

stretch your mind from art to personal growth to writing

Spring

EXPLORE
continuingedtacomac.com

PERIODICALS
POSTAGE
PAID
TACOMA, WA

POSTAL CUSTOMER
ECRWSS

 facebook.com/ContinuingEdTacoma  253.460.2424  continuingedtacomac.com

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 continuingedtacomac.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.

CANCELLATION AND DROPS: Students wishing to drop a class need to notify CE staff at least 7 days before the class start date. Students will be notified by email if a class needs to be cancelled, and will receive a full refund.

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.

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

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 can download a printable Continuing Education Parking Permit on the Continuing Ed website (continuingedtacomac.com) prior to the start of class. Directions and more parking information can be found by clicking the “About” tab on our website.

DOCUMENTATION, CEUS, AND CLOCK HOURS: Continuing Education classes do not show credits or course hours on transcripts. TCC’s Continuing Education is a registered with Washington State OSPI as a provider of CEUs and Clock Hours. For each hour of instruction, one clock hour or .1 Continuing Education Unit are awarded. If you need documentation of your classes, CEUs or Clock Hours, students must request and register for documentation prior to the beginning of class by contacting CE staff and paying a \$20 fee (in addition to course fees) per documented class.

AGE: All TCC Continuing Ed classes are designed for adults 18 years of age or older, unless otherwise specified in a class description.

ONLINE CLASSES: TCC offers online classes for personal enrichment and job/career training. Please check our website for more information at continuingedtacomac.com/online or ed2go.com/tccdtc.

INSTRUCTORS WANTED! Do you have a skill, hobby, or expertise you would like to share with your community? Let us know by submitting a proposal for a class via our online form at continuingedtacomac.com/ce-about.

april

02 Iyengar Yoga

Iyengar yoga is a practice that focuses on developing strength and flexibility through alignment. Props and adaptations make it accessible to every level of ability, injury or disability. 10 Sessions. No class on May 28.

5764 Apr 2-Jun 11 M 4:30-6p GHC Loghry \$89

03 Zumba I

Have fun with this calorie-burning, muscle-building workout! Zumba combines upbeat music with dance styles from around the world. All fitness levels are welcome. 10 sessions.

5810 Apr 3-May 3 Tu & Th 5:20-6:20p TCC McGovern \$59

Zumba Combo

Save \$10 by registering for two full sessions. 20 sessions.

5812 Apr 3-Jun 7 Tu & Th 5:20-6:20p TCC McGovern \$108

Ceramics II

Intermediate and advanced handbuilding and wheel techniques, glazing and finishing. Most materials included. Prerequisite: Instructor permission. 10 sessions.

5717 Apr 3-Jun 5 Tu 6-8p TCC Ozaki \$229

Strategies for Maximizing Social Security and Preparing for Long-Term Care

Social Security is very complex. We will take you through the choices and help ensure the decisions you make are ones best for your situation. In an instant, an accident or diagnosis can change your life and your family's. Discover how long-term care can prepare you and your family—emotionally, physically and financially. 1 session.

5787 Apr 3 Tu 6-8p GHC North \$19

04 Beginning Watercolor I

For true beginners. Learn the basic properties of paints, paper, and brushes, color mixing, washes, and more. Guided exercises and hands-on practice. Supply list available. 5 sessions.

5537 Apr 4-May 2 W 1:30-3:30p GHC Finnigan \$139

06 Ceramics I

Beginning handbuilding and wheel techniques, glazing and finishing. Most materials included. 10 sessions.

5906 Apr 6-Jun 8 F 10a-12p TCC Gaudino \$229

09 Jazz Guitar for Beginners **NEW**

Learn the ropes of the jazz guitar style. These sessions cover basic techniques and warm-ups exercises, a survey of jazz guitar playing by greats, a discussion of chords, scales, and improvisation, and the study and performance of a solo jazz piece. Bring your guitar. 5 sessions.

5901 Apr 9-May 7 M 6-7p TCC G. Preparata \$129

10 7 Financial Strategies for Women **NEW**

Many women face life-changing financial decisions. Understanding your options related to setting goals, Social Security, protection, estate and retirement strategies, and how to stay informed. 1 session.

5529 Apr 10 Tu 6-7:30p GHC North \$19

The Nazi Hunt for the Holy Grail

Explore the esoteric and religious roots of Nazism, and delve into the various "expeditions" sponsored by the Third Reich in search of "magical weapons." 4 sessions.

5792 Apr 10-May 1 Tu 6-7:30p GHC G. Preparata \$89

Beginning and Intermediate Photography

Great course for new and experienced photographers. Course covers basics of composition, exposure, and how to create beautiful images. Lots of hands-on practice. Reference manual included. 5 sessions.

5534 Apr 10-May 8 Tu 6:30-8:30p TCC Kehr \$139

11 Spanish Conversation for Beginners I

Learn to speak and write in Spanish by using conversation with others on topics art, music, culture, food and family. Interactive and fun for all beginners. 9 sessions.

5905 Apr 11-Jun 6 W 2:30-3:30p TCC Curtis \$175

Spanish Conversation for Beginners II

More Spanish conversation to practice and grow your language skills. All classes conducted in Spanish. 9 sessions.

5784 Apr 11-Jun 6 W 4-5p TCC Curtis \$175

The Nazi Hunt for the Holy Grail

Explore the esoteric and religious roots of Nazism, and delve into the various "expeditions" sponsored by the Third Reich in search of "magical weapons." 4 sessions.

5793 Apr 11-May 2 W 6-7:30p TCC G. Preparata \$89

Beginning and Intermediate Photography

Great course for new and experienced photographers. Course covers basics of composition, exposure, and how to create beautiful images. Lots of hands-on practice. Reference manual included. 5 sessions.

5535 Apr 11-May 9 W 6:30-8:30p GHC Kehr \$139

12 Spanish Conversation for Beginners I

Learn to speak and write in Spanish by using conversation with others on topics art, music, culture, food and family. Interactive and fun for all beginners. 9 sessions.

5904 Apr 12-Jun 7 Th 11a-12p GHC Curtis \$175

Spanish Conversation for Beginners II

More Spanish conversation to practice and grow your language skills. All classes conducted in Spanish. 9 sessions.

5785 Apr 12-Jun 7 Th 12:30-1:30p GHC Curtis \$175

Magic and the Black Arts **NEW**

Intellectual exploration of the world of magic, told through the lives of occultists and the history of magic rituals. Covers the white and black arts, hypnosis, symbolism, and sacrifice in fact, fiction, and film. 5 sessions.

5766 Apr 12-May 10 Th 6-7:30p GHC G. Preparata \$99

14 The Writing Experience **NEW**

Workshop style class to explore the structure, techniques, and practices of the writing craft. Equal parts lecture, group critique, and active participation. 6 sessions.

5797 Apr 14-May 19 Sa 10a-12p TCC Wells \$119

16 Tai Chi I

Tai Chi is a low impact, slow motion form of exercise that addresses aging through increased muscle strength, flexibility, balance and aerobic conditioning. Wear loose comfortable clothing with soft sole shoes or bare feet. 7 sessions. No class on May 28.

5789 Apr 16-Jun 4 M 5:20-6:20p TCC Eber \$85

Dante for Adults: Going Deep into Dante's "Inferno" **NEW**

"The Inferno" opens with a character who finds himself lost, and the only way out is through hell. Discussion and projects will bring this classic work to life. Text required. 6 sessions.

5744 Apr 16-May 27 M 6-8p TCC Scannell \$133

Tai Chi II

Sessions for more advanced practitioners. Prerequisite: Tai Chi I.

7 sessions. No class on May 28.

5790 Apr 16-Jun 4 M 6:30-7:30p TCC Eber \$85

17 Introduction to Screenwriting **NEW**

Learn the basics of screenplay structure, script formatting, screenwriting software, how to evaluate popular screenwriting manuals, and pathways to getting your screenplay produced. 6 sessions.

5761 Apr 17-May 22 Tu 6-8p GHC Sadono \$179

18 Mosaic Project: Skyline **NEW**

Make a window with stained glass mosaic using the skyline of Paris, London, Venice, Seattle, New York or Amsterdam. All materials included. 4 sessions.

5902 Apr 18-May 9 W 9:30a-12:30p GHC Hickner \$107

Yoga for Fitness

Full body, non-impact workout blending Yoga, Pilates and Tai Chi. Improve your balance, strength and flexibility. Coed, suitable for all fitness levels. Seniors welcome. Bring your yoga mat. 8 sessions.

5808 Apr 18-May 30 W 12:15-1:15p HDS Brower \$89

Mosaic Project: Skyline **NEW**

Make a window with stained glass mosaic using the skyline of Paris, London, Venice, Seattle, New York or Amsterdam. All materials included. 4 sessions.

5903 Apr 18-May 9 W 1:30-4:30p TCC Hickner \$107

Introduction to Voiceovers

Fun empowering workshop covering the different types of voiceovers and tools needed to succeed. 1 session.

5762 Apr 18 W 6-8p GHC Voices for All \$49

Songwriting Workshop **NEW**

Beginning song writing is for everyone. Learn basic song structure and simple methods to develop ideas, lyrics, melodies and explore live performance. For first time songwriters and those who want to grow their current work. 4 sessions.

5781 Apr 18-May 9 W 6-8p TCC Akre \$82

19 Writing a Novel: Beginning and Middle **NEW**

Key aspects of a novel (introduction of major characters, plotting, and conflicts) begin in a novel's first quarter and are explored in the middle section. Discuss craft and workshop your chapters. 4 sessions.

5807 Apr 19-May 10 Th 1-4p GHC Ude \$89

Basic Automotive Maintenance **NEW**

Look at the things regular folks need to know to maintain the good working order of their vehicles. Learn how to check and change oil, change a tire, check belts and plugs, filters, wipers, and more. 4 sessions.

5533 Apr 19-May 10 Th 6-8p TCC Hubble \$129

20 Reiki I & II **NEW**

Reiki is a Japanese system of energy healing. This course introduces the history, methodology, and practice of Reiki. Students will receive an attunement enabling them to use Reiki for themselves and others, as well as distance healing, nature, goals, conflict resolution and more. 4 sessions.

5909 Apr 20-Apr 28 F & Sa 9a-4:30p TCC Clapper \$244



Feng Shui Your Space **NEW**

Learn how the energy of your home (clutter, mirrors, color, objects) affects and reflects your life, and the systems of order that impact relationships, health, and wealth. Text suggested. 2 sessions.

5756 Apr 20-Apr 27 F 2-3:30p GHC Christian \$72

21 Yoga for Fitness

Full body, non-impact workout blending Yoga, Pilates and Tai Chi. Improve your balance, strength and flexibility. Coed, suitable for all fitness levels. Seniors welcome. Bring your yoga mat. 8 sessions/No class May 26.

5809 Apr 21-Jun 16 Sa 9-10a HDS Brower \$89

23 Wellness Pathway **NEW**

This class is for those interested in strengthening their wellness belief and for those learning how to take responsibility for their health—and the health of their families. 4 sessions.

5804 Apr 23-May 14 M 6-8p TCC Thomas \$129

24 Retire Wisely With Estate Planning

Will you have enough to retire? Will your retirement income last? Are your assets protected? Should you have a will or a trust? Learn how to manage risks all retirees face; outliving income, inflation, unpredictable events, market volatility, income taxes, and rising health care costs. 1 session.

5777 Apr 24 Tu 6-8p GHC North & Turnbull \$19

28 Creatively Writing Your Legacy **NEW**

Although you may already be writing your memoir, a "legacy" has more facets. Use photos, journals and other material to craft multi-layered legacy documents for friends and family. 6 sessions/No class on May 26.

5721 Apr 28-Jun 1 Sa 10a-12p TCC Cousineau \$133

30 Chaos to Calm: Introduction to Mindfulness Meditation

Learn the tools and practice the skills needed for the self-nurturing practice of "mindfulness meditation." The instructor, a licensed marriage and family therapist, has been offering this class in Gig Harbor since 2006. 1 session.

5719 Apr 30 M 6:30-8:30p GHC Bratspis \$49

may

02 Wondrous Art of Knitting for Beginners **NEW**

Master the foundation of knitting including continental and English styles, forming knits and purls, increases/decreases, reading patterns, and organization. Discuss fashion trends, styles, and the ways to market your creations. 5 sessions.

5805 May 2-May 30 W 2-3p GHC S. Preparata \$129

Wondrous Art of Knitting Advanced **NEW**

Learn cables (with and without needles), stranded knitting, and other techniques to create a variety of articles, from mittens, sweaters, hats, coats, and elaborate scarves. 5 sessions.

5806 May 2-May 30 W 3:30-4:30p GHC S. Preparata \$129

Drawing What You See

In this class you will learn to see the way the artist sees, and how to draw what you see or imagine with accuracy. Supply list available. 6 sessions.

5908 May 2-Jun 6 W 6:30-8:30p TCC Schlaudraff \$99

03 Astrology 101 **NEW**

Learn astrology terms, how to read your natal birth chart, what the "houses" mean, the ways the energies of planets affect each other in transits, what retrograde planets mean, and more. 4 sessions.

5531 May 3-May 24 Th 6-7:30p GHC Christian \$109

Drawing What You See

In this class you will learn to see the way the artist sees, and how to draw what you see or imagine with accuracy. Supply list available. 6 sessions.

5907 May 3-Jun 7 Th 6:30-8:30p GHC Schlaudraff \$99

Ukulele for Everyone **NEW**

Ukes are super-affordable and portable—and fun! This group class will get you started. Bring your ukelele. 6 sessions.

5798 May 3-Jun 7 Th 6:30-8p GHC Saxon \$113

04 Watercolor Studio **NEW**

Exchange ideas, tips, and tricks with other painters, and get expert feedback from the instructor as you paint the subject of your choice. Use your favorite materials. 6 sessions.

5803 May 4-Jun 8 F 10a-1p GHC Finnegan \$139

05 Alcohol and Drug Information School (ADIS-TOT)

Approved course by Division of Behavioral Health and Recovery for individuals wanting to become certified as Alcohol/Drug Information School (ADIS) trainers. Fee includes facilitators manual. 14 Clock Hours or 1.4 CEU's. 2 sessions.

5530 May 5-May 12 Sa 8:30a-4:30p TCC Towey \$225

Ukulele for Everyone **NEW**

Ukes are super-affordable and portable—and fun! This group class will get you started. Bring your ukelele. 6 sessions/No class May 26.

5799 May 5-Jun 16 Sa 9:30a-11a TCC Saxon \$113

08 Zumba II

Have fun with this calorie-burning, muscle-building workout! Zumba combines upbeat music with dance styles from around the world. All fitness levels are welcome. 10 sessions.

5811 May 8-Jun 7 Tu & Th 5:20-6:20p TCC McGovern \$59

Serial Killers and Criminology

A look at the founding of criminology and how social and psychological theories have been formulated to attempt to fathom the motives and mechanisms that drive serial killers. 5 sessions.

5779 May 8-Jun 5 Tu 6-7:30p GHC G. Preparata \$99

Understanding Your Dreams **NEW**

Learn how to remember more of your dreams, and how to use dreams to improve everyday life. Learn techniques to share dreams with friends and family. 6 sessions.

5800 May 8-Jun 12 Tu 6-8p GHC Dawn \$119

09 Beginning Watercolor II

Building on basic skills, learn to create depth in your painting, explore new textures, masking, and more. Supply list available. 5 sessions.

5538 May 9-Jun 6 W 1:30-3:30p GHC Finnegan \$139

Ethics and the Law: Putting Professional Values into Practice

Current information on legal and ethical issues including confidentiality, dual relationships, malpractice, duty to warn, and other important concerns for professionals. Designed for any individual interested in ethics training, and meets Continuing Education Unit (CEU) requirements for Behavioral Health professionals. 2 sessions.

5751 May 9-May 10 W & Th 6-9p TCC Towey \$79

Serial Killers and Criminology

A look at the founding of criminology and how social and psychological theories have been formulated to attempt to fathom the motives and mechanisms that drive serial killers. 5 sessions.

5780 May 9-Jun 6 W 6-7:30p TCC G. Preparata \$99

10 Beginning French Language **NEW**

Emphasis will be on reading and written skills, with basic conversation. Students will learn typical phrases and elementary grammar structures. Learn useful vocabulary, pronunciation, and sentence patterns. 6 sessions.

5536 May 10-Jun 14 Th 6-7:30p GHC Cosgrove \$72

15 Better Landscape Photography **NEW**

In this fun workshop you will learn to best set up your camera to create stunning landscape photos. Course covers the digital equipment you'll need, shooting techniques, composition, lighting, and the tips, tricks, and hacks the pros use for awe-inspiring photos. 1 session.

5539 May 15 Tu 6:30-8:30p TCC Kehr \$139

16 Better Landscape Photography **NEW**

In this fun workshop you will learn to best set up your camera to create stunning landscape photos. Course covers the digital equipment you'll need, shooting techniques, composition, lighting, and the tips, tricks, and hacks the pros use for awe-inspiring photos. 1 session.

5540 May 16 W 6:30-8:30p GHC Kehr \$139

17 Starting Fresh on the Page **NEW**

Many people come to writing after careers in other fields. Learn about the commitment necessary to become a successful writer. Explore the culture of the writing community, industry standards, and how the publishing market operates. 4 sessions.

5786 May 17-Jun 7 Th 6-8p GHC Ponepinto \$89

22 Better Travel Photo Workshop **NEW**

Great class for those planning a trip who want to create outstanding photos of their journey. Course covers lighting, composition, basic gear and essentials needed. Bring camera, charged batteries, and camera manual to class. 1 session.

5710 May 22 Tu 6:30-8:30p TCC Kehr \$139

23 Better Travel Photo Workshop **NEW**

Great class for those planning a trip who want to create outstanding photos of their journey. Course covers lighting, composition, basic gear and essentials needed. Bring camera, charged batteries, and camera manual to class. 1 session.

5711 May 23 W 6:30-8:30p GHC Kehr \$139

june

05 Introduction to Voiceovers

Fun empowering workshop covering the different types of voiceovers and tools needed to succeed. 1 session.

5763 Jun 5 Tu 6-8p TCC Voices for All \$49



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.

Cultures and Societies of the Ancient Mediterranean (Part I)

Examine the development of Greek, Italian, and Egyptian civilizations of the Ancient Mediterranean. Beginning with the civilizations of the Ancient Near East (c. 5000 BCE) through the Old, Middle, and New Kingdoms of Egypt (c. 3000-1200 BCE) and ending with the rise of post-Bronze Age Greek societies. Supplemental text. 10 sessions.

5734 Apr 2-May 2 M & W 10a-11:45a GHC Lowinger \$99

Genealogy and American Migration **NEW**

When your ancestors disappear from the family home it's time to check the migration routes. 1 session.

5757 Apr 5 Th 10:30a-12:30p GHC Hisel \$29

Introduction to Family Search

Learn to use the basic features of this free online program. 1 session.

5760 Apr 12 Th 10:30a-1:30p GHC Hisel \$29

The Viet Nam War:

A Discussion of the PBS Documentary (Part III) **NEW**

Part III of the class focusing on the Ken Burns/Lynn Novic documentary (broadcast on PBS) as a foundation to explore the political realities surrounding the war. This class will focus on episodes 9 and 10, and include lessons learned from the documentary. 4 sessions/No class on May 4.

5795 Apr 13-May 11 F 10a-12p GHC Paganelli \$69

Genealogy I: Basics For Family History

Introduction to researching your family using what you know and the documents you already have. Learn how to source info, and how to share it with others. 4 sessions.

5758 Apr 13-May 4 F 10:30a-12p GHC Hisel \$59

Exploring Irish Genealogy Records

Find your Irish family records and history with this class focusing on Irish resources. 1 session.

5753	Apr 16	M	1-2p	GHC	Cosgrove	\$29
5754	Jun 4	M	5-6p	TCC	Cosgrove	\$29

The Ancient Celts: Society, Culture, and Religion

Who were the Celts? Learn the key features of Celtic society, as well as the development/dominance of the Hallstatt and La Tene cultural groups. In addition, you will follow the dramatic effect(s) of Rome's conquest and domination of the vast majority of the Celtic world. 6 sessions.

5791 Apr 16-May 21 M 6-7:45p TCC Lowinger \$69

Using Excel as a Genealogy Tool

Discover Excel basics, plus tips and tricks, to use Excel to store and track your genealogy. 1 session.

5801	Apr 23	M	1-2p	GHC	Cosgrove	\$29
5802	May 21	M	5-6p	TCC	Cosgrove	\$29

Cultures and Societies of the Ancient Mediterranean (Part II) **NEW**

Part 2 of this class picks up with the rise and spread of Hellenistic societies throughout the Mediterranean and explores the rise of the Etruscans, Roman, and the legacy of Pax Romana. Covers the 3rd century BCE to the 6th century CE. Supplemental text. 10 Sessions/No class on May 28.

5743 May 7-Jun 11 M & W 10a-11:45a GHC Lowinger \$99

Genealogy II: Finding Your Family Story

Learn how to search for your family story and to build a family tree to share. 4 sessions.

5759 May 11-Jun 1 F 10:30a-12p GHC Hisel \$59

Where learning never stops ...

continuingeducation.com/ce-class-search/harbor-institute/

ONLINE LEARNING

Discover why millions of students are making the switch to online learning. With online courses, you can study at your convenience in your preferred learning environment.

Instructor-Facilitated COURSES

24-Hour Access / 6 Weeks of Instruction

These online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. Courses available to you anytime, anywhere include:

- Accounting Fundamentals
- Creating Web Pages
- Medical Terminology: A Word Association Approach
- Speed Spanish
- Introduction to Microsoft Excel
- Project Management Fundamentals
- Grammar Refresher
- Introduction to Statistics
- Computer Skills in the Workplace
- Administrative Assistant Fundamentals

Career Training PROGRAMS

One-On-One Instructor Assistance / 24-Hour Access

All Materials and Books are Included!

Prepare for employment in some of today's hottest careers. Our online programs are comprehensive, affordable, and self-paced. You can begin at any time and learn at your own pace. Popular programs include:

- Medical Billing and Coding
- CompTIA™ A+ Certification Training
- Six Sigma Black Belt
- Building Analyst Quick Start Program
- Medical Transcription
- Travel Agent Training
- Event Management & Design
- Human Resources Professional
- Project Management
- Certified Wedding Planner
- Certified Personal Trainer

continuingeducation.com/online/

TCC

GHC

Gallery



Cosmic Glow
2017 Monoprint

Night Sky Series: Lois Beck

Mar. 26-June 15, 2018

Reception • Apr. 26, 2018 • 5-7 p.m.

Seeing the play *Silent Sky* by Susan Yankowitz in September of 2017, and the very next day coming across a 2012 calendar showing views of space from the Hubble telescope, prompted me to research and make this series of work featuring the wonders of the night sky. In my research I found photographs from many sources and many illustrations of how people have perceived space. My monoprints and collages are my interpretations of the many images I viewed and read about.

It is hard for us to fathom the expanse of the night sky. Our universe extends at least 80 billion trillion miles in every direction around us. The stars that fill the Earth's night sky are only a fraction of the billions that are in our galaxy, and there are at least as many galaxies as stars in our Milky Way.