



WICHITA STATE
UNIVERSITY

SPRING | 2024

COMMUNITY EDUCATION

WICHITA.EDU/COMMUNITYEDUCATION



ARTS & HUMANITIES

BUSINESS & TECHNOLOGY

DAY TRIPS

FOOD & DRINK

HEALTH & WELLNESS

HOBBIES & LEISURE

LANGUAGE LEARNING



SCAN TO REGISTER

POPULAR GREAT DECISIONS 2024

Join our weekly conversations as we engage in exciting and intellectually stimulating discussions of challenging current global issues and their implications for America today. Lectures, readings and expert commentators provided in video programs developed by the Foreign Policy Association will provide context for our lively discussions. Topics will include, among others, Mideast realignment, climate technology and competition, science across borders, U.S.-China trade rivalry, NATO's future, understanding Indonesia, a high seas treaty and pandemic preparedness.

Instructor: Dr. John Dreifort, Professor of History, Wichita State University & Executive Secretary of the Wichita Committee on Foreign Relations

Begins	Day	Time	Classes	Location	Cost
2/15	Th	1:30-3:30p	8	HMC	\$164

NEW BOOK DISCUSSION: GRAVEDIGGER'S DAUGHTER

Fall through a portal in time with Cheryl Unruh's vignettes. Wrapped in the comfort of childhood's small-town embrace, grow deeper in understanding of a gentle, working-class, artist father. *Gravedigger's Daughter* is more than a story of the author and her father. It is a reminder of the relationships we all have, and more deeply, an examination of the complexities of the people we love and care for. It is a love letter to the individuals who always exist at our very core. For the last class we are fortunate enough to have the author, Cheryl Unruh join us by zoom for an in depth final discussion about her wonderful book *The Gravedigger's Daughter*. This class is offered as a hybrid course. You can view from the comfort of your home or join us in a classroom at the HMC. The book is available for purchase on Amazon.

Instructor: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University

Begins	Day	Time	Classes	Location	Cost
3/19	T	6-8p	3	Hybrid	\$64

ARE YOU A WSU RETIREE?

WSU Retirees get a 10% discount on community education classes! Call 316-978-3731 to receive this discount on your order!

*Offer excludes Day Trips

BACK AGAIN PREPARING FOR THE LAST SEASON OF LIFE

Most of us don't want to think about growing old or passing away - but at some point, it happens to us all! This class will walk through two of the most important areas you must have organized correctly: legal documents and medical expense planning. There are three risks that can derail retirement and inheritance plans - taxes, medical expenses and inflation. This seminar will talk about how to prepare and put in place the documents and types of insurance coverage that will allow you to minimize and avoid the worst of those risks. Many useful strategies require advanced planning of five years or more. It is never too early to 'get your ducks in a row' on these important items. This class is offered as a hybrid course. You can view from the comfort of your home or join us in a classroom at the HMC.

Instructor: Dr. Stana Martin, Mrs. LTC

Begins	Day	Time	Classes	Location	Cost
2/24	Sat	8:30-11:30a	1	Hybrid	\$49

RECOMMENDED BUYING AND SELLING A HOME IN 2024

From browsing on Zillow to watching a movie with your family in your new home, explore the process of becoming a homeowner in the 2024 Wichita market. We will take a deep dive into understanding the steps to making the move of your dreams. Two classes offered.

First-Time Home Buying

Tuesday, February 27 | 6-8p
First-time home buying? We will cover topics including finding the right home, getting to know the lending process, calculating your monthly payment, inspections and easily getting to the closing table.

Current Homeowners Buying and Selling

Saturday, March 2 | 9-11a
Not a first-time buyer or already own your home? This will be the perfect session for you to attend. Getting a valuation of your home, staging, the timing of selling and buying concurrently and taking the headache out of moving will all be hot topics in this class.

Instructor: Jacob Martinez, Urban Cool ICT

Begins	Day	Time	Classes	Location	Cost
2/27	T	6-8p	1	HMC	\$29 each or \$49 for 2 people
3/2	Sat	9-11a	1	HMC	\$29 each or \$49 for 2 people

HMC @ HUGHES METROPOLITAN COMPLEX
5015 E. 29th St. North, Wichita, KS 67220

WEST @ WSU WEST CAMPUS
3801 N. Walker Ave, Maize, KS 67101

We all know we need one, so why do we delay preparing our will? I'm too busy! I don't have time! It's too expensive! I don't know what I want or what to do! I don't know or like lawyers! What's your excuse? Here's your chance to learn about wills, probate, living trusts, powers of attorney, taxation and living will declaration. This course will prepare you to leave a clear, organized and orderly transfer of assets to your family, friends or charity. Your instructor has 40 years of experience helping clients plan their estates.

Instructor: Jeffrey Willis, JD, Attorney at Law

Begins	Day	Time	Classes	Location	Cost
3/2	Sat	9:30-11:30a	1	HMC	\$39

THINK LIKE THE WOLF: CYBERSECURITY HYGIENE PRINCIPALS BASED ON HACKER MOTIVES AND TACTICS

This class will include case studies on common or well-known attacks and how they could be prevented. Before diving into the cases, students will learn cybersecurity terminology, test their preexisting knowledge on the subject and walk through some investigative tools both the good and bad guys use.

Instructor: Joe Jabara, Director of Cybersecurity Education Awareness, Wichita State University

Begins	Day	Time	Classes	Location	Cost
3/6	W	6-8p	2	West	\$59

NEW MONEY BEHAVING BADLY

This course is about the psychology of money and how your money mindset is the key to building wealth. Explore how your money works for and against you and learn the secrets to making it work in your favor more often. Take a deep dive into smart spending on the things you value most, rather than on purchases that make you go broke. Learn how to focus more on your money going out, as well as the power of one simple phrase that can whip your money into shape.

Instructor: Scott Dyer, Personal Finance Enthusiast

Begins	Day	Time	Classes	Location	Cost
4/8	M	6-8p	4	HMC	\$59

INTRO TO VOICEOVERS: GETTING STARTED IN VOICE ACTING

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! You'll learn about different types of voiceovers and tools needed to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation in a follow up call. One-time, 90-minute, introductory class. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Instructor for each student will vary depending on student's availability

Begins	Day	Time	Classes	Location	Cost
Various	-	90 min	1	Zoom	\$49

DAY TRIPS

NEW PLANES, TRAINS AND AUTOMOBILES: KANSAS CITY 🚗🚂✈️

Go back in time when travel was a luxury with style and class and travelers dressed to impress. The first stop on our journey is the TWA Museum in Kansas City. This institution, dedicated to preserving the extraordinary legacy of Trans World Airlines, immerses us in the pioneering spirit that defined aviation history. From the birth of airmail to the inception of passenger air travel, to the post-WWII era of global route expansion, TWA led the way for 75 years. The great influence that Trans World Airlines had on the city of Kansas City is one that history can never ignore. After the museum, we'll head to Union Station for a delicious lunch at Harvey's, an open-air restaurant with amazing views inside the station. Our afternoon continues with a tour of Union Station, known as the Front Porch of Kansas City. This 100-year-old landmark has witnessed history and served as a gateway to the world. As we explore its grandeur, we'll feel the pulse of the past, experiencing the excitement of travelers embarking on their journeys. Our adventure then shifts gears at the Kansas City Automotive Museum, where vintage cars and themed exhibits narrate the city's automotive history. Each month the museum curates a new themed exhibit in their "drive-in" areas - ranging from vintage camper trailers to motorcycles to exotic cars, including the 1965 Le Mans winner Masten Gregory (the "Kansas City Flash"), the Ford Winchester Plant and the Greenlease Cadillac. Our day concludes with a KC Chiefs favorite- Joe's BBQ, where the aroma of smoked delights fills the air. Kansas City is renowned for its barbecue, and Joe's is a fitting end to our journey, allowing us to savor the flavors of the region and reminisce about the day's adventures.

Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University

Tour Date	Day	Time	Departure	Cost
3/23	Sat	6:30a-10p	HMC	\$184

POPULAR

UNRAVEL THE MYSTERY: OSAGE NATION'S PAST AND THE AMERICAN BISON 🚗🚂

Explore the captivating world of Killers of the Flower Moon by David Grann, as we venture on an amazing adventure to Osage Nation. Discover how murders unfolded after oil was discovered on Osage-owned land, leading to an investigation by the newly-formed FBI, as shown in the movie adaptation by Martin Scorsese, starring Leonardo DiCaprio, released last fall. Our first stop is the Reign of Terror Exhibit at the Tall Chief Theatre in Fairfax, OK, where we'll have a personal guide show us filming locations and the movie's impact on the local economy. Lunch, featuring a slide show of original pictures of key figures like Mollie Burkhart and Texas Ranger Tom White, will be provided. The journey continues to the Osage County Historical Society Museum and the Osage Nation Museum in Pawhuska, delving into the rich history of Osage Nation and the oldest tribal museum in the United States. Prepare for a unique agritourism experience at the Old West Buffalo Company, where you'll hand-feed bison from a covered deck and learn about their epic tale. Finish the day with a one-of-a-kind dinner theatre show starring Oklahoma Mike and Bill Taylor, transporting us to the late 1800s, a time when buffalo faced extinction, and ordinary people bravely stepped up to save these majestic creatures. A lavish barbecue meal in the elegant Old West Theatre will add the perfect finale to this unforgettable experience. Join us as we journey through history, mystery and the splendor of Osage Nation.

Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University

Tour Date	Day	Time	Departure	Cost
4/6	Sat	7:30a-9p	HMC	\$189

NEW TWISTER! FACT VS. FICTION 🌩️

Are you fascinated by the weather? If you live in Tornado Alley, you are all too familiar with its volatility. Twenty-seven years ago, the movie *Twister* caught the attention of the nation and spurred unprecedented interest in the weather. The movie was a combination of fact and fiction. Join us on this trip as we learn how to separate the two. Our first stop is Norman, OK, and the NOAA/National Weather Service Storm Prediction Center. This 90-minute tour will be a behind-the-scenes look at meteorology today. The facility is home to more than 550 scientists, meteorologists, climatologists, engineers, students and staff from the University of Oklahoma, working together to improve our understanding of the Earth's atmosphere and severe weather events. Explore the OU School of Meteorology, the observation deck, NOAA's Storm Prediction Center, the Norman National Weather Service Forecast Office, and the National Severe Storms Laboratory, gaining insight into cutting-edge research and severe weather prediction. Lunch will be provided at 405 Burger Bar, a local favorite owned by Toby Keith's son. After lunch we are off to Wakita, OK, made famous as the setting for the 1996 movie *Twister*. We will follow in the footsteps of the characters as we tour the town and visit movie sites. We will learn about the filming process and visit the Twister Museum, filled with movie artifacts, including the actual Dorothy, which was used to create an advance warning system and the famous flying jeep. Souvenirs will be available for purchase. At the end of the day, we will head home with a snack box and great memories from our Twister adventure.

Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University

Tour Date	Day	Time	Departure	Cost
4/12	F	7a-7:30p	HMC	\$154

NEW WALKING TOUR: WICHITA STATE 🚶🚶🚶

From its origins as Fairmount College to the latest building projects on the Innovation Campus, the story of Wichita State is colorful and dynamic. Join us as we explore some of the places on campus, from iconic landmarks like the Frank Lloyd Wright-designed Corbin Education building to places where we can see how the campus has changed over the years. Always part of the northeast Wichita story, this tour will also cover neighboring stories such as the Roe Cloud School and Crestview Country Club. After our tour, we will have lunch at Sesame Mediterranean Kitchen in Braburn Square on the WSU campus.

Facilitator: Dr. Jay Price, WSU History Professor

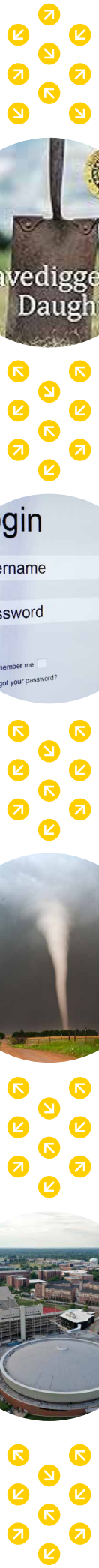
Tour Date	Day	Time	Departure	Cost
4/13	Sat	9a-1p	Sesame	\$55

🌿 **Level 1: Relaxing** - Tour days tend to be shorter in length with a slow pace. Light physical activity is required, such as walking 10-15 minutes with little difficulty and able to climb a few steps.

👉👉 **Level 2: Leisurely** - Some tour days are longer than others but move at a consistent pace. Passengers should be able to easily climb a flight of stairs, stand for short periods of time and walk for reasonable distances, possibly over uneven terrain (cobblestones, gravel, etc).

👉👉👉 **Level 3: Moderate** - Tour days tend to be longer and operate at a quicker pace. Expect to stand and walk for long periods with changes in gradient, terrain.

👉👉👉👉 **Level 4: Active** - Tour days are long and move at a more vigorous pace. Scheduled activities may require physical effort and require passengers to be in good shape. Expect long periods of walking and standing on rough surfaces.



NEW WEIRD AND WACKY TOPEKA 🍷🍷🍷

We all know Topeka is the Capital of Kansas, but did you know there are so many other amazing places to see? From an old prairie town to a daredevil's museum to art made from recycled materials and antique trucks, join us as we explore "Weird and Wacky Topeka." Our day begins at the Old Prairie Town & Ward Meade Botanical Garden. We will step back in time to explore this 1800's prairie village, complete with a general store, drug store, soda fountain, schoolhouse, and train station. One of the crowning exhibits is the Ward Meade mansion. The mansion is listed on the National Register of Historic Places. The botanical garden features a Zen garden, plentiful blooms and is a stop along the Tulip Time "roadmap." After a busy morning, lunch will be at a local Topeka favorite, Jeremiah Bulldogs. After lunch, we slide into the Evel Knievel Museum. The museum showcases the life of the legend through film, artifacts and interactive experiences. Housed within the museum is the largest collection of authentic Evel Knievel memorabilia in the world. In addition to his incredible collection of physics-defying bikes, Evel's 1974 iconic 63-foot-long Mack Truck mobile home "Big Red" is on display, as well as his signature star-spangled helmets that undoubtedly saved Evel's uninsurable life more than once! Next we will visit the Kaw Region Art Park home to Truckenge which has been featured on Roadside America, KS Travel, Rare Visions and Roadside Revelations, and the Filip and Frederik Show. The local art park features antique trucks, buses and boats jutting from the ground, surrounded by various upcycled art installations and native plants. Throughout our day, we will pass by and explore the many Murals of Topeka. As we head home, we will stop for dinner at Bruff's Bar and Grill in Emporia.

Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University

Tour Date	Day	Time	Departure	Cost
5/4	Sat	7:30a-9:30p	HMC	\$164

FOOD & DRINK

NEW AMERICAN VITICULTURAL AREAS AND THEIR WINES

These classes offer an in-depth look at two popular American Viticultural Areas (AVA) highlighting their climate, geography and soil that produces high quality wines of distinction. Attendees will learn about history and evolution of these specific growing regions, the prominent wineries, grapes grown and wines produced. Each class will include a thoughtful guided tasting of 7 wines that represent the quality of wine produced in each AVA. **You must be at least 21 years of age to enroll.**

Instructor: Guy Bower, Level-1 Sommelier, Host of The Good Life radio program on KNSS, Founding Chairman, Wichita Chapter of the American Institute of Wine & Food

Begins	Day	Time	Classes	Location	Cost
1/29	M	7-9p	2	HMC	\$109 each or \$199 for 2 people

NEW RECIPES FROM AROUND THE WORLD 🗣️

Join the Wichita Eagle's Denise Neil for the next installment of her very popular zoom cooking class. The topic will be International Eats! Denise will guide participants through the creation of unique and more obscure recipes from around the world. She will prepare the recipes from home via zoom, and the class members will join in for the fun and conversation. You can cook along too. **The last class will be in-person at Denise's house. No class March 11.**

Instructor: Denise Neil, Restaurant & Entertainment Writer, Wichita Eagle

Begins	Day	Time	Classes	Location	Cost
2/5	M	6-8p	6	Zoom	\$129

POPULAR VIVA LA OLIVE: OLIVE OIL AND BALSAMIC VINEGAR TASTING 101

Have you ever wondered what an oil or balsamic vinegar will taste like but don't want to buy a whole bottle? Or what to pair the oil with? Join us for a tasting with Wichita's premier provider of internationally sourced extra virgin olive oils and balsamic vinegars, Viva La Olive. Our evening will include several oil and balsamic pairings for you to taste, supplemented with homemade bread, olives and a light salad. After the class, you are invited to purchase your favorite oils and vinegars at a 15% discount. You will also go home with a complimentary 60ml bottle of your favorite oil or vinegar and recipes from the evening.

Instructor: Jan Vicory, Manager, Viva La Olive

Begins	Day	Time	Classes	Location	Cost
2/22	Th	6-8p	1	VLO	\$34 each or \$59 for 2 people
3/28	Th	6-8p	1	VLO	\$34 each or \$59 for 2 people

NEW INTRO TO SUSHI MAKING

Come learn how to make California sushi rolls with Chef Annette Daniels of Authentic Expressions. No experience necessary, and all materials will be provided. Students will have the opportunity to learn how to make California sushi rolls in this interactive, hands-on experience and taste their creation at the end of class or take it home. Garnishes and sauces will be provided to complete your rolls (pickled ginger, wasabi). **Attendees will take home a new sushi kit, step by step instructions on how to make the rolls, a California roll recipe (seaweed, sushi rice, crab meat, avocado, sesame seeds), a recipe for yum-yum sauce, their completed California sushi roll(s) (approximately 6-8 pieces - feeds up to 2 people), and a container to take the rolls home.** Learn how to plate your sushi rolls for a beautiful presentation and get tips on how to take an Instagram worthy picture of your creation. Food Allergy Alert: fish and/or shellfish, sesame seeds. If you have any dietary restrictions or needs, feel free to bring some alternatives to include within your roll (fruit, jalapenos, cream cheese, etc).

Instructor: Annette Daniels, Chef, Authentic Expressions

Begins	Day	Time	Classes	Location	Cost
2/23	F	6-8p	1	HMC	\$99

NEW BIG, BOLD, BODACIOUS RED WINE

An 8-wine tour of some of the top red wines from around the globe, this teeth-staining class will feature highly rated, premium wines from Spain, France, Australia, New Zealand, Chile, Argentina, Italy and the USA. We'll highlight each country's wine producing history, climate, soil and top red grape varieties. Together we will taste each wine individually and discuss the grapes, aromas and flavors. In the end, we'll vote for our favorite. **You must be at least 21 years of age to enroll.**

Instructor: Guy Bower, Level-1 Sommelier, Host of The Good Life radio program on KNSS, Founding Chairman, Wichita Chapter of the American Institute of Wine & Food

Begins	Day	Time	Classes	Location	Cost
2/26	M	7-9p	1	HMC	\$99 each or \$179 for 2 people

VLO 📍 **VIVA LA OLIVE**
300 N Mead St Suite #105, Wichita, KS 67202

MIXOLOGY COURSE WITH SHAKEN OR STIRRED

Have you ever wondered how to make an amazing cocktail and wow your friends and family? In this fun mixology workshop, you'll learn to craft and savor three exquisite seasonal concoctions. Participants will get hands-on experience making cocktails while learning the fundamentals and history of making a good cocktail. *You must be at least 21 years of age to enroll.*

Instructor: Pat Pelkowski, Owner Shaken or Stirred

Begins	Day	Time	Classes	Location	Cost
2/28	W	7-9p	1	HMC	\$79 each or \$139 for 2 people

RECOMMENDED INTRO TO SINGLE MALT SCOTCH

Single Malt Scotch is one of the fastest growing drinks in the global spirits industry. This isn't your grandfather's drink—Scotch is a spirit for adults of all ages, backgrounds and tastes! Whether you are new to the world of whisky or a seasoned enthusiast, this class will be an exciting exploration of Scotland's national drink. This two-week class includes a brief history of Scotch whisky, an exploration of the whisky regions of Scotland and an overview of the Scotch process. You'll learn how to taste Scotch and will sample five different Single Malt Scotches from various whisky regions. Six lucky winners will go home with a Glencairn glass—the official tasting glass for Scotch! This class is perfect as a solo event or a date night with your significant other! *You must be at least 21 years of age to enroll.*

Instructor: Jason Bosch, Certified Scotch Professional

Begins	Day	Time	Classes	Location	Cost
3/8	F	7-9p	2	HMC	\$89 each or \$159 for 2 people

NEW THAI CUISINE COOKING CLASS

Explore the unique ingredients, simple techniques and sometimes fiery recipes of Thai cooking, one of the most distinctive cuisines of Southeast Asia. In this hands-on class, you'll learn to make Pad Thai, Chicken Fried Rice and Tom Yum soup. All dishes are made with local grocery store ingredients. Your instructor will share her vast knowledge to demystify traditional Thai recipes to help students balance the essential Thai flavors – sweet, sour, salty and spicy. Get them right and your food will tap dance on your tongue. All cooking skill levels welcome.

Instructor: Ood Stalcup, Thai Cooking Instructor

Begins	Day	Time	Classes	Location	Cost
3/26	T	6-8p	1	DHS	\$59 each or \$99 for 2 people

NEW VEGETARIAN MEXICAN COOKING CLASS

Have you ever wanted to learn how to “lighten” up Mexican food! Join local chef, John Mendoza, for a Vegetarian Mexican feast. You will learn how to cook Spanish rice and refried beans with no animal products. Create fresh salsa paired with a fantastic vegetarian feast. These tasty recipes are simple to learn so you can share them at home. We eat what we cook, and we will cook a lot! All cooking skill levels welcome.

Instructor: John Mendoza, Mexican Food Instructor

Begins	Day	Time	Classes	Location	Cost
4/2	T	6-8p	1	DHS	\$59 each or \$99 for 2 people

HEALTH & WELLNESS

YOGA FOR ACTIVE SENIORS

Yoga for active seniors is an exploration of movement utilizing a combination of seated and standing postures. Seated postures are done in a chair, so there is no need to get down on the floor. This class will emphasize foundational poses that help with stability and mobility. Class will include breathwork or mindfulness practice instead of a traditional savasana. No prior yoga experience is necessary. Please wear comfortable clothes and bring a yoga mat, blanket and water.

Instructor: Aubrey Burnett, Certified Yoga Instructor

Begins	Day	Time	Classes	Location	Cost
2/5	M	6:30-7:30p	7	HMC	\$74

NEW SLOW FLOW YOGA

Embrace the journey of self-discovery and relaxation as you delve into the enriching world of yoga. A level 1 or level 2 class, some experience recommended but not necessary. This more traditional mat practice includes smooth movements combining floor and standing postures. The postures are linked to create a smooth practice that creates space to observe how the movement influences the body as a whole. Breathwork and mindfulness practices are layered in. Please wear comfortable clothes and bring a yoga mat, blanket and water. Limited yoga blocks are available, please bring some if you have them.

Instructor: Aubrey Burnett, Certified Yoga Instructor

Begins	Day	Time	Classes	Location	Cost
2/6	T	5:30-6:30p	7	HMC	\$74

POPULAR T'AI CHI

Experience peace and relaxation as you learn the art of T'ai Chi! T'ai Chi is a purposeful and flowing, slow-motion choreography based on martial arts movement T'ai Chi Ch'uan. This practice integrates mind and body while teaching balance, grace and flexibility. Performed with awareness and without strain or force, it is a no-impact exercise that can be practiced anywhere, anytime and without special equipment or clothing. Ideal for adults of all ages.

Instructor: David Larsen, T'ai Chi Instructor

Begins	Day	Time	Classes	Location	Cost
2/21	W	6:30-8p	6	HMC	\$64

PAWS & PROTECT: DEMYSTIFYING PET VACCINES

Are you overwhelmed with information about the different vaccines for your dog or cat? Are they all required? What are they made of? How will my pet react? Do I need to keep records? This informative session will address all those questions and many more. We will discuss community health best practices if you do or don't vaccinate, along with city and community regulations. Let's learn together how to protect our furry friends. This class does not replace the guidance of a veterinarian, but it can help with some missing information you haven't been able to ask. We ask no pets please. Bring your questions but please leave furry friends at home.

Instructor: Amanda Hackerott, RVT, Veterinary Nursing Program Director, WSU Tech

Begins	Day	Time	Classes	Location	Cost
2/24	Sat	10-12p	1	HMC	\$29

DHS @ DERBY HIGH SCHOOL
920 Rock Rd, Derby, KS 67037



NEW DENTAL CARE FOR PETS

Do you ever wonder why your pet has bad breath? Is there anything you can do about it? In this furry friend dental health class, we will discuss the oral anatomy of dogs and cats and the importance of oral health on overall pet health. Learn tips on how to brush your pet's teeth and what treats are appropriate. You may also wonder about veterinary dental care. What does a dental cleaning entail and what are the benefits? Let's learn together how to project our furry friends. This class does not replace the guidance of a veterinarian, but it can help with some missing information you haven't been able to ask. We ask no pets please. Bring your questions but please leave furry friends at home.

Instructor: Amanda Hackerott, RVT, Veterinary Nursing Program Director, WSU Tech

Begins	Day	Time	Classes	Location	Cost
3/30	Sat	10-12p	1	HMC	\$29

POPULAR PICKLEBALL 101

Pickleball is an exhilarating and approachable game that offers a perfect blend of fun and camaraderie. With simple rules and an easy learning curve for beginners, it quickly transforms into a fast-paced and competitive experience. Combining elements from tennis, badminton and ping-pong, this sport is played on a court using paddles and plastic balls with holes. Whether you're playing doubles or singles, Pickleball caters to all ages and skill levels, making it an enjoyable activity for everyone. Join us and experience the thrill of Pickleball today! This class will be primarily played on the Heskett Center indoor courts.

Instructor: Heather Harrison, Pickleball Instructor

Begins	Day	Time	Classes	Location	Cost
4/2	T	6-8p	3	Heskett	\$64

HOBBIES & LEISURE

BEGINNING BEEKEEPING

Beekeeping is a satisfying hobby that has many potential outcomes. Class study will provide the opportunity to become acquainted with the structure of a beehive. To become a successful beekeeper, one must know the essential tools of operation and understand the correct terminology that applies to the hive structure, the bees and the beekeeper themselves. Students will gain an understanding of the importance of the honeybee to our lifestyles and survival as well as an appreciation of this insect's work ethic and teamwork used for their colony to survive.

Instructor: Jim & Sharon Rowan, Rowan's Honey Shop

Begins	Day	Time	Classes	Location	Cost
2/5	M	7-9p	4	WEST	\$69

HMC ◊ HUGHES METROPOLITAN COMPLEX
5015 E. 29th St. North, Wichita, KS 67220

HESKETT ◊ WSU MAIN CAMPUS HESKETT CENTER
1845 Fairmount St, Wichita, KS 67260

WEST ◊ WSU WEST CAMPUS
3801 N. Walker Ave, Maize, KS 67101

NICT ◊ NOURISH ICT
2516 E Central Ave, Wichita, KS 67214

THE ARTSY BEE PAINT PARTY

Join us for two fun spring paint classes! No painting or art experience is required, and beginners are welcome! Choose to paint the sweetest Valentine's Day gnome or a beautiful highland cow with a spring flower crown (or both!). All supplies are provided, and the design will be pre-sketched on 12x16 canvas, ready for you to paint.

February 6

April 9



Instructor: Ramie Reed, The Artsy Bee Studio

Begins	Day	Time	Classes	Location	Cost
2/6	T	6-8p	1	HMC	\$49
4/9	T	6-8p	1	HMC	\$49

POPULAR BEGINNING BRIDGE

Are you ready to play bridge? We will have you playing this fascinating and captivating card game right away. Novice players will be introduced to the basic mechanics of how to bid and play bridge in guidance with the American Contract Bridge League rules. These guidelines will allow students to play socially or in duplicate bridge games. There are new books this year. The updated version of *Basic Bridge 1: An Introduction* and *Basic Bridge 2: Competitive Bidding* will be required and passed out the first night of class. Class enrollment after 2/1 may result in book delivery being delayed a week.

Instructor: Mary Beck, Bridge Instructor

Begins	Day	Time	Classes	Location	Cost
2/7	W	6:30-9p	10	HMC	\$139

FLY FISHING: TYING

This course is for those interested in learning to tie their own flies. We will go over the tools and materials used and the basic tying techniques needed to become proficient in tying. Topics covered during this course will include both wet and dry flies for both warm and cold water fish. The course will provide all the materials you will need, including fly tying vices and tools.

Instructor: Ryan Allred, Education Chairman, Flatland Fly Fishers Club

Begins	Day	Time	Classes	Location	Cost
2/12	M	7-9p	6	HMC	\$89

FLY FISHING: CASTING

Learn more about the art of casting a fly rod in this course! We will cover the basic casts needed in the sport as well as the skills and casting principles needed to become proficient with the overhead and roll casts. Students will receive hands-on instruction on these casts. The course will provide the equipment you will need.

Instructor: Ryan Allred, Education Chairman, Flatland Fly Fishers Club

Begins	Day	Time	Classes	Location	Cost
2/13	T	7-9p	5	HMC	\$74



FLY FISHING: THE BASICS

This course is for the beginner and the intermediate interested in learning more about fly fishing. This is a lecture-based course that will cover all aspects of the sport, from the history of the sport to the equipment needed to get started. Students will receive information about how to buy their first fly rod and reel. Participants will also get hands-on training on how to tie knots while on the water as well as how to rig a fly rod for fishing different types of flies. Other topics covered during this course will include gear, fly lines, entomology, reading water, conservation and etiquette. This class is focused on trout fishing but will also cover some warm water fish. All equipment will be provided.

Instructor: Ryan Allred, Education Chairman, Flatland Fly Fishers Club

Begins	Day	Time	Classes	Location	Cost
2/15	Th	7-9p	6	HMC	\$74

NEW INTRODUCTORY HANDPAN

The handpan is a new instrument invented at the turn of this century and can be difficult to try before buying. This makes it hard to decide if you want to commit to purchasing one. Here is an opportunity to try these instruments in person! You will learn basic techniques to get started, play various handpan scales and decide if one resonates with you. You will have an opportunity to purchase a handpan and leave with the confidence to start your handpan journey today! If you've been thinking about getting a handpan, here is a chance to see if it is right for you. We have a growing community of players in Wichita, and we'd love to have you join us! Each participant will be provided with a handpan to use during the class.

Instructor: Daniel Baird, Handpan Specialist

Begins	Day	Time	Classes	Location	Cost
3/2	Sat	10a-12p	1	HMC	\$35
4/20	Sat	10a-12p	1	HMC	\$35

HOW TO PLAY PIANO BY EAR

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, free yourself from sheet-music dependence and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Instructor: Craig Coffman, Chords are Key, President, Seminar Instructor

Begins	Day	Time	Classes	Location	Cost
3/2	Sat	9-11:30a	1	Zoom	\$69
5/11	Sat	9-11:30a	1	Zoom	\$69

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. This class will be held online with zoom. You will be able to sit at your piano or keyboard and take this course with no pressure at all. This course includes an online book and online follow up video lessons so you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction.

Instructor: Craig Coffman, Chords are Key, President, Seminar Instructor

Begins	Day	Time	Classes	Location	Cost
3/18	M	6:30-9:30p	1	Zoom	\$69

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and have you playing along with your favorite songs right away. Since this class is being held online with Zoom, you will be able to sit at home with your guitar and take this class without any pressure. The class also includes an online book and online follow-up video lessons, so you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class is included as well. For ages 13+.

Instructor: Craig Coffman, Chords are Key, President, Seminar Instructor

Begins	Day	Time	Classes	Location	Cost
3/19	T	6:30-9:30p	1	Zoom	\$69

NEW SPRINGTIME IN THE GARDEN

After a long winter does your garden or landscaping need help? Does it feel like the weeds have taken over? Let's learn together how to prepare our beds for spring planting. In this class, you will learn what to plant and when to plant it. You will also learn about invasive weeds and what they tell you about the health of your soil. You will transplant some perennials to begin the spring growing season and go home with some seeds of your own.

Instructor: Charolett Knapic, Owner, Echo Landscapes

Begins	Day	Time	Classes	Location	Cost
3/23	Sat	9a-12p	1	NICT	\$59

BACK AGAIN SPRING FLORAL ARRANGING

Learn to create unique, personalized, one-of-a-kind floral arrangements that will add color and fun to your home décor or make a great gift. Each week you will make one new arrangement using a variety of fresh and/or silk materials. Week 1: Create a fun spring arrangement. Week 2: Create a beautiful Mother's Day arrangement to keep or share. Week 3: Decide between a prom or graduation arrangement. Your creativity can be inspired by silks and supplies you may already have or fresh flowers and containers that can be purchased from the instructor. If you have a vessel you would like to use for your arrangement, bring that too. The fee for the class is for instruction only. All materials for your arrangement are at your own expense. Please bring scissors and/or cutters strong enough to cut floral wire. A general supply list will be provided each week before class.

Instructor: Tisha Tucker, Perfect Petals

Begins	Day	Time	Classes	Location	Cost
4/2	T	7-9p	3	HMC	\$49

LANGUAGE LEARNING

RECOMMENDED GERMAN FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

Instructor: Refika Sariander, German Instructor

Begins	Day	Time	Classes	Location	Cost
2/7	W	6-8p	12	HMC	\$149

BACK AGAIN ITALIAN FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

Instructor: Gina Austin, Italian Instructor

Begins	Day	Time	Classes	Location	Cost
2/8	Th	7-9p	12	HMC	\$149

FRENCH FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

Instructor: Sirana Jamkartanian, French Instructor

Begins	Day	Time	Classes	Location	Cost
2/8	Th	6-8p	12	HMC	\$149

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