

# Lifelong LEARNING

Surviving & Thriving  
the Summer with Kids

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**New!**

CLASSES IN  
LEAGUE CITY

TRAVEL TO HISTORIC  
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Registration begins May 1, 2024

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## Love what you learn.™

College of the Mainland's  
Lifelong Learning classes provide  
amazing opportunities to explore  
your passions, learn something  
new, or even travel the globe.

### Sign up today!



College of the Mainland  
1200 N. Amburn Road  
Texas City, Texas 77591  
409-938-1211  
[com.edu](http://com.edu)

### Lifelong Learning

COM City Centre  
10000 Emmett F. Lowry Expy,  
Suite 4100  
Texas City, TX 77591  
409-933-8461  
[com.edu/lifelonglearning](http://com.edu/lifelonglearning)

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# 3 Easy Ways to Register for classes!

(Choose one)



## Go online

**com.edu/lifelonglearning**  
Visit this link or scan the QR code.



## Call us

**409-933-8461**  
Leave a message, and a representative will return your call within 24 business hours (Monday - Friday, 8 a.m. - 5 p.m.).



## Visit us in person

Stop by our new facility located at Mainland City Centre.

COM City Centre  
10000 Emmett F. Lowry Expy  
Suite 4100  
Texas City, Texas 77591

View the map on page 19 of this catalog.

## Registration begins May 1, 2024

This schedule is for informational purposes and is subject to change. Changes subsequent to the issuance of the printed schedule will be posted online at [www.com.edu/lifelonglearning](http://www.com.edu/lifelonglearning). The electronic version of the schedule is the official schedule. Please refer to the online schedule to confirm class information.

# Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

LEAGUE CITY

## Surviving and Thriving the Summer with Kids

Tuesday/Thursday | June 4 - June 6, 2024, 6:00 PM - 8:00 PM

Registration Deadline: May 31, 2024

COM League City – Room 116

\$39

Instructor: Michele Patrick

Learn boredom-busting ideas for keeping the kids busy this summer...without busting the bank. As the doting “Nonna” to seven kids, Michele Patrick is full of free (or cheap) ideas that will not only be fun for the kids but will also create great memories. This two-night workshop will include a hands-on activity each night to get your creative juices flowing.

## Line Dancing with Michelle

Saturday | June 8, 2024, 9:00 AM - 12:30 PM

Registration Deadline: June 1, 2024

COM City Centre – Room 107

\$39

Instructor: Traci Payne

Are you ready to be outside this summer with the hottest line dances? If you are an advanced dancer, then join this fun and energetic workshop where you will learn the latest line dances around!

## How to Make Sugar Scrubs

Tuesday | June 11, 2024, 6:00 PM - 9:00 PM

Registration Deadline: May 28, 2024

COM City Centre – Room 118

\$55

Instructor: Leticia Garrett



HOW TO  
MAKE  
SUGAR  
SCRUBS

Page 4

Want to make sugar scrubs but not sure how to do so? Learn how to make your own sugar scrub with sugar (or salt), while exploring the creation of emulsification. You will get to choose the base oils, color and essential oil scent to create your own personal scrub product. You will go home with two 8oz sugar scrubs – one traditional scrub and one emulsified scrub, along with the recipe.

## Mixed Media: Create A Flower Fairy Pocket Doll

Tuesday | June 18, 2024, 5:30 PM - 8:30 PM

Registration Deadline: June 4, 2024

COM City Centre – Room 118

\$39

Instructor: Durelle Brown

Have fun learning how to work with wire, floss and silk to create your very own flower fairy pocket doll! These make great gifts or can be used as accent décor.

## Intro to Saltwater Fishing

Thursdays | June 20 - 27, 2024, 6:00 PM - 8:00 PM

Registration Deadline: June 6, 2024

COM League City – Room 116

\$39

Instructor: Thomas La Santa

If you have always wanted to learn about fishing, then this workshop is for you. Our expert will cover the basics including proper gear and tackle, types of lures/bait, and the best time/locations to fish. You will leave with plenty of tips and techniques on fishing in the Galveston area.

## Guitar from the Beginning

Thursdays | June 20 - August 1, 2024, 5:30 PM - 7:30 PM

LEAGUE CITY



Love what you learn™  
Sign up for a class today



COM  
College of the Mainland

Registration Deadline: June 6, 2024

COM City Centre – Room 104

\$109

Instructor: James McQuage

Are you ready to move from playing air guitar to the real thing? Then this class is for you! You will learn basic guitar techniques including chords, scales, standard notation and tablatures, tuning, and basic guitar maintenance. Plus, take home your very own copy of Guitar for the Absolute Beginner! All you need for this class is your own six-string guitar.

## Mosaics – Design a Mosaic Seashell Picture Frame

Thursday | June 20, 2024, 6:30 PM - 9:00 PM

Registration Deadline: June 6, 2024

COM City Centre – Room 117

\$39

Instructor: Michele Patrick

Using natural elements of the sea, award-winning artist will guide you into making a beautiful seashell mosaic picture frame (7"x7"). You will receive a bucket full of shells, pearls, and sea glass to create your very own masterpiece. Learn what makes natural element mosaics different from traditional mosaics. No art or mosaic experience is required!

## Let's Bling Your Wine Cup!

Saturday | June 22, 2024, 10:00 AM - 12:30 PM

Registration Deadline: June 8, 2024

COM City Centre – Room 118

\$49

Instructor: Graciela Garza

We all need a little bling now and then!



GROWING  
ROSES –  
THE QUEEN  
OF THE  
GARDEN  
Page 5

Join us for this fun workshop where you will decorate your own wine cup with your initials and rhinestones. Stainless steel wine cup, tools and supplies are included.

## Growing Roses – The Queen of the Garden

Saturday | June 29, 2024, 10:00 AM - 12:00 PM

Registration Deadline: June 22, 2024

COM City Centre – Room 115

\$29

Instructor: Angela Chandler

Roses have been a staple of the garden for hundreds of years. They are not difficult if you grow the right roses in the right conditions. Join us to learn everything about growing roses from bed preparation to pruning and everything in between.

## Fused Glass – Summertime Beetles, Bugs, and Butterflies!

Monday | July 8, 2024, 5:30 PM - 8:30 PM

Registration Deadline: June 24, 2024

COM City Centre – Room 117

\$59

Instructor: Deborah Deats

Create two decorative fused glass creatures perfect for adding fun to your potted plants or window sills! Choose your colors and design your creatures from beetles, bugs and/or butterfly designs. Art will then be fired in the kiln and ready for pick up in two weeks. Please wear closed-toed shoes.

## Intro to Soap Making

Thursday | July 11, 2024, 6:00 PM - 9:00 PM

Registration Deadline: June 27, 2024

COM League City – Room 116

LEAGUE CITY

# Community Education Classes

Non-credit, fee-based personal development classes and workshops offered on weeknight evenings or Saturdays and available to the entire adult (ages 18+) community.

LEAGUE CITY

\$65

Instructor: Leticia Garrett

Learn the basics of working with a melt and pour base to create your very own soap. We will cover the different types of soap base, a little soap history, safety precautions, and general techniques of soap making including scenting and coloring of your soap. Bring your imagination and we will provide the soap-making ingredients you will need to create your own soap during class and take three bars home with you to enjoy! Please wear long sleeve shirt for workshop.

## Resin Art: Create Your Own Coasters

Monday/Tuesday | July 15 - 16, 2024,  
6:00 PM - 8:00 PM

Registration Deadline: July 1, 2024

COM City Centre – Room 118

\$59

Instructor: Michelle Gerami

Interested in learning about resin art? Join us for this beginner workshop where you will be guided through the process as you create your own unique resin coasters (set of four). There will be a variety of pigment colors and effects to add your own creativity in each one. All supplies are included. Coasters will need to cure overnight and the next evening we will demold and take home!

LEAGUE CITY

## Mixed Media: Make Your Own Junk Journal

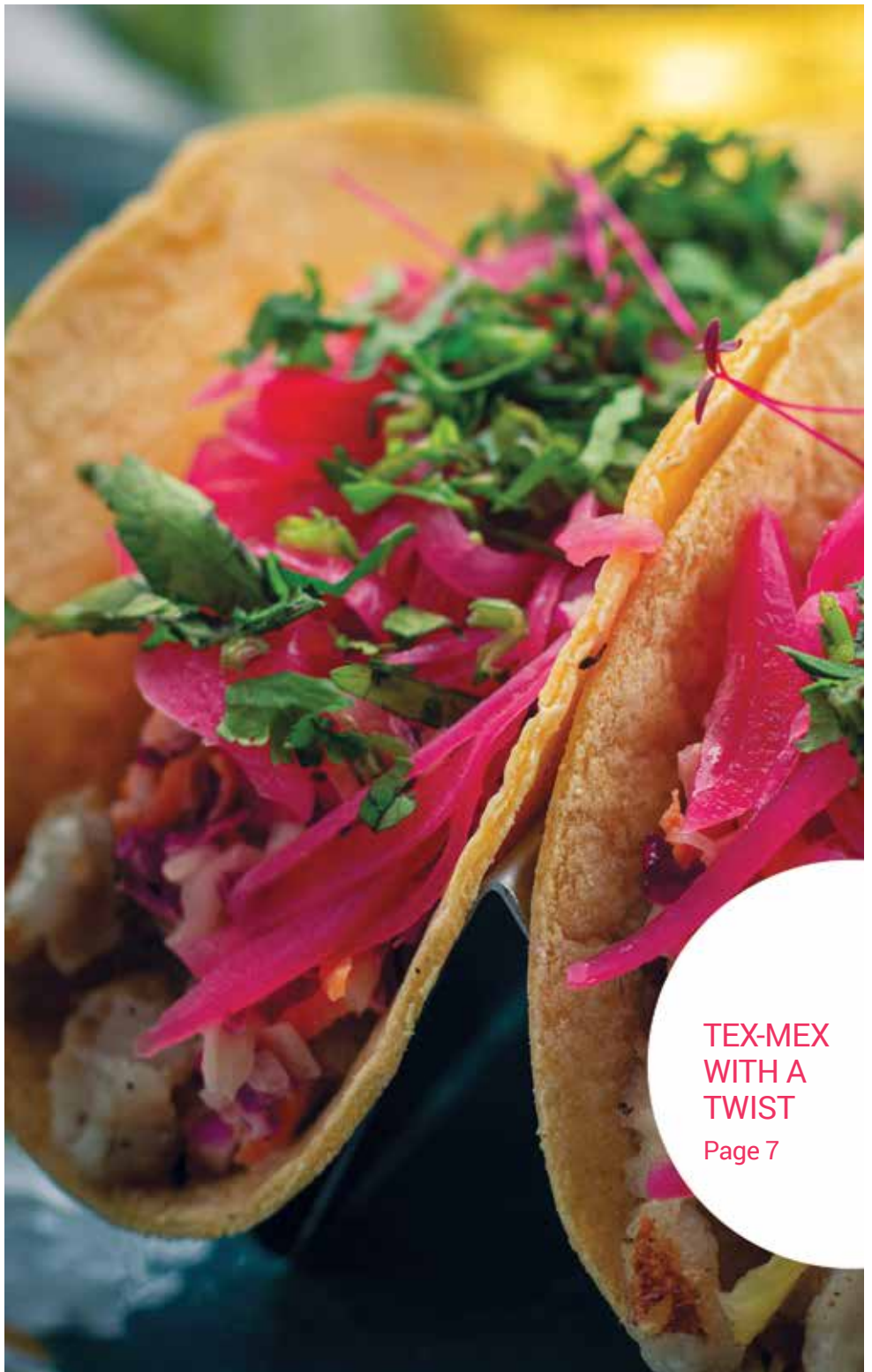
Tuesdays | July 16 - 23, 2024, 6:00 PM -  
8:30 PM

Registration Deadline: July 2, 2024

COM League City – Room 116

\$49

Instructor: Durelle Brown



TEX-MEX  
WITH A  
TWIST  
Page 7



LEAGUE CITY

This two-part workshop is perfect for those who enjoy mixed media projects and also using recyclable materials to create something new and useful. The first session will be putting your journal together, and the second session will focus on how to customize it. All you need to bring is either an old hardcover book (no larger than 6"x9") or a Little Golden Book to repurpose for your journal. All other supplies are included in fee.

## Tex-Mex with a Twist

Wednesday | July 17, 2024, 5:00 PM - 9:00 PM

Registration Deadline: July 10, 2024

COM City Centre – Room 119

\$69

Instructor: Courtney Tucker

In this fun workshop, you will work with a partner or small group to create and eat culinary Tex-Mex creations from scratch! Create pork street tacos with homemade tortillas, pico de gallo, pickled red onions, Mexican-style street corn on the cob and non-alcoholic Margaritas!

## Travel Packing 101

Saturday | July 20, 2024, 10:00 AM - 12:00 PM

Registration Deadline: July 13, 2024

COM City Centre – Room 119

\$29

Instructor: Joy Owen

Welcome to Travel Packing 101 for Cold Destinations! In this workshop, you will learn the art of packing minimalization. Do you feel daunted at having to carry heavy coats, boots, sweaters and pants? How do you plan a pack for colder climates? What about traveling to overseas destinations and the pitfalls of arriving with too much or too little? This class is for you! Get your thermal thinking cap on, and join us for an adventure in travel packing.

## Bulbs for Southern Gardens

Saturday | July 27, 2024, 10:00 AM - 12:00 PM

Registration Deadline: July 20, 2024

COM City Centre – Room 115

\$29

Instructor: Angela Chandler

Bulbs are lovely additions to any garden. There are spring blooming and fall blooming bulbs that offer a surprising pop of color to their seasons. Some bulbs will naturalize, giving you more beauty for less work. Learn which bulbs do well in the Houston area, when to plant and how to care for them through their dormant periods.

## Art of Charcuterie

Wednesday | July 31, 2024, 5:30 PM - 8:30 PM

Registration Deadline: July 17, 2024

COM City Centre – Room 119

\$59

Instructor: Courtney Tucker

In this interactive culinary workshop, you will learn how to make a crowd-pleasing charcuterie board! Create your own small charcuterie box during class, plus learn the necessary skills to take with you for hosting your next holiday gathering or party! You will work with assorted meats, cheese, fruits, nuts and other items to assemble your party board masterpiece!

## Introduction to Voiceovers

Online and scheduled individually

\$49

Instructor: Voices For All

Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real

script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo18> and over. Upon registration you will be contacted by VFA to schedule your class, day, and time of your convenience.



# Lifelong Learning: Extended Travel

Extended travel is open to students 18 and older.

## Interested in exploring with us?

Sign up for one of our upcoming travel presentations and learn more about our upcoming trips!

### Pick a Tuesday Date:

**June 25 or Sep. 24, 2024**

Note: Presentations are held from 1-2 p.m. at the COM City Centre in Room 115.

### Pick a Sign-up Option:

- 1 Call our office at **409-933-8461**.
- 2 **OR** sign-up online. Scan the QR code below and then scroll down to the presentation you want to attend. Click to add the presentation to your cart and click register.



Please note that each trip is subject to cancellation 180 days out (to ensure full refunds) if the minimum 10 person requirement is not met by that time.

Advertised tour rate is per person based upon double occupancy and includes a booking discount if final payment is made by check prior to the final due date. Single occupancy has an additional fee. Additional purchase of a Trip Protection Plan is required for international travel. All trip rates include roundtrip airfare, local airport transportation, first class hotels, professional tour director, sightseeing and admissions per itinerary, specified meals, motorcoach transportation, baggage handling at hotels, and hotel transfers.

No booking discounts on cruises.

Stay tuned for details on Switzerland & Christmas Markets on the Rhine River – Dec 2025

**Alaska**  
INSIDE PASSAGE CRUISE  
8 DAYS STARTING  
**AUG. 17, 2024**  
\$3299 to \$4699\*  
(Depending on room choice)

### HIGHLIGHTS

- 7 night Cruise on the Norwegian Bliss
- Sitka
- Ketchikan
- Juneau
- Endicott Arm & Dawes Glacier
- Icy Strait Point
- Victoria, BC, Canada

**HISTORIC Savannah**  
& CHARLESTON HOLIDAY  
7 DAYS STARTING  
**DEC. 6, 2024**  
ONLY \$3,550\*

### HIGHLIGHTS

- 2 Nights Charleston, SC
- 2 Nights Savannah, GA
- 2 Nights Jekyll Island Club
- Charleston City Tour
- Savannah City Tour
- Middleton Place
- 2 Antebellum Mansions:
  - Edmonston-Alston House
  - Mercer Williams House
- Jekyll Island Trolley Tour
- Beaufort Carriage Ride
- Dinner in the Jekyll Island Club's Grand Dining Room
- St. Simons Island

**SIERRA Snow Train**  
5 DAYS STARTING  
**JAN. 24, 2025**  
ONLY \$2,575\*

### HIGHLIGHTS

- 2 Nights Sacramento
- 2 Nights Reno
- Aerospace Museum of California
- California State Railroad Museum
- Sacramento Brewery Visit & Tasting
- Old Sacramento Waterfront
- Sierra Nevada Rail Journey
- Virginia City, NV
- National Auto Museum - Reno
- Lake Tahoe & Heavenly Village

**MACKINAC ISLAND, THE GRAND HOTEL & Niagara Falls**  
8 DAYS STARTING  
**MAY 9, 2025**  
ONLY \$3,975\*

### HIGHLIGHTS

- 2 Nights at the Grand Hotel
- 2 Nights in Niagara Falls
- Henry Ford Museum
- Horse Drawn Carriage on Mackinac Island
- Niagara Falls Cruise
- Niagara Area Tour
- Niagara-on-the-Lake
- River Rouge Truck Plant
- Skylon Tower Dinner at Niagara Falls
- Bavarian town of Frankenmuth, MI
- Ferry ride to Mackinac Island
- Journey Behind the Falls
- White Water Walk
- Greenfield Village



# Lifelong Learning: Local Travel

Day/Evening outings for adults ages 18+ to explore education through trips and travel.

## PLEASE NOTE:

Trip cost includes transportation and admission ticket. Trip tickets have been pre-purchased; therefore, they are non-refundable. A buy-your-own meal will be scheduled for each trip and students will meet in the Lifelong Learning Center lobby to load the bus unless otherwise noted.

## Hairspray (Broadway Across America)

Thursday | June 6, 2024, 4:00 PM - 11:00 PM

\$99

You Can't Stop the Beat! HAIRSPRAY, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world?

## Houston Downtown Tunnels Walking Tour

Monday | June 17, 2024, 9:00 AM - 4:00 PM

\$79

The Houston tunnels began in the 1930s to connect private buildings with employee parking garages. The 1960s saw the opening of the tunnels to the public. The city became involved in the late 1970s and 1980s when it excavated under streets and sidewalks to create linkages amongst the tunnels. Led by an experienced tour guide, we begin at City Hall and continue in and under Houston buildings with a focus on art, architecture, architects, and history. We will travel through multiple tunnels and flood gates, stopping for a buy-your-own lunch at the tunnel food court. This tour will include a little over two miles of leisurely walking.

## Fiddler on the Roof (The George Theater)

Thursday | June 27, 2024, 4:00 PM - 11:00 PM

\$69

Fiddler on the Roof is a musical set in the early 1900s in the small Jewish village of Anatevka in Imperial Russia. The story follows the life of Tevye, a poor Jewish milkman, as he tries to maintain his religious and cultural traditions while dealing with the challenges of poverty, anti-Semitism and the changing times. He must cope with the strong-willed actions of his three older daughters as well as his own domestic pressures. As the story progresses, the village faces increasing persecution and violence from the government, and the residents are forced to leave their homes and flee to other countries. Fiddler on the Roof explores themes of tradition, family, love, and loss, and is considered one of the most beloved and enduring musicals of all time.

## The Lion King (Broadway Across America)

Thursday | July 11, 2024, 10:00 AM - 4:30 PM

\$99

Winner of six Tony Awards®, including Best Musical, this landmark musical event brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. THE LION KING also features some of Broadway's most recognizable

music, crafted by Tony Award®-winning artists Elton John and Tim Rice.

## Pullman Porter Blues (The Ensemble Theatre)

Thursday | July 25, 2024, 4:30 PM - 11:00 PM

\$79

It's 1937, and three generations of porters are hard at work on the luxurious Panama Limited train. Midwest blues songs flavor their journey from Chicago to New Orleans as the porters confront dark secrets from their past and tough truths about their future together. This captivating coming of age story is woven with iconic blues music.

# 50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

## Bead Stitching

Thursdays | June 13 - August 8, 2024,  
1:00 PM - 4:00 PM

COM City Centre – Room 120

\$45

Instructor: Patricia Ouellette

So you want to be a beader? Learn a variety of stitches used for beading and finish a project with each stitch technique. (Estimated supply cost \$20-\$40).

## Beaded Fashion Jewelry

Wednesdays | June 12 - August 7, 2024,  
10:00 AM - 1:00 PM

COM City Centre – Room 120

\$45

Instructor: Rhonda Wilcox

Impress your friends with unique and stylish jewelry...made by you! Through lectures, demonstrations, and hands-on projects, you will learn beginners' jewelry skills in the techniques of bead stringing and bead stitching. (Estimated supply cost \$60-\$80)

## Brazilian Embroidery

Thursdays | June 13 - August 8, 2024,  
1:00 PM - 4:00 PM

COM City Centre – Room 119

\$45

Instructor: Charlyn Walker

Create beautiful artwork using needle and thread! Brazilian Embroidery is a three-dimensional embroidery using various stitches such as but not limited to cast-ons, bullions, detached buttonhole and double cast-ons. (Estimated supply cost \$25-\$30)

## Computer for Absolute Beginners

Thursdays | June 13 - August 8, 2024,  
8:30 AM - 10:30 AM



COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Whether you have never worked with or have forgotten what you learned about computers, this class will meet you where you are! You will learn basic hardware differences and how to make Microsoft Windows friendlier, plus get an introduction to keyboarding, email and Facebook. All you will need for class is a USB flash/jump drive.

## Cricut

Wednesdays | June 12 - August 7, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 118

\$50

Instructor: Myrle Waller

Learn how to use a Cricut die-cutting machine to make personal t-shirts, stencils, etch on glass and more! Course will start out with basic instructions in machine mechanics and then proceed to Cricut Design Space. You must have a laptop or tablet to access internet and download the Design Space program. A personal Cricut machine is not required. You must have basic computer skills. (Estimated supply cost \$25)

## Drawing Basics

Mondays | June 10 - July 29, 2024,  
9:00 AM - 11:00 AM

COM City Centre – Room 120

\$30

Instructor: Eve Bertrams

Focus on the fundamentals of drawing using observation and drawing techniques. You will learn to develop a visual language using lines, forms and depth, progressing from black and white forms to rendering images with shading and colors. (Estimated supply cost \$100)

Love what you learn™  
Sign up for a class today



COM  
College of the Mainland

## Fused Glass

Mondays | June 10 - July 29, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 117

\$125

Instructor: Noreen Grover

At its simplest, glass fusing is a process in which COE 96 glass is assembled and then melted/fused together in a kiln. This course will introduce you to fused glass concepts and techniques. You will use the basic steps required to make colorful creations by cutting, stacking, and melting together pieces of colored glass into small projects such as pendants, yard art, wired bugs and bowls. You will need your own tools and toolbox.

## Fused Glass – Next Level

Mondays | June 10 - July 29, 2024,  
1:00 PM - 4:00 PM

COM City Centre – Room 117

\$125

Instructor: Deborah Deats

In this advanced class, you will complete several projects that encompass glass painting, different effects on layered glass, draping glass and working with frit. Some projects will span one to three classes. We will also explore making molds and how to program a kiln. Course pre-requisite: Completion of three semesters of beginner Fused Glass class.

## Keep It Simple – Living A Healthy Life

Wednesdays | June 12 - August 7, 2024,  
1:30 PM - 3:30 PM

COM City Centre – Room 120

\$30

Instructor: Sharon Mitchiner

Students will learn about the benefits of a healthy lifestyle, eating fresh foods,



and incorporating super foods into their diet. This class will include information on whole foods and a plant-based diet.

## Microsoft Excel

Wednesdays | June 12 - August 7, 2024,  
10:45 AM - 12:45 PM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Excel makes working with data easy! You will find that Excel is an organizational tool that can be used in everyday tasks. Learn to create, manage, and edit workbooks, plus the challenge of optimizing worksheet functions to create formulas, templates and graphs. Prerequisite: Microsoft for Beginners

## Microsoft for Beginners

Thursdays | June 13 - August 8, 2024,  
10:45 AM - 12:45 PM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker

Have you just learned how to use your computer and now want to explore the Microsoft software on it? In this class you will learn about Microsoft Word, PowerPoint, Excel and Outlook, including the basics of each application and the features needed for projects appropriate for the software platform. Additionally, we will also cover the use of the internet for business and internet safety.

## Microsoft Word

Wednesdays | June 12 - August 7, 2024,  
8:30 AM - 10:30 AM

COM City Centre – Room 115

\$30

Instructor: Mishelene Baker



# 50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

This introductory Microsoft Word course is designed to provide you with the ability to create, edit, format and print Microsoft Word documents. This course is intended for those who have some familiarity with Microsoft Word or more experienced Word users who want to learn the topics covered in the outline. Prerequisite: Microsoft For Beginners

## Mosaics

Thursdays | June 13 - August 8, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 117

Thursdays | June 13 - August 8, 2024,  
12:30 PM - 3:30 PM

COM City Centre – Room 117

\$45

Instructor: Michele Patrick

Learn from an award-winning mosaic artist how to make modern mosaics. Teaching will include getting familiar with the tools, cutting techniques, grouting, hanging/displaying options, etc. You will complete at least one project, plus gain the ability to create a mosaic on your own. (Estimated supply cost \$100-\$110).

## Painting with Acrylics

Mondays | June 10 - July 29, 2024,  
1:30 PM - 3:30 PM

COM City Centre – Room 118

\$30

Instructor: Deborah Brady

This beginner class provides the basics of using acrylic paints and the techniques needed to create finished artwork. Different acrylic mediums and styles will be introduced as well. You will paint various subjects incorporating the techniques learned. Please do not buy any of the supply materials until you have attended the first class. (Estimated supply cost \$75+).



PAINTING  
WITH OILS

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## Painting with Oils

Tuesdays | June 11 - July 30, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 118

\$45

Instructor: David Wheeler

Learn from the techniques of the great masters - exploring color and using light and shadow to create drama. This course teaches how to hold a brush, mix paint and use glazes while starting with a limited paint pallet and expanding as the class progresses. All skill levels welcome. (Estimated supply cost \$120).

## Painting with Watercolors

Wednesdays | June 12 - August 7, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 117

\$45

Instructor: Eve Bertrams

Enjoy exploring watercolor's complexities while learning how to deal confidently with washes and color mixing. You will discover your hidden potential while learning the fundamentals of this art form! (Estimated supply cost \$200).

## Painting, Abstract

Thursdays | June 13 - August 8, 2024,  
1:00 PM - 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Deborah Brady

Abstract art is not just throwing paint randomly onto a canvas. Come learn the rules of abstract art. Learn objective versus non-objective. Learn what freeing yourself can do for your artwork endeavors. Prerequisite: Painting with Acrylics class or some painting



experience (Estimated supply cost \$75+).

## Paper Mache

Mondays | June 10 - July 29, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 118

\$45

Instructor: Durelle Brown

Not only is paper mâché a way to explore your creativity, it is also a rewarding “green art” medium. You will design and construct your own project choosing from recycled and repurposed materials. (Estimated supply cost \$15-\$20)

## Paper Quilling

Tuesdays | June 11 - July 30, 2024,  
1:00 PM - 3:00 PM

COM City Centre – Room 118

\$30

Instructor: Myrle Waller

Come learn the papercraft art of quilling, which involves rolling, shaping, and gluing together strips of paper into creative and decorative designs. (Estimated supply cost \$30)

## Quilting

Tuesdays | June 11 - July 30, 2024,  
1:30 PM - 4:30 PM

COM City Centre – Room 120

\$45

Instructor: Elsa Tutt

Quilting symbolizes family and heritage, the joining of the past with the present. Learn how to create your own quilt, or even expand your existing quilting skills, by working on a project of your own choice. The class will cover quilting basics such as choosing fabrics, rotary cutting, piecing, basting, quilting, and binding. Prerequisite: Own and know how to operate a sewing



SEWING  
BASICS  
Page 13

machine (Estimated supply cost \$75-\$350).

## Quilting, Mixed Techniques

Tuesdays | June 11 - July 30, 2024,  
9:30 AM - 12:30 PM

COM City Centre – Room 119

\$45

Instructor: Elsa Tutt

Learn how to create a quilt block and/or top using advanced and/or mixed quilting techniques such as applique, curve piecing, English paper piecing and others. The class will work on a recommended project that uses the technique. Prerequisite: Completion of three semesters of quilting class. (Estimated supply cost \$75-\$250)

## Saltwater Fishing

Wednesdays | June 12 - August 7, 2024,  
9:00 AM - 11:00 AM

COM City Centre – Room 120

\$30

Instructor: Thomas La Santa

Learn how to catch fish and discover tricks that will build your confidence to fish anywhere. We will cover the proper tackle and bait to use for different saltwater environments as well as techniques for casting, fighting, landing and cleaning fish. Learn how to maintain your fishing gear, plus the rules and regulations of fishing in Texas. Fishing field trips to Galveston and the Texas City Dike for additional fees (trips will be during class time, but you can stay longer if you choose). Course prerequisite: Valid Texas saltwater fishing license. (Estimated supply cost \$35-\$100)

## Sewing Basics

Tuesdays | June 11 – July 30, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 119

# 50 Plus Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register. Required supplies listed in online syllabi for each course below.

\$45

Instructor: Mary Sister

Become knowledgeable with sewing terms and their definition selecting and caring for different types of fabrics, and the sewing notions to meet a desired need. You will learn and develop basic sewing skills as you sew your very own project(s). (Estimated supply cost \$40-\$80)

## Sign Language for Beginners

Wednesdays | June 12 - August 7, 2024,  
1:00 PM - 3:00 PM

COM City Centre – Room 117

\$30

Instructor: Susan Bledsoe

This class will focus on basic conversation in sign language using signs from American Sign Language. You will learn about Deaf culture as well.

## Spanish

Mondays | June 10 - July 29, 2024,  
9:45 AM - 11:45 AM

COM City Centre – Room 119

\$30

Instructor: Alison Johnson Galdamez

¿Quiere aprender el español? Well, come join this class! You will obtain a working knowledge of conversational beginning Spanish including common vocabulary, phrases, parts of speech and sentence construction. The last class will be a conversational class at a local Spanish-speaking restaurant for an additional fee.

## Stained Glass

Tuesdays | June 11 - July 30, 2024,  
8:15 AM - 10:15 AM

COM City Centre – Room 117

Tuesdays | June 11 - July 30, 2024,

10:30 AM - 12:30 PM

COM City Centre – Room 117

\$30

Instructor: Patricia Stettler

Come learn the art of stained glass! You will learn to construct a panel from start to finish with the Copper Foil technique which will provide the basis to building additional panels. A small panel will be the class project. (Estimated supply cost \$150-\$300).

## Stained Glass, Lead Came

Tuesdays | June 11 - July 30, 2024,  
1:30 PM - 4:30 PM

COM City Centre – Room 117

\$45

Instructor: Patricia Stettler

Lead came is the material that holds separate pieces of glass together in an h-shaped channel so that the pieces of glass slide into either side. The comes are then soldered together at the seams to lend strength when creating large works of glass art, like windows. You will have the opportunity to assemble your own panel. (Estimated supply cost \$75-\$100).

## Sublimation Printing

Wednesdays | June 12 - August 7, 2024,  
1:00 PM - 4:00 PM

COM City Centre – Room 118

\$45

Instructor: Myrle Waller

Learn the basics and discover the joy of making retail quality items without screen printing or expensive printers and materials. Finally, crafters can create sublimation products at home! (Estimated supply cost \$100)

## Tangled Art

Thursdays | June 13 - August 8, 2024,

10:00 AM - 12:00 PM

COM City Centre – Room 118

\$30

Instructor: Susan Bledsoe

Tangled Art is easy to learn and is both a relaxing and fun way to create images by drawing structured, repetitive patterns. In this class, you are actually encouraged not to have an end goal in mind, but to create unplanned drawings through repetitive, simple steps.

## Woodworking

Thursdays | June 13 - August 8, 2024,  
9:00 AM - 12:00 PM

COM City Centre – Room 119

\$45

Instructor: Rick Goodheart

If you like working with your hands, woodworking may be a great hobby for you! Learn and develop basic woodworking skills all while making your own project. Discussions will include wood and tool terminology, layout techniques, joinery and finishes. Proper tool selection, sharpening, and project layout will be taught, with proper technique and safety in mind. (Estimated supply cost \$200-\$250).



# 50 Plus Exercise Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register.

PLEASE NOTE: Equipment is available for all exercise classes unless specified in description. Students are welcome to bring their own equipment if preferable.

## Choose the class that is right for you:

**LEVEL 1:** Easy, gentle exercise/use of chair for support/exercise modifications provided

**LEVEL 2:** Moderate/slightly intense exercises/standing and floor movements/modifications provided

**LEVEL 3:** Active/higher intensity/aerobic exercises

## Balance Training

Tuesdays/Thursdays | June 11 - August 6, 2024, 10:15 AM - 11:15 AM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

Reduce your fear of falling and increase your activity level with this class, which focuses on stretching and strengthening exercises that improve balance, coordination and endurance over time. Instructor will use lecture, discussion, and videos to support the training. (Level 1)

## Drums Cardio

Mondays/Wednesdays | June 10 - August 5, 2024, 9:30 AM - 10:30 AM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

This class combines traditional aerobic movements with the powerful beat and rhythms of the drums. You will use a Pilates ball and drumsticks in choreographed routines that will get you moving to the music regardless of your mobility level. (Levels 1-3)

## Line Dancing

Mondays/Wednesdays | June 10 - August 5, 2024, 4:00 PM - 5:00 PM

COM City Centre – Room 107

\$30

Instructor: Patricia Trevisani

Line dancing involves performing

patterned foot movements in a line in unison to music. This is a beginner class, so no experience is necessary. You must wear footwear that slides, swivels easily and does not stick to the floor. (Level 2/3)

## Movement For Modern Dance

Fridays | June 14 - August 2, 2024, 11:30 AM - 12:30 PM

COM City Centre – Room 107

\$15

Instructor: Crista Melancon

Explore principles of modern and contemporary dance, with correct alignment and exploration of a few dance pioneers' basic techniques as the focus. The development of dance vocabulary in warm-up and center combinations/routines will be included in this class to alternative music. No need for shoes or socks in this class. (Level 2/3)

## Pilates

Tuesdays/Thursdays | June 11 - August 6, 2024, 4:00 PM - 5:00 PM

COM City Centre – Room 104

\$30

Instructor: Sharon Deshotel

Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps you realign your spine to decrease tension, increase flexibility and strengthen your body from the inside out. (Level 2)

## Pilates Basics

Tuesdays/Thursdays | June 11 - August 6, 2024, 2:45 PM - 3:45 PM

COM City Centre – Room 104

\$30

Instructor: Sharon Deshotel

Learn the basics of Pilates as you ease your way into it. Exercise can be performed from a chair or even a mat if you are able to use the floor. (Level 1)

## Sit-N-Fit

Mondays/Wednesdays | June 10 - August 5, 2024, 11:00 AM - 12:00 PM

COM City Centre – Room 104

\$30

Instructor: Patricia Trevisani

This is a structured exercise program for anyone needing slow gentle movement and may also help to improve the quality of life of physically limited individuals through safe, effective exercises. Using chair exercises set to music, you will tone muscles and increase endurance. (Level 1)

## Spinning

Fridays | June 14 - August 2, 2024, 9:00 AM - 10:00 AM

COM Gym

\$15

Instructor: Elisa Scurry

Indoor cycling on Keiser spin bikes offers a fun and effective way to burn fat and improve cardiovascular endurance to music. You will learn cycling techniques and tips as you ride! (Level 2/3)

# 50 Plus Exercise Classes

Classes that are specifically designed to engage and serve the 50+ community. Must be at least 50 years of age to register.

PLEASE NOTE: Equipment is available for all exercise classes unless specified in description. Students are welcome to bring their own equipment if preferable.

## Tai Chi For Health

Tuesdays/Thursdays | June 11 - August 6, 2024, 9:00 AM - 10:00 AM

COM City Centre – Room 107

\$30

Instructor: Mildred Smith

Perfect for beginners, Tai Chi for Health is a gentle, yet strengthening, low impact form of exercise that can improve balance and flexibility, as well as help manage stress. It is safe and effective; beneficial for overall physical health, cardiovascular issues and chronic health conditions. (Level 1)

## Tap Happy

Fridays | June 14 - August 2, 2024, 9:00 AM - 10:00 AM

COM City Centre – Room 107

\$15

Instructor: Crista Melancon

Learn basic principles and steps of tap dance, performed to popular music. Tap shoes or hard soled shoes should be worn in this class. (Level 2/3)

## Total Body Fitness

Mondays/Wednesdays | June 10 - August 5, 2024, 8:30 AM - 9:30 AM

COM City Centre – Room 107

\$30

Instructor: Alison Johnson Galdamez

Reap cardiovascular and strength benefits while doing fun, slightly intense exercises! We will learn to properly and safely stretch, warm up, and perform abdominal, upper-body and lower-body exercises. Some yoga will be included as well. Please wear workout clothes and tennis shoes. (Level 3)

## Yoga Flow

Fridays | June 14 - August 2, 2024, 10:15 AM – 11:15 AM



COM City Centre – Room 107

\$15

Instructor: Crista Melancon

Learn the “Hatha” Yoga style with movements guided by the breath transitioning fluidly from one pose to another, rather than the alignment or the looks of static pose itself. (Level 1)

## Yoga For Beginners

Tuesdays/Thursdays | June 11 - August 6, 2024, 9:00 AM – 10:00 AM

COM City Centre – Room 104

\$30

Instructor: Trina Fox

This class focuses on breath and core building, beginner yoga poses and Pilates basics. The “studio” fitness environment is intended to give you a place to build confidence as you increase flexibility and strength. Participate without pressure because there is something for you in every stage of your fitness journey. Learn to breathe and move your body at a pace that feels safe and comfortable. (Level 1)

## Zumba

Mondays/Wednesdays | June 10 - August 5, 2024, 9:45 AM - 10:45 AM

COM City Centre – Room 107

Tuesdays/Thursdays | June 11 - August 6, 2024, 4:00 PM - 5:00 PM

COM City Centre – Room 107

\$30

Instructor: Elisa Scurry

Zumba incorporates a variety of Latin-inspired dance moves to create a one-of-a-kind fitness program that will tone and sculpt your body while burning unwanted fat through aerobic exercise. Come join in the fun! (Level 3)

YOGA FOR  
BEGINNERS

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# 50 Plus Mini Session Classes

Classes that are specifically designed to engage and serve the 50+ community.  
Must be at least 50 years of age to register.

## Want to try something new or stay inspired between semesters?

Check out our **SHORT INTRODUCTORY MINI-CLASS OPTIONS WITH SUPPLIES INCLUDED.**  
Each course fee is \$10 and classes are held the weeks of Aug. 19 and 26.

### Bead Stitching

Thursdays | 1:00 PM - 4:00 PM, Room 120

### Beaded Fashion Jewelry

Wednesdays | 10:00 AM - 1:00 PM, Room 120

### Brazilian Embroidery

Thursdays | 1:00 PM - 4:00 PM, Room 119

### Cricut

Wednesdays | 9:00 AM - 12:00 PM, Room 118

### Drawing Basics

Mondays | 9:00 AM - 11:00 AM, Room 120

### Fused Glass

Mondays | 9:00 AM - 12:00 PM, Room 117

### Hula Hoop For Health

Tuesdays/Thursdays | 10:15 AM - 11:15 AM,  
Room 107

### Paper Mache

Mondays | 9:00 AM - 12:00 PM, Room 118

### Quilting

Tuesdays | 1:30 PM - 4:30 PM, Room 120

### Saltwater Fishing

Wednesdays | 9:00 AM - 11:00 AM, Room 120

### Tai Chi For Health

Tuesdays/Thursdays | 9:00 AM - 10:00 AM,  
Room 107

### Tangled Art

Thursdays | 10:00 AM - 12:00 PM, Room 118

### Total Body Fitness

Mondays/Wednesdays | 8:30 AM - 9:30 AM,  
Room 107

### Zumba

Mondays/Wednesdays | 9:45 AM - 10:45 AM,  
Room 107

Tuesdays/Thursdays | 4:00 PM - 5:00 PM,  
Room 107



# General Information & Map

## PAYMENT OF FEES AND TUITION

All tuition and fees must be paid at the time of registration. We accept VISA, MasterCard and Discover. No cash, checks, money orders or American Express will be accepted.

## CANCELLATION OF COURSES

Each course has a minimum enrollment requirement or is subject to cancellation one week prior to start of class. Find a class you like and encourage a friend to join you! It could make the difference between having it or not. If the college cancels a course an automatic 100 percent refund of tuition is initiated.

## FINANCIAL ASSISTANCE FUND

The Lifelong Learning Scholarship Fund is designed to help students who wish to participate in classes but are unable to due to financial hardship. If eligible, a student may be awarded up to \$45 tuition per semester to register for one class. Call 409-933-8461 for information on how to apply. Want to sponsor a student? Complete a donation card at the welcome desk or go to the COM website at <https://give.com.edu/ways-to-give/> to give online. Be sure to designate your gift to Lifelong Learning Scholarship Fund. Thank you for your support!

## MAKE-UP CLASSES

In the event of a college-wide closure (i.e., inclement weather, power outage, etc.) that results in canceled classes, instructors are not required to reschedule class. However, if an instructor must personally cancel a class, every attempt will be made to reschedule it prior to the end of the semester.

## WAITING LISTS

Want to attend a class that is full? Join the waiting list online or contact the Lifelong Learning Program Office at 409-933-8461 to be added.

## REFUND POLICIES

### Community Education Refund Policy

Community Education classes/workshops will be 100 percent refunded if a student cancels by the registration deadline. Refund requests may be made in person at the Lifelong Learning office or by phone at 409-933-8461. Refund requests must be received during normal business hours.

### 50 Plus Refund Policy

50 Plus classes will be 100 percent refunded if canceled before the first day of class. Refund requests may be made in person at the Lifelong Learning office or by phone at 409-933-8461. Refund requests must be received during normal business hours at least one business day prior to the calendar start date of the class.

### Trip Refund Policy

Tickets are pre-purchased for trip events; therefore, they are non-refundable.

## COLLEGE CALENDAR

In accordance with the approved College calendar, the college will be closed:

June 19, 2024

July 4, 2024

## PHOTO AND VIDEO POLICY

COM's Marketing and Communications Department takes photographs (still and video) of students throughout the year. These photographs and videos often include students in classrooms, study areas, at events, etc. COM reserves the right to use these photographs and video as a part of its publicity and marketing efforts. Students who enroll at COM do so with the understanding that these photographs and videos might be used in College publications, both printed and electronic, for recruiting and advertising purposes.

## TOBACCO-FREE ENVIRONMENT

All College of the Mainland campuses are tobacco-free facilities. In addition, COM has a zero-tolerance policy for alcohol on campus.

## DIVERSITY STATEMENT

The College District prohibits discrimination, including harassment, against any individual(s) on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender, to include gender identity and gender expression, or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.

## STUDENT RECORD PRIVACY POLICY

College of the Mainland complies with the

provisions of the Family Educational Rights and Privacy Act (Buckley Amendment of 1974, Public Law 90-247, as amended) and any regulations that may be promulgated therein. The College permits a student to inspect his or her own records and limits disclosure to others if a student has not been granted access by prior written consent. No student record, demographics, or schedule information will be shared with anyone over the phone or with any third party.

## COM ALERT

COM Alert is a way for College of the Mainland to reach you in case of emergencies impacting any of COM's campuses. The COM Alert system uses email, phone, and text messages to notify individuals of emergencies and important news from the College. If you are not already receiving COM Alerts, sign up now by going to [www.com.edu/contact-us/emergency-contact.html](http://www.com.edu/contact-us/emergency-contact.html) and following the prompts on the screen.

## CAMPUS CARRY

As of August 1, 2017, Texas community colleges are required to comply with Senate Bill 11, commonly known as the "campus carry" bill. Individuals holding a license to carry (LTC), formerly concealed handgun license, will have the legal right to carry a concealed handgun onto community college campuses; however, openly carrying a firearm on a college campus is illegal. Please take note that storing handguns in personal vehicles on campus is allowed. A license holder may carry a concealed handgun on or about their person while on College District property or in any buildings or properties owned, leased, or rented by the College District except in areas that have been deemed gun-free zones under this policy. For further information about gun-free zone locations, Campus Carry policy, and campus safety, please see the following link, <http://www.com.edu/campus-safety-and-security>.

This policy applies to faculty, staff, students, visitors, and individuals and organizations doing business on behalf of the College District or while on the College District premises or properties owned, leased, or rented by College District.

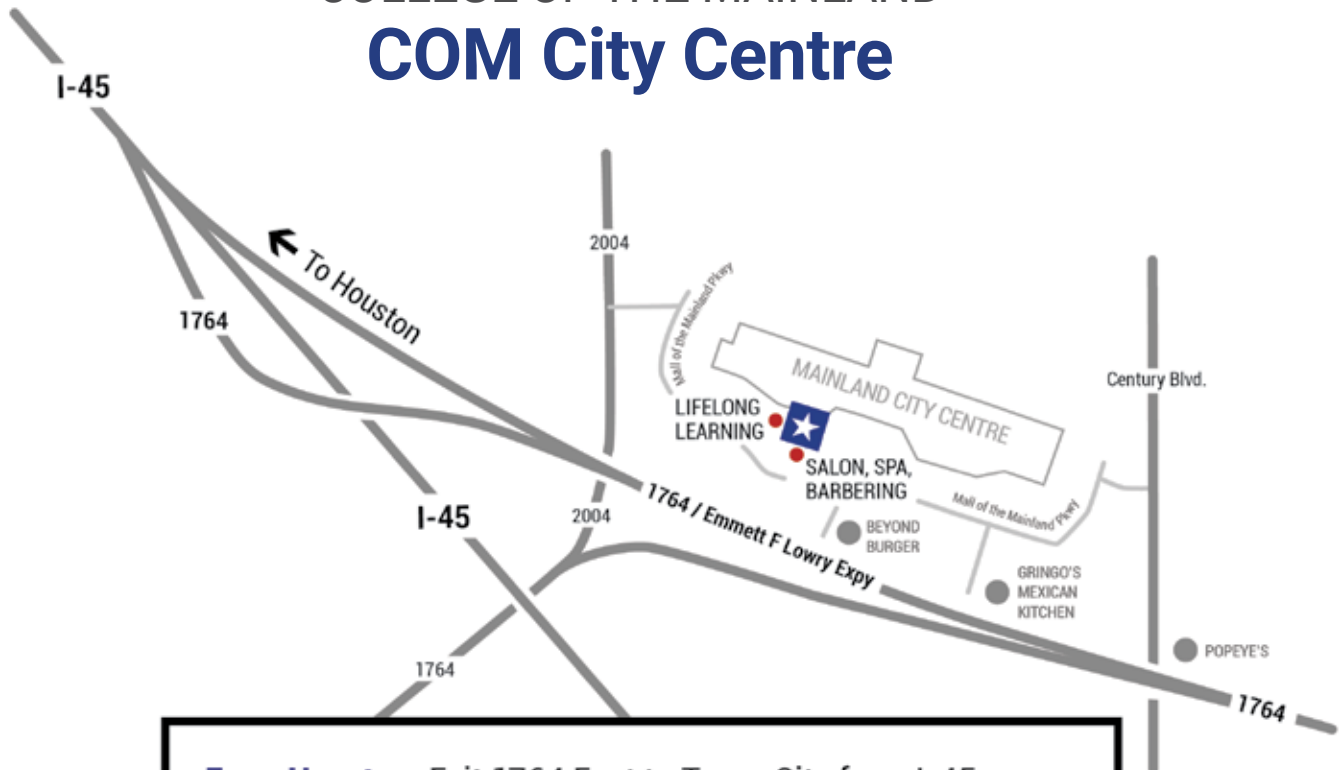
In accordance with the law, this policy shall not apply to commissioned peace officers.

Love what you learn™  
Sign up for a class today



COM  
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## COLLEGE OF THE MAINLAND COM City Centre



**From Houston:** Exit 1764 East to Texas City from I-45 South. Exit Century Blvd. Make U-turn under bridge. Take feeder to Beyond Burger and turn right towards the mall area. Turn left onto Mall of the Mainland Pkwy.

**From Galveston:** Exit #15 from I-45N. Turn right on 2004, then right after Quality Inn onto Mall of the Mainland Pkwy.

**Interested in teaching a class  
or have an idea for one?**

Please call Lisa Renfroe at  
409-933-8461.



**Have questions? Learn more online at:  
[com.edu/lifelonglearning](http://com.edu/lifelonglearning)**



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