

# COMMUNIVERSITY

FALL 2016

# Learn Something New!

*Over 20 New Classes inside  
Register Early for the Best Selection*

Award-winning director and  
filmmaker share insights  
*page 13*

IT@UC staff offer suite of  
Apple classes  
*page 20*

Local artists encourage  
creative talents  
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New Anderson  
Healthplex Classes  
*page 9*

*Communiversitiy at the University of Cincinnati offers convenient and innovative classes designed to boost your career and enrich your life.*

Classes are noncredit, informal, and fun!

**Online or face-to-face class options.**

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### **Class Locations & Parking**

The majority of our classes are held at UC's Victory Parkway Campus with ample *free* parking in the rear lot. If class is being held at another location, it is noted. Addresses/maps for all locations are provided online.

### **Wait Lists**

If a class you want is full, you may place yourself on a wait list. If a place opens in that class, the first person on the list will receive a call and have 24 hours to respond before the place is offered to the next person on the list. If you do not receive a call, there is not a place for you in the class. Early registration is the best way to avoid being put on a waitlist.

*Instructor bios available online at [www.uc.edu/ce/commu](http://www.uc.edu/ce/commu)*



## Arts & Handicrafts

### Creating Glass Art

**Location:** 2214 West North Bend Rd. 45239

**Lunch:** not included--bring your own or order pizza with the group (for all day classes)

**Supplies:** Some studio tools may be available for use by students; others may be purchased from instructor. Registered students must call instructor a few days in advance to discuss project ideas and tools

### Create a Kaleidoscope

Create a "one of a kind" glass kaleidoscope! Learn glass cutting, foiling, assembly and soldering techniques. Great class for parent/child (15 and older).

*Sat., 10:30 am-4:30 pm; October 22; \$65 (no discounts), plus \$60-75 for tools and supplies. #3605*

### Make Mosaic Art

Make a stunning mosaic tray, table top, panel or project of your choice using the direct mosaic method. Learn tips on glass selection, cutting, gluing and grouting. Bring your own item and add a mosaic design to it or choose from items available at the studio. If you've got some old cups or plates, bring them and a hammer to turn them into works of art.

*Sat., 10:30 am-4 pm; August 13; \$69 (no discounts), plus \$15-49 for supplies and equipment. #3711*

### Painting, Etching and Embellishing Wine Glasses

Just in time for Thanksgiving! Create up to 4 one-of-a-kind wine glasses using etching cream and glass paints. Add wine charms from glass jewels and other embellishments for a unique look.

*Sat., 12-4 pm; November 12; \$35 (no discounts), plus \$25 supply fee for all 4 glasses, charms, paints and etching cream; #3501*

### Stained Glass for Beginners

Begin with the basics of building a Tiffany style panel using the copper foil method. Learn types of glass, glass cutting techniques, grinding, foiling, soldering and framing a panel. Complete a panel of your choosing (sizes vary; average is 11 x 17").

*Sat., 10:30 am-4:30 pm; October 8; \$75 (no discounts), plus \$140-160 for materials and toolkit; #3500*

### Create a Unique Pottery Vase

Design a pottery vase with impressions of your favorite garden plants. During the first class you will form the vase from clay slabs and add texture by embossing it with sprigs of vegetation. Your vase will be bisque-fired before the second class when you will stain and glaze it to highlight the textured surface. After a glaze-firing it's ready for you to pick-up.

*Sat., 10 am-12 pm; September 17 & October 8; \$45 (no discounts), plus \$20 materials, equipment and firing fee payable to the instructor at the first class; #3144*

**Location:** Covington Clay, Covington KY (Historic Business District)



### New Anderson Healthplex Classes

*Communiversity has extended its health and wellness offerings to the east side of Cincinnati! Please join one of our new classes at the Anderson Mercy Healthplex.*

Tai Chi

Group Cycling

Flow Yoga

Tennis – new 10 week course!

**SEE PAGE 9**



### Doodling Masterpieces

Tangle art. Meditative drawing. Zentangle®. Pattern drawing. All are names for basically the same thing: making artistic drawings out of patterns. In this class you will learn how to combine simple forms, circles, lines, and dots into eye-catching patterns. Next, you will learn how to use those patterns to create unique pieces of art. No drawing skills required. People of all skill levels are invited to join this class to experience how enjoyable making artistic illustrations from patterns can be.

*Sun., 1:30-4 pm; October 16; \$29, plus \$15 fee payable to instructor in class for all art supplies needed including pigment pens, papers, pencils, ruler, erasers, and handouts.; #3154*

**Location:** UC main campus

### Drawing Mandalas

Learn to create and design your own mandalas, circular designs created through the use of repeated images and geometries. In one session you will learn the basics of circular geometry, how to divide spaces, and how to use that knowledge to create wonderful artworks to treasure and share. Use the skills and supplies you acquire in the class to create as many designs as you like. No previous art experience is necessary. Please sign up 5 days in advance so instructor can order supplies at the best price.

*Sun., 1:30-4 pm; November 6; \$29, plus \$20 supply fee payable to instructor for complete kit so you can make multiple designs in and out of class; #3718*

### Oriental Brush Painting in a Day

Begin with the basics and end with beautiful paintings! You'll learn simple, quick strokes that can enhance your painting skills while learning the Oriental way of the brush. No drawing needed; you will produce paintings of flowers, animals or landscapes using only brush strokes. Experience painting with unique brushes, ink and paper for a relaxing and creative day.

*Sat., 10 am-4 pm; September 24; \$69 (no discounts), plus supply fee of \$30, #3717*

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## Simply Money Advisors

### Simply Money: **A Passport to Retirement**

**A Passport to Retirement** is your guide for financial planning and money management. During this one-time, 2.5-hour course, you will learn **how your financial decisions impact your retirement strategy** and life goals.

Meet Simply Money's **Nathan Bachrach** and **Ed Finke** as they present thoughts and ideas for your retirement planning. Simply Money will offer you **lessons and tools to be a smart(er) investor**. By the end of the course, you will understand the **importance of having a financial plan** and identify numerous money management concepts to best position you for a **successful financial future**.

**Location: Voice of America Park**

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#### **Jewelry Making**

**Supplies:** The instructor will bring jewelry tools but you are welcome to bring your own (plier and cutters) if you have them. No prior experience needed. There is an additional \$20 supply fee payable to instructor in class (includes epoxy clay, colorful rhinestones, metallic dust, Swarovski crystals, jewelry findings, jewelry cord and supplies to complete the in-class projects.)

#### **Epoxy Clay Jewelry**

Make two finger rings or toe rings of your choice using epoxy clay (oven bake) which is a versatile medium. Learn how to condition and color mix the clay, create dimensional effects using texture sheets. Other techniques include bead piercing and baking the clay at the right temperature.

*Sat., 11:30 am-1:30 pm; October 8; \$29 (no discounts); #3726*

#### **Polymer Clay Textured Jewelry**

A pendant necklace and matching earrings with this no-bake, self-setting jewelry clay. Learn how to condition the polymer clay, string the pendant in a jewelry cord, finish it with clasps and jump rings, and embellish it with jewelry components and metallic dust.

*Sat., 11:30 am-1:30 pm; September 24; \$29; #3724*

#### **NEW!** Rags to Riches

Do you spend hours saving Pins for later? Have you collected various items that will make a great project someday, but don't know where to begin? Bring them to our Rags to Riches class! You will learn to transform t-shirts, leggings, magazines, greeting cards, and even plastic bags into useful projects and just in time for holiday gift giving! What we can't up-cycle, you will learn where to recycle. Along the way, we will cover basics of very simple knitting and sewing.

*Tues., 7-9 pm; October 25 - November 15; \$119 (no discounts), A list of supplies will be provided via email before the start of class; #6626*

#### **Astronomy**

**Location:** Astronomy Classes at Cincinnati Observatory Center are held atop Mt. Lookout in one of our city's true treasures, where the views are great and the parking is free!

#### **Behind the Scenes at the Observatory**

Look to the heavens through the oldest continuously used telescope in the world; explore the depths of the 1873 observatory including its attic and basement; and learn why President Adams laid the observatory's original cornerstone in 1843. Hear the fascinating history of the founding of the observatory; investigate how the 19th century astronomers determined time for the city of Cincinnati; discover why the observatory was designated a National Historic Landmark; and find out what is in store for the future. The Moon will be viewed through the telescope following the program, weather permitting.

*Tues., 7-9 pm; October 11; \$29, #1207*

## **Binocular Astronomy**

Sure, binoculars aren't exactly the Hubble Space Telescope, but they are actually quite capable astronomical instruments that provide a unique and refreshing view of the Celestial Heavens. When both of your eyes get involved with seeing, a synergy takes place in your brain that enhances the image beyond what a single retina can deliver. Even common binoculars will reveal the constellations more intimately, the phases of Venus or the moons of Jupiter. There are even dozens of "deep sky" objects (galaxies, nebulae, and such) visible in inexpensive binoculars. Large or small, name brand or not, bring along your binoculars; we might be able to do some viewing if the weatherman permits.

*Mon., 7-9 pm; November 21; \$29, #1042*

## **Stargazing 101**

Constellations change in the heavens from season to season. In this class you will study the imaginative figures we call constellations. Learn to use a planisphere to find any constellation at any given time and date. If the weather is clear, we will go outside to find many of the brighter constellations; and you will also have the option of looking through the observatory telescope.

*Wed., 7-9 pm; October 26; \$29, plus \$4 optional materials fee for star chart payable to instructor; #1209*

## **Understanding the Tides**

From surfers to sailors to military planners, tides have been a useful and at times, confounding natural phenomena. Usually relegated to the realm of weathermen, tides are actually of astronomical origin, the mechanism best explained by astronomers. Understanding how and why tides work has been an important study of mankind for millennia, making it possible to predict when the "surf's up." Knowing that somehow the moon is involved is just part of the story. The Sun, the shoreline, the continental shelf, and even the barometric pressure all conspire to determine the effect of the tides. The effect can be very small or absolutely huge. Do lakes have tides? What about the Arctic Ocean? My bathtub? Let's find out what makes tides tick.

*Wed., 7-9 pm; October 5; \$29, #1240*

## **Business & Career**

### **Getting Started in Voice Acting**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? This fun and empowering two hour Introductory Class covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. For ages 18 and over.

*Mon., 6:30-8:30 pm; October 3; \$39 (no discounts), #1140*

### **Getting Started in Voice Acting:**

#### **One-on-One Class**

Class length is 90 minutes. The online format may be through IChat, Skype, or by phone - your choice.

*Arrange when you wish; September 7 - December 7; \$49 (no discounts), #1150*

### **Inventing the Next Big Thing**

So you have an idea for the next big thing...now what? Launching a new product or bringing an idea to market can be overwhelming. This class is designed to cover the basics of what every inventor should know, from idea development through commercialization. Topics will include: ways to protect your idea; understanding patents; packaging and staging your product; selling, licensing or starting your own company; plus an exploration of marketing venues. Join us and find the encouragement and motivation you need to get your idea off the ground.

*Tues., 6:30-8:30 pm; September 27; \$29, #1118*

### **Licensing Help & Inventing**

So you've invented the next big thing and you believe it will make you rich. Now what do you do? How do you license and bring that big idea or thing to market? Getting your product on the shelves in a retail store is by far the hardest part of any product venture. Licensing your invention is necessary and can significantly increase the money you make on your product. There are many different considerations and terms that need to be negotiated when licensing a product. In this class we will cover the ins and outs of proper product licensing, including how licensing works, royalties, retailer expectations, and product development.

*Tues., 6:30-8:30 pm; October 4; \$29, #1161*

### **Landlord Fundamentals**

Do you already own rental units or are thinking of becoming a landlord? Being a landlord is so much more than just collecting the rent. Those who are unaware of their responsibilities can find themselves with legal difficulties that create just the opposite situation from the income-producing project they imagined. Likewise, failure to properly select and manage tenants can turn a small side venture into a time-consuming nightmare. Focus on basic principles and strategies to guide you through your rental enterprise.

*Sat., 9 am-2 pm; September 24; \$69 (no discounts), plus bring a bag lunch or snack if you wish; #1102*

**NEW! On-Screen in Cincinnati**

Whether you want to be in front of or behind the camera, or even feature your own home or business in a movie...right here in Cincinnati/N. Kentucky, veteran feature film and documentary producer will guide you on how to get that big break. With recent film tax incentive increases in Ohio and Kentucky, national-level film and TV production is expected to double in our region by next year. Learn tips and tricks on how to sell yourself or your place (as a film location) on the next Hollywood film or commercial that lands in our own backyard! Resources will be shared on how to be cast as an extra, work on the crew or list your property for location scout access.

*Sat., 1-5 pm; November 5; \$29, #1157*

**Communication & Writing****NEW! Email Etiquette**

Are you currently a professional or eager to appear professional with your correspondence? Are you a little confused about what exactly the rules are for professional appearing emails? Then, this is the seminar for you. We will help you sort it all out. Beginning with the basics, we will discuss subject lines and salutations, content and courtesy. Along the way, we will even review a few basics of good grammar, style, expression, and editing. All you have to do is come to class.

*Wed., 6:30-8:30 pm; October 19; \$29, #1165*

*Online Classes Available: Visit our Online Instruction Center [www.ed2go.com/uc](http://www.ed2go.com/uc). Select "Writing & Publishing" to search for our online writing classes.*

**Explore the World****Intrepid Traveler: Savvy Travel Tips**

This information-packed session will make a savvy traveler out of you! Learn industry secrets and save a bundle. Topics include: travel insurance and health insurance; immunizations and health concerns; money tips; safety tips; electronics and adapters; cell phones and communication; packing and luggage; plus tipping while traveling.

*Mon., 6:30-8:30 pm; October 3; \$29, #1550*

**Intrepid Traveler: Solo Travel**

Some people dream of seeing the world but hesitate to venture out by themselves. Turn traveling solo to your advantage as you learn valuable information about the challenges and opportunities available to those who travel on their own. Find out practical tips on how to travel smart (following local customs, safety) while having a great time. Learn where to go, how to travel solo and what to expect as you explore a variety of travel experiences. Please see "Travel Logistics" and "Travel Savvy" for details on topics Simone covers in her other classes.

*Wed., 6:30-8:30 pm; October 5; \$29, #1060*

**Intrepid Traveler: Travel Logistics**

Whether you're a novice traveler or your passport is worn thin, come empower yourself to become a more capable, confident, and independent traveler. Topics include: how to choose a destination; how to create a budget; passports and visas / entry requirements; international travel safety programs; plane tickets; accommodations and ground transportation.

*Wed., 6:30-8:30 pm; September 28; \$29, #1548*

**NEW! Destination: Iceland**

Iceland, the land of Fire and Ice, is a true natural wonder. Located on the boundary where the Eurasian plate is actively pulling apart from the North American plate, you'll find many geologic wonders. Iceland is frozen for the majority of the year, and the resultant landscape is one that is covered is glaciers and ice, and still alive underneath with geysers and hot springs! With inexpensive flight prices and stunning scenery, Iceland is now a top destination for travelers worldwide. In this introductory class about traveling to Iceland, learn where to go, how much it will cost, how to get around, where to stay and what to see when you get there. You'll also learn more about the Aurora Borealis, the culture, food, and what it's like to experience Iceland.

*Mon., 6:30-8:30 pm; November 21; \$29, #1310*

**Finance****Financial Planning for Retirement**

This comprehensive personal finance course is for those in the early stages of retirement or those planning for retirement. Drawing from extensive academic research, it addresses the many challenges of retirement and gives you strategies to help you achieve financial peace-of-mind. The goal is to provide a step-by-step outline of how to manage your finances successfully. You will learn the different facets of the retirement success equation, such as effectively managing and preserving your assets, making smarter financial decisions, and setting up a plan that can last you through your retirement years.

*Sat., 9:00 am – 12:00 pm; September 17 – 24; \$59; #9019-01*

*Tues., 6:30 pm – 9:00 pm; September 20 – 27; \$59; #9019-02*

*Location: Union Township Civic Center*

*Please note: Our seminars are educational in nature. The University does not endorse or promote any products, strategy or views. Any presented are those of the instructor only.*



## New Apple Classes Offered at 2 convenient locations!

Members of the University of Cincinnati's eLearning staff have teamed up with Communiversity to offer a suite of Apple classes! Our instructors have a combined total of over 100 years of experience in the IT profession, as certified Apple Distinguished Educators, instructional technologists, videographers, film producers, web administrators, managers, and as the Assistant VP for eLearning and Technology. In our introduction class, we will explore Apple's mobile products (iPhone, iPad, Apple Watch) to ensure you are getting the most out of your Apple products. Then, during our next three classes, we will discuss capturing

photos and video with your Apple device; editing video through iMovie; and using Apple software to produce a short video with multiple camera angles, screen titles and submitting the video to the iTunes store.

**Do You Want to Bite Into This Apple?: October 5.**  
*Details page 20.*

**Capturing Memories with an iPhone or iPad: October 19-26.** *Details page 20.*

**Curating Memories with iMovie: November 2.**  
*Details page 20.*

**Producing Memories with Final Cut X: November 10-17.** *Details page 21.*

### More Technology Classes

**Discovering Open Source Software: October 13.** *Details page 21.*

**Developing a Web Presence: October 11-November 8.**  
*Details page 21.*

**DIY Video: September 29-October 13.**  
*Details page 21.*

**Email Etiquette: October 19.**  
*Details page 6.*

## Communiversity is looking for you!

*Communiversity is seeking instructors with technical skills/certifications, computer skills, or other specialized trainings. If interested, please contact the Program Director at 513-556-4354 or via email at [janet.staderman@uc.edu](mailto:janet.staderman@uc.edu).*

# Certificate Programs for Professional Development



CommUniversity offers dozens of online certificates and courses designed to boost your productivity and your organization's bottom line. Try our instructor-facilitated online courses, which are informative, fun, convenient and highly interactive. You will engage with and get to know your instructor and other participants in the course.

*Participate when it is convenient for you – available 24/7. Work at your own pace from your own computer. (No discounts.)*

## Business

Accounting & Finance for Non-Finance Managers Certificate  
September 6 - November 30;  
\$495, #1702

Business Research Certificate  
September 6 - November 30;  
\$495, #1721

Data Analysis Certificate  
September 6 - November 30;  
\$495, #1711

Effective Surveys Certificate  
September 6 - November 30;  
\$495, #1703

Entrepreneurship Certificate  
September 6 - November 30;  
\$495, #1730

Entrepreneurship Finance Certificate  
September 6 - November 30;  
\$495, #1715

Office Operations Certificate  
September 6 - November 30;  
\$495, #1706

## Business Communications

Business Writing Certificate  
September 6 - November 30;  
\$495, #1707

Customer Service Certificate  
September 6 - October 31; \$245,  
#1732

Presentation Media Certificate  
September 6 - November 30;  
\$495, #1748

Self-Publishing and eBooks Certificate  
September 6 - November 30;  
\$495, #1737

Workplace Communication Certificate  
September 6 - November 30; \$595  
(no discounts), #1734

## Health

Spanish for Medical Professionals  
October 3 - November 30; \$495,  
#1745

## Human Resources

Applying Lean Sigma Practices to HR Functions  
October 3-28; \$245, #1751

Business Coaching Certificate  
September 6 - October 31; \$395,  
#1733

## Leadership

Leadership Development Certificate (For Gen Y)  
September 6 - November 30;  
\$395, #1717

Executive Leadership Certificate  
October 3 - December 31; \$695,  
#1714

## Management

Non-Profit Administration Certificate  
September 6 - November 30;  
\$595, #1718

Project Management Certificate  
September 6 - November 30;  
\$495, #1704

Collaborative Management  
September 6 - September 30;  
\$245, #1755

Lean Six Sigma  
November 7 - December 2; \$245,  
#1752

Management Certificate  
September 6 - November 30;  
\$595, #1729

Supervisory & Leadership Certificate  
September 6 - October 31; \$395  
(no discounts), #1720

## New Media Marketing

Google Tools Certificate  
September 6 - November 30;  
\$495, #1708

eMarketing Essentials Certificate  
September 6 - November 30;  
\$495, #1705

Inbound Marketing Certificate  
September 6 - November 30;  
\$495, #1745

Mobile Marketing Certificate  
September 6 - November 30;  
\$595, #1716

Video Marketing Certificate  
September 6 - October 31; \$395  
(no discounts), #1710

## Social Media for Business

Managing Social Media Platforms Certificate  
September 6 - November 30;  
\$495, #1739

Social Media for Business Certificate  
September 6 - November 30;  
\$495, #1701

## Training and Education

Designing Webinars Certificate  
October 3 - November 30; \$345,  
#1712

## Fitness & Health

### "Fitness Flex Pass"

The flexibility you've asked for! Take any of Pat Woellert's scheduled classes - see details of Zumba Toning; Zumba Fitness; or Boot Camp Lite. Depending on the size of the pass you purchase, you have the right to attend any of Pat's classes - until either you've used up your pass or the expiration date of your Flex Pass has come and gone. When that happens, simply buy another pass! Please note that passes do expire on the end date listed and may not be carried over into another term.

*Tues., Wed. or Thurs 5:35-6:35 pm; September 20 - December 22; 6-Class Pass; \$40 (no discounts), #4363-06; or a 12-Class Pass; \$79 (no discounts), #4363-12*

### Boot Camp Lite

No fear here - you can do it! This kinder, gentler boot camp is designed to improve your cardiovascular endurance, muscular strength, balance, and flexibility with fun, easy-to-follow drills. Bring a pair of hand held weights suitable to your fitness level, a mat for floor work, and supportive aerobic shoes.

*Thurs., 5:35-6:35 pm; September 22 - December 22; \$79 (no discounts), we encourage you to enroll through our "Fitness Flex Pass"; #4339*

### Zumba® Fitness

This unique workout is a "feel-happy" approach to fitness. Its high energy, motivating music and rhythms are a fusion of Latin and International dance themes. Great for the body and great for the mind, this workout combines fast and slow rhythms designed to sculpt the body, burn calories and fat, and tone you up. Bring floor mat and wear supportive aerobic shoes.

*Wed., 5:35-6:35 pm; September 21 - December 21; \$79 (no discounts), we encourage you to enroll through our "Fitness Flex Pass"; #4352*

### Zumba® Toning

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. You will learn how to use light weights (1-2 pounds) to tone all your target zones, including arms, abs, glutes and thighs. Sculpt your body naturally while having a total blast. Bring 1-2 pound dumbbells, a mat for floorwork, and wear supportive aerobic shoes.

*Tues., 5:35-6:35 pm; September 20 - December 13; \$79 (no discounts), we encourage you to enroll through our "Fitness Flex Pass"; #4311*

### **New Location: Anderson Mercy Healthplex**

Communiversality is partnering with Anderson Mercy Healthplex to offer a variety of fitness classes at a day and time when it is convenient for you! All classes last 8 weeks and are taught by experienced members of the Mercy Healthplex training staff. You do not have to be a member of the Healthplex to register for these classes. (No discounts).

*Location: Mercy Healthplex Anderson*

### **NEW!** Group Cycling Classes

Group Cycling - Performed on a stationary bike, this class is based on real terrain rides with a focus on heart rate and cadence. Set to pumping music that will motivate! All fitness levels and ages welcome. Please arrive 10 minutes early to cycling classes for proper bike sit up.

*Mon., 7:00-8:00 pm; September 19-November 7; \$99; #4397-01*

*Wed., 5:30-6:30 am; September 21-November 9; \$99; #4397-02*

*Sat.; 10:15-11:15 am; September 24-November 12; \$99; #4397-03*

### **NEW!** Tai Chi

Tai-Chi - A combination of graceful and gentle meditative movements that focus on cultivating breathing and its relation to energy, vitality and mindfulness.

*Wed., 6:15-7:15 pm; September 21-November 9; \$99; #4396-01*

*Fri., 9:00-10:00 am; September 23-November 11; \$99; #4396-02*

*Sun., 9:00-10:00 am; September 25-November 13; \$99; #4396-03 (Class takes place at Bauer Park as weather permits)*

### **NEW!** Yoga Flow

Challenging flowing form of yoga is designed to increase strength, endurance, flexibility, and balance with quicker transitions between poses. We recommend bringing your own personal yoga mat.

*Tues., 10:15-11:30 am; September 20-November 8; \$99; #4395-01*

*Wed., 7:30-8:30 pm; September 21-November 9; \$99; #4395-02*

*Sat.; 7:15-8:15 am; September 24-November 12; \$99; #4395-03*

### **Shape Up with Belly Dance**

Dance your way into shape with this captivating combo of low impact exercise and natural dance that celebrates the personal beauty of all women - of all sizes, all ages. These stretching and swaying movements, electrifying shimmies, and flowing arms are rooted in thousands of years of feminine history. Belly dance promotes flexibility, strength and grace; it helps you unwind and inspires a positive attitude. Learn authentic steps, correct techniques and appealing dance routines. From your fingertips to your toes, and from your head to your heart, this dance will draw you in.

*Mon., 6:45-7:45 pm; October 3 - November 7; \$69 (no discounts), #5261*

### **Tai Chi for Beginners**

This is a great introduction to Tai Chi. You'll get all of the fundamentals with this easy to learn short set of moves. Focus is on the Yang style 8 movement form. Join us for fun, stress reduction, coordination, enhanced muscle tone and balance.

*Your choice of days - or take them both!*

*Mon., 6-7 pm; September 19 - November 7; \$99 (no discounts), #4510-01*

*Thurs., 5-6 pm; September 22 - November 10; \$99 (no discounts), #4510-02*

*Location: Mighty Vine Wellness Club (on Vine)*

### **Walking with Trekking Poles**

Get more out of walking! Trekking Poles can help improve posture, alignment and upper back health, and reduce stress on the back, knees and hips. While designed for mountain hiking, we will use the Walk for Life approach for using them anywhere you want. Class includes mat, sitting, standing and walking exercises. Trekking poles needed. Poles can be purchased at class or bring your own. Also bring a mat and towel for floor work.

*Thurs. 6:30-8 pm; October 27 - November 17; \$80 (no discounts), #4375*

*Location: Future Life Now (Northside)*

### **NEW! Self-Care Yoga**

Combines gentle yoga, meditation, dialogue and exploration of a different self-care topic each week including: better sleep, nourishment, fuller relationships, self-expression and creativity, purposeful careers, and a deeper connection to nature. You will leave with practical tips, tools, and resources you can put into action in your daily life to feel better. Discover new ways to create happiness, balance, and well-being. No previous yoga or meditation experience required.

*Sat., 10:30-11:30 am; September 24 - November 12; \$99, #4399*

### **Yoga Basics**

Are you interested in replacing your stress with serenity, your fatigue with vitality and your tension with flexibility and your instability with greater balance? We will assist you with accessing these benefits of yoga and more. This is a wonderful class for those new to yoga and recommended to other more experienced yogis who want to enhance their body awareness and start fresh with a beginner's mind. Enjoy a relaxing atmosphere that is open to any body. Your choice of days - or take them both!

*Tues., 5:15-6:15 pm; September 20 - November 8; \$99 (no discounts), #4325-01*

*Thurs., 5:15-6:15 pm; September 22 - November 10; \$99 (no discounts), #4325-02*

*Location: World Peace Yoga & Motion Studio (Clifton near Ludlow)*

### **Health Promotion and Disease Prevention**

In this class we will show you how to create healthy meals and providing sound weight loss advice (and more), these seminars are provided to help clarify the often opposing and confusing nutritional information found on the internet and in the media. These nutrition seminars are packed full of current nutritional information which targets specific conditions that are easily preventable and often even reversible. Most of the chronic ailments that plague our society are due to lack of appropriate nutrient combinations and the unhealthiness of our standard American diet.

*Wed., 5:30-7 pm; September 21 - October 26; \$139 (no discounts); #4398-01*

*Sat., 2:30-4 pm; September 17 - October 22; \$139 (no discounts); #4398-02*

*Location: Cincinnati Nutrition Center (Silverton)*



#### **Prepare to Do Your Best on Test Day**

Whether you are entering college for the first time or extending your educational career, our team of experts will help you prepare for the big test! We cover common misconceptions about the tests, time management tips, and insights into how to effectively study. You'll work with authentic test questions and responses and arm yourself with skills and confidence by learning helpful strategies.

PSAT: 10/1-10/2

ACT: 10/9-10/16; 11/27-12/4

SAT: 10/23-10/30; 11/13-11/20

GRE: 10/15 - 11/5

GMAT: 10/15- 11/5

LSAT: 10/23-11/20

## **Health-Smart Cooking**

Discover how healthy and tasty meals can be prepared quickly and simply in this fun, informal, and interactive class series. As your instructor dices, chops, sautés, and stir fries her way to preparing two delicious meals each week, you'll see how easy and enjoyable cooking can be. Sessions will include creative fridge/pantry cooking, what foods to eat to promote good nutrition and health, plus an emphasis on Asian, Mexican, and Mediterranean cooking. Then, the best part of all -- time to eat!

Sat., 12-1:30 pm; September 17 - October 22; \$139 (no discounts), #8124

Location: Cincinnati Nutrition Center (Silverton)

## **Holistic Wellness**

### **Debunking Myths about Dietary Supplements**

Learn how to choose a high quality dietary supplement with an emphasis on safety; review common product categories for immune/antioxidant/anti-inflammatory health, osteoporosis & bone health, osteoarthritis & joint health, cardiovascular health, weight loss, and more.

Sat., 10:30 am-12 pm; November 5; \$33 (no discounts), #4368

### **The Memory Spectrum: Medications, Supplements, & More**

Attendees will review irreversible and reversible causes for memory loss and how/when to manage them; review a list of medications used to treat, and those that can contribute to, memory loss; and review the unbridled truth behind dietary supplements touted to manage memory loss.

Sat., 10:30 am-12 pm; November 12; \$33 (no discounts), #4518

### **Homegrown Medicinal Herbal Teas**

Attendees will discuss various preparations of herbs (spices, teas, dec Octoberions, tinctures, extracts, dietary supplements, & essential oils for aromatherapy); discuss medicinal plants by product category: (antioxidant/anti-inflammatory, gastrointestinal, headache, sleep/relaxation); and learn how to make a fresh herbal tea.

Sat., 10:30 am-12 pm; September 17; \$33 (no discounts), #4516

### **NEW! How to Detoxify Your Life**

We live in an age where we are exposed to more chemicals on a daily basis than ever before. If you've ever wondered about the long lists of chemicals in your packaged foods, cosmetics, personal care and cleaning products, and wanted to do something about it, this class is for you. Learn practical and affordable steps to begin reducing overall chemical load during this eye-opening workshop.

Sat., 12-2 pm; October 1; \$29, #4372

### **Intrepid Traveler**

*This information-packed session will make a savvy traveler out of you! Learn industry secrets and save a bundle. Simone Kuzma is the founder of Wanderlust: Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.*

Savvy Travel Tips: October 3

Logistics: September 28

Solo Travel: October 5

Destination Iceland:  
November 21

**SEE PAGE 6**



### **Heart of Meditation: The Basics**

Learning to meditate, we have access to a clarity and contentment rarely available when our minds are busy and distracted. We will explore the techniques which have been at the heart of the Buddhist tradition for 2500 years: awareness, concentration, insight, and mindfulness. If you are learning how to meditate for the first time, you will find a firm foundation here. If you are a seasoned meditator who wants to review the basics simply and profoundly, welcome back. We will provide chairs and meditation cushions; try to avoid eating for an hour before class. No particular belief system required - just a desire to find the clarity and peace that meditation can bring.

Thurs., 7-8:30 pm; September 29 - October 20; \$59, #6091

Location: Dharma Center of Cincinnati (Upper Northside)

### **The Psychology of Personal Excellence**

Learn to tap into the power of your own mind to bring about desired changes in your health. Neuro Linguistic Programming can help you adopt healthy lifestyle practices, eliminate undesirable habits, phobias and allergic responses, improve athletic ability, and develop the skills you need to relate well with others.

### **Neuro Linguistic Programming for Better Relationships**

Wed., 6-8 pm; October 19; \$35, #6171

Location: Future Life Now in Northside

### **Neuro Linguistic Programming for Better Health**

Wed., 6-8 pm; November 16; \$35, #6172

Location: Future Life Now in Northside

CONTINUES ON PAGE 12

### **Essential Herbs and Oils**

Have fun in this series exploring some of the types, properties, and uses of our instructor's favorite essential oils and natural herbs. We'll hit the highlights as you learn about these main areas: personal/body care; around the house; and home remedies. You'll see demonstrations and get some hands-on experience creating some of these hand-crafted products as you learn how to make such things as herbal teas, potpourri, room diffuser spray, and soaps for laundry and for body. Also learn about some important precautions to take when using these oils and herbs.

*Sat., 11 am-1:30 pm; October 15-22; 2 sessions; \$54 (no discounts), Additional \$10 charge for supplies, payable the day of the event; #6052*

*Location: Metamorphosis: Holistic Wellness Center (historic district Columbia Tusculum)*

### **Exploring Mother Earth's Treasures**

Do you love things that sparkle? Can you feel the inherent mystical power in crystals & stones? Are you drawn to working with the energies of crystals & stones but just not sure how to use them & what to do with them? Crystals have been used for thousands of years as tools for manifesting dreams and healing. This workshop is designed to train you in the use of crystals and minerals, growth, and transformation. You will be guided in step by step instructions for choosing crystals, charging crystals, cleansing crystals, programming, chakra balancing and working with these amazing stones. This fun and interactive 2 part workshop will excite your spirit.

*Sat., 11 am-1 pm; November 5-12; \$60 (no discounts), Fee includes tuition for both workshops and eBook. Dragonfly's Kiss and Metamorphosis will have crystals, stones, pendulums and jewelry to purchase separately both days of the event. #6170*

*Location: Metamorphosis: Holistic Wellness Center (historic district Columbia Tusculum)*

### **Reversing Chronic Pain**

Imagine waking up without pain. Or finding minutes, even hours, in which you are really comfortable. Those with chronic back pain, sciatica, neuropathy, headaches, or fibromyalgia know this isn't so easy. These two classes will lay the foundation for reversing the pain cycle by understanding the brain's role in pain and comfort, learning techniques for interrupting pain signals, and gentle healing movements. And help you plan for the future.

*Wed., 6-8 pm; November 2-9; \$65, #6173*

*Location: Future Life Now in Northside*

### **Stress Less, Sleep More**

Bring your pillow, a comfy mat and get ready to learn about sleep. You will discover surprising details about the sleep cycle and explore ways to use your body to calm your mind. You will learn tiny, almost imperceptible movements that can be used during the day to relieve stress and anxiety, and at night to lull one into a relaxed, sleep-ready state.

*Wed., 6-8 pm; September 21-28; \$35, #6162*

*Location: Future Life Now in Northside*

### **NEW! Homemade Bliss: Beauty from the Pantry**

Treat yourself right with these DIY cosmetics and beauty products. Let us show you how you can easily make natural cosmetics and beauty products right at home from your own kitchen. We will create a few products that may open your eyes to the world of DIY natural skincare. This fun and interactive workshop will help you make the most of your pantry while healing your skin from the outside out! Course fee includes tuition, eBook and Make & Take Products.

*Sat., 11 am-1:30 pm; September 17; \$45 (no discounts), Fee includes Tuition, eBook and Make & Take Products.; #6169*

*Location: Metamorphosis: Holistic Wellness Center (historic district Columbia Tusculum)*

## **Home & Garden**

### **Create an Edible Garden: From Tower to Table**

Learn how to grow a farmer's market on your back porch! More and more people are looking for healthier, easier, and smarter ways to grow fruits and vegetables for themselves and their families. Aeroponics is an emerging clean, green farming technology that helps to maximize resources, space and effort. Enjoy learning how a vertical, soil-less aeroponic system works and its many advantages. Class will include an interactive demo and tips for getting started at home.

*Mon., 6:15-8:15 pm; August 29; \$29 (no discounts), #8412*

*Tues., 6:30-8:30 pm; October 4; \$29 (no discounts), #8412*

### **Selling Your Home - Fast and for Top Dollar**

Invest over 2 hours in learning the ins and outs of how to sell your home and the returns could be enormous. Find out the key points of pricing, marketing, and showing your home to maximum advantage. Learn critical information about state requirements, inspections, documentation and financing. If you do consider listing with an agent, how do you interview and select one? And what's the #1 most common mistake in selling a house? Come and find out!

*Tues., 6:30-9 pm; September 27; \$29, #8344*



## Award-Winning Director and Filmmaker Share Insights

Chris Hilsabeck's production career began while studying Communications/Radio-TV-Film at the University of Texas at Austin. Before leaving UT, Hilsabeck had interned with renowned documentary producer/director Hector Galan and ultimately associate produced two of his Frontline and American Experience documentaries for PBS. From 1988 until 1994, Hilsabeck found success in LA working on feature films, TV movies and commercials in the role of production assistant and production coordinator. Productions include feature films with Imagine Films, Universal Pictures, 20th Century Fox and Warner Bros. As line producer, Hilsabeck production managed *Deep In The Heart*, a feature that premiered at the 1998 Austin Film Festival. Most recently, Hilsabeck has produced broadcast commercials, promos and long form programming for Cartoon Network, Fitzgerald & Co., Cox Communication, Saatchi & Saatchi and WonderGroup.

Learn tips and tricks on how to sell yourself or your place (as a film location) on the next Hollywood film or commercial that lands in our own backyard! Resources will be shared on how to be cast as an extra, work on the crew or list your property for location scout access.

*November 5, 1-5 PM*

Kent Meloy is a film director/writer/producer with over 30 years of experience in the industry. Specializing in the nuances of telling a good story, he has spent a great deal of time working with clients to hone their message to their intended audience. He began his career as a grip and location sound recordist for a nationally syndicated dramatic children's series and spent five years absorbing everything he could. He eventually moved onto doing postproduction for *Young People's Specials* for NBC and worked on films for ABC, PBS, the Disney Channel and the BBC. Meloy is known for his work on *Dark Age* (2013), *Moonbites* (2017) and *Into the Sunset* (2017). Meloy also serves as the Director of Innovative Learning Solutions for IT@UC-eLearning.

Kent is offering a three-part course that will give students a solid hands-on experience creating well-crafted videos using consumer and prosumer grade equipment. This course is suited for anyone with an interest in making movies - on any device!

*September 29 – October 13, 6 – 8:30 PM*

### German-American Seminar

*What is the German triangle? Why does Cincinnati have an "Over-the-Rhine?" Why does Cincinnati host the largest Oktoberfest outside of Germany each year? Why does Cincinnati have a love affair with brewery culture? Just in time for Oktoberfest Zinzinnati, if you have always wanted to learn more about Cincinnati's connections to German culture, this course is for you! September 12th*

**SEE PAGE 18**



## **Steps to a Successful Home Buying Experience**

Explore essential topics in this fact-filled class such as determining the best way to go about finding that property you want, what you can afford, using the MLS, plus the ins and outs of contracts, financing, and insurance. Class is strictly educational in nature; learn from the pro's about buying smart in today's market. Guest experts include a practitioner in real estate, an attorney, a mortgage broker, and a home inspector.

*Tues., 6:30-9 pm; October 4 - 11; \$59, #8401*

## **Language**

### **Arabic for Beginners**

Acquire a basic understanding of the Arabic language and learn to express yourself in that language as you focus on alphabet recognition, basic structures and vocabulary. Emphasis will be on pronunciation, expressions and basic communication skills. You should also be prepared to work on your own outside of class in order to get the most out of this experience.

*Mon., 6-8 pm; September 19 - October 31; \$179, plus \$10 for vocabulary CD plus 100 pages of resource material--payable to instructor at first class; #7502*

## **Communiversality is looking for you!**

Communiversality at the University of Cincinnati is seeking instructors with technical skills/certifications, computer skills, leadership training, or other specialized training experience.

*Do you have a hobby or skill that you would like to share with others?*

If you are interested in earning extra money, please contact Communiversality at 513-556-4354, or access our website at [www.uc.edu/ce/commu/apply\\_to\\_teach](http://www.uc.edu/ce/commu/apply_to_teach)

### **Farsi Reading and Writing**

Learn to read and write Farsi. This class is fun and is designed for children who have some exposure to Farsi language and who are interested in learning to read and write. The class starts with the alphabet and basic vocabulary. We are offering are two separate classes, divided by age group, and meeting at different times. Please note: Parents escort their children to the classroom; also there is a \$10 materials fee payable to instructor in class each month.

*Ages 5-8: Sun., 11 am-12:30 pm; September 4 - December 18; #7010*

*Ages 9-18: Sun., 12:45-2:15 pm; September 4 - December 18; #7012*

### **French for Beginners**

Master the basics of the most romantic of the romance languages. Simple dialogues, questions, basic vocabulary, and expressions for travel and everyday situations will be the focus. Enjoy learning correct pronunciation and how to communicate while traveling as you explore aspects of life in modern French speaking countries.

*Thurs., 6-8 pm; September 22 - November 3; \$179, plus text (refer to online course description); #7002*

### **German for Beginners**

Deutsch macht spass - German is fun, and learning is easier than you think. Master the basics as you focus on the fundamentals -- basic structures and useful expressions (for travel and for conducting business), plus simple dialogs and vocabulary. Then put them into practice, boost your skills, and find out how rewarding it is to improve a little each week. The language as well as the culture of Germany will come alive for you in this class.

*Tues., 6:30-8:30 pm; September 20 - November 8; \$189, (refer to online course description); #7044*

### **German for Advanced Beginners**

Go beyond the basics of the German language, in preparation for travel or just for fun. As a continuation of our German for Beginners course, you will continue to master the basics of the German language. Vocabulary will reflect real life situations that you would experience if you were in Germany or getting to know someone from a German speaking country. This course will be low stress, fun and loaded with culture!

*Mon., 6:30-8:30 pm; September 19 - November 7; \$179, plus text (refer to online course description), #7045*

### **Italian for Beginners**

Learn to communicate in this beautiful, musical language. You'll acquire the basics of pronunciation, vocabulary, grammar and sentence structure as you begin to develop your conversational skills. Emphasis will be on speaking and pronunciation, plus special expressions for travelers. Tips on traveling, sightseeing, and enjoying the culture of Italy will also be included.

*Thurs., 7-9 pm; September 22 - November 10; \$189, plus text (refer to online course description); #7004*

## **Spanish for Beginners**

Become acquainted with one of the world's loveliest languages. Focus on the fundamentals, learn basic structures and useful expressions, and then put them into practice. Find out how easy it is to boost your skills and to improve a little each week. No previous exposure to Spanish required.

*Wed., 6-8 pm; September 28 - November 16; \$189, plus text (refer to online course description); #7076*

## **Spanish II**

Do you already have some basic knowledge of the Spanish language but want to learn a little more? Refresh your skills and increase your confidence as you focus on pronunciation, vocabulary and grammar, with special emphasis on conversational skills.

*Thurs., 6-8 pm; September 29 - November 17; \$189, plus text (refer to online course description); #7093*

*Online Classes Available: Visit our Online Instruction Center [www.ed2go.com/uc](http://www.ed2go.com/uc). Select "Language and Arts" to search for our online language classes.*

## **Money Matters**

### **A Passport to Retirement**

A Passport to Retirement is your guide for financial planning and money management. During this one-time, 2.5-hour course, you will learn how your financial decisions impact your retirement strategy and life goals. Meet Simply Money's Nathan Bachrach and Ed Finke as they present thoughts and ideas for your retirement planning. Simply Money will offer you lessons and tools to be a smart(er) investor. By the end of the course, you will understand the importance of having a financial plan and identify numerous money management concepts to best position you for a successful financial future. Couples may attend together for the same fee, or you may bring a friend.

*Tues., 6:30-9 pm; October 4; \$59 (no discounts), includes one copy of a comprehensive course workbook; #9004*

*Location: Ronald Reagan Lodge at Voice of America Metro Park*

Please note: Our seminars are educational in nature. The University does not endorse or promote any products, strategy or views. Any presented are those of the instructor only

### **The Psychology of Personal Excellence**

*Larry Wells, a master practitioner and certified trainer of Neuro Linguistic Programming, can help you develop the skills you need to relate well with others. Learn how to hit it off with the people you meet and master interpersonal communication for greater happiness in life and love.*

NLP for Better Relationships:  
October 19<sup>th</sup>  
NLP for Better Health:  
November 16<sup>th</sup>  
**SEE PAGE 11**



## **Music & Dance**

### **Ballroom: Smooth Dancing**

Tired of watching all the fun and ready to join in? Transform yourself into a dancer as you learn the basics of these two beautiful, ballroom-style dances -- the waltz and the fox trot. This is an introductory level, especially for those who have had no prior dance classes. Both couples and singles are welcome, although we cannot guarantee partners for singles. Wear smooth hard leather soled shoes to enable turns and changes in direction.

*Fri., 7:45-8:45 pm; August 19 - September 16; (no class Sept. 2); \$44, #4233*

### **Dancing for Two: Ballroom-Style**

Tired of watching all the fun and ready to join in? Transform yourself into a dancer as you learn the basics of the beautiful, ballroom-style dances -- slow fox trot, waltz, mambo, cha-cha, and rumba. This is an introductory level, especially for those who have had no prior dance classes. Both couples and singles are welcome, although we cannot guarantee partners for singles. Wear smooth hard leather soled shoes to enable turns and changes in direction.

*Fri., 7:45-8:45 pm; October 7 - November 18; (no class Nov. 11); \$79, #4211*

### **Night Club Dancing**

Learn the basics of Night Club Two Step and you'll be able to fit in on the dance floor wherever you decide to go! If you've already taken swing or ballroom classes, this is certain to add variety to your dancing; but beginners are welcome, too. Wear smooth hard leather soled shoes to enable turns and changes in direction. Both couples and singles are welcome, although we cannot guarantee partners for singles.

*Fri., 8:45-9:45 pm; August 19 - September 16; (no class Sept. 2); \$44, #5257*

### **Swing Dances: An Introduction**

From Jitterbug (Single Time Swing) to East Coast Swing (Triple Time), you'll be picking up your feet and having a ball. Swing to music from the '50s and '60s, honky-tonk, C & W, and even rock. Gain self-confidence in maneuvering around a dance floor and increase your repertoire of fast dance movements as you learn these always popular styles of dance. You'll begin by mastering the basics and then add some new combinations as you go. Wear leather soled shoes to allow for smooth turning, please. Partner recommended but not required.

*Fri., 8:45-9:45 pm; October 7 - November 18; (no class on Nov 11); \$79, #5262*

CONTINUES ON PAGE 16

**Fiddling**

Do you love the toe-tapping excitement of Irish music or American old-time, but never picked up a fiddle before? Rest assured, by the end of this class you'll have a solid foundation on the instrument and a handful of great tunes! Along the way you'll see how easy it is to learn music by ear (no sheet music required), get a taste of music history and theory, and, of course, have fun in the process. Learn how most music is built on simple patterns, enabling you to learn any tune you hear. Explore proper fiddle ergonomics so that you can enjoy a lifetime of playing. This is the class for you if you can't play a tune or don't even know how to hold the instrument and bow.

*You'll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town and can be had for as little as \$13 per month*

**Beginners Level I**

*Wed., 6:55-7:55 pm; October 12 - November 16; \$139 (no discounts); #4226*

**Beginners Level II**

This is a continuation of the preceding course. Using the foundational skills and ear training learned in Level I, we'll tackle some trickier tunes and explore techniques that will make your playing shine. If you've already learned some tunes by ear and have a background on fiddle or violin, or you've previously taken Fiddling for Beginners I, this class is for you.

*Wed., 8-9 pm; October 12 - November 16; \$139 (no discounts), plus; #4227*

**Piano**

Purchase and bring to class "Musical Moments: A Recreational Music Making Program: Book One with CD" for Basics I & II, and "Book Two" for Beyond the Basics III. Available online from <http://www.musicalmomentsrmm.com/our-store.html>

**Piano Basics I**

Using the "Musical Moments, Book One", we will learn to read music and play by chords. No previous musical experience needed. Students with previous experience are welcome to skip to Piano Basics II.

*Tues., 6-7 pm; September 27 - November 15; \$160 (no discounts); #4216*

*Location: Emery Hall, UC main campus*

**Piano Basics II**

We will continue and finish the "Musical Moments, Book One." Additional pop chord charts and reading will be supplemented.

*Tues., 7:10-8:10 pm; September 27 - November 15; \$160 (no discounts); #5217*

*Location: Emery Hall, UC main campus*

**Piano: Beyond the Basics III**

Take the next step with us in this continuation class and gain skills in playing beyond 5-finger position with finger crossing, reading sharps/flats and enjoying ensemble opportunities. We will be using the "Musical Moments, Book Two" and supplementing with additional solo and ensemble repertoire.

*Tues., 6-7 pm; September 27 - November 15; \$160 (no discounts); #5236*

*Location: Emery Hall, UC main campus*

**Guitar and Ukulele**

No musical experience needed. Bring an acoustic (not electric) guitar or ukulele (soprano, concert, or tenor - no baritone) to all classes and find out that anyone can read music and anyone can play!

**Guitar for Beginners**

Explore varying styles of music as you conquer the fundamentals of guitar technique, reading music, and chord study in a group setting. Increase your enjoyment of playing as you establish proper playing techniques.

*Tues., 8-9:15 pm; September 20 - November 1; \$159, plus purchase text "The FJH Young Beginner Guitar Method: Lesson Book 1" (G1016 - CD not required); #5224*

**Ukulele for Beginners**

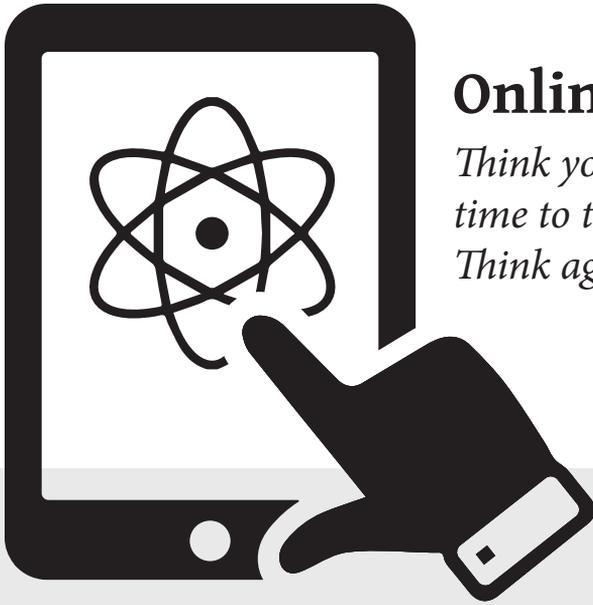
Ukuleles aren't just for luaus! You'll be amazed at the variety of styles you can play - from blues and country to pop and light rock. After mastering the fundamentals (tuning, holding and finger placement), we'll focus on really getting comfortable with your instrument. Watch, listen, and play along as you build on the basics of chords, strumming, playing up the neck, and trying out some variations and tempos.

*Tues., 5:15-6:30 pm; September 20 - November 1; \$159 (no discounts), plus purchase text: Hal Leonard Ukulele Method Book 1 with audio CD (only about \$9); #4214*

**Ukulele for Intermediates**

Join in on the fun in this continuation class for beginners. You are ready for this class if you have a basic knowledge of chords already. Our focus will be on using more complicated chords and playing in higher positions.

*Tues., 6:40-7:55 pm; September 20 - November 1; \$159 (no discounts), plus purchase text: Hal Leonard Ukulele Method Book 2; #4217*



## Online Courses

*Think you don't have  
time to take a course?  
Think again.*

There are hundreds of online classes ready to help you learn something new. With over 200 titles to choose from, we can help you learn online, anytime and anywhere.

*24/7 classroom access • Led by an expert instructor • Interactive discussion areas • Download your lessons as you go to create a resource manual • Learn by doing— assignments and activities included • Award of completion with a passing score • 6 weeks; 12 lessons • New sessions begin monthly*

### **OUR TOP 20 COURSES:**

Microsoft Excel | SQL | Project management Fundamentals, Applications or Certification Prep | Accounting Fundamentals | Writing's Workshop | A to Z Grant Writing | Creating Web Pages | Java Programming | Mastering Your Digital SLR Camera | Creating WordPress Websites I & II | Microsoft Access | Creating Mobile Apps with HTML5 | Grammar Refresher | CSS3 and HTML5 | Illustrator | PMP Certification 1 & 2 | Advanced Fiction Writing | Comp TIA A+ | Effective Business Writing | Fundamentals of Technical Writing

### ***Enroll Today!***

#### **How to Get Started:**

1. Visit our Online Instruction Center:  
[www.ed2go.com/uc](http://www.ed2go.com/uc)
2. Use the search field to quickly find your courses or browse topics to the left. View detailed outlines and description, student reviews, and class demo; then choose one and enroll.
3. When your course starts, return to the online center and click the Classroom link. To begin your studies, simply log in with your email and password.

*Want more of an explanation about how online learning works?*

**Contact us at 513-556-6932 with your questions!**

## Personal Development

### Contemporary Social and Business Dining Etiquette

Knowing how to conduct yourself over the table provides a tremendous advantage throughout life. Learn to be comfortable in any dining situation, whether formal, informal, business or social. Join our instructor at deSha's as you polish your table manners in an enjoyable, private setting over a delicious dinner. Topics include: navigating the table; the silent service code; forms of service; and the five most common dining mistakes. From "How do I eat this?" to "Faux Pas Recovery 101," we'll have fun while learning some important lessons in this unforgettable class!

*Mon., 6:45-8:45 pm; September 26; \$39 (no discounts), plus \$32 for five-course dinner, taxes and gratuities payable to instructor at beginning of class; #6045*

*Location: DeSha's (Harper Point)*

### Finishing Touches: Present Your Personal and Professional Best

A polished image, a pulled-together appearance and knowing what to do and say in any situation develops self-confidence and prepares you for new relationships and experiences. Discover and master many concepts: contemporary social etiquette; the art of conversation and charisma; what goes into good grooming, fashion, wardrobe, hair, and makeup; how to use body language and posture to your advantage; plus pointers on personality and aesthetics. You can practice and learn the techniques you'll need to present yourself at your personal and professional best.

*Wed., 6:30-8:30 pm; October 5-26; \$159 (no discounts), #6046*

### Fortune Telling

Learn about how anthropologists categorize the wide variety of fortune telling (divination) techniques used around the world and discuss examples from a wide variety of cultures, both past and present. After looking at the many ways that one can accomplish an act of divination, we will then put our knowledge into practice by learning how to use at least two fortune telling methods (tarot and runes).

*Tues., 6:30-9 pm; October 18; \$29, plus \$25 payable to instructor in class for tarot cards & runes; #6157*

### Personal Safety and Survival: What's Your Plan?

Learn simple and effective self-defense strategies so that you can be prepared...just in case. We will dispel many of the myths created by the media as we introduce you to the proper mindset for self-defense. Topics include assaults in public, home invasions, armed assailants, rape defense, the use weapons and legal considerations, common weapons to use at home, and effective striking methods.

*Sat., 11 am-1 pm; October 8-22; \$69 (no discounts), #6161*

### Professional Make-Up Skills

Do you want to learn professional techniques and secrets to doing your own make-up -- without the sales pitch and the very public department store environment? In this fun, relaxed class, you'll bring in your own make-up bag. Find out what your make-up will do for you, what basics you really need, how to select and purchase makeup, and how to handle some of the tools. Explore daytime and evening looks, how to minimize flaws, and how to take care of your skin.

*Mon., 6:30-8:30 pm; October 3-17; \$79 (no discounts), plus \$5 materials fee payable to instructor for use of supplies in class; #6138*

### What to Wear and How to Wear It

From wardrobe planning and accessories to discovering your best colors and most flattering styles, find out how you can achieve that "put together" look. Focus on personal appearance and polish, find out about image killers, and do's and don'ts.

*Wed., 6:30-8:30 pm; September 28; \$29, #6156*

## Special Interest

### **NEW!** German-American Seminar

What is the German triangle? Why does Cincinnati have an "Over-the-Rhine?" Why does Cincinnati host the largest Oktoberfest outside of Germany each year? Why does Cincinnati have a love affair with brewery culture? Just in time for Oktoberfest Zinzinnati, if you have always wanted to learn more about Cincinnati's connections to German culture, this course is for you!

*Mon., 6:30-8:30 pm; September 12; \$29, #7048*

### **NEW!** Somewhere Over-the-Rhine: Walking Tour

Since the early 19th century, Over-the-Rhine has been influenced by German culture. In fact, German immigrants referred to the canal (which is now Central Parkway) as "the Rhine". These German entrepreneurs built the brewery industry that commercialized OTR. This fall, Frank Farmer Loomis, will take you through the neighborhood gems in historic OTR; including, the Betts House, Hauck Mansion, and Washington Park. The Betts House, built in 1804, is Cincinnati's oldest residential structure and "Ohio's oldest brick house." The Hauck mansion was built by Cincinnati's original Beer baron, Louis Hauck. The Hauck family brewing company was instrumental in starting the beer industry in Cincinnati. Our tour also includes visiting two private homes in OTR and various architectural gems along the way, like Cincinnati's premier music performance hall and a Jewish cemetery. The tour includes brunch at Revolution Rotisserie & Bar (pay on own).

*Sat., 10 am-3:30 pm; October 8; \$59, plus lunch and admission fee at own expense; #3115*

*Location: Meet at Betts House, 416 Clark Street 45206, on street parking*



## Ask the Pharmacist!

Dr. Cathy Rosenbaum is an evidence-based, holistic clinical pharmacist with administrative and practice experience in integrative health and medicine in Cincinnati, hospital pharmacy, medication quality assurance & safety, academia, and the pharmaceutical industry. Dr. Rosenbaum is a member of the Academy of Integrative Health and Medicine, the American College of Medical Quality, the American Society of Health Systems Pharmacists, the Blue Ash Cancer Support Center Professional Advisory Board. She is also a member of the professional editorial board for Pharmacy Practice News and Holistic Primary Care, Founder and CEO of Rx Integrative Solutions, and award winning author of *Don't Sweep It Under the Drug*.

Dr. Rosenbaum has traveled to China to learn more about international culture, research in herbs, vitamins, and other dietary supplements, and body, mind, spirit health practices. Register for one of her classes to receive practical advice for overall health.

*All classes are conveniently held on Saturday's between 10:30-12 at our Victory Parkway campus.*

**Debunking Myths about Dietary Supplements: November 5.** *Details page 11.*

**The Memory Spectrum: Medications, Supplements & More: November 12.** *Details page 11.*

**Homegrown Medicinal Herbal Teas: September 17.** *Details page 11.*

## Photography

### Photography: Taking It to the Next Level

So you bought a nice camera and you feel a bit overwhelmed with all of the buttons and dials. This course is designed to help you understand the controls of the camera to help you create better pictures. Your pictures will improve and you will have a better understanding of your camera after the first class. We'll begin with a discussion of the technical aspects of photography but emphasis will be placed on telling stories with pictures and how to share them online or in print.

*Thurs., 7:30-8:50 pm; October 20 - November 17; \$159 (no discounts), plus bring your camera (any type) to class; #3824*

*Location: Zimmer Hall, UC main campus*

### Taking Better Photos: Creative Seeing

Whether you are a summer traveler wanting to capture memories or someone who just wants to learn to make better photographs, this class can help. One of the critical steps to achieving photographs with power and interest is to develop the "seeing eye." Learn to photograph key elements such as color, line, texture, shadow and form in order to advance the process of your own creative seeing. We will also discuss how to photograph in various situations, from fleeting moments--wildlife, scenery, and people--plus the best time of day to photograph. Bring your camera--we'll have in-class photo shoots and exercises so you can learn by doing. Note: You must be familiar with your camera's basic functions, settings, and image review.

*Thurs., 6-7:20 pm; October 20 - November 17; \$129 (no discounts), plus bring your camera (any type) to class; #3818*

*Location: Zimmer Hall, UC main campus*

*Online Classes Available: Visit our Online Instruction Center [www.ed2go.com/uc](http://www.ed2go.com/uc). Select "Personal Development" then click on "Digital Photography" for our online photography classes.*

## Sports & Adventure

### **Golf: Beginning**

Don't want to be left out of the golf outing again this year? Just want to feel more at ease playing with friends? This class is designed to prepare new or beginner golfers to feel comfortable with the fundamentals of the game. Topics will include putting, chipping, pitching, and the full swing with irons and woods. We will also cover basic rules and etiquette with one on-course playing class to make you more confident in taking your game to the golf course. Bring your own clubs if you can; if not, equipment will be provided.

Sat., 10-11 am; September 10 – October 8; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls); #4101-08

Location: Sharon Woods Golf Course

### **Golf: Intermediate**

Instruction will focus on refinement of strokes and strategy in the areas of driving, long and short iron play, and putting. It is designed for golfers beyond the beginner level who want to improve their game. It is preferable that you have your own clubs but it is not required.

Tues., 6:15-7:15 pm; August 23 – September 20; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class--includes all range balls); #4104-08

Location: Sharon Woods Golf Course

### **Tennis for Beginners**

Get in shape with tennis! Work on hand-eye coordination, racquet skills, basic strokes, and scoring. This experience is designed for the player who has never played the game or is unfamiliar with the rules. Bring your own racquet.

Sun., 4-5 pm; August 28 – October 30; 10 weeks, \$169 (no discounts), #4105-01

Sun., 4-5 pm; November 6 – January 8; 8 weeks, \$139 (no discounts), #4105-02

Location: Mercy Healthplex Anderson

### **Tennis for Intermediates**

This is an enjoyable way to get in shape and stay in shape! You are ready for this experience if you have had some previous instruction or if you can hit ground strokes and serves in play from the baseline with reasonable success. You'll have the chance to work on strokes with movement, rally skills, overheads, and volleys. And for those who are ready, you may practice getting that first serve in, adding spin, net play, strategy, and control. Bring your own racquet.

Sun., 5-6 pm; August 28 - October 30; \$169 (no discounts), #4107

Sun., 4-6 pm; November 6 – January 8; 8 weeks, \$139 (no discounts), #4107-02

Location: Mercy Healthplex Anderson

### **NEW! The Real History of Cincinnati Baseball**

Now that the regular season is coming to a close, spend a Friday evening discussing some little known history of our beloved baseball franchise. Did you know the present Cincinnati Reds team is not the country's oldest, continuously operating Major League Baseball franchise? In fact, the present Cincinnati franchise was never named Red Stockings. Hear the facts of their origin, and other interesting facts about Reds' players Pete Rose, Frank Robinson, Joe Nuxhall, and more. Find out when the Cincinnati franchise was kicked out of the National League for breaking the rules and when they changed their name for political reasons. Our Cincinnati historian may dispel widely believed myths and reveal other interesting facts about the Reds. Everyone will learn something new!

Fri., 6:30-8 pm; October 7; \$29, #4110

Location: Union Township Civic Center

## Technology

### **NEW! Do You Want to Bite into this Apple?**

Participants will explore Apple's mobile products including the iPhone/iPod Touch, iPad Mini, iPad, iPad Pro, and Apple Watch. To ensure participants are getting the most out of their Apple products, the workshop will also briefly discuss Apple TV, iBooks, Podcasts, iTunes U, and iTunes Store. This course is ideal for those new to Apple or considering in the Apple ecosystem.

**Choose from two convenient locations:**

Mon., 6:30-8:30 pm; October 3; \$29, #1168-02  
Location: Union Township Civic Center

Wed., 6:30-8:30 pm; October 5; \$29, #1168-01  
Location: Victory Parkway Campus

### **NEW! Capturing Memories with iPhone or iPad**

This course will discuss using iPhone and/or iPad to capture photos and videos in a recreational format using both the standard device using the Camera app and third party hardware and software.

Mon., 6:30-8:30 pm, October 17; \$29, #1171-02,  
Location: Union Township Civic Center

Wed., 6:30-8:30 pm, October 19; \$29, #1171-01,  
Location: Victory Parkway Campus

### **NEW! Curating Memories with iMovie**

Participants of this course will be walked through editing video in iMovie for iPad and iMovie for Mac. At the conclusion of this course participants should be able to create a movie trailer, a basic video, and share those videos using iMovie Theater. Recommended Prerequisites: Capturing memories with iPad and iPhone: Using the Camera to Capture Video

Wed., 6:30-8:30 pm; November 2; \$49, #1169-01,  
Location: Victory Parkway Campus

## **NEW!** Producing Memories with Final Cut X

Participants of this course will be introduced to the basics of Final Cut X and the features that differentiate it from iMovie. At the conclusion of this course, participants should be able to create a short video using multiple camera angles, create a title screen, explain third-party plug-ins, and explain submitting videos to iTunes Store using Compressor.

Recommended Prerequisites: Curating memories with iPad and iPhone

*Thurs., 6:30-8:30 pm; November 10 - 17; \$99, plus come to class with Final Cut X software installed. You can get a 30 day trial here: <http://www.apple.com/final-cut-pro/trial/> or purchase from the app store. #1167*

## **NEW!** Developing a Web Presence

Design, readability and choosing the appropriate array of media are the keys to successful web presence. In order to reach your targeted audience, your media presence needs to be popular. This course is perfect for those working with non-profits, small businesses, or community organizations with limited web marketing budgets. The class is a hands-on experience in which participants will develop a well-planned, executed and appealing web presence.

*Mon., 6-8:30 pm; October 11 – November 8; \$89; #1170-01, Location: Victory Parkway Campus*

*Wed., 6-8:30 pm; November 7 – December 5; \$89, #1170-02, Location: Union Twp. Civic Center*

## **NEW!** Discovering Open Source Software

Discover a world of possibilities with Open Source Software. From office functionality, to graphics editing, to multimedia production; there is an open source software package that can get the job done at your home or office at NO COST. This course will explain Open Source Software, introduce the 4 most popular open source products, and set you on your way to discovering the myriad of open source software available online. Plus, you will receive a CD of all the software discussed in class.

*Thurs., 6:30-8:30 pm; October 13; \$39, #1166*

### **@AskNanci, Image Consultant**

*Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, provides appearance and etiquette programs for everyone!*

Contemporary Social and Business Dining Etiquette @ deSha's: September 26

What to Wear and How to Wear It: September 28

Finishing Touches: Present your Personal and Professional Best: October 5 – October 26

**SEE PAGE 18**



## **NEW!** DIY Video

This is a three-part course that will give students a solid hands-on experience creating well-crafted videos using consumer and prosumer grade equipment. This course is suited for anyone with an interest in making movies - on any device! Throughout this three-part course, participants will develop a solid working knowledge of their own hardware, proficiency in editing, and a practical understanding of lighting and composition. The first class covers the basics and theory with examples and a chance to use the tools under supervision. The second class will build on those techniques and focus on lighting, camera operation and editing tools/techniques. And, the third class will look at higher-end tools and techniques that will take their projects to the next level.

*Please bring your own device to class, such as iPads, iPhones, other mobile devices, DSLR cameras or handycams. Note, the focus will be heavily on Apple iOS devices and apps, but not limited to them. If using a DSLR or handycam, bring a laptop with your preference in editing software such as iMovie, Windows Movie Maker, Adobe Premiere, Final Cut X, Lightworks or AVID.*

*Thurs., 6-8:30 pm; September 29 – October 13; \$119, #1162*

*Online Classes Available: Visit our Online Instruction Center [www.ed2go.com/uc](http://www.ed2go.com/uc). Select "Computer Applications" or "Technology" for our online classes.*

## **Test Preparation**

### **ACT Preparation**

Losing sleep and getting anxious about test day? In this intensive class, you'll build confidence and make the most of your potential by studying strategies for taking the ACT and by reviewing topics covered by the ACT (math, writing and reading comprehension). Learn a variety of test taking methods and work with the instructor to adapt the ones that best suit your own unique style and personal strengths. You'll get support for questions and concerns; plus discussions, PowerPoints, use of TPR materials, and lots of concrete examples. Discover approaches to increase your odds on each question type, how to use a process of elimination, construct a well-defined essay (optional) on this test, plan your critical reading passage strategy, and learn when it's good to guess.

*Sun., 9 am-2 pm; August 21-28; \$159 (no discounts)*

*Sun., 9 am-2 pm; October 9-16; \$159 (no discounts)*

*Sun., 9 am-2 pm; November 27 - December 4; \$159 (no discounts), Plus bring calculator and text (refer to online course description), #4604*

*Location: UC Main Campus. Lunch and book not include – bring your own.*

CONTINUES ON PAGE 22

**PSAT Preparation**

You've already done the long-term preparation by taking challenging high school courses and actively engaging in reading and problem-solving. Now, improve your chances of scoring well on this standardized test that is so crucial to the college-bound. Benefit from a class led by an experienced test prep instructor as you focus on the approach to questions measuring your skills in the areas of critical reading, math, and writing. You'll gain early practice for the SAT and an opportunity to qualify for a National Merit Scholarship.

*Sat., & Sun., 9 am-2 pm; October. 1-2; \$159 (no discounts), plus text (refer to online course description), #4606-01*

*Location: UC Main Campus. Lunch and book not include – bring your own.*

**SAT Preparation**

Gain confidence and make the most of your potential by studying strategies for taking the SAT and by reviewing topics covered by the SAT. You will learn specific techniques for taking the math, writing and reading comprehension parts of the test. Discover how the test is structured, effective methods for solving each problem type, and what to expect. Acquire an arsenal of tools to help you succeed, including how to use a process of elimination, construct a well-defined essay on test day, plan your critical reading passage strategy, and decide how to handle the conundrum “to guess or not to guess.”

*Sun., 9 am-2 pm; September 18-25; \$159 (no discounts)*

*Sun., 9 am-2 pm; October 23-30; \$159 (no discounts)*

*Sun., 9 am-2 pm; November 13-20; \$159 (no discounts)*

*plus text (refer to online course description), #4603*

*Location: UC Main Campus. Lunch and book not include – bring your own.*

**GMAT Preparation: Concentrated**

Our concentrated course is team-taught and class size is kept small to enhance your learning experience. The English instructor provides an intro to the Graduate Management Admission Test, including common misconceptions, time management tips, and insights into how to study. He covers the analytical writing assessment and verbal sections. The math instructor teaches the quantitative and integrated reasoning sections and reviews concepts of algebra and geometry. You'll work with authentic test questions and responses and arm yourself with skills and confidence by learning helpful strategies.

*Sat., 9 am-1 pm; October 15 - November 12; (No class Oct. 22); \$199 (no discounts), plus text (refer to online course description); #4607*

*Location: UC main campus.*

**GRE Preparation: Concentrated**

Our concentrated content and small class size will help you lay the foundation for success on the GRE test.

You'll work with authentic questions and responses and gain confidence by learning helpful strategies in our team-taught course. The English instructor provides the intro to the GRE, including common misconceptions, time management tips, and insights into how to study; his focus is on teaching analytical writing and verbal reasoning skills. The math instructor teaches quantitative reasoning skills along with a review of concepts of algebra and geometry.

*Sat., 9 am-1 pm; October. 15 - November 12; (No class Oct. 22); \$199 (no discounts), plus text (refer to online course description); #4608*

*Location: UC main campus.*

**LSAT Preparation**

The key to success on the Law School Admission Test is practice, strategy, and timing. Delve into a detailed analysis of each LSAT problem type: reading comprehension, analytical reasoning, and logical reasoning. By discussing the problems and explanations, you'll develop the ability to approach the LSAT as a series of intellectual games to which you can apply strategies studied in class. You will also benefit from the instructor's critique of your LSAT writing samples. The course culminates in a full-length mock exam. Using actual questions from previous tests, under timed conditions, will prepare you for the real environment. In addition, and outside of classroom hours, the instructor offers individualized assistance with the personal statement essay required for all law school applications.

*Sun., 10 am-2 pm; August 21 - September 18; (No class Sept. 4); \$299*

*Sun., 10 am-2 pm; October 23 - November 20; (No class Oct. 30); \$299 (no discounts), plus text (refer to online course description); #4601*

*Location: College of Law, UC Main Campus*

**TOEFL iBT Preparation Class**

The Test of English as a Foreign Language (TOEFL) is used to measure English language proficiency. It is the most accepted test in the world; and Internet-based testing has made it even more accessible. This course will help you prepare to take the TOEFL as you focus on the main features of the test, test-taking strategies, exercises, and practice. We will cover the types of skills evaluated by the various sections of the test, including reading, listening, writing and speaking.

*Wed. 6:30-8:30 pm; September 28 - November 16; \$189 (no discounts), plus \$40 material fee payable to instructor at first class for the text (refer to online course description); #4602*

*Location: UC main campus*

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*Online Classes Available: Visit our Online Instruction Center [www.ed2go.com/uc](http://www.ed2go.com/uc). Select “Personal Development” then “Test Prep” to search for our online classes.*

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# 4 Easy Ways to Enroll



**ONLINE** at [uc.edu/ce/commu](http://uc.edu/ce/commu)



**CALL** us **513-556-6932**

Office hours are 8am–5pm Monday–Friday.



**VISIT** our office.

UC Victory Pkwy, Admin Bldg–Ste. 208,

2220 Victory Pkwy, 45206.

(No cash accepted.) Office hours listed above.



**MAIL** this convenient form with a check to:

Communiversiity

PO Box 210093

Cincinnati, OH 45221-0093

(Make checks payable to University of Cincinnati.)

## MAIL IN ENROLLMENT FORM (Enclose Check)

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Additional Names \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) (\_\_\_\_\_) \_\_\_\_\_ Phone (work) (\_\_\_\_\_) \_\_\_\_\_

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Create a Unique  
Pottery Vase  
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