

# new fall classes!

All classes listed on this page are **NEW** sections or totally new classes. Enjoy!

#1015 B

## Letterpress Stationery

Using a vintage press and individual pieces of hand-set metal type, create some luxurious stationery note cards perfect to give away as a gift or to keep for yourself. For examples, see [www.craftboyworkshop.com](http://www.craftboyworkshop.com). Please bring \$20 for 30-page letterpress handout and stationery materials. Chuck is a production manager for a book publisher in Kansas City and has been practicing the "Book Arts" of papermaking, letterpress printing and bookbinding for ten years.

CONVENER: Chuck Harper (816-333-4170)

E-mail: [chuck@craftboyworkshop.com](mailto:chuck@craftboyworkshop.com)

Web site: [www.craftboyworkshop.com](http://www.craftboyworkshop.com)

CLASS FEE: \$14

Sec. B: 1 session; Saturday, November 22; 2:00 PM - 6:00 PM; The Craftboy Workshop, 5622 Locust, KCMO; LIMIT: 5

#1016 B

## Letterpress Holiday Greeting Cards

Impress the folks on your holiday card list with a hand-made, hand-printed greeting of the season. In this workshop, you will get an introduction to printing the old-fashioned way with handset metal type, decorative ornaments and vintage images. Expect to print about 20 A2-sized (4-1/4" x 5-1/2") folded note cards with a lot of holiday cheer. Please bring \$20 to class for 40-page Letterpress Basics Handout and Greeting Card Materials (cardstock, envelopes and ink). Chuck is a production manager for a book publisher in Kansas City and has been practicing the "Book Arts" of papermaking, letterpress printing and bookbinding for ten years.

CONVENER: Chuck Harper (816-333-4170) E-mail: [chuck@craftboyworkshop.com](mailto:chuck@craftboyworkshop.com) Web site: [www.craftboyworkshop.com](http://www.craftboyworkshop.com)

CLASS FEE: \$14

Sec. B: 1 session; Saturday, December 6; 2:00 PM - 6:00 PM; The Craftboy Workshop, 5622 Locust, KCMO; LIMIT: 5

#1124 A

## Highland Dance

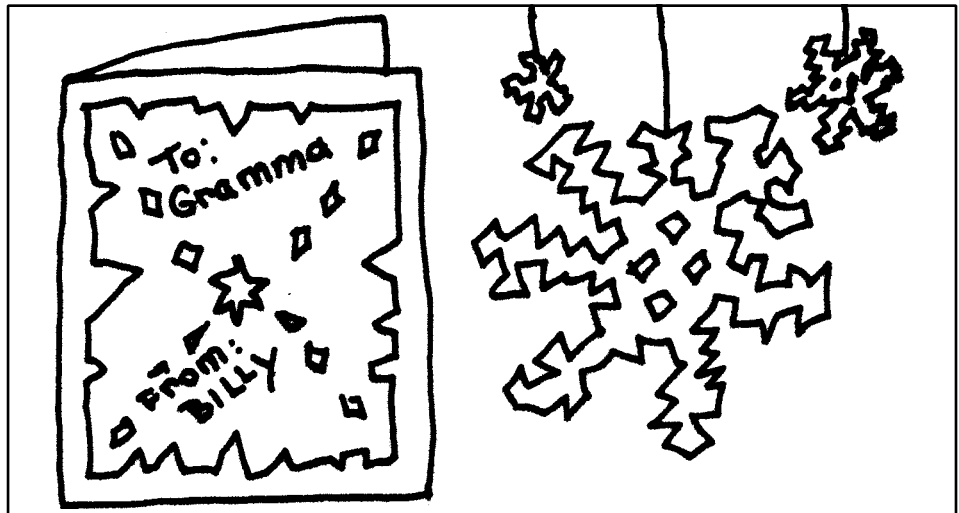
Although Highland dance originated from military calisthenics, this form has been influenced by ballet as well as other dance forms. Learning this technique will increase your strength and endurance. Its also a lot more fun than military calisthenics.

CONVENER: Kelsey Amara

E-mail: [holliscenter@kc.rr.com](mailto:holliscenter@kc.rr.com)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, November 13; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10



#1017 B

## Bookbinding: Pocket Journal

Toss out your Palm Pilot PDA and make your own PAA (Personal Analog Assistant), perfect for carrying in your pocket or purse to keep track of your schedule, jot down your brilliant ideas or just your grocery shopping list. The Hedgehog is an unabashed knock-off of the popular Moleskin journals and demonstrates the basics of hand-bookbinding. For examples, go to [www.craftboyworkshop.com](http://www.craftboyworkshop.com). Bring \$20 for handout and materials. Chuck is a production manager for a book publisher in Kansas City. His hobby print shop and bindery is called The Craftboy Workshop.

CONVENER: Chuck Harper (816-333-4170) E-mail: [chuck@craftboyworkshop.com](mailto:chuck@craftboyworkshop.com) Web site: [www.craftboyworkshop.com](http://www.craftboyworkshop.com) CLASS FEE: \$14

Sec. B: 1 session; Saturday, November 22; 9:30 AM - 1:30 PM; The Craftboy Workshop, 5622 Locust, KCMO; LIMIT: 5

## Online Catalog!

[www.umkc.edu/commu](http://www.umkc.edu/commu)

#1024 A

## Cutting Paper Snowflakes for the Holidays

Cozy up your home for the Holidays with your own paper snowflake designs. With a pair of sharp scissors you can cut up a snowstorm of beautiful paper snowflakes perfect for ornaments or holiday decoration. Even beginners can create beautiful snowflakes. Paper and scissors provided, but feel free to bring your own scissors if you have a favorite pair. Be prepared to make your own holiday creations year after year! Jan has done many informal classes and has been cutting snowflakes for 20 years and loves to make and share them every winter.. This is a fun class that anyone can enjoy. (Kids with parents are welcome). Remember, kids under 12 are free with one adult registration.

CONVENER: Jan Peck (913-322-9331)

CLASS FEE: \$9

Sec. A: 1 session; Monday, November 17; 7:00 PM - 8:00 PM; University Center, Rm. 147, UMKC Campus, 50th & Rockhill Rd., KCMO; LIMIT:

#2221 C

## Build A Rain Barrel

Did you know that every year thousands of gallons of water run off your roof? In this workshop you'll gain the confidence and knowledge to capture some of that free, high quality water. We'll talk about the benefits of rain barrels, answer questions and then fire up the power tools to make your own custom barrel. WARNING - rain barrels are addictive! Beau has helped hundreds of people around Kansas City learn how to make rain barrels.

CONVENER: Beau Baker E-mail: [beau.baker@bridgingthegap.org](mailto:beau.baker@bridgingthegap.org) Web site: [www.bridgingthegap.org](http://www.bridgingthegap.org)

CLASS FEE: \$9 + \$45 material fee = \$54

Sec. C: 1 session; Saturday, November 15; 3:00 PM - 4:00 PM; 3 Trails Community Recycling Center, 91st and Hillcrest, KCMO; LIMIT: 20

#2222 A

## Be Your Own Bike Mechanic

Learn all the necessary tricks of bicycle maintenance in order to keep your ride rolling. Class includes: how to lube chain, drivetrain, and cables, how to adjust derailleurs, how to install and remove wheels for transportation and how to change a flat and patch a tube.

Convener: Britton Kusiak (816-756-5510)

E-mail: [volkerbicycles@gmail.com](mailto:volkerbicycles@gmail.com)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 15; 10:00 AM - 11:30 AM; Volker Bicycles, 1717 W. 39th, KCMO 64111; LIMIT: 12

#4306 B

## T'ai Chi for Health

Many forms of exercise tear down your body while building it up. The combination of T'ai Chi movements can help you gain awareness of breath, posture, and stress. As you learn to move in a coordinated way you stretch and strengthen your muscles, increase the flexibility in your joints and even revitalize your organs. Even dancers can gain strength and flexibility from practicing T'ai Chi on a regular basis. In this introductory session you'll learn some basic principles which, if practiced, can improve your health.

Convener: Rick Mareske (816-235-1448)

CLASS FEE: \$9

Sec. B: 1 session; Tuesday, November 11; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10