

Fall 2023

EPIC Course Guide

Community Education for Northern Nevada

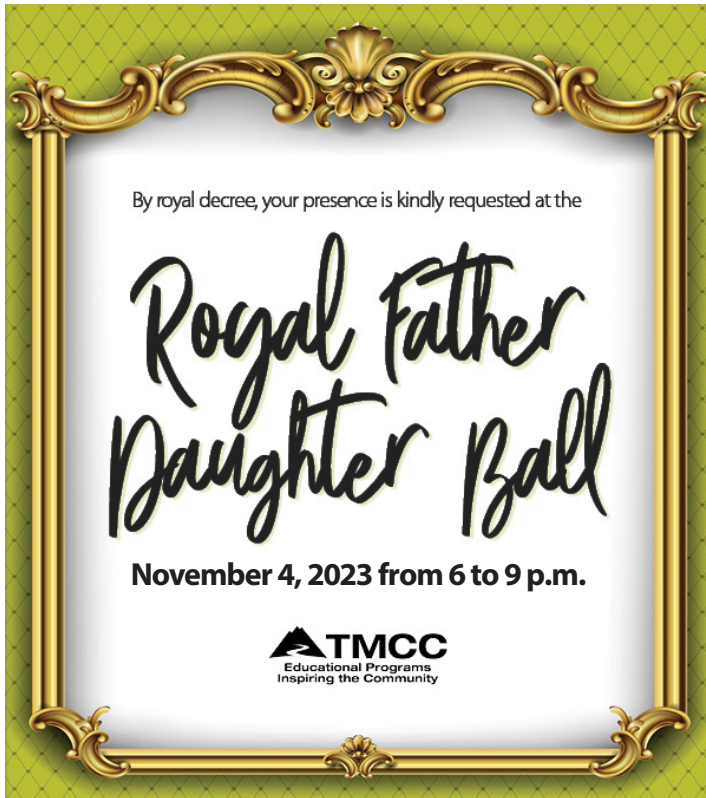


You are made to be **EPIC!**



Call us at **775-829-9010**
Visit our website at **epic.tmcc.edu**
Like us on Facebook **@TMCCCEPIC**
Follow us on Instagram **@tmcccep**

 **TMCC**
Educational Programs
Inspiring the Community



You are made to be **EPIC!**

EPIC (Educational Programs Inspiring the Community)

Fall represents different things to different people. EPIC sees it as an opportunity for change and growth—a time for personal reflection. We invite you to pursue new dreams and possibilities. Your enrichment starts now!

Indulge in various ethnic foods, play the guitar, or venture into the Nevada wilderness with the help of talented instructors. TMCC's EPIC Program is your source for lifelong learning, personal enrichment, community engagement, and social interaction.

Whether you want to enroll in art, food and beverage, or health and wellness classes, you'll find something of interest in our hundreds of courses. Who knows, maybe you'll transfer what you learn into a side business and earn extra cash. Be EPIC, have fun, pursue your interests and take time to feed your soul with community education classes at TMCC!

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Get a \$25 Massage and Help a Student

Our advanced massage therapy students must complete mandatory bodywork hours before graduating. Fall semester massage clinics are held Tuesdays and Thursdays, September through November, at 5:30 p.m. and 6:45 p.m. Registration opens the second week of August. Check out EPIC.tmcc.edu, click "Register Now," and view \$25 massages for details or call 775-829-9010.

Note: To give our students the most comprehensive experience, please do not register for more than one session a month.

Become an EPIC Instructor!

If you're an authority on dance, art, fitness, culinary arts or any other of our non-credit classes, consider teaching a personal enrichment course for EPIC. You don't need a college degree, just a passion to share your knowledge with others. To begin the process, submit a course proposal at this link:



<https://www.tmcc.edu/educational-programs-inspiring-community/downloads/course-proposal>

Scholarships and Discounts

For information about scholarships or to receive an employee discount, call us at **775-829-9010**.

Helaine Greenberg Scholarships

Sunshine Fund – **\$35** scholarships for women for EPIC classes priced at \$50 or higher.

Caregiver Support Fund – **Free one-hour massage** for caregivers of relatives 65 years or older.

Sharon Leong Scholarship for Paranormal Studies

\$100 scholarship for students who want to explore the paranormal. To apply, submit a 200-word essay on why you want to learn more about the paranormal to epic@tmcc.edu.

Columba Life Fund Scholarship

\$35 for students who want to enroll in a Tai Chi or Qigong class. To apply, email Rick Sorensen at rsorensen@tmcc.edu or call him at 775-824-3833.

Employee Discount

10% for TMCC employees on the first EPIC class and **5%** for subsequent classes. *Discount does not apply towards Career Certificates, Pilates and some special topic classes, and events.*

Senior Discount

5% for students 65 or older. *Discount does not apply towards Career Certificates, Pilates and some special topic classes and events.*

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Career Training and Professional Development

Train for a new career, upskill or reskill in fewer than four months. Earn a certification to become a business development representative, clinical medical assistant, community health worker, Python developer, or pharmacy technician. Upskill your knowledge, skills and competencies to expand your opportunities and capabilities. Get a refresher in Microsoft Excel, Access, Word, or Outlook. EPIC's vast selection of programs will help you get ahead in life. Review our programming at epic@tmcc.edu, Career Training and Professional Development, to select the right program for you. Programming is available in these key industries:

Arts and Design • Business • Computer Applications • Computer Science • Healthcare • Information Technology

Nevada Teen Driving **\$99**

Nevada teens between 15 and 18 must complete a driver's education course to be eligible for a Nevada driver's license. EPIC's 30-hour classes are DMV-approved.

Note: Parents/legal guardians are responsible for the 50 hours behind-the-wheel requirement.

In-person:

October 2-5, 2023; December 26-29, 2023; January 2-5, 2024
8 a.m. to 3:30 p.m.
TMCC Meadowood Center

Online:

Students have 60 days from the registration date to complete the course, with no extensions.

Ghost and Paranormal

Explore the paranormal realm with local and international experts and learn how to approach it intelligently and safely. Check out our fall lineup below. We're featuring a class on "Science and the Paranormal" taught by a Chico State professor and one on the hauntings that inspired movies like The Conjuring, led by the grandson of its investigators, Ed and Lorraine Warren.

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Nevada Ghost Towns and Mining Camps **\$99**

Learn about Nevada's mining camps in an introductory presentation. Tour Fort Churchill and the Thompson Smelter and visit the Lyon County Museum and the Pine Grove ghost town.

9/7	Th	6-9 p.m.
AND		
9/9 (field trip)	S	9 a.m. - 4 p.m.
105 TMCC Meadowood Center Paher		

Attract Positive Energies **\$49**

Learn how to attract positivity and release fear. Discuss how to lessen the impact of seen and unseen negativity, the power of love and intention and tips for achieving positive spirit interaction. Practice exercises to build your confidence, make meditations more productive and allow the divine to work through you.

9/13	W	6-9 p.m.
104 TMCC Meadowood Center Berry		

Spirit Recognition and Identification **\$49**

Fine-tune your psychic senses. Understand why you attract the spirits you do and your relationships with them to get more out of your paranormal investigations. Discover spirit origins and identify the various entities that can be present at a ghost hunt.

9/16	S	1-4 p.m.
104 TMCC Meadowood Center Lindemuth		

Akashic Records **\$49**

Explore the basics of their existence and how knowing what your records contain can benefit this life. Discover why you react as you do and learn how to improve your life on spiritual and physical levels. This class does not include actual reading.

9/21	Th	6-9 p.m.
315 TMCC Meadowood Center Hansen		

The ABCs of Paranormal Research - Online **\$49**

Explore the essentials of paranormal research by covering at least one aspect of the field for each alphabet letter. Become aware of factors many don't believe are part of this research.

9/25	M	6-9 p.m.
Online Classroom Landon		

Clearing, Cleansing and Protection Techniques **\$49**

Find out when and who to call for help by understanding the energies and entities you may encounter. Discuss which tools to use and practice techniques to raise energy, sense other entities and cleanse spaces. Learn how to discern different types of energies and protect yourself whether you're participating in a paranormal investigation or everyday life.

9/26	T	6-9 p.m.
104 TMCC Meadowood Center Lunt		

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Past Life Energy

\$49

Learn about this concept and understand how it incorporates the past, present and future. Discuss the benefits of learning about your other earthly existences and how they can give you an outlet to know yourself better spiritually. Find out where these energies come from, why they exist and how you can tap into the information they present. Understand how Akashic Records, your Contracts and Agreements, and other spiritual resources connect with your past life energy.

10/3 T 6-9 p.m.
104 TMCC Meadowood Center Hansen

Ghost Hunting 101: Online

\$49

Learn best practices for ghost hunting, investigating, reviewing and presenting evidence. Understand the paranormal investigation through a cautious approach backed by scientific methodology. Discuss different types of hauntings, essential investigating equipment, the investigation process, and how to deal with the aftermath of an investigation. Review a typical case study of a "haunting."

10/9 M 6-9 p.m.
Online Classroom Carroll-Landon

Cemeteries and Tombstones Tour: Comstock Graveyards

\$59

Decode the hidden meanings of headstones and their symbols to understand life during the Comstock era. Visit Virginia City's Silver Terrace cemeteries and Gold Hill and Silver City graveyards. Find out why affiliations and religions differentiate smaller cemeteries. Hear about new research regarding area gravesites. Take home a packet describing tombstone symbols and area history.

10/14 S 9 a.m. - 4 p.m.
Silver Terrace Cemeteries Davis

Ghosts of Virginia City

\$49

Learn about the ghostly legends surrounding Eilley Bowers, Julia Bulette, the crying baby and the glowing headstone. Visit sites and learn about the famous Suicide Table and the Old Washoe Club.

10/14 S 1-4 p.m.
Storey County Senior Center Oberding

Science and the Paranormal: Online

\$59

Learn about exceptional experiences and how to do your own clairvoyant perception and healing. Find out why it is important to learn about ideas that go against worldview and explore how to apply these insights.

10/19 Th 6-9 p.m.
Online Classroom Kimball

Wisdom of the Tarot: A Foundation and Overview

\$69

Discuss the origins of the Tarot and learn how to make the deck your own, prepare for a reading and handle your deck. Learn about deck similarities and differences and how images, patterns and keys reveal the past, present and future. Explore the structure, vibrations and characteristics of the deck and suits. Understand how Numerology, Astrology and the natural elements apply to the interpretation of the cards. Materials fee: \$5

10/19-10/26 Th 6-9 p.m.
116 TMCC Meadowood Center Wood

Ed and Lorraine Warren's Legacy: Online

\$49

Explore notorious hauntings and delve into the world of ghosts, poltergeists and demons with case studies. Discuss the dangers of spirit communication and Ouija boards and why the use of protection is vital. Discover why fear is ultimately the real enemy.

10/21 S 1-4 p.m.
Online Classroom McKinnell

Ouija Board: Stories and Superstitions

\$49

Explore this game's history, superstitions and facts. Discuss how this board is thought to open a portal to other worlds, is blamed for murder and mayhem and posthumously written books by Oscar Wilde and Mark Twain.

10/28 S 1-4 p.m.
320 TMCC Meadowood Center Oberding

Nevada Ghost Towns and Mining Camps

\$99

Explore the last vestiges of the Old West. Tour the 30-stamp Donovan Silver Mill, Fourth Ward School, Old Town Dayton Museum and the Rock Point Silver Mill.

11/16 Th 6-9 p.m.
AND

11/18 (field trip) S 9 a.m. - 4 p.m.
105 TMCC Meadowood Center Paher

Arts & Crafts

Watercolor Botanicals

\$119

Paint seasonal botanicals by pre-drawing your designs and experimenting with paper textures, color swatches, mixing paints, and brush types. Practice different techniques and skills to capture blooms and brush alike. Take home your finished project. Painters of all skill levels are welcome. Supplies required.

9/5-9/26 T 6-8 p.m.
210 TMCC Meadowood Center Palmer



Macrame Leaf Hanging

\$49

Create boho or rustic Fall leaves using a colored cotton rope. You'll take home an arrangement that can be hung individually or as a bouquet. Materials fee: \$10

9/9 S 9 a.m. - Noon
210 TMCC Meadowood Center Graham



Sashiko Embroidery

\$99

Practice this functional embroidery to craft a personal piece while discussing boro, kogin and other basic Sashiko stitches and grid patterns. Explore the history, tradition and symbolism of iconic motifs like maru, bamboo stalks, cherry blossoms, and Mt. Fuji. Supplies required.

9/12-9/26 T 6-9 p.m.
102 TMCC Meadowood Center Iwahashi



Visit EPIC Online!

epic.tmcc.edu

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Sewing

\$149

Learn about the basic tools, terms and techniques of sewing. Work with your sewing machine to do several simple projects to help you acquire skills such as cutting out and following a pattern, inserting a zipper, finishing seams and more. Required supplies and materials will be discussed during the first class.

9/12-10/31 T 6-9 p.m.
206 TMCC Meadowood Center Willoughby



Watercolor Techniques

\$129

Learn fundamental watercolor techniques. Get comfortable with paints and control the amount of water on your brush. Define your painting style and identify which method best suits your artistic abilities. Supplies required.

9/20-10/11 W 3-5 p.m.

9/20-10/11 W 6-8 p.m.
210 TMCC Meadowood Center Gandolfo

Hand Built Pottery

\$99

Make a unique and functional coffee or tea mug by hand-shaping your project. Hone your skills using pottery tools and performing standard techniques. Fire your piece in the ceramic kiln and add flair with watercolors and stains. Take home your creations - pieces are dishwasher, microwave, and food safe. Materials fee: \$50

9/21-10/12 Th 3-5 p.m.

9/21-10/12 Th 6-8 p.m.
210 TMCC Meadowood Center Gandolfo

Acrylic Painting

\$109

Learn to paint with acrylics and 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. Materials fee: \$25

9/22-11/17 F 9 a.m. - Noon
103 TMCC Meadowood Center Poulos Leonard



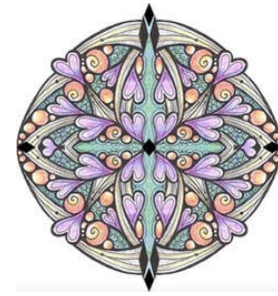
Laser Cutting and Engraving

\$59

Fashion a wood box using LightBurn software to create cuts, raster engravings and image engravings. Delve into the basics of how a laser cutter works and tricks to overcome common issues with cutting. Take home your wood creation. Materials fee: \$15

9/25 M 6-10 p.m.

11/6 M 6-10 p.m.
Bridgewire Makerspace Bradford



Creative Coloring Between the Lines

\$59

Learn to blend colors using pencils and watercolors to finish a coloring book page artistically. Get creative with abstracts to color the pre-set design of your page. Materials fee: \$10

9/30 S 10 a.m. - Noon
103 TMCC Meadowood Center Foldvary-Anderson



Chunky Yarn Blanket

\$49

Create a plush blanket using your fingers, hands and arms instead of needles. Practice by casting on, knitting, purling, and casting off with easy and popular techniques. Apply your skills to create future personal projects like wraps, scarves, throws, and other accessories. Supplies required.

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

12/2 S 9 a.m. - 1 p.m.
102 TMCC Meadowood Center Waltuch

Quilting

\$179

Learn the basics of piecing together fabrics to create a quilt. Practice rotary cutting skills while learning about quilting tools, fabric selection, design, piecing and quilt construction. Each week, a traditional quilt block will be incorporated into your sampler quilt design. Beginners and intermediate quilters are welcome. Supplies required.

9/30-11/18 S 9 a.m. - Noon
206 TMCC Meadowood Center Willoughby

Become an EPIC Instructor!

If you're an authority on dance, art, fitness, culinary arts or any other of our non-credit classes, consider teaching a personal enrichment course for EPIC. You don't need a college degree, just a passion to share your knowledge with others. To begin the process, submit a course proposal at this link:



tmcc.edu/educational-programs-inspiring-community/downloads/course-proposal

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Calligraphy

\$99

Create traditional and whimsical lettering. Practice writing with a calligraphy pen, pencils, watercolors, and a paintbrush. Explore how to create invitations, specialty items and more. Supplies required. Materials fee: \$10

10/6-10/20 F 1-3 p.m.
103 TMCC Meadowood Center Foldvary-Anderson



Knitting

\$89

Learn the basics of knitting and make hand-knit fingerless gloves. Practice tying a slip knot, casting on, knitting and purling stitches, and binding off. Discuss and practice using straight and circular needles depending on your project's needs. Supplies required.

10/14-11/18 S 11 a.m. - 1 p.m.
200 TMCC Meadowood Center Mackessy



Oil Pastel Holiday Cards

\$59

Create 3-5 beautiful seasonal greeting cards in oil pastel and add colorful ribbons and yarns to enhance your creation. Learn how to make other art, such as framed pictures, wrapping paper, and a festive place mat for the dining table. Supplies required. Materials fee: \$10

10/21 S 1-3 p.m.
103 TMCC Meadowood Center Foldvary-Anderson



Knife Making

\$179

Discover the many types, styles and uses of blades. Learn how to grind the blade's profile onto steel and design your handle and leather sheath from various materials using the build for a Finnish puuko knife. Discuss safety procedures and how to avoid common issues in the manufacturing process. Supply fee: \$70

10/10-11/9 T,Th 6-9 p.m.
Bridgewire Makerspace Harbin

Intuitive Watercolor Art

\$49

Create art from a thought or intention by writing a word or phrase on watercolor paper. Learn to utilize Neurographic art techniques and unintentional scribbles to smooth the lines and add color with watercolors or colored pencils. Learn from mistakes or adapt creative vision to break through any creative block. Materials Fee: \$15

10/14 S 1-3 p.m.
210 TMCC Meadowood Center James



Fabric Angel Ornaments

\$49

Create a fabric Christmas angel. Choose the correct fabric, cut out the project, sew, turn, trim, and properly iron at certain places in the assembly process. Decorate the angel to make it unique. Materials fee: \$15

10/21 S 9 a.m. - Noon

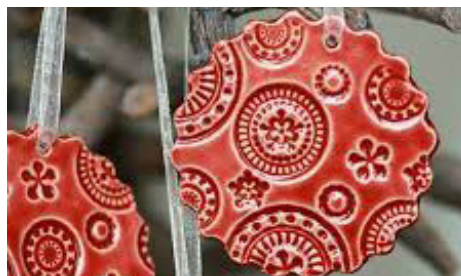
11/4 S 9 a.m. - Noon
205 TMCC Meadowood Center Buhlig

Lapidary Basics

\$99

Transform rocks and minerals into jewelry-quality pieces using popular techniques. Learn about lapidary safety, semi-precious and precious stones, and the best ways to design, cut, shape and polish these stones. Take home your cut and polished stones. Materials fee: \$45

10/12-10/26 Th 6:30-9 p.m.
Reno Gem & Mineral Society Hillsabeck



Halloween Ceramic Ornament

\$49

Create holiday-themed hanging ornaments from clay that will be fired and painted with glaze or other decorative media. These make excellent personalized gifts. Supplies required. Materials fee: \$15

10/19-10/26 Th 6-8 p.m.
210 TMCC Meadowood Center Gandolfo

Candle Making

\$49

Learn how to create aromatic jarred candles. Discover the components and styles used in their creation and how they differ when handcrafting. Discuss the basics of wax-working, test and explore fragrances and their numerous combinations, and understand how different scents affect your wick choice. Take home one jarred candle. Materials fee: \$20

10/24 T 6-9 p.m.
210 TMCC Meadowood Center Vanderville

Acrylic Pour Painting

\$49

Learn different techniques to create abstract art. Mix your paint as you familiarize yourself with the simple supplies needed. Discover the newest techniques in fluid acrylic art and explore the dirty pour, swipe, balloon smashing, and airbrushing. Materials fee: \$30

10/21 S 9 a.m. - Noon
210 TMCC Meadowood Center Hadwin



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Victorian Lace and Bead Ornaments

\$49

Create heirlooms using lace applique and beading techniques. Dress up your holiday tree or hang the piece of art to display on your mantel or holiday table. Materials fee: \$20

10/28 S 9 a.m. - Noon
210 TMCC Meadowood Center Graham

Holiday Cards in Watercolor

\$109

Craft seasonal handmade and personalized watercolor cards. Discuss the fundamentals of watercolor, color theory and traditional and unconventional methods of applying paint to the card paper. Practice various techniques to achieve your desired look and learn how to photograph your artwork. Discuss how to print your card and the use of online printing services.

11/2-11/16 Th 6-8 p.m.
210 TMCC Meadowood Center Gandolfo

Soap Making

\$49

Explore the history of soap and the art of making it as you gain inspiration for your blends. Discuss the different types of soaps, commercial versus handmade ingredients, and why organic makes a difference. Make popular soaps in seasonal scents. Take home your creations and recipes to make other projects. Materials fee: \$20

11/4 S 9 a.m. - Noon
210 TMCC Meadowood Center Bohlen Perez (Marcos)

Lettering As Art - The Illuminated Letter

\$99

Create lettering with a brush, watercolors, and a calligraphy tip marker to refresh your calligraphy skills or learn new hand lettering techniques. Design illuminated letters mixing the old style of the Renaissance period with modern lettering. Style your work using metallic ink and pens. The class is open to all skill levels. Materials fee: \$10

11/4-11/18 S 1-3 p.m.
103 TMCC Meadowood Center Foldvary-Anderson

Fall Ceramic Ornament

\$49

Create holiday-themed hanging ornaments from clay that will be fired and painted with glaze or other decorative media. These make excellent personalized gifts. Supplies required. Materials fee: \$15

11/22-11/29 W 6-8 p.m.
210 TMCC Meadowood Center Gandolfo

Christmas Ceramic Ornament

\$49

Create holiday-themed hanging ornaments from clay that will be fired and painted with glaze or other decorative media. These make excellent personalized gifts. Supplies required. Materials fee: \$15

12/7-12/14 Th 6-8 p.m.
210 TMCC Meadowood Center Gandolfo

Inspirational Book Making

\$99

Create an accordion and mini-bound book of your favorite quotes that will color your daily decisions, choices and lifestyle. Use your own quotes or ones provided by our expert calligraphy instructor. Materials fee: \$10

12/8 F 1-3 p.m.
103 TMCC Meadowood Center Foldvary-Anderson

Computers & Software

Excel, An Introduction

\$129

Gain an introduction and learn to navigate Microsoft Excel. Become comfortable creating and using charts, tables, basic formulas, sorting and filtering, and working with large spreadsheets. Learn about the various functions and how and when to use them.

9/12-9/21 T,Th 6-9 p.m.
322 TMCC Meadowood Center Lenga

Computer Graphics

\$159

Learn to use built-in MacBook apps and personal pictures to create functional art like posters, flyers, holiday and birthday cards, wrapping paper, placemats and a 12-month calendar. Print your work on a home printer or send your files to a local print shop. Bring your MacBook to class.

9/14-9/28 Th 1-3 p.m.
200 TMCC Meadowood Center Foldvary-Anderson

Cloud Computing

\$59

Learn about this fast, secure and efficient technology that lets you access information and apps online instead of through your computer hard drive or servers. Become knowledgeable about various options for advanced security and data loss prevention and potential problems with Cloud computing.

9/23-9/30 S 10 a.m. - Noon
322 TMCC Meadowood Center Lenga



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epic.tmcc.edu

QuickBooks

\$199

Learn to set-up financials, enter data, create invoices and billing statements, pay bills and learn about other accounts payable features. Receive a detailed handout with step-by-step instructions to help you retain the skills you've learned.

10/17-10/26 T,Th 5-9 p.m.
322 TMCC Meadowood Center Lenga

Computer Confidence

\$99

Learn to use a computer and complete basic functions while you increase your comfort using a computer. During step-by-step lessons, you will create a document, create an email account, write an email, work with attachments and conduct internet searches. Materials fee: \$5

11/4 S 8:30 a.m. - 5 p.m.
123 TMCC Meadowood Center Chang

Dance



Belly Dancing

\$109

Explore the classic Egyptian belly dancing, Raqs Sharqi, and its influence on contemporary Western fusion styles. Learn fundamental and Egyptian movements. Build a stronger core, achieve a flatter stomach, increase flexibility and improve posture through the isolation and control of muscles.

9/12-11/14 T 6-7 p.m.
308 TMCC Meadowood Center Gray

Belly Dancing II

\$109

Explore a more advanced interpretation of traditional Egyptian Raqs Sharqi. Choreography will be taught throughout the session with a short warm-up, drills and combos, turns and more. This class is for individuals that have taken Belly Dancing I or at an intermediate or advanced skill level.

9/12-11/14 T 7:15-8:15 p.m.
308 TMCC Meadowood Center Gray

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Line Dancing I

Discover the basic steps and terminology of line dancing while practicing beginner line dance routines danced to country and pop music. Improve your memory skills, physical endurance and flexibility. All experience levels are welcome. No previous experience is necessary and no partner is required.

9/5-10/17 T 6:30-8:30 p.m.

10/26-12/14 Th 6:30-8:30 p.m.
180 TMCC Applied Technology Center Dungan

Line Dancing II

Learn more intricate line dance routines and progressive step combinations to master increasingly challenging routines. Previous line dancing experience is strongly recommended.

11/14-12/19 T 6:30-8:30 p.m.
180 TMCC Applied Technology Center Dungan

Fitness & Sports



Pilates Silver Pilates

Practice this low-impact, full-body workout using the combination of equipment and exercise to tone up or rehab from an injury. Classes feature a blend of strength and stretch, so one group of muscles is never overworked. All fitness levels are welcome.

Classes are offered year-round. Schedules and dates are listed online.

302 TMCC Meadowood Center

Registration opens on the 15th of each month for new sessions.

Silver Yoga

Improve physical and mental health, flexibility, balance, quality of life, cardiovascular functioning, bone health, and sleep. Relieve tight back and shoulder muscles through stretching and strength exercises.

10/11-11/29 W 10:30-11:30 a.m.
308 TMCC Meadowood Center Morman

\$99 Silver Yoga

Improve physical and mental health, flexibility, balance, quality of life, cardiovascular functioning, bone health, and sleep. Relieve tight back and shoulder muscles through stretching and strength exercises.

8/18-10/6 F 10:30-11:30 a.m.

8/29-10/17 T 10:30-11:30 a.m.

10/13-12/15 F 10:30-11:30 a.m.

10/24-12/12 T 10:30-11:30 a.m.
308 TMCC Meadowood Center Dennis-Heinrichs



Shotokan Karate

Improve your balance, movement and breathing. Connect your spiritual values and learn the Kihon, Kata and Kumite pillars. Students who are ten and over, beginners and advanced, are welcome.

8/22-9/14 T,Th 6:45-8:15 p.m.

9/19-10/12 T,Th 6:45-8:15 p.m.

10/17-11/16 T,Th 6:45-8:15 p.m.

11/28-12/21 T,Th 6:45-8:15 p.m.
TMCC Sports and Fitness Center Paul



Axe and Knife Throwing

Discuss the history of this worldwide sport, competition and safety protocols. Build your technique with one-on-one coaching and practice stances, starts, and strategic throws. You'll have plenty of throwing practice with open-range sessions.

9/6-9/20 W 7-8:30 p.m.
Smashin' Good Time Peper

\$99 Gentle Yoga

Learn to listen to your body as you follow Anusara's Universal Principles of Alignment. Practice slow movement, meditative breathing, and strengthening postures. All skill levels are welcome, and pose modifications will be available.

9/6-10/25 W 4:30-5:30 p.m.

9/6-10/25 W 5:30-6:30 p.m.
308 TMCC Meadowood Center MacLellan

Golf at Washoe

Learn proper golfing fundamentals to help improve your putting, chipping and full swing. Each class will cover a different aspect of the game. Get advice to help improve your technique. Supplies required. Materials fee: \$20 range fee

9/7-10/5 Th 10-11 a.m.
Washoe Golf Course Staff

Tai Chi I

Practice the physical movements and meditational features to help cultivate qi that circulates throughout your body. The tai chi Yang 8 form is designed for beginner students and features elements of qigong. Train your mind and body to gain harmony and equilibrium.

9/7-9/28 M,Th 9-10 a.m.

10/2-10/23 M,Th 9-10 a.m.

11/2-11/30 M,Th 9-10 a.m.

12/4-12/28 M,Th 9-10 a.m.
308 TMCC Meadowood Center Pourgholaminejad

Tai Chi II and Qi Ball

Practice the Tai Chi Yang style long-form through a prescribed sequence of second and third-set moves. Learn techniques of standing qigong and moving meditation using a light ball to sharpen your balance. Improve your flexibility, balance and agility. This is for individuals that have completed one or more Tai Chi I classes.

9/7-9/28 M,Th 10:30-11:30 a.m.

10/2-10/23 M,Th 10:30-11:30 a.m.

11/2-11/30 M,Th 10:30-11:30 a.m.

12/4-12/28 M,Th 10:30-11:30 a.m.
308 TMCC Meadowood Center Pourgholaminejad

NOTE: Guide listings are shortened versions of online descriptions. Visit the registration portal for detailed information and additional descriptions. Find the supplies that may be required for each class in the online listing.

Tai Chi III

\$109

Practice the Tai Chi Yang simplified, 24-form through a prescribed sequence of slow continuous circular movements in a flowing form. Slowly perform a series of postures as each pose flows into the next without pausing. Learn to move your body as a unit, allowing all body parts to start and end simultaneously. Learn to slow down and lower each movement for greater strength and endurance. This is for individuals that have completed one or more Tai Chi II classes.

9/7-9/28	M,T	Noon - 1 p.m.
10/2-10/23	M,Th	Noon - 1 p.m.
11/2-11/30	M,Th	Noon - 1 p.m.
12/4-12/28	M,Th	Noon - 1 p.m.
308 TMCC Meadowood Center		Pourgholaminejad

Restorative Yoga

\$99

Stretch and lengthen muscles through yoga movements and breath. Improve flexibility and encourage a deep state of relaxation. Poses are held to calm the nervous system, relax the mind, and promote well-being in the body. All levels of yoga are welcome.

9/11-11/6	M	6-7 p.m.
11/13-12/18	M	6-7 p.m.
308 TMCC Meadowood Center		Cannon

Balance and Flex

\$119

Increase balance, flexibility, and awareness of limitations using a Japanese sword, short staff and padded equipment. Learn proper movement through stretching and loosening exercises, points of movement, and proper breathing to match the action. Suited for seniors or those with slight to moderate limitations in movement.

9/11-11/13	M	6-7 p.m.
11/20/23-2/5/24	M	6-7 p.m.
Aikido in Sparks		Bonomo

Golf for Beginners: Women Only

\$99

Gain the skills you need to play a par three course. Discuss the rules and etiquette of the game and gain tips on how to swing like a pro. Practice putting and chipping, and play with iron and wooden clubs. Materials fee: \$35 range fee

9/12-10/10	T	5:30-6:30 p.m.
Red Hawk Golf and Resort		Williams

Golf for Beginners at Red Hawk

\$99

Learn golf basics and understand the rules and etiquette to play a par three course. Learn to swing, putt, chip, and play with iron and wood clubs. Supplies required. Materials fee: \$35 range fee

9/13-10/11	W	5:30-6:30 p.m.
10/17-10/31	T,W	5:30-6:30 p.m.
Red Hawk Golf and Resort		Williams

Boxing for Fun and Exercise

\$99

Practice a non-contact boxing workout designed to improve balance, and strengthen the upper body and core while burning calories. Gloves and targets will be provided.

9/16-11/18	S	10-11 a.m.
308 TMCC Meadowood Center		Collins

Philippine Stick Fighting

\$99

Learn this unarmed and armed fighting method and apply it for self-defense. Identify appropriate weaponry and practice techniques using sticks, canes, rolled-up newspapers, knives, and empty hands. Work on unarmed methods like striking, trapping, locking, throwing, and disarming moves.

9/16-11/18	S	11:15 a.m. - 12:15 p.m.
308 TMCC Meadowood Center 308		Collins



Introduction to Aikido

\$99

Learn the basic premise of Aikido and its movements. Understand how movements are designed to coordinate the defender and attacker, redirecting force away from the practitioner. Discover alternative ways to neutralize conflict.

9/26-10/25	W	6-7 p.m.
11/1-12/20	W	6-7 p.m.
Aikido in Sparks		Bonomo



Indoor Rock Climbing

\$99

Climb a variety of artificial terrains ranging from tall walls to boulders. Practice belaying, footwork, and exercises to strengthen key muscle groups. Gain the confidence to scale indoor walls or outdoor rock faces. Materials fee: \$75 (includes temporary gym membership)

10/3-11/7	T	6-7:30 p.m.
Mesa Rim Climbing & Fitness		Staff

Gentle Yoga- Saturday Morning

\$119

Learn to listen to your body as you follow Anusara's Universal Principles of Alignment. Practice slow movement, meditative breathing, and strengthening postures. All skill levels are welcome, and pose modifications will be available.

10/7-12/9	S	8:30-9:30 a.m.
308 TMCC Meadowood Center		Holt

Mat Pilates

\$119

Build your core strength using correct posture alignment, activating appropriate muscles and coordinating deep breathing. Improve your flexibility, coordination and balance.

10/20-12/29	F	9:30-10:20 a.m.
308 TMCC Meadowood Center		Randlett

Become an EPIC Instructor!

If you're an authority on dance, art, fitness, culinary arts or any other of our non-credit classes, consider teaching a personal enrichment course for EPIC. You don't need a college degree, just a passion to share your knowledge with others. To begin the process, submit a course proposal at this link:



tmcc.edu/educational-programs-inspiring-community/downloads/course-proposal

NOTE: Guide listings are shortened versions of online descriptions. Visit the registration portal for detailed information and additional descriptions. Find the supplies that may be required for each class in the online listing.

Yoga for Grief and Loss **\$99**
Tend to your grief by creating a safe, healing space through yoga and breathwork. Transform your situation while acknowledging pain within the context of love and loss. Supplies required.

10/12-11/16 Th 5:30-6:30 p.m.
308 TMCC Meadowood Center Zalokar

Self Defense **\$99**
Practice mental tactics and easy physical techniques to defend yourself. Learn how to avoid, escape and survive an attack. Leave this class knowing you can take control of a situation and maximize your chances of safety.

12/2-1/6 S 10-11:30 a.m.
308 TMCC Meadowood Center Collins

Food & Beverage

Microgreens **\$49**
Start your sprouts in conveniently sized jars to cultivate edible plants year-round. Learn about these greens' many varieties and purposes to incorporate them into your diet. Find out how to build your garden and discuss the best greens for your lifestyle. Take home starters and recipes.

9/14 Th 6-8 p.m.
210 TMCC Meadowood Center Neubert

Cast Iron Cooking **\$99**
Explore the original gourmet-cooking tool in this hands-on class. Cast iron cookware provides a unique and radiant method of heat transfer that enhances flavor and transforms texture.

9/20 W 6-8 p.m.
Nothing To It! Culinary Center Ritchie

Coffee 101: Roasting and Tasting **\$59**
Discover the science behind the aroma and nuanced flavors by understanding coffee plants and the techniques behind processing and roasting. Identify the differences between coffee beans by sampling and using your sensory skills to reveal taste profiles. Take home a bag of your favorite coffee.

9/23 S 9 a.m. - Noon
Roasting Room Hub Coffee Roasters Trujillo

Classic Fall Soups **\$59**
Discover culinary shortcuts for making two or three fresh and hearty soups that can be frozen and stored for later. You'll prepare and savor classic broths like cream of mushroom, butternut squash, twice-baked potato or chicken noodle. Materials fee: \$20

9/26 T 6-8 p.m.
117 (CA) Damonte Ranch High School Graham

Exploring French Wine **\$99**
Learn everything you wanted to know about French wine by trying and discussing wine options. Confidently buy and order French wines on your next trip to the liquor store or restaurant. Materials fee: \$50

10/3-10/17 T 6-8 p.m.
210 TMCC Meadowood Center Davidson

Gluten-Free Ciabatta Bread **\$49**
Learn to make this healthy take on traditional bread baking. Make your dough, customize it, bake it and package it to take home. The class isn't limited to folks with celiac disease. Beginners, professional chefs and students 16 years and older are all welcome. Materials fee: \$15

10/9 M 6-8 p.m.
Moon Rabbit Café Reno Buddhist Center Serink

Extraordinary Italian Pasta Sauces **\$99**
Discover new sauces to add Italian flavors to your dishes. Learn to prepare smoked salmon and cream, gorgonzola and walnut, spiced rapini sauce, spiced eggplant, raisin and crunchy sauce, and finish with allo scoglio. Materials fee: \$45

10/9-10/16 M 6-8 p.m.
117 (CA) Damonte Ranch High Hunter

Quickbreads **\$59**
Learn basic techniques of making biscuits, scones, sweet and savory loaves, and muffins using the quick mixing method. Make a fruit jam and a citrus curd to pair with your baked goods.

10/17 T 6-9 p.m.
AACT Facility Alumbaugh

Soups and Breads for Fall **\$59**
In this demo and tasting class, savor the aromas of a simmering pot of homemade soup and a loaf of fresh baking bread.

10/19 Th 6-8 p.m.
Nothing To It! Culinary Center Ritchie

Vegan and Traditional Yogurt **\$49**
Learn to make traditional stove-top or crock pot yogurt with whole milk or any vegan non-dairy milk alternative. Review heat and no-heat preparation methods. Take home samples and starter culture. Materials fee: \$15

10/19 Th 6-8 p.m.
117 Damonte Ranch High School Neubert

Coffee 201: Basic Brewing **\$59**
Continue to explore the many coffee varieties and processing methods for each major coffee-growing region. Learn the recommended brewing steps for coffee and refine your palate by identifying tasting notes and aromas. Understand all brewing methods. Take home a bag of your favorite coffee.

10/21 S 9 a.m. - Noon
Roasting Room Hub Coffee Roasters Trujillo

Chinese Special Cuisine **\$79**
Create classic dishes including veggie egg rolls, pork wonton, beef rice noodles and rice pudding for dessert. Sharpen your knife skills as you prepare items for marinating. Maximize the flavor of each ingredient by learning the proper cooking order. Materials fee: \$35

10/23-10/30 M 6-8 p.m.
Cafe de Thai Nguyen

Cookie Decorating: Halloween **\$49**
Make Halloween cookies using a simple sugar cookie dough and icing recipe. Discover various icing consistencies and when to use which kind of icing. Learn tips and tricks for fancy decorating with airbrushing, stencils, fondant and molds. Take home personalized cookies in decorative packaging. Materials fee: \$25

10/25 W 6-8 p.m.
210 TMCC Meadowood Center Page

Cake Decorating with Marshmallow Fondant **\$49**
Decorate already-made cupcakes or 4-inch cakes with multiple colors and designs. Marshmallow fondant is safe for people with gluten-free and dairy-free diets. The class is open to all ages. Supplies required. Materials fee: \$20

10/30 M 6-8 p.m.
210 TMCC Meadowood Center Serink



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Coffee 301: Brew Like a Barista \$59

Practice proper espresso shot extraction and milk spinning for specialty drinks. Gain hands-on experience using various brewing methods. Take home a bag of your favorite coffee to complement your brewing method.

11/4 S 9 a.m. - Noon
Roasting Room Hub Coffee Roasters Trujillo

Taste of Scandinavia \$59

The Daughters of Norway will demonstrate and provide samples of Norwegian Christmas classics by making lefsa, meatballs, desserts, and a traditional treat called krumkake, a delicious waffle cookie. Take a cookbook to practice at home. This class is open to ages 12 and older.

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

Uncommon Appetizers \$59

Create unique, healthy appetizers and experience new and interesting flavor combinations in small bites. Discover fresh vegetables and garnishes that amp up visual appeal. Learn money-saving and time-saving tips. Materials fee: \$20

11/4 S 1-3 p.m.
Moon Rabbit Cafe Reno Buddhist Center Graham

Italian Soups and Minestra \$99

Prepare easy-to-cook soups and Minestra from regional Italian menus. Make traditional pasta e fagioli from Venice, pasta e ceci from Rome, a Ligurian soup called cinque terre with zimino, and zuppa imperiale from Emilia-Romagna. Materials fee: \$45

11/6-11/13 M 6-8 p.m.
117 (CA) Damonte Ranch High Hunter

Vietnamese Noodles and Wonton \$79

Create light, flavorful stir-fried noodle dishes from Vietnam. Prepare and sample vegetable Pho noodle soup, southern Mekong dry egg noodles, pork wonton dumplings and green bean pudding for dessert. Materials fee: \$35

11/6-11/13 M 6-8 p.m.
PhoBos Nguyen

Wine and Cheese Pairing \$99

Explore the relationship between cheese and wine through classic pairings. Discover the difference between complementing and contrasting food with wine, and learn about the French term terroir or what grows together goes together. Supplies required. Materials fee: \$50

11/7-11/21 T 6-8 p.m.
Fourk Kitchen Brooks

Autumn Vegetarian Workshop \$ 99

Learn cooking techniques that will transform autumn vegetables into more than just a side dish using unexpected combinations and complex flavors.

11/9 Th 6-8 p.m.
Nothing To It! Culinary Center Ritchie

Fermented Foods \$59

Discover the varieties of foods created by the interaction of yeast and healthy bacteria. Create sauerkraut, kombucha and yogurt with vegan options available. Make your ferments and learn how to add them to your daily meals. Materials fee: \$25

11/9 Th 6-9 p.m.
117 (CA) Damonte Ranch High School Neubert

Native American Cooking \$69

Discover which natural foods are edible, medicinal, and how harvesting and hunting are central to Native American spiritual life. Learn to cook buffalo Indian tacos, then sample your creations. Materials fee: \$25

11/10 F 6-9 p.m.
Moon Rabbit Cafe Reno Buddhist Center Rupert

Autumn Apple Pie \$59

Learn to make a classic apple pie from scratch. Make and roll an all-butter pâte brisée for a double-crust pie stuffed with a blend of apples. While the pies bake, see a demo of a salted caramel sauce and discuss other fall pies and ways to perfect and elevate them with some unique twists.

11/14 T 6-9 p.m.
AACT Facility Alumbaugh

Cookie Decorating: Thanksgiving \$49

Make Thanksgiving cookies using a simple sugar cookie dough and icing recipe. Discover various icing consistencies and when to use which kind of icing. Learn tips and tricks for fancy decorating with airbrushing, stencils, fondant and molds. Take home personalized cookies in decorative packaging. Materials fee: \$25

11/15 W 6-8 p.m.
210 TMCC Meadowood Center Page

Thai Vegetarian Cuisine \$79

Learn to make authentic and modern vegetarian Thai meals. Prepare and taste tofu satay, green curry tofu, Buddha fried rice and tapioca pudding. Gain basic knowledge of Southern Asian herbs and curry. Improve your wok skills and practice the steaming method for cooking desserts. Materials Fee: \$35

11/20-11/27 M 6-8 p.m.
Cafe de Thai Nguyen

Cookie Decorating: Christmas \$49

Make Thanksgiving cookies using a simple sugar cookie dough and icing recipe. Discover various icing consistencies and when to use which kind of icing. Learn tips and tricks for fancy decorating with airbrushing, stencils, fondant and molds. Take home personalized cookies in decorative packaging. Materials fee: \$25

11/29 W 6-8 p.m.

12/6 W 6-8 p.m.
210 TMCC Meadowood Center Page

Health & Wellness

Mindfulness Meditation \$109

Learn the fundamentals of this practice and how to use it to focus, manage stress and increase compassion and acceptance. Master how to anchor your attention mindfully, work with body sensation and breath, and control thoughts, emotion and feelings of difficulty.

9/5-9/21 T,Th 7-8:30 p.m.
116 TMCC Meadowood Center Glenn

Ayurveda \$199

Create balance and identify disharmonies in your life through the use of food, herbs and a variety of sense therapies. Reconnect with your mind, body and spirit. Materials fee: \$20

9/12-10/3 6-8 p.m.
117 TMCC Meadowood Center Harger



Self Hypnosis \$99

Practive hypnosis techniques to increase relaxation, release bad habits and enhance your mental well-being. Discuss how habits, behaviors and beliefs are formed and how to change them. Develop effective affirmations to help you reduce stress, achieve goals, enhance health, boost positive thinking and much more.

9/28-10/12 Th 5:30-7:30 p.m.
324 TMCC Meadowood Center Robinson

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Mindfulness in Nature **\$49**

Practice Shinrin Yoko, breathing, sitting and standing meditations, and chi gung and tai chi movements to feel a deeper connection with nature and lower stress and blood pressure.

10/14 S 9 a.m. - Noon
Galena Creek Park Lunt

Diabetes & Heart Disease **\$49**

Understand what diabetes is, learn how it links to heart disease and stroke, and then take charge of your health to reduce your risk.

10/19 Th 6-8 p.m.
117 TMCC Meadowood Center Swackhamer

Sugar Busters **\$49**

Learn to eliminate excess sugar by exploring foods that will keep you full and satisfy any sweet tooth. Review scientific studies about the effects of sugar on the brain and body and discuss how consumption increases the likelihood of various health issues. Craft a meal plan to help you stay away from unnecessary sugars.

11/2 Th 6-9 p.m.
117 TMCC Meadowood Center Swackhamer

Sounds for Soothing **\$49**

Listen to melodies created with tuning forks, gongs, flutes, chanting, and crystal bowls to harness sound to optimize well-being. Practice easy methods for increasing serenity.

11/7 T 6-9 p.m.
200 TMCC Meadowood Center Neubert

Become an EPIC Instructor!

If you're an authority on dance, art, fitness, culinary arts or any other of our non-credit classes, consider teaching a personal enrichment course for EPIC. You don't need a college degree, just a passion to share your knowledge with others. To begin the process, submit a course proposal at this link:



tmcc.edu/educational-programs-inspiring-community/downloads/course-proposal

Home & Garden

Wood I **\$219**

Learn to work safely with a planer, jointer, table saw, hand-held power tools, and other tools of the woodworking trades. Make cutting boards from raw lumber and then continue with more complex projects. Review and understand multiple finishing techniques. Materials fee: \$30

9/6-12/13 W 6:30-9:30 p.m.
Clayton Middle School Shop Hayes, Sutherland, Marble

Wood II and III **\$219**

Take your woodworking skills to the next level by experimenting with different joineries and new uses of traditional equipment. Create a unique piece or finish your project from Wood I. Materials fee: \$30

9/6-12/13 W 6:30-9:30 p.m.
Clayton Middle School Shop Hayes, Sutherland, Marble

High Desert Gardening Basics **\$49**

Understand the horticultural conditions of Northern Nevada to save time and money. Learn about the proper maintenance techniques of trees, shrubs, perennials and roses to deal with hard soil, harsh weather conditions and water restrictions. Learn to improve soil characteristics and discuss the Peavine myth. Discover how to recognize damage from insects, diseases and cultural problems.

9/16 S 9 a.m. - Noon
315 TMCC Meadowood Center Adams

Shaker Style Shelf **\$99**

Construct a simple, free-form design shaker-style wall shelf, including two shelves with the option of a dowel to hang quilts. Learn and practice woodworking techniques to safely operate a variety of power and hand tools. Discuss tool safety, tool control and basic woodworking. Materials fee: \$65

9/19 and 9/21 T 1-5 p.m.
The Nevada Woodchucks Rocky

Pruning Woody Plants **\$49**

Preserve your landscape and extend your plants' life by discovering pruning times, techniques and types. Explore the needs of roses, shrubs, fruit trees, pines and more. Find out why tomatoes are topped but trees aren't and discover the best ornamental trims for specific plants.

9/23 S 9 a.m. - Noon
315 TMCC Meadowood Center Adams

Florist Fundamentals **\$399**

Learn to become a floral handler or design assistant and how to identify, care for and handle flowers. Practice creating vase and basket arrangements, boutonnieres, corsages and more while gaining workplace experience. Materials fee: \$35

9/25-10/6 M,T,W,Th,F 1-4 p.m.
Sparks Florist Design Center Fiannaca

Motorcycle Repair Basics **\$129**

Gain the knowledge you need to maximize your bike's performance and save money by learning basic repair and diagnostic skills. You'll learn best practices for working on engine tuning, brakes, chassis and electrical systems.

10/3-10/12 T,Th 6:15-9:15 p.m.
143 TMCC Applied Technology Center Von Gesner



Wood Turned Pen **\$59**

Learn the fundamentals and practice woodturning techniques to operate the equipment safely. Turn and finish a wooden pen to take home. Materials fee: \$15

10/4 W 1-5 p.m.
The Nevada Woodchucks Lambert

Beekeeping **\$99**

Discover what to do to keep happy, healthy, productive bees, including the initial and long-term costs. Understand the environmental concerns and importance of honey and native bees and what it takes to raise them. Learn traditional methods of maximizing honey production, their biology, bee problems and treatments, harvesting and the many uses of bee products. Supplies required. Materials fee: \$10

10/6-10/20 F 9 a.m. - Noon
410 TMCC Red Mountain Bldg. Hopper



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Container Gardening \$49

Learn about this outdoor space-efficient, budget- and environmentally-friendly landscape design. Experiment with this form of gardening that offers mobility, soil flexibility, water and fertilizer economy, and less risk of pests and diseases. Become comfortable with the care required for a tiny two-inch pot to full-sized raised beds. Some discussion will be covered on the patio and houseplants.

10/14 S 9 a.m. - Noon
315 TMCC Meadowood Center Adams

Interior Design DIY \$59

Revitalize your home or office to create comfortable spaces that reflect your personality. Become acquainted with the basics of scale, proportion, and balance. Explore colors and styles and how to put together a plan. Learn about the pros and cons of retaining a designer, when you need a designer and how to communicate your vision to that professional. Materials fee: \$20

10/14 S 9 a.m. - Noon
210 TMCC Meadowood Center Crawford

Furniture Refinishing \$139

Practice staining and glazing techniques to revitalize dressers, tables, chairs and more. Discuss tool safety and the four main types of finishes and learn how to remove them without damaging the item. Explore the proper repair process for frames and other common damage, and review the glues and adhesives used to fix them—gain tips for selecting hidden gems in any yard sale or thrift store. Materials fee: \$30

10/16-11/13 M 6-9 p.m.
Shop Clayton Middle School Dornoff

Fall/Winter Gardening \$49

Learn which plants to prune and which to plant to lay the foundation for next year. Find out what happens to your plants during the winter and how to prepare your roses, trees, shrubs and lawns for the colder temperatures. Discuss irrigation systems, watering and pest control methods to protect returning plants.

10/21 S 9 a.m. - Noon
315 TMCC Meadowood Center Adams

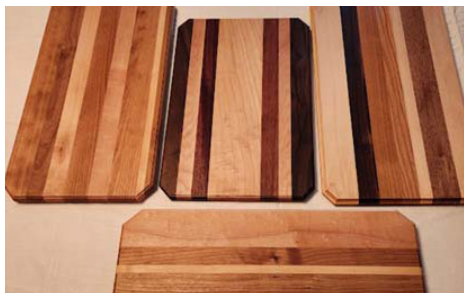


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Floral Arranging for Fun: Fall Holidays \$69

Make autumn floral arrangements with traditional aromatic scents. Learn about floral design, the types of flowers used for bouquets and how to design artistic arrangements. Take home designs after each session, so repeat students are welcome. Materials fee: \$50

10/24 T 5-6 p.m.
AND
11/14 T 5-6 p.m.
Sparks Florist Design Center Henderson



Charcuterie Board \$99

Complete a long grain 11 x 15-inch Charcuterie cutting board. Learn safety procedures, the basic operation of a table saw, sander and router, and how to assemble panels and apply wood finishes. Take home your finished project. This is an introductory-level woodworking project. Materials fee: \$15

10/24-10/26 T,Th 9 a.m. - 1 p.m.
The Nevada Woodchucks Procter



3D Reindeer \$99

Make a 3D reindeer from a solid hardwood block under the guidance of experienced woodworkers. Students will learn to use several types of sanders. A take-home wood finish will be provided. Materials fee: \$15

11/21 T 9 a.m. - Noon
AND
11/21 T 1-4 p.m.
The Nevada Woodchucks Procter

Floral Arranging for Fun: Holiday Classics \$69

Make a classic holiday floral arrangement with aromatic scents. Learn about floral design, the types of flowers used for bouquets and how to design artistic arrangements. Take home designs after each session, so repeat students are welcome. Materials fee: \$55

11/28 T 5-6 p.m.
AND
12/19 T 5-6 p.m.
Sparks Florist Design Center Henderson

Languages and Cultures

Spanish \$189

Learn to speak this language. Practice basic vocabulary, pronunciation, and complex sounds through role-playing and watching media.

9/11-11/20 M 6-7:15 p.m.
324 TMCC Meadowood Center Aguilar

French \$179

Practice speaking the language. Receive tips on correct pronunciation, beginning vocabulary and verb conjugation, and basic travel phrases.

9/12-11/14 T 6-8 p.m.
324 TMCC Meadowood Center Bangert

American Sign Language \$139

Learn the alphabet, numbers, everyday phrases and questions, and sentence structure. Practice by attending a sign language gathering of Nevada's Deaf community members and students.

9/30-10/14 S 10 a.m. - Noon
324 TMCC Meadowood Center Doyle



Tour Italy Like A Native \$89

Transcend the typical tourist experience of Italy by gaining insider tips on accommodations, transportation, and where to visit. Learn essential customs and phrases to communicate effectively and get the most out of your trip.

10/10-10/31 T 6-8 p.m.
117 TMCC Meadowood Center Hunter

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Travel the Greek Isles

Become acquainted with the foods, culture and language by understanding the lifestyle and traditional cuisine. Discuss when to travel and vacation planning, modes of transportation and learn about common tourist faux pas. Learn basic conversational phrases. Discuss popular historical attractions and the myths that surround them.

10/12 Th 6-9 p.m.
116 TMCC Meadowood Center Stefu

Native American Spirituality

Explore the traditional knowledge of this ancient culture and its application to contemporary society. Understand how Native American beliefs can complement other spiritual practices. Experience a circle dance and the affirming energy it generates.

10/21 S 12:30-4:30 p.m.
306 TMCC Meadowood Center PahtahIngee

Tour Italy- Part 2

Expand your Italian travel knowledge. Learn easy Italian conversations. Discuss health, booking the perfect hotel or Airbnb, and shopping in a typical Italian market. The instructor will cover additional topics asked by the students.

11/7-11/28 T 6-8 p.m.
117 TMCC Meadowood Center Hunter

Money & Investments

Financial Fitness

Understand the basics of estate planning, college expenses, and company-provided benefits, like 401Ks. Learn about tax efficiency and discover ways to maximize your investments. Discuss the basics of stocks and bonds, selecting an investment advisor, and choosing the right insurance coverage.

9/7 Th 6-9 p.m.

11/16 Th 6-9 p.m.
200 TMCC Meadowood Center DiCenso

Stocks and Bonds

Understand the difference between stocks and bonds and how they generate profit. Understand how to manage your assets and their roles in the market. Discuss the different types of assets and begin piecing together a mix that fits your circumstances and risk tolerance.

9/25-10/23 M 6:30-8:30 p.m.
315 TMCC Meadowood Center Gant

Financial Strategies for Successful Retirement

Assess your financial situation and develop a personalized plan to achieve your retirement goals. Explore the many ways you can save for retirement and the disadvantages and advantages of each method. Gain advice on saving money on taxes, managing investment risks, and protecting your assets from potential long-term health care expenses.

10/3-10/10 T 6:30-9:30 p.m.

10/5-10/12 Th 6:30-9:30 p.m.
200 Meadowood Center Costelloe

Maximize Your Social Security

Prepare for your retirement by understanding your Social Security benefits before becoming eligible. Learn how this federal insurance program works and how it's funded. Explore claiming strategies that maximize your benefits to feel confident about your choice.

10/19 Th 6-9 p.m.
200 TMCC Meadowood Center Costelloe

Create a Living Trust

Learn to prepare your trust, including discreet property transfer. Break down what trust is and how it differs from a will. Learn the basic legal terminology and discuss what to do after creating a trust. Make plans for yearly estate maintenance.

11/9 Th 6-9 p.m.
115 TMCC Meadowood Center Wheeler, JD

Socially Responsible Investing

Learn about Environmental, Social, and Corporate Governance (ESG). Discuss the goals and dynamics driving ESG and how the investment world rates companies, mutual funds and exchange-traded funds (ETFs) on ESG. Investigate how these investment types have performed and their current and potential impact on the world.

11/13-11/27 M 6:30-8:30 p.m.
320 TMCC Meadowood Center Gant

Estate Planning: Legal Documents

Learn about trusts, wills and the documents that comprise an estate plan. Discuss power of attorney for both financial and medical matters. Get the resources and knowledge you need to complete an estate plan.

11/15-11/16 W,Th 6-9 p.m.
115 TMCC Meadowood Center Wheeler, JD

Music & Performing Arts

Piano I for Silver Students

Learn fundamentals as you explore the keys and fingering positions for playing with both hands. Learn to read sheet music while discovering note values, bars, and tempos. Gain tips on making the most of your practice time at home. This class is for individuals with no experience over the age of 65.

9/7-10/19 Th 10-11 a.m.
Steinway Piano Gallery Pratt

Piano Intermediate

Continue the work from Piano for Beginners or Piano for Silver Students. Learn to emphasize minor scales, chords and bass patterns. Understand how to use accompaniment patterns, sight-read music and play by ear. This is for individuals at the intermediate skill level.

9/7-10/19 Th 11 a.m. - Noon
Steinway Piano Gallery Pratt

Piano for Beginners

Learn fundamentals as you explore the keys and fingering positions for playing with both hands. Learn to read sheet music while discovering note values, bars, and tempos. Gain tips on making the most of your practice time at home. This class is for individuals with no experience.

9/7-10/19 Th 6-7 p.m.
Steinway Piano Gallery Pratt

Become an EPIC Instructor!

If you're an authority on dance, art, fitness, culinary arts or any other of our non-credit classes, consider teaching a personal



enrichment course for EPIC. You don't need a college degree, just a passion to share your knowledge with others. To begin the process, submit a course proposal at this link:

tmcc.edu/educational-programs-inspiring-community/downloads/course-proposal

Bagpiping for Beginners

Learn the basics of playing this wind instrument. Develop proper breathing techniques. Practice the nine bagpiping notes with a chanter and the melody pipe played with two hands. Listen to a demonstration of the Great Highland Bagpipes.

9/9-9/30 S 10-11 a.m.
320 TMCC Meadowood Center Stewart

Guitar for Beginners

Begin to develop your guitar-playing skills. Learn beginning chordal accompaniment basics, open position and barre chord vocabulary. Practice easy strum patterns, note reading, chart navigation and songbook use. This class is for individuals with no experience.

9/11-11/13 M 6-7 p.m.
Aria School of Music & Art Stern

Guitar, Intermediate

Practice intermediate chordal accompaniment and lead guitar skills. Play rock, rhythm and blues, country, folk, classical, blues and jazz songs. This class is for individuals with at least six months of experience. Supplies required.

9/11-11/13 M 7:15-8:15 p.m.
Aria School of Music & Art Stern

Ukulele II

Build upon your ukulele knowledge and expand your skills beyond level one. Practice note reading, playing chromatic scales up the neck of the ukulele and forming movable chord shapes in an ensemble setting. Discuss the importance of I, IV, and V7 chords. Explore harmony, melody and rhythm as you work in the keys of C, F, and Bb.

9/12-12/12 T 6-7 p.m.
Aria School of Music & Art Holloman

Ukulele

Create music using this easy-to-play instrument. Learn the basics and discover the styles of rock, country, classical and ensemble pieces. Practice note and rhythm playing. No experience is required.

9/14-12/14 Th 6:15-7:30 p.m.
Aria School of Music & Art Holloman

Voice

Enhance your singing by practicing vocal techniques and exercises. Discover how to sing various styles. Gain confidence through performance opportunities and a final concert that will allow you to showcase what you've learned.

9/19-12/12 T 6-8 p.m.
Recital Practice S Noon - 3 p.m. &
T 6-9 p.m.
320 TMCC Meadowood Center Story

Psychedelic Rock 'n' Roll Time Machine: When are we now?

Explore the classic music of Jimi Hendrix, Pink Floyd, and The Beatles through the sounds of the current neo-psychedelic musical mind-space. Learn about the impact of culture and technology as you listen to each era's music. Discover artists who've followed in the footsteps of the early innovators and get a glimpse of what this genre's future might sound like.

9/20-10/25 W 6:30-8 p.m.
204 TMCC Vista Bldg Funk

Harmonica

Play and practice in a group setting without reading music. Experiment with various harmonica genres in this class.

10/7-10/21 S 10 a.m. - Noon
104 TMCC Meadowood Center Penick

Songwriting Workshop

Learn new techniques like odd meters and claves to keep your songwriting agile. Get constructive feedback on the songs you have written, leading to a final listening of your work. Supplies required.

11/21-12/5 T 6:30-8:30 p.m.
200 TMCC Meadowood Center Noel-Palmer

Outdoors



Fly Fishing for Beginners

Learn the basics to begin practicing this sport. Identify proper equipment and understand the selection process. Learn about knot tying, casting strokes, entomology, insects and the flies that imitate them. Gain in-depth knowledge of fishing area waters. Materials fee: \$40

9/9 S 8:30 a.m. - 12:30 p.m.

9/16 S 8:30 a.m. - 12:30 p.m.
Hidden Valley Regional Park Wharton

Rockhounding

Learn how to identify minerals and rocks, where to dig for them and what tools are helpful. Examine local specimens, discuss safety and etiquette and learn what you can do with the rocks. Take your newfound knowledge out into the field and explore new sites. Supplies required.

10/18 W 6-8 p.m.
AND
10/23 (field trip) S 9 a.m. - 1 p.m.
117 TMCC Meadowood Center Arnold

Off Season Camping

Plan your winter camping trip by discussing clothing, survival and proper seasonal gear. Visit a local outdoor store to view equipment. Take a field trip to a local regional park to demonstrate equipment setup. Discuss using snowshoes or cross-country skis for traveling through trails. This family-friendly class welcomes ages eight and up.

10/24-10/26 T,Th 6-8:30 p.m.
AND
10/28 (field trip) S 9 a.m. - 3 p.m.
104 TMCC Meadowood Center Fromherz

Intro to Handguns

Get skilled in handgun basics, safety, and the legal system related to firearms. Understand the myths and misconceptions about firearms, ammunition types, and calibers. Get advice on how to purchase a gun that's right for you.

11/3 F 5:30-7:30 p.m.
Reno Guns and Range Covington

Pets and Animals

Pet First Aid

Learn ways to save your pet's life through first-aid and CPR. Discuss handling allergic reactions, fights, poisoning, travel and trail mishaps, and managing aches and pains. Become comfortable treating wounds, stopping bleeding and administering medication. Track your pet's vitals and stock an adequate first aid kit.

11/1 W 6-9 p.m.
315 TMCC Meadowood Center Warley



Visit EPIC Online!
epic.tmcc.edu

NOTE: Guide listings are shortened versions of online descriptions. Visit the registration portal for detailed information and additional descriptions. Find the supplies that may be required for each class in the online listing.

Photography

Wildlife Photography

\$89

Capture the essence of creatures ranging from the mountain bluebird to bighorn sheep to increase your wildlife photography skills. Discuss the importance of species research and ethics, camera settings and angles, lenses and lighting. Practice your skills during a field shoot at Animal Ark Wildlife Sanctuary (requires an \$11 entrance fee paid at the site).

8/24	Th	6-8 p.m.
AND		
8/26 (field trip)	S	10 a.m. - 1 p.m.
315 TMCC Meadowood Center		Vollmer



Photography II: Beyond the Basics

\$99

Practice using a DSLR or a mirrorless camera. Learn new techniques to use evocative lighting and discover how to photograph action and evening scenes. Experiment with wild exposures and unusual angles to create an aesthetic expression. Apply your skills during in-class photo shoots.

10/5-10/26	Th	6-8 p.m.
320 TMCC Meadowood Center		Vollmer

iPhone Photography

\$49

Capture high-impact photos with your phone. Gain an understanding of composition and photographic techniques. Learn how to use apps to edit, caption and retouch your images. Practice shooting high-quality still images, critique photos and become familiar with contemporary photographic vocabulary.

11/7-11/9	T,Th	6-8 p.m.
315 TMCC Meadowood Center		Marks

Special Interest

Chinese Mahjong

\$79

Play this Chinese game of domino-like tiles with three other people, similar to gin rummy. Exercise your brain, learn some Chinese words and improve your hand dexterity.

9/1-9/22	F	1-3 p.m.
9/29-10/20	F	1-3 p.m.
11/3-12/8	F	1-3 p.m.
12/15-1/5	F	1-3 p.m.
308 TMCC Meadowood Center		Watanabe

At The End

\$59

Explore the phenomenon of death and what happens when the physical body shuts down at the end of life. Learn from accounts of "nearing death awareness" and studies of the "shared death experience." Discover how to help yourself and others at this time of transition.

11/8-11/15	W	6-8 p.m.
104 TMCC Meadowood Center		Linesch

Writing

Short Story Writing

\$99

Compose short stories by learning techniques, setting goals, and receiving constructive feedback. Move forward with your craft in a supportive and inspirational atmosphere.

9/12-10/10	T	5-7 p.m.
205 TMCC Meadowood Center		Castleman

Become an EPIC Instructor!

If you're an authority on dance, art, fitness, culinary arts or any other of our non-credit classes, consider teaching a personal enrichment course for EPIC. You don't need a college degree, just a passion to share your knowledge with others. To begin the process, submit a course proposal at this link:



tmcc.edu/educational-programs-inspiring-community/downloads/course-proposal

Writing for Hollywood: Online

\$129

Gain insight and tips on becoming a screenwriter. Uncover the formula and structure necessary to create the product producers want to buy. Examine the five stories that drive Hollywood and write a polished first act of your script.

9/18-10/12	M,Th	5:30-7:30 p.m.
Online Classroom		Hoppe

Self Journaling

\$99

Discover the benefits of journaling to help clarify your challenges and express strong emotions safely. Experiment with writing stream of consciousness, character sketches, unsent letters and more. Learn expressive writing techniques to help you stay accountable. Materials fee: \$10

10/2-10/23	M	6-9 p.m.
210 TMCC Meadowood Center		Gilmore

Global Writing Challenge

\$49

Enter the NaNoWriMo, a worldwide writing challenge for any aspiring or established author. This class is a primer for the event to complete 50,000 words during November. Tips and tricks will prepare you to "win" the challenge.

10/11	W	7-9 p.m.
315 TMCC Meadowood Center		Averett

Amp Up Your Amazon Sales & Author Pages

\$49

Learn the importance and how to maximize the marketing effectiveness of Amazon sales and author pages. Set up a new author page listing books, reviews, and editorial reviews. Discover how to track your books and access the Amazon advertising console from your author page.

11/1	W	7-9 p.m.
324 TMCC Meadowood Center		Averett

Policies & General Information

Contact Us

EPIC Office Hours:	Monday - Thursday from 8 a.m. to 7 p.m., Friday from 8 a.m. to 5 p.m.
Address:	5270 Neil Road, Suite 216, Reno, Nevada 89502
Phone:	775-829-9010

Refund Policies

Life happens and we get that. If you need to cancel your registration, here's our personal enrichment or community education policy. Student-initiated cancellation requests will incur a \$10 processing fee. You will receive a percentage of the registration fee, minus the processing fee, as listed:

- » **100%** for cancellations submitted 14+ days before the first day of class
- » **75%** for cancellations submitted 7-13 days before the first day of class
- » **50%** for cancellations submitted 3-6 days before the first day of class
- » **25%** for cancellations submitted 1-2 days before the first day of class
- » **No refunds for cancellations submitted the day the class starts, after a class has started or if you do not show.**

Students will receive a 100% refund for EPIC-initiated cancellations. Students may choose a voucher instead of a refund.

This policy does not apply to events, series, or Career Certificate courses. Please call 775-829-9010 for these refund policies.

Weather Closures

Reno weather can be unpredictable.

To get the scoop on TMCC building closures, visit tmcc.edu or call **775-673-7111**. Alternatively you can sign up for our emergency alert notifications at: sites.tmcc.edu/police/emergency-alerts/opt-in/ For other locations, please call us at **775-829-9010**.

Accessibility

All 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 **775-829-9010** as far in advance of a class as possible.

Class Locations

Aikido in Sparks 2965 Vista Blvd., Sparks	Hidden Valley Regional Park 4740 Parkway Dr., Reno	Sparks Florist Design Center 1440 Hymer Ave., Sparks
Aria School of Music & Art 3941 S. McCarran Blvd., Reno	Hub Coffee Roasters 316 Vassar St., Reno	St. Vincent's 325 Valley Rd., Reno
Ballroom of Reno 2540 Sutro Street suite 4, Reno	Mesa Rim Climbing & Fitness 970 Harvard Way, Reno	Steinway Piano Gallery 500 E. Moana Ln., Reno
Bridgewire Makerspace 1055 Industrial Way #20, Sparks	Nevada Woodchucks 405 Western Rd, #36., Reno/Panther Valley	Storey County Senior Center 100 E. Mill St., Virginia City
Moon Rabbit Cafe at the Reno Buddhist Center 820 Plumas St., Reno	PhoBos Restaurant 294 E. Moana Lane #10, Reno	TMCC Meadowood Center 5270 Neil Rd., Reno
Cafe de Thai 760 S. Virginia St., Reno	Red Hawk Golf and Resort 6600 N. Wingfield Pkwy., Sparks	TMCC William Pennington Applied Technology Center 475 Edison Way, Reno
Clayton Middle School 1295 Wyoming Ave., Reno	Reno Gem and Mineral Society 480 S. Rock Blvd., Sparks	TMCC Sports and Fitness Center 7000 Dandini Blvd., Reno
Damonte Ranch High School 10500 Rio Wrangler Pkwy., Reno	Reno Guns & Range 2325 Market St., Reno	TMCC Red Mountain Bldg. 7000 Dandini Blvd., Reno
Faith Lutheran Church 2075 W. 7th St., Reno	Silver Terrace Cemeteries 20 North E St., Virginia City	TMCC Vista Bldg. 7000 Dandini Blvd., Reno
Fourk Kitchen 4991 S. Virginia St., Reno	Smashin' Good Time 1251 Baring Blvd, Sparks	Washoe Golf Course 2601 Foley Way, Reno

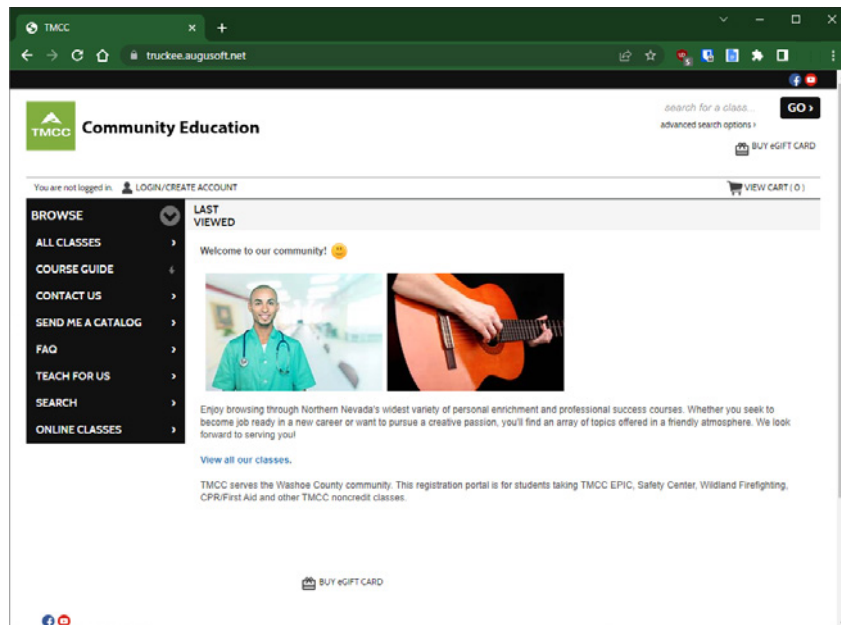
NOTE: Guide listings are shortened versions of online descriptions. Visit the registration portal for detailed information and additional descriptions. Find the supplies that may be required for each class in the online listing.

How to Register Online



Scan this QR code to take you to our registration portal or go directly to our registration portal at truckee.augusoft.net/.

1. Select the class category.
2. Scroll through the class listings.
HINT: Change the "Sort by" option to find your class easily.
3. Click "Add to cart" of your selected class.
4. Sign in if you are a returning student or create a profile if you are a new student.
5. Click "CHECKOUT" on the top right menu bar.
6. Follow the prompts to process your payment.



TMCC works for **MY FAMILY.**  **TMCC**

REGISTER NOW! tmcc.edu



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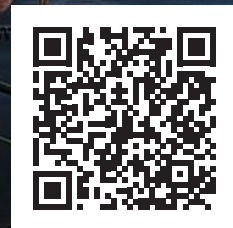
*Chris Wharton, Fly Fishing for Beginners Instructor
(Fly Fishing for Beginners, page 14)*



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Inspiring the Community

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