COMMUNIVERSITY

Fall 2013    September 23rd – December 15th    Issue #159

EXPLORE • EXPERIENCE • ENJOY

Painting, Moth Photography, Spanish, How to E-Publish, Wine 101, Tarot, Archery

SIGN-UP ONLINE

Sign-up Party
Tuesday, September 10th, 6-8 PM
See details on Page 39

SCAN ME TO SIGN-UP ONLINE
People teaching people since 1970

This is Communiversity’s Fall 2013 issue #159. Communiversity is published five times per year in August, October, January, March and May. Each issue of Communiversity introduces you to a world of people and ideas through classes, events and services unique to this area. Today there is no other metropolitan area in the entire country with an all-volunteer program that offers such a variety of classes at our nominal price. Whether you take a class, offer a class, or advertise a seminar or business, Communiversity is a great place to reach people who enjoy learning and experiencing life. You can find us at: Communiversity/UMKC, Office of Student Involvement, Student Union, Suite 320, 5100 Cherry, KCMO 64110 or www.umkc.edu/commu.

COMMUNIVERSITY STAFF
Rick Mareske—Program Coordinator
Bree Davis—Web Designer
Jessica Turner—Social Media Specialist
UMKC Student Workstudy Employees and the Office of Student Involvement

CATALOG PRODUCTION
The Communiversity Staff

COVER & INSIDE ART
Regina Compernolle, multimedia cartoonist

Thanks:
UMKC, Kansas City Metropolitan Libraries, City in Motion, Westport Roanoke Community Center, UMKC School of Medicine, and to the many individuals who have shared their homes and businesses. Communiversity depends upon the goodwill of individuals and organizations from both the University and the community in providing meeting facilities for classes. We thank you for your donations of rooms.

Special Thanks To:
The many volunteers who teach our classes, distribute our catalogs and register our participants. The Communiversity Advisory Board, Regina Compernolle, Travis Dixon, Marcia Roberts, John Pearse, and the Office of Student Involvement Staff. Funding assistance by Swinney Recreation Center at UMKC.
The Communiversity Web Site has an ongoing new look thanks to Jon Robertson and Bree Davis. Our newly developed database with online class searches, an online registration cart and much more was created by Ling Li.

Printing and binding of Communiversity Catalog by Tribune Publishing on recycled paper.

DISCLAIMER: All opinions expressed in Communiversity classes and course descriptions are those of the convener(s) and do not necessarily represent the opinions of Communiversity, UMKC or the Office of Student Involvement.

An easier to read map which includes metered parking lots may be found at: http://www.umkc.edu/maps
**Arts & Crafts**

#1001 A

**Learn to Knit**

Have you ever wanted to learn how to knit? This class will teach you the basics. During this three hour class we will learn the basics of casting on, knitting and purling, and cast off. Bring $15 to class for materials.

CONVENER: Kellie Waldron  
CLASS FEE: $10.00  
Sec. A: 1 session; Monday, September 23; 6:00 PM - 9:00 PM;  
Sec. B: 1 session; Monday, October 21; 6:00 PM - 9:00 PM;  
MEETS: Student Union (New), Rm. 421, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

#1002 A

**Adult Snowflake Cutting Class**

This “G” rated class is for creative adults to learn how to make decorative paper snowflakes. With a pair of sharp scissors, you can cut up a snowstorm of beautiful paper snowflakes perfect for Christmas tree ornaments, holiday decorations or any number of imaginative uses. These snowflakes were featured in the KC Star. Be careful—cutting snowflakes is contagious! I will provide scissors and paper, but feel free to bring your own favorite cutting scissors. Ages 12 and up.

CONVENER: Jan Peck  
PHONE: 816-547-2331  
CLASS FEE: $10.00  
Sec. A: 1 session; Wednesday, December 04; 6:30 PM - 7:30 PM;  
Student Union (New), Rm. 402, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

#1003 A

**Make Your Own Beaded Bracelet**

Learn how to make compatible beaded combinations to create a stunning bracelet designed by you! Learn about various styles of clasps and findings for bracelet construction. All materials provided. Upgrade to gemstone beads for an additional $10 at the class.

CONVENER: Regina Compemole  
PHONE: 816-322-9331  
CLASS FEE: $10.00 + $25.00 material fee = $35.00  
Sec. A: 1 session; Sunday, October 13; 2:00 PM - 3:30 PM;  
Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

#1004 A

**Hand-Knotted Pearl Bracelet**

Learn the art of hand-knotting pearls or other precious beads. You’ll work with gorgeous fresh water pearl beads and sterling silver clasps to create a unique bracelet. The same technique can be used to make long necklaces. Hand knotting is the only way to go with semi-precious beads. Never worry about losing your beads if your jewelry breaks again!

CONVENER: Regina Compemole  
PHONE: 816-547-0266  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00 + $25.00 material fee = $35.00  
Sec. A: 1 session; Sunday, October 13; 2:00 PM - 3:30 PM;  
Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

#1005 A

**Beautiful Gemstone Bead Earrings**

If you’re going to do it, you might as well make good ones! We’ll make a practice pair using base metal and glass beads before using sterling findings and semi-precious stone beads to make earrings of your own design. Lots of choices including amber, turquoise, labradorite, lapis, freshwater pearls and more. You will discover appropriate tools and learn various techniques for bending wire to create your earrings. Bring a needle nose pliers to class.

CONVENER: Regina Compemole  
PHONE: 816-547-0266  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00 + $20.00 material fee = $30.00  
Sec. A: 1 session; Sunday, November 17; 7:00 PM - 8:30 PM;  
Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

#1006 A

**African Trade Bead Earrings**

Learn the art of hand-knotting pearls or other precious beads. You’ll work with gorgeous fresh water pearl beads and sterling silver clasps to create a unique bracelet. The same technique can be used to make long necklaces. Hand knotting is the only way to go with semi-precious beads. Never worry about losing your beads if your jewelry breaks again!

CONVENER: Regina Compemole  
PHONE: 816-547-0266  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00 + $20.00 material fee = $30.00  
Sec. A: 1 session; Sunday, November 17; 7:00 PM - 8:30 PM;  
Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

#1007 A

**Upcycled Newspaper**

Learn to create beautiful designer papers by upcycling common newspaper with stamps, stencils, and water-based inks. Each finished page is a unique creation of your very own, perfect for use in decoupage and scrapbooking. We supply everything you will need, but you are welcome to bring your favorite large cover-stamps or stencils. Bring $10 for materials. (Cash, Debit, M/V, Amex, Disc; no checks). Class held in a secure West Bottoms warehouse; phone or text 816-332-1913 for entry upon arrival.

CONVENER: Studio Upcycle  
PHONE: 816-332-1913  
Website: www.StudioUpcycle.com  
Email: StudioUpcycle@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Friday, September 27; 7:00 PM - 10:00 PM;  
MEETS: Studio Upcycle, 1324 W 12th Street, 4th Floor, Kansas City, MO 64101; LIMIT: 10

New Online Easy Sign-up  
www.umkc.edu/commu
**#1008 A  How to Look at Art—Paintings**

Class will concentrate on how to view paintings. We will convene at noon and tour a collection of great masters (e.g.) Caravaggio, Mark Rothko, and others at the Nelson-Atkins Gallery. We will discuss ways of entering the painting based on composition, color, and other tricks of the master painters. Convener, Avritt has owned a gallery on the historic Canyon Road in Santa Fe. His father studied with Matisse, and he has been an artist’s agent for a number of years.

**CONVENER:** Avritt Lemon-Brown (816-517-1361)

Email: avrillemonbrown@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 19; 12:00 PM - 2:00 PM; Nelson-Atkins Museum of Art, Rozzelle Court, 4525 Oak, KCMD; LIMIT: 10

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**#1101 A  Memory Wire Bracelet**

Make a multi-strand bracelet out of memory wire using a mix of glass, crystal, gemstone, pearls and silver beads. Memory wire holds it’s shape so your bracelet will not require a clasp and it will maintain it’s shape. You will learn the basics of jewelry design allowing you to create a “one of a kind” bracelet. Bring $15-$20 to class for materials, depending on the stones you choose for your bracelet.

**CONVENER:** Lyn Sorensen (816-214-0379)

Email: lisa@esrman.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, November 16; 12:00 PM - 3:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMD, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 8

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**#1090 A  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. Please send $20 for 30-page letterpress handout and stationery materials to The Craftboy Workshop at the address below. 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 (816-547-1176)

Email: chuck@craftboyworkshop.com

Website: www.craftboyworkshop.com

**CLASS FEE:** $14.00

**Sec. A:** 1 session; Saturday, October 19; 9:00 AM - 1:00 PM; The Craftboy Workshop, 5622 Locust St., KCMD 64110; LIMIT: 6

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**#1012 A  Wrap Bracelet**

Using leather, gemstone beads and Irish linen thread, learn to make a beautiful bracelet. You will learn basic jewelry design to create a unique, individual bracelet. Bring $15-$20 to class for materials, depending on the stones you choose for your bracelet.

**CONVENER:** Lyn Sorensen (816-214-0379)

Email: lisa@esrman.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 19; 12:00 PM - 3:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMD, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 8

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**#1013 A  Art of Clay: Hand-building**

This class will introduce participants to several techniques of constructing hand-built functional and/or sculptural pottery forms using stoneware clay and glazes. We strongly suggest taking this class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this class once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramic arts and education in Kansas City.

**CONVENER:** KC Clay Guild Staff (816-363-1373)

**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Mondays, beginning, September 23; 

**Sec. B:** 4 sessions; Mondays, beginning, October 28;

MEETS: 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMD; LIMIT: 10

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**#1014 A  Art of Clay: Wheel-throwing**

This class is an introduction to the potters’ wheel. Participants will learn how to center clay and create several basic forms using electric potters’ wheels. We strongly suggest taking the hand-building class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this course once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramics arts and education in Kansas City.

**CONVENER:** KC Clay Guild Staff (816-363-1373)

**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Mondays, beginning, September 23;

**Sec. B:** 4 sessions; Mondays, beginning, October 28;

MEETS: 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMD; LIMIT: 8

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**#1016 A  Beaded Teardrop Earrings**

This versatile peyote design is quick and easy. We will use a combination of tear drop and round beads in matte and shiny finishes. These are consistent complement magnets! Bring black beading thread like Nemo or Fireline, and a big eye beading needle. Bring $15 for kit which includes instructions, beads and earring hooks.

**CONVENER:** Sandi Rose (816-326-7315)

Email: beadcentric@yahoo.com

Website: www.myspace.com/beadcentric

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, November 02; 1:00 PM - 3:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMD, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

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**#1017 A  But Is It Art? A Personal View**

Join artist Linister for an informal discussion and slide show of oil paintings by Delacroix, Turner, Degas, Bingham, Constable, Cézanne, Glackens, Linister, Thomas Hart Benton, etc. He will tell about the lives of these artists and explain why he thinks particular paintings are (or are not) good works of art. This will be a pleasant, relaxing evening with wine and cheese, etc. Linister has been in 12 museum shows including The Nelson-Atkins and The Albright-Kemer Museum in St. Joseph, MO.

**CONVENER:** Linister Linister (816-753-2183)

**CLASS FEE:** $10.00 & $6.50 material fee = $16.50

**Sec. A:** 1 session; Saturday, October 12; 6:30 PM - 8:30 PM; Linister’s Studio, 1129 W. 41st St., ($1/2 blocks E. of State Line)

KCMD; LIMIT: 12

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**#1018 A  Intro to Leathercraft**

It’s better with leather—spend an afternoon make a lasting useful piece of art. Learn basic skills to create a simple tool leather item such as a key fob or bracelet. We’ll stamp and dye a project, learn about leather resources and techniques. Mike is co-presenter, owner of Thomas Leatherworks and Sheryl is a creativity coach, owner of Dare to Dabble. Bring $15 to class for materials.

**CONVENER:** Sheryl Goddy & Mike Goddy (816-287-1531)

Email: daretodabble@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Sunday, October 13; 1:00 PM - 4:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMD, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 6

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#1019 A
Wildlife Drawing
Have fun drawing animals at the zoo. I will be emphasizing the use of gesture drawings and quick studies. Core lines, blocking in, and spatial relationships will be some of the topics covered. All drawing levels welcome. We meet at the zoo’s front entrance. You will need to provide for your own admittance. Please bring a sketch pad, drawing board, and dry media (e.g., conté crayon, or oil pastel etc.)
CONVENER: Homer Janssens (816-824-3822)
CLASS FEE: $18.00
Sec. A: 5 sessions; Sundays, beginning, September 22;
Sec. B: 5 sessions; Sundays, beginning, October 27;
Sec. C: 5 sessions; Sundays, beginning, December 01;
MEETS: 9:30 AM - 11:30 AM; Kansas City Zoo, Main Entrance, 6700 Zoo Dr, KCMO; LIMIT: 8

The purpose of art is washing the dust of daily life off our souls. ~Pablo Picasso
#1020 A  
**Gnostic Art: Symbols and Experience**  
How have artists used symbols and beauty to inspire spiritual growth in humanity? Join us for a guided tour, and discussion of Gnostic symbols in art at the Nelson-Atkins Museum. We will view several examples from Eastern and Western spiritual traditions, representing common themes such as the cross, the serpent, life in other realms, as well as masculine and feminine representations of God. By using art as a tool for reflection the viewer may directly experience a greater internal awareness.  
**CONVENER:** Gnostic Study Center & Anna Bedinger (816-836-3384)  
Email: info@gnosticconfraternity.org  
Website: gnosticconfraternity.org  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Thursday, November 07; 7:00 PM - 8:00 PM; Nelson-Atkins Museum, Bloch Building (near the Information Desk), 4525 Oak, KCMO; LIMIT : 10

#1021 A  
**Upcycled Dragonfly Wall Hanging**  
Create an amazing dragonfly wall hanging made entirely from upcycled materials using a recycled banister spindle, ceiling fan blades, and various “found” bits of embellishment. Search “dragonfly table leg” on Google or Pinterest to get design ideas for your dragonfly. Class is held in three sessions to accommodate creative design, assembly, and paint/glue/sealant drying time; you may finish in only two sessions depending upon the style you choose.  
**CONVENER:** Rebecca Edmundson (816-332-1913)  
Email: RebeccaKoop@aol.com  
Website: www.backdoorpottery.com  
**CLASS FEE:** $14.00  
**Sec. A:** 3 sessions; Fridays, beginning, October 18; 7:00 PM - 10:00 PM; Studio Upcycle, 1324 W 12th Street, 4th Floor, Kansas City, MO 64101; LIMIT : 10

#1022 A  
**Earring Conversion**  
Did you ever buy at an amazing pair of vintage earrings only to discover you can’t wear them for long? Either they’re too tight and hurt your ears or too loose and drop off, so they rattle around your jewelry box instead of glittering on your ears. Well dust those beauties off and bring them in. In one session you’ll transform them into pierced earrings. Bring $20 to class for materials.  
**CONVENER:** Renee Huff  
Email: dragonrampant@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Thursday, October 03; 6:30 PM - 7:30 PM  
**Sec. B:** 1 session; Wednesday, October 16; 6:30 PM - 7:30 PM  
**Sec. C:** 1 session; Wednesday, November 13; 6:30 PM - 7:30 PM; MEE.TS. Jeweled Legacy (inside the Ridge), 7410 Nieman Rd., Shawnee, KS 66203; LIMIT : 6

#1023 A  
**Learn to Crochet**  
Cozy up with a crochet hook and some yarn and learn all the basic stitches: chain, single, double and treble. From there you can make afghans, scarves, hats, dresses, baby clothes, purses, decorations, boxes, or whatever you can imagine. Bring your own supplies or buy them at class. Nirmal has been crocheting ever since her grandmother taught her at age seven.  
**CONVENER:** Nirmal Kaur Khalsa (816-753-1781)  
Email: NirmalCrochets@gmail.com  
**CLASS FEE:** $14.00  
**Sec. A:** 2 sessions; Wednesdays, beginning, October 23: 5:30 PM - 7:30 PM; The Studio Knitting & Needlepoint, 1121 W. 47th St., KCMO 64112; LIMIT : 8

#1024 A  
**Wood Fired Raku**  
Learn basic hand-building techniques and produce pieces to be bisqued, glazed and raku-fired. In the second session we’ll glaze fire our hand-built work. Be prepared to cut some wood and stoke the kiln to maintain temperature of 1950°F. The pots can be completed in the afternoon. Please send $35 for materials and firing to Back Door Pottery. If it rains we will reschedule the second meeting. Bring a lunch or hotdogs to roast.  
**CONVENER:** Rebecca Koop (816-483-6564)  
Email: beckykkoop@aol.com  
Website: www.backdoorpottery.com  
**CLASS FEE:** $14.00  
**Sec. A:** 2 sessions; Thursdays, beginning, October 19;  
**Sec. B:** 2 sessions; Saturdays, beginning, November 09; MEETS: 1st session meets 9:00 AM - 2:00 PM & 2nd session meets 9:00 AM - 5:00 PM; Back Door Pottery, 3922 St. John Ave., KCMO, 64123; LIMIT : 10

#1025 A  
**Inner-Child Painting Fun**  
You know you want to paint! Let your inner child express herself! Come explore your inner world with paint in a totally fun supportive atmosphere. We’ll be playing with paint so wear messy clothes.  
**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com  
Website: www.backdoorpottery.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session; Tuesday, October 08; 7:00 PM - 9:30 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT : 10

#1026 A  
**Introduction to Painting**  
Learn the basics of acrylics, watercolors, and oils. You will learn the different techniques for each medium and how to use various tools and materials. Students will walk away from the class confident in which medium they like, what materials they need, and where to start. $70 for materials and room rental. Anastasia is a professional artist who has toured and exhibited internationally.  
**CONVENER:** Anastacia Drake  
Email: StrokeOfRed@gmail.com  
Website: www.StrokeOfRedStudio.com  
**CLASS FEE:** $14.00  
**Sec. A:** 1 session; Thursdays, beginning, October 16; 7:00 AM - 9:00 PM; VALA Gallery, 5834 Johnson Drive, Mission, KS 66202; LIMIT : 10

#1027 A  
**Make a Day of the Dead Decorative Mask**  
Halloween and Day of the Dead are everyone’s favorite holidays. Am I right? They certainly offer the most interesting options for décor. We’ll sculpt a whimsical skull mask out of terra cotta clay to add to your holiday decorations. Your creation will be earthy and awesome as is or ready for you to paint in colorful DOD fashion.  
**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com  
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00  
**Sec. A:** 1 session; Tuesday, October 01; 7:00 PM - 9:00 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT : 8

#1029 A  
**Intro to Drawing**  
In this class you will learn the basics of drawing. You will begin by learning to draw and scale using basic shapes, shading, perspective, and learning to draw from a grid. You will also get the chance to experiment with charcoal, graphite, colored pencils, and various other materials. Bring $40 to first class for materials and room rental.  
**CONVENER:** Anastacia Drake  
Email: StrokeOfRed@gmail.com  
Website: www.StrokeOfRedStudio.com  
**CLASS FEE:** $14.00  
**Sec. A:** 2 sessions; Tuesdays, beginning, October 08; 6:30 PM - 9:00 PM; VALA Gallery, 5834 Johnson Drive, Mission, KS 66202; LIMIT : 10

#1030 A  
**Owl With An Attitude**  
Have a hoot creating this fun fellow from a wool tweed jacket, felt, buttons and wire. Stitch by hand or machine and stuff this bird for an upcycled nocturnal pal to perch wherever you need a watchful eye! Bring $15 supply fee to class.  
**CONVENER:** Sheryl Gody (816-287-1531)  
Email: daretodabble@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Thursday, October 24; 5:45 PM - 8:45 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT : 10

#1031 A  
**Autumn Forest—One Night Wonder**  
You say you’ve never painted on canvas? Erin Pearce—Dare to Dabble Art Director will walk you through the steps of painting a birch forest scene with acrylics. We’ll provide the ambiance to inspire you creatively, the supplies and a few hours of relaxing Dare to Dabble art experience! Best of all, at the end of this class you will have a finished painting to take home and brag about. Bring $15 to class for materials.  
**CONVENER:** Erin Pearce & Sheri Gody (816-287-1531)  
Email: daretodabble@gmail.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Tuesday, October 20; 1:00 PM - 3:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT : 20
#1032 A  
Alcohol Inks Oh My!  
We’re not gonna drink em, but you will be inebriated by the amazing results you’ll get with alcohol inks. Come dabble with several ink techniques to create a fabulous project! Creativity coach of Dare to Dabble, Sheryl will bring the supplies. We’ll practice on tiles, dominoes, charms and washers and you’ll leave with a unique piece or two to use or wear. If you want special colors you can purchase Ranger alcohol inks at most craft stores—bring old metal jewelry and see what a little color can jazz up. Bring $15 for supplies.  
CONVENER: Sheryl Godsy (816-287-1531)  
Email: daretodabble@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, November 14; 5:45 PM - 8:45 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#1033 A  
Cast Your Portrait in Clay  
Create a beautiful heirloom in your likeness. We will make a cast of your face, then press clay into the mold to create a decorative mask in terra cotta clay. In the second class, we’ll put the finishing touches on the piece to be fired and picked up at a later date.  
CONVENER: Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com  
CLASS FEE: $16.00 + $25.00 material fee = $41.00  
Sec. A: 3 sessions; Tuesdays, beginning, November 12; 7:00 PM - 9:00 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 8

Parking is free at UMKC on weekends and there is a new parking structure at 51st & Oak featuring “no stairs” to the new Student Union.

Dance Classes For EveryBody  
City in Motion  
3925 Main, KCMO 64111  
- a wide range of technique classes in modern, jazz and ballet for ages 3 to adult  
- the most comprehensive schedule of adult workshops in the city  
- central location

FALL SESSION BEGINS  
SEPTEMBER 3RD  
Fall Classes for Beginning Adults  
Specials Available  
Tap  Mon. 7:00 PM  
Hip-Hop Street Dance  Mon. 7:00 PM  
Modern  Mon. 6:00 PM  
Indian Classical  Tues. 5:00 PM  
Belly Dance  Tues. 6:00 PM  
Jazz  Tues. 6:00 PM  
World Dance Fusion  Tues. 7:00 PM  
West African  Tues. 8:30 PM  
Dunham Technique  Wed. 6:00 PM  
Ballet  Wed. 6:00 PM  
Salsa  Wed. 7:30 PM  
Circus Skills  Wed. 8:30 PM  
Chair Yoga  Thu. 5:00 PM  
Flamenco  Thu. 7:30 PM  
Burlesque  Thu. 8:30 PM  
Kung Fu  Fri. 7:00 PM  
Ballet  Sat. 10:30 AM  
Hip-Hop  Sat. 11:00 AM  
Belly Dance  Sun. 2:00 PM

For a complete schedule  
Call 816-561-2882  
or visit: www.cityinmotion.org

Visit Our Website  
www.cityinmotion.org

Children’s Dance Theater Auditions  
Saturday, August 24  
Dance in the Park  
Saturday, September 7; 6:30; Roanoke Park  
Holiday Semester Begins  
November 11th
#1104 A  
**Beginning Ballroom Dance**

Love the dance shows on TV and cinema? Take a step in the direction of dancing like the stars. You will be able to dance at office functions and parties after this introductory class. You will learn the Foxtrot, Waltz, Swing, Rumba and a bonus dance of your choice. One day you might be slow and graceful, and the next might have you laughing breathlessly. Please bring $5 to contribute towards room rental. More information at www.kcenglishdance.weebly.com.

CONVENER: Toi Shaw (816-305-2931)
CLIP SE: $18.00
Sec: A: 4 sessions; Mondays, beginning, October 20; Sec: B: 4 sessions; Mondays, beginning, October 20; MEETS: 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited,” LIMIT: 20

#1105 A  
**Salsa!**

It’s time to heat up with one of the most popular dances on the dance floor today. With the resurgence of Latin and Cuban music, this dance has become a phenomenon. We will start with basic moves, adding technique and style as we become comfortable with leading and following. No partner is necessary. There are many venues in which to practice your new-found salsa skills. Bring $5 per meeting for room rental.

CONVENER: Toi Shaw (816-305-2931)
Email: ktango2001@aol.com
CLASS FEE: $18.00
Sec: A: 4 sessions; Thursdays, beginning, September 26; Sec: B: 4 sessions; Thursdays, beginning, September 26; MEETS: 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited,” LIMIT: 20

#1106 A  
**West Coast Swing**

This type of swing dance is a smooth dance done to many types of music. Traditionally danced to rhythm and blues, it has now branched out to country, rock, disco and funk. It is danced on a slot, allowing each partner freedom of expression. We will start with the basic pattern and add a new pattern weekly. No partner necessary. Review each week! Bring $5 per meeting for room rental.

CONVENER: Kyle Patel
CLASS FEE: $18.00
Sec: A: 4 sessions; Sundays, beginning, October 6; Sec: B: 4 sessions; Sundays, beginning, December 1; MEETS: 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited,” LIMIT: 20

#1107 A  
**Beginning Irish Dance**

Have you ever wanted to learn Irish dance? If so, please join us and we will teach you the basic steps and show you how to incorporate them into traditional Ceili dances. In eight weeks you will be able to recognize dances and feel comfortable getting up to dance at any Irish Ceili. Minimum age is 15. You must register in advance. Come and join the fun!

CONVENER: Misty Gates & Heather Billings
Email: ieatsbugs@sbcglobal.net
CLASS FEE: $18.00
Sec: A: 8 sessions; Tuesdays, beginning, October 1;
Sec: B: 8 sessions; Tuesdays, beginning, December 2;
MEETS: 7:00 PM - 8:30 PM; Project Living Proof Home, 917 Emanuel Cleaver Blvd., KCMO, Please park in Discovery Center parking lot 4700 Troost Ave.; LIMIT: 30

#1108 A  
**Hula Dance for All Levels**

Hula hooping is the new craze in dance, fitness, and performance communities. A growing movement birthed in circus and music festival communities is spreading across the globe and is getting people to get up off the couch. If you’re looking for an exhilarating workout or just looking for a new way to let loose and dance, come down to Loose Park and dance with us! No prior experience required, we provide the hoops, and all levels are welcome!

CONVENER: Maggie Walker & David Gallina
Email: magwalk@gmail.com
Website: http://ecstaticdancekc.com/
CLASS FEE: $10.00
Sec: A: 1 session; Wednesday, September 25; 7:00 PM - 8:00 PM; Loose Park, behind the pavilion near the rose garden, 51st & Wornall, KCMO; LIMIT: 20

#1109 A  
**KC Ecstatic Dance Jam**

Explore meditation through movement. A space to break it down and live it up to a diverse soundtrack. Explore your inner rhythms within an affirming group atmosphere. No dance background necessary. No steps to follow except for your own. We speak a bit in the beginning, we dance, and then we come together at the end. No choreography. This is a practice for wherever you are right now, not just when you’re in the “right mood to dance.”

CONVENER: Maggie Walker & David Gallina
Email: magwalk@gmail.com; Website: http://ecstaticdancekc.com/
CLASS FEE: $10.00
Sec: A: 1 session; Sunday, September 29; 12:00 PM - 1:45 PM; West Bottoms Group, 1417 W. 11th Street, 1st Floor, Kansas City, MO 64101; LIMIT: 40

#1110 A  
**Creative Movement: Ages 3 - 5**

Kids learn coordination and cooperation as they learn to explore space, playfully exploring movement principles. Ages 3-5

CONVENER: Ann Shaugnessy & Kathy Brennan
(816-561-2892)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec: A: 1 session; Monday, September 23; 4:00 PM - 4:45 PM;
Sec: B: 1 session; Wednesday, September 25; 4:00 PM - 4:45 PM;
Sec: C: 1 session; Saturday, September 28; 9:00 AM - 9:45 AM;
Sec: D: 1 session; Monday, November 17; 4:00 PM - 4:45 PM;
Sec: E: 1 session; Wednesday, November 13; 4:00 PM - 4:45 PM;
Sec: F: 1 session; Saturday, November 16; 9:00 AM - 9:45 AM;
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

Work like you don’t need the money.
Love like you’ve never been hurt.
Dance like nobody’s watching.
~Satchel Paige
#1111 A
**Hip Hop**

Hip-Hop dance originated with rap music. This ever-evolving form creates a high-energy, visually exciting dance style just like music videos. Come learn choreography from street dance to club dance. Teenagers and adults welcome.

**CONVENER:** Bobby Ray & Isha “Ice” (816-561-2882)

Email: cityinmotion@aol.com
Website: cityinmotion.com

CLASS FEE: $10.00

**Sec. A:** 1 session; Monday, September 23; 7:00 PM - 8:00 PM;

**Sec. B:** 1 session; Saturday, September 28; 11:00 AM - 12:00 PM;

**Sec. D:** 1 session; Monday, November 11; 7:00 PM - 8:00 PM;

**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1112 A
**Tap Dance for Adults of All Ages: Basic Beginners or Beginners Again**

If you have always wanted to learn to tap dance, but never had the time, the confidence, or the opportunity now is the time to prove you can do it! Or if you are a former tap dancer who wants to brush up and renew old skills, Billie Mahoney, internationally acclaimed tap dance artist, is there to help you. Emphasis is on technique and style while learning the first steps of shim sham and soft shoe.

**CONVENER:** Billie Mahoney (816-561-2882)

Email: cityinmotion@aol.com; Website: cityinmotion.com

CLASS FEE: $10.00

**Sec. A:** 1 session; Monday, September 23; 7:00 PM - 8:00 PM;

**Sec. B:** 1 session; Monday, November 11; 7:00 PM - 8:00 PM;

**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1113 A
**West Afrikan Dance**

This class teaches the traditional poly-rhythmic movement elements of West African dance from the old Malian empire. This is a very energetic acrobatic class!

**CONVENER:** Danny Hinds (816-561-2882)

Email: cityinmotion@aol.com; Website: cityinmotion.com

CLASS FEE: $10.00

**Sec. A:** 1 session; Tuesday, September 24; 8:30 PM - 9:30 PM;

**Sec. B:** 1 session; Tuesday, November 12; 8:30 PM - 9:30 PM;

**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1114 A
**Intercultural Movement and Rhythms: Dunham Technique**

Explore the movement techniques, theory and principles of Dunham Modern Dance Technique developed by Katherine Dunham. This dance technique provides a unique study of the integration and influences of African/Caribbean cultural dance with ballet, contemporary and jazz dance. We will gently tap into the history of Black Dance in America and touch upon the following artists: Pearl Primus, Alvin Ailey, Talley Beatty, to name a few.

**CONVENER:** Ima Terri Brown (816-561-2882)

Email: cityinmotion@aol.com; Website: cityinmotion.com

CLASS FEE: $10.00

**Sec. A:** 1 session; Beginning Wednesday, September 25;

**Sec. A:** 1 session; Beginning Wednesday, November 13;

**MEETS:** 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

If you cannot get rid of the family skeleton, you may as well make it dance.
~George Bernard Shaw

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**Academy Choirs**

The Community Music and Dance Academy hosts a comprehensive choral program serving young singers of all ages. The Academy Choirs include Roo Singers (K–2), Kansas City Children’s Chorus (gr. 3–6), and the Academy Singers (gr. 7–12). While each group is non-auditioned, there are auditioned honor groups at each level. All choirs meet weekly August–May, and produce 4+ concerts yearly, with many more informal opportunities. Activities include the Thanksgiving Family and Friends Concert, the Academy Choir Talent Show, springtime trip to Worlds of Fun, and many other exciting opportunities for singing fun.

Call **816.235.2741** or visit **conservatory.umkc.edu/cmda**

**Women of the Drum**

Classes held Sundays at 6pm
City in Motion, 3925 Main, KCMO
Contact Regina for information.
816-547-0266 / SacredEarthArts@aol.com
#1115 A  
**Adult Jazz Dance**

Strut your stuff in this fun and energetic class. Learn basic dance technique, work on flexibility and toning, and explore several styles of jazz dance.

**CONVENER:** Stephanie Whiter (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, September 24; 6:00 PM - 7:00 PM;  
Sec. B: 1 session; Tuesday, November 12; 6:00 PM - 7:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1116 A  
**Beginning Adult Ballet**

No prior experience required! This is an introduction to ballet. We utilize an anatomy/physiology approach to gently stretch and strengthen the body. Come learn the basics of this art form. This is a great class for first—timers or those who would like to be reintroduced to ballet.

**CONVENER:** Haley Chesnay & Lillian Francis (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Wednesday, September 25; 6:00 PM - 7:30 PM;  
Sec. B: 1 session; Saturday, September 28; 10:30 AM - 12:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1117 A  
**World Dance Fusion**

Inspired by the World Music/Fusion movement, this class will present a sampler of contemporary ethnic and fusion dance forms, (Urban Gypsy Fusion, Rumba, Latin, Bollywood, Polynesian/Hula Fusion, Tropical, Caribbean, etc.). Learn universal and ethnic dance moves, combined in new and interesting ways, and set to World Music. Fun exercise with opportunities for performance! Suitable for all ages and all levels.

**CONVENER:** Nicole English (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, September 24; 7:00 PM - 8:00 PM;  
Sec. B: 1 session; Tuesday, November 12; 7:00 PM - 8:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1118 A  
**Salsa**

Come experience Salsa! This popular social dance from Cuba has become a world wide phenomenon. We'll learn basic footwork and timing, turn patterns and combinations. We’ll learn how to feel and interpret the music of Salsa. Please bring dance shoes to class.

**CONVENER:** Bird Ellington Fleming (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Wednesday, September 25; 7:30 PM - 8:30 PM;  
Sec. B: 1 session; Wednesday, November 13; 7:30 PM - 8:30 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1119 A  
**Flamenco!**

This workshop will be geared toward adults interested in an introduction to the rhythms, movement, and history of Flamenco dance. Wear comfortable workout type clothing and heeled shoes.

**CONVENER:** Cindy Bleck (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, September 26; 7:30 PM - 8:30 PM;  
Sec. B: 1 session; Thursday, November 14; 7:30 PM - 8:30 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1120 A  
**East Coast Swing**

Learn the basics of East Coast Swing plus a variety of turns and moves that will give you confidence on the dance floor. Come with, or without, a partner and be prepared to have fun!

**CONVENER:** Nicole English (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Friday, September 27; 6:00 PM - 7:00 PM;  
Sec. B: 1 session; Friday, November 15; 6:00 PM - 7:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1121 A  
**Indian Classical Dance**

We emphasize technique and style while learning the traditional Manipuri dance pattern. Learn the exotic “Mudras” (hand symbols), rhythmic body techniques and vigorous acrobatics of Manipuri dance with live “mridanga” (drum). Open to all levels of dancers. We dance barefoot.

**CONVENER:** Rafia Rauf (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, September 11; 7:00 PM - 8:00 PM;  
Sec. B: 1 session; Thursday, November 14; 5:00 PM - 6:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1122 A  
**Dancing Through Menopause and Beyond**

Peri-menopause...Menopause...Post-menopause...wondering “Who’s body is this anyway?” This dance class encourages you to respect your limitations while you learn how to strengthen and stretch your body, move and have fun. All ages and body types welcome.

**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Sunday, September 29; 4:30 PM - 5:30 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1123 A  
**Belly Dance Exercise**

You know you’ve always wanted to take a belly dance class, so... come on down! Get loose and cox your body to flow in ways that you’ve never imagined with the upbeat, captivating rhythms of far-away places. Belly dance is a combination of strength, posture, flexibility and muscle control. Fun and fitness can be yours if this addictive habit is right for you.

**CONVENER:** Halah Zeiki (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, September 24; 6:00 PM - 7:00 PM;  
Sec. B: 1 session; Sunday, September 29; 2:00 PM - 3:00 PM;  
Sec. C: 1 session; Tuesday, November 12; 6:00 PM - 7:00 PM;  
Sec. D: 1 session; Sunday, November 17; 2:00 PM - 3:00 PM;  
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1201 A  
**Beginning Jazz Guitar**

Learn how to voice chords (major 7, dominant, minor 7, half diminished and diminished) and combine chord inversions. Also find out what and how to practice. You must be able to read tablature or standard notation and play basic bar chords. Bring a guitar (electric or acoustic) that is playable at least up to the 12th fret and a music stand if you have one. The convener plays in several ensembles, has studied with John Elliott and Danny Embrey and has played guitar since 1968. You’ll receive plenty of music written in the jazz vernacular.

**CONVENER:** Rick Marsate (816-235-1448)  
Email: marsate@umkc.edu  
Website: citymotion.com  
CLASS FEE: $16.00  
Sec. A: 2 sessions; Wednesdays, beginning, October 23; 6:00 PM - 7:15 PM;  
MEETS: Cathedral of the Immaculate Conception, 6100 Troost Ave, Kansas City, MO 64110; LIMIT: 8

#1203 A  
**Re-Discover Your Voice**

Explore the connection between your voice and your inner and outer selves. We’ll focus on the fundamentals, such as practices that strengthen your posture and respiratory system, vocal warm-ups to keep your voice vital and strong, and the foundation of healthy vocal production to maintain your voice throughout your lifetime. My holistic approach addresses the body and the mind, utilizing yoga stretches and meditation. Riva Capellari has a Masters in Vocal Performance from the University of Michigan. Bring $2 to class for handouts.

**CONVENER:** Riva Capellari  
Email: capellari@att.net  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, September 28; 10:00 AM - 11:00 AM;  
MEETS: Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 12

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True ease in writing comes from art, not chance, as those who move easiest have learned to dance.  
~Alexander Pope
Kansas City, Missouri Parks & Recreation

Address
3601 Roanoke Road
Kansas City, MO. 64111
(816) 784-5200
www.kcmo.org/parks

Hours of Operation
Monday, 7:30 a.m. to 6 p.m.
Tuesday through Thursday, 7:30 a.m. to 9 p.m.
Friday, 7:30 a.m. to 6 p.m.
Saturday, 9 a.m. to 6 p.m.
Sunday, 12 p.m. to 6 p.m.

Fitness and Facility Fees

- Adult Fitness Pass, $3 daily, $20 Monthly
- Adult Facility Pass, $5 daily, $25 Monthly
- Annual Fitness Pass, $200
- Annual Adult Facility Membership, $250
- Youth Pass (gym/computer lab, Free (17 and under)

- Senior Fitness Pass, $2 daily, $15 Monthly
- Senior Facility Pass, $3 daily, $25 Monthly
- Annual Senior Fitness Membership, $150
- Early Bird Senior Pass, Free (7:30 a.m. - 10:30 a.m.)
  (60+)

Youth Pottery
Thursday 3:30 p.m.-4:30 p.m.
Ages 6 - 17 years old
$37.50 per child $7 walk-in fee
Call center for session dates & times

Youth Flag Football & Youth Biddy Basketball
Tuesday/Thursday 6:30 p.m.-7:30 p.m.
Ages 5 - 6 year old and 7 - 8 year old
Practice and Games TBA
$40.00 per child

Midtown Play Place
Monday/Friday 10:00 a.m.-1:00 p.m.
Ages 0-5 year old
$1.50 per child

September 6, 2013 - May 30, 2014

Golden Age Senior Club
Tuesday 10:00 a.m.-12:30 p.m.
Age: 50+
Free

Adult Open Basketball
Tuesday 7:00 p.m.-8:30 p.m. and Friday 1:30 p.m.-5:30 p.m.
Ages 18+
$3.00 per person

Needle Felting
Sunday 1:00 p.m.-3:00 p.m.
Ages 16+
$65 per session (4 wks)
Call center for session dates

Adult Co-d sports forming now - Call center for information
Space available for rentals - call the center
for fees.
Seasonal Sports –Youth teams will be formed

Adult Pottery
Tuesday or Wednesday 6:30 p.m.-8:30 p.m.
Ages 18+
$80 per session, $15.00 walk-in fee
Call center for session dates & times

Open Pottery
Tuesday - Friday 12:00 p.m.-5:00 p.m.
$15.00 per walk-in

Zumba
Tuesday 6:00 p.m.-6:45 p.m. or Saturday 10 a.m.-10:45 a.m.
Ages: 16+
$48 (8 wks) or $8 walk-in fee

Yoga
Monday 5:15 p.m.-6:00 p.m. or Thursday 6:00 p.m.-6:45 p.m.
Ages: 16+
$48 (8 wks) or $8 walk-ins

Intro to Crocheting
Saturday 1:00 p.m.-3:00 p.m.
Ages: 16+
$65 per session (8 wks)
Call center for session dates

Raku Pottery
Thursday 6:30 p.m.-8:30 p.m.
Ages: 15+
$80 per session(8 wks)
Call center for session dates

Dog Obedience Class
Saturday 11:30 a.m.-1:00 p.m.
$80.00 per session (6 wks)
Call center for session dates

Youth Zone Afterschool Program
Monday - Friday 3:30 p.m.-5:30 p.m.
Ages: 6-13
Free

The KCMO Parks and Recreation Department facilities and programs are available to people of all abilities. If accommodations or individualized supports are needed to participate, please contact Sheronda Stonum/Kelly Snider, Inclusion Facilitator, at (816) 784-5200.
1204 A  
Instrumental Groove Session for Student and Amateur Musicians

For the joyous, artistic purpose of playing live music with other humans. The music is easy, fun, and low stress. Perfect for those that used to play an instrument and would like to pick it up again or amateurs that can’t commit the time to a band. See the web page below for the two songs we will play. PA and mics are provided for soft acoustic instruments. Convenor will bring an electric piano, three amps, and other odd instruments.

CONVENOR: Jeffrey Ruppeluss (913-219-1187)
Email: j@randomgruve.com; Website: randomgrove.com
CLASS FEE: $10.00
Sec. A: 1 session; Sunday, October 27; 4:15 PM - 6:00 PM; Kansas City Academy, 7933 Main KCMO 64114, Park and enter on the South side of the school; LIMIT: 10

1205 A  
Play Well With Others, Jamming Like a Pro

Learn how to jam like a pro with real human beings. Bring music to share and an instrument to practice jamming skills. Optional Materials: $15 for a jam etiquette and music theory book and circle of fifth tool. Convened by Martha Haehl who has performed on A Prairie Home Companion and Mike Walker, ukulelist extraordinaire who plays in a local ukulele group.

CONVENER: Martha Haehl & Mike Walker
Email: marthaehaehl@gmail.com; Website: www.marthaehaehl.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 05; 10:00 AM - 11:30 AM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 20

1206 A  
Play Well With Others’ Swinging Dozen—Guitar

Do you play acoustic guitar already and want to step up your playing to swing tunes? Learn a dozen movable shapes (you probably know at least 4 of these already) and how to chunk the chords and you are well on your way to playing rhythm guitar behind most swing songs. This workshop is geared to intermediate players. Bring your guitar. An optional $10 will pay for a swing guitar booklet and circle of fifths tool.

CONVENER: Martha Haehl & Mike Walker
Email: marthaehaehl@gmail.com; Website: www.marthaehaehl.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 05; 1:30 PM - 3:00 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 15

1207 A  
Women of the Drum

In this women’s class, you will learn the basic hand techniques for djembe or conga and try your hand at some basic rhythms from Haiti and Brazil. Beginning and intermediate level players welcome. Bring a djembe or conga style drum or call convenor if you need to borrow one.

CONVENER: Regina Compensolle (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Sunday, September 29; 6:00 PM - 7:00 PM
Sec. B: 1 session; Sunday, November 10; 6:00 PM - 7:00 PM; MEETS: City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KCMO; LIMIT: 10

1208 A  
Claire’s Cajon Clinic

Cajons are very portable and affordable, plus they won’t annoy your neighbors like a full drum kit. Learn some cajon basics and see if a cajon is the drum for you. Feel free to bring a cajon or call convenor if you need to borrow one. Claire is the percussionist/cajon player for The Wooly Vicars and studied at Pulse Drumming in Ventura, CA.

CONVENER: Claire McDaniel (816-446-8383)
Email: clairemco2008@gmail.com
Website: www.woolyvicars.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, September 28; 10:00 AM - 11:00 AM; Location to be announced; LIMIT: 15

1209 A  
KKFI’s Social Justice Chorus: Songs for the Revolution and Just for the Hell of It

We’ll learn songs about working people, labor unions, the civil rights struggle, and the struggle for gay rights, women’s rights and the rights of anyone else we can think of. We will work towards a public stage performance and a performance on some future KKFI radio broadcast or we may find ourselves at a protest rally or picket line. If you like to sing, but are shy, we promise to help you find your voice in a non-ego-threatening way.

CONVENER: Bill Clause & Dr. Joyce Downing (816-361-5147)
Email: bill@kkfi.org
CLASS FEE: $18.00
Sec. A: 10 sessions, Mondays, beginning, September 23; 7:00 PM - 8:30 PM; KKFI FM Community Radio, 3901 Main (above the bank - entrance in back), KCMO; LIMIT: 30

1210 A  
Sea Chantey Singing

Join us for an evening of sea songs. We will sing traditional sea chanties (the work songs of the sea that helped sailors synchronize their hard and repetitive tasks), sailors songs, songs of Stan Rogers and other contemporary songwriters, and have a rollicking good time. Bring $2 to class for materials.

CONVENER: Kathy Peters
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, October 29; 7:00 PM - 8:30 PM; KKFI FM Community Radio, 3901 Main (above the bank - entrance in back), KCMO; LIMIT: 20

1211 A  
Practical Music Theory for Amateur Musicians

This course is geared toward playing along in music jams or providing basic instrumental accompaniment to songs, with a focus on chords. We’ll cover scales, chords, and chord sequences. The aim is to take some of the mystery out of music, so it’s easier to understand what to expect. What you learn won’t get you into Juilliard, but it should make your next music session more fun. Bring $2 for handouts.

CONVENER: Gary Tannen (816-699-5899)
CLASS FEE: $16.00
Sec. A: 3 sessions; Thursdays, beginning, September 26; Sec. B: 3 sessions; Tuesdays, beginning, October 22; MEETS: 6:30 PM - 8:30 PM; Community Christian Church, Activity Center, 32 E 46th St., KCMO, across 46th St. from the church, park on the street or in parking lot behind the Activity Center; LIMIT: 12

1301 A  
Voice Gym

Does your speaking or singing voice need re-energizing? Learn three minute exercises and other techniques. These techniques will be molded to the song you bring in CD format or the speech you give. Techniques are derived from Kristin Linklater, Arthur Lessac, Georges Cunelli, McCloskey, Alexander and Sara Ann’s own Voice Gym and will be introduced in her patient, relaxed manner as the group supports what you do.

CONVENER: Sara Ann Butler (727-403-2778)
Email: voicecompatibility@gmail.com
Website: www.voiceantiaging.com
CLASS FEE: $16.00
Sec. A: 3 sessions; Thursdays, beginning, November 07; 6:00 PM - 7:30 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 6

1302 A  
Circus Skills and Clowning

Learn to move like Chaplin, dance like Danny Kaye and juggle like Brian Wendling. Some of the skills that will be covered will be slapstick combat, how to take a pie in the face, stilt walking, hula hoop, tumbling, character development, make-up application and much more. Red nose optional. Instructors include a variety of Kansas City’s top professional clowns, mime and juggling artists including but not limited to: Richard Renner, Stephanie Roberts, Jay and Leslie Cady, Beth Byrd, Heidi Stubblefield, Kent and Kevin Mercer and more.

CONVENER: Beth Byrd (816-561-2882)
Email: cityofmotion@aol.com
Website: cityofmotion.com
CLASS FEE: $110.00
Sec. A: 1 session; Tuesday, September 24; 8:30 PM - 9:30 PM
Sec. B: 1 session; Thursday, November 12; 8:30 PM - 9:30 PM; MEETS: City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KCMO; LIMIT: 10

1303 A  
Foundations of Burlesque

Find your own inner burlesque queen while learning the sassy, sexy moves of this entertainment art form! Different techniques of burlesque will be taught to you in a light and fun manner with an all-female class atmosphere. This class will improve your self-esteem and give you the power to dabble in something new and exciting. “Foundations of Burlesque” will be taught in a progressive style.

CONVENER: Cherry Pop (816-561-2882)
Email: cityofmotion@aol.com
Website: cityofmotion.com
CLASS FEE: $110.00
Sec. A: 1 session; Thursday, November 14; 8:30 PM - 9:30 PM
Sec. B: 1 session; Thursday, November 28; 8:30 PM - 9:30 PM; MEETS: City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KCMO; LIMIT: 10
#1402 A  
**Publishing Your 1st Book (or 7th)**
Learn how to submit your work to a publisher or self-publish and keep the profits, plus all about POD’s, eBooks, etc. Includes all forms, contracts, samples, etc. “Every minute was packed with specific information that I really needed. Even though I have an extensive background in marketing, I learned a lot about effective marketing. Unbelievable.” DeeAnn Merriman, Carrollton, TX. Bring $15 to class for book “Writing, Publishing and Marketing Your Book.” Same book is used in all three classes.

CONVENER: Bobbie Christensen  
*Email: BooksAmerica@aol.com*  
CLASS FEE: $10.00

Sec A:  
1 session; Saturday, October 12; 3:00 PM - 4:45 PM;  
Haag Hall, Rm. 201, 52nd & Rockhill Rd., UMKC Campus,  
KCMO; LIMIT: 50

#1304 A  
**The Art of Storytelling**
Everyone has a story to tell. From “This American Life” and “The Moth,” to story slams, storytelling is filling venues and imaginations everywhere. Join us to learn how to captivating listeners when you’re telling a story, to gain confidence and ability as you work on your story and voice. We will use story prompts, guided visualization, coaching and theater games to craft oral narratives. We will not be writing or memorizing but telling stories as we identify and practice essential presentation skills including timing, vocal mechanics, tempo, and connecting with your audience. Bring $15 to class for materials.

CONVENER: Laura Packer  
*Website: http://www.laurapacker.com*  
CLASS FEE: $18.00

Sec A:  
6 sessions; Mondays, beginning, October 28; 7:00 PM - 9:00 PM;  
Flarsheim Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus,  
KCMO 64110; LIMIT: 15

#1401 A  
**Writing Your First Book (or Seventh)**
California writer Bobbie Christensen, author of twelve books including award-winners and best-sellers, will show you how to develop and complete your manuscript in just six weeks, following her own ten-step plan. Create a page-turner whether writing fiction or non-fiction, cookbook or textbook. “I’ve been to many other writing and publishing classes, but you changed my view of what is possible. The information was incredible.” Nancy Wile, Ed.D., Las Vegas. Bring $16 to class for book “Writing, Publishing and Marketing Your Book.”

CONVENER: Bobbie Christensen  
*Email: BooksAmerica@aol.com*  
CLASS FEE: $10.00

Sec A:  
6 sessions; Mondays, beginning, October 28; 7:00 PM - 9:00 PM;  
Flarsheim Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus,  
KCMO; LIMIT: 15

#1403 A  
**Marketing Your 1st Book (or 7th)**
Learn Bobbie’s proven-to-succeed six-step marketing plan including how to make a profit before your book is even printed, setting up book signings for maximum sales, setting up and presenting seminars that will get rave reviews, writing news releases, and much more. Bring $15 to class for book “Writing, Publishing and Marketing Your Book.” Same book is used in all three classes.

CONVENER: Bobbie Christensen  
*Email: BooksAmerica@aol.com*  
CLASS FEE: $10.00

Sec A:  
1 session; Saturday, October 12; 5:00 PM - 7:00 PM;  
Haag Hall, Rm. 201, 52nd & Rockhill Rd., UMKC Campus,  
KCMO; LIMIT: 50

#1404 A  
**The Right Way to Write**
This workshop is for the writer who wishes to deepen skills, enhance his or her writing life, and map a writing future. Directed writing sessions, discussions about the writing life, and group critique of participants’ writing provide a springboard for “writing the right way.” Corinne’s personal blog appears at:www.themissourimugwump.blogspot.com. Julie’s blog is at www.drjulieconnor.com.  
blogspot.com. Bring $15 to class for materials.

CONVENER: Corinne Corley & Julie Connor  
*Email: corleyj@corleylawfirm.com*  
*Website: www.corleylawfirm.com*  
CLASS FEE: $18.00

Sec A:  
6 sessions; Mondays, beginning, September 23; 6:30 PM - 8:30 PM;  
4010 Washington Building, 4010 Washington,  
Suite 100, Kansas City, MO 64111; (Convener will contact with directions and the security code prior to class); LIMIT: 12

#1405 A  
**EPublish your Book for Kindle**
Learn to publish your book on Amazon and market it for less than thirty dollars ($30) You will learn how to format your book, get a cover, and publish it on Amazon. You will also learn how to create a web presence for your book. Bring your laptop or tablet to access the resources. Bring $1 to class for materials.

CONVENER: Delorse Mays  
*Email: dmprosper@aol.com*  
CLASS FEE: $14.00

Sec A:  
2 sessions; Saturdays, October 12 & October 26; 10:00 AM - 11:00 AM;  
Central Library, Multi-Purpose Room, 14 W. 10th St,  
Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 25

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Writing Essays

Draw on the experience of longtime Kansas City Star columnist Bill Tammeus to pick up tips about how to write clear, forceful, persuasive (and maybe even humorous) essays. There will be talk about organization, grammar, style, verbs and other oddities you rarely encounter in e-mail. Bring some paper on which to take notes. Bill Tammeus, former KC Star columnist, now writes a daily blog as well as columns for the Presbyterian Outlook and the National Catholic Reporter. He has written three books.

CONVENER: Bill Tammeus (816-926-0366)
Email: wtammeus@gmail.com
Website: billtammeus.pepsi.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, November 06; 7:00 PM - 9:00 PM; Second Presbyterian Church, Witherspoon Room, 318 E. 55th St., KCMO; LIMIT: 20

Book Clubs and Readers Boot Camp for Authors

This workshop offers authors the following: book presentation and what attracts readers to books; online and social media etiquette when connecting with readers; how to establish long lasting relationships with book clubs and readers; why attending literary events are important; understanding book reviews; and professional development for authors. Bring $5 to class for materials.

CONVENER: Tahisha Webb
Email: tahishaweb@gmail.com
Website: www.tahishawebboline.com; www.literarylyspeaking.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 05; 2:00 PM - 4:30 PM; Haag Hall, Rm. 307, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 40

Family History Help Desk

Do you have a story in your family that needs to be told but don’t know where to begin? Let us help you get started. Fill a shoebox with your old photos, manuscripts or ideas for your family project and we’ll sit down and chat you up about different ideas that may help you get the story told. Jamie Thaemert and Diane Wubbenhorst, professional personal historians and we’d be happy to help. Jamie Thaemert and Diane Wubbenhorst, co-owners of Keepsake Chronicles LLC.

CONVENER: Diane Wubbenhorst & Jamie Thaemert
Email: stories@keepsakechronicles.com
Website: www.keepsakechronicles.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, September 21; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

Writing and Editing Tips and Tricks

Did you know that there is a difference in meaning between “i.e.” and “e.g.”? That periods always go inside quote marks? That by definition it is not possible for something to be “comprised of” other things? Learn tips for writing, grammar, punctuation and more to improve your communications and polish your image. Shannon is a freelance writer and editor with 12 years of experience who reads copyediting books for fun.

CONVENER: Shannon Wubbenhorst
Email: shannonlwubbenhorst@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, November 26; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 50

Photography

Blacklights and Baits - the Lure of Moth Photography

Introduction to mothing, attractants, equipment, and photography of moths. We will have a short introduction to moths followed by a session outdoors with black lights, sheets, and bait attractants to lure moths to be photographed. If students wish to take photos, they must supply their own camera.

CONVENER: James Murovchick (816-235-2970)
Email: murovchick@umkc.edu
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, September 28; 7:00 PM - 10:00 PM; Flnarsheim Hall, Rm. 427, 5110 Rockhill Rd., UMKC Campus, KCMO 64110 (Outside evening activity location to be determined); LIMIT: 15

Intro for Digital SLR

This class covers the basic settings and controls of your digital SLR camera. We will discuss white balance, shutter speeds, apertures, and flash settings. You must bring your interchangeable lens camera and instruction book to class. Bill Thomas has been in photography over 35 years and is co-owner of Crick Camera Shop. He also teaches locally and conducts photo workshops.

CONVENER: Bill Thomas (816-444-3390)
Email: blt3@prodigy.net
Website: www.billthomas-photos.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, October 21; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 30

How to Create a Film in 48 Hours

The 48 hour film project is now a worldwide competition phenomenon. Learning on the fly we will share the successes and unexpected trials encountered on the fun and wild weekend of film making. Do you love to watch films? Have you thought about getting involved in acting, writing, or even directing in a film but don’t know how to start? Come to the class and move closer to making film making a reality.

CONVENER: Luke Eide; Email: luke.eide@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, October 22; 6:30 PM - 8:30 PM; Central Library, Dunwood Film Vault, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 30

From Hollywood to Kansas City

Take an informative tour of Kansas City’s Film Row in the Crossroads Arts District. History is now repeating itself. The neighborhood that once donned the names of MGM, Paramount, Universal, United Artists, etc., is ironically becoming host to Kansas City’s own production studios and professionals. Come enjoy an outdoor hike, discussion, and insight to one of K.C.’s unique gems. Hosted by FriendsOfFilmRow.ORG

CONVENER: Kirk Williamson
CLASS FEE: $10.00
Sec. A: 1 session; Sunday, October 06; 2:00 PM - 3:30 PM; Snow & Company, 1815 Wyandotte (Crossroads), Kansas City, MO; LIMIT: 75
Skills & Studies

Money

#2003 A
Building Your Financial Portfolio on $25 a Month
Join Bobbie and Eric Christensen for a seminar that will show you, in easy-to-understand language, how to find investments. Make sure your investments are recession proof but are growing 50% to 100%/+ in value every year, and all without paying broker fees or expenses. The Christensen’s are investors just like you, who have used this method for safe investing for over 20 years. They will explain what your broker won’t. “Simply the best investment book yet! Extremely practical.” Optional book available for $17.
CONVENER: Bobbie Christensen & Eric Christensen (916-422-8435); Email: BooksAmerica@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 12; 9:00 AM - 12:00 PM; Haag Hall, Rm. 201, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT : 50

#2004 A
Obama Care—Affordable Care Act—Playbook 2014
The law of the land is everyone must have health insurance in 2014. How do you get in the game if you are uninsured? What insurance policies are available and how do you get help paying the premiums? When do you sign up, and what is needed for the application? This class will be a relaxed, pain-free two-hour class I will help you master the ABC’s of Medicare insurance. Jeff has been an insurance professional since 1987, holds the professional designation of Life Underwriters Training Council Fellow and has a bachelor’s degree in business administration.
CONVENER: Jeff David (816-436-2622)
Email: jeffdavid@jeffdavidinsurance.com
Website: www.jeffdavidinsurance.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 5; 1:00 PM - 2:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, Overland Park, KS 66213; LIMIT : 50

#2005 A
Alphabet Soup of Medicare Insurance
What are Medicare Part A and Part B? How do Medicare supplement plans fill coverage gaps? What is a Plan C, Plan F, and let’s not forget the new Part D prescription drug plan. Learn about Medicare PPOs and HMOs. In this fun relaxed and pain-free two-hour class I will help you master the ABC’s of Medicare insurance. Jeff has been an insurance professional since 1987, holds the professional designation of Life Underwriters Training Council Fellow and has a bachelor’s degree in business administration.
CONVENER: Jeff David (816-436-2622)
Email: jeffdavid@jeffdavidinsurance.com
Website: www.jeffdavidinsurance.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 26; 10:00 AM - 12:00 PM; Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT : 15

#2006 A
How to Ask for Donations
$300 billion dollars is donated every year in the US, and someone has to ask for each donation. Learn how to engage the donor prospect in advance, establish rapport, present the “ask before the ask,” address objections and enjoy success. Avoid the mistakes that befoul generosity and obfuscate the donor’s self actualization. Presenter: Denis Greene has raised an average of $1,000,000 per month for the past 20 years for different charitable organizations in their capital campaigns.
CONVENER: Denis Greene (816-560-3641)
Email: denis@tdcf.org
Website: church-development.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 26; 10:00 AM - 12:30 PM; Westport Library, Meeting Room, 115 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT : 50

#2007 A
Life Insurance For The Living
Here’s a new way to think about life insurance. Life insurance is about providing for loved ones who must continue without you. When all of its benefits are provided to a growing family, life insurance may give you peace of mind. It may help your family. We will address four major needs: income continuation, mortgage protection, a settlement fund, and an education fund. But what is the right amount for you? We will cover these questions in this seminar.
CONVENER: Karl Sullivan (816-510-5141)
Email: karl.sullivan@mutualofomaha.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 5; 1:00 PM - 2:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, Overland Park, KS 66213; LIMIT : 16

#2010 A
Long Term Care: An Essential Part of a Secure Financial Plan
It’s your life and you want to live it your way. That means doing all the things that are important to you plus all the things you dreamed of doing in retirement. But what if you were unable to care for yourself? Or if you were faced with providing care for a loved one? Long-term care protection is an essential part of a secure financial plan. When planning for your future, this seminar will show you some things to consider.
CONVENER: Karl Sullivan (816-510-5141)
Email: karl.sullivan@mutualofomaha.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 5; 10:00 AM - 11:00 AM; Sec. B: 1 session; Tuesday, October 15; 10:00 AM - 11:00 AM; MEETS: The Mutual Of Omaha, 7200 W 132nd, Suite #230, Overland Park, KS 66213; LIMIT : 16

#2011 A
Getting the Most from Social Security
Are you aware that a few key decisions can make a big difference in the amount of your Social Security benefit? Learn strategies to maximize your benefit by joining me for a brief and informative seminar. This session will cover key Social Security benefit decisions, simple steps that can help maximize your benefit, and how to get started. Warren Varney (MoneySmartLiving) has 29 years of experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC, member FINRA/SPIC.
CONVENER: Warren Varney (816-881-7449 816-309-5815)
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, September 21; 10:00 AM - 12:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT : 15

#2012 A
Roadmap to Your Retirement
Learn how “mile marker” conversations can help make your road to retirement a smoother one. Review your asset allocation and retirement strategy. Consider taking advantage of “catch-up contributions.” Review your healthcare and long-term care costs. Weigh the pros and cons of rolling money over to an IRA. Consider ways to help retirement income last two lifetimes with strategies to maximize Social Security benefits. Warren Varney (MoneySmartLiving) has 29 years experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC, member FINRA/SPIC.
CONVENER: Warren Varney (816-881-7449 816-309-5815)
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 12; 10:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT : 20

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You can now send Communiversity gift certificates to your friends online for any amount. www.umkc.edu/commu or call 816-235-1407
#2013 A  
Planning for Health Care in Retirement
Is retirement income going to be a challenge? Important decisions need to be made between the ages of 55-70%. Learn to balance income, growth, protection and risk. One of the greatest expenses during retirement will be health care. Make a plan now and help secure your future income. Warren Varney (MoneySmartLiving) has 29 years experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC, member FINRA/SPIC.

CONVENER: Warren Varney (816-561-7449 816-309-5815)  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, October 08; 10:00 AM - 12:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64110; NE corner of Baltimore & 10th; LIMIT: 15

#2014 A  
Hi+Hers=OURS
Money and marriage, yes, it can be done. Fighting together, not each other, is the key to a healthy relationship between you, your spouse, and your money. This workshop-class style will focus on creating a financial plan together as a couple, communicating about money, and enjoying the results. If you need to spend some time working on your financial plan as a couple, this is your class. Bring $10 to class for workbook and class materials.

CONVENER: Derek Olsen  
Email: derek@beatinbudget.com  
Website: www.beatinbudget.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, October 08; 10:00 AM - 12:00 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 15

#2015 A  
Haven't Owned a Home in the Last Three Years? Special Loan
Don’t have a lot of money for a down payment, but really want to own a home? If you want to buy a home in Missouri and haven’t owned one in the last three years, you could qualify for special financing! Come to get more details about this low down payment program. Learn from two long time Reece & Nichols agents about the home buying process, and understand the basics of estate and long-term care planning. Samantha Shepherd, JD, LLM, practices exclusively in the areas of Elder Law and Estate Planning.

CONVENER: Samantha Shepherd (913-333-3533)  
Email: samantha@shepherdelderlaw.com  
Website: www.shepherdelderlaw.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, November 06; 6:00 PM - 7:30 PM; Plaza Branch Library, 4801 Main Street, Kansas City, MO 64112; LIMIT: 15

#2016 A  
Should You Rent, or Buy a Home? Homebuyers Seminar
Is it smarter to rent or buy? What low down payment and special loan programs are out there for buyers? How do you negotiate the best deal? How do you select a good Buyer’s Agent to represent you? Two long time Reece & Nichols agents will guide you through this comprehensive class and answer all of your questions. Smart home buying simplified—finally!

CONVENER: Stacey Johnson Cosby & Doug Knetzer (816-591-5291)  
Email: johnsoncos@2@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, October 17; 5:00 PM - 6:30 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15

#2017 A  
Estate and Long-Term Care Planning for Seniors and Caregivers
What is an advance directive? What programs are available in the community to help me stay active and healthy? Am I eligible for Medicaid or veterans benefits? Whether you’re exploring options for yourself or an aging loved one these are important questions that should be answered as part of the long-term care planning process. Join us and understand the basics of estate and long-term care planning. Samantha Shepherd, JD, LLM, practices exclusively in the areas of Elder Law and Estate Planning.

CONVENER: Samantha Shepherd (913-333-3533)  
Email: samantha@shepherdelderlaw.com  
Website: www.shepherdelderlaw.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, October 17; 5:00 PM - 6:30 PM; Plaza Branch Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 15

#2018 A  
Trench Marketing: How to Grow Your Business from Behind Your Counter
Need to grow your existing business or want to start up a new business? Attend this workshop. Rudolf Waldner, author of “Marketing from the Trenches: Your Guide to Retail Success” will walk you through a fun, robust, and extremely cost effective growth program. He’ll share documented return on investment results as well. Bring $8 for materials.

CONVENER: Rudolf Waldner (864-616-8609)  
Email: wrudywaldner@aol.com  
Website: www.TrenchMarketer.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, October 24; 7:00 PM - 8:30 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64110; NE corner of Baltimore & 10th; LIMIT: 15

#2019 A  
Wheelie Through the Baboons: A Strategic Thinking System
Strategic planning concepts, adventure stories and consciousness research converge to help you plan your work and life. Avoid getting obsessed, epic failure and quiet desperation (Remember customer service, the Roman Empire and your relative who hated their job for 30 years). Learn how strategic thinking is best done when brain wave production is at 10 cycles per second. Presenter: Denis Greene has been a planning and development consultant since 1981, daily mediator since 1972 and has had several interesting adventures.

CONVENER: Denis Greene (816-566-3641)  
Email: dennis@itdfl.org  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, October 24; 7:00 PM - 8:30 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 40

#2020 A  
Good Bosses Gone Bad
Never before have so many employees been so dissatisfied. Not because they don’t like their job or despise their peers. Surprisingly, the main source of their daily dread is their boss. In this class learn to pinpoint whether you have a “bad boss” after taking a quiz, discover and discuss strategic steps to implement immediately and learn to apply these principles and maintain your sanity while keeping your job. April Boyd-Noronha is a life skills consultant and retail trainer. Please bring $13 to class for book.

CONVENER: April Boyd-Noronha  
Email: aprilkcmo@yahoo.com  
Website: www.GoodBossesGoneBad.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, October 24; 7:00 PM - 8:30 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 40

#2021 A  
Surprisingly Simple Scripts for Successful Selling
Learn how to make fast sales to your potential buyers with messages and scripts that get quick results. Discover the words that build your confidence, eliminate frustrating objections, compel people to call you back, and expand your customers from family/friends to people you just met. Tips, tools, and techniques developed for anyone who sells family/friends to people you just met. Tips, tools, and techniques developed for anyone who sells family/friends to people you just met.

CONVENER: Leslie Brown (816-554-3674)  
Email: Leslie.b@thetopdog.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, September 28; 9:00 AM - 10:30 AM; Atterbury Student Success Center, Rm. B36, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
#2106 A
Communication: How to Say What You Mean with Clarity, Compassion and Confidence

Don’t miss this engaging session to hear award-winning author MK Mueller’s simple processes and powerful solutions for the most common communication issues: How to ask for what you want and get it; How to stop third party communication and gossip for good; How to decrease rage and depression in yourself and others; How to say “No” and set limits effectively; How to deal with whiners and complainers; How to handle confrontation without getting defensive; How to stay open and close.

Bring $5 to class for materials.

CONVENERS: Tammy Hoyer-Pearson & Alisha Boyd
(816-520-1624)
Email: tammy@8toGREAT.com
Website: 8toGREAT.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, September 26; 7:00 PM - 8:30 PM; 8 to Great Conference Center, 5200 W. 94th Terr., Suite 107, Prairie Village, KS 66207; LIMIT: 30

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Regina Compernolle has been teaching classes in healing arts for body and soul for over 20 years. She offers classes, individual studies and consultations in herbalism, Reiki, astrology and a variety of sacred arts. Visit Rag and Bone, 1412 W, 12th, KCMO 1st Friday Weekend trunk shows featuring beautiful sterling silver and gemstone jewelry.
Visit www.SacredEarthArts.com or call 816-547-0266 for information.

SACRED EARTH ARTS CLASSES

Tuesdays: Sacred Art Series
Rag and Bone, 1412 W. 12th, KCMO, in the West Bottoms
Make a Day of the Dead Decorative Mask: Oct. 1st, 7-9pm
Inner-Child Painting Fun!: 4 sessions beginning October 15th, 7-9:30pm
Cast Your Portrait in Clay: 3 Sessions beginning Nov. 12th, 7-9pm

Thursdays: Sacred Oracle Series for Women
Sisters of the Tea Leaves: Oct. 10th, 7-9pm
Sisters of the Tarot: Nov. 7th, 7-9pm
The Sacred Oracle: Divination Techniques for Women, 4 sessions, Nov 14th, 7-9pm

Sundays: The Sacred Ornament Series
Hand-knotted Pearl Bracelet: Oct. 13th, 2-4pm
Make a Beaded Bracelet: Oct. 20th, Noon-1:30pm
Beautiful Gemstone Bead Earrings, Oct. 20th, 2-4pm
African Trade Bead Earrings, Nov. 17th, 2-4pm

Heal Body and Soul through Sound and Movement
Women of the Drum, Ongoing, Sundays, 6-7pm, City in Motion, 3925 Main, KCMO
Chair Yoga: Thursdays beginning Sept. 5th, 5-6pm, City in Motion, 3925 Main
Moving Through Menopause: Sunday, Sept. 29th, 4:30-5:30pm
Reiki Play Day: Thursday, Oct. 24th, 7-10pm, KCKS, contact Regina for location
Herbal Home Remedies: Saturday, Oct. 12th, 2-5pm, KCKS, contact Regina for place.
#2107 A
Selling on eBay Intro
Got stuff? Have something to sell (collections, store merchandise, crafts, antiques, overstock, junk)? eBay is the place! This intro will get you ready to sell (pricing, shipping, listing, etc.). Some Internet and e-mail experience recommended.
CONVENER: Robert Franke (816-942-0041)
Email: rfranke3@kc.rr.com
Website: kkannon.com
CLASS FEE: $10.00 + $3.00 material fee = $13.00
Sec. A: 1 session; Saturday, September 28; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 16
Sec. B: 1 session; Tuesday, October 08; 7:00 PM - 10:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO; Parking is on Charlotte, Bring picture ID; LIMIT: 16
Sec. C: 1 session; Saturday, November 02; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 16
Sec. D: 1 session; Thursday, November 14; 7:00 PM - 10:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO; Parking is on Charlotte, Bring picture ID; LIMIT: 16

#2108 A
Starting or Improving a Non-Profit or Business Finally Made Easy
If your goal is starting a business that is non-profit, civic or social in nature, attend this two hour workshop to learn step-by-step how you can start your business or non-profit organization from scratch. You’ll be introduced to innovative fundraising strategies and grants to help you get started now! Please have your $10 fee for class materials. There will also an optional CD available that includes the course Power Point with links to great helps for just $30.
CONVENER: Barbara Wright (816-728-0170 816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, September 28; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
Sec. B: 1 session; Saturday, September 28; 9:00 AM - 11:00 AM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64101; LIMIT: 20
Sec. C: 1 session; Saturday, October 05; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
Sec. D: 1 session; Saturday, October 12; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Practical Skills
#2201 A
Bedbugs and Beyond
This class will emphasis using the principles of Integrated Pest Management (IPM) to manage a bedbug problem. The convener is supervisor of Rat Control for the City of KCMO and also contracts with the Northeastern IPM Center/Cornell University to teach public housing authorities how to implement IPM programs. We’ll cover how to avoid getting bedbugs and how to control them if they get in your home. We’ll also learn about their sex lives. Be prepared to itch and be informed at the same time.
CONVENER: Michael Swoyer (816-797-0275)
Email: michaelaswoyer@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 05; 10:00 AM - 11:30 AM; Central Library, Multi-Purpose Room, 14 W. 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 25

#2202 A
Buying a Good Used Car
This is a class to assist you in finding, evaluating and purchasing a good used car for yourself without getting cheated or buying a lemon. We will discuss the emotional, financial and physical attributes of the used car business and you. Larry is a retired educator with 40 plus years experience buying and selling used cars. (Not as a dealer used car salesperson). Bring $5 to class for materials.
CONVENER: Lawrence Pulos (816-204-8987 816-761-8759)
Email: pulos2002@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, October 07; 6:30 PM - 8:30 PM; Planned Parenthood, 1001 E 47th St., KCMO; LIMIT: 35

Home & Garden
#2301 A
Beginner Upholstery
Students will learn how to upholster a cube ottoman. This is a hands on course which will teach the basic skills necessary to reupholster a full size lounge chair. All tools and cube frame will be provided, students will need to bring 2 yards of upholstery weight fabric. Skills include: tool instruction, pattern matching, spring tying, Web stretching, proper foam and Dacron application and welt construction. Students take home their finished ottoman!
CONVENER: Michelle Plett (913-660-2021)
Email: michelle@atontingallery.com
Website: www.atontingallery.com
CLASS FEE: $18.00 + $342.00 material fee = $360.00
Sec. A: 4 sessions; Saturdays, beginning, October 12; 9:00 AM - 11:00 AM
Sec. B: 4 sessions; Wednesdays, beginning, October 16; 6:00 PM - 8:00 PM
Sec. C: 4 sessions; Saturdays, beginning, November 09; 9:00 AM - 11:00 AM
Sec. D: 4 sessions; Wednesdays, beginning, November 20; 6:00 PM - 8:00 PM;
MEETS: Sit On It! A Chair Gallery, 1225 Union Ave. Kansas City, MO 64101; LIMIT: 12
Great radio doesn’t just entertain. It motivates.

{compelling + connected}

Visit us online at www.kcur.org or follow us on facebook and twitter.
#2302 A
**Permascape for the Urban Environment**
Permascape is the design and implementation of edible, low maintenance, and low ecological footprint landscapes using permaculture and ecosystems management principles. Learn about: plants for edible landscaping, integrated pest management, ecological engineering for bio-diversity and habitat restoration, site water retention techniques, cover crops and soil fertility, inner cropping vegetable production and lawn eradication techniques. Bring $5 to class for materials.

**CONVENER:** Steve Mann (816-352-9213)
Email: stwee@prairietrading.com
Website: prairietrading.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Tuesdays, beginning, November 05; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte, Bring picture ID; LIMIT : 15

#2303 A
**Food Not Lawns**
"Food Not Lawns" will help you turn your lawn into a garden and your neighborhood into a community. Our goals are to help increase local food security, improve your diet, beautify your surroundings, and reduce pollution and energy use. Topics include: whole system design, garden preparation, permaculture principles, water wise gardening, seed saving and free resources (see foodnotlawns-ksc.org). Bring $5 to first class for materials.

**CONVENER:** Steve Mann & Christy Lonergan (816-352-9213)
Email: stwee@prairietrading.com
Website: prairietrading.com
CLASS FEE: $18.00
Sec. A: 1 session; Saturdays, beginning, September 28; 9:00 AM - 11:00 AM; 2411 Holmes, KCMO, Parking is on Charlotte, Bring picture ID; LIMIT : 32

#2305 A
**Design Solutions—You Did What with this House?**
So you think that your house is hopeless? Bring pictures to class of your forlorn design problems. This is a special showing of patio, fireplace and landscape ideas that are in a premier showing at the Sturgis Stone Company. This class, taught by Paul Helmer who has won awards, been featured in the Kansas City Star and numerous magazines. Come view case studies of interiors and exteriors and learn basic principles of patio design and color. Bring $3 to class for materials.

**CONVENER:** Paul Helmer (816-931-9145)
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 12; 9:00 AM - 12:00 PM; Sturgis Stone, 550 S. Packard, (adjacent to 7th & Kansas Ave. behind the bank) Kansas City, KS; LIMIT : 12

#2401 A
**Spanish for Travelers**
Traveling to Spain or Latin America? Would you like to make reservations at a hotel or order food in Spanish? Would you like to learn another language for fun? This class is designed for students who are interested in Spanish. The student will learn basic Spanish phrases such as greetings, ordering food, hotel reservations and some of the Spanish cultures. We will also do a fun conversation piece. Please bring $3 for handouts.

**CONVENER:** Kathleen Mamuric (913-206-2151)
Email: Kimamuric@yahoo.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Saturdays, beginning, October 19;
Sec. B: 2 sessions; Saturdays, beginning, November 16;
MEETS: 2:00 PM - 3:00 PM; Central Library, Rm. 310, 14 W. 10th St, Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT : 10

#2403 A
**Parlez-Vous Francais**
Come and join the longest on-going French conversation group in Kansas City including native speakers. We participate in a variety of activities and events such as movies, potlucks and parties with other language groups.

**CONVENER:** Fred Hartwell & Jeanne LaMand (816-353-4431)
Email: cwowl@aol.com
CLASS FEE: $18.00
Sec. A: Ongoing class; Sundays, beginning, September 29; 2:00 PM - 4:00 PM; Axiom, 301 E. 55th St., KCMO; LIMIT : 15

#2404 A
**Creole Made Easy**
We hope that you will choose to use your new found language skills in Haiti. Conveners is a member of Glory House Services, a not-for-profit agency that works to integrate Haitians into the Kansas City community. Glory House Services also travels to Haiti every three to six months to do mission work, an opportunity which is extended to those who take this class. Please bring whatever you will need to take notes. Bring material fee of $19 to first class for book.

**CONVENER:** Idalbert Joseph (816-806-1457)
Email: idalbert@yahoo.com
CLASS FEE: $18.00
Sec. A: 10 sessions; Saturdays, beginning, September 28; 1:00 PM - 2:00 PM; Haag Hall, Rm. 305, 52nd & Rockhill Road, UMKC Campus, KC; LIMIT : 12

#2405 A
**Learning Spanish Easily by Listening**
This course of study makes use of computer assisted instruction that emphasizes language immersion technology that has been used since 1976. Acquire Spanish quickly without a struggle. This technique is used worldwide and documented in linguistic journals. You will be amazed at how fast you will learn Spanish. You will love this method!

**CONVENER:** Robert Weiss (816-569-1994 816-806-8871)
Email: zappori@yahoo.com
CLASS FEE: $18.00 + $50.00 material fee = $78.00
Sec. A: 6 sessions; Wednesdays, beginning, September 25; 6:00 PM - 7:00 PM; Flarsheim Hall, Rm. 261, 5110 Rockhill Rd., UMKC Campus, KC; LIMIT : 25

#2406 A
**Learn Spanish Easily by Listening, Reading and Writing**
Requirement: You must take the “Listening” class before signing for “Listening, Reading and Writing.” This course is a continuation and makes use of computer assisted instruction that emphasizes language immersion technology that has been used since 1976. You will be purchasing a reading book with the audio CD’s for this course.

**CONVENER:** Robert Weiss (816-569-1994 816-806-8871)
Email: zappori@yahoo.com
CLASS FEE: $18.00 + $50.00 material fee = $78.00
Sec. A: 6 sessions; Tuesdays, beginning, September 24; 6:00 PM - 7:00 PM; Royal Hall, Rm. 205, 52nd St, between Rockhill & Holmes, UMKC Campus, KC; LIMIT : 20

#2407 A
**Learn Spanish Easily by Listening, Reading and Writing: Level II**
Requirement: You must take the “Basic Listening, Reading and Writing” class before signing for “Listening, Reading and Writing, Level II.” This course is a continuation and makes use of computer assisted instruction that emphasizes language immersion technology that has been used since 1976. You will be purchasing a reading book with the audio CD’s for this course from the instructor for $75.

**CONVENER:** Robert Weiss (816-569-1994 816-806-8871)
Email: zappori@yahoo.com
CLASS FEE: $18.00
Sec. A: 6 sessions; Tuesdays, beginning, September 24; 7:15 PM - 8:15 PM; Rockhill & Holmes, UMKC Campus, KC; LIMIT : 10
#2408 A
Learning German Easily by Listening
This course of study makes use of computer-assisted instruction that emphasizes language immersion technology that has been used since 1976. Acquire German quickly without a struggle. This technique is used worldwide and documented in linguistic journals. You will be amazed at how fast you will learn German. You will love this method!

CONVENER: Robert Weiss (816-569-1904 816-806-8871)
Email: zappori@yahoo.com
CLASS FEE: $18.00 + $60.00 material fee = $78.00
Sec. A: 1 session; Wednesday, September 25; 7:15 PM - 8:15 PM; Flarsheim Hall, Rm. 261, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#2409 A
Advanced Creole
If you would like to continue studying or brushing up on Creole come join our conversation. Conveners are members of Glory House Services, a not-for-profit agency that work to integrate Haitians into the Kansas City community. Glory House Services also goes to Haiti every three to six months to do mission work, an opportunity which is extended to those who take this class. Please bring whatever you will need to take notes. Bring $20 to class for book.

CONVENER: Isadbert Joseph (816-600-1457)
Email: isadbertj@yahoo.com
CLASS FEE: $18.00
Sec. A: 1 session; Sunday, September 29; 4:00 PM - 5:00 PM; Northeast Library, Rm A, 6000 Wilson Road, Kansas City, MO 64123, Independence Ave. East, several blocks past Van Brunt but before railroad underpass. Take left on Wilson - go past Price Chopper and strip mall, Library on left.; LIMIT: 15

#2410 A
Beginning Spanish
Because there is a high percentage of Spanish speakers in the U.S., José has decided to offer a Spanish language course to native English speakers. By studying with him you will learn to communicate with the diverse people that live here. José was a professor of Spanish, ethics, sociology and political science at Universidad Autónoma del Estado de Hidalgo in México, from 1988-1994. Currently he translates from English to Spanish and English to Spanish for superiors and co-workers.

CONVENER: José De La Cruz
Email: ppstillforward@hotmail.com
CLASS FEE: $18.00 + $20.00 material fee = $38.00
Sec. A: 10 sessions; Saturdays, beginning, October 5; 10:00 AM - 12:00 PM; Northeast Library, Rm A, 6000 Wilson Road, Kansas City, MO 64123, Independence Ave. East, several blocks past Van Brunt but before railroad underpass. Take left on Wilson - go past Price Chopper and strip mall, Library on left.; LIMIT: 30

#2411 A
Mesa Espanol
This is an informal coffeehouse discussion where people come to enjoy conversing and practicing in Spanish. The group is ever-changing with people of many backgrounds including native speakers. There is no teacher; we simply discuss whatever comes up, along with sharing information about Hispanic arts, parties and activities. Class meets every other Sunday.

CONVENER: Douglas Kingsbury & Bertha Sanchez (816-931-0077); Email: kingsbury@blitz-t.net
CLASS FEE: $18.00
Sec. A: 6 sessions; Sundays, beginning, September 29; 4:30 PM - 6:00 PM; Westport Coffee House, 4010 Pennsylvania, back room, KCMO; LIMIT: 16

#2412 A
Teach Someone to Read Series
There are over 225,000 teens and adults in the Kansas City metro area who can’t read—you can help. Tutor training workshops prepare participants to tutor teens and adults seeking improved reading skills in Literacy Kansas City’s volunteer program. A tutor is matched with a student on the second session in the workshop series and they begin working together soon after that. Tutors commit to one year of meeting students in the metro twice a week. All 3 sessions are mandatory and as they build on one another, Part 1 on Oct 19 is a prerequisite for Part 2 on Oct 26, and both Parts 1 and 2 are prerequisites for Part 3 on November 16.

CONVENER: Haley Box (816-312-9032)
Email: hbox@literacykc.org
CLASS FEE: $3.00
Sec. A: 3 sessions; Saturdays, October 19, October 26 & November 16; 9:00 AM - 2:00 PM; Literacy Kansas City, 211 W. Armour Blvd. on 3rd Floor/Kansas City, MO 64111 (American Red Cross Building); LIMIT: 30

#2701 A
The R/T Quadrant: a Philosophical Organizer
A graphical organizer for ideas and questions in philosophy and religion is presented. This top-down tool is useful for evaluating historical thought and trends, comparing ideas, and approaching new material. Major worldviews, postmodernism, the history and philosophy of science and other major areas of scholarship may also be compared on the basis of their answers to basic philosophical questions. A practical assignment evaluating a topic is included. David Van Horn has been a researcher and educator in philosophy at UMKC for 11 years.

CONVENER: David Van Horn; Email: vanhorn@umkc.edu
CLASS FEE: $18.00
Sec. A: 3 sessions; Tuesdays, beginning, September 24; 7:00 PM - 8:30 PM; Spencer Chemistry Building 211, 5009 Rockhill Rd. UMKC Campus, KCMO; LIMIT: 20

#2702 A
Beginning Astronomy
Join members of the Astronomical Society of Kansas City and discover the wonder of the night sky! No telescope or previous observing experience required. Discussion and presentations in the classroom until dark, then observing on clear nights at the Warko Observatory on top of Royall Hall. Dress appropriately—it can be chilly up there. We will have telescopes and binoculars. Class meets even if cloudy. Convener is a long-time member of the Astronomical Society of Kansas City, and on staff at Powell Observatory.

CONVENER: Jackie Beucher (913-469-0135)
CLASS FEE: $14.00
Sec. A: 2 sessions; Fridays, beginning, October 18; 7:00 PM - 9:00 PM; Royall Hall, Rm. 402, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 25

#2703 A
Introduction To Objectivism: The Philosophy of Ayn Rand
Author and philosopher Ayn Rand wrote such best-selling novels as “The Fountainhead” and “Atlas Shrugged.” She called Objectivism “a philosophy for living on earth.” It holds the view of “man as his noblest activity, and reason as his only absolute.” This course will introduce the basic ideas of Objectivism and their application to everyday life.

CONVENER: Kurt Colville & David Lombardo
Email: kurtcolville@gmail.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Thursdays, beginning, October 18; 7:00 PM - 9:00 PM; Royall Hall, Rm. 338, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 40

#2704 A
Water, Water, Every Where, Nor Any Drop to Drink
The title is from Coleridge: “Rime of the Ancient Mariner.” Are we using water wisely, protecting its purity, exhausting our easily available sources for human use? This class will discuss these questions and provide information about the chemistry of water, some industrial uses for it, and how some living organisms use it. Also, if weather permits, we will go after the discussion to see a demonstration wetland located at the Discovery Center at 47th and Troost.

CONVENER: Rich Kaufman (913-642-7359)
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 12; 1:00 PM - 3:30 PM; Quaker Meeting House, 4405 Gillham Rd., KCMO; LIMIT: 15
#2705 A
**Fossils for Everyone**
Yes, believe it or not, now landlocked Kansas City was once submerged under a shallow sea, full of plant and animal life we can still learn about! The road cuts around the metro provide us a glimpse into our distant past, with some surprising finds! This class will introduce you to the study of fossils, paleontology, and will teach you the necessary tools to identify some common area fossils. We will tour the UMKC Geosciences museum on Friday night in preparation for our fossil dig the next day, Saturday. If inclement weather the dig will be postponed until October 5.

**CONVENER:** Elizabeth Goodden (816-421-0281)
**CLASS FEE:** $14.00

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#2802 A
**Why the Two Party System Isn't Working Any More (And What to Do About It)**
With Congressional approval ratings at their lowest in decades and American prosperity at risk, come to a non-partisan presentation about why this situation exists and what to do about it. The reasons our system is deteriorating and the simple changes needed to restore efficient effective government will be presented. Convenor is author of “Neither Liberal Nor Conservative Be: An Action Plan for People Disgusted by Polarized Politics.”

**CONVENER:** Larry Bradley (402-321-4851)
**Email:** bradbird@uok.edu
**Website:** www.TheCenter Strikes Back.org
**CLASS FEE:** $10.00

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#2804 A
**Historic Ninth Street**
This hike takes hikers past the site where the cable car of yesteryear traveled. Included on the route are the Historic 9th Street Financial District and the Gumbel Building. Interior tours of some historic sites will occur. We will discuss the significant architecture of the area as we hike. Please bring $20 material fee (does not include CommuniUniversity registration fee) for a brochure featuring maps with architectural and historical dialogue. Refreshments served at the conclusion of the hike.

**CONVENER:** Lucinda Rice-Petrie (816-931-8448)
**Email:** lrpmudg@aol.com
**CLASS FEE:** $10.00

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#2805 A
**Illus Davis Civic Mall**
This hike explores the vicinity of the Illus Davis Civic Mall. The proud architectural heritage of this area includes Art Deco and Egyptian Revival styles. Interior tours of some historic sites will occur. Please bring $20 material fee (does not include CommuniUniversity registration fee) for a brochure featuring maps with architectural and historical dialogue. Refreshments served at the conclusion of the hike. We will convene in front of Saint Mary’s Episcopal Church.

**CONVENER:** Lucinda Rice-Petrie (816-931-8448)
**Email:** lrpmudg@aol.com
**CLASS FEE:** $10.00

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#2806 A
**Avenue of the Arts**
This hike reviews the theatre district and sites along and adjacent to the Avenue of the Arts (historic Central Street). Interior tours of some of the sites will be offered. Please bring $20 material fee (does not include CommuniUniversity registration fee) for a brochure featuring maps with architectural and historical dialogue. Refreshments served at the conclusion of the hike. We will convene in front of Municipal Auditorium’s Little Theatre.

**CONVENER:** Lucinda Rice-Petrie (816-931-8448)
**Email:** lrpmudg@aol.com
**CLASS FEE:** $10.00

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#2807 A
**Remembering The Forgotten—Our World War 1 Soldiers**
Nancy Cramer, volunteer for the National World War I Museum, shares her powerpoint photos and stories of her recent tour of American World War 1 battlefields and cemeteries in France and Belgium. She shows cemeteries and graves, tells stories of Medal of Honor winners and ordinary soldiers. You will visit places such as Verdun, Chateau-Thierry, Ypes, Meuse-Argonne and more in a moving experience that will give Memorial Day and Veterans Day a new meaning for you. Maps and cemetery photos in handouts for separate fee of $2.

**CONVENER:** Nancy Cramer
**CLASS FEE:** $10.00

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#2901 A
**So You Want to Be a Librarian?**
Becoming a professional librarian can open an exciting and rewarding career that is intellectually challenging. Librarians learn about authoritative resources, perfect web development skills, teach information skills, spread literacy skills, organize public programming, purchase databases, electronic resources, e-books, print materials, media and more. Chris LeBeau is Assistant Teaching Professor at the University of Missouri School of Information Science and Learning Technologies, a business librarian at UMKC and active in the American Library Association.

**CONVENER:** Chris LeBeau (816-235-6371)
**Email:** lebeau@umkc.edu
**CLASS FEE:** $10.00

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#2902 A
Opening a Child Care Home or Center Finally Made Easy

Thinking of opening or improving your own child care home or center? Attend this class to learn the secrets to success from a 15 year experienced veteran child care center owner, with a Master’s Degree in Early Childhood Education and teacher certification. We’ll start from the beginning and end at success! You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD for $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

Sec. A: 1 session; Saturday, November 23; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2903 A
Opening Your Own Store Finally Made Easy

Thinking of opening your own store? Attend this class to learn the secrets of success from a former award winning store owner. We’ll start from the kitchen sink to becoming an award winning inc! You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD that includes links to 100’s of online and offline manufacturers and wholesalers, a sample business plan and tips, tools, and techniques for success, for $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

Sec. A: 1 session; Saturday, November 23; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2904 A
Career Journal

Supervisors and potential employers consider your skills and accomplishments when making decisions about a job offer, promotion or raise. Lack of preparation could mean being overlooked or leaving money on the table. This course will help you understand the value of reflecting on and journaling professional experiences. You will master tools to systematically keep track of key events, learn to pinpoint skills and confidently talk about accomplishments. The instructors bring experience in coaching, career development, business consulting, leadership and team building. Bring $7 material fee to class.

CONVENER: Anitha Burna & Norma Boyer
Email: br_anita@yahoo.com
CLASS FEE: $16.00

Sec. A: 3 sessions; Saturdays, beginning, October 12; 10:30 AM - 12:00 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15
The Pantry

#3001 A Dairy Made?
Have you ever wondered what it would be like to churn your own butter or make your own cheese? Are you concerned about the words on ingredient listings that you cannot pronounce? Well in this one evening course you will make your own “Mason Jar Butter” while making homemade cheese. Each student will take home their own jar of butter as well as a container of cheese. Bring $15 to class for materials.
CONVENER: Theresa Rotolo
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, November 07; 6:30 PM - 8:45 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street. Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#3002 A Legends of Barbeque
Learn how to prepare chicken, ribs, pork butt and brisket like the pros. We’ll review sauces, marinades and rubs. You’ll learn the secrets of great BBQ from the “Legends of Barbecue.” With over 625 Barbecue awards between them, Guy Simpson (KC Rib Doctor) and Paul Kirk (K.C. Baron of BBQ) and over 50 years of competition and teaching between them. Please bring $20 to class for food/materials. Bring a chair and your favorite beverages.
CONVENER: Guy Simpson & Paul Kirk (913-631-3233)
CLASS FEE: $35.00
Sec. A: 1 session; Thursday, November 07; 6:00 PM - 8:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 20
Website: kcbluenilecafe.com
Email: dfikru@gmail.com
CONVENER: Daniel Fikru (816-283-0990)
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session; Sunday, October 27; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 20

#3003 A Locavore Cooking
Are you interested in cooking with local ingredients but are not sure where to start or where to look? Join us in learning about some wonderful local products that you can purchase to make a meal that you can feel good about. We will make a cheese toast appetizer, fall quinoa dish, and make a meal that you can feel good about. We will discover some wonderful local ingredients that you can purchase to make a meal that you can feel good about. We will discover some wonderful local ingredients that you can purchase to make a meal that you can feel good about. We will discover some wonderful local ingredients that you can purchase to make a meal that you can feel good about. We will discover some wonderful local ingredients that you can purchase to make a meal that you can feel good about. We will discover some wonderful local ingredients that you can purchase to make a meal that you can feel good about.
CONVENER: Kelly Savage
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Tuesday, November 05; 6:30 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street. Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Ethnic Food

#3004 A Party Bites
Do you like to throw parties, but have a hard time planning what to make for your guests? You want something showy that everyone can enjoy without slaving in the kitchen? Join me in this hands-on class and learn efficient prep and timing techniques that will allow you to enjoy your party. Dishes will include spiced cashews, pan-fried onion dip, turkey-cheese tea sandwiches, and a few more! Everyone will get a good sized sample of each.
CONVENER: Kelly Savage
Email: kellydsavage@GMAIL.COM
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Tuesday, November 05; 6:30 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street. Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Vegetarian & Vegan

#3101 A Vegetarian Ethiopian Cooking
Learn centuries-old vegan and vegetarian Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), misir watt (red lentils in berbere sauce), and atiklet watt (cabbage, carrots and potatoes). You’ll receive complete instructions on how to prepare this unique cuisine.
CONVENER: Daniel Fikru (816-283-0990)
Email: dfikru@gmail.com
Website: kcbluenilecafe.com
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session; Sunday, October 27; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 20

#3102 A Mexican Appetizers
Not all guacamole is equal. Learn to make an amazing guac, sopes—fried masa cakes topped with savory meats and vegetables, flautas—a deep-fried tortilla and savory filling and panuchos—a Yucatan treat with fluffy corn tortillas stuffed with puréed black beans, pickled red onions, lettuce, spicy toppings and savory meat. With each bite, you’ll discover a burst of flavors to appease all the taste buds and senses! Enjoy a culinary and theatrical experience with master chef Tito.
CONVENER: Chef Tito (816-420-9333)
Email: latinbistro@gmail.com
CLASS FEE: $10.00 + $15.00 material fee = $25.00
Sec. A: 1 session; Tuesday, November 05; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15

#3103 A Seafood Latin Style
The combinations are endless when seafood and Latin spices meet. Learn to make tik- inchik, a delicious grilled fish fillet in a red Mayan sauce; ceviche, and we’ll do something special with red snapper in a garlic (ajillo) sauce. Come hungry and ready to enjoy a culinary and theatrical experience with master chef Tito.
CONVENER: Vasilio Dos (816-420-9333)
Email: latinbistro@gmail.com
CLASS FEE: $10.00 + $15.00 material fee = $25.00
Sec. A: 1 session; Tuesday, October 15; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15

#3104 A A Mediterranean Evening with Chef Kamal
Spend a relaxed evening with Chef Kamal and create some Mediterranean favorites. You’ll learn to grill mouthwatering and marinated chicken kabobs. Chef Kamal has made a name for himself (Yummy’s Choice) in Kansas City with his Mediterranean delicatessens goodies which are found at grocery stores throughout the metro area.
CONVENER: Yehia Kamal (816-804-2820)
Email: chefkamal@yummy.us
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Thursday, October 17; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO; West on 39th Street. Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 15

Ultimate Greens

#3201 A Vegetarian Latin Cuisine
Learn to make a fabulous ceviche and how to use soy meat in place of animal meat with amazing results. We’ll also make meat balls in a chipotle sauce and ground meat Spanish style, all vegetarian and all delicious.
CONVENER: Vasilio Dos (816-420-9333)
Email: latinbistro@gmail.com
CLASS FEE: $10.00 + $15.00 material fee = $25.00
Sec. A: 1 session; Tuesday, September 24; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15

#3202 A Ultimate Greens
The nutritional value of the “super-foods” can’t be beat. Learn to prepare three delish versions of good for you greens that taste fabulous. We’ll make bok choy and kale rolls with a tamarind diaper sauce, collards with figs, goat cheese and pistachios and a zippy doodah salad of arugula, watercress, mustard greens and radicchio with an apple cider dressing. We will feast on the creations. Recipes provided. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.
CONVENER: Zoe LaGrece (913-722-2628)
Email: zoelagrece@yahoo.com
CLASS FEE: $10.00 + $15.00 material fee = $25.00
Sec. A: 1 session; Saturday, September 28; 11:00 AM - 2:30 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St); LIMIT: 15
Zoe's Fall Favorites

When the vines are withering in the garden and the basil is at its bushy biggest I love making these two standards: creme of butternut soup (vegan) and pesto bruchetta with organic goat cheese. The soup features miso to contribute to healthy digestive fauna. We will indulge in the creations. Recipes provided. Zoe LaGrece is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe LaGrece (913-722-2628)
Email: zoelagrece@yahoo.com
CLASS FEE: $10.00 + $15.00 material fee = $25.00
Sec. A: 1 session; Saturday, October 26; 11:00 AM - 12:30 PM; Rag and Bone, 1412 W. 12th, KCMA, (in the West Bottoms at the bottom of 12th St.); LIMIT: 12

Good Wine at a Good Price

Anyone can spend $20 and get a decent bottle of wine. The trick lies in spending $5 or less for a decent bottle of wine. Join artist Linister in his studio where he will share some of his favorite inexpensive wines. Conversation, fruit, cheese, and bread complete the evening.

CONVENER: Linister (816-753-2183)
CLASS FEE: $10.00 + $13.50 material fee = $23.50
Sec. A: 1 session; Saturday, November 09; 6:00 PM - 9:00 PM; Linister’s Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMA; LIMIT: 12

Introduction to Champagne

Gain a little knowledge and have a lot of fun sampling from the most delicious champagne in the world (in Linister’s humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)
CLASS FEE: $10.00 + $15.50 material fee = $25.50
Sec. A: 1 session; Saturday, November 16; 6:00 PM - 8:30 PM; Linister’s Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMA; LIMIT: 12

Wine 101: Intro to Riesling

Riesling is one of the world’s greatest wine grapes. It produces wines that are delicious with food or without, capable of extreme longevity and highly expressive of the vineyards where it’s grown. Born in Germany, it now thrives around the globe. We’ll explore, by talking and tasting, the great diversity of Riesling styles and expressions from around the world. We’ll also simplify those complicated but very detailed German wine labels and discuss pairing various styles of Riesling with food.

CONVENER: Barry Tunnell
Email: barryt@tanninwinebar.com
Website: www.tanninwinebar.com
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Thursday, September 26; 6:00 PM - 7:30 PM; Tannin Wine Bar, 1526 Walnut Street, Kansas City, MO 64108; LIMIT: 24
#4001 A
**Beginning Tai Chi**

T’ai Chi is an ancient system of exercise, meditation, and martial art that unites mind and body: an exercise to cultivate the body, a meditation to cultivate the spirit, a martial art to cultivate harmonious relationships with others. Learn the first seven postures with the option to continue. Kim Kanzelberger, M.A., has been teaching T’ai Chi in the Kansas City area for over 30 years. He is the director of Center States’ T’ai Chi and leads retreats and workshops in the U.S. and Europe.

**CONVENER:** Kim Kanzelberger (816-531-0065)
**Email:** kim@centerstateschi.com
**Website:** www.centerstateschi.com
**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Monday, September 09; Wednesday, September 11; Monday, September 16 & Wednesday, September 18

**Sec. B:** 4 sessions; Monday, November 04; Wednesday, November 06; Monday, November 11 & Wednesday, November 13

**MEETS:** 6:30 PM - 7:30 PM; Center States Tai Chi Association, 111 E. Gregory, KCMO; LIMIT: 20

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#4002 A
**Tai Chi and Qi Gong**

Tai Chi and Qigong are both ancient Chinese healing methods. Gentle and simple in nature, these exercises can help you enhance your cardiovascular, respiratory and immune systems. This class will focus on improving your energy level and on the health aspects of Tai Chi.

**CONVENER:** Chun Man Sit
**Email:** cmsg@everestnc.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, September 28; 10:30 AM - 12:00 PM; Community Christian Church, Activity Center, 32 E. 46th St., KCMO, across 46th St. from the church, park on the street or in parking lot behind the Activity Center; LIMIT: 12

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#4003 A
**Kundalini Yoga for all Levels**

Did you know that the ancient exercise science known as yoga has 22 aspects or systems? 90% of these techniques can be done sitting and there is no extreme pressure on body or joints. Join us as we practice mudra, mantra, kriya, relaxation and meditation. Wear comfortable clothing and bring a mat or towel to sit on.

**CONVENER:** Alan Lee Lippincott (816-529-2771)
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 26; 11:30 AM - 1:00 PM; Rima Buddhist Center, 700 West Pennway, KC; KO MO (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 30

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#4004 A
**Discover Yoga Breath by Breath**

Explore the eight components of a complete yoga practice during this eight week course. Each session will cover one of yoga’s eight limbs, offer an opportunity for discussion and include a short yoga practice. All levels are welcome. Resources for the curious, those just starting a yoga practice and yogis who want to deepen their practice will be offered throughout the course. Please, bring your water bottle and a yoga mat, towel or blanket with you to class. Namaste!

**CONVENER:** Désirée Hendricks
**Email:** dmhendricks@yahoo.com
**CLASS FEE:** $18.00

**Sec. A:** 8 sessions; Sundays, beginning, September 29; 2:30 PM - 3:45 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 20

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#4005 A
**Gentle Yoga for Beginners**

Anyone can learn yoga and enjoy its many benefits, including greater strength, vitality, flexibility, reduced tension and inner calmness. Using a gentle, compassionate approach, we will explore basic yoga postures, breathing techniques and guided deep relaxation. Yoga mats are provided. Becky is a Registered Yoga Teacher who began studying yoga to relieve pain caused by scoliosis. Along the way she discovered yoga’s vast potential for healing body, mind and spirit. Becky enjoys helping students discover their own healing potential.

**CONVENER:** Becky Holsen (816-200-0854)
**Email:** becky.holsen@beckyoga.com
**Website:** www.BeckyYoga.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 05; 11:00 AM - 12:15 PM; Plaza Wellspring, 1900 W. 47th Place, #328, Westwood, KS 66205; LIMIT: 16

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#4006 A
**Power Yoga**

Don’t let the name power yoga intimidate you. Power yoga is a practice that strengthens the body and mind through heat-building poses and mindful breathing. Beginners welcome! Bring a mat, towel and water to class.

**CONVENER:** Darryl Olive (816-256-4443 816-522-9398)
**Email:** info@kcfitnesslink.com
**Website:** www.kcfitnesslink.com
**CLASS FEE:** $18.00

**Sec. A:** 8 sessions; Saturdays, beginning, September 21; 9:00 AM - 10:00 AM; KC FitnessLink, 510 N 6th St Kansas City, KS 66101; LIMIT: 25

**Sec. B:** 8 sessions; Wednesdays, beginning, September 25; 12:00 PM - 1:20 PM; Unity Temple on the Plaza, 707 West 47th Street, KCMO 64112, (In the lower level of Unity Temple); LIMIT: 30

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#4007 A
**Hot Yoga Flow**

Come energize your morning with a mildly heated yoga flow class. The class incorporates breathing with energetic movement to rev the metabolism and stimulate digestive fire! Beginners welcome.

**CONVENER:** Darryl Olive (816-256-4443 816-522-9398)
**Email:** info@kcfitnesslink.com
**Website:** www.kcfitnesslink.com
**CLASS FEE:** $18.00

**Sec. A:** 8 sessions; Tuesdays, beginning, September 24; 6:00 AM - 7:00 AM; Unity Temple on the Plaza, 707 West 47th Street, KCMO 64112, (In the lower level of Unity Temple); LIMIT: 30

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#4008 A
**Yoga Basics**

A foundational class designed to give you the fundamentals for establishing a well-rounded and inspirational yoga practice. Designed for beginners and advanced yogis alike, this class is taught in the traditional Hatha yoga style.

**CONVENER:** Darryl Olive (816-256-4443 816-522-9398)
**Email:** info@kcfitnesslink.com
**Website:** www.kcfitnesslink.com
**CLASS FEE:** $18.00

**Sec. A:** 8 sessions; Mondays, beginning, September 23;
**Sec. B:** 8 sessions; Wednesdays, beginning, September 25;
**MEETS:** 6:30 PM - 7:30 PM; 510 North 6th Street, Kansas City, KS 66101, 510 North 6th Street, Kansas City, KS 6601; LIMIT: 20

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#4009 A
**Chair Yoga**

This yoga class is geared towards individuals of all ages who are in need of a gentle form of stretching and strengthening the body. We will incorporate meditation and breathing while practicing sitting and standing poses with the assistance of a chair. You will feel refreshed and energized! Wear stretchy clothing to class. Please note this is a second floor studio with a flight of stairs.

**CONVENER:** Regina Compomelle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, September 26; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3025 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

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#4102 A
**New Online Easy Sign-up www.umkc.edu/commu**

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#4102 A
**Ayurvedic Yoga and Self-Massage**

Come learn stress releasing techniques from yoga and Ayurveda. This course will teach you how to establish a daily routine of relaxing yoga and self-massage. Participants will be emailed an instructional form to fill out and information about what type of oil to bring to the session.

**CONVENER:** Darryl Olive (816-256-4443 816-522-9398)
**Email:** info@kcfitnesslink.com
**Website:** www.kcfitnesslink.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, September 21; 1:30 PM - 3:00 PM; 510 North 6th Street, Kansas City, KS 6601, 510 North 6th Street, Kansas City, KS 6601; LIMIT: 15
The body is a sacred garment.
~Martha Graham

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We look forward to thanking all of our donors whose vision and generosity will raise our ability to insure an avenue of “free speech” for future generations.
Happiness is nothing more than good health and a bad memory.
~Albert Schweitzer
#4305 A  
**Energy Dynamics for Healing**

In this class you will learn about the anatomy of the human energy field and how it can be manipulated for healing. The class will include demonstrations using the Cherokee healing crystal. Crystals provided. Please bring $10 to class for materials.

**CONVENER:** Linda VanBibber & George Moon (816-833-1129)  
Email: lylahv@swbell.net  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, December 10; 7:00 PM - 9:00 PM; Independence Area Location, Convener will contact with specifics; LIMIT: 15

#4306 A  
**Medical Astrology and Stellar Healing**

In this class you will review the ancient mystical study of the human energy field and precedence to therapeutic touch. Basic astrological symbols and concepts will be reviewed. The linear correlation of zodiac signs with the human frame will be explored. Planetary configurations with noticed discordant aspects to planetary positions are consistently found to be a problem area in health. Bring your chart if you have it. Please bring $10 to class for materials.

**CONVENER:** George Moon & Linda VanBibber (816-833-1129)  
Email: lylahv@swbell.net  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, November 19; 7:00 PM - 9:00 PM; Independence Area Location, Convener will contact with specifics; LIMIT: 15

#4307 A  
**The Vibrational Sciences of Sound and Scent**

In this class you will learn the science behind the healing properties of sound and essential oils. You will learn how to use tuning forks and oils for personal healing. Please bring $10 dollars to class for materials.

**CONVENER:** George Moon & Linda VanBibber (816-833-1129)  
Email: lylahv@swbell.net  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, December 10; 7:00 PM - 9:00 PM; Independence Area Location, Convener will contact with specifics; LIMIT: 15

#4308 A  
**How You Can Get Well Soon**

What are the unexplained aches, pains, and fatigue your doctor can’t diagnose? Hint it’s not all in your head. How to find answers yourself, learn causes and possible answers for: allergies, anger, anxiety, asthma, arthritis, brain fog, cold hands/feet, itching, ADD, Alzheimer’s, fibromyalgia, Crohn’s disease, Lyme disease, MS, eye floaters, muscle tremors/cramps, sleeplessness, night sweats, and 150 more symptoms. Leslie shares keys to wellness from her 30 year search. Optional book available for $30. Please bring $10 to class for materials.

**CONVENER:** Leslie Brown (816-554-3674)  
Email: Leslie.bgjthotdogcom  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, September 28; 1:00 PM - 2:30 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105; NE corner of Baltimore & 10th; LIMIT: 15

#4309 A  
**Energy Healing Basics 101**

This class is an introduction to energy healing and perceiving energy and includes a basic overview of energy healing modalities: Energy Medicine (founder-Donna Eden), Quantum Touch and Wonder Method (Founder-Richard Gordon/Alain Herriot) and Access Consciousness (Founder-Gary Douglas/Dain Heer). There will be active healing exercises of each modality and an exploration into six forms of perceiving energy. Handouts will be provided.

**CONVENER:** Sabrina Largen  
Email: sabrina.largen@kcmo.org  
CLASS FEE: $16.00  
Sec. A: 3 sessions; Mondays, beginning, October 14; 6:00 PM - 8:00 PM; 9804 Belleview Ave., Kansas City, MO 64114; LIMIT: 12

#4310 A  
**What Is Oden Reiki?**

Learn the surprising and differences with this new mode of spiritual healing. Oden Reiki works instantly. Not only will you learn about utilizing ultra violet frequencies, but we guarantee an instant change in the energy of any chronic pain.

**CONVENER:** David Bradley (816-931-0116)  
Email: info@whitelightbookstore.com  
Website: www.whitelightbookstore.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, October 03; 7:00 PM - 8:00 PM; White Light Books & Crystals, 1801 West 39th St., Kansas City, MO 64111; LIMIT: 10

#4311 A  
**Reconnecting With Your Body: Making Peace**

Our body is constantly giving us information. Unfortunately, we don’t always know how to interpret its message. Learn some techniques to understand the information you’re receiving and how to work with, instead of against, your body to create health and vitality. You’ll also learn how to use your body’s wisdom to improve your everyday life. Bring a yoga mat or blanket to class. Bring $4 to class for materials.

**CONVENER:** Janet Sitzmann (816-922-9029)  
Email: jmanc2013@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, October 08; 6:00 PM - 7:30 PM; Sec. B: 1 session; Tuesday, November 12; 6:00 PM - 7:30 PM; MEETS: Smile Salon & Day Spa, 801 W. 47th St., Suite 110, Kansas City, MO 64112; LIMIT: 15

#4312 A  
**Herbal Home Remedies**

Learn what our grandmothers don’t teach us anymore. You can use poultices, compresses, soups and salves to facilitate your own healing. We’ll take a walk to identify and harvest herbs to make our own salve, and tincture. Hands-on demonstration, samples and handouts included.

**CONVENER:** Regina Compemolle (816-547-0266)  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00 + $20.00 material fee $30.00  
Sec. A: 1 session; Saturday, October 12; 2:00 PM - 5:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions; LIMIT: 10
#4313 A
Reiki Play Day
Experience the energizing, relaxing effects of Reiki and other forms of healing energy. Reiki works on physical, emotional and spiritual levels to open the flow in your life. Techniques will be taught to help you be more sensitive to subtle energy. We will play with a variety of energy techniques including Reiki, bio-force, polarity, chakra balancing and healing with sound. The class is held in our home in beautiful Dogwood Forest.
CONVENER: Regina Compemole (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, October 24; 7:00 PM - 10:00 PM: Dogwood Forest in Kansas City.
Call or email for details and directions.; LIMIT: 10

#4404 A
Boxing Basics
Group boxing classes are a tough but exciting way to get in shape. You will learn everything you need to know about the art of boxing: wrapping hands, working the bags, breathing, stance and hitting the mitts. Zach Brunner has over fifteen years of experience in the martial arts, with a background in Muay Thai, Brazilian Jujitsu and western boxing.
CONVENER: Zach Brunner
Email: brunnerzach@gmail.com
Website: sweetboxing.webs.com
CLASS FEE: $10.00
Sec. A: 1 session; Sunday, October 06; 10:00 AM - 11:00 AM: Sweet Z Boxing Club, 2416 South 34th St., KCKS 66106; LIMIT: 10

#4405 A
Boot Camp (Cross Fitness Style)
Come learn to use short bouts of functional exercises to lose weight, get in shape and feel good. If you like cross fit style workouts, this is for you. Beginners welcome! Indoor/outdoor class. Bring a mat, towel and water.
CONVENER: Daryll Olive (816-256-4443 816-522-9398)
Email: info@kcfitnesslink.com
Website: www.kcfitnesslink.com
CLASS FEE: $18.00
Sec. A: 7 sessions; Tuesdays, beginning, September 24; 6:00 AM - 7:00 AM:
Sec. B: 7 sessions; Thursdays, beginning, September 26; 6:00 AM - 7:00 AM:
Sec. C: 7 sessions; Saturdays, beginning, September 28; 8:00 AM - 9:00 AM:
MEETS: 510 North 6th Street, Kansas City, KS 6601, 510 North 6th Street, Kansas City, KS 6601; LIMIT: 20

#4406 A
Zumba Dance Party
Think exercise is boring? Think again! Come join the Zumba dance party. You’ll dance your way to better health with Latin-inspired music and dance moves. Beginners welcome!
CONVENER: Darryl Olive (816-256-4443 816-522-9398)
Email: info@kcfitnesslink.com
Website: www.kcfitnesslink.com
CLASS FEE: $18.00
Sec. A: 4 sessions; Tuesdays, beginning, September 24;
Sec. B: 4 sessions; Thursdays, beginning, September 26;
MEETS: 510 North 6th Street, Kansas City, KS 6601;
(30 West 47th Street, KCMO 64112, (In the lower level of Unity Temple); LIMIT: 30

#4501 A
Penny Pinching Pretty
Why spend hundreds of dollars on beauty products that can be made in your own kitchen? In this class you will learn how to turn vodka into after shave and sugar into a fantastic hand and foot scrub that rivals that famous hand system. Each student will make and take home a jar of unisex aftershave and a jar of scented scrub that will even be pretty enough to give as gifts! Bring S15 to class for materials.
CONVENER: Theresa Rotolo
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, November 07; 7:00 PM - 9:00 PM: Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 15

#4307 A
New Online
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www.umkc.edu/commu

#4402 A
Mama Faraci’s Fitness
A combination of aerobics and stretching with some light weight work with creative music selections. If you can stand for one hour you can do this class, however, if you are in shape 1 will make you sweat. Bring $9 for room rental to first class for three classes. Optional—set of light weights and a yoga mat. Convener began as Zumba instructor and has developed unique style for overall general fitness.
CONVENER: Debora Faraci (913-937-7974)
Email: debora@kah@yahoo.com
Website: www.mamafaraci.weebly.com
CLASS FEE: $16.00
Sec. A: 3 sessions; Mondays, beginning, September 23; 9:15 AM - 10:30 AM:
Sec. B: 3 sessions; Wednesdays, beginning, September 25; 4:30 PM - 5:45 PM:
Sec. C: 3 sessions; Saturdays, beginning, September 28; 9:15 AM - 10:30 AM:
MEETS: Crossroads Church Fellowship Hall, 7917 Main St., KCMO 64114; LIMIT: 15

#4502 A
Singles

#5001 A
Connecting with Other Singles
Emphasis will be upon various ways to locate singles activities and make connections with other singles, including both the online method as well as through area singles groups. This replaces the popular seminar, What’s Happening for Singles in KC that has been offered for over 30 years. All participants will receive flyers of upcoming events plus a directory listing over 70 singles groups in the KC area, both social and church sponsored groups.
CONVENER: Don Davidson
CLASS FEE: $10.00 + $6.00 material fee = $16.00
Sec. A: 1 session; Thursday, October 17; 7:00 PM - 8:50 PM;
Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 20

#5101 A
Relationships

#5002 A
Simplifying What Makes Marriages Successful!
The principles are basic and simple; it’s the application that often makes the difference. In this interactive class we will look at five basic areas which will either allow a marriage to prosper or will increase the chance of failure. The key is the application of these truths. When the class is over, most will have some new information which will allow them to improve their relationship immediately. Make sure you bring a pen and paper.
CONVENER: Mark Bayer Ed.D.
Email: nkma@umkc.edu
Website: www.markbayer.9f.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, November 05; 7:00 PM - 8:30 PM;
Student Union (New), Rm. 412, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 10
Self Development

#5301 A
Creating a Vision Board: From Dream to Action
Dr. Connor invites others into a relationship with their highest selves. A vision board process includes creative selection of images and words that reflect an individual’s preferences and passions. Through the process of imagination and choice, we consciously invite what we love, who we want to become, and what we want to attract into our lives. As a result, we invite our vision into our reality. Feel free to bring your vision board to make additions and changes. Bring $5 to class for materials.
CONVENOR: Dr. Julie Connor (913-617-9979)
Email: julie@DrJulieConnor.com
Website: www.drjulieconnor.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, October 08; 7:00 PM - 8:30 PM;
Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64114; LIMIT: 30
Website: www.meetup.com/CertifiedCoachesFederation
www.KCmeditation.com
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- Stress Management
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- Grief Counseling
- Work & Career Issues
- Stress Management
- Conflict Resolution
Utilizing a personal approach for:
- Depression & Anxiety
- Grief Counseling
- Work & Career Issues
- Stress Management
- Conflict Resolution

#5302 A
Explore Your Dream with Art Journaling
As a certified hypnotherapist, energy worker, life coach and artist, I will teach you how to bring inspiration and understanding to your dreams. In this workshop you will connect with your spirit through art journaling with a variety of simple art materials to speak to your spirit. Bring $5 to class for materials.
CONVENER: Bhasweti Gewhas (913-660-0669 425-246-1801)
Email: bhaswetig@gmail.com; Website: www.stressfreetools.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 19; 12:00 PM - 3:00 PM;
Atterbury Student Success Center, Rm. 238, UMKC Campus, Sec. A:
CLASS FEE: $10.00
Email: bhaswetig@gmail.com; Website: www.stressfreetools.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 26; 1:30 PM - 3:30 PM;
Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 10

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— Paramahansa Yogananda

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For more information:
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www.KCmeditation.com
#5304 A  
**Look At Ways to Improve Your Attitude and Find Your Purpose In Life!**

Those who struggle with their attitudes often struggle with their goals and purpose in life. The two don’t always go together but both make life much more rewarding. We will discuss both of these areas and see how they are connected. We will also look at some strategies to see how we can encourage our development in your life.

**CONVENER:** Mark Bayer Ed.D.  
*Email: nkoma@yahoo.com*  
*Website: www.markbayer.9f.com*  
*CLASS FEE:* $10.00

**Sec. A:** 1 session; **Tuesday, November 12; 7:00 PM - 8:30 PM:**  
**Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 18

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#5307 A  
**Creating a Life You Love**

Learn tools you can use every day to decrease stress, increase satisfaction and joy and build more mutually satisfying relationships with your whole self, your family members (including adolescents and teenagers), friends and people at work to create a life you love. Sec. A is an introduction and Sec. B includes additional tools.

**CONVENER:** Colleen Nilson  
*CLASS FEE:* $10.00

**Sec. A:** 1 session; **Thursday, October 03; 7:00 PM - 9:00 PM:**  
**Sec. B:** 1 session; **Monday, November 04; 7:00 PM - 9:00 PM:**  
**MEETS:** Unity Church of Overland Park, 10300 Antioch, Overland Park, Kansas; LIMIT: 20

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#5401 A  
**Inspire Your Creativity with Stress Relief**

As a certified hypnotherapist, energy worker, life coach and artist, I will bring you some simple tools and art materials to help create your Mandala—your own inner sanctuary of peace. Connecting with your inspiring emotions in meditation, you will be able to practice relaxation for stress relief. Your Mandala will connect you with your spirit to bring joy in your daily life. Please bring $5 to class to cover the cost of materials.

**CONVENER:** Bhaswati Gawahs, PhD  
*Email: bhaswati@gmail.com*  
*Website: www.stressfreemeditations.com*  
*CLASS FEE:* $10.00

**Sec. A:** 1 session; **Friday, October 11; 12:00 PM - 3:00 PM:**  
**Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 15

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#6001 A  
**The Forgiveness Process**

Increase your spiritual practice by including forgiveness. We’ll discuss the meanings of forgiveness and how it benefits you. We’ll conclude with a short meditation that is respectful to all faiths. Craig McAndrew is the author of “Forgiving Judas—A Man’s Journey to Forgive His Brother.” It is a work of fiction but based on true events. Craig is also a counselor in the Kansas City area and has developed a forgiveness meditation on CD which will be available for purchase.

**CONVENER:** Craig McAndrew  
*Email: kansascitycounselor@yahoo.com*  
*CLASS FEE:* $10.00

**Sec. A:** 1 session; **Saturday, September 28; 1:00 PM - 3:00 PM:**  
**4635 Wyandotte, Rm. 204, KCMO; LIMIT: 8

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#6002 A  
**Power of Aloha**

If you have ever felt the call of Hawai‘i this class is for you. ‘Aloha’ is more than a concept; it is a way of being. Each Hawaiian word has many levels of meaning. We shall explore the depth of Aloha and how you can integrate this practice in to your daily life. Come awaken the essence of Aloha within yourself.

**CONVENER:** Ilene Kimsey  
*Email: aloha@ilenekimsey.com*  
*Website: www.ilenekimsey.com*  
*CLASS FEE:* $10.00

**Sec. A:** 1 session; **Saturday, October 19; 10:30 AM - 12:30 PM:**  
**Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

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#6003 A
Hawaiian Ho'oponopono (To Set Things Right)
The ancient practice of “Pono” is “being at one with everything”—being right with yourself, right with Spirit, right with others, and right with all of creation. Daily living often pulls us out of alignment with ourselves and our world. During this class you will be introduced to the process of “Ho'oponopono” which is a way to return to the harmony that is natural to your spirit greatness.

CONVENER: Ilene Kimsey (808-232-5024)
Email: aloha@ilenekimsey.com; Website: www.ilenekimsey.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, December 14; 1:00 PM - 3:00 PM;
Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 10

#6004 A
Contacting Your Spirit Guide
This class will introduce you to your spirit guides, tell you their names, teach you how to better communicate with them and help you understand their purpose in your life. Bring $5 to class for materials.

CONVENER: Lauralei Bradley (816-931-0116)
Email: info@whitelightbookstore.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, October 15; 7:00 PM - 8:30 PM;
White Light Books & Crystals, 1801 West 39th St., Kansas City, MO 64111; LIMIT: 10

#6005 A
Basics of Buddhism
Have you always wanted to understand Buddhism? Buddhism is a 2500 year old tradition that teaches us how to end pain and suffering in ourselves and others. We’ll cover all the basics including: meditation instruction, life of the Buddha, basic Buddhist teachings, three schools of Buddhism and much more. Each class will begin with an optional meditation from 7:00 - 7:30 PM. Please bring $20 for workbook to first class. Pete Scott’s qualifications stem from his long study of traditional Buddhist teachings under numerous Tibetan masters.

CONVENER: Lama Chuck Stanford & Pete Scott
Email: lama108@aol.com
Website: www.rimecenter.org
CLASS FEE: $18.00
Sec. A: 12 sessions; Tuesdays, beginning, September 24; 4:30 PM - 6:30 PM
KCMO, (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 30

#6006 A
Spirit Books
Do you find that when you get in touch with your creative self you get in touch with your spirit, heart and passion? Making a Spirit Book is a great way to focus your mind and your heart in the same direction. Finding images, words, and phrases that convey the truth of what your deepest sacred self-desires to accomplish. Placing them in your Spirit book in a dynamic, creative, individual way is what this class is all about. Bring $15 to class for materials.

CONVENER: Phoenix
Email: phoenix@spiritedyou.com; Website: www.spiritedyou.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, December 14; 1:00 PM - 3:00 PM;
Convener will contact with location; LIMIT: 5

#6007 A
Intuitive Tarot
Tarot is an ancient 78 card book of wisdom and human experience. You will be doing tarot readings after the first hour of instruction in this lively and participatory class. Bring a notebook to take lots of notes and a tarot deck.

CONVENER: Julie Bowen (816-550-4200)
Email: tarotchick920@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 26; 2:00 PM - 3:30 PM;
Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 13

#6008 A
How to Successfully Start a Metaphysical Business
I have read the tarot professionally for over 25 years. While I will be discussing the tarot, this information easily applies to a massage practice, therapy, energy work and more. This session is interactive and taught with compassion and humor. Let’s get that established business on the fast track to success. Tried a metaphysical business but couldn’t get it to support you? Let’s find a way to make it work! I look forward to seeing you and helping renew your passion for your business!

CONVENER: Julie Bowen (816-550-4200)
Email: tarotchick920@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 26; 2:00 PM - 3:30 PM;
Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 25

#6009 A
Infinite Possibilities Workshop
This workshop will outline the universal principles that enable every person to thrive, not simply survive. If you want to challenge yourself from an old way of thinking to a new way, this is the workshop for you. This interactive workshop is sure to inspire you and guide you to a different way of living life. This workshop will be 3 weekends for a total of 12 hours. During each weekend, lunch will be provided.

CONVENER: Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com
CLASS FEE: $10.00 + $20.00 material fee = $36.00
Sec. A: 3 sessions; Saturdays, beginning, October 26; 10:00 AM - 2:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 15

#6010 A
Learning About and Working with Your Higher Self
Learn what and who your higher self is as well as the role your higher self plays in your journey of life. It is possible to communicate directly with this part of yourself, utilizing a new meditation channeled by Lauralei. Bring $5 to class for materials.

CONVENER: David Bradley (816-931-0116)
Email: info@whitelightbookstore.com
Website: www.whitelightbookstore.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, November 05; 7:00 PM - 8:00 PM;
Sec. B: 1 session; Tuesday, December 17; 7:00 PM - 8:00 PM; MEETS: White Light Books & Crystals, 1801 West 39th St., Kansas City, MO 64111; LIMIT: 10
Meditation

#6201 A
Beginning Meditation

Have you tried to meditate but experienced problems? Have you wanted to learn to meditate, but were’t sure where to start? If you are ready to begin a meditation practice then this is the course for you. Meditation reduces stress, increases blood flow and is beneficial in many areas of one’s life. Craig has developed a meditation CD that is available for purchase.

CONVENER: Craig McAndrew (913-206-5317)  
Email: kansascitycounselor@yahoo.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, September 28; 11:00 AM - 1:00 PM; 4635 Wyandotte, Suite 204, KCMO; LIMIT: 8

#6202 A
Krishnamurti: The Best Class You Will Ever Take on Meditation

Topics include: Meditation, how it works and why common methods of meditation should never be practiced. 1) 24-hour-a-day meditation that does not interfere with other activity. No breath focusing. No mantra. No visualization. No subconscious influence. Straight talk and no bull. We will make sense where others don’t and will show you meditation that will put Buddhism in the dust. 2) Stop conflict and confusion in the mind anytime, anywhere, without effort or idea. 3) The stopping of any habit without effort or escape. 4) The transformation of the mind. 5) The transformation of pain. 6) The clearing of perception. This time it’s the real thing. We will not waste your time. We will do meditation in class. Later, we will watch a film about Krishnamurti—the 60-year career of the most unique and powerful religious teacher in the world. Too strong for television. The serious truth seeker should never miss it. Free classic CD, color catalog and more.

CONVENER: Marcus Williamson (816-531-6155)  
CLASS FEE: $10.00  
Sec. A: 1 session; Friday, October 4; 7:00 PM - 10:00 PM;  
Royall Hall, Rm. 211, 52nd St. Between Rockhill and Holmes, UMKC Campus, KC; LIMIT: 40

#6203 A
Meditation Workshop

Meditation has been proven to lower blood pressure, relieve stress, and help you cope with anxiety and chronic pain, insomnia, and panic disorder. This class is based upon the work of Jon Kabat-Zinn of the Stress Reduction Clinic at the University of Massachusetts Medical Center. We’ll begin with an optional meditation from 7:00-7:30 PM. Lama Chuck Stanford, co-founder of the Rime Buddhist Center, is an authentically ordained Lama in the Nyingma lineage of Tibetan Buddhism and writes a monthly column on Buddhism for the Kansas City Star.

CONVENER: Lama Chuck Stanford  
Email: lama108@aol.com  
Website: www.rimecenter.org  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, September 24; 7:45 PM - 9:00 PM;  
Rime Buddhist Center, 700 West Pennway, KC, MO (in I-35, exit on W. Pennway, take a left, BBC on right); LIMIT: 30

#6204 A
A Philosophy of Active Meditation

In this time of recession and job insecurity active meditation (or active problem solving) can be an invaluable skill. Dr. David taught the first ever Meditation Class presented through Communiversity.

CONVENER: David Beaulieu  
Website: www.askdoctoradavid.com  
CLASS FEE: $18.00  
Sec. A: 4 sessions; Mondays, beginning, September 30; 7:00 PM - 8:30 PM; Oak Park Library, 5000 Bluejacket Overland Park KS 66214; LIMIT: 20

#6205 A
Favorite Meditations

Come to this class and learn some of our favorite meditations channeled by Lauralei from our spirit guides, Oden and Ariel. Bring $5 to class for materials.

CONVENER: David Bradley (816-931-0116)  
Email: info@whiteglitterbookstore.com  
Website: www.whiteglitterbookstore.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, October 22; 7:00 PM - 8:00 PM; White Light Books & Crystals, 1801 West 39th St, Kansas City, MO 64111; LIMIT: 10

#6206 A
Meditation Techniques

This course is taught by an instructor in the eclectic martial arts with years of meditation teaching experience. By the end of class you will have learned several poses and gain an understanding of the benefits of meditation.

CONVENER: Clinton Fields (816-533-4930)  
Email: kuksookc@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, November 5; 6:00 PM - 7:00 PM; Student Union (New), RM 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 30

Psychic

#6301 A
Intro to Psychic Development

Do you believe you have psychic ability? Have you ever “felt” or “seen” things before they happened? Have you wanted to learn skills and techniques that take your ability to the next level? This interactive workshop promises to give you new and fun ways to connect with spirit and enhance your abilities. Jamie has been a student of all things metaphysical and is excited to introduce you to a new way of discovering your hidden talents. Bring $2 for materials.

CONVENER: Jamie Collins (913-579-8258)  
Email: punlimited@yahoo.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, October 12; 11:00 AM - 1:00 PM;  
Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#6302 A
Basics of Astrology

Kansas City’s astrology club, the Aquarian Organization of Astrologers pleased to offer a series of classes for everyone who would like to learn more about astrology and how and why it is an important tool for understanding our-selves, others and events. Each class will cover: the signs—what they mean in a chart, the planets—describing chart action, the houses—the areas of your life, the aspects—your challenges and gifts in life, the transits—events in your life.

CONVENER: Aquarian Organization of Astrologers  
(816-665-7665) Email: JillJonmora@hotmail.com  
CLASS FEE: $18.00  
Sec. A: 5 sessions; Wednesdays, beginning, October 9; 7:00 PM - 8:30 PM; Johnson County Public Library, Central Resource Branch, 9675 W. 87th St., OPRK 66212; LIMIT: 15

#6303 A
How to Manage Empathy

Do you often feel other people’s energies or moods? Do harsh comments or environments render you catatonic? If criticized at work, do you have a tendency to shut down, leaving yourself in prime condition to make even more mistakes? I taught this workshop at another venue and received many compliments from people who were told their entire lives they were “too sensitive.” This condition can be managed. You just need the tools. Taught with compassion and humor.

CONVENER: Julie Bowlen (816-550-4290)  
Email: tarotchick920@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, October 12; 2:00 PM - 3:30 PM; At- terbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110, LIMIT: 25

#6304 A
Intuitive Tarot II

So many of you have asked for the next step after Intuitive Tarot! Well, here it is. Haven’t worked with the tarot much since taking my Intuitive Tarot class? Don’t worry. We’ll get you up to speed. We will be doing lots of readings for each other plus learning some tarot spreads to answer very specific questions. Bonus! A yes/no spread from Mary K Greer that has never let me down! Come join the fun! PREREQUISITE: Intuitive Tarot.

CONVENER: Julie Bowlen (816-550-4290)  
Email: tarotchick920@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, November 9; 3:00 PM - 5:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

#6305 A
Demystifying Psychic Abilities

An experiential class that will help you understand your innate psychic abilities as well as how and where you can use them. This class includes intuition, psychometry, and remote viewing. Sharon Rodriguez, facilitated, stress relief meditation, “Reiki I, II, Master Teacher” and “Psychic Development” Workshops in the Midwest, nationally, and internationally. Bring $5 for materials to class.

CONVENER: Sharon Rodriguez (913-406-7064)  
Email: srodriguez22@att.net  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, October 5; 1:30 PM - 3:00 PM; Call or email Convener for location; LIMIT: 15
AQUARIAN ORGANIZATION
OF ASTROLOGERS

Monthly meetings,
7pm—2nd Mondays
Community Christian Church—Plaza.

FREE Basics of Astrology Classes:
5 Wednesdays starting Oct. 9 at 7pm
JoCo Central Library-9875 W 87th St.

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My 20+ years of training, education and experience—both in life and as a Licensed Professional Therapist have given me the tools to successfully provide counseling, coaching solutions and strategies to individuals, couples and families troubled by personal and business challenges. I affirm and support LGBTQIA individuals. I offer support to those who have been traumatized by discrimination.

I have a pledge to provide the absolute best therapy care at affordable fees. I specialize in treating anxiety, depression, grief and trauma. I specialize in treating addiction disorders to objects and events to include: drugs, alcohol, sex, pornography, food, nicotine, shopping, shoplifting, gambling and internet.

"Symptoms are often a sign that something amazing is trying to awaken inside of you. I assist in discovering this hidden, inner place where your power and motivations flow." I would love to work with you. Don’t delay, your life is waiting!

Mention this advertisement to receive a 25% discount on three counseling or life coaching sessions.

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Psychic Fair

FRIDAY, NOVEMBER 8
5-9 pm

SATURDAY, NOVEMBER 9
10 am-7 pm

SUNDAY, NOVEMBER 10
11 am-6 pm

Do you have questions?
Are you seeking direction in your life?
Are you looking for healing?

Come to our own Psychic Fair for full, in-depth readings by some of the most talented intuitives & energy healers in the area.

Admission is FREE
Half hour and full hour sessions are available
#6306 A
*Intro to Mediumship*

This introductory workshop will give you ways to identify that spirit is speaking and learn how to interpret the sometimes cryptic language of spirit. Jamie has been a student of all things metaphysical and is excited to introduce you to a new way of discovering your hidden talents. Bring $2 for materials.

**CONVENER:** Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 19; 1:00 PM - 2:30 PM; MEETS: Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

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#6307 A
*Sisters of the Tarot*

Sisters! Learn to read tarot cards in a supportive circle of women. We will explore the divine archetypes and learn to tell the story expressed through the cards. We will learn to trust our intuition as we share our perceptions. We will learn an easy format for reading the cards immediately. You will have fun!

**CONVENER:** Regina Compama (816-547-0266)
Email: sacredeartharts@aol.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, October 10; 7:00 PM - 9:00 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

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#6308 A
*Sisters of the Tea Leaves*

Sisters! There is wisdom in a cup of tea. Come learn to read the tea leaves amongst happy laughing women. We’ll brew special tea and learn a simple technique to divine our fortunes. Bring $5 material fee to class for tea.

**CONVENER:** Regina Compama (816-547-0266)
Email: sacredeartharts@aol.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, November 7; 7:00 PM - 9:00 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

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#6402 A
*Hypnosis*

In this workshop, you’ll talk to an inner part of yourself who will answer your questions with love and concern for you. You can find out why you are doing what you don’t want to do, and ask him/her for help in changing. Convener is a certified hypnotist.

**CONVENER:** Carol Henderson (913-908-6907)
Email: carol@newdayhypno.com
Website: www.NewDayHypno.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 26, 10:00 AM - 12:00 PM; 6405 Metcalf Ave. Suite 115 (Conference Room) Overland Park, KS 66205; LIMIT: 20

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#6403 A
*Restoring Life’s Flow*

Feeling stuck? When we experience a lack of flow, life is speaking to us. The situation we are in is not responding to our method of engagement. In this course we will use a variety of tools including meditation, journaling, and vision boarding to explore the undercurrents that maintain the situational inertia and identify some new approaches. Please mail material fee of $15 to convener one week before class to: Amy Zoe Schonhoff, A Beloved Life, P.O. Box 8472, Kansas City, MO 64114.

**CONVENER:** Amy Zoe
Website: www.abelovedlife.com

**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Thursdays, beginning, October 03; 6:30 PM - 8:00 PM; Education Bldg, 260, 615 E 52nd St, 52nd & Holmes, KCMO UMKC campus; LIMIT: 8

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#6404 A
*Create a Vision for 2014*

Setting some new intentions for 2014? Interested in learning a new tool to manifest a vision for your life or personal goals? A vision board is a tool used to help individuals create a two-dimensional visual representation of the life one aspires to live, goals to be achieved, or to refine personal priorities. Bring images from your personal archives or old magazines, if you wish to add them to your vision board. Please mail material fee of $10 to convener one week before class to: Amy Zoe, A Beloved Life, P.O. Box 8472, Kansas City, MO 64114.

**CONVENER:** Amy Zoe
Website: www.abelovedlife.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, December 05; 6:00 PM - 8:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 10

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#6405 A
*You Cannot Do It Wrong*

There is no better time than the present to heal ourselves. Do you feel like the world has gone crazy and don’t see the point or purpose of it all? You are not alone. We are living in an extremely eventful time. If you feel you are barely hanging on to your sanity, don’t worry! That is a normal reaction for what we are going through as a species at this time. But what does it all mean? What was all the hype about 12/21/2012? Religion and politics helps some people cope, but if you feel these systems are also deteriorating, where do you look for answers? This class will present alternative philosophies and scientific facts that may provide the answers you seek.

**CONVENER:** Deborah Ryan PhD & Paulla Levitch
Email: wakewhegodis@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Sunday, October 27; 4:00 PM - 7:00 PM; Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure building at 50th and Oak; LIMIT: 20

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#6406 A
*Money, Prosperity and Manifestation*

Prosperity is one of the many energies that we attract in our magnetic universe. Learn to tap into the different frequencies that will bring more happiness, prosperity and joy to your life. Bring $5 to class for materials.

**CONVENER:** David Bradley (816-931-0116)
Email: info@whiteightbookstore.com
Website: www.whiteightbookstore.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, September 24; 7:00 PM - 8:00 PM; White Light Books & Crystals, 1801 West 39th St., Kansas City, MO 64111; LIMIT: 10

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#6501 A
*What the !@#$!!! Finding Meaning in a Chaotic World*

Do you feel like the world has gone crazy and don’t see the point or purpose of it all? You are not alone. We are living in an extremely eventful time. If you feel you are barely hanging on to your sanity, don’t worry! That is a normal reaction for what we are going through as a species at this time. But what does it all mean? What was all the hype about 12/21/2012? Religion and politics helps some people cope, but if you feel these systems are also deteriorating, where do you look for answers? This class will present alternative philosophies and scientific facts that may provide the answers you seek.

**CONVENER:** Deborah Ryan PhD & Paulla Levitch
Email: wakewhegodis@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, November 09; 1:00 PM - 2:30 PM; Convener will contact with location; LIMIT: 7
WHOLISTIC HEALTH FAIR

SUNDAY, November 10th 11 AM - 6 PM
NEW Student Union, 5100 Cherry, 4th floor, KCMO

BOOTHS ARE NOW AVAILABLE
60 EXHIBITORS—20 WORKSHOPS—GIANT SILENT AUCTION

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held at
Gaea Retreat Center

A Festival for all Women
September 19-22, 2013

Theme ~ Forging the Sacred Flame
Temple Goddess ~ Brighid
Musical Guest ~ Chasing Nadeen
Keynote Speaker ~ Deb Starnes

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The First Annual Fuster Cluck
Chicken Wing Eating Contest

PLUS

KKFI Blues Kitchen Festival
FEATURING
The Wild Women of Kansas City
Jeremy Butcher
and the Bail Jumpers
Junebug and the Porchlights
Shannon and the Rhythm King Band

Sunday, September 8th,
3pm to 8pm
Grinders in the Crossroads
417 E 18th St,
Kansas City, MO 64108
$10 Door
**Martial Arts**

**#7001 A**

**Aikido**

Introductory training will be provided in the Japanese martial art of Aikido which includes joint locks, arm pins, and throws. Fundamentals of proper posture, balance, movement and martial safety will be stressed. The Kansas City Aikido School, affiliated with the United States Aikido Federation, is led by Larry Graham, 5th Dan and Shidoin (qualified instructor), following the teaching of Osensei Morihei Ueshiba, founder of Aikido. Sweats or loose clothing recommended.

**CONVENER:** Dave Wirtz

**Email:** djw1@uncc.com

**CLASS FEE:** $18.00

**Sec. A:** 6 sessions; Thursdays, beginning, September 26; 6:30 PM - 8:00 PM; Kansas City Aikido School, 3128 Bell, Kansas City, MO 64111; LIMIT: 6

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**#7002 A**

**Six Elbows Kung Fu**

Six elbows kung fu is a rare southern kung fu system from Canton, China. It is excellent for exercise and self-defense. It has many empty-hand forms, a fan form, a long pole form and a two-person form. Instructor Chun Man Sit learned this art in his native city, Hong Kong in the 70’s.

**CONVENER:** Chun Man Sit

**Email:** cmsit@everestkc.net

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, September 28; 9:00 AM - 10:30 AM; Community Christian Church, Activity Center, 32 E. 46th St., KCMS, across 46th St. from the church, park on the street or in parking lot behind the Activity Center; LIMIT: 12

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**#7004 A**

**Family Kung Fu**

Parents and children can join in the study of traditional Shaolin eight animal kung fu that can become a lifelong pattern of fitness and self-discipline. Multiple instructors in a friendly atmosphere means individualized instruction where each person learns at his or her own pace. Ages 5 and up.

**CONVENER:** Michelle Kelley & Sifu Elisha Wampler

**Email:** kkes@umkc.edu

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Sunday, September 29; 12:00 PM - 1:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**Recreation**

**#7101 A**

**Fly Fishing for Fun**

You’ll learn what rods, reels and lines to use, how to assemble them, and what you need to buy. We’ll discuss how to read a body of water and what flies or streamers to use — depending on what you want to catch and what the conditions are. You’ll go outside to practice casting. You’ll learn how to recognize a strike and bring it in. Bring $15 to class for equipment rental and handouts.

**CONVENER:** Eric Christensen (913-422-8435)

**Email:** BooksAmerica@aol.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 12; 1:00 PM - 4:00 PM; Haag Hall, Rm. 109, 52nd & Rockhill, UMKC Campus, KCMD; LIMIT: 15

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**#7102 A**

**Beginning Bridge I**

Learn the basics of how to play and how to bid, opening one level bids, responses and rebids. Bridge is a game that improves logic and reasoning skills, improves teamwork, provides social networking and improves memory. This is a game for all ages from eight to eighty plus. There are even scholarships available to youth and college students who learn this game.

**CONVENER:** Kathy Roffe (816-237-0519)

**Email:** RoffeBridgeServicesLLC@gmail.com

**Website:** wannaplaybridge.com

**CLASS FEE:** $18.00 + $70.00 material fee = $88.00

**Sec. A:** 4 sessions; Wednesdays, beginning, September 25; 1:00 PM - 3:00 PM; Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 15

**Sec. B:** 4 sessions; Thursdays, beginning, September 26; 6:00 PM - 8:00 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114 (sessions 2 & 4 meet at Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 15

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**#7007 A**

**Traditional Martial Arts**

Kuk Sool is a comprehensive Korean martial art. Instruction includes falling, throws, acrobatics, joint manipulation, kicks, hand strikes, and animal techniques. Mr. Fields encompasses self-defense for all ages into his instruction.

**CONVENER:** Clinton Fields (816-533-4930)

**Email:** kkes@umkc.edu

**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Sundays, beginning, September 29; 2:30 PM - 4:30 PM; MEETS: Tony Aguirre Community Center, 2nd floor all purpose room, 2050 W. Penneway, KCMD, MO 64108; LIMIT: 25

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#7103 A
**Beginning Bridge II**

We’ll cover competitive bidding, strategies that add to your bridge skills, defensive bidding, preemptive opening bids, overcalls and doubles. If you already know the basics then this is the course that will increase your skills and ability to reach that game bid. Class is taught with cards on the table. Great for all ages.

**CONVENER:** Kathy Rolfe (816-237-0519)
Email: RolfeBridgeServicesLLC@gmail.com

**Website:** wannaplaybridge.com

**CLASS FEE:** $18.00 + $91.00 material fee = $109.00

**Sec. A:** 4 sessions; Wednesdays, beginning, October 23; 1:00 PM - 3:00 PM; Waldo Branch Library, Meeting Room, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15

**Sec. B:** 4 sessions; Thursdays, beginning, October 24; 6:00 PM - 8:00 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15

#7104 A
**Bridge for Kids**

For students in grades four through twelve. Learn how to play the card game of bridge. This is a beginning class that will teach the basics of how to bid, play and score bridge. This game improves logic, memory, and reasoning skills, math skills, social skills, teamwork skills and test taking skills. There are scholarships available for students who have learned the game. Come to class to find out more about that. Each student will be provided with a textbook.

**CONVENER:** Kathy Rolfe (816-237-0519)
Email: RolfeBridgeServicesLLC@gmail.com

**Website:** wannaplaybridge.com

**CLASS FEE:** $18.00 + $23.00 material fee = $37.00

**Sec. A:** 1 session; Saturday, November 2, 9, & 16 & December 14; 2:00 PM - 4:00 PM; Haag Hall, Rm. 310, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 24

#7105 A
**Naturism/Nudism 101**

Explore the history, philosophy, and legality of clothing optional recreation. Learn in a respectful setting about clothing optional recreation on a local level. The class will take a simple discussion format and will be taught by an officer of the Heartland Naturists.

**CONVENER:** Mike C.

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, October 05; 12:00 PM - 2:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 30

#7106 A
**Beginning Archery**

Learn the archery skills of stance, sighting, and release. Understand scoring, bow safety and the do’s and don’ts of group shooting. All equipment is provided. Classes are taught by experienced teachers who are also competition bow shooters—so they know their stuff.

**CONVENER:** Independence Bowhunter

**CLASS FEE:** $18.00 + $75.00 material fee = $93.00

**Sec. A:** 4 sessions; Mondays, beginning, September 30;
**Sec. B:** 4 sessions; Mondays, beginning, October 28;
**Sec. C:** 4 sessions; Mondays, beginning, November 25;

**MEETS:** 7:00 PM - 8:00 PM; 6423 Railroad Street, Raytown, MO, 6423 Railroad Street, Raytown, MO; LIMIT: 15

#7107 A
**Intermediate Archery**

Had some exposure and experience with archery? Want to enhance the skills you’ve learned? Come to this four week intermediate skills class taught by certified instructors and professional shooters at our indoor range. Bring your own bow fitted to you, or use our club-provided equipment.

**CONVENER:** Independence Bowhunters & Maxine Sandman

**CLASS FEE:** $18.00 + $75.00 material fee = $93.00

**Sec. A:** 4 sessions; Thursdays, beginning, October 03;
**Sec. B:** 4 sessions; Thursdays, beginning, November 09;
**Sec. C:** 4 sessions; Thursdays, beginning, December 12;

**MEETS:** 7:00 PM - 8:00 PM; 6423 Railroad Street, Raytown, MO, 6423 Railroad Street, Raytown, MO; LIMIT: 15

#7201 A
**Drive-by Tour of the Homes of the Rich and Famous**

We will see where famous Kansas Citians live or have lived. The tour will include a drive-by of the former homes of Mickey Rooney, Walt Disney, Rush Limbaugh, Amelia Earhart, Earnest Hemingway, Walter Cronkite, Satchel Paige, Jean Harlow, Marilyn Maye, J.C. Nichols, William Volker and Ginger Rogers. 100 homes total. Convener mixes humor with history. No refunds later than two weeks before class. We board the bus at 8:45 AM and leave at 9:00 sharp. Bring $9 for buffet lunch. The registration deadline is October 18th.

**CONVENER:** Don Davidson

**CLASS FEE:** $14.00 + $23.00 material fee = $37.00

**Sec. A:** 1 session; Saturday, November 02; 9:00 AM - 4:00 PM; Administrative Center, Parking lot, UMKC Campus, 5122 Oak, KCMO; LIMIT: 38

#7202 A
**Frugal Independent Foreign Travel**

This class is designed to acquaint want-to-be travelers with how to travel independently without expensive packages tours. It will explore the latest internet based sites and apps dealing with ticketing, lodging and communications. The emphasis will be on how to plan your own trip, travel inexpensively and meet locals all over the world. I will demonstrate carry-on packing techniques, how to pick a good restaurant, how to travel on public transportation and how to find lodging with real people.

**CONVENER:** Robert McCollom

**CLASS FEE:** $14.00

**Sec. A:** 2 sessions; Tuesdays, beginning, September 24; 6:30 PM - 8:30 PM; Central Library, Dunwoody Film Vault, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 30

**Trips & Tours**

Take your writing to the next level in our writing workshops in poetry, fiction, and creative nonfiction. Taught by working writers, they’re perfect for beginners, inspiring for everyone.

**The Writers Place**

3607 Pennsylvania Kansas City, MO 64111
(816) 753-1090

writersplace.org

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**SIGN-UP & PARTY**

Tuesday, September 10th, 6:00-8:00 PM

The Writer's Place—3607 Pennsylvania

- Nibbles • $3 off registration at the door • Live Jazz • Early-Bird Discounts!
  - Save $1 off the first class • Save $2 off subsequent classes
  - Waive the $3 registration fee “just for comin’ on down!”
#7203 A
How to Travel Abroad Free—Almost
How do you choose the best travel company to fit your interests and budget? What to take? How much money? Nancy Cramer answers these questions and more and provides a comprehensive handout packet for future reference. She discusses personal safety, wardrobe, and cameras. A veteran traveler, Nancy has made over 55 trips abroad. Bring $2 for handouts and take home free travel brochures and magazines.
CONVENER: Nancy Cramer
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, November 13; 7:00 PM - 9:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 15

#7206 A
Heritage Hike: From Willow Flats to the Central Industrial District...The Story of the West Bottoms
Early settlers, immigrants, squatters and native Americans called this area Willow Flats country, where livestock grazed under a variety of trees including catalpas at the confluence of the Missouri and Kansas Rivers. Through the architecture, hikers will learn about the area’s transformation due to topography, railroads, commercial and industrial concerns, the Kansas City Stock Yards, the Union Depot, grain elevators, packing houses, manufacturing and wholesale establishments. As J.C. Nichols once reflected, “There would not be a Country Club Plaza if there was not a stock yard!” Refreshments served at the hike’s conclusion. Material fee $20, make checks payable to HKCF.
CONVENER: Lucinda Rice-Petrie (816-931-8448)
Email: lrpmudg@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Sunday, October 27; 9:00 AM - 12:00 PM; Foundation Architectural Reclamation, 1221 Union Avenue; LIMIT: 25

#7204 A
Heritage Hike: Kansas City’s Immigrant Communities
Through a series of three Heritage Hikes, we will explore Kansas City’s immigrant communities and the areas where these ethnic groups resided upon their arrival in Kansas City, Missouri. Through these Heritage Hikes: “Kansas City’s West Side Story: The Irish, Swedes and Hispanics,” “From Willow Flats to the Central Industrial District... The Story of the West Bottoms,” and “Columbus Park... Kansas City’s Italian Community,” the history of these ethnic communities will be revealed. Participants receive brochures with maps which feature historical and architectural dialogue. Refreshments served at the conclusion of each hike. Please bring a check for $55 payable to Historic Kansas City Foundation to the first hike. You may enroll for each hike separately at $55, if you do not wish to take all three, but you will receive a gift from HKCF upon completion of three hikes.
CONVENER: Lucinda Rice-Petrie (816-931-8448)
Email: lrpmudg@aol.com
CLASS FEE: $10.00
Sec. A: 3 sessions; Tuesdays, beginning, October 22; 12:00 PM; The Sacred Heart Catholic Church, 2544 Madison Avenue; LIMIT: 25

#7205 A
Heritage Hike: Kansas City’s Immigrant Communities
Kansas City’s own “West Side Story” begins with The Sacred Heart Catholic Church, built with a Romanesque design by the hands of the Irish immigrant community in 1896. Once labeled “Irish Hill,” but due to Kansas City’s growth and changes, the area is known as the Hispanic “West Side.” As the “hill” is hiked, lovely Victorian homes, apartment complexes, not-for-profit centers, churches, parks and new homes overlooking the Kauffman Center will be seen affording amazing views of Kansas City, Missouri’s Downtown District. Refreshments served at the conclusion of the hike. Material fee $20, make checks payable to HKCF.
CONVENER: Lucinda Rice-Petrie (816-931-8448)
Email: lrpmudg@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, October 22; 9:00 AM - 12:00 PM; The Sacred Heart Catholic Church, 2544 Madison Avenue; LIMIT: 25

#7207 A
Heritage Hike: Kansas City’s Italian Community...Columbus Park
The Columbus Park neighborhood, known as The Holy Rosary District, listed on the National Register of Historic Places, is bounded by 5th and Campbell streets, 9th street and East Missouri Avenue and 5th and Harrison streets. The Holy Rosary Catholic Church, designed in the Gothic Revival style, anchored the Italian immigrant community. The parish formed in the 1890s and also serves other immigrant groups: Cuban, Russian, Cambo-
dian, Mexican, Haitian and Asiatic groups. A range of architectural types are here including variations of the colonnade apartment style. Refreshments served at the hike’s conclusion. Material fee $20, make checks payable to HKCF.
CONVENER: Lucinda Rice-Petrie (816-931-8448)
Email: lrpmudg@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, November 04; 9:00 AM - 12:00 PM; Holy Rosary Catholic Church, 911 East Missouri Avenue; LIMIT: 25

#8001 A
“Harvest of Empire” - The Untold Story of Latinos in American
In this course we will review and discuss the 2012 documentary “Harvest of Empire”—The Untold story of latinos in the U.S. We will explore the film in the context of other works which feature historical and architectural dialogue. The film unveils a corporate interests played in triggering unprec-
cedented social concerns

#8301 A
Citizen Journalism
Have you ever been so frustrated with the news that you feel you could do a better job at reporting? Citizen journalism is a way to cover the stories that the mainstream media simply can’t. Learn the basics of writing a good blog, shooting a great video blog or recording the perfect podcast. We’ll also discuss how to get people to hear what you have to say. The course is taught by Mike Czerniewski, who produces the Sunflower Brew political podcast.
CONVENER: Mike Czerniewski
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, October 26; 12:00 PM - 2:00 PM; Central Library, Rm. 310, 14 W. 10th St, Kansas City, MO 64105, NE comer of Baltimore & 10th; LIMIT: 12

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With Special Guests Danny Cox PLUS
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Saturday, October 12th
Meet and Greet Dinner 6:00pm
Concert 7:00pm
Community Christian Church
4601 Main, Kansas City MO

Tickets:
NEW: Meet and Greet Dinner, 6pm
Advance Dinner Tickets: $25
Advance $30 GA Concert Only
$35 Day of Show

Tickets at www.kkfi.org OR Bill (816) 994-7869
REGISTRATION
DATES & TIMES
CLASS FEES & DISCOUNTS:
• Class fees are from $10 - $18 depending on number of sessions and total class hours.
• Some classes require a material fee to be paid at time of registration.
• Groups of 4 or more, when registering over the phone and on one order, do not pay the $3 per person registration fee.
• One child (12 or under) can attend free of charge when attending the same class with a paid adult (must call to register).
• Senior citizens (65 and up) and UMKC Faculty & Staff receive the early bird price.

Early Bird Prices begin when you pick up a catalog and continue through September 20th at 5:00 PM
Save $1 off first class and $2 off subsequent classes.
Office Closed for Labor Day: Monday, September 2nd

WE OFFER 5 WAYS TO REGISTER:
1) Online—24/7 (Visa/Mastercard/Discover)
Register and pay online anytime at: www.umkc.edu/commu.
2) By Phone (Visa/Mastercard/Discover)
Regular Registration Hours—begins weekdays, Monday, August 26th; 8:00 AM - 7:00 PM.
Call 816-235-1407; only Visa/Mastercard/Discover accepted. Please have credit card number and expiration date handy when you call. Hearing Impaired: Call 1-800-735-2966 TT; 1-800-735-2466 (voice)
3) In-Person (currency, checks or Visa/Mastercard/Discover)
Sign-up Party Specials—Tuesday, September 10th, 6:00-8:00 PM at The Writers Place, 3607 Pennsylvania, KCMO. The registration fee of $3 is waived and you still receive the early bird discount. (details on p. 39)
Regular Registration Hours—begins weekdays, Monday, August 26th; 8:00 AM - 7:00 PM. Office of Student Involvement/Communiversity, Student Union, Suite #320, 5100 Cherry, KCMO 64110 (metered parking is on the 5th floor of the new parking structure at 51st and Oak).
4) By Mail (checks or Visa/Mastercard/Discover)
Begins when you find a catalog. Mail to:
Communiversity: Student Union, #320, 5100 Cherry, KCMO, 64110
Make checks out to Communiversity. Your registration is confirmed by email.
5) By Fax—24/7 (Visa/Mastercard/Discover)
Begins when you find a catalog. Fax your completed registration form with Visa/Mastercard/Discover card info to 816-235-5590, 24 hours every day. Your registration is confirmed by email.

Refund policy
Refunds are not issued unless Communiversity or the Convener cancels the class. Letters of credit can be issued if you cancel 5 working days before the class. Material fees will be refunded only if you cancel 10 working days before a scheduled class.

REGISTRATION FORMS
Mail to: Communiversity, 5100 Cherry, #320, KCMO, 64110

Name ___________________________________ __New Address
Address ______________________________________________________________________
City __________________________________ State_________________ Zip___________
Phone: Day (______)________-________________ Night (_______)________________________
E-mail address __________________________________________________________________
VS__MC__DC__#:________-________-________-________ Exp.Date____/____ CVV____
Course # Course Title Class Fees
1) ____________________________
2) ____________________________
3) ____________________________
4) ____________________________
5) ____________________________

☐ I am presently a UMKC Student (Pay ONLY material fees)
Student ID #:________________________

☐ I am interested in volunteering

☐ I am interested in teaching
Subject:________________________

Class Fee Total $________

Donation (tax deductible and greatly appreciated) $________

Registration Fee (due once per person per catalog) $3.00

Total Sent $________

COMMUNIVERSITY LIABILITY WAIVER (Must Sign to Register)
I understand that Communiversity is not an academic program of the University of Missouri-Kansas City. Its convener are not employees of Communiversity or UMKC. Communiversity makes no representation as to, nor is responsible for, class content, manner of presentation, time or location. The undersigned releases the Curators of the University of Missouri and Communiversity staff from any liability for personal injury or property damage sustained while attending or otherwise being involved with classes offered through Communiversity.
Signature __________________________________ Date ___________
The Rime Buddhist Center

Are you a spiritual seeker?  
Do you seek inner peace, kindness, wisdom, and compassion?  
Want to become more involved in your community and world peace?  
Curious about Buddhist practices and meditation?

If so, welcome to the Rime Buddhist Center, the only authentic Tibetan Buddhist center in the area with an authentically ordained Buddhist lama. We are a non-sectarian center dedicated to the cultivation of wisdom and compassion and offer the area’s most qualified programs of Buddhist studies and Tibetan culture taught by monks, lamas and other qualified Buddhist teachers.

Please join us, we have many programs to fit your interests and schedule!

Here’s a sample of what we offer:

Service, Child Care & Dharma School (for children & teens)  
   Every Sunday at 10:30
Noon meditation practice – Monday - Thursday
Free meditation instruction – every Wednesday at 6 p.m.
Basics of Buddhism – 12-week beginner’s class
Special seasonal spiritual events throughout the year
Community outreach programs
See pages 33 and 34 for our classes listed inside! #6005A—The Basics of Buddhism and #6203A—Meditation Workshop

Lama Changchup Kunchok Dorje  
(Chuck Stanford)  
Executive Director and Spiritual Leader

The Rime Buddhist Center, 700 W. Pennway, Kansas City, Missouri  
Online Resources: www.rimecenter.org  
Dharma talk podcasts: http://lama108.libsyn.com/  
Find us on Facebook! “Rime Buddhist Center Community”