

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

Aug. through Dec. 2015 classes



Education is transforming.

Browse our hundreds of personal enrichment and professional development courses, now offered through TMCC!

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- **Run your company strategically with Business Intelligence**, page 28
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- **Forge memories with your kids**, page 33



washoecommunityed.org
775-829-9010

www.facebook.com/WashoeCommunityEd



Truckee Meadows Community College
Workforce Development and Community Education

More classes. Enthusiastic instructors. Convenient locations.

No one in Northern Nevada offers more noncredit choices for fun personal enrichment courses and relevant professional education programs than TMCC's Workforce Development and Community Education. For more than 30 years, TMCC's WDCE has been the go-to program for Washoe County residents to foster their creativity, boost their income potential, pursue recreational interests and retrain for new careers. If you haven't enrolled in a community education course, come join us and see why your neighbors keep coming back to our quality classes and expert instructors year after year.

Why take a community education course?

Because classes:

- Are taught by experts in their fields
- Start weekly at dozens of area locations
- Are held evenings, weekdays and weekends
- Are offered in hundreds of topics

Our most popular classes fill quickly, so register today.

Here's a sampling of our most in-demand classes. To see more, look for the **HOT!** icon next to the class title.

- 3D Printing Certificate
- Psychedelic Rock's Golden Age
- Financial Aid for College
- Watercolor Techniques I
- High Desert Fall Gardening
- Royal Father-Daughter Ball
- Ghost Hunting 101
- Clinical Medical Assistant
- Taste of Scandinavia
- Spanish-English Translation and Interpretation



**No matter your educational goal,
TMCC can get you there!**

Check out additional for-credit course offerings at TMCC. Register now for Fall and Late Start Classes.

»»»» schedule.tmcc.edu ««««

Dr. Sharon Lowe
History Professor, Truckee Meadows Community College
Voted Top 25 Community College Professors in America



Aspire. Prosper. Thrive. Succeed.
Explore. Create. Get fit. Play. Rejuvenate.



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Arts and Crafts

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

Photography



Photo by instructor Mark Vollmer.

Photograph the Great Reno Balloon Race

Create compelling photographs of this spectacular event. Join an award-winning photographer in capturing the beautiful colors and photogenic balloon shapes awash in early morning light. Attend an evening lecture and slide show followed by a morning field shoot of the glow show, dawn patrol and mass ascension competitions. Discover how to bring the experience and pageantry to life in your images.

Lecture: 9/10 TH 6 - 8 p.m.
Field Shoot: 9/12 S 4:30 - 10 a.m.
 Vollmer
 TMCC Meadowood Center S104 \$94

Photograph Historic Sites

Discover how to capture the rich history of Nevada and the West's prehistoric rock art, ranches, mining towns and renovated downtown landmarks through your camera lens. Learn to photograph historic sites from an award-winning photographer. Gets hands-on tips from an expert as you shoot on-site in the Reno area. Gain insight into creating a great picture via lines, patterns, textures and natural light. This class is open to photographers of all levels and both digital and film shooters.

Lecture: 10/1 TH 6 - 9 p.m.
Field Shoot: 10/3 S 2 - 6 p.m.
 Vollmer
 TMCC Meadowood Center S105 \$94

Photograph Autumn's Splendor

Authentically capture autumn's bright and subtle shades in your pictures. Discover the power of incorporating lines, patterns, textures, colors and space, and effectively using natural light. Take your art to the next level with this combination slide show lecture and field photography shoot. Discover our area's most picturesque fall locations. There is a lunch break between noon and 2 p.m. Furnish your own camera, transportation and walking gear.

10/24 S 9 a.m. - 6 p.m.
 Vollmer
 TMCC Meadowood Center S105 \$94

Crafts



Glass Fusion

Experience the beauty and fun of creating glass art through basic fusing, design, glass cutting, grinding and fixing techniques. Look forward to showing off the wonderful art you've crafted. \$30 materials fee

10/9 F 5:30 - 8 p.m. and
10/10 S 9 - 11 a.m.
Howell
Kadam Glass \$79

Watch our glass fusion class video!

<http://bit.ly/glassfusion>

Flamework Bead Making

Fashion stunning glass beads using a torch and the same technique artisans have used for more than 3,000 years. Discover the basics 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

11/10-11/12 T,TH 6 - 9 p.m.
Tachihara
Kadam Glass \$99

More art classes are offered for-credit including ceramics, painting and drawing on TMCC's academic side. For details, visit schedule.tmcc.edu.

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. Experiment with many unique glazing and firing techniques. \$50 materials fee

9/22-10/13 T 5:30 - 7:30 p.m.
Gandolfo
Reno High Industrial Arts 4 \$99

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

9/22-10/13 T 5:30 - 7:30 p.m.
Gandolfo
Reno High Industrial Arts 4 \$99

NEW!

Woodcarving

Learn this art by practicing various types of carving techniques, as well as learning about tools and wood characteristics. Discover how to work safely and complete a project that will deepen your understanding of woods and finishes. Explore a progression of projects that sharpen your skills in the type of carving you want to do. Supplies required. \$5 materials fee

9/23-10/14 W 2 - 4 p.m.
Moser
TMCC Meadowood Center S103 \$99

NEW!

Origami Art

Explore this ancient Japanese art which requires focus and precision and enhances brain activity and mathematical skills. Fold paper cranes with a variety of models and papers and create a seasonal card.

11/12 TH 6 - 8 p.m.
Salvatore
Aikido of Reno \$39

Painting and Drawing



NEW!

Plein Air Painting

Find your muse by painting outdoors at some of our area's most scenic spots. In the past, students have seen wild horses, spectacular wildflower displays, rustic ranches and more. All levels welcome. Bring your favorite medium. Supplies required.

9/12-9/13 S,SU 9 a.m. - 1 p.m.
Mueller
TMCC Meadowood Center Front Lobby \$89

HOT!

Watercolor Techniques I

Take the first step in becoming an artist. 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. Materials required.

10/13-11/3 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

Watercolor Fruits and Florals

Say more with flowers and fruit. Strengthen the emotional impact of your floral watercolor paintings by working with line, shape, color, value and texture. Learn to integrate backgrounds with seasonal flowers so your painting matches your artistic vision. Materials required.

9/1-9/22 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

NEW!**Watercolor Holiday Cards**

Learn watercolor basics such as color theory and methods of applying paint on paper. Use glazing, wet-into-wet, dry-into-wet and dry brushing techniques, various types of resist, sprinkling salt and other experimental effects to create holiday cards. Find out how to photograph your artwork and get it onto card stock, whether you're at the beginner or intermediate level. Materials required.

11/10-12/1 T 1-5 p.m.

Nichols

TMCC Meadowood Center S103 \$129

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. Finish five to eight images for framing, cards or gift giving for special holidays. \$10 materials fee and supplies required.

10/7-10/21 W 1-3 p.m.

Foldvary-Anderson

TMCC Meadowood Center S104 \$69

Painting Seascapes Using the Bob Ross Technique

Use the Bob Ross oil painting technique to create beautiful canvases of oceans, beaches, lighthouses, rowboats, waves, stormy skies and rocky shores. Master the ability to blend colors on canvas and properly use painting supplies and brush strokes. \$20 materials fee and supplies required.

9/3-9/17 TH 5:30 - 8:30 p.m.

Burkhart

TMCC Meadowood Center S103 \$99

Oil Painting Waterfalls Using the Bob Ross Technique

Learn the Bob Ross technique of wet-on-wet oil painting using thick paints, brushes and knives to create beautiful waterfalls. Experiment with new colors as you paint three scenes to take home. \$20 materials fee and supplies required.

10/1-10/15 TH 5:30 - 8:30 p.m.

Burkhart

TMCC Meadowood Center S103 \$99

Paint a Haunted House

Using acrylic and oil paints, create a spooky haunted mansion on an 18 by 24 canvas with ghosts, graveyards, scary trees and witches. Add this to your Halloween decorations even if you have never painted before. Clean-up is simple with just soap and water. \$45 materials fee and supplies required.

10/22-10/29 TH 5:30 - 8:30 p.m.

Burkhart

TMCC Meadowood Center S103 \$69

Travel Book Journaling

Vividly preserve your memories by incorporating a variety of artistic mediums ranging from watercolor and ink to using stickers. Find out how your creativity can be tapped to create interesting pages, whether the journal is for a special trip or everyday use. \$35 materials fee and supplies required.

Classroom: 9/21- 28

M 6-9 p.m.

Field Trip: 10/3 S 9 a.m. - 2 p.m.

Mueller

TMCC Meadowood Center S103 \$99

"What art offers is space — a certain breathing room for the spirit." — John Updike



Art by student Cheryl O.

HOT!**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. Supplies required.

10/2-11/6 F 1-4 p.m.

Woodard

TMCC Meadowood Center S103 \$119

Drawing: Circles, Patterns and Lines

Develop your drawing skills, whatever your experience level. Receive personal attention and use worksheets to see your abilities grow. \$5 materials fee and supplies required.

11/16-11/30 M 12-2 p.m.

Foldvary-Anderson

TMCC Meadowood Center S103 \$69

NEW!**Radiant Mandala Drawing**

A mandala is a visual interpretation of life itself. Find out how to create a safe space in your life for healing and personal growth through drawing your own radiant mandala. Explore its origins and the significance of these designs in various cultures. Still your mind and body to increase relaxation and allow your mandalas to flow onto the paper. Supplies required.

11/7 S 1-4:30 p.m.

Surber

TMCC Meadowood Center S320 \$49

Coloring Between the Lines with Colored Pencils

Create greater depth and interest in your 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 nice to fabulous. Practice in a coloring book fashion to experience this novel process of looking, playing and experimenting with color. This technique applies to other mediums as well. \$5 materials fee and supplies required.

10/7-10/21 W 5:30 - 7:30 p.m.

Foldvary-Anderson

TMCC Meadowood Center S104 \$69

Textiles



Sewing

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.

9/9-11/18 W 6:30 - 9:30 p.m.
Pelham
TMCC Meadowood Center S103 \$169

HOT!

Quilting

Experience the joy of piecing together colorful fabrics to create traditional yet practical works of art. Practice safe rotary cutting techniques while learning about quilting tools, fabric selection, design, piecing, sewing construction, applique and binding. You'll complete a quilting project and learn the skills to continue this rewarding, artistic craft. \$10 materials fee and supplies required.

9/12-11/21 S 9 a.m. - 12 p.m.
Ford
TMCC Meadowood Center S103 \$199

The instructor was "very patient, clear and precise. She made the class fun and informative." —Suzette F., Quilting student

NEW!

Memory Quilts

Honor loved ones who have passed on by incorporating their clothing into a memory quilt. Develop artistic expression by learning basic sewing and quilting techniques. Find out how to disassemble clothing and which fabrics are best suited for quilting. Learn about different designs and variations ranging from a t-shirt quilt to a signature quilt. Assemble fabric blocks in class and discuss finishing options. Supplies required.

11/2-11/30 M 5:30 - 8:30 p.m.
Banks
TMCC Meadowood Center S315 \$129

NEW!

Spinning Flag Dance

Enjoy this creative medium that combines crafting, artistic expression and dance. Hand-dye silk to create your unique set of flag poi. Then, use those flags to experiment with spin flag dance techniques, such as the windmill, basic figure eight and side spins. Discover the exhilaration of moving with your beautiful, colorful silks. \$27 materials fee

8/29-9/26 S 10 a.m. - 12 p.m.
Adams
TMCC Meadowood Center S103 \$49

NEW!

Dazzling Denim

Using everyday objects and fabric paint, learn how to transform jeans or other denim clothing into unique works of art. Bring a piece of denim clothing that has been washed and dried without fabric softener.

9/19-9/26 S 1 - 4 p.m.
Rhys
TMCC Meadowood Center S103 \$69

Needle Felting

Using special needles and small pieces of colorful wool roving, embellish wool clothing and accessories. Learn basic needling procedures and complete a small wool purse or Christmas stocking. \$10 materials fee

10/10-10/17 S 9 a.m. - 12 p.m.
Rhys
TMCC Meadowood Center S103 \$79

Beauty



HOT!

Makeup Made Easy

Discover your makeup and fashion personality and how it influences the choices you make. Update your look with correct color choices through demonstrations for day, evening and special occasion makeup application. Learn makeup tricks and how to use brushes and makeup tools more effectively.

9/20 SU 11 a.m. - 1:30 p.m.
Samuels
TrésImage Salon \$39

Braiding for Beginners

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

9/28 M 4:30 - 6:30 p.m.
Chrisman
TrésImage Salon \$39

HOT!

Create a Smoky Eye

This makeup technique gives the eye a sophisticated, irresistible look. Learn which colors enhance your eyes and discuss the best powders, eyeliners and tools. Practice different styles to transform your look.

10/11 SU 11 a.m. - 1 p.m.
Samuels
TrésImage Salon \$39

Glam It Up for the Holidays

Gain confidence with your hairstyling and makeup applications to look your best this holiday season. Based on face and eye shape, learn what works best with your features. Also, discuss classic and modern makeup styles. Discover which products best complete a look and make it last.

11/8 SU 11 a.m. - 1 p.m.
 Samuels
 TressImage Salon \$39

College Bound



HOT!

Financial Aid: What Parents Need to Know

If you're trying to navigate the maze of paying for your child's college education, learn the best approach you can take to apply for financial aid. Understand how and when to apply and how to motivate your child to advocate for herself or himself. Design your child's college roadmap.

9/14 M 6 - 8 p.m.
 Lynch
 TMCC Meadowood Center S315 \$29

NEW!

Land Those Scholarships

In this competitive environment, applying for college scholarships can feel intimidating. Gain a strategic advantage by learning how to search and apply for scholarships, while learning what groups want from students. In this hands-on class, you'll discover how to collect the necessary information such as letters of recommendation, and craft your scholarship letter. Find out how to tell your story in a way that works for you. Discuss timeframes and how to be prepared before the peak scholarship application season approaches.

10/15 TH 7 - 9 p.m.
 Lynch
 TMCC Meadowood Center S320 \$39

NEW!

Accuplacer Test Prep

Accuplacer is a suite of academic placement tests required by over 1,500 institutions including TMCC and Western Nevada College. Whether you are a high school senior or an adult pursuing higher education, performing well on these tests will allow you to skip lower-level classes entirely, saving you time and money. All Accuplacer classes cost \$39 each and will be held at the TMCC Meadowood Center, room S324.

Fractions
 8/24 M 6 - 9 p.m.
 Schneider-Erger

Geometry
 8/25 T 6 - 9 p.m.
 Schneider-Erger

Decimals and Percentages
 8/26 W 6 - 9 p.m.
 Baker

Word Problems
 8/31 M 6 - 9 p.m.
 Baker

Reading
 8/27 TH 6 - 9 p.m.
 Castleman

Writing
 9/1 T 6 - 9 p.m.
 Castleman

Ace the ACT/SAT: Reading/Writing Comprehension, Ages 14+

If you have already attempted the exam and want to do better, boost your chances of scoring high on the ACT/SAT tests with in-depth preparation. Learn general strategies and approaches to the ACT/SAT, strengthen your reading and writing comprehension and find tips on how to raise your scores. Discover the background and purpose of these tests and why it is so crucial to college admission. No book required.

9/12-9/19 S 9 a.m. - 3 p.m.
 Walsh
 TMCC Meadowood Center S320 \$179

Ace the ACT/SAT: Math, Ages 14+

Boost your chances of scoring high on the ACT/SAT tests with in-depth preparation. Learn general strategies and approaches to the ACT/SAT, strengthen your math skills and discover tips on raising your scores. Discover the background and purpose of these tests and why it is so crucial to college admission. No book required.

9/26 S 9 a.m. - 3 p.m.
 McClish
 TMCC Meadowood Center S320 \$99

*Considering going to college?
 TMCC offers EPY 101:
 Educational, Career and
 Personal Development to
 help you become a successful
 student. For details, visit
schedule.tmcc.edu.*

Computers and Software



Computer Basics

Lose that feeling of computer intimidation by learning lingo like monitor, processor, hard drive, RAM, hardware, operating system and software. Get lots of practice using the computer as you explore the world of Windows. Type a short letter on the keyboard using a word processing program and draw a simple picture using an art program. Make practicing fun while surfing the Internet.

9/9-9/16 W 6-9 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Computer Basics for English Language Learners

Become comfortable with a computer and see how this technology can improve your life. Learn the basics from using the keyboard and saving files to sending email and surfing the Internet.

10/6-10/8 T,TH 9 a.m. - 12 p.m. OR
10/13-10/15 T,TH 6-9 p.m.
Briscoe
TMCC Meadowood Center S115 \$59

Quickbooks

Streamline your accounting procedures with this popular program. Learn the basics and how to create invoices and billing statements. Work with bank accounts to learn how to enter and pay bills by using a QuickBooks check, and gain skills in using the program for accounts payable.

9/28-10/7 M,W 1-5 p.m.
Lenga
TMCC Meadowood Center S322 \$179

Microsoft

Word Essentials

Typing letters and reports has never been easier. Learn tabs, groups and commands as you move and copy your text, set margins and spruce up your work with different fonts and colors. Discover how to check your spelling and grammar, create bulleted lists, customize envelopes and mailing labels for letters, and save and print your work.

8/31-9/2 M,W 6-9 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Microsoft Word Mail Merge

Save yourself time and energy by learning mail merge. Find out how to type an e-mail message or letter and merge it with a list of names and addresses. Use that same data to create envelopes or mailing labels. You must be comfortable with Word basics.

9/22 T 6-8 p.m.
Lenga
TMCC Meadowood Center S322 \$49

NEW!

Ask the Expert

If you have questions about how to increase your productivity in Microsoft, meet one-on-one with a software expert to iron out your concerns and make your work truly shine. Each appointment is 30 minutes in length with instructor Gabrielle Lenga at the TMCC Meadowood Center and costs \$29 each. Call 829-9010 for your appointment.

Excel
10/1 TH
Appts. between 9 - 12 p.m.

Word
11/12 TH
Appts. between 9 - 12 p.m.

HOT!

Excel Essentials

Get rid of that calculator. Become familiar with Excel's most popular features and you'll wonder how you ever got through a work day without them. Start off learning the basics such as entering text and numbers into spreadsheets and continue building your skills by learning formatting and formulas.

9/8-9/10 T,TH 6-9 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Excel Essentials II

Building on concepts covered in Excel Essentials, this intermediate course shows you how to work with large files by freezing panes and splitting the window, how to use named ranges to make navigation easier, and how to use styles and the amazing conditional formatting feature. Learn to create pie, bar, column, XY and other charts in Excel to present your numeric data in a professional-looking and easy-to-read format. Explore sorting and filtering to manage data lists and practice working with formulas and functions.

10/19-10/21 M,W 1-4 p.m.
Lenga
TMCC Meadowood Center S322 \$99

The instructor made it "very understandable." -Elizabeth A.,
Excel II student

Microsoft Excel Chart Basics

Create Excel charts with ease. Use chart wizard to create your line, area, bar, columnar and pie charts and find out how to customize your charts with formatting. You must be familiar with Excel basics.

9/21 M 6-8 p.m.
Lenga
TMCC Meadowood Center S322 \$49

Outlook Essentials

Microsoft Outlook provides an integrated solution for managing your time and information. You'll learn how to use Outlook's calendar, contacts, task list and email functions. You'll be able to schedule appointments and meetings for groups, stay organized by filing email messages in folders, track demographics and put contacts in categories. You will also explore Outlook's To-Do bar, which can help you organize your day and manage priorities.

10/14-10/16 W,F 1 - 4 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Access Essentials

Showcase your efficiency by easily retrieving relevant data and eliminating repetitious information. Increase your mastery by learning how to design relational databases and run more efficient queries. Create powerful reports through specialized forms that build on tables and queries, along with forms that create calculations. Take part in exercises that will build your confidence.

9/14-9/17 M,TH 1 - 5 p.m.
Lenga
TMCC Meadowood Center S322 \$119

Internet

Create a Website for Fun, Profit and Business

Discover easy-to-use drag-and-drop design tools to build your personal or business website in one hour. Learn social media marketing, how to optimize your site for smartphones, tips for professional-looking website design and how to create affiliate websites that generate more money. No programming is required.

10/14 W 6 - 9:30 p.m.
Boyd
TMCC Meadowood Center S320 \$99

HOT!

eBay I: The Basics of Selling on eBay

Learn the tips, tricks and the traps in order to succeed in all your eBay dealings. Sell more effectively by developing procedures on how to set up a seller account, create listings and how to set up credit card payments. Streamline packing and shipping procedures, monitor listings and upload great pictures. Sign up for both eBay courses at the same time and save \$15.

10/12 M 6 - 9 p.m.
Boyd
TMCC Meadowood Center S320 \$49

The instructor's "excitement is contagious. It was a great delivery of material."

—Bob U., eBay student

eBay II: Advanced Selling Strategies

Learn the insider tips and strategies that will draw the most bids, maximize sales and beat your competition. Cover how to find a profitable niche, what to sell, what to avoid and how to use drop shippers to minimize inventory costs. Also includes eBay research, marketing and photography tips, and eBay stores. Sign up for both eBay courses at the same time and save \$15.

10/13 T 6 - 9 p.m.
Boyd
TMCC Meadowood Center S320 \$59

Internet Blogging and Promotion

Establish yourself as an expert, promote your product and gain a following by writing a blog. Learn what blogging is, how to connect your blog to social media networks and how to automatically update your sites. Find out how to compose articles in advance and schedule them to automatically upload to your website. In addition, learn about various apps that can be used in conjunction with your blog to turn your blog into a money making machine.

11/16 M 5:30 - 9:30 p.m.
Lenga
TMCC Meadowood Center S322 \$59

Cultures and Spirituality



NEW!

The Feminine Face of God

Develop a balanced view of the divine by exploring powerful historic and modern images of the sacred feminine. Be inspired by images and essences that nourish life and honor the divine feminine within yourself, and discover how this feminine energy can help to heal us and our world.

9/12 S 1 - 4 p.m.
Linesch
TMCC Meadowood Center S324 \$39

World Religions

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

9/2-9/23 W 6 - 8 p.m.
Zed
TMCC Meadowood Center S104 \$79

This class is for "anyone that wants to learn the truth about what different religions are really about."

—Dora J., World Religions student

NEW!

Ethical Choices

Advancements in medicine and biology mean many of us will face decisions our ancestors hadn't considered. Gain a full understanding of controversial ethical issues such as end-of-life, euthanasia, abortion and the treatment of animals, with guidance from the past chair of the Nevada Center for Ethics and Health Policy.

10/4-10/25 SU 4 - 5:30 p.m.
 Beyer
 Law Office of E. Beyer \$49

NEW!

Science and Religion, An Intersection

Religion is often seen as opposed to science and vice versa, but the two disciplines actually converge to each other's truths. Discover from a biologist, an engineer, a philosopher, a priest and a paranormal author how the search for spiritual meaning is often validated in the scientific realm. Share your own views and expand your understanding of both religious and scientific truth.

10/5-11/2 M 7 - 8:30 p.m.
 Turner
 TMCC Meadowood Center S105 \$59

Spiritual Cinema

Religion and spirituality have been cinematic themes since movies began. Explore how four contemporary films and several short documentary films portray religion and why these films affect us. Discover whether movies mimic life and vice versa, and how these films are made, from script to post-production.

10/1-10/22 T 6 - 9 p.m.
 Zackery
 TMCC Meadowood Center S106 \$79

NEW!

Christian Meditation

Discover the social, spiritual, emotional and physical benefits of meditation in the Christian tradition. Learn about meditation as a daily practice, how to create a spiritual space, the ancient biblical discipline of Lectio Divina or divine reading, and how to practice biblical meditation on the go.

10/3-10/24 S 9 - 10 a.m.
 Beauchamp-Grace
 TMCC Meadowood Center S308 \$39

HOT!

A Spiritual Quest Across Spain

Delve into the spiritual practice of pilgrimage by hearing the first-hand account of the instructor's 500-mile spiritual quest. Learn what it was like to walk along the ancient Camino de Santiago de Compostela, The Way of St. James, across Northern Spain. Her encounters traveling through the Pyrenees mountains, ancient cities and forlorn villages will be illustrated with stories and photos of the journey.

10/20 T 6 - 8:30 p.m.
 Nichols
 TMCC Meadowood Center S207 \$39

NEW!

Ghosts, God and the Afterlife

Paranormal experiences can lead to spiritual breakthroughs. Find out from the manager of the Nevada Ghost Series how her encounters have renovated her views on heaven, hell, the Most Divine, our interactions with the spirit realm and why we possess psychic abilities. Discover how her beliefs have evolved into a more mystical Christian ideology. Hear about the intersection of the spirit and earthly worlds from guest speakers, Washo spirit guide Dahlahk Pahtahlnee and Rabbi ElizaBeth Beyer.

10/7 W 6 - 9 p.m.
 Berry
 TMCC Meadowood Center S320 \$39

NEW!

Spiritualism in Early Nevada

The Modern American Spiritualism faith began in 1848, and a few decades later Virginia City became a hotbed for seances and psychic readings. Explore the early roots of interest in the dead, from the Spiritualists and mediums who lived and worked in our region including Eilley Bowers, owner of the Bowers Mansion.

9/24 TH 7 - 9 p.m.
 Oberding
 TMCC Meadowood Center S320 \$32

Islam

Get a clearer perspective on world events by learning about Islam. Explore basic Islamic beliefs and holidays and discover the arts, music and science of the culture as you become more familiar with the people who practice Islam.

10/7-10/28 W 6 - 8:30 p.m.
 Elfass
 TMCC Meadowood Center S205 \$79

HOT!

Native American Spirituality in a Modern World

Explore Native American spirituality as it applies in today's society. Delve into traditions, practices and beliefs in a general way. Gain insight into what it means to be a Native American living in a modern world, while still preserving Native American culture. In addition, discuss afterlife beliefs including coexisting with spirits, learning to read nature's signs and aligning oneself with the universe. Anyone interested in Native American culture is welcome.

9/19 S 12:30 - 4:30 p.m.
 Sam
 TMCC Meadowood Center S315 \$49

Tibetan Buddhism

Delve into the philosophies behind Tibetan Buddhism. Expand your knowledge about Buddhism and dispel the common misperceptions about this religion. Learn about many of the core beliefs of Buddhism including karma, future lives and meditation.

10/21-11/4 W 6 - 8 p.m.
 Class
 TMCC Meadowood Center S104 \$59

Dance



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.

9/8-9/29 T 6:30 - 8 p.m. OR
 11/3-11/24 T 6:30 - 8 p.m.
Rizzoli
Caughlin Ranch Elementary \$59

"I learned so much and now I can do so many tricks, it's great!" -Katie M., Hoop Dance student

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.

11/2-12/7 M 7 - 9 p.m.
Wilson
Sparks Middle School \$69

Ballet, jazz, tap and modern dance are offered through TMCC's for-credit courses. You can even earn an associate of arts, fine arts degree. For details, visit schedule.tmcc.edu.

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.

9/2-10/21 W 7 - 9 p.m.
Renner
Piccolo School \$79

"Dance is the hidden language of the soul of the body."

- Martha Graham

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.

9/4-12/4 F 5:30 - 6:45 p.m.
Carver
TMCC Red Mountain Bldg 240 \$79

View the video on our belly dancing classes!

<http://bit.ly/bellydancingclass>

NEW!

Spinning Flag Dance

Enjoy this creative medium that combines crafting, artistic expression and dance. Hand dye silk to create your unique set of flag poi. Then, use those flags to experiment with spin flag dance techniques, such as the windmill, basic figure eight and side spins. Discover the exhilaration of moving with your beautiful, colorful silks. \$27 materials fee

8/29-9/26 S 10 a.m. - 12 p.m.
Adams
TMCC Meadowood Center S103 \$49

Father-Daughter Ball



HOT!

Royal Father-Daughter Ball

Bring your little girl to this magical evening event where you will dance, sample royal treats and take part in a raffle. The semi-formal dance is designed for girls from kindergarten through sixth grade and their fathers, grandfathers or special friends. Each child will receive a special gift, and you can choose to purchase photo memories and flowers to make the evening an extra special event that you will remember for a lifetime. Each person must have their own registration under their own name. This is important for check-in purposes on the night of the event. The price is \$25 per person. Boutonniere and corsage orders are available online for an additional fee.

12/5 S 6 - 9 p.m.
Grand Sierra Resort Summit Pavilion \$25

Fitness and Sports

See also *Health and Wellness*, pages 13-14.
For *Pilates*, see page 25.



Sports

Golf for Beginners

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. Learn to putt, chip and to play with both iron and wood clubs. At the end of this course you should be able to play at least a par three course. \$35 materials fee

8/27-10/1 TH 6 - 7 p.m.
Williams
Grand Sierra Resort Driving Range \$99

HOT!

Golf at Rosewood Lakes

Beginners will learn proper grip, proper stance and fundamentals of the golf swing when putting, chipping and driving.

9/9-10/8 W,TH 1 - 2 p.m.
Elliot
Rosewood Lakes Golf Course \$99

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. \$35 materials fee

9/1-11/17 T 2 - 3 p.m.
Pitts
Wasting Arrows Archery \$99

Cardio

Kickboxing

Use the bags for a sweat-dripping workout that can burn more than 600 calories per hour! Master authentic kickboxing moves, drills and combinations that deliver a total body workout. Improve your cardiovascular function and agility by working the bag like a real pro.

9/1-10/20 T 6:30 - 7:30 p.m. OR
10/27-12/15 T 6:30 - 7:30 p.m.
Midtown Fitness \$69

NEW!

TRX Suspension Training

This technique, pioneered by the Navy SEALs, leverages gravity and your body weight to help you simultaneously develop strength, balance, flexibility and core stability. Exercise with your hands or feet in straps according to your fitness level. This program hits every major muscle group and will get you sweating in this complete body workout.

9/14-10/19 M 6:30 - 7:30 p.m. OR
10/26-11/30 M 6:30 - 7:30 p.m.
Gonzalez
Sparks Marina \$69

PaddleFit

Feel like you are walking on water by learning paddleboarding. Practice navigating the board with the forward stroke, bracing and turning techniques. Then, progress to fitness exercises both on board and on the beach at the Sparks Marina. You'll find that this sport builds your balance and core strength, no matter your fitness level.

9/4-10/2 F 10:30 - 11:30 a.m.
Gonzalez
Sparks Marina \$149

Feel your best: Join the TMCC Fitness Center



Take a one of our non credit courses and you'll qualify for membership in the TMCC Fitness Center, located at the Dandini Campus.

Get fit in our clean, convenient facility as you work out with free weights, machines and cardio equipment. Personal trainers are available to assist you year-round (call for appointment details).

Memberships are a bargain: just \$50 a semester (\$30 summer) for WDCE students. Day passes are available for \$5. The center is open 11 a.m. to 7 p.m., Mondays through Thursdays, and 11 a.m. to 4 p.m. on Fridays.

To join us, purchase your TMCC Fitness Center membership at the cashier's office in Red Mountain building, room 318.

NEW!

Pedal and Pulse

This fusion of indoor cycling and barre work combines a challenging cardio workout with complementary strength building exercises. After 30 minutes of cycling, work your core, lower and upper body on the barre to achieve increased fitness.

9/2-10/7 W 8-9 a.m. OR
 10/14-11/25 W 8-9 a.m.
 Caughlin Club \$69

NEW!

Circuit Cardio

Up your cardio game with this program that incorporates weights and agility drills. Build your strength and feel your body's renewed power.

9/4-10/9 F 8-9 a.m. OR
 10/16-11/20 F 8-9 a.m.
 Caughlin Club \$69

NEW!

Gym Flex Pass

Enjoy fitness facility perks without the monthly dues and membership fees. Choose what you want to do over eight visits, whether it's taking an exercise class, working out with weights or using cardio equipment. This pass is good at the European Fitness Center, which offers free childcare, a steam room, sauna, indoor swimming pool and more in its recently renovated facility.

Variable dates, times
 European Fitness \$69

Get in shape while earning credit! Physical education courses offered for-credit include karate, boxing, Zumba, yoga, weight training and more. For details, visit schedule.tmcc.edu.

Martial Arts



HOT!

Tai Chi I

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

9/1-10/22 T,TH 6:30 - 7:30 p.m. OR
 10/27-12/15 T,TH 6:30 - 7:30 p.m.
 Jones
 TMCC Meadowood Center S308 \$89

"This is something I look forward to. Even when my week is bad, this class always makes it better." –Wendella C.,
 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.

9/1-10/22 T,TH 5:15 - 6:15 p.m. OR
 10/27-12/15 T,TH 5:15 - 6:15 p.m.
 Jones
 TMCC Meadowood Center S308 \$89

Tai Chi II and III

If you have completed the basic tai chi course, take the next step and learn the second and third sets of the Yang Long form. You'll try new postures and sequences, and you'll continue your practice of breath work and Qigong exercises for health. Discover new elements of meditation, tai chi philosophy, history and the martial aspects of the art.

8/31-10/26 M,W 6:30 - 7:30 p.m. OR
 10/28-12/16 M,W 6:30 - 7:30 p.m.
 Jones
 TMCC Meadowood Center S308 \$89

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.

9/16-10/21 W 6-7 p.m.
 Salvatore
 Aikido of Reno \$59

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.

9/15-10/20 T 6:30 - 8 p.m.
 Collins
 Pine Middle School \$69

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.

9/16-10/21 W 6:30 - 8 p.m.
Collins
Pine Middle School \$69

Yoga

HOT!

Gentle 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.

9/1-10/6 T 4:45 - 5:45 p.m. OR
10/13-11/24 T 4:45 - 5:45 p.m.
MacLellan
Swope Middle School \$99

Alignment 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.

9/1-10/6 T 6 - 7 p.m. OR
10/13-11/24 T 6 - 7 p.m.
MacLellan
Swope Middle School \$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.

9/2-10/7 W 5:30 - 6:30 p.m.
MacLellan
Depoali Middle School \$99

Food and Beverage



NEW!

Backyard and Tailgate Party Barbecue

Fall is football season and a great time for barbecue. Let a Famous Dave's chef show you how to get the most flavor out of your backyard or tailgate grilling, from ribs to steaks. Learn which cuts of meat and preparations produce the juiciest, tastiest results, and get ready to impress your family and friends. \$20 materials fee

8/22 S 1 - 4 p.m.
Nelson
Famous Dave's Bar-B-Q \$39

NEW!

Marinades, Rubs and Barbecue Sauces

Create your own meat marinades and rubs by learning a variety of ways to season food before, during and after cooking. Prepare savory barbecue sauces that let your inner spice shine. Replace those high-sodium store-bought mixes with your own healthier and tastier creations.

10/10 S 10 a.m. - 12 p.m.
Lynch
TMCC Meadowood Center S103 \$39

NEW!

Outdoor Dutch Oven Cooking

Discover why the art of cooking outdoors with cast iron pots is making a comeback. The Dutch Diva will help you choose the right Dutch oven or restore an old one. Learn how to store it and keep it in top-notch condition, and create a cooking area in your backyard using materials you already have. Finish by preparing tasty Dutch oven dishes suitable for home or camping. \$15 materials fee

9/19 S 10 a.m. - 1 p.m.
Bell
TMCC Meadowood Center Patio \$39

NEW!

Gourmet Chocolate

A certified chocolatier will show you how gourmet chocolate is made and how it should taste. Learn about cocoa percentages, chocolate history and how it's molded into scrumptious forms. Sample a variety of chocolate from dark to white and take some home with you. \$10 materials fee

9/14 M 6 - 8 p.m. OR
11/9 M 6 - 8 p.m.
Vance
Dorinda's Chocolates \$59

NEW!

Persian Appetizers and Desserts

Transform dinner into an exotic adventure with handcrafted Persian, Mediterranean and Middle Eastern appetizers. Learn how to make rainbow hummus, decorative yogurt dips and stuffed grape leaves. Then complete your dinner with simple, delicious Persian sweets and desserts.

9/19-10/10 S 10 a.m. - 1 p.m.
Zahedni
TMCC Meadowood Center S219 \$59

NEW!

Sushi Foundations: Rice

The most important aspect to making flavorful sushi is to master sushi rice. Use this with vegetables to start making a California Roll. Take home a makisu, a Japanese sushi roller, to further hone your skills on your own. \$20 materials fee

10/15 TH 6-8 p.m.
Salvatore
Aikido of Reno \$39

GMO-Free Eating

Learn simple and affordable alternatives to food containing genetically modified organisms. Find out which foods are GMO-free alternatives to corn, soy and canola and how they will benefit your health and your wallet. Then roll up your sleeves and practice cooking with GMO-free ingredients. \$35 materials fee

10/8-10/22 TH 6:30 - 8:30 p.m.
Akao
Damonte Ranch High \$49



HOT!

Taste of Scandinavia

Roll up your sleeves and get ready to cook and eat. The Daughters of Norway will take you through the steps to make lefsa, meatballs, desserts, holiday fare and more. Cookbook included.

11/7 S 11 a.m. - 1 p.m.
Palm
Faith Lutheran Church \$49

“Scandinavian cooking is not well-known in the US, so this is a great introduction.” –Karen A., Taste of Scandinavia student

Paleo Lifestyle

Discover the paleo diet as a way to combat obesity, America’s biggest health challenge. Explore the science of paleo foods for weight loss and athletic performance as well as potential benefits for those with autoimmune diseases like diabetes. Make better food choices and learn which foods to avoid. \$25 materials fee

10/20-11/10 T 7-9 p.m.
Walker
TMCC Meadowood Center S205 \$79

Diet and Health: Fact, Fiction and Fraud

Fad diets come and go. Learn about essential nutrients, energy balance, the role heredity plays in good health and how to understand what you read on food labels. Eat the foods you enjoy, save money, and prevent or lessen health problems like diabetes, heart disease and cancer.

11/10-11/17 T 7-9 p.m.
Wilson
TMCC Meadowood Center S300 \$39

Gingerbread House Making for the Family

Bring the family to a gingerbread house making party. A family of four can come, have dinner and create a beautiful gingerbread house together. Techniques will be demonstrated to give you creative ideas for your house. There will be music, hot chocolate and cider. Each family of four will construct one house. \$60 materials fee

12/8 T 6:30 - 8:30 p.m.
Ishoy
Damonte Ranch High 117 \$49

TMCC offers an associate degree and certificate program in culinary arts entrepreneurship, for those wishing to open their own eatery, bakery or food truck. For details, visit schedule.tmcc.edu.

Grant Writing

See Professional Advancement Certificates for class details, page 26.

Health and Wellness



NEW!

Freedom Through Forgiveness

Find greater personal freedom and happiness through the five steps of forgiveness. Learn how we unconsciously withhold forgiveness and the emotional and physical costs of doing so. Taught by a former psychotherapist, this course explores the forgiveness process, from grievances to gratitude and from anger to peace of mind.

9/16-9/30 W 6:30 - 9 p.m.
Woodard
TMCC Meadowood Center S321 \$59

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.

11/2-11/23 M 6-8 p.m.
Anderson
TMCC Meadowood Center S324 \$79

NEW!

PetSaver: CPR and First Aid

Save an animal's life and stay calm during an emergency. Find out which products need to be included in a first aid kit and how to prevent accidental poisonings. Discover how to quickly respond to snake or insect bites and allergic reactions, as well as treat wounds and splint bone fractures. Understand the steps to performing pet CPR, choke rescue techniques and how to track your pet's vitals. Increase your dog or cat's comfort by learning how to remove sap, ice balls, tar or gum from paws and fur. No pets allowed.

9/14 M 6-8 p.m.
Beall
TMCC Meadowood Center S320 \$39

HOT!

Pfילות: Pelvic Floor Pilates for Women

Increase your pelvic muscular strength and endurance through Pelvic Floor Pilates, or Pfילות. Go beyond Kegel exercises and explore the physiology behind pelvic muscular function. Pfילות is ideal for women with urinary incontinence, pre- or post-natal pelvic floor weakness or bladder control issues.

9/21 M 6-9 p.m.
Dobler
TMCC Meadowood Center S308 \$39

Therapeutic Massage for Couples

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

10/24 S 9 a.m. - 2 p.m.
Anderson
TMCC Meadowood Center S217 \$79

NEW!

Take Control of End-of-Life Matters

Gain peace of mind by knowing you'll leave this earth on your terms, while ensuring your affairs are in order for your loved ones. Discover how to encourage family conversations on health care issues such as advanced healthcare directives and the treatments you all want or don't want, hospice and insurance coverage. Look at burial options and budgeting. Discuss financial matters and evaluate if you need beneficiaries or co-signers on your accounts or real estate deeds. Learn how to take care of your loved one's assets and liabilities including dealing with Social Security and how to file taxes for a deceased person.

11/3 T 6-9 p.m.
Garol
TMCC Meadowood Center S300 \$39



Plant Identification: Herbal and Medicinal Native Plants

Gain the skills you need to accurately identify our region's wild-growing plants. Delve into the basics of botany, morphology and taxonomy during this lecture, lab and field trip class. Develop your analytical thinking by using a plant identification manual known as a dichotomous key. \$30 materials fee

8/27-10/15 TH 5:45 - 8:45 p.m.
Broderick
TMCC Redfield High Tech Center 121 \$259

HOT!

Wildcrafting: Redroot

Spend the day outdoors exploring the ancient tradition of wild-crafting. Learn how to ethically and responsibly harvest medicinally important native plants. This year's focus plant will be Redroot. In addition, gain tips on how to preserve and process them into herbal products. \$10 materials fee

8/22 S 9 a.m. - 5 p.m.
Broderick
Reno \$79

Practical Herbology I

Gain hands-on experience in making your own herbal products and develop a deeper understanding of how plants support our health and well-being. Discover how to make salves, tinctures, poultices, teas and more. \$40 materials fee

10/20-12/1 T 6-9 p.m.
Broderick/Powers
TMCC Meadowood Center S103 \$225

"Knowledge is power, and this class was applicable to everyday health concerns."

—Cecilia V., Practical Herbology I student

Get a massage and help a student!

Our advanced massage therapy students must complete mandatory hours of body work before they can graduate from our program. So help others while being pampered with a \$25 full-body massage.

Our \$25 massage clinic will be held Tuesdays and Thursdays, Sept. 8 through Dec. 3 at 11:45 a.m. and 1 p.m. Register at washoecommunityed.org by clicking on "Register Now!"

Health Career Certificates

**NEW!**

Clinical Medical Assistant

The U.S. Department of Labor Statistics predicts 31 percent job growth in the medical assistant field through 2020, with starting pay averaging \$13 an hour. Be a part of this in-demand career by working in a private medical practice, hospital, clinic or other medical facility. This accelerated program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. This program will train students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes among other things preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, a professional workplace behavior, ethics and the legal aspects of healthcare. This program includes 153 hours of classroom lecture and hands on labs and a clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, students must successfully complete the program, submit to a thorough background check, drug screening and meet other requirements. Note: Upon successful completion of this program, you are eligible to sit for the National Healthcareer Association Certified Clinical Medical Assistant exam. Optional externship provided.

9/14-12/16 M-W 5:45 - 9:30 p.m.
 TMCC Meadowood Center S315 \$2999

NEW!

Community Health Worker

Become a non-medical health provider who makes a difference in your community by facilitating access to housing, food, education, employment, civil rights and healthcare resources. Learn how to evaluate a client's needs and create a plan to address them, and explore HIPAA guidelines for client rights and confidentiality, required documentation and reporting, and safe boundaries for interpersonal relationships. Discover your advocacy role, how to develop community resources and partnerships, how to be sensitive to ethnic, cultural, religious and gender diversity, and case management strategies that will best serve your clients. Find out how to navigate the Nevada healthcare system and promote healthy living through nutrition and disease prevention. Understand the importance of time management and how to manage your own self-care with coping skills that reduce the stress of emotional attachment and help you debrief difficult cases. Internship not provided.

9/12-11/21 S 8 a.m. - 4 p.m.
 Kolar
 TMCC Meadowood Center S104 \$959

HOT!

Mental Health First Aid

Find out how to help someone who is suffering through a mental health crisis. Develop an understanding of addictions and mental disorders and debunk common misconceptions. Develop a plan for approaching, engaging and assessing someone in need. If you work closely with the public, this is a great career skill to add to your résumé. Internship not provided.

10/10 S 8 a.m. - 5 p.m.
 Fortner
 TMCC Meadowood Center S315 \$199

EKG Technician

Train for a new health care career in just 50 hours of instruction. This career field is projected by the U.S. Bureau of Labor Statistics to grow 70 percent through 2020, with starting pay averaging \$23 an hour. Acquire the skills you need to prepare for the ASPT-Electrocardiograph Technician Exam, other national certification exams and to serve as an EKG Technician. Learn about the heart's fascinating anatomy, physiology, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, laboratory assisting, electrocardiography and echocardiography. Gain experience practicing with equipment and getting hands-on time in labs working with an EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices. Internship not provided.

10/5-11/30 M,W 5:30 - 9 p.m.
 Pearson
 TMCC Meadowood Center S306 \$999

This class is a "good stepping stone for a career in the medical field." –EKG Technician student

Dialysis Technician

Enter this growing health care field that helps others enjoy a better quality of life. The U.S. Bureau of Labor Statistics projects this field to grow 13 percent through 2020, with an average starting pay of \$15 an hour. This 50-hour program provides students with the knowledge and skills needed to perform the duties required of technicians. Under the supervision of physicians and registered nurses, technicians operate kidney dialysis machines, prepare dialyzer reprocessing and delivery systems as well as maintain and repair equipment. Furthermore, they work with patients during dialysis procedures and monitor and record vital signs as well as administer local anesthetics and drugs as needed. Additionally, they may also be involved in the training of patients for at-home dialysis treatment. Note: This program does not include a national or state certification as part of its overall objectives. Internship not provided.

10/5-11/30 M,W 5:30 - 9 p.m.
Schultz
TMCC Red Mountain Bldg 213 \$999

Pharmacy Technician

In just 50 hours, gain the training you need to take the Pharmacy Technician Certification Board's Exam and be well on your way to a new career. The U.S. Department of Labor Statistics predicts job growth in this field at 32 percent through 2020, with starting pay averaging \$14 an hour. Work under the supervision of a registered pharmacist in hospitals, home infusion pharmacies, pharmacies and other health care settings. Learn medical terminology specific to your new occupation, reading and interpreting prescriptions and defining drugs by generic and brand names. Find how to calculate dosages, IV flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, billing and reimbursement. Internship not provided.

10/6-11/24 T,TH 5:30 - 9 p.m.
Chan
TMCC Meadowood Center S306 \$1199

Physical Therapy Technician

Train to be a technician in the growing field of physical therapy, which the U.S. Bureau of Labor Statistics (BLS) predicts will grow by 41 percent through 2020 and pay an average of \$18 per hour. In this comprehensive 50-hour program, delve into the non-technical duties of physical therapy, such as preparing treatment areas, ordering devices and supplies, and transporting patients working under the direction of the physical therapist. You will also learn how to assist physical therapists in providing services that help improve mobility, relieve pain and prevent or limit permanent physical disabilities of patients suffering from injuries or disease. The job opportunities in this field are great, with positions available in nursing homes, hospitals, sports rehabilitation centers and orthopedic clinics. This program does not include a national or state certification as part of its overall objectives. Internship not provided.

10/6-11/24 T,TH 5:30 - 9 p.m.
TMCC Vista Bldg 302 \$999

Work at Home as a Medical Transcriptionist

Medical transcription is a \$12 billion industry per year in the U.S. Make good money, work from home and transcribe fascinating information. Find out what it takes to start a medical transcription business from the ground up and enjoy being your own boss, having flexible hours and earning a great salary. This is not a certificate program. \$20 materials fee

8/20 TH 6:30 - 9:30 p.m. OR
10/22 TH 6:30 - 9:30 p.m.
Burns
TMCC Meadowood Center S324 \$49

TMCC's Maxine S. Jacobs School of Nursing offers an associate degree that is fully articulated with four-year institutions. For details, visit schedule.tmcc.edu.

Herbal Studies

See classes under Health and Wellness, page 14.

Home and Garden



Floral Arranging for Fun

Create beautiful, professional-looking flower arrangements 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. Take home your colorful creations. Every class makes unique designs so repeat students are welcome.

Fall Creations:
10/27 & 11/24 T 5 - 6:30 p.m. OR

Holiday Classics:
12/1 & 12/15 T 5 - 6:30 p.m.

Henderson
Sparks Florist Design Center \$59

Wood I, II or III

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. Advanced students will design and create their own masterpieces ranging from boxes to furniture. \$30 materials fee

9/2-12/16 W 6:30 - 9:30 p.m.

Hayes

Clayton Middle School \$219

HOT!

Upholstery

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

10/1-11/5 TH 6 - 9 p.m.

Murdoch

TMCC Meadowood Center S103 \$99

HOT!

High Desert Fall Gardening

Fall in the high desert is one of the prettiest times to be outside in your garden. You will learn about extending the season right up until the first snow and discover what can be done to help the garden to survive the winter. Learn which plants should be pruned in the fall and which should not, and find out how to prepare your roses, trees, shrubs and lawns for the winter snows, as well as how to produce the best results by watering over the winter.

9/21 M 6 - 9 p.m.

Adams

TMCC Meadowood Center S315 \$49

"To forget to dig the earth and to tend the soil is to forget ourselves." – Mahatma Gandhi

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.

9/28 M 6 - 9 p.m.

Adams

TMCC Meadowood Center S315 \$49

"Very knowledgeable instructor. This class was an eye opener!" – Jayne R., High Desert Gardening student

Your Family History

Explore your ancestral roots and gain insight into your background. Learn how to document, record and evaluate sources using free genealogy software. Discuss genealogical DNA analysis, family history writing and the gathering of oral histories. Fill out your family tree at your own pace with help from professional genealogists.

10/7-10/28 W 7 - 9 p.m.

Tolman

TMCC Meadowood Center S106 \$59

NEW!

PetSaver: CPR and First Aid

Save an animal's life and stay calm during an emergency. Find out which products need to be included in a first aid kit and how to prevent accidental poisonings. Discover how to quickly respond to snake or insect bites and allergic reactions, as well as treat wounds and splint bone fractures. Understand the steps to performing pet CPR, choke rescue techniques and how to track your pet's vitals. Increase your dog or cat's comfort by learning how to remove sap, ice balls, tar or gum from paws and fur. No pets allowed.

9/14 M 6 - 8 p.m.

Beall

TMCC Meadowood Center S320 \$39

Languages**Conversational Spanish I**

Whether you know a little bit of Spanish or none at all, this class will teach you beginning conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

9/2-11/4 W 5:30 - 7 p.m.

Sefchick

TMCC Meadowood Center S320 \$169

Spanish for Fun and Travel

Boost the enjoyment when you vacation to a Spanish-speaking country by learning basic conversation. Practice basic grammar and vocabulary in a fun, relaxed environment.

9/22-10/13 T 6:30 - 8 p.m.

Andrini

TMCC Meadowood Center S103 \$69

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.

9/10-12/10 TH 6 - 8:30 p.m.
Seelye
TMCC Meadowood Center S320 \$179

"Excellent for learning a language in a fun, natural way." –Coral P., French student

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.

9/15-11/17 T 6 - 8:30 p.m.
Seelye
TMCC Meadowood Center S204 \$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.

9/10-11/19 TH 2:30 - 5 p.m.
Seelye
TMCC Meadowood Center S104 \$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

9/2-10/21 W 6:30 - 8:30 p.m.
Manca
TMCC Meadowood Center S105 \$159

For-credit courses are offered in French, German, Italian, Japanese, Russian and Spanish. For details, visit schedule.tmcc.edu.

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

10/13-12/1 T 6:30 - 8:30 p.m.
Manca
TMCC Meadowood Center S117 \$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.

9/15-11/17 T 5:30 - 7 p.m.
Nelson
McQueen High \$159

"A different language is a different vision of life." - Federico Fellini

Languages in the Workplace Certificates

Professional ELL

In this highly advanced class, build upon your English skills so you can succeed in a multitude of personal and professional settings. Incorporating the National College and Career Readiness Standards, you will have the ability to segue confidently into the professional arena. Enjoy listening to guest speakers who will address specific professional issues. This is not a certificate program.

9/9-10/14 W 9 a.m. - 12 p.m.
Donohue
TMCC Meadowood Center S315 \$69

HOT!

Spanish-English Translation and Interpretation

The Hispanic population in the USA is growing every day. Translators and interpreters are in high demand and work flexible hours from home. The U.S. Department of Labor says that the career field for certified translators can expect 40 percent job growth through 2020, with an average starting salary of \$20 an hour. As a proficient Spanish-English bilingual, develop the knowledge and skills necessary for translation. To participate, you must possess a high level of proficiency in both languages. This course prepares you for the state certification test. Internship not provided. \$30 materials fee

8/29-12/12 S 9 a.m. - 12 p.m.
Griggs
TMCC Meadowood Center S324 \$599

Bilingual Office Assistant

If you speak both Spanish and English, advance your career by learning office and computer skills. Become comfortable using different software programs, learn business writing and gain time management tips. The U.S. Department of Labor Statistics predicts 12 percent job growth in this field through 2020, with average pay starting at \$15 an hour. Book suggested. Internship not provided.

9/8-10/8 T,TH 10 a.m. - 12 p.m.
Hirsch
TMCC Meadowood Center S315 \$499

Spanish-English Medical Interpreting

Increase your knowledge and effectiveness as a medical interpreter by reducing language barriers between patients and doctors. Become familiar with the different modes of interpretation that are performed verbally, in writing and by recordings while expanding your comprehension of medical terminology. Become aware of common mistakes and ethical responsibilities that are involved in medical interpreting. Internship not provided. \$10 materials fee

10/5-12/7 M 6 - 8 p.m.
Sefchick
TMCC Meadowood Center S315 \$279

Massage Therapist Training



Massage Therapy, An Introduction

Have all your questions answered regarding a possible career in massage. Learn about TMCC's massage certification program, career opportunities available to licensed massage therapists and licensing procedures in Nevada.

8/22 S 9 a.m. - 5 p.m.
Grubaugh
TMCC Meadowood Center S217 \$79

**View the video on our
Massage Therapy program!**

<http://bit.ly/massagecertification>

Medical Terminology

Co-requisite: MASG 202C. Become comfortable by demystifying medical terminology. Develop the knowledge and skills to decode, decipher and uncover the meaning of virtually any scientific term. Learn through lectures, readings and written exercises. Find out how to connect seemingly foreign terms to words we use in everyday speech.

8/26-12/9 W 11:30 a.m. - 12:30 p.m.
Broderick
TMCC Meadowood Center S217 \$199

Massage Therapy Fundamentals

Prerequisite or co-requisite: MASG 200C, BIOL 141B or BIOL 223. Discover the art and science of professional therapeutic massage. Learn basic strokes and how to organize a massage suited to individuals' needs. Gain insight into massage ethics. Learn scope of practice, massage and contraindications, draping, sanitation, Nevada law and client charts.

8/25-12/10 T,TH 5:30 - 8:30 p.m.
Grubaugh
TMCC Meadowood Center S217 \$549

The instructor "is so knowledgeable, so helpful and so passionate about massage. You can tell how much she loves to teach and makes sure you understand everything."

Jackie H., massage fundamentals student

Anatomy and Physiology I

Prerequisite: TMCC massage or personal trainer program students or LMTs or personal trainers. Learn the structure and function of the body's systems and relate them to their chosen field. This course fulfills the requirement for state and national licensure.

8/25-12/10 T,TH 9 - 11 a.m.
Broderick
TMCC Meadowood Center S217 \$359

Anatomy and Physiology II

Prerequisite: TMCC massage or personal trainer program students or LMTs or personal trainers. Learn the structure/function relationship of musculoskeletal anatomy and kinesiology by utilizing and enhancing palpation skills. Create a solid three-dimensional anatomical image of the body and its movement patterns. This course fulfills the requirement for state and national licensure.

8/24-12/9 M,W 9 - 11 a.m.
Broderick
TMCC Meadowood Center S217 \$359

Pathology for Massage

Prerequisite: currently enrolled massage students or LMTs. Review body systems and learn conditions within those systems as related to pathology. Find out which conditions or pathologies are indicated and contraindicated. This course fulfills state and national licensure requirements.

8/26-12/9 W 5:30 - 8:30 p.m.
Megason
TMCC Meadowood Center S217 \$279

Kinesiology for Massage

Prerequisite: LMT or BIOL 141B, BIOL 223. Take part in this systematic, hands-on study of human kinesiology and palpatory anatomy. Once successfully completed, you'll have partially fulfilled the new Nevada licensure requirements for massage therapists.

8/26-12/9 W 2 - 5 p.m.
Broderick
TMCC Meadowood Center S217 \$279

Oriental Massage

Relieve stress and related problems with hands-on reflexology, Shiatsu and soft tissue manipulation. Herbal oils will be used.

8/24-10/12 M 6 - 8 p.m.
Eddy
TMCC Meadowood Center S217 \$159

Meridians of Oriental Massage

Become familiar with the guiding principles, history and theory of Acupuncture. Learn about each of the 14 major meridians and how the five elements relate to these meridians, the organs and Yin and Yang. You'll also learn how Oriental massage is used to find a diagnosis.

10/19-12/7 M 6 - 8 p.m.
Eddy
TMCC Meadowood Center S217 \$159

Hot Stone Massage

Prerequisite: TMCC massage program students or LMTs. Hot stone massage is a restorative stone thermotherapy and an adjunctive therapy that can be used with all styles of massage therapy. As an adjunctive modality, it does not replace your hands-on skills. In order to use this therapy successfully it does require refined assessment skills to use stone therapy safely and effectively. Bring your own set of stones and a hot stone warmer if you have one. Bring a set of sheets and massage oil to class.

9/11-9/12 F,S 9 a.m. - 5 p.m.

Anderson

TMCC Meadowood Center S217 \$199

Mechanics and Positioning

Prerequisite: Massage certification student or current LMT. Learn proper body mechanics and feel while using forearms, loose fists, elbows, knuckles, and hands; keys to career longevity and excellent touch. Work on creative client positioning with variations on side-lying and supine as well as seated positions.

9/18-9/19 F,S 9 a.m. - 5 p.m.

Asay

TMCC Meadowood Center S217 \$159

Sports Massage

Basic techniques, strokes and stretching used in sports settings will be covered. Wear sport type or comfortable clothing.

9/25-9/26 F,S 9 a.m. - 5 p.m.

Grubaugh

TMCC Meadowood Center S217 \$159

Touching Bone Energy

Learn how to access the whole body and identify energy obstructions in the skeletal structure. Discover how to release bone energy.

10/3 S 9 a.m. - 5 p.m.

Asay

TMCC Meadowood Center S217 \$99

Facilitated Stretching and Muscle Energy Techniques

Discover how you can enhance your clients' active and passive range of motion with facilitated stretching and muscle energy techniques such as proprioceptive neuromuscular facilitation, known as PNF. Practice what you've learned through hands-on exercises. This class qualifies for state board CEUs and license renewal.

10/16-10/17 F,S 9 a.m. - 5 p.m.

Grubaugh

TMCC Meadowood Center S217 \$159

Aromatherapy for Massage

Learn how to use essential oils in massage. Make your own scented massage oil, lip balm, foot soak, salt scrub and air freshener. \$40 materials fee

11/7 S 8:30 a.m. - 4:30 p.m.

Anderson

TMCC Meadowood Center S103 \$99

Deep Tissue and Neuromuscular Therapy

Prerequisite: TMCC massage program students or LMTs. Enhance your skill and understanding of the concepts of deep tissue and neuromuscular massage. Learn to safely implement techniques into your massage routine in prone, supine, seated and side-lying positions. Witness proper body mechanics for administering these techniques and practice what you learn in class.

11/13-11/14 F,S 9 a.m. - 5 p.m.

Grubaugh

TMCC Meadowood Center S217 \$159

Veterans: Prepare for Your Success



TMCC's Veterans Upward Bound offers programs to help you succeed in college and in your career. Call us today at 829-9007.

Money and Investing



Stocks and Bonds I

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.

9/21-10/12 M 6:30 - 9 p.m.

Gant

TMCC Meadowood Center S324 \$99

Stocks and Bonds II

Reinforce the knowledge you gained in Stocks and Bonds I while enhancing your investing expertise. Strengthen your own portfolio and learn how to adjust it over time. Discuss how much money you should invest and set up risk management tools so you can manage your investments more successfully.

9/23-10/14 W 6 - 9 p.m.

Gant

TMCC Meadowood Center S324 \$99

Build Your Portfolio on \$50 a Month or Less

Give yourself the gift of financial security. Discover how to safely turn fifty dollars a month into one hundred thousand by using proven techniques and create your own personal retirement fund without paying a broker. Investing is open to everyone, requires no college or even being employed. It takes very little money, creates passive income, has very low risk and is as easy as writing a check. \$17 materials fee

9/30 W 6 - 9 p.m.

Christensen

TMCC Meadowood Center S106 \$49

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. Gain advice on how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses.

10/10-10/17 S 9 a.m. - 12 p.m. OR
 10/13-10/20 T 6 - 9 p.m.
Costelloe
TMCC Meadowood Center \$69

“Very informative. This class covered the entire range of investment options.” –Alex H., retirement student

Write Your Will

Explore the first steps to creating a personal will and the items to consider in that process. Learn the difference between a will and a trust, and discover what a will can and cannot do. Decide what property to include in your will and who will inherit it, and how to choose an executor, a guardian for children and a person to manage their property.

9/29 T 6 - 9 p.m.
Garol
TMCC Meadowood Center S300 \$39

Yearly Financial Cleanup and Tax Preparation

Get control of your finances before tax season hits by learning steps to take before each year-end. Understand the importance of contributions to IRAs, gifts to a child's 529 plan, insurance coverage and tax changes. Check your progress toward reaching your financial goals by increasing contributions when you have an employer-sponsored plan.

11/17 T 6 - 9 p.m.
Garol
TMCC Meadowood Center S300 \$39

Music



Voice

Feel comfortable and confident singing whether it's with your radio or in public. Find out how to sing vowels and breathe properly along with how to use warm-up exercises, phrasing techniques and musical stage presence.

9/14-12/14 M 7 - 9 p.m.
Lee
Swope Middle School Drama Room \$149

HOT!

Psychedelic Rock's Golden Age: Welcome to Wonderland

The years 1965 to 1968 produced some of the greatest rock records ever made, from The Beatles' "Sgt. Pepper" and The Doors' debut album to "Are You Experienced?" by the Jimi Hendrix Experience. Long-time Reno disc jockey and columnist Bruce Van Dyke will be your guide on this magical mystery tour to explore how and why such a perfect storm of creativity came to be and just as quickly...faded away. Share the amazing stories, songs and personalities of the era for a deeper appreciation of why so much of that music still sounds terrific and powerful, almost 50 years after its creation.

9/9-11/18 W 7 - 8:30 p.m.
Van Dyke
TMCC Vista Bldg 204 \$49

“Music can change the world because it can change people.” – Bono

HOT!

Ukulele

Learn basic techniques that will get you started playing the ukulele. Experience the joy of creating your own music in a variety of song styles including folk, rock, country and classical, and try your hand at ensemble playing. Develop skills with open chords and strum patterns, practice note and rhythm playing, and begin to read music. Book, ukulele and music stand required.

9/1-12/1 T 6 - 7:30 p.m.
Hollman
Aria School of Music & Art \$109

“Each lesson was explained very clearly. Evan and Julie are very knowledgeable and effective instructors.” –Beverly W., Ukulele student

Jazz Ensemble

Channel your inner Pat Metheny or George Benson 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 level, and you must audition for this class if you are not already a member.

9/3-12/3 TH 7 - 9:30 p.m.
Molt
TMCC Vista Bldg B206 \$60

HOT!

Guitar I

Learn the 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. Book required.

10/19-12/14 M 6 - 8 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Watch our guitar class video!

<http://bit.ly/guitarvideo>

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 and improvisation. Book required.

10/20-12/15 T 6 - 8 p.m.

Trotter
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. Book required.

10/21-12/16 W 6 - 8 p.m.

Trotter
TMCC Meadowood Center S320 \$99

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

9/10-12/17 TH 6:30 - 8:30 p.m.

Smith
TMCC Red Mountain Bldg 242 \$119

Instant Piano Skills

It does not take years to learn piano. By practicing chords instead of traditional note reading, you can play any song on a piano, all in as little as a few hours. Develop an understanding of how chords work in a song, how to handle different keys and time signatures, how to simplify more than 12,000 complex chords and much more. \$24 materials fee. Register for Instant Piano Skills and How To Play Piano By Ear at the same time and save \$5.

11/14 S 9 a.m. - 12 p.m.

Coffman
TMCC Meadowood Center S315 \$39

New!

How To Play Piano By Ear

Expand your musical horizons, free yourself from sheet music dependence and become the life of the party. Gain an introduction to this practical presentation of music theory including predicting chord progressions, learning from recordings and transposing. Discover how to find the starting note, determine when chords change, predict chord progression and use the Circle of Fifths. Prior experience with chords is recommended. This is an ideal follow-up to the Instant Piano course. \$24 materials fee. Register for Instant Piano Skills and How To Play Piano By Ear at the same time and save \$5.

11/14 S 1 - 3:30 p.m.

Coffman
TMCC Meadowood Center S315 \$39

TMCC offers for-credit courses in piano, guitar and vocal techniques. For details, visit schedule.tmcc.edu.

Nevada Ghost and Paranormal Series



HOT!

Ghost Hunting 101

Gain a solid understanding of how to conduct a legitimate ghost hunt and then put your new skills into action during a paranormal investigation at the historic Lake Mansion in downtown Reno. Learn about the equipment used in investigations—digital voice recorders, cameras, thermometers, electromagnetic frequency meters and the Ovilus. Discuss protocol, techniques and how skepticism is a vital tool for any hunt. Learn about the importance of historical research, ethics and respect of spirits. After the lecture, put your new knowledge to work by investigating Reno's oldest residence.

9/19 S 7 - 10 p.m.

Oberding
Lake Mansion \$69

NEW!

Expand Your Consciousness

Grow your awareness and discover tips to help you experience telepathy and remote viewing, as well as visualize lost items and retrieve memories of past lives. Explore your dreams and learn why they are important to your waking life. Practice guided deep relaxation techniques to facilitate deep memories and discuss theories about how we are all connected in the energy of Consciousness of Life.

9/12-9/26 S 10 a.m. - 1 p.m.

Millay
TMCC Meadowood Center S315 \$89

How Spirits Engage Us

Learn to recognize spirit communications when they occur. Common methods spirits use to reach out to the living are physical touch, manifestations, dreams, whispers, moving objects, unexplained sounds and scents. In addition, modern technology has opened up new avenues for spirits to communicate with us through devices such as computers, cell phones, televisions, cameras, electric lights and any other instrument with high electrical conductivity.

10/10 S 1-3 p.m.
Leong
TMCC Meadowood Center S320 \$32

“I enjoyed the stories and information. It gave me a lot to think about.” –Jordan J., **How Spirits Engage Us** student

HOT!

Virginia City Ghost Hunt Field Trip

Try your hand at capturing evidence of the afterlife during this small group investigation of two historic Virginia City buildings. At DanCin Crystals, comb this store’s basement, which once served as the overflow area for the next-door morgue. Investigators report sightings of a tall shadow man and hearing a spirit jingle coins. At St. Mary’s in the Mountains, Nevada’s oldest Catholic church, be among the first to investigate this sanctuary that was rebuilt after the Great Fire of 1875. Some have reported hearing the distinct footsteps of a man walking with a cane or wooden leg, as well as other unusual noises. Investigate the church’s basement museum, where the Mad Monks took control of the church from 1957 to 1959. A \$5 entry fee for the church will be collected upon arrival.

10/10 S 7-10:30 p.m.
Leong/Sam
St. Mary’s in the Mountains \$69

Develop Your Psychic Abilities

Discover how to recognize and better develop your intuitive abilities through practicing simple techniques. Find out about the different energies and how they affect you. Learn how to clear your space to maintain optimum balance between your physical and spiritual needs. Practice releasing energy that does not serve you and replace it with your own good energy. Delve into energy healing by learning how energy can contribute to discomfort and how to replace it with energy that promotes health and well-being. This class is open to all levels of energy workers.

9/28-10/12 M 6:30-8:30 p.m.
Hansen
TMCC Meadowood Center S320 \$89

Virginia City Evening Historical Tour and Ghost Hunt

Embark on a late-night adventure combing Virginia City’s streets for ghosts and delving into the past of this historic gem. Enjoy hearing historical tidbits as well as ghost stories, such as the county’s last hanging where some still hear the clanging of a trap door opening. The instructor has had groups witness apparitions outside the Mackay Mansion and dancing figures on D Street near Julia Bulette’s old haunt. Bring your cameras and other investigative equipment to try your hand at nabbing evidence of the paranormal. Virginia City is the nation’s largest federally designated historical district.

9/18 F 9-11 p.m.
Bender
Silver Queen Hotel \$42

“What a great series! I attended two ghost hunts and two classes and they all were outstanding! Kudos to TMCC.”
 –Cristi M., **paranormal series** student



Cemeteries and Tombstones Tour: Dayton and Genoa

Better understand Nevada’s early years by learning to decode the hidden meaning of headstones, their symbols and more. Guided by a local historian, stroll through cemeteries in Dayton (established in 1862) and Genoa (established 1865) as well as ones in New Empire and Gardnerville. These cemeteries contain interesting tombstones from the Victorian era, as well as the graves of notable personalities, such as Snowshoe Thompson and James “Old Virginy” Finney. Find out why smaller cemeteries, differentiated by affiliations and religions, exist. Plus, gain insight into why some sites once were lush Victorian grounds where locals congregated and enjoyed like our parks today. Meet outside the Union Hotel.

10/3 S 9 a.m. - 4 p.m.
Davis
Union Hotel, Dayton \$59

HOT!

Energy Circle

Working with a certified medium in a small group séance, experiment connecting with higher intelligence in three levels of vibration. The first level, earth intelligence, can present information about people you interact with. The second, spirit intelligence, may connect you with a loved one crossed over into heaven. The third, higher intelligence, brings information on how to improve your quality of life. All connections made are of a high level, positive and a power for good.

10/17 S 7-9 p.m.
Gay
Reno \$89

Outdoors



Photo by Mark Vollmer.

NEW!

Haunted Nevada Hotspots: Histories

For every location that's haunted, there's a story, a history. By familiarizing ourselves with the history of a haunted location, we can conduct a more thorough investigation, help validate findings and enjoy the location that much more. Enjoy taking a look at the history of some favorite haunted locations in our area.

10/24 S 10:30 a.m. - 12:30 p.m.
Oberding
TMCC Meadowood Center S117 \$32

NEW!

Spiritualism in Early Nevada

If you think ghost hunting began with Zak Bagans, think again. The Modern American Spiritualism faith began in 1848, and a few decades later Virginia City became a hotbed for seances and psychic readings. Explore the early roots of interest in the dead, from the Spiritualists and mediums who lived and worked in our region including Eilley Bowers, owner of the Bowers Mansion.

9/24 TH 7-9 p.m.
Oberding
TMCC Meadowood Center S320 \$32

NEW!

Ghosts, God and the Afterlife

Paranormal experiences can lead to spiritual breakthroughs. Find out from the manager of the Nevada Ghost Series how her encounters have renovated her views on heaven, hell, the Most Divine, our interactions with the spirit realm and why we possess psychic abilities. Discover how her beliefs have evolved into a more mystical Christian ideology. Hear about the intersection of the spirit and earthly worlds from guest speakers, Washo spirit guide Dahlahk Pahtahlngee and Rabbi ElizaBeth Beyer.

10/7 W 6-9 p.m.
Berry
TMCC Meadowood Center S320 \$39

NEW!

Map Reading

Even in the age of GPS devices, travelers get lost, frustrated and worried. Learn the basics of map reading so you arrive safely at your destination, whether in town or in a foreign country.

9/24 TH 7-9 p.m.
Michaelson
TMCC Meadowood Center S322 \$39

Under the Night Sky

Gain insight into what you're actually seeing when you star gaze with the assistance of a professional outreach astronomer. Explore galaxies, planets and stars, stellar evolution and how planetary systems are formed. Gain an understanding of the 4-dimensional view into space and the basics of telescope viewing, including what can and cannot be seen through the eyepiece. During the last class see what you've been learning about when you visit the MacLean Observatory to view astronomical phenomena through its powerful telescopes.

9/14-10/5 M 7-9 p.m.
Berendsen
TMCC Meadowood Center S306 \$69

Scuba Diving

Open a new world with underwater diving. Become comfortable in the water and dive safely to a depth of 60 feet under ideal conditions. Provide your own mask, snorkel, fins, boots and gloves for morning open-water sessions. Equipment may be rented, borrowed or purchased. Upon successful completion, receive PADI open-water certification. Class held Friday nights and weekends 10/9-10/18. For specific times and dive locations, see washoecommunityed.org and click on "Register Now."

Adventure Scuba \$249

Fly Fishing for Beginners

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

8/29 S 8:30 a.m. - 12:30 p.m.
Wharton
Hidden Valley Regional Park \$50

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."
 -Rachel Carson

NEW!

Outdoor Dutch Oven Cooking

Discover why the art of cooking outdoors with cast iron pots is making a comeback. The Dutch Diva will help you choose the right Dutch oven or restore an old one. Learn how to store it and keep it in top notch condition, and create a cooking area in your backyard using materials you already have. Finish by preparing tasty Dutch oven dishes suitable for home or camping. \$15 materials fee

9/19 S 10 a.m. - 1 p.m.
Bell
TMCC Meadowood Center Patio \$39

Many careers are available in the field of environmental science. Earn your associate degree and learn about natural resources. For details, visit schedule.tmcc.edu.

Photography

See Arts and Crafts, page 1.

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 washoecommunityed.org 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.

Watch the video about our Pilates class!

<http://bit.ly/pilatesvideo>

Professional Advancement Certificates

See other career certificate programs under Health Careers, Languages in the Workplace, Technology, Massage Therapy and Property Management sections.

NEW!

Bookkeeping

Gain a thorough understanding of accounting principles, so you can confidently and accurately maintain financial books for a business. Become comfortable with accounting basics, debits and credits, charting accounts, accounting equations, adjusting entries and creating a balance sheet. Learn how to process payroll, calculate depreciation and cost of goods sold. You'll also work on financial accounting, produce an income statement and learn bank reconciliation steps, as well as deal with inventory and accounts payable. Job opportunities are expected to grow in this area, with the U.S. Bureau of Labor Statistics projecting an 11 percent growth in the number of positions through 2022. Internship not provided.

9/28-10/21 M,W 6-9 p.m.
Kamen
TMCC Meadowood Center S115 \$549

NEW!

Health Care Facility Management

The number of new health care facilities in Northern Nevada is expected to rapidly increase. Gain a solid foundation in project management, systems maintenance, risk assessment and plant utilities, so you'll be prepared for a career in facility and utility management in hospitals, rehabilitation facilities, hospices and laboratories. Learn practical methods for increasing facility performance and how to be ready for inspections. Build your familiarity with employee relations, the budget process, regulations, utility maintenance, safety measures and managing improvement projects. Internship not provided.

9/1-9/23 T,W 6-9 p.m.
Sampoll
TMCC Meadowood Center S300 \$499

Become an indispensable administrative professional

Today's workplace relies on professionals skilled in the latest technology, management principles and customer relations. Whether you're seeking to be an office manager or an executive assistant, you'll find our Administrative Professionals certificate and degree will give you a competitive edge for the position you are seeking.

"I've become a more valuable employee with each class in the TMCC Administrative Professionals degree program," said student
Cindy S.

Learn more at wdce.tmcc.edu by clicking on "Programs We Offer" or call 775-829-9010.

Business owners interested in marketing and public relations may also benefit from TMCC's for-credit degree or certificate in entrepreneurship. For details, call 673-7132.

Florist Fundamentals

In just two weeks, get the training you need for a career as a floral handling or design assistant at a retail florist shop. Learn how to identify, care for and handle flowers. In addition, gain hands-on experience creating vase and basket arrangements, boutonnières, corsages and more. Taught by an experienced floral designer at a floral design center, this class will give you a realistic feel for this profession. Internship not provided. \$25 materials fee

9/28-10/9 M-F 1-4 p.m.
Fiannaca
Sparks Florist Design Center \$299

The instructor "is knowledgeable and skilled. He provided us with such valuable education on flowers and how to work with them."

-Linda B., floral student

View our floral class!

<http://bit.ly/floraltraining>

Apartment Maintenance Technician

Create an environment that makes people feel right at home. Gain the skills you need to become an apartment maintenance technician during this comprehensive certificate program. Build a solid foundation in basic repair tasks including plumbing, drywall patching, electrical wiring, and prepping and painting. You'll also learn how to repair and re-key locks, as well as finish carpentry installation techniques. The U.S. Department of Labor Statistics projects 11 percent job growth in this career field through 2020, with average pay starting at \$16 an hour. Internship not provided. \$50 materials fee

10/21-12/16 W 6-9 p.m.
Shumway
TMCC/IGT Applied Technology Center \$499

Grant Writing

Secure funding for your favorite charity by earning a grant writing certificate in only 32 hours. Create a persuasive proposal that will attract foundation, government and corporate money. Using the nine components of a grant, identify critical data that will produce a successful grant application. Find free funding sources that will save you money, and understand the importance of effectively managing the money after your organization receives it. A week prior to class, you'll be scheduled for WorkKeys Career Readiness assesment in writing, the cost of which is included in this class tuition. To take this certificate program, you must earn a silver level in this exam. Internship not provided.

11/3-11/6 T-F 8 a.m. - 5 p.m.
 French
 TMCC Meadowood Center S315 \$899

View the video on our Grant Writing Certificate!

<http://bit.ly/grantwritingvideo>

Professional Skills

NEW!

Become the Leader You Want to Be

Better engage and motivate your staff by understanding your leadership qualities. Discuss your style's advantages and disadvantages and how you can fine-tune your communication to create a more productive and positive workplace. Find out about obstacles that may derail you from your goals and create a strategy to further develop your leadership potential.

9/19 S 9 a.m. - 12 p.m.
 Faulkner
 TMCC Meadowood Center S300 \$49

Job Transition Skills Bootcamp

Get on top of the job search game with an intensive 6-hour training session that will give you the edge to land the position you want. Start by tailoring your job search to the industry and job you're seeking. Learn to craft an effective job transition strategy and create a winning resume that cuts through the computerized applicant screening system and reaches the person who can hire you. Then master essential interview techniques that will improve your confidence and convince an employer that you are the best person for the job.

9/8-9/9 T,W 6 - 9 p.m.
 Evans/Bonair
 TMCC Meadowood Center S115 \$99

How to Make It in Voiceovers

Break into the voiceover industry and join talented artists like James Earl Jones, Linda Hunt and Donald Sutherland. Get an introduction to the business from a Tony Award-nominated composer and producer and learn how you can turn voiceovers into a thriving full- or part-time career.

10/8 TH 6:30 - 8:30 p.m.
 Foster
 TMCC Meadowood Center S324 \$49

"If you are interested in this field, you need to explore it now!" -Doreen T., voiceovers student

NEW!

Fundraising Event Management

Draw awareness to your cause, raise funds and build loyalty through conducting a special fundraising event. Create a comprehensive plan and learn how to balance the hoopla of the event with the mission of your campaign, whether it's a gala, conference or fun run. Learn how to leverage leadership, implement social media and communication strategies, and establish branding and create a budget. Discuss how you can connect your current fundraising activities in the broader context of your public outreach campaign.

9/30 W 6 - 9 p.m.
 Hill
 TMCC Meadowood Center S320 \$59

Earn your career certificates from the comfort of your home.

These online programs allow you the flexibility to learn at your convenience. All of these programs range from two to three months long.

- **Entrepreneurship Certificate** ~ \$495
- **Management Certificate** ~ \$595
- **Managing Social Media Platforms** ~ \$495
- **Social Media for Business** ~ \$495
- **Supervisory and Leadership** ~ \$395



Property Management



Property Management: 30 Years in 24 Hours

Take this state-approved, 24-hour pre-licensing course to obtain the Nevada Property Management Permit. The U.S. Bureau of Labor Statistics predicts 6 percent growth in this career field through 2020, with starting pay averaging \$24 an hour. Explore related laws, as well as the daily practice of the profession. Prior to taking the property management test, you must have a valid Nevada real estate license.

8/26-8/28 W-F 8 a.m. - 5 p.m. OR
 10/21-10/23 W-F 8 a.m. - 5 p.m.
Cook
 TMCC Meadowood Center S315 \$499

“Judy Cook lives and breathes the management industry.”
 –Property Management: 30 Years in 24 Hours student

Real Estate Agent Technology

Social Media Strategies for Real Estate Agents

Increase your success by tapping into the social media platforms that best fit your clientele. Discover how to network and prospect online, and be more effective with social media. Discuss a variety of networks from Facebook and LinkedIn to Tumblr and Pinterest. Devise a strategy that will help you evaluate your target market, create appropriate content and communicate in a style that grabs attention.

9/15-9/17 T,TH 6 - 9 p.m.
Gerlinger
 TMCC Meadowood Center S115 \$69

Improve Your Listing With Photography

Professional-looking photographs will make your listings stand out and attract more potential buyers. Whether you have a smartphone or a traditional point and shoot camera, you will learn how image quality can give your listing a significant edge in the housing market.

10/26-10/28 M,W 6 - 9 p.m.
Gerlinger
 TMCC Meadowood Center S115 \$69

Special Interest

Read and Go: Mark Twain

Experience northern Nevada through Mark Twain’s eyes by reading and discussing his classic memoir *Roughing It* and by touring his old stomping ground at the Mark Twain Museum in Virginia City. In this literary classic, Twain, a reporter for the *Territorial Enterprise* from 1862 to 1864, chronicled life during the height of the Comstock’s mining frenzy as well as his experiences during other western sojourns. Enjoy his humorous perspective while delving into area history and the writing techniques Twain used to captivate his readers. Book required.

Lecture: 8/25-9/8 T 5:30 - 7:30 p.m.
 Field Trip: 9/12 S 10 a.m. - 1 p.m.
Castleman
 TMCC Meadowood Center S300 \$59

Bridge I

Bridge is one of the world’s most popular card games. 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.

9/14-11/9 M 1 - 2:30 p.m.
Slattery
 TMCC Meadowood Center S308 \$99

NEW!

Bridge II

Take your enjoyment and mastery of bridge to the next level with a combination of lecture and card playing. Become comfortable with the “2 over 1” bidding convention and other conventions you can use with your bridge partners. This course is geared to duplicate bridge players but also applies to party bridge players. \$11 materials fee

9/14-11/9 M 3 - 4:30 p.m.
Slattery
 TMCC Meadowood Center S308 \$99

Stand Up Comedy

If you have always wanted to be a comic, but weren’t sure where to get the exposure, look no further. Gain confidence in your public speaking abilities and learn to write jokes that will get the laughs you want. Learn to turn your life’s ups and downs into joke materials, structure your performance and enhance your timing. Even Amy Schumer and Jerry Seinfeld started somewhere.

9/30-11/18 W 6 - 9 p.m.
Damon
 TMCC Meadowood Center S300 \$149

NEW!

Improvisation

Develop your spontaneity and creativity through learning improv. Try your hand at long-form improv, the same acting technique that SNL has made famous. Bring an open mind and find out how to make a basic 3-line scene. At the end of class, you’ll be confident enough to give a short performance.

10/13-10/27 T 7 - 8:30 p.m.
Salvatore
 Aikido of Reno \$49

HOT!

Nevada's Quirkiest Historical Facts

Learn about this state's colorful past, some of which isn't found in history books. Discuss unusual and uniquely Nevada tidbits with the instructor who's written numerous books on the Silver State.

10/21 **W** **6-9 p.m.**
Oberding
TMCC Meadowood Center S324 **\$39**

NEW!

Homesteading in Nevada

Learn a fascinating firsthand account of homesteading in Nevada from the granddaughter of the woman who wrote the classic memoir, "Twenty Miles from a Match." In 1906, Sarah Olds reared six children, cared for an ailing husband, started a school and learned to live off the land at the base of Tule Mountain near Pyramid Lake. Her story is woven into the fabric of Nevada history. Book required.

12/3 **TH** **12-2 p.m.**
Olds
TMCC Meadowood Center S300 **\$39**

Your Family History

Explore your ancestral roots and gain insight into your background. Learn how to document, record and evaluate sources using free genealogy software. Discuss genealogical DNA analysis, family history writing and the gathering of oral histories. Fill out your family tree at your own pace with help from professional genealogists.

10/7-10/28 **W** **7-9 p.m.**
Tolman
TMCC Meadowood Center S106 **\$59**

TMCC offers a one-year certificate in computer technologies or associate degrees in computer programming and computer science. For details, visit schedule.tmcc.edu.

Technology Certificates

NEW!

HTML5 Programming for Website, App and Game Design

This programming language has taken the technology world by storm, and those seeking careers in this sector need to be proficient in it. Even if you have no programming experience, gain the knowledge you need to create responsive websites, apps and games that work equally well on all browsers, Apples and PCs, cell phones and tablets. This tool provides you with fast, flexible and reliable web development. Become confident in programming HTML5, JavaScript and Cascading Style Sheets that give your sites, games and apps a consistent look. By the end of this class, you'll have designed a website and an app or game to add to your employment portfolio. Find out about resources that will help you stay abreast of updates and features to help you continue to strengthen your programming skills. No internship provided.

9/1-12/15 **T** **6-9 p.m.**
Paine
TMCC Meadowood Center S321 **\$999**

HOT!

3D Printing Certificate

3D printing has revolutionized the way businesses and people manufacture things. Discover the fundamentals of 3D printing and explore the uses of this cutting-edge technology in applications such as manufacturing, prototyping, prosthetics, toymaking, and more. Practice using two different industry-standard 3D modeling programs, AutoCAD Inventor and Sculpttris, while modeling complex shapes to be printed. Learn the mechanics of 3D printers and how to maintain them, and then visit a local business that uses 3D printing on a daily basis. An object will be printed at the last class session. Basic computing skills are required. No internship provided.

11/3-12/8 **T** **6-9 p.m.**
Blacksmith
TMCC Meadowood Center S115 **\$499**

NEW!

Business Intelligence: Data Management

Transform your company by discovering how to break down overwhelming data into information you can use. Gain the skills you need to increase quality control, enhance staffing, present growth opportunities and maximize resources, regardless of the size of your business. Through using SQL, Structured Query Language, and developing techniques to strengthen your personal analytical skills, create reports that connect reality with your data. Find out how to determine what's important for you to learn and then explore ways to mine that data to get the correct answers. Learn how to resolve the most common quality issues such as missing columns, bad data and wrong formats. Find out why our nation's most successful companies use SQL and analytical techniques to gain the competitive advantage in their arenas. No internship provided.

9/1-12/15 **T** **6-9 p.m.**
Tobin
TMCC Meadowood Center S322 **\$999**

NEW!

Information Protection Manager I

Protecting customer and employee confidential information has become one of the top challenges in the 21st century workplace. Gain the tools you need to make a difference by earning your IPM Level I certification. Learn how to protect employment records and consumer identifiable data, as well as process financial transactions in a safe manner. By implementing these strategies, you'll improve your company's productivity and security while decreasing the number of data breach incidents. Upon completion, you will be prepared to sit for the Foundations of Information Privacy exam and qualified to apply for information privacy manager positions. No internship provided.

10/6-12/1 **T,TH** **6-9 p.m.**
Woods
TMCC Meadowood Center S104 **\$999**

Writing



Word Up: Write Dialogue That Soars

Have fun while learning vital information on how to develop original, authentic and memorable dialogue. Gain tips on how to use dialogue to build suspense, show conflict, set tone and mood, establish character, advance the plot, foreshadow and demonstrate emotion.

11/14 S 10 a.m. - 12 p.m.
Slater
TMCC Meadowood Center S300 \$39

“The idea is to write it so that people hear it and it slides through the brain and goes straight to the heart.” – **Maya Angelou**

NEW!

Journal to Self

Discover the benefits of journaling while you establish your writing habit. Learn how to gain clarity with your challenges and express strong emotions safely. Experiment with writing stream of consciousness, character sketches and unsent letters. Record your dreams and delve into guided imagery. Build upon your goal-setting skills and improve your chances of achieving those goals. This class uses techniques created by Kathleen Adams, the director of the Center for Journal Therapy and an international expert in the power of writing to heal. \$10 materials fee

10/6-10/27 T 6-9 p.m.
Gilmore
TMCC Meadowood Center S300 \$69

Symbolism in Literature

Add intriguing layers of meaning and complexity to your writing through symbolism. Explore the use of various symbols to enhance your writing and how to address symbolism in a natural, unforced way.

9/3-10/22 TH 6-8 p.m.
Castleman
TMCC Meadowood Center S300 \$119

NEW!

Poetry

Discover the delights of reading and writing poetry in this combination of discussion and solo writing time. Explore a variety of classic and modern poets, and experiment with several styles of writing poetry including free verse, haiku and haibun to find the one that best expresses your talent.

9/24-11/19 TH 1-3 p.m.
Olds
TMCC Meadowood Center S320 \$89

Get Your Book Published

Few feelings are as powerful as the immense satisfaction that comes when you hold your newly published book. If you've already written your manuscript, find out about the publishing process and decide which option best suits you and your work. Discuss the pitfalls and benefits of standard and vanity presses, compared to self-publishing. Learn about the steps you need to take when self-publishing or seeking a contract from a publisher. Find out why your target market is key and why you don't necessarily need an agent.

8/31 M 5:30 - 9:30 p.m.
Oberding
TMCC Meadowood Center S300 \$49

Whether you prefer writing fiction, non-fiction, poetry or drama, TMCC has for-credit courses available to fit your needs. For details, visit schedule.tmcc.edu.

HOT!

Writing, Publishing and Marketing Your 1st Book or 7th

Learn a 10-step plan to develop and complete your manuscript in just six weeks from an author of 10 books, some of which have won awards and are bestsellers. Create a page-turner, whether you are writing fiction, nonfiction, a cookbook or textbook. Discover how to submit your work to a publisher, how to self-publish and how each decision affects your time, money and the percentage of profits you keep. Discuss and view forms, contracts and samples and learn about print on demand and ebooks. Focus on the six-step marketing plan which includes how to make a profit before your book is printed, setting up book signings, presenting seminars and writing news releases. \$15 materials fee

10/1 TH 6-10 p.m.
Christensen
TMCC Meadowood Center S315 \$79

How to Get Lucky: Breaking Into Publishing

Get honest, clearheaded advice from a prolific local author about your likelihood of getting published. Discover how and why manuscripts are rejected, how to put your best foot forward with a query letter, and lots of strategies that will increase your chances of “getting lucky” as a published writer.

9/12 S 10 a.m. - 12 p.m.
Slater
TMCC Meadowood Center S300 \$39

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.

9/14-11/9 M 6-8 p.m.
Castleman
TMCC Meadowood Center S300 \$119

Silver College Arts



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.

9/2-11/4 W 4 - 5 p.m.

Sefchick

TMCC Meadowood Center S324 \$59

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.

9/10-10/22 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.

10/29-12/17 TH 10 - 11 a.m.

Smith

Steinway Piano Gallery \$69

Piano III

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

9/10-10/22 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.

10/29-12/17 TH 11 a.m. - 12 p.m.

Smith

Steinway Piano Gallery \$69

Creative Writing

Channel 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.

9/15-10/20 T 1 - 3 p.m.

Brown

TMCC Meadowood Center S300 \$69

NEW!

Art Technique Tuesdays

Explore a different art medium every week with an award-winning artist, from drawing and coloring with colored pencils to oil pastel smudge. Learn a new artistic technique or practice a technique you've already learned. \$10 materials fee covers specialty papers and pre-printed images for coloring.

9/15-9/29 T 1 - 3 p.m.

Foldvary-Anderson

TMCC Meadowood Center S324 \$69

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. Supplies required.

9/17-10/22 TH 9 a.m. - 12 p.m.

Leonard

TMCC Meadowood Center S103 \$99

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 necessary. Supplies required.

9/17-10/22 TH 1 - 4 p.m.

Leonard

TMCC Meadowood Center S103 \$99

NEW!

Paint Birds in a Basket

Discover fun, relaxing oil painting techniques and create a beautiful piece of artwork perfect for Thanksgiving. Learn the basics of paints, brushes, wet-on-wet and color mixing. Bring paper towels and baby wipes for easy cleanup. \$10 materials fee

11/5-11/12 TH 1 - 3 p.m.

Burkhart

TMCC Meadowood Center S103 \$49

Photo 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.

9/21-10/12 M 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S322 \$69

Watch the video on our photo class!

<http://bit.ly/camerabasics>

NEW!

The Elegance of Letters

Letter writing is an art that can thrive even in the age of email and Facebook. Explore the beauty and significance of letters written by famous people like Eleanor Roosevelt and Emily Dickinson. Bring a letter to the second session that you kept because it was meaningful to you and share it with the class. Reconnect with the joy that letter writing brings to you and your recipient.

9/22-9/29 T 11 a.m. - 12:15 p.m.
Pontrelli
TMCC Meadowood Center S320 \$39

NEW!

Bob Ross Oil Painting

Discover fun, relaxing oil painting techniques and start creating your own realistic landscapes. Learn the basics of paints, brushes, wet-on-wet and color mixing. Bring paper towels and baby wipes for easy cleanup. \$10 materials fee

10/1-10/15 TH 12:30 - 3:30 p.m.
Burkhart
TMCC Meadowood Center S117 \$79

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."
- Sophia Loren

NEW!

Christmas Candle

Paint a festive holiday candle using oil and acrylic paints. Learn about the paints and brushes you'll use, as well as mixing colors and the wet-on-wet technique. Bring paper towels and baby wipes for an easy cleanup. \$35 materials fee

12/10 TH 1 - 3 p.m.
Burkhart
TMCC Meadowood Center S103 \$39

Silver College Technology

HOT!

Computer Basics

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.

9/14-9/30 M,W 1 - 3 p.m.
Lish
TMCC Meadowood Center S115 \$59

HOT!

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.

9/15-9/24 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S115 \$59

Word

Discover a wealth of word processing possibilities as you become comfortable with this software's ribbon, button, menu and command features. Create, edit and format text, and save loads of time by using templates, text effects and images to jazz up your documents.

10/6-10/22 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$89

Email and the Internet

Get a free email account and communicate electronically. Learn how to check your inbox and compose, send, reply and forward emails. Then check out the amazing places in cyberspace. Become proficient with search engines, websites and hyperlinks. Explore online newspapers, banking, sports, music, and hotel reservations.

10/5-10/26 M,W 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S115 \$99

Excel

Discover what this software can do as you enter data in cells, do basic math, format worksheets, set up pages for printing and apply mathematical formulas. Create and save a workbook, then practice creating budget reports and a simple chart.

11/3-11/19 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S115 \$89

Before You Buy an Electronic Tablet

A handheld electronic tablet offers astonishing new possibilities for communication. Learn what makes a tablet different from a personal computer and a laptop. Have fun sorting through the features, reliability and costs of different tablets like iPad and Kindle before you buy one.

9/18 F 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$39

Now That You Own an iPad

Discover the exciting communication possibilities that your iPad offers. Download and manage applications, set up an e-book account with the Washoe County Library, configure your email account, access the world of social media, learn how to use your iPad camera, or watch movies and TV shows. Find out about gesturing and how to add content to your device. Bring your iPad to class.

10/20-10/29 T,TH 9 - 11 a.m.
Lenga
TMCC Meadowood Center S321 \$59

Get to Know Your Android Tablet

Now that your tablet is out of the box, discover how to get the most out of it. From setting up your email and enjoying an e-book to changing your input methods, you'll be full of ideas about how to harness the power of your tablet. Bring your Android tablet.

10/20-10/29 T,TH 1-3 p.m.

Lenga
TMCC Meadowood Center S322 \$59

Explore Your Android Smartphone

You bought an Android smartphone or received one as a gift. Now find out how much fun you can have with it. Learn to set up and manage its features and discover how to explore, install and effectively use the phone's available apps. Bring your Android phone to class.

10/16-10/23 F 1-3:30 p.m.

Lenga
TMCC Meadowood Center S321 \$59

Before You Buy a Smartphone

A smartphone works as a cellphone, but that's just the beginning. It also plays music and videos, takes digital photos, sends and receives emails and offers nearly limitless other options. Before you spend money on a smartphone, compare the features and versatility of the most popular brands to know which one is right for you.

9/23 W 1-3:30 p.m.

Lenga
TMCC Meadowood Center S322 \$39

HOT!**Now That You Have an iPhone**

Find out how easy and fun it is to access the world on your new iPhone. Experience the amazing array of functions and applications available to you and learn how to access the Internet, create photo galleries, view videos, listen to music and so much more with the touch or swipe of your finger. Bring your iPhone to class.

10/21-10/28 W 1-3:30 p.m.

Lenga
TMCC Meadowood Center S321 \$59

Silver College Wellness**NEW!****Senior Adult Safe Driver**

Determine whether you are still safe behind the wheel during your silver years. Be aware of how aging, medications, weather and darkness can impact your driving skills and the crash risks that commonly happen to senior drivers. Learn, too, how exercise and nutrition can improve and extend your years of independence. Course fee covers a senior and a family member.

9/21-9/28 M 1-3:30 p.m.

Shaw
TMCC Meadowood Center S205 \$39

Durable Power for Healthcare and a Living Will

Provide peace of mind for yourself and your loved ones by creating advanced directives for health care and a living will. These legal documents detail your choices in the event you're unable to make health care decisions yourself. You will have the opportunity to complete both documents in class and have them notarized.

9/22-9/29 T 3-4:30 p.m.

Gaskins
TMCC Meadowood Center S300 \$39

Medicare and Retirement

As you approach retirement age, become savvy about the potential impact of rising health care costs on your retirement savings. Learn to assess Medicare coverage and costs, long-term care costs and your options for supplemental health care and long-term care insurance. Ensure that your golden years are exactly that.

9/23 W 6-9 p.m.

Garol
TMCC Meadowood Center S324 \$39

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." – Henry Ford

NEW!**Make Your Retirement Savings Last**

Stretch your retirement dollars by exploring choices that include working longer, spending less and delaying Social Security benefits. Understand the considerations and tradeoffs as you develop a strategy for withdrawing your savings and learn how to plan for expected and unexpected insurance expenses.

9/30 W 6-9 p.m.

Garol
TMCC Meadowood Center S104 \$39

NEW!**Fixed-Income Investing**

Learn about investing on a fixed income. Explore the seven characteristics of fixed-income investments and the advantages of laddering your investments. Discover how a fixed income can be part of your personal investment strategy.

10/7 W 6-9 p.m.

Garol
TMCC Meadowood Center S104 \$39

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 that improve your balance, coordination and stamina.

8/31-10/26 M,W 10:30-11:30 a.m. OR

9/1-10/22 T,TH 4-5 p.m. OR

10/27-12/15 T,TH 4-5 p.m. OR

10/28-12/16 M,W 10:30-11:30 a.m.

Jones
TMCC Meadowood Center S308 \$79

Silver Tai Chi II

Elevate your tai chi skills and knowledge as you refine your form and delve deeper into the principles, history and philosophy of this ancient balanced, healing Chinese art. This course is for you if you have already taken Silver Tai Chi, the 24 Yang Short form.

8/31-10/26 M,W 5:15-6:15 p.m. OR

10/28-12/16 M,W 5:15-6:15 p.m.

Jones
TMCC Meadowood Center S308 \$79

NEW!**Senior Balance**

Correct those physical imbalances that develop from age or injury. Take part in a fun and functional workout with Indo boards, Bosu trainers, TRX and the Buddy System to improve your overall balance, confidence and well-being. Bring drinking water and a towel.

9/4-10/9 F 1-2 p.m. OR
 10/16-11/20 F 1-2 p.m.
 Gonzalez
 Sparks Marina \$69

HOT!**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.

9/8-9/29 T 10:30 - 11:30 a.m. OR
 9/10-10/1 TH 10:30 - 11:30 a.m. OR
 10/6-10/27 T 10:30 - 11:30 a.m. OR
 10/8-10/29 TH 10:30 - 11:30 a.m. OR
 11/3-11/24 T 10:30 - 11:30 a.m. OR
 11/5-12/3 TH 10:30 - 11:30 a.m.
 Kurowski
 TMCC Meadowood Center S308 \$39

“Silver Yoga has improved my overall health as well as my balance and flexibility.”

–Michelle S., yoga student

Teach for us!

Share your expertise with others. We're always looking for new topics to offer. Visit washoecommunityed.org and click on "Teach for Us."

Youth Classes**NEW!****Tap Dancing: Ages 6-9**

Introduce your child to this fun, rhythmical dance. They will learn the basic steps and then practice them in combinations, all while building their musicality, strength, coordination, flexibility and balance. Tap shoes required.

9/3-9/24 TH 5 - 5:45 p.m. OR
 10/1-10/22 TH 5 - 5:45 p.m. OR
 11/5-12/3 TH 5 - 5:45 p.m.
 Caughlin Club \$69

HOT!**Royal Father-Daughter Ball**

Bring your little girl to this magical evening event where you will dance, sample royal treats and take part in a raffle. The semi-formal dance is designed for girls, from kindergarten through sixth grade and their fathers, grandfathers or special friends. Each child will receive a special gift, and you can choose to purchase photo memories and flowers to make the evening an extra special event that you will remember for a lifetime. **IMPORTANT:** Each person attending the ball must have their own registration under their own name. This is important for check-in purposes on the night of the event. The price is \$25 per person. Boutonniere and corsage orders are available online for an additional fee.

12/5 S 6-9 p.m.
 Grand Sierra Resort \$25

NEW!**Mother and Son Ropes Course Challenge: Ages 8+**

Develop a closer bond with your son and be active in a fun, outdoor setting. Tackle a series of cooperative challenges, such as climbing rocks and trees, racing down a dual zipline and other activities. Foster an enriched relationship with your son and teach him problem solving, communication and teamwork skills. A photo of you and your son will be included. Bring your own lunch. Space is limited and available on a first-come, first-served basis with a registration deadline of no later than Aug. 31.

9/19 S 9 a.m. - 4 p.m.
 Project Discovery \$129 a couple

Sea Monkeys Swimming

If your child has taken Jelly Bellies or can show they have an ability to hold their breath underwater and float unassisted, this class is for them. Teach your child how to flip onto their back to get their breath and build their basic swim skills.

9/8-9/24 T-TH 6 - 6:30 p.m.
 Malone
 Picollo School Pool \$89

HOT!**Jelly Bellies Swimming**

Give your child the skills that one day may save their life. Work with your child to teach basic survival floating skills, as well as how to close their mouth and hold their breath while their face is in the water. This class is for children of all ages who are unskilled in swimming.

9/8-9/24 T-TH 5 - 5:30 p.m.
 Malone
 Picollo School Pool \$89

“There is the right amount of teaching, learning and playing. Also, you learn as the parent, the best practices to teach your child to learn how to swim.” –Briana H., Jelly Bellies Swimming parent

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 will learn to prepare food from recipes and eat their own creations or take them home to share with the family. In addition, your child will pick up cooking safety tips and techniques that will help them become knowledgeable cooks. Cost is \$69 plus a \$30 materials fee which is due at class, and all classes are taught by Kathy Ishoy. All are scheduled at Damonte Ranch High in Room 117.

Tailgate and Other Parties

Ages 6-9: 9/1-9/22
T 4:30 - 6 p.m.

Ages 9+: 9/1-9/22
T 6:30 - 8 p.m.

Bars and Cookies

Ages 6-9: 9/29-10/20
T 4:30 - 6 p.m.

Ages 9+: 9/29-10/20
T 6:30 - 8 p.m.

Food Gifts and Presentation

Ages 6-9: 11/3-11/24
T 4:30 - 6 p.m.

Ages 9+: 11/3-11/24
T 6:30 - 8 p.m.

Gingerbread House Making for the Family

Bring the family to a gingerbread house making party. A family of four can come, have dinner and create a beautiful gingerbread house together. Techniques will be demonstrated to give you creative ideas for your house. There will be music, hot chocolate and cider. Each family of four will construct one house. \$60 materials fee

12/8 T 6:30 - 8:30 p.m.

Ishoy
Damonte Ranch High 117 \$49

“Cooking with kids is not just about ingredients, recipes and cooking. It’s about harnessing imagination, empowerment and creativity.” – Guy Fieri

Wheatley Taekwon-Do

Girls and boys aged 6 to 17 can improve their concentration, increase their discipline, build confidence, develop respect, and more through practicing this martial art. The instructor is the president of the International Taekwon-Do Federation in the United States.

Caughlin Ranch Elementary

8/24-10/19 M 3:10 - 4:20 p.m.
\$129

11/2-12/14 M 3:10 - 4:20 p.m.
\$119

Hunsberger Elementary

8/19-10/21 W 2:50 - 4 p.m.
\$159

11/4-12/16 W 2:50 - 4 p.m.
\$89

Kenpo Karate: Ages 5-13

All students from kindergarten to eighth grade are eligible to participate in this monthly martial arts class. Have your child learn discipline while having fun. Hour-long classes are held twice a week at area schools. If classes aren't at your school, you may attend a nearby school's program. Classes are held at a variety of times. For details, see the Kenpo flier sent through your child's school or visit washoecommunityed.org and click on "Register Now!"

More camps have been added!

Give your children an experience that will last a lifetime!

Our camps fill up quickly, so register early. To view our complete list of kids camps and classes—including winter camps—go to washoecommunityed.org and click on "Register Now!"

Youth Camps



Fall Camps

Improvisation, Scenes and Monologues: Ages 6-16

Whether your child is new to acting or has some experience, they will learn professional acting techniques through improvisation, theater games and memorized material. Your child will practice scenes and monologue, culminating in a live performance. This camp is a great confidence-builder and builds social and memorization skills. \$25 materials fee

10/26-10/29 M-TH 8:30 a.m. - 2:30 p.m.

KidScape
McQueen High \$179

Explore Archery Camp: Ages 9-14

Develop your child's coordination and upper body strength through archery. Archers will practice the fundamentals to succeed at this sport. Kids will work on proper shooting form, as well as challenge themselves. This class will leave them wanting more. \$50 materials fee

10/26-10/30 M-F 1 - 4 p.m.

Pitts
Wasting Arrows Archery \$125

Class Locations

Adventure Scuba, 4084 Kietzke Ln., Reno, Bus Rt. 9

Aikido of Reno, 135 S. Wells Ave., Reno, Bus Rt. 12

Caughlin Club, 4100 Caughlin Pkwy., Reno

Caughlin Ranch Elementary, 4885 Village Green Pkwy., Reno

Clayton Middle School, 1295 Wyoming Ave., Reno, Bus Rt. 3

Damonte Ranch High, 10500 Rio Wrangler Pkwy., Reno, Bus Rt. 57

Depoali Middle School, 9300 Wilbur May Pkwy., Reno, Bus Rt. 56

Dorinda's Chocolates, 727 Riverside Dr. #E, Reno

Faith Lutheran Church, 2075 W. 7th St., Reno

Famous Dave's Bar-B-Q, 4925 Kietzke Ln., Reno, Bus Rt. 9

Galena High, 3600 Butch Cassidy Dr., Reno,

Grand Sierra Resort, 2500 E. Second St., Reno, Bus Rts. 14, 14A

Hidden Valley Regional Park, 4740 Parkway Dr., Reno

Hunsberger Elementary, 2505 Crossbow Ct., Reno

Kadam Studios, 47 Glen Carran Cir., Sparks, Bus Rt. 18

Lake Mansion, 250 Court St., Reno, Bus Rt. 6

Law Office of E. Beyer, 1150 Selmi Dr. #502, Reno, Bus Rt. 5

McQueen High, 6055 Lancer St., Reno, Bus Rts. 3, 4

Midtown Fitness, 600 S. Center St. #300, Reno, Bus Rt. 1

Picollo School, 900 Foothill Rd., Reno, Bus Rt. 56

Pine Middle School, 4800 Neil Rd., Reno, Bus Rt. 9

Project Discovery, 21130 Sky Tavern Rd., Reno

Reed High, 1350 Baring Blvd., Sparks, Bus Rt. 22

Reno High, 395 Booth St., Reno, Bus Rt. 16

Rosewood Lakes Golf Course, 6800 Pembroke Ln., Reno

Spanish Springs High, 1065 Eagle Canyon Dr., Sparks

Sparks Florist Design Center, 1440 Hymer, Sparks, Bus Rts. 18, 18X

Sparks Marina, 325 Harbour Cove Dr. #107, Sparks, Bus Rt. 21

Sparks Middle School, 2275 18th St. Sparks, Bus Rt. 2

Silver Queen Hotel, 28 North C St., Virginia City

Steinway Piano Center, 500 E. Moana Ln., Reno, Bus Rt. 6

St. Mary's in the Mountains, 111 E St., Virginia City

Swope Middle School, 901 Keele Dr., Reno, Rt. 16

TMCC Meadowood Center, 5270 Neil Rd., Reno, Bus Rts. 6, 9, 54

TMCC Redfield High Tech., 18600 Wedge Pkwy, Reno

TMCC Red Mountain Bldg., 7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TMCC Vista Bldg, 7000 Dandini Blvd., Reno, Bus Rt. 15

TMCC/IGT Applied Technology Center, 475 Edison Wy., Reno, Bus Rt. 14

TrésImage Salon, 9660 McCarran Blvd., Reno, Bus Rt. 3CL

Union Hotel, 75 Main Street, Dayton

Wasting Arrows Archery, 8975 Double Diamond Pkwy. #A8, Reno, Bus Rt. 56

Wooster High, 1331 E. Plumb Ln. Reno, Bus Rt. 9

Policies and General Information

Office Hours

TMCC Workforce Development and Community Education is located at TMCC's Meadowood Center, 5270 Neil Rd., 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.

Employer-Paid Tuition

An employer or third party may pay for any TMCC Workforce Development and Community Education 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 washoecommunityed.org or by calling 775-829-9010.

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.

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.

TMCC is an EEO/AA (equal opportunity/affirmative action) institution and does not discriminate on the basis of age, sex, race, color, religion, disability, national origin or sexual orientation in the programs or activities which it operates. Qualified students with physical or documented learning disabilities have the right to free accommodation to ensure equal access to educational opportunities at TMCC. For additional information regarding accommodations, contact the TMCC Disability Resource Center at 673-7277 or tmcc.edu/drc.

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.

Should you cancel one class and transfer into another, you will be charged a \$10 transfer fee.

This policy does not apply to conferences/events/series or online classes. All classes cancelled by TMCC Workforce Development and Community Education will return 100 percent of the tuition back to each student.

Inclement Weather Class Cancellations

For courses held at TMCC, visit tmcc.edu or call 673-7000. For classes held at a Washoe County School District facility, check washoeschools.net 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.

Cancellation Policy

TMCC Workforce Development and Community Education 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.

Self Funded Classes

TMCC Workforce Development and Community Education classes are funded solely by class registrations.

Non-Grading

TMCC Workforce Development and Community Education classes do not issue grades. Should you need documentation to prove you successfully completed a course, please notify the instructor in class.

Accessibility

All TMCC Workforce Development and Community Education classes 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.

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.

What your neighbors are saying about WDCE instructors

"I've taken 6 courses and she has taught all of them. Vivienne is without a doubt one of the best instructors I've ever had." –Victoria C., grant writing student about instructor Vivienne French.

"Bruce is so knowledgeable about his subject and obviously loves it. He just blew me away!" –Susan A., psychedelic rock student about instructor Bruce Van Dyke.

"Evert is one of the best instructors I've had at TMCC. I really liked how he used language as a tool in memorizing and learning terms." –Anatomy student about instructor Evert Broderick.

"Virginia is so well versed in all areas of writing. Her experience is vast but she tailors it to where you are at in your process. It was so encouraging." –Leslie N., Symbolism in Literature student about writing instructor Virginia Castleman.

"This class was full of high energy. The instructor was very encouraging to help us develop our skills at a variety of paces." –Guitar II student about instructor Brian Trotter.

You may qualify for State of Nevada tuition assistance

If you are underemployed or unemployed, you may qualify for JOIN, Nevada Hospital Association or Community Services Agency tuition assistance for the following TMCC noncredit career certificate training programs.

Approved

3D Printing
Apartment Maintenance
Clinical Medical Assistant
Community Health Worker
Dialysis Technician
EKG Technician
Grant Writing
Information Privacy Manager I
Pharmacy Technician

Physical Therapy Aide
Property Management
Spanish/English Interpreting and Translation
Spanish/English Medical Interpreting

Pending

Business Intelligence—Data Management
Healthcare Facilities Management
HTML5 for Programming
Mental Health First Aid

For information on courses that are on the ETPL list, call us at 829-9010. To learn if you qualify for tuition assistance, call JOIN at 336-4450, Nevada Hospital Association at 827-0184 or the Community Services Agency at 786-6023.

Help your child become a safe driver



Driver's Education in the Classroom

Send your teens to after school or 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.



Truckee Meadows Community College
Workforce Development and Community Education
7000 Dandini Boulevard
Reno, NV 89512-3999

Non-profit Org.
U.S. Postage
PAID
Reno, NV
Permit No. 412

ECRWSS

Residential Customer

Fulfill all your noncredit class needs through Truckee Meadows Community College's Workforce Development and Community Education.

Pursue your interests. Connect with others.

Form new friendships with those who share the same passions that you have. Nurture your creativity, improve your fitness, feed your curiosity and help your children grow into well-rounded adults. In addition, we offer a great variety of classes specially designed for esteemed elders through our Silver College program.

Get in. Get out. Get a job!

Retrain for a new career or upgrade your skills so you can position yourself for a promotion. TMCC's WDCE offers an array of career certificate programs that can be completed in a matter of months. Whether it's the latest in technology, Florist Fundamentals or Clinical Medical Assistant, boost your earning potential and career satisfaction.

Want to earn a college degree?

Truckee Meadows Community College offers degrees and certificate programs that transfer to the university or will help you get a job. Registration is now open for fall courses. Spring and Winter semester registration begins Thurs., Nov. 19. Call us at 775-673-7111 for details.