



NORTH SEATTLE
COLLEGE

CONTINUING EDUCATION

Live to Learn!

SUMMER 2025

206-254-2406 www.learnatnorth.org



**Registration Opens
May 27**

Make Summer Count: Learn Something New, Just for You!

Volume 19, No. 3

**Alloys, Ingots, and
Cuttlefish Casting**
page 2

**Introduction to
Creative Writing**
page 5

**Traveling the
Emerald Isle**
page 7

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 May 27.

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.

SUMMER QUARTER OFFICE HOURS

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

SUMMER QUARTER: 7/7/2025 – 8/28/2025

OFFICE HOURS:

Monday, Wednesday, Thursday 8:30AM – 5PM
Tuesday 10AM – 5PM, Friday 8:30AM – 12PM

CHECK OUT THE SUMMER READING SKILLS PROGRAMS



In-person classes for K–10th grade, designed and taught by instructors from the Institute of Reading Development. This summer, help your child become a confident, enthusiastic reader.

TABLE OF CONTENTS

Arts	1
Art Appreciation	1
Ceramics	1
Drawing	1
Jewelry	2
Mixed Media	2
Music	3
Painting: Oil	3
Painting: Watercolor	4
Printmaking & Screenprinting	4
Sewing	4
Wood Carving & Burning	5
Writing	5
Computer	5
Design	5
Excel	6
Enrichment	6
Entertainment	6
Financial	6
Nature & Science	6
Personal	7
Travel	7
Food	7
Baking & Desserts	7
Fitness	7
Dance	7
Exercise	7
Mindfulness	8
Movement	8
Home and Garden	8
Garden	8
Home Style	9
Language	9
ESL	9
Japanese	9
Sign Language	9
Spanish	9
Professional	9
Business Skills	9



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, 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, Elizabeth 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, Carrie Mae Weems, Margaret Bourke-White, Emmi Whitehorse, Alma Thomas, and Faith Ringgold. Join us for an enlightening experience recognizing these talented and memorable artists.

13653	7/7/2025 - 7/28/2025	10:00AM - 12:00PM	4 ses	M
Victoria John				\$93

Summer at Seattle Art Galleries

What better way to celebrate the vibrant imagery of summer than to explore the art galleries in Seattle. In this course 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 Stonington, Greg Kucera, Foster/White, Azuma, Davidson, Harris/Harvey, ArtX Contemporary, Gray Sky, and Steinbrueck Native Gallery. Whether you are a seasoned gallery visitor or a newcomer, you are welcome to take part in this harbinger of summer as you experience the art scene in Seattle.

13656	7/9/2025 - 7/30/2025	12:30 - 2:30PM	4 ses	W
Victoria John				\$95

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

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.

12228	7/12/2025 - 8/23/2025	10:00AM - 1:00PM	7 ses	Sa
Michael Hong				\$400
12233	7/12/2025 - 8/23/2025	2:00 - 5:00PM	7 ses	Sa
Michael Hong				\$400

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.

13685	7/11/2025 - 8/22/2025	6:00 - 9:00PM	7 ses	F
Michael Hong				\$400

DRAWING

Landscape Drawing ★

If you love exploring the natural world during the summer months and would like to learn how to express what you see in the landscape through drawing, you may enjoy this class for students of all skill levels. We will make weekly outings into the immediate landscape of the North Seattle Campus and adjacent wetlands and garden areas, becoming familiar with a variety of materials and techniques to record what we observe. We will look at examples of landscape drawing throughout art history for inspiration and contemporary work that explores the potential to abstract from the landscape we perceive. This class involves walking short distances carrying materials, so dress, accordingly, wear comfortable shoes, and bring a backpack or bag.

12342	7/8/2025 - 8/26/2025	10:00AM - 12:00PM	8 ses	Tu
Sarah Norsworthy				\$185

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.



NEW Landscape Drawing 2 ★

If you love exploring the natural world during the summer months and have had some experience with drawing OR painting with oils you might be interested in this combined course. We will make weekly outings into the immediate landscape of the North Seattle Campus and adjacent wetlands and garden areas, learning new techniques to record what we observe outdoors. We will look at examples of landscape drawing throughout art history for inspiration and contemporary work that explores the potential to abstract from the landscape we perceive. Students may choose to draw or paint through the 8 sessions, or end up doing a bit of both. This class involves walking short distances carrying materials, so dress, accordingly, wear comfortable shoes, and bring a backpack or bag.

14576 7/9/2025 - 8/27/2025 6:00 - 8:30PM 8 ses W
Sarah Norsworthy \$232

Charcoal Drawing ★

Explore the basics of realism charcoal drawing in this beginner-friendly class. We'll cover both reduction and additive techniques, focusing on drawing from observation and photo references. You'll master the manipulation of light and shadow by exploring different applications. The course will also introduce realism rendering techniques, emphasizing attention to detail, line, shape, value, and texture. Open to all skill levels.

13356 8/12/2025 - 8/26/2025 6:30 - 9:30PM 3 ses Tu
Megan Gottfried \$104

JEWELRY

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.

14642 7/8/2025 - 8/26/2025 6:30 - 9:30PM 7 ses Tu
Peggy Foy \$310

Introduction to Enameling ★

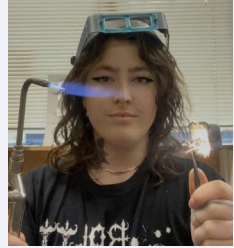
In this workshop students will learn the basics of various enameling techniques including torch fired enameling and cloisonné. We will focus on creating practice enamel plates to then include in different projects including a bezel set enamel plate ring, and an enamel plate necklace with handmade chain.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

15763 7/21/2025 - 8/18/2025 6:00 - 9:00PM 5 ses M
M Quarles \$220



M QUARLES

M's work focuses on the combination of non-traditionally constructed pieces featuring organic motifs and mixed media combined with modern, more technical stone setting and goldsmithing style. M's passion is working with students on a one-on-one basis as well in larger groups from beginner to advanced. Their teaching style focuses on building students' confidence in using tools and classic techniques in order to use this knowledge in non-traditional ways to make truly original work.



NEW Alloys, Ingots, and Cuttlefish Casting ★

Learn the art of casting metal using cuttlefish bone in this hands-on, two-day workshop. You'll work with silver and bronze alloys, pouring molten metal into hand-carved molds. The cuttlefish bone creates a natural, textured imprint, giving each piece a distinctive look. You'll also refine and finish your castings, gaining essential skills in metalwork. Whether you're a beginner or looking to expand your techniques, this class gives you practical experience in casting and alloying.

15759 7/26/2025 - 7/27/2025 11:00AM - 5:00PM 2 ses Sa, Su
M Quarles \$185

NEW Lost Wax Casting Small Studio ★

Discover the lost wax casting process and its applications for jewelry design, functional objects and art metal forms. Explore wax carving and techniques for model making, model investing, centrifugal casting and finishing objects. Techniques will be demonstrated through crafting rings, pendants and jewelry scale objects. We'll also cover the proper use of tools and equipment necessary to carve waxes for successful model casting, spruing techniques, proper investment procedures and design elements that relate to better cast objects. Additional topics may include stone setting in wax, simple mechanisms and finishing tricks. We will also discuss how to work with the jewelry industry to get your production work done. Students should have basic jewelry skills, including how to saw, file, solder and finish.

13361 8/1/2025 - 8/3/2025 10:00AM - 4:00PM 3 ses F, Sa, Su
Jennifer Stenhouse \$280

MIXED MEDIA

Mixed Media Self Abstraction ★

Discover your own creative language and use it to develop your artistic practice. In this class 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. We will explore the use of symbols, written words, texture, drawing and the use of representational images. The goal of this class is to access ourselves as a source for expression; to find an abstract narrative that resonates with you. 2D abstract class experience is helpful.

13684 7/8/2025 - 8/12/2025 6:00 - 9:00PM 6 ses Tu
Ryan Hamburger \$210

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

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.

13680 7/9/2025 - 8/13/2025 10:00AM - 1:00PM 6 ses W
Ryan Hamburger \$210

NEW Mixed Media with Ink ★

In this class we will learn ways to activate our memory of experiences in the landscape, through drawing and collage with ink and watercolor. The fluid nature of these materials opens the possibilities for experimental play and invention. Open to all skill levels. If you are interested in working from memory and would like to find a place to begin, or you already sketch outdoors and would like to further develop these images, all are welcome. Throughout the course we will engage in work by artists who utilize memory, as well as keeping up our own sketchbook to inform the process of image making.

14582 7/10/2025 - 8/28/2025 2:00 - 4:00PM 8 ses Th
Sarah Norsworthy \$187

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.

13283 7/8/2025 - 8/26/2025 7:00 - 9:00PM 8 ses Tu
Frank Kohl \$190

**JARED CORTESE**

Jared received a BFA in music from Columbia College Chicago, with a concentration in Jazz Guitar, and has been performing and teaching in the Seattle area since 2011. He has written three workbooks, developed both a guitar technique and music theory workshop, holds seasonal recitals for his students, and organizes an annual performance-based summer camp. Jared loves all styles of music and enjoys learning about new music from his students and watching them achieve a skill they never thought was possible. He teaches every level of guitar, songwriting, and music theory as well as beginner and intermediate ukulele. He is a professional songwriter, recording artist, and performer. He has composed music, toured all over the country with multiple bands, and is currently performing with, and writing music for, Seattle bands Warren Dunes and Electric NoNo.

**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.

13276 7/9/2025 - 7/30/2025 7:00 - 9:00PM 4 ses W
Jared Cortese \$100

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!

14682 7/9/2025 - 8/20/2025 6:30 - 8:30PM 7 ses W
Patrick Klopich \$165

PAINTING: OIL**Landscape Painting with Oils** ★

Explore the world you see beyond four walls through the tradition of plein-air painting. Students will learn how to prepare canvas, panel, and paper, and to set up and mix oil paint on site. You will learn a variety of painting techniques and concepts to express what you observe in the landscape, including abstracting from what you see and working from memory. We will traverse the North Seattle College campus and adjacent Licton Springs, finding inspiration in the various sites. Anticipate some walking and carrying materials in a bag or backpack.

12343 7/8/2025 - 8/26/2025 6:00 - 8:30PM 8 ses Tu
Sarah Norsworthy \$240

NEW Landscape Painting with Oil 2 ★

If you love exploring the natural world during the summer months and have had some experience with drawing OR painting with oils you might be interested in this combined course. We will make weekly outings into the immediate landscape of the North Seattle Campus and adjacent wetlands and garden areas, learning new techniques to record what we observe outdoors. We will look at examples of landscape drawing throughout art history for inspiration and contemporary work that explores the potential to abstract from the landscape we perceive. Students may choose to draw or paint through the eight sessions or end up doing a bit of both. This class involves walking short distances carrying materials, so dress, accordingly, wear comfortable shoes, and bring a backpack or bag.

14581 7/9/2025 - 8/27/2025 6:00 - 8:30PM 8 ses W
Sarah Norsworthy \$240

PAINTING: WATERCOLOR

NEW Watercoloring Beach Finds ★

If you're captivated by the treasures found on the beach shells, seaweed, rocks, and driftwood this five-week beginner to intermediate watercolor class is for you. In this course, you'll learn how to: plan watercolor layers and glazing techniques, create varying values and textures and how to enhance your observational and visual interpretation skills. Come and bring beachcombing finds to life on paper.

14636 7/9/2025 - 8/6/2025 6:30 - 9:00PM 5 ses W
Robin Bundi \$155

NEW Watercoloring Garden Veggies and Fruit ★

As gardens come to life, it's the perfect time to capture their beauty in watercolor! Join us for this six-week class where you'll learn to paint vibrant produce and fruits. Designed for beginners to intermediate artists, this course will teach you how to: develop a harmonious color palette, master techniques for creating realistic depictions of veggies and fruit, an understanding of how light and shadow reveal form, and how to create dynamic and engaging compositions. You'll paint from live specimens to enhance your observational and visual interpretation skills. Come celebrate the season by painting the bounty of summer.

14639 7/14/2025 - 8/18/2025 6:30 - 9:00PM 6 ses M
Robin Bundi \$185

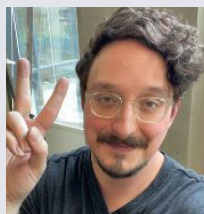
Watercolors for Beginners ★

Watercolor is one of the most versatile and approachable painting mediums. In this introductory course we'll be exploring what the medium can do. We'll experiment with watercolors and learn how to blend colors, layer, and play with other materials like sugar and soap to achieve different effects. This class will focus on basic techniques so that you walk away with a solid foundation to take to your next fabulous artwork.

13679 8/2/2025 - 8/23/2025 1:00 - 3:00PM 4 ses Sa
Sam Case \$95

SAM CASE

Sam's background is in painting and drawing from Western Washington University where he received his BFA. His current work is moving into abstraction and installation as he finishes an MFA in Visual Studies at Pacific Northwest College of Arts in Portland. His teaching style is grounded in humor and experimentation. It's his philosophy that most people have more talent than they realize.



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.

13681 7/8/2025 - 8/12/2025 10:00AM - 1:00PM 6 ses Tu
Ryan Hamburger \$210

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.

14629 8/2/2025 - 8/28/2025 10:30AM - 12:30PM 4 ses Sa
Sam Case \$95

PRINTMAKING & SCREENPRINTING

Printmaking Workshop for Beginners (Linocut) ★

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

15758 7/14/2025 - 7/21/2025 6:00 - 9:00PM 2 ses M
Saman Shojae \$180

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.

12267 7/10/2025 - 8/28/2025 6:30 - 9:00PM 8 ses Th
O'Lisa Johnson \$240
12292 8/2/2025 - 8/23/2025 9:00AM - 2:00PM 4 ses Sa
O'Lisa Johnson \$240

WOOD CARVING & BURNING

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.

13658 7/28/2025 - 8/11/2025 6:00 - 9:00PM 3 ses M
Saman Shojaei \$265

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.

13663 8/18/2025 - 8/25/2025 6:00 - 9:00PM 2 ses M
Saman Shojaei \$180

WRITING

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 and memoir writing, though you are always free to write about whatever you wish. We will free-write together for 10-15 minutes without concern for grammar, punctuation, spelling, or any other type of editing. Participants will read out loud what they wrote and participants respond (both optional) with only supportive feedback about what they liked best, what stood out for them, or what they remembered most, while writers listen quietly to all feedback. Beginning and ongoing writers are all welcome.

13342 7/1/2025 - 8/12/2025 10:30AM - 12:30PM 6 ses Tu
Annette Peizer \$162



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

BRYAN EDENFIELD

Bryan is a performer, writer, zine-maker, and human mammal animal. Past experiments include but are not limited to: the Foolish Oracle Variety Show at Bulldog News, the literary talk show Glossophonics on Hollow Earth Radio, the Ogoopo performance series, and Babel/Salvage publishing.



NEW Introduction to Creative Writing ★

Introduction to Creative Writing is a playful, generative writing course for anyone who wants to write in the community of others and cultivate a creative writing practice. You will use prompts and writing activities to help you leap the boundaries of your brain, explore genres, and create and curate your own material to expand into creative writing projects. In addition, you will learn the art of workshop and how to give and receive useful feedback. In this supportive environment, you'll gain confidence as a writer, learning to trust your process and your work. By the end of the six-week course, you will have developed a regular writing practice, established a writing community, and completed several original works of creative writing.

14655 7/11/2025 - 8/15/2025 6:30 - 8:30PM 6 ses F
Chelsea Bolan \$150

NEW Surrealist Creative Writing

Surrealism challenges how you think and create. This class uses playful writing exercises and group activities to spark unexpected ideas. You'll explore key artists and writers that shaped surrealism, like André Breton, Leonora Carrington, and Georges Bataille. Through experimentation and collaboration, you'll break habits, embrace spontaneity, and write in ways you never have before.

15760 7/12/2025 - 8/23/2025 10:30AM - 12:00PM 7 ses Sa
Bryan Edenfield \$140

Writing A Short Memoir

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

14651 7/14/2025 - 7/28/2025 6:30 - 8:30PM 3 ses M
Christine Dubois \$85

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.

15765 7/9/2025 - 7/30/2025 6:30 - 8:30PM 4 ses W
Michele Sweeney \$125



EXCEL

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).

13693	7/8/2025 - 8/26/2025	5:30 - 7:00PM	8 ses	Tu
				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 kick off Summer Quarter with the 1954 classic *Them!*, the first big bug sci-fi movie, starring James Whitmore, Edmund Gwenn, Joan Weldon and James Arness. Then we check out the exploits of a group of Martians on their interplanetary quest to find females in 1968s *Mars Needs Women*. Our third entry, 1957s notorious *Attack of the Crab Monsters*, from the prolific and recently deceased king of schlock, Roger Corman, showcases scientists trapped on a shrinking island with intelligent, murderous crabs. We wrap up with *The Stepford Wives*, a chilling 1975 exploration of extreme male backlash against the outspoken women s rights movement of that generation. 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.

13746	7/9/2025 - 7/30/2025	7:00 - 9:00PM	4 ses	W
				Eric Cohen, Mark Daniels
				\$80

FINANCIAL

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.

13371	8/9/2025 - 8/9/2025	9:30 - 11:30AM	1 ses	Sa
				SHIBA
				Free

NATURE & SCIENCE

Introduction to Pacific Northwest Mushrooms

Learn the key steps for exploring Kingdom Fungi in Western Washington. Learn to identify popular edible varieties like morels, boletes, and chanterelles, 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.

14617	7/8/2025 - 7/17/2025	7:00 - 8:30PM	4 ses	Tu, Th
				Jeremy Collison
				\$90

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.

13689	7/15/2025 - 7/15/2025	6:30 - 8:30PM	1 ses	Tu
				Otto Greule
				\$80

Birds of the Duwamish River Valley

Explore Seattle's only river where raptors, swallows and shorebirds find refuge in an urban landscape as you discover the human history and the natural history of this unique environment. Join expert birder, Penny Rose, for your next birding adventure in the Duwamish River Valley.

14571	7/17/2025 - 7/17/2025	6:30 - 8:30PM	1 ses	Th
				Penny Rose
				\$108



LISA RYAN

Lisa is a recently retired internal medicine physician, now working as a health and wellness coach. As both a health coach and MD, she believes that we all have within us the ability to be well. In an effort to support individuals in making positive lifestyle changes, she co-founded Total Wellness Lab.



PERSONAL

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. 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 confidence to take your first steps toward lasting change. Topics include nutrition, exercise, sleep, relationships, and more.

13842 8/12/2025 - 8/18/2025 5:00 - 6:30PM 3 ses M, Tu, Th
Lisa Ryan \$95

TRAVEL

NEW Traveling the Emerald Isle

From sweeping landscapes to the rocky cliffs of the Wild Atlantic Way, Ireland is an enchanting and magical place to travel. Whether you want to visit its vibrant cities or the small villages and countryside, this place will capture your heart through its rich culture and stunning scenery. Come delve into all things Irish, from its history, language, traditions, art, music, sports and lively pub culture to where to stay and eat, how to get there and all the sights you cannot miss. Windy Gossett, a previous resident of Ireland, will help you learn everything you need to know before visiting this beautiful country.

14563 7/23/2025 - 8/6/2025 6:30 - 8:00PM 3 ses W
Windy Gossett \$100

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.

12340 7/12/2025 - 8/16/2025 1:00 - 5:00PM 6 ses Sa
Michele Sweeney \$315

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.

12341 8/23/2025 - 8/23/2025 1:00 - 5:00PM 1 ses Sa
Michele Sweeney \$100

FITNESS

DANCE

Ballroom Basics and Beyond

This class will focus on two dances. Learn the basics and more to the classic slow waltz then move to the upbeat cha-cha. This course is perfect for those stepping onto the dance floor for the first time or for those who wish to brush up on their technique and learn some new moves. Some shared steps, utilizing different technique, will be taught in both dances.

14718 7/10/2025 - 8/21/2025 6:30 - 7:30PM 8 ses Th
Celia Boarman \$115

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.

13071 7/10/2025 - 8/21/2025 7:35 - 8:35PM 8 ses Th
Celia Boarman \$115

EXERCISE

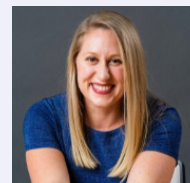
Strength and Conditioning

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

15797 7/8/2025 - 8/26/2025 6:00 - 7:30PM 7 ses Tu
Kiera Peters \$153

KIERA PETERS

Kiera's background in dance includes jazz, ballet, and tap, and shapes her teaching style, which is upbeat and fun. Kiera has been teaching group fitness for 10 years and holds certifications in Zumba, Zumba Gold, Aqua Zumba, and Balanced Body Barre.



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

MINDFULNESS

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. 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 confidence to take your first steps toward lasting change. Topics include nutrition, exercise, sleep, relationships, and more.

13842 8/12/2025 - 8/18/2025 5:00 - 6:30PM 3 ses M, Tu, Th
Lisa Ryan \$95



Instructor Dennis Sharp

MOVEMENT

Tai Chi Ruler: Simple Exercises for Health and Longevity

Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises 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.

13314 7/8/2025 - 8/26/2025 10:00 - 10:50AM 8 ses Tu
Dennis Sharp \$100

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.

13306 7/10/2025 - 8/28/2025 10:00 - 10:55AM 8 ses Th
Dennis Sharp \$100

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.

13290 7/12/2025 - 8/23/2025 9:10 - 10:40AM 7 ses Sa
Dennis Sharp \$130

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.

13293 7/12/2025 - 8/23/2025 10:45AM - 12:15PM 7 ses Sa
Dennis Sharp \$130

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. Learn simple, effective routines that help reset your body, release tension, and restore coordination. Movements will be taught step-by-step and every student will receive a manual for at-home practice. 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.

13364 7/30/2025 - 8/27/2025 7:00 - 8:15PM 5 ses W
Patricia Hopper \$100

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.

14628 7/9/2025 - 7/23/2025 6:30 - 8:30PM 3 ses W
Bruce Congdon \$90





HOME STYLE

Basic Carpentry and Woodworking ★

Do you have power tools and want to learn to use them safely and effectively? 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. This class will show you that you don't need a woodshop for tackling your next project. Detailed instructions will be provided a few days before the first class.

14864	7/12/2025 - 7/13/2025	10:30AM - 3:30PM	2 ses	Sa, Su
Peter Marx				\$250

LANGUAGE

ESL

Everyday English and Life Skills

Build confidence in speaking English in this 40-hour course that combines 27 hours of in-person learning with 13 hours of online independent study in life skills (eg, driving directional language, navigating public transportation, etc). The focus will be on real-life, spoken English with an emphasis on phrasal verbs, idiomatic language, pronunciation, and intonation.

12246	7/7/2025 - 8/25/2025	6:30 - 9:30PM	8 ses	M
Sylvia Chai				\$400

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. We will practice all sections of the TOEFL: (1) independent & integrated speaking; (2) independent & integrated writing; (3) academic lectures ; and (4) reading academic text. Skills learned here will also help with taking ESL/ EFL placement tests. No textbook is required.

12251	7/9/2025 - 8/27/2025	6:30 - 9:30PM	8 ses	W
Sylvia Chai				\$265

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.

14627	7/8/2025 - 8/26/2025	7:00 - 9:00PM	8 ses	Tu
Risami Nakamura-Lambert				\$205

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

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.

15179	7/7/2025 - 8/25/2025	6:30 - 8:30PM	8 ses	M
Dennice Jordan				\$190
14645	7/9/2025 - 8/27/2025	6:30 - 8:30PM	8 ses	W
Dennice Jordan				\$190

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.

14648	7/8/2025 - 8/26/2025	6:30 - 8:30PM	8 ses	Tu
Dennice Jordan				\$190

SPANISH

Spanish for Fun and Travel Level 1

Learn the basics of Spanish in a practical and enjoyable way with an experienced, fluent instructor! Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation and pronunciation. The class is a perfect introduction or a refresher for those planning a trip to a Spanish-speaking region.

12293	7/7/2025 - 8/25/2025	6:30 - 8:30PM	8 ses	M
Rebecca Robertson				\$190

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.

12297	7/9/2025 - 8/27/2025	6:30 - 8:30PM	8 ses	W
Rebecca Robertson				\$190

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.

12298	7/8/2025 - 8/26/2025	6:30 - 8:30PM	8	Tu
ses Rebecca Robertson				\$190

PROFESSIONAL

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.

15765	7/9/2025 - 7/30/2025	6:30 - 8:30PM	4 ses	W
Michele Sweeney				\$125

CONTINUING EDUCATION

www.learnatnorth.org • 206.934.3705 • conted@seattlecolleges.edu



11TH ANNUAL CONTINUING EDUCATION

STUDENT ART EXHIBITION

JULY 15 – AUGUST 14, 2025

The artwork you produce in a Continuing Education class is eligible for submission to the 11th Annual Student Art Show in July.

The student art show encompasses metal work, paintings, drawings, ceramics, prints, photos, digital pieces, woodworking, comics, fiber arts and more.

Use the QR code for more details and to submit!



NOW ACCEPTING SUBMISSIONS!



DEADLINE



MIDNIGHT, JUNE 25TH

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.

Stay in Touch with Continuing Education



Facebook



Instagram



LinkedIn



Subscribe to our newsletter