

LIFELONG LEARNING

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for Newbies**

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NEW!

CLASSES IN
LEAGUE CITY

EXPERIENCE
Niagara Falls

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LOVE WHAT YOU LEARN THIS FALL!

REGISTRATION BEGINS AUG. 5, 2024

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Love what you learn.™

College of the Mainland's Lifelong Learning classes provide amazing opportunities to explore your passions, learn something new, or even travel the globe.

Sign up today!



College of the Mainland
1200 N. Amburn Road
Texas City, Texas 77591
409-938-1211
com.edu

Lifelong Learning

COM City Centre
10000 Emmett F. Lowry Expy,
Suite 4100
Texas City, TX 77591
409-933-8461
com.edu/lifelonglearning

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3 Easy Ways to Register for classes!

(Choose one)



Go online

com.edu/lifelonglearning
Visit this link or scan the QR code.



Call us

409-933-8461
Leave a message, and a representative will return your call within 24 business hours (Monday - Friday, 8 a.m. - 5 p.m.).



Visit us in person

Stop by our new facility located at Mainland City Centre.

COM City Centre
10000 Emmett F. Lowry Expy
Suite 4100
Texas City, Texas 77591

View the map on page 19 of this catalog.

Registration begins Aug. 5, 2024

This schedule is for informational purposes and is subject to change. Changes subsequent to the issuance of the printed schedule will be posted online at www.com.edu/lifelonglearning. The electronic version of the schedule is the official schedule. Please refer to the online schedule to confirm class information.

Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

COM Community Jazz Ensemble

Tuesdays | September 10 - November 26, 2024, 7:30 PM - 9:30 PM

Registration Deadline: September 3, 2024

Fine Arts - Bldg. #3 – Room 117

\$86

Instructor: Sparky Koerner

This course is open to anyone owning an instrument (class limited to 5 saxophones, 5 trombones, 5 trumpets, piano, guitar, bass and drums) that has some knowledge of reading jazz ensemble music and wishes to participate in a jazz ensemble. This is not a beginner band and one may need to audition. The music performed by the Jazz Ensemble will be that of Count Basie, Duke Ellington, Stan Kenton, Bob Mintzer, and others. Various styles of jazz music will be performed, including swing, Latin, ensemble, ballad, and contemporary jazz.

Growing Avocados and Mangos

Saturday | September 14, 2024, 10:00 AM - 12:00 PM

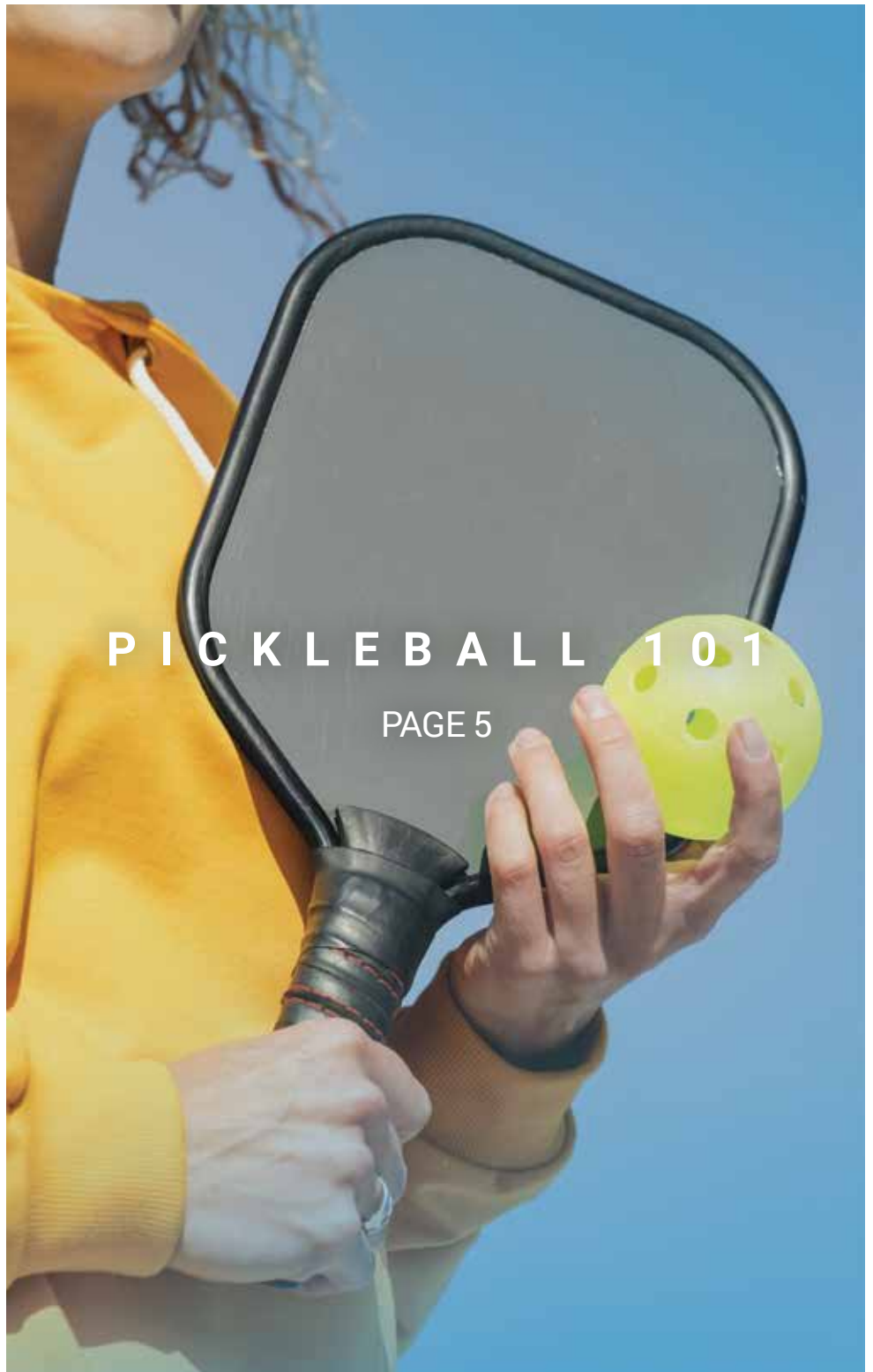
Registration Deadline: September 7, 2024

COM City Centre – Room 115

\$29

Instructor: Angela Chandler

Houston is in a semi-tropical zone, but our winter conditions make growing tropical fruits a challenge. Avocados & mangos are two of the most popular tropical fruits to grow in the home garden. With a few special techniques they can also be the two most successful of the tropical fruits. This class will cover those techniques. And the bonus is, many of these techniques can be applied to other tropical fruits should you decide to be adventurous.



PICKLEBALL 101

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LEAGUE CITY

How To Write Your Story

Tuesdays | September 17 - October 8, 2024, 6:00 PM - 8:00 PM

Registration Deadline: September 10, 2024

COM League City – Room 116

\$95

Instructor: Georgie Holbrook

Join Georgie Holbrook, author of 5 self-help books and numerous magazine articles, to create the essential steps in writing your story. Starting with the book and title chapters, then taking a deep dive into meaningful content. Students will be encouraged to share, learn from each other, and have fun.

Pickleball 101

Tuesdays/Thursdays | September 17 - October 10, 2024, 5:30 PM - 7:00 PM

Registration Deadline: September 10, 2024

Tuesdays/Thursdays | October 22 - November 14, 2024, 5:30 PM - 7:00 PM

Registration Deadline: October 15, 2024

COM Main Campus Gym

\$79

Instructor: Tige Cornelius

Learn and play this fun sport that has swept the area in popularity! During this workshop we will cover sport history, court rules and boundaries, player positioning, shots/strokes, and situational game play.

Art of Yoga

Tuesdays/Thursdays | September 17 - October 10, 2024, 5:30 PM - 6:30 PM

Registration Deadline: September 10, 2024

Tuesdays/Thursdays | October 22 - November 14, 2024, 5:30 PM - 6:30 PM

Registration Deadline: October 15, 2024

COM City Centre – Room 107

\$39

Instructor: Tammi Blalack

Work stressing you to your limits? Come join us then before you head home. We promise you will be glad you did! Experience the art of yoga which will help you relax and find your inner peace. You will explore different techniques such as meditation, yin, Hatha, and animal movements in this class.

Introduction to Leather

Saturday | September 21, 2024, 9:00 AM - 5:00 PM

Registration Deadline: September 7, 2024

COM City Centre – Room 118

\$89

Instructor: Billy Barham

Join our local leather craftsman for an introduction to the basic elements of working with leather. This is a hands-on class where you will build a small leather project. You must purchase and bring your own leather kit (a wallet or small coin purse kit is recommended). Kit can be purchased at Tandy's Leather Co or other leather suppliers. Prices vary. Kit must include pre-cut and punched veg-tan leather parts, thread/needles, and all hardware to complete the project (estimated kit cost \$20-\$30). You may bring your lunch or purchase one nearby.

Mosaics – Design Your Own Flowerpot

Tuesday/Thursday | September 24 & 26, 2024, 6:00 PM - 9:00 PM

Registration Deadline: September 10, 2024

COM City Centre – Room 117

\$55

Instructor: Michele Patrick

This autumn, create a beautiful fall-colored mosaic flowerpot for your home or garden. Created using colorful broken tiles, plates, and marbles on a 6" terracotta pot, this flowerpot will stand out among the others! Basic mosaic skills, tips and tools will be discussed, as well as addressing the differences between an indoor mosaic and an outdoor mosaic. No art or mosaic experience is required, and breaking things is encouraged!!

Modern Calligraphy for Newbies

Tuesday | October 1, 2024, 6:00 PM - 8:00 PM

Registration Deadline: September 17, 2024

COM League City – Room 117

\$99

Instructor: Dionne Christiansen

This 2-hour workshop is geared towards those who are interested in the art of modern calligraphy and have little to no experience with this craft. Dionne Christiansen, from Nib and Pixel, teaches the basics of modern calligraphy - lettering, flourishing, colored inks, and is a lot of fun. Perfect if you want to learn a new skill or want a fun outing with friends. You will leave with a beautiful calligraphy starter kit too!

Gardening the Fall Harvest

Saturday | October 5, 2024, 10:00 AM - 12:00 PM

Registration Deadline: September 28, 2024

COM City Centre – Room 115

\$29

Instructor: Angela Chandler

Fall is the most productive gardening season in the Houston-Galveston area. There are fewer pest pressures, and it is

LEAGUE CITY

Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

more comfortable for gardeners. This workshop provides the information home gardeners need to prepare, plant, maintain and harvest vegetables and strawberries grown in the fall and winter climate of the Upper Gulf Coast. We will cover bed preparation (soils), fertilization, and winter protection. A fall-winter gardening calendar will also be provided.

Assemblage – Hanging Whimsical Wooden Owl

Thursday | October 10, 2024, 6:00 PM - 8:00 PM

Registration Deadline: September 26, 2024

COM League City – Room 116

\$39

Instructor: Michele Patrick

What a hoot! This adorable, wooden owl will make a great addition to your fall décor. Double the fun by bringing a friend. There will be various colors, lids, spoons, and forks to choose from to make it your very own. No art experience required.

Share Your Story in Podcast Interviews

Thursdays | October 17 - 31, 2024, 6:00 PM - 8:00 PM

Registration Deadline: October 10, 2024

COM League City – Room 116

\$75

Instructor: Georgie Holbrook

Learn to build confidence in the possibility of your story having a ripple effect that goes beyond your imagination - on the airwaves of Podcast technology. Podcast hosts need people to interview, and it might as well be your story! Take this opportunity to practice your story in a safe space, with a mentor that has paved the way for you.

SHARE YOUR STORY IN PODCAST INTERVIEWS

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Leather Stamping for Beginners

Saturday | October 19, 2025, 9:00 AM - 5:00 PM

Registration Deadline: October 5, 2024

COM City Centre – Room 120

\$79

Instructor: Billy Barham

New to leatherworking and want to explore how to stamp your projects? In this workshop, you will be introduced to the use of basic leather stamping tools and swivel knives. Learn how to layout a floral pattern, cut-in and stamp/tool a leather coaster to take home. All workshop tools are provided by Tandy Leather.

Essential Oil Perfume Blending

Saturday | October 19, 2024, 1:00 PM - 5:00 PM

Registration Deadline: October 5, 2024

COM League City - Room 116

\$65

Instructor: Darcy Truehan

Come have fun learning about essential oils and aromatherapy! We will cover various essential oils, both how to blend and wear them. Create your own perfume blend to take home too!

Cupcake Decorating – Quick and Easy!

Tuesday | November 5, 2024, 5:30 PM - 8:30 PM

Registration Deadline: October 22, 2024

COM City Centre – Room 120

\$39

Instructor: COM Faculty

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Discover how to turn ordinary cupcakes into works of art with this fun, interactive workshop. You will learn easy techniques for coloring icing, filling, and using piping bags, and making beautiful designs to pipe onto your cupcakes. Plus, your new skills can easily be applied to decorating cakes or cookies too. All supplies included and you will also take home your cupcake creations to enjoy!

Composting 101

Saturday | November 9, 2024, 10:00 AM - 12:00 PM

Registration Deadline: November 2, 2024

COM City Centre – Room 115

\$29

Instructor: Angela Chandler

Did you know that there are many ways to compost? Traditional methods include bin or pile composting of yard waste. But the modern gardener can also add techniques like vermi-composting and Bokashi composting which can turn kitchen and household waste into rich fertilizers for your plants. Join us to learn how this highly sustainable practice can be done on any scale, even if you don't have a yard!

Fused Glass – Design Your Own Lighted Christmas Block

Monday | November 18, 2024, 5:30 PM - 8:30 PM

Registration Deadline: November 4, 2024

COM City Centre – Room 117

\$69

Instructor: Deborah Deats

You will design a Christmas tree on glass which is then attached to a glass block with fairy lights for a fun festive decoration. Please wear closed-toed shoes. The glass will be fired in the kiln and ready for pick up in two weeks.



CUPCAKE
DECORATING –
QUICK AND EASY!

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Introduction to Voiceovers

Online and scheduled individually

\$49

Instructor: Voices For All

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> 18 and over. Upon registration you will be contacted by VFA to schedule your class, day, and time of your convenience.

Lifelong Learning: Extended Travel

Extended travel is open to students 18 and older.

Interested in exploring with us?

Sign up for one of our upcoming travel presentations and learn more about our upcoming trips!

Pick a Tuesday Date:

Sep. 24 or Nov. 19, 2024

Note: Presentations are held from 1-2 p.m. at the COM City Centre in Room 115.

Pick a Sign-up Option:

- 1 Call our office at **409-933-8461**.
- 2 **OR** sign-up online. Scan the QR code below and then scroll down to the presentation you want to attend. Click to add the presentation to your cart and click register.



Please note that each trip is subject to cancellation 180 days out (to ensure full refunds) if the minimum 10 person requirement is not met by that time.



HIGHLIGHTS

- 2 Nights Sacramento
- 2 Nights Reno
- Aerospace Museum of California
- California State Railroad Museum
- Sacramento Brewery Visit & Tasting
- Old Sacramento Waterfront
- Sierra Nevada Rail Journey
- Virginia City, NV
- National Auto Museum - Reno
- Lake Tahoe & Heavenly Village



HIGHLIGHTS

- 2 Nights at the Grand Hotel
- 2 Nights in Niagara Falls
- Henry Ford Museum
- Horse Drawn Carriage on Mackinac Island
- Niagara Falls Cruise
- Niagara Area Tour
- Niagara-on-the-Lake
- River Rouge Truck Plant
- Skylon Tower Dinner at Niagara Falls
- Bavarian town of Frankenmuth, MI
- Ferry ride to Mackinac Island
- Journey Behind the Falls
- White Water Walk
- Greenfield Village



HIGHLIGHTS

- 6 Night Cruise - Amadeus Cara
- 1 Night in Lucerne, Switzerland
- Lucerne Walking Tour & Christmas Market
- Strasbourg City Tour & Christmas Market
- Speyer Walking Tour & Christmas Market
- Koblenz Walking Tour & Christmas Market
- Cologne Walking Tour & Christmas Market
- Cochem Walking Tour with Christmas Market, Reichsburg Castle & Wine Tasting
- Rudesheim Visit
- Strasbourg Afternoon at Leisure
- Cologne Afternoon at Leisure

Advertised tour rate is per person based upon double occupancy and includes a booking discount if final payment is made by check prior to the final due date. Single occupancy has an additional fee. Additional purchase of a Trip Protection Plan is required for international travel. All trip rates include roundtrip airfare, local airport transportation, first class hotels, professional tour director, sightseeing and admissions per itinerary, specified meals, motorcoach transportation, baggage handling at hotels, and hotel transfers.

Lifelong Learning: Local Travel

Day/Evening outings for adults ages 18+ to explore education through trips and travel.

PLEASE NOTE:

Trip cost includes transportation and admission ticket. Trip tickets have been pre-purchased; therefore, they are non-refundable. A buy-your-own meal will be scheduled for each trip and students will meet in the Lifelong Learning Center lobby to load the bus unless otherwise noted.

Minute Maid Park Tour/ Houston Astros

Tuesday | September 10, 2024, 5:00 PM - 11:00 PM

\$65

Learn a bit about baseball while taking a self-guided tour at the center field walk of fame. Following the tour, enjoy the game and cheer on the Astros!

Day in Historic La Grange

Friday | September 20, 2024, 9:00 AM - 5:00 PM

\$69

The day in La Grange will begin at the Texas Czech Heritage and Cultural Center with a walking tour of the Museum and historical buildings on the grounds. Next, enjoy a Czech-style lunch (included in fee). Finally, visit the Texas Quilt Museum which is housed in two historic 1890s buildings showcasing great quilt art, both traditional and contemporary, from all over the world.

Peter Pan (Broadway Across America)

Thursday | October 3, 2024, 4:00 PM - 11:00 PM

\$79

This high-flying musical has been thrilling audiences of all ages for close to 70 years. The adventure begins when Peter Pan and his mischievous sidekick, Tinker Bell, visit the bedroom of the Darling children late one night. With a sprinkle of fairy dust and a few happy thoughts, the children are taken on a magical journey they will never forget. PETER PAN embraces the child in

us all so go on a journey from the second star to the right and straight on 'til morning – your entire family will be Hooked!

The Fantasticks (Purple Box Theater)

Friday | October 18, 2024, 5:00 PM - 10:30 PM

\$59

Set in America's heartland, this timeless musical tells the story of two young teens who find true love with the help of their fathers, a traveling carnival roadshow... and, of course, a little magic.

Houston Texans Day

Sunday | October 27, 2024, 10:00 AM - 4:00 PM

\$125

Join us as we travel to NRG Stadium to cheer on our local Houston Texans as they take on division rivals Indianapolis Colts.

Houston International Quilt Festival

Friday | November 1, 2024, 9:30 AM - 4:30 PM

\$49

The International Quilt Festival is the largest annual quilt show in the U.S. and takes place each fall in Houston, Texas. The festival regularly attracts 55,000 people from over 35 countries worldwide. There's shopping at over 1,000 booths for quilts, fabric, supplies, and crafts, along with 550 classes and lectures for all experience levels. The festival features more than 1,600 quilts and unique works of textile art on display.

A portion of your admission ticket will be credited toward any class enrollment fee you may choose to register for while on the trip. Look for class enrollment instructions at Quilts.com under Houston Quilt Festival on the Classes page.

Sam Houston Park Houses & Holocaust Museum

Thursday | November 14, 2024, 9:00 AM - 4:30 PM

\$79

Travel back in time with the history house tour at Sam Houston Park. After lunch, visit the new Holocaust Museum Houston, the nation's fourth largest Holocaust Museum. After a short orientation film, you will have an opportunity to explore all the different museum galleries.

National Museum of Funeral History & Old Town Spring

Saturday | November 23, 2024, 9:00 AM - 5:00 PM

\$59

Discover America's largest collection of authentic historical funeral service items and learn about hearses through history, caskets, and coffins at The National Museum of Funeral History. Then travel to Old Town Spring to stroll and admire the nineteenth-century Victorian architecture and enjoy lunch at one of the quaint restaurants. Spend time exploring the Spring Historical Museum, which was designated a Texas Historic Landmark in 2003.

50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

Bead Stitching

Thursdays | September 12 - December 5, 2024, 1:00 PM - 4:00 PM

COM City Centre – Room 120

\$45

Instructor: Patricia Ouellette

So you want to be a beader? Learn a variety of stitches used for beading and finish a project with each stitch technique. (Estimated supply cost \$20-\$40).

Beaded Fashion Jewelry

Wednesdays | September 11 - November 27, 2024, 10:00 AM - 1:00 PM

COM City Centre – Room 120

\$45

Instructor: Rhonda Wilcox

Impress your friends with unique and stylish jewelry...made by you! Through lectures, demonstrations, and hands-on projects, you will learn beginners' jewelry skills in the techniques of bead stringing and bead stitching. [CLICK HERE](#) for course syllabus and required supplies. (Estimated supply cost \$60-\$80)

Brazilian Embroidery

Thursdays | September 12 - December 5, 2024, 1:00 PM - 4:00 PM

COM City Centre – Room 119

\$57

Instructor: Charlyn Walker

Create beautiful artwork using needle and thread! Brazilian Embroidery is a three-dimensional embroidery using caston bullions and other commonly used embroidery stitches but with rayon thread. Fee includes supplies for first project. Other supplies needed are included on supply list. (Estimated supply cost \$15-\$20)



Computer for Absolute Beginners

Thursdays | September 12 - December 5, 2024, 8:30 AM - 10:30 AM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Whether you have never worked with or have forgotten what you learned about computers, this class will meet you where you are! You will learn basic hardware differences and how to make Microsoft Windows friendlier, plus get an introduction to keyboarding, email, and Facebook. All you will need for class is a USB flash/jump drive.

Cooking the Blue Zone Way

Wednesdays | September 11 - November 27, 2024, 1:30 PM – 3:30 PM

COM City Centre – Room 120

\$30

Instructor: Sharon Mitchiner

Want to be healthy, active, and enjoying life at 100+ years old? There are five places (Blue Zones) in the world where that is the norm, and we will be cooking dishes from each of them. Discover what the zones have in common and what we can easily incorporate into our own kitchens as well as our lives.

Cricut

Wednesdays | September 11 - November 27, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 118

\$50

Instructor: Myrle Waller

No need to own a Cricut die-cutting machine to learn how to use a Cricut, although it is so fun you might decide to

Love what you learn™
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purchase one! You will make personal T-shirts, stencils, etch on glass, and more! We will start out with basic instructions in machine mechanics and then proceed to Cricut Design Space. A personal Cricut machine is not required but you must have a laptop or tablet to access the college's internet and download the Design Space program. Basic computer skills required. (Estimated supply cost \$25-\$50).

Cricut (Online)

Tuesdays | September 10 - November 26, 2024, 9:00 AM - 11:00 AM

Internet

\$30

Instructor: Graciela Garza

Learn how to use a Cricut die-cutting machine to make personal T-shirts, stencils, etch on glass, and more! Course will start out with basic instructions of machine mechanics and then proceed to Cricut Design Space. You must have a laptop or tablet to access internet and download the Design Space program. A personal Cricut machine is required. You must have basic computer skills. Class is held through Microsoft Teams. (Estimated supply cost \$25).

Drawing Basics

Mondays | September 9 - November 25, 2024, 9:00 AM - 11:00 AM

COM City Centre – Room 120

\$30

Instructor: Myrle Waller

Can I really learn to draw? I can't draw. I have no talent for drawing. Yes, you can learn. If you can write your name, you can learn to draw. Whether you have a natural talent or must work at it a bit, come join us and we will all learn the basics together. (Estimated supply cost \$60-\$100).



DRAWING
WITH COLORED
PENCILS

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Drawing with Colored Pencils

Tuesdays | September 10 - November 26, 2024, 1:00 PM - 3:00 PM

COM City Centre – Room 118

\$30

Instructor: Myrle Waller

Let's put pencils to paper and create art to be proud of! Discover how to blend colors using different techniques, including the use of paint thinner, layering colors, effective use of lifting colors and the dramatic use of light and shadow. Explore different pencil types and quality, as well as what is the best paper to use with each type of pencil. (Estimated supply cost \$75)

Fused Glass

Mondays | September 9 - November 25, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 117

\$125

Instructor: Noreen Grover

At its simplest, glass fusing is a process in which COE 96 glass is assembled and then melted/fused together in a kiln. This course will introduce you to fused glass concepts and techniques. You will use the basic steps required to make colorful creations by cutting, stacking, and melting together pieces of colored glass into small projects such as pendants, yard art, wired bugs, and bowls. You will need your own tools and toolbox.

Fused Glass – Next Level

Mondays | September 9 - November 25, 2024, 1:00 PM - 4:00 PM

COM City Centre – Room 117

\$125

Instructor: Deborah Deats

In this advanced class, you will complete several projects that encompass glass

50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

painting, different effects on layered glass, draping glass, and working with frit. Some projects will span 1 to 3 classes. We will also explore making molds and how to program a kiln. Course pre-requisite: Completion of 3 semesters of beginner Fused Glass class.

Microsoft Excel

Wednesdays | September 11 - November 27, 2024, 10:45 AM - 12:45 PM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Excel makes working with data easy! You will find that Excel is an organizational tool that can be used in everyday tasks. Learn to create, manage, and edit workbooks, plus the challenge of optimizing worksheet functions to create formulas, templates, and graphs. Prerequisite: Microsoft for Beginners

Microsoft for Beginners

Thursdays | September 12 - December 5, 2024, 10:45 AM - 12:45 PM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Have you just learned how to use your computer and now want to explore the Microsoft software on it? In this class you will learn about Microsoft Word, PowerPoint, Excel, and Outlook, including the basics of each application and the features needed for projects appropriate for the software platform. Additionally, we will also cover the use of the internet for business and internet safety.

Microsoft Word

Wednesdays | September 11 - November 27, 2024, 8:30 AM - 10:30 AM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

This introductory Microsoft Word course is designed to provide you with the ability to create, edit, format, and print Microsoft Word documents. This course is intended for those who have some familiarity with Microsoft Word or more experienced Word users who want to learn the topics covered in the outline. Prerequisite: Microsoft For Beginners

Mosaics

Thursdays | September 12 - December 5, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 117

Thursdays | September 12 - December 5, 2024, 12:30 PM - 3:30 PM

COM City Centre – Room 117

\$45

Instructor: Michele Patrick

Learn from an award-winning mosaic artist how to make modern mosaics. Teaching will include getting familiar with the tools, cutting techniques, grouting, hanging/displaying options, etc. You will complete at least one project, plus gain the ability to create a mosaic on your own. (Estimated supply cost \$100-\$110).

Painting with Acrylics

Mondays | September 9 - November 25, 2024, 1:30 PM - 3:30 PM

COM City Centre – Room 118

\$30

Instructor: Deborah Brady

This beginner class provides the basics of using acrylic paints and the techniques needed to create finished artwork. Different acrylic mediums and styles will be introduced as well. You will paint various subjects incorporating the techniques learned. Please do not buy any of the supply

materials until you have attended the first class. (Estimated supply cost \$75+).

Painting with Oils

Tuesdays | September 10 - November 26, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 118

\$45

Instructor: David Wheeler

Learn from the techniques of the great masters - exploring color and using light and shadow to create drama. This course teaches how to hold a brush, mix paint, and use glazes while starting with a limited paint pallet and expanding as the class progresses. All skill levels welcome. (Estimated supply cost \$120).

Painting with Watercolors

Wednesdays | September 11 - November 27, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 117

\$45

Instructor: Durelle Brown

Enjoy exploring watercolor's complexities while learning how to deal confidently with washes and color mixing. You will discover your hidden potential while learning the fundamentals of this art form! (Estimated supply cost \$200).

Paper Mache

Mondays | September 9 - November 25, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 118

\$45

Instructor: Durelle Brown

Not only is paper mâché a way to explore your creativity, it is also a rewarding "green art" medium. You will design and construct your own project choosing from recycled and repurposed materials. (Estimated supply cost \$15-\$20)

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Photography

Mondays | September 9 - November 25,
2024, 12:30 PM - 2:30 PM

COM City Centre – Room 115

\$30

Instructor: Trudy Ledoux

Whether your desire is to photograph your family, vacations, or the world around you, this course will introduce you to basic photography skills and camera features that will significantly improve your photographs. While a digital single lens reflecting camera is recommended, whichever camera you have is perfect.

Photography – Next Level

Mondays | September 9 - November 25,
2024, 9:00 AM - 11:00 AM

COM City Centre – Room 115

\$30

Instructor: Trudy Ledoux

Have you always wanted to take your photography skills to the next level? Perhaps you have been a photographer for years and just moved to the digital camera? Or you acquired a camera and are not sure how to use it. Overcome these obstacles and move from taking pictures to taking photographs! Prerequisite: Completion of 2 semesters of beginner Photography or other photography experience

Quilting

Tuesdays | September 10 - November 26,
2024, 1:30 PM - 4:30 PM

COM City Centre – Room 119

\$45

Instructor: Elsa Tutt

Quilting symbolizes family and heritage, the joining of the past with the present. Learn how to create your own quilt, or even expand your existing quilting skills, by working on a project of your own choice.



The class will cover quilting basics such as choosing fabrics, rotary cutting, piecing, basting, quilting, and binding. Prerequisite: Own and know how to operate a sewing machine. (Estimated supply cost \$75-\$350).

Quilting, Mixed Techniques

Tuesdays | September 10 - November 26,
2024, 9:30 AM - 12:30 PM

COM City Centre – Room 119

\$45

Instructor: Elsa Tutt

Learn how to create a quilt block and/or top using advanced and/or mixed quilting techniques such as Applique, Curve Piecing, English Paper Piecing, and others. The class will work on a recommended project that uses the technique. Prerequisite: Completion of 3 semesters of quilting class. (Estimated supply cost \$75-\$250)

Sewing Basics

Tuesdays | September 10 - November 26,
2024, 9:00 AM - 12:00 PM

COM City Centre – Room 120

\$45

Instructor: Mary Sister

Become knowledgeable with sewing terms and their definition selecting and caring for different types of fabrics, and the sewing notions to meet a desired need. You will learn and develop basic sewing skills as you sew your very own project(s). (Estimated supply cost \$40-\$80)

Sign Language for Beginners

Wednesdays | September 11 - November
27, 2024, 1:00 PM - 3:00 PM

COM City Centre – Room 117

50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

\$30

Instructor: Susan Bledsoe

This class will focus on basic conversation in sign language using signs from American Sign Language. You will learn about Deaf culture as well.

Spanish

Mondays | September 9 - November 25, 2024, 9:45 AM - 11:45 AM

COM City Centre – Room 119

\$30

Instructor: Alison Johnson Galdamez

¿Quiere aprender el español? Well, come join this class! You will obtain a working knowledge of conversational beginning Spanish including common vocabulary, phrases, parts of speech, and sentence construction. The last class will be a conversational class at a local Spanish-speaking restaurant for an additional fee.

Stained Glass

Tuesdays | September 10 - November 26, 2024, 8:15 AM - 10:15 AM

COM City Centre – Room 117

Tuesdays | September 10 - November 26, 2024, 10:30 AM - 12:30 PM

COM City Centre – Room 117

\$30

Instructor: Patricia Stettler

Come learn the art of stained glass! You will learn to construct a panel from start to finish with the Copper Foil technique which will provide the basis to building additional panels. A small panel will be the class project. (Estimated supply cost \$150-\$300).

Stained Glass, Lead Came

Tuesdays | September 10 - November 26, 2024, 1:30 PM - 4:30 PM

COM City Centre – Room 117

\$45

Instructor: Patricia Stettler

Lead came is the material that holds separate pieces of glass together in an h-shaped channel so that the pieces of glass slide into either side. The comes are then soldered together at the seams to lend strength when creating large works of glass art, like windows. You will have the opportunity to assemble your own panel. (Estimated supply cost \$75-\$100).

Sublimation Printing

Wednesdays | September 11 - November 27, 2024, 1:00 PM - 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Myrle Waller

Learn the basics and discover the joy of making retail quality items without screen printing or expensive printers and materials. Finally, crafters can create sublimation products at home! (Estimated supply cost \$100)

Tangled Art

Thursdays | September 12 - December 5, 2024, 10:00 AM - 12:00 PM

COM City Centre – Room 118

\$30

Instructor: Susan Bledsoe

Tangled Art is easy to learn and is both a relaxing and fun way to create images by drawing structured, repetitive patterns. In this class, you are actually encouraged not

to have an end goal in mind, but to create unplanned drawings through repetitive, simple steps.

Woodcarving

Mondays | September 9 - November 25, 2024, 1:00 PM - 3:00 PM

COM City Centre – Room 120

\$50

Instructor: Michael Duhon

Interested in learning woodcarving skills to produce carvings using only a knife blade? Come discover the basics, including knife cuts and techniques, dealing with grain direction when laying out patterns, and tool sharpening/maintenance in this introductory course. (Estimated supply cost \$30-40)

Woodworking

Thursdays | September 12 - December 5, 2024, 9:00 AM - 12:00 PM

COM City Centre – Room 119

\$45

Instructor: Rick Goodheart

If you like working with your hands, woodworking may be a great hobby for you! Learn and develop basic woodworking skills all while making your own project. Discussions will include wood and tool terminology, layout techniques, joinery, and finishes. Proper tool selection, sharpening, and project layout will be taught, with proper technique and safety in mind. (Estimated supply cost \$200-\$250).

50 Plus Exercise Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register.

PLEASE NOTE: Equipment is available for all exercise classes unless specified in description. Students are welcome to bring their own equipment if preferable.

Choose the class that is right for you:

LEVEL 1: Easy, gentle exercise/use of chair for support/exercise modifications provided

LEVEL 2: Moderate/slightly intense exercises/standing and floor movements/modifications provided

LEVEL 3: Active/higher intensity/aerobic exercises

Balance Training

Tuesdays/Thursdays | September 10 - December 3, 2024, 10:15 AM - 11:15 AM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

Reduce your fear of falling and increase your activity level with this class, which focuses on stretching and strengthening exercises that improve balance, coordination, and endurance over time. Instructor will use lecture, discussion, and videos to support the training. (Level 1)

Drums Cardio

Mondays/Wednesdays | September 9 - November 27, 2024, 9:30 AM - 10:30 AM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

This class combines traditional aerobic movements with the powerful beat and rhythms of the drums. You will use a Pilates ball and drumsticks in choreographed routines that will get you moving to the music regardless of your mobility level. Safely move your body to improve circulation and emotional well-being! (Levels 1-3)

Hula Hoop For Health

Tuesdays/Thursdays | September 10 - December 3, 2024, 10:15 AM - 11:15 AM

COM City Centre – Room 107

\$30

Instructor: Stacey Hutchison



DRUMS CARDIO

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Do you remember how much fun it was to hula hoop as a kid? It still is as an adult! During this class, we will hula hoop for physical fitness and positive mental health. Hoops will be provided.

Jazz It Up

Fridays | September 13 - December 6, 2024, 11:30 AM - 12:30 PM

COM City Centre – Room 107

\$15

Instructor: Crista Melancon

Learn basic principles of jazz dance including classical jazz dance warm-up exercises, turns, kicks, and combinations to popular music. Jazz shoes/sneakers or ballet shoes should be worn in this class.

Line Dancing

Mondays/Wednesdays | September 9 - November 27, 2024, 4:00 PM - 5:00 PM

COM City Centre – Room 107

\$30

Instructor: Patricia Trevisani

Line dancing involves performing patterned foot movements in a line in unison to music. This is a beginner class, so no experience is necessary. You must wear footwear that slides, swivels easily, and does not stick to the floor. (Level 2/3)

Pilates

Tuesdays/Thursdays | September 10 - December 3, 2024, 4:00 PM - 5:00 PM

COM City Centre – Room 104

\$30

50 Plus Exercise Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register.

PLEASE NOTE: Equipment is available for all exercise classes unless specified in description. Students are welcome to bring their own equipment if preferable.

Instructor: Sharon Deshotel

Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps you realign your spine to decrease tension, increase flexibility and strengthen your body from the inside out. (Level 2)

Pilates Basics

Tuesdays/Thursdays | September 10 - December 3, 2024, 2:45 PM - 3:45 PM

COM City Centre – Room 104

\$30

Instructor: Sharon Deshotel

Learn the basics of Pilates as you ease your way into it. Exercise can be performed from a chair or even a mat if you are able to use the floor. (Level 1)

Sit-N-Fit

Mondays/Wednesdays | September 9 - November 27, 2024, 11:00 AM - 12:00 PM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

This is a structured exercise program for anyone needing slow gentle movement and may also help to improve the quality of life of physically limited individuals through safe, effective exercises. Using chair exercises set to music, you will tone muscles and increase endurance. (Level 1)

Spinning

Fridays | September 13 - December 6, 2024, 9:00 AM - 10:00 AM

COM Main Campus Gym

\$15

Instructor: COM Faculty

Indoor cycling on Keiser spin bikes offers a fun and effective way to burn fat and improve cardiovascular endurance to

TOTAL BODY FITNESS Page 16



music. You will learn cycling techniques and tips as you ride! (Level 2/3)

Tai Chi For Health

Tuesdays/Thursdays | September 10 - December 3, 2024, 9:00 AM - 10:00 AM

COM City Centre – Room 107

\$30

Instructor: Mildred Smith

Perfect for beginners, Tai Chi for Health is a gentle, yet strengthening, low impact form of exercise that can improve balance and flexibility, as well as help manage stress. It is safe and effective, beneficial for overall physical health, cardiovascular issues and chronic health conditions. (Level 1)

Tap Happy

Fridays | September 13 - December 6, 2024, 9:00 AM - 10:00 AM

COM City Centre – Room 107

\$15

Instructor: Crista Melancon

Learn basic principles and steps of tap dance, performed to popular music. Tap shoes or hard soled shoes should be worn in this class. (Level 2/3)

Total Body Fitness

Mondays/Wednesdays | September 9 - November 27, 2024, 8:30 AM - 9:30 AM

COM City Centre – Room 107

\$30

Instructor: Alison Johnson Galdamez

Reap cardiovascular and strength benefits while doing fun, slightly intense exercises! We will learn to properly and safely stretch, warm up, and perform abdominal, upper-body and lower-body exercises. Some yoga will be included as well. Please wear workout clothes and tennis shoes. (Level 3)

Love what you learn™
Sign up for a class today



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YOGA FOR
BEGINNERS

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Yoga Flow

Fridays | September 13 - December 6, 2024
, 10:15 AM - 11:15 AM

COM City Centre – Room 107

\$15

Instructor: Crista Melancon

This is a movement meditation class. Learn the “Hatha” Yoga style with movements guided by the breath transitioning fluidly from one pose to another, rather than the alignment or the looks of static pose itself. (Level 1)

Yoga For Beginners

Tuesdays/Thursdays | September 10 -
December 3, 2024, 9:00 AM - 10:00 AM

COM City Centre – Room 104

\$30

Instructor: Trina Fox

This class focuses on breath and core building, beginner yoga poses, and Pilates basics. The “studio” fitness environment is intended to give you a place to build confidence as you increase flexibility and strength. Participate without pressure because there is something for you in every stage of your fitness journey. Learn to breathe and move your body at a pace that feels safe and comfortable. (Level 1)

Zumba

Mondays/Wednesdays | September 9 - No-
vember 27, 2024, 9:45 AM – 10:45 AM

COM City Centre – Room 107

\$30

Instructor: COM Faculty

Zumba incorporates a variety of Latin-inspired dance moves to create a one-of-a-kind fitness program that will tone and sculpt your body while burning unwanted fat through aerobic exercise. Come join in the fun! (Level 3)

General Information & Map

PAYMENT OF FEES AND TUITION

All tuition and fees must be paid at the time of registration. We accept VISA, MasterCard and Discover. No cash, checks, money orders or American Express will be accepted.

CANCELLATION OF COURSES

Each course has a minimum enrollment requirement or is subject to cancellation one week prior to start of class. Find a class you like and encourage a friend to join you! It could make the difference between having it or not. If the college cancels a course an automatic 100 percent refund of tuition is initiated.

FINANCIAL ASSISTANCE FUND

The Lifelong Learning Scholarship Fund is designed to help students who wish to participate in classes but are unable to due to financial hardship. If eligible, a student may be awarded up to \$45 tuition per semester to register for one class. Call 409-933-8461 for information on how to apply. Want to sponsor a student? Complete a donation card at the welcome desk or go to the COM website at <https://give.com.edu/ways-to-give/> to give online. Be sure to designate your gift to Lifelong Learning Scholarship Fund. Thank you for your support!

MAKE-UP CLASSES

In the event of a college-wide closure (i.e., inclement weather, power outage, etc.) that results in canceled classes, instructors are not required to reschedule class. However, if an instructor must personally cancel a class, every attempt will be made to reschedule it prior to the end of the semester.

WAITING LISTS

Want to attend a class that is full? Join the waiting list online or contact the Lifelong Learning Program Office at 409-933-8461 to be added.

REFUND POLICIES

Community Education Refund Policy

Community Education classes/workshops will be 100 percent refunded if a student cancels by the registration deadline. Refund requests may be made in person at the Lifelong Learning office or by phone at 409-933-8461. Refund requests must be received during normal business hours.

50 Plus Refund Policy

50 Plus classes will be 100 percent refunded if canceled before the first day of class. Refund requests may be made in person at the Lifelong Learning office or by phone at 409-933-8461. Refund requests must be received during normal business hours at least one business day prior to the calendar start date of the class.

Trip Refund Policy

Tickets are pre-purchased for trip events; therefore, they are non-refundable.

COLLEGE CALENDAR

In accordance with the approved College calendar, the college will be closed:

November 28-29, 2024

PHOTO AND VIDEO POLICY

COM's Marketing and Communications Department takes photographs (still and video) of students throughout the year. These photographs and videos often include students in classrooms, study areas, at events, etc. COM reserves the right to use these photographs and video as a part of its publicity and marketing efforts. Students who enroll at COM do so with the understanding that these photographs and videos might be used in College publications, both printed and electronic, for recruiting and advertising purposes.

TOBACCO-FREE ENVIRONMENT

All College of the Mainland campuses are tobacco-free facilities. In addition, COM has a zero-tolerance policy for alcohol on campus.

DIVERSITY STATEMENT

The College District prohibits discrimination, including harassment, against any individual(s) on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender, to include gender identity and gender expression, or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.

STUDENT RECORD PRIVACY POLICY

College of the Mainland complies with the provisions of the Family Educational Rights and Privacy Act (Buckley Amendment of 1974, Public Law 90-247, as amended) and any

regulations that may be promulgated therein. The College permits a student to inspect his or her own records and limits disclosure to others if a student has not been granted access by prior written consent. No student record, demographics, or schedule information will be shared with anyone over the phone or with any third party.

COM ALERT

COM Alert is a way for College of the Mainland to reach you in case of emergencies impacting any of COM's campuses. The COM Alert system uses email, phone, and text messages to notify individuals of emergencies and important news from the College. If you are not already receiving COM Alerts, sign up now by going to www.com.edu/contact-us/emergency-contact.html and following the prompts on the screen.

CAMPUS CARRY

As of August 1, 2017, Texas community colleges are required to comply with Senate Bill 11, commonly known as the "campus carry" bill. Individuals holding a license to carry (LTC), formerly concealed handgun license, will have the legal right to carry a concealed handgun onto community college campuses; however, openly carrying a firearm on a college campus is illegal. Please take note that storing handguns in personal vehicles on campus is allowed. A license holder may carry a concealed handgun on or about their person while on College District property or in any buildings or properties owned, leased, or rented by the College District except in areas that have been deemed gun-free zones under this policy. For further information about gun-free zone locations, Campus Carry policy, and campus safety, please see the following link, <http://www.com.edu/campus-safety-and-security>.

This policy applies to faculty, staff, students, visitors, and individuals and organizations doing business on behalf of the College District or while on the College District premises or properties owned, leased, or rented by College District.

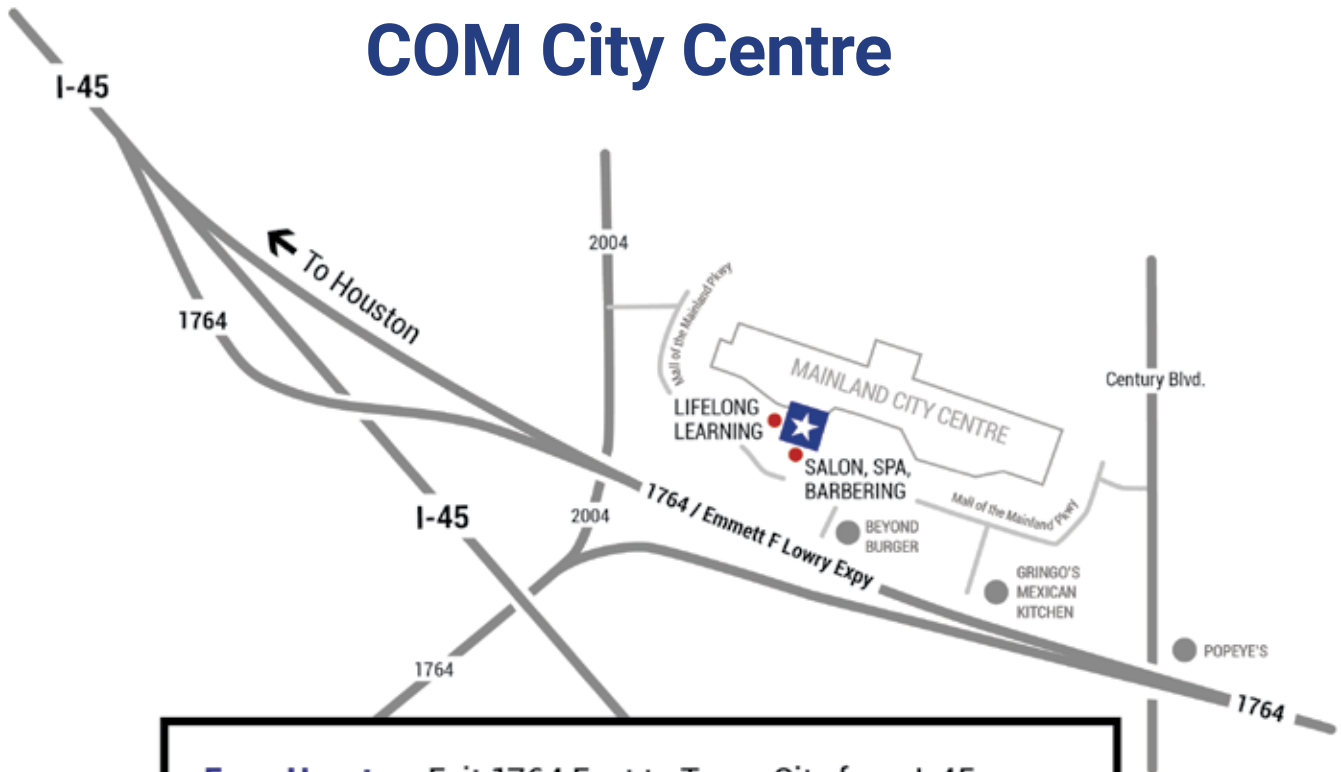
In accordance with the law, this policy shall not apply to commissioned peace officers.

Love what you learn™
Sign up for a class today



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COLLEGE OF THE MAINLAND COM City Centre



From Houston: Exit 1764 East to Texas City from I-45 South. Exit Century Blvd. Make U-turn under bridge. Take feeder to Beyond Burger and turn right towards the mall area. Turn left onto Mall of the Mainland Pkwy.

From Galveston: Exit #15 from I-45N. Turn right on 2004, then right after Quality Inn onto Mall of the Mainland Pkwy.

**Interested in teaching a class
or have an idea for one?**

Please call Lisa Renfroe at
409-933-8461.



**Have questions? Learn more online at:
com.edu/lifelonglearning**



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A close-up photograph of several avocados hanging from a tree branch. The avocados are in various stages of ripeness, with some showing a dark, almost black, bumpy skin and others being a vibrant green. The background is a clear, bright blue sky.

Growing Avocados and Mangos

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