

The logo for Eastern Kentucky University (EKU), featuring the letters 'EKU' in a bold, red, italicized serif font with a horizontal line underneath.

**WORKFORCE DEVELOPMENT
& COMMUNITY ENGAGEMENT**

A brick wall with the words 'EASTERN KENTUCKY UNIVERS' engraved in large, dark, serif capital letters. The wall is made of red bricks with a concrete coping on top. In the background, there are trees and a brick building under a blue sky with light clouds.

EASTERN KENTUCKY UNIVERS

A row of colorful tulips in shades of yellow, red, purple, and orange planted in a grassy area in front of the brick wall.

**COMMUNITY
EDUCATION**

JULY - DECEMBER 2024

POLICIES

REGISTRATION POLICY

Tuition must be paid at the time of registration. When registering online, please have your Mastercard, Visa, American Express, or Discover card number. Please do not come to class without first registering. Know your schedule in advance. Once you have registered for a class, the tuition is non-transferable and cannot be applied to other classes.

O'DONNELL SCHOLARSHIPS

In accordance with KRS 164.284, persons age 65 or older are eligible to enroll in Community Education classes at no cost, contingent upon slot availability. Proof of age is required at time of registration. O'Donnell Scholarships only apply to tuition and do not include textbooks or supplies. Participant assumes the responsibility of the full tuition cost of the course if they fail to cancel two (2) working days prior to the first class and/or do not attend the course.

5 EASY WAYS TO REGISTER

Online

www.eku.edu/communityeducation

By Phone

Call (859) 622-1228 or (859) 622-1217
O'Donnell Scholarship participants only

In Person

Our office is located in room 304 of the Perkins Building on Kit Carson Drive

By Mail

Mail check & class information to:
EKU Community Education
202 Perkins Building
521 Lancaster Avenue
Richmond, KY 40475

Scan



REFUNDS

Full tuition refunds will be issued if a class is cancelled. If you choose to cancel your registration and notify the Office of Community Education no later than 2 working days prior to the first class, you will be issued a refund minus \$5 cancellation processing fee.

STAFF

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PHYSICAL LOCATION

**CARL D. PERKINS CONFERENCE CENTER
4436 KIT CARSON DRIVE, RICHMOND, KY 40475**

OFFICE HOURS:

**MONDAY-FRIDAY 8:00 AM - 4:30 PM
(CLOSED 12:00 - 1:00 PM FOR LUNCH)**

ARTS & CRAFTS

CHUNKY PUFF PILLOWS

Date: August 22nd
Time: 6-9pm
Location: Perkins Building
Fee: \$37

No knitting or crocheting skills needed to make these Chunky Puff Pillows. You just need your yarn and your hands. Choose your own color(s) to coordinate with your decor. Can be used in your bedroom, kids' rooms, living room, etc. Also would make a great gift idea for the upcoming holidays.

You will be given store suggestions to purchase your yard at registration. You will need one skein of yarn per pillow and you will have time to do two pillows during class. A supply fee of \$8 is due to the instructor for filling material.

Instructor - Jill Moseley



WATERCOLOR PAINTING

Date: M/W/F September 16th - 27th
Time: 5-7pm
Location: Perkins Building
Fee: \$92

If you are curious about watercolor painting, but are not sure how to begin, this class will give you the basic skills needed to express yourself with this beautiful fluid medium. You will learn about basic watercolor washes, glazing, water control, color mixing and more. This class is also a good refresher course for intermediate students who need a refresher on the basic skills to take their work to the next level.

Participants should bring watercolor paints, papers, brushes, and a water receptacle.

Instructor - Patricia Williams

FALL DOOR FLOWER BASKET ARRANGEMENT

Date: September 19th
Time: 6-8pm
Location: Perkins Building
Fee: \$37

Decorate a door either inside or outside with a beautiful fall arrangement in a door/wall basket hand woven by your instructor. You will be given a variety of items to create a one of a kind fall decoration that your neighbors will be envious of.

Supplies in the amount of \$35 will be payable to the instructor at the beginning of class.

Instructor - Jill Moseley



ARTS & CRAFTS

BEGINNING TRADITIONAL RUG HOOKING

Date: October 8th
Time: 6:30-9pm
Location: Perkins Building
Fee: \$22

If you are curious about traditional rugs made from wool fabric strips, come to this class. Designed for beginners, the class will cover the basics of rug hooking, including tools, techniques, and how to bind and label your rug. You will leave the class with your own hook, hooking frame, and your partially-finished piece. The class materials fee provides each student with a linen canvas with pattern, enough 100 percent wool fabric strips to complete the piece, a hook, a rug hooking magazine, scissors, and a notebook outlining more information and resources.

Supplies in the amount of \$75 will be payable to the instructor at the beginning of class.
Instructor - Lisa Collins



CHUNKY KNIT THROW

Date: October 24th
Time: 5-9pm
Location: Perkins Building
Fee: \$37

Get ready to cozy up with your own Hand-Knitted Chunky Throw. You don't need to know how to knit or crochet, you just need your hands. Choose your color to complement your personality or home decor. A supply list will be given at time of registration, giving your suggested stores for best quality and pricing. Instructor will furnish any other supplies needed. You should be able to complete the throw during the class. Approximate size 35" x 50" depending on yards in the skein of yarn.

Approximate cost of yarn will range \$50 - \$75 depending on store and store pricing.
Instructor - Jill Moseley

FRESH GREENS CHRISTMAS CENTERPIECE

Date: December 5th
Time: 6-8pm
Location: Perkins Building
Fee: \$37

Create your own unique centerpiece for the holidays. You will be given a variety of fresh greens, pinecones, other foraged items plus miscellaneous filler items for color and interest.

All materials needed will be supplied.

Picture featured is inspirational so no two centerpieces will be alike. Candle not included.

Supplies in the amount of \$35 will be payable to the instructor at the beginning of class.

Instructor - Jill Moseley



CULINARY

SOURDOUGH 101

Date: Friday
Session 1: Aug. 30th
Session 2: Sept. 13th

Time: 6-7:30pm

Location: Perkins Building

Fee: \$19

Learn a brief history of sourdough, review of the health benefits that have brought it so much attention in the last few years. Additionally, enjoy a comprehensive step-by-step tutorial on making an artisan sourdough loaf from scratch. This guide will cover everything from creating and maintaining your own sourdough starter to the intricacies of mixing, folding, fermenting, shaping, and baking your bread to perfection.

Supplies are optional - \$10 starters available for purchase at class. Supplies for note taking is recommended.

Instructor - Hannah Rubsam



HALLOWEEN CAKE DECORATING

Date: October 28th

Time: 5:30-8:30pm

Location: Perkins Building

Fee: \$25

Calling all ghouls and goblins who love a good scare and delicious treats. This Halloween cake decorating class is like no other. Filled with frightfully delicious cakes, cauldrons full of buttercream, and all the spook-tacular decorations you'll need to create your own monster of a cake. Imagine, cakes with ghoulish grins, creepy eyes, and candy corn cobblestones. We will have a graveyard of a good time. Class includes an 8-inch crumb coated vanilla/chocolate cake.

Supplies in the amount of \$75 will be payable to the instructor at the beginning of class.

Instructor - Deanna Ciancanelli

HOLIDAY CHARCUTERIE BOARD

Date: November 14th

Time: 6-8pm

Location: Perkins Building

Fee: \$37

Learn the basics of arranging a charcuterie board for your upcoming holiday gatherings and events. You will learn how to slice cheeses, design salami roses, fold meats and cut fruits. Then you will learn how to arrange everything to have a totally amazing display that will impress all your guests.

A palm leaf tray will be provided to build your charcuterie on, along with all the meats, cheeses, fruits and etc.

Supplies in the amount of \$35 will be payable to the instructor at the beginning of class. Instructor - Jill Moseley



CULINARY

MOMMY & ME: GINGERBREAD HOUSE MAKING

Date:
December
2nd

Location:
Perkins
Building

Time:
5:30-8:30pm

Fee:
\$25

This isn't just a house, this is a candy coated adventure waiting to be explored bite by bite. Imagine a world where candy grows like bricks and frosting flows like rivers! That's the magical land you enter when you decorate a gingerbread house. First, you get your gingerbread walls and roof – sturdy enough to hold all the sugary goodness to come. Then, you become a frosting Picasso, swirling white icing into windows and doors. Gummy bears turn into stepping stones, candy canes become candy fences, and chocolate kisses transform into doorknobs. It's a land where your imagination is the only limit. And the best part? As you build, little "mistakes" mysteriously disappear... right into your mouth! It's a delicious adventure where every house is a work of art.

Supplies in the amount of \$65 will be payable to the instructor at the beginning of class. For ages 8+.
Instructor - Deanna Ciancanelli



MUSIC



BEGINNING GUITAR

Date:
Wednesdays,
Sept. 4th - Oct. 9th

Location:
Perkins
Building

Time:
6:30-7:30pm

Fee:
\$37

Unlock the world of music with our Beginner Guitar class. No prior experience needed. Learn chords, strumming, and fingerpicking techniques while playing your favorite songs. Our experienced instructor creates a supportive environment for your musical journey, providing personalized guidance as you progress. Join us for a fun and fulfilling experience where you'll not only gain essential guitar skills but also connect with fellow music enthusiasts. Grab your guitar and start strumming your way to musical delight!

Participants should bring their own guitar.
Instructor - Jaden Wright

PERSONAL GROWTH

ENHANCING WELLNESS & MANAGING STRESS WITH SUSTAINABLE SELF-CARE

Date: Oct. 21st & 28th
Location: Perkins Building
Time: 5:30-7pm
Fee: \$23

Fast-paced lives filled with multiple commitments can leave us stressed and on edge which can have a negative impact on our physical, mental, and emotional well-being. Self-care can help but people often have the wrong idea about self-care, imagining that it is something that is expensive and takes a lot of time. Sustainable self-care is about meeting your personal needs in a sustained way that supports a more balanced lifestyle. This two-part class includes information and experiential activities.
Instructor - Carol Sommer, Ph.D.



MEDICAL MARIJUANA 101

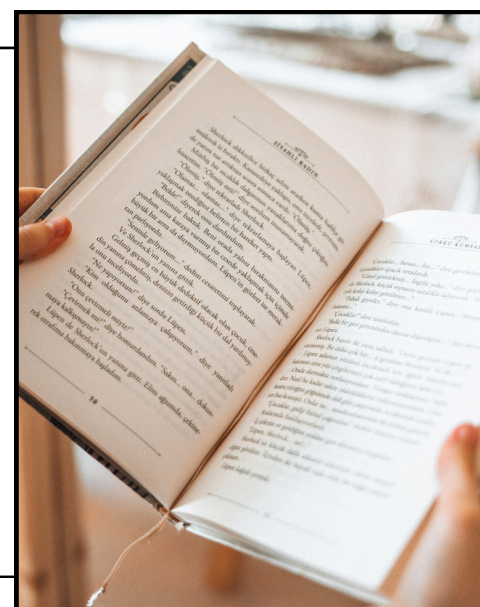
Date: November 11th
Time: 6-8pm
Location: Perkins Building
Fee: \$15

Medical marijuana will become legal in Kentucky in January, 2025. This class will provide information that should help participants make more informed decisions about its use. We will distinguish between CBD and THC, define terms associated with medical marijuana, discuss its general effects and the ways it can be taken, and summarize research-based evidence related to its use. We'll also talk about how to read and interpret labels. The class concludes with a brief summary of the Kentucky statutes related to medical marijuana. The course does not advocate for or against medical marijuana or provide medical or legal advice.
Instructor - Diane Vance

FICTION WRITING & PUBLISHING

Date: September 10th, 12th, & 17th
Time: 6-8pm
Location: Perkins Building
Fee: \$37

This course covers the art of crafting novels and short stories, alongside practical instruction on publishing and marketing. Students will learn storytelling techniques, manuscript submission processes, and modern marketing strategies tailored to the publishing industry. By the course's end, students will have developed polished fiction manuscripts and acquired the skills needed to navigate the journey from writing to reader engagement in today's dynamic literary landscape.
Instructor - Kathy Stringfield



RECREATION AND EXERCISE

MIND AND BODY TUNE- UP

Dates: July 15th - Dec. 20th
(No class 9/2 & 11/29)
Days: M/W/F
Fee: \$299

Location: Woodmen of the World Lodge 888
Time: 10:15 AM - 11:15 AM / 5:30 PM - 6:30 PM

Location: First Baptist Church
Time: 12:15 PM - 1:15 PM
Location: Red House Baptist Church
Time: 2:00 PM - 3:00 PM

Unlock lifelong fitness for all ages! Our program enhances mental and physical well-being, catering to everyone from injury recovery to athletes. Choose safe exercises to improve strength, flexibility, and balance. Emphasizing proper body mechanics and fall prevention techniques from 'Body Recall' by Dorothy Chrisman, **Wear Comfortable clothing and shoes and please refrain from perfumes for maximum health benefits for everyone. Please note that class will be cancelled if Madison County Schools are out due to inclement weather or on a 1 or 2 hour delay.**
Instructor - Pat Rogers



VINYASA FLOW YOGA

Date: Mondays, Aug 19th - Sept. 30th
(no class Sept. 2nd)
Time: 6:00-7:15pm
Location: Perkins Building
Fee: \$57

Welcome to Vinyasa Flow Yoga! This course will help participants learn to incorporate movement with breath, connecting poses/postures through sequences that "flow" into one another. This class is designed as a mixed level class...beginners to experienced are welcome. Students can expect teacher led breath work, instruction through anatomical cues and technique, and guided/quiet savasana for a comprehensive class that can carry them from home practice to any studio. Using the Jason Crandell Yoga Method, come find the cardiovascular and nervous system benefits of vinyasa yoga.

Participants should bring a yoga mat.
Instructor - Jennifer Martin

NURTURE RESILIENCE & RESTORE BALANCE WITH YOGA

Dates: Thursdays,
Session 1: August 22nd - Sept 26th
Session 2: October 3rd - November 21st
(No class Oct. 24th & Oct. 31st)
Location: Perkins Building
Time: 6-7pm
Fee: \$31

Embark on a transformative six-week journey rooted in ancient yoga teachings. Explore the mind-body connection through mindfulness, meditation, movement, and connection to nature's elements. Learn tools to combat burnout, restore balance, and amplify inner wisdom. No prior yoga experience needed. Join us for lectures, discussions, reflections, and yoga practices to rejuvenate your mind and body.

Please bring a yoga mat, two yoga blocks, two blankets or towels, and a journal.
Instructor - Jennifer Wait



RECREATION AND EXERCISE

SHOTOKAN KARATE

Dates:
Saturdays,
Aug. 24th - Dec. 14th

Location:
Kit Carson
Commons

Time:
10-11am

Fee:
\$65

Karate isn't just a martial art; it's a path to personal growth. Regardless of your age, you can harness the lifelong benefits of respect, humility, courage, self-esteem, and self-defense through the practice of Karate.

Our program is suitable for individuals aged 8 and above, with a warm welcome to students aged 5-7 when accompanied by a participating parent or guardian. Testing is an essential part of your progress, scheduled for the last day of class. To cover the testing process, there is a nominal \$25 testing fee payable directly to our dedicated instructor.

Testing will take place the last day of class. Participants must pay a \$25 testing fee payable to the instructor.

Instructor - Shawn Clift



BEGINNER PICKLEBALL

Dates:
Thursdays,
September 5th - October 10th

Location: Arlington
Pickleball
Court

Time: 6-7:30pm

Fee: \$55

Dive into the fast-growing world of Pickleball! Simple rules make it easy for beginners, yet it transforms into a dynamic, competitive game as skills grow. A blend of tennis, badminton, and ping-pong, Pickleball is played with paddles and a plastic ball on a modified tennis court. Join our class to discover the game's history, rules, and basic skills. Engage in fun, hands-on learning, and master game strategy for both singles and doubles. Get ready to be hooked on the excitement of Pickleball!

Please bring your own paddle. Balls will be provided. For ages 18+
Instructor - Joe Bentley



ONLINE COURSES

FUNDAMENTAL COURSES

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- ▶ Online Discussion Areas
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- ▶ Hundreds of courses to choose from
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TOP 20 COURSES

- Speed Spanish
- Discover Sign Language
- Accounting Fundamentals Series
- Grant Writing Suite
- Introduction to Microsoft Excel 2019
- A to Z Grantwriting
- Accounting Fundamentals
- Introduction to Quickbooks Online
- Medical Terminology Series
- Computer Skills for the Workplace
- Explore a Career in Medical Coding
- Fundamentals of Supervision and Management
- Photography Suite
- Veterinary Assistant Series
- Real Estate Investing
- GRE Prep Series
- Medical Terminology: A Word Association Approach
- SAT/ACT Prep Series
- Effective Business Writing
- Administrative Assistant Suite

For a full list of courses, go to eku.edu/communityeducation/online-career-training
O'Donnell Scholarship Participants (ages 65 or older) are now eligible to enroll in online courses using the O'Donnell Scholarship.
Call (859) 622-1217 to enroll.

ONLINE CAREER TRAINING PROGRAMS

These advanced, career training courses offer a convenient and flexible way to learn business, healthcare, technology, industry certifications, and more!

- **Certified Clinical Medical Assistant (CCMA)**
- **Certified Personal Trainer**
- **Certified Six Sigma**
- **Certified Supply Chain**
- **Professional Wedding Planner**
- **Cisco CCNA Certification**
- **CompTIA A+ Certification**
- **CPC Medical Billing and Coding**
- **Freight Broker/Agents**
- **Human Resource Professional**
- **Medical Billing and Coding**
- **Pharmacy Technician**
- **Project Management**
- **Welder Technician**

For a full list of courses, go to eku.edu/communityeducation/online-career-training

ONLINE COURSES

Real Estate

Pre-Licensing | Exam Prep |
Post-Licensing | Continuing Education

Mortgage

Pre-Licensing | Exam Prep |
Continuing Education

HOW TO ENROLL:

- 1) Visit - ekucommunityed.theceshop.com
- 2) Choose your state
- 3) Select your course and proceed to checkout
- 4) Complete your courses & your certificate will be issued immediately

ekucommunityed.theceshop.com



EDUCATION TO GROW WITH YOUR CAREER

The real estate and mortgage industries constantly evolve - your education should, too. Our innovative courses written by industry experts are designed with your success in mind, no matter if you're new to the industry or a seasoned veteran.

REVIEWS FROM OUR STUDENTS



Juanita - Anne M.

5 Stars! The CE Shop is a very user-friendly platform. The course material is easy to navigate.

Lawrence O.

Wonderfully informative with fantastic support!

Timothy G.

I recommend The CE Shop to anyone with a busy schedule. I was able to complete my courses on my own time. Great material!

Bridgette H.

The program was very educational and the practice test really helped with the Exam.

Community Education
202 Perkins Building
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Richmond, KY 40475
(859) 622-1228



REGISTER
HERE!



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**WORKFORCE DEVELOPMENT
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Eastern Kentucky University is an Equal Opportunity employer and educational institution and does not discriminate on the basis of age (40 and over), race, color, religion, sex, sexual orientation, gender identity, gender expression, pregnancy, ethnicity, disability, national origin, veteran status, and/or genetic information in the admission to, or participation in, any educational program or activity (e.g., athletics, academics and housing) which it conducts, or in any employment policy or practice.