

# Pueblo Community College - Fremont Campus

# Senior Mini College



## March 18-22, 2024

[pueblocc.edu](http://pueblocc.edu)



**Fremont**  
**SENIOR MINI COLLEGE**  
Pueblo Community College



## REGISTRATION INFORMATION:

- Please look through the program of classes. Included you will find the day, time, instructor's name, and a brief description of the class. Each class is also assigned a CRN number.
- The CRN number is used for data entry when you register for the class(es.) The CRN number for each class you want to take is REQUIRED to complete your registration.
- Please note: You may be required to pay an additional fee for supplies or bring your own supplies for some courses. These fees and required supplies, for the class, are noted in the course description. All fees are payable to the instructor.
- Select the classes you would like to take, keeping in mind, classes fill quickly, **so you must have a second choice selected.** Complete a registration form and then turn it in at the PCC Fremont Campus Office.
- **Registration begins on March 1. On March 1, you will only be able to register for yourself and 1 other person and there will be NO telephone registration.**
- Payment for classes is due at the time of registration.
- The registration form requires your date of birth and your signature. After your application has been processed, you will be issued a student ID number. This is not your Social Security number.
- Instructors will be provided with a list of students enrolled in the class. You may not attend a class unless you have registered for it.
- Locations for classes will be printed and distributed every morning during Senior Mini College and volunteers will be available to assist you with finding your classroom.

**REMINDER:** Lunch reservations and payment are due by 3:00 pm on Friday, March 15.

The 37<sup>th</sup> annual Senior Mini College is March 18-22. Registration opens on Friday, March 1 at 8:00 AM and will continue Monday-Friday 8:00 AM – 4:30 PM until March 11. Unfortunately, we will not be able to accept any registration prior to March 1. Students should bring a completed registration form to the Fremont Campus Office (the form is available in the Shopper insert or on the PCC website).

Payment Information: Cost for Senior Mini College is \$10 per day or \$45 for the week. There is no "per class" option. Payments may be made by cash, check or credit card. Lunch is available for an additional \$15 per day.

For the safety and comfort of all students, class sizes are limited. Classes are offered on a first-come, first-served basis. The Mini College Steering Committee has worked to find a few larger presentation spaces, as well as ask presenters to repeat classes. Please remember you must be registered for a class in order to attend.

## FOR YOUR CONVENIENCE

**Hospitality Room:** Located in the Fremont Campus Learning Resource Center (LRC).

**Hours:** 8:00 AM-4:00 PM

Meet old friends and make new friends! Enjoy coffee and donuts in the morning before your class and during the morning break! Bring your own brown bag lunch or order from the lunch selections.

## LUNCHES

<b>Monday:</b>	Fremont County Cattlewomen's Association BBQ—BBQ sandwich, beans, chips and homemade pie
<b>Tuesday:</b>	AP Catering – Taco Tuesday
<b>Wednesday:</b>	Coyote's Coffee Den - Deli sandwich, potato salad/coleslaw, chips and cookie
<b>Thursday:</b>	Pizza Madness - Pasta, salad and dessert
<b>Friday:</b>	NA

## DAILY EVENTS

- **Monday, 3-18-24**  
Welcome and introductions
- **Tuesday, 3-19-24**  
**General Resource Day:** Information tables from local businesses, organizations and service providers. You are encouraged to visit these tables between sessions and during lunch.
- **Wednesday, 3-20-24**  
**Meet the Authors!** Local authors will have tables set up in the Fremont Campus corridors. Come and meet these talented folks and support them!
- **Thursday, 3-21-24**  
**Health Resource Day:** Visit the tables and booths of local organizations and businesses that cater to your health and wellness needs.



# Fremont

## SENIOR MINI COLLEGE

Pueblo Community College



# SENIOR MINI COLLEGE Class Offerings



The 2024 Pueblo Community College Senior Mini College is dedicated to our friends of life-long learning Marv Bradley and Susie Bell.

Marv was a strong proponent of education. He founded and was president of the Professional Institute Broadcast School in Iowa from 1967 to 1970. After moving to Colorado, he received a bachelor's degree from the University of Southern Colorado (now CSU Pueblo) and an MBA from the University of Colorado

in Colorado Springs. He was instrumental in bringing the Pueblo Community College (PCC) campus to Canon City, and he taught business classes at PCC in the 1980s. Marv was inducted into the PCC Foundation's Fremont Hall of Fame in 2009.

Marv's nickname, "The Marathon Man," reflects not only his physical endurance but also his determination and persistence in pursuing his passions, be it in education or in his personal endeavors. It's evident that he lived life to the fullest, cherishing his relationships with family, friends, and his community along the way.



It is hard to encapsulate all that Susie meant to this community in a few short sentences, but specific to the Fremont Campus of PCC, she was a champion of higher education especially for elevating and empowering women. She served on the Pueblo Community College Foundation board and established a scholarship fund with her husband to help enable financial pathways for many young students who would not have otherwise had opportunities to achieve higher education degrees and certifications. Considering herself a child at heart,

Susie generously gave much of her time as a volunteer at Starpoint as well as organizing youth reading groups at the library. Though Susie often wanted to give of herself and her talents anonymously, it is with immense pride that the Senior Mini College committee shines a bright light on her accomplishments as we dedicate this 2024 event in memory of her.

Susie Bell was a woman of many talents and passions that have been of great significance to Fremont County during her 40 years as a Canon City resident.

She grew up in Wyoming on a family ranch, attended boarding school in Salt Lake City, and went on to pursue a degree in theatre arts at Lake Erie College in Ohio. Beyond that milestone, she attended The University of Denver receiving her master's degree in library science. Both Susie and her husband Bruce have played major roles as philanthropists and volunteers supporting important community organizations related to higher education, the arts, and various recreational causes throughout the years. Further, she was also a sponsor for the annual Fremont Exceptional Women event since its inception and becoming an honoree herself (posthumously) in 2023.

By dedicating the Senior Mini College to Marv Bradley and Susie Bell, Pueblo Community College is not only honoring their legacy but also celebrating the values of lifelong learning, community engagement, and the pursuit of excellence that they embodied. It's a fitting tribute to individuals who left a lasting impact on the institution and the lives of those around them.



**Left to Right Back Row** – Dehl Wolfers, Jacob Lewis, Debbie Herrera, Lenard Nelson, Kathy Uhland, Jean Schmidt, Dr. Shirley Squire, Mack Word, Gordon Bell

**Front Row** – Melissa Santistevan, Gerri Colette, Jeannie Rector, Millie Wintz, Trina Jiron-Belford

**Not pictured** – Marv and Dede Waldmann, Ariana Vigil-Delmerico, Shay Strickengloss, Michaelene Jacobs

Last	First	CRN	Course Name	Course Description	Day	Time
Fremont County Commissioners		1319	State of the County	We will give a report on the last year in the county.	Monday	9-10:15 AM
Fry	Jeri L.	1320	Timeline: Lincoln Park/Cotter Superfund Site	An informational historical chronical of the Lincoln Park/Cotter Superfund site. Perspective on how a uranium processing mill came to be located south of Canon City and the persistent consequences of this radioactive and toxic neighbor. <b>Class is limited to 25 participants.</b>	Monday	9-10:15 AM
Haugland	Jo	1321	Introduction to Beekeeping	This class will give an over view of what a new beekeeper should expect when starting their first year of beekeeping. Hive types, yard set up, equipment, diseases, and products form the hive are discussed.	Monday	9-10:15 AM
Hendrickson	Linda	1322	Senior Footcare Facts and Discussion	Facts on footcare, fungus among us, diabetic footcare, keeping healthy feet neuropathy, proper footwear, suggestions, and hammer toe presentation.	Monday	9-10:15 AM
Mueller	Jeffery CPA/PFS	1323	Financial End of Life Proactive Plans	To Assist with ideas on how to be prepared and pass on info to loved ones regarding end of life financial issues. <a href="http://www.themuellercompanies.com">www.themuellercompanies.com</a>	Monday	9-10:15 AM
Telck	Paul Master Gardener	1420	Grafting Workshop	Learn how to graft apple and other fruit trees. How to collect scion wood, hands on class on how to graft. Two rootstocks are provided for students to graft. Afternoon sessions will be hands on class on how to graft. <b>There is a \$25 fee for supplies.</b> <b>Class is limited to 25 people.</b>	Monday	9-11:45 AM
Royce	Cathy	1325	Textiles from My Travels	Weaving is a universal process for creating fabric. It has been used by almost every culture throughout history to create both useful and artistic articles. Cathy will show a variety of textiles collected from her travels. She will also share stories from her travels as they relate to the textiles she has collected.	Monday	10:30-11:45 PM
Young	Monica	1326	End of Life Proactive Plan: Record your Legacy by Writing Your Own Obituary	How do you want to be remembered? Using several writing prompts, let's describe who you are, identify your accomplishments, and create a tribute to be proud of, or at least beyond the ordinary. Better yet, sign up with a friend and write each other's obituary.	Monday	10:30-11:45 AM
Stuart	Sherry Skye	1327	Goddesses in Folklore and Mythology	Let's journey through the centuries and cultures to seek the goddess in her many forms. From Egyptian to Mayan Celtic to Native American, African to the Islands of the sea, you'll find connections to these goddesses.	Monday	10:30-11:45 AM
Kuisle	Kathryn	1328	Dreams, Imagination, and YOU!	In this presentation we will explore the gift of imagination in our waking life and in our dreams. Kathryn will share ways of looking at and finding meaning in our dreams as well as the richness of our imagination. Dreams are an important source of comfort and wisdom when we can try to understand the message they are sending. No matter how old we are, our imagination can offer possibilities and give up hope.	Monday	10:30-11:45 AM
Pineda	Christian	1329	Foundations of Investing	Basics of investments, economics, and finance.	Monday	10:30-11:45 AM
Schuhcke	Elaine	1330	Solve a Personal Issue Using Life Coaching and Yoga Therapy	Life coaching asks the questions and yoga therapy finds the answers. This class offers you the opportunity to resolve a personal issue using the open-ended questions of life coaching and the mediation techniques of yoga. Privacy ensured. Bring pen and paper for notetaking. <b>Class is limited to 15 participants.</b>	Monday	10:30-11:45 AM
Burkett	Bob	1331	Amateur Radio	What amateur radio is and what it can do for you. Communicate with friends next door, or others all around the world. Learn what FCC license is required and how to get it.	Monday	10:30-11:45 AM
Nettles	Samuel	1332	How to Use Your Instant Pot	Did someone get you an Instant-Pot for the holidays? Or perhaps you gave in and finally bought one? And now it's been sitting in the cupboard gathering dust. Then this is the class for you! Introductory recipes as well as easy instruction on how to use your Instant-Pot. We'll clear up any worries and have you using that machine like a pro!	Monday	10:30-11:45 AM
Bell	Gordan	1333	Is Xeriscaping for You?	When you hear the word xeriscape, do you think of words like drab, lifeless, or moonscape? In retrospect. Xeriscaping can inspire thoughts of carefree, bold, and colorful. Learn how xeriscaping can save money and time, and be anything but bland or boring.	Monday	1-2:15 PM
Derbort	Mary	1334	Transformative Listening for Daily Life	In this session we focus on attitudes and skills to enhance our ability to listen with understanding and compassion. We also explore ways to respond to challenging comments encountered in daily conversations. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.	Monday	1-2:15 PM
Cattlemen	Fremont County	1335	Cooking with Beef: Easy Meals in 30 Minutes	Learn easy and affordable ways to cook with beef.	Monday	1-2:15 PM
Herrin	Kathryn "Kathy"	1336	Fun with Farkle	Students will learn about and get to play the simple and sun dice game "Farkle". It has been a popular class in the past! <b>Class is limited to 12 participants.</b>	Monday	1-2:15 PM
Schuhcke	Elaine	1337	Yoga in Chairs	Don't get down on the floor! Do your yoga in a chair! Based on the work of Lakshmi Voellers's Sitting Mountain Series, learn new ways of doing yoga and its benefits in this "start where you are" yoga class. Wear non-binding clothes. <b>Class is limited to 15 participants.</b>	Monday	1-2:15 PM
Yoder	Marc	1338	Who are the Amish?	The Amish are now our neighbors. What is your impression of these people? Are the television depictions of the Amish accurate? This session will explore basic background and historical perspectives about the Amish, their lifestyle and beliefs.	Monday	1-2:15 PM
Young	Monica	1339	Record Your Legacy by Writing Down Your Memories of a National Tragedy	Sharing important historical experiences, not only with our grandchildren, but with future generations, should be part of our DNA. Come to class with a particular event in mind. The Kennedy Assassination, the Challenger explosion, and 9-11 are perfect examples. Hone your writing skills in this hands-on class.	Monday	1-2:15 PM
Stuart	Sherry	1340	Forgotten Places of Fremont County	Take a photographic journey into the bygone days of Fremont County. From Glendale to Calcite, Ft. Le Doux to Copperfield, Alta Vista to Titusville and more. There will be a handout historical map.	Monday	1-2:15 PM

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Kuisle	Kathryn	1388	Dreams, Imagination, and YOU!	<b>Repeat</b> - In this presentation we will explore the gift of imagination in our waking life and in our dreams. Kathryn will share ways of looking at and finding meaning in our dreams as well as the richness of our imagination. Dreams are an important source of comfort and wisdom when we can try to understand the message they are sending. No matter how old we are, our imagination can offer possibilities and give us hope.	Monday	1-2:15 PM
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Yoder	Marc	1341	Amish Perspectives	This session is a follow-up to "Who are the Amish?" Participants will explore some of the core values that form the basis of Amish understandings. Enrollment is limited to those students who have previously participated in "Who are the Amish?"	Monday	2:30 - 3:45 PM
Packard	Terri	1342	Rock Collecting	Let's start a rock collection. An introduction to three types of rocks. How to identify some familiar rocks and minerals. Introduction to Moh's hardness scale. Participants will start their own rock collection with specimens I supply and help them label. Participants should bring their own egg carton to fill with rocks. <b>Class is limited to 15 participants.</b>	Monday	2:30 - 3:45 PM
Clafin	Dr. Sean	1343	Eye Fact or Fiction	Technology is moving rapidly – That rapidly? Can you really do that?	Tuesday	9 - 10:15 AM
Haugand	Jo	1344	Introduction to Essential Oils	Some history behind using concentrated plant oils for health benefits will be discussed. Properties of some of the most popular oils will be presented and students will prepare a bath salt to take home. <b>Class is limited to 25 participants.</b>	Tuesday	9 - 10:15 AM
Van Camp Grooters	Anna Cindy	1345	Sr. Fit	Sr. Fit will introduce participants to a variety of exercises, increasing strength, flexibility, and balance. Wear comfortable shoes, loose fitting clothing and bring water to drink. <b>Class is limited to 12 participants.</b>	Tuesday	9 - 10:15 AM
Rodenbeck	Char	1346	Macramé Basic	Basic macramé, learn how to make a plant hanger. Learn basic knots and have fun. <b>There is a \$10 fee for supplies.</b> <b>Limited to 8 participants.</b>	Tuesday	9 - 11:45 PM
Ashton	Jessica	1347	Mountain Parks of Canon City	Canon City has three very special mountain parks! Come learn what they are, why they are special, and how they came to be.	Tuesday	9 - 10:15 AM
DeVries	Jolene	1348	Answers for the Future – A Look into Estate Planning	This session will provide an entertaining, yet extremely informative discussion on the matters of concern for seniors and young alike. Topics will include such matters as estate planning, Wills, Powers of Attorney, Probate, Guardianship, Conservatorship, grandparents being parents to grandchildren and Medicaid. These lectures have been enthusiastically received and should not be missed.	Tuesday	9 - 11:45 AM
Smith	Cindy	1419	Fossils 101: Fossil Boot Camp Part 1	Gain an understanding of rocks that were once creatures that lived millions of years ago, in a hands-on "camp". Discover the joy of learning the stories of these ancient animals by studying their anatomy, when they lived, what they may have looked like, how they got around, and other fascinating details about such fossils as ammonites, baculites, gastropods (snails), crinoids, coral, dinosaur bone, and shark teeth. Each person will be guided through a fossil kit by knowledgeable enthusiasts who have studied paleontology. This is a beginning level class for anyone age 12 and above. This is an all-day class. There will be a morning session and an afternoon continuation. You must enroll in both morning and afternoon. There is a \$5 fee for handouts. Fee is payable to the instructor. <b>Class is limited to 30 participants.</b>	Tuesday	9 - 11:45 AM
Williamson	Mel	1349	Photography – Cameras and Phones	With the growing use of the cell phone's camera for photography this class will discuss ways to take better images with your phone or camera.	Tuesday	10:30 - 11:45 AM
Allison Benningfield	Grace Linda	1350	A Shot of Gratitude	Hope is the factor in a person's life that encourages us to continue seeking happiness, peace, healing, and a better life. This is true for any age, but particularly seniors. What cause us to lose hope? When we are confronted with life situations we perceive to be unmanageable, insurmountable, unbearable, or beyond repair we lose hope. Through a consistent practice of expressing gratitude, we create and enjoy more hope in our lives. Come and learn surprising information on the value of gratitude in aging gracefully and enjoying life.	Tuesday	10:30 - 11:45 AM
Pineda	Christian	1351	Foundations of Investing	Basics of investments, economics, and finance.	Tuesday	10:30 - 11:45 AM
Schuhrke	Elaine	1352	Breathing and Hand Yoga (Pranayama and Mudras)	Practical, simple and easy yoga breathing (pranayama) and hand yoga (mudras) can help you manage anxiety and stress, anytime, anywhere. Easy to learn. Come join us!	Tuesday	10:30 - 11:45 AM

Last	First	CRN	Course Name	Course Description	Day	Time
Van Camp Grooters	Anna Cindy	1354	Sr. Fit	Sr. Fit will introduce participants to a variety of exercises, increasing strength, flexibility, and balance. Wear comfortable shoes, loose fitting clothing and bring water to drink. <b>Class is limited to 12 participants.</b>	Tuesday	10:30 - 11:45 AM
Stuart	Sherry Skye	1355	Introduction to Chakras	The seven chakras are energy centers along the spine. We'll explore each chakra with its corresponding meaning, color, sound, symbol, mantra, meditation and more. There will be a handout.	Tuesday	10:30 - 11:45 AM
Bell	Gordon	1356	Roses are Red Violets are Blue	Explore the strengths and weaknesses of the different rose families plus the different perennials and ground covers to combine with them.	Tuesday	1 - 2:15 PM
Derbort	Mary	1357	Transformative Listening for Daily Life	<b>Repeat</b> - In this session we focus on attitudes and skills to enhance our ability to listen with understanding and compassion. We also explore ways to respond to challenging comments encountered in daily conversations. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.	Tuesday	1 - 2:15 PM
Rector	Jeannie	1358	End of Life Q&A	Bring your questions about end of life issues to the panel of five professionals, Jolene L. DeVries, Attorney at Law, Deacon Marco Vegas, Director of Mission Integration STM & SMC Hospitals, Marsha Bell, RN STM Hospital, Julie Baker, RN STM Hospital, and Michel Hendry, General Manager of Holt Family Funeral Home.	Tuesday	1 - 2:15 PM
Schuhrke	Elaine	1359	Breathing and Hand Yoga (Pranayama and Mudras)	<b>Repeat</b> - Practical, simple and easy yoga breathing (pranayama) and hand yoga (mudras) can help you manage anxiety and stress, anytime, anywhere. Easy to learn. Come join us! <b>Class is limited to 15 participants</b>	Tuesday	1 - 2:15 PM
Rodenbeck	Char	1346	Macramé Basic	Continuation Basic macramé, learn how to make a plant hanger. Learn basic knots and have fun. <b>There is a \$10 fee for supplies.</b> <b>Limited to 8 participants.</b>	Tuesday	1 - 3:45 PM
Stuart	Sherry Skye	1360	Jumpstart Your Writing	Discover the magic of writing prompts to boost your imagination. We'll draw from memories, quotes, nature, songs, animals, colors, quotes, photos old and new, newspapers, time travel, and more.	Tuesday	1 - 2:15 PM
Fossi	Cindy	1419	Fossils 101: Fossil Boot Camp Part 2	Continuation of morning session. Gain an understanding of rocks that were once creatures that lived millions of years ago, in a hands-on "camp". Discover the joy of learning the stories of these ancient animals by studying their anatomy, when they lived, what they may have looked like, how they got around, and other fascinating details about such fossils as ammonites, baculites, gastropods (snails), crinoids, coral, dinosaur bone, and shark teeth. Each person will be guided through a fossil kit by knowledgeable enthusiasts who have studied paleontology. This is a beginning level class for anyone age 12 and above. This is an all-day class. There will be a morning session and an afternoon continuation. You must enroll in both morning and afternoon. There is a \$5 fee for handouts. Fee is payable to the instructor. <b>Class is limited to 30 participants.</b>	Tuesday	1 - 3:45 PM
Packard	Terri	1361	Rock Collecting	<b>Repeat</b> - Let's start a rock collection. An introduction to three types of rocks. How to identify some familiar rocks and minerals. Introduction to Moh's hardness scale. Participants will start their own rock collection with specimens I supply and help them label. Participants should bring their own egg carton to fill with rocks. <b>Class is limited to 15 participants.</b>	Tuesday	2:30 - 3:45 PM
Gromowski	Michael	1362	Safe Use of a Windows Computer	Description of Class: This class describes how people can securely and reliably use their Windows based computer. It will walk through tips that will keep the computer and its users happy such as how to use email, the "Cloud", select a computer, do back-ups, etc. It is intended for people comfortable using Windows. It is NOT a basic class in using PC's. Current table of contents for 23 PowerPoint slides follows: <ol style="list-style-type: none"> <li>1. How to determine if your computer is healthy</li> <li>2. How to choose a new or different computer (evaluation criteria)</li> <li>3. Explain User Accounts and why they should be used</li> <li>4. Explain Virus Protection and products available</li> <li>5. Explain Firewalls and when one should be used</li> <li>6. Do's and don'ts for selecting applications</li> <li>7. How to safely connect to the internet</li> <li>8. How to safely use the internet and email</li> <li>9. Do's and Don'ts for using the Cloud</li> <li>10. Describe a good computer back-up process</li> <li>11. What to do when your computer freezes or shuts down (typical Windows failures)</li> <li>12. What if "stuff" happens and your computer is unusable</li> <li>13. Your discussion topics</li> </ol> The above are my current thoughts of the topics people might be interested in. I'll revise the presentation again before the class. Please stress that people attending should already know and be comfortable using Windows. If they are looking for a basic introductory class, this class will be way too technical to benefit the attendee. Short Bio:	Tuesday	1 - 3:45 PM

Last	First	CRN	Course Name	Course Description	Day	Time
				Mike has been an Information Technology professional for over four decades. He has focused his career on development of software applications that solve mission critical business needs. He has a broad base of industry expertise including insurance, financial services, health care, manufacturing, business intelligence (aka "Big Data"), and network services. He is highly regarded for his expertise in virtually every role associated with software development including programming through senior management roles.		
Williamson	Mel	1363	Photography – Cameras and Phones	<b>Repeat</b> - With the growing use of the cell phone's camera for photography this class will discuss ways to take better images with your phone or camera.	Wednesday	9:00-10:15 PM
Haugland	Jo	1365	Minerals and Metaphysics	Not for the hard-core geologist, this class will look at the whimsical side of crystals and stones. We'll discuss birthstones, anniversary stones, state gemstones, and stones that are said to have mystical properties.	Wednesday	9-10:15 AM
Briggs	Owen	1366	Island of Adak, Alaska (Adventure)	Living on an isolated island of the Aleutian Islands in the Bering Sea (3rd island from Russia).	Wednesday	9-10:15 AM
Jaffe	Devin	1367	Falconry – An Ancient Sport	Falconry is the oldest recorded sport on earth in which humans hunt game with trained raptors such as eagles, hawks, and falcons. During this class, Master Falconer, Devin Jaffe, will introduce you to a few of her hunting birds and discuss the training and keeping of them. Be sure to bring your camera!	Wednesday	9-10:15 AM
Hendrickson	Linda	1368	Senior Footcare Facts and Discussion	<b>Repeat</b> - Facts on footcare, fungus among us, diabetic footcare, keeping healthy feet neuropathy, proper footwear, suggestions, and hammer toe presentation.	Wednesday	9-10:15 AM
Harmon	Cicily	1369	Art Oil Pastel/Pastel Pencil	Any subject will bring examples and demonstrate techniques for each.	Wednesday	9-10:15 AM
Kaminski	James	1370	"Canon City" Facts and Fiction	Learn about the prison break of December 30, 1947 that was made into the movie "Canon City". We will discuss the criminal histories of all 12 of the convicts and discover the facts, the fiction, and the end of the story.	Wednesday	9-11:45 AM
Herrin	Kathryn "Kathy"	1371	Just Hangin' Out with Joey	An introduction to what a Peer Support K9 is and how one can positively impact individuals and agencies.	Wednesday	9-10:15 AM
Meeks	Terri	1372	The Men Who Built the Bridge	2024 marks the 95th anniversary of the construction of the Royal Gorge Bridge. We will explore the genealogy of some of the workers who built the bridge – where they came from, their jobs and after the bridge.	Wednesday	9-10: 15 AM
Williams	Ann	1373	Cooking Up- Healthy	Home cooking scores high on the quest for health and longevity. Learn why along with ways of using everyday foods to boost the wellbeing of yourself and your loved ones. Bring a favorite healthy recipe to share.	Wednesday	10:30-11:45 AM
Hendrickson	Daniel	1374	E-Bikes 101	This class will cover the basics for people interested in buying and riding E-bikes. Information on classes of E-bikes, motors, batteries, and controls will be presented. Examples will be shown.	Wednesday	10:30-11:45 AM
Jaffe	Devin	1375	Falconry – An Ancient Sport	<b>Repeat</b> - Falconry is the oldest recorded sport on earth in which humans hunt game with trained raptors such as eagles, hawks, and falcons. During this class, Master Falconer, Devin Jaffe, will introduce you to a few of her hunting birds and discuss the training and keeping of them. Be sure to bring your camera!	Wednesday	10:30-11:45 AM
Harmon	Cicily	1376	Art Oil Pastel/Pastel Pencil	Any subject will bring examples and demonstrate techniques for each. <b>Class is limited to 12 participants.</b>	Wednesday	10:30-11:45 AM
Alfieri	Jean	1377	Writing for Positive Vibes (How the Pen Can Shift Your Thinking)	Whether capturing your fondest memories or processing grief, research has shown that expressive writing helps reduce symptoms of anxiety, depression, and PTSD. Positive affect journaling can boost self-image and improve self-distancing, which offers both mind and body benefits. It can also lift your spirits.	Wednesday	10:30-11:45 AM
Andrews Doug	Sylvia Baxter	1378	Mimbres and other Southwest Pottery Traditions	Sylvia Andrews will discuss Mimbres pottery, specifically using images and new research. She is a potter who has tried reproducing some of the Mimbres ceramics herself and has great respect for those artists who did such amazing work from around 750 A.D. until a decline in population around 1150 in Southwest New Mexico. This class will focus on the whimsical, enduring, unexpected, and sophisticated pottery of the Mimbres culture and related ceramic cultures such as Zia, Acoma, and Casas Grandes. She is also a member of the Pueblo Archaeological and Historical Society.  Doug Baxter, president of Pueblo Archaeological and Historical Society, will discuss the group's activities and programs. Monthly speakers range from professional archaeologists to historians and artists, and a monthly book discussion group chooses books covering a broad range of archaeology and history topics. Several field trips are organized each year around southern Colorado. Stewardship opportunities are also offered. The Pueblo Chapter is one of several Colorado regional groups belonging to the Colorado Archaeological Society.  This class may be of interest to artists, potters, archaeologists, and anyone interested in the history and archaeology of Pueblo, Canon City, Southern Colorado, and the Southwest.	Wednesday	10:30-11:45 AM
Briggs	Owen	1379	Doc Susie, My Neighbor	This class focuses on Doc Susie's interesting life. Pictures of some of her personal possessions will be presented. Doc Susie practiced in Grand County, CO.	Wednesday	10:30-11:45 AM
Meeks	Dan	1380	Electric Car Cross Country Charging	Traveling cross country in an electric car is now so easy with charging stations available from coast to coast.	Wednesday	10:30-11:45 AM



Last	First	CRN	Course Name	Course Description	Day	Time
Schuhrke	Elaine	1381	Yoga Nidra and Healing Intention	An effective antidote for insomnia, PTSD, intentional healing and deep relaxation, Yoga Nidra is the easiest way to meditate, sitting up or lying down. Join us for a deeply relaxing healing, guided session. Bring yoga mat, blanket, and small pillow. <b>Class is limited to 15 participants.</b>	Wednesday	10:30-11:45 AM
Young	Monica	1382	Tips on Making a Senior Move Special	Is moving someone you love part of your future plans? Complete pack, move and unpack in one-day was my mantra for 11 years. Impossible, you say. Come learn time-saving ideas and tricks to help you do the impossible.	Wednesday	10:30-11:45 AM
Bell	Gordon	1383	The Green Green Grasses of My Home	This class will discuss the different types of grass and seed that work best for Fremont County area. Will also explore the different fertilizers, herbicides, fungicides, and insecticides to use.	Wednesday	1-2:15 PM
Derbort	Mary	1384	Transformative Listening for Daily Life	<b>Repeat</b> - In this session we focus on attitudes and skills to enhance our ability to listen with understanding and compassion. We also explore ways to respond to challenging comments encountered in daily conversations. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.	Wednesday	1-2:15 PM
Duston	John Auto Students	1385	Basic Automotive Maintenance	We will have 3-5 tables/stations showing to how to check basic automotive systems. <b>Class is limited to 30 participants.</b>	Wednesday	1-2:15 PM
Hendrickson	Daniel	1386	E-Bikes 101	<b>Repeat</b> -This class will cover the basics for people interested in buying and riding E-bikes. Information on classes of E-bikes, motors, batteries, and controls will be presented. Examples will be shown.	Wednesday	1-2:15 PM
Williams	Ann	1387	Heroic Sea Tales of Yore	A cruise ship presenter shares stirring stories of sea heroism, including an intrepid lighthouse keeper's daughter, a review of JFK's PT 109 rescue, an impossible feat by English villagers in 1881, and newly released records of Mafia assistance in securing our East Coast and invading World War II Italy.	Wednesday	1-2:15 PM
Garcia	Anthony	1422	The Word Decoder	Join Watili as she as enslaved by Apache invaders and survives a 700-mile forced walk from her Ute village of Parussi then connected to the only man that could return her to her family, the original cartographer-mapmaker of the American southwest.  On this journey north, Watili applies her knowledge of nature's healing and prayer to save the life of the dashing and mysterious Cibolero. Yet the true reveal is the graceful understanding of the relationship of Oneness between nature and spirituality.	Wednesday	1-2:15 PM
Schuhrke	Elaine	1389	Yoga Nidra and Healing Intention	An effective antidote for insomnia, PTSD, intentional healing and deep relaxation, Yoga Nidra is the easiest way to meditate, sitting up or lying down. Join us for a deeply relaxing healing, guided session. Bring yoga mat, blanket, and small pillow. <b>Class is limited to 15 participants.</b>	Wednesday	1-2:15 PM
Royce	Cathy	1390	Learn to Weave with a Simple Loom	Have you wanted to learn to weave? Wondered what it would take to get started? In this hands-on class, you will have an opportunity to weave a small piece of your own on a simple loom. You will be introduced to the terms used in weaving and will be given some resources to continue to explore weaving beyond this experience. Materials will be provided. (If you have some yarn you'd like to use, please bring it, but there will be yarn available to use.) <b>Class is limited to 10 participants.</b>	Wednesday	1-3:45 PM
Packard	Terri	1391	Rock Collecting	<b>Repeat</b> - Let's start a rock collection. An introduction to three types of rocks. How to identify some familiar rocks and minerals. Introduction to Moh's hardness scale. Participants will start their own rock collection with specimens I supply and help them label. Participants should bring their own egg carton to fill with rocks. <b>Class is limited to 15 participants.</b>	Wednesday	2:30-3:45 PM
Williamson	Mel	1392	Photography – Editing Your Phone's Images	Once you have captured your image(s) what do you do with them? We will cover several good free or inexpensive Apps and photo labs.	Thursday	9-10:15 AM
Haugland	Jo	1393	Edible and Medicinal Plants of Colorado	We will discuss some of the common plants found in Colorado that have edible and medicinal properties. Plants used by American Indians for dyes, weapons, and poisons will be reviewed.	Thursday	9-10:15 AM
Otte	Larry	1394	How to Reduce Your Risk of Chronic Diseases	During this presentation you will learn practical tips to reduce your risk of developing a chronic disease – no matter how old you are. We know that 92% of Americans are metabolically unhealthy and approximately 80% of our health is determined by our life choices – not by our genes. Find out what you can do to strengthen your immune system and improve your quality of life.	Thursday	9-10:15 AM
Schick	Canon City Police Chief John	1395	State of Your Canon City Police Department	Chief Schick will be sharing information about the Canon City Police Department, its status, goals, personnel, and programs.	Thursday	9-10:15 AM
Strickengloss	Shaylea	1396	Rock Painting!	Join us for some creative fun and pain some rocks! Rocks will be provided but feel free to bring your own. <b>Class is limited to 15 participants.</b> <b>There is a \$10 fee for supplies.</b>	Thursday	9-10:15 AM

Last	First	CRN	Course Name	Course Description	Day	Time
Snell	Marsha Bell Tower Players	1397	Introduction to Mah Jongg	Learn to play this challenging ancient Chinese game. Exercise your brain. National Mah Jongg rules will be used. <b>Class is limited to 8 participants.</b>	Thursday	9 - 11:45 AM
Rodenbeck	Char	1409	Macramé Basic	<b>Repeat</b> - Basic macramé, learn how to make a plant hanger. Learn basic knots and have fun. <b>There is a \$10 fee for supplies.</b> <b>Limited to 8 participants.</b>	Thursday	9 - 11:45 AM
Rosenblatt, MD	Solon	1398	Total Hip and Knee Replacement	Learn about total knee and hip replacement.	Thursday	10:30 - 11:45 AM
Bell	Gordan	1399	Dabbling in Decoupage	This is a creative way to protect and display old photographs, awards, rocks, pottery, metal, or wood. Be creative and have fun doing it. First class will be on preparing and making objects. Second class will be decoupageing the objects.	Thursday	10:30 - 11:45 AM
Brown	Mandy	1400	Play Smarter	Fun isn't just for kids! Learn how playing games and enjoying hobbies can keep your mind sharp. Improve cognitive function the fun way.	Thursday	10:30 - 11:45 AM
Burkett	Bob	1401	Amateur Radio	<b>Repeat</b> - What amateur radio is and what it can do for you. Communicate with friends next door, or others all around the world. Learn what FCC license is required and how to get it.	Thursday	10:30 - 11:45 AM
Otte	Larry	1402	Encouraging Results from Doctors Having Patients with Cognitive Impairment, Dementia, and Alzheimer's	This class will review research and personal experiences from the works of Dr. Dale Bredesen, M.D.; Dr. Dean Sherzai, M.D.; Dr Ayesha Sherzai, M.D.; and Dr Majid Fotuhi, M.D. PhD.	Thursday	10:30 - 11:45 AM
Schuhrke	Elaine	1403	Strong Bones for Beginners	In about 30 minutes a day, strengthen your bones with these 12 yoga postures. Class is appropriate for those with osteopenia and mild osteoporosis. Based on research and training of Dr. Loren Fishman, M.D. Wear comfortable, non-binding clothes. Bring yoga mat, blanket, and small pillow. <b>Class is limited to 15 participants.</b>	Thursday	10:30 - 11:45 AM
Meeks	Dan	1404	Electric Car Cross Country Charging	Traveling cross country in an electric car is now so easy with charging stations available from coast to coast.	Thursday	1 - 2:15 PM
Herrin	Kathy	1405	Moomba – A Layperson's Look at Stress Management	Students will have an opportunity to learn about stress responses and will be introduced to a variety of stress management techniques. <b>Class is limited to 20 participants.</b>	Thursday	1 - 2:15 PM
Otte	Larry	1406	How to Reduce Your Risk of Chronic Diseases	<b>Repeat</b> - During this presentation you will learn practical tips to reduce your risk of developing a chronic disease – no matter how old you are. We know that 92% of Americans are metabolically unhealthy and approximately 80% of our health is determined by our life choices – not by our genes. Find out what you can do to strengthen your immune system and improve your quality of life.	Thursday	1 - 2:15 PM
Kederich	Christopher	1407	Volcanoes of Colorado	In times long past our state was the most volcanically active place on Earth. They literally built our state.	Thursday	1 - 2:15 PM
Hannahan	Elva	1408	Introduction to Line Dancing	Guided demonstration and practice of a fun, easy, and popular line dances. <b>Class is limited to 15 participants.</b>	Thursday	1 - 2:30 PM
Rosenblatt, MD	Solon	1410	Non-Surgical Treatment of Osteoarthritis	Learn about non-surgical treatment for osteoarthritis.	Thursday	1 - 2:15 PM
Bell	Gordan	1399	Dabbling in Decoupage	This is a creative way to protect and display old photographs, awards, rocks, pottery, metal, or wood. Be creative and have fun doing it. First class will be on preparing and making objects. Second class will be decoupageing the objects.	Thursday	1:00 - 2:15 PM
Derbort	Mary	1411	Transformative Listening for Daily Life	<b>Repeat</b> - In this session we focus on attitudes and skills to enhance our ability to listen with understanding and compassion. We also explore ways to respond to challenging comments encountered in daily conversations. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.	Thursday	1 - 2:15 PM

Last	First	CRN	Course Name	Course Description	Day	Time
Schuhrke	Elaine	1412	Balance, Center and Focus	Balance, it seems to change at all levels; physical, mental, and emotional, throughout life. Learn simple yoga techniques of breathing, focusing, hand yoga, and chair and wall assisted yoga postures to improve and maintain balance and centering at all levels.  <b>Class is limited to 12 participants.</b>	Thursday	1 - 2:15 PM
Williamson	Mel	1413	Photography – Editing Your Phone’s Images	<b>Repeat</b> - Once you have captured your image(s) what do you do with them? We will cover several good free or inexpensive Apps and photo labs.	Thursday	1 - 2:15 PM
Meeks	Terri	1414	The Men Who Built the Bridge	<b>Repeat</b> - 2024 marks the 95th anniversary of the construction of the Royal Gorge Bridge. We will explore the genealogy of some of the workers who built the bridge – where they came from, their jobs and after the bridge.	Thursday	2:30 - 3:45 PM
Otte	Larry	1415	Encouraging Results from Doctors Having Patients with Cognitive Impairment, Dementia, and Alzheimer’s	This class will review research and personal experiences from the works of Dr. Dale Bredesen, M.D.; Dr. Dean Sherzai, M.D.; Dr Ayesha Sherzai, M.D.; and Dr Majid Fotuhi, M.D. PhD.	Thursday	2:30 - 3:45 PM
Rodenbeck	Char	1409	Macramé Basic	<b>Continuation</b> - Basic macramé, learn how to make a plant hanger. Learn basic knots and have fun.  <b>Limited to 8 participants.</b>  <b>There is a \$10 fee for supplies.</b>	Thursday	1 - 3:45 PM
Packard	Terri	1417	Rock Collecting	Let’s start a rock collection. An introduction to three types of rocks. How to identify some familiar rocks and minerals. Introduction to Moh’s hardness scale. Participants will start their own rock collection with specimens I supply and help them label. Participants should bring their own egg carton to fill with rocks.  <b>Class is limited to 15 participants.</b>	Thursday	2:30 - 3:45 PM
Schuhrke	Elaine	1418	Balance, Center and Focus	<b>Repeat</b> - Balance, It seems to change at all levels; physical, mental, and emotional, throughout life. Learn simple yoga techniques of breathing, focusing, hand yoga, and chair and wall assisted yoga postures to improve and maintain balance and centering at all levels.  <b>Class is limited to 12 participants.</b>	Thursday	2:30 - 3:45 PM
Henry	Carly	1424	Ordovician Fossils Seafloor	<b>Fieldtrip includes plants, native American information, historical site and archeology site, and Ordovician sea floor. This one-mile walk can accommodate up to 4 participants with mobility issues. Please bring water and wear comfortable shoes.</b>	Friday	9 - 11:45 AM
Ashton	Jessica	1350	History Hike – Point Alta Vista	<b>Join us for this 2-mile hike out to the historic Point Alta Vista. The hike is relatively easy however, it is fairly remote so please plan accordingly. * Weather and trail conditions permitting.</b>	Friday	9 - 11:45 AM
Uhland	Kathy	1317	Field Trio to Greenwood Pioneer Cemetery	<b>Walking tour of the Cemetery highlighting several interesting areas and famous or infamous people. Lots of good history.</b>  <b>Meet at Greenwood Cemetery.</b>	Friday	9 - 11:45 AM
Uhland	Kathy	1318	Field Trio to Greenwood Pioneer Cemetery	<b>Walking tour of the Cemetery highlighting several interesting areas and famous or infamous people. Lots of good history.</b>  <b>Meet at Greenwood Cemetery.</b>	Friday	1 - 3:45 PM
Fry	Jeri	1316	Lincoln Park/Cotter Superfund Site	<b>Field trip to Royal Gorge Regional Museum and History Center to visit the new Superfund Exhibit. Includes presentation guided by Jeri Fry and discussion.</b>  <b>Class is limited to 25 participants.</b>	Friday	1 - 3:45 PM



# PCC Fremont Campus Senior Mini College Registration Form

PCC, Fremont Campus 51320 W. Highway 50 Canon City, CO 81212 719-296-6100

Date of Birth: \_\_\_\_ -- \_\_\_\_ -- \_\_\_\_ Student ID: \_\_\_\_\_ Phone: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

**Classes fill quickly please select a 2nd choice**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 10:15 AM	CRN	CRN	CRN	CRN	CRN
<b>2<sup>ND</sup> Choice</b> 9:00 – 10:15 AM	CRN	CRN	CRN	CRN	CRN
10:30 – 11:45 AM	CRN	CRN	CRN	CRN	CRN
<b>2<sup>ND</sup> Choice</b> 10:30 – 11:45 AM	CRN	CRN	CRN	CRN	CRN
<b>LUNCH</b>					
1:00 – 2:15 PM	CRN	CRN	CRN	CRN	CRN
<b>2<sup>ND</sup> Choice</b> 1:00 – 2:15 PM	CRN	CRN	CRN	CRN	CRN
2:30 – 3:45 PM	CRN	CRN	CRN	CRN	CRN
<b>2<sup>ND</sup> Choice</b> 2:30 – 3:45 PM	CRN	CRN	CRN	CRN	CRN

**Check if current Senior Mini College Presenter or Board Member**

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_/2024

PCC Fremont Campus takes photos of Fremont Campus classes for use in the promotion of future courses for advertisement in flyers, class schedules, tabloids, television and the PCC Website. By registering for these courses, you grant permission unless otherwise noted.  **NO**, I do not give permission to use my photo.

**FOR OFFICE USE ONLY**

**SENIOR MINI COLLEGE DAILY MEALS**

- Monday** Cattlewomen’s Barbecue \$15
- Tuesday** Taco Tuesday from AP Catering \$15
- Wednesday** Coyote Coffee Den Deli Sandwich Meal V \_\_\_\_ GF \_\_\_\_ \$15
- Thursday** Pasta, salad, and dessert (Pizza Madness) \$15

**Total Amount Due**  
\$ \_\_\_\_\_

**Cost: \$10 Daily \$45 Week**

Tuition Paid \$ \_\_\_\_\_  Cash  Check # \_\_\_\_\_  Credit Card \_\_\_\_\_

Meals Paid \$ \_\_\_\_\_  Cash  Check # \_\_\_\_\_  Credit Card \_\_\_\_\_

Initials: \_\_\_\_\_ Date: \_\_\_\_\_