

Pueblo Community College – Fremont Campus

Senior Mini College



March 24-28, 2025

pueblocc.edu





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 3. On March 3, 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 Monday, March 17.

The 38th annual Senior Mini College is March 24-28. Registration opens on Monday, March 3 at 8:00 AM and will continue Monday-Friday 8:00 AM – 4:30 PM. Unfortunately, we will not be able to accept any registration prior to March 3. 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 lunch or order from the lunch selections.

SENIOR MINI COLLEGE DAILY EVENTS

- **Monday, 3/24/25**
Welcome and introductions
- **Tuesday, 3/25/25**
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, 3/26/25**
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, 3/27/25**
Health Resource Day: Visit the tables and booths of local organizations and businesses that cater to your health and wellness needs.
- **Friday, 3/28/25**
Field Trip Day: Participates will attend their assigned field trips.



Fremont

SENIOR MINI COLLEGE

Pueblo Community College



The 2025 Pueblo Community College, Fremont Campus Senior Mini College is dedicated to our friends of life-long learning DeDe and Marv Waldman. Marv and DeDe retired to Canon City from Madison, Wisconsin in 2002. The couple quickly integrated into the community through their volunteer work as members of several Shephard of the Hills Lutheran Church committees, choir and church council, the Canon City Police Department Citizen’s Volunteer group, and the Fremont Campus Senior Mini College Steering Committee. Marv and DeDe worked 3 years on the Royal Gorge Route Railroad. Their “fun job” on the train allowed the couple to meet people from all over the world who were traveling through Fremont County.



Marv and DeDe began attending Senior Mini College classes in 2006 after hearing about the program from a friend. They enjoyed Mini College so much they decided to join the steering committee. DeDe joined in 2007 and Marv in 2010.

They have been an integral part of the committee attending meetings, serving as greeters during registration, suggesting class topics, and recruiting instructors and donors. In 2024 Marv and DeDe made the difficult decision to step down from the steering committee to focus on their health. Thank you, Marv and DeDe, for your dedication to the success of Fremont Campus Senior Mini College. You will be missed!



Back Row left to right: Dehl Wolfers, Gordon Bell, Debbie Herrera, Dr. Shirley Squier, Leonard Nelson, Kathy Uhland, Peggy Ritter, Mike Maffucci, Melissa Santistevan

Front Row left to right: Gerri Colette, Jeannie Rector, Jean Schmidt, Millie Wintz, Trina Jiron Belford

Not Pictured: Michaelene Jacobs, Mack Word and Jacob Lewis

CRN	Course Name & Instructor	Description	Day	Time
1059	Gourmet Insta-Pot Cooking Linda Hendrickson	How to have friends over for dinner using an insta-pot. Quick and easy tips given. Simple use recipes share. Sampling of food. \$2 fee	Monday	9:00-11:45 AM
1179	Basic Macrame Char Rodenbeck	Students will learn basic macramé knots and will make a 36” macrame plant hanger. This class will be all day. Limited to 8 participants. \$10 fee per student.	Monday	9:00-3:45 PM
1060	Personal Insurance for Seniors (Auto & Home) Jim Duresky	Retired insurance agent Instructor for National Alliance for Insurance Education and research and agency owner for 38 years. Fundamentals of auto and home insurance coverage.	Monday	9:00-11:45 AM
1061	Amateur Radio Bob Burkett	What amateur radio is, and what it can do for you when the grid goes down.	Monday	9:00-11:45 AM
1062	Is Xeriscaping for You Gordon Bell	When you hear the word xeriscape do you think drab, lifeless, or dull? With this class you can have a carefree and colorful landscape.	Monday	9:00-10:15 AM
1064	Stop the Bleed Nancy Bartkowiak	Minutes count! Someone who is severely bleeding can bleed to death in as little as 5 minutes. Bleeding control is essential. Everyone should know these 3 steps.	Monday	9:00-10:15 AM
1065	Lincoln Park/Cotter Superfund Site Jeri Fry	An informational presentation about the radioactive Superfund Site and cleanup process unfolding south of Canon City. Limited to 25 participants.	Monday	9:00-10:15 AM
1066	Scam Schemes: Learning How to Protect Yourself Kathy Herrin	It seems like every day we hear about another scam or people falling victim to criminals through scams. This class will provide an overview of “popular scams” and provide preventative tips	Monday	9:00-10:15 AM
1067	Handmade Greeting Cards Jane LeDoux, Ruth Mallory,	Make 3 unique greeting cards and learn paper craft techniques. Limited to 15 participants.	Monday	9:00-10:15 AM
1068	Life Coaching - Solve a Personal Issue Using Life Coaching and Yoga Therapy Elaine Schuhrke	Resolve a personal issue using the open-ended questions of life coaching and the and the mediation techniques of yoga therapy. Limited to 15 participants.	Monday	9:00-10:15 AM
1070	Write Your Own Obituary Monica Young	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. Bring pen/pencil and paper.	Monday	9:00-10:15 AM
1071	The Pioneers of Greenwood Cemetery Ed Norden	A power point historical presentation of the community leaders and other unique features in the Greenwood Pioneer Cemetery.	Monday	10:30-11:45 AM
1072	Hearts and Minds (National Alliance on Mental Illness) Rosemary Cooper, Rita Crane, Mary Derbort	An introduction to National Alliance on Mental Illness (NAMI) programs and support services with a focus on understanding the important connection between mental health and physical health.	Monday	10:30-11:45 AM
1073	Modern Day Survival Skills Jo Haugland	How prepared are you to survive the minor inconvenience of a power or water outage? Are you able to address emergencies for yourself or your family member during floods, weather catastrophes, medical emergencies, and more? Join Jo Haugland for a discussion on varying levels of preparedness. Receive a workbook and handouts. Class is limited to 20 participants.	Monday	10:30-11:45 AM
1074	Meditation: Yoga Nidra with Healing Intention Elaine Schuhrke	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. Limited to 15 participants.	Monday	10:30-11:45 AM
1075	Basic Drawing Fun JoBeth Stelzer	Have you ever said, “I can’t draw, or I just don’t have artistic talent?” Then this class is for you. This is a beginner step by step directed drawing class for fun. Limited to 14 participants.	Monday	10:30-11:45 AM
1076	Writing Your Memoir Sherry Skye Stuart	Learn innovative ideas for creating your memoir. Learn how to get started, get organized, and get writing. We'll discuss privacy issues, using music, documents, and photos as prompts, trusting your memory (or not), ways to create a timeline, using multi-media, and writing techniques that will make your memoir a delight to read. We'll create the beginnings of our own memoirs. No writing experience necessary!	Monday	10:30-11:45 AM
1077	Tips on Making a Senior Move Special Monica Young	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. Bring pen/pencil and paper.	Monday	10:30-11:45 AM
1098	Drawing Pastels and Oil Pastels Cicily Harmon	Draw with pastels and oil pastels. Some supplies provided. Bring your own if you have them. Class is limited to 8 participants	Monday	10:30-11:45 AM
1078	Cooking With Cattlewomen Fremont County Cattlewomen	This class will talk about different recipes using beef that are simple and healthy. Recipes and tips will be provided along with samples of the beef recipes.	Wednesday	1:00-2:15 PM
1079	Introduction to Disc Golf Mike Maffucci	Introduction to the growing sport of disc golf. Time will consist of learning sport basics, including rules, throwing styles, grips, and watching demonstration videos.	Monday	1:00-2:15 PM
1080	Honor Your Elders Sarah Fisher	Understanding and preventing elder abuse: Explore concepts of domestic violence and sexual assault within the senior community, risks associated with each one and the process of reporting elder abuse.	Monday	1:00-2:15 PM
1081	Transformative Listening for Daily Life Mary Derbort	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 encounter in daily conversations. Leave with practical tools to.	Monday	1:00-2:15 PM

		transform your listening and improve your relationships. Each class is a repeat of Monday's class.		
1082	Avoid Being a Target! How to "Target Harden" Your Property Kathy Herrin	This crime prevention class will provide information on Crime Prevention Through Environmental Design (CPTED) concepts as well as practical ways to reduce the chance that your property becomes a target for crime.	Monday	1:00 - 2:15 PM
1083	Women with Spunk and Spirit: Forgotten Women of Fremont County - PART ONE Sherry Skye Stuart	PART ONE - Let's honor our historical sisters by learning about their lives. We stand on their shoulders as they made their small corners of the world, now ours, a better place. We'll travel through Fremont County, east to west and north to south, from indigenous women to the earliest pioneers, suffragettes and women clubs, prostitutes and the shadow side of being a woman. Class attendees will have an opportunity to win a copy of "My Life as a Mountain Pioneer" (1999, out of print) by Angelica Kimpton who lived in Florence.	Monday	1:00 - 2:15 PM
1084	National Memories, History, and Trauma Monica Young	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. Bring pen/pencil and paper.	Monday	1:00 - 2:15 PM
1085	Movie Making from an iPhone Mel Williamson	This session will cover the basics of shooting, capturing, and editing a movie made with an iPhone.	Monday	1:00 - 2:15 PM
1086	Yoga in Chairs: Center and Balance, Strong Bones Elaine Schuhrke	Chair Yoga inspired by Lakshmi Voelker which includes many postures of classical hath a yoga, done in a chair in Integrative Amrit Yoga Method. Gentle and meditative, moves every joint in the body and finishes with a guided relaxation. Come give it a try! All yoga is done in a chair. Limited to 15 participants.	Monday	2:30 - 3:45 PM
1087	What is Elder Abuse? Sarah Fisher	Outlining the components of Power and control within the realm if domestic violence and sexual assault.	Monday	2:30 - 3:45 PM
1088	Acrylic Painting India Beach Fremont Center for the Arts	Students will create a beautiful Spring Duck acrylic painting	Monday	2:30 - 3:45 PM
1089	"I Just Want to Stay Home" Nancy Bartkowiak	This interactive class will investigate tips and tricks to keep you safe at home and out in the community. You could just win a door prize while you are learning.	Monday	2:30 - 3:45 PM
1090	John C. Fremont and the Course of American Empire David Mallory	The focus of this presentation will be on John Fremont's second expedition, 1843 to 1844. Fremont led the second expedition to Oregon and California and back through Nevada, Utah and Colorado. We'll look at the expedition's impact of westward expansion and manifest destiny in the first half of the 1 9th century.	Monday	2:30 - 3:45 PM
1091	How to Graft Fruit Trees Paul Telck	Proper planting procedures will be covered for all trees. Class will focus on the different ways and kinds of ways of grafting fruit trees together. Class will also offer proper ways to care for trees once they are grafted and planted. Afternoon class will cover the disease and viruses of fruit trees. Many of the disease of fruit trees will be covered. Information will cover all the causes and ways to prevent problems with trees. Class is limited to 25 participants. Must bring small grafting knives. There is a \$5 dollar fee for root stock.	Tuesday	9:00 - 3:45 PM
1092	Answers for the Future; A Look into Estate Planning Jolene DeVries	This session will provide an entertaining, yet extremely informative discussion on 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	9:00 - 11:45 AM
1093	Emergency Preparedness and Planning Bill Christie	Devise your own plan to prepare for an emergency or natural disaster. Learn to survive and thrive before, during, and after.	Tuesday	9:00 - 10:15 AM
1094	Effective Charitable Giving for Maximizing Your Impact Christian Pineda	A lecture designed to give individuals the knowledge and strategies to effectively expand their charitable efforts and legacy.	Tuesday	9:00 - 10:15 AM
1095	Senior Footcare 101 Linda Hendrickson	Proper shoe wear- foot mechanics- footcare the importance of proper fit- Keeping healthy feet.	Tuesday	9:00 - 10:15 AM
1096	Four Steps for Fragrant Flowers Gordon Bell	Why planning where your new flower garden will be is as important if not more important than what you plant in it. Make a boring area if your yard a focal point you will be proud of.	Tuesday	9:00 - 10:15 AM
1147	Orthopedics in the 21st Century Solon Rosenblatt, MD	1. Non-Surgical Treatment of Arthritis 2. Bone Health: Prevention of Fractures 3. Total Hip and Total Knee Replacements: Everything you wanted to know	Tuesday	9:00 - 10:15 AM
1099	Emergency Preparedness and Planning Bill Christie	Repeat Devise your own plan to prepare for an emergency or natural disaster. Learn to survive and thrive before, during, and after.	Tuesday	10:30 - 11:45 AM
1100	Hearts and Minds (National Alliance on Mental Illness) Rosemary Cooper, Rita Crane, Mary Derbort	Repeat - An introduction to National Alliance on Mental Illness (NAMI) programs and support services with a focus on understanding the important connection between mental health and physical health.	Tuesday	10:30 - 11:45 AM
1097	Beauty and the Beast - Truth	"If you just buy these three products, you will look	Tuesday	9:00 - 10:15 AM

	in Skincare Linda Benningfield-Hashman	young again”. Oops, you threw good money away again on empty promises. Skincare products and current treatments are often just a marketing trick to get your attention and hopes up while draining your bank account. I am a Licensed Esthetician who had a successful skincare business for over 20 years. In this class you will learn the truth and results that are possible to achieve in today’s skincare regimes. You will better understand how your skin works. We will discuss ingredients and what they do for your skin, and services that are currently available. This is not to bash anyone’s business or products, but just to offer a second opinion and actual results. I am not selling services or products.		
1101	Safe Use of a Windows Computer Michael Gromowski	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. Participants should already know and be comfortable using Windows. If you are looking for a basic introductory class, this class will be way too technical to benefit you.	Tuesday	10:30-11:45 AM
1102	Edible and Medicinal Plants of Colorado Jo Haugland	This is a classroom and outdoor experience with local, useful plants. The first part of this class will be an indoor discussion followed by an outdoor on PCC grounds where we will identify and discuss plants as they appear in winter and early spring. Wear clothing appropriate for the weather and a n approximate 20-30-minute outing. Limited to 10 participants.	Tuesday	10:30-11:45 AM
1103	Living Off the Grid While Connected to the Grid Dan Meeks	We will explore How a Homeowner can better use solar panels, standby generators, and/or whole house battery packs recharged from the grid	Tuesday	10:30-11:45 AM
1104	Foods for a Healthy Heart Roxanne Schuster Licensed Food for Life Instructor/ PCRM.org	Cardiovascular disease is the leading cause of death in the U.S. and around the world. Eating habits and other lifestyle factors play a key role in determining the Risk of heart disease. Plant-based diets benefit heart health because they contain no dietary cholesterol, very little saturated fat, and abundant fiber. Come find out what a plant-based diet can do for you. Recipe demo and samples include. Limited to 30 participants. There is a \$10 fee to support material costs.	Tuesday	10:30-11:45 AM
1106	Transformative Listening for Everyday Life Mary Derbort	Repeat 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 encounter 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	1:00-2:15 PM
1105	Forgotten Female Felons: Behind the Scenes Sherry Skye Stuart	Stuart shares the backstory of her book, from 2010 to the present. The local women who portrayed the felons, the FFF wall-hanging quilt will be displayed, and the paranormal activities of the felons with the author during the writing of her book. Stuart shares her research, how she chose inmates to include and how to make each historical fiction story unique. The author shares her collaboration with the Colorado Museum of Prisons (who are sponsoring the 2025 Book Launch) and her ghostly experiences scanning the original intake sheets in the prison archives. The FFF quilt will be on display and class participants will receive a special invitation to the Book Launch in June.	Tuesday	1:00-2:15 PM
1107	Native American Hardware Gordon Bell	Indian hardware came in many different forms, sizes, and shapes. Unlike modern day people, Native Americans had to make their tools, knives, and everyday items for survival. This class will explore the everyday and ceremonial tools and objects of some of Colorado’s original residents.	Tuesday	1:00-2:15 PM
1108	Celebrating Women’s Rights Terri Meeks	It’s been 105 years since women won the right to vote. We’ll explore where we come from and how we got to where we are today.	Tuesday	1:00-2:15 PM
1109	End of Life Q&A Jeannie Rector	panel of 5 professionals: Jolene L. Devries, Attorney at Law, Jancie Graham, CPA and Financial Advisor, Michael Hendry, General manager Holt Family Funeral Home, Julie Baker, RN and Marsha Bell, RN both of STM Hospital.	Tuesday	1:00-2:15 PM
1110	Yoga in Chairs: Sitting Mountain Series Elaine Schuhrke	Chair and wall assisted yoga for strong bones. Breathing, mudras, postures to improve and maintain balance and center, physically, mentally, and emotionally. Limited to 15 participants.	Tuesday	1:00-2:15 PM
1111	Foods for a Healthy Heart Roxanne Schuster Licensed Food for Life Instructor/PCRM.org	Cardiovascular disease is the leading cause of death in the U.S. and around the world. Eating habits and other lifestyle factors play a key role in determining the Risk of heart disease. Plant-based diets benefit heart health because they contain no dietary cholesterol, very little saturated fat, and abundant fiber. Come find out what a plant-based diet can do for you. Recipe demo and samples included. Limited to 30 participants. There is a 10 fee to support material costs.	Tuesday	1:00-2:15 PM
1112	Write Your Life Story Jeanne Schmidt	A condensed version of your entire life story; made easy with the provided outline and examples. Bring a pen and a spiral notebook.	Tuesday	1:00-2:15 PM
1113	Women with Spunk and Spirit: Forgotten Women of Fremont County - PART TWO Sherry Skye Stuart	PART TWO - Let’s honor our historical sisters by learning about their lives. We stand on their shoulders as they made their small corners of the world, now ours, a better place. We’ll travel through Fremont County, east to west and north to south, from indigenous women to the earliest pioneers, suffragettes and women clubs, prostitutes and the shadow side of being a woman. Class attendees will have an opportunity to win a copy of “My Life as a Mountain Pioneer” (1999, out of print) by Angelica Kimp-ton who lived in Florence.	Tuesday	1:00-2:15 PM
1113	Medicare (dis) Advantage Madeleine Jacobs, MD	Provide information about reality of Medicare (dis) Advantage.	Tuesday	1:00-2:15 PM
1114	Historical Voices from the Past- -Senator Harold McCormick & Karol Smith/Buckskin Joe Ed Norden	Archived KRLN audio interviews with Harold McCormick discussing theatre business and PCC Fremont.... And Karol Smith discussing creation of Buckskin Joe and Colorado movies.	Tuesday	1:00-2:15 PM
1115	Loveable Longears Learning About Mules and Donkeys Kathy Herrin	This popular class provides an overview about the wonderful world of mules and donkeys! Learn about the differences between then, uses, and history.	Tuesday	2:30-3:45 PM

1116	Yoga: “Laughing Ladies Gentle Yoga Class” Women Only 50+ Elaine Schuhrke	This woman only class targets hips, shoulders, low back and posture using gentle, meditative Amrit Yoga techniques. Must be able to get up and down off the floor. Limited to 15 participants.	Tuesday	2:30 - 3:45 PM
1176	The Men & Women of Fremont County who served in WW I and WW II. James Kaminski	I have found 650 WW I vets and 550 WW II Vets. We will talk about POW, MIA, KIA, Awards, WW II uniforms medals,	Tuesday	2:30 - 3:45 PM
1117	Fossils 101: Fossil Boot Camp Cindy Smith	Gain an understanding of rocks that were once creatures that lived millions of years ago in a handson “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. Limited to 30 participants. There is a \$5 fee for handouts.	Wednesday	9:00 AM - 3:45 PM
1118	Learn to Weave on a Simple Loom Cathy Royce Diane Gromowski	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, feel free to bring it, but there will be yarn available to use.) This will be an all-day class. Limited to 10 participants.	Wednesday	9:00 AM - 3:45 PM
1119	Basic Macrame Char Rodenbeck	Repeat - Students will learn basic macrame knots and will make a 36” macrame plant hanger. This class will be all day. Limited to 8 participants. \$10 fee per student.	Wednesday	9:00 AM - 3:45 PM
1120	Amateur Radio Bob Burket	What amateur radio is, and what it can do for you when the grid goes down.	Wednesday	9:00 - 11 :45 AM
1121	Aligning Retirement with Home Wealth Strategies: Leveraging Today’s Reverse Mortgage Nathan Johnson	In this class, we discuss the 4 Steps to Discover Home Wealth & Create a More Stable Retirement. The goal of the class is to increase your understanding, awareness, and empowerment as you and your family navigate the challenges and opportunities of aging in place, retirement income planning, and activation. Here are the 4 Steps we will cover: 1. Understanding The History of Home Wealth in America and Why it is Different Than Your Other Assets and Income Streams. 2. Understanding the 3 Common Mistakes Homeowners Make with Home Wealth 3. Understanding The 4 Ls of Retirement (Longevity, Lifestyle, Liquidity, and Legacy) and How These Principles Can Help Simplify Important Decisions. 4. Discover The Top 3 Home Wealth Strategies Leveraging Today’s Reverse Mortgage to Activate and Manage Your Home Wealth	Wednesday	9:00 - 10:15 AM
1122	Basic Drawing Fun JoBeth Stelzer	Repeat - Have you ever said, “I can’t draw, or I just don’t have artistic talent?” Then this class is for you. This is a beginner step by step directed drawing class for fun. Limited to 14 participants.	Wednesday	9:00 - 10 :15 AM
1124	Ireland’s Luck Legacy: Viking Chapter Ann Williams	Medieval Ireland was a backwater populated by farmers and religious scholars. Her undefended shores and treasure laden monasteries made the land of leprechauns seem an easy mark. So, how did it happen that thousands of battle-hardened Norsemen met their match on the Emerald Isle? Join Ann Payton Williams, Viking descendant and cruise ship presenter, for a fun, richly illustrated presentation.	Wednesday	9:00 - 10:15 AM
1125	Taming the Troll of Lies Jane Alfieri	Is there something you’ve always wanted to do? A goal that has sat just outside of your reach? It may be time to throw out the excuses and roadblocks. Time to tame the troll of lies, level up your thinking, and tackle your dreams. You will learn a fun and effective approach to harness the power of positive thinking.	Wednesday	10:30 - 11 :45 AM
1126	Hearts and Minds (National Alliance on Mental Illness) Rosemary Cooper, Rita Crane, Mary Derbort	Repeat - An introduction to National Alliance on Mental Illness (NAMI) programs and support services with a focus on understanding the important connection between mental health and physical health.	Wednesday	10:30 - 11 :45 AM
1184	Flood Evidence Along Skyline Drive Allen Bachoroski	This is a slide show presentation of the local book by the same name. It shows the geologic evidence of Noah’s Flood along with his story and interesting things to look at while traveling along Skyline Drive. Dinosaur bones, shale, lettuce coral and embedded shells will be passed around the group. The participants may play “Dino Bingo” during the slide show	Wednesday	10:30 - 11 :45 AM
1127	Word Decoder Anthony Garcia	This book shares of the story of Chief Cuerno Verde, the last Comanche chief that prevented the expansion of barb wire, posts, ranches and boundaries upon the pristine eastern plains of the great state of Colorado. The story concluded with the final battle scene between the Spanish Army and the Jupe Comanche band, it is believed to have occurred just north of Pueblo, near the Fremont campus.	Wednesday	10:30 - 11 :45 AM
1128	Spices! Jo Haugland	There are approximately 80 spices used around the world in cooling, flavoring medicines, massage, and magic. Some spices are used in cosmetics, others for essential oils. Review 32 spices plus salt and their interesting and varied uses. Students will make a lemon pepper to take home. Class is limited to 15 participants.	Wednesday	10:30 - 11 :45 AM
1129	Yoga Therapy: Solve a Personal Problem Elaine Schuhrke	Resolve a personal issue allowing your body to inform you using the meditative techniques of yoga and the open-ended questioning of life coaching. Limited to 15 participants.	Wednesday	10:30 - 11 :45 AM
1130	Life and Times of Ole Mose Betsy Denney	This program is about the life of Ole Mose and the people who spent a lifetime of searching for the last grizzly to wander the mountains and valleys of Fremont County, Colorado. There will be some facts and a lot of speculation. After all Ole Mose won’t tell us the real story.	Wednesday	10:30 - 11 :45 AM
1131	Adult Protective Services 101 Mallory Yeoman Vivian Simon	This course will review basic terms and concepts related to Adult Protection to help build a better foundation and understanding on the state rules and regulations that guide the APS caseworkers in what they can and cannot do during the entirety of a case. We’ll take a closer look at understanding ‘who’ is an At-Risk-Adult, ‘what’ makes a person At-Risk and ‘how’ you can help them. Through reviewing example referrals as a class everyone will leave the classroom with the confidence and	Wednesday	10:30 - 11 :45 AM

		knowledge on how to recognize potential abuse and make a report on an At-Risk-Adult.		
1132	“Secrets of Successful Investing in ANY Market” Ron Phillips	In this exciting course you will learn the inside game of investing. Everything Wall Street has excluded you from will be discussed. Ron, a licensed stockbroker and financial advisor, will peel back the layers of investing and expose all of the detail the “Big Guys” don’t want you to know. Including the real cost of mutual funds, the truth behind broker and advisor fees, tools the pros use & more. All participants will receive a free one-year subscription to Ron’s newsletter Investor Advantage (\$42 value), a free copy of his popular book Investing to Win (\$12 value) and an informative CD entitled The 10 Biggest Financial Oversights Investors Make, featuring the advisor (\$7 value). BONUS: Also receive a Special Report on the mostsold, least-understood investment (\$9 value). Ron Phillips is a well-known financial authority among affluent investors in Pueblo & Southern Colorado. He has developed unique strategies to help preserve investors’ principal and increase their investment income. You may have seen his monthly articles in The Senior Beacon or other newspapers. Affluent investors & retirees have used Ron’s advice to double their investment income, lower portfolio risk & significantly grow their assets. Ron is best known for his book, Investing to Win - Closely Held Secrets & Strategies from an Industry Insider. Class limited to 10 participants.	Wednesday	1:00 - 3:45 PM
1133	Transformative Listening for Daily Life Mary Derbort	Repeat - 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 encounter 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	1:00 - 2:15 PM
1134	Legends of West Fremont County Betsy Denney	This is a historical story of the people and events that helped settle the western two thirds of Fremont County. There will be some stories, some speculation, and some laughter while learning why Western Fremont County is the way it is.	Wednesday	1:00 - 2:15 PM
1135	The Men & Women of Fremont County who served in WW I and WW II. James Kaminski	Repeat - I have found 650 WW I vets and 550 WW II Vets. We will talk about POW, MIA, KIA, Awards, WW 11 uniforms medals.	Wednesday	1:00 - 2:15 PM
1136	Italian Heritage of Fremont County Royal Gorge Regional Museum & History Center (Jessica Ashton) in partnership with the Sons and Daughters of Italy	Join us as we take a look at the history of Italian immigrants of Fremont County. We will discuss their journeys, skills, families, and traditions, as well as Italian organizations	Wednesday	1:00 - 2:15 PM
1175	Sponge Painting 101 Gordon Bell	Sponge painting will change a room or entry way dramatically. How this fun and easy painting method can change a wall or room from dull to wow! Limited to 12 participants.	Wednesday	1:00 - 2:15 PM
1137	Flying Saucers are Real! Marlowe Cassetti	“Flying Saucers are Real!” was the title of a book popular in the era of the Flying Saucer craze. The term “Flying Saucers” morphed into UFO for Unidentified Flying Objects. Marlowe will trace this story back to its origin and bring you up to date on this topic. Plus, some of personal stories about his minor encounters when he worked at NASA. FYI the US Government now calls them UAP (Unidentified Ariel Phenomenon).	Wednesday	1:00 - 2:15 PM
1138	Life and Times of Ole Mose Betsy Denney	This program is about the life of Ole Mose and the people who spent a lifetime of searching for the last grizzly to wander the mountains and valleys of Fremont County, Colorado. There will be some facts and a lot of speculation. After all Ole Mose won’t tell us the real story.	Wednesday	2:30 - 3:45 PM
1139	Brain Games Susan Sakamoto	Brain games can help keep your brain active. Much like physical activity to keep your body in good shape., keeping your brain active is important in all stages of life. Bring your smart phone, tablet, or laptop.	Wednesday	2:30 - 3:45 PM
1140	Meditation: Pranayama and Mudra for Anxiety and Depression Elaine Schuhrke	Practical, simple, and easy yoga breathing (pranayamas) and hand yoga (mudras) can help you manage anxiety and stress, anytime, anywhere. Easy to learn. Come join us! Limited to 15 participants.	Wednesday	2:30 - 3:45 PM
1177	John C. Fremont and the Course of American Empire David Mallory	Repeat - The focus of this presentation will be on John Fremont’s second expedition, 1843 to 1844. Fremont led the second expedition to Oregon and California and back through Nevada, Utah and Colorado. We’ll look at the expedition’s impact of westward expansion and manifest destiny in the first half of the 1 9th century.	Wednesday	2:30 - 3:45 PM
1141	Amateur Radio Bob Burkett	Repeat - What amateur radio is, and what it can do for you when the grid goes down.	Thursday	9:00 - 11:45 AM
1142	These Eyes Have It Sean Claflin	These Eyes Have It Sean Claflin	Thursday	9:00 - 11:45 AM
1143	Falconry and Birds of Prey Devin Jaffe	Join Master Falconer, Devin Jaffe to meet live birds of prey! Learn about the ancient sport of Falconry as well as raptor identification, diets, conservation, and more! Be sure to bring your camera and lots of questions.	Thursday	9:00 - 11:45 AM
1144	Absolute Beginner Line Dance Elva Hannahan	Steps for each dance will be introduced and walked through several times before dancing to music. We expect mistakes, so don’t be intimidated. Come and have fun. Wear your dancing shoes that will allow for turning. Class is limited to 15 participants.	Thursday	9:00 - 11:45 AM
1145	Celebrating Women’s Rights Terri Meeks	Repeat - It’s been 105 years since women won the right to vote. We’ll explore where we come from and how we got to where we are today.	Thursday	9:00 - 11:45 AM
1146	Introduction to the Insta-Pot Samuel Nettles	Did you get an Instant Pot for Christmas? Has everyone been raving about how much they love theirs? Are you worried it will explode? Well, this is the class for you. The lesson is a simple, straightforward demonstration of how to use an instant pot. Sample recipes will be provided.	Thursday	9:00 - 11:45 AM
1148	When Hearing Aids are not Enough Jim Duresky	Cochlear implant user discussion of when hearing aids can no longer satisfy hearing needs of seniors. “I can hear you, but I can’t understand you.”	Thursday	9:00 - 11:45 AM
1149	Hearts and Minds (National Alliance on Mental Illness) Rosemary Cooper, Rita Crane, Marv Derbort	Repeat - An introduction to National Alliance on Mental Illness (NAMI) programs and support services with a focus on understanding the important connection between mental health and physical health.	Thursday	10:30 - 11:45 AM
1150	Falconry and Birds of Prey	Repeat - Join Master Falconer, Devin Jaffe to meet	Thursday	10:30 - 11:45 AM

	Devin Jaffe	live birds of prey! Learn about the ancient sport of Falconry as well as raptor identification, diets, conservation, and more! Be sure to bring your camera and lots of questions.		
1151	Absolute Beginner Line Dance Elva Hannahan	Repeat - Steps for each dance will be introduced and walked through several times before dancing music. We expect mistakes, so don't be intimidated. Come and have fun. Wear your dancing shoes that will allow for turning. Class is limited to 15 participants.	Thursday	10:30 - 11:45 AM
1152	Living Off the Grid While Connected to the Grid Dan Meeks	Repeat - We will explore How a Homeowner can better use solar panels, standby generators, and/or whole house battery packs recharged from the grid.	Thursday	10:30 - 11:45 AM
1153	Yoga: Gentle, Meditative Yoga - All Welcome Elaine Schuhrke	All are welcome in this gentle, mediative, Amrit yoga style class. You <u>must</u> be able to get up and down off the floor. Ends with guided relaxation. Limited to 15 participants.	Thursday	10:30 - 11:45 AM
1154	Power Foods for the Brain Roxanne Schuster Licensed Food for Life Instructor/PC RM .org	Plant-based foods are beneficial to the brain and may help prevent Alzheimer's disease and other forms of dementia. A decline in brain health is not an inevitable part of aging. How we eat and live can help us protect our memory and stay sharp into old age. In this Food for Life: Power Foods for the Brain class you will learn strategies for maintaining memory and improving brain function including how to prepare brain healthpromoting meals. Limited to 30 participants. There is a \$10 fee for reci-!_e samples.	Thursday	10:30 - 11:45 AM
1155	What is Elder Abuse? Sarah Fisher	Repeat - Outlining the components of Power and control within the realm if domestic violence and sexual assault.	Thursday	10:30 - 11:45 AM
1156	Make Pysanky: Ukrainian Easter Eggs Mandy Brown	Learn the basics of this traditional Easter craft. Full of colorful patterns and symbols these delicate works of art can be as simple or complex as you want. Materials will be provided during class so that you can start your own egg.	Thursday	10:30 - 11:45 AM
1157	Encouraging Results Re: Cognitive Impairment, Dementia, and Alzheimer's Larry Otte	Research will be shared regarding the causes, prevention, and reversal of these chronic conditions.	Thursday	10:30 - 11:45 AM
1158	Digital Photography- Phone/Camera Mel Williamson	In this session we will cover the basic questions and look deeper into digital photography. We will discuss a few basic concepts; image quality vs file size saving and storing your images. We will also touch on composition and lighting and how to best use these two to improve your personal photography.	Thursday	10:30 - 11:45 AM
1159	“Income Investing: A Time- Lost Strategy” Ron Phillips	“Even as late as the 1980s stocks paid very high dividends. Investors expected income in their pocket from their investments. Now, many strategies overly depend on prices moving up. What happens when we have flat or down markets? Instead of buying and hoping, learn about a tried-and-true technique to create consistent returns. All class participants also get free reports, books and other materials for attending.” Class limited to 10 participants.	Thursday	1:00 - 3:45 PM
1178	Safe Use of a Windows Computer Michael Gromowski	Repeat - 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 ha ~ 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. Participants should already know and be comfortable using Windows. If you are looking for a basic introductory class, this class will be way too technical to benefit you.”	Thursday	1:00 - 2:15 PM
1160	Honor Your Elders Sarah Fisher	Repeat - Understanding and preventing elder abuse: Explore concepts of domestic violence and sexual assault within the senior community, risks associated with each one and the process of reporting elder abuse.	Thursday	1:00 - 2:15 PM
1161	How to Reduce Your Risk of Chronic Disease Larry Otte	During this presentation, you will learn practical tips to reduce your risk of developing a chronic disease. 93% of Americans are metabolically unhealthy. Find out how to strengthen your immune system.	Thursday	1:00 - 2:15 PM
1162	Dabbling in Decoupage Larry Otte Gordon Bell	This is a creative way to protect and display old photographs, awards, newspaper clippings, rocks, pottery, metal, and wood. Be creative and have fun doing it. Limited to 10 participants.	Thursday	1:00 - 2:15 PM
1163	Legends of West Fremont County Betsy Denney	Repeat - This is a historical story of the people and events that helped settle the western two thirds of Fremont County. There will be some stories, some speculation, and some laughter while learning why Western Fremont County is the way it is.	Thursday	1:00 - 2:15 PM
1164	The Pioneers of Greenwood Cemetery Ed Norden	Repeat - A power point historical presentation of the community leaders and other unique features in the Greenwood Pioneer Cemetery	Thursday	1:00 - 2:15 PM
1165	Power Foods for the Brain Roxanne Schuster Licensed Food for Life Instructor/PCRM.org	Repeat - Plant-based foods are beneficial to the brain and may help prevent Alzheimer's disease and other forms of dementia. A decline in brain health is not an inevitable part of aging. 1 How we eat and live can help us protect our memory and stay sharp into old age. In this Food for Life: Power Foods for the Brain class 1 you will learn strategies for maintaining memory and improving brain function including how to prepare brain health-promoting meals. Limited to 30 participants. There is a \$10 fee for recipe samples.	Thursday	1:00 - 2:15 PM
1166	Transformative Listening for Daily Life Mary Derbort	Repeat - 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 encounter 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	1:00 - 2:15 PM
1167	Scam Schemes: Learning How to Protect Yourself Kathy Herrin	Repeat - It seems like every day we hear about another scam or people falling victim to criminals through scams. This class will provide an overview of "popular scams" and provide preventative tips.	Thursday	1:00 - 2:15 PM
1168	Yoga: Old Guys Yoga Class Men Only 50+ Elaine Schuhrke	Originally developed by Elaine Schurke to target the neck, shoulders, low back, and hips of "men of a certain age." This men's only class may even improve your golf game. Must be able to get up and down off the floor. Limited to 15 participants.	Thursday	2:30 - 3:45 PM
1169	Drawing Oil Pastels and Pastels Cicly Harmon	Repeat - Draw with pastels and oil pastels. Some supplies provided. Bring your own if you have them. Class is limited to 8 participants.	Thursday	2:30 - 3:45 PM
1170	Intriguing Origins of Greco Roman Mythology Ann Williams	Gods were the ancients' go-to for explaining the unexplainable, but what inspired the tales of mythmakers like Homer? Cruise ship presenter, Ann Payton Williams, explores possible "truths" behind Circe, Cyclops, a fire breathing dragon, the Morning Fairy, and more.	Thursday	2:30 - 3:45 PM
1171	Lincoln Park/Cotter Superfund Site Fieldtrip Jeri Fry	Fieldtrip: Join the Lincoln Park Field Trip conducted by Jeri Fry around and through the Lincoln Park/Cotter Superfund Site. Ride in the new Canon City Transit Shuttle Bus from Colorado Jeep Tours. Seating is limited to 40 people. Cost is \$35 per person. Fee will collect in advance. Instructor will contact participants to arrange payment.	Friday	9:00 - 11:45 AM
1172	Driving Tour of Italian American Owned Businesses Royal Gorge Regional Museum & History Center (Jessica Ashton) in partnership with the Sons and Daughters of Italy	Fieldtrip: The turn of the century saw many Italian immigrants arriving in Fremont County, with in just a generation or two, many were business owners. Class participants must provide their own transportation as we move from location to location through Cañon City and Brookside learning about some of these various businesses. Participants will meet in the parking lot behind the Royal Gorge Regional Museum at 612 Royal Gorge Blvd.	Friday	9:00 - 11:45 AM
1173	Disc Golf Day of Play Mike Maffucci	Play some of PCC's disc golf course. Throw outside, learn to putt, play some holes! Participants will meet at the North entrance/exit of the campus.	Friday	1:00 - 3:45 PM



PCC Fremont Campus Senior Mini College Registration Form

PCC, Fremont Campus
51320 W. Highway 50, Cañon City, CO 81212
719-296-6101

Date of Birth: ____-- ____-- ____ Student ID: _____ Phone: _____

Last Name: _____ First Name: _____ MI: _____

Address: _____

Email: _____

Classes fill quickly please select a 2nd choice (in case your 1st choice is full)

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

☐ Check if current Senior Mini College Presenter or Board Member

Student Signature: _____ Date: _____/2025

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 (\$15 per day)

- Monday

Cattlegirls’s Barbecue \$15

☐
- Tuesday

Taco Tuesday from Carol and D Catering \$15

☐
- Wednesday

Deli Sandwich Meal-Coyote Coffee Den 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: _____