Lifelong LEARNING

no homework, no tests, no grades!

Classes through June 2016

Explore Craniosacral Therapy
Digging Out: Loving a Hoarder
X Marks the Spot: Geocaching 101
Coconut Oil for Healthy Beauty
Perfect Paella: A Taste of Spain

269-965-4134 | www.kellogg.edu/lifelong
Welcome!

We hope the winter has been good to you and that you’re ready to get out and enjoy the spring weather! This spring/summer we have designed classes that can help you start a new hobby, get in shape with yoga, expand your world through holistic living, and prepare your home and garden for the coming season.

Whether it’s new computer skills or finding better ways to manage your finances, we hope you’ll discover some classes that grab your attention. Remember, in Lifelong Learning there’s no homework, no tests and no grades! It’s the perfect time to learn something new and we invite you to bring your friends along for the fun. We look forward to seeing you soon.

Your Friends in Lifelong Learning

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Bring a friend to class and make it a girls’ night out!

Send her this link www.kellogg.edu/lifelong and decide on the classes you want to take together

Need a gift?

Remember a Lifelong Learning class gift certificate will make even the most hard to please relative or friend very happy!
Personal Interest

Buying Your First Home: What You Need to Know

Join us as we share everything you need to know to buy your first home. Rental prices have gone through the roof and buying a home remains a sound investment, but how do you know if you’re ready? We’ll share common pitfalls to avoid, how to select the right type of home, the right mortgage, the right agent and the right inspections—plus, we’ll discuss creating and managing a realistic home buying budget, qualifying and securing loan financing, information about inspections and insurance, and how to successfully close the deal. Just because this is your first home buying experience doesn’t mean you need to go into it with your eyes closed. Join us to get the information you need, before you step into the process.

Saturday • 3/5/16 • 10 am-1 pm • $19 (single) $29 (couple) •
PDEV CK003-02 (single)
PDEV CK003-03 (couple) • Tania Kazanjian

Image Update: Enjoy a Spring Makeover

Do you look in the mirror and feel like the winter blues have affected not only your mood, but your looks as well? In this fun class you’ll join a professional make-up artist and color expert to discover the best hair style, hair color, eyeglass frames, clothing styles and color combinations based on your unique features. You’ll experience a mini-color analysis to find what is most flattering on you along with make-up tips and tricks to bring out your best features. You’ll learn ways to wear the latest accessories in imaginative ways, and how to dress to emphasize the positives in your body. We’ll also look at wardrobe essentials and discuss what to keep, what to toss, and what to buy to round out the perfect wardrobe.

Saturday • 3/12/16 • 10 am-1 pm • $35
PDEV CB003-01 • Patricia Henderson

Battle Creek History: Suffragettes & the Temperance Movement

Did you know one of the first “anti-saloon” campaigns in the country started right here in Battle Creek? Join us to learn about the shift from the temperance movement to suffrage and the women involved in both campaigns. Battle Creek has always been a hotbed of social reform and, while best known as an anti-slavery town, we were just as active in the other burning social reform issues of the day—temperance and suffrage. Michigan was the first state to ratify the amendment giving women the right to vote and, in this new class with our favorite historian, you’ll learn about the many women who
stood against injustice and made a difference in our community and our nation.
Wednesday • 3/23/16 • 6-9 pm • $35
HSTY CD003-01 • Mary Butler

Better Living through Intentional Relationships

It’s time to take a look at the relationships you have with the people in your life and decide what you can do to make them the best they can be. In your life here on Earth you have relationships with everyone and everything, whether good, bad, or indifferent. In this new class you will learn and practice how to move your relationships into an intentional proactive state where you can purposefully create positive and joyful experiences. Don’t be a reactionary victim in the relationships you have with others; join us and take a journey into a better life through better relationships.
Wednesday • 3/30/16 • 6-8:30 pm • $29
PDEV CK003-01 • Patricia Henderson

Preserving Your Paper Treasures

So, do you have those important papers—marriage licenses, diplomas, death certificates—stuck haphazardly between the pages of your family Bible? In this new class you’ll discover how to repair and care for those precious family documents and books. Don’t miss this opportunity to learn how to preserve these important and irreplaceable heirlooms—your family will love you for keeping these treasures intact so future generations can enjoy and learn from them.
Tuesday • 4/19/16 • 6-8 pm • $19
CRFT CV002-01 • Mark Lambert

One Year to an Organized Life

Have you about had it with the disorganization that surrounds you? If you take just two Wednesday evenings, and join our professional organizer, you can discover how to have an organized life! An organized life enables you to have more freedom, less aggravation, better health, and to get more done. Even the messiest can turn their lives around—anyone can get organized. Join us to learn how to break down tasks and build routines over time so that your life becomes simple, not overwhelming. We’ll give you time management tips; show you how to make your kitchen efficient; explain how to permanently organize your closets and drawers; and declutter your space and stop the chronic “dumping” of stuff in the guest room, basement and garage. Discover the magic formula for organizing anything. Whether you’re living in chaos or just looking for new ways to simplify, this class will help you get the whole household organized and stay that way.
Wednesdays • 4/20/16-4/27/16 • 6-8 pm
$39 • PDEV CK006-01 • Delma Smith
Frozen in Un-Forgiveness: Let it Go & Be Free!  
Do you feel wronged, burdened or victimized because of past events? You can be free of that pain if you just let it go, but that can be difficult. You cannot unhear what you have heard or unsee what you have seen. What you can do is stop believing that what occurred has somehow left you broken, damaged and wounded. Join us to receive practical direction and heartfelt guidance toward experiencing the spiritual, physical, mental and emotional relief that accompanies releasing resentments, no matter how deep or long-held. Holding on to grievances is really a decision to stay frozen in time, and in this new class you’ll discover the freedom of forgiveness and how you can make it a part of your daily life.  
Saturday • 4/23/16 • 10 am-12 pm • $19  
PDEV CK002-01 • Kristy Smith

Discover Your Style Personality & Best Colors!  
Is your closet a mismatch of different styles, colors and types of clothing? Do you stand in front of it in the morning and wonder what to wear? What if your closet and drawers were filled with the perfect clothing for you? Discover how knowing your personal style and what colors work best for you makes both shopping and getting ready in the morning a pleasure instead of a chore! You’ll walk away with everything you need to know about what looks best on you, and the next time you hit those sales racks you’ll love what you have in your bag when you walk out of the store!  
Wednesday • 4/27/16 • 6-9 pm • $35  
PDEV CB003-02 • Patricia Henderson

Getting Paid to Talk! Intro to Professional Voiceovers – POPULAR  
Have you ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Today, the range of voices hired has grown dramatically from the days of announcers. Learn what

Lifelong Learning classes are the perfect gift for the person who has everything!  
Call Abbie at 269-965-4134 to order your gift certificates.
the pros look for, how to prepare, and where to find work in your area! We’ll discuss industry pros and cons and play samples from working voice professionals. In addition, you’ll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voiceover field. In an effort to ensure a quality class experience, we must limit attendance. So, please register early.

Tuesday • 5/24/16 • 6-8:30 pm • $39
PERF CI003-01 • Voice Coaches

50 and Fabulous!

Join an expert make-up and skin care consultant as we explore the special needs of women over 50. You’ll learn how to work with, not against, your body’s changes—such as graying hair and fine lines—and we’ll share healthy ways to stay beautiful and stylish. You know you’re feeling more confident than ever; now you can feel beautiful and attractive while pampering yourself and learning how to enjoy your face and body as you enter this next stage of your life. You’ll learn about skin care based on your skin’s changing needs and how you can use subtle make-up techniques to enhance your features and celebrate your natural look. Remember, you’re not getting older, you’re getting better—and we’re here to make you even better than you thought you could be!
Wednesday • 5/25/16 • 6-9 pm • $29
PDEV CB003-03 • Patricia Henderson

Meditation for Stress & Anxiety

Our lives can often feel full of stress, and with our busy, hectic lives this can be especially true! In this class we’ll share effective ways to handle stressful situations as well as strengthening the stress management techniques we already know and use. We’ll share how mindfulness can reduce your reaction to stress, along with a variety of ways to tap into the practice of mindfulness for a calmer and more-focused life. Join us to learn how you can reduce the stressors in your life, plus, you’ll discover how an ongoing mindfulness practice will positively impact your day-to-day living.

Thursdays • 6/2/16-6/9/16 • 6-7:30 pm • $25
HOLV CF003-01 • David Sink, RN

Book Lovers: Rare Book Collecting

Do you love books? Have you ever thought about, or started, collecting books, and wondered what to do next? In this class you’ll join the owner of Sheldon Fine Books to explore what to collect and where to find it, how to tell a first edition from a reprint, how to build an author collection, and get the best price from dealers. You’ll learn the four most important points of book collecting, how to understand pricing, the rarity of certain books and collecting with an eye on future value. You are welcome to bring up to three of your books to class for an assessment of value by the instructor.
Tuesday • 6/7/16 • 6-8:30 pm • $25
WRTG CJ003-01 • Julie Moore

visit us on the web @ www.kellogg.edu/lifelong

www.kellogg.edu/lifelong
Digging Out: Loving a Hoarder

If you have a friend or loved one with a hoarding problem and you are looking for a way to help them live a safer and healthier way of life, then we invite you to join us for this new class. Based on the book, Digging Out by Michael A Tompkins and Tamara L. Hartl, and your instructor’s work with individuals who hoard, we’ll explore realistic strategies that you can use to help your loved one manage health and safety hazards, and make long-term lifestyle changes. We’ll talk about special considerations related to the elderly and the strained relationships that often result from living with or caring about a hoarder.

Thursday • 6/9/16 • 6-8 pm • $29
HOME CA002-02 • Delma Smith

Instructor biographies are available on our website www.kellogg.edu/lifelong

It’s time for a Girls’ Night Out

Enjoy the evening with your friends, sisters, mom or daughters by learning something new together—here’s our suggestions:

Coconut Oil for Healthy Beauty • Angel Power Candle Making • The Art of Fingerprint Reading
Fitness

Nighty-Night: Yoga Moves to Help You Sleep – **POPULAR**

We “spring ahead” on March 13th this year, and you know the feeling, your body’s clock is out of whack again. Or, you work third shift, it’s already noon and you feel wired for sound and the last thing you want to do is crawl into bed. If you suffer from stress, insomnia, or lack of energy due to lost or disrupted sleep you can benefit from this class. We’ll practice simple breath awareness in supportive yoga poses to help release deep tension. As tension dissolves you’ll feel relaxed and ready for sleep. Join us to nourish and nurture your body, mind and spirit…sleep well.

Monday • 3/7/16 • 6-7:30 pm • $25
YOGA CC002-01 • Kimberly VanHoose

Yoga for Beginners

Learn the basic yoga postures, meditation and breathing techniques in this gentle yoga class. This class will prepare you with basic yoga postures and insure safe positioning to make your yogic journey easy on your body and mind. **NOTE:** No class 4/4/16.

Mondays • 3/14/16-4/25/16 • 5:30-7 pm
$49 • YOGA CF009-01 • Kimberly VanHoose

Pranayama: The Breath of Yoga

You can open any magazine or newspaper and read about studies on breathing meditation and its health benefits. In this class you will experience the connection between breath and movement. This dynamic yoga class will reignite the relationship between your body and spirit as you carefully observe your natural flow from asana to asana. This practice will prepare you for gentle to moderate yoga classes and bring forth your awareness and focus, both on and off the mat.

Mondays • 5/2/16-5/23/16 • 5:30-7 pm
• $39
YOGA CA006-01 • Kimberly VanHoose

**EXPAND Your World**

*Live a Holistic Life!*

- Hypnotherapy for Weight Loss
- Discover Your Animal Totem
- Explore Craniosacral Therapy
- Meditation for Stress & Anxiety
- Herbs for Menopause Relief

**www.kellogg.edu/lifelong**
Yoga Moves for a Flat Belly
This class is designed to stretch and strengthen your core as well as your entire body. Explore the concept that core work is 360 degrees around the body. Starting with the most useful breathing techniques, we will guide you through a set of effective yoga poses that you can perform one after another, smoothly and gracefully transitioning from one to the next in a flowing motion. In addition to losing belly fat and strengthening your core, these yoga poses will help you to increase your flexibility and strengthen all the parts of your body. We’ll include a range of warm up moves, flow and twist postures, a cool down and each session will end with a well-earned relaxation meditation. Yoga experience is preferred.
Mondays • 6/6/16-6/27/16 • 5:30-7 pm • $39
YOGA CH006-01 • Kimberly VanHoose

Best Deal! Yoga Mondays with Kim! – POPULAR
Join us every Monday to experience the many benefits of a regular Yoga practice.
Mondays • 3/14/16-6/27/16 • 5:30-7 pm • $99
YOGA CI021-01 • Kimberly VanHoose

Taste of Tai Chi
Are you still searching for the perfect exercise form? Come experience the graceful movements of this ancient practice combining exercise, concentration, and body awareness. Tai Chi is a form of moving meditation. The slow gentle form will move almost every joint in your body, with gentle or no impact. No special equipment or clothing is needed to do Tai Chi. This class is good for anyone looking to keep their joints moving, increase their balance or just learn something that is relaxing. This is a class for beginners and you’ll be able to practice the techniques you learn in class at home with a DVD that’s included in your class fee.
Thursdays • 4/21/16-5/26/16 • 6-7:30 pm • $79 • LFIT CW009-01 • Sue Deese

Got Questions?
Look for answers on pages 47 and 48.
If you don’t find the answer there, go to our website www.kellogg.edu/lifelong and choose FAQ on the navigation bar.
Of course, you can always email your question to us at ll-info@kellogg.edu, or call Abbie at 269.965.4134

Sign Up
Would you like to "be in the know" about our upcoming classes?
Visit www.kellogg.edu/lifelong and sign up for our free monthly newsletter or text LLL to 42828.
“X” Marks the Spot: Geocaching 101 NEW

Join us to discover everything you need to know to experience real life treasure hunts and have amazing geocaching adventures! Geocaching is a world-wide treasure hunting game that you can play with your family, friends, and even by yourself. There is no limit to what you can find while you’re geocaching. We’ll discuss etiquette guidelines, planning checklists, and how to choose and use a GPS receiver for geocaching. Plus, you’ll learn how to find a cache and how to hide your own geocache. We’ll share ways to stay safe while hunting geocaches, and fun ways to geocache with your kids. If you have a Boy Scout in your family, they will learn what they need to pursue the geocaching merit badge. Join us to discover this fast-growing outdoor sport!

NOTE: Please bring your GPS or smart phone with a GPS feature to class with you. First class session will be held at the RMTC, 405 Hill Brady Rd, Battle Creek. Saturdays • 4/23/16-4/30/16 • 10 am-1 pm • $39 (single) $59 (couple) LFIT CZ006-01 (single) LFIT CZ006-02 (couple) • Patrick O’Donnell

Golf Fundamentals Workshop NEW

This workshop is designed for the beginner or inexperienced golfer. We’ll introduce you to the important aspects of the game including an overview of golf etiquette, rules of the game, the various clubs in your bag and when to use them, and the movements of putting, chipping, pitching and the positions needed for a full swing. You’ll have an opportunity to practice these new skills, too. Also, there’s no need to buy a set of golf clubs: just bring a putter, a #6 or #7 iron, and a driver (#1 wood). If you’ve always wondered if golf is a sport for you, then take this opportunity to see what you think. Who knows? You might be the star of your company’s next golf outing!

NOTE: Class is held at Binder Park Golf Course, 7255 B Drive South, Battle Creek MI 49014. Saturday • 6/4/16 • 12-3 pm • $35 LFIT CY003-01 • Ron Davis

visit us on the web @ www.kellogg.edu/lifelong
Healthy & Holistic

Frumpy to Fearless: Hypnotherapy for Weight Loss

Are you secretly afraid you’ll be fat forever? Many people try every diet, pill, shake and exercise plan out there, and end up just as overweight and unhappy as they were before they tried to lose weight in the first place. In order to lose weight for good, you must deal with more than the conscious mind, you must tap into the incredible power of your subconscious mind! In this class we will discuss issues concerning food and overeating, why diets often don’t work, and how a specific trauma from a previous lifetime may be affecting our weight now. Everyone will participate in a guided meditation that promotes more positive eating habits by directly addressing our subconscious minds using hypnosis. Get ready to permanently change your body by first transforming your mind. NOTE: Please wear comfortable clothing for the guided meditation portion of the class.

Wednesday • 3/2/16 • 6-9 pm • $25
HOLV CD003-01 • Jewel Shelden

Find Your Zen: Develop a Meditation Practice

Mindfulness offers a path to well-being and tools for coping with life’s inevitable hurdles. And though mindfulness may sound exotic, you can cultivate it—and reap its proven benefits—without special training or lots of spare time. In this class you’ll get effective strategies to use while driving to work, walking the dog, or washing the dishes, plus tips on creating a formal practice routine in as little as 20 minutes a day. Flexible, step-by-step actions will help you become more focused and efficient in your daily life. Meditation has been proven to help you cope with difficult feelings, such as anger and sadness; deepen your connection to the people in your life; feel more rested and less stressed; curb unhealthy habits; find relief from anxiety and depression; and resolve stress-related pain, insomnia, and other physical problems. What are you waiting for? It’s time to get your Zen on!

Thursdays • 3/10/16-3/31/16 • 6-7:30pm $45 • HOLV CF006-01 • David Sink, RN

Coconut Oil for Healthy Beauty

You may have already made the switch to coconut oil in the kitchen, but did you know you can also swap out some of your beauty products for this wonder oil? This do-it-all ingredient can be used to moisturize skin and remove makeup, but that’s just the beginning. It’s naturally antibacterial and antifungal, it’s an excellent moisturizer, it can penetrate hair better than other oils, and, well, it smells like a tropical island. In this new class you’ll create a conditioning hair mask, age-defying eye cream, smoothing lip balm, body
scrub and skin brightener, and a cuticle softener for smooth, beautiful hands.

Wednesday • 3/16/16 • 6-8 pm • $39 (includes materials) • HOLV CG002-01 • Carli Ray

Past Life Meditation Experience – POPULAR

Have you ever had that sensation of deja’vu when meeting someone new or traveling to a place you’ve never been before? Some people are simply curious about past lives while others want to know why they have so many challenges in this life. In this class you’ll relax and journey through a meditation that may take you across oceans or distant lands to help you figure out your past lives. Have no worries; this meditation is a safe, protected process designed to help you tap into your subconscious mind. Your instructor, a certified hypnotherapist who has done numerous group regressions, promises that you’ll be surprised by what you learn, and you may even experience a glimpse into your future. **NOTE:** Please bring a blanket and pillow for your comfort during the meditation. Also, please do NOT wear scents/perfumes to class.

Tuesday • 4/12/16 • 6-9 pm • $29
HOLV CD003-02 • Jewel Shelden

Develop Your Intuition

Perhaps you’ve seen news stories about the power of intuition, or read the book called “Blink” by Malcolm Gladwell where he shares how we think, without thinking (what some would call intuition). Everyone has intuitive ability, but often we only access it in bits and flashes. In this class you’ll discover specific techniques that will expand your awareness of your own intuitive language along with exercises you can do at home to heighten and strengthen your sensitivity to these gifts. You’ll discover the importance of grounding and how to do it, as well as several ways you can protect your personal space to keep you in control of your intuitive experiences.

Wednesday • 4/13/16 • 6-8:30 pm • $29
HOLV CJ003-01 • Patricia Henderson

Totems: Discover the Power of Your Personal Animal Totem

NEW

Among traditional Native Americans and other tribal peoples, totems are the enduring animal symbols that allow us to explore the mysteries of life and the spirit world. From the graceful Antelope to the aggressive Cougar to the wise and peaceful Turtle, each animal embodies certain strengths and attributes that the spiritual seeker can embrace and follow on the path of self-exploration. Join us as we discover ways to tap into the power of sacred animal totems by finding our own personal symbol and experiencing its energy firsthand.

Thursday • 4/14/16 • 6-8 pm • $19
HOLV CJ003-02 • Sue Martin

Instructor biographies are available on our website

www.kellogg.edu/lifelong
Herbs for Menopause Relief

Menopause is a natural process, so why not address the symptoms in a natural way? Join us to learn about a variety of natural herbs that Mother Nature provides us as we transition through this time in our life. You’ll take home a custom-designed tea that is made to address your specific symptoms—whether it’s a need for more restorative sleep or relief from hot flashes—there are herbal remedies that can help take care of your needs. Your class fee includes your personalized herbal tea. **NOTE:** This class is not designed to replace advice from your medical professional; it is for information purposes only.

**Monday • 4/18/16 • 6-8 pm • $29 (includes materials) • HOLV CG002-02**

Carli Ray

Explore Craniosacral Therapy

Craniosacral therapy (CST) is a gentle, powerful form of bodywork developed by an osteopathic physician in the early 1970s. We have a physiological system comprised of the membranes and cerebrospinal fluid that surround and protect our brain and spinal cord. In this new class you’ll discover how CST complements the body’s natural healing processes and how gentle touch can release restrictions in the craniosacral system and improve the function of our central nervous system, bolster our resistance to disease and decrease pain and discomfort. **NOTE:** This class is not designed to replace advice from your medical professional; it is for information purposes only.

**Monday • 4/25/16 • 6-8 pm • $25**

HOLV CI002-01 • Kathy Regannie

Tea for Beauty & Health

Take a tea break to look gorgeous! Tea-infused beauty products are popping up everywhere, and for good reason: Tea is loaded with antioxidants that can improve your health—both inside and out. Come learn about the health benefits of herbal teas that will help you stay well during the changing seasons. You’ll create a few “tea beauty” products that will give you natural, gentle beauty benefits along with recipes for making more at home. Plus, you’ll make an herbal mask and ointment that will ensure when everyone else is sick you will be energetically healthy, looking lovely and enjoying the fun summer months ahead!

**Monday • 5/9/16 • 6-8 pm • $29 (includes materials) • HOLV CG002-03**

Carli Ray
The Art of Fingerprint Reading: Secrets Revealed! **NEW**
Did you know that lurking within the ridges of your fingertips are the secrets of your personality? Our fingerprints remain unchanged throughout our lives, and in this new class you’ll discover your unique personality, special aptitudes and character traits through an in-depth examination of the tips of your fingers. Find out what the patterns mean, and how each pattern on each finger can reflect your interests, career options, and innermost secrets! Plus, once you know what to look for, you’ll be able to read the fingerprints of others and know more about them than they’d ever guess.
**Tuesday • 5/10/16 • 6-9 pm • $25**
HOLV CE003-01 • Jewel Shelden

A Beginner’s Journey into the Present Moment
The present moment is where everything happens. In fact, there is nothing else! And while we are busy thinking about yesterday and worrying about tomorrow we are missing everything that is going on all around us. Being able to consciously bring ourselves into the “Now” will reduce stress and allow us to tap into the universal wisdom and apply it to our everyday lives. And it is the first step into developing your psychic intuition. Join us for this amazing journey!
**Wednesday • 5/11/16 • 6-8:30 pm • $29**
HOLV CF003-02 • Patricia Henderson

Frequency: Creating a Positive State of Awareness
In this day and age of man-made turmoil it’s easy to sink into the general negative aura of the world. We feel more depressed, anxious, frustrated and even angry than we used to and we are more susceptible to chronic conditions and illness as a result. Because we see the world from a physical perspective, we often don’t notice what’s right in front of us — that our spirit, thoughts, emotions, and body are all made of energy. Inside us and everywhere around us, life is vibrating. In fact, each of us has a personal vibration that accurately communicates who we are to the world and helps shape our reality. This workshop gives you concrete techniques that are guaranteed to raise your vibration to a space of clarity, calm and personal power.
**NOTE:** Wear comfortable clothing, bring a personal water bottle and come prepared to practice!
**Wednesday • 5/18/16 • 6-8:30 pm • $29**
HOLV CF003-03 • Patricia Henderson

Personal Power Series: Take both A Beginner’s Journey and Frequency for only $49
Wednesdays • 5/11/16-5/18/16 • 6-8:30 pm $49 • HOLV CF006-02 • Patricia Henderson
Angel Power  NEW
We’ve all heard angel stories…on the news and perhaps even from our friends and family. Our angels watch over us and can be called upon to help us with our lives—health, love, friendship, family—we can call on our angels for help with all of these. In this new class you’ll learn about the personalities of a select group of archangels, easy home rituals to call on the angels for help in healing, finding lost items, staying grounded, etc. Plus we’ll share information on the structure and types of angels and you’ll participate in a guided meditation to meet your personal guardian angel. Join us to learn how you can connect with these powerful spiritual beings and bring their protection and love into your life.
Wednesday • 6/1/16 • 6-8:30 pm • $29
HOLV CJ003-03 • Patricia Henderson

Meditation for Stress & Anxiety
Our lives can often feel full of stress, and with our busy lives this may be especially true! In this class we’ll share effective ways to handle stressful situations as well as strengthening the stress management techniques we already know and use. We’ll share how mindfulness can reduce your reaction to stress, along with a variety of ways to tap into the practice of mindfulness for a calmer and more focused life. Join us to learn how you can reduce the stressors in your life, plus, you’ll discover how an ongoing mindfulness practice will positively impact your day-to-day living.
Thursdays • 6/2/16-6/9/16 • 6-7:30 pm • $25
HOLV CF003-01 • David Sink, RN

“TAP” into the power of technology!

iPhone & iPad classes
see pages 36 and 39.

Instructor biographies are available on our website
www.kellogg.edu/lifelong
Candle Making: Easy Candle Making for Beginners

Candle making is a craft as old as civilization itself, yet after so many millennia and technological advances, we still love the light, warmth, and beauty of a lit candle. Whether a seasoned artisan or a budding enthusiast, this workshop offers something for everyone interested in learning the craft of candle making. You’ll create both poured and rolled candles and learn the easiest and safest ways to work with wax, wicks and molds. All supplies and instructions are included and you will be able to take home your finished creations. Please wear comfortable old clothes (this is hands on and not always neat and clean) and we guarantee you will have fun while learning.

Saturday • 3/5/16 • 10 am-1 pm • $45 (includes materials)
CRFT CN003-01 • Carli Ray

Beginning Welding Art

Have you always been curious about metal art and wondered if it was for you? In this beginning level class we’ll take your vision of a metal art object, whether it’s a wall hanging, a table top piece, a garden object or an abstract sculpture and convert it into a real, steel object. After you’ve determined your project design, you’ll begin by observing and then, with your instructor’s guidance and supervision, you’ll experience each step in the metal forming process: bending, cutting, welding and grinding. All equipment, tools, safety gear, protective clothing and supplies for one small to medium sized art project are included in the cost of the class. **NOTE:** If you wish to build a larger sculpture, you will work with your instructor to determine the cost and source of additional materials. **NOTE:** No class 4/4/16.
Mondays • 3/7/16-5/16/16 • 6-8:30 pm $199 (includes materials)
CRFT CS025-01 • George Wise

Knitting: Cowl Neck Scarf

NEW

Oh, it’s still cold outdoors and this chunky cowl neck scarf is the perfect warm hug around your neck! Join us to create a cowl neck scarf that you can wear with your coat, or at your neck with your favorite tunic...so chic! **NOTE:** This class is designed for those with some knitting experience (an easy pattern that requires knit, purl, decreases). Please bring the following materials: Size 15 circular needles in both 16” and 24” sizes; 270 yards of super bulky yarn (2 stitches to the inch on Size 15 needles); a stitch marker, yarn needle and scissors.
Mondays • 3/7/16-3/14/16 • 6-8 pm $29 • CRFT CE004-01 • Kassie Dunham
Knitting: Create a Scarf-in-a-Scarf

The scarf-in-a-scarf is an absolute trend right now, and in this new class you'll be able to create your very own. We'll take you step-by-step as you create a knit scarf that accommodates weaving a silk scarf within it. Choose a monochrome look, or pick contrasting colors—either way you will have a unique scarf that you can keep or give as a wonderful gift. NOTE: This class is designed for the experienced beginning level knitter (must know how to knit, purl, increase and decrease). Please bring the following materials: Size 9 straight needles; one rectangular silk or silk-like scarf approximately 14”x72”; 450 yards of worsted weight yarn; a removable stitch marker, yarn needle, and scissors.

Mondays • 3/21/16-3/28/16 • 6-8 pm • $35
CRFT CE004-02 • Kassie Dunham

Knitting: Create a Summer Shawl

Does your officemate or spouse like to keep the air conditioning at a low temperature? Does it give you a chill just thinking about it? If so, then you'll love this new class where you'll knit a pretty, modern, airy shawl that will give you just the right amount of warmth during the transition from spring to summer or in too-cold air conditioning. NOTE: This class is designed for intermediate level knitters (the pattern contains short rows and lace, and chart experience would be helpful but not required). Please bring the following materials: Size 8-42” circular needles; 450 yards of worsted weight yarn (gauge should be 20 stitches and 20 ridges in garter stitch=4”x4”); stitch markers, yarn needle and scissors.

Mondays • 4/18/16-4/25/16 • 6-8 pm • $29
CRFT CE004-03 • Kassie Dunham

Rub-a-Dub-Dub: Create All Natural Soaps

Do you want to save money, help the environment, and keep your family shiny clean? In this hands-on soap making class you'll create 100% natural soaps including laundry soap, liquid hand soap, bar soap and a shampoo that smells great. Come prepared to get a little messy (in a clean kind of way) and you'll take home your finished soaps along with recipes to make more at home. Actually, these unique and handmade soaps make excellent gifts for friends and family, too.

Tuesday • 4/12/16 • 6-9 pm • $49 (includes materials)
CRFT CR003-01 • Carli Ray

Preserving Your Paper Treasures

So, do you have those important papers—marriage licenses, diplomas, death certificates—stuck between the pages of your family Bible? In this new class you'll discover how to repair and care for those precious family documents and books.
Don’t miss this opportunity to learn how to preserve these important and irreplaceable heirlooms—your family will love you for keeping these treasures intact so future generations can enjoy and learn from them.

Tuesday • 4/19/16 • 6-8 pm • $19
CRFT CV002-01 • Mark Lambert

Paint It Yourself: The Tree of Life **NEW**

It is fun and relaxing to paint a picture, and in this new class everyone will create their own unique interpretation of a universal symbol—the Tree of Life. The Tree of Life is found in nearly every culture; with its branches reaching into the sky, and roots deep in the earth, it dwells in three worlds—a link between heaven, the earth and the underworld—as above, so below. Join us to create your own Tree of Life painting and learn stories related to this symbol of life. We’ll provide everything you need, just bring yourself and create a painting to hang on your wall that represents peace, the cycle of life and spiritual blessings.

Saturday • 4/23/16 • 10 am-1 pm • $49 (includes materials)
CRFT CU003-01 • Carli Ray

Design a Summer Braided Necklace **NEW**

You’ve probably coveted jewelry you’ve seen in artsy boutiques and fashion magazines or envied friends who have the perfect bling to accent everything. In this new class you’ll learn to craft a beautiful braided necklace that’s chic and easy to do. We’ll cover tools and supplies, bead stringing and weaving, fastening, and more. This is a great class for a girls’ night out!

Tuesday • 4/26/16 • 6-8 pm • $39 (includes materials)
CRFT CH002-02 • Carli Ray
Create Summer Beaded Earrings
Are you bored with the earring selection in stores? Sure, there are a lot of choices, but do they really fit who you are or your personal style? Join us for a fun, interactive workshop where you’ll have a wide variety of beads to select for your very own designer earrings! Then you’ll be coached through the creation process and you will walk out of class with two pairs of signature earrings—designed by you, for you! This is a great class for moms and daughters or a girls’ night out!

Wednesday • 5/4/16 • 6-8 pm • $25 (includes materials)
CRFT CH002-01 • Carli Ray

Surf’s Up: Crochet a Beach Bag! NEW
It’s almost that time of year—time to head to the beach! Beach bags need to be open and airy so they dry quickly and you don’t haul home extra sand. They also need to be able to carry lots of stuff for your trip to the beach. In this new class you’ll learn how to use fun crochet stitches to create a beautiful and useful bag. And it’s not just for the beach—you can gather up your workout gear and head to the gym, or perhaps you have a stop at the Farmer’s Market? This bag will do it all and you’ll be so happy to know that you made it yourself! NOTE: This class is designed for those with intermediate level crochet skills (uses shell stitch and some shaping). Please bring the following materials: Size H hook; 500 yards of worsted weight cotton yarn; stitch markers, yarn needle and scissors.

Tuesdays • 5/17/16-5/24/16 • 6-8 pm • $35 • CRFT CC004-01 • Kassie Dunham

Book Lovers: Rare Book Collecting
Do you love books? Have you ever thought about, or started, collecting books, and wondered what to do next? In this class you’ll join the owner of Sheldon Fine Books to explore what to collect and where to find it, how to tell a first edition from a reprint, how to build an author collection, and get the best price from dealers. You’ll learn the four most important points of book collecting, how to understand pricing, the rarity of certain books and collecting with an eye on future value. You are welcome to bring up to three of your books to class for an assessment of value by the instructor.

Tuesday • 6/7/16 • 6-8:30 pm • $25
WRTG CJ003-01 • Julie Moore

Invest in YourSelf Check out our Money & Financial Health section on page 30.
Cooking

The Best of New Orleans

Mardi Gras may have been last month, but no matter the time of year, we love the sights, sounds and tastes of New Orleans. In this new class you’ll experience the rich Creole and spicy Cajun flavors that make New Orleans cuisine so unique. Chef Sean will introduce you to authentic spices and ingredients as you taste the classic Red Beans and Rice, Shrimp Etouffée, Chicken and Andouille Sausage Gumbo, and we’ll finish on a sweet note with the quintessential New Orleans dessert, Bananas Foster!

Wednesday • 3/16/16 • 6-8:30 pm • $45
COOK CN003-01 • Sean Kelly

Easy Homemade Artisan Bread

Mmm, warm bread during the cold winter months might be one of the best things in the world! If you like bread that has a thin crust, a large crumb, full flavor and no kneading required, then you’ll love this class. Your instructor will demonstrate how you can start with a “poolish” that develops overnight in a Dutch oven and then you pop it into a hot oven and within a short time you’ll have warm, comforting and delectable artisan bread. Plus, we’ll share some delightful butter spread recipes and you’ll get to taste those creations in class. Workshop fee includes all food items, recipes and tasting samples.

Wednesday • 3/23/16 • 6-8 pm • $29
COOK CN002-01 • Gary Colles

Discover the Flavors of Italy

Who doesn’t love Italian food? We sure do, and in this new class Chef Sean will transport you to Tuscany as he creates a hearty Ribollita Soup, a Winter Greens Salad with Walnuts and Gorgonzola, Marsala Braised Chicken with Mushrooms, a sinful Truffle Mushroom Risotto, and you’ll end with refreshing Fruits de Mir. Bellisimo!

Tuesday • 3/29/16 • 6-8:30 pm • $45
COOK CA003-01 • Sean Kelly

Savory Seafood Sensations

Creating savory seafood dishes at home is much easier than you might think, and in this new class Chef Sean will share tips for selecting fresh seafood and share proper cleaning and handling techniques. Join us to experience Seafood Bouillabaisse in Saffron Broth with Grilled Bread and Rouille; Butter Lettuce Salad with Walnuts and Creamy Anchovy Vinaigrette; Perfect Pan-Seared Salmon with Pomegranate, Orange and Shaved Fennel; and we’ll finish with a light, bright Key Lime Pie with homemade whipped cream. Now you’ll be able to impress your friends and family with incredible seafood dinners!

Wednesday • 4/13/16 • 6-8:30 pm • $45
COOK CB003-01 • $45
Hands-On Artisan Cheese Making: Mozzarella & Ricotta

In this hands-on class, you’ll learn how to take one gallon of milk and make the best mozzarella you have ever tasted! There is no special equipment needed and with 5 simple ingredients, you will never buy store-bought mozzarella again. You’ll leave class with a delicious fresh cheese and you can keep the success of your fabulous Caprese Salad, Margherita pizza and luscious lasagna a secret—only you will know that your homemade cheese makes all the difference in your dishes! As a bonus, we’ll show you how to use the remains of the mozzarella process to create a delicious and creamy ricotta that will take your lasagna to the next level.
Workshop fee includes all food items, recipes and tasting samples.
Wednesday • 4/20/16 • 6-9 pm • $45
(Cooking Workshop CH003-01 • Gary Colles)

Cinco de Mayo: Taco Thursday! NEW

Join us to celebrate Cinco de Mayo and discover how to spice up taco night and experience a menu bursting with authentic Mexican flavors. You’ll learn how to make corn tortillas and roast chiles to make your tacos extra delicious. The menu includes Tacos al Pastor; Chipotle-Lime Shrimp Tacos; Tacos de Rajas con Queso Fresco; Assorted Fresh Salsas; and you’ll end the meal with a classic Sopapilla with Cinnamon Caramel Sauce. Once you discover how simple and satisfying taco making can be, you’ll gladly wave “Adios” to the taco truck!
Thursday • 5/5/16 • 6-8:30 pm • $45
(Cooking Workshop CP003-01 • Sean Kelly)

Hands-On Artisan Cheese Making: Caerphilly Cheese

What? You’ve never heard of Caerphilly cheese? Caerphilly is an original Welsh cheese that is quite similar in texture to English Wensleydale. Caerphilly differentiates itself by having a higher moisture content than Wensleydale, giving it a more buttery and less crumbly consistency. You’ll leave class with a fresh-tasting cheese that has a pleasant, creamy flavor and it goes well with a crisp Chardonnay. Ah, we love a spring afternoon on the deck with a glass of wine and a delicious cheese to put on our crackers…enjoy!
Thursday • 5/12/16 • 6-9 pm • $39
(includes materials)
(Cooking Workshop CH003-02 • Gary Colles)

Perfect Paella: A Taste of Spain NEW

Paella is a feast for all of your senses—from the signature saffron hue to its heavenly scent and incredible flavor. In this new class Chef Sean will introduce you to the authentic Spanish ingredients that make paella so uniquely delicious. Enjoy a Pear Salad with Serrano Ham...
COOKING

and Marcona Almonds; Paella Mixta with Seafood and Meat; Wild Mushroom Paella with Sausage; and end the meal with a delectable Crème Caramel. Now you’ll know the secrets of perfectly cooked rice and how to make an amazing Sofrito at home!
Tuesday • 5/24/16 • 6-8:30 pm • $45
COOK CN003-02 • Sean Kelly

Sean’s Grilling Surprise NEW
If you’re familiar with our “Sean’s Surprise” classes then you know Sean Kelly, Executive Chef at Arcadia Brewing Company, loves to delight his students with new and interesting meals. In this new class, Chef Sean will head to the market and meat counter the day of class and select whatever looks fresh and tasty. Then, he’s coming to class to prepare those dishes for you on the grill. If you love a surprise, and love new ideas for grilling out this summer, this is the class for you!
Tuesday • 6/7/16 • 6-8:30 pm • $45
COOK CN003-03 • Sean Kelly

Hands-On Artisan Cheese Making: Feta
Feta cheese is the quickest and easiest of all hard cheeses to make and it’s a great transition from making soft fresh cheese like mozzarella into making pressed hard cheeses. Feta may be one of the earliest cheeses to have been developed and you will discover the amazing taste of fresh Feta. In this class you’ll get hands-on and create an amazing Feta cheese to complement your homemade Greek salad or specialty pizza. Workshop fee includes all food items, recipes and tasting samples.
Thursday • 6/9/16 • 6-9 pm • $39 (includes materials) • COOK CH003-03 • Gary Colles

The Tastes of Summer: Party Foods You’ll Love NEW
Whether you’re toasting a new graduate with a backyard buffet or relaxing under the stars with a picnic for two, this new class has something special for every celebration you’ll plan for the summer. Get-togethers should be fun—not just for your friends and family, but for you, too. Join Chef Joanna as she shares easy and tasty recipes along with tips and ideas for hassle-free entertaining. Make this a summer of fun in the sun…after this class you’ll be the toast of the neighborhood as they clamor to join your festive gatherings! Workshop fee includes all food items, recipes and tasting samples.
Tuesday • 5/17/16 • 6-8 pm • $39
COOK CN002-02 • Joanna Phelps

For more information or to register call: 269.965.4134
Music & Writing

Obituary Writing: Lasting Words toward a Lasting Legacy
Have you ever wondered what others will say about you when you’re gone? Instead of wondering, start writing—your obituary that is! There’s no one better qualified than you to capture the essence and details of your life. You’ll rest more peacefully knowing the last words written about you were not left up to the last-minute recollections and research of your grieving family members. Whether you’re 30, 40, 50, 60 years old or older, get started now with this highly personal undertaking. You will learn through discussion, obituary examples and hands-on practice about the information to collect and how to assemble it into an obituary format that shares a bit of your personality. Just think of it as one less thing to leave behind undone. Your instructor is a family life educator and professional writer and she is here to help you shape your last words into a lasting legacy.

Wednesday • 3/30/16 • 6-8 pm • $29
WRTG CH002-01 • Kristy Smith

Grammar Refresher ONLINE
Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills. This course will help you gain confidence in your ability to produce clean, grammatically correct work. You’ll explore the basics of English grammar—like sentence structure and punctuation—as well as more sophisticated concepts—like logic and clarity. A patient instructor, memorable lessons, vivid examples, and interactive exercises will give you ample opportunity to put what you learn into practice. Reacquaint yourself with old, forgotten rules, meet some new ones, and discover your own grammatical strengths.

Introduction to Guitar ONLINE
Learn to play guitar, and become the musician you’ve always wanted to be! In these fun and informative lessons, you’ll build basic guitar skills step-by-step with the help of hands-on exercises, audio and video recordings, and detailed illustrations. By the time you’re finished, you’ll be well on your way to becoming a skilled guitar player.

Music Made Easy ONLINE
If you enjoy music and would like to know more about what makes it work, this is the course for you. You’ll gain a complete understanding of rhythm, melody, and harmony, and you’ll be able to recognize pitches on the musical staff and on the keyboard. By the time you complete this comprehensive and full-featured course, you’ll be able to read, write, and even play simple musical pieces on a keyboard.
Buying Your First Home: What You Need to Know NEW

Join us as we share everything you need to know to buy your first home. Rental prices have gone through the roof and buying a home remains a sound investment, but how do you know if you’re ready? We’ll share common pitfalls to avoid, how to select the right type of home, the right mortgage, the right agent and the right inspections—plus, we’ll discuss creating and managing a realistic home buying budget, qualifying and securing loan financing, information about inspections and insurance, and how to successfully close the deal. Just because this is your first home buying experience, it doesn’t mean you need to go into it with your eyes closed. Join us to get the information you need, before you step into the process.

Saturday • 3/5/16 • 10 am-1 pm • $19 (single) $29 (couple)
PDEV CK003-02 (single)
PDEV CK003-03 (couple) • Tania Kazanjian

Staging your Home for Sale

Every seller wants their home to sell fast and bring top dollar. Does that sound good to you? Well, it’s not luck that makes that happen. It’s careful planning and knowing how to professionally spruce up your home that will send home buyers scurrying for their checkbooks. Learn the difference between prepping your property and staging your property. To be competitive you must do both properly and Carole (named as one of the top 15 Stagers in North America by the Real Estate Staging Association) will show you how. Real estate agents will tell you that homes will receive more offers and sell more quickly if they have been staged. If you are truly ready to sell your home, then you won’t want to miss this informative class. Learn the tools and techniques professionals use to garner competitive offers and sell that house!

Tuesday • 3/8/16 • 6-8:30 pm • $25
HOME CE003-01 • Carole Morgan

Would you like to "be in the know" about our upcoming classes?

Visit www.kellogg.edu/lifelong and sign up for our free monthly newsletter or text LLL to 42828.

Instructor biographies are available on our website www.kellogg.edu/lifelong
Redesign & Redecorate Your Rooms in an Instant!
Do you watch makeover shows and wish your home could be transformed in such a small amount of time? Discover the latest home decorating phenomenon—staging to live. Learn how to redecorate your home using your existing furnishings. Find out how to make your rooms look larger while emphasizing their architectural strengths. Do some “shopping” in other rooms to make the most of every space. Whatever the problem or challenge, staging to live respects your taste and possessions while creating a beautiful home that fits your unique lifestyle. Join a home staging professional to learn a variety of tips and tricks that you can apply to any room in your house to make it home sweet home.
Tuesday • 3/22/16 • 6-8:30 pm • $25
HOME CD003-01 • Carole Morgan

Best Deal! Take Both Staging & Redesign for only $39 –

Spring Clutter Clearing
It’s time to take your spring cleaning to a new level; plus, how can you say your home is “spring clean” until you’ve gotten rid of the clutter that’s in the way? Does your home environment bring you peace and calm, or are there areas that feel chaotic? Struggling to let go of our “stuff” is common, and in this class you’ll get great ideas on how you can let go of the special attachments you have to your stuff. Join a professional organizer who will help you explore the phenomenon
Tuesday • 3/8/16 & 3/22/16 • 6-8:30 pm $39 • HOME CD005-01 • Carole Morgan

Greening the Garden:
Successful Start-Up Tips
It’s that time of year when we start thinking about our gardens and how we might have the best result possible. Join us to learn successful tips for your lawn, your ornamental beds, and your food gardens. From clean-up and pruning to fertilizing and preventing disease, we’re here to share the tips and tools that will save you time and ensure you have a healthy lawn, lovely flower beds, and delicious food from your garden this year.
Wednesday • 3/16/16 • 6-8:30 pm • $19
HOME CF003-01 • Linda Whitlock
of clutter clearing by sharing the tools and techniques to get you started, along with a demonstration of how to sort through everything. Don’t procrastinate any longer! It’s the perfect time to get started making your home clutter-free!

**NOTE:** This class will not focus on paper clutter, but instead on all the other clutter we manage to accumulate.

**Thursday • 3/24/16 • 6-8 pm • $29**
HOME CA002-01 • Delma Smith

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### Natural Pest Control & Green Cleaning

Your great-grandmother’s house was sparkling clean and she didn’t use store-bought cleaners and you don’t need to either! There are many natural products and methods that keep a house clean and fresh without toxic side effects and there are ways to control pests without using poisons that could hurt your children or pets. Join us to discover which common household products are most hazardous and learn instead how to clean green! We will review the recipes for several green cleaning and pest control products in class and you will make and take home a sampling of cleaners and a natural pest control product. Forget commercial cleaners and make your own green cleaning products in the scents you love – protect your family’s health, get rid of pests, save money, and go green!

**Monday • 3/28/16 • 6-9 pm • $35**
(includes materials)
CRFT CG003-01 • Carli Ray

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### Rub-a-Dub-Dub: Create All Natural Soaps – **POPULAR**

Do you want to save money, help the environment, and keep your family shiny clean? In this hands-on soap making class you’ll create 100% natural soaps including laundry soap, liquid hand soap, bar soap and a shampoo that smells great. Come prepared to get a little messy (in a clean kind of way) and you’ll take home your finished soaps along with recipes to make more at home. Actually, these unique and handmade soaps make excellent gifts for friends and family, too.

**Tuesday • 4/12/16 • 6-9 pm • $49**
(includes materials)
CRFT CR003-01 • Carli Ray

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### HELP WANTED

We’re always looking for great course ideas and instructors.

If you have an idea for a course, visit [www.kellogg.edu/lifelong](http://www.kellogg.edu/lifelong) and download the Course Proposal Form.

Of particular interest are instructors for:
Arts & Crafts • Fitness • Music • Writing • Languages
Gardening to Protect Pollinators  
Join us and “bee” introduced to the amazing pollinators in our world and their importance to us. Bees, birds, bats and insects all play a role and their needs are simple. We’ll discuss what they need and how we can help make our green spaces pollinator friendly. From selecting appropriate plants that can provide habitat year round to thoughtful use of resources, you’ll learn how we can all make a difference in the world when we find ways to protect our pollinators.

Tuesday • 4/19/16 • 6-8:30 pm • $19
HOME CF003-02 • Linda Whitlock

One Year to an Organized Life
Have you about had it with the disorganization that surrounds you? If you take just two Wednesday evenings, and join our professional organizer, you can discover how to have an organized life! An organized life enables you to have more freedom, less aggravation, better health, and to get more done. Even the messiest can turn their lives around—anyone can get organized. Join us to learn how to break down tasks and build routines over time so that your life becomes simple, not overwhelming. We’ll give you time management tips; show you how to make your kitchen efficient; explain how to permanently organize your closets and drawers; and declutter your space and stop the chronic “dumping” of stuff in the guest room, basement and garage. Discover the magic formula for organizing anything. Whether you’re living in chaos or just looking for new ways to simplify, this class will help you get the whole household organized and stay that way.

Wednesdays • 4/20/16-4/27/16 • 6-8 pm • $39
PDEV CK006-01 • Delma Smith

Staging your Home for Sale
Every seller wants their home to sell fast and bring top dollar. Does that sound good to you? Well, it’s not luck that makes that happen. It’s careful planning and knowing how to professionally spruce up your home that will send home buyers scurrying for their checkbooks. Learn the difference between prepping your property and staging your property. To be competitive you must do both properly and Carole (named as one of the top 15 Stagers in North America by the Real Estate Staging Association) will show you how. Real estate agents will tell you that homes will receive more offers and sell more quickly if they have been staged. If you are truly ready to sell your home, then you won’t want to miss this informative class. Learn the tools and techniques professionals use to garner competitive offers and sell that house!

Monday • 5/2/16 • 6-8:30 pm • $25
HOME CE003-02 • Carole Morgan
Beneficial Insects & You: A Dream Team

Eeek! If that’s the sound you make when you see a bug, we invite you to join us for an introduction to the world of insects. We’ll share the differences between beneficial insects versus pests, as well as what makes an insect beneficial. Plus, we have tips for encouraging beneficial insects into your landscape and ways to keep pests out! Don’t run when you see a bug; after this new class you’ll have an appreciation for the role of insects in our world.

Tuesday • 5/17/16 • 6-8:30 pm • $19
HOME CF003-03 • Linda Whitlock

Digging Out: Loving a Hoarder

If you have a friend or loved one with a hoarding problem and you are looking for a way to help them live a safer and healthier way of life, then we invite you to join us for this new class. Based on the book, Digging Out by Michael A Tompkins and Tamara L. Hartl, and your instructor’s work with individuals who hoard, we’ll explore realistic strategies that you can use to help your loved one manage health and safety hazards, and make long-term lifestyle changes. We’ll talk about special considerations related to the elderly and the strained relationships that often result from living with or caring about a hoarder.

Thursday • 6/9/16 • 6-8 pm • $29
HOME CA002-02 • Delma Smith

Get Healthy • Be Happy

Join us for classes and workshops designed for healthy eating and living.

Fitness – p. 7
Healthy & Holistic – p. 10
Cooking – p. 19
One-on-One Computer Classes

We’ve designed 2-hour computer classes on focused topics for those whose schedules won’t allow time for our regular classes. Learn in a one-on-one environment. Our experienced and patient instructors will meet you at either our main campus location or at the Regional Manufacturing Technology Center, based on space availability and your schedule.

All sessions are scheduled at your convenience and the topics are based on your training needs and level of skill. One-on-one computer classes are a minimum of two hours in length and are only $59.
Typical topics include:

MS Word 2010 & 2013
Working with Graphics
Tabs & Tables
Mail Merge
Applying Special Formats

MS Excel 2010 & 2013
Creating Workbooks & Managing Multiple Worksheets
Using Functions and Tables
Applying “what if” Analysis
Creating Charts

MS PowerPoint 2010 & 2013
Creating & Formatting Presentations
Enhancing Presentations with Graphics
Presenting Data Using Tables
Creating Charts & Animations

MS Access 2010 & 2013
Working with Databases & Creating Tables
Managing Datasheets & Creating Queries
Creating Forms

Windows 7 or Windows 8
Working with Security Settings & Software
Using the Help Features & Performing Searches
Understanding the Desktop & Managing Windows

iPhone & iPad
Set Up & Security
Tips & Tricks
Money & Financial Health

All seminars and workshops are educational in nature; no financial products, services or insurances of any kind will be promoted in these classes.

Retirement Planning

Whether you have just started your family, are thinking about retirement within the next 5-10 years or are just meeting your monthly expenses, your future financial comfort depends on creating—and sticking to—a long-term money management strategy. Recent tax law changes, an uncertain future for Social Security and the shift toward employee-directed retirement plans shows the need for sound financial strategies has never been greater. Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this class can help you plan your future with confidence. This class can teach you how to build wealth and align your money with your values to accomplish your goals in life. Whether you plan to retire 20 years from now or have just recently retired, the information you learn in this class could deliver rewards throughout your lifetime.

Session 1: Wednesdays • 3/2/16-3/9/16 • 6-9 pm • $49
MONY CJ006-01 • Dennis Starbuck

Session 2: Saturdays • 3/5/16-3/12/16 • 10 am-1 pm • $49
MONY CJ006-02 • Dennis Starbuck

Session 3: Mondays • 3/7/16-3/14/16 • 6-9 pm • $49
MONY CJ006-03 • Dennis Starbuck

Session 4: Tuesdays • 3/15/16-3/22/16 • 6-9 pm • $49
MONY CJ006-04 • Dennis Starbuck

new cooking classes for spring

The Best of New Orleans
Perfect Paella: A Taste of Spain
Savory Seafood
Caerphilly Cheese Making
Sean's Grilling Surprise
Update: Medicare & the Affordable Care Act

America’s baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. In this new class we share information about Medicare’s often-baffling complexities and help you avoid common pitfalls. With reforms provided under the Affordable Care Act (ACA), this class will help you understand the changes in our health care system and how they can benefit you.

Saturday • 3/12/16 • 10 am-1 pm • $35
MONY CK003-01 • Forest Wilson

Social Security Strategies to Maximize Your Benefits – POPULAR

This informational class will help you understand and clarify some questions about Social Security. Are you approaching retirement and wondering when to apply for, and how to maximize, your Social Security benefits? Would you like to know how to avoid having your benefits permanently reduced? Did you know that you could claim benefits based on your ex-spouse’s record? Do you have a parent, relative, friend or colleague who is wondering what to do about their Social Security situation? Did you know you can change your mind after you have claimed your benefits? Attend this class to find answers for these questions and others that you may have and receive information that will help you get the maximum benefits from Social Security.

NOTE: This course is educational only and non-commercial. No specific financial products will be discussed or sold. You will receive a handout with examples and illustrations and you may bring your spouse or one guest at no additional charge. Please provide the guest’s name and birth date when you register.

Tuesday • 4/19/16 • 6-8 pm • $29
MONY CJ002-01 • Thomas Crane

Lifelong Learning classes are the perfect gift for the person who has everything!

Call Abbie at 269-965-4134 to order your gift certificates.
How to Get Out of Debt, and Stay That Way NEW

Do you feel overwhelmed when it's time to sit down and pay your bills? When we live in debt we cannot fully and freely enjoy our lives and all of the good things in it. With our credit scores, car payments, salaries, mortgages and bills fluctuating on a continuous basis, living debt-free has never looked more attractive. Unfortunately, thanks to today's credit card culture, we tend to spend first and pay later. We live in a world where debt is the norm: student loans taken during college, credit cards with an outstanding balance, bank loans, car loans, and mortgages. It all seems important and it makes you wonder, can we actually live debt free? The answer is, yes, you can get completely out of debt including your credit cards, loans and mortgage and we're here to show you how! If you apply the proven debt free living plan to your finances the average family can pay off all their consumer debt in 1-3 years and their mortgage in an additional 3-4 years. Imagine owning your home and not owing anyone else within just 7 years! Please bring a list of your current debts and monthly payments along with a pencil and calculator. Your financial information is for your use only and will not be shared in class. NOTE: Contact Lifelong Learning directly at 269-965-4134 for “couple” pricing. One person from couple will register at the $49 price and the second person’s information (name/address/birth date/phone) must be provided at that time.

Saturday • 4/23/16 • 10 am-1 pm • $35 (single) $49 (couple)
MONY CD003-01 (single) MONY CD003-02 (couple) • Forest Wilson

Peace of Mind: Organizing for the End of Life

Whether you are downsizing to a smaller home or moving into a retirement residence or a hospice facility, organizing your important end-of-life documents is something you can do now to help your loved ones or the executor of your estate in the event of your death. There is so much to think about and get in order for a downsizing move or end-of-life move. Even if you are just preparing your important documents so they are more easily accessible, you won't want to miss this important class where we'll explore the various types of documents you should keep and the best way to organize and store them. You'll walk away with a sample packet of forms to help you leave your family “the gift” of an organized life. We'll be joined by a local funeral director who will share information you and your loved ones will need to know in the event of a family death. An optional notebook with complete guides and forms will be available for purchase from the instructor for $20.

Thursday • 5/26/16 • 6-8:30 pm • $39
PDEV CM003-01 • Delma Smith & Tate Goodwin
Languages

American Sign Language: Level 1
Do you know any Deaf people? Have you seen people sign? Would you like to learn to communicate with them using American Sign Language (ASL)? ASL is quickly becoming one of the most widely used languages in the United States. Come join us to communicate with your hands, face and body! This 8-week class will introduce you to the basics of ASL, emergency sign language, and the world of Deaf Culture. NOTE: You should bring your ASL 1 textbook, Basic Course in American Sign Language by Humphries, Padden & O’Rourke; or you may purchase a copy at a bookseller website. Search for ISBN-13: 978-0932666420 or ISBN-10: 0932666426.

Wednesdays • 4/13/16-6/1/16 • 6-8 pm • $99 • SIGN CA016-01 • Xenia McKay

Beginning Conversational French (ONLINE)
This course will teach you how to communicate easily and comfortably with those who speak French. You’ll learn practical, common phrases that will make your trip to the many French-speaking regions of the world more pleasant. You’ll learn dialogue specific to various settings, and you’ll be surprised how easy it can be to speak another language!

Conversational Japanese (ONLINE)
Whether you want to learn conversational Japanese for travel or just for fun, you’ll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Guided by a native Japanese instructor, you’ll also gain cultural knowledge only an insider has.
Check out our Online Learning Center
Stay @ home and learn in your pajamas!

Visit www.ed2go.com/kellogg to see all we have to offer, including...

A to Z Grantwriting
Beginner’s Guide to Getting Published
Photographing People with Your Digital Camera
Speed Spanish
Secrets of Better Photography
Keys to Effective Communication
Real Estate Investing
Drawing for the Absolute Beginner
Genealogy Basics
Lose Weight and Keep It Off
Certificate in Energy Medicine
Introduction to Journaling
Easy English 1
Computers & Technology

Photoshop Elements 13: Tips & Tricks NEW

This new class is designed for the Photoshop Elements user that has experience using the Elements software, but would like to learn new ways to use the tools, filters, and effects on their photos. This class will focus on tips and tricks to improve photos and will allow you to use all your creativity to develop images that are truly your own. NOTE: You must have used the Editor feature enough to know the basics and the functions of the various tools, effects and filters. Your class fee includes a handy text that you can use later at home.

Tuesdays • 3/8/16-3/29/16 • 6-9 pm • $99 (includes text)
COMP CAM12-01 • Sandy Mobley

Using Social Media Strategically NEW

Do you own your own business, or are you a consultant who wants to develop an effective platform to attract new business? Or, perhaps you’re just curious about the way social media works. Effectively using social media in your marketing requires just the right mix. Come to this new class to see how KCC’s social media manager uses tools like Facebook, Twitter, Instagram, blogging, YouTube and some more guerilla techniques like Reddit and Imgur as part of an integrated strategy across multiple platforms.

Thursday • 3/10/16 • 6-8 pm • $25
COMP CAA02-01 • Simon Thalmann

LinkedIn: Make it Work for You!

In this class you will learn to create a LinkedIn profile using key words and a summary that includes building your own personal brand. Discover the power of virtual networking with tips for building your network of connections and becoming active in groups focused on topics that interest you. Plus, if you’re a job seeker, we’ll cover how hiring managers and recruiters use this powerful resource as part of their hiring process. If you are responsible for hiring new employees we’ll show you ways to use LinkedIn to identify the best possible candidates. We’ll share technical aspects as well when we cover how to configure LinkedIn’s settings. Even if you’re already on LinkedIn, you can increase the power of this networking tool in your social media arsenal by joining us in this new class!

Session 1: Wednesday • 3/9/16 • 5:30-7:30 pm • $25
COMP CAA02-02 • Chuck Newman
(NOTE: Session 1 will be held on KCC’s Main Campus, 450 North Avenue, Battle Creek in the Ohm Building, Room 109)

Session 2: Wednesday • 5/4/16 • 6-8 pm • $25
COMP CAA02-03 • Chuck Newman
Getting the Most Out of Your iPhone

You have finally picked up that iPhone you have always wanted, but now you are stumped on how to maximize its use and turn it into a practical and useful tool that goes beyond making calls, taking pictures and stalking your friends on Facebook. You want it to be a practical and useful tool. Learn valuable tips and ways to make the most out of your iPhone and its apps; you’ll love your iPhone even more after this new class.

NOTE: This class is designed only for users of the Apple iPhone product and you should bring your iPhone to class.
Saturday • 3/12/16 • 10 am-1 pm • $35
COMP CT003-01 • T om Rose

Cut the Cord: Save $ on Your Home Phone & TV – POPULAR

Do you grit your teeth every time the bill shows up from your cable or phone company? No one should pay hundreds of dollars to watch their favorite shows or call their friends and family! In this class our favorite tech guy will share a variety of low-cost options for these services and he’s prepared to answer any questions you may have about how it all works. Join us and you can save money and still enjoy a quality television and phone experience.

NOTE: This class will be held on KCC’s Main Campus, 450 North Avenue, Battle Creek in the Ohm Building, Room 109.
Wednesday • 3/23/16 • 6-8 pm • $25
COMP CG002-01 • Randy Dirks

Don’t Get Hacked & Whacked: Be Safe Online – POPULAR

You don’t have to be a conspiracy theorist to understand that in a world with the Internet none of your information is safe. If you bank online, purchase from Amazon, use LinkedIn for job searches, or do anything else on your computer, you are vulnerable. In this class we’ll learn how your Internet activity is being tracked, including special security risks for both your cell phone and tablet computer. We’ll share the types of information being collected and stored, and which sites are the worst in privacy protection. Then, we’ll show you the steps you can take to protect your privacy. Go beyond just deleting cookies or temporary Internet files and learn how to remove your personal information from databases, delete existing personal data, encrypt your email so only the person you are sending it to can read it, and ensure your identity online is safe and secure.
You can surf the web anonymously and we’ll show you how to keep all of your information 100% encrypted; plus, you’ll leave with a CD full of software to help you do just that!

**Session 1:** Wednesday • 3/30/16 • 6-8 pm • $25
COMP CAB02-01 • Randy Dirks

**Session 2:** Monday • 5/9/16 • 6-8 pm • $25 • COMP CAB02-02 • Randy Dirks
(\*NOTE: Session 2 will be held on KCC’s Main Campus, 450 North Avenue, Battle Creek in the Ohm Building, Room 109)

**Windows 10 Overview**
Join us to learn all of the major changes that have been made to Microsoft’s latest operating system, along with the updates that have been made since its initial release. In case you prefer the interface of the Windows 7 operating system, we’ll give you the software to restore your computer to the Windows 7 menu, and you’ll receive a DVD or flash drive full of training materials and software. Your instructor is ready to share and answer any questions you may have about this latest version.

Monday • 4/11/16 • 6-8 pm • $19
COMP CAF02-01 • Randy Dirks

**Windows 10 Security**
One of the sneaky aspects of Windows 10 is how it collects data about you and your computer usage. In this new class we will take an in-depth look at the security issues with Windows 10 and how you can protect yourself from data collection. The Windows 10 guide for security settings is over 14 pages long, and we’ll cover what they all do and what happens if you turn them off. Your class fee includes a DVD or flash drive filled with easy-to-use security setting tools for use at home.

Monday • 4/18/16 • 6-8 pm • $19
COMP CAF02-02 • Randy Dirks

**Alternatives to Windows 10**
Surprise! Windows operating systems are not the only game in town; in fact, there are free systems that can take the place of all the Windows software and operating systems. They look and function like Windows, so there’s no learning curve for the user. In this new class we’ll demonstrate installation, operation and use of the new systems. Plus, you’ll take home two DVDs with “live” systems that let you try them out before you make the switch from Windows.

Monday • 4/25/16 • 6-8 pm • $19
COMP CAF02-03 • Randy Dirks

**Windows 10 Series – take all 3 Windows 10 classes for one low price!**
Mondays • 4/11/16-4/25/16 • 6-8 pm • $49
COMP CAF06-01 • Randy Dirks

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Got Questions?

Look for answers on pages 47 and 48.

If you don’t find the answer there, go to our website [www.kellogg.edu/lifelong](http://www.kellogg.edu/lifelong) and choose FAQ on the navigation bar.

Of course, you can always email your question to us at ll-info@kellogg.edu, or call Abbie at 269.965.4134
**Create a Website with Weebly**

Weebly is a very popular, robust and reliable website builder that takes away the need to know HTML coding. If you are looking to build a business website or a personal website to showcase your hobbies or interests, then this class on the Weebly drag-and-drop website builder is for you. We'll share the basics about this very user-friendly and intuitive website builder, and the beauty is that you don’t have to know how to write code and you can create a basic website for free!

**Thursdays • 4/14/16-4/28/16 • 6-8 pm • $49**

COMP CR006-01 • Randy Dirks

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**Excel 2013 Basics**

In this new class you’ll get an introduction to creating and using spreadsheets. Included are hands-on exercises to reinforce your learning. We’ll cover how to create, format and print worksheets; how to write and create simple formulas using the various Excel functions; naming cell ranges and how to effectively use the Help feature.

**Thursdays • 5/5/16-5/19/16 • 6-8 pm • $49**

COMP CD006-01 • Randy Dirks

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**Understanding & Using Windows 8**

Whether you’re using Windows for the first time, upgrading from an older version, or just moving from Windows 7 to 8, this class will share what you need to know. Learn about the dual interfaces, the new Start button, how to customize the interface and boot operations, and how to work with programs and files, use the web and social media, and manage your music and photos, and much more. You’ll even learn troubleshooting tips, and how to get the free upgrade to Windows 8.1. We’ll show you how to manipulate app tiles, give Windows the look you choose, set up boot-to-desktop capabilities, connect to a network, and create user accounts. Don’t be frustrated by Windows 8; join us and you’ll soon be on your way to appreciating this Windows operating system.

**Saturday • 4/23/16 • 10 am-1 pm • $25**

COMP CAF03-01 • Tom Rose

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**How to Build a Database with Excel 2013**

In this class, designed for the home user, you will learn how to use Excel’s new data modeling features to help you turn data into meaningful information. In this class you’ll discover how Excel 2013’s data modeling capabilities can help you connect and summarize diverse data from multiple sources. **NOTE:** Some experience using spreadsheets is required.

**Thursday • 5/26/16 • 6-9 pm • $29**

COMP CD003-01 • Randy Dirks

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**Best Deal! Take both Excel classes for only $59**

**Thursdays • 5/5/16-5/26/16 • $59**

COMP CD009-01 • Randy Dirks

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For more information or to register call: 269.965.4134
iPad 1: The Basics & Settings
Have you recently purchased an iPad and feel challenged by all of the features? In this new class you'll learn about the basics of the iPad. We'll focus on the main apps to get you started using your iPad: settings, calendar, contacts, and mail. Setting up your e-mail accounts (Gmail, Yahoo, or others) is a breeze, and we'll show you how. Then we'll show you how to add your contacts and schedule a date in the calendar (including how to set a reminder so you won't forget). **NOTE:**
This class is designed only for users of the Apple iPad product and you should bring your iPad to class.

Mondays • 5/16/16-5/23/16 • 6-8 pm • $39 • COMP CT004-01 • Tom Rose

iPad 2: Using the Default Apps
Some of the best apps for the iPad come pre-installed. So before you hit the app store in search of the perfect app, you will want to familiarize yourself with the apps that come with the iPad and this class will show you the best of these—from FaceTime to Newstand—plus much more. We will discuss security issues and how to determine reliable application downloads to protect your iPad investment. **NOTE:**
This class is designed only for users of the Apple iPad product and you should bring your iPad to class.

Mondays • 6/6/16-6/13/16 • 6-8 pm • $39
COMP CT004-02 • Tom Rose

Home Networking from A to Z
Sure, you can pay a phone or cable company big bucks for a wireless network in your home, but after this class you won’t need to! Learn the components that make up a wireless network, how to set it up, common problems and how to address them, extending the range of the network, and most importantly, how to secure it and protect it from hackers and online intruders. We’ve updated the class with information on wireless printers, use with your smart phones/smart pads, video streaming, mobile wireless hot spots and how to make your desktop computer wireless for less than $20. The convenience and security of your wireless Internet experience is in your hands and we’re here to show you how to make it work. Your class fee includes a flash drive loaded with training videos and e-books that you can use when you get home.

Tuesday • 6/7/16 • 6-8 pm • $25
COMP CB002-01 • Randy Dirks

Best Deal! Both iPad classes for only $59
Mondays • 5/16/16-6/13/16 • 6-8 pm • $59
COMP CT008-01 • Tom Rose
Daytime Classes

Chair Yoga
Don't worry about having to get up and down from the floor in this yoga class. Your instructor, Kim VanHoose, will take you through a variety of exercises using a chair that will gently stretch your muscles while putting you in a relaxed state. No yoga experience required.
Thursdays • 2/4/16-3/31/16 • 11 am-12 pm • $40
YOGA CB009-50 • Kimberly VanHoose

Simple & Beautiful Handmade Jewelry
Come to this class to create beautiful, hand-made jewelry for yourself, or to give as a gift. Using stones connected to Angels’ energy, silver, and simple wire techniques, students will craft a spiritual beaded cross pendant for a deeper connection to the divine. In addition, a handmade ring containing silver, copper, and a stone with healing qualities that match your energy and personality will also be completed. Tools to size rings appropriately and add personal touches will be used to make each creation unique. Course fee includes all materials.
Tuesday • 3/1/16 • 1-3 pm • $45
CRFT CH002-50 • Carli Ray

Finding What you Want Online: Effective Internet Searching
Is the Internet useful in everyday life? Does it feel like everybody is using it but you? Is it faster to use the phonebook or just call to check on a flight instead of going to the computer? In this class you will explore Google and Internet search options to help solve every day problems. Whether it be for shopping or research, understand how to move around online to get what you need.
Wednesday • 3/2/16 • 1-3 pm • $30
COMP CG002-50 • Randy Dirks

Spanish Civil War Overview
The Spanish Civil War in the 1930’s was the harbinger of coming global world war. Though beginning as a localized conflict between social classes in Spain, eventually all the major European powers were forced to take sides in an ideological struggle that culminated in the Second World War. Discover why the lessons of this Spanish cataclysm are important for the perceptive student of history.
Thursday • 3/3/16 • 1-3 pm • $25
HSTY CC002-50 • Colin McCaleb

For more information or to register call: 269.965.4134
Basic Poetry: Understanding and Interpretation
The instructor of this class explains poetry in the following way – “A poem is like a can of concentrated orange juice with a lot of content in a little space. Not until its meaning is diluted through the reader’s understanding, does the message become clear.” Many of us enjoy poetry, but don’t really know much about it beyond what sounds pleasing to our ear and speaks to us on a personal level. Come to this class to learn about various types of poetry such as rhymed, free verse, lyric, and narrative by exploring the work of contemporary poets. Emphasis will be placed on understanding and enjoying poems about the human condition (love, war, relationships, change, etc.)
Mondays • 3/7/16-3/14/16 • 10 am-12 pm • $30
WRTG CE002-50 • Jody Owens

Historical Leading Ladies of Michigan
March is National Women’s History Month, so celebrate by learning about some important women leaders from our state. What is the thread connecting the following women - the first U.S. Army dietician, first licensed aviatrix in America, the bacteriologist who developed the first successful whooping cough vaccine, a conservation-minded geologist, a founder of the Youth for Understanding exchange program, and the first person to survive a trip over Niagara Falls in a barrel? These women, and many others, are members of the Michigan Women’s Hall of Fame. Jody Owens will acquaint you with these outstanding women and their remarkable achievements.
Thursday • 3/10/16 • 1-3 pm • $25
HSTY CA002-50 • Jody Owens

BEST DEAL! Both Historical Leading Ladies Classes
Thursdays • 3/10/16-3/24/16 • 1-3 pm • $40
HSTY CA006-50 • Jody Owens & Mary Butler

Historical Leading Ladies of Battle Creek
March is National Women’s History Month, so celebrate by learning about some important women leaders from our own community. You’ve heard about Sojourner Truth and Ella Eaton Kellogg, but how about Carrie Simons, Dr. Kate Lindsey, the DeWitt sisters, Julia Milner, or Minnie Kimball? In this class, Mary Butler will profile some of the most interesting, if little known, women — business women, artists, musicians, journalists, health professionals, even murderers — who lived and worked in Battle Creek during the 19th and early 20th centuries.
Thursdays • 3/17/16-3/24/16 • 1-3 pm • $30
HSTY CA004-50 • Mary Butler

Check out our Money & Financial Health section on page 30.
Let’s AMP Up our Longevity: An Introduction to the Aging Mastery Program® (AMP)

Life expectancy has increased dramatically over the past 50 years, yet people are generally unprepared for this increased longevity. This class will provide an overview of AMP, a nationwide effort designed by the National Council on Aging that offers an innovative approach to guide individuals through this phase of life. This comprehensive and fun approach to aging well encourages people to take actions to enhance their health, financial well-being, social connectedness, and overall quality of life. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery—developing sustainable behaviors over time. Participants attending this overview class will have an opportunity to join the larger AMP program launching in Battle Creek in April. The full core AMP program is 10 weeks, but optional elective classes and activities will also be offered. NOTE: This overview class will be held at the Kool Family Community Center (formerly Burnham Brook) in the 2nd floor Burnham Brook Board Room. Wednesday • 3/16/16 • 1-3 pm • $10 HOLV CI002-50 • Karla Fales

History of Rock & Roll

Come to this class and take a journey through time by exploring rock and roll from an historical perspective. In the first class, you will look at the roots of American Music, and the influence of both African music and Scots/Irish music from Appalachia. This exploration will culminate with a look at the uniquely American musician, Elvis Presley. Class two will examine teen culture of the 1950s and see how rock developed. The course will wrap up by moving through the progression of rock and roll until the early seventies, and fittingly end with “the day the music died”.

Mondays • 3/21/16-3/28/16 • 1-3 pm • $30 HSTY CB004-50 • Steve Youngs

A Bluegrass Journey

Basement Bluegrass will lead students in this class on an entertaining and enlightening journey filled with stories of bluegrass music, groups, history, and instrumentation. An in-class performance will also be included, so be prepared to stomp your feet and clap your hands in this lively and informative session!

Wednesday • 3/23/16 • 1-3 pm • $25 PERF CN002-50 • Jim Metzger

For more information or to register call:

269.965.4134
Jewelry Basics: Caring For & Securing Your Precious Treasures

Come to this class and learn the basics of identifying your jewelry and its materials; taking care of your pieces; and important things to think about before leaving your jewelry with someone for cleaning, repairs or appraisals. The history and lore of gems and precious metals will also be included. Your instructor has over 40 years of experience in the jewelry repair industry, so it will be packed with useful information. Come spend some time learning about what makes jewelry so valuable—this class could be worth its weight in gold!

Thursday • 3/31/16 • 1-4 pm • $30
PDEV CK003-50 • Bruce Higdon

Spring Break Camps
April 4 – April 7

Build Your Own Robot 101
8:30 am-12:30 pm

Amazing Mechanical Creations!
Robots that Climb, Catch, Throw & Fetch
1-5 pm

Sign up for one, or both! Designed for students in grades 6-9

Mark your calendars for Bruin Bots Summer Camps!
July 5-7 for 3rd-5th graders
July 11-14 for 6th-9th graders

Visit our website for updated information, topics and pricing - www.kellogg.edu/lifelong

We’re always looking for great course ideas and instructors.

If you have an idea for a course, visit www.kellogg.edu/lifelong and download the Course Proposal Form.

Of particular interest are instructors for:
Arts & Crafts • Fitness • Music • Writing • Languages
Programs for Youth

Study Skills Camp for Teens

Did you know that students who take a study skills workshop are 6 times more likely to graduate from college than those who do not?

August 8-11 – 9 am-4:30 pm – KCC’s Main Campus
Designed for teens age 14-19

Good study skills are useful in all areas of life, not just school. Help your child be their best and do their best.
Career Exploration Camps @ KCC

• Allied Health & Human Services
• Criminal Justice & Emergency Services
• Skilled Trades & Advanced Manufacturing
• Business & Technology

Careers will include many from our local market outlook
Camps will be held June 20-23 – Designed for students age 14-19

Girls Summer Volleyball Camps

Grades 5-7
7/26-7/27 (9 am-3 pm)
7/28 (9 am-12 pm)

Grades 8-11
7/28 (2-5 pm)
7/29-7/30 (9 am-3 pm)

Join KCC’s Volleyball Coach and team members for fun and skill building!

Contact Lifelong Learning for more information

call — 269.965.4134
email — ll-info@kellogg.edu
visit — www.kellogg.edu/lifelong
The Institute for Learning in Retirement is a community-based organization for men and women age 50 and better. These individuals develop their own courses, with no concern for tests, homework or grades. Through classes, luncheons and field trips members meet new friends, gain knowledge and have fun while learning.

The ILR is sponsored by Kellogg Community College and is affiliated with the National Elderhostel program.

Annual dues: $15 per person

For more information or to receive a schedule, call (269) 965-4134.
REGISTRATION INFORMATION

BY PHONE
To register by phone (using a major credit card), call (269) 965-4134.

BY FAX
To register by FAX (using a major credit card), fax (269) 565-2129 with your completed registration form.

BY MAIL
Complete and mail the registration form in the back of the schedule with your check, money order or credit card information. All fees are due when you register. Make checks payable to Kellogg Community College, and send to ATTN: Lifelong Learning, Kellogg Community College, 450 North Ave., Battle Creek, MI 49017-3397. If you have more than one person to enroll, copy our form, fill it out and send it in with payment for each registrant, or download a copy from our website.

IN PERSON
The Lifelong Learning main office is located in the KCC Ohm Information Technology Center, Room 102. Hours of operation are 8:30 am to 4:30 pm, Monday through Friday. You can also visit any KCC Center (see below).

ONLINE
Visit www.kellogg.edu/lifelong and click on the Register for Classes link. Search by subject area, find your class and pay by credit card. Payment is required to register.

REFUND POLICY
If requested at least one business day prior to the start date, a full refund is given for any dropped course, seminar, or workshop. All requests for refunds should be directed to Lifelong Learning at (269) 965-4134.

OTHER KCC CENTERS
If you live in the Coldwater, Hastings, or Albion areas, you may register for any of these classes at our centers there, or at the Regional Manufacturing Technology Center.

KCC Grahl Center in Coldwater
125 Seeley St.
(517) 278-3300 or Fax (517) 278-3311

KCC Fehsenfeld Center in Hastings
2950 West M-179 Highway
(269) 948-9500 or Fax (269) 948-9522

KCC Eastern Academic Center in Albion
14055 26 Mile Road
(517) 630-8169 or Fax (517) 630-8168

ADDITIONAL INFORMATION
Register early for a full selection of courses. Each semester we cancel courses because of low enrollment, only to find out the day of the course that several of you intended to come. Please help us by registering at least one week before the class start-date so we won’t disappoint you.

Registrations will not be processed for students with fines on their accounts. Fines must be paid prior to registering. Late registration will be accepted through the first class meeting, if space is available. Enrollments are accepted on a first-come, first-served basis; however, we will add you to our waiting list if the class is full.
CANCELED CLASSES
If your course must be canceled, we will attempt to notify you before the first class. In this event, you will be entitled to a full refund or, if you wish, you may apply the registration fee to another course. Please ensure that KCC has your current phone number by including it on your registration form, or updating it in the system when you register online.

DISCLAIMERS
Kellogg Community College does not endorse specific holistic approaches to healthy living or religious beliefs. These non-credit workshops are offered as information only and students are expected to make personal, independent decisions regarding their own health and spirituality. All seminars and workshops are educational in nature; no financial products, services or insurances of any kind will be promoted in these classes.

EQUAL OPPORTUNITY
Kellogg Community College is an equal opportunity institution and does not discriminate on the basis of race, religion, color, national origin, sex, marital status, age or handicap in its admission policy, educational programs, activities or employment policies. If any student believes the College or any part of the College organization has inadequately applied these principles, he/she may contact the Equal Opportunity Office, (269) 965-3931, ext. 2265.

FOR FURTHER INFORMATION
Contact Lifelong Learning at (269) 965-4134 or e-mail ll-info@kellogg.edu.

WAYS TO REGISTER

Telephone
(269) 965-4134

Fax
(269) 565-2129

Mail
ATTN: Lifelong Learning
Kellogg Community College
450 North Ave.
Battle Creek, MI 49017-3397

In Person
at KCC Ohm Information Technology Center, Room 102 or Customer Service Centers

Online
at www.kellogg.edu/lifelong

Since 1965, Kellogg Community College has been granted full accreditation by the Higher Learning Commission of the North Central Association of Colleges and Schools (www.ncahigherlearningcommission.org 1-800-621-7440). Additionally, the College is a member of the Michigan Community College Association, the Council of North Central Community-Junior Colleges, and the American Association of Community Colleges.

Membership in the various associations and regional accreditation agency approval gives students the assurance that their work at Kellogg Community College will be accepted by other reputable colleges and universities.