This Fall marks three years and four Open Houses since Executive Director, Mary Beth Harding, and current Program Coordinator, Imelda Alamilla, have worked with Nashville Community Education. In those years we have seen an increase in classes, participants, and locations. We have worked hard to bring a variety of interesting classes into the program and are proud of the quality of instruction and affordable prices. This Fall is no different - we have a great selection of classes perfect for every interest, schedule, and budget offered at a variety of locations.

Come learn about these offerings at our annual Open House (pg 21), on Saturday, August 4, from 10am - 1pm outside of the Cohn School. If you’ve been on the wait list for some of our most popular classes, like Spanish, Basic Home Repair, or Sewing, attending the Open House gives you a better chance of getting registered! Public registration opens August 6 and remains open through the fall.

Don’t forget that we now offer scholarships! Email cecinfo@nashville.gov to learn about our simple application process.

NASHVILLE COMMUNITY EDUCATION

Office Hours: Monday–Thursday 10am-6pm
(615) 298-8050  |  cecinfo@nashville.gov

NCE is sponsored by the Metropolitan Nashville Community Education Commission. NCE is an Equal Opportunity Employer.
New Partner Spotlight: NECAT

We are joining creative forces with Nashville Education, Community & Arts Television (NECAT) to bring you TV Production & Pre-Production workshops (pg 5). Completion of these classes will allow you to become a member with NECAT as well as attend more training sessions. NECAT memberships are an affordable way to gain access to studios and create your own productions!

NECAT is a nonprofit organization with a two-fold mission: a) expose middle TN viewers to arts and education programming created both locally and around the world, and b) teach individuals and organizations how to make TV shows, use equipment and resources, then broadcast those shows for them.

NECAT runs 3 public television channels: Music City Arts, iQtv, and Access Nashville.

Find out more:
www.necatnetwork.org
120 White Bridge Rd. #46
Nashville, TN 37209
Acting Basics $70
Beginning actors will be exposed to several different performance styles to improve their skills. Theatre is used to encourage cooperative learning, teamwork, and leadership skills. Participants are able to express emotion in a safe environment and learn how to calibrate their emotional responses to various stimuli. Students will have the opportunity perform regularly in class.

Sep 10 – Dec 10 Mon 6:00pm – 7:15pm
Cohn School
Ed Hohlbein

Your Story $70
Developing a command of your personal narrative - your story - is more important today than it has ever been. Building and performing your story as well as communicating where it intersects with your professional narrative are skills that will help in interviews with potential employers, daily work with a team, general communications with all people, and many other areas of your personal and professional life.

Sep 10 – Dec 10 Mon 7:15pm – 8:45pm
Cohn School
Ed Hohlbein

Beginning Fiddle $89
Fiddle students will learn to play traditional tunes and read musical notation. Learn proper instrument care, tuning, and playing technique. Students must bring their own fiddle and purchase You Can Teach Yourself Fiddling by Craig Duncan.

Sep 11 – Nov 20 Tue 6:00pm – 7:00pm
Cohn School
Richard Moore

Old Time Fiddle $60
Students will learn traditional Tennessee and round peak fiddle tunes, focusing on those that are common in community jam sessions. Tunes will be taught by ear, and we will dissect the techniques used such as rhythmic bowing and chords. Prior fiddle or violin experience useful, but not necessary! Students must bring their own instrument.

Sep 5 – Oct 10 Wed 6:00pm – 7:15pm
Cohn School
Chloe Edmonstone

Beginning Ukulele $45
Students will explore ukulele history, tuning, chords and strum patterns. Learn new tunes and note reading in a group setting. Students need an instrument, 3-ring binder and pencil.

Sep 11 – Oct 9 Tue 7:15pm – 8:15pm
Cohn School
Richard Moore

Oct 23 – Nov 20 Tue 7:15pm – 8:15pm
Cohn School
Richard Moore

Beginning Guitar $89
Students will learn the basics of playing guitar chords and reading notes in a variety of musical styles. Learn how to care for and tune the guitar properly. Students will learn some basic music theory, with discussion of intervals, chord structure, and scales. Students must bring their own instruments.

Sep 10 – Nov 26 Mon 6:00pm – 7:00pm
Cohn School
Richard Moore

Easy Rhythm-Guitar Styles $45
Music aficionados, beginning songwriters and educators, will easily build their ability to play different rhythm-guitar styles while singing. Students should have experience and be able to play at least 5 chords (C,D,E,F,G). Instruction will cover strums that sound like traditional country, folk, Latin and swing-blues. Bring your own guitar and a copy of 8 Easy Right-Hand Guitar Styles.

Oct 30 – Dec 4 Tue 7:00pm – 8:00pm
Cohn School
Allison Kerr

Intermediate Guitar $89
Do you already know your basic chords? Students continue developing on their prior knowledge of guitar by playing more challenging musical selections. Learn the basics of finger-style posture, playing in harmonics, and using a capo. Students will analyze vocal and piano music to determine chords to be played. Students must bring their own instruments.

Sep 10 – Nov 26 Mon 7:00pm – 8:00pm
Cohn School
Richard Moore
Singing and Harmonizing Folk Songs  $60
Folk music is meant to be passed down through generations whether you sing for a living or for fun. Students will learn traditional songs and how to share them. Regardless of prior musical experience, you will learn to pick out melodies and harmonies by ear. We will listen to recordings of folk songs and ballads then sing them together. No materials are necessary but a recording device is encouraged. A guitar to accompany is also optional.
Sep 5 – Oct 10  Wed 7:15pm – 8:30pm
Cohn School  Chloe Edmonstone

Creative Writing  $40
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 4 – Oct 30  Tue 6:00pm – 7:30pm
Wright Middle School  The Carnegie Writers

The Art of Writing in Nature  $40
Being outside and getting connected to Mother Earth can positively influence our creativity, especially for writing. Class will include going for walks to the park, journaling outside, reading poetry and essays, and composing our own creative pieces that explore the wonders of the natural world in combination with our own stories. All you’ll need is a pair of shoes, a notebook, and a pen.
Sep 6 – Oct 11  Thu 6:00pm – 7:30pm
Cohn School  Jacqueline Skokna

NECAT Network
Have you ever wanted to produce your own TV shows? This is the first step with NECAT - Nashville Education, Community and Arts Television. Classes are held at NECAT’s studios on the campus of Nashville State Community College. You must complete TV Production before you can attend TV Pre-Production. Completion of these classes not only sets you on the path to becoming a producer, but it allows you to become a member of NECAT. Memberships are affordable and important for having access to the studios to produce content. For more information on NECAT visit necatnetwork.org

NEW! TV Production  $50
Students will learn all of the technical elements of working in a TV studio: Camera, Audio, Lights, Video Switcher, Teleprompter, Audio Mixing. You will also learn the Floor Director and Technical Director roles. Class is fun, interactive, and hands-on. Beginners welcome!
Sep 18 – Sep 19  Tue & Wed 6:00pm – 9:30pm
Nov 13 – Nov 14  Tue & Wed 6:00pm – 9:30pm

NEW! TV Pre-Production  $50
Your next step to becoming a producer! TV Production must be completed prior to attending. This class teaches you all of the elements of putting a series together, managing a studio, collaborating with crew, and becoming a NECAT Producer.
Nov 19 – Nov 20  Mon & Tue 6:00pm – 9:30pm
Turning Your Passion into Your Business Plan

You’re able to turn a passion into a business when what you provide meets a need that others are willing to pay for. If you’ve had an idea brewing, others may have advised you to make a business plan. Making a plan may sound tedious and overwhelming, but with the right guidance it doesn’t have to be! This series will help you create your business plan using the ideas that are already in your head. Using your instructor’s experience and advice you will learn how to articulate your business ideas in meaningful and actionable ways.

Students can register for each individual workshop OR register for the whole series.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 4 – Nov 27</td>
<td>Tue 6:00pm – 7:30pm</td>
<td>Cohn School</td>
<td>Julie Sellers</td>
</tr>
</tbody>
</table>

Explain Your Value

The first part of our series will explore defining your mission, goals and values. Students will also discuss markets and competition and learn to analyze their internal resources.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 4 – Sep 18</td>
<td>Tue 6:00pm – 7:30pm</td>
<td>Cohn School</td>
<td>Julie Sellers</td>
</tr>
</tbody>
</table>

Define Your Market

The second set of classes in our series will focus on defining your target market and articulating ways to resonate with that market. Pricing, company name and branding will also be covered.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 25 – Oct 23</td>
<td>Tue 6:00pm – 7:30pm</td>
<td>Cohn School</td>
<td>Julie Sellers</td>
</tr>
</tbody>
</table>

Set Up Your Structure

In the third part of our series students will discuss finances, operating models, technology and hiring. Students will also learn how to set up an action plan and accountability systems.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Location</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 30 – Nov 27</td>
<td>Tue 6:00pm – 7:30pm</td>
<td>Cohn School</td>
<td>Julie Sellers</td>
</tr>
</tbody>
</table>
How to Maximize Your Time  
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!

Note: Please pay instructor $15 in class for a course book.

Oct 11  
Cohn School  
Thu 6:00pm – 7:30pm  
Paris Love

Navigating Life Transitions  
Discover the correlation between who you are on the inside in relation to your life’s purpose. This interactive coaching session will help you bridge the gap between where you are and where you want to be in life. You will learn how to identify your gifts and use them to achieve your goals. Get inspired about new possibilities and what you want to achieve with a four-step action plan.

Sep 6 – Sep 27  
Cohn School  
Thu 6:00pm – 7:00pm  
Anna Walker

NEW! Supply Chain Management  
A supply chain is a system of organizations, people, and resources involved in moving a product or service from supplier to customer. This class will explain the supply chain process and common pitfalls small businesses often encounter. Instruction will cover planning, sourcing, purchasing and logistics to help business owners make educated decisions.

Sep 17  
Wright Middle School  
Mon 6:30pm – 7:30pm  
Kathleen Passafume

NEW! The Job Shop  
The Job Shop helps people build careers by identifying what matters most to them by showing them how to work with their passion and goals. This series will start with Resume Refresh 101. Participants will gain valuable techniques to make their resume stand out. They will also learn how to marry their passions in life with their 9 to 5. Sessions will cover the relevance of LinkedIn and Social Media in today’s job market.

Sep 18 - Oct 9  
Inglewood Elementary  
Tue 6:30pm – 7:30pm  
Waters & Cunningham

Voice Over Basics  
Performing voiceovers can be a lucrative full- or part-time career you can handle on your own terms, your own turf, in your own time, and with practically no overhead! Learn from a successful professional how you can begin using your speaking voice for commercials, films, and videos! Companies are looking for new voices like never before - now’s your time to find out how to appeal to them!

Sep 25  
Cohn School  
Tue 6:00pm – 8:00pm  
Justine Reiss

register early!  
(Classes can be cancelled for low enrollment.)

nashville.gov/ce

enrollment is open all term! register anytime online!  
(615) 298-8050  
nashville.gov/ce
Altered Books $50
Learn how to alter books into works of mixed media art. Students use paints, pictures, post cards or special papers and trinkets to create unique embellishments. Book themes can range from holidays to love, courage or gardens. Students are required to purchase their own materials - a list will be provided the first night.
Nov 5 – Dec 3 Mon 6:30pm – 8:30pm
Cohn School Terry Kornman

Origami Books $20
Create unique journals, cards, ornaments and even photo albums with these amazing Japanese inspired books. The art of origami is presented in this unique class with simple step-by-step instructions for folding and gluing your books together.
Note: Students should pay instructor $10 for materials.
Sep 6 Thu 6:00pm – 8:30pm
Cohn School David Heustess

Japanese Books: Suminagashi & Soft Stab $20
Explore and create based on the elegance of Japanese book and paper arts. Students will create decorative papers using the ancient ink and water marbling technique of suminagashi. These beautiful papers will then be transformed in to Japanese style books and soft containers. No previous experience necessary.
Note: Students should pay instructor $15 for materials.
Nov 20 Tue 6:00pm – 8:30pm
Cohn School David Heustess

Basketry: Woven Angel $30
Make your own angel tree topper or holiday centerpiece. Use a variety of different materials and several basket weaving techniques to create a unique piece that is approximately 10” tall. Some weaving experience helpful.
Note: Students will pay a $12 supply fee to the instructor.
Nov 29 Thu 6:00pm – 8:30pm
Cohn School Susan Vandyke

Handmade Books $65
Learn the history of making books as an art and the types of handmade books that are popular today. Learn the different types of bindings and stitching. Create your own handmade books that can be used for gifts or just for yourself.
Sep 10 – Oct 29 Mon 6:30pm – 8:30pm
Cohn School Terry Kornman

Handmade Paper $45
Learn to make paper pulp and produce sheets of paper that can be used for note cards, journals, jewelry, paintings and more. Cotton and recycled pulp will be used. Wet, messy, and creative fun!
Note: Students are required to pay a $7 supply fee to the instructor. Students should wear old clothes or an apron and bring a towel.
Oct 23 – Oct 30 Tue 10:00am – 12:30pm
Cohn School Susan Vandyke

Mixed Media Art $40
Students will explore uses of mixed media and collage techniques using various materials, including but not limited to paper, photos, scraps, paint, pencil, recycled materials, etc. to create unique works of art. Most materials included in the course fee.
Sep 13 – Oct 4 Thu 6:00pm – 7:30pm
Cohn School William Smith II

NEW! Making Comics and Zines $60
Learn how to create mini comics, zines, and how to plan and plot a long form comic! In this class, we're going to cover the basics of comic construction, go over planning and scripting, and cover basic drawing techniques and skills to help students feel confident in making comics. Once the basics are down, we're going to talk about those finishing touches- inking your comic, coloring your comic, scanning it, and creating a mini or zine to exchange with other artists. No drawing skills necessary, just an interest in comics or sequential storytelling! Class will end the semester with a zine/minicomic exchange.
Oct 25 – Dec 6 Thu 6:00pm – 8:00pm
Cohn School Becca Hillburn
Relief Printing Basics
Would you like to learn how to print your own cards using traditional techniques? Explore the basics of relief printmaking! Using hand tools to carve your own soft blocks, participants will learn a simple and satisfying process to create and print their own one-color designs, along with basic registration practices, ink techniques, and ways to continue exploring printmaking. Come prepared with ideas or improvise on the spot, and leave with cards and your own printmaking block!
Nov 15 Thu 6:00pm – 8:00pm
Cohn School Megan Kelley

Pottery by Hand and Wheel
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 are required to purchase additional supplies including a $25 clay fee.
Sep 5 – Nov 14 Wed 5:45pm – 8:45pm
Cohn School June Lusty
Sep 10 – Nov 26 Mon 6:00pm – 8:30pm
Cohn School David Heustess
Sep 11 – Nov 20 Tue 10:00am – 12:30pm
Cohn School David Heustess

Oil Painting
Are you new to painting? Do you want to develop new techniques to bring to your canvas? Students will explore and experiment with new oils for landscapes, still life, and much more. Starter material kits are available for purchase the first day of class.
Note: these classes have a special enrollment process. Please visit our online registration page to see full listings.
Sep 10 – Dec 11 Mon, 9:00am or 12:00pm OR Tue, 6:00pm
Cohn School Norma Nidiffer

Beginning Sewing
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 individual projects.
Sep 17 – Oct 29 Mon 6:00pm – 8:30pm
Cohn School Stephanie Dauenhauer
Nov 5 – Dec 17 Mon 6:00pm – 8:30pm
Cohn School Stephanie Dauenhauer

Picture Framing
Never pay for this customized piece of art again. Students will learn how to create their own custom frames including materials selection, mat cutting, and framing methods for decor and gifts. Students should bring artwork to be framed (photos, paintings, needlework, etc.) to their first class. Additional materials will be purchased throughout class.
Note: these classes have a special enrollment process. Please visit our online registration page to see if spaces are available.
Sep 10 – Dec 11 Mon, 9:00am or 12:00pm OR Tue, 6:00pm
Cohn School Chaler Nidiffer/Peggy Elliot

Intermediate Sewing
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.
Sep 19 – Dec 5 Wed 5:30pm – 8:30pm
Cohn School Stephanie Dauenhauer

Ceramics
An introduction to working with clay and hand-building techniques. Learn how to pour, prep, decorate, and glaze a choice of hundreds of ceramic molds. Decorate your own designs, then fire them to use as beautiful everyday objects.
Note: Students are required to purchase additional supplies including a $25 clay fee.
Sep 5 – Nov 14 Wed 9:00am – 11:00am
Cohn School June Lusty

register early!
(some classes fill within 24 hours of opening)
nashville.gov/ce
Quilting With A Modern Touch  $30
Use a simple rectangle shape and solid colors to make a quilt with a definitely modern flair. With multiple ways to assemble the blocks each person can make their own design choices. Several methods of Quilt as you Go will also be explored. Some quilting/sewing experience is helpful but not required. A supply list will be available before class begins. Students are encouraged to bring their own sewing machines to class.

Sep 4 – Oct 30
Cohn School
Tue 6:00pm – 8:00pm
Mary Moore

Sep 7 – Nov 16
Cohn School
Fri 10:00am – 12:00pm
Mary Moore

T-Shirt Quilting  $30
Do you have old favorite t-shirts that you just can’t toss? Well, now you don’t have to! You will learn how to properly cut your t-shirt blocks, add stabilizer, design and assemble a quilt top, add backing and binding, and top-stitch to make a customized t-shirt quilt. Instruction will include in-class activities as well as at-home assignments to keep things moving. Students are encouraged to bring their own sewing machines, although some are available to borrow during class. Students must have sewing experience and provide their own supplies including laundered, cotton t-shirts.

Sep 4 – Oct 9
Cohn School
Tue 11:00am – 1:00pm
Toney Cole

Twisted Shibori  $30
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 in a thiox steam bath. 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. This process creates delightfully mysterious designs. All materials are provided.

Sep 5
Cohn School
Wed 11:00am – 1:30pm
David Heustess

Weaving: Stick Loom Wall Hanging  $45
Learn several weaving and tapestry techniques while making a rustic wall hanging on a tree branch. Choose yarns from many colors and textures for your own unique creation.

Note: Students will pay a $12 supply fee to the instructor.

Sep 5 – Sep 12
Cohn School
Wed 6:00pm – 8:30pm
Susan Vandyke

Weaving: Tiny Tapestry Necklace  $25
Learn to weave on a miniature wooden loom, then use your weaving for a pendant necklace. Several weaving techniques and several jewelry making skills will be covered. Keep your loom to make more projects later.

Note: Students will pay a $7 supply fee to the instructor.

Oct 11
Cohn School
Thu 6:00pm – 8:30pm
Susan Vandyke

Wire Jewelry Basics  $45
Learn the basic foundations of making your very own handmade wire jewelry including the tools, terminology and material utilized. Styles will include rings, bangles and beaded bracelets. Basic tools and materials included in the class fee.

Sep 10 – Oct 1
Wright Middle School
Mon 6:30pm – 8:00pm
Nicole Beach

register early!
(Classes can be cancelled for low enrollment.)
nashville.gov/ce
Buyer’s Path to Purchasing a Home  $10
With the real estate market constantly changing this course will help you learn an updated step-by-step procedure for purchasing a home. Learn everything you need to know from time of contract to the day you close and move in. Find out why you need a realtor and the advantages to buying a home instead of renting.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 10</td>
<td>Cohn School</td>
<td>Darren DeMartino</td>
</tr>
<tr>
<td>Oct 2</td>
<td>NEW: Oct 9 Wright Middle School</td>
<td>Darren DeMartino</td>
</tr>
<tr>
<td>Nov 13</td>
<td>Inglewood Elementary</td>
<td>Darren DeMartino</td>
</tr>
</tbody>
</table>

In Arabic
<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 1</td>
<td>Wright Middle School</td>
<td>Mina Michael</td>
</tr>
</tbody>
</table>

In Spanish
<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 9</td>
<td>Wright Middle School</td>
<td>Alfonso Nieto</td>
</tr>
</tbody>
</table>

Bilingual Classes
NCE now offers a selection of classes taught in languages other than English to help all Nashvillians enrich their lives. Interested in teaching a bilingual class? Email cecinfo@nashville.gov!

Six Steps to Managing Your Money  $20
Are you living paycheck-to-paycheck? Students will learn how to manage their money with purpose and intention. Instruction will cover what keeps people broke, a detailed 6-step process to manage money, and how to develop steps for a positive financial future. Students will develop a budget plan and feel empowered to accomplish their financial goals.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 2 - Oct 9</td>
<td>Inglewood Elementary</td>
<td>Dakota Grady</td>
</tr>
</tbody>
</table>

Build Credit and Protect Your Identity  Free
Poor credit scores can cost consumers hundreds and thousands of dollars in higher fees and interest rates. But bad credit does not have to haunt you forever! Financial educators from Fifth Third Bank will show you how to boost your credit score, slash debt, and protect your identity.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 15</td>
<td>Cohn 121</td>
<td>Lawrence Johnson</td>
</tr>
</tbody>
</table>

Retired & Disabled TN Health/Life Benefits  Free
You’ve worked hard, saved, and invested. Now, you have a reason to be concerned about how your lifestyle will truly be affected in disability and/or retirement. Discussion and information will include: Medicare and retirement planning, disability planning, income protection, in-home health care, long term care, and keeping your home and assets. Students should make a list of concerns to address prior to class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 18</td>
<td>Inglewood Elementary</td>
<td>Tempra Mosley</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Cohn School</td>
<td>Tempra Mosley</td>
</tr>
</tbody>
</table>

Financial Success  $15
Are you wondering where your money goes every month? Interested in investing, but don’t understand your options? This 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 25 - Nov 1</td>
<td>Cohn School</td>
<td>Cindy Stone</td>
</tr>
</tbody>
</table>

Investing in Your Future  Free
It’s never too early to start planning for your future. Join financial educators from Fifth Third Bank to learn about retirement planning, insurance basics, and investments.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 15</td>
<td>Cohn 121</td>
<td>Lawrence Johnson</td>
</tr>
</tbody>
</table>

Understanding Debt Collection  Free
This class will help consumers become aware of their rights in regards to debt collection. Students will leave the class with the confidence to deal with debt collectors in the future.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 24</td>
<td>Inglewood Elementary</td>
<td>Terry Baugh</td>
</tr>
</tbody>
</table>

Understanding Medicare  $20
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 4</td>
<td>Cohn School</td>
<td>Loretta Jarrett-McDonald</td>
</tr>
</tbody>
</table>

enrollment is open all session! register anytime online!
**NEW! Strength Training Basics** $60
An introductory class to the principles of strength training. Kettlebells will be the primary tool used as well as body weight resistance. Class participants can expect to leave the course understanding how to regress exercises appropriate for their level and the main tenets of effective class programming.

Sep 4 - Oct 9 Tue 5:00pm - 6:00pm
The Southern Squeeze Maria Bascetta

**Badminton** $40
Badminton is a fun and welcoming team exercise that is practiced around the world. Learn the coordination, timing, flexibility, agility, and balance required to play the game of badminton. Practice badminton techniques and strategies to build skills, and meet regularly with a group of players.

Sep 4 - Dec 11 Tue 6:00pm - 8:30pm
Cohn School Cary Freeman
Sep 10 - Dec 17 Mon 9:30am - 11:30am
Cohn School Cary Freeman

**Basic First Aid** $55
Training in basic first aid techniques will be administered by Nashville Save a Life professionals. Includes materials and certification card.

Nov 8 Thu 6:00pm - 8:30pm
Cohn School Nashville Save a Life

**CPR For Adults** $55
Learn basic CPR and how to use an AED on adults in emergency situations. Students will receive hands-on, up-to-date training and certification in class. Includes materials and certification card.

Nov 1 Thu 6:00pm - 8:30pm
Cohn School Nashville Save a Life

**Gentle Yoga** Free
Take some time to relax in the middle of your day. Class includes a combination of gentle movements, long holds, prop use, and a focus on the breath. Asana (poses) will focus on improving flexibility, balance and strength in all bodies. Perfect for students with physical limitations or no experience.

Sep 20 - Nov 15 Thu 11:00am - 12:00pm
Cohn School Mary Beth Harding

**Hatha Yoga I** $60
This is a yoga class for the beginning student. Join us to relax, strengthen and soften. Students will build through categories of poses, sound breath work and simple meditation tools to provide them with the foundation for a soothing and stabilizing home practice or entry into a studio. Instructions are given for modifications and adjustments to meet you where you are.

Sep 10 - Nov 26 Mon 6:00pm - 7:00pm
Cohn School Winnie Pang
Sep 18 - Nov 13 Tue 7:15pm - 8:15pm
The Southern Squeeze Mary Beth Harding

**Hatha Yoga II** $60
This class provides students a space to move into a deeper yoga practice in asana (postures), pranayama (control of life force), mantra (chants) and meditation. This class is recommended for students who have participated in Hatha Yoga 1 or any beginning yoga experience.

Sep 10 - Nov 26 Mon 7:15pm - 8:30pm
Cohn School Winnie Pang

**Stretch and Restore Yoga** $50
Each week, students will explore postures that promote a mind to body connection. Students will find deep stretches and improve flexibility while learning techniques to calm the mind and listen to the body. Classes will include gentle and supported long holds that are accessible and appropriate for all ages and body types.

Sep 18 - Nov 13 Tue 6:00pm - 7:15pm
Inglewood Elementary Betsy Nenni
Sep 19 - Nov 14 Wed 11:00am - 12:15pm
Cohn School Betsy Nenni

**Beginning Fencing** $75
In this course, students learn basic movements and tactics: footwork, distance, attack, parry-riposte, attacks on blade, and taking the blade. Please wear comfortable clothes and shoes. All equipment is provided.

Note: this class is open to ages 13+!

Sep 10 - Nov 5 Mon 5:30pm - 6:30pm
Cohn School Donovan Grimwood
<table>
<thead>
<tr>
<th>Course</th>
<th>Fee</th>
<th>Description</th>
<th>Date/Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate Fencing</td>
<td>$40</td>
<td>This class provides students with technique sessions to develop higher skills in fencing. Students must bring their own equipment.</td>
<td>Sep 10 – Dec 10 Mon 5:30pm – 7:30pm</td>
<td>Cohn School</td>
<td>Donovan Grimwood</td>
</tr>
<tr>
<td>Advanced Fencing</td>
<td>$40</td>
<td>This course teaches advanced technique and preparation for tournament competition for students who have completed Intermediate Fencing. Students must bring their own equipment.</td>
<td>Sep 5 – Dec 12 Wed 5:30pm – 7:30pm</td>
<td>Cohn School</td>
<td>Donovan Grimwood</td>
</tr>
<tr>
<td>Low-Impact Exercise</td>
<td>$45</td>
<td>Establishing an exercise routine is not only important for your physical health, but can also build confidence, balance and improve flexibility. But not all exercise programs are accessible for everyone. This basic, easy to follow and fun class will include breathing, stretching and low-impact strengthening techniques for all bodies! Perfect for seniors, people with injuries and/or mobility issues.</td>
<td>Sep 6 – Oct 11 Thu 4:00pm – 5:00pm</td>
<td>Cohn School</td>
<td>Deborah Rice</td>
</tr>
<tr>
<td>Kung Fu Basics</td>
<td>$50</td>
<td>Kung Fu is an ancient Chinese martial art designed to improve health, attitude, and self-defense skills. The class will consist of a warm up that teaches basic strikes, kicks, and stances. Students will learn a short form that builds strength and coordination - this Fall a Praying Mantis form will be taught. Self-defense principles and applications will be taught through partner work and striking a padded target. Each class will end with stretching and cool down exercises.</td>
<td>Oct 22 – Dec 3 Mon 7:00pm – 8:00pm</td>
<td>Inglewood Elementary</td>
<td>Chris Whitsett</td>
</tr>
<tr>
<td>Tai Chi Basics</td>
<td>$20</td>
<td>Tai Chi is a gentle, ancient Chinese exercise with numerous health benefits. Students will focus on tai chi and qigong forms that will help increase overall health and can lead to longevity and positive well-being. Great for beginners and experienced practitioners.</td>
<td>Sep 24 – Oct 1 Mon 6:00pm – 7:00pm</td>
<td>Inglewood Elementary</td>
<td>Chris Whitsett</td>
</tr>
<tr>
<td>Tai Chi for Wellness and Recovery</td>
<td>$50</td>
<td>Tai Chi is a gentle, ancient Chinese exercise with numerous health benefits. This class will teach a tai chi form that focuses on helping those recovering from injury or a heavy workout, especially running. This form will also benefit those who need additional energy and relief from stress.</td>
<td>Oct 22 – Dec 3 Mon 6:00pm – 7:00pm</td>
<td>Inglewood Elementary</td>
<td>Chris Whitsett</td>
</tr>
<tr>
<td>Qigong Movement</td>
<td>$20</td>
<td>Qigong (chee-gong) is an ancient Chinese technique used for health and well-being. This class will focus 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.</td>
<td>Sep 17 – Oct 8 Mon 6:00pm – 7:00pm</td>
<td>Inglewood Elementary</td>
<td>Cynthia Clark</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sep 20 – Oct 11 Thu 10:00am – 11:00am</td>
<td>Cohn School</td>
<td>Cynthia Clark</td>
</tr>
<tr>
<td>Reiki &amp; Qigong</td>
<td>$79</td>
<td>Why wait for science to catch up to the staying power of some ancient healing techniques? Qigong (chee-gong) is an ancient Chinese technique used for health and well-being. Qigong involves a series of gentle, flowing postures combined with breathing techniques and mental focus. Reiki (ray key), is a Japanese hands-on natural healing that uses the power of energy flow to correct imbalances and blockages in the body.</td>
<td>Sep 5 – Oct 31 Wed 6:15pm – 8:15pm</td>
<td>Cohn School</td>
<td>Cynthia Clark</td>
</tr>
<tr>
<td>Reiki Self-healing</td>
<td>$20</td>
<td>In order to help others, we must first help ourselves. Beginning Reiki (ray key), a Japanese healing art, focuses on harnessing energy to perform healing techniques on your body and mind. Reiki has been shown to be effective in helping to reduce stress, pain management, soothing emotional turmoil and improving mood.</td>
<td>Oct 4 – Oct 11 Thu 11:15am – 12:45pm</td>
<td>Cohn School</td>
<td>Cynthia Clark</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Oct 22 – Oct 29 Mon 6:00pm – 7:30pm</td>
<td>Inglewood Elementary</td>
<td>Cynthia Clark</td>
</tr>
</tbody>
</table>
## French I

This class is 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*.

- **Sep 5 – Oct 10**
- **Cohn School**
- **Robert Pilling**

## French II

This course is a continuation of the French language series. This class focuses on pronunciation, conversation, and culture, with an end goal of communicating more complex travel needs with native speakers. Students are required to purchase the *Living Language French, Complete Edition*.

- **Oct 24 – Dec 5**
- **Cohn School**
- **Robert Pilling**

## Mandarin Chinese I

This course will provide an introduction to the Mandarin Chinese language. 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 *Everyday Chinese (Far East)*.

- **Sep 6 – Oct 25**
- **Cohn School**
- **Winnie Pang**

## Mandarin Chinese Conversation Practice

This is a space for students to practice their Mandarin Chinese conversation skills with the guidance of a teacher. Instruction will be student driven - topics will be determined based on specific needs and questions. This class is appropriate for students who have completed Mandarin Chinese I and II or have other experience. Not suggested for fluent speakers.

- **Nov 1 – Dec 6**
- **Cohn School**
- **Winnie Pang**

## Thai Language and Culture

Thailand is famous for being a beautiful tourist destination. If you're planning a trip, being able to communicate can improve your experience! This class will prepare you for travelling in Thailand by teaching you basic Thai through speaking and information about Thai culture. No experience is required.

- **Sep 5 – Oct 10**
- **Cohn School**
- **Thanida Rasouy**

## Spanish I

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*.

- **Sep 10 – Oct 22**
- **Wright Middle School**
- **Maria Benham**

- **Sep 11 – Oct 9**
- **Cohn School**
- **Rossy Urbina-King**

- **Oct 22 – Dec 3**
- **Cohn School**
- **Rossy Urbina-King**

## Spanish II

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*.

- **Oct 23 – Nov 27**
- **Cohn School**
- **Rossy Urbina-King**

- **Oct 29 – Dec 10**
- **Wright Middle School**
- **Maria Benham**
Spanish III $50
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*.

Sep 4 - Oct 9
Wright Middle School
Tue 6:30pm – 8:30pm
Maria Benham

Sep 6 - Oct 11
Cohn School
Thu 6:00pm – 8:00pm
Rossy Urbina-King

Spanish IV $50
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*.

Oct 23 – Nov 27
Wright Middle School
Tue 6:30pm – 8:30pm
Maria Benham

Oct 25 – Dec 6
Cohn School
Thu 6:00pm – 8:00pm
Rossy Urbina-King

Intermediate Conversational Spanish $50
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.

Sep 5 – Oct 10
Inglewood Elementary
Wed 6:00pm – 8:00pm
Maria Benham

Spanish for Law Enforcement $50
According to the Census Bureau, Spanish is the second most spoken language in the U.S. and the Hispanic population is rapidly growing. With this growth in mind, law enforcement officers & emergency responders should have basic Spanish language skills to enhance communication and officer safety while increasing understanding of Hispanic communities in their area. You will learn helpful phrases such as “The ambulance is on its way”, “You have the Right to Remain Silent”, “Do you need help?”, and much more. This course is designed for students with limited or no prior knowledge of Spanish. Focus will be less on grammar rules and more on effective communication. Students should purchase *Spanish for Law Enforcement Personnel*.

Oct 24 – Dec 5
Inglewood Elementary
Wed 6:00pm – 8:00pm
Maria Benham

enrollment is open all session! register anytime online!  
(615) 298-8050 | nashville.gov/ce
Key Instruments of Estate Planning

Don’t wait to get your estate in order! You will learn about key instruments of basic estate planning (Living Wills, HIPAA Authorizations, Powers of Attorney for Health Care, Powers of Attorney for Finances, and Wills), why these instruments are important, how they work, and what happens when a person does not have these legal instruments. Information will also be provided about probate and alternatives to probate.

Sep 4 NEW: Sep 18
Wright Middle School  Tue 6:00pm - 8:00pm  Lea Johnson
Oct 23
Inglewood Elementary  Tue 6:00pm - 8:00pm  Lea Johnson
Nov 13
Cohn School  Tue 6:00pm - 8:00pm  Lea Johnson

Understanding Debt Collection

This class will help consumers become aware of their rights in regards to debt collection. Students will leave the class with the confidence to deal with debt collectors in the future.

Sep 24  Mon 6:30pm – 8:00pm
Inglewood Elementary  Terry Baugh

Understanding Medicare

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.

Oct 4  Thu 6:00pm – 7:00pm
Cohn School  Loretta Jarrett-McDonald

Spanish for Law Enforcement

According to the Census Bureau, Spanish is the second most spoken language in the U.S. and the Hispanic population is rapidly growing. With this growth in mind, law enforcement officers & emergency responders should have basic Spanish language skills to enhance communication and officer safety while increasing understanding of Hispanic communities in their area. You will learn helpful phrases such as “The ambulance is on its way”, “You have the Right to Remain Silent”, “Do you need help?”, and much more. This course is designed for students with limited or no prior knowledge of Spanish. Focus will be less on grammar rules and more on effective communication. Students should purchase Spanish for Law Enforcement Personnel.

Oct 24 – Dec 5  Wed 6:00pm – 8:00pm
Inglewood Elementary  Maria Benham

Consumer Bankruptcy

Learn from an experienced bankruptcy lawyer: the different kinds of bankruptcy, who qualifies, what bankruptcy can and cannot do, bankruptcy steps, and tips on choosing a lawyer.

Nov 5  Mo 6:00pm – 7:00pm
Inglewood Elementary  Mitchell Chessman

please note:

NCE does not offer legal advice. These classes are intended for general information only, not individual legal advice.
NEW! Body Positivity for Wellness  $35
Yo-yo diet? Never satisfied with your body? Always looking to the latest fads to get well? We all know that’s not the way to go, but somehow get sucked into the cycle. Learn how to stop dieting and get well from the inside out. Learn why diets fail, what’s holding you back, the importance of movement and maintaining wellness when life gets tough!
Oct 25 – Nov 15            Thu 6:30pm – 7:30pm
Smith Springs Community Center   Jessica Williams

A Cosmic Journey  $10
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. Students will learn about the planets, how stars are born, how they die, and the supernovae corpses they leave behind.
Oct 1 – Oct 29            Mon 6:00pm – 8:00pm
Inglewood Elementary   Duncan Davis

Basic Home Repair  $99
Discover the basic tools and techniques you need to take care of your house. Learn how to repair a toilet, replace a faucet, install a sink, garbage disposal, and other minor plumbing jobs, replace or install a simple electrical switch, a three-way switch, a ceiling fan, simple electrical troubleshooting, drywall repair, and more. In the first three or four classes we will cover these skills and then go on to specific interests students might have such as laying tile, grouting, carpentry and more.
Sep 4 – Oct 23            Tue 6:00pm – 8:30pm
Cohn School              Kenny Hasting
Sep 6 – Oct 25            Thu 6:00pm – 8:30pm
Cohn School              Kenny Hasting
Oct 30 – Dec 11          Tue 6:00pm – 8:30pm
Cohn School              Kenny Hasting

Upholstery  $129
Participants will receive hands on instructions in upholstery and re-upholstery focusing on one project: a small chair or ottoman. Each student will leave with techniques to safely use tools and skills to complete their very own DIY project. Tools will be provided. Please bring your furniture to the first class and purchase your own fabric and staples after measurements are taken. Space is limited - register early!
Sep 19 – Nov 14            Wed 3:00pm – 5:00pm
Cohn School              Tatiana Johnson

New time: 12:00 -2:00pm

Beginning Birding  $25
Birding (bird watching) is one of the fastest growing hobbies in the country, and for good reason! Studying birds allow us 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! All materials will be provided. Offered in partnership with the UT/TSU Extension.
Note: this class is open to ages 13+, so make it a family affair!
Sep 17 – Oct 3            Mon & Wed 6:00pm – 7:30pm
Cohn School              Andy Lantz

NEW! Canning Basics  $25
Food preservation is not a lost art and can be a great way to reduce food waste and let kitchen creativity shine. Participants will learn how to can jams and jellies and the basics of non-fermented pickling. Food safety and best practices will also be covered. Participants will also take home samples and recipes to begin canning on their own at home. Offered in partnership with the UT/TSU Extension.
Oct 25                 Thu 5:30pm – 8:30pm
Cohn School              Elizabeth Sanders

Essential Oils For Healthy Living  $45
Looking for a more natural alternative to the products we normally use for health and wellness? Wondering what all the hype is about essential oils? Learn how we can support our health naturally. Every session will include a take-home component of full-sized items to start using right away. Topics covered include: basics of essential oils; essential oils for family wellness: eliminating toxic load; managing emotions and balancing hormones; relief of pain and discomfort; healthy hair, skin, nails, and weight management.
Oct 24 – Dec 5            Wed 6:00pm – 7:30pm
Cohn School              Amanda Scott

NEW! Food Safety Protocols  $20
One in six Americans, or roughly 48 million every year, get sick from foodborne illnesses, according to the Centers for Disease Control and Prevention. This class will help individuals to learn how to prevent food contamination, practice food safety, explore and examine danger zone temperatures, follow FDA protocol and understand the importance of food recalls.
Sep 11                   Tue 6:00pm – 8:00pm
Wright Middle School     Lenair Koonce

enrollment is open all session! register early!  (615) 298-8050 | nashville.gov/ce
From Seed to Table Gardening $25
Join UT/TSU Extension to learn 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. Hands-on canning, food safety, and preserving techniques will also be covered. Dress for mess. All supplies, including take home items, will be provided.

Sep 13 - Oct 11 Thu 6:00pm – 8:00pm
Cohn School Dan Harrell/Elizabeth Sanders

Eat Smart at Home Free
Hands-on nutrition education for adults, especially parents and caregivers of children. Through a series of meetings, families learn to make healthy food choices within a limited budget and how to choose physically active lifestyles. Offered in partnership with the UT/TSU Extension.

Sep 4 – Oct 9 Tue 6:00pm – 7:30pm
Inglewood Elementary Charslin Guilyot

Home Fermentation Basics $99
Learn how to harness the power of good bacteria in your diet, improve your gut health, and have fun in the kitchen! We will work through the different food groups that can be fermented over the course of six sessions. Every session will include a take-home component and materials.

Sep 4 - Oct 9 Tue 6:30pm – 8:00pm
Cohn School Emily Grammer

Master Meal Planning $45
Ready to save money, time, AND start eating healthier? Meal planning is the key to making lasting dietary changes for you and your family. Learn this essential life skill and finally master meal planning from the grocery store to the dining table. All instruction is provided by a Registered Dietitian Nutritionist.

Note: Students must pay a $5 materials fee to the instructor.

Nov 6 – Nov 13 Tue 6:00pm – 7:30pm
Cohn School Lindsey Joe

Nashville Farmers’ Market Series
There is no source better than the Nashville Farmers’ Market to learn how to make the most of fresh, regionally grown produce. Chef Laura Rodriguez will offer tips about cooking seasonally and demonstrate recipes easily re-created in your home kitchen using produce from local farmers. Tastings and samples included! Classes meet the first Wednesday of every month. Register for the series and save $25!

Sep 5 – Dec 5 Wed 6:00pm – 7:15pm
Nashville Farmers’ Market Laura Rodriguez

NFM: Seasonal Cooking Classes
Or choose individual dates for $25 each!

Sep 5 Wed 6:00pm – 7:15pm
Oct 3 Wed 6:00pm – 7:15pm
Nov 7 Wed 6:00pm – 7:15pm
Dec 5 Wed 6:00pm – 7:15pm

Pioneer Cast Iron Cooking $35
Students will learn how pioneers cooked breads, full meals, and desserts on the hearth. Use of cast iron cookware, utensils and cooking techniques will be demonstrated. Students will cook cornbread, cakes, and main dishes outside in the school courtyard. Students are required to bring a folding camp chair to the outdoor classroom.

Sep 13 – Sep 27 Thu 6:00pm – 8:00pm
Cohn School Richard Moore

Traditional Indian Cooking $25
Learn how to make some of India’s most popular dishes! Instruction will cover unique flavors, techniques and tips including where to buy ingredients. Students will end class by sampling the delicious food they’ve prepared.

Sep 6 Thu 6:00pm – 8:00pm
Cohn School Radha Kirtane
Oct 9 Tue 3:00pm – 5:00pm
Cohn School Radha Kirtane

Traditional Cuban Cooking $25
Learn how to cook a traditional meal, such as Arroz con Pollo and Maduros (chicken with rice and sweet plantains). While cooking you'll learn more about Cuban culture and differences between Cuban and other Latin American cuisines.

Dec 3 Mon 6:00pm – 8:00pm
Cohn School Alfonso Nieto
Brand Storytelling Using Social Media  $20
Social Media is a great tool for creating an online presence that showcases your individual story and passions. We will explore ways of sharing your story to connect with your audience, how to put your authentic voice to the story and how to use your chosen platform (Twitter, Facebook and/or Instagram) to showcase your career, philanthropy, or hobby.

Nov 29 – Dec 13
Cohn School
Thu 6:00pm – 8:00pm
LaKeithea Anderson

Digital Books  Free
Discover how to find and read books in their various formats along with digital magazines. Gain hands-on experience downloading and reading on tablets. Instruction provided by the Nashville Public Library. Seating is limited, register early! This class requires a library card and PIN. Tablets provided.

Oct 11
Cohn School
Thu 6:00pm – 7:00pm
Chad L'Eplattenier

Digital Entertainment  Free
Explore free downloadable music and movies brought to you by the Nashville Public Library. Gain hands-on experience downloading media onto a tablet. Seating is limited, register early! A library card and PIN are required. Tablets provided.

Oct 18
Cohn School
Thu 6:00pm – 7:00pm
Chad L'Eplattenier

NEW! Digital Storytelling with Sway  $20
Sway is an intelligent digital storytelling app from Office that is great for project or problem-based learning. Teachers can create interactive web-based lessons, assignments, project recaps, newsletters, and more—right from a phone, tablet, or browser! Students can collaborate and use Sway to create engaging reports, assignments, projects, study materials, and portfolios. Sways are easy to share with the class or the world and look great on any screen.

Note: Students must have experience using computers.

NEW! Office 365: 10 Tips You Should Know  $20
You might already know that this superhero of a Microsoft product features software favorites like Microsoft Office and that it integrates with CRM for Dynamics 365; but there is so much more to know about this powerhouse product. Students will leave class with ten helpful things they can do with Office Online (Office 365).

Note: Students must have experience using computers.

Find us online!
Learn more about upcoming events, office happenings and much more on our newly updated blog: nashvillece.com

Make sure you follow us on social media. Tag us in photos and posts, use #goNCE and let us know you love class!
<table>
<thead>
<tr>
<th>Sep 4</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Shirt Quilting</td>
<td>11:00am</td>
<td></td>
<td>$30</td>
<td>10</td>
</tr>
<tr>
<td>Strength Training Basics</td>
<td>5:00pm</td>
<td>Sq</td>
<td>$60</td>
<td>12</td>
</tr>
<tr>
<td>Creative Writing</td>
<td>6:00pm</td>
<td></td>
<td>$40</td>
<td>5</td>
</tr>
<tr>
<td>Explain Your Value</td>
<td>6:00pm</td>
<td></td>
<td>$50</td>
<td>6</td>
</tr>
<tr>
<td>Quilting With A Modern Touch</td>
<td>6:00pm</td>
<td></td>
<td>$30</td>
<td>10</td>
</tr>
<tr>
<td>Badminton</td>
<td>6:00pm</td>
<td></td>
<td>$40</td>
<td>12</td>
</tr>
<tr>
<td>Basic Home Repair</td>
<td>6:00pm</td>
<td></td>
<td>$99</td>
<td>17</td>
</tr>
<tr>
<td>Eat Smart at Home</td>
<td>6:00pm</td>
<td></td>
<td>$99</td>
<td>17</td>
</tr>
<tr>
<td>Spanish III *</td>
<td>6:30pm</td>
<td></td>
<td>$50</td>
<td>15</td>
</tr>
<tr>
<td>Home Fermentation Basics</td>
<td>6:30pm</td>
<td></td>
<td>$99</td>
<td>18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sep 5</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ceramics</td>
<td>9:00am</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Twisted Shibori</td>
<td>11:00am</td>
<td></td>
<td>$30</td>
<td>10</td>
</tr>
<tr>
<td>Advanced Fencing</td>
<td>5:30pm</td>
<td></td>
<td>$40</td>
<td>13</td>
</tr>
<tr>
<td>Pottery by Hand and Wheel</td>
<td>5:45pm</td>
<td></td>
<td>$89</td>
<td>9</td>
</tr>
<tr>
<td>Old Time Fiddle</td>
<td>6:00pm</td>
<td></td>
<td>$60</td>
<td>4</td>
</tr>
<tr>
<td>Weaving: Stick Loom Wall Hanging</td>
<td>6:00pm</td>
<td></td>
<td>$45</td>
<td>10</td>
</tr>
<tr>
<td>French I</td>
<td>6:00pm</td>
<td></td>
<td>$50</td>
<td>14</td>
</tr>
<tr>
<td>Intermediate Conversational Spanish*</td>
<td>6:00pm</td>
<td></td>
<td>$50</td>
<td>15</td>
</tr>
<tr>
<td>NFM: Seasonal Cooking Classes N</td>
<td>6:00pm</td>
<td></td>
<td>$25</td>
<td>18</td>
</tr>
<tr>
<td>Reiki &amp; Qigong</td>
<td>6:15pm</td>
<td></td>
<td>$79</td>
<td>13</td>
</tr>
<tr>
<td>Thai Language and Culture</td>
<td>6:30pm</td>
<td></td>
<td>$50</td>
<td>14</td>
</tr>
<tr>
<td>Singing and Harmonizing Folk Songs</td>
<td>7:15pm</td>
<td></td>
<td>$60</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sep 6</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-Impact Exercise</td>
<td>4:00pm</td>
<td></td>
<td>$45</td>
<td>13</td>
</tr>
<tr>
<td>The Art of Writing in Nature</td>
<td>6:00pm</td>
<td></td>
<td>$40</td>
<td>5</td>
</tr>
<tr>
<td>Navigating Life Transitions</td>
<td>6:00pm</td>
<td></td>
<td>$35</td>
<td>7</td>
</tr>
<tr>
<td>Origami Books</td>
<td>6:00pm</td>
<td></td>
<td>$20</td>
<td>8</td>
</tr>
<tr>
<td>Mandarin Chinese I</td>
<td>6:00pm</td>
<td></td>
<td>$50</td>
<td>14</td>
</tr>
<tr>
<td>Spanish III</td>
<td>6:00pm</td>
<td></td>
<td>$50</td>
<td>15</td>
</tr>
<tr>
<td>Basic Home Repair</td>
<td>6:00pm</td>
<td></td>
<td>$99</td>
<td>17</td>
</tr>
<tr>
<td>Traditional Indian Cooking</td>
<td>6:00pm</td>
<td></td>
<td>$25</td>
<td>18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sep 7</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quilting With A Modern Touch</td>
<td>10:00am</td>
<td></td>
<td>$30</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sep 10</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil Painting</td>
<td>9:00am</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Picture Framing</td>
<td>9:00am</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Badminton</td>
<td>9:30am</td>
<td></td>
<td>$40</td>
<td>9</td>
</tr>
<tr>
<td>Oil Painting</td>
<td>12:00pm</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Picture Framing</td>
<td>12:00pm</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Beginning Fencing</td>
<td>5:30pm</td>
<td></td>
<td>$75</td>
<td>12</td>
</tr>
<tr>
<td>Intermediate Fencing</td>
<td>5:30pm</td>
<td></td>
<td>$40</td>
<td>13</td>
</tr>
<tr>
<td>Acting Basics</td>
<td>6:00pm</td>
<td></td>
<td>$70</td>
<td>4</td>
</tr>
<tr>
<td>Beginning Guitar</td>
<td>6:00pm</td>
<td></td>
<td>$89</td>
<td>4</td>
</tr>
<tr>
<td>Pottery by Hand and Wheel</td>
<td>6:00pm</td>
<td></td>
<td>$89</td>
<td>9</td>
</tr>
<tr>
<td>Buyer’s Path to Purchasing a Home</td>
<td>6:00pm</td>
<td></td>
<td>$10</td>
<td>11</td>
</tr>
<tr>
<td>Hatha Yoga I</td>
<td>6:00pm</td>
<td></td>
<td>$60</td>
<td>12</td>
</tr>
<tr>
<td>Handmade Books</td>
<td>6:30pm</td>
<td></td>
<td>$65</td>
<td>8</td>
</tr>
<tr>
<td>Wire Jewelry Basics*</td>
<td>6:30pm</td>
<td></td>
<td>$45</td>
<td>10</td>
</tr>
<tr>
<td>Spanish I*</td>
<td>6:30pm</td>
<td></td>
<td>$50</td>
<td>14</td>
</tr>
<tr>
<td>Intermediate Guitar</td>
<td>7:00pm</td>
<td></td>
<td>$89</td>
<td>4</td>
</tr>
<tr>
<td>Your Story</td>
<td>7:15pm</td>
<td></td>
<td>$70</td>
<td>4</td>
</tr>
<tr>
<td>Hatha Yoga II</td>
<td>7:15pm</td>
<td></td>
<td>$60</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sep 11</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pottery by Hand and Wheel</td>
<td>10:00am</td>
<td></td>
<td>$89</td>
<td>9</td>
</tr>
<tr>
<td>Oil Painting</td>
<td>6:00pm</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Picture Framing</td>
<td>6:00pm</td>
<td></td>
<td>$25</td>
<td>9</td>
</tr>
<tr>
<td>Spanish I</td>
<td>6:00pm</td>
<td></td>
<td>$50</td>
<td>14</td>
</tr>
<tr>
<td>Food Safety Protocols*</td>
<td>6:00pm</td>
<td></td>
<td>$20</td>
<td>17</td>
</tr>
<tr>
<td>Beginning Fiddle</td>
<td>6:00pm</td>
<td></td>
<td>$89</td>
<td>4</td>
</tr>
<tr>
<td>Beginning Ukulele</td>
<td>7:15pm</td>
<td></td>
<td>$45</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sep 13</th>
<th>Time</th>
<th>Location</th>
<th>Price</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Media Art</td>
<td>6:00pm</td>
<td></td>
<td>$40</td>
<td>8</td>
</tr>
<tr>
<td>From Seed to Table Gardening</td>
<td>6:00pm</td>
<td></td>
<td>$25</td>
<td>18</td>
</tr>
<tr>
<td>Pioneer Cast Iron Cooking</td>
<td>6:00pm</td>
<td></td>
<td>$35</td>
<td>18</td>
</tr>
</tbody>
</table>

**Location Key:**

* = Inglewood Elementary   Sq = Southern Squeeze
^ = Wright Middle School   S = Smith Springs
N = Nashville Farmers’ Market
NECAT = NECAT Studios
All other classes located at the Cohn School
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Fee</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 17</td>
<td>Beginning Sewing</td>
<td>6:00pm</td>
<td>$40</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Qigong Movement*</td>
<td>6:00pm</td>
<td>$20</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Beginning Birding</td>
<td>6:00pm</td>
<td>$25</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Supply Chain Management*</td>
<td>6:30pm</td>
<td>$20</td>
<td>7</td>
</tr>
<tr>
<td>Sep 18</td>
<td>TV Production NECAT</td>
<td>6:00pm</td>
<td>$50</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Retired &amp; Disabled TN Benefits*</td>
<td>6:00pm</td>
<td>Free</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Stretch and Restore Yoga*</td>
<td>6:00pm</td>
<td>$50</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Key Instruments of Estate Planning</td>
<td>6:00pm</td>
<td>Free</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>The Job Shop*</td>
<td>6:30pm</td>
<td>$50</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Crochet Basics</td>
<td>6:30pm</td>
<td>$45</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Hatha Yoga I Sq</td>
<td>7:15pm</td>
<td>$60</td>
<td>12</td>
</tr>
<tr>
<td>Sep 19</td>
<td>Stretch and Restore Yoga</td>
<td>11:00am</td>
<td>$50</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Upholstery</td>
<td>12:00pm</td>
<td>$129</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Intermediate Sewing</td>
<td>5:30pm</td>
<td>$40</td>
<td>9</td>
</tr>
<tr>
<td>Sep 20</td>
<td>Qigong Movement</td>
<td>10:00am</td>
<td>$20</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Gentle Yoga</td>
<td>11:00am</td>
<td>Free</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Entrepreneurship Basics S</td>
<td>6:00pm</td>
<td>$49</td>
<td>6</td>
</tr>
<tr>
<td>Sep 24</td>
<td>Tai Chi Basics*</td>
<td>6:00pm</td>
<td>$20</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Understanding Debt Collection*</td>
<td>6:30pm</td>
<td>Free</td>
<td>11</td>
</tr>
<tr>
<td>Sep 25</td>
<td>Voice Over Basics</td>
<td>6:00pm</td>
<td>$25</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Define Your Market</td>
<td>6:00pm</td>
<td>$50</td>
<td>6</td>
</tr>
<tr>
<td>Sep 26</td>
<td>Finding Work After Retirement</td>
<td>10:00am</td>
<td>$25</td>
<td>6</td>
</tr>
<tr>
<td>Oct 1</td>
<td>Home Buying Taught in Arabic</td>
<td>6:00pm</td>
<td>$10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>A Cosmic Journey*</td>
<td>6:00pm</td>
<td>$10</td>
<td>17</td>
</tr>
<tr>
<td>Oct 2</td>
<td>Six Steps to Managing Your Money*</td>
<td>6:45pm</td>
<td>$20</td>
<td>11</td>
</tr>
<tr>
<td>Oct 3</td>
<td>NFM: Seasonal Cooking Classes N</td>
<td>6:00pm</td>
<td>$25</td>
<td>18</td>
</tr>
<tr>
<td>Oct 4</td>
<td>Reiki Self-healing</td>
<td>11:15am</td>
<td>$20</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Understanding Medicare</td>
<td>6:00pm</td>
<td>$20</td>
<td>11</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Retired &amp; Disabled TN Benefits</td>
<td>10:00am</td>
<td>Free</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Traditional Indian Cooking</td>
<td>1:00pm</td>
<td>$25</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Buyer’s Path to Purchasing a Home*</td>
<td>6:00pm</td>
<td>$10</td>
<td>11</td>
</tr>
<tr>
<td>Oct 10</td>
<td>Home Buying Taught in Spanish</td>
<td>6:00pm</td>
<td>$10</td>
<td>11</td>
</tr>
<tr>
<td>Oct 11</td>
<td>Weaving: Tiny Tapestry Necklace</td>
<td>6:00pm</td>
<td>$25</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>How to Maximize Your Time</td>
<td>6:00pm</td>
<td>Free</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Digital Books</td>
<td>6:00pm</td>
<td>Free</td>
<td>19</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Build Credit and Protect Your Identity</td>
<td>6:00pm</td>
<td>Free</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Investing in Your Future</td>
<td>7:30pm</td>
<td>Free</td>
<td>11</td>
</tr>
<tr>
<td>Oct 18</td>
<td>Digital Entertainment</td>
<td>6:00pm</td>
<td>Free</td>
<td>19</td>
</tr>
<tr>
<td>Oct 22</td>
<td>Reiki Self-healing*</td>
<td>6:00pm</td>
<td>$20</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Tai Chi for Wellness and Recovery*</td>
<td>6:00pm</td>
<td>$50</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Spanish I</td>
<td>6:00pm</td>
<td>$50</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Kung Fu Basics*</td>
<td>7:00pm</td>
<td>$50</td>
<td>13</td>
</tr>
</tbody>
</table>

**Location Key:**
- * = Inglewood Elementary
- Sq = Southern Squeeze
- ^ = Wright Middle School
- S = Smith Springs
- N = Nashville Farmers’ Market
- NECAT = NECAT Studios

All other classes located at the Cohn School
### Oct 23
- **Handmade Paper**
  - Time: 10:00am
  - Location: Cohn School
  - Cost: $45
  - Square: 8

- **Spanish II**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $50
  - Square: 14

- **Key Instruments of Estate Planning**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: Free
  - Square: 16

- **Spanish IV**
  - Time: 6:30pm
  - Location: Cohn School
  - Cost: $50
  - Square: 15

- **Beginning Ukulele**
  - Time: 7:15pm
  - Location: Cohn School
  - Cost: $45
  - Square: 4

### Oct 24
- **French II**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $50
  - Square: 14

- **Spanish for Law Enforcement**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $50
  - Square: 15

- **Essential Oils For Healthy Living**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $45
  - Square: 17

### Oct 25
- **Canning Basics**
  - Time: 5:30pm
  - Location: Cohn School
  - Cost: $25
  - Square: 17

- **Making Comics and Zines**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $60
  - Square: 8

- **Financial Success**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $15
  - Square: 11

- **Spanish IV**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $50
  - Square: 15

- **Office 365: 10 Tips You Should Know**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $20
  - Square: 19

- **Body Positivity for Wellness**
  - Time: 6:30pm
  - Location: Cohn School
  - Cost: $35
  - Square: 17

### Oct 29
- **Spanish II**
  - Time: 6:30pm
  - Location: Cohn School
  - Cost: $50
  - Square: 14

### Oct 30
- **Set Up Your Structure**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $50
  - Square: 6

- **Basic Home Repair**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $99
  - Square: 17

- **Easy Rhythm-Guitar Styles**
  - Time: 7:00pm
  - Location: Cohn School
  - Cost: $45
  - Square: 4

### Nov 1
- **CPR For Adults**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $55
  - Square: 12

- **Mandarin Chinese Conversation**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $50
  - Square: 14

### Nov 5
- **Beginning Sewing**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $40
  - Square: 9

- **Consumer Bankruptcy**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: Free
  - Square: 16

- **Altered Books**
  - Time: 6:30pm
  - Location: Cohn School
  - Cost: $50
  - Square: 8

### Nov 6
- **Master Meal Planning**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $45
  - Square: 18

### Nov 7
- **NFM: Seasonal Cooking Classes**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $25
  - Square: 18

### Nov 8
- **Basic First Aid**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $55
  - Square: 12

- **Digital Storytelling with Sway**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $20
  - Square: 19

### Nov 13
- **TV Production**
  - Time: 6:00pm
  - Location: NECAT Studios
  - Cost: $50
  - Square: 5

- **Buyer’s Path to Purchasing a Home**
  - Time: 6:00pm
  - Location: NECAT Studios
  - Cost: $10
  - Square: 11

- **Key Instruments of Estate Planning**
  - Time: 6:00pm
  - Location: NECAT Studios
  - Cost: Free
  - Square: 16

### Nov 15
- **Relief Printing Basics**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $40
  - Square: 9

### Nov 19
- **TV Pre-Production**
  - Time: 6:00pm
  - Location: NECAT Studios
  - Cost: $50
  - Square: 5

### Nov 20
- **Japanese Books: Suminagashi & Soft Stab**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $20
  - Square: 8

### Nov 29
- **Brand Storytelling Using Social Media**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $20
  - Square: 6

- **Basketry: Woven Angel**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $30
  - Square: 8

### Dec 3
- **Traditional Cuban Cooking**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $25
  - Square: 18

### Dec 5
- **NFM: Seasonal Cooking Classes**
  - Time: 6:00pm
  - Location: Cohn School
  - Cost: $25
  - Square: 18

---

**Location Key:**
- * = Inglewood Elementary
- Sq = Southern Squeeze
- ^ = Wright Middle School
- S = Smith Springs
- N = Nashville Farmers’ Market
- NECAT= NECAT Studios

**All other classes located at the Cohn School**
Changes Are Possible

Class information (including dates, times and locations) is subject to change. Classes may be added to the schedule or canceled throughout the session.

Please check our online registration page at nashville.gov/ce or more directly at nce.asapconnected.com to see an up-to-date schedule.

Scholarships

If you are interested in applying for a scholarship to cover the cost of up to two classes per session please send the following information to cecinfo@nashville.gov or mail to our address at 4805 Park Avenue:

• a document showing financial need (previous year’s W2s, receipt of government assistance, etc...)
• a 250 word essay on why you want to take the class and an explanation of why you are seeking financial aid (can be typed or handwritten)
• a completed registration form (pg. 27)

Teach with NCE

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

Imelda Alamilla
Program Coordinator
imelda.alamilla@nashville.gov

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

Open House, August 4
10:00 a.m. - 1:00 p.m.
Outside of the Cohn School

Join us for our Open House; a chance to meet instructors, learn more about our program, and register early for Fall classes!

In addition to Fall instructors, several local small businesses and nonprofits will attend including:

- Major Family Chiropractic
- Peace, Joy & Gluten
- Your Choice Leather
- HG Real Estate
- NICE
- Dismas House
- Carnegie Writers
- Senior Renaissance
- NECAT
- Nashville Scene
- 106.7 Van
- Platetone
- and more!

For a full list of vendors & instructors, visit our Facebook event!

Limited refreshments provided by Creme Catering (Laura Rodriguez) & Developper (Kathleen Passafume), both Fall instructors!
Register early! Classes that do not meet the minimum enrollment prior to the start of class will be canceled. All classes require a registration — regardless of fee. 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! After that, login whenever you wish to 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 are not registered online, an online login has been created for you. Click “forgot password” on the login page to get started.

• You may browse without creating 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.

in person

You may register only at the NCE Main Office, located at The Cohn School, 4805 Park Ave, Suite 123, Nashville. The office is open Mon-Thurs, 10am-6pm.
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 payment processing confirmation.

DO NOT mail registration forms to our satellite locations.

class cancelations / 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.
• Children cannot accompany students to classes.
• NCE does not provide childcare during class time.
## Student Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td></td>
</tr>
<tr>
<td>Zip</td>
<td></td>
</tr>
</tbody>
</table>

## Class Information

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Fee</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Fee</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Fee</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Payment Information

- [ ] I am including check(s) payable to Nashville Community Education.
- [ ] Charge to my credit card:
  - [ ] VISA
  - [ ] Mastercard

<table>
<thead>
<tr>
<th>Card No.</th>
<th>CVV Code</th>
<th>Exp Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

## 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.

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## For Office Use Only

<table>
<thead>
<tr>
<th>Check No.</th>
<th>Receipt No.</th>
<th>Semester</th>
<th>Mail</th>
<th>Fax</th>
<th>In-Person</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Registration opens August 6
and is ongoing through the session.

Annual Open House
August 4, 10am-1pm
Outside of the Cohn School
Register early for Fall 2018 classes!