



SPRING | 2021

# COMMUNITY EDUCATION

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# wsu SPRING | 2021 COMMUNITY EDUCATION

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## DON'T FORGET TO CHECK OUT OUR ONLINE CLASSES!

Due to the COVID-19 global pandemic, we have taken steps to ensure public safety and your comfort in these classes. As such, we are delighted to once again offer several ONLINE Community Education classes in addition to our in-person classes. These classes will meet using Zoom during the scheduled dates and times. Instructions detailing how to access and use Zoom will be emailed to students prior to the first class.



## COVID-19 NOTICE

During these unprecedented times, we remain committed to protecting the health and safety of our guests. For this reason, Wichita State University has taken the following actions to reduce the risk of COVID-19 at the Metropolitan Complex:

- Class capacity will be limited based on state of Kansas and Sedgwick County guidance at the time of the first class meeting.
- All students, faculty, staff and visitors to Wichita State University and the Metropolitan Complex are **expected to wear face coverings at all times.**
- Guests are expected to maintain 6 feet of social distancing.
- All classroom spaces, common areas and public spaces will be disinfected on a frequent basis.
- There will be hand sanitizing units at each main entrance to the facility.

*\*COVID-19 is a complex, challenging, and fluid situation which continues to evolve rapidly. All information on these pages is subject to change as deemed necessary by University leadership in accordance with guidance and recommendations issued by federal, state, and local public health and government officials.*

**HMC @ HUGHES METROPOLITAN COMPLEX**  
5015 E. 29TH ST. NORTH, WICHITA, KS 67220

**SOUTH @ WSU SOUTH**  
3821 E. HARRY STREET, SUITE B105  
WICHITA, KS 67218



## ARTS & CRAFTS

### ADOBE PHOTOSHOP: A PRACTICAL APPROACH TO SHOOTING, EDITING AND FINALIZING PHOTOS

This course is designed for photographers with basic to intermediate level photography skills. Students will learn to shoot and then creatively finalize images. Topics to be covered include camera functions, basic color correcting, cropping, retouching and finalizing images using some advanced techniques with layering. Students will have the opportunity to shoot on location and apply techniques learned in class to create amazing and one-of-a-kind works of art.

*Instructor: Brian Duram, Duram Photography*

Location	Classes	Begins	Day	Time	Cost
HMC	6	3/4	Th	6-8p	\$79

### BANGLES AND BEADS <sup>NEW</sup>

Do you love jewelry and wearing bracelets? Would you like to learn how to make your own? If so, this class is perfect for you! Join us for some creativity and culturally inspired art making. We will learn about African and Indian traditions through handmade wearable art/jewelry inspired by the Maasai tribe beading tradition (from central and Southern Kenya and Northern Tanzania) and Indian paper mache with colorful combinations. You will get to choose your own color combinations and adornments and learn how to make paper beads for future projects. This will be a make and take experience. At the end of class you will take home your own handcrafted bracelet! No prior experience required. Cost includes supplies.

*Instructor: Marie Taylor, Valley Center Art Teacher, OatK12 Teachers Art Facebook Group Administrator and Power to the Girls Online Workshop Instructor*

Location	Classes	Begins	Day	Time	Cost
SOUTH	1	4/15	Th	7-9p	\$54

### BASIC CALLIGRAPHY <sup>NEW</sup>

During this two-hour class, you will learn all the basics of dip-pen/pointed-pen calligraphy and letter forms of the traditional and modern-day calligraphy. Students will get a solid introduction into using their calligraphy tools, setting up their workspace and supplies, forming basic strokes of all the upper and lowercase letter forms, and how to develop good writing habits. Emilee, a calligrapher and artist for 12 years, has taught hundreds of students around the Wichita-area this beautiful returning art form! Cost includes supplies.

*Instructor: Emilee Stucky, Emilime Designs*

Location	Classes	Begins	Day	Time	Cost
HMC	1	2/27	Sat	10a-12p	\$84

## BUSINESS & FINANCE

### HOW TO FINANCE A COLLEGE EDUCATION

WSU is offering a FREE financial-aid planning seminar. Whether you are a high school student, a parent planning your child's education or an adult learner, this is your opportunity to learn what types of financial assistance are available and how to qualify. WSU staff will remain on-site following the presentation to answer questions. Reservations are required: (316) 978-3731.

*Instructor: WSU Office of Financial Aid Staff*

Location	Classes	Begins	Day	Time	Cost
HMC	1	2/13	Sat	10-11:30a	FREE

### SUCCESSFUL GRANTWRITING 101

Understand the "must haves" in every fundable concept. Learn how and where to find grant makers interested in you, the grant seeker, and your idea. Learn how to create a proposal capable of securing funds for your department or organization. This class will help beginners hone the skills needed to begin research and prepare fundable proposals.

*Instructor: Robert Hull, Co-founder & Past President of the Kansas Professional Grant Association*

Location	Classes	Begins	Day	Time	Cost
ONLINE	4	2/2	T	7-9p	\$119

## CAREER & TECHNOLOGY

### DIGITAL LITERACY NEW

Digital literacy refers to an individual's ability to find, evaluate, and compose clear information through writing and other media on various digital platforms. This course is designed to help you learn how to effectively use devices, software, and the internet to collaborate with others and discover, use, and create information. During this class, we will cover the basics from how to access the internet, to web searches, social media and beyond.

*Instructor: Erik McCall, Accessible Document Specialist, Media Resources Center, Wichita State University*

Location	Classes	Begins	Day	Time	Cost
HMC	6	3/2	T	7-9p	\$89

### INTRODUCTION TO MICROSOFT OFFICE

Learn the basic functionality of Microsoft Word, Excel, PowerPoint and Outlook in this overview course. You will learn how to create, edit and format documents using Microsoft Word. You will have the opportunity to apply your knowledge in class as you work with tables, document styles and layout pages. You will learn how to enter, navigate, modify, move, copy, format and print data in Excel. You will learn how to create and edit slides, use drawing tools, clip art, charts and graphs, while adding transitions, animation and sound using Microsoft PowerPoint. The class will conclude with a presentation on Microsoft Outlook. In this session, you will learn how to set up and manage email, calendars and contacts in Outlook. Cost includes text.

*Instructor: Jeremy Webster, Media Resources Center, Wichita State University*

Location	Classes	Begins	Day	Time	Cost
HMC	6	2/3	W	6-9p	\$149

## CULINARY

### BISCUITS, SCONES AND SHORTCAKE, OH MY! NEW

In this 2-day class we will make and discuss classic Buttermilk Biscuits, Cheddar Dill Biscuits, Raspberry Almond Scones, and Strawberry Shortcake. Chef Hannah will answer questions and will share how to get fluffy delicious biscuits every time!

*Instructor: Hannah Pease, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	2	3/1 & 3/2	M & T	6-7p	\$44

### COMFORT FOOD 101: PREPARING THE PERFECT SUNDAY BRUNCH NEW

When only comfort food will do, the go to is homemade chicken and waffles! Making true southern fried chicken is not easy, but when done properly, not much compares. We will discuss what parts of the chicken are best for each preparation and how to always get a crunchy exterior when frying. We will also go over sides, as we make our own hash browns. In addition, we will make sauces including a spicy honey butter and a smoked maple syrup. Brunch is a great start to your day especially when paired with a mimosa!

*Instructor: Rebecca Pensyl, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	1	3/2	T	6-7:30p	\$49

### DESSERT FOR TWO NEW

In this two-day class, we will be making a crème brûlée and a chocolate soufflé. A crème brûlée is a rich custard topped with a caramelized sugar top. A chocolate soufflé is an egg-based cake, which received its name from how it rises in the oven. In pastry, these desserts can be intimidating. We will slowly cover each dessert together resulting in perfect silky custard and a rich, elegant soufflé. In addition, we will pair sauces and troubleshoot each dessert.

*Instructor: Rebecca Pensyl, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	2	2/9 & 2/10	T & W	6-8p	\$54

### HOMEBREWING 101

So, you want to make your own beer at home? Come learn how to do it with the pros! Join Rick Goehring, Head Brewer for Walnut River Brewing Company, for two days of hands-on experience where we will brew and bottle a batch of beer. This class will go over all the equipment needed to get started, how to use it, and the basic procedures and techniques you'll need to know to make great beer. The first week, we will brew a beer using an extract kit that most homebrewers typically start with. The second week will include bottling and conditioning of the beer. You will get a portion to take home with you at the end of the class and we will raffle off the equipment we used to make our beer so that one lucky student can get started right away! **You must be at least 21 years of age to enroll.**

*Instructor: Rick Goehring, Walnut River Brewing Company*

Location	Classes	Begins	Day	Time	Cost
WRBC	2	4/4 & 4/18	Sun	12-5p	\$84

## INTRODUCTION TO SPECIALTY COFFEE

Whether you are a coffee novice, enthusiast or budding barista, this class is for you. Join local coffee aficionado Andrew Gough as we explore all things coffee! This four-week class includes Introduction to Specialty Coffee—the history of coffee and a tour of the Reverie Café and roasting plant; Coffee: Art and Science—coffee extraction, origins and brewing; Coffee Shop Etiquette—roasting and roasts, café ordering and experience; and Home Brewing Made Easy—essentials of great coffee at home, grinder, coffee and water (and patience), pairing food and coffee and entertaining with coffee. Students will sample and taste a variety of coffees/espressos each week.

*Instructor: Andrew Gough, Reverie Coffee Roasters*

Location	Classes	Begins	Day	Time	Cost
RCR	4	4/3	Sat	9-11a	\$84

### INTERNATIONAL WINE COUNTRY FUN NEW

This course will provide an overview of Spain and Italy's growing regions and wines produced. We will learn about the grape varieties and winemaker technique that make these two countries leaders in the Global Wine Market. Both countries are unique with exceptional terroir and a modern approach to wine making. More importantly the exportation of some of their finest wines has provided us with some of the best wines at your local wine merchant. You'll enjoy a thoughtful educational presentation followed by a tasting of 7 wines from each country. **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*

Location	Classes	Begins	Day	Time	Cost
HMC	2	3/1	M	7-9p	\$89

### MEXICAN COOKING NEW

Have you ever dreamed about your favorite food truck becoming an actual restaurant? That is exactly what Manny did. His food truck was so popular that he turned it into the well-known Mexi-Kan restaurant in Derby, Kansas. If you are interested in learning about some great Mexican style recipes or in participating in a fun class with family or friends, this class will be perfect for you! You will get the opportunity to create and enjoy a meal alongside Manny and learn his tips to creating a great Mexican meal. You will leave the class with a printout of all recipes! Come ready to cook a meal as a group, with Manny's guidance, and enjoy a full meal at the end as a reward! What a fun way to jazz up a weeknight dinner! Cost includes supplies.

*Instructor: Manuel Aviles, Owner, Mexi-Kan*

Location	Classes	Begins	Day	Time	Cost
HAYSVILLE	1	4/22	Th	5:30-7:30p	\$89

**HMC** • HUGHES METROPOLITAN COMPLEX  
5015 E. 29TH ST. NORTH, WICHITA, KS 67220

**WRBC** • WALNUT RIVER BREWING COMPANY  
111 W. LOCUST AVE, EL DORADO, KS 67042

**RCR** • REVERIE COFFEE ROASTERS  
2206 E. DOUGLAS AVE., WICHITA, KS 67214

**HAYSVILLE** • WSU HAYSVILLE  
106 STEWART AVENUE, HAYSVILLE, KS 67060

## MORNING BUNS <sup>NEW</sup>

Morning Buns are a great start to any day. Made with a light and airy sweet dough, then swirled with a cinnamon-sugar-orange zest mixture and finished with more cinnamon and sanding sugar when they come out of the oven. Easy and simple for anyone wanting to surprise their loved ones or themselves with a special treat!

*Instructor: Rebecca Pensyl, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	1	2/2	T	6-7:30p	\$49

## PASTA PARTY <sup>NEW</sup>

In this 2-day class, we will make and discuss two types of pasta. Day one we will make a Classic Spaghetti and Meatballs with a spicy twist. We will go through the process of making fresh pasta dough, sauce, and meatballs. On day two, we will make a decadent Goat Cheese and Spinach Tortellini with a Brown Butter Lemon Sauce!

*Instructor: Hannah Pease, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	2	3/8 & 3/9	M&T	6-8p	\$54

## PÂTE À CHOUX <sup>NEW</sup>

Using very few ingredients, this light French pastry is very versatile. We will cover cream puffs, eclairs, St. Honore, Paris-Brest, and so much more. We will also cover fillings and toppings to go along with each dessert!

*Instructor: Rebecca Pensyl, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	1	3/1	M	6-7:30p	\$39

## RECIPES FROM YOUR FAVORITE WICHITA RESTAURANTS <sup>NEW</sup>

Restaurant food so often just tastes better than what we can make at home. But what if you could make some of Wichita's best restaurant recipes in your own kitchen? This online cooking class, lead by Denise Neil of the Wichita Eagle's Dining with Denise column, will help you make things like Tanya's Soup Kitchen's chicken curry over rice and bread pudding, Luciano's pork loin in mushroom sauce, Larkspur's seared ahi tuna and more.

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

Location	Classes	Begins	Day	Time	Cost
ONLINE	6	3/1	M	6-8p	\$129

## ROMANTIC DINNER FOR 2 <sup>NEW</sup>

Want to impress that special someone? Learn how to prepare a romantic meal for two including cocktail and wine pairings! We will prepare the classic cocktail French 75, along with a fresh Winter Salad, a smashed roasted Sweet Potato, and the crowning jewel...2 perfectly cooked Filet Mignon! This is the ideal romantic date night meal or a meal you can make anytime you are feeling particularly fancy! Not to worry, we will also be discussing the perfect wine to go with your delicious meal!

*Instructor: Hannah Pease, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	1	2/3	W	6-8p	\$49

## SPRING PIES <sup>NEW</sup>

In this class, we will make and discuss two very different but delicious pies. The first is a lime and fresh fruit tart and the second is a Strawberry Rhubarb Crumb Crostata. These pies are bright and fruity, perfect for the coming spring season!

*Instructor: Hannah Pease, Chef, Little Batch Company*

Location	Classes	Begins	Day	Time	Cost
ONLINE	2	3/30 & 3/31	T&W	6-8p	\$54

## TAME YOUR ELECTRIC PRESSURE COOKER

Were you one of many this past holiday season who purchased or was gifted this miracle kitchen gadget, but are too overwhelmed to use it? Whether it is old war stories of exploding pressure cookers told by your grandmother or just feeling overwhelmed by all the buttons, this class is for you. Together with other pressure cooking newbies, we will tame your instant pot/multi-cooker so that you can dazzle your family and friends with home-cooked meals made in a fraction of the time! Please come to class with your electric pressure cooker and an appetite to learn and to eat!

*Instructor: Tricia Thomas, Cooking Instructor*

Location	Classes	Begins	Day	Time	Cost
HMC	2	4/8	Th	7-9p	\$59

## VARIETAL COMPARISON

This course will provide an in-depth overview of a specific grape variety, its origins, history and flavor profile. We will discuss the factors that dictate price to include vineyard location and pedigree, label recognition and track record, awards and 100-point number ratings as well as availability based on production. Each class will include a thoughtful guided tasting of 6 or 7 wines highlighting the differences and similarities and the reasoning behind both. **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*

Location	Classes	Begins	Day	Time	Cost
HMC	2	3/22	M	7-9p	\$89

## VEGAN COOKING <sup>NEW</sup>

Whether you are a vegan, curious about vegan cooking, or interested in trying new foods, this vegan cooking class can get you started. You will gain hands-on experience in creating delicious, healthy, and fun, new meals that anyone, including (dare I say) carnivores, can enjoy. You will learn tips and tricks to create nutritious vegan meals, help harvest, prepare and sample dishes, and you will walk away with some great new recipes. A scrumptious vegan dinner is included in this fun learning experience! Bon appetit! Cost includes supplies.

*Instructor: Charolett Knapic, Owner Beautiful Day Cafe*

Location	Classes	Begins	Day	Time	Cost
BDC	1	4/28	W	5:30-7:30p	\$49

**HMC @ HUGHES METROPOLITAN COMPLEX**  
5015 E. 29TH ST. NORTH, WICHITA, KS 67220

**BDC @ BEAUTIFUL DAY CAFE**  
2516 E. CENTRAL AVE. WICHITA, KS 67214

**SOUTH @ WSU SOUTH**  
3821 E. HARRY STREET, SUITE B105, WICHITA, KS 67218

**WRBC @ WALNUT RIVER BREWING COMPANY**  
111 W. LOCUST AVE, EL DORADO, KS 67042

**RCR @ REVERIE COFFEE ROASTERS**  
2206 E. DOUGLAS AVE., WICHITA, KS 67214

**HAYSVILLE @ WSU HAYSVILLE**  
106 STEWART AVENUE, HAYSVILLE, KS 67060

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

# HISTORY & CURRENT EVENTS

## AMERICAN SILENT FILMS <sup>NEW</sup>

Recent years have seen an international resurgence of interest in the fabulous three-decade history of silent films. In this class, we will revisit that history as it played out in the United States, from the earliest experiments with moving images in the 1890s to the dazzling visual riches of the "high silent" period of the 1920s. Each week we'll see one or more films from that golden era, featuring the great silent comedians like Charlie Chaplin and Buster Keaton, major movie stars such as Mary Pickford, and the directorial wizardry of John Ford and King Vidor, as well as delving into the story behind the scenes. For those already familiar with the silent era, or for those just discovering it for the first time, this will be both a fascinating slice of history and a memorable cinematic banquet.

*Instructor: J.B. Kaufman, Film Historian & Author*

Location	Classes	Begins	Day	Time	Cost
HMC	6	3/3	W	6-8p	\$89

## GREAT DECISIONS 2021 <sup>NEW</sup>

Join our weekly conversations as we engage in an exciting and intellectually stimulating discussion of challenging current global issues and their implications for America today and in the future. Lectures, readings and expert commentators provided in video programs developed by the Foreign Policy Association, will provide context for our lively discussions. Topics include The Role of International Organizations in a Global Pandemic, Global Supply Chains and National Security, China and Africa, Korean Peninsula, Persian Gulf Security, Brexit and the European Union, The Fight over the Melting Arctic and The End of Globalization?

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

Location	Classes	Begins	Day	Time	Cost
HMC	10	2/4	Th	1:30-3:30p	\$157

## HISTORIC WALKING TOUR ALONG THE ARKANSAS RIVER <sup>NEW</sup>

The Arkansas River defines Wichita, but it has meant different things at different times. It has been a potential route of commerce, a dividing line, an industrial sewer, a playground, a haven of vice, an upscale residential area, a greenspace, and center of development. Join us as we explore this river and what it has meant to the city then and now.

*Instructor: Dr. Jay Price, Chair & Professor, Department of History, Wichita State University*

Tour Date	Day	Time	Cost
5/1	Sat	10a-1p	\$40

## KANSAS HIDDEN TREASURES <sup>NEW</sup>

Ever want to travel Kansas from the comfort of your easy chair? This semester, you can. During this six-week class, we will read and discuss *The Kansas Guidebook 2*, authored by Marci Penner and WenDee Rowe of the Kansas Sampler Foundation. The book features some of the best but least known places to visit as well as the mouth-watering restaurants you'll want to stop at in between. Each week you will get a chance to ask regional travel experts what Kansas has to offer. You will get a sense of time and place as we look at the culture, history and legacy of some of Kansas hidden treasures. Stay safe and Zoom travel with us as we explore the back roads of Kansas. Cost includes text.

*Instructor: Becky Tanner, Adjunct Instructor, Department of History, Wichita State University*

Location	Classes	Begins	Day	Time	Cost
ONLINE	6	3/4	Th	7-9p	\$89

## SUCCESSFUL AGING: THEORY, RESEARCH & PRACTICAL APPLICATIONS <sup>NEW</sup>

The term "successful aging" has been used for the past 30 years to stimulate theory, research and action around how quality of life and health can be maximized as we age. We will review current research on the biomedical and social-psychological aspects of aging and focus on demonstrations of how lifestyle changes and strategies can influence the course of aging. We'll review how the aging of U.S. society over the past 100+ years has created social policy challenges for us. We'll also discuss innovative responses to these challenges including creating age-friendly communities, developing new technologies, and producing and marketing products that are responsive to a wide range of needs of older adults including lifelong learning and education.

*Instructor: Dr. Louis Medvene, Professor of Psychology, Emeritus, Wichita State University*

Location	Classes	Begins	Day	Time	Cost
HMC/ONLINE	6	2/17	W	1:30-3:30p	\$84

## HOME & DIY

### BASIC LANDSCAPING <sup>NEW</sup>

Interested in landscaping but don't know where to begin? Whether you want flowerbeds for home gardens, lawns for family fun, fruits and veggies for quality food, walkways, or fences for home improvement, learning about landscaping can be a delight in many areas of your home life. This class will help you with finding resources, basic landscaping skills, and construction, as well as landscaping terminology through a mixture of study and hands on experiences.

*Instructor: Charolett Knapic, Owner Echo Landscapes and Beautiful Day Cafe*

Location	Classes	Begins	Day	Time	Cost
BDC	4	3/6	Sat	11a-1p	\$64

## 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 bee hive. 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.

*Instructors: Jim & Sharon Rowan, Rowan's Honey Shop*

Location	Classes	Begins	Day	Time	Cost
WEST	4	2/1	M	7-9p	\$69

## SPRING FLORAL ARRANGING

Learn to create unique, personalized, one-of-a-kind floral arrangements that will add color and pizzazz to your home décor. Each week you will make one new arrangement using a variety of fresh and silk materials. Weeks 1 and 2: You will work with fresh flowers to create beautiful vase and centerpiece arrangements. Weeks 3 and 4: You will be working with silks to construct a decorative floral swag and a spring/summer wreath. You will select and purchase silk flowers in your choice of colors as well as ribbon and other fun elements that you want to incorporate into your designs. A supply list will be provided for each week.

*Instructor: Tisha Tucker, Perfect Petals*

Location	Classes	Begins	Day	Time	Cost
SOUTH	4	3/10	W	7-9p	\$59

## SUSTAINABILITY CLASS <sup>NEW</sup>

Is saving the environment something that interests you? Have you ever wondered how to use your own abilities to help avoid the depletion of our natural resources? This sustainability class will give you a great place to start. You will get a hands-on approach to managing water on your piece of planet, saving on heating and cooling costs, lowering cleaning and food costs, composting for healthy fertilizer, growing food in pots, and outdoor gardening, for a happier, sustainable life. You will have a planted window pot to take home and a surprise bonus if you ride your bike or car-pool! Cost includes supplies.

*Instructor: Charolett Knapic, Owner Echo Landscapes and Beautiful Day Cafe*

Location	Classes	Begins	Day	Time	Cost
BDC	2	4/17	Sat	11a-1p	\$54

**HMC** HUGHES METROPOLITAN COMPLEX  
5015 E. 29TH ST. NORTH, WICHITA, KS 67220

**BDC** BEAUTIFUL DAY CAFE  
2516 E. CENTRAL AVE. WICHITA, KS 67214

**SOUTH** WSU SOUTH  
3821 E. HARRY STREET, SUITE B105  
WICHITA, KS 67218

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

## THE BASICS OF GARDENING <sup>NEW</sup>

This class will cover the basic information you need to know to grow plants, whether those are edible plants or just your landscape. This will class is a good primer for those just starting to garden, and even for those who know something about gardening but are not sure of some of the aspects of gardening. We'll start with what to look for in buying plants, how to prepare the soil, what needs to be done before planting, how to plant, how to water, how much to water, and when to apply fertilizer, if needed. We will also touch on how the environment interacts with the plants, such as weather, insects, weeds, etc. There will also be some customization of the course to include topics the students have interest in.

*Instructor: Kathy Bagwell, Master Gardener*

Location	Classes	Begins	Day	Time	Cost
HMC	4	3/4	Th	7-9p	\$59

## LANGUAGES & LITERATURE

### AMERICAN SIGN LANGUAGE (ASL) - BEGINNER

Cost includes text.

*Instructor: Kimberly Smith, Interpreter*

Location	Classes	Begins	Day	Time	Cost
HMC	12	2/6	Sat	10a-12p	\$149

### ITALIAN

Cost includes text.

*Instructor: Gina Austin, Instructor of Italian*

Location	Classes	Begins	Day	Time	Cost
HMC	12	2/6	Sat	10a-12p	\$149

### SPANISH FOR TRAVELERS

Cost includes text.

*Instructor: Allison Bailey, Instructor of Spanish*

Location	Classes	Begins	Day	Time	Cost
HMC	12	2/4	Th	7-9p	\$149

## RECREATION, FITNESS & HEALTH

### 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 the students to play socially or in duplicate bridge games. Different online applications will be used to allow the students to sort and play with the cards and play the bridge hands even though we will be online instead of face-to-face in the classroom. Cost includes text.

*Instructor: Mary Beck, Instructor of Bridge*

Location	Classes	Begins	Day	Time	Cost
ONLINE	8	2/3	W	6:30-9p	\$115

## BEGINNING MEDITATION <sup>NEW</sup>

Begin to strengthen, balance and align your mind, body and soul through the practice of meditation. This class will combine gentle movement, discussion and guided and silent practices to begin to work and deepen each student's personal experience. Students will learn various meditation techniques including breath work, mantra repetition and visualization, which can help reduce stress and anxiety, promote emotional and physical health, benefit memory capacity and brain management and even inspire kindness and compassion.

*Instructor: Kayla Ragan, Meditation Teacher*

Location	Classes	Begins	Day	Time	Cost
HMC	6	3/2	T	7-8p	\$54

### CHAIR YOGA FOR SENIORS

Exercise is important at any age. Yoga is one type of exercise that benefits students of all ages, especially those age 60+, by helping to develop strength, endurance and stability while improving flexibility. Yoga for seniors is a chair-based class for beginners, which includes some standing poses. During class, we will work on strengthening and stretching all major muscle families as we focus on breathing and calming the nervous system.

*Instructor: Kayla Ragan, Yoga Alliance Certified Registered Yoga Teacher*

Location	Classes	Begins	Day	Time	Cost
HMC	6	3/3	W	10-11a	\$54

### DANCE AT HOME <sup>NEW</sup>

Dance at Home is a movement course offered via Zoom. This course will focus on dancing and movement expression in various spaces in the home. Dance at Home is appropriate for beginners through professionals. The focus will be on moving the body to facilitate self-expression, relieve tension, and to build community. Weekly classes may be given/taken in bedrooms, in living rooms or hallways. Household "props" such as a couch, chair or bed may be used as part of movement sequences and creativity.

*Instructor: Cheyla Clawson, Assistant Professor of Dance, School of Performing Arts, Wichita State University*

Location	Classes	Begins	Day	Time	Cost
ONLINE	6	3/1	M	7-8p	\$59

### NORDIC WALKING <sup>NEW</sup>

Nordic walking is a simple enhancement of normal walking, while adding the upper body, much like a cross-country skier with walking poles. The poles remain behind the body and are used to engage several upper body muscles to create a full body workout. Nordic walking has been popular for many years in Europe. This class is designed as an introductory class to anyone interested in increasing their fitness level. Ages 18+ are encouraged to attend. Fee includes walking poles.

*Instructor: Connie Urbanek, Physical Therapist Assistant*

Location	Classes	Begins	Day	Time	Cost
HMC	4	3/23	T	6-7:30p	\$49

## THE ART OF FLY FISHING 101

Fly Fishing 101 is a course for those of beginner and intermediate skill levels who are interested in learning more about the art of fly fishing. This course will cover all aspects of the sport, from the history of fly fishing to the equipment needed to get started in the sport. Students will receive information about how to buy their first fly rod and reel and how to maintain fly fishing equipment that they already own. Participants will also get hands-on training on how to tie fly fishing knots used while on the water as well as how to rig a fly rod for fishing different types of flies. All equipment will be provided.

*Instructor: Rick Brown, Education Chairman, Flatland Fly Fishers Club*

Location	Classes	Begins	Day	Time	Cost
HMC	6	2/1	M	7-9p	\$74

## THE ART OF FLY FISHING 102

Learn more about the art of casting a fly rod. This course will cover the basic casts needed to get started in the sport. Topics covered during this course will include becoming proficient with the overhead and roll casts. Students will receive hands-on instruction with these casts. All equipment will be provided.

*Instructor: Rick Brown, Education Chairman, Flatland Fly Fishers Club*

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

## THE ART OF FLY FISHING 103

Fly Fishing 103 is a six-week course for the beginner interested in learning the art of fly tying. This course will cover the basic tying technique needed to get started and become proficient in tying your own flies. Topics covered during this course will include both wet and dry flies for both warm and cold water fish. The instructor will provide all the fly tying vices and tools as well as the materials you will need.

*Instructor: Rick Brown, Education Chairman, Flatland Fly Fishers Club*

Location	Classes	Begins	Day	Time	Cost
HMC	6	2/3	W	7-9p	\$89

## YOGA FOR ACTIVE SENIORS

Balance and strengthening yoga postures will be utilized to keep your body safe and mobile through your daily routines. Combined with yoga breathing and conscious movement this yoga course is excellent for those seniors who are able to move around easily but would like to add more strength and stability. Please wear comfortable clothes you can move in and bring a yoga mat and/or blanket. No prior yoga experience is necessary.

*Instructor: Amy Waliczek, Yoga Central*

Location	Classes	Begins	Day	Time	Cost
HMC	10	2/11	Th	6:30-7:30p	\$64



**For Office Use Only**

Registration taken by: \_\_\_\_\_

Method of payment: \_\_\_\_\_

Entered in Enrole by: \_\_\_\_\_

**PRINTABLE REGISTRATION FORM**

Register online or complete this form and return to:  
WSU Community Education, 1845 Fairmount St., Box 136, Wichita, KS 67260-0136

\_\_\_\_\_  
Name

\_\_\_\_\_  
Mailing address

\_\_\_\_\_  
City, State & Zip

\_\_\_\_\_  
Day phone

\_\_\_\_\_  
Evening phone

\_\_\_\_\_  
E-mail address

Please check your age bracket:

- 18 or under  19-30  31-45  46-60  61-75  75+

Is this your first time taking a WSU community education class?

YES NO

Are you a WSU graduate? YES NO

May we e-mail class information to you? YES NO

How did you hear about the WSU Community Education program?

(Please check all that apply.)

- Postcard received in the mail  
 Postcard received on WSU Campus  
 WSU Email  
 Social Media (Facebook, Twitter)  
 Friend or Family

I am registering for the following classes:

\_\_\_\_\_  
Class Cost

\_\_\_\_\_  
Class Cost

\_\_\_\_\_  
Class Cost

\_\_\_\_\_  
Class Cost

Make check or money order payable to the **Office of Community Education** or provide the following credit card information (\*A fee of \$15 will be charged for all returned checks.):

Credit card information: (Visa, Mastercard, Discover, American Express)

\_\_\_\_\_  
Account number

\_\_\_\_\_  
Expiration date

\_\_\_\_\_  
Name on card

\_\_\_\_\_  
Security code (3 digit code on back of card or 4 digit code on front of AMEX)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Photo usage** By attending WSU Community Education classes, you give Wichita State the right to take photos and use your image in future promotional materials.

**Accessibility** Wichita State University is committed to making programs accessible to persons with disabilities. If you wish to volunteer information regarding any special assistance you may need, please notify the Office of Community Education, 316-978-3731.

**Notice of Non-Discrimination** Wichita State University does not discriminate in its employment practices, educational programs, or activities on the basis of age (40 years or older), ancestry, color, disability, ethnicity, gender, gender expression, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. The following persons have been designated to handle inquiries regarding WSU's non-discrimination policies: the Institutional Equity and Compliance Director (Telephone: (316) 978-3205), Title IX Coordinator (Telephone: (316) 978-5177), or Equal Opportunity Coordinator (Telephone: (316) 978-3186), each located at Wichita State University, 1845 Fairmount, Wichita, KS 67260, Human Resources Building.

**Cancellation Policy** We will refund 100% of your registration fee if the class you wish to take is full or if the class is canceled. A student who withdraws a minimum of 24 hours prior to the first class will receive a registration refund less 15%. Failure to attend class does not constitute withdrawal. All withdrawals must be received in writing and postmarked prior to the first class meeting. No refunds will be issued after the first class meeting. TRIP CANCELLATION: A 15% administrative fee will be assessed on all cancellations received more than 7 days prior to departure. NO REFUNDS will be issued within 6 days of trip departure.

**COVID NOTICE** COVID-19 is a complex, challenging, and fluid situation which continues to evolve rapidly. All information on these pages is subject to change as deemed necessary by University leadership in accordance with guidance and recommendations issued by federal, state, and local public health and government officials.

**IF YOU WOULD LIKE TO REGISTER OVER THE PHONE, PLEASE CALL 316-978-3731.**