



Educational Programs
Inspiring the Community

Spring 2025 Course Guide

Non-Credit Community Education for Northern Nevada

Cover Photo: Mark Trujillo, coffee industry pioneer, is teaching Coffee 101-301 this Spring (see pages 8-9 for details). Photo Credit: Ty Hagar

You are made to be **EPIC!**

Call us at **775-829-9010**
Email us at **epic@tmcc.edu**
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Follow us on Instagram **@tmcccep**



EPIC (Educational Programs Inspiring the Community)



Spring is a season of renewal—a perfect time to embrace new dreams and opportunities! As the EPIC Program Director, I'm excited to invite you to explore the many personal enrichment classes we've crafted for our community. At

TMCC EPIC, we celebrate curiosity, creativity, and connection, and there's no college application required—just a love of learning.

Whether you're returning or joining us for the first time, I hope you'll find classes that inspire you to have fun, pursue your passions, and nourish your soul. If you have ideas for future offerings, I'd love to hear them! Email me at epic@tmcc.edu or call 775-829-9010.

Welcome to a new season of learning and growth at TMCC EPIC!

Fayth Ross

Fayth Ross, EPIC Program Director



Save the Date!

Registration for EPIC's annual Royal Father Daughter Ball will open in July and the Ball will be held in the Fall. If you haven't attended the Ball previously, send us an email at epic@tmcc.edu and we'll add you to our list so you receive an email when registration opens in July!

You are made to be
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EPIC Instructor Spotlight

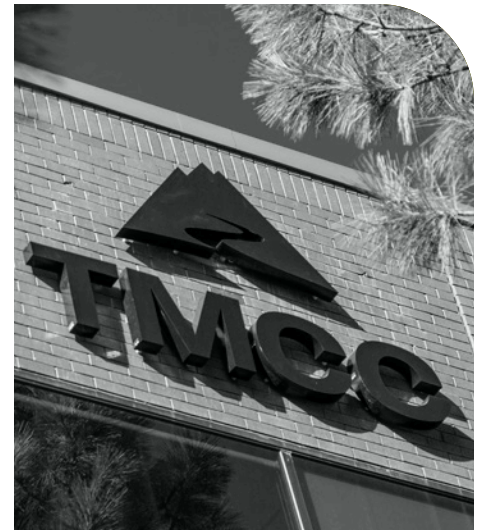


Mark Trujillo, a trailblazer in the coffee industry since 2007, introduced the "Third Wave Coffee" concept to Reno, Nevada, establishing four coffee shops and a successful roastery within four years. He has built strong relationships with farmers in Central and South America, co-owning three farms in Colombia's Huila district. A former track and field athlete from the University of Nevada Reno, Mark developed the "Morning Howl" coffee blend through the university's first coffee licensing deal, benefiting its athletic department.

Since 2019, Mark has shared his expertise as an instructor with TMCC's EPIC program. His popular classes, including "Specialty Coffees," "Be Your Own Barista," and the Coffee 101-301 series, always fill quickly. Mark's Spring classes can be found on pages 8-9 in this catalog; register early to secure your spot. Outside of work, Mark is an avid cyclist, reflecting his dedication to a healthy lifestyle and community engagement.

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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.

New Class



We're always adding new classes! Look for this icon to see what's new at EPIC this Spring—we think you'll love these additions.

Hot Class



Our students can't get enough of these classes! Look for this icon to find the tried-and-true favorites at EPIC this Spring—spots fill fast, so be sure to register ASAP to secure your place.

EPIC Encore



Designed especially for the seniors in our community, these classes offer engaging, enriching and fun opportunities to learn, connect and thrive. Look for the Encore icon next to the class title to find programs tailored for those 60 and older. Join us and celebrate lifelong learning at EPIC!

Massage Therapy @ EPIC

Help our students by getting an hour-long, full-body massage for only \$30.

Our advanced massage therapy students must complete mandatory bodywork hours before graduating. Spring Semester massage clinics are held Mondays and Wednesdays, February through April, at 9:30 a.m. and 10:45 a.m. To give our students the most comprehensive experience, please do not register for more than one session per month. Registration opens the second week of January. Check out epic.tmcc.edu/classes and search for "\$30 Massage" or call **775-829-9010**.

Thanks to the generosity of the **Helaine Greenberg Caregiver Support Fund**, **eligible recipients can apply to receive a free one-hour full-body massage** tailored to their preferences, providing a much-needed break from the stresses of caregiving. To qualify, you must be a Nevada resident aged 50+ and caring for an elderly relative, or a Nevada resident caring for a disabled child. Submit your application as soon as possible, as spaces are limited.

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 \$49 or higher.

Columba Life Fund Scholarship

\$35 for students who want to enroll in a Tai Chi or Qigong class.

Employee Discount

10% for TMCC employees. Please call the EPIC office at 775-829-9010 or register in-person to have the discount applied to your registration. *Discount does not apply towards Career Certificates, Fitness & Sports, some special topic classes and events.*

Senior Discount

10% 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

Healthcare Pathways

Clinical Medical Assistant

Gain hands-on skills crucial for success in various healthcare settings, including private practices, hospitals, and clinics, in this 156-hour program.

- **PROGRAM COST:** \$3,999
- **AVG. ANNUAL SALARY (Reno area):** \$45,480
- **DEMAND LEVEL (NV):** Extremely High (22% growth)*

Community Health Worker

Become a vital advocate in your community with this 60-hour, online course.

- **PROGRAM COST:** \$879
- **AVG. ANNUAL SALARY (Reno area):** \$53,950
- **DEMAND LEVEL (NV):** Extremely High (21% growth)*

Massage Therapy

Meet rising demand for massage therapists in this program combining foundational knowledge with hands-on practice. Qualify for national exams and state licensure.

- **PROGRAM COST:** Approximately \$6,200
- **AVG. STARTING ANNUAL SALARY (Reno area):** \$44,730
- **DEMAND LEVEL (NV):** Extremely High (43% growth)*

Pharmacy Technician

Prepare for a thriving career as a pharmacy technician with comprehensive training that blends classroom learning and practical experience in just 70 hours.

- **PROGRAM COST:** \$1,599
- **AVG. ANNUAL SALARY (Reno area):** \$44,860
- **DEMAND LEVEL (NV):** Extremely High (24% growth)*

IT Pathways

Data Analyst

Unlock the potential of big data with our 360 to 400-hour Data Analyst program. Score the essential skills to prepare for high-paying roles in this growing field.

- **PROGRAM COST:** \$5,600
- **AVG. ANNUAL SALARY (Reno area):** \$86,030
- **DEMAND LEVEL (NV):** Very High (9%+ growth)*

Power BI Data Analyst Associate

Gain hands-on experience to pass the Power BI certification exam and become a Microsoft Power BI Data Analyst with this career-focused boot camp.

- **PROGRAM COST:** \$699
- **AVG. ANNUAL SALARY (Reno area):** \$86,030
- **DEMAND LEVEL (NV):** Extremely High (43% growth)*

Python Developer

Unlock lucrative career opportunities, including remote options, with our self-paced online Python Developer program.

- **PROGRAM COST:** \$5,600
- **AVG. ANNUAL SALARY (Reno area):** \$125,590
- **DEMAND LEVEL (NV):** Extremely High (40% growth)*

Business & Industry Pathways

Certified Administrative Assistant

Transform your organizational talents into a rewarding career in this engaging, 10-week course.

- **PROGRAM COST:** \$1,749
- **AVG. ANNUAL SALARY (Reno area):** \$70,070
- **DEMAND LEVEL (NV):** Extremely High (21% growth)*

Microsoft Office Specialist: Associate

Boost your career prospects by enhancing your productivity in Microsoft Word, Excel, and PowerPoint in this 63-hour program.

- **PROGRAM COST:** \$1,299
- **AVG. ANNUAL SALARY (Reno area):** \$39,410
- **DEMAND LEVEL (NV):** Very High (8% growth)*

Social Media Specialist

Learn the skills and confidence to build a strong social media presence, attract new customers and propel your business to new heights of success in this immersive course.

- **PROGRAM COST:** \$429
- **AVG. ANNUAL SALARY (Reno area):** \$63,280
- **DEMAND LEVEL (NV):** Extremely High (35% growth)*

Comprehensive Supervision and Leadership Suite

Elevate your managerial skills and effectiveness with this 24-hour program covering the fundamental skills needed to excel in business management.

- **PROGRAM COST:** \$499
- **AVG. ANNUAL SALARY (Reno area):** \$59,000
- **DEMAND LEVEL (NV):** Very High (12% growth)*

Supply Chain Specialist

Master the intricacies of supply chain management and become a sought-after specialist in this high-demand field!

- **PROGRAM COST:** \$679
- **AVG. ANNUAL SALARY (Reno area):** \$78,040
- **DEMAND LEVEL (NV):** Extremely High (51% growth)*

Please visit epic.tmcc.edu/classes to find class dates and times for upcoming sessions.

**Demand statistics provided by onetonline.org*

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.

Arts & Crafts

Pottery



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

2/5–2/26 W 3–5 p.m.

3/5–3/26 W 3–5 p.m.

TMCC Meadowood Center Gandolfo \$99
Materials Fee: \$50

Wood I



Transform wood into useful items. 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 from start to finish, with multiple finishing techniques.

2/5–5/21 W 6:30–9:30 p.m.

Clayton Middle School Hayes \$219
Materials Fee: \$30

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.

2/5–5/21 W 6:30–9:30 p.m.

Clayton Middle School Hayes \$230
Materials Fee: \$30

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. Supplies required.

2/7–3/28 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.

2/7–3/28 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.

2/8 S 9 a.m.–1 p.m.

TMCC Meadowood Center Waltuch \$49

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.

2/8–3/22 S 9 a.m.–Noon

TMCC Meadowood Center Willoughby \$179

Sewing

Learn basic sewing skills and how to use your sewing machine through several projects that will equip you for garment sewing. Learn to insert a zipper, follow a pattern, and finish seams. Supplies required.

2/10–3/31 M 6–9 p.m.

TMCC Meadowood Center Willoughby \$205



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.

2/13–2/27 TH 6–9 p.m.

4/10–4/24 TH 6–9 p.m.

Reno Gem & Mineral Society Hilsabeck \$99
Materials Fee: \$45

Beginning Wood Turning

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

2/15 S 1–4 p.m.

Nevada Woodchucks Lambert \$59
Materials Fee: \$15

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.

3/3–3/17 M 6–8 p.m.

3/5–3/19 W 6–8 p.m.

TMCC Meadowood Center Cordova \$119
Materials Fee: \$15



Cold Processed Soap 101

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, and gain confidence to make soap at home.

3/5	W	1–4 p.m.
TMCC Meadowood Center	Howard	\$49

Materials Fee: \$20

Intro to Silversmithing - 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.

3/9	SU	11 a.m.–1:30 p.m.
Mandalynn Jewelry Designs	Wirtanen	\$49

Materials Fee: \$50+

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.

3/11	T	5–9 p.m.
TMCC Meadowood Center	Toward	\$119



Visit EPIC Online!
epic.tmcc.edu



Intro to Silversmithing - 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. Ages 15 and up are welcome.

3/12	W	6–8:30 p.m.
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4/16	W	6–8:30 p.m.
Mandalynn Jewelry Designs	Wirtanen	\$49

Materials Fee: \$47

Watercolor Birds - Lovebirds

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.

3/24–4/14	M	6–8 p.m.
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3/26–4/16	W	6–8 p.m.
TMCC Meadowood Center	Cordova	\$129

Materials Fee: \$15

Intro to Silversmithing - 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. Ages 15 and up are welcome.

4/5	S	9 a.m.–1 p.m.
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5/10	S	9 a.m.–1 p.m.
Mandalynn Jewelry Designs	Wirtanen	\$99

Materials Fee: \$65–\$80

Wild and Wacky Wired Women

Create fanciful wire female characters from a template, embellished and personalized with colorful beads and charms. This hanging art can be used as gift tags, holiday ornaments or sun catchers.

4/5	S	9 a.m.–Noon
TMCC Meadowood Center	Graham	\$49

Materials Fee: \$10

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.

4/12–4/19	S	9 a.m.–1 p.m.
TMCC Meadowood Center	Waltuch	\$129

Materials Fee: \$35



The Art of Copper Etching



Create a stunning copper bracelet in this hands-on workshop. Learn to prepare the metal, transfer your design, and apply etching techniques to achieve intricate patterns. You'll leave with a polished bracelet and a step-by-step workbook to guide future projects.

4/14–4/21	M	6 p.m.–9 p.m.
TMCC Meadowood Center	Comstock	\$89

Materials Fee: \$20

Calligraphy



Create traditional and whimsical lettering. Practice writing with a calligraphy pen, pencils, watercolors, and a paintbrush, and develop your own distinct style of lettering. Supplies required. Ages 12 and up welcome with a parent.

4/24–5/8	TH	5:30–7:30 p.m.
TMCC Meadowood Center	Foldvary-Anderson	\$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.

Acrylic Pour Painting



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

4/26	S	9 a.m.–Noon
TMCC Meadowood Center	Hadwin	\$49

Materials Fee: \$30

Summer Flowers in Watercolor

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.

5/7–5/28	W	6–8 p.m.
6/4–6/25	W	6–8 p.m.
TMCC Meadowood Center	Gandolfo	\$129

Intro to Famous Artists

- Yayoi Kusama



Explore famous artists and the art movements that inspired their masterpieces, then create “interpreted” art inspired by their work. Learn about the use of polka dots as patterns and 2D & 3D patterns. Experiment with papier mache, sequins, mirrors, and more to make a unique piece of Kusama-inspired art.

5/10	S	1–4 p.m.
TMCC Meadowood Center	Graham	\$49

Materials Fee: \$10

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: tmcc.edu/educational-programs-inspiring-community/teach-for-us



More Fun With Calligraphy Lettering



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. Ages 12 and up welcome with a parent.

5/15–5/29	TH	5:30–7:30 p.m.
TMCC Meadowood Center	Foldvary-Anderson	\$99

Materials Fee: \$10



Living Artscape: Rustic Plant Plaque



Create your own living artwork in this hands-on workshop! Mount ferns, pothos, or spider plants onto wooden plaques using moss and organic materials to design a stunning vertical garden. Perfect for plant lovers, you'll take home a beautiful, functional display to brighten any space. Bowls will be provided and no prior experience is required. Contact the instructor for plant selection tips.

5/3	S	1–4 p.m.
TMCC Meadowood Center	Kaempfe	\$49

Materials Fee: \$75–\$100

Computers & Software

Artificial Intelligence: An Introduction



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 the skills to analyze and leverage AI technology effectively in real-world scenarios.

3/4–3/25	T	6–7:45 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.

3/4–3/13	T,TH	5–9 p.m.
TMCC Meadowood Center	Kamen	\$199



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.

3/7–3/21	F	10 a.m.–Noon
TMCC Meadowood Center	Chang	\$89

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.

4/5	S	8:30 a.m.–5 p.m.
TMCC Meadowood Center	Chang	\$99

Materials Fee: \$5

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.

4/8–4/17	T,TH	6–9 p.m.
TMCC Meadowood Center	Chang	\$129

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.

1/28–3/11	T	6:30–8:30 p.m.
5/8–6/12	TH	6:30–8:30 p.m.
Brookfield School	Dungan	\$109

Line Dancing II

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 so that you can master increasingly challenging routines currently being danced in local venues. Previous line dancing experience is strongly recommended.

4/8–5/13	T	6:30–8:30 p.m.
Brookfield School	Dungan	\$109

Advanced Line Dancing

Take your line dancing skills to the next level. Learn two intermediate/advanced line dance routines each session with more complex choreography. With smaller class sizes, you'll receive personalized attention to perfect your technique and confidently show off your moves on the dance floor. Prior experience in Line Dancing 1 and 2 (or equivalent) is strongly recommended.

2/3–3/3	M	6–7:30 p.m.
TMCC Meadowood Center	Brewer	\$69



Flamenco



Learn the basic hand and footwork techniques of this classic Spanish dance inspired by the Andalusian gypsy culture. Practice graceful arm movement and learn how to use castanets with the dance steps. Jazz or ballroom dance shoes and comfortable clothes are required.

3/8–4/26	S	10:30–11:30 a.m.
TMCC Meadowood Center	Oberg	\$119

Belly Dancing, Basics and Beyond for Beginners

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. Supplies required.

4/1–5/20	T	6–7 p.m.
TMCC Meadowood Center	Gray	\$89

Foundations of Country Swing Dancing



Learn the basic steps and techniques of country swing dancing, a fun and energetic partner dance. Sign up as a couple or come solo—students will be paired up in class to practice together. Whether you're new to dancing or looking to refine your skills, this class will help you build a solid foundation and enjoy the music with every spin, dip and step.

4/7–4/28	M	6–7 p.m.
TMCC Meadowood Center	Brewer	\$59



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Tap into Joy: Beginning Tap for Adults

Discover the joy of tap in this beginner-friendly class! Learn essential steps and techniques, from simple shuffles to rhythmic combinations, in a fun, engaging environment. No experience needed—just bring your enthusiasm and get ready to tap into joy!

Please note: this non-credit class runs concurrently with DAN 144. Students wishing to obtain college credit should sign up for the DAN 144 class through tmcc.edu.

1/27–5/14	MW	9–10:15 a.m.
TMCC Red Mountain 240	O'Hara	\$89

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.

Mondays/Wednesdays

8:15 – 9:10 a.m.	2:15 – 3:10 p.m.
9:15 – 10:10 a.m.	3:15 – 4:10 p.m.
10:15 – 11:10 a.m.	4:30 – 5:25 p.m.
11:15 a.m. – 12:10 p.m.	5:30 – 6:25 p.m.
12:15 – 1:10 p.m.	6:30 – 7:30 p.m.
1:15 – 2:10 p.m.	

Tuesdays/Thursdays

8:15 – 9:10 a.m.	12:15 – 1:10 p.m.
9:15 – 10:10 a.m.	4:30 – 5:25 p.m.
10:15 – 11:10 a.m.	5:30 – 6:25 p.m.
11:15 a.m. – 12:10 p.m.	

Fridays

8:15 – 9:10 a.m.	11:15 a.m. – 12:10 p.m.
9:15 – 10:10 a.m.	12:15 – 1:10 p.m.
10:15 – 11:10 a.m.	

Saturdays

9:30 – 10:25 a.m.
10:30 – 11:25 a.m.
11:30 a.m. – 12:25 p.m.

Please check online for start dates and instructor names.

TMCC Meadowood Center	\$119
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Silver Pilates Using a Reformer



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

TMCC Meadowood Center	\$115
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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.

Mat Pilates

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

1/3–2/21	F	9:15–10:15 a.m.
2/28–4/18	F	9:15–10:15 a.m.
4/25–6/13	F	9:15–10:15 a.m.
TMCC Meadowood Center	Randlett	\$119

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 12 and up, are welcome.

1/21–2/13	T,TH	6:45–8:15 p.m.
2/18–3/13	T,TH	6:45–8:15 p.m.
4/1–4/24	T,TH	6:45–8:15 p.m.
4/29–5/22	T,TH	6:45–8:15 p.m.
TMCC Sports and Fitness Center	Paul	\$89



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.

2/6–3/13	TH	6:30–8 p.m.
4/5–5/10	S	11:15 a.m.–12:45 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.

4/30–6/18	W	6–7 p.m.
Aikido in Sparks	Bonomo	\$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. Ages 12 and up welcome with a parent.

2/8–3/29	S	10–11 a.m.
4/5–5/24	S	10–11 a.m.
TMCC Meadowood Center	Collins	\$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.

2/8–3/29	S	11:15 a.m.–12:30 p.m.
3/20–4/24	TH	6:30–7:45 p.m.
TMCC Meadowood Center	Collins	\$99

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.

2/24–4/21	M	2–3 p.m.
TMCC Meadowood Center	Hintz	\$109

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. Ages 6 and up welcome with a parent.

3/3–4/23	M,W	6–7 p.m.
Aikido in Sparks	Bonomo	\$99

Never Too Late: Basketball Development for Adults



Learn strategies, concepts, skills and key moves that will take your hoops game to a higher level. Hone your court skills with the guidance of a former high-level player with 20 years of experience teaching the fine points to students of all levels. Have fun while enhancing your basketball IQ.

3/29–5/17	S	10–11:30 a.m.
TMCC Sports and Fitness Center	Tabarez	\$129



EPIC Pickleball: Power Up Your Play!



Perfect for beginners, this is a fun and engaging way to stay active while learning one of the fastest-growing sports in the country. Our expert instructors will guide you through the basics of pickleball including proper techniques for serving, volleying and scoring, all on our indoor, climate-controlled courts.

4/1–5/22	T,TH	5:30–7:30 p.m.
TMCC Sports and Fitness Center	Mathiesen	\$269

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.

4/3–4/24	TH	10–11 a.m.
5/1–5/22	TH	10–11 a.m.
Washoe Golf Course	Staff	\$99

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.

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.

4/8–5/6 T 5:30–6:30 p.m.

5/13–6/10 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 irons and woods. Supplies required.

4/9–5/7 W 5:30–6:30 p.m.

5/14–6/11 W 5:30–6:30 p.m.

Red Hawk Golf and Resort Williams \$99

Materials Fee: \$35

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.

4/28–6/30 M 6–7 p.m.

Aikido in Sparks Bonomo \$119

Food & Beverage

Cookie Decorating: Winter Snowflakes



Welcome winter with a themed batch of cookies. Using simple sugar cookie dough, try various royal icing recipes and explore when to use which kind of icing. Learn tips and tricks for fancy decorating. Take home personalized cookies in decorative packaging. Ages 12 and up welcome with a parent.

1/21 T 6–8 p.m.

TMCC Meadowood Center Page \$49

Materials Fee: \$25



Cookie Decorating: Valentine's Day



Welcome the month of love with a themed batch of cookies. Using simple sugar cookie dough, try various royal icing recipes and explore when to use which kind of icing. Learn tips and tricks for fancy decorating. Take home personalized cookies in decorative packaging. Ages 12 and up welcome with a parent.

2/11 T 6–8 p.m.

TMCC Meadowood Center Page \$49

Materials Fee: \$25



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.

2/22 S 9 a.m.–Noon

Hub Coffee Roasters Trujillo \$59

Materials Fee: \$10

Italian Cooking



Impress your friends and family by learning to create easy and delicious Italian dishes. Start with radicchio rolled in a crepe with cheese sauce and walnuts. Then concoct a fantastic squash and mushroom lasagna, followed by savory cod in lemon sauce and chicken scallopini roll with radicchio and scamorza, a Southern Italian cheese. Complete your creations with the perfect complement of tiramisu and an Italian Prosecco spritz.

3/3–3/10 M 6–8 p.m.

TBD Hunter \$99

Materials Fee: \$45



Cookie Decorating: St. Patrick's Day



Welcome March with a themed batch of cookies. Using simple sugar cookie dough, try various royal icing recipes and explore when to use which kind of icing. Learn tips and tricks for fancy decorating. Take home personalized cookies in decorative packaging. Ages 12 and up welcome with a parent.

3/11 T 6–8 p.m.

TMCC Meadowood Center Page \$49

Materials Fee: \$25



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.

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.



Italian Desserts



Prepare tiramisu, Nonna apple cake, strudel from Alto Adige, frittelle filled with zabaglione cream, panna cotta with berry sauce and Zuppa Inglese, an Italian trifle. Complete your sweet creations with a Prosecco spritz.

3/17–3/24	M	6–8 p.m.
TBD	Hunter	\$99

Materials Fee: \$45

Coffee 201: Basic Brewing



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

3/22	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$59

Materials Fee: \$10

South American Wines

Whether you're planning a trip to South America or just want to expand your wine knowledge, this class is for you! Sample crisp whites and robust reds as you learn about the history and geographical diversity of the grape growing regions of Argentina, Chile and Uruguay. Often half the price of similar wines from their North American counterparts, discover new favorites from old winemaking regions.

3/22–3/29	S	3–5 p.m.
TMCC Meadowood Center	Davidson	\$69

Materials Fee: \$25

Easter Cookie Decorating



Welcome spring with a themed batch of cookies. Using simple sugar cookie dough, try various royal icing recipes and explore when to use which kind of icing. Learn tips and tricks for fancy decorating. Take home personalized cookies in decorative packaging. Ages 12 and up welcome with a parent.

4/8	T	6–8 p.m.
TMCC Meadowood Center	Page	\$49

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.

5/10	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$59

Materials Fee: \$10

Health & Wellness

Tai Chi

Tai Chi I and Tai Chi II and III classes are scheduled from Jan. 2–June 26. Check the Health & Wellness class listings at epic.tmcc.edu/classes for exact dates and times.



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. Yoga mat required.

1/7–2/25	T	7:15–8:15 p.m.
3/4–4/22	T	7:15–8:15 p.m.
4/29–6/17	T	7:15–8:15 p.m.
TMCC Meadowood Center	Holt	\$119

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.

1/11–3/1	S	8:30–9:30 a.m.
3/8–4/26	S	8:30–9:30 a.m.
5/3–6/21	S	8:30–9:30 a.m.
TMCC Meadowood Center	Holt	\$119
1/15–3/5	W	4:30–5:30 p.m.
1/15–3/5	W	5:30–6:30 p.m.
TMCC Meadowood Center	MacLellan	\$119
3/12–4/30	W	4:30–5:30 p.m.
3/12–4/30	W	5:30–6:30 p.m.
TMCC Meadowood Center	MacLellan	\$119
5/7–6/25	W	4:30–5:30 p.m.
5/7–6/25	W	5:30–6:30 p.m.
TMCC Meadowood Center	MacLellan	\$119

Adaptive Yoga

Experience the benefits of yoga with gentle exercises tailored to meet you where you are—whether in a chair, on a mat, or with supportive props like blocks and straps. Perfect for staying limber and adapting movements to your body's needs, this class offers personalized modifications to ensure an effective workout for all abilities.

1/15–3/5	W	3:30–4:15 p.m.
3/12–4/30	W	3:30–4:15 p.m.
5/7–6/25	W	3:30–4:15 p.m.
TMCC Meadowood Center	MacLellan	\$119

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.

1/27–3/24	M	6–7 p.m.
3/31–5/19	M	6–7 p.m.
TMCC Meadowood Center	Cannon	\$99



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.

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.

1/28–3/18	T	10:30–11:30 a.m.
3/25–5/13	T	10:30–11:30 a.m.
2/14–4/4	F	10:30–11:30 a.m.
4/11–5/30	F	10:30–11:30 a.m.
TMCC Meadowood Center	Heinrichs	\$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.

1/29–2/26	W	5:45–6:45 p.m.
TMCC Meadowood Center	Walkerley	\$69

Ayurveda

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 the use of food, herbs and a variety of sense therapies taught in this unique and dynamic class.

2/19–3/12	W	6–8 p.m.
TMCC Meadowood Center	Harger	\$199

Chair Chi

Enjoy the benefits of traditional Tai Chi in the comfort and safety of your chair. This gentle class is ideal for those who prefer seated exercises—whether for balance, mobility, or personal comfort. Boost strength, flexibility, and cognitive function while reducing stress in a supportive, accessible setting.

3/4–4/29	T	5–5:40 p.m.
Serenity Tai Chi	Lively	\$89



Visit EPIC Online!
epic.tmcc.edu



Reiki, An Introduction

Discover the fundamentals of Reiki and explore the concept of sensing energy. Gain techniques for self-grounding and develop your own Reiki practice. Supplies required.

3/4 & 3/11	T	6–8 p.m. AND
3/15	S	1–3 p.m.
TMCC Meadowood Center	Chanselle-Hary	\$149

Thoughts Become Things – Creating Infinite Possibilities

NEW Discover how your thoughts and beliefs shape your reality. Explore how emotions, instinct, and beliefs influence the pursuit of your dreams through visualization exercises, letters to your future self, and vision boards to inspire action.

4/2–4/23	W	5:30–7 p.m.
TMCC Meadowood Center	Apiag	\$69

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.

4/15	T	6–9 p.m.
TMCC Meadowood Center	Nielson	\$49

Healthy Living for Your Brain and Body

NEW Proudly presented by the Alzheimer's Association of Nevada, learn about research in nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to incorporate these discoveries into a plan for healthy aging.

4/26	S	10 a.m.–Noon
TMCC Meadowood Center	Alzheimer's Association	\$15

Home & Garden



Furniture Refinishing

NEW Give your furniture a new life by restoring its original beauty. Learn to safely remove old finishes, apply staining and glazing techniques, and repair frames and other common damage. With tips on tool safety and spotting hidden gems, you'll gain the skills to transform dressers, tables, chairs, and more!

2/10–3/10	M	6–9 p.m.
Clayton Middle School	Dornoff	\$139

Materials Fee: \$30

High Desert Gardening Basic Techniques

NEW 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.

3/8	S	9 a.m.–Noon
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: tmcc.edu/educational-programs-inspiring-community-teach-for-us



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Home Anatomy & Maintenance: The Basics

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.

3/13	TH	6–9 p.m.
TMCC Meadowood Center	Smith	\$59

High Desert Edible Gardening

Learn the appropriate conditions to grow the fruits, vegetables, and herbs that you love. Discuss organic fertilization methods, pest control, companion planting and crop rotation.

3/22	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49



Gardening Is for the Birds

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

4/5	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Fruit Trees

Which fruit trees are really fruitful in our area? Most nurseries sell fruit trees, but not all trees work in our climate. You will learn about how to select trees that will thrive in our area including chill hours, fruitfulness, hardiness, and disease/insect issues.

4/12	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Indoor Gardening

Create an Eden inside your home while enjoying the benefits plants provide. Research has found that rooms with plants have less mold and dust, cleansing our air. Learn which plants like direct sun and which prefer a dark corner. Delve into the care of these varieties and share your successes and failures during a fun discussion.

5/3	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Languages and 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. Ages 10 and up welcome with a parent.

2/21–3/28	F	10 a.m.–Noon
2/22–3/29	S	10 a.m.–Noon
TMCC Meadowood Center	Doyle	\$139



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. Ages 10 and up welcome with a parent.

4/4–5/16	S	10 a.m.–Noon
4/5–5/17	F	10 a.m.–Noon
TMCC Meadowood Center	Doyle	\$139

Spanish I



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

5/5–7/14	M	6–7:15 p.m.
TMCC Meadowood Center	Aguilar	\$189

Spanish II

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

2/24–4/28	M	6–7:15 p.m.
TMCC Meadowood Center	Aguilar	\$189



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.

2/25–4/29	T	6–7:15 p.m.
TMCC Meadowood Center	Mancini	\$189

Everyday 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.

2/26–4/30	W	4–5:15 p.m.
TMCC Meadowood Center	Mancini	\$189

Conversational Italian for Travelers



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

3/4–3/25	T	6–8 p.m.
TMCC Meadowood Center	Hunter	\$89

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.

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.

4/8–4/29	T	6–8 p.m.
TMCC Meadowood Center	Hunter	\$89

Money & Investments

Financial Literacy for High School Students



Make smart decisions about money by understanding how money works and why your needs and wants cost what they do. Explore banking and budgeting, the ins and outs of credit, credit cards and loans, income and other taxes, buying insurance, and the basics of investing your money. This class is geared to high school students, and there is an option to bring a parent to class at no extra charge.

2/5–3/12	W	6–8 p.m.
TMCC Meadowood Center	Tabarez	\$99

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.

2/13	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.

2/24–3/24	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$99

Understanding the Reno/Sparks Real Estate 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 how the changes to Realtor compensation affect you for buying and selling properties. Discuss effective timing of the market and share tips and essentials for buying and selling in the ever-changing Northern Nevada market.

2/27	TH	6–9 p.m.
TMCC Meadowood Center	Smith	\$59

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.

3/6	TH	6–9 p.m.
TMCC Meadowood Center	Wheeler	\$59

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.

3/13	TH	6–9 p.m.
TMCC Meadowood Center	Wheeler	\$69

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: tmcc.edu/educational-programs-inspiring-community/teach-for-us



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.

4/7–5/5	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$99

Music & Performing Arts

Concert Choir 101

Explore and perform choral music from diverse historical periods, focusing on vocal technique, musicality, and ensemble collaboration. Engage in dynamic rehearsals and public performances that showcase a wide-ranging repertoire.

Please note: If you wish to obtain college credit, please register for the concurrent MUSE 101 class through TMCC.

1/29–5/14	W	6–8:50 p.m.
TMCC Vista Bldg. 206	Owens	\$89

Concert Winds 112

The Concert Winds is a performance ensemble, centered on public performance of musical literature. Students will study, rehearse and perform music of several styles and historical periods. Students should have the equivalent of high school level experience in a concert/symphonic/winds band program.

Please note: If you wish to obtain college credit, please register for the concurrent MUSE 112 class through TMCC.

1/28–5/13	T	7–9:50 p.m.
TMCC Vista Bldg. 206	Cowell	\$89

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.

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.

3/6–4/17	TH	6–7 p.m.
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.

3/6–4/17	TH	10–11 a.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.

3/6–4/17	TH	11 a.m.–Noon
Steinway Piano Gallery	Pratt	\$89

Materials Fee: \$10

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.

2/18–3/25	T	7–8 p.m.
TMCC Meadowood Center	Jones	\$79



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.

2/20–3/20	TH	7–8 p.m.
TMCC Meadowood Center	Jones	\$79



Harmonica

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

3/8–3/22	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.

5/3	S	2–4 p.m.
TMCC Meadowood Center	Shimbo	\$49

Outdoors



Family Snowshoeing Adventure



Share winter's spectacular beauty and solitude as a family while exploring snowy Northern Nevada. The instructor will send an email to discuss equipment and clothing options for your optimal comfort along with details about offsite location. Learn basic step techniques, avalanche hazards and fundamental emergency preparedness. Ages 10 and up welcome with a parent.

1/25	S	8 a.m.–1 p.m.
TMCC Meadowood Center/Offsite TBD	Fromherz	\$49

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 - \$125

WCSD Spring Break

March 17-20, 2025 • March 24-27, 2025

Mondays through Thursdays, 8 a.m. to 3:30 p.m.

TMCC Meadowood Center

Online Self-Paced Driver's Education for Teens - \$99

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

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.



Fishing for the Absolute Beginner



This beginner-friendly course teaches the basics of fishing in Western Nevada, covering equipment, regulations, species, and hands-on practice with knots, casting and tackle. The class includes three hands-on interactive sessions and an optional private two-hour fishing session to be used within the year. Ages 10 and up welcome with a parent.

5/6–5/8	T,TH	6–8:30 p.m. and
5/10	S	9 a.m.–Noon
TMCC Meadowood Center	Ross	\$119

Materials Fee: \$15



Fly Fishing for Beginners



Discover the art of fly fishing and connect with nature in a whole new way.

Learn about essential gear, knot tying, casting techniques, and matching flies to local insects. Gain insider knowledge of area waters and enjoy the serenity of this sport with guidance from a professional. Equipment provided. Ages 11 and up welcome with a parent.

5/31	S	8:30 a.m.–12:30 p.m.
Hidden Valley Regional Park	Wharton	\$69

Materials Fee: \$40

Photography

Water Photography: Flowing, Frozen, Vapors

Learn how to use your camera's features to freeze water's flow or capture its movement. Practice techniques for using reflections, taking macro shots, and setting the white balance. Discuss how to make an ethereal setting with steam, a single water drop off a plant, or capture the clouds. Find out which techniques are best to use on sunny or cloudy days.

2/1	S	9 a.m.–Noon, 2–6 p.m.
TMCC Meadowood Center	Vollmer	\$89

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.

2/27–3/20	TH	6–8 p.m.
TMCC Meadowood Center	Vollmer	\$109

Photography II: Beyond the Basics

Learn new techniques to use evocative lighting and discover how to photograph action and evening scenes using your DSLR or mirrorless camera. Experiment with wild exposures and unusual angles to create an aesthetic expression that is uniquely yours. Digital camera required.

4/10–5/1	TH	6–8 p.m.
TMCC Meadowood Center	Vollmer	\$99

Epic Content Creation: Master Your Smartphone for Business and Fun



Turn your smartphone into a powerful tool for creating stunning photos and videos. Learn essential apps, gear, and lighting techniques to produce professional-quality content for social media, websites, and blogs. This hands-on course covers DIY product and lifestyle shoots, quick editing tips, and visual storytelling. Perfect for iPhone and Android users.

4/21–5/12	M	6:30–8:30 p.m.
TMCC Meadowood Center	Young	\$139

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.

1/3–1/24	F	1–3 p.m.
1/31–2/21	F	1–3 p.m.
2/28–3/21	F	1–3 p.m.
3/28–4/18	F	1–3 p.m.
4/25–5/16	F	1–3 p.m.
5/23–6/13	F	1–3 p.m.
TMCC Meadowood Center	Watanabe	\$89

Paranormal Investigation, Part 1



Learn how to safely prepare for a paranormal investigation. Begin with background knowledge of famous historical and local hauntings, then explore practical aspects like location scouting, clothing and protective gear. Understand divination, safety and the proper use of essential equipment including dowsing rods, thermal cameras and spirit boxes. Become confident as you prepare to safely communicate with spirits through various methods. Supplies required.

3/10–3/24	M	5–8 p.m.
TMCC Meadowood Center	Pappadeas	\$119

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.

3/11–3/18	T	6–8 p.m.
TMCC Meadowood Center	Beyer	\$59



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.



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. The origins of the Tarot, how decks differ and how they are the same will be discussed, and advanced concepts will be introduced.

3/27-4/3	TH	6-9 p.m.
TMCC Meadowood Center	Wood	\$79

Materials Fee: \$10

Paranormal Investigation, Part 2



If you completed the Paranormal Investigation, Part 1 class, explore divination methods, establishing contact with spirits and on-site protocols. Collect and interpret paranormal data using audio, video and photographic evidence. Learn more fully about shielding, grounding and cleansing, maintaining mental and emotional health, and dealing with negative entities. In week 3, take an investigation field trip to a historical site in Reno. Supplies required.

4/7-4/21	M	5-8 p.m.
TMCC Meadowood Center	Pappadeas	\$119

Styling Basics 101

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.

4/10-4/17	TH	6-8 p.m.
TMCC Meadowood Center	Cage	\$99

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.

4/21	M	6-9 p.m.
TMCC Meadowood Center	Chanselle-Hary	\$69

Upcycling Fashion

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.

5/1-5/15	TH	6-8 p.m.
TMCC Meadowood Center	Cage	\$99

Materials Fee: \$20

Writing

Write Your Life Story

Everyone has stories to tell about life. This class will prompt you to develop your own style, create memorable narratives, and sharpen your writing skills. Discussions will touch on elements of creative nonfiction and how to self-publish. Bring your memoir in-progress, if any, or start a new project.

2/1-2/22	S	10 a.m.-Noon
TMCC Meadowood Center	Riley	\$99

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.

2/3-2/24	M	4-6 p.m.
TMCC Meadowood Center	Hatjakes	\$99

Elements of Fiction Workshop Series

This innovative writing series features eight 2-hour sessions on character development, theme, plot and conflict, setting, point of view and figurative language. The workshop is taught by published author Virginia Castleman. Bring your manuscript or draft to class.

2/15-4/5	S	1-3 p.m.
TMCC Meadowood Center	Castleman	\$399

Short Stories 101

Learn to write a short fiction story (4,000-5,000 words). Work through the creative writing process from craft element instruction to story concept generation to publication. Perfect for creative writers of all experience levels and backgrounds. You will leave this course with one publication-ready piece.

3/3-3/17	M	4-6 p.m.
TMCC Meadowood Center	Hatjakes	\$99

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.

4/12-5/10	S	1-3 p.m.
TMCC Meadowood Center	Castleman	\$139



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.

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.

Policies and 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 business days prior to the class start date.
- » A **50% refund** minus a \$10 cancellation fee, if you cancel less than three business 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.

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**. For 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

Brookfield School

6800 S. McCarran Blvd., Reno

Clayton Middle School

1295 Wyoming Ave., Reno

Hidden Valley Regional Park

4740 Parkway Dr., Reno

Hub Coffee Roasters

316 Vassar St., Reno

Mandalynn Jewelry Designs

(inside Reno Public Market)

299 E. Plumb Ln., Reno

Nevada Woodchucks

405 Western Rd., Reno

Red Hawk Golf and Resort

6600 N. Wingfield Pkwy., Sparks

Reno Gem & Mineral Society

480 S. Rock Blvd., Sparks

Serenity Tai Chi

(Located inside Note-Able Music Therapy Services) 2590 Orovada St., Reno

Steinway Piano Gallery

500 E. Moana Ln., Reno

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 Vista Building

7000 Dandini Blvd., Reno

Washoe Golf Course

2601 Foley Way, Reno

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: tmcc.edu/educational-programs-inspiring-community/teach-for-us



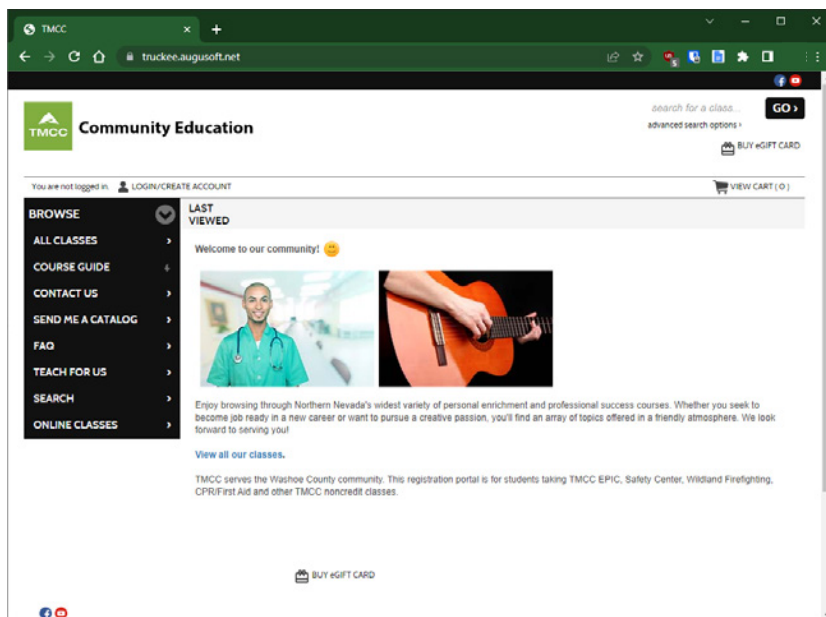
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How to Register Online



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 *you.*

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



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