



WORKFORCE DEVELOPMENT
& COMMUNITY ENGAGEMENT

The background of the entire page is a photograph of a campus. In the center is a large, three-story brick building with a white pediment and a central clock tower. To the right of the building is a green statue of a person on a pedestal. In the foreground, there are out-of-focus pink and white flowers and green foliage. The text 'COMMUNITY EDUCATION' is overlaid in large white letters, and the dates 'JANUARY - JUNE 2024' are in a maroon box at the bottom.

COMMUNITY EDUCATION

JANUARY - JUNE 2024

POLICIES

REGISTRATION POLICY

Tuition must be paid at the time of registration. When registering online, please have your Mastercard, Visa, American Express, or Discover card number. Please do not come to class without first registering. Know your schedule in advance. Once you have registered for a class, the tuition is non-transferable and cannot be applied to other classes.

O'DONNELL SCHOLARSHIPS

In accordance with KRS 164.284, persons age 65 or older are eligible to enroll in Community Education classes at no cost, contingent upon slot availability. Proof of age is required at time of registration. O'Donnell Scholarships only apply to tuition and do not include textbooks or supplies. Participant assumes the responsibility of the full tuition cost of the course if they fail to cancel two (2) working days prior to the first class and/or do not attend the course.

5 EASY WAYS TO REGISTER

Online

www.communityeducation.eku.edu

By Phone

Call (859) 622-1228 or (859) 622-1217
O'Donnell Scholarship participants only

In Person

Our office is located in room 304 of the Perkins Building on Kit Carson Drive

By Mail

Mail check & class information to:

EKU Community Education
202 Perkins Building
521 Lancaster Avenue
Richmond, KY 40475

Scan



REFUNDS

Full tuition refunds will be issued if a class is cancelled. If you choose to cancel your registration and notify the Office of Community Education no later than 2 working days prior to the first class, you will be issued a refund minus \$5 cancellation processing fee.

STAFF

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PHYSICAL LOCATION

CARL D. PERKINS CONFERENCE CENTER
4436 KIT CARSON DRIVE, RICHMOND, KY 40475

OFFICE HOURS:

MONDAY-FRIDAY 8:00 AM - 4:30 PM
(CLOSED 12:00 - 1:00 PM FOR LUNCH)

ARTS AND CRAFTS

INTRO TO MACRAME

Date: March 5th
& 7th
Time: 5-7pm
Location: Perkins
Building
Fee: \$31

Macrame is one of the most popular trends these days in décor and accessories. In this two-night class, learn how to make some macrame projects all on your own! The first night of class will include an introductory to macrame, basic knots and one small project (keychain). In the second class, we will review the knots and make a macrame plant holder (plant not included).

Supplies in the amount of \$10 will be payable to the instructor the first night of class.

Instructor - Sharon Barnett



Date: April 30th
& May 2nd
Time: 5-7pm
Location: Perkins
Building
Fee: \$31
**INTERMEDIATE
MACRAME**

Take your macrame skills to the next level in this class by learning the Double Half Hitch Knot. The first night, students will make a coaster then a smaller macrame wall art on the second night.

Supplies in the amount of \$10 will be payable to the instructor the first night of class.

Instructor - Sharon Barnett

BEGINNING TRADITIONAL RUG HOOKING

Date: April 22nd
Time: 6:30-9pm
Location: Perkins
Building
Fee: \$22

If you are curious about traditional rugs made from wool fabric strips, come to this class. Designed for beginners, the class will cover the basics of rug hooking, including tools, techniques, and how to bind and label your rug. You will leave the class with your own hook, hooking frame, and your partially-finished piece. The class materials fee provides each student with a linen canvas with pattern, enough 100 percent wool fabric strips to complete the piece, a hook, a rug hooking magazine, scissors, and a notebook outlining more information and resources.

Supplies in the amount of \$75 will be payable to the instructor at the beginning of class.

Instructor - Lisa Collins



ARTS AND CRAFTS

WATERCOLOR PAINTING

Date: M/W/F
April 29th - May 10th
Time: 5-7pm
Location: Perkins Building
Fee: \$92

If you are curious about watercolor painting, but are not sure how to begin, this class will give you the basic skills needed to express yourself with this beautiful fluid medium. You will learn about basic watercolor washes, glazing, water control, color mixing and more. This class is also a good refresher course for intermediate students who need a refresher on the basic skills to take their work to the next level.

Participants should bring watercolor paints, papers, brushes, and a water receptacle.

Instructor - Patricia Williams



Date: March 21st
Time: 5-9pm
Location: Perkins Building
Fee: \$45 **EASTER BASKET**

Learn the art of basket weaving with this beginner level Easter Basket for your children, grandchildren, or to just have for your own Easter decor. Basket has a solid bottom, a push in handle and accented with beautiful Easter colored weavers. If you don't already have basket weaving tools the instructor will furnish the needed tools during class time.

Supplies in the amount of \$30 will be payable to the instructor at the beginning of class.

Instructor - Jill Moseley

GARDENING MONTH BY MONTH

Dates: Feb. 7th, Mar. 6th, April 3rd, May 1st, June 5th
Time: 5:30-7:30pm
Location: Perkins Building
Fee: \$61

Monthly breakdown of tasks to do in your garden to revitalize your landscape. From planning to planting, what's in bloom, and when to prune. Each monthly session will incorporate environmentally friendly practices, sustainability, and conservation. Each monthly session will have an additional focus on native plants as well as pollinator friendly spaces to enhance your garden.

Instructor - Ana Baxley



ARTS AND CRAFTS

CHUNKY WOVEN THROW

Date:
April 25th

Location:
Perkins
Building

Time:
6-9pm

Fee:
\$31

Cozy up after making your own Hand-Knitted Chunky Throw. You don't need to know how to knit or crochet, you just need your hands. Choose your color to compliment your personality or home decor. A supply list will be given at time of registration giving your suggested stores for best quality and pricing. Instructor will furnish any other supplies needed. You should be able to complete the throw during the class time but if not, you will have detailed instructions on how to finish. Approximate size 35" X 50" but depends on yards in skein.

Approximate cost of yarn will range \$50-\$75 depending on store and store pricing.

Instructor - Jill Moseley



Date:
May 23rd

Location:
Perkins
Building

Time:
6-8pm

Fee:
\$23

VASE FLOWER ARRANGEMENT

Make grocery store, local flower farm or farmers market flowers look truly stunning! Learn a few tips and tricks to arrange an ordinary bunch of flowers to look like you purchased them from a florist. Also learn tips on how to preserve your flower arrangement to last longer. When registering for this class, you will be sent a list of a few vase options so you will bring the perfect vase to make your arrangement in. Variety of flowers will depend on availability.

Supplies in the amount of \$25 will be payable to the instructor at the beginning of class.

Instructor - Jill Moseley

ARTS AND CRAFTS

CREATING CHARCUTERIE MASTERPIECES

Date:
June 25th

Location:
Perkins
Building

Time:
6-8pm

Fee:
\$38

Learn how to assemble an impressive display of meats and cheese that will truly WOW your friends and family at your next event. Though "charcuterie" means cold cooked or preserved meats, charcuterie boards have become a way to serve your guests a wide variety of appetizing foods from meats, cheese, fruits, vegetables, and much, much more. In this class, you will learn how much meat, cheese, and other items you will need depending on the size of the gathering. You will learn how to cut, fold, and display everything to give your board visual interest. Learn which meats and cheese pair well together and good shopping options.

Supplies in the amount of \$25 will be payable to the instructor at the beginning of class. Bring your own board or tray to class.

Instructor - Jill Moseley



Date:
February
13th

Location:
Perkins
Building

Time:
6-8pm

Fee:
\$31

VALENTINES CHARCUTERIE "TREAT" BOARD

A charcuterie Board doesn't just mean meat and cheese. Let's do a Valentines Treat Board to share with family and friends. Arrange a colorful treat board with a variety of sweets. First, you will dip your own chocolate covered treats such as strawberries, pretzels, candies, etc. Then you will learn to arrange all your dipped goodies along with other treats in a balance of textures, colors, and flavors. Let your creativity shine!

Supplies in the amount of \$25 will be payable to the instructor the first night of class. Bring your own board or tray.

Instructor - Jill Moseley

PERSONAL GROWTH

TAX-FREE INVESTING

Date: March 26th **Time:** 6-7pm **Location:** Perkins Building **Fee:** \$15

It's Not What You Make, It's What You Keep is designed to help inform individuals of the benefits and considerations of choosing investments that offer tax advantages. Participants will learn: 1) Tax-advantaged investments and their features 2) Tax-free investment returns vs. taxable investment returns 3) Three ways to purchase municipal bonds, 4) How tax-free investing can help you achieve your goals faster.

Instructor - Amber Middleton



Date: April 30th **Time:** 6-7pm **Location:** Perkins Building **Fee:** \$15

HEALTH CARE & RETIREMENT SEMINAR

The increasing cost of health care is a growing concern for current and future retirees. In fact, "The Four Pillars of the New Retirement," a study from Edward Jones and Age Wave, found that health and long-term care costs continue to be the biggest financial worry for people approaching and in retirement. You're invited to a presentation of Health Care and Your Retirement that will examine: 1) Medicare coverage and traditional medical expenses. 2) Long-term medical care expenses, 3) Strategies for addressing uncovered expenses.

Instructor - Amber Middleton

DREAMWORK FOR PERSONAL GROWTH

Date: Mondays, May 13th - June 10th **Time:** 5:30-7pm **Location:** Perkins Building **Fee:** \$37

Working with your dreams can be a creative and meaningful way to engage in personal growth. Your dream symbols become your personal language for better self-understanding. Learning how to interpret your dream symbols will be an important part of this class. You will also learn tips for remembering and recording your dreams, how to share dreams and how to listen to others' dreams, how to dialog with dream characters, and how to re-enter a dream and interact with dream symbols. This course will include mini-lectures for sharing basic information, experiential exercises focused on dreamwork, and group sharing of dreams.

Please bring a dream journal (anything will work as long as it is dedicated to your dreams), pens, colored pencils or markers, and your creative imagination.

Instructor - Carol Sommer



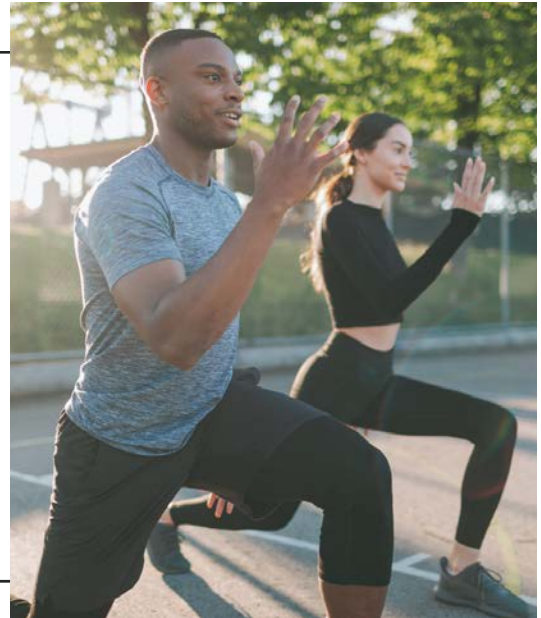
RECREATION AND EXERCISE

MIND AND BODY TUNE- UP **Dates:** Jan. 17th - June 28th **Days:** M/W/F **Fee:** \$299

Location: Woodmen of the World Lodge 888
Time: 10:15 AM - 11:15 AM / 5:30 PM - 6:30 PM

Location: First Baptist Church **Location:** Red House Baptist Church
Time: 12:15 PM - 1:15 PM **Time:** 2:00 PM - 3:00 PM

Unlock lifelong fitness for all ages! Our program enhances mental and physical well-being, catering to everyone from injury recovery to athletes. Choose safe exercises to improve strength, flexibility, and balance. Emphasizing proper body mechanics and fall prevention techniques from 'Body Recall' by Dorothy Chrisman, **Wear Comfortable clothing and shoes and please refrain from perfumes for maximum health benefits for everyone. Please note that class will be cancelled if Madison County Schools are out due to inclement weather or on a 1 or 2 hour delay.**
Instructor - Pat Rogers



Dates: Saturdays, Jan 20th - May 25th **Time:** 10-11am **Location:** Perkins Building **Fee:** \$42 **SHOTOKAN KARATE**

Karate isn't just a martial art; it's a path to personal growth. Regardless of your age, you can harness the lifelong benefits of respect, humility, courage, self-esteem, and self-defense through the practice of Karate.

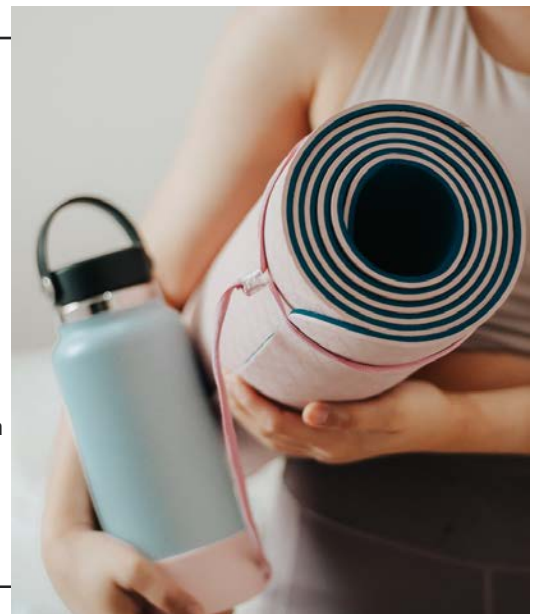
Our program is suitable for individuals aged 8 and above, with a warm welcome to students aged 5-7 when accompanied by a participating parent or guardian. Testing is an essential part of your progress, scheduled for the last day of class. To cover the testing process, there is a nominal \$25.00 testing fee payable directly to our dedicated instructor.

Testing will take place the last day of class. Participants must pay a \$25.00 testing fee payable to the instructor. (Will not meet February 17th, March 16th, and April 20th)
Instructor - Shawn Cliff

NURTURE RESILIENCE & RESTORE BALANCE WITH YOGA **Dates:** Thursdays, Session 1: Feb 22 - April 4th, Session 2: May 16th - June 20th
Location: Perkins Building **Time:** 6:00-7:30pm **Fee:** \$42

Embark on a transformative six-week journey rooted in ancient yoga teachings. Explore the mind-body connection through mindfulness, meditation, movement, and connection to nature's elements. Learn tools to combat burnout, restore balance, and amplify inner wisdom. No prior yoga experience needed. Join us for lectures, discussions, reflections, and yoga practices to rejuvenate your mind and body.

Please bring a yoga mat, two yoga block, two blankets or towels, and a journal.
Instructor - Jennifer Wait



RECREATION AND EXERCISE

BEGINNER PICKLEBALL

Dates:

Thursdays,

Session 1: March 28th - May 2nd

Session 2: May 23rd - June 27th

Location:

Arlington
Pickleball
Court

Time:

6-7:30pm

Fee:

\$55

Dive into the fast-growing world of Pickleball! Simple rules make it easy for beginners, yet it transforms into a dynamic, competitive game as skills grow. A blend of tennis, badminton, and ping-pong, Pickleball is played with paddles and a plastic ball on a modified tennis court. Join our class to discover the game's history, rules, and basic skills. Engage in fun, hands-on learning, and master game strategy for both singles and doubles. Get ready to be hooked on the excitement of Pickleball!

Please bring your own paddle. Balls will be provided.

Instructor - Joe Bentley



MUSIC

**Date:**

Wednesdays,
March 20th -
April 24th

Location:

Perkins
Building

BEGINNING GUITAR

Time:

6:00-7:30pm

Fee:

\$55

Unlock the world of music with our Beginner Guitar Class. No prior experience needed. Learn chords, strumming, and fingerpicking techniques while playing your favorite songs. Our experienced instructor creates a supportive environment for your musical journey, providing personalized guidance as you progress. Join us for a fun and fulfilling experience where you'll not only gain essential guitar skills but also connect with fellow music enthusiasts. Grab your guitar and start strumming your way to musical delight!

Participants should bring their own guitar.

Instructor - Jaden Wright



ONLINE COURSES

FUNDAMENTAL COURSES

Instructor-Led and Self-Paced Courses

Learn from the comfort of your own home! Our Fundamental online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. Complete any of these courses entirely from your home or office and at any time of the day or night.

- ▶ Expert Instructor
- ▶ 24-Hour Access
- ▶ Online Discussion Areas
- ▶ 6 Weeks of Instruction
- ▶ Hundreds of courses to choose from
- ▶ New sessions begin each month

TOP 20 COURSES

- Speed Spanish
- Discover Sign Language
- Accounting Fundamentals Series
- Grant Writing Suite
- Introduction to Microsoft Excel 2019
- A to Z Grantwriting
- Accounting Fundamentals
- Introduction to Quickbooks Online
- Medical Terminology Series
- Computer Skills for the Workplace
- Explore a Career in Medical Coding
- Fundamentals of Supervision and Management
- Photography Suite
- Veterinary Assistant Series
- Real Estate Investing
- GRE Prep Series
- Medical Terminology: A Word Association Approach
- SAT/ACT Prep Series
- Effective Business Writing
- Administrative Assistant Suite

For a full list of courses, go to communityeducation.eku.edu/online-career-training

O'Donnell Scholarship Participants (ages 65 or older) are now eligible to enroll in online courses using the O'Donnell Scholarship. Call (859) 622-1217 to enroll.

ONLINE CAREER TRAINING PROGRAMS

These advanced, career training courses offer a convenient and flexible way to learn business, healthcare, technology, industry certifications, and more!

- **Certified Clinical Medical Assistant (CCMA)**
- **Certified Personal Trainer**
- **Certified Six Sigma**
- **Certified Supply Chain**
- **Professional Wedding Planner**
- **Cisco CCNA Certification**
- **CompTIA A+ Certification**
- **CPC Medical Billing and Coding**
- **Freight Broker/Agents**
- **Human Resource Professional**
- **Medical Billing and Coding**
- **Pharmacy Technician**
- **Project Management**
- **Welder Technician**

For a full list of courses, go to communityeducation.eku.edu/online-career-training

ONLINE COURSES

Real Estate

Pre-Licensing | Exam Prep |
Post-Licensing | Continuing Education

Mortgage

Pre-Licensing | Exam Prep |
Continuing Education

HOW TO ENROLL:

- 1) Visit - ekucommunityed.theceshop.com
- 2) Choose your state
- 3) Select your course and proceed to checkout
- 4) Complete your courses & your certificate will be issued immediately

ekucommunityed.theceshop.com



EDUCATION TO GROW WITH YOUR CAREER

The real estate and mortgage industries constantly evolve - your education should, too. Our innovative courses written by industry experts are designed with your success in mind, no matter if you're new to the industry or a seasoned veteran.

REVIEWS FROM OUR STUDENTS



Juanita - Anne M.

5 Stars! The CE Shop is a very user-friendly platform. The course material is easy to navigate.

Lawrence O.

Wonderfully informative with fantastic support!

Timothy G.

I recommend The CE Shop to anyone with a busy schedule. I was able to complete my courses on my own time. Great material!

Bridgette H.

The program was very educational and the practice test really helped with the Exam.

**Community Education
202 Perkins Building
Eastern Kentucky University
521 Lancaster Avenue
Richmond, KY 40475
(859) 622-1228**



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WORKFORCE DEVELOPMENT & COMMUNITY ENGAGEMENT

Eastern Kentucky University is an Equal Opportunity/Affirmative Action employer and educational institution and does not discriminate on the basis of age (40 and over), race, color, religion, sex, sexual orientation, gender identity, gender expression, pregnancy, ethnicity, disability, national origin, veteran status, or genetic information in the admission to, or participation in, any educational program or activity (e.g., athletics, academics and housing) which it conducts, or in any employment policy or practice. Any complaint arising by reason of alleged discrimination should be directed to the Office of Equity and Inclusion, Eastern Kentucky University, Jones Building 416, Richmond, Kentucky 40475, (859) 622-8020, or the U.S. Department of Education, Office for Civil Rights, 400 Maryland Avenue, SW, Washington, D.C. 20202, 1 (800) 421-3481 (V), 1 (800) 877-8339 (TTY).