

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

January through April 2014 classes



Your potential awaits!

Two course guides in one! Community Education pages 1-24
and TMCC Workforce Development pages A-O

- **Train for a 5K run**, page 10
- **Purchase a great home**, page 15
- **Fashion stylish purses and totes**, page 3
- **Take up archery**, page 9
- **Kids: find out how to survive a zombie apocalypse**, page 21



Washoe County
School District

775-829-9010

www.washoecommunityed.org

www.facebook.com/WashoeCommunityEd



Enhance your professional skills with WDCE's classes in the back of this publication.

Two class schedules in one!

Business is working smarter and so is the Washoe County School District and Truckee Meadows Community College. By sharing registration systems and print production costs, we can more efficiently serve you. This publication showcases the gamut of noncredit courses offered through the school district's Community Education and TMCC Workforce Development and Continuing Education—whether for children, adults or our esteemed elders—available through a one-stop location offering noncredit personal enrichment and professional development classes.

We've added more than 40 new topics. Look for the **NEW!** icon to learn more.

What's hot right now in Community Education

Find out why these courses are so popular!

- Stained Glass
- Creative Writing
- Fly Fishing
- Bridge
- High Desert Gardening
- Bald Eagle Expedition
- Make Up Made Easy
- Retirement Planning
- Guitar I
- Belly Dancing
- Spanish
- Vehicle Engineering Camp

Browse this publication and look for the **HOT!** icon to see our screamingly popular topics.

Register at www.washoecommunityed.org and reserve your seat today!

Help your child become a safe driver



Driver's Education in the Classroom

Send your teens to after school and Saturday classes and help them build a strong base to become a safe driver. Classes are conveniently held at each area high school.

Designed for teens aged 15 to 18, these sessions fulfill the 30-hour classroom mandate required for a Nevada Driver's License (this class does NOT include behind-the-wheel instruction or the 50 required driving hours also needed to qualify for a license).

For full details and to register, visit www.washoecommunityed.org and click on classroom courses, or call 829-9010.

Explore. Create. Get fit. Play. Rejuvenate.



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Creative Arts

Arts and Crafts

Most art classes require additional supplies or a materials fee. Supply lists for individual classes are available Online at www.washoecommunityed.org.

Make Art Your Business

Let your left brain know what your right brain is doing. Take your art to the next level by making it your business. Learn alternate ways to present yourself as an artist and discover excellent resources for marketing and promotion of your arts company. The instructor, a multi award-winning designer, is happy to share her art business knowledge with you to give you the competitive edge.

4/16-4/30 W 6 - 7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$59

“Carol is very dedicated to stretching our minds and thinking outside the box.”

—Make Art Your Business student

Painting and Drawing

Drawing I

Improve your drawing skills by using graphite, pencils and ink pens as you learn about proportion, shading, value, negative shapes, basic perspective and the tools to create realistic drawings.

2/7-3/8 F 1-4 p.m.
Woodard
TMCC Meadowood Center S103 \$119

Drawing II

Add dimension and realism to your drawings with shading techniques, accurate values and proportions, perspective and composition knowledge. In addition, explore the use of pen and ink, charcoal and graphite techniques. Drawing I is suggested as a prerequisite to this class, though not required.

3/14-4/11 F 1-4 p.m.
Woodard
TMCC Meadowood Center S103 \$119

Calligraphy—The Literary Arts

Develop your own distinctive style by creating beautiful, free-flowing letters. Explore the exciting ways you can use your newfound talent for scrapbooking, wedding and party invitations and specialty items. Your multi award-winning instructor will show you how rewarding it is to learn this graceful artistry. \$5 materials fee

3/17-4/7 M 6 - 7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$69

Sewing I

Experience the magic of needle and thread as you learn basic sewing techniques, understand patterns and cut fabric. Bring your sewing machine to class and know its basic operations so you can fashion your own fabric creations. Materials required.

2/5-4/9 W 6:30 - 9:30 p.m.
Pelham
TMCC Meadowood Center S103 \$169

Coloring Between the Lines with Colored Pencils

Create greater depth and interest in your colored pencil art through this innovative coloring technique. Understand your personal color palette choices and gain a greater confidence working with all colors. Take your works from “that looks nice” to “WOW, that looks great.” Practice in coloring book fashion to best experience this novel process of looking, playing and experimenting with color. This technique applies to other mediums as well.

4/16-4/23 **W** **2 - 4 p.m.**
Foldvary-Anderson
TMCC Meadowood Center S103 **\$59**

Beginning Techniques with Soft Pastels

Embrace the advantages of painting with pure color pigments. The most permanent of the paint mediums, pastels have hundreds of colors to choose from, the sticks are easy to travel with and have a tactile quality that allows them to be combined with other paints. Discover how to crosshatch/hatch, feather, gradiate, stipple, make expressive linear strokes and more.

4/14-4/21 **M** **1 - 4 p.m.**
Woodard
TMCC Meadowood Center S103 **\$59**

Oil Pastel Smudge Technique

Create beautiful landscapes in minutes with oil pastels. Whether you are a beginner or have some experience, this is a straightforward, simple-to-learn artistic style. Be able to design your own exciting works of art. This powerful new method will teach you how to think and look at the world and art completely differently. Finish five to eight images ready for framing, cards and gift giving for the holidays. \$10 materials fee

3/24-4/7 **M** **2 - 4 p.m.**
Foldvary-Anderson
TMCC Meadowood Center S103 **\$69**



Let's Move Mountains Using the Bob Ross Method of Oil Painting

You really can move mountains by practicing the wet-on-wet oil painting technique made popular by Bob Ross. Learn to paint a variety of mountainous terrain, from foothills to majestic peaks. Practice mountain color mixing, apply paint with a palette knife, make the paint break and shape your mountains on the canvas. Materials required plus a \$20 materials fee.

1/23-2/6 **TH** **5:30 - 8:30 p.m.**
Burkhart
TMCC Meadowood Center S103 **\$99**

Fixing Those Happy Accidents Using the Bob Ross Technique

You've created an oil painting that just doesn't look right. Correct those flaws by making the canvas wet again, changing the color, adding depth, making the painting brighter or inserting a tree, bush, reflections, clouds or water. Discover how easy it is to turn your happy accident into a real work of art. Materials required.

3/13-3/27 **TH** **5:30 - 8:30 p.m.**
Burkhart
TMCC Meadowood Center S103 **\$99**

Bob Ross Technique for Oil Painting Flowers

Learn to paint realistic flowers in a short amount of time. Find out the proper use of paints, color mixing and depth perception while creating a beautiful oil painting during each class. \$20 materials fee

4/10-4/24 **TH** **5:30 - 8:30 p.m.**
Burkhart
TMCC Meadowood Center S103 **\$99**

HOT!

Watercolor Techniques I

Enjoy personalized step-by-step instruction while learning practical watercolor techniques. Build a strong foundation of both traditional and unconventional techniques, while gaining a deep understanding of color study, value relations, compositions and more to create luminous paintings.

2/4-2/25 **T** **1 - 5 p.m.**
Nichols
TMCC Meadowood Center S103 **\$129**

Watercolor Techniques II

Discover your own painting style while learning more exciting and versatile possibilities of watercolor painting. Control the amount of water on your brush and paper as you create your painting. Explore wet-into-wet, dry brushing, color changes, values, glazing, lost and found edges and negative painting techniques while moving closer to achieving your personal artistic goals.

3/4-3/25 **T** **1 - 5 p.m.**
Nichols
TMCC Meadowood Center S103 **\$129**

Watercolor Collage

Unlock your creativity by combining watercolor with collage and creating a texture to enhance one of your previous paintings. Learn about composition and design as well as how to apply layers of paper with glue and gel. Review positive and negative painting, collage techniques and how to create dimension and depth. Explore the endless possibilities the combined media have to offer.

3/29-4/19 **S** **12:30 - 4:30 p.m.**
Nichols
TMCC Meadowood Center S103 **\$129**

*“Very inspirational instructor.
She opened up our creativity.”*

—Suzanne B., Watercolor Collage student



HOT!

Spring Watercolor Flowers

Discover easy techniques to painting fresh, luminous spring flowers. Work with glazing, wet-into-wet, dry brushing, negative painting, lost and found edges and other tricks unique to this medium. Learn to use color theory, composition and design to make your florals shine.

4/1-4/22 T 1-5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

Winter Watercolor Landscapes

Learn the basics of watercolor painting including color theory, composition and design. Explore traditional and unconventional methods of applying paint on paper that include pouring, glazing, wet-into-wet, dry-into-wet and dry brushing techniques. You will use resist, sprinkling of salt and other experimental effects to create beautiful winter landscapes.

1/7-1/28 T 1-5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

NEW!

African Safari Using Waterbased Oil Paints and Acrylics

Create a beautiful African safari painting from start to finish using traditional oil paints with a few major differences. No fumes, cleanup is easier and drying time is faster. Using sponges and acrylic paints as the base coat and oils for the finishing touches, experience an easier way to create landscapes and wildlife together. This knowledge can be used to create very large paintings and murals. If you have never painted before, can't draw a straight line or think you have no artistic ability, try this class. Supplies and canvases included. \$40 materials fee

3/6 TH 5:30 - 8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$36

Textiles

NEW!

Fashionable Purses and Totes

Enhance your sewing skills as you learn how to construct and decorate totes, purses, a travel bag and clutches. Find out how to recycle jeans and jewelry to achieve a unique look, as well as fashion a purse for every day or evening events. By the end of class, you'll have four completed projects you can use or give for gifts. Materials required.

4/3-4/24 TH 1-4 p.m.
French
TMCC Meadowood Center S103 \$99

Weaving I

Delight in creating woven home accents and gifts by learning basic weaving on a rigid heddle loom. Experiment with colors, textures, yarns, patterns and techniques. Find out about interlocking tapestry, soumak, rya knots, inlay and more. Take home a rental loom to perfect your skills. \$25 materials fee

4/5-5/10 S 12:30 - 3:30 p.m.
Gottsacker
TMCC Meadowood Center S104 \$99

Glass Art

Glass Fusion I

Experience the beauty and fun of creating glass art through basic fusing, design, glass cutting, grinding and fixing techniques. Afterward, you will look forward to showing off the wonderful art you've crafted. \$40 materials fee

1/17-1/18 F 5:30 - 8 p.m.
S 8 - 10:30 a.m. OR
3/21-3/22 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Howell
Kadam Studio \$79

[View this video to learn about Glass Fusion or go to the online description for a direct link.](#)



Glass Fusion—Double Fusion

Double down by experimenting with advanced ways to use sheet glass, confetti and other non-sheet glass products. You will produce two decorative plates of your own. Prerequisite: Glass Fusion. \$45 materials fee

2/7-2/8 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Howell
Kadam Studio \$79

Glass Fusion—Jewelry Making

Take what you've learned from your prior glass class into new territory and create unique jewelry. Feel pride wearing your artistic jewelry. Prerequisite: Glass Fusion. \$45 materials fee

4/4-4/5 F 5:30 - 8 p.m.
S 8 - 10:30 a.m.
Howell
Kadam Studio \$79

Framework Bead Making

Glass bead making is an art that has been practiced for more than 3,000 years. Discover the basic techniques of this fascinating decorative and functional art form as you build a bead, make stringers and twisty stringers, use frit and silver foil and learn to set up and operate a propane-oxygen torch. \$40 materials fee

3/18-3/20 T,TH 6-9 p.m.
Tachihara
Tapestry Glass \$99

HOT!

Stained Glass I

Create stunning stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience. \$40 materials fee

1/18-1/25 S 1-4:30 p.m. OR
3/22-3/29 S 1-4:30 p.m.
Howell
Kadam Studio \$79



Crafts

NEW!

Basic Jewelry Making

Discover a fun hobby that can be enriching, therapeutic and lucrative. Create beautiful jewelry like necklaces, bracelets, pendants and earrings by learning wire techniques, how to work with leather and cloth, how to make multi-stranded pieces and how to secure clasps. Tools are provided. Bring your own materials or purchase them at the class.

2/10-3/3 M 5:30 - 8:30 p.m.
Sanchez
TMCC Meadowood Center S320 \$69

Jewelry—Wirewrap Stones

Use your favorite polished stones to create something new, exciting and one-of-a-kind by applying wrapping techniques to the stones. Individual expression is given free rein and beginners are welcome. \$45 materials fee

3/15 S 9 a.m. - 12 p.m.
Shaw
TMCC Meadowood Center S103 \$45

Enameling I

Enameling may be intricate, but it doesn't have to be intimidating. It's easy to get started and you'll get satisfying results right away. With endless techniques to try, you'll never run out of ideas. \$30 materials fee

2/12-2/13 W,TH 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$79

Why take art classes?

Art frees you to express feelings and ideas in a non-rigid, therapeutic way, says Shelley Frost, an eHow contributor.

Recycled Telephone Wire Baskets

Turn trash into treasures through the unique art of wire basket making by recycling and repurposing telephone wire. Create two beautiful bowl-shaped baskets to call your own. \$25 materials fee

3/5-3/19 W 5:30 - 8 p.m.
Salvagione
Kadam Studio \$79

Wood I

Shape wood by learning how to work safely with a planer, jointer, table saw, hand-held power tools, belt sander and more. Start by cutting boards and benches and then continue with more complex projects suggested by you or the instructor. Learn about finishing techniques such as sanding and staining. \$30 materials fee

1/22-4/30 W 6:30 - 9:30 p.m.
Hayes
Clayton Middle School Shop \$219

HOT!

Welding I

Start a new artistic hobby with basic stick welding, oxy-acetylene welding and wire-feed welding of steel. Discover the types of welding equipment available for home and hobby use. \$65 materials fee

1/14-3/4 T 6 - 8 p.m.
Stokes
Sparks High Metal Shop \$200

Welding II

Improve the welding skills you acquired in Welding I and add levels of difficulty like out-of-position welding and gas tungsten arc welding. Become a hobby welder with the confidence to complete projects that require welding and cutting. \$65 materials fee

3/11-5/13 T 6 - 8 p.m.
Stokes
Sparks High Metal Shop \$200

Basic Leather Stamping and Tooling

Leatherwork has the Wild West written all over it. Learn the art of hand-stamped, hand-tooled leather from a working cowboy and rancher. Expand your creativity by working on individual projects ranging from coasters to placemats.

2/3-2/8 M 7 - 8 p.m.
S 9:30 a.m. - 4:30 p.m.
Myers
TMCC Meadowood Center S104 \$79

"Someone who has never done leather work can leave this class with very good skills."

—Jim P., Basic Leather Stamping and Tooling student

Pottery on the Wheel

Immerse your hands in raw, wet clay and transform it into a functional piece of pottery. Learn how to prepare clay and dabble in the techniques of center and throw, pinch, slab and coil. Experiment with different glazing and firing methods to produce beautiful pieces of art. \$50 materials fee

2/4-2/25 T 5:30 - 7:30 p.m. OR
3/4-3/25 T 5:30 - 7:30 p.m. OR
4/15-5/6 T 5:30 - 7:30 p.m.
Gandolfo
Reno High Industrial Arts Building \$99

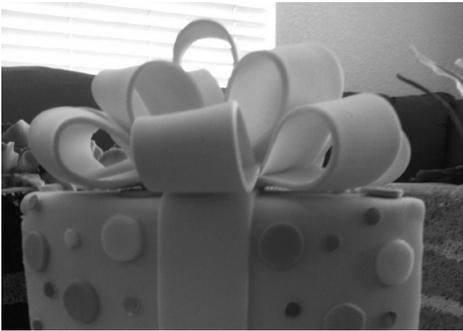
Clay Building Techniques

Join us for an exploration of various hand-building clay techniques like coiling, slab making and pinching. Learn how to make functional clay projects that you can use at your kitchen table, in your garden, and as ornaments and sculptures. Explore many fun and unique glazing and firing techniques. Clay, firing and glazes included in the \$50 materials fee

2/4-2/25 T 5:30 - 7:30 p.m. OR
3/4-3/25 T 5:30 - 7:30 p.m. OR
4/15-5/6 T 5:30 - 7:30 p.m.
Gandolfo
Reno High Industrial Arts Building \$99

Food and Beverage

For Kids' Kitchen, see page 23.



NEW!

Cake Decorating—Buttercream 1

Create beautiful cakes by starting with the basics. Learn how to level, fill and ice your cakes smooth, make rosettes and borders and write on your cakes to make one-of-a-kind creations for your family and friends.

1/27-2/10 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shop \$49

"It is a very creative experience!"

—Darlene S., cake decorating student

NEW!

Cake Decorating—Buttercream 2

Take what you've learned to the next level with breathtaking basket weaving, fancy borders, sweet peas and much more. Discover how easy it is to make professional-looking cakes that your family and friends will go crazy over.

2/24-3/10 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shop \$49

NEW!

Cake Decorating—Royal Icing Flowers

Smooth, hard-drying royal icing is used to create flowers and trims. This way you can make these decorations in advance and simply place them on your cake when you are ready. Once hardened and properly stored, Royal Icing decorations will not soften or crumble.

3/17-3/31 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shop \$49

NEW!

Cake Decorating—Fondant 1

Fondant is an edible clay frosting that is beautiful on cakes, whether you're covering the whole cake or just using embellishments to create a one-of-a-kind piece of art.

4/7-4/21 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shop \$49

NEW!

Cake Decorating—Fondant 2

Have more fun with fondant by learning to do textures, drapes, swags, brushed embroidery and quilting. We will even make a stacked cake. After this class, you may want to make your first wedding cake.

4/28-5/12 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shop \$49

Home and Garden

NEW!

Upholstery I

Develop the skills necessary to do your own upholstery work as you learn the tools and materials of the trade. Start with frame construction and work your way through webbing, spring tying, sewing and fabric layouts as you give new life to a piece of your own furniture. \$30 materials fee

1/9-2/27 TH 6 - 9 p.m.
Murdoch
TMCC Meadowood Center S103 \$89

Basic Home Repair

Save money and avoid scheduling repairmen by fixing it yourself. Learn from a local construction professional how to do light repairs on drywall, plumbing, electrical and carpentry. \$20 materials fee

2/5-3/12 W 6 - 8 p.m.
Shumway
TMCC/IGT Applied Technology Ctr. 175 \$89

HOT!

Floral Arranging for Fun—Spring Colors

Create beautiful flower arrangements like a pro that will smell wonderful and decorate any room beautifully. Learn more about the specifics of floral design including the types of flowers used in bouquets, how to design flowers artistically and the steps necessary to make a flawless arrangement. Get a hands-on demonstration from an expert and an opportunity to use professional tools that will enhance your arrangements. Classes that fall near a holiday will explore ways to make holiday-themed pieces that are great to use as gifts or to decorate your home or office. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome.

4/10-4/17 TH 5 - 6:30 p.m.
Henderson
Sparks Florist Design Center \$49

HOT!

Wood I

Shape wood by learning how to work safely with a planer, jointer, table saw, hand-held power tools, belt sander and more. Start by cutting boards and benches and then continue with more complex projects suggested by you or the instructor. Learn about finishing techniques such as sanding and staining. \$30 materials fee

1/22-4/30 W 6:30 - 9:30 p.m.
Hayes
Clayton Middle School Shop \$219

Wood II or III

Design and create your own masterpiece using joinery such as miter, dovetail, dado, rabbit, mortise and tenon. Learn the art of creating face frames, raised panel doors and drawer construction, or take a break and spin a bowl. Explore the use of exotic woods such as cocobolo, purple hart, padauk and zebra wood. From a simple box to the furniture to display it on, this class can help you develop your skills to achieve whatever you desire. \$30 materials fee

1/22-4/30 W 6:30 - 9:30 p.m.
Hayes/Sutherland
Clayton Middle School Shop \$219

HOT!**High Desert Gardening Basics**

Get better results in your garden by understanding the horticultural conditions of northern Nevada. Learn proper pruning of trees, shrubs, perennials and roses. Discover how to recognize damage from insects, diseases and cultural problems. Enjoy gardening success while minimizing cost and labor.

3/19 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$39

HOT!**High Desert Plant Selection**

Modify and enrich your existing gardens to make them more fun and less labor and resource intensive. Better understand high desert plant maintenance. Learn plant selection and culture for xeriscape, permaculture and fire-safe gardening. Be able to select and plant edible and ornamental trees, shrubs, perennials, annuals, ground covers and lawns.

3/26 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$39

“This is my third class from this instructor and I have learned new information each week that is going to be incredibly helpful in my planting.”

–High Desert Plant Selection student

HOT!**High Desert Edible Gardening**

Grow the fruits, vegetables and herbs you love despite living in a desert climate. Learn the appropriate conditions for the development of your plants and watch your hard work come to life. Organic methods of fertilization, pest control, companion planting and crop rotation will all be discussed in class, as you will be eating the items you learn to grow.

4/2 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$39

Music**Piano I**

Bring music into your home. Join us in the TMCC piano lab to learn all the basics of piano playing, including reading music. Be prepared to practice your newly acquired skills at home. \$15 materials fee

1/16-4/24 TH 7-9 p.m.
Smith
TMCC Red Mountain 242 \$99

Why take a music class?

Musical training has a profound impact on skills such as speech and language, memory and attention, and the ability to vocally convey emotions, according to the Nature Reviews Neuroscience.

Jazz Ensemble

Channel your inner Duke Ellington or Benny Goodman by joining a traditional 18-piece big band that plays everything from standard dance band music to more contemporary literature. Hone your reading and improv chops as you develop new musical skills. You must be able to read at an advanced high school level, and you must audition for this class if you are not already a member.

1/16-4/24 TH 7-9:30 p.m.
Molt
TMCC Vista B206 \$60

Concert Band

Strike up a tune and join TMCC's band. If you play woodwind, brass or percussion and have an equivalent of high school band performance, you'll study, rehearse and perform music encompassing a wide range of styles and historical periods. Must be at least 16 to participate. \$25 materials fee

1/28-5/13 T 7-9:50 p.m.
O'Neill
TMCC Vista B206 \$89

HOT!**Guitar I**

Learn the beginner fundamentals of contemporary rhythm guitar. Develop skills in proper handling, coordination, timing, open position chords, basic strum patterns and songbook use. Song playing includes folk, blues, rock, R&B, country and classical styles. \$7 materials fee

1/15-4/23 W 6-7:30 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

“Brett is enthusiastic and personable. I've never picked up a guitar before and Brett made my learning more simple and easier.”

–Viola C., Guitar I student

Guitar II

Elevate and refine your guitar playing by learning intermediate contemporary rhythm and lead guitar fundamentals. Practice playing a wide range of music including folk, blues, rock, rhythm and blues, country, classical and jazz styles. You'll learn about proper handling, coordination, timing, various chords, strumming and arpeggiating, chart navigation and improvisation. \$7 materials fee

1/15-4/23 W 7:30-9 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

Guitar III

Impress yourself and your friends with your musical prowess by practicing proper handling, using a tuner, tuning by ear and using a metronome. Work on open chords, power chords, barre chords, rhythms, arpeggios, written form, bass runs and chord embellishments. Learn about finger-style guitar, primary scales, advanced chord forms, harmonic theory, note reading fundamentals, songwriting and arrangement. Practice playing popular songs you couldn't play before. \$5 materials fee

1/14-4/22 T 7:30-9 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99



Concert Choir

Whether your singing experience is confined to the shower or you can belt out an aria, enhance your singing by joining TMCC's Concert Choir. Learn how to sing a wide range of songs ranging from classical and folk to pop, among others. In addition, work on your performance skills as you prepare for the end of the class concert. Must be 16 years or older to participate in this class. \$25 materials fee

1/29-5/14 W 7 - 9:50 p.m.
Owens
Nell J. Redfield Arts Center 108 \$89

Photography



Photo by instructor Mark Vollmer

NEW!

Point and Shoot Photography with Pocket Camera or Cell Phone

Take the best possible photos with your basic point-and-shoot camera or cell phone. Master the techniques to get professional-looking images without having to invest in expensive equipment. Learn about different modes and settings, photo software and apps, and when to use them.

2/8 S 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S320 \$39

NEW!

Macro Photography

Discover unique techniques and the correct tools for macro (close-up) images, whether you're photographing flowers in the garden or high-quality images of items for eBay. Learn about the best equipment choices, macro lenses, lighting the subject inside or outdoors, color balance, small product set-ups on a desktop or kitchen table, composition and many more tips and tricks. \$10 materials fee

2/22 S 10 a.m. - 2 p.m.
White
TMCC Meadowood Center S320 \$44

Photographing the Quiet Beauty of Winter

Find out how to easily overcome the challenges of winter photography, so you can capture the essence of this photogenic season with award-winning instructor/photographer Mark Vollmer. Through a lecture and photography field trip, further develop your photography skills by strengthening your composition and use of natural light, color, patterns and textures. This class is open to photographers of all levels. Furnish your own transportation, winter walking gear and camera equipment.

1/25 S 9 a.m. - 6 p.m.
Vollmer
TMCC Meadowood Center S320 \$94

Why take photography?

UC Davis found that those who engage in creative activity are more motivated, inventive and adaptable to change.

Garden Photography

Capture the essence of beautiful gardens on film with the help of expert photographer Mark Vollmer. Learn to create powerful images in public gardens or your own backyard using either your digital or film camera. Improve your images by strengthening composition, harnessing natural light, incorporating patterns and textures, and much more. Bring your garden shots to class and get a critique on how to improve your art.

4/5 S 9 a.m. - 6 p.m.
Vollmer
TMCC Meadowood Center S320 \$94

Digital Camera Basics

Have fun with your digital camera by taking great pictures indoors or outdoors—portraits, birthday parties, scenery and more. Take photos you like while learning the camera's features including flash, macro, zoom, self-timer and menus. Find out how to select, use and care for memory cards and batteries. \$5 materials fee

4/10 TH 8:30 a.m. - 3:30 p.m.
Gage
TMCC Meadowood Center S115 \$99

[View this video to learn about Digital Camera Basics](#) or go to the [online course description](#) for a direct link.



Writing

For details on the TMCC Writers' Conference, please see page O.

HOT!

Creative Writing

Relate your stories in an engaging fashion that will captivate readers. Explore all the elements of writing including character, plot, theme, setting and point of view. Discover the primary character types as you learn from a published author how to write for children and adults.

1/13-3/17 M 6:30 - 8:30 p.m.
Castleman
TMCC Meadowood Center S315 \$119

"She is so knowledgeable, helpful and experienced. I made huge progress during this course. I feel fortunate having spent time learning from her."

—Creative Writing student

Plan, Plot and Pitch the Perfect Picture Book

Learn how a widely published author took an unconventional path to publishing. Explore proven strategies to develop memorable plots, find publishers and launch your career.

1/25 S 10 a.m. - 12 p.m.
Slater
TMCC Meadowood Center S324 \$39

Publishing Fiction

Your goal as a fiction writer is to get published, whether through a major publisher, small press or self-publishing. Decide which option is best for your work while learning to write a query letter, get an agent, hire professional support and self-edit. Discuss your work and hopes with experienced authors from each area of publishing. \$5 materials fee

2/8 S 10 a.m. - 4 p.m.
Grimes
TMCC Meadowood Center S324 \$79

HOT!

Fiction Plotting Workshop

Take the first step to writing your novel by creating its plot. Make a reusable plot board and learn from novels and movies about the 3-act and 8-sequence story structures. Explore story pacing, self-editing, setting, character development and scene building. \$10 materials fee

2/22 S 10 a.m. - 4 p.m.
Grimes
TMCC Meadowood Center S315 \$79

Recreation and Wellness

Dance



HOT!

Hoop Dance

Relive your childhood, relieve stress and laugh while taking this incredibly fun class led by a certified hoop dance instructor. Move in all directions, while you learn the fundamentals of hooping on the waist. Explore transitions on and off the body, change planes of rotations and add flair with tricks. Increase your body awareness and coordination through techniques that build cardiovascular endurance, strength and flexibility. Find the flow as you integrate skills with seamless transitions.

2/11-3/25 T 6:30 - 7:45 p.m.
Rizzoli
Caughlin Ranch Elementary MPR \$79

“Lisa has a flair to build confidence for someone thinking they can’t do that hoop trick.”

—Joan W., Hoop Dance student

Zumba

Ditch the workout, join the party. Inspired by Latin America, Zumba is part dance and part aerobics. The up tempo moves will burn calories and tone your body. This popular new way to exercise has low impact for your joints while increasing your cardiovascular fitness, improving your range of motion and increasing your flexibility.

1/27-3/12 M,W 12:30 - 1:20 p.m. OR
3/24-5/14 M,W 12:30 - 1:20 p.m.
Haugland
TMCC Red Mountain 240 \$89

Basic Ballroom

You don’t have to dance like a star to feel like one. Feel more relaxed and confident in any social situation. Learn the foxtrot, waltz, rumba, East Coast swing, tango and more. Gain an understanding and application of dance concepts, lead/follow, music interpretation, creative expression and partnership.

1/17-2/21 F 7 - 8 p.m. OR
2/28-4/4 F 7 - 8 p.m.
Scully
Ballroom of Reno \$69

Why take dance?

Aerobic dance is just as helpful for losing weight and increasing aerobic power as cycling and jogging, according to the *Journal of Physiological Anthropology*.

West Coast Swing

Learn the swing moves you have always wanted to try while dancing to contemporary music that will get your heart pumping and your feet moving. Learn moves like the throw-out, underarm turn, left side pass, sugar push and the inside and outside whips. You will get plenty of practice with each new movement you learn and will also continually work on lead/follow techniques. Partner recommended.

1/7-2/18 T 5:30 - 6:30 p.m.
Suhr
Let’s Dance Studio \$69

Social Dance

Dance well in any social setting after taking this class. Regardless of your dance experience, enjoy learning the cha-cha, nightclub two-step, West Coast swing and country two-step. Singles are welcome. To better develop your partnering skills, you will rotate partners during each class.

1/17-2/21 F 6 - 7 p.m. OR
2/28-4/4 F 6 - 7 p.m.
Scully
Ballroom of Reno \$69



Latin Dancing

Discover how easy it is to perform your favorite Latin dances in a social setting. Learn moves to dances from Take the Lead, Dancing with the Stars, and Dirty Dancing: Havana Nights, as you master the basics to the Cha-cha-cha, Rumba, Salsa, Merengue and more.

1/9-2/20 TH 7:30 - 8:45 p.m.
Suhr
Let's Dance Studio \$69

Latin Dancing II

Increase your existing knowledge of the spicy dance moves that you want to continue mastering. Develop vital dancing techniques including how to give a proper lead for female dancers while heightening your agility and rhythm. Dances covered in this class will include the Cha Cha, Rumba, Merengue and Salsa.

2/27-4/10 TH 7:30 - 8:45 p.m.
Suhr
Let's Dance Studio \$69

Argentine Tango

Learn the beloved dance of Buenos Aires in its authentic form. Practice lead and follow techniques from the founder of Reno Tango Society. Find out about the dance history and terminology.

1/6-3/3 M 7:30 - 8:45 p.m. OR
1/10-2/21 F 7:30 - 8:45 p.m.
Suhr
Let's Dance Studio \$69

HOT!

Line Dancing

Pull on those boots and go scootin' with like-minded folks in a lively session of line dancing. You'll be smiling as you catch on quickly to country dance steps like Sweet Sensations and Boot Scoot Boogie. Become familiar with more intricate and challenging routines, increase your variety of dances and learn 48- and 54-count patterns that are popular at local dance clubs. Have fun in this comfortable, private classroom setting.

1/27-3/17 M 7 - 9 p.m.
Wilson
Sparks Middle School Gym \$69

Line Dancing II

Become familiar with more intricate and challenging routines. Increase your variety of dances and learn 48- and 54-count patterns that are popular at local dance clubs. Have fun in this comfortable private classroom setting. This intermediate class will teach MIB, Sweet Sensations, Toes, Chill Factor, She Bangs, Boot Scoot Boogie and Big Green Tractor.

3/24-5/19 M 7 - 9 p.m.
Wilson
Sparks Middle School Gym \$69

HOT!

Belly Dancing

Experience the beat of the Middle East. As a beginner, learn how to isolate and control muscles for performing the steps and movements. Enjoy this relaxing way to exercise.

1/31-4/25 F 5:30 - 6:45 p.m.
Carver
TMCC Red Mountain 240 \$79

[View this video to learn about belly dancing or go to the online description for a direct link.](#)



Belly Dancing II

Further develop your dance technique through music interpretation, improvisation and choreography. Delve into the world of costuming.

1/31-4/25 F 6:45 - 8:15 p.m.
Carver
TMCC Red Mountain 240 \$79

Share your expertise with others

Change people's lives by teaching them your skill. No teaching experience is necessary. Community Education and WDCE are looking for personal enrichment and professional development instructors with a proven proficiency in their subject. Visit <http://wdce.tmcc.edu> and click on "Teach for Us."

Fitness and Sports

See also *Health and Wellness*, page 12. For *Pilates*, see pages 11-12.



Sports

Basic Archery

Explore a 12,000-year-old skill as a recreational sport. Learn archery safety and proper form, technique and etiquette. Use recurve and compound bows, score target archery and experience the thrill of traditional target, 3-D target and trap archery. \$20 materials fee

1/28-3/4 T 10 - 11 a.m. OR
3/11-4/15 T 10 - 11 a.m.
Pitts
Wasting Arrows Archery \$59

NEW!

Archery II

If you have archery experience, certified coaches can help you improve your accuracy, hone your skills and eliminate bad archery habits. Improve your archery specialty, whether it's traditional, compounds or Olympic recurve. \$20 materials fee

1/30-3/6 TH 10 - 11 a.m. OR
3/13-4/17 TH 10 - 11 a.m.
Pitts
Wasting Arrows Archery \$59

Fencing

You've seen it in movies, now make the art of swordplay a part of your reality. Discover this sport's artful grace, coordination and timing through demonstrations, exhibitions and hands-on exercises. Equipment provided. Must be 16 years or older to participate in this class.

1/27-5/12 M 6:30 - 8:30 p.m.
Germano
TMCC Red Mountain 240 \$89



Fencing II

Now that you know the art of swordplay, expand your knowledge and practice coordination and timing through demonstrations, exhibitions and hands-on exercises. Equipment provided. Must be 16 years or older to participate in this class.

1/27-5/12 M 7:30 - 9:30 p.m.
Germano
TMCC Red Mountain 240 \$89

NEW!

Training for a 5K

Get physically and mentally prepared to run a 5K race by mid-April. Work on your endurance by training at different local sites from flats to hills, and learn how to improve your running mechanics, from your stride to back positioning. Get important tips on nutrition and the gear you need to successfully train.

2/25-4/8 T 5:30 - 6:30 p.m.
Pendola
TMCC Meadowood Center S320 \$89

Golf

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing and the rules and etiquette of the game from a professional at Rosewood Lakes Golf Course.

4/9-5/2 W-F 2 - 4 p.m.
Elliott
Rosewood Lakes \$125

Boxing

Decrease stress while reducing your weight through the art of boxing. Increase your energy, stamina, endurance, speed and reflexes by practicing technique, footwork, body alignment and other basics. Must be 16 years or older to participate in this class.

1/31-5/16 F 12 - 1:55 p.m. OR
2/17-4/30 M,W 9:30 - 11 a.m.
Manning
TMCC Red Mountain 240 \$89

Why exercise?

According to Duke University, even a modest change in behavior can make a difference in your health. Through exercise, you can build stronger bones, increase lung power and heart health, as well as lower your cancer risk.

Roller Derby Basics

Learn basic roller derby skills including how to roller skate, stop, fall and strides while having fun and getting a great workout. Training will focus on balance and building core muscles as well as the rules and basic game play of women's roller derby. \$25 materials fee

1/21-3/30 T 7:30 - 9:30 p.m.
SU 9 - 11 a.m.

Neve
Reno Roller King \$150

Martial Arts

Aikido Principles

Increase harmony by learning this Japanese martial art to maintain a calm and focused mind. Aikido's basic principles can be applied to all types of attacks and conflict. The movements are circular, fun and promote good health. Through practice, you will improve all facets of your life.

2/20-3/27 TH 6 - 7 p.m.
Salvatore
Aikido of Reno \$59

Tai Chi

Gain more harmony and equilibrium in your life by integrating the mind and body elements of this ancient balanced, healing Chinese art.

1/21-3/6 T,TH 6:30 - 7:30 p.m. OR
3/11-4/24 T,TH 6:30 - 7:30 p.m.
Jones
TMCC Meadowood Center S308 \$79

"Absolutely great! It's healing on all levels: physically, mentally and emotionally."

-Therese R., Tai Chi student

Tai Chi Intermediate

Further explore tai chi by working on the Yang style long-form second and third sets as well as standing qi gong and moving meditation.

1/21-3/6 T,TH 5:15 - 6:15 p.m. OR
3/11-4/24 T,TH 5:15 - 6:15 p.m.

Sigler
TMCC Meadowood Center S308 \$79

Why take tai chi?

UCLA found that adults who practiced tai chi had increased immunities to the diseases they were studying.

HOT!

Philippine Stick Fighting— Modern Arnis

This is a complete system of armed and unarmed self-defense techniques. Stick fighting techniques are applied using sticks, double sticks, cane, rolled up newspaper, a knife or empty hands. Unarmed techniques encompass striking, trapping, locking, throwing and disarming.

1/8-2/26 W 6:30 - 8 p.m. OR
3/5-5/7 W 6:30 - 8 p.m.

Collins
Pine Middle School Small Gym \$69

"Good exercise. Good for self-defense."

-Cory C., Philippine Stick Fighting student

Karate

Begin learning the basic movements of karate. Find out how to block, punch, kick and utilize basic stances while performing these movements. Learn self-defense techniques.

1/29-5/14 W 6:30 - 8:15 p.m.
Walker
TMCC Red Mountain 240 \$89



Women's Self Defense

Practice mental tactics and physical techniques to defend yourself against an attack. Learn how to avoid, escape and survive an attack. The techniques presented are practical, effective and don't require physical strength. The knowledge gained will enable you to take control of a situation and maximize your chances of safety. Wear comfortable, loose-fitting clothing.

3/3-4/21 M 6:30 - 8 p.m.
Collins
Pine Middle School Small Gym \$69

Yoga

NEW!

Lunch-time Yoga

Reconnect with your mind, body and spirit during your lunch hour and return to work revitalized and serene. Build your core strength, open up your hips and shoulders and learn energizing postures that will increase your balance and give you a well-deserved break from sitting at your desk.

1/14-3/6 T,TH 12 - 12:45 p.m.
Simpson
TMCC Meadowood Center S308 \$99

Yoga Basics

Learn the principles, philosophy, movements, breathing and relaxation techniques of yoga. The focus is on the building blocks of yoga including skillful breath, basic postures, proper alignment and awareness.

1/22-3/12 W 6 - 7 p.m.
Simpson
Damonte Ranch High Dance Rm. \$99

Yoga Intermediate/Advanced

If you have previous yoga experience, expand your basic knowledge incorporating more difficult yoga postures and learn various breathing techniques. Postures include standing, inverted, back bend, forward bend and twists and all physical movements are adapted to various physical limitations.

1/27-5/12 M 6 - 8 p.m.
Harger
TMCC Redfield Tech Center 128 \$89

HOT!

Gentle, Restorative Yoga

Relax, de-stress and learn to listen to your body through practicing gentle, restorative yoga in a slow and supportive environment. Follow Anusara's basic Universal Principles of Alignment and focus on slow movement, stretching and strengthening postures as well as meditation. Modifications will be offered for all poses. No prior yoga experience is required.

2/4-3/18 T 4:45 - 5:45 p.m. OR
3/25-5/20 T 4:45 - 5:45 p.m.
MacLellan
Caughlin Ranch Elementary MPR \$79

Why take yoga?

Yoga can reduce high blood pressure, high cholesterol and may even cut the number of atrial fibrillation episodes, according to the American College of Cardiology.

NEW!

Yin Yoga

Yin yoga explores the underlying tissues of the body for a deeply moving experience. Unlike the more active yang styles of yoga, Yin yoga seeks stillness as a means of tapping into the plastic tissues of the body such as ligaments, tendons and cartilage. The result is a heightened awareness of the fascial body during this meditative experience. Yin yoga is the missing piece and fills the gap by stressing the plastic tissues so that they can rebuild stronger and more elastic. Better ease of movement, reduced susceptibility to injury and enhanced well-being are the fruits of this practice.

1/27-5/14 M,W 2 - 3 p.m.
Chapman
TMCC Red Mountain 240 \$89

Take an exercise class with your child!

We're offering special classes in Isshinryu Karate and Zumba. Check out our Youth Classes for details at www.washoecommunityed.org and click on "Register Now!"

Vinyasa Flow Yoga

If you have some yoga experience, explore the relationship between breath and movement, awareness and alignment in a non-competitive environment. Gain an understanding of the Universal Principles of Alignment as you move through a sequence of poses, standing postures and calming seated postures. End each session with a final relaxation pose and meditation. Find more balance and flexibility in your body, mind and life.

2/4-3/18 T 6 - 7 p.m. OR
3/25-5/20 T 6 - 7 p.m.
MacLellan
Caughlin Ranch Elementary MPR \$79

Pilates

HOT!

Pilates Using a Reformer

Feel refreshed and alert by applying basic Pilates conditioning principles on the reformer to give you an overall fitness workout. Through this method, enhance your core strength, flexibility and posture. For class dates, times and to register, go to wdce.tmcc.edu and click on Register Now, then Pilates. Classes, held at the TMCC Meadowood Center S200, are offered weekdays, weeknights and Saturdays. Cost is \$99 for eight sessions.

"Excellent environment, excellent teaching, excellent workout and conditioning."

—Robin D., Pilates student

View this video to learn about Pilates or go to the online course description for a direct link.



Mat Pilates

Strengthen your core and improve your overall conditioning with this course. Discover how to apply the principles of Pilates in order to increase muscle strength, joint flexibility and muscle balance. During this class you'll participate in a discussion, stretching and then a mat Pilates workout.

1/31-5/16 **F** **8 - 10 a.m.**
Kurowski
TMCC Red Mountain 240 **\$99**

Pilates-Pelvic Floor Pilates for Women's Health

Increase your pelvic muscular strength and endurance through Pelvic Floor Pilates, or Ppilates. Go beyond Kegel exercises and explore the physiology behind pelvic muscular function.

Ppilates is ideal for women with urinary incontinence, pre- or post-natal pelvic floor weakness or bladder control issues.

3/24 **M** **6 - 9 p.m. OR**
4/21 **M** **6 - 9 p.m.**
Dobler
TMCC Meadowood Center S308 **\$35**

Health and Wellness

NEW!

Empower Your Life Journey

Chart a new course to live the life you've always wanted for yourself. Through innovative exercises and self-examination, learn how to reconstruct your thoughts, determine your passions and create a plan to achieve your ambitions. Find out how to identify the emotional distractions that may be holding you back, while learning how to establish realistic goals and implement solid strategies to move you forward.

1/27-2/24 **M** **5 - 7 p.m.**
Fialdini
TMCC Meadowood Center S324 **\$59**

HOT!

Meditation

If a health professional suggested meditation or if you need to create peaceful space in a busy schedule, this is the class for you. A number of techniques will be presented so you may select a meditation style which best fits your personal needs.

1/27-2/24 **M** **6 - 8 p.m.**
Anderson
TMCC Meadowood Center S308 **\$79**

"I found the tools to relax and I think it would be helpful for others dealing with stress or anxiety to take this class."

—Candice E., Meditation student

Emotional Freedom Techniques and Stress Reduction

Discover and practice the emotional freedom techniques that have been taught worldwide and can be used as a way to relieve emotional and physical blockages that may be expressed as stress, imbalance, and illness. In this introductory class you will learn specific tapping points of the body that act as acupressure and clear blockages and how to compliment yourself through affirmative statements. \$5 materials fee

4/22 **T** **6 - 8:30 p.m.**
Conner
TMCC Meadowood Center S300 **\$49**

Couples Massage

Maybe it's time you and your partner rediscovered the healing effects of physical touch. Give each other the gift of relaxing Swedish massage, surrounded by soothing aromatherapy. Partners will learn and practice techniques and prepare massage oil that can easily be created at home. Massage is a relaxing way to celebrate life. Wear your swimsuit and comfortable clothes. Price covers two individuals, and you must have a partner. \$5 materials fee

2/8 **S** **9 a.m. - 2 p.m.**
Anderson
TMCC Meadowood Center S217 **\$79**

NEW!

Everyday Nutrition for Optimal Living

Small changes can make a big difference in feeling your best. Learn techniques for making everyday nutrition easy. Discuss the basics of good nutrition and how nutrients affect our bodies. You'll also learn how to decode nutrition labels, plan meals and shop for healthier groceries.

3/24 **M** **6 - 8 p.m.**
Knuth
TMCC Meadowood Center S315 **\$39**

Outdoors



Snowshoeing

Experience the majesty of the Sierra on snowshoes. Classroom session focuses on conditioning, equipment, winter travel and safety. The field trips will take you into the beautiful winter backcountry. You must attend the classroom session in order to go on the field trips.

1/25-3/8 **S** **8:30 a.m. - 12:30 p.m.**
Carabio
TMCC Meadowood Center S315 **\$89**

HOT!

Bald Eagle Expedition

Experience the largest wintering bald eagle population in the continental United States, in the Lower Klamath Basin of northeastern California. We'll find these regal creatures all around us, perched on fences, ice lakes and in trees, along with potentially thousands of tundra swans, snow geese and other wintering waterfowl.

1/23-2/2 **TH** **6:30 - 8 p.m.**
 F-SU **All Weekend**
Gubanich
TMCC Meadowood Center S320 **\$89**

Birds and Wildlife of Bodega Bay

April is the height of the migration season. Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California. Friday and Saturday we'll be in Bodega Bay, then we'll move to Pt. Reyes on Sunday morning.

4/17-4/27 TH 6:30 - 8 p.m.
F-SU All Weekend
Gubanich
TMCC Meadowood Center S320 \$89

Why engage in an outdoor activity?

Outdoor physical activity reduces stress and creates an overall feeling of well-being, according to Livestrong.com. Consistent recreation also builds self-esteem.

HOT!

Beginning Fly Fishing

Experience the serenity of fly fishing by learning about casting strokes and techniques, equipment selection, knot tying, flies and landing trout. Gain in-depth information on fishing local waters. \$35 materials fee

4/27-5/4 SU 9 a.m. - 1 p.m.
Wharton
Hidden Valley Regional Park \$50

Train to Hike Half Dome

Get conditioned to take on some of the country's most challenging hikes such as Half Dome, Mt. Shasta, Mt. Rainier and Mt. Whitney. Enjoy weekly hikes with progressively challenging trails. To help you reach your peak fitness, you will be given an individualized 12-week training plan designed by a certified personal trainer to be used at location of your choice. Top off this class with an optional trek up Half Dome in July.

4/19-8/2 S,SU 8 - 10 a.m.
Carabio
TMCC Meadowood Center S324 \$250

"Karen has the education, expertise and energy to help everyone achieve their goals."

—Gaynor G., Half Dome student

Special Topics

Beauty

For wellness classes, see the Health and Wellness category.

HOT!

Makeup Made Easy

Discover your makeup and fashion personality and how it influences the choices you make. In this workshop, learn how to update your look with correct color choices. Also, see live demonstrations for day, evening and special occasion makeup application. You will learn makeup tricks and how to use brushes and makeup tools more effectively.

1/25 S 3 - 5:30 p.m.
Lopez
TresImage Salon \$35

"This class is infinitely applicable to individuals and even though I've known and used basic techniques for years, I learned so much about both basic makeup and fun twists. I want to take this again with my girlfriends and then we can practice together."

—Leta Kaye H., makeup student



Braiding for Beginners

Discover the beautiful, ancient art of braiding hair, from basic styles to advanced. Learn about and experiment with different braiding methods including traditional, French, fishtail, five-strand, waterfall and rope. Become a great braider yourself.

2/10 M 4:30 - 6:30 p.m.
Chachas
TresImage Salon \$39

The Healing Benefits of Citrus Oils

Freshen the air in your home, elevate your mood and learn about the anti-bacterial properties of citrus oils. Explore the unique therapeutic and holistic usages and benefits of orange, lemon and grapefruit oils. Each fruit has its own significance and specific qualities to benefit your body and home. The lab fee includes a bottle of each oil. \$10 materials fee

3/10 M 6 - 9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

Luxurious Bath Products

Learn how to make your own bath products using everyday household items and essential oils. Discover how to make rose milk bath, lavender soak, bath oil, bath salts, soap and bubble bath. These products are all great gift ideas. \$30 materials fee

3/3 M 6 - 9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

Computers for Home Use

All computer and software courses are now listed in the WDCE section. See pages K-M.

Cultures and Religions

Judaism 101

Gain insight into Judaism and the history of Jewish people by engaging in an open dialog. Explore denominations and their differences, holidays and rituals, and how Judaism differs from Christianity.

1/6-2/3 M 6:30 - 8:30 p.m.
Beyer
TMCC Meadowood Center S300 \$79

Why take cultural classes?

Northwestern's Adam Galinsky showed that studying another culture can help increase creativity. In Galinsky's lab, people were more creative after watching a slide show about China: a 45-minute session increased creativity scores for a week.

World Religions

Better understand our world by delving into 12 classical religions. Guest speakers will shed light on the beliefs of Christianity, Islam, Hinduism, Buddhism, Sikhism, Judaism, Confucianism, Taoism and more. Compare different faith traditions and discuss atheism.

1/14-2/11 T 6-9 p.m.
Zed
TMCC Meadowood Center S324 \$169

"He has a huge breadth of knowledge of all religions and presents them fairly and interestingly."

—World Religions student

Hindu Gods and Goddesses

Explore the Hindu belief in its 330 million gods and goddesses. Learn about the attributes and functions of various gods and become familiar with a few of the popular ones.

2/18 T 6-9 p.m.
Zed
TMCC Meadowood Center S324 \$39

Bhagavad-Gita

Inspire deeper thinking and work toward a higher spiritual understanding by studying this universally acknowledged literary masterpiece. A Hindu classic, Bhagavad-Gita's appeal is for people of all faith traditions. This inspirational literature can even be used to help console grief.

2/25 T 6-9 p.m.
Zed
TMCC Meadowood Center S324 \$39

Herbal Studies

For Herbal Studies courses, see page E.

Languages

For work-related language courses, see pages F-G.

HOT!

Conversational Spanish

If you once took Spanish, strengthen your conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

1/15-3/19 W 5:30 - 7 p.m.
Sefchick
TMCC Meadowood Center S300 \$149

Hot! Practical French I

Whether you're traveling abroad or just want to sound well-traveled, you'll enjoy learning this elegant language. Receive tips on correct pronunciation from the real thing, an instructor who hails from France.

1/21-3/25 T 6-8:30 p.m.
Seelye
TMCC Meadowood Center S300 \$159

Practical French II

Take this intermediate step from French beginner to full conversationalist, or reinforce your knowledge of French and learn more advanced material through a relaxed approach to this elegant language.

1/23-3/27 TH 6-8:30 p.m.
Seelye
TMCC Meadowood Center S300 \$159

Practical French III

Practice your reading and speaking skills as you further your understanding of French. Delve deeper into grammar, vocabulary and pronunciation while also discussing France, its culture, places to visit and current events.

1/23-3/27 TH 2:30 - 5 p.m.
Seelye
TMCC Meadowood Center S300 \$159

Mandarin Chinese

Learn basic conversational skills for the most widely spoken language of China. Practice the most commonly used greetings, phrases and questions used in everyday conversation while gaining an understanding of Chinese culture through its traditions, history and geography. The class is taught by an instructor from China who is fluent in both English and Mandarin Chinese.

2/11-4/15 T 5:30 - 7 p.m.
Nelson
McQueen High 120 \$159

Practical Italian I

Enrich your Italian cultural experience by learning common expressions of courtesy along with travel vocabulary, hotel lingo, food, shopping and sightseeing greetings. Practice pronunciation and conversations in class. \$3 materials fee

2/5-3/26 W 6:30 - 8:30 p.m.
Manca
Swope Middle School E-2 \$159

"This was very useful to me."

—Elisabeth S., Italian student

Practical Italian II

Further your understanding of Italian by practicing reading and speaking skills along with vocabulary and basic grammar. Discuss Italian culture, places to visit and current events. \$3 materials fee

4/16-6/4 W 6:30 - 8:30 p.m.
Manca
Swope Middle School E-2 \$159

Money and Investing



8 Mistakes to Avoid in Pursuing Your Financial Goals

An ounce of prevention is worth a pound of cure. Discover how to sidestep the eight most common financial mistakes including 1. Assuming your workplace benefits make your future secure, 2. Not having an insurance strategy, 3. Relying on financial advice for the masses, and 4. Worrying about things you can't control. Learn how not to leave your financial future to chance.

2/4 T 6-9 p.m.
Silverio
TMCC Meadowood Center S315 \$39

NEW!

Budget Basics for Financial Freedom

Explore techniques to manage your finances better and pay off those debts sooner. Learn about cash management, spending and saving behaviors, how to create a budget and establish an emergency savings account. Discuss strategies for living on less than you earn, how to wisely use credit, good interest versus bad interest, credit consolidation and loans.

2/10 M 6-9 p.m.
Silverio
TMCC Meadowood Center S300 \$39

Stocks and Bonds

Feel confident navigating the stock market by making smarter investment decisions. Learn to manage your own assets by understanding stocks, bonds, mutual funds, options and their roles in the market.

1/29-3/5 W 6:30-9 p.m.
Gant
TMCC Meadowood Center S324 \$99

NEW!

Tax Talk

Feel calm and confident when you file your income tax return. Learn about new tax changes this year, age limits on claiming your children as dependents, and what to do if you've made an error on your tax return. Understand your filing status, itemized and standard deductions and how to accurately complete tax forms.

2/19 W 6-8 p.m.
Garol
TMCC Meadowood Center S315 \$39

Estate Planning—Control Your Legacy

Estate strategies are not just for the wealthy. Discover how a strong estate plan gives you control over what is financially and personally important to you. Plan for the expected, prepare for the unexpected and position your portfolio.

4/23 W 6-8 p.m.
Garol
TMCC Meadowood Center S315 \$39

HOT!

Retirement Planning Today

Devise a strategy to get ahead. Assess your financial situation and develop a personalized plan to achieve your retirement goals. Explore the many ways you can save for retirement as well as the disadvantages and advantages of each method. Get advice on how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses.

1/25-2/1 S 9 a.m. - 12 p.m. OR
1/28-2/4 T 6-9 p.m.
Costelloe
Nell J. Redfield Building A214 \$69

"I would recommend this class as every individual needs to be educated about their finances. He put out quite a bit of information that was specific in nature which will be helpful for me going forward."

—Retirement student

Real Estate



NEW!

Purchasing a Great Home

Take the guesswork out of one of your most important financial decisions. Learn the process of home buying, from viewing homes to choosing a good agent and selecting among mortgage options. Eliminate confusion and frustration from the experience and choose a home you'll be thrilled with.

2/1 S 10-11:30 a.m.
Sullivan
TMCC Meadowood Center S320 \$39

HUD Properties for First-Time Home Buyers

Learn the benefits of purchasing a HUD home and how to successfully navigate the system. Understand what a HUD property is, the basics of purchasing and financing your purchase. Find out how the bidding process works, what the timelines are and how to complete the sales contract package. Locate HUD properties, approved brokers, and be aware of the idiosyncrasies of the HUD system.

4/8 T 6-9 p.m.
Kraus
TMCC Meadowood Center S300 \$39

Special Interest

How to Teach a Class for Community Education

Share your knowledge and expertise with others by exploring teaching possibilities for adult classes and children's summer camps with WCSD Community Education. Understand what you need to know to prepare lessons, write course descriptions, materials, class fees and more. Discuss your ideas and get personal feedback.

3/4 T 6:30 - 8:30 p.m.

Melahn
TMCC Meadowood Center Free

Volunteer and make a difference in a child's education



WCSD seeks volunteers to tutor elementary, middle or high school students; assist in office work; do book drives and more. Support our children's education by visiting www.washoe.k12.nv.us/volunteering. Click on opportunities and check out all the many requests for help. We also seek organizations and businesses to volunteer as well.

Call us at 348-0346 or email volunteerservices@washoeschools.net if you have an interested group.

Silver College

Silver Arts

HOT!

Silver Watercolor

Whether you're a new or continuing Silver Watercolor student, discover your hidden talent while exploring magical watercolor techniques. Learn about color and composition principles, wet-on-wet, shapes, dimensions, gradation, soft and sharp edges, liftings, reflections and shadows. Experience a sense of accomplishment each week as you finish painting landscapes, winterscapes, seascapes or flowers.

1/7-2/25 T 9 a.m. - 12 p.m.

Nichols
TMCC Meadowood Center S103 \$99

NEW!

Silver Acrylic Painting

Discover the playfulness of art by learning to paint with acrylics. Experiment with color theory, composition and design. Use traditional and unconventional methods of applying paint to canvas and board including various brushes, glazing and dry brushing techniques and painting with a palette knife. No previous painting skills are required.

3/4-4/22 T 9 a.m. - 12 p.m.

Nichols
TMCC Meadowood Center S103 \$99

Creative Writing

Discover your inner Jane Austen or John Steinbeck. Explore a variety of creative writing genres including non-fiction, fiction and poetry and see which ones you'd like to write. Develop your unique writing voice and style while tapping into your creativity.

2/3-4/21 M 1 - 3 p.m.

Brown
TMCC Meadowood Center S324 \$99

HOT!

Piano I

You may have never played before or you might want to pick up where you left off. Develop your musical creativity, build piano skills and have fun learning all the basics of piano playing, sight-reading and playing by ear.

1/30-3/13 TH 10 - 11 a.m.

Smith
Steinway Piano Gallery \$69

Piano II

Review all major keys and accompaniment styles in this continuation of Piano I. Gain confidence playing minor scales and chords, understand accompaniment patterns, sight-read and play by ear.

3/27-5/8 TH 10 - 11 a.m.

Smith
Steinway Piano Gallery \$69

Piano—Bridging from II to III

Cross the bridge from beginning to intermediate piano by sharpening your skills in improvisation, ear training, sight reading and ensemble playing. Elevate your enjoyment as you practice these new skills.

1/30-3/13 TH 12 - 1 p.m. OR

3/27-5/8 TH 12 - 1 p.m.

Smith
Steinway Piano Gallery \$69

Piano III

Fill your home with music. If you are comfortable playing or have completed Piano II for Beginners, build on concepts and lessons previously learned. Increase your confidence playing minor scales, chords and understanding accompaniment patterns, sight-reading and playing by ear.

1/30-3/13 TH 11 a.m. - 12 p.m.

Smith
Steinway Piano Gallery \$69

Piano IV

Fulfill your desire to play your dream pieces. Continue to build your skills in theory, accompaniment patterns, improvisation and ensemble playing at its best.

3/27-5/8 TH 11 a.m. - 12 p.m.

Smith
Steinway Piano Gallery \$69



NEW!

Piano V

Elevate your piano skills to an advanced level by mastering improvisation, ear training, sight reading and ensemble playing.

2/3-3/17 M 10 - 11 a.m. OR
3/31-5/12 M 10 - 11 a.m.
Smith
Steinway Piano Gallery \$69

I Used to Play Piano, But...

Dust off your piano skills by regaining your confidence and technique. Play by ear, sight read, double-check chords and harmonies, do ensemble playing and play for your own enjoyment. Your lost skills will return in no time, and you'll be entertaining your family and friends with beautiful music.

2/3-3/17 M 11 a.m. - 12 p.m. OR
3/31-5/12 M 11 a.m. - 12 p.m.
Smith
Steinway Piano Gallery \$69

Piano—Holidays and Popular Events

Let your piano artistry enhance the experience of holidays and special occasions like birthdays and graduations. Practice seasonal music and sharpen your ensemble playing to brighten any holiday or special event with family or friends.

2/3-3/17 M 12 - 1 p.m. OR
3/31-5/12 M 12 - 1 p.m.
Smith
Steinway Piano Gallery \$69

HOT!

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer, flash drive or burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or email them to friends and family.

4/7-4/21 M 8:30 a.m. - 12:30 p.m.
Gage
TMCC Meadowood Center S115 \$79

HOT!

Digital Camera Basics

Get comfortable with the basics of using your digital camera. Begin by learning the camera's features including Flash, Macro, Zoom, Menus, Modes and Scenes and discuss selecting, using and caring for memory cards and batteries. You'll take lots of pictures using the camera's many settings, not just Auto.

3/3-3/17 M 8:30 a.m. - 12:30 p.m.
Gage
TMCC Meadowood Center S115 \$79

"Really good if you really wanted to know all the functions of your camera."
—Robert C., digital camera student

Digital Camera Intermediate

Discover how to take all kinds of pictures. Get the results you want by managing the aperture, shutter speed and exposure values, using bracketing and controlling the colors in your shots with the white balance. Experiment with depth-of-field and other focus techniques.

4/28-5/12 M 8:30 a.m. - 12:30 p.m.
Gage
TMCC Meadowood Center S115 \$79

HOT!

Photoshop Elements Basics

Unleash the artist inside you through the digital computer palette of Photoshop. Take the images held captive inside your camera and jazz them up to create eye-popping photos. Learn how to use the wide array of features of Adobe Photoshop Elements, a mid-range photo editing software. Find out how easy it is to use this software, even if you have no image editing experience.

3/26-4/9 W 8:30 a.m. - 12:30 p.m.
Gage
TMCC Meadowood Center S115 \$79

HOT!

Photoshop Elements Layers and Effects

Build on your Photoshop Elements class experience by exploring the very powerful layers and effects palettes. Discover how to take yourself out of a photo and insert yourself into another, more exotic one. Try your hand at making a photo look like a pencil drawing or an oil painting. Find that your imagination is limitless.

4/16-4/30 W 8:30 a.m. - 12:30 p.m.
Gage
TMCC Meadowood Center S115 \$79

Silver Just for Fun

NEW!

Cross Country Skiing

Discover the winter backcountry pleasures and healthy exercise of cross country skiing at the Tahoe Donner ski area. You don't need prior skiing experience to enjoy the benefits of this sport, and you can learn or improve at your own pace. Supplies required.

1/17-1/31 F 9 a.m. - 1 p.m.
Holden
Tahoe Donner Cross Country \$99

HOT!**Bridge for Beginners**

Bridge is one of the world's most popular card games, especially among seniors. Bridge may be second only to chess in its complexity, but you can quickly become comfortable playing party bridge or novice duplicate bridge. Learn the basics of dealing, bidding, playing and scoring in a combination of lecture and supervised play.

1/21-3/25 T 2 - 3:30 p.m.

Slattery

TMCC Meadowood Center S308 \$99

Silver Spanish

If you have never taken Spanish or took classes years ago, this class will teach you the basics and have you speaking Spanish in a fun, comfortable environment.

Learn conversational elements including salutations, commonly used words and phrases and Spanish customs. No grammar is presented in this course.

1/15-3/19 W 4 - 5 p.m.

Seftchick

TMCC Meadowood Center S300 \$59

Mineral Identification

Explore the fascinating and beautiful variety of mineral forms that compose the earth's geology. Learn how and where 50 different minerals form and become familiar with field and lab equipment. Identify minerals like wulfenite, opal and gold and their economic value. \$20 materials fee

3/5-4/23 W 9 - 11 a.m.

Messchaert

TMCC Meadowood Center S300 \$79

Sidelines for Seniors

Retired doesn't mean you need to live on a fixed income. Supplement your earnings in a variety of ways that easily fit into your lifestyle. There are many part-time businesses and freelance gigs particularly well-suited to those over 50. With a little startup money, you can have fun and greatly improve your financial situation. \$5 materials fee

3/14 F 2 - 5 p.m.

Veltkamp

TMCC Meadowood Center S315 \$29

How to Identify Birds, Local and Elsewhere

Learn the fundamentals of bird identification from the vice president of the Lahontan Audubon Society. Don't know a sparrow from a swallow? Wonder why we don't have blue jays in Nevada but we do have bluebirds? After two days in the classroom, you'll be able to identify all the birds in your yard and also the birds where you hike, camp or relax. Explore the best equipment and bird guides to use and get up-to-date knowledge on the latest technological gadgets available for birding. Practice your skills, if you wish, during an optional Saturday field trip.

3/18-3/20 T,TH 9 a.m. - 12 p.m.

3/22 S 9 a.m. - 12 p.m.

Gubanich

TMCC Meadowood Center S315 \$39

Silver Technology**HOT!****Computer Basics for Beginners**

In the world of computers, we all have to start someplace. Become comfortable with the basic terms, components and functions of a modern personal computer including the mouse, keyboard, desktop and taskbar. Experience the sense of accomplishment that comes from learning this technology.

3/5-3/12 W 8:30 a.m. - 12:30 p.m.

Gage

TMCC Meadowood Center S115 \$49

"It really helped me. Without this course, I was completely confused regarding computers. Now I feel comfortable."

—Computer Basics student

Make the Most of Your Computer

Save money by keeping your computer running its best. Understand the difference between XP, Vista and Windows 7 operating systems. Increase security and discover why virus protection is important. Know what to look for when buying a computer. In addition, find out the difference between software and hardware along with what different hardware is used to build a computer. Be comfortable backing up your files to a CD, DVD and flash drive.

1/28-2/13 T,TH 1 - 3 p.m.

Lenga

TMCC Meadowood Center S322 \$59

Getting to Know Windows 7

Learn how to navigate and use new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program.

2/28-3/14 F 9 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S115 \$39

Microsoft Word 2013 Basics

It's time to get familiar with the new Microsoft Word 2013. Learn the basics of creating, editing and formatting text, and start enjoying Word 2013's new and improved features. Save time by using templates, text effects and images while you jazz up your documents.

2/18-3/6 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S115 \$89

Microsoft Word 2013 Intermediate

Have fun exploring in-depth the new Word 2013 software. Learn easy, practical formatting and editing steps to create a finished flier, newsletter or brochure and professional-looking labels and envelopes. You'll be amazed at what you can do with this new Word version.

3/11-3/27 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S115 \$89

Microsoft Excel 2013 Basics

Have fun getting to know the new Microsoft Excel 2013. Create spreadsheets, input data, perform math calculations, develop workbooks, edit cells, and use formulas and functions. Communicate data as a line, bar, column or pie chart, create tables, copy, paste and move information easily, manage and print a worksheet, and learn filtering and sorting. Practice your new skills by creating annual budget reports and a simple chart.

4/1-4/17 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S115 \$89

Microsoft Excel 2013 Intermediate

Take a step up with your Excel skills by learning to calculate loan payments, compare mortgages, and create a check register and spreadsheet for your household budget. Manage your data with Quick Analysis, use macros to speed up your tasks, and learn the IF function to set your own criteria. You'll be impressed with the breadth of your new financial data knowledge.

4/22-5/8 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$89

Email 101

Become a great online communicator by learning how to check your inbox, compose, send, reply and forward emails. Manage, organize and search your email messages and attach photos and document files to an email message. Learn to create and edit a contact list and sign up for a free email account through Gmail or Yahoo.

1/21-2/13 T,TH 9 - 11 a.m.
Lish
TMCC Meadowood Center S115 \$79

"Learned a lot of good points... basic e-mail techniques I did not know before."

—Daryl C., e-mail student



Should I Buy an iPad, Kindle or Nook?

The technology of handheld electronic tablets can add immensely to your life. Learn the differences between a personal computer, a laptop and a tablet. Get help and have fun sorting through the features, reliability, versatility and costs of electronic tablets before you invest in one.

1/24 F 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S115 \$39

The Internet

Hop online and check out the amazing things you can do and the places you can go in cyberspace. Learn to use the Internet web browser to make your "surfing" easier and more enjoyable. Become proficient in Internet vocabulary like search engine, web site and hyperlink and find online newspapers, coupons, banking and plane reservations.

1/22-2/17 M,W 9 - 11 a.m.
Lish
TMCC Meadowood Center S116 \$79

NEW!

Facebook Basics

Create a Facebook page and profile of your own. Understand the complex Facebook privacy policies and settings, stay in touch with family and friends, find your long-lost friends, upload pictures and videos, and send each other private messages or post them for everyone to see.

3/24-3/31 M 8:30 a.m. - 12:30 p.m.
Gage
TMCC Meadowood Center S115 \$49

iPad Basics

Get comfortable with the vast possibilities of electronic tablet technology. Learn what gesturing is and how to type and add content to your device, download and manage apps, e-books, and pictures, and configure email accounts. Discover how to use your iPad camera and how to access social media. Bring your own iPad to class.

1/28-2/13 T,TH 9 - 11 a.m.
Lenga
TMCC Meadowood Center S322 \$39

HOT!

Smartphones—Oh, the Possibilities

It's not just for phone calls anymore. A smartphone can play music and video, take digital photos, send and receive e-mail, and perform lots of other functions. Learn the differences between cellphones and smartphones. Find out how easy and fun it can be to access the world on that handheld device.

2/26 W 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S115 \$39

HOT!

Buying and Selling on the Web

Become a successful buyer, seller or window shopper by learning how to safely use eBay, Craigslist and other Internet auction sites. Gain the skills necessary to sort the good from the bad, how to comparison shop and understand how e-commerce works.

2/28-3/21 F 1 - 3 p.m.
Lenga
TMCC Meadowood Center S115 \$39

View this video to learn about [Buying and Selling on the Web](#) or go to the online classroom description for a direct link.



Silver Wellness



Why take tai chi?

Tai chi reduces the rate of falls and lowers blood pressure, according to a study published in the Journal of the American Geriatrics Society.

HOT!

Silver Tai Chi

Feel great by increasing your energy range of motion and flexibility through the gentle movements of tai chi. Practice fluid, low-impact exercises improve your balance, coordination and stamina.

1/21-3/6 T,TH 4-5 p.m. OR
1/22-3/10 M,W 10:30-11:30 a.m. OR
3/11-4/24 T,TH 4-5 p.m. OR
3/17-4/30 M,W 10:30-11:30 a.m.

Jones
TMCC Meadowood Center S308 \$79

"Terrific! This is so good for my mental and physical health. I'm really hoping this course is offered for the rest of my life."

—Marian W., Silver Tai Chi student

NEW!

Silver Yoga

Discover the multiple health benefits of yoga including greater mobility and flexibility. Relieve tight back and shoulder muscles as you improve your balance through fun stretching and strength exercises. Progress at your own pace within a structure of group personal training.

2/25-3/18 T 10:30-11:30 a.m.

Kurowski

TMCC Meadowood Center S308 \$39

Silver Pilates

Pilates is an effective, low impact exercise ideal for people over 60. Enhance your stamina, strength and posture while improving your balance and reducing the risk of falls. Through this activity, you'll find you move more comfortably and have more energy. Silver Pilates is a class for those who would like a slower pace while stretching and strengthening the core muscles. For days and times, visit www.washoecommunityed.org and click on "Register Now!" \$89

NEW!

What Are You Doing With Your Life?

The transition to retirement and greater engagement with life's opportunities can be challenging. From people who have found their volunteer niches, learn how to broaden your thinking about life, clarify what you want to do and connect the dots to discover where your greatest passion meets the world's deepest needs.

2/26 W 2-3:30 p.m.

Trevithick

TMCC Meadowood Center S324 \$29

Dogs Have Owners. Cats Have Staff.

Owning and caring for a pet can make you healthier. Pets keep you active and alert, help you recover from an illness or injury, and give you someone to talk to and reasons to get out of the house. Learn how to select a pet that is compatible with your lifestyle, become an effective pet owner with the help of a trainer, find nutritious, home-delivered pet foods, and discover how your animal may be certified as a companion or therapy pet. Learn about local rescue groups that provide pets and welcome your volunteer time.

3/12-3/19 W 2-4 p.m.

Rew

TMCC Meadowood Center S300 \$29

The Art of Caregiving

Discover important methods of self-care that will ease your work as a caregiver to someone with dementia. Learn about the causes and treatments of dementias including Alzheimer's disease and traumatic brain injury, as well as how to communicate compassionately with someone who has dementia. Avoid burnout and enable yourself to deal effectively with caregiving which is a marathon, not a sprint. This course is designed for family and professional caregivers.

3/22 S 9 a.m. - 12 p.m.

Stewart

TMCC Meadowood Center S324 \$29

Kids and Teens

Camps for Kids



Winter Break Camps

NEW!

Minecraft Convention ~Ages 9-14

Treat your kids to a Minecraft Convention during winter break. Minecraft is a video game in which players create and break apart blocks in 3-dimensional worlds. It's an exercise in building, exploration, creativity and collaboration, and it's a fun way for kids to learn digital skills. This game, used in classrooms around the world, educate children in subjects ranging from science and history to city planning and speaking a new language. Your child will thank you for this.

1/6-1/10 M-F 9 a.m. - 12 p.m. OR
1/6-1/10 M-F 1 - 4 p.m.

Hernandez
TMCC Meadowood Center S116 \$99

NEW!

10 Ways to Survive the Zombie Apocalypse~Ages 7-17

This acting camp will take your children through a fast-paced, thrilling and fun-filled week. Learn professional theater skills including all the steps in the audition process, makeup application, character development and what goes on in theater behind the scenes. Kidscape Productions, a professional life skills and acting program for kids, will preparing your kids for the zombie apocalypse. \$25 materials fee

1/6-1/10 M-F 9 a.m. - 4 p.m.

KidScape
Damonte Ranch High Theater \$295

HOT!

Cartooning Camp~Ages 9-13

In this popular camp, students will learn to draw cartoon characters and tell a story using pictures. Kids love cartooning and this is a great way to introduce important drawing skills in a way that is less intimidating than a traditional art class. Students need to bring a lunch each day. All supplies are provided.

1/6-1/9 M-TH 10 a.m. - 2 p.m.

Green
Clayton Middle School Mobile Classroom \$84

HOT!

Junior Vehicle Engineering

Your children will work in pairs to creatively build and modify different vehicles including everyday vehicles, concept cars and construction machines using unique LEGO® kits. The concepts covered are basic engineering principles, friction, forces, motion and aerodynamics, problem solving and communication skills.

Ages 6-8
1/6-1/10 M-F 9 a.m. - 12 p.m.

Ages: 9-12 1/6-1/10 M-F 1 - 4 p.m.

Williams
TMCC Meadowood Center S324 \$150

"Great course, my son has never been into Legos until now. Thank you for a great experience."

—Sherri A., Elementary Engineering parent

HOT!

Vehicle Engineering~Ages 9-12

Your children will work in pairs to build different motorized vehicles, capped off with a final project using LEGO® kits. Vehicles include everyday vehicles, concept cars and construction machines. They'll learn basic engineering principles, gears and gear ratios, electric motors and energy, friction, forces, motion and aerodynamics, problem solving and communication skills.

1/6-1/10 M-F 1 - 4 p.m.

Williams
TMCC Meadowood Center S324 \$150

Spring Break Camps

Elementary Engineering~Ages 9-12

Your children will work in pairs to creatively build and modify machines by applying basic engineering principles and using LEGO® kits. This is an integrated science and math class which covers basic engineering principles, gears and gear ratios, simple machines, structures, forces and motion.

3/31-4/4 M-F 9 a.m. - 12 p.m.

Williams
Swope Middle School \$150

HOT!

Video Games 1: Learning and Design~Ages 9-12

Using Gamestar Mechanic, a video game design platform developed by the University of Wisconsin, Madison, students learn the principles of game design while building their own game. Through the game design process, they'll cultivate skills involving systems-based thinking, creative problem-solving, arts and aesthetics, writing and storytelling, and STEM (science, technology, engineering, mathematics). These camps are sponsored by 3G Studios Inc., a Reno-based video game development company.

3/31-4/4 M-F 9 a.m. - 12 p.m.

Hernandez
Greenbrae Elementary \$99

"She was one of the greatest computer teachers I have ever had."

—Andy K., video games student

View this video to learn about the video game design camp or go to the classroom description for a direct link.



Youth Classes

Video Games 2: Learning and Design~Ages 11-14

Using the premium version of Gamestar Mechanic, a video game design platform developed by the University of Wisconsin, Madison, students entering grades 6 - 9 will learn the principles of game design while building their own game. Through the game design process, students cultivate skills involving systems-based thinking, creative problem-solving, arts and aesthetics, writing and storytelling, and STEM (science, technology, engineering, mathematics). These camps are sponsored by 3G Studios Inc., a Reno-based video game development company.

4/7-4/11 M-F 9 a.m. - 12 p.m.
Hernandez
Greenbrae Elementary \$99

Fundamentals of Drawing for Ages 12+

Does your child have an interest in drawing? This small, beginner class will cover all the basic principles of drawing: composition, techniques for enlargement, value (light and shadow), contour and line quality using a variety of drawing media.

4/1-4/10 T,TH 12:30 - 2 p.m.
Neighbors
Mendive Middle School 200 \$79

Spring Break Drawing Camp~Ages 9-13

In this exciting drawing camp, students will learn how to use color and line in new and inspiring ways. Each day students will draw a series of pictures and then complete them in class using a variety of mediums. All materials provided.

4/7-4/10 M-TH 10 a.m. - 2 p.m.
Green
Clayton Middle School Mobile Classroom \$84

NEW!

Pastel Drawing on Fabric~Ages 8-12

Your child will experiment with pastels and create fun works of art on fabric. \$10 materials fee

4/8 T 2 - 3:30 p.m. OR
4/10 TH 2 - 3:30 p.m.
Neighbors
Mendive Middle School 200 \$24

HOT!

Junior Engineering 1~Ages 6-8

Your children will work in pairs to build and modify machines using basic engineering skills and LEGO® kits. Concepts covered are basic engineering principles, simple machines, forces in motion, problem solving and communication skills.

4/7-4/11 M-F 9 a.m. - 12 p.m.
Williams
Mendive Middle School \$150

Fiction Writing for Kids Ages~10-13

Spend part of your spring break learning about writing and improving your own stories. Students will learn about plotting, pacing, dialogue and more in the fun workshop setting. Every student will have the opportunity to have their work read. \$10 materials fee

3/31-4/4 M-F 10 a.m. - 12 p.m.
Grimes
TMCC Meadowood Center S320 \$99

Fiction Writing for Kids Ages~13-17

Spend part of your spring break learning about writing and improving your own stories. Students will learn about plotting, pacing, dialogue and more in the fun workshop setting. Every student will have the opportunity to have their work read. \$10 materials fee

4/7-4/11 M-F 10 a.m. - 12 p.m.
Grimes
TMCC Meadowood Center S320 \$99

Bob Ross Painting Class for Parents and Children~Ages 8+

Learn how to create a beautiful oil painting in under 30 minutes. Kids, bring a parent or other adult and learn the basics of the Bob Ross method of oil painting. You will learn how to mix and blend paints right on the canvas, and each person will have completed a masterpiece to take home at the end of class. \$35 materials fee

3/1 S 1 - 4 p.m.
Burkhart
TMCC Meadowood Center S103 \$30

Zumba at Dilworth for Kids and Adults~Ages 12+

Ditch the workout and have some fun. Zumba® is an exhilarating, easy-to-follow, calorie-burning dance fitness party. Zumba incorporates Latin and international dance rhythms for a fun cardio fitness activity.

1/21-3/25 T 6 - 7 p.m.
Cortes
Dilworth Middle School \$84
4/15-6/3 T 6 - 7 p.m.
Cortes
Dilworth Middle School \$69

Check back for more kids classes to be held this spring



Help your child keep his brain stimulated during the new school breaks. See our complete list of children's programs at www.washoecommunityed.org. These camps fill up quickly.

Register today!



NEW!

Isshinryu Karate for Kids and Adults~Ages 7+

This original mixed martial art is built around effective self-defense. Areas of practice in this program include Aikido, Judo, Jiujitsu, Muay Thai, ground techniques and physical readiness basics. \$10 materials fee

1/22-5/5 M,W 6:30 - 8:30 p.m.
Soto
Lois Allen Elementary \$100

Indoor Golf for Kids~Ages 8-14

Have your children develop foundational golf skills including the basic stance, swing and etiquette. Each week your kids will play a different virtual course. \$20 materials fee

1/28-3/18 T 6 - 7 p.m.
Williams
Grand Sierra Resort Bunker Indoor Golf \$119

HOT!

Filmmaking for Teens~Ages 11-17

Discover dynamic ways to tell your stories on film. Gain the tools needed to write dynamic scripts, find the right actors and music, and how to release and promote your work. Learn how to utilize Reno locations and employ original shooting techniques. As a group, make a short film to be premiered in the last class.

3/15-3/22 S 10 a.m. - 2 p.m.
Rowe
TMCC Meadowood Center S320 \$79

"I think it was great that the instructor was very experienced in the art of filmmaking."

-Sanjeev W., filmmaking student

NEW!

Ace the SAT: Math~Ages 14+

Boost your chances of scoring high on the SAT test with in-depth preparation. Learn general strategies and approaches to the SAT, strengthen your math skills and find tips on how to raise your scores. Discover the background and purpose of this test that is crucial to college admission.

3/1 S 9 a.m. - 3 p.m.
Naughton
TMCC Meadowood Center S315 \$99

NEW!

Ace the SAT: Reading/Writing Comprehension~Ages 14+

Boost your chances of scoring high on the SAT test with in-depth preparation. Learn general strategies and approaches to the SAT, strengthen your reading and writing comprehension, and find tips on how to raise your scores. Discover the background and purpose of this test that is crucial to college admission.

2/1-2/8 S 9 a.m. - 3 p.m.
Edwards
TMCC Meadowood Center S315 \$175

NEW!

Social Dancing for Teens

From football players to ballerinas, everyone can learn to dance. Learn the history, music, techniques and dance movements for the tango, foxtrot, waltz, East Coast swing, cha cha, rumba and salsa. Practice your dance moves and get ready for the prom and other exciting events. There will be a dance party at the end of the class session. \$5 materials fee

1/24-3/28 F 6 - 7 p.m.
Ware
Ballroom of Reno Studio \$99

HOT!

Kenpo Karate~Ages 5 and Up

All students from kindergarten to twelfth grade are eligible to participate in this monthly martial arts class. Have your child learn discipline while having fun with instructor Sam Brown, who has taught for more than 30 years. Hour-long classes are held twice a week at 13 area schools. If classes aren't at your school, you may attend a nearby school's program. Children ages five through 11 have class from 6:30 to 7:30 p.m., and older students meet from 7:30 to 8:30 p.m. For details, see the Kenpo flier sent through your child's school or visit www.washoecommunityed.org and click on Register Now!

HOT!

Kids in the Kitchen

Take a break from the stove and let your children experience the fun of creating their own meals and snacks. They'll learn to prepare food from recipes and eat their own creations or take them home to share with the family. They'll pick up cooking safety tips and techniques that will help them become knowledgeable cooks. Cost is \$64 plus a \$25 materials fee which is due at class, and all classes are taught by Kathy Ishoy.

Mendive Middle School

Ages 6-9, Food with a Surprise Inside
2/4-2/25 T 4:30 - 6:30 p.m.
Ages 10+, Food with a Surprise Inside
2/4-2/25 T 6:30 - 8 p.m.
Ages 6-9, Breakfast—Fast Food Alternative
3/4-3/25 T 4:30 - 6 p.m.
Ages 10+, Breakfast—Fast Food Alternative
3/4-3/25 T 6:30 - 8 p.m.
Ages 6-9, Appetizers and Fun Foods
4/15-5/6 T 4:30 - 6 p.m.
Ages 10+, Appetizers and Fun Foods
4/15-5/6 T 6:30 - 8 p.m.

Damonte Ranch High School

Ages 6-9, Food with a Surprise Inside
2/5-3/5 W 4:30 - 6 p.m.
Ages 10+, Food with a Surprise Inside
2/5-3/5 W 6:30 - 8 p.m.
Ages 6-9, Breakfast—Fast Food Alternative
3/5-3/26 W 4:30 - 6 p.m.
Ages 10+, Breakfast—Fast Food Alternative
3/5-3/26 W 6:30 - 8 p.m.
Ages 6-9, Appetizers and Fun Foods
4/16-5/7 W 4:30 - 6 p.m.
Ages 10+, Appetizers and Fun Foods
4/16-5/7 W 6:30 - 8 p.m.

"My daughter really enjoyed herself and learned some great techniques she'll use her whole life!"

-Stephanie A., Kids' Kitchen parent

View this video to learn more about Kids' Kitchen or go to the online course description for a direct link.



HOT!

Wheatley Taekwon-Do

Girls and boys of all ages can improve their concentration, increase their discipline, build confidence, develop respect, and more through practicing this martial art. Maybe one day these skills will help your child become a leader. The instructor is the president of the International Taekwon-Do Federation in the United States.

Caughlin Ranch Elementary School

1/13-3/24	M	3:10 - 4:20 p.m.
		\$135
4/14-6/9	M	3:10 - 4:20 p.m.
		\$120

Hunsberger Elementary School

1/15-3/26	W	2:50 - 4 p.m.
		\$135
4/16-6/11	W	2:50 - 4 p.m.
		\$165

Class Locations

- Aikido of Reno**, 135 South Wells Ave., Reno
- Ballroom of Reno**, 2540 Sutro Street Suite #4, Reno, Bus Rt. 5
- Biggest Little Cake Shop**, 250 Moana Lane, Reno, Bus Rt. 6
- Caughlin Ranch Elementary School**, 4885 Village Green Pkwy., Reno
- Clayton Middle School**, 1295 Wyoming Ave., Reno, Bus Rt. 3
- Damonte Ranch High School**, 10500 Rio Wrangler Pkwy., Reno, Bus Rt. 57
- Dilworth Middle School**, 255 E. Prater Way, Sparks, Bus Rtes. 21, 25, 26
- Galena High School**, 3600 Butch Cassidy Way, Reno
- Grand Sierra Resort**, 2500 E. Second Street, Reno, Bus Rtes. 14, 14A
- Greenbrae Elementary School**, 1840 Fourth Street., Sparks
- Hidden Valley Regional Park**, 4740 Parkway Dr., Reno
- Hunsberger Elementary School**, 2505 Crossbow Ct., Reno
- Kadam Studios**, 47 Glen Carran Cir., Sparks, Rt. 18

- Let's Dance Studio**, 1151 N. Rock Blvd., Sparks, Bus Rt. 25
- Lois Allen Elementary School**, 5155 McGuffey Road., Sun Valley
- McQueen High School**, 6055 Lancer St., Reno, Rtes. 3, 4
- Melton Elementary School**, 6575 Archimedes Lane, Reno, Bus Rtes., 9, 4
- Mendive Middle School**, 1900 Whitewood Dr., Sparks
- Nell J. Redfield Building A**, 18600 Wedge Pkwy, Reno
- Nell J. Redfield Foundation Performing Arts Center**, 505 Keystone Avenue, Reno, Bus Rt. 3
- North Valleys High School**, 1470 E. Golden Valley Rd., Reno
- Picollo School**, 900 Foothill Road, Reno, Bus Rt. 56
- Pine Middle School**, 4800 Neil Road, Reno, Bus Rt. 9
- Reed High School**, 1350 Baring Blvd., Sparks, Bus Rt. 22
- Reno High School**, 395 Booth St., Reno, Bus Rt. 16
- Reno Roller Kingdom**, 515 East 7th Street, Reno
- Rosewood Lakes Golf Course**, 6800 Pembroke Ln., Reno
- Spanish Springs High School**, 1065 Eagle Canyon Dr., Sparks
- Sparks Florist Design Center**, 1440 Hymer, Sparks, Bus Rtes. 18, 18X
- Sparks High School**, 820 15th Street, Sparks, Bus Rt. 11
- Sparks Middle School**, 2275 18th Street Sparks, NV, Bus Rt. 2
- Steinway Piano Center**, 500 E. Moana Lane, Reno, Bus Rt. 6
- Swope Middle School**, 901 Keele Dr., Reno, Rt. 16
- Tahoe Donner Cross Country**, 11509 Northwoods Blvd., Truckee
- Tapestry Glass**, 4690 Longley Lane #40., Reno
- TMCC IGT Applied Technology Center**, 475 Edison Way, Reno, Bus Rt. 14
- TMCC Meadowood Center**, 5270 Neil Rd., Reno, Bus Rtes. 6, 9, 54
- TMCC Red Mountain Bldg.**, 7000 Dandini Blvd., Reno, Bus Rtes. 15, 10
- TMCC Redfield High Tech Center**, 18600 Wedge Pkwy, Reno
- TMCC Sierra Bldg.**, 7000 Dandini Blvd. Rtes. Bus Rtes. 15, 10

- TMCC Vista Bldg**, 7000 Dandini Blvd., Reno, Bus Rtes. 15, 10
- Treslimage Salon**, 9660 S. McCarran, Reno
- Wasting Arrows Archery**, 8975 Double Diamond Pkwy A8, Reno
- Wooster High School**, 1331 E. Plumb Ln., Reno

Policies and General Information

Office Hours

Both Community Education and TMCC WDCE are housed at TMCC's Meadowood Center at 5270 Neil Road in room 216 (across from the Sears Auto Center). We are open weekdays from 8 a.m. to 5 p.m.

Senior Citizen Tuition Assistance/Discount

Seniors 65 and older can apply for the Senior Sunshine Fund established by Helaine Greenberg. This fund provides \$20 toward any class priced \$50 or higher. To apply, call our office at 829-9010.

Seniors 65 and older may receive a 10 percent discount on Community Education regular personal enrichment classes with the exception of Silver College, conferences/series/events, online classes and a few select other classes. Professional/career courses offered through TMCC WDCE do not qualify for discounts. To learn if a course has a senior discount, visit www.washoecommunityed.org, click on Classroom Courses, then the class you're interested in. Each class lists available discounts.

Age Range for Classes

Adult courses are open to those 18 and older; some exceptions may be made, depending on the class, to allow students 16 or 17 years old. Silver College courses are open to those 55 and older. Children's courses stipulate the age group served. Some children's classes require a parent to attend.

Employer-Paid Tuition

An employer or third party may pay for any Community Education or TMCC WDCE class. Please provide a check, credit card or purchase order from the third party at the time of registration. Courses to be paid through check or purchase order should be registered in person at our office. If paying by credit card, you may register online at www.washoecommunityed.org or by calling 775-829-9010.

Class Completion Certificates

If you would like a certificate to document CEUs earned or to prove your successful completion of a course, you may request a completion certificate for \$10. Some course fees include a certificate; check with the instructor. Call 775-829-9010 for details.

Non-Grading

Most TMCC WDCE and Community Education classes do not issue letter grades. Should you need documentation to prove you successfully completed a course, please notify the instructor at the beginning of class.

Refund Policy

Should you need to cancel your registration, you will receive

- A full refund, minus a \$10 cancellation fee, if you cancel at least three working days prior to the class start date;
- A 50 percent refund, minus a \$10 cancellation fee, if you cancel less than three working days out;
- No refund if you are a no-show or cancel after the course has begun.

This policy does not apply to conferences/events/series or online classes. Please see the policy for those programs. All classes cancelled by TMCC WDCE or Community Education will return 100% of the tuition cost back to each student.

Cancellation Policy

Both Community Education and TMCC WDCE classes are self-supporting, so if a course does not have enough students enrolled in it to cover costs, it will be cancelled and we will refund 100 percent back to you. Beyond providing a timely refund, we cannot assume any liability for expenses incurred by a student due to a cancellation.

Inclement Weather Class Cancellations

For courses held at TMCC, visit www.tmcc.edu or call 673-7000. For classes held at a Washoe County School District facility, check www.washoe.k12.nv.us for details. In the event of district-wide snow closures, all classes held at school district properties will cancel. For courses held at other locations, call us at 775-829-9010.

Accessibility

All classes, services and programs put on by Community Education and TMCC WDCE are readily accessible to and usable by persons with disabilities. We will make reasonable accommodations for the disabled, except for where to do so would: result in undue financial or administrative burden; require fundamental alteration in a program, service or activity; or threaten or destroy the significance of a historic property. Persons with special needs should call us at 829-9010 as far in advance of a class as possible.

Self Funded Classes

Both Community Education and WDCE classes are funded solely by class registrations.

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

Email Address _____ Birthdate (mm/dd/yy) _____

Daytime Phone _____ Evening Phone _____

1. Class Title _____ Beginning Date _____ Cost \$ _____

2. Class Title _____ Beginning Date _____ Cost \$ _____

Total Amount \$ _____

To pay by credit card, print your card number here: _____

Credit card expiration date: _____ Security Code (back of card): _____

Make your check payable to the "Board of Regents." Mail to TMCC WDCE, 5270 Neil Road S216, Reno, NV 89502.