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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 **CATALOG PUBLICATION STAFF**

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3 Easy Ways to Register for classes!

(Choose one)



Go Online

com.edu/lifelonglearningVisit 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 DECEMBER 5, 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: At a Glance

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

	MONDAY	TUESDAY	WEDNESDAY	
JAN. 23		COM Community Jazz Ensemble 1/24 - 4/18 7:30 - 9:30 p.m.	Taste of Restaurant Row: Texas Pit Stop BBQ 1/25 5:30 - 7 p.m.	
JAN. 30		Resin Art: Create Your Own Project 2/2 6:30 - 8:30 p.m.		
FEB. 6		Art of Yoga Intro to Fashion Construction T/TH 2/7 - 3/2 2/7 - 2/28 6 - 7 p.m. 5:30 - 8:30 p.m.	Taste of Restaurant Row: Brick & Spoon 2/8 5:30 - 7 p.m.	
FEB. 13				
FEB. 20		Saltwater Night Fishing 2/21 - 4/4 6:30 - 8:30 p.m.		
FEB. 27		Spring Season Charcuterie 2/28 6 - 8 p.m.		
MAR. 6		Tea and Chocolate Pairing 3/7 6 - 8 p.m.	Taste of Restaurant Row: Brewchachos Tacos & Cantina 3/8 5:30 - 7 p.m.	
CLOSED MAR. 13				
MAR. 20		Art of Yoga Intro to Fashion An Intro to T/TH 3/21 - 4/13 Construction Cryptocurrency 6 - 7 p.m. 3/21 - 4/11 3/21 5:30 - 8:30 p.m. 5:30 - 8:30 p.m.		
MAR. 27	Fused Glass - Design Your Own Garden Stakes 3/27 5:30 - 8:30 p.m.		Taste of Restaurant Row: Roux Daddy's 3/29 5:30 - 7 p.m.	
APR. 3				
APR. 10			Taste of Restaurant Row: Stuttgarden Tavern 4/12 5:30 - 7 p.m.	
APR. 17				





THURSDAY	FRIDAY	SATURDAY
		A Hands-On History of Fencing 1/28 9 a.m 12 p.m.
Art of Yoga T/TH 2/7 - 3/2 6 - 7 p.m.		Composting 101 2/11 10 a.m 1 p.m.
Tips & Tricks for Smartphone Pics! 2/16 6:30 - 8:30 p.m.	NO V	
	VORK	Taste of Restaurant Row: Grace Pizza & Shakes 2/25 9 a.m 11 a.m.
 Mixed Media: Make Your Own Junk Journal Mar 2 & 9 6 - 8:30 p.m.	SHOP	
	S ON	
Art of Yoga T/TH 3/21 - 4/13 6 - 7 p.m.	NO WORKSHOPS ON FRIDAYS	Growing in Containers - Gardening Made Easy! 3/25 10 a.m 12 p.m.
	NYS .	
 Beer Conversations, Flights & Bites 4/6 5:30 - 8:30 p.m.		
		Get Rid of Pests! Natural Insect Control for Your Garden 4/22 10 a.m 12 p.m.

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 | January 24 - April 18, 2023, 7:30 PM - 9:30 PM

Registration Deadline: January 23, 2023 Fine Arts Bldg. #3 - Room TBD \$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.

A Hands-On History of Fencing

Saturday | January 28, 2023, 9:00 AM - 12:00 PM

Registration Deadline: January 13, 2023 COM City Centre - Room 107

Instructor. John Trojanowski

\$39

This workshop is designed to serve as a brief survey of fencing as it evolved from Medieval and Renaissance forms to the modern Olympic Games. We will begin by learning a choreographed medieval combat routine with stage combat handand-a-half swords. This will be followed by a look at Renaissance rapier fighting with the use of cloak, dagger and/or buckler. And finally, we will move into the development of the foil and the modern Olympic games, followed by saber and epee. The workshop culminates with students fencing epee against each

other using the same electronic scoring systems as found at local and regional tournaments. In each phase of the class, you will use the weapons being covered.

Resin Art: Create Your Own Project

Thursday | February 2, 2023, 6:30 PM - 8:30 PM

Registration Deadline: January 19, 2023

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 project. Choose your project from pendant, bottle opener, or small dish when you register. There will be a variety of pigment colors and effects to add your own creativity in each one. All supplies are included. Projects will need to cure and will then be available for pick up the following week.

Art of Yoga

Tuesdays/Thursdays | February 7 - March 2, 2023, 6:00 PM - 7:00 PM

Tuesdays/Thursdays | March 21 - April 13, 2023, 6:00 PM - 7:00 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.

Intro to Fashion Construction

Tuesdays | February 7 - 28, 2023, 5:30 PM - 8:30 PM

Registration Deadline: January 21, 2023 Tuesdays | March 21 - April 11, 2023, 5:30

PM - 8:30 PM

Registration Deadline: March 7, 2023

COM City Centre - Room 120

\$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.

Composting 101

Saturday | February 11, 2023, 10:00 AM - 1:00 PM

Registration Deadline: January 28, 2023

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!







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Tips & Tricks for Smartphone Pics!

Thursday | February 16, 2023, 6:30 PM - 8:30 PM

Registration Deadline: February 2, 2023 COM City Centre - Room 115 \$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.

Saltwater Night Fishing

Tuesdays | February 21 - April 4 Registration Deadline: February 7, 2023 COM City Centre - Room 117 \$79

Instructor: Thomas La Santa

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.

Spring Season Charcuterie

Tuesday | February 28, 2023, 6:00 PM - 8:00 PM

Registration Deadline: February 14, 2023

COM City Centre - Room 119

\$89

Instructor. Christie Tang



A beautiful spring charcuterie board arranged with fresh ripe fruits, creamy cheeses, crisp vegetables, cured meats, and crackers is an edible delight! 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 an opportunity to create your own spring season charcuterie box to take home with you to enjoy! Workshop fee includes all supplies.

Mixed Media: Make Your Own Junk Journal

Thursdays | March 2 - 9, 2023, 6:00 PM - 8:30 PM

Registration Deadline: February 16, 2023 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 either an old hardcover book (no larger than 6"x9") or a Little Golden Book to repurpose for your journal. All other supplies are included in fee.

Tea and Chocolate Pairing

Tuesday | March 7, 2023, 6:00 PM - 8:00 PM

Registration Deadline: February 21, 2023 COM City Centre - Room 119

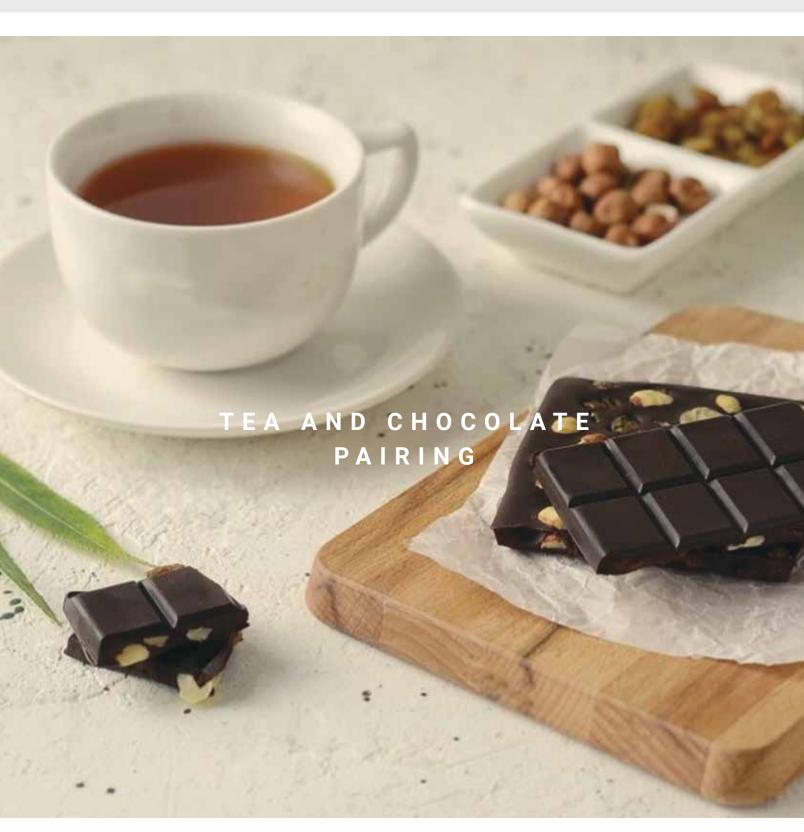
\$59

Instructor. Amanda Vermillion

Embark on a journey of flavors and aromas as you taste and evaluate 6 different tea and chocolate pairings. Our ITMA-Certified Tea Master will explore the







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FUSED GLASS

DESIGN YOUR

OWN GARDEN

history, terroir, and processing methods of these two popular plants that tantalize our tastebuds. Hands-on loose-leaf tea preparation techniques will also be covered in the workshop. Cost of workshop also includes your own professional tea tasting set to take home and enjoy.

An Intro to Cryptocurrency

Tuesday | March 21, 2023, 5:30 PM - 8:30 PM

Registration Deadline: March 7, 2023

COM City Centre - Room 115

\$29

Instructor. Christopher Hall

Have you 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.

Growing in Containers – Gardening Made Easy!

Saturday | March 25, 2023, 10:00 AM - 12:00 PM

Registration Deadline: March 11, 2023 COM City Centre - Room 115

\$29

Instructor: Angela Chandler

The popularity of growing fruits and veggies in containers is expanding by leaps and bounds. Container gardening has so many advantages! It's easier

to manage the soil and control weeds, plus it's easier on the back and knees. You don't even have to have a garden to grow food! This class will cover a variety of container sizes and style options. You will learn about the right soils and fertilizers to use and how to manage watering and yearly maintenance. We will cover the types of crops you can grow in containers, succession planting, crop rotation, and freeze protection.

Fused Glass –
Design Your
Own Garden
Stakes

Monday | March 27, 2023, 5:30 PM - 8:30 PM

Registration Deadline: March 13, 2023

COM City Centre - Room 117

\$65

Instructor: Deborah Deats

In this fun workshop, you will create three beautiful and truly unique fused glass garden stakes to put in your spring garden bed! You choose the colors and your own designs. Please wear closed-toed shoes. Supplies are included in fee. The stake will then be fired in the kiln and ready for pick up in two weeks.

Beer Conversations, Flights and Bites

Thursday | April 6, 2023, 5:30 PM -







8:30 PM

Registration Deadline: March 23, 2023 COM City Centre - Room 119 \$29

Instructor. Christopher Hall

This fun workshop aims to introduce you to craft beer styles, pairing food and beers, and how to make quality beer at home. We will highlight beer making techniques, take a hands-on look at several brewing publications, and a whole lot more. You will also get to take home a few craft beer guides for reference. After the presentation, you have the option to join the instructor at Stuttgarden Tavern for some flights and bites and spending some time with other beer nuts swapping stories and recipes with over 52 beers on tap (cost not included in workshop fee).

Get Rid of Pests! Natural Insect Control for Your Garden

Saturday | April 22, 2023, 10:00 AM - 12:00 PM

Registration Deadline: April 8, 2023 COM City Centre - Room 115 \$29

Instructor. Angela Chandler

Pests can wreak havoc on a garden! But none of us want to use pesticides that might harm our families, pets, or the environment. Join us to learn the ways you can control pests naturally. We will cover mechanical, cultural, and chemical methods that will keep your garden beautiful and your fruits and veggies safe for the table.

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!

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TASTE OF RESTAURANT ROW

AT MAINLAND CITY CENTRE

Texas Pit Stop BBQ

Wednesday | January 25, 2023, 5:30 PM - 7:00 PM

Registration Deadline: January 13, 2023

\$45

(409) 927-5896

www.txpitstopbbq.com

Art of BBQ Join Arnold Garza, owner and grill master, 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!

Brick & Spoon

Wednesday | February 8, 2023, 5:30 PM - 7:00 PM

Registration Deadline: January 25, 2023

\$45

(409) 440-8535

www.brickandspoon.com

Breakfast for Dinner? Yum! Join us at Brick and Spoon for an upscale take on breakfast for dinner! This workshop provides a hands-on experience cooking southern creole style comfort foods. Pick from a provided menu of delicious appetizers, sweet eats, and egg dishes, learn how to prepare them, and then enjoy!

Grace Pizza & Shakes

Saturday | February 25, 2023, 9:00 AM - 11:00 AM

Registration Deadline: February 11, 2023

\$45

www.gracepizzaandshakes.com

Calling All Pizza Lovers! The newly opened Grace Pizza and Shakes uses top-shelf ingredients and world class ovens to create the perfect pizza! In this workshop, you will learn the secrets of making a delicious hand tossed pizza using the freshest ingredients. You will then toss your own pizza dough and create your own perfect pizza to enjoy for lunch.

Brewchachos Tacos & Cantina

Wednesday | March 8, 2023, 5:30 PM - 7:00 PM

Registration Deadline: February 22, 2023

\$45

(409) 316-9703

www.brewchachostacos.com

Tequila...What Mexico didn't tell you! Join us for a fun and informative night about tequila and the unique ways to pair it with foods. Sample four different tequila cocktails with four different tacos as we discuss how they blend together for a comida muy deliciosa!

Roux Daddy's

Wednesday | March 29, 2023, 5:30 PM - 7:00 PM

Registration Deadline: March 15, 2023 \$45

(409) 316-9689

Pasta with a Cajun Twist! Come enjoy the laid-back atmosphere and some good food at Roux Daddy's. Chef Marcus "Bubb" Williams will demonstrate how he creates his personal Cajun pasta dish recipe. Afterwards, have a seat and enjoy your dinner while listening to the sounds of some good live music in the house!

Stuttgarden Tavern

Wednesday | April 12, 2023, 5:30 PM - 7:00 PM

Registration Deadline: March 29, 2023 \$45

(409) 316-9409

www.stuttgardentavern.com

Irish Whiskey - It's Not Just for St. Patrick's Day! Did you know that whiskey is one of the most popular spirits? Come see for yourself why! We will enjoy tasting several whiskeys with different Irish pub grub, all while discussing how they pair together for a tasty dinner treat!

Lifelong Learning: Extended Travel

Extended travel is open to students 18 and older.

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.

Spain & 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
- Grand Junction, Colorado
- Lunch at Goulding's Lodge
- Goulding's Museum/ **Trading Post**
- **Colorado Wine Tasting**

2024 SNEAK PEEK! More details coming soon!

Montreal

& Quebec City Christmas Markets

5 DAYS STARTING

DEC. 7, 2023

ONLY \$2,799*

HIGHLIGHTS

- Montreal City TourUnderground 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

9 DAYS **STARTING** FEB. 2024

Costa Rica

HIGHLIGHTS

- San Jose
- Poas Volcano National Park
- Coffee Plantation Visit
- · Arenal Volcano National Park
- Sarchi Artisan Village
- Monteverde Cloud Forest Reserve
- Jungle Crocodile Safari Cruise
- Selvatura Park/Hanging Bridges
- Butterfly Garden & Hummingbird
- Manuel Antonio National Park
- Carara National Park
- Orchid Garden Tour

^{*}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. Please note, due to COVID-19 dates may change to be in accordance with any future COM travel restrictions.

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 we must comply with COVID protocols if required at any trip venue.

The Greatest Love of All – A Tribute to Whitney Houston (The Grand 1894 Opera House)

Friday | January 13, 2023, 5:00 PM - 11:00 PM

\$89.00

Whitney Houston's musical legacy comes to life in this critically acclaimed tribute show! Showcasing the breathtaking vocals of Belinda Davids, who has performed alongside the likes of Keri Hilson, Keyshia Cole and Monica, this two-hour production will fill you with joy, nostalgia, and wonderment as it takes you on a heartfelt journey through Houston's greatest hits, including "I Will Always Love You," "I Wanna Dance with Somebody," "How Will I Know," and more. Backed by a live band, vocalists, and choreographed dancers, and featuring state-of-the-art sound, lighting, vision, and theatrical effects, this is a beautifully crafted tribute to one of the world's most revered singers! A buyyour-own dinner will precede the show.

Chicago (Theatre Under the Stars)

Tuesday | January 31, 2023, 4:00 PM - 11:00 PM

\$89.00

After 25 years, Chicago is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one show stopping song after another and the most astonishing



dancing you've ever seen. No wonder Chicago has been honored with 6 Tony Awards®, 2 Olivier Awards, a Grammy®, and thousands of standing ovations. As we celebrate our 25th anniversary — you've got to come see why the name on everyone's lips is still...Chicago. A buyyour-own dinner will precede the show.

Birdwatching - Brazoria Wildlife Refuge

Tuesday | February 21, 2023, 8:00 AM - 5:00 PM

\$40.00

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

Moulin Rouge (Broadway Across America)

Tuesday | March 7, 2023, 4:00 PM - 11:00 PM

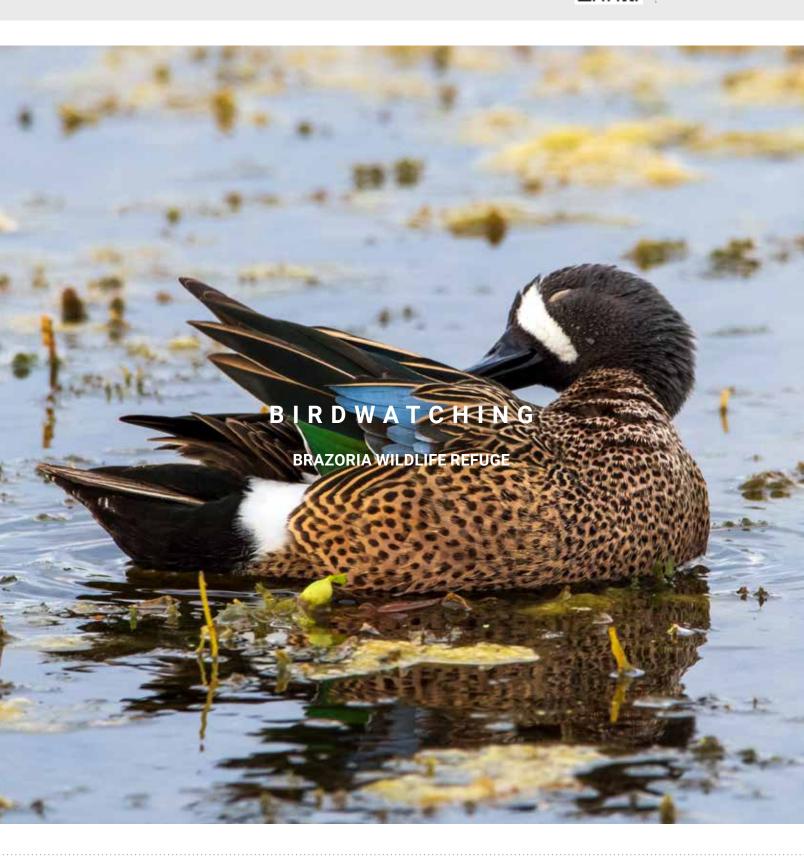
\$89.00

Pop the champagne, Moulin Rouge! The Musical is the winner of 10 Tony Awards® — including Best Musical!

Love what you experience

Sign up for a class today





Lifelong Learning: Local Travel

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

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award® winner Alex Timbers, Moulin Rouge! The Musical is a theatrical celebration of Truth, Beauty, Freedom, and - above all - Love. With a book by Tony Award® winner John Logan; music supervision, orchestrations, and arrangements by Tony Award® winner Justin Levine; and choreography by Tony Award® winner Sonya Tayeh, Moulin Rouge! is more than a musical - it is a state of mind. A buyyour-own dinner will precede the show.

Legally Blonde (Theatre Under the Stars)

Wednesday | April 12, 2023, 4:00 PM - 11:00 PM

\$89.00

Fabulously fun and international awardwinning Legally Blonde - The Musical is the ultimate Broadway tribute to Girl Power! The story follows the transformation of Elle Woods as she tackles stereotypes, sexism, snobbery, and scandal in pursuit of her dreams, and proves that you can be legally blonde and STILL the smartest person in the room. This contemporary. sassy musical moves at a breakneck pace driven by memorable songs and explosive dances. Legally Blonde - The Musical warms the heart by proving that self-discovery can be way too much fun and hilarious to boot. Elle Woods appears to have it all. Her life is turned upside down, however, when her boyfriend dumps her so he can start getting more serious about his life and attend Harvard Law. Determined to get him back. Elle uses her ingenuity and charm to get into Harvard too. School begins with endless struggles, but with the help of her new friends. Elle



quickly realizes her potential, and her true assets, as she sets out to prove herself to the world and make everyone a believer. Based on the beloved movie, Legally Blonde – The Musical will take you from the sorority house to the halls of justice with Broadway's brightest new heroine and, of course, her Chihuahua, Bruiser. "A high-energy... hymn to the glories of girlishness." – The New York Times. A buyyour-own dinner will precede the show.

Two Trips in A Day: From Medieval Times to the Present

Saturday | April 15, 2023, 6:00 AM - 6:00 PM

\$59.00

NEWMAN'S CASTLE: Medieval castles were built from the 11th century CE for rulers to demonstrate their wealth and power to the local populace, to provide a place of defense and safe retreat in the case of attack, defend strategically important sites like river crossings, passages through hills, mountains, and frontiers, and as a place of residence. Join us as we travel to Bellville. TX to tour the Newman's Castle. Owner, Mike Newman. loves to share his impressive customcreated fortress with the public. Spend the morning touring the castle as the past meets the present. BLUEBONNET FESTIVAL: Hosted by the Chappell Hill Historical Society, a non-profit volunteer organization dedicated to the preservation of the community's history and historic buildings. The town is located among some of the most scenic areas of Washington County. The festival includes tours of the historic community, live entertainment, and music, more than 250 juried exhibitors, and food. A special Wildflower Photo exhibit will be on display at the Chappell Hill Museum Exhibit Gallery. Please wear comfortable, weather appropriate clothing and walking shoes suitable for uneven terrain. Lunch will be provided

Love what you experience

Sign up for a class today





Newman's Bakery, but you may want to bring bottled water and snacks for the day.

Birdwatching in Galveston

Tuesday | April 18, 2023, 8:00 AM - 5:00 PM

\$40.00

Travel to Galveston Island to see migrant traps and migrating shorebirds and songbirds. Please wear comfortable clothes, hiking or closed-toed shoes and be prepared to walk in grassy, brushy areas. You are encouraged to bring bottled water, snacks, binoculars, and a camera. Trip cost includes transportation and the guided tour. You are welcome to either bring or buy your lunch.

A Day at Buffalo Bayou - Back by Popular Demand!

Wednesday | April 26, 2023, 8:00 AM - 5:00 PM

\$79.00

The day will start with a guided tour of the Buffalo Bayou Park Cistern, a former drinking water reservoir built in 1926 for the City of Houston. In 2010, the City of Houston was sourcing vendors to demolish the Cistern. Buffalo Bayou Partnership with the City of Houston worked to take over development and maintenance of the space. BBP restored and repurposed the Cistern into a magnificent public space to house an ambitious program of changing art installations. Next stop, the Buffalo Bayou Partnership's pontoon tour boat, Spirit of the Bayou. We will take a private charter tour through the heart of downtown along historic Buffalo Bayou past Allen's Landing, Sesquicentennial Park and Sabine Promenade, historic McKee Street Bridge, and the industrial side of the city. A buyyour-own lunch will be scheduled mid-day.



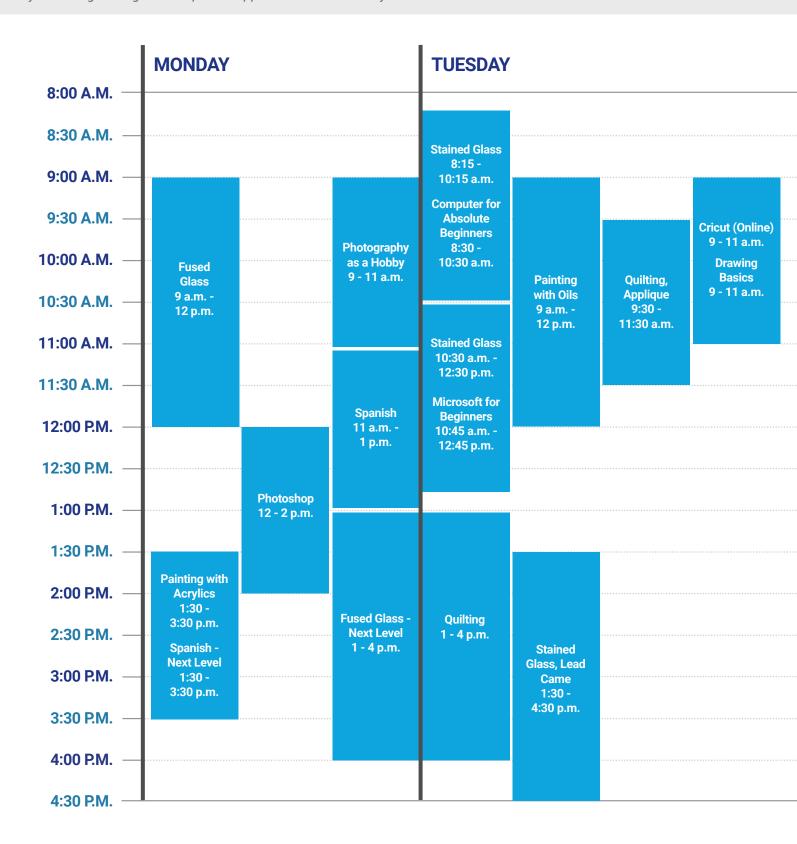
Exploring Lake Jackson, Texas

Saturday | May 6, 2023, 8:00 AM - 5:00 PM \$39.00

Start the morning taking a hatchery and aguarium tour at the Sea Center Texas. which is a marine aquarium, fish hatchery and education center located on 75 acres in Lake Jackson, Texas. It is operated by the Texas Parks and Wildlife Department in partnership with the Coastal Conservation Association, The Dow Chemical Company and US Fish and Wildlife Service Sportfish Restoration Funds. The facility opened in 1996 and includes a visitor center with aguaria and exhibits of Texas marine life, the largest redfish hatchery in the world, 36 one-acre fish culture ponds, an outdoor wetland exhibit and a youth fishing pond. Next stop, the Lake Jackson Historical Museum. The mission of the Lake Jackson Historical Association is to provide education relative to the history and culture of an area of Brazoria County, Texas which is known as Lake Jackson. Final stop, the Jackson Plantation Historic Site, Founded in the 1840s, the Jackson Plantation was the second of three plantations developed by Abner Jackson. Originally known as Lake Place, the site was once a bustling sugar plantation that stretched over 4642 acres with more than 80 enslaved workers. The site is significant to the history of industrialized sugar production in Brazoria County, it has been designated as a State Antiquities Landmark by the Texas Historical Commission. Visitors can explore the archaeological remains of this historic site, most notably those of the main house and sugar mill. A buyyour-own lunch will be scheduled mid-day.

50 Plus Classes: At a Glance

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.







				THURSDAY		FRIDAY	
Saltwater Fishing - Next Level 9 - 11 a.m.	Painting with Watercolors 9 a.m 12 p.m. Cricut 9 a.m 12 p.m.	Microsoft Word (Online) 8:30 - 10:30 a.m.	Beaded Fashion Jewelry 10 a.m 1 p.m.	Mosaics 9 a.m 12 p.m. Woodworking 9 a.m 12 p.m.	Saltwater Fishing 9 - 11 a.m.	Fun Friday Open Labs: Beading, Painting, Quilting 9 a.m 12 p.m.	Peer Artist Collectives: Painting, Photography 10 a.m 12 p.m.
Keep It Simple - Living A Healthy Life 1-3 p.m. Drawing with Colored Pencils 1-3 p.m.	Sign Language for Beginners 1:30 - 3:30 p.m.			Mosaics 12:30 - 3:30 p.m.	Painting, Abstract 1 - 4 p.m. Brazilian Embroidery 1 - 4 p.m. Bead Stitching 1 - 4 p.m.		

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 | January 26 - April 20, 2023, 1:00 PM - 4:00 PM

COM City Centre - Room 120

\$45

Instructor, Patricia Quellette

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 | January 25 - April 19, 2023, 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 handson projects, you will learn beginners' jewelry skills in the techniques of bead stringing and bead stitching. (Estimated supply cost \$60 - \$80)

Beading: Fun Friday Open Labs

Fridays | January 27 - April 28, 2023, 9:00 AM - 12:00 PM

COM City Centre - Room 120

\$5 per Friday

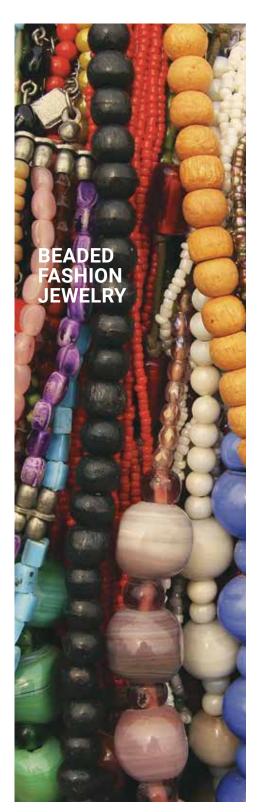
Grab a friend and join other artists to visit and practice your skills. This is a dropin open lab with no instruction. All skill levels welcome! Must bring own supplies.

Brazilian Embroidery

Thursdays | January 26 - April 20, 2023, 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)

Computer for Absolute Beginners

Tuesdays | January 24 - April 18, 2023, 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 | January 25 - April 19, 2023, 9:00 AM - 12:00 PM

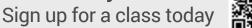
COM City Centre - Room 118

\$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, picture frames, boxes, luminaries, and so much more using a Cricut personal diecutting 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

Love what you learn







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 | January 24 - April 18, 2023, 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 diecutting 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 | January 24 - April 18, 2023, 9:00 AM - 11:00 AM

COM City Centre - Room 120

\$30

Instructor. Gloria Bertrams

This course is focused on the fundamentals of drawing using observation and 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 | January 25 - April 19, 2023, 1:00 PM - 3:00 PM

COM City Centre - Room 120

\$30

Instructor: Gloria 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)

Fused Glass

Mondays | January 23 - April 17, 2023, 9:00 AM - 12:00 PM

COM City Centre - Room 117

\$125

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 into small projects such as pendants, yard art, wired bugs, and bowls. You will need your own tools and your toolbox (including rolling ones) must not exceed approx.12x12x28 (due to classroom space limitations).

Fused Glass - Next Level

Mondays | January 23 - April 17, 2023, 1:00 PM - 4:00 PM

COM City Centre - Room 117

\$125

Instructor. Deborah Deats

In this advanced class, you will complete several projects which encompass enamel glass painting, 3D effects on layered glass, draping glass, and working with frit. Some projects will span 1 to 3 classes. We will also explore making molds with Skillmat and how to program a kiln. This class will include an optional field trip. Glass is included in supply fee; you must bring your own tools. Course pre-requisite: Completion of 3 semesters of beginner Fused Glass class.

Keep It Simple – Living A Healthy Life

Wednesdays | January 25 - April 19, 2023, 1:00 PM - 3:00 PM

COM City Centre - Room 117 \$30

Instructor, Sharon Mitchiner

Living healthy can be simple! In this class, you will learn about the benefits of a healthy lifestyle, eating fresh foods, and incorporating super foods into your diet. This class will include information on whole foods and a plant-based diet.

Microsoft for Beginners

Tuesdays | January 24 - April 18, 2023, 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.

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.

Microsoft Word (Online)

Wednesdays | January 25 - April 19, 2023, 8:30 AM - 10:30 AM

Online

\$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. Class will be held on MS Teams. Prerequisite: Microsoft For Beginners

Mosaics

Thursdays | January 26 - April 20, 2023, 9:00 AM - 12:00 PM

COM City Centre - Room 117

Thursdays | January 26 - April 20, 2023, 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 | January 23 - April 17, 2023, 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 have the opportunity to paint various subjects that will incorporate 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 | January 24 - April 18, 2023, 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 | January 25 - April 19, 2023, 9:00 AM - 12:00 PM

COM City Centre - Room 117

\$45

Instructor. Gloria 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

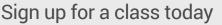
Thursdays | January 26 - April 20, 2023, 1:00 PM - 4:00 PM

COM City Centre - Room 118

\$45



Love what you learn







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 required pre-requisite. (Estimated supply cost \$75)

Painting: Fun Friday Open Labs

Fridays | January 27 - April 28, 2023, 9:00 AM - 12:00 PM

COM City Centre - Room 120

\$5 per Friday

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

Painting: Peer Artist Collective

Fridays | February 10 & 24, March 10 & 24, and April 14 & 28, 2023, 10:00 AM - 12:00 PM

COM City Centre - Room 117

\$15

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 | January 23 - April 17, 2023, 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.

Photography: Peer Artist Collective

Fridays | February 10 & 24, March 10 & 24, and April 14 & 28, 2023, 1:00 - 3:00 PM

COM City Centre - Room 119

\$15

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.

Photoshop

Mondays | January 23 - April 17, 2023, 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 | January 24 - April 18, 2023, 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 | January 24 - April 18, 2023, 9:30 AM - 11:30 AM

COM City Centre - Room 119

\$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

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.

sewing unto a background fabric. Note: This class will not cover basic quilting. (Estimated supply cost \$75-\$250)

Quilting: Fun Friday Open Labs

Fridays | January 27 - April 28, 2023, 9:00 AM - 12:00 PM

COM City Centre - Room 120 \$5 per Friday

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

Saltwater Fishing

Thursdays | January 26 - April 20, 2023, 9:00 AM - 11:00 AM

COM City Centre - Room 118 \$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)



Saltwater Fishing – Next Level

Wednesdays | January 25 - April 19, 2023, 9:00 AM - 11:00 AM

COM City Centre - Room 120 \$30

Instructor: Thomas La Santa

This advanced class will focus on seasonal fishing in multiple fishing locations including surf, pier, wade, and jetty. We will cover the proper gear for each of the locations we will be fishing and the proper use of lures, live bait, and rigs. We will also discuss some of the newest products on the market and how they impact fishing. Changes in the tides. weather, and other factors including fish migration will be included. Course includes field fishing trips in the Galveston County area for additional fees (trips will be during class time, but you can stay longer if you choose). Some of the species that we will hopefully catch are Black Drum, Redfish, Trout, and Sheepshead. This class will adhere to all safety rules and Texas Fishing Laws. Course prerequisites: Valid Texas fishing license for saltwater fishing, plus completion of beginner saltwater fishing class or other saltwater fishing experience. (Estimated supply cost \$35-\$100)

Sign Language for Beginners

Wednesdays | January 25 - April 19, 2023, 1:30 PM - 3:30 PM

COM City Centre - Room 118 \$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 | January 23 - April 17, 2023, 11:00 AM - 1:00 PM

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 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.

Spanish – Next Level

Mondays | January 23 - April 17, 2023, 1:30 PM - 3:30 PM

COM City Centre - Room 119 \$30

Instructor. Alison Johnson Galdamez

Have you mastered our beginner Spanish class and are now ready to move to the next level? In this intermediate class, you will further develop your conversational ability by focusing on constructing full sentences, advanced verbs, and increasing vocabulary base. The last class will be a conversational class at a local Spanish-speaking restaurant for an additional fee. Pre-requisite: completion of beginner Spanish

Stained Glass

Tuesdays | January 24 - April 18, 2023, 8:15 AM - 10:15 AM

Tuesdays | January 24 - April 18, 2023, 10:30 AM - 12:30 PM

COM City Centre - Room 117

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 | January 24 - April 18, 2023, 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 cames 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)

Woodworking

Thursdays | January 26 - April 20, 2023, 9:00 AM - 12:00 PM

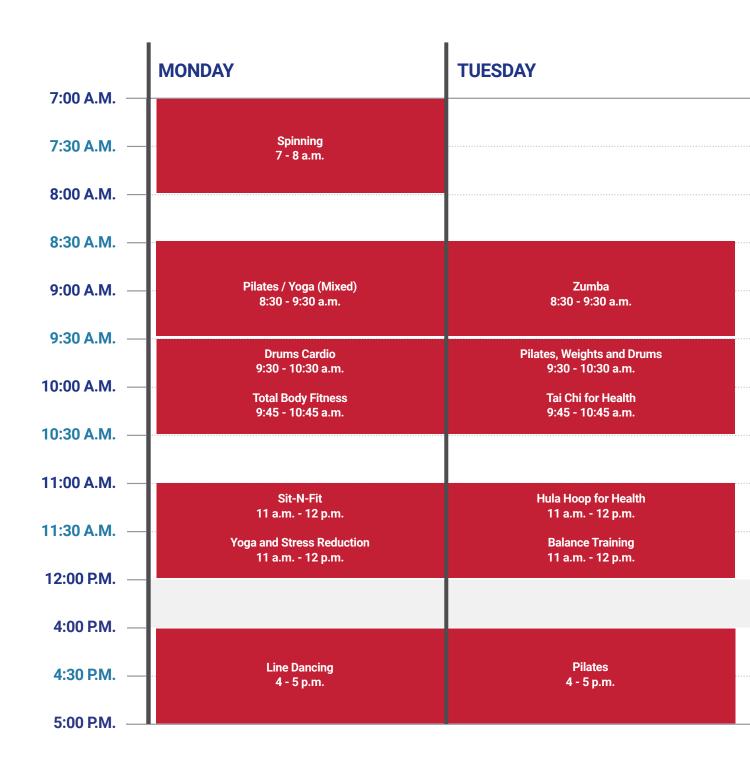
COM City Centre - Room 120

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. This class uses hand tools only, no power tools. (Estimated supply cost \$200-\$250)

50 Plus Exercise Classes: At a Glance

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







WEDNESDAY	THURSDAY	FRIDAY
 Spinning 7 - 8 a.m.		
 Pilates / Yoga (Mixed)	Zumba	NO EXE
 8:30 - 9:30 à.m. Drums Cardio 9:30 - 10:30 a.m.	8:30 - 9:30 a.m. Pilates, Weights and Drums 9:30 - 10:30 a.m.	NO EXERCISE CLASSES ON FRIDAYS
 Total Body Fitness 9:45 - 10:45 a.m.	Tai Chi for Health 9:45 - 10:45 a.m.	LASSES
 Sit-N-Fit 11 a.m 12 p.m. Yoga and Stress Reduction 11 a.m 12 p.m.	Hula Hoop for Health 11 a.m 12 p.m. Balance Training 11 a.m 12 p.m.	ON FRIE
		DAYS
 Line Dancing 4 - 5 p.m.	Pilates 4 - 5 p.m.	

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 | January 24 - April 20, 2023, 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 | January 23 -April 19, 2023, 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 | January 24 - April 20, 2023, 11:00 AM - 12:00 PM

COM City Centre - Room 107

\$30

Instructor. Stacey Hutchison

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

Mondays/Wednesdays | January 23 -April 19, 2023, 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. Line dancing not only blends exercise and recreation, but 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 | January 24 - April 20, 2023, 4:00 PM - 5:00 PM

COM City Centre - Room 104

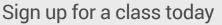
\$30

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 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.



Love what you learn







Pilates, Weights, and **Drums**

Tuesdays/Thursdays | January 24 - April 20, 2023, 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 | January 23 -April 19, 2023, 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 | January 23 -April 19, 2023, 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 | January 23 -April 19, 2023, 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 | January 24 - April 20, 2023, 9:45 AM - 10:45 AM

COM City Centre - Room 107

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.

Total Body Fitness

Mondays/Wednesdays | January 23 -April 19, 2023, 9:45 AM - 10:45 AM

COM City Centre - Room 107

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 | January 23 -April 19, 2023, 11:00 AM - 12:00 PM

COM City Centre - Room 107

Instructor. COM Faculty

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 | January 24 - April 20, 2023, 8:30 AM - 9:30 AM

COM City Centre - Room 107

Instructor, Rubia Jiron

Zumba incorporates a variety of Latin-inspired dance moves to create 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 COURSES

Each course has a minimum enrollment. Once that minimum is reached, the course has "made." Find a course 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 course an automatic 100 percent refund of tuition and fees is initiated.

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-transferable and non-refundable.

COLLEGE CALENDAR

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

March 13-17, 2023 April 7-9, 2023

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-freefacilities. 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

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

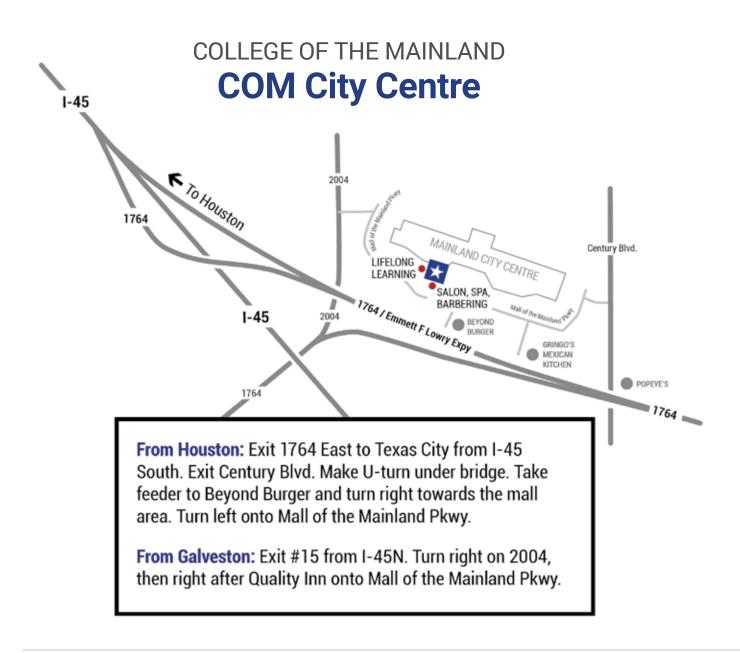
As of August 1, 2017, Texas community colleges are required to comply with Senate Bill 11, commonly known as the "campus carry" bill. Individuals holding a license to carry (LTC), formerly concealed handgun license, will have the legal right to carry a concealed handgun onto community college campuses; 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 gunfree zone locations, Campus Carry policy, and campus safety, please see the following link, http://www.com.edu/campus-safetyand-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.







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

Please call Lisa Benfroe at

Please call Lisa Renfroe at 409-933-8461.



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



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