

Spring 2023

# EPIC Course Guide

Community Education for Northern Nevada

Cover image captured by Photographer and TMCC EPIC Instructor Mark Vollmer

You are made to be **EPIC!**



Call us at **775-829-9010**  
Visit our website at **epic.tmcc.edu**  
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# You are made to be **EPIC!**

## **EPIC (Educational Programs Inspiring the Community)**

**A new year is a chance to start over with new dreams and new possibilities. Here's to 12 new chapters. The time is now!**

Become a novelist, play the guitar, or venture into the Nevada wilderness with the help of talented instructors. TMCC's EPIC Program is your source of 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 be sure to find something of interest in the hundreds of courses we offer. Who knows, maybe you'll transfer what you learn into a side business and earn some extra cash. Regardless of your reasoning, be EPIC, have fun, pursue your interests and take time for yourself to feed your soul with community education classes at TMCC!



### **Family**

Why not bring the whole family? Many of our classes are family-friendly and we encourage you to bring your children. Look for the family icon listed next to the class title. Age ranges are listed in the class details, so you'll want to ensure the class is approved for your child's age. Adult and child must register for classes. Children must be accompanied by an adult.



### **Supplies and/or Materials Fee Required**

Some classes require supplies or a materials fee. Look for the supplies or materials fee icon next to the class title. When you register for a class, you will receive a confirmation email with a supplies list or the materials cost. Material costs are paid directly to the instructor on the first day of class. To view the supply list before registering, click on "...More" under the "Please read:" notice in the online class description.

## **Scholarships and Discounts**

### **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**

Two \$100 scholarships 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](mailto:epic@tmcc.edu).

### **Columba Life Fund Scholarship**

Two annual scholarships for students who want to enroll in a Tai Chi or Qigong class. To apply, email Rick Sorensen at [rsorensen@tmcc.edu](mailto:rsorensen@tmcc.edu) or call 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.*

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

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## 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:***

**Dates: 3/20-3/23/2023, 3/27-3/30/2023, 6/19-6/22/2023, or 6/26-6/29/2023**

**Time: Mon, Tue, Wed, Thu 8 a.m. - 3:30 p.m.**

**Location: 205 TMCC Meadowood Center**

### ***Online:***

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

## Career Training and Professional Development

Train for a new career or expand your skills 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. EPIC's vast selection of programs will help you get ahead in life.

Review our programming at [epic@tmcc.edu](mailto:epic@tmcc.edu), Career Training and Professional Development, to select the right program for you. Programming is available in these key industries:

**Technology • Advanced Manufacturing**

**Distribution, Logistics & E-Commerce**

**Back Office, Office Support • Financial Services**

**Health/Medical**

## Get a \$25 Massage and Help a Student

Get a \$25 hour-long full-body massage and help a student graduate. Our advanced massage therapy students must complete mandatory bodywork hours to graduate. Spring semester massage clinics are held Mondays and Wednesdays, February through April at 11:00 a.m. and 12:15 p.m. Registration opens the second week of January. Visit [epic.tmcc.edu](http://epic.tmcc.edu), click "Register Now" to view \$25 massages, 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.*

## Computers & Software

### Computer Graphics \$159

If you own a MacBook, use built-in apps to create functional art for your small business: posters, fliers, holiday and birthday cards, wrapping paper, placemats and a 12-month calendar. Learn to take great iPhone pictures that you can add to your designs. Finalize your work on a home printer or send your files to a local print and copy store. Your MacBook has it all and can do much more than you realize. Bring your MacBook to class.

2/2-2/16 TH 1-3 p.m.  
200 TMCC Meadowood Center Foldvary-Anderson

### Excel, An Introduction \$129

Streamline your work by embracing the power of this Microsoft Office suite spreadsheet software. Gain an introduction to the basics, including navigation, charts, tables and IF-statements. Become comfortable using basic formulas including sums, averages, maximums, minimums and counts. Find out how to sort and filter, work with large spreadsheets, use pivot tables and charts and find things quickly with VLOOKUP. Explore the financial function, PMT, to figure out loan payments.

2/14-2/23 T, TH 6-9 p.m.  
322 TMCC Meadowood Center Lengua

### Cloud Computing \$59

Learn about this fast, secure and efficient technology and how to use it in everyday life. Cloud 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.

2/17-2/24 F 10 a.m. to Noon  
322 TMCC Meadowood Center Lengua

### QuickBooks \$199

Streamline your accounting procedures and make your workday easier and more productive. Gain tips on setting up your company's financial information and how to enter the data. Using the online QuickBooks platform, 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.

3/7-3/16 T, TH 5-9 p.m.  
322 TMCC Meadowood Center Lengua

### Computer Confidence \$99

Increase your comfort using a computer while gaining valuable skills in a fun environment. Learn the latest technology, create a document and conduct internet searches. Create an email account, write an email and work with attachments. Enjoy friendly, step-by-step lessons that will open professional and personal doors for you. Materials fee: \$5

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

## Professional Development

### Fulfillment: The Antidote to Burnout \$59

Fulfillment is a state of being, not a state of doing. Instead of driving ourselves harder and harder, we need to care enough about ourselves to set the boundaries that will keep us from overextending and burning out. This course will help you understand burnout and open your mind to what may be unfamiliar: living and working in a way that encourages fulfillment—the antidote to burnout.

2/11, 4/8, or 5/13 S 10 a.m. to Noon  
315 TMCC Meadowood Center JoDee Renae

3/11 S 10 a.m. to Noon  
210 TMCC Meadowood Center JoDee Renae

### How to Make It in Voiceovers \$59

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. Learn how to turn voiceovers into a thriving full- or part-time career.

3/6 M 6:30-8:30 p.m.  
104 TMCC Meadowood Center Foster

## Arts & Crafts

### Sewing \$149

Save money and tailor your clothes to fit your unique tastes. Experience this versatile craft and gain inspiration from its limitless applications. Practice basics like inserting a zipper and following a pattern to do several fun in-class projects. Who knows, you could become the next big fashion designer or tailor. Supplies required.

2/1-3/22 W 6-9 p.m.  
106 TMCC Meadowood Center Willoughby

### Acrylic Painting \$109

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. Materials fee: \$25

2/3-3/24 F 9 a.m. to Noon  
103 TMCC Meadowood Center Poulos Leonard

### Quilting \$179

Create personal works of art through fabrics, shapes and color. Select your project designed for various skill levels and practice different techniques. Find out how to safely use a rotary cutter and learn about quilting tools, fabric selection, design, piecing, construction, applique, binding and more. Take home a completed project at the end of this class. Supplies required. Materials fee: \$30

2/4-3/18 S 9 a.m. - noon  
103 TMCC Meadowood Center Willoughby

### Valentine Clay Succulent Planter \$69

Using just your fingers and simple tools, make a unique planter for your favorite succulent plant buddy that will hang on a wall or sit on your table. This fun and family-friendly class will teach you basic planter hand-building. You will fire your piece in the ceramic kiln and add flair with watercolors and stains. Materials fee: \$50

2/4-2/11 S Noon-3 p.m.  
210 TMCC Meadowood Center Gandolfo

### Resin Jewelry \$59

Make stylish jewelry personalized with your favorite mementos. Learn the basics of traditional resin handling methods: mixing, pouring, adding pigments and inclusions and using molds. Discuss the chemical reactions in resin prep and how best to add your memorabilia to the layers. Practice molding and demolding your pieces as you explore quick-curing and slow-curing resin work. Take home your molded bezel and open-backed pieces. Materials fee: \$35

2/6-2/8 M, W 6-8 p.m.  
321 TMCC Meadowood Center Jackson

### Silver Watercolor \$99

Splash and play while learning the possibilities of this medium. Explore different approaches such as wet-on-dry, wet-into-wet and layering. Discover fundamentals like color value, temperature, and compositional ideas and avoid common pitfalls. Choose a subject based on your skill level and proudly display your finished creation. Supplies required.

2/8-2/22 W 3-5 p.m.  
210 TMCC Meadowood Center Gandolfo

### Watercolor Techniques \$129

Explore the traditional and unconventional methods of this exciting and versatile artistic medium. Practice fundamental watercolor techniques and learn how to control the amount of water on your brush. Define your painting style and create artwork that makes you happy as you pursue your artistic goals. Supplies required.

2/8-2/22 W 6-8 p.m.  
103 TMCC Meadowood Center Gandolfo



## **\$** Comic Book Drawing **\$139**

Follow the footsteps of comic book greats like Steve Ditko and Frank Miller by learning from a former Marvel Comics artist and gaining insight into this popular art form. Learn the principles behind a strong page layout and how to use cinematic techniques to build excitement. Develop your three-page comic book story and turn your script into a page-turner. Supplies required. **Materials fee: \$35**

2/8-3/15 W 6-8 p.m.  
315 TMCC Meadowood Center Wylie

## **\$** Chunky Yarn Blanket **\$49**

Have fun creating a cozy and unique plush blanket using your fingers, hands and arms instead of needles. Practice this craft by casting on, knitting, purling, and casting off with easy and popular techniques. Apply your new skills to create wraps, scarves, throws, and other accessories in very little time. Supplies required.

2/18 S 9 a.m. - 1 p.m.  
315 TMCC Meadowood Center Waltuch

## **\$** Pottery **\$99**

Make a unique and functional coffee or tea mug. With no pottery wheel required, enjoy the freedom of hand-shaping your project. Gain experience with tools like scrapers, cutters, and shapers. Hone your skills as you perform standard techniques like pinch-potting and coiling. 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**

3/1-3/29 W 6-8 p.m.  
210 TMCC Meadowood Center Gandolfo

**Pottery for Silver Students**  
3/1-3/29 W 3-5 p.m.  
210 TMCC Meadowood Center Gandolfo



## **\$** Calligraphy **\$99**

Practice the visually stunning art form of writing. Create your beautiful lettering ranging from traditional to 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 satisfying it is to learn this graceful artistry. Supplies required. **Materials fee: \$10**

3/2-3/16 Th 1-3 p.m.  
103 TMCC Meadowood Center Foldvary-Anderson

## **\$** Knife Making **\$179**

Explore the ancient art turned into a modern-day hobby of blade crafting. Discover the many types, styles and uses of blades. Learn how to grind the blade's profile onto steel. Design your handle and leather sheath from various materials using the build for a Finnish puuko knife. Work with essential tools like a cutoff wheel, bandsaw, belt grinder and microforge to shape and heat treat your project. Discuss safety procedures and how to avoid common issues in the manufacturing process. **Materials fee: \$70**

3/7-3/30 T,Th 6-9 p.m.  
Bridgewire Makerspace Harbin

## **\$** Lapidary Basics **\$99**

Uncover the beauty of rocks and minerals as you transform them into jewelry-quality pieces. Learn about semi-precious and precious stones as you discover the best ways to design, cut, shape and polish these stones. Understand lapidary safety and practice popular techniques using tumblers, rotary tools and polishers at a local gem and mineral society. Take home your cut and polished stones. **Materials fee: \$45**

3/9-3/23 Th 6:30-9 p.m.  
Reno Gem & Mineral Society Hilsabeck

4/20-5/4 Th 6:30-9 p.m.  
Reno Gem & Mineral Society Hilsabeck

## **\$** Spring Art & Cards in Pastel **\$59**

Create 3-5 beautiful seasonal greeting cards in oil pastel, then add colorful ribbons and yarns to enhance your creation. The instructor will share how to make other art, such as framed pictures, wrapping paper and a festive place mat for the dining table. Bring your own glue sticks, scissors, hole punch and colored pencils (Prisma Color brand is recommended) for added touches to your work. A \$10 supply fee includes everything else.

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



## **\$** Book Sculpting **\$49**

Working with old books, paper and other recycled items, build your own "bookscape" with things you would otherwise throw away. Get creative reusing and repurposing while bringing your own interesting and fun artwork to life. **Materials fee: \$10**

4/1 S 9 a.m. - noon  
210 TMCC Meadowood Center Lambin

## **\$** Comics Creation **\$139**

Create your own comics by designing your own characters and storylines. Capture your favorite hero in basic figure positions and action poses from different angles. Learn the fundamentals of form and how to translate movement, expression and figure dynamics into your art while working on developing an engaging theme. Supplies required. **Materials fee: \$35**

3/22-4/26 W 6-9 p.m.  
315 TMCC Meadowood Center Wylie



### **Pressed Floral Art \$49**

Forget pressing your flowers in a book. Turn them into art instead. Using dried and pressed flowers, get to know the basics of glass working as you craft beautiful coasters, a floating wall frame and a personalized pendant. Design floral landscapes and work with metal foil, jewelry hardware and inscription tools. Discuss how best to preserve and seal your projects, so they last for a lifetime. **Materials fee: \$25**

3/25 S 9 a.m. - noon  
103 TMCC Meadowood Center Graham



### **Pine Needle Basket \$79**

Explore this centuries-old art by crafting your own functional decorative basket. Enjoy individual attention as you practice three different techniques to create a work of art that will amaze your friends. Woven with long needles from the bottom of the basket up, this unique conversation piece is easy to make. Top your basket with a cute, miniature pine cone handle. Take home a completed basket and advanced skills that can be applied to bowls, vases and more baskets. **Materials fee: \$25**

4/1-4/8 S 9 a.m. - noon  
103 TMCC Meadowood Center Waltuch



### **Watercolor Botanicals \$119**

Fill your canvas with the beauty of seasonal botanicals. Gain inspiration from Nevada's local landscape and fauna as you explore popular methods to create realistic-looking paintings. Experiment with paper textures, color swatches, mixing paints, brush types and pre-drawing your designs as you practice different techniques and skills to capture blooms and brush alike. Take home your finished masterpiece at the end of class. Painters of all skill levels are welcome. Supplies required.

4/4-4/25 T 6 - 8 p.m.  
TBA TMCC Meadowood Center Palmer

### **Japanese Tea Bowl \$59**

Make a functional and beautiful Japanese Tea Bowl using only your hands and fingers. Practice using pottery tools like scrapers, cutters and shapers to create your unique hand-coiled bowl. Then learn to fire your piece in the kiln and add beauty with glazes and stains. Take home your creations - pieces are dishwasher, microwave and food safe. **Materials fee: \$50**

4/5-4/12 W 6 - 8 p.m.  
210 TMCC Meadowood Center Gandolfo

### **Lettering as Art \$129**

Explore an ancient art made modern with this vibrant facet of calligraphy. Learn about the rich history of hand art lettering as you practice drawing and decorating capital letters. Gain inspiration from instructor examples and utilize professional tools like micron pens, watercolor brushes and more. Play with colored inks, dozens of shapes and other exciting artistic mediums as you produce handmade cards and gifts. Supplies required. **Materials fee: \$10**

4/6-4/13 Th 1 - 3 p.m.  
103 TMCC Meadowood Center Foldvary-Anderson

### **Candle Making \$49**

Boost your crafting confidence and learn how to create aromatic jarred candles. Discover the components and styles used in their manufacture 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**

4/6 Th 6 - 9 p.m.  
103 TMCC Meadowood Center Vanderville

### **Acrylic Pour Painting \$49**

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

4/29 S 9 a.m. - noon  
103 TMCC Meadowood Center Hadwin



### **Decoupage \$29**

Cut, tear, glue and seal pieces of decorative printed tissue paper to a recycled picture frame or vase using the old-fashioned art of decoupage. Families can team up or create individual projects. Decide on the pattern, color and placement of paper pieces, making the project truly personal and meaningful. Supplies required. **Materials fee: \$10 per project**

4/29 S 9 a.m. - noon  
210 TMCC Meadowood Center Graham

### **Inspirational Book Making \$99**

Create a mini-book of your favorite quotes that will color your daily decisions, choices and lifestyle. Enhance your life and confirm what you already know by remembering the good and exploring new possibilities. Use your own quotes or ones provided by our expert calligraphy instructor. Learn to make both an accordion book and a mini-bound book. **Materials fee: \$10** includes all materials needed to make one or both books.

5/2-5/16 T 1 - 3 p.m.  
103 TMCC Meadowood Center Foldvary-Anderson

### **Soap Making \$49**

Craft fragrant soaps to delight your senses and keep your skin healthy. 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. Whip up popular soaps in rose and lavender. Take home your creations and recipes to continue making your luxurious lathers. **Materials fee: \$20**

5/20 S 9 a.m. - noon  
210 TMCC Meadowood Center Bohlen Perez (Marcos)

 **Clay Pinch Pot Animals** **\$69**

Create your favorite animal in clay. Using your fingers and simple tools, make fun and decorative friends that are uniquely yours. This fun and family-friendly class will teach you basic hand-building. You will fire your piece in the ceramic kiln and add flair with watercolors and stains. **Materials fee: \$50**

6/10-6/17 S Noon - 3 p.m.  
210 TMCC Meadowood Center Gandolfo

 **Silver Still Life in Watercolor** **\$99**

Put your basic watercolor skills to work, creating a summer-themed still life. Learn to feature common objects in interesting compositions while practicing your painting and drawing skills. Supplies required.

6/14-6/28 W 3 - 5 p.m.  
210 TMCC Meadowood Center Gandolfo

 **Summer Flowers in Watercolor** **\$129**

Practice the basics of watercolor painting, including color theory and traditional and unconventional methods of applying paint on paper. Explore wet-into-wet, dry brushing, color changes, values, glazing, lost and found edges and negative painting techniques to create realistic summer flowers. Open to beginner and intermediate artists. Supplies required.

6/14-6/28 W 6 - 8 p.m.  
210 TMCC Meadowood Center Gandolfo

**Food & Beverage**

 **Coffee 301: Brew Like a Barista** **\$59**

Embrace your inner barista, save a trip to the cafe and use the knowledge you gained from Coffee 101 and 201. Practice proper espresso shot extraction and milk spinning for specialty drinks like lattes and cappuccinos. Gain hands-on experience with a Chemex coffee maker, v60 single-cup pour-over, French press and more. Take home a bag of local coffee to complement your favorite brewing method. **Materials fee: \$10**

1/14 S 9 a.m. - Noon  
Roasting Room, Hub Coffee Roasters Trujillo

5/13 S 9 a.m. - Noon  
Roasting Room, Hub Coffee Roasters Trujillo

 **Cookie Decorating: Valentine's Day** **\$49**

Treat your sweetie to custom 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. Make personalized cookies in decorative packaging to take home for yourself, share with family or present as a gift. **Materials fee: \$25**

2/8 W 6 - 8 p.m.  
210 TMCC Meadowood Center Page

 **Vietnamese Soups** **\$79**

Enjoy step-by-step instruction as you create classic soups from Vietnam. Prepare wonton soup, pho noodle soup and spicy pork egg noodle soup. Complete your culinary experience by making a special dessert influenced by the region's Indochina and French history. **Materials fee: \$35**

2/13 and 2/27 M 6 - 8 p.m.  
PhoBos Restaurant Nguyen

 **Coffee 101: Roasting and Tasting** **\$59**

Discover the science behind the rich aroma and nuanced flavors of this magical beverage enjoyed by millions worldwide. Take the first step in a lifetime of coffee enjoyment by understanding coffee plants and the techniques behind processing and roasting. By sampling and using your sensory skills to reveal taste profiles, identify the differences between coffee beans. You'll take home a gift bag of your favorite coffee as a delicious treat. **Materials fee: \$10**

2/18 S 9 a.m. - Noon  
Roasting Room, Hub Coffee Roasters Trujillo

 **Étouffée for Mardi Gras** **\$59**

Make your Mardi Gras or any dinner memorable with a savory, authentic Étouffée. This legendary dish brings together the hallmarks of Louisiana cuisine including seafood, a flour-and-oil roux, the holy trinity of onion, celery and green pepper, traditional Cajun seasoning and hot sauce. Your exploration of aromatics and spices will add depth to various dishes. Sample, then take home your Southern-style creation. **Materials fee: \$20**

2/21 T 6 - 9 p.m.  
St. Vincent's Kitchen Barrientos

 **Italian Desserts** **\$69**

Italian desserts are some of the best in the world. Learn hands-on how to prepare Tiramisu, Nonna apple cake, strudel from Alto Adige, Frittelle filled with Zabaglione cream, Panna Cotta with berries sauce and Zuppa Inglese, an Italian trifle. Complete your sweet creations with a Prosecco spritz. Discover how a few bites of sweetness are the perfect ending to any meal. **Materials fee: \$35**

2/27-3/6 M 6 - 8 p.m.  
117 Damonte Ranch High Hunter

 **Southeast Asian Noodles** **\$79**

Enjoy step-by-step instruction as you create light, flavorful, stir-fried noodles from Vietnam. Prepare and sample Thai flat noodle chow fun, a deliciously chewy popular Thai street food, and other savory delicacies. **Materials fee: \$35**

3/6-3/13 M 6 - 8 p.m.  
PhoBos Restaurant Nguyen

 **Spice It Up!** **\$49**

Unlock the secrets of the spice world. Learn about the different varieties of paprika, thyme, cinnamon, mint and oregano. Discover what varieties are best for which dishes and how to store, prepare and grind your spices at home for maximum freshness. Get tips on the most useful equipment to buy for grinding and storing. Prepare recipes using the featured spices. **Materials fee: \$20**

3/7 T 6 - 8 p.m.  
117 Damonte Ranch High Graham

**Microgreens** **\$49**

Cultivate edible plants like sprouts and microgreens year-round. Learn about the varieties and purposes of these delicious greens and how to incorporate them into your diet. Find out how to build your garden, discuss the greens that work best for your lifestyle and gain hands-on experience starting your sprouts in conveniently sized jars. Take home starters and recipes.

3/9 TH 6 - 8 p.m.  
117 Damonte Ranch High 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: Chemex pour-over, v60 single cup pour-over, French press, basic home brewers, and Aeropress. Take home a gift bag of the coffee that you like best. **Materials fee: \$10**

3/18 S 9 a.m. - Noon  
Roasting Room, Hub Coffee Roasters Trujillo

 **Thai Vegetarian Cuisine** **\$79**

Learn to make sumptuous authentic and modern vegetarian Thai meals at home. Come and enjoy preparing and tasting tofu satay, green curry tofu, Buddha fried rice and tapioca pudding. Gain a basic knowledge of Southern Asian herbs and curry. Improve your wok skills and practice the steaming method for cooking desserts. **Materials fee: \$35**

3/20-3/27 M 6 - 8 p.m.  
Café de Thai Nguyen

**Crème Puffs and Pâte Choux** **\$59**

Get your bake on and practice making classic French pastries with homemade dough and prepared fillings. At the center of most nail-biting baking shows, learn the art of making the famous and luscious Pâte à Choux. Explore culinary tricks of the trade to produce numerous tasty variations. Become the next star baker and master the art of this French staple.

3/28 T 6 - 9 p.m.  
St. Vincent's Kitchen Barrientos

**Wine and Cheese Pairing \$99**

Enjoy pairings created by a local sommelier whether you're serving white, red or dessert wines. Explore the delightful 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. Bring four of your wine glasses to class. **Materials fee: \$50**

4/4-4/18 T 6-8 p.m.  
103 TMCC Meadowood Center Brooks

**Salvadoran Pupusas \$59**

Make El Salvador's national dish just like Abuelita's. Have fun getting hands-on experience making the thick griddle cakes that originated in Central America. Learn about Hispanic spices and ingredients that will help you add flair to many of your favorite recipes.

4/11 T 6-9 p.m.  
St. Vincent's Kitchen Barrientos

**Fermented Foods \$59**

Give your immune system a delicious diet boost through the benefits of fermentation. Discover the varieties of foods created by the interaction of yeast and healthy bacteria and enjoy the hands-on creation of vegetables, kefir and vinegar. Make your own ferments and learn how to add them to your daily meals. **Materials fee: \$25**

4/13 TH 6-9 p.m.  
117 Damonte Ranch High Neubert

**World of Spices II: Salt and Pepper Primer \$49**

Dive deeper into the spice universe, focusing on individual varieties within a single spice group. Explore the differences in salts such as table salt, kosher salt, pickling salt, pink salt and Hawaiian salt. Delve into the wide variety of pepper including black pepper, pink pepper, Aleppo pepper, Italian peperoncino, Szechuan and white pepper, and chili pepper. Prepare recipes using these spices. **Materials fee: \$20**

4/18 T 6-8 p.m.  
117 Damonte Ranch High Graham



**Beer Literacy 101 \$69**

Enhance your enjoyment while discovering the complexities of America's favorite adult beverage. Understand how beer is made, from grain to glass, by smelling and tasting natural ingredients. You'll understand the importance of sensory science and the regional history of beer styles. Sample several beer styles to identify your favorite, find strategies for choosing beers at breweries and tips for pairing your brew with food. **Materials fee: \$10**

4/27 TH 6-9 p.m.  
103 TMCC Meadowood Center Schmitz

**Asian Cocktails \$59**

Use basic bar knowledge and the muddling method of lightly mashing fruit, herbs and spices to concoct an assortment of delicious beverages. Create your own Thai Basil Mojito, Ginger Pisco Passion, Thai whiskey honey limeade and more fresh Asian herbal drinks, all garnished with fresh fruit. **Materials fee: \$60**

5/8 M 6-8 p.m.  
Café de Thai Nguyen

**Cookie Decorating: Mother's Day \$49**

Surprise Mom with a batch of 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. Make personalized cookies in decorative packaging to take home for yourself, share with family or present as a gift. **Materials fee: \$25**

5/10 W 6-8 p.m.  
210 TMCC Meadowood Center Page

**Home & Garden**

**Wood I \$219**

Transform wood into useful projects by learning how to work safely with a planer, jointer, table saw, hand-held power tools, and other tools of the woodworking trades. Start by making cutting boards from raw lumber, and then continue with more complex projects limited only by your imagination. In addition, learn about finishing techniques such as sanding, staining, and sealing. **Materials fee: \$30**

2/1-5/17 W 6:30-9:30 p.m.  
Clayton MS Shop Hayes, Sutherland and Marble

**Wood II and III \$219**

Enjoy taking your woodworking skills to the next level. Challenge yourself by experimenting with different joineries and new uses of traditional equipment as you work on an individual project. Create a unique piece under the guidance of experienced woodworkers, even if it's to finish your project from Wood I. **Materials fee: \$30**

2/1-5/17 W 6:30-9:30 p.m.  
Clayton MS Shop Hayes, Sutherland and Marble

**Furniture Refinishing \$139**

Give your used furniture a fresh start as you bring out the original beauty of each piece. Practice staining and glazing techniques to revitalize dressers, tables, chairs and more. Explore the proper repair process for frames and other common damage, and review the glues and adhesives used to fix them. Learn about tool safety and gain expert tips for recognizing and evaluating a hidden gem in any yard sale or thrift store. **Materials fee: \$30**

2/6-3/13 M 6-9 p.m.  
Clayton MS Shop Dornoff

**Water Gardens and Fish Ponds \$49**

Turn your yard into an Eden. Find out how to design, build and maintain a variety of ponds and water features that thrive in our desert environment.

2/22 W 6-9 p.m.  
324 TMCC Meadowood Center Hollis

**Gardening with Your Kids \$49**

Show your kids how to start seeds indoors, when to plant them outside and how to care for their own food and flowers while enjoying some family time. For ages 7 and up. \$10 supply fee for pots, soil and seeds.

2/25 S 9 a.m. - noon  
210 TMCC Meadowood Center Adams

**Wine Grape Growing \$109**

Discover how to cultivate and design your outdoor vineyard oasis. Learn the fundamentals of grape varieties, planting, training and pruning your vines. Find out how to protect your crop from weeds, pests, diseases and drought conditions. Discuss soil analysis, municipal regulations and agricultural sustainability.

2/25, 3/11, 3/25 S 9 a.m. - noon  
315 TMCC Meadowood Center Russell

**Florist Fundamentals \$399**

Become a floral handler or design assistant to help others surround themselves with natural beauty through floral arrangements. Learn how to identify, care for and handle flowers. Gain hands-on experience creating vase and basket arrangements, boutonnières, corsages and more. You'll gain a real feel for the profession with the help of a seasoned floral designer. **Materials fee: \$35**

2/27-3/10 M,T,W,Th,F 1-4 p.m.  
Sparks Florist Design Center Fiannaca

**High Desert Gardening Basics \$49**

Get better results in your garden by understanding the unique horticultural conditions of Northern Nevada. Save time and money by learning proper pruning of trees, shrubs, perennials and roses to deal with hard soil, harsh weather conditions and water restrictions. Learn how to improve soil characteristics and discuss the Peavine myth. Discover how to recognize damage from insects, diseases and cultural problems.

3/4 S 9 a.m. - noon  
324 TMCC Meadowood Center Adams

**\$ Floral Arranging for Fun \$69**

Make a statement with spring flower arrangements that will add beauty to your home through traditional aromatic scents. Get a hands-on demonstration from an expert to learn about the specifics of floral design, including the types of flowers used for bouquets and how to design artistic and flawless arrangements. Take home unique and colorful designs after each session. Repeat students are welcome. **Materials fee: \$55**

3/14 and 4/11 T 5 - 6 p.m.  
Sparks Florist Design Center Henderson

**High Desert Edible Gardening \$49**

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. Discuss organic fertilization methods, pest control, companion planting and crop rotation.

4/1 S 9 a.m. - noon  
324 TMCC Meadowood Center Adams

**Organic Gardening \$49**

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

4/15 S 9 a.m. - noon  
324 TMCC Meadowood Center Adams

**\$ Beekeeping \$99**

Discover what you need to do to keep happy, healthy and productive bees. Understand and discuss the environmental importance of honeybees, raising bees, and investment and maintenance costs. Gain basic knowledge of beekeeping equipment using displays. Delve into their biology and husbandry needs, small-scale pest management, food safety, and harvesting bee products. **Materials fee: \$10**

3/24-4/07 F 9 a.m. - noon  
TMCC Red Mountain Building Vigil

**Gardening is for the Birds \$49**

Become a backyard birdwatcher by creating an environment that brings these feathered friends to you. Delve into bird habitats, their diets and the best plants to support their well-being. Find out which plants attract migratory and resident species who seek food and shelter. As you learn how to grow these plants successfully, you will also learn to identify some of our most common visitors.

5/20 S 9 a.m. - noon  
324 TMCC Meadowood Center Adams

**Music & Performing Arts**

**\$ Ukulele \$119**

No experience required - create music using this easy-to-play instrument. Learn the basics, from finger positions on the frets to reading sheet music and strumming to your favorite songs. Discover the styles of rock, country, classical and ensemble pieces. Show off your skills by practicing note and rhythm playing. **Supplies required.**

2/2-5/4 TH 6:15 - 7:30 p.m.  
Music Room, Aria School of Music and Art Holloman

6/1-8/31 TH 6:15 - 7:30 p.m.  
Music Room, Aria School of Music and Art Holloman

**\$ Ukulele II \$119**

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. **Supplies required.**

2/7-5/9 T 6 - 7 p.m.  
Music Room, Aria School of Music and Art Holloman

**\$ Guitar for Beginners \$59**

If you've never played the guitar before, join us to begin building your playing skills. Learn beginning chordal accompaniment basics, including open position and barre chord vocabulary. Also practice easy strum patterns, chart navigation and songbook use. **Supplies required.**

2/6-3/6 M 7:30 - 8:30 p.m.  
320 TMCC Meadowood Center Bates

**\$ Piano for Beginners \$89**

Discover the art and fun of learning to play the piano. Start with 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. Build skills and gain expert tips on making the most of your practice time at home. **Materials fee: \$10**

2/9-3/23 Th 7 - 8 p.m.  
Steinway Piano Gallery Pratt

**\$ Piano Intermediate \$89**

Enjoy the continuation of Piano for Beginners in this intermediate-level class. Learn to emphasize minor scales, chords and bass patterns. Understand how to use accompaniment patterns, sight-read music and play by ear. You'll begin to master your musical skills. **Materials fee: \$10**

2/9-3/23 Th 11 a.m. - Noon  
Steinway Piano Gallery Pratt

**\$ Piano I for Silver Students \$89**

Discover the art and fun of learning to play the piano. Start with 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. Build skills and gain expert tips on making the most of your practice time at home. **Materials fee: \$10**

2/9-3/23 Th 10 - 11 a.m.  
Steinway Piano Gallery Pratt

**Songwriting Workshop: From Scratch to Stage \$169**

Take that song out of your head and turn it into a professional product. Engage in improvisational techniques that will release your musical artistry to create personally significant songs. Discover resources to help you generate ideas from lyrics, instrumentation and rhythmic components. You will be able to record a live demo of your completed music.

3/7-4/25 T 6:30 - 8:30 p.m.  
320 TMCC Meadowood Center Palmer

**\$ Harmonica \$69**

Play one of the most uncomplicated and romantic instruments. Practice in a group without having to read music. Enjoy this highly portable instrument as you enhance your lung capacity and reduce stress. Experiment with a variety of harmonica genres in this fun and engaging class. **Supplies required.**

4/8-4/22 S 10 a.m. to Noon  
104 TMCC Meadowood Center Penick

**Discover the Joys of Opera \$99**

Experience this 16th-century Western art form through lively discussions with an opera expert. Increase your enjoyment of the opera by learning about its illustrious history, greatest composers and famous artists. Treat yourself to this glorious music as you listen and watch videos of acclaimed and impressive performances.

4/19-5/10 W 6:30 - 8:30 p.m.  
104 TMCC Meadowood Center Gray

**\$ Harmonica II \$69**

Start with a quick review of what you learned in the introductory harmonica class, then play canned music tracks. Get the feel of joining other recorded instruments and experience how the harmonica can fit in with the rest of the band. If you want to play alone to those songs, that's fine. **Supplies required.**

5/6-5/20 S 10 a.m. to Noon  
104 TMCC Meadowood Center Penick

**\$ Harp** **\$159**  
 Learn the harp's basic playing techniques and music fundamentals without having to invest in your own expensive instrument. Understand how the harp is structured and how to tune and care for it. Also, start to read music and learn simple tunes by developing your rhythm and musicianship. **Materials fee: \$30**

6/12-7/17 M 7-8:15 p.m.  
 206 Vista Building Roznitovsky

## Photography

### Water Photography: Flowing, Frozen, Vapors \$89

Learn how to use your camera's features to freeze water's flow or capture its silky movement. Practice techniques for using reflections while opening up the darker areas of your shot by taking macro shots of ice and setting the white balance to get the true color of the snow. Discuss how to make an ethereal setting with steam rising in the morning sun with a single water drop glistening off a plant or capture the beauty of billowy clouds in a Nevada blue sky. No matter the weather, find out which techniques are best to use on sunny or cloudy days.

2/4 S 9 a.m. - noon  
 S 2-6 p.m.  
 315 TMCC Meadowood Center Vollmer

### Wedding Photography \$49

Capture beautiful photographs that preserve life's best moments. Learn tips and tricks for getting great candid shots, eliminating motion blur, finding the best exposure and using flash to enhance, not overpower, images. Also, get tips on photographing other special occasions like reunions, baptisms and parties.

2/16 Th 6-9 p.m.  
 321 TMCC Meadowood Center Marks



### Basic Digital Photography \$99

Take pictures you'll be proud of and get the most out of your camera. Learn techniques and discuss photographing landscapes, people, macro subjects and natural light illumination. Learn about your camera's settings and controls. Explore composition by incorporating your senses and learning the guideline of thirds. Practice using lighting and reflectors to achieve different effects and know which conditions require supplemental lighting. Apply your skills immediately during in-class photo shoots.

3/2-3/23 Th 6-8 p.m.  
 315 TMCC Meadowood Center Vollmer

### iPhone Photography \$49

Capture high-impact photos with your phone. Gain an understanding of composition and photographic techniques and 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.

4/5 W 6-9 p.m.  
 321 TMCC Meadowood Center Marks

### Abstract Photography \$49

Turn everyday objects into abstract photo opportunities. Discuss what it means to be abstract and how you can produce eye-catching and engaging images. Delve into the most popular methods used to approach abstraction. Practice shooting images both inside and outside of the classroom. Gain tips on using simple materials and processes to get the best results possible.

6/5 M 6-9 p.m.  
 321 TMCC Meadowood Center Marks



### Photograph Lake Tahoe \$89

Create compelling photographs of Tahoe's world-class scenery by capturing its landscape, light and shadows during the golden light of late afternoon. Join an award-winning photographer as you enjoy a slideshow lecture and explore tips and techniques to take your photography to the next level. Put your new knowledge to use during a field shoot at the famed lake.

6/22 & 6/24 Th 6-9 p.m.  
 S 3-8 p.m.  
 315 TMCC Meadowood Center Vollmer

## Writing

### Creative Writing \$119

Let your imagination run wild. Write 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 how to write for children and adults. Embrace your talents in innovation and share your works with your audience.

2/8-3/1 W 6-8 p.m.  
 320 TMCC Meadowood Center Castleman

### Characterization and Plot Development \$99

Develop three-dimensional characters by delving into personality and voice, then take your manuscript to the next level of plot development by focusing on the goal, motivation, and conflict that moves the story forward.

2/2-2/9 T,Th 6-9 p.m.  
 200 TMCC Meadowood Center Turner

### Self-Publishing \$49

Skip waiting for publishers and agents. Publish your polished manuscript on your terms. Discuss how to prepare your work for upload using Amazon's e-book and the paperback system as well as Draft2Digital. Learn about the many features Kindle Unlimited offers for managing your information and sales. Explore the formats accepted for each platform, how to set your prices and plan for distribution. Gain design advice for your cover and practice using Kindle Publishing to bring your idea to life.

6/21 W 6-8 p.m.  
 200 TMCC Meadowood Center Averett

## Dance

### Argentine Tango \$109

Experience this rich, beautiful and exciting dance with or without a partner. Learn how to connect and improvise as you practice basic tango steps. You'll find dancing will improve your balance, coordination and focus.

3/3-3/24 F 7-9 p.m.  
 The Ballroom of Reno Randlett

### Line Dancing I \$99

Put on your boots and join a lively line dancing session. Discover the basic steps and terminology of line dancing in this fun, confidence-building environment. The instructor will walk you through multiple beginner line dance routines currently being danced in local venues. Enjoy this lively form of exercise danced to country and pop music while improving your memory skills, physical endurance and flexibility. All experience levels are welcome. No previous experience or partner is required.

2/6-3/20 M 7-9 p.m.  
 180 TMCC Applied Technology Center Dungan



**Line Dancing II \$99**  
Expand beyond the basics by learning more intricate line dance routines to boost your confidence on the dance floor. You will learn progressive step combinations to master increasingly challenging routines currently being danced in local venues. Previous line dancing experience is strongly recommended.

4/3-5/8 M 7-9 p.m.  
180 TMCC Applied Technology Center Dungan

**Belly Dancing \$109**

Explore the classic Egyptian belly dancing, Raqs Sharqi and its influence on contemporary Western fusion styles. Learn fundamental and Egyptian movements. This ancient art is a great way to build a stronger core, achieve a flatter stomach, increase flexibility and improve posture. Have fun isolating and controlling your muscles.

2/7-4/11 T 6-7 p.m.  
308 TMCC Meadowood Center Gray



**Hoop Dance \$69**

Improve your flexibility, balance and core strength as you learn the basics of dancing with a hoop. Practice transitions and new moves both on and off the body. Enjoy changing planes of rotation and adding your flair as you relieve stress and increase your cardio endurance. **Materials fee: \$45**

3/7-3/28 T 6-7 p.m.  
180 TMCC Applied Technology Center Firestone

**Ballroom Dancing \$129**

Confidently enjoy partner dancing in any social setting, whether at a wedding or club. Learn how to express yourself creatively, build your confidence and determine which dances best fit which genres. Practice dancing the salsa, waltz, rumba, bachata, country two-step, East Coast swing and the nightclub two-step.

6/7-7/12 W 6-8 p.m.  
The Ballroom of Reno Hutchinson

**Fitness & Sports**

**Pilates and Silver Pilates**

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

- 302 TMCC Meadowood Center
- Year round sessions of eight classes.
- Morning, afternoon, evening, and weekends
- Dates listed online.
- Registration opens on the 15th of each month for new sessions.

Pilates **\$119**  
Silver Pilates **\$115**

**Silver Yoga \$99**  
Improve your physical and mental health through this ancient practice and meditation postures. Improve your flexibility, balance, quality of life, cardiovascular functioning, bone health and sleep. Relieve tight back and shoulder muscles through fun stretching and strength exercises—progress within a structure of group personal training.

**Tuesdays**  
1/10-2/28 T 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

3/7-4/25 T 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

5/2-6/20 T 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

6/27-8/22 (not 7/4) T 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

**Fridays**  
1/6-2/24 F 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

3/3-4/21 F 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

4/28-6/16 F 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

6/23-8/11 F 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Dennis-Heinrichs

**Wednesdays**  
4/26-6/14 W 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Morman

6/21 - 8/9 W 10:30 - 11:30 a.m.  
308 TMCC Meadowood Center Morman

**Tai Chi I \$109**

Practice this ancient Chinese form of exercise to improve fitness, health and longevity. This practice's physical movements and meditational features help you cultivate qi that circulates throughout your body. The tai chi Yang 8 form is designed for beginner students and features elements of qigong, including breathing, posture and meditative techniques. Gain harmony and equilibrium in your life by training your mind and body.

1/10-2/2 T, Th 9 - 10 a.m.  
308 TMCC Meadowood Center Steinger

2/7-3/2 T, Th 9 - 10 a.m.  
308 TMCC Meadowood Center Steinger

**Tai Chi II \$109**  
Practice the Tai Chi Yang style long-form through a prescribed sequence of second and third set moves. If you have completed one or more Tai Chi I classes, advance to this next level and learn techniques of standing qigong and moving meditation to sharpen your balance. This ancient martial arts form promotes relaxation and reduces stress while improving flexibility, balance and agility.

1/10-2/2 T, Th 10:15 - 11:15 a.m.  
307 TMCC Meadowood Center Steinger

2/7-3/2 T, Th 10:15 - 11:15 a.m.  
307 TMCC Meadowood Center Steinger

**Shotokan Karate \$129**

Strengthen your mind and body with Shotokan Karate. Improve your balance, movement and breathing. Connect your spiritual values and learn the three pillars: Kihon, Kata and Kumite. Beginners and advanced are welcome—ages ten and up.

1/17-2/9 T, Th 6:45 - 8:15 p.m.  
TMCC Sports and Fitness Center Paul

2/14-3/9 T, Th 6:45 - 8:15 p.m.  
TMCC Sports and Fitness Center Paul

3/14-4/20 T, Th 6:45 - 8:15 p.m.  
TMCC Sports and Fitness Center Paul

4/25-5/18 T, Th 6:45 - 8:15 p.m.  
TMCC Sports and Fitness Center Paul

5/23-6/22 T, Th 6:45 - 8:15 p.m.  
TMCC Sports and Fitness Center Paul

**Family Snowshoeing Adventure \$49**

Share winter's spectacular beauty as a family while exploring snowy Northern Nevada. Learn basic step techniques, avalanche hazards and fundamental emergency preparedness. This is the perfect family adventure. The instructor will contact you with a meeting location before discussing equipment and clothing options for optimal comfort. Supplies required.

1/21 S 8 a.m. - 1 p.m.  
315 TMCC Meadowood Center Fromherz

## Weekend Warrior Conditioning for 55+ \$159

Whether you want to improve your golf game, hit the long ball on the softball field or successfully compete in an endurance event, this program is designed to enhance your performance. Assess your physical limitations with the Functional Movement Screen, then incorporate soft tissue work and flexibility training as part of a dynamic warm-up. Improve your core stability to reduce energy leaks and add power, strength training and specific conditioning drills to keep you performing in beast mode.

1/30-3/27 M, W 6-7 p.m.  
TMCC Sports and Fitness Center Holly

## Gentle Yoga \$119

Breathe deep and relax as you practice gentle restorative yoga. Learn to listen to your body as you follow Anusara's Universal Principles of Alignment: Open to Grace, Muscle Energy, Inner-Expanding Spiral, Outer-Contracting Spiral, and Organic Energy. Enjoy slow movement, meditative breathing, and strengthening postures. All skill levels are welcome, and pose modifications will be available.

2/1-3/22 W 5:30-6:30 p.m.  
308 TMCC Meadowood Center MacLellan

3/29-5/17 W 5:30-6:30 p.m.  
308 TMCC Meadowood Center MacLellan

2/11-4/1 S 8:30-9:30 a.m.  
308 TMCC Meadowood Center Holt

4/8-6/3 S 8:30-9:30 a.m.  
308 TMCC Meadowood Center Holt

6/10-7/29 S 8:30-9:30 a.m.  
308 TMCC Meadowood Center Holt

## Axe and Knife Throwing \$99

Experience the thrill of this fun and exciting sport. 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.

2/1-2/22 W 7-8:30 p.m.  
Smashin' Good Time Peper

6/7-6/28 W 7-8:30 p.m.  
Smashin' Good Time Peper

## Boxing for Fun and Exercise \$99

Enjoy the benefits of a safe, fun, non-contact boxing workout. This calorie-burning cardio workout is designed to improve your balance and strengthen your upper body and core.

2/4-4/8 S 10-11 a.m.  
308 TMCC Meadowood Center Collins

4/15-6/24 S 10-11 a.m.  
308 TMCC Meadowood Center Collins

## Philippine Stick Fighting \$99

Protect yourself by learning this Filipino martial art using unarmed and armed techniques. You'll understand this fighting method and learn to 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.

2/4-4/8 S 11:15 a.m. - 12:15 p.m.  
308 TMCC Meadowood Center Collins

4/15-6/24 S 11:15 a.m. - 12:15 p.m.  
308 TMCC Meadowood Center Collins

## Restorative Yoga \$99

Unroll your yoga mat, let go of the day and immerse yourself in yoga poses that stretch and lengthen muscles through movement and breath. This class is designed to 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. Bring a yoga mat and strap to class.

2/6-4/3 M 6-7 p.m.  
308 TMCC Meadowood Center Cannon

4/10-6/5 M 6-7 p.m.  
308 TMCC Meadowood Center Cannon

6/12-7/31 M 6-7 p.m.  
308 TMCC Meadowood Center Cannon

## Zumba \$99

Have fun reducing your stress and weight while you fine-tune your coordination. Enjoy multiple benefits of a fitness program that combines dance moves with Latin and international music. Zumba routines use interval training, alternating fast and slow rhythms to improve cardiovascular wellness.

2/7-3/2 T 1:30-2:30 p.m.  
Th 2-3 p.m.  
308 TMCC Meadowood Center Alpizar

3/7-3/30 T 1:30-2:30 p.m.  
Th 2-3 p.m.  
308 TMCC Meadowood Center Alpizar

## Archery \$109

Discover the archery world and practice the skill behind famous characters like Green Arrow, Hawkeye, Katniss Everdeen and Robin Hood. Learn proper form, technique, etiquette, and safety protocols in a small group. Experience the thrill of shooting arrows at traditional, 3D and trap archery targets in an indoor range. Play with recurve and compound bows and score with target archery. **Materials fee: \$35**

2/10-4/14 F 5-6 p.m.  
Wasting Arrows Archery Pitts



## Indoor Rock Climbing \$99

Challenge yourself and never look back. Increase your strength and mental awareness as you 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**

2/10-3/17 F 6-7:30 p.m.  
Mesa Rim Climbing & Fitness Allcock

4/21-5/26 F 6-7:30 p.m.  
Mesa Rim Climbing & Fitness Allcock

## Gorgeous Glutes \$89

Tone your body and enhance your glutes with low-impact, exciting routines. Using concepts from yoga, Pilates and ballet, discover how to improve your fitness and flexibility without extra equipment. Feel confident using your body as resistance for challenging exercises, no matter your activity level. **Materials fee: \$15**

2/27-4/17 M 1:45-2:35 p.m.  
308 TMCC Meadowood Center Peterson

4/24-6/19 M 1:45-2:35 p.m.  
308 TMCC Meadowood Center Peterson

6/26-8/28 M 1:45-2:35 p.m.  
308 TMCC Meadowood Center Peterson

## Self Defense \$99

Be prepared for the unthinkable. Practice mental tactics and easy physical techniques to defend yourself. Learn how to avoid, escape and survive an attack. Regardless of your strength, become confident using these practical strategies. Leave this class knowing you can take control of a situation and maximize your chances of safety.

3/2-4/6 Th 6:30-8 p.m.  
308 TMCC Meadowood Center Collins

## Golf at Washoe \$99

Learn proper golfing fundamentals to help improve your putting, chipping and full swing. Each class will cover a different aspect of the game. Get expert advice to help improve your technique. Washoe Golfe Course caters to players of all ages and skill levels so you can return with your family. **Materials fee: \$20**

3/30-4/27 Th 10-11 a.m.  
Washoe Golf Course Staff

5/18-6/15 Th 10-11 a.m.  
Washoe Golf Course Staff

## Ice Skating \$149

Learn the fundamentals of ice skating and develop your agility, balance, coordination and speed. Whether you're a beginner or an experienced ice skater, have fun while building confidence and skills. You'll practice in the newly developed, state-of-the-art indoor ice sports arena at Reno Ice: The Jennifer M. O'Neal Community Ice Arena.

4/3-5/15 M 10:15-11:15 a.m.  
Reno Ice Staff

**\$59 Golf for Beginners at Red Hawk \$99**

Learn to play a par three course and become a better sportsperson by learning golf basics. Gain tips on how to swing and understand the rules and etiquette of the game from a professional. Learn to putt, chip, and play with iron and wood clubs at the Red Hawk Golf and Resort. This resort offers two custom courses that will provide you with a unique learning experience. **Range fee: \$35**

4/18-5/16 T 5:30 - 6:30 p.m.  
Red Hawk Golf Course Williams

5/24-6/21 W 5:30 - 6:30 p.m.  
Red Hawk Golf Course Williams

**\$59 Golf for Beginners: Women Only \$99**

Enjoy the great outdoors and gain the skills to play a par three course. Discuss the rules and etiquette of the game and gain tips on the fundamentals of swinging like a pro. With guidance from a professional, practice putting and chipping and play with iron and wooden clubs at a local golf range. **Range fee: \$35**

4/19-5/17 W 5:30 - 6:30 p.m.  
Red Hawk Golf Course Williams

5/23-6/20 T 5:30 - 6:30 p.m.  
Red Hawk Golf Course Williams

**Family Ice Skate \$139**

Take on a perfect new family activity while learning the fundamentals of ice skating. Great for beginners or more experienced ice skaters who want to share their love of the sport with family members. You will have fun while building confidence, strength and skills. A short lesson will be followed by practice time to hone your newfound skills.

6/19-7/24 M 10:15 - 11:15 a.m.  
Reno Ice Staff

**Health & Wellness**

**\$59 Weight Loss This Year! \$49**

Learn practical and easy applications for successful weight loss using behavior changes in yourself and your environment. Improve hemoglobin A1c markers, lipid panel, reduce the risk for chronic disease while reaching an ideal body weight and improve your mental health. **Materials fee: \$5**

2/11 S 9 a.m. - noon  
315 TMCC Meadowood Center Hynd

**Ayurveda \$199**

Reconnect with your mind, body and spirit through the ancient Indian system of health care, Ayurveda. Create balance and identify disharmonies in your life through food, herbs and a variety of sense therapies taught in this unique and dynamic class.

2/15-3/15 W 6 - 8 p.m.  
200 TMCC Meadowood Center Harger



**\$59 The Art of Walking in High Heels \$49**

Walk pain-free with grace and confidence. Get tips on choosing the correct shoe for your feet, shoe anatomy, proper fit, avoiding injury and what to keep in your bag. The instructor will also cover basic foot stretching techniques to strengthen and relax your feet. **Supplies required.**

2/22 W 6 - 8 p.m.  
TBA TMCC Meadowood Center Lee

**Understanding Gluten \$49**

If you are thinking about eliminating Gluten from your diet, this class will help you understand what it is and how it affects your health.

2/23 Th 6 - 9 p.m.  
320 TMCC Meadowood Center Swackhamer

**\$59 Introduction to Hapé and Meditation \$69**

Hapé (pronounced ha-peh) is a preparation of powdered medicinal herbs, often with a tobacco base, blown up the nose before meditation or healing practices. Hapé is a self-administered legal shamanic snuff used to help calm the mind and heal the body. It can also help to focus and sharpen the mind, clear the sinuses of mucus and bacteria, combat colds, and provide a calming, grounding effect. **Ages 18 years and up. Materials fee: \$10**

2/25 S 10 a.m. - noon  
324 TMCC Meadowood Center Raymond

**Overcoming Anxiety \$49**

Achieve consistent peace of mind. Harness the power of your subconscious and discover how thought patterns impact your physical and emotional responses to circumstances. Gain tips on calming yourself and lowering anxiety through imagery, reframing sabotaging thoughts and better understanding the difference between imagination and reality. Practice calming and relaxation techniques and create a self-care plan so you can feel your best.

3/14 T 6 - 9 p.m.  
200 TMCC Meadowood Center Nielson

**Sugar Busters \$49**

Cultivate healthier eating habits by learning how to eliminate excess sugar. Review scientific studies about the effects of sugar on the brain and body. Discuss how consumption increases the likelihood of obesity, diabetes, cancer and Alzheimer's diagnosis. Explore delicious foods that will keep you full and satisfy any sweet tooth, as well as delicious sugar alternatives like Stevia and monk fruit. Craft a personalized meal plan and gain valuable tips to help you stay away from unnecessary sugars.

3/16 Th 6 - 9 p.m.  
320 TMCC Meadowood Center Swackhamer

**Keto Diet: Let's Get Started \$59**

Experience a boost in energy, balanced blood sugar levels, weight loss and more as you learn the benefits of this low carb, high-fat diet. Find out what ketosis is and how your body functions during fat-burning. Discuss nutrition basics, the fundamentals of healthy eating and how it differs from other diets. Explore foods and meal ideas you can enjoy while on the eating plan. Take home a one-week meal plan and shopping list to get you started.

4/8 S 9 a.m. - noon  
320 TMCC Meadowood Center Swackhamer

**Self Empowerment \$49**

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 fiction. Adopt empowering thought processes, discover your affirmations, overcome external pressures and instill confidence in others- no matter their age.

4/18 T 6 - 9 p.m.  
324 TMCC Meadowood Center Nielson

**Sounds for Soothing \$49**

Cultures have harnessed sound to optimize wellbeing and positively impact mood, brain waves and health. Listen to melodies created with tuning forks, gongs, flutes, chanting, crystal bowls and more. Practice easy, time-tested methods for increasing the serenity in your life.

4/18 T 6 - 9 p.m.  
200 TMCC Meadowood Center Neubert

**Outdoors**

**Bald Eagle Expedition \$109**

Experience the largest wintering bald eagle population in the United States located in the Lower Klamath Basin of northeastern California. You'll find these regal creatures around you, perched on fences, ice lakes and trees. The basin is also home to thousands of tundra swans, snow geese and other wintering waterfowl.

1/25 & 2/3-2/5  
Lecture: W 6:30 - 8 p.m.  
Field Trip: F, S, Su 8 a.m. - 8 p.m.  
315 TMCC Meadowood Center Gubanich

## Intro to Handguns \$49

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

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

## Birds and Wildlife of Bodega Bay \$109

Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California at the height of the season. Spend Friday and Saturday in Bodega Bay, then move to Point Reyes on Sunday morning. You are responsible for your own food, transportation and lodging.

4/5 & 4/14-4/16  
Lecture: W 6:30 - 8 p.m.  
Field trip: F, S, Su 8 a.m. - 8 p.m.  
324 TMCC Meadowood Center Gubanich

## Outdoor Navigation and Trip Planning \$99

Increase your confidence in the backcountry by strengthening your navigation skills. Learn how to use a baseplate compass, topographic map, smartphone apps and GPS. Discuss how to make a navigation travel plan to get the most out of your outdoor adventures. Then apply your new skills during the class field trip. **Materials fee: \$40**

4/12-4/26 & 5/6  
Lecture: W 6 - 8:30 p.m.  
Field Trip: S 9 a.m. - 1 p.m.  
200 TMCC Meadowood Center Fromherz



## Rockhounding \$79

Discover the fascinating world of rock collecting through a hands-on lecture and field trip. 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 about what you can do with the rocks. Take your newfound knowledge out into the field. Enjoy the outdoors and explore sites you've never been to before. **Supplies required.**

5/17 & 5/20  
Lecture: W 6 - 8 p.m.  
Field trip: S 9 a.m. - 1 p.m.  
315 TMCC Meadowood Center Arnold

## Fly Fishing for Beginners \$69

Discover one of the most adventurous ways to enjoy lands and waterways. 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 to experience this sport's serenity by learning from a professional guide. **Materials fee: \$40**

6/3 S 8:30 a.m. - 12:30 p.m.  
Hidden Valley Regional Park Wharton

6/17 S 8:30 a.m. - 12:30 p.m.  
Hidden Valley Regional Park Wharton

## Mother Lode Gold Panning \$69

Find out why this is one of the fastest growing outdoor activities in the country. Take in a Sierra river's beauty while practicing your gold-finding skills. Must provide own transportation. Save \$10 when you register for gold panning and gold sluicing simultaneously. **Materials fee: \$10**

6/5 & 6/10  
Lecture: M 7 - 8:30 p.m.  
Field Trip: S 7 a.m. - 6 p.m.  
320 TMCC Meadowood Center Mela

## Geology: Carson Pass \$99

Discover how our majestic mountains were formed and learn about area glaciation, earthquake faults and more. Tour with a geologist to visit fascinating features in Genoa, Carson River, Hope Valley and Red Lake. Discuss regrowth cycles after forest fires, enjoy collecting rocks and discuss area history.

6/12 & 6/24  
Lecture: M 6 - 8 p.m.  
Field Trip: S 9 a.m. - 4 p.m.  
315 TMCC Meadowood Center Iwashashi



## Backpack the Sierra \$49

Preparing to explore one of nature's most diverse landscapes? Discover the gear and skills you need to enjoy your next hiking or backpacking trip to the Sierra. Learn wilderness and survival skills. Get tips on physical conditioning, nutrition, navigation, wildlife interaction, obtaining permits and the best locations for your adventures.

6/20 T 6 - 9 p.m.  
200 TMCC Meadowood Center Nielson

## Languages & Cultures

### American Sign Language I \$139

Explore a unique way to communicate nonverbally with others. 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 and sentence structure. Put your new knowledge to use by attending a sign language gathering of Nevada's Deaf community members and students.

2/4-3/11 S 10 a.m. - noon  
200 TMCC Meadowood Center Doyle

### Spanish I \$189

Start your language learning journey by speaking the second largest native language globally. Over 500 million people speak Spanish and you can add this language to your communication skills. Practice basic vocabulary and pronunciation through role-playing and watching media. Use your newfound skills for travel, work or social get-togethers.

2/6-4/17 M 6 - 7:30 p.m.  
324 TMCC Meadowood Center Aguilar

### French \$179

Parlez-vous Français? Enjoy learning one of the most romantic and elegant languages. Whether you're traveling abroad or want to sound well-traveled, receive tips on correct pronunciation, beginning vocabulary and verb conjugation and some basic travel phrases. Practice speaking this melodic language that contributes to its beauty and charm that has built a long cultural history of music, poetry and art.

2/7-4/11 Tue 6 - 8 p.m.  
324 TMCC Meadowood Center Bangert

## Tour Italy Like a Native \$89

Adopt local customs to have an authentic experience and understanding of Italian culture. 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. Be ready to take in the beauty and wonder of Italy.

2/14-3/7 T 6-8 p.m.  
200 TMCC Meadowood Center Hunter

## American Sign Language II \$139

Boost your fingerspelling skills and build upon the signs and phrases learned in ASL I. Learn signs related to family, relationships and household items to increase your communication ability. Confidently interact with native ASL speakers.

3/18-4/22 S 10 a.m. - noon  
200 TMCC Meadowood Center Doyle

## Conversational Italian for Travelers \$89

Enrich your Italian cultural experience by learning common expressions of courtesy, travel vocabulary, hotel lingo, food, shopping and greetings. Practice pronunciation and conversations in class.

4/3-4/24 M 6-8 p.m.  
200 TMCC Meadowood Center Hunter

## Advanced Conversational Spanish \$49

Build your existing Spanish speaking skills and deepen your conversational knowledge. Practice dialogue exchanges, play simple card games, read aloud and hold full conversations in real-world settings. Discuss the current state of international travel to Spanish-speaking countries and learn how to plan for retirement in the most popular places.

4/15 S 9-11 a.m.  
320 TMCC Meadowood Center Bohlen Perez (Marcos)

## Spanish II \$189

If you have taken Spanish I and want to expand, practice and refine your skills, this class is for you.

5/1-7/10 M 6-7:30 p.m.  
324 TMCC Meadowood Center Aguilar

## Spanish Culture and Conversation \$189

Cultivate a deeper understanding of the Hispanic culture and Spanish language. Connect with people in their native language to build a greater sense of community. Concentrate on dialogue and conversation with other Spanish speakers looking for a practice group to enhance skills and understanding.

5/1-7/10 M 7:45-9:15 p.m.  
324 TMCC Meadowood Center Aguilar

## German for Fun and Travel \$79

Discover Germany through its language and learn basic conversation to better connect with German-speaking people. Journey through cities and nature by learning from an instructor who lived in Germany. Get the most out of your travels by practicing making personal introductions, making reservations, ordering food and asking questions. You'll come away with a better understanding and appreciation for Germany's culture and customs.

6/3-6/24 S 10-11:30 a.m.  
320 TMCC Meadowood Center Stymelski

## Money & Investments

### Financial Fitness \$49

Feel great about your finances by planning for your financial future. 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, select an investment advisor, and choose the right insurance coverage to protect your family.

2/6-2/13 M 6-9 p.m.  
200 TMCC Meadowood Center DiCenso

## Financial Strategies for Successful Retirement \$69

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.

2/16-2/23 Th 6:30-9:30 p.m.  
204 TMCC Meadowood Center Costelloe

## Stocks and Bonds \$99

Investing in stocks and bonds can help you to generate additional financial assets. Understand the difference between stocks and bonds and how they generate profit. Manage your assets and understand their roles in the market. Feel confident navigating the stock market by making smarter investment decisions. Discuss the different types of assets and begin piecing together a mix that fits your circumstances and risk tolerance.

2/27-3/27 M 6:30-8:30 p.m.  
315 TMCC Meadowood Center Gant

## Estate Planning: Legal Documents \$79

Ditch the stress when planning for the future. Become comfortable and confident with your legal plans by learning about trusts, wills and the documents that comprise an estate plan. Discuss power of attorney for both financial and medical matters. By the time you complete this class, you'll have the tools and knowledge you need to complete an estate plan.

3/1-3/3 W,Th 6-9 p.m.  
115 TMCC Meadowood Center Wheeler

## Create a Living Trust \$49

Discover the benefits of this legal document, including discreet property transfer. Break down what trust is and how it differs from a will. Learn the basic legal terminology and gain step-by-step instructions on preparing your own. Discuss what to do after your trust has been created and plan yearly estate maintenance.

3/8 W 6-9 p.m.  
115 TMCC Meadowood Center Wheeler

6/7 W 6-9 p.m.  
115 TMCC Meadowood Center Wheeler

## Maximize Your Social Security \$49

Prepare for your retirement by understanding Social Security benefits before becoming eligible. Learn from a retirement planner how this federal insurance program works and how it's funded. Through case studies, explore claiming strategies to maximize your benefits so you'll feel confident about your choice.

4/13 Th 6-9 p.m.  
204 TMCC Meadowood Center Costelloe

## Evaluating Stocks and Investments \$99

Cut out the middleman and gain the knowledge you need to make smart and fruitful investment choices. Uncover factual and unbiased information, and get to know how that information affects you. Find out how to conduct a thorough analysis of any stock. Get to know the pros and cons of stocks and other investment opportunities and feel confident building and diversifying your portfolio.

5/1-5/22 M 6:30-8:30 p.m.  
315 TMCC Meadowood Center Gant

## Pets & Animals

### Pet Nutrition \$49

Help your best friend live a healthier, happier life by fulfilling their nutritional needs. Learn the meanings behind popular market terminology to be confident in choosing what's best for your pet. Discuss common ingredient concerns, break down the nutritional myths surrounding them, and how pet food regulations differ from human food. Briefly review the many dog and cat food options available.

3/15 W 6-9 p.m.  
324 TMCC Meadowood Center Alessandra

**Dog Massage \$49**

Increase your dog's mental and physical health. Discover how massage differs from petting and can benefit your furred family member. Discuss when it is appropriate to give a massage and how to recognize symptoms that require veterinary attention. Practice and watch demonstrations of various strokes and stretches on the instructor's service dog. Find out how you can easily calm your pet and take home a list of resources to help you further your pet massage skills.

4/6 Th 6-9 p.m.  
315 TMCC Meadowood Center Brown

**Pet First Aid and CPR \$89**

Every second counts - spot problems and quickly respond to them during emergencies. Learn from a veterinarian how to save your pet's life through first-aid and CPR. Discuss how to handle allergic reactions, fights, poisoning, travel and trail mishaps, and everyday occurrences. Become comfortable treating wounds, stopping bleeding and administering medication. Better detect health issues by learning to track your pet's vitals and stock an adequate first aid kit. Gain expert advice on managing potential aches and pains.

4/29 S 9 a.m. - 3 p.m.  
324 TMCC Meadowood Center Warley and Brown

**Special Interest**

**Chess \$99**

Discover the worldwide phenomenon of one of the most popular games involving strategy and tactics. Learn to set up the board, review the names of each piece, how to move pieces and discuss proper game etiquette. Discuss strategies for putting your opponent in check, including a variety of easy-to-learn openers like The Italian Game, The French Defense and The Ruy-Lopez. Explore techniques to grow in rank and find out how to win games in just two or three moves.

2/11-3/18 S 10 - 11:30 a.m.  
307 TMCC Meadowood Center Stymelski

**Ed and Lorraine Warren's Legacy \$49**

Explore notorious hauntings with Chris McKinnell, the grandson of Ed and Lorraine Warren. Delve into the world of ghosts, poltergeists and demons with case studies including Amityville, the Nazi Demon Case, The Haunting in Connecticut, and Tewksbury. Discuss the dangers of spirit communication and Ouija boards and find out why the use of protection is vital. Discover why fear is ultimately the real enemy.

2/25 S 1 - 4 p.m.  
Online Classroom McKinnell

**Famous Ghosts and Hauntings \$49**

The Bell Witch, the Blue Lady of Moss Beach Distillery, the Winchester Mansion, the White House and Lizzie Borden are some of the world's most famous ghosts and haunted houses. Discover why these places are so haunted and what these ghosts really want. Take an in-depth look at these and other ghosts and hauntings.

2/27 M 6 - 9 p.m.  
200 TMCC Meadowood Center Oberding

**Beliefs About Life After Death \$59**

Investigate cross-cultural views of where we go after we die. Learn which ideas of the afterlife are common to several belief systems and which are unique. Continue to conceptualize the journey of your loved ones and yourself when death comes.

3/22-3/29 W 6 - 8 p.m.  
200 TMCC Meadowood Center Linesch

**Wisdom of the Tarot \$69**

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

3/23-3/30 TH 6 - 9 p.m.  
116 TMCC Meadowood Center Wood

**Ghosts of Virginia City \$49**

Discuss the legends surrounding Eilley Bowers, Julia Bulette, the crying baby and the glowing headstone. Learn about the famous Suicide Table responsible for the deaths of Delta Saloon owners. Experience one of the most haunted locations in the West, Old Washoe Club (a.k.a. Millionaires Club), repeatedly featured on ghost-hunting television shows.

5/13 S 1 - 4 p.m.  
Bonanza Saloon and Café, Virginia City Oberding

**Native American Spirituality \$59**

Delve into spiritual traditions, practices and beliefs with the guidance of a Washo spirit guide. Explore the traditional knowledge of this ancient culture and its application 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.

5/20 S 12:30 - 4:30 p.m.  
306 TMCC Meadowood Center Pahtahingee



**Cemeteries and Tombstones Tour \$59**

Better understand Nevada's early years by learning to decode the hidden meaning of headstones and their symbols. Guided by a local historian, stroll through cemeteries in Dayton (established in 1862) and Genoa (established 1865), as well as those in New Empire and Gardnerville. These cemeteries contain tombstones from the Victorian era and the graves of notable personalities such as Snowshoe Thompson and James "Old Virginny" Finney.

6/3 S 9 a.m. - 4 p.m.  
Justice Courthouse, Dayton Davis

**Nevada's Military Role in the Civil War \$49**

Discover Nevada's vital role in America's most significant event and why it gets overlooked or downplayed. Learn how the state's military dealt with southern sympathizers, indigenous peoples and local militias and what led to the creation of famous forts like Churchill and Ruby. Trace the areas where Nevada military volunteers were dispersed, including California, Utah Territory and what is now Wyoming.

6/19 M 6 - 9 p.m.  
200 TMCC Meadowood Center Davis

# Checkmate!

## FREE Chess Open House

*The Queen's Gambit*, a Netflix drama series, introduced new generations to the centuries-old board game of visualization, strategy, and analysis. Join us for a **free** introductory workshop on the worldwide phenomenon of chess. Ages nine years and up are welcome to sign up.

**Saturday, 1/28/2023 from 10 to 11:30 a.m.**  
**TMCC Meadowood Center**  
**Instructor: Stymelski**



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

**REGISTER NOW!** [tmcc.edu](https://tmcc.edu)

## Policies & General Information

### Contact Us

EPIC Office Hours: Monday - 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. We get that. Should you need to cancel your registration, you will receive:

- » **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
- » **0%** for cancellations submitted the day the class starts, after a class has started or if you no show.

*A \$10 processing fee will be added to all refund transactions.*

*You may choose to receive a voucher at 100% of the registration fee regardless of when you cancel. There are no refunds for vouchers.*

*This policy does not apply to events, series, or online classes. All classes canceled by TMCC EPIC will return 100 percent of the tuition to the student.*

### Weather Closures

**Reno weather can be unpredictable.**

To get the scoop on TMCC building closures, visit [tmcc.edu](http://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/](http://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

**Aria School of Music & Art**  
3941 S. McCarran Blvd., Reno

**Ballroom of Reno**  
2540 Sutro Street suite 4, Reno

**Bonanza Saloon and Cafe**  
27 C Street, Virginia City

**Bridgewire Makerspace**  
1055 Industrial Way #20, Sparks

**Cafe de Thai**  
760 S. Virginia St., Reno

**Clayton Middle School**  
1295 Wyoming Ave., Reno

**Damonte Ranch High School**  
10500 Rio Wrangler Pkwy., Reno

**Hidden Valley Regional Park**  
4740 Parkway Dr., Reno

**Hub Coffee Roasters**  
316 Vassar St., Reno

**Justice Courthouse**  
235 Main St., Dayton

**Mesa Rim Climbing & Fitness**  
970 Harvard Way, Reno

**PhoBos Restaurant**  
294 E. Moana Lane #10, Reno

**Red Hawk Golf and Resort**  
6600 N. Wingfield Pkwy., Sparks

**Reno Gem and Mineral Society**  
480 S Rock Sparks

**Reno Guns & Range**  
2325 Market St, Reno, NV 89502

**Reno Ice - The Jennifer M. O'Neal  
Community Ice Arena**  
15500 Wedge Pkwy, Reno, NV 89511

**Smashin' Good Time**  
1251 Baring Blvd, Sparks, NV 89434

**Sparks Florist Design Center**  
1440 Hymer Ave., Sparks

**St. Vincent's**  
325 Valley Rd., Reno

**Steinway Piano Gallery**  
500 E. Moana Ln., Reno

**TMCC Meadowood Center**  
5270 Neil Rd., Reno

**TMCC Applied Technology Center**  
475 Edison Way, Reno

**TMCC Fitness Center**  
7000 Dandini Blvd, Reno

**TMCC Red Mountain Building**  
7000 Dandini Blvd.

**TMCC Vista Building**  
7000 Dandini Blvd.

**Washoe Golf Course**  
2601 Foley Way, Reno, NV 89509

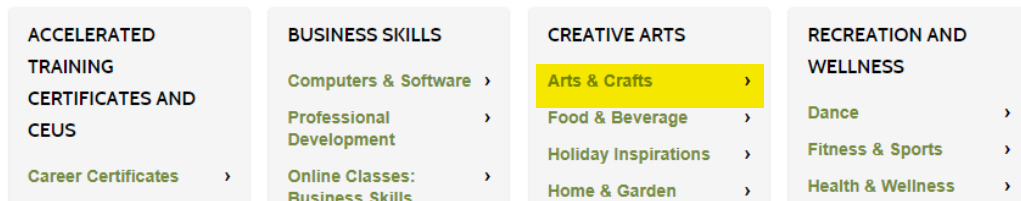
**Wasting Arrows Archery**  
5260 Longley Ln., Reno

# Register For Your Classes Online!

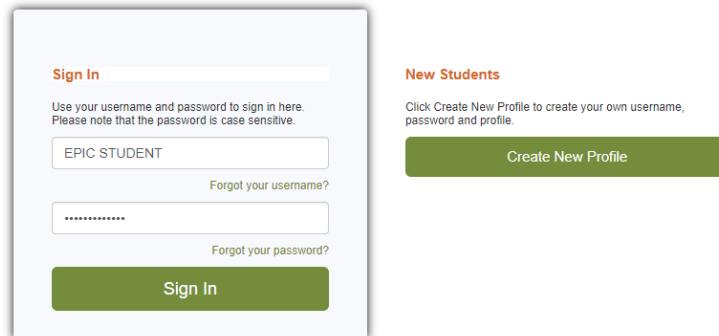
1. Go to [epic.tmcc.edu](https://epic.tmcc.edu).
2. Click on "Register Now!"



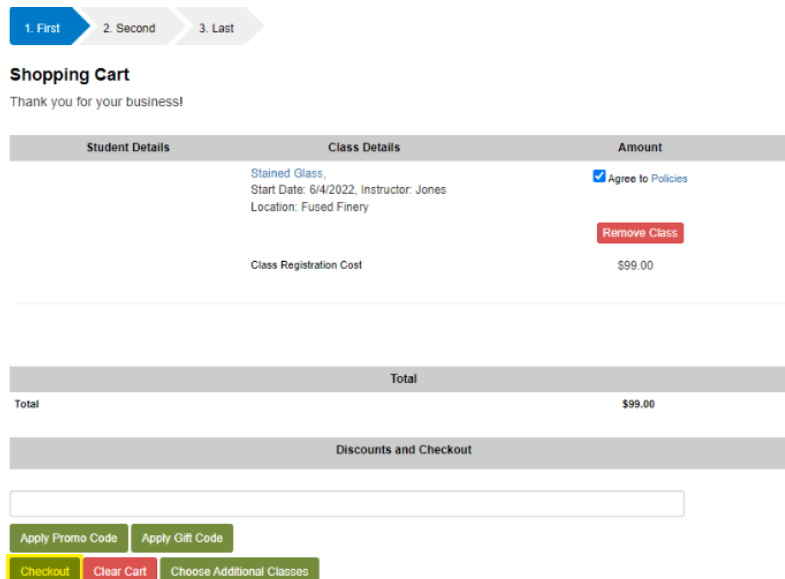
3. Select the category your class is in. Click add to cart under your selected class.



4. Sign In or create a new profile.



5. Click view cart and follow the on screen prompts to process your registration.
6. Hit the checkout button and follow the on screen instructions to process your payment.





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775-829-9010 [epic.tmcc.edu](http://epic.tmcc.edu)



**EPIC Office Hours**  
Monday - Friday from 8 a.m. to 5 p.m.

**Scan Me!**