

# CONTINUING EDUCATION

*Live to Learn!*

FALL 2023

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**Registration  
Opens August 7**

**Guided Autobiography**

Volume 17, No. 4

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Seattle Galleries**  
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Rock Your Retirement**  
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**The World  
of Poker**  
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## Welcome to Continuing Education

### Celebrating Learning Since 1970

We are committed to enriching lives by:

- Offering lifelong learning opportunities
- Serving community needs and interests
- Expanding horizons through quality educational experiences

## Registration Begins August 7.

### Register Online Anytime [www.learnatnorth.org](http://www.learnatnorth.org)

#### TWO EASY WAYS TO REGISTER

- 1 **ONLINE** [www.learnatnorth.org](http://www.learnatnorth.org)
- 2 **PHONE** 206.934.3705



#### Continuing Education Policies

- 100% refund if a class is cancelled by North.  
To cancel a registration, contact the Continuing Education office by phone or email at least two business days prior to the start of class. You will be refunded 100% of the class fee.
- Students under 18 years must obtain permission to enroll.
- Payment is due upon registration.

#### Inclement Weather and School Closure

- If we must cancel sessions due to weather or other emergency-related events beyond our control, we'll make every effort to reschedule. However, we cannot guarantee makeup hours for classes cancelled as a result, nor can we provide refunds.
- Register for the Campus Alert system at [www.getrave.com/login/seattlecolleges](http://www.getrave.com/login/seattlecolleges). Click register button, then create an account and opt-in to receive text messages.
- You may also contact us at 206.934.3705 for updates or check for North closure announcements at [www.learnatnorth.org](http://www.learnatnorth.org).

## FALL QUARTER OFFICE HOURS

Continuing Education  
North Seattle College  
9600 College Way North  
CC Bldg Room 1152  
Seattle, WA 98103-3599

**FALL QUARTER:** 9/25/23 – 12/15/23  
**OFFICE HOURS:** Mon-Fri 8:30AM – 5:00PM  
**HOLIDAYS:** 11/10/23 Veterans Day  
11/23/2023 – 11/24/2023  
Thanksgiving

### Free Jazz Ensemble Concert

Come join us in the Grove Dining Room on campus starting at 8 p.m. on December 6 for a live concert. Directed by Fred Radke and featuring Vocalist Gina Funes.

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# COMPUTER

## DESIGN

### Content Creation with Canva for Beginners★

Learn the ins and outs of this graphic design platform for creating graphics for social media, blogs, websites, and other visual content such as video, presentations and even book publishing. Learn how to effectively utilize this platform for both personal and professional content needs. Students need a Canva account. This is a hands-on live Zoom class. Replays will be available for reviewing.

36385	10/10/2023 - 11/2/2023	7:00 - 9:00PM	8 ses	Tu, Th	
Sweeney	Online; Zoom				\$315

### Create a Website for Fun, Profit and Business

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic, small business website. Included is a complete comparison review of the top Website and E-commerce Store builders. Determine the best planning and layout for your sites specific requirements, with an attention-grabbing Initial Focal Point. Learn Search Engine Optimization (SEO), Social Media Marketing, and the Tips and Traps, Dos and Don'ts of website design. Discover the #1 Secret to a successful website and the #1 Mistake that will ruin a business website. Taught by a multi award-winning instructor and published author from Seattle.

37078	10/31/2023 - 10/31/2023	6:00 - 9:00PM	1 ses	Tu	
Boyd	Online; Zoom				\$69

# PROFESSIONAL

## ADULT FAMILY HOME

### Orientation to Adult Family Home Administration Program

DSHS instructors will provide an overview of the requirements that a prospective AFH licensee will need to meet in order to provide services and care to residents in a licensed home setting. The class will also detail the process each prospective provider will need to follow before applying for their AFH license. A short amount of time is allotted for questions and answers. Each attending student will receive a certificate after completing the class, valid for one calendar year after the date of attendance. Check-in at 8:30am; class starts at 9:00 am. No entry after 9:30 am.

36355	9/5/2023 - 9/5/2023	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39
36356	10/3/2023 - 10/3/2023	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39
36357	11/7/2023 - 11/7/2023	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39
36363	12/5/2023 - 12/5/2023	9:00AM - 4:00PM	1 ses	Tu	
DSHS Instructor	Online; Zoom				\$39



### Adult Family Home Administrator Course

This 54-hour class outlines and prepares students for the Adult Family Home licensing and inspection process. It covers the roles and responsibilities of a licensed provider, business and operations procedures, staff management, resident rights and care issues, and State and Federal laws governing Adult Family Homes. Taught by highly experienced providers/instructors. All training materials provided.

**Prerequisite:** take English proficiency test to evaluate English or submit unofficial college transcript showing successful completion of college-level English. For additional information go to <https://continuinged.northseattle.edu/afh>. Questions: email [afh.north@seattlecolleges.edu](mailto:afh.north@seattlecolleges.edu) or call (206) 934-3619. There will be no class on 11/24 and 11/25.

37828	9/26/2023 - 11/14/2023	9:00AM - 4:30PM	8 ses	Tu	
Spada	Online; Zoom				\$739
37827	9/29/2023 - 10/21/2023	9:00AM - 4:30PM	8 ses	F, Sa	
Schlimme	Online; Zoom				\$739
37830	11/17/2023 - 12/16/2023	9:00AM - 4:30PM	8 ses	F, Sa	
Spada	Online; Zoom				\$739

## BUSINESS SKILLS

### NEW Business Writing★

This practical writing workshop is designed for students with intermediate or advanced level of English. It will help the participants understand and practice professional writing for an international English-speaking business audience. The class offers practical exercises and realistic scenarios that aim to empower participants to confidently engage with the business environment. Students will learn to communicate professionally through email, letters, and reports, introduce themselves and send request and inquiries in business emails and letters, make arrangements and use business-appropriate terms, and tone.

37028	10/10/2023 - 12/12/2023	6:30 - 8:30PM	10 ses	Tu	
Markova	Online; Zoom				\$220

### Introduction to Public Speaking

Would you like to reduce stage fright and gain more confidence speaking in front of a group? Whether you need to give a formal presentation or an informal presentation at a staff meeting, learning key skills will increase your effectiveness and self-confidence. In this course you will learn strategies to deal with nervousness, plan and deliver an effective presentation and practice presentation techniques to capture audience attention.

41012	10/5/2023-10/19/2023	6:30-8:30PM	3 ses	Th	
Tabor	CC Bldg Room 3450				\$95

## SMALL BUSINESS

### Social Media Basics

Explore Instagram, Facebook, TikTok, YouTube, Pinterest, Twitter and LinkedIn. Learn which features you should focus on for your business (or personal use) and the ins and outs of those features. Also covered; how to structure your content and strategies to juggle using multiple platforms. Students will need accounts set up on each platform. This is a hands-on live Zoom class. Replays will be available for reviewing.

36384	10/9/2023 - 11/8/2023	7:00 - 9:00PM	10 ses	M, W	
Sweeney	Online; Zoom				\$390

★ Visit class website page for information on textbook, supply list or materials fee.



## WORK FOR YOURSELF

### **Intro to Audiobook Narration and Production at Home**

Have you ever wondered how narrators get gigs performing all of the characters and narration in your favorite books? Do you enjoy acting but also enjoy the freedom of working from home? Are you self-motivated, detail oriented and somewhat tech savvy? And most of all, do you like to read? This class will cover everything you need to get started narrating and producing audiobooks. **For this online course, you will need a computer with the ability to download free software (Audacity), as well as a working microphone, a large screen phone or a tablet to read from and a quiet place to record.**

36840	10/5/2023 - 11/2/2023	7:30 - 9:30PM	5 ses	Th
Lee	Online; Zoom			\$130

### **Starting a Legal Home-Based Food Business**

Dream of turning your love for baking into a side business? Learn about business licensing requirements, health code issues specific to home-based food businesses and step-by-step information about food costing, sales channels and the financial aspects of making a successful start.

36374	11/4/2023 - 11/5/2023	9AM - 5PM SAT 9AM-12PM SUN	2 ses	Sa, Su
Lewis	HS Bldg Room 2536A			\$145

### **Don't Throw It Away- Sell It Online**

Get rid of your "stuff" and get paid. There are several apps and platforms that provide an excellent way for you to generate revenue by selling your unwanted used items or by creating a new e-commerce business. This class presents the most popular yet easy to use apps for each of the top categories including furniture, electronics, clothing, books, art and more. Learn which used items sell best and what can't be sold. Includes photography tips, pros and cons, dos and don'ts, tips and strategies, costs and how you get paid. So, determine which apps are the best match for the items you want to sell.

37082	11/9/2023 - 11/9/2023	6:00 - 9:00PM	1 ses	Th
Boyd	Online; Zoom			\$69

## CLOCK HOURS AND CEUS

### **Clock Hours Fee**

Teachers who would like to earn Clock Hours with the Office of Superintendent of Public Instruction for their Continuing Education class can do so by registering for this Clock Hours Fee. Pay this fee one time each quarter and earn clock hours for multiple classes. In order to grant clock hours, we need attendance verification from the course instructor through a signed Clock Hours Reporting Form (provided upon registration) or Certificate of Completion for online courses. \*Online courses must be instructor-led. Self-paced courses are NOT approved for clock hours. See Clock Hours for more information and list of approved courses. Au pairs who need credits should sign up for the CEU fee, NOT the Clock Hours fee.

36806	12/14/2023 - 12/14/2023	12:00 - 12:00AM	1 ses	Th
Kaha	TBA			\$15

### **Continuing Education Units CEU Fee**

Register for Continuing Education Units (CEUs) to verify the completion of a class. Pay this fee one time each quarter and earn CEUs for multiple classes. In order to issue a certificate awarding CEUs, we need attendance verification from the instructor through a signed CEU Reporting Form (provided upon registration).

36805	12/14/2023 - 12/14/2023	12:00 - 12:00AM	1 ses	Th
Kaha	TBA			\$15

## ARTS

### WRITING

#### **Craft & Create: Writing in Community**

In this class, we will help you shape and draft a writing project. This class is for people at every stage of the writing process, whether you are brainstorming ideas for a story, just beginning to structure a novel or already have a draft to revise. We'll be using our different perspectives as a published author and book editor to teach the craft of story structure, dialogue, scene writing, etc. Our goal is to help you develop your own voice and vision to create writing in a supportive and responsive community.

36354	9/26/2023 - 10/17/2023	6:30 - 8:30PM	4 ses	Tu
Scheuer	CC Bldg Room 3345			\$140

#### **NaNoWriMo: Write a Novel in 30 Days**

Join us for National Novel Writing Month (NaNoWriMo). Learn how to write a fiction story with unforgettable characters, settings, descriptions and dialogue. Create an outline and develop a complete plan to prepare you for the adventure of writing a novel in 30 days.

36376	9/27/2023 - 10/25/2023	6:30 - 8:30PM	5 ses	W
Hall	Online; Zoom			\$117

#### **The Secrets of Powerful Writing**

Whatever you write, professional or personal, you'll benefit from expressing yourself clearly and directly. Learn to clarify your message, communicate complex information, avoid common mistakes, edit and proofread your writing, use proper grammar and punctuation, communicate on social and electronic media and more.

36310	10/2/2023 - 10/23/2023	6:30 - 8:00PM	4 ses	M
Dubois	Online Canvas and Zoom			\$140

#### **CHRISTINA SCHEUER**

Christina Scheuer is a Seattle-based editor, writer and teacher who is passionate about helping writers at every stage of their process. She taught composition, literature and technical writing at the University of Urbana-Champaign and North Seattle College and has worked as a news editor for KUOW, Seattle's NPR affiliate. She now works with novelists as a developmental editor and book coach. Christina loves the process of collaborating with writers, of diving into the world they've created and getting to know their characters' motivations and fears. As an editor, she focuses on giving writer-centered feedback that helps writers develop their voice and make exciting discoveries about their work.





**NEW Guided Autobiography**

This course is designed to help you tap into your life experiences and transform them into compelling stories. Guided Autobiography (GAB) is a unique approach to writing a memoir that combines the power of guided reminiscence with writing exercises. Whether you are a seasoned writer or just starting out, GAB offers a structured, supportive environment to explore your memories, reflect on your life and create meaningful narratives. There will be no class on 11/23.

37018 10/5/2023 - 12/14/2023 1 0:00AM - 12:30PM 10 ses Th  
Chen CC Bldg Room 3349 \$300

**Free-Writing Workshop**

Discover a gentle, safely supportive approach to writing. With prompts and creative writing tips, we will free write together in 10-12 minute sessions. Then participants read out loud what they wrote (always optional) and the workshop members respond with only supportive feedback on what they liked best and why. Ongoing and beginning writers are all welcome.

36291 10/12/2023 - 11/16/2023 6:30 - 8:30PM 6 ses Th  
Peizer Online; Zoom \$138

**Writing A Short Memoir**

Turn your life experiences—dramatic and everyday—into a powerful short memoir. Tell the story of your life in bite-sized chunks. Learn the process of writing a short memoir piece: from selecting and reflecting on your experience, to writing and publishing your story.

36327 11/6/2023 - 11/20/2023 6:30 - 8:30PM 3 ses M  
Dubois Online Canvas and Zoom \$140

**2D ARTS**

**Fall at Seattle Art Galleries**

What better way to celebrate the abundant display of vibrant fall colors than to explore the diverse art exhibited in Seattle galleries. We will meet weekly at local art galleries to hear talks, ask questions and peruse the space. Following each visit, we will gather for afternoon coffee to discuss the work and share interests. A sampling of galleries includes Greg Kucera, Foster/White, ArtX Contemporary, Stonington, J. Rinehart, Azuma, Patricia Rovzar, Steinbrueck Native Gallery, Woodside/Braseth, Harris/Harvey and the Seattle Art Museum Gallery. Whether you are a seasoned gallery visitor or a newcomer, please join us to experience this harbinger of fall through the varietal art scene in Seattle.

36381 9/27/2023 - 11/1/2023 12:30 - 2:30PM 6 ses W  
John OFF SITE \$135

★ Visit class website page for information on textbook, supply list or materials fee.

**Oil Painting for Beginners ★**

Learn the fundamentals of painting with oils, knowledge of the materials and a range of approaches both historical and contemporary. Learn how to create and work from a still-life, self-portrait, as well as from each other.

36899 9/26/2023 - 11/28/2023 6:00 - 9:00PM 10 ses Tu  
Norsworthy AS Bldg Room 1532 \$315

**Mixed Media Self Abstraction ★**

Explore multiple mediums and new techniques to aid in self-expression. Learn to combine mediums: watercolor, acrylic, collage, pencil, oil pastel and ink. Explore the use of symbols, written words, texture, drawing and the use of representational images. 2D abstract class experience is helpful. There will be no class on 11/22.

36881 9/27/2023 - 12/6/2023 10:00AM - 1:00PM 10 ses W  
Hamburger CC Bldg Room 1254B \$315

**Oil Painting 2 ★**

Enjoy continued exploration of oil paint as a medium, having taken Oil Painting for Beginners, or having some experience working with oils previously. We will explore abstracting from observation, developing a personal narrative, working from memory, as well as some painting in the landscape. There will be no class on 11/23.

37849 9/28/2023 - 12/7/2023 6:00 - 9:00PM 10 ses Th  
Norsworthy AS Bldg Room 1532 \$315

**Acrylic Painting ★**

In Acrylic Painting, students will discover a variety of techniques using this versatile medium. We'll learn about the application of paint, color mixing, mediums, collage and ways to make acrylic look as thin as watercolor and opaque textural as oil. This course is perfect for those new to acrylic or those who want to expand their skills. There will be no class on 11/10 and 11/24.

36854 9/29/2023 - 12/15/2023 10:00AM - 1:00PM 10 ses F  
Arnitz CC Bldg Room 1254B \$310

**NEW Portrait Painting for Beginners ★**

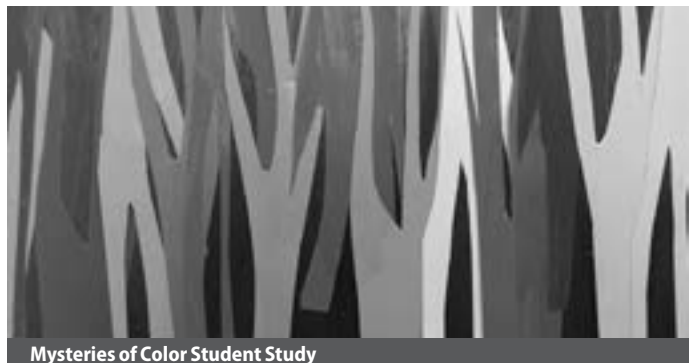
Are you interested in painting faces, but worried that you might not be able to do it? If so, this is the class for you. Using acrylic, you will be guided step by step on how to create accurate portraits in a warm, fun atmosphere. Do you have a pet you'd like to paint? We'll have a special class dedicated to animals as well.

37021 10/2/2023 - 12/4/2023 10:00AM - 1:00PM 10 ses M  
Arnitz CC Bldg Room 1254B \$310

**Explore the Mysteries of Color ★**

Are you an artist, designer or homeowner choosing new paint colors? Does color fascinate or intimidate you? Learn how and why colors change, disappear, vibrate and enhance each other and why some don't. Expand your color choices and confidence. **Please bring your Coloraid to the first class.**

36823 10/3/2023 - 11/14/2023 6:30 - 9:00PM 7 ses Tu  
McNair CC Bldg Room 3450 \$175



Mysteries of Color Student Study

**Abstract Ink and Collage** ★

Using basic materials dive into the world of pure abstraction focusing on elements: line, shape, value, and texture. Using the principles of design, such as repetition and balance, to make successful paintings. Perfect for students curious about Abstract art or looking for guidance.

36879 10/10/2023 - 11/14/2023 6:30 - 8:30PM 6 ses Tu  
Hamburger LB Bldg Room 3201 \$125



**Watercoloring Fall Botanicals** ★

Come watercolor quintessential fall botanicals. In this beginner- to intermediate-level class students will learn techniques to produce realistic and accurate paintings. Students leave with finished watercolor pieces of fall specimens and the confidence to paint other subject matter. There will be no class on 10/9.

36862 9/25/2023 - 10/30/2023 6:30 - 9:00PM 5 ses M  
Bundi ED Bldg Room 2843A \$135

**Abstract Watercolors** ★

Combine the expressive, personal, object-free vision of abstraction with the smaller, particular, intimate beauty of watercolors. This class will focus on the elements of design, color and harmony, line and shape while creating an exciting and compelling painting that expresses a personal inner vision. There will be no class on 11/23.

36880 9/28/2023 - 12/7/2023 10:00AM - 1:00PM 10 ses Th  
Hamburger CC Bldg Room 1254B \$315

**Watercolors for Beginners** ★

Expand your creative expression by learning how to paint with watercolors. Learn the basics of traditional watercolor techniques while exploring how to combine watercolor with other media and materials such as ink and graphite. Explore and get inspiration from great art in this class.

34128 10/21/2023 - 11/4/2023 12:00 - 2:00PM 3 ses Sa  
Chubotin AS Bldg Room 1530 \$80

**NEW Intermediate Watercoloring Fall Florals** ★

Do you have an understanding of watercolor and want to take your watercolor skills to the next level? In this intermediate-level class students will learn techniques to produce realistic and accurate paintings. They will also learn different techniques to create interesting backgrounds to their paintings. Students leave with finished watercolor pieces and the confidence to paint other subject matter.

37020 11/6/2023 - 12/11/2023 6:30 - 9:00PM 6 ses M  
Bundi ED Bldg Room 2843A \$160

**Introduction to Drawing** ★

Learn the basic techniques of drawing while working from still life, places in our immediate environment, and each other in this introductory drawing class. We will focus on the building blocks of drawing such as composition, measurement, line, shape, value, gesture and mark.

36897 9/25/2023 - 11/27/2023 6:00 - 8:00PM 10 ses M  
4 Norsworthy LB Bldg Room 3201 \$210

★ Visit class website page for information on textbook, supply list or materials fee.

**Introduction to Drawing II** ★

Create still-lives, work from the landscape and the figure, both from observation (if possible) and from memory. Students will explore concepts of space, light and form through previous knowledge of materials such as graphite, charcoal, and ink. No Class 11/23.

37848 9/28/2023 - 12/7/2023 6:00 - 9:00PM 10 ses Th  
Norsworthy AS Bldg Room 1532 \$315

**Figure Drawing** ★

Experience drawing the human figure with the guidance of a skilled artist who works and teaches in the traditional, time-honored way. Hone your drawing skills as you work from short poses to longer, more considered poses. There will be no class on 11/10 and 11/24.

34069 9/29/2023 - 12/1/2023 6:00 - 8:30PM 8 ses F  
Chubotin AS Bldg Room 1532 \$255

**Pens, Ink and Art** ★

Pen and ink are still one of the favorite tools of nowadays artists. In this class, students will be introduced to and practice basic steps and a variety of pen techniques. Learn about technical pens, brush pens and ballpoint pens; and practice using dip pens.

34127 9/30/2023 - 10/14/2023 12:00 - 2:00PM 3 ses Sa  
Chubotin AS Bldg Room 1530 \$80

**Charcoal Drawing** ★

Experience the freedom of charcoal in this introductory class. All levels welcomed. Explore reduction and additive techniques of charcoal drawing. Through observational drawing practices and tutorials, you'll learn to push and pull light by examining tonal values and studies in scale and proportion.

36857 10/3/2023 - 12/5/2023 7:00 - 9:00PM 10 ses Tu  
Arnitz CC Bldg Room 1254B \$210

**NEW Impressionism in Art and Music**

Impressionism as an art movement started in France and was the first radical break from the past and ultimately became the forerunner of modern art. What caused this change? While many factors contributed, two stood out: the influence of Japanese woodblock prints and photography. In addition to capturing an impression of the moment with quick brush strokes, lush colors, a bird's eye view and asymmetrical compositions, artists' subject matter switched from myth, Biblical stories and portraiture to depicting ordinary people involved in everyday leisure and entertainment activities. As we examine the work of major impressionists and post impressionists starting with Manet, followed by Monet, Cassatt, Renoir, Morisot, Degas, van Gogh, Gauguin and Toulouse-Lautrec, we will listen to the music of impressionistic composers including Debussy and Ravel.

36951 10/2/2023 - 10/30/2023 10:00AM - 12:00PM 5 ses M  
John LB Bldg Room 3201 \$115

**ROBIN BUNDI**

Robin Bundi is an artist and designer living in Seattle. She loves to explore the natural world and primarily creates work to celebrate the natural world and our connection to it. Robin's studio practice includes watercolor painting, drawing and making her own watercolor and ink from foraged materials. She has a BFA in Graphic Design and Art History from Ohio University and a certificate in Natural Science Illustration from The University of Washington.





**NEW Learn Graphic Design Basics ★**

Want to learn the basics of graphic design for your personal or work projects? Then this course is for you. This class is totally “unplugged” with no computer programs required. Each week you’ll work towards the end product: an 11x17 poster. You’ll learn about the creative process through ideation and sketching all leading toward a poster that will show off what you learned. Drawing skills are not required in this fun, positive, absolutely no-stress-allowed class.

37360 10/2/2023 - 10/30/2023 6:30 - 9:00PM 5 ses M  
Peck HS Bldg Room 2536A \$190

**NEW Linocut Printmaking Workshop for Beginners ★**

Explore linocut relief printmaking and print multiple copies of an image. Students will learn the fundamentals of making black-and-white relief prints. This workshop will cover block preparation, transferring an image onto the block, carving techniques and the printing process. Participants will leave with prints and with a carved linoleum block which can be used to make more prints. No experience necessary.

37971 10/9/2023 - 10/9/2023 6:00 - 9:00PM 1 ses M  
Shojaie-Barjuei AS Bldg Room 1530 \$75

**Raised Stencil Wall Art and Painting for Beginners ★**

During this course students will learn how to create texture techniques on the background of their project, create raised design with stencil, sanding and painting technique. No experience necessary.

37983 10/16/2023 - 10/23/2023 6:00 - 9:00PM 2 ses M  
Shojaie-Barjuei AS Bldg Room 1530 \$126

**NEW Monoprinting Without a Press ★**

Explore the interplay of color and texture as we celebrate the changing seasons in this exploratory, process-oriented gel plate monoprinting workshop. We’ll learn about gel plate printmaking basics plus tips for pulling successful prints. Each participant will be provided paper, gel plate and brayer for printing, acrylic paints in various colors, brushes, a variety of leaves and flowers and reclaimed plastic or cardboard to create a variety of textures for the prints. Participants will leave the workshop with 15-20 unique textured prints ready for hanging or collage. All levels of experience are welcome.

37064 11/6/2023 - 11/6/2023 6:00 - 9:00PM 1 ses M  
St-Pierre AS Bldg Room 1530 \$85

**NEW Tataki Zome: Plant Portraits with a Hammer ★**

Tataki Zome is a Japanese phrase for the method of creating prints by hammering botanicals onto paper. In this workshop you will learn this easy and fun botanical printing process and make a unique piece of botanical art for yourself or someone special using only flower blooms, leaves and a hammer. Each participant will leave the workshop with botanically printed pieces of paper ready to turn into greeting cards, bookmarks, wall art, etc. plus ideas for how to enhance their prints further with watercolors, pens or stitching. All levels welcome. No experience necessary.

37054 11/13/2023 - 11/13/2023 6:00 - 9:00PM 1 ses M  
St-Pierre AS Bldg Room 1530 \$85

**3D ARTS**

**Beginning Ceramics ★**

Transform a lump of clay into a piece of art! Using basic wheel-throwing and hand-building methods, learn to create cups, bowls, boxes, and more. Individualized instruction and demonstrations of the technical underpinnings will give you a strong foundation in the ceramic arts. There will be no class on 11/25.

37701 9/30/2023 - 12/9/2023 10:00AM - 1:00PM 10 ses Sa  
Hong AS Bldg Room 1630 \$430  
38232 9/30/2023 - 12/9/2023 2:00 - 5:00PM 10 ses Sa  
Hong AS Bldg Room 1630 \$430

**Intermediate and Advanced Ceramics ★**

Take your ceramic exploration to the next level and improve your wheel throwing and hand building skills. Improve technique with more challenging forms, participate in group critiques and learn more about the ceramics process like loading, firing and glaze varieties. There will be no class on 11/23.

37702 9/28/2023 - 12/7/2023 6:00 - 9:00PM 10 ses Th  
Lockhart AS Bldg Room 1630 \$430

**Beginning Jewelry Fabrication ★**

Learn how to produce your own jewelry design. We’ll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces. There will be no class on 11/22.

36843 10/4/2023 - 12/13/2023 6:00 - 9:00PM 10 ses W  
Graham AS Bldg Room 1633 \$430

**Intermediate and Advanced Jewelry ★**

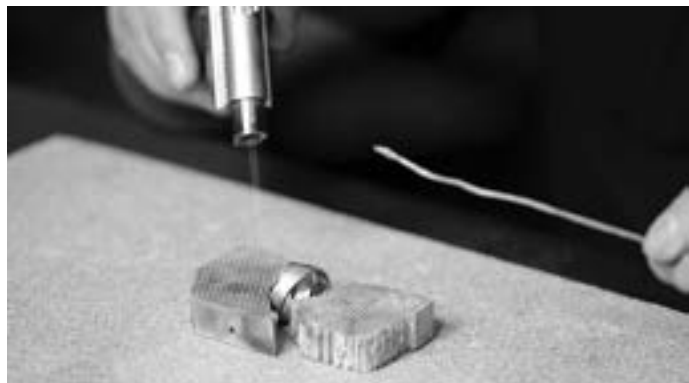
Take your jewelry design skills to the next level. Tackle ideas and complex projects and advance your skills in a supportive environment. Learn multi-step soldering, stone setting, forming and finishing techniques that will help make your elaborate jewelry design ideas a reality.

36379 10/3/2023 - 12/5/2023 6:00 - 9:00PM 10 ses Tu  
Quarles AS Bldg Room 1633 \$430

**NEW Stone Setting and Soldering Intensive ★**

This six-week intensive will be focused on the necessary skills to complete various stone setting and highly technical soldering techniques. This includes but is not limited to: bezel setting cabachons, flush setting, combination bezel and prong setting and constructed prong settings for faceted stones. We will be soldering all settings for stones ranging in size from .5mm-1cm. Some soldering experience is encouraged but no stone setting experience is required. Our main focus is to spend time learning these techniques while also spending adequate time in class to practice each style with instructional support. Some supplies in copper and brass will be provided, however, students are encouraged but not required to purchase their own materials in silver.

37089 10/09/2023 - 11/13/2023 6:00 - 9:00PM 6 ses M  
Quarles AS Bldg Room 1633 \$260



### Jewelry Special Projects

Practice your jewelry-making skills with help and mentorship from an experienced instructor; this student-driven class focuses on problem-solving individual projects the students are working on. Enjoy camaraderie and artistic accomplishment by working with other experienced jewelers. **Must have taken North Seattle Beginning Jewelry class or equivalent.** There will be no class on 11/23.

36825 10/12/2023 - 11/30/2023 6:30 - 9:30PM 7 ses Th  
Foy AS Bldg Room 1633 \$310

### **NEW** Spoon Carving for Beginners ★

Create a beautiful wooden spoon in one sitting. In this workshop, students will learn the basics of carving a simple kitchen spoon. Students will also learn basic knowledge and techniques of wood carving such as wood selection, carving characteristics, preparing blanks, basic carving techniques and traditional oil finish, which are essential to know for their future wood carving projects. Stir up your creativity and curiosity with carving your own one-of-a-kind wooden spoon. No previous wood carving experience required.

37993 10/30/2023 - 10/30/2023 6:00 - 9:00PM 1 ses M  
Shojaie-Barjuei AS Bldg Room 1530 \$75



### PHOTOGRAPHY

#### Photography Basics: Techniques and Art ★

Have you used your digital DSLR or digital mirrorless camera automatically, but want to learn how to use its full creative potential? Learn the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure metering, filters and flash, in this introductory color class. Class includes two Sunday field trips with instructor 10/8 and 10/15 (details given in class).

36848 10/4/2023 - 10/25/2023 7:00 - 9:00PM 4 ses W  
Stahl Online; Zoom \$150

#### Intermediate Nature Photography ★

This zoom course will be of interest to digital DSLR and digital mirrorless camera users. Emphasis will be on improving one's image-making skills out in nature. Advice on equipment and lenses will be provided to enable the crafting of successful photographs. Learn the usefulness of developing a "vision" while working in the field.

**Tripod required.** Class includes two Sunday morning field trips with instructor (details given in class). The instructor's work has appeared in National Geographic publications.

37101 10/7/2023 - 10/28/2023 9:00 - 11:00AM 4 ses Sa  
Stahl Online; Zoom \$150

### DRAMA

#### Improv Acting and Comedy

Many of today's comedic actors from feature films and TV have one thing in common: a background in improv comedy. Whether your aspirations are for Hollywood, video game voice-over or just to be the funniest person in your next Zoom conference, this is a great place to start. In this class, you will play games and improvise comedic scenes with partners. No experience is necessary; just a willingness to play and have fun.

36835 10/3/2023 - 11/7/2023 7:00 - 9:00PM 6 ses Tu  
Lee Online; Zoom \$160

### MUSIC

#### Beginning Guitar 1 ★

Pick up the guitar and play! Learn chords, strum patterns, tablature, and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment.

36366 10/10/2023 - 11/28/2023 7:00 - 9:00PM 8 ses Tu  
Kohl HS Bldg Room 2536A \$185

#### Jazz Ensemble

Practice and perform in concert the newest big-band arrangements which cover all styles of big-band jazz. This class combines talents of professional and student musicians in the big-band experience.

**Membership is by audition only.** There will be no class on 11/22.

36369 9/27/2023 - 12/6/2023 8:00 - 10:00PM 10 ses W  
Radke CC Bldg Room 1254B \$200

#### Vocal Performance and Stage Technique Workshop

Learn more about vocal performance, techniques and stage presence in individual study with well-known singer and recording artist, Gina Funes. You will have a piano accompanist, and a recital is performed at the end of each quarter with the pianist.

38218 9/25/2023 - 12/14/2023 ARRANGED 10 ses W  
Funes Online; Zoom \$500



★ Visit class website page for information on textbook, supply list or materials fee.



# HOME AND GARDEN

## HOME STYLE

### Basic Hands-On Home Repair and Maintenance ★

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about tools, how to work with electrical outlets, switches, and lighting; plumbing, faucets and wall repair and more. **A \$60 materials fee is due to the instructor (cash or check) on the first day of class.** No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos.

36834 10/12/2023 - 10/26/2023 6:00 - 9:00PM 3 ses Th  
Marx IB Bldg Room 1308 \$140

### Basic Carpentry and Woodworking ★

Learn the basics of joinery, jigs, materials, methods and project design. After selecting your materials, you'll apply everything you've learned to safely use hand and power tools in the construction and assemblage of your own toolbox, sewing box, garden box, etc. **A \$60 materials fee is due to the instructor on first day of class and includes use of all tools, materials and lumber for your first project.** Emailed directions will be provided a few days before the first class.

36830 10/28/2023 - 10/29/2023 10:00AM - 3:00PM 2 ses Sa,Su  
Marx CC Bldg Room 1161 \$175

# FOOD

## COOKING

### NEW Asian Wraps and Rolls ★

Learn to make Temaki hand rolls, California crab & avocado rolls and sushi rice. We will break down the art of making and rolling your rolls. Great family and beginner class. A prep packet with a shopping list, quick start instructions, and recipes will be sent prior to class. The session fee is per household; only one person in the household is required to register and pay for the class. Each class is a password-protected Zoom session, and you'll receive an email with a session ID and password prior to your class. Classes are recorded so you will have access to the replay, as well.

37034 10/29/2023 - 10/29/2023 2:00 - 5:00PM 1 ses Su  
Sweeney Online; Zoom \$70



### NEW Holiday Bread Baking

The holiday season is the most popular time of year for baking, and we are going to do just that—BAKE. Learn how to make chocolate Babka, potato rolls perfect for a holiday dinner or casual get together, and our chefs favorite for holiday brunches—gingerbread streusel quick bread. You will also learn how to make a beautiful holiday bread wreath. You will leave class armed with three highly versatile breads perfect for the holiday season or anytime of the year. A prep packet with a shopping list, quick start instructions, and recipes will be sent prior to class. The session fee is per household; only one person in the household is required to register and pay for the class. Each class is a password-protected Zoom session, and you'll receive an email with a session ID and password prior to your class. Classes are recorded so you will have access to the re-play, as well.

37042 11/12/2023 - 11/12/2023 2:00 - 5:00PM 1 ses Su  
Sweeney Online; Zoom \$70

### NEW Family Night: Thai Cooking

In this class we will make delicious spring rolls using shrimp, fresh herbs, veggies, noodles and rice paper. Learn to balance flavors as we create dipping sauces and our main dish classic Pad Thai. A prep packet with a shopping list, quick start instructions, and recipes will be sent prior to class. The session fee is per household; only one person in the household is required to register and pay for the class. Each class is a password-protected Zoom session, and you'll receive an email with a session ID and password prior to your class. Classes are recorded so you will have access to the re-play, as well.

37037 12/16/2023 - 12/16/2023 2:00 - 5:00PM 1 ses Sa  
Sweeney Online; Zoom \$70

## DESSERTS

### The Art of Cakes

Learn to make one-of-a-kind creations for family and friends! In this basic class, learn to bake the perfect cake, make different types of butter cream, get step-by-step guidance in piping techniques, and experience the excitement of making your cake a work of art. **A \$65 materials fee is due to the instructor on first day of class. Please bring a sack lunch.**

42091 10/21/2023 - 11/11/2023 1:00 - 5:00PM 4 ses Sa  
Sweeney ED Bldg Room 2843A \$240

### NEW Rustic Pie Basics

Learn how to make a delicious rustic fall inspired pie using in season berries and fruit. You will learn how to make the perfect flaky pie crust and an amazing cranberry, ginger, pear pie filling. Finish your creation with a delicious crumble topping. Perfect for fall and the holiday season! A prep packet with a shopping list, quick start instructions, and recipes will be sent prior to class. The session fee is per household; only one person in the household is required to register and pay for the class. Each class is a password-protected Zoom session, and you'll receive an email with a session ID and password prior to your class. Classes are recorded so you will have access to the re-play, as well.

37047 10/8/2023 - 10/8/2023 2:00 - 5:00PM 1 ses Su  
Sweeney Online; Zoom \$70

**NEW Fall and Holiday Royal Icing Cookies**

Learn to decorate cookies with royal icing to create fun holiday themed cookies. If you've never worked with royal icing before this class is for you. Flood your cookies with ease while learning different techniques.

**A \$40 materials fee is due to the instructor on first day of class.**

37036 11/18/2023 - 11/18/2023 1:00 - 5:00PM 1 ses Sa  
Sweeney ED Bldg Room 2843A \$85

**NEW Holiday Fondant Cookies**

Learn to decorate cookies with fondant in this fun holiday class. If you've never used fondant before, it's easy to use and is like grown-up edible play dough. We will create holiday themed cookies sure to jazz up your cookie platters. **A \$40 materials fee is due to the instructor on first day of class.**

37043 12/2/2023 - 12/2/2023 2:00 - 5:00PM 1 ses Sa  
Sweeney ED Bldg Room 2843A \$70

**NEW Candy Making: Gift Giving and Entertaining**

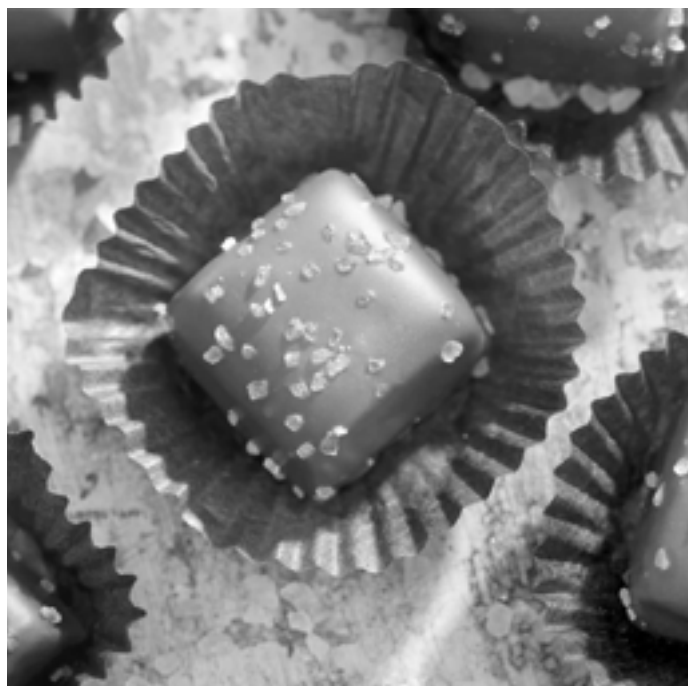
Tis the season for swapping sweets. Learn how to make delicious, salted caramels, easy chocolate chews, cashew toffee bars, and more. As a bonus, a demonstration on how to embellish your confections with edible dusts and edible gold will be shown. These confections are perfect for gift giving or enjoying on your own. A prep packet with a shopping list, quick start instructions, and recipes will be sent prior to class. The session fee is per household; only one person in the household is required to register and pay for the class. Each class is a password-protected Zoom session, and you'll receive an email with a session ID and password prior to your class. Classes are recorded so you will have access to the re-play, as well.

37035 12/3/2023 - 12/3/2023 2:00 - 5:00PM 1 ses Su  
Sweeney Online; Zoom \$70

**Handmade Chocolate Confections**

You don't need to use tempered chocolate to make beautiful and delicious confections. We'll use compound chocolate to make quick confections and simple ingredients to create yummy fillings as well. Handmade confections make great gifts for the holiday season. **A \$40 materials fee is due to the instructor on first day of class.**

37038 12/9/2023 - 12/9/2023 1:00 - 5:00PM 1 ses Sa  
Sweeney ED Bldg Room 2843A \$85



# FITNESS

## EXERCISE



**Strength and Conditioning**

Get fit and have a blast. Interval training blends strength and cardiovascular circuits using body weight, dumbbells and a variety of equipment. This 90-minute class provides full-body conditioning and will target strength, balance, cardio and flexibility.

36304 9/26/2023 - 11/28/2023 6:00 - 7:30PM 10 ses Tu  
Brenith WC Bldg Room 0827D \$180

**Zumba**

Zumba is an energetic class that combines Latin dance styles with cardio for a body-sculpting workout. With easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat.

37135 10/14/2023 - 11/18/2023 9:00 - 10:00AM 6 ses Sa  
Henricksen Off Campus; Greenwood Masonic Lodge \$100

## DANCE

**Ballroom Basics and Beyond**

This class will focus on two dances—the classic smooth foxtrot and the romantic Latin rumba—perfect for the beginner or for those wishing to brush up on technique and learn a few new moves. Price is for one person.

36306 9/28/2023 - 11/16/2023 6:30 - 7:30PM 8 ses Th  
Boarman WC Bldg Room 0827D \$125

**West Coast Swing**

West Coast Swing is a slower swing created for busy dance floors and danced to a variety of music from Blues to Motown to Country. Perfect for beginners and those wishing to brush up on technique and learn a few more moves. Price is for one person.

36308 9/28/2023 - 11/16/2023 7:35 - 8:35PM 8 ses Th  
Boarman WC Bldg Room 0827D \$125

**Alpine Tricky Zwiefacher Dance**

Moving to rhythms is the basis of dancing, marching etc. In this class we are going to dance to very tricky rhythms. No fancy move, no tricky leads, just dancing. Zwiefacher is a partner dance. Sing up with a partner or sign up as a single student. The rhythm leads the dance and movement on the floor, like spinning, is open to negotiation. Zwiefacher originally came from Bohemia, the Alpine district in the Czech Republic. It is common in Australia and the Alps of southern Germany and the French Alcaise. The center of Zwiefacher activity is now Bavaria/ he confusion of place names, languages, dialects, and spelling systems brought many past students to enjoy geographic research.

36819 10/5/2023 - 11/16/2023 11:00AM - 12:30PM 7 ses Th  
McMonagle WC Bldg Room 0827D \$126

## MOVEMENT

### **Tai Chi Ruler: Simple Exercises for Health and Longevity**

Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises and is easier to learn than Tai Chi. Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation and enhances neuro-muscular coordination.

36344 9/26/2023 - 11/28/2023 10:00 - 10:55AM 10 ses Tu  
Sharp WC Bldg Room 0829F \$112

### **Sustaining Vitality: Qigong**

Increase vitality, give your immune system a boost and feel more energetic. Qigong is based on the principle of balancing your body's natural energy (Qi) through meditation, breathing and movement exercises that are easy to learn and put into practice. There will be no class on 11/23.

36353 9/28/2023 - 12/7/2023 10:00 - 10:55AM 10 ses Th  
Sharp WC Bldg Room 0827D \$112

### **Beginning Tai Chi: Grasping the Sparrow's Tail**

Learn one of the best forms of low-impact exercise for health and longevity. Increase flexibility and strength by learning this slow-flowing movement meditation. Experience deeper self-awareness, improved balance and mental concentration as well as increased physical energy. Tai Chi is beneficial for all. There will be no class on 11/25.

36347 9/30/2023 - 12/9/2023 9:10 - 10:40AM 10 ses Sa  
Sharp WC Bldg Room 0827D \$169



### **Continuing Tai Chi: Grasping the Sparrow's Tail 2**

Our focus is to complete and refine the long form, which consists of four sections containing about 45 postures each. Partner drills and beginning pushing hands enhance each student's comprehension of the subtle and profound nature of Tai Chi Chuan. There will be no class on 11/25.

36352 9/30/2023 - 12/9/2023 10:45AM - 12:15PM 10 ses Sa  
Sharp WC Bldg Room 0827D \$169

### **Learning in Action: Introduction to the Alexander Technique**

Developed by F.M. Alexander, this educational process helps you undo adverse postural habits and avoid unneeded muscular and mental tension. Through delicate guidance discover efficient, effective and more fun ways of doing daily, professional and recreational activities.

36915 10/10/2023 - 11/14/2023 7:00 - 8:30PM 6 ses Tu  
Gehman CC Bldg Room 3443 \$95

★ Visit class website page for information on textbook, supply list or materials fee.



## YOGA

### **Philosophy of Yoga Through Posture Practice**

Understanding the definition of yoga alongside performing the posture can fire-up and deepen what you already know about yoga. Learn various postures including standing, seated twisting, back bending and restoratives. Students will learn yoga postures and breath exercises progressively, accurately and safely. There will be no class on 11/22.

37114 10/18/2023 - 12/13/2023 5:15 - 6:30PM 8 ses W  
Bernstein ED Bldg Room 2843A \$125

### **Introduction to Yoga Philosophy**

There is much more to yoga than the physical poses. Learn the eight philosophical limbs of yoga as explained in The Yoga Sutras of Sage Patanjali. Learn to develop resilience, concentration and felicity, while journaling and learning simple relaxation techniques to quiet the mind. There will be no class on 11/22.

36926 10/18/2023 - 12/13/2023 4:00 - 5:00PM 8 ses W  
Bernstein ED Bldg Room 2843A \$100

## ENRICHMENT

### CRAFTS

#### **NEW How to Purchase a Sewing Machine or Serger**

Are you in the market for a sewing machine? How do you know which is best, pre-owned or brand new? Not all machines are equal. Get your questions answered on what you need to know before making this purchase. Gain valuable knowledge and save yourself the frustration of purchasing a machine that does not meet your sewing needs.

37019 9/25/2023 - 9/25/2023 6:30 - 8:30PM 1 ses M  
Johnson NS0CC NS - CC - NS Dining Rm - CC1254B \$22

#### **NEW Pattern Making: Drafting Pants** ★

Take the mystery out of pant-fitting with just a few personal measurements and lines drawn. You'll use the drafting tools available during class to develop your custom-fitted pant pattern, then choose from a variety of great fabrics provided to sew and add them to your wardrobe. Keep your pattern for future use. **Please bring to class your sewing machine, in good working order, power cord, foot control, bobbins and operators manual. A material fee of \$30 will be due at the first class session.**

37133 9/26/2023 - 11/14/2023 6:30 - 9:00PM 8 ses Tu  
Johnson CC Bldg Room 3357 \$120

**Beginning Sewing ★**

No more struggling through sewing projects; learn to sew the fun and easy way. Practice pattern reading, choosing the right fabrics and laying out fabric to create a finished piece you can be proud of. Whether you want to redecorate your home, make crafts or clothes, we'll get you stitching in the right direction. You will sew three projects in class; fabric and patterns for each project provided by the instructor. **Please bring a sewing machine in good working order, power cord, foot control, bobbins, operator's manual (if available), sharp scissors, tape measure and straight pins. There will be a \$35 material fee due to the instructor at the first session.** No class on 10/5 and 11/30.

36811 9/28/2023 - 11/30/2023 6:30 - 9:00PM 8 ses Th  
Johnson CC Bldg Room 1254B \$210

**Beginning Sewing II: Sewing with Patterns ★**

Want to sew more? This course focuses on sewing clothes using the home sewing pattern. You'll choose from a selection and add your custom design looks by employing a variety of techniques and applications. Sew sleeves, buttonholes and much more. **There will be a material fee of \$35 due to the instructor at the first session.**

36814 9/30/2023 - 10/21/2023 9:00AM - 2:00PM 4 ses Sa  
Johnson CC Bldg Room 1254B \$210

**NEW The Quilted Jacket ★**

Get ready to wrap up with a warm and fashionable quilted jacket designed by you. You'll learn piecing, sandwiching and binding hacks that lend themselves to putting this jacket together in no time at all. Embellish it and take your design to new heights. Batting fabrics, supplies, tools and embellishments will be provided; please feel free to bring your own. **Bring to class your sewing machine in good working order, power cord, foot control, bobbins and operators manual. There will be a material fee of \$45 due at the first class session.**

37128 10/2/2023 - 11/27/2023 6:30 - 9:00PM 9 ses M  
Johnson CC Bldg Room 3357 \$235

**Alter This - Alter That! ★**

Get more wear from your garments by learning simple alterations and repair techniques. Learn how to alter hems and waistlines to create a fitted garment. **Bring two or three of your favorite wardrobe pieces to alter in class, along with scissors, sewing machine and power cord in good working order. Sewing experience and an operational sewing machine are required for this class. Please make sure your machine will sew apparel knit, woven and bulky fabrics.** A personal supply tool pack specific to altering seams will be provided by the instructor. **There will be a \$15 supply fee paid directly to the instructor for this class.**

36809 10/28/2023 - 10/28/2023 9:00AM - 3:00PM 1 ses Sa  
Johnson CC Bldg Room 1254B \$65



★ Visit class website page for information on textbook, supply list or materials fee.



**Serging Made Simple ★**

So many threads! Where do you start? We'll cover how to thread the serger, adjust tensions and serge two to three projects right in class. You'll be surprised how fast you can complete a project with this amazing machine. Project Kits and reference materials provided by Instructor. **There will be a material fee of \$30 due to the instructor at the first session. Please bring your Serger to class in good working order.**

36818 11/4/2023 - 11/4/2023 9:00AM - 3:00PM 1 ses Sa  
Johnson CC Bldg Room 1254B \$65

**NATURE & SCIENCE**

**Fall Birds of Puget Sound Lowlands**

Fall and early winter are an excellent time for birding in the Puget Sound region. Learn to identify species, appreciate behaviors and the best places to bird throughout the lowlands. Time will be spent learning birding tools like eBird and Merlin. Class includes a Sunday field trip with instructor 10/29 8AM-12PM.

38425 10/19/2023 - 10/26/2023 6:30 - 8:00PM 2 ses Th  
Rose Online; Zoom \$90

**NEW Identification of Common Birds of Washington ★**

Join us for a look at 140 of the most common bird species that are found in Washington State. This class is great for novice and intermediate birders. Topics include identification of birds in Washington State and the best places to find them. Plus, what to look for purchasing equipment. **Required Materials: National Geographic Society Field Guide to North American Birds, 6th or 7th Edition.** There will be a one hour break for lunch.

37672 10/21/2023 - 10/21/2023 10:00AM - 3:00PM 1 ses Sa  
Kaynor HS Bldg Room 2634A \$78

**Fall Common Western Washington Birds**

Join us for a look at 52 of the most common bird species that are found in Western Washington State in the fall. This class is a great starting place for backyard bird watchers. Fun facts for every bird. Handouts provided.

37653 11/06/2023 - 11/06/2023 6:30 - 8:30PM 1 ses M  
Kaynor Online; Zoom \$39

**NEW Columbia River Flood Basalts and the Missoula Floods**

The CRFB formed the foundation of the Columbia Basin. These floods of molten rock flowed from Northeastern Oregon all the way to the ocean. The Missoula Floods These ice age floods sculpted Pacific Northwest from Sand Point ID to Astoria OR. Learn how these floods formed the incredible formations throughout Central Washington. See the majestic landscapes they formed with photography from both the land and the air. Handouts provided.

37644 11/7/2023 - 11/7/2023 6:30 - 8:30PM 1 ses Tu  
Kaynor Online; Zoom \$39

### Extraordinary Birds of Washington

Join us for a look at 52 extraordinary birds found throughout Washington. We will look at birds that look amazing or do amazing things. Some of these species may be difficult to find. This class is a great starting place for backyard bird watchers and bird enthusiasts. Handouts provided.

37847 11/13/2023 - 11/13/2023 6:30 - 8:30PM 1 ses M  
Kaynor Online; Zoom \$39

### Geology of Mount Rainier

Mount Rainier—Washington's most visible peak. We start 840,000 years ago when "The Mountain" first erupted and follow its growth to its present form. Learn why it is the most dangerous mountain in North America. Handouts provided.

37845 11/14/2023 - 11/14/2023 6:30 - 8:30PM 1 ses Tu  
Kaynor Online; Zoom \$39

## PERSONAL

### NEW People and Money - Rock Your Retirement

This class teaches financial literacy. The goal of this class is to enable you to develop an investment strategy that you confidently control and manage to meet future financial needs. You will learn how the stock market works and how to use it to help fund your retirement. The same knowledge can help you understand how to choose a life insurance plan, prepare your children's college tuition funding, use health saving accounts, buy a home and plan your estate. Rock Your Retirement will cover real-life investment products and strategies. Every investment choice involves risk. Therefore, you will also take time to understand your own priorities and concerns better. What makes one investment choice more appropriate than another? What do you need to thrive in retirement? How do you handle financial emergencies? What current and future obligations might impact your decisions? People of all backgrounds are welcome.

37070 9/27/2023 - 11/15/2023 6:30 - 7:30PM 8 ses W  
Kim CC Bldg Room 3349 \$120

### Mindfulness Meditation for Stressful Situations

Freedom from anxiety, worry and trauma evolves from incorporating small moments of stillness into your everyday life. Join a supportive community to enjoy practices proven to increase energy and joy like mindful breathing, movement and doodling that engage your senses and help overcome trauma.

37072 9/30/2023 - 9/30/2023 10:00AM - 12:30PM 1 ses Sa  
D'Asaro HS Bldg Room 2536A \$50

### Trauma: A Study in Humanity

Trauma is as much part of the human experience as is loss, grief and identity. Explore the critical dynamics of trauma, going beyond fight or flight and into how these dynamics impact us and integrate into our daily lives.

36382 10/12/2023 - 11/16/2023 6:30 - 8:30PM 6 ses Th  
Sideman Online; Zoom \$175

### NEW Credit: Key to Achieving Home Ownership

Can you pay cash to buy a house? Few people can, so you will need a loan to buy that house. To qualify for that loan, you must have good credit or a history of managing your money responsibly. If you are recovering from divorce, foreclosure or bankruptcy, buying that home can seem like a dream. Learn from a mortgage planner what actions you can take to improve your credit and your chances of getting a home loan.

37031 10/14/2023 - 10/14/2023 1:00 - 4:30PM 1 ses Sa  
Remilien HS Bldg Room 2634A \$60

### NEW Forest Bathing

Inspired by Shinrin-yoku, the Japanese practice of "Forest Bathing" supports health and wellness through immersion in natural environments. This experience will guide you through a sequence of invitations to slow down and use your senses to interact with the natural world. Invitations are open-ended. There is no expectation for what participants should experience or receive, though often mentioned is a reduction in stress, as well as increased feelings of overall well-being, creativity, a sense of calm and stillness while also feeling more alive. This is not a hike or meditation, but best described as a slow meander. This experience is ideal for people who are comfortable traveling on uneven, unpaved terrain; though we can easily adapt for anyone with more limited mobility (fatigue, uneven gait, use of walker or cane). Class will meet in the north parking lot on campus near the John Lewis Memorial Pedestrian Bridge.

37520 10/21/2023 - 10/21/2023 10:00AM - 12:30PM 1 ses Sa  
Huljev North Parking Lot \$50

### Don't Be Fooled - Critical Thinking 101

How do we separate fact from fiction when hearing about health products, conspiracies, events, and unusual ideas? A little healthy skepticism works wonders. Using entertaining examples, we'll uncover simple tools to evaluate the flood of information that hits us every day.

36331 10/28/2023 - 11/4/2023 10:00AM - 12:00PM 2 ses Sa  
Green CC Bldg Room 3345 \$60

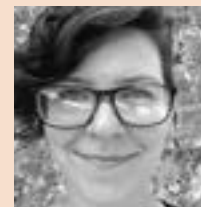
### NEW Building Resilience in Times of Stress

In this evidence-based, interactive class, participants discuss stressors applicable to them, learn about the physical, emotional and psychological effects of chronic stress, and how to make choices that will improve their resilience. This class includes guided exercises that participants can implement immediately into their daily lives to promote a healthy stress response and alter the structure and function of their brain to create lasting benefits.

37076 11/8/2023 - 11/8/2023 6:30 - 8:30PM 1 ses W  
Blackie HS Bldg Room 2536A \$65

### MILEVA HULJEV

Mileva (she/they) has a deep passion for cultivating a relationship with Nature. There has been a lot of personal traveling, backpacking, paddling, road-tripping, hamster-wheeling at work, yogi-ing, sojourning, hiking in the wilderness. While grateful for all these experiences, it wasn't until training to be a Nature Therapy guide, that the opportunity to really slow down and reset revealed just how overtaxed her/their nervous system was.



The nature immersion experiences Mileva offers foster an opportunity for us all to slow down physically and mentally. To get curious, to investigate, to feel, to play and otherwise interact with the here/now of life. To just be ourselves, as imperfect and healthy as the trees in our community.

Mileva is a certified guide through the Association for Nature and Forest Therapy, with specific training in supporting people to improve their wellbeing by engaging with the natural world. This has been the foundation of a 16+ year career as an outdoor educator; facilitating experiences for folk to connect with Nature, in more broad and inclusive ways.

**CSI - Myth vs. Fact ★**

Enjoy CSI shows and mysteries? Then this presentation is for you. Some photos and information may be considered graphic/offensive by some—18 & older only in this class. Crimes such as homicides, robberies and more will be discussed and photos shown to enhance learning experience. Presenter will be showing many photos and discussing actual crime scenes she has processed for evidence. Fingerprint mutilation, intentionally performed by criminals/unscrupulous doctors will also be a segment of the presentation. Play Myth vs. Fact game and test your knowledge of behind the scene facts of what goes on during a crime scene investigation. Look at actual photographs from crime scenes to determine what the evidence revealed. You will be able to participate in hands-on exercises regarding fingerprints. Class is interactive. Unique opportunity to ask a Forensic Scientist questions. **Students will need a roll of clear tape (Scotch tape) & only ONE of the following: ceramic mug, OR clear water bottle OR clear sheet protector.**

36378 11/15/2023 - 11/15/2023 6:00 - 9:00PM 1 ses W  
Dean Online; Zoom \$45

**Welcome to Medicare**

Need help understanding Medicare? Current and new beneficiaries, those who are soon eligible and anyone who wants to learn more about Medicare health coverage should sign up. Various plan options, prescription drug coverage, supplements and ways to get help paying for Medicare will be discussed.

36910 11/18/2023 - 11/18/2023 9:30 - 11:30AM 1 ses Sa  
SHIBA Instructor Online; Zoom Free

**ENTERTAINMENT**

**NEW The World of Poker**

This class is designed for those who have never played, as well as those who want to learn more about the game. We will go over a variety of games that are played socially, where the dealer “calls” the game, including the many varieties of draw and stud games. We will also explore the ever-popular game of Texas Hold ‘Em and Omaha, played in card rooms and seen on TV. You will learn the different betting structures and some cool strategies. Come and join us and meet new people with a similar interest.

37068 9/26/2023 - 11/14/2023 6:00 - 8:30PM 8 ses Tu  
Lazar CC Bldg Room 3449 \$205

**Bridge for Beginners ★**

Welcome to the world of bridge, a fun and exciting game full of challenge and intrigue. This class is designed for those who have little or no experience with the game, as well as those who used to play and want to brush up. Learn the fundamentals of the game: bidding, declarer play and defense. Following the class there is opportunity to join a social bridge group to get more experience. Come and stimulate those brain cells.

**There will be a \$20 book fee for this class due to the instructor.**

36929 9/27/2023 - 11/15/2023 6:00 - 8:30PM 8 ses W  
Lazar CC Bldg Room 3449 \$205



**Flying Saucer Cinema**

This classic science fiction film appreciation class showcases beloved films that cry out for viewing in a group setting the way they were first presented to the world. Each week will bring something new, films ranging from Golden Age sci-fi of the 1950s and 60s to the dystopian science fiction of the 1970s and occasional forays beyond. Co-hosts Eric Cohen and Mark Daniels will be your guides and provide you with film information, trivia and lively post-screening discussion every week. We kick off the fall quarter with George Pal's classic time travel film H.G. Wells' *The Time Machine*, starring Rod Taylor and Yvette Mimieux. Next up, we're back with another BIG bug movie, *The Praying Mantis*. Then, we pivot to William Hurt's standout debut in the mind-bending Ken Russell modern classic *Altered States*. (Move over Carlos Castaneda.) We'll end the quarter with the exciting outer space movie *Queen of Blood* starring John Saxon, a young Dennis Hopper, and a long-in-the-tooth Basil Rathbone. Whether you are a seasoned science fiction film buff or simply want to put your head in a different place for a couple of hours every week, this will be an engaging, fun adventure of a class you won't want to miss.

36365 10/18/2023 - 11/8/2023 7:00 - 9:00PM 4 ses W  
Cohen, Daniels CC Bldg Room 3457 \$79

**TRAVEL**

**Travel The World Volunteering**

Ready to help in another country by working with local communities that need your skills or support with existing projects? Want to teach English, work with children, help wildlife, support conservation or share your expertise? Learn how to combine inexpensive travel with life-changing experiences as you travel the world as a volunteer. Volunteer travel is not just for the young.

36375 10/16/2023 - 10/30/2023 6:30 - 8:30PM 3 ses M  
Major Online; Zoom \$80

# LANGUAGE

## SPANISH

### Spanish for Fun and Travel - Level 1 ★

Learn the basics of Spanish in a practical and enjoyable way with an experienced, fluent instructor. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation and pronunciation.

36294 9/25/2023 - 11/13/2023 6:30 - 8:30PM 8 ses M  
Robertson HS Bldg Room 2634A \$179

### Spanish for Fun and Travel - Level 2 ★

A continuation of Spanish for Fun and Travel - Level 1. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation and pronunciation.

36296 9/26/2023 - 11/14/2023 6:30 - 8:30PM 8 ses Tu  
Robertson HS Bldg Room 2634A \$179

### Spanish for Fun and Travel - Level 3 ★

A continuation of Spanish for Fun and Travel - Level 2. Learn vocabulary through activities, stories, interviews and reading. Grammar structures will be introduced, and some homework will be assigned. Great for those who already converse in Spanish but want to increase fluency.

36297 9/27/2023 - 11/15/2023 6:30 - 8:30PM 8 ses W  
Robertson HS Bldg Room 2634A \$179

## JAPANESE

### Conversational Japanese I ★

This conversational class is for beginners with little or no Japanese background and for those who want to brush up on Japanese speaking skills. Covers useful phrases, pronunciation, vocabulary, some numbers, the ko-so-a-do words and grammar. **A \$15 textbook fee will be collected by the instructor.** There will be no class on 11/23.

36841 10/5/2023 - 11/30/2023 7:00 - 9:00PM 8 ses Th  
Nakamura-Lambert Online; Zoom \$179

### Conversational Japanese II ★

Continue to have fun and expand your skills while making plans, asking for permission, expressing like/dislike, and learning about Japanese customs and culture. Verb conjugations in phrases and sentences are also covered. **Prerequisite: Conversational Japanese I or permission of instructor. A \$15 textbook fee will be collected by the instructor.**

36842 10/10/2023 - 11/28/2023 7:00 - 9:00PM 8 ses Tu  
Nakamura-Lambert Online; Zoom \$179

## ESL

### Everyday English Conversation

Join a relaxed atmosphere where you can practice everyday English and learn more about United States culture. The class will focus on pronunciation and on developing awareness of idioms, phrasal verbs and slang. This class is ideal for those who are comfortable speaking English but who want to build listening comprehension and speaking confidence. No text book is required.

36917 9/25/2023 - 11/27/2023 6:30 - 9:30PM 10 ses M  
Chai CC Bldg Room 3443 \$305

★ Visit class website page for information on textbook, supply list or materials fee.

### Intermediate ESL Workshop: Speaking and Listening

Designed to help non-native speakers improve their oral communication skills, accent and pronunciation. We will review and practice various grammatical forms and develop conversation skills for use in everyday communication. Listen and watch video clips, participate in class discussion, games and role play. There will be no class on 11/22.

36380 10/2/2023 - 11/27/2023 7:00 - 9:00PM 16 ses M, W  
Markova CC Bldg Room 3355 \$330

### TOEFL Preparation

This class is for those who want to take the Test of English as a Foreign Language (TOEFL) or who want to build academic skills. Our focus will be on timed: (1) reading and listening comprehension, (2) note-taking skills, (3) speaking skills and (4) essay-writing skills. Skills learned here will also help with taking ESL/EFL placement tests. No textbook is required.

36922 9/27/2023 - 11/15/2023 6:30 - 8:30PM 8 ses W  
Chai CC Bldg Room 3443 \$175

## FRENCH

### Continuing French: Esprit Critique ★

For French learners eager to expand their speaking skills and reinforce their language usage and terminology. Each session will hinge on a language lesson and topical exploration.

36377 10/7/2023 - 11/18/2023 10:00AM - 12:00PM 7 ses Sa  
Morehead Online; Zoom \$165

## SIGN LANGUAGE

### Basic Sign Language

Open the doors of communication and explore basic conversational sign language. You will quickly learn finger spelling, develop a basic vocabulary and grasp the general concepts and structure of sign language communication. Consistently top-rated instructor will help you gain a solid ASL foundation.

36340 9/26/2023 - 11/14/2023 6:30 - 8:30PM 8 ses Tu  
Jordan CC Bldg Room 3452 \$172

### Sign Language - Level 2

This class is a continuation of Basic Sign Language. You will be exposed to increased development of communication strategies with emphasis on expanding vocabulary and grammatical understanding.

36341 9/28/2023 - 11/16/2023 6:30 - 8:30PM 8 ses Th  
Jordan CC Bldg Room 3452 \$172

### MARIANA MARKOVA

Mariana has over ten years of experience teaching English and Social Sciences to international students. She has worked as an English teacher in three countries—Russia, Bulgaria and the US. Before coming to Seattle to do a Doctorate in Anthropology, she worked as Project Manager and Researcher at major international organizations such as the UN, World Bank and Doctors Without Borders. She has a keen interest in world languages and cultures. Her hobbies are hiking, international movies and theater.



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