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# News from Merced College

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**FOR IMMEDIATE RELEASE**  
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## **LIFE-LONG LEARNING AND LEISURE ACTIVITIES** **TOP COMMUNITY SERVICES CLASSES FOR MONTH OF FEBRUARY**

A wide array of life-long learning and leisure activity classes are available in the month of February through Merced College's Community Services office.

Community Services provides area residents with opportunities for education, enrichment, and adventure. The classes are non-credit and range from ceramics to fitness boot camp and from kid's camps to animal care. A wide variety of excursions are also offered throughout the year, including trips to sporting events, theater shows, cultural functions, educational venues, and recreational activities.

Following are just some of the classes offered:

**An Evening with Monet** – What was it like to be Claude Monet? Travel back in time to 19<sup>th</sup> century Europe as you immerse yourself in the life of the artist. Walk in his shoes as you create a master copy of three of his famous masterpieces. You'll be confronted with the same color and compositional challenges the artist originally faced. At the end of each class, you'll walk away with a pastel painting suitable for framing. Come enjoy a pleasant evening of creativity, art history, and period music.

**Dates:** Thursdays, February 5-19, 6–7:30 p.m.

**Cost:** \$45/participant, including \$10 materials fee paid to the instructor

**Location:** Merced College, ART-7

**An Evening with Van Gogh** – What was it like to be Vincent Van Gogh? Travel back in time to 19<sup>th</sup> century Europe as you immerse yourself in the life of the artist. Walk in his shoes as you create a master copy of three of his famous masterpieces. You'll be confronted with the same color and compositional challenges the artist originally faced. At the end of each class, you'll walk away with a pastel painting suitable for framing. Come enjoy a pleasant evening of creativity, art history, and period music.

**Dates:** Thursdays, February 26-March 12, 6–7:30 p.m.

**Cost:** \$45/participant, including \$10 materials fee paid to the instructor

**Location:** Merced College, ART-7

**Beginning Vegetable Gardening** – The class is for beginning gardeners and those wishing to learn more about vegetable gardening. Join the wave of urban homesteading by learning the basics of setting up and growing your spring vegetable garden, with an emphasis on raised bed gardening and growing organic. Topics covered will be site location, soil preparation, seed and plant selection, propagation, soils, fertilizers and mulch, pest control, general plant care, harvest and more. Participants will construct a small 2'x2' raised redwood gardening bed to use in their own garden! Please dress comfortably as we will be doing hands-on projects!

**Date:** Saturdays, February 28-March 7, 9 a.m.–Noon

**Cost:** \$45/participant, including \$15 materials fee paid to the instructor

**Location:** Merced College, PS-1

**Conversational Italian** – Do you desire to travel through Italy, or are just wanting to pick up additional language? Come learn from Elinor Torda who lived in Rome, Italy for 11 years when she worked for the United Nations. The class will emphasize basic phrases and pronunciation, expressions, as well as vocabulary and grammar need to converse with the Italian-speaking community both here in the U.S. and abroad. The atmosphere will be one of fun, and learning about the beauty of this romance language as well as the culture of Italians. Come join us!

**Date:** Tuesdays, February 10-March 17, 5:30–7:30 p.m.

**Cost:** \$60/participant

**Location:** Merced College, VOC-143

**Dancing for Birth (and Post-Partum)** – Come have fun and learn a way for pre-natal moms to move to music before, during, and after the birthing process. Specific dance moves can help achieve a more comfortable pregnancy, encourage babies into an optimal position for birth, and promote healing in the post-partum period. So, tie a scarf around your hips and spend an hour of fun bonding with your baby-to-be and each other, as we dance and talk about birthing. Post-partum moms and newborns welcome! Birth partners are invited to attend the last class in each session to learn how they can help during the birthing process. Check it out at [www.dancingforbirth.com](http://www.dancingforbirth.com).

**Date:** Mondays, February 23-March 16, 6:30–7:30 p.m.

**Cost:** \$60/participant

**Location:** Merced College, VOC-143

**Fencing for Fun (Mariposa)** – Zorro will have nothing on you. Come and learn the real thing! Fencing is fun and will help you develop speed, agility,

endurance, discipline, and tactical thinking. Fencing has been an Olympic sport since 1896. It is actually one of the safest sports as we wear protective gear and use blunted tips. *Gear will be provided for the first 15 registrants.*

**Date:** Tuesdays, February 3-April 28, 6–8 p.m.

**Cost:** \$60/participant

**Location:** Mariposa Park Amphitheatre

**Fitness Lab Membership** – Want a gym membership without the application and yearly contract? Join the Merced College Fitness Lab for the entire spring term.

**Date:** Monday through Friday, February 2-2, 5:30–7:30 a.m.

**Cost:** \$25/participant

**Location:** Merced College Fitness Lab, GYM-5

**Social Media Planning for Your Business** – SOCIAL MEDIA TOOLS:

Facebook, Twitter, LinkedIn, YouTube, Google+ and Blogging with Wordpress. Create, maintain, promote and integrate Facebook Business Pages, Twitter Profiles, LinkedIn Profiles, and Company blog with Wordpress. SOCIAL MEDIA THE SMART WAY: It is essential to communicate appropriately, safely and effectively on social media platforms – learn best practices, ethics and privacy issues for being social on social platforms. STRATEGY: Be effective with your social media and make your social media campaigns work better. Learn how to plan a social media strategy that meets your business goals, can be measured and can be adapted!

**Date:** Fridays, February 6, 20 & 27, 8:30–1:30 a.m.

**Cost:** \$145/participant

**Location:** Merced College Business Resource Center (630 W. 19<sup>th</sup> Street in downtown Merced)

**World Dance** – Learn easy folk dances from around the world. No experience or partners required. Dances are mostly line and circle patterns. All ages are welcome; children must be accompanied by an adult. Come meet new folks, stimulate your mind and toes alike, get some good low aerobic exercise, while relieving stress and dance to music from a variety of cultures worldwide – Europe, Greece, the Middle East and beyond. You'll gain an appreciation for how other folks come together traditionally to celebrate – and you'll have a lot of fun, too!

**Date:** Wednesdays, February 25-April 1, 7–8:30 p.m.

**Cost:** \$40/participant

**Location:** Merced College, GYM-4

For more information please contact the Merced College Community Services office at 209.384.6224 or register at [www.mercedcommunityservices.com](http://www.mercedcommunityservices.com).

**CS CLASSES February 2015**

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