

CONTINUING EDUCATION

Live to Learn!

WINTER 2025

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**Registration Opens
November 4**

Map and Compass for Beginners, page 10

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**Pine Needle
Basketry Workshop
page 4**

**How to Retire
with Purpose
page 10**

**Plant-Based Cooking:
Winter Soup
page 12**

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 4.

Register Online Anytime www.learnatnorth.org

TWO EASY WAYS TO REGISTER

- 1 **ONLINE** 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. 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.

WINTER QUARTER OFFICE HOURS

Continuing Education	WINTER QUARTER: 1/6/2025 – 3/26/2025
North Seattle College	OFFICE HOURS: Mon-Fri 8:30AM – 5:00PM
9600 College Way North	HOLIDAYS: 1/20/2025 Martin Luther
CC Bldg Room 1152	King Jr. Day
Seattle, WA 98103-3599	2/17/2025 Presidents Day

Music Scholarships

Scholarships are available for many of our music courses. Scholarship funds can be applied towards tuition and some materials such as sheet music. If you are interested in finding out more about our music scholarships, please contact conted@seattlecolleges.edu.

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ARTS

ART APPRECIATION

An Art of One's Own: The Story of Women in Art

A century ago, Virginia Woolf stated that women need financial resources and their own space to succeed as writers. This idea also applies to women artists who require money, support from other artists, galleries, museums, and recognition for producing significant art. Historically, women artists were largely excluded from art history books until recently. This class discusses a diverse group of women painters, sculptors, fiber artists, potters, and photographers from the Renaissance to the present, covering various art categories like history, mythology, portraiture, landscape, domestic lives, self-reflection, protest, and abstraction. Artists include Artemesia Gentileschi, Angelica Kauffman, Elisabeth Vigee Le Brun, Kathe Kollwitz, Marie Laurencin, Berthe Morisot, Augusta Savage, Jaune Quick-to-See Smith, Frida Kahlo, Georgia O'Keeffe, Lee Krasner, Joan Mitchell, Helen Frankenthaler, Anni Albers, Carrie Mae Weems, Margaret Bourke-White, Gwendolyn Knight, Emmi Whitehorse, Maria Martinez, and Alma Thomas. We will also explore writers who have highlighted women artists such as Whitney Chadwick and Linda Nochlin, along with supportive museum or gallery curators. Join us for an enlightening experience recognizing these talented and memorable artists. There will be no class on 2/17.

30189 2/3/2025 - 3/17/2025 10:00AM - 12:00PM 6 ses M
John \$135

ACRYLIC PAINTING

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 1/20 and 2/17.

30134 1/6/2025 - 3/24/2025 10:00AM - 1:00PM 10 ses M
Arnitz \$336



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

RYAN HAMBURGER

Ryan discovered his love of self-expression through art in community college in Los Angeles. He received his BFA from Academy of Art university and moved to Seattle where he lost focus on creating art. It wasn't until a few years later when a continuing education courses at NSC revived his love. Ryan is finally devoting himself to his art full time and sharing his love of self-expression with others.



Abstract Gelli Printing and Collage ★

Explore the fascinating world of abstract collage and gelli plate printing in this dynamic beginner's course. Designed for those eager to unleash their creativity, this class blends traditional and modern techniques to create stunning, one-of-a-kind artworks using a Gelli plate, acrylic paint, and paper. Delve into the vibrant realm of Gelli plate printing, where spontaneity meets technique. Learn the basics of creating monoprints using gelli plates, exploring methods to transfer intricate patterns and textures onto paper. Develop skills in color mixing and layering to produce captivating prints that reflect your individual style. Throughout the course, you will receive personalized guidance and constructive feedback, empowering you to refine your techniques and build confidence in your artistic journey. Whether you are a seasoned artist looking to expand your repertoire or a newcomer eager to explore mixed media, this course offers a nurturing environment to cultivate your creativity and create compelling abstract artworks through collage and Gelli plate printing.

30160 1/14/2025 - 3/18/2025 6:00 - 9:00PM 10 ses Tu
Hamburger \$336

Landscapes in Acrylic Paint ★

Students will learn to paint beautiful landscapes in this beginner to intermediate acrylic class. We will cover acrylic techniques, atmospheric perspective (how to create depth in landscape), foliage, plus some fun, alternative ways to approach landscape that may surprise you.

30135 1/16/2025 - 3/20/2025 10:00AM - 1:00PM 10 ses Th
Arnitz \$336

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.

30133 1/17/2025 - 3/21/2025 10:00AM - 1:00PM 10 ses F
Arnitz \$340

DRAWING

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 1/20 and 2/17.

29892 1/6/2025 - 3/24/2025 6:00 - 8:00PM 10 ses M
Norsworthy \$225
29893 1/16/2025 - 3/20/2025 3:00 - 5:00PM 10 ses Th
Norsworthy \$225

SARAH NORSWORTHY

Sarah is an artist born in Anchorage, Alaska. She earned her B.A. in Studio Art at Dartmouth College in 2002 with a minor in English, and her MFA from The University of Washington in Painting and Drawing in 2015. As an artist she has worked in response to her experiences exploring the landscapes of Washington, Arkansas and Vermont through painting, drawing, fiber arts, and sculptural environment. She was a staff artist at The Vermont Studio Center in 2007-2008, and worked for three years teaching art to developmentally disabled adults in Fayetteville, Arkansas prior to her return to Seattle for graduate school. She currently lives in Seattle where she is working as a Seamstress/Tailor for a small clothier.



Introduction to Drawing 2 ★

Get creative while developing skills learned in an Introduction to Drawing course. We will advance our approaches to creating still lifes, 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. There will be no class on 3/6.

29894 1/16/2025 - 3/27/2025 6:00 - 9:00PM 10 ses Th
Norsworthy \$336

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.

29074 1/17/2025 - 3/7/2025 6:30 - 8:30PM 8 ses F
Chubotin \$205



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

Calligraphy for Beginners and Beyond ★

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.

29976 2/22/2025 - 3/8/2025 10:00AM - 1:00PM 3 ses Sa
Callaghan Huston \$120

GALLERY TOURS

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, Davidson, Stonington, J. Rinehart, Azuma, Patricia Rovzar, Steinbrueck Native Gallery, 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 winter through the varietal art scene in Seattle.

30190 2/5/2025 - 3/12/2025 12:30 - 2:30PM 6 ses W
John \$135

MIXED MEDIA

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.

30162 1/15/2025 - 3/19/2025 10:00AM - 1:00PM 10 ses W
Hamburger \$336

OIL PAINTING

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.

29896 1/15/2025 - 3/19/2025 6:00 - 9:00PM 10 ses W
Norsworthy \$340



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 3/6.

29895 1/16/2025 - 3/27/2025 6:00 - 9:00PM 10 ses Th
Norsworthy \$340

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.

29458 1/17/2025 - 3/21/2025 10:00AM - 1:00PM 10 ses F
Gogrof \$336



Instructor Saman Shojai

PRINTMAKING & SCREENPRINTING

Linocut Printmaking: All Levels ★

Explore linocut relief printmaking and print multiple copies of an image. Students will learn the fundamentals of making black-and-white and color relief prints. This workshop will cover block preparation, transferring an image onto the block, carving techniques, and the printing process. If you already know the basics of block printing and want to learn more—this workshop is great for you too. Participants will leave with prints and with a carved linoleum block which can be used to make more prints. No experience necessary. In this class you will have an opportunity to learn printing on a piece of fabric, printing with a press, as well as inking techniques including rainbow roll.

30164 1/6/2025 - 1/13/2025 6:00 - 9:00PM 2 ses M
Shojaei \$175

NEW Screenprinting: Techniques for All Levels ★

Explore the possibilities of screenprinting on paper. In this hands-on class, you'll learn to use essential tools and techniques to prepare screens and print your original designs. Experiment with photographic, reductive, and drawing methods, whether you're a beginner or advanced artist. This class is for all skill levels. There will be no class on 2/17.

30373 1/27/2025 - 3/17/2025 6:00 - 9:00PM 7 ses M
Graudins \$295

WATERCOLOR PAINTING

NEW Watercoloring PNW Birds ★

Unlock your creativity in this six-week painting class. Ideal for beginners to intermediates, this class will teach you to paint a variety of PNW birds. Master watercolor techniques, drawing, color mixing, and capturing realistic details. By the end, you'll have stunning bird paintings and the confidence to explore other subjects.

29775 1/7/2025 - 2/11/2025 6:30 - 9:00PM 6 ses Tu
Bundi \$180

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. There will be no class on 1/18.

30195 1/11/2025 - 2/8/2025 1:00 - 3:00PM 4 ses Sa
Chubotin \$90

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.

30161 1/14/2025 - 3/18/2025 10:00AM - 1:00PM 10 ses Tu
Hamburger \$336

NEW Watercolor Snowy Landscapes ★

Capture the beauty of snowy landscapes from the greater Seattle area without leaving the warmth of the classroom. This beginner-to-intermediate watercolor class guides you in painting stunning winter scenes inspired by the region. Learn key techniques like color mixing, composition, and creating soft, snowy textures. Let the winter charm of the greater Seattle area inspire your watercolor creations.

29776 2/18/2025 - 3/25/2025 6:30 - 9:00PM 6 ses Tu
Bundi \$180

Landscapes in Watercolor ★

Elevate your watercolor skills and embark on a captivating journey through the world of landscape painting in this intermediate class. Dive into the exploration of texture, colors, and compositional challenges. Through hands-on exercises, you'll practice watercolor techniques, ultimately discovering your personal direction in the realm of watercolor landscapes.

30196 2/22/2025 - 3/15/2025 1:00 - 3:00PM 4 ses Sa
Chubotin \$90



CERAMICS

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 2/15.

29988 1/18/2025 - 3/15/2025 10:00AM - 1:00PM 8 ses Sa
Hong \$378

There will be no class on 2/15.

29989 1/18/2025 - 3/15/2025 2:00 - 5:00PM 8 ses Sa
Hong \$378

Intermediate and Advanced Ceramics ★

Take your ceramics to the next level and refine your wheel-throwing and hand-building skills. You will learn from the instructor and each other in this class as you hone your clay skills. Each class will include a demo or discussion of techniques according to the instructor's curriculum or students' expressed interests. North Seattle College fires to ^6 with no exceptions. Outside glazes must be approved by the studio technician. Previous ceramics experience is required. There will be no class on 2/14.

29456 1/17/2025 - 3/14/2025 6:00 - 9:00PM 9 ses F
Fultz \$378

CRAFTS

NEW Valentine Watercolor 3D Pop-Up Cards ★

Create a one-of-a-kind Valentine's Day card that truly stands out. In this hands-on class, you'll combine watercolor techniques with paper cutting and pop-up mechanics to design a 3D pop-up card. Discover a variety of watercolor methods and paper folding tricks to make your card truly memorable. Let's craft a card that POPS with creativity.

29777 1/25/2025 - 1/25/2025 10:00AM - 1:00PM 1 ses Sa
Bundi \$65



NEW Pine Needle Basketry Workshop

Discover the art of pine needle basketry and connect with nature through this hands-on class. You'll learn to weave your own coil basket using pine needles while exploring Coast Salish basket traditions. Engage in guided visualizations, discuss pine needle collection, the difference between coil and warp/weft baskets and master essential techniques like split stitch, forming walls, and finishing touches. By the end, you'll walk away with a beautiful handmade basket and a deeper connection to nature.

30183 2/1/2025 - 2/1/2025 11:00AM - 4:00PM 1 ses Sa
Carroll \$100

30184 3/22/2025 - 3/22/2025 11:00AM - 4:00PM 1 ses Sa
Carroll \$100

JEWELRY



Stone Setting Workshop ★

In this workshop students will learn stone setting techniques including bezel, tube, prong, and flush setting. Silver soldering experience and general knowledge of metalsmithing studio practices is required. All materials for this course will be provided which includes flux, solder, cz, copper plate, and sterling silver tube, wire, and plate. Students will be required to bring one round or oval cabochon no smaller than 1/4" and no larger than 1" diameter on the first day of class. Cabochons can be purchased at Northwest Rockhounds locally, or with online retailers such as Etsy. All other supplies will be provided.

30417 1/11/2025 - 1/12/2025 11:00AM - 5:00PM 2 ses Sa, Su
Quarles \$180

NEW Enameling Workshop: All Levels

In this workshop students will learn the basics of various enameling techniques including torch fired enameling and cloisonne. We will focus on creating practice enamel plates to then include in different projects including a bezel set enamel plate ring, and an enamel plate necklace with handmade chain. Previous experience with metalsmithing preferred but not required. All supplies will be provided.

30418 1/18/2025 - 1/19/2025 11:00AM - 5:00PM 2 ses Sa, Su
Quarles \$180

Intermediate and Advanced Jewelry Fabrication ★

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.

30124 1/21/2025 - 3/11/2025 6:30 - 9:30PM 8 ses Tu
Foy \$336

Beginning Jewelry Fabrication ★

Learn how to produce your own jewelry design. Beginners are encouraged, but more experienced metalsmiths are welcome too. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces. The first class will be mandatory. If you miss the first class you will have to be dropped and you will be issued a full refund.

29817 1/24/2025 - 3/14/2025 6:00 - 9:00PM 8 ses F
Mohyuddin \$336

WOOD CARVING & BURNING

3D Wood Carving for Beginners ★

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

30163 1/27/2025 - 2/10/2025 6:00 - 9:00PM 3 ses M
Shojaei \$264

Spoon Carving for Beginners ★

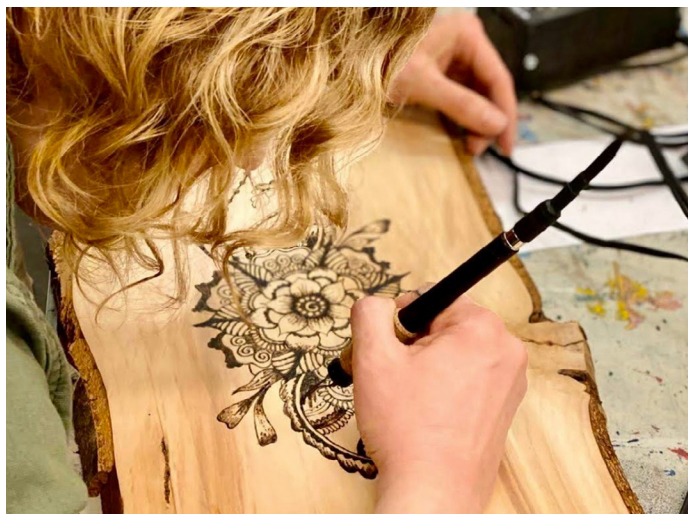
In this workshop, students will carve a simple kitchen spoon and a love spoon. Students will also learn basic knowledge and techniques of wood carving such as wood selection, carving characteristics, preparing blanks, basic carving techniques, and traditional oil finish, which are essential to know for their future wood carving projects. No previous wood carving experience required.

30165 2/24/2025 - 3/10/2025 6:00 - 9:00PM 3 ses M
Shojaei \$264

Wood Pyrography and Painting Workshop ★

Join us for a fun and creative wood burning workshop. Whether you're a beginner or an experienced artist, this workshop is perfect for unleashing your creativity and learning the art of wood burning. Our instructor Saman focuses on four key areas of wood burning: transferring techniques to move art to a surface, burning techniques to work with different tool tips to outline, fill & shade your art professionally, add color onto your project, and finally finishing techniques to protect your work. Get ready to experiment with various designs and patterns, as you bring life to a plain piece of wood. Don't miss out on this exciting opportunity to learn a new craft and meet fellow art enthusiasts. All the supplies for this class will be provided. All supplies for this class will be provided.

30167 3/17/2025 - 3/24/2025 6:00 - 9:00PM 2 ses M
Shojaei \$175



BLAKE CISNEROS

Blake is patient, thorough, and engaging. He is able to adapt his teaching to maximize student learning and create the highest and best outcome for each and every participant in his classes.



Blake Cisneros is the Founder, Director and Lead Teacher of Yanvalou Drum School, and Aguacero: Contemporary Ritual Drum and Dance. Blake has been involved in African and Afro-Caribbean drum and dance for 25 years. He has studied intensively with drummers and dancers from Cuba, Haiti, West Africa, and Brazil.

MUSIC

Introduction to Afro-Caribbean Drum & Dance

Come explore the mystery, power, and elegance of Afro-Caribbean drumming and dancing. This all-levels workshop will provide you with a great introduction to Afro-Caribbean rhythms and further develop your rhythmic skills. Perfect for the beginning to intermediate drummer. We explore hand technique, timing, and fun to play polyrhythms. We'll also explore songs that go with the drumming and some beginning dance moves that correspond directly to the polyrhythms. Drums provided, includes notes on the rhythms and songs. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29463 1/15/2025 - 2/19/2025 7:00 - 8:30PM 6 ses W
Cisneros \$120

Beginning Guitar ★

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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29822 1/28/2025 - 3/18/2025 7:00 - 9:00PM 8 ses Tu
Kohl \$185

Learn to Speak Guitar: Guitar and Theory Techniques ★

This transformative guitar class is designed for students who have a solid understanding of music but struggle to translate their ideas into expressive guitar playing due to insufficient technique and lack of a structured system. Many talented musicians get frustrated when they can't play what they hear in their head and feel in their heart. Our focus is on breaking down these barriers by providing you with the essential tools and a proven method to apply them effectively on the guitar. Simply learning scales, chord shapes, and theory isn't enough. This course will show you how to use them to become a better musician. If you're ready to invest the time and effort, we're confident that together, we can achieve your musical goals. Students must bring their own acoustic or electric guitar and a pick. For electric guitar players, please bring your amp and chords. Scholarships available; contact conted@seattlecolleges.edu to learn more.

30399 2/19/2025 - 3/12/2025 7:00 - 9:00PM 4 ses W
Cortese \$95

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

Ukulele for Beginners

Start strumming right away as you learn to play the ukulele in a relaxed and fun atmosphere. Curriculum includes traditional and contemporary Hawaiian music as well as popular songs. Focus will be on basic strums and chords set to new songs each week. Bring your soprano, concert, or tenor ukulele to class. Start making music. A few ukuleles are available to rent; contact the instructor at itspatk.206@gmail.com. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29998 2/5/2025 - 3/19/2025 6:30 - 8:30PM 7 ses W
Klopich \$160

Individual Trumpet Study with Fred Radke

Work on all aspects of your trumpet technique through individual study with one of the trumpet greats. Fred Radke is a masterful trumpeter, big band conductor, musical clinician educator, and recording artist. Fred was formally lead trumpet with the world-famous Harry James Orchestra and for the last 35 years has taken on the role of Harry James directing the Harry James Orchestra. This class features ten weekly, one-hour sessions to be arranged with the instructor. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29824 1/6/2025 - 3/26/2025 12:00 - 12:00AM 10 ses Arranged
Radke \$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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29823 1/15/2025 - 3/26/2025 8:00 - 10:00PM 11 ses W
Radke \$205

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. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29825 1/6/2025 - 3/26/2025 12:00 - 12:00AM 10 ses
Funes Arranged \$500



NEW Group Voice for All Levels

Discover and enhance your unique singing voice in a supportive group setting. This class focuses on vocal fundamentals, technique, and expressivity, helping you develop strong musicianship. Through lyric analysis, melodic interpretation, and personalized song choices, you'll unlock a wide range of vocal tools. Pieces are chosen based on the student's needs as well as tastes. Open to all levels. Scholarships available; contact conted@seattlecolleges.edu to learn more.

29972 1/15/2025 - 3/19/2025 6:30 - 8:30PM 10 ses W
Mesler \$245

PHOTOGRAPHY

Photography Basics: Techniques and Art★

Have you been using your digital DSLR or digital mirrorless camera on automatic but want to learn how to use its full creative potential? This introductory color class will cover the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure, metering, filters, flash, and more. Bring your digital DSLR or digital mirrorless camera that can be put fully on manual to class (no point and shoot or bridge cameras; contact instructor if unsure). A tripod is recommended. Instructor's work has appeared in National Geographic publications. Class includes two Sunday field trips with the instructor 1/12 and 1/19 (details given in class).

30128 1/8/2025 - 1/29/2025 7:00 - 9:00PM 4 ses W
Stahl Online; Zoom \$150

Black and White: Intermediate Photography★

Explore the connection between basic design elements of line, shape, texture, and depth. Learn to see and compose in Black & White using shades of gray. See how to use light to create a range of tones and values. Simplicity and minimalism will be emphasized. A tripod is required. The instructor's work has appeared in National Geographic publications. This class will include two Sunday morning field trips with instructor on 1/19 and 1/26 (details given in class).

30130 1/11/2025 - 2/1/2025 9:00 - 11:00AM 4 ses Sa
Stahl Online; Zoom \$150

GINA FUNES

Gina is a singer, dancer, actress and recording artist. Singing from Puccini to Gershwin, she has drawn plaudits and rave reviews from both concert stages and night clubs throughout the world. Gina's unique blend and style has made her a hit on the opera stage (Seattle Little Opera Company, University of Washington Festival Opera Company) where she performed as the lead in "Mimi," "La Boheme," "The Magic Flute," and the "Marriage of Figaro." Gina has appeared at Seattle's Fairmont Olympic Hotel as featured singing artist with her husband, Fred Radke. She now appears as guest singing artist for the The Harry James Orchestra, providing her vocal talents at venues throughout the world.



SEWING

Slow Stitch Wearable Art ★

Wear your art on your sleeve. Join us to learn the easy and meditative art of slow stitching in a relaxed and supportive environment. In this workshop you'll learn all you need to transform your tired clothes into wearable works of art! Bring your favorite jacket, t-shirt or pair of jeans and learn how to transform it with a few simple and accessible stitches, tools, and techniques. Each participant will leave the class with a unique refashioned garment as well of lots of ideas and resources for future stitching success. Class is great for both beginner and advanced stitchers. All materials will be provided.

30001 1/13/2025 - 1/13/2025 6:30 - 8:30PM 1 ses M
St-Pierre CC Bldg Room 3350 \$55

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 re-decorate 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.

29995 1/18/2025 - 2/8/2025 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg Room 1254A \$230

There will be no class on 2/13

29994 1/23/2025 - 3/20/2025 6:30 - 9:00PM 8 ses Th
Johnson CC Bldg Room 1254B \$230

NEW Hand Sewing Basics for Quick Repairs

Master essential hand sewing skills to handle simple garment repairs in this hands-on workshop. You'll learn to distinguish between stretch and woven fabrics, prep a needle and thread, and mend holes, hems, and seams with ease. Plus, discover the secret to sewing buttons that stay put. Leave with a custom stitch sampler and the confidence to fix your clothes without a sewing machine. No experience necessary materials are included.

30002 2/3/2025 - 2/10/2025 6:30 - 8:30PM 2 ses M
St-Pierre CC Bldg Room 3350 \$100



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

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.



Sewing 2: Sew Much More ★

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, feel free to 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. Please 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. This class is not open to students under the age of 18.

29997 2/22/2025 - 3/15/2025 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg Room 1254A \$230

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.

29996 3/22/2025 - 3/22/2025 9:00AM - 3:00PM 1 ses Sa
Johnson CC Bldg Room 1254A \$75

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.

29820 1/8/2025 - 1/29/2025 6:30 - 8:30PM 4 ses W
Scheuer CC Bldg Room 1254A \$140

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.



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.

29457 1/14/2025 - 3/11/2025 12:30 – 2:30PM 9 ses Tu
Chen CC Bldg Room 1254A \$215

Free-Writing Workshop

Discover a safe and highly supportive approach to writing. Creative writing tips will be provided at the beginning of the workshop, along with prompts focusing on uplifting themes, though you are always free to write about whatever you wish. We will free-write quickly together for 10-minute sessions without concern for grammar, punctuation, spelling, or any other type of editing. Participants read out loud what they wrote (optional), and participants respond with only supportive feedback about what they liked best, what stood out the most, or what they remembered the most. Beginning and ongoing writers are all welcome.

29459 1/16/2025 - 3/20/2025 6:30 - 8:00PM 10 ses Th
Peizer Online;Zoom \$200

Writing as Metamorphosis and Rebellion

Using techniques like free writing, asemic writing, erasure, Oulipo prompts, and Surrealist games, we will toss aside the writing rule book to discover our authentic voice, hone our craft, and build community. In this class we will explore the writer as actor, animal, dancer, ghost, lunatic, magician, recluse, shape-shifter, and trickster. This is not a class on how to make money writing, but on how to use writing to change yourself and the world. This class is for writers and non-writers alike, at any and all levels. There will be no class on 2/15.

29816 1/25/2025 - 3/22/2025 11:00 AM – 12:30PM 8 ses Sa
Edenfield LB Bldg Room 1105 \$140

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.

29818 1/27/2025 - 2/10/2025 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.

29983 1/28/2025 - 3/4/2025 6:30 - 8:30PM 6 ses Tu
Hall Online;Zoom \$150

NEW Introduction to Screenwriting

A great script begins with personality. Write the script that only you can write and learn how to share it with the world in this introductory screenwriting course. Students will explore how to create memorable characters, build worlds for them, and tell their stories in a format designed for the screen in addition to sharing their work in "table reads." Writers will receive helpful feedback while learning the classic Hollywood formulas and requirements for screenwriting.

34819 2/11/2025 - 3/18/2025 6:00 - 8:30PM 6 ses Tu
Platter Online;Zoom \$189

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.

29819 2/24/2025 - 3/10/2025 6:30 - 8:00PM 3 ses M
Dubois Online Canvas and Zoom \$105





COMPUTER

EXCEL

Excel Level 1

Excel is an amazing, powerhouse program that can be used in many parts of our daily lives. In this introductory class, we will learn how Excel is set up, enter and format data, execute basic formulas, and then get into working with some of the powerful functions available in Excel. Required: Access to MS Office Excel for Windows (version 2016 or higher).

34763 1/15/2025 - 1/29/2025 6:00 - 8:00PM 3 ses W
Simerly Online; Zoom \$85

34780 1/16/2025 - 1/30/2025 6:00 - 8:00PM 3 ses Th
Simerly Online; Zoom \$85

Excel Level 2

Continue your Excel journey in the second class in the series and enhance your comfort level when working with data. In this class, we will learn how to work with several functions, sort and filter data, apply conditional formatting, and start working with PivotTables. Prerequisite: Excel I or working knowledge of topics covered in Excel 1. Must have access to MS Office Excel for Windows (version 2016 or higher).

34784 2/5/2025 - 2/19/2025 6:00 - 8:00PM 3 ses W
Simerly Online; Zoom \$85

Excel Level 3

In Excel III, we will work with more functions including nesting functions, utilize data validation, create VLOOKUPS, and dive deeper into Pivot Tables and Pivot Charts! Prerequisites: Excel I & Excel II or working knowledge of topics covered in both classes. Must have access to MS Office Excel for Windows (version 2016 or higher).

34786 2/26/2025 - 3/12/2025 6:00 - 8:00PM 3 ses W
Simerly Online; Zoom \$85

ENRICHMENT

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. Our first entry for Winter Quarter is the story of a curious boy who sees a flying saucer land in his backyard, and no one believes him in *Invaders from Mars*. Next up is a movie about an alien who needs to secure human blood to save his world in *Not of This Earth*. Our next movie is a remake of the classic 1957 alien invasion movie *Invasion of the Body Snatchers*, starring Donald Sutherland. We'll end the quarter with 1933 Pre-Code classic romantic monster movie, *King Kong*. Whether you are a seasoned science fiction film buff or simply want to put your head in a different place for a couple hours every week, this will be an engaging, fun adventure of a class you won't want to miss.

29600 1/10/2025 - 1/31/2025 7:00 - 9:00PM 4 ses F
Cohen, Mark Daniels LB Bldg Room 1207 \$79

Bridge for Beginners

Welcome to the world of bridge. It's 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 on their game. You will 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.

29455 1/14/2025 - 3/4/2025 6:00 - 8:30PM 8 ses Tu
Lazar CC Bldg Room 3350 \$205



PAUL SCOBEE

Paul brings over 32 years of experience as a lending professional, holding multiple certifications in the field. As the founder of the Washington League for Homeowner Education (WLFHE), a nonprofit dedicated to promoting responsible reverse mortgage practices, Paul has been a staunch advocate for ethical lending. Paul is one of only seven Certified Reverse Mortgage Professionals (CRMP) in Washington state, the highest designation awarded by the National Reverse Mortgage Lenders Association (NRMLA). This certification reflects his commitment to the highest standards and a strict code of ethics in reverse mortgage origination.



FINANCIAL

Reverse Mortgage Essentials: A Comprehensive Guide

In this class you will learn how to potentially lower your property taxes by taking advantage of a senior discount to receive a property tax exemption or deferral. You will learn how to evaluate different reverse mortgage offerings from different lenders and one Certified Risk Management Professional's option on the right way to reverse. You also will receive tips and guidance on how to age in place or downsize with grace if you need to sell your current home and relocate.

29999	1/9/2025 - 1/9/2025	6:00 - 8:00PM	1 ses	Th
Scobee	CC Bldg Room 3349			\$50
30000	3/20/2025 - 3/20/2025	6:00 - 8:00PM	1 ses	Th
Scobee	CC Bldg Room 3349			\$50

First Time Homebuyers Class

Join us as we demystify the entire home buying process from A to Z and learn what it truly takes to win a deal in this rapidly changing housing market. Whether you are brand new to the process or have been around the block, this class will teach you how to gather data points, analyze a property, and know what to expect from the process. Educate yourself with the tools to win.

29464	1/25/2025 - 1/25/2025	1:00 - 2:30PM	1 ses	Sa
Cisneros	LB Bldg Room 1107			\$50

How to Sell Your House

Learn what it takes to sell your home in today's rapidly evolving housing market. This course will cover how to prepare your home for sale, the pros and cons of hiring a real estate agent, how to sell for the highest price in the least amount of time, and tips on what home improvements you should and should not do.

29465	2/1/2025 - 2/1/2025	1:00 - 2:30PM	1 ses	Sa
Cisneros	LB Bldg Room 1107			\$50

NEW How To Retire With Purpose

As you step into the next chapter of life, how can you make it vibrant and meaningful? In this engaging class, you'll explore your passions, talents, values, and ideal lifestyle. Create a personalized plan focusing on wellness, relationships, part-time work, volunteering, social activities, personal growth, and travel. Connect with like-minded individuals in a supportive environment to design a retirement that truly fulfills you. Note: This class does not cover financial planning.

29898	2/11/2025 - 2/18/2025	6:30 - 8:30PM	2 ses	Tu
Tabor	Online; Zoom			\$95

NEW Retirement Fundamentals

These classes teach the components and the fundamentals of how to mechanically retire. Through this two-day course we walk through Retirement Income Concerns, How Long Will Money Last, Investment Basics, the different Retirement Income Sources, Health Care and Medicare Planning, and the fundamentals for Estate Planning. These classes walk through each topic, step-by-step, in an engaging and informative manner.

30181	2/18/2025 - 2/25/2025	10:00AM - 1:00PM	2 ses	Tu
Morse	LB Bldg Room 1107			\$80
30182	3/8/2025 - 3/15/2025	10:00AM - 1:00PM	2 ses	Sa
Morse	LB Bldg Room 1107			\$80

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.

30180	3/8/2025 - 3/8/2025	9:30 - 11:30AM	1 ses	Sa
SHIBA Instructor	Online; Zoom			Free

NATURE & SCIENCE

Mushrooms: Foraging, Identification and Exploration

Prepare for our vibrant fall mushroom season and uncover why Washington is renowned for mushroom hunting. Learn to identify some of the tastiest, most unique, and significant poisonous mushrooms among the thousands found in the Pacific Northwest. Explore the close connections between mushrooms and trees and discover how to utilize this knowledge to locate optimal mushroom habitats in both forested and urban settings.

29973	1/7/2025 - 2/11/2025	7:00 - 8:30PM	6 ses	Tu
Collison	Online; Zoom			\$105

NEW Map and Compass for Beginners

Learn to navigate with confidence using an orienteering compass and topographic map. This beginner-friendly course covers essential skills like understanding the difference between true and magnetic bearings, perfect for hiking, backpacking, or general navigation. Students will explore engaging online content with real-world videos and detailed animations, followed by a hands-on field trip to practice your new skills. Please note: GPS and Geocaching are not covered. This class includes a three-hour field trip on 2/1 (details given in class).

30991	1/28/2025 - 1/28/2025	6:30 - 8:30PM	1 ses	Tu
Greule	Online; Zoom			\$80
30992	3/18/2025 - 3/18/2025	6:30 - 8:30PM	1 ses	Tu
Greule	Online; Zoom			\$80





PERSONAL

Before You Go - End of Life Planning Workshop

We're all going to die, and we don't know when, so says Rev. Bodhi Be, a mentor of the instructor and director of perhaps the only non-profit funeral home. Given that important and poignant truth, there are many things we can do to prepare ourselves and save our loved one's time and stress. In this class we will explore legal documentation, practical considerations, relational networks, wishes for your memorial and your body's disposition, and much more. All this information is valuable to anyone regardless of age or state of health. The instructor will follow up with a checklist and a document with extensive resources to help you complete and maintain your end-of-life preparations.

34788 2/1/2025 - 2/8/2025 11:00AM - 12:30PM 2 ses Sa
Matthews Online;Zoom \$45

CSI - Myth vs. Fact

Join presenter Lynne Dean, a forensic scientist and retired latent fingerprint examiner with the King County Sheriff's Office in Seattle, as she explores how crime scenes are processed for evidence. You will learn how a forensic fingerprint laboratory works, discuss photographs from real crime scenes, and determine what you see as evidence. You'll also participate in hands-on exercises at home to give you a true "feel" for working with evidence and discover how to distinguish fact from fiction when it comes to your favorite CSI-style TV shows. Student participation is encouraged. This class is for students 18 and older, as some of the content and photos are considered graphic. In addition, participants will need a roll of clear tape (like Scotch tape) and their choice of one of the following: a clear plastic water bottle, ceramic mug (like a coffee cup), or clear sheet protector. Those items will be part of the hands-on exercises they will do during the Zoom presentation.

34789 2/22/2025 - 2/22/2025 9:00AM - 12:00PM 1 ses Sa
Dean Online;Zoom \$45

TRAVEL

Camino de Santiago (St. James Way) Walking Ancient Sites of Europe

Whether you like learning about other people, their language, history, or culture this class featuring Camino de Santiago (St. James Way) just might be for you! Learn the ins and outs for exploring this European vacation destination. From selecting the right equipment for light travel to identifying and navigating the route that suits you and the best places to visit, eat and more will be covered.

30179 2/22/2025 - 3/29/2025 9:00 - 10:00AM 6 ses Sa
Rzhondkovsky Online;Zoom \$75

FOOD

BAKING & DESSERTS

Cake Decorating for Beginners ★

Ready to turn your cake dreams into reality? Join award-winning Sugar Artist and Food Network Competitor Michele Sweeney for a fun, hands-on cake decorating class that's perfect for beginners. Over six weeks, you'll dive into the world of cake making, from baking the perfect cake to whipping up two types of buttercream, mastering piping techniques, and transforming simple desserts into edible works of art. You'll get to practice piping flowers and borders, learning to fill your piping bags like a pro and color buttercream for eye-catching designs. By the end, you'll have decorated cupcakes and an impressive eight-inch cake that's sure to wow at your next celebration. With one baking class via Zoom and the rest in-person, this class is all about collaboration, creativity, and cake. What more could you want? Just bring your apron, a sack lunch, and get ready to impress. There will be no class on 2/16.

29494 1/12/2025 - 2/23/2025 1:00 - 5:00PM 6 ses Su
Sweeney ED Bldg Room 2843A \$300

Gluten-Free Baking ★

Ready to master gluten-free baking? Join Chef Michele to learn the secrets of moist and delicious gluten-free treats. In this class, you'll discover how to make your own gluten-free flours and whip up tasty sugar cookies, snack cakes, and rolls. With the right ingredients and techniques gluten-free baking is a breeze. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

29501 2/8/2025 - 2/8/2025 2:00 - 5:00PM 1 ses Sa
Sweeney Online;Zoom \$70

Quick Breads ★

Whip up delicious quick breads in no time. Join Chef Michele and master a Southern-style blueberry biscuit bake, ideal for breakfast or dessert, and a classic Irish soda bread, perfect for St. Patrick's Day or any day. Get ready to bake, taste, and enjoy these easy and delightful recipes. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

29524 3/8/2025 - 3/8/2025 2:00 - 5:00PM 1 ses Sa
Sweeney Online;Zoom \$70



Cookie Decorating for Beginners ★

Ready to turn plain sugar cookies into edible works of art? Join award-winning sugar artist and food network competitor, Michele Sweeney, for a fun-filled cookie decorating adventure. Whether you're a beginner or just looking to level up your skills, this class will guide you through the essentials of working with royal icing. You'll learn how to master icing consistencies, outline and flood like a pro, and create stunning designs for any occasion. Plus, you'll learn how to make your own sprinkles and royal icing transfers to add that extra flair to your creations. Each quarter brings fresh themes, so there's always something new to decorate. Bring an apron, wear your comfiest clothes, and don't forget a sack lunch. This is one deliciously creative day you won't want to miss.

29497 3/15/2025 - 3/15/2025 1:00 - 5:00PM 1 ses Sa
Sweeney ED Bldg Room 2843A \$95

COOKING

NEW Plant-Based Cooking: Winter Soup ★

Start the new year fresh with our plant-based cooking class. Dive into winter's harvest and cook a cozy, flavorful meal. We'll whip up curried sweet potato soup over coconut steamed rice, a hearty winter pear salad with homemade vinaigrette, and finish with a delightful berry crisp. This class offers comfort, health, and warmth for those chilly nights. You'll receive a prep packet, detailed recipes, and a video recording to savor the experience again and again. Join Chef Michele and embrace the deliciousness of plant-based cuisine. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

29499 1/18/2025 - 1/18/2025 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70



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



Winter Gnocchi ★

Join us to create Italian gnocchi, those delightful potato dumplings that are like little pillows of heaven. We'll make classic potato gnocchi with a roasted red tomato sauce along with a seasonal veggie side. For dessert, we'll whip up a quick, delightful limoncello trifle. This hearty meal is perfect for cozy winter days. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

29500 1/25/2025 - 1/25/2025 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

NEW Spanish Tapas ★

Join us for a lively tapas class. Whip up a warm Spanish dip, savory empanadas with cilantro crema, and sweet guava-filled dessert empanadas. Chef Michele will also share her irresistible Sangria recipe, perfect for any occasion. Don't miss this flavorful culinary adventure! You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

29525 2/22/2025 - 2/22/2025 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

NEW Homemade Pasta ★

Experience the magic of fresh, handmade pasta with Chef Michele. No machine needed—just your hands and a love for Italian cuisine. You'll master the art of homemade Tagliatelle and pair it with a rich marinara sauce. Compliment your dish with a homemade Caesar salad. Plus, learn to make Garganelli and receive an effortless recipe for Cacio e Pepe for those nights when you want a quick meal. Join us for a fun, flavorful cooking adventure. You will receive a class prep packet, recipes, and a video recording of the class. The class price is for two people attending from one kitchen; only one person is required to register and pay for the class.

29523 3/1/2025 - 3/1/2025 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

FITNESS

DANCE

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.

29469 1/23/2025 - 3/13/2025 7:35 - 8:35PM 8 ses Th
Boarman WC Bldg Room 0827D \$125

Ballroom Basics and Beyond - Winter

This class will focus on two dances. Learn the basics and more to the timeless slow waltz then move to the bluesy rhythm of the nightclub two-step that is danced to a variety of music. 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.

29468 1/23/2025 - 3/13/2025 6:30 - 7:30PM 8 ses Th
Boarman WC Bldg Room 0827D \$125

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.

29826 2/8/2025 - 3/15/2025 9:00 - 10:00AM 6 ses Sa
Henricksen Off Campus: Greenwood Masonic Lodge \$100

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 targets strength, balance, cardio and flexibility. There will be no class on 3/4.

29467 1/14/2025 - 3/25/2025 6:00 - 7:30PM 10 ses Tu
Brenith WC Bldg Room 0827D \$185

Adaptive Fitness

A gentle approach to exercise, this class improves strength and flexibility through 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.

29466 1/15/2025 - 3/5/2025 6:00 - 7:00PM 8 ses W
Brenith WC Bldg Room 0827D \$100

CAROLYN BRENITH

A former NCAA athlete and current Washington licensed massage therapist, Carrie is committed to helping people feel great in their bodies. Grounded in the belief that bodies were made to move, Carrie tailors classes to the needs of each student. Carrie became a massage therapist after experiencing therapeutic massage as a patient. She was continually impressed by how massage can relieve pain, improve posture and increase athletic performance. She continues to be fascinated by how touch and physical manipulation can help the body.



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 1/18 and 2/15.

29472 1/11/2025 - 3/29/2025 9:10 - 10:40AM 10 ses Sa
Sharp WC Bldg Room 0827D \$180

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 1/18 and 2/15.

29473 1/11/2025 - 3/29/2025 10:45AM - 12:15PM 10 ses Sa
Sharp WC Bldg Room 0827D \$180

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 neuromuscular coordination.

29474 1/14/2025 - 3/18/2025 10:00 - 10:55AM 10 ses Tu
Sharp WC Bldg Room 0829F \$120

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.

29475 1/16/2025 - 3/20/2025 10:00 - 10:55AM 10 ses Th
Sharp WC Bldg Room 0829F \$120

NEW Introduction to Essential Somatics

Feeling a bit "off" after a workout or a long week? This five-week class introduces you to Essential Somatics, a gentle, pain-free movement practice designed to balance your hips, spine, and shoulders. Developed by Martha Peterson, this practice helps you reset your body, release tension, and restore coordination. Learn simple, effective routines that fit any fitness level, from beginner to athlete, so you can reconnect with your body whenever you need to. Recommended for all fitness levels, from couch potato to athlete. Please bring a blanket or throw to class.

29768 2/22/2025 - 3/22/2025 9:30 - 10:45AM 5 ses Sa
Hopper WC Bldg Room 0827A \$100 **13**

EMILY DALGO

Emily is a 200-hour Registered Yoga Teacher and sound healer based in Seattle. She received her MA from the University of Washington and currently teaches vinyasa and flow classes at 8 Limbs Yoga Center and Lululemon University Village, where she is a resident instructor. She has taught at the University of Washington through UW Recreation, where she has also co-led UW's 200-hour Yoga Teacher Training. Emily has extensive corporate yoga experience, having led classes for teams at Apple, Uber, Amazon, and many more. As a Fitness Pro with Fitness Pro Travel Inc., Emily travels to teach yoga abroad at luxury resorts to guests from all over the world. Integrating knowledge of anatomy, breathing techniques, and trauma-informed cueing, she leads calming yet stimulating practices for all levels and creates a space for students to feel empowered and at home in their bodies.



YOGA

Harmonic Flow: Slow Flow Yoga & Sound Bath Meditation

This class is designed to introduce participants to the restorative powers of slow flow yoga combined with the immersive experience of sound baths. This class is perfect for those seeking to deepen their understanding of mind-body wellness, explore new relaxation techniques, or simply find a serene escape from the stresses of daily life. Students will explore the foundations of slow flow yoga—a gentle yet dynamic style of yoga that emphasizes mindful movement and breathwork to enhance flexibility, strength, and mental clarity. Through carefully curated poses and sequences, participants will learn how to move with intention, cultivating a sense of balance and harmony within the body. The experience deepens with the introduction of sound baths, a healing practice where participants are bathed in the soothing sounds of harmonic crystal quartz singing bowls. These sonic waves are not only heard but felt, resonating within the body to promote a state of profound relaxation and meditation. The vibrational frequencies help to release stress, quiet the mind, and activate the body's natural healing processes.

29821 1/28/2025 - 3/18/2025 6:00 - 8:00PM 8 ses Tu
Dalgo WC Bldg Room 0827A \$200

Yoga Philosophy: The Body and Beyond

There is much more to yoga than physical poses. The eight philosophical limbs of yoga, or the eightfold path, offers opportunities to develop insight, calm, and felicity. We will explore these eight limbs as explained in *The Yoga Sutras of Sage Patanjali* written approximately 1,500 years ago. Because Patanjali was a soul scientist the eight limbs are relevant to present times and the desire to know ourselves. We will view them through the lens of yoga postures and The Tree of Yoga written by BKS Iyengar while journaling and learning simple relaxation techniques to quiet the mind. This course is open to yoga practitioners as well as those who have never practiced yoga postures. Handouts will be provided. You will walk away with a solid understanding of the eight limbs of yoga and of the Sage Patanjali, as well as a better understanding of how yoga practice can involve these philosophical limbs. There will be no class on 2/19.

30187 1/29/2025 - 3/26/2025 7:00 - 8:00PM 8 ses W
Bernstein Online; Zoom \$120

HOME AND GARDEN

HOME STYLE

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 instructions will be provided a few days before the first class.

30125 1/25/2025 - 2/1/2025 10:30AM - 3:30PM 2 ses Sa
Marx CC Bldg Room 1161 \$235

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.

30126 2/6/2025 - 2/20/2025 6:00 - 9:00PM 3 ses Th
Marx B Bldg Room 1308 \$235

LANGUAGE

ESL

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 1/20 and 2/17.

29985 1/13/2025 - 3/12/2025 7:00 - 9:00PM 16 ses M,W
Markova CC Bldg Room 3345 \$352





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 on-line (about 25%). There will be no class on 1/20 and 2/17.

30185	1/13/2025 - 3/24/2025	6:30 - 9:30PM	9 ses	M
Chai	CC Bldg Room 3443			\$428

ESL Business Writing

This practical writing workshop is designed for ESL 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, use business-appropriate terms and tone.

29986	1/14/2025 - 3/18/2025	6:30 - 8:30PM	10 ses	Tu
Markova	CC Bldg 3346			\$220

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.

30186	1/15/2025 - 3/5/2025	6:30 - 9:30PM	8 ses	W
Chai	CC Bldg Room 3443			\$265

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.

30398	1/14/2025 - 2/18/2025	6:30 - 8:30PM	6 ses	Tu
Brown	CC Bldg Room 1254A			\$138

French from France: Putting Our French to Work

French from France: Putting our acquired French to work: Learners in this class are eager to put their French to work in discussion. While there is no particular plan for teaching grammar in the class, quick review will be provided where necessary. Grammar help can be found by accessing materials from previous study or on-line search. We will search subjects of interest in French online and report to the class, speak of what we love to do, what we have done in the past few days, and what the weeks ahead have in store for us. This is definitely a French II Plus class for those who are ready to travel and want to test their skills, or those who have been to a French-speaking country and would like to tell us all about it.

29984	2/1/2025 - 3/15/2025	10:00AM - 12:00PM	7 ses	Sa
Morehead	Online; Zoom			\$165

ITALIAN

Italian 2 ★

Take your Italian to another level. This course will focus on conversation and reading, drawn from a variety of sources, in Italian. We will also look at a grammar topic each week. It is suitable for anyone who has taken Italian for Beginners or who has some prior knowledge of Italian. No class on 1/20 and 2/17.

30395	1/13/2025 - 3/31/2025	10:00AM - 12:00PM	10 ses	M
Brown	CC Bldg Room 1254A			\$230

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.

30397	2/25/2025 - 4/1/2025	6:30 - 8:30PM	6 ses	Tu
Brown	CC Bldg Room 1254A			\$138



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

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.

30701 1/15/2025 - 3/5/2025 7:00 - 9:00PM 8 ses W
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.

29470 1/28/2025 - 3/18/2025 6:30 - 8:30PM 8 ses Tu
Jordan LB Bldg Room 1107 \$176

Sign Language – Level 3

This class is an extension of the Basic Sign Language and Sign Language 2 classes with more vocabulary, sentence grammar, and facial expressions.

29471 1/30/2025 - 3/20/2025 6:30 - 8:30PM 8 ses Th
Jordan LB Bldg Room 1107 \$176

SPANISH

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.

29461 1/13/2025 - 3/17/2025 6:30 - 8:30PM 8 ses M
Robertson LB Bldg Room 1102 \$185

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. There will be no class on 1/20 and 2/17.

29460 1/14/2025 - 3/4/2025 6:30 - 8:30PM 8 ses Tu
Robertson LB Bldg Room 1102 \$185

BECKY ROBERTSON

I have been teaching Spanish in the Seattle area since 1996 when I started my master's program at the University of Washington. While there, I taught 100 and 200-level classes. Upon receiving my master's degree, I started working at Shoreline Community College, where I have worked for 23 years. I have also taught Spanish at other two-year colleges like Seattle Central College and Lake Washington Institute of Technology. I wish to inspire others and be part of their journey of acquiring the skills and tools they need to go with confidence out into the Spanish speaking world.



Spanish for Fun and Travel Level 4 ★

Taught only in Spanish, this course is a continuation of Spanish for Fun and Travel - Level 3. Activities are designed around stories, interviews, and role-playing, with some focus on the cultures of the Spanish-speaking world. Grammar is reviewed and new areas explored. Designed for students who want to maintain their conversation skills and improve vocabulary and structures.

29462 1/15/2025 - 3/5/2025 6:30 - 8:30PM 8 ses W
Robertson LB Bldg Room 1102 \$185

Advanced Spanish Conversation Level 2 ★

Refine your Spanish speaking and listening skills in this class. Watch short films, participate in an informal reading club, share your comments on short essays, stories, and plays. Review the uses of direct and indirect object pronouns, relative pronouns, adjectives, and the subjunctive mood.

30188 2/4/2025 - 3/18/2025 6:30 - 8:30PM 7 ses Tu
Ramon Joffre CC Bldg Room 3353 \$160

PROFESSIONAL

ADULT FAMILY HOME

Adult Family Home Administrator Course

Before you can register for this class you must complete the English Proficiency Prerequisite. For additional information click here. 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 are provided. Questions: email afh.north@seattlecolleges.edu or call (206) 934-3619

30413 2/7/2025 - 3/1/2025 9:00AM - 4:30PM 8 ses F, Sa
Spada Online Canvas and Zoom \$739

29974 3/7/2025 - 3/29/2025 9:00AM - 4:30PM 8 ses F, Sa
Spada Online Canvas and Zoom \$739

Testing Fee (AFH)

Register for the Testing Fee to complete the required Adult Family Home Administrator Course prerequisite. DSHS requires that all students meet sufficient English language proficiency requirements prior to taking the course. You will not be able to register for the Administrator Course until you have passed the English proficiency test.

30191 Arranged 12:00 - 12:00AM 1 ses Arranged
Mariscal Flores CC Bldg Testing Center Room 2459C \$35

BUSINESS SKILLS

Storytelling and Narrative Development

Unlock the power of storytelling for your nonprofit! In this class, you'll learn how to assess your current storytelling efforts across platforms like your website, social media, newsletters, and fundraising materials. We'll guide you in identifying key areas for improvement and creating a strategy that resonates. Through hands-on collaboration with your team and beneficiaries, you'll uncover stories that truly represent your mission. Discover how to craft compelling case studies, success stories, and testimonials that showcase your nonprofit's impact. Plus, learn essential techniques to structure narratives for maximum influence and communicate your mission effectively.

30178 2/3/2025 - 2/10/2025 6:00 - 9:00PM 2 ses M
Shams, CFRE Online; Zoom \$100

PATRICE TABOR

Patrice is a professional trainer with over 15 years experience educating professionals in the healthcare industry. She has a master's degree in adult education and has been a member of Toastmasters International public speaking organization for over 25 years. Patrice has participated in speech contests sponsored by Toastmasters and recently won the International Speech contest for her area. Patrice is passionate about helping others improve communication skills and develop confidence as a public speaker.



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.

29897 3/4/2025 - 3/18/2025 6:30 - 8:30PM 3 ses Tu
Tabor CC Bldg Room 3450 \$95

WORK FOR YOURSELF

Podcasting 101

Learn podcasting from Anthem Award-winning podcast producer John Yeager. The course will include a background to podcasting, trends in the podcasting industry, and a discussion on why you should or shouldn't produce a podcast. Each class will feature a guest speaker with real-world podcasting experience, along with plenty of time for questions.

34787 1/25/2025 - 2/8/2025 10:00AM - 12:00PM 3 ses Sa
Yeager Online; Zoom \$109

Sell It on eBay!

Discover if your item will sell or not in just one minute. Learn how to create a seller account, pre-listing preparation, create a listing, upload photos, accept online payments, and determine shipping costs. Includes insider Tips, Tricks and Traps, what to sell and not to sell, where to get FREE shipping supplies and FREE home pickup. Learn proven listing strategies that get the most clicks, draw the highest bids, beat your competition and close the sale. Covers eBay marketplace research, and how to create a profitable niche. Includes Photography tips that will make your items "Pop." Plus, how to sell antiques, collectibles, and large items you don't want to ship. Taught by a multi-award-winning instructor and published eBay author from Seattle.

29977 2/3/2025 - 2/5/2025 6:00 - 9:00PM 2 ses M,W
Boyd Online; Zoom \$138



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. Taught by a multi award-winning instructor and published author from Seattle.

29979 2/4/2025 - 2/4/2025 6:00 - 9:00PM 1 ses Tu
Boyd Online; Zoom \$69

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.

29978 2/13/2025 - 2/13/2025 6:00 - 9:00PM 1 ses Th
Boyd Online; Zoom \$69

CLOCK HOURS AND CEUS

Clock Hours and CEUs

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-Moderated. Self-Guided 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.

30194 1/6/2025 - 3/26/2025 12:00 - 12:00AM 1 ses M
Mariscal Flores \$30

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. Reporting form found here: <https://conted.northseattle.edu/courses/continuing-education-units-ceu-fee>

30193 1/6/2025 - 3/26/2025 12:00 - 12:00AM 1 ses M
Mariscal Flores \$20

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Jazz Ensemble Concert: Join us on campus in the new Library Auditorium for a student concert on December 11 at 8 p.m. The concert is free, so bring the whole family and spread the word. Directed by Fred Radke. Visit our website for campus event location directions and details.



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