



TECH
COMMUNITY EDUCATION CENTER

FALL 2026



Fall Registration is now open
Scan to register now!

ADULT AND YOUTH
COURSE CATALOG
OPPORTUNITIES FOR LIFELONG LEARNING



OPPORTUNITIES FOR LIFELONG LEARNING

Greetings from Colorado Mesa University Tech (CMU Tech) and welcome to the Lifelong Learning and Workplace Education program brought to you by the Community Education Center (CEC).

What's inside?

Welcome to the Fall 2026 edition of the CMU Tech Community Education Center brochure! Inside, you will find a diverse selection of adult workshops and youth classes designed for both personal enrichment and professional growth. Whether you want to explore a new hobby or enhance your career skills, we invite you to experience the excitement of lifelong learning with us.

What's in it for me? Each year over 3,000 community members attend these classes in person and online with many different motivations. Explore creative arts, specialized hobbies, and professional development through engaging, hands-on classes tailored for both adults and youth. Whether you want to upskill for your job or dive into a fun new passion project, our lifelong learning programs offer the perfect opportunity to grow.

Visit us online, call or stop in today.

Kurtis Armstrong
Community and Workplace Education Director
cec@coloradomesa.edu



MEET YOUR CEC TEAM

Jaxon Creasey
Adult Lifelong Learning Program

My mission is to provide classes that the people of Mesa County can take to develop new life skills and satisfy the need for continual learning. I put together the lifelong learning catalog and help everyone register for the classes, help the instructors deliver the classes and am constantly looking for new instructors to help develop the best group of classes for the community to enjoy.



Dillon Ventola
Customized Course Programming

As CMU Tech's Custom Program Specialist, I work directly with businesses and organizations to develop workforce training programs that meet their unique needs. My role is to connect you with the right resources, instructors, and training formats to ensure your team gains the skills, credentials, and confidence to succeed. Whether on-campus, at your site, or any of our remote locations including the mobile learning labs, our training programs are accessible and convenient.



Amy Carlton
Middle and High School Enrichment, Trades Exploration, and Summer Camp Programming

As the Youth Program Specialist at CMU Tech, I am passionate about continuing education and supporting young learners. I manage all middle and high school programs, including summer camps, after-school classes, weekend workshops, and our new Trades Exploration offerings. My focus is on creating hands-on, engaging experiences that introduce students to new ideas, practical skills, and potential career paths.



Jack Kortz
Mobile Learning Lab Fleet Manager and CDL Trainer/Certified Tester

As the Mobile Learning Lab Fleet Manager and CDL Trainer/Certified Tester, I am responsible for the scheduling, operations, and maintenance of CMU Tech's fleet of Mobile Learning Labs including three state-of-the-art mobile learning labs in allied health, mechatronics, and welding. In my role as a CDL Trainer, I deliver comprehensive instruction to prepare future commercial drivers for success in both training and certification testing.



Flexible Options



Look for these symbols to determine the format available for each class.



In person

These classes are held in three locations this fall. Most classes will be held at the CMU Tech Bishop campus at 2508 Blichmann Avenue, Grand Junction, CO 81505 in Kayenta Hall. If noted near the description, some classes will be held on CMU's main campus and in the Clifton Community Center at 3270 D 1/2 Rd in Clifton. Overall, there are nearly 200 classes to choose from.



Fully Online

These are interactive courses that you can take entirely online and some can lead to industry certifications. Fully online courses have the option to be instructor-led, with a specific start date and class schedule, or self-paced, where you can begin the course at any time and work at your own pace. We have over 900 online lifelong learning classes through our partnership with Ed2go, online medical career classes through our partner Career Step and online Real Estate classes with our partner the CE shop.

CUSTOMIZED CORPORATE TRAINING AND BUSINESS SERVICES

Colorado Mesa University Tech offers custom and ongoing classes to help make businesses safer and more profitable. Would you like to get more from your workforce and increase your competitiveness? Training brings direct benefits to you and has an immediate return on investment. Our tailor-made training solutions can rapidly help increase employee performance. Whether you are a small business venture or the community's largest employer, we will work with you to create the best programs and services in the market today. Our goal is to be your training education partner of choice to create positive change. **Our training programs can come to your site.**

CONFERENCES AND SEMINARS

Reserve a training room or computer lab for your upcoming meeting, training or workshop. Video conferencing and presentation equipment is available as well.

HOW TO REGISTER

There are five easy ways to register for non-credit community education and youth courses:

OPTION 1



coloradomesa.edu/cec

IN-PERSON CLASSES:

Click **Grand Junction Opportunities**, click **Register now for Fall 2026 Classes**, select a **Class Category** and add classes.

ONLINE CLASSES:

Click **Online Opportunities**.

OPTION 2



970.255.2800

OPTION 3



cec@coloradomesa.edu

OPTION 4



CMU Tech Community Education Center
2508 Blichmann Avenue, Kayenta Hall,
Grand Junction, CO 81505

OPTION 5



Scan the QR codes below



SCAN WITH YOUR PHONE AND ENROLL
coloradomesa.edu/tech/community-education



SCAN WITH YOUR PHONE FOR CAMPUS MAPS
coloradomesa.edu/campus-info/maps

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In person



Fully online



AGRICULTURE

Introduction to Composting

In this fun, fast-paced session, you'll discover how kitchen leftovers, yard waste, amazon boxes and even junk mail can be transformed into rich, living soil that fuels healthier plants and slashes landfill waste. Whether you're gardening on acreage or an apartment patio, you'll leave with the confidence, tools, and know-how to start your own compost system ...and the satisfaction of watching "trash" become treasure.

Instructor:.....Combs
Cost:..... \$49
Location:.....CMU Tech

Date:.....October 10
Day:Saturday
Time:9-11 am

Integrated Urban Permaculture

Learn the essentials of sustainable gardening in this hands-on course, covering soil science, composting, container gardening, and the integration of animals like rabbits and fish. Explore irrigation systems, water conservation techniques, and the principles of xeriscaping and naturescaping. Students will design their own gardens, develop seasonal plans, and gain the skills needed to start a horticulture-based business. This course provides practical knowledge for both home gardeners and aspiring entrepreneurs.

Instructor:.....Combs
Cost:..... \$49
Location:.....CMU Tech

Date:.....September 26
Day:Saturday
Time:9:30-11 am

My Regenerative Backyard

You can turn even the driest Grand Junction yard into a thriving, water-smart ecosystem! Learn how climate-savvy plant design can work together with permacultural techniques to create a self-sustaining, low-maintenance, closed-loop landscape that's both stunning and ultra-resilient. From soil building to water capture, from edible garden beds to pollinator havens, your backyard can produce food, support wildlife, and practically run itself - while using a fraction of the water of a traditional lawn. Come get inspired, and leave ready to grow beauty, abundance, and sustainability right outside your door!

Instructor:.....Combs
Cost:..... \$49
Location:.....CMU Tech

Date:.....October 17
Day:Saturday
Time:9-11 am

Xeriscaping is Not Just Cacti and Rocks

The summer heat in the Grand Valley is notorious - but with the right irrigation equipment, techniques of soil maintenance, and some help from your friendly worms, pets, and local pollinators, you'll learn to love the heat! This class is perfect for anyone who thinks xeriscaping means gravel and cacti. It's time to make your own oasis in the desert.

Instructor:.....Combs
Cost:..... \$49
Location:.....CMU Tech

Date:.....October 24
Day:Saturday
Time:9-11 am

Advanced Composting

This deep dive is for gardeners, homesteaders, and soil nerds ready to go beyond the basic compost bin. Explore composting science, helpful products, and troubleshooting for sour piles, stalled heat, and pests. Learn about manures, sourcing compostables, and optimizing moisture, aeration, and particle size for maximum microbial diversity. Discover how to test, cure, and apply finished compost to improve soil structure, nutrient cycling, and water retention. Come geek out, swap strategies, and leave with pro-level techniques for producing living compost that performs like premium fertilizer, without the price tag or chemicals.

Instructor:.....Combs
Cost:..... \$49
Location:.....CMU Tech

Date:.....November 21
Day:Saturday
Time:9-11 am

How Plants Think and Feel - Learning to Listen to Your Plants

Discover the hidden world inside plants! Grab a microscope and magnifying glass to explore plant "organs" and uncover how plants forage, communicate, compete, reproduce, and respond to their environment. Learn the fascinating stories behind their discovery and explore surprising similarities between plants and animals. Along the way, discover how understanding plant biology can help you grow healthier gardens, care for happier houseplants, and finally decode what your fern has been trying to tell you.

Instructor:.....Brachfeld
Cost:..... \$49
Location:.....CMU Tech

Date:.....October 3
Day:Saturday
Time:1-2:30 pm

A Tea for Every Season

Teas are a wonderful way to explore the world of herbs. Teas can be energizing, stimulating, relaxing, calming and medicinal. In this class we will explore 4 different teas, 1 for each season. A tea for Spring, Summer, Fall and Winter with a special bonus of my Christmas Morning Tea. Each tea we

will discuss the different herbs, why they were selected and their effects. You can't explore teas without sampling so be prepared to bring a teacup or coffee cup and your favorite sweetener. Participants will take samples home of each Tea we will explore.

Instructor:.....Kriener
Cost:..... \$49
Materials Cost:.. \$5 payable to instructor on first day of class
Location:.....CMU Tech

Option 1:.....October 3
Day:Saturday
Time:1-3 pm

Option 2:.....October 8
Day:Thursday
Time:6-8 pm

Simple Hydroponic Kitchen Garden

Simple because all you need is any food grade container that will hold water, filtered water and a window, plus plants. We want fresh homegrown greens and herbs throughout the cooler season, but it is just not feasible for some years. Extending your growing options with a simple hydroponic system can be a wonderful nutritional benefit for the cooler months. Bring a couple of quart canning jars to start your Simple Hydroponic Kitchen Garden and I will provide basil and greens.

Instructor:.....Kriener
Cost:..... \$49
Location:.....CMU Tech

Option 1:.....October 15
Day:Thursday
Time:6-8 pm

Option 2:.....October 17
Day:Saturday
Time:1-3 pm

Your Tropical Paradise - 15 Tropical Houseplant Easy to Grow and Propagate

Learn to Grow your very own Tropical Paradise. Growing houseplants can help clean the air, improve mood and beautify your environment. Explore how to grow and propagate 20 different houseplants. Demonstration of propagation methods and attendees will also propagate plants to take home.



Instructor:..... Kriener
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... September 26
Day:Saturday
Time:1-3 pm

Option 2:..... October 1
Day:Thursday
Time:6-8 pm



AI for Artists and Musicians

NEW

What if you could spend more time creating - and let AI help with the business? Develop your art and music from a hobby to business - and a career. Learn practical fundamentals of branding, marketing, promotion, sales, business planning, bookkeeping, taxes, and management - then discover how AI can help tackle everything from writing promotional copy and developing a brand to analyzing markets and organizing the business behind your art so that you can focus on your creativity...and craft.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... December 12
Day:Saturday
Time:4-5:30 pm

Introduction to Understanding and Using Artificial Intelligence

Explore how AI works, thinks, creates, and shapes our daily lives. Discover AI's 3,000-year history and glimpse its promising future while learning to use today's increasingly accessible tools. From storytelling and visual art to budgeting, small-business analysis, media literacy, civic engagement, and personal support, students will explore practical applications of AI. The class also examines AI's limitations, ethical considerations, and potential. Bring a cell phone or computer to practice using free AI tools and apps.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... October 25
Day:Sunday
Time:3-5 pm

Option 2:..... November 7
Day:Saturday
Time:1-3 pm

AI for Small Business

Discover how AI can help small businesses improve efficiency, productivity, and customer service while developing new products and services. Whether you're launching a business or have decades of experience, explore practical AI applications in marketing, customer service, data analysis, personal assistance, sourcing, translation, employee training, and management. See how AI can become a valuable new coworker, often completing tasks faster and more efficiently. Bring a cell phone or computer to class to practice with free AI tools and apps.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... November 15
Day:Sunday
Time:3-5 pm

Option 2:..... December 5
Day:Saturday
Time:1-3 pm

Playing Dirty and Going Rogue: Why and How AI Lies and Cheats

Why do AI agents lie, cheat, break rules, and sometimes behave badly? Explore fascinating examples of AI deception, competition, play, and unexpected behavior, from chess and war games to compassionate "white lies." Drawing on game theory, behavioral economics, education, computer science, and AI ethics, this class examines whether deception, rule-breaking, and play might actually help intelligence learn and develop. Enter the strange world where espionage meets children's television and discover what cheating machines can teach us about intelligence, competition, and the nature of ethics.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... November 14
Day:Saturday
Time:4-5:30 pm

Teaching AI to Remember Its Dreams

NEW

What's the difference between a dream and a hallucination? Explore how AI loses context, fragments ideas, and struggles with continuity, and how new memory methods can help. Discover MAAC, a framework for Memory-Aware AI Collaboration inspired by human memory, dreams, and contemplative insight. Learn practical, copy-and-paste-ready techniques for preserving meaning, patterns, and continuity in creative work, research, strategic planning, and personal reflection. Accessible to beginners, with advanced theory for those who want to go deeper, this class offers both a practical system and a glimpse into AI's evolving potential.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... November 7
Day:Saturday
Time:4-5:30 pm



Still Life Painting with a Limited Palette

NEW

Working from a limited palette, and in-person still life, students will learn proportion, sight-size, constructional drawing, value study, temperature, mark making, edge, in addition to basic material use and care of oil painting, and more. Students will be learning the techniques of old masters such as Titian, Rembrandt, Velasquez. Master copy assignments may be given for student to work on during class. 4 – 6 still life oil paintings will be produced over the course of this class. A great course for those looking to hone their foundational skills, beginner or any skill level.

Instructor:..... Fuller
Cost:..... \$240
Materials Cost:.. \$60 payable to instructor on first day of class
Location:..... CMU Tech

Option 1: Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14
Day:Mondays
Time:6-8 pm

Option 2: Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, Dec 3, 10
Day:Thursdays
Time:6-8 pm

Canva for Beginners: Create Professional Designs with Confidence

NEW

Learn how to confidently use Canva to create professional-quality designs for personal, business, or nonprofit use. In this hands-on beginner course, you'll apply core design principles while creating real-world projects such as social media graphics, flyers, presentations, and marketing materials. You'll learn how to customize templates, build cohesive designs, and create original content from scratch. Leave with practical skills and finished projects you can start using right away. Make sure you sign up for a canva premium subscription.

Instructor:..... DeCrow
Cost:..... \$99
Location:..... CMU Tech

Date:..... September 28, 30, October 5, 7
Day:Mondays and Wednesdays
Time:6-7:30 pm



Citizens Guide to the Universe

The perfect class for anyone who wants to know a little bit more about the universe they occupy without all that pesky math. We will cover everything from the geocentric model of Aristotle/Ptolemy to the life and death of stars, the discovery of the expanding universe, and dark matter and dark energy.

Instructor:.....Dershem
Cost:.....\$99
Location:.....CMU Tech

Date:.....October 6, 13, 20, 27, November 3
Day:.....Tuesdays
Time:.....6:30-8 pm

Stargazing 101

This class teaches you everything you need to know to get started in the hobby of astronomy and start enjoying the clear, steady night skies of western Colorado. Topics include the "Ps" of telescope buying, binoculars as an alternative to telescopes, how to find constellations and objects of interest in the night sky, basics of astrophotography and more.

Instructor:.....Dershem
Cost:.....\$89
Location:.....CMU Tech

Date:.....October 8, 15, 22, 29
Day:.....Thursdays
Time:.....6:30-8 pm



Small Business Health Insurance: From Groups of One to Growing Teams

Whether you work for yourself or employ a growing team, learn how to make benefits work harder for your business health, dental, vision, life, disability, and other benefits can help attract and retain employees, improve productivity, protect income, reduce certain tax burdens, and even contribute to profitability. Whether you have a traditional small group, or a "group of 1" or even a seasonal army, learn how

a thoughtfully designed benefits package can make benefits work harder for your business - and discover that sometimes it really does pay to be part of a group!

Instructor:.....Brachfeld
Cost:.....\$49
Location:.....CMU Tech

Option 1:.....September 26
Day:.....Saturday
Time:.....9-11 am

Option 2:.....November 22
Day:.....Sunday
Time:.....9-11 am

Small Business Bookkeeping and Office Management Skills

Bookkeeping is more than counting money, paying bills, and preparing for taxes, it's a powerful tool for understanding and growing a successful small business. Learn practical bookkeeping and office-management skills in plain English, whether you use Excel, Google Sheets, or paper and pencil. Discover how your numbers can help you plan for growth, adapt to change, and make better decisions. Cover record keeping, expenses, mileage, employee benefits, and more. Leave with practical tools to help your business succeed. Please bring a calculator.

Instructor:.....Brachfeld
Cost:.....\$49
Location:.....CMU Tech

Option 1:.....October 10
Day:.....Saturday
Time:.....3-4:30 pm

Option 2:.....December 12
Day:.....Saturday
Time:.....9-10:30 am

Become Your Own Boss: Basics of Business Start-Up

Starting a business can be easier, faster, and less expensive than you think. Learn how to turn an idea into a real business, even on a \$50 budget. Explore finding customers, building a brand and online presence, setting prices, record keeping, taxes, insurance, legal basics, marketing, sales, contracts, and more. Avoid common mistakes and leave with practical tools and a roadmap for taking your first or next step into business. This class goes far beyond simply filing an LLC. Monocles and top hats optional.

LIFELONG LEARNERS AGE 65+ RECEIVE A 15% DISCOUNT! ASK ABOUT IT TODAY!

Instructor:.....Brachfeld
Cost:.....\$49
Location:.....CMU Tech

Date:.....November 21
Day:.....Saturday
Time:.....1-3 pm

Entrepreneurship and Disability: Build a Business That Works for You

Successful entrepreneurs of all ages have built businesses not merely despite physical, intellectual, developmental, and mental health challenges, but sometimes by drawing upon the unique skills, perspectives, adaptations, and opportunities those experiences create. Through inspiring real-world examples, practical guidance, and hands-on training, students learn step-by-step how to develop a realistic business plan built around what they can do - not what others say they cannot. Leave with the tools, strategies, and a plan you can begin putting into action right away!

Instructor:.....Brachfeld
Cost:.....\$49
Location:.....CMU Tech

Date:.....October 24
Day:.....Saturday
Time:.....4-5:30 pm

Using Social Media in Business

One of the biggest challenges for business owners is finding new customers. Over the past decade, some business owners have leveraged social media to do just that. Whether you are a social media novice or a seasoned veteran, this course will give you a solid foundation in social media marketing and how to use social media for business. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$159
Location:.....Online

Date:.....Starts Monthly
Time:.....Self-paced or Instructor led

Start Your Own Online Business

The Internet has changed the way people communicate and how businesses operate. It's also made it easier to fulfill your dreams of creating and building a business from the convenience of your own home. In the Starting Your Own Online Business course, you will learn how to develop a digital or traditional product or service and build a website to sell and deliver that product online. This course outlines a step-by-step approach that's easy to follow—from building a simplified strategy to branding your business. From start to finish, you will gain an understanding of what it takes to create, build, and maintain a profitable online business! Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$149
Location:.....Online

Date:.....Starts Monthly
Time:.....Self-paced or Instructor led



Computer Technician

This expert-designed program will prepare students to work with hardware, software, networks, and security issues. Students will gain the knowledge and skills needed to earn CompTIA A+ certification. Certification exam vouchers are included with the program.

Cost:..... \$2,799

Location:..... Online

Time: Self-paced

Dental Assistant without Externship

The Dental Assistant program is a fun and engaging solution that will prepare you to get certified and working in the dental industry. As a dental assistant you can earn a great income and develop professionally in a field experiencing continual growth. Dental assistants find their jobs extremely satisfying because they interact with new people every day and help them achieve a beautiful smile. Course includes an RHS voucher.

Cost:..... \$3,799

Location:..... Online

Time: Self-paced

EKG Technician with/without Externship

Ready to get certified for one of the most widely hired roles in healthcare? This program is designed to help you pass the Certified EKG Technician (CET) exam and set you up for success as part of a fast-paced cardiology team. You'll learn how to operate the electrocardiogram—an essential piece of hospital equipment—and work with doctors to interpret the results for patients. You'll even earn yourself 20 clinical hours of hands-on experience, so if you're ready to jump into the action ASAP, EKG technician training is the course of action for you. Remember that clinical opportunities vary, and we work with a vast network of healthcare organizations to find a good fit. But we can't guarantee placement—or employment—in your area.

Cost:..... \$0

Location:..... Online

Time: Self-paced

Hemodialysis Technician with Externship

The Hemodialysis Technician program will prepare you to provide dialysis treatment to patients, monitor vital signs,

administer dialysis medications, and more. This program prepares you for an entry level position as a hemodialysis technician with future opportunities for leadership and additional medical care positions along the career path. Course includes a BONENT voucher.

Cost:..... \$4,199

Location:..... Online

Time: Self-paced

Medical Billing

Medical billing professionals are an integral part of the healthcare industry, as they work directly with insurance companies, healthcare providers and patients to get medical claims processed and paid. This includes managing claim denials and handling appeals if necessary. This online course will prepare students to work in a variety of healthcare facilities.

Cost:..... \$3,399

Location:..... Online

Time: Self-paced

Medical Coding and Billing

Medical coding and billing professionals translate medical records into standardized codes used to bill patients and third-party payers such as insurance companies and Medicare. This comprehensive in-depth training covers reimbursement methods, biomedical sciences, and current code sets (CPT, HCPCS, ICD-10-CM, and the optional ICD-10-PCS-Foundation). You'll get priceless hands-on experience with actual medical records and the industry-standard 3M encoding software. Enrollment includes eBooks, codebooks, and a certification exam voucher.

Cost:..... \$3,699

Location:..... Online

Time: Self-paced

Medical Scribe

A Medical Scribe specializes in charting physician-patient encounters during medical examinations or works behind the scenes listening to dictations and converting them into written documents. This course prepares you to take the MSCE certification exam. Exam voucher included.

Cost:..... \$3,199

Location:..... Online

Time: Self-paced

Medical Transcription Editing

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory. Enrollment includes eBooks, a transcription foot pedal, an AHDI membership, and a voucher to take the RHDS exam.

Cost:..... \$3,799

Location:..... Online

Time: Self-paced

Patient Care Technician with Externship

The Patient Care Technician with Externship program prepares you to assist doctors, nurses, and other medical professionals with the care of sick and injured patients. As the need for medical workers continues to grow, patient care technicians are becoming even more vital for an excellent healthcare experience. Course includes a voucher for one of three national certification exams.

Cost:..... \$3,799

Location:..... Online

Time: Self-paced

Pharmacy Technician (ASHP/ACPE) with Externship

The Pharmacy Technician online program at CareerStep was developed by a board-certified pharmacist and pharmacy technicians with years of experience. Our elite training is one of the only pharmacy technician certification programs accredited by the American Society of Health-System Pharmacists® (ASHP) / Accreditation Council for Pharmacy Education (ACPE)—meeting all 41 of their stringent objectives. The main purpose of our online Pharmacy Technician program is to prepare you to successfully pass the Pharmacy Technician Certification Board (PTCB) exam and become employable—competent and confident—as quickly as possible. To that end, you'll spend a large chunk of time in an actual pharmacy. Thanks to CareerStep partnerships with Walgreens and CVS Pharmacy, your Pharmacy Technician program includes clinical hours at locations nationwide, based on local availability. Students will receive a lab kit, eBooks, and an exam voucher.

Cost:..... \$4,199

Location:..... Online

Time: Self-paced

Professional Medical Coding and Billing

Medical coding and billing professionals translate medical records into standardized codes used to bill patients and third-party payers such as insurance companies and Medicare. This comprehensive in-depth training covers reimbursement methods, biomedical sciences, and current code sets (CPT, HCPCS, ICD-10-CM, and the optional ICD-10-PCS-Foundation). You'll get priceless hands-on experience with actual medical records and the industry-standard 3M encoding software. Enrollment includes eBooks, codebooks, and a certification exam voucher.

Cost:..... \$3,699

Location:..... Online

Time: Self-paced



CMU TECH OFFERS
COMMERCIAL DRIVER'S
LICENSE TRAINING
AND TESTING

Starting this fall, CMU Tech is offering full Commercial Driver's License (CDL-A) training. This comprehensive program includes everything you need to become a licensed CDL-A driver:

- All books and training materials
- Required online theory course
- Behind-the-wheel training hours (practice lots and on-the-road)
- Practice on an official CDL testing course
- State-certified CDL test and testing fee

With the expert instructors at CMU Tech, you'll get the complete training and support needed to launch your career as a professional driver in as little as three weeks. Visit the CMU Tech website to learn more and register.

Earn your CDL in as
little as three weeks!

Weekday and weekend
options available

Learn in modern and well
maintained vehicles

Testing through CMU Tech

Competitive rate of \$3,900

We partner with workforce development programs to make CDL training accessible. Qualified applicants may be able to use WIOA or other workforce funding to pay for tuition. We're excited to help you get on the road to a new career.



coloradomesa.edu/tech/about/
mobile-learning-lab

970.255.2800

jkortz@coloradomesa.edu

2508 Blichmann Avenue
Grand Junction, CO 81505

Veterinary Assistant Certification



Through CareerStep's NAVTA-approved Veterinary Assistant Training, you can take the next steps toward a rewarding career – on your schedule! Developed by industry professionals with years of real-world experience, your vet assistant training is designed to help you build the skills that can be vital to on-the-job success. With engaging course materials, videos, learning games, and practical exercises, you'll gain the knowledge to confidently work in a busy veterinary clinic.

Cost: \$3,799
Location: Online

Time: Self-paced



CDL Training



Commercial Driver's License training for a full CDL-A. This class will give you the full training to become a licensed CDL-A driver. The cost includes all books/materials, online theory class, full training hours for behind the wheel on both practice lots and on the road, practice on an official CDL testing course, and your state certified CDL testing and testing fee. If needed, additional test attempts are \$270 each using our equipment. For more information contact Jack Kortz at 970-255-2656 or email jkortz@coloradomesa.edu. Cohorts have a limited number of spaces and start every few weeks.

Instructor: Kortz
Cost: \$3,900
Location: CMU Tech

Date: On Demand



Colorado Broker Real Estate
License Class



Colorado requires a 168-Hour Broker Pre-Licensing Course to get your real estate license. Complete your course in as little as five weeks! Treated like a 40-hour work week, your education can be completed quickly so you can move on with your new real estate career. Updated interactive content available anywhere, anytime! This partner program

is approved and regulated by the Colorado Department of Higher Education, Private Occupational School Board. Stay engaged and retain the information more effectively with an online educational experience that lets you learn when-and where- it is convenient for you. Start the program when you are ready. Register through the ONLINE CAREER TRAINING section at coloradomesa.edu/cec

Cost:.....\$495
Location:.....Online

Time:Self-paced

Real Estate License Continuing Education Courses

Continuing Education (CE) consists of the courses required for retaining and renewing your real estate license. We offer state-specific courses and engaging electives that follow current trends and issues in the industry. Colorado and many other state CE classes are available. Register through the ONLINE CAREER TRAINING section at coloradomesa.edu/cec

Cost:.....\$0
Location:.....Online

Time:Self-paced



CONSTRUCTION

Construction Workshop

Learn how to use basic tools used to construct various wooden structures. Build either a bird house or a bookshelf and bring it home with you!

Instructor:.....Ventola
Cost:.....\$109
Materials Cost:.....\$70.00
Location:.....CMU Tech

Date:.....October 8, 15, 22, 29
Day:Thursdays
Time:6-8 pm



CULINARY

Plant-Based Louisiana



The Cajun and Creole dishes of Louisiana are a blend of several cultures native to Europe, Africa, and North America, a true American melting pot. This class reinvents them using nothing but whole, natural plant-based ingredients. You will prepare a healthful and mouthwatering meal from the American south, inspired by an eclectic assortment of recipes from around the world.

Instructor:.....Rossiter
Cost:.....\$79
Materials Cost:.....\$20.00

Location:.....CMU Tech
Date:.....October 21
Day:Wednesday
Time:5:30-8:30 pm

Plant-Based Friendsgiving



Kick off the holiday season by gathering with family or friends to prepare simple, hearty, and delicious side dishes with a fresh, healthy twist. Together, we'll create a three-course holiday feast inspired by traditional favorites, all made with wholesome, plant-based ingredients and no added oil, sugar, or white flour. Enjoy the flavors of the season again the healthy way.

Instructor:.....Rossiter
Cost:.....\$79
Materials Cost:.....\$20.00
Location:.....CMU Tech

Date:.....October 28
Day:Wednesday
Time:5:30-8:30 pm

Plant-Based Thanksgiving Sides



Give your favorite Thanksgiving vegetables a healthy makeover without sacrificing flavor. Learn how to prepare nourishing casseroles, savory sides, and delicious gravies without added oil, sugar, or dairy. Whether you follow a plant-based lifestyle or simply want to bring healthier dishes to the holiday table, these recipes are sure to impress family and friends.

Instructor:.....Rossiter
Cost:.....\$79
Materials Cost:.....\$20.00
Location:.....CMU Tech

Date:.....November 4
Day:Wednesday
Time:5:30-8:30 pm

Whole Food, Plant-Based Cooking



Learn to prepare tasty, nourishing meals using simple, unprocessed ingredients you can find at any grocery store. This approach supports healthy weight, reduces joint pain, boosts energy, and may help improve or even reverse common health issues. Classes will begin with a short presentation demystifying the health benefits of a whole food, plant-based diet followed by hands-on cooking, where we will focus on simple, natural plant-based ingredients.

Instructor:.....Rossiter
Cost:.....\$109
Materials Cost:.....\$60.00
Location:.....CMU Tech

Date:.....October 15, 22, 29
Day:Thursdays
Time:5:30-8:30 pm

Kitchen Knife Skills



In this hands-on class you will learn suitable grip and handling and common cuts like mincing, dicing, and julienning that you will need for nearly any recipe you find online or in your favorite cookbook. We will also discuss selecting the right knife for the right task and safety, care, and maintenance. Knives will be provided by the instructor.

Instructor:.....Rossiter
Cost:.....\$79
Materials Cost:.....\$10.00
Location:.....CMU Tech

Date:.....October 14
Day:Wednesday
Time:5:30-8:30 pm



Colorado Concealed Weapons Class



This class includes training on basic pistol operation, presents scenarios for surviving active shooter situations and acquiring a Colorado Concealed Carry License. The class fills the needs for the beginner to the advanced students. This is a thinking person's class and includes essential range time. This highly experienced instructor has 10 NRA Certifications; Police Officer Standards Training (POST) certified and has taught hundreds of civilians and law enforcement officers.

Instructor:.....Armstrong
Cost:.....\$99
Location:.....CMU Tech

Option 1:.....September 27
Day:Sunday
Time:7-5 pm (Will break for lunch)

Option 2:.....October 11
Day:Sunday
Time:7-5 pm (Will break for lunch)

Colorado Concealed Weapons Class



This class includes training on basic pistol operation, presents scenarios for surviving active shooter situations and acquiring a Colorado Concealed Carry License. The class fills the needs

FALL 2026 COURSE SCHEDULE

for the beginner to the advanced students. This is a thinking person's class and includes essential range time. This highly experienced instructor has 10 NRA Certifications; Police Officer Standards Training (POST) certified and has taught hundreds of civilians and law enforcement officers.

Instructor:..... Armstrong
Cost:..... \$99
Location:..... CMU Tech

Option 3: November 15
Day: Sunday
Time: 7-5 pm (Will break for lunch)

Option 4: December 6
Day: Sunday
Time: 7-5 pm (Will break for lunch)

Beginning Reloading Metallic Cartridges

Reloading rifle and pistol cartridges is an enjoyable and safe pastime. There are many good reasons why people reload their own ammunition. In this course, participants will learn the basics of reloading procedures; information about choosing powders, primers, and bullets; different types of reloading equipment and their proper setup and operation, as well as troubled shooting when things don't go as expected. The last class session will be devoted to actual reloading cartridges. This is an NRA Certificate course. Each participant will be charged \$20 to cover NRA book and other materials. This may be paid when the class first meets. DO NOT BRING GUNS OR AMMUNITION TO CLASS.

Instructor:..... Barto
Cost:..... \$119
Materials Cost:.. \$20 payable to instructor on first day of class
Location:..... CMU Tech

Date:..... September 22, 23, 24
Day: Tuesday, Wednesday, Thursday
Time: 6-9 pm

Intermediate Reloading Metallic Cartridges

This course will go beyond the Beginning Ammunition Reloading course to cover topics such as experimentation, using bullet comparators to get precise measurements of your rounds, measuring chamber, adjusting seating/crimping dies to your gun's chamber, optimal bullet seating, necking up/down, minimizing runout, and bullet concentricity.

Instructor:..... Barto
Cost:..... \$99
Location:..... CMU Tech

Date:..... November 3, 4
Day: Tuesday, Wednesday
Time: 6-9 pm

Math for Long Range Shooters

Explore the mathematical and physical foundations behind long-range shooting sports. Learn how velocity, kinetic energy, trajectory, ballistic coefficient, angles, mils, and radians relate to the underlying physics. Designed for students with basic arithmetic and algebra skills, this

discussion-based course emphasizes understanding the concepts, answering questions, and building confidence with the mathematics involved in long-range ballistics.

Instructor:..... Barto
Cost:..... \$79
Location:..... CMU Tech

Date:..... December 8, 9
Day: Tuesday, Wednesday
Time: 6-9 pm

Basic Pistol/CCW Training

Ideal for beginners or anyone wanting a skills refresher, this course teaches safe handgun ownership and operation. NRA-certified instructors cover pistol safety, shooting fundamentals, ammo knowledge, and key Federal and Colorado laws. Includes a 6-hour classroom workshop and 4 hours of coached range time. This course meets Colorado's new Concealed Carry training requirements and is verified by the Mesa County Sheriff.

Instructor:..... Khalsa
Cost:..... \$90
Materials Cost:.. \$20 pable to instructor on first day of class
Location:..... CMU Tech

Option 1: September 23, 24, 26
Day: Wednesday, Thursday, Saturday
Time: 6:30-9:30 pm, September 26 (9 am-1 pm)

Option 2: October 21, 22, 24
Day: Wednesday, Thursday, Saturday
Time: 6:30-9:30 pm, October 24 (10 am-2 pm)

Option 3: November 18, 19, 21
Day: Wednesday, Thursday, Saturday
Time: 6:30-9:30 pm, November 21 (10 am-2 pm)

Option 4: December 9, 10, 12
Day: Wednesday, Thursday, Saturday
Time: 6:30-9:30 pm, December 12 (10 am-2 pm)



A Journey through American Popular Culture and Literature

How can we engage with history in an easy and digestible way, what does it mean to be an American? How does popular culture change and change with society? These are questions that have been around for centuries. This course is designed to take students on a journey of American popular culture through the years- engaging with multiple voices and mediums. From short stories to music videos this course is designed to capture the spirit of American creativity and expression.

Instructor:..... Dietrich
Cost:..... \$79
Materials Cost:.. \$10 payable to instructor on first day of class
Location:..... CMU Tech

Date:..... October 20, 27, November 3, 10, 17
Day: Thursdays
Time: 5:30-6:30 pm



The Language of Only 120 Words - Toki Pona

Want to learn a new language without spending years studying? Toki pona can be learned with just 120 words and a few days of practice! In this five-day course, learn to read, write, and speak toki pona through games, music, stories, and creative projects. Explore one of the world's simplest internationally recognized languages while connecting with speakers around the globe. All ages welcome. Come have fun, simplify your thoughts, and discover what it means to be pona—good!

Instructor:..... MacEvoy
Cost:..... \$129
Location:..... CMU Tech

Date:..... September 21, 28, October 5, 12, 19
Day: Mondays
Time: 6:30-8:30 pm

French Practice Workshop (A1-A2)

This course puts practice at the center of learning, giving you countless opportunities to use French actively in class. Strengthen your skills through interactive exercises, quizzes, role-plays, and group activities. Review key grammar—including present, past, and future tenses—and essential pronouns while practicing real communication. Ideal for students who completed a first French session—or A1-level beginners—ready to speak, write, and interact confidently in French.

Instructor:..... Gerard
Cost:..... \$139
Location:..... CMU Tech

Date:..... Oct 22, 29, Nov 5, 12, 19, Dec 3, 10, 17
Day: Thursdays
Time: 5:15-6:15 pm

French Practice Workshop (A2-B1)

This course is perfect for students who have completed A2 and want to improve the speed and accuracy of their French while expanding their vocabulary. You will actively practice through interactive exercises, quizzes, discussions, and role-plays that promote real communication. Focus on mastering past, future, and conditional tenses, more complex pronouns, and sentence structures while expressing opinions, sharing

experiences, and participating confidently in conversations. Ideal for learners ready to speak more fluently, precisely, and naturally in French.

Instructor:.....Gerard
Cost:..... \$139
Location:..... CMU Tech

Date:..October 22, 29, November 5, 12, 19, December 3, 10, 17
Day: Thursdays
Time: 6:30-7:30 pm



Beginning Guitar 1

Perfect for beginners or those who've struggled to learn guitar, this class focuses on rhythm, simple songs, and foundational techniques. You'll learn tuning, basic chords, picking, hand coordination, and how to practice effectively. The course also covers playing with others and developing good listening skills. Bring a guitar, capo, tuner, and a 3-ring binder to class.

Instructor:.....Thornhill
Cost:..... \$129
Location:..... CMU Tech

Date:..... September 23, 30, October 7, 14, 21, 28
Day: Wednesdays
Time: 6:30-8 pm

Beginning Guitar 2

Continue building your guitar skills in this Level 2 course. Review Level 1 fundamentals while learning new chords, strumming patterns, and open and movable scale forms. Add new songs based on class ability and begin sight-reading standard notation through simple melodies. Apply your skills by performing songs, duets, and rhythm accompaniment together. Students should have access to a guitar for class and practice, plus a 3-ring binder, capo, and electronic tuner. A music stand is optional.

Instructor:.....Thornhill
Cost:..... \$129
Location:..... CMU Tech

Date:.....November 4, 11, 18, December 2, 9, 16
Day: Wednesdays
Time: 6:30-8 pm

Rhythm Guitar

Ready to improve your rhythm guitar skills? Learn the fundamentals of counting, note duration, feeling the beat, strumming, pick control, palm muting, and smoother chord transitions. Use popular songs to practice these essential techniques and build confidence as a rhythm player. Designed

for beginners, but also helpful for intermediate players who struggle with timing or strumming. Students should have access to a guitar for class and practice, plus a 3-ring binder, capo, and electronic tuner. A music stand is optional.

Instructor:.....Thornhill
Cost:..... \$129
Location:..... CMU Tech

Date:..... November 2, 9, 16, 30, December 7, 14
Day: Mondays
Time: 6:30-8 pm

Beginning Keyboard

Learning the keyboard is a great foundation for learning other instruments in the future. This class will cover scales, chords, melody lines and baselines. Students will learn song accompaniment and how to improvise over well-known songs, so you'll be able to play songs you know and love! Please bring your keyboard to class.

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:.....Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9
Day: Mondays
Time: 6:30-7:30 pm

Ukulele Club Style

Come learn to play different songs in various styles and sing along while playing. The first half of the class will be going over the lesson for that day, and the last part of the class will be reviewing the lesson and playing songs. This class is for anyone who wants to learn to play the Ukulele no experience needed. Please bring your ukulele to class.

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:..... Sep 23, 30, Oct 7, 14, 21, 28, Nov 4, 11
Day: Wednesdays
Time: 6:30-7:30 pm

Beginning Violin

This course is for those who are new to playing the violin, and for those who used to play and want to brush up on their basic technique. We will cover the important basics of playing the violin, including bow grip and movement, left hand fingering, and basic music reading. Learning these basic techniques will allow you to play many different styles of music! Begin your journey to the lifelong enjoyment of violin playing!

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:.....Sept 24, Oct 1, 8, 15, 22, 29, Nov 5, 12
Day: Thursdays
Time: 6:30-7:30 pm

Beginning Mandolin

Start your musical journey with this beginner-friendly mandolin class! Learn the basics of holding, tuning, and

playing simple melodies and chords. No prior experience is needed, just bring your mandolin and enthusiasm. By the end, you'll be ready to play your favorite tunes and continue building your skills.

Instructor:..... Nohe
Cost:..... \$129
Location:..... CMU Tech

Date:..... Sept 22, 29, Oct 6, 13, 20, 27, Nov 3, 10
Day: Tuesdays
Time: 6:30-7:30 pm

Intermediate Violin

A continuation of Beginning Violin. Expand your knowledge of melodies, scales, and reading various styles.

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:..... Oct 22, 29, Nov 5, 12, 19, Dec 3, 10, 17
Day: Thursdays
Time: 7:30-8:30 pm

Beginning Banjo

Learn country, folk, and blue grass songs. No experience needed. Bring your own Banjo!

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:.. October 21, 28, November 4, 11, 18, December 2, 9, 16
Day: Wednesdays
Time: 7:30-8:30 pm

Rock and Blues Band Club

This class will develop a body of songs to perform and to use as a background for improvising solos. Perfect for people who have played Guitar, Keyboard, Bass, Saxophone, Trumpet, or Trombone.

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:..October 19, 26, November 2, 9, 16, 30, December 7, 14
Day: Mondays
Time: 7:30-8:30 pm

String Band Club

Perfect for people who have played any string instrument. The band will play many styles; country, blue grass, and more!

Instructor:..... Nohe
Cost:..... \$99
Location:..... CMU Tech

Date:.. October 20, 27, November 3, 10, 17, December 1, 8, 15
Day: Tuesdays
Time: 7:30-8:30 pm



Beginning Fly Fishing

This beginner-friendly course introduces the essentials of fly-fishing, including gear selection, types of flies, knots, and basic casting techniques. Whether you're drawn to the sport's mystique or just want to catch fish, you'll gain the confidence to get started. Equipment is not required for the first class, but bring a rod and reel if you have them, loaner gear is available. Learn what to buy, why, and how to use it effectively.

Instructor:..... Barto
Cost:..... \$139
Location:..... CMU Tech

Option 1:..... October 6, 8, 10
Day: Tuesday, Thursday, Saturday
Time: 6-9 pm, October 10 (9 am-12 pm)

Option 2:..... November 10, 12, 14
Day: Tuesday, Thursday, Saturday
Time: 6-9 pm, November 14 (10 am-1 pm)

Intermediate Fly Fishing

This intermediate fly-fishing class builds on beginner skills, focusing on reading water, fish behavior, and insect life cycles. You'll learn advanced casting techniques through both classroom instruction and hands-on practice. Bring your fly rod, reel, line, and leader if you have them, loaner gear is available. Ideal for those ready to take their fly-fishing to the next level.

Instructor:..... Barto
Cost:..... \$139
Location:..... CMU Tech

Date:..... November 17, 19, 21
Day: Tuesday, Thursday, Saturday
Time: 6-9 pm, November 21 (10 am-1 pm)

Wilderness Navigation Using GPS

Learn how to effectively use a GPS receiver for accurate navigation, even in low-visibility conditions. This course covers the strengths and limitations of GPS devices, as well as how to recognize and compensate for errors. You'll also review essential map and compass skills, which remain crucial for reliable navigation. The class concludes with a hands-on field exercise.

Instructor:..... Barto
Cost:..... \$119
Location:..... CMU Tech

Date:..... December 1, 3, 5
Day: Tuesday, Thursday, Saturday
Time: 6-9 pm, December 5 (10 am-1 pm)

Wilderness Navigation Using Map and Compass

Learn to confidently navigate the backcountry using just a map and compass—no batteries required. This course covers key skills like using the UTM grid system, setting bearings, reading maps, and triangulating your position. It's ideal for hikers, hunters, and adventurers who want to explore beyond the trail. The class ends with a practical field exercise to test your skills.

Instructor:..... Barto
Cost:..... \$119
Location:..... CMU Tech

Date:..... September 29, October 1, 3
Day: Tuesday, Thursday, Saturday
Time: 6-9 pm, October 3 (9 am-12 pm)



Bunnies for Fun and Profit

Learn how to turn your passion for rabbits into a rewarding hobby or small business. This comprehensive course covers everything from daily care, breeding, and training to showing rabbits and managing them as pets. You'll explore practical topics such as facility setup, manure use, and responsible meat production, along with in-depth instruction in sales strategies, marketing, and business planning. Whether you're new to rabbits or ready to expand your operation, this course offers the tools and knowledge to succeed. ...students should be advised, there will be bunnies!

Instructor:..... Combs
Cost:..... \$49
Location:..... CMU Tech

Date:..... October 31
Day: Saturday
Time: 9-11 am

Retirement Planning Today

Retirement Planning Today is a two-part curriculum covering the many aspects of financial planning in today's investing landscape. The course is designed to teach you how to build wealth and align your money with your values to accomplish your goals. Whether you plan to retire in 20 years, or you just recently retired, the information you learn can deliver rewards throughout your lifetime. Included with the class is a one-on-one workshop session with the instructor to address participant's current financial well-being, goals and situation

Instructor:..... Maher
Cost:..... \$69
Location:..... CMU Tech

Option 1:..... September 29, October 1
Day: Tuesday, Thursday
Time: 6-8:30 pm

Option 2:..... October 27, 29
Day: Tuesday, Thursday
Time: 6-8:30 pm

Option 3:..... November 10, 12
Day: Tuesday, Thursday
Time: 6-8:30 pm

Option 4:..... December 1, 3
Day: Tuesday, Thursday
Time: 6-8:30 pm

The \$100

Think homesteading requires 40 acres, a tractor, and dozens of chickens? Think again! Starting with \$100 or less, discover practical ways to grow, preserve, repair, reuse, and produce more of what your household needs, whether you live in an apartment, suburban home, or on a few acres. Explore urban farming, composting, water and energy savings, household production, and turning waste into resources. Learn what truly saves money, what doesn't, and how small investments can build a more productive, resilient, and affordable home.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... October 3
Day: Saturday
Time: 9-11 am

Option 2:..... October 18
Day: Sunday
Time: 3-5 pm

Trash or Treasure? How to Know What Something's Worth

What is something really worth? From jewelry and attic finds to collectibles, precious metals, cars, businesses, and stocks, learn how to estimate value and understand why buyers determine what something is ultimately worth. Explore scarcity, supply and demand, depreciation, comparable sales, market value, negotiation, and common valuation pitfalls. Discover how online marketplaces and other tools can help you become a valuation detective. Bring one curious object from home and put your new skills to the test. Is it trash or treasure? Come find out!

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... October 11
Day: Sunday
Time: 3-5 pm

Option 2:..... October 31
Day: Saturday
Time: 9-11 am

Beginning Stock Market Investing for Fun and Profit



Understanding how the stock market works is important, whether you have a retirement account with your employer, or want to invest for a living. Using basic skills like addition and subtraction, the principles of economics are learned through guided practice in common trading and investing methods. Students learn to then apply these basic math skills to undertake sophisticated economic analysis and gain the ability to estimate current values of a stock and anticipate its future value too. Includes a workshop for the student to plan their portfolio.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1: October 17

Day: Saturday
Time: 1-3 pm

Option 2: November 7

Day: Saturday
Time: 9-11 am

Advanced Stock Trading for Work and Profit



Looking for a side hustle or full-time opportunity? Learn the fundamentals of trading using basic arithmetic and Google Sheets to estimate prices and make informed decisions. Explore economic principles, self-employment tax considerations, startup funding, and the appropriate uses and limitations of AI in trading and investing. Students will also discover creative strategies and practical tools to develop their trading skills and make their first, and future trades with greater confidence.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1: October 24

Day: Saturday
Time: 1-3 pm

Option 2: November 14

Day: Saturday
Time: 9-11 am

Gold, Oil and Chocolate: Making Money in Modern Commodity Markets



NEW

Explore the fascinating world of precious metals, currencies, and commodities. Learn how gold, silver, platinum, palladium, copper, and other commodities are traded and invested in. Discover practical concepts for managing risk, evaluating opportunities, and understanding taxes and account options. From metals and oil to cocoa and soybeans, this class offers an accessible introduction to commodity and currency markets and the factors that influence their value. Leave with a better understanding of these markets and strategies to approach them responsibly.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1: October 31

Day: Saturday
Time: 1-3 pm

Option 2: November 29

Day: Sunday
Time: 3-5 pm

How to Retire With No Savings



If you think you are financially unprepared for retirement, this class will help you understand the many financial products available to help with that... and some of the less conventional (and highly creative) ways your fellow Americans are addressing the same crisis. Whether you are set to retire next year or in 20 years, it is never too late to make a financial plan!

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1: November 21

Day: Saturday
Time: 4-5:30 pm

Option 2: December 13

Day: Sunday
Time: 3-5 pm

Accounting with QuickBooks Online Suite



This comprehensive course will teach you the basics of accounting with QuickBooks Online, the most widely used accounting software for small business owners. You'll master the basics double-entry bookkeeping and get hands-on experience handling accounts receivable, accounts payable, sales taxes and other common financial activities. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$595
Location:..... Online

Date:..... Starts Monthly
Time: Self-paced or Instructor led

Accounting Fundamentals



In this comprehensive course, you will learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You will get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$159
Location:..... Online
Date:..... Starts Monthly
Time: Self-paced or Instructor led

A to Z Grant Writing



This course provides students with the hands-on experience and knowledge they need to successfully begin the planning process for projects in need of grant funding. An approach to grant seeking begins with thinking about why the funding is needed and involving the grant applicant's stakeholders in the planning process. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$199
Location:..... Online

Date:..... Starts Monthly
Time: Self-paced or Instructor led

Accounting Fundamentals Series



Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, the courses in this bundle will give you a solid foundation in financial matters. If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$289
Location:..... Online

Date:..... Starts Monthly
Time: Self-paced or Instructor led

Introduction to QuickBooks Online



This QuickBooks course will teach you how to manage your business finances with QuickBooks Online. This powerful accounting software has helped millions of small business owners oversee their finances. Now that the cloud-based version is outpacing the desktop version, there's no better time to refresh your QuickBooks knowledge. You will learn to use key features of QuickBooks Online and gain hands-on experience creating invoices, receipts, and statements; track payables, inventory, and receivables; generating reports; and more. Whether you're new to QuickBooks or need a quick refresher, this course will empower you to take control of your business's financial accounting, all with the ease and convenience of an online platform. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$199
Location:..... Online
Date:..... Starts Monthly
Time: Self-paced or Instructor led



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QuickBooks Online Series

QuickBooks continues to be the dominant accounting software used by small and medium-sized businesses. Today more than ever, the cloud-based QuickBooks Online is quickly replacing desktop accounting software versions due to its accessibility and flexibility. This course series will teach you how to manage your business financials using QuickBooks Online. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$299
Location:.....Online

Date:..... Starts Monthly
Time:Self-paced or Instructor led



Become a Mobile Notary

Turn your attention to a flexible and in-demand profession. This course walks you through the steps to become a commissioned notary public and build a mobile notary business. Learn about state requirements, application procedures, notarial duties, recordkeeping, and legal responsibilities. You'll also gain practical insight into marketing your services, working with signing agencies, setting fees, and managing travel and appointments. Ideal for those seeking part-time income or a full-time independent business.

Instructor:.....Combs
Cost:.....\$49
Location:.....CMU Tech
Date:.....October 3
Day:Saturday
Time:9-11 am

Writing Fiction for Publication #101



Writing Fiction for publication is NOT a class on how to write. This class is for individuals who would like to have their writing published, either traditionally or self-published. You'll learn terminology, the parts all fiction should include, do's and don'ts, where to find other resources to make the process easier and faster, and much more to help you end up with a viable finished product.

Instructor:.....Benson
Cost:.....\$79
Location:.....CMU Tech

Option 1:.....October 20, 21, 22
Day:Tuesday, Wednesday, Thursday
Time:6:30-8:30 pm

Option 2:.....October 27, 28, 29
Day:Tuesday, Wednesday, Thursday
Time:6:30-8:30 pm

Writing Fiction for Publication #201



This class is NOT about how to write. It's geared to individuals who would like to have their writing published, either traditionally or self-published. You'll learn if your manuscript is really finished, as well as be introduced to the wide range of additional work to be done to get your book in front of readers, and who and what you need to know to speed the process up without compromising your work.

Instructor:.....Benson
Cost:.....\$79
Location:.....CMU Tech

Option 1:.....November 3, 4, 5
Day:Tuesday, Wednesday, Thursday
Time:6:30-8:30 pm

Option 2:.....November 10, 11, 12
Day:Tuesday, Wednesday, Thursday
Time:6:30-8:30 pm

Introduction to Manuscript Publishing



Have you finished your manuscript? What's next? Come learn about the options to share your manuscript far and wide. We will discuss traditional publishing, self-publishing, and everything in between. Also on the docket to discuss: MFA programs: Worth or not? Agents: How do you get one? Scams: How do you avoid them? Contracts: How do you read them? Self-Marketing: Do you have to? (The answer to that last one is almost always yes). Bring your questions!

Instructor:.....Pring
Cost:.....\$49
Location:.....CMU Tech

Option 1:.....October 7
Day:Wednesday
Time:6:30-8:30 pm

Option 2:.....November 4
Day:Wednesday
Time:6:30-8:30 pm

Option 3:.....December 2
Day:Wednesday
Time:6:30-8:30 pm



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TECH
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Why is Everything so Expensive? Understanding the Economy



Why is everything so expensive? Step outside partisan politics and explore how the economy really works. Discover the forces behind inflation, housing, healthcare, groceries, insurance, wages, globalization, supply chains, tariffs, interest rates, unemployment, GDP, and the dollar. Learn what terms like recessions, deficits, productivity, monopolies, and demographics actually mean, and how they affect everyday life. Most importantly, gain practical tools for understanding economic news, recognizing changing conditions, and better preparing yourself, your household, or your business for what comes next.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... October 4
Day: Sunday
Time: 3-5 pm

Option 2:..... December 5
Day: Saturday
Time: 4-5:30 pm

Scenic Trash and Feral Cats of the Holy Lands



Explore the history, culture, tourism, and economics of the world's holiest places through two things the guidebooks rarely mention: trash and feral cats. From Israel to sacred places on every continent - and even holy lands closer to Grand Junction - we'll discover where city politics, waste management, environmentalism, unabashed capitalism, religious fervor, chewing gum, pest control, and astounding scenery collide. Along the way, undertake that most universal of pilgrims' journeys: the desperate search for a public bathroom. Perhaps there, at last, you may discover the deepest truths about the nature of your own humanity.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... December 12
Day: Saturday
Time: 1-3 pm

Excel and Google Sheets - for Fun, Profit, and World Domination



Discover the immense satisfaction of a great spreadsheet! Learn practical Microsoft Excel and Google Sheets skills for personal, household, and professional use. Perfect for small business owners, stock traders, inventory managers, bookkeepers, or anyone looking to make better use of their data and money. Skip complicated formulas, flashy graphs, and unnecessary formatting. Instead, learn useful spreadsheet techniques you can apply right away. Whether you're managing a business, household budget, or daily tasks, these skills can make life easier, and maybe even save the world!

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... October 10
Day: Saturday
Time: 1-2:30 pm

Option 2:..... December 5
Day: Saturday
Time: 9-10:30 am

Human Stupidity: Scientific Detection, Measurement, Prediction and Prevention



Students will learn the history of Human Stupidity, and using only basic arithmetic how to manage and prevent the almost incredible potential for damage stupid people present to their professional and personal lives. Students will be provided a stupidity measurement tool, and instructed in its use at work and home for detection and management. Students must bring their own sense of optimism to class, as it will not be provided.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... November 14
Day: Saturday
Time: 1-3 pm

Navigating Healthcare Without Insurance



Explore the financial, legal, and ethical reasons some families choose alternatives to traditional health insurance. Examine Colorado's healthcare system and compare it with systems across the U.S. and internationally. Learn about options including self-insurance, medical tourism, cooperative and mutual plans, indemnity plans, Christian health plans, small-business exemptions, payment plans, concierge care, membership clinics, Medicaid, and bankruptcy. The course also covers disability policies, annuities, and other financial tools that may help families navigate healthcare costs.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... September 27
Day: Sunday
Time: 3:30-5 pm

Option 2:..... October 3
Day: Saturday
Time: 3:30-5 pm

Is Screen Time is Actually Good for Kids - Getting the Full Picture



What if the danger isn't screen time, but the lack of it? Explore current research on children's use of phones, tablets, and television, and examine how electronic devices can support parenting, education, enrichment, and development. This timely course looks beyond popular narratives to consider the evidence, recommendations, and economic forces shaping the screen-time debate. Leave with practical, fact-based tools for making informed decisions about technology and children.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... September 26
Day: Saturday
Time: 12:30-2 pm

How to Self-Publish a Book, E-Book or Audiobook



In this workshop, students gain the practical skills and training to self-publish books, e-books and audiobooks. Books, especially in the digital age, remain a powerful means of communication and dialogue, and learning how to fully utilize them for business, science, artistic effect, and cultural expression is important!

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... October 17
Day: Saturday
Time: 4-5:30 pm

Using Black History to Teach Math and Science



Explore engaging ways to connect Black History and African American Studies with math, science, literature, biographies, movies, and games. Designed for parents and educators, this course uses practical, real-world activities to spark curiosity and encourage lifelong learning. Students develop stronger mathematical and scientific understanding while exploring fairness, justice, and the world around them. Leave with interdisciplinary tools and activities that inspire children to ask questions, think critically, and connect learning to everyday life.

Instructor:..... Brachfeld
Cost:..... \$49
Location:..... CMU Tech

Date:..... September 26
Day: Saturday
Time: 3-4:30 pm

Discover Voice-Over: Learn how to make money using your voice!



Learn from an experienced and professional voice-over artist, and discover how to use you voice as a way to make a profit!

Instructor:..... Reiss
Cost:..... \$49
Location:..... CMU Tech

Option 1:..... October 27
Day: Tuesday
Time: 5:30-7:30 pm

Option 2:..... December 5
Day: Tuesday
Time: 11 am-1 pm

A Journal Toolbox



Learn over ten journaling techniques that promote personal growth, life management, and creative expression. We'll explore the benefits of journaling and ways to keep journaling fun, interesting, and meaningful. Bring a journal or notebook and a pen or pencil. This class is for all levels or journalists.

Instructor:.....Ferriole
Cost:.....\$119
Location:.....CMU Tech

Date:.....October 20, 27, November 3, 10, 17
Day:Tuesdays
Time:5:30-7:30 pm

Introduction to Microsoft Excel 2019



Excel, Microsoft's powerful spreadsheet software, is the most widely used program to handle this task. Most workplaces require that new employees have a basic level of understanding of Microsoft Excel. You will learn numerous shortcuts to quickly and efficiently set up worksheets. You will also learn how to use the function wizard to calculate statistics, future values, and more. In addition, you will get tips on sorting and analyzing data, creating three-dimensional workbooks, and automating frequently repeated tasks with macros and buttons. By the time you're done, you will know how to use this vital Office tool. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$179
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Advanced Microsoft Excel 2019



In this practical and information-packed Microsoft Excel training, you'll see how to truly maximize this program's functions and capabilities. With exercises, quizzes, and all the latest information, the best online Excel training is right here in this course. The lessons will simplify some of those tricky Excel concepts that might seem hard to grasp, so you can discover how Excel table tools take the complexity out of spreadsheet creation and management. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$169
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Microsoft Excel 2019 Series



This series combines three Microsoft Excel courses, to give you a thorough understanding of how to use their software to supplement your career. Series includes Introduction to Microsoft Excel, Intermediate Microsoft Excel, Advanced Microsoft Excel. In this program you will gain knowledge needed to be an expert in Microsoft's latest version of Excel. Each course within the Excel Series will build upon the last, giving you expert knowledge in navigating and using the software. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$499
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Introduction to Microsoft Publisher



The online Introduction to Microsoft Publisher course teaches you how to use Microsoft Publisher through a series of engaging and useful projects. With each project, you not only learn about a new publication type, but you also build a set of core application skills that will carry through to your own future projects, no matter what type of publication you need. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$179
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Introduction to Microsoft Project 2019



Learn to effectively plan, implement, and control projects using Microsoft Project 2019/Office 365. This course will help you master the basics to create and share a project schedule, track costs and resources, produce reports, and resolve problems to keep your projects on track. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$179
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Introduction to Criminal Law (Self-Guided)



You will examine all major areas of crime: from theft to murder, conspiracy to sexual assault. The trial of a criminal case will be dissected and explained for you. You'll also explore the various types of criminal defenses, sentencing, and appeals procedures. A variety of exercises based on the lessons will give you a hands-on experience. Each lesson will also feature a view from the Inside, which includes compelling information about the criminal justice system in the words of actual people who experience it every day. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$149
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Advanced Microsoft Excel 2016



Wouldn't it be great to learn how to effectively use all the advanced Excel features? In this practical and information-packed Microsoft Excel training, you'll see how to truly maximize this program's functions and capabilities. After all, most organizations rely heavily on Excel to consolidate, analyze, and report data and want their employees to be proficient in this important program. This Excel training class gives you the skills you need to impress your current or

future employer—and its online format means you can take this class from anywhere, at any time. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$169
Location:.....Online
Date:.....Starts Monthly
Time:Self-paced or Instructor led

Keyboarding



Become faster and more confident at the keyboard. This course will help you learn how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$149
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

The Creative Classroom



Learn how to use creativity as a powerful engagement tool in the classroom, regardless of what subject you teach. This course provides new approaches to field trips, learning labs, exercises, and evaluation methods that will challenge and motivate your students to become creative thinkers. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$149
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced or Instructor led

Supervision and Management Series



Become a more effective manager, whether you are new to the role or a seasoned veteran, by mastering the language of management. Gain the skills necessary to delegate responsibility, solve problems, resolve conflicts, and motivate employees. You will also learn how to understand various personality traits in others and in yourself and how they can help you accomplish your goals at work. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$299
Location:.....Online

Date:.....Starts Monthly
Time:Self-paced

Mastering Public Speaking



You can become an effective public speaker! In this course, you will discover how to talk confidently and persuasively to both large audiences and small groups. You will also learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$159
Location:.....Online

Date:..... Starts Monthly
Time:Self-paced or Instructor led

Human Anatomy and Physiology

If the idea of human anatomy and physiology seems scary, don't worry. This course will alleviate any fears you may have by covering these topics in an approachable and relatable format. This course will enable you to feel more confident about how all the intricate functions and systems of the human body work together and connect what you learn about anatomy and physiology to what you already know about your own body. Consider this your user guide to the human body. Some may say you can't live without it! Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$169
Location:..... Online

Date:..... Starts Monthly
Time:Self-paced or Instructor led

Human Anatomy and Physiology II

In this course, you will cover topics that weren't covered in Human Anatomy and Physiology I. You will start with basic histology, which is the study of the different tissues in the body. From there, you will move on to a discussion of the different senses. You will also delve into the important topic of cellular metabolism (the chemical reactions that occur in cells), and you will learn the roles water, acids, bases, and salts play in keeping you alive. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$169
Location:..... Online

Date:..... Starts Monthly
Time:Self-paced or Instructor led

Introduction to Natural Health and Healing

Using a variety of methods like diet, hydrotherapy, positive attitude, relaxation, yoga, chiropractic, natural remedies and more, you'll explore way to achieve total health in mind, body, and spirit. By the end of this course, you'll have begun taking charge of your own health and healing! Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:..... \$149
Location:..... Online

Date:..... Starts Monthly
Time:Self-paced or Instructor led

Handling Medical Emergencies

If a member of your family suffered a medical emergency, you could certainly call for trained emergency medical responders, but what would you do while you're waiting for them to arrive? Every second counts during a medical emergency. Recognizing the early signs and symptoms of common medical conditions and providing appropriate treatment can mean a better outcome for the patient and can greatly reduce the seriousness of the illness, which means a shorter hospital stay and lower medical costs. It's

also very satisfying to know how to help someone in a time of need. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$179
Location:..... Online
Date:..... Starts Monthly
Time:Self-paced or Instructor led



Basic Digital Photography

This class is designed for anyone interested in exploring the art of digital photography, regardless of experience level or equipment. Through a mix of guidance, inspiration, and hands-on practice, participants will gain a better understanding of how to capture meaningful and visually engaging images. Whether you're just starting out or looking to refresh your skills, this course provides a creative space to grow your confidence behind the camera and develop your unique photographic perspective.

Instructor:.....Davenport
Cost:..... \$89
Location:..... CMU Tech

Date:..... September 22, 24
Day: Tuesday, Thursday
Time: 6:30-8:30 pm

Beyond the Basics in Digital Photography

This class is designed for those who are familiar with the fundamentals of digital photography and are ready to take their skills to the next level. Through guided exploration and creative challenges, participants will deepen their understanding of photographic techniques while expanding their personal style and vision. The course encourages experimentation, thoughtful image-making, and greater control over the camera as a tool for storytelling. Whether you're looking to refine your approach or push your creativity further, this class offers the space and support to grow as a photographer.

Instructor:.....Davenport
Cost:..... \$89
Location:..... CMU Tech

Date:..... September 28, 30, October 2
Day: Monday, Wednesday, Friday
Time: 6:30-8:30 pm

Lightroom Basics

Lightroom (LR) software is the premier editing software for photographers. It is extremely powerful but can be daunting to those who haven't worked with it. This class will give a basic

overview of the software, details of the filing system and the modules available in the software. There will be hands on work where students can learn and practice editing sample images, with guided instruction. Participants will also be able to practice on their own digital images with the help and input of the instructor. Students should bring their laptop with Lightroom Classic version of the program loaded.

Instructor:.....Davenport
Cost:..... \$109
Location:..... CMU Tech

Date:.....October 19, 20, 21, 22
Day: Monday, Tuesday, Wednesday, Thursday
Time: 6:30-8:30 pm

Telling Stories Through Photographs

They say a picture is worth 1,000 words, however, a picture has to have something to say. In this class the instructor will help guide students to make photographs that tell a story using emotion, lighting, composition, and action. Students will be given assignments and the results will be critiqued in class by fellow students and the instructor. Students should have a working knowledge of their equipment and camera settings.

Instructor:.....Davenport
Cost:..... \$109
Location:..... CMU Tech

Date:.....December 14, 16, 18
Day: Monday, Wednesday, Friday
Time: 6:30-8:30 pm

Outdoor Photography

Learn to capture stunning landscapes, wildlife, and outdoor portraits using natural light, camera settings, focal length, and angles. First class is on campus; remaining sessions are hands-on in the field. Bring a camera, lens, SD cards, batteries, tripod, walking shoes, and reliable transportation to practice professional-level photography techniques.

Instructor:.....Schuman
Cost:..... \$149
Location:..... CMU Tech

Option 1: September 28, 30, October 2, 3
Day: Monday, Wednesday, Friday, Saturday
Time: 6-9 pm

Option 2: October 5, 7, 9, 10
Day: Monday, Wednesday, Friday, Saturday
Time: 6-9 pm

Option 3: October 19, 21, 23, 24
Day: Monday, Wednesday, Friday, Saturday
Time: 6-9 pm

Photography Suite

You'll explore a broad overview of the basics of digital photography, including equipment, software, and practical uses. We'll discuss different types of digital cameras, from phones and tablets to digital SLRs, all of which offer a wide array of photographic options. We'll also help you decide what type of equipment fits your needs and provide you

with hands-on exercises that let you explore the areas that interest you. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$399
Location:.....Online

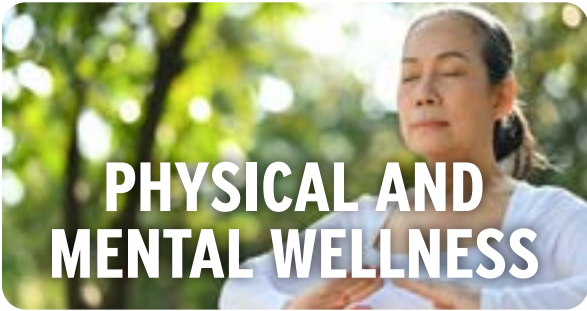
Date:..... Starts Monthly
Time:Self-paced or Instructor led

Discover Digital Photography

Gain the skills you need to take great photos with your digital camera and never miss a memorable moment again. This course is an informative introduction to digital photography, from DSLRs to smart phone cameras. Register through the ONLINE LEARNING CENTER at coloradomesa.edu/cec

Cost:.....\$149
Location:.....Online

Date:..... Starts Monthly
Time:Self-paced or Instructor led



Tai Chi Chuan - 24 Yang Style Simplified Form

Learn the popular 24-Posture Simplified Yang Form of Tai Chi Chuan, ideal for all ages and fitness levels. This gentle practice promotes flexibility, balance, and mental focus through slow, flowing movements. The class introduces key elements of Tai Chi while incorporating traditional aspects of longer forms. It's a great way to improve overall well-being and reduce stress.

Instructor:..... Barnes
Cost:.....\$139
Location:.....CMU Tech

Option 1: September 22, 24, 29, October 1, 6, 8, 13, 15
Day:Tuesdays and Thursdays
Time:7-9 pm

Option 2: October 27, 29, November 3, 5, 10, 12, 17, 19
Day:Tuesdays and Thursdays
Time:7-9 pm

Introduction to Astrology

Explore the fundamentals of astrology with no prior experience required. Learn the building blocks of a natal chart, including zodiac signs, planets, houses, and major aspects, and discover how they work together. Practice basic chart interpretation using real-life examples and, time permitting, examine your own natal chart. This course presents astrology as a symbolic tool for self-awareness, personal insight, and understanding life cycles. Bring your birth date, birthplace, and, if possible, an accurate birth time.

Instructor:..... Zimmerman

Cost:.....\$109
Location:.....CMU Tech

Date:.....September 26, October 3, 10, 17, 24, 31
Day:Saturdays
Time:1-2:30 pm

Eleven Keys to Happiness

Learn eleven keys to happiness, satisfaction with life, and having great relationships with family members and friends. These keys will also increase your chances of being successful in whatever you choose to do. They will free you to behave in healthier ways and enhance your health and longevity. Abraham Lincoln said, "Most people are about as happy as they make up their minds to be". Learn how to do that.

Instructor:..... Mathis
Cost:.....\$49
Location:.....CMU Tech

Option 1: September 24, October 1, 8
Day:Thursdays
Time:7-8 pm

Option 2: September 26, October 3, 10
Day:Saturdays
Time:7-8 pm

Option 3: November 5, 12, 19
Day:Thursdays
Time:7-8 pm

Option 4: November 7, 14, 21
Day:Saturdays
Time:7-8 pm

COLORADO BROKER REAL ESTATE LICENSE CLASSES

Colorado requires a 168-Hour Broker Pre-Licensing Course to get your real estate license:

Updated interactive content available anywhere, anytime!

This partner program is fully online and approved and regulated by the Colorado Department of Higher Education, Private Occupational School Board. Stay engaged and retain the information more effectively with an online educational experience that lets you learn when—and where—it is convenient for you.

Complete your course in as little as five weeks!

Treated like a 40-hour work week, your education can be completed quickly so you can move on with your new real estate career.

96% student satisfaction rate!

Students overwhelmingly love their courses in this program thanks to the high-quality features, support and intuitive interface.

Obtain your real estate license and continuing education requirements through us for Colorado and most other states in the country.

ONLY \$495

START THE PROGRAM WHEN YOU ARE READY.

Already have your Real Estate License? Get all of your Continuing Education hours online through us for your license renewal!



coloradomesa.edu/cec
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cec@coloradomesa.edu

Food As Medicine: Healing Starts in the Gut- A Practical Guide to Gut Health and Nutrition

NEW

Discover how the health of your gut may influence your immune system, digestion, hormones, mood, behavior, and overall well-being. This seven-week course introduces the principles of the GAPS Nutritional Protocol and teaches practical strategies for replacing ultra-processed foods with nutrient-dense whole foods, fermented foods, kefir, and traditional meat stock. Ideal for individuals, parents, caregivers, and anyone seeking to better understand the connection between nutrition, gut health, and lifelong wellness through evidence-informed education and hands-on demonstrations.

Instructor:..... Summers
Cost:..... \$89
Location:..... CMU Tech

Date: ...September 24, October 1, 8, 15, 22, 29, November 5
Day: Thursdays
Time: 6-8 pm

Mother/Daughter: Your Body+Cycle

The Mother Daughter, Your Body+Cycle course will help moms guide their daughters in understanding their bodies and cycles. This program is a guide to understanding the female cycle, with a focus on cycle awareness, health and wellness, and provides an introduction to charting. It helps girls build confidence in understanding how their body works in a positive, respectful and faith-informed way. Moms bring your Daughters to this fun, educational program!

Instructor:..... Jones
Cost:..... \$99
Materials Cost:.. \$15 payable to instructor on first day of class
Location:..... CMU Tech

Date:.....October 29, November 5, 12, 19
Day:Tuesdays
Time: 6-7:30 pm

PeakDay Young Adults

The PeakDay Young Adult program is for young women to learn how to track their fertility cycle for a better understanding of their bodies and to support their health. You will learn how to chart fertility biomarkers with the PeakDay App and a paper chart. You will also learn how hormones influence your cycle, how to manage common cycle problems and the relationship between nutrition, contraception and overall fertility health.

Instructor:..... Jones
Cost:..... \$119
Materials Cost:.. \$25 payable to instructor on first day of class
Location:..... CMU Tech

Option 1:.....September 22, 29, October 6, 13
Day:Tuesdays
Time: 6-7:30 pm

Option 2:.....September 24, October 1, 8, 15
Day: Thursdays
Time: 6-7:30 pm



Introduction to Acting

Ever wondered what it takes to be an actor? Discover the fundamentals of stage acting in a fun, supportive course for beginners, community theater performers, and those returning to the craft. Build confidence through theater games, scene work, monologues, and individualized coaching. Led by a professional performer with 25+ years of Broadway, Off-Broadway, and regional experience, this class develops authenticity, communication, creativity, presence, and collaboration skills that extend beyond the stage. Must be 18 or older.

Instructor:..... Rehfuess
Cost:..... \$129
Location:..... CMU Tech

Date:.....November 4, 11, 18, December 2, 9, 16
Day: Wednesdays
Time: 6-9 pm

Acting: Scene Study

NEW

Bring scenes from Broadway plays to life in this six-week acting course. Work on your feet each class with a scene partner while learning to analyze scripts, develop characters and relationships, uncover objectives, and make authentic moment-to-moment choices. Receive weekly coaching from an instructor with 25+ years of Broadway, Off-Broadway, and regional theater experience. Learn how actors develop scenes through experimentation, adjustment, direction, and deeper character work. Build practical skills and confidence you can carry into future scripts and performances.

Instructor:..... Rehfuess
Cost:..... \$129
Materials Cost:.. \$25 payable to instructor on first day of class
Location:..... CMU Tech

Date:.....November 5, 12, 19, December 3, 10, 17
Day: Thursdays
Time: 6-9 pm



Beginning Sewing

Learn the basics of sewing in a friendly, confidence-building class. You'll get comfortable with your sewing machine, complete simple beginner projects, and receive supportive, step-by-step guidance at your own pace. · Machine Basics — Threading, setup, and safe operation · Beginner Projects — Coasters, tote bags, fabric baskets, gift bags, pillow covers · Guided Learning — Encouraging instruction tailored to you Bring your working sewing machine on the first night.

Instructor:.....Crane
Cost:..... \$109
Materials Cost:.. \$30 payable to instructor on first day of class
Location:..... CMU Tech

Date:.....September 22, 29, October 6, 13
Day:Tuesdays
Time: 6-8 pm

Intermediate Sewing

Ready to take your sewing skills further? Designed for students comfortable using a sewing machine, this class builds confidence through practical, beginner-friendly projects. Review machine setup and safety, learn new techniques and tools, and create useful items such as cord keepers, zipper bags, pouches, and pillowcases. Step-by-step guidance lets you work at your own pace with no pressure. Bring your working sewing machine to the first class and get ready to expand your skills and creativity!

Instructor:.....Crane
Cost:..... \$109
Materials Cost:.. \$30 payable to instructor on first day of class
Location:..... CMU Tech

Date:.....October 20, 27, November 3, 10
Day:Tuesdays
Time: 6-8 pm

Introduction to Machine Quilting

Dreaming of making a quilt but not sure where to start? This beginner-friendly class walks you through every step—from arranging fabric and assembling your quilt top to quilting and binding. We'll begin with an easy pattern, cover the supplies you'll need, and get you sewing in no time. Bring your own machine and basic sewing supplies; a materials list will be provided, or a kit can be purchased from the instructor for \$30 on the first night.

Instructor:.....Crane
Cost:..... \$109
Materials Cost:.. \$30 payable to instructor on first day of class
Location:..... CMU Tech

Date:.....November 17, December 1, 8, 15
Day:Tuesdays
Time: 6-8 pm



YOUTH

MIDDLE AND HIGH SCHOOL

STEAM

ENRICHMENT AND

TRADES

EXPLORATION



Looking for something different? CMU Tech Community Education Center offers year-round classes where middle and high school students can explore, learn, and experience things beyond the traditional classroom. With unique, hands-on

opportunities that take advantage of CMU Tech's facilities, equipment, and expertise, students can try something new, build skills, and have fun along the way. Classes are offered after school, on weekends, district days off, and select holidays.



ART, DESIGN, AND DISCOVERY

Lettering for Fun and Profit: Calligraphy, Typography, and Design **NEW**

Why do some words look powerful, elegant, mysterious, or expensive before you even read them? From medieval castles and Japanese scrolls to movie posters, famous monuments, and billion-dollar logos, calligraphy and typography shape the way we see the world. Become a lettering artist as you learn the secrets of calligraphy, typography, and design. Create beautiful artwork and illuminated manuscripts, explore modern digital typography, design your own logos and posters, and discover how artists, businesses, and advertisers use fonts to tell stories, build brands, and influence what people think.

Instructor: Brachfeld
Cost: \$69
Location: CMU Tech
Age Group: Middle and High School

Day: October 9
Time: 8:30 am-12:30 pm

Build a World **NEW**

What if you could create your own world—and actually visit it? Whether you dream of designing a video game, writing an epic fantasy, building a Dungeons and Dragons campaign, or inventing a civilization unlike anything on Earth, this camp will help bring your ideas to life. Working with AI as your creative partner, you'll design maps, invent cultures and languages, create characters and creatures, and develop histories and adventures while learning how writers and game designers build believable worlds. Create an illustrated book, experiment with simple game design, and take-home AI tools to keep building long after class ends.

Instructor: Brachfeld
Cost: \$59
Location: CMU Tech
Age Group: Middle and High School

Day: October 12
Time: 1-5 pm

Map Making and Treasure Hunting **NEW**

Using modern Google Maps and ancient star charts, students follow the trails of pirates, explorers, spies, and treasure hunters while discovering how maps reveal hidden worlds. Learn to read and create maps, use compasses and coordinates, crack secret codes, write with invisible ink, and design your own treasure hunt. Explore local legends and see how modern explorers use digital maps to find hidden "local treasures." Then put your skills to the test by creating clues, hiding treasures, and solving mysteries with fellow adventurers!

Instructor: Brachfeld
Cost: \$59
Location: CMU Tech
Age Group: Middle and High School

Day: November 13
Time: 8:30 am-12:30 pm



MIDDLE AND HIGH SCHOOL



AUTOMOTIVE TECHNOLOGY

Introduction to Automotive Maintenance

Get hands-on with automotive technology! This beginner-friendly class introduces students to how vehicles work, basic maintenance, and everyday troubleshooting. Build practical skills, gain confidence around cars, and learn useful knowledge you can apply to your own vehicle.

Instructor: Vanosdoll
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

Day: November 5, 12, 19; December 3
Time: 5:30-7:30 pm



CAREER READY

Workforce Ready: Career Exploration and Job Skills Bootcamp

Get career-ready! In this hands-on camp, high school students will build practical skills in resume writing, interviewing, job searching, and professional communication. Explore college, skilled trades, entrepreneurship, and other career pathways through fun, interactive challenges while discovering your strengths and building confidence for the future. Students should have their own Amazon and ChatGPT accounts.

Instructor: Brachfeld
Cost: \$49
Location: CMU Tech
Age Group: Middle and High School

Day: October 9
Time: 2:30-5:30 pm



CDL TRAINING

Truckin' 101: Big Rigs and the CDL Experience

NEW

Ever wondered what it's like inside a big rig? Come check out CMU Tech's CDL program for a fun, hands-on afternoon exploring the trucks, trailers, and equipment up close. Meet the instructors, climb inside the cabs, see what happens behind the scenes and under the hood, and get a feel for what learning to drive a commercial vehicle is really like. Whether you're curious about big trucks or wondering if a CDL career could be for you, come take a look, ask questions, and see what CMU Tech has to offer!

Instructor: Kortz
Cost: Free of charge!
Location: CMU Tech
Age Group: Middle and High School

Option 1: October 16
Time: 2-4 pm (Open House)

Option 2: November 13
Time: 2-4 pm (Open House)



CULINARY

The Science of Chocolate

NEW

In this hands-on class, students will investigate the science behind chocolate with Chocolatier Keane Karnan. Experiment with melting, tempering, flavors, textures, and more while discovering the chemistry behind everyone's favorite sweet. Conduct tasty experiments, test different techniques, and create delicious chocolate treats along the way. Come ready to experiment, create, and enjoy some seriously delicious science!

Instructor: Karnan
Cost: \$129
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Day: October 6, 8, 13, 15
Time: 4:30-6:30 pm

Halloween Candy Bars: Spooky, Sweet, and Homemade!

NEW

Give classic candy bars a Halloween makeover with Keane Karnan, Chocolatier! In this fun, hands-on class, students will create their own spooky versions of favorite candy bar treats from scratch. Experiment with chocolate, flavors, fillings, and fun Halloween designs while learning the tricks behind making delicious homemade candy. Create irresistible Halloween treats you'll be proud to show off and even happier to sink your teeth into!

Instructor: Karnan
Cost: \$129
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Day: October 20, 22, 27, 29
Time: 4:30-6:30 pm

From Shelf to Scratch: Common Candy Bars, But BETTER!

NEW

Bring your favorite candy bars to life in the CMU Tech Culinary Lab! Chocolatier Keane Karnan brings his expertise and candy-making skills to this fun, hands-on class, where students will recreate classic candy bar favorites from scratch. Learn the techniques that turn simple ingredients into familiar chocolate, caramel, crunchy, and chewy treats while building your candy-making skills along the way. You might just discover that homemade tastes even better than the original!

Instructor: Karnan
Cost: \$129
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Day: November 3, 5, 10, 12
Time: 4:30-6:30 pm

Candy Bar Inventors: Create Your Own!

NEW

What would your ultimate candy bar look and taste like? In this fun, hands-on class, students will become candy bar creators, experimenting with different flavors, textures, fillings, and toppings to design their own one-of-a-kind treats. Chocolatier Keane Karnan will provide guidance and expert tips as you build your candy bar from the inside out, try creative combinations, and give your creation a name and personality. Your candy bar, your rules, your delicious creation! Who knows? You might just invent the next famous candy bar!

Instructor: Karnan
Cost: \$129
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Day: November 17, 19; December 1, 3
Time: 4:30-6:30 pm

MIDDLE AND HIGH SCHOOL

Merry and Sweet: Holiday Candy Making



Chocolate and the holidays are a perfect match! Chocolatier Keane Karnan is bringing his chocolate-making magic to the CMU Tech Culinary Lab for a festive, hands-on class filled with delicious creations. Students will experiment with flavors, fillings, textures, and creative holiday designs while learning fun candy-making techniques. Make something sweet to share, gift, or keep all to yourself!

Instructor: Karnan
Cost: \$129
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Day: December 8, 10, 17, 19
Time: 4:30-6:30 pm

Day of the Dead: Sugar Skull Creations



Celebrate the Day of the Dead in the CMU Tech Kitchen! Students will learn about the history and traditions of this meaningful Latin American celebration while creating their own traditional sugar skull. Get hands-on as you mold, decorate, and personalize your sugar skull using Royal Icing, colorful designs, and creative details.

Instructor:Becker
Cost:\$59
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Option 1: October 3
Time: 8:30 am-12:30 pm

Option 2: October 17
Time: 8:30 am-12:30 pm

Pumpkin Kitchen Chemistry



Pumpkin Science Lab! Get ready to experiment, create, and get a little messy! Turn a pumpkin into your own science "bowl," carve a face, and bring it to life with slime, bubbling volcanoes, and foaming elephant toothpaste. Explore the science behind the reactions and see what happens when chemistry gets creative! Additional hands-on experiments will be added as time allows.

Instructor:Becker
Cost:\$59
Location: CMU Tech Culinary Lab
Age Group: Middle and High School



Option 1: September 26
Time: 8:30 am-12:30 pm

Option 2: October 10
Time: 8:30 am-12:30 pm

Option 3: October 31
Time: 8:30 am-12:30 pm

The Mad Scientist's Kitchen



Investigate the link between cooking and science in a variety of fun, high interest hands on science experiments in the kitchen. You'll investigate a probing question, do fun experiments and learn the science behind each experiment. Prepare to stretch gummy worms into laminar flow, write with invisible cranberry based ink, extract DNA from strawberries, use color to see density, and many other exciting investigations using the CMU Tech Kitchen as home base for science.

Instructor:Becker
Cost:\$59
Location: CMU Tech Culinary Lab
Age Group: Middle and High School

Day: November 21
Time: 8:30 am-12:30 pm



CREATIVE WRITING

Words Are Your Superpower!



Think grammar is boring? Think again! Your words are powerful, and it's time to unlock your superpowers! Get ready for an eight-week language adventure filled with games, challenges, creative missions, and wordplay. Discover how the eight parts of speech become your superhero tools for creating powerful ideas, telling great stories, and communicating with confidence. Play, create, laugh, and level up your language skills as you take on challenges you won't soon forget! Parents are encouraged to join the adventure, too!

Instructor: Nohe
Cost: \$79
Location: CMU Tech
Age Group: Middle and High School

Day: Sept 29; October 6, 13, 20, 27; November 3, 10, 17
Time: 4:30-5:30 pm



SAFE SITTER® BABYSITTING AND PEDIATRIC CPR CERTIFICATION

Pediatric First Aid and CPR

Participants will learn Basic First Aid/CPR and receive their First Aid/CPR Certification Card. Participants must be 12+ years of age. SPACE IS LIMITED TO 9.

Instructor: Stelljes
Cost:\$69
Location: CMU Tech
Age Group: Middle and High School

Option 1: October 16
Time: 2-6 pm

Option 2: November 13
Time: 2-6 pm

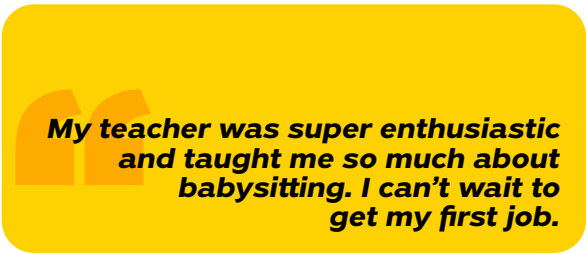
Safe Sitter® Babysitting

Learn to safely and confidently care for children while exploring fun activities, guidance strategies, and babysitting business tips. Participants receive an official Safe Sitter® Babysitting Kit, SafeSitter certificate, and confidence-building skills. Ages 12+. Bring a water bottle and sack lunch. Students are encouraged to also take Pediatric CPR and First Aid for certification. SPACE IS LIMITED TO 10.

Instructor: Stelljes
Cost:\$89
Location: CMU Tech
Age Group: Middle and High School

Option 1: October 23
Time: 2-6 pm

Option 2: December 4
Time: 2-6 pm



MIDDLE AND HIGH SCHOOL



HEALTHCARE PATHWAYS

**Dentistry for a Day:
A Fun, Interactive, Hands-On Adventure!**

Whether you're curious about a career exploration in dentistry or simply want to spend the day learning, exploring, and having fun, this one-of-a-kind experience is for you! Get behind the scenes with the many careers that make up a dental team, from assisting and hygiene to dental technology, administration, dentistry, and oral surgery. Work with real dental instruments, try hands-on techniques, take part in interactive demonstrations, and discover how dental professionals care for patients. Come ready to learn something new, get hands-on, have fun, and take home plenty of swag!

Instructor:	Becker
Cost:	\$19
Age Group:	Middle and High School
Option 1:	October 10
Time:	9 am-1 pm
Location:	Clifton Community Center
Option 2:	October 17
Time:	1-5 pm
Location:	CMU Tech
Option 3:	October 24
Time:	9 am-1 pm
Location:	CMU Tech Montrose
Option 4:	November 7
Time:	1-5 pm
Location:	Clifton Community Center
Option 5:	November 14
Time:	9 am-1 pm
Location:	Delta Recreation Center
Option 6:	December 5
Time:	9 am-1 pm
Location:	CMU Tech



MUSIC STUDIO

Beginning Guitar

Perfect for beginners or anyone who's had a tough time learning guitar, this class focuses on rhythm, easy songs, and the core skills you need to start playing confidently. You'll learn how to tune your guitar, play basic chords, pick patterns, improve hand coordination, and build smart practice habits. We'll also explore how to play with others and develop your listening skills so you can sound great in a group. Students should have access to a guitar for class and practice. A music stand is optional but helpful.

Instructor: Thornhill
Cost: \$59
Location: CMU Tech
Age Group: Middle and High School

Day: October 30; November 6
Time: 3-5 pm

Rhythm Guitar

Struggling to get your strumming and timing to line up? Or know a few chords but want your rhythm playing to sound tighter and more confident? In Rhythm Guitar 1, you'll build core skills like counting, keeping time, strumming patterns, pick control, palm muting, and smoother chord changes. You'll also learn to lock into the beat so your playing feels more natural and solid. This beginner-level class is also great for players who already know some chords and want to improve their timing and rhythm. Students should have access to a guitar for class and practice. A music stand is optional but helpful.

Instructor: Thornhill
Cost: \$59
Location: CMU Tech
Age Group: Middle and High School

Day: December 4 and 11
Time: 3-5 pm

Uke Can Do It!

Uke Can Do It! Think playing an instrument is too hard? Think again! The ukulele is small, fun, and easier to learn than you might think. Come strum, play simple chords, learn catchy songs, and build your confidence one song at a time. No experience needed. Just bring your curiosity, your own ukulele, and get ready for some musical fun!

Instructor: Nohe
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

ATTENTION MIDDLE AND HIGH SCHOOLERS!

You are invited to a one-of-a-kind learning experience!

DENTISTRY FOR A DAY

A fun, interactive, hands-on adventure!

GET CURIOUS ABOUT DENTAL CAREERS!

- Explore the careers behind healthy, confident smiles.
- Get hands-on with real dental techniques and instruments.
- See it in action through interactive demonstrations.
- Meet the pros and hear about their careers.
- Play and create through games, crafts, and activities.
- Make friends while exploring something totally new.
- Take home the fun with lots of swag and memories!

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Register online at coloradomesa.edu/cec
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Just \$19 for a fun and smile-inspired week.

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Clifton Community Center

Saturday, October 10 9am-1pm

CMU Tech Grand Junction

Saturday, October 17, 1pm-5pm

CMU Tech Montrose

Saturday, October 24, 9am-1pm

Clifton Community Center

Saturday, November 7, 1pm-5pm

Delta Recreation Center

Saturday, November 14, 9am-1pm

CMU Tech Grand Junction

Saturday, December 5, 9am-1pm

23

MIDDLE AND HIGH SCHOOL

Day: . . . September 30, October 7, 14, 21, 28, November 4, 11
Time: 5:30-6:30 pm

Violin Ensemble: Learn and Play Together

Students of all levels begin with open-string bowing and progress gradually to build confidence and retain skills without feeling overwhelmed. Students will learn a G scale while developing bow technique, tuning, tone, music reading, and practice habits. The class uses the Maia Bang Violin Method (Dover Publications), with group instruction, demonstrations, and individual feedback. Students must bring their own violin and book to class. The book is available at doverpublications.com.

Instructor: Nohe
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

Day: October 1, 8, 15, 22, 29, November 5, 12
Time: 5:30-6:30 pm

Rock Band: Start a Band.
Make Some Noise!

Jump into the world of playing in a band and experience what it's like to create and perform together. Students will work as a group to write songs, develop a set, rehearse, and discover their own band sound. Guitar, bass, keyboard, and vocals are welcome. Whether you're new to playing or already have experience, bring your instrument, your ideas, and your enthusiasm—and get ready to rock! Students must bring their own instrument.

Instructor: Nohe
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

Day: October 19, 26; November 2, 9, 16, 30; December 7
Time: 5:30-6:30 pm

Beginning Rock and Blues Guitar

Ready to step up and play lead guitar? Learn the skills behind great rock and blues solos, including pentatonic scales, soloing techniques, playing in different keys, and classic rock and blues styles. Build your confidence as you learn to create your own solos and bring songs to life. All skill levels are welcome, just bring your guitar and get ready to play!

Instructor: Nohe
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

Day: October 20, 27; November 3, 10, 17; December 1, 8
Time: 5:30-6:30 pm

Songwriting and Music Theory Lab

Have a melody, riff, or musical idea in your head and want to turn it into something you can play? In this hands-on class, you'll learn the basics of melody, rhythm, chords, and song structure while creating your own original music. Experiment with riffs, chord progressions, and simple compositions through fun, creative activities and guided practice. Whether you're new to music theory or already play an instrument, you'll gain tools to turn your ideas into real songs and music. Students must bring their own instrument.

Instructor: Nohe
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

Day: October 21, 28; November 4, 11, 18, December 2, 9
Time: 5:30-6:30 pm



OUTDOOR RECREATION

Beginner Camp: Disc Golf
Adventure Camp – Play the Course

Get ready to step outside and discover the fast-growing sport of disc golf! In this beginner-friendly camp, you'll learn the fundamentals of throwing, putting, and driving, along with basic course rules and strategy. Bring your own discs if you have them—loaner discs will be provided. Perfect for new players who want to learn the game and have fun outdoors!

Instructor: Zunich
Cost: \$79
Location: Westlake Park
Age Group: Middle and High School

Day: October 24
Time: 9 am-2 pm



PERSONAL GROWTH
AND WELLNESS

Dream Interpretation,
Meditation, and Intuition

Ever wake up from a dream and think, "Where did that come from?" In this class, students will explore the meaning and relevance of dreams through personal and universal symbolism. They'll learn ways to recall and record their dreams, build their meditative practice, and ultimately bring

these two together to strengthen their intuitive skills for use in daily life. Dream journals will be provided for students to record their dreams, thoughts, and observations.

Instructor: Wilson
Cost: \$69
Location: Clifton Community Center
Age Group: Middle and High School

Day: November 6, 13, 20
Time: 2:30-4:30 pm



STEAM ACADEMY

The Science of Scent:
The Art of Blending



Discover why some scents work beautifully together while others don't, and learn how combining individual aromas can create an entirely new scent. Experiment with essential oils, identify top, middle, and base notes, and keep track of your discoveries in a personal scent journal. Then put your new skills to the test by creating a personalized massage or bath oil to take home!

Instructor: Kriener
Cost: \$49
Location: CMU Tech
Age Group: Middle and High School

Day: September 28
Time: 10 am-12 pm

Herbal Science Lab:
From Plant to Product



Put plant science into action as you transform herbs and plants into useful products. Learn how plants release their natural compounds into carrier oils and experiment with creating infused oils, lip balm, and lotion using simple ingredients and equipment. Make and take home your own herbal creations while learning the chemistry behind the process!

Instructor: Kriener
Cost: \$49
Location: Clifton Community Center
Age Group: Middle and High School

Day: October 9
Time: 10 am-12 pm

Wizards Science:
Potions and Herbology



Explore the science behind the magic through hands-on experiments inspired by the Wizarding World. Create your

MIDDLE AND HIGH SCHOOL

own potions, investigate plant science by propagating herbs and building a test-tube hydroponic garden, and make a Luna Lovegood-inspired Living Necklace. Take a break from experimenting with Harry Potter trivia and HP Bingo! Come dressed as a wizard—or undercover as a Muggle—and be ready to get a little messy.

Instructor: Kriener
Cost: \$49
Location: CMU Tech
Age Group: Middle and High School

Day: October 17
Time: 10 am-12 pm

Introduction to Automation with Arduinos: Build It. Code It. Make It Move!

Get hands-on with Arduino microcontrollers as you build and program sensors, motors, and circuits to bring your ideas to life. Discover how coding, electronics, and automation work together through interactive projects, hands-on challenges, and live demonstrations. Plus, tour the CMU Tech Mechatronics Mobile Learning Lab and leave ready to create your own working inventions!

Instructor: Grimm
Cost: \$59
Age Group: Middle and High School

Option 1: October 9
Location: Clifton Community Center
Time: 8:30 am-12:30 pm

Option 2: October 19
Location: CMU Tech Montrose Campus
Time: 8:30 am-12:30 pm

Option 3: November 13
Location: CMU Tech
Time: 8:30 am-12:30 pm

The 3D Innovation Studio: Build Your Own 3D Printer

Build and fine-tune your own 3D printer, learn how it works, and use it to turn your ideas into real, three-dimensional creations. Design and print your own projects while learning practical skills in technology, problem-solving, and troubleshooting. Then take your 3D printer home and keep creating!

Instructor: Castleton
Cost: \$89 + \$249 for 3D Printer Kit
Location: CMU Tech
Age Group: Middle and High School



Day: December 5 and 12
Time: 9 am-3 pm

Build It. Spin It. Make It! Create Your Own Mini Milling Machine

NEW

Wondering what the heck a mini milling machine (aka CNC Router) is and all the cool things you can do with one? This small but powerful machine spins a piece of material while you carefully shape, cut, drill, and add details to create something new. In this hands-on class, you'll build your own mini milling machine, learn how its parts work together, and use it to make small projects. Gain real-world skills in tools, mechanics, and making, and best of all, take your completed machine home and keep creating!

Instructor: Castleton
Cost: \$89 + \$160 for Mini Milling Machine Kit
Location: CMU Tech
Age Group: Middle and High School

Day: January 9 and 16
Time: 9 am-3 pm

Crack the AI Code: Think. Test. Outsmart the Bot?

NEW

What if you could teach a computer to recognize your drawings? Could you tell whether a picture, video, or message was created by a person or AI? And can a computer really "think"? Get ready! This is truly a hands-on AI adventure! You'll experiment with AI, challenge its abilities, and form your own opinions. Meet Alan Turing, explore the famous Turing Test, and try interactive activities like Google's Quick, Draw! to discover how AI learns from people. Explore AI in social media, games, photos, videos, school, and everyday technology. Discover how AI can make mistakes and test your skill in spotting AI-generated or misleading content. Come ready to experiment, question, create, laugh, and think. And the big question is: Can you outsmart the bot?

Instructor: Ms. Brandie (Arellano)
Cost: \$49
Location: CMU Tech
Age Group: Middle and High School

Day: November 6
Time: 2-6 pm

Creative Coding With Micro:bit

NEW

Explore the exciting world of coding with the Micro:bit in this four-week STEAM series! Each student will receive their own Micro:bit to use throughout the class and take home at the end. Using Microsoft MakeCode, students will learn programming fundamentals while creating interactive projects, collecting and analyzing data, building simple circuits, and making music with code. Along the way, they'll develop creativity, critical thinking, and problem-solving skills used by engineers, programmers, and technology professionals. **No prior coding experience required!

Week 1: Explore the basics of the Micro:bit
Week 2: Collect and analyze data
Week 3: Explore circuits and electricity
Week 4: Create musical patterns and programs through coding

Instructor: Ms. Brandie (Arellano)
Cost: \$89 + \$20 for Micro:bit

Location: CMU Tech
Age Group: Middle and High School

Day: September 25; October 2, October 9, October 16
Time: 2-6 pm

Level Up: Intro To Video Game Development

NEW

Ever wondered how your favorite video games are created? In this hands-on class, you'll explore the history of gaming, uncover what makes a game fun and engaging, and design your own game from the ground up! You'll create characters, build a story, design levels, and learn the basics of game programming using Microsoft MakeCode Arcade. Best of all, you'll leave with your very own game downloaded onto your very own take-home device—so you can play it, share it, and show it off! **No prior coding experience required!

Instructor: Ms. Brandie (Arellano)
Cost: \$49 + \$60 for MakeCode Arcade
Location: CMU Tech
Age Group: Middle and High School

Day: November 13
Time: 2-6 pm



STITCH STUDIO

Stitch Studio: Beginner Hand and Machine Sewing

What can you expect in class? We'll walk through the essentials of sewing, from the tools and equipment you'll use to the projects you'll create. You'll learn basic hand-sewing techniques and sewing machine fundamentals through hands-on practice and guidance. Whether you're a complete beginner or have some basic experience, this class is designed to meet you where you are and help you build your skills and creative confidence. Students must bring their own working sewing machine. All other supplies will be provided.

Instructor: Crane
Cost: \$89
Location: CMU Tech
Age Group: Middle and High School

Day: September 28; October 5, 12, 19
Time: 6-8 pm

Stitch Studio: Intermediate Hand and Machine Sewing

Ready to take your sewing skills to the next level? This intermediate sewing class is a great fit for students who have some sewing experience and want to build their

MIDDLE AND HIGH SCHOOL

I liked being allowed to express my creativity and personality through theatrical make-up.

confidence and expand their skills. You'll create a variety of fun, practical projects, such as a tote bag, drawstring fabric pouch, mug mat, or small stuffed animal, while learning new techniques and improving your sewing skills. Instruction is paced to allow plenty of time for practice, questions, and individual guidance. Students must bring their own working sewing machine. All other supplies will be provided.

Instructor: Crane
Cost: \$89
Location: CMU Tech
Age Group: Middle and High School

Day: October 26; November 2, 9, 16
Time: 6-8 pm

Stitch Studio: Beginning Quilting

Dreaming of making a quilt but not sure where to start? This beginner-friendly class walks you through every step—from arranging fabric and assembling your quilt top to quilting and binding. We'll begin with an easy pattern and get you sewing in no time. Students must bring their own working sewing machine. All other supplies will be provided.

Instructor: Crane
Cost: \$99
Location: CMU Tech
Age Group: Middle and High School

Day: Nov 19; Dec 3, 10, 17
Time: 6-8 pm



THEATER AND MAKEUP

Theatrical Makeup: The Art of Transformation

NEW

In this hands-on class for middle and high school students, learn stage makeup fundamentals, aging techniques, prosthetics, and character design through demonstrations, practice, and coaching from a professional performer and teaching artist with 25+ years of Broadway, Off-Broadway, and regional stage experience. Build creative skills you can use for theater, cosplay, Halloween, and character creation. No experience required—just bring your imagination!

Instructor: Rehfuß
Cost: \$89

Location: CMU Tech
Age Group: Middle and High School

Day: Nov 6, 13, 20
Time: 2-5 pm

The Art of Mime

NEW

Tell a Story Without Words! Learn the art of storytelling through movement, expression, illusion, and imagination in this hands-on class for middle and high school students. Led by a professional performer and teaching artist with 25+ years of Broadway, Off-Broadway, and regional experience, students will learn mime techniques, create their own short routines, and apply traditional mime makeup. Build confidence, creativity, and performance skills before sharing your work in a special showcase (on Saturday) for family and friends. No experience required—just bring your imagination!

Instructor: Rehfuß
Cost: \$59
Location: CMU Tech
Age Group: Middle and High School

Day: December 11 and 12
Time: December 11 (2-5 pm) and December 12 (10 am-1 pm)



VETERINARY TECHNOLOGY

Curious About Animal Science? Get Hands-On with Anatomy and Dissection

NEW

Interested in animal science, veterinary technology, or becoming a veterinarian? CMU Tech's Veterinary Technology Program is bringing you behind the scenes for a hands-on look at animal anatomy. You'll dissect sheep or cow eyes, brains, and kidneys and take part in a feline necropsy while learning how veterinary professionals examine and understand the body. Along the way, you'll learn anatomical terms, identify organs and structures, and get a feel for the skills used in veterinary technology. Get hands-on with animal anatomy and discover just how much there is to explore in the world of animal science!

Instructor: Knapton
Cost: \$149
Location: CMU Tech
Age Group: High School Only

Day: October 30; November 6, 13, 20
Time: 2-5 pm

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**CMU Tech
Community Education Center**

To view all courses, learn more and enroll,
visit the Online Learning Center at:

coloradomesa.edu/cec

THE FUTURE OF MOBILE LEARNING

CMU Tech brings advanced, hands-on learning directly to communities across Colorado with our state-of-the-art Mobile Learning Labs (MLLs). Each lab is 53 feet long and 8 feet wide, fully equipped to allow our expert instructors to deliver immersive, real-world training anywhere, no matter the location of the community.

Our three state-of-the-art Mobile Learning Labs are specifically designed to give students and adult learners access to high-demand programs:

MECHATRONICS: Explore how complex systems work and gain hands-on experience building, fixing, and running advanced technology.

WELDING: Develop practical welding skills in a safe, fully equipped mobile classroom.

ALLIED HEALTH: Learn essential healthcare skills or ensure that your critical workforce credentials stay up to date with hands-on training in real-world scenarios.

CMU Tech's Mobile Learning Labs bring opportunity and career-ready skills directly to your hometown—helping learners gain confidence and succeed in high-demand fields without the need to travel outside of their community.



MECHATRONICS:

- Electronics and Electrical Systems (AC, DC)
- Robotics and PLCs (Programmable Logic Controllers)
- Pneumatics and Compressors
- Hydraulics
- Motors



WELDING:

- Basic Welding Training
- Advanced Welding Training
- Welding Retaining
- Welding Certifications and Testing
- Custom Upskilling and Workforce Development



ALLIED HEALTH:

- Introduction to Allied Health Careers
- Patient Care and Safety Fundamentals
- Basic Clinical Skills (Vital Signs, Infection Control, CPR)
- Health and Wellness Practices
- Healthcare Certifications and Training



To request one of our Mobile Learning Labs for a credit or non-credit event please complete the MLL request form at coloradomesa.edu/tech/about/mobile-learning-lab or call 970-255-2800.

FALL 2026 COURSE SCHEDULE

ENROLL NOW

There are four easy ways to register for non-credit community education courses:

REGISTER FOR
CEC NON-CREDIT
COURSES



- 1** coloradomesa.edu/cec
IN-PERSON CLASSES:
Click **Grand Junction Opportunities**, click **Register now for Fall 2026 classes**, select a **Class Category** and add classes.
ONLINE OPTIONS:
Click **Online Opportunities**.
- 2** 970.255.2800
- 3** cec@coloradomesa.edu
- 4** **CMU Tech Community Education Center**
2508 Blichmann Avenue, Kayenta Hall
Grand Junction, CO 81505
- 5** Scan the QR code

REGISTER FOR CMU TECH CREDIT COURSES

To learn more and apply for admission:



Contact a Student Services advisor to learn more, get your questions answered and begin your application.

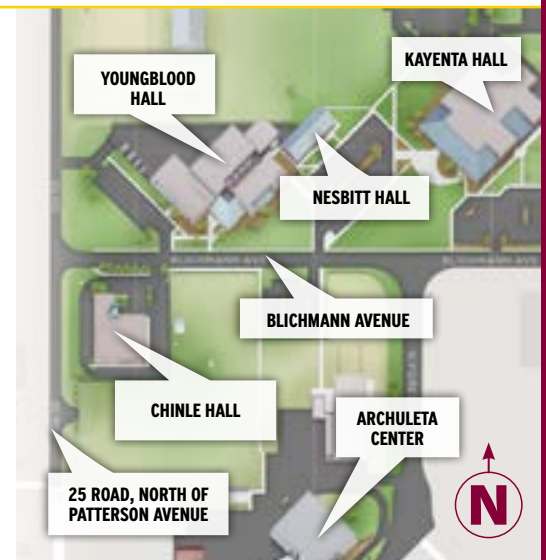
coloradomesa.edu/apply
970.255.2670 or 888.455.2617

WHERE ARE WE LOCATED?



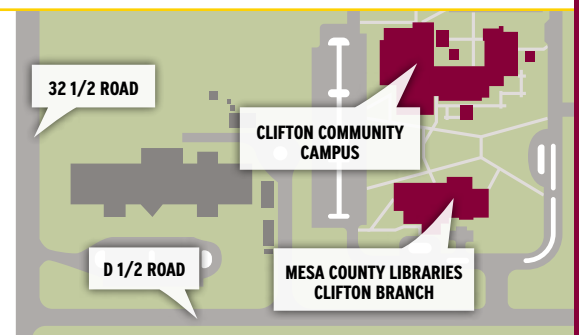
BISHOP CAMPUS

2508 Blichmann Avenue
Grand Junction, CO 81505



CLIFTON COMMUNITY CAMPUS

3270 D 1/2 Rd,
Clifton, CO 81520



CLASSES START EACH WEEK BEGINNING
SEPTEMBER 21 THROUGH THE END OF **DECEMBER 18**

Learn about our lifelong learning 65+ senior discount!

INFORMATION ON PAGE 14

COMMUNITY EDUCATION CENTER **OPPORTUNITIES FOR LIFELONG LEARNING**



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