



NORTH SEATTLE
COLLEGE

CONTINUING EDUCATION

Live to Learn!

WINTER 2026

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**Registration Opens
November 17**




New Year. New Goals. New Classes.

Combining Watercolor and Ink | Winter Favorite Soups: Pasta E Fagioli
From Plan to Plate: Grow an Edible Garden by Flavor Theme | Finding & Living Your Purpose
Remodeling 101 | The Great Migration: Voices in Art & History
Beginning Portraiture in Charcoal | Creative Writing 2 | Getting Started with AI
Improv for Life | Let's Go to the Theatre!
Introduction to Birdwatching | Enameling: Studio Access
French Grammar: Intermediate to Advanced



NORTH SEATTLE COLLEGE
6TH AVENUE



EDUCATION BUILDING (E3)
→
WELLNESS CENTER (W3)
←

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



Visit our website for
current course catalog.

conted.northseattle.edu/about/catalog

Winter 2026

Jan 5th - Mar 25th, 2026

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Winter Hours

Mon, Wed, Thurs, Friday 8:30am - 5:00pm
Tuesday 10:00am - 5:00pm

Holiday Schedule

1/1/2026 New Year's Day
1/19/2026 Martin Luther King Jr. Day
2/16/2026 Presidents Day

ARTS**Art Appreciation****Winter at Seattle Art Galleries**1/28/2026 Victoria John

What better way to brighten the gloomy days of winter than to explore the diverse and vibrant art exhibited in Seattle galleries. We will meet weekly at local art galleries to hear talks, ask questions, and peruse the spaces. Following each visit, we will gather for coffee to discuss the art and share interests. A sampling of galleries includes Greg Kucera, Foster/White, ArtX Contemporary, Stonington, J. Rinehart, Azuma, Patricia Rovzar, Steinbrueck Native Gallery, Woodside/Braseth, Harris/Harvey, and the Seattle Art Museum Gallery. Whether you are a seasoned gallery visitor or a newcomer, please join us for a fun and enriching way to experience winter in Seattle

The Great Migration: Voices in Art & History1/26/2026 Victoria John & Bo Lee

Explore how the Great Migration shaped American culture through the work of artist Jacob Lawrence and writer Isabel Wilkerson. Lawrence's 60-panel Migration Series and Wilkerson's book *The Warmth of Other Suns* both trace the movement of over six million Black Americans from the South between 1916 and 1970. This class invites you to reflect on their stories, connect through shared history, and consider how the migration continues to shape cities, art, music, and identity today.



VICTORIA JOHN

Victoria is passionate about art and teaching. She enjoys making connections between art, music, and literature and linking course

content to students' lives. Through her teaching, she creates a meaningful educational experience, while building a strong community of learners.

While she has taught all levels for over 40 years, she especially appreciates the rich interaction created from the combined energy and wisdom of adult learners.

Victoria has a Master's Degree in Liberal Arts from Southern Methodist University, with post-graduate study in Italian Renaissance and Baroque Art, and a Bachelor's Degree in Speech and Theatre from Indiana University. She recently earned a World Art History Certificate from Smithsonian Associates.

She loves interweaving the arts into all parts of her life and especially delights in sharing those experiences with her two teenage granddaughters.



BO LEE

Bo is a social worker, community builder, mother, and author of one book so far. Bo is a PNW native and is dedicated to traveling near and far.

Ceramics

Intermediate and Advanced Ceramics1/16/2026 [Althea Fultz](#)

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.

**Beginning Ceramics**1/17/2026 [Althea Fultz](#)

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.

Drama

Improv for Life1/22/2026 [Heleya de Barros](#)

Come de-stress, build confidence, and challenge yourself in the Improvisation for Life class! Improv isn't just for actors—play, create, and discover how this fun acting technique applies to everyday life. Build your empathetic listening skills and step outside of your comfort zone in a fun, supportive space where mistakes are embraced. Through ensemble games and exercises participants will explore the fundamentals of improv: listening, accepting, resilience, taking risks, and teamwork. No experience necessary!

Let's Go to the Theatre! Topdog/Underdog2/6/2026 [Heleya de Barros](#)

Love theatre or want to dive in? Join this fun, community-focused class where we prep to see local plays with engaging pre-show workshops—exploring themes, characters, and production details—then attend Saturday matinees together. Stick around after the show for lively group discussions. Whether you're new to the arts scene or a longtime fan looking for a crew to chat with, this is your ticket to deeper

connection and great performances. No theatre experience needed! Workshop will be held at North Seattle College, Topdog/Underdog will be presented at ArtsWest in West Seattle.

TopdogUnderdog by Suzan Lori-Parks presented by ArtsWest A Pulitzer Prize Winning Contemporary Classic.

A darkly comic fable of brotherly love and family identity. It was inevitable that two brothers named Lincoln and Booth, names given to them as a joke, would live lives full of sibling rivalry and resentment. Despite it all, their bond grew deep, but can it withstand the weight of history?

Let's Go to the Theatre! A Midsummer Night's Dream

2/27/2026 Heleya de Barros

Love theatre or want to dive in? Join this fun, community-focused class where we prep to see local plays with engaging pre-show workshops—exploring themes, characters, and production details—then attend Saturday matinees together. Stick around after the show for lively group discussions. Whether you're new to the arts scene or a longtime fan looking for a crew to chat with, this is your ticket to deeper connection and great performances. No theatre experience needed! Workshops will be held at North Seattle College, performance will be at Union Arts Center in downtown Seattle (7th & Union).

A Midsummer Night's Dream by William Shakespeare presented by Seattle Shakespeare Shakespeare's most popular comedy pulls us once again into the magic of the moonlight. Four young lovers flee their families in pursuit of love in the forest

but get more than they bargained for when they land in the middle of a faerie feud. A chaotic night of love potions, merry mischief, and mismatched couples—plus a very lost troupe of actors—weaves an otherworldly spell. When morning comes, will the midsummer enchantment last, or fade like a dream?

Drawing

Introduction to Drawing

1/5/2026 OR 1/8/2026 Sarah Norsworthy

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.

Introduction to Drawing 2

1/13/2026 Sarah Norsworthy

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.

Charcoal Drawing1/14/2026 Megan Gottfried

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.

Figure Drawing1/16/2026 Megan Gottfried

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!

Beginning Portraiture in Charcoal1/31/2026 Sam Case

Portraiture is one of the most exciting, challenging, and rewarding areas that an artist can study. It can be intimidating, but it doesn't have to be! Join us as we explore portraiture through charcoal, going step-by-step to learn how each part of the face comes together to create stunning and

evocative works of art. Some drawing experience is recommended for this class, but please reach out to the instructor if you're unsure.

Jewelry**Introduction to Enameling**1/10/2026 M Quarles

This introductory workshop will focus on the basics of torch fired and kiln enameling. Other technique demonstrations such as cloisonné and granulation will be offered as requested. This two day session is also an opportunity for former enameling students to have studio access to practice and refine their skills. All basic materials will be provided.

Intermediate and Advanced Jewelry Fabrication1/13/2026 Peggy Foy

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 multistep soldering, stone setting, forming and finishing techniques that will help make your elaborate jewelry design ideas a reality. The first class is mandatory. If you miss the first class, you will have to be dropped, and you will be issued a full refund.

Beginning Jewelry Fabrication1/16/2026 Cas Alexander

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.

Enameling: Studio Access

1/17/2026 M Quarles

This two-day workshop offers former enameling students studio access to continue projects and refine skills with instructor support. Basic materials provided!

Mixed Media

Mixed Media Self Abstraction

1/14/2026 Ryan Hamburger

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.

Music

Jazz Ensemble

1/7/2026 Fred Radke

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.

Vocal Performance and Stage Technique Workshop

1/7/2026 Gina Funes

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 and an option to perform with big band accompaniment. Ten weekly, one-hour sessions to be arranged with instructor.

Beginning Guitar

1/13/2026 Frank Kohl

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. Bring your acoustic guitar and required books to class.

Expressive Guitar: Beyond the Basics

3/4/2026 Jared Cortese

This class is for intermediate beginners who already know a few chords or scales but want to take their guitar playing to the next step. If you've ever felt stuck playing the same patterns or struggled to make your music sound expressive, this class will help you move forward. You'll work on technique and theory together, focusing on how to use chord shapes, scales, and rhythm in a way that makes your playing more musical. The goal is to give you practical skills you can actually use when you pick up your guitar, not just abstract ideas. Please bring your own acoustic or electric guitar and a pick. Electric guitar players should also bring an amp and cords.

Painting: Acrylic

Abstract Gelli Printing and Collage1/8/2026 Ryan Hamburger

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.

Painting: Oil

Abstract Oils with Cold Wax Medium and Mixed Media1/9/2026 Andrea Gogrof

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. Exploring these mediums along with acrylic, charcoal, pastels, and ink, including collage, we experiment, discover and learn new ways to give expression to our inner landscape of forms and color.

Oil Painting 21/13/2026 Sarah Norsworthy

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.

Oil Painting for Beginners1/14/2026 Sarah Norsworthy

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.

Painting: Watercolor

Watercoloring Watery Landscapes1/7/2026 Robin Bundi

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.

Abstract Watercolors1/13/2026 Ryan Hamburger

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

Watercolors for Beginners1/31/2026 Sam Case

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!

Combining Watercolor and Ink2/18/2026 Robin Bundi

Unleash your creativity with the dynamic duo of pen and ink with watercolor! In this class, you'll learn how to combine crisp linework with the softness and fluidity of watercolor to create expressive, balanced, and eye-catching pieces. Our subject matter will focus on landscapes and natural objects, think trees, rocks, flowers, skies, and the organic textures of the natural world. We'll explore various techniques, from loose sketching to detailed linework, and washes of paint that enhance your drawings. You'll learn different mark making techniques with ink, how to control ink and watercolor interactions, and build

confidence in layering both media for different effects. Whether you're new to one (or both!) of these mediums, this class is perfect for artists who want to add energy, texture, and depth to their work. Come experiment, sketch, and splash as you bring your illustrations to life with pen and watercolor!

Landscapes in Watercolor2/28/2026 Sam Case

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.

Photography**Intermediate Photography: Working in Black & White**1/10/2026 Robert Stahl

Explore creative techniques in black and white photography. You'll focus on how tone and the tonal scale shape your images. The class covers how light, shadow, and shades of grey work together to create strong visual impact. You'll also work with form. Line, shape, texture, and depth all play a role in building structure and interest in your photos. This is a hands-on intermediate photography class, and a tripod is required. Includes two Sunday morning field trips with your instructor on January 11 and 25. Details provided in class. Your instructor's work has appeared in National Geographic publications.

Printmaking, Screenprinting & Zines

Linocut Printmaking: All Levels

1/26/2026 Saman Shojaei

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!

Sewing

Beginning Sewing

1/8/2026 OR 1/10/2026 O'Lisa Johnson

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.

Quilting Basics

1/12/2026 O'Lisa Johnson

Learn quilting basics on how to choose colors, create a quilt block, piecing techniques, sandwiching and binding a quilt. In class you will finish a quilted project

with a unique design to keep or give as a gift. Embellish it and take your design to new heights! Although quilting fabrics, supplies, tools, and embellishments will be provided; please feel free to bring your own. Please bring to class your sewing machine, in good working order, power cord, foot control, bobbins, and operator's manual (if available). This class is not open to students under the age of 18.

Alter This - Alter That!

2/7/2026 O'Lisa Johnson

Get more wear from your garments by learning "simple" alterations and repair techniques. In this class you will learn how to alter hems and waistlines to create a fitted garment. Bring 2 or 3 of your favorite wardrobe pieces to alter in class, along with scissors, sewing machine and power cord in good working order. Sewing experience and an operational sewing machine are required for this class. Please make sure your machine will sew apparel knit, woven, and bulky fabrics. A personal supply tool pack specific to altering seams will be provided by the instructor. This class is not open to students under the age of 18.

Wood Carving & Burning

3D Animal Woodcarving

2/9/2026 Saman Shojaei

During this class you will carve two 3-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

Spoon Carving for Beginners3/9/2026 Saman Shojaei

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.

Writing**Surrealist Creative Writing**1/16/2026 Bryan Edenfield

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.

Introduction to Creative Writing1/22/2026 Chelsea Bolan

Intro to Creative Writing is a 6 week course where you write in community, use prompts, explore genres, and learn how to give and receive feedback. You'll leave with new pieces, a steady writing habit, and a supportive group behind you.

Creative Writing 21/22/2026 Chelsea Bolan

Creative Writing is a 6 week class where you bring any genre, get solid feedback, write in class, and improve your work.

You'll revise one or two pieces and leave with new writing and stronger skills.

Writing A Short Memoir1/26/2026 Christine Dubois

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.

Beginning Fiction: Crash Course1/27/2026 Leslie Hall

Improve the depth and flow of your storytelling in a class designed for new and developing creative writers. You will work step-by-step through a plan for a complete story including developing characters, mapping plot, writing dialogue, and creating exciting beginnings and resolutions. Bring pen and paper and be prepared to write; you will have lots of exercises and opportunities for feedback. Don't spend another day NOT writing--join us and bring your stories to life.

Introduction to Zine Making1/30/2026 Bryan Edenfield

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, make something that's entirely your own.

COMPUTER**Digital Tools****Getting Started with AI**1/13/2026 Derek Pharr

Curious about artificial intelligence but don't speak tech? This class is designed for everyday learners who want to understand what AI is, how it works, and why it matters —without needing a computer science background. We'll explore the basics of machine learning, algorithms, and real-world applications through simple language, interactive demos, and group discussion. Whether you're a small business owner, educator, artist, or just AI-curious, you'll leave with the tools to engage confidently with one of today's most powerful technologies.

Canva for Beginners2/4/2026 Michele Sweeney

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.

Create a Website for Fun, Profit and Business2/10/2026 Kevin Boyd

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic, small business website. Included is a complete comparison review of the top Website and E-commerce Store builders.

Determine the best planning and layout for your site's specific requirements, with an attention-grabbing Initial Focal Point. Learn Search Engine Optimization (SEO), Social Media Marketing, and the Tips and Tricks, Dos and Don'ts of website design. Discover the #1 Secret to a successful website! Taught by a multi award-winning instructor and published author.

Editing 101: CapCut Crash Course3/4/2026 Michele Sweeney

CapCut is powerful, and surprisingly easy once you know what buttons to press. In this hands-on workshop, you'll learn how to edit a short-form video from start to finish—cut clips, add music, captions, transitions, effects, and export for any platform.

YouTube Jumpstart: SetUp + Upload Like a Pro3/18/2026 Michele Sweeney

Want to start YouTube but don't know where to begin? This one's for you. Learn how to create a channel, write killer titles, upload your first video, and design eye-catching thumbnails in Canva. We'll also peek into YouTube Studio and cover basic analytics.

Excel**Getting Started With Excel**1/14/2026 Francisco Ramos

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.

ENRICHMENT**Entertainment****Flying Saucer Cinema**1/9/2026 Eric Cohen

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. Winter quarter begins with the sublime Universal Studios masterpiece *The Invisible Man* (1933) in which Claude Rains, under the influence of his insanity-inducing invisibility drug, unleashes mayhem with a story that still completely delights. Next up is another heavy hitter, acclaimed director Howard Hawks' 1951 classic *The Thing from Another World*, one of the earliest alien invasion films. Set in the Arctic, the story concerns a group of scientists and military personnel who find a flying saucer and its pilot encased in ice. When the ice of course melts, mayhem ensues! For our third installment, Russ Tamblyn and Kumi Mizuno star in *War of the Gargantuas* (1966), a dark kaiju masterpiece from director Ishirô Honda (*Godzilla*) about two ginormous furry Frankenstein offspring - don't worry, we'll explain - who mix it up, leveling a bunch of Tokyo in the process. Rounding out this quarter with just as big a punch as the first three films, we close with yet another banger, the 1973 dystopian gem *Soylent Green*, featuring Charlton Heston and Edward G Robinson. Set in overpopulated New York in the year 2025

where fresh food is scarce and women are treated as property, the story starts off as a simple police procedural, but Heston's character soon uncovers a scandal of global proportions. 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.

Financial**Rock Your Retirement**1/14/2026 Eugene Kim

This financial literacy class helps you build an investment strategy you can manage with confidence. You'll learn how the stock market works and how to use it to support your retirement. We'll also cover how that same knowledge applies to choosing a life insurance plan, preparing for your child's college tuition, using health savings accounts, buying a home, and planning your estate.

Rock Your Retirement focuses on real-life investment products and practical strategies. Every investment involves risk, so you'll also spend time thinking about your own priorities and financial concerns. What matters to you? What do you need for retirement to work? How can you prepare for financial emergencies? How do your current and future obligations shape your decisions? All backgrounds and experience levels are welcome.

First Time Homebuyers Class

1/17/2026 Blake Cisneros

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!

Welcome to Medicare

1/24/2026 SHIBA Instructor

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.

Nature & Science

Birds of the Skagit Flats

1/29/2026 Penny Rose

The river flats are filled with a vast variety of birds during the winter. Hawks, eagles, falcons, waterfowl and much more. An evening class focusing on identification will be complimented by a field trip on February 1 from 8am-12pm to witness this winter spectacular will have you appreciating the Pacific Northwest winter birds more than ever.

Introduction to Bird Watching

3/2/2026 Penny Rose

Join the fastest growing sport - birdwatching! This class will introduce you to the art and joy of birdwatching. Learn identification skills, tools of birding (from field guides to smart phone applications) and an introduction to local birds. Two evening classes will be followed by a field trip to Discovery Park to practice birding skills.

Introduction to Pacific Northwest

Mushrooms

3/3/2026 Jeremy Collison

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.

Personal

Finding & Living Your Purpose

1/8/2026 Julius Kim

Finding your purpose means setting a long-term goal that matters to you and contributes something positive to others. In this class, you'll explore different ways to define what that purpose is and shape it into a clear, personal statement. You'll use practical tools to help you figure out how to start living that purpose now, not later. Through guided exercises, small group work, and class discussions, you'll reflect on what matters to you and how to make your actions match your intentions. This class offers a space to think, plan, and practice living with more direction and meaning.

Astrology for Personal Growth Part 11/20/2026 Amanda Moreno

Astrology is an ancient language that describes cycles of time and the intersections of the above and the below. This class will teach you how to use your natal chart as a living map that can help you understand yourself and your place in this world. The approach will be experiential, psychological and relational.

Vital Living: Mind Body Spirit1/23/2026 Dr. Connie Amundson

Curious about living better, longer? This online class is for adults 29 and older who want to build habits that support healthy aging. While the average American lives 77.5 years, most spend only 66 of those years in good health. In this class, you will explore ways to extend your health span so you can stay active, engaged, and well.

Together, we will cover key factors for healthy aging such as social connection, creative expression, sleep, nutrition, exercise, and cognitive support. You will also learn drug and surgery free approaches for easing joint pain. As part of the class, you will have the opportunity to compare your biological age with your chronological age. Sessions include a mix of lectures and practical activities designed to help you put what you learn into practice right away.

How To Retire With Purpose3/3/2026 Patrice Tabor

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.

Travel**Traveling the Emerald Isle**1/21/2026 Windy Gossett

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. Learn everything you need to know before visiting this beautiful country.

FITNESS**Dance****Ballroom Basics and Beyond**1/15/2026 Celia Boarman

Learn the basics and more to the dramatic TANGO--the only thing missing will be a rose. Then dance the rhythmic, romantic RUMBA. This class is perfect for the beginner or those wishing to work on their technique and learn a few new steps. No partner necessary.

East Coast Swing1/15/2026 Celia Boarman

Move to the upbeat rhythm of East Coast Swing, danced to a variety of music from rock, pop, big band, country and more. This course is perfect for the beginner or those wishing to enhance their technique or learn a few new steps. No partner necessary.

Exercise

Karate: Strength, Focus, & Self-Defense1/12/2026 Takeshi Kitagawa

This adult karate class builds strength, coordination, and focus through structured weekly training. You'll learn practical self-defense along with striking, blocking, kata (forms), and controlled sparring. Classes are designed for adult learners at any fitness level, with an emphasis on technique, pacing, and safety. In addition to improving your physical fitness, you'll gain flexibility, balance, and confidence. Each session helps reduce stress and sharpen mental discipline. No prior experience is needed. Athletic clothing is fine, or wear a karate gi if you have one. Classes meet weekly on campus and are paced to fit into a busy schedule. You'll train alongside others who want to stay active, learn new skills, and build confidence in a supportive setting.

Strength and Conditioning1/13/2026 Kiera Peters

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. Each workout is loaded with functional exercises designed to give you the ultimate challenge. All levels welcome. Grab a water bottle, a towel, and be ready to get strong!

Movement

Sustaining Vitality: Qigong1/8/2026 Dennis Sharp

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.

Beginning Tai Chi: Grasping the Sparrow's Tail1/10/2026 Dennis Sharp

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.

Continuing Tai Chi: Grasping the Sparrow's Tail 21/10/2026 Dennis Sharp

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. For students who have completed Beginning Tai Chi and wish to learn more.

Tai Chi Ruler: Simple Exercises for Health and Longevity1/13/2026 Dennis Sharp

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.

Introduction to Essential Somatics1/14/2026 Patricia Hopper

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.

Continuing Essential Somatics2/25/2026 Patricia Hopper

In this class, we will use the skills learned in Introduction to Essential Somatics to go deeper into movements that restore balance and relieve muscle tension and chronic pain. In the introductory class, we cover the basics. In the continuing class we get to play and explore, using pandiculation to reset our muscles to be ready to get up and go with ease and fluidity. Exercises are performed on the floor using a yoga mat. We provide mats, but you're welcome to bring your own if preferred. The Introduction

to connect the body and the mind. This course is open to Yoga practitioners as well as those who have never practiced Yoga postures. You will walk away with skills to gently wake up the body while sharpening the mind.

FOOD**Baking & Desserts****Cake Decorating for Beginners**1/10/2026 Michele Sweeney

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!

Yoga**Gentle Yoga**1/13/2026 Tara Bernstein

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 head without a body. Yoga postures, breath practice, and self-reflection will be taught

Gluten-Free Baking2/28/2026 Michele Sweeney

Join Chef Michele live on Zoom for a gluten-free baking class that focuses on practical skills and reliable results. You'll bake sugar cookies, snack cakes, and rolls while learning how to create your own gluten-free flour mix that works across recipes. You'll get real-time guidance on how gluten-free doughs behave, how to adjust textures, and what to watch for in baking times. This class gives you a solid starting point for baking without wheat and helps you troubleshoot as you go. By the end, you'll have a set of fresh bakes and a flour mix you can use again in your own kitchen. Students will receive a class prep packet, recipes, and a video recording of the class. Course price includes two people attending from one kitchen; only one person is required to register and pay for the course. Only the registered student will receive course link and associated video recordings.

Cookie Decorating for Beginners3/14/2026 Michele Sweeney

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!

Cooking**Plant-Based Cooking: Southwestern Flavors**1/18/2026 Michele Sweeney

Start the new year off by adding more plant-based foods to your routine. Join Chef Michele live on Zoom for a plant-based cooking class focused on practical, flavorful recipes you can make at home. You'll make hearty southwestern black bean burgers from scratch, along with a simple homemade burger sauce. These burgers are packed with protein and hold their own without the meat. You'll also cook a warm cowboy caviar-inspired salad with sautéed corn and black-eyed peas. It's protein-rich and filling enough to serve as a main dish. For dessert, you'll make a quick fruit compote that works with whatever fruit you have on hand and can be served warm or cold. By the end of class, you'll have a full plant-based meal and the skills to make it again anytime. Students will receive a class prep packet, recipes, and a video recording of the class. Course price includes two people attending from one kitchen; only one person is required to register and pay for the course. Only the registered student will receive course link and associated video recordings.

Winter Favorite Soups: Pasta E Fagioli1/25/2026 Michele Sweeney

Join Chef Michele on Zoom and learn how to make Pasta e Fagioli soup, a winter favorite that's hearty, simple, and full of flavor. You'll follow along step by step, building a flavorful base with everyday staples and fresh aromatics.

While the soup simmers, you'll make homemade focaccia dough and prep it for baking. You'll learn how to mix, shape, and top the dough so it bakes up golden and crisp on the outside, soft on the inside. By the end of class, you'll have a full pot of Pasta e Fagioli and homemade focaccia to enjoy with your soup. Students will receive a class prep packet, recipes, and a video recording of the class. Course price includes two people attending from one kitchen; only one person is required to register and pay for the course. Only the registered student will receive course link and associated video recordings.

Vegan Quick Meals: Baja Flavors

2/21/2026 Michele Sweeney

Join Chef Michele live on Zoom for a vegan quick meals class. You'll learn how to make coconut infused cauliflower Baja tacos with a Sriracha crema sauce and mango slaw. The cauliflower is coated and bakes up with a crispy, crunchy texture, like it's been fried but without the grease. Everything comes together fast and piles high on warm corn tortillas. For dessert, we'll make a simple vegan chocolate cake. No special equipment or ingredients required. You'll get clear steps and real-time guidance throughout. This class is designed to help you build flavor quickly using simple ingredients. Students will receive a class prep packet, recipes, and a video recording of the class. Course price includes two people attending from one kitchen; only one person is required to register and pay for the course. Only the registered student will receive course link and associated video recordings.

From Plan to Plate: Grow an Edible Garden by Flavor Theme

3/7/2026 Michele Sweeney

If you love to cook and want to grow your own ingredients, this course is a practical starting point. This beginner-friendly online class focuses on small-space gardening and shows you how to plan edible beds around flavor themes that match how you cook. Chef Michele walks you through four themed planting plans: a Pizza Garden, a Salsa Garden, a Salad Garden, and an Herb Garden. You'll get straightforward advice on which plants to grow, where to put them, and when to start. The class includes region-specific tips, container and raised bed layouts, and ideas for companion planting. You'll also get simple recipes for each garden theme, so you'll know what to cook with what you grow. With planning worksheets, growing guides, and planting timelines provided, this class will have you hitting the ground running this spring. No experience needed, just an interest in food and a plan to grow it.

Family Night: Thai Cooking

3/21/2026 Michele Sweeney

Join us for Thai cooking and make a full meal together at home. You'll start with fresh spring rolls using shrimp, herbs, vegetables, noodles, and rice paper. Then, you'll learn how to balance sweet, salty, sour, and spicy as we make dipping sauces and a classic Pad Thai. This class is hands-on, beginner-friendly, and designed for families to cook and eat together.

HOME & GARDEN**Home Style****Basic Hands-On Home Repair and Maintenance**1/29/2026 Peter Marx

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about hand tools, how to work with electrical outlets, switches, lighting; plumbing, faucets, wall repair and more. Get an overview of door and window installation, weatherization and remodeling. You will leave feeling confident in performing your own home repairs and maintenance. No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos. Emailed instructions will be provided a few days before the first class.

Remodeling 1013/14/2026 Peter Marx

Planning a remodeling project or thinking about a kitchen upgrade? This class gives you a clear starting point. You'll learn how to create a project budget, outline your specifications, collect bids, and hire the right contractor. We'll walk through the basic order of steps so you know what comes first, second, and third. You'll also get a better understanding of basic house construction and common remodeling mistakes to avoid. In the second half, we'll take a quick look at kitchen and bathroom layouts, cabinet options, and what to expect during installation. Bedroom remodels, basements, and other rooms will be included too.

Basic Carpentry and Woodworking3/21/2026 Peter Marx

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 (circular saw and drill) 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 wood shop for tackling your next project! Emailed instructions and class room location will be provided a few days before the first class.

LANGUAGE**ESL****Everyday English**1/5/2026 Sylvia Chai

Join a relaxed atmosphere while building confidence in speaking real-life, spoken English. Emphasis will be on phrasal verbs, idiomatic language, pronunciation, and intonation. This 30-hour (3.0-credit), in-person class is ideal for those who are conversational in English.

TOEFL Preparation1/14/2026 Sylvia Chai

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 and strategize 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.

French

French Grammar: Intermediate to Advanced1/14/2026 Jay Mickel

This French grammar course is designed for intermediate to advanced learners who want to strengthen their written and spoken French. You'll build practical skills for work, travel, or personal use while learning alongside others.

You'll expand your vocabulary, sharpen your understanding of French sentence structure, and gain better insight into how French differs from English. By the end of the course, you'll feel more confident using French in everyday situations and understand how to apply grammar in real conversations and writing.

French for Beginners2/17/2026 Janice Brown

This course will prepare you for your vacation trip or for further study. You will learn how to pronounce French, and you will do lots of speaking practice as well as reading and listening. We will focus on how to talk about yourself and how to understand and communicate your needs during your trip. You will be a more confident traveler and will also have made a good start on your French-learning journey.

Italian

Italian for Beginners1/6/2026 Janice Brown

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.

Japanese

Conversational Japanese I1/15/2026 Risami Nakamura-Lambert

This conversational class is for beginners with little or no Japanese background and for those who want to brush up on Japanese speaking skills. We will cover useful phrases, pronunciation, vocabulary, some numbers, the ko-so-a-do words, and grammar. Students also experience Japan's unique culture and customs through class activities.

Sign Language

Sign Language - Level 21/8/2026 Dennice Jordan

Take your skills beyond the basics with Sign Language Level 2. This class focuses on developing communication strategies, expanding vocabulary, and strengthening grammatical understanding to help you connect with more confidence. This class is a continuation of Basic Sign Language.

Basic Sign Language1/13/2026 Dennice Jordan

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.

Spanish

Spanish for Fun and Travel - Level 31/12/2026 Becky Robertson

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.

Spanish for Fun and Travel - Level 21/13/2026 Becky Robertson

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.

Spanish for Fun and Travel - Level 11/14/2026 Becky Robertson

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.

Spanish Conversation for Beginners Level 12/3/2026 Teresa Ramón Joffre

Do you want to practice your conversational skills to increase your fluency and confidence while using what you have learned in previous classes? This conversational practice class is taught by an

experienced native Spanish-speaking teacher who will encourage and guide students' learning in a relaxed environment. A variety of topics may be introduced such as Latin American and Spanish poetry, literature, history, music and the arts. This course is the first in a series of 3 for Beginner Conversation ¡Nos vemos en clase!

Spanish Conversation Intermediate Level 12/5/2026 Teresa Ramón Joffre

This course is the first in a series of 3 for Intermediate Spanish Conversation courses ¡Nos vemos en clase! This course is the first in a series of 3 for Intermediate Conversation. Enhance your listening, speaking, and reading skills and get ready to communicate in Spanish at an intermediate level. Build vocabulary in contexts that reflect a wide variety of situations such as renting an apartment, planning a trip, and more. You will also speak and write sentences using the imperfect and preterit tenses and be introduced to the subjunctive mood. Build confidence so you may interact with native speakers by exploring different Spanish-speaking countries through their history, music, geography, culture and current events. Learn from a native speaker with over 15 years of experience teaching Spanish as a second language. This is an immersive class conducted in Spanish and ideal for low intermediate students.

Taiwanese-Mandarin

The Charm of Taiwanese-Mandarin1/14/2026 Cindy Omori

This course provides a foundational introduction to Taiwanese phonics, with particular emphasis on the distinctions from

Chinese phonetic systems to enhance linguistic accuracy and comprehension. Participants will examine the structural principles and writing methods of Mandarin characters, as well as the meanings they convey, complemented by basic sentence formation for practical application. Cultural components are integrated throughout the curriculum, offering a contextual exploration of Taiwan's historical evolution and contemporary society. Although the time allotted is limited, every effort will be made to incorporate relevant cultural discourse that enriches the learning experience. The curriculum is designed to cultivate essential language skills while fostering a deeper appreciation of Taiwan's unique cultural identity.

PROFESSIONAL

AFH

Adult Family Home Administrator Certification

1/16/2026 Joseph Spada

Before you can register for this class you must complete the English Proficiency Prerequisite. For additional information click [here](#). This 54-hour class outlines and prepares students for the Adult Family Home licensing and inspection process. It covers the roles and responsibilities of a licensed provider, business and operations procedures, staff management, resident rights and care issues, and State and Federal laws governing Adult Family Homes. Taught by highly experienced providers/instructors. All training materials are provided. Questions: email afh.north@seattlecolleges.edu or call (206) 934-3619

Business Skills

Confident Interviewing for Professionals in Transition

1/27/2026 Carolyn Illman

This course is designed for professionals navigating a career change. Whether reentering the workforce, switching industries, or simply looking for something different. Through practical exercises, guided reflection, and behavioral interview question training, participants will learn how to confidently tell their story, showcase transferable skills, and align with roles that match their values. We will focus on tools like the STAR method, self-assessment frameworks, and values-driven narratives to help you shine in any interview.

Introduction to Public Speaking

2/3/2026 Patrice Tabor

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. This course offers a supportive environment in which you will practice and receive feedback from the instructor and fellow participants.

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