



**COMMUNITY LIFELONG
LEARNING & WORKFORCE
DEVELOPMENT COURSES**

FALL 2023



MODESTO JUNIOR COLLEGE

mjc4life

Lifelong Learning
COMMUNITY EDUCATION

mjc4life.org



welcome

The Modesto Junior College Community Lifelong Learning and Workforce Development departments offer a wide variety of courses with many benefits to our community. Categories include vocational programs, accelerated courses for students, in-demand work skills, travel and enrichment courses for personal improvement, including fitness, business, entrepreneurship, music, culinary and more.

Courses are offered for all ages and skill levels, designed to help us reconnect and enjoy getting back to the hobbies and activities that enrich our lives and bring people together.

Take the opportunity to invest in yourself and those around you this year. We hope the courses offered at MJC will enrich your life and the lives of others.

As always, we are here to serve our students and our community. Call 209.575.6063 or visit www.mjc4life.org for more information about our programs.



How to use QR Codes

Scan QR code with your phone for online resources:

1. Open the camera app
2. Focus the camera on the QR code by gently tapping the code
3. Follow the instructions on the screen to complete the action

Class offerings change regularly.
For current class offerings,
visit our website: mjc4life.org



arts & crafts

Authentic Stained Glass for Beginners

This class is for first-time students. Learn the same process Louis Comfort Tiffany developed for his spectacular Tiffany lamps. No experience necessary. Your first project will be to learn to cut and grind 40 pieces of glass to fit into a beautiful hummingbird oval panel.

Authentic Stained Glass Workshop

This class is for those who have taken the beginning class and want to continue learning and making beautiful stained glass projects of their choice. Students select their own projects and work at their own pace with assistance from the instructor.

Basic Bookbinding

Learn basic binding and construction to create a beautiful hardbound book. This technique is suitable for recipe books, journals, photo albums, treasures, art journaling or printed matter. The uses are limited only by your imagination!

Professional Pearl and Bead Stringing

Learn how to hand-tie and knot quality jewelry, and where to purchase pearls and precious beads. Create custom jewelry for your own collection or for personal gifts. Many of our students turn what they learn into a profitable small business or a fun hobby.

Jewelry and Metalcraft

Learn beginning to fine-jewelry techniques and construct custom jewelry from copper, bronze, sterling silver or gold. Students learn and practice skills in fabrication, wax carving, casting, stone setting and more in this ongoing class. Beginning levels are project-oriented with various jewelry items.

Jewelry Metal Stamping

Create a custom pendant, bracelet or earrings using a metal stamping technique. No crafting skills necessary! If you can use a hammer, you can learn to make beautiful custom jewelry. This course introduces students to the basics of metal stamping. Learn which metals are best to use, find design inspiration, and learn basic techniques. Students will complete a project of their own design in class!



Scan the QR Code for
current class offerings
and registration.



cooking



Bowl Me Over

Lunch, dinner and even breakfast bowls have made their way onto nearly every menu. Students will learn how to build delicious bowls that are packed with protein, vegetables and BIG flavor!

Cold Days Chili Nights

This course will cover how to make three different types of chili. Whether you like green or red, with meat or without... this versatile dish will warm you from the inside out!

Chinese Wonton & Noodles Soup with Red BBQ Pork Topping

Learn how to hand make from scratch authentic Chinese Wontons with easy instructions. Participants will use fresh noodles and a delicious broth to serve the soup. Our instructor will demonstrate how to marinate the meat for the red BBQ pork, cook it and slice it for the toppings, and give an introduction of the many sauces to use with the soup.

Winter Soups

Expand your soup recipe collection and learn to make delicious soups that burst with flavor. Break away from chicken noodle and learn how to make carrot ginger, turkey tortilla and another delicious soup in this course.

Holiday DIY Gifts

This course is packed with ideas for easy Do-It-Yourself gifts from the kitchen. Learn how to make a super easy pepper jelly, candied jalapeño (aka: cowboy candy) and how to create custom seasoned salt and spice blends, too.

Vegan/Vegetarian Fiesta

Increase your vegetable repertoire by creating a complete meal of cauliflower tacos with peppers, onion, garlic and homemade taco seasoning, served with corn tortillas, vegan coleslaw, sangria mocktail and a dessert of delicious brownies using black beans as the surprise ingredient!

Vegan Thanksgiving: Appetizer, Mocktail, Sides and Dessert

Learn to prepare a vegan Thanksgiving meal that even non-vegan guests will love. The menu consists of mushroom bruschetta, garlic mashed potatoes with mushroom gravy, kale and mustard greens, cranberry mocktail and peach cobbler for dessert.

The Art of Sushi Making

Learn the basic techniques of rolling sushi using a bamboo mat, hand rolling cone sushi and hand molding sushi featuring fresh vegetables, cooked seafood, smoked salmon and for the "real sushi" lover at heart - fresh raw salmon. Students will also learn how to pack a To Go Bento Box for an authentic Japanese display. Bento Boxes will be available to purchase at class.

Vietnamese Fresh Shrimp Rolls & Dipping Sauce

Learn an easy technique to make delicious soft rolls (not fried) made with shrimp, pork, rice noodles, exotic fresh herbs and vegetables wrapped in light rice paper. A homemade Hoisin bean dipping sauce will also be taught to accompany the fresh shrimp rolls. After this class you can make this perfect light dish for your family or invite some friends over for a make-it-yourself Shrimp Roll Party.

French Buche de Noel

(Christmas Yule Log with Butter Cream)

Buche de Noel is a delicious Christmas tradition in France! These beautiful cakes are created especially during the holidays in every French patisserie. Our instructor will show you how to make, from scratch, a realistic looking wood log made with a sponge roll cake, filled inside out with chocolate mocha butter cream. True-to-life meringue mushrooms will also be created in class to decorate the Yule log. Students will get to sample their creation in class and leave with the techniques to make one at home.



sewing & music

Beginning Piano Immersion for Adults

Perfect for busy beginners wanting to learn piano, this class gives students a great jump-start on learning to play piano. In just six sessions, learn piano in a warm, supportive environment, and work at your own pace on individual keyboards. It's amazing how much you can learn in a short period of time using this fun immersion method.

You Can Uke!

This course is perfect for ukulele beginners and experienced musicians alike. The course helps students improve mastery of the fret board, chords, and strums. This is a relaxed and fun class, no musical background is necessary to be successful!

Beginning Sewing for Adults

Learn basic sewing skills and how to use a sewing machine to sew items for home or personal use. Projects include: double drawstring bag, handkerchief, pillow with zipper and craft apron. Patterns are provided.

2nd Level Sewing

Now that you've taken beginning sewing, this class is the 2nd level in learning basic sewing and garment skills. Create an apron with a pocket at the first class using a provided pattern. The second project of your choice you will purchase pattern, material and supplies. Details and instructions will be discussed at the first class.

Holiday Sewing

For beginners and experienced alike, this class will teach participants how to create unique holiday items. Make reusable eco-friendly gift bags, a fun holiday garland, and a unique fabric ornament.



Scan the QR Code for music class offerings and registration.



activities

Swimming for Fitness

This is a great, self-paced swimming class for adults who wish to swim in an organized, relaxed, fun atmosphere. Coaches are there to help and provide an appropriately geared, fitness-oriented workout and stroke-technique feedback.

Requirement: 25 yards of freestyle with rhythmic breathing. Swimmers must wear only non-cotton swim attire.

Water Polo for Fitness and Wellness

This class is an opportunity for adults and former MJC student athletes to practice their technique and build up their endurance. Join us for an enjoyable way to stay in shape, create healthy habits and improve your health. This is a co-ed class. Both men and women are welcome to join.

Requirement: Swimmers must wear only non-cotton swim attire.

Beginning Yoga and Pilates Style Stretch

If you've always wanted to try yoga but were afraid of the challenging poses, this is the perfect class for you. Experience the health benefits of increased flexibility and relaxation. Increase back and abdominal strength at your individual level and leave each class feeling refreshed.



Scan the QR Code for
current class offerings
and registration.



T'ai Chi for Every Body

Receive quality and professional instruction in T'ai Chi, a slow relaxing movement that reduces stress by promoting a physical and mental workout to help students gain self-awareness and self-discipline.

Zen and Mindfulness Practice

The aim of Zen is to achieve enlightenment through meditation, train to clear the mind, and practice mindfulness to manage daily stress by utilizing four main postures, sitting, standing, walking and laying down. Participate in class discussion, book reading and meditation exercises.

Beginning Upholstery and Beyond

Learn fabric layout for cutting, how to use power sewing equipment and hand tools for basic furniture and automobile upholstery. The course covers basic seams, stitches and techniques to redo a home project with a professional touch! In this beginning upholstery class, discover how to create a niche in a craft that could lead to side jobs and extra cash. Continuing students with more advanced projects are welcome to join the class with instructor approval.



Scan the QR Code for
current class offerings
and registration.



MICL & motorcycle safety



MICL (Modesto Institute for Continued Learning)

MICL is one of many student-run, lifelong learning organizations throughout the country. Mature adults are encouraged to participate in classes for the joy of learning. The variety and quality of classes is exceptional, and are an excellent way to keep mature adults active, social, focused, and inspired. Learn a new skill, socialize with others, travel, and have fun with Modesto Institute for Continued Learning.



Scan the QR Code for current class offerings and registration.

Motorcyclist/Scooter Safety Training Course

This basic motorcycle training course is designed for beginning and experienced motorcyclists. Students attend a total of at least 16 hours of instruction including two lectures and two range courses. The course introduces the fundamentals of safe, responsible motorcycling. Experienced riders can also benefit by learning safety skills, as well as the convenience of taking the riding test on our smaller motorcycles to earn the DL389 certificate. We offer classes most weeks throughout the year. Check our website for available dates/specific times.



Scan the QR Code for current class offerings and registration.



money matters & personal interest

Survive or Thrive with Financial Freedom

Financial freedom starts with the understanding of money, and how it works. In this class, we will be learning Dave Ramsey's view about the importance of saving, budgeting, and debt. When we learn about the importance of savings we will also learn about the power of compounding interest, and explain the three reasons to save. When we focus on budgeting we will explain common problems associated with budget failures and summarize the benefits of a budget. Lastly, we will learn the reasons for avoiding debt, and refute the myths associated with debt.

Wills and Trusts: What You Should Know

Estate planning is an important part of preparing for the future. This class will discuss the basics of wills, trusts and powers of attorney. The instructor, Bruce E. Ramsey, is a local estate attorney.

I'm An Executor or Trustee - Now What?

If you are named in a will as the executor/trustee of an estate, you may need this hands-on A-to-Z course that explains the duties, obligations and liabilities of an executor/trustee. This comprehensive overview includes everything from commencing the probate process to closing of the estate, and is designed to ease the concerns faced with a difficult task. The instructor, Bruce E. Ramsey, is a local estate attorney.

Plan Ahead - Avoid Legal and Family Pitfalls When Parents Die

Navigate legal issues, taxes, and avoid family squabbles following the death of parents. Topics include: creative distributions of assets, life estates, probate, trust administration, estate tax exemption trusts, generation skipping trusts, capital gains tax planning, life insurance trusts, compensation for caregivers, in-kind distribution versus cash distribution, and more. The instructor, Bruce E. Ramsey, is a local estate attorney.



Scan the QR Code for current class offerings and registration.



Scan the QR Code for current class offerings and registration.



business & computers

Become a Notary Public

In this Secretary of State approved class, you will learn how to perform valuable services by certifying or witnessing signatures on official documents. This class gives you the knowledge to pass the exam and practice as an effective Notary. Participants receive two practice tests and take the official Notary exam directly following the class.

Renew Your Notary Commission

This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. Students take the official notary exam directly following the class.

Become a Certified Loan Signing Agent

Make the most out of a notary commission by becoming a Certified Loan Signing Agent. Loan Signing Agents work with their own clients, loan signing agencies, escrow companies, real estate offices, lenders and more. A certificate is awarded upon completion of the course.

Prerequisite: Notary Public Seminars requires you must be a Notary or have completed the Become a Notary Public seminar before taking this class.

Make Extra Income: Auto Wholesale Business (Zoom)

Learn how to make extra money buying and selling wholesale cars as a home-based business, or simply buy cars, motorcycles, and/or boats at great wholesale prices in this 6-hour approved DMV class. A DMV certificate is awarded upon completion of the course.

Medical Coding: Certified Professional Coder

Offered in partnership with American Academy of Professional Coders (AAPC), the world's largest training and credentialing organization, students learn principles of medical coding related to the three main code books: CPT®, ICD-10-CM Code Set and HCPCS Level II. This course is recommended for anyone who is preparing for a career in medical coding for a physician's office and strongly recommended for anyone who is preparing for AAPC's CPC Certification Exam. The curriculum is aligned to prepare students for academic and professional success, as well as the technical skills to thrive on the job. Taught by an AAPC Certified Instructor. Check our website for virtual information meeting dates.

Excel 2019 – Part 1

Excel is a business standard for many jobs, and potential employers want to know if you have some basic knowledge of this powerful spreadsheet software. You will begin to learn the time-saving features that are built into this software. You'll learn how to create and format workbooks, perform calculations, and print worksheets.

Prerequisite: Must be able to use Microsoft Windows operating system.



Scan the QR Code for current class offerings and registration.

kids & teens

Kids/Teens/Youth Music

Suzuki Piano

Suzuki's success has proven that young children are capable of learning to play an instrument, but also that they derive genuine pleasure from their music making. In addition to the monthly group session held at Modesto Junior College, students receive a weekly private lesson arranged by the Suzuki Piano Coordinator. A class recital will take place at the end of the term. Students will need to have access to a piano (no electric pianos or keyboards).

Piano Adventure for Kids (Ages 7-11)

Kids can learn the piano the fun way! These lessons teach students note-reading through playing real songs. Keyboards are provided, students responsible to bring headphones. Great experience!



Scan the QR Code for
current class offerings
and registration.



Register here to continue
receiving Digital Catalogs from
Community Lifelong Learning
& Workforce Development.



Extended Travel Information Slide Shows

Modesto Junior College, Forum Building, Room 110, East Campus, 435 College Avenue. Free parking on Saturday. Email vanderveenv@yosemite.edu or call 209.575.6063 to R.S.V.P.

Saturday, August 26, 2023 at 10:00 a.m.

Saturday, November 4, 2023 at 10:00 a.m.

Saturday, January 27, 2024 at 10:00 a.m.

The Northern Lights of Finland

Highlights: Small Group Tour, Helsinki, Senate Square, Helsinki Cathedral, Lapland Region, Kakslautanen Arctic Resort, Finnish Sauna, Meet & Greet with Santa, Reindeer Safari, Northern Lights Expeditions, Husky Safari and Glass Igloo Accommodation.

Spotlight on Santa Fe Holiday

Highlights: Walking Tour of Santa Fe Plaza, Georgia O'Keeffe Museum, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument and El Santuario de Chimayo.

America's Music Cities

Highlights: French Quarter, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson.

Alaska's Northern Lights

Highlights: Small Group Tour, Anchorage, Northern Light Excursions, Winter Glacier Cruise, Prince William Sound, Talkeetna, Alaska Railroad, Fairbanks, Dog Mushing.

South Pacific Wonders Australia/New Zealand

Highlights: Auckland, Rotorua, Christchurch, Queenstown, Milford Sound, Lake Wakatipu Cruise & Sheepdog Demonstration, Cairns, Great Barrier Reef, Sydney Opera House.

Southern Charm

Highlights: Historic Charleston, Choice on Tour: Walking Tour or Fort Sumter Cruise in Charleston, Boone Hall Plantation & Gardens, Savannah, St. Simons Island, Jekyll Island, Sea Turtle Hospital.

D-Day 80th Anniversary-Memorials of World War II

Highlights: London & Paris WWII-Focused City tours, Portsmouth, The D-Day Story Museum, English Channel Crossing, Juno Beach, Caen Peace Memorial Museum, Arromanche-les-Bains, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Pointe du Hoc, Airborne Museum, Utah Beach, Giverny Gardens, Seine River Dinner Cruise.



Scan the QR Code for current class offerings and registration.

personal interest

Conversational Spanish I

Traveling to a Spanish speaking country, or just want to learn an additional language? Learn the basic pronunciation, expressions and grammar needed for conversation in the U.S. and abroad in a fun, relaxed atmosphere. Topics include describing people/places, learning time, asking for information, talking about leisure time and work.

Italian for Fun and Travel I

This class is perfect for individuals who are preparing for a trip to Italy, or want to have fun learning and speaking with others. Learn useful phrases and practical traveling tips. Become familiar with the basic vocabulary, including common Italian phrases.



Scan the QR Code for current class offerings and registration.

online

Ed2Go offers hundreds of high-quality courses taught by industry experts. Courses are designed to quickly deliver specific skills and knowledge to help advance personal or professional development. The online classroom is informative, convenient, and highly interactive.

Enroll or view all our online courses at:
www.ed2go.com/mjc



Scan the QR Code for
current class offerings
and registration.



workforce development

Is your business seeking to provide training or improve the performance of your employees? Modesto Junior College has been meeting the needs of business and industry since 1921. Our Workforce Development Team understands the importance of well prepared and motivated employees at work. We specialize in leveraging MJC training and education services as a resource and strategy to help your organization with your business operational and workforce goals.

how we work

Through our network of experts and colleges, our staff specializes in bringing experienced educators, lecturers, motivational speakers and trainers to help you shape your business. We specialize in organized sessions on campus for your employees or bringing the California Community College expertise to your front door.

contact us

We offer service options in Agriculture, Manufacturing, Health, Computer Technology, Leadership and Business. To schedule a consultation session contact us at 209.575.6063.

Train for Tomorrow

We can help you achieve your organizational, operational and workforce goals by leveraging MJC's UPskill training and education services. UPskill is a workforce skills training course that can be customized to the needs of employers and individual workers. The best value and skill gain is achieved from completing each session in succession. If necessary, a custom program can be catered to all business needs and budgets. Call us at 209.575.6063, or find more information using the QR code.



workforce development

Dental Assisting

Start a new career with support, confidence and expanded opportunities! Complete real-world clinical externship experiences while attending the 12-month program, which prepares for an intro-level position in one of the fastest growing careers in the allied health industry. Acquire skills in both roles of clinical and clerical positions within a dental office, including California Dental Board-Approved Certifications in Infection Control, Dental Practice Act, Radiation Safety, and Coronal Polish. Train in patient care, taking dental impressions, fabricating dental molds, assisting the dentist and other healthcare personnel, gain strong customer service skills and be certified and equipped to begin a career as a professional dental assistant! Check the website regularly to learn more about joining our next cohort.



Certified Phlebotomy Technician 1

We strive to give students a strong foundation in the principles of phlebotomy and prepare students to successfully pass a National Healthcareer Association examination. This program is designed to be completed in approximately 6 months. Students attend 84 hours of in person didactic lessons and 40 hours of externship in a clinical setting. Students must complete externship hours Monday-Friday for an 8-hour workday. Classroom instruction includes a minimum of 50 successful venipunctures, with a stretch goal of 100 or more. Not required, but recommended for success: AP 50- Elementary Human Anatomy-Physiology (4 units), BIO 116 – Biology A Human Perspective (3 units), MDAST 321 – Medical Terminology (3 units). An online readiness quiz will help you determine if this program is the right fit for you. Check the website for additional program information and steps to apply using the QR code.



Accelerated Careers in Technology (ACT)

The ACT Pathway Program is a unique program at the college that provides education in “acceleration.” Students in this program enroll in an aggressive set of college courses that can be completed quickly and enter the job market within 6 to 12 months. ACT students are enrolled in college courses to obtain specific skill sets and knowledge. Many complete skills recognition awards, college certificate and associate degrees during their time with us. Our program presently offers the following pathways: Advance Manufacturing • Auto Body • Automotive Diagnosis • Automotive Service • Basic Machining • CNC Operator • Computer Network Technician • Electro Mechanic • Heavy Machinery Management • Industrial Electronics • Lift Truck & Material Handling • Logistics & Supply Chain Management • Manufacturing Technology (Interdisciplinary) • Maintenance Machinist • Medical Assisting • Metallurgy/Welding • Office Administration. Students must be referred by Community Services Agency or Stanislaus County Workforce Development. ACT now and be referred!



Pharmacy Technician

The Pharmacy Technician Program is an advanced program that consists of in person required class sessions, hands on simulation labs (for both hospital + retail) and externships. This program is to be completed in 10-12 months. Modesto Junior College has enhanced our pharmacy program with the top pharmacy software, PioneerRx and equipment. Our students will experience realistic simulations of the processes and workflow of today's most innovative pharmacies. Students in our advanced program are eligible to sit for the CSPT (Certified Compounded Sterile Preparation) certificate exam. Check the website for additional program information and steps to apply using the QR code.





435 College Avenue, Modesto, CA 95350

Non-Profit Organization
U.S. Postage
PAID
Modesto, CA
Permit No. 25

RESIDENTIAL CUSTOMER ECRWSS

COMMUNITY LIFELONG LEARNING & WORKFORCE
DEVELOPMENT COURSES STARTING IN AUGUST



mjc4life.org

MODESTO JUNIOR COLLEGE
mjc4life
Lifelong Learning
COMMUNITY EDUCATION