

CRN	Course Name & Instructor	Description	Day	Time
3053	Intuitive Painting: Spring in Bloom  Tammy Van Ulzen	No experience necessary. Just bring your curiosity. Join me for a joyful, intuitive painting experience inspired by the energy of spring. In this expressive floral class, we'll explore intuitive painting—allowing each layer of paint to inform what comes next, rather than following a fixed plan. Working with acrylics on an 11×14 canvas, you'll build layers of expressive color and texture while experimenting with simple collage elements, stenciling, and playful mark-making. This class is designed for all levels, especially those who may feel hesitant or unsure about painting. The emphasis is on freedom, curiosity, and trust rather than perfection. By the end of the session, you'll leave with a vibrant, spring-inspired expressive floral painting and a deeper connection to your own creative voice. <b>Limit 12 Fee \$15</b>	Monday	9:00 AM – 3:45 PM
3158	Learn to Weave  Cathy Royce and 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. <b>Limit 10 Fee \$5</b>	Monday	9:00 AM – 3:45 AM
3057	Macrame  Char Rodenbeck	Learn to make a macrame plant hanger. All materials provided. This class will be all day. <b>Limit 8 Fee \$10</b>	Monday	9:00 AM – 3:45 PM

<b>3058</b>	Your Legacy Photo Collection  Monica Young	How many photos do you have on your phone? And where are the rest of them? Let's walk through some basic design tools you can use to create your own lay flat book. Use this time to explore Shutterfly books. Come prepared with at least 5 photos uploaded to your Shutterfly account or on phone. Bring a laptop if you have one.	Monday	9:00 AM – 11:45 AM
<b>3059</b>	Falconry and Birds of Prey  Devin Jaffe	Join Master Falconer, Devin, to meet and learn about some of the raptors used in the ancient sport of falconry. Find out how falconers train their birds, conservation efforts in place, and more. Be sure to bring your camera and inquiring mind.	Monday	9:00 AM – 10:15 AM
<b>3060</b>	Spices II  Jo Haugland	We will discuss 28 spices including alum and their culinary/medicinal uses. The spices discussed include: alum, beau monde, Cajun seasoning, capers, celery salt/seed, chives, cilantro, coriander, cumin, curry, dandelion, epazote, fenugreek, flaxseed, horseradish, old bay, mustard/dry/seed, onion powder/salt, orange peel, pickling spice, pumpkin pie spice, saffron, seasoning pepper, seasoning salt, sesame seed, red pepper, sumac, and wasabi. You will make: Garam Masala and Chinese 5 spice to take home. <b>Limit 15</b>	Monday	9:00 AM – 10:15 AM
<b>3061</b>	Yoga in Chairs  Elaine Schuhrke	Wear comfortable clothes for a full relaxing yoga routine all done in a chair. No experience necessary. Prepare for a fun calming experience. <b>Limit 20</b>	Monday	9:00 AM – 10:15 AM
<b>3062</b>	CCAT's Citizen Science Sampling of the Lincoln Park Superfund Site  Jeri Fry	Introduction to how to gather your samples of air, ground water, and soil for laboratory testing and how to participate in CCAT's new programs. <b>Limit 25</b>	Monday	9:00 AM – 10:15 AM

<b>3063</b>	Paper Crafting Pam Solomon, Ruth Mallory, Jane LeDoux	Decorate mint tins with paper and embellishments and create sticky note cover with paper, ribbon and embellishments. <b>Limit 12 Fee \$5</b>	Monday	9:00 AM – 10:15 AM
<b>3064</b>	Paper Crafting Pam Solomon, Ruth Mallory, Jane LeDoux	<b>Repeat</b> Decorate mint tins with paper and embellishments and create sticky note cover with paper, ribbon and embellishments. <b>Limit 12 Fee \$5</b>	Monday	10:30 AM – 11:45 AM
<b>3065</b>	Forgotten Women of the Mormon Battalion in Pueblo 1846-1847 Sherry Skye Stuart	The Mississippi Saints and the Mormon Battalion wintered on the banks of the Arkansas River in Pueblo, Colorado for a brief time during 1846-47. These educated and spirited women helped create a thriving settlement, which included friendship and hard work, romance and merriment. They left a legacy of courage and perseverance.	Monday	10:30 AM – 11:45 AM
<b>3066</b>	Falconry and Birds of Prey Devin Jaffe	<b>Repeat</b> - Join Master Falconer, Devin, to meet and learn about some of the raptors used in the ancient sport of falconry. Find out how falconers train their birds, conservation efforts in place, and more. Be sure to bring your camera and inquiring mind.	Monday	10:30 AM – 11:45 AM
<b>3169</b>	Awesome Resources at Your Library! Samuel Nettles	Are libraries boring places just for storing books and piercing librarian glares? No! The dizzying variety of resources available can open doors to learning and enjoyment like you'd never believe. Come and join us at this review of the plethora of materials and opportunities available at your local library!	Monday	10:30 AM – 11:45 AM
<b>3098</b>	Shared Memories: Digitally Archive Your Family Media Mandy Brown	Do you have old home movies, photo negatives, or slides you would like to transfer to digital? The Canon City and Pueblo Libraries are partnering up to help Coloradans preserve their history. In this class you will be able to see some of our archiving equipment in person and learn how to use it.	Monday	1:00 PM – 2:15 PM

<b>3067</b>	Meaningful Aging Sherry Skye Stuart	Join me for a thoughtful discussion as we explore life experiences and cultural expectations about aging. When viewed through physical, social, mental, emotional, spiritual, and financial lenses, we can develop a balanced and practical approach to aging. Add your voice to the conversation.	Monday	1:00 PM – 2:15 PM
<b>3068</b>	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 encountered in daily conversation. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.	Monday	1:00 PM – 2:15 PM
<b>3152</b>	Sponge Painting 101 Gordon Bell	Change a room, entry way, or highlight a wall. How this easy method of painting can dramatically change a room from dull to wow! <b>Limit 10</b>	Monday	1:00 PM – 2:15 PM
<b>3070</b>	Columbus and the Culture of the Sea Ann Williams	Discover Columbus' undercover mission to hoodwink the Spanish Inquisition. Voyages to the New World contributed much to maritime as well as Old World tradition, including mermaids, hammocks, and syphilis. Travel writer Ann Williams shares lingo, chanties, folk arts, tales, and superstitions of sailing men.	Monday	1:00 PM – 2:15 PM
<b>3069</b>	Pen and Watercolor Journaling Art JoBeth Stelzer	This is designed as a beginning class with an easy step by step pen sketch filled in with watercolor. <b>Limit 20</b>	Monday	1:00 PM - 2:15 PM
<b>3165</b>	Introduction to Amateur Rado Bob Burkett	Expand your world with an introduction to Amateur Radio	Monday	1:00 PM – 2:15 PM

<b>3072</b>	Big Doings in the Deep: The Seafloor's Incredible Clues to Earth's Inner Workings  Ann Williams	Deep sea explorers discovered an undersea mountain range running through the middle of every ocean. The mountains move, shrink, and harbor secret gardens. These discoveries reveal mindboggling insights into monumental happenings beneath our feet.	Monday	2:30 PM – 3:45 PM
<b>3099</b>	Shared Memories: Digitally Archive Your Family Media  Mandy Brown	Do you have old home movies, photo negatives, or slides you would like to transfer to digital? The Canon City and Pueblo Libraries are partnering up to help Coloradans preserve their history. In this class you will be able to see some of our archiving equipment in person and learn how to use it.	Monday	2:30 PM – 3:45 PM
<b>3168</b>	Awesome Resources at Your Library!  Samuel Nettles	Are libraries boring places just for storing books and piercing librarian glares? No! The dizzying variety of resources available can open doors to learning and enjoyment like you'd never believe. Come and join us at this review of the plethora of materials and opportunities available at your local library!	Monday	2:30 PM – 3:45 PM
<b>3073</b>	Macrame  Char Rodenbeck	Learn to make a macrame plant hanger. All material provided. This class will be all day. <b>Limit 8 Fee \$10</b>	Tuesday	9:00 AM – 3:45 PM
<b>3074</b>	Before Time Comes Essentials  Monica Young	Making a family team and having a senior conversation are two essentials for later life plans. Come explore how to make this happen so that every family member can participate in a one-hour discussion about planning for <i>everyone's</i> needs. Learn about using legacy as a means to break down resistance.	Tuesday	9:00 AM – 11:45 AM
<b>3075</b>	Computer Basics  Rebecca Tamez	Learn the basics of computers from turning on computers, different types, Wi-Fi connections, finding Apps, Documents, pin or password, Microsoft Accounts, local account, and windows 10-11. Bring	Tuesday	9:00 AM – 11:45 AM

		your own laptop if you have one. Two-part class. <b>Continued Thursday.</b>		
<b>3076</b>	Answers for the Future  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 AM – 11:45 AM
<b>3077</b>	Pain and the Brain – Learning to Understand the Mind/Body Connection  Doug Foor	This class will include my miraculous, real-life experience of chronic back pain recovery and how I went from not wanting to live to experiencing the joy of getting my life back. We will discuss how our thoughts and emotions impact us physically: from chronic pain to auto-immune diseases along with other ailments. It would be helpful if participants watched a YouTube video from a 20/20 episode to gauge their acceptance of these concepts. Search 1999 John Stossell/John Sarno interview or enter <a href="https://www.youtube.com/watch?v=7qwFjKYIbf4">https://www.youtube.com/watch?v=7qwFjKYIbf4</a>	Tuesday	9:00 AM – 11:45 AM
<b>3078</b>	Rooted in Love  Carmen Teixeira	Rooted in Love: A self-love and self-worth journey. We'll look at the ways we love, honor, and value ourselves, and identify where more love is needed. Bring a journal and pen. <b>Limit 10</b>	Tuesday	9:00 AM – 10:15 AM
<b>3079</b>	Food As Medicine  Jo Haugland	Discuss 25 common foods and their use in restoring and maintaining good health. Discover foods that can lower cholesterol, help dry an itchy skin, lower blood pressure, prevent depression, and more. This class will prepare Almond Milk and Onion cough syrup. <b>Limit 15</b>	Tuesday	9:00 AM – 10:15 AM

3080	Zentangle AKA Fancy Doodling  JoBeth Stelzer	Fun art form with repetitive patterns to create abstract designs on paper. <b>Limit 20</b>	Tuesday	9:00 AM – 10:15 AM
3082	Stop the Bleed  Nancy Bartkowiak	Want to have fun and learn at the same time? This class covers how to stop both minor and major bleeds with pressure packing and tourniquet use.	Tuesday	9:00 AM – 10:15 AM
3081	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 those who know and are comfortable using Windows. It is not a basic class in using PCs.	Tuesday	9:00 AM – 10:15 AM
3083	AI Artificial Intelligence – A Discussion About and with AI  Dan Meeks	As AI is becoming more of a part of our daily lives. How is it like our own intelligence and how is it different? How will AI change our lives, for better or worse?	Tuesday	9:00 AM – 10:15 AM
3084	“S.M.A.R.T” Planning for Preparedness  Bill Christie	Devise your personal plan to prepare for an emergency or natural disaster. Learn to be ready before your nightmare, survive your inconvenience, and thrive in the aftermath.	Tuesday	9:00 AM – 10:15 AM
3085	“S.M.A.R.T” Planning for Preparedness  Bill Christie	<b>Repeat</b> Devise your personal plan to prepare for an emergency or natural disaster. Learn to be ready before your nightmare, survive your inconvenience, and thrive in the aftermath.	Tuesday	10:30 AM – 11:45 AM
3086	The Magic of Writing  Sherry Skye Stuart	Writing can be fun and enjoyable, just for your eyes or to share with the world. Writing is simply a form of creative expression and can help you find clarity and inspiration. Bring your paper and pen/pencil and let us write together. All it takes is a little time and effort to make your writing magical!	Tuesday	10:30 AM – 11:45 AM

3087	<p>Power of Food for a Healthy Heart- Nutrition and Cooking Class</p> <p>Roxanne Schuster</p>	<p>As the leading cause of death in the world today, join me as we discuss how lifestyle plays a key role in cardiovascular disease and what we can do to prevent or even reverse. Let's gather as we gain knowledge and share some delicious nutrient rich recipes and celebrate our hearts. Each class features nutrition education and cooking demonstrations. Recipes and samples provided. <b>Fee \$10</b></p>	Tuesday	10:30 AM – 11:45 AM
3088	<p>What Are You Doing to Reduce the Risk of Getting Dementia or Alzheimer's?</p> <p>Larry Otte</p>	<p>This class will provide an understanding of the various causes of Dementia and Alzheimer's as well as various strategies to reduce your risk. You will learn about the experiences of others from the works of Dr. Dale Bresdesen, M.D., and others. It is never too late to learn how to help yourself or someone you love to avoid this terrible disease.</p>	Tuesday	10:30 AM – 11:45 AM
3089	<p>Colorado's Fruit Growing History</p> <p>Cinde McPhail</p>	<p>A 24-minute video by Montezuma Orchard Restoration Project will be shown as well as a short power point with local varieties. A discussion and question and answer period will follow.</p>	Tuesday	1:00 PM – 2:15 PM
3153	<p>Rocks and Minerals of Colorado</p> <p>Gordon Bell</p>	<p>Is it calcitic or quartz? Pyrite or gold? Learn how to identify different gems and minerals and where they might be found.</p>	Tuesday	1:00 PM – 2:15 PM
3090	<p>Transformative Listening in Daily Life</p> <p>Mary Derbort</p>	<p><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 daily. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.</p>	Tuesday	1:00 PM – 2:15 PM

3091	Intro to How Foods Fight Diabetes -Nutrition and Cooking Class  Roxanne Schuster	Blood sugar imbalance, insulin resistance, pre-diabetes and all forms of diabetes is one of the fastest growing chronic diseases in the United States. This class provides knowledge, tools, and lifestyle strategies to help reduce risks of developing diabetes and manage or even reverse. Join me as we gain knowledge while sharing delicious nutrient rich recipes. Each class features nutrition education and cooking demonstrations. Recipes and samples provided. <b>Fee \$10</b>	Tuesday	1:00 PM – 2:15 PM
3092	Getting Older Doesn't Mean You Have to Get Sicker  Larry Otte	During this class, you will learn practical tips on how to strengthen your immune system and reduce your risk of developing heart disease, cancer, or another chronic disease. If you are one of the 88% of Americans who are metabolically unhealthy, learn what you can do to help yourself. Plan how to live the rest of your life with an excellent quality of life.	Tuesday	1:00 PM – 2:15 PM
3093	Canon City Police Dept. Overview  Commander Chase Leonard	Learn more about the CCPD, its mission and goals. A variety of programs and statistics will be shared. Plus, time to answer questions.	Tuesday	1:00 PM – 2:15 PM
3094	Forgotten Women Who Changed the World  Sherry Skye Stuart	Make the acquaintance of female artists and authors, writers, and warriors, musicians and mystics, poets and politicians, suffragettes and saints, pirates and prostitutes, doctors, and diplomats throughout history, who dare to be different and followed their dreams.	Tuesday	1:00 PM – 2:15 PM
3095	Finding Your Revolutionary War Ancestor  Terri Meeks	2026 marks the 250 <sup>th</sup> anniversary of our great country. Did you have an ancestor who participated in the Revolutionary War? We will explore the causes, alliances, and records to help find your patriot or loyalist.	Tuesday	1:00 PM – 2:15 PM

<b>3097</b>	Introduction to Human Trafficking  Abigail Burton & Sue Molitor	Introduction to human trafficking/know the signs.	Tuesday	1:00 PM – 2:15 PM
<b>3166</b>	Introduction to Amateur Radio  Bob Burkett	<b>Repeat</b> - Expand your world with an introduction to Amateur Radio.	Tuesday	2:30 PM – 3:45 PM
<b>3096</b>	Computer Crime Prevention  Det. Howard Burton	CCPD Detective Burton will discuss common computer/fraud crimes and present information that may help keep you from becoming a victim.	Tuesday	2:30 PM – 3:45 PM
<b>3100</b>	Intuitive Painting: Sunflowers  Tammy VanUlzen	No experience necessary. Just bring your curiosity. Sunflowers are a powerful symbol of warmth, vitality, and joy—and in this intuitive painting class, they serve as a springboard for creative exploration. We will paint expressive interpretations guided by color and emotion. Using acrylic paints on an 11×14 canvas, you'll learn to layer color, create texture, and engage in spontaneous mark-making. Each stage of the painting informs the next, encouraging you to respond intuitively and make creative choices in the moment—without sketches, rules, or rigid outcomes. This relaxed, encouraging class is open to all levels and is especially welcoming to beginners. You'll be guided to let go of perfectionism, quiet the inner critic, and enjoy the process of discovery. Participants will leave with a bold, sunflower-inspired painting and renewed confidence in their natural creativity. <b>Limit 12 \$15 Fee</b>	Wednesday	9:00 AM – 3:45 PM
<b>3101</b>	Reducing the Cost of Auto Insurance  Jim Duresky	Understanding three components of auto insurance and how to more effectively spend your auto insurance dollars. Bring your auto policy	Wednesday	9:00 AM – 11:45 AM

<b>3102</b>	3 Easy Meditation Techniques  Elaine Schuhrke	Busy days? On the go? Don't have time? Learn and practice easy, use-right now meditation techniques to focus your attention, calm your mind, and settle into acceptance. <b>Limit 20</b>	Wednesday	9:00 AM – 11:45 AM
<b>3103</b>	Colorado 1876: Close to Home  Jessica Ashton	Step back into 1876 to discover what was happening right here in our community when Colorado achieved statehood. We will look at local people, places, and events to see how statehood shaped everyday life close to home.	Wednesday	9:00 AM – 10:15 AM
<b>3159</b>	E-Bikes 101 Daniel Hendrickson	Information on selecting and riding e-bikes.	Wednesday	9:00 AM – 11:45 AM
<b>3104</b>	Witchy Weeds  Jo Haugland	Throughout history, plants have been used in spells, for healing, protection, love, and more. So, what about their medicinal and magical properties? Are they real? Herbs, flowers, weeds, shrubs, and trees have been made into teas, tinctures, sachets, and essential oils to heal and enchant us for hundreds, if not thousands of years. Magic lore uses plants for good luck, to attract money, for protection, creativity, and even invisibility! Join us as we look at 28 of these interesting plants and create a couple of projects to test their magic. <b>Limit 15</b>	Wednesday	9:00 AM – 10:15 AM
<b>3105</b>	Word Decoder  Anthony Garcia	Learn the story of Chief Cuerno Verde, the last Comanche chief that prevented expansion of barbed wire, posts, ranches and boundaries upon the pristine eastern plains of the great state of Colorado. I will share the point of view of Governor Juan B. de Ariza, in his pursuit of the Comanche Jupe band. The story concludes with the final battle scene that is believed to have occurred just north of Pueblo near PCC, Fremont Campus.	Wednesday	9:00 AM - 10:15 AM

3106	<p>Power Foods for a Healthy Heart - Nutrition and Cooking Class</p> <p>Roxanne Schuster</p>	<p><b>Repeat</b> - As the leading cause of death in the world today, join me as we discuss how lifestyle plays a key role in cardiovascular disease and what we can do to prevent or even reverse. Let's gather as we gain knowledge and share some delicious nutrient rich recipes and celebrate our hearts. Each class features nutrition education and cooking demonstrations. Recipes and samples provided. <b>Fee \$10</b></p>	Wednesday	10:30 AM – 11:45 AM
3107	<p>Watili the Native American Heroine</p> <p>Anthony Garcia</p>	<p>Join Watili, as she is captured and enslaved by Apache invaders and survives a 700-mile forced walk from her Ute village of Parussi (Meeker County) then is 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.</p>	Wednesday	10:30 AM – 11:45 AM
3167	<p>Introduction to Amateur Radio</p> <p>Bob Burkett</p>	<p><b>Repeat</b> - Expand your world with an introduction to Amateur Radio</p>	Wednesday	10:30 AM – 11:45 AM
3109	<p>Intro to Intro to How Foods Fight Diabetes -Nutrition and Cooking Class</p> <p>Roxanne Schuster</p>	<p><b>Repeat</b> - Blood sugar imbalance, insulin resistance, pre-diabetes and all forms of diabetes is one of the fastest growing chronic diseases in the United States. This class provides knowledge, tools, and lifestyle strategies to help reduce risks of developing diabetes and manage or even reverse. Join me as we gain knowledge while sharing delicious nutrient rich recipes. Each class features nutrition education and cooking demonstrations. Recipes and samples provided. <b>\$10 Fee</b></p>	Wednesday	1:00 PM – 2:15 PM

<b>3108</b>	American Sign Language JoBeth Stelzer	A beginner class introduction to this rich culture and language. Come have fun learning the basics, like the alphabet, colors, animals, etc. <b>Limit 25</b>	Wednesday	1:00 PM – 3:45 PM
<b>3110</b>	Canon City Police Department SWAT Team SGT Maul & SGT Bodycomb	CCPD SGTS. Maul and Bodycomb plus members of the team will discuss the utilization of SWAT, developing and maintaining a team and will display some of the equipment.	Wednesday	1:00 PM – 2:15 PM
<b>3154</b>	Fun With Fossils Gordon Bell	This class will explore the vast number and types of fossils found in Fremont County as well as several adjacent counties. From crinoids to dinosaurs. Fremont County has it all.	Wednesday	1:00 PM – 2:15 PM
<b>3111</b>	Transformative Listening for Daily Life Mary Derbort	<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 conversation. Leave with practical tools to transform your listening and improve your relationships. Each class is a repeat of Monday's class.	Wednesday	1:00 PM – 2:15 PM
<b>3112</b>	Easy Peasy Cooking with Beef Fremont County Cattlemen	Easy ways to cook with beef. Recipes under 30 minutes featuring multiple cuts of beef. <b>Limit 25</b>	Wednesday	1:00 PM – 2:15 PM
<b>3113</b>	A Third Way Jeff Smith	The Reformation featured two major groups: Catholics and Protestants. There was a third player, however: the Anabaptists. Sometimes called the Radical Reformation, Anabaptism contributed surprising theological insights to Western Christianity	Wednesday	1:00 PM – 2:15 PM
<b>3137</b>	Old Colorado Apples Cinde McPhail	A 30-minute video by Montezuma Orchard Restoration Project will be shown as well as a short power point with local varieties. A discussion and question and answer period will follow.	Wednesday	1:00 PM – 2:15 PM

<b>3164</b>	Step Right Up Kathy Herrin	A look at the old-time medicine shows and patent medicines.	Wednesday	2:30 PM – 3:45 PM
<b>3114</b>	The Bricks at Colonel Leo Sidney Boston War Memorial Park James Kaminiski	This class is about the Col. Leo Sidney Boston Memorial Park at the Fremont County Airport and the 1733 and growing bricks of the memorial. I have 14 binders of information on the Veterans of Fremont County. The K panel has 110 names, and I have information on all of them.	Wednesday	2:30 PM - 3:45 PM
<b>3115</b>	Positive Psychology Dr. Janet Sullivan Bendell	Courage, creativity, integrity, fairness, optimism and spirituality are some of the traits of people who live happy and meaningful lives. Learn how to develop these and other characteristics and become more fulfilled.	Wednesday	2:30 PM – 3:45 PM
<b>3116</b>	Fremont, Carson, and the Conquest of California David Mallory	John Fremont and Kit Carson played pivotal and controversial roles in the capture of California during the Mexican American War. Join us to learn all about them.	Wednesday	2:30 PM - 3:45 PM
<b>3138</b>	Apple Tree Grafting Cinde McPhail	A morning session will involve a lecture about various methods of apple grafting and follow up care when the grafts take. Information about when to pot the grafts as well as when to water and when to plant in the ground will be covered with time for questions and answers. The afternoon session will involve a demonstration of grafting then students will graft two trees using rootstock and scions. They will be able to take these grafted trees home. Additional rootstocks and scions will be available to purchase. Supplies: \$10 will cover rootstock and scion, grafting tape and grafting wax. Students will need to bring a super sharp knife for grafting, rags to wrap roots in (18" x 18"), and a bucket or plastic bag to transport grafts home after the class. <b>Limit 20 Fee \$10</b>	Thursday	9:00 AM – 3:45 PM

<b>3156</b>	Rustic Leather Journal Rosemary Cooper	Create a rustic leather journal – hand sewn, 4 signatures, 48 pages, approximately 4'x8'. Requires basic ability to sew. Bring a button for the closure (optional). <b>Limit 8 Fee \$15</b>	Thursday	9:00 AM – 3:45 PM
<b>3075</b>	Computer Basics Continued Rebecca Tamez	<b>Continuation</b> - Learn the basics of computers from turning on computers, different types, Wi-Fi connections, finding Apps, Documents, pin or password, Microsoft Accounts, local accounts, and Windows 10-11. Bring your own laptop if you have one.	Thursday	9:00 AM – 11:45 AM
<b>3123</b>	When Hearing Aids Are Not Enough Jim Duresky	Hearing aids make sound and voice louder. Cochlear implants make speech clearer and more understandable. This class will present cochlear implants and put individuals at ease with this technology.	Thursday	9:00 AM – 11:45 AM
<b>3124</b>	A Cookbook Approach to a Senior Move Monica E. Young	Let's have fun considering your Recipe (plan) for success when it comes to moving an elderly friend or relative. You'll need Ingredients (Supplies), Prep Time (One Week Before), and Day-of-Steps. Don't forget dessert.	Thursday	9:00 AM – 11:45 AM
<b>3125</b>	AI Artificial Intelligence – A Discussion About and with AI Dan Meeks	<b>Repeat</b> - As AI is becoming more of a part of our daily lives. How is it like our own intelligence and how is it different? How will AI change our lives, for better or worse?	Thursday	9:00 AM – 10:15 AM
<b>3126</b>	Finding Your Revolutionary War Ancestor Terri Meeks	<b>Repeat</b> - 2026 marks the 250 <sup>th</sup> anniversary of our great country. Did you have an ancestor who participated in the Revolutionary War? We will explore the causes, alliances, and records to help you find your patriot or loyalist.	Thursday	9:00 AM – 10:15 AM
<b>3127</b>	Improving Residential Crime Prevention through CCPD Kathy Herrin	Crime prevention through environmental design explores ways to keep you safer and less of a target for burglary and theft. Examples will be shared.	Thursday	9:00 AM – 10:15 AM

<b>3128</b>	A - Eye Dr. Sean Claflin	AI Technology in the eye care space.	Thursday	9:00 AM – 10:15 AM
<b>3129</b>	Why We Love True Crime: What Our Fascination Reveals About Human Nature Barbara Jaques	Why do so many of us love true crime stories? Discover what this fascination reveals about fear, empathy, justice – and what it might say about you.	Thursday	9:00 AM – 10:15 AM
<b>3130</b>	Introduction to Human Trafficking Abigale Burton & Sue Molitor	<b>Repeat</b> - Introduction to human trafficking/know the signs.	Thursday	10:30 AM – 11:45 AM
<b>3131</b>	Pen and Watercolor Journaling Art JoBeth Stelzer	<b>Repeat</b> - This is designed as a beginning class with an easy step by step pen sketch filled in with watercolor. <b>Limit 20</b>	Thursday	10:30 AM – 11:45 AM
<b>3132</b>	Drawing With Pastels and Oil Pastels Cicily Harmon	Brief lessons in drawing, combing colors, and help in improving the work.	Thursday	10:30 AM – 11:45 AM
<b>3139</b>	Murder at Rock Creek: Trails to Florence, CO Ed Norden	A historical power point about how a Nebraska murder led to the founding of Florence, CO.	Thursday	10:30 AM – 11:45 AM
<b>3133</b>	Aligning Retirement with Home Wealth Strategies: Leveraging Today's Reverse Mortgage Nathan Johnson	In this class, we discuss the <b>4 Steps to Discover Home Wealth &amp; Create a More Stable Retirement.</b> 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:	Thursday	10:30 AM – 11:45 AM

		<p>1. Understanding The History of Home Wealth in America and Why it is Different Than Your Other Assets and Income Streams.</p> <p>2. Understanding the 3 Common Mistakes Homeowners Make with Home Wealth</p> <p>3. Understanding The 4 Ls of Retirement (Longevity, Lifestyle, Liquidity, and Legacy) and How These Principles Can Help Simplify Important Decisions.</p> <p>4. Discover The Top 3 Home Wealth Strategies Leveraging Today's Reverse Mortgage to Activate and Manage Your Home Wealth</p>		
<b>3134</b>	<p>Drawing With Pastels and Oil Pastels</p> <p>Cicily Harmon</p>	<b>Repeat</b> - Brief lessons in drawing, combing colors, and help in improving the work.	Thursday	1:00 PM - 2:15 PM
<b>3135</b>	<p>Canon City Police Department K-9 Program</p> <p>K9 Officers Modlin &amp; Halbrook</p>	Students will learn about the use of K-9s in law enforcement, how the dogs and handlers are trained and laws pertaining to use of K-9s. There will be a brief demonstration. Students are not allowed to pet these K-9s.	Thursday	1:00 PM – 2:15 PM
<b>3155</b>	<p>Xeriscaping Pros and Cons</p> <p>Gordon Bell</p>	When you hear the word xeriscape do you think of drab or lifeless? On the contrary, xeriscaping can inspire words like carefree, bold, and beautiful. See how this landscaping can save you time and money.	Thursday	1:00 PM – 2:15 PM <sup>3</sup>
<b>3136</b>	<p>Zentangle AKA Fancy Doodling</p> <p>JoBeth Stelzer</p>	<p>Fun art form with repetitive patterns to create abstract designs on paper.</p> <p><b>Limit 20</b></p>	Thursday	1:00 PM – 2:15 PM
<b>3140</b>	<p>A Party of One</p> <p>Jeanne Schmidt</p>	If it was your choice, or not, do you now find yourself to be a “party of one?” This class is designed to assist you with the unique challenges and benefits this brings.	Thursday	1:00 PM – 2:15 PM

<b>3141</b>	Safe Use of a Windows Computer  Michael Gromowski	<b>Repeat</b> - 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 those who know and are comfortable using Windows. It is not a basic class in using PCs.	Thursday	1:00 PM – 2:15 PM
<b>3142</b>	A Conversation with Governor James Peabody  Ed Norden	A first-person characterization of Canon City's Governor Peabody and his tumultuous years in office.	Thursday	1:00 PM – 2:15 PM
<b>3143</b>	Creepiest Sea Creatures  Ann Williams	Things are different in the deep. Eyes are optional. Slime is good. Beauty equals toxicity. An array of bizarre creatures kick this slide show off with unholy adaptations to make even scales crawl. Moray eels and stingrays lurk offshore with ghastly and electrifying revelations. Familiars such as sea stars, lobsters, and sea jellies seem okay except...	Thursday	1:00 PM – 2:15 PM
<b>3144</b>	Positive Psychology  Dr. Janet Sullivan Bendell	Courage, creativity, integrity, fairness, optimism, and spirituality are some of the traits of people who live happy and meaningful lives. Learn how to develop these and other characteristics and become more fulfilled.	Thursday	2:30 PM - 3:45 PM
<b>3145</b>	Dolphins: What Are They Thinking?  Ann Williams	What makes us think that dolphins are extra smart? Their super sensory sonar is impressive. Some have a tendency to rescue other species; others can use tools and create names for themselves. Some even develop social skills that put humans to work for them.	Thursday	2:30 PM – 3:45 PM
<b>3146</b>	Foundations of Health  Jimmie Sue Myers	Learn the foundations of health to improve your health.	Thursday	2:30 PM – 3:45 PM

<b>3147</b>	Field Trip Greenwood Cemetery  Kathy Uhland	Greenwood Pioneer Cemetery – information about and tour of this old historic cemetery. Meet at the Cemetery.	Friday	9:00 AM – 11:45 AM
<b>3150</b>	Field Trip Aligned Wellness and Events  Carmen Teixeria	Tour Aligned Wellness and Events LLC 114 N 7th St, Cañon City, CO 81212. Meet there.	Friday	9:00 AM – 11:45 AM
<b>3149</b>	Disc Golf  Mike Maffucci	Discover the fun and fundamentals of disc golf in this introductory class for beginners. Learn the basics of throwing techniques, including drives, approaches, and putting, with plenty of hands-on practice. No prior experience or equipment is needed – the college will provide all discs. Participants will even get the chance to play a few holes on the campus course. Please note - some minor hills and rocky terrain are part of the course experience, so participants should be comfortable navigating uneven ground. Wear comfortable clothes and shoes.	Friday	1:00 PM – 2:15 PM
<b>3151</b>	Field Trip Greenwood Cemetery  Kathy Uhland	Greenwood Pioneer Cemetery – information about and tour of this old historic cemetery. Meet at the Cemetery	Friday	1:00 PM – 3:45 PM