ADULT EVENING & WEEKEND CLASSES for lifelong learning at all stages!
We welcome you back to Fall term with our commitment to offer fun, high-quality adult education in a safe and healthy environment.

The opening of the Fall Semester will be unlike any in the history of the University of Cincinnati. Nearly every aspect of our campus programs has been affected by the pandemic. In the Office of Professional and Continuing Education, we have been working hard to adapt to these changes so we may continue to provide our unique, fun, and innovative classes for adults in our community who are seeking new learning opportunities.

As always, our goal is to deliver the same high-quality material whether online or in-person so you continue to have a great learning experience with us. For the Fall term, we have added many new classes in personal enrichment available through Communiversity you’ll find featured in this catalog. We also provide courses for professional development, business and career training, and continuing education credits to help you advance your career. Check our website for these classes held online.

Fall term is open with both in-person and LIVE online classes so you can continue learning new things!

The launch of the Fall term with classes adapted to a variety of learning formats marks our commitment to continue to provide you with the community education you enjoy. We hope to see you soon!

Janet Staderman, Academic Director

Under our Bearcat masks we have big smiles on our faces!

As always, our goal is to deliver the same high-quality material whether online or in-person so you continue to have a great learning experience with us. For the Fall term, we have added many new classes in personal enrichment available through Communiversity you’ll find featured in this catalog. We also provide courses for professional development, business and career training, and continuing education credits to help you advance your career. Check our website for these classes held online.

Fall term is open with both in-person and LIVE online classes so you can continue learning new things!

The launch of the Fall term with classes adapted to a variety of learning formats marks our commitment to continue to provide you with the community education you enjoy. We hope to see you soon!

Janet Staderman, Academic Director
Welcome!

FALL / 2020 CLASSES

How to Enroll ............................................................ 31

The Arts
Arts & Handicrafts.................................................... 4
Music..................................................................... 9
Photography.......................................................... 10

Communications
Language................................................................. 12
Communication & Writing.................................... 13

Lifestyle
Personal Development............................................. 14
Fitness & Health....................................................... 16
Home & Garden..................................................... 19
Food & Drink.......................................................... 20
Cincinnati Local...................................................... 21

Sports, Science & Travel
Astronomy & Science.............................................. 22
Sports..................................................................... 23
Travel ..................................................................... 24

Business & Professional Development
Business & Finance.................................................. 25
Professional Development.................................... 26
Technology.............................................................. 27
College Readiness................................................... 28

NEW COURSES ADDED........................................... 32

LOCATION:
Most classes are held at UC’s Victory Parkway Campus (VPC) at 2220 Victory Parkway, Cincinnati 45206. If a class will be held at another location, it is noted in the class description. Addresses and maps can be found online.

INSTRUCTORS:
Classes at Communiversity are taught by skilled educators, professionals and expert craftsmen. For more information about the instructors in each class, see our online catalog.
Learn How to Paint Like the Masters with Kevin McCarty!

Our classes are appropriate for beginners, but also geared to intermediate students who have previously attended Kevin’s classes.

Supplies include: one gallery-wrapped, stretched 11 x 14” fine art canvas, a set of brushes, and a full set of paints in a broad spectrum of colors and are included in the class fee. Take home your original piece of art ready for framing! (No discounts may be applied to these classes.)

**ACRYLIC PAINTING, PEACH TREES IN BLOSSOM BY VINCENT VAN GOGH**

Let go of the drab colors of winter by enjoying an afternoon with the bright hues of Van Gogh’s painting, Peach Trees in Blossom. Two peach trees, displaying beautiful blossoms of pink, magenta, and white, center this exquisite painting. Shades of blue, purple and ochre are used to portray tree trunks and ground. Green brushstrokes appear in the left corner, suggesting grass growing from the snow. A profusion of color to brighten your day!

Come to this class to create your own Peach Trees in Blossom painting. Learn about and practice Van Gogh’s loose, expressive brush strokes that captivate viewers all around the world.

One session / $89  
Sat, Sep. 19 12-4pm  
Kevin McCarty  
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

**ACRYLIC PAINTING, WOMAN SEATED BESIDE A VASE OF FLOWERS BY EDGAR DEGAS**

Edgar Degas was a complex innovative artist whose paintings bridged the gap between traditional academic art and the radical movements of the 20th century. In this painting, the prominent bouquet and the off-center figure, gazing distractedly to the side, exemplify Degas’s aim of capturing individuals in seemingly casual, slice-of-life views.

Join this class and use a combination of drawing, simplified form, and lyrical color to approximate the image Degas was trying to convey. Practice and build on his painting techniques to produce your own version of Degas’ Woman Seated Beside a Vase of Flowers in a modern context.

One session / $89  
Sat, Oct. 10 12-4pm  
Kevin McCarty  
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

**ABOUT THE INSTRUCTOR:**

Kevin McCarty has been a professional artist for over 40 years and paints landscapes, portraits, and still life. Kevin was born in Cincinnati, Ohio and has resided in various parts of the country, including Atlanta, Dallas, Clearwater, and New York City. He also spent time working in Europe and obtaining first-hand knowledge of the masters and major schools of painting.
ACRYLIC PAINTING, BRIDGE OVER A POND OF WATER LILIES BY CLAUDE MONET
Claude Monet created a paradise in his water garden. His many water lily paintings are beloved around the world as radiant examples of French Impressionism and the glory found in nature. Dabs of pure paint and luminous color create the water’s flower-laden surface.

In this class, create your version of paradise for your home by visiting and painting Monet’s Bridge over a Pond of Water Lilies painting. Instruction will be given in creating tonal harmony and three-dimensional space, creating the depth of foreground, middle ground, and background, while using the short, broken brush-strokes of the impressionistic style.

One session / $89
Sat, Nov. 14 12-4pm  Kevin McCarty
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

ART HISTORY: MIDDLE AGES TO THE ENLIGHTENMENT
This class will survey more than 500 years of artistic and stylistic developments in Western Europe, Central Africa, and the Near East. Through a combination of lecture format and gallery exploration, students will develop a broad understanding of the most representative works from each era and region, while also learning how specific objects from the museum’s collection fit within the history of art. Visiting the European Art galleries, we will examine some of the museum’s most treasured pieces, including works by Sandro Botticelli, El Greco, Caterina van Hemessen, Elizabeth Vigee-Lebrun, and Thomas Gainsborough. Students will learn about the function and stylistic qualities of the beautiful mihrab on display in the gallery of Islamic Art, and see various examples of Islamic calligraphic ceramics. In the gallery of African Art, we will look at objects of power and prestige, including masquerade objects, nkisi power figures, and kente cloth from Ghana. Register early! Class is limited to 10 people.

Four-week session / $159
Th, Oct. 8-29  6-7:45pm  Kathy Stockman
In-person at the Cincinnati Art Museum.

ABOUT THE INSTRUCTOR:
With over 20 years of teaching, researching and writing about art history, Kathy believes an intellectually engaging appreciation of art and culture can and should take place both inside and outside of the classroom, and she has devoted herself to inviting all people into that conversation; art historians, artists, and art lovers of every level.
LEARN STAINED GLASS & MOSAIC AT MJ RIGGI STAINED GLASS STUDIO

Some studio tools may be available for use by students and others may be purchased from the instructor. Registered students must call us a few days in advance of the class to discuss project ideas and tools.

STAINED GLASS FOR BEGINNERS
Begin with the basics of building a Tiffany style panel using the copper foil method. Learn types of glass cutting techniques, grinding, foiling, soldering and framing a panel. Complete a panel of your choosing (sizes vary but the average is 11 x 17). Register early, class is limited to six people. Register early! Class is limited to 6 people!

One session / $79
Sat, Oct. 10 10:30am-4:30pm  Mary Jane Riggi
Plus supply fee payable to instructor.
In-person at MJ Riggi Stained Glass Studio

LEARN TO MAKE STAINED GLASS AND 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. Register early! Class is limited to 6 people!

One session / $69
Sat, Sep. 26 10:30am-4:30pm  Mary Jane Riggi
Plus supply fee payable to instructor.
In-person at MJ Riggi Stained Glass Studio

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). Register early! Class is limited to 6 people!

One session / $59
Sat, Oct. 24 10:30am-4:30pm  Mary Jane Riggi
Plus supply fee payable to instructor.
In-person at MJ Riggi Stained Glass Studio

LEAD PANEL STAINED GLASS
Learn the “old” method of stained glass, assembling with lead channels. Instruction includes: glass selection, method of cutting glass, leading and soldering. Patterns available from instructor (most about 11”x17” approximate size of project). Register early! Class is limited to 6 people!

One session / $79
Sat, Nov. 7 10:30am-4:30pm  Mary Jane Riggi
Plus supply fee payable to instructor.
In-person at MJ Riggi Stained Glass Studio

ABOUT THE INSTRUCTOR:
Mary Jane Riggi has an abundance of experience as a stained glass artisan and instructor.

WHAT TO WEAR & HOW TO WEAR IT FOR MEN
Find out how guys can achieve that “put together” look for personal appearance and polish.

Call (513) 556-6932 or visit communiversity.uc.edu
CROCHET FOR BEGINNERS
Have you always wanted to learn to crochet, but weren’t sure where to start? Do patterns and pattern charts overwhelm you? Come receive personal instruction from Camille Howard, owner of Cam’s Crochet. You will learn about types of yarn and hooks as well as beginner stitches that will enable you to complete your first project, a warm hat just in time for winter!

Materials provided include yarn and crochet hook. (Instructor will help each individual determine the most appropriate yarn weight and hook size for their needs.)

Six-week session / $139
W, Aug. 26-Sep. 30 6:30-8:30pm Camille Howard
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

INTRODUCTION TO INDUSTRIAL SEWING
Join us for a one day class, perfect if you have some sewing experience and want to broaden your skill set. In this class, you will learn the concepts of industrial versus domestic sewing, why these are vastly different, and when to know you need one versus the other. You will learn how to use a straight stitch and zig zag machine, a three-thread serger, and iron. You will create a pillow with zipper which you will take home. Register early! Class is limited to 6 people!

One-session / $129
Sat, Nov. 7 10-2pm Madeleine Tepe Misleh
In-person at Sew Valley.

SUSTAINABLE FLORISTRY IN STYLE: FALL EDITION
Welcome Fall with this fun floral design workshop. Create a unique, one of a kind floral arrangement using foraged and found materials and grocery store blooms with a seasonal palette and a focus on designing with sustainability. You won’t want to miss out on these tips and tricks to design like the pros!

One session / $89
Tu, Sep. 8 6:30-8:30pm Evelyn Streeter
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

WINTER WREATH WORKSHOP
Celebrate the season with this festive activity where we design a fresh evergreen wreath for your home. Starting with a natural grapevine base then adding in fragrant, textural evergreens like pine, eucalyptus, and juniper. Finish off your unique, handmade wreath with a velvet bow while you eat, drink, and be merry with friends from the community.

One session / $89
W, Nov. 18 6:30-8:30pm Evelyn Streeter
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

ABOUT THE INSTRUCTOR:
Evelyn Streeter is the owner of Eve Floral Co., a floral design company specializing in designs for weddings and special celebrations. With over 20 years of experience designing flowers, she has a profound love for nature and design and gains insight and inspiration through the changing of seasons as well as working with the community to educate about sustainability and flower farming.
ARTS & HANDICRAFTS

INTRODUCTION TO WIRE JEWELRY MAKING
In this course, you will learn incredible jewelry making and beading techniques! Prompted by simple, step-by-step wire working instructions, you will learn wire wrapping techniques such as simple loops, wire wrapped links and wire wrapped pendants. You will walk away with your own personalized set of earrings or bracelet. All tools and materials will be provided.

One session / $59
M, Nov. 9 6:30-8:30 pm Laqueta Kinebrew
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

DOODLING MASTERPIECES
Tangle art. Meditative drawing. Zentangle ®. Pattern drawing. All are names for basically the same thing: making artistic renderings out of patterns. In this class, you will learn how to combine simple forms, circles, lines, and dots into eye-catching designs. 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 fun making artistic illustrations from patterns can be. In addition, there is a $15 fee payable to instructor at the class for all drawing supplies needed including pigment pens, papers, pencils, ruler, and handouts.

One session / $39
Th, Sep. 3 6:30-8:30 pm Alisa Strauss
In-person at VPC Campus.

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. Bring an acoustic (not electric) guitar to all classes and find out that anyone can play!

Six-week session / $159
M, Sep. 14-Oct. 19 6:30-7:30 pm Kevin Topmiller
In-person at VPC Campus.
Bring your guitar, plus text “The FJH Young Beginner Guitar Method: Lesson Book 1” (G1016 - CD not required) available from UC or DuBois Bookstores plus online booksellers.

UKULELE FOR BEGINNERS
Ukuleles aren’t just for luau! 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. No musical experience needed. Bring your ukulele and let’s make some music.

Six-week session / $159
M, Sep. 14-Oct. 19 7:45-8:45 pm Kevin Topmiller
In-person at VPC Campus.
Please bring your own ukulele (soprano, concert, or tenor no baritone) plus text for Hal Leonard Ukulele Method Book 1 with audio CD.

ABOUT THE INSTRUCTOR
Kevin Topmiller earned his Masters of Music degree in classical guitar performance with UC’s College Conservatory of Music. He is an active performer and excellent guitar teacher.
NATIVE AMERICAN FLUTE
For Beginners and Advanced Musicians: A Musical Journey
The Native American Flute journey includes instruction for beginning and advanced Flute players. The sound of the Native American flute is entrancing, soothing and enchanting - and it is surprisingly easy to learn. Even those with no musical background can pick up a flute and make wonderful sounds right away - no need to read music we play from the heart. We also use Native American Flute Tablature.

Be prepared to practice on your own outside of class; and then by the end of the three session “playshop,” you will have built a solid foundation on this instrument. Student flutes are provided for you to use and professional flutes will be available for purchase at the first class.

Three-week session / $89

Th, Sep. 10-24 6:30-8:30pm  
John De Boer
In-person at VPC Campus.

PIANO BASICS I
Using the text “Musical Moments, Book One” we will learn to read music and play by chords. No previous musical experience needed. Your success is attributed to the comfortable pacing and logical sequencing of the materials. We will meet in a state-of-the-art piano facility, each piano has headphones. You will progress with the aid of some home practice, but it is understood you are busy--this is a guilt-free class. You may repeat this course as many times as desired.

Two Five-week sessions (choose one) / $139

Tu, Sep. 1-29 7-8pm Hye-Eun Suh
Tu, Oct. 13-Nov. 10 7-8pm Hye-Eun Suh
In-person at CCM.

PIANO BASICS II
We will continue and finish the “Musical Moments, Book One.” Additional pop chord charts and reading will be supplemented. We will meet in a state-of-the-art piano facility; each piano has headphones. You will progress with the aid of some home practice, but it is understood you are busy--this is a guilt-free class. You may repeat this course as many times as desired.

2 Five-week sessions (choose one) / $139

Tu, Sep. 1-29 7-8pm Hye-Eun Suh
Tu, Oct. 13-Nov. 10 7-8pm Hye-Eun Suh
In-person at CCM.

If you’re unsure which level to sign up for, please contact the instructor through the Conservatory of Music office at 513-556-6638.

ABOUT THE INSTRUCTORS
Hye-Eun Suh, teacher and performer of piano, is affiliated with the University of Cincinnati College-Conservatory of Music and is trained in Recreational Music Making.

Ms. Grace Eunhwa Lee is currently pursuing her doctorate degree at University of Cincinnati. She has expanded her teaching career as well as performance, and continues to build her collaborative skills as a chamber musician and accompanist for vocalists and instrumentalists.
PHOTOGRAPHY

BASIC PHOTOGRAPHY
So you bought a nice camera and you feel a bit overwhelmed with all of the buttons and dials. Today's digital cameras seem overwhelmingly complex with many controls. In this course we spend plenty of time discussing camera operation and how to take advantage of the features provided but most importantly we explore what makes a good photograph. Subjects such as composition, selective focus, exposure, and lighting combined with a better understanding of camera controls can open a whole new world of image making and are the emphasis of this course. Each week includes appropriate assignments and you will be encouraged to share your images with the class. Students of all skill levels are welcome. A DSLR or an advanced point and shoot camera is suggested. The class features interactive demos and a field trip (weather permitting).

Six-week session / $199
Th, Oct. 8-Nov. 12  6-7:20pm  John Engleman
In-person at VPC Campus.

INTERMEDIATE PHOTOGRAPHY
This course is designed for those who love to take pictures and want to enhance their skills. In this course we spend plenty of time discussing camera operation and how to take advantage of the features provided but most importantly we explore what makes a good photograph. Once you have a better idea of how a camera works you can concentrate on what's in the frame. Subjects such as composition, selective focus, exposure, and lighting combined with a better understanding of camera controls can open a whole new world of image making and are the emphasis of this course. Students should have basic experience taking pictures and have a camera with adjustable controls such as a DSLR although those with advanced point and shoot cameras will also benefit from this course. Class includes a field trip weather permitting.

Six-week session / $199
Th, Oct. 8-Nov. 12  7:30-8:50pm  John Engleman
In-person at VPC Campus.

SMARTPHONE PHOTOGRAPHY WORKSHOP
Take amazing photos with your mobile device! If you love shooting, processing and sharing images with your mobile device, this class is guaranteed to up your game. Discover today's most powerful apps to correct, enhance and transform your photos.

In the first session, you will learn the basic principles of photography and creative techniques that you can apply to your mobile device. You get a better understanding of focus, exposure & light, and learn quick and easy tricks for taking portraits, action photos and more. In the second session, you will get familiar with the mobile photography tools and review the best apps for shooting, enhancing and editing photos.

Although the course is taught using a phone, everything you learn will benefit you throughout your entire photographic adventure! Bring your smartphone, and your ideas and let's get creating!

Two-week session / $49
M, Sep. 14-21  6:30-8pm  Kyle Sliney
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

ABOUT THE INSTRUCTOR
John Engleman is a professional photographer specializing in commercial, portraiture, and fine art images.

CINCINNATI BEER
Take a wild ride through the evolution of the region's brewing history and learn how Cincinnati became internationally renowned in the beer industry. You'll follow a path through history from pioneering German brewers, to Prohibition and the craft beer renaissance we know today.

SEE PAGE 21 FOR COURSE DATE / TIME
PHOTOGRAPHING PEOPLE WITH YOUR DIGITAL CAMERA
Photographing people can be fun, exciting, and complicated! This course will make taking beautiful pictures of adults, children, and babies simple. You will start with the basic principles you need to know in order to become a people photographer. You will discover the best way to shoot faces, fix common close-up problems, and use digital photo editing techniques to retouch your photos and make other improvements. This course will have you well on your way to becoming a skilled people photographer.

Six-week session / $119
Sessions start: Aug. 12, Sep. 16, Oct. 14
Curt Simmons
Online.

PHOTOGRAPHING NATURE WITH YOUR DIGITAL CAMERA
Nature photography can be a fun, relaxing, and exciting hobby! In this course, you’ll learn about the many aspects of outdoor photography as well as how to master your digital camera’s controls and features. With the knowledge you gain in this course, you’ll be taking exceptional nature photos in no time. By the end of this course, you’ll have become the nature photographer you always wanted to be!

Six-week session / $119
Sessions start: Aug. 12, Sep. 16, Oct. 14
Curt Simmons
Online.

PHOTOGRAPHY SUITE
You’ll explore a broad overview of the basics of digital photography, including equipment, software, and practical uses. We’ll discuss different types of digital cameras, from phones and tablets to digital SLRs, all of which offer a wide array of photographic options. We’ll also help you decide what type of equipment fits your needs, and you’ll have hands-on exercises so you can explore the areas that interest you.

A discussion of digital photography wouldn’t be complete without digital editing options. We’ll explore a number of software packages, and you’ll learn how to compose your shots when you know you have digital editing available to you. You’ll also find out about your digital storage options—on the camera, the computer, and even beyond into cloud storage and online backups.

Six-week session / $329
Sessions start: Aug. 12, Sep. 16, Oct. 14
Online.

DISCOVER DIGITAL PHOTOGRAPHY
Discover Digital Photography is designed for the novice photographer with no previous experience with digital cameras.

This course will teach you all about digital cameras, from DSLRs to smart phone cameras and what different equipment is used for. You will learn about different display methods for your camera, including sizing, print options, online storage, and how social media factors into digital photography. And if you have old slides, negatives, or prints, this course will also teach you how to scan those “old school” photo assets. After completing the course, you will understand how the process of composing photos has changed with the evolving capabilities of digital photography.

Six-week session / $119
Sessions start: Aug. 12, Sep. 16, Oct. 14
Beverly Schulz
Online.

MASTERING YOUR DIGITAL SLR CAMERA
Take control of your digital SLR camera. In this course, you will break through the technology barrier and learn how to use your DSLR to take beautiful photos.

You will start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, you will learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You will find out how to use these features to get the right exposure for every shot. Then turn your attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you will be able to take your photography to the next level.

By the end of this course, you will be a DSLR master and will be able to take the photos you’ve always dreamed of.

Six-week session / $119
Sessions start: Aug. 12, Sep. 16, Oct. 14
Curt Simmons
Online.
For required text for language classes, please refer to the course descriptions online.

**GERMAN FOR BEGINNERS**
Want to learn German but never knew where to start? Auf geht's! German is fun and easy to learn. You'll master the basics of the language by learning pronunciation, sentence structure, useful phrases, and cultural touchstones. By the end of the six weeks, you will be comfortable speaking the language and growing your skills naturally, whether you're in the classroom or traveling abroad. This course feeds into the German for Advanced Beginners course.

**Six-week session / $189**
Tu, Oct. 20-Nov. 24  6-8pm  Michael Burkel
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

**GERMAN FOR ADVANCED BEGINNERS**
Already familiar with the basics of German or looking for a language refresher? Sehr gut! This course focuses on travel and expands upon the German for Beginners course by introducing more advanced phrases and vocabulary to allow you the freedom to create your own sentences. The course will explore cultural and linguistic differences between German-speaking countries and regions of Germany, so you'll be comfortable speaking the language wherever your travels take you!

**Six-week session / $189**
W, Sep. 9-Oct. 14  6-8pm  Michael Burkel
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

**SPANISH FOR MEDICAL PROFESSIONALS**
Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare.

**Six-week session / $119**
Sessions start: Aug. 12, Sep. 16, Oct. 14  Tara Williams
In-person at VPC Campus with option to take LIVE Online simultaneously. Remaining 5 classes are LIVE Online only.

**SPANISH FOR LAW ENFORCEMENT**
This course will teach you the basic Spanish phrases you need for everything from making casual conversation to handling life-or-death situations. You’ll start with simple vocabulary for everyday topics including colors, numbers, conversational phrases, family names, and words for asking questions. Next, you’ll learn Spanish terminology you can use during arrests, traffic stops, medical emergencies, and many other law enforcement situations.

**Six-week online session / $129**
Sessions start: Aug. 12, Sep. 16, Oct. 14  Tara Williams
Online.

---

My family and I loved the Tour of the Universe class with Dean Regas from the Cincinnati Observatory. We will definitely be attending Dean's future classes!

C. Green-Schwartz

---

Call (513) 556-6932 or visit communiversity.uc.edu
CREATIVE WRITING FOR THE ABSOLUTE BEGINNER
How often have you told yourself “I really should write that short story, or that book,” but you didn’t know how to begin? This course will teach you everything you need to know to get you started writing. We will cover character, plot, setting and a range of skills and useful techniques designed specifically for the novice writer.

Five-week session / $199
Tu, Oct. 27-Nov. 24 6-8pm John Kachuba In-person at VPC Campus.

ABOUT THE INSTRUCTOR
John Kachuba is the author of twelve books, including the best-selling How to Write Funny, and numerous articles and short stories. He has taught Creative Writing through Ohio University for 17 years and an online Humor Writing course through Gotham Writers Workshop for 20 years. Among his many awards are the Thurber Treat Humor Writing Prize and the Top 20 Royal Nonesuch Humor Writing Award.

BEGINNER’S GUIDE TO GETTING PUBLISHED
If your goal is to become a published freelance writer of fiction or nonfiction for books or magazines this comprehensive course will help you guide your work. Your success in the writing game will be determined by the amount of credibility publishers attach to you and your work. This course will teach you how to give yourself the kind of credibility you need to succeed, and provide you with instant access to critical information most other writers don’t discover for years. We will walk you through every step of the publishing process! If you really want to be a writer, this course will give you all the tools you need to get published.

Four-week session / $129

THE UNIQUE ART OF HUMOR WRITING
Humor is a wonder, and writing to bring smiles to the faces of your readers can be wonderful. But humor can also be used in different ways to evoke emotions in readers that may not seem “knee-slapping funny,” but add depth to your writing. Humor is a many-colored beast and this workshop will help you understand its ways.

Two-week session / $99
Tu, Oct. 13-20 6-8pm John Kachuba In-person at VPC Campus.

NEW!

AUTOBIOGRAPHICAL STORYTELLING THROUGH COMICS AND ILLUSTRATION
This fun course is based on the belief that anyone can draw! Learn how to tell your personal story through creating your own, unique comic illustrations. The instructor will guide you through the two-part course focusing on both the writing and the drawing. One session will be spent exploring references and learning about style, techniques, and planning your layout, flow, and script. The second will be spent working from thumbnails to draw your character and backgrounds using drawing techniques to tell your personal story. You’ll leave class with a great start to your autobiographical comics!

Two-week session / $49
Tu, Sep. 22-29 6-7:30pm Anjali Alm-Basu LIVE Online.

YOUR OPINION MATTERS!
As a Communiversity student, your input and feedback are important to helping us provide high-quality programming and exceptional instruction. Please complete a class evaluation at: communiversity.uc.edu

Please note that if the information is updated on health and safety precautions related to COVID-19, teaching formats may change for some classes.
PERSONAL DEVELOPMENT

SOCIAL & 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 Nanci Glendening as you polish your table manners in an enjoyable, private setting. 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!

One session / $35
Tu, Sep. 22 6-8pm  Nanci Glendening
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

WHAT TO WEAR & HOW TO WEAR IT FOR MEN
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. This class is tailored to men’s styles.

One session / $35 NEW!
T, Sep. 29 6-8pm  Nanci Glendening
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

CIVILITY & SOCIAL GRACE
Today’s life has many gray areas. Have you ever been unsure of the right thing to do or say in an awkward or unfamiliar situation? Do you become anxious just thinking about meeting and making conversation with new acquaintances? This enjoyable class will help polish your manners and social skills to become more comfortable and confident in social and business situations. In this live workshop, we will focus on etiquette, communication, civility, and entertaining. Nanci makes it simple, practical, and current.

One session / $35
Tu, Sept. 15 6-8pm  Nanci Glendening
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

WHAT TO WEAR & HOW TO WEAR IT FOR WOMEN
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. This class is tailored to women’s styles.

One session / $35
Tu, Oct. 6 6-8pm  Nanci Glendening
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

ABOUT THE INSTRUCTOR
Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types of organizations. She also modeled in Miami, FL and was a former Miss Cincinnati USA.

Want to improve your image?

Enjoy personal & business etiquette training with image consultant Nanci Glendening

“Nanci is great! Knowledgeable and very personable!”

“What everyone should know about the essentials of how to dress.”

Call (513) 556-6932 or visit communiversity.uc.edu
WHAT'S MY TYPE: THE ENNEAGRAM
The word Enneagram derives from two Greek words “ennea” (nine) and “gram” (drawing or figure) and refers to the nine points on the Enneagram diagram. The Enneagram symbol describes nine distinct but interrelated personality types. The Enneagram shows nine ways of seeing and experiencing the world as well as the relationships between personality and psychological development. It explains underlying motivations, as well as strengths and weaknesses in navigating life and relating to others. Understanding the Enneagram increases emotional and social intelligence, two of the most important predictors of success and happiness. It is a great aid in self-understanding and seeing our habits of thinking, feeling and behaving as well as the underlying motivation. As we become more aware through self-observation, we are better able to make empowering conscious choices.

Three-week session / $129
Th, Aug. 13-27 6:30-8:30pm Ron Esposito, M.A
In-person at VPC Campus.

CREATING A CAPSULE WARDROBE
Have you ever stared into your closet and been overwhelmed? Had a hard time figuring out what to wear? Struggle no more by simplifying your decisions related to your clothes by creating a capsule wardrobe! In this course, we will outline practical steps to build a functional, stylish, and seasonal wardrobe that can be tailored to fit your needs.

One session / $39
M, Sep. 14 6:30-8pm Alandis Johnson, PhD
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

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 range 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).

One session / $39
Th, Sep. 10 6:30-8:30pm Alisa Strauss
Plus $25 for new Tarot cards payable to instructor in class. In-person at VPC Campus.

EVENT PLANNING 101
Are you starting out in the event planning business or do you have a work or personal event coming up? Well, you've come to the right place. In this 3-week class, you will learn how to plan, coordinate, and execute an event on various levels. You will discover the essentials to planning an event, such as location, timing, staffing, and budgeting for your event. We'll review how to handle both small and large scale events. You should have a project in mind as you will create an event plan and consider the expectations of your audience. Lastly, you will learn the art of promoting your event and yourself!

Three-week session / $89
Tu, Sep. 8-22 6:30-8:30pm Tyler Swanson
In-person at VPC Campus. Option to take LIVE Online Simultaneously.
PERSONAL DEVELOPMENT

ESSENTIAL MAKE-UP SKILLS: MASTERCLASS
In this class you will learn about different types of makeup products and their uses, how to choose the right products for your skin type and tone, the proper makeup brushes and tools to use, and learn how to confidently apply a basic daytime look and how to convert it to a glamorous evening look in just a few steps -- without the sales pitch and the very public department store environment. 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.

Two-week session / $59

Tu, Oct. 6-13
6:30-8:30pm
Erica Strayhorn
LIVE Online.

HOLIDAY GLAM: MAKE-UP FOR SPECIAL OCCASIONS
Learn how to create a dazzling winter makeup look inspired by the holiday season. In this course you will learn how to add just the right amount of glamour to your everyday makeup routine by creating a smoky eye with a hint shimmer and sparkle, adding a glow to the cheeks and applying false lashes. You will also have the opportunity to watch a live demonstration of this look and then be able to practice a holiday look suited just for you so that you can recreate it for any upcoming holiday gatherings and parties.

Two-week session / $45

Tu, Nov. 24-Dec. 1
6:30-8:30pm
Erica Strayhorn
LIVE Online.

ABOUT THE INSTRUCTOR
Erica Lynn Strayhorn has always had a passion for teaching and empowering women. She is the owner of Erica Lynn Makeup Artistry, LLC and provides luxurious makeup services that pamper the everyday woman desiring to refine her look, to the bride looking to be a more naturally glamorous version of herself, or the professional wanting a polished look for an event or professionally photographed headshots. She teaches how to create and apply a makeup look tailored to enhance the beauty you already possess.

FITNESS FLEX PASS
The flexibility you’ve asked for! Only pay for what you will use by purchasing a pass to any of Pat Woellert’s scheduled classes listed below. If you use up your sessions, simply buy another pass! Please note that passes may not be carried over into another term.

6-week Flex Pass / $49
12-week Flex Pass / $79 BIGGEST SAVINGS!

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, gluttes and thighs. Sculpt your body naturally while having a total blast. Bring 1-2 pound dumbbells, a mat for floor work, and wear supportive aerobic shoes. We encourage you to enroll through our Fitness Flex Class or our Fitness Flex Class Pass.

Twelve-week session / $79

Tu, Sep. 1-Nov. 17
5:35-6:35pm
Pat Woellert
LIVE Online.

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.

Twelve-week session / $79

W, Sep. 2-Nov. 25
5:35-6:35pm
Pat Woellert
LIVE Online.

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.

Twelve-week session / $79

Th. Sep. 3-Nov. 19
5:35-6:35pm
Pat Woellert
LIVE Online.

Call (513) 556-6932 or visit communiversity.uc.edu
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.

Six-week sessions (choose one) / $79

M, Sep. 14-Oct. 19  6:45-7:45pm  Nanci Glendening
In-person at VPC Campus.

FITNESS & HEALTH

KASHLAMAR TURKISH BELLY DANCING

Kashlamar is a lively 9/8 Turkish rhythm that inspires an energetic and happy dance! The dance steps are exciting with a slight bounce. As a side benefit, it burns calories! Our class will familiarize you with the rhythm, using finger cymbals (not required), the best choice of steps to keep it interesting, and we will put a routine together.

Two-week session / $39

M, Oct. 26-Nov. 2  6:45-7:45pm  Nanci Glendening
In-person at VPC Campus.

YOGA BASICS FOR STRESS RELIEF

New to yoga? Interested in relieving stress and anxiety? Would you like to increase strength and flexibility? Might you like to experience greater inner peace and improve your mental, physical, and emotional well-being? Then this class is for YOU! Learn foundational yoga postures that assist in enhancing body awareness while accessing the benefits of yoga in a relaxing atmosphere with soothing music. Everybody is welcome! No experience required.

Four-week Class Pass / $49
Eight-week Class Pass / $89  BIGGEST SAVINGS!

Tu or Th, Aug. 25-Oct. 15  5:15-6:15pm  Anna Ferguson
Please see details on mat cleaning fees on registration page.
In-person at World Peace Yoga at 268 Ludlow Ave., Cincinnati

ASHTANGA YOGA: SELF DISCOVERY ON AND OFF YOUR MAT

Ashtanga Yoga introduces students to a powerful physical yoga practice called the Modified Primary Sequence. Ashtanga Yoga is 99% practice and 1% theory, therefore each class will build from the last with learning about each component of yoga. This course will not only focus on the physical postures but also the vast benefits yoga has to offer in daily life. You will also read from the book Yamas and Niyamas and have space to read and write about how these apply to individual ways of being a better person inside and out. The focus will be on reading and writing about the self and ethical observations, as well as exploring yoga skills off the mat to look at the world with a more positive lens.

Six-week session / $149

M, Sep. 14-Oct. 19  6-7:30pm  Leslie Sikes
Bring your own yoga mat.
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

@UCContinuingEd
INTEGRATIVE HEALTH & WELLNESS TRENDS: MOVING FORWARD
In this class, we will discuss 11 trends in integrative health and wellness including research, telemedicine/telehealth, nutriceuticals, sleep health/circadian rhythm, the gut microbiome, Tai Chi/Qigong/Yoga, acupuncture, meditation/mindfulness, precision medicine, and nutrigenomics. You will also explore the future of these trends during a transformative challenge, such as the Covid-19 pandemic.

One session / $25
Th, Sep. 3
6-7:30pm
Cathy Rosenbaum
LIVE Online.

HOW TO SIT LIKE A BOSS WITH THE ALEXANDER TECHNIQUE
Sitting has been referred to as “the new smoking”, indicating that sitting is bad for your health. Not so! With a little attention and direction, even prolonged sitting – at your workstation, behind the wheel, in front of the TV or in the saddle – can be sustained without injury, atrophy, or fatigue. The good news is you don’t have to have an expensive ergonomic chair – you just need to know how to support and use your own body with less effort and more ease.

One session / $35
Th, Oct. 1
6-7:30pm
Claire Rechnitzer
LIVE Online.

PHARMA & THE FDA: DANCE PARTNERS OR DOUBLE-EDGED SWORDS
Looking for a better understanding of the pharmaceutical industry and how it affects you as a consumer? In this class, you will review the regulatory history of the FDA and PhRMA. You will also cover the following topics: the importance of compliance with FDA standards, the FDA process for Rx-to-OTC switch, management of drug information, safety, surveillance, availability, the role of lobbyists, drug representatives, clinical science liaisons, insurance companies, and consumers in marketing/advertising and price point determination.

One session / $25
Th, Sep. 10
6-7:30pm
Cathy Rosenbaum
LIVE Online.

IT’S YOUR FUNERAL!
There are about 67 decisions that need to be made in a very short amount of time. Most decisions are made within the first 24 hours. Planning and grieving can be the most confusing and painful experience of your life. The most thoughtful and caring thing you can do for your loved ones is to pre-plan.

This course will help you understand the basic terms of the industry, including terms regarding insurance contracts and legal forms; explore what options are available to you based on your state of residence, and discover how truly simple it is to pre-plan to avoid over-spending on a funeral. Plus, you will receive a free Pre-Planning Organizer to start your own plan and share it with your loved ones.

Two-week session / $35
M, Sep. 28-Oct. 5
6:30-8:30pm
Linda Littman
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

ABOUT THE INSTRUCTOR
Dr. Cathy Rosenbaum, PharmD, MBA, RPh, CHC, is a Holistic Clinical Pharmacist and a Member of the Academy of Integrative Health and Medicine. She is Founder & CEO Rx integrative Solutions.
HOME & GARDEN

SELLING YOUR HOME FAST & 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!

One session / $35
Tu, Sep. 1 6:00-8:30pm Gary Rossignol
LIVE Online.

INTRODUCTION TO FALL GARDENING
Grow Your Own! Are you concerned about the quality of your store-bought produce? Have you dreamed of having your own vegetable garden but you don't have a yard? Local urban gardener, Camielle Howard, will take the mystery out of growing your own food. In this class, you will learn how to create your own organic gardening soil, start plants from seed, and transplant store or nursery seedlings to get an easy head start on your garden. Camielle will also share techniques for trying to grow in Ohio through the winter, and host a Q&A session at the end to answer all your pressing gardening questions.

One session / $39
Sat, Aug. 29 10am-12pm Camielle Howard
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

TRANSITIONING YOUR HOME TO ZERO-WASTE
Reduce. Reuse. Recycle. Refuse. Rot. While producing zero trash is not currently possible in this global, linear economy, we will cover feasible steps and swaps you can make to reduce your carbon footprint, reduce your plastic consumption, and help you be more sustainable. This course will look at aspects of your home including your kitchen, your bathroom, and your consumption patterns to identify ways that you personally can reduce your impact on the planet. We will also talk about the basics of composting.

Four-week session / $89
Tu, Oct. 6-27 7-8pm Alandis Johnson
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

THE KEYS TO HOME OWNERSHIP: FROM START TO FINISH
Join three local experts as they walk you through the steps of purchasing a home and how to avoid costly mistakes. During this 2-night fact-filled workshop, you will explore essential topics, like how to find the right home and for a price that you can afford, how to navigate financing, “ins” and “outs” of contracts, loan closing procedures, and the fundamentals of the whole house inspection. This class is strictly educational. Products and services will not be sold to you.

One session / $35
Tu, Aug. 25 6-8:30pm Gary Rossignol
LIVE Online.
**FOOD & DRINK**

Learn how to prepare practical everyday meals and dishes from around the world with Chef Maggie Lawson

**FARM TO TABLE SUMMER SPANISH FOOD**
Learn how to use the last of summer’s bounty from your garden or the local farmers’ market to create a nourishing, delicious meal. With our guest speaker, a local chicken farmer, we will learn about the different distinction of eggs, to create a Spanish frittata also known as a “tortilla” and a cold soup, Salmorejo, typical of the south of Spain. In the supply list, we will also include recommendations for places to source ingredients locally.

One session / $49
W, Aug. 26 6:30-8:00pm Maggie Lawson
LIVE Online.

**PANTRY COOKING: RECIPES WITH 10 INGREDIENTS OR LESS**
In this class you will focus on creating recipes that both help you build a pantry of healthy, inventive ingredients and get creative with what you already have. At the end of the class you will have a delicious seasonal soup and salad to enjoy. Each recipe is highly adaptable to your taste preferences and what you might already have in your kitchen.

One session / $49
W, Sep. 9 6:30-8:00pm Maggie Lawson
LIVE Online.

**INTUITIVE AUTUMN SALADS**
Want to infuse your salads with more creativity? Generate your own salad recipe from the greens to nuts for what you and your family love. Chef Maggie will teach you how to formulate your very own salad recipes combining flavors, textures, and colors.

One session / $49
Th, Oct. 8 6:30-8:00pm Maggie Lawson
LIVE Online.

**ABOUT THE INSTRUCTOR**
Chef Maggie Lawson makes food that elicits the most delicious flavors of the season, focusing on seasonal, local produce and sustainably raised meat and seafood. She started her career in California as a nutrition educator and founded a personal chef business focused on healing foods. Recently returning from the West Coast she brings the most nourishing culinary experiences to her new home in Cincinnati.

**VEGETARIAN INDIAN COOKING WITH CHEF LAKSHMI OF DAAL BABY**
This class will incorporate the tasty, clean, and creative South Indian comfort food that Chef Lakshmi is known for. Dishes include Daal, made with lentils, and Aloo Gobi, a mix of spiced cauliflower and potatoes.

One session / $49
Th, Nov. 5 6:30-8:00pm Maggie Lawson
LIVE Online.

**BACK TO SCHOOL/WORK MEAL PREP**
Packing healthy lunches for school or work can feel overwhelming without proper planning. Whether you’re on a weight loss journey, or would just like to incorporate more healthy options into your daily routine, preparing your meals will help you reach your goals. This course will teach you a simple breakfast, lunch, dinner, and snack that can be used throughout the week. Plus, you’ll receive a download of Amanda’s meal prep basics cookbook.

One session / $25
W, Aug. 26 6:30-8:00pm Amanda Valentine
In-person at VPC Campus. Option to take LIVE Online Simultaneously.
CINCINNATI BEER

"Cincinnati Beer" is a wild ride through the evolution of the region's brewing history, starting with the city's early pioneers, covering the German lager era that made Cincinnati internationally renowned, through Prohibition and the breweries that rose and fell afterward, and exploring the craft beer renaissance of the past decade. Along the way, we explore how scientific breakthroughs, social change, immigration patterns, WWI and 20th Century marketing campaigns all changed our relationship with beer – as well as changing beer itself. Fee includes an autographed copy of Michael Morgan's book, Cincinnati Beer.

One session / $39

NEW!

Th, Oct. 29 6:30-8:30 Michael Morgan
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

CINCINNATI TRUE CRIME DETECTIVE: QUEEN CITY GOTHIC CLASSIC CASES!

If you've ever taken one of J.T. Townsend's classes before, you know you will be astonished and amazed! In this course, you will review four Cincinnati murder mysteries in four fascinating and riveting weeks. You will relive the 1965 murder of Audrey Pugh and the trial of Robert Lyons. Lyons had confessed to homicide and even reenacted the crime in front of the police. You will review the bludgeoning of cheerleader, Patty Rebol in 1963. And an unsolved murder mystery that's endured the Cincinnati whodunit for over 55 years, the 1964 shooting of Dennis and Evelyn Coby. You will end with the 1969 Dumlter triple murder in Mt. Lookout, murders rife with rumor and innuendo.

Four-week session / $89

W, Sep. 9-30 6:30-8:30pm J.T. Townsend
LIVE Online.

AMERICAN TRUE CRIME DETECTIVE: CRIMES THAT SHOCKED THE NATION

In this course, you will spend 4 weeks analyzing 4 riveting true crime mysteries with the guidance of bestselling author and crime historian J.T. Townsend. In week one, you will investigate an infamous legend: Lizzie Borden, the lady with the axe. In week two, you will review the grisly slaying of aspiring actress, Elizabeth Short in which would become the most infamous Los Angeles murder mystery of all time. Week three will have you deciding whether the Boston Strangler is a man or a myth. You will wrap up the class in week four with America’s most fascinating serial killer, Ted Bundy. Ted Bundy was executed more than 30 years ago, yet several new books and a movie have spawned renewed interest in this enigmatic serial killer. If you’ve ever taken one of J.T. Townsend’s classes before, you know you will be astonished and amazed!

Four-week session / $89

Th, Oct. 8-29 6:30-8:30pm J.T. Townsend
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

HOLIDAY GLAM MAKEUP COURSE

Learn how to add just the right amount of glamour to your everyday makeup routine by creating a smoky eye with a hint shimmer and sparkle, adding a glow to the cheeks and applying false lashes to create your special look for any upcoming holiday events.

SEE PAGE 16 FOR COURSE DATE / TIME
ASTRONOMY & SCIENCE

STARGAZING 101
What’s that bright light in the sky? Is it a star or a planet – or something else? This beginner class will teach you all the tips and tricks to identifying the major stars, constellations and constellations of the season and train you to look at the Moon and planets. If it is clear that night we will also head outside to see the real sky and look through the historic telescopes at the Cincinnati Observatory.

One session / $29
W, Oct. 28 7-9pm Dean Regas
In-person at the Cincinnati Observatory Center.

FALL FIELD ORNITHOLOGY
Have you always wanted to study birds? The course will involve an overview of the biology of birds and local bird identification. Our professional ornithologist has over 32 years of research in avian migration, and he will cover topics such as bird anatomy & physiology, evolution, relationships with other birds, ecology and conservation. You will explore bird biology predominately through interactive field labs to prepare you for new bird watching experiences.

Four-week session / $199
S, Oct. 3-24 8am-2pm Ronald Canterbury
Locations: UC Center for Field Studies, Miami Whitewater. Students must bring their own binoculars and a notepad.

ASTROLOGY 101
Learn how to create your own birth chart, a horoscope based on your moment of birth, and explore what it means. In this class, you will learn about the history of Western astrology and how it has changed over time, you’ll use simplified methods to cast your own horoscope, and explore what insights the positions of the planets and stars in the sky at the time of your birth provide. Please bring pen and pencil to write with, extra paper to jot down notes, and your date, time, and location of birth (the more accurate the birth info, the more accurate your horoscope).

One session / $39
Th, Sep. 17 6:30-8:30pm Alisa Strauss
In-person at VPC Campus.

WELLNESS AND THE ENVIRONMENT
Humans interact with the environment constantly. Building your knowledge can help you take action to improve your health, well-being, and the environment around you. This course focuses on the various ways the environment impacts human health. You will first learn about air and water safety, the global impacts of overpopulation and climate changes, and common health hazards found in the home. You will then learn steps for preventing or controlling disease, injury, and disability related to the interactions between people and their environment.

Poor environmental quality has the greatest impact on people whose health status is already at risk. But with environmental health education, you can help address the societal and environmental factors that increase the likelihood of exposure and disease.

Six-week session / $65
GET GOLF READY
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.

Five-week session / $110
Sat, Sep. 12-Oct. 10 10:30-11:30am

GET GOLF READY II
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.

Five-week session / $110
W, Sep. 9-Oct. 7 6-7pm

GET GOLF READY III
This class is designed for intermediate golfers that have been through our beginners or intermediate golf sessions. The golf pro and our instructor will let you choose five areas to improve upon and will utilize video analysis.

Five-week session / $110
Sat, Sep. 12-Oct. 10 9-10am

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 played some tennis but needs instruction on basic techniques or is learning to keep the ball in play but needs to improve court positioning and consistency.

Six-week session / $139
Sun, Sep. 13-Oct. 18 4:30-6pm
Check-in at the front desk. No class on Apr. 12

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.

Six-week session / $129
Sun, Sep. 13-Oct. 18 3-4:30pm
Check-in at the front desk.
TRAVEL

INTREPID TRAVELER OVERVIEW: BEST TRAVEL TIPS IN THE INDUSTRY
Come learn the top travel tips from Simone's Intrepid Traveler Series in a condensed one night class! Topics range from Travel Budgets, Passports/Visas, Plane Tickets, Accommodation, Ground Transportation, Travel Vaccines, Money Exchange, Converters/Adapters, Cell Phones, Safety Tips, Solo Tips, Gratuities, Using Points and Memberships. There will also be a dedicated Q&A segment for you to get all your questions answered!

One session / $35
Tu, Nov. 17  6:30-8pm  Simone Kuzma
LIVE Online.

ROADTRIPPING & RV'ING OUT WEST
Whether you have a tent, a popup camper, or a Class A motorhome, exploring the American West on-the-move is a great way to have a once-in-a-lifetime journey. This class is a primer geared towards those who are new to or have never RVed or road tripped and are planning a trip sometime in the future. We'll talk about driving routes, major “must see” parks, and also a few of the lesser known but just as enjoyable stops. We'll also cover road tripping and RV-ing logistics- how to take advantage of campground facilities, dump stations, and other tricks to stay healthy while on the move. And of course, no class would be complete without discussing some of the critical items to bring with you for comfort and safety. Taught by professional tour guide Simone Kuzma.

One session / $35
Tu, Nov. 24  6:30-8pm  Simone Kuzma
LIVE Online.

TRAVEL WRITING
In this course you will learn how to develop the skills of a travel writer. You will learn how to translate what is seen, heard, tasted, touched, smelled and felt (intuitively and physically) into publishable articles and books. You will understand the writing styles and methods needed to sell material in today’s competitive market. You will learn about popular styles and types of travel writing that are the friendliest to new writers. Other topics of the workshop include; how to write query letters, how to produce articles, essays and books, trends in types of articles and books, grammar and writing skills refreshers, and marketing information.

By the end of the course, you will have the ability to write for the travel market. So pack your sense of adventure, organize your determination and put your keyboard in a comfortable position. If you have a desire to write and yearn to travel, you are a perfect candidate to become a travel writer.

Six-week session / $119
Sessions start: Aug. 12, Sep. 16, Oct. 14  Eva Shaw, PhD
Online.

Spotlight Class

FALL FIELD ORNITHOLOGY
Have you always wanted to study birds? This class will provide an amazing overview of the biology of birds and local bird identification. Class is held at the UC Center for Field Studies.

SEE PAGE 22 FOR COURSE DATE / TIME
BUSINESS & FINANCE

DISTANCE GAMIFICATION
Distance Gamification is an online course designed for teachers, trainers, anyone faced with the challenge of engaging students from a social distance. You will learn how to implement game-based learning and gamification training strategies by "playing" their way through resilience-boosting quests that include free films, readings, and online learning games. Although the quests are self-paced, there will be periodic deadlines to ensure opportunities for asynchronous discussion, collaboration, and feedback. Upon completion, you will have unlimited access to the course material and their work, including the quest they created about a topic of their choice. This course includes up to one hour of personal instructor support!

Ten-week session/ $149 NEW! Shirley Frazier
Choose, start date, enroll when ready
Jeremey Royster
Online.

FINANCIAL STRATEGIES 101
Many people start a portfolio without professional advice. They don't coordinate their goals and don't know how to stay on track. Debt, inflation, procrastination and a lack of focus are symptoms of poor financial management that can derail the best of your intentions. Get started on smart financial management by: Setting goals, paying yourself first, keeping emergency reserves, and using company retirement plans.

One-session / $35
W, Nov. 4 6:30-8pm Glynnis Reinhart
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

NONPROFIT FUNDRAISING ESSENTIALS
Take your first step toward a rewarding career in fundraising for nonprofit organizations! In this course, you'll first explore the skills you'll need to become a successful fundraiser. After that, you'll discover where the best corporate and foundation fundraising jobs are and how to apply for them.

By the end of the course, you'll have a wealth of new nonprofit fundraising ideas, and you'll be well on your way to success in this exciting career field.

Six-week session / $129
Sessions start: Aug. 12, Sep. 16, Oct. 14 Janet Levine
Online.

START YOUR OWN ARTS AND CRAFTS BUSINESS
If you have an art or a craft and you dream about starting your own home-based or small business, this is the course for you! You will learn to start your own arts and crafts business from a professional artist. You will learn to create your own unique business identity, and discover what makes marketing in the arts and crafts business different from marketing in most other enterprises and find a sales approach that fits your personality.

You will learn how to set yourself up to sell online, find and get into the best craft shows, as well as design booths that really draw customers in. You will discover how to price your work effectively so you can set yourself up for success.

Six-week session / $129
Sessions start: Aug. 12, Sep. 16, Oct. 14
Janet Levine
Online.
PROFESSIONAL DEVELOPMENT

Earn your continuing education credits & professional certificates through our versatile programs designed for busy adults!

We are a recognized provider of continuing education programs and professional certificates across diverse disciplines. Drawing upon resources from the University of Cincinnati, our coursework is tailored to provide the credentials needed to fulfill your career requirements.

**K-12 BLENDED & BEYOND TEACHING SERIES**

This teaching series has been developed to help teachers and administrators strengthen blended learning and alternate learning modalities needed to successfully teach today. Professional development and continuing education credits will be offered through the Office of Continuing and Professional Education with high-quality instruction provided by the School of Ed faculty.

Asynchronous learning that includes live office hours and coaching with your instructor. Attend when you’re ready with rolling enrollment dates and new classes starting monthly. The choice to extend class completion time to submit your portfolio.

- **20 Hours, 2 CEU / $165**
  - Sessions start Aug. 19, Sep. 23, Oct. 21, Nov. 18, Dec. 16
  - Online.

  **IMPROVING ENGAGEMENT IN BLENDED ENVIRONMENTS**

  **DIGITAL DESIGN FOR NON-DESIGNERS**

  **UNIVERSAL LEARNING DESIGN OF BLENDED LEARNING**

  **RETHINKING ASSESSMENT: REDUCE GRADING, INCREASE ENGAGEMENT**

  **PLANNING BLENDED LEARNING WHEN YOU DON’T KNOW WHAT TO PLAN FOR**

- **10 Hours, 1 CEU / $119-$125**
  - Sessions start Aug. 19, Sep. 23, Oct. 21, Nov. 18, Dec. 16
  - Online.

  **GETTING READY FOR GOOGLE CERTIFICATION**

  **VISUAL LITERACY**

  **HOSTING MEANINGFUL LIVE REMOTE MEETINGS**

  **EMPATHY IN INSTRUCTIONAL DESIGN**

  - Register at: uc.edu/ce “Continuing Education”

---

**STEM IN THE PLAYSCAPE TEACHING MODULES**

Through the Artlitt Center, UC College of Education, STEM in the Playscape emerged from a National Science Foundation (NSF) funded research study of teacher pedagogy and children’s informal Science, Technology, Engineering and Math (STEM) learning on nature playscapes. Modules are FREE for early childhood educators, program directors, supervisors, or anyone interested in promoting the benefits of play in nature.

Three Modules / FREE ($15 each for Certificate)

- Online. Access anytime.

  **EXPLORING THE VALUE OF PLAY IN NATURE**

  **BUILDING STEM CAPACITIES IN PRESCHOOL**

  **ENGAGING CHILDREN & ENHANCING THE ENVIRONMENT**

  - Register at: uc.edu/ce “Continuing Education”

---

Call (513) 556-6932 or visit communiversity.uc.edu
**ACE PERSONAL TRAINING CERTIFICATE**

This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers. The program presents a client-centered approach to personal training that features the ACE Integrated Fitness Training® (ACE IFT®) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and performance goals and the ACE Mover Method™ philosophy for empowering clients to make behavioral changes to improve their health, fitness, and overall quality of life. You will learn to design exercise programs that help clients improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular fitness.

**Eight-week session / $449**

Session starts 3rd week of each month  
Julie Buchanan Online.

**ACE GROUP TRAINING CERTIFICATE**

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor’s (GFI’s) professional role.

**Eight-week session / $359**

Session starts 3rd week of each month  
Julie Buchanan Online.

**INTRODUCTION TO MICROSOFT EXCEL 2019/OFFICE 365**

If you want to learn the 2019 version of Microsoft Excel, this course will introduce you to the program’s basic functions and uses. Through hands-on lessons, you will learn numerous shortcuts to quickly and efficiently set up worksheets. You will also learn how to use the function wizard to calculate statistics, future values, and more. In addition, you will get tips on sorting and analyzing data, creating three-dimensional workbooks, and automating frequently-repeated tasks with macros and buttons. By the time you’re done, you will know how to use this vital Office 2019 tool.

**Six-week session / $139**

Sessions start: Aug. 12, Sep. 16, Oct. 14  
Chad Wambolt Online.

**COMPUTER SKILLS FOR THE WORKPLACE**

This course is designed to provide the fundamental computer competencies you need to survive and prosper in today’s fast-changing workplace. You will learn how to implement the powers of modern office software to work faster and more efficiently. This course will focus on practical application for software most common to the workplace. By the time you finish, you will have learned why employers consider technological literacy so critical to the success of any organization.

**Six-week session / $129**

Sessions start: Aug. 12, Sep. 16, Oct. 14  
David Paquin Online.

**USING SOCIAL MEDIA IN BUSINESS**

One of the biggest challenges for business owners is finding new customers. Over the past decade, some business owners have leveraged social media to do just that. Whether you’re a social media novice or a seasoned veteran, this course will give you a solid foundation in social media marketing and using it to grow your business.

In today’s globally connected environment, social media is a game changer for businesses. So, whether you’re looking for a new way to market your business or simply want to better understand social media, this online social media marketing course will empower you.

**Six-week session / $129**

Sessions start: Aug. 12, Sep. 16, Oct. 14  
Brad Semp, PhD Online.

---

Register for these instructor-led online technical training course online.

- Register: uc.edu/ce “Continuing Education”
- Register: uc.edu/ce “Communiveristy/Course Offering”

The focus on mini-lessons with live practice and feedback was great!  
–Student from GRE Test Prep Class
COLLEGE READINESS

TECHNOLOGY

Register for these instructor-led online technical training course online.

Register: uc.edu/ce “Communiversity/Course Offering”

INTRO TO PHOTOSHOP CC
Photoshop CC has a host of impressive new features for photographers, and you will encounter a number of them in an introduction to the Photoshop environment. Next, you will learn how to create simple digital paintings. Then you will be editing your own photographs to get rid of dust and scratches, fix the color, and correct image exposure. You will master techniques for switching the backgrounds on images and removing wrinkles and blemishes from photos, just like they do in magazines.

You will also learn about the content-aware Move tools in CC that, like magic, let you move something on an image and intelligently replace the “hole” left behind at the same time. By the time you finish this fun, hands-on, project-oriented course, you will be well on your way to expressing yourself with the most exciting graphics program ever developed.

Six-week session / $139
Sessions start: Aug. 12, Sep. 16, Oct. 14
Sherry London
Online.

INTRODUCTION TO SQL
Learn the key concepts of SQL (Structured Query Language) the powerful and standard database management query language for relational databases. SQL is one of the best programming languages for beginning web developers to learn. This course will teach you the basics of designing and writing SQL queries to execute on a practice database. Using a SQL Server Express, you’ll learn several real-world applications for SQL so you can put this valuable skill set on your resume.

Six-week session / $139
Sessions start: Aug. 12, Sep. 16, Oct. 14
Mava Wilson, PhD
Online.

INTRODUCTION TO PYTHON 3 PROGRAMMING
This course will show you how to create basic programming structures like decisions and loops. Then, you will move on to more advanced topics such as object-oriented programming with classes and exceptions. In addition, you will explore unique Python data structures such as tuples and dictionaries. You will even learn how to create Python programs with graphic elements that range from simple circles and squares to graphical user interface (GUI) objects like buttons and labels. Whether you’re interested in writing simple scripts, full programs, or graphical user interfaces, this course will give you the tools you need to use Python with skill and confidence.

Six-week session / $129
Sessions start: Aug. 12, Sep. 16, Oct. 14
Mike Orsega
Online.

SAT/ACT PREP COURSE - PART 1
Enhancing your performance on both the SAT/ACT is instrumental in determining your choice of college. This course will prepare you for specific types of questions in Reading, English and Science. The SAT also contains a Writing and Language section, which includes multiple-choice questions about rhetoric, grammar, and English usage. The essay on the SAT is now optional and administered in its own section. This course will prepare you to write the type of essays that grading officials are looking for and will provide you with grammar and usage help. This course will also give you pointers on time management, anxiety relief, scoring and general standardized test-taking.

Six-week session / $119
Sessions start: Aug. 12, Sep. 16, Oct. 14
Benjamin Gialloreto
Online.

SAT/ACT PREP SERIES
Enhancing your performance on both the SAT/ACT is instrumental in determining your choice of college. Gain all the information you need to do well on the math portion of the ACT and new SAT. This course will provide you with a complete review of arithmetic, algebra, geometry, trigonometry, and basic math skills. In addition, you’ll also cover functions and other algebra II subjects now tested on the SAT. You will also learn useful tips to manage your time wisely, anxiety relief, scoring, and general standardized test-taking.

Six-week session / $219
BIGGEST SAVINGS!
Sessions start: Aug. 12, Sep. 16, Oct. 14
Jessie Stellini
Online.

We’re here to help you prepare to excel on the exams with convenient and affordable classes so you do your best on your path to undergraduate admissions.
For required text, refer to course description online.

**GRE INTERACTIVE ONLINE PREPARATION**
If you're planning to apply to graduate school, you'll likely have to take the GRE. Be prepared to excel on the exam while learning from the comfort of your home. Attend two classes a week for a total of 3 hours of live instruction with our expert instructors. This is a comprehensive course which includes reading comprehension, sentence equivalence questions, quantitative comparison and reasoning and data integration. You will also gain pointers on time management, anxiety relief, scoring, and evaluate your writing to improve your GRE score.

Four-week session / $399
Tu & Th, Nov. 2-30
7-8:30pm
Mary Carroll
LIVE Online.

**LSAT (LAW SCHOOL ADMISSIONS TEST)**
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.

One four-week sessions (choose one) / $299
Sun, Aug. 2-23
3-5pm
Sara Barry
Sun, Oct. 11-Nov. 1
3-5pm
Sara Barry
LIVE Online.

**GMAT (GRADUATE MANAGEMENT ADMISSION TEST)**
Applying to graduate business and management schools usually means taking the GMAT (Graduate Management Admission Test). This course will provide you with test-taking techniques and methods for improving your score and saving time on all GMAT question types. You'll review the more familiar questions and learn how to approach question types that may be new to you. You will practice on actual GMAT tests from previous years, which is the best way to prepare for any standardized test.

Four-week online session / $399
Sun, Oct. 5-30
7-8:30pm
Mary Carroll
LIVE Online.

**COLLEGE ESSAY WRITING WORKSHOP**
This workshop will provide you with a comprehensive opportunity to learn the skills necessary for writing a quality college essay. With the addition of Criterion writing software, you will find out immediately how your work compares to a standard and what they should do to improve it. The Criterion service also provides an environment for writing and revision that students can use independently, 24 hours a day. This environment, coupled with the opportunity for instant feedback, provides the directed writing practice that is so beneficial for students. By the end of the workshop, students will walk away with a close to final college essay to use for their college applications. Plus, they will respond to current Common Application prompts to help tailor the essay to their specific needs.

The class is taught by Tyler Swanson, an Assistant Director for Admissions at UC. Tyler has read and critiqued thousands of college essays, and he understands how students should convey their true authentic selves in a competitive applicant pool. Since college applications are due December 1, it's the perfect time to take this course!

Four-week session / $149
W, Oct. 7-28
6-7:30pm
Tyler Swanson
In-person at VPC Campus. Option to take LIVE Online Simultaneously.

**TOEFL IBT (TEST OF ENGLISH LANGUAGE AS A FOREIGN LANGUAGE)**
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-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.

Eight-week sessions / $199
W, Sep. 30-Nov. 18
6:30-8:30 pm
Jennifer Wiebe
ABOUT COMMUNIVERSITY

Communiversity is part of the University of Cincinnati’s commitment to lifelong learning. Under the banner of Professional and Continuing Education, Communiversity offers non-credit classes focused on personal enrichment. Classes are held in the evening, on weekends and online, and are tailored with the adult learner in mind. We offer endless opportunities for you to develop, grow and learn something new!

REGISTER EARLY FOR THE BEST SELECTION
You can register at any time, up to 24-hours before the class start date. However, some classes have limited enrollment, so register early to get into the classes you want.

100% SATISFACTION GUARANTEE
We are proud of the quality of our programming and our instructors.

We want you to love your Communiversity experience, which is why your satisfaction is 100% guaranteed. If you are ever less than completely satisfied with a Communiversity class, we will issue a credit for the registration fee toward a future Communiversity class. Please contact us at ce@uc.edu or (513) 556-6932 within 7 days of completing your class.

CLASS LOCATIONS & PARKING
The majority of our classes are held at UC’s Victory Parkway Campus Administration building with ample free parking in the front 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 spot opens in that class, anyone on the wait list will receive an email. We will make every effort to accommodate you.

GROUP DISCOUNTS
Organize a group of 6 or more students and you will receive your class free. All students must participate in the same class and online classes/certificates are excluded. Call 556-6932 for group registration information.

UC FACULTY & STAFF DISCOUNTS
Full-time UC & UC Health employees receive a 50% discount off one class per term. *Online courses/certificates, gift certificates, Food & Drink and Test Preparation classes are excluded from all available discounts. Call 556-6932 to take advantage of this discount.

CLASS CANCELLATIONS
Classes may be cancelled due to insufficient enrollment. Every attempt will be made to contact students by email or telephone and offer alternative accommodations before the class meets.

EMERGENCY CANCELLATIONS
UC Communiversity classes are automatically cancelled when there is a weather or other emergency and when UC Main Campus is closed. Closing notifications will be sent via email. Check your email for a detailed message from our office for school closings.

How Our Online Courses Work:

ABOUT OUR ONLINE LEARNING COURSES
Online learning is a fun, enjoyable and very productive way to learn. Millions of people are learning online each year. You will engage and get to know your instructor and other participants in the class. You may even make friends.

It’s easy. It’s fun.

HOW AN ONLINE COURSE WORKS
It is easy to participate in your online course. After you register, you will be given a web address to go to get into your online classroom. You will use your email address and create a password to gain access.

ACCESS THE COURSE WHEN YOU WANT
You can participate any time of day or evening. The online classroom is open 24 hours a day, 7 days a week. You decide when you participate. For the best learning, days of the week.

HERE’S WHAT YOU’LL DO
For each Unit, you will:

• Access the online readings
• Listen to the audio presentation for the Unit and view the slides
• Take a self-quiz to see how much you have learned
• Engage in written online discussion with your instructor and other participants

The content (readings, audio lectures, slides) and self quizzes are accessible for the entire course, so you can work ahead, or go back and review again, at your convenience.

Communiversity partners with Ed2Go and UGotClass to offer a wide variety of online courses and certificates.
Online registration is easier than ever!

We’ve received a lot of feedback from students about our registration page. In response, we launched a whole new class registration site earlier this year.

**Easy log in!**
You create your username and password, and you can easily reset your forgotten password.

**Simple search options!**
You can search for your favorite classes by term, category, or instructor.

**Add guests to your registrations!**
Now you can add and checkout friends to attend class with, or give as a gift.

**Course bundles and discounts can all be done online!**

Register Early for Best Selection!

**ONLINE**
Online at [communiversity.uc.edu](http://communiversity.uc.edu).

**CALL**
Call us (513) 556-6932
Office hours are 9:30 am–6:30 pm Monday–Friday.

**VISIT**
Visit our office.
UC Victory Pkwy, Admin Bldg-Ste. 208
2220 Victory Pkwy, Cincinnati, OH 45206
Office hours listed above
Payment Options: We kindly accept check, credit or debit card.

Your feedback is very important to us!
As we continue to develop our registration page and our Continuing Education website, please tell us about your experience.

*Send your feedback to: janet.staderman@uc.edu*
**ADDITIONAL CLASSES ADDED!**

**FALL FOLIAGE**
This course provides an introduction to the diversity of the families of flowering plants, with an emphasis on plants growing wild in the Ohio and Indiana areas. You will learn plant anatomy and terminology involved in the acquisition of plant identification and about the ecology of plants encountered on field trips. Be prepared to hike outdoors for each class.

**Four-week session / $159**

Sat, Oct. 3-24  
10am-1pm  
Dennis Conover  
**Locations:** UC Center for Field Studies, Miami Whitewater, and Spring Grove Cemetery.

**HEALTHY LIVING: MIND, BODY, LIFESTYLE**
Most people want to feel healthier, more energized, sleep better, and think clearer but they feel overwhelmed with choices, fad diets, and quick fixes that don’t lead to lasting results. The key that’s missing is mindset.

In this course, nutrition and mindset coach, Karen Aerts, will walk you through a few simple keys to easy nutrition and, more importantly, the habits, routines, and mindset to make the lasting shift you’ve been looking for. We’ll do some goal setting, understand how habits and your mindset work so you can make them work for you, discover how you see yourself as a healthy person and create a morning routine that will set your intentions for the day and propel you to success. Regain your health with simple, easy nutrition plans and mindset coaching that will make this shift last a lifetime.

**One session / $39**

M, Oct. 19  
6:30-8:30pm  
Karen Aerts

**GEOGRAPHY AND THE HUMAN LANDSCAPE**
This class is a look at how geography affects people’s interactions with each other and their landscape, and how the world is interconnected. We will look at how populations are organized on the space of the earth and study the flow of people, cultures, assets, information, objects, and physical processes. We will explore and analyze the variations in culture, language, religion, economics, urban spaces, and the environment using key tools, themes, and perspectives that geographers employ to study the transitions of the past, present and future. And we will look at the information from a micro to a macro level (the latter which is sometimes referred to as globalization).

**Three-week session / $89**

W, Oct. 14-28  
6:30-8:30pm  
Jeffrey Brewer

**GETTING UP ON THE RIGHT SIDE OF THE BED - ALEXANDER TECHNIQUE**
Do you ever wake up stiff, sore, creaky, or cranky despite your best efforts to orchestrate a good night’s sleep? Maybe you’re aware that the position you sleep in is part of the problem but you do not know which position would be better or how to change habits that rule us when we are, by definition – unconscious. In this workshop, we’ll look at the best ways to support different sleeping positions and consider how to help these supported positions become our new normal.

**One session / $35**

Th, Oct. 7  
6:00-7:30pm  
Claire Rechnitzer
COMMUNIVERSITY
FALL 2020 / COURSE CATALOG

Enjoy over 100 classes for personal enrichment for adult learners!

Classes are offered in several formats:
- In-Person
- LIVE Online
- Online Self-Paced