

Spring 2018

McLennan

COMMUNITY

COLLEGE

Continuing Education

Life is Good in Waco

Paddleboard Yoga

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SHRM Certified
Professional

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Lifelong Learning @McLennan



For more than 50 years, Continuing Education at McLennan Community College has changed the lives of students and the community by connecting them with MCC resources and engaging diverse populations with innovative, quality lifelong learning opportunities.

Life is good in Waco, and MCC Continuing Education is deeply committed to the advancement and enrichment of Waco and McLennan County through our collaborations to offer the best learning experiences possible. Our continuing education programs are designed to help individuals grow — whether it's exploring an interest, developing skills, or shifting careers.



Our program showcases just how great life in Waco truly is and that we never stop learning. It is our mission to provide educational opportunities and lifelong learning experiences to enhance, promote, and develop a higher quality of life for our community. Continuing Education boasts an impressive group of instructors, who are professionals in their fields, and a wide array of course offerings that include community programs, corporate training, and health and human services.

Our mission is to engage, educate, and enrich our community. Come see what we have to offer and discover the wide opportunities available to expand your knowledge. Life really is good in Waco!



McLennan
COMMUNITY
COLLEGE
Continuing Education

www.MCCandYOU.com

254-299-8888

About the Cover

Pictured – Erin Ward (Instructor, Paddle Board Yoga)

Location: Brazos River

To find out more about this community collaboration and other exciting learning opportunities, follow us on social media. #LifeisgoodinWaco

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Community Programs



Arts & Hobbies

Drawing Basics

Learn to draw with more confidence! Designed for those with little or no experience, this drawing class begins with simple exercises to help you quickly learn to draw what you see. Enjoy learning the fundamentals of freehand drawing while experimenting with different media. You will study line, shadow, color, and how to determine the appropriate proportions of people and objects. By setting up and drawing a still-life composition, you will increase your knowledge of proportion and perspective. Learning and expanding on the fundamentals can make your painting experiences excel, too. Some model figure drawing may be included in the course. Class will be taught by Dan Capps. Supply list will be given upon registration.

Cost: \$69

Jan. 23-Feb. 27 T, 6-8 p.m. AVC 1990.01

March 20-April 24 T, 6-8 p.m. AVC 1990.02

Painting with Acrylics

Painting with acrylics is great fun! Acrylics are water soluble and easy to use. This class is designed for students of any skill level. Learn composition and design, basic color theory and mixing, and various acrylic painting application techniques. Each student will receive individual attention from our wonderful instructor, Dan Capps, to help them achieve their goals. Come ready to paint! Supply list will be given upon registration.

Cost: \$79

March 20-April 24 T, 1-3 p.m. AVC 6119.01

Straight from
Our Students

"Good use of evening time! Dan is a relaxing instructor, and he really knows his stuff! He takes the time to teach each individual student different techniques."

Dan Capps



Dan has studied, practiced, and taught art of all kinds for 50 years. From exhibiting in art fairs to teaching art, it is a talent he loves sharing with anyone and everyone. "Art is one of the great rewards of life. People can grow in their perception of the world through art." Dan's students enjoy his positive and supportive teaching methods and find out that they do, indeed, have the ability to create works of art.

Watercolor Painting

Watercolor is a beguiling and exciting painting medium with a character all its own. Even if you have never handled a brush before, you will enjoy exploring watercolor's idiosyncrasies while learning how to deal confidently with washes, glazes, and color mixing from expert Dan Capps. Discover your hidden potential as you learn the fundamentals of this rewarding art form. This is a great beginning class to learn how to achieve a variety of results and a great refresher course for any experienced artist to work on individual projects with mentoring. An introduction into acrylics may be included toward the end of the course. Supply list will be given upon registration.

Cost: \$79

Jan. 24-Feb. 28 W, 6-8 p.m. AVC 2056.03

March 21-April 25 W, 6-8 p.m. AVC 2056.04

Hand Lettering I NEW!

Have you been admiring all those hand-lettering projects on Pinterest? Although it may look difficult, hand lettering can be picked up easily through practice. In this class, Madeline Wieters, owner of Ellie Jean Paperie, will teach you the basics of hand lettering, faux calligraphy, and brush strokes. Projects will be fairly open, allowing you to explore your own interests within hand lettering. Supply list will be given upon registration.

Cost: \$49

Feb. 13-27 T, 6-7 p.m. AVC 5282.01

Hand Lettering II NEW!

Join us and continue to create! In this part-II class, Madeline Wieters, owner of Ellie Jean Paperie, will continue to teach you the basics of hand lettering, but will add more skills such as chalk and watercolor lettering. Projects will be fairly open, allowing you to explore your own interests within hand lettering. Supply list will be given upon registration. Hand Lettering I is not a requirement to take Hand Lettering II.

Cost: \$49

March 27-April 10 T, 6-7 p.m. AVC 5282.02

Madeline Wieters



Madeline is a Dallas native turned Waco local with a passion for hosting, hand lettering, and McAlister's sweet tea. She owns and operates Ellie Jean Paperie, a shop full of hand-lettered goods for the home and hostess. She has her bachelor's and master's degrees in accounting—serving as living proof that anyone can learn to letter!



Introduction to Photography

Learn to get the most out of your camera! Improve your photographs with the technical and artistic basics of photography. With instructor Stephen Cook, you will learn basic skills, look at some photography pioneers, and take and critique photos in a friendly and collaborative environment. Topics include camera settings, basic composition, and different types of photography (e.g. sports, landscape, portrait, etc.). Try a little of everything, and concentrate on your area of interest. You will get the most out of the course with a digital SLR camera with interchangeable lenses and a flash. Students are not required, but highly recommended, to have an SLR camera by the second day of class to receive hands-on learning and practice. This class is for beginning and intermediate photographers.

Cost: \$169

Jan. 11-March 1 TH, 6-9 p.m. PHTC 1004.01

March 15-May 3 TH, 6-9 p.m. PHTC 1004.02

Photography II **NEW!**

Learn the science and art behind photography! Manipulate shadows and lighting to create great photos with food, architecture, and portraits. Expert professional photographer Stephen Cook will lead you through it all. Additionally, you will be introduced to photo editing using Lightroom and Photoshop, i.e. learning how to make your family photos look better using digital editing software. Students will be applying skills learned in previous classes and conclude the class with a hands-on photoshoot. Students are not required, but highly recommended to have an SLR camera by the second day of class to receive hands-on learning and practice. This class is for intermediate to advanced photographers.

Cost: \$99

May 10-24 TH, 6-9 p.m. PHTC 2004.01

Stained Glass Majesty I

Welcome to the world of stained glass work! Learn how to choose designs and color schemes, to cut, solder, and finish, and display works of art using copper foiling techniques. Our experienced, professional, and talented instructor, Susan Yow, teaches beginners how to create stained glass panels using the Tiffany foil method of construction. You will make two beautiful and dramatic stained glass pieces: a window hanging and a free-form sun-catcher. On the first day of class, you will receive a supply list or have the option of purchasing a starter kit from the instructor for around \$180. This course is a prerequisite for Stained Glass Majesty II.

Cost: \$89

Feb. 12-March 26 M, 6-9 p.m. AVC 1297.01

Stained Glass Majesty II

This class is a continuation of Stained Glass Majesty I. You will explore and create art, building on your techniques while growing in knowledge of using lead came. You may work on your own project or on a project that the instructor has to offer. Instructor Susan Yow will teach you how to use lead came in a panel design that includes cutting and assembly of came, using bevels, soldering lead and zinc came, reinforcing panels, weather-proofing, and applying patina to your finished project. On the first day of class, you will receive a supply list or have the option of purchasing a starter kit from the instructor for around \$180. Prerequisite: Stained Glass Majesty I.

Cost: \$89

April 9-May 14 M, 6-9 p.m. AVC 1297.02

Straight from
Our Students

"Stephen gives a hands-on approach, and his detailed explanations make it simple to grasp and understand. He really helped me gain more confidence in my photography."

Beginners Beading and Jewelry Making

Express your personal accessory style in this class. Learn to make necklaces, earrings, bracelets, and other jewelry from beautiful beads and stones that rival any pre-made jewelry – all in exactly the colors and designs you want. Enjoy this art form as a hobby, or develop skills to produce marketable arts and crafts. Jewelry artist Doris Chmielewski will help you learn how to create stunning jewelry that others will envy. A supply list will be provided on the first day of class. The cost of supplies will vary depending on your preference of tools, beads, and designs.

Cost: \$59

Feb. 5-26 M, 6:30-8:30 p.m. AVC 4004.02



Basics of Embroidery NEW!

Join Anne of Quilted Lovelies to learn basic embroidery stitches and transfer methods! In this fun class, you will make hoop art and quilt labels. This class is for beginners and/or those wishing to brush up on their skills. Supply list will be given upon registration.

Cost: \$59

Jan. 23-Feb. 15 TTH, 7-8:30 p.m. AVC 1927.01

Anne Lemin



Anne Lemin has been a needle artist for 30 years and specializes in hand embroidered quilt labels. She is the owner of Quilted Lovelies, a web-based custom-made quilt and quilt label company, which recently celebrated 11 years in business. When not embroidering or teaching, Anne can be found traveling, antiquing, or both.

Fair Isle Hat NEW!

Create a hat while exploring the stranded color work of Fair Isle knitting. Students must be at least 16 years of age and have basic knit and purl skills, as well as be able to read a pattern. All knitting classes will be led by Dawn Burns. Supply list will be given upon registration.

Cost: \$29

March 19-26 M, 6:30-7:30 p.m. AVC 5286.03

Fingerless Mitts **NEW!**

Learn to make a warm pair of fingerless mittens in this intermediate class. Students must be at least 16 years of age and have basic knit and purl skills, as well as be able to read a pattern. All knitting classes will be led by Dawn Burns. Supply list will be given upon registration.

Cost: \$39

April 16-30 M, 6:30-8:30 p.m. AVC 5286.05

Beginners Lace and Brioche Stitch **NEW!**

Come join this beginner's lace and Brioche class and learn the basics while making a lovely scarf. Then, branch into the Brioche stitch as you make a warm cowl. Students must be at least 16 years old and have a basic understanding of the knit and purl stitch, as well as know how to read a pattern. All knitting classes will be led by Dawn Burns. Supply list will be given upon registration.

Cost: \$29

April 5-12 TH, 10 a.m.-noon AVC 5286.04

Beginners Lace and Cable Knitting **NEW!**

Come join this beginner's lace and cable knitting class and learn the basics while making a lovely scarf. Then, learn about cables while making a headband. Students must be at least 16 years old and have a basic understanding of the knit and purl stitch, as well as know how to read a pattern. All knitting classes will be led by Dawn Burns. Supply list will be given upon registration.

Cost: \$29

Feb. 5-12 M, 6:30-8:30 p.m. AVC 5286.01



Understanding Knitting Charts **NEW!**

Do knitting charts scare you? Do they look like a foreign language? Then, this is the class for you! Knitting instructor Dawn Burns will teach you how to truly understand charts and also touch on written instructions. As part of the class, you will also learn Mosaic color work. Students must be at least 16 years old and have a solid understanding of the knit and purl stitch.

Cost: \$29

Feb. 22-March 1 TH, 10 a.m.-noon AVC 5286.02

Introduction to Machine Quilting

Learn how to make quilt tops using your domestic sewing machine. Tuition includes a Quilt Sandwich for practice and sample work. You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$89

Jan. 11-Feb. 8 TH, 6-8 p.m. AVC 4057.01

Quilting I

This is an introductory class for beginners to learn how to quilt. In this class, those new to quilting will cover fabric selection, thread selection, machine basics, and straight-line sewing. Students will complete a lap quilt by the end of class. Come join in the quilting fun! Tuition includes all fabric needed to make your quilt top (you will choose your fabric). You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$89

Jan. 16-23 T, 5-7 p.m. AVC 4057.02

Straight from
Our Students

"The instructors at Tomorrow's Quilts are pros! I had an amazing time learning to quilt in this class."

Quilting II

Come improve your quilting techniques further while having fun. In this level-two class, you will continue to learn how to quilt with others in a great environment. The class covers fabric selection, and students will finish a large throw by the end of the class. Tuition includes a quilt kit needed to make your quilt top (you will choose your kit). You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Come join in the quilting fun! Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$119

Jan. 30-Feb. 20 T, 5-7 p.m. AVC 4057.06

Quilting III

Continue to build on your quilting skills in this level-III class. This class is for sewers with some sewing skills. Each time this session runs, a new quilt pattern will be used to hone sewers' piecing skills. Tuition includes all fabric needed to make your quilt top (you will choose your fabric). You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Come join in the quilting fun! Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$129

Feb. 27-April 3 T, 5-7 p.m. AVC 4057.07

Unique Quilting Techniques

This unique class will feature a different quilting technique at each meeting. Techniques include Chenille-it!, Wool Applique, Hand Binding, English Paper Piecing, Foundation Piecing, and Classic Chenille. Tuition includes all materials needed to complete all 6 projects. You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Come join in the crafting fun! Class will meet every other Friday at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$119

Jan. 19-March 30 F, 10 a.m.-noon AVC 4057.03

Finishing a Quilt

Do you have a quilt top made that you are ready to finish? In this class, students will learn how to square up a quilt top, create a quilt sandwich, and pin the sandwich in preparation for machine or hand quilting. You will need basic sewing supplies. The class will be held on the third Thursday of each month. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$39

Feb. 15-April 19 TH, 5:30-7:30 p.m. AVC 4057.05



T-Shirt Quilting

Turn old T's into a keepsake! You and your teen/tween will bring 20 T-shirts of your choosing to create a memory quilt. We will go over stabilizing, cutting, and selecting fabric for the sashing and backing of your quilt. In the second meeting, we will cover borders and quilting options for your quilt. After sewing on the borders, we will table the quilts for those wishing to quilt them at home. For those wishing to have them professionally quilted, we will discuss quilting options and provide names and contacts for quilters in the area. Tuition includes 8 yards of stabilizer and up to 2 yards of fabric for sashing and borders. You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Participants under 16 years old must co-register with a parent or guardian to attend class. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710 on two Saturdays.

Cost: \$129

March 10-April 14 S, 10 a.m.-3 p.m. AVC 4057.06

Sewing for Baby I

Learn to make baby items in this fun part I class. You will be learning to craft crib sheets, receiving blankets, swaddles, and burp cloths. This is a 4-hour class with an hour break for lunch.

Tuition includes all materials needed to complete all 4 projects. You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$119

Jan. 20 S, 10 a.m.-3 p.m. AVC 1316.01



Sewing for Baby II

In this class, you can choose to craft a chenille rug or learn how to create a baby quilt using Chenille-It ribbon. This is a 4-hour class with an hour break for lunch. Tuition includes all materials needed to complete your project. You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$129

Feb. 17 S, 10 a.m.-3 p.m. AVC 1316.02

Sewing for Baby III

In part III of Sewing for Baby, we will create a baby quilt. We will craft the quilt and have it ready by the end of class. You will have the option to quilt the quilt, tie it, or have it professionally quilted. This is a 4-hour class with an hour break for lunch. Tuition includes all materials needed to complete your baby quilt. You will need basic sewing supplies and a machine, or you can rent one from Tomorrow's Quilts for \$15 for the class. Class will meet at Tomorrow's Quilts, 800 Lake Air Drive, Waco, TX 76710.

Cost: \$119

March 17 S, 10 a.m.-3 p.m. AVC 1316.03

A Taste of West Africa **NEW!**

Join author and chef Sheri Raleigh-Yearby in this delicious new class! This two-part series is designed to introduce food enthusiasts and home cooks to the West African traditions and cooking techniques that influence Southern recipes. This class will provide hands-on practice of spice blending, sauce making, and preparation of an African-inspired dish. This is one class not to be missed! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$69

March 17-24 S, 10 a.m.-1 p.m. AVC 1930.04

April 14-21 S, 10 a.m.-1 p.m. AVC 1930.05

BBQ Bonanza **NEW!**

Ribs...Pulled pork...BBQ. If your mouth is watering, we have the course for you. Join instructor David Davenport for a fun and delicious course covering the different American BBQ styles and talking about different home-cooking methods. You will get to sample ribs, pulled pork, regional sauces, and learn some tricks you can use at your next barbecue. Come enjoy this tasty dinner party! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$59

March 12-26 M, 6-8 p.m. AVC 1930.02

Sheri Raleigh



Sheri has a diverse background as a culinary instructor and personal chef with a special emphasis in Creole cuisines. She is the owner/operator of Cast Iron Skillet, <http://slraleigh1913.wixsite.com/cast-iron-skillet>. For the past 9 years, Sheri has provided "culinary edutainment" experiences through culinary classes in Creole Cuisine. According to Chef Sheri, "Creole food should tell a beautiful, soulful story." After earning a Bachelor of Science in Dietetics and Management from Northwestern State University in Natchitoches, Louisiana, Sheri began a career in public education where she coached culinary and restaurant management teams to two regional titles in the Texas Pro-Start Invitational Competition.



Cookin' Cajun Mardi Gras Edition **NEW!**

Come and learn to cook authentic southern Louisiana cuisine that's known as Cajun cookin' but with a fun Mardi Gras twist! Instructor Wendy Moulds has the perfect personality for this spirited class. You will learn the basics of Cajun cooking, receive recipe packets each week, hear stories from Wendy of her family's experiences owning a restaurant in New Orleans, and learn a little about Cajun culture. Even if you have taken the class before, there are new dishes and recipes this time! Come enjoy this tasty dinner party! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$79

Feb. 1-22 TH, 6-8 p.m. AVC 1930.01

Straight from
Our Students

"Wendy is the liveliest instructor! I love how she tells stories about her family's Cajun restaurant while teaching us to make excellent food."

Cooking Well with Diabetes **NEW!**

Cooking Well with Diabetes is a wonderful cooking series designed to help people with diabetes and anyone that prepares food for them. Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, and other special guests as they lead a series of four fun interactive classes packed with proven research-based information and delicious diabetes-friendly recipes. Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$69

March 1-29 TH, 5:30-7:30 p.m. AVC 1930.06

Professional Dining Etiquette

Feel confident at your next social event or professional occasion, whether it be a cocktail reception or multi-course meal, after learning dining and professional etiquette. Instructor Sarah Aynesworth teaches this interactive hands-on class over a three-course meal. You will learn napkin etiquette, toasting savvy, cocktail party skills, place settings, styles of eating, tipping, and much more! Ms. Aynesworth holds a degree in education as well as certifications from The Protocol School of Washington, The Emily Post Institute, and The Etiquette & Leadership Institute. This class is at McLennan's Northwood House. Individual dietary restrictions cannot be accommodated. Sorry, no refunds.

Cost: \$49

April 12 TH, 6-8 p.m. AVC 2054.01

Sarah Aynesworth



Sarah has been teaching etiquette since 1996. What started as an avocation after leaving the teaching field has become a vocation that has taken her many places and opened many doors. She says, "The skills I teach empower people to feel confident in all social interactions. My curriculum is a culmination of materials and experiences from the best trainings the world has to offer. With my education background, I incorporate all types of teaching to allow the information to be individually learned."

Good Food Gatherings **NEW!**

Mmm...a pan of lasagna with garlic bread for all the kids and their kids! What about the heartiest meat stew with all the best veggies for the family get-together to celebrate being a family? Perhaps light fare in calories but taste in abundance for those bridal and baby showers? These dishes are for those times when good food and gatherings go hand-in-hand. Learn to make dishes that feed more than the immediate family to include extended family and friends. Create savory meals that make for easy preparation with one-pot wonders or plentiful pans so the conversation lingers long after the last bite. Join instructor Wendy Moulds for this brand-new class, and bring your appetite – maybe even sign up with a friend or two! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$69

April 5-26 TH, 6-8 p.m. AVC 1930.03

Culinary Knife Skills **NEW!**

Join author and chef Sheri Raleigh-Yearby in this new exciting class designed to help you learn the essential knife skills needed to spice up your culinary game. Participants will be provided with an overview of care and use of knives, knife safety and sanitation, types of knives, and basic knife cuts. This class will help you save time in the kitchen! Sorry, no refunds.

Cost: \$29

May 5 S, 9-11:30 a.m. AVC 1930.08

Healthy Eating Patterns: The Mediterranean Diet **NEW!**

This healthy eating pattern is not a diet; it is a lifestyle. Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, in this workshop! You will learn how to plan menus and adapt recipes to follow a healthy eating pattern that increases vegetables, lean protein, whole grains, and healthy fats, and reduces unhealthy, empty, processed carbohydrates. Have a healthy start to the year with this class! Sorry, no refunds.

Cost: \$29

Jan. 9 T, 5:30-7:30 p.m. AVC 5023.03

Vegetarian Fusion: A Baylor Club Cooking Experience

Come meet us at the Baylor Club for cooking fun taught by experienced home cook Priti Patel. Learn authentic vegetarian cooking from appetizers and main meals to desserts. In this excellent class, Priti will offer more recipes to expand your vegetarian cookbook. Priti's easy-to-follow recipes and upbeat personality will change the way you look at cooking. This class is perfect for offering alternative dishes at your next holiday table or party! Sorry, no refunds. Spots are limited! Class will meet at The Baylor Club, 1001 S MLK, Jr. Blvd., Waco, TX 76704.

Cost: \$59

Feb. 26 M, 5:30-7:30 p.m. AVC 5023.02

Straight from
Our Students

"I learned a lot in this class. The food was soooo good. But I most enjoyed the knowledge and stories from Priti! The hands-on instruction was also great."

Indian Cuisine I at the Baylor Club

Enjoy a two-hour Indian Cooking Class at the Baylor Club, taught by experienced home cook Priti Patel. Learn authentic Indian cooking from appetizers and main meals to desserts. Indian food is colorful, aromatic, and flavorful. Entice your palate with traditional and creative Indian fusion meals. Priti's easy-to-follow recipes and upbeat personality will change the way you look at Indian cooking. Come join us at the Baylor Club for a cooking class. Your taste buds will thank you! Sorry, no refunds. Spots are limited! Class will meet at The Baylor Club, 1001 S MLK, Jr. Blvd., Waco, TX 76704.

Cost: \$59

March 26 M, 5:30-7:30 p.m. AVC 5023.01

Indian Cuisine II at the Baylor Club **NEW!**

Enjoy part two of Indian Cuisine at the Baylor Club, taught by experienced home cook Priti Patel. Learn even more authentic Indian cooking from appetizers and main meals to desserts. Priti's family heritage added to her easy-to-follow recipes and upbeat personality will change the way you look at Indian cooking. Come join us at the Baylor Club for a cooking class. Your taste buds will thank you! Part one is not required for part two. All are welcome to enroll. Sorry, no refunds. Spots are limited! Class will meet at The Baylor Club, 1001 S MLK, Jr. Blvd., Waco, TX 76704.

Cost: \$59

April 23 M, 5:30-7:30 p.m. AVC 5023.02

Priti Patel



Priti Patel is a first generation Indian-American teaching Authentic Indian cooking for the past 7 years in the Waco area. Priti learned to cook traditional Indian food from her mother, an incredible home cook. Priti's love for cooking continued while earning her Law Degree from Texas Tech Law School in 1998. She currently enjoys her second career as a certified specialist at Revitalize Skin Care & Aesthetics, a local Medical Aesthetic Clinic. Priti enjoys teaching authentic homemade Indian Cooking with her easy to prepare wonderful recipes. Her vibrant personality, and love for delicious Indian food and culture will not only enhance your palate, but will broaden your knowledge of the Indian culture.



Home Food Preservation **NEW!**

This overview class will introduce many forms of home preservation including freezing, dehydrating, and pickling. Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, will guide you through what is safe and what is unsafe, according to current standards. This is one very informative class not to be missed! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$20

April 17 T, 5:30-7:30 p.m. AVC 5057.01

Pressure Canning **NEW!**

Join us for another type of canning class! Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, will lead you through pressure canning! Pressure canning low-acid foods can be a great way to stock up on and eat healthy foods all year round. Learn to safely can vegetables, meats, and other low-acid foods. This is a hands-on workshop, and you will be working with the full canning process. Be ready to roll up your sleeves and get canning! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$20

May 1 T, 5:30-7:30 p.m. AVC 5057.03

Water Bath Canning **NEW!**

Water bath canning, canning high-acid fruits and tomatoes – this workshop will cover it all! Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, will guide you through the various aspects of water bath canning, selecting and processing fruits, and canning other high-acid foods. Come enjoy and learn before your garden bounty is ready. Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$20

April 24 T, 5:30-7:30 p.m. AVC 5057.02

Pressure Cooking **NEW!**

Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, in this class where you can put your new insta-pot to good use! Many households are investing in electric pressure cookers to save time in preparing meals. This workshop will help you make the most of this investment. You will receive recipes and learn techniques to maximize the convenience this appliance offers. Come join the fun! Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$29

Jan. 25 TH, 5:30-7:30 p.m. AVC 1930.07

Homemade Soup **NEW!**

Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, in this wonderful soup-making clinic that is perfect for the winter months! Learn how to make your own stock for delicious and nutritious homemade soups. This clinic will demonstrate techniques to develop your own healthy recipes for stock-based and healthy cream-based soups. Class will meet in MCC's own residential-style kitchen. Sorry, no refunds.

Cost: \$29

Jan. 13 S, 10 a.m.-noon AVC 2076.01

Straight from
Our Students

"I learned a lot about canning. Colleen gave good instructions, was very informative, and left room for question and answer."



Learn to Play Golf

This class is the perfect way to get your game off to a great start! You will be introduced to the game of golf by instructor Ed Rolan and learn proper grip, stance, and alignment, as well as driving, chipping, and putting. Ed will also talk about golf etiquette and give helpful pointers on choosing equipment for your golf game. You may bring your own clubs or use clubs provided at the lesson. This class meets at Twin Rivers Golf Club driving range, and enrollment is limited. Students are responsible for purchasing their own buckets of golf balls (\$5 per bucket) for each class. Participants under 16 years of age must co-register with a parent or guardian. Class will meet at Twin Rivers Golf Club, 1000 Bear Ridge Dr., Waco, TX 76712.

Cost: \$49

March 19-April 4 MW, 6:30-8 p.m. AVC
1026.03

Play Golf with a Pro

Hit the shots actually used on the golf course; then, see how they would apply in a real-life playing situation. Every shot will be taken into consideration used in playing a hole. From tee to green, students will learn what they will need to play the game from pro golfer Ed Rolan. Participants under 16 years of age must co-register with a parent or guardian. Class will meet at Twin Rivers Golf Club, 1000 Bear Ridge Dr., Waco, TX 76712.

Cost: \$49

April 30-May 16 MW, 6:30-8 p.m. AVC 1026.04

Ladies' Golf Clinic **NEW!**

This great class is designed to provide ladies of all skill levels a chance to learn the sport of golf. Ladies will receive instruction on the short game, the full swing, on-course play, and the rules of golf. The Heart of Texas Golf Academy can provide golf equipment for use during the class if you do not have your own. The instructors will use proven methods of instruction, tailor-made for ladies of all skill levels. Participants will learn the basic skills needed to complete a round of golf as well as the importance of the fundamentals of the game and how to apply them. Class will meet at the Heart of Texas Golf Academy, 5608 Flat Rock Rd., Waco, TX 76708.

Cost: \$99

March 12-21 MW, 6-7:30 p.m. AVC 1026.02

Improve Your Short Game

Interested in refining your short game and lowering your scores? Come to Twin Rivers Golf Club and meet your instructor, Ed Rolan, for golf class! Techniques for chipping, pitching, sand shots, and putting will be emphasized. You will learn effective techniques for practicing golf strokes the correct way to help you get the results you desire. Treat yourself, or the golfer in your life, to this course. Students are responsible for purchasing their buckets of balls (\$5 per bucket) at each session. Participants under 16 years of age must co-register with a parent or guardian. Class will meet at Twin Rivers Golf Club, 1000 Bear Ridge Dr., Waco, TX 76712.

Cost: \$49

April 9-25 MW, 6:30-8 p.m. AVC 5128.01

Jon Antunes



Jon Antunes, the owner of the Heart of Texas Golf Academy, started playing the game at the age of two and never looked back. He was blessed to have a PGA professional as a father who taught him to love the game of golf as well as how to play it. Jon has competed at the top levels of junior, collegiate, and amateur golf, and is now a professional golfer. He is a proud class A member of the PGA of America and is located in the Northern Texas PGA Section. Jon has been teaching the game of golf full time for 13 years, and has served on the faculty at Baylor University teaching beginning, intermediate, and advanced golf classes. He has been the head boys' and girls' golf coach at Vanguard College Preparatory School and has co-authored two books on golf instruction, both in use at Baylor University.

The Art of Foot Massage

Learn how to relax the body with reflexology by massaging sore spots in the feet until tension is relieved. Instructor David Sproles, LMT, will teach you the importance of foot massage for your health and self-care. These reflexology basics introduce the reflexes that may help alleviate migraines or other headaches. Join this class if you want to learn massage basics that will help you from head to toe (literally!) Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

Jan. 26-Feb. 2 F, 6:30-8 p.m. AVC 6106.01



Muscles of the Back and Back Pain

Learn how to relax the back by massaging sore spots in the lower back until tension is relieved. Instructor David Sproles, LMT, will teach you the importance of lower back massage for your health and self-care. These technique basics introduce the reflexes that may help alleviate back pain. Join this class if you want to learn massage basics that will make your back feel better. Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

April 4-13 F, 6-9 p.m. AVC 6106.02

Mind & Body Aerobics

Burn fat, shape muscles, and get a cardiovascular workout in this low-impact aerobics class. Sue Johnson is a favorite instructor, and she will get you moving to the music and toward your conditioning goals. Bring a floor mat, refillable water bottle, and two hand weights of 1 to 5 pounds, whatever is appropriate for your strength.

Cost: \$59

Jan. 23-March 22 TTH, 5:30-6:30 p.m. AVC 1577.01

April 3-May 24 TTH, 5:30-6:30 p.m. AVC 1577.02

Easy Fitness Blend

Using easy-to-follow dance steps and routines, stretching, and simple yoga postures, hand weights, music, and relaxation techniques, this blended program is an enjoyable way to exercise and improve health. Instructor Hanna Vaughan will guide you through class that's good for beginners and those with more experience! Bring a mat, refillable water bottle, and a set of 1- to 3-lb. hand weights (optional). Class will meet at Crestview Church of Christ Community Center, 7129 Delhi Road, Waco, TX 76712.

Cost: \$59

Jan. 29-March 23 MWF, 11 a.m.-noon AVC 6121.01

April 2-May 25 MWF, 11 a.m.-noon AVC 6121.02

Straight from Our Students

"I like how David took the time to thoroughly explain techniques. David is hands on and personally works with each person. He relates real world application to alleviate pains."

Beginners Swimming for Adults

Calling all adults who never learned to swim – there is no time like the present! This course is designed specifically for adults to learn the basics of swimming and to encourage those who want to improve their skills and confidence in the water. Instructor Missy Kittner will put you at ease and teach you the techniques to enjoy the pool. After this course, you will have no excuse not to “jump in.” Wear your swimsuit and bring a towel. Goggles are optional. Students must be 18 years of age or older to register. Spots are limited! Class will meet at the Center of Columbus Avenue Baptist Church, 1115 Columbus Ave., Waco, TX 76701.

Cost: \$69

Jan. 29-March 5 M, 6:30-7:15 p.m. AVC 1088.01

Tai Chi I

Seeking an alternative to the busy gym setting? Sun-style Tai Chi will introduce you to a form of exercise that improves balance and relaxation with an emphasis on slowing life’s pace. With instructor Lori Wiseheart, learn warm-up exercises, eight low-impact Tai Chi movements, and breathing techniques. The benefits of Tai Chi include increased balance, arthritis pain reduction, stress reduction, and fall prevention. Tai Chi I is a prerequisite for Tai Chi II, III, and IV.

Cost: \$39

Jan. 17-Feb. 12 MW, 5-6 p.m. AVC 5260.01

Tai Chi II

Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. It is a form of exercise often described as meditation in motion. Tai Chi promotes serenity through gentle flowing movements. In this level-two class, instructor Lori Wiseheart will improve and add to the techniques learned in level one. Prerequisite: Tai Chi I.

Cost: \$39

Feb. 19-March 21 MW, 5-6 p.m. AVC 5260.02

Lori Wiseheart



Several years of personal practice have shown Lori the many benefits of Tai Chi for the body, mind & soul. For the last few years Lori has taught Tai Chi for a local hospital’s Wellness Program. Her love of teaching and Tai Chi is evident in each of her classes.

Tai Chi III

Tai Chi has many different styles. Each style may subtly emphasize various Tai Chi principles and methods. There are variations within each style. Some styles may focus on health maintenance, while others focus on the martial arts aspect of Tai Chi. Lori Wiseheart will teach more advanced movements emphasized in this level-three class using those learned in levels one and two. Prerequisites: Tai Chi I and II.

Cost: \$39

April 2-25 MW, 5-6 p.m. AVC 5260.03

Tai Chi IV NEW!

Sun-style Tai Chi is a form of exercise that improves balance and relaxation with an emphasis on slowing life’s pace. Instructor Lori Wiseheart will introduce a long sequence of 21 movements (eight new movements) that, when added to the movements learned in Tai Chi I, II and III, culminate into a flowing practice of 42 movements. Prerequisites: Tai Chi I, II, and III.

Cost: \$49

Jan. 17-Feb. 26 MW, 6-7 p.m. AVC 5260.04

Paddle Board Yoga

Two things that are already relaxing are being on the water and yoga. So, let's do them both! Join the SUP yoga community – the most popular and fun fitness craze in town! Paddle Board Yoga is for everyone wanting to learn something new, increase balance and stability, and get out on the water in the beautiful Brazos River! Classes meet at Pura Vida Paddle Board Company and are led by experts in both paddle board instruction and yoga. This class is for all levels. It incorporates a lot of meditation and stretching – focusing on centering yourself and leaving your stresses on land. Meet at the bottom deck of Buzzard Billy's approximately 10 minutes before class. All equipment is included with your registration fee.

Cost: \$99

May 6-20 F, 2-3:30 p.m. AVC 1202.01

Yoga 4 Fitness

This is a yoga workout for people of all ages and fitness levels. Classes focus on toning the body, strengthening the abdomen, and enhancing flexibility. Through a variety of yoga exercises, Yoga 4 Fitness cultivates a holistic mind-body experience that fosters mental awareness, promotes vitality, and develops balance. Yoga 4 Fitness is taught by Dharma Yoga and YogaFit® certified instructor Kelly Parker. Wear comfortable clothes, bring a floor mat, refillable water bottle, and two weights of 1 to 5 pounds (weights are optional).

Cost: \$39

Jan. 22-Feb. 26 M, 5:30-6:30 p.m. AVC 1962.01

March 19-April 23 M, 5:30-6:30 p.m. AVC 1962.02

Erin and Blake Ward



Erin and Blake Ward recently moved back to Waco to be closer to family and to open Pura Vida Paddle on the lower deck of Buzzard Billy's. Erin was born and raised in Waco, but left for college. After getting married and having children of her own, she wanted to return to Waco to raise them. She has always had a passion for being on the water and fell in love with SUP (Stand Up Paddleboarding) this past summer while on a family vacation to Colorado. After years of experience of working at a tubing outfitter on the Guadalupe River throughout college, she decided to bring the SUP community to Waco. Besides daily rentals, they also offer SUP Yoga and love hosting group events. The main focus of Pura Vida Paddle is to allow an outlet to people to leave their troubles behind and experience nature.

Fitness & Wellness

Vinyasa Yoga Flow

Whether you are new to yoga or have been practicing for years, this 60-minute class will broaden your yoga practice. With an emphasis on alignment and strengthening the core, the class will move through warm-up, asana (posture) sequences, and savasana (resting pose) to provide a complete mind-body experience. Students will learn the power of vinyasa (connecting breath to movement) and the benefits of pranayama (breathing exercises), all while strengthening their sun salutations and yoga postures. Class will be taught by Lori Romero. Students should wear comfortable clothes and bring their own yoga mats and water.

Cost: \$39

Jan. 30-Feb. 27 T, 5:30-6:30 p.m. AVC 1962.03

March 27-April 24 T, 5:30-6:30 p.m. AVC 1962.04

Lori Romero



Lori is a certified 200-hr Yoga Teacher. She is a high school business teacher, mom, wife, sister, and has many other labels. The many roles she has inspired her to create a blog called catchallmom.com. For Lori, yoga is about being centered, focusing your energy, and honoring your body.

Flowers & Gardening

**Belinda Shelburne
& Heather Lanford**



Belinda Shelburne and Heather Lanford are the current event specialists at McLennan Community College and have a combined experience of over 18 years in their field. Through various events, on and off campus, they have developed various skills in planning, decorating, and floral work. Both Belinda and Heather enjoy thinking outside of the box, bringing an idea to life, and sharing it with others.

Springtime Fresh Florals **NEW!**

Join expert event planners Belinda Shelburne and Heather Lanford to learn some tips and tricks in this hands-on how-to class for fresh spring floral arrangements. Use techniques learned to decorate your home or next event with florals you create. Fresh florals and vases are provided to create and take your own fantastic springtime centerpiece.

Cost: \$39

March 15 TH, 6-8 p.m. AVC 6105.01

**Straight from
Our Students**

"Heather and Belinda make every event at MCC beautiful with their flowers – I was so excited to get to learn from them!"

MCC Kids College

Family Golf Clinic

This family golf clinic is designed to introduce students to a lifetime sport, the game of golf. Students will receive instruction in areas such as the full swing on a state-of-the-art video system, short game, rules, etiquette, and scoring, as well as on-course instruction. Facilities are both indoor and outdoor, so weather is never an issue. Golf clubs will be provided if you do not own any! Each family member must register. Class will meet at Heart of Texas Golf Academy, 5608 Flat Rock Rd., Waco, TX 76708.

Cost: \$49

March 13-22 TTH, 6-7:30 p.m. AVC 1026.01

Parent and Tot Swim Lessons

This class is for babies and toddlers ages 6 months-4 years and their parents. This water-introduction program, taught by Missy Kittner, helps parents and children get used to the water and see the pool as fun. Parents and children play games that introduce basic introductory water skills such as blowing bubbles, breath control, kicking, and floating. The class focuses on water orientation and encourages parents and babies to trust each other in the water. Wear your swimsuit and bring a towel. Goggles are optional. All children not potty-trained must wear a swim diaper when in class. An adult must be in the water with each child at all times (shallow water only). Parent(s) must register and be present in class. Each child's name will be recorded at the time of registration. Class will meet at the Center of Columbus Avenue Baptist Church, 1115 Columbus Ave., Waco, TX 76701.

Cost: \$65

March 19-April 23 M, 6:30-7:15 p.m. AVC 1088.02

Straight from
Our Students

"We learned the basics of golf from Jon plus so much more in the golf clinic. We all had a blast being able to hit the ball!"



Children's Swim Lessons (ages 5-15)

This class is designed for both beginner swimmers with little experience in the water and those who are very comfortable in the water but may not know how to swim with a consistent breath rhythm. We start with comfort, acclimation, and basic survival swimming, then move on to learning correct body movement in the water by floating, gliding, and kicking. Finally, we move to working on swimming with arms and legs consistent in front and back. Safety is paramount in every skill that is learned in these classes. Participants must be 5 to 15 years of age. Parents do not need to co-register with the child, but must accompany the child during class. Class will meet at the Center of Columbus Avenue Baptist Church, 1115 Columbus Ave., Waco, TX 76701.

Cost: \$65

May 15-31 TTH, 6:30-7:15 p.m. AVC 1978.01

Missy Kittner



Missy, a certified Water Safety Instructor and Trainer, loves teaching babies, toddlers, children and adults to swim. She first took swimming lesson at the age of 3 and failed to learn to swim. Missy persisted, and by the age of 11 was swimming competitively, by the age of 15 became a lifeguard, and she later coordinated the Learn-to-Swim program for the City of Richardson for 7 years.



Basic French Conversation

If you want an introduction to this beautiful language, or if you have travel plans to France, this is the perfect course. Learn basic phrases and expressions that will allow you to participate in simple conversations. Our native French instructor, Claude Valahu, will teach you basic grammar, but the emphasis will be on vocabulary and simple exchanges. As a bonus, you will also learn about the various French cultures and the differences that make each area of France unique. Students may bring a recording device. The textbook is included in the course cost.

Cost: \$111

March 20-May 8 T, 6:30-8:30 p.m. AVC 1428.02

Claude Valahu



Although she has lived and worked in the United States for many years, this native of France frequently returns to her homeland to visit family and friends. Mrs. Valahu delights in sharing her love of the French language as well as the culture. Her teaching philosophy is to encourage her students to talk and think in French. She is not concerned with her students' accents because French accents are as varied in France as Texas accents are in Texas! Mrs. Valahu has taught French for several years to elementary students, and she privately tutors students of all ages.

Straight from Our Students

"Madame Valahu is a delightful teacher that transports you to France with each class!"

Beginners Sign Language

This beginner's class is for those who are interested in learning sign language basics to use in their personal life or workplace. Instructor Cindy McCorkle will teach Pidgin Sign Language, which combines the signs of American Sign Language and the grammatical structure of English. Cindy's love of people and language makes for a fun class. She includes a deaf presenter in one of the classes, which is always a high point. This course is a good beginning for those considering more training or a career in sign language and interpreting. The textbook is provided in class and is included in the course cost.

Cost: \$99

April 3-26 TTH, 6:30-8:30 p.m. SLNG 1003.01

Straight from Our Students

"Cindy is a pro! I loved learning sign language from her."

Genealogy 101

Genealogy Librarian Hannah Roquemore will help you to begin compiling your family history in this hands-on class. Genealogy is a wonderful way to connect with your ancestors and to leave a bit of history for future generations. Over this four-week course, you will learn proper genealogical techniques to trace your lineage as well as how to tackle challenging “brick-walls.” You will gain valuable skills and experience accessing vital records, census and voter lists, military records, newspapers, and much more! Additionally, the class will cover how to evaluate subscription database services and where to find other available resources.

Cost: \$49

March 14-April 4 T, 6:30-8:30 p.m. AVC 6139.01

Straight from Our Students

“I learned systematic approaches to recording our family history. Hanna was engaging and encouraging as well as very knowledgeable and enthusiastic. She opened my eyes to new ways to track and present my family’s story.”

Writing Your Family’s Story

In this three-week course, taught by Hannah Roquemore, you will learn how to turn your genealogical facts into a family treasure. Learn about the different options for organizing and publishing your work. You will complete a story about one family group or individual in your family history. Prior to taking this class, you will need to have already compiled information about your family, such as where and when they lived and important events in their lives, such as marriages and children’s births.

Cost: \$49

April 18-May 2 W, 6:30-8:30 p.m. AVC 6139.02

Hannah Roquemore



Hannah Roquemore, a Genealogy Librarian at the Waco McLennan County Library, has helped individuals across the county find missing links in their family history. A Waco native, she has a passion for local history and tracking down lost ancestors. Hannah’s genealogy career began working at the University of Texas – San Antonio’s Institute of Texan Cultures where she earned her Bachelor’s of Anthropology. She later moved to Oklahoma where she worked for the Chickasaw Nation at the Holisso Research Center helping individuals document their Native American ancestry before earning her Master’s of Library Science degree from the University of North Texas in 2016.

Customer Service Essentials **NEW!**

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a new class on the essentials of good customer service. Do you want to improve your customer service and communication skills on the job? This two-day class will provide you with easy-to-remember guidelines for providing friendly and efficient selling techniques. This class is a tool to help prepare participants for the Customer Service and Sales Certification Exam through the National Retail Federation. It is also a great fit for Job Opportunity Boot Camp students seeking to build their on-the-job communication skills. The certification exam is optional. (\$55). Class will meet at the Goodwill Learning Center, 1700 S New Rd., Waco, TX 76711.

Cost: Free

March 27-29 TTH, 1-5 p.m. BMGT 1022.01

May 29-31 TTH, 1-5 p.m. BMGT 1022.02

Job Opportunity Boot Camp **NEW!**

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a new program to assist in the preparation for a new career! This class provides training on the skills you need to land the job you want. This week-long intensive workshop will cover the following: job search/applications, resume preparation, interview and self-presentation, job dependability, and retention. Class will meet at the Goodwill Learning Center, 1700 S New Rd., Waco, TX 76711.

Cost: Free, 1 wk (15 hrs)

Jan. 15-19 M-F, 9 a.m.-noon BMGT 1022.03

Feb. 19-23 M-F, 9 a.m.-noon BMGT 1022.04

March 19-23 M-F, 9 a.m.-noon BMGT 1022.05

April 16-20 M-F, 9 a.m.-noon BMGT 1022.06

May 21-25 M-F, 9 a.m.-noon BMGT 1022.07

Computers for Beginners **NEW!**

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a new beginner's computer class! Brand new to computers? Join us for this four-part series course that will walk you through the basics of computer functions, keyboarding, internet navigation, internet safety, and email settings. The goal of this course is to help you feel comfortable using a computer in the workplace and at home. Class will meet at the Goodwill Learning Center, 1700 S New Rd., Waco, TX 76711.

Cost: Free

Jan. 16-25 TTH, 1-3 p.m. ITSC 1006.03

March 13-22 TTH, 1-3 p.m. ITSC 1006.04

May 15-24 TTH, 1-3 p.m. ITSC 1006.05

Basic Workplace Computer Skills

Learn the computer skills you need for the job you want! Offered by McLennan Continuing Education in partnership with Heart of Texas Goodwill Industries, this course will provide you with fundamental office computer skills. Topics include: printing, creating and managing files and folders, understanding and navigating the Internet, and sending effective emails. You will also get an overview of the most common programs in the workforce – Word, PowerPoint, and Excel – as well as learn program integration, simple database management, and transferring data. The instructor will help you put these skills to work by creating a resume. Whether you are a job-seeker or seeking advancement in your current job, this computer course is for you! All class materials and a flash drive with course exercises will be provided. Class will meet at the Goodwill Learning Center, 1700 S New Rd., Waco, TX 76711.

Cost: \$10

Feb. 5-March 2 MWF, 3-5 p.m. ITSC 1006.01

April 2-27 MWF, 3-5 p.m. ITSC 1006.02

Excel 2010 Overview

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. If you want to excel in Excel 2010 and increase your chances of finding a better job, then come take this four-week course. Topics include formatting and editing text, basic and complex formulas, basic functions, pivot tables, and much, much more! Prerequisites include basic computer skills, such as using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. The course fee includes all class materials and a flash drive with all course exercises. Class will meet at the Goodwill Learning Center, 1700 S New Rd., Waco, TX 76711.

Cost: \$10

Feb. 6-March 1 TTH, 5:30-7:30 p.m. ITSW 1022.01

April 3-26 TTH, 5:30-7:30 p.m. ITSW 1022.02

Word 2010 Overview

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. Learn the fundamentals of Word 2010, including formatting and editing text and pictures, clipart, tables, SmartArt graphics, using Mail Merge, and much more! Prerequisites include basic computer skills, such as using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. The course fee includes all class materials and a flash drive with all course exercises. Class will meet at the Goodwill Learning Center, 1700 S New Rd., Waco, TX 76711.

Cost: \$10

March 5-28 MW, 5:30-7:30 p.m. ITSW 1021.01

Waco Area Haunts and Folklore

This class, led by Dr. Cindy Little, will explore local history and folklore behind reportedly haunted locations here in the Waco area. In this fun and interesting class, students will have an opportunity to learn about and explore various places in Waco that have a reputation for being haunted. The first few weeks of class will cover the ghost stories and history behind each location as well as the basics of paranormal investigation and historical research. The final weeks will be spent visiting and investigating the places highlighted in class.

Cost: \$69

March 20-April 24 T, 6:30-8:30 p.m. AVC 2046.01

Dr. Cindy Little



Cindy is a paranormal/historical researcher who is always looking for places to explore and folks to talk to about their own paranormal experiences. Cindy has a PhD in educational psychology and has taught graduate-level research courses at Baylor University. She has been a paranormal investigator for nine years, and she completed courses in parapsychology and field investigations through the Rhine Education Center. Cindy is also a parapsychological field investigator for the Office of Paranormal Investigations. If you'd like to know more about Cindy and what she does, check out her website at: www.wacoghosts.com.

Waco's Indian Landscape **NEW!**

Join expert anthropologist and author Dr. Linda Pelon as she guides students through unrecognized historic sites in Waco. This class will explore the Indian (including Waco/Wichita, Comanche, and Cherokee) land hiding in plain sight in Cameron Park and other well know locations accessible to the public. Texas Rangers, Indian agents, European naturalists, Texas Rangers, Sam Houston, U. S. treaty negotiators, and many others used the trading post on Tehuacana Creek as a frontier outpost and bank. Their documentation of this trading post, now on inaccessible private property, will also be discussed. Research strategies and sources will be shared to empower those who are interested in continuing to explore local history. Past occupations on ranches and other private properties with archeological evidence of an earlier Indian occupation will also be explored. This class will include extended site visits around Waco that are a must-see!

Cost: \$79

Feb. 3-24 5, 9 a.m.-noon AVC 1954.01

Writing Novels that Sell

This course focuses on the first step of becoming a successful author. Students will start with a beginning idea, complete a plotted outline, and write a significant portion of their novel. Some students may complete the first draft of their novel during the course. Dr. Jason Stanley will guide you through the fundamentals of creating a book using the plotting process. Students will evaluate and choose one of the following formats: single novel, short series (trilogy), long series (five to ten books) and on-going series.

Cost: \$89

April 9-May 14 M, 6-8 p.m. AVC 5338.01

Linda Pelon



Linda Pelon is an anthropologist and educator with a research specialty in Texas frontier history and Comanche land use in Texas. She is an honorary ambassador for the Comanche Nation and assists them with locating and reconnecting with their traditional cultural properties in Texas. She is co-author of *Comanche Marker Trees of Texas* (Texas A&M Press, 2016) and a recently retired professor of anthropology and history at MCC. She works with volunteer research teams on the Colorado, Concho, Leon, Brazos, Navasota, and Trinity rivers to better understand Indian land uses of these watersheds and to encourage preservation of historic Texas landscapes.

Learn to Dance

Afraid you have two left feet? Want to learn how to dance but do not have a partner for classes? This is the class for you! Men, learn how to lead; women, learn how to follow. Christina Clay, our experienced (and patient!) instructor, will help you learn a little of this and a little of that of many types of dances – country western, waltz, line, swing, ballroom, and salsa. When the music plays, you will be more confident on the dance floor than you ever thought you could be! Take that first brave step, and come learn! No partner is necessary; individuals can enroll!

Cost: \$49

Feb. 1-22 TH, 7-9 p.m. AVC 3051.01

Baladi Belly Dancing

Come learn and explore this ancient dance form – misnamed belly dance. Baladi is a fun, no-impact dance that will get you fit and flexible. Come move with instructor Dawn Burns to authentic Middle Eastern music as you have fun! Classes will include an extensive warmup to get all your joints moving, isolation drills, and numerous dance steps. Wear comfortable clothing you can move easily in. Bring a floor mat and a refillable water bottle. Both beginner and returning students are welcome.

Cost: \$59

Jan. 23-Feb. 27 T, 7-8:30 p.m. AVC 5262.02

American Tribal Belly Dance **NEW!**

Learn a new style of belly dance – one that is truly an American style. Many steps are the same as the traditional style, but with a few differences. Come join in the fun with instructor Dawn Burns, and get in better shape at the same time! Wear comfortable clothing you can move easily in. Bring a floor mat and a refillable water bottle. Both beginner and returning students are welcome.

Cost: \$59

March 20-April 24 T, 7-8:30 p.m. AVC 5262.01

Ballet Dance

Join us at Joy's School of Dance, Bosque location, for an incredible time in our Ballet class. This class is for anyone who loves to dance or wants to try. Ballet is a wonderful way to exercise! All levels are welcome to join and be taught by the pros! Class will meet at Joy's School of Dance, 7560 Bosque Blvd., Waco, TX 76712.

Cost: \$69

Jan. 22-Feb. 26 M, 8:15-9:15 p.m. AVC 6136.01

March 12-April 16 M, 8:15-9:15 p.m. AVC 6136.02

April 23-May 28 M, 8:15-9:15 p.m. AVC 6136.03

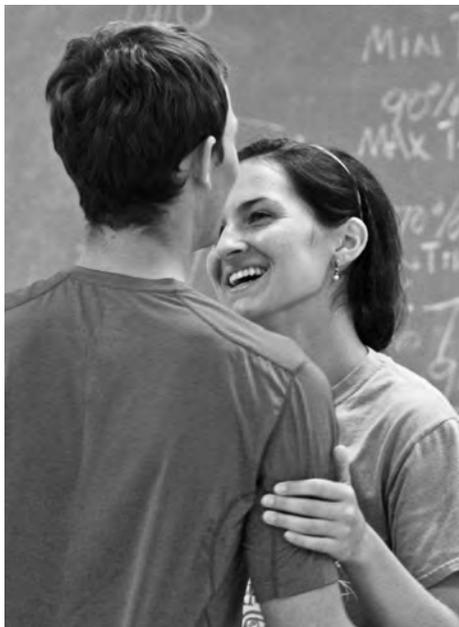
Ballroom Dance I **NEW!**

Join our fun and encouraging instructor, Landon Lewis, as he introduces his pupils to the dance floor. Landon puts students of all ages at ease! Learn basic steps and techniques, directional movements, and proper positions for the fox-trot, waltz, East Coast swing, rumba, and cha-cha. Don't miss this fun class designed to keep you on your toes! This course is for partners, but if you need one, feel free to call! Each student must register.

Cost: \$89

Feb. 7-March 28 W, 7-8 p.m. AVC 1646.01

April 4-May 16 W, 7-8 p.m. AVC 1646.02



Ballroom Dance II *NEW!*

Join talented instructor Landon Lewis for the second part of ballroom dance instruction. Continue to improve techniques, directional movements, and proper positions for the fox-trot, waltz, East Coast swing, rumba, and cha-cha. Don't miss this fun class designed to keep you on your toes! This course is for partners, but if you need one, feel free to call! Each student must register.

Cost: \$89

Feb. 7-March 28 W, 8-9 p.m. AVC 1646.03

April 4-May 16 W, 8-9 p.m. AVC 1646.04

More Country Western Dance

If you already know how to “boot scoot” and two-step, you will enjoy this class. With instructor Abigail Andrews, you will go beyond the basic steps to learn the difference between the East and West Coast Swing and two-step and three-step. You will also learn the Night Club Two-Step and a few salsa patterns to incorporate into your dance repertoire. You will be ready to impress others even on small dance floors!

Cost: \$49

April 9-30 M, 7-9 p.m. AVC 3087.01

Landon Lewis



Landon was introduced to ballroom dancing through Baylor University's social dance class. Since then he has continued to learn and dance while also teaching friends and strangers privately and in group settings. He is looking forward to introducing you to and increasing your confidence on the dance floor that has brought him so much joy over the years.

Abigail Andrews



Abigail Andrews is a captain on the McLennan Community College Dance Company. She has been dancing for 16 years and competitively danced for 12 years. Throughout her dance career, she won numerous awards and trophies. Her most recent awards include Crowd Pleaser National Champion in 2015, Show-Time International National Champion in 2016 and NDA DIII Jazz National Champion in 2017. She was also named a two-time Texas All-State Dancer in 2015 and 2016. Abigail has been teaching dance of all genres for 9 years. She plans to transfer to Texas A&M University after graduating MCC in Spring 2018 to continue her education in Dance Science.

Country Western Dance

If you live in Texas or admire Country Western dance steps, then this is the class for you! By the end of this course, instructor Abigail Andrews will have taught you how to lead or follow and how to do popular Country Western dances: the two-step, waltz, swing, and a popular line dance. Please wear leather-soled shoes appropriate for dancing.

Cost: \$49

Feb. 5-26 M, 7-9 p.m. AVC 1648.01



Tap Dancing

Join us at Joy's School of Dance, Bosque location, for a tapping good time in our Tap Dancing class. This class is for anyone who loves to dance or wants to try, and tap can be a wonderful way to exercise! All levels are welcome to join and be taught by the pros. Class will meet at Joy's School of Dance, 7560 Bosque Blvd., Waco, TX 76712.

Cost: \$69

Jan. 23-Feb. 27 T, 8-9 p.m. AVC 6137.01

March 13-April 17 T, 8-9 p.m. AVC 6137.02

April 24-May 29 T, 8-9 p.m. AVC 6137.03

Latin Dance

Experience the fun and energy of Latin dance! Have you ever wished you could learn all those fancy Latin dance moves you see in the movies? Instructor Christina Clay is ready to teach you body movements, footwork, form, and patterns from the ever popular salsa to the sultry rumba to the quick cha cha cha! You will have the time of your life and be well on your way to mastering Latin dance! Wear leather-soled shoes appropriate for dancing. This course is for partners only; each student must register.

Cost: \$49

April 5-26 TH, 7-9 p.m. AVC 4070.01

Hip-Hop Dancing

Come sweat, move, and feel the groove! Join us at Joy's School of Dance, Bosque location, for a fun time in our Hip-Hop Dancing class. This class is for anyone who loves to dance or wants to try, and it is an amazing way to exercise to some beat-stomping music! All levels are welcome to join and be taught by the pros. Class will meet at Joy's School of Dance, 7560 Bosque Blvd., Waco, TX 76712.

Cost: \$69

Jan. 24-Feb. 28 W, 8-9 p.m. AVC 6138.01

March 14-April 18 W, 8-9 p.m. AVC 6138.02

April 25-May 30 W, 8-9 p.m. AVC 6138.03

Straight from
Our Students

"Dancing at Joy's is so much fun. I got to feel like a kid again and got a fun workout at the same time!"

Straight from
Our Students

"TAC Fight Simulator gave me clear steps to take when faced with an active shooter. The instructor was very knowledgeable."

Introduction to Firearm Marksmanship

Want to learn how to shoot a rifle or pistol and feel more confident in your gun handling and marksmanship? Learn on a virtual gun range! Learn a new skill or improve your skills in a safe, climate-controlled building, and it is cheaper than real ammunition. Our guns shoot a laser and have a real recoil. This hands-on class is a must! Participants under 16 years of age must co-register with a parent or guardian to attend class. Class will meet at TAC Fight Simulator, 105 Tampico Dr., Hewitt, TX 76643.

Cost: \$79

- Feb. 5-12** M, 6-8 p.m. AVC 1983.05
- Feb. 21-28** W, 6-8 p.m. AVC 1983.06
- March 10** S, 9 a.m.-1 p.m. AVC 1983.07
- March 23-30** F, 6-8 p.m. AVC 1983.08
- April 2-9** M, 6-8 p.m. AVC 1983.09
- April 18-25** W, 6-8 p.m. AVC 1983.10
- May 4-11** F, 6-8 p.m. AVC 1983.11

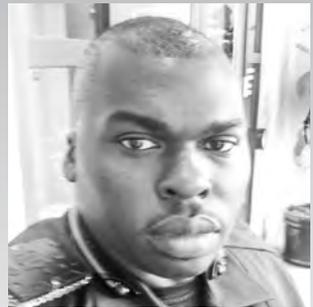
Advanced Shooting Scenarios

Do you know how much force to use and when? Learn when force or deadly force is authorized by going through one of 500+ scenarios that include personal protection, active shooters, assaults, robberies, home invasions, and more on a virtual gun range in a safe climate-controlled building. Our guns shoot lasers and have a real recoil. It's hands-on training at its finest! Participants under 16 years of age must co-register with a parent or guardian to attend class. Class will meet at TAC Fight Simulator, 105 Tampico Dr., Hewitt, TX 76643.

Cost: \$79

- Feb. 7-14** W, 6-8 p.m. AVC 1983.12
- Feb. 19-26** M, 6-8 p.m. AVC 1983.13
- March 9-16** F, 6-8 p.m. AVC 1983.14
- March 24** S, 9 a.m.-1 p.m. AVC 1983.15
- April 4-11** W, 6-8 p.m. AVC 1983.16
- April 16-23** M, 6-8 p.m. AVC 1983.17
- May 5** S, 9 a.m.-1 p.m. AVC 1983.18
- May 19** S, 9 a.m.-1 p.m. AVC 1983.19

Edward Williams



Edward Williams is a current local police officer with 9 years of experience and 2 years of experience at the Sheriff Department in corrections. He served in the U.S Army at Ft. Stewart Ga. from 2001-2006 in 3rd Infantry Div. with 2 tours in Iraq. He has a total of 16 years of experience in weapons handling and personal protection training.

K9mutt Dog Training Basic

Hoping to teach Fido a few manners? Build the foundation of good behavior by creating a good relationship with your dog. This beginning course, offered by local canine expert, Sandy Wittliff, teaches the basics of obedience training and helps you better understand your dog. No two family dynamics are the same, so you will learn the best training methods for you and your dog. This course is for family dogs, shelter and rescue dogs, and special-needs families. You must provide current shot records for your canine at the first day of class. Classes will meet at McLennan's Highlander Ranch.

Cost: \$99

Jan. 6-Feb. 17 S, 9-10 a.m. AVC 1849.01

Jan. 7-Feb. 18 SU, 9-10 a.m. AVC 1849.02

March 3-April 21 S, 9-10 a.m. AVC 1849.03

March 4-April 22 SU, 9-10 a.m. AVC 1849.04

March 5-April 16 M, 6:30-7:30 p.m. AVC 1849.05

March 6-April 17 T, 6:30-7:30 p.m. AVC 1849.06

Straight from **Our Students**

"Sandy is very knowledgeable and loves what she does. My dog listens to me now and we have a better relationship."

Sandy Wittliff



Sandy has been working with dogs for most of her life and has kept dogs of all sizes over the years. She is a licensed Pet Partner Therapy Dog evaluator and trainer, along with being a member of the International Association of Dog Partners (IAADP). Sandy has always felt that it is better to work with the dog rather than force it, and she loves watching the bond develop between the owner and dog as they learn to communicate and trust each other.

Texas Hunter Education

This course includes all the information about Texas Hunter Education that the law requires hunters age 17 and older to know. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Participants under 17 years of age must co-register with a parent or guardian to attend class.

Cost: \$20

April 21 S, 8 a.m.-4:30 p.m. AVC 1983.01

Texas Hunter Education Instructor Training **NEW!**

This instructor training session is designed to help those interested in becoming a certified hunter education instructor. Expert Brent Heath will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques, as well as how to train others in these skills. When you successfully complete the course (attend the full session in its entirety), you will be ready to be an instructor!

Cost: \$20

May 19 S, 8 a.m.-4:30 p.m. WMGT 1098.01

Straight from
Our Students

"Brent is informative and fun! The knowledge he has is what I liked most about this course. He is great!"

Texas Hunter Education Field Day

This course includes all the information about Texas Hunter Education that the law requires hunters age 17 and older to know after the completion of the online class. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. The student must complete the accompanying online course before the start day of class to be eligible for this field course. Search "Texas Parks and Wildlife Hunter Education online + field course" for more information. The online course is free from TX Parks & Wildlife. Class will meet at McLennan's Highlander Ranch.

Cost: \$20

Feb. 17 S, 8 a.m.-noon AVC 1983.03

Texas Bow Hunter Education Field Day

This course includes all the information the law requires hunters age 17 and older to know after the completion of the online class. The certified instructor, Brent Heath, will cover bow hunting rules and regulations, ethics and responsibilities, and safe bow handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. The student must complete the accompanying online course before the start day of class to be eligible for this field course. Search "Texas Parks and Wildlife Bow Hunter Education online + field course" for more information. The online course is free from TX Parks & Wildlife. Class will be held at McLennan's Highlander Ranch.

Cost: \$20

March 17 S, 8 a.m.-noon AVC 1983.04

Brent Heath



Brent Heath is the Texas Parks & Wildlife Hunter Education and Bow Hunter Education Area Chief for McLennan County and the surrounding counties. He has taught Hunter Education for over 18 years and bow hunter education for 6 years.

How to Start a Small Business

It's back to basics! If you want to start a business but do not know where to begin, then this class is for you. This class will address many of the questions you should ask yourself before beginning the process of starting a new business. Instructor Tim Holtkamp will cover the process of starting the business, such as how to analyze feasibility of your idea, business plan, sources of capital, and how to create a competitive analysis.

Cost: \$39

Feb. 6 T, 6-9 p.m. AVC 2080.01

How to Write a Business Plan

This class will teach you, in detail, the seven essential sections of a business plan: what you should and should not include, how to work the numbers, and additional resources to which you can turn for help. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How To" series about small business.

Cost: \$29

Feb. 20 T, 6-9 p.m. AVC 2080.04

How to Understand Financial Statements

This class is designed for people who do not understand financial statements and just want to develop a basic understanding of them. We will cover the balance sheet, income statement, and profit and loss statement. This class will give a small business owner the ability to use the financial statements to make better strategic decisions. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How To" series about small business.

Cost: \$29

Feb. 27 T, 6-9 p.m. AVC 2080.05

How to Market Your Small Business

This class will give a small business owner an overview of marketing, not advertising. We will help you determine who your customer is and how your product or service is positioned and perceived in the marketplace. We will show you how to determine what your strengths and weaknesses are as well as those of your competition. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How To" series about small business.

Cost: \$29

March 20 T, 6-9 p.m. AVC 2080.06

Tim Holtkamp



Tim Holtkamp has a BBA in Finance from Tarleton State University. He started Holtkamp Land & Mortgage as well as several other businesses. Tim was the youngest person to become a licensed Real Estate Inspector in Texas. He has been a licensed Real Estate Agent and is currently a licensed Mortgage Loan Originator. Tim is an active real estate investor in the Waco area and has personally used and developed the information he will cover with you in class. He currently serves the Small Business Development Center as a Business Advisor, and in his spare time he raises bees and Santa Gertrudis Cattle on his family farm in Robinson, Texas.

Straight from
Our Students

"Tim is an excellent instructor and incredibly versed in the subject. I am excited to get started on my first project soon!"

House Flipping 101

Are you a new investor or a part-time investor looking to make money or build your wealth through real estate? This comprehensive class includes all materials and teaches fundamentals, advanced strategies, and trade secrets for how to find, negotiate, buy, and sell properties, here in Waco! Learn how a full- or part-time career in real estate can generate profit, income, and wealth. You will be introduced to all of the top strategies (wholesaling, short selling, sub-to's, wraps, options, and more). This course is designed to introduce you to everything you need to hit the ground running and start investing immediately! Class will be taught by Tim Holtkamp of the Small Business Development Center.

Cost: \$99

April 10-24 T, 6-9 p.m. AVC 6134.01

Tax Free Retirement Planning

You will find this course relevant if you are developing a retirement plan or nearing retirement. You will learn updated strategies that will help you build a plan for the future – even in volatile times. Above all, this course is designed to help you assess your current financial position, then lay out a personalized roadmap that helps you achieve your future tax and retirement goals. This class will be taught by expert financial planners Chad Castle and John Baker of Nurture Wealth.

Cost: \$39

Feb. 27 T, 6-8 p.m. AVC 2080.11

April 24 T, 6-8 p.m. AVC 2080.12

The Changing World of Retirement

You will find this course relevant if you are developing a retirement plan, nearing retirement, or recently retired. Regardless of your stage in the process, you will learn updated strategies that will help you build and preserve wealth in volatile times. Above all, this course is designed to help you assess your current financial position, then lay out a personalized roadmap that helps you achieve your retirement goals. Led by financial planner Chad Castle, you will discover how to: determine if you have enough money for retirement, protect your assets in a rising tax-rate environment, use the 3 basic types of retirement accounts to maximize cash flow in retirement, evaluate the benefits of a Roth Conversion, maximize Social Security income, protect your portfolio against stock market loss during retirement, reduce or eliminate unwanted expenses or delays with estate planning, understand if your portfolio is truly "diversified," and avoid the three basic "pitfalls" of retirement distribution planning. This class will be taught by Chad Castle and John Baker of Nurture Wealth.

Cost: \$49

Feb. 20-22 TTH, 6-8 p.m. AVC 2080.09

April 17-19 TTH, 6-8 p.m. AVC 2080.10

Straight from
Our Students

"Chad gave a clear understanding of tips for ways to minimize tax liability. He uses a simplified approach that was easily understood."

Estate Planning Basics

When is the last time you updated your will or thought about how to protect your family and your assets? Life follows a series of twists and turns that can affect both you and your loved ones. Having an effective estate plan in place is essential. This brief course, led by attorney Lori Krasienko, will introduce you to the basic elements of a good estate plan. Find out when and how often you need to update your documents. Learn how proper planning can help you protect your family, your assets, and your peace of mind.

Cost: \$59

Feb. 21 W, 6-7:30 p.m. AVC 2080.13

March 21 W, 6-7:30 p.m. AVC 2080.14



Lori Krasienko



Lori earned her Juris Doctorate in May of 2002 and joined the State Bar of Texas in 2003. Since then, Lori has made Waco her home, and throughout her career, she has continued to give back to her community through her teaching, her non-profit organization, and helping others navigate the tricky waters of the law. Lori's focus is on helping her clients find the best way to deal with their issues, while keeping the cost down. She truly enjoys her work and tries to make her clients' lives better on a daily basis. Lori understands the importance of each client's goals, and works tirelessly to make her clients' lives a little calmer throughout the legal process.

AARP Driver Safety Course

The AARP sponsors this one-day safety course, and most major insurance companies offer discounts for completing it. Open to drivers age 50 and older, the course helps you drive more efficiently and safely with research-based information about changes over time in ourselves, our vehicles, and our roads. The content can help you boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Participants receive a completion certificate (certificate fee is \$15 for AARP members and \$20 for nonmembers and will be collected at the class). Note: This is not a ticket dismissal class. AARP certificates must be renewed every three years. Although there is no registration cost, students must complete registration before attending.

Cost: Free

Jan. 19 F, 9 a.m.-1 p.m. AVC 5296.07

March 16 F, 9 a.m.-1 p.m. AVC 5296.08

Brain Longevity Training **NEW!**

Brain Longevity Therapy Training is the first science-based medical program designed to maintain optimal mental function with age. Formulated by the combined research studies of UCLA, the Alzheimer's Research, and Prevention Foundation, this is the most reliable information you need before you forget. Janice Vick is the owner of Oncology Massage of Waco, which specializes in pain and chronic medical conditions, and a recognized wellness educator by the Texas State Senate. She is among the first certified by UCLA as a Brain Longevity Therapist and has presented educational courses for ARPF on Alzheimer's prevention for over five years in our community. This class you are sure to remember!

Cost: \$59

April 4-25 W, 5:30-7 p.m. AVC 1933.01

Book Talk

Did you ever read a book that just begged to be shared – that needed to be discussed? You are not alone! Join like-minded folks on the third Tuesday of the month from 11 a.m. to noon at the West Waco Library for lively discussion with moderator Gail Woodward. This group is designed for adults, age 55 and older, and is a fun way to meet people and make new friends across the community. Books are chosen by the group each month. Participation is free! January's book will be *In the Garden of the Beasts* by Erik Larson. Class will meet at West Waco Library, 5301 Bosque Blvd., Waco, TX 76710.

Cost: Free

Jan. 16-May 15 T, 11 a.m.-noon AVC 2023.01

Janice Vick



Janice Vick is a Licensed Massage Therapy Instructor and owner of Oncology Massage of Waco, an advanced trained and approved provider by the Society for Oncology Massage. She is a certified Food over Medicine educator and a personal chef trained by Forks over Knives Chef Del Sroufe. Texas A&M University and the Texas State Senate have recognized her for her Master Wellness Programs as a volunteer for Texas Agri-Life.

iPad Basics

Just bought an iPad but want to get more out of it? This class, taught by Beverly Roberts, will show you the ins and outs of Apple's popular tablet. Enhance your iPad experience by understanding the basic applications and configuring proper settings. See how to use e-mail, calendar, maps, and other basic programs. Learn how to listen to music and podcasts, watch videos, and display your photos. We will also look at Apple's App Store where you can download a wide variety of apps, both free and paid, and sync them with your computer. Bring your iPad and iTunes account login information to the first class.

Cost: \$29

Feb. 20-22 TTH, 2-4 p.m. AVC 1828.01

iPhone Basics

Unleash the power of your iPhone in this class taught by Beverly Roberts. Learn more about your basic applications and settings, and discover how to make the iPhone work better for the way you live your life. You will find out how to download some cool free apps, too! Bring your 4G or later iPhone and your iTunes account login information to the first class.

Cost: \$29

March 20-22 TTH, 2-4 p.m. AVC 1828.02

Straight from
Our Students

"Beverly makes learning new technology fun. This class is a must if you get a new phone or want to understand more about the one you have."

Required Minimum Distributions and Taxes **NEW!**

At 70 1/2 years old, the IRS requires you to begin taking Required Minimum Distributions (RMDs) from your IRAs and retirement accounts. These forced distributions can cause your income taxes to increase, including potential taxes on your Social Security benefits. Learn how to calculate your RMDs, and create strategies to lower your tax burden on your retirement income. This course is most meaningful for students ages 65-72. This class will be taught by expert financial planners Chad Castle and John Baker of Nurture Wealth.

Cost: \$39

March 1 TH, 6-8 p.m. AVC 2080.07

April 26 TH, 6-8 p.m. AVC 2080.08

Chad Castle



Chad is a partner with Nurture Wealth, an Insurance Planning firm in Waco, TX, as well as an Investment Advisor Representative with Castle Investor Coaching, a Registered Investment Advisor. Chad has worked in the investment and insurance industry for over 20 years. A sought-after speaker, trainer and educator, Chad regularly presents to hundreds of top financial professionals on the uses of investments, life insurance, and other financial products.

Estate Planning and Asset Protection Planning for Seniors **NEW!**

Join Harvey Cox, attorney and author of the new book titled *Common Estate Planning Mistakes People Make and How You Can Avoid Them*, for this important class targeting people ages 55 and above. Harvey will cover the 15 mistakes that can cost families, as well as other critical topics. Additionally, an in-depth discussion of advanced Medicaid planning techniques that emphasize avoiding Texas' Medicaid Estate Recovery Program (MERP), the status of Federal Estate Taxes, and methods to avoid those taxes will be covered. This class is a must!

Cost: \$69

Feb. 12-26 M, 5:30-7:30 p.m. AVC 2080.02



Travel & Special Events

Best Little Whorehouse in Texas **NEW!**

MCC Community Programs and M&M Tours will host this fun outing for shopping and lunch in Granbury and then we're off to the theater, finishing with dinner in Cleburne. The fantastic cast will perform the hilarious play rounding out a fun day! Price includes roundtrip motor coach transportation, dinner, and VIP seats. There will be no refunds for cancellations after the registration deadline.

Cost: \$110

March 3 S, 9:30 a.m.-8:30 p.m. AVC 1587.01

To Kill a Mockingbird Theater Day Trip **NEW!**

MCC Community Programs and M&M Tours will host this wonderful day trip to the theater in Cleburne. The fantastic cast will perform this great play. Price includes roundtrip motor coach transportation, lunch, and VIP seats. There will be no refunds for cancellations after the registration deadline.

Cost: \$110

May 19 S, 10:30 a.m.-7:30 p.m. AVC 6130.06

Straight from
Our Students

"Day trips with MCC Continuing Education are the best! Very affordable and a whole day of learning and entertainment."

Captivating Cuba

McLennan Community Programs presents "Captivating Cuba," a seven-day all-inclusive stay in historical Cuba. Plan ahead for this upcoming trip departing on June 3, 2018. Highlights of the trip include the Museum of the Revolution, cigar factory tour, Hemingway's Farm, and much more! The price includes roundtrip airfare, 6 nights' accommodation, 13 meals, sightseeing admissions per itinerary, professional tour guide, hotel transfers, transportation, and baggage handling. Join us for a trip of a lifetime! A deposit of \$500 is required upon registration, and the balance is to be paid out over time directly to the travel agency.

June 3-10 AVC 6130.05



Treasures of Ireland

Sept. 25-Oct. 3, 2018

- Belfast • Killarney • Dublin • Limerick & Galway •
- Old Jameson Whiskey Distillery • Blarney Castle •
- Trinity College - Book of Kells • Titanic Museum •
- Giants Causeway • Cliffs of Moher • Ring of Kerry •
- Glendalough & St. Kevin's • Killarney & Jaunting Car Ride •

Preview Presentation Jan. 29, 5:30 p.m.

MCC Cont. Ed, 1400 College Dr.

RSVP 254-299-8888



Corporate Training & Workforce Education



Auctioneering

Auctioneering

The MCC Auctioneer Academy is designed to teach participants the skills necessary to act as an auctioneer, conduct auctions, and operate an auction company. Participants will learn how to conduct auctioneering in a professional and ethical manner, as well as perform the auction chant and address the public confidently and effectively. The academy will emphasize the importance of action in accordance with federal, state, and local auction laws. The Auctioneer Academy is approved by the Texas Department of Licensing and Registration.

Cost: \$850

Feb. 17-24 M-SU, 8 a.m.-6:30 p.m. MRKG 1032.04, MRKG 2033.04



MS Office 2016 - Overview

This course provides a quick overview of the most commonly used applications of MS OFFICE 2016 (Excel, Word, Outlook and PowerPoint) into one fast-paced course. You will get exposure to the basic features and functions of each application to better understand each one's fundamental usage and application. Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 7 operating system. Flash drive required.

Cost: \$99

Jan. 26 F, 8:30 a.m.-5 p.m. ITSW 1021.17

Feb. 27-March 1 TWTW, 6-8:30 p.m. ITSW 1021.02

Excel 2016 - Fast Track

This course combines basic and advanced Excel 2016 into one fast-paced course. You will learn how to build, edit, format, and print information in Excel 2016, as well as how to use more advanced tools like queries, formats, reports, macros, and pivot tables. (Subtle changes from Excel 2013 to Excel 2016) Class materials are included.

Prerequisites: basic computer skills and understanding of MS Windows 7 operating system. Flash drive required.

Cost: \$119

Feb. 16 F, 8:30 a.m.-5 p.m. ITSW 1046.07

April 24-May 1 TTH, 6-8:30 p.m. ITSW 1046.08

Excel 2016 Pivot/Macros & Charts/Graphs

This half-day course targets two areas within Excel 2016 in which users often need more help. The class will focus on how to create charts and graphs in Excel to communicate complex data effectively and then focus on the more advanced features in Excel of how to use and apply Pivot Tables and Macros to enable faster and more effective data analysis in Excel 2016. Course materials are provided. A flash drive is needed to save your work.

Cost: \$59

March 27 T, 6-9 p.m. AVC 1865.05

May 18 F, 8 a.m.-11 a.m. AVC 1865.08

MS Word 2016 Fast Track

Learn the fundamentals of Word 2016, including working with and editing text, formatting characters, paragraphs, and pages, as well as working with tables. Additional topics may also be addressed. Prerequisites: ability to use the mouse, open and close files, and start programs using MS Windows 7. Flash drive required.

Cost: \$119

March 23 F, 8:30 a.m.-5 p.m. POFI 1024.04

May 22-29 TTH, 6-8:30 p.m. POFI 1024.05

InDesign CC for Marketers

Learn how to use Adobe InDesign CC software to design and produce professional-quality letterhead, brochures, business cards, and more! It will not take long for you to figure out you do not have to be a designer or graphic artist to learn desktop publishing. Flash drive required.

Cost: \$199

April 13 F, 8:30 a.m.-5 p.m. GRPH 1002.10

Photoshop CC - Level 1

Learn to use the various tools in Photoshop CC to select parts of images and use layers to produce stunning photos and designs. You will learn how to organize multiple layers of your design and apply special effects to enhance the appearance of your work.

Cost: \$199

May 4 F, 8:30 a.m.-5 p.m. GRPH 1002.11

QuickBooks 2017

Quickly and efficiently gain control over your business finances with QuickBooks Pro 2017. This comprehensive (A-Z) course will teach you the best basic and advanced methods to set up company financial information. You will also learn payroll, inventory, and other advanced areas as time allows. Class materials are included; a flash drive is required. Prerequisite: basic understanding of computers. Accounting knowledge is helpful but not required.

Cost: \$229

Jan. 16-Feb. 1 TTH, 6-9 p.m. ACNT 1010.09



McLennan Corporate Training provides many customized training programs that can improve your organization's performance. These programs are created to meet your training objectives and needs. Focus areas include:

- **Leadership/Supervisor**
- **Customer Service**
- **Computer Applications (Microsoft, Adobe)**
- **Business Writing/Time Mgt.**
- **Managing Teams/Teamwork**
- **Workplace Spanish/Workplace Safety**
- **Industrial Electrical/Mechanical Training**
- **Training Grants**

Classes can be scheduled at your site or on McLennan's campus. For more information, contact Steve Wenzel or John Hutchens at 254-299-8888.

Creating Stellar Customer Service

Outstanding customer service is the key to business success that separates us from the competition. Various customer service workshops are available that teach very specific skills and behavior

for winning customer service. These programs are designed to build awareness and teach skills that can be used immediately in the workplace. These modules are fun, affirming, and very effective.

Lean Manufacturing

Lean manufacturing is based on the Toyota Production System (TPS), a philosophy and methodology that focuses on waste management, optimal throughput, and efficiency throughout the manufacturing process. These methods are used in service, sales, and transactional, educational, municipal, and healthcare organizations. Courses include:

Lean-Basic Training

Train your employees to become efficient, waste less, and work smarter.

Lean-Advanced Training

Employees apply knowledge gained from the Lean-Basic course to actually implement a lean initiative within the company.

Lean Awareness

Brief overview of lean concepts, terminology targeted to employees who are not directly linked to a lean initiative or lean project.

Industrial/Manufacturing

These courses deliver highly interactive, competency-based educational modules, ensuring your employees will have the skills required to be successful in an advanced manufacturing environment. Popular courses include:

- Basic Electrical Systems
- Electrical Troubleshooting
- Motor Controls
- Measurement Tools/Print Reading
- Hydraulics/Pneumatics
- HVAC
- PLC
- EPA 608 Refrigerant Certification
- Arc Flash
- Lockout/Tagout
- Process/Operation LMS

Customized Workforce Training

Effective Communication — Extended DISC Profile

Become a better, more confident communicator. The Extended DISC model offers an understanding of your communication style and the communication styles of others based on the factors that make us tick! Use this insight to adjust your communication style to better suit a situation, avoid unnecessary problems, and improve communication with others. This course will help you speed up change, discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency, productivity, and profitability. Extended DISC's 20+ page personal assessment of your personality style is easy to use, cost effective, a great tool to use in coaching, and consulting.



Workplace Spanish

Workplace Spanish is a series of easy-to-use, job/industry-specific command Spanish training programs for a variety of fields. These programs can help improve communication, teamwork, efficiency, and productivity in your organization by teaching employees key terms and expressions to help them communicate with Spanish workers. Workshops are available for banking, construction, customer service, health care, human resources, landscapers, manufacturing, supervisors, and more.

Skills Development Fund Training Grants

The MCC Corporate Training Department not only provides customized training classes, open enrollment classes, and online computer-based training to meet the training needs of local employers, but training grants as well!

MCC Corporate Training has partnered with many local businesses to submit Skills Development Fund training grants funded by the Texas Workforce Commission (TWC). MCC has been awarded more than \$12 million in training grant funds to enhance the skills of the company's current workforce and new employees. In addition to the grant funded training, many clients fund their own training.



The Skills Development Fund (SDF) is Texas' premier job-training program providing training dollars for Texas businesses and workers. The TWC awards the SDF training grants on a competitive basis. There is no cost to employers. Employers must pay prevailing wages, provide benefits, and pay employees when they attend training classes.

For more information, call **254-299-8888**.

OSHA - 10 Hour

This class provides an introduction to specific training techniques involving the safe handling of blood and airborne pathogens as well as general safety and security on the premises. It also addresses the right to know and MSDS. It outlines Occupational Safety and Health Administration (OSHA) regulations, inspections, penalties, and compliance.

Cost: \$199

Feb. 10-17 S, 7 a.m.-noon OSH1003.04

OSHA - 30 Hour

This comprehensive course aids workers in identifying, reducing, eliminating, and reporting hazards at the workplace. The course will cover the state and purpose of the OSH Act, list the functions of OSHA, describe the rights and responsibilities of employers and employees under the OSH Act, list OSHA inspection priorities, describe the inspection process, apply guidelines for identification and protection of floor openings, cover the safe means of Egress to provide fire protection in emergencies from new or old buildings or structures, and many other topics related to construction industry practices. Class materials are provided.

Cost: \$399

April 7-28 S, 7 a.m.-3:30 p.m. OSH3003.05

Society for Human Resource Management

SHRM Essentials of Human Resources

The SHRM Essentials of Human Resources is an introductory course offering a comprehensive overview of the key aspects of HR. It gives participants foundational knowledge and an introduction to behavioral competencies that are essential for business success. This course is ideal for those who are just starting out in the human resources profession, or those who are looking for an effective way to boost their employee management skills. All materials will be provided for this course. Total Hours: 15.

Cost: \$499

May 15-29 TTH, 6-9 p.m. HRPO 1000.01

SHRM Certified Professional (SHRM-CP)

This course is for HR professionals who are engaged primarily in operational roles – implementing policies, serving as the HR point of contact for staff and stakeholders, and/or performing day-to-day HR functions. All materials will be provided for this course.

Cost: \$1,199

March 13-April 21 TTH, 6-9 p.m., S, 9 a.m.-4 p.m. HRPO 2030.01

SHRM Certified Professional (SHRM-SCP)

This course is for HR professionals at a senior level who operate primarily in strategic roles-developing policies and strategies, overseeing the execution of HR operations, analyzing performance metrics, and/or contributing to the alignment of HR strategies to organizational goals. All materials will be provided for this course.

Cost: \$1,199

March 13-April 21 TTH, 6-9 p.m., S, 9 a.m.-4 p.m. HRPO 2030.02

Supervisory Management



Essential Interviewing Skills

The best hiring decisions result in productive employees who enjoy their responsibilities and contribute to your organization's success. Hiring the wrong person for the job can be very costly in terms of time, money, resources, customer relations, productivity, and employee morale. Interviewers make the best hiring decision when they gather meaningful, job-related information from applicants. This course teaches participants how to conduct an interview for the behaviors, knowledge, and motivations that an employee needs to be successful in a job.

Cost: \$149

May 7-8 MT, 6-9 p.m. BMGT 1020.06

Customer Service Skills

This short workshop helps to bring those much-needed customer service skills back to the surface when it comes to serving customers. This class will focus on how to guide/direct customers and how to H.E.A.L. customers who are upset or angry from a bad service experience. Class materials are provided. Registration ends Sept. 30.

Cost: \$49

April 3 T, 6-9 p.m. AVC 5231.04

Beginning Supervisor

This course covers concepts and skills of leadership in the work setting and introduces leadership and motivational theories as well as leadership styles. It also includes evaluation of leadership performance.

Cost: \$199

Feb. 5-26 M, 6-9 p.m. BMGT 1020.05

Skills for Small Business Training Grants

Thanks to the Texas Workforce Commission, small businesses can apply for funding to train employees at McLennan Community College!

This exceptional opportunity supports businesses with fewer than 100 employees, and emphasizes training for new workers.

For more information, contact **254-299-8888**.



Series in Project Management

Learn how to manage a successful project. These courses will help you prepare for the internationally recognized Project Management Professional (PMP) and Certified Associate in Project Management (CAPM) exams offered by the Project Management Institute. Courses offered:

- Project Management Fundamentals
- Project Management Applications
- Introduction to Microsoft Project 2010

Cost: \$267 BMGT 1023

Series in Sales Management

Learn to develop a framework to improve your personal sales and develop your sales team. Courses offered:

- Professional Sales Skills
- Effective Selling
- Principles of Sales Management

Cost: \$267 BMGT 1098

Series in Supervisory Management

Learn how to be an effective manager or supervisor by mastering the basics of business and organizations. Courses offered:

- Fundamentals of Supervision and Management
- Fundamentals of Supervision and Management II
- Employment Law Fundamentals
- Mastery of Business Fundamentals

Cost: \$356 BMGT 1094

Ed2go.com

Take all Ed2go courses from the comfort of your home or office at the times that are most convenient for you! A new section of each course starts monthly. All courses run for six to eight weeks and are composed of 12 lessons representing 24 or more hours of instruction. You can ask questions and give or receive advice at any time during the course. For more information, visit ed2go.com/mccwaco or call Steve Wenzel at 254-299-8152.

How to Get Started:

1. Visit our Online Instruction Center at www.ed2go.com/mccwaco.
2. Choose the category and course title you are interested in, and select the Enroll Now button. Follow the instructions to enroll and pay for your course. You will choose a username and password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center, and click the Classroom link. To begin your studies, simply log in with the username and password you selected during enrollment.

Start Dates:

A new section of every course in the Ed2go catalog will begin on Jan. 17, Feb. 14, March 14, April 11, May 16.

More than 200 courses are on our website! Listed here are some examples of the categories of courses available. Check Ed2go.com for costs.

- Business
- College Readiness
- Computer Applications
- Digital Photography & Video
- Grant Writing/Nonprofits
- Personal Development
- Technology
- Writing & Publishing
- And many more...

Online Courses

Online Defensive Driving

McLennan offers a state-approved driver safety course that can be taken totally online.

This program offers the most convenient and flexible way to meet the requirements for a ticket dismissal or auto insurance premium discounts.

Imagine taking your driver safety course entirely self-paced from your home, office or laptop. You will be allowed to log in and out of the course until you complete the required six hours.

Cost is only **\$25**. Log on now and begin!

www.MCCDefensiveDriving.com



Law Enforcement

Law Enforcement Academy

"B-2018" — July 9-Nov. 22, 2018

The McLennan Community College Law Enforcement Academy has long been the premier provider of first-responder training in Central Texas and is licensed by the Texas Commission on Law Enforcement (TCOLE).

The McLennan Community College Law Enforcement Academy's purpose is to prepare its students to meet the basic licensing requirements to become a Peace Officer in the State of Texas.

Applications available April 3-20, 2018. Application deadline is April 30, 2018.

For information on the enrollment process, visit **www.mclennan.edu/law**

Cost: \$1395, plus approximately \$800 additional expense

For more information, contact:

Cheryl Brooks at 254-299-6529 or email **cbrooks@mclennan.edu**

Dennis Stapleton at 254-299-6528 or email **dstapleton@mclennan.edu**

Applications for the Spring 2019 Academy available Sept. 7, 2018



Basic Telecommunications Academy

"A-2018" — April 2-May 2, 2018

The McLennan Community College Law Enforcement Academy has long been the premier provider of first-responder training in Central Texas and is licensed by the Texas Commission on Law Enforcement (TCOLE).

The McLennan Community College Law Enforcement Academy's purpose is to prepare its students to meet the basic licensing requirements to become an Emergency Tele-communicator (dispatcher) in the State of Texas.

For information on the enrollment process, visit www.mclennan.edu/law

Cost: \$375

For more information, contact:

Cheryl Brooks at 254-299-6529 or email cbrooks@mclennan.edu

Dennis Stapleton at 254-299-6528 or email dstapleton@mclennan.edu

Applications for the Spring 2019 Academy available Sept. 7, 2018



Teacher Certification

Teacher Certification Practice Exam

Practice Makes Perfect!

Getting your teacher certification? Wish you could take a practice test before the state certificate exam? You're in luck! MCC now offers a secure practice test!

Cost: \$25

Location: McLennan campus

Date & Time: Schedule at your convenience

Choose from 26 area-specific practice tests to help you feel prepared on exam day!

Call 254-299-8063 to schedule your test today!

Teacher Certification



Paraprofessional/Teacher Aide

This course, Instructional Practice & Effective Learning Environments, is for individuals seeking a job as a paraprofessional, who must meet the state training requirements to do so. Participants will receive a certificate.

Cost: \$250

Jan 13, 20, 27 8 a.m.-2:30 p.m. EDTC 1094

Truck Driver

Truck Driver Training Course

America's trucking industry needs trained drivers. Begin your career now! Truck driving offers great opportunities with potential first-year earnings of \$50,000 or more. In only one month, you can begin driving down the highway to success!

Earn your Class A license by completing a 20-day Professional Truck Driving Training Course through ATDS. New classes are held each month. Local and national job placement is provided for those completing this course. There's a 100-percent financing program for those who qualify, and payment plans are available. Approved for Workforce Innovation and Opportunity Act (WIOA), Texas Department of Assistive and Rehabilitative Services (DARS), and VA-sponsored programs.

ATDS is a member of the Commercial Vehicle Training Association.

Weekend classes now available!

For more information, contact Susan Denton at ATDS (124 Truckers Lane, Elm Mott, Texas 76640), 800-460-ATDS, or susandenton@wildblue.net or, visit www.truckingschool.com

Cost: \$6,995 CVOP 1013 & CVOP 1040



Health & Human Services



Activity Director

Activity Director

This course prepares individuals to work as an activity director in long-term health care facilities. The activity director is the key person for providing quality-of-life experiences for long-term care residents and clients. This course includes assessment, care planning, documentation process, and evaluation of client needs. It also addresses program design and finding

resources and/or funding. The course includes 100 hours of classroom information and 115 hours of internship. Required textbook is available at the MCC bookstore (cost is approximately \$50). Students must register for all three sections listed below.

Cost: \$399

Feb. 8-April 5 TH, 9 a.m.-4 p.m. GERS 1004.01

Feb. 8-June 14 TH, 9 a.m.-4 p.m. GERS 1066.01

April 5-June 14 TH, 9 a.m.-4 p.m. GERS 1007.01

EKG Technician

EKG Technician

This course presents the principles of basic electrocardiography. Subjects include anatomy and physiology of the circulatory systems, role and function of the EKG technician, safety and infection control, legal and ethical aspects in practice, and interpretation of basic rhythms and life-threatening arrhythmias. Successful completion of the class prepares students to sit for national certification. Required textbooks are available at the MCC Bookstore.

Cost: \$375

March 13-May 31 TTH, 5:30-8:30 p.m. ECRD 1011.01



★ ENTRANCE REQUIREMENTS:

See page 53.



CPR Healthcare

This course is designed for anyone in the health care field: doctors, nurses, professional rescuers, EMTs, firefighters, etc. It covers the use of automated external defibrillators (AEDs) and lifesaving skills in the areas of respiratory (choking and near-drowning) and cardiac emergencies involving adults, children, and infants. This course will satisfy the prerequisite for CPR for health education programs and careers.

Cost: \$50

Jan. 9-11 TTH, 6-8:30 p.m. AVC 5204.01

Jan. 20 S, 9 a.m.-3 p.m. AVC 5204.02

Jan. 23-25 TTH, 6-8:30 p.m. AVC 5204.03

Feb. 3 S, 9 a.m.-3 p.m. AVC 5204.04

Feb. 6-8 TTH, 6-8:30 p.m. AVC 5204.05

Feb. 17 S, 9 a.m.-3 p.m. AVC 5204.06

Feb. 20-22 TTH, 6-8:30 p.m. AVC 5204.07

March 3 S, 9 a.m.-3 p.m. AVC 5204.08

March 13-15 TTH, 6-8:30 p.m. AVC 5204.10

April 3-5 TTH, 6-8:30 p.m. AVC 5204.12

April 17-19 TTH, 6-8:30 p.m. AVC 5204.13

April 28 S, 9 a.m.-3 p.m. AVC 5204.14

May 1-3 TTH, 6-8:30 p.m. AVC 5204.15

May 12 S, 9 a.m.-3 p.m. AVC 5204.16

May 15-17 TTH, 6-8:30 p.m. AVC 5204.17

Heartsaver CPR/First Aid

This American Heart Association course is designed for police, airline crews, security personnel, family members of patients at high risk for sudden cardiac death, and individuals not in the health care field. This course provides training in basic first aid, including the skills recommended by OSHA, and is designed for anyone who might be the first to respond in the workplace or community. Learn to use CPR, barrier devices, and automated external defibrillators (AEDs) for all ages. Learn to relieve foreign-body airway obstructions and manage injured and ill persons. The course can be tailored for a specific workplace or group and can be delivered in a single day. On-site training is available. Call 254-299-8888 for more information.

Cost: \$50

Jan. 16-18 TTH, 6-8:30 p.m. AVC 5205.01

Jan. 27 S, 9 a.m.-3 p.m. AVC 5205.02

Jan. 30-Feb. 1 TTH, 6-8:30 p.m. AVC 5205.03

Feb. 24 S, 9 a.m.-3 p.m. AVC 5205.04

April 10-12 TTH, 6-8:30 p.m. AVC 5205.05

April 21 S, 9 a.m.-3 p.m. AVC 5205.06

May 22-24 TTH, 6-8:30 p.m. AVC 5205.07

May 29-31 TTH, 6-8:30 p.m. AVC 5205.08

Return to Nursing

This 144-hour computer-based course is designed to satisfy Texas Board of Nursing requirements to re-enter the nursing field and help nurses feel comfortable re-entering after time away.

There is a required clinical component which will be completed at one of the local hospitals. Students may enter the class at any time and work at their own pace to finish the course. The course is designed to be completed within 24 weeks, but may be completed earlier.

Cost: \$500 RNSG 1006

* ENTRANCE REQUIREMENTS:

See page 53.

Medication Aide Training

Learn to accurately and safely administer medications to nursing home residents. Following successful course completion and required state testing, graduates are listed on a central roster with the Texas Department of Aging & Disability Services (D.A.D.S.) as a Certified Medication Aide (CMA). Strict admission criteria apply. In addition to the entrance requirements, you must present proof of the following at registration: (1) ability to read, write, and speak English, (2) age 18 or older, (3) free of communicable diseases and in suitable health to safely administer medications, (4) notarized high school diploma or GED, and (5) current CNA credentials. Note: Students must be employed in a long-term care facility on the first day of class. Required textbook is available at the MCC Bookstore.

Cost: \$450

Feb. 6-May 17 TTH, 5-9 p.m. NURA 1013.31

★ ENTRANCE REQUIREMENTS:

See below.

Nurse Aide Training Course

This is your first step to a rewarding health career. MCC is an approved provider of the federally required course to become a Certified Nurse Aide (CNA) in a long-term care facility. Course topics include residents' rights, communication, safety, observation, reporting, and basic comfort and safety. Emphasis is placed upon effective interaction with the health care team. The clinical portion requires a dark green scrub suit, a watch with a second hand, and white shoes. State certification testing is scheduled as soon as possible after completion of the course. You are responsible for the \$93 testing fee. Required textbook is available at the MCC Bookstore for approximately \$35. You will receive AHA certification in CPR/Basic First Aid as part of the course.

Cost: \$425, 4 wks (100 hrs)

Jan. 15-Feb. 2 M-F, 8 a.m.-5 p.m. NURA 1001.01

Feb. 12-March 2 M-F, 8 a.m.-5 p.m. NURA 1001.02

March 12-30 M-F, 8 a.m.-5 p.m. NURA 1001.03

April 9-27 M-F, 8 a.m.-5 p.m. NURA 1001.04

May 7-24 M-F, 8 a.m.-5 p.m. NURA 1001.05

★ ENTRANCE REQUIREMENTS:

See below.

★ ENTRANCE REQUIREMENTS:

Prior to entering the **EKG Technician, Massage Therapy, Return to Nursing, Medication Aide** or **Nurse Aide** programs, students are required to show proof of immunization against Hepatitis B, varicella, measles, mumps, rubella, diphtheria/tetanus, and a recent tuberculosis test. Within 30 days prior to the start date of class, students must obtain a drug screen and Texas statewide criminal background check. The results of these tests, and the proof of immunization will be presented at time of registration. Please call **254-299-8590** for more information.

Medication Aide/Nurse Aide

CMA Recertification

This course fulfills the state certification board requirements for recertification of Certified Medication Aides. It is required once yearly for all medication aides before their CMA license expires. The course meets the last Thursday of each month. Due to state regulations, there is absolutely no admission to class after 8 a.m. Bring a pen/pencil, paper, current CMA license, and state-issued picture ID to class.

Cost: \$35

Jan. 25 TH, 8 a.m.-5 p.m. NURA 1041.01

Feb. 22 TH, 8 a.m.-5 p.m. NURA 1041.02

March 29 TH, 8 a.m.-5 p.m. NURA 1041.03

April 26 TH, 8 a.m.-5 p.m. NURA 1041.04

May 31 TH, 9 a.m.-5 p.m. NURA 1041.05

Nurse Aide Training Evening Course

This evening class offers the same content as the popular daytime class, but meets two evenings a week so you can keep your day job. All requirements and information listed in the CNA daytime class apply. Students will receive AHA certification in CPR/Basic First Aid as part of the course.

Cost: \$425

Feb. 5-May 8 MT, 6-10 p.m. NURA 1001.31

* ENTRANCE REQUIREMENTS:

See page 53.

Medical Coding Specialist

McLennan offers eight online medical coding courses so you can conveniently acquire the skills needed to work in medical insurance coding. You can take as many of the courses as you like. Upon satisfactory completion of all eight courses, you will be awarded a Medical Coding Specialist Marketable Skills Achievement Award by McLennan and will be prepared to take the Certified Professional Coders exam offered by the American Academy of Professional Coders (AAPC).

Each course costs \$89 and requires the purchase of additional course materials

(approximately \$65) to be downloaded from the Internet. For more information, contact the Continuing Education office at 254-299-8888.

Technical Requirements

Please note: This course is not available on a Mac computer. To register and access your class from your computer, you will need the following:

- ◆ Internet access
- ◆ E-mail account
- ◆ Microsoft Explorer

Note: No special software is needed.

About the Instructor

Bill Hess has more than 30 years of education and business experience. He developed these courses and has offered them successfully at numerous colleges.

Courses

You may take any of the courses, but Medical Terminology is a prerequisite for the other courses. If you plan to take all eight courses, do so in the sequence in which they are listed. Once you have finished all courses, call the Health and Human Services office at 254-299-8587 to request the Marketable Skills Achievement Award. All courses are 39 hours (11 weeks long) and offer flexible entry throughout the year; however, classes must be finished within 11 weeks of the start date.

Course Materials

Each course requires a download of materials that costs approximately \$65. The cost of books and course materials is not covered in the price of registration. You will receive an e-mail after registration with information on how to take the course and obtain the necessary materials.

Medical Terminology

This course is the foundation for all other medical training courses and is taught from an anatomical approach. Root terms are taught categorically according to each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word associations are provided as a learning tool, and unusual and interesting information is provided for each term. Additionally, root terms are combined with prefixes and suffixes.

Anatomy & Physiology I

Presents the structure of organisms by body systems and analyzes the normal function of body organs. Full-color graphics and audio descriptions complement descriptive text material.

Anatomy & Physiology II

Continues the study of body systems. Full-color graphics and audio descriptions complement descriptive text material.

Medical Billing

A massive shift away from paper-based systems to electronic records, in addition to the changing requirements of health insurance companies, has created a shortage of medical billing professionals with specialized training. This online course prepares you for entry-level jobs in a doctor's office or other medical facility. This course includes Front Office Management, Filing Part B CMS 1500, Filing Part A CMS 1450, Electronic Medical Records, Medicare, Medicare Billing Problems, Patient Record Keeping using Medisoft, Medicare as Secondary Payer, Medicare and Home Health, and Medicare and Women's Health.

Medical Coding

Prepares students for entry-level jobs in a doctor's office or other medical facility. Includes ICD-9-CM Coding, CPT Coding Practice Problems, Medicare Fraud & Abuse, Evaluation & Management, Certificate of Medical Necessity, and Medicare Preventive Services. You will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.



Advanced Medical Coding ICD-9/10

This course compiles and summarizes the official coding guidelines concerning the most common, yet complex, diagnosis coding issues. The course is organized by Issues Coding Clarification, Physician Documentation Issues and Coding Scenarios. Real-life coding problems are presented with ICD-9-CM solutions. A non-graded bonus module, "Introduction to ICD-10," is included. ICD-9 codes will eventually be replaced with ICD-10. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

Advanced Medical Coding CPT

This course summarizes the official coding guidelines concerning the most common, yet complex diagnosis coding issues. Primary emphasis is on Evaluation and Management and Surgery codes. The course provides a five-step outline used to help you successfully code the exercises/scenarios within the problems. Detailed medical history reports, including post-operative reports, are provided, from which CPT codes are determined. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.



AAPC, AHIMA and AMBA Certification Exam Review (HITT 2045.01)

This course is designed for health care professionals preparing to take the Certified Professional Coder Examination (Hospital) administered by the American Academy of Professional Coders, the Certified Coding Associate Exam administered by the American Health Information Management Association, and the Certified Medical Reimbursement Specialist Exam administered by the American Medical Billing Association. Topics for review include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1 & 2), Diagnostic Coding, HCOCS Level 2, E/M Coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers.

Massage Therapy: Spring 2018

Massage Therapy Spring 2018 programs are forming now. The next session of day-time classes will begin in early October. For those who qualify, some financial help is available in the form of a TPEG Grant. The massage therapy program covers anatomy, physiology, health and hygiene, hydrotherapy, kinesiology, pathology, massage therapy techniques, business practices, and professional ethics. At the end of 470 hours of didactic instruction, you will have a 50-hour internship, during which you will give hour-long massages to community members. The times for the last 50 hours of class will be adjusted to fit internship requirements. Please call 254-299-8590 for more information.



* ENTRANCE REQUIREMENTS:

See page 53.

Pharmacy Technician

Pharmacy Tech Review

This course is designed to prepare students for the national exam. This class includes anatomy/physiology, healthcare communication, infection control, record maintenance, safety supply management, customer service, and other appropriate topics. The required textbooks are available at the MCC Bookstore in the Michaelis Academic Center.

Cost: \$400

Feb. 6-March 15 TTH, 6-9 p.m. PHRA 1043.01



Highlander Ranch



Horses 101

Thinking of buying a horse, getting back into horses, or just need to learn more about your horse? In this course, we will cover the basics of nutrition, worming and vaccination, stable care, choosing a horse, and proper handling. This course will help answer all the questions you have about buying a horse and horse ownership. This is a hands-on course where each participant will be working with a horse.

Cost: \$89

Feb. 7-28 W, 6-8 p.m. AGEQ 1091.01

Working Equitation Clinic

Challenge your equine partner and polish your skills! Try your hand at the fastest growing equine discipline in the USA! Join us for a one-day Working Equitation Clinic with WE US Judge and Clinician Doreen Atkinson.

Cost: \$110

Jan. 20 S, 9 a.m.-5 p.m. AGEQ 1091.01

Doreen Atkinson



Doreen Atkinson is a seasoned horsewoman with many years of experience with a variety of breeds and across several equestrian disciplines. She is a regionally and nationally ranked champion in competitive trail, dressage and various Andalusian, Lusitano and Arabian horse clubs. Doreen has achieved her USDF Bronze and Silver medals in dressage and rides at a Master level in Working Equitation. She has also received several USEF Regional and National Horse of the Year awards. In addition to her extensive show career, Doreen is also a CHA Certified Instructor and a Senior Working Equitation judge.

CHA Riding Instructor Certification

Certified Horsemanship Association awards certification as an instructor of riding theory and application. Course participants will be evaluated on their ability to teach group riding lessons. The evaluation categories are safety, horsemanship, teaching techniques, group control, and professionalism. Participants will have an opportunity to be certified in both Western and English disciplines. (www.cha-ahse.org)

Cost: \$700

March 7-11 W, 5-9 p.m., THFS, 8 a.m.-7 p.m., SU, 9 a.m.-noon AGEQ 1022.01

April 11-15 W, 5-9 p.m., THFS, 8 a.m.-7 p.m., SU, 9 a.m.-noon AGEQ 1022.03

Riding Instructor Boot Camp

This two-day boot camp is designed for those that are already teaching riding lessons, but would like to improve their skills in order to teach effectively at the higher levels. This clinic will focus on Certified Horsemanship Association Levels 2 and 3. We will be in the classroom as well as in the saddle. There will be discussion over teaching techniques and styles, sample lessons taught, and you will learn how to successfully evaluate your own teaching style. This course is taught by a CHA Certified Clinician. In order to enroll in this course, you must be able to ride at a CHA level 2 or above. For more information or to register for this course, contact Aimee Edwards at 254-299-8553.

Cost: \$150

Jan. 26-27 FS, 9 a.m.-4 p.m. AGEQ 1022.05

Gaited Dressage Clinic

This class will use the benefits of Dressage training while focusing on gaited horses. Dressage is the training of a horse to carry out a series of precise controlled movements in response to minimal signals from its rider. It is the foundation for all styles of riding, and you will benefit whether you ride competitively or just want to improve your riding techniques. Call Aimee Edwards at 254-299-8553 to register.

Cost: \$30

Jan. 22 M, 9 a.m.-5 p.m. AVC 5104.A1

Feb. 12 M, 9 a.m.-5 p.m. AVC 5104.A2

March 19 M, 9 a.m.-5 p.m. AVC 5104.A3

April 9 M, 9 a.m.-5 p.m. AVC 5104.A4

May 7 M, 9 a.m.-5 p.m. AVC 5104.A5

Pony Club

The United States Pony Clubs, Inc. started in 1954 to teach riding and the proper care of horses. It is based on The British Pony Club, which was created in 1929 as a junior branch of the Institute of the Horse. Since then, Pony Club has expanded to many countries around the world, with the main goal being to promote sportsmanship, stewardship, and leadership through horsemanship. Pony Club is open to children ages 7 and up. Participants must be members of the USPC. Call Aimee Edwards at 254-299-8553 to register.

Cost: \$15

Jan. 13 S, 1-3 p.m. AVC 5104.P1

Feb. 10 S, 1-3 p.m. AVC 5104.P2

March 24 S, 1-3 p.m. AVC 5104.P3

April 21 S, 1-3 p.m. AVC 5104.P4

May 12 S, 1-3 p.m. AVC 5104.P5

Highlander Ranch

Saddle Club

Highlander Ranch is excited to bring back the Saturday Saddle Club! Saddle Club is for ages 7-13 and will be held one Saturday a month, January through May. Students will learn all aspects of horsemanship including grooming, tacking, care and maintenance, riding, and health care. Saddle Club is a great way to spend a Saturday at the Highlander Ranch! Attire: jeans or long pants, smooth-soled closed-toe boots with a heel, no jewelry. Dress warmly for the Texas spring! Helmets, horses, and tack are provided.

Cost: \$50

Jan. 13 S, 9 a.m.-noon AVC 5104.S1

Feb. 10 S, 9 a.m.-noon AVC 5104.S2

March 24 S, 9 a.m.-noon AVC 5104.S3

April 21 S, 9 a.m.-noon AVC 5104.S4

May 12 S, 9 a.m.-noon AVC 5104.S5

Whit Watkins Dressage Clinic

Dressage is the training of a horse to carry out a series of precise controlled movements in response to minimal signals from its rider. It is the foundation for all styles of riding, and you will benefit whether you ride competitively or just want to improve your riding techniques. This clinic will be taught by Whit Watkins, USDF Gold Medalist. Call Aimee Edwards at 254-299-8553 to register.

Cost: \$125

Jan. 30 T, noon-5 p.m. AVC 5104.W1

Feb. 27 T, noon-5 p.m. AVC 5104.W2

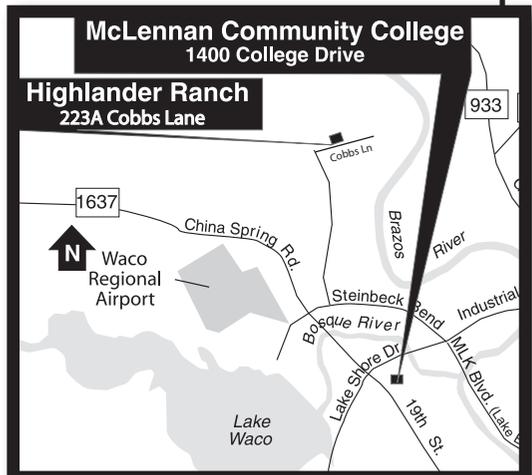
March 27 T, noon-5 p.m. AVC 5104.W3

April 24 T, noon-5 p.m. AVC 5104.W4

May 29 T, noon-5 p.m. AVC 5104.W5

Directions to Highlander Ranch

- From McLennan Community College, 1400 College Drive, turn right on N. 19th St.
- Stay on N. 19th St. It will become China Spring Rd.
- Turn right at the light on Steinbeck Bend.
- Turn left at the light on Rock Creek Rd. and go approximately 3 miles to Cobbs Ln.
- Turn right on Cobbs Ln. and go 1/4 mile to entrance to Highlander Ranch on left.



HIGHLANDER RANCH REFUND POLICY:

No Refund for clinics without
vet release.

Horseback Riding Lessons

Highlander Ranch offers private and group lessons for beginner, intermediate, and advanced riders ages 7 and older. Lessons are taught by CHA-certified instructors in the following areas: Hunter/Jumper, Western and Dressage. Horses are provided.

Cost: **\$50** for private lessons

\$30 per rider for groups of two or more

Registration is on a month-to-month basis. Riders must register by the 20th of the preceding month.

For more information, call **Aimee Edwards** at **254-299-8553**.



Horse Shows at the Ranch

Sign up your horse and rider today!

Highlander Ranch hosts many schooling shows throughout the year that are open to the public.

Dressage Schooling Shows – Open to Gaited and Non-Gaited horses – **March 16, May 4, Sept. 7, Nov. 16**

Gaited Shows – Open to all gaited horses, rail, and trail classes – **March 17, May 5, Sept. 8, Nov. 17**

Open Shows – Based on AQHA, these shows offer Halter, Showmanship, English Pleasure and Equitation, Jumping, Western Pleasure and Equitation, Reining, and Trail. High points awarded in eight separate divisions! **April 28, June 30, Sept. 22, Oct. 27**

Working Equitation Shows – Offering three phases – Dressage, Ease of Handling, and Speed – **Feb. 17-18, Nov. 3-4**

Working Equitation Schooling Shows – **April 7, Oct 6**

For more information concerning the type of show, dates, and times, call **Aimee Edwards** at **254-299-8553**.



Register Today



To register for classes in person, please visit McLennan's Continuing Education office, located in the Community Services Center at 4601 N. 19th St. Parking is available in the lot facing 19th Street. Enter the building through the double doors facing 19th, and the office will be directly in front of you in room A8.

For a map of the full McLennan campus, please visit www.mclennan.edu/campus

**McLennan Continuing Education
Community Services Center
4601 North 19th St. | Waco, TX 76708
(254) 299-8888**

Continuing Education Units (CEUs)

CEUs are nationally recognized to record satisfactory completion of certain approved occupationally related programs. One CEU is awarded for each 10 contact hours of instruction included in a specified continuing education program or activity. Successful completion is attendance-based unless otherwise noted. Ninety percent attendance is required for successful completion of most classes. Some classes require 100 percent attendance.

Privacy Statement

The Family Education Rights and Privacy Act of 1974 allows MCC to release directory/general information (name, address, date of birth, dates of attendance, degrees received, etc.) to the general public without the written consent of the student. Students may request that all general information be withheld from the public by completing a "Withhold Information" form at Highlander Central in the Enrollment Services Center during the first 12 class days of a fall or spring semester or the first four class days of a summer term. This request will apply only to the current enrollment period. A detailed policy in compliance with this law is in the MCC Highlander Guide, the student handbook.

Considering Taking A Course for the Third Time?

Due to legislation, MCC charges an additional \$30 per CEU taken a third or subsequent time. Because the state of Texas will no longer provide state reimbursement for courses taken by the same student more than twice, MCC has implemented this policy to cover the cost of teaching those courses. Exceptions to this policy will be granted for certain repeatable courses such as physical education, developmental studies, and music. Visit www.MC-CandYOU.com for a list of courses that are exempt from the "three-peat" tuition policy. Questions? Call MCC's Continuing Education office at 254-299-8888.

About this Publication

The Continuing Education schedule is FSC Certified, which ensures the paper came from a sustainable forest, and includes 10 percent post-consumer waste.



Online: Go to our home page at www.MCCandYOU.com and click on How to Register.



In person: Register at the Continuing Education Office (see map on page 62.) Office hours are 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday.



Phone: Call 254-299-8888 from 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday. Payment must be made by American Express, Discover, MasterCard, or Visa.



Registration is not complete until fees are paid.

Please Note:

It is recommended that you register for classes at least 48 hours prior to the first class meeting. Continuing Education reserves the right to cancel classes with insufficient enrollment. With the exception of youth activities or where noted, all students must be at least 16 years old or have permission from the Director of Continuing Education to enroll in any continuing education class.

Call before you come to class.

Call 254-299-8888 the day of your first class to be sure the class has filled and will be held.

Refund Policy

When students withdraw from Continuing Education courses, a refund of tuition and fees shall be made in accordance with the refund schedules shown below. Students should contact the Continuing Education Office to request a refund.

Workforce Programs

Prior to the first class day	100%
During the first two class days	70%
After the second class day	0%

Community Programs

Prior to the first class day	100%*
During the first seven calendar days	100%
After the seventh calendar day	0%

*A \$10 fee will also be assessed for courses costing \$50 or more. A \$5 fee will also be assessed for courses costing \$49 or less.

For details about classes, call 254-299-8888.

NOTICE OF NONDISCRIMINATION

McLennan Community College is dedicated to providing equal opportunities to all individuals and does not discriminate against any individual regardless of race, color, religion, national or ethnic origin, gender, disability, age, veteran status, genetic information, sexual orientation, gender identity, pregnancy, or other legally protected category in its educational programs, activities, or employment as required by Title VII of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Educational Amendments Act of 1972, and the Age Discrimination Act of 1978.

The Americans with Disabilities Act (ADA), and McLennan Community College policy prohibit discrimination in employment and educational programs against qualified individuals with disabilities. College websites must be accessible so that students, prospective students, employees, guests and visitors with disabilities have equivalent access to the information and functionality provided to individuals without disabilities.

It is the policy of McLennan Community College to provide reasonable accommodations or academic adjustments when necessary. These accommodations and adjustments must be made in a timely manner and on an individualized and flexible basis.

It is the responsibility of individual students, staff, and faculty members to identify themselves as an individual with a disability when seeking an accommodation or adjustment. It is also the responsibility of individual students, staff, and faculty members to document their disability (from an appropriately licensed professional) and to demonstrate how the disability limits their ability to complete the essential functions of their job or limits student's participation in programs or services of the college. Medical documentation will be kept confidential.

Students, staff, and faculty members must maintain institutional performance standards.

The College does not discriminate in admissions processes, educational programs, or employment based on any factor outlined above or prohibited under applicable law.

For inquiries concerning the College's compliance with this non-discrimination policy, please contact the following administrator who is trained to assist in these matters:

Concerns dealing with **TITLE IX** and other non-specified **Civil Rights Issues** contact:

Drew Canham, Title IX Coordinator
Vice President, Student Success
McLennan Community College
Administration Building, Room 408
1400 College Drive
254-299-8645
FAX: 254-299-8654
dcanham@mclennan.edu
titleix@mclennan.edu

Concerns dealing with the **American with Disabilities Act (ADA)** contact either:

Drew Canham, Title IX Coordinator
Vice President, Student Success
McLennan Community College
Administration Building, Room 408
1400 College Drive
254-299-8645
FAX: 254-299-8654
dcanham@mclennan.edu
titleix@mclennan.edu

Stephen Benson, Title I & II
Vice President, Finance & Administration
McLennan Community College
Administration Building, Room 404
1400 College Drive
254-299-8649
FAX: 254-299-8654
sbenson@mclennan.edu

Concerns dealing with **Equal Employment & Educational Opportunity (EEO)** contact:

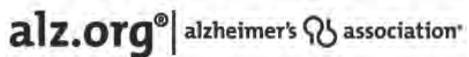
Al Pollard, EEO Officer
McLennan Community College
Administration Building, Room 417
1400 College Drive
254-299-8669
FAX: 254-299-8654
apollard@mclennan.edu



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COLLEGE

Continuing Education

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New Classes

- 6 Basics of Embroidery
- 10 A Taste of West Africa
- 10 BBQ Bonanza
- 16 Ladies Golf Clinic
- 25 Customer Service Essentials
- 27 Waco's Indian Landscape
- 28 Ballroom Dance
- 37 Brain Longevity Training

