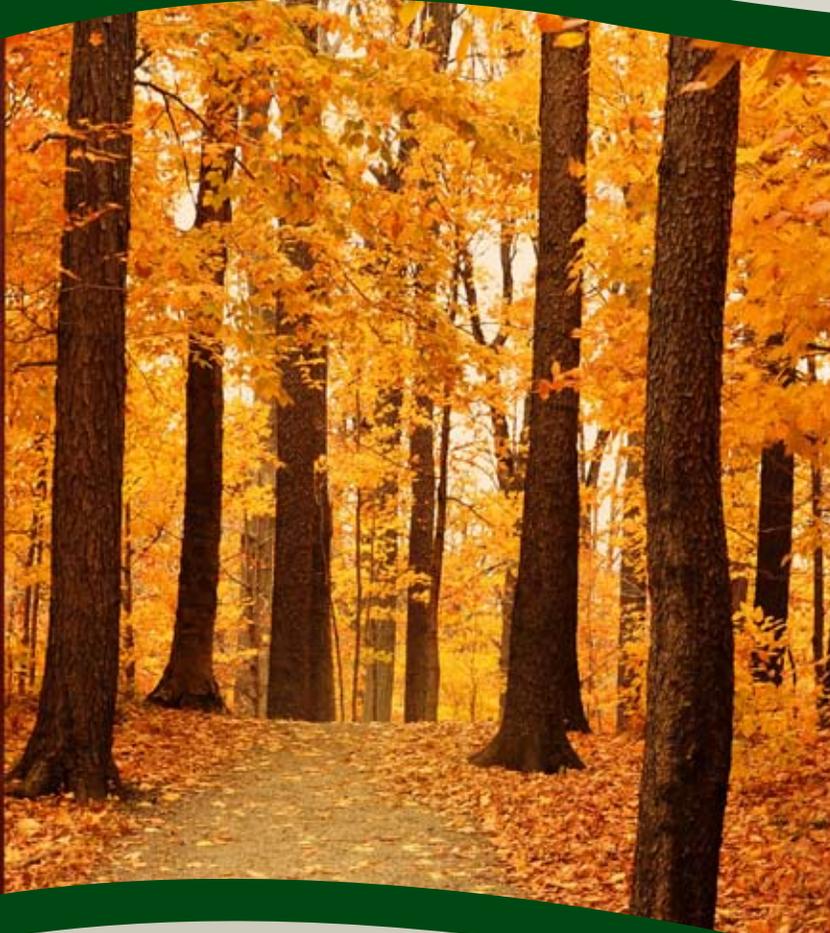


Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

Fall/Winter 2016 Noncredit Classes



Learning opens doors.

Browse our hundreds of noncredit personal enrichment and professional development courses offered through TMCC Workforce Development and Community Education!

- **Indulge your dreams with the Rock Band Experience**, page 16.
- **Enter the health care industry as an ophthalmic assistant**, page 11.
- **Embark on hiking adventures**, page 20.
- **Easily create blogs and websites with WordPress**, page 5.
- **Make better sense of Medicare**, page 26.

775-829-9010
wdce.tmcc.edu

facebook.com/TMCCCommunityEd



**Truckee Meadows Community College
Workforce Development and Community Education**

Why take a **Community Education** course?

Community Education 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.

- Bookkeeping Certificate
- Monastery Retreat
- Pilates Using a Reformer
- Radiant Mandala Drawing
- QuickBooks
- Now That You Have an iPhone
- Spanish for Fun and Travel
- Wood I
- Massage, An Introduction

Help your child become a safe driver



Driver's Education in the Classroom

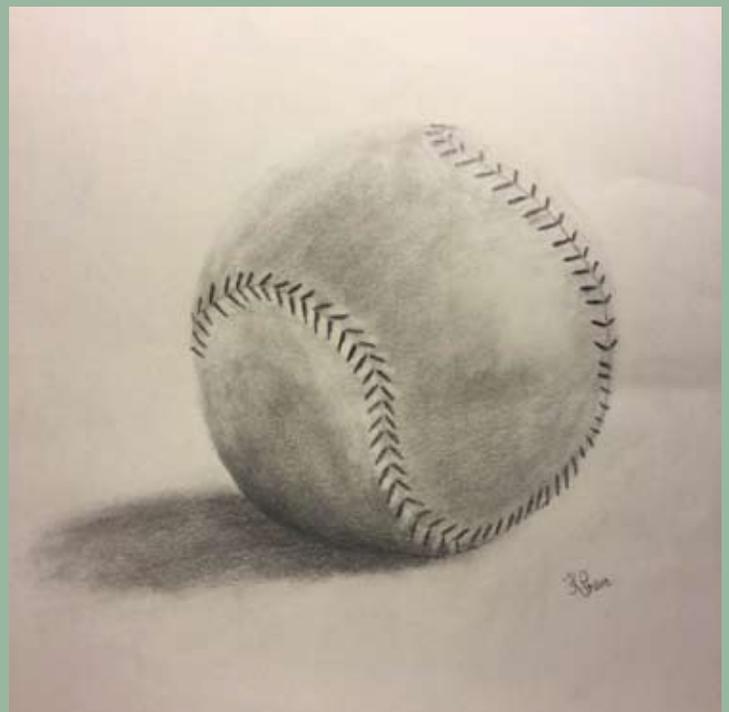
Send your teens to school break classes and help them build a strong base to become a safe driver. Classes are available online or at many area high schools.

Designed for teens ages 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 <http://bit.ly/CommEdDriversEd> or call 829-9010.

TMCC Facebook Art Show Winner

Congratulations to Kayla Pressburger for earning 1st place for her drawing, "The Pastime." Kayla took WDCE's Drawing I and II classes. See page 3 for class details.



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Arts, Crafts, Photography



Most art classes require additional supplies and/or a materials fee. Supply lists for individual classes are available online at wdce.tmcc.edu.

Painting and Drawing

HOT!

Watercolor Techniques

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. Supplies required.

8/23-9/13 T 1-5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

“I’ve even recommended this class to strangers in art stores. The instructor is not only a fine artist but is able to explain and demonstrate techniques.”

—Kathryn M., watercolor student

Watercolor Techniques II

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

9/20-10/11 T 1-5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

Watercolor Holiday Cards

Learn the basics of watercolor painting including color theory and both traditional and unconventional methods of applying paint on paper. Use glazing, wet-into-wet, dry-into-wet and dry brushing techniques as well as various types of resist, sprinkling salt and other experimental effects to create holiday cards. Whether you’re at a beginner or intermediate level, discover how to photograph your artwork and get it onto cardstock. Supplies required.

10/18-11/15 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. Supplies required.

11/22-12/13 T 1-5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

Oil and Acrylic Painting: Safari

Create a beautiful African safari painting using traditional oil paints without the fumes, slow drying times and difficult cleanup. If you have never painted before, can’t draw a straight line or think you have no artistic ability, try this class. Supplies and canvases included. \$40 materials fee

9/29 TH 5:30 - 8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$39

Oil Pastel Smudge Technique

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

10/11-10/25 T 2-4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S315 \$79

NEW!

Painting with a Palette Knife

If you can butter bread, you can create art with this versatile tool. Learn about the benefits of using a knife, as well as how to create texture and sweeping areas of flat color. See how this technique can loosen up your style, freeing your artistic expression. Cleanup is much quicker than using brushes. \$20 materials fee

9/22 TH 1-4 p.m.
Burkhart
TMCC Meadowood Center S103 \$49

NEW!

Silk Painting

Create stunning artwork by painting dyes onto silk fabric. As the dyes flow into the fibers, your creation becomes one with the threads. Strengthen your hand and eye coordination as you learn basic techniques with a gutta resist for borders and patterns. You’ll be surprised at how easy and rewarding this art can be. \$35 materials fee

9/12-9/19 M 10 a.m. - 12 p.m.
Bayya
TMCC Meadowood Center S103 \$49

HOT!**Drawing**

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.

9/16-11/4 F 1-4 p.m.
Woodard
TMCC Meadowood Center S103 \$159

Calligraphy: The Letterary Arts

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

11/3-11/17 TH 2-4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S320 \$79

HOT!**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. Through drawing, allow your inner self to manifest in a physical design filled with color and intricacy. Still your mind and body to increase relaxation and allow your mandalas to flow onto the paper. Supplies required.

10/22 S 1-4:30 p.m.
Almond
TMCC Meadowood Center S104 \$49

Make Art Your Business

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

11/3-11/17 TH 6-8 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$79

Textiles**Sewing**

Explore this versatile craft while becoming inspired by the almost limitless applications of sewing. Make several fun projects while you practice basics such as how to use your machine, insert a zipper, follow a pattern and more. Save money by learning how to make basic clothing alterations. Supplies required.

8/24-10/12 W 6-9 p.m.
Willoughby
TMCC Meadowood Center S103 \$139

"Absolutely I'd recommend this class! Even those of us with experience learned plenty of tips and tricks."

—Sewing student

Crafts**Woodcarving**

Enjoy the satisfaction of shaping wood into art. Discover various types of carving, the tools and techniques for each, the characteristics of different woods and how to carve safely. You'll create a small cowboy boot, use woodburning for detail and then clean, oil and buff it. Beginners welcome. Supplies required. \$5 materials fee

9/14-10/12 W 2-4 p.m.
Moser
TMCC Meadowood Center S103 \$99

NEW!**Woodcarving II**

If you've done some woodcarving, advance your skills by carving a larger piece of wood with greater detail, layering and color. Carve and use a wood burning tool to create a comical bear figurine and then apply acrylic paints to complete your project. Supplies required. \$5 materials fee

10/19-11/16 W 2-4 p.m.
Moser
TMCC Meadowood Center S103 \$99

HOT!**Stained Glass**

Create stunning stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience. \$30 materials fee

10/11-10/13 T,TH 5:30-8:30 p.m. OR
11/15-11/17 T,TH 5:30-8:30 p.m.
Howell
The Glass Studio \$99

NEW!**Crafting Your Own Holiday Glass Ornaments**

Learn to craft hanging glass ornaments that can be used to liven up your tree, or as gifts to add some cheer to your friends' holiday season. You will craft six to eight ornaments which showcase your personal artistic flare. This is a great opportunity to improve your crafting skills while getting into the holiday spirit.

11/19 S 1-4 p.m.
Howell
The Glass Studio \$69

NEW!

Soap Making

Transform plain, unassuming soap into an amazing creation by adding fragrances and personal touches. Learn how to use Melt and Pour, a pre-made base and make four to five soaps. Keep them for yourself or give them as holiday gifts. \$35 materials fee

12/12 M 6-9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

Photography

Photograph the Great Reno Balloon Race

Create compelling photographs of this spectacular event. Join this 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: 9/8 TH 6-8 p.m.
Field Shoot: 9/10 S 4:30-10 a.m.
Vollmer
TMCC Meadowood Center S104 \$89

Basic Digital Photography

Take your photos to a higher level. Learn the keys to composition, image adjustment, manipulation, correctly sizing photos and more. Pick up relevant tips, tricks and techniques. This is a great class for digital SLR users.

9/13-9/15 T,TH 10 a.m. - 1 p.m.
Forsyth
TMCC Meadowood Center S321 \$59

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: 9/29 TH 6-9 p.m.
Field Shoot: 10/1 S 2-6 p.m.
Vollmer
TMCC Meadowood Center S104 \$89

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. Furnish your own camera, transportation and walking gear.

Lecture: 10/22 S 9 a.m. - 12 p.m.
Field Shoot: 10/22 S 2-6 p.m.
Vollmer
TMCC Meadowood Center S105 \$89

Want to earn credit for your art or photography courses? TMCC offers lots of options for aspiring artists and photographers! For details, visit schedule.tmcc.edu.

Computers and Software



HOT!

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.

9/20-9/29 T,TH 1-5 p.m.
Lenga
TMCC Meadowood Center S322 \$179

Microsoft

NEW!

Windows 10 Essentials

Stay on top of the latest technology trends. Discover the uses of universal apps while learning how to incorporate them across multiple technology platforms. Learn to transition from an older operating system to Windows 10 while keeping your files compatible with the new software.

11/8-11/10 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S321 \$99

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. Sign up for all three Excel courses at the same time and save \$15.

9/7-9/9 W,F 9 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S322 \$99

Excel Essentials II

Building on concepts covered in Excel Essentials, learn 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 conditional formatting. Learn to create pie, bar, column, XY and other charts 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. Sign up for all three Excel courses at the same time and save \$15.

10/12-10/14 W,F 9 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S322 \$99

"I'm not only recommending this class, but I'm also sending my employees and partners to it as well."

—Excel II student

Excel Essentials III

Take your knowledge of Excel to the next level with advanced techniques that include making pivot tables and charts and using intricate formulas and data analysis to make tasks easier at your workplace. Learn how to use various financial functions, grouping skills and how to consolidate your worksheets while also increasing your proficiency. Sign up for all three Excel courses at the same time and save \$15.

11/16-11/18 W,F 9 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S322 \$99

Outlook Essentials

Reduce daily stress by better managing your time and information. Find out how easy it is to schedule appointments and meetings, manage priorities, keep track of tasks and organize emails. Work with the software's calendar, contacts and task list features.

11/7-11/9 M,W 9 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S322 \$99

Internet

Mastering LinkedIn

Discover why being active and well-represented on this social network is essential in connecting with your target employers. Fine-tune your existing LinkedIn profile, learn the ways employers find you, how to use the site to locate opportunities yourself and recognize the importance of LinkedIn Groups. A LinkedIn account is required.

9/12-9/26 M 6 - 8 p.m.

Evans
TMCC Meadowood Center S321 \$69

NEW!

WordPress Blog and Website Design

Find out why WordPress powers 22 percent of all websites while learning how to create your own blog or website. Start with the basics such as how to install, set up and select a theme without having to learn HTML. Then dive deeper into the software by developing an understanding of customizable specifics such as how to use widgets, plugins, the difference between the paid and free versions, and tips on how to schedule blog and video posts. Increase traffic to your new website by promoting your blog through social media.

9/13-9/20 T 9 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S322 \$99

HOT!

eBay I: The Basics of Selling on eBay

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

10/12 W 6 - 9 p.m.

Boyd
TMCC Meadowood Center S203 \$49

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. Learn about eBay research, marketing and photography tips, and eBay stores. Sign up for both eBay courses at the same time and save \$15.

10/13 TH 6 - 9 p.m.

Boyd
TMCC Meadowood Center S203 \$59

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.

10/15 S 9 a.m. - 12:30 p.m.

Boyd
TMCC Meadowood Center S306 \$99

Google Analytics

Find out the visitor metrics you need to gauge the success of your website and web-based campaigns. Discover your most popular pages, how long people visit each page and how visitors find you. Generate detailed marketing statistics about a website's traffic and traffic sources, and measure conversions and sales with the world's most widely used website analytical service. Discover who is visiting your site by tracking visitors from all referrals including search engines and social media.

10/25 T 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$49

Earn a degree in computer programming, computer science or computer technologies and find yourself with lots of career options. For details, visit catalog.tmcc.edu.

Cultures and Spirituality

See *Spiritual Exploration* on page 22-23.

Teach for us!



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

Dance



NEW!

Modern Square Dancing

Square dancing is still alive and kicking all over the United States. Find out why thousands of dancers around the world continue this tradition while toning up and meeting like-minded members of the community. Learn the basics of square dancing along with several dance routines.

9/13-10/18 T 6 - 8 p.m.
Sanchez
North Valleys High \$69

Belly Dancing

This ancient Middle Eastern art is a great way to achieve a flatter stomach, build a stronger core, increase flexibility and improve your posture. It's also great fun! Practice isolating and controlling your muscles as you perform steps and movements in a relaxing, rhythmic atmosphere.

9/2-12/9 F 5:30 - 6:45 p.m.
Carver
TMCC Red Mountain Bldg. 240 \$79

Watch our belly dancing class video!

<http://bit.ly/bellydancingclass>

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.

9/12-10/31 M 7 - 9 p.m.
Wilson
Mendive Middle School \$69

"Judy Wilson offers the best line dancing instruction in the area."

—Jennifer G., Line Dancing student

TMCC offers for-credit courses in tap, ballet, jazz, modern and dance appreciation, leading to an associate of arts, dance emphasis degree. Check out our fall classes at schedule.tmcc.edu.

HOT!

Royal Father-Daughter Ball

Spend a magical evening with your little girl dancing, tasting royal treats and taking part in a raffle. This semi-formal dance is designed for girls from kindergarten through sixth grade and their fathers, grandfathers or special friends. Your child will receive a complimentary gift and you can purchase photo memories and flowers to create a timeless memory that you and your little girl can share for the rest of your life. Treat your daughter to an experience of a lifetime with her first true love. The venue has been changed to the downtown Reno Ballroom, surrounded by delicious restaurants to take your daughter to prior to the ball. **IMPORTANT:** Each person attending the ball must have their own registration under their own name. The price is \$35 per person.

11/5 S 6 - 9 p.m.
Reno Ballroom \$35

Fitness and Sports



See also Health and Wellness, pages 9-10. For Pilates, see page 20.

Cardio

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.

8/31-10/5 W 8 - 9 a.m. OR
 10/12-11/16 W 8 - 9 a.m.
 Caughlin Club \$69

NEW!

Indo Paddleboard Balance

Strengthen your core and improve your balance with a training program designed for everyone from beginners to fitness fanatics. Using this low-impact workout, carefully progress to ensure your safety and comfort as you enhance your strength and coordination.

9/10-10/29 S 10:30 - 11:30 a.m.
 Gonzalez
 Sparks Marina \$119

Yoga

Gentle Yoga

Relax, de-stress and learn to listen to your body by 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.

9/13-10/25 T 5:15 - 6:15 p.m. OR
 11/1-12/6 T 5:15 - 6:15 p.m.

MacLellan
 Swope Middle School \$99

Yoga Basics

Enjoy this total mind-body workout that incorporates strength building, stretching and deep breathing. Delve into yoga's principles and philosophies, as well as practice postures, proper alignment, skillful breathing and awareness techniques. Research has shown that yoga can lower blood pressure, as well as help alleviate depression, pain, anxiety and insomnia.

9/10-11/12 S 9 - 10 a.m.
 Crawford
 TMCC Meadowood Center S308 \$79

9/14-10/26 W 5:30 - 6:30 p.m. OR
 11/2-12/7 W 5:30 - 6:30 p.m.

MacLellan
 Depaoli Middle School \$99

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 a golf range. At the end of this course you should be prepared to play at least a par three course. \$35 materials fee

7/21-8/25 TH 7 - 8 p.m. OR
 9/1-10/6 TH 7 - 8 p.m.

Williams
 Grand Sierra Resort Driving Range \$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 both traditional and 3-D targets as well as trap archery. \$35 materials fee

9/9-12/9 F 4 - 5 p.m.

Pitts
 Wasting Arrows Archery \$99

NEW!

Rock Climbing

Build your fitness level and critical problem-solving skills with this popular sport. With close staff supervision, practice the basics of bouldering, roped climbing and slack lining. Safety techniques will be emphasized. \$20 materials fee

9/27-10/25 T 7 - 9 p.m.

BaseCamp Indoor Climbing Wall \$79

Martial Arts

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. This knowledge will enable you to take control of a situation and maximize your chances of safety. Wear comfortable, loose-fitting clothing.

9/6-9/27 T 6:30 - 8 p.m.

Collins
 Mendive Middle School \$69

Philippine Stick Fighting (Modern Arnis)

Be able to defend yourself in just about any situation with this unarmed and armed self-defense system. Weaponry techniques include sticks, canes, rolled up newspapers, knives and empty hands. Unarmed methods encompass striking, trapping, locking, throwing and disarming moves.

10/11-11/15 T 6:30 - 8 p.m.
Collins
Mendive Middle School \$69

“Excellent class! The instructor inspired me to train hard.”

—Greg R., Philippine Stick Fighting student

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.

9/6-10/20 T,TH 6:30 - 7:30 p.m. OR
10/25-12/13 T,TH 6:30 - 7:30 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. Try new postures and sequences, and 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.

9/7-10/24 M,W 6:30 - 7:30 p.m. OR
10/26-12/12 M,W 6:30 - 7:30 p.m.
Jones
TMCC Meadowood Center S308 \$89

“It’s so good for my physical and mental processes.”

—Marian W., Tai Chi II & III 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.

9/6-10/20 T,TH 5:15 - 6:15 p.m. OR
10/25-12/13 T,TH 5:15 - 6:15 p.m.
Jones
TMCC Meadowood Center S308 \$89

Feel your best: Join the TMCC Maria C. Sheehan Fitness Center



Take one of our noncredit classes and you’ll qualify for membership in our 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 674-7974 for appointment details).

Memberships are a bargain: just \$50 a semester for WDCE students. 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, purchase your fitness center membership at the cashier’s office in the Red Mountain Building, room 318.

Food and Beverage



NEW!

Discovering Wine: Beyond the Basics

Take your wine knowledge to a new level and explore the world of wine less travelled. Taste and examine in detail varieties such as tempranillo, grenache, cabernet franc, malbec and syrah for the reds, and pinot gris, gewurztraminer, viognier, torrantes and chenin blanc for the whites. Learn about their origins and place of importance in the wine world. \$20 materials fee

9/6-9/27 T 6:30 - 8:30 p.m.
Davidson
TMCC Sierra Bldg. 116 \$99

NEW!

Exploring French Wine

Confidently try, buy and order French wines at your favorite restaurant. Learn everything you wanted to know about French wine but were afraid to ask. Impress your friends, relatives, business associates and even the sommelier as you effortlessly navigate the wine list at that upscale restaurant. \$20 materials fee

10/4-10/25 T 6:30 - 9 p.m.
Davidson
TMCC Sierra Bldg. 116 \$99

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. \$25 materials fee

9/17-10/15 S 10 a.m. - 1 p.m.
Zahedni
Holy Cross Lutheran Church \$89

“Best class ever! Mitra is very experienced and has a great way of teaching. Love her sense of humor.”

–Wenda C., Persian appetizers student

HOT!

Indian Cooking

Shake up your normal dinner routine by discovering how to use savory Indian spices believed to help heal the body. Prepare and sample inexpensive entrees including chicken tikka masala, spicy potato croquettes called aloo tikki, dal makhani bread and gulab jamun, deep-fried balls of dough soaked in light syrup. The menu changes with each class, so repeat students are welcome. \$20 materials fee

11/1-11/22 T 6 - 7:30 p.m.
Zed
Damonte Ranch High 117 \$79

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.

11/5 S 11 a.m. - 1 p.m.
Palm
Faith Lutheran Church \$49

Culinary arts at TMCC offers associate degrees and certificates of achievement through our accredited program. See catalog.tmcc.edu today.

Grant Writing

See page 21.

Health and Wellness



Pet CPR and First Aid

During emergencies, every second counts. Gain the knowledge that may one day save your furry family member’s life. Discuss how to stock an effective first aid kit and how to quickly respond to allergic reactions and snake bites. Recognize the symptoms of heatstroke, frostbite, seizures and doggie dementia. Become comfortable treating wounds and stopping bleeding. Understand the steps to performing pet CPR, choke rescue techniques and how to track your pet’s vitals so you can more easily detect health issues. Increase your dog or cat’s comfort by learning how to remove sap, ice balls, tar or gum from paws and fur, and learn how to prevent household poison hazards. Please do not bring pets to this class.

9/20 T 6 - 8:30 p.m.
Rew
TMCC Meadowood Center S315 \$39

Pilates: Pelvic Floor Pilates for Women

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

10/3 M 8 - 10:30 a.m.
Dobler
TMCC Meadowood Center S308 \$39

NEW!

Mindfulness, Movement and Meditation

Explore the four foundations of mindfulness: of the body, of feeling tone, of mental formations and mindfulness of the impermanent nature, which will ensure a less stressed, more fulfilling life. Learn simple yoga poses that will help train your mind to savor the present, along with tools to continue your practice when life gets challenging.

9/6-9/27 T 5:30 - 7 p.m.
Barclay
TMCC Meadowood Center S320 \$49

NEW!

Self Hypnosis for Success

Train yourself to subconsciously work in positive ways. Lose weight, combat depression or stop procrastination in its tracks by eliminating self-doubt and the fear of failing. Train your mind to function at its highest sensibility by learning different meditative techniques.

10/3-10/17 M 6 - 8 p.m.
Kimm
TMCC Meadowood Center S104 \$125

HOT!

Authentic Happiness

Apply principles of Eastern wisdom combined with Western positive psychology to achieve an advanced sense of well-being. Remove obstacles that block authentic happiness while you enjoy practices that lead to a fulfilling lifestyle.

9/6-10/11 T,TH 6:30 - 8:30 p.m.
Dahl
TMCC Red Mountain Bldg. 202 \$79

HOT!

Meditation

Increase your health and mental well-being with this mind-body practice. Researchers have found that meditation can reduce stress, lower blood pressure, improve sleep and reduce negative emotions. A number of techniques will be presented so you may select a meditation style which best fits your personal needs. Find out how this silent, calming practice can improve your life.

11/7-11/28 **M** **6 - 8 p.m.**
Anderson
TMCC Meadowood Center S315 **\$79**

“I enjoyed every moment of it and will carry pieces of it through the rest of my life.”

—Marleta F., Meditation student

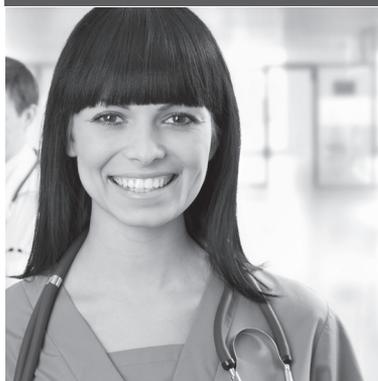
Get a \$25 massage and help a student



Our advanced massage therapy students must complete mandatory hours of body work before they can graduate from our program. So help others while improving your overall wellbeing with an hour-long full-body massage.

Massage clinics will be held Tuesdays and Thursdays, Sept. 13 through Dec. 1, at 11:45 a.m. and 1 p.m. Register at wdce.tmcc.edu by clicking on “Register Now” or call 829-9010.

Health Career Certificates



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.

9/10-11/19 **S** **8:30 a.m. - 4 p.m.**
Noel
TMCC Meadowood Center S320 **\$959**

HOT!

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 will train you to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, the technical aspects of phlebotomy and the cardiac life cycle. Discuss important topics including 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. You’ll complete about 150 hours of lecture and hands-on labs. Note: Upon successful completion of this program, you are eligible to sit for the National Healthcareer Association Certified Clinical Medical Assistant national examination. The CCMA examination cost is included in the price of this course.

8/2-12/15 **T,TH** **5:30 - 9:30 p.m.**
Montgomery
TMCC Meadowood Center S104 **\$2999**

9/12-12/13 **M-W** **5:45 - 9:45 p.m.**
Kolar
TMCC Meadowood Center S103 **\$2999**

“I was accepted for a position today. Thank you for your effort in putting together a great education that made this great life transition possible.”

—Nadine F., Clinical Medical Assistant student

Medical Terminology - Allied Health Careers

Develop the knowledge and skills to decode, decipher and uncover the meaning of scientific terms related to Allied Health Careers. Learn through lectures, readings and written exercises how to connect seemingly foreign terms to words we use in everyday speech. This course will help you if you're taking a health career certificate program.

8/16-8/25 T,TH 6-9 p.m.
Chan
TMCC Meadowood Center S320 \$399

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 about 13 percent through 2020 with an average starting pay of \$15 an hour. As a technician, you'll be responsible for direct patient care working in hospitals, out-patient clinics and other medical facilities. Under the direct supervision of physicians and nurses, you'll operate dialysis machines, prepare dialyzer reprocessing and delivery systems as well as maintain and repair equipment. In this 50-hour class, learn how to initiate, monitor and discontinue dialysis treatments for renal failure patients. Delve into renal physiology, how to perform and record vital signs, evaluate and perform vascular access to circulation, hemodialysis principles, body chemistry, delivery systems, medications and dialysis, psychological aspects of therapy and administering therapy to children, among other topics.

9/26-11/16 M,W 5:30-9 p.m.
Schultz
TMCC Red Mountain Bldg. 333 \$999

EKG Technician

Train for a new health care career in just 50 hours of instruction. Acquire the skills you need to prepare for the ASPT-Electrocardiograph Technician Exam and other national certification exams. 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. Additionally, 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. 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.

9/26-11/16 M,W 5:30-9 p.m.
Pearson
TMCC Meadowood Center S324 \$999

Patient Service Assistant

Gain a well-rounded introduction to medical administration so you can learn the necessary skills to obtain an administrative assistant position in the healthcare field. This 50-hour course prepares you to function effectively in many of the administrative and clerical positions in the healthcare industry. Medical administrative assistants, secretaries and records clerks are all positions in great demand. The U.S. Department of Labor Statistics predicts job growth in this field to be 20 percent through 2020, with starting pay averaging \$14 an hour. Delve into important background information on the medical assisting profession, interpersonal skills, ethics and law, terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, records management and management of practice finances.

9/26-11/16 M,W 5:30-9 p.m.
Stinson
TMCC Meadowood Center S320 \$999

NEW!

Ophthalmic Assistant

Ophthalmology is one of the fastest-growing healthcare segments in the country, with entry-level positions averaging a salary of \$15 an hour. Through the practical experience offered in labs, you will develop an understanding of the anatomy and physiology of the eye, general principles of pharmacology, prescriptions written for the eye, visual acuity and instruments used in the workplace while receiving an in-depth comprehension of theory through the lecture section. This program meets the requirements of the American Academy of Ophthalmology and the AAO's Ophthalmic Medical Assisting Exam which will be available after meeting certain work experience requirements.

9/27-11/15 T,TH 5:30-9 p.m.
TMCC Meadowood Center S300 \$999

Pharmacy Technician

In just 50 hours, gain the training you need to take the Pharmacy Technician Certification Board 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.

9/27-11/15 T,TH 5:30-9 p.m.
TMCC Meadowood Center S315 \$1199

Work at Home as a Medical Transcriptionist

Medical transcription is a \$12 billion per year industry 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. \$20 materials fee

9/22 TH 6-9 p.m.
Burns
 TMCC Meadowood Center S320 \$49

Want to become a nurse, certified nursing assistant, dental hygienist or radiologic technician? TMCC offers many options for students who want to get into medical careers. For details, visit catalog.tmcc.edu.

Pet CPR and First Aid

During emergencies, every second counts. Gain the knowledge that may one day save your furry family member's life. Discuss how to stock an effective first aid kit and how to quickly respond to allergic reactions and snake bites. Recognize the symptoms of heatstroke, frostbite, seizures and doggie dementia. Become comfortable treating wounds and stopping bleeding. Understand the steps to performing pet CPR, choke rescue techniques and how to track your pet's vitals so you can more easily detect health issues. Increase your dog or cat's comfort by learning how to remove sap, ice balls, tar or gum from paws and fur, and learn how to prevent household poison hazards. Please do not bring pets to this class.

9/20 T 6-8:30 p.m.
Rew
 TMCC Meadowood Center S315 \$39

NEW!

Happy Healthy Horses

Your horse deserves the best. Learn management practices best suited to the horse's social, physical and physiological well-being. Learn the psychology of the horse, housing and fencing, the digestive system, feeding practices and the anatomy of the hoof.

10/6-10/27 TH 6:30-8:30 p.m.
Kauffmann
 TMCC Meadowood Center S300 \$89

NEW!

Table Building

Transform your idea into reality while developing the organizational skills necessary to become a craftsman. Learn to build a table in a fun environment that gives you the tools to safely and confidently construct your own creation. Crafters, builders and do-it-yourselfers are welcome. \$50 materials fee

9/1-9/29 TH 11:30 a.m. - 2:30 p.m.
Moore
 TMCC Meadowood Center S103 \$149

HOT!

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

9/7-12/14 W 6:30-9:30 p.m.
Hayes/Sutherland
 Clayton Middle School \$219

High Desert Fall Gardening

Fall in the high desert is one of the prettiest times to be in your garden. 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.

9/12 M 6-9 p.m.
Adams
 TMCC Meadowood Center S315 \$49

"I found this class very informative, not just as a new resident but also in the way it dispelled myths."

—Linda H., High Desert Gardening student



HOT!

Upholstery

Give new life to your furniture and save money. Develop the skills to refurbish a piece, as you learn basic terminology and then work your way through webbing, sewing and fabric layouts. \$30 materials fee

10/6-12/1 TH 2-5 p.m.
Murdoch
 TMCC Meadowood Center S103 \$119

Floral Arranging for Fun

Create 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. Classes that fall near a holiday will explore ways to make holiday-themed pieces that are great to use as gifts or to decorate your home or office. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome!

Fall Creations

10/25 & 11/15 T 5-6 p.m. OR

Holiday Classics

12/6 & 12/20 T 5-6 p.m.

Henderson

Sparks Florist Design Center \$59

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.

Languages



Tour Italy Like a Native

Transcend the typical tourist experience of Italy. Gain insider tips on accommodations, transportation, where to visit and getting the most out of your trip. Learn essential phrases to effectively communicate with the people you meet.

7/26-8/30 T 6:30 - 8:30 p.m.

Hunter

TMCC Meadowood Center S315 \$59

HOT!

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.

10/11-11/1 T 6:30 - 8 p.m.

Andrini

TMCC Meadowood Center S320 \$69

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.

8/31-11/2 W 5:30 - 7 p.m.

Sefchick

TMCC Meadowood Center S300 \$169

"It was fun and I learned a lot. Fun while learning, who can beat that?!"

—Michelle J., Conversational Spanish student

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.

9/6-11/22 T 6 - 8:30 p.m.

Seelye

TMCC Meadowood Center S104 \$179

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.

9/8-11/10 TH 6 - 8:30 p.m.

Seelye

TMCC Meadowood Center S207 \$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.

9/8-11/10 TH 3:30 - 5 p.m.

Seelye

TMCC Meadowood Center S207 \$159

For-credit courses in Spanish, French, Italian, Japanese and American Sign Language are also available at TMCC. See schedule.tmcc.edu.

Languages in the Workplace

Spanish-English Translation and Interpretation Certificate

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. \$30 materials fee

8/27-12/17 S 9 a.m. - 12 p.m.
Griggs
TMCC Meadowood Center S324 \$599

Spanish-English Medical Interpreting Certificate

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. \$10 materials fee

10/3-12/12 M 6 - 8 p.m.
Sefchick
TMCC Meadowood Center S321 \$279

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 transition confidently into the professional arena. Enjoy listening to guest speakers who will address specific professional issues.

9/7-10/12 W 9 a.m. - 12 p.m.
Donohue
TMCC Meadowood Center S315 \$69

Massage Therapist Training/LMT CEUs



HOT!

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.

8/27 S 9 a.m. - 4:30 p.m.
Grubaugh
TMCC Meadowood Center S217 \$79

View our Massage Therapy program video!

<http://bit.ly/massagecertification>

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.

8/30-12/15 T,TH 5:30 - 8:30 p.m.
Grubaugh
TMCC Meadowood Center S217 \$549

Oriental Massage

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

8/29-10/10 M 6 - 8 p.m.
Eddy
TMCC Meadowood Center S117 \$159

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.

8/30-12/15 T,TH 9 - 11 a.m.
Broderick
TMCC Meadowood Center S217 \$359

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 hands-on skills. This therapy requires refined assessment skills to be done safely and effectively. Prerequisite: TMCC massage program students or LMTs. Bring a hot stone warmer if you have one, your own set of hot stones, a set of sheets and massage oil to class.

9/9-9/10 F,S 8:30 a.m. - 4:30 p.m.
Anderson
TMCC Meadowood Center S217 \$199

Mechanics and Positioning

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

9/16-9/17 F,S 9 a.m. - 5 p.m.
 Asay
 TMCC Meadowood Center S217 \$159

Sports Massage

Learn basic techniques, strokes and stretching used in sports settings. Wear sport type or comfortable clothing.

9/23-9/24 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.

10/1 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.

10/14-10/15 F,S 9 a.m. - 5 p.m.
 Grubaugh
 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.

10/17-12/12 M 6 - 8 p.m.
 Eddy
 TMCC Meadowood Center S217 \$159

NEW!

Lymphatic Massage

Prerequisite: current massage students or LMTs. Explore the anatomy and physiology of the lymph system and the different pathological conditions that can lead to the development of excessive swelling and lymphedema. Basic lymphatic massage techniques will be taught. Client safety, with emphasis on precautions and contraindications, will be emphasized. Gain the skills and knowledge necessary for working with post-injury and post-surgical clients, as well as with cancer patients and others who might be susceptible to developing lymphedema.

10/21-10/22 F,S 9 a.m. - 5 p.m.
 Ferruccio
 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

11/5 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.

11/18-11/19 F,S 9 a.m. - 5 p.m.
 Grubaugh
 TMCC Meadowood Center S217 \$159

Geriatric Massage

Learn how to offer safe and effective massage to your older clients or loved ones. Learn about specific health conditions related to geriatrics and how to work with clients related to these conditions. Precautions and contraindications will be discussed. Proper positioning, draping and massage strokes specific to the geriatric client will be demonstrated and practiced. Learn about why geriatric massage is such a rewarding and beneficial experience for both client and therapist/caregiver. These techniques can be beneficial for other clients as well. This class is for current massage students and LMTs. Bring notebook, pen or pencil, set of sheets, lotion or oil and 3-4 pillows to class.

12/2-12/3 F,S 9 a.m. - 5 p.m.
 Ferruccio
 TMCC Meadowood Center S117 \$159

Ethics for Massage Therapists

Your reputation is based not only on your abilities, but also on your ethics. Review this profession's ethics including its laws and regulations, boundaries, disclosure, conduct and guidelines for working with clients and other professionals. This course fulfills the state's requirement for renewal of state licensure.

12/10 S 9 a.m. - 4:30 p.m.
 Grubaugh
 TMCC Meadowood Center S217 \$79

Money and Investing



Stocks and Bonds

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

9/26-10/24 M 6:30 - 9 p.m.

Gant
TMCC Meadowood Center S315 \$99

“This was a great start to investing. It gets rid of the veil that investing hides behind.”

—Stocks student

Build Your Portfolio on \$50 a Month or Less

Give yourself the gift of financial security. Discover how to safely turn \$50 a month into \$100,000 by using proven techniques and create your own personal retirement fund without paying a broker. Investing is open to everyone, requiring no college or even employment. It takes very little money, creates passive income, has very low risk and is as easy as writing a check. \$17 materials fee

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

Christensen
TMCC Meadowood Center S104 \$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.

10/1-10/8 S 9 a.m. - 12 p.m. OR

10/6-10/13 TH 6 - 9 p.m.

Costelloe
TMCC Meadowood Center \$69

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.

10/20 TH 6 - 9 p.m.

Garol
TMCC Meadowood Center S104 \$39

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.

11/3 TH 6 - 9 p.m.

Garol
TMCC Meadowood Center S102 \$39

Music



NEW!

Rock Band Experience

Get a taste of what it takes to become a rock star. Each week your assigned band will collaborate and play popular rock, pop or country classics, depending on the taste and talents of your members. Whether you sing or play an instrument, you will develop a specific style and sound that is exclusive to the culture of those in your band.

8/22-10/10 M 7:30 - 9 p.m.

Middleman
JamPro Music Factory \$249

NEW!

Music Production Using Garage Band

Learn to mix and edit music that is uniquely you. Gain the tools to compose your own sounds using a digital audio workstation while learning audio and MIDI recording. You can choose to bring in your own composition and learn how to turn it into an edited masterpiece or start from scratch and focus on learning the basics.

8/26-10/14 F 1 - 2:30 p.m.

Khakov
JamPro Music Factory \$199

NEW!

Percussion

Dive into the deep vibrations of the oldest recorded musical instruments by learning hand percussion, mallet, drums and more. Learn basic rhythms and coordination while developing a stronger sense of pulse and tempo. Collaborate to create music using the various styles of percussion instruments. Book required.

8/27-10/15 S 1 - 2:30 p.m.
Teachout
JamPro Music Factory \$149

Jazz Ensemble

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

9/1-12/1 TH 7 - 9 p.m.
Molt
TMCC Vista Bldg B206 \$60

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.

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

NEW!

Mandolin

Master the instrument which spearheaded the Italian Renaissance by gaining an in-depth understanding of a member of the lute family. Learn technique, chords, note reading and various music styles including bluegrass and rock. After becoming familiar with the sounds of each string, you will learn songs and chords every week while reviewing what you learned in previous lessons. Supplies and books required.

9/8-12/15 TH 6 - 7:30 p.m.
Holloman
Aria School of Music & Art \$109

Guitar, Beginning

If you have less than six months experience or none at all playing guitar, build your playing skills by learning chordal accompaniment basics including open position and barre chord vocabulary. Practice easy strum patterns, chart navigation and songbook use. You'll play rock, R&B, country, folk, classical and blues songs. Book required.

9/14-12/14 W 6 - 7:25 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Watch our guitar class video!

<http://bit.ly/guitarvideo>

HOT!

Guitar, Intermediate

If you have six months or more experience playing guitar, further your abilities by delving into intermediate chordal accompaniment and lead guitar skills including open position chords, power chords, barre chords, advanced strum patterns, arpeggios, chart navigation, songbook use, tablature, scales and improvisation. Play rock, R&B, country, folk, classical, blues and jazz songs. Book required.

9/14-12/14 W 7:30 - 9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Piano for Beginners

Bring music into your home by learning the basics of piano playing including reading music. Be prepared to practice your new musical skills at home. \$15 materials fee

9/15-10/27 TH 6 - 8 p.m.
Pratt
Steinway Piano Gallery \$89

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 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. Save \$5 when you register for Instant Piano Skills and How to Play Piano by Ear at the same time. \$29 materials fee

10/22 S 9 a.m. - 12 p.m.
Coffman
TMCC Meadowood Center S117 \$39

"Excellent. I was able to learn what I wanted to know in an easy format. He was thorough and understandable."

-Alyce B., Instant Piano student

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, use the Circle of Fifths and more. Prior experience with chords is recommended. This is an ideal follow-up to the Instant Piano course. Save \$5 when you register for Instant Piano Skills and How to Play Piano by Ear at the same time. \$29 materials fee

10/22 S 1 - 3:30 p.m.
Coffman
TMCC Meadowood Center S117 \$39

NEW!

The Beatles: A Compleat History

There are rock bands that want to change the world, but only a handful actually do. The Beatles were one of those very few, and their story is one that is eternally worthy of examination, reflection and marvel. Relive the amazing tale of this greatest of groups, starting with their days as Hamburg's rowdiest noisemakers. Explore the phenomenon that was Beatlemania and their ascent to a vividly colored Valhalla as the Princes of Psychedelia. If you were there, you'll remember why The Beatles blew your mind. If you weren't, you'll understand why they are still revered and beloved, 46 years after their messy, acrimonious breakup.

9/14-11/2 W 7-8:30 p.m.
Van Dyke
 TMCC Vista Bldg 204 \$49

Music courses also are available for credit, such as Music Appreciation, performing ensembles like Concert Choir or Concert band, or private lessons in voice, percussion, horn, piano or guitar. For details, visit schedule.tmcc.edu.

Voice

If you've had some prior voice training, further enhance your singing ability. Work on your technique by singing classical music. Find out how to sing vowels and breathe properly along with how to use warm-up exercises, phrasing techniques and musical stage presence.

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

"Mr. Lee has great understanding of how to train each individual student according to their unique voice and history."

—Erik H., Voice student

Nevada Ghost and Paranormal Series



HOT!

Ghost Hunting 101: Union Brewery

There's no better place to learn ghost hunting than Virginia City, one of the nation's most spirited towns. At the Union Brewery, delve into spirit photography, dowsing, electronic equipment and motion detectors. Discuss the different types of investigations and hauntings, why historical research is important, and how to establish a team protocol and prepare for a hunt. Learn about ghost hunting's origins and early paranormal researchers like Sir Arthur Conan Doyle. After the lecture, put your newfound knowledge to use investigating this haunted historical building.

9/17 S 7-10 p.m.
Oberding
 Union Brewery \$69

NEW!

The 12 Laws of the Universe

Enhance your life by harmonizing with these laws and becoming part of the constant order of the universe. These principles help you to manifest your dreams, foster abundance, create events in your life, better handle challenges and more. Discuss vibration, divine oneness, cause and effect, and rhythm, among other laws.

9/29 TH 6-9 p.m.
Hansen
 TMCC Meadowood Center S102 \$39

Attracting Positive Energies

Discover how to attract more positivity and release fear during regular daytime activities or paranormal investigations. Become aware of and lessen the impact of negative emanations around you. Find out how your mental state impacts what you attract, learn to set your boundaries, stay in control of a situation, shield yourself from others' negativity and from those who want to siphon off your energy, and clear your personal space. Learn how to increase your own vibration to boost your chances of experiencing positive spirit interaction. Practice exercises that build your confidence and allow the divine to work through you.

9/7 W 6-9 p.m.
Berry
 TMCC Meadowood Center S104 \$39

"This class was so positive and inspiring. Thank you!"

—Kim M., Attracting Positive Energies student.

Cemeteries and Tombstones Tour: Reno

Visit Reno's cemeteries and learn about the area's historic graveyards that no longer exist. Tour Our Mother of Sorrows, the Masonic Memorial Gardens, Mountain View and the Jewish cemeteries. See Victorian through present-day gravestones, the plots of historic Nevada families—including U.S. senators and governors—and interesting mausoleums. Discuss the tombstone symbols including those unique to Judaism and Catholicism, and locate stranger ones such as Calvin and Hobbes and the Aztec Sun Calendar.

9/17 S 9 a.m. - 4 p.m.
Davis
 Reno \$59

NEW!

Mediumship and Channelling

Find out how to communicate with those who've crossed over and access higher information from your spirit guides. Learn how to trust yourself enough to allow your skills to grow. Experience a guided meditation and learn about the levels of channelling from light to deep trances. Discuss ways you can prove that you've made a spirit connection. You'll find out how to clear negative energies, as well as learn the ritual of purification from this medium who's been certified by the American Federation of Certified Psychics and Mediums.

9/24 S 1-5 p.m.
 Gay
 TMCC Meadowood Center S315 \$69

NEW!

Past Lives, Present Dramas

Whether or not past life experiences are real, we can still know things from the past that impact us today. Discuss the different beliefs regarding past lives. Learn about scientific research into reincarnation, including the stories of those who can share detailed information of their previous existence. It's important to learn from past life-like memories and dreams so that you can explore your current dramas and better understand your present situations. If you're comfortable, discuss your personal past life-like experiences and dreams.

10/1-10/15 S 9 a.m. - 12 p.m.
 Millay
 TMCC Meadowood Center S117 \$89

Metaphysical Investigating

By controlling your chakras, or energy centers, you lessen the distance between the physical and spirit realms to conduct a more personal investigation. Develop a precise and informational awareness by learning how to enhance and set energy, and find out how to protect yourself in any situation. Increase your confidence about seeing, sensing and the ability to know with a certainty. Imagine the freedom of conducting an investigation with nothing more than a flashlight.

10/4-10/11 T 7-9 p.m.
 Hansen
 TMCC Meadowood Center S117 \$49

NEW!

Mechanics of Metaphysics

Gain a greater understanding of metaphysical energy, while developing the skills to protect yourself from any attacks that may occur during an investigation. Discuss the three pillars of energy work: power, intent and faith. Gain a deeper understanding of how energy works at a subtle, mental level and find out how to ease the bombardment of energies you deal with on a daily basis. Learn about the four basic types of hauntings, how to find help when you need it, and more.

10/15 S 1-4 p.m.
 Lunt
 TMCC Meadowood Center S207 \$39

NEW!

Comedy and the Paranormal

Attract more ghostly activity by using humor. Laughter can put spirits at ease and make them more likely to interact with your group. Find out how to integrate comedy with other investigative techniques. Discover how to work with clients who seek help. Learn to put them at ease and remedy their difficult situations in a safe manner. This class is taught by a paranormal investigator who's also a comedian and actor.

10/22 S 9:30 a.m. - 12:30 p.m.
 Gruenwald
 TMCC Meadowood Center S207 \$39

NEW!

Critical Thinking: Examining Paranormal Evidence

Develop the analytical confidence to know when you've captured something truly supernatural. Learn a disciplined approach to reviewing potential paranormal evidence. Discover how to analyze photos, EVPs and more against a set of criteria to refine your investigative skills. Discuss personal supernatural experiences and how they contribute to our perception of the paranormal.

10/22 S 1-4 p.m.
 Leong
 TMCC Meadowood Center S315 \$39

HOT!

Nevada State Prison Ghost Hunt Field Trip

Enjoy a rare nighttime opportunity to explore this historic location which housed Nevada's worst criminals from 1862 to 2012 and is the third-oldest prison west of the Mississippi. Visit the courtroom, sallyport-prisoner entry area, cell block, death row and cafeteria. Learn techniques from veteran paranormal investigators in small groups. Previous investigations have encountered great paranormal activity, so be ready for an interesting evening. Event is contingent on prison association securing a special use permit.

10/22 S 7-11 p.m.
 Gruenwald/Leong/Oberding
 Nevada State Prison \$79

"I have recommended the ghost hunt to two of my friends and they're going to sign up with me for the 2016 event."

—Jeff H., 2015 ghost hunt participant

Outdoors



NEW!

Hiking Adventures

Venture into Nevada's vastness to better appreciate its geology, plants and wildlife. Find out about gear recommendations, wilderness survival techniques, navigation and how to prepare for a hike. Gain insight into Nevada's lesser-known trails and learn about the state's mountain ranges. Cap off this class with two hikes into the wild.

Lecture:

8/31-9/7 W 6 - 9 p.m.

TMCC Meadowood Center S315

Field Trip:

9/10-9/17 S 11 a.m. - 1 p.m.

Oxborrow

\$99

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

9/10 S 8 a.m. - 12 p.m.

Wharton

Hidden Valley Regional

Photography

See arts and crafts, page 4.

Pilates



Mat Pilates

Build your core strength using correct posture alignment, activating appropriate muscles and synchronizing deep breathing. You'll find this mat class will also help you improve your flexibility, coordination and balance.

9/1-10/6 TH 4 - 5 p.m. OR

9/11-10/16 SU 7 - 8 a.m. OR

10/13-11/17 TH 4 - 5 p.m. OR

10/23-11/27 SU 7 - 8 a.m.

Rousseau

Caughlin Club Studio

\$69

HOT!

Pilates Using a Reformer

Connect with your body rather than conquering it. Experience reformer Pilates, a method that is friendly on the joints and offers an incredible no-impact stretch and tone workout. Each session features a blend of strength to stretch so one group of muscles is never overworked. Discover a new connection with your mind and body through regular practice of this exercise method, while building lean muscle mass and reducing your stress. You will find this is more than just an exercise class—you will build confidence and evolve your thoughts on body image. No matter your fitness level, you can see visible results from reformer Pilates. For class dates, times and to register, go to wdce.tmcc.edu and click on "Register Now," then Pilates. Classes, held at the TMCC Meadowood Center S200, are offered weekdays, weeknights and Saturdays. Cost is \$99 for eight sessions.

"I love my Pilates class at TMCC. I've tried all different types of workout programs around Reno, and this has been one of the most effective at achieving the results I want from a fitness program."

—Cyndi J., Pilates Using a Reformer student

Watch the video about our Pilates class!

<http://bit.ly/pilatesvideo>

Earn your high school equivalency and college degree/certificate at the same time



Become career ready more quickly by taking HSE preparation courses and academic degree/certificate programs at the same time. You can receive career training in more than two dozen growing fields ranging from unmanned aerial systems and culinary arts to business and energy technologies.

Call TMCC's Adult Basic Education at 775-829-9044 and ask about our Career Pathways program today!

Register 24/7 at wdce.tmcc.edu

Professional Advancement Certificates

HOT!

Bookkeeping Career Certificate

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. Book required.

9/12-11/7 M 6 - 9 p.m.
Kamen
TMCC Meadowood Center S115 \$549

Florist Fundamentals Certificate

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. \$25 materials fee

9/19-9/30 M-F 1 - 4 p.m.
Fiannaca
Sparks Florist Design Center \$299

“Wow! I feel inspired to seek a vocation in this industry.”

—Amy C., floral student

View our video on our Florist Fundamentals certificate program at

bit.ly/TMCCFloral

Grant Writing Certificate

Secure funding for your business or favorite charity by earning a grant writing certificate in only 32 hours. Create a persuasive proposal that will attract foundation, government and corporate money. Learn the nine components of a grant and 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.

9/19-9/22 M-TH 8:30 a.m. - 5 p.m.
French
TMCC Meadowood Center S315 \$899

“This class is extremely helpful for anyone in the non-profit sector.”

—grant student

View our Grant Writing Certificate video at

bit.ly/grantwritingvideo

Professional Skills



Work at Home as a Medical Transcriptionist

Medical transcription is a \$12 billion per year industry 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. \$20 materials fee

9/22 TH 6 - 9 p.m.
Burns
TMCC Meadowood Center S320 \$49

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.

9/29 TH 6:30 - 8:30 p.m.
Foster
TMCC Meadowood Center S300 \$49

This class “really helped me improve my speaking abilities.”

—Max N., voiceovers student

Property Management

Property Management: 30 Years in 24 Hours

Take this state-approved, 24-hour prelicensing 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.

8/17-8/19 W-F 8 a.m. - 5 p.m. OR
10/19-10/21 W-F 8 a.m. - 5 p.m.
Cook
TMCC Meadowood Center S315 \$499

“Judy (the instructor) delivers a class with humor, knowledge and experience.”

—Sylvia A., property management student

Royal Father-Daughter Ball

HOT!

Royal Father-Daughter Ball

Spend a magical evening with your little girl dancing, tasting royal treats and taking part in a raffle. This semi-formal dance is designed for girls from kindergarten through sixth grade and their fathers, grandfathers or special friends. Your child will receive a complimentary gift and you can purchase photo memories and flowers to create a timeless memory that you and your little girl can share for the rest of your life. Treat your daughter to an experience of a lifetime with her first true love. The venue has been changed to the downtown Reno Ballroom, surrounded by delicious restaurants to take your daughter to prior to the ball. **IMPORTANT:** Each person attending the ball must have their own registration under their own name. The price is \$35 per person.

11/5 S 6-9 p.m.
Reno Ballroom \$35

Special Interest

Bridge I: Bidding

Besides the game's fun and social contact, bridge has been shown to sharpen the mind, improve critical thinking, planning and concentration, and more. Learn to play one of the world's most popular card games using the American Contract Bridge League's introduction to the principles of bidding and how to play a bridge hand. Find out how to use the Stayman convention over no-trump opening bids, how to play weak two-bids and other pre-empts, and how to bid a strong hand. Discover how to effectively work and cooperate with a partner.

9/12-11/28 M 12:30 - 2:30 p.m.
Gordon
TMCC Meadowood Center S324 \$99

HOT!

Bridge II: Play

Enhance your mastery of the game of bridge by learning how to declare a bridge hand: developing tricks, eliminating losers, watching out for opponents, managing the trump suit and care of entries. Strengthen your ability to plan and make your contracts, improve your bidding and learn the Jacoby Transfer Convention.

9/13-11/15 T 7-9 p.m.
Gordon
TMCC Red Mountain Bldg. 307 \$99

HOT!

Bridge III: Defense

Learn how to work with a partner to defend a bridge hand, take more tricks and defeat more contracts. Explore opening leads, third and second hand play, defensive signals, developing defensive tricks, interfering with the declarer and planning the defense. Review and improve your bidding and learn how to use Negative Doubles.

9/12-11/14 M 3-5 p.m.
Gordon
TMCC Meadowood Center S324 \$99

NEW!

The Greatest Comedy Film of All Time

One film comedy delivers the whole nine yards—belly laughs, wit and an outrageous premise—and it's probably not what you think. With a Hollywood screenwriter as your guide, explore comedy in cinema and how it's evolved, then watch the funniest, most perfect comedy film ever made.

10/12 W 6-9 p.m.
Hoppe
TMCC Meadowood Center S104 \$39

NEW!

That Reminds Me of a Story

You never know when a storytelling moment will present itself, from a eulogy or a campfire tale to a business presentation. Learn from a master storyteller how to educate, entertain and even inspire people using suspense, dialogue, delayed information and twist endings. Discover how to use facial expressions, sounds that aren't words and even silence to draw listeners into your tale. Test your new skills by telling your story in class.

10/15-10/22 S 1-4 p.m.
Mullen
TMCC Meadowood Center S324 \$59

Spiritual Exploration

HOT!

Monastery Retreat

Experience a time of peace and reflection during a 3-day retreat at a northern California monastery. The Abbey of New Clairvaux is a Catholic Cistercian monastery near Chico. However, you need not be Catholic or Christian to attend the retreat. Explore your spirituality among the walnut groves and vineyards through silence and a group session with one of the abbey monks. The abbey is on the site of Leland Stanford's massive wine-making operation and features its own on-site winery.

9/30-10/2 All Weekend
Sorensen
Abbey of New Clairvaux \$199

“The retreat was definitely a lifetime experience—one that I sorely needed and hope to carry with me for a long, long time.”

—Ann G., monastery student

HOT!**Authentic Happiness**

Apply principles of Eastern wisdom combined with Western positive psychology to achieve an advanced sense of well-being. Remove obstacles that block authentic happiness while you enjoy practices that lead to a fulfilling lifestyle.

9/6-10/11 T,TH 6:30 - 8:30 p.m.

Dahl

TMCC Red Mountain Bldg. 202 \$79

The 12 Laws of the Universe

Enhance your life by harmonizing with these laws and becoming part of the constant order of the universe. These principles help you to manifest your dreams, foster abundance, create events in your life, better handle challenges and more. Discuss vibration, divine oneness, cause and effect, and rhythm, among other laws.

9/29 TH 6 - 9 p.m.

Hansen

TMCC Meadowood Center S102 \$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.

11/1 T 6 - 8:30 p.m.

Nichols

TMCC Red Mountain Bldg. 202 \$39

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.

11/7-11/21 M 6 - 8 p.m.

Class

TMCC Meadowood Center S320 \$59

HOT!**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. Through drawing, allow your inner self to manifest in a physical design filled with color and intricacy. Still your mind and body to increase relaxation and allow your mandalas to flow onto the paper. Supplies required.

10/22 S 1 - 4:30 p.m.

Almond

TMCC Meadowood Center S104 \$49

Writing**NEW!****Graphic Novels**

Artwork can enhance the impact of your words. Become familiar with each of the steps necessary to create your own comic book or illustrated story. Gain tips on how to build an interesting story, write a script, gather visual reference materials, design pages, pencil and ink your artwork, assemble your project and print your creation. Enjoy individualized attention so you can work on the project you're most interested in, whether it's a comic or story that can be part of the class's anthology.

9/8-9/22 TH 5:30 - 8 p.m.

Manninen

TMCC Meadowood Center S324 \$79

NEW!**Master Class: Getting Published**

Discover how the literary business works so you can better achieve your writing goals. Join Sheree Bykofsky, literary agent and bestselling author of "The Complete Idiot's Guide to Getting Published," for her one-of-a-kind intensive pitch workshop where you'll delve into the publishing universe with topics such as: what's hot right now in fiction and nonfiction; the difference between a query letter, pitch and proposal; how to develop ideas with true commercial potential; how to write a query that really sells; how to locate and work with the right agent; and what's realistic to expect in a first-book contract. As a bonus, Sheree will critique your query to make it stronger. Register today: The first three people to register will receive an autographed copy of her book. There will be an hour lunch break.

8/19 F 9 a.m. to 5 p.m.

Bykofsky

TMCC Meadowood Center \$99

Short Story Writing

Compose short stories and get your creative juices flowing. In this supportive and inspirational atmosphere, learn the techniques for writing short stories, setting goals, receiving constructive feedback and gaining motivation to move forward with your craft.

11/3-12/1 TH 6 - 8 p.m.

Castleman

TMCC Meadowood Center S300 \$49

Unlock the Writer Within

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.

9/12-10/31 M 6 - 8 p.m.
 Castleman
 TMCC Meadowood Center S300 \$119

“This has been one of the most informative and positive learning experiences of my life.”

—Carrie R., writing student

NEW!

That Reminds Me of a Story

You never know when a storytelling moment will present itself, from a eulogy or a campfire tale to a business presentation. Learn from a master storyteller how to educate, entertain and even inspire people using suspense, dialogue, delayed information and twist endings. Discover how to use facial expressions, sounds that aren't words and even silence to draw listeners into your tale. Test your new skills by telling your story in class.

10/15-10/22 S 1 - 4 p.m.
 Mullen
 TMCC Meadowood Center S324 \$59

TMCC is an EEO/AA (equal opportunity/affirmative action) institution. For details, visit eoo.tmcc.edu.

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.

8/31-11/2 W 4 - 5 p.m.
 Sefchick
 TMCC Meadowood Center S300 \$59

Creative Writing for Retirees

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.

9/6-10/11 T 1 - 3 p.m.
 Brown
 TMCC Meadowood Center S300 \$69

Piano I for Retirees

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. \$10 materials fee

9/15-10/27 TH 10 - 11 a.m.
 Pratt
 Steinway Piano Gallery \$69

Piano II for Retirees

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.

9/15-10/27 TH 11 a.m. - 12 p.m.
 Pratt
 Steinway Piano Gallery \$69

Digital Camera Basics for Retirees

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.

9/19-10/10 M 9 a.m. - 12 p.m.
 White
 TMCC Meadowood Center S115 \$69

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.

9/20-11/22 T 9 a.m. - 12 p.m.
 Leonard
 TMCC Meadowood Center S103 \$99

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. Supplies required. \$10 materials fee

10/11-10/25 T 11 a.m. - 1 p.m.
 Foldvary-Anderson
 TMCC Meadowood Center S320 \$79

MUSIC APPRECIATION 101

There's no prerequisite for a love of live music.

The Reno Phil supports the cultural lives and continuing education of our community.

Classix Season
October 2016-April 2017
www.renophil.com



Acrylic Painting for Retirees

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.

9/23-12/9 F 9 a.m. - 12 p.m.
Leonard

TMCC Meadowood Center S103 \$99

"This class is better than Christmas morning. Each day was a new surprise of using different methods, techniques and approaches to create beautiful art. Tricia's style is so impressive and positive!"

—acrylic student

Questions? Call 775-829-9010

Silver College Technology



Computer Basics for Retirees

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.

9/6-9/15 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S115 \$59

NEW!

Microsoft Word 2016 for Retirees

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

10/11-10/27 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S321 \$89

iPhone and iPad: Beyond the Basics

Take this short refresher class if you completed the basic iPad or iPhone course. Learn more about emailing, texting and other topics. Bring your iPad or iPhone to class and the questions you want answered about your electronic device.

10/28-11/4 F 10 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S300 \$49

HOT!

Explore Your 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.

9/14-9/28 W 1-3 p.m.
Lenga
TMCC Meadowood Center S300 \$59

“Thanks for making me feel more confident in using my phone! I definitely will use it more!”

—Explore Your iPhone student

NEW!

Getting to Know Windows 10

Learn how to navigate and use the 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.

11/1-11/17 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$89

Get to Know Your 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.

10/5-10/19 W 1-3 p.m.
Lenga
TMCC Meadowood Center S300 \$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.

10/7-10/21 F 1-3 p.m.
Lenga
TMCC Meadowood Center S300 \$59

Navigate Email and the Internet

Sign up for a free email account and start communicating electronically. Learn how to check your inbox and compose, send, reply and forward emails. Manage, organize and search your email and attach photos and documents to your messages. Then check out the amazing places you can go in cyberspace. Find free online programs that protect your computer from viruses and become proficient in Internet vocabulary like search engine, web site and hyperlink. Explore online newspapers, recipes, coupons, games, banking, movies, sports, music and hotel and plane reservations.

9/20-10/6 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S321 \$89

Silver College Wellness



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.

9/9-10/28 F 1-2 p.m.
Gonzalez
Sparks Marina \$79

NEW!

Senior TRX 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, and strengthen every major muscle group.

9/12-10/31 M 1-2 p.m.
Gonzalez
Sparks Marina \$79

Making Sense of Medicare

Ensure that your golden years are a positive experience. As you approach retirement age, learn how to navigate this government maze. Become savvy about the potential impact of rising healthcare costs on your retirement savings. Discover the difference between a Medicare Supplement and a Medicare Advantage plan and the pitfalls of the Part D prescription leg.

9/20-9/29 T,TH 2-4 p.m.
Colson
TMCC Meadowood Center S104 \$49

HOT!

Silver Cardio Lite

Strengthen your heart through low-impact step exercise including stationary walking, side-stepping and dance moves. Tone muscles, increase bone density and give your cardiovascular system a tune-up in a safe, friendly environment.

8/17-9/7 W 12-1 p.m. OR
8/19-9/9 F 10:30-11:30 a.m. OR
9/14-10/5 W 12-1 p.m. OR
9/16-10/7 F 10:30-11:30 a.m. OR
10/12-11/2 W 12-1 p.m. OR
10/14-11/18 F 10:30-11:30 a.m. OR
11/9-12/7 W 12-1 p.m.
Kurowski
TMCC Meadowood Center S308 \$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.

9/6-10/20	T,TH	4 - 5 p.m. OR
9/7-10/24	M,W	10:30 - 11:30 a.m. OR
10/25-12/13	T,TH	4 - 5 p.m. OR
10/26-12/12	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.

9/7-10/24	M,W	5:15 - 6:15 p.m. OR
10/26-12/12	M,W	5:15 - 6:15 p.m.

Jones

TMCC Meadowood Center S308 \$79

HOT!**Silver Pilates**

Pilates is an effective, low impact exercise ideal for people over 55. Enhance your stamina, strength and posture while improving your balance and reducing the risk of falls. Through this activity, you'll find you move more comfortably and have more energy. Silver Pilates is a class for those who would like a slower pace while stretching and strengthening the core muscles. For the complete schedule, visit wdce.tmcc.edu and click on "Register Now."

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.

8/16-9/6	T	10:30 - 11:30 a.m. OR
8/18-9/8	TH	10:30 - 11:30 a.m. OR
9/13-10/4	T	10:30 - 11:30 a.m. OR
9/15-10/6	TH	10:30 - 11:30 a.m. OR
10/11-11/1	T	10:30 - 11:30 a.m. OR
10/13-11/3	TH	10:30 - 11:30 a.m. OR
11/8-12/6	T	10:30 - 11:30 a.m. OR
11/10-12/8	TH	10:30 - 11:30 a.m.

Kurowski

TMCC Meadowood Center S308 \$39

"The instructor is a very encouraging and positive person who has helped me improve my physical condition."

—Bonnie B., Silver Yoga student

Class Locations

Abbey of New Clairvaux, 26240 Seventh St., Vina, Calif.

Aria School of Music & Art, 3941 S. McCarran Blvd., Reno, Bus Rt. 54

BaseCamp Indoor Climbing Wall, 255 N. Virginia St., Reno, Bus Rt. SS

Caughlin Club, 4100 Caughlin Pkwy., Reno

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

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

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

Faith Lutheran Church, 2075 W. 7th St., Reno, Bus Rt. 4

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

Hidden Valley Regional Park, 4740 Parkway Dr., Reno

Holy Cross Lutheran Church, 4895 S. McCarran Blvd., Reno, Bus Rt. 54

JamPro Music Factory, 9300 Prototype Dr., Reno, Bus Rt. 56

Mendive Middle School, 1900 Whitewood Dr., Sparks, Bus Rt. 25

Nevada State Prison, 3301 East Fifth St., Carson City

North Valleys High School, 1470 E. Golden Valley Rd., Reno

Reno Ballroom, 401 N. Center St., Reno, Bus Rt. SS

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

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

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

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

The Glass Studio, 47 Glen Carran Cir., Sparks, Bus Rt. 18

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

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

TMCC Sierra Bldg., 7000 Dandini Blvd., Reno, Bus Rts. 15

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

Union Brewery, 63 North C St., Virginia City
Wasting Arrows Archery, 4855 Joule St. #B7, Reno

*Bus routes subject to change.

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.

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.

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.

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.

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 wdce.tmcc.edu or by calling 775-829-9010.

Class Completion Certificates

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

Non-Grading

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.

Inclement Weather Class Cancellations

For courses held at TMCC, visit tmcc.edu or call 673-7111. If your class is being held at a Washoe County School District facility, please check washoeschools.net for weather closure details. For courses held at other locations, call us at 775-829-9010.

Self Funded Classes

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

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

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

Daytime Phone _____ Cell Phone _____

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

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

65 or older? Subtract 10%. 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.

*Do not include materials fee. Those are paid to instructor.



Train for a new career that's in demand.

WDCE's training programs are tailored to professions with job openings in our area. With the majority of our certificates providing you with the expertise you need in as little as two to four months, you can find yourself earning a better living more quickly than traditional training.

Accelerated career certificate trainings coming up:

- **Bookkeeping**
- **Clinical Medical Assistant**
- **Community Health Worker**
- **Dialysis Technician**
- **EKG Technician**
- **Floral Industry**
- **Grant Writing**
- **Ophthalmic Assistant**
- **Patient Service Assistant**
- **Pharmacy Technician**
- **Property Management**
- **Spanish-English Medical Interpreting**
- **Spanish-English Interpretation and Translation**

In addition, you can enroll in longer-term programs in Administrative Professional (1-year certificate or 2-year degree when enrolled full-time) or Massage Therapist (certificate, 1 year full-time).

**For details, visit wdce.tmcc.edu
or call 775-829-9010.**



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

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 Reno, NV
 Permit No. 412

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Personal enrichment and career training: TMCC Workforce Development and Community Education fulfills all your noncredit class needs.

Pursue your interests. Connect with others.

Our hundreds of fun and unique classes offer you a chance to explore new interests, learn about diverse points of view and forge new friendships.

Get in. Get out. Get a job.

Our certificate programs are designed to make you career ready as quickly as possible. And, our graduates get hired:

“We have had the pleasure of employing several of your graduates and really enjoy the students that come out of your medical assistant program.” –Felicia Sanchez, Reno Orthopaedic Clinic human resources recruiter

What your neighbors say about our instructors

“Vicky Kolar has taught me more than I could imagine in a short time. She has been supportive and direct. Her teaching is beyond a 5 rating (excellent), she is a 100!” –Clinical Medical Assistant student

“The instructor is very informative and motivated to help others. You can tell he goes out of his way to teach this course.” –Masten B., upholstery student about instructor Glen Murdoch

“Great instructor! Vivienne showed enthusiasm throughout the class. She is funny and entertaining.” –Karina B., grant writing student about instructor Vivienne French

**EARN YOUR ASSOCIATE DEGREE OR CERTIFICATE OF ACHIEVEMENT!
 IN-PERSON AND ONLINE CLASSES AVAILABLE! VISIT WWW.TMCC.EDU TODAY!**



TMCC is an EEO/AA institution. For more information, visit eoo.tmcc.edu.