

CONTINUING EDUCATION

Live to Learn!

WINTER 2023

206.934.3705 | www.learnatnorth.org

This Year I Will Learn:

- Gardening
- Dancing
- Painting
- Baking
- Sewing

Register Now!

Des-stressing with Acupressure, page 7

Vegan
Quick Meals
page 5

Quilting
Basics
page 6

French For
Beginners
page 8

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

2 Write Your First Book



6 Common Winter Birds of Washington



CEUs and Clock Hours

Continuing Education Units CEU Fee \$15

Register for Continuing Education Units (CEUs) to verify the completion of a class. Pay this fee one time each quarter and earn CEUs for multiple classes.

Clock Hours Fee \$15

Teachers who would like to earn Clock Hours with the Office of Superintendent of Public Instruction for their Continuing Education class can do so by registering for this Clock Hours Fee. Pay this fee one time each quarter and earn clock hours for multiple classes.

Looking for a meaningful career opportunity? An adult family home career might just be for you! Employment in home health is projected to grow 25 percent through 2031, faster than the average for all occupations. For orientation and course training information please visit <https://continuinged.northseattle.edu/afh>.

TABLE OF CONTENTS

Computer 1

Cloud Computing 1

Professional 1

Business Skills 1

Audio Engineering 1

Small Business 1

Work for Yourself 1

Arts 2

Writing 2

Visual Arts 2

3D Arts 3

Photography 4

Music 4

Home and Garden 4

Home Style 4

Gardening 4

Cooking 5

Desserts 5

Fitness 5

Exercise 5

Dance 5

Movement 6

Yoga 6

Enrichment 6

Crafts 6

Nature & Science 6

Personal 7

Entertainment 7

Language 7

Spanish 7

Japanese 8

ESL 8

French 8

Italian 8

Sign Language 8

Registration & General Information 9

COMPUTER

CLOUD COMPUTING

NEW Building Your Own Cloud Websites

Ever wondered how websites work? Ever considered building your own and publishing it on the internet? Interested in a career in information technology? Learn all you need to know about web page authoring and what it takes to host content in the cloud.

26805 2/6/2023 - 3/20/2023 6:30 - 8:30PM 6 ses M
Bunge Online; Canvas and Zoom \$499

PROFESSIONAL

BUSINESS SKILLS

Foundations of Project Management

Learn the essentials of project management from the standpoint of managing a single, small to medium-sized project. We'll explore the entire product and project life cycle, including initiation, planning, executing, controlling and closing. This class is the first step in gaining your PMP certification.

32711 1/5/2023 - 2/16/2023 6:00 - 9:15PM 6 ses Thu
Stolz Online; Zoom \$495

NEW Content Creation with Canva

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.

29241 1/26/2023 - 3/16/2023 7:00 - 9:00PM 8 ses Th
Sweeney Online; Zoom \$315

Introduction to Public Speaking

Would you like to reduce stage fright and gain more confidence speaking in front of a group? Learn key skills and strategies to deal with nervousness, plan and deliver an effective presentation and practice presentation techniques to capture audience attention.

26798 2/9/2023 - 2/23/2023 6:30 - 8:30PM 3 ses Th
Tabor CC Bldg; Room 3457 \$95

Grant-Writing

Take the mystery out of grant writing in this content-rich and hands-on course designed to dramatically improve your grant writing skills. Hone your skills as you work on an actual grant application in class and receive individualized feedback.

32131 2/3/2023 - 3/17/2023 9:00 - 11:00AM 7 ses Fri
Lang Online; Zoom \$275

NEW Setting and Sticking to Priorities for Professional and Personal Success

Deciding on priorities is the first step in moving toward the life you want to live. Priorities and goals help keep you on track and feel satisfied. Learn creative brainstorming and goal-setting techniques and create a simple plan for achieving all your goals.

29253 3/21/2023 - 3/21/2023 6:00 - 8:30PM 1 ses Tu
Hall Online; Zoom \$69

Volunteer Management

Learn to recruit and retain a team of engaged and committed volunteers for your organization. Explore what attracts volunteers to serve, keeps them returning and makes volunteering satisfying and effective for you. If you manage, work with or volunteer, this workshop is for you.

32169 3/24/2023 - 3/24/2023 9:00 - 11:00AM 1 ses Fri
Lang Online; Zoom \$45

AUDIO ENGINEERING

Audio Engineering: Mixing 101

An introduction to mixing music with a focus on the basics of audio signal processing and its practical and creative applications; plugins; in the box vs. analog. Learn everything from building a session to achieving a final mix as we work with multitracks to build your portfolio. Caridad Espinosa (Ecuador) Founder of Mix Like A Girl. Textbook: **Mix Like a Girl: The Handbook**, by Caridad Espinosa. (\$20) 2021

27448 1/31/2023 - 3/21/2023 6:30 - 8:30PM 8 ses Tu
Espinosa Online; Zoom \$299

Audio Engineering: ProTools 101 & 102 (DAW)

Whether you want to learn how to track, edit and mix professionally or just for fun, Pro Tools is the industry standard software for recording and mixing. Topics covered include common DAW (digital audio workstation) operation, audio editing, mixing and session organization, all taught through the medium of music. Course will include audio ear training and frequency discrimination training.

27442 1/31/2023 - 3/21/2023 6:30 - 8:30PM 8 ses Tu
Dane Online; Zoom \$299

Audio Engineering: Introduction to Recording

Audio engineering is both a science and an art. This course teaches students how to operate a recording studio with the goal of recording a band. We will cover microphones and micing techniques, studio signal flow, outboard gear, mixing boards and the creative choices that go into using them. This course takes place in a professional recording studio providing students with hands on experience.

27434 2/14/2023 - 3/21/2023 6:30 - 8:30PM 6 ses Tu
Blair Online; Canvas and Zoom \$399

SMALL BUSINESS

NEW Social Media Basics

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

27659 1/17/2023 - 3/21/2023 7:00 - 9:00PM 10 ses Tu
Sweeney Online; Zoom \$399

WORK FOR YOURSELF

Starting a Legal Home-Based Food Business

Dream of turning your love for baking into a side business? Learn about business licensing requirements, health code issues specific to home-based food businesses and step-by-step information about food costing, sales channels and the financial aspects of making a successful start.

26748 1/21/2023 - 1/22/2023 9:00AM - 5:00PM 2 ses Sa, Su
Lewis Online; Zoom \$145

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

Introduction to Voiceover

Use your speaking voice for commercials, films and videos. Discover how to succeed at a lucrative full- or part-time career. This business you can handle on your own terms, turf, time and with little overhead.

27483	1/24/2023 - 1/24/2023	6:00 - 8:00PM	1 ses	Tu
Foster	CC Bldg; Room 3350			\$49

Intro to Audiobook Narration and Production at Home

Audiobooks are the fastest-growing format in book publishing, and most audiobooks are recorded in home studios. Learn everything you need to get started narrating, engineering and producing audiobooks, as well as great tips on finding paid work as an audiobook narrator.

26800	2/16/2023 - 3/16/2023	7:00 - 9:00PM	5 ses	Th
Lee	Online; Zoom			\$129

Create a Website for Fun, Profit & Business!

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic small business website. Determine proper planning and layout with an attention-grabbing initial focal point. Learn the #1 secret to a successful website.

32686	3/28/2023 - 3/28/2023	6:00 - 9:00PM	1 ses	Tu
Boyd	Online; Zoom			\$59

Sell It Online – Explore Your Best E-Commerce Opportunities!

Learn to recruit and retain a team of engaged and committed volunteers for your organization. Explore what attracts volunteers to serve, keeps them returning and makes volunteering satisfying and effective for you. If you manage, work with or volunteer, this workshop is for you.

32153	4/3/2023 - 4/3/2023	6:00 - 9:00PM	1 ses	Mon
Boyd	Online; Zoom			\$59

ARTS

WRITING

Creative Writing: City Fiction

Cities are spaces forever in flux. Within this environment, the writer attempts to capture the pace, the texture and the meaning of urban living. Reading excerpts and short fiction, students will learn techniques that allow them to create narratives that revolve around the city.

27668	1/5/2023 - 2/23/2023	6:30 - 8:30PM	8 ses	Th
Challinor	CC Bldg; Room 3460			\$175

Write Your First Book

Learn how to know a good book idea when you meet one, deciding how to tell your story, plotting an arc, the importance of re-writing and weekly exercises to get you writing. Also, insider information on both traditional publishing and self-publishing.

26802	1/5/2023 - 1/26/2023	6:30 - 8:30PM	4 ses	Th
Morris	Online; Zoom			\$149

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 welcome.

24814	1/19/2023 - 3/9/2023	6:30 - 8:00PM	8 ses	Th
Peizer	Online; Zoom			\$129

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. We will go step-by-step through the writing/publishing process, from getting ideas, research, marketing, writing skills, building your platform and more.

26489	1/23/2023 - 2/6/2023	6:30 - 8:00PM	3 ses	M
Dubois	Online; Canvas and Zoom			\$99

Beginning Fiction: Crash Course

Improve the depth and flow of your storytelling in a class designed for new and developing creative writers. Work step-by-step through a plan for a complete story including developing characters, mapping plot, writing dialogue and creating exciting beginnings and resolutions.

27472	1/31/2023 - 3/7/2023	6:30 - 8:30PM	6 ses	Tu
Hall	Online; Zoom			\$149

Easy Steps to Great Grammar

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

26488	2/27/2023 - 3/13/2023	6:30 - 8:00PM	3 ses	M
Dubois	Online; Canvas and Zoom			\$99

VISUAL ARTS



Introduction to Drawing ★

Learn the basic techniques of drawing while working from still life, places in our immediate environment and each other in this introductory drawing class. We will focus on the building blocks of drawing such as composition, measurement, line, shape, value, gesture and mark.

28386	1/3/2023 - 2/21/2023	6:00 - 8:00PM	8 ses	Tu
Norsworthy	AS Bldg; Room 1530			\$199

Oil Painting for Beginners ★

Learn the fundamentals of painting with oils, knowledge of the materials and a range of approaches both historical and contemporary. Learn to create and work from a still-life, self-portrait as well as each other.

28395	1/5/2023 - 2/23/2023	6:00 - 9:00PM	8 ses	Th
Norsworthy	AS Bldg; Room 1532			\$239

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



Watercolors for Beginners ★

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

27333 1/7/2023 - 1/21/2023 12:00 - 2:00PM 3 ses Sa
Chubotin AS Bldg; Room 1530 \$65

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.

26744 1/11/2023 - 3/1/2023 7:00 - 9:00PM 8 ses W
Georger AS Bldg; Room 1530 \$199

NEW Mixed Media Self Abstraction

Explore multiple mediums and new techniques to aid in self-expression. Learn to combine mediums: watercolor, acrylic, collage, pencil, oil pastel and ink. Explore the use of symbols, written words, texture, drawing and the use of representational images. 2D abstract class experience is helpful.

29244 1/11/2023 - 3/15/2023 10:00AM - 1:00PM 10 ses W
Hamburger CC Bldg; Room 1254B \$275

Abstract Watercolors ★

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

27969 1/12/2023 - 3/16/2023 10:00AM - 1:00PM 10 ses Th
Hamburger CC Bldg; Room 1254B \$275

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.

24807 1/13/2023 - 3/17/2023 6:30 - 9:00PM 10 ses F
Chubotin AS Bldg; Room 1532 \$225

Twentieth Century Art: The Growth of Abstraction, 1900-1950 ★

Explore traditional as well as fringe artists, examining their work in relation to concurrent historical, musical, literary, scientific and technological events. Discuss the terminology and language of abstraction. Weekly discussions on the elements and principles of art and identifying mystery paintings.

27336 2/6/2023 - 3/20/2023 11:00AM - 1:00PM 6 ses M
John Online; Zoom \$129

NEW Watercoloring Urban Critters ★

Come watercolor Seattle's urban fauna. In this beginner to intermediate level class students will learn techniques to produce realistic and accurate paintings. You will also gain the skills to paint fur, feathers and skin. Students leave with finished watercolor pieces.

29254 2/6/2023 - 3/13/2023 6:30 - 9:00PM 5 ses M
Bundi AS Bldg; Room 1532 \$149

NEW Salon Hopping Throughout History

Explore and celebrate famous and lesser-known salons throughout history as well as learn how to take part in the art and joy of conversation. An added benefit will include suggestions for starting and conducting your own literary or artistic salon.

29248 2/8/2023 - 3/15/2023 11:00AM - 1:00PM 6 ses W
John Online; Zoom \$129

Jazz and the Visual Arts: Painting Music

Jazz had an incredible impact on the visual arts during the twentieth century. In this six-week course we will primarily focus on early modernism in jazz and art but will also include more contemporary developments.

27345 2/9/2023 - 3/16/2023 11:00AM - 1:00PM 6 ses Th
John Online; Zoom \$129

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.

27332 3/4/2023 - 3/18/2023 12:00 - 2:00PM 3 ses Sa
Chubotin AS Bldg; Room 1530 \$75

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.

26745 1/10/2023 - 3/14/2023 6:00 - 9:00PM 10 ses Tu
Georger AS Bldg Room 1630 \$325

26753 1/14/2023 - 3/18/2023 10:00AM - 1:00PM 10 ses Sa
Lockhart AS Bldg; Room 1630 \$325

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.

27348 1/11/2023 - 3/15/2023 6:00 - 9:00PM 10 ses W
Graham AS Bldg; Room 1633 \$325

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.

27465 1/13/2023 - 3/17/2023 6:00 - 9:00PM 10 ses F
Georger AS Bldg; Room 1630 \$325



Introduction to Lost Wax Casting ★

Discover the lost wax casting process and its applications for jewelry design, functional objects and art metal forms. Explore wax carving and techniques for model making, model investing, centrifugal casting and finishing objects. Techniques will be demonstrated through crafting rings, pendants and jewelry scale objects.

27400 1/9/2023 - 3/20/2023 6:00 - 9:00PM 9 ses M
 Scofield AS Bldg; Room 1633 \$299



Intermediate and Advanced Jewelry Workshop ★

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

26799 1/10/2023 - 3/14/2023 6:30 - 9:30PM 10 ses Tu
 Foy AS Bldg; Room 1633 \$325

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, flash—in this introductory color class.

27347 1/11/2023 - 2/1/2023 7:00 - 9:00PM 4 ses W
 Stahl Online; Zoom \$149

Intermediate Photography ★

This class will have a different focus each quarter. Examples of topics include: Close-Up Photography, Creative Composition, Digital Nature, Nature Photography, Photographic Composition and Seeing in Black and White. Class includes two Sunday morning field trips.

28332 1/14/2023 - 2/4/2023 9:00 - 11:00AM 4 ses Sa
 Stahl Online; Zoom \$149

MUSIC

Jazz Ensemble

Practice and perform in concert the newest big-band arrangements which cover all styles of big-band jazz. This class combines talents of professional and student musicians in the big-band experience. Membership is by audition only.

24917 1/11/2023 - 3/15/2023 8:00 - 10:00PM 10 ses W
 Radke CC Bldg; Room 1254B \$175

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

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.

24916 1/17/2023 - 3/7/2023 7:00 - 9:00PM 8 ses Tu
 Kohl HS Bldg; Room 2536A \$179

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, and lighting; plumbing, faucets, wall repair and more.

27330 1/19/2023 - 2/2/2023 6:00 - 9:00PM 3 ses Th
 Marx IB Bldg; Room 1307 \$135
 27331 3/8/2023 - 3/22/2023 6:00 - 9:00PM 3 ses W
 Marx IB Bldg; Room 1307 \$135

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.

27329 3/4/2023 - 3/5/2023 9:30AM - 2:30PM 2 ses Sa, Su
 Marx CC Bldg; Room 1161 \$175

GARDENING



NEW Edible Gardening: Indoor Seed Starting ★

Get a jump start on your spring and summer garden by growing your own vegetable starts indoors. Learn how to start your own seeds at home, potting up, germination basics, what to plant when, indoor lighting, soils, hardening off and more.

29249 2/15/2023 - 3/1/2023 6:00 - 8:00PM 2 ses W
 Swart Online; Zoom \$49

NEW Edible Gardening: Garden Design ★

Whether you have a garden or are new to gardening, this class will help you decide the best location to set up and grow your best garden. Learn basic design best practices, types of garden beds and easy ways to plan and implement your design vision.

29243 3/22/2023 - 3/22/2023 6:00 - 8:00PM 1 ses W
 Swart Online; Zoom \$49

FOOD AND WINE

COOKING

NEW Vegan Quick Meals ★

If you've already taken our plant-based cooking class and are looking for more great vegan/plant-based recipes this quick meal class is for you. We will make a Baja-inspired main dish, side dish, sauce and a delicious dessert in no time at all.

32681 2/19/2023 - 2/19/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69

NEW Good Eats: On a Budget ★

With food costs on the rise many of us are looking for cost-effective meals that taste good without costing a fortune. Join Chef Michele and cook up a delicious cost-conscious meal featuring pan-roasted chicken, a hearty salad with homemade vinaigrette and fruit crisp dessert, as well as receive tips on how to use online tools to crunch the numbers of your favorite recipes and streamline your shopping list.

32678 2/26/2023 - 2/26/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69

DESSERTS



NEW 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. Also learn how to make your own sprinkles and royal icing transfers to embellish your creations.

29222 2/4/2023 - 2/4/2023 1:00 - 5:00PM 1 ses Sa
Sweeney ED Bldg; Room 2843A \$79

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.

27616 2/11/2023 - 3/18/2023 1:00 - 5:00PM 6 ses Sa
Sweeney ED Bldg; Room 2843A \$359

NEW Pie Baking Basics ★

Join Chef Michele as she teaches you how to make a delicious Kirsch cherry pie. Learn how to make a perfect pie crust and amazing pie filling, then finish your creation with a beautiful lattice crust.

29246 3/19/2023 - 3/19/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69

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.

26395 1/3/2023 - 3/14/2023 6:00 - 7:30PM 10 ses Tu
Brenith WC Bldg; Room 0827D \$155

Stronger Together: A Partners Workout

Get fit and have a blast in this fitness class where your partner is your equipment through weight resistance exercises. Join forces with another person from your household for a fun workout that focuses on both strength and flexibility.

26471 1/9/2023 - 3/20/2023 6:00 - 7:00PM 8 ses M
Brenith WC Bldg; Room 0829F \$249

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.

31216 1/28/2023 - 3/4/2023 9:00 - 10:00AM 6 ses Sa
Henricksen Off Campus \$75

Mat Pilates for Strength & Flexibility

Experience the incredible benefits of mat Pilates. With emphasis on core stability, postural alignment and proper muscle engagement, you'll improve core strength, flexibility, posture and muscle tone. Enjoy mindful, full-body workouts, offering various exercises and modifications for both beginners and experienced Pilates students.

32113 2/1/2023 - 3/22/2023 5:30 - 6:30PM 8 ses Wed
Mire Online; Zoom \$119

DANCE

Ballroom Basics and Beyond

This class will focus on two dances—the classic smooth foxtrot and the sassy Latin Cha-Cha. This class is perfect for the beginner and those wishing to brush up on technique and learn a few new moves.

26486 1/19/2023 - 3/9/2023 6:30 - 7:30PM 8 ses Th
Boarman WC Bldg; Room 0827D \$199

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.

26487 1/19/2023 - 3/9/2023 7:35 - 8:35PM 8 ses Th
Boarman WC Bldg; Room 0827D \$199

Beginning Ballet for Adults

Join a welcoming, moderately paced course for students with or without previous dance experience. We'll begin with basic movements at the barre to develop a fundamental understanding of ballet technique, then practice simple exercises across the floor.

24816 1/25/2023 - 3/15/2023 7:15 - 8:30PM 8 ses W
Wilson WC Bldg; Room 0829F \$99

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 neuromuscular coordination.

24852 1/10/2023 - 2/28/2023 10:00 - 10:55AM 8 ses Tu
Sharp WC Bldg; Room 0829F \$95

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.

24911 1/12/2023 - 3/2/2023 10:00 - 10:55AM 8 ses Th
Sharp WC Bldg; Room 0829F \$95

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.

24900 1/14/2023 - 3/18/2023 9:10 - 10:40AM 10 ses Sa
Sharp WC Bldg; Room 0827D \$155

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.

24905 1/14/2023 - 3/18/2023 10:45AM - 12:15PM 10 ses Sa
Sharp WC Bldg; Room 0827D \$155

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.

27346 2/14/2023 - 3/21/2023 7:00 - 8:30PM 6 ses Tu
Gehman CC Bldg; Room 3443 \$89

YOGA

NEW Philosophy of Yoga Through Posture Practice

Understanding the definition of yoga alongside performing the posture can fire-up and deepen what you already know about yoga. Learn various postures including standing, seated, twisting, back bending and restoratives. Students will learn yoga postures and breath exercises progressively, accurately and safely.

29245 1/26/2023 - 3/16/2023 9:00 - 10:15AM 8 ses Th
Bernstein WC Bldg; Room 0827D \$115



ENRICHMENT

CRAFTS

NEW Quilting Basics ★

Learn quilting basics on how to choose colors, create a quilt block, piecing techniques, sandwiching and binding a quilt. In class you will finish the perfectly sized beginners lap quilt with a unique design to keep or give as a gift.

29247 1/7/2023 - 1/28/2023 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg; Room 1254B \$205

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.

24928 1/12/2023 - 3/2/2023 6:30 - 9:00PM 8 ses Th
Johnson CC Bldg; Room 1254B \$205

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.**

24929 2/4/2023 - 2/4/2023 9:00AM - 3:00PM 1 ses Sa
Johnson CC Bldg; Room 1254B \$65

NEW Serging Made Simple ★

So many threads. Where do you start? We'll cover how to thread the serger, adjust tensions and serge two to three projects in class. You'll be surprised how fast you complete a project with this amazing machine.

29250 2/11/2023 - 2/11/2023 9:00AM - 3:00PM 1 ses Sa
Johnson CC Bldg; Room 1254B \$65

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.

26754 2/18/2023 - 3/11/2023 9:00AM - 2:00PM 4 ses Sa
Johnson CC Bldg; Room 1254B \$205

NATURE & SCIENCE

NEW Common Winter Birds of Washington ★

Winter is a great time for birding, so join us for a look at 75 of the most common bird species that are found in Washington State during this season. Learn to identify winter birds and the best places to find them.

32466 1/26/2023 - 1/26/2023 6:30 - 8:30PM 1 ses Thu
Kaynor Online; Zoom \$39

Amazing Washington State: From National Parks to Lighthouses

Join us for a virtual exploration of Washington state with instructor David Kaynor. You'll learn about the ten sites protected and preserved by the National Park Service in our own backyard, from little-known places to famous parks.

32138 3/2/2023 - 3/2/2023 6:30 - 8:30PM 1 ses Thu
Kaynor Online; Zoom \$39

NEW Tour the Solar System

Explore our solar system and beyond. In this lecture-based class, we'll cover everything from the sun to the Oort Cloud in the most distant region of our solar system, as well as amazing further away space objects from inside the Milky Way Galaxy.

32682 3/16/2023 - 3/16/2023 6:30 - 8:30PM 1 ses Thu
Kaynor Online; Zoom \$39



NEW Winter Birds of Washington: An In-depth Look ★

Join us for a deeper exploration of bird species found in Washington during winter with David Kaynor as your guide. Geared toward beginning and intermediate birders, topics include identification of species, habitats and locations, as well as birding tools and ethics.

32668 2/2/2023 - 2/23/2023 6:30 - 8:30PM 4 ses Thu
Kaynor Online; Zoom \$139

PERSONAL

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.

26485 1/22/2023 - 2/5/2023 10:00 - 11:30AM 3 ses Su
Brenith HS Bldg; Room 2536A \$175

Investment Basics: Needed Now More Than Ever

Learn to understand what is really going on in the bewildering world of investing. Study the psychology of investing; fundamental and technical analysis strategies and techniques; debt securities, mutual funds and winning strategies for retirement.

27664 1/24/2023 - 3/16/2023 7:00 - 8:00PM 16 ses Tu, Th
Goodwin Online; Zoom \$220

CSI – Myth vs. Fact ★

Enjoy CSI shows? Join a forensic scientist to learn how they process crime scenes. Look at photos of the real crime scene to determine what the evidence revealed. Test your knowledge of behind-the-scenes facts of a crime scene survey via game play and more.

24927 1/25/2023 - 1/25/2023 6:00 - 9:00PM 1 ses W
Dean Online; Zoom \$39

NEW Des-stressing with Acupressure ★

Learn an easy and clinically effective way to tap away your stress, anxiety and triggers. Emotional Freedom Technique (EFT), a popular acupressure technique often referred to as “acupressure for the emotions,” works quickly to neutralize your nervous system’s hard wiring for all types of triggers.

32674 2/2/2023 - 2/2/2023 6:00 - 8:00PM 1 ses Thu
McDowell Online; Zoom \$35

Trauma: A Study in Humanity

Trauma is as much part of the human experience as is loss, grief and identity. Explore the critical dynamics of trauma, going beyond fight or flight, and into how these dynamics impact us and integrate into our daily lives.

27743 2/9/2023 - 3/16/2023 6:30 - 8:30PM 6 ses Th
Sideman Online; Zoom \$175

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

Healthy Skepticism

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.

26490 2/11/2023 - 2/18/2023 9:00 - 11:00AM 2 ses Sa
Green CC Bldg; Room 3345 \$39

Astrology for Personal Growth Part 1 ★

Astrology is so much more than knowing your sign. Learn to work with your natal chart as a living map and tool for social consciousness through lectures, guided visualizations, imagery, storytelling and more.

27504 2/15/2023 - 3/22/2023 7:00 - 9:00PM 6 ses W
Moreno CC Bldg; Room 3446 \$115

Unique Organizing

Feel messy and disorganized all the time? Join us in this class to find out what your type is, how to organize your things in a way that makes sense to you and how to coexist with others who don’t share your organizational style.

27970 2/1/2023 - 3/22/2023 6:00 - 7:30PM 8 ses W
Hare Online; Zoom \$145

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.

31217 3/4/2023 - 3/4/2023 9:30 - 11:30AM 1 ses Sa
SHIBA Instructor Online; Zoom Free

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.

27409 3/18/2022 - 3/18/2022 10:00AM - 12:30PM 1 ses Sa
D’Asaro HS Bldg; Room 2536A \$29

ENTERTAINMENT

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.

26743 1/25/2023 - 2/15/2023 7:00 - 9:00PM 4 ses W
Cohen, Daniels CC Bldg; Room 3457 \$79

LANGUAGE

SPANISH

Spanish Book Club ★

Advance your Spanish skills in an easy-going, interactive environment. This book club will give you the chance to read a book and discuss it with others—all in Spanish. This class is geared for intermediate to advanced level students.

28423 2/28/2023 - 3/21/2023 9:00 - 10:30AM 4 ses Tu
Rzhondkovsky Online; Zoom \$85

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.

24918	1/23/2023 - 3/20/2023	6:30 - 8:30PM	8 ses	M
Miranda	Online; Zoom			\$169
24919	1/24/2023 - 3/14/2023	6:30 - 8:30PM	8 ses	Tu
Miranda	Online; Zoom			\$169

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.

24920	1/25/2023 - 3/15/2023	6:30 - 8:30PM	8 ses	W
Miranda	Online; Zoom			\$169

Spanish for Fun and Travel – Level 4 ★

Taught only in Spanish, this course is a continuation of Spanish for Fun and Travel - Level 3. Activities are designed around stories, interviews and role-playing, with some focus on the cultures of the Spanish-speaking world. Grammar is reviewed and new areas explored.

24921	1/26/2023 - 3/16/2023	6:30 - 8:30PM	8 ses	Th
Miranda	Online; Zoom			\$169

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.

27761	1/19/2023 - 3/9/2023	7:00 - 9:00PM	8 ses	Th
Nakamura-Lambert	Online; Zoom			\$169

Conversational Japanese II ★

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

27763	1/17/2023 - 3/7/2023	7:00 - 9:00PM	8 ses	Tu
Nakamura-Lambert	Online; Zoom			\$169

ESL

Everyday English Conversation

Join a friendly and relaxed atmosphere where you'll have the opportunity to practice casual English and learn more about life in this culture. Great for students who can comfortably read, write and speak English as their second language but want to build confidence.

26752	1/9/2023 - 3/22/2023	7:30 - 9:00PM	20 ses	M, W
TBA	CC Bldg; Room 3443			\$299

Intermediate ESL Workshop: Speaking and Listening

This course is designed to help non-native speakers improve their oral communication skills, accent and pronunciation. Practice various grammatical forms and develop conversation skills for everyday communication. Learn new vocabulary in context, work on pronunciation and deepen your knowledge of North American grammar.

27715	1/17/2023 - 3/9/2023	7:00 - 9:00PM	16 ses	Tu, Th
Markova	Online; Zoom			\$299

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



FRENCH

French for Beginners ★

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

26746	1/19/2023 - 3/9/2023	6:30 - 8:30PM	8 ses	Th
Brown	Online; Zoom			\$169

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.

27571	1/28/2023 - 3/11/2023	10:00AM - 12:00PM	7 ses	Sa
Morehead	Online; Zoom			\$149

ITALIAN

Italian for Beginners ★

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

26747	1/17/2023 - 3/7/2023	6:30 - 8:30PM	8 ses	Tu
Brown	Online; Zoom			\$169

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.

24828	1/17/2023 - 3/7/2023	6:30 - 8:30PM	8 ses	Tu
Jordan	CC Bldg; Room 3452			\$169

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.

24833	1/19/2023 - 3/9/2023	6:30 - 8:30PM	8 ses	Th
Jordan	CC Bldg; Room 3452			\$169

Sign Language – Level 3

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

24839	1/18/2023 - 3/8/2023	6:30 - 8:30PM	8 ses	W
Jordan	CC Bldg; Room 3452			\$169

REGISTRATION & GENERAL INFORMATION

Registration Begins November 7.

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.

WINTER QUARTER OFFICE HOURS

M-Fri 8:30AM-5:00PM

Winter Quarter: 1/3/2023-3/22/2023

HOLIDAYS

1/16/2023 Martin Luther King Jr. Day

2/20/2023 Presidents Day

LOCATION

CC 1152, 1st Floor
 College Center Building

Volume 17, No. 1
 Designed by Paulette Eickman
 Printed by Consolidated Press

Winter 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

Content Creation with Canva, page 1



Watercoloring Urban Critters, page 3



The Art of Cookie Decorating, page 5



Edible Gardening: Indoor Seed Starting, page 4

Follow Continuing Education



facebook.com/learnatnorth



twitter.com/learnatnorth



pinterest.com/learnatnorth



instagram.com/learnatnorth



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



continuinged.northseattle.edu/about/newsletter