

METROPOLITAN COMMUNITY COLLEGE

COMMUNITY EDUCATION

MCC

**SPRING
2020**

FLIGHTS
OF FANCY

**BBQ
JUDGING**

**COLLEGE
FOR KIDS**
SPRING BREAK CAMP

**ONLINE
COURSES**
ADULT NON-CREDIT

Spring Features

MASTER CLASS ON AGING

Learn what it means to “age well” in today’s world. This seminar will cover the most important areas you need to have in place for aging well.

See page 7 for details.

CERTIFIED BBQ JUDGE

Take your interest in barbeque to the next level by learning how to judge competition barbecue. At the end of your training, you’ll be certified as an official Kansas City Barbeque Society barbecue judge for one year.

See page 18 for details.

FLIGHTS OF FANCY MEGA KITE FESTIVAL

The Flights of Fancy Mega Kite Festival is an MCC-Longview tradition, now in its 14th year—and still going strong! Join us on Saturday, April 18.

See facing page for details.

COLLEGE FOR KIDS *During Independence School District’s Spring Break Week*

Break up the monotony of the school year with fun STEM and art camps on the MCC-Blue River campus March 23-26.

See page 4 for details.

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Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

ACCOMMODATION

We will accommodate disabilities. Our Disability Support Services (DSS) offices will provide special assistance for any students with documented disabilities. To receive these services, you must inform the College of your disability one month in advance of your class and provide appropriate documentation. Please contact the College at 816.604.1000 and ask for the DSS office on your campus of interest.

FREE EVENT

FLIGHTS OF FANCY MEGA KITE FESTIVAL



SATURDAY, APRIL 18

10 a.m. - 5 p.m.

Bring your own kites and fly with us!

Food and beverages available for purchase.

Alcohol prohibited. No glass containers.

No pets allowed.

kitefest.mcckc.edu



@MCCFlightsofFancy



METROPOLITAN
COMMUNITY COLLEGE
LONGVIEW

500 SW Longview Rd, Lee's Summit, MO

CAREERS & BUSINESS

↳ Kick-start your career or discover a new passion

ACE THAT INTERVIEW

In the market for a new job or returning to work after a break? Interviewing is the major step that determines your success for a job offer. This class will help you capture your strengths during the interview process and portray yourself in a positive light. Learn to anticipate common interview questions, understand the importance of body language and be familiar with the different styles of interviews. Elevate your confidence level for your next interview!

INSTRUCTOR:
MCC Career Services Staff
FEE: \$24

BLUE RIVER	
Thurs., Feb. 20	6-7:30 p.m.
LONGVIEW	
Wed., Feb. 26	6-7:30 p.m.
MAPLE WOODS	
Thurs., Feb. 20	6-7:30 p.m.
PENN VALLEY	
Wed., Feb. 19	6-7:30 p.m.

LINKEDIN 101



As the work world continues to embrace the virtual world, your LinkedIn profile is “you” to those who don’t know you, so it’s worth spending some time to get it into shape. This hands-on class will walk you through the steps to build a LinkedIn profile that reflects your goals and communicates your personal brand. Participants should create a LinkedIn account before attending the class and are encouraged to bring/have access to a professional-looking photo (digital file) of themselves for uploading to LinkedIn.

INSTRUCTOR:
MCC Career Services Staff
FEE: \$24

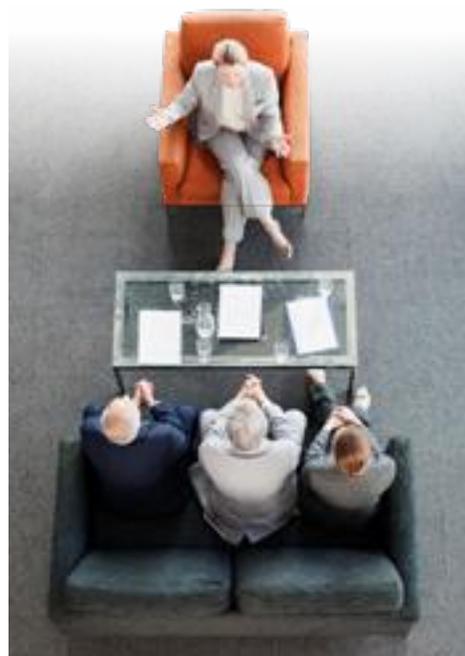
BLUE RIVER	
Thurs., Mar 5	6-7:30 p.m.
LONGVIEW	
Tues., Mar 10	6-7:30 p.m.
MAPLE WOODS	
Thurs., Apr. 9	6-7:30 p.m.
PENN VALLEY	
Wed., Mar. 4	6-7:30 p.m.

RESUME/COVER LETTER WORKSHOP

Creating a quality resume and cover letter can be a daunting task. This workshop will help you understand the purpose and importance of having a strong resume and cover letter; allow you to gain an understanding of proper resume, cover letter and reference list format and content; and give you the opportunity to create a resume, cover letter and reference list template that will help you stand out among other job applicants. Participants should bring a USB flash drive.

INSTRUCTOR:
MCC Career Services Staff
FEE: \$24

BLUE RIVER	
Thurs., Apr. 9	6-7:30 p.m.
LONGVIEW	
Wed., Apr. 15	6-7:30 p.m.
MAPLE WOODS	
Thurs., Mar 5	6-7:30 p.m.
PENN VALLEY	
Wed., Apr. 8	6-7:30 p.m.



HOW TO HAVE CREDIBILITY AT A MOMENT’S NOTICE

Are you one of the few people who possess that unique style, charisma, chutzpah and flare for the dramatic? No? Learn how to get people to listen to you, take you seriously and take appropriate action. You can say what you have to say well, whenever you must: on the phone, one-to-one and in group situations. Don’t miss this workshop!

INSTRUCTOR: Garrett Gardner, founder and president of FULL VOICETM
FEE: \$89

LONGVIEW		MAPLE WOODS	
Sat., Apr. 11	9 a.m.-1 p.m.	Sat., Apr. 18	9 a.m.-1 p.m.

CREATIVE & ARTISTIC

↳ *Unleash your creative self*

SOUL PAINTING

Join professional artist Amy Jo for this Saturday intensive focused purely on expanding your creativity and exploring new techniques. Learn the art of intuitive painting while creating two canvas paintings simultaneously. Create a “dirty pour,” drag and pour, and more! This is a fun, messy class that gets you familiar with new techniques you may have never tried before! If you’re feeling creatively blocked, this is the class for you! (Students should bring a sack lunch and drink. This will be a daylong class with a short break for lunch.)

INSTRUCTOR: Amy Jo

DATES: Sat., May 2, 9 a.m.-2 p.m.

CAMPUS: MCC-Longview

FEE: \$54

CREATIVE WATERCOLOR

Watercolor is one of the most beautiful mediums. Come have some fun as we learn the basics of watercolor, but with a twist! You’ll learn watercolor terminology, as well as how to create mixed-media watercolor using alcohol inks. Explore bright colors, splatters, blends and more in this creative watercolor class! No drawing experience needed. A materials list will be provided.

INSTRUCTOR: Amy Jo

DATES: 4 Mon., Starts Apr. 6, 6-8:30 p.m.

CAMPUS: MCC-Longview

FEE: \$79

OIL & ACRYLIC PAINTING

Paint like the artist you’ve always dreamed of being. Whether a beginner or an advanced painter, you will learn techniques to enrich your painting experience. You’ll learn tips about using light source, shadows and glazing that will help you form your own personal style. Enjoy the process and join the fun. Let the artist in you arise! A materials list will be provided.

INSTRUCTOR: Julie Skinner

DATES: 4 Wed., Starts Feb. 5, 6-9 p.m.

CAMPUS: MCC-Longview

FEE: \$119

BASIC DRAWING

Are you tired of living on the left side of your brain? Even with no artistic experience, you can develop new skills and a new way of seeing the world. Learn the fundamental concepts in drawing, such as perspective, line and contour drawing and value (light and shadow). This is your opportunity to explore a skill in a non-threatening environment taught by a professional art instructor. A materials list will be provided.

INSTRUCTOR: Angela Corbin-Blevins

DATES: 4 Thurs., Starts Mar. 26, 6:30-9 p.m.

CAMPUS: MCC-Longview

FEE: \$89



MCC ATHLETICS

mccckc.edu/athletics
@MCCCKC_Athletics

BASEBALL | BASKETBALL | CROSS COUNTRY | GOLF | SOCCER | SOFTBALL | VOLLEYBALL

COLLEGE FOR KIDS

Spring Break 2020

METROPOLITAN COMMUNITY COLLEGE
YOUR COMMUNITY.
MCC COLLEGE.



MARCH 23-26, 2020

Enroll at mccck.edu/collegeforkidsspringbreak

NASA-Journey Into Outer Space

From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program for children ages 7-12 sends them on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Learn about the four forces of flight, the challenges of space travel and participate in a rocket launch!



Ages: 7-12 | Mad Science Staff | Fee: \$130.00
MCC-Blue River | March 23-26 | 1-4 p.m.

Spring Variety Art Camp

Join us for four exciting mornings of drawing and art fun! We'll stretch the imagination of creativity from drawing household pets, to exploring a fantasy forest, to experiencing the fun art of food and finishing with the amazing pastel art of Africa's magnificent animals!
All materials provided.



Ages: 6-12 | Young Rembrandts | Fee: \$140.00
MCC-Blue River | March 23-26 | 9 a.m.-noon

Momentum Madness

Join our engineering design team and learn about the engineering of all things that move. Design, build and test rockets, roller coasters and dragsters, and participate in a sumo robot battle with your team.



Ages: 6-12 | Engineering for Kids | Fee: \$160.00
MCC-Blue River | March 23-26 | 9 a.m.-noon

LEGO® Mining and Crafting Camp

Minecraft is a game about placing blocks to build anything you can imagine. Experience the world of Minecraft with LEGO® Bricks in this fun engineering camp. Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® Bricks. Students will face new challenges each day while building models and crafting key elements from the popular Minecraft game. All campers will bring home a custom minifigure at the end of the week.



Ages: 7-12 | Bricks 4 Kidz | Fee: \$140.00
MCC-Blue River | March 23-26 | 1-4 p.m.



Free child care available at lunchtime

Free child care will be provided if you are attending both a morning and afternoon Spring Break Camp. Lunch is not provided. You are responsible for packing a lunch for your child. Please keep in mind there will not be refrigeration or a microwave available. Our College for Kids team will pick up your child after the morning camp, care for them during lunch and take them to the afternoon camp. Parents and guardians will be responsible for picking their child up at the end of each day.



METROPOLITAN
COMMUNITY COLLEGE
BLUE RIVER

MCC-Blue River
20301 East 78 Highway
Independence, Missouri 64057

FAMILY & HEALTH CARE

↳ *Caring for others and yourself*

CPR AND FIRST AID FOR ADULTS, CHILDREN AND INFANTS

This comprehensive course covers adult CPR and first aid featuring hands-on practice and real-life scenarios. You will also receive training to use an Automated External Defibrillator (AED) on a victim of sudden cardiac arrest. You will learn how to respond to breathing and cardiac emergencies in adults, as well as how to apply basic precautions to reduce the risk of disease transmission during and after providing care. Take-home materials will help you retain skills and serve as reference tools in an emergency. American Heart Association CPR certification is valid for two years following the class.

INSTRUCTOR: Joe Gilman

FEE: \$84, includes book

BLUE RIVER

Sat., Mar. 7 9 a.m.-3 p.m.

LONGVIEW

Sat., Feb. 2 9 a.m.-3 p.m.

MAPLE WOODS

Sat., Feb. 22 9 a.m.-3 p.m.

PENN VALLEY

Sat., Mar. 28 9 a.m.-3 p.m.



ORGANIZED ADULTHOOD

Do you feel like you have this "adulting" thing down? No? You're not alone! If you've ever felt like your life doesn't reflect your age, this class just might help. We'll review tips and tricks to improve the quality of your adult life in the areas of time management, organization, budgeting, self-care, goal setting and life-long learning. Get inspired to be the adult you aspire to be! There will be in-class projects and handouts to keep you on track after you leave class.

INSTRUCTOR: Christopher Gray

FEE: \$24

BLUE RIVER

Thurs., Feb. 6 6:30-8:30 p.m.

PENN VALLEY

Thurs., Feb. 20 6:30-8:30 p.m.

OPTIMIZE YOUR PHARMACY BENEFIT

Pharmacy benefits can be very complex. During this interactive workshop, you will learn the basics of pharmacy benefits from the consumer perspective in order to prepare you for issues that may arise. The main goal of this workshop is for you to become a more active member of your healthcare team, so that you can be sure you are getting the medication you need, when you need it, for the best price.

INSTRUCTOR: Heather Epps

FEE: \$24

BLUE RIVER

Thurs., Feb. 27 6:30-8:30 p.m.

LONGVIEW

Tues., Feb. 25 6:30-8:30 p.m.

MAPLE WOODS

Tues., Mar. 24 6:30-8:30 p.m.

PENN VALLEY

Thurs., Mar. 26 6:30-8:30 p.m.

CANCELLATIONS DUE TO WEATHER

When Metropolitan Community College District cancels classes, your Community Education class will not be held. Please be sure to listen to TV or radio announcements for cancellations. If you are unsure, you may call the college at **816.604.1000**.

METROPOLITAN COMMUNITY COLLEGE

COMMUNITY

Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

ABCs OF MEDICARE INSURANCE

Master the alphabet soup of Medicare insurance. There are many options from which to choose, but the process can be confusing. If all the letters and acronyms you see have your head spinning, this class is for you. You will learn about the different parts of Medicare, supplement plans and the difference between PPOs and HMOs. No specific plans will be shared; this class is for educational purposes only.

INSTRUCTOR: Jeff David

FEE: \$24

BLUE RIVER

Tues., Apr. 7

6:30-8:30 p.m.

LONGVIEW

Tues., Mar. 10

6:30-8:30 p.m.

MAPLE WOODS

Thurs., Mar. 26

6:30-8:30 p.m.

PENN VALLEY

Wed., Apr. 3

6:30-8:30 p.m.

1-2-3s OF SOCIAL SECURITY

About 174 million workers paid into Social Security in 2018. How do you qualify for Social Security retirement benefits and when is the best age to start receiving them? We'll discuss benefits for spouses—currently married or divorced—and survivor benefits. What about continuing to work past the average retirement age? We'll talk about how extending your working years will affect Social Security and Medicare benefits, as well as looking at a retirement estimator. This will be a relaxed class that will make the fundamentals of Social Security as easy as 1-2-3.

INSTRUCTOR: Jeff David

FEE: \$24

LONGVIEW

Thurs., Apr. 2

6:30-8:30 p.m.

MAPLE WOODS

Thurs., Mar. 31

6:30-8:30 p.m.

ONE-ON-ONE COMPUTER TRAINING

Get the attention you need on a computer project you choose. While the Community Education program offers group computer classes on many subjects, one-on-one lessons can be a better way to learn for some people. Select your topic and call to schedule your training.

SOME TOPICS OUR INSTRUCTORS CAN ASSIST WITH ARE:

- Basic computer skills
- Email basics
- Software applications such as MS-Word, Excel, PowerPoint, Access or Outlook
- Navigating the internet
- Completing a mail merge
- Setting up a blog
- Social media

There are many possibilities. All instruction will be in a computer lab on one of the Metropolitan Community College campuses.

Both day and evening sessions are available.

Note: Upon your initial inquiry, we will discuss your specific needs so that our instructor is prepared to work with you. Two people may attend together if they are interested in the same training.

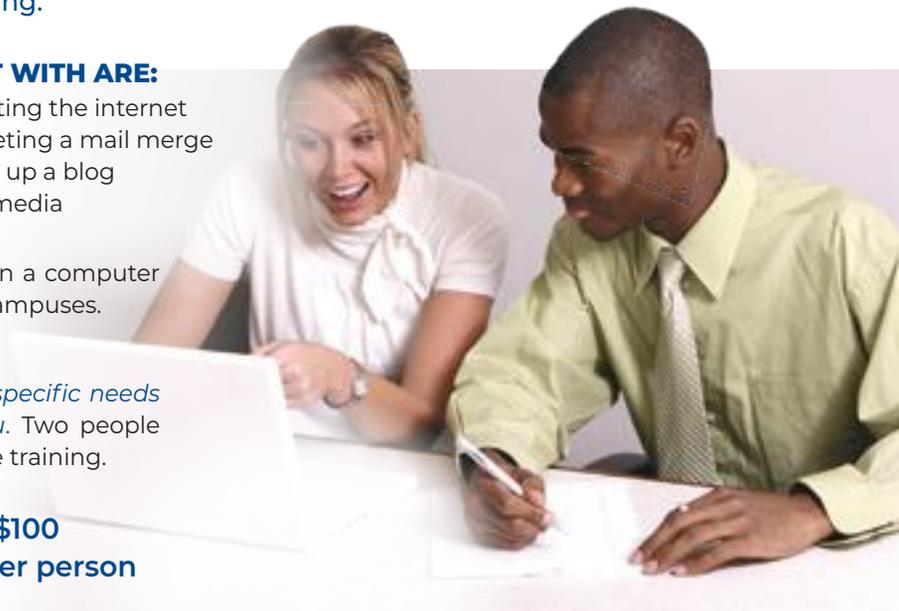
ONE 2-HOUR SESSION one person: \$100

ONE 2-HOUR SESSION two people: \$80 per person

METROPOLITAN COMMUNITY COLLEGE
YOUR COMMUNITY.
MCC COLLEGE.

Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

To get your training started,
call **816.604.1000**





SEMINAR: MASTER CLASS ON AGING

We are in the middle of a “longevity revolution”—and no one ages in a void. Every person who ages has a support network, and every person who ages will eventually have to lean on that support network for help. Decisions you make today about medical insurance, long-term care strategies, legal documents, estate plans and funeral plans will all play a role in how much your aging impacts those around you. This seminar covers the three most important areas you need to have in place for aging well and allowing your support network to efficiently assist you.

SEMINAR TOPICS WILL INCLUDE:

ESTATE PLANNING 101

Learn the importance of planning while you can—not only for death, but also for incapacity. Discover what the various estate planning options are and decipher estate planning terminology. Do you know who will make decisions for you when you are no longer able to? Come and uncover how to start these essential conversations and begin planning for your family.

PRESENTER: Aaron Love, Elder Law Attorney

MEDICAL EXPENSE PLANNING 101

The two largest expenses in retirement are typically medical costs and long-term care costs. This section of the seminar will explain the basics of Medicare, Medicare Advantage and Medicare Supplements. We'll walk through the cost of long-term care and lay out the four main strategies for managing and paying for that care (family, self-pay, Medicaid/VA benefits and long-term care insurance). Learn—with a humorous spin—strategies for these very serious expenses in the senior years.

PRESENTER: Stana Martin, Ph.D, Mrs. LTC Inc.

FUNERAL PLANNING 101

Funeral planning can be stressful, but with the right guidance that stress can be minimized. Learn how to reduce the emotional burden of this necessary task and how to save significant amounts of money in the planning process. Your presenter has worked with dozens of funeral homes while advocating for his clients. Think of it like a wedding planner...but for funerals!

PRESENTER: Brian O'Laughlin, Funeral Advocates, LLC

SATURDAY, APRIL 4
9 a.m.- noon

MCC-PENN VALLEY
FEE: \$39



METROPOLITAN
COMMUNITY COLLEGE
PENN VALLEY

3201 Southwest Trafficway, Kansas City, MO

Master Class on Aging will be held on MCC's Penn Valley campus in the heart of Kansas City's diverse midtown area. We encourage you to make a day of it and explore the city's vibrant offerings. After the seminar, enjoy lunch at one of the many restaurant options to choose from near campus. Extend your time in KC visiting places like the Liberty Memorial, the Nelson-Atkins Museum of Art, the 18th and Vine Historic Jazz District, or the Crown Center shopping and entertainment area. Many options for dining and recreation abound in this area of Kansas City. Stay for the day and enjoy what the city has to offer!

FINANCE & LAW

↳ *Planning for your future*

FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

This course focuses on how to prepare for a comfortable retirement. This informational seminar introduces you to concepts and strategies that may help you handle your day-to-day finances, potentially reduce your taxes, and manage your investments. What's more, it will discuss how you can assess your current financial situation and develop a personalized plan that may help you pursue your retirement goals. Topics include: Minimizing taxes, maximizing retirement plan distribution options structuring investments for growth, creating a secure retirement income plan, and much more!

INSTRUCTOR: Nick Kendall

DATES: 3 Tues., Starts Mar. 3, Apr. 7, 14, 6:30-9:30 p.m.

CAMPUS: MCC-Longview

FEE: \$79 (Couples), \$59 (Singles)

BASIC ESTATE PLANNING AND WILLS

Determine the appropriate estate plan for you. Topics will include: the probate process, beneficiaries, executors and guardians, property titles, powers of attorney and non-probate transfers.

INSTRUCTOR: Chinnery Law Office

FEE: \$24

BLUE RIVER

Tues., Mar. 24

7-9 p.m.

LONGVIEW

Tues., Feb. 18

7-9 p.m.

LIVING TRUSTS

How much do you know about trusts? Is a living trust right for you? We will discuss avoiding probate, managing your assets during incapacity, providing for beneficiaries, minimizing taxes and more.

INSTRUCTOR: Chinnery Law Office

FEE: \$24

BLUE RIVER

Tues., Mar. 31

7-9 p.m.

LONGVIEW

Tues., Feb. 25

7-9 p.m.

NOW YOU'RE AN EXECUTOR!

So, you've been asked to be the executor of someone's will, but do you know what that entails? We'll explain the duties, obligations and liabilities of an executor. This comprehensive overview of issues includes everything from commencing the probate process through the closing of the estate. This course is designed to address the concerns often experienced when people are faced with this seemingly overwhelming task.

INSTRUCTOR: Chinnery Law Office

FEE: \$24

BLUE RIVER

Tues., Apr. 7

7-9 p.m.

LONGVIEW

Tues., Mar. 3

7-9 p.m.

BASIC INVESTING

Have you ever wished that someone would explain—in an easy-to-understand way—how investments work? In this class geared toward the novice investor, you'll learn the fundamentals: investment vehicles such as stocks and bonds; common terminology; different account structures; and how stocks, bonds and mutual funds can work together. We'll talk about equities, bonds, mutual funds and exchange-traded funds (ETFs). Learn how to follow the stock market and have fun at the same time by picking a stock to follow and investing hypothetical money. Who will have the highest hypothetical return at the end of the class?

INSTRUCTOR: Mollie Stephens

FEE: \$59

LONGVIEW

4 Wed., Starts May 6

6-8 p.m.

PENN VALLEY

4 Wed., Starts Feb. 5

6-8 p.m.

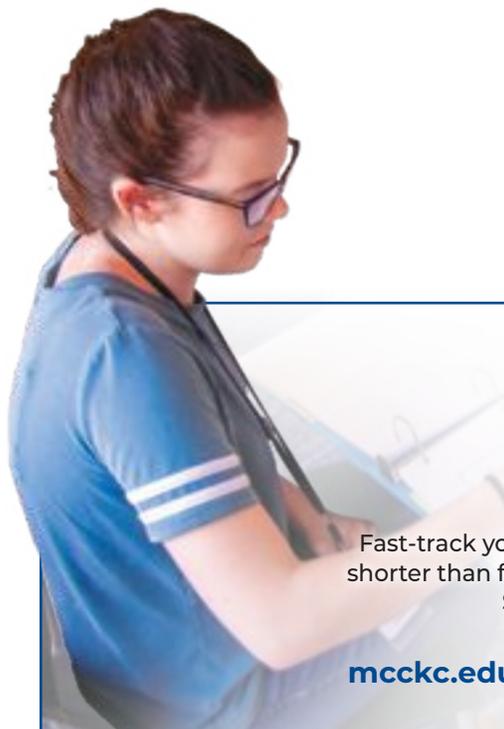
SHORT TERM FOR CREDIT CLASSES

EARN YOUR DEGREE ON TIME

Fast-track your way to graduation and a degree with shorter than full-semester classes. Quality instruction. Shorter time frame. Long-term benefits.

For more information visit
mccck.edu/classes/credit/shortterm.asp
 or call **816.604.1000**

Enroll for these classes in your mymccck account.
 Not yet a student? Apply now at mccck.edu/apply-now



HOME & GARDEN

↳ *Happy home, healthy body*

WILD EDIBLES AND MEDICINAL HERBS

Learn to identify wild edibles and healing plants that grow all around us. Spring is the best time to collect wild herbs to add to salads, soups and stir-fry. We'll be demonstrating recipes, preservation techniques and remedies from freshly collected herbs and wild edibles. Handouts included.

INSTRUCTOR: Regina Compennolle

DATES: Thurs., Mar. 3, 6-8 p.m.

CAMPUS: MCC-Penn Valley

FEE: \$34

BEGINNING BEEKEEPING

Learn the principles of beekeeping—history, honeybee biology, plant and pollinator relationship, and essential equipment and requirements—in this introduction to the certification program of the Midwest Master Beekeeper Program. An experienced beekeeper from the program will teach you how to get started in becoming a beekeeper, how to manage hives safely, methods of pest management and tools and equipment used in the apiary.

INSTRUCTOR: Midwest Master Beekeeping Program

DATES: Sat., Feb. 22, 9 a.m.-1 p.m.

CAMPUS: MCC-Longview

FEE: \$64



**METROPOLITAN
COMMUNITY COLLEGE**

FITNESS CENTERS

MCC-MAPLE WOODS • MCC-PENN VALLEY

MCC FITNESS CENTERS OPEN TO THE PUBLIC!

Give your brain and body a workout at MCC.
You'll feel better and do better in class!

Our MCC campuses have access to everything you need to build strength,
gain endurance and develop life-long healthy habits

GET PERSONAL FITNESS ASSESSMENT AND WORKOUT ADVICE AT A FITNESS PLACE NEAR YOU!

NORTH

3100 NE 83rd Street | Kansas City, MO 64119
Northland Human Services Building
mccck.edu/fitness-centers/maple-woods | 816.604.3555

MIDTOWN

3201 Southwest Trafficway | Kansas City, MO 64111
Physical Education Building
mccck.edu/fitness-centers/penn-valley | 816.604.4222

LANGUAGE & COMMUNICATION

Communicate with people near and far

BEGINNING ITALIAN FOR TRAVELERS I

Make the most of your travel experience and learn the beautiful Italian language – *bella lingua italiana* – to communicate with people you meet. Instructor Lisa Balettie Power wrote the book *Italiano! Italian for Travelers*, which will be available for purchase in class. You'll start using Italian immediately while practicing how to engage in everyday conversations from ordering at a restaurant to asking for directions. Your instructor will also introduce you to the Italian culture and customs. Let's Go – Andiamo!

INSTRUCTOR: Lisa Balettie Power

DATES: 8 Sat., Starts Jan. 25
9-11 a.m.

CAMPUS: MCC-Longview

FEE: \$104

(Separate book fee of \$25 is payable to instructor on first day of class.)

BEGINNING ITALIAN FOR TRAVELERS II

Bravo! Continuing your Italian lessons will make your travel experience so much more satisfying! Extend the lessons in the previous class by improving your accent and expanding your vocabulary through conversation. This class uses the book *Italiano! Italian for Travelers*, which is also used in the preceding class. Good luck – *buona fortuna* – in your travels! Prerequisite: Italian for Travelers I or equivalent.

INSTRUCTOR: Lisa Balettie Power

DATES: 6 Sat., Starts Mar. 28
9-11 a.m. (NOTE: No class Apr. 11)

CAMPUS: MCC-Longview

FEE: \$89

(Students will use same book as Beginning Italian for Travelers I class.)

BEGINNING SIGN LANGUAGE

This introductory course is for those with little or no sign language experience. Learn the basics of the manual alphabet and conversation. We will cover a variety of sign languages, focusing mainly on pidgin, which is American Sign Language used in English word order. Practice both receptive and expressive skills and learn about deaf culture.

INSTRUCTOR: Debra Swinger

DATES: 6 Tues., Starts Feb. 4
7-9 p.m.

CAMPUS: MCC-Longview

FEE: \$89

BEGINNING SPANISH FOR TRAVELERS

¡Hola, amigos! The innovative program *Spanish in 10 Minutes a Day* is easy to use and will have you speaking Spanish immediately. Using labels, flash cards, oral practice and more, you will learn more than 300 vocabulary words, including numbers, colors and verbs. This class is designed for those with no prior knowledge of Spanish. Bring a 3-ring notebook (*el cuaderno*) to class. The required book, *Spanish in 10 Minutes a Day*, is available in the campus bookstore.

INSTRUCTOR: Tina Caraballo

DATES: 6 Tues., Starts Feb. 18
6:30-8 p.m.

CAMPUS: MCC-Longview

FEE: \$79

CONTINUING SIGN LANGUAGE

This course continues building upon the foundation of sign language, learned in the Beginning Sign Language course.

PREREQUISITE: Sign Language I or equivalent.

INSTRUCTOR: Debra Swinger

DATES: 6 Tues., Starts Mar. 24
7-9 p.m.

CAMPUS: MCC-Longview

FEE: \$89

INTRODUCTION TO JAPANESE LANGUAGE

Introduction to Japanese Language is designed to prepare the beginning language student for a short-term experience in Japan. Throughout the course students will learn fundamental grammar structures used for simple everyday conversations and develop skills to handle some survival situations. Students will also learn to recognize the three different writing systems (Hiragana, Katakana and Kanji) and confidently write their name in the system called Katakana.

INSTRUCTOR:

Tracie Whiting Kipper

DATES: 10 Tues., Starts Feb. 11 (Exact schedule to be determined during first class session.) 5-6:30 p.m.

(Note: No class the week of spring break, Mar. 16-20.)

CAMPUS: MCC-Blue River

FEE: \$120

MCC SPRING BREAK

MARCH 16–MARCH 20

OFFICES CLOSED



READING HORIZONS

A highly effective individualized reading program for children and adults.

Our experienced Learning Specialists have been professionally trained in the renowned Lindamood-Bell® method. They provide private, customized sessions supported by an evaluative screening and post-testing. This unique, multi-sensory approach has helped thousands of children and adults achieve remarkable reading success!

READING HORIZONS ADDRESSES PROBLEMS IN:

- Auditory discrimination
- Pronunciation of unfamiliar words
- Comprehension
- Sequencing of sounds
- Spelling
- Dyslexia



Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

For more information, or to schedule an evaluation, call **816.604.2030**

Reading Horizons is not affiliated with, or certified by, the international Lindamood-Bell® organization.

MIND-BODY FOCUS

Bring mind and body together
for helpful wellness information

MID-DAY HATHA YOGA WITH MEDITATION & RELAXATION

Take a mid-day break to focus on you! Decrease the stress in your life through yoga and relaxation. This Hatha Yoga class is for both beginning and intermediate skill levels. Find your center and increase your flexibility through yoga postures, breathing techniques, meditation and relaxation. Wear loose, comfortable clothing. Bring a yoga or exercise mat and two blocks, as well as water.

INSTRUCTOR: Kristin Gideon

DATES: 8 Wed., Starts Feb. 19
1-2 p.m.

CAMPUS: MCC-Blue River

FEE: \$79



YOGA FOR THE ABSOLUTE BEGINNER

Begin a daily practice of loving your body and mind with a yoga practice that will love you back. Join others who are curious about the practice of yoga as we discover breathing techniques, alignment skills and basic postures that will awaken strength, increase flexibility and energize anyone of any age! Bring a yoga or exercise mat, two blocks and a yoga strap, as well as water.

INSTRUCTOR: Jan Sumner

DATES: 6 Tues. & 6 Thurs.
Starts Apr. 7, 11:30 a.m.-12:30 p.m.

CAMPUS: MCC-Longview

FEE: \$120

SIMPLE MEDITATION, SIMPLE BREATH

Find a focus on your own heart in meditation practice that is designed to calm the mind, relax the body, improve focus and increase energy. Learn the science, benefits and breathing techniques used in meditation. Each week, Jan Sumner, a yoga and meditation instructor certified through Kripalu Yoga Center and co-founder of MeditateKC, will guide you through techniques that will allow you to create a meditation plan for your personal practice. Suggested items to bring to class: meditation cushion or mat (chairs will also be provided if preferred), journal for writing and a bottle of water.

INSTRUCTOR: Jan Sumner

DATES: 6 Thurs., Starts Mar. 26
6-7 p.m.

CAMPUS: MCC-Longview

FEE: \$54

HATHA YOGA WITH MEDITATION & RELAXATION

Increase your flexibility and decrease the stress in your life through yoga and relaxation. This class, for both beginning and intermediate skill levels, includes Hatha Yoga postures, breathing techniques, meditation and relaxation. Wear loose, comfortable clothing. Bring a yoga or exercise mat and two blocks, as well as water.

INSTRUCTOR: Kristin Gideon

DATES: 15 Mon., Starts Feb. 3
6-7:15 p.m.

(Note: No class the week of spring break, Mar. 16-20)

CAMPUS: MCC-Longview

FEE: \$128

INTRODUCTION TO MINDFULNESS MEDITATION

Are you looking for a way to release the stresses of life? Come learn what mindfulness meditation is, how it can benefit you and, most importantly, how to do it. By the end of the class you will know how to do a basic meditation technique and have specific strategies for applying it to daily life.

INSTRUCTOR: Nicoya Helm

CAMPUS: MCC-Penn Valley

DATES: (Section A)
Sat., Jan. 18, 10-11:30 a.m.

(Section B)
Wed., Mar. 4, 7-8:30 p.m.

FEE: \$29

TAI CHI FOR ARTHRITIS

This evidence-based program supported by the Centers for Disease Control and Prevention (CDC) and the Arthritis Foundation can improve balance, flexibility, coordination and muscle strength; ease pain and stiffness; and reduce the risk of falls. It is an easy, safe and effective exercise program. Almost anyone with or without arthritis, and in almost any physical condition, can learn this program to improve health and quality of life.

INSTRUCTOR: Nina Chen

CAMPUS: MCC-Longview

DATES:
(Section A) 6 Mon., Starts Feb. 3,
2:30-3:30 p.m.

(Section B) 6 Mon., Starts Mar. 23,
2:30-3:30 p.m.

(Section C) 6 Mon., Starts May 4,
2:30-3:30 p.m. *(Note: No class Memorial Day, May 25)*

FEE: \$69



TAI CHI FOR HEALTH

Tai Chi is a mind and body exercise with gentle, flowing movements and deep breathing. This graceful form of exercise is often described as “moving meditation.” Tai Chi helps improve balance, flexibility, concentration, muscle strength, posture and relaxation. It also aids in increasing heart/lung activity and preventing falls while promoting mental and physical health.

INSTRUCTOR: Nina Chen

CAMPUS: MCC-Longview

DATES:

(Section A)

6 Fri., Starts Feb. 7, 1-2 p.m.

(Section B)

6 Fri., Starts Mar. 27, 1-2 p.m.

(Section C)

6 Fri., Starts May 8, 1-2 p.m.

FEE: \$69



INTERESTED IN TAKING COLLEGE CLASSES TOWARD A DEGREE PROGRAM?

Visit mcckc.edu/classes to view the credit class schedule and plan your future today.

PHOTOGRAPHY

Classes for shutterbugs of all experience levels

CREATIVELY CAPTURING THE MOMENT

In this introduction to the art of taking pictures with a digital SLR camera, you'll learn basic digital terminology, gain an understanding of shutter speed, aperture and mega pixels, discuss flash techniques and natural lighting photography. Manual shooting and white balance will be the main topics covered. SLR camera required.

INSTRUCTOR: Debra Lawrence

DATES: 3 Thurs., Starts Feb. 6, 6:30-9 p.m.

CAMPUS: MCC-Longview

FEE: \$64



CREATIVELY FINE TUNING THE MOMENT

In this intermediate class, we will discuss techniques such as dragging the shutter, using off-camera flashes including studio strobes, bouncing light, and fill flash techniques. Additionally, we discuss finding the light and push students to think outside the box. You must own an off-camera flash for use in this class. Prerequisite: Creatively Capturing the Moment class or have basic knowledge or experience with a digital SLR camera.

DATES: 3 Thurs., Starts Mar. 5, 6:30-8:30 p.m.

CAMPUS: MCC-Longview

FEE: \$59

MANIPULATING THE MOMENT FOR PHOTOSHOP

In this hands-on class, you will go through the entire process of manipulating images in Photoshop, from opening an image to creating a collage from scratch. You must own a version of Photoshop to get the most from this class. You may bring your own laptop with Photoshop installed or use a campus computer. This is a beginner's class, but those who currently use Photoshop will also benefit by fine-tuning their skills and picking up new techniques. Bring a 2GB (or larger) USB flash drive to class.

DATES: 3 Thurs., Starts Apr. 2, 6-9 p.m.

CAMPUS: MCC-Longview

FEE: \$69

ADULT NONCREDIT CLASSES SPRING 2020

CLASS TITLE	CAMPUS	DATES	DAYS	TIME	FEE
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CAREER & BUSINESS

Ace That Interview	BR	Feb. 20	TH	6-7:30 p.m.	\$24
	LV	Feb. 26	W		
	MW	Feb. 20	TH		
	PV	Feb. 19	W		
LinkedIn 101	BR	Mar. 5	TH	6-7:30 p.m.	\$24
	LV	Mar. 10	T		
	MW	Apr. 9	TH		
	PV	Mar. 4	W		
Resume/Cover Letter Workshop	MW	Mar. 5	TH	6-7:30 p.m.	\$24
	BR	Apr. 9	W		
	LV	Apr. 15	W		
	PV	Apr. 8	W		
How to have Credibility at a Moment's Notice	LV	Apr. 11	S	9 a.m.-1 p.m.	\$89
	MW	Apr. 18	S		

CREATIVE & ARTISTIC

Soul Painting	LV	May 2	S	9 a.m.-2 p.m.	\$54
Creative Watercolor	LV	Apr. 6, 13, 20, 27	M	6-8:30 p.m.	\$79
Oil & Acrylic Painting	LV	Feb. 5, 12, 19, 26	W	6-9 p.m.	\$119
Basic Drawing	LV	Mar. 26 and Apr. 2, 9, 16	Th	6:30-9 p.m.	\$89

FAMILY & HEALTH CARE

Optimize Your Pharmacy Benefit	BR	Feb. 27	Th	6:30-8:30 p.m.	\$24
	LV	Feb. 25	T		
	MW	Mar. 24	Th		
	PV	Mar. 26	Th		
Organized Adulthood	BR	Feb. 6	TH	6:30-8:30 p.m.	\$24
	LV	Feb. 27			
	PV	Feb. 20			
Seminar: Master Class on Aging	PV	Apr. 4	SA	9 a.m. -Noon	\$39
CPR/First Aid (book included in class fee)	BR	Mar. 7	S	9 a.m.-3 p.m.	\$84
	MW	Feb 22			
	LV	Feb. 2			
	PV	Mar. 28			
ABCs of Medicare Insurance	BR	Apr. 7	T	6:30-8:30 p.m.	\$24
	LV	Mar. 10	Th		
	MW	Mar. 26	Th		
1-2-3s of Social Security	LV	Apr. 2	Th	6:30-8 p.m.	\$24
	MW	Mar. 31			

FINANCE & LAW

Basic Investing	LV	May 6, 13, 20, 27	W	6-8 p.m.	\$59
	PV	Feb. 5, 12, 19, 26			
Basic Estate Planning	BR	Mar. 24	T	7-9 p.m.	\$24
	LV	Feb. 18			
Living Trusts	BR	Mar. 31	T	7-9 p.m.	\$24
	LV	Feb. 25			
Financial Strategies for Successful Retirement	LV	Mar. 3 and Apr. 7, 14	T	6:30-9:30 p.m.	\$79 (Couples) \$59 (Singles)
Now You're an Executor	BR	Apr. 7	T	7-9 p.m.	\$24
	LV	Mar. 3			

HOME & GARDEN

Beginning Beekeeping	LV	Feb. 22	S	9 a.m.-1 p.m.	\$64
Wild Edibles and Medicinal Herbs	PV	March 3	TH	6-8 p.m.	\$34

LANGUAGE & COMMUNICATIONS

Beginning Italian for Travelers I	LV	Jan. 25, Feb. 1, 8, 15, 22, 29 and Mar. 7, 14	S	9-11 a.m.	\$104
Beginning Italian for Travelers II	LV	Mar. 28, Apr. 4, 18, 25 and May 2, 9 (no class 4/11)	S	9-11 a.m.	\$89
Beginning Sign Language	LV	Feb. 4, 11, 18, 25 and Mar. 3, 10	T	7-9 p.m.	\$89
Continuing Sign Language	LV	Mar. 24, 31 and Apr. 7, 14, 21, 28	T	7-9 p.m.	\$89
Introduction to Japanese	BR	Feb. 11, 18, Mar. 10, 31, Apr. 7, 14, 21, May 12, 19 and Jun. 2	T	5-6:30 p.m.	\$120
Beginning Spanish for Travelers	LV	Feb. 18, 20, 25, 27 Mar. 3, 6	T/TH	6:30-8 p.m.	\$79

ADULT NONCREDIT CLASSES SPRING 2020

CLASS TITLE	CAMPUS	DATES	DAYS	TIME	FEE	
MIND-BODY FOCUS						
Hatha Yoga with Meditation & Relaxation	LV	Feb. 3, 10, 17, 24, Mar. 2, 9, 23, 30, Apr. 6, 13, 20, 27 and May 4, 11, 18	M	6-7:15 p.m.	\$128	
Mid-Day Yoga with Meditation & Relaxation	BR	Feb. 19, 26 Mar. 4, 11, 25 and Apr. 1, 8, 15	W	1-2 p.m.	\$79	
Simple Meditation, Simple Breath	LV	Mar. 26 and Apr. 2, 9, 16, 23, 30	TH	6-7p.m.	\$54	
Yoga for the Absolute Beginner	LV	Apr. 7, 9, 14, 16, 21, 23, 28, 30, and May 5, 7, 12, 14	T/TH	11:30 a.m.-12:30 p.m.	\$120	
Introduction to Mindfulness Meditation	Sec. A	Jan. 18	SA	11-11:30 a.m.	\$29	
	Sec. B	Mar. 4	W	7-8:30 p.m.		
Tai Chi for Arthritis	Sec. A	Feb. 3, 10, 17, 24, and Mar. 2, 9	M	2:30-3:30 p.m.	\$69	
	Sec. B	Mar. 23, 30, and Apr. 6, 13, 20, 27				
	Sec. C	May 4, 11, 18 and Jun. 1, 8, 15 (No class on May 25)				
Tai Chi for Health	Sec. A	Feb. 7, 14, 21, 28 and Mar. 6, 13	F	1-2 p.m.	\$69	
	Sec. B	Mar. 27, Apr. 3, 10, 17, 24 and May 1				
	Sec. C	May 8, 15, 22, 29 and Jun. 5, 12				
PHOTOGRAPHY						
Creatively Capturing the Moment	LV	Feb. 6, 20, 27	TH	6:30-9 p.m.	\$64	
Creatively Fine Tuning the Moment	LV	Mar. 5, 12, 26	TH	6:30-8:30 p.m.	\$59	
Manipulating the Moment for Photoshop	LV	Apr. 2, 9, 16	TH	6-9 p.m.	\$69	
RECREATION						
Purchasing an RV: Roadie Advice	LV	May 5	T	6-8 p.m.	\$24	
A Guide to RVing Across Alaska	LV	May 7	TH	6-8 p.m.	\$24	
Golf	Sec. A	LV (Unity Village Golf Course)	Apr. 28 and May 5, 12, 19, 26	T	3-4:30 p.m.	\$79
	Sec. B					
Beginning Bridge	LV	Mar. 30, Apr. 6, 13, 20, 27 and May 4, 11	M	6-8 p.m.	\$74	
SPECIAL INTEREST						
Certified Barbeque Judge- It's all about the 'que	LV	Mar. 7	S	10 a.m.-2 p.m.	M-\$90 NM-\$130	
Getting Your Foot in the Theater Door	BR	Apr. 8, 15, 22, 29	W	6-8 p.m.	\$79	
Introduction to Comedic Performance	LV	Feb. 6, 13, 20, 27 and Mar. 5, 12	TH	7-9 p.m.	\$69	
TECHNOLOGY						
Intro to MS Word 2016	BR	Jan. 23, 28, 30	T/TH	6-8 p.m.	\$74	
	LV	Feb. 20, 25, 27				
	MW	Mar. 24, 26, 31				
Intro. to MS Office 2016	Sec. A	Mar. 3, 5, 10, 12	T/TH	6-8 p.m.	\$84	
	Sec. B	Apr. 21, 23, 28, 30				
	LV	Jan. 28, 30 and Feb. 4, 6				
	MW	April 7, 9, 14 & 16				
	PV	Feb. 18,20,25,27				
Intro. to MS Excel 2016	Sec. A	Feb. 18, 20, 25, 27	T/Th	6-8 p.m.	\$84	
	Sec. B	Mar. 24, 26, 31 & Apr. 2				
	LV	Mar. 30, and Apr. 1, 6, 8	M/W	6-8 p.m.		
	MW	Apr. 21, 23, 28, 30	T/TH	4-6 p.m.		
	PV	March 3,5,10,12	T/TH	6-8 p.m.		
Excel for Business Applications	BR	Mar. 2, 4, 9, 11	M/W	6-8 p.m.	\$84	
	LV	Apr. 15, 20, 22				
Windows 10	BR	Jan. 21	T	6-8 p.m.	\$39	
	LV	Mar. 10	Th			
Computer Essentials - Just the Basics	Sec. A	Feb. 4, 6, 11 & 13	T/Th	2-4 p.m.	\$84	
	Sec. B	Apr. 7, 9, 14 & 16				
Online Marketing for Beginners	LV	Mar. 2, 9, 23, 30 (No classes week of Mar. 16 for spring break)	M	6-8 p.m.	\$84	
WRITING & PUBLISHING						
Grant Writing Finally Made Easy	LV	Feb 8	S	10 a.m.-Noon	\$24	
	MW	May 2				
Write Your Life Story	LV	Mar. 24, 31 and Apr. 7, 14, 21	TH	10 a.m.-noon	\$89	
Writing for Creativity and Connection	LV	Feb. 11, 18, 25 and Mar. 3, 10	TH	6:15-8:15 p.m.	\$89	

COLLEGE FOR KIDS: SPRING BREAK CAMPS MCC-Blue River, Mon.-Thurs., March 23-26

CLASS TITLE	AGES	INSTRUCTOR	TIME	FEE
Spring Variety Art Camp	6 - 12	Young Rembrandts	9 a.m.-noon	\$140
Momentum Madness		Engineering for Kids		\$160
NASA-Journey Into Outer Space	7 - 12	Mad Science Staff	1-4 p.m.	\$130
LEGO® Mining and Crafting Camp		Bricks 4 Kidz		\$140

DISCOVER THE ARTS AT MCC



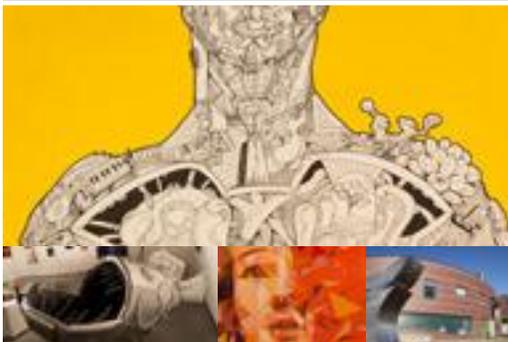
MCC-Longview CULTURAL ARTS CENTER

For information about upcoming exhibits and performances visit us online at

mcckc.edu/culturalarts

or contact us at

lvulturalarts@mcckc.edu
816.604.2200



CARTER ART CENTER

For information about upcoming exhibits and performances visit us online at

mcckc.edu/pennvalley/art

or contact the Gallery Director at

816.604.4326

METROPOLITAN COMMUNITY COLLEGE
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RECREATION

Finding the fun in life

PURCHASING AN RV: ROADIE ADVICE

If you're considering an RV purchase, you probably have a lot of questions. Which one is best for you? How much should you pay for an RV? Get advice from someone who has camped all of her adult life, beginning with a tent, then a pop-up trailer, a Class B motorhome and now a Class A motorhome. You will learn about different types and brands of RVs, negotiation tactics, inspection points, and take home some resources to help you make your decision. At the end of class, we'll discuss great spots across North America to take your RV.

INSTRUCTOR: Marla Selvidge

DATES: Tues., May 5, 6-8 p.m.

CAMPUS: MCC-Longview

FEE: \$24

A GUIDE TO RVING ACROSS ALASKA

Are you dreaming of visiting Alaska? Whatever your idea of adventure is, you'll find it in Alaska: The Last Frontier! Consider flying to Anchorage and renting a motorhome for a few weeks or take a cruise along the Inside Passage and rent an RV for another two weeks. One of the best ways to explore the byways of this beautiful state is in an RV. Get acquainted with the best roads to travel and exciting things to see and do. You'll come away with resources to plan your trip and photos to inspire you. Optional book for purchase will be available in class (\$10, payable to instructor).

INSTRUCTOR: Marla Selvidge

DATES: Thurs., May 7, 6-8 p.m.

CAMPUS: MCC-Longview

FEE: \$24

GOLF

Let's start with the basics! Most of the course will concentrate on swing instruction—from set-up (grip, alignment and posture) to follow-through. Basic chipping and putting techniques, personal swing analysis, drills and correcting problems will be included. We'll offer tips on how to increase your enjoyment of the game. You are responsible for golf balls for the driving range. Clubs are available at no charge.

INSTRUCTOR: Duane Brandsgaard

DATES:

(Section A) 5 Tues., Starts Apr. 28
3-4:30 p.m.

(Section B) 5 Tues., Starts Apr. 28
6-7:30 p.m.

LOCATION: Unity Village Golf Course

FEE: \$79



BEGINNING BRIDGE

Learn to play what some consider the world's greatest game. Bridge provides a mental challenge as well as a social outlet. The four weeks of this class will cover mechanics of this trick-taking game, hand evaluation and scoring, opening bids and responding to bids, as well as lots of playing practice.

INSTRUCTOR: Kathy Rolf

DATES: 7 Mon., Starts Mar. 30
6-8 p.m.

CAMPUS: MCC-Longview

FEE: \$74

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NEW

3-Wheel Basic Riding Course
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COMMUNITY COLLEGE**
MAPLE WOODS

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All motorcycle courses offered are taught by certified Motorcycle Safety Foundation Rider Coaches and approved Missouri Motorcycle Safety Program instructors.

SPECIAL INTEREST

↳ Find something that sparks your interest

GETTING YOUR FOOT IN THE THEATER DOOR

Was theater your “first love,” but it drifted out of your life over time? Or did you always want to act, but did not have the opportunity? Step on the stage and embrace your love of this dramatic art as an adult. Learn theatrical terms and idioms, the general flow of events in a production and get information on local community theaters. You’ll explore the different jobs in a theater, both on stage and backstage. Learn how to read and understand audition postings and scripts. The instructor will bring in local directors from community theaters to observe mock auditions. No memorizing or preparation needed. Break a leg!

INSTRUCTOR: Michael “Mac” Kettner

DATES: 4 Wed., Starts Apr. 8, 6-8 p.m.

CAMPUS: MCC-Blue River

FEE: \$79

INTRODUCTION TO COMEDIC PERFORMANCE

Were you the class clown in school, but never put that experience to formal use? This class will fine-tune your natural abilities in various forms of comedic performance, including sketch comedy, improvisation, stand-up and storytelling. You’ll learn the finer points of comedy writing and performance, as well as the basics of joke structure. Gain practical experience through performance and writing assignments. Instructor Jamie Campbell is a professional comedian with The KC Improv Company and has been performing and teaching for more than a decade.

INSTRUCTOR: Jamie Campbell

DATES: 6 Thurs., Starts Feb. 6, 7-9 p.m.

CAMPUS: MCC-Longview

FEE: \$69



CERTIFIED BARBEQUE JUDGE

IT'S ALL ABOUT THE 'QUE

Instructor: Bunny Tuttle

Calling all barbeque lovers! If you’ve ever attended a barbeque competition and wished you could sample all of it, now is your chance to fulfill that wish by becoming a certified barbeque judge. “Being a Certified Barbeque Judge is about representing and spreading the message of Kansas City Barbeque Society, which is to promote America’s cuisine—barbeque” (kcbs.us).

Learn what it takes for barbecue to be crowned a champion! Barbecue is truly America’s cuisine and is no longer relegated to the backyard. In this class you will learn to use touch, taste and smell to judge competition barbecue.

**SATURDAY
MARCH 7
10 a.m.-2 p.m.
MCC-LONGVIEW**

**FEE: \$90 (KCBS members)
\$130 (non-members)**

(Non-member fee includes one-year membership to Kansas City Barbeque Society.)



**METROPOLITAN COMMUNITY COLLEGE
LONGVIEW**

500 SW Longview Rd, Lee’s Summit, MO

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ONLINE CAREER TRAINING PROGRAMS

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- 6-18 Month Format
- All materials included
- Prepare for certification
- Student advisors

Some of our most popular programs include:

Administrative Dental Assistant

Learn how to perform the administrative tasks essential for managing the business aspects of a dental practice.

CBCS Certified Medical Administrative Assistant with Medical Billing and Coding

The CBCS Certified Medical Administrative Assistant with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

Advanced Hospital Coding and CCS Prep

This program will utilize your existing knowledge of medical terminology and healthcare sciences. Increase your coding skills and prepare to take the official certification exam to become a Certified Coding Specialist.

Certified Electronic Health Records Specialist

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

Physical Therapy Aide

Master the skills you need to begin a career as a physical therapy aide.

CompTIA™ A+ Certification Training

This course will prepare you for CompTIA A+ certification exams 220-901 and 220-902. It covers the foundational hardware knowledge a PC support technician should know.

CPC Medical Billing and Coding (Voucher Included)

This is an ideal program for students new to a medical career. This comprehensive program will provide you with all of the information you need to earn a certification in medical billing and coding.

Medical Transcription + Medical Terminology

Start a new career as a medical transcriptionist with the training provided in this program, which also includes medical terminology training.

Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

Pharmacy Technician (Voucher Included)

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

INSTRUCTOR-LED ONLINE COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- 24-Hour Access
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Some of our most popular courses include:

Explore a Career as a Pharmacy Technician

Master the skills that will prepare you for an entry-level position as a pharmacy tech or clerk, and discover the steps you can take to become a Certified Pharmacy Technician (CPhT).

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Explore a Career as an Administrative Medical Assistant

Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office—from appointment scheduling and chart creation to medical billing and coding.

Certificate in Legal and Ethical Issues in Healthcare

(12 contact hours) Explore the legal and ethical risks healthcare professionals face, including issues related to HIPAA rules, medication errors, social media and healthcare, organ donation, and workplace violence.

DISCOUNTED COURSE BUNDLES

SAVE!

PMP Prep Series:

Learn how to prepare for the Project Management Institute's prestigious PMP® certification exam

Basic Computer Skills Suite:

Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!

Microsoft Office Value Suite Series:

Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.

Microsoft Word Series:

Learn the ins and outs of Microsoft's newest release of Microsoft Word. This discounted bundle teaches you everything you need to know about the 2016 release.

Microsoft Excel Series

Learn to use basic, intermediate, and advanced features of Microsoft Excel.

Adobe Value Suite

This group of courses teaches you the basics of Adobe's InDesign, Illustrator and Photoshop image and graphic design software.

Visit our website for program details!

careertraining.ed2go.com/mcccommed

Visit our website to view start dates!

www.ed2go.com/mcccommed

TECHNOLOGY

Develop new skills or enhance existing ones for workplace advancement

INTRODUCTION TO MS-WORD 2016

This user-friendly word processing software has gone through many changes since its introduction in the 1980s, but it continues to be widely used in both personal and business settings. In this class, you'll learn the basics: menu system, tool bar and how to create and edit documents. In addition, see how this most recent version of Word allows you to collaborate with others on the same document. Required book can be purchased from the campus bookstore.

PREREQUISITE: Keyboard and mouse skills.

FEE: \$74

BLUE RIVER

INSTRUCTOR: Cat Garrett

2 Thurs. & 1 Tues., Starts Jan. 23 6-8 p.m.

LONGVIEW

INSTRUCTOR: Teresa Wedel

2 Thurs. & 1 Tues., Starts Feb. 20 6-8 p.m.

MAPLE WOODS

INSTRUCTOR: Bob Schubert

2 Tues. & 1 Thurs., Starts Mar. 24 4-6 p.m.

INTRODUCTION TO MS-EXCEL 2016

Do you want to excel at MS-Excel? Our experienced instructor will teach you the basic functions and features of this powerful spreadsheet program. You'll learn the names of all the parts of the Excel window, such as the Quick Access Toolbar, ribbon, tab, cell and formula bar. Create a spreadsheet; discover the most commonly-used functions to make powerful calculations; and learn tips, tricks and shortcuts. Whether you want to learn to use Excel for personal or business use, this class will help you master the basics. Required book can be purchased from the campus bookstore.

PREREQUISITE: Basic keyboard and mouse skills.

FEE: \$84

BLUE RIVER

SECTION A

INSTRUCTOR: Cat Garrett

2 Tues. & 2 Thurs., Starts Feb. 18 6-8 p.m.

SECTION B

INSTRUCTOR: Cat Garrett

2 Tues. & 2 Thurs., Starts Mar. 24 2-4 p.m.

LONGVIEW

INSTRUCTOR: Teresa Wedel

2 Mon. & 2 Wed., Starts Mar. 30 6-8 p.m.

MAPLE WOODS

INSTRUCTOR: Bob Schubert

2 Tues. & 2 Thurs., Starts Apr. 21 4-6 p.m.

PENN VALLEY

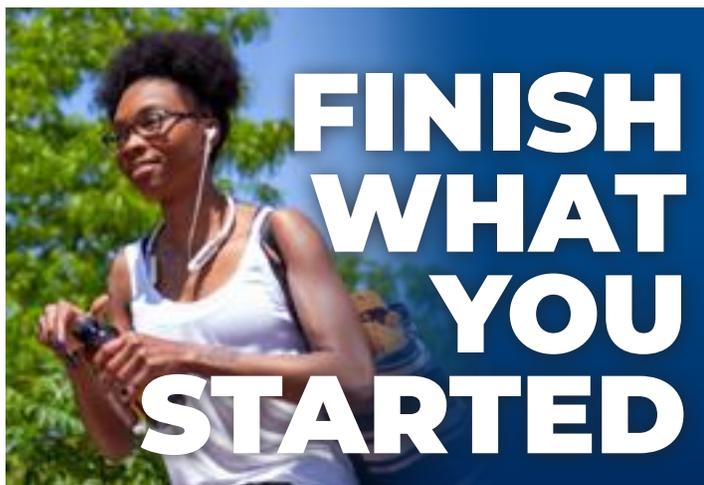
INSTRUCTOR: Eunice Terry

2 Tues. & 1 Thurs., Starts Mar. 3 6-8 p.m.

**METROPOLITAN COMMUNITY COLLEGE
SPRING BREAK**

MARCH 16-MARCH 21

OFFICES CLOSED



**SPRING ENROLLMENT IS OPEN
CREDIT CLASSES START JANUARY 13**
Enroll at mcckc.edu/return or call 816.604.1000

INTRODUCTION TO MS-OFFICE 2016

Learn the most commonly used parts of the Microsoft Office Suite: Word, Excel and PowerPoint. These three applications are included in even the most basic plans offered by Microsoft. Learn to create, format, enhance, save and print your documents, spreadsheets and presentations using Microsoft Office 2016. You'll learn the basics of the ribbon, the Backstage view and the Quick Access Toolbar. Required book can be purchased from the campus bookstore.

PREREQUISITE: Basic keyboard and mouse skills.

FEE: \$84

BLUE RIVER	
SECTION A	
INSTRUCTOR: Cat Garrett	
2 Tues. & 2 Thurs., Starts Mar. 3	2-4 p.m.
SECTION B	
INSTRUCTOR: Cat Garrett	
2 Tues. & 2 Thurs., Starts Apr. 21	6-8 p.m.
LONGVIEW	
INSTRUCTOR: Teresa Wedel	
2 Tues. & 2 Thurs., Starts Jan. 28	6-8 p.m.
MAPLE WOODS	
INSTRUCTOR: Bob Schubert	
2 Tues. & 2 Thurs., Starts Apr. 7	4-6 p.m.
PENN VALLEY	
INSTRUCTOR: Eunice Terry	
2 Tues. & 1 Thurs., Starts Feb. 18	6-8 p.m.

COMPUTER ESSENTIALS: JUST THE BASICS

If you have never worked with computers or are a very new user, join us for this easy-paced introductory class. We will cover the basics of using the mouse, opening and using programs, saving and printing your documents and survival skills for the new computer user.

INSTRUCTOR: Cat Garrett

CAMPUS: Blue River

DATES:

(Section A) 2 Tues. & 2 Thurs., Starts Feb. 4, 2-4 p.m.

(Section B) 2 Tues. & 2 Thurs., Starts Apr. 7, 6-8 p.m.

FEE: \$84



**METROPOLITAN
COMMUNITY COLLEGE**

ONLINE

**24 HOUR ACCESS TO
QUALITY HIGHER EDUCATION**

**READY TO TAKE MCC CREDIT CLASSES ONLINE?
CONTACT AN ONLINE ADVISOR AT:**

**MCC-Penn Valley, Learning Resources, Rm. 302 | 3201 SW Trafficway | Kansas City, MO 64111
distance.education@mckc.edu | 816.604.4490**

EXCEL FOR BUSINESS APPLICATIONS

If you need to learn more in-depth functions of MS-Excel to help you get ahead, join us in this intermediate-level class. Discover how to sort and filter data; insert tables, pivot tables and charts; and perform advanced formulas. Learn various ways to make calculations, analyze your data using advanced features and get tips and tricks to gain proficiency in this respected spreadsheet program. Start your journey down the path of becoming a power user! Required book can be purchased from the campus bookstore.

PREREQUISITE: Introduction to MS-Excel or Introduction to MS-Office 2016.

BLUE RIVER		
INSTRUCTOR: Michael "Mac" Kettner		
2 Mon. & 2 Wed., Starts Mar. 2	6-8 p.m.	\$84
LONGVIEW		
INSTRUCTOR: Teresa Wedel		
2 Wed. & 1 Mon., Starts Apr. 15	6-8 p.m.	\$74

WINDOWS 10

If you've recently purchased a new computer, there is a good chance it came loaded with Microsoft's updated operating system, Windows 10. There are many differences between this version of Windows and its predecessors, not the least of which is what it looks like to the average computer user. Come explore this new system, which is designed to integrate seamlessly with mobile devices and bring a new level of innovation and security to all users.

FEE: \$39

BLUE RIVER	
INSTRUCTOR: Cat Garrett	
Tues., Jan. 21	6-8 p.m.
LONGVIEW	
INSTRUCTOR: Teresa Wedel	
Thurs., Mar. 10	6-8 p.m.

ONLINE MARKETING FOR BEGINNERS

Wanting to build an online business but you have no idea where to start? Learn the strategies you need to get your business launched. We'll walk through step by step exactly what you need to establish your presence online and start generating income from your passions. This class is perfect for people interested in selling digital products, courses and services through online marketing.

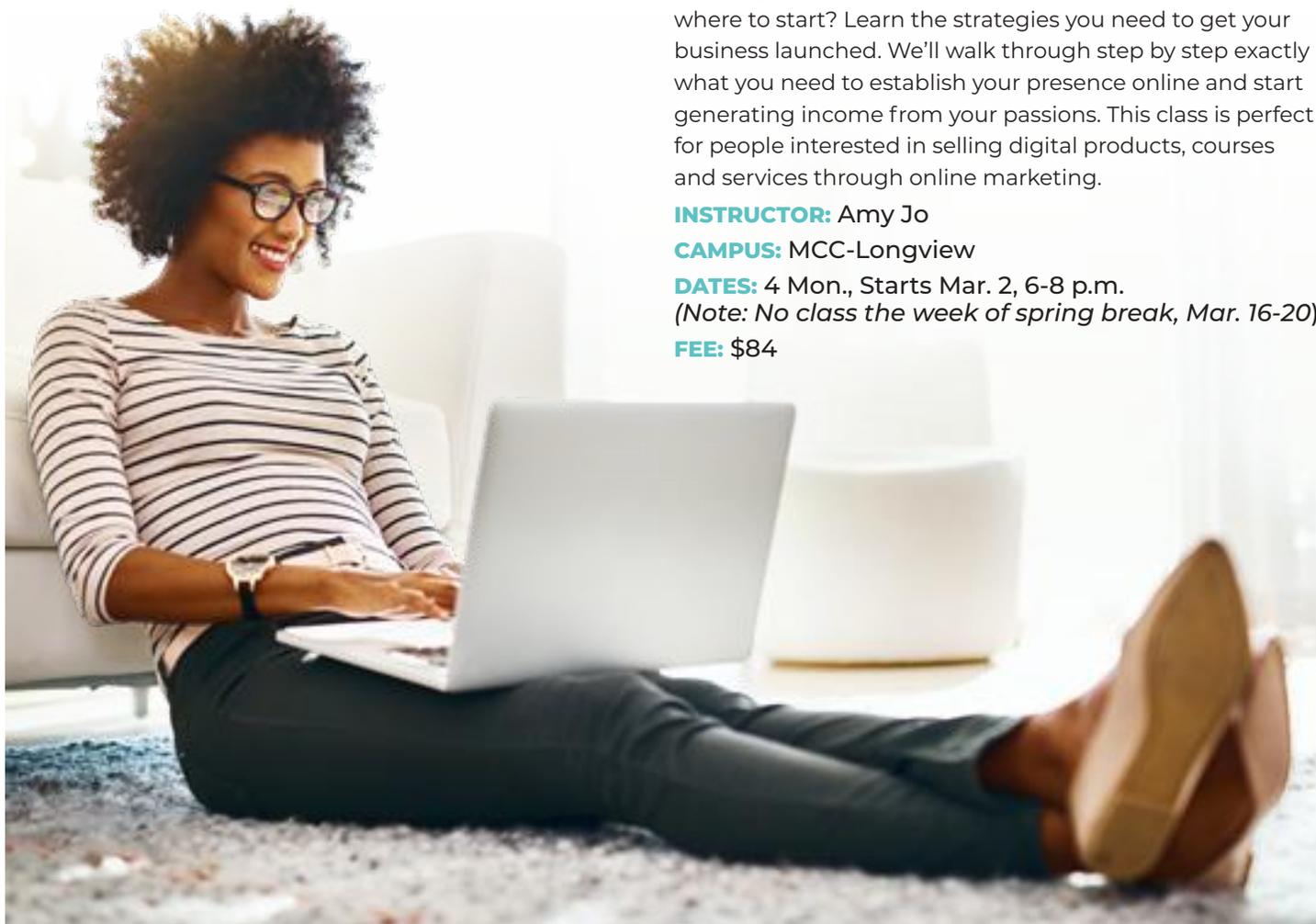
INSTRUCTOR: Amy Jo

CAMPUS: MCC-Longview

DATES: 4 Mon., Starts Mar. 2, 6-8 p.m.

(Note: No class the week of spring break, Mar. 16-20)

FEE: \$84



COLLEGE FOR KIDS



Summer vacation doesn't have to be boring – join in the fun of MCC's College for Kids program. We offer weekly classes for ages 5-15 during June and July each summer. Classes will run Monday-Thursday and begin the week of June 15. Unleash creativity, think critically and have a blast!

mcckc.edu/collegeforkids

METROPOLITAN COMMUNITY COLLEGE
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COLLEGE.

Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

To enroll go to
mcckc.edu/collegeforkids

For more information,
call **816.604.1000**

WRITING & PUBLISHING

↳ *Shape powerful prose*

GRANT WRITING FINALLY MADE EASY

Learn practical tools, tips and techniques for improving the project management associated with grants. This includes adequately developing administrative, accounting and financial systems to keep track of fiscal and programmatic reports on grant income and expenditures within the required deadlines.

INSTRUCTOR: Dr. Barbara Wright
FEE: \$24

LONGVIEW

Sat., Feb. 8 10 a.m.-noon

MAPLE WOODS

Sat., May 2 10 a.m.-noon

PENN VALLEY

Sat., Apr. 11 10 a.m.-noon

WRITING FOR CREATIVITY AND CONNECTION

In this class, we'll use fun, thoughtful activities and prompts that will get our pens moving and our creativity flowing. We'll write, share and write some more. We'll discover what we want to say—and how we want to say it—all in a supportive, encouraging environment. This class isn't about harsh critiques or polishing our prose; it's about writing to strengthen our voices and enliven our hearts. No writing experience necessary.

INSTRUCTOR: Amy Woods Butler

DATES: 5 Thurs., Starts Feb. 11 6:15-8:15 p.m.

CAMPUS: MCC-Longview

FEE: \$89

WRITE YOUR LIFE STORY

Our past is rich with memories worth sharing. If you've dreamed of writing your life story for family and future generations, this class is for you. We'll learn how to get started, keep the memories flowing and capture our thoughts and experiences on the page. And we'll have fun listening to each other's tales of life long ago! You'll leave the class with a plan to keep writing and with ideas on how to present your beautiful life story to those you love. No writing experience necessary.

INSTRUCTOR: Amy Woods Butler

DATES: 5 Thurs., Starts Mar. 24 10 a.m.-noon

CAMPUS: MCC-Longview

FEE: \$89

FOLLOW US ONLINE!



@MCCKansasCity

GET INVOLVED!

Enjoy the challenge of teaching?
Have creative class ideas?
Want to be involved in a community program?
Please contact us!

We are always looking for instructors for our non-credit programs, adult and College for Kids classes.

If you have an idea for a Community Education class or would enjoy joining our team, please contact Tami at **816.604.2640** or email **communityeducation@mccckc.edu**.



**OPEN
NOW**

**ENROLL NOW TO
SECURE YOUR SPOT**

**SPRING ENROLLMENT
FOR CREDIT COURSES**

**LOCK IN YOUR
CLASSES NOW.**

Stay on track to reach your future!

Students are enrolling for the spring 2020 semester.

To secure your classes before they fill up, enroll as soon as you can.

Enroll now, pay later, and lock in the classes you need!

Enroll today to take command of your future.

**SPRING CLASSES
START
JANUARY 13**

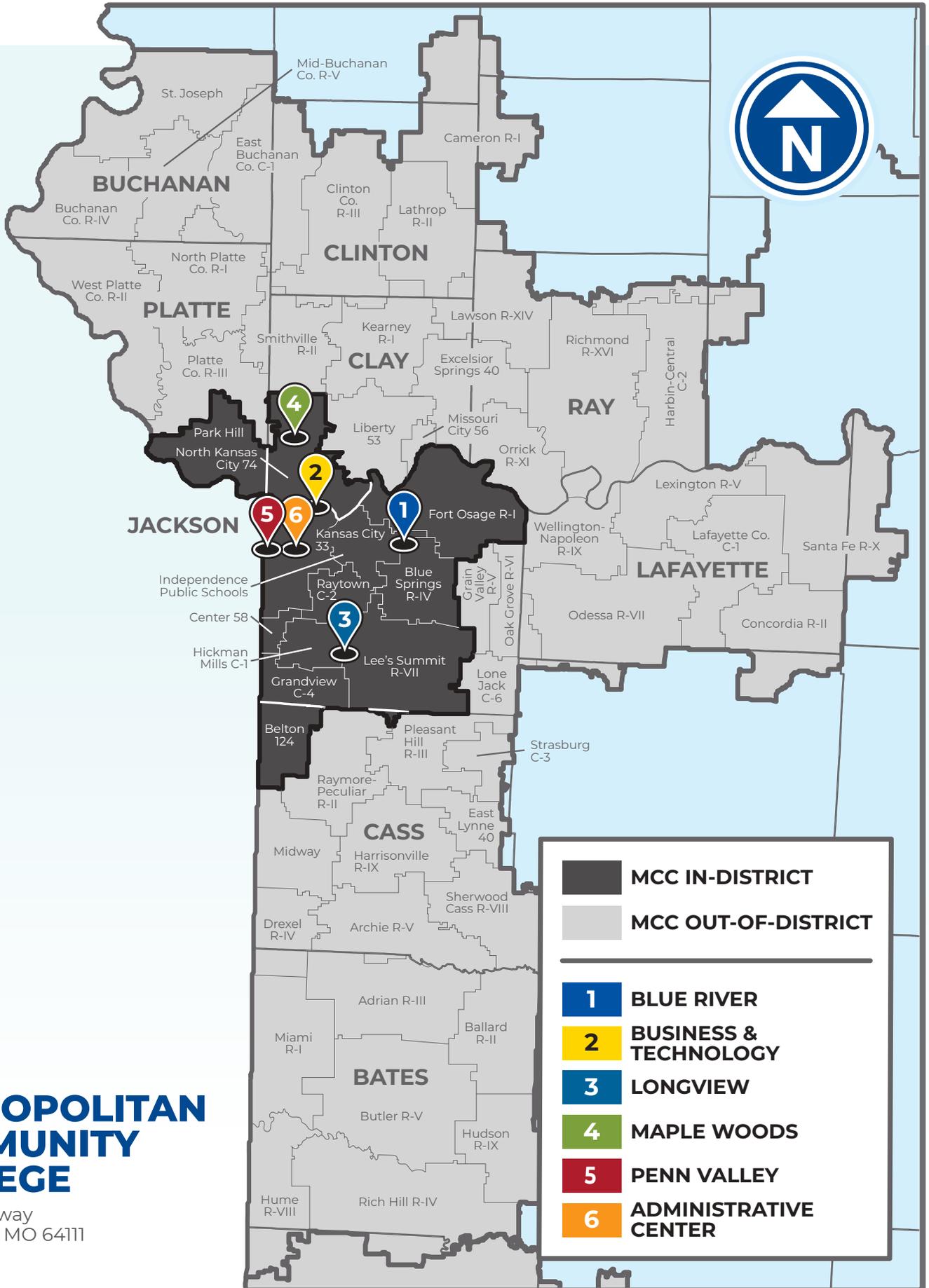
CHECK OFFERINGS AT:
mcckc.edu/classes

SECURE YOUR SEAT AT:
mcckc.edu/enroll

METROPOLITAN COMMUNITY COLLEGE
**YOUR COLLEGE.
MCC FUTURE.**

Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

MCC CAMPUS LOCATIONS



METROPOLITAN COMMUNITY COLLEGE

3200 Broadway
Kansas City, MO 64111

MCC CAMPUS MAPS

AS Arts and Sciences/
FEMA Shelter
CC Campus Center
EC Education Center
PSI Public Safety Institute

PDC Professional
Driving Course
SP Skid Pad

MCC-BLUE RIVER
20301 East 78 Hwy | Independence, MO 64057

CA Conference Annex/FEMA Shelter
CC Campus Center
EH Exhibit Hall
NA North Annex
TC Technology Center

MCC-BUSINESS & TECHNOLOGY
3201 Southwest Trafficway | Kansas City, MO 64111

BU Business
CAC Cultural Arts Center
CC Campus Center
EC Education Center
FC Facilities
FS FEMA Shelter
HT High Technology
LA Liberal Arts
LR Learning Resources
SC Southland Center
ST Science technology

MCC-LONGVIEW
500 SW Longview Rd. | Lee's Summit, MO 64081

AD Administration
CC Campus Center
CB Computing/Business
FC Facilities
HU Humanities
LR Learning Resources
MVSS Maple Valley
State School
MS Math/Science
NHSC Northland Human
Services Center
STC Sports Training Center
SC Student
Center
V Veterinary Technology

MCC-MAPLE WOODS
2601 NE Barry Rd. | Kansas City, MO 64156

METROPOLITAN COMMUNITY COLLEGE

3200 Broadway
Kansas City, MO 64111

CA Carter Art Center
CC Campus Center
EC Education Center
HSI Health Sciences Institute
HU Humanities
LR Learning Resources
SEC Malcom T. Wilson
Student Enrollment Center
PE Physical Education
ST Science and Technology

AC MCC Administrative Center
BP Broadway Plaza
FI Francis Child Devp. Institute

MCC-PENN VALLEY
3201 Southwest Trafficway | Kansas City, MO 64111

COMMUNITY EDUCATION ENROLLMENT

Pre-enrollment is required for all classes.

Walk-ins are not accepted.

Enrollment is not complete without payment.

THREE EASY WAYS TO ENROLL:

1. ONLINE at mcckc.edu/community-education

Each student will need to register under their own name.

2. OVER THE TELEPHONE with credit or debit card. We will need your name, address, email address, phone number, date of birth and last four digits of your social security number. Please have your credit/debit card available.

3. BY MAIL Complete the registration form in the back of this catalog. Enclose a check or money order payable to Metropolitan Community College. Write student's name in the memo section.

Mail to: **MCC-Longview
Community Education Office
500 SW Longview Rd.
Lee's Summit, MO 64081**

A WORD ABOUT WAITING TO ENROLL:

Every class has a minimum required enrollment. If this minimum is not met prior to the starting date, the class will be canceled. If you find a class you like, encourage a friend to join, too. Sometimes two or three people make the difference between "go" and "cancel."

ENROLLMENT VERIFICATION

We will send an email confirmation if you provide an email address at enrollment. We will notify you if a class which you are enrolled in has been canceled or is rescheduled.

REFUND POLICY

Our instructors are paid from fees collected, so we must guarantee a minimum enrollment to schedule a class. If it becomes necessary for you to withdraw from a class, please contact the college at **816.604.1000** at least five business days prior to the class start date to request a full refund. No refunds will be made for withdrawals fewer than five business days prior to the start of the class.

CLASSROOM ASSIGNMENTS/PARKING

Classroom assignments will be provided in your emailed course confirmation. You may park in any area on campus designated as student parking.

SCHEDULE CHANGES

The information in this brochure is based on conditions at the time of printing and is subject to change. Classes may be canceled, combined or added, and instructor assignments, dates, times and or/locations may be changed at the discretion of the Community Education administration.

CANCELLATIONS DUE TO WEATHER

When Metropolitan Community College District cancels classes, your Community Education class will not be held. Please be sure to listen to TV or radio announcements for cancellations. If you are unsure, you may call the college at **816.604.1000**.

COMMUNITY EDUCATION REGISTRATION

Use a separate form for each person.

Copies of the form are acceptable.

You will receive an email confirmation that will include your campus building and room number as well as other information specific to your class.

Name _____

Address _____

Home Phone _____ Work/Cell Phone _____

Email Address _____

Date of Birth _____ Last 4 of Social Security Number _____

CLASS TITLE	STARTING DATE	CAMPUS*	FEE
*Campus abbreviations: Blue River (BR), Longview (LV), Maple Woods (MW), Penn Valley (PV)			TOTAL \$

Return form with check or money order to:

MCC-Longview
 Community Education Office
 500 SW Longview Rd.
 Lee's Summit, MO 64081-2105



Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

IT'S TIME TO EXPERIENCE SOMETHING NEW!

FIND YOUR COMMUNITY EDUCATION CLASS INSIDE.



Spring Features

* **FLIGHTS OF FANCY
MEGA KITE FESTIVAL**

* **MASTER CLASS ON AGING**

* **COLLEGE FOR KIDS:
SPRING BREAK CAMP**

* **CERTIFIED BBQ JUDGE**

METROPOLITAN COMMUNITY COLLEGE

**YOUR COMMUNITY.
MCC COLLEGE.**

Blue River | Business & Technology | Longview | Maple Woods | Penn Valley | Online

MCC-Longview Community Education Office

500 SW Longview Rd.

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