



TMCC

Educational Programs
Inspiring the Community

Fall 2024

Course Guide

Community Education for Northern Nevada

Cover Photo Credit: Mark Vollmer, Teaching Great Reno Balloon Race Photography class in September (see page 17 for details).

You are made to be **EPIC!**

Call us at **775-829-9010**

Email us at **epic@tmcc.edu**

Like us on Facebook **@TMCCEPIC**

Follow us on Instagram **@tmccepic**





Royal Father Daughter Ball

Saturday, Nov. 2, 2024

6 - 9 p.m.

Grand Sierra Resort

\$49 per person



Register Today!

You are made to be **EPIC!**

EPIC (Educational Programs Inspiring the Community)

Fall represents different things to different people. For us at EPIC, it's a season of opportunity—a time for growth and transformation. We invite you to embrace new dreams and possibilities with TMCC's EPIC Program!

Whether you're a returning enthusiast or a newcomer eager to embark on a journey of discovery, our personal enrichment classes await you! We welcome learners of all ages to join our vibrant community. With no college application required, our programs celebrate curiosity, creativity, and connection.

We're thrilled to share our Fall course offerings, which include fan-favorites and brand new options. Design your own jewelry, explore various ethnic cuisines, or dive into the world of artificial

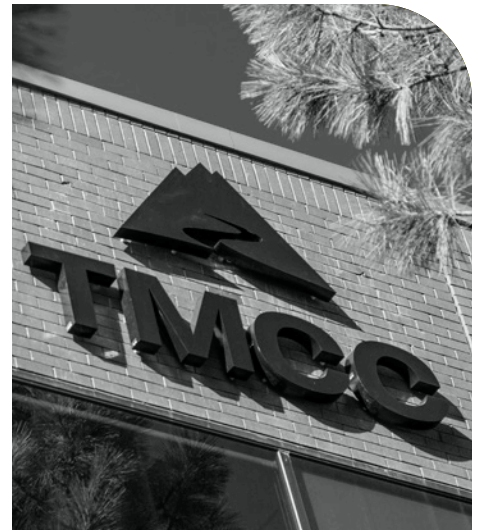
intelligence with our talented instructors. TMCC's EPIC Program is your gateway to lifelong learning, personal enrichment, community engagement, and social interaction. Whether your interests lie in art, food and beverage, or health and wellness, you'll find something that excites you among our hundreds of courses. Who knows? You might even turn your newfound skills into a side hustle and earn extra cash.

Be EPIC, have fun, pursue your passions, and nourish your soul with community education classes at TMCC! If you have ideas for classes you'd like to see in the future, please let us know—we're always looking to expand and enrich our offerings based on your interests.

Welcome to an exciting season of learning and growth at TMCC EPIC!

Contents

Career Training and Professional Development.....	2	Music & Performing Arts	15
Arts & Crafts.....	2	Ghost & Paranormal	16
Computers & Software	5	Outdoors.....	17
Dance.....	6	Photography	17
Fitness & Sports	7	Special Interest	18
Food & Beverage.....	8	Writing	19
Health & Wellness.....	10	Policies & General Information	20
Home & Garden	12	Refund Policies.....	20
Languages & Cultures	13	Weather Closures.....	20
Money & Investments	14	Class Locations.....	20



Family Friendly



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.

Tweens and Teens



Classes with the "OMG!" icon are specially crafted for Tweens and Teens, ages 12-17.

Online Class



Participate in a class from the comforts of your living room. Look for the online icon listed next to the class title. Instructors will send students the login information separately before the start of the class. Access to a computer and stable internet access is required.

Massage Therapy @ EPIC

Help our students by getting an hour-long, full-body massage for only \$25. 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. To give our students the most comprehensive experience, please do not register for more than one monthly session. Registration opens the second week of August. Check out epic.tmcc.edu classes and search for "\$25 Massage" for details or call 775-829-9010.

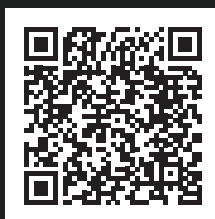
Through the generosity of the **Helaine Greenberg Caregiver Support Fund**, recipients can apply to receive a free one-hour full-body massage respecting the desires of the recipient and enjoy a much needed break from the stresses of caregiving.

To qualify, you must be a Nevada resident, age 50+, and caring for an elderly relative or a Nevada resident caring for a disabled child. Submit an application ASAP as spaces are limited. Massages are provided by TMCC advanced massage therapy students who must complete mandatory bodywork hours before graduating. Massages are scheduled in the evenings 5:30 p.m. or 6:45 p.m. on Tuesdays and Thursdays during the Fall Semester.

Call 775-829-9010 for more information!

EPIC offers continuing education units for licensed massage therapists. Enjoy affordable, convenient classes taught by veteran therapists and get valuable hands-on experience in an array of modalities.

Looking to become a licensed massage therapist? EPIC offers a certificate of achievement that can be completed in as few as three semesters!



Scholarships & 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.

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 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, Fitness & Sports, some special topic classes and events.*

Senior Discount

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

Career Training and Professional Development

Train for a new career, upskill or re-skill in fewer than four months. Review our programming at epic.tmcc.edu, Career Training and Professional Development to select the right program for you. The following certifications are available:

- | | |
|-----------------------------|----------------------------|
| Administrative Assistant | Pharmacy Technician |
| Clinical Medical Assistant | Power BI Data Analyst |
| Community Health Worker | Python Developer |
| Data Analyst | Social Media Specialist |
| Massage Therapist | Supervision and Leadership |
| Microsoft Office Specialist | Supply Chain Specialist |



Become an EPIC Instructor!

If you are an authority on dance, art, fitness, culinary arts or any other 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/teach-for-us

Driver's Education for Teens

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 AAA classes are DMV-approved.

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

In-Person Driver's Education for Teens - \$105

October 7 - 11, 2024 • December 30, 2024 - January 3, 2025
Mondays through Thursdays, 8 a.m. to 3:30 p.m.
TMCC Meadowood Center

Online Self-Paced Driver's Education for Teens - \$105

Students have 60 days from the open enrollment registration date to complete the course.

Arts & Crafts

Lapidary Basics

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.

8/8-8/22	TH	6:30-9 p.m.
10/10-10/24	TH	6:30-9 p.m.
Reno Gem & Mineral Society	Hilsabeck	\$99

Jewelry-Stackable Rings



Practice basic soldering techniques with a torch and learn how to make beautiful fitted rings, put texture on your ring band, and set a small stone into a premade bezel setting on one of your handmade rings.

8/19	M	6-8:30 p.m.
10/28	M	6-8:30 p.m.
Reno Public Market	Wirtanen	\$49
		Materials Fee: \$35

Jewelry-All About Earrings



Learn step-by-step techniques to make perfect loop and wire wraps and secure your beads to an earring or chain. Bead selection includes glass, gemstones, Swarovski Crystal, hypo-allergenic earring wires, sterling silver, and gold-plated wire.

8/26	M	6-8:30 p.m.
11/4	M	6-8:30 p.m.
Reno Public Market	Wirtanen	\$30
		Materials Fee: \$20

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.



Clay Play–Hand Building Techniques for Tweens & Teens

OMG! Explore different hand building techniques including coiling, slabs and pinch pots along with glazing and decoration options. Take home functional ceramic vessels. This class is only for tweens and teens, ages 12-17.

9/4-9/25	W	10 a.m.–Noon
TMCC Meadowood Center		Gandolfo \$119

Needle Felting–Wool Furry Friends

Learn the art of stabbing colorful 100% wool roving with specially designed needles that bind the wool together. Bring in a photo of a favorite animal or pet to create a miniature sculpture portrait.

9/4-9/11	W	12:30–2:30 p.m.
TMCC Meadowood Center		Gandolfo \$69

Materials Fee: \$30

Wood I

Learn to work safely with a planer, jointer, table saw, hand-held power tools, and various 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.

9/4-12/18	W	6:30–9:30 p.m.
Clayton Middle School		Hayes \$230



Wood II and III

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.

9/4-12/18	W	6:30–9:30 p.m.
Clayton Middle School		Hayes \$230



Mixed Media on Canvas

Delve into the utilization and fusion of acrylics, gelatos, paper, ink, stamps, alcohol inks, stencils, and other mediums. Combine these elements on a single canvas to craft your seasonally themed artwork by the end of class. No artistic experience necessary.

9/7	S	10 a.m.–1 p.m.
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12/7	S	10 a.m.–1 p.m.
TMCC Meadowood Center		Price \$79

Materials Fee: \$35



Calligraphy

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.

9/11-9/25	W	5:30–7:30 p.m.
TMCC Meadowood Center		Foldvary-Anderson \$99

Jewelry–Gemstone Pendant

Explore the world of silversmithing. Work in sterling silver through the step-by-step process of making a pendant. Learn cutting, shaping, filing, hammered textures, soldering with a torch and bezel setting a cabochon stone.

8/31	S	9 a.m.–1 p.m.
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10/12	S	9 a.m.–1 p.m.
Reno Public Market		Wirtanen \$99

Materials Fee: \$50-\$75



Fall Watercolor Botanicals

Gain inspiration from Nevada's landscape as you experiment with paper textures, color swatches, mixing paints, brush types and pre-drawing your designs. All skill levels are welcome. Supplies required.

9/3	T	5–9 p.m.
TMCC Meadowood Center		Palmer \$119



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.

Intro to Famous Artists–Alexander Calder: Mobile Making



Create “interpreted” art inspired by the life and work of Alexander Calder, pioneer in Kinetic Art.

Work with wire and handling tools, explore balance, color, motion, form and physics, and complete a project with lasting value. No artistic experience necessary.

9/14	S	1–4 p.m.
TMCC Meadowood Center	Graham	\$49

Materials Fee: \$10

Sewing

Save money and tailor your clothes to fit your unique tastes. You will learn how to insert a zipper and follow a pattern while creating several class projects.

9/16–11/4	M	6–9 p.m.
TMCC Meadowood Center	Willoughby	\$205

Jewelry Making with Versatile Polymer Clay

Inspired by classic jewelry found in famous portraits, emulate those lovely pieces with clay-like material made from polyvinyl chloride, plasticizer and pigment.

9/18–9/25	W	6–8 p.m.
TMCC Meadowood Center	Gandolfo	\$69

Materials Fee: \$20

Slab Pottery: Clay Vase

Create a handmade ceramic vase using angular shapes you can’t create on a wheel.

9/19–10/10	TH	12:30–2:30 p.m.
TMCC Meadowood Center	Gandolfo	\$119

Materials Fee: \$50

Handmade Clay: Tile Relief Sculpture

Bring a photo of your favorite building or home and learn to sculpt it into a clay relief tile to be fired and painted. Experiment with relief (subtractive) carving techniques to create a unique ceramic tile to hang on your wall or as an accent in a tiled room.

9/19–10/10	TH	3:30–5:30 p.m.
TMCC Meadowood Center	Gandolfo	\$119

Slab Pottery: Clay Bowls Set

Create a handmade set of slab-built ceramic bowls. Use this fun technique to make angular shapes that can’t be created on a wheel.

9/19–10/10	TH	6–8 p.m.
TMCC Meadowood Center	Gandolfo	\$119

Materials Fee: \$50



Bag Embellishment Workshop

Gather eclectic embellishments to add flair or repurpose a simple handbag or crossbody bag into a distinctive work of art.

9/21	S	10 a.m.–1 p.m.
11/16	S	10 a.m.–1 p.m.
TMCC Meadowood Center	Price	\$79

Materials Fee: \$25

Quilting

Piece together fabrics to create a quilt. Practice rotary cutting skills using quilting tools, fabric selection, design, piecing and quilt construction. Beginners and intermediate quilters are welcome. Supplies required.

9/21–11/2	S	9 a.m.–Noon
TMCC Meadowood Center	Willoughby	\$179

Materials Fee: \$30

Wood Turned Pen

Gain hands-on experience learning techniques to safely operate wood turning equipment. Turn and finish a unique wooden pen.

9/21	S	1–5 p.m.
The Nevada Woodchucks	Lambert	\$59

Ink Drawing

Explore three shading techniques in one drawing to learn about their impact on texture and emotion. Create a finished drawing using stippling, hatching, cross hatching and scribbling techniques. Beginner and intermediate artists welcome.

9/26–10/10	TH	5:30–7 p.m.
TMCC Meadowood Center	Cyr	\$119

Materials Fee: \$20

Intro to Famous Artists–Kandinsky Hears Colors



Create an “interpreted” piece of art based on the work of Wassily Kandinsky, pioneer and Father of Abstract Art. Learn about synaesthesia, color theory, blending, brushing and mark making with acrylic paint and a variety of brushes. No artistic experience necessary.

9/28	S	1–4 p.m.
TMCC Meadowood Center	Graham	\$49

Materials Fee: \$10



Watercolor Birds

Paint small birds in watercolor using wet-to-wet, negative painting, and glazing. Capture the delicate details of these creatures in a small format. Beginners are welcome. Supplies required.

10/7–10/21	M	6–8 p.m.
TMCC Meadowood Center	Cordova	\$119

More Fun with Calligraphy



This extension of the calligraphy class focuses on lowercase and uppercase letters. Using a short poem or prose, work with Pilot Parallel Pens, two pencils held together with a rubber band, the instructor’s watercolors, and brushes.

10/9–10/23	W	5:30–7:30 p.m.
TMCC Meadowood Center	Foldvary-Anderson	\$99

Watercolor Fall Foliage

Create a Fall-inspired watercolor painting with trees, mountains, meadows or even fruits and florals on a step-by-step basis. Gain a better understanding of value and design. No previous watercolor experience necessary. Supplies required.

10/9–10/30	W	3–5 p.m.
TMCC Meadowood Center	Gandolfo	\$129

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Acrylic Painting

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 necessary.

10/11-12/13	F	9 a.m.–Noon
TMCC Meadowood Center	Poulos Leonard	\$109

Materials Fee: \$25

Turn Your Art Into a Business

Learn everything you need to start selling your artistic creations. A professional artist with 25 years of experience selling her work will help you create a business from your art “hobby.” You won’t be doing art in this class, but be ready to work on your business through a step-by-step process.

10/11-11/22	F	1–3 p.m.
TMCC Meadowood Center	Poulos Leonard	\$109

Materials Fee: \$10



Chunky Yarn Blanket

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

10/12	S	9 a.m.–1 p.m.
12/7	S	9 a.m.–1 p.m.
TMCC Meadowood Center	Waltuch	\$49



Visit EPIC Online!
epic.tmcc.edu

Candle Making



Create aromatic jarred candles by using the basics of wax-working. Test fragrances and their combinations, and understand how different scents affect your wick choice. Take home one jarred candle.

10/15	T	5:30–7:30 p.m.
TMCC Meadowood Center	Vanderville	\$49

Cold Processed Soap

Make every bathing experience a spa experience. Use soap making recipes to create five or more bars of soap. You’ll make traditional soap, not the ‘melt and pour’ variety.

10/26	S	1–4 p.m.
TMCC Meadowood Center	Howard	\$49

Pine Needle Basket

Craft a functional, decorative basket with three techniques woven with long needles from the bottom of the basket up. Top your basket with a miniature pine cone handle. Your new skills can be applied to bowls, vases and more baskets.

11/2-11/9	S	9 a.m.–1 p.m.
TMCC Meadowood Center	Waltuch	\$129

Materials Fee: \$25

Air Dry Plastic Clay

Create beautiful hearts and stars working with air dry plastic clay, in white only. Using the instructor’s cookie cutters and tools, add ribbons and festive bling to your hearts and stars.

11/6	W	3:30–5:30 p.m.
TMCC Meadowood Center	Foldvary-Anderson	\$59

Materials Fee: \$10

Life Drawing

Experience a life drawing class with a clothed model. Breakdown the human form for life drawing during short posing sessions. Learn to block the figure in and refine and ink the final drawing. Beginning through advanced artists are welcome.

11/9	S	9 a.m.–Noon
TMCC Meadowood Center	Cyr	\$99

Materials Fee: \$20



Jewelry–Sawing Metal



Learn to use a simple jeweler’s saw, hand stamping and texturing to create jewelry designs. Experiment with a variety of metals including sterling silver, copper, and brass to make a pendant and charms.

11/18	M	6–8:30 p.m.
Reno Public Market	Wirtanen	\$49

Materials Fee: \$35

Computers & Software

Excel, An Introduction

Learn to navigate Microsoft Excel by becoming 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.

9/10-9/19	T,TH	6–9 p.m.
TMCC Meadowood Center	Lenga	\$129

Work From Home as a Medical Transcriptionist



There’s huge demand for good MTs. Discover a step-by-step guide to medical transcription for jobs like medical scribe or editor; transcription vs. medical billing and coding; and how to avoid expensive mistakes. Learn about transcription equipment, electronic files, business taxes, how to get hands-on work experience, and much more.

9/12	TH	6–9 p.m.
Online	Burns	\$49

11/2	S	9 a.m.–Noon
TMCC Meadowood Center	Burns	\$49

Materials Fee: \$20

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iPhone for Beginners

Experience the amazing array of functions and applications available on your smartphone and how to update your Apple iPhone operating system. Access the Internet, create photo galleries, view videos, listen to music and so much more with the touch or swipe of your finger. Bring your iPhone to class.

9/13-9/27	F	10 a.m.–Noon
TMCC Meadowood Center		Lenga \$89

AI Beast Mode



Dive into the essentials of artificial intelligence with a focus on practical applications. Learn how to interact with AI to generate content, manage complex data and create dynamic images. Equip yourself with skills to analyze and leverage AI technology effectively in real-world scenarios.

9/24-10/15	T	6–7:45 p.m.
TMCC Meadowood Center		Allfree \$69

Level Up: AI Game Creation



Explore the art of AI-driven game design in this immersive course. Learn to build and market your own Role Playing Game using ChatGPT as the game engine, integrating AI to generate dynamic content and visuals. From crafting compelling narratives to deploying marketing strategies, master the tools to launch your game into the digital marketplace.

9/24-10/15	T	8–9:45 p.m.
TMCC Meadowood Center		Allfree \$69

QuickBooks

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.

10/8-10/17	T,TH	5–9 p.m.
TMCC Meadowood Center		Lenga \$199



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Computer Confidence

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.

11/9	S	8:30 a.m.–5 p.m.
TMCC Meadowood Center		Chang \$99

Materials Fee: \$5

Dance

Line Dancing I

Discover the basic steps and terminology of line dancing while practicing beginner 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.

7/11-8/15	TH	6:30–8:30 p.m.
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8/27-10/1	T	6:30–8:30 p.m.
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10/24-12/12	TH	6:30–8:30 p.m.
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TMCC William N. Pennington Applied Technology Center		Dungan \$99
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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.

7/9-8/13	T	6:30–8:30 p.m.
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10/29-12/10	T	6:30–8:30 p.m.
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TMCC William N. Pennington Applied Technology Center		Dungan \$99
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Belly Dancing for the Playa and Beyond

Prepare to WOW the crowds on the Playa as you perform classic Egyptian belly dancing. This ancient art builds a stronger core and flatter stomach, increases flexibility and improves posture.

7/16-8/8	T,TH	6–7 p.m.
TMCC Meadowood Center		Gray \$109

Belly Dancing for Tweens & Teens

OMG! This fun, beginning class is a celebration of style, beauty and physical fitness. Students, age 12-17, will explore Egyptian Raqs Sharqi belly dancing using traditional music. Enjoy fun combos and drills, as well as beginner choreography.

9/5-10/24	TH	5–6 p.m.
TMCC Meadowood Center		Gray \$109

Royal Father Daughter Ball

Spend a magical evening with your little girl dancing, eating royal treats, and participating in a prize drawing. This semi-formal dance is designed for girls from kindergarten through sixth grade and their fathers, grandfathers, or special friends.

11/2	S	6–9 p.m.
Grand Sierra Resort		\$49

This Ain't Texas: Line Dancing for Tweens and Teens

OMG! If you love to dance and meet new friends, then line dancing is for you! Join us for six weeks of boot-scooting fun. Discover the basic steps and terminology of line dancing in this awesome confidence-building environment. The instructor will walk you through multiple beginner line dancing routines currently being featured on Tick-Tock and dance halls. Enjoy this lively form of exercise by dancing to country and pop music while improving your memory skills, physical endurance, and flexibility. All experience levels are welcome. No previous experience is necessary and no partner is required. No class on 10/25.

8/23-9/27	F	4–6 p.m.
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10/4-11/15	F	4–6 p.m.
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TMCC William Pennington Applied Technology Center		Brewer \$99
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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.



Belly Dancing, Basics and Beyond

Explore the classic Egyptian belly dancing called Raqs Sharqi and its influence on contemporary Western fusion styles. Learn graceful fundamental and Egyptian movements that provide a low-impact yet intense workout for your entire body. Build a stronger core, achieve a flatter stomach, increase flexibility and improve posture.

9/5-10/24	TH	6:15-7:15 p.m.
TMCC Meadowood Center	Gray	\$109

Fitness & Sports

Pilates Using a Reformer

Practice this low-impact, full-body workout using 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 and are one hour in duration. Schedules and dates are listed online. All classes are at TMCC's Meadowood Center.

Great for those over 60 who want a slower pace while stretching and strengthening the core muscles.

Pilates Using a Reformer	\$119
Silver Pilates Using a Reformer	\$115

Cardio Dance

Decrease body fat and increase endurance in this high-energy, yet low-impact fitness workout. Enjoy choreography pulled from easy-to-learn dance steps.

7/8-7/31	M,W	1:30-2:30 p.m.
8/5-8/28	M,W	1:30-2:30 p.m.
TMCC Meadowood Center	Dee	\$99

Shotokan Karate



Improve your balance, movement and breathing. Connect your spiritual values and learn the Kihon, Kata and Kumite pillars. Beginner and advanced students, age 10 and up, are welcome.

7/9-8/1	T,TH	5:30-7 p.m.
8/27-9/19	T,TH	6:45-8:15 p.m.
9/24-10/17	T,TH	6:45-8:15 p.m.
10/22-11/19	T,TH	6:45-8:15 p.m.
11/21-12/19	T,TH	6:45-8:15 p.m.
TMCC Sports and Fitness Center-Dandini Campus	Paul	\$99



Boxing for Fun and Exercise



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.

8/3-9/28	S	10-11 a.m.
10/5-12/7	S	10-11 a.m.
TMCC Meadowood Center	Collins	\$99

Golf for Beginners: Women Only

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 irons and woods.

7/30-8/27	T	5:30-6:30 p.m.
9/3-10/1	T	5:30-6:30 p.m.
Red Hawk Golf and Resort	Williams	\$99

Materials Fee: \$35

Golf for Beginners at Red Hawk

Learn the basics of golf and the rules and etiquette to play a par three course. Learn to swing, putt, chip, and play with iron and wood clubs. Supplies required.

7/31-8/28	W	5:30-6:30 p.m.
9/4-10/2	W	5:30-6:30 p.m.
Red Hawk Golf and Resort	Williams	\$99

Materials Fee: \$35

Self Defense

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.

8/1-9/5	TH	6:30-8 p.m.
9/19-10/24	TH	6:30-8 p.m.
TMCC Meadowood Center	Collins	\$99

Self Defense for Seniors

Focus on balance work, movement and awareness through a slower pace so you are prepared to take control of a dangerous situation and maximize your chances of safety.

9/11-10/30	W	6-7 p.m.
Aikido in Sparks	Bonomo	\$99

Philippine Stick Fighting



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.

8/10-10/5	S	11:15 a.m.-12:15 p.m.
10/12-12/14	S	11:15 a.m.-12:15 p.m.
TMCC Meadowood Center	Collins	\$99

Brazilian Jiu Jitsu



Learn fundamentals of ground fighting and submission grappling using superior positioning and technique to overcome size and strength. This is an ideal martial art for all ages and body types. Develop proficiency in essential techniques such as joint locks, chokes and positional control while honing your balance, flexibility, and mental focus.

9/4-9/30	M,W	6-6:45 p.m.
10/7-10/30	M,W	6-6:45 p.m.
11/4-12/2	M,W	6-6:45 p.m.
Fight Frequency	Rios	\$149

Mixed Martial Arts (MMA)



Experience the ultimate fusion of disciplines including striking, grappling and wrestling. MMA combines elements of Brazilian Jiu Jitsu, Muay Thai, wrestling and boxing to develop a well-rounded skill set for both competition and self-defense. Refine your technique, improve your conditioning, and enhance your overall martial arts proficiency.

9/4-9/30	M,W	5-5:45 p.m.
10/7-10/30	M,W	5-5:45 p.m.
11/4-12/2	M,W	5-5:45 p.m.
Fight Frequency	Rios	\$149

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.

9/5-10/3	TH	10-11 a.m.
Washoe Golf Course	Staff	\$99

Materials Fee: \$20

Balance and Flex

Increase balance, flexibility and your awareness of limitations in movement using a Japanese sword, short staff and padded equipment. Focus on proper movement through stretching and loosening exercises, points of movement, and proper breathing to match movement.

9/9-11/18	M	6-7 p.m.
Aikido in Sparks	Bonomo	\$119

Introduction to Aikido

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.

9/9-11/18	M,W	6-7 p.m.
Aikido in Sparks	Bonomo	\$99



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Staying Fit After 50

Discover healthy, effective exercises that stabilize your core for better balance, endurance and power. Receive a professionally designed workout program tailored to your specific goals and abilities that you can do almost anywhere.

9/9-11/4	M	2-3 p.m.
TMCC Meadowood Center	Hintz	\$109

Food & Beverage

Cookie Decorating: Autumn Themes



Welcome Fall with a themed batch of cookies. Using simple sugar cookie dough, try various royal icing consistencies and explore 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.

9/17	T	6-8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25

Preserve Your Harvest

Save money and eliminate waste by home processing your vegetables and make local food available year-round. Learn three food-saving techniques: canning, drying, and freezing. Bring a food container to take home your canned vegetables.

9/18	W	6-8 p.m.
Natural Grocers	Neubert	\$59

Materials Fee: \$20

Coffee 101: Roasting and Tasting

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.

9/21	S	9 a.m.-Noon
Hub Coffee Roasters	Trujillo	\$59

Materials Fee: \$10

Spring Rolls, Rangoons and Potstickers

Make appetizers using wonton wrappers and a variety of fillings. Spring rolls are filled with minced meat, shredded vegetables and seasonings. Rangoons are stuffed with a filling of crab, cream cheese and green onions. Pot stickers are larger dumplings filled with pork and cabbage.

9/24	T	6-9 p.m.
Pignic Pub & Patio	Barrientos	\$69

Materials Fee: \$40

Veggie Main Dishes

Make vegetables the star of your next meal. Prepare and sample recipes like shepherd's pie, strata and fritters. Use spices from various cuisines to boost flavor, learn to choose and prepare the freshest veggies, and save money by going meatless.

9/30	M	6-8 p.m.
Natural Grocers	Graham	\$49

Materials Fee: \$15

Sushi 101

Make California rolls with avocado, cucumber and lump crab meat; Rainbow rolls, a California roll with fresh fish on top; and Philadelphia rolls with smoked salmon, cream cheese, crunchy cucumber and pickled red onions in a base of vinegared rice.

10/7	M	6-8:30 p.m.
Cafe de Thai	Nguyen	\$79

Materials Fee: \$50

Sushi, Sashimi and Fish 201

Take part in the preparation and sampling of these Japanese delicacies. Learn how to expertly cut fish to create nigiri and sashimi specialties. Sushi 101 is not a prerequisite to this class.

10/14	M	6-8:30 p.m.
Cafe de Thai	Nguyen	\$89

Materials Fee: \$70

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.

Salvadoran Pupusas

Make El Salvador's national dish, thick griddle cakes originating in Central America. Learn about Hispanic spices and ingredients that will help you add flair to many of your favorite recipes.

10/15	T	6–9 p.m.
Pignic Pub & Patio	Barrientos	\$59

Materials Fee: \$35

Coffee 201: Basic Brewing

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.

10/19	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$59

Materials Fee: \$10

Basque Pintxo Party

Learn to prepare an array of pintxos, the typical small bites served in Basque Country bars. Create some of the classics while improvising in the kitchen. Get insider information and anecdotes on Basque culture and take home additional recipes.

10/19	S	1:30–4 p.m.
TMCC Meadowood Center	Arostegui	\$59

Materials Fee: \$30

Italian Soups and Minestras

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.

10/21–10/28	M	6–8 p.m.
TMCC Meadowood Center	Hunter	\$99

Materials Fee: \$45

Halloween Cookie Decorating

 Make Halloween cookies using a simple sugar cookie dough and icing recipe. Discover various icing consistencies and learn tips and tricks for fancy decorating with airbrushing, stencils, fondant and molds. Take home your personalized cookies in a decorative package.

10/22	T	6–8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25



Fall Burger and Chili Feast

Start with the perfect spice blend for scratch-made hamburgers. Then concoct a simmering pot of savory chili with beans and top off your feast with homestyle French fries that aren't deep fried.

10/29	T	6–9 p.m.
Pignic Pub & Patio	Barrientos	\$59

Materials Fee: \$50

Middle Eastern Spices

Boost your food flavors in exotic ways using the top 10 spices from the Middle East. Prepare and cook up to three simple, savory recipes. Learn the best ways to store, toast and grind spices and where to buy them locally.

11/2	S	9 a.m.–Noon
Natural Grocers	Graham	\$49

Materials Fee: \$15

Taste of Scandinavia



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.

11/2	S	11 a.m.–1 p.m.
Faith Lutheran Church	Palm	\$59



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The Art of Italian Risotto

Learn the special technique of preparing this Northern Italian dish that dates back to the 1700s. Create a creamy risotto Milanese style from Lombardy, a radicchio and squash risotto, and a surprise risotto that you will discover in class. Serve these dishes as a first course or as a side with an entrée like ossobuco.

11/4	M	6–8 p.m.
Natural Grocers	Hunter	\$69

Materials Fee: \$25

Coffee 301: Brew Like a Barista

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.

11/9	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$59

Materials Fee: \$10


Chocolates II

Go further into the artistry of chocolate-from-scratch using cocoa powder and ingredients like dried or fresh fruit and liqueurs. Begin by shopping for fixings in real time with the instructor. Eat your fill in class and take some home.

11/19	T	6–9 p.m.
Pignic Pub & Patio	Barrientos	\$59

Materials Fee: \$30

Thanksgiving Cookie Decorating

 Make Thanksgiving cookies with simple sugar cookie dough and various icing consistencies. Try out tips and tricks for fancy decorating using airbrushing, stencils and molds. Take your personalized cookies home in decorative packaging.

11/19	T	6–8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25

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.

Thai Curry

In this hands-on class, learn to cook red and green curries with veggies, as well as chicken panang curry with peanuts and curry potato dumplings from scratch, using organic ingredients.

11/25-12/2	M	6–8:30 p.m.
Cafe de Thai	Nguyen	\$89

Materials Fee: \$55



Christmas Cookie Decorating

Make Santa-worthy Christmas cookies using sugar cookie dough and a simple icing recipe. Have fun with various icings and when to use each. Apply airbrushing, stencils, fondant and molds, and take your personalized cookies home in a decorative package.

12/3	T	6–8 p.m.
12/10	T	6–8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25

Taste of Asia

Take a tour of three Asian cuisines in one evening. Create a complete meal featuring spicy kung pao chicken with peanuts, pineapple Thai fried rice and a Vietnamese pork banh mi sandwich.

12/16	M	6–8:30 p.m.
Cafe de Thai	Nguyen	\$89

Materials Fee: \$45



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Health & Wellness

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.

9/18-11/6	W	4:30–5:30 p.m.
9/18-11/6	W	5:30–6:30 p.m.
TMCC Meadowood Center	MacLellan	\$119
7/27-9/21	S	8:30–9:30 a.m.
9/28-11/16	S	8:30–9:30 a.m.
TMCC Meadowood Center	Holt	\$119
11/13-12/18	W	4:30–5:30 p.m.
11/13-12/18	W	5:30–6:30 p.m.
TMCC Meadowood Center	MacLellan	\$89

Restorative Yoga

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.

8/5-9/30	M	6–7 p.m.
10/7-12/2	M	6–7 p.m.
TMCC Meadowood Center	Cannon	\$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.

8/13-10/1	T	10:30–11:30 a.m.
10/8-11/26	T	10:30–11:30 a.m.
12/3-1/21/25	T	10:30–11:30 a.m.
8/16-10/4	F	10:30–11:30 a.m.
10/11-12/13	F	10:30–11:30 a.m.
12/20-2/7/25	F	10:30–11:30 a.m.
TMCC Meadowood Center	Heinrichs	\$99



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.

8/5-8/29	M,TH	9–10 a.m.
9/5-9/26	M,TH	9–10 a.m.
10/3-10/24	M,TH	9–10 a.m.
10/31-11/25	M,TH	9–10 a.m.
12/2-12/23	M,TH	9–10 a.m.
TMCC Meadowood Center	Pourgholaminejad	\$109

Tai Chi II and III

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.

8/5-8/29	M,TH	10:30–11:30 a.m.
9/5-9/26	M,TH	10:30–11:30 a.m.
10/3-10/24	M,TH	10:30–11:30 a.m.
10/31-11/25	M,TH	10:30–11:30 a.m.
12/2-12/23	M,TH	10:30–11:30 a.m.
TMCC Meadowood Center	Pourgholaminejad	\$109

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.

Chair Chi

Receive the benefits of traditional Tai Chi in the comfort and safety of your chair. This gentle class allows people who cannot stand or do not feel confident with their balance (walker, wheelchair, movement disorder) to participate in the benefits of this exercise. Improve strength and flexibility, strengthen cognitive function and reduce stress.

9/3-9/26	T,TH	5-5:30 p.m.
10/1-10/24	T,TH	5-5:30 p.m.
11/5-12/3	T,TH	5-5:30 p.m.
Serenity Tai Chi	Lively	\$69

Yin Harmony: Yin Yoga and Sound Bath

Move into a tranquil journey of deep relaxation and rejuvenation with this gentle yet profound practice. Deep stretches are held to enhance flexibility and release tension as you're treated with the soothing sounds of crystal singing bowls.

9/3-10/22	T	7:15-8:15 p.m.
TMCC Meadowood Center	Holt	\$119

Yoga 4 Tweens & Teens

OMG! Through a dynamic blend of yoga poses, breath work and mindfulness exercises, embark on a journey of physical strength, mental focus and inner harmony. Tweens and teens will cultivate body awareness, improve flexibility and build strength, while learning tools for managing stress and navigating life's challenges with grace and resilience.

9/7-10/12	S	10:30-11:30 a.m.
10/19-11/23	S	10:30-11:30 a.m.
TMCC Meadowood Center	Holt	\$99



Ayurveda

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.

9/11-10/2	W	6-8 p.m.
TMCC Meadowood Center	Harger	\$199

Rightsize for (Your) Life

Rightsizing is the organizing practice of recognizing the life you want, taking steps to get there, and maintaining healthy habits. Learn techniques, routines and strategies for managing inventory (stuff), space, time, and excess paper.

9/11, 9/25, 10/9	W	6-8 p.m.
TMCC Meadowood Center	Minor	\$99

Guided Meditation

Engage the power of unconditional love through breath work and a weekly 20-minute meditation led by the instructor. Discuss openly and safely your healing experience during each session.

9/12-10/10	TH	11:45 a.m.-12:45 p.m.
TMCC Meadowood Center	Walkerley	\$69

Mindfulness Meditation

🖥️ Benefit from instruction, practice, reflection and sharing as you learn to "anchor" your attention. Engage physical sensation and your breath to deal with thoughts, emotions and difficulties in your life. Meditating on your cushion is the training ground for life away from the cushion.

A computer with reliable Wifi is required for this online course. You will receive recordings of guided meditations to support your practice between class sessions.

9/16-11/4	M	6-7:15 p.m.
Online	Glenn	\$119

Adaptive Yoga

Whether on a chair or a yoga mat, keep your body limber during your workday or experience this technique if you face physical challenges. Discover props like blocks and straps that can help you get an effective workout. If you face physical limitations, the instructor will help you with modifications.

9/18-11/6	W	3:30-4:15 p.m.
11/13-12/18	W	3:30-4:15 p.m.
TMCC Meadowood Center	MacLellan	\$119



Yoga and Intuitive Art

🧘♀️ Begin this practice with a one-hour gentle yoga class where all levels are welcome. After yoga, embark on a creative journey with neurographic art through watercolor painting.

9/28	S	11 a.m.-2 p.m.
TMCC Meadowood Center	James	\$69

Reiki, An Introduction

Attune to somatic experiences and sense energies around you and benefit from exploring what energy is and how to interact with it. Gain techniques for self-grounding and develop your own reiki practice.

10/1, 10/8	T	6-8 p.m. AND
10/12	S	1-3 p.m.
TMCC Meadowood Center	Chanselle-Hary	\$149

Food and Mood

Create a nourishing, happier relationship with food by identifying stressors and challenging emotions so you don't feel the urge and need to cope by overeating or self-sabotaging. Feel empowered to choose healthy food.

10/18	F	10:30 a.m.-1:30 p.m.
TMCC Meadowood Center	Zas	\$59

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.

Overcoming Anxiety

Harness the power of your subconscious and discover how thought patterns impact your physical and emotional responses to circumstances. Learn to calm yourself and lower anxiety through imagery, reframing sabotaging thoughts and better understanding the difference between imagination and reality.

11/5	T	6–9 p.m.
TMCC Meadowood Center	Nielson	\$49

Home & Garden

Herbal Gardening



Skip the herb section of the grocery store and grow your own to freshen meals and steep excellent teas. In this hands-on class, discover the growing conditions for annuals and perennials and how herbs can be valuable ground cover in both traditional and low-water gardens.

7/17	W	1:30–3 p.m.
TMCC Meadowood Center	Adams	\$39

Materials Fee: \$10

High Desert Low Water Gardening

Overcome Nevada's unique gardening challenges by learning which plants to select and how to work the soil to minimize your labor and achieve successful plant development. Discover how to water during times of drought and increase your home's safety from wildfires.

8/24	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

High Desert Gardening Basic Techniques

Understand the horticultural conditions of Northern Nevada to get better results in your garden. Learn proper pruning of trees, shrubs, perennials and roses to deal with hard soil, harsh weather conditions and water restrictions. Improve soil characteristics and discuss the Peavine myth. Recognize damage from insects, diseases and cultural problems.

9/14	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Home Anatomy: The Basic Components

Get acquainted with the primary features of your home: foundations, plumbing, electrical, HVAC, interior/exterior finishes and roofing. Use that knowledge to save time and money when you fix or maintain things around the house. This interactive class is designed for the absolute beginner.

9/21	S	9 a.m.–Noon
TMCC Meadowood Center	Smith	\$59

Pruning Woody Plants

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.

9/21	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

High Desert Fall Edible Gardening



Summer vegetables are winding down, but many can be planted for winter or spring harvesting.

Green leafy vegetables such as lettuce and spinach will handle the first frosts in the fall. Onions and garlic are easy to grow for spring harvesting, and fall is a great time to plant fruit trees.

10/16	W	3–5 p.m.
TMCC Meadowood Center	Adams	\$49

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/teach-for-us



Wine Grape Growing

Cultivate your own outdoor vineyard oasis. Get to know grape varieties and their needs, explore vineyard and trellis designs and learn the most optimal way to set up your space and begin construction. Understand planting, training and pruning vines and how to protect them from weeds, pests, diseases and drought conditions. Get tips on soil analysis, municipal regulations and agricultural sustainability.

9/28-10/12	S	9 a.m.–Noon
TMCC Meadowood Center	Russell	\$109



Backyard Beekeeping

Discover what you need to do to keep happy, healthy and 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 honey production, bee problems and treatments, harvesting and the many uses of bee products.

10/4-10/18	F	Noon–3 p.m.
TMCC Red Mountain Bldg.	Hopper	\$99

Materials Fee: \$10

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.



Container Gardening

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. Discussion will cover patio and house plants.

10/5	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Home Maintenance and Winterizing

Equip yourself with essential knowledge and skills to take care of your home, especially during the winter months. Learn techniques for maintaining the interior, exterior, appliances, plumbing (including pipe and sprinkler winterization), crawl spaces and windows to maximize your comfort, safety and energy efficiency.

10/12	S	9 a.m.–Noon
TMCC Meadowood Center	Smith	\$59

Fall/Winter Gardening

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.

10/26	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Languages & Cultures



American Sign Language, Unit 1



Learn the alphabet, numbers, common phrases and questions, and how to structure sentences.

Put your new knowledge to use by attending a sign language gathering of Nevada's Deaf community members and students.

9/20-11/1	F	10 a.m.–Noon
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9/21-10/26	S	10 a.m.–Noon
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TMCC Meadowood Center	Doyle	\$139
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American Sign Language, Unit 2

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.

7/20-8/24	S	10 a.m.–Noon
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11/8-12/20	F	10 a.m.–Noon
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11/9-12/21	S	10 a.m.–Noon
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TMCC Meadowood Center	Doyle	\$139
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Spanish for Travelers

Increase your enjoyment when you visit a Spanish-speaking country by learning simple phrases. Order food and drink, book a hotel or medical appointment, access financial services, and feel comfortable at sports and social events. Through listening, speaking and class participation, enrich your knowledge of Hispanic culture.

9/10-11/12	T	6–7:15 p.m.
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TMCC Meadowood Center	Mancini	\$189
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Silver Spanish

Participate in a virtual visit to 10 different Spanish-speaking countries. Learn common phrases, local expressions and basic grammar, then create short conversations. Immerse yourself in the folklore, music and food of each of these countries.

9/11-11/13	W	4–5:15 p.m.
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TMCC Meadowood Center	Mancini	\$189
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Spanish

Learn this language by practicing basic vocabulary, pronunciation, and complex sounds through role-playing and watching media.

9/16-11/25	M	6–7:15 p.m.
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TMCC Meadowood Center	Aguilar	\$189
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Italian Adventure

Explore the backroads of Italy to experience the real culture of the country. Gain 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.

10/8-10/29	T	6–8 p.m.
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TMCC Meadowood Center	Hunter	\$89
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Conversational Italian for Travelers

Learn common expressions of courtesy, travel vocabulary, hotel lingo, food, shopping and greetings. Practice pronunciation and conversations in class.

11/5-11/26	T	6–8 p.m.
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TMCC Meadowood Center	Hunter	\$89
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Native American Spirituality II

Experience a safe space where Native American meditation, guidance, insight and knowledge of ancient customs can lead to authentic self-identity. A Washo spirit guide will use Washeshu traditions to lead you into an understanding of your role as nature's manager and caretaker, responsibilities you were given at birth.

11/16	S	12:30–4:30 p.m.
TMCC Meadowood Center	PahtahIngee	\$69

Money & Investments

Buying and Selling Real Estate in Today's Market

Identify factors that drive the current national and local real estate markets. Use that knowledge to strategically find primary or investment properties without overpaying. Get tips on selling your home on your desired timeline while maximizing the selling price. Learn pros and cons of hiring a Realtor, essentials for buying or selling property yourself, and new construction purchases.

9/12	TH	6–9 p.m.
TMCC Meadowood Center	Smith	\$59

Take Charge of Your Digital Identity

A substantial digital shift is underway from the domain of Big Tech, like Facebook and Google, toward user empowerment. Explore principles of blockchain technology, alongside the innovative realms of Web3 and Decentralization, as pathways to a more level digital playing field. Self-Sovereign Identity (SSI) enables you to own, control and present your identity without relying on tech giants to store your personal information. Engage in thought-provoking discussions on the ethical, legal and security impacts of this new tech landscape.

9/16	M	6–9 p.m.
TMCC Meadowood Center	Jones	\$49

Real Estate Investing 101

Start building long-term wealth through investment strategies that best align with your budget, timelines, goals and experience. Explore the pros and cons of long-term rentals, short-term rentals, flipping properties and converting primary residences into rentals. Identify the benefits and pitfalls of hiring a property manager, and learn how to evaluate the profit potential of your real estate investments.

9/19	TH	6–9 p.m.
TMCC Meadowood Center	Smith	\$59

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.

9/23-10/21	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$99

Overcome Financial Trauma

Deal with money-related distress due to poverty, financial codependency, divorce or a sudden loss of assets. Learn to overcome emotional money hurdles through healing mantras and manifestation statements, and set realistic financial goals. Forgive your history of financial traumas, and develop a "money mindset" for manifesting wealth.

10/9-10/30	W	6–8 p.m.
TMCC Meadowood Center	Hardt	\$159

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/teach-for-us



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.

10/17-10/24	TH	6:30–9:30 p.m.
TMCC Meadowood Center	Costelloe	\$69

Evaluating Stocks and Investments

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.

10/28-11/25	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$99

Create a Living Trust

Learn to prepare your trust, including discreet property transfer. Break down what a 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.

11/7	TH	6–9 p.m.
TMCC Meadowood Center	Wheeler	\$49

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.

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.

11/14	TH	6–9 p.m.
TMCC Meadowood Center	Wheeler	\$59

Build Your Portfolio on \$50 a Month

Gain the confidence you need to invest without a broker. Discover how to safely double your investments using proven techniques and diversification. Develop a better understanding of how the stock market operates, explore research methods that yield trusted investment advice and learn how to purchase stocks that are right for your portfolio. Receive expert advice on how to develop a varied portfolio and trust your instincts to build the future you want.

12/9	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$59

Music & Performing Arts

Guitar for Beginners

If you've never played a 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, note reading, chart navigation and songbook use.

9/10–11/12	T	7–8 p.m.
TMCC Meadowood Center	Jones	\$99

Fingerstyle Acoustic Guitar

Learn this guitar technique of plucking the strings directly with fingertips, fingernails or picks attached to fingers. Add percussive elements to your playing and explore alternate guitar tunings. Analyze popular songs and bring your own original tunes to class. All levels of playing are welcome in this class.

9/12–10/10	TH	7–8 p.m.
TMCC Meadowood Center	Jones	\$69

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.

9/12–10/24	TH	6–7 p.m.
Steinway Piano Gallery	Pratt	\$89

Materials Fee: \$10

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.

9/12–10/24	TH	11 a.m.–Noon
Steinway Piano Gallery	Pratt	\$89

Materials Fee: \$10

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 60.

9/12–10/24	TH	10–11 a.m.
Steinway Piano Gallery	Pratt	\$89

Materials Fee: \$10

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.

9/12–12/19	TH	6:15–7:30 p.m.
Aria School of Music & Art	Holloman	\$119

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.

9/17–12/3	T	6–8 p.m. AND
12/7	S	Noon–3 p.m. AND
12/10	T	6–9 p.m.
TMCC Meadowood Center	Story	\$229

The Joys of Opera

Why do so many people love opera? Whether it's the music, stories, incredible costumes and sets or the thrilling emotional power of the human voice, you will enhance your appreciation for the most comprehensive of all art forms by experiencing some of its greatest music, stories, composers and voices in this entertaining, informative class.

9/21–10/12	S	2–4 p.m.
TMCC Meadowood Center	Gray	\$99

Harmonica

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

10/5–10/19	S	10 a.m.–Noon
TMCC Meadowood Center	Penick	\$69



Taiko Drumming

Dive into the electrifying world of Taiko, the Japanese word for drumming, and experience the powerful beats of Japanese drums. Learn the basics of Taiko and how to play a lively Japanese folk song. Historically used in battles and ceremonies, Taiko is a sport, an art and a thrilling passion.

10/19	S	2–4 p.m.
TMCC Meadowood Center	Shimbo	\$49



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Ghost & Paranormal

Alien Connection

Dive into ancient alien theories and hear about the instructor's first-hand local extraterrestrial experiences. The final class will be a field trip to Pyramid Lake. Students must purchase a \$15 day pass for Pyramid Lake and provide their own transportation.

9/9-10/5	M	6-8 p.m.
	S	10 a.m.-Noon
TMCC Meadowood Center	Lemons	\$99



Attract Positive Energies

Attract more positivity and release fear by creating a greater awareness of the energies around you. Find out how to lessen the impact of seen and unseen negativity. Learn about exercises to build your confidence, make meditations more productive and allow the divine to work through you.

9/14	S	10 a.m.-Noon
Online	Berry	\$39

Psychic Development

Everyone possesses psychic abilities. Learn techniques to recognize and better develop your intuitive strengths and reap benefits that will change your life. Enhance the balance between your spiritual and physical beings. Discuss psychic etiquette and what is correct when working with energy.

10/1-10/2	T,W	6-9 p.m.
TMCC Meadowood Center	Hansen	\$89



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Dreams: Learning the Language of the Unconscious

Interpret dreams using dream inquiry, questions that apply to every dream. Explore the meaning of images in your dream both literally and symbolically. Analyze examples and share a personal dream if you choose for the class to discuss. Engage your imagination to uncover multiple possibilities rather than one objective truth.

10/5-10/12	S	10:30 a.m.-12:30 p.m.
TMCC Meadowood Center	Dente	\$59

Ghost Hunt Field Trip: Donner Tunnels

The Central Pacific Railroad carved tunnels through the rugged Donner Summit area to complete the transcontinental railroad. Chinese laborers faced death due to perilous working and weather conditions. Investigate this energy-rich area, where prior hunters have seen light anomalies and recorded voices. Explore techniques of outdoor ghost hunts and learn about safety at historic sites. Witness thermal imaging, digital recordings and environmental measuring, and find out how to mitigate false positives from the wind, noise and weather.

10/19	S	5-10 p.m.
Donner Tunnel Trailhead	Lindemuth	\$99

Mechanics of Metaphysics

Investigate the hows and whys of the paranormal including underlying energies involved in paranormal experiences. Metaphysics is the branch of philosophy that deals with first principles such as being, knowing, substance, cause, identity, time and space. Explore the commonality of spiritual beliefs and how they influence interaction with spirits and their investigators, as well as the role of science in this field.

10/22	T	6-9 p.m.
TMCC Meadowood Center	Lunt	\$59

Ghost Hunting 101

Take an immersive journey into the realm of paranormal investigation. Delve into the rich history and diverse manifestations of ghostly phenomena. Learn essential safety and ethics so you can begin to uncover the mysteries of the supernatural.

10/23	W	6-8 p.m.
Online	Carroll-Landon	\$49



Ed and Lorraine Warren's Legacy

Explore notorious hauntings with Chris McKinnell, the grandson of Ed and Lorraine Warren whose investigations are the basis for films including *The Conjuring*. 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, find out why the use of protection is vital, and discover why fear is ultimately the real enemy.

10/26	S	1-4 p.m.
Online	McKinnell	\$49

Ghosts of Virginia City

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.

10/26	S	1-4 p.m.
Storey County Senior Center	Oberding	\$49

Scientific Inquiry and the Paranormal

Using the scientific method, learn to analyze claims of ghosts, psychic abilities, UFOs and other unexplained phenomena. Begin to develop your ability to evaluate evidence, differentiate between science and pseudoscience, and apply skeptical thinking to paranormal claims.

10/30	W	6-8 p.m.
Online	Carroll-Landon	\$59

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Wisdom of the Tarot: A Foundation and Overview

This class opens the door to the Tarot and sets you on your journey with the cards. Learn how to make the deck your own, prepare for a reading and handle your deck. 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. Explore the structure, vibrations and characteristics of the deck and suits. The origins of the Tarot, how decks differ and how they are the same will be discussed, and advanced concepts will be introduced.

11/7-11/14	TH	6-9 p.m.
TMCC Meadowood Center	Wood	\$79

Materials Fee: \$10

Outdoors

Backpack the Sierra: Family Edition



Preparing to explore one of nature's most diverse landscapes? Discover the gear and skills you need to fully 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.

10/22	T	6-9 p.m.
TMCC Meadowood Center	Nielson	\$49



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.

9/4	W	6-8 p.m.
9/7 (field trip)	S	8 a.m.-Noon
TMCC Meadowood Center	Arnold	\$79

Rockhounding: Just for Tweens and Teens



Your child will learn how to safely collect rocks, minerals and fossils as well as rockhounding laws and etiquette through a hands-on lecture and field trip. Learn about identification techniques, which rocks and minerals can be found in Nevada, tools needed, and how to locate the best specimens. Students will need transportation to the field trip location.

10/2	W	6-8 p.m.
10/5 (field trip)	S	8 a.m.-Noon
TMCC Meadowood Center	Arnold	\$79

Photography

Epic Content Creation: Master Your Smartphone for Business and Fun

Transform your smartphone into a content creation powerhouse! This class is your ticket to leveling up your photo and video skills for both home and work. Master pro-quality content creation techniques using essential apps, gear, and lighting techniques. Learn to set up DIY product and lifestyle photo shoots, quick mobile editing tips, and create stunning visuals for social media, websites, blogs, and more. Suitable for iPhone and Android users, this course will elevate your content creation game!

10/14-10/23	M,W	6:30-8:30 p.m.
TMCC Meadowood Center	Young	\$199

Shooting in the Dark



Low light? No problem. Compose stunning and unique images in dark settings. Discover how to photograph car headlight trails and skylines, colorful sunsets and the night sky. Photograph during the Blue Hour when the sky is particularly vibrant, and find out how to take shots of Nevada's star-filled skies. Learn how to best use your wide angle and zoom lens, white balance, exposure settings and illumination techniques.

8/1	TH	6-9 p.m.
8/3 (field trip)	S	7:30-11:30 p.m.
TMCC Meadowood Center	Vollmer	\$99



Wildlife Photography



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 \$8 entrance fee paid at the site).

8/15	TH	6-8 p.m.
8/17 (field trip)	S	9:30 a.m.-Noon
TMCC Meadowood Center	Vollmer	\$99

Great Reno Balloon Race Photography



Create compelling photographs of one of Reno's most beautiful events. Capture the beautiful colors and shapes awash in early morning light during the Glow Show, Dawn Patrol and mass ascension competitions. A camera that can shoot in low light situations will be helpful.

9/5	TH	6-8 p.m.
9/7 (field trip)	S	4:30-10 a.m.
TMCC Meadowood Center	Vollmer	\$99

Basic Digital Photography

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. All digital format cameras are welcome.

10/3-10/24	TH	6-8 p.m.
TMCC Meadowood Center	Vollmer	\$109

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Special Interest

Chinese Mahjong

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.

7/5-7/26	F	1-3 p.m.
8/2-8/23	F	1-3 p.m.
8/30-9/20	F	1-3 p.m.
9/27-10/18	F	1-3 p.m.
11/1-11/22	F	1-3 p.m.
12/6-12/27	F	1-3 p.m.
TMCC Meadowood Center	Watanabe	\$89

Nevada Ghost Towns and Mining Camps

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.

9/12	TH	6-9 p.m.
9/14 (field trip)	S	9 a.m.-4 p.m.
TMCC Meadowood Center	Paher	\$99

Styling Basics

Learn fashion, styling and essential wardrobe tips to assemble the perfect outfit from head to toe. Show off your style, accentuate your body and showcase who you uniquely are. The final class session will include a thrifting tour with mocktails and cocktails.

9/12-10/3	TH	6-7:30 p.m.
TMCC Meadowood Center	Cage	\$119

Materials Fee: \$20



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At The End

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

9/18-9/25	W	6-8 p.m.
TMCC Meadowood Center	Linesch	\$59

Travel Free and Make Money Doing It



Discover discounts that can make your dream vacation happen. Earn free airline tickets, hotel nights, tours and cruises. Whether you're retired, changing careers, a student or just want additional travel income, learn tips on safety, trip insurance and affordable retirement.

10/5	S	9 a.m.-Noon
Online	Henry	\$59

Contemplating Death

Explore what an ideal death looks like and start planning for it. Through readings, journaling and open discussion, become more aware of how the media portray this human transition and the grief that accompanies it. Be inspired to make the best use of your own time and circumstances.

10/7	M	6-9 p.m.
TMCC Meadowood Center	Chanselle-Hary	\$69

Texas Hold 'Em Poker

Practice probability, psychology, game theory and strategy in a real poker game. Get hands-on experience with this popular card game, even if you're an absolute beginner. Learn which starting hands are best to play and which hand beats another. Explore betting strategy including when to check or raise and what happens when two players tie in a hand.

10/16-10/23	W	6-9 p.m.
TMCC Meadowood Center	Von Klug	\$69

Between Lives, What Happens?

Learn to face and overcome the fear of death, the gateway that leads to a "soul state" between lives. Based on hundreds of thousands of case studies, gain an understanding and comfort from knowing that loved ones exist after death. At the same time, discover a spiritual perspective on the reason and purpose of your life.

10/17-10/24	TH	6-8 p.m.
TMCC Meadowood Center	Beyer	\$59

The Donner Party Tragedy

Learn about the legendary 1840s event from a nationally recognized expert and author and the doomed pioneers' 2,000-mile trek and entrapment in the Sierra. Walk in the footsteps of the saga of the Donner Party, a tragic icon of the American West. Tour the site of this tale of heroism, horror, and cannibalism at the Donner Memorial Park and the nearby Alder Creek camp.

10/17	TH	6:30-9:30 p.m.
10/19 Field Trip	S	1-4 p.m.
TMCC Meadowood Center	Mullen	\$89

How to Make It in Voiceovers



Learn how you can turn voiceovers into a thriving full- or part-time career. Get an introduction to the business from a radio personality and national voiceover talent for companies like Olay and Crest toothpaste.

10/21	M	6-8 p.m.
Online	Foster	\$59



Register anytime at epic.tmcc.edu/classes.

Need additional help registering or have questions about a class? Give EPIC a call at **775-829-9010** or email at epic@tmcc.edu.

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Work Remotely as a Digital Nomad



Make your travel sustainable by earning a living as you hit the road. Identify companies that want only remote employees and get tips on consulting, affiliate marketing, freelance jobs, digital books, blogging, podcasting, online classes, social media, drop shipping and volunteering. Learn the logistics to make this career happen.

11/2	S	9 a.m.–Noon
Online	Henry	\$59

Upcycling

Learn about upcycling clothing, a popular trend in fashion and social media. Fabulously re-create pieces taken from your own closet. This class concludes with a fantastic thrifting tour complete with mocktails and cocktails.

11/7-12/5	TH	6–7:30 p.m.
TMCC Meadowood Center	Cage	\$119

Materials Fee: \$20

Writing



Elements of Fiction Workshop Series

This innovative writing series features eight 2-hour workshops on character development, theme, plot and conflict, setting, point of view and figurative language. You can enroll in the entire 8-week series for \$369 (a saving of \$183) or choose among the individual workshops for \$69 each. All workshops are taught by published author Virginia Castleman. Bring your manuscript to class.

9/4-10/23	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$369

Develop Unforgettable Characters

Develop distinct appearance, personality and motivation for characters and explore in depth the three parts of voice, flaws, and internal vs. external conflict. Bring your manuscript to class.

9/4	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Create Engaging Plots and Sub-Plots

Discover the power of “turning points,” pacing, 3-Act structure, and the purpose of beginnings (exposition), middles (rising action) and endings (resolution and growth). Bring your manuscript to class.

9/11	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Effective Settings

Learn the role of setting from “place” to “backdrop for plot” to “mirroring characters” and more. Bring your manuscript to class.

9/18	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Theme: The Non-Didactic Approach to Revealing Truths

What philosophical question does your theme answer? Discover how to develop themes and avoid didactic approaches to reach your readers. Bring your manuscript to class.

9/25	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Point of View: Viewpoints and How to Use Them

Discover the power of point of view and how to select the best approach (first person, second person, limited point of view). Use authorial point of view effectively. Bring your manuscript to class.

10/2	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Deepen Your Understanding of Conflict

Explore the seven parts of conflict and how to use them including character vs. character, character vs. self, character vs. society, character vs. fate, character vs. nature, and character vs. technology. Bring your manuscript to class.

10/9	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Tone–Show Emotion Without Overdoing It

Deepen your understanding of tone including asking what feeling this story is meant to evoke in the reader. Fear? Entertainment? Pensiveness? Terror? Learn about genres and how they relate to tone.

10/16	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

Edit Like a Professional

Grab an agent’s or editor’s attention with the first page of your manuscript by knowing what they’re looking for. Refine your writing, strengthen your scenes, and learn the do’s and don’ts of formatting your work for publication. A professional author and editor will guide you through the process. Bring your manuscripts to class.

10/19-11/9	S	1–3 p.m.
TMCC Meadowood Center	Castleman	\$99

Develop a Marketing One-Pager That Editors Can’t Resist

Learn the latest way to create a marketing piece that’s sure to attract the attention of editors and agents. Bring your manuscript to class.

10/23	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$69

From Short Story to Life Story

Learn how to write a short story from events in your past and how to transition them to chapters that ultimately make up your life story or memoir. Bring your manuscript to class.

10/30-12/4	W	1–3 p.m.
TMCC Meadowood Center	Castleman	\$139

Flash Fiction 101

Learn to write short fiction that’s fewer than 1,000 words, covering every part of the creative writing process from craft element instruction to story concept generation to publication. You will leave this course with 2-3 polished, publication-ready pieces.

10/7–11/4	M	4–6 p.m.
TMCC Meadowood Center	Hatjakes	\$99

Policies & General Information

Contact Us

EPIC Office Hours

Monday - Friday, 8 a.m. to 5 p.m.

Address

5270 Neil Road, Suite 216,
Reno, Nevada 89502

Phone and Email

775-829-9010
epic@tmcc.edu

Refund Policies

Life happens and we get that. Should you need to cancel your registration, you will receive:

- » **A full refund** minus a \$10 cancellation fee, if you cancel at least three working days prior to the class start date.
- » **A 50% refund** minus a \$10 cancellation fee, if you cancel less than three working days prior to the class start date.
- » **No refund** if you are a no-show or cancel after the course has begun.
- » **A 100% refund** for classes canceled by TMCC EPIC.

If you cancel your course reservation and transfer to another course, you will be charged a \$10 transfer fee.

Career Certificate Training Programs have a different policy specific to the program. The policy is available upon request.

Weather Closures

Reno weather can be unpredictable. To get the scoop on TMCC closures, visit tmcc.edu or call **775-673-7111**. You can sign up for our emergency alert notifications at: sites.tmcc.edu/police/emergency-alerts/opt-in/. For other non-TMCC 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 people with disabilities, except where to do so would result in undue financial or administrative burden, require a fundamental alteration in a program, service or activity or threaten or destroy the significance of a historic property. If you need any accommodations, please call us at **775-829-9010** as far in advance as possible.

Class Locations

Aikido in Sparks

27 Glen Carran Circle, Sparks

Aria School of Music & Art

3941 S. McCarran Blvd., Reno

Cafe de Thai

760 S. Virginia St., Reno

Clayton Middle School

1295 Wyoming Ave., Reno

Donner State Park, Memorial Museum

12593 Donner Pass Rd., Truckee, CA

Donner Tunnel Trailhead

Near Sugar Bowl Ski Resort, Truckee, CA

Faith Lutheran Church

2075 W. 7th St., Reno

Fight Frequency

5280 Longley Ln., Unit 200, Reno

Hub Coffee Roasters

316 Vassar St., Reno

Natural Grocers

4819 Kietzke Ln., Reno

Nevada Woodchucks

405 Western Rd., Reno

Pignic Pub & Patio

235 Flint St., Reno

Red Hawk Golf and Resort

6600 N. Wingfield Pkwy., Sparks

Reno Gem and Mineral Society

480 S. Rock Blvd., Sparks

Reno Public Market

299 E. Plumb Ln., Reno

Serenity Tai Chi

(Located inside Note-Able Music Therapy Services)

2590 Orovada St., Reno

Steinway Piano Gallery

500 E. Moana Ln., Reno

Storey County Senior Center

100 Mill St., Virginia City

TMCC Meadowood Center

5270 Neil Rd., Reno

TMCC Red Mountain Building

7000 Dandini Blvd., Reno

TMCC Sports and Fitness Center

7000 Dandini Blvd., Reno

TMCC William N. Pennington Applied Technology Center

475 Edison Way, Reno

TMCC Vista Building

7000 Dandini Blvd., Reno

Washoe Golf Course

2601 Foley Way, Reno

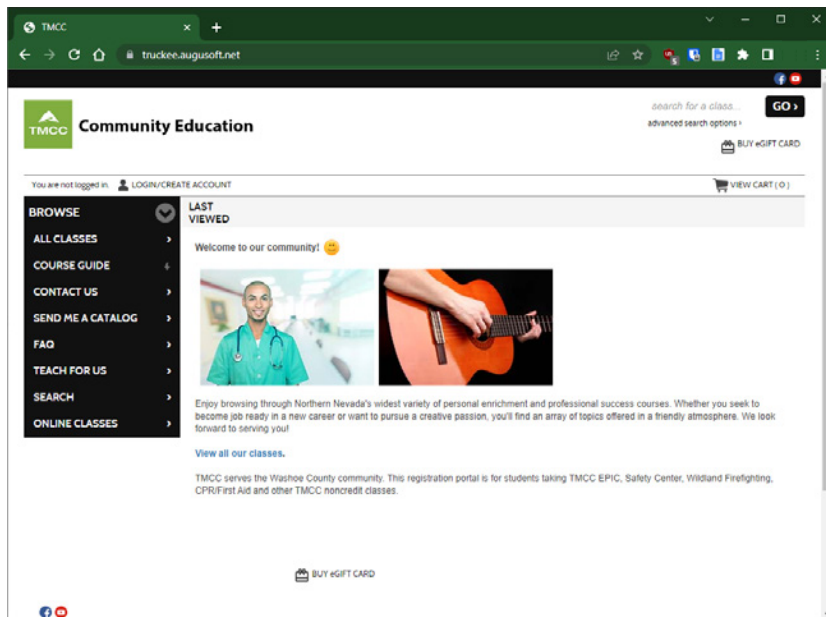
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How to Register Online



Scan this QR code to take you to our registration portal or go directly to our registration portal at epic.tmcc.edu/classes/.

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" for 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.* 

REGISTER NOW! tmcc.edu

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Educational Programs Inspiring the Community
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Reno, Nevada 89512-3999

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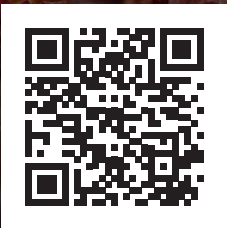
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