



COMMUNITY AND CONTINUING EDUCATION

January - May 2018

Kalamazoo**VALLEY**[™]
community college



MISSION

The Community and Continuing Education Department at Kalamazoo Valley Community College provides innovative and relevant lifelong learning opportunities to community members of all ages. These non-credit classes emphasize personal enrichment, professional development and community outreach.

To review the ever expanding class list of Community and Continuing Education courses, visit www.kvcc.edu/community.

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REGISTRATION & GENERAL INFORMATION

1. How to register for courses:

- a. Online at www.kvcc.edu/community
- b. Calling the Groves office at **269.353.1253**
- c. In person by visiting The Groves Campus at 7107 Elm Valley Dr.
- d. By mail (please call on course availability before sending a check.)
Make check payable to KVCC and send to the following address:
The Groves Campus PO Box 4070
Kalamazoo, MI 49003-4070

2. Confirmation: You will receive a confirmation and a receipt of payment within two weeks of registering. If you have an e-mail on file, confirmation will be received electronically.

3. Cancellations: KVCC may cancel courses due to low enrollment before the course begins. If you register for a course and it is canceled, you will be notified and you may receive a refund or apply your course fee to another course if space is available. If the college closes due to inclement weather or an instructor needs to cancel a session, a make-up day will be rescheduled and registrants will be notified of change.

4. Refunds: You will be eligible for a full refund if you drop a course within three business days before the first session of the course. If you drop a course fewer than three business days before the course, fees will not be refunded.

5. Disabilities: In accordance with the Americans with Disabilities Act (ADAAA), the Office for Student Access provides academic accommodations and accessibility support. Please contact the office at 269.488.4397 for accommodation requests.



WELLNESS & FITNESS

FITNESS CENTER BASICS JANUARY 8 – MAY 1

Course Times

Monday-Thursday	6:00 a.m. – 8:00 p.m.
Friday	6:00 a.m. – 6:00 p.m.
Saturday	9:00 a.m. – 3:00 p.m.

This 15-week program includes full access to Kalamazoo Valley's Wellness and Fitness Center (WFC) and Free Weight Room during regularly scheduled hours.

In addition, weekly clinics will be provided by Fitness Center employees. Each weekly clinic, announced by signage in the WFC center, will provide detailed instruction on equipment in the WFC. Time will be spent trying out the various programs installed by the manufacturer on each type of machine.

Course Fee \$75

Course Location

Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009

AQUA ZUMBA®

MARCH 15 – APRIL 19

Course Times

Thursday evenings from 5:00-6:00 p.m.

Aqua Zumba® is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Course Fee \$60

Course Location

Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009

ZUMBA®

MARCH 12 – APRIL 16

Course Times

Monday evenings from 5:30-6:30 p.m.

Zumba® is perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Course Fee \$60

Course Location

Kalamazoo Valley Community College, Wellness and Fitness Center
6767 West O Avenue, Kalamazoo, MI 49009



SUSTAINABLE FOODS, FARM, & GARDENS

BEEKEEPING 101

MARCH 5- APRIL 23

Course Times

Monday evenings from 5:30 – 8:00 p.m.

Beekeeping 101 will provide fundamental knowledge about honey bees and apiary management for beginning beekeepers.

Dress Code: Students will need personal protective equipment (PPE) - Minimally a beekeeping veil and closed toe, sturdy shoes, long sleeves, and long pants with socks. Students may desire to obtain and wear additional PPE such as beekeeping jacket or a full suit with gloves.

Course Fee \$140 plus cost of book

The book for the course is – “Honey Bee Biology and Beekeeping,” Caron and Connor, ISBN 1878075292. It is available at the Kalamazoo Valley Community College bookstores.

Course Location

Kalamazoo Valley Community College, Food Innovation Center
224 E. Crosstown Parkway, Kalamazoo, MI 49001

BEEKEEPING 102

MAY 7-JUNE 25



Course Times

Monday evenings from 5:30 – 8:00 p.m.

This second course in the 3-part series will provide more in-depth knowledge of a honey bee colony. This class will focus on the biology of the honeybee and the colony. Anatomy and the difference between honey bees and other stinging insects will be introduced. The honey bee's role in pollination for themselves and the impact on rest the natural world will be discussed. The bee nest and other components of the hive will be surveyed, providing a deeper understanding of the colony and its interrelated components.

At the end of the course, students will understand:

1. Honey Bees and other pollinators
 - a. What is the difference between pollinators
 - b. Fundamental differences between other stinging insects: wasps, hornets, bumble bees, carpenter bees, which are often mistaken for honey bees.
2. Honey bee anatomy
3. The Bee Nest
 - a. Make-up of the bee nest. Roles of the nurse bees.
 - b. Eggs and larvae
 - c. Why honey and pollen make up part of the bee nest.
4. Queen Bee
 - a. Her role in the hive.
 - b. How to evaluate her performance.
 - c. Managing queens for hive production and longevity.
5. Honey, wax, & pollen
 - a. The important roles that these components play in the health of a colony.
6. Pollination
 - a. The essential work of the honey bee.
 - b. What are the benefits to the hive, nature and humans?
7. Diseases and Pests
 - a. An overview of common pests and disease.
 - b. Controls and treatment options.
 - c. Integrated Pest Management.

Dress Code: Students will need personal protective equipment (PPE) - Minimally a beekeeping veil and closed toe, sturdy shoes, long sleeves, and long pants with socks. Students may desire to obtain and wear additional PPE such as beekeeping jacket or a full suit with gloves.

Course Fee: \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center
224 E. Crosstown Parkway, Kalamazoo, MI 49001

MASTER RAIN GARDENER

FEBRUARY 27 – MARCH 27

Course Times

Tuesday evenings from 6:15 – 8:15 p.m.

The Kalamazoo area Master Rain Gardener Certification course co-hosted by the Kalamazoo River Watershed Council and Kalamazoo Nature Center in partnership with Kalamazoo Valley Community College and Kalamazoo Valley Museum.

An in-depth and in-person class that will teach you everything needed to create a living rain garden at your home or place of work. A rain garden mimics nature by letting rain water soak into the ground. It's a garden bed planted in a shallow depression with plants especially adapted for dry and wet conditions.

The class will lead you through all phases, from locating and designing to planting and maintain. Instructors will continue to be available as a resource to students as they begin digging and planting their rain gardens after the course has ended. An optional field trip will be offered during that time to check out established rain gardens throughout the community. As part of our Master Rain Gardener community, students will have access to plant sales, exchanges, and other continuing education opportunities.

- Week 1** Introduction to Rain Gardens
- Week 2** Moving Dirt to Move Water & Site Selection Principles
- Week 3** How To: Measuring, Planning, Digging, Sculpting
- Week 4** Plant Designs: Rain Garden Plant Palette
- Week 5** Present Your Plan
- Optional** Rain garden tour (based on growing season)

Course Fee \$45

Course Location

Kalamazoo Valley Community College, Food Innovation Center
224 E. Crosstown Parkway, Kalamazoo, MI 49001



MUSHROOM CULTIVATION: LEVEL 1

MARCH 7- APRIL 25

Course Times

Wednesday evenings from 6:00 - 8:00 p.m.

Come join us in learning about growing your own gourmet mushrooms from locally available materials! We will grow oysters, shiitake, winecaps, portabellos, reishi and more. Students will learn how to procure substrates and create good environments for mushroom growth. Some mushroom identification is practiced and many of your fellow students will be avid foragers. Come ready to learn about the savory mysteries of fungal farming!

Course Fee: \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center
224 E. Crosstown Parkway, Kalamazoo, MI 49001

URBAN HOMESTEADING: AT HOME PRODUCTION FOR HEALTH, COMMUNITY AND A NEW AMERICAN ECOLOGY

MARCH 22- MAY 10

Course Times

Thursday evenings from 7:00 - 8:30 p.m.

Join us in revealing many of the ways to make more food with less from home! In an era of climate change and energy decline, we will benefit from being more involved in producing our own food to ensure access to the most nutritious and life supporting meals. But the secret is that it can be fun and easier than you think to care for your family, friends and city's ecology. Come join us in learning to make simple gardens (indoor and outdoor), planting perennial food crops, foraging wild edibles, preservation and fermentation of crops, husbanding urban livestock, cheese making, composting and mushroom cultivation. A class for all ages and all scales of land access (or not! Lots of ideas for dorm and apartment dwellers!) Class is taught by Kalamazoo Valley instructor and Live Edge Grower Lee Arbogast.

Course Fee: \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center
224 E. Crosstown Parkway, Kalamazoo, MI 49001



ART & NEW MEDIA

ROOM 220 WORKSHOP: INTRODUCTION TO DIGITAL PAINTING

JANUARY 14, 2018

Course Times

1:30-3:30 p.m.

Have you ever wanted to learn how to draw and paint in a computer? Or did you get a tablet and want to learn some ways to be creative with it? Well learn at the Center for New Media how to use a drawing tablet and Photoshop to make stunning illustrations. This is your opportunity to see how art and technology relate. During this 2 hour workshop, you will learn how to sketch, draw, ink, and paint digitally. This workshop is for ages 10 and up, so if you're a young artist or young at heart, this class is for you.

Course Fee: \$30

Course Location

Kalamazoo Valley Community College, Center for New Media, Room 220
100 E. Michigan, Kalamazoo, MI 49007

ROOM 220 WORKSHOP: AUDIO PRODUCTION JANUARY 28, 2018

Course Times

1:30-3:30 p.m.

Ever wanted to learn how to make your own podcast? Or create music with a computer? This is your chance! Take an Audio Production Workshop at the Center for New Media and learn how tell stories with audio. Audio Design is everywhere- on the radio, in television, movies, and all of you favorite tech devices. Learn how audio works in all of these mediums and create your own in the end! This workshop is for ages 10 and up, so if you're a young musician or correspondent or young at heart, this class is for you.

Course Fee: \$30

Course Location

Kalamazoo Valley Community College, Center for New Media, Room 220
100 E. Michigan, Kalamazoo, MI 49007

ROOM 220 WORKSHOP: INTRODUCTION TO PHOTO EDITING FEBRUARY 4, 2018

Course Times

1:30-3:30 p.m.

Are you guilty in taking a million photos and never doing anything with them? This is your chance to learn some ways edit and print your images. During this session we will spend an hour on how to take care of those pesky zits on photo day and make the sky look a little more fantastical from that vacation. We will also go over some photography techniques and camera questions you may have. So bring in that collection of photos, your camera and we will have a great couple of hours making good photos great! .This workshop is for ages 10 and up, so if you're a young photographer or young at heart, this class is for you.

Course Fee: \$30

Course Location

Kalamazoo Valley Community College, Center for New Media, Room 220
100 E. Michigan, Kalamazoo, MI 49007

ROOM 220 WORKSHOP: INTRODUCTION TO VIDEO EDITING FEBRUARY 11, 2018

Course Times

1:30-3:30 p.m.

Do you have some footage that needs an editor's touch? Or a History Day Documentary that could use some help? This workshop is for you! This workshop is for the person who has the content and needs help figuring out how to make it into a finished video. Every great storyteller needs a great editor. This workshop is for ages 10 and up, so if you're a young Spielberg or young at heart, this class is for you.

Course Fee: \$30

Course Location

Kalamazoo Valley Community College, Center for New Media, Room 220
100 E. Michigan, Kalamazoo, MI 49007

ROOM 220 WORKSHOP: INTRODUCTION TO WEB COMICS AND GRAPHIC NOVELS MARCH 4, 2018

Course Times

1:30-3:30 p.m.

Do you have a story that you've been working on in your head for forever? Here is your chance to get that idea on paper or the computer! Take a Comic Workshop at the Center for New Media and learn how tell stories visually. We will start with working on the paper and then learn some storytelling techniques by the pros on the computer. This workshop is for ages 10 and up, so if you're a young storyteller or young at heart, this class is for you.

Course Fee: \$30

Course Location

Kalamazoo Valley Community College, Center for New Media, Room 220
100 E. Michigan, Kalamazoo, MI 49007



YOUTH & YOUNG ADULT

KALAMAZOO VALLEY KIDS YOUTH CULINARY ACADEMY: **EXPLORING CULTURE THROUGH COOKING**

APRIL 18 – MAY 23

Course Times

Wednesday Evenings from 5:45 – 7:15 p.m.

Feed your child's curiosity! Calling all chefs (ages 9-14) to join us for a global food adventure. Traditions, techniques, and tasty creations are offered in this exciting new six-part series. Each week will explore the culture and cuisine of a different region of the world, and the student chefs will cook up a dish related to that location. Adventure awaits!

Course Fee: \$100

Course Location

Kalamazoo Valley Community College, Culinary and Allied Health,
418 E. Walnut St., Kalamazoo, MI 49007

PERSONAL & PROFESSIONAL DEVELOPMENT

SPANISH FOR THE MEDICAL PROFESSIONAL MARCH 12 – APRIL 30

Course Times

Mondays evenings from 5:30 – 7:00 p.m.

Spanish for the Medical Professional addresses the needs of healthcare professionals with little or no background in the Spanish language. Students develop communicative proficiency in the use of the Spanish language in medical settings with Spanish-speaking patients. The goal of Spanish for the Medical Professional is to make it possible for students to communicate in Spanish with patients whose dominant language is Spanish.

Class time involves considerable practice with pronunciation and verbal stress as well as training the ear to learn to listen to Spanish for meaning. Activities will include role-play, practicing scenarios to include brief conversations and medical interviews and expanding vocabulary with emphasis on medical terminology encountered in a medical environment with Spanish-speaking patients. There is limited emphasis on grammar and students will learn ways in which to be communicative with only a few basic “conversation starters” as well as giving affirmative and negative commands. There will also be a focus on developing relationships with Spanish-speaking patients and understanding their cultural values and expectations in efforts to avoid misunderstandings.

Outcomes: By the end of the class, students should be able to communicate in simple Spanish using the vast amount of cognate words, high-frequency vocabulary and conversation starters to have basic conversations in simple terms regarding personal questions as well as questions regarding the patient’s health. Students will learn how to give advice and recommendations using short sentences. Students will be given information regarding where to locate a wide variety of resources, such as online resources, apps, books and more for practice outside the classroom once the class is finished.

Course Fee: \$200 plus cost of book (\$25/will be available first day of class)

Course Location

Kalamazoo Valley Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI

Kalamazoo**VALLEY**TM community college



Texas Township Campus
6767 West O Avenue
PO Box 4070
Kalamazoo, MI 49003-4070
269.488.4400

Arcadia Commons Campus
202 North Rose Street
PO Box 4070
Kalamazoo, MI 49003-4070
269.373.7800

The Groves Campus
7107 Elm Valley Drive
PO Box 4070
Kalamazoo, MI 49003-4070
269.353.1253

Bronson Healthy Living Campus
PO Box 4070
Kalamazoo, MI 49003-4070
269.488.3300

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