

Continuing Education

The Office of Continuing Education is responsible for providing a broad range of workshops, seminars, and mini-classes for area residents and employers within the local service area. The Office of Continuing Education not only offers members of the community a variety of lifelong learning opportunities but also serves as a liaison between the community and the college. The office schedules non-credit classes for the community and continuing education unit classes for state agencies, local agencies, specific professional groups, organizations, individuals, and employers. Instructors are chosen on the basis of their life experiences and qualifications to teach a specialized course. Many of the instructors are from area industry, business, and professional groups.

In addition to general workshops and mini-classes, the Office of Continuing Education is responsible for scheduling Elderhostel programs, Seniors Only activities, and Residential Care/Assisted Living Certificate training.

Elderhostel is a not-for-profit organization that provides short-term, non-credit, residential learning programs exclusively for adults 55 and older. The Kerr Conference Center serves as the residential facility for each session.

As a community college, it is vital for the institution to support the community and to provide learning opportunities to all ages. The Seniors Only (SrO) program benefits persons 55 years and older. In the summer of 1999, 62 seniors joined the initial group. Since that first meeting, the group has continued to grow and still experiences extensive participation among senior citizens in the area.

SrO Participants Per Month	
May 2009	168
August 2009	157
October 2009	170
January 2010	188
March 2010	199
May 2010	188
August 2010	207
October 2010	258

March 2011	280
May 2011	303
July 2011	206
October 2011	253
November 2011	236

SrO membership costs \$20 per year and gives participants access to all SrO classes, bus trips, and cruises. Membership also includes access to the college library and cardio room, discounts at the CASC Bookstore and cafeteria, and discounts for admission to college plays, musicals, and pageants.

Ceramics, using social networking sites, physical fitness programs such as yoga and Zumba, cooking, cake decorating, painting, ballroom dancing, line dancing, conversational Spanish, and antiques are among the many SrO classes.

Among the most popular SrO offerings are bus trips and cruises. Bus tour destinations in Oklahoma since 2005 have included Oklahoma City, Muskogee, and Tulsa. Arkansas destinations have included Fort Smith, Van Buren, Alma, Fayetteville, and Eureka Springs. SrO bus trips to Missouri visited Branson and Kansas City. The most distant bus destination has been Mackinac Island, MI. Cruise destinations have included Mexico, Belize, Bahamas, Alaska, New England, Canada, Aruba, Curacao, Costa Rica, and the Panama Canal.

From 1999 to 2011, SrO members took 113 different trips with the number of participants varying from 50 to 99. Each year, the group has a picnic where participants suggest trips and classes to be offered by the program. A Community/SrO News Flash letter goes out to all participants every eight weeks to keep them informed of upcoming classes and opportunities for interaction (1.B.1).

Up to 50 hours of continuing education units are available to workers in home health care, nursing homes, and assisted living facilities through the Office of Continuing Education's Residential Care/Assisted Living Certificate program.