

# CONTINUING EDUCATION

*Live to Learn!*

WINTER 2024

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**Registration Opens  
November 6**



**Custom Made Wine Bouquets**

Volume 18, No. 1

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Farming 101**  
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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 November 6.

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 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).

## WINTER QUARTER OFFICE HOURS

Continuing Education	<b>WINTER QUARTER:</b> 1/2/24 – 3/20/24
North Seattle College	<b>OFFICE HOURS:</b> Mon-Fri 8:30AM – 5:00PM
9600 College Way North	<b>HOLIDAYS:</b> 1/15/24 Martin Luther King Jr. Day
CC Bldg Room 1152	2/19/24 Presidents Day
Seattle, WA 98103-3599	

## Jazz Ensemble Concert

Join us in the Grove Dining Room on campus starting at 8 p.m. on December 6 for a live concert. The concert is free, so bring the whole family. Directed by Fred Radke and featuring Vocalist Gina Funes.

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View most recent class listings and register online at [www.learnatnorth.org](http://www.learnatnorth.org) or call 206.934.3705.

### MARNI SWART

Marni is a certified sustainable urban agriculturist, garden coach and designer, nursery woman, and owner of Growing Roots Together. Marni's passion is teaching people how to sustainably grow more of their own food and medicine as a way of building connections with nature and within communities.



## 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. No textbooks are needed but a general home repair book (*Readers Digest*, Black & Decker, etc.) might enhance class demos.

25351	1/11/2024 - 1/25/2024	6:00 - 9:00PM	3 ses	Th
Marx	IB Bldg Room 1308			\$229

#### 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. Emailed directions will be provided a few days before the first class.

25350	2/10/2024 - 2/11/2024	10:30AM - 3:30PM	2 ses	Su, Sa
Marx	CC Bldg Room 1161			\$229

### GARDENING

#### NEW Urban Farming 101

Interested in growing a successful edible garden on your urban lot? This introductory class will teach you all you need to know to get started growing your own fruit, herbs and veggies. Learn about garden placement, seasonality, soils, seeds and starts, types of garden beds/containers and more! There will be plenty of time for questions so we can discuss your particular growing situation. Sign up for spring and summer classes to continue learning about seasonal gardening.

29261	1/24/2024 - 2/7/2024	6:00 - 8:00PM	3 ses	W
Swart	Online; Zoom			\$80

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

### Edible Gardening: Indoor Seed Starting

Get a jump start on your spring and summer garden by growing your own vegetable starts indoors. Learn how to start your own seeds at home, potting up, germination basics, what to plant when, indoor lighting, soils, hardening off and more. This class meets twice - 2/21 and 3/6.

29298	2/21/2024 - 3/6/2024	6:00 - 8:00PM	2 ses	W
Swart	Online; Zoom			\$65

### Edible Gardening: Spring

Springtime means gardening. Learn how to prepare your garden beds, pest prevention and what to plant now for an abundant spring harvest. Take an in-person garden tour to reinforce the learning concepts from the class, plus get inspiration and ideas for your garden. There will be an online class on 3/13 and a garden tour 10:00am-11:00am on 3/16 (details given in class).

29288	3/13/2024 - 3/13/2024	6:00 - 8:00PM	1 ses	W
Swart	Online; Zoom			\$50

## FOOD

### COOKING

#### NEW Plant-Based Cooking ★

Enjoy hearty plant-based recipes in this class. Transform bell peppers into stuffed peppers with hearty grains and lentils, you won't believe there is no meat in this satisfying dish. Learn to cook grain mixes to flavorful perfection. We will also make a hearty salad and winter vinaigrette and round our meal off with vegan Cowboy cookies.

26971	1/6/2024 - 1/6/2024	2:00 - 5:00PM	1 ses	Sa
Sweeney	Online; Zoom			\$70

#### NEW Winter Favorites: Chicken ★

Enjoy delicious winter flavors in this class. Learn how to pan-roast a delicious, juicy chicken dinner along with a winter favorite, roasted Brussel sprouts. We will round our meal with a cozy, winter inspired dessert.

27816	1/13/2024 - 1/13/2024	2:00 - 5:00PM	1 ses	Sa
Sweeney	Online; Zoom			\$70

#### NEW Gluten Free Baking ★

Baking gluten-free is not like baking with gluten. Moist and delicious gluten-free baking results are easily achievable with the right ingredients and techniques. Join us to learn how to use gluten-free flours and prepare gluten-free baked goods with success. We will make sugar cookies, snack cake and rolls.

27813	1/20/2024 - 1/20/2024	2:00 - 5:00PM	1 ses	Sa
Sweeney	Online; Zoom			\$70



Michele Sweeney



**NEW Winter Favorites: Soup** ★  
Nothing says cozy winter comfort food like a big bowl of hearty soup. In this class you will learn to make a creamy roasted potato soup elevated by bacon and herbs. This soup is perfect for stocking the freezer or sharing. We will also make a winter harvest salad and hearty Irish cheddar soda bread to go with our creamy soup.  
27819 1/27/2024 - 1/27/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**NEW Sweet and Savory Crepes** ★  
Escape to Paris for one evening in the comfort of your own home and learn to make crepes. Learn to make basic crepes, sweet crepes and savory ham and cheese crepes. Très délicieux.  
27814 2/3/2024 - 2/3/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**NEW Winter Favorites: Pork** ★  
Join Chef Michele and learn to transform winter veggies and pork tenderloin into the ultimate cozy winter meal. Learn to make an herb marinade, roasted root vegetables and how to pan sear and roast your pork tenderloin. We will also make homemade applesauce to accompany our meal.  
27818 2/24/2024 - 2/24/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**NEW Winter Favorites: French Gnocchi** ★  
You may be familiar with potato Gnocchi but are you familiar with French Gnocchi? Learn to make dough based French Gnocchi. We will also roast a winter favorite; Butternut squash to create a delicious salad and toss it with a homemade warm cider vinaigrette creating the perfect dish for our French Gnocchi to accompany.  
27817 3/2/2024 - 3/2/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**NEW Sweet and Savory Quick Breads** ★  
Quick breads are just that; quick. In this class learn to make a southern style blueberry biscuit bake perfect for breakfast or dessert and savory corn muffins with southwest compound butter.  
27815 3/9/2024 - 3/9/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**DESSERTS**

**The Art of Cakes** ★  
Do you want to make one-of-a-kind creations for family and friends? Cakes could be your next great passion. Join award-winning Sugar Artist and Food Network Competitor, Michele Sweeney, for a fun-filled class on the basics of cake making from start to finish. In this hands-on beginner class, you will learn to bake the perfect cake, make different types of butter cream, receive step-by-step guidance in piping techniques and experience the excitement of making your cake a work of art. Discover how easy it is to create the perfect dessert for any occasion in a collaborative and supportive environment. This is a six-week course with one baking class held via Zoom, the rest in-person. **A \$65 materials fee is due to the instructor on the first day of class. Please bring an apron and a sack lunch.**  
26679 1/7/2024 - 2/11/2024 1:00 - 5:00PM 6 ses Su Sweeney ED Bldg Room 2843A \$359

**NEW Easy Puff Pastry Desserts** ★  
Puff pastry can be intimidating but not in this class. Chef Michele will show you the easy way to make French apple tarts, cherry turnovers and classic cheese Danish perfect for anytime of the year.  
27812 2/17/2024 - 2/17/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**Cookie Decorating** ★  
Learn how to decorate a set of sugar cookies using royal icing. Techniques include icing consistencies, outlining, flooding and decorating cookies for any occasion. You will also learn how to make your own sprinkles and royal icing transfers to embellish your creations. This class is great for beginners and those that have taken a previous cookie decorating class and want to learn how to decorate new designs as themes change every quarter. **Bring an apron and wear comfy clothes. \$40 cash supply fee paid to instructor.**  
26965 2/25/2024 - 2/25/2024 1:00 - 5:00PM 1 ses Su Sweeney ED Bldg Room 2843A \$120

**NEW Cupcake Decorating** ★  
Learn how to make delicious buttercream along with how to color it using gel colors and how to achieve the perfect consistency for piping techniques and apply those techniques and designs to your cupcakes. **Bring an apron and wear comfy clothes. \$40 cash supply fee paid to instructor.**  
27810 3/10/2024 - 3/10/2024 1:00 - 5:00PM 1 ses Su Sweeney ED Bldg Room 2843A \$120

**MICHELE SWEENEY**

Michele is a fourth generation baker and internationally known culinary artist and instructor with a demonstrated history of teaching around the county. She has won several awards and been featured in a number of print and digital publications. In 2016 Michele was one of seven top US sugar artists handpicked by the Food Network to compete on their popular Cake Wars program. Michele is equally passionate about teaching as she is about creating innovative products for the culinary arts industry.



Michele Sweeney

**WINE & SPIRITS**

**NEW Cocktails & Nibbles** ★  
Winter is the perfect time for delicious nibbles and cozy cocktails. In this class learn to make spiked apple cider, roasted shrimp cocktail and savory Palmiers with homemade pesto.  
27811 2/10/2024 - 2/10/2024 2:00 - 5:00PM 1 ses Sa Sweeney Online;Zoom \$70

**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.  
24896 1/9/2024 - 3/12/2024 6:00 - 7:30PM 10 ses Tu Brenith WC Bldg Room 0827D \$180

**NEW Adaptive Fitness**  
A gentle approach to exercise, this class improves strength and flexibility though mild to moderate exertion. We will complete a workout in class. While all students will work the same muscle group at the same time for comradery, each student will perform custom exercises. Options for exercise standing, seated and laying down are provided, and the instructor will work directly with students to find the most comfortable option for them. A good class for those who want hands on adjustments and one on one attention from a fitness professional. Those with past balance or injury troubles welcome.  
24933 1/10/2024 - 2/28/2024 6:00 - 7:00PM 8 ses W Brenith WC Bldg Room 0827D \$97

**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. This class will meet off campus at the Greenwood Masonic Lodge, 7910 Greenwood Avenue, Seattle, WA 98103. No dance experience needed. **Please bring a water bottle, comfortable athletic shoes, your energy and your smiles.** There will be no class on 2/17.  
27101 1/27/2024 - 3/9/2024 9:00 - 10:00AM 6 ses Sa Henricksen Greenwood Masonic Lodge \$100

**DANCE**

**Ballroom Basics and Beyond**  
Learn the basics and more to the timeless slow waltz then move to the upbeat rhythms of the Latin samba, also known as the Brazilian waltz. This course is perfect for those stepping onto the dance floor for the first time or for those who wish to brush up on their technique and learn some new moves. Some shared steps, utilizing different technique, will be taught in both dances.  
24934 1/11/2024 - 2/29/2024 6:30 - 7:30PM 8 ses Th Boarman WC Bldg Room 0827D \$125

**East Coast Swing**  
Join us for fun, lively, versatile swing. Learn the basics and more. At the end of this session, you'll be ready to grab a partner and hit the dance floor. **Wear comfortable shoes that stay on your feet.** Singles and couples welcome. This price is for one person.  
24935 1/11/2024 - 2/29/2024 7:35 - 8:35PM 8 ses Th Boarman WC Bldg Room 0827D \$125

**NEW Introduction to Traditional Clogging**  
Members of the Eclectic Cloggers of Seattle will introduce you to the basics of this truly American percussive folk dance. You will learn to listen to and move with the music of Southwest Appalachia. Over our weeks together, you will learn individual steps and an entire routine, plus we will spend time each week just free-styling, making rhythms with our feet to accompany live and lively mountain music. You will work up a sweat, this is active, engaging, social exercise and such great fun. This class will meet off campus at the Phinney Neighborhood Center, Room 3, 6532 Phinney Avenue North, Seattle, WA 98103.  
27859 1/16/2024 - 2/20/2024 7:00 - 8:00PM 6 ses Tu Davidson Off Campus: Phinney Neighborhood Center Room 3 \$100

**MOVEMENT**

**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 1/13 and 2/17.  
24942 1/6/2024 - 3/16/2024 9:10 - 10:40AM 9 ses Sa Sharp WC Bldg Room 0827D \$150



★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

**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 1/13 and 2/17.

24943 1/6/2024 - 3/16/2024 10:45AM - 12:15PM 9 ses Sa  
Sharp WC Bldg Room 0827D \$150

**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.

24941 1/9/2024 - 3/12/2024 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.

24940 1/11/2024 - 3/14/2024 10:00 - 10:55AM 10 ses Th  
Sharp WC Bldg Room 0829F \$112

**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.

25441 2/6/2024 - 3/12/2024 7:00 - 8:30PM 6 ses Tu  
Gehman CC Bldg Room 3443 \$95

**YOGA**

**NEW Gentle Yoga for Beginner**

This is basically yoga for individuals with little or no experience and for those who might have some physical limitations. It will be a slow, meditative course which will focus on breathing and gentle movements to encourage a feeling of well-being and calm, and hopefully lead to a sense of personal empowerment and joy. There will be no class on 2/19.

26297 1/29/2024 - 3/11/2024 1:00 - 2:00PM 6 ses M  
John WC Bldg Room 0827D \$75

**Pranayama Yoga**

During this class The Yoga breathing technique known as Pranayama will be introduced along with preparatory postures. Pranayama is the vital energy force that nourishes the body. With the use of postures, this class will introduce simple breathing exercises and the mechanics of a full deep breath. Open to yoga practitioners as well as those who have never practiced yoga postures.

25959 1/24/2024 - 3/13/2024 4:00 - 5:00PM 8 ses W  
Bernstein WC Bldg Room 0827D \$100



**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.

25941 1/24/2024 - 3/13/2024 5:30 - 6:30PM 8 ses W  
Bernstein ED Bldg Room 2843A \$100

**ENRICHMENT**

**CRAFTS**

**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. This class is not open to students under the age of 18.**

**There will be a \$35 material fee due to the instructor at the first session.**

There will be no class on 1/11.  
26760 1/4/2024 - 2/29/2024 6:30 - 9:00PM 8 ses Th  
Johnson CC Bldg Room 1254B \$210

**Alter This - Alter That! ★**

Get more wear from your garments by learning "simple" alterations and repair techniques. In this class you will 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. **This class is not open to students under the age of 18.**

**There will be a \$15 supply fee paid directly to the instructor for this class.**

26759 1/6/2024 - 1/6/2024 9:00AM - 3:00PM 1 ses Sa  
Johnson CC Bldg Room 1254B \$70

**M. O'LISA JOHNSON**

M. O'Lisa Johnson's experience with sewing, design, fashion and business extends over three decades. She earned her Bachelor's degree in Human Development with concentrations in Fashion Merchandising and Business Administration from the University of Oklahoma. After launching a small business venture, O'Lisa enrolled in the Apparel Design & Services Program at Seattle Central Community College where design and production took front and center stage. Today O'Lisa is owner of O'Lisa J Designs, a small design and consulting business.



O'Lisa Johnson

**Recycle and Reuse Your Textiles ★**

Repurpose existing textile items into a great new look. With just a few measurements, cuts and stitch lines, you will learn to sew a new look.

**Bring textiles that you are dying to get rid of and we will turn them into great designs. This class is not open to students under the age of 18. A material fee of \$30 will be due at the first class session. There will be no class on 1/15 and 2/19.**

27177 1/8/2024 - 3/11/2024 6:30 - 9:00PM 8 ses M  
Johnson CC Bldg Room 3357 \$210

**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. This class is not open to students under the age of 18. A material fee of \$30 will be due at the first class session.**

26763 1/9/2024 - 2/27/2024 6:30 - 9:00PM 8 ses Tu  
Johnson CC Bldg Room 1254B \$210

**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. **This class is not open to students under the age of 18. Material fee due at the first session is \$30. Bring your serger to class, in good working order.**

26768 2/10/2024 - 2/10/2024 9:00AM - 3:00PM 1 ses Sa  
Johnson CC Bldg Room 1254B \$70

**Beginning Sewing II ★**

Using a commercial home sewing pattern, learn to create a professional-looking garment from start to finish, using more design elements including collars, sleeves, buttonholes, seam finishes and much more. For inspiration, bring a few photos of designs you've been dying to sew; we'll use applications and techniques employed in the ready-to-wear garment industry to make your garment come alive. **Bring your sewing machine in good working order, power cord, foot control, bobbins, operator's manual (if available), sharp scissors, tape measure and straight pins.** You will make a garment in class using a provided pattern and take a second pattern with you. Fabric and trims will be provided. **Previous sewing experience and sewing machine knowledge/operation is required. There will be a \$30 material fee due to the instructor at the first session. This class is not open to students under the age of 18.**

26762 2/24/2024 - 3/16/2024 9:00AM - 2:00PM 4 ses Sa  
Johnson CC Bldg Room 1254B \$210

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

**NEW Hand Embroidered Valentine Card Making ★**

Remember how fun it was to make and receive Valentine's cards in elementary school? Join us in January for a relaxing workshop where we'll learn how to embellish card stock with embroidery threads to make Valentine themed cards perfect for gifting to friends, family or that special someone. **Bring your blank cards and embroidery threads to class and I'll teach you all you need to know to make simple, yet elegant hand made by you greeting cards you'll be proud to send out on February 14th.** Even if you've never threaded a needle before this class is for you.

27322 1/29/2024 - 1/29/2024 6:00 - 9:00PM 1 ses M  
St-Pierre HS Bldg Room 2536A \$85

**NEW Custom Made Wine Bouquets ★**

Come have fun using your creativity and learn to make a one-of-a-kind beautiful gift, center piece or party favor. We will be using wine bottles (unopened), as well as differing foliage and flowers to put together a bouquet which will sit on top of the bottle. **Please bring your own bottle of wine, unopened to use for this class.** I recommend a bottle with minimal design on the label. The flowers we use will depend on the season and will be provided by the instructor. No prior skills or knowledge of flowers necessary. **There will be a material fee of \$20 due to the instructor.**

26235 2/3/2024 - 2/3/2024 12:00 - 2:00PM 1 ses Sa  
Pan LB Bldg Room 3201 \$45

**NATURE & SCIENCE**

**NEW Birds of the Skagit Flats**

The river flats of the Skagit, Samish and Stillaguamish are awash in swans, geese, eagles, hawks and falcons. This area is rich with winter avian visitors seeking shelter and food along the Pacific flyway. Class time will introduce you to the identification of common species of waterfowl and raptors large and small. The field trip will take you to the richest areas of the river flats, where falcons hunt, eagles soar and swans and geese fill the air. Class includes a Sunday field trip with instructor 2/11 details given in class.

26444 2/1/2024 - 2/8/2024 6:30 - 8:30PM 2 ses Th  
Rose Online;Zoom \$80

**Winter Birds of Washington**

David Kaynor will be your guide for a fun look at 54 common birds found in Western Washington in the Winter. Lots of fun facts about each bird including where to find them and identify them. This is the perfect class for beginning birders or anyone who love looking at or watching birds.

26630 2/6/2024 - 2/6/2024 6:30 - 8:30PM 1 ses Tu  
Kaynor Online;Zoom \$39

**DAVID KAYNOR**

David is a member of the Washington Ornithological Society, the Geologic Society of America, and the Planetary Society and enjoys sharing the wonders of planet Earth and beyond with his students.



**NEW Olympic Mtns and the Three Great Floods of WA**

A fascinating story of how oceanic crust ended on top of the Olympic Mountains. Topics include time frames, where the rocks came from and what tectonic forces put them there. Washington State was the scene of three different types of catastrophic floods in prehistory. Topics will include how each flood happened and the best places to view the formations left behind. Handouts provided.

26629 1/22/2024 - 1/22/2024 6:30 - 8:30PM 1 ses M  
Kaynor Online; Zoom \$39

**Rock and Mineral Identification**

Washington rocks! We'll cover igneous, metamorphic and sedimentary rocks and the more common minerals found in Washington. Rock samples are used for hands-on learning. Tools will be available for use, and handouts are provided. There will be an hour break for lunch.

26631 2/24/2024 - 2/24/2024 10:00AM - 3:00PM 1 ses Sa  
Kaynor HS Bldg Room 2634A \$79

**NEW Marine and Large Land Mammals of WA**

Did you know that 28 marine mammals are found in Washington State's coastal waters? This class is a great starting place for anyone who is interested in nature and Washington's coastal environment. If it is a land mammal and longer than 30 inches, we will talk about it. Bears, hooved animals, weasels, dogs, rodents, cats and more are covered in this class with lots of fun facts and just a little bit of humor. Handouts are included.

26632 3/4/2024 - 3/4/2024 6:30 - 8:30PM 1 ses M  
Kaynor Online; Zoom \$39

**ENTERTAINMENT**

**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. Longing for a story of unrequited love - with cool monsters and a mad scientist? Our first film of the quarter, Bride of Frankenstein, will not disappoint. We then pivot to a campy Star Wars rip off, Message from Space. Next up is the back-to-basics space invader flick The Man from Planet X. We go out in style with the delicious King Kong rip off Konga, in which a genuinely mad scientist (Michael Gough) turns a cute little chimpanzee into... You'll have to come see it to find out! 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.

24944 1/11/2024 - 2/1/2024 7:00 - 9:00PM 4 ses Th  
Cohen,Daniels LB Bldg Auditorium \$79

**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.

29178 1/23/2024 - 3/12/2024 6:00 - 8:30PM 8 ses Tu  
Lazar CC Bldg Room 3449 \$205

**PERSONAL**

**Ukrainian History and Culture**

Explore the Ukrainian turbulent history, cuisine and visual arts along with Ukrainian fairy tales and short stories. This course is designed to awaken one's curiosity about a fascinating place between East and West. New and returning students welcome.

25452 1/6/2024 - 2/3/2024 9:30 - 11:00AM 5 ses Sa  
Rzhondkovsky Online; Zoom \$92

**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.

26943 1/17/2024 - 1/17/2024 6:30 - 8:30PM 1 ses W  
Blackie HS Bldg Room 2536A \$65

**CSI - Myth vs. Fact**

Enjoy CSI shows? Join a Forensic Scientist to learn how they process crime scenes. Look at photos of the real crime scene to determine what the evidence revealed. Test your knowledge of behind-the-scenes facts of a crime scene survey via game play and more.

24980 1/31/2024 - 1/31/2024 6:00 - 9:00PM 1 ses W  
Dean Online; Zoom \$45



★ Visit the online class listing for more information on textbooks, supply lists or materials fee.



**People and Money - Rock Your Retirement**

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. 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.

27809 1/31/2024 - 3/20/2024 6:30 - 7:30PM 8 ses W  
Kim CC Bldg Room 3349 \$120

**Understanding Trauma-Critical Foundations to Know**

From being Overwhelmed to Acute Stress Disorder to PTSD, Complex Trauma and Dissociation, trauma is as much part of the human experience as is loss, grief and identity. Like these other fundamental elements trauma's power and influence cannot be overstated. The history of trauma understanding and intervention has been filled with avoidance, misunderstanding and hype. "Trauma" has become a buzz word and in today's environment there is a lot of confusion, conflicting information, over-simplification and just plain mis-information at personal and professional levels. In this course we will take a look in depth at critical dynamics of trauma and how these dynamics impact us and integrate into our daily lives. We will look at interventions for healing (options, risks, outcomes) and how important the "contexts" of the trauma experience are in influencing our lives and how crucial is the "human element" for recovery and healing. The goal of this course is to provide an overall framework for understanding trauma with the full range of trauma addressed and providing "functional" and helpful information for attendees. This course has been found to be of value for persons from all backgrounds (professional and personal).

27184 2/1/2024 - 3/7/2024 6:30 - 8:30PM 6 ses Th  
Sideman Online; Zoom \$175

**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.

29182 2/10/2024 - 2/10/2024 9:30AM - 11:30AM 1 ses Sa  
ses SHIBA Instructor Online; Zoom Free

**NEW Medieval Cities of Italy**

Get lost in the history, culture and language of cities like Rome, Florence, Palermo, Naples Perugia and Venice. Each week will feature a different city and discussions will center around history, art, literature, politics, food and music. Taught by an instructor that has lived in Italy and feels passionate about the country and its people.

28956 2/10/2024 - 3/16/2024 9:30 - 11:00AM 6 ses Sa  
Rzhondkovsky Online; Zoom \$110

**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.

25995 3/2/2024 - 3/9/2024 1:00 - 3:00PM 2 ses Sa  
Green CC Bldg Room 3345 \$60

**Credit Tips for Homebuyers**

Can you pay cash to buy a house? Few people can, so you will need a loan to buy that house. But 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. But it need not be. Learn from a mortgage planner what actions you can take to improve your credit and your chances of getting a home loan.

26952 3/9/2024 - 3/9/2024 1:00 - 4:30PM 1 ses Sa  
Remilien Online; Zoom \$60

**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.

26451 3/16/2024 - 3/16/2024 10:00AM - 12:30PM 1 ses Sa  
D'Asaro HS Bldg Room 2536A \$50

**ARTS**

**WRITING**

**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.

26448 1/11/2024 - 3/14/2024 10:00AM - 12:30PM 10 ses Th  
Chen CC Bldg Room 3345 \$300

**AMY CHEN**

Join us for a meaningful journey of self-discovery and creative expression with Guided Autobiography (GAB) classes led by the experienced writer and certified instructor, Amy Anderson Chen. As a former Ivy League professional with private sector experience, Amy has been both a student and a facilitator of GAB for many years. Her passion for helping others harness the power of Guided Autobiography for personal growth and creative expression is unparalleled. You won't want to miss this opportunity to explore your life story and connect with others through the written word.





**Free-Writing Workshop**

Discover a gentle, safely supportive approach to writing. With creative writing tips and prompts focused on healing through writing, we will free-write together for about 12-minute sessions without worrying about grammar, punctuation or spelling. Then participants read out loud what they wrote if they want, and participants respond with only supportive feedback regarding what they liked best and why. Writing can be in first or third person, nonfiction or fiction. Beginning and ongoing writers are all welcome.

27078 1/18/2024 - 2/22/2024 6:30 - 8:30PM 6 ses Th  
Peizer Online; Zoom \$138

**Easy Steps to Great Grammar**

Confused about grammar and punctuation? This fun, hands-on class will help you master the latest rules, avoid common errors and write with confidence. We'll cover apostrophes, verb tense, word usage, subject/verb agreement, commas/semicolons, style guides, how to avoid the 10 most common grammar and punctuation mistakes and more. Class includes plenty of examples and exercises to help you practice your new skills.

25993 1/22/2024 - 2/5/2024 6:30 - 8:00PM 3 ses M  
Dubois Online; Canvas and Zoom \$105

**Beginning Fiction: Crash Course**

Improve the depth and flow of your storytelling in a class designed for new and developing creative writers. Work step-by-step through a plan for a complete story including developing characters, mapping plot, writing dialogue and creating exciting beginnings and resolutions.

25347 1/31/2024 - 3/6/2024 6:30 - 8:30PM 6 ses W  
Hall Online; Zoom \$149

**The Craft of Character and Story Structure**

This course will focus on the craft of character development, story structure and scene writing, as well as publishing strategies and goals. 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. This course will focus on helping you develop your own voice and vision for your story within a supportive and responsive writing community.

27093 2/7/2024 - 2/28/2024 6:30 - 8:30PM 4 ses W  
Ma Online; Canvas and Zoom \$140

**Freelance Writing for Fun and Profit**

Make money, influence others and express yourself with freelance writing. Learn to write compelling stories for magazines, blogs and websites. This fun, hands-on class takes you step-by-step through the writing/publishing process, from getting ideas to cashing your checks. We'll cover ideas, research, marketing, writing skills, building your platform and more.

25994 2/26/2024 - 3/11/2024 6:30 - 8:00PM 3 ses M  
Dubois Online; Canvas and Zoom \$105

**2D ARTS**

**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 1/19.

25353 1/5/2024 - 3/15/2024 10:00AM - 1:00PM 10 ses F  
Arnitz LB Bldg Room 3201 \$310

**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.

25450 1/10/2024 - 3/13/2024 10:00AM - 1:00PM 10 ses W  
Hamburger LB Bldg Room 3201 \$315

**Abstract Oils with Cold Wax Medium** ★

Discover a new creative medium when you combine the classic, rich surfaces of oil painting with the translucent depth and varied textures of cold wax. Explore the simple structures of abstraction, personal point of view, and the beauty of color using soft paste.

25451 1/12/2024 - 3/15/2024 10:00AM - 1:00PM 10 ses F  
Gogrof CC Bldg Room 1254B \$310

**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.

25447 1/16/2024 - 3/5/2024 6:00 - 9:00PM 8 ses Tu  
Hamburger LB Bldg Room 3201 \$255

**Oil Painting for Beginners** ★

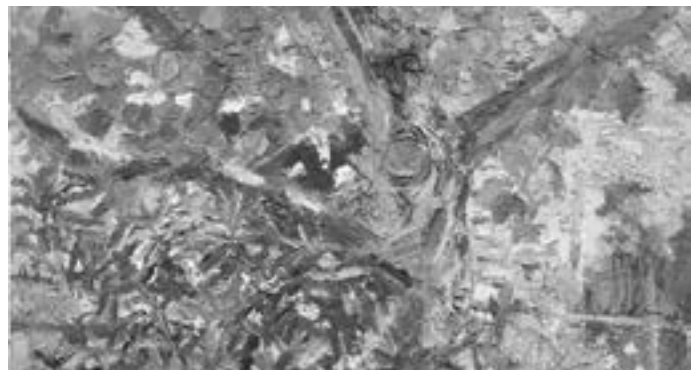
Learn the fundamentals of painting with oils, knowledge of the materials and a range of approaches both historical and contemporary. Learn how to create and work from a still-life, self-portrait as well as from each other.

27227 1/9/2024 - 3/12/2024 6:00 - 9:00PM 10 ses Tu  
Norsworthy AS Bldg Room 1532 \$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.

27324 1/11/2024 - 3/14/2024 6:00 - 9:00PM 10 ses Th  
Norsworthy AS Bldg Room 1532 \$315



Sarah Norsworthy



**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. There will be no class on 1/15 and 2/19.

25355 1/8/2024 - 3/18/2024 10:00AM - 1:00PM 9 ses M  
Arnitz LB Bldg Room 3201 \$279

**NEW Advanced Abstract Watercolor** ★

Continuing our journey in self-expression through Abstract Watercolor we will explore additional techniques such as using masking fluid and salt to expand our expressive toolboxes. We will also start to explore working in bodies of work to explore concepts in more depth. Class discussions will include framing and display options. **Prerequisite: some watercolor experience and knowledge of color theory will be helpful.**

32649 1/9/2024 - 3/12/2024 10:00AM - 1:00PM 10 ses Tu  
Hamburger LB Bldg Room 3201 \$315

**NEW Watercolor Paint: Let's Create & Use** ★

Have you ever been curious how your watercolor paint is made? Do you want to become more connected to your artist materials? If you answered yes then this course is for you. In the first part of the course students will learn various methods to make watercolor paint. This will include: how to source synthetic pigments, how to make lake (plant based) pigments, and how to process foraged mineral pigments. Students will learn recipes and how lightfastness plays into watercolor. Everyone will leave with seven different paints that they have created. The second part of the course will focus on how to paint with watercolor. Students will learn fundamental techniques to create realistic paintings. **There will be a \$15 fee for other class materials that will be paid to the instructor on the first day.**

26247 1/9/2024 - 3/12/2024 6:30 - 9:00PM 10 ses Tu  
Bundi ED Bldg Room 2843A \$265

**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.

25448 1/11/2024 - 3/14/2024 10:00AM - 1:00PM 10 ses Th  
Hamburger LB Bldg Room 3201 \$315

**NEW Watercolor Washington** ★

Come explore Washington with watercolor. In this beginner to intermediate watercolor class students will paint scenes from around Washington state. Learn techniques to produce landscapes including: watercolor techniques, color, composition and how to create atmosphere. Students leave with finished landscape paintings and the confidence to paint other subject matter. There will be no class on 2/19.

26244 1/29/2024 - 3/11/2024 6:30 - 9:00PM 6 ses M  
Bundi ED Bldg Room 2843A \$160

**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.

24949 2/24/2024 - 3/9/2024 12:00 - 2:00PM 3 ses Sa  
Chubotin AS Bldg Room 1530 \$80

**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. There will be no class on 1/15 and 2/19.

27226 1/8/2024 - 3/18/2024 6:00 - 8:00PM 9 ses M  
Norsworthy LB Bldg Room 3201 \$210

**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. There will be no class on 1/17.

25354 1/10/2024 - 3/20/2024 7:00 - 9:00PM 10 ses W  
Arnitz LB Bldg Room 3201 \$210

**Introduction to Drawing II** ★

Get creative while developing skills learned in an Introduction to Drawing course. We will advance our approaches to creating still-lives, as well as working 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. Throughout the course we will discuss the work of artists both historical and contemporary and share and discuss our own work as a group. This course is open to new students who have previously taken an Introduction to Drawing class. See Textbooks and Supplies for supply list. Students who take this class are invited to participate in our Summer CE Student Art Show. Visit our Art Show page for more information.

27323 1/11/2024 - 3/14/2024 6:00 - 9:00PM 10 ses Th  
Norsworthy AS Bldg Room 1532 \$190



Pat Kato

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

**ALEX CHUBOTIN**

Alex is an award-winning professional artist working on commissions in illustration and sculpture. He received his formal art education in the former Soviet Union from The National Academy of Fine Arts in Kiev, Ukraine. In addition to North Seattle College, Alex also teaches at Seattle Central College and occasionally at the Kirkland Arts Center and Pratt Fine Arts Center.



**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 20-minute poses. Join a community of figure drawing artists to practice proportion, posture, structure and movement of the human form. Draw male and female models and improve the connection between what you see and what you render. This class provides an open studio learning environment with plenty of critique and practice. Previous drawing experience is recommended.

24879 1/12/2024 - 3/1/2024 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 a variety of ink drawing tools, including dip pens, and practice using them.

24948 1/20/2024 - 2/3/2024 12:00 - 2:00PM 3 ses Sa  
Chubotin AS Bldg Room 1530 \$80

**NEW Calligraphy for Beginners** ★

Learn to use calligraphy pen and inks, and practice a simple, classic lettering style. Some historical background and information on additional tools and materials will be included. Simple design techniques will be included as lettering skills progress. This is a beginning class: no previous instruction or experience with calligraphy is needed. A learning kit will be available to purchase from the instructor. Some practice time outside of class will be encouraged.

25080 1/20/2024 - 2/3/2024 10:00AM - 1:00PM 3 ses Sa  
Huston HS Bldg Room 2536A \$120

**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.

27242 1/22/2024 - 1/22/2024 6:00 - 9:00PM 1 ses M  
St-Pierre AS Bldg Room 1530 \$85

**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.

27344 2/26/2024 - 2/26/2024 6:00 - 9:00PM 1 ses M  
Barjuei AS Bldg Room 1530 \$75

**NEW Winter at Seattle Art Galleries**

What better way to brighten the gloomy days of winter than to explore the diverse and vibrant art exhibited in Seattle galleries. We will meet weekly at local art galleries to hear talks, ask questions, and peruse the spaces. Following each visit, we will gather for coffee to discuss the art 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 for a fun and enriching way to experience winter in Seattle.

26249 1/24/2024 - 2/28/2024 12:30 - 2:30PM 6 ses W  
John Offsite \$135

**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. There will be no class on 2/19.

26298 1/29/2024 - 3/11/2024 10:00AM - 12:00PM 6 ses M  
John CC Bldg Room 3349 \$138

**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.

27135 2/8/2024 - 3/7/2024 6:30 - 9:00PM 5 ses Th  
Peck CC Bldg Room 3349 \$190



**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 1/13 and 2/17  
27187 1/6/2024 - 3/16/2024 10:00AM - 1:00PM 9 ses Sa  
Hong AS Bldg Room 1630 \$387

There will be no class on 1/13 and 2/17  
27191 1/6/2024 - 3/16/2024 2:00 - 5:00PM 9 ses Sa  
Hong AS Bldg Room 1630 \$387

**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.

25987 1/11/2024 - 3/14/2024 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.

25352 1/10/2024 - 3/13/2024 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.

24983 1/9/2024 - 3/12/2024 6:30 - 9:30PM 10 ses Tu  
Foy AS Bldg Room 1633 \$430

**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 1/15.

28123 1/8/2024 - 2/12/2024 6:00 - 9:00PM 5 ses M  
Quarles AS Bldg Room 1633 \$215

**Stone Setting** ★

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.

28124 2/26/2024 - 3/25/2024 6:00 - 9:00PM 5 ses M  
Quarles AS Bldg Room 1633 \$215

**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.

27354 1/29/2024 - 2/12/2024 6:00 - 9:00PM 3 ses M  
Barjuei IB Bldg Room 1308 \$225

**NEW Wood Carving for Beginners** ★

During this class you will carve a three-dimensional figure or object. The instructor has been practicing the art of wood carving for many years and will show you how to go about it, from the different tools to use to what woods to choose for your project. This is the perfect place to start as a beginning wood carver.

27361 3/4/2024 - 3/18/2024 6:00 - 9:00PM 3 ses M  
Barjuei AS Bldg Room 1530 \$225

**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 1/21 and 1/28 (details given in class).

26287 1/17/2024 - 2/7/2024 7:00 - 9:00PM 4 ses W  
Stahl Online; Zoom \$150



**ROBERT STAHL**

Robert Stahl is an award-winning professional photographer who also teaches for the Pacific Northwest Art School. He has led photo trips to Nepal, Antarctica, Patagonia, Alaska, Afghanistan, Pakistan, Kenya, Iceland, France's Provence, Peru, India, the Desert Southwest and our own Pacific Northwest.



His work has appeared in both Eastman Kodak and National Geographic publications, and he is represented by Getty Images. He credits the work and philosophy of Ernst Haas, Freeman Patterson, and Sam Abell as major influences.

**Black and White: Intermediate Photography ★**

Explore the connection between basic design elements of line, shape, texture and depth. Learn to see and compose with shades of gray and use light to create a range of tones and values. Simplicity and minimalism will be emphasized. Class includes two Sunday field trips with instructor 1/28 and 2/4 (details given in class).

26284 1/20/2024 - 2/10/2024 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.

24994 1/16/2024 - 2/20/2024 7:00 - 9:00PM 6 ses Tu  
Lee Online; Zoom \$160

**MUSIC**

**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.

27095 1/2/2024 - 3/20/2024 ARRANGED 10 ses  
Funes Online; Zoom \$500

**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.

25346 1/10/2024 - 3/13/2024 8:00 - 10:00PM 10 ses W  
Radke LB Bldg Room 1142 \$200

**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.

24945 1/16/2024 - 3/5/2024 7:00 - 9:00PM 8 ses Tu  
Kohl HS Bldg Room 2634A \$185

**LANGUAGE**

**ESL**

**NEW Everyday English and Life Skills**

In this class we will learn real-life, spoken English with an emphasis on phrasal verbs, idiomatic language, pronunciation and intonation. We will also learn about some life skills including directional language (driving), navigating public transportation, health safety, personal safety, internet safety, inter-personal communication, gender identity language, United States regionality & customs, the Pacific Northwest and local cultural festivals, this class will meet on-campus (about 75%) and online (about 25%). There will be no class on 1/15 and 2/19.

28365 1/8/2024 - 3/18/2024 6:30 - 9:30PM 9 ses M  
Chai CC Bldg Room 3443 \$428

**Intermediate ESL Workshop: Reading and Writing**

Practice reading and writing in a fun and supportive environment. This class is for people who can read and write a basic paragraph in English but want to strengthen their confidence with the language. Materials provided by instructor. There will be no class on 2/19.

25349 1/22/2024 - 3/18/2024 7:00 - 9:00PM 16 ses M, W  
Markova Online; Zoom \$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: (1) integrated speaking, (2) integrated writing, (3) note-taking for academic lectures, (4) writing for academic discussion, and (5) reading comprehension. Skills learned here will also help with taking ESL/EFL placement tests. No textbook is required.

28328 1/24/2024 - 3/13/2024 6:30 - 9:30PM 8 ses W  
Chai CC Bldg Room 3443 \$260

**FRENCH**

**French for Beginners ★**

Get a solid foundation in learning French. This course will guide you through how the language works and prepare you either for your vacation trip or for further study. You will develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

33072 1/9/2024 - 2/6/2024 6:30 - 8:30PM 5 ses Tu  
Brown CC Bldg Room 3345 \$115

**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. Please feel free to wait until the first class to discuss the suggested textbook with the instructor.

27873 2/3/2024 - 3/16/2024 10:00AM - 12:00PM 7 ses Sa  
Morehead Online; Zoom \$165



**JANICE BROWN**

Janice studied for her degree in French with Italian at Leeds University, England, spending a year as a teaching assistant in a school in the Auvergne region of France as well as a term studying in Florence, Italy.



She taught both French and Italian in the UK for many years, to both adults and young people and at all levels from Beginning through Advanced. She has visited both countries many times, usually staying with friends or host families and becoming totally immersed in the language and way of life.

She also holds a Master's degree in Translation from French and Italian into English from The University of Westminster in London, and works as a Freelance Translator.

**ITALIAN**

**Italian for Beginners ★**

Get a solid foundation in learning Italian. This course will guide you through how the language works and prepare you either for your vacation trip or for further study. You will develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

33073 2/13/2024 - 3/12/2024 6:30 - 8:30PM 5 ses Tu  
Brown CC Bldg Room 3345 \$115

**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.**

28127 1/18/2024 - 3/7/2024 7:00 - 9:00PM 8 ses Th  
Nakamura-Lambert Online; Zoom \$179

**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. There will be no class on 2/20.

24978 1/9/2024 - 3/5/2024 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. There will be no class on 2/22.

24979 1/11/2024 - 3/7/2024 6:30 - 8:30PM 8 ses Th  
Jordan CC Bldg Room 3452 \$172

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

**SPANISH**

**Spanish Conversation for Beginners Level 1 ★**

Do you want to practice your conversational skills to increase your fluency and confidence while using what you have learned in previous classes? This conversational practice class is taught by an experienced native Spanish-speaking teacher who will encourage and guide students' learning in a relaxed environment. A variety of topics may be introduced such as Latin American and Spanish poetry, literature, history, music and the arts. This course is the first in a series of 3 for Beginner Conversation ¡Nos vemos en clase!

27820 1/23/2024 - 3/12/2024 6:00 - 8:00PM 8 ses Tu  
Joffre CC Bldg Room 3353 \$179

**Intermediate Spanish Conversation Level 1 ★**

This course is the first in a series of three for Intermediate Conversation. Enhance your listening, speaking and reading skills and get ready to communicate in Spanish at an intermediate level. Build vocabulary in contexts that reflect a wide variety of situations such as renting an apartment, planning a trip, and more. You will also speak and write sentences using the imperfect and preterit tenses and be introduced to the subjunctive mood. Build confidence so you may interact with native speakers by exploring different Spanish-speaking countries through their history, music, geography, culture and current events. Learn from a native speaker with over 15 years of experience teaching Spanish as a second language. **This is an immersive class conducted in Spanish and ideal for low intermediate students.**

27821 1/24/2024 - 3/13/2024 6:00 - 8:00PM 8 ses W  
Joffre CC Bldg Room 3353 \$179

**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.

24954 1/8/2024 - 3/11/2024 6:30 - 8:30PM 8 ses M  
Robertson HS Bldg Room 2536A \$179

There will be no class on 1/15 and 2/19.

**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.

24956 1/10/2024 - 2/28/2024 6:30 - 8:30PM 8 ses W  
Robertson HS Bldg Room 2536A \$179





# COMPUTER

## DESIGN

### 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 paid Canva Pro account. Note: This is a hands-on live Zoom class.

W  
27390 1/31/2024 - 3/20/2024 7:00 - 8:30PM 8 ses \$235  
Sweeney Online; Zoom

### 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 site's 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.

Tu  
27262 2/6/2024 - 2/6/2024 6:00 - 9:00PM 1 ses \$69  
Boyd Online; Zoom

# PROFESSIONAL

## ADULT FAMILY HOME

### 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 more information go to <https://continuinged.northseattle.edu/afh>. Questions: email [afh.north@seattlecolleges.edu](mailto:afh.north@seattlecolleges.edu) or call (206) 934-3619.

F, Sa  
27094 1/5/2024 - 1/27/2024 9:00AM - 4:30PM 8 ses \$739  
Schlimme Online Canvas  
Tu  
29256 1/16/2024 - 3/5/2024 9:00AM - 4:30PM 8 ses \$739  
Spada Online Canvas  
F, Sa  
27115 2/23/2024 - 3/16/2024 9:00AM - 4:30PM 8 ses \$739  
Spada Online Canvas



## BUSINESS SKILLS

### 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 requests and inquiries in business emails and letters, make arrangements and use business-appropriate terms, and tone.

Tu  
25348 1/16/2024 - 3/19/2024 6:30 - 8:30PM 10 ses \$220  
Markova Online; Zoom

### Introduction to Public Speaking

Would you like to reduce stage fright and gain more confidence speaking in front of a group? Learn key skills and strategies to deal with nervousness, plan and deliver an effective presentation and practice presentation techniques to capture audience attention.

Tu  
24947 2/6/2024 - 2/20/2024 6:30 - 8:30PM 3 ses \$95  
Tabor CC Bldg Room 3450

### NEW Toot Your Own Horn: Communicate Your Strengths

Would you like to have a deeper awareness of your strengths and be able to express them more clearly when interviewing for a job or networking? Many of us have an idea of our strengths, but we feel unsure about how to express them with others. Others may be unaware of their strengths and don't even know where to begin. In this highly interactive workshop, you will identify and clarify your key strengths your talents, skills and abilities. By the end of this class, you will walk away with a deepened awareness of your key strengths and express them with passion, clarity and confidence.

Tu  
26248 3/5/2024 - 3/12/2024 6:30 - 8:30PM 2 ses \$70  
Tabor CC Bldg Room 3450

## AUDIO ENGINEERING

### Audio Engineering: Mixing 101 ★

An introduction to mixing music with a focus on the basics of audio signal processing and its practical and creative applications; plug-ins; in the box vs. analog. We will be learning everything from building a session to achieving a final mix as we work with multitracks to build your portfolio.

Tu  
27874 1/30/2024 - 3/19/2024 6:30 - 8:30PM 8 ses \$299  
Phelps Online; Zoom

### Audio Engineering: ProTools 101 & 102 (DAW) ★

Whether you want to learn how to track, edit and mix professionally or just for fun, Pro Tools is the industry standard software for recording and mixing. Topics covered include common DAW (digital audio workstation) operation, audio editing, mixing and session organization, all taught through the medium of music. Course will include audio ear training and frequency discrimination training.

Tu  
28122 1/30/2024 - 3/19/2024 6:30 - 8:30PM 8 ses \$299  
Dane Online; Zoom

## WORK FOR YOURSELF

### 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.

Th  
27102 1/11/2024 - 2/15/2024 7:00 - 9:00PM 6 ses \$175  
Lewis Online; Zoom

### Intro to Audiobook Narration and Production at Home

Have you ever wondered how narrators get gigs performing all 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.**

Th  
24996 1/18/2024 - 2/15/2024 7:30 - 9:30PM 5 ses \$130  
Lee Online; Zoom

### Sell It on eBay!

Discover if your item will sell or not in just one minute. Learn how to set up an eBay seller account, create successful eBay listings, upload photos, accept online payments and determine shipping costs. Discover selling tips, tricks and the traps to avoid; what to sell and what not to sell; where to get FREE shipping supplies; how to print shipping labels from your home computer; and get FREE home pickup. Explore proven listing strategies that get the most clicks, draw the highest bids, beat your competition and close the sale. Class covers eBay marketing research, how to find a profitable niche and marketing and photography tips that make your items "pop." Plus, learn how to sell antiques, collectibles and large items you don't want to ship. Taught by an award-winning instructor and published eBay author.

M, W  
27268 2/5/2024 - 2/7/2024 6:00 - 9:00PM 2 ses \$69  
Boyd Online; Zoom



### KEVIN BOYD, M.B.A., M.S.

Kevin, a former Bell Labs engineer and Vice President of a market leading cardiology software company, is a multi-award-winning eBay Education Specialist, published eBay author and the technical editor for The Complete Idiot's Guide to eBay. Kevin has appeared on TV, various radio shows and interviewed by Bloomberg News and several newspapers for his insights to online entrepreneurship. The primary objectives for his writing, teaching and consulting, is to educate online sellers at all levels and equip them with the skills necessary for online entrepreneurial success.

Kevin has earned four degrees majoring in Business (M.B.A.) and Technology (M.S. Information Systems)

Earlier in life, Kevin was a professional musician (bass guitar), living in Nashville and has performed at Carnegie Hall.



### 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.

Th  
27266 2/15/2024 - 2/15/2024 6:00 - 9:00PM 1 ses \$69  
Boyd Online; Zoom

## 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.

\$15  
26778 Kaha

### 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).

\$15  
26777 Kaha

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

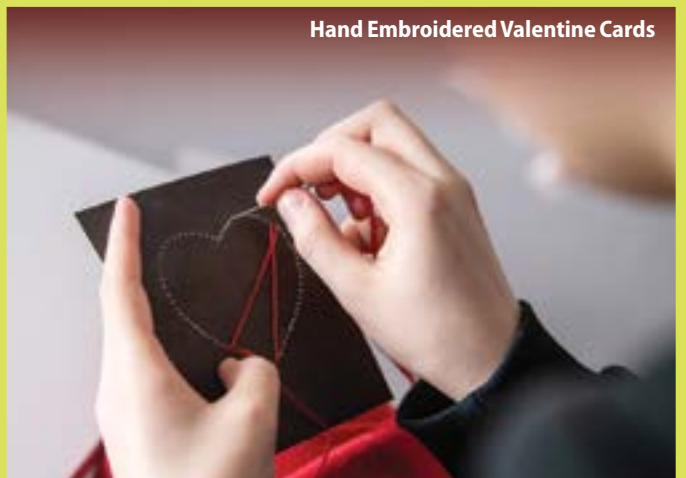
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