will present a sampler of contemporary ethnic and fusion dance forms; urban Gypsy fusion, rumba, Latin, pop, pirate/port, Bollywood, Polynesian/Hula fusion, tropical, Caribbean, etc. Learn universal and ethnic dance moves, traditional and fantasy folkloric steps, combined in new and interesting ways, and set to world music. Fun exercise with opportunities for performance! Suitable for all ages and all levels. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Nicole English
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Wednesday, January 20, 2016;
**Sec. B:** 1 session(s); Beginning Wednesday, March 30, 2016;
7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1114 A or B
**Indian Classical Dance: Manipuri**
We emphasize technique and style while learning the traditional Manipuri dance pattern. Learn the exotic “Mudras” (hand symbols), rhythmic body techniques and vigorous acrobatics of Manipuri dance with live “Mirdanga” (drum). Open to all levels of dancers. We dance barefoot. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Rafia Rasu
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Wednesday, January 20, 2016;
**Sec. B:** 1 session(s); Beginning Wednesday, March 30, 2016;
7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1115 A or B
**Afro-Aerobic Dance**
This class is for anyone who would like to feel and look good in the body that nature gave us. We will do African and Caribbean Dance aerobics to recorded and live Reggae and West African music. So, come have fun and get into shape at the same time. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Vanessa Gibbs
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Wednesday, January 20, 2016;
**Sec. B:** 1 session(s); Beginning Wednesday, March 30, 2016;
5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1116 A, B, C or D
**Beginning Adult Ballet**
No prior experience required! This is an introduction to ballet. We utilize an anatomy/physiology approach to gently stretch and strengthen the body. Come learn the basics of this art form. This is a great class for first-timers or those who would like to be reintroduced to ballet. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Lillian Francis
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Saturday, January 16, 2016;
10:00 AM - 11:30 AM;
**Sec. B:** 1 session(s); Beginning Thursday, January 21, 2016;
6:30 PM - 7:30 PM;
**Sec. C:** 1 session(s); Beginning Saturday, March 26, 2016;
10:00 AM - 11:30 AM;
**Sec. D:** 1 session(s); Beginning Thursday, March 31, 2016;
6:30 PM - 7:30 PM;
City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1117 A, B, C or D
**Hip Hop**
Hip-Hop dance originated from rap music. This ever-evolving form creates a high-energy, visually exciting dance style just like music videos. Learn choreography from street dance to club dance. Teens and adults welcome. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Bobby Ray
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Monday, January 18, 2016;
8:00 PM - 9:00 PM;
**Sec. B:** 1 session(s); Beginning Sunday, January 17, 2016;
2:00 PM - 3:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 20

#1118 A or B
**Clowning**
Learn to move like Chaplin, dance like Danny Kaye and juggle like Brian Wendling. Some of the skills that will be covered will be slapstick combat, how to take a pie in the face, still walking, hula hoop, tumbling, character development, make-up application and much more; red nose optional. Instructors include a variety of Kansas City’s top professional clowns, mime’s and juggling artists including but not limited to: Richard Renner, Stephanie Roberts, Jay and Leslie Cady, Beth Byrd, Heidi Stubblefield, Kent and Kevin Mercer and more. Please bring $5.00 to class for room rental.

**CONVENER:** City In Motion Faculty & Beth Byrd
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Wednesday, January 20, 2016;
8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1119 A or B
**Social Dance**
Learn some of the most popular and exciting social Latin dance and be equipped to handle every situation, club, wedding, or prom. This will have you moving to pretty much any genre of music in no time. No partner required. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Ian Staten
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Tuesday, January 19, 2016;
7:00 PM - 8:00 PM;
**Sec. B:** 1 session(s); Beginning Tuesday, March 29, 2016;
7:00 PM - 8:00 PM;
City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

#1120 A or B
**Body Conditioning for Dancers**
Body conditioning designed to improve overall strength and flexibility. Combines elements of yoga, Pilates, several dance genres, and gymnastics. Great for dancers, performance artists, athletes, or anyone wanting to improve their overall agility. Please come in stretchy clothes and be prepared to SWEAT!!!! Bring $5.00 to class for room rental.

**CONVENER:** City In Motion Faculty & Christina Hentzen
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Sunday, January 17, 2016;
2:00 PM - 3:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 20

#1121 A or B
**Kids Hip Hop Dance**
Hip-hop dance originated from rap music. Learn basics of this ever-evolving, high-energy, exciting dance style including isolation, and fun dance steps to kid-friendly music. Please bring $5 to class for room rental.

**CONVENER:** City In Motion Faculty & Bobby Ray
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Thursday, January 26, 2016;
7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

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**#1122 A or B**

**Beginning Adult Modern Dance**

Learn awareness of space, weight, suspension and release with proper body alignment and technique. Please bring $5.00 to class for room rental.

**CONVENER: City in Motion Faculty & Andrea Skowronek**  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Monday, January 18, 2016; 7:45 PM - 9:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy);

**Sec. B:** 1 session(s); Beginning Monday, March 28, 2016; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy);

**#1123 A, B, C or D**

**Pre-ballet/Creative Movement for Kids**

Practice coordination and cooperation in a nurturing environment. Explore space while playfully learning movement techniques. Please bring $5.00 to class for room rental.

**CONVENER: City in Motion Faculty & Lillian Francis**  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Saturday, January 16, 2016; 9:00 AM - 9:45 AM;

**Sec. B:** 1 session(s); Beginning Wednesday, January 20, 2016; 4:15 PM - 5:00 PM;

**Sec. C:** 1 session(s); Beginning Saturday, March 26, 2016; 9:00 AM - 9:45 AM;

**Sec. D:** 1 session(s); Beginning Wednesday, March 30, 2016; 4:15 PM - 5:00 PM;

City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT : 5

**#1124 A or B**

**Storybook Dance**

Storybook Dance gives your child a chance to interact with books in a creative way. We will work on understanding, comprehension, and building imaginations through transforming books into dance. Children will also get a chance to help write their own stories and reenact them through dance movement. This class is a combination of meaningful play, literacy, and an introduction to dance movement. Ages 3-6. Please bring $5.00 to class for room rental.

**CONVENER: City in Motion Faculty & Abby Davis**  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Monday, January 18, 2016;

**Sec. B:** 1 session(s); Beginning Monday, March 28, 2016; 10:15 AM - 11:00 AM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

**#1125 A or B**

**Burlesque**

Performance opportunities. All bodies are Burlesque bodies! Advance your technique and sass. Create and define routines, continue to develop your strong and sensual dance moves, and work with guest performers. Please bring $5.00 to class for room rental.

**CONVENER: City in Motion Faculty & Stella Blue**  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Sunday, January 17, 2016;

**Sec. B:** 1 session(s); Beginning Sunday, March 27, 2016; 7:45 PM - 9:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 10

**#1126 A or B**

**Youth Ballroom Dancing**

City in Motion presents a brand new youth social dance program ages 6-12. For a generation where technology has taken over communication; ballroom and Latin dance is a great way for youth to learn discipline, confidence, communication, and vital social skills. Our youth program runs at the same time as our adult social dance classes. Parents no longer need to wait around or pay for babysitter; you can just bring the kids with you. Please bring $5.00 to class for room rental.

**CONVENER: City in Motion Faculty & Ian Staten**  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Tuesday, January 19, 2016;

**Sec. B:** 1 session(s); Beginning Tuesday, March 29, 2016; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64114 (across Main Street from CVS Pharmacy); LIMIT: 10

**#1201 A**

**Melodic Mountain Autoharp**

The autoharp has a rich history in folk music. By the end of this class, you will have learned how to play song accompaniment and simple melodies. Bring your own autoharp and a guitar thumb pick to the first class. All music will be provided. Class meets every two weeks. Tom has taught this course with the Communiversity for 20+ years. Hear Tom’s playing on his YouTube Channel, TSchroeder Autoharp.

**CONVENER: Tom Schroeder** (816-943-0566)

Email: tomschroeder@outlook.com  
**CLASS FEE: $18.00**

**Sec. A:** 8 session(s); Beginning Thursday, January 28, 2016; 7:00 PM - 8:00 PM; 300 W. 13th St., KCMO 64114; LIMIT: 10

**#1202 A**

**Beginning Jazz Guitar**

Learn how to voice chords (major 7, dominant, minor 7, half diminished and diminished) and combine chord inversions. Also find out what and how to practice. You must be able to read tablature or standard notation and play basic bar chords. Bring a guitar (electric or acoustic) that is playable or standard notation and play basic bar chords. Bring a guitar (electric or acoustic) that is playable or standard notation and play basic bar chords. Bring a guitar (electric or acoustic) that is playable or standard notation and play basic bar chords. Bring a guitar (electric or acoustic) that is playable or standard notation and play basic bar chords. Bring a guitar to class for room rental.

**CONVENER: Jennifer Enderson & Doug Rushing**

Email: jenniferenderson@gmail.com  
**CLASS FEE: $10.00 + $10.00 material fee = $20.00**

**Sec. A:** 1 session(s); Beginning Tuesday, February 09, 2016;

**Sec. B:** 1 session(s); Beginning Wednesday, March 09, 2016;

**Sec. C:** 1 session(s); Beginning Thursday, April 14, 2016; 7:00 PM - 8:15 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

**#1204 A**

**Women of the Drum**

In this women’s class, you will learn the basic hand techniques for djembe or conga and try your hand at some basic rhythms from Haiti and Brazil. Beginning and intermediate level players welcome. Bring a djembe or conga style drum or call convener if you need to borrow one.

**CONVENER: Regina Compernolle** (816-547-0266)

Email: sacredeartharts@aol.com  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Saturday, January 23, 2016; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main Street KCMO 64111 (across Main Street from CVS Pharmacy); LIMIT: 6

**#1205 A**

**Sea Chantey Singing**

Join us for an evening of sea songs. We will sing traditional sea chanties (the work songs of the sea that helped sailors synchronize their hard and repetitive tasks), sailors’ songs, songs of Stan Rogers and other contemporary songwriters, and have a rollicking good time.

**CONVENER: Kathy Peters**

Email: peterkathy854@gmail.com  
**CLASS FEE: $10.00**

**Sec. A:** 1 session(s); Beginning Tuesday, March 01, 2016; 7:00 PM - 9:00 PM; KKF1 FM Community Radio, 3901 Main Street KCMO 64111 (above the bank - entrance in back); LIMIT: 20
#1206 A or B  
**Practical Music Theory for Amateur Musicians**

This course is geared toward playing along in music jams or providing basic instrumental accompaniment to songs, with a focus on chords. We'll cover scales, chords, and chord sequences. The aim is to take some of the mystery out of music, so it's easier to understand and to know what to expect. What you learn won't get you into Juilliard, but it should make your next music session more fun. Please bring $3 to class for materials.

**CONVENER:** Gary Tannen (816-699-5889)  
**CLASS FEE:** $10.00

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**Skills & Studies**

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#1207 A  
**Introduction to the Scottish Bagpipes**

Stirring, powerful, emotional—all describe the amazing music of the Great Highland Bagpipe. Begin your playing journey with an established Kansas City bagpipe band and instructors with decades of teaching and playing experience. You must have basic music reading abilities. Wind instrument experience is a plus. Your instruction begins on a “practice chanter” (a small mouth blown instrument similar in size and sound to a recorder). The material fee includes a new practice chanter, reed, and instruction book.

**CONVENER:** Steve Kidwell (816-985-7049)  
**Email:** skidwell01@gmail.com  
**CLASS FEE:** $18.00 + $82.00 material fee = $100.00

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#1301 A  
**Sisters of the Tarot**

Sisters! Learn to read tarot cards and other forms of divination in a supportive circle of women. We will explore the divine archetypes and learn to tell the story expressed through the cards. We will learn to trust our intuition as we share our perceptions. You will have fun!

**CONVENER:** Regina Compernoelle (816-547-0266)  
**Email:** sacredeartharts@aol.com  
**CLASS FEE:** $10.00

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#1501 A  
**Intro for Digital SLR**

This class covers the basic controls and terminology of the camera. When to use specific settings and how to get the best results from your camera. We also visit the topic of post capture editing with photo software, such as Photoshop and Lightroom.

**CONVENER:** Bill Thomas (816-444-3390)  
**Email:** blt3@prodigy.net  
**Website:** www.blt3photography.com  
**CLASS FEE:** $10.00

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#2002 A or B  
**The Essentials of Estate Planning**

Estate planning can be a complex undertaking involving complicated legal documents, numerous tax considerations, and difficult personal decisions. This class explains the basics of estate planning and helps prepare attendees to make informed decisions when creating their own plan.

**CONVENER:** Eric Wymore & Jeb Graham CFP (913-214-3728)  
**Email:** eric.wymore@vwealth.com  
**Website:** www.metcalfpartners.com  
**CLASS FEE:** $10.00

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**Money**

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#2001 A  
**Income for What’s Next: Generating Income for Living**

52% of people are concerned about managing their retirement income to meet their retirement expenses. Are you one of them? Join us to discuss: + How retirement is changing + Prioritizing goals and concerns + Translating them into retirement expenses + Potential retirement income sources + Developing your retirement income plan.

**Instructor Andrew D. Scianna is a Missouri licensed attorney, Accredited Asset Management Specialist (TM), and owner of Scianna Capital Management. Scianna Capital Management is an independent firm with securities offered through Summit Brokerage Services, Inc.**

**CONVENER:** Andrew Scianna (913-827-4619 816-645-8486)  
**Email:** asciana@summitbrokerage.com  
**Website:** www.planningtoprosp.org  
**CLASS FEE:** $10.00

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#2003 A  
**Long-Term Care Protection Strategies**

Long-term care can be an expensive drain on family resources. People might be surprised by the number of Americans who may need long-term care if current trends remain in place. It makes sound financial sense to develop a strategy to protect yourself—and your family—should the need for long-term care arise.

**CONVENER:** Eric Wymore & Jeb Graham CFP (913-214-3728)  
**Email:** eric.wymore@vwealth.com  
**Website:** www.metcalfpartners.com  
**CLASS FEE:** $10.00

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#2004 A  
**Role Reversal: Your Aging Parents and You**

Today, many individuals struggle to balance the needs of their growing family and aging parents. Since more people are living longer, more adult children find themselves assuming responsibility for aging parents. This course will provide an overview of the critical factors you may need to consider when faced with the difficult challenge of caring for a family member such as: Initiate dialogue with parents, Devise a legacy plan, Consider legal issues, Plan for housing options and pay for health care.

**CONVENER:** Eric Wymore & Jeb Graham CFP (913-214-3728)  
**Email:** eric.wymore@vwealth.com  
**Website:** www.metcalfpartners.com  
**CLASS FEE:** $10.00

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#2005 A or B  
**Yes, You Can Raise Financially Aware Kids**

Many of you may be wondering, “Can I really raise financially aware kids?” And the answer is, “Absolutely! Yes, You Can.” Today, I’m going to share some ideas and concepts from the award-winning book – Yes, You Can…Raise Financially Aware Kids. In the introduction to this book, American Century Investments founder Jim Stowers reminds us of two things – 1. It’s important that kids learn about money at an early age, and 2. That the lessons they learn are mostly learned at home.

**CONVENER:** Eric Wymore & Jeb Graham CFP (913-214-3728)  
**Email:** eric.wymore@vwealth.com  
**Website:** www.metcalfpartners.com  
**CLASS FEE:** $10.00

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#2006 A or B  
**How to Make Life Easier with PDFs**

Many of you may be wondering, “Can I really raise financially aware kids?” And the answer is, “Absolutely! Yes, You Can.” Today, I’m going to share some ideas and concepts from the award-winning book – Yes, You Can…Raise Financially Aware Kids. In the introduction to this book, American Century Investments founder Jim Stowers reminds us of two things – 1. It’s important that kids learn about money at an early age, and 2. That the lessons they learn are mostly learned at home.

**CONVENER:** Eric Wymore & Jeb Graham CFP (913-214-3728)  
**Email:** eric.wymore@vwealth.com  
**Website:** www.metcalfpartners.com  
**CLASS FEE:** $10.00
#2006 A or B
Retirement Elevated
Objective, unbiased and up-to-the-minute guidance delivered by an industry professional - no financial product or service sales pitch. Are you nearing or already in retirement? Attend this course and acquire the tools to make sound financial decisions that will guide you to and through retirement.

Please bring $39 to class for extensive workbook.

CONVENER: Scott Dougan
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Tuesday, March 15, 2016; 6:30 PM - 9:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

Sec. B: 1 session(s); Beginning Tuesday, March 22, 2016; 6:30 PM - 9:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

#2007 A, B or C
Building Wealth
See how to build wealth for your family by keeping retirement money in the family and growing tax free until it is paid out. A see-through Trust could become a wealth creation account for your heirs.
Do you want to start a legacy? Please bring $10.00 to class for material fees.

CONVENER: Susan Bratcher (816-453-2240)
Email: Bratcherlaw@gmail.com
Website: www.bratcherlaw.biz
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Tuesday, February 15, 2016; 7:00 PM - 8:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

Sec. B: 1 session(s); Beginning Saturday, March 26, 2016; 10:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

#2008 A or B
How to Sell Your Home
Mistakes to avoid while selling your home-How to prepare your home to sell-clearing title-estimating seller proceeds-Timelines and expectations for sellers-inspection process-properly pricing your property-home showing process-working with buyers/ buyer agents-possible hurdles and how to overcome them.

CONVENER: Pierre Heidrich & Jen Enderson (816-210-7333)
Email: Kcpierre@aol.com
Website: BuySellICHome.com
CLASS FEE: $10.00 + $10.00 material fee = $20.00

Sec. A: 1 session(s); Beginning Tuesday, January 28, 2016; 7:00 PM - 9:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

Sec. B: 1 session(s); Beginning Wednesday, February 25, 2016; 7:00 PM - 9:15 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

#2009 A, B or C
Buying Real Estate
Benefits of buying vs.renting-down payment options & down payment assistance programs-credit scores & credit repair-loan approval process and required documentation-home warranty programs-foreclosure properties-special programs for police officers, teachers, EMT’s, & Firefighters-Equal Housing statues-timelines and expectations involved in the process of purchasing a home.

CONVENER: Pierre Heidrich & Jen Enderson (816-210-7333)
Email: Kcpierre@aol.com
Website: BuySellICHome.com
CLASS FEE: $10.00 + $10.00 material fee = $20.00

Sec. A: 1 session(s); Beginning Wednesday, February 03, 2016; 7:00 PM - 8:15 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

Sec. B: 1 session(s); Beginning Wednesday, March 02, 2016; 7:00 PM - 8:15 PM; Royall Hall, Rm 102, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO 64110; LIMIT: 30

Sec. C: 1 session(s); Beginning Thursday, April 07, 2016; 7:00 PM - 8:15 PM; Royall Hall, Rm 102, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO 64110; LIMIT: 30

#2010 A
Create a Lasting Legacy by Stretching an IRA!
Stretching an IRA is a method of distributing your IRA savings to one or more generations. Simply stated, with proper beneficiary designation and estate planning, you can potentially leave your loved ones a stream of income that may be many times greater than its original value. Stretching an IRA allows you to: • Maintain control of your IRA • Defer income taxes • Reduce tax burdens for future generations • Increase the amount passed to heirs through the potential for tax-deferred growth • Create a lasting legacy

CONVENER: Warren Varney (816-861-7449 816-309-5815)
Email: warren@moneysmartliving.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Thursday, March 24, 2016; 6:30 PM - 8:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, KS 66110; LIMIT: 25

#2011 A
Investment Fundamentals
Join us for an educational presentation where we will focus on: • Five myths and truths of investing • Strategies that could help your money work smarter and harder • How to select investments that match your objectives • Diversifying your portfolio to help limit your exposure to risk • The potential benefits of professionally managed investments • How to help your money accumulate with tax-advantaged accounts

CONVENER: Warren Varney (816-861-7449 816-309-5815)
Email: warren@moneysmartliving.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Thursday, April 21, 2016; 6:30 PM - 8:30 PM; Administrative Center, Brookside Room, UMKC Campus, 5115 Oak, KC 64110; LIMIT: 25

#2012 A
“Road Map to Retirement”
Join us for an educational workshop and learn how “mile marker” conversations from age 50 to 70 can help make your road to retirement a smoother one. Review your asset allocation and retirement strategy, consider taking advantage of catch-up contributions, review your healthcare and long-term care costs, weigh the pros and cons of rolling money over to an IRA, and consider ways to help retirement income last two lifetimes with strategies to maximize social security benefits. Knowing what’s down the road can help you prepare for expected and unexpected events in retirement.

CONVENER: Warren Varney (816-861-7449 816-309-5815)
Email: warren@moneysmartliving.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Thursday, March 8, 2016; 6:30 PM - 8:30 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

#2013 A
Planning for Health Care in Retirement
Important decisions need to be made between 55-70½, such as balancing income, growth, protection and risk, understanding health care (likely one of your greatest expenses in retirement), creating a plan to address health care costs.

CONVENER: Warren Varney (816-861-7449 816-309-5815)
Email: warren@moneysmartliving.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Tuesday, March 8, 2016; 6:30 PM - 8:30 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

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#2014 A  
**Getting the Most from Social Security**
Are you aware that a few key decisions can make a big difference in the amount of your Social Security benefit? Know Your Benefit and Understand Your Options! Learn strategies to maximize your benefit by joining me for a brief and informative seminar. This session will cover: Key Social Security benefit decisions -Simple steps that can help maximize your benefits -How to get started.

CONVENER: Warren Varney (816-861-7449 816-309-5815)
Email: warren@moneysmartliving.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Thursday, March 03, 2016; 6:30 PM - 8:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

#2016 A  
**“My Husband Takes Care Of It!” Is Not A Financial Plan!**
This class is for all you ladies out there who have said “My husband takes care of the finances!” If your husband wasn’t here, would you know every detail about the family finances? Many women don’t and we’re putting an end to that! We’ll skip the why it is important part and go right into how you can prepare. Workshops for you to fill out with your spouse will be provided. This will be a friendly, open discussion, so bring lots of questions.

The host is a Certified Financial Planner with over 23 years of experience in personal finance.

CONVENER: Ryan Derks (816-795-6614)
Email: rderks@ravennacapital.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Wednesday, February 03, 2016; 5:00 PM - 7:30 PM; Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152; LIMIT : 10

Sec. B: 1 session(s); Beginning Saturday, February 20, 2016; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. C: 1 session(s); Beginning Saturday, January 23, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. D: 1 session(s); Beginning Saturday, April 16, 2016; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2017 A or B  
**The 403b Retirement - Making Sense Of Investing**
Do you have a 403b retirement plan? Do you know the difference between a target date fund and emerging markets fund? Are you absolutely lost when it comes to stock market investing? This class is for you. We will spend time going over the different options to invest in and how they affect you including having a licensed professional manage the account for you. We will bring along all the online research tools that you may need. This will be an open discussing and all in laymen’s terms. Financial recommendations cannot be provided in class. Bring questions, statements, and a notepad.

CONVENER: Ryan Derks (816-795-6614)
Email: rderks@ravennacapital.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Monday, February 15, 2016; 5:00 PM - 6:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10

Sec. B: 1 session(s); Beginning Friday, April 15, 2016; 6:00 PM - 7:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10

#2018 A  
**The 403b Retirement - Work With A Professional**
Do you have a university 403b retirement account? Are you confused with stock market investing? Why not have a professional manage it for you? Your retirement account success is riding on you performing well in the stock market. This class will be with an investment advisor who focuses only on this area. No nonsense, just straight talk with performance results to show. If you already have an advisor bring an account statement to compare their performance and fees. A Q&A at the end. All spoken in laymen’s terms.

CONVENER: Ravenna Capital Group (816-795-6614)
Email: rderks@ravennacapital.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Wednesday, March 16, 2016; 5:00 PM - 6:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

#2118 A  
**Trench Marketing: How to Grow Your Business from Behind Your Own Counter**
This intense workshop will keep your attention as it hammers you with hundreds of low cost, extremely relevant, and proven growth methods for your retail shop. It will guide you through a simple business growth program and share documented successes, including record breaking return on investment with graphs that lay out the program. The workshop rounds out nicely with a photo essay highlighting examples of very unique business marketing ideas gathered from all ends of the globe. Please bring $8 to class for materials.

CONVENER: Rudolf Waldner (864-616-8609)
Email: wrudywaldner@aol.com
Website: www.TrenchMarketer.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Tuesday, March 22, 2016; 6:00 PM - 7:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2119 A  
**Horse Sense for the Workplace**

The workshop rounds out nicely with a photo essay illustrating the points made, with examples of horses in the workplace. It will guide you through a simple workplace challenges. Please wear sturdy shoes and dress for the weather. This is a ground-based class; there is no riding. Cathy is certified by EAGALA as a mental health specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as an equine specialist and has a lifetime of experience with horses. Cathy is certified by EAGALA as a mental health specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as an equine specialist and has a lifetime of experience with horses. Cathy is certified by EAGALA as a mental health specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as an equine specialist and has a lifetime of experience with horses.

CONVENER: Barbara Wright
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. B: 1 session(s); Beginning Saturday, February 20, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. C: 1 session(s); Beginning Saturday, March 19, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. D: 1 session(s); Beginning Saturday, April 16, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2121 A, B, C or D  
**Starting a Non-Profit or Business Finally Made Easy**
The objective of this workshop is to help individuals or organizations start or improve a business or non-profit by introducing tools, tips, and techniques that can help jumpstart your organizational success.

This includes learning to use an exclusive step-by-step template with a questionnaire that guides you through developing your initial ideas, writing your business plan, and locating potential funding resources. Please bring $20 to class for the required course materials. You can also bring $50 for the optional digital CD or flash drive with embeded links to free resources and opportunities.

CONVENER: Barbara Wright
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. B: 1 session(s); Beginning Saturday, February 20, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. C: 1 session(s); Beginning Saturday, March 19, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. D: 1 session(s); Beginning Saturday, April 16, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
#2122 A, B, C or D

**Starting a Grant Writing Business Finally Made Easy**

If you’ve completed the Grant Writing Finally Made Easy course or had experience writing grants, this workshop will help you put you on the fast track to becoming a highly sought after grant writer! You will learn to evaluate your potential for developing a grant writing business, use the exclusive budget wiz, use the multi-organization fill-in grant writing template and to use the tools, tips, and techniques offered to develop your time saving grant writing system without losing quality. You will also learn to price your services, locate clients that have the potential to pay for a quality service, use the forms that are provided in your workbook. Please bring $20 for the required course materials. You can also purchase an optional business start-up kit, which includes the CD or flash drive and all the resources you need to succeed in your venture.

**CONVENER: Barbara Wright**
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

**Sec. A:** 1 session(s); Beginning Saturday, February 06, 2016; 11:30 AM - 1:30 PM; Flarsheim Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus, KC MO 64110; LIMIT: 20

**Sec. B:** 1 session(s); Beginning Saturday, March 05, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

**Sec. C:** 1 session(s); Beginning Saturday, April 02, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

**Sec. D:** 1 session(s); Beginning Saturday, May 14, 2016; 11:30 AM - 1:30 PM; Flarsheim Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KC MO; LIMIT: 20

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- M 10:00 AM-5:00 PM
- T 10:00 AM-3:00 PM
- W 10:00 AM-5:00 PM
- Th 12:00 PM-5:00 PM
- F 11:00 AM-5:00 PM
- S 11:00 AM-5:00 PM

*CLOSED BETWEEN EXHIBITIONS*

**EXHIBITION SCHEDULE:**

info.umkc.edu/art/umkcgallery/exhibitions

**CONTACT and DIRECTIONS:**

info.umkc.edu/art/umkcgallery/contact
816-235-1502

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+ Bilingual and Spanish Books
+ Picture Books

contact our book coordinator at jdoobs@umkc.edu or 913.588.0295
#2123 A, B, C or D
Grant Writing Finally Made Easy
Leave this course celebrating! Why? Because you could become one of the 100% of people who became better grant writers, obtained a grant writing positions, or opened a grant writing business, after taking the course. This course will help you learn to: Develop a collaborative & grant writing team. Research & use the tips, tools & techniques for finding the commonalities and differences in grant request. Locate sample grants, and currently open grants. Use the Step-by-step exclusive Grant Writing Canvas’ to help your organization write more winning grants in about half the time. Bring $20 to class for materials. You can also bring $50 for the optional digital CD or flash drive with embedded links to resources and opportunities.
CONVENER: Denis Greene (816-560-3641)
Email: denis@church-development.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, February 06, 2016; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. B: 1 session(s); Beginning Saturday, March 05, 2016; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. C: 1 session(s); Beginning Saturday, April 02, 2016; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. D: 1 session(s); Beginning Saturday, May 07, 2016; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2125 A
Good Bosses Gone Bad
Never before have so many employees been so dissatisfied at the workplace. Not because they don’t like their job or despise their peers. Surprisingly, the main source of their daily dread is their boss. In this class learn to pinpoint whether you have a “bad boss,” then discover and discuss strategic steps to apply in order to maintain your sanity while keeping your job. April Boyd-Norontha is a change management strategist and author of “Good Bosses Gone Bad: How To Survive The Workplace When Your Boss Sucks.” Please bring $15 to class for book.
CONVENER: April Noronha (816-214-3717)
Email: aprilkmcm@yahoo.com
Website: www.thebestbroker.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Tuesday, March 01, 2016; 6:00 PM - 7:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10

#2126 A
Cold Call Like a Top Dog
Learn how to make fast sales to your potential buyers with messages and scripts that get quick results. Discover the words that build your confidence, eliminate frustrating objections, compel people to call you back, and expand your customers from family/friends to people you just met. Tips, tools, and techniques developed for anyone who sells anything! Leslie is a sales consultant for 20+ years wants you to catapult your sales with these proven strategies. Please bring $10 for class materials. Optional book is $25.
CONVENER: Leslie Brown (816-554-3674)
Email: CoachLesliebrown@gmail.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, May 07, 2016; 10:00 AM - 11:30 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2124 A
The High-Performance Mind: Use our EEG Machine to Sculpt your Cognitive Architecture
Edison, Einstein, JK Rowling, Omidyar, Brin, Craig, Ben Franklin, Stephen King, Poe, Archimedes all used the same process to innovate on command. Now we have the science (and EEG machine) to copy the process and tailor it to your needs. For professionals who need to innovate on command, people who want to use the other 90% of their brain and those who wish to get a life. We will cover the three components of the system, the one critical skill to practice, the essential hormone to manage, the word and symbol that will bless the rest of your life and a bonus: the five question path to manage, the word and symbol that will bless the rest of your life and a bonus: the five question path to get a life.
CONVENER: Denis Greene (816-560-3641)
Email: denis@church-development.com
Website: church-development.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Thursday, April 14, 2016; 7:00 PM - 8:30 PM; Administrative Center, Brockade Room, UMKC Campus, 5115 Oak, KCMO 64110; LIMIT: 40

#2127 A, B, C or D
Selling on eBay Intro
Got stuff? Have something that you don’t want that you want to sell i.e. collections, store merchandise, crafts, antiques, overstock, and junk? eBay is the place! This intro will teach you about pricing, shipping, listing, etc to allow you to be able to start selling things online. Some internet and e-mail experience recommended. Please bring $3.00 to class for course materials.
CONVENER: Robert Franke
Email: franke2@kc.rr.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, February 06, 2016; 9:00 AM - 12:00 PM; Flarsheim Hall, Rm. 304, 5110 Rockhill, UMKC Campus, KCMO 64110; LIMIT: 30

Sec. B: 1 session(s); Beginning Wednesday, March 02, 2016; 11:00 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 16

Sec. C: 1 session(s); Beginning Monday, March 07, 2016; 9:00 AM - 12:00 PM; Flarsheim Hall, Rm. 304, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT: 16

Sec. D: 1 session(s); Beginning Wednesday, May 04, 2016; 9:00 AM - 12:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte. Bring picture ID; LIMIT: 16

#2202 A
Organized Adulthood
Class will cover topics of adulthood such as: organization, budgeting, time management, lifelong learning, and additional things that may be assumed adults know about. “When we know better, we do better.” Goals of class: reducing stress by implementing topic ideas covered in class. Promoting lifelong learning, and empowering adults! Please bring $13.00 to class for material fee. Please bring a writing utensil and notepad paper, and a willing ness to learn.
CONVENER: Christopher Gray
CLASS FEE: $14.00

Sec. A: 2 session(s); Beginning Saturday, May 28, 2016; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

#2301 A
Building a Super-Energy Efficient House
Passive House is the world’s most high-performance energy efficiency standard. In Rivermarket, Arnold Developer is going to build the a large apartment building that will be the largest Passive House structure in the US. Paul Grahavac is with Build Smart in Lawrence which make prefabricated wall panels for Passive House houses and apartments. David Schleicher, a custom home builder, is with Prairie Design Build and the only Passive House builder in KC. Paul and David will focus their presentation and discussion on building low-cost Passive House homes.
CONVENER: Paul Grahavac (785-830-7355)
Email: grahavac@gmail.com
Website: https://sites.google.com/site/quindarogardens
CLASS FEE: $14.00

Sec. A: 2 session(s); Beginning Monday, January 18, 2016; 5:00 PM - 7:00 PM; UMKC Administrative Center, Gilham Park Rm., 5115 Oak St. KCMO 64110; LIMIT: 40

Home and Garden

#2302 A
Keeping Backyard Chickens
It’s the latest suburban adventure: keeping laying hens in your own backyard! You don’t have to live on a farm to own chickens! Come and meet our favorite girl, Little Miss Crankyfoot (don’t worry, she’s as sweet as can be) and learn about the basics to good chicken care, their behaviors, the benefits, and get ready to start your own backyard flock!
CONVENER: Christine Shuck (816-318-0169)
Email: shuckchristine@gmail.com
Website: http://thedeadlynighthenauce
CLASS FEE: $10.00 + $5.00 material fee = $15.00

Sec. A: 1 session(s); Beginning Saturday, April 2, 2016; 5:00 PM - 7:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 25
#2303 A

**Make Your Own Natural Cleaners**

We live in a chemical world and it is quickly killing us. Learn how to quickly, easily and cheaply make your own home cleaners. Know what ingredients are being used, and how easy it is to replace a list of chemicals with inexpensive, healthier alternatives. Participants will learn how to make the following cleaners for their home: glass cleaner, cream cleaner (think Soft Scrub), toilet bowl foaming scrub, citrus enzyme cleaner, and liquid laundry soap. PowerPoint presentation and handout with ingredient lists and instructions are included.

**CONVENER:** Christine Shuck (816-318-0169)

Email: shuckchristine@gmail.com

Website: http://thedeadlynightshade.com

CLASS FEE: $10.00 + $15.00 material fee = $25.00

Sec. A: 1 session(s); Beginning Saturday, February 20, 2016; 1:00 PM - 3:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

#2304 A

**Opportunities for Community Ecological Enterprises in Kansas City**

Community Development at the neighborhood/watershed level. Explore opportunities for neighborhood ecological enterprises for income, social justice, and environmental remediation. Kansas City Combined Sewer Overflow program is projected to spend between $4 - $5 Billion dollars over the next 30 years. Learn how we can leverage this investment to build a resilient neighborhood multifunctional food system and create local jobs doing ecological restoration.

**CONVENER:** Steve Mann

Email: steve@prairietrading.com

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Wednesday, May 11, 2016; 7:00 PM - 9:00 PM

UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte. Bring picture ID; LIMIT: 30

#2305 A

**Designing the World We Want: Introduction to Urban Permaculture**

Permaculture design for the urban ecosystem. An overview of the Kansas City Urban Permaculture Design Course starting Feb 23rd 2016 at the Urban Farming Guys MakerSpace. The Urban Permaculture Design Course focusing on the unique challenges and opportunities of the Urban Ecosystem and lead to a Permaculture Design Certification (PDC). Permaculture design for urban and suburban homesteads and farms including sections on: Local Food Systems Permaculture for Community Development Social and Environmental Justice Zone 00: Integral Permaculture theory Urban Ecosystems Restoration

**CONVENER:** Steve Mann & Michael Almon

Email: steve@prairietrading.com

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Tuesday, February 16, 2016; 7:00 PM - 9:00 PM

UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte. Bring picture ID; LIMIT: 40

#2306 A

**Food Not Lawns: Lawn Eradication 101**

Turn your lawn into a garden and your neighborhood into a community. You will learn about ecologically sound methods of replacing your lawn with gardens, edible landscaping and forest gardens. During this session, we will organize a work exchange through our time bank system (https://hour4ourworld.timebanks.org/) to share skills, tools, plants, transportation and labor for our lawn eradication, gardening and edible landscape projects in our yards, neighborhoods and communities. We will pick one site to have a hands on #permablits (March 20th) and Grow our FNL Work Exchange Community. Please bring $5.00 to class for materials.

**CONVENER:** Steve Mann

Email: steve@prairietrading.com

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Wednesday, March 16, 2016; 7:00 PM - 9:00 PM

UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte. Bring picture ID; LIMIT: 40

#2307 A or B

**Feng Shui - The Art of Living Space**

Looking for something different in your life? Couldn’t we all use a little more prosperity, a little peace between our walls (or maybe between our ears), or even some sizzle in the sack? Feng shui can help you realize these goals. Learn the what, where, why and how of feng shui. What is it? Where did it come from? Why did it evolve? Why should I use it? How does it work? How do I apply it? Apply all of this to your space and see what sizzles.

**CONVENER:** Shea Geist

Email: shea@fengshea.com

CLASS FEE: $10.00 + $10.00 material fee = $20.00

Sec. A: 1 session(s); Beginning Saturday, February 13, 2016; 1:00 PM - 2:30 PM

Sec. B: 1 session(s); Beginning Tuesday, April 19, 2016; 6:00 PM - 7:30 PM

UMKC School of Medicine, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 8

#2308 A

**Pride of Place: Vegetables for the Ornamental Garden**

Vegetable gardens need not be ugly, utilitarian eye-sores placed where no one will see them. Discover vegetables that not only can grace your dinner plate but also your ornamental garden as well. We will discuss cultivars, potential pests and diseases and how to grow them for best effect in the landscape and ability to fill your kitchen with fresh produce. We will cover cool and warm season crops as well as perennial options.

**CONVENER:** Brian Chadwick Robinson (913-302-4234)

Email: info@gardenersconnect.org

Website: http://www.gardenersconnect.org

CLASS FEE: $16.00

Sec. A: 3 session(s); Beginning Tuesday, March 15, 2016; 12:00 PM - 2:00 PM; Loose Park Garden Center, 5200 Pennsylvania, KCMO 64112; LIMIT: 30

#2309 A

**Growing Better Tomatoes:**

The magic of a fresh-picked tomato on a summer’s day just can’t be replicated from a store bought imitation. You will learn about how to find the perfect tomato for you and understand the differences between hybrids and heirlooms, determinate and indeterminate and all the other confusing terminology. Learn hands-on how to plant and grow from seed and transplant your plants. We will cover pests and diseases and how to best manage them through mulching, pruning, fertilizing and control methods. We will discuss growing methods and options for trellising and caging and so much more. Please bring $5.00 to class for material fees.

**CONVENER:** Brian Chadwick Robinson (913-302-4234)

Email: info@gardenersconnect.org

Website: http://www.gardenersconnect.org

CLASS FEE: $14.00

Sec. A: 2 session(s); Beginning Tuesday, April 5, 2016; 6:00 PM - 8:00 PM; Loose Park Garden Center, 5200 Pennsylvania, KCMO 64112; LIMIT: 30

#2401 A

**Mesa Espanol**

This is the place for frivolous conversation where you can enjoy talk and friendship in Spanish. Everyone is welcome from beginners on up. It’s very casual and you don’t need to arrive on time, just come when you can. There is no program so we just talk about whatever comes up – news and arts, gossip, jokes, travels, grammar and whatever. Native speakers will attend. This group is always evolving and in fact has been meeting since the 1980s, although none of us remember that far back. Learn more or get in touch at facebook.com/mesaspanol. Currently meeting on the second and fourth Sundays of the month.

**CONVENER:** Convenor Gretchen Green & Berta Sanchez

CLASS FEE: $18.00

Sec. A: 15 session(s); Beginning Sunday, January 24, 2016; 4:30 PM - 6:00 PM; Westport Coffee House, 4010 Pennsylvania, KCMO 64114 (Back room); LIMIT: 15

#2501 A

**Gun Trusts**

Gun Trusts are a special way of holding ownership and control over Title 2 weapons. See what a gun trust could do for you and your family.

**CONVENER:** Susan Bratcher (816-453-2240)

Email: Bratcherlaw@gmail.com

Website: www.bratcherlaw.biz

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, January 16, 2016; 2:00 PM - 3:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10
What Can Bankruptcy Do?
Is bankruptcy right for you? What planning should you do? What are the rules? I have been a bankruptcy attorney for almost 20 years in Kansas and Missouri. Please bring $15 to class for materials.

CONVENER: Susan Bratcher (816-453-2240)
Website: www.bratcherlaw.biz
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. B: 1 session(s); Beginning Saturday, February 06, 2016; 10:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. C: 1 session(s); Beginning Saturday, April 02, 2016; 10:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. D: 1 session(s); Beginning Saturday, April 30, 2016; 10:00 AM - 11:00 AM; Flessner Hall, Rm. 304, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT: 15

#2503 A, B, C or D

Kid’s Protection Plan

What would happen to your kids if you did not come home tonight? We will be talking about Alex Neely’s book, “Wear Clean Underwear.” We will give you the knowledge to make reasoned choices who should care for your kids if you can’t be there. We will cover the 6 mistakes even attorneys make when selecting guardians. Please bring $15.00 to class for materials.

CONVENER: Susan Bratcherlaw@gmail.com
Website: www.bratcherlaw.biz
CLASS FEE: $10.00

#2504 A, B, C or D

How to Kill the Election Monster-
-Before the Election Monster Kills Us

The flood of robocalls, negative radio and TV campaign ads, and candidate junk mail means the election monster has been unleashed again. 80% of us are dissatisfied with how government is run, yet the election monster will ensure 95% of the incumbents who run government will be re-elected. Why? Because our electoral system limits our choices as voters. There is a movement to change this by making three simple changes to our election laws. Come find out what these changes are and how you can help make them a reality. You have only the election monster to lose.

CONVENER: Larry Bradley (402-321-4851)
Email: Bradlar1@iol.com
Website: www.TheCenterStrikesBack.org
CLASS FEE: $10.00

#2704 A, B or C

#2705 A

Eureka: Use Science to Innovate on Command, Manage Your Thoughts and Get a Life

Edison, Einstein, JK Rowling, Omidyar, Brin, Craig, Ben Franklin, Stephen King, Poe, Archimedes all used the same process to innovate on command. Now we have the science (and EEG machine) to copy the process and tailor it to your needs. For professionals who need to innovate on command, people who want to use the other 90% of their brain and those who wish to get a life. We will cover the three components of the system, the one critical skill to practice, the essential hormone to manage, the word and symbol that will bless the rest of your life and a bonus: the five question path to get a life

CONVENER: Denis Greene (816-560-3641)
Email: denis@church-development.com
Website: www.church-development.com
CLASS FEE: $10.00

#2706 A

Introducing To Objectivism: The Philosophy of Ayn Rand

Author and philosopher Ayn Rand wrote such best-selling novels as “The Fountainhead” and “Atlas Shrugged.” She called Objectivism “a philosophy for living on earth.” It holds the view of “man as a heroic being, with his own happiness as the moral purpose of his life, with productive achievement as his noblest activity, and reason as his only absolute.” This course will introduce the basic ideas of Objectivism and their application to everyday life.

CONVENER: Kurt Colville
Email: kurtcolville@gmail.com
CLASS FEE: $14.00

Sec. A: 2 session(s); Beginning Tuesday, March 15, 2016; 7:00 PM - 9:00 PM; Administrative Center, Brookside Room, UMKC Campus, 5115 Oak, KCMO; LIMIT: 40

#2707 A

ROTAtions: Cycles & Seasons

There are wheels of time and space that can provide roadmaps of ways to enhance your life. Phenology, nature study, ecopsychology, folklore and festival traditions are some of the ways we can explore, with a detour into esoterica (where ROTA is capitalized). Compass your own personal routes, design your own journeys. Where there are wheels, there are ways.

CONVENER: Helen Park
CLASS FEE: $10.00

#2806 A

Meet the Experts at The National Museum of Toys and Miniatures

Get to know the experts at The National Museum of Toys and Miniatures through this four-week exploration of special topics. Community Development Coordinator Cassie Pikarsky will examine the museum’s recent renovation. Author Ann Vernon will delve into her research on the history of the 1911 Tureen Museum, which houses the museum. Guest Curator Matt Reeves puts the pedal to the metal with a talk on pedal cars. Marble expert Scott McBride will trace participants of the historic VFW Marble Tournaments. The programs include museum admission, a lecture in the Turenne Mansion and a gallery visit.

CONVENER: Museum Experts
Email: mercer@toyandminiaturemuseum.org
Website: http://toyandminiaturemuseum.org/
CLASS FEE: $18.00

Sec. A: 4 session(s); Beginning Sunday, January 24, 2016; 2:00 PM - 3:00 PM; The National Museum of Toys and Miniatures, 5235 Oak St., Kansas City, MO 64112; LIMIT: 50

#2807 A or B

Ukraine: A Nation at a Crossroads.

This course presents an introduction to the history and culture of Ukraine, a country which, until very recently, most Americans gave little thought or consideration. The instructor will present an essential background on Ukraine, which will provide critical understanding while reading or listening to news reports about events in that nation. Course participants will learn about Ukraine’s early and contemporary history, art, culture, customs, society, economic trends and the current political situation. The instructor will also provide ample opportunities to ask questions.

CONVENER: Lisle Kaufman
Email: lisle@srt.com
CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, April 30, 2016; 2:00 PM - 4:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 50

#2808 A

Introduction To Objectivism: The Philosophy of Ayn Rand

Author and philosopher Ayn Rand wrote such best-selling novels as “The Fountainhead” and “Atlas Shrugged.” She called Objectivism “a philosophy for living on earth.” It holds the view of “man as a heroic being, with his own happiness as the moral purpose of his life, with productive achievement as his noblest activity, and reason as his only absolute.” This course will introduce the basic ideas of Objectivism and their application to everyday life.

CONVENER: Kurt Colville
Email: kurtcolville@gmail.com
CLASS FEE: $14.00

Sec. A: 2 session(s); Beginning Tuesday, March 15, 2016; 7:00 PM - 9:00 PM; Administrative Center, Brookside Room, UMKC Campus, 5115 Oak, KCMO; LIMIT: 40
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- UMKC Athletics special alumni offer
- 10% discount on clothing and gifts at the UMKC Bookstore
- Travel packages and group tours with UMKC alumni and friends
- Discounts on insurance: medical, auto, home, travel, and more
- Alumni e-mail address
- Access to UMKC Roo Career Network

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http://library.umkc.edu/blog/news-blog/node/204
20 SPRING ‘16 FREE FOR UMKC STUDENTS REGISTER BY PHONE! 816-235-1448

2808 A Serbian Army Retreats to Victory in World War I
“Retreat to Victory” is the little-known historic and heroic story of the Serbian army’s retreat from the siege of Germany, Austria, and Bulgaria in winter of 1915. Outnumbered ten to one and outgunned by at least three to one, the valiant army and thousands of the population fled to safety over the high rugged Albanian mountains. There, those who survived the brutal winter snow, starvation and disease, were welcomed by Allied ships to places of refuge. Also in the group were 20,000 young boys, of whom only 5,000 lived, and 40,000 Austrian prisoners. The only medical aid was supplied by brave English and American doctors and nurses who traveled the dangerous paths with them. This story includes a PowerPoint presentation, handouts and possibly the book I am writing from my 3 trips to Serbia for research. This is a story of courage and determination you will never forget of a small country determined to never surrender, but to go back and defeat their enemies. Please bring $10.00 to class for materials.
CONVENER: Nancy Cramer
CLASS FEE: $14.00
Sec. A: 2 session(s); Beginning Thursday, February 18, 2016; 7:00 PM - 9:30 PM; Administrative Center, Brookside Room, UMKC Campus, 5115 Oak, KCMS; LIMIT: 25
Website: http://thedeadlynightshade.com
Email: chadbree@pars.net
CONVENER: Merlene Bishop (816-838-3710 )
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, April 30, 2016; 1:00 PM - 3:00 PM; Royal Hall, Rm 314, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMS 64110; LIMIT: 25

Ethnic Food

3101 A or B Indian Cooking: Chicken Tikka Masala
Learn to make this Indian favorite: chicken marinated in yogurt and spices and then served in a tomato cream sauce. You’ll learn to cook this dish from scratch using traditional spices and techniques. Ajay Sood ran an Indian grocery store and was often asked how to use Indian spices. He now teaches cooking classes along with his wife and his mother.
CONVENER: Ajay Sood & Sabira Sood (913-268-3608, 913-963-1787 )
Email: ajappel123@yahoo.com
CLASS FEE: $10.00 + $25.00 material fee = $35.00
Sec. A: 1 session(s); Beginning Wednesday, April 6, 2016; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMS 64111 LIMIT: 12

Pantry

3003 A Dish It Up! Make Your Own Condiments
Ever stood in the grocery store and wondered exactly WHY you are paying so much money for something that tastes so humid? Ever wondered if you could do it yourself? In this class we will learn how to make several tasty, wonderful condiments in mere minutes – they taste better, cost far less, and are as easy as can be! No more tasteless mayonnaise or overpriced maple syrup. Heck, we will even cover how to make your own brown sugar. Come to class and learn how to make the following delicious condiments: Mayonnaise, Ponzu Sauce, Brown Sugar, and Maple Syrup Substitute.
CONVENER: Christine Shuck (816-318-0169 )
Email: shuckchristine@gmail.com
Website: http://thedeadlynightshade.com
CLASS FEE: $10.00 + $25.00 material fee = $35.00
Sec. A: 1 session(s); Beginning Saturday, February 20, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

3002 A Comfort Foods: Potluck
Potlucks are a great way to introduce your friends and family to new and tasty foods. Even better, a new comfort food that is quick, easy and oh so tasty is always a winner. We will taste-test at least one entrée and the hatchout includes recipes and instructions for several soon-to-be-favorite comfort foods that you can share at your next potluck or picnic!
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Email: shuckchristine@gmail.com
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Sec. A: 1 session(s); Beginning Saturday, May 21, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

2809 A The Precursor to the Trail of Tears
Everyone knows what the Trail of Tears was, but few know what led to it, and how it happened. The Cherokee were a very sophisticated people who assimilated with white culture early on. Many went to college, and some went to law school. When white settlers began to encroach on their land, Chief John Ross and other tribal attorneys took the case for sovereignty to court. They were successful at the lower court level, and subsequently took it to the Supreme Court. They argued the case for their sovereign status as a nation, and won. The presiding Chief Justice John Marshall wrote the consenting opinion in support of the ruling that the Cherokee were a sovereign nation and their land was not up for taking by white settlers. Andrew Jackson’s response to that was, quote: “Chief Justice Marshall has made his ruling, now let him enforce it”. The rest is history: the Cherokee were removed from their land and forced to march to Oklahoma, many dying along the way.
CONVENER: Merlene Bishop (816-838-3710 )
Email: shuckchristine@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, February 20, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO

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Website: http://thedeadlynightshade.com
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CONVENER: Merlene Bishop (816-838-3710 )
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, April 30, 2016; 1:00 PM - 3:00 PM; Royal Hall, Rm 314, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMS 64110; LIMIT: 25

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Email: ajappel123@yahoo.com
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Sec. A: 1 session(s); Beginning Wednesday, April 6, 2016; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMS 64111 LIMIT: 12

Pantry

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Sec. A: 1 session(s); Beginning Saturday, February 20, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10

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Email: shuckchristine@gmail.com
Website: http://thedeadlynightshade.com
CLASS FEE: $10.00 + $25.00 material fee = $35.00
Sec. A: 1 session(s); Beginning Saturday, May 21, 2016; 10:00 AM - 12:00 PM; 3225 E. 10th Street, Kansas City, MO 64127; LIMIT: 10
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UMKC Conference and Event Resources

Planning events and conferences on a college campus has never been easier! UMKC’s model of single point-of-service is of benefit to all guests and clients that visit our campus. With the options we have for our guests, UMKC is a premier location and has many amenities to offer from special events to multi-day conferences to summer camps and conferences!

Conference and Event Resources at UMKC coordinates the events in the following facilities in addition to summer camps and conferences on the UMKC campus.

Atterbury Student Success Center

- Pierson Auditorium
- 3 state of the art classrooms for breakouts
- Chancellor’s Dining Room
- 7 day a week availability

Summer Camps and Conferences

- Both apartment and residence hall style of living
- Flexibility in length of program over the summer
- Multiple meeting spaces available for use
- On campus dining options
- Swinney Recreational Facility

UMKC Student Union

- Large Multi-Purpose Room
- 5 breakout rooms for all meeting needs
- Large Theater suitable for performances and lectures
- 7 day a week availability

Please contact Travis Dixon, Conference Coordinator, to set-up time to discuss your conference needs!

Thank you for your interest in holding a conference at UMKC!

Conference and Event Resources
5100 Cherry Street, Suite 310
Kansas City, MO 64110
Phone: 816-235-1416
Email: dixontw@umkc.edu
THE PLACE
FOR PEOPLE
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PLACES

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to student success. We offer
more than 155 degree programs,
scholarships and in-state tuition
for some Kansas residents.

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UMKC
UNIVERSITY OF MISSOURI
KANSAS CITY

REGISTER & PAY ONLINE: INFO.UMKC.EDU/COMMU/ SPRING '16 23

umkc gallery of art

The UMKC Gallery of Art is a perfect setting for meetings,
parties, and business functions with art exhibitions up
all year round!

$150 for three hours, including 30 minutes for setup, 2 hours for the event, and 30
minutes for breakdown. Any additional time will cost $25 per half hour.

Features: approx. 1,000 square feet can accommodate up to 200 guests. The gallery can provide:
two benches, 16 folding chairs, 3 long, rectangular folding tables, 1 large round folding table, 1
large trash can, basic cleaning supplies, and the use of our microwave and fridge. A gallery staff
member can assist with furniture setup/breakdown to ensure safety of the art.

Per university regulations, alcohol permission must be obtained at least 2 weeks prior to the
event, and a professional bartender through Sodexo must be used.

Please email umkcgallery@umkc.edu or call 816-235-1502 to schedule

Authentic Chinese
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Now serving
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Asian Beer & Wine

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#4004 A

**Beginning Tai Chi**

Tai Chi is an ancient system of exercise, meditation, and martial art that unites mind and body: an exercise to cultivate the body, a meditation to cultivate the spirit, a martial art to cultivate harmonious relationships with others. Learn the first seven postures with the option to continue. Kim Kanzelberger, M.A., has been teaching Tai Chi in the Kansas City area for over 30 years. He is the director of Center States Tai Chi and leads retreats and workshops in the U.S. and Europe.

**CONVENER:** Kim Kanzelberger (816-531-0065)

**Website:** www.centerstatetaichi.com

**CLASS FEE:** $18.00

**Email:** centerstatetaichi@gmail.com

**Sec. A:** 4 session(s); Beginning Monday, February 01, 2016; 6:30 PM - 7:30 PM; Center States Tai Chi Assn, 111 E. Gregory, Kansas City MO 64114; LIMIT : 12

**Sec. B:** 4 session(s); Beginning Monday, April 04, 2016; 6:30 PM - 7:30 PM; Center States Tai Chi Assn, 111 E. Gregory, Kansas City MO 64114; LIMIT : 12

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#4005 A

**Reiki Play Day**

The moon is full tonight! Experience the energizing, relaxing effects of Reiki and other forms of healing energy. Reiki works on physical, emotional and spiritual levels to open the flow in your life. Techniques will be taught to help you be more sensitive to subtle energy. We will play with a variety of energy techniques including Reiki, bio-force, polarity, chakra balancing and healing with sound. The class is held in our home in beautiful Dogwood Forest.

**CONVENER:** Regina Compenorre (816-547-0266)

**Email:** sacreddearearth@aol.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Tuesday, March 15, 2016; 6:00 PM - 7:30 PM; 3674 Royall Hall 304, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT : 15

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#4201 A

**Enjoy Nearly Perfect Health**

Discover how to improve your metabolism, gut health, hormones, energy, and overall health! Powerful, simple, inexpensive and safe—nutritional balancing is a method of assessing and correcting the body’s stress response. Build good energy and stamina by giving the body what it needs to correct mineral imbalances and toxicities. And your body will be equipped to heal problems on its own. Including but not limited to adrenal fatigue, brain function, cracked skin on soles of your feet, depression, digestion, eczema, foot pain, headaches, heart health, immune support, joint support, memory, muscle repair, parasites, sleeplness, sugar cravings, weight loss…and more with this new healing paradigm.

**CONVENER:** Leslie Brown, MBA, Certified Coach (816-554-3674)

**Website:** www.complementyourlife.com

**CLASS FEE:** $10.00

**Email:** CoachLeslieBrown@gmail.com

**Sec. A:** 1 session(s); Beginning Tuesday, February 01, 2016; 10:00 AM - 11:30 AM; Flarsheim Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT : 15

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#4202 A

**One Green Smoothie a Day Will Keep the Doctor Away….Forever**

Do you have low energy? Can’t lose weight? Do you have problems with indigestion/elimination? Do you crave sweets? Do you want to eat healthy but just can’t find the time? If you have answered yes to at least one of these questions, this class is for you! Learn the benefits of raw greens to your health and an easy way to incorporate fruits, vegetables and greens to your diet. We will prepare a very tasty green smoothie that is also good for you! Please bring $5.00 to class for materials.

**CONVENER:** Leslie Brown, MBA, Certified Coach (816-554-3674)

**Website:** www.complementyourlife.com

**CLASS FEE:** $10.00

**Email:** CoachLeslieBrown@gmail.com

**Sec. A:** 1 session(s); Beginning Saturday, February 06, 2016; 10:00 AM - 11:30 AM; Flarsheim Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT : 15

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#4301 A or B

**Bloodborne Pathogens & First Aid Training**

Save lives learning important skills in this educational and enjoyable class. This presentation will teach you about reducing the risks from exposure to infectious bloodborne pathogens such as Hepatitis B, C and HIV and how to properly administer first aid at home, work, school and community settings. Taught by a certified American Red Cross Instructor. There is no test or exam required. You must be 17 or older and will receive a 2 yr. certificate that satisfies OSHA and CEU requirements for many educational and occupational programs.

**CONVENER:** Yancy Davis

**CLASS FEE:** $10.00 + $40.00 material fee = $50.00

**Sec. A:** 1 session(s); Beginning Saturday, March 12, 2016; 1:00 PM - 4:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT : 15

**Sec. B:** 1 session(s); Beginning Saturday, March 19, 2016; 1:00 PM - 4:00 PM; Flarsheim Hall 304, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT : 15

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#4302 A or B

**Family Caregiving & CPR**

Save lives learning important skills in this educational and enjoyable class. Learn about the emotional, financial, legal, social, physical, psychological and spiritual aspects of caring for an elderly, disabled or dying loved one. Students will also learn to administer CPR & AED from a certified American Red Cross Instructor and receive a 2 yr. certificate. No test or exam required.

**CONVENER:** Yancy Davis

**CLASS FEE:** $10.00 + $40.00 material fee = $50.00

**Sec. A:** 1 session(s); Beginning Saturday, January 30, 2016; 1:00 PM - 4:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT : 12

**Sec. B:** 1 session(s); Beginning Saturday, February 27, 2016; 1:00 PM - 4:00 PM; Flarsheim Hall, Rm. 203, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO 64110; LIMIT : 12

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### SPARK

**SENIOR PEERS ACTIVELY RENEWING KNOWLEDGE**

**ARE YOU A LIFELONG LEARNER?**

**Daytime Classes for Adults, 60+**

**Winter Session Begins** Jan 25, 2016

**Spring Session Begins** March 28, 2016

- History, Literature, Religion, Political Science, Art, Music, Theater, Writing, Photography, Computer Skills & much more.
- Classes 2 hours per week over 4-6 weeks
- On the UMKC-Campus
- Convenient Parking
- For more information Call – 816-235-2870
- Email: umkcsparkeumkc.edu
- Visit us at: http://spark.umkc.edu
#4303 A
**Herbal Home Remedies**
Learn what our grandmothers don’t teach us anymore. Facilitate your own healing. We’ll learn how to make a variety of remedies from herbal teas, tinctures and medicinal foods to poultices and salves. Hands-on demonstration, samples and handouts included. This class is part of Regina’s Home Herbalist program.

**CONVENER:** Regina Compernolle (816-547-0266)
Email: sacredeartharts@aol.com
**CLASS FEE:** $20.00 + $30.00 = $50.00
**Sec. A:** 1 session(s); Beginning Sunday, March 20, 2016; 1:00 PM - 3:00 PM; Dogwood Forest in Kansas City, Kansas, Regina will contact with directions.; **LIMIT:** 10

#4304 A
**Making Salve from Collected Plants**
There are healing plants all around us. In this class we will take a walk to identify and collect commonly found healing and edible plants. We’ll learn how to preserve our herbs and make a salve to take home. This class is part of Regina’s Home Herbalist program.

**CONVENER:** Regina Compernolle (816-547-0266)
Email: sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $9.00 = $19.00
**Sec. A:** 1 session(s); Beginning Saturday, April 23, 2016; 1:00 PM - 3:00 PM; Dogwood Forest in Kansas City, Kansas, Regina will contact with directions.; **LIMIT:** 10

#4305 A
**Learning How to Overcome Insomnia**
This course will present step-by-step training on the use of standard methods for overcoming insomnia. The methods for overcoming insomnia are the ones that are widely accepted by insomnia experts. This course will also teach basic information about the characteristics of normal sleep and about the basic features of insomnia. There will be handouts for each step of the course. Please bring $5.00 to class for the handouts. Taught by a Certified Behavioral Sleep Medicine specialist (CBMS).

**CONVENER:** Sid Nau, PhD, Certified in Sleep Medicine
Email: nau@bellsouth.net
**CLASS FEE:** $18.00
**Sec. A:** 5 session(s); Beginning Saturday, March 05, 2016; 10:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; **LIMIT:** 15

#4306 A
**Aromatherapy 1 (Stress Relief) for Humans and Animals**
Learn how to relieve stress using scent. Students will learn about herbs, essential oils and more. How to grow their own herbs, seeds and more will be provided with supply fee. Stress relief for animals will also be covered. Supply fee of $20.00 needs to be sent directly to Marla Di Benedetto at 25 Virginia Dr. Liberty MO 64068 before class.

**CONVENER:** Marla DiBenedetto
Email: captaindraiven@gmail.com
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Sunday, January 24, 2016; 2:00 PM - 5:00 PM; **LIMIT:** 10

#4401 A
**Impressive Golf Score with Feet and Ankle Health**
Feet carry you through the golf course and influence your connection to balance, flexibility, total-body health and power in your swing. The condition of the feet and ankles affects your skill level and significantly impacts the health of your knees, hips, spine and shoulders. In this seminar, you will learn simple practices for creating strong, flexible and agile feet on and off the greens. Clients report lower handicap by 8 shots or more after one session. What have you got to lose? *Required: Pack one clean pair of socks.

**CONVENER:** Sarah Breedlove (816-726-4305)
Email: Sarah@breedlovem.com
Website: www.breedlovem.com
**CLASS FEE:** $10.00
**Sec. A:** 1 session(s); Beginning Saturday, February 13, 2016; 11:00 AM - 12:00 PM; Kansas City Public Library, Plaza Branch, 4801 Main St. Kansas City, MO 64110; **LIMIT:** 25
#4402 A
Start Running for Fitness and Fun
Start running for fitness, fun and friendship. Our goal will be to prepare you to participate in the popular 5 kilometer (3.1 mile) runs which are offered around Kansas City every weekend. Every student will be given a folder with ten lessons that will give you tips for avoiding injuries and improving your strength to be able to enjoy this popular sport. Your instructor, Lou Joline, has run 138 marathons and holds several state records, but now he is old and slow so you will have no trouble staying ahead of him as you learn to run on our flat, low traffic courses.
CONVENER: Louis Joline (816-679-8185 )
CLASS FEE: $18.00
Sec. A: 1 session(s); Beginning Monday, January 25, 2016; 3:45 PM - 8:00 PM; Garring Gribble’s Running Sports, Ward Parkway Shopping Center, 8600 Ward Pkwy., KCMO 64114; LIMIT: 30

#4403 A
Rule the Court: Tennis
During a game of tennis the feet may be directed to dart, lung, jump, or fast stop all in a moment’s notice regardless of the court surfaces. In this seminar you will learn simple practices for freedom and confidence in your feet and ankle health. This will enable you to adapt to the game and remain powerful for life. Clients report ease in the hips and knees, lightness in each step, increased circulation, and accelerated healing of plantar fasciitis or tendonitis. Declare a healthy body and rule the court! *Required: Pack one clean pair of socks.
CONVENER: Sarah Breedlove (816-726-4305 )
Email: Sarah@breedlovetcm.com
Website: www.breedlovetcm.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, March 12, 2016; 11:00 AM - 8:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 12

#4404 A
Own the Floor: Social Dance
Social dance is about the joy of connecting with others in movement, music and the moment. In those moments, you rely on feet to carry your frame and lead or follow your partner in a graceful flow around the room. In this seminar you will learn simple practices for increasing the circulation, sensation, balance, freedom, and health of your feet and ankles. Clients report instant improvement in balance and connection to the floor with lightness in each step and an ease in the knees. Getting you ready to let your fancy foot work fly! *Required: Pack one clean pair of socks.
CONVENER: Sarah Breedlove (816-726-4305 )
Email: Sarah@breedlovetcm.com
Website: www.breedlovetcm.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, January 30, 2016; 11:00 AM - 12:00 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 25

#5101 A or B
When the Honeymoon is Over
No longer does love mean just meeting your soulmate or that love happens once. The Love Guru is redefining love in the 21st Century. Come learn how to spice up your life as love is in the air. This class will help you find the love of your life.
CONVENER: Ajay Sood (913-269-3608, 913-963-1787 )
Email: ajays@123@yahoo.com
CLASS FEE: $10.00 + $25.00 material fee = $35.00
Sec. A: 1 session(s); Beginning Wednesday, March 9, 2016; 7:00 PM - 8:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10

#5201 A or B
5 Rules of Engagement for Parents Raising A Girl in STEM
Do you have a daughter who wants to pursue a STEM career? Learn how to keep her encouraged and engaged in “meaningful” STEM activities. Discover strategies to implement at any age to help chart your daughter’s course towards a STEM track for success. April Boyd-Norona, STEM parent advocate and professional-development trainer, will share 5 survival tips to raising a girl in STEM. She is the parent of 3 future STEM technologists – 2 daughters (engineering) and 1 son (science). Please bring $8.00 to class for materials.
CONVENER: April Noronha (816-214-3717 )
Email: aprilkcmo@yahoo.com
Website: www.thestembroker.com
CLASS FEE: $18.00
Sec. A: 1 session(s); Beginning Thursday, February 25, 2016; 5:00 PM - 7:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 12

#5202 A
The Soul of a Single Parent
Students will actively participate in a candid discussion that chronicles the soul-stirring journey of April Boyd-Norona, author of “The Soul of a Single Parent.” Parents will discover their truth and/or turning point as they snap back from single parent paralysis to find a renewed purpose and perspective in their role as a single parent. Boyd-Norona is an author, life skills trainer, and single parent strategist raising 3 children who are aspiring STEM technologists. Please bring $15.00 to class for book.
CONVENER: April Noronha (816-214-3717 )
Email: aprilkcmo@yahoo.com
Website: www.thestembroker.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Thursday, January 21, 2016; 5:45 PM - 8:00 PM; Garry Gribble’s Running Sports, Ward Parkway Shopping Center, 8600 Ward Pkwy., KCMO 64114; LIMIT: 5

Self Development

#5301 A or B
The 7 Habits of Highly Effective People -- The Most Profoundly Practical Book of the Last 100 Years
If you had to choose one secular book to study for your personal benefit, what would it be? For many people, a great choice would be Stephen Covey’s 7 Habits book. Published in 1989, it ranks near the top on all-time best-selling lists for nonfiction, with people of all walks of life benefitting from it. At the beginning of class, an information packet will be distributed, with some attention then paid to a few elements of the book that the convener finds most inspiring. At the end of class, there will be a drawing for 2 free copies of the 25th anniversary edition.
CONVENER: Scott Cline
Email: scotpcline@hotmail.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; 1:00 PM - 2:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10

Parenting

#5302 A
Parents Raising A Girl in STEM
Do you have a daughter who wants to pursue a STEM career? Learn how to keep her encouraged and engaged in “meaningful” STEM activities. Discover strategies to implement at any age to help chart your daughter’s course towards a STEM track for success. April Boyd-Norona, STEM parent advocate and professional-development trainer, will share 5 survival tips to raising a girl in STEM. She is the parent of 3 future STEM technologists – 2 daughters (engineering) and 1 son (science). Please bring $8.00 to class for materials.
CONVENER: April Noronha (816-214-3717 )
Email: aprilkcmo@yahoo.com
Website: www.thestembroker.com
CLASS FEE: $18.00
Sec. A: 1 session(s); Beginning Thursday, February 25, 2016; 5:00 PM - 7:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 10

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816-235-1448
**#5302 A**

**Let Horses Help with Your Life Transitions**

Are you facing any type of life transition, such as divorce, career/job change, empty nest, or health status? This is an opportunity to identify options and clarify choices about life directions while interacting with horses. Please wear sturdy shoes and dress for the weather. This is a ground-based class; there is no riding. Cathy is certified by EAGALA as an Equine Specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as a Mental Health Specialist and has many years of experience as a clinical social worker. Please bring $10 for materials.

**CONVENER:** Cathy Cowger & Bonnie E. Benson, LCSW  
Email: cathy.cowger@gmail.com  
Website: cedarlanefarm.us  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Saturday, April 02, 2016; 10:00 AM - 12:00 PM; Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152; **LIMIT:** 10

**#5303 A**

**Improving Self Esteem**

Do you suffer from low self-esteem? In this workshop, we will use the techniques of EFT and hypothesis to help you feel more confident, less worried about what other people think of you, more relaxed in social situations, more confident about how you look, more confident about your ideas, more able to stand up to bullies. Carol Henderson is a Certified Hypnotherapist.

**CONVENER:** Carol Henderson (913-968-6907)  
Email: carol@newdayhypno.com  
Website: www.NewDayHypno.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Saturday, February 06, 2016; 10:00 AM - 12:00 PM; Cloverleaf Building, Bldg. #3, 6405 Metcalf, Overland Park, KS 66202, Conference Room; **LIMIT:** 25

**#5304 A**

**Understanding Your Dreams**

Day or night, dreaming is the inner urge for self-expression and understanding. Mind Linguistics is the art and science of dreaming. The Understanding Your Dreams Course introduces you to the powerful messages conveyed through dreams. What you learn in this brief time will be useful to you and others for the rest of life. Interpretation of dreams adds onto a deeper dimension allowing us to delve into the messages related to our Subconscious Mind. Please bring $20 to class for book. Aneta Baranek holds M.S. degree in Computer Science and is currently pursuing a Doctorate of Divinity from the School of Metaphysics. World traveler, mediator, educator and ultimately student of life Aneta is dedicated to supporting the human endeavor to live life full of self-awareness and learning.

**CONVENER:** Aneta Baranek (913-236-9292)  
Email: kansascity@som.org  
**CLASS FEE:** $18.00  
**Sec. A:** 4 session(s); Beginning Monday, March 07, 2016; 6:30 PM - 8:00 PM; School of Metaphysics, 4233 Rainbow Boulevard KC KS 66103; **LIMIT:** 25

**#5305 A**

**Creating Peace in Our Lives**

Highlights include: what the mind is, what it means to be peaceful, how to cultivate inner peace, how to become more purposeful in your actions, why compassion is so important, and ways to expand awareness. Individuals will come away with a better understanding of how to attain peace. They will obtain practical skills that they can use to become more peaceful. Participants will come to know peace in a more personal and accessible way. Aneta Baranek holds M.S. degree in Computer Science and is currently pursuing a Doctorate of Divinity from the School of Metaphysics. Please bring $20 to class for book. World traveler, mediator, educator and ultimately student of life, Aneta is dedicated to supporting the human endeavor to live life full of self-awareness and learning.

**CONVENER:** Aneta Baranek & Christopher Stohrer (913-236-9292)  
Email: kansascity@som.org  
**CLASS FEE:** $18.00  
**Sec. A:** 4 session(s); Beginning Monday, April 04, 2016; 6:30 PM - 8:00 PM; School of Metaphysics, 4233 Rainbow Boulevard KC KS 66103; **LIMIT:** 25

**#5306 A**

**Law of Attraction and Other Secrets of Visualization**

Each person will have a greater understanding of visualization, how and why it works. They will have the tools to practice visualization in combination with their everyday life activities for improved results. They will also receive information on how to apply visualization to any area of their life for a greater sense of well-being and higher quality of life. Law of Attraction will be presented and discussed in detail as well. Please bring $20.00 to class for book. Aneta Baranek holds an M.S. degree in Computer Science and is currently pursuing Doctorate of Divinity from the School of Metaphysics. World traveler, mediator, educator and ultimately student of life Aneta is dedicated to supporting the human endeavor to live life full of self-awareness and learning.

**CONVENER:** Aneta Baranek (913-236-9292)  
Email: kansascity@som.org  
**CLASS FEE:** $18.00  
**Sec. A:** 4 session(s); Beginning Monday, April 04, 2016; 6:30 PM - 8:00 PM; School of Metaphysics, 4233 Rainbow Boulevard KC KS 66103; **LIMIT:** 25

**#5307 A or B**

**Street Smart**

This class covers the following points: ideas on how to deal with a police officer and what are the things to keep in mind, how to present your case to a judge and how to deal with your mortgage company, as well as billing people and collectors.

**CONVENER:** Ajay Sood (913-268-3608, 913-963-1787)  
Email: ajappel123@yahoo.com  
**CLASS FEE:** $10.00 + $25.00 material fee = $35.00  
**Sec. A:** 1 session(s); Beginning Wednesday, March 02, 2016; 6:30 PM - 8:30 PM; Royall Hall, Rm. 203, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO 64110; **LIMIT:** 12

**#5308 A**

**The Art of Forgiveness**

Increase your spiritual practice by including forgiveness. We’ll discuss the meanings of forgiveness and how it benefits you. We’ll conclude with a short meditation that is respectful to all faiths. Craig is the author of the books “Forgiving Judas—A Man’s Journey to Forgive His Brother” and “Forgiving Our Fathers, Forgiving Ourselves.” They are works of fiction based on true events. Craig is also a counselor in the Kansas City area and has developed a forgiveness meditation on CD which will be available for purchase.

**CONVENER:** Craig McAndrew (913-206-5317)  
Email: kansascitycounselor@yahoo.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session(s); Beginning Saturday, January 23, 2016; 1:00 PM - 3:00 PM; Office of Craig McAndrew, 4635 Wyandotte, Suite 204, KCMO 64112; **LIMIT:** 8
inner paths

Spirituality

### #6000 A
**Labyrinth Exploration**

In a busy world where getting things done fast is often not fast enough, our bodies, minds and spirits are seeking ways to slow down. Learn about the pace of Labyrinth walking, its history and how to draw and make your own. Dave has a Master’s in Theology and is the director of a Christian spiritual retreat center, Hollis Renewal Center. www.holliscenter.org holliscenter@kc.rr.com or call or text: 913-206-4947 Please bring $2.00 to class for course materials.

**CONVENER:** Dave Mareske (913-441-0451)

**Email:** holliscenter@kc.rr.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Sunday, April 24, 2016; 6:00 PM - 8:00 PM; Hollis Renewal Center, 11414 Kansas Ave, KCKS 66111, I-70 to 110th St. (exit #410) go away from KC Speedway. Street before fire station is Kansas Avenue, dead-ends into Hollis Center (For a map visit the Hollis website); LIMIT: 12

### #6002 A
**Connecting with Your Guides**

We are spiritual beings having a human existence. In this class, you will learn about your energy system and how it works with our spiritual “team” to receive intuitive guidance. You will also learn about the guides we interact with—high self, archangels, masters, a variety of guides, and spirit animals—and how they work with us to teach, guide, and protect. The convener is an intuitive/medium who has been working with clients for seven years and teaches others to connect. Please bring $5.00 to class for material fees.

**CONVENER:** Christi Clemons Hoffman

**Email:** angelaguides11@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Sunday, January 31, 2016; 11:00 AM - 1:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

### #6003 A
**St. Joan of Arc, Mystery and Mission**

When St. Joan of Arc was 13 years old, she heard voices inspiring her to lead French soldiers against English oppression. Extensive historical documentation and subsequent writings have authenticated St. Joan’s life, mission, trial, death and rehabilitation. Learn about the mystery and mission of this remarkable teenager through a virtual pilgrimage to France. Please bring $5.00 to class for material fees.

**CONVENER:** Debra Nickelston

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Thursday, January 28, 2016; 6:30 PM - 8:30 PM; Kansas City North Community Center, 3930 N.E. Antioch Rd., KCMD 64117; LIMIT: 30

### #6004 A
**Basics of Buddhism**

Buddhism is a 2,500-year-old tradition that teaches us how to end pain and suffering in ourselves and in others. This twelve-week course will cover all of the basics, including: meditation instruction, life of the Buddha, foundational Buddhist teachings, three schools of Buddhism, and much more. This course is open to all regardless of previous experience. Each class will begin with an optional meditation from 7:00 to 7:30. Please bring $20 for textbook to first class.

**CONVENER:** Sergio Moreno

**CLASS FEE:** $18.00

**Sec. A:** 12 session(s); Beginning Monday, January 25, 2016; 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennway, Kansas City MO 64108, (N. on I-35, ext on W. Pennway, take a left, RBC on right); LIMIT: 60

### #6005 A
**Conversations with Pope Francis and Jesus**

Based on the 2015 book Paul Rock and I wrote together, “Jesus, Pope Francis and a Protestant Walk into a Bar: Lessons for the Christian Church,” we will lead a discussion about the ways in which Pope Francis is modeling the kind of leadership Jesus promoted. This pope is changing the church and the world. What can non-Catholic Christians and people of any faith learn from him?

**CONVENER:** Bill Tammeus & The Rev. Dr. Paul T. Rock (816-926-0366)

**Email:** wtammeus@gmail.com

**Website:** billtammeus.typepad.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Tuesday, April 05, 2016; 7:00 PM - 9:00 PM; Second Presbyterian Church, 318 E. 55th St., KCMD 64113; LIMIT: 30

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**#6007 A**
**The Urantia Book**

If you are interested in the really big picture and want to know what’s going on here, this is the book. We will discuss the history of the cosmos, the local universe, local system, and planet Earth (Urantia). Barbara believes this book contains the best account of the life and teachings of Jesus. First published in 1955, the book has an international following and has been translated into many languages. Barbara is a hospice social worker with a small private psychotherapy practice and enjoys studying and teaching spirituality and theology.

**CONVENER:** Barbara Heckathorn (816-756-2649)

**Email:** barbaracheckathorn@hotmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Wednesday, January 27, 2016; 1:00 PM - 2:30 PM; 3611 Wyoming #1, KCMD 64111; LIMIT: 8

### #6008 A or B
**A Course in Miracles**

Nothing real can be threatened, nothing unreal exists; herein lies the peace of God. Maybe you’ve had the book for years - maybe its time has come. This profound, INCLUSIVE teaching, given for ALL people by Jesus has spread throughout the world since 1975. Many who asked for a new revelation have recognized this is what they asked for. If God is all-powerful and all-loving, this is what must be true. If this is your path, it is lifelong, it is life changing. This group has been meeting since 1992. Convener has been a student and teacher of the Course since 1991. All are welcome. Come!

**CONVENER:** Barbara Heckathorn (816-756-2648)

**Email:** barbaracheckathorn@hotmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session(s); Beginning Saturday, January 23, 2016; 3:30 PM - 5:00 PM

**Sec. B:** 1 session(s); Beginning Monday, January 25, 2016; 6:45 PM - 8:15 PM; 3611 Wyoming #1, KCMD 64111; LIMIT: 8

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816-235-1448
Meditation

#6201 A, B or C
Krishnamurti: The Best Class You Will Ever Take on Meditation

Topics include: Meditation, how it works and why common methods of meditation should never be practiced. 1) 24-hour-a-day meditation that does not interfere with other activity. No breath focusing. No mantra. No visualization. No subconscious influence. Straight talk and no bull. We will make sense where others don’t and will show you meditation that will put Buddhism in the dust. 2) Stop conflict and confusion in the mind anytime, anywhere, without effort or idea. 3) The stopping of any habit without effort or escape. 4) The transformation of the mind. 5) The transformation of pain. 6) The clearing of perception. This time it’s the real thing. We will not waste your time. We will do meditation in class. Later, we will watch a film about Krishnamurti—the 60-year career of the most unique and powerful religious teacher in the world. Too strong for television. The serious truth seeker should never miss it. Free classic CD, color catalog and more.

CONVENER: Marcus Williamson (816-531-6155 )
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, February 15, 2016; 6:30 PM - 9:30 PM; Location: TBD; LIMIT: 25
Sec. B: 1 session(s); Beginning Thursday, February 25, 2016; 6:30 PM - 9:30 PM; Location: TBD; LIMIT: 25
Sec. C: 1 session(s); Beginning Friday, April 08, 2016; 7:00 PM - 10:00 PM; Royall Hall, Rm. 215, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO 64110; LIMIT: 25

#6202 A
Mindfulness for Everyday Living

Would you like to meditate, but can’t find the time? Discover mini-meditations to calm your nerves and enrich your life.

CONVENER: Martha Childers
Email: martha@childerscounselingservice.com
Website: www.childerscounselingservice.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, April 09, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, Holmes, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

#6203 A
Meditation Workshop

Meditation has been proven to lower blood pressure, relieve stress, and aid in coping with anxiety. It has also been shown to be very effective with chronic pain, insomnia, and panic disorder. Meditation can be practiced anywhere and has no dangerous side effects. In this one-session class, students will learn simple techniques to begin a life-changing meditation practice. This class is based upon the work of Jon Kabat-Zinn of the Stress Reduction Clinic at the University of Massachusetts Medical Center.

CONVENER: Sergio Moreno
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Wednesday, January 20, 2016; 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennway, Kansas City MO 64108. (N. on 1-35, exit on W. Pennway; take a left, RBC on right); LIMIT: 60

#6204 A, B, C or D
Kundalini Yoga & Meditation for Women

As women, we know our personal power and grace, but we sometimes forget, especially if we are in unsupportive relationships. This class for women only will include a series of simple but powerful yogic exercises, followed by a meditation to connect with our True Selves, the seat of our joy, confidence, and grace.

CONVENER: Sat Inder Kalsi (816-561-5337 )
Email: satinderkalsi.kc@gmail.com
Website: www.kckundaliniyoga.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, February 01, 2016; 7:00 PM - 8:00 PM; KC Kundalini Yoga Center, 3525 Walnut, KCMO 64111; LIMIT: 15
Sec. B: 1 session(s); Beginning Monday, March 07, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. C: 1 session(s); Beginning Monday, April 04, 2016; 7:00 PM - 8:00 PM; 4502 Holmes, UMKC Campus, 5115 Oak, KCMO; LIMIT: 15
Sec. D: 1 session(s); Beginning Monday, May 02, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25

#6205 A
Evolve! How to Manage Your Thoughts and Get an Epic Life

Edison, Einstein, JK Rowling, Omidyar, Brin, Craig, Ben Franklin, Stephen King, Poe, Archimedes all used the same process to innovate on command. Now we have the science (and EEG machine) to copy the process and tailor it to your needs. For professionals who need to innovate on command, people who want to use the other 90% of their brain and those who wish to get a life. We will cover the three components of the system, the one critical skill to practice, the essential hormone to manage, the word and symbol that will bless the rest of your life and a bonus: the five question path to get a life.

CONVENER: Denis Greene (816-560-3641 )
Email: denis@church-development.com
Website: www.kckundaliniyoga.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Monday, May 02, 2016; 7:00 PM - 8:00 PM; 4502 Holmes, UMKC Campus, 5115 Oak, KCMO; LIMIT: 15
Sec. B: 1 session(s); Beginning Monday, May 09, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. C: 1 session(s); Beginning Monday, May 16, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. D: 1 session(s); Beginning Monday, May 23, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25

#6207 A
Beginning Meditation

Have you tried to meditate but experienced problems? Have you wanted to learn to meditate, but weren’t sure where to start? If you are ready to begin a meditation practice then this is the course for you. Meditation reduces stress, increases blood flow and is beneficial in many areas of one’s life. Craig has also developed a meditation CD that is available for purchase.

CONVENER: Craig McAndrew (913-206-5317 )
Email: kansascitycounselor@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; 11:00 AM - 1:00 PM; Office of Craig McAndrew, 4635 Wyandotte, Suite 204, KCMO 64112; LIMIT: 8
Sec. B: 1 session(s); Beginning Monday, April 04, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. C: 1 session(s); Beginning Monday, May 02, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. D: 1 session(s); Beginning Monday, May 09, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. E: 1 session(s); Beginning Monday, May 16, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. F: 1 session(s); Beginning Monday, May 23, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. G: 1 session(s); Beginning Monday, June 06, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. H: 1 session(s); Beginning Monday, June 13, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. I: 1 session(s); Beginning Monday, June 20, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Sec. J: 1 session(s); Beginning Monday, June 27, 2016; 7:00 PM - 8:00 PM; Location: TBD; LIMIT: 25
Psychic

#6301 A
Spirit Development Circle
This class is a continuation of the Intro to Psychic and Mediumship development class. We will continue to develop our skills and learn new techniques for channeling spirit. This class is for those who are serious about taking their skills to the next level. Come ready to participate, share and have fun. If you sign up for this class, please note there are 4 classes and attendance is expected at all 4. Please bring $5.00 to class for materials.
CONVENER: Jamie Collins (913-579-8258)  
Email: jamie@spiritspeakerkc.com  
CLASS FEE: $18.00  
Sec. A: 4 session(s); Beginning Thursday, March 10, 2016; 7:00 PM - 8:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 5  
Sec. B: 1 session(s); Beginning Saturday, February 27, 2016; 11:00 AM - 1:30 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 5  
Sec. C: 4 session(s); Beginning Saturday, April 16, 2016; 11:00 AM - 12:30 PM; Haag Hall, Rm. 307, 52nd & Rockhill Road, UMKC Campus, KCMO 64110; LIMIT: 30  
Sec. D: 4 session(s); Beginning Thursday, March 10, 2016; 7:00 PM - 8:30 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64110; LIMIT: 5  
CLASS FEE: $18.00  
Email: info@astrologykansascity.com  
Convenor: Aquarian Organization of Astrologers (AOA) is pleased to offer a 4-part series of introductory classes. Local astrologer club members explain how and why astrology is an important tool for understanding ourselves, others and events. Classes cover: The Signs-What They Mean in a Chart; The Planets-Describing Chart Action; The Houses-The Areas of Your Life; The Aspects-Your Challenges and Gifts in Life. Beginners are welcome. Please bring $5.00 to class for materials.
CONVENER: Aquarian Organization of Astrologers (AOA)  
Email: info@astrologykansascity.com  
CLASS FEE: $18.00  
Sec. A: 4 session(s); Beginning Wednesday, May 11, 2016; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 15  
#6303 A, B or C
Spirit Speaks
Is there a friend or family member in spirit that you would like to hear from? Are you skeptical that our loved ones in spirit can no longer communicate with us? Each person is guaranteed at least one spirit connection. Jamie is a local psychic medium who has studied and trained with internationally renowned psychic mediums Paul and Deborah Rees as well as Sharon Klingler. Please bring $30 to class for materials.
CONVENER: Jamie Collins (913-579-8258)  
Email: jamie@spiritspeakerkc.com  
CLASS FEE: $10.00  
Sec. A: 1 session(s); Beginning Saturday, April 16, 2016; 11:00 AM - 12:45 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 5  
Sec. B: 1 session(s); Beginning Saturday, February 20, 2016; 11:00 AM - 12:45 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 5  
Sec. C: 1 session(s); Beginning Saturday, April 23, 2016; 11:00 AM - 12:45 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 5  
CLASS FEE: $10.00  
Email: barbaraheckathorn@hotmail.com  
Convenor: Barbara Heckathorn (816-756-2648)  
CLASS FEE: $10.00  
Sec. A: 1 session(s); Beginning Tuesday, February 09, 2016; 7:00 PM - 8:30 PM; 3611 Wyoming #1, KCMO 64111; LIMIT: 10  
#6304 A
Intro to Psychic and Mediumship Development
What exactly does it mean to be psychic? Do you often wonder if loved ones in spirit can still communicate with us? Have you wanted to learn skills and techniques to take your abilities to the next level? If so, this interactive workshop promises to give you new and fun ways to connect with spirits and enhance your everyday life. Jamie is a local psychic medium who enjoys teaching and showing you new ways of connecting with spirits. Please bring $5 to class for materials.
CONVENER: Jamie Collins (913-579-8258)  
Email: jamie@spiritspeakerkc.com  
CLASS FEE: $10.00  
Sec. A: 1 session(s); Beginning Saturday, February 20, 2016; 11:00 AM - 1:30 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 25  
#6305 A
Basics of Astrology
Kansas City’s astrology club, the Aquarian Organization of Astrologers (AOA) is pleased to offer a 4-part series of introductory classes. Local astrologer club members explain how and why astrology is an important tool for understanding ourselves, others and events. Classes cover: The Signs-What They Mean in a Chart; The Planets-Describing Chart Action; The Houses-The Areas of Your Life; The Aspects-Your Challenges and Gifts in Life. Beginners are welcome. Please bring $5.00 to class for materials.
CONVENER: Aquarian Organization of Astrologers (AOA)  
Email: info@astrologykansascity.com  
#6401 A
Crop Circles
Something strange and wondrous has been happening in the crops around the world for many years. You will not get accurate information from the mainstream media regarding this phenomenon. This class will watch an award-winning DVD about crop circles followed by a discussion. The DVD contains beautiful footage of the circles and comments by the “croppies” in southwest England where most of the formations have occurred. These people, who have investigated and researched the circles for many years include engineers, artists, philosophers, architects, mathematicians and a Nobel Prize winner.
CONVENER: Barbara Heckathorn (816-756-2648)  
Email: barbaraheckathorn@hotmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session(s); Beginning Tuesday, February 09, 2016; 7:00 PM - 8:30 PM; 3611 Wyoming #1, KCMO 64111; LIMIT: 10
Recreation

#7101 A

Naturalism/Nudism 101

Explore the history, philosophy, and legality of clothing optional recreation. Learn in a respectful setting about clothing-optional recreation on a local level. The class will take a simple discussion format and will be taught by a member of the Heartland Naturists.

CONVENER: Mike C.

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, March 12, 2016; 12:00 PM - 2:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 12

#7102 A

Bound for Underground!

Ever wanted to explore a wild cave system? Missouri, with nearly 7,000 known caves (and many more UNKNOWN caves!), is the perfect place to do it. Conveners are officers of the Kansas City Area Grotto, the local caving club, and one is a Fellow of the Cave Research Foundation – heavily involved in discovery, exploration, mapping, resource management and endangered species habitat protection. Class will cover a wide range of spelean activities and “citizen science” being conducted across Missouri, followed by a novice cave trip if interested. See kcgrotto.org or e-mail info@kcgrotto.org.

CONVENER: Jim Cooley & Jack Peters

CLASS FEE: $70.00

Sec. A: 1 session(s); Beginning Tuesday, February 09, 2016; 7:00 PM - 9:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

#7103 A

Learn to Sail

Summer will soon be here and sailboat owners will be looking for crews, or perhaps you plan to acquire your own boat. We will cover the basics for both skipper and crew. Class members can sign up for on-the-water lessons later this spring at nearby Lake Jacomo. Class leader, Lou Joline, is a five-time class champion in the Sweet 16 class.

CONVENER: Louis Joline (816-679-8185)

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Monday, January 25, 2016; 8:00 PM - 10:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

#7104 A or B

There’s a Reason They Call it Party Bridge

Fun and fellowship are as important as points and location. GUIDED PRACTICE is for people who aren’t quite ready for a course and those who are proud of learning the game without ever having taken a course (meaning they know bad bridge quite well). The volunteer guide taught bridge for 13 years at Johnson County Community College. Bring a partner or meet one.

CONVENER: Bruce Southard

CLASS FEE: $18.00

Sec. A: 10 session(s); Beginning Monday, April 04, 2016; 9:30 AM - 11:30 AM; Kansas City North Community Center, 3930 N.E. Antioch Rd., KC 64117; LIMIT: 20

Sec. B: 10 session(s); Beginning Monday, April 04, 2016; 6:30 PM - 8:30 PM; The Atriums, 7300 W 107th St, Overland Park, KS 66212; LIMIT: 12

#7105 A

Introduction to Fly Fishing

An overview of equipment: rods, reels, line and clothing. Equipment usage, water conditions and fish types. Weather permitting, we’ll work on casting techniques and form.

CONVENER: Pat Riehle & Bass Pro Shop Staff

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, March 12, 2016; 2:00 PM - 5:00 PM; Bass Pro Shop, 18001 Bass Pro Drive, Independence, MO 64055, Conservation Room; LIMIT: 50

#7106 A

Basic Fly Tying

An overview of fly tying materials. Hook sizes and applications. Matching the hatch presentations. We’ll tie some basic flies including jigs and wooly buggers.

CONVENER: Pat Riehle & Bass Pro Shop Staff

CLASS FEE: $10.00 + $15.00 material fee = $25.00

Sec. A: 1 session(s); Beginning Saturday, April 23, 2016; 2:00 PM - 5:00 PM; Bass Pro Shop, 18001 Bass Pro Drive, Independence, MO 64055, Conservation Room; LIMIT: 10

#7107 A

Backpacking for Beginners

Want to try camping deep in the peaceful woods, away from those obnoxious campground party animals? We’ll discuss the basics of backpacking with an overview of planning, preparation, safety and gear. We’ll also cover trail etiquette and ‘Leave No Trace’ principles. Two weeks after the class, on April 16th and 17th, we will do an optional one-night trip so participants can give it a try! Please bring $3.00 to class for material fee.

CONVENER: Renee Andriani & Melissa LeSage (913-488-4445)

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, April 02, 2016; 10:00 AM - 12:30 PM; Discovery Center, 4750 Troost, Kansas City MO 64110. Anita Gorman Room; LIMIT: 25

Trips & Tours

#7201 A

How to Plan a Domestic or Overseas Event and Trip without Losing Your Friends, Family or Sanity

When you get the bright idea to go somewhere, possibly where you have never been before, how do you start planning? What about planning a big event like a reunion, birthday bash or a destination wedding? How do you figure out who to invite and keep them interested? How do you make the trip and event special and stress-free for everyone so they want you to plan the next one? With the Progress Report method, we will virtually plan a group event or trip. Come along. Please bring $5.00 to class to cover material fees.

CONVENER: Debra Nickelson

CLASS FEE: $14.00

Sec. A: 2 session(s); Beginning Tuesday, April 05, 2016; 6:30 PM - 9:00 PM; Kansas City North Community Center, 3930 N.E. Antioch Rd., KC 64117; LIMIT: 20

#7202 A

UMKC Historical Walking Tour

Are you interested in the history of UMKC? Come on the UMKC Historical Walking Tour. On this one-mile tour, we will talk about the foundation of the university and its development through its first 87 years. You’ll learn about how the buildings got their names, view priceless works of art and walk in the footsteps of famous alumni like Harry Truman. We’ll talk about lost campus traditions like Bum Friday and the campus pond and even find time for a few ghost stories. Whether you are a student, faculty, alumni, staff or just interested in Kansas City history, there will be something for you.

CONVENER: Christopher Wolff

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Saturday, April 09, 2016; 10:00 AM - 11:30 AM; Atterbury Student Success Center, South Entrance, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 16

Social Concerns

#8001 A or B

Participatory Economics and Human Nature

Utilizing psychological studies, evolutionary history and an analysis of command and market economies, it should be possible to determine the most stable economic model for the 21st century. This model, based around cooperative economic institutions, must contain the proper checks and balances to prevent intergroup conflict between workers and management, response bias during votes and promote a decision-making platform that can be utilized by all affected employees.

CONVENER: Andrew Feagle

CLASS FEE: $10.00

Sec. A: 1 session(s); Beginning Sunday, January 24, 2016; 10:00 AM - 1:30 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 50

Sec. B: 1 session(s); Beginning Sunday, February 07, 2016; 12:00 PM - 3:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 50
Going Green

#8101 A
How Can We Make the ECO-Paradigm Shift Happen?
Making a peaceful ECO-paradigm shift requires 3 steps: 1) Identify and analyze the old paradigm, 2) Provide a comprehensive yet simple vision of the new paradigm, 3) Practice habits that maintain the shift. The first step is highly controversial. It goes deeper than addressing the problem of a ruling 1%, or a capitalist economic system, or the unrelenting violence directed against people and the earth. The controversy goes to the ancient yet still prevalent religion producing these problems and so many more; militarism.

CONVENER: Margaret Del Debbio
CLASS FEE: $18.00
Sec. A: 4 session(s); Beginning Wednesday, January 20, 2016; 7:00 PM - 9:00 PM; LIMIT: 50 Misc Social Concerns

Sports

#9301 A, B, C or D
Sports Recruiting Success Planner
Sports Recruiting Success Planner! To get on a college roster in any sport, you need a good game plan. The difference between success and failure is taking action. The college sports recruiting success planner will give parents and student athletes the year by year detailed tools prior to graduation for getting the attention of college coaches and recruiters.

CONVENER: Michael Taylor
Email: uassports@gmail.com
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session(s); Beginning Saturday, January 30, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30
Sec. B: 1 session(s); Beginning Saturday, February 13, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30
Sec. C: 1 session(s); Beginning Saturday, February 27, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30
Sec. D: 1 session(s); Beginning Saturday, March 05, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

#9302 A, B, C or D
Ten Powerful Strategies to get an Athletic Scholarship Series
Ten powerful Strategies to get an Athletic Scholarship will show parents and student athletes step-by-step the real secret of how to successfully obtain an athletic scholarship. National sports recruiter, author and motivational lecturer Mike Taylor sat on the bench then sat out two years after high school sports participation. During those two years of non-sports participation, he discovered the secrets to getting an athletic scholarship to a Division 1 program within one year. Ten tested and proven strategies is a motivational guide that will show anyone the secret to achieving any goal. As a alum of Iowa State University, Michael was a two-time letter winning defensive end-Linebacker for the cyclones and is the author of four books. Michael is the CEO of Spectrum Sports Recruiting Services, a recruiting service dedicated to providing services to parents, high school and junior college-athletes to thousands of college coaches around the nation.

CONVENER: Michael Taylor
Email: uassports@gmail.com
CLASS FEE: $10.00 + $15.00 material fee = $25.00
Sec. A: 1 session(s); Beginning Saturday, January 23, 2016; 10:00 AM - 12:00 PM; Royal Hall, Rm. 211, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 30
Sec. B: 1 session(s); Beginning Saturday, February 06, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30
Sec. C: 1 session(s); Beginning Saturday, March 26, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30
Sec. D: 1 session(s); Beginning Saturday, April 16, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

Cohousing and Other Alternative Community-Focused Housing Models
Cohousing communities are intentional collaborative neighborhoods. They bring together the value of private homes (houses, condos, apts.) with the benefits of more sustainable living. That means residents actively participate in the design and operation of their neighborhoods and share common facilities and good connections with neighbors. Cohousing characteristics can also be worked into existing neighborhoods or communities. The US Cohousing website offers more information including the six defining characteristics of cohousing.

CONVENER: Gayl Reinsch
Email: kccohousing@gmail.com
CLASS FEE: $10.00
Sec. B: 1 session(s); Beginning Saturday, February 13, 2016; 10:00 AM - 12:00 PM;  Royall Hall, Rm. 211, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT : 30
Sec. C: 1 session(s); Beginning Saturday, February 27, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30
Sec. D: 1 session(s); Beginning Saturday, March 05, 2016; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 30

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Blue Valley Library
9000 W. 151st St.
Overland Park, KS
(913) 826-4363

MON WED FRI
10 am-5 pm

TUE THU
10 am-8 pm

SAT
11 am-4 pm

Antioch Library
8700 Shawnee Mission Pkwy.
Merriam, KS
(913) 826-4321

Buy online: jocolibrary.org/friends
Now Hiring

Part-time event staff: ushers & ticket takers for concerts, conventions and sporting events.

Apply in person at 4050 Pennsylvania Avenue, Suite 111, Kansas City, MO or online www.crowdsystems.com

CROWD SYSTEMS

Congratulations, graduates, &

welcome

TO THE UMKC ALUMNI ASSOCIATION!
For more learning opportunities, check out classes offered by Ed2Go and take your learning further online.

Spring 2016 classes start on the following dates: Jan. 13, Feb. 10, Mar. 16 and Apr. 13. All Ed2Go classes cost $99 each.

To register, visit: http://www.ed2go.com/commu

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

Interpersonal Communication
Become aware of the conscious and unconscious codes of meaning we send when communicating with others.

Introduction to Internet Writing Markets
A professional writer shows you how to make money writing on the Internet.

SKILLS FOR MAKING GREAT DECISIONS
Learn how to make excellent everyday decisions from an experienced counselor and life coach.

Start Your Own Small Business
Stop dreaming and learn how to start your own successful small business.

Stocks, Bonds, and Investing: Oh, My!
Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.

Travel Photography for the Digital Photographer
Learn the tricks and techniques digital photographers need to capture scenes from around the world and bring them home.

Twelve Steps to a Successful Job Search
World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

Write Your Life Story
Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.
Make a Difference

Creative Ways to Leave Your Own Legacy.

You can help keep Communiversity vital and our inspiring catalog of classes as part of the Kansas City landscape.

UMKC will assist you in targeting your gift to Communiversity?

Our new gift planning website, complete with calculating tools is now available. Please visit: http://advancing.umkc.edu/plannedgiving.

- Check out the multiple “libraries” of planned giving, financial planning & estate planning articles.
- Construct your own possible planned gift.
- Create a chart to compare the features and benefits of different planned gifts.
- See how much your income tax deduction will be for your particular planned gift.
- And, much more...

To learn more about how to leave a legacy contact UMKC Foundation at 816-235-2672

We look forward to thanking all of our donors whose vision and generosity will raise our ability to insure an avenue of “free speech” for future generations.

REGISTRATION FORMS

Mail to: Communiversity, Scofield Hall, Room 104, 711 E. 51st, KCMO, 64110

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<thead>
<tr>
<th>Course #</th>
<th>Course Title</th>
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☐ I am presently a UMKC Student (Pay ONLY material fees)

☐ I am interested in volunteering

☐ I am interested in teaching

Subject: ____________________________

Class Fee Total

Donation (tax deductible and greatly appreciated)

Registration Fee (due once per person per catalog) $3.00

Total Sent

COMMUNIVERSITY LIABILITY WAIVER (Must Sign to Register)

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Signature ____________________________ Date __________
The Rime Buddhist Center

Are you a spiritual seeker?  
Do you seek inner peace, kindness, wisdom, and compassion?  
Want to become more involved in your community and world peace?  
Curious about Buddhist practices and meditation?

If so, welcome to the Rime Buddhist Center, the only authentic Tibetan Buddhist center in the area with an authentically ordained Buddhist lama. We are a non-sectarian center dedicated to the cultivation of wisdom and compassion and offer the area's most qualified programs of Buddhist studies and Tibetan culture taught by monks, lamas and other qualified Buddhist teachers.

Please join us, we have many programs to fit your interests and schedule!

Here's a sample of what we offer:

- Service, Child Care & Dharma School (for children & teens)  
  Every Sunday at 10:30
- Noon meditation practice – Monday - Friday
- Free meditation instruction – every Wednesday at 6 p.m.
- Special seasonal spiritual events throughout the year
- Community outreach programs

See pages 28 and 29 for our classes listed inside! #6004A—The Basics of Buddhism and #6203A—Meditation Workshop.

The Rime Buddhist Center, 700 W. Pennway, Kansas City, Missouri

Online Resources: www.rimecenter.org  Dharma talk podcasts: http://lama108.libsyn.com/

Find us on Facebook! “Rime Buddhist Center Community”

Photo by Mark Berndt.
Lama Changchup Kunchok Dorje  
(Chuck Stanford)  
Executive Director and Spiritual Leader