



**NORTH SEATTLE  
COLLEGE**

# CONTINUING EDUCATION

*Live to Learn!*

**SPRING 2025**

**206.934.3705 | [www.learnatnorth.org](http://www.learnatnorth.org)**

**Registration Opens  
February 10**



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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 February 10.

### 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).

## SPRING QUARTER OFFICE HOURS

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

**SPRING QUARTER:** 4/7/2025 – 6/23/2025  
**OFFICE HOURS:** Mon-Fri 8:30AM – 5:00PM  
**HOLIDAYS:** 5/26/2025 Memorial Day  
6/19/2025 Juneteenth Day

### Jazz Ensemble Concert

Join us on campus in the new library auditorium for two upcoming student concerts. Each concert is free, so bring the whole family and spread the word. For more information, including dates, time, and campus event location directions, visit our website.

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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 5/26.

30154 4/28/2025 - 6/9/2025 10:00AM - 12:00PM 6 ses M  
Victoria John **Zoom class held on 5/19.** \$135

### **Spring at Seattle Art Galleries**

What better way to celebrate the lush imagery of spring than to explore the art galleries in Seattle. We will meet weekly at local art galleries to hear talks, tour the space, and ask questions about the work. Following each visit, we will gather for afternoon tea or coffee to discuss the art and share interests. A sampling of galleries includes Greg Kucera, Foster/White, ArtX Contemporary, Gray Sky, Azuma, Davidson, Patricia Rovzar, Harris Harvey, and Steinbrueck Native Gallery. Whether you are a seasoned gallery visitor or a newcomer, please join us for this harbinger of spring as you experience the art scene in Seattle.

30156 4/30/2025 - 6/4/2025 12:30 - 2:30PM 6 ses W  
Victoria John \$135

#### **VICTORIA JOHN**

Victoria is passionate about art and teaching. She values making connections between the arts, enjoys linking course content to students' life experiences, and creates a meaningful and entertaining educational experience, as well as a relaxed environment for learning. She has taught all levels for over 35 years but especially appreciates the rich interaction inspired by the combined energy and wisdom of adult learners. She has a Master's Degree in Liberal Arts from Southern Methodist University, with post-graduate study in Italy, and a Bachelor's Degree in Arts and Sciences from Indiana University.



## 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. This course is intended for beginner students new to ceramics. Students may repeat for up to four quarters; students with four or more quarters of any level of ceramics will not be permitted to join. There will be no class on 5/24. Supplies are required for this class.

30096 4/19/2025 - 6/28/2025 10:00AM - 1:00PM 9 ses Sa  
Michael Hong \$378

There will be no class on 5/24. Supplies are required for this class

30097 4/19/2025 - 6/28/2025 2:00 - 5:00PM 9 ses Sa  
Michael 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 5/23. Supplies are required for this class.

28664 4/18/2025 - 6/20/2025 6:00 - 9:00PM 9 ses F  
Althea Fultz \$378

## DRAWING

### **Calligraphy for Beginners and Beyond** ★

Improve your handwriting and explore the art of calligraphy in this hands-on, nine-hour workshop. Over three Saturdays, you'll learn to use calligraphy tools and materials to create beautiful, practical lettering. We'll cover two distinct styles and work on projects you can use in everyday life. Perfect for beginners or those with some experience, this class will help you build skills and confidence while creating work you're proud of.

30015 4/26/2025 - 5/10/2025 10:00AM - 1:00PM 3 ses Sa  
Katy Callaghan Huston \$120

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



**Figure Drawing ★**

Discover the fundamentals of figure drawing in this dynamic class, where we'll explore both observational accuracy and conceptual interpretation of the human form. Rooted in classical drawing techniques, this course will emphasize traditional methods of measuring proportion, constructing the figure with geometric forms, and refining drawings through careful attention to light, shadow, and edge quality. You'll learn to build the body from the inside out—starting with internal structures like the skeleton and layering external forms. We'll also examine different ways to interpret the figure, encouraging you to push beyond naturalism and develop your own visual relationship with the human form. Open to all skill levels. There will be no class on 5/23.

28663 4/25/2025 - 6/20/2025 6:30 - 9:30PM 8 ses F  
Megan Gottfried \$300

**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. You will become familiar with a variety of materials and approaches to drawing by studying artwork both historical and contemporary. Although instruction will be rooted in drawing from observation, we will explore the potential to abstract from what we see and experiment with working from memory. We will engage in group discussions throughout the course.

29941 4/10/2025 - 6/19/2025 3:00 - 5:00PM 11 ses Th  
Sarah Norsworthy No class 5/22. \$225

There will be no class on 5/19/526. Supplies are required for this class

29940 4/14/2025 - 6/30/2025 6:00 - 8:00PM 10 ses M  
Sarah Norsworthy No class 5/19, 5/26. \$225

**Introduction to Drawing 2 ★**

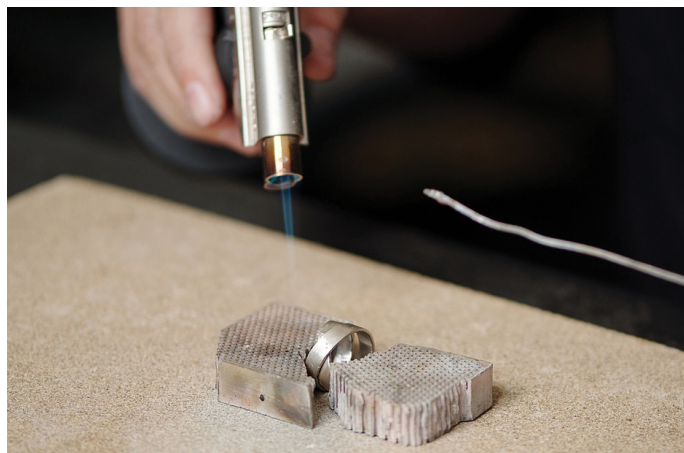
Get creative while developing skills learned in an Introduction to Drawing course. We will advance our approaches to creating still lifes, as well as working from the landscape and the figure, both from observation (if possible) and from memory. Students will explore concepts of space, light, and form through previous knowledge of materials such as graphite, charcoal, and ink. There will be no class on 5/21.

29942 4/9/2025 - 6/18/2025 6:00 - 9:00PM 10 ses W  
Sarah Norsworthy \$336

**PEGGY FOY**

Peggy is a Seattle metalsmith and enamelist. Her work features layered colors and textures of metal, usually forged and fabricated from raw sheet and wire. She loves making objects that look like artifacts or talismans with some secret, hidden meaning; some pieces also include working mechanisms. The art movement known as Art Nouveau is a strong influence as swirling, graceful lines play a notable part in her work.

Peggy holds a BFA in Jewelry and Metalwork from The University of Georgia. She teaches jewelry classes at Pratt Fine Art Center and Tacoma Metal Art Center as well as private lessons from her jewelry studio in Pioneer Square in Seattle.



**JEWELRY**

**Beginning Jewelry Fabrication ★**

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. There will be no class on 5/23.

29215 4/25/2025 - 6/20/2025 6:00 - 9:00PM 8 ses F  
Cas Alexander \$336

**NEW Forging Alloys: A Hands-On Workshop**

Learn the art of creating custom metal alloys and turning them into beautiful jewelry in this two-day Ingot Workshop. You'll pour bronze and silver ingots, experiment with different alloys, and gain hands-on experience in cold hammer forging. Use a rolling mill to shape your creations into finished pieces. This class is perfect for anyone looking to expand their skills and craft one-of-a-kind jewelry.

31168 4/19/2025 - 4/20/2025 11:00AM - 5:00PM 2 ses Sa, Su  
M Quarles \$180

**Intermediate and Advanced Jewelry Fabrication ★**

Take your jewelry design skills to the next level. Do you have an idea for a complex project you've been wanting to tackle, but not sure where to start, or need to advance your skills to make it happen? Learn multi-step soldering, stone setting, forming and finishing techniques that will help make your elaborate jewelry design ideas a reality. 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. There will be no class on 5/20.

30100 4/8/2025 - 6/3/2025 6:30 - 9:30PM 8 ses Tu  
Peggy Foy \$336

**NEW Intro to Soldering: Copper and Silver Workshop**

Learn the art of silver soldering in this two-day workshop. You'll start with copper sheet and wire to practice key soldering techniques, creating chain links and rings. Once you're confident, you can choose to work with sterling silver wire for a more advanced challenge. This class is hands-on and designed for beginners, but anyone looking to sharpen their soldering skills is welcome. You'll leave with a solid foundation in soldering and some beautiful handmade pieces. Sterling silver wire (14, 16, or 18 gauge, dead soft) is optional and available for purchase online (riogrande.com). All other supplies are provided.

31166 4/12/2025 - 4/13/2025 11:00AM - 5:00PM 2 ses Sa, Su  
M Quarles \$180

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

### Production Essentials for Handmade Jewelry

This course covers the basics of how to design a line of jewelry for production and sale. Students will learn best practices for designing and reproducing a cohesive collection while considering material sourcing, time management, and pricing. This course will also cover business structures, revenue streams, marketing, and photography techniques best suited for selling handmade jewelry.

31513 5/7/2025 - 6/11/2025 6:00 - 8:00PM 6 ses W  
Ayesha Mohyuddin \$135

## MIXED MEDIA

### Mixed Media Self Abstraction ★

Discover your own creative language and use it to develop your artistic practice. We will use multiple mediums and learn new techniques to push ourselves in exploring self-expression. This class is perfect for someone who has taken abstract art classes before and is wondering what next. We will 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. The class goal is to access ourselves as a source for expression; to find an abstract narrative that resonates with you. 2D abstract class experience is helpful. There will be no class on 5/21.

28684 4/9/2025 - 6/18/2025 10:00AM - 1:00PM 10 ses W  
Ryan Hamburger \$336

### Tataki Zome: Plant Portraits with a Hammer ★

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

29233 6/9/2025 - 6/9/2025 6:30 - 8:30PM 1 ses M  
Paige St-Pierre \$55

## MUSIC

### Beginning Guitar ★

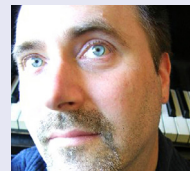
Pick up the guitar and play. Learn chords, strum patterns, tablature, and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment. There is a textbook for this class. There will be no class on 5/13, 5/20.

31114 4/8/2025 - 6/10/2025 7:00 - 9:00PM 8 ses Tu  
Frank Kohl \$185



### DAVID MESLER

David is a classically trained jazz musician and educator known for his 45 albums on ECR, his 15 major Hollywood films, his performances for 1000s of events including for four sitting US Presidents, leading the jazz band at Benaroya Hall for 10 years, his 100s of original art songs and chamber works, and his 27 years of teaching at Seattle Central and North Seattle Colleges. David's film credits include *The Blind Side* (2009), *Warm Bodies* (2013), *The Sisterhood of the Traveling Pants* (2005), *Battlefield Earth* (2000), and *The Wrong Guy* (1997), as well as the Emmy Award-winning television features for Disney, *Eloise at the Plaza* (2003), and *Eloise at Christmastime* (2003). David himself was nominated for a Northwest Regional Emmy in 1992.



### 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.

31514 4/9/2025 - 6/18/2025 6:30 - 8:30PM 9 ses W  
David Mesler \$220

### 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. There will be no class on 5/21.

28669 4/16/2025 - 5/28/2025 7:00 - 8:30PM 6 ses W  
Blake Cisneros \$120

### 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, which take place during the first class; registration is required within 10 business days of the first class session. There will be no class on 5/21.

31120 4/9/2025 - 6/18/2025 8:00 - 10:00PM 10 ses W  
Fred Radke \$205

### 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. We'll 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. Bring your own acoustic or electric guitar and a pick. For electric guitar players, please bring your amp and chords.

30011 6/4/2025 - 6/25/2025 7:00 - 9:00PM 4 ses W  
Jared Cortese \$95





**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; see supply sheet for details. There will be no class on 5/21.

29234 5/7/2025 - 6/25/2025 6:30 - 8:30PM 7 ses W  
Patrick Klopich \$160

**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.

31127 4/7/2025 - 6/22/2025 Arranged 10 ses W  
Gina Funes \$500

**PAINTING: ACRYLIC**

**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. There will be no class on 5/22. Supplies are required.

28682 4/10/2025 - 6/26/2025 6:00 - 9:00PM 10 ses Th  
Ryan Hamburger \$336

**Acrylic Painting for Beginners** ★

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 5/23. Supplies are required.

29977 4/18/2025 - 6/27/2025 10:00AM - 1:00PM 10 ses F  
Robin Arnitz \$336

**NEW Intermediate Acrylic Painting** ★

In this Intermediate class students will build upon the skills learned in beginning acrylic. There will be no class on 5/23. Supplies are required.

29978 4/18/2025 - 6/27/2025 10:00AM - 1:00PM 10 ses F  
Robin Arnitz \$336

**PAINTING: OIL**

**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. Utilizing a soft paste made with beeswax, this process is a perfect scenario for exploring the simple structures of abstraction, personal point of view, and the beauty of color. There will be no class on 5/23. Supplies are required.

28665 4/11/2025 - 6/27/2025 10:00AM - 1:00PM 10 ses F  
Andrea Gogrof \$340

**Oil Painting for Beginners** ★

In this class students learn the fundamentals of painting with oils, gaining a knowledge of the materials and a range of approaches both historical and contemporary. Through assignments based in observation, students will explore basic concepts of painting such as composing with color, value, gesture, shape, and line, as well as different ways of applying paint to canvas, panel, and paper with brush and palette knife. Students will learn how to create and work from a still-life, self-portrait, as well as from each other. There will be no class on 5/20.

29939 4/15/2025 - 6/24/2025 6:00 - 9:00PM 10 ses Tu  
Sarah Norsworthy \$345

**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 5/21.

29943 4/9/2025 - 6/18/2025 6:00 - 9:00PM 10 ses W  
Sarah Norsworthy \$345

**PAINTING: WATERCOLOR**

**Abstract Watercolors** ★

Combine the expressive, personal, object-free vision of abstraction with the smaller, intimate beauty of watercolors. The focus of this class is on the elements of design, color and harmony, line and shape while creating an exciting and compelling painting that expresses a personal inner vision. Often alluding to nature or a state of mind, Abstract Watercolors will carry the painter to the beauty of feelings, spirit, and imagination. There will be no class on 5/20.

28683 4/8/2025 - 6/17/2025 10:00AM - 1:00PM 10 ses Tu  
Ryan Hamburger \$336



**ROBERT STAHL**

Robert 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.

**NEW Alternative Watercolor Methods ★**

In this six-week class you will learn about unique alternative methods to create awesome effects in your watercolor paintings. Using some alternative art materials, learn many methods of application and techniques to create visual interest in your watercolor paints. Also learn watercolor technique, drawing skills, color mixing, and composition techniques. Over the few weeks you will paint landscapes, flora, and fauna. This class is great for beginners to intermediate art students. There will be no class on 5/26.

30212 5/5/2025 - 6/16/2025 6:30 - 9:00PM 6 ses M  
Robin Bundi **Zoom class held on 5/19.** \$180

**Exploring Color Theory Through Watercolor**

Want to become more confident with color? Color can be a complex subject matter but with a few essential rules it can be broken down. In this class students will get to explore the basics of color theory with watercolor. Students will start off with exploring the color wheel and principles of color theory. Next, they'll develop a few dynamic color palettes, experiment with mixing watercolor, and learn how to use color theory in paintings. Students will leave class with self-colored charts, diagrams, and confidence with color. This class is open to any skill level.

30211 4/7/2025 - 4/28/2025 6:30 - 9:00PM 4 ses M  
Robin Bundi \$125

**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.

29239 5/31/2025 - 6/21/2025 1:00 - 3:00PM 4 ses Sa  
Sam Case \$90

**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.

29238 4/19/2025 - 5/10/2025 1:00 - 3:00PM 4 ses Sa  
Sam Case \$90

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

**PHOTOGRAPHY**

**All About Color: Intermediate Photography ★**

This intermediate class will consider the ways color can work with exposure and composition to create compelling imagery. Also examined will be how different colors interact and shape our perception of a photograph. As well, we will see how the color of light affects our reaction to an image. The families of color will round out our look at this important topic. Tripod required. Class includes two Sunday morning field trips with instructor (details given in class). Instructor's work has appeared in National Geographic publications. Class includes two Sunday morning field trips with instructor (4/06 & 4/13). Details given in class. There is a textbook for this class.

29556 4/5/2025 - 4/26/2025 9:00 - 11:00AM 4 ses Sa  
Robert Stahl \$150

**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 (one pm/one am) with instructor (4/13 & 4/20). Details given in class. There is a textbook for this class.

29555 4/9/2025 - 4/30/2025 7:00 - 9:00PM 4 ses W  
Robert Stahl \$150

**PRINTMAKING & SCREENPRINTING**

**NEW Introduction to Zine Making**

Create your own zine and explore the art of DIY self-publishing. In this hands-on class, you'll experiment with storytelling and self-expression through words and images. You'll also learn practical techniques for crafting zines from everyday materials, focusing on simple, creative methods to bring your ideas to life. Perfect for beginners and those looking to reconnect with the zine-making process, this class offers a relaxed space to make something that's entirely your own. There will be no class on 5/21.

30086 5/7/2025 - 6/18/2025 6:30 - 9:00PM 6 ses W  
Bryan Edenfield \$175





**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. 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.

31517 4/21/2025 - 4/28/2025 6:00 - 9:00PM 2 ses M  
Saman Shojaei \$175

**SEWING**

**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. There will be no class on 5/22.

30202 4/24/2025 - 6/19/2025 6:30 - 9:00PM 8 ses Th \$230  
O'Lisa Johnson  
30203 4/19/2025 - 5/10/2025 9:00AM - 2:00PM 4 ses Sa \$230  
O'Lisa Johnson

**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 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 \$35 material fee due to the instructor at the first session. This class is not open to students under the age of 18.

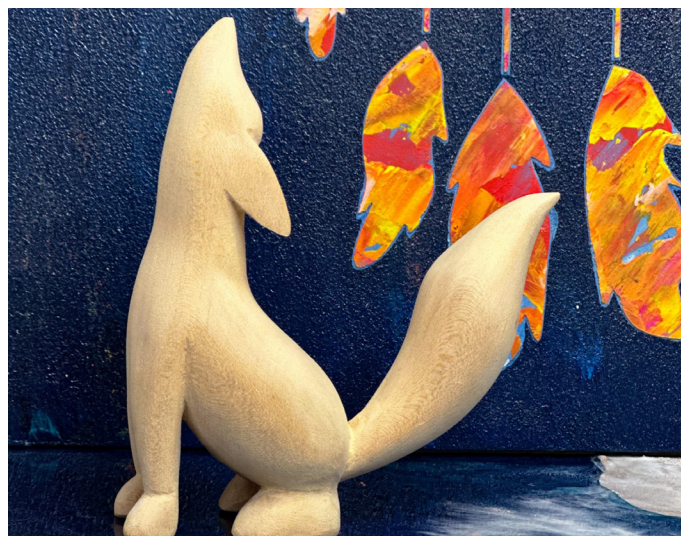
30204 5/31/2025 - 6/21/2025 9:00AM - 2:00PM 4 ses Sa \$230  
O'Lisa Johnson

**LESLIE HALL**

Leslie is a well-received writing instructor at numerous locations around the Pacific Northwest. She has written eight novels, six of them mysteries. Her non-fiction has appeared in many local and national publications. She is a co-founder and facilitator of Write Night, a local weekly writers group.



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



**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.

31516 6/9/2025 - 6/23/2025 6:00 - 9:00PM 3 ses M  
Saman 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. There will be no class on 5/19, 5/26.

31518 5/5/2025 - 6/2/2025 6:00 - 9:00PM 3 ses M  
Saman 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.

31519 4/7/2025 - 4/14/2025 6:00 - 9:00PM 2 ses M  
Saman Shojaei \$175

**WRITING**

**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.

29224 5/7/2025 - 6/11/2025 6:30 - 8:30PM 6 ses W  
Leslie Hall \$150



### 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.

30216 4/17/2025 - 5/22/2025 6:30 - 8:30PM 6 ses Th  
Annette Peizer \$160

### Writing as Metamorphosis and Rebellion

Throw away the writing rule book and explore your authentic voice. Through literary art movements like Dadaism, Surrealism, and Oulipo, and through the work of poets, theorists, and philosophers like Alfred Jarry, Audre Lorde, and Ludwig Wittgenstein, this class contemplates the writer as animal, dancer, magician, performer, scientist, and shape-shifter. For writers and non-writers alike, at any and all levels. There will be no class on 5/17, 5/24.

30085 4/19/2025 - 6/28/2025 11:00AM - 12:30PM 8 ses Sa  
Bryan Edenfield \$140

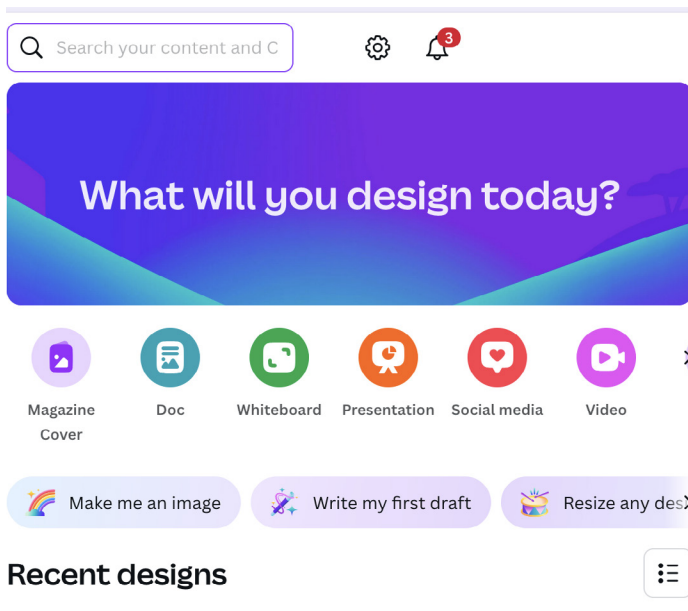
## COMPUTER

### DESIGN

#### Canva for Beginners

Learn the ins and outs of this design platform for creating graphics for social media, blogs, websites, and other visual content such as presentations and even book publishing. We will also cover built-in video creation and AI tools. Utilize this platform effectively for both personal and professional content needs. No graphic design background required. Students need a paid Canva Pro account. This is a hands-on class. Students need a paid Canva Pro account.

29989 5/7/2025 - 5/28/2025 6:30 - 8:30PM 4 ses W  
Michele Sweeney \$120



### ANNETTE PEIZER

Annette earned a BA and MFA in Creative Writing from the University of Washington and the University of California, Irvine. Her poetry and prose have been published in local and national literary magazines and newspapers, and she has taught writing, literature, and humanities courses in community and private colleges in Seattle, Los Angeles, and in several countries during her travels.



She currently teaches online creative writing workshops and tai chi/qigong classes through three Seattle community centers. Annette lives with her husband in Seattle.

### EXCEL

#### NEW Getting Started with Excel

Master the basics and more of Excel and start organizing your data effectively. Learn how to set up worksheets, enter and format data, and use essential formulas. Get introduced to key Excel functions, sorting and filtering tools, and conditional formatting techniques. Plus, explore pivot tables to summarize data like a pro. This class is perfect if you're new to Excel or looking to sharpen your foundational skills. You'll need access to MS Office Excel for Windows (version 2016 or higher).

30092 4/15/2025 - 5/22/2025 6:00 - 7:00PM 12 ses Tu, Th  
Francisco Ramos \$170

## 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. We begin Spring Quarter with the 1953 classic *The Beast from 20,000 Fathoms*, an early atomic monster flick about a giant dinosaur which is awakened from the ocean depths by an A bomb test to wreak havoc in New York City. Then a group of scientists creates a time portal to visit the far future in the 1964 John Hoyt gem *The Time Travelers*. Mixing things up a bit, our third film, *Matango*, aka *Attack of the Mushroom People* (dir. Ishirō Honda (Godzilla)), is the bizarre, nightmarish tale of a ship-wrecked band on a South Pacific Island covered with a deadly fungus that has it out for hungry castaways. We wrap up on a happy note, pushing the boundaries of science fiction with the 1973 Woody Allen comedy hit *Sleeper* about a nebbishy store owner frozen for two hundred years and revived to lead the fight against an oppressive government. 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.

29928 4/11/2025 - 5/2/2025 7:00 - 9:00PM 4 ses F  
Eric Cohen, Mark Daniels \$79



## FINANCIAL

### 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.

28670 4/26/2025 - 4/26/2025 11:00AM - 12:30PM 1 ses Sa  
Blake Cisneros \$50

### 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.

28681 5/13/2025 - 5/20/2025 6:30 - 8:30PM 2 ses Tu  
Patrice Tabor \$65

### Retirement Fundamentals

This class teaches 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. This course walks through each topic, step-by-step, in an engaging and informative manner

30185 5/3/2025 - 5/10/2025 10:00AM - 1:00PM 2 ses Sa  
Stephen Morse \$80

### 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.

31515 5/1/2025 - 5/1/2025 6:00 - 8:00PM 1 ses Th  
Paul Scobee \$45

## Welcome to Medicare

Need help understanding Medicare? This workshop is for current and new beneficiaries, those who will soon be eligible and anyone who wants to learn more about Medicare health coverage. Various plan options, prescription drug coverage, supplements, and ways to get help paying for Medicare will be discussed. This class is taught by a trained SHIBA advisor (Statewide Health Insurance Benefits Advisors). The SHIBA program provides free, unbiased and confidential assistance with health care choices. Au pairs may not take this workshop for hours unless given permission; contact the Continuing Education Director at [conted@seattlecolleges.edu](mailto:conted@seattlecolleges.edu).

32050 5/17/2025 - 5/17/2025 9:30 - 11:30AM 1 ses Sa  
SHIBA Instructor \$0

## NATURE & SCIENCE

### 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.

29933 5/6/2025 - 5/6/2025 6:30 - 8:30PM 1 ses Tu  
Otto Greule \$80

29934 6/17/2025 - 6/17/2025 6:30 - 8:30PM 1 ses Tu  
Otto Greule \$80

### Mushrooms: Foraging, Identification and Exploration

Explore the exciting world of spring mushrooms as the season begins to bloom in Western Washington. Learn to identify popular edible varieties like morels, boletes, and oysters, along with other fascinating species unique to the Pacific Northwest. This class will cover essential topics such as key habitats, seasonal patterns, and practical tips for discovering new foraging spots. With spring mushrooms emerging in April and peaking in the mountains by May and June, this is the perfect time for beginners to start their journey into mushroom foraging.

31869 4/8/2025 - 4/29/2025 6:30 - 8:30PM 4 ses Tu  
Jeremy Collison \$120

### JEREMY COLLISON

Jeremy has been a resident of Washington since 2006 and has spent much of this time exploring the forests in the region. He began teaching the community about mushrooms through a Meetup group he started in 2018 and has since expanded his mushroom education options to include in-person classes of up to 50 participants, online classes with up to 1,000 participants, cultivation workshops, small four-person private classes at his home, and outdoor foraging tours near Darrington, Skykomish, Enumclaw, and North Bend. He has also hosted workshops at schools including the Bush School, University Child Development School, Nova High School, and Cedar River Montessori. He has presented for the Kitsap Peninsula Mycological Society, Yakima Mushroom Club, and Van Dusen Public Garden in Vancouver, BC.







## PERSONAL

### **NEW** Silk Road Stories: Trade, Culture and Empires

Explore the fascinating history of the Silk Road, a legendary network that connected East and West, shaping empires and cultures for centuries. This class takes you from the Roman Empire to the peak of the Silk Road during the Mongol period, its resurgence in medieval times, and its eventual decline as new sea routes emerged. We'll delve into the vibrant cities of Samarkand and Tashkent, past and present, and uncover how the Silk Road influenced religion, fashion, cuisine, and technology. Learn how it facilitated not only trade but also the spread of ideas, innovations, and even the Plague.

30196 5/1/2025 - 5/15/2025 6:30 - 8:30PM 3 ses Th  
Jerry Neufeld-Kaise \$95

### **NEW** Real-Life Health Coaching Made Simple

This course teaches practical changes to help you build a healthier, balanced life tailored to your priorities. Guided by National Board-Certified Health and Wellness Coaches, you'll participate in engaging group discussions, practical exercises, and helpful worksheets. You'll explore what matters to you, assess your current health, and identify meaningful goals. By the end of class, you'll have a clear focus, an achievable plan, and the confidence to take your first steps toward lasting change. Topics include nutrition, exercise, sleep, relationships, and more.

31169 5/3/2025 - 5/17/2025 10:00 - 11:00AM 3 ses Sa  
Lisa Ryan \$95

### 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

28681 5/13/2025 - 5/20/2025 6:30 - 8:30PM 2 ses Tu  
Patrice Tabor \$65

## TRAVEL

### Travel the World Volunteering

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

29218 6/2/2025 - 6/16/2025 6:30 - 8:30PM 3 ses M  
Joyce Major \$85

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

# 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 5/17, 5/24.

29929 4/12/2025 - 5/31/2025 1:00 - 5:00PM 6 ses Sa  
Michele Sweeney \$300

### **NEW** French Tarts ★

Join us for a tart-making adventure. Master the art of creating delicious French fruit tarts with Pâte Sucrée. Discover the secrets to avoiding soggy crusts, crafting perfect jam fillings, and whipping up silky pastry cream. Chef Michele will guide you in arranging and glazing fruit for a stunning finish. Bon appétit. You will receive a class prep packet, recipes, and a video recording of the class. 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.

29932 4/27/2025 - 4/27/2025 2:00 - 5:00PM 1 ses Su  
Michele Sweeney \$70

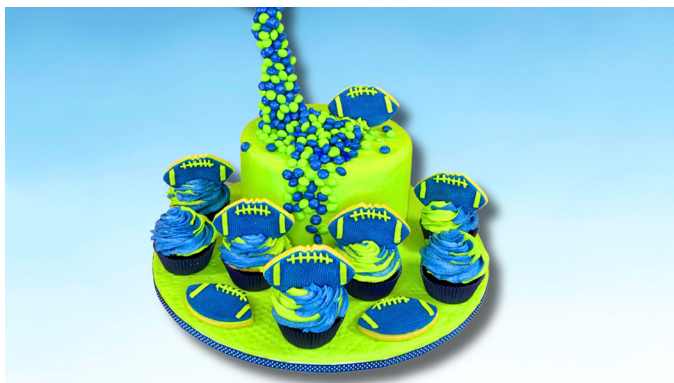
### Cookie Decorating for Beginners ★

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.

29930 6/8/2025 - 6/8/2025 1:00 - 5:00PM 1 ses Su  
Michele Sweeney \$95







**NEW Decorating with Fondant**

Have you taken our Intro cake series or a cake decorating class elsewhere? Come join award winning Sugar Artist and Food Network Competitor, Michele Sweeney for this four-week course. She'll teach you how to use fondant to decorate various types of treats. Each week you will learn something new from covering a cake with fondant, to making flowers and other embellishments using fondant. Michele will even show you how to make your own homemade fondant. A \$65 materials fee is due to the instructor on the first day of class. Bring a sack lunch.

29931 6/7/2025 - 6/28/2025 2:00 - 5:00PM 4 ses Sa  
Michele Sweeney \$275

# FITNESS

## DANCE

**Ballroom Basics and Beyond**

This class will focus on two dances. Learn the basics and more to the smooth, Versatile Foxtrot; then move to the upbeat Latin salsa. 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. There will be no class on 5/22.

30089 4/17/2025 - 6/12/2025 6:30 - 7:30PM 8 ses Th  
Celia Boarman \$125

**West Coast Swing**

West Coast Swing is a slower swing created for busy dance floors and danced to a variety of music from Blues to Motown to Country. Perfect for beginners and those wishing to brush up on technique and learn a few more moves. There will be no class on 5/22.

30090 4/17/2025 - 6/12/2025 7:35 - 8:35PM 8 ses Th  
Celia Boarman \$125

## EXERCISE

**Adaptive Fitness**

A gentle approach to exercise to improve 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. The instructor will work directly with students to find the most comfortable option. 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. There will be no class on 5/21.

28673 4/9/2025 - 6/4/2025 6:00 - 7:00PM 8 ses W  
Carolyn Brenith \$100

**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. There will be no class on 5/20.

28672 4/8/2025 - 6/17/2025 6:00 - 7:30PM 10 ses Tu  
Carolyn Brenith \$185

## 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 5/14, 5/24.

28674 4/12/2025 - 6/28/2025 9:10 - 10:40AM 10 ses Sa  
Dennis Sharp \$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 5/14, 5/24.

28675 4/12/2025 - 6/28/2025 10:45AM - 12:15PM 10 ses Sa  
Dennis Sharp \$180

**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. Exercises are performed on the floor using a yoga mat. We provide mats, but you're welcome to bring your own if preferred. Recommended for all fitness levels, from couch potato to athlete.

31520 4/9/2025 - 5/7/2025 7:00 - 8:15PM 5 ses W  
Patricia Hopper \$100

**PATRICIA HOPPER**

As a massage therapist and movement coach, Patricia believes everyone has the capacity to rediscover full-body balance, stability, and coordination. Patricia's specialty is a gentle approach that helps people cultivate body awareness and practice safe full-body movement. Patricia has been teaching somatic movement since 2019 when she completed Essential Somatics' 200-hour somatic movement teacher training program. Somatic movement in the tradition of Thomas Hanna is an important part of her own wellness and fitness routine for resolving discomfort in her body by learning to sense and release tension. She practices Bowenwork and movement coaching at Be Fluid Bodywork, a private practice in Seattle's Roosevelt neighborhood.





**TARA BERNSTEIN**

Tara began teaching yoga at Seattle's University Family YMCA and presently is the Director of University District Yoga. Encouraging students to connect the mind to the body is one of her teaching goals, as well as sharing the art, science and philosophy of yoga.

**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. This class focuses on three types of Qigong: meditative relaxation, movement exercises, and healing sounds. Come join us in this fun informative class. There will be no class on 5/22.

28677 4/10/2025 - 6/26/2025 10:00 - 10:55AM 10 ses Th  
Dennis Sharp \$120

**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 that are practiced with (or without) a Chih, a special wooden dowel that is held between the palms to help guide the circulation of vital energy (Qi). Easier to learn than Tai Chi with all the same great health benefits, Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation and enhances neuro-muscular coordination. There will be no class on 5/20.

28676 4/8/2025 - 6/17/2025 10:00 - 10:55AM 10 ses Tu  
Dennis Sharp \$120

**YOGA**

**Yoga for the Body**

Helping people become more in touch with their bodies is the focus of this class. When we lose touch with our bodies it can feel like we are walking around as a body without a head. Yoga postures, breath practice, and self-reflection will be taught to connect the mind and body. This course is open to Yoga practitioners as well as those who have never practiced Yoga postures.

30179 4/17/2025 - 6/5/2025 7:00 - 8:15PM 7 ses Th  
Tara Bernstein **Zoom class held on 5/22.** \$120

**HOME & GARDEN**

**GARDEN**

**Discovering the Bugs in Your Garden**

This course is aimed at discovering the amazing world of insects, spiders, and other creatures that live just outside your door. Some you see all the time, like honeybees or white butterflies. But is there still more to learn about their lives, and what they contribute to yours? Others you might not have noticed yet. This course will help you discover them for the first time. A few bugs are pests; many more are beneficial or simply beautiful. We'll learn about them all as we learn to welcome them into our gardens, and to be better caretakers and citizens of the planet we share with these fascinating beings.

29560 5/7/2025 - 5/21/2025 6:30 - 8:30PM 3 ses W  
Bruce Congdon **Zoom class held on 5/21.** \$90

**HOME STYLE**

**Basic Carpentry and Woodworking** ★

Do you want to learn how to use your power tools safely and effectively? Learn the basics of joinery, jigs, materials, methods, and project design. After selecting 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. We'll show you that you don't need a woodshop for tackling your next project. Emailed instructions will be provided a few days before the first class.

29926 5/3/2025 - 5/10/2025 10:30AM - 3:30PM 2 ses Sa  
Peter Marx \$250

**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.

29927 4/24/2025 - 5/8/2025 6:00 - 9:00PM 3 ses Th  
Peter Marx \$250

**LANGUAGE**

**ESL**

**Everyday English and Life Skills**

Build your confidence in real-life spoken English while learning practical life skills. This 40-hour course combines 27 hours of in-person learning with 13 hours of online independent study. We will learn real-life, spoken English with an emphasis on phrasal verbs, idiomatic language, pronunciation, and intonation. We will also focus on life skills (eg, driving directional language, navigating public transportation). Join us to strengthen your English and gain practical tools for navigating life. There will be no class on 5/26.

29235 4/14/2025 - 6/16/2025 6:30 - 9:30PM 9 ses M  
Sylvia Chai **Zoom class held on 5/19.** \$428

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

**Intermediate ESL: Speaking and Listening**

This course is designed to help non-native speakers improve their oral communication skills, accent and pronunciation. We will review and practice various grammatical forms and develop conversation skills for use in everyday communication. Class sessions will consist of listening or watching video clips, class discussion, games, and role play. Learn new vocabulary in context, work on pronunciation and deepen your knowledge of North American grammar. There will be no class on 5/26.

33082 4/21/2025 - 6/18/2025 7:00 - 9:00PM 16 ses M, W  
 Mariana Markova **Zoom class held on 5/19.** \$352

**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.

29236 4/16/2025 - 6/4/2025 6:30 - 9:30PM 8 ses W  
 Sylvia Chai **Zoom class held on 5/21.** \$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. There is a textbook for this class. There will be no class on 4/15.

28678 4/8/2025 - 5/20/2025 6:30 - 8:30PM 6 ses Tu  
 Janice Brown **Zoom class held on 5/20.** \$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 online 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 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. There will be no class on 5/24.

31856 4/26/2025 - 6/14/2025 10:00AM - 12:00PM 7 ses Sa  
 Louise Morehead \$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.



**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. There is a textbook for this class.

28679 5/27/2025 - 7/1/2025 6:30 - 8:30PM 6 ses Tu  
 Janice Brown \$138

**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.

30099 4/17/2025 - 6/5/2025 7:00 - 7:50PM 8 ses Th  
 Risami Nakamura-Lambert \$205

**Conversational Japanese II**

Continue to have fun and expand your skills while making plans, asking for permission, expressing like/dislike, and learning about Japanese customs and culture. Verb conjugations in phrases and sentences are also covered. Prerequisite: Conversational Japanese I or permission of instructor.

36144 4/15/2025 - 6/3/2025 7:00 - 9:00PM 8 ses Tu  
 Risami Nakamura-Lambert \$205

**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 5/20.

29216 4/8/2025 - 6/3/2025 6:30 - 8:30PM 8 ses Tu  
 Dennice Jordan \$176

**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 5/22.

29217 4/10/2025 - 6/5/2025 6:30 - 8:30PM 8 ses Th  
 Dennice Jordan \$176



## SPANISH

### 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. There is a textbook for this class.

38367 5/6/2025 - 6/17/2025 6:30 - 8:30PM 7 ses Tu  
Teresa Ramón Joffre **Zoom class held on 5/20.** \$160

### 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. The class is a perfect introduction or a refresher for those planning a trip to a Spanish-speaking region. There is a textbook for this class. There will be no class on 5/21.

28666 4/23/2025 - 6/18/2025 6:30 - 8:30PM 8 ses W  
Rebecca Robertson \$185

### 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. There will be no class on 5/20.

28667 4/22/2025 - 6/17/2025 6:30 - 8:30PM 8 ses Tu  
Rebecca Robertson \$185

### Spanish for Fun and Travel Level 3 ★

A continuation of Spanish for Fun and Travel Level 2. Learn vocabulary through activities, stories, interviews and reading. Grammar structures will be introduced, and some homework will be assigned. Great for those who already converse in Spanish but want to increase fluency. There will be no class on 5/26. There is a textbook for this class. There will be no class on 5/19, 5/26.

28668 4/21/2025 - 6/23/2025 6:30 - 8:30PM 8 ses M  
Rebecca Robertson \$185

#### KEVIN BOYD

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.



## PROFESSIONAL

### AFH

#### Adult Family Home Administrator Course

Before you can register for this class you must complete the English Proficiency Prerequisite. 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](mailto:afh.north@seattlecolleges.edu) or call (206) 934-3619

30093	5/2/2025 - 5/24/2025	9:00AM - 4:30PM	8 ses	F, Sa
Joseph Spada				\$739
30094	6/6/2025 - 6/28/2025	9:00AM - 4:30PM	8 ses	F, Sa
Joseph Spada				\$739

## BUSINESS SKILLS

#### Canva for Beginners

Learn the ins and outs of this design platform for creating graphics for social media, blogs, websites, and other visual content such as presentations and even book publishing. We will also cover built-in video creation and AI tools. Utilize this platform effectively for both personal and professional content needs. No graphic design background required. Students need a paid Canva Pro account. This is a hands-on class. Students need a paid Canva Pro account.

29989	5/7/2025 - 5/28/2025	6:30 - 8:30PM	4 ses	W
Michele Sweeney				\$120

#### Introduction to Public Speaking

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

28680	5/27/2025 - 6/10/2025	6:30 - 8:30PM	3 ses	Tu
Patrice Tabor				\$95

## WORK FOR YOURSELF

#### Don't Throw It Away – Sell It Online

Get rid of your "stuff" and get paid! There are several phone 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. Determine which apps are the best match for the items you want to sell.

29219	5/15/2025 - 5/15/2025	6:00 - 9:00PM	1 ses	Th
Kevin Boyd				\$69

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

## CONTINUING EDUCATION

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