

Continuing Education Course Schedule

Center for Lifelong Learning

NALP 104P - MEPAP I - B

Preparation in therapeutic activities. Meets 45 hour of the 90-hour course work requirements for NCCAP Certification.

Also, medications and activities, managing socially inappropriate behavior, programming for people with low cognitive, functional skills, organizing special events, intergenerational programming, professional development and community involvement. This course is a prerequisite for Activity Assistant Certification (AAC), Activity Director Certification (ADC) and Activity Consultant Certified (ACC). A requirement of State and Federal departments of health to direct the Activity Program.

Fee: \$335 Instructor: Jennifer Krupa, ACC/EDU, CDP

NALP 114P - MDS 3.0 Preferences for Customary Routine/Activities

The MDS 3.0 implementation date is schedule for October 1, 2010. We will look at the document with activity eyes and gain knowledge of the interview process. The class will explore the advantages of the MDS 3.0: increased resident's voice, increased accuracy, validity and reliability, increased clarity and efficiency, and the 45% reduction in the average time of completion. A section with significant versions is the "Preferences for Customary Routines and Activities". The customary routine staff assessment is replaced by the MDS 3.0 Preference Assessment tool. Residents are to be interviewed for their activity interests and routine preferences. The RAI version 3.0 manual suggests various ways for the interviewer to phrase the questions, probe for clarification of residents' responses and to utilize adaptive techniques such as cue cards, an interpreter, and opportunity to write out answers. Ideas for successful interviewing will be provided and much more.

[Click here for registration
instructions and form.](#)

Fee: \$100 Special Instructor: Jennifer Krupa

NALP 117P - Be On the Cutting Edge

Please join us for this exciting and informative seminar. The AMA has recently acknowledged and supported the use of Holistic Modalities as complement to traditional treatment. The AMA includes CAM (Complementary Alternative Medicine) in its recommendations for optimum total care of the client. In this seminar, you will have hands on experience with the use of relaxation techniques and complimentary therapies and learn how to integrate them into your work with residents. The focus will primarily be the use of sound therapy, specifically Solar Harmonic Tuning Forks, and the C128 weighted fork to release blockages in, and strengthen energy field. This therapy has been shown to work well with patients who have symptoms of Alzheimer's dementia, anxiety, sleep disorders and depression. Common experiences include: Stress reduction, increased blood flow, enhanced immune response, instant state of relaxation, restful sleep, and balanced moods, bringing the nervous system into balance, improved mental clarity and brain functioning, and integrated left and right thought patterns. Please join us to learn how these therapies can benefit your residents and you as well.

Fee: \$55 Instructor: Tammy Danilovic, BA, ADC, CHT, APP, CDP

NALP 122P - Palliative Care - ADv Dementia

Do you feel like you need to enhance your Alzheimer's resident programs? Are you happy with the dementia program in your facility or do you think it's time for a change? This exciting program was recently introduced at the NAAP conference and was a result of a two-year demonstration project to learn better ways to care for persons with advanced dementia. This program will teach you a new level of care that enhances quality of life for residents with dementia. The session will include dementia and its demands, the palliative care culture, basic comforts, assessing and addressing pain, comfort in bathing, comfort food and simple pleasures.

Fee: \$125 Instructor: Jennifer Krupa, ACCEDU, CDP, AC-BC Lunch is included.

NALP 131P - Family Finesse

This session will demonstrate how to include families in the provision of person centered care. You will explore techniques to increase family involvement. Participants will be introduced to finding key assessment information that will aid in developing a Life story, spiritual assessment, behavior patterns, customary routine, sociogram and a person centered profile. Learn how developing and increasing the family involvement ties directly in to the new CMS interpretive guidelines.

Investigate techniques to educate families on dementia and Alzheimer's care. Topics explored will include developing a therapeutic milieu, how to have a good visit by Improving communication and therapeutic activities that families can do with residents.

Fee: \$59 Instructor: Jennifer Krupa, ACCEDU, CDP, AC-BC Bring a packed lunch.

NALP 132P - Activities That Meet Residents Where They Are

Learn strategies and techniques that will help meet residents where they are, instead of getting frustrated when residents can't or won't participate. We will look at ways to determine what activity level residents are on, go over some activity ideas that will meet the needs of all residents, and look at ways that certain activities can be adapted for different levels. You will also learn some new ways to approach large and small groups, and we will go over some activities that have been successful with residents on all levels for large and small groups, keeping in mind that not every resident is appropriate for every activity! Amy Vedova-Phillips is the Activity Director at Menorah Park Center for Senior Living. She has been an Activity Director for 10 years, working in Adult Day and Long Term Care. Amy believes strongly in the advocacy of seniors, and takes her role of creating meaningful programming seriously, but has a great time doing it!

Fee: \$30 Contact Hours: 2 Instructor: Amy Vedova-Phillips, BA,ADC, CDP

NALP 145P - Dementia/Alzheimer's Seminar

Dementia/Alzheimer's Seminar This comprehensive seminar on Alzheimer's / Dementia will enhance your training.

Course includes: * Diagnosis Prognosis and Treatment an introduction * Evaluation and test for Alzheimer's * Communication * Feeling and Repetitive Behavior and Paranoia * Wandering, Hoarding Behavior, Aggressive Behavior, Catastrophic Reactions * Sundowning and Hallucinations * Intimacy and Sexual Behavior *Depression * Personal care and bathing without a battle * Activity for Alzheimer's and Spiritual Care * Positive changes to their environment * Stress and the caregiver * Staff and

family relationships and end of life issues * Guidance with the National Certification Application Upon completion of this seminar you are eligible to apply for Certification as a Certified Dementia Practitioner. You must meet the NCCDP requirements for certification. The application for certification is available at www.nccdp.org

Fee: \$159 (Social Workers) Instructor: Jennifer Krupa, ACCEDU, AC-BC, CDP approved instructor, National Council, of Certified Dementia Practitioners Course includes: \$42 program book, final exam, certificate and lunch.

Fee: \$159 (Nurses, RN, LPN) Instructor: Jennifer Krupa, ACCEDU, AC-BC, CDP approved instructor, National Council, of Certified Dementia Practitioners Course includes: \$42 program book, final exam, certificate and lunch.

Fee: \$159 (Activity Professionals) Instructor: Jennifer Krupa, ACCEDU, AC-BC, CDP approved instructor, National Council, of Certified Dementia Practitioners Course includes: \$42 program book, final exam, certificate and lunch.

NALP 155P - Christmas Basket

A perfect basket to brighten the holidays! Make it for yourself or to give as a gift. It is a round basket with red and green reed and accented with natural curls. It will look great filled with nuts, candy, or even fancy soaps!

Fee: \$49 Instructor: Karen Pflaum Basket kit included. Bring a packed lunch.

NALP 166P - Beaded Serving Basket

This basket has an 8" round wooded base. It is woven with natural and dyed reeds with overlays. You will learn how to chase weave and triple twine. Different colors of beads are attached with a piece of round reed in the middle of the basket

Fee: \$49 Instructor: Karen Pflaum Basket kit included. Bring a packed lunch.

NALP 167PA - Silly Snowman Basket

Great decoration for the winter season! This basket has a 5' X 14' D-handle with a closed bottom. This cute and colorful basket will cause a smile from anyone!

Fee: \$49 Instructor: Karen Pflaum Basket kit included. Bring a packed lunch.

NALP 176P - PHOTO PLAYING CARD DECK

This Holiday Season make a deck of playing cards using favorite photos and turn a gathering into an entertaining night of fun, memories and cards. Playing Cards make a perfect keepsake gift for any occasion. In class you will learn how to design Photo Playing Cards using: - Drag and Drop your favorite photos into photo frame boxes - Add Text and Art - High-speed scanning will be available - Suggest 10-54 photos of family members and pets

Fee: \$24 Instructor: Mary Joan Mylen

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NALP 177P - 5x7 HOLIDAY GREETING CARDS

Learn how to create a personalized Greeting Card. It's a gift in itself and makes any day or holiday special. In class you will learn how to design a Greeting Card using: - Your photos - Add text and art - High-speed scanning will be available - Suggest up to 6 photos

Fee: \$24 Instructor: Mary Joan Mylen

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NALP 184P - Oil Pastels

Oil pastels are not dusty as standard pastels are. They are very blend-able with blender sticks or Q-tips. The colors are intense and you get your hands into your creation! The pastel sticks are similar to crayons but do not contain wax. If you change your mind it's easy to change your picture and also add some special effects such as scratching off the thickness for design elements. Supplies: a small box of Cra-Pas oil pastels, watercolor paper or pastel paper, blender sticks, Q-tips, a sponge or a rag. No previous experience is needed for these classes!

Fee: \$24 Instructor: Mary Jo Clark

NALP 185P - Mixed Medium

Let's do a watercolor with pen and ink enhancements! This will take you to another level of watercolor painting! Uses the element of a design for a background which facilitates greeting card motifs! The details from your imagination and use of the pen are sharper than just the watercolor treatment. Supplies: watercolors of any sort, watercolor brush #08, 1" sponge brush, Micron Black Permanent Ink Pen number #02 fine point and watercolor paper 140# weight. No previous experience is needed for these classes!

Fee: \$24 Instructor: Mary Jo Clark

NALP 187P - Ethnic Art of Ukrainian Eggs

This session will begin with an array of art ideas that can be used in Retirement Communities to Nursing Homes. There will be demonstration and hands on opportunities to learn some new art ideas to break in to Spring. You will learn some therapeutic art activities and activities just for fun. In the afternoon you will learn the ancient folk-art of Ukrainian Egg Painting. This multi-step process of beeswax and dyes and is perfect activity to share with your residents Beeswax is melted and applied to a white egg in the areas you wish to stay white, then the egg is dyed the lightest color of your design, this process is repeated for every color, gradually working from light to dark. The wax is then melted off, revealing patterns and colors. The egg is then given a few coats of varnish, dried and then blown out. The ethnic designs, as well as the colors are very symbolic and include a bountiful harvest, eternity, health, prosperity and happiness. Beverly Boiwka learned the art of Ukrainian eggs 20 years ago while taking one lesson. She now makes them year around to sell at galleries. Her eggs have been selected to be on governor's Christmas tree and selected to represent Ohio at the White House Easter Egg Exhibit in Washington D.C. Don't miss out on this creative day. Limited enrollment to 12 students.

Fee: \$55 Instructor: Beverly Boiwka, member of International Egg Guild, , Ohio Arts and Crafts Guild Supplies are included.

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NART 118C - Watercolor and Beginners

Please join us in a exiting learning experience with watercolor, paint your way into the scene of a simple landscape or floral.

No experience needed! Special techniques through demonstration and example will be covered.

Fee: \$59 Instructor: Earl Smith, Jr Supply list will be mailed to you.

NART 119C - Beginners Watercolor Pencils

No talent is needed, just your imagination! Start at the beginning with very basic techniques to introduce you to the medium of watercolor. The pencils give you control and also versatility. You will learn about brushes, paper, style, all without previous experience.

Fee: \$18 Instructor: Mary Jo Clark Supplies: bring a pack of watercolor pencils, watercolor paper, Taklon brush round #8.

NART 120CG - Silly Snowman Basket

Great decoration for the winter season! This basket has a 5' X 14' D-handle with a closed bottom. This cute and colorful basket will cause a smile from anyone!

Fee: \$49 Instructor: \$49 Basket kit included. Bring a packed lunch.

NART 122C - Beaded Serving Basket

This basket has an 8" round wooded base. It is woven with natural and dyed reeds with overlays. You will learn how to chase weave and triple twine. Different colors of beads are attached with a piece of round reed in the middle of the basket.

Fee: \$49 Instructor: Karen Pflaum Basket kit included. Bring a packed lunch.

NART 123C - Christmas Basket

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NART 125C - Oil Pastels

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Fee: \$18 Instructor: Mary Jo Clark

NART 127C - Mixed Mediums

Let's do a watercolor with pen and ink enhancements! This will take you to another level of watercolor painting! Uses the element of a design for a background which facilitates greeting card motifs! The details from your imagination and use of the pen are sharper than just the watercolor treatment. Supplies: watercolors of any sort, watercolor brush #08, 1" sponge brush, Micron Black Permanent Ink Pen number #02 fine point and watercolor paper 140# weight. No previous experience is needed for these classes!

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NART 136C - Through the Eyes of the Artist

Join us in exploring art history with all of our senses. With music and photographs we will journey into the lives and times of our most famous and beloved artists. Letters and journals written by the artists themselves to their family and friends will help us to understand their thoughts. Through their masterpieces, we will learn about the life that surrounded them. We may even have a little taste to have a lasting memory. At the end of each lecture we will provide an overview of the artist with their featured work of art, and a notecard memento.

Fee: \$12 Instructor: Felicia Zavarella Tamara DeLempicka Whose images encapsulated the art deco glitz of the twenties.

Fee: \$12 Instructor: Felicia Zavarella Michelangelo Who said, *Carving is easy, you just go down to the skin and stop.*

Fee: \$12 Instructor: Felicia Zavarella Henri Matisse Who is considered to be the greatest innovator of the 20th Century.

Fee: \$12 Instructor: Felicia Zavarella Frederic Remington Men of authority have said that he painted the vanishing America for history.

Fee: \$12 Instructor: Felicia Zaverella Toulouse Lautrec Known as the Bohemian artist of the "beautiful era" in Paris, was once told "Your paintings are atrocious but chic!"

NART 187C - Ethnic Art of Ukrainian Eggs

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NBDR 300C - One Day Class for AARP - Driver Safety

Develop safe, defensive-driving skills. This course offered by AARP includes the following topics'physical change with age; interacting with traffic; accident prevention measures; adverse driving conditions and handling unexpected emergencies. Many insurance companies will offer reduced rates for those who complete this course.

Fee: 12 Instructor: AARP, qualified instructor Non-members will pay additional \$2 to instructor.

Fee: \$12 Instructor: AARP, qualified instructor Non-members will pay additional \$2 to instructor.

NCIS 104C - What's Hiding In Your Computer II?

Spyware/Virus Removal Techniques and Computer Cleanup! Is your computer running slow, unwanted pop-ups, taken to websites that you don't want to go to? You may have unwanted guests scampering around in your computer. Spyware/viruses play havoc with the smooth operation of your computer but did you know that they can gather information about your online trends and spending habits? More malicious programs can log passwords you type on your computer system and capture and transmit personal data about you. There are many types of spyware and virus programs running loose within the internet. Learn how to keep your system clean by running spyware/virus removal programs and keep the snoops out. This is the place to educate yourself and fight back. Everything you need to know, you can learn right here. Don't pay someone for spyware/virus removal. Do it yourself! This class has plenty of information to share with you if you are a computer user who surfs the web. Prerequisite: must have basic computer skills and knowledge of using the internet.

Fee: \$57 Instructor: Christine Rhoades Class continues with textbook from What's Hiding in Your Computer?

NCIS 117C - Social Networking

TWITTER, LINKEDIN & FACEBOOK are the Swiss army knives of social networking. TWITTER is a cool new way to connect, that allows users to continually post, or "tweet", very short text messages to the web from computers or mobile phones. FACEBOOK is the wildly popular, free social networking site that combines the best of blogs, online forums, photo sharing, clever applications, and interaction among friends. LINKEDIN is a social networking site that is tailor-made for professionals that does away with the old networking practice of exchanging business cards. Through LinkedIn, your contacts, both old and new, need only go online to know right away what you're all about and what you have to offer. The appeal of these networking sites have mushroomed, making them a much-discussed technology, and highly popular. Who says an old dog can't learn new techno tricks? It's a new day! Join the ranks of the millions of users of FACEBOOK, LINKEDIN & TWITTER.

Fee: \$14 Instructor: Christine Rhoades Prerequisite: Must hav an e-mail Address and basic computer knowledge.

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NCIS 119C - Buying and Selling On Ebay

Looking for a way to make some extra money without having to leave home for a part time job? eBay may be your answer for that extra income in this poor economy. Learn the secrets on how to get those items seen and sold. This is NOT your traditional eBay class. I teach you ways on how to protect yourself when using eBay and PayPal. This class is taught for the benefit of the student and not for the benefit of eBay and PayPal. You will receive hands on experience in learning how to navigate the eBay website and how to register on eBay and PayPal the safe way. Even long time sellers will benefit when taking this class. When this class is done, you will be able to communicate with anyone in the world when selling and buying internationally.

Fee: \$73 Instructor: Peggy Muraco \$29 CD is included in price of class.

NCIS 121C - eBay Advanced

This class will teach you the sneaky ways that eBay tricks sellers into paying higher selling fees. You will learn how to save money and time when mailing items without having to ever leave your home! I will show you how to get free boxes delivered free to your home and how to estimate postage. We will go through a step by step process on how to list an item through eBay's selling format and so much more!

Fee: \$73 Instructor: Peggy Muraco \$29 CD is included in price of class.

NCIS 124C - Windows - Tips, Tricks and Tweaks

Who says you can't teach an old computer new tricks? Whether you are using Windows XP, Vista or the new Windows 7, there are practical things you can do to whip it into shape. Customize and improve performance, tweak hidden windows settings and make the operating system work the way you want it to. Whether you're a grizzled Windows vet or a

relative newcomer, you can always use a trick or two for making things work better. Here you will find plenty of tips, tricks and secrets to keep you busy for a while so bring along your laptop, settle in, and learn ways to make Windows resonate anew!

Fee: \$14 Instructor: Christine Rhoades Prerequisite: Must have a solid knowledge of using the Windows operating system.

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NCIS 127C - Basic Internet

So you want to use the Internet but have avoided it because you don't understand how it works? Get your computer questions answered while you learn! This class will instruct you on how to connect to the Internet and how to navigate your way around the World Wide Web. Some of the topics covered include: browsers, links, addresses, and search engines. Find out how e-mail works and learn to read, write, send, forward, and reply to messages. Also learn to use a search engine. This course will provide you with enough knowledge to have fun on the Internet, yet will not bore you with too many details.

Fee: \$57 Instructor: Christine Rhoades Prerequisite: Must have basic familiarity with mouse and Windows techniques.

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NCIS 127CA - Search Engines & Your Computer

Ladies and Gentlemen, Start Your Engines! Learn how to effectively use a search engine. Why do you need a search engine? For the same reason you need a card catalog in a library. There is a lot of great and useful information there, but it's physically impossible to examine all the books personally. The same is true with the internet. Not even the most indefatigable web-surfer could link to all the documents in the aptly named World Wide Web. There are billions of pages out there and every minute of the day, more are being posted. It is much easier to find what you are looking for if you know how to use the proper tools. Search engines and directories help you sift through all that information to find the specific information you need. Most of us have used a search engine but did you know there is more to using one than just key words? So come on in and learn how!

Fee: \$14 Instructor: Christine Rhoades Prerequisite: Working knowledge of computer.

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NCIS 129C - How to Create a Dynamic Website

Have you always wanted a website of your own, but found them to be too costly, or too complicated to create? This class will show you how to create your own Website and Blog quickly with instant results through the use of easy to follow templates. No HTML or coding knowledge required. You will also learn how to enhance your website through the use of free online tools and features and how to get your website seen on search engines. Have you always wanted a website, but couldn't afford one, or couldn't figure out how to create one? Learn how to build a simple website with the use of simple templates.

Fee: \$73 Instructor: Peggy Muraco \$29 CD is included in price of class.

NCIS 251C - You Can Run But You Can't Hide

Unless you are living in a cardboard box in an alley, you WILL be able to find almost anyone through the use of free Internet websites. This is another fun filled research class where you will be led to more free sites when searching for people and information regarding businesses, occupations and more. Click on the links in the CD and enter in a person's name, business, email address, phone number, or keyword to find out information about them. This class will lead you to search engines throughout the entire world!

Fee: \$53 Instructor: Peggy Muraco \$29 CD is included in price of class.

NCLL 104C - Pioneers in Broadcasting Television

I am Donald Unger and this is a program about my days at TV 5 and the people who were the Pioneers at WEWS TV5. Remember Bill Gordon and Dorothy Fuldheim and the 1 O'Clock Club. How about Paige Palmer ' the Exercise Lady, she's the one that began it all! Charlie Day and Tom Field of the News Program bringing you your news of the day! And who

could forget The Sunday Afternoon Polka Program! Learn of your favorites of the 50's 60's and 70's!

Fee: \$14 Instructor: Donald Unger

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NCLL 107C - The Healing Power of Vitamins, Minerals and Herbs

With the cost of health care skyrocketing, keeping healthy has become more important than ever. Learn how to live a vibrant healthy life by understanding the healing power of vitamins, minerals and herbs. With supermarket and drug-store shelves overflowing with health ' enhancing pills and concoctions, it has become increasingly difficult to sort out what to take, which brand to buy, not to mention how much to take. Learn in easy to understand language the importance of taking supplements, the specific vitamins, minerals and herbs, and other supplements that will help you treat common ailments. Understand the meaning of labels and dosage recommendations for general health and preventing disease. Learn potential side effects and interactions with prescription drugs, and the importance of exercise and nutrition. Eddie Matetic, a native of Croatia and long time associate of Vitamin World will take you on a journey of his own recovery from a five car accident trauma to winning power-walk trophies and pain free living.

Fee: \$16 Instructor: Eddie Matecic

NCLL 108C - Help from the Homefront in WWII

Clevelanders Ration, Recycle, and Rivet - Remember the Homefront in WWII? There was rationing of sugar, butter, gasoline and more. Production of cars was cancelled in favor of tanks. When you weren't recycling, Uncle Sam wanted you to buy war bonds. Listen to the oral history stories of Clevelanders who experienced WWII right here. A short presentation is followed by handing around war posters, newspaper ads, ration books, wartime recipes, photos and more. Sharing of experiences and memories is encouraged and guided.

Fee: \$14 Instructor: Western Reserve Historical Society

NCLL 112C - Christmas Trees Past

Holiday history comes to you! Find out how the evergreen became a symbol of Christmas. Reminisce as you view the extensive collection of ornament artifacts from the WRHS museum in a gorgeous and detailed slide presentation. Share your own memories of holidays past.

Fee: \$14 Instructor: Western Reserve Historical Society

NCLL 129C - "WHAT" IS SOCIALLY RESPONSIBLE INVESTING

WHAT IS SOCIALLY RESPONSIBLE INVESTING... This workshop will present the concepts of Socially Responsible Investing (SRI) and how it covers environmental, sustainability, and corporate governance issues in today's investment world. The concept of values and how your values can impact your investment decisions will be discussed. Learn how your investments can make a difference in these challenging times for global markets and investors. SRI has grown substantially in recent years and has an impact on corporate governance and performance. This workshop will help define what has brought this about.

Fee: \$18 Instructor: Jan Litterest, Senior Financial Planner, Szarka Financial Management

NCLL 130C - Getting Started in Medicare

If you are approaching age 65, or going on Medicare for the first time, this is your opportunity to gain a basic understanding of how Medicare works and how it affects you. You will learn what Parts A,B,C and D cover and what is not covered. You will learn the difference between a Medicare Supplement and a Medicare Advantage Plan. This class is designed to make Medicare easy to understand to get all of your questions answered before you need to register for it.

Fee: \$10 Day Instructor: Laura Mutsko, Mutsko Insurance Service

NCLL 146C - MERGING FINANCIAL LIVES - No Matter Where You Are in Your Life!

This workshop will cover the areas that 'need to be covered' as you merge finances with another due to marriage, a life partnership, or other emotional relationship. Discussion will include approaches to financial matters, the practical steps of becoming a 'household', and how to plan for 'differences' when it comes to money.

Fee: \$18 Instructor: Jan Litterest, Senior Financial Planner, Szarka Financial Management

NCLL 156C - Fresh Flower Thanksgiving Centerpiece

Find out how to make a delightful fresh flower Thanksgiving centerpiece for your dinner table. Learn how to keep the flowers fresh looking throughout the holiday!

Fee: \$18 Instructor: Mary Allen Supplies will be provided by the instructor - cost \$20. You will need to bring a pair of clippers - 5" to 8" inches.

NCLL 214C - PHOTO PLAYING CARD DECK

This Holiday Season make a deck of playing cards using favorite photos and turn a gathering into an entertaining night of fun, memories and cards. Playing Cards make a perfect keepsake gift for any occasion. In class you will learn how to design Photo Playing Cards using: ' Drag and Drop your favorite photos into photo frame boxes ' Add Text and Art ' High-speed scanning will be available ' (Suggest 10-54 photos of family members and pets) .

Fee: \$18 Instructor: Mary Joan Mylen

NCLL 221C - 5x7 HOLIDAY GREETING CARDS

Learn how to create a personalized Greeting Card. It is a gift in itself and makes any day or holiday special. In class you will learn how to design a Greeting Card using: -Your photos - Add text and art - High-speed scanning will be available - Suggest up to 6 photos

Fee: \$18 Instructor: Mary Joan Mylen

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NCLL 222C - HOLIDAY FAMILY COOKBOOK

Do you have family favorite holiday recipes and traditions everyone looks forward to year after year? Learn how to design a stylish cookbook full of your tasty family favorites, add family photos and share the stories on how family traditions

started. Your cookbook will be a treasured family gift to pass on to generation to generation. In class you will learn how to design a Holiday Family Cookbook using: ' Recipes, family photos and stories ' Add Photos, Text and Art ' High- Speed scanning will be available ' Suggest 18+ recipes and family photos

Fee: \$36 Instructor: Mary Joan Mylen Bring a packed lunch.

NCLL 230C - Film Noir: Fall Guys and Femme Fatales

Join fellow film buffs as existential anti-heroes and scheming femme fatales emerge from the shadows to shed light on the dark side of human nature. Four classic film noirs will be screened, preceded by a short documentary featuring the filmmakers and performers who helped pioneer the genre. Each screening will be followed by a lively discussion.

Fee: \$35 Instructor: Terry Meehan

NFIT 150C - CLL Personal Fitness I New Student

Personal Fitness I course instructs the NEW STUDENT ADULT 60+ on how to exercise safely and efficiently. It is an individualized, self-paced program designed to improve cardiovascular, respiratory and muscular fitness. A minimum of three, one-hour sessions per week is recommended to establish and retain aerobic fitness. Medical history and questionnaire should be completed in orientation session. If you have a history of health problems, please consult with your physician before registering for the course. The exercise day and time will be set at the convenience of the student.

Fee: \$42 Instructor: Doug Herndon Use of the Fitness Center is Nov 8 thru Dec 31, 2011. Student must be 60+ at the time of enrollment.

NFIT 151C - CLL Personal Fitness II Continuing Student

CLL Lifetime Fitness II Continuing Student course continues the self-paced program designed for the 60+ student to improve cardiovascular, respiratory and muscular fitness. Exercise day and time will be set at the convenience of the student.

Fee: \$38

NHIS 104C - Three Years That Changed the World

In 1066 the Duke of Normandy, William the Conqueror, invaded and conquered England. In 1215 the Magna Carta was signed and England began its move toward a democratic government. And, in 1492 the Spanish Inquisition reigned, Spain defeated the Moors and Columbus discovered the "New World".

Fee: \$19 Instructor: Sandra Way

NHIS 110C - The Civil Rights Movement

This three-session course will examine the modern civil rights movement from its nascent origins to its demise in the late 1960's. It will examine some of the major personalities in the movement, such as Booker T. Washington, W. E. B. Du Bois, Martin Luther King, and Malcolm X. It will also consider some of the major organizations in the Movement: the Urban League, N.A.A.C.P., C.O.R.E., and the Southern Christian Leadership Conference. Donna Van Raaphorst brings more than 30 years of teaching history in Ohio colleges and universities.

Fee: \$22 Instructor: Donna Van Raaphorst, PhD Coordinator: Eleanor Whitehead No class on November 3.

NHIS 153C - The Women In Lincoln's Life

Abraham Lincoln's life was influenced by several women: his mother, his first love, his wife and others whose lives he touched or who played an important role in his life.

Fee: \$27 Instructor: Sandra Way

NLIT 134C - A Review of the Turmoil in the Middle East

Jay Ruoff who spent five years in the Middle East and Africa will offer his views on the present political and military turmoil that exists in many countries in the region. He will discuss the situation in Egypt, Libya, Yemen, Bahrain, Syria, and Jordan, as well as the overall region. Ruoff has recently returned from a trip to the Middle East and has earlier written about his time in the area. He also has a personal connection with the region as his youngest daughter has lived in Istanbul, Turkey for the past ten years.

Fee: \$16 Instructor: E.G. (Jay) Ruoff

NMUS 210C - Perry Como Tribute Show

Pierino Ronald 'Perry' Como was born May 18, 1912 in Canonsburg, PA and passed away on May 12, 2001 at the age 88. He was an Italian-American singer whose combined success on television and popular recordings was not matched by any other artist of the time. Perry Como received the Kennedy Center Honors in 1987, and was inducted into the Long Island Music Hall of Fame in 2006. Decca recording artist Vince Mastro has a long list of credentials. Vince has toured with Lenny Bruce, Joey Bishop, Pat Cooper, Elliott Gould and Teresa Brewer, sung with the Harry Hershey Orchestra and formed and led the 'Vince Mastro Quartet. So sit back enjoy your lunch at Carrie Cerino's Ballroom and then close your eyes and listened to wonderful renderings of Perry Como by Vince Mastro!

Fee: \$65 Includes admission and lunch at Carrie Cerino's. Registration/Refund date Sept. 20.

NMUS 211C - Opera Preview: A Wedding

Dr. Montgomery will review the comic opera "A Wedding" composed by William Bolcom and based on Robert Altman's 1979 film "A Wedding". Altman also wrote the libretto with Arnold Weinstein. Commissioned by the Lyric Opera of Chicago and first performed there in December, 2004, the plot is complex indeed with the interaction of the nineteen characters on stage, all but one are family members. Students will sing excerpts. Performances in Oberlin College's Hall Auditorium are 8 p.m., November 16, 18 and 19 and 2 p.m. November 20.

Fee: \$10 Instructor: Alan Montgomery, assistant music director emeritus, Oberlin Opera Theater Coordinator: Jane

Moore Performance not included with class. For tickets call Central Ticket Service, Oberlin College, (800) 371-0178

NOIS 121C - Digital Camera

Learn about fun and useful ways to save cherished memories and share them with others in this digital camera class! This course is designed for the beginner and will help students learn to use the basic features and settings of their camera. We will also explore downloading, saving, and sending pictures via email as well as printing them from home computers. Lessons

on editing photos, including cropping, making captions, adjusting lighting, changing color, and removing red eye will also be covered. Bring your camera to class as well as any attachments that came with it, including your USB cable.

Fee: \$79 Instructor: Paula Perhot, MA Price of \$22 book now included in fee. Prerequisite: Working knowledge of both your camera and computer.

NREL 104C - Churches of the Wellington Area

The word 'church' has come to be used as the building in which the church meets. These buildings help us to understand something of the motive of the original builders, the way the building has been used, and the beliefs it expresses. Through the years, in many American communities like Wellington, the church has been not only the religious foundation of the community but it also services many of the community's social needs and concerns. In this virtual tour, we will explore different churches of Wellington and its surrounding rural townships. Exploring churches is a pastime of the presenter, David Simmer, of Lorain County Landmarks. Come with him as he explores the Methodist, Congregational, Catholic, Baptist, and other places of worship that are found in this southern part of Lorain County.

Fee: \$14 Instructor: David Simmer

NREL 106C - The Orthodox Community of Lorain County

The Orthodox (Christian) Church in Lorain County began in the shadows of Lorain's booming steel mills. These churches were the center of life for the Russian, Serbian, Ukrainian, Greek, Macedonian, etc. immigrants who moved into an extraordinary ethnic enclave situated in South Lorain. The newly arrived residents established not only a place to raise their families, but created an entire neighborhood - which served their physical, cultural, and social needs - with the Orthodox Church at its core. During this bus tour, you will be able to get an up-close look at the history of the area and glimpse the distinctive Eastern European community found in this special pocket of Lorain. A pictorial presentation showcasing the uniqueness and spirituality of Lorain County's seven Orthodox parishes and their representation of the worldwide Orthodox community will also be shown. The special inside look at Lorain County's Orthodox Churches will be presented by The Friends of Sacred Landmarks members Dia Dobos and David Simmer.

Fee: \$21 Instructors: David Simmer and Dia Dobos Pick up will be Spitzer Conference Center Lot 4.

NREL 125C - Divine Illuminations Tour: Lorain Co

Stained glass provides divine illuminations in many houses of worship in Lorain County. Step onto the bus at Lorain County Community College and begin a visit to three sites in Lorain. At each stop you will experience the glorious glass and hear the stories of the windows and the houses of worship. Enjoy an included lunch at one of the stops.

\$32 Instructor: Jackie Kokai Pick-up - SP Lot 4

NSCI 102C - Atmosphere Adventures in Weather, Climate Change & Green Energy

On this adventure through our delicate but dynamic atmosphere, we'll explore the wonders of weather and climate from both a local and global perspective. We'll discover what makes the weather, the driving forces behind climate change and the "green energy" solutions available to us now and in the not too distant future. A wild and wonderful world is on your horizon - the likes of which you may have never experienced before. Roll out your raingear and keep your anemometer handy because we are about to boldly sojourn into hitherto untaken atmosphere adventures. Fortunately, you have a weathered and experienced guide and the sky's the limit on what you might learn. So take a deep breath of tainted nitrogen....and let's get started.

Fee: \$68 Instructor: Jon Loufman

NSOC 261C - Beautiful Croatia

Enjoy the beautiful scenery of Croatia as seen through the eyes of a Croatian native. Our starting point is Cleveland, Ohio, landing in Frankfurt, Germany and travelling through Austrian Alps. The focus of our journey is Opatija Riviera. It is a strip of 8 tourist resorts on the eastern coast of Istria ' Opatija, Ičići, Ika, Lovran, Medveja, Moscenicka Draga, Moscenice and Brsec. We will walk slowly along the lungomare just soaking in the views. Opatija, the Queen of Adriatic is situated below the mountain and Nature Park U'ka. Surrounded by the mountain with an open view to Adriatic sea at every step you come across traces of times when Opatija was the multicultural hub of the powerful Austrian-Hungarian Empire. Beautiful nature, climate, parks, the magnificent old Austrian villas, Romanesque hotels, seaside promenade (Lungomare) and

white pebble beaches attract tourists from Europe and all over the world for more than 160 years. From royal Opatija to the medieval fortified towns on the islands or rocky climbs to one of the most beautiful panoramas in this part of Europe, U'ka Mountain with its highest peak, Vojak (1401 m) and its stone tower-viewing point. On a clear day, you can see Istria, Kvarner and the central Dalmatian islands, Gorski Kotar, the peaks of the Italian Alps and Venice' We will visit church and Monastery of St.Jacob first mentioned in the "Liber civilium", by public notary Anton Reno de Mutina in 1449. You will fall in love with the statue "Girl with a seagull" by sculptor Zvonko Car which is the symbol of Opatija.

Fee: \$12 Day Instructor: Eddie Matecic

NSOC 262C - Vacation In Malta

Ever wonder where Dashiell Hammett got the idea for the mysterious black bird in "The Maltese Falcon"? Come find out about this as well as the culture and history of this tiny Mediterranean republic. Explore ancient underground temples, Roman villas, catacombs and cathedrals. Learn about a culture influenced by everyone from the Phoenicians to the Crusaders, from Napoleon to Churchill. See why there is so much more to Malta than just falcons, little white dogs, and eight-pointed crosses when Peggy Nesbit, general merchandise coordinator for Commodore Books & More, also discusses her recent trip to Malta.

Fee: \$10 Instructor: Peggy Nesbit

[Click here for registration instructions and form.](#)