

# PUBLIC NOTICE

## WINTER 2012 CLASSES BY BEVO-LONG COMMUNITY EDUCATION FULL SERVICE SCHOOL



### CLASSES OFFERED AT LONG, MALLINCKRODT AND NOTTINGHAM SCHOOLS



#### NUTRITION/HEALTH

Anything You Wanted To Know About Alzheimer's and Were Afraid to Ask, (LON), T, 3/13, 7-8:30pm, FREE

The Healing Power of Forgiveness of Self and Others, (NOT), T, 5 wks, 1/31, 6-8:30pm, Donation of \$30 or pay what you can .

**The Natural and Delicious Way to a Healthy Body**, (MAL), Th, 6:30 – 8 pm, \$6 per session.

#### 5 BI-WEEKLY TOPICS (MAL):

1. Jan. 26, Eating for Radiance, Vitality and Energy: The Top 10 Things to Add to Your Fork
2. Feb. 9, How to Reduce Sugar without Giving Up Sweets
3. Feb. 23, How to Get Healthy Meals on the Table in Less Than 15 minutes Without a lot of Cash
4. March 8, How to Eat Smart on the Go – Ways to Save Time and Doctor Bill
5. Mar 22, Food as Fuel – How to Dump the Calorie Counting and Lose Weight Faster

#### CAREER & BUSINESS SKILLS

Computer Keyboard/Typing, \$25, 6 - 6:50 pm  
(LON), M, 1/23  
(NOT), W, 1/25



#### FINANCIAL EDUCATION

Cash Flow Planning, (LON), 4 wks, 2/6, M, 6:30 - 8 pm, \$1  
Financial Planning, (LON), 4 wks, 1/23, 6:30 – 8 pm, \$1

#### GENERAL EDUCATION

GED, M/W , runs all yr, 6 - 8:50 pm, free  
Tutoring, call for days and times

#### FITNESS

Cardio Hip Hop/Dance Exercise, (MAL), 8 wks, TH, 1/26, 6-6:45pm, \$22

Slimnastics (NOT), 9 wks, \$22 per session, 6:30 – 7:30 pm

Session I: T, 1/17      Session II, Th, 1/19

Tai Chi Chih, 6 wks, 6 – 7 pm

MALINCKRODT, T, 1/31, \$34

LONG, Th, 2/2, \$34

Tae Kwon Do, Little Dragons (LON, age 4-8+), 1/23, M, 1/30, 7 – 7:30 pm, /\$20/mo.

Tae Kwon Do, Intermediate (LON, age 8 – 16), 1/23, M&W, 6:00-6:55 pm, \$20 & \$25/mo.

Yoga, 8 wks, (NOT), \$22 per session, bring mats, blocks and strap

Session I, M, 1/30, 6–7 pm      Session II, W, 2/1. 5:30–6:30 pm

Zumba, 8 wks, (NOT), 7:30 – 8:30 pm, \$15 per session

Session I: M, 1/23, 7:30 – 8:30 pm

Session II: W, 1/25, 7:30 – 8:30 pm;

Zumba, 8 wks, (LON), 7:15 pm – 8:15 pm, \$15 per session

Session I: Tu, 1/24, 7:15 – 8:15 pm

Session II: Th, 1/26, 7:15 – 8:15 pm



#### COMPUTERS

Introduction to Microsoft Office 2007, (NOT), 8 wks, W, 1/25, 8 – 8:50 pm, \$25

Introductions to Computers, \$25

(LON), M, 1/23, 7-8pm

(NOT), W, 1/25, 7-7:50pm

Microsoft Excel I, (LON), TH, 1/26,

6:30 - 8:30 pm, \$10

Microsoft Excel II, (LON), TH, 2/02, 6:30-8:30pm, \$10

MS PowerPoint I, (LON),W, 1/25, 6:30 - 8:30 pm, \$10

MS PowerPoint II, (LON),W, 2/01, 6:30-8:30pm, \$10

MS Publisher I, (LON), W, 2/08, 6:30 - 8:30 pm, \$10

MS Publisher II, (LON), W, 2/15, 6:30-8:30pm, \$10

Web Design I, (LON), TH, 2/09,6:30 - 8:30 pm, \$10

Web Design II, (LON), TH, 2/16, 6:30-8:30pm, \$10

MS Word I, (LON),TH, 2/23, 6 - 8 pm, \$10

MS Word II, (LON), TH, 3/1, 6-8pm, \$10

Online Banking,(LON), W, 3/22, 6:30 - 8:30 pm, \$10

Reading Books and looking up information online,

(LON), W, 2/29, 6:30 - 8:30 pm, \$10



#### LANGUAGE CLASSES

Arabic (LON), 8 wks, T, 1/24, \$40

Beginners, 6 – 7:20 pm

Intermediate, 7:30 – 8:50 pm

English For Speakers of Other Languages, Runs all year, M/W , 5 - 7:50 pm, free

Farsi, (LON), 8 wks, TH, 1/26, 6:30-8pm, \$35

French, Conversational, Beginning I, (NOT), 8 wks, T, 3/13, 7 – 9 pm, (SLCC)

French for the Traveler, (NOT), 6 wks, T, 1/24, 7-9pm, (SLCC)

Italian for the Traveler, (NOT), 6 wks, M, 4/02, 7-9pm, (SLCC)

Spanish, Beginning I, (NOT), 8 wks, M/W, 1/23, \$45

Children, 5:30-6:45pm  
Youth, 7-8:15pm

Spanish for the Traveler, (NOT), 6 wks, T, 4/03, 7-9pm (SLCC)

Spanish, Beginning I (LON), 8 wks, Th, 1/26, 6 – 7:30 pm, \$30

Spanish, Intermediate I (LON), 8 wks, Tu, 1/24, 6 – 7:30 pm, \$30



**COMMUNITY ED. WINTER 2012 CLASSES — LONG, MALLINCKRODT, NOTTINGHAM**

**ARTS, CRAFTS, HOBBIES**

- The Art of Henna, (NOT), T, 3/27, 6:30 – 8:30 pm, (SLCC)
- Cake Decorating, Beginning, (NOT), 6 wks, T, 2/21, 6:30 – 9 pm (SLCC)
- Cake Decorating, Intermediate, (NOT), 5 wks, T, 4/03, 6:30-9pm (SLCC)
- Crochet 101, Beginning, (NOT), 3 wks, W, 4/04, 6:30-8:30pm (SLCC)
- Knitting 101, Beginning, (NOT), 3 wks, W, 2/29, 6-7:30pm (SLCC)
- Painting, (NOT), 8 wks, Th, 1/26, 6:15 – 8:45 pm, \$45
- Quilting, (NOT), 8 wks, T, 1/24, 6:30-8:30pm, \$34
- Rubber Stamping, (NOT), 6 wks, W, 1/25, 6:30-8pm, \$30
- Stained Glass, (NOT), 8 wks, TH, 1/26, 6:30-8:30pm, \$45



**DANCE-MUSIC**

- Dance, (NOT) 8 wks, M, 1/23, \$28
  - Tap, Ballet, Poms (age 3-6), 4-4:40 pm
  - Tap, Ballet, Hip-Hop (age 7-12), 4:45 -5:30 pm
- Private Music Lessons (LON & NOT): Acoustic, Electric and Bass Guitar; Violin; Beginning Ukelele & Mandolin; Piano; Voice; Percussion, Woodwind, Brass, String & Band Instruments; \$50 per month, 1/2 hour wkly lessons



**To register** in person or pay in cash, you may come by the Bevo-Long CEFSS office between 5 – 9 pm, Monday – Friday. Come to the back of the school and go to door #10. Hours before 5 pm are by appointment only. Office phone #: 314-353-1034.  
The information on this flier is also **online** at: [www.bit.ly/ceclasses](http://www.bit.ly/ceclasses).

**ENVIRONMENT, GARDENING, SUSTAINABILITY**

- Home Composting, \$1
  - (LON), W, 3/28, 6-7pm
  - (NOT), W, 3/07, 6-7pm
- Native Planting, \$1
  - (LON), W, 3/28, 7-8pm
  - (NOT), W, 3/07, 7-8pm
- Grow Your Own: Food Gardening, (LON), Sat, 1/28, 10-11am, FREE
- Canning & Freezing Vegetables, Fruits, Jams, Jellies and more; (LON), M/F (every week), 1/30, 7-8pm, \$6/per week
- Green Living Made Easy: Learn to Save Money and Improve Your Quality of Life by Living “Green”, (LON), M/W, 1/30 & 2/1, 6-8pm, \$5
- Greening the American Home, (NOT), TH, 3/08, 6-9pm (SLCC)
- The Sustainable Backyard, (NOT), 1 wk, TH, 4/12, 6-9pm (SLCC)
- Solar Panels: What you need to know before you buy, (NOT), TH, 3/29, 6-9pm, \$2
- Solar Panels: Install your own, (NOT), 3 wks, TH, 4/05, 6:30-8:30pm
- Learn about Rain Barrels, (NOT), TH, 2/09, 6-7pm, \$1



**To register** for St. Louis Community College Classes, either go **online** to [www.stlcc.edu/Continuing\\_Education/Register\\_for\\_Class Offerings.html](http://www.stlcc.edu/Continuing_Education/Register_for_Class Offerings.html) or call 314-984-7777.

**LOCATION CODES:**

- NOT – Nottingham , Classes held at 4915 Donovan
- LON – Long, Classes held at 5028 Morgan Ford Road , enter in back
- MAL – Mallinckrodt, Classes held at 6020 Pernod
- SLCC – St. Louis Community College , Classes held at Nottingham , 4915 Donovan

The Community Education Program receives funding from the St. Louis Board of Education and the City of St. Louis through a grant from the U.S. Department of Housing and Urban Development, administered by the Community Development Administration, under the provisions of Title I of the Housing and Community Development Act of 1980

**MAIL-IN REGISTRATION FORM:**

**Pre-Registration Required for All Classes**

**Today's Date:** \_\_\_\_\_

CLASS NAME: \_\_\_\_\_ LOCATION: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ FEE: \_\_\_\_\_  
 CLASS NAME: \_\_\_\_\_ LOCATION: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ FEE: \_\_\_\_\_

**STUDENT INFORMATION:** First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_ Last Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Sex: (M or F) \_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_ Emergency/ Cell Phone: \_\_\_\_\_

(If student is under the age of 18) Responsible Party's Relationship: \_\_\_\_\_

**RESPONSIBLE PARTY'S INFORMATION:**

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_ Last Name: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_ Emergency/ Cell Phone: \_\_\_\_\_

Please make check payable to the Bevo-Long CEFSS & mail check & registration form to: 5028 Morgan Ford Road, St. Louis, MO 63116