

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

Fall 2017 Noncredit Classes



Launch a vision.

Where do you want to go? WDCE offers almost 300 noncredit personal enrichment and professional development courses to help you achieve your goals.

- **Protect your company with Cyber Security for Your Business**, page 29.
- **Create new traditions with our Holiday Inspiration classes**, page 18-19.
- **Check out our Pets and Animals category for dog massage, pet photography and more**, page 27-28.
- **Optimize your well-being (with the help of a personal trainer) during the Journey to Wellness Program**, page 13.
- **Train in Electronic Medical Record Systems**, page 16.
- **Shape clay into works of art with Pottery Basics**, page 2.

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.

- The Beatles: A Complete History
- Royal Father-Daughter Ball
- Donner Party Tragedy
- Therapy Dog and Handler
- Piano I for Retirees
- Guitar, Beginning
- Clinical Medical Assistant
- Taste of Scandinavia
- Tai Chi I

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 and 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/TMCCDriversEd> or call 829-9010.

What your neighbors say about our instructors

*"I was so inspired to engage my artistic skills again. There was so much support from **Tricia Poulos Leonard**."*
– Jennifer H., Fearless Creating student

*"I loved **Paula Bosler**! I didn't want the class to end! She is engaging, delightful, empathetic and well informed!"* – Carmine B., Emotional Eating student

*"**Mike and Tony Fiannaca** were amazing teachers! They went over everything thoroughly and answered any questions I had."* – Adrienne P., Florist Fundamentals student

*"**Mrs. Seelye** extends herself for each class. She has a generous nature and thoroughly enjoys helping each student excel."* – Coral P., French student

*"**Steve Pearson** is a really good instructor, really takes a lot of time to explain everything we have questions on, and has a lot of patience."* – Aaron C., EKG student

Contents



Workforce Development

Career Certificate Programs

- 16-17** Health Careers
- 21** Languages in the Workplace
- 22-23** Massage Therapist CEUs
- 28-29** Professional Advancement

Classes

- 6-7** Computers and Software
- 29-30** Professional Skills

Community Education

- 2-5** Arts, Crafts, Photography
- 5-6** Beauty
- 8-9** Dance
- 9-11** Fitness and Sports
- 11-13** Food and Beverage
- 13-15** Health and Wellness
- 18-19** Holiday Inspirations
- 19-20** Home and Garden
- 20-21** Languages
- 23** Money and Investing
- 23-25** Music
- 25-27** Nevada Ghost and Paranormal Series
- 27** Outdoors
- 27-28** Pets and Animals
- 11** Pilates
- 30** Real Estate
- 30** Royal Father-Daughter Ball
- 31-32** Special Interest
- 32-33** Spiritual Exploration
- 33-34** Writing
- 34-37** Silver College
- 38-39** Policies, Class Locations
- 40** Registration Form

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

NEW!

Creativity Coaching for Artists

Acquire skills and find support to lead a creative life whether you're a writer, painter, dancer, musician or actor. Share your current project, goals and progress. Then learn about passionately making meaning, generating mental energy, the Tao of anxiety, creating in the middle of things and how to maintain a life of creativity.

9/18-10/23 M 10 a.m. - 12 p.m.
 Poulos Leonard
 TMCC Meadowood Center S103 \$79

Glass Art

HOT!

Stained Glass I

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

9/19-9/21 T,TH 5:30 - 8:30 p.m. OR
 11/6-11/8 M,W 5:30 - 8:30 p.m.
 Oberlander
 The Glass Studio \$99

Fused Glass Pendants

Design three custom pendants from a wide range of colorful glass sheets. Have fun delving into this art's process from selecting materials to designing ideas. Understand how glass reacts during the firing process and how to use that reaction to create beautiful jewelry. \$20 materials fee

10/19 TH 6 - 9 p.m.
 Joustra
 Fused Finery \$39

NEW!

Kiln Carving Glass Art

Craft a unique plate or bowl using the fundamentals of the kiln carving technique. Learn step by step about how art glass is made from the kiln firing method to how it affects the melting glass. Explore essential tools, gain cutting knowledge and review designs as you work with fiber paper to bring your art to life. \$25 materials fee

11/1 W 6 - 9 p.m.
 Joustra
 Fused Finery \$49

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 6 to 8 ornaments which showcase your personal artistic flare. This is a great opportunity to improve your crafting skills while getting into the holiday spirit.

11/13 M 6 - 9 p.m.
 Howell
 The Glass Studio \$69

Crafts

NEW!

Pottery Basics

Have fun joining clay with your hands to create functional works of art. Receive hands-on instruction to create projects such as salt and pepper shakers, slab boxes, bowls or serving dishes. Practice multiple techniques such as pinch pots, slump and hump molds, and slab building. Learn about various food-safe glazes to decide which one is best to finish your project. After the class, your items will be fired and ready for pick-up. \$50 materials fee

9/6-9/27 W 6 - 8 p.m.
 Rivard
 Sparks High Ceramics Studio \$99

NEW!

Pottery Coiling Technique

Build your basic ceramic skills through experimenting with coils, soft slab construction and the potter's wheel. Discuss different glazing and firing techniques and their advantages. Find out how to apply texture to your projects for different effects. In this small class, receive individual instruction and walk away with hand-made keepsakes. \$50 materials fee

10/18-11/8 W 6 - 8 p.m.
 Rivard
 Sparks High Ceramics Studio \$99

NEW!

Mosaic State of Nevada

Learn the basics of this ancient art including cutting tile, design and grouting. Using various materials, you'll be guided through the creation of a mosaic plaque in the shape of Nevada. All skill levels are welcome. \$30 materials fee

10/24-10/26 T,TH 10 a.m. - 12 p.m.
 Packham-Weaver
 Copper Cat Studio \$39

NEW!**Woodcarving Cottonwood Bark**

Discover the delight and satisfaction of carving bark into an enchanting bearded forest creature or a miniature treetop dwelling that is built right into the wood. Use a wood-burning iron to highlight detail, and then clean, oil and buff your creation for a polished look. Beginners are welcome. Supplies required. \$5 materials fee

10/25-11/8 W 1 - 4 p.m.
Moser
TMCC Meadowood Center S103 \$69

NEW!**Woodcarving a Christmas Gift**

Fashion your own hand-carved gift-toting Santa or Father Christmas. Use a wood-burner to highlight body and facial features, then apply acrylic paints to complete your figurine for a new holiday addition to your mantel or tree. Review woodcarving safety and decide on your project so you can buy only the necessary tools. Beginners are welcome. Supplies required. \$5 materials fee

11/15-12/13 W 1 - 4 p.m.
Moser
TMCC Meadowood Center S103 \$79

NEW!**Beading, Knotting and Wire Linking**

Design and create your own bracelet using agate beads, pearl knotting, wire and stretchy cord. Explore jewelry-making tools like wire cutters, round and needle nose pliers as well as popular techniques like wire stringing to make a matching necklace. \$15 materials fee

11/7-11/9 T,TH 5 - 7 p.m.
Jackson
Beads Etc. \$39

HOT!**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 yourselves or give as holiday gifts. \$35 materials fee

12/7 TH 6 - 9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

Painting and Drawing**Drawing**

If you are a novice and wish to learn basic drawing skills or perhaps you need a refresher to improve your drawing techniques, this is the class for you. You will learn about and practice important elements of art such as value, shading, accurate proportions, negative shapes and quality of line. Graphite pencils and an introduction to ink will be featured. Gain confidence in this relaxed, fun and non-judgmental atmosphere. Supplies required.

9/15-11/3 F 1 - 4 p.m.
Woodard
TMCC Meadowood Center S103 \$159

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. Plus, still your mind and body to increase relaxation and allow your mandalas to flow onto the paper. Supplies required.

10/21 S 1 - 4:30 p.m.
Almond
TMCC Meadowood Center S103 \$49

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. \$30 materials fee

9/5-9/7 T,TH 9 a.m. - 12 p.m.
Bayya
TMCC Meadowood Center S103 \$59

Oil Pastel Smudge Technique

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

10/12-10/26 TH 2 - 4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$79

Watercolor Techniques

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.

9/19-10/10 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

"Eva's love of art is contagious. She is always learning and sharing her new ideas!" – Cindy P., watercolor student

NEW!**Watercolor Painting All Things Fall**

Find out how easy it is to create a fall-inspired watercolor painting with depth. Discover how to paint stunning trees, mountains, meadows or even fruits and florals when you approach it on a step-by-step basis. In addition, make your artwork shine by gaining a better understanding of value and design. To be prepared for this class, have a basic knowledge of watercolor techniques. Supplies required.

10/17-11/14 T 1 - 5 p.m.

Nichols

TMCC Meadowood Center S103 \$129

Watercolor Holiday Cards

Learn how to paint in watercolors or brush up your skills while creating one-of-a-kind holiday cards. Delve into the basics of watercolor painting, including color theory, traditional as well as unconventional methods of applying paint on paper. Play with glazing, wet-into-wet, dry-into-wet, and dry brushing techniques as well as various types of resist, sprinkling salt and other experimental effects. Also, find out how to photograph your artwork and get it onto card stock. Beginner to intermediate levels welcome. Supplies required.

11/21-12/5 T 1 - 5 p.m.

Nichols

TMCC Meadowood Center S103 \$129

Calligraphy: The Literary Arts

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

11/2-11/16 TH 2 - 4 p.m.

Foldvary-Anderson

TMCC Meadowood Center S103 \$79

Textiles**NEW!****Quilted Holiday Table Runner**

Brighten up your table for the holidays by sewing a table runner using stunning fabrics of your choosing. Bring in your sewing machine and textiles to learn a simple pattern that can be easily adjusted to fit the length and width of any table. Supplies required.

10/23 M 6 - 9 p.m.

French

TMCC Meadowood Center S120 \$39

Embroidered Dish Towels

Put a personalized touch on your dish towels with hand-stitched embroidery. Learn the basics of chain, back, feather and satin stitches. Explore iron-on pattern transfers and how to make your very own. \$15 materials fee

11/6 M 6 - 9 p.m.

French

TMCC Meadowood Center S120 \$39

NEW!**Rag Flannel Throw**

Create a beautiful throw out of various flannel fabrics by sewing panels together into a prescribed pattern and fringing the edges. Supplies required.

12/2 S 10 a.m. - 2 p.m.

Flatt

TMCC Meadowood Center S103 \$49

NEW!**Boiled Wool Baby Slippers**

Hand sew a cute pair of puppy-faced slippers with this fabric that is warmer and thicker than cotton. Find out how easy it is to cut and stitch boiled wool projects. Make a perfect holiday gift and keepsake for the newborn in your family. Supplies required.

12/4 M 6 - 9 p.m.

French

TMCC Meadowood Center S207 \$39

Photography**Basic Digital Photography**

Learn the keys to composition, image adjustment, manipulation, correctly sizing photos and more. In addition, pick up relevant tips, tricks and techniques. This is a great class for digital SLR users.

9/12-9/21 T,TH 5:30 - 8:30 p.m.

Forsyth

TMCC Meadowood Center S322 \$89

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: 9/7 TH 6 - 8 p.m.

Field Shoot: 9/9 S 4:30 - 10 a.m.

Vollmer

TMCC Meadowood Center S320 \$89

HOT!**Cell Phone Photography**

Find out what it takes to capture high impact photos with your cell phone. Gain an understanding of composition and photographic techniques, as well as how to use cell phone apps to edit, caption and retouch your images. Practice shooting high quality still images, discuss how to critique photos and become familiar with contemporary photo vocabulary.

9/25 M 6 - 9 p.m.

Upton

TMCC Meadowood Center S320 \$39

NEW!**Incandescent Nevada: Photographing the Desert's Fascinating Geology**

Discover how to create compelling photographs of world-class geologic landscapes in our area. Join an award-winning photographer and geologist in capturing the desert's intricate forms, light, shadows and beautiful colors awash in afternoon light. In a morning classroom slide show lecture followed by a field shoot later in the day, learn how to bring the amazing variety of rock and land formations to life in your images. This class is open to all abilities and formats. A working knowledge of your camera will be helpful.

Lecture: 9/30 S 9 a.m. - 12 p.m.
Field Shoot: 9/30 S 2 - 6 p.m.
 Vollmer
 TMCC Meadowood Center S105 \$89

NEW!**Pet Photography**

Catch timeless pictures of your furry friends, especially dogs. Learn about positioning your pet, the best angles to shoot from, effective techniques and good locations for portraits. Find out how to take photos when an animal keeps moving. Become more comfortable using your camera in the field and how to better use your equipment in outdoor settings.

10/10-10/24 T 5 - 8 p.m.
 Gazes
 TMCC Meadowood Center S115 \$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. Plus, discover our area's most picturesque fall locations. Furnish your own camera, transportation and walking gear.

Lecture: 10/21 S 9 a.m. - 12 p.m.
Field Shoot: 10/21 S 2 - 6 p.m.
 Vollmer
 TMCC Meadowood Center S105 \$89

NEW!**Photographic Lighting**

Explore the relationship between artificial and natural light. Strengthen your images' impact by learning how to use your camera's built-in flash, speed lights, strobe lights and studio lighting. Discuss techniques to create memorable effects.

11/9-11/16 TH 6 - 9 p.m.
 Marks
 TMCC Meadowood Center S106 \$69

Reno Street Photography: Winter Scenes

Discover how to capture a city's essence in vivid street scenes. Learn the fundamentals and techniques like composition, lighting, subject matter and style. Explore the history, ethics and legality of this creative medium. Gain tips on successful marketing and promotion of your work as well as how to prepare for publication.

12/6-12/13 W 6 - 9 p.m.
 Marks
 TMCC Meadowood Center S115 \$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.

Beauty**NEW!****Dress for Your Body Type**

Reflect your personal style and boost your self-confidence by adapting your wardrobe to accentuate your strongest features. Discover how to show off your body's unique proportions so that you can feel confident in whatever outfit you wear.

9/26 T 6 - 9 p.m.
 Anderson
 Labels Consignment Boutique \$39

NEW!**Shop Your Own Closet**

Save money and stay trendy by making a few simple additions to your wardrobe. With the guidance of a style expert, learn to view your old clothes in a whole new light. Explore ways to add this season's fashion must-haves to your closet classics to craft a fun and upscale look.

10/24 T 6 - 9 p.m.
 Anderson
 Labels Consignment Boutique \$39

NEW!**Professional Success: Cultivate an Authentic Style**

Create an image that is powerful, positive and professional while staying true to yourself. Learn how to use your wardrobe as a means of self-expression to create a richer and more satisfying personal and work life. Find out how to connect more deeply with your true self and with others. Increase your visibility and discover how to control the nonverbal messages you send to colleagues, clients and potential customers.

11/2-11/9 TH 6 - 9 p.m.

Audet

TMCC Meadowood Center S315 \$89

NEW!**Holiday Glam It Up**

Give yourself a holiday makeover by going from everyday to elegant in just several simple steps. Learn how to create a sophisticated updo, apply false eyelashes and update your makeup techniques. Boost your confidence and feel ready for all of your festivities. \$20 materials fee

11/14 T 6 - 9 p.m.

Smith

Salon NV \$39

Computers and Software**NEW!****Cyber Security for Your Business**

Protect your business from malicious cyber-attacks. Discuss attack tactics and how they are carried out. Understand social engineering and how to recognize the signs of being targeted. Get to know the importance of asset protection and management, mitigation of security vulnerabilities, on-boarding and Bring Your Own Device procedures. Gain valuable tips on risk management, disaster recovery, succession planning and continuity of operations solutions. Explore encryption and hashing algorithms as well as the benefits of a computer testing lab environment and security operations center for any sized business. Basic computer skills required.

9/9-9/30 S 9 a.m. - 1 p.m.

Ghiglieri

TMCC Meadowood Center S104 \$399

Computer Basics

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

9/19-9/21 T,TH 9 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S322 \$99

QuickBooks, An Introduction

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.

9/19-9/28 T,TH 1 - 5 p.m.

Lenga

TMCC Meadowood Center S322 \$179

Microsoft**Excel Essentials I**

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. Save \$15 when you register for all three Excel courses at the same time.

9/5-9/7 T,TH 9 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S322 \$99

“Gabriele is a very kind and patient instructor. Her knowledge of Excel is phenomenal.”

– Excel student

Excel Essentials II

Building on concepts covered in Excel Essentials I, 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. Save \$15 when you register for all three Excel courses at the same time.

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

Lenga

TMCC Meadowood Center S322 \$99

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. Also, learn how to use various financial functions, grouping skills and how to consolidate your worksheets while also increasing your proficiency. Save \$15 when you register for all three Excel courses at the same time.

11/14-11/16 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Access Essentials I

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

10/16-10/18 M,W 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

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. Also, learn to transition from an older operating system to Windows 10 while keeping your files compatible with the new software.

11/1-11/3 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 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

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.

Internet

NEW!

Social Media Marketing for Small Business Owners

Grow your business and expand your online reach. Learn how to successfully market your business on Facebook, Instagram and Twitter. Discuss the basics of social media, scheduling to get the best views, algorithms and insights, as well as dos and don'ts. Explore helpful tools, ads and post ideas to craft your own social campaign.

9/19-10/12 T,TH 6 - 9 p.m.
Coleman
TMCC Meadowood Center S324 \$299

Create a Website for Fun, Profit and Business

Discover easy-to-use design tools that can build your personal or business website in 60 minutes. Get traffic immediately using a pay-per-click ad on Google, Yahoo and Facebook. Learn how to get ranked by the three major search engines, and the tips and traps of website design. Find out how to create money-generating affiliate websites and how to easily import and sell products direct from China. No programming required.

10/7 S 1 - 4:30 p.m.
Boyd
TMCC Meadowood Center S306 \$99



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. Save \$15 when you register for both eBay courses at the same time.

10/4 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. Also includes eBay research, marketing and photography tips, eBay stores, plus how to easily import and sell products direct from 1,500 manufacturers in China. Save \$15 when you register for both eBay courses at the same time.

10/5 TH 6 - 9 p.m.
Boyd
TMCC Meadowood Center \$59

Dance

**Belly Dancing I**

Explore the classic Egyptian style of belly dancing, called Raqs Sharqi, and its influence on contemporary Western fusion styles. Learn fundamental movements as well as Egyptian ones. This ancient art is a great way to build a stronger core, achieve a flatter stomach, increase flexibility and improve your posture. Have fun practicing isolating and controlling your muscles as you perform steps in a relaxing, rhythmic atmosphere.

9/12-12/5 T 5:30 - 6:45 p.m.
Prater
Clayton Middle School \$89

Belly Dancing II

Expand your understanding of the roots of belly dance in the Middle East and North Africa. Explore rhythms from Turkey and Morocco and commonly associated movements.

9/12-12/5 T 6:45 - 8:15 p.m.
Prater
Clayton Middle School \$89

HOT!**Line Dancing I**

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.

9/11-10/30 M 7 - 9 p.m.
Wilson
Mendive Middle School \$69

"I love this class. My instructor rocks!"

– Jamie, line dance student

Line Dancing II

Become familiar with more intricate and challenging routines. This intermediate class will teach MIB, Sweet Sensations, Toes, Chill Factor, She Bangs, Boot Scoot Boogie and Big Green Tractor.

11/6-12/11 M 7 - 9 p.m.
Wilson
Mendive Middle School \$69

NEW!**Salsa Cubana**

Also known as Casino, this dance is infused with infectious, captivating energy. Have fun with your partner learning steps and patterns that can be danced as a couple, as well as in a wheel with other couples. Practice lead and follow techniques, plus develop your musicality. Save \$5 when you sign up for this and Salsa Rueda together.

9/12-10/10 T 6:30 - 8 p.m.
Crews
Caughlin Ranch Elementary \$69

Salsa Rueda

Discover this energizing and joyful dance. Immerse yourself in captivating Latin rhythms as you and your partner learn the basics and enjoy practicing together. Salsa Rueda is a Cuban style of salsa dancing, performed by two or more couples moving in a circular fashion to create an exciting, synchronized effect. As you dance in the wheel, swap partners and enjoy this style's captivating energy. Singles or couples are welcome. Save \$5 when you sign up for this and Salsa Cubana together.

10/17-11/14 T 6:30 - 8 p.m.
Crews
Caughlin Ranch Elementary \$69

NEW!**Bachata**

Bring your partner and practice lead and following techniques. Experience this unique dance style that combines Latin, African and indigenous musical elements. Originating in the rural expanses of the Dominican Republic, Bachata has become one of the most popular styles of Latin dance and music. Save \$5 when you register for this and the Cha-Cha-Cha at the same time.

9/12-10/10 T 8 - 9:30 p.m.
Crews
Caughlin Ranch Elementary \$69

NEW!**Cha-Cha-Cha**

Sway your hips in this classic Cuban dance that's been popular since the 1950s. This versatile style, named after the sounds dancers' feet make on the floor, can be performed with various types of music, including Latin, rock and pop. Save \$5 when you register for this and Bachata at the same time.

10/17-11/14 T 8 - 9:30 p.m.
Crews
Caughlin Ranch Elementary \$69

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 important friends. Your child will receive a complementary 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 is at 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.

11/18 S 6-9 p.m.
Reno Ballroom \$35 per person



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

Fitness and Sports



See also Health and Wellness, pages 13-15.

NEW!

Journey to Wellness Program

Enjoy the perks of living a life that centers on optimal wellness. Change your lifestyle with success and ease through building healthy habits under the guidance of a personal trainer. In this online program encouraging a self-graded point system, gain an understanding of nutrition, supplements, exercise and mindfulness. Learn how to fit in short, effective workouts you can do from home. Enjoy combining your favorite healthy routines with new challenging activities. Your trainer, who offers ongoing support, will provide a new workout video each week, as well as send you a healthy food-shopping list and wellness tips. Join the optional Facebook private group for support, recipes and cooking secrets to make foods you already enjoy healthier. Each week is different and every month gives you an advancing program, offering you an opportunity to level up. With each month presenting different advice, exercises and tips, you'll never feel bored and you'll continue to see progress toward achieving your goals. Each month, the person with the highest score gets a prize.

Starts the 1st of each month
Richie \$24

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

9/5-9/26 T 6:30 - 8 p.m.

Collins
Pine Middle School \$69

Qigong

Utilize slow movements and the power of your breath to explore the power of this exercise in moving meditation. Learn how to awaken the healer within using your body's own Qi energy.

9/12-10/5 T,TH 12 - 1 p.m.

Knowlton
TMCC Meadowood Center S308 \$89

Philippine Stick Fighting

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.

10/10-11/14 T 6:30 - 8 p.m.

Collins
Pine Middle School \$69

HOT!

Tai Chi

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

9/12-10/26 T,TH 6:30 - 7:30 p.m. OR

11/2-12/21 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. You'll try new postures and sequences, and you'll continue your practice of breath work and Qigong exercises for health. Discover new elements of meditation, tai chi philosophy, history and the martial aspects of the art.

9/11-10/25 M,W 6:30 - 7:30 p.m. OR
10/30-12/13 M,W 6:30 - 7:30 p.m.

Jones
TMCC Meadowood Center S308 \$89

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.

9/12-10/26 T,TH 5:15 - 6:15 p.m. OR
11/2-12/21 T,TH 5:15 - 6:15 p.m.

Jones
TMCC Meadowood Center S308 \$89

“The practice of Tai Chi is very calming mentally and has been beneficial to my stress management. Physically it is very rejuvenating.”

– Dinah O., Tai Chi Intermediate student

NEW!

Tai Chi Sword

Improve your energy, balance, coordination and calmness through this non-impact, non-martial art form of Tai Chi. Practice 33 postures, ranging from a warm up to standing meditation, that serve as a powerful and effective tool for cutting through the obstacles in your life. \$25 materials fee

9/11-11/8 M,W 5:15 - 6:15 p.m.

Steger
Swope Middle School \$89

Cardio

NEW!

Aqua Workout

Improve your cardiovascular health and endurance by taking part in this workout for all fitness levels. Combine cardio, strength and agility training in water, so you'll burn more calories.

9/5-9/21 T,TH 9:30 - 10:30 a.m.
Caughlin Club \$69

Cardio Dance

Rock your body to the hottest music and shake those hips. Cardio Dance incorporates fun Latin, African and hip hop dance moves. Classes also incorporate full body resistance training, core and flexibility training. All levels welcome.

9/6-10/11 W 8 - 9 a.m. OR
10/18-11/22 W 8 - 9 a.m.
Rousseau
Caughlin Club \$69

Pedal and Pulse

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

9/6-10/11 W 8 - 9 a.m. OR
10/18-11/22 W 8 - 9 a.m.
Caughlin Club \$69

NEW!

Fitness for Busy Parents

While your kids are practicing team sports, enjoy working out nearby with a combination of cardio, strength training and yoga. Refresh and rejuvenate your routine through group fitness and resistance band exercises. No matter what your fitness level, the instructor will work with you to reach your personal goals. Park located at Double Diamond Parkway and Carat Dr. in Reno.

9/11-9/27 M,W 4 - 5 p.m. OR
10/9-10/25 M,W 4 - 5 p.m.
Cheretis
Comstock Park in South Reno \$69

Yoga

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.

9/9-11/4 S 9 a.m. - 10 a.m.

Crawford
TMCC Meadowood Center S308 \$99

10/11-11/15 W 5:30 - 6:30 p.m.

MacLellan
Depoali Middle School 210 \$99

11/29-12/20 W 5:30 - 6:30 p.m.

MacLellan
Depoali Middle School 210 \$66

“This is one of the best yoga classes I've taken. I love the flow of each class and that there is something new each class.”

– Yoga Basics student

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.

10/10-11/14 T 5:15 - 6:15 p.m.

MacLellan
Swope Middle School \$99

11/21-12/19 T 5:15 - 6:15 p.m.

MacLellan
Swope Middle School \$82

Sports

Archery I

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

9/8-12/1 F 4:30 - 5:30 p.m.

Pitts

Wasting Arrows Archery

\$99

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, 11 a.m. to 4 p.m. on Fridays and 9 a.m. to 2 p.m. on Saturdays.

To join, purchase your fitness center membership at the cashier's office in the Red Mountain Building, room 318.

Pilates



HOT!

Pilates Using a Reformer

Connect with your body rather than conquer 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 and 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.

"There are four of us who have attended this Pilates class for years now. The classes are consistently well done and provide a great workout for our bodies. I know that it's helped to keep my joints moving."

– Rhonda S., Pilates student

Watch the video about our Pilates class!

bit.ly/pilatesvideo

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.

9/6-10/11 W 12 - 1 p.m. OR

9/7-10/12 TH 4 - 5 p.m. OR

9/10-10/15 SU 7 - 8 a.m. OR

10/18-11/22 W 12 - 1 p.m. OR

10/19-11/30 TH 4 - 5 p.m. OR

10/22-11/26 SU 7 - 8 a.m.

Rousseau

Caughlin Club

\$69

Food and Beverage



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 palak paneer with spinach and Indian cottage cheese and kaali daal with black lentils, also known as mah-ki-daal. The menu changes with each class, so repeat students are welcome.

\$20 materials fee

9/5-9/26 T 6 - 7:30 p.m.

Zed

Damonte Ranch High 117

\$79

Middle Eastern Feast

Transform dinner into an exotic adventure with handcrafted Persian, Mediterranean and Middle Eastern food including a walnut and pomegranate-flavored meat and rice dish called fesenjan. Create kofte berenji, fruit and nut stuffed meatballs, and javaher polo, a multi-colored wedding rice with saffron, orange peel, caramelized carrots, berries, almonds and pistachios. Top it all off with a classic baklava. \$20 materials fee

10/7-10/14 S 10 a.m. - 1 p.m.
Zahedni
Holy Cross Lutheran Church \$69

“We not only learned exciting new recipes, but the history, culture and enlightening stories about Persia.”

– Sue S., Middle Eastern food student

NEW!

Cooking with Essential Oils

Explore delicious ways to use essential oils in the kitchen. Customize your own Chef’s Essential Oils Kit from several flavor options. Learn tips and recipes for preparing drinks, appetizers, entrees and baked goods with the fragrance of pure, natural oils. \$25 materials fee

10/16 M 6 - 9 p.m.
Crews
TMCC Meadowood Center S306 \$39

NEW!

Scrumptious Pizza

Make excellent pizza dough from scratch using yeast or sourdough starter. Get tips, techniques and hands-on experience rolling, stretching and preparing dough. Add sauce, cheese, your preferred veggies or meats and pop your creation in the oven. Take home a unique, delicious creation, dough starter and cool new pizza recipes. \$15 materials fee

10/17 T 6 - 9 p.m.
Jelen
Damonte Ranch High 117 \$39

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.

11/4 S 11 a.m. - 1 p.m.
Palm
Faith Lutheran Church Kitchen \$49

“It is a wonderful cultural experience and the food is really good.”

– Danielle S., Taste of Scandinavia student

NEW!

Holiday Cookie Decorating

Make festive cookies for Thanksgiving and Christmas. Using a simple sugar cookie dough and icing recipe, discover various icing consistencies and when to use which icing. Learn tips and tricks for fancy decorating with airbrushing, stencils, fondant, molds and edible images. Make your custom cookies gift-ready with decorative packaging and take home a box of 12 to 16 unique cookies for the perfect handmade gift. \$25 materials fee

11/7-11/14 T 6 - 8 p.m.
Page
Damonte Ranch High 117 \$49

NEW!

Spirits of the World

Discover the world’s five major distilled spirits, one each week, including vodka, gin, rum, tequila and whiskey. Through lecture, discussion and tasting learn their unique histories, explore their use in common cocktails and sharpen your senses to judge spirit quality. The last session will be an optional tour of three local microdistilleries on the Reno Booze Bus. \$15 materials fee

9/13-10/18 W 7 - 9 p.m.
Adams
Total Wine and More \$79

Beer Appreciation

Discover how beer is crafted and trace the brewing process, from ingredients to fermentation, with a fourth-generation brewer as your guide. Learn the evolution of beer making from 4,000 years ago to the present day and enjoy tasting ales including Honey Pale Ale, Porter and Galena Gold Amber. Savor beers that have been barrel-aged from four to 12 months and increase your knowledge through grain and hops tastings. Then take home a souvenir StoneyHead Brewery glass and a complimentary 4-pack of the StoneyHead brew of your choice. \$15 materials fee

10/1 SU 6 - 9 p.m.
Michellini
StoneyHead Brewing \$49

NEW!

All That Sparkles Is Not Champagne

Enjoy a journey through the world of bubbling wines. Learn the delightful differences among Proseccos from Italy, Cavas from Spain and Sekts from Germany and how these delicious varieties are created. Complete the experience with a tasting of the world’s finest sparkling wine, Champagne, and discover what truly sets this French winemaking region apart. \$25 materials fee includes wine and snacks.

10/17-10/24 T 6 - 8 p.m.
Davidson
Total Wine and More \$59

NEW!

Specialty Coffees

Learn how to hand brew at home like an expert, sample different origins to identify their differences, and discover how proper brewing brings out the uniqueness of specialty coffee. Then learn more about the roasting process and take home a gift bag of your favorite coffee. \$10 materials fee

10/21 S 10 a.m. - 12 p.m.
Moss
Hub Coffee Roasters \$39

NEW!

Holiday Home Bar Basics

Catch the holiday spirits by learning to prepare tasty variations of old fashioned and pumpkin cocktails and hot toddies. Impress your friends with your mixology or just make a great cocktail for yourself. Learn the characteristics of various spirits, cocktail basics and palate training, and sample delicious applications of your new knowledge. \$25 materials fee

12/11 M 7-9 p.m.
Barker
 TMCC Meadowood Center S306 \$39

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

Health and Wellness



Plant Identification

Gain the skills you need to accurately identify our region's wild-growing edible and medicinal plants. Delve into the basics of botany, morphology and taxonomy during this lecture, lab and field trip class. Develop your analytical thinking by using a plant identification manual known as a dichotomous key. \$40 materials fee

Class: 9/7-10/19 TH 6-9 p.m.
 Field Trip: 10/26 S 9 a.m. - 5 p.m.
Broderick
 TMCC Pennington Health Sciences Center 121
 \$259

NEW!

Journey to Wellness Program

Enjoy the perks of living a life that centers on optimal wellness. Change your lifestyle with success and ease through building healthy habits under the guidance of a personal trainer. In this online program encouraging a self-graded point system, gain an understanding of nutrition, supplements, exercise and mindfulness. Learn how to fit in short, effective workouts you can do from home. Enjoy combining your favorite healthy routines with new challenging activities. Your trainer, who offers ongoing support, will provide a new workout video each week, as well as send you a healthy food-shopping list and wellness tips. Join the optional Facebook private group for support, recipes and cooking secrets to make foods you already enjoy healthier. Each week is different and every month gives you an advancing program, offering you an opportunity to level up. With each month presenting different advice, exercises and tips, you'll never feel bored and you'll continue to see progress toward achieving your goals. Each month, the person with the highest score gets a prize.

Starts the 1st of each month
Richie \$24

NEW!

Mastering Your Archetypes

Archetypes are universal patterns of behaviors that manifest on a physical plane within each of us. By discovering those that influence you, you can use this knowledge to reach your highest potential. There are thousands of archetypes ranging from the inner child, healer and teacher to martyr, mentor and rescuer. Learn how to recognize the ones that play a role in your life and how to use them in a transformative way.

9/11 M 6:30 - 9:30 p.m.
Hansen
 TMCC Meadowood Center S104 \$39

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.

9/12-10/17 T 6:30 - 8:30 p.m.
Dahl
 TMCC Meadowood Center S207 \$69

SoulCollage™

Creative exploration leads to personal insights. Explore your thoughts, emotions and intentions through art. SoulCollage™ is a fun, creative and intuitive process using images that are meaningful to you. Cut and paste to make a deck of cards that represents parts of you. Rediscover what you already know about yourself and surprise yourself with new discoveries. Use the cards individually or in a group to develop your sense of emotional and spiritual wholeness. You don't have to be an artist to do SoulCollage, but you might feel like one after you do it. \$12 materials fee

9/16 S 9 a.m. - 12 p.m.
Griffin
 TMCC Meadowood Center S320 \$39

NEW!

Natural First Aid Kit with Essential Oils

Discover a more natural way of treating life's minor injuries and aches. Make a small, portable kit that will fit in your bag or backpack. Receive recipes to take care of sunburns, headaches, bug bites, nausea, scrapes and much more. \$25 materials fee

9/18 M 6-9 p.m.
Crews
 TMCC Meadowood Center S206 \$39

NEW!

Find Your Purpose, Find Your Passion

Unearth your inner passion. Explore your strengths and tap into what you enjoy most to develop your inner leader. Learn to recognize and tear down barriers that may inhibit your ability to do what you love.

9/11-9/18 M 5:30 - 8:30 p.m.
 Ogden
 TMCC Meadowood Center S315 \$69

HOT!

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. This practice can lead to a less stressed, more fulfilling life. Also learn simple yoga poses that will help train your mind to better savor the present and gain new tools to continue your practice when life gets challenging.

9/19-10/10 T 5:30 - 7 p.m.
 Barclay
 TMCC Meadowood Center S106 \$69

Overcoming Anxiety

Discover the power of your self-conscious mind. Learn how thought patterns can influence your physical and emotional response to your circumstances. Explore your internal language and cultivate a calming and positive dialog. Create a self-care plan and change unwanted anxiety responses with relaxation techniques to begin living with peace of mind.

9/21-9/28 TH 6 - 9 p.m.
 Nielson
 TMCC Meadowood Center S315 \$69

HOT!

Therapy Dog and Handler Certificate

Deepen the bond with your dog and bring joy to the people who may need it most, such as those in hospitals and nursing homes. Become more familiar with canine body language and communication. Prepare to pass the Alliance of Therapy Dogs test by learning about reinforcement schedules to maintain good behavior and keeping your dog comfortable. Meet other dog-handler teams and facility staff who are looking for teams to hire. Learn about public access policies, dog advocacy for the public and public education groups you can be a part of. Supplies required.

9/20-10/20 W,F 10 a.m. - 11 a.m.
 Moritz
 Fur and Feather Works Training Center (Wed.)
 TMCC Meadowood Center S320 (Fri.) \$199

View our Therapy Dog and Handler Certificate video at
<http://bit.ly/tmcctherapydog>

Emotional Eating

Discover the connection between emotions and eating habits and the causes of emotional eating including stress, boredom and social pressure. Explore your own patterns of food choices and what attracts you to certain foods.

9/30-10/7 S 9 a.m. - 12 p.m.
 Bosler
 TMCC Meadowood Center S300 \$59

Wildcrafting: Harvesting Chokecherry Bark

Take part in this ancient tradition by learning how to ethically harvest and process wild chokecherry bark. Enjoy the morning in the field and then spend the afternoon in a lab transforming the bark into a cold infusion and cough syrup in preparation for the upcoming flu season. Also discuss the use of chokecherries for food. \$10 materials fee

9/23 S 9 a.m. - 4 p.m.
 Broderick, Powers
 TMCC Meadowood Center S103 \$89

NEW!

Journaling to Achieve Your Goals

Identify what aspect of your life you would like to improve and determine how best to set a goal through journaling. Using prompts, break down the five stages of project management. Discuss initiation, planning, executing, monitoring and controlling, and closing to better apply them to your achievement process. Employ self-discovery techniques like the wheel of life and discover how to develop an action plan that will help you stay on track. \$10 materials fee

10/4-11/8 W 6 - 8 p.m.
 Gilmore
 TMCC Meadowood Center S315 \$69

Tap Into Your Healing Wisdom

Discover how to access your body's natural healing ability through a safe and empowering tool called Transformative Wholistic Reintegration. This therapeutic practice combines principles of Emotional Freedom Technique and Eye Movement Desensitization and Reprocessing to not only ease existing wounds, but also better physical and mental wellness. Learn from a Reiki master how this face, erase and replace with grace technique can help you address and calm the causes of chronic pain, anxiety, addiction, unresolved trauma and grief.

10/14 S 10 a.m. - 12 p.m.
 Akiko
 TMCC Meadowood Center S315 \$39

NEW!

Increasing Your Personal Energy

Gain confidence and attract what you most desire by building powerful affirmations that stick. Discuss why raising your energy is more than what you consume. Learn how this influences the way you experience life. Discover how to increase your positive output and begin to live the life you want to lead.

10/19-10/26 TH 6-9 p.m.
 Nielson
 TMCC Meadowood Center S102 \$69

NEW!

Practical Healing Skills

Take charge of your healing process by understanding dynamics of the human energy field. Learn specific skills to transform your stress response into empowerment and avoid the typical fight-or-flight reaction. Find out how to protect and channel your own energy so you don't feel drained by others. Discover the functions, locations and colors of your body's energy centers and the four types of energy that affect them.

10/24 T 1-4 p.m.
 Cacibauda
 TMCC Meadowood Center S300 \$39

NEW!

I Ching

Gain practical guidance for everyday life through the I Ching, a 6,000-year-old Chinese practice that describes changes in the universe. Explore how its teachings can help you make more informed decisions by gaining a better understanding of the situations around you. Improve upon your knowledge of nature's cycles and get to know the many shifts common to all humans.

\$40 materials fee
 11/2-12/14 TH 6-8 p.m.
 Stege
 TMCC Meadowood Center S102 \$99

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.

11/6-11/27 M 6-8 p.m.
 Anderson
 TMCC Meadowood Center S324 \$79

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

— Marleta F., Meditation student

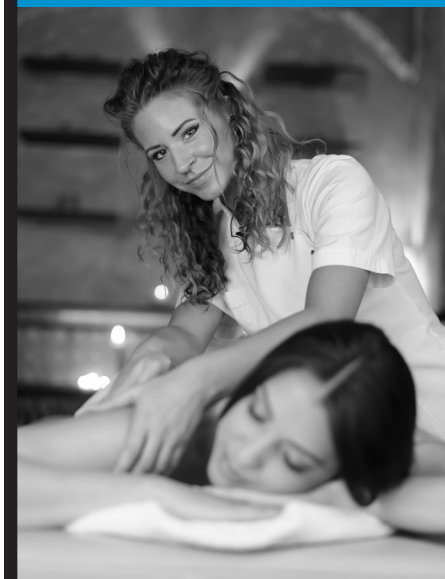
NEW!

Cultivating Inner Peace

Experience serenity no matter what is happening in the outside world. Explore techniques that will encourage you to lead an empowered life. Increase your awareness of the connection between your mind, body and spirit. Learn to express your emotions responsibly and set boundaries in your relationships.

10/24 T 6-9 p.m.
 Cooper
 TMCC Meadowood Center S117 \$39

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 at 11:45 a.m. and 1 p.m. on Tuesdays and Thursdays, Sept. 12 through Dec. 7. Register at wdce.tbcc.edu by clicking on "Register Now" or calling 829-9010.

Health Career Certificates



NEW!

Electronic Medical Record Systems

Gain hands-on experience navigating within various electronic medical records systems, a skill that is highly sought after by area employers. Discuss HIPAA, Personal Health Information, patient confidentiality and computer security. Become familiar with multiple EMR vendors, their functionality and how to navigate those systems. Learn how you can use workflows and better understand bottlenecks to make continuous improvements. Then bring all the information together so you can determine the interrelationships between data, reporting and quality of care. Basic computer skills required. \$50 materials fee

9/9-10/21 S 9 a.m. - 1 p.m.
Ott
TMCC Meadowood Center S115 \$699

HOT!

Clinical Medical Assistant

The U.S. Department of Labor Statistics predicts 31 percent job growth in the medical assistant field through 2024 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 topics including pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional behavior, ethics and legal aspects. You'll complete about 170 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, which is included in the price.

9/12-12/12 M-W 5:30 - 9:30 p.m.
Kolar
TMCC Meadowood Center S103 \$3299

View our CMA career certificate video at

<http://bit.ly/WDCECMA>

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.

9/9-12/16 S 8:30 a.m. - 4 p.m.
Noel
TMCC Meadowood Center S320 \$959

Pharmacy Technician

In just 70 hours, gain the training you need to take the Pharmacy Technician Certification Board Exam (PTCB) and be well on your way to a new career. The U.S. Department of Labor Statistics predicts job growth in this field at 19 percent through 2024, 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. PTCB exam fee included in the price.

9/18-11/22 M,W 5:30 - 9 p.m.
TMCC Meadowood Center S104 \$1599

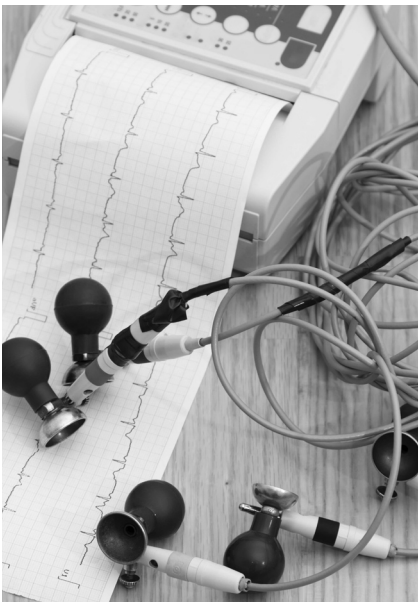
Community Health Worker: Online Program

Enjoy the flexibility of this online certificate program while gaining the skills to become a non-medical health provider. Make a difference in your community by facilitating access to housing, food, education, employment, civil rights and health care 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. Requirements for this course include: purchasing the e-textbook for an extra fee of about \$80, access to a computer with a reliable internet connection and the ability to spend 8-10 hours a week online completing assignments.

8/28-1/18

ONLINE

\$879



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 health care field. This 50-hour course prepares you to function effectively in many of the administrative and clerical positions in the health care 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 12 percent through 2024, 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, management of records and practice finances.

10/2-11/20 M,W 5:30 - 9 p.m.

Stinson

TMCC Meadowood Center S207 \$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 27 percent through 2024, with starting pay averaging \$23 an hour.

10/2-11/20 M,W 5:30 - 9 p.m.

Pearson

TMCC Meadowood Center S206 \$999

Ophthalmic Assistant

Ophthalmology is one of the fastest growing healthcare segments in the country and entry level positions average \$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 after you've met AAO's work experience requirements.

10/3-11/21 T,TH 5:30 - 9 p.m.

TMCC Meadowood Center S320 \$999

Work at Home as a Medical Transcriptionist

Find out if you are suited to operating a medical transcribing business. Receive a step by step guide to how to embark on this career. Explore various professional options such as a medical scribe or editor, and learn the difference between billing and coding from transcription. Learn about ways to transcribe simply and cost-effectively, and how to avoid common mistakes. Find out how to run every aspect of your company from equipment needs and operating capital to networking and growing your business. \$20 materials fee

11/8 W 6 - 9 p.m.

Burns

TMCC Meadowood Center S115 \$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.

Holiday Inspirations



NEW!

All That Sparkles Is Not Champagne

Enjoy a journey through the world of bubbling wines. Learn the delightful differences among Proseccos from Italy, Cavas from Spain and Sekts from Germany and how these delicious varieties are created. Complete the experience with a tasting of the world's finest sparkling wine, Champagne, and discover what truly sets this French winemaking region apart. \$25 materials fee includes wine and snacks

10/17-10/24 T 6-8 p.m.
Davidson
Total Wine and More \$59

NEW!

Fall Pumpkin Planter

Create a beautiful centerpiece or outdoor decoration using this autumn staple. Design your pumpkin plant container with moss, leaves and succulents of your choice. Discuss how to display and care for your creation. Learn how to properly water, grow, sun and reproduce your plants from clippings. \$30 materials fee

10/18 W 6-9 p.m.
Plimpton
Succulents and Wine \$39

NEW!

Quilted Holiday Table Runner

Brighten up your table for the holidays by sewing a table runner using stunning fabrics of your choosing. Bring your sewing machine and textiles to learn a simple pattern that can be easily adjusted to fit the length and width of any table. Supplies required.

10/23 M 6-9 p.m.
French
TMCC Meadowood Center S120 \$39

NEW!

Mosaic State of Nevada

Learn the basics of this ancient art including cutting tile, design and grouting. Using various materials, you'll be guided through the creation of a mosaic plaque in the shape of Nevada. \$30 materials fee

10/24-10/26 T,TH 10 a.m. - 12 p.m.
Packham-Weaver
Copper Cat Studio \$39

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.

11/4 S 11 a.m. - 1 p.m.
Palm
Faith Lutheran Church Kitchen \$49

NEW!

Holiday Cookie Decorating

Make festive cookies for Thanksgiving and Christmas. Using a simple sugar cookie dough and icing recipe, discover various icing consistencies and when to use which icing. Learn tips and tricks for fancy decorating with airbrushing, stencils, fondant, molds and edible images. Make your custom cookies gift-ready with decorative packaging and take home a box of 12 to 16 unique cookies for the perfect handmade gift. \$25 materials fee

11/7-11/14 T 6-8 p.m.
Page
Damonte Ranch High 117 \$49

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 6 to 8 ornaments which showcase your personal artistic flare. This is a great opportunity to improve your crafting skills while getting into the holiday spirit.

11/13 M 6-9 p.m.
Howell
The Glass Studio \$69

NEW!

Holiday Glam It Up

Give yourself a holiday makeover by going from everyday to elegant in just several simple steps. Learn how to create a sophisticated updo, apply false eyelashes and update your makeup techniques. Boost your confidence and feel ready for all of your festivities. \$20 materials fee

11/14 T 6-9 p.m.
Smith
Salon NV \$39

NEW!

Woodcarving a Christmas Gift

Fashion your own hand-carved gift-toting Santa or Father Christmas. Use a wood-burner to highlight body and facial features, then apply acrylic paints to complete your figurine for a new holiday addition to your mantel or tree. Review woodcarving safety and decide on your project so you can buy only the necessary tools. Beginners are welcome. Supplies required. \$5 materials fee

11/15-12/13 W 1-4 p.m.
Moser
TMCC Meadowood Center S103 \$79

Soap Making

Transform plain 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. \$35 materials fee.

12/7 TH 6-9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

Watercolor Holiday Cards

Learn how to paint in watercolors or brush up your skills while creating one-of-a-kind holiday cards. Delve into the basics of watercolor painting, including color theory, traditional as well as unconventional methods of applying paint on paper. Play with glazing, wet-into-wet, dry-into-wet, and dry brushing techniques as well as various types of resist, sprinkling salt and other experimental effects. Also, find out how to photograph your artwork and get it onto card stock. Beginner to intermediate levels welcome. Supplies required.

11/21-12/5 T 1-5 p.m.
Nichols
 TMCC Meadowood Center S103 \$129

Floral Arranging for Fun: Holiday Classics

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. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome!

12/5 & 12/19 T 5-6 p.m.
Henderson
 Sparks Florist Design Center \$59

Holiday Home Bar Basics

Catch the holiday spirits by learning to prepare tasty variations of old fashioned and pumpkin cocktails and hot toddies. Impress your friends with your mixology or just make a great cocktail for yourself. Learn the characteristics of various spirits, cocktail basics and palate training, and sample delicious applications of your new knowledge. \$25 materials fee

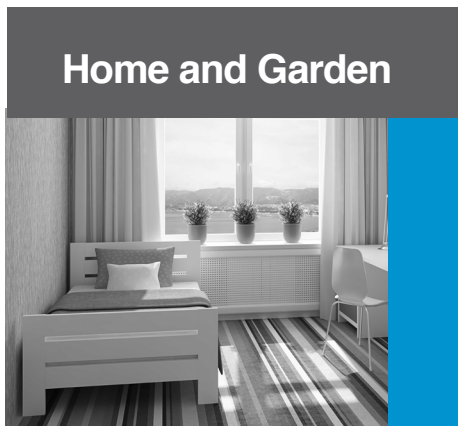
12/11 M 7-9 p.m.
Barker
 TMCC Meadowood Center S306 \$39

NEW!

Christmas Around the World

Welcome the Christmas season by learning about holiday traditions in other countries. Representatives from New Zealand, Japan, Mexico, Germany, Italy and Russia will share their country's celebrations, their own remembrances, and a favorite Christmas carol.

12/13 W 6-8 p.m.
Sorensen
 TMCC Meadowood Center S324 \$39



Home and Garden

NEW!

Design the Perfect Outdoor Room

Create a fun and functional space that extends your living and recreation areas. Gain tips on creating the ideal room that reflects your personality and interests.

8/29 T 6-9 p.m.
Clark
 TMCC Meadowood Center S324 \$39

Interior Design

Learn professional techniques you can use to create décor that best reflects your style. Delve into the principles of design and how to apply them effectively. Explore color schemes, such as monotone, complementary and monochromatic, and then select a palette and furniture to decorate a space in your home.

10/9-10/23 M 6-9 p.m.
Tawzer
 TMCC Meadowood Center \$59

High Desert Fall Gardening

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

10/12 TH 6-9 p.m.
Adams
 TMCC Meadowood Center S206 \$49

NEW!

Fall Pumpkin Planter

Create a beautiful centerpiece or outdoor decoration using this autumn staple. Design your pumpkin plant container with moss, leaves and succulents of your choice. Discuss how to display and care for your creation. Learn how to properly water, grow, sun and reproduce your plants from clippings. \$30 materials fee

10/18 W 6-9 p.m.
Plimpton
 Succulents and Wine \$39

NEW!

Hydroponics

Find out how to grow your plants 30 to 50 percent faster in a small space with little light. Hydroponics produces plant growth without soil, using mineral solutions in a water solvent. Learn about preparing starter, using rockwool and nutrient solvents, controlling pH and planting cuttings from your favorite plants. Discuss lighting and understand when and how to use carbon dioxide to increase yields.

11/8 W 6-9 p.m.
Heller
 The Grow Shop \$39

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. In addition, learn about finishing techniques such as sanding and staining. Advanced students will design and create their own masterpieces. \$30 materials fee

9/6-12/20 W 6:30 - 9:30 p.m.
Hayes, Sutherland
Clayton Middle School Shop \$219

HOT!**Upholstery**

Give new life to your furniture and save money, too. 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

9/28-11/16 TH 6 - 9 p.m.
Murdoch
TMCC Meadowood Center S103 \$119

“The amount of knowledge we have obtained in such a short time has been amazing.”

– Shana C., Upholstery student

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. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome.

10/24 & 11/14 T 5 - 6 p.m. OR
12/5 & 12/19 T 5 - 6 p.m.
Henderson
Sparks Florist Design Center \$59

NEW!**Emergency Binder Preparation**

Having all your important documents available at your fingertips is essential for your well-being and that of the ones you love. Learn how to determine which paperwork is crucial to have in the event of an emergency, whether it is an impending natural disaster or medical crisis. Discuss personal, business, medical, investment, tax and legal documents, as well as planning evacuation routes, locations of keys, important phone numbers and more. Find out how cloud storage can help make backing up files and photos from your electronic devices easy.

10/7 S 9 a.m. - 12 p.m.
Boyd
TMCC Meadowood Center S306 \$49

**Basic Car Care**

Gain a better understanding of how your car works. Perform your own oil changes and get to know the fluids every vehicle needs and how to check them. Discover how to safely jump-start a car. Learn about your radiator, alternator, headlights and battery.

10/19 TH 6 - 9 p.m.
Christian
TMCC Meadowood Center S207 \$39

Languages**NEW!****Korea: A Cultural Primer for the Olympics**

Better understand the language and culture of South Korea whether you are planning to travel to the 2018 Winter Olympics or watch from the comfort of your home. Learn about when and how to bow, food etiquette, taking photos of people and more. Practice speaking basic phrases, and learn about the country's cuisine and its most popular sites to visit.

9/11-10/2 M 6 - 8 p.m.
Jung
TMCC Meadowood Center S324 \$89

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.

9/5-11/21 T 6 - 8:30 p.m.
Seelye
TMCC Meadowood Center S115 \$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.

9/7-11/9 TH 6 - 8:30 p.m.
Seelye
TMCC Meadowood Center S115 \$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.

9/7-11/9 TH 2:30 - 5 p.m.
Seelye
TMCC Meadowood Center S115 \$159



HOT!

Conversational Spanish I

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

9/6-11/8 W 5:30 - 7 p.m.
Sefchick
TMCC Meadowood Center \$169

"The instructor made us feel comfortable in class. This class is a very non-intimidating way to practice Spanish."

- Andrea E., Conversational Spanish student

NEW!

Mandarin Chinese for Travel

Learn basic Mandarin phrases to manage some everyday conversations and make your trip more enjoyable and productive. Practice words dealing with topics used in restaurants, hotels and airports. \$15 materials fee

10/30-12/4 M 6:30 - 8:30 p.m.
Lin
TMCC Meadowood Center S315 \$129

Languages in the Workplace

Court Interpreting Exam Preparation

Prepare yourself for the Nevada Supreme Court Interpreter Oral Certification Exam, scheduled to be held in early 2018. Learn and practice proven techniques in consecutive, sight and simultaneous modes. Also, discover how to use correct legal terminology in both English and Spanish while better understanding the court process and criminal justice system. You'll find this class will benefit you if you are interested in working in the legal field or court system or for insurance companies, law enforcement or criminal justice fields.

9/26-12/5 T 6 - 8 p.m.
Sefchick
TMCC Meadowood Center S322 \$419

"I received a wealth of information. The teacher went above and beyond."

- Loren E., court interpreting student

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. In addition, enjoy listening to guest speakers who will address specific professional issues.

9/6-10/11 W 9 a.m. - 12 p.m.
Donohue
TMCC Meadowood Center S315 \$69

"Rain is a great teacher! She motivated us every day and I feel confident with her."

-Nicol L., Professional ELL student

NEW!

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. Internship not provided. \$10 materials fee

9/25-11/27 M 6 - 8 p.m.
Sefchick
TMCC Meadowood Center S322 \$279

Spanish-English Translation and Interpretation Certificate

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 2024, 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

8/26-12/16 S 9 a.m. - 12 p.m.
Griggs
TMCC Meadowood Center S102 \$599

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

Massage Therapist CEUs



These classes are open to licensed massage therapists. For information on the two-year degree or one-year certificate massage training program, visit <http://bit.ly/tmccmassage>.

Hot Stone Massage

Hot stone massage is a restorative stone thermotherapy and an adjunctive therapy which can be used with all styles of massage therapy. Explore types of stones, their optional uses and placement, proper sanitation, and how to incorporate hot stones into multiple massage modalities.

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

Massage Mechanics and Positioning

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 and supine as well as seated positions.

9/15-9/16 F,S 9 a.m. - 5 p.m.
Asay
TMCC Meadowood Center S217 \$159

“Eric is an incredible teacher! He gives so much real world knowledge to the subject of massage.”

– Massage mechanics student

Meridians of Oriental Massage

Become familiar with the guiding principles, history and theory of acupuncture using acupressure and alternative methods to enhance the benefits of massage as it relates to the meridians of oriental medicine. Learn about each of the 14 major meridians and how the Five Element Theory relates to these meridians, the organs and Yin and Yang. Explore the biophysical connection and how Oriental massage techniques can be applied to points and along meridians to enhance healing through massage.

9/18-11/6 M 6 - 8 p.m.
TMCC Meadowood Center S217 \$159

Sports and Athletic Massage

Practice the various strokes and techniques used in sports and athletic massage, what effect each has on the tissue, and when to use them. Additionally, learn sports-specific routines, sports injury prevention and treatment, nutrition conducive to athletes, as well as psychology of the athlete as it pertains to interaction with the massage therapist.

9/22-9/23 F,S 9 a.m. - 5 p.m.
Grubaugh
TMCC Meadowood Center S217 \$159

Facilitated Stretching and Muscle Energy Techniques

Learn facilitated stretching techniques and muscle energy techniques (MET), including Proprioceptive Neuromuscular Facilitation (PNF), which is used for the rehabilitation of neurologic and soft tissue disorders. Explore ways to incorporate these techniques into massage to help counteract muscle hypertonicity and spasms, improve flexibility and range of motion, and restore muscle strength.

10/13-10/14 F,S 9 a.m. - 5 p.m.
Grubaugh
TMCC Meadowood Center S217 \$159

Lymphatic Massage

Learn about the anatomy and physiology of the lymphatic system, common pathologies related to this system and the indications, contraindications and precautions necessary for massage therapists to be aware of. When massage is indicated, discover the benefits of lymphatic massage, what type of techniques are appropriate for each client, and whether or not you have the necessary training to perform those techniques or should refer the client to other professionals.

10/20-10/21 F,S 9 a.m. - 5 p.m.
Ferruccio
TMCC Meadowood Center S217 \$159

Aromatherapy for Massage

Aromatherapy uses essential oils as an adjunct therapy in combination with multiple styles of massage therapy. Identifying the need and purpose of the modality is addressed as well as when to practice the technique based on indications and contraindications from the client's health history. Aromatherapy is practiced to enhance the therapeutic and relaxation properties of massage therapy. The therapeutic uses of 18 essential oils are explored and you will have the opportunity to practice blending the oils to enhance therapeutic benefits and induce a deeper relaxation response for the client. \$40 materials fee

11/4 S 8:30 a.m. - 4:30 p.m.
Anderson
TMCC Meadowood Center S217 \$99

Deep Tissue and Neuromuscular Therapy

Enhance your skills and understanding of the concepts of deep tissue and neuromuscular therapy. Learn how to safely integrate deep tissue and neuromuscular techniques into their massage routine in prone, supine, seated and side-lying positions. Observe body mechanics for administering these techniques and practicing what you learn in class on one another.

11/17-11/18 F,S 9 a.m. - 5 p.m.
Grubaugh
TMCC Meadowood Center S217 \$159

Geriatric Massage

Learn normal psychosocial and physiological developmental concepts related to the geriatric client. Explore common pathologies found in this age group and find out for which conditions or pathologies massage is indicated and contraindicated. When massage is indicated, discover the benefits, what type of techniques are appropriate for each individual client, and whether or not you have the necessary training to perform those techniques or should refer the client to other professionals.

12/1-12/2 F,S 9 a.m. - 5 p.m.
 Ferruccio
 TMCC Meadowood Center S217 \$159

Ethics for Massage Professionals

Expand your knowledge about the field of ethics as it relates to the profession of massage to ensure the student has the tools to set boundaries and manage an ethical practice. Discuss thought-provoking information, examples and scenarios for resolving ethical dilemmas.

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

Money and Investing



Stocks and Bonds I

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

9/25-10/23 M 6:30 - 9 p.m.
 Gant
 TMCC Meadowood Center S315 \$99

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

9/30 S 9 a.m. - 12 p.m.
 Christensen
 TMCC Meadowood Center S207 \$49

Financial Fitness For Women

Enhance your financial fitness. Learn the basics of stocks and bonds, how to select an investment advisor and how to plan for your financial future. Discuss and simplify insurance policies to allow you to select the coverage that you need to protect your family. Explore the basics of estate planning, understand college expenses for both children and grandchildren, uncover tax efficient investments and company provided benefits like 401Ks.

10/7 S 9 a.m. - 12 p.m.
 DiCenso
 TMCC Meadowood Center S117 \$39

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

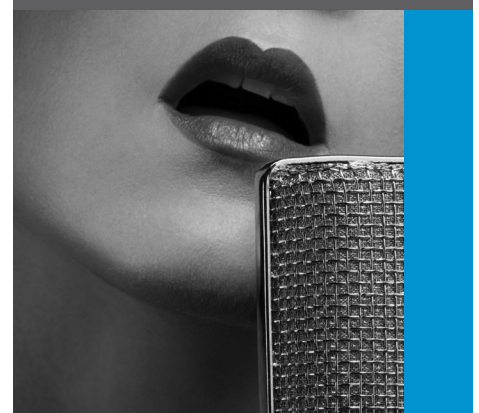
10/7-10/14 S 9 a.m. - 12 p.m. OR
 10/10-10/17 T 6 - 9 p.m.
 Costelloe
 TMCC Meadowood Center \$69

Understanding Your Divorce Options

If you have made the difficult decision to file for divorce you have a choice on how to proceed with your divorce. Learn about avenues that can reduce your confusion as well as financial and emotional hardship that can come with it. Gain unbiased information about spousal, child support, asset division, tax circumstances, custody and more. Save money and uphold your finances by understanding the legal and financial aspects of divorce processes to make informed decisions about which option is right for you: do-it-yourself, mediation, collaborative or litigation.

9/11 M 6 - 9 p.m.
 DiCenso
 TMCC Meadowood Center S204 \$49

Music



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.

9/11-12/11 M 7 - 9 p.m.
 Lee
 Swope Middle School Drama Room \$149

“Richard takes people who have never sung before and gives them the courage and help to actually be singers!”

– Alicia M., Voice student

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.

9/5-12/5 T 6-7:30 p.m.
Holloman
Aria School of Music & Art \$109

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.

9/7-12/14 TH 7-9 p.m.
Molt
TMCC Vista Bldg B206 \$69

Mandolin

Master the instrument which spearheaded the Italian Renaissance by gaining an in-depth understanding of this member of the lute family. You will 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.

9/7-12/14 TH 6:30 - 7:30 p.m.
Holloman
Aria School of Music & Art \$109

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

9/14-10/26 TH 6-8 p.m.
Steinway Piano Gallery \$89

HOT!

Guitar, Beginning

If you've never played or have less than six months experience playing, join us to build your playing skills. Learn beginning chordal accompaniment basics including open position and barre chord vocabulary. Also practice easy strum patterns, chart navigation and songbook use. You'll play rock, R&B, country, folk, classical and blues songs. Book and music stand required.

10/18-12/20 W 6-8 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Watch our guitar class video!
<http://bit.ly/guitarvideo>

Guitar, Intermediate

If you have six months or more experience playing this instrument, join us to further your abilities. Delve 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 and music stand required.

10/19-12/21 TH 6-8 p.m.
Trotter
TMCC Meadowood Center S320 \$99

“Brian’s Intermediate Guitar class is excellent. My rhythm has improved dramatically over the two times I have taken the course.”
 – Guitar student

HOT!

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, 47 years after their messy, acrimonious breakup.

9/13-11/8 W 7-8:30 p.m.
Van Dyke
TMCC Vista Bldg 204 \$59

NEW!

The Blues

Discover why blues is the roots and everything else is the fruits. Explore how this genre originated and evolved, geographical differences that created blues styles, and who are regarded as the greatest blues musicians and why. Learn about its influence on folk music and rock 'n' roll, the ups and downs of the blues, why it keeps dying and its future as a uniquely American art form.

9/18-9/25 M 6:30 - 9:30 p.m.
 Slugg
 TMCC Meadowood Center S306 \$59

NEW!

Alan Lomax and the American Folk Tradition

Discover the legacy of Alan Lomax, a musicologist, song chaser and taste-maker who preserved folk music traditions in the U.S. and England. Lomax helped jump start revivals in the '40s, '50s and early '60s. He brought legendary artists to a wider audience, among them bluesmen Robert Johnson and Muddy Waters, ragtime pianist Jelly Roll Morton, protest singer Woody Guthrie and folk artist Pete Seeger. Get a new perspective on American music through lecture, vinyl records and the instructor's live performances on keyboard and guitar.

11/6 M 6 - 9 p.m.
 Ross
 TMCC Meadowood Center S306 \$39

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.

Nevada Ghost and Paranormal Series



Ghost Hunting 101: Sacred Hearth Sanctuary

Learn about the tools in ghost investigations and then put them to use that evening in the haunted Sacred Hearth Sanctuary, formerly the Robison House, in Sparks. Your instructor, a pioneer in this field, will share different types of investigations and hauntings, why historical research is important, 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. That evening, spend time in the historic Robison House, which is haunted by an older woman and a little boy. Owners have seen apparitions, smelled phantom odors, watched colored balls of light move about the rooms and more.

Lecture: 9/16 S 2 - 4 p.m.
 Hunt: 9/16 S 8 - 10 p.m.
 Oberding
 TMCC Meadowood Center S315 \$69

HOT!

Ghost Hunt Field Trip: Wilbur D. May Museum

Objects, whether part of rituals or personal routines, can carry energy attachments and lead to fascinating paranormal investigations. In Nevada, there's no greater array of the world's artifacts than at the Wilbur D. May Museum. May's eclectic belongings, amassed during 40 trips around the globe, include a shrunken head from South America, Egyptian tomb items, antique firearms and swords, African tribal masks, exotic taxidermy and more. Staff believe a playful spirit resides at the museum and have seen items move and doors close on their own, sniffed phantom smells, and had the motion sensors set off by unseen forces. A \$10 entry fee payable to the museum will be collected at the door.

10/14 S 8 - 11 p.m.
 Technology Hunt: Leongs
 Psychic Hunt: Hansen
 Wilbur D. May Museum \$69

NEW!

Mastering Your Archetypes

Archetypes are universal patterns of behaviors that manifest on a physical plane within each of us. By discovering those that influence you, you can use this knowledge to reach your highest potential. There are thousands of archetypes ranging from the inner child, healer and teacher to martyr, mentor and rescuer. Learn how to recognize the ones that play a role in your life and how to use them in a transformative way.

9/11 M 6:30 - 9:30 p.m.
 Hansen
 TMCC Meadowood Center S104 \$39

HOT!

Mediumship and Channeling

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 channeling from light to deep trances. Also, 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.

9/23 S 9 a.m. - 1 p.m.
 Gay
 TMCC Meadowood Center S315 \$69

HOT!

Energy Circle

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

9/23 S 2:30 - 4:30 p.m.
 Gay
 TMCC Meadowood Center S315 \$89

NEW!

How to Not Die During a Ghost Hunt

Gain basic tips on building a relationship with those who've crossed over. Also, become familiar with procedures to safely share your life with them. In this funny and entertaining presentation, find out why the instructor, who's investigated the paranormal for 20 years, has come to believe that we put too much emphasis on investigating and not enough on connecting with the Other Side.

9/30 S 1 - 4 p.m.
 Gruenwald
 TMCC Meadowood Center S207 \$39

HOT!

Virginia City Midnight Historical Tour and Ghost Hunt

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

9/23 S 10:30 p.m. - 12:30 a.m.
 Bender
 Outside Washoe Club \$42

NEW!

Dreams and Astral Travel

Discover how to tell the difference between dreams and astral travel. Learn techniques to help you interpret your dreams and astral travel memories. Discuss why you dream, their meanings and the connection between you and your dreams. When your astral body travels to an ethereal plane, it can produce something similar to a vivid dream. The information from and memory of these out-of-body events can be controlled by your mind and spirit with practice. Find out how you can use this information to improve your life.

10/3 T 6 - 9 p.m.
 Hansen
 TMCC Meadowood Center S320 \$39

Ghosts in the Media

Explore the paranormal's portrayal in film, TV and print. View historical to current day video clips and listen to book excerpts. Discuss how our culture mirrors our beliefs on the subject and how that view has evolved over hundreds of years. Engage in an objective and unique look at the reality of ghosts.

10/21 S 1 - 4 p.m.
 Anderson
 TMCC Meadowood Center S315 \$39

Cemeteries and Tombstones Tour: Comstock Graveyards

Better understand life during the Comstock era by learning to decode the hidden meaning of headstones, their symbols and more. Guided by a local historian, stroll Virginia City's Silver Terrace cemeteries as well as the graveyards in Gold Hill and Silver City, dating back to the 1860s. Find out why smaller cemeteries, differentiated by affiliations and religions, exist. Plus, gain insight into these sites that once were lush Victorian grounds where locals congregated and enjoyed like our parks today. Receive a 50-page electronic handout regarding tombstone symbols and area history.

10/7 S 9 a.m. - 4 p.m.
 Davis
 Silver Terrace Cemeteries \$49

How Spirits Engage Us

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

10/14 S 1 - 4 p.m.
 Leong
 TMCC Meadowood Center S315 \$39

"The instructor validated our feelings. She gives an amazing and very interesting presentation. She made us part of the learning experience."

— Robin W., How Spirits Engage Us student

NEW!

Ghosts of the Goldfield Hotel: Virginia Ridgway

Few places are more haunted than Central Nevada's Goldfield Hotel, a building that's been closed to the public since the 1950s. Hear tales of the ghosts who inhabit the hotel from Virginia Ridgway, the hotel's former caretaker for 20 years, and from investigators who've spent considerable time there, Janice Oberding and Sharon and Anne Leong. Discover what they've learned about Elizabeth, the Cowboy, the Stabber Ghost and other resident spirits dwelling there.

10/14 S 9-11 a.m.
 Ridgway, Oberding, Leongs
 Summit Estates \$39

Religion and the Paranormal: A Panel Discussion

Explore how various beliefs view the paranormal by participating in this panel discussion featuring Kabbalist and Rabbi ElizaBeth Beyer, Washo Spirit Guide Dahlahk PatahIngee, mystical Christian Kathleen Berry and Universalist Unitarian Reverend and hospice counselor Catherine Linesch. Discuss ghosts, spirits, angels, demons, the afterlife and more. Ask questions in this casual environment where all views will be treated with respect.

10/17 T 6-9 p.m.
 TMCC Meadowood Center S324 \$39

NEW!

Best Historical Research Resources

A paranormal investigation is incomplete without researching the history of the location. Learn about the top gems for revealing facts from the past. Discuss the Nevada Historical Society, library offerings and more. Find out how to access old newspapers and why you need to double-check early articles for accuracy. Discuss vital statistics and their treasure trove of data from births and deaths to marriage records. This class is relevant to non-ghost hunters seeking historical data as well.

10/23 M 6-9 p.m.
 Oberding
 TMCC Meadowood Center S324 \$39

Outdoors



Fly Fishing for Beginners

Discover the serenity this sport offers by learning from an experienced local guide. Get to know the equipment selection process, knot tying, entomology, insects and the flies that imitate them, casting stroke and techniques. Gain in-depth knowledge on fly fishing area waters from an expert who has been fishing our area since the 1980s. \$35 materials fee

9/9 S 8:30 a.m. - 12:30 p.m.
 Wharton
 Hidden Valley Regional Park \$49

NEW!

Graeagle Day Hike

Enjoy a beautiful, moderately difficult autumn hike in the scenic Lakes Basin. The 4- to 6-mile hike at an elevation of 7,000 feet offers breathtaking views of rugged granite peaks, peaceful lakes, pristine forests and evidence of a 10,000-year-old glacier.

Lecture: 9/28 TH 7-8 p.m.
 Hike: 9/30 S 9 a.m. - 3 p.m.
 Moser
 TMCC Meadowood Center S300 \$49

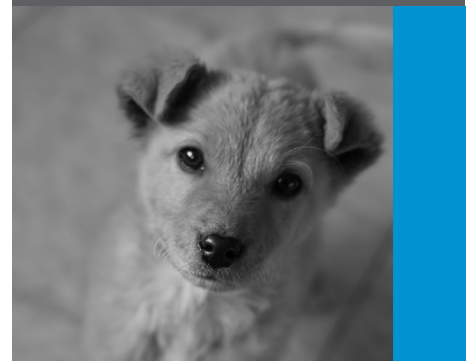
NEW!

Hunter Creek Hike

Spend the day hiking along the Hunter Creek canyon into the beautiful Mt. Rose Wilderness. Enjoy the fall colors and views of downtown Reno during this 6-mile round trip trek to the waterfall. During the lunch break, learn about hiking safety and wilderness travel tips. This popular trail, considered moderate to strenuous, is conveniently located on the outskirts of town.

10/14 S 8:45 a.m. - 4 p.m.
 Aldrich
 Michael D. Thompson Trailhead \$49

Pets and Animals



NEW!

Dog Massage

Discover how to give your pet an effective relaxation massage. Find out how this differs from petting your animal, when massage is appropriate and the ways your dog can benefit from it. Learn how to recognize symptoms that require veterinary attention and how you can calm your pet. Watch demonstrations of various strokes and stretches, and find out about additional resources so you can further enhance your pet massage skills.

9/26 T 6-9 p.m.
 Elliot
 TMCC Meadowood Center S320 \$49

HOT!

Therapy Dog and Handler Certificate

Deepen the bond with your dog and bring joy to the people who may need it most, such as those in hospitals and nursing homes. Become more familiar with canine body language and communication. Prepare to pass the Alliance of Therapy Dogs test by learning about reinforcement schedules to maintain good behavior and keeping your dog comfortable. Meet other dog-handler teams and facility staff who are looking for teams to hire. Learn about public access policies, dog advocacy for the public and public education groups you can be a part of.

9/20-10/20 W, F 10 a.m. - 11 a.m.

Moritz

Fur and Feather Works Training Center (Wed.)

TMCC Meadowood Center S320 (Fri.) \$199

Watch the video about our
Therapy Dog and Handler
Certificate!

<http://bit.ly/tmcctherapydog>

NEW!

Pet Photography

Catch timeless pictures of your furry friends, especially dogs. Learn about positioning your pet, the best angles to shoot from, effective techniques and good locations for portraits. Find out how to take photos when an animal keeps moving. Become more comfortable using your camera in the field and how to better use your equipment in outdoor settings.

10/10-10/24 T 5 - 8 p.m.

Gazes

TMCC Meadowood Center \$89

NEW!

Get Your Chickens Winter Ready

Keep your chickens healthy, happy and productive over the winter. Discuss how to care for and feed them during the colder months and how to create a cozy, warm coop for them.

10/9 M 6 - 9 p.m.

Gruper

TMCC Meadowood Center S324 \$39

HOT!

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. Further, learn how to prevent household poison hazards. Please do not bring pets to this class.

9/23 S 9 - 11:30 a.m. OR

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

Rew

TMCC Meadowood Center \$39

"I feel much more prepared to react if my pet is injured or in distress."

— Pet CPR student

Professional Advancement Certificates

Florist Fundamentals

In just two weeks, get the training you need for a career as a floral handling or design assistant at a retail florist shop. Learn how to identify, care for and handle flowers. In addition, gain hands-on experience creating vase and basket arrangements, boutonnières, corsages and more. Taught by an experienced floral designer at a floral design center, this class will give you a realistic feel for this profession. \$25 materials fee

9/18-9/27 M-F 1 - 4 p.m.

Fiannaca

Sparks Florist Design Center \$299

"Simple yet magical techniques."

— Paige S., Florist Fundamentals student

Bookkeeping

Gain a thorough understanding of accounting principles so you can confidently and accurately maintain financial books for a business. Become comfortable with accounting basics, debits and credits, charting accounts, accounting equations, adjusting entries and creating a balance sheet. Learn how to process payroll, calculate depreciation and cost of goods sold. You'll also work on financial accounting, produce an income statement and learn bank reconciliation steps, as well as deal with inventory and accounts payable. Job opportunities are expected to grow in this area with the U.S. Bureau of Labor Statistics projecting an 11 percent growth in the number of positions through 2024. Book required.

9/11-11/6 M 6 - 9 p.m.

Kamen

TMCC Meadowood Center S115 \$549

Property Management: 30 Years in 24 Hours

Take this state-approved, 24-hour pre-licensing course to obtain the Nevada Property Management Permit. The U.S. Bureau of Labor Statistics predicts 6 percent growth in this career field through 2024, with starting pay averaging 24 dollars 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.

10/6-10/20 F 8 a.m. - 5 p.m.

Cook

TMCC Meadowood Center S315 \$499

"Judy is very clear in her teaching style and her thorough knowledge of the material and industry helps to bolster the material."

— Tracy L., property management student

Escrow Assistant

Gain the skills you need to join this in-demand, fast-paced profession that offers great advancement opportunities. Guest speakers will offer you various perspectives on escrow transactions, land usage research, real estate professional interactions and more. Learn how to track and coordinate transaction events, conduct a basic title search and serve as an effective liaison between the real estate agent, buyer, seller and lender. Upon successful completion of this program, you'll be prepared to work at Nevada title companies as an escrow assistant. This stable career offers a great starting salary that averages \$30,000 a year.

10/24-12/12 T 6 - 8 p.m.
Plamondon, Smith
TMCC Meadowood Center S324 \$399

Professional Skills**NEW!****Cyber Security for Your Business**

Protect your business from malicious cyber-attacks. Discuss attack tactics and how they are carried out. Understand social engineering and how to recognize the signs of being targeted. Get to know the importance of asset protection and management, mitigation of security vulnerabilities, on-boarding and Bring Your Own Device procedures. Gain valuable tips on risk management, disaster recovery, succession planning and continuity of operations solutions. Explore encryption and hashing algorithms as well as the benefits of a computer testing lab environment and security operations center for any sized business.

9/9-9/30 S 9 a.m. - 1 p.m.
Ghiglieri
TMCC Meadowood Center S104 \$399

NEW!**Find Your Purpose, Find Your Passion**

Unearth your inner passion. Explore your strengths and tap into what you enjoy most to develop your inner leader. Learn to recognize and tear down barriers that may inhibit your ability to do what you love.

9/11-9/18 M 5:30 - 8:30 p.m.
Ogden
TMCC Meadowood Center S315 \$69

NEW!**Workplace Connection and Collaboration**

Forge stronger connections using efficient and effective conversation skills to promote peace in your workplace. Discover the Nonviolent Communication process, a practice based on the idea that humans share the same basic needs, resorting to violence only when there is no other way. Find out how to create beneficial solutions during conflict, build a strong support network between coworkers and boost buy-in when making large scale decisions.

9/18-9/25 M 6 - 9 p.m.
Bickett
TMCC Meadowood Center S120 \$69

NEW!**Social Media Marketing for Small Business Owners**

Grow your business and expand your online reach. Learn how to successfully market your business on Facebook, Instagram and Twitter. Discuss the basics of social media, scheduling to get the best views, algorithms and insights, as well as dos and don'ts. Explore helpful tools, ads and post ideas to craft your own social campaign.

9/19-10/12 T,TH 6 - 9 p.m.
Coleman
TMCC Meadowood Center S324 \$299

NEW!**Golf and Business**

Feel more confident networking on the golf course. Explore the fundamentals of etiquette for business outings. Understand golfing terms and outing formats. Discuss how essential golf knowledge about checking in, booking tee times and course rules can benefit your career.

9/21-10/5 TH 5:30 - 8 p.m.
Wenzel
Washoe County Golf Course \$79

NEW!**Become a Successful Board Member**

Gain the knowledge you need to fulfill executive or non-executive board roles; governance versus management; understand roles, responsibilities, and rights; what foresight, oversight and insight truly mean; and how to read and understand financial documents. Learn how to project a strong, confident and resilient self-image. Communicate with assurance and emotional intelligence to command attention at board level. Interpret, assess and discuss financial information efficiently and accurately. Develop your presentation skills and discover how to use networking to further add value and advance your career.

9/22 F 9 a.m. - 5 p.m.
French
TMCC Meadowood Center S315 \$139

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.

9/28 TH 6:30 - 8:30 p.m.
Foster
TMCC Meadowood Center S102 \$49

Praxis Prep: Math

Boost your chances of scoring high on the Praxis exam with in-depth preparation. This class is for test-takers to improve their scores. Learn general strategies and approaches to this test, strengthen your math skills and discover tips on raising your scores.

9/30-10/7 S 9 a.m. - 1 p.m.
Schneider-Erger
TMCC Meadowood Center S315 \$99

NEW!

250 Successful Home-Based Businesses

Through practicing a proven step-by-step process, turn your talents and hobbies into a profitable business. This comprehensive start-up workshop will present you with hundreds of entrepreneurial ideas, help you to determine which are best for you, show how to market your product or service, and more. Discuss pricing, legal documentation, taxes and setting up your home-based office. Running your own business can supplement your income and provide a path to becoming your own boss. \$20 materials fee

11/2 TH 6-9 p.m.
 Krusemark
 TMCC Meadowood Center S306 \$39

NEW!

Professional Success: Cultivate an Authentic Style

Create an image that is powerful, positive and professional while staying true to yourself. Learn how to use your wardrobe as a means of self-expression to create a richer and more satisfying personal and work life. Find out how to connect more deeply with your true self and with others. Increase your visibility and discover how to control the nonverbal messages you send to colleagues, clients and potential customers.

11/2-11/9 TH 6-9 p.m.
 Audet
 TMCC Meadowood Center S315 \$89

Suicide Prevention and Intervention

If you work in a helping profession, gain the critical knowledge you need to prevent a suicide during this online class. Learn how to expand a support network to identify and intervene with those at risk, gain a foundation of the facts surrounding suicide, become comfortable identifying warning signs and risk factors, and more. Upon completion, you'll earn 2.5 CEU hours.

Online \$49

Real Estate



Buying and Selling Your Home

Learn how you can succeed in the current housing market. Explore the factors that are driving it and find out if now is a good time to buy or sell your home. Find out how to take action at the right time with the best price. Identify the repairs, remodels and upgrades that will produce the largest gains. Decide whether you want to work with a Realtor or not, and discuss marketing and staging techniques to attract potential buyers

9/23 S 9 a.m. - 12 p.m. OR
 11/4 S 9 a.m. - 12 p.m.
 Smith
 TMCC Meadowood Center S324 \$39

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.

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 important friends. Your child will receive a complementary 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 is 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.

11/18 S 6-9 p.m.
 Reno Ballroom \$35 per person

"My whole family looks forward to the Father-Daughter Ball. My daughters get to dress up, my wife gets to dress them and I get to go on a date with two beautiful young ladies."

— Peter E., father

Special Interest

NEW!

Western Astrology

Discover the connection between mankind and the patterns of the cosmos. Become familiar with Western natal astrology and learn the meanings of basic symbols. Examine birth charts and study the history of mythology, literature and art to gain a better understanding of the cycles and archetypes of astrology.

10/9-11/13 M 6-8 p.m.
Keams
TMCC Meadowood Center S300 \$69

Basic Car Care

Gain a better understanding of how your car works. Perform your own oil changes and get to know the fluids every vehicle needs and how to check them. Discover how to safely jump-start a car. Learn about your radiator, alternator, headlights and battery.

10/19 TH 6-9 p.m.
Christian
TMCC Meadowood Center S102 \$39

Improv

Discover how to think on your feet and increase your confidence by working with improvised scenes. Using improvisational theater techniques, bring a greater authenticity to your characters and free yourself to explore your roles more deeply.

11/8-12/13 W 6-8 p.m.
St. Clair
TMCC Meadowood Center S324 \$89

Drivers' Education for Teens

Teens between the ages of 15 and 18 must complete 30 hours in a Driver Education class and 50 hours behind the wheel to be eligible for a Nevada driver's license. These classes fulfill the 30 hours in the classroom requirement. Parents are responsible for the 50 hours behind-the-wheel requirement. Online classes also available.

10/2-10/5 M-TH 8:30 - 3 p.m. OR
12/26-12/29 M-TH 8:30 - 3 p.m.
Various High Schools \$99
Online Class \$99

NEW!

Acting for Beginners

Improve your presentation and self-confidence through acting. Through working with a professional performer, explore basic skills and techniques used in scenes and monologues. Learn how to approach a script and better understand your character. Increase your observation skills and find out how to best work with a director and other actors. During the final class session, you'll have an opportunity to perform in front of an audience.

9/13-11/1 W 6-8:30 p.m.
David
TMCC Meadowood Center S324 \$129

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.

9/15-9/22 F 2-5 p.m.
Mullen
TMCC Meadowood Center S324 \$59

Your Family History

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

9/30-10/21 S 10 a.m. - 12 p.m.
Tolman
TMCC Meadowood Center S203 \$79

Regional History

NEW!

Casinos, Characters and Crimes: Nevada's Early Gambling History

Early Nevada was home to unbelievable, yet real-life personalities, many of whom were associated with gambling. Participate in the interactive telling of true tales and court cases revolving around celebrities, mobsters and other colorful characters. Gain insight into how the gaming industry evolved from its territorial roots in 1861 through 1935.

8/31 TH 6-9 p.m.
Banning
TMCC Meadowood Center S315 \$39

HOT!

The Donner Party Tragedy

The saga of the Donner Party is a tragic icon of the American West. Learn the inside story of these doomed pioneers' 2,000-mile trek and their entrapment in the Sierra from a nationally recognized expert and author. View hands-on artifacts of that fateful journey, explore the mechanics of wilderness survival, and gain a deeper understanding of America's period of Manifest Destiny.

9/23 S 1-4 p.m.
Mullen
TMCC Meadowood Center S324 \$39

NEW!

Donner Party Field Trip

In October 1846, the Donner Party became entrapped at the lake that now bears its name. Walk in the footsteps of those doomed pioneers during a field trip to Donner Memorial Park and the nearby Alder Creek camp, where a national expert will tell the tale of the heroism, horror and cannibalism that took place there 171 years ago.

9/30 S 1-4 p.m.
Mullen
Donner State Park \$39

Cemeteries and Tombstones Tour: Comstock Graveyards

Better understand life during the Comstock era by learning to decode the hidden meaning of headstones, their symbols and more. Guided by a local historian, stroll Virginia City's Silver Terrace cemeteries as well as the graveyards in Gold Hill and Silver City, dating back to the 1860s. Find out why smaller cemeteries, differentiated by affiliations and religions, exist. Plus, gain insight into these sites that once were lush Victorian grounds where locals congregated and enjoyed like our parks today.

10/7 S 9 a.m. - 4 p.m.
 Davis
 Silver Terrace Cemeteries \$49

NEW!

Nevada's Role in the Civil War

The Civil War is the most significant single event in U.S. history. Discover how Nevada's role was vital in that historic conflict and why that role is often overlooked or downplayed. Hear fascinating stories about why we really became a state, the grocer and his sack of flour, General Churchill's fort and how Virginia City streets were literally paved in gold and silver. The class includes a visit to the Nevada Historical Society for a \$5 entry fee.

10/19 TH 6 - 9 p.m. AND
 10/21 S 10 a.m. - 12 p.m.
 Macaluso
 TMCC Meadowood Center S324 \$49

NEW!

Best Historical Research Resources

Whether you're a history buff or paranormal investigator, learn about the top gems for revealing facts from the past. Discuss the Nevada Historical Society, library offerings and more. Find out how to access old newspapers and why you need to double check early articles for accuracy. Discuss vital statistics and their treasure trove of data from births and deaths to marriage records.

10/23 M 6 - 9 p.m.
 Oberding
 TMCC Meadowood Center S324 \$39

Bridge

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.

9/7-11/16 TH 6:30 - 8:30 p.m.
 Gordon
 TMCC Meadowood Center \$99

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.

9/11-11/6 M 12:30 - 2:30 p.m.
 Gordon
 TMCC Meadowood Center S324 \$99

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.

9/11-11/6 M 3 - 5 p.m.
 Gordon
 TMCC Meadowood Center S324 \$99

Spiritual Exploration

NEW!

Nature and Spirituality

Explore spiritual approaches to living harmoniously and sustainably within the natural world. Examine the interplay between geography and a spiritual tradition from a Buddhist through her narrated pilgrimage to Mt. Kailash in western Tibet. Discover how our minds, bodies, senses and perceptions are shaped by the richness of nature.

9/19 T 6:30 - 9 p.m.
 Macquarie
 TMCC Meadowood Center S300 \$39

NEW!

Spiritual Resources for Uncertain Times

Connect to internal strength and external support that encourages a peaceful heart in times of turmoil. Identify how stressful current events affect you, create a plan for rejuvenation, and practice using the creative arts and movement to create a personal sanctuary space. Learn about the fortress of solitude, the nurturing tribe, lending a hand without breaking your heart, and preserving the journey of peace.

9/26-10/3 T 6 - 9 p.m.
 Beauchamp-Grace
 TMCC Meadowood Center S308 \$59

Islam: Myths and Misconceptions

Explore perceptions and truths about the world's fastest-growing faith tradition and why some people view Islam as a violent religion. With a local Muslim prayer leader, or Imam, as your guide, learn how Islam began and how it spread, delve into its law and the five pillars of Islam, and gain a better understanding of the Qur'an and its theology.

10/23-10/30 M 6 - 9 p.m.
 Barghouthi
 TMCC Meadowood Center S306 \$59

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, a group session with one of the abbey monks and a group book discussion. The abbey is on the site of Leland Stanford's massive wine-making operation and features its own on-site winery.

10/13-10/15 F-SU All Weekend
Sorensen
Abbey of New Clairvaux \$199

"This was a wonderful eye-opening experience."

— monastery student

**NEW!****Contemplative Practice for Everyone**

Awaken your innermost conscious awareness, strengthen your intuitive knowing and increase your ability to be fully present through gentle and inspired practices of contemplation. Learn the history and value of those practices for making sense of life and find new ways to slow down its frantic pace. Understand how a quieted mind leads more fully into the heart. Experience the benefits of silence and relaxation and perhaps a new understanding of contemplation and prayer.

10/14 S 9 a.m. - 12 p.m.
Peysen
TMCC Meadowood Center S300 \$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.

11/6-11/20 M 6-8 p.m.
Class
TMCC Meadowood Center S306 \$59

Religion and the Paranormal: A Panel Discussion

Explore how various beliefs view the paranormal by participating in this panel discussion featuring Kabbalist and Rabbi ElizaBeth Beyer, Washo Spirit Guide Dahlahk PatahIngee, mystical Christian Kathleen Berry and Universalist Unitarian Reverend and hospice counselor Catherine Linesch. Discuss ghosts, spirits, angels, demons, the afterlife and more. Ask questions in this casual environment where all views will be treated with respect.

10/17 T 6-9 p.m.
TMCC Meadowood Center S324 \$39

NEW!**Christmas Around the World**

Welcome the Christmas season by learning about holiday traditions in other countries. Representatives from New Zealand, Japan, Mexico, Germany, Italy and Russia will share their country's celebrations, their own remembrances, and a favorite Christmas carol.

12/13 W 2-4 p.m.
Sorensen
TMCC Meadowood Center S324 \$39

Writing**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 crucial to your success. Find out what's hot right now in fiction and nonfiction. Understand the difference between a query letter, pitch and proposal. Discover how to develop ideas with true commercial potential and learn how to write a query that really sells. In addition, discuss 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.

9/5 T 9 a.m. - 5 p.m.
Bykofsky
TMCC Meadowood Center S324 \$99

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.

9/15-9/22 F 2-5 p.m.
Mullen
TMCC Meadowood Center S324 \$59

Creative Writing

Get your creative juices running whether you want to write a book, an article or a short story. Explore ideas and various ways of expressing yourself under the guidance of a published author. Find out how to tap into stories bottled up inside of you. Learn to apply the craft of writing to make your work publishable. Enjoy this supportive atmosphere packed with tons of information and humor.

10/2-10/23 M 6 - 8 p.m.
Castleman
TMCC Meadowood Center S320 \$79

“Motivational! Just what beginning or intermediate writers need!”

– Dottie H., Creative Writing student

NEW!

How to Map a Murder

Explore vital ingredients to crafting a gripping mystery from dreaming up a high-concept story to building a riveting climax. With the assistance of a successful author, learn how to create compelling, memorable characters, nail-biting action sequences and believable dialogue. Gain the knowledge you'll need to enjoy writing an exciting story.

10/21 S 10 a.m. - 2 p.m.
Borg
TMCC Meadowood Center S315 \$59

NEW!

The Craft of Magazine Writing

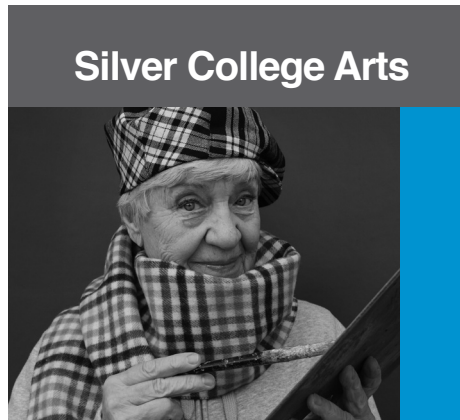
Discover how to supplement your income through writing articles for publications. Learn how to target and approach magazines, outline your article, conduct interviews and meet deadlines. Discuss common mistakes, style guides and market guides. Find out about the advantages of national vs. regional and local publications. Through writing exercises, strengthen your craft and boost your writing confidence.

10/30 M 6 - 9 p.m.
Baumer
TMCC Meadowood Center S324 \$39

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.

10/30-11/20 M 6 - 8 p.m.
Castleman
TMCC Meadowood Center S204 \$79



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.

8/30-11/1 W 4 - 5 p.m.
Sefchick
TMCC Meadowood Center S324 \$79

NEW!

Great Books and Creative Writing

Good readers make good writers. Explore classic and contemporary works and their authors' techniques to improve your writing skills. Learn to read like a writer and examine elements of fiction including character, voice, dialogue and plot. Craft your own stories in fiction and non-fiction.

9/5-10/10 T 1 - 3 p.m.
Brown
TMCC Meadowood Center S300 \$69

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.

9/22-12/15 F 9 a.m. - 12 p.m.
Poulos Leonard
TMCC Meadowood Center S103 \$99

“Patricia Leonard is extremely talented and shares her artistic passion, insight and wisdom with a positive spirit and open heart. Be prepared to ‘catch the bug’ of something truly amazing!”

–Jodee K., acrylics student

NEW!

Mixed Media Art for Retirees

Explore how collage, inks, paint, pastels, stencils and charcoal play well together on a versatile materials surface called Claybord. Learn fun new techniques to create harmonious pieces of art using Rule No. 1: there are no rules. Bring photocopies of old photos or handwritten items to include in your mixed media creation. \$5 materials fee

9/30 S 9 a.m. - 1 p.m.
Weems
TMCC Meadowood Center S103 \$59

NEW!

Batik Watercolor

If you have some watercolor experience, enrich your art by using hot wax to save and build layers of color. Create a painting on rice paper through color mixing and composition. Bring an image of your choice to paint or follow a simple drawing provided by the instructor. Supplies required.

10/7 S 10 a.m. - 4 p.m.
Rector
TMCC Meadowood Center S103 \$59

HOT!**Piano I for Retirees**

If you've never played the piano before, enjoy playing classic songs right from the start by learning the basics of sight-reading and playing by ear. Review all major keys and accompaniment styles and gain confidence playing minor scales and chords. \$10 materials fee

9/14-10/26 TH 10 - 11 a.m.
Pratt
Steinway Piano Gallery \$69

"I am a first-time piano player. Mr. Pratt's enthusiasm is contagious. I thoroughly enjoyed the class."

– Catherine K., Piano for Retirees student

Piano II for Retirees

If you have played piano or you took the Piano I class, build on what you know by strengthening your skills in theory, accompaniment patterns, improvisation and ensemble playing. \$10 materials fee

9/14-10/26 TH 11 a.m. - 12 p.m.
Pratt
Steinway Piano Gallery \$69

Mosaics I for Retirees

Learn the basics of this ancient art including cutting tile, design and grouting. Using various materials, you'll be guided through the creation of either a 6 x 8 or 4 x 12 mosaic plaque. All materials are provided, but you may bring other objects (stones, jewels, beads) to include in your piece. All skill levels are welcome.

10/17 T 10 a.m. - 1 p.m. AND
10/19 TH 10 - 11 a.m.
Packham-Weaver
Copper Cat Studio \$59

NEW!**Sewing Handmade Gifts**

Use your sewing machine to create simple gifts for holidays and birthdays. Learn to measure, cut and pin fabric and how to thread and use your machine. Make one unique item each week including a fleece hat, an infinity scarf, a pillowcase and a tote bag. If you already use your sewing machine, work on more ornate projects. Supplies required.

11/6-11/15 M,W 10 a.m. - 12 p.m.
Flatt
TMCC Meadowood Center S103 \$59

Photography**Digital Camera Basics for Retirees**

Have fun with your camera by taking great pictures of those smiling faces in your life. Learn your camera's functions, as well as basic photography rules and how to break them. Discover how to be inventive so you capture better images every time. Enjoy a nearby field trip on the last day of class.

9/18-10/9 M 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S115 \$69

NEW!**From Camera to Computer**

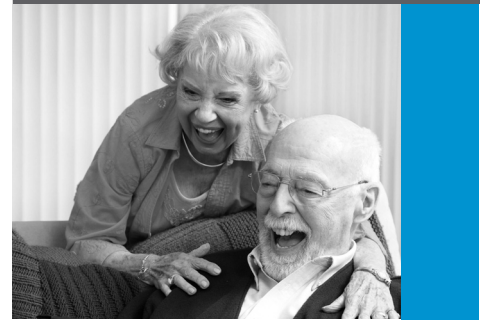
Transfer photos from your digital camera, smartphone or a CD to your computer for sorting and editing. Learn about memory card, flash drive and CD and DVD storage and how to view your image files on a PC or Mac computer. Discover equipment options and even how to digitize old film negatives and slides using a digital scanner.

11/6 M 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S115 \$39

Photoshop Elements Basics

Unleash the artist inside you through the digital computer palette of Photoshop Elements, a mid-range photo editing software. Take the images held captive inside your camera and jazz them up to create eye-popping photos. Learn how to use this software's wide array of features including both Organizer and Editor. If you have photos scattered all over your computer in hundreds of folders, let Photoshop Elements help you get organized.

10/18-11/1 W 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S115 \$79

**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 personal computer including the mouse, keyboard, desktop and taskbar. Learn about different file storage devices and discover how to download software, backup or restore your documents, and protect your computer with anti-virus software.

9/5-9/21 T,TH 10 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$59

"Margie makes it easy to learn."

– Julia P., Computer Basics student

Cell Phones

HOT!

Getting to Know Windows 10

If you're an absolute beginner with Windows 10, learn how to navigate and use its new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program.

9/26-10/19 T,TH 10 a.m. - 12 p.m. OR

10/24-11/16 T,TH 10 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S322 \$89

NEW!

Microsoft Office 2016: Word, Excel and PowerPoint

Learn basic skills to operate three of the most common software programs of Office 2016. Create, open, edit and save documents and make them compelling with Word formatting, shapes, charts and text boxes. Calculate and organize data into clear, useful information by adding text, numbers and objects to Excel spreadsheets. Then create easy, professional-looking PowerPoint presentations using text, videos, pictures and SmartArt.

9/26-10/19 T,TH 1-3 p.m.

Lish

TMCC Meadowood Center S322 \$89

NEW!

Windows 10 for Photos, Videos and Music

Find and organize your computer's storehouse of digital photos with the Windows 10 Photo app. Enjoy making simple, quick edits to your photos and sharing your edited images with family and friends. Then learn how to use Windows Media Player to view your video files and listen to music.

11/21-12/12 T,TH 10 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S322 \$89


HOT!

Explore Your iPhone

Find out how easy and fun it is to access the world on your new smartphone. 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 smartphone to class.

9/13-9/27 W 10 a.m. - 12 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.

9/15-9/29 F 10 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S300 \$59

Android Smartphone and Tablet: Beyond the Basics

Learn more about your Android device if you completed the basic Android tablet or Android smartphone course. Become more comfortable with texting, emailing and other features your device offers. Bring your Android tablet or phone to class and get your questions answered.

10/13-10/20 F 10 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S300 \$49

NEW!

Photo Apps for Your Smartphone

If you've taken the basic iPhone or Android smartphone class, discover the variety of photo applications you can use. Find out how to upload, alter and jazz up the photos you've taken and how best to share them with family and friends via email and on Facebook. Bring your smartphone to class.

11/8 W 9 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S300 \$39

Silver College Wellness



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 health care 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.

9/19-9/28 T,TH 2-4 p.m.
Colson
TMCC Meadowood Center S324 \$49

NEW!

Growing Older with Grace and Grit

Take charge of your health during your Golden Years with a "Skills Not Pills" approach. Learn how to avoid the leading prescription medication, the latest news on brain and gut wellness, how to prevent dementia and Alzheimer's disease, and how to curb your health care bills.

10/12-10/19 TH 6:30 - 8:30 p.m.
Swackhamer
TMCC Meadowood Center S300 \$49

NEW!

Mindfulness and Meditation for Retirees

Simple daily rituals can improve your health and happiness. Learn meditation and mindfulness techniques that don't take a lot of time. Learn to add three rituals to your day - morning gratitude, walking meditation and connection with nature, and evening meditation and reflection. Benefit from an easy stretching and yoga routine when you rise and before you go to bed.

10/21 S 9:30 a.m. - 12:30 p.m.
Zahn
TMCC Meadowood Center S117 \$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.

9/11-10/25 M,W 10:30 - 11:30 a.m. OR
9/11-10/25 M,W 5:15 - 6:15 p.m. OR
9/12-10/26 T,TH 4 - 5 p.m. OR
10/30-12/13 M,W 10:30 - 11:30 a.m. OR
10/30-12/13 M,W 5:15 - 6:15 p.m. OR
11/2-12/21 T,TH 4 - 5 p.m.
Jones
TMCC Meadowood Center S308 \$79

HOT!

Silver Yoga

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

9/5-9/26 T 10:30 - 11:30 a.m. OR
9/7-9/28 TH 10:30 - 11:30 a.m. OR
9/8-9/29 F 10:30 - 11:30 a.m. OR
10/3-10/24 T 10:30 - 11:30 a.m. OR
10/5-10/26 TH 10:30 - 11:30 a.m. OR
10/6-11/3 F 10:30 - 11:30 a.m. OR
10/31-11/28 T 10:30 - 11:30 a.m. OR
11/2-11/30 TH 10:30 - 11:30 a.m. OR
11/17-12/15 F 10:30 - 11:30 a.m. OR
Kurowski
TMCC Meadowood Center S308 \$39

12/5-12/19 T 10:30 - 11:30 a.m. OR
12/7-12/21 TH 10:30 - 11:30 a.m.
Kurowski
TMCC Meadowood Center S308 \$29

Silver Stretch Mat Pilates

Decrease your blood pressure, lose weight and improve your bone density. No matter your fitness level, Pilates will help you strengthen your core and develop a balanced body. Utilizing stretching techniques, improve your coordination and concentration to deepen your mind and body connection.

8/29-9/19 T 9:15 - 10:15 a.m. OR
9/26-10/17 T 9:15 - 10:15 a.m. OR
10/24-11/14 T 9:15 - 10:15 a.m. OR
11/21-12/20 T 9:15 - 10:15 a.m.
Healy
TMCC Meadowood Center S308 \$39

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."

Class Locations

Abbey of New Clavaux, 26240 7th St., Vina, CA 96092

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

Beads Etc., 180 W. Peckham Ln. #1130, Reno, NV 89509, Bus Rt. RAPD

Caughlin Club, 4100 Caughlin Pkwy., Reno

Caughlin Ranch Elementary School, 4885 Village Green Pkwy., Reno

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

Comstock Park, Double Diamond Prkwy. and Carat Ave., Reno, Bus Rt. 56

Copper Cat Studio, 300 Kresge Lane, Sparks

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

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

Donner Memorial State Park, 12593 Donner Pass Rd, Truckee, CA 96161

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

Fur and Feather Works Training Center, 9475 Double R Blvd., Ste. B-12, Reno, Bus Rt. 56

Fused Finery, 1 Booth St., Reno, Bus Rt. 16

Hidden Valley Regional Park, 4740 Parkway Dr., Reno

Holy Cross Lutheran Church, 4895 S. McCarran Blvd., Reno, Bus Rt. 9

Hub Coffee Roasters, 316 Vassar St., Reno, Bus Rts. 6, 16

Labels Consignment Boutique, 601 W. 1st St., Reno, Bus Rts. 6, 16

Mendive Middle School, 1900 Whitewood Dr., Sparks, Bus Rts. 11, 21, 25

Michael D. Thompson Trailhead, end of Plateau Road, Reno, NV
Pine Middle School, 4800 Neil Rd., Reno, Bus Rt. 12

Reno Ballroom, 401 N. Center St., Reno

Salon NV, 1325 W. Seventh St., Reno, Bus Rt. 4

Silver Terrace Cemeteries, 20 N. E Street, Virginia City

Sparks Florist Design Center, 1440 Hymer Ave., Sparks, Bus Rts. 11, 18

Sparks High School, 820 15th St., Sparks, Bus Rts. 2, 11

Steinway Piano Gallery, 500 E. Moana Ln., Reno, Bus Rt. 1

StoneyHead Brewing, 5301 Longley Ln. #97C, Reno, Bus Rts. 12, 54

Succulents and Wine, 550 W. Plumb Ln. C, Reno, Bus Rt. 6

Summit Estates, 222 E. Patriot Blvd., Reno, Bus Rt. 56

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

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

The Grow Shop, 1030 E. 4th St., Reno, Bus Rt. 5

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

TMCC William N. Pennington Health Science Center, 18600 Wedge Pkwy., Reno, Bus Rt. INTC

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

Total Wine and More, 6671 S. Virginia St., Reno, Bus Rts. RAPD, 1

Washoe Club Museum and Saloon, 112 S. C St., Virginia City

Washoe Golf Course, 2601 Foley Way, Reno, Bus Rt. 6

Wasting Arrows Archery, 4855 Joule St. #B7, Reno, Bus Rt. 14

Wilber D. May Museum, 1595 N. Sierra St., Reno, Bus Rt. 7

**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.

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.

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.

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.

Senior Citizen Tuition Assistance/Discount

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

Seniors 65 and older may receive a 10 percent discount on Community Education regular personal enrichment classes with the exception of Silver College, conferences/series/events, online classes and a few select other classes. Professional/career courses offered through TMCC WDCE do not qualify for discounts.

Employer-Paid Tuition

An employer or third party may pay for any TMCC Workforce Development and Community Education class. Please provide a check, credit card or purchase order from the third party at the time of registration. Courses to be paid through check or purchase order should be registered in person at our office. If paying by credit card, you may register online at 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.

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

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? Call us to see if your class qualifies for a discount. 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.

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!



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 (classroom and online programs)**
- **EKG Technician**
- **Electronic Medical Record Systems**
- **Escrow Assistant**
- **Florist Fundamentals**
- **Ophthalmic Assistant**
- **Patient Service Assistant**
- **Pharmacy Technician**
- **Property Management: 30 Years in 24 Hours**

In addition you can enroll in longer-term programs in Office Management (2-year business degree), Massage Therapy (1-year certificate or 2-year degree) or Personal Trainer (1-year certificate or 2-year degree).

**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

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

ECRWSS
 Residential Customer

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:

"It's a new beginning. It's a new life. Now, I go home feeling I did something good today." –Jose C., Clinical Medical Assistant graduate



**SHAPE YOUR FUTURE
 ENROLL NOW**

TMCC TMCC.EDU * 673-7111

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