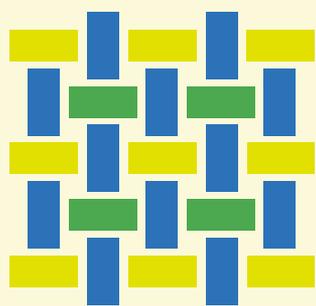


Enriching the diverse
fabric of Nashville

FALL 2020 Class Catalog

nashville.gov/ce



NASHVILLE
COMMUNITY
EDUCATION





FALL 2020

This year has brought challenges we never thought possible. Starting with the tornado, moving straight into a pandemic and then facing potential elimination in the Mayor's FY21 Budget - 2020 has been tough on us to say the least. However, throughout these challenges one thing has remained clear: providing a space for affordable, quality enrichment and social connection is greatly valued by our community. Thank you all for your continued support.

We are so grateful to the Metro Council for allowing us to continue offering our programs. We have had to make major changes in order to continue operating on a bare budget and with safety as our top priority. In these pages you will find a smaller set of classes (but still over 110!) that are mostly being offered virtually. If safe, we hope to offer in-person classes starting in October, but may need to make changes to the schedule as we learn more.

We have scholarships available and gift certificates should you want to share our programs with loved ones. Please email cecinfo@nashville.gov

**NASHVILLE
COMMUNITY
EDUCATION**

Office Hours: Monday–Thursday 10am–6pm
Office remains closed to the public until at least 9/7.

(615) 298-8050 | cecinfo@nashville.gov

NCE is sponsored by the Metropolitan Nashville Community Education Commission. NCE is an Equal Opportunity Employer.

contents

arts	4
career	5
create	7
finance	9
language	10
legal	12
life	13
technology	16
wellness	17

INFORMATION

index by date/location	19
how to register	22
refund/withdrawal policy	22
location/contact info	22
registration form	23



arts



Beginning Guitar \$65

For complete beginners and those that know a few chords and want to improve. Class will be organized, linear and at a comfortable, stress-free pace. Students can ask questions and receive real-time demonstrations. Must have a guitar, medium gauge picks, a metronome, capo, and comfortable chair.

Sep 08 - Sep 29 Tue 6:00pm - 8:00pm
Virtual Learning Shane Lamb

NEW! **Songwriting & Creativity** \$65

Writing and creating isn't just something that magically happens. It is a process that is studied and learned. This class is for people interested in songwriting but don't quite know where or how to start. We will talk about the process of creating and writing melodies, chord progressions and lyrics. We will study songs written by others for their style, form structure, melody, arrangement and harmony. Having some experience playing an instrument or singing is a plus, but not required.

Oct 13 - Nov 03 Tue 6:00pm - 8:00pm
Virtual Learning Shane Lamb

NEW! **Music Theory** \$65

Are you frustrated with trying to learn and use music theory? Does it feel like one big, endless math problem? Learn about composition and intervals of the major scale, key signatures, chord structures, tempo, time signatures, and rhythmic patterns, learning by ear and much more!

Nov 17 - Dec 08 Tue 6:00pm - 8:00pm
Virtual Learning Shane Lamb

NEW! **College Writing Basics** \$40

While putting together a personal essay, we'll explore a variety of brainstorming ideas, freewriting prompts, and writerly advice to beat brainfreeze; change things up with a combination of punctuation, voice, and word choice; discover objective self-evaluation and the power of multiple drafts; experiment with creative introductions and conclusions; and review best practices for proofreading and formatting.

Sep 09 - Oct 14 Wed 6:00pm - 7:30pm
Virtual Learning Sheri Malman

Creative Personal Journaling \$30

Studies show that keeping a private journal can help improve mental health and creativity, but it's tough to find the time to write. Slow down and create space to write while clearing your mind and releasing anxiety. Through a series of prompts and discussions, students will learn how to create their own unique journaling style and set goals. Bring your journal and a pen.

Oct 20 - Nov 10 Tue 6:00pm - 7:30pm
Virtual Learning LaKeitha Anderson

Creative Writing \$75

Discover creative writing abilities through imaginative and innovative activities. Exercises will include icebreakers, team building, power writing, progressive stories, writing prompts, peer review sessions, read aloud, and group discussion. Students will produce several types of writing; sharing with the group is encouraged.

Sep 14 - Oct 26 Mon 6:00pm - 7:30pm
Virtual Learning The Carnegie Writers

These music classes are offered in partnership with the **Green Hills Guitar Studio**. View more virtual classes for various levels and instruments at greenhillsguitarstudio.com



career

Create The Life You Want \$35

Life comes at you fast. What you do with it is completely up to you. Learn from a Certified Life+Style Design Coach how to navigate liminality - the space between where you are and where you want to be; how to pivot - make a systematic change in direction; and how to gain clarity to create the life you want.

Sep 10 Thu 6:00pm - 7:30pm
Virtual Learning Anna Walker

How to Advocate for Yourself \$15

Very few things in life are guaranteed, but how do you know when you need to cut your losses and move on or when you should push for what you actually want? Learn how to identify what you truly value and want, develop strategies to advocate for yourself at work and in life, and receive personalized suggestions and action steps for your real-life scenarios.

Nov 02 Mon 6:00pm - 7:30pm
Virtual Learning Diana Morris

How to Maximize Your Time \$35

We could all be more productive and efficient during the course of the workday. Students will learn how to manage their time so that getting more done feels virtually effortless. Instruction will cover a tried and true system for managing your time. Use it and you'll end each day feeling relaxed and start the following one with a sense of renewed focus, knowing you crossed everything off your list yesterday, and can do it again today!

Oct 15 Thu 6:30pm - 8:00pm
Virtual Learning Paris Love

How to Write a Business Plan \$40

Although each business is unique, students can learn the basic components of a business plan. Topics covered include: executive summary, mission statement, products and services, marketing strategy, target market, competition, financial planning, and sales. After class you will be able to identify the important sections of a business plan and write an effective business plan.

Sep 17 - Sep 24 Thu 6:00pm - 8:00pm
Virtual Learning Paris Love

NEW! **Situational Leadership** \$45

As a leader in this changing time, your ability to develop and motivate others is more needed than ever. Because everyone and every situation is different, it's important to be flexible and targeted with each conversation and approach with team members. Learn to recognize four development levels to better understand team members' needs, behaviors and results. Leave feeling comfortable leading productive conversations to develop competence and commitment in others.

Sep 22 - Sep 29 Tue 5:00pm - 7:30pm
Virtual Learning Angela Ellis

Start Your Own Business \$35

Do you want to start a business? Learn key strategies for turning your idea into a profitable and sustainable business. A veteran business owner will show you how to create an entrepreneurial mindset that sets you apart from your competition, provides outside-the-box strategies for marketing, leadership and team building as well as developing laser focus goals.

Oct 29 Thu 6:30pm - 8:00pm
Virtual Learning Paris Love

career



Classes with the Metro Business Assistance Office

Learn more about the BAO and Procurement at nashville.gov/Finance/Procurement

FREE

NEW! Time Management & Productivity

\$35

Many busy professionals are working from home these days. As such many of us are balancing work, family, school, and more, all in the same space. That can make focusing on work more challenging than ever, but you can still meet deadlines and work efficiently. Instruction includes useful tips for managing email and prioritizing tasks including how to assess situations, demands, and alternatives before you take action. You will also learn to juggle multiple priorities and use your time wisely.

Sep 23 Wed 4:00pm – 6:00pm
Virtual Learning Angela Ellis

NEW! Small Business Reserve Program

Starting in Fall 2020, Metro contracts for less than \$250,000 will be set aside for small businesses. To compete, firms must join the new small business reserve program. The process is simple and designed to promote fair competition. Sign-up to learn how your firm can benefit!

Sep 15 Tue 12:00pm – 1:00pm
Virtual Learning

NEW! The New Normal: How Small Businesses Are Adapting

Small businesses have radically changed how they operate to survive during the pandemic. Hear their stories and learn how you can apply these lessons to your own operations, no matter what your industry. Resources and economic trends will also be covered.

Oct 13 Tue 12:00pm – 1:30pm
Virtual Learning

NEW! Doing Business with Metro

Christina Alexander is a senior buyer for Metro who spent more than a decade in the private sector helping companies win government contracts. She will explain the government purchasing process and how your company can bid to win including the key aspects of a successful offer and major pitfalls to avoid.

Nov 17 Tue 9:00am – 10:00am
Virtual Learning

Unconscious Bias & Your Relationships

\$35

Want to discover what some of your unconscious biases are and how they can affect relationships? Learn some psychology basics and how our perceptions affect how and what we communicate. We will learn others' unique stories and recognize our own perceptions through conversation, self-reflection exercises, written activities and group coaching facilitated by a certified life coach and professor of communication.

Sep 16 Wed 6:00pm – 7:30pm
Virtual Learning Megan Johnson

register early!

(Classes can be canceled for low enrollment.)

nashville.gov/ce



create

Art Journaling with Old Books \$65

Add a unique twist to your journaling routine by using old books to create an art journal! By learning different painting and drawing techniques and engaging in writing exercises, we will create mixed media pieces, compelling poetry and journal entries. While some classes will focus more on creative writing, a painting will be done in every class.

Oct 14 - Nov 04 Wed 6:00pm - 8:00pm
Cohn School Ashley Mintz

Japanese Stab Binding Books \$35

Explore and create based on the elegance of Japanese book and paper arts. Students will use decorative papers to create Japanese style books and soft containers using the Japanese Stab Binding method. No experience necessary. A supply list will be sent out prior to class.

Nov 30 Mon 6:00pm - 8:00pm
Virtual: Pre-Recorded David Heustess

NEW! Beginning 3-D Modeling \$150

Learn the basics of how to design a model for 3D printing. Best for beginners or those needing a refresh. Offered in partnership with Make Nashville.

Oct 12 - Nov 16 Mon 6:30pm - 7:30pm
MAKE Nashville William Harper

NEW! Beginning 3-D Printing \$150

Learn the basics of 3D printing using designs that are already selected so you build upon your skillset in each class. Best for beginners or those needing a refresh. Offered in partnership with Make Nashville.

Oct 13 - Nov 17 Tue 6:30pm - 7:30pm
MAKE Nashville William Harper

Beginning Machine Knitting \$90

Learn to machine knit with a vintage home hobby knitting machine (Brother KX 350) a lightweight, plastic bed machine with many capabilities. Students will become familiar with the machine and skills by completing four simple but usable projects.

Note: for virtual class you must provide your own machine and supplies. Knitting machines provided for the in-person class.

Sep 15 - Oct 20 Tue 6:00pm - 8:30pm
Virtual Learning (\$75) Anna Haferman

Oct 15 - Nov 19 Thu 6:00pm - 8:30pm
Cohn School Anna Haferman

Intermediate Machine Knitting \$75

Students who have completed the Beginning Machine Knitting class will work on their choice of projects during class with guidance from the instructor. This will include choosing appropriate yarn, making a gauge swatch, choosing a pattern and finishing the project. Students are required to have their own knitting machine and purchase yarn for their projects.

Nov 10 - Dec 13 Tue 6:00pm - 8:30pm
Cohn School Anna Haferman

Beginning Sewing \$50

Do you want to learn the basics of sewing? This class is geared toward complete beginners and is not suitable for returning students. Students are encouraged to bring their own machines. Students must purchase their own basic supplies and materials dependent upon projects throughout the class.

Oct 14 - Nov 11 Wed 5:30pm - 8:30pm
Cohn School MJ Richards/Stephanie Dauenhauer

create



Intermediate Sewing \$45

This class is meant for students who have completed our Beginning Sewing course and are ready to move forward with their sewing skills. Students are encouraged to bring their own machines. Students must purchase their own basic supplies and materials, including fabric, dependent upon projects throughout the class.

Nov 18 - Dec 16 Wed 5:30pm - 8:30pm
Cohn School Stephanie Dauenhauer

Handmade Leather Clutch \$60

Need something smaller than a bag that can still hold all of your important items including your phone? Students will be introduced to leather craft through the creation of a clutch (similar to a large, folded wallet). Instruction includes how to stitch the leather and create straps. Students will leave class with a completed clutch. All materials provided.

Nov 12 - Nov 19 Thu 6:00pm - 7:30pm
Cohn School Olivier & Nathalie Boutaud

Cyanotype Sun Printing \$35

Explore this early photography technique to create original designs and images on paper and fabric. Cyanotypes result in a distinct blue image that appears when chemistry is exposed to sunlight. Students will create their own negatives and make use of found objects for images that can be framed, made into note cards, used for collages, book arts and more. No camera or previous experience required. A materials list will be provided for students to purchase materials on their own.

Oct 12 Mon 6:00pm - 8:00pm
Virtual: Pre-Recorded David Heustess

Ceramics \$90

An introduction to working with clay. Learn hand-building techniques and how to pour, prep, decorate, and glaze a choice of hundreds of ceramic molds. Students will decorate their own designs, then fire them to use as beautiful everyday objects.

Note: Students must purchase additional supplies including a \$25 clay fee.

Oct 14 - Dec 02 Wed 9:30am - 11:30am
Cohn School June Lusty

Pottery by Hand and Wheel \$120

Have you ever wanted to master the art of pottery? You will use your hands to mold and manipulate wet clay. This session will teach sculpting, technique, and a variety of shapes and tools. You will walk away with a bowl, cup, or other small vessel that you can be proud of.

Note: Students must purchase additional supplies including a \$25 clay fee.

Oct 14 - Dec 02 Wed 5:45pm - 8:45pm
Cohn School June Lusty

NEW! Repurpose Vintage Jewelry: Creative & Fun Projects \$50

Join the "upcycle" movement by making unique and useful items from repurposed broken and damaged vintage jewelry. Create a set of fridge magnets, a picture frame and more for your home or as gifts. The instructor will guide students through projects; electronic written instructions will also be provided. Packets of damaged vintage jewelry will be available for pickup or mailed (additional fee). A supply list will be sent out before the first class.

Sep 17 - Oct 01 Thu 6:00pm - 7:30pm
Virtual Learning Carol Beth Solow



finance

NEW! Create Upcycled Jewelry: Turn Old into New

\$50

Repurpose broken or unwanted jewelry into one-of-a-kind necklaces and other pieces using provided jewelry and/or your own. The instructor will guide students through projects; electronic written instructions will also be provided. Packets of vintage & modern beads and jewelry (mostly broken) will be available for pickup or mailed delivery (additional fee). Students must provide other supplies such as basic jewelry making tools and glue. A supply list will be sent out before the first class.

Nov 05 - Nov 19 Thu 6:00pm - 7:30pm
Cohn School Carol Beth Solow

Secrets of Shibori: Stitches & Knots \$70

Shibori is a Japanese based technique of knotting, stitching, tying, folding, and wrapping the dyeing to create patterns and images in fabric. Students will have the opportunity to create samples of various stitches and knots and design a silk scarf based on these samples. A variety of dyeing options to be shared. Supply kits will be available for pick up.

Sep 12 - Oct 10 Sat 10:00am - 12:00pm
Virtual Learning David Heustess

Twisted Shibori \$35

Forget the stitching, tying and knotting of traditional shibori. You'll learn to make dye baths for silk scarves, twist and bind the scarves, and then remove dye. When you untwist the fabric, you'll have pattern and color combos that you love or you may decide to continue the process with more twisting, dyeing and discharging. A materials list will be provided.

Nov 16 Mon 6:00pm - 8:00pm
Virtual: Pre-Recorded David Heustess

Buyer's Path to Purchasing a Home \$15

With the real estate market changing so much over the past 5 years, this course will help you learn an updated step-by-step procedure for purchasing a home. Learn everything you need to know to buy a home from time of contract to the day you close and move in. Learn why you need a realtor and the advantages to buying a home instead of renting.

Oct 13 Tue 6:00pm - 7:30pm
Cohn School Darren DeMartino

Financial Success \$20

Are you wondering where your money goes every month? Interested in investing, but don't understand your options? This two-part workshop offers a practical financial framework for budgeting, investing, insurance, credit, student debt, and more. You will receive a notebook filled with valuable information and a step-by-step plan for your financial security.

Nov 05 - Nov 12 Thu 6:00pm - 8:00pm
Cohn School Cindy Stone

Mastering Money \$25

A personal finance course for real people that will teach a realistic path to mastering your money. Instruction includes in class lecture and take-home exercises used to help you develop a custom budget and good financial habits.

Sep 08 Tue 6:00pm - 7:00pm
Virtual Learning Srijita Dasgupta

language



American Sign Language I \$75

An introduction to American Sign Language grammar and vocabulary including fingerspelling to construct simple sentences. Each student will also participate in visual and receptive skill-building along with the information on Deaf Culture and Awareness.

Sep 15 - Nov 03 Tue 5:00pm - 6:00pm
Virtual Learning Bridges/Forest Sponseller

French I \$75

Designed for adults encountering French for the first time or for those reviving basic French language skills. Instruction focuses on pronunciation, conversation, and culture, with an end goal of being able to successfully communicate with native speakers in travel-themed conversations. Students should purchase *Living Language French, Complete Edition* set.

Oct 14 - Nov 18 Wed 6:00pm - 8:00pm
Virtual Learning Ellen Green

Mandarin Chinese I \$65

Learn the first steps in speaking, writing, and communicating in Mandarin Chinese. Participants will focus on pronunciation and learning the needed skills for recreation or business. Included activities will promote grammar, vocabulary, and dialogues. Students are required to purchase a copy of *Far East Everyday Chinese* set.

Sep 10 - Oct 15 Thu 6:15pm - 7:45pm
Virtual Learning Winnie Pang

Spanish I \$75

This class provides an introduction to the Spanish language, culture, and food. Learn the first steps in speaking Spanish: pronunciation, vocabulary, and present tense grammar. Vocabulary will cover greetings, time, numbers, and more. Students should purchase *Living Languages Spanish Complete Edition*.

Oct 12 - Nov 09 Mon 6:00pm - 8:30pm
Cohn School Rossy Urbina-King

Oct 14 - Nov 11 Wed 6:00pm - 8:30pm
Cohn School Maria Benham

Oct 15 - Nov 12 Thu 2:30pm - 5:00pm
Cohn School Maria Benham

Spanish II \$75

Students will continue learning the language and culture of Spanish-speaking countries. Increase vocabulary, understanding of verb forms, grammar and general comprehension. Students should purchase *Living Languages Spanish Complete Edition*.

Nov 16 - Dec 14 Mon 6:00pm - 8:30pm
Cohn School Rossy Urbina-King

Nov 18 - Dec 16 Wed 6:00pm - 8:30pm
Cohn School Maria Benham

placement tests

not sure what level is right for you? Take self-scored placements tests on our online registration page or email us at cecinfo@nashville.gov.

nce.asapconnected.com



language

Spanish III

\$75

This course will focus on conversational skills and functional dialogue. Students will learn and practice the following verbs: ser y estar, gustar, interesar, y tener. This class will also cover the imperative tense, prepositions por and para, and vocabulary for everyday situations. Students should purchase *Living Languages Spanish Complete Edition*.

Oct 13 – Nov 10 Tue 6:00pm – 8:30pm
Cohn School Rossy Urbina-King

Oct 14 – Nov 11 Wed 2:30pm – 5:00pm
Cohn School Maria Benham

Oct 15 – Nov 19 Thu 6:00pm – 8:30pm
Cohn School Maria Benham

Spanish IV

\$75

Students will deepen their understanding of common verbs, the preterite tense and adjective agreements. Dialogue will focus on describing places and planning events. Students should purchase *Living Languages Spanish Complete Edition*.

Nov 17 – Dec 15 Tue 6:00pm – 8:30pm
Cohn School Rossy Urbina-King

Nov 18 – Dec 16 Wed 2:30pm – 5:00pm
Cohn School Maria Benham

Intermediate Conversational Spanish \$75

The emphasis of this course is on communication and interaction using spoken Spanish. The instructor will speak Spanish at all times in the classroom. Emphasis will be placed on dialogue between students with the instructor available to correct mistakes, explain grammar and usage whenever necessary. Students will practice telephone calls, travel directives, describing personal interests, and conveying thoughts in the past and future. Students will continue to build communication skills including listening, reading and speech, understanding of current Spanish culture all in a fun environment with a native Spanish instructor!

Oct 12 – Nov 09 Mon 6:00pm – 8:30pm
Cohn School Maria Benham

Oct 14 – Nov 18 Wed 6:00pm – 8:00pm
Cohn School Rossy Urbina-King

Advanced Conversational Spanish \$75

If you have taken all of our Spanish classes and have the confidence to engage in meaningful conversations with native speakers, this is our final option for you to practice all you've learned. Students will converse using the imperative and subjunctive moods, talk about hopes for the future, past vacations, current events, emphasizing preterite and imperfect past tenses, future or conditional tenses. Little to no emphasis will be placed on learning grammatical rules, but rather focusing on conversational skills.

Nov 16 – Dec 14 Mon 6:00pm – 8:30pm
Cohn School Maria Benham

virtual option

some Spanish classes may become virtual if needed or be recorded

legal



Family Law

Free

An introduction to the most pressing matters of family law including marriage, divorce, custody, parenting plans, child support, establishing of paternity and enforcement of court orders. Whether you are currently involved in a family law matter or supporting a loved one through a trying time, this course will equip you with the basic information you need.

Oct 12 Mon 6:00pm - 7:30pm
Cohn School Roland Hairston

Understanding Medicare

\$25

Students will learn basic information regarding Medicare including eligibility, contact information, the four parts of Medicare, patient's cost share, understanding the summary notice, common terminology and next steps. Anyone interested in knowing more about Medicare will benefit from this class!

Sep 24 Thu 6:00pm - 7:00pm
Virtual Learning Loretta Jarrett-McDonald

Key Instruments of Estate Planning

\$15

Don't wait to get your estate planning in order! Estate planning is not just about planning for what happens to one's property after death. It's also about planning for what happens if a person becomes ill or incapacitated. Students will learn about key instruments of estate planning (Living Wills, HIPAA Authorizations, Powers of Attorney for Health Care, Powers of Attorney for Finances, and Wills), why they are important, and how they can bring you and your family peace of mind.

Dec 03 Thu 6:00pm - 7:15pm
Cohn School Lea Johnson

NCE does not offer individualized legal advice. Classes are intended for general information only.

Mental Health Caregivers Primer with NAMI

NAMI Davidson County continues to offer their monthly seminar to support people who have loved ones with mental health issues that may include co-occurring substance abuse. Participants will receive an overview on types of mental health issues, treatment, recovery, communication strategies, and crisis preparation. The free session occurs on the second Saturday of every month from 3:00pm - 4:30pm via Zoom. Participants can register at namidavidson.org



A Cosmic Journey Free

Embark on a cosmic journey through the galaxy and our solar system from its formation. Travel at the speed of light as we gaze into the past and catch a glimpse of the future. Learn about the planets, how stars are born, how they die, and the supernovae corpses they leave behind.

Nov 17 - Dec 08 Tue 6:00pm - 8:00pm
Cohn School Duncan Davis

History of Life on Earth \$15

A lot can happen to the Earth's plants and animals during 4 billion years of evolution. Some of these changes occurred in response to the shifting continental plates. Others occurred because of changing climates, including both "snowball" and thermal maximum phases. We will consider the nature of geologic time but will focus on the complex history of life on Earth including life's origins, its many variations through time and its near disappearance in several mass extinctions.

Oct 14 - Oct 28 Wed 6:00pm - 7:00pm
Virtual Learning Jim Cunliffe

The Art of Communication: Love Languages \$30

We often find ourselves frustrated with our partners perceived lack of understanding of our needs. "Why won't he take me on a date? I've been hinting at it for over a month?" "Why doesn't she watch football with me? It's my favorite sport?" Students will explore, discover, understand, and appropriately utilize our own and our partner's love language through discussion and various intentional forms of communication. Students should purchase *The 5 Love Languages* by Dr. Gary Chapman prior to class.

Sep 10 - Oct 22 Thu 6:00pm - 8:00pm
Virtual Learning Merna EISols

Building Confidence \$30

Understanding oneself is necessary for self-actualization and developing self-confidence. We are wired to understand the whys of our surroundings and build upon what we learn. The goal of this course is to explore, discover, understand, and appropriately utilize our environment and experiences to enhance and improve our confidence level.

Oct 29 - Nov 19 Thu 6:00pm - 8:00pm
Virtual Learning Merna EISols

Enneagram Basics \$25

The enneagram is a simple personality tool that provides a framework for understanding oneself and others through both behavioral and thought patterns. This virtual workshop is a brief overview of the enneagram and of all 9 types.

Sep 21 Mon 12:00pm - 1:30pm
Virtual Learning Alyssa Bernhardt

Oct 19 Mon 6:00pm - 7:30pm
Virtual Learning Alyssa Bernhardt

Unconscious Bias and Your Relationships \$35

Want to discover what some of your unconscious biases are and how they can affect relationships? Learn some psychology basics and how our perceptions affect how and what we communicate. We will learn others' unique stories and recognize our own perceptions through conversation, self-reflection exercises, written activities and group coaching facilitated by a certified life coach and professor of communication.

Sep 16 Wed 6:00pm - 7:30pm
Virtual Learning Megan Johnson



NEW! **Dietary Restrictions Q & A** \$15

Do you have questions about eating healthily, transitioning to a plant-based diet, or meal planning with food allergies? Maybe you or a family member have recently decided to change diets completely, but are nervous about doing so in a healthy way. Participants will have the ability to ask questions about these challenges and receive answers from a professional chef and sustainability expert during this Q & A session.

Nov 03 Tue 6:00pm – 8:00pm
Virtual Learning Jamilya Sharipova

Master Meal Planning \$35

Do you want to meal plan, but are unsure of where to start? Learn a tried-and-true method to help you perfect your process of meal planning from grocery store to dinner table. A Registered Dietitian Nutritionist will share tips and tools for saving time and money while eating healthier.

Sep 28 Mon 6:00pm – 8:00pm
Virtual Learning Lindsey Joe

Eating for a Better Night's Sleep \$35

Registered Dietitian and author of the book, *Eat to Sleep: What to Eat When to Eat It for a Good Night's Sleep*, discusses what foods we should be eating more of, and which ones we should avoid, for a better night's sleep. Learn how to incorporate sleep-benefiting foods into your diet with easy, practical tips and delicious recipes. You'll get hands-on in this class to prepare a recipe that will promote better ZZZ's.

Sep 18 Fri 11:00am – 1:00pm
Virtual Learning Karman Meyer

Nov 10 Tue 6:00pm – 8:00pm
Virtual Learning Karman Meyer

Vietnamese Spring Rolls \$45

A hands-on lesson on Goi cuon, Vietnamese spring roll or summer roll. Though a popular appetizer, it is a full meal usually dedicated for family gatherings and other festive occasions. The traditional spring roll consists of pork, shrimp, vegetables, and vermicelli wrapped in rice paper, but we will be creating vegetarian rolls. Learn all the tips and tricks of wrapping and rolling spring rolls and their accompanying sauces.

Nov 09 Mon 6:00pm – 8:00pm
Cohn School Alexa Little

Making Sourdough Bread \$25

Sourdough bread is easy to make, vegan, and simple to make gluten free if needed! Instruction covers the basics and provides examples of ways to get creative once you have it down. Fun to gift loved ones with the baked products and their own starter too! Students will be able to purchase starter (several generations old) from the instructor for contact-free delivery.

Sep 22 Tue 6:00pm – 7:15pm
Virtual Learning Haley Spigner

Making Your Own Kombucha \$35

Kombucha is a fermented tea that helps with digestion. Learn how to make your own with any flavor you like and how to share it with friends. Students can purchase a SCOBY from the instructor (contact-free delivery) to get started on their own!

Sep 29 Tue 6:00pm – 8:00pm
Virtual Learning Haley Spigner



Eat Smart at Home \$25

Hands-on nutrition education for adults, especially parents and caregivers of children. Families learn to make healthy food choices within a limited budget and how to choose physically active lifestyles. Provided by UT/TSU Extension.

Oct 13 - Nov 10 Tue 6:00pm - 7:30pm
Virtual Learning Charley Guilyot

From Seed to Table Gardening \$30

Join UT-TSU Extension in learning how to start your own vegetable garden - from seed to table! Students will learn how to build a raised bed, pick the right soil, care for growing plants and more. Introductory canning, food safety, and preserving techniques will also be covered.

Sep 10 - Oct 01 Thu 6:00pm - 8:00pm
Virtual Learning Dan Harrell/Elizabeth Sanders

NEW! Raising Backyard Chickens \$35

Backyard chickens are becoming more popular, but there are many things to consider before adding these productive pets to your life. Instruction will cover Davidson County ordinances, predators, and coop location. Students will learn about a variety of breeds and where to purchase their birds as well as other tips and resources.

Sep 09 Wed 6:00pm - 8:00pm
Virtual Learning Haley Spigner

NEW! Greening Nashville's Neighborhoods

Free

Advocate for your own neck of the woods by learning about Nashville's environment and how to organize tree plantings for your neighborhood. Trees provide amazing benefits, and tree planting builds community. This class is led by Root Nashville, the citywide tree-planting campaign to plant 500,000 trees in Davidson County by 2050, and the campaign's operations lead, the nonprofit the Cumberland River Compact.

Sep 09 - Oct 07 Wed 6:00pm - 7:00pm
Virtual Learning Meg Morgan



Find out more at rootnashville.org

Beginning Birding \$40

Birding (also known as bird watching) is one of the fastest growing hobbies in the country, and for good reason! Studying birds allow us an easy access point to gain an appreciation and understanding of Earth's biodiversity. We will identify common backyard birds using binoculars and field guides, and enter our observations into eBird for scientists to use the data. You will develop a foundation for a lifelong interest in our avian friends! Offered in partnership with UT/TSU Extension. Open to ages 13+

Sep 09 - Oct 07 Wed 6:00pm - 7:30pm
Virtual Learning Andy Lantz

Nashville Farmers' Market Virtual Series

There is no source better than the Nashville Farmers' Market - feeding Nashville since 1801 - to learn how to make the most of fresh, regionally grown produce. Instructors Chef Laura Rodriguez and Mayter Scott will virtually offer tips about cooking seasonally and demonstrate recipes easily re-created in your home kitchen using produce from local farmers.

A full schedule and class descriptions are available online (subject to change) at nce.asapconnected.com



Sustainability Webinar Series

\$50

An interdisciplinary series that provides an overview of natural, social, and economic science interaction in the framework of sustainable development. An opportunity to dive into an exciting world of farming, food supply, consumption, sustainable cities and communities, environmental psychology, climate science research, and technology. Study daily life and the co-dependence of environment, societies, and economies.

Sign up for the whole series or register for individual topics that interest you.

Sep 08 – Oct 20
Virtual Learning
Tue 6:00pm – 8:00pm
Jamilya Sharipova

Find individual descriptions online: \$15 each

What is Sustainable Development?	Sep 08	Carbon Footprints	Oct 06
Food Supply Chain	Sep 15	Reduce, Reuse, Recycle	Oct 13
Smart Cities & Infrastructure	Sep 22	Sustainable Fashion	Oct 20
Renewable Resources	Sep 29		

technology

NEW! Navigating Zoom with NCE Free

Do you miss in person classes but are nervous about using online platforms? Learn how to create an account, use various Zoom capabilities, and stay secure so that you don't have to miss out on enrichment. Geared toward complete beginners (or those who are struggling) and how to use Zoom with Nashville Community Education.

Sep 08
Virtual Learning
Tue 12:00pm – 1:30pm
Mary Beth Harding

NEW! Beginning 3-D Modeling \$150

Learn the basics of how to design a model for 3D printing. Best for beginners or those needing a refresh. Offered in partnership with Make Nashville.

Oct 12 – Nov 16
MAKE Nashville
Mon 6:30pm – 7:30pm
William Harper

NEW! Beginning 3-D Printing \$150

Learn the basics of 3D printing using designs that are already selected so you build upon your skillset in each class. Best for beginners or those needing a refresh. Offered in partnership with Make Nashville.

Oct 13 – Nov 17
MAKE Nashville
Tue 6:30pm – 7:30pm
William Harper

Secure Internet Use for Home Users \$15

Learn how to keep you and your family safe from internet threats. Instruction will cover basic terms, personal security, device security, safe internet use, public and home wireless network security.

Sep 11
Virtual Learning
Fri 5:00pm – 9:00pm
Daryl Heim

Learn about Make Nashville's Makerspace at makenashville.org



wellness

Beginning Fencing \$80

Looking for a safe, fun, and exciting sport? Students will learn footwork, attacks, parry and riposte, and more as they work up to active sparring with partners. Students should wear comfortable workout clothes with long pants and shoes suitable for a gym. All fencing equipment is provided.

Oct 12 – Nov 30 Mon 5:30pm – 7:30pm
Cohn School Donovan Grimwood

Intermediate Fencing \$50

For fencers looking to continue improving and practice their skills with prior experience. Focus is on developing techniques and skills through open sparring. All three weapons are fenced. Students are encouraged to bring their own equipment, but it is not a requirement.

Oct 12 – Dec 14 Mon 5:30pm – 7:30pm
Cohn School Adder Clemons

Advanced Fencing \$50

For fencers continuing to improve and practice their skills with prior experience. Focus on preparation for tournament competition. All three weapons are fenced. Students are encouraged to bring their own equipment, but it is not a requirement.

Oct 14 – Dec 16 Wed 5:30pm – 7:30pm
Cohn School Donovan Grimwood

Tai Chi Basics \$40

Tai Chi is a gentle, ancient Chinese form of exercise that contains numerous health benefits. Students will focus on basic Tai Chi movements that emphasize improving balance, strength, and relaxation to increase overall quality of life, health and wellness.

Sep 09 – Sep 30 Wed 6:00pm – 7:00pm
Virtual Learning Chris Whitsett

Nov 02 – Nov 23 Mon 6:00pm – 7:00pm
Cohn School Chris Whitsett

Beginning HEMA: German Longsword \$110

This course will introduce students to HEMA (Historical European Martial Arts) by learning the knightly art of the German Longsword. This is a challenging course, students will focus on learning the fundamentals of Medieval/Renaissance era fencing: footwork, body mechanics, and controlling the sword. A variety of physical conditioning exercises are part of the training, so be prepared for a great workout! Through a variety of solo and paired drills students will learn basic attacks, defenses and fencing theory. All equipment provided.

Oct 13 – Dec 15 Tue 6:00pm – 8:00pm
Cohn School Alexander Brindley

Intermediate HEMA \$110

Continue learning the knightly art of the German Longsword. Students will develop their fundamentals with an increased focus on theory, application and advanced techniques from the historical 14th 15th century sources. All equipment provided.

Oct 13 – Dec 15 Tue 6:00pm – 8:00pm
Cohn School Alexander Brindley

Beginning East Coast Swing Dance \$35

Learn East Coast footwork patterns, turns, dips, and rhythm styles - plus the Shim Sham line dance. Sign up with a partner is required and there will be no rotating between partners. No experience required; class designed to learn basic East Coast vocabulary and build foundational technique to dance anywhere with anyone.

Oct 15 – Oct 22 Thu 6:30pm – 7:30pm
Cohn School Mark Croushorn/Melissa Croushorn

wellness



Beginning Line Dancing \$50

Line Dancing is a fun way to dance socially without a dance partner. It's a group dance in syncopation and crosses several genres of music. You'll develop your inner dancer and gain confidence. Wear smooth-soled shoes; no experience necessary.

Sep 09 - Oct 14 Wed 5:00pm - 6:00pm
Virtual Learning Sheena Adams-Avery

NEW! Pilates Mat Essentials \$40

Learn the five basic principles of Pilates and essential mat exercises. Course will focus on building an individual's body awareness, application of basic principles in all movements, as well as building endurance, stability, and mobility.

Oct 15 - Nov 05 Thu 5:00pm - 6:00pm
Cohn School Melissa Croushorn

NEW! Women's Wellness Program \$50

Get stronger from the inside out! Topics will cover goal setting, nutrition best practices, self-care and strengthening our resilience.

Oct 14 - Nov 18 Thu 5:00pm - 5:45pm
Virtual Learning New Beginnings Center

NEW! Welcome to Bicycle Riding \$25

Want to get on a bike but don't know where to start? Find out how to size yourself for a bicycle, what kind of bicycle may best suit your needs, and how to find your bike riding community - wherever you live!

Sep 15 Tue 6:00pm - 7:00pm
Virtual Learning KJ Garner

NEW! Bicycle Riding Over 50 \$25

Bicycle riding is a low-stress, low-impact activity that can be enjoyed whatever your age. Learn how to keep rolling through your 50s, 60s, 70s and beyond. Topics include where to ride, physical adaptations, benefits of e-bikes, and more.

Sep 29 Tue 6:00pm - 7:00pm
Virtual Learning KJ Garner

NEW! Basic Bicycle Maintenance \$35

Learn how to take care of your two-wheeled freedom machine with 3 simple things you can do at home. Fixing a flat tire, cleaning and lubricating your chain and gears, and general bike cleaning. Students will need tire levers, grease rag, degreaser, and bicycle specific chain lubricant.

Oct 13 Tue 6:00pm - 8:00pm
Virtual Learning KJ Garner

Chair Yoga \$30

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, standing using a chair for support, or lying on the ground. While this class is ideal for seniors, people with disabilities, and people recovering from illness or injuries, it is also appropriate for all levels as it deepens flexibility and strengthens personal body awareness. Other props will be used as needed - expect lots of modifications!

Oct 14 - Dec 09 Wed 11:00am - 12:00pm
Cohn School Mary Beth Harding

Oct 14 - Dec 09 Wed 11:00am - 12:00pm
Virtual Learning Mary Beth Harding



wellness

Gentle Yoga

\$30

Take some time to relax in the middle of your day. Class includes a combination of slow, gentle movements, long holds and a focus on the breath. Props are often used throughout class. Asana (poses) will focus on improving flexibility, balance and strength in all bodies. Perfect for students with physical limitations or no experience.

Oct 12 - Nov 30 Mon 3:00pm - 4:00pm
Cohn School Jodie Bell

Oct 12 - Nov 30 Mon 3:00pm - 4:00pm
Virtual Learning Jodie Bell

Oct 15 - Dec 10 Thu 11:00am - 12:00pm
Cohn School Mary Beth Harding

Oct 15 - Dec 10 Thu 11:00am - 12:00pm
Virtual Learning Mary Beth Harding

Qigong Movement

\$50

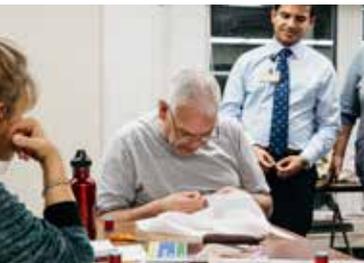
Qigong (chee-gong) is an ancient Chinese technique used for health and well-being. Focused on healing and revitalizing body, mind and spirit through exercises that involve gentle, flowing movements, mental focus, and breathing techniques. Regular qigong practice can help to improve balance, mental focus, digestion, healthy sleep patterns and mental wellness.

Oct 14 - Nov 18 Wed 1:00pm - 2:00pm
Cohn School Cynthia Clark

NEW! Meditation & Self-Care \$25

Discover meditation and other self-care tools. Learn about various types of meditation including mindfulness and participate in guided meditations.

Oct 20 Tue 6:00pm - 7:00pm
Virtual Learning Srijita Dasgupta



Teach with NCE

Share your skills and passion with the Nashville community! To find out more about becoming an instructor email: cecinfo@nashville.gov

Or fill out a Course Proposal Form online under the "Teach" tab at nashville.gov/ce

Scholarships

If you are interested in applying for a scholarship to cover the cost of up to two classes per session please email cecinfo@nashville.gov for information on how to apply. Scholarships are determined on a space available basis: class must meet minimum enrollment and not be full a week prior to the start date.

Sponsor Classes and Scholarships

One of the many changes we have had to make in our program is that we can no longer offer completely free classes. The classes you see listed in the catalog with **FREE** as the price have been sponsored by the instructor, partner group or some other entity. **If you are interested in sponsoring a class or scholarship, please email cecinfo@nashville.gov**

index

Sep 08	Navigating Zoom w/ NCE	12:00pm	16	Sep 15	Small Business Reserve Program	12:00pm	6	Sep 28	Master Meal Planning	6:00pm	14	
	Beginning Guitar	6:00pm	4		American Sign Language I	5:00pm	10		Sep 29	Bicycle Riding Over 50	6:00pm	18
	Mastering Money	6:00pm	9		Beginning Machine Knitting	6:00pm	7			Making Your Own Kombucha	6:00pm	14
	Sustainability Webinar Series	6:00pm	16		Food Supply Chain	6:00pm	16			Renewable Resources	6:00pm	16
	What is Sustainable Development?	6:00pm	16	Sep 16	Welcome to Bicycle Riding	6:00pm	18	Oct 06				
Sep 09	Beginning Line Dancing	5:00pm	18		Unconscious Bias	6:00pm	6			Carbon Footprints	6:00pm	16
	Beginning Birding	6:00pm	15	Sep 17				Oct 12				
	College Writing Basics	6:00pm	4		How to Write a Business Plan	6:00pm	5			Gentle Yoga	3:00pm	19
	Greening Nashville's Neighborhoods	6:00pm	15		Repurpose Vintage Jewelry	6:00pm	8			Beginning Fencing*	5:30pm	17
	Raising Backyard Chickens	6:00pm	15	Sep 18						Intermediate Fencing*	5:30pm	17
	Tai Chi Basics	6:00pm	17		Eating for a Better Night's Sleep	11:00am	14			Cyanotype Sun Printing	6:00pm	8
Sep 10				Sep 21						Family Law*	6:00pm	12
	Create The Life You Want	6:00pm	5		Enneagram Basics	12:00pm	13			Int. Conversational Spanish*	6:00pm	11
	From Seed to Table Gardening	6:00pm	15	Sep 22						Spanish I*	6:00pm	10
	The Art of Communication	6:00pm	13		Situational Leadership	5:00pm	5			Beginning 3-D Modeling ^M	6:30pm	7
	Mandarin Chinese I	6:15pm	10		Making Sourdough Bread	6:00pm	14	Oct 13				
Sep 11					Smart Cities & Infrastructure	6:00pm	16			The New Normal	12:00pm	6
	Secure Internet Use	5:00pm	16	Sep 23						Basic Bicycle Maintenance	6:00pm	18
Sep 12					Time Management & Productivity	4:00pm	6			Beginning HEMA*	6:00pm	17
	Secrets of Shibori	10:00am	9	Sep 24						Buyer's Path to Purchasing a Home [†]	6:00pm	9
Sep 14					Understanding Medicare	6:00pm	12			Eat Smart at Home	6:00pm	15
	Creative Writing	6:00pm	4							Intermediate HEMA*	6:00pm	17
										Reduce, Reuse, Recycle	6:00pm	16
										Songwriting & Creativity	6:00pm	4
										Spanish III*	6:00pm	11
										Beginning 3-D Printing ^M	6:30pm	7

Location Key

* = Cohn School

M = Make Nashville

All other classes will be held virtually (links emailed prior to start)

index

	page		page
Oct 14		Oct 29	
Ceramics*	8	Building Confidence	6:00pm 13
Chair Yoga	18	Start Your Own Business	6:30pm 5
Qigong Movement*	19	Nov 02	
Spanish III*	11	How to Advocate for Yourself	6:00pm 5
Women's Wellness Program	18	Tai Chi Basics*	6:00pm 17
Advanced Fencing	17	Nov 03	
Beginning Sewing*	7	Dietary Restrictions Q & A	6:00pm 14
Pottery by Hand & Wheel*	8	Nov 05	
Art Journaling w/ Old Books*	7	Create Upcycled Jewelry*	6:00pm 9
French I	10	Financial Success*	6:00pm 9
History of Life on Earth	13	Nov 09	
Int. Conversational Spanish*	11	Vietnamese Spring Rolls*	6:00pm 14
Spanish I*	10	Nov 10	
Oct 15		Eating for a Better Night's Sleep	6:00pm 14
Gentle Yoga	19	Intermediate Machine Knitting*	6:00pm 7
Spanish I*	10	Nov 12	
Pilates Mat Essentials*	18	Handmade Leather Clutch*	6:00pm 8
Beginning Machine Knitting*	7	Nov 16	
Spanish III*	11	Adv. Conversational Spanish*	6:00pm 11
Beg. East Coast Swing Dance*	17	Spanish II*	6:00pm 10
How to Maximize Your Time	5	Twisted Shibori	6:00pm 9
Oct 19		Nov 17	
Enneagram Basics	13	Doing Business w/ Metro	9:00am 6
Oct 20		A Cosmic Journey	6:00pm 13
Creative Personal Journaling	4	Music Theory	6:00pm 4
Meditation & Self-Care	19	Spanish IV*	6:00pm 11
Sustainable Fashion	16		

Location Key

* = Cohn School

All other classes will be held virtually (links emailed prior to start)

Some classes scheduled at Cohn may be moved to a virtual platform if needed.

information

Registration opens
Monday, August 10
and stays open
through December!

Register early! Classes that do not meet the minimum enrollment prior to the start of class will be canceled.

All classes require a registration. It is important that NCE has the correct contact information for all students. Our primary mode of communication is email. Please check your email for class confirmation, cancellations, schedule changes, and important information.

how to register:

online at www.nashville.gov/ce

NEW STUDENTS: To register online, new students must create a secure personal account by following the directions. Don't forget your login and password! Use that every time you register for a class online.

RETURNING STUDENTS: If you registered online last semester, login to your account. If you have taken a class before, but did not register online, an online login has been created for you. Click "forgot password" on the login page to get started.

- You may browse without an account.
- Only credit card payment is accepted online. All transactions include an additional 2.3% processing fee.
- If you have trouble registering online, call (615) 298-8050 or email us!

in person - after September 7

You may register at the NCE Main Office once re-opened. You may pay with cash, check, money order, or credit card. All credit card transactions include a 2.3% processing fee

by mail

Mail registration form with check or credit card information to:

Nashville Community Education
4805 Park Ave, Suite 123
Nashville, TN 37209

Please provide an email address on the registration form in order to receive confirmation.

student withdrawal: Students must withdraw from a class no less than 3 days before the first class meeting.

refund policy: A refund is issued if a class is canceled by Nashville Community Education, or if a student withdraws from class a minimum of 3 days prior to the first class.

if you paid by cash, check, or money order:

Our refund process requires that students who paid by cash, check, or money order complete a refund form. After this refund form has been returned to staff, students should expect a check in the mail from Metro Government of Nashville and Davidson County within three to four weeks.

if you paid by credit card: Our refund process requires that students who pay by credit card complete a refund form. After this form has been returned to staff, credit card refunds can be processed immediately, and should be reflected in the student's credit card balance within 2-3 days after staff process the refund.

class credit option: Students can elect to receive a class credit instead of a refund for a class cancellation or student withdrawal. Credits must be used within the same fiscal year (July 1 - June 30). Credits not used by June 30 will be forfeited.

class cancellations / inclement weather

NCE will cancel all classes that do not meet the minimum enrollment 48 hours prior to the start of class.

Please check your email for notification of any class cancellation or for scheduling information. NCE does not hold classes when Metro Nashville Public Schools (MNPS) are closed for school breaks or due to inclement weather. We attempt to reschedule classes, but cannot guarantee that classes will be made up.

- **Nashville Community Education is an adult program for ages 18+**
- **Some classes may be appropriate for teens and will be indicated as such in the description**
- **Children cannot accompany guardians to class**
- **NCE does not provide childcare during class**

NASHVILLE
COMMUNITY
EDUCATION

main office:

The Cohn School
4805 Park Ave, Suite 123
Nashville, TN 37209

office hours: Mon-Thurs 10am-6pm
cecinfo@nashville.gov
(615) 298-8050 | nashville.gov/ce

registration

Nashville Community Education

phone: 615-298-8050 | fax: 615-298-8455

email: cecinfo@nashville.gov

See opposite page for registration
and location information.

student information

Full Name _____ Email _____
Address _____ Phone _____
City _____ Zip _____

class information

Course Name _____ Fee _____
Date/Time _____ Location: Cohn Other Location

Course Name _____ Fee _____
Date/Time _____ Location: Cohn Other Location

Course Name _____ Fee _____
Date/Time _____ Location: Cohn Other Location

payment information

I am including check(s) payable to Nashville Community Education.

Charge to my credit card*: VISA Mastercard

Card No. _____ - _____ -

_____ - _____

CVV Code _____ Exp Date _____ | _____

Signature _____

***NOTE:** All credit card transactions will include an additional 2.3% processing fee charge.

DISCLAIMER / RELEASE FROM LIABILITY: • I understand that refunds of course fees are not granted to any student who withdraws after the start of the course. • I understand and grant permission for my image to be used in photographs, videos, websites, and/or publications authorized by the Metropolitan Government of Nashville and Nashville Community Education. • I recognize that this activity of NCE is at my own risk. If injuries or accidents occur as a result of my or my child's participation in this activity, I will not hold the Metropolitan Government of Nashville and Davidson County, Nashville Community Education, or Metropolitan Nashville Public Schools responsible for any injury that may occur.

Signature _____ Date _____



Nashville Community Education
4805 Park Ave, Suite 123
Nashville, TN 37209

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Registration opens August 10
615.298.8050 | nashville.gov/ce

ENRICHING THE DIVERSE FABRIC OF NASHVILLE