

Lifelong LEARNING

LEARN THE ART OF
CHARCUTERIE

PAGE 6

GET A TASTE OF RESTAURANT ROW
AT MAINLAND CITY CENTRE: PAGE 11

REGISTRATION BEGINS AUGUST 8, 2022

TABLE OF CONTENTS

4 Community Education Classes
10 Taste of Restaurant Row

11 Trips and Travel

14 50 Plus Classes

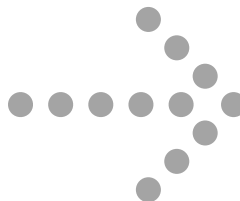
20 50 Plus Exercise Classes

22 General Information and Map

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

Love what you learn.

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 27 of this catalog.

REGISTRATION BEGINS AUGUST 8, 2022

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.

Art of Yoga

Tuesdays/Thursdays | September 13 - October 6, 2022, 5:30 PM - 6:30 PM

Tuesdays/Thursdays | September 13 - October 6, 2022, 6:45 PM - 7:45 PM

Tuesdays/Thursdays | October 18 - November 10, 2022, 5:30 PM - 6:30 PM

Tuesdays/Thursdays | October 18 - November 10, 2022, 6:45 PM - 7:45 PM

COM City Centre – Room 104

\$39 per session

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.

Gardening the Fall Harvest

Tuesday | September 13, 2022, 6:00 PM - 9:00 PM

Registration Deadline: August 30, 2022

COM City Centre – Room 118

\$29

Instructor: Angela Chandler

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

Intro to Fashion Construction

Tuesdays | September 13 - October 4, 2022, 5:30 PM - 8:30 PM

Registration Deadline: August 30, 2022

Tuesdays | October 18 - November 8, 2022, 5:30 PM - 8:30 PM

Registration Deadline: October 4, 2022

COM City Centre – Room 119

\$79 per session

Instructor: T.L. Harris

Ever thought about making your own clothes? Want a chance to be creative and cost effective? Learn the core sewing techniques you will need to create your own "fashion." This class will emphasize basic clothing construction techniques and principles. You will not only learn about sewing terms, operation of a sewing machine, how to select and care for different fabrics, but will also co-design, personalize, and complete your own project. Equipment is provided for the class. Once you decide on your project, you will be responsible for bringing your needed supplies (pattern, fabric, notions) for it.

COM Community Jazz Ensemble

Tuesdays | September 13 - December 6, 2022, 7:30 PM - 9:30 PM

Registration Deadline: September 13, 2022

FAB Room – F117

\$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, ballads, and contemporary jazz.

Photo Safari

Saturday | September 17, 2022, 2:00 PM - 8:00 PM and

Thursday | September 22, 2022, 6:30 PM - 8:30 PM

Registration Deadline: September 3, 2022

COM City Centre – Room 118

\$109

Instructor: Gloria Rabon

Whether you are a beginner or a seasoned photographer, bring your camera and come along as we explore some of Galveston County's most photogenic sites and learn the ins and outs of outdoor photography. This hands-on photo safari will begin with a brief discussion on composition and lighting as well as additional information based on location and other factors. In our follow up session the next week, you will have the opportunity to submit one image to receive feedback and tips for improvement. You must have a digital camera and a basic zoom lens, an attachable speed light, and an extra memory card for back up. Transportation is included in the fee. Please bring a sack meal for the safari.

At Sword's Point: An Intro to Fencing (Foil)

Saturdays | September 17 - October 22, 2022, 10:00 AM - 12:00 PM

Registration Deadline: September 3, 2022

COM City Centre – Room 104

\$79

Instructor: John Trojanowski

This class offers you an introduction to the sport of fencing - including origins of

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the sport, fundamentals of footwork and bladework, fencer safety, and the tactics and psychology of the game. The class is broken into three parts: footwork drills; bladeworkdrills;andopenfencing(students fence each other). By the end of the class you should possess the fundamental skills of an entry level fencer suitable for a local novice tournament, as well as an appreciation and insight into the game.

Wonderful World of Astronomy

Mondays/Wednesdays | September 19 - October 5, 2022, 6:30 PM - 8:30 PM

Registration Deadline: September 5, 2022

COM League City – Room 221

\$129

Instructor: Justin McCollum

This is an introductory course on the basics of Astronomy. The outcomes include mastering naked eye astronomy, identifying the characteristics of the constellations, basics about the planets, telescopes, news about space exploration, and a general view of the Universe. You will also have the opportunity to participate in related hands-on activities that demonstrate the concepts learned. All supplies are included in the fee.

Line Dancing with TMichelle

Tuesdays | September 20 - October 11, 2022, 6:00 PM - 7:00 PM

Tuesdays | October 25 - November 15, 2022, 6:00 PM - 7:00 PM

COM City Centre – Room 107

\$29 per session

Instructor: Traci Payne

Love line dancing and want to learn the hottest dances out there? If you are an intermediate/advanced dancer, then

FOOTBALL RULES OF THE GAME



join this fun and energetic workshop where you will learn the latest line dances around! These dances will ensure you are a hit at your holiday parties!

Mixed Media: Make Your Own Customized Journal

Tuesdays | September 20 - 27, 2022, 6:00 PM - 8:30 PM

Registration Deadline: September 6, 2022

COM City Centre – Room 118

\$49

Instructor: Durelle Brown

This two-part workshop is perfect for those who enjoy mixed media projects and also using recyclable materials to create something new and useful. The first session will be putting your journal together and the second session will focus on how to customize it. All you need to bring is an old hardcover book (no larger than 6"x9") to repurpose for your journal. All other supplies are included in fee.

Football – Rules of the Game

Saturday | September 24, 2022, 9:00 AM - 11:00 AM

Registration Deadline: September 10, 2022

COM City Centre – Room 118

\$155

Instructor: Sean Warren

Are you a football fan wannabe? Whether you are about to go to your first football game at the stadium, or just attending a friend's tailgate party, this fun workshop will make sure you are prepared. Learn basic football lingo and rules of the game so you can have fun and understand what is going on when you watch! Then have a chance to try out what you learn by attending the Houston Texans vs. Los Angeles Chargers

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.

game at NRG Stadium on Sunday, October 2nd, including a VIP stadium tour and presentation. Gameday ticket and transportation are included in fee.

An Intro to Cryptocurrency

Tuesday | October 4, 2022, 5:30 PM - 8:30 PM

Registration Deadline: September 20, 2022

COM City Centre – Room 118

\$29

Instructor: Christopher Hall

Have you ever wondered about Bitcoin and other Cryptocurrencies? Have you ever been interested in buying cryptocurrencies and just don't know where to start? In this workshop, we will cover the origins of crypto, different types that are out there, and where and how you could purchase cryptocurrency. Additionally, we will walk through a step-by-step process on how to set up online accounts with exchanges, how to fund these accounts, and how to purchase and store cryptocurrency on the internet and in private digital wallets. This course will answer all the important questions that you may have about this popular investment and how you can become a part of the digital future.

A Haunted Evening

Thursday | October 6, 2022, 6:30 PM - 8:30 PM

Registration Deadline: September 22, 2022

Terror Isle Adventures, 518 6th St., Texas City, TX 77590

\$59

Is Halloween one of your favorite times of year? Do you enjoy a good scare? Did you know that there are plenty of ghosts right in our own backyard of Galveston? Join us at Terror Isle where local author, Kathleen Maca, will start off the evening



ART OF CHARCUTERIE

with some ghostly tales of Galveston from her recent publications. You will have the chance to purchase a signed copy of Kathleen's book - Ghosts of Galveston for additional spooky enjoyment. Then, we will follow up with a behind-the-scenes tour of Terror Isle's Haunted Attraction. You will also go home with a free pass to return on a Friday/Saturday night to then experience it yourself!

Resin Art: Create Your Own Coasters

Monday | October 10, 2022, 6:30 PM - 8:30 PM

Registration Deadline: September 26, 2022

COM City Centre – Room 118

\$59

Instructor: Michelle Gerami

Interested in learning about resin art? Join us for this beginner workshop where you will be guided through the process as you create your own unique resin coasters (set of 4). There will be a variety of pigment colors and effects to add your own creativity in each one. All supplies are included. Coasters will need to dry overnight and will then be available for pick up the next day.

Art of Charcuterie

Tuesday | October 11, 2022, 6:00 PM - 8:00 PM

Registration Deadline: September 27, 2022

COM City Centre – Room 118

\$85

Instructor: Christie Tang

Fall provides many opportunities for entertaining family and friends. Join charcuterie expert, Christie Tang, who will demonstrate charcuterie curation techniques and teach you about the art of palate pleasing food fun. You will then have

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an opportunity to create your own small charcuterie box to take home with you to enjoy! Workshop fee includes all supplies.

Modern Calligraphy for Newbies

Thursday | October 13, 2022, 6:30 PM - 8:30 PM

Registration Deadline: September 29, 2022

COM City Centre – Room 118

\$85

Instructor: Dionne Christiansen

This 2-hour tutorial 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!

Saltwater Night Fishing

Thursdays | October 13 - November 17, 2022, 6:30 PM - 8:30 PM

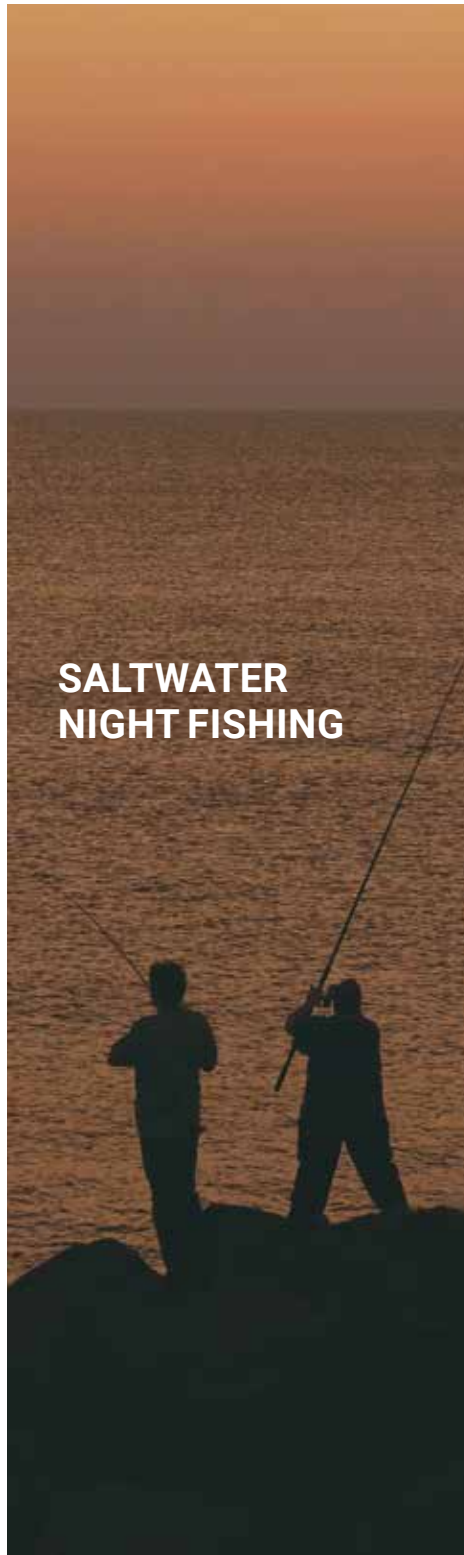
Registration Deadline: September 29, 2022

COM City Centre – Room 119

\$79

Instructor: Thomas LaSanta

Enjoy fishing and want to learn more? Join us for a mix of classroom instruction and nighttime fishing excursions guaranteed to improve your chances of catching fish! We will fish from both pier and surf, and fishing spots will include Galveston and Texas City Dike. A valid saltwater fishing license is required. You are also responsible for your own fishing pole, tackle, bait, pier fee, and transportation.



Personal Finances 101

Saturday | October 15, 2022, 9:00 AM - 1:00 PM

Registration Deadline: October 1, 2022

COM League City – Room 116

Saturday | November 12, 2022, 9:00 AM - 1:00 PM

Registration Deadline: October 29, 2022

COM City Centre – Room 115

\$35 per session

Instructor: Trennice Jackson

Do you ever feel stressed or overwhelmed when it comes to managing your finances? Join us in this fun and interactive workshop as we walk through simple money management strategies that will help you regain your confidence and take control. You will leave with detailed checklists and numerous resources to help you develop a plan.

Keeping Backyard Chickens – What to Know So You Don't Just Wing It!

Tuesday | October 18, 2022, 6:00 PM - 9:00 PM

Registration Deadline: October 4, 2022

COM City Centre – Room 118

\$29

Instructor: Angela Chandler

Laying hens can be a rewarding hobby. They provide eggs, entertainment, and materials for composting. Plus, when kept in proper conditions, they aren't a source of odors or nuisance noise! This class will cover housing options, feed programs, automatic watering systems, health maintenance and flock management. We will cover raising chicks and types of brooders for different size flocks in an urban homestead.

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.

For the Love of Beer: An Intro to Craft Beer

Thursday | October 20, 2022, 5:30 PM - 8:30 PM and

Saturday | October 22, 2022, 12:00 PM - 3:00 PM

Registration Deadline: October 6, 2022

COM City Centre – Room 119

\$65

Instructor: Christopher Hall

This course aims to introduce you to craft beer styles, pairing food and beers, and how to make quality beer at home. In the first session, we will discuss grains and how they are used to achieve specific beer styles, along with a presentation highlighting beer making techniques. You will also get a hands-on look at the following publications, “How to Brew” by John Palmer and “Simple Homebrewing” by Drew Beechum and Denny Conn... and a whole lot more! For the second session, we will take a fieldtrip to Galveston Island Brewing for a tour and tasting, which is included in workshop fee.

Seasonal Sweets Series

Tuesdays | October 25, November 15, & December 6, 2022, 6:00 PM - 9:00 PM

Registration Deadline: October 11, 2022

COM City Centre – Room 118

\$99

Instructor: Debie Seyfang

The holidays will be upon us before you know it...be prepared by attending this fall workshop 3-part sweets series! Our baking expert will provide you with tools and techniques for decorating your own seasonal sweets for the holiday season. Create and take home treats that will make your friends and family ooh and aah! All supplies are included in the fee. No baking will be involved with the workshop.

October 25: Candy – chocolate dipping and pop making for Halloween fun treats

November 15: Cupcakes – buttercream piping and other techniques to create a cupcake bouquet

December 6: Cookies – royal icing tips and tricks for decorating winter holiday cookies

Tips & Tricks for Smartphone Pics!

Thursday | October 27, 2022, 6:30 PM - 8:30 PM

Registration Deadline: October 13, 2022

COM City Centre – Room 118

\$29

Instructor: Gloria Rabon

Learn how to get the most out of your smartphone camera! In this 2-hour smartphone photography workshop you will learn some photography basics and how to use your smartphone camera to take photos that are well composed and edited. You will also learn about the best apps for editing and storing your images.

PowerPoint with Pizzazz

Mondays/Wednesdays | October 31 - November 9, 2022, 6:00 PM - 8:00 PM

Registration Deadline: October 17, 2022

COM League City – Room 221

\$65

Instructor: Carol Benson

PowerPoint is a powerful visual aid that can greatly enhance your presentation, whether it be for a sales pitch, school project, or family reunion. Assuming you already have a basic knowledge of the software, this advanced course will further explore how to format pictures, animate text and objects, insert audio and videos, and use voice overs. You will also have the opportunity to create your

own personal PowerPoint demonstrating your new skills. Prior to the first class, you will need to know how to access and download files from your email account.

Microsoft Excel Tips and Tricks

Tuesdays/Thursdays | November 1 - 10, 2022, 6:00 PM - 8:00 PM

Registration Deadline: October 18, 2022

COM League City – Room 221

\$65

Instructor: Carol Benson

Already know the basics of Excel and ready to take it to the next level? This advanced course will focus on complex formulas and functions, sorting and filtering data, pivot tables, and what if analysis. In addition, you will go home with new tips and tricks to enhance your use of Excel. Prior to the first class, you will need to know how to access and download files from your email account.

Fused Glass – Create Your Own Candy Dish

Monday | November 14, 2022, 5:30 PM - 8:30 PM

Registration Deadline: October 31, 2022

COM City Centre – Room 117

\$65

Instructor: Deborah Deats

In this fun workshop, you will create your own fused glass candy dish - just in time for the holidays! You choose the colors! You choose the bowl style! This class is designed especially for people with no previous glass experience and the instructor will teach you simple techniques you can use in creating your own design. Please wear closed-toed shoes. Supplies are included in fee. The dish will then be fired in the kiln and ready for pick up in two weeks.

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Escape Room – Behind The Scenes

Thursday | November 17, 2022, 6:30 PM - 8:30 PM

Registration Deadline: November 3, 2022

Terror Isle Adventures, 518 6th St., Texas City, TX 77590

\$45

Are you into the Escape Room craze? Ever wondered how the rooms are actually designed to create such puzzles? If so, then join us at Terror Isle where we will get a behind the scenes private look at the actual mechanics of their escape rooms. We will then have a chance to solve the puzzle, decode the clues, and find the keys needed to “escape” before time runs out! Sure to be a fun night out with friends or family!

Personal Finances 102

Saturday | December 3, 2022, 9:00 AM - 1:00 PM

Registration Deadline: November 19, 2022

COM City Centre – Room 115

\$35

Instructor: Trennice Jackson

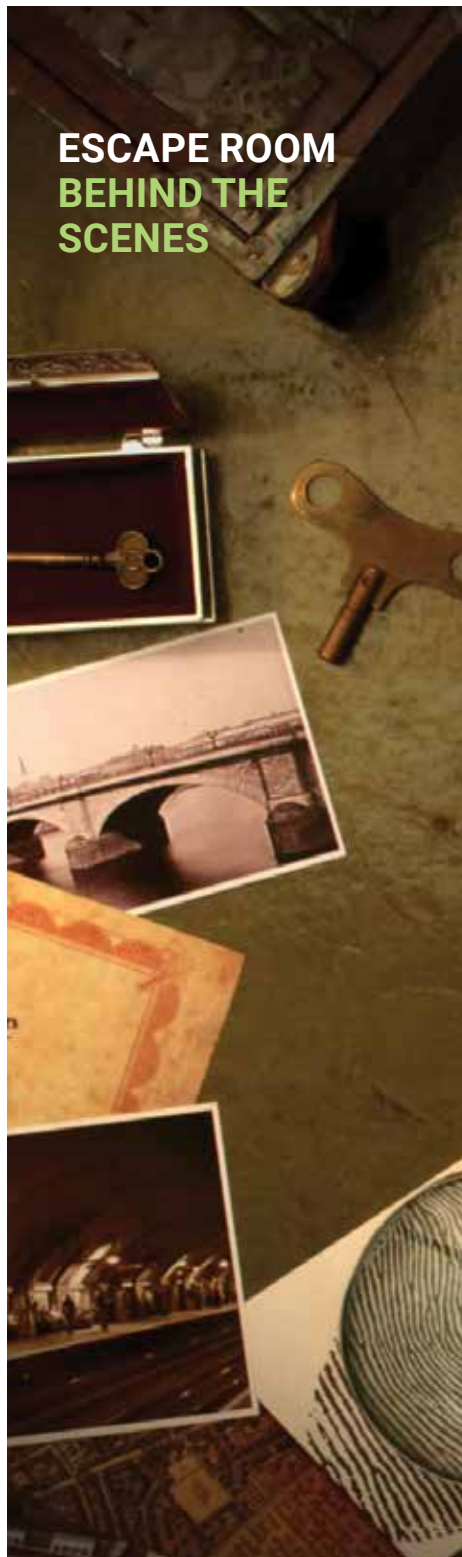
This workshop is for the person who has a good handle on their finances (i.e. emergency fund in place, debt under control, excess monthly cash flow, etc.) and wants suggestions for next steps. We will discuss various strategies, including components of the F.I.R.E. Movement (Financial Independence, Retire Early) and how many have used this approach to reach their financial goals much faster than traditional methods.

Introduction to Voiceovers

Online and scheduled individually

\$49

Instructor: Voices for All



“Wow, you have a great voice!” How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” Explore the voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. You’ll learn about different types of voiceovers and the tools you’ll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You’ll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field!

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.

TASTE OF RESTAURANT ROW

AT MAINLAND CITY CENTRE

Taste of Restaurant Row - All Workshops

See individual workshop dates/times

Registration Deadline: August 31, 2022

\$180

Enjoy the culinary arts and learning about different types of cooking from the experts? Register for all 5 of the Taste of Restaurant Row workshops for the price of 4!

Big Phil's Soul & Creole Café

(409) 927-5330

Wednesday | September 14, 2022,
7:00 PM - 9:00 PM

Registration Deadline: August 31, 2022

\$45

Laissez les bon temps rouler! Owner and chef, Phil Palmer, will demonstrate how to make traditional Etouffee, a dish with deep roots in Creole and Cajun cuisine. From the roux to the seasonings, learn the tricks of creating this flavorful cuisine and enjoy sampling it too!

Grazia Italian Kitchen & Pizzeria

(409) 316-4423

www.graziainitalian.com

Saturday | November 5, 2022, 9:00 AM
- 11:00 AM

Registration Deadline: October 22,
2022

\$45

Calling All Pizza Lovers! Grazia Italian Kitchen features authentic Italian home-style cooking and comfort foods for all to enjoy. Join Executive Chef Pedro Irisarri, who will demonstrate the secrets to making a delicious hand tossed pizza using the freshest ingredients. You will then have the opportunity to toss your own pizza dough and create either a Margarita, Classico, or Robusto Pizza to enjoy for lunch.

Peeking Duck Asian Fusion & Cocktails

(409) 316-4658

www.peaksatducks.com

Wednesday | October 26, 2022,
6:00 PM - 8:00 PM

Registration Deadline: October 12,
2022

\$45

One Night in Bangkok Executive Chef Steve Navarro and General Manager Matt Wev will take you on an adventure of Asian flavors while also learning how to whip up some classic cocktails!

Stuttgarden Tavern

(409) 316-9409

www.stuttgardentavern.com

Wednesday | September 28, 2022,
6:00 PM - 8:00 PM

Registration Deadline: September 14,
2022

\$45

Octoberfest Evening Join sausage maker Ernie Marr and Beer Enthusiast Ben Bruckmiller for an evening of sausage making and tasting what truly makes German Brewmasters special!

Texas Pit Stop BBQ

(409) 927-5896

www.txpitstopbbq.com

Wednesday | October 12, 2022,
5:00 PM - 7:00 PM

Registration Deadline: September 28,
2022

\$45

Art of BBQ Join Arnold Garza, owner and grillmaster, as he shares his expertise from home grilling tips to competitive cooking. Topics include rubs, sauces, brining, smoking and more. Get ready for a finger lickin' night of fun as you sample some award-winning BBQ from a pro!

Lifelong Learning: Extended Travel

Extended travel is open to students 18 and older.



Spain
and Portugal

9 DAYS
STARTING
MAR. 23, 2023
ONLY \$4,195*

HIGHLIGHTS

- Three – 2-night stays in Lisbon, Seville & Madrid
- Fado Show – Lisbon
- Flamenco Show Seville
- Lisbon City Tour
- Belem Tower
- Evora
- Cathedral of Seville
- Granada Tour
- Alhambra Palace
- Toledo
- Madrid City Tour
- Madrid Royal Palace



Utah's
Mighty
National
Parks

7 DAYS
STARTING
SEP. 24, 2023
ONLY \$3,399*

HIGHLIGHTS

- Arches National Park
- Capitol Reef National Park
- Canyonlands National Park
- Dead Horse Point State Park
- Canyonlands by Night Cruise
- Scenic Byway 128
- Colorado National Monument
- Monument Valley
- Monument Valley Scenic Tour
- Grand Junction, Colorado
- Lunch at Goulding's Lodge
- Goulding's Museum/ Trading Post
- Colorado Wine Tasting



Montreal
& Quebec City
Christmas
Markets

5 DAYS
STARTING
DEC. 7, 2023
ONLY \$2,799*

HIGHLIGHTS

- Montreal City Tour
- Underground City
- Notre Dame Cathedral
- Via Rail Train – Montreal to Quebec
- Quebec City Tour
- Montmorency Falls
- Montreal Christmas Market
- Quartier Petit Champlain & German Christmas Market
- Gilles Copper Museum

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. 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 Premier's Travel Protection Plan is required and fee differs depending on destination. Please note, due to COVID-19 dates may change to be in accordance with any future COM travel restrictions.

For extended travel information, contact Traci Payne at 409-933-8912 or tpayne5@com.edu.

Lifelong Learning: Local Travel

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

PLEASE NOTE:

The local travel trip cost includes transportation and admission ticket. Trip tickets have been pre-purchased; therefore, they are non-transferable and non-refundable. Students will meet in the Lifelong Learning Center lobby for all trips. Prior to registering for a trip, please consider that there are certain COVID protocols in place at many venues and although College of the Mainland does not require face coverings or proof of negative COVID test or vaccination, we must comply with the trip venue protocols.

Peter Pan (Houston Ballet)

Saturday | September 10, 2022, 4:00 - 11:00 PM

\$75

Escape to Neverland with Wendy, John, Michael and Peter on their daring adventures in Trey McIntyre's Peter Pan! This reinterpretation of Sir James M. Barrie's classic tale is told through the eyes of a pixie dust! Set to a soaring score by Sir Edward Elgar, arranged by Niel DePonte, with elaborate sets by ballet is sure to mesmerize audiences of all ages!

Ain't Misbehavin' (Theatre Under The Stars)

Thursday | September 22, 2022, 4:00 PM - 11:00 PM

\$95

A hot new production by Theatre Under the Stars of this Tony-Award-winning musical celebrating the music of Fats Waller and the Black artists of the Harlem Renaissance. Sly, genial, and bursting with the wit and energy of one of the most innovative periods in American music, it's one of the very best ever. A buy-your-own dinner will precede the show.

Houston Texans Day

Sunday | October 2, 2022, 8:00 AM - 5:00 PM

\$119

Start your SUNDAY FUNDAY with us! Your day will start with a pregame VIP tour of the stadium. Following the tour, enjoy cheering



on the Texans against the Los Angeles Chargers. Driving? Parking? We have you covered as you will be transported by Galveston Limousine Services. You will be able to grab food and drinks at the stadium.

She's Got Soul (Houston Symphony)

Friday | October 7, 2022, 5:00 PM - 11:00 PM

\$69

The sensational Capathia Jenkins brings her powerhouse voice to soulful hits of Whitney Houston, Toni Braxton, Earth, Wind, and Fire, The Jackson 5, Amy Winehouse, Adele, and more. A buy-your-own dinner will precede the show.

Birdwatching – Brazoria Wildlife Refuge

Tuesday | October 25, 2022, 8:00 AM - 5:00 PM

\$40

Explore the ponds at the refuge looking for wintering ducks and shorebirds along with the resident herons and egrets. Birds expected to see are Pied-billed Grebes, Northern Shovelers, Blue-winged Teal, Mottled Ducks, Gadwalls, Peeps, Ibis, Herons, Egrets, Sparrows, Meadowlarks, and many others. You will need binoculars to get a good look at some of these birds. We may go to the coast after lunch if time permits. Please wear closed toed shoes (because of snakes) and clothing that is dull, not bright colored. You are welcome to bring along snacks/drinks and either bring or buy your lunch.

Love what you experience
Sign up for a class today



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A Day at The Museums

Wednesday | November 9, 2022, 8:00 AM - 4:00 PM

\$59

Your first stop will be at the **Houston Museum of Natural Science** that was founded in 1909 on the idea that science can enhance everyone's lives. As one of the most heavily attended museums in the United States, and a favorite thing to do in Houston, HMNS at Hermann Park has five floors of permanent exhibits, spanning astronomy, space science, Native American culture, paleontology, energy, chemistry, geology, seashells, and Texas wildlife, alongside a slew of rotating special exhibitions. HMNS also houses three other venues: the Burke Baker Planetarium, Wortham Giant Screen Theatre and Cockrell Butterfly Center. Next stop, you will be in awe of the extensive **Museum of Fine Arts, Houston (MFAH)** art collections—with objects spanning the world and human creative history—to the ever-changing schedule of thematic exhibitions, the Museum offers a diverse range of tour topics to suit your interests. A buy-your-own lunch will be scheduled mid-day.

Motown Christmas (Ensemble Theatre)

Thursday | December 1, 2022, 4:00 PM - 11:00 PM

\$69

Celebrate the most wonderful time of the year with this festive holiday revue. It's the perfect blend of traditional Christmas carols paired with the soulful sounds from such Motown celebrities as Marvin Gaye, Stevie Wonder, The Supremes, and The Jackson 5. This soulful play promises to bring back good memories and deliver a delightful Christmas treat for the entire family! A buy-your-own dinner will precede the show.

COCKRELL BUTTERFLY CENTER



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 15 - December 8, 2022, 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 14 - November 30, 2022, 10:00 AM - 1:00 PM

COM City Centre – Room 119

\$45

Instructor: Rhonda Wilcox

Impress your friends with unique and stylish jewelry...made by you! Through lecture, demonstration, and hands-on projects, you will learn beginners' jewelry skills in the techniques of bead stringing and bead stitching. (Estimated supply cost \$60-\$80)

Brazilian Embroidery

Thursdays | September 15 - December 8, 2022, 1:00 PM - 4:00 PM

COM City Centre – Room 119

\$45

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. (Estimated supply cost \$25-\$30)

Cake Decorating

Tuesdays | September 13 - December 6, 2022, 1:00 PM - 3:00 PM

COM City Centre – Room 118

\$30

Instructor: Debie Seyfang

Want to change a plain looking cake into one with a fabulous design? Take this class to learn how! You will learn basic skills of cake decorating using buttercream, royal, and fondant icings. From how to hold the icing bag to mastering piped borders and designs, this class will cover everything you need to know to transform your sweet treats into amazing desserts. (Estimated supply cost \$50-\$75)

Computer for Absolute Beginners

Tuesdays | September 13 - December 6, 2022, 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! We will cover how to get a computer up and running and how to shut it down safely. You will learn to make Microsoft Windows friendlier or personalized and basic hardware differences. This class includes an introduction to keyboarding, email and Facebook. The only supplies you need will be a USB flash/jump drive each class.

Cricut

Wednesdays | September 14 - November 30, 2022, 9:00 AM - 12:00 PM

COM City Centre – Room 120

\$45

Instructor: Myrle Waller

If you consider yourself a crafter, then you could definitely benefit from using a Cricut! Learn how to make personal t-shirts, signs, stencils, etch on glass,

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COM
College of the Mainland

picture frames, boxes, luminaries, and so much more using a Cricut personal die-cutting machine. This 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. You may bring a personal Cricut machine to class, but it is not required. Basic computer skills are required. (Estimated supply cost \$25)

Cricut (Online)

Tuesdays | September 13 - December 6, 2022, 9:00 AM - 11:00 AM

Online

\$30

Instructor: Graciela Garza

If you consider yourself a crafter, then you could definitely benefit from using a Cricut! Learn how to make personal t-shirts, signs, stencils, etch on glass, picture frames, boxes, luminaries, and so much more using a Cricut personal die-cutting machine. This course will start out with basic instructions of machine mechanics and then proceed to Cricut Design Space. You will need your own Cricut machine, plus a laptop or tablet to access internet and download the Design Space program. Basic computer skills are needed. Class is held through Microsoft Teams. (Estimated supply cost \$25)

Drawing Basics

Tuesdays | September 13 - December 6, 2022, 9:00 AM - 11:00 AM

COM City Centre – Room 119

\$30

Instructor: Eve Bertrams

This course is focused on the fundamentals of drawing using observation and build drawing techniques. You will learn to develop a visual language using lines, forms, and depth. The course

will progress from basic black and white forms to rendering images with shading and colors. (Estimated supply cost \$100)

Drawing with Colored Pencils

Wednesdays | September 14 - November 30, 2022, 1:00 PM - 3:00 PM

COM City Centre – Room 120

\$30

Instructor: Eve Bertrams

Colored pencils is a powerful medium for expressive art making. Learn techniques for mixing colors, creating light, volume, and capturing skin tone. You will also explore blending, color theory, hatching and solvents. (Estimated supply cost \$75)

Fun Friday Open Lab: Beading

Fridays | September 16 - December 9, 2022, 9:00 AM - 12:00 PM

COM City Centre – Room 119

\$5 per Friday

Grab a friend and join other artists to visit and practice your skills. This is a drop-in open lab with no instruction. All levels of beaders welcome! Must bring own supplies.

Fun Friday Open Lab: Painting

Fridays | September 16 - December 9, 2022, 12:30 PM - 3:30 PM

COM City Centre – Room 117

\$5 per Friday

Grab a friend and join other artists to visit and practice your skills. This is a drop-in open lab with no instruction. All levels of painters welcome! Must bring own supplies.



**DRAWING WITH
COLORED PENCILS**

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.

Fun Friday Open Lab: Quilting

Fridays | September 16 - December 9, 2022, 12:30 PM - 3:30 PM

COM City Centre – Room 119

\$5 per Friday

Grab a friend and join other artists to visit and practice your skills. This is a drop-in open lab with no instruction. All levels of quilters welcome! Must bring own supplies.

Fused Glass

Mondays | September 12 - November 30, 2022, 9:00 AM - 12:00 PM

COM City Centre – Room 117

\$125 (price includes \$80 supply fee)

Instructor: Deborah Deats

At its simplest, glass fusing is a process in which formulated compatible 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 gain knowledge in the basic steps required to make colorful creations by cutting, stacking, and melting together pieces of transparent and opalescent colored glass. Projects include various styles of pendants, yard art, wired bugs, a wind chime, and a bowl. You will need your own tools.

Microsoft for Beginners

Tuesdays | September 13 - December 6, 2022, 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 14 - November 30, 2022, 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 15 - December 8, 2022, 9:00 AM - 12:00 PM

COM City Centre – Room 117

Thursdays | September 15 - December 8, 2022, 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! The first day of class will be an introduction to the art and instructions on basic tools you'll need to purchase. By the end of the semester, you can expect to have at least one completed mosaic project. (Estimated supply cost \$100-\$110)

Painting with Acrylics

Mondays | September 12 - November 30, 2022, 1:30 PM - 3:30 PM

COM City Centre – Room 118



PAINTING
WITH OILS

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\$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 have the opportunity to paint various subjects that will incorporate the techniques learned. (Estimated supply cost \$40-\$75)

Painting with Oils

Tuesdays | September 13 - December 6, 2022, 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 14 - November 30, 2022, 9:00 AM - 12:00 PM

COM City Centre – Room 117

\$45

Instructor: Eve Bertrams

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)

Painting, Abstract

Thursdays | September 15 - December 8, 2022, 1:00 PM - 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Deborah Brady

What is abstract art? Why is abstract art? Abstract is not just throwing paint randomly onto a canvas. Come learn the rules of abstract art. Learn objective versus non-objective. Learn what freeing yourself can do for all of your artwork endeavors. Painting with Acrylics class or some painting experience is a recommended pre-requisite. (Estimated supply cost \$50)

Painting, Collage

Mondays | September 12 - November 30, 2022, 9:30 AM - 12:30 PM

COM City Centre – Room 118

\$45

Instructor: Deborah Brady

Collage is a mixed media created through assemblage, using various materials. You do not have to be an artist to enjoy creating a collage masterpiece! Artwork will be assembled on Masonite boards or cradled boards. (Estimated supply cost \$25)

Peer Artist Collective: Painting

Fridays | September 16 - December 9, 2022, 10:00 AM - 12:00 PM

COM City Centre – Room 117

\$30

A creative collective is a pressure-free gathering where your peers can help you evolve your ideas and artistic concepts, plus challenge them so you can grow as a creative. It also helps you learn what your strengths are and areas you could work on. Come join fellow students with similar creative interests to discuss related artistic methods, share skill sets, and provide peer feedback on personal works. In each session, artists will share their ideas or

works and ask for feedback or support. This group is intended for intermediate to advanced level artists only and volunteers will facilitate the group sessions.

Peer Artist Collective: Photography

Fridays | September 16 - December 9, 2022, 1:00 PM - 3:00 PM

COM City Centre – Room 115

\$30

A creative collective is a pressure-free gathering where your peers can help you evolve your ideas and artistic concepts, plus challenge them so you can grow as a creative. It also helps you learn what your strengths are and areas you could work on. Come join fellow students with similar creative interests to discuss related artistic methods, share skill sets, and provide peer feedback on personal works. In each session, artists will share their ideas or works and ask for feedback or support. This group is intended for intermediate to advanced level artists only and volunteers will facilitate the group sessions.

Photography as a Hobby

Mondays | September 12 - November 30, 2022, 9:00 AM - 11:00 AM

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. You must bring your own camera.

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.

Photoshop

Mondays | September 12 - November 30, 2022, 12:00 PM - 2:00 PM

COM City Centre – Room 115

\$30

Instructor: Trudy Ledoux

This course will introduce you to the complexity of Photoshop and simplify the process of using this photo manipulation application. You will be introduced to Photoshop's interface while learning basic editing tools from corrections to exposure, adjustments, and cropping. Furthermore, you will have the opportunity to use edits like text, layers and combining photographs. Intermediate level computer skills are required for this class.

Quilting

Tuesdays | September 13 - December 6, 2022, 1:00 PM - 4:00 PM

COM City Centre – Room 120

\$45

Instructor: Elsa Tutt

Quilting symbolizes family and heritage, the joining of the past with the present. In this class, you can 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. (Estimated supply cost \$75-\$350)

Quilting, Applique

Tuesdays | September 13 - December 6, 2022, 9:30 AM - 11:30 AM

COM City Centre – Room 120

\$30

Instructor: Elsa Tutt

This class is different from the Basic Quilting as it is concentrating on the Applique Quilting process of adding



decorative fabric shapes to a background fabric to create a quilt block. The class will cover the Applique Quilting process such as preparing the applique shapes, basting and/or gluing shapes, and joining the shapes using hand and/ or machine sewing into a background fabric. Note: This class will not cover basic quilting. (Estimated supply cost \$75-\$250)

Saltwater Fishing

Mondays | September 12 - November 30, 2022, 9:00 AM - 11:00 AM

COM City Centre – Room 119

\$30

Instructor: Thomas La Santa

No matter if you are a novice or experienced fishing enthusiast this course will teach you how to catch fish. You will discover secrets, tricks and hacks that will build your confidence to fish anywhere. We will cover the proper tackle and bait to use for different saltwater environments (surf, pier, wade, jetty) as well as techniques for casting, fighting, landing, and cleaning fish. Learn what to have in your tackle box and how to maintain your fishing gear, plus the rules and regulations of fishing in Texas. Course also includes field fishing trips to Galveston and the Texas City Dike for additional fees (trips will be during class time, but you can stay longer if you choose). Course prerequisite: Valid Texas fishing license for saltwater fishing. (Estimated supply cost \$35-\$100)

Spanish

Mondays | September 12 - November 30, 2022, 11:00 AM - 1:00 PM

COM City Centre – Room 120

\$30

Instructor: Alison Johnson Galdamez

¿Quiere aprender el español? Well, come join this class! You will obtain a working knowledge of conversational beginning to



intermediate 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 13 - December 6, 2022, 8:15 AM - 10:15 AM

COM City Centre – Room 117

Tuesdays | September 13 - December 6, 2022, 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 13 - December 6, 2022, 1:30 PM - 4:30 PM

COM City Centre – Room 117

\$45

Instructor: Patricia Stettler

If you have experience with glass cutting and now want to learn the lead came method of stained glass, then this class is for you! 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 to the piece of art. This is the method used when creating large works of glass art, like windows. As the semester progresses, you will have the opportunity to assemble your own panel. (Estimated supply cost \$75-\$100)

Sweet And Savory Eating

Wednesdays | September 14 - November 30, 2022, 1:00 PM - 3:00 PM

COM City Centre – Room 117

\$30

Instructor: Sharon Mitchiner

Autumn can be stressful as the holidays approach, but meals can still be easy! Don't forget that sweet tooth too. We will alternate between SWEET & SAVORY. This is a whole food plant-based class. The recipes will be easy tasty and delicious. Desserts and entrees with minimal effort and maximum flavor. (Estimated supply cost \$10)

Upcycling – From Trash To Treasure

Wednesdays | September 14 - November 30, 2022, 2:00 PM - 4:00 PM

COM City Centre – Room 118

\$30

Instructor: Michele Patrick

Come learn how to turn old items around your home into brand new ones... artwork worth hanging, jewelry worth wearing, gifts worth giving! Each week, our artist and instructor, will demo one project and then you can make that project or something from your own imagination. A pile of "trash" will be provided to create your treasures from. (Estimated supply cost \$20-\$25)

Woodworking

Thursdays | September 15 - December 8, 2022, 9:00 AM - 12:00 PM

COM City Centre – Room 120

\$45

Instructor: Richard Goodheart

If you like working with your hands, woodworking may be a great hobby for you! During the course of the semester,

you will learn and develop basic woodworking skills all while making your very 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 at all times. (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.

Balance Training

Tuesdays/Thursdays | September 13 - December 6, 2022, 11:00 AM - 12:00 PM

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 the exercises that improve balance and coordination. Instructor will use lecture, discussion, and videos to support the training. You will learn to perform safe stretching, balance, aerobic and strengthening exercises that will gradually tone muscles, core, and increase endurance over time. A chair will be used for support as needed and modifications will be given if needed.

Drums Cardio

Mondays/Wednesdays | September 12 - November 30, 2022, 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. This is a high activity cardio workout for your entire body and mind. You will use Pilates balls and drumsticks in choreographed routines set to music. Balls and drumsticks are provided.

Hula Hoop For Health

Tuesdays/Thursdays | September 13 - December 6, 2022, 11:00 AM - 12:00 PM

COM City Centre – Room 107

\$30

Instructor: Stacey Hutchinson

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. Each session will consist of a warm-up, cardio portion and a cool down, all set to upbeat music. Hooping is a great core workout, too. Join us as we rediscover that exercise can be entertaining. Hoops will be provided.

Line Dancing

Tuesdays/Thursdays | September 13 - December 6, 2022, 4:00 PM - 5:00 PM

COM City Centre – Room 107

\$30

Instructor: Sheila Gerhardt

Line dancing involves performing patterned foot movements in a line in unison to music. Line dancing not only blends exercise and recreation, it is also a fun way to meet new people and experience personal satisfaction from accomplishments. This class is for those who have never had a line dancing class. You must wear footwear that slides and swivels easily and does not stick to the floor. No partner is needed.

Pilates

Tuesdays/Thursdays | September 13 - December 6, 2022, 4:00 PM - 5:00 PM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

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 to realign the spine to decrease tension, increase flexibility and strengthen the body from the inside out. To maximize the benefit of this class, you should be able to exercise on the floor using mats provided. You will be shown modifications for all exercises, but will be encouraged to challenge yourself as the semester progresses.





Pilates, Weights, and Drums

Tuesdays/Thursdays | September 13 -
December 6, 2022, 9:30 AM - 10:30 AM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

Get three different exercises in just one class! You will perform different exercises each day to help strengthen and tone different areas of your body. Pilates, resistance bands, balls, hand weights, and drumming on the Pilate balls with drumsticks. Modifications will be included for all exercises, but you will be encouraged to challenge yourself as the semester progresses.

Pilates/Yoga (Mix)

Mondays/Wednesdays | September 12 -
November 30, 2022, 8:30 AM - 9:30 AM

COM City Centre – Room 107

\$30

Instructor: Alison Johnson Galdamez

Join us for Yoga and Pilates exercises with motivating music to stretch, tone and strengthen your entire body. The exercises will be performed both standing and on the floor.

Sit-N-Fit

Mondays/Wednesdays | September 12 -
November 30, 2022, 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.

Spinning

Mondays/Wednesdays | September 12 -
November 30, 2022, 7:00 AM - 8:00 AM

COM Gym

\$30

Instructor: Alison Johnson Galdamez

Indoor cycling on Keiser spin bikes offers a fun and effective way to burn fat and improve cardiovascular endurance to music. You will learn cycling techniques and tips as you ride!

Tai Chi For Health

Tuesdays/Thursdays | September 13 -
December 6, 2022, 9:45 AM - 10:45 AM

COM City Centre – Room 107

\$30

Instructor: Mildred Smith

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. Tai Chi for Health includes Chinese breathing exercises known as Qigong and the Yang style Tai Chi Short form. This class is perfect for beginners, but will also meet your needs if you already have Tai Chi experience.

Total Body Fitness

Mondays/Wednesdays | September 12 -
November 30, 2022, 9:45 AM - 10:45 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. You are encouraged to wear comfortable

workout clothes and tennis shoes and bring a water bottle and hand towel.

Yoga and Stress Reduction

Mondays/Wednesdays | September 12 -
November 30, 2022, 11:00 AM - 12:00 PM

COM City Centre – Room 107

\$30

Instructor: Tammi Blalack

Come experience how the art of slow, measured movements can help develop strong muscles, agility, and flexibility, which can reduce the effects of the aging process. And through the art of breathing, relaxation, and self-awareness, you will experience increased energy levels and decreased aches and pains. Required Supplies - towel or blanket for lying down on floor during exercise.

Zumba

Tuesdays/Thursdays | September 13 -
December 6, 2022, 8:30 AM - 9:30 AM

COM City Centre – Room 107

\$30

Instructor: Rubia Jiron

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!

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 CLASSES

Each class has a minimum enrollment. Once that minimum is reached, the class has "made." Find a class you like and encourage a friend to join you! Sometimes two or three people can make a difference between having a course "make" or be canceled.

If the college cancels a class, an automatic 100 percent refund of tuition and fees is initiated. To drop a class, you must notify the Lifelong Learning Office 409-933-8226 no later than one business day prior to the class start date to receive a refund.

WAITING LISTS

Want to attend a class that is full? Contact the Lifelong Learning Program Office at 409-933-8461 to join a waiting list.

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-

transferable and non-refundable.

COLLEGE CALENDAR

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

November 24 & 25, 2022

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.

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

College of the Mainland uses a rapid notification system called COM Alert to send text, voice and/or email messages for unscheduled school closings and other emergencies. Anyone, including non-student family and community members, may create a COM Alert account by texting

the key word: COMALERT2022 to the number 888-777 from their cell phone or by visiting <https://comalert.bbcportal.com>.

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.

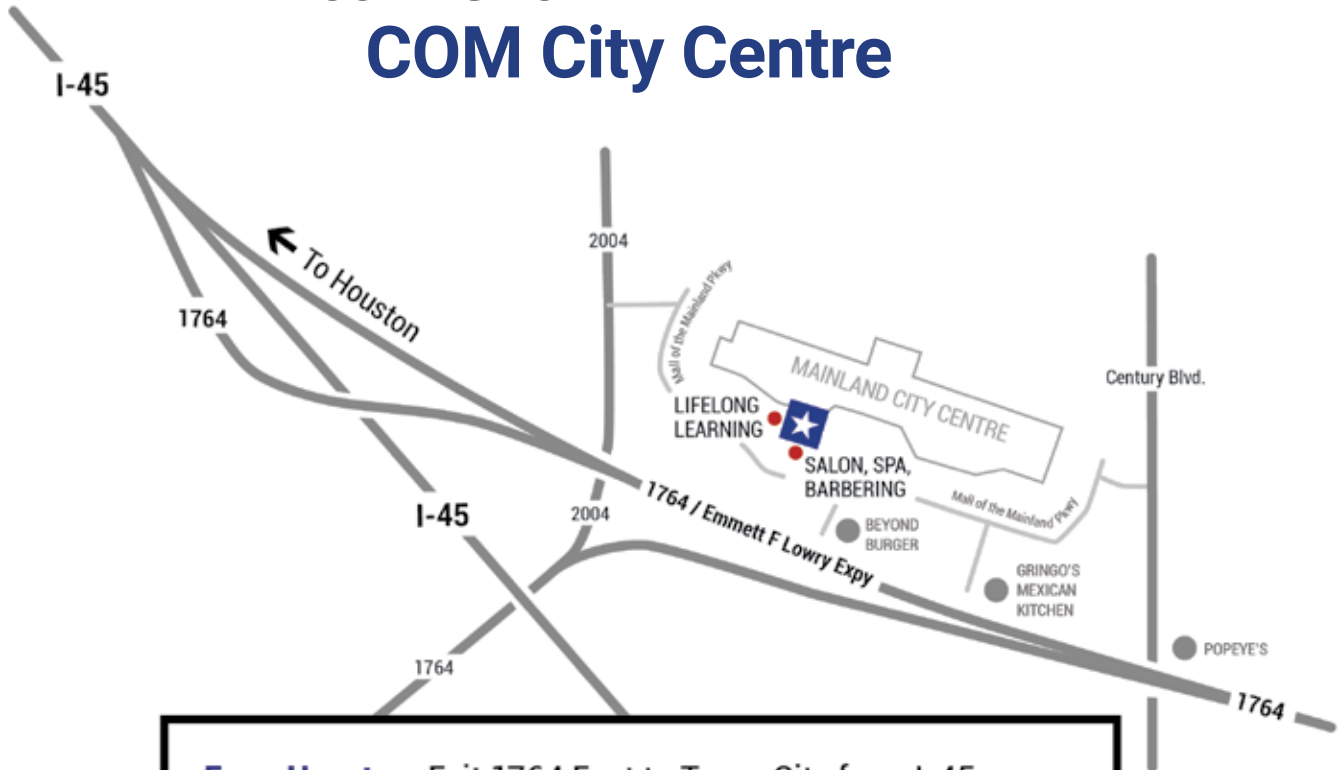
In accordance with the law, this policy shall not apply to commissioned peace officers.

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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 to discuss.



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



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