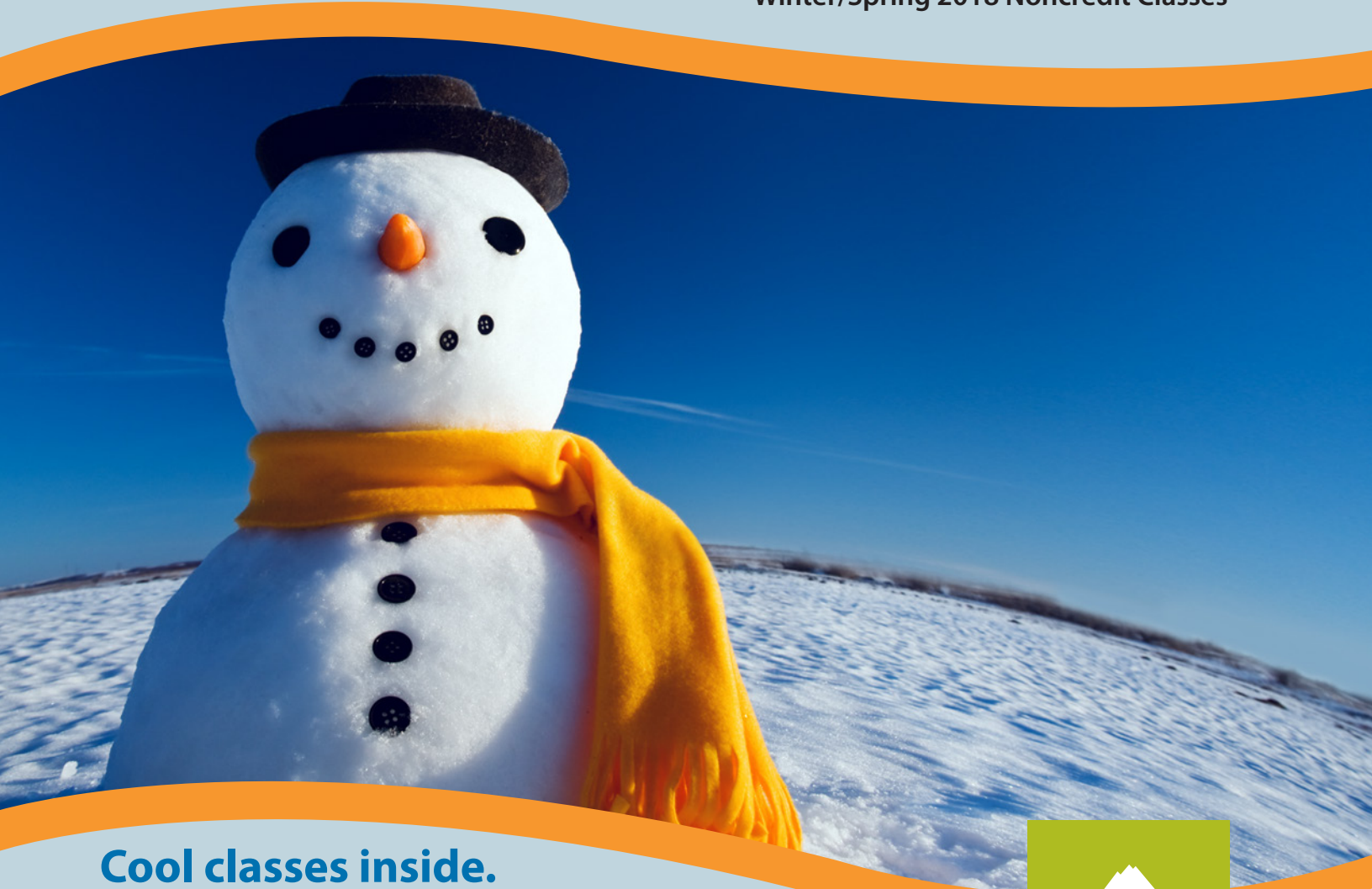


Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

Winter/Spring 2018 Noncredit Classes



Cool classes inside.

WDCE offers hundreds of personal enrichment and professional development courses to achieve your goals.

- **Make movies affordably with Smartphone Film Making**, page 3.
- **Further your accounting skills with Advanced Bookkeeping**, page 24.
- **Learn about and tour Nevada Ghost Towns**, page 26.
- **Create a good workplace atmosphere with Communications Skills for Supervisors**, page 25.
- **Create a one-of-a-kind necklace with Stamped Metal Jewelry**, page 5.
- **Better communicate with the deaf through American Sign Language**, page 17.



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.

- Bald Eagle Expedition
- Ukulele
- Drawing
- Bookkeeping
- Upholstery
- Flawless Face
- Gentle Yoga
- Clinical Medical Assistant
- Explore Your iPhone

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

"Patricia Woodard was amazing, very talented and able to connect with every student. It was nice to have someone that was very encouraging and fun." –Kathy O., Drawing student

"Dahlak is awesome! He is personable and brings the excitement back to spirituality and how we are all connected." –Kelly M., Native American Spirituality student

"Vicky Kolar was an amazing instructor. I don't feel that I would have passed the class without her." –Ashlee C., Clinical Medical Assistant student

"I thought Ron Sefchick was great! He went out of his way to provide us with wonderful materials. It was like a little piece of magic." –Bonnie H., Conversational Spanish I student

"Alan Gubanich's exuberance is contagious, his knowledge is extensive and he presents things in an entertaining way." –Lance B., Bald Eagle Expedition student

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Arts, Crafts, Photography



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

Fearless Creating

Journey to the heart of creativity, whether you're a painter, musician, dancer, actor or writer. Learn about its stages and how to move through hurdles that all artists face. Participate in exercises that deepen your understanding of the process. Discover the difference between creating and creating deeply, and the importance of forming connections with others in the art community in your quest to create. As a bonus, you will receive three complimentary creativity coaching lessons.

2/5-3/19 M 10 a.m. - 12 p.m.
 Poulos-Leonard
 TMCC Meadowood Center S103 \$79

"Outstanding class and excellent delivery! This class changed my life."

—Michelle P., Fearless Creating student

Painting and Drawing

HOT!

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. Learn about and practice important elements of art such as value, shading, accurate proportions, negative shapes and quality of line. Brief sessions with charcoal and pen and ink are also included. Gain confidence in this relaxed, fun and non-judgmental atmosphere. Supplies required.

3/2-4/13 F 1 - 4 p.m.
 Woodard
 TMCC Meadowood Center S103 \$159

Watercolor Techniques I

Take the first step in becoming an artist. Enjoy personalized step-by-step instruction while learning practical watercolor techniques. Build a strong foundation of both traditional and unconventional techniques while gaining a deep understanding of color study, value relations, compositions and more to create luminous paintings. Supplies required.

2/6-2/27 T 1 - 5 p.m.
 Nichols
 TMCC Meadowood Center S103 \$129

Spring Watercolor Flowers

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

4/10-5/1 T 1 - 5 p.m.
 Nichols
 TMCC Meadowood Center S103 \$129

"It was such a relaxed atmosphere. She's a delightful instructor with tremendous knowledge that she readily shares with her students."

—Spring Watercolor Flowers student

NEW!

Paint Your Pet

Create memorable art that will be treasured for years to come. Learn to paint a personal portrait of your furred or feathered family member. Discuss the basics of painting with acrylics and how you can use a close-up photo of your pet as an easy reference. No painting experience needed and supplies required. Please do not bring pets to this class.

3/29 TH 6 - 9 p.m.
 Mirich
 TMCC Meadowood Center S103 \$39

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

3/13-3/15 T,TH 9 a.m. - 12 p.m.
 Bayya
 TMCC Meadowood Center S103 \$59

Mixed Media Basics

Create a stunning piece of mixed media art by using different materials like fabric flowers, texturing paste, spray inks and embellishments. Relax and enjoy a boost in creativity as you learn about the many different materials you can use to make the perfect addition to your home or office décor. \$35 materials fee

3/22 TH 6:30 - 9:30 p.m.
 Bayya
 TMCC Meadowood Center S103 \$39

Acrylic Painting: Reno's Skyline

Capture the stellar beauty of our skyline. From the mountainous sunsets to the neon lights of downtown, Reno boasts some of the greatest views in the West. With the use of acrylics and quality canvas, gain step-by-step instruction on how best to paint our unique cityscape. No painting experience needed. Supplies required.

1/31 W 6 - 9 p.m.
 Mirich
 TMCC Meadowood Center S103 \$39

NEW!**Acrylic Painting**

Learn how to see objects with an artist's eye. Gain an understanding of shapes, composition, values, shading, texture and perspective. Complete at least one still life painting in class. Beginners and intermediate artists are welcome. Supplies required.

4/12-5/17 TH 1-4 p.m.
Mooney
TMCC Meadowood Center S103 \$129

Calligraphy: The Letterary Arts

Create your own beautiful lettering ranging from the traditional to the whimsical. Practice writing with a calligraphy pen, pencils and a paintbrush. Explore the exciting ways you can use your newfound talent for invitations, specialty items and more. Your award-winning instructor will show you how rewarding it is to learn this graceful artistry. Supplies required. \$5 materials fee

3/8-3/22 TH 2-4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$79

Art and photography courses at TMCC are also offered for-credit towards a transfer degree. Printmaking, ceramics, digital photography, painting, and many more courses are available. For details, visit schedule.tmcc.edu.

Textiles**HOT!****Quilting I**

Experience the joy of piecing together colorful fabrics to create traditional yet practical works of art. Practice safe rotary cutting techniques while learning about quilting tools, fabric selection, design, piecing, sewing construction, applique, binding and more. Beginners and intermediate quilters are all welcome since each level has a project designed to develop different skills and techniques. By the end of this class, you'll have completed a quilting project. Supplies required. \$10 materials fee

2/3-4/14 S 9 a.m. - 12 p.m.
Ford
TMCC Meadowood Center S103 \$169

Sewing I

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

2/7-3/28 W 6-9 p.m.
Willoughby
TMCC Meadowood Center S103 \$139

NEW!**Knitting**

Unwind and make your own hand-knit fingerless gloves and cowl scarf. Take part in this relaxing hobby and learn the basics of knitting, such as how to tie a slip knot, the different cast on methods, the knit and purl stitches and how to bind off. Discuss and practice using both straight and circular needles depending on your project's requirements. Supplies required.

2/26-3/26 M 6-8 p.m.
Mackessy
TMCC Meadowood Center S207 \$89

NEW!**Crochet for Beginners**

Craft your own scarves, hats and more. Learn basic crochet terms and techniques, like how to hold the hook, tie a slip knot or start a foundation chain. Work with stitch markers, a tapestry needle, medium hooks and various yarn weights. Explore single, half-double, double and triple crochet patterns. Practice turning chains, the Magic Ring and joining new yarn. Supplies required.

4/9-5/7 M 6-8 p.m.
Dwedat
TMCC Meadowood Center S207 \$89

Photography**NEW!****Smartphone Film Making**

Delve into the fun and rapidly growing hobby of film making using your own smartphone. Smartphones have quickly become the go-to technology for amateur and novice filmmakers. Discuss the differences between phone and professional cameras. Explore affordable software and accessories such as lenses, stabilizers, sliders, mini booms and more. Take advantage of low-budget lighting and special effects, craft a storyboard and practice different shot angles. Bring your phone to class.

3/15-3/29 TH 6-9 p.m.
Powell
TMCC Meadowood Center S322 \$99



Photo by Mark Vollmer.

Photographing the Quiet Beauty of Winter

Find out how to easily overcome the challenges of winter photography so you can capture the essence of this photogenic season. Through a lecture and photography field trip, further develop your photography skills by strengthening your composition and use of natural light, color, patterns and textures. Furnish your own transportation, winter walking gear and camera equipment.

Lecture: 1/27 S 9 a.m. - 12 p.m.
Field Shoot: 1/27 S 2-6 p.m.
Vollmer
TMCC Meadowood Center S320 \$89

Photographing Reno at Night

Discover the secrets to capturing low-light scenes in high-impact fashion. During the lecture, become familiar with your camera's settings, proper flash techniques and how to add nighttime effects to your photos. Then put your newfound knowledge to work during a night shoot in downtown Reno. Transportation not included.

Lecture: 2/12 M 5:30 - 7:30 p.m.
Field Shoot: 2/12 M 8 - 9 p.m.
Upton
TMCC Meadowood Center S320 \$49

NEW!

Creative Composition in Photography

Grow as a photographer by exploring methods to create images far from the usual. Build your creative eye, develop intent and learn how to work with various elements to improve photos from their original state. Develop your artistic flair by finding and expressing yourself through your art.

2/26-2/28 M,W 6 - 9 p.m.
Gestoso
TMCC Meadowood Center S322 \$69

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.

3/6-3/15 T,TH 6 - 9 p.m.
Forsyth
TMCC Meadowood Center S322 \$89

"I would absolutely recommend this class! The environment is non-threatening, the instructor is approachable and explains concepts in an easy-to-understand fashion. The class was very empowering."

—Marlene S., Basic Digital Photography student

Expressive Photographic Lighting

Discover how to harness nature's rich light during a lecture and on-site shoot. Learn how to use natural light for macro, landscape and outdoor portraits and how a reflector and flash unit can supplement the sun's rays. By building upon your own working knowledge of your camera, increase your understanding about camera settings and simple accessories to take full advantage of nature's glow.

Lecture: 4/7 S 9 a.m. - 12 p.m.
Field Shoot: 4/7 S 3 - 7 p.m.
Vollmer
TMCC Meadowood Center S324 \$89

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.

4/11 W 6 - 9 p.m.
Upton
TMCC Meadowood Center S320 \$39

Glass Art

Glass Fusion

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

1/29 M 5:30 - 8 p.m. &
1/31 W 5:30 - 7:30 p.m.
Howell
The Glass Studio \$79

Fused Glass Pendants

Design three custom pendants from a wide range of colorful glass sheets. Explore this art 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

3/15 TH 6 - 8 p.m.
Joustra
Fused Finery \$39

NEW!

Fused Glass Garden Art

Play with this colorful art as you learn to cut and design glass yard decor. Discuss how glass reacts in the kiln to create unique effects. Choose among projects such as garden row markers, sun catchers, flowers, birds or other glass elements to embellish your garden. \$20 materials fee

4/18 W 6 - 8 p.m.
Joustra
Fused Finery \$49

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

4/24-4/26 T,TH 5:30 - 8:30 p.m.
Oberlander
The Glass Studio \$99

Crafts

NEW!

Mardi Gras Mask

Add your own festive flare to Carnival by constructing a Mardi Gras mask. Get in the New Orleans spirit during this hands-on class as you combine colorful feathers, sequins, beads and ribbons to create a one-of-a-kind mask. If you like, bring some costume jewelry for even more bling. \$15 materials fee

1/24 W 6 - 9 p.m.
Czarka
TMCC Meadowood Center S103 \$39

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

2/6-2/8 T,TH 5 - 7 p.m.
Jackson
Beads Etc. \$39

NEW!**Dragonfly Wall Hanging**

Create a whimsical dragonfly to hang in your home or yard. Using repurposed bed posts and ceiling fan blades, construct this piece of art that's about three feet across. Enjoy step-by-step, hands-on instruction and personalize your dragonfly with the paint and decorations of your choosing. \$15 materials fee

2/26 M 6-9 p.m.
Clopton
Create \$39

NEW!**Buzzed Bird Feeder**

Attract a wide variety of birds, while adding a colorful accent to your yard. Have fun creating this bee-themed, wooden feeder that can be hung or placed on the ground. \$15 materials fee

3/12 M 6-9 p.m.
Clopton
Create \$39

NEW!**Block Printing**

Gain hands-on experience working with wood, linoleum and colored inks to create beautiful pictures and hand-painted prints for all occasions. Make your own cards, posters, pattern art and ink stamps using EZ-Cut materials. \$15 materials fee

4/5-4/19 TH 6-9 p.m.
Fenne
TMCC Meadowood Center S103 \$89

NEW!**Creative Bottle Wreath**

Piece together an up-cycled wreath that resembles the glass art style of Dale Chihuly. Using plastic bottles, wire and paint, cut floral and fauna shapes to create a unique piece of art. Bind each design together and add more natural depth with high-quality paints or leave your project bare to show off its beauty. \$10 materials fee

4/10-4/17 T 6-9 p.m.
McDonald
Earthe Energie \$49

NEW!**Tilted Pot Planter**

Get creative with clay flower pots that you stack and tilt in different directions. Find out how easy this project is by following simple step-by-step instructions. Customize your planter through selecting a theme and using paint. \$10 materials fee

4/23 M 6-9 p.m.
Clopton
Create \$39

Make a Spring Wreath

Create lovely wreaths to decorate your home during the spring season. Layer an assortment of vines, flowers and twigs into beautiful creations. Discover the differences asymmetry and design can make while working with the natural shape of blooms and branches. \$15 materials fee

4/26 TH 6-9 p.m.
Czarka
TMCC Meadowood Center S103 \$39

NEW!**Stamped Metal Jewelry**

Design and create your own stamped metal necklace pendants. Practice working with alphabet and decorative stamps, textured metals and specialized hammers. Learn techniques to soften hard materials, how to cut and safely handle thin metals and explore creative ways to incorporate common household hardware. Sample ideas for matching earrings will be provided. \$10 materials fee

4/30-5/14 M 6-9 p.m.
Fenne
TMCC Meadowood Center S103 \$89

Beauty**HOT!****Flawless Face**

Boost your confidence and save time while applying makeup. Explore color theory and learn how to harmonize your ideal look and outfit. Identify the best way to conceal dark circles and blemishes. Understand eye contouring, the rules and techniques of styling your own eyebrows and gain tips on using makeup to make you look younger. \$20 materials fee

2/13 T 6-9 p.m.
Froslie
TMCC Meadowood Center S320 \$39

"I would definitely recommend this class. I would send my daughter if she lived here."

—Sharyn T., Flawless Face student

NEW!**Set Your Style Free**

If you find yourself wearing the same clothes over and over again, gain tips on how to update your style and better express yourself through your wardrobe. Discuss ideas on how you can shake up your closet and dress with pizzazz.

3/7 W 6-9 p.m.
Anderson
Labels Consignment Boutique \$39

NEW!

Spring Wardrobe Makeover

Save money and learn how to refresh your spring wardrobe. Gain fashion advice on this year's trends and must-haves and how to dress appropriately for every event. Discover how to keep your personal style relevant for years to come.

3/27 T 6-9 p.m.
Anderson
Labels Consignment Boutique \$39

NEW!

Thrift Store Shopping

Discover the secrets to finding the best bargains and hidden treasures in Reno's thrift store market. Gain tips for efficiently sifting through inventory to find unique items. Put your new knowledge to work during a field trip to some local thrift stores for hands-on learning.

2/27 T 3-6 p.m.
Miller
The Nest \$39

Computers and Software



NEW!

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.

2/6-2/8 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

HOT!

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.

2/21-3/2 W,F 1-5 p.m.
Lenga
TMCC Meadowood Center S322 \$179

NEW!

QuickBooks for Payroll

Save time and money by learning this intuitive and useful program to streamline your payroll and paycheck tasks. Discuss different options through Intuit, how to register for Nevada payroll tax accounts and the basics of manual payroll such as account setup, tax payment and paycheck creation.

4/18-4/20 W,F 1-5 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Want a career in IT? Earn a degree in IT networking, cyber security, programming or web development. For details, visit catalog.tmcc.edu.

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!

Internet

Professional Business Podcast

Engage current and potential customers and increase your web traffic through podcasting. Understand structuring and audio production fundamentals. Learn about hardware and software, microphone and computer capabilities needed to create a compelling podcast. Practice techniques to effectively convey information about your products and ideas.

3/12 M 6-9 p.m.
Conrad
TMCC Meadowood Center S116 \$49

"Great introduction to starting a podcast. Thorough coverage on how to start, tools needed and where to begin distributing."

—Professional Business Podcast student

WordPress Blog and Website Design

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

3/20-3/22 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

NEW!

Blog Writing

The fastest way to build an on-line following is through blogging. Learn how to create effective written content, identify your target audience and find your voice to grow your following. Gain tips on how to relate to your specific audience and increase search engine optimization, as well as how to promote your posts. Discuss readability and gain tips on how to make your posts easy to scan regardless of the device used.

4/10 T 6 - 9 p.m.
Turner
TMCC Meadowood Center S324 \$39

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 pay-per-click ads 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.

4/12 TH 6 - 9:30 p.m.
Boyd
TMCC Meadowood Center S306 \$99

“Great for anyone thinking about starting a business.”

—Create a website student

eBay I: Selling on eBay Basics

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 overall when you register for both eBay courses at the same time.

4/14 S 9 a.m. - 12 p.m.
Boyd
TMCC Meadowood Center S315 \$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 overall when you register for both eBay courses at the same time.

4/14 S 1 - 4 p.m.
Boyd
TMCC Meadowood Center S315 \$59

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 3 Excel courses at the same time.

1/30-2/1 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S115 \$99

Excel Essentials II

Building on concepts covered in Excel Essentials, learn how to work with large files by freezing panes and splitting the window, how to use named ranges to make navigation easier, and how to use styles and conditional formatting. Learn to create pie, bar, column, XY and other charts to present your numeric data in a professional-looking and easy-to-read format. Explore sorting and filtering to manage data lists and practice working with formulas and functions. Save \$15 when you register for all 3 Excel courses at the same time.

2/27-3/1 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S115 \$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. 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 3 Excel courses at the same time.

4/10-4/12 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S115 \$99

“The advanced class was great for someone, like me, who already has a basic grasp of Excel and some of its functions. I just needed to refine my skills.”

—Cayci N., Excel Essentials III student

Word Essentials

Being comfortable with Word has become a workplace necessity. Increase your efficiency and decrease your frustration by learning how to use tabs, groups, spell check and commands. Play with different formatting choices from bulleted lists and margins to incorporating different fonts and colors in your letter or report. Practice customizing envelopes and creating labels.

2/20-2/22 T,TH 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.

3/13-3/15 T,TH 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.

4/16-4/18 M,W 9 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S322 \$99

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 isolating and controlling your muscles as you practice in a relaxing, rhythmic atmosphere.

2/6-5/15 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. This class will explore rhythms from Turkey and Morocco and commonly associated movements.

2/6-5/15 T 6:45 - 8:15 p.m.

Prater
Clayton Middle School \$89

Cha-Cha-Cha

Sway your hips in this classic Cuban dance that is popular in clubs and ballrooms. Express yourself through this flashy dance of quick spins, lock steps and sharp action. Popular since the 1950s, this versatile style is danced to many types of music including Latin rock and pop music. Bringing a partner is encouraged, but not required. Save \$5 overall when you sign up for Bachata and Cha-Cha-Cha together.

2/27-3/20 T 7:45 - 9:15 p.m.

Crews
Caughlin Ranch Elementary \$69

Salsa Cubana

Discover the captivating energy of this Cuban partner dance form, also known as Casino. Learn patterns to dance with your partner and practice moving in a wheel. Reminiscent of swing, this dance includes lots of circular movement, turns while maintaining handholds and intricate pretzel-like arm positions called nudos. Develop lead and follow techniques as well as musicality. Have fun dancing to timba and salsa music with a strong beat and often accented by cowbell or clave. Bringing a partner is encouraged, but not required. The patterns learned here can also be used in Salsa Rueda. Save \$5 overall when you sign up for Salsa Cubana and Salsa Rueda together.

1/30-2/20 T 6:15 - 7:45 p.m.

Crews
Caughlin Ranch Elementary \$69

Salsa Rueda

Enjoy this exciting, synchronized group form of Salsa Cubano. Dance in a wheel to Latin rhythms with other couples, switching partners along the way. Learn playful patterns that can be danced in a wheel or with a solo partner in Salsa Cubano. Have fun with this dance that includes lots of rhythmic clapping, turns while maintaining handholds and intricate pretzel-like arm positions. Bringing a partner is encouraged, but not required. Save \$5 overall when you sign up for Salsa Cubana and Salsa Rueda together.

2/27-3/20 T 6:15 - 7:45 p.m.

Crews
Caughlin Ranch Elementary \$69

“Janna is engaging, fun and a great dancer. She has a way of connecting with people that makes them feel good, like they can do it.”

—Lisa W., Salsa Rueda student

TMCC offers for-credit courses in a wide range of dance courses, including ballet, jazz, modern, tap and choreography. Check out our spring classes at schedule.tmcc.edu.

Bachata

Move your body, sway those hips and have a great time learning toe-tapping footwork. Originating in the rural neighborhoods of the Dominican Republic, this dance is one of the most popular Latin dances today. Discover how to connect with your partner, practice lead and following techniques, and learn a variety of steps and patterns. Bachata can be danced in a two-hand hold, open embrace or a close embrace to popular Latin music. Bringing a partner is encouraged, but not required. Save \$5 overall when you sign up for Bachata and Cha-Cha-Cha together.

1/30-2/20 T 7:45 - 9:15 p.m.

Crews
Caughlin Ranch Elementary \$69

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.

1/29-3/19 M 7 - 9 p.m.

Wilson
Mendive Middle School \$69

"Fun way to exercise and she teaches all the dances that they do in the clubs."

—Deanna M., Line Dancing 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.

4/9-5/21 M 7 - 9 p.m.

Wilson
Mendive Middle School \$69

Fitness and Sports



See also Health and Wellness, pages 12-14.

Cardio

NEW!

Lunch Hour Cardio and Stretching

Get away from the office and enjoy this workout that's not too easy and not too hard. Enjoy light cardio and stretching exercises that will reinvigorate your afternoons.

1/2-1/23	T	12 - 1 p.m. OR
1/4-1/25	TH	12 - 1 p.m. OR
1/30-2/20	T	12 - 1 p.m. OR
2/1-2/22	TH	12 - 1 p.m. OR
2/27-3/20	T	12 - 1 p.m. OR
3/1-3/22	TH	12 - 1 p.m. OR
3/27-4/17	T	12 - 1 p.m. OR
3/29-4/19	TH	12 - 1 p.m. OR
4/24-5/15	T	12 - 1 p.m. OR
4/26-5/17	TH	12 - 1 p.m.

Kurowski
TMCC Meadowood Center S308 \$39

NEW!

Cycle

Join us for a terrific cardiovascular, non-impact, calorie-burning workout as you pedal away. Bring a water bottle and get ready to sweat in a fun group setting with great music.

1/21-2/25	SU	8 - 9 a.m. OR
3/4-4/8	SU	8 - 9 a.m.

Rousseau
Caughlin Club \$69

Sports Conditioning

Reach your fitness goals and enhance your physique with a form of exercise used by professional athletes. Explore your fitness goals, discuss how sports conditioning differs from traditional muscle group weightlifting and participate in group workout sessions, such as cardio and calisthenics, plyometrics and circuit training. Learn body mechanics, training techniques and basic nutrition tips to help you get the most from your workouts.

1/22-2/14	M,W	4 - 5 p.m. OR
2/21-3/19	M,W	4 - 5 p.m. OR
3/21-4/16	M,W	4 - 5 p.m. OR
4/18-5/14	M,W	4 - 5 p.m.

Kirby
TMCC Meadowood Center S308 \$89

Weights and Cardio

Up your cardio game with this program that incorporates weights and agility drills. No matter your fitness level, build your strength and feel your body's renewed power.

1/22-3/5	M	12 - 1 p.m. OR
3/12-4/16	M	12 - 1 p.m.

Rousseau
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.

1/24-2/28	W	8 - 9 a.m. OR
3/7-4/11	W	8 - 9 a.m.

Rousseau
Caughlin Club \$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.

2/24-4/7 S 9 - 10 a.m. OR
4/14-5/19 S 9 - 10 a.m.
TMCC Meadowood Center S308 \$99

HOT!

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.

2/13-3/20 T 5:15 - 6:15 p.m. OR
4/10-5/15 T 5:15 - 6:15 p.m.

MacLellan
Swope Middle School \$99

2/14-3/21 W 5:30 - 6:30 p.m. OR
4/11-5/16 W 5:30 - 6:30 p.m.

MacLellan
Depoali Middle School \$99

Sports

Archery I

Explore this 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

2/16-4/27 F 4:30 - 5:30 p.m.

Pitts

Wasting Arrows Archery \$99

Golf for Beginners

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing and the rules and etiquette of the game from a professional. Learn to putt, chip and to play with both iron and wood clubs at a golf range. At the end of this course you should be prepared to play at least a par three course. \$35 materials fee

4/19-5/24 TH 6:30 - 7:30 p.m.

Williams

Grand Sierra Resort Driving Range \$99

Martial Arts

Tai Chi I

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

1/16-3/1 T,TH 6:30 - 7:30 p.m. OR

3/6-4/26 T,TH 6:30 - 7:30 p.m.

Jones

TMCC Meadowood Center S308 \$89

"Mary Ann is fabulous, knowledgeable, humorous, attentive to each person and inspiring!"

—Tai Chi student

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 Qi Gong exercises for health. Discover new elements of meditation, Tai Chi philosophy, history and the martial aspects of the art.

1/15-3/5 M,W 6:30 - 7:30 p.m. OR

3/7-4/30 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.

1/16-3/1 T,TH 5:15 - 6:15 p.m. OR

3/6-4/26 T,TH 5:15 - 6:15 p.m.

Jones

TMCC Meadowood Center S308 \$89

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

2/26-5/2 M,W 5:15 - 6:15 p.m.

Stege

Pine Middle School \$89

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: build your 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!

<http://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.

1/21-2/25 SU 7-8 a.m. OR
1/25-3/1 TH 4-5 p.m. OR
3/4-4/8 SU 7-8 a.m. OR
3/8-4/12 TH 4-5 p.m.

Rousseau

Caughlin Club

\$69

Food and Beverage



HOT!

Indian Cooking

Shake up your normal dinner routine by discovering how to use savory Indian spices believed to help heal the body. Prepare and sample inexpensive entrees including Chicken Tikka Masala, reportedly one of the United Kingdom’s most popular dishes, and Halwa, a favorite dessert in India and other countries. The menu changes with each class, so repeat students are welcome. \$20 materials fee

2/20-3/13 T 6-7:30 p.m.

Zed

Damonte Ranch High 117

\$79

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

3/10 S 10 a.m. - 12 p.m.

Moss

Hub Coffee Roasters

\$39

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



Take one of our noncredit classes and you’ll qualify for membership in our fitness center, located at the Dandini Campus.

Get fit in our clean, convenient facility as you work out with free weights, machines and cardio equipment. Personal trainers are available to assist you year-round (call 674-7974 for appointment details).

Memberships are a bargain: just \$50 a semester for WDCE students. The center is open 11 a.m. to 7 p.m. Mondays through Thursdays, and 11 a.m. to 4 p.m. on Fridays.

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

Middle Eastern Feast

Transform dinner into an exotic adventure with handcrafted Persian, Mediterranean and Middle Eastern food. Learn to make a vegetarian, gluten-free eggplant appetizer with whey sauce, flavorful herbs, onion, garlic and nuts. Follow that with a decorative salad called oloviyeh with potato, egg, chicken, pickle, fresh peas and a homemade sauce. Move on to an eggplant entrée with meat and tomato sauce and white or brown rice called tah-chin-bademjan. Then provide the perfect finish with Persian sweets like a classic baklava. \$20 materials fee

3/17-3/24 S 10 a.m. - 1 p.m.

**Zahedni
Holy Cross Lutheran Church \$69**

Say Cheese

Delight your taste buds when you sample the eight kinds of artisan cheeses with a certified cheese professional as your guide. Explore how these delicacies are made and learn about cheese-making regions. Become more proficient at pairing cheeses with wine during tastings over this fun, social evening. \$10 materials fee

4/16 M 6 - 8 p.m.

**Conrow
TMCC Meadowood Center S300 \$59**

“Classes like this are so much fun and informative.”

—Say Cheese student

NEW!

Going Green with Wine

Embrace a healthier lifestyle or adjust your carbon footprint by buying green and friendly wines. Discover the differences between organic, biodynamic and sustainable approaches to grape growing. Learn how each country or grape growing region certifies those practices and taste examples of these wines from all over the world. \$20 materials fee

3/7-3/21 W 6 - 8 p.m.

**Davidson
Total Wine and More \$69**

NEW!

Lodi Wine Experience

Lodi wine country, an old grape growing region, is emerging as one of California’s premier wine destinations. Spend two nights at Mettler Winery’s vineyard guest house and enjoy a reception tasting of this fifth-generation winemaker’s award-winning Cabernet Sauvignon, Zinfandel and Petite Sirah. Explore the area’s most famous wineries during a private shuttle tour with a hosted lunch. Visit Robert Mondavi’s childhood stomping grounds and spend time discovering downtown Lodi’s quaint historic district and its shops, restaurants and craftsman houses.

Course fee includes lodging, winery tours and some meals. Furnish your own transportation to the winery.
4/11-4/13 W-F 8 a.m. - 8 p.m.

**Davidson
Mettler Family Vineyards \$399**

The Culinary Arts program at TMCC offers certificates and degrees in a variety of specialties, including culinary arts entrepreneurs for those who would like to own a business. See catalog.tmcc.edu today.

Health and Wellness



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. 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.

1/23-2/13 T 5:30 - 7 p.m.

**Barclay
TMCC Meadowood Center \$69**

Journal To Self

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

1/29-2/26 M 6 - 9 p.m.

**Gilmore
TMCC Meadowood Center S315 \$69**

NEW!

Growing Through Grief

Grieving any loss is natural and normal, from a death to the loss of a job. Explore factors that affect the process, healthy and complicated grief, and potential positive outcomes. Learn how to grieve in healthy ways and how to offer a supportive presence to another.

2/5-2/12 M 6-8 p.m.

Linesch
TMCC Meadowood Center S300 \$49

NEW!

Unleash Your Inner Confidence

Maximize your full potential and realize your dreams by learning to overcome insecurity and self doubt. Turn your inner critic into your inner cheerleader by using positive thought processes. Find out how your thoughts can attract or repel what you desire most from life. Creating confidence is key to achieving the life you desire.

2/12 M 6-9 p.m.

Nielson
TMCC Meadowood Center S207 \$39

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.

3/5-3/26 M 6-8 p.m.

Anderson
TMCC Meadowood Center S300 \$79

Fix Your Aching Knees, Feet and Shoulders

Ease knee, foot and shoulder pain and feel better. Understand what is causing the pain and how to get the most out of your treatment. With a clinical orthopedist as your guide, discover active and passive therapies for specific injuries and diseases and the measures you can take to prevent suffering.

3/10 S 9 a.m. - 12 p.m.

Lichter
TMCC Meadowood Center S300 \$39

NEW!

Natural Green Cleaning with Essential Oils

Protect your family and home from the effects of toxic chemicals by replacing them with green cleaning products. Save money while learning how to use essential oils and other natural ingredients to create a cleaning kit.

3/12 M 6-9 p.m.

Crews
TMCC Meadowood Center S324 \$39

Couples Massage

With your partner, rediscover the healing effects of physical touch. Give each other the gift of a relaxing Swedish massage. Soothe aches and relive tension by practicing proven techniques. Massage is a relaxing way to celebrate life. Price is per couple. \$5 materials fee

3/24 S 9 a.m. - 2 p.m.

Ferruccio
TMCC Meadowood Center S217 \$79

Tap Into Your Healing Wisdom

Discover how to wholistically access your body's natural healing ability through a safe, simple, empowering tool called Transformative Wholistic Reintegration or TWR. Learn from a Reiki master therapist how this face, erase and replace with grace technique can address the root causes of chronic pain, anxiety, addiction, unresolved trauma and grief and can even enhance athletic and artistic performance. TWR is a hybrid of the popular Emotional Freedom Technique and Eye Movement Desensitization and Reprocessing.

4/7 S 10 a.m. - 12 p.m.

Akiko
TMCC Meadowood Center S315 \$39

"Easy to understand, but infinitely powerful."

—Tap Into Your Healing Wisdom student

NEW!

Your Aura and Chakras

Become more confident in who you are and how you relate to others. Explore the energy centers or chakras of your body, learn to clear foreign energy and programming that can inhibit your emotional expression and seek out your spiritual truths.

4/10-4/24 T 10 a.m. - 12 p.m.

Peppard
TMCC Meadowood Center S320 \$59

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

4/21 S 9 a.m. - 12 p.m.

Griffin
TMCC Meadowood Center S117 \$39

Self-Empowerment

Boost your self-confidence and more positively influence those around you. Dispel common myths that can lead to insecurity and doubt so you can determine what is fact and what is fiction. Adopt empowering thought processes, discover your own personal affirmations, overcome external pressures and instill confidence in others, no matter their age.

4/25 W 6-9 p.m.

Nielson
TMCC Meadowood Center S315 \$39

"This course is excellent, contains a lot of information and also provokes a thought process about ourselves and our reactions to other people."

—Viktoria W., Self Empowerment student

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 in which all humans are a part of. \$35 materials fee

4/26-5/31 TH 6-8 p.m.

Steger
TMCC Meadowood Center S324 \$99

NEW!

Reiki, An Introduction

Cultivate your body's natural ability to heal, while experiencing the benefits of mind, body and soul wellness. Discuss what Reiki is and learn the history and traditions behind this ancient Japanese practice. Take part in a demonstration and get to know the energy systems of your body and how Reiki interacts with them.

4/23 M 7-9 p.m.

Morrison
TMCC Meadowood Center S117 \$39

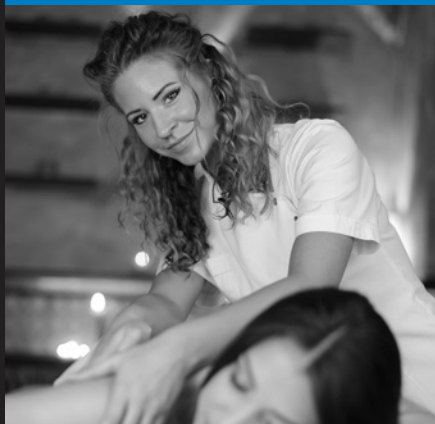
Reiki Techniques

This spiritually guided universal life force promotes stress reduction and relaxation. Learn how to use this technique on physical, mental and emotional levels to restore balance. Develop an awareness of body energy, discover how to calm your body and mind, and bring a deeper sense of connection to every living thing. Experience stronger intuition, creativity, joy and abundance while aligning with your soul purpose. \$25 materials fee

4/28 S 10 a.m. - 4 p.m.

Morrison
TMCC Meadowood Center S117 \$89

Get a \$25 massage and help a student



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

Massage clinics will be held Tuesdays and Thursdays, Feb. 6 through April 26 at 5:30 and 6:45 p.m. Register at wdce.tmcc.edu by clicking on "Register Now" or call 829-9010.

Health Career Certificates



Pharmacy Technician

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

2/12-4/23 M,W 5:30 - 9 p.m.
TMCC Meadowood Center S104 \$1599

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.

1/29-4/30	M-W	5:30 - 9:30 p.m.	
Kolar			
TMCC Meadowood Center S103			\$3299
OR			
1/30-6/14	T,TH	5:45 - 9:45 p.m.	
Montgomery/Solorzano			
TMCC Meadowood Center S315			\$3299

"This course is a great way to get a foot into the medical field as well as getting back into the workforce."

—Clinical Medical Assistant student

View our CMA career certificate video at

<http://bit.ly/WDCECMA>

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.

ONLINE \$879

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.

3/1-4/26 T,TH 5:30 - 9 p.m.
TMCC Meadowood Center S320 \$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. The U.S. Bureau of Labor Statistics projects this field will grow 27 percent through 2024, with starting pay averaging \$23 an hour. 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.

3/5-4/30 M,W 5:30 - 9 p.m.

Pearson

TMCC Meadowood Center \$1099

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. This program does not include state or national certification.

3/5-4/30 M,W 5:30 - 9 p.m.

Stinson

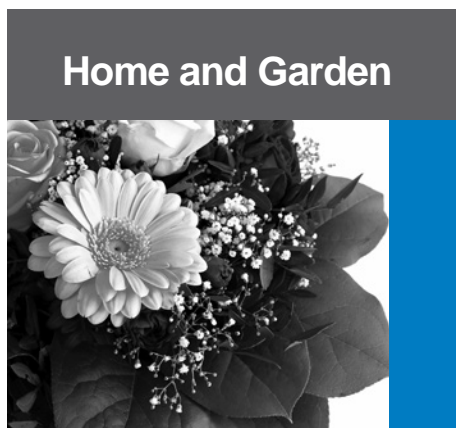
TMCC Meadowood Center S322 \$999

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 on 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

2/27 **T** **6-9 p.m.**
Burns
TMCC Meadowood Center **\$49**

Our Maxine S. Jacobs Nursing Program is just one option if you'd like to get a career in a medical field. TMCC also offers degrees in Community Health Sciences, Paramedic/EMS, Public Health, Certified Nursing Assistant (CNA), and Radiologic Technician. For details, visit catalog.tmcc.edu.



NEW!

Power Tools for Women

Discover the joy of being able to confidently construct your own projects. Put together your own picture frame and gain hands-on experience with common power tools. Learn how to safely operate skill, miter and reciprocating saws, finishing nail and caulking guns, as well as various types of drills. \$10 materials fee

4/21 **S** **1-4 p.m.**
Dreher
TMCC Meadowood Center S103 **\$39**

Basic Home Repair

Save money and learn how to complete your own home repairs. Understand basic safety procedures and equipment handling. Discuss drywall repair, how to change out a light switch, replace an electrical outlet and more. Explore tips and tricks to help you fix things around your home with confidence. \$10 materials fee

4/28 **S** **1-4 p.m.**
Dreher
TMCC Meadowood Center S103 **\$39**

NEW!

Thrift Store Shopping

Discover the secrets to finding the best bargains and hidden treasures in Reno's thrift store market. Gain tips for efficiently sifting through inventory to find unique items. Put your new knowledge to work during a field trip to some local thrift stores for hands-on learning.

2/27 **T** **3-6 p.m.**
Miller
The Nest **\$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. Learn about finishing techniques such as sanding and staining. Advanced students will design and create their own masterpieces. \$30 materials fee

1/31-5/16 **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

1/25-3/15 **TH** **6-9 p.m.**
Murdoch
TMCC Meadowood Center S103 **\$139**

“Glenn is enthusiastic and the people in the class tend to be excited about their projects. The atmosphere is great!”

—Cilia S., Upholstery student

NEW!

Feng Shui Harmony

Enliven and harmonize your home, office or business using the practical principles of Western Feng Shui. Confidently use a pendulum to determine the positive or negative energy charge in your living or working space. Find steps to ease decluttering. Balance the elements of water, fire, earth, air and metal. Map the layout of your space to enhance your career, wealth and abundance, reputation, romance, health and family. As a bonus, learn to identify your own personal energy signature.

2/26-3/5 **M** **6-9 p.m.**
Peterson
TMCC Meadowood Center S324 **\$69**

Floral Arranging for Fun: Spring Colors

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!

3/20 & 4/10 T 5-6 p.m.

Henderson

Sparks Florist Design Center \$59

High Desert Gardening Basics

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

3/12 M 6-9 p.m.

Adams

TMCC Meadowood Center S117 \$49

High Desert Edible Gardening

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

3/19 M 6-9 p.m.

Adams

TMCC Meadowood Center S117 \$49

Organic Gardening

Implementing natural gardening methods can be rewarding, productive and save you money. Gain tips from a master gardener on growing and maintaining quality plants and vegetables, while decreasing water use and increasing your plant production. Find out how to limit the amount of chemicals you use as well as how to attract beneficial insects to your yard.

3/26 M 6-9 p.m.

Adams

TMCC Meadowood Center S117 \$49

Container Gardening

Turn patios and other paved areas into colorful garden-like areas. Learn to grow healthy plants in containers by finding out about plant selection, fertilization and recognition of plant care concerns.

4/9 M 6-9 p.m.

Adams

TMCC Meadowood Center S117 \$49

High Desert Plant Selection

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

4/16 M 6-9 p.m.

Adams

TMCC Meadowood Center S117 \$49

Languages



NEW!

American Sign Language

Explore a unique way to non-verbally communicate with others. American Sign Language or ASL is a beautiful and expressive language used by the American deaf and hard-of-hearing community. Learn the alphabet, numbers, common phrases and questions, as well as how to structure sentences. Put your new knowledge to use by attending a sign language gathering of Nevada's deaf community members and students.

1/30-3/6 T 6-8:30 p.m.

Doyle

TMCC Meadowood Center S300 \$129

NEW!

ASL Beginner Plus

Boost your fingerspelling skills and practice new words. Build upon the signs and phrases learned in American Sign Language and increase your ability to communicate by learning more signs within the topics of family, relationships and items in and around the house.

4/3-5/8 T 6-8:30 p.m.

Doyle

TMCC Meadowood Center S300 \$129

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.

1/24-3/28 W 5:30 - 7 p.m.
 Sefchick
 TMCC Meadowood Center S324 \$169

Conversational Spanish II

If you speak some Spanish and are looking for a way to practice and refine your conversational skills, this class is for you. A number of interesting topics such as Hispanic culture will be covered. The class will be conducted entirely in Spanish.

4/4-5/2 W 5:30 - 7 p.m.
 Sefchick
 TMCC Meadowood Center S324 \$79

Practical French I

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

1/25-4/12 TH 6 - 8:30 p.m.
 Seelye
 TMCC Meadowood Center S324 \$179

"If you enjoy learning and actively interacting with the other students in class, this is for you."

—Carol P., Practical French student

Practical French II

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

1/23-3/27 T 6 - 8:30 p.m.
 Seelye
 TMCC Meadowood Center S324 \$159

Practical French III

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

1/25-3/29 TH 2:30 - 5 p.m.
 Seelye
 TMCC Meadowood Center S324 \$159

Languages in the Workplace

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.

2/7-3/14 W 9 a.m. - 12 p.m.
 Beroza
 TMCC Meadowood Center S315 \$69

"It is a great experience for people from other countries to meet together and to improve their language skills. This class will improve their life in the USA."

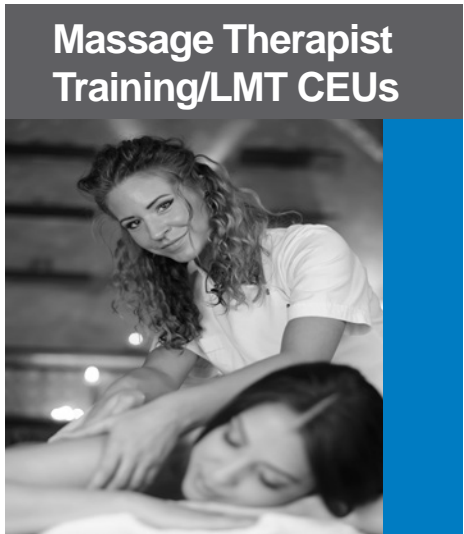
—Alena F., Professional ELL student

Get your Associate of Arts degree with a Spanish emphasis and be on track to use your language skills in your daily work, or transfer to continue your education. See catalog.tmcc.edu.

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

1/27-5/5 S 9 a.m. - 12 p.m.
 Griggs
 TMCC Meadowood Center S102 \$599



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

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.

1/26-1/27 F,S 9 a.m. - 5 p.m.
 Asay
 TMCC Meadowood Center S217 \$159

Trigger Point Therapy

A trigger point is a tight area within muscle tissue that causes pain in other parts of the body. Understand pain referral patterns to locate these trigger points and practice hands-on skills to release pain through massage.

2/23-2/24 F,S 9 a.m. - 5 p.m.
Dorangricchia
 TMCC Meadowood Center S217 \$159

Reiki

Reiki is an energy modality used 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 ways in which to practice the technique with other methods during the individualized session. Reiki addresses the bioelectric circuits of the human energy system and provides a modality for identifying when regions of the body may need additional focus during the session.

2/3 S 8 a.m. - 4:30 p.m.
Anderson
 TMCC Meadowood Center S217 \$99

Ethics for Massage Therapists

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.

2/17 S 9 a.m. - 5 p.m.
Grubaugh
 TMCC Meadowood Center S117 \$99

Sports and Athletic Massage

Learn the various strokes and techniques used in sports and athletic massage, what effect each has on the tissue, and when to use them. Additionally, discuss 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.

3/2-3/3 F,S 9 a.m. - 5 p.m.
Grubaugh
 TMCC Meadowood Center S217 \$159

Myofascial Release

Learn to treat skeletal muscle immobility and pain using myofascial release by relaxing contracted muscles through both the superficial fascia and deep fascia, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.

3/9-3/10 F,S 9 a.m. - 5 p.m.
Asay
 TMCC Meadowood Center S217 \$159

Meridians of Oriental Massage

Gain an introduction to 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.

3/26-5/7 M 6 - 8 p.m.
DiNapoli
 TMCC Meadowood Center S217 \$159

Deep Tissue and Neuromuscular Therapy

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

3/30-3/31 F,S 9 a.m. - 5 p.m.
Grubaugh
 TMCC Meadowood Center S217 \$159

Prenatal Massage

Learn benefits, precautions and contraindications for prenatal massage. Anatomical and physiological changes that occur during pregnancy will be discussed, as well as specific conditions and complications that may arise during each trimester. Other topics covered will include legal considerations, communicating with healthcare providers, pregnancy loss, and positioning and draping the maternal client.

4/6-4/7 F,S 8 a.m. - 5 p.m.
Ferruccio
 TMCC Meadowood Center S217 \$159

Osteo Symmetry

Gain an introduction to this manual therapy developed to release structural tension patterns and unwind energy blockages from the bones. This decreases strain on the nervous system, increases flexibility and restores natural mobility and posture. Using palpation, mobility and visual assessment learn to recognize and release restrictions in the skeletal structure.

4/20-4/21 F,S 9 a.m. - 5 p.m.
Asay
 TMCC Meadowood Center S217 \$159

Facilitated Stretching and Muscle Energy Techniques

Learn facilitated stretching techniques and muscle energy techniques, including Proprioceptive Neuromuscular Facilitation, 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.

4/27-4/28 F,S 9 a.m. - 5 p.m.
Grubaugh
 TMCC Meadowood Center S217 \$159

Money and Investing



NEW!

Inventions 101

Discover how to protect your intellectual property and your rights through patents, trademarks and copyrights. Understand the laws surrounding this area including trade secrets, to find out how to protect your inventions, brands, photos, music, books, website content and more. This beneficial information pertains to entrepreneurs, inventors, engineers, designers, artists or authors.

3/21 W 6-9 p.m.

Burns

TMCC Meadowood Center S320 \$39

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

3/10 S 9 a.m. - 12 p.m.

Smith

TMCC Meadowood Center S324 \$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.

1/27-2/3 S 9 a.m. - 12 p.m. OR

1/30-2/6 T 6:30 - 9:30 p.m.

Costelloe

TMCC Meadowood Center S320 \$69

“Very good starting place for people to learn about retirement planning or discover new investment options.”

—Steven B., Retirement Planning Today student

NEW!

Mutual Funds

Mutual funds offer investors a convenient way to diversity their stock holdings. Learn how an investor selects funds. Most funds underperform, overcharge, create tax headaches and suffer from swings in performance. Come learn what mutual funds are, how they work, what fees are involved, and what free resources are available to help you build your own top-notch mutual fund portfolio.

2/26 M 6-9 p.m.

DiCenso

TMCC Meadowood Center S117 \$39

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.

3/19-4/9 M 6:30 - 8:30 p.m.

Gant

TMCC Meadowood Center S315 \$99

NEW!

Avoiding Financial Errors in Divorce

If you are considering divorce, there are a few major topics in which avoidable financial errors could occur, such as child support or spousal support. Break down marital property division by negotiating the possession of assets such as art, pensions, bank accounts and houses attained after marriage. Review how separate property, or assets obtained before marriage, are affected. Go through a practical case study showing how different decisions you make during divorce could affect your financial future.

4/30 M 6-9 p.m.

DiCenso

TMCC Meadowood Center S117 \$39

Did you know TMCC offers Associate of Arts, and Associate of Applied Science degrees in Business? Visit catalog.tmcc.edu.

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.

Music



HOT!

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.

1/22-5/14 M 7-9 p.m.
Lee
Swope Middle School \$149

“Amazing! Richard really helped me develop my voice and gave me strategies and tools to succeed in vocal music.”

–Voice student

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.

1/25-4/26 TH 7-9 p.m.
Jerome
TMCC Vista Bldg B206 \$69

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.

1/30-5/1 T 6-7:30 p.m.
Holloman
Aria School of Music & Art \$109

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, cords, note-reading and various music styles including bluegrass and rock. After becoming familiar with the sounds of each string, you will learn songs and cords every week while reviewing what you learned in previous lessons. Supplies and books required.

2/1-5/3 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

2/8-3/22 TH 6-8 p.m.
Pratt
Steinway Piano Gallery \$89

Harmonica

Have fun playing music in a group setting without having to read music. Enjoy this highly portable instrument as you enhance your lung capacity and reduce stress. The instructor will expose students to a variety of harmonica genres in this fun and engaging class. Please bring a harmonica in the key of C, preferably a Hohner Special 20 or Lee Oskar. \$10 materials fee

3/12-3/26 M 6-8 p.m.
Mills
TMCC Sierra Bldg. \$69

Banjo

Explore Bluegrass and other banjo styles in this unique beginning course. Receive hands-on practice and individual help. Bring your Scruggs or clawhammer banjo, if you have one. \$10 materials fee

3/15-4/12 TH 6:30-8:30 p.m.
Sparks
TMCC Sierra Bldg \$99

NEW!

Drumming

Enjoy this innovative program that combines playing West African Djembe and Dunan drums with practicing mindfulness and life strategy. Learn foundational drumming techniques, rhythms and historical insights. Discuss health and wellness benefits like increased memory, resilience, and well-being. Have fun exploring your life while participating in drumming exercises, facilitated drum circles and percussion games. All drums and percussion instruments provided. \$10 materials fee

3/15 TH 6:30-9 p.m.
Broscoe
TMCC Sierra Bldg. \$39

NEW!

Stage Presence for Performers

Gain more confidence onstage and improve your performance persona. Whether you're an actor, singer, dancer or musician, defining your stage presence is key to success. Discuss common personal fears, how to command the attention of your audience, the usage of props and how having too much stage presence can hurt rather than help your performance.

2/15-2/27 T,TH 7 - 9 p.m.
David
 TMCC Meadowood Center S320 \$89

NEW!

The Rise and Fall of Progressive Rock

Prog Rock has produced artistic zeniths like Pink Floyd's "Dark Side of the Moon" and cringe-worthy, embarrassing lows like Emerson, Lake and Palmer's "Love Beach." Learn the origins of this peculiar and oft-maligned musical expression, trace its evolution, go in-depth on key bands like King Crimson, Genesis and Yes, and rediscover the albums of its heyday. Learn about its commercial demise at the hands of disco, punk and new wave and how Prog Rock's adventurous spirit is alive now.

3/7-4/25 W 7:30 - 9 p.m.
Falk
 TMCC Meadowood Center \$69

Besides music education, TMCC has for-credit performing groups in Jazz Band, Choir and Concert Band. For details, visit schedule.tmcc.edu.

Outdoors



NEW!

Winter Tent Camping

Enjoy more time outdoors by learning the basics of snow tent camping. Develop your cold weather skills and be able to identify avoidable hazards. Eliminate your fears of getting cold and wet, and build your confidence to experience nature's adventures year-round. Take home a portable snow emergency survival kit. \$10 materials fee

2/10 S 9 a.m. - 12 p.m.
Fromherz
 TMCC Meadowood Center S315 \$39

Creating a Camp Kitchen and Pantry

Spend less time preparing for a trip into the great outdoors and more time enjoying it. Learn how to create a highly portable, practical and functional kitchen-in-a-box so you'll never forget an essential camp cooking item again. Make a functional camp pantry box to hold food staples and supplies and find out what items you should include. Whether you stay in your car, a tent, an RV or have a BBQ in the park, feel comfortable knowing you have all the items you need stored in an organized and easy-to-take container.

3/5 M 5:30 - 9 p.m.
Crews
 TMCC Meadowood Center S117 \$49

HOT!

Bald Eagle Expedition

Experience the largest wintering bald eagle population in the continental United States located in the Lower Klamath Basin of northeastern California. We'll find these regal creatures all around us, perched on fences, ice lakes and in trees, along with potentially thousands of tundra swans, snow geese and other wintering waterfowl. Transportation, lodging and other fees not included.

Lecture:
2/1 TH 6:30 - 8 p.m.
Field Trip:
2/9-2/11 F-SU All Weekend
Gubanich
 TMCC Meadowood Center S320 \$89

HOT!

Birds and Wildlife of Bodega Bay

April is the height of the migration season. Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California. Spend Friday and Saturday in Bodega Bay, then move to Point Reyes on Sunday morning. Transportation, lodging and other fees not included.

Lecture:
4/11 W 6:30 - 8 p.m.
Field Trip:
4/20-4/22 F-SU All Weekend
Gubanich
 TMCC Meadowood Center S320 \$89

"Yes, I recommend this class because it's great bird watching with a nice group of friends. 'Birds of a feather flock together!'"

—Teri P., Birds and Wildlife of Bodega Bay student

Professional Advancement Certificates



HOT!

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.

1/29-3/26 M 6-9 p.m.
Kamen
TMCC Meadowood Center S115 \$54

NEW!

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.

2/9-2/23 F 8 a.m. - 5 p.m.
Cook

TMCC Meadowood Center S315 \$499

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. Gain hands-on experience creating vase and basket arrangements, boutonnieres, corsages and more. Taught by an experienced floral designer at a floral design center, the class will give you a realistic feel for this profession. \$25 materials fee

2/26-3/9 M-F 1-4 p.m.
Fiannaca
Sparks Florist Design Center \$299

“This class was amazing! I had no idea all the areas that are needed for maintaining and designing with flowers.”

—Deanna K., Florist Fundamentals student

Watch this video about our Florist class at

<http://bit.ly/TMCCFloral>

Professional Skills



NEW!

Essential Leadership

Discover how to lead a more enriched life by drawing on your personal strengths and beliefs. Gain tools to help you monitor your success and develop support to sustain your progress. Explore your purpose, create a strategic life plan and discover how your knowledge and experiences can help you achieve your goals.

2/5-2/12 M 9 a.m. - 12 p.m.
Pech

TMCC Meadowood Center S315 \$69

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.

2/5-2/12 M 5:30 - 8:30 p.m.
Ogden

TMCC Meadowood Center S306 \$69

NEW!**Positive Confrontation Techniques**

Boost your confidence, increase your workplace morale and learn to communicate effectively during difficult situations. Explore proven techniques to better address challenging conversations and people and how to prevent problems from escalating. Create a healthy work environment that delivers positive outcomes and avoids the bully and victim scenario.

3/21 W 9 a.m. - 12 p.m.
Burns
TMCC Meadowood Center S315 \$49

NEW!**Communication Skills for Supervisors**

Studies show that most managers can significantly improve upon their digital, written and oral communication skills. Excel in your career by conveying information clearly and creating an atmosphere that welcomes feedback. Learn how to coach your employees so they can meet expectations and thrive in their jobs. Find out how to run an effective meeting and gain tips for solid time management.

4/18 W 9 a.m. - 12 p.m.
Burns
TMCC Meadowood Center S315 \$49

Better Manage Difficult People

Whether at work or at home, keep your sanity and your cool by learning tools for managing difficult, non-compliant people. Find out what behaviors you can and cannot control, and how to help others grow in a positive way. Learn how to improve communications and develop personal responsibility in others.

3/5-3/12 M 6-9 p.m.
Pech
TMCC Meadowood Center S315 \$69

Professional Business Podcast

Engage current and potential customers and increase your web traffic through podcasting. Understand structuring and audio production fundamentals. Learn about hardware and software, microphone and computer capabilities needed to create a compelling podcast. Practice techniques to effectively convey information about your products and ideas.

3/12 M 6-9 p.m.
Conrad
TMCC Meadowood Center S116 \$49

Revit Building Information Modeling: Beginning

Earn 10 HSW continuing education units toward renewing your architectural license.

1/8-1/12 M-F 5:30-9:30 p.m.
TMCC Applied Technology Center 113 \$500

Revit Building Information Modeling: Intermediate to Advanced

Earn 10 HSW continuing education units toward renewing your architectural license.

1/16-1/19 T-F 5:30-9:30 p.m.
1/20 S 9 a.m. - 1 p.m.
TMCC Applied Technology Center 113 \$500

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 the Praxis, strengthen your math skills and discover tips on raising your scores.

2/24-3/3 S 9 a.m. - 1 p.m.
Schneider-Erger
TMCC Meadowood Center S315 \$99

“This class helped me to better understand the questions and test taking strategies.”

—Praxis prep student

How to Make It in Voiceovers

Break into the voiceover industry and join talented artists like Tina Fey and Morgan Freeman. Get an introduction to the business from a radio personality and national voiceover talent for companies like Olay and Crest toothpaste and learn how you can turn voiceovers into a thriving full- or part-time career.

4/15 TH 6:30 - 8:30 p.m.
Foster
TMCC Meadowood Center S104 \$49

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

Special Interest



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.

12/26-12/29	M-TH	8 a.m. - 3:30 p.m. OR	
1/2-1/5	M-TH	8 a.m. - 3:30 p.m. OR	
1/8-1/11	M-TH	8 a.m. - 3:30 p.m. OR	
3/26-3/29	M-TH	8 a.m. - 3:30 p.m. OR	
4/2-4/5	M-TH	8 a.m. - 3:30 p.m.	
Various High Schools or TMCC			\$99
Online Class			\$99

Drones, an Introduction

Develop an appreciation of modern drone technology. Discuss the classifications, uses and benefits of unmanned aircraft. Gain a basic understanding of flight control systems and drone limitations. Learn the components that make up a drone and how each one is essential to operation. Review federal and state laws, flight safety and the motor skills needed for proper handling. Undergo a pre-flight inspection and practice beginner maneuvers as you fly a real drone. \$50 materials fee includes a drone.

1/30-2/1	T,TH	10 a.m. - 1 p.m.	
Sharp			
TMCC Applied Technology Center 265			\$69

NEW!

Stage Presence for Performers

Gain more confidence on stage and improve your performance persona. Whether you're an actor, singer, dancer or musician, defining your stage presence is key to success. Discuss common personal fears, how to command the attention of your audience, the usage of props and how having too much stage presence can hurt rather than help your performance.

2/15-2/27	T,TH	7 - 9 p.m.	
David			
TMCC Meadowood Center S320			\$89

NEW!

Healing Our Political Divisions

The U.S. political climate is creating conflict among citizens, friends and even family members. Explore how we can bridge this gulf by nurturing tolerance and restoring calm civility to our conversations, perhaps initially around the dinner table. With a political expert and guest speakers as your guides, learn proven ways to reduce conflict, find common ground and lessen the partisan divide.

2/26-3/12	M	7 - 9 p.m.	
Lokken			
TMCC Meadowood Center			\$59

NEW!

The Golden Age of Mysteries: 1930s and 1940s

This noir period produced some of the best mystery and crime novels. Most mystery fans know of Dashiell Hammett and Raymond Chandler, but many other writers contributed to the noir period. Cornell Woolrich, little known today, was a master of suspense. He wrote "Rear Window" and more than 20 mystery and suspense novels, nearly all of which were made into movies. Noir was a break from the slow-moving British mysteries of the period. Murders didn't happen offstage. The stories were gritty harbingers of today's crime fiction and movies.

4/16	M	6 - 9 p.m.	
Bacon			
TMCC Meadowood Center S324			\$39

History

NEW!

America's Automotive Passion

Get a fascinating, in-depth look at how the automobile has influenced American life, work and play. Journey from automobiles of the 1900s through government regulation of vehicles in the 1970s and discover how technology evolved the car from a plaything of the wealthy to the main mode of personal transportation. Explore the evolution of engineering, styling and business strategies including gasoline, steam and electric cars, Henry Ford's innovations and the sleek classic cars of the '30s. For a \$12 admission fee, see these landmark and classic vehicles up close in the collections at the National Automobile Museum.

3/20-3/22	T,TH	7 - 9 p.m.	
Cathey			
National Automobile Museum			\$39

NEW!

Nevada Ghost Towns and Mining Camps

Nevada is home to more than 600 ghost towns and mining camps. Explore the mystique surrounding these last vestiges of the Old West that has made them a source of fascination for thousands of visitors. Take a journey through stories of famous and not-so-famous sites and gain first-hand perspective with a field trip to Gold Hill and Silver City, near legendary Virginia City. Provide own transportation.

Lecture:			
4/19	TH	6 - 9 p.m.	
Field Trip:			
4/21	S	9 a.m. - 4 p.m.	
Macaluso			
TMCC Meadowood Center S300			\$99

Bridge

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.

2/20-4/17 T 6:30 - 8:30 p.m.
Gordon
Reno Bridge Club \$99

"I have been playing party bridge for years. This course provided new information for me every class."

—Thelma B., Bridge II: Play student

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.

2/26-4/23 M 12:30 - 2:30 p.m.
Gordon
TMCC Meadowood Center S324 \$99

Bridge IV: Conventions

Take your bridge expertise further by practicing major and minor suit openings and responses, various uses for the double, ace asking bids and two-over-one bidding. Develop the confidence you need to play in any bridge game. To take this class, you should be familiar with basic bidding, play of the hand, defense and very basic conventions.

2/26-4/23 M 3 - 5 p.m.
Gordon
TMCC Meadowood Center S324 \$99

Spiritual Exploration



NEW!

Walking the Labyrinth

A labyrinth is an ancient symbol related to wholeness. It combines imagery of the circle and spiral into a meandering but purposeful path. Discover its ancient history and how it can be used as a tool for spiritual awakening. Receive instruction on walking the labyrinth effectively, then walk the labyrinth and, if you feel comfortable, share the results. If time allows, walk it again and compare the two experiences.

3/3 S 9 a.m. - 12 p.m.
Erwine
Trinity Episcopal Cathedral \$39

NEW!

Meditative Sound Journey

Relax, release and feel renewed in this calming journey through the earth elements of fire, water, wind and earth. Each element connects us to the natural world, and a variety of sounds will guide you to connect on a new level. Unwind during the work week with self-guided meditation and live music including flutes, didgeridoos, singing bowls, gongs and percussion. Enjoy mental and physical rejuvenation with light stretching and yoga whether you choose to be an active or passive participant.

4/5-4/26 TH 7:45 - 9:15 p.m.
Zahn
TMCC Meadowood Center S308 \$69

NEW!

Ancient Solar Teachings

Discover how the sun has influenced ancient and modern spiritual seekers in their journeys to enlightenment and knowledge. Explore a variety of cultures that have used solar phenomena in their religious practices including Israel, Greece, Arabia, India, China, Polynesia, Mexico and Peru.

2/15-2/22 TH 6 - 9:30 p.m.
Savoy Jr.
TMCC Meadowood Center S300 \$69

HOT!

Native American Spirituality in a Modern World

Delve into spiritual traditions, practices and beliefs with the guidance of a Washo spirit guide. Explore the living, traditional knowledge of this ancient culture and how it applies to contemporary society. Develop a oneness with nature, the universe and peoples of the world. Understand how Native American beliefs can complement other spiritual practices. Experience a circle dance and the affirming energy it generates. The second class is at the instructor's nature school in Gardnerville. Provide own transportation.

Lecture: 4/14 S 12:30 - 4:30 p.m.
Field Trip: 4/21 S 12:30 - 4:30 p.m.
PahtahIngee
TMCC Meadowood Center S324 \$79

"Mesmerizing. Mountain Eagle is so knowledgeable and so passionate and genuine. I felt he was sharing his life, not teaching a doctrine."

—Annette L., Native American Spirituality student

The Journey After Life

Investigate major religious and cross-cultural views of where we go after we die. Learn which ideas of the afterlife are common to a number of belief systems and which are unique. Build upon your conception of the journey of life after death.

4/18-4/25 W 6 - 8 p.m.
Linesch
TMCC Meadowood Center S300 \$49

Writing



TMCC Writers' Conference

Hobnob with successful authors and agents seeking new talent. Enjoy a day filled with tips that will give you the advantage in getting published and gain guidance for producing a story that resounds with readers. Delve into the six secrets of successful authors, how to create palpable conflict in your story, world building and writing with bravery. Discover how to strengthen your writing from novelist and essayist Gayle Brandeis (HarperCollins, Holt and Ballantine), Harlequin Romance author Anna Stewart and fantasy writer Amy Lane. Pitch your manuscript during an optional private meeting with literary agents Sheree Bykofsky, Laurie McLean and Jennifer March Soloway. Save \$20 off the conference tuition when you register by March 20.

4/21 S 10 a.m. - 3:30 p.m.
 TMCC Sierra Building 108 \$149

"I always recommend this conference to every writer I meet. The education, support and fellowship provided are world class."

—Robbie L., Writers' Conference attendee

NEW!

Query Writing: Grab an Agent's Attention

Discover the vital aspects in writing a successful query and presenting an in-person pitch from an East Coast Agent and author of more than 30 books. Better grasp what an agent expects from a query and how you can meet those expectations. Craft your own verbal pitch and have an opportunity to present it to the class. You can also bring your query to class for critique. If you are pitching an agent at the TMCC Writers' Conference, this class will fully prepare you for that meeting.

4/20 F 2 - 5 p.m.
 Bykofsky
 TMCC Meadowood Center S315 \$39

NEW!

Harness Your Inspirational Power

Don't let a blank page or a messy desk intimidate you. Instead, unleash your creativity and gain the motivation you need to start writing that novel, a cookbook, memoir or any topic important to you. Take part in innovative exercises and guided imaginary. Expand your creative process with unique artistic direction and delve into a variety of imaginative formats. Gain tips for resources and daily affirmation practices.

3/3 S 9 a.m. - 1 p.m.
 Rew
 TMCC Meadowood Center S320 \$49

Earn an associate's degree in liberal arts with an English emphasis. Visit catalog.tmcc.edu.

Creative Writing

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

2/26-4/16 M 6 - 8 p.m.
 Castleman
 TMCC Meadowood Center S320 \$119

NEW!

Writing Flash Fiction

Craft well-written fiction and nonfiction stories that are less than 1,500 words. Learn how to master vocabulary to make every word count and find out how this condensed method of writing can apply to your other writing projects. Refine your stories, then explore how to promote and seek publishers.

2/21 W 6 - 9 p.m.
 Bacon
 TMCC Meadowood Center S322 \$39

WordPress Blog and Website Design

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

3/20-3/22 T,TH 9 a.m. - 12 p.m.
 Lenga
 TMCC Meadowood Center S322 \$99

NEW!

Blog Writing

The fastest way to build an online following is through blogging. Learn how to create effective written content, identify your target audience and find your voice to grow your following. Gain tips on how to relate to your specific audience and increase search engine optimization, as well as how to promote your posts. Discuss readability and gain tips on how to make your posts easy to scan regardless of the device used.

4/10 T 6 - 9 p.m.
 Turner
 TMCC Meadowood Center S324 \$39

NEW!

Writing Critique Workshop

Hone your writing and editing skills while engaging in supportive project discussions. Industry professionals recommend that all new writers join workshops to hone their craft. Via weekly submissions, read fellow classmates' work and provide a constructive critique that will not only help your peers, but also give you insight on how to improve your own manuscript. The instructor will also give tips on critiquing works of art.

4/18-5/2 W 7-9 p.m.
David
TMCC Meadowood Center S320 \$69

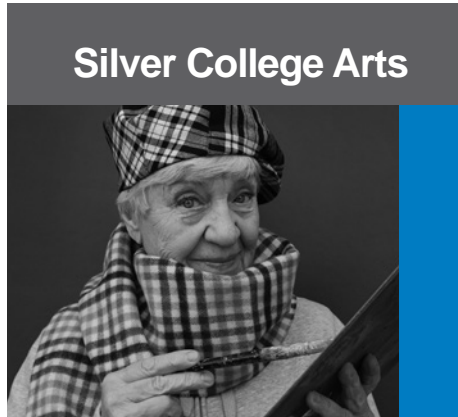
Journal To Self

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

1/29-2/26 M 6-9 p.m.
Gillmore
TMCC Meadowood Center S315 \$69

"I found this course to be well organized, insightful and thought provoking! If you want to experience tremendous self-growth, take this class."

—David B., journal student



Silver College Arts

Silver Spanish

If you have never taken Spanish or took classes years ago, this class will teach you the basics and have you speaking Spanish in a fun, comfortable environment. Learn conversational elements including salutations, commonly used words and phrases and Spanish customs. No grammar is presented in this course.

1/24-3/28 W 4-5 p.m.
Sefchick
TMCC Meadowood Center S324 \$79

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

2/8-3/22 TH 10-11 a.m.
Pratt
Steinway Piano Gallery \$69

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

2/8-3/22 TH 11 a.m. - 12 p.m.
Pratt
Steinway Piano Gallery \$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.

2/9-4/20 F 9 a.m. - 12 p.m.
Poulos Leonard
TMCC Meadowood Center S103 \$99

"I love Tricia and I love her class. It's my third time around. I can't wait for the next class."

—Sondra S., Acrylic Painting for Retirees student

NEW!

Alcohol Inks

Discover an intuitive, relaxing way to create art with the look of brilliant stained glass. Alcohol inks are highly fluid, transparent, dye-based inks that combine to form fascinating images. Learn color theory, design elements, composition tips and special techniques to produce several projects you can display proudly at home. \$20 materials fee

2/24 S 1-4 p.m.
Moss
TMCC Meadowood Center S103 \$39

NEW!

Mixed Media Collage with Alcohol Inks

Create a colorful 11 x 14 art collage with fabric, alcohol ink dyes, stencils, stamps, acrylic paint, copper and fiber paper. Tap into your creative self and explore this medium by painting, stamping and dyeing your own fabric and papers, and embossing a copper design. Add embellishments to make your unique artwork appear more 3-dimensional. \$20 materials fee

3/24 S 1-4 p.m.
Moss
TMCC Meadowood Center S103 \$39

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.

3/20 T 10 a.m. - 1 p.m. &
3/22 TH 10 - 11 a.m.
Packham-Weaver
Copper Cat Studio \$49



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.

2/13-2/22 T,TH 10 a.m. - 12 p.m.
Flatt
TMCC Meadowood Center S103 \$79

NEW!

Oil Painting Outdoors

Discover the thrill of painting landscapes outdoors. Learn to use thumbnail sketches, mix colors from a limited palette and experiment with abstract realism during two visits to the Rancho San Rafael Arboretum and one to Washoe Lake. Bring 2 or 3 landscape photos to the first class. Beginners are welcome, with instructor demonstrations and individual and group reviews at each session. Supplies required.

4/18-5/9 W 9:30 a.m. - 12:30 p.m.
Grigus
TMCC Meadowood Center S103 \$99

NEW!

Silver Watercolor Tips, Tricks and Techniques

Elevate your watercolor skills by learning about washes, layering for values, controlling water and pigment, creating texture and saving those whites. Work on small sample pieces for each technique, with room for notes and experimentation. Discover new photographing and framing tips and how to enter your work in an exhibit. All skill levels are welcome. Supplies required.

4/14 S 12:30 - 5 p.m.
Rector
TMCC Meadowood Center S103 \$59

NEW!

Hand Printed Textiles

Have fun learning how to print and paint designs onto fabric. Brainstorm your own design and use hand stamping and painting techniques to create a repeating pattern. Make quick custom block printing stamps with easy-to-find, inexpensive materials. Transfer inks onto your cloth and use brush strokes and ink types to create a beautiful, unique product.

4/28 S 9 a.m. - 12:45 p.m.
Sibley
TMCC Meadowood Center S103 \$49

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.

2/26-3/19 M 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S115 \$79

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.

3/28-4/11 W 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S115 \$69

Photography for Travelers

Awaken your wanderlust and create exciting images of your travel adventures. Learn how to use photography to capture memories, tell a story and convey a sense of place. Discover what gear to take, the basics of exposure, lighting and composition, and how to take your camera off of automatic to take photos like a professional.

4/30 M 9 a.m. - 12 p.m.
White
TMCC Meadowood Center S115 \$39

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.

2/13-2/22 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center S115 \$59

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.

2/27-3/15 T,TH 9 a.m. - 12 p.m. OR

4/10-4/26 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center \$89

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.

3/13-4/5 T,TH 1-3 p.m.

Lish

TMCC Meadowood Center S115 \$89

NEW!

Windows 10: Microsoft Edge Browser

If you're a Windows 10 beginner, discover Edge's easy tools for viewing web sites like CNN, TripAdvisor, MapQuest and Newtoreno. Browse the Internet quickly and confidently and get instant weather reports, sports scores and thousands of other answers. You must know how to use a mouse and navigate a computer interface to take this class.

3/20-4/5 T,TH 9 a.m. - 12 p.m.

Lish

TMCC Meadowood Center \$89

Social Media for Retirees

Share your messages, photos and videos with friends and family through social media. Create a Facebook page, learn how to post your thoughts and visuals for only those people you want to view them, and find out the power of Likes and how to Friend your contacts. Learn about Twitter, Instagram and Pinterest and how each offers a unique window into online communication.

3/7-3/21 W 10 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S115 \$59

Buying and Selling on the Internet

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

3/30-4/13 F 1-3 p.m.

Lenga

TMCC Meadowood Center S115 \$59

YouTube for Retirees

Discover countless videos of past and present entertainment, comedy, music and education. Learn to post your own videos online for public review and comment or make them available to only a select group of friends. Find out how to browse for videos you want to watch and subscribe to video channels you like.

3/30-4/6 F 10 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S115 \$49

Cell Phones

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.

2/7-2/21 W 10 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S300 \$59

"Very helpful to older folks who weren't raised on modern technology."

—Explore Your iPhone student

Explore Your Android Smartphone

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

3/28-4/11 W 10 a.m. - 12 p.m.

Lenga
TMCC Meadowood Center S300 \$59



NEW!

Dating for Seniors

Practice activities that create new ways to connect with people. Empower yourself by discussing elements of intimacy and preventing sexually transmitted diseases. Experience the freedom that comes with letting go of control and allowing dating situations to develop comfortably. Become empowered to speak your truth with a partner.

4/23 M 1 - 4 p.m.

Hurst
TMCC Meadowood Center S320 \$39

NEW!

Love, Sex and Aging

Take part in a comfortable, honest overview of how aging and dementia affect sexual expression. Explore attitudes about sexuality and intimacy in persons with dementia. Gain insights about safe touch and knowing when to say no. Learn from other couples who have found helpful resources and strategies for challenging situations.

4/30 M 1 - 4 p.m.

Hund
TMCC Meadowood Center S320 \$39

Aging in Community

Discover the dynamic, innovative senior village movement and its transforming effect on aging in community. Learn how to use time banking to build social capital and save money by exchanging time and services with your neighbors including transportation, household and yard tasks, errands and personal and pet care.

2/28 W 9 a.m. - 12 p.m.

Dewitt-Smith
TMCC Meadowood Center S320 \$39

HOT!

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 program.

2/13-2/22 T,TH 2 - 4 p.m.

Colson
TMCC Meadowood Center S320 \$49

“The class was wonderful. It cleared up a lot of my misconceptions.”

—David I., Making Sense of Medicare student

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.

3/15-3/22 TH 6:30 - 8:30 p.m.

Swackhamer
TMCC Meadowood Center S300 \$49

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.

3/23 F 1 - 4 p.m.

Zahn
TMCC Meadowood Center S117 \$39

NEW!

Mental and Physical Aerobics

Reduce the risk of dementia and develop a plan for healthy aging. Become familiar with the 10 warning signs of Alzheimer's. Maintain a healthy brain through learning about mental and physical exercises, social engagement and nutrition. Separate myth from reality and confront commonly held fears about Alzheimer's.

2/5 M 1 - 4 p.m.

Hund
TMCC Meadowood Center S320 \$39

NEW!**Feeling Fit After 50**

Enjoy the freedom of moving with more confidence and less pain through self-massage techniques, proper nutrition and safe strength and cardio training. Guided by an elite fitness coach, discover healthy, effective exercises that stabilize your core for better balance, endurance and power. Reduce your risk of injury by correcting faulty movement patterns. Easily adjust your nutrition to fend off illness and achieve a fit, eye-catching physique. You'll receive a professionally designed workout program tailored to your specific goals and abilities that you can do almost anywhere.

2/5-3/19 M 2-3 p.m.

Holly

TMCC Meadowood Center S308 \$59

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.

1/30-2/20 T 10:30 - 11:30 a.m. OR

2/1-2/22 TH 10:30 - 11:30 a.m. OR

2/2-2/23 F 10:30 - 11:30 a.m. OR

2/27-3/20 T 10:30 - 11:30 a.m. OR

3/1-3/22 TH 10:30 - 11:30 a.m. OR

3/2-3/23 F 10:30 - 11:30 a.m. OR

3/27-4/17 T 10:30 - 11:30 a.m. OR

3/29-4/19 TH 10:30 - 11:30 a.m. OR

3/30-4/20 F 10:30 - 11:30 a.m. OR

4/24-5/15 T 10:30 - 11:30 a.m. OR

4/26-5/17 TH 10:30 - 11:30 a.m. OR

4/27-5/18 F 10:30 - 11:30 a.m.

Kurowski

TMCC Meadowood Center S308 \$39

HOT!**Silver Tai Chi**

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

1/10-3/5 M,W 10:30 - 11:30 a.m. OR

1/10-3/5 M,W 5:15 - 6:15 p.m. OR

1/16-3/1 T,TH 4 - 5 p.m. OR

3/6-4/26 T,TH 4 - 5 p.m. OR

3/7-4/30 M,W 10:30 - 11:30 a.m. OR

3/7-4/30 M,W 5:15 - 6:15 p.m.

Jones

TMCC Meadowood Center S308 \$79

HOT!**Silver Pilates**

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

\$89 for eight sessions

"I've gotten so much stronger. I can go down stairs faster with less pain. I'm doing things I didn't think I would ever be able to do again."

— Cindy S., Silver Pilates student

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."

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

Class Locations

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

Copper Cat Studio, 300 Kresge Ln.,

Sparks, Bus Rt. 18

Create, 20 Hillcrest Dr., Reno, Bus Rt.

1, RAPD

Damonte Ranch High School,

10500 Rio Wrangler Pkwy., Reno

Depoali Middle School, 9300 Wilbur

May Pkwy., Reno, Bus Rt. 56

Earthe Energie, 1023 Rock Blvd. Suite

A, Sparks, Bus Rts. 2, 2S, 11, 54

Fused Finery, 1 Booth St., Reno, Bus

Rts. 3, 3CC, 16

Grand Sierra Resort, 2500 E. 2nd

St., Reno, Bus Rt. 12

Holy Cross Lutheran Church, 4895

S. McCarran Blvd., Reno, Bus Rt. 12

Hub Coffee Roasters, 316 Vassar

St., Reno, Bus Rts. RAPD, 1, 6, 16

Labels Consignment Boutique, 601

W. 1st St., Reno, Bus Rts. RAPD, 6, 16

Mendive Middle School, 1900

Whitewood Dr., Sparks, Bus Rts. 11, 25

Mettler Family Vineyards, 7889 E.

Harney Ln., Lodi, CA 95240

National Automobile Museum, 10

Lake St., Reno, Bus Rts. RAPD, 1, 9, 14

Orange Pedal Cycling Shoppe, 1185

California Ave., Reno, Bus Rt. 16

Pine Middle School, 4800 Neil Rd.,

Reno, Bus Rt. 12, 54

Reno Bridge Club, 2850 Wrondel

Way #D, Reno, Bus Rt. 1

Sparks Florist Design Center, 1440

Hymer Ave., Sparks, Bus Rts. 12, 18, 54

Steinway Piano Gallery, 500 E.

Moana Ln., Reno, Bus Rts. 1, 9

Swope Middle School, 901 Keele

Dr., Reno, Rt. 16

The Glass Studio, 47 Glen Carran

Cir., Sparks, Bus Rt. 18

The Nest, 201 Keystone Ave., Reno,

Bus Rts. 3CL, 16

TMCC William N. Pennington

Applied Technology Center, 475

Edison Way, Reno, Bus Rt. 14

TMCC Meadowood Center, 5270

Neil Rd., Reno, Bus Rts. 12, 54

TMCC Sierra Bldg., 7000 Dandini

Bldv., Reno, Bus Rt. 15

TMCC Vista Bldg., 7000 Dandini

Bldv., Reno, Bus Rt. 15

Total Wine and More, 6671 S. Virginia

St., Reno, Bus Rts. RAPD, 1

Trinity Episcopal Cathedral, 200

Island Ave., Reno, Bus Rts. RAPD, 1, 6

Wasting Arrows Archery, 4855

Joule St. #B7, Reno, Bus Rt. 14

**Bus routes subject to change.*

Policies and General Information

Office Hours

TMCC Workforce Development and Community Education is located at TMCC's Meadowood Center, 5270 Neil Rd., room 216 (across from the Sears Auto Center). We are open weekdays from 8 a.m. to 5 p.m.

Senior Citizen Tuition Assistance/Discount

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

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

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.

Age Range for Classes

Adult courses are open to those 18 and older; some exceptions may be made, depending on the class, to allow students 16 or 17 years old. Silver College courses are open to those 55 and older.

Refund Policy

- Should you need to cancel your registration, you will receive
- A full refund, minus a \$10 cancellation fee, if you cancel at least three working days prior to the class start date;
- A 50 percent refund, minus a \$10 cancellation fee, if you cancel less than three working days out;
- No refund if you are a no-show or cancel after the course has begun.
- Should you cancel one class and transfer into another, you will be charged a \$10 transfer fee.

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

Employer-Paid Tuition

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

Class Completion Certificates

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

Non-Grading

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

Accessibility

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

Inclement Weather Class Cancellations

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

Self Funded Classes

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

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

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

Daytime Phone _____ Cell Phone _____

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

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

65 or older? 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.

Training customized for your company or group's needs

Share your vision with us and we'll make it a reality. WDCE will

- Develop quality curriculum using proven adult learning principles
- Hire the best subject matter experts
- Adapt in-person classes to online courses
- Offer state-of-the art instructional technologies and classrooms
- Conduct both online classes and traditional instruction
- Provide all logistics and class management including an online registration system

To learn more, call 775-824-3827.



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 and Advanced Bookkeeping**
- **Clinical Medical Assistant**
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- **EKG Technician**
- **Florist Fundamentals**
- **Ophthalmic Assistant**
- **Patient Service Assistant**
- **Pharmacy Technician**
- **Property Management: 30 Years in 24 Hours**
- **Spanish-English Translation and Interpretation Certificate**

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

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the New Nevada

