

stretch your mind / from art to personal growth to writing

# Autumn

**EXPLORE**  
continuingedtacoma.com



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## Class Locations

- GHC Gig Harbor Campus  
3993 Hunt St. NW, Gig Harbor
- HDS Harbor Dance Studio  
6820 Kimball Dr., Gig Harbor
- TCC Tacoma Campus  
6501 S. 19th St., Tacoma

Directions and more can be found by clicking the "About" tab on our website: [continuingedtacoma.com](http://continuingedtacoma.com).

**PARKING:** No parking permit is required at the Gig Harbor campus. Every registered student parking at the Tacoma campus is required to display a current parking permit.

Registered Continuing Ed students will be able to download a printable Continuing Education Parking Permit, find directions, and more information by clicking the "About" at [continuingedtacoma.com](http://continuingedtacoma.com). If you don't have access to a printer, registered students can show proof of registration (printed or via email on your phone) to the Security Office (Bldg. 14) on the Tacoma Campus and they will issue you a CE student pass.

## Register for Continuing Ed classes

**REGISTER NOW:** The TCC Gig Harbor campus cashier is available to help with registration and payments (we can take cash or checks at the campus):

M-Th 8a-5:30p / F 8a-4:30p

You can register online (and pay online with a credit card) on [continuingedtacoma.com](http://continuingedtacoma.com), open 24/7.

**REGISTER EARLY:** We make decisions about whether a class will run based on the number of interested students. Make sure the classes YOU want are going to run—register right away, and encourage your friends to do the same.

**REFUND POLICY:** Written or in-person request for a refund must be received at least 7 days before the first day of class. There are no refunds for drops requested less than 7 days prior to or after the class has started.

**CANCELLATION:** In the event that a Continuing Education class is cancelled, all effort will be made to contact all registered students. A full refund will be issued.

## LiFE LOADING... Beginning Again NEW



Using the book *It's Never Too Late To Begin Again* as a framework, discover new insights to create your next and best life. 10 sessions. Book required. No class 11/21 & 22.

|      |              |    |      |     |        |       |
|------|--------------|----|------|-----|--------|-------|
| 5946 | Sep 26-Dec 5 | Tu | 1-3p | GHC | Scheid | \$149 |
| 5947 | Sep 27-Dec 6 | W  | 6-8p | TCC | Scheid | \$149 |



# October

Browse our fall classes:

- Arts
- Harbor Homestead
- Health/Fitness/Wellness
- Job & Career
- Language
- Performance
- Personal Growth
- Special Interest
- Write in the Harbor

Plan your calendar for fall – save dates & note the times based on your schedule!

Discover more info about classes and instructors by going to:

[continuingedtacomacoma.com](http://continuingedtacomacoma.com)

## september

**25 Mosaic Open Studio** **NEW**  
 This class will add instruction in the *pique assiette* (broken plates) mosaic technique. 4 sessions.  
 5805 Sept 25-Oct 16 M 1-4p TCC Alexander \$174

**26 Ceramics II**  
 Intermediate and advanced handbuilding and wheel techniques, glazing and finishing. 9 sessions. No class 11/21.  
 5936 Sep 26-Nov 28 Tu 6-8p TCC Ozaki \$229

**Zumba!**  
 Zumba combines upbeat music with dance styles from around the world. Class size is limited. 10 sessions each.  
 5898 Sep 26-Oct 26 TuTh 5:20-6:20p TCC DeGolier \$59  
**Zumba Combo!** Register for both sessions. No class 11/21 and 11/26.  
 5901 Sep 26-Dec 7 TuTh 5:20-6:20p TCC DeGolier \$108

**Beginning and Intermediate Photography**  
 For new and experienced photographers who want to take better photos. Lots of hands-on practice. Bring your cameras. 5 sessions.  
 5916 Sep 26-Oct 24 Tu 6:30-8:30p TCC Kehr \$139

**Beginning Again** **NEW**  
 Using the book *It's Never Too Late To Begin Again* as a framework, discover insights to create your best life. 10 sessions. No class 11/21.  
 5946 Sep 26-Dec 5 Tu 1-3p GHC Scheid \$149

**27 Yoga for Fitness**  
 Full body, non-impact workout blending Yoga, Pilates and Tai Chi. Improve your balance, strength and flexibility. 8 sessions.  
 5810 Sep 27-Nov 15 W 12:15-1:15p HDS Brower \$89

**Beginning Again** **NEW**  
 Using the book *It's Never Too Late To Begin Again* as a framework, discover insights to create your best life. 10 sessions. No class 11/22.  
 5947 Sep 27-Dec 6 W 6-8p TCC Scheid \$149

**28 Beginning and Intermediate Photography**  
 For new and experienced photographers who want to take better photos. Lots of hands-on practice. Bring your cameras. 5 sessions.  
 5917 Sep 28-Oct 26 Th 6:30-8:30p GHC Kehr \$139

**29 Mosaic Open Studio** **NEW**  
 This class will add instruction in the *pique assiette* (broken plates) mosaic technique. 6 sessions.  
 5806 Sep 29-Nov 3 F 11a-2p GHC Alexander \$194

**Ceramics I** **NEW**  
 Beginning handbuilding and wheel techniques, glazing and finishing. Most materials included. 8 sessions. No class 11/10 and 24.  
 5910 Sep 29-Dec 1 F 10a-12p TCC Gaudino \$229

**30 Yoga for Fitness**  
 Full body, non-impact workout blending Yoga, Pilates and Tai Chi. Improve your balance, strength and flexibility. 8 sessions.  
 5811 Sep 30-Nov 18 Sa 9-10a HDS Brower \$89

**2 Preparing Your Garden for Winter** **NEW**  
 Learn the techniques, timing and special considerations to prepare Northwest plants and trees for winter. 1 session.  
 5933 Oct 2 M 6-8p GHC Machinski \$49

**Home Maintenance for Beginners** **NEW**  
 Learn the basics of taking care of your house: electrical, plumbing, drywall repair, and how to use most common tools. 6 sessions.  
 5905 Oct 2-Nov 6 M 3-4p GHC Evans \$84

**Tai Chi I**  
 Tai Chi, also known as meditation in motion, is a low impact, slow motion form of exercise that can ease the ills of aging. 8 sessions.  
 5903 Oct 2-Nov 20 M 5:20-6:20p TCC Eber \$77

**Tai Chi II**  
 Prerequisite: Tai Chi I. Sessions for more advanced practitioners. 8 sessions.  
 5904 Oct 2-Nov 20 M 6:30-7:30p TCC Eber \$77

**Iyengar Yoga**  
 Iyengar yoga is a slower paced practice that focuses on developing strength and flexibility through attention to alignment. 9 sessions.  
 5927 Oct 2-Dec 4 M 4:30-5:45p GHC Loghry \$89

**Jumpstart Your Creative Writing** **NEW**  
 Class uses fun exercises to coax creativity out of hiding. Perfect for experienced writers and those who haven't written in years. 5 sessions.  
 5892 Oct 2-Oct 30 M 6-7:30p TCC Boone \$89

**3 Effective Grantwriting for Nonprofits**  
 Learn the nuts-and-bolts of grantwriting for nonprofit organizations. 6 sessions.  
 5995 Oct 3-Nov 7 Tu 6-8p GHC Sadono \$179

**Introduction to Voiceovers**  
 Fun empowering workshop covering the different types of voiceovers and tools needed to succeed. 1 session.  
 5955 Oct 3 Tu 6-8p GHC Voices for All \$49

**Micro Theater I**  
 Explore creative aspects of live theater through a hands-on experience creating and presenting original short plays. 7 sessions.  
 5925 Oct 3-Nov 14 Tu 6-8p TCC Lock \$159

**Beginning Bridge**  
 Based on the Audrey Grant method, class includes the basic elements of the game, bidding and play of the hand. 8 sessions. No class 11/21.  
 5808 Oct 3-Nov 28 Tu 1-4p GHC Bartlett \$140

**4 Drawing What You See** **NEW**  
 Learn to see the way the artist sees, and how to draw what you see or imagine with accuracy. Supply list available. 6 sessions.  
 5948 Oct 4-Nov 8 W 6:30-8:30p TCC Schlaudraff \$99

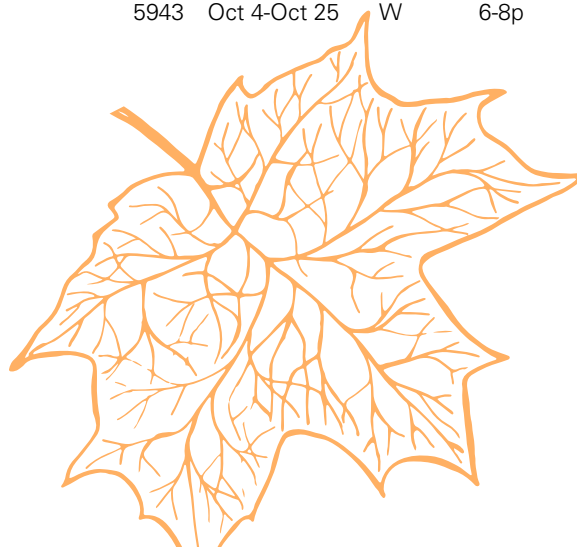
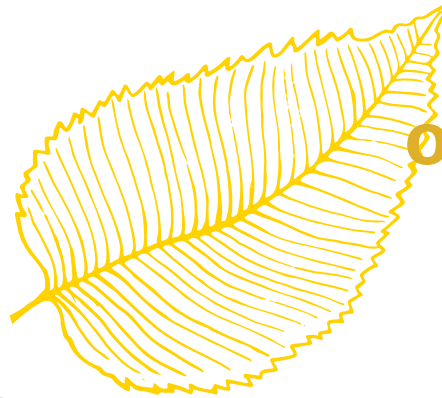
**Total Body Fitness**  
 Easy-to-learn body weight moves and partner exercises work multiple muscle groups in a fun group setting. 9 sessions. No class 11/22.  
 5960 Oct 4-Dec 6 W 5:20-6:20p TCC Williams \$89

**Spanish Conversation for Beginners**  
 Learn to speak and write in Spanish using conversation with others on topics art, music, culture, food and family. 9 sessions. No class 11/22.  
 5897 Oct 4-Dec 6 W 11a-12p GHC Curtis \$175  
 5896 Oct 4-Dec 6 W 2:30-3:30p TCC Curtis \$175

**Experiencing the World of Shamanism** **NEW**  
 Explore the roots of shamanism, find your power animal that will assist you in this work and grow your connection to life. 3 sessions.  
 5812 Oct 4-Oct 18 W 6-7:30p TCC Brown \$89

**Strategies for Maximizing Social Security and Preparing for Longterm Care** **NEW**  
 Social Security is very complex. Discover how long-term care can prepare you and your family. 1 session.  
 5934 Oct 4 W 6-8p GHC North \$19

**Writing Humor** **NEW**  
 Learn how to turn humorous ideas, real events and a natural sense of humor into words that are funny on the page. 4 sessions.  
 5942 Oct 4-Oct 25 W 3-5p GHC Ponopinto \$89  
 5943 Oct 4-Oct 25 W 6-8p TCC Ponopinto \$89





**5 Drawing What You See** **NEW**  
Learn to see the way the artist sees, and how to draw what you see or imagine with accuracy. Supply list available. 6 sessions.  
5949 Oct 5-Nov 9 TH 6:30-8:30p GHC Schlaudraff \$99

**Beginning Watercolor II** **NEW**  
Building on basic skills, learn to create depth in your painting, explore new textures, masking, and more. Supply list available. 6 sessions.  
5821 Oct 5-Nov 9 Th 2:30-4:30p GHC Finnigan \$139

**Spanish Conversation II** **NEW**  
More Spanish conversation to practice and grow your language skills. All classes conducted in Spanish. 9 sessions. No class 11/23.  
5895 Oct 5-Dec 7 Th 11a-12p GHC Curtis \$175  
5894 Oct 5-Dec 7 Th 2:30-3:30p TCC Curtis \$175

**Micro Theater II** **NEW**  
Continue exploration of creative live theater through production of original short plays. 7 sessions.  
5926 Oct 5-Nov 16 Th 6-8p TCC Lock \$159

**Intermediate Bridge Defense Skills**  
Based on the Audrey Grant ACBL method, the class will focus on the developing skills in defensive bridge. 8 sessions. No class 11/23.  
5809 Oct 5-Nov 30 Th 1-4p GHC Bartlett \$140

**Writing Hybrid Fiction** **NEW**  
This class will help writers develop concepts that don't quite fit standard genres. 4 sessions.  
5940 Oct 5-Oct 26 Th 3-5p GHC Ponepinto \$89  
5941 Oct 5-Oct 26 Th 6-8p TCC Ponepinto \$89

**Get Your Novel Written and Published** **NEW**  
We will focus on excellence in story, writing craft and editing technique leading toward traditional publishing. 6 sessions.  
5950 Oct 5-Nov 9 Th 2-3:30p GHC Schultz \$89

**6 Beginning Watercolor I** **NEW**  
Learn the basic properties of paints, paper, and brushes, color mixing, washes, and more. 6 sessions. No class 11/10.  
5820 Oct 6-Nov 17 F 2:30-4:30p GHC Finnigan \$139

**7 The Writing Experience** **NEW**  
Workshop style class to explore the structure, techniques, and practices of the writing craft. 8 sessions. No class 11/4 and 25.  
5959 Oct 7-Dec 9 Sa 10a-12p TCC Wells \$119

**9 Natural Yard Care** **NEW**  
This class will teach you the natural, safe way to maintain your yard without the use of chemicals. 1 session.  
5932 Oct 9 M 6-8p GHC Machinski \$49

**10 Artist Sketchbooks** **NEW**  
Explore meaningful ideas, discover new directions and experiment with variety of materials through your sketchbook. 4 sessions.  
5819 Oct 10-Oct 31 Tu 12-2p TCC Doten \$89

**Improve Your Nutrition, Improve Your Life** **NEW**  
A step-by-step approach to revamp your diet and improve your health using guidelines supported by medical science. 6 sessions.  
5931 Oct 10-Nov 14 Tu 6:30-7:30p GHC Lyons \$69

**11 Retire Wisely with Estate and Charitable Giving Strategies** **NEW**  
Learn steps to help you pass assets to the people, trusts and charities you care about-while managing estate transfer costs. 1 session.  
5935 Oct 11 W 6-8p GHC North \$19

**14 Mosaic Open Studio** **NEW**  
This class will add instruction in the *pique assiette* (broken plates) mosaic technique. 4 sessions.  
5807 Oct 14-Nov 4 Sa 10a-1p TCC Alexander \$174

**16 Chaos to Calm: Introduction to Mindfulness Meditation**  
Learn the tools and practice the skills needed for the self-nurturing practice of "mindfulness meditation." 1 session.  
5893 Oct 16 M 7-9p GHC Bratspis \$49

**21 How to Cope With Grief Over the Holidays** **NEW**  
Strategies for coping with family, friends, and the general "chaos" of the holiday season. Learn how to care for yourself. 1 session.  
5922 Oct 21 Sa 11a-1p TCC Kevorkian \$29

**28 Alcohol and Drug Information School (ADIS-TOT)**  
Approved course for individuals wanting to become certified as Alcohol/Drug Information School (ADIS) trainers. 2 sessions.  
5889 Oct 28-Nov 4 Sa 8:30a-4:30p TCC Towey \$225

**31 Night Photography** **NEW**  
Learn how to take better night shots. This class will cover exposure, focus, and composition. 5 sessions. No class 11/21.  
5920 Oct 31-Dec 5 Tu 6:30-8:30p TCC Kehr \$139

**Zumba!**  
Zumba combines upbeat music with dance styles from around the world. Class size is limited. 10 sessions each. No class 11/21 and 26.  
5899 Oct 31-Dec 7 TuTh 5:20p-6:20p TCC DeGolier \$59

## november

**1 Ethics and the Law: Putting Professional Values Into Practice**  
Current information on legal and ethical issues. This training is designed for any individual interested in ethics training. 2 sessions.  
5890 Nov 1-Nov 2 WTh 6-9p TCC Towey \$79

**2 Night Photography** **NEW**  
Learn how to take better night shots. This class will cover exposure, focus, and composition. 5 sessions. No class 11/23.  
5921 Nov 2-Dec 7 Th 6:30-8:30p GHC Kehr \$139

**15 Introduction to Voiceovers**  
Fun empowering workshop covering the different types of voiceovers and tools needed to succeed. 1 session.  
5956 Nov 15 W 6-8p TCC Voices for All \$49



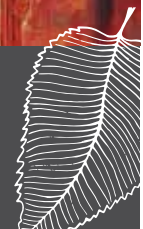
TCC  
GHC  
Gallery

### Geology: Mary McCann

Sept. 18-Dec. 15, 2017

Reception • Oct. 5, 2017 • 5-7 p.m.

In this body of work Mary McCann explores the outcomes of events in the geologic story of our planet. Ocean floors spread. Tectonic plates move, continents collide, and subduction thrusts up great mountains. Huge land masses slide past one another. Heat and pressure squeeze rock and rearrange crystalline structure. Volcanos erupt, ash and molten rock spew out to reform the landscape. Millions of years pass—the Precambrian, Paleozoic, Mesozoic, and Cenozoic, time humans cannot comprehend. There is beauty in the new structure, beauty in the rock, beauty in the fact that we are on this ever changing Earth. And we have no say in how She decides to keep on moving. Mary's work has been shown in galleries throughout the Pacific Northwest and is included in public collections.



Playing with  
**POETRY**

Playing with  
**PROSE**

Nov. 3 | WRITE IN THE HARBOR  
**PRECONFERENCE WORKSHOPS**



# HARBOR INSTITUTE

A non-credit program for adults who want the fun and challenge of a college class without the papers, tests, and grades. With classes affordably priced, Harbor Institute makes it easy to learn local history, immerse yourself in art, or keep up on some of the most exciting and important trends unfolding in the world at large.

## The Biology of History: Examining DNA and Ancestry **NEW**

Have you ever wondered what your DNA has to tell you about your ancestry? Look at the current science and methodologies being utilized by public and private institutions to determine genetic ancestry, and see how anthropologists, historians, and archeologists view this "evidence." 4 sessions.

5929 Oct 3-Oct 24 Tu 10-11:30a GHC Lowinger \$59

## History of Spying II: Cold War to the Present **NEW**

This class picks up the history of spying with the disestablishment of the OSS and formation of the CIA. Spying operations, successes, and failures will be explored as well as the intelligence needs that underlie these operations. Discuss current US intelligence structure and the formation of the Counter Terrorism Center. 5 sessions.

5822 Oct 4-Nov 1 W 10-11a GHC Genet \$59

## Vienna Through the Ages

Not just a travelogue but rather an unbiased look at the fascinating history and culture of this great city. 4 sessions.

5902 Oct 5-Oct 26 Th 3-4p GHC Dodd \$59

## The Viet Nam War: A Discussion of the PBS Documentary **NEW**

Part I of a series of classes that will use the Ken Burns/Lynn Novic documentary (broadcast on PBS) as a foundation to explore the political realities surrounding the war. 4 sessions.

5938 Oct 6-Oct 27 F 10a-12p GHC Paganelli \$69

## Genealogy I: Basics for Family History, Genealogy II: Finding Your Family Story

Genealogy I will teach you how and where to begin your family search. Then delve more deeply in Genealogy II: Finding Your Family Story. You will create a family tree that can be easily shared with others. 4 sessions each.

5911 Genealogy I Oct 6-Oct 27 F 10:30a-12p \$59

5912 Genealogy II Nov 17-Dec 15 F 10:30a-12p \$59

No class 11/24

GHC Hisel

## Genealogy Databases: Using US Census Data

Learn how to use these sources for finding and compiling family information. 1 session ea.

5913 Census Data 1790-1840 Oct 16 M 6p-8p \$24  
5914 Census Data 1850-1940 Oct 23 M 6p-8p \$24  
GHC Hisel

## Across Southeast Asia, Western Pacific, and Oceania **NEW**

Look at the natural history, people, explorers of the Pacific, migration and colonization, and political and historical events of this region. 8 sessions. No class 11/8 and 11/24.

5818 Oct 6-Dec 8 F 10-11:30a GHC Chase \$89

## What Makes a Museum **NEW**

This class focuses on the history of museums, from the Cabinets of Curiosities and the transformation of the Louvre, to contemporary museum philosophy and exhibition design. 4 sessions.

5915 Oct 6-Oct 27 F 3-4p GHC Innes \$59

## Exploring Ancient Egypt: Pyramids, Tombs, and Pharaohs **NEW**

Examine the major issues and theories of modern Egyptology. Beginning with the earliest inhabitants of the Nile and continuing through the fascinating religious and funerary practices that most people have heard about. 6 sessions.

5928 Oct 9-Nov 13 M 10-11:30a GHC Lowinger \$69

## The Ancient Non-Latins of Italy: Etruscans, Samnites and Others **NEW**

Have you ever wanted to know more about the Etruscans or the other non-Latin (Roman) cultures of Italy? This class examines the overlooked history and key contributions of cultures that shaped the region. 6 sessions.

5930 Oct 11-Nov 15 W 10-11:30a GHC Lowinger \$69

Where learning never stops ...



2017

## Regional Writers Conference

**Nov. 3 & 4**

Gig Harbor, WA

### KEYNOTE SPEAKER

**J.A. JANCE**

Internationally acclaimed author of thrillers and part-time Seattle resident

### WORKSHOPS about writing and publishing

Write in the Harbor is targeted toward writers working at all levels, in all genres and styles. Beginners and more seasoned scribes will find inspiration as well as practical advice, tips, and tricks. More important, perhaps, participants will have the opportunity to forge meaningful connections with a local writing community.

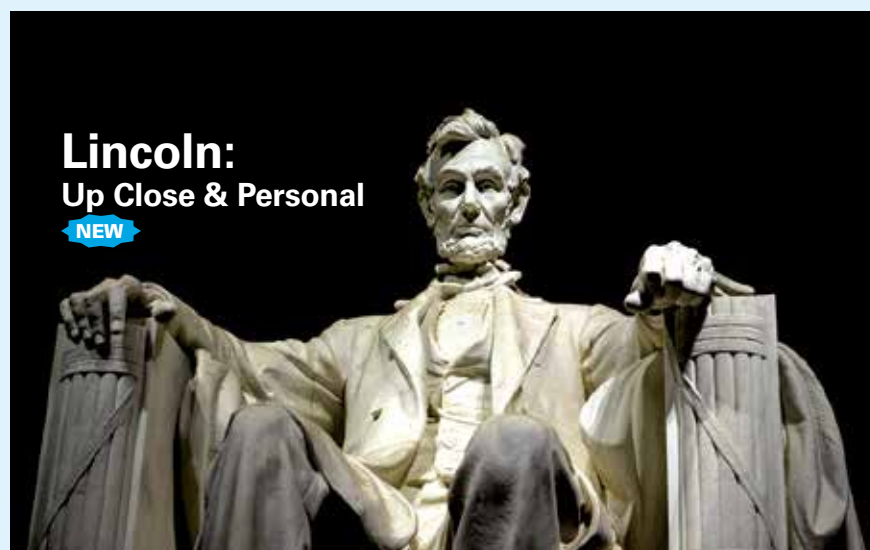
### REGISTRATION

\$169 Registration includes lunch and space is limited!

Limited fee waivers available for TCC students who qualify

More Info? | 253.460.2424

[continuingedtacoma.com/writeintheharbor](http://continuingedtacoma.com/writeintheharbor)



## Lincoln: Up Close & Personal

**NEW**

Abraham Lincoln looms largest in our historical landscape. Here you will get a deeper understanding of the man who had a profound impact on issues of his time--and ours. 4 sessions. No class 11/22.

5906 Nov 8-Dec 6 W 2-3:30p GHC Fowler \$59

### WRITE IN THE HARBOR PRECONFERENCE WORKSHOPS

Workshops designed to focus the work and assist the process of our regional writers. You do not have to be a registered Conference participant to participate in the Preconference Workshops.

#### Secondary Characters and Subplots **NEW**

Explore how secondary characters can be the center of subplots that keep things moving in a central plot. 1 session.

5953 Nov 3 F 11:30a-2p GHC Ude \$49

#### Playing With Prose **NEW**

Generate new prose and strengthen your work-in-progress through sensory detail, imagery, dialogue and more. 1 session.

5957 Nov 3 F 10-11:30a GHC Warner \$49

#### Playing With Poetry **NEW**

Experiment and explore the freedom of informal poetry. Play with sound, rhythm, detail and elements of style. 1 session.

5958 Nov 3 F 12-1:30p GHC Warner \$49

#### Researching for Historical Fiction **NEW**

Research guidelines and fact-finding exercises to quickly discover historical details that will lend a story authenticity. 1 session.

5951 Nov 3 F 1-2:30p GHC Snoek-Brown \$49