

CONTINUING EDUCATION

Live to Learn!

SUMMER 2023

206.934.3705 | www.learnatnorth.org



Register Now!

Watercoloring Plein Air Plants, page 2

**Write Better
Fiction Dialogue**
page 1

**Summer Grains
and Galettes**
page 4

**Ukrainian History
and Culture**
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 is Easy

Sign up early to ensure your spot!

ONLINE www.learnatnorth.org

MAIL Fill out and mail form on page 9

PHONE 206.934.3705

9th Annual Continuing Education Student Art Show

July 18 - August 17, 2023

Opening Reception: Monday, July 17, 6 p.m.

Students in North Seattle College's Continuing Education program are invited to submit artwork to be included in the 2023 Summer Artworks exhibit. We accept artwork created in a Continuing Education class during Summer 2022 – Spring 2023 quarters.

Submission Deadline:
Midnight June 27, 2023



Visit our website for reception details and gallery hours.

June 7 Free Concert

Come join us in the Grove Dining room starting at 8 p.m. on June 7 for a free concert! Directed by Fred Radke and featuring Vocalist Gina Funes.

TABLE OF CONTENTS

Professional	1
Business Skills	1
Small Business	1

Arts	1
Writing	1
Visual Arts	2
3D Arts	3
Photography	3
Music	4

Home and Garden	4
Home Style	4

Food and Wine	4
Cooking	4
Desserts	4

Fitness	5
Exercise	5
Dance	5
Movement	5
Yoga	6

Enrichment	6
Crafts	6
Nature & Science	6
Personal	6
Entertainment	7

Language	7
Spanish	7
Japanese	8
ESL	8
French	8
Italian	8
Sign Language	8

Registration & General Information	9
---	----------

View most recent class listings and register online at www.learnatnorth.org or call 206.934.3705.

PROFESSIONAL

BUSINESS SKILLS



Content Creation with Canva for Beginners ★

Learn the ins and outs of this graphic design platform for creating graphics for social media, blogs, websites, and other visual content such as video, presentations and even book publishing. Learn how to effectively utilize this platform for both personal and professional content needs.

13127	6/28/2023 - 8/16/2023	7:00 - 9:00PM	8 ses	W
Sweeney	Online; Zoom			\$315

Cómo Prepararse para Hablar en Público

Aprenda a mejorar sus técnicas de oratoria y a conectar en un nivel más profundo con su audiencia. Participantes aprenden a presentar con más confianza, reciben herramientas para mejorar su dicción, y estructurar una presentación efectivamente. This is a Spanish language Public Speaking class.

13176	8/1/2023 - 8/15/2023	6:30 - 8:30PM	3 ses	Tu
Morel	CC Bldg Room 3343			\$129

SMALL BUSINESS

Social Media Basics

Explore Instagram, Facebook, TikTok, YouTube, Pinterest, Twitter and LinkedIn. Learn which features you should focus on for your business (or personal use) and the ins and outs of those features. Also covered; how to structure your content and strategies to juggle using multiple platforms.

13126	6/15/2023 - 8/17/2023	7:00 - 9:00PM	10 ses	Th
Sweeney	Online; Zoom			\$390

ARTS

WRITING

NEW Craft & Create: Writing in Community

This class is for people at every stage of the writing process. We will use our different perspectives as a published author and book editor to teach the craft of story structure, dialogue, and scene writing. Develop your writing voice in a supportive community.

13122	6/27/2023 - 7/25/2023	6:30 - 8:30PM	4 ses	Tu
Ma, Scheuer	Online; Zoom			\$140

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

NEW Write Better Fiction Dialogue

The key to writing great dialogue is creating words that feel real and stay true to the character. We'll discuss making dialogue character-specific, how to mold "real" speech, creating voice and rhythm, plus balancing dialogue, and narration/summary. Give characters a voice on the page.

12092	6/28/2023 - 7/5/2023	6:30 - 8:00PM	2 ses	W
Hall	Online; Zoom			\$45

Free-Writing Workshop

Discover a gentle, safely supportive approach to writing. With prompts and creative writing tips, we will free write together in 10- to 12-minute sessions. Then each student has a chance to read what they wrote, and the class responds with exclusively supportive feedback. Beginners are welcome.

7841	7/6/2023 - 8/10/2023	6:30 - 8:30PM	6 ses	Th
Peizer	Online; Zoom			\$138

Freelance Writing for Fun and Profit

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

10893	7/10/2023 - 7/24/2023	6:30 - 8:00PM	3 ses	M
Dubois	Online; Canvas and Zoom			\$105

NEW A Writer's Secret Weapon

Most writers have heard the advice, Show, Don't Tell. We'll review the meaning and discuss how this tool helps connect with readers. Also, when it's okay to tell, showing character and character reactions. Workshop focuses on fiction, but techniques apply to nonfiction.

12095	7/19/2023 - 7/26/2023	6:30 - 8:00PM	2 ses	W
Hall	Online; Zoom			\$45

Easy Steps to Great Grammar

This fun, hands-on class will help you master the latest rules, avoid common errors and write with confidence. We'll cover apostrophes, verb tense, word usage, subject/verb agreement, commas/semicolons, style guides, how to avoid the 10 most common grammar and punctuation mistakes and more.

10890	7/31/2023 - 8/14/2023	6:30 - 8:00PM	3 ses	M
Dubois	Online; Canvas and Zoom			\$105





VISUAL ARTS

Landscape Drawing ★

Explore the natural world and learn to express what you see through drawing. We will make weekly outings into the immediate landscape of the North Seattle College campus, adjacent wetlands and garden areas. This class involves walking short distances while carrying materials.

12699 6/27/2023 - 8/22/2023 10:00AM - 12:00PM 8 ses Tu
Norsworthy CC Bldg Room 1254B \$176

Charcoal Drawing ★

Experience the freedom of charcoal in this introductory class. All levels welcomed. Explore reduction and additive techniques of charcoal drawing. Through observational drawing practices and tutorials, you'll learn to push and pull light by examining tonal values and studies in scale and proportion.

7849 6/28/2023 - 8/16/2023 7:00 - 9:00PM 7 ses W
Arnitz CC Bldg Room 1254B \$176

Figure Drawing ★

Experience drawing the human figure with the guidance of a skilled artist who works and teaches in the traditional, time-honored way. Hone your drawing skills as you work from short poses to longer, more considered poses.

7631 6/30/2023 - 8/18/2023 6:00 - 8:30PM 8 ses F
Chubotin AS Bldg Room 1532 \$255

NEW Drawing Nature with Ink ★

Discover techniques to draw and illustrate detailed plants and animals. Students will learn: fundamental properties of strokes and pen control, different techniques for shading, value and details. Boost your confidence and explore the expressive properties of ink drawings, great for beginner or intermediate students.

12604 8/1/2023 - 8/15/2023 6:30 - 9:00PM 3 ses Tu
Bundi ED Bldg Room 2843A \$90

Summer at Seattle Art Galleries

Celebrate summer exploring the art galleries in Seattle. Meet weekly at local art galleries to hear talks and ask questions. Following each visit gather to discuss the art and share interests. Seasoned gallery visitors and newcomers welcome to experience the Seattle art scene.

11295 6/28/2023 - 7/19/2023 12:30 - 2:30PM 4 ses W
John Off Campus Site \$90

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

RYAN HAMBURGER

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



Landscape Painting with Oils ★

Explore the world through traditional plein-air painting. Learn to prepare canvas, panel and paper and mixing paint on site with a palette knife. We will traverse the North Seattle College campus and adjacent Licton Springs to find inspiration. Anticipate walking and carrying materials.

12702 6/29/2023 - 8/17/2023 10:00AM - 1:00PM 8 ses Th
Norsworthy AS Bldg Room 1532 \$269

Acrylic Painting ★

Learn about the application of paint, color mixing, mediums, collage and ways to make acrylic look as thin as watercolor and opaque as oil. Perfect for those new to acrylic or those who want to expand skills.

7848 6/30/2023 - 8/18/2023 10:00AM - 1:00PM 8 ses F
Arnitz CC Bldg Room 1254B \$264

Watercolors for Beginners ★

Expand your creative expression by learning to paint with watercolors. Learn the basics of traditional watercolor techniques while exploring how to combine watercolor with other media and materials such as ink and graphite. Explore and get inspiration from great art in this class.

12721 7/8/2023 - 7/15/2023 12:00 - 3:00PM 2 ses Sa
Chubotin AS Bldg Room 1530 \$80



NEW Watercoloring Plein Air Plants ★

You'll get to paint outside while looking at live plant specimens. This outdoor class will focus on creating a pleasing composition, value, color relationships and techniques for creating outside.

12697 7/10/2023 - 7/24/2023 6:00 - 8:00PM 3 ses M
Bundi ED Bldg Room 2843A \$84

NEW Abstract Ink and Collage ★

Using basic materials dive into the world of pure abstraction focusing on elements: line, shape, value and texture. Using the principles of design, such as repetition and balance, to make successful paintings. Perfect for students curious about abstract art or looking for guidance.

13169 7/11/2023 - 8/15/2023 6:30 - 8:30PM 6 ses Tu
Hamburger CC Bldg Room 1254B \$126

Abstract Watercolors ★

Combine the expressive, personal, object-free vision of abstraction with the smaller intimate beauty of watercolors. This class will focus on the elements of design, color and harmony, line and shape while creating an exciting and compelling painting that expresses a personal inner vision.

14128 7/12/2023 - 8/16/2023 10:00AM - 1:00PM 6 ses W
Hamburger CC Bldg Room 1254B \$189



NEW Printmaking Workshop for Beginners ★

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 a carved linoleum block to make more prints. No experience necessary.

13172 7/24/2023 - 7/24/2023 6:00 - 9:00PM 1 ses M
Shojaei AS Bldg Room 1530 \$80

Pens, Ink and Art ★

Pen and ink are still one of the favorite tools of nowadays artists. In this class, students will be introduced to and practice basic steps and a variety of pen techniques. Learn about technical pens, brush pens and ballpoint pens; and practice using dip pens.

12717 7/29/2023 - 8/5/2023 12:00 - 3:00PM 2 ses Sa
Chubotin AS Bldg Room 1530 \$80

NEW Exploring Color Theory Through Watercolor ★

Color is complex, but it can be broken down with a few rules. We will explore the color wheel, develop dynamic color palettes and experiment with mixing watercolor. Leave class with self-colored charts, diagrams and confidence with color. Open to any skill level.

12605 7/31/2023 - 8/7/2023 6:30 - 9:00PM 2 ses M
Bundi ED Bldg Room 2843A \$70

NEW Raised Stencil Wall Art and Painting for Beginners ★

During this course students will learn how to create texture techniques on the background of their project, create raised design with stencil, sanding and painting technique. No experience necessary.

13173 8/7/2023 - 8/14/2023 6:00 - 9:00PM 2 ses M
Shojaei AS Bldg 1530 \$126

“Instructor very knowledgeable and the artist examples were very helpful in conveying the concepts of each technique. Also loved her sense of humor.”

– Madison on Watercolors for Beginners with Yulia Chubotin

3D ARTS

Beginning Ceramics ★

Transform a lump of clay into a piece of art. Using basic wheel-throwing and hand-building methods, learn to create cups, bowls, boxes and more. Individualized instruction and demonstrations of the technical underpinnings will give you a strong foundation in the ceramic arts.

12083 6/27/2023 - 8/15/2023 6:00 - 9:00PM 7 ses Tu
Lockhart AS Bldg Room 1630 \$270

12086 7/1/2023 - 8/19/2023 10:00AM - 1:00PM 8 ses Sa
Lockhart AS Bldg Room 1630 \$307

Intermediate and Advanced Ceramics ★

Take your ceramic exploration to the next level and improve your wheel throwing and hand building skills. Improve technique with more challenging forms, participate in group critiques and learn more about the ceramics process like loading, firing and glaze varieties.

12089 6/29/2023 - 8/17/2023 6:00 - 9:00PM 8 ses Th
Lockhart AS Bldg Room 1630 \$307

Beginning Jewelry Fabrication ★

Learn how to produce your own jewelry design. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces.

13124 6/26/2023 - 8/14/2023 6:00 - 9:00PM 7 ses M
Quarles AS Bldg Room 1633 \$269

Intermediate and Advanced Jewelry Workshop ★

Take your jewelry design skills to the next level. Tackle ideas and complex projects and advance your skills in a supportive environment. Learn multi-step soldering, stone setting, and forming and finishing techniques to help make your elaborate jewelry design ideas a reality.

13125 6/27/2023 - 8/15/2023 6:00 - 9:00PM 7 ses Tu
Quarles AS Bldg Room 1633 \$269

PHOTOGRAPHY

Photography Basics: Techniques and Art ★

Have you used your digital DSLR or digital mirrorless camera automatically, but want to learn how to use its full creative potential? Learn the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure metering, filters and flash, in this introductory color class. There will be two Sunday field trips.

13149 7/12/2023 - 8/2/2023 7:00 - 9:00PM 4 ses W
Stahl Online; Zoom \$100

NEW All About Color: Intermediate Photography ★

This intermediate class will consider the ways color can work with exposure and composition to create compelling imagery. Explore how different colors interact and shape our perception and how the color of light affects our reaction to an image. **Tripod required.** There will be two Sunday field trips.

13175 7/15/2023 - 8/5/2023 9:00 - 11:00AM 4 ses Sa
Stahl Online; Zoom \$100





FRANK KOHL
Frank began playing guitar at eight years old and now plays professionally. Born and raised in New York, he is a Berklee College Of Music graduate and has performed at some of New York's and Seattle's finer music venues and festivals. As a band leader he has six CDs to his credit and has received rave reviews from musical publications like *Jazz Times* and *Earshot Jazz Magazine*. Frank is also a music review writer for *Cadence Magazine*.

FOOD AND WINE

COOKING

Cooking with Wine ★

Cooking with wine can be divine. In this class, we will pan-roast chicken in white wine, make pea risotto with Chardonnay and round out our meal with a summer salad dressed with a homemade champagne vinaigrette.

12419 6/24/2023 - 6/24/2023 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

Summer Scallops ★

Learn to make seared scallops in a wine sauce alongside a farmers' market-inspired roasted corn salad. We will round the meal out with grilled stone fruit for dessert.

12455 7/22/2023 - 7/22/2023 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

Baking for High Tea ★

Whip up two different tea sandwiches: chicken pecan salad and a vegetarian option and homemade scones with lemon mascarpone cream and strawberry tea cookies with a lemon glaze. Chef Michele will share her favorite tea combinations and how to arrange your tea party tray.

12418 8/5/2023 - 8/5/2023 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

NEW Summer Gratins and Galettes ★

Summer in the PNW always brings an abundance of beautiful sun-kissed berries and veggies. Learn to take summer's bounty whether from your yard, farmers market or grocery store and turn it into a delicious vegetable gratin and a tasty berry galette for dessert.

12415 8/19/2023 - 8/19/2023 2:00 - 5:00PM 1 ses Sa
Sweeney Online; Zoom \$70

DESSERTS

The Art of Cakes ★

Learn to make one-of-a-kind creations for family and friends. In this basic class, learn to bake the perfect cake, make different types of butter cream, get step-by-step guidance in piping techniques and experience the excitement of making your cake a work of art.

12416 7/9/2023 - 8/13/2023 1:00 - 5:00PM 6 ses Su
Sweeney ED Bldg Room 2843A \$359



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

MUSIC

Beginning Guitar 1 ★

Pick up the guitar and play. Learn chords, strum patterns, tablature and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment.

7783 6/27/2023 - 8/15/2023 7:00 - 9:00PM 7 ses Tu
Kohl HS Bldg Room 2536A \$185

HOME AND GARDEN

HOME STYLE

Basic Hands-On Home Repair and Maintenance ★

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about tools, how to work with electrical outlets, switches, lighting, plumbing, faucets, wall repair and more.

13138 7/13/2023 - 7/27/2023 6:00 - 9:00PM 3 ses Th
Marx IB Bldg Room 1307 \$150

Basic Carpentry and Woodworking ★

Learn the basics of joinery, jigs, materials, methods and project design. After selecting your materials, you'll apply everything you've learned to safely use hand and power tools in the construction and assemblage of your own toolbox, sewing box, garden box, etc.

13137 7/14/2023 6:00 - 7:30PM 2 ses F
7/15/2023 - 7/16/2023 10:00AM - 2:30PM 2 ses Sa, Su
4 Marx CC Bldg Room 1254B \$185

The Art of Cookie Decorating ★

Learn how to decorate a set of sugar cookies using royal icing. Techniques taught include icing consistencies, outlining, flooding and decorating cookies for any occasion. You will also learn how to make your own sprinkles and royal icing transfers to embellish your creations.

12417 8/12/2023 - 8/12/2023 1:00 - 5:00PM 1 ses Sa
Sweeney ED Bldg Room 2843A \$120

FITNESS

EXERCISE



Strength and Conditioning

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

7640 6/27/2023 - 8/15/2023 6:00 - 7:30PM 7 ses Tu
Brenith WC Bldg Room 0827D \$128

Zumba

Zumba is an energetic class that combines Latin dance styles with cardio for a body-sculpting workout. With easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat.

12044 7/8/2023 - 8/12/2023 9:00 - 10:00AM 6 ses Sa
Henricksen Off Campus Site \$95

DANCE

Alpine Tricky Zwiefacher Dance

The basis of dancing is motion; the rhythm leads the dance. Learn to hear, then dance to, traditional rhythms, the Zwiefacher, a folkdance common in Alpine countries. No fancy moves, no tricky leads, just dancing.

13135 6/29/2023 - 8/10/2023 11:00AM - 12:30PM 7 ses Th
McMonagle WC Bldg Room 0827D \$126

Ballroom Basics and Beyond

Dance to the slow rhythms of the Nightclub Two-Step—soothing movement danced to a variety of music from blues to MoTown to country. Then dance the sassy, upbeat cha cha. Some steps taught will be utilized in both dances.

7850 6/29/2023 - 8/17/2023 6:30 - 7:30PM 8 ses Th
Boarman WC Bldg 0827D \$125

East Coast Swing

Join us for fun, lively, versatile swing. Learn the basics and more. At the end of this session, you'll be ready to grab a partner and hit the dance floor. Wear comfortable shoes that stay on your feet. Singles and couples welcome.

8485 6/29/2023 - 8/17/2023 7:35 - 8:35PM 8 ses Th
Boarman WC Bldg 0827D \$125

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 and is easier to learn than Tai Chi. Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation and enhances neuro-muscular coordination.

7749 6/27/2023 - 8/15/2023 10:00 - 10:55AM 7 ses Tu
Sharp WC Bldg Room 0829F \$79

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.

7760 6/29/2023 - 8/17/2023 10:00 - 10:55AM 8 ses Th
Sharp WC Bldg Room 0829F \$90

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.

7753 7/1/2023 - 8/19/2023 9:10 - 10:40AM 8 ses Sa
Sharp WC Bldg Room 0827D \$135

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.

7758 7/1/2023 - 8/19/2023 10:45AM - 12:15PM 8 ses Sa
Sharp WC Bldg Room 0827D \$135

Learning in Action: Introduction to the Alexander Technique

Developed by F.M. Alexander, this educational process helps you undo adverse postural habits and avoid unneeded muscular and mental tension. Through delicate guidance discover efficient, effective and more fun ways of doing daily, professional and recreational activities.

8592 7/11/2023 - 8/15/2023 7:00 - 8:30PM 6 ses Tu
Gehman CC Bldg Room 3443 \$94



Instructor Dennis Sharp



YOGA

NEW Pranayama Yoga

Learn about Pranayama Yoga breathing technique with preparatory postures. With the use of postures, this class will introduce simple breathing exercises and the mechanics of a full deep breath. This course is open to yoga practitioners and those who have never practiced yoga postures.

12557 7/6/2023 - 7/27/2023 11:00AM - 12:00PM 4 ses Th
Bernstein WC Bldg Room 0829F \$60

ENRICHMENT

CRAFTS

Beginning Sewing ★

No more struggling through sewing projects; learn to sew the fun and easy way. Practice pattern reading, choosing the right fabrics and laying out fabric to create a finished piece you can be proud of.

13132 6/29/2023 - 8/17/2023 6:30 - 9:00PM 7 ses Th
Johnson CC Bldg Room 1254B \$157

Alter This - Alter That!! ★

Get more wear from your garments by learning simple alterations and repair techniques. In this class you will learn how to alter hems and waistlines and create a fitted garment. **Bring to class a few of your favorite wardrobe pieces and your sewing machine.**

13134 7/15/2023 - 7/15/2023 9:00AM - 3:00PM 1 ses Sa
Johnson CC Bldg Room 1254B \$75

Beginning Sewing II: Designed Apparel ★

Want to sew more? This course focuses on sewing clothes using the home sewing pattern. You'll choose from a selection and add your custom design looks by employing a variety of techniques and applications. Sew sleeves, buttonholes and much more.

13133 7/22/2023 - 8/12/2023 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg Room 1254B \$205

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

“The instructor is clearly knowledgeable and passionate about both sewing and teaching.”

– Elyse on Beginning Sewing with O’Lisa Johnson

NATURE & SCIENCE

Birds of the Duwamish River Valley

Discover Seattle’s only river and the myriad of spectacular birds who call it their home. Spectacular species such as bald eagles, osprey and purple martins nest amongst the industrial landscape. Uncommon species such as peregrine falcons and spotted sandpipers nest and feed along her shores. There will be a field trip on Sunday, July 16.

13136 7/6/2023 - 7/13/2023 6:30 - 8:30PM 2 ses Th
Rose Online; Zoom \$48

PERSONAL

Astrology for Personal Growth Part 2

Continue exploring psychological astrology through lectures, guided visualizations, storytelling and group work. **Prerequisite: Astrology for Personal Growth Part 1 or have working knowledge of planets, signs, houses, and aspects.** Part 2 covers: fate, free will and prediction; transits; lunar phases; the lunar nodes; and chart interpretation.

11970 6/28/2023 - 8/2/2023 7:00 - 9:00PM 6 ses W
Moreno CC Bldg Room 3445 \$120

Therapeutic Massage for Couples

Designed for partners looking to aid themselves and their intimates with basic massage techniques to relieve stress, improve physical comfort and foster intimacy. Gain experience in proper body mechanics for injury prevention. Explore traditional Swedish massage techniques to care for another person through touch. Price is for two people, only one person is required to register.

7642 6/29/2023 - 7/13/2023 6:00 - 7:30PM 3 ses Th
Brenith HS Bldg Room 2536A \$175

CARRIE BRENITH

Carrie became a massage therapist after experiencing therapeutic massage as a patient. She was continually impressed by how massage can relieve pain, improve posture and increase athletic performance. She continues to be fascinated by how touch and physical manipulation can help the body. What she didn’t expect was the impact massage would have on her marriage. “Touch truly is an amazing tool for couples to share,” she says. “I’m thrilled to be teaching this course.”



Welcome to Medicare

Need help understanding Medicare? Current and new beneficiaries, those who are soon eligible and anyone who wants to learn more about Medicare health coverage should sign up. Various plan options, prescription drug coverage, supplements and ways to get help paying for Medicare will be discussed.

12709 7/8/2023 - 7/8/2023 9:30 - 11:30AM 1 ses Sa
SHIBA Instructor Online; Zoom Free

Women and Mythology

Mythic narratives have the power to enliven and enrich our day-to-day experiences and dreams. Come journey to the African crossroads, learn about Greek goddesses, gather around for a folktale, watch a film by Maya Deren, sit in Frida Kahlo’s garden and more.

10816 7/11/2023 - 8/15/2023 6:30 - 8:30PM 6 ses Tu
Dane Online; Zoom \$130

Mindfulness Meditation for Stressful Situations

Freedom from anxiety, worry and trauma evolves from incorporating small moments of stillness into your everyday life. Join a supportive community to enjoy practices proven to increase energy and joy like mindful breathing, movement and doodling that engage your senses and help overcome trauma.

10811 7/15/2023 - 7/15/2023 10:00AM - 12:30PM 1 ses Sa
D’Asaro HS Bldg Room 2536A \$42

NEW Ukrainian History and Culture

The course will explore certain aspects of Ukrainian history and culture. Learn about Ukrainian history, Ukrainian cuisine and visual arts. We will also explore a few Ukrainian fairy tales and short stories. This course is designed to awaken curiosity about a fascinating place between East and West.

13174 7/15/2023 - 8/12/2023 9:30 - 11:00AM 5 ses Sa
Rzhondkovsky Online; Zoom \$92

Healthy Skepticism: Tools for Deciding What’s True

In today’s media-rich world we are drowning in information. How do we know if what we read and hear is reliable? Healthy skepticism and critical thinking can help rescue us. We’ll learn to apply these tools using fun and entertaining examples.

7652 8/5/2023 - 8/12/2023 10:00AM - 12:00PM 2 ses Sa
Green CC Bldg Room 3345 \$60

“Andrea’s knowledge and suggestions were fantastic, and she did a great job of integrating lots of different techniques into a short timeframe.”

– Leslie on Mindfulness Meditation for Stressful Situations with Andrea D’Asaro

ENTERTAINMENT

NEW Bridge for Beginners ★

Welcome to the world of bridge, a game full of challenge and intrigue. Designed for those who have little or no experience, and those who used to play and want to brush up on their game. Learn the fundamentals: bidding, declarer play and defense.

10846 6/28/2023 - 8/16/2023 6:00 - 8:30PM 8 ses W
Lazar CC Bldg Room 3449 \$180

Flying Saucer Cinema

This class showcases classic sci-fi films from the Golden Age of the 1950s and 60s to dystopian standouts from the 1970s and beyond. Co-hosts Eric Cohen and Mark Daniels provide film trivia and lively post-screening discussions every week. See online catalog for film details.

7775 7/5/2023 - 7/26/2023 7:00 - 9:00PM 4 ses W
Cohen, Daniels CC Bldg Room 3457 \$79

LANGUAGE

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.

7795 6/26/2023 - 8/14/2023 6:30 - 8:30PM 7 ses M
Robertson HS Bldg Room 2634A \$157

10852 6/27/2023 - 8/15/2023 6:30 - 8:30PM 7 ses Tu
Robertson HS Bldg Room 2634A \$157

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.

7798 6/28/2023 - 8/16/2023 6:30 - 8:30PM 8 ses W
Robertson HS Bldg Room 2634A \$179

BECKY ROBERTSON

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

I love to reading historical fiction in Spanish, going for long walks in the beautiful neighborhoods of Seattle, and having coffee on rainy days with my friends. I also love to cook and have friends over for meals.



RISAMI NAKAMURA-LAMBERT

With her expertise in teaching Japanese, Risami has a unique technique that is based on the English speaker's point of view. At North Seattle College, she specializes in teaching conversational skills. Risami understands the typical struggles of the language learning process and has clear solutions for them through her class activities.



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.

13139 6/29/2023 - 8/17/2023 7:00 - 9:00PM 8 ses Th Nakamura-Lambert Online; Zoom \$179

Conversational Japanese II ★

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

13140 6/28/2023 - 8/16/2023 7:00 - 9:00PM 8 ses W Nakamura-Lambert Online; Zoom \$179

ESL

Everyday English Conversation

Join a relaxed atmosphere where you can practice everyday English and learn more about US culture. The class will focus on pronunciation and on developing awareness of idioms, phrasal verbs and slang. Designed to help build listening comprehension and speaking confidence.

7846 6/26/2023 - 8/14/2023 6:30 - 9:30PM 7 ses M Chai CC Bldg Room 3443 \$215

Intermediate ESL Workshop: Reading and Writing

Practice reading and writing in a fun and supportive environment. This class is for people who can read and write a basic paragraph in English but want to strengthen their confidence with the language. Materials provided by instructor.

7845 6/26/2023 - 8/16/2023 7:00 - 9:00PM 15 ses M,W Markova CC Bldg Room 3355 \$280

TOEFL Preparation

Designed for those who want to take the Test of English as a Foreign Language (TOEFL) or who want to build academic skills. Our focus will be on timed: (1) reading and listening comprehension, (2) note-taking skills, (3) speaking skills, and (4) essay-writing skills.

7847 6/28/2023 - 8/16/2023 6:30 - 9:30PM 8 ses W Chai CC Bldg Room 3443 \$265

ESL: A Cultural Exploration of Seattle ★

Improve your English while exploring the sights of Seattle. The class will introduce students to Seattle's culturally and ethnically diverse communities. This ESL workshop will take students throughout the city exploring the International District, Downtown, Ballard and Bainbridge Island.

13444 7/6/2023 6:00 - 7:00PM 1 ses Th
7/7/2023 12:00 - 6:00PM 1 ses F
7/8/2023 1:00 - 6:00PM 1 ses Sa
8 Berger HS Bldg Room 2634A \$120

FRENCH

Continuing French: Esprit Critique ★

For French learners eager to expand their speaking skills and reinforce their language usage and terminology. Each session will hinge on a language lesson and topical exploration.

7808 7/1/2023 - 8/12/2023 10:00AM - 12:00PM 7 ses Sa Morehead Online; Zoom \$173

French for Beginners ★

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

12052 7/19/2023 - 8/16/2023 6:30 - 8:30PM 5 ses W Brown CC Bldg Room 3345 \$105

ITALIAN

Italian for Beginners ★

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

12061 7/17/2023 - 8/14/2023 6:30 - 8:30PM 5 ses M Brown CC Bldg Room 3345 \$105

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.

12751 6/28/2023 - 8/16/2023 6:30 - 8:30PM 7 ses W Jordan CC Bldg Room 3452 \$150

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.

12752 6/29/2023 - 8/17/2023 6:30 - 8:30PM 7 ses Th Jordan CC Bldg Room 3452 \$150

Sign Language - Level 3

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

12755 6/27/2023 - 8/15/2023 6:30 - 8:30PM 6 ses Tu Jordan CC Bldg Room 3452 \$129

DENNICE JORDAN

Born deaf in a silent world, Dennice learned from her family to be strong and have a sense of humor. She enjoys making people laugh and believes it makes her more spiritual. She loves to teach and to see people get excited about learning the language.



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

REGISTRATION & GENERAL INFORMATION

Registration Begins May 15.

Register Online Anytime
www.learnatnorth.org

THREE EASY WAYS TO REGISTER

- 1 ONLINE** www.learnatnorth.org
- 2 MAIL** Continuing Education
North Seattle College
9600 College Way North
Seattle, WA 98103-3599
- 3 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 phone or 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

M-Fri 8:30AM-5:00PM
Summer Quarter: 6/26/2023-8/18/2023

HOLIDAYS

7/4/2023 Independence Day

LOCATION

CC 1152, 1st Floor
College Center Building

Volume 17, No. 3
Designed by Paulette Eickman
Printed by Consolidated Press

Summer 2023 Continuing Education Noncredit Registration Form

Name _____
Street _____
City/State/Zip _____
Phone _____ Day _____ Evening _____
Email _____ Gender _____
Student I.D. # _____ Birthdate _____
No I.D. number? One will be assigned. Required to verify your I.D.

CLASS #	CLASS TITLE	START DATE	FEE

Payment Method (check one) **Total** _____

VISA Master Card Discover AmEx
 Personal check payable to North Seattle College

Credit Card Information

Name on card _____
Account # _____
Expiration Date _____

YOUR SATISFACTION IS OUR PRIORITY

Continuing Education at North Seattle College is dedicated to the quality of our classes, services and instructors. If you are unsatisfied with your experience or were unable to attend a course for reasons beyond your control, please contact us. We'll do our best to provide a solution that meets your individual needs. Either email us at conted@seattlecolleges.edu or call us at 206.934.3705.

Continuing Education Student Resources

FIND MORE INFORMATION ABOUT:

- Textbook and supply lists
- Credits for au pairs
- Clock hours
- Underage students
- Campus resources
- Accommodation requests
- CE policies
- Weather and closures

continuinged.northseattle.edu/student-resources

Online learning. Anytime. Anywhere.

continuinged.northseattle.edu/online-learning

ECRWSS RESIDENTIAL CUSTOMER

CONTINUING EDUCATION

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

Strength and Conditioning, page 5



Printmaking Workshop for Beginners, page 3



All About Color: Intermediate Photography, page 3



Pranayama Yoga, page 6

Follow Continuing Education



facebook.com/learnatnorth



twitter.com/learnatnorth



pinterest.com/learnatnorth



instagram.com/learnatnorth



www.linkedin.com/company/north-seattle-college-continuing-education/



continued.northseattle.edu/about/newsletter