

SAFETY FIRST

New Classes in
Personal, Home &
Workplace Safety

CERTIFIED SUCCESS

Career Pathways &
Professional Development

ARTS & CRAFTS

Where Creativity &
Community Meet

You are made to be **EPIC!**

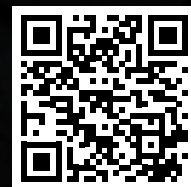
Connect with **EPIC**

🌐 epic.tmcc.edu

📞 775-829-9010

✉️ epic@tmcc.edu

📱 @TMCCEPIC



EPIC (Educational Programs Inspiring the Community)

Spring is the season of new beginnings, and there's no better time to embrace a fresh start, kindle a creative spark, or fuel your passion for lifelong learning.

At TMCC EPIC, we're proud to offer a wide range of creative and practical personal enrichment classes that make learning joyful, meaningful, and fun. From arts and crafts to spirituality, games, wellness, and more, this season brings a mix of exciting new options alongside the tried-and-true favorites our community loves.

If you're thinking about taking your career to the next level, don't miss our growing lineup of short-term, non-credit certifications. Perfect for those looking to upskill, reskill, or explore a new path, these classes are designed to provide relevant, real-world training without the pressure of grades or a degree. Just look for the certification icon in our new Career Pathways and Professional Development category.

This spring, we're also turning up the heat in a whole new way. Our brand-new, state-of-the-art teaching kitchen is now open. It's the perfect home for our food and beverage classes, and we can't wait to welcome you into this beautiful new space built for connection, creativity, and culinary exploration.

While you're exploring what's new, be sure to check out our Safety section, featuring practical courses to help protect your home, workplace, and personal well-being. One standout is Wildfire Preparedness for Homeowners, taught by retired fire captain and TMCC instructor Bill Steward. I had the chance to take this class myself, and it's packed with immediately applicable tips to help you protect what matters most.

Whatever you choose to explore this spring, I hope EPIC helps you grow, connect, and blaze a new trail.

Here's to a season of learning that's truly on fire! 🔥



Fayth Ross, EPIC Program Director



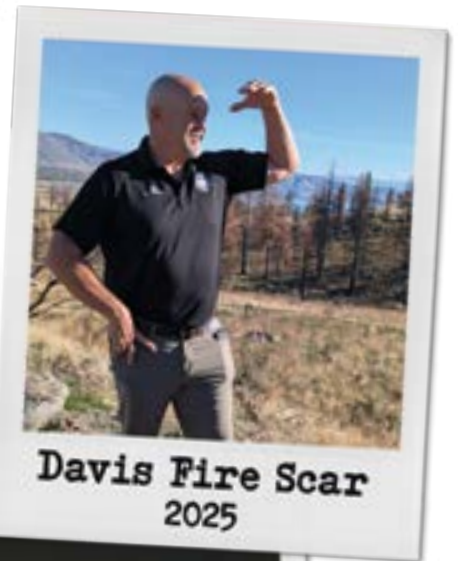
EPIC Instructor Spotlight

Retired Fire Captain **Bill Steward** is TMCC's Wildland Fire Coordinator and Instructor, bringing more than 25 years of experience in fire service, both in suppression and prevention. A Nevada resident for the past 30 years, Bill has fought some of the region's most devastating fires, including the Arrowcreek, Little Valley, and Caughlin Ranch fires. He also served for three years as the Fire Prevention Specialist for the Truckee Fire Department, where he focused on community education and fire mitigation.

Bill is the founder and owner of Foresight Fire Consulting, LLC, a company dedicated to helping communities plan and prepare for the growing threat of wildfire. His work emphasizes real-world strategies for homeowners, from fuels management and home hardening, to insurance readiness and emergency planning.

Blending his professional experience with passion for protecting lives and property, Bill is teaching **Wildfire Preparedness for Homeowners** this spring. Through proactive education and prevention, you'll leave this essential workshop feeling empowered to mitigate and safeguard your home from the threat of wildfire.

See page 19 for details.



How to Register for Classes

Register Online



- » Scan this QR code or go directly to our registration portal at epic.tmcc.edu/classes.
- » Scroll through the class listings and click "Add to cart" for your selected class.
- » Sign in if you are a returning student or create a profile if you are a new student.
- » Click "CHECKOUT" on the top right menu bar and follow the prompts to process your payment.

Phone, Email or In-Person

- » Need additional help registering or have questions about a class? Give EPIC a call at **775-829-9010** or email at epic@tmcc.edu.
- » The EPIC office is located at the TMCC Meadowood Center, **5270 Neil Rd., Reno** and is open Monday–Friday from 8 a.m.–5 p.m.

Class Icon Legend

New Class



We're always adding new classes! Look for this icon to see what's new at EPIC!

Certification Available



Look for the certification icon to find classes that provide a professional certification or a pathway to certification upon completion.

EPIC Encore



Look for the Encore icon next to the class title to find programs of interest and tailored for those ages 60 and older.

Spanish Language



Join us for EPIC's classes taught in Spanish or with Spanish language support available!

Family Friendly



Many of our classes are family-friendly and we encourage you to bring your children. Age ranges are listed in the class details online.

Contents

Arts & Crafts	2
Career Pathways & Professional Development.....	4
Computers & Technology	7
Dance & Performing Arts.....	7
Fashion & Beauty	8
Fitness & Sports.....	8
Food & Beverage.....	11
Games & Gatherings	12
Health & Wellness	12
Home & Garden.....	13
Languages & Cultures	14
Money & Investments	15
Music.....	15
Outdoors	16
Photography.....	17
Safety	17
Spirituality & Self Discovery...	19
Writing	20
Policies & General Info	20
Scholarships & Discounts	20
Class Locations	21



2026 EPIC Family Jamboree

NEW Dance, discover, and dream at EPIC's Family Jamboree, coming Saturday, April 25 at The Discovery in Reno! Celebrate lifelong learning as a family through curiosity, science and fun!

We welcome all families and children, grade K – 5.

Visit EPIC online or call us at 775-829-9010 for tickets and details.



EPIC Retreat Program

NEW Level up through lifelong learning!

Designed for **corporate teams, volunteer organizations and social groups**, EPIC offers custom, private retreat options designed to build community, learn something new and have fun!

Choose from a hand-selected menu of classes for an engaging and enriching experience your staff will be sure to love!

Contact EPIC to learn more.



Give the Gift of Lifelong Learning!

Perfect for any occasion or the upcoming holiday season, give the gift of lifelong learning with an eGift card or gift certificate from EPIC!

Visit EPIC online or call us at 775-829-9010 to purchase.

Arts & Crafts

Abstract Painting: Hard Edge Techniques



Using acrylic paint, learn how to achieve precise lines, choose thoughtful color combinations, and create dynamic compositions. Discover artists within the movement, then practice techniques and apply your designs to the canvas. No previous painting experience necessary.

2/21–3/14	S	9 a.m.–Noon
TMCC Meadowood Center	Gottlieb	\$125



Acrylic Pour Painting

Dive into the vibrant world of fluid acrylic art and learn how to create stunning abstract pieces full of color and movement. In this hands-on class, you'll mix paints, experiment with simple supplies, and explore exciting techniques like dirty pours, swipes, balloon smashing, and airbrushing.

5/16	S	9 a.m.–Noon
TMCC Meadowood Center	Hadwin	\$59

Materials Fee: \$30

Calligraphy



Create traditional and whimsical lettering. Practice writing using pencils, pens, brushes and watercolors while developing your own distinct style.

4/23–5/7	TH	5:30–7:30 p.m.
TMCC Meadowood Center	Foldvary-Anderson	\$99

Materials Fee: \$10

Charcoal Drawing



Discover the expressive world of charcoal drawing and learn how to create rich textures, deep shading, and luminous highlights while exploring techniques that make your drawings come alive. No prior experience needed.

4/6–4/27 Encore	M	10 a.m.–Noon
TMCC Meadowood Center	Palacio	\$125

4/8–4/29	W	6–8 p.m.
TMCC Meadowood Center	Palacio	\$125

Crochet for Beginners



Start your crochet journey and learn how to make colorful granny squares and join them into a cozy, one-of-a-kind blanket. With step-by-step guidance, you'll master basic stitches, patterns, and techniques. Leave inspired and ready to finish your own handmade heirloom.

3/3–3/10	T	6–8 p.m.
TMCC Meadowood Center	Gandolfo	\$69

Materials Fee: \$30

Decorative Painted Eggs



Inspired by the rich holiday customs of Slavic cultures, you'll learn mixed-media ornamentation techniques from an expert instructor who will share both traditional Czech designs and her own modern patterns. Experiment with color, texture, and 3D fabric paints to create your own one-of-a-kind decorative Easter eggs.

3/24	T	4:30–7:30 p.m.
TMCC Meadowood Center	Neveux	\$59

Materials Fee: \$8

Fabric Collage for Beginners



Using colorful fabric scraps, ribbons, and lace, learn this fun, no-sew technique with the option to add stitching if you wish. This creative and easy approach is perfect for anyone who wants to explore fabric arts without the need for sewing experience.

3/14	S	Noon–3:30 p.m.
TMCC Meadowood Center	Maier	\$69

Materials Fee: \$45

Fused Glass



Discover the beauty and versatility of kiln-formed glass in this beginner-friendly class. Learn the fundamentals of glass handling, preparation, and fusing techniques using clear and colored flat glass. Create unique pieces such as pendants, coasters, or plant stakes while exploring your artistic side.

2/18	W	2–5 p.m.
TMCC Meadowood Center	Fisher	\$79

Materials Fee: \$35

3/18	W	2–5 p.m.
TMCC Meadowood Center	Fisher	\$79

Hand-Sewn Sock Monkeys



Turn an ordinary pair of socks into an adorable, handmade stuffed monkey! Learn simple hand-sewing techniques to repurpose socks into a charming plush companion. Perfect for beginners and crafters of all skill levels, this class will guide you through the step-by-step process.

2/3	T	3:30–5:30 p.m.
TMCC Meadowood Center	Gandolfo	\$49

Materials Fee: \$20

4/7	T	3:30–5:30 p.m.
TMCC Meadowood Center	Gandolfo	\$49

Intro to Silversmithing: Silver Pendant



In this beginner-friendly workshop, you'll learn how to cut and shape raw silver, solder with a torch, and set a stone into a stunning, handcrafted piece of jewelry. No experience necessary.

2/7	S	10 a.m.–2 p.m.
TMCC Meadowood Center	Ede	\$89

Materials Fee: \$35

3/28	S	10 a.m.–2 p.m.
TMCC Meadowood Center	Ede	\$89

Lapidary Basics

Transform rocks and minerals into jewelry-quality pieces. Learn lapidary safety and use rotary tools, tumblers and polishers to design, cut, shape and polish precious and semi-precious stones. Take home your finished stones as a memento.

2/12–2/26	TH	6–9 p.m.
4/9–4/23	TH	6–9 p.m.

Reno Gem & Mineral Society	Hilsabeck	\$99
----------------------------	-----------	------

Materials Fee: \$45

Lei Making Workshop



Learn the timeless art of lei making as you're guided step-by-step through creating your own beautiful, fragrant lei to take home. Whether you're crafting for a special occasion or simply for fun, this class offers a relaxing way to connect with a cherished Hawaiian cultural practice while enjoying the natural beauty of fresh flowers. No experience necessary.

5/16	S	10 a.m.–Noon
TMCC Meadowood Center	Fernandez	\$49

Materials Fee: \$25

Lunch & Stitch: Beginner Knitting

Spend your lunch break knitting with new friends! Learn the basics, work on a fun beginner project, and get help with your own creations, all while chatting and enjoying your lunch. No experience needed!

1/16–2/20	F	Noon–1 p.m.
TMCC Meadowood Center	Sullivan	\$69

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.

Needle Felting for Beginners

NEW Explore the world of felt-making from its ancient roots to today's modern techniques. In this beginner-friendly class, you'll learn how different sheep breeds and fibers affect your results, the uses of various felting needles, and how to create wire armatures for more complex, sculpted designs. Each session builds your skills and confidence as you craft cute, fluffy creations to take home.

3/3-4/7	T	6-9 p.m.
TMCC Meadowood Center	Swanson	\$149

Materials Fee: \$75

Needle Felted Gnomes

NEW Discover the art of needle felting as you create a cheerful spring gnome full of color and personality. Learn how to shape and sculpt loose wool using special felting needles, different wool types, and understand the process behind this relaxing fiber art.

3/5	TH	6-9 p.m.
3/10 Encore	T	9 a.m.-Noon
TMCC Meadowood Center	Swanson	\$59

Materials Fee: \$10

Pressed Floral Decoupage Glass Dispensers

NEW Create a beautiful, functional work of art with pressed and preserved florals! In this hands-on class, you'll design and decoupage a clear glass pump dispenser perfect for lotion, detergent, or cooking oil. Choose from an assortment of delicate, dried flowers to craft a one-of-a-kind piece, then seal it to protect from moisture.

5/2	S	9 a.m.-Noon
TMCC Meadowood Center	Graham	\$59

Materials Fee: \$20

Sewing

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

2/23-4/13	M	6-9 p.m.
3/7-4/25	S	9 a.m.-Noon
TMCC Meadowood Center	Willoughby	\$199



Sketch your Pet for Beginners

NEW Capture your pet's personality as you learn the fundamentals of rough sketching, texture, shading, and highlights using a photo of your pet as reference. You'll receive step-by-step guidance as you build your confidence and technique, no prior art experience required.

3/2-3/23 Encore	M	10 a.m.-Noon
3/4-3/25	W	6-8 p.m.
TMCC Meadowood Center	Palacio	\$125

The Art of Copper Etching

Learn to prepare the copper, transfer your design, and apply etching techniques to achieve intricate patterns. You'll leave class with a polished bracelet and a step-by-step workbook to guide future projects.

4/25	S	10 a.m.-4 p.m.
TMCC Meadowood Center	Comstock	\$89

Materials Fee: \$20



The Art of Succulents: Create Your Own Indoor Oasis

Explore the basics of plant care, terrarium design principles, and how to create beautiful, low-maintenance indoor ecosystems. By the end of the session, you'll have your very own unique terrarium to take home, along with the knowledge and confidence to continue designing indoor greenery for years to come.

4/18	S	10 a.m.-Noon
TMCC Meadowood Center	Fernandez	\$49

Materials Fee: \$50

Watercolor Birds

Whether you're new to painting or are looking to improve your watercolor skills, this beginner-friendly course will teach you how to paint small birds in watercolor using wet-to-wet, negative painting and glazing techniques. Discover how to capture the delicate details of these beautiful creatures in a small format and gain the foundational knowledge needed to create stunning works of art.

4/14-4/28	T	6-8 p.m.
4/16-4/30	TH	6-8 p.m.
TMCC Meadowood Center	Cordova	\$125

Materials Fee: \$15

Watercolor Birds: Birds of Prey

Learn to paint majestic birds of prey through approachable, beginner-friendly watercolor techniques. Explore wet-on-wet, negative painting, and glazing methods while working in a small format. Build your skills and discover how to bring out the fine details to capture the power and beauty of these avian subjects.

5/5-5/19	T	6-8 p.m.
5/7-5/21	TH	6-8 p.m.
TMCC Meadowood Center	Cordova	\$125

Materials Fee: \$15

Watercolor Botanicals

Designed for painters of all skill levels, fill your canvas with the beauty of seasonal botanicals, including leaves, mushrooms and flowers. Gain inspiration from Nevada's local landscape and fauna as you explore popular methods and techniques to create realistic-looking paintings before taking home your finished masterpiece at the end of class.

4/6-4/20	M	6-8 p.m.
TMCC Meadowood Center	Toward	\$149

Summer Flowers in Watercolor

Designed for beginner to intermediate artists, learn the basics of watercolor painting and techniques to create realistic summer flowers. Explore color theory, wet-into-wet, dry brushing, color changes, values, glazing, lost and found edges and other traditional and unconventional methods of applying paint on paper.

5/6-5/27	W	3-5 p.m.
5/6-5/27	W	6-8 p.m.
TMCC Meadowood Center	Gandolfo	\$125

Watercolor Winter Wonderland

Embrace the magic of winter as you create a serene seasonal watercolor scene. Learn both traditional and modern techniques, practice brush control, and experiment with composition and color to define your artistic style. Perfect for beginners or those looking to refresh their skills.

2/4–2/25	W	3–5 p.m.
2/4–2/25	W	6–8 p.m.
TMCC Meadowood Center	Gandolfo	\$125

Watercolor: Outside the Box

NEW Explore creative alternatives to conventional pan or tube watercolor painting using watercolor pencils, sticks, and crayons. Discover how these unique tools differ from standard watercolor mediums, learn their pros and cons, and experiment with blending techniques to produce vibrant effects. You'll complete a small, colorful art piece to take home.

3/21	S	1–4 p.m.
TMCC Meadowood Center	Graham	\$59
<i>Materials Fee: \$10</i>		



Wire & Wire-Wrapped Jewelry

In these step-by-step, beginner-friendly classes, you'll learn essential wire-wrapping techniques, how to handle tools, and how to work with copper wire to craft beautiful twisted wire or wire-wrapped jewelry.

Wire-Wrapped Bracelets

1/20	T	6–9 p.m.
TMCC Meadowood Center	Comstock	\$59
<i>Materials Fee: \$10</i>		

Twisted Wire Bracelets

2/24	T	6–9 p.m.
TMCC Meadowood Center	Comstock	\$59
<i>Materials Fee: \$10</i>		

Wire-Wrapped Pendants

3/3–3/10	T	6–9 p.m.
TMCC Meadowood Center	Comstock	\$89
<i>Materials Fee: \$15</i>		

Adjustable Wire-Wrapped Rings

3/24	T	6–9 p.m.
TMCC Meadowood Center	Comstock	\$59
<i>Materials Fee: \$10</i>		

Wood I

Transform wood into useful items. Learn to work safely with a planer, jointer, table saw, hand-held power tools, and various other woodworking tools. Make cutting boards from raw lumber and then continue with more complex projects from start to finish, with multiple finishing techniques.

2/4–5/20	W	6:30–9:30 p.m.
Clayton Middle School	Hayes	\$249
<i>Materials Fee: \$30</i>		

Wood II & 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 a project from Wood I.

2/4–5/20	W	6:30–9:30 p.m.
Clayton Middle School	Hayes	\$249
<i>Materials Fee: \$30</i>		

Basic Wood Turned Bowls

NEW Learn the fundamentals of woodturning in this hands-on introduction to working safely and creatively with wood. Start with proper safety practices and protective equipment, then watch a live demonstration on tool handling, grain direction, shaping, sanding, and finishing techniques. With expert guidance, you'll turn your own small wooden bowl while gaining confidence and skill in this timeless craft.

3/20–3/21	F, S	9 a.m.–1 p.m.
Woodturning & Art	Delacruz	\$125
<i>Materials Fee: \$30</i>		



Wood Turned Flowers

NEW Turn raw wood into elegant, handcrafted flowers! Perfect for beginners, you'll learn safety protocols, proper use of tools, and how to shape, sand, and finish wooden blooms. Through demonstration and guided practice, explore wood grain, form, and approach as you craft a beautiful keepsake.

3/13	F	10 a.m.–3 p.m.
Woodturning & Art	Delacruz	\$125
<i>Materials Fee: \$30</i>		

Wood Turned Pen



Experience the beauty of handcrafted woodworking as you learn to turn and finish your own unique wooden pen. Under the guidance of an expert woodturner, you'll master the fundamentals of woodturning and safe equipment operation.

1/17	S	1–5 p.m.
2/21	S	1–5 p.m.
4/18	S	1–5 p.m.
5/16	S	1–5 p.m.
Nevada Woodchucks	Lambert	\$69
<i>Materials Fee: \$15</i>		

Career Pathways & Professional Development



A Guide to Careers In Aerospace & Defense

NEW Explore the exciting and diverse career paths available in the aerospace and defense industry. Learn how this global sector supports both technical and non-technical professionals across a range of roles from engineering and manufacturing to project management and communications. Understand industry trends, hiring practices, and long-term career potential in this fast-evolving field.

2/18	W	9–11 a.m.
TMCC Meadowood Center	Schrock	\$49

Become a Paid Tour Guide & Travel Free

NEW Turn your passion for travel into a rewarding adventure! Learn how to work part or full-time for major tour companies, coordinate trips for friends and family, or start your own travel business. Discover what it takes to plan, promote, and lead tours that inspire lifelong memories while traveling the world for free.

4/18	S	9 a.m.–Noon
Online	Henry	\$59

Board Development for Nonprofit Leaders

Whether you're an experienced Executive Director or stepping into leadership for the first time, this course will help you create and sustain a mission-driven board that truly supports your organization. Learn how to structure, manage, and engage your board effectively through clear boundaries, purposeful meetings, and intentional governance. Explore best practices for recruitment, onboarding and term limits, and discover tools that align your board's work with your organization's values.

1/6-1/27	T	2-5 p.m.
TMCC Meadowood Center	Cakiroglu	\$299

Bookkeeping Basics for New Business Owners

Whether you're planning, launching, or already running a small business, this class helps you build confidence in managing your books. Learn essential accounting terms and concepts, key financial reports and practical workflows. Compare software options from free tools to advanced platforms and discover those "hidden" bookkeeping tasks that often surprise new entrepreneurs.

1/24	S	2-4 p.m.
2/24	T	5-7 p.m.
3/21	S	10 a.m.-Noon
4/21	T	5-7 p.m.
TMCC Meadowood Center	Bonano	\$59



Building Futures: Career Pathways in Architecture, Engineering and Construction (AEC)

Explore how successful professionals in the Architecture, Engineering and Construction (AEC) industry turned their passion into purpose and how you can do the same. In this engaging seminar, you'll hear real stories, discover career and education pathways and learn about opportunities right here in Northern Nevada. Leave inspired, informed, and ready to take your next step toward a rewarding career in AEC.

3/7	S	7:30 a.m.-2 p.m.
Atlantis		\$25

Certified Administrative Assistant

Begin your career as an administrative assistant that can serve across a wide range of professional companies. This training program will cover general administrative procedures, office equipment and computers, office productivity software, Microsoft Office, business documents, business language and usage, financial activities and career advancement. Students will prepare for the CAA exam.

Please check online for start dates.		
TMCC Meadowood Center	Chang	\$1,749



Certified Logistics Associate

Gain the foundational knowledge needed to understand the world of supply chain and related core competencies. This course includes modules on the global supply chain, the logistics environment, safety, safe equipment operation, material handling equipment, quality control, workplace communication, and using computers. Students will also complete the requirements for an OSHA 10 certification and prepare for the CLA certification exam.

Please check online for start dates.		
Online	Oscarson	\$799

Certified Logistics Technician

Designed to provide students with mid-level technical knowledge of the world of supply chain logistics and prepare for the CLT certification exam, this course covers the material handling aspect of the global supply chain and describes the mid-level technical knowledge that front-line material handling workers should master to perform well. Curriculum includes modules on product receiving, product storage, order processing, packaging and shipping, inventory control, safe handling of HAZMAT, evaluation of transport modes, dispatch operations, and the technical skills of measuring weight and volume.

Please check online for start dates.		
Online	Oscarson	\$699

Clinical Medical Assistant

Gain hands-on skills crucial for success in various healthcare settings, including private practices, hospitals, and clinics in this 144-hour program. Students will learn patient preparation, diagnostic testing, medication administration, record keeping and prepare for the National Health Career Association's CMA exam.

Please check online for start dates and instructor names.		
TMCC Meadowood Center		\$4,499

Community Health Worker

Make a difference in your community by facilitating access to housing, food, education, employment, civil rights and health care resources. Discover your advocacy role while learning how to evaluate a client's needs and create a plan to address them. Explore HIPAA guidelines for client rights and confidentiality, reporting, and safe boundaries for interpersonal relationships.

Please check online for start dates and instructor names.		
Online		\$1,099

Comprehensive Supervision & Leadership Suite

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

Please check online for start dates and instructor names.		
TMCC Meadowood Center		\$499

Data Analyst Skills Training

Gain a competitive advantage by learning invaluable data skills and preparing for CompTIA Data+ certification. Learn how to help businesses leverage their data by cleaning, visualizing, and presenting data. Become a subject matter expert in analytics.

Please check online for start dates.		
Online	NCLab	\$1,499

Digital Marketing for Your Business Startup

Use today's digital marketing tools to launch and grow your business. Explore how to use social media, a website and many free tools and tactics to find customers and expand your reach in today's competitive marketplace.

4/20	M	6-8:30 p.m.
TMCC Meadowood Center	Cutler	\$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.

Find the Job You Want

NEW Whether you're pursuing a new career or looking for flexible, part-time work in retirement, navigate today's job market with confidence. Learn how to search effectively both online and in-person, identify legitimate job postings, and recognize red flags for scams. Gain insight into what personal information to share, and what to keep private, to protect yourself while making a strong, professional impression.

2/21	S	9 a.m.–Noon
TMCC Meadowood Center	Chang	\$69

Interview Like a Pro!

NEW Walk into your next interview with confidence and authenticity! Learn what recruiters and hiring managers are really looking for and how to showcase your skills with ease. Through practical strategies and guided practice, you'll build confidence and highlight your unique strengths so your potential shines through.

2/10–2/24	T	6–8 p.m.
TMCC Meadowood Center	Colavito	\$79

Introduction to Snowsports Instruction (Ski or Snowboard)

NEW Ideal for those comfortable on blue terrain who want to share their passion for winter sports, learn how to teach beginners the fundamentals and progress to intermediate terrain. Through instruction in partnership with Sky Tavern, you'll refine your own technique while learning to communicate effectively, tailor lessons to individuals, and promote safety on the mountain.

1/14–2/4	W	9 a.m.–Noon
2/25–3/18	W	9 a.m.–Noon
Sky Tavern	Martin del Campo	\$279

Materials Fee: \$75

Live Wanderfully: Work from Anywhere!

NEW Discover how to turn location independence into a lifestyle that works for you! Learn real-world strategies for consulting, freelancing, blogging and finding remote jobs that fit your skills and schedule. Gain practical advice on staying connected across time zones, building community on the move, and managing logistics like mail, storage, and downsizing. Explore affordable international living, all tailored to your goals and budget.

3/21	S	1–4 p.m.
TMCC Meadowood Center	Shelton	\$59

Massage Therapy

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

EPIC also offers continuing education units for licensed massage therapists.

Please check online for pricing, start dates and instructor names.

TMCC Meadowood Center



Massage Therapy at 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. To give our students the most comprehensive experience, you may register for one session per month.

Spring Semester clinics are held Mon. and Wed., Feb. – Apr. 9:30 and 10:45 a.m. Registration opens January 12.

Register online under \$30 Massage or call 775-829-9010.

Microsoft Office Specialist: Associate

NEW Boost your career prospects by enhancing your productivity in Microsoft Word, Excel, and PowerPoint in this program designed to prepare students for certification exams.

Please check online for start dates and instructor names.

Online \$1,299

Nonprofit EDU with The Center for Nonprofit Business

Enhance your impact as a nonprofit through training led by The Center for Nonprofit Business. Explore essential topics such as leadership, governance, fundraising, board management, HR, finance, and strategic planning to strengthen your organization's capacity and create lasting community impact. Find out more at www.thecnb.org.

Visit www.thecnb.org for class offerings, start dates and pricing.

TMCC Meadowood Center

Operating Room Aide

NEW This program combines online learning with hands-on lab training to build critical skills needed to support surgical teams. Upon completion, you'll be ready to pursue OR Aide positions in hospitals and surgical centers, with a foundation for advancing toward surgical technology certifications or further specialized training at TMCC.

Please check online for start dates and instructor names.

TMCC Pennington Health Science Center \$3,999

Pathway to an Insurance Career: CISR & the State of Nevada License Prep

NEW Discover a rewarding career in insurance. Gain the knowledge and skills to earn your CISR national designation and prepare for the Nevada licensing exam. Learn real-world scenarios, key policies, and essential "Best Practices" for success.

Please check online for start dates.

TMCC Meadowood Center Robertson \$1,115

Personal Styling 101: Start Your Styling Journey with Confidence

NEW Explore the fundamentals of styling, client connection, and the business of helping others look and feel their best. Whether you've always loved putting outfits together, dream of becoming a personal stylist, or want to enhance your boutique or brand experience, this session provides the foundation you need to begin your professional journey toward becoming a Certified Confident Stylist.

4/15 W 6–8 p.m.

TMCC Meadowood Center Casagrande \$59

Pharmacy Technician

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

Please check online for start dates and instructor names.

TMCC Meadowood Center \$1,599

Power BI Data Analyst Associate

NEW 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.

Please check online for start dates and instructor names.

TMCC Meadowood Center \$699

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.

Python Developer Skills Training



Learn the world's most popular programming language used for websites, apps, and machine learning. Develop from the ground up all the skills you need to become a certified subject matter expert in Python programming.

Please check online for start dates.

Online NCLab \$1,499

Serving with Purpose: A Guide to Nonprofit Board Leadership

New to nonprofit boards or ready to grow in your role? This course will help you step into board service with clarity and confidence. Learn the basics of governance, the difference between board and staff roles, how to read financials, ambassadorship and more. You'll also explore how board service can expand your network and leadership skills, all while making a meaningful impact.

2/24 T 5:30–8:30 p.m.

TMCC Meadowood Center Cakiroglu \$59

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.

Please check online for start dates and instructor names.

TMCC Meadowood Center \$429

Computers & Technology

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.

3/3–3/17 T 6–7:45 p.m.

TMCC Meadowood Center Higdon \$99

Computer Confidence



Learn how to comfortably use a computer and complete basic functions. During step-by-step lessons, you will create a document, create an email account, write an email, work with attachments and conduct internet searches.

4/4 S 8:30 a.m.–5 p.m.

TMCC Meadowood Center Chang \$99

Materials Fee: \$5

Drones for Fun: How to Fly & How to Buy

Get started with drones the right way by exploring FAA rules, safety tips, battery care, and basic maintenance. Learn how different drones fit different needs, where you can legally fly, and the fundamentals of drone flight. In the second session, take to the skies with hands-on indoor flying using the DJI Neo Drone. Perfect for beginners ready to lift off!

4/18–4/25 S 9 a.m.–Noon

TMCC Meadowood Center Affonso \$99

Excel, An Introduction

Learn to navigate Microsoft Excel by becoming comfortable creating and using charts, tables, basic formulas, sorting and filtering, and working with spreadsheets. Learn about functions and how and when to use them.

4/18 S 9 a.m.–4 p.m.

TMCC Meadowood Center Chang \$79

iPhone for Beginners



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

3/6–3/20 F 10 a.m.–Noon

TMCC Meadowood Center Chang \$89



Podcast Creation 101



Bring your voice to life as you learn the full process of creating a 30-minute video podcast from concept and scriptwriting, to recording, editing, and adding video elements and graphics. Work in a state-of-the-art production studio and leave with a fully produced show of your own, ready to share with the world.

2/9–2/12 M–TH 5–7 p.m.

National Automobile Museum Magliano \$149

QuickBooks

Take control of your business accounting to make your workday smoother and more efficient with QuickBooks Online. Learn how to set up your company's financial information, enter data accurately, and manage day-to-day transactions with ease. Create invoices and billing statements, pay bills, and explore essential accounts payable features that help you stay organized and informed.

3/24–4/2 T, TH 5–9 p.m.

TMCC Meadowood Center Kamen \$199

Dance & Performing Arts



Argentine Tango

Learn foundational steps, movement techniques, and how to connect with the music in this beautiful, improvisational dance. No experience or partner required, just bring comfortable clothing, smooth-soled shoes, and a willingness to move to the rhythm of romance.

3/3–3/24 T 6:45–8 p.m.

TMCC Meadowood Center Randlett \$89

Belly Dancing, Basics & Beyond for Beginners

Explore the classic Egyptian belly dancing technique called Raqs Sharqi and its influence on contemporary Western fusion styles. Learn graceful and fundamental 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.

3/3–4/21 T 6–7 p.m.

TMCC Meadowood Center Gray \$89

Beginner Improv: Pure Presence

Inspired by the work of Viola Spolin and other Chicago-based improv pioneers, this workshop will help you engage in the moment, trust your instincts, and deliver with confidence. Whether you're new to improv or looking to deepen your skills, this class offers a supportive space to explore and have fun.

3/14 S 10 a.m.–1 p.m.

4/11 S 10 a.m.–1 p.m.

TMCC Meadowood Center Sarna \$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.

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.

3/9–3/30	M	6–7 p.m.
Event Palace	Brewer	\$89

Country Swing Dancing I & II

Take your country swing skills to new heights in this fun and energetic course! Learn core steps, spins and partnering techniques while adding flair with advanced turns, dips, spins, and styling. Sign up as a couple or come solo, students will be paired in class to practice together. Perfect for both newcomers and returning students who want to keep building confidence on the dance floor.

1/5–2/2	M	6–7 p.m.
Event Palace	Brewer	\$89

Introduction to International Folk Dancing

Learn basic folk dance steps set to traditional music from across Europe and beyond, including England, Hungary, Romania, and Turkey. This light, joyful exercise is perfect for all experience levels, no partner or dance background needed.

3/11–4/15	W	7–8 p.m.
TMCC Meadowood Center	Wigand	\$89

Line Dancing I

Master basic line dancing steps and terminology in a fun and confidence-building environment. Learn beginner line dance routines and enjoy this lively form of exercise while improving your memory skills, physical endurance and flexibility. No previous experience necessary and no partner required.

1/29–3/5	TH	6–8 p.m.
5/26–6/30	T	6–8 p.m.
Washoe County Senior Services	Dungan	\$109

Line Dancing II

Expand beyond the basics with more intricate line dance routines to boost your confidence on the dance floor. Learn progressive step combinations to master today's top routines being danced in local venues. Previous line dancing experience is strongly recommended.

3/17–4/21	T	6–8 p.m.
Washoe County Senior Services	Dungan	\$109

Advanced Line Dancing

Learn intermediate/advanced line dance routines and focus on more complex choreography. Receive personalized attention to perfect your technique and confidently kick up your boots on the dance floor. Prior experience in Line Dancing I and II (or equivalent) is strongly recommended.

1/6–1/27	T	6–7:30 p.m.
3/3–3/24	T	6–7:30 p.m.
Event Palace	Brewer	\$69

Fashion & Beauty

Styling Basics 101

Learn expert styling tips, wardrobe-building strategies and outfit tricks that highlight your personality, flatter your figure, and express your unique flair. Begin with a thrifting adventure at a local store and conclude with a creative styling session at the TMCC Meadowood Center.

5/9	S	10 a.m.–1 p.m.
Multiple	Cage	\$59

The Basics of Styling Natural Curly Hair

Build confidence and learn techniques for enhancing and defining natural curls of all types with the right products, application methods, and styling methods. This class covers hydration, frizz control, diffusing, and creating volume for beautiful, salon-quality curls every time.

1/27	T	6–8 p.m.
3/9	M	6–8 p.m.
4/13	M	6–8 p.m.
Desert Curls Studio	Lafinier	\$59

Materials Fee: \$15

The Confident Closet: Declutter & Define your Style

Does your closet feel overwhelming, cluttered, or uninspired? This 2-hour interactive workshop is designed to help you take control of your wardrobe, eliminate what no longer serves you, and create a streamlined, confidence-boosting collection of clothes. You'll learn a simple system to declutter and organize your closet without stress, discover your personal style, and gain practical tools to shop smarter and plan outfits with ease.

4/8	W	6–8 p.m.
TMCC Meadowood Center	Casagrande	\$59

Rediscovering Your Style After 40

Designed for women who are ready to rediscover their personal style in a way that feels authentic, fun, and aligned with their lifestyle, you'll learn how to build a wardrobe that reflects your personality and makes getting dressed something you look forward to. In a hands-on, collaborative environment, you'll gain the confidence to let your style shine and learn to shop smarter, dress with intention, and reclaim your sense of self.

2/7	S	10 a.m.–2 p.m.
TMCC Meadowood Center	Ferrin	\$79

Upcycling Fashion


Breathe new life into old items through the artistic and eco-conscious practice of upcycling. Transform an existing garment into a one-of-a-kind fashion statement, either reimagining a favorite piece from your own closet or experimenting with one of the instructor's provided pieces to explore new techniques.

5/14–5/21	TH	6–9 p.m.
TMCC Meadowood Center	Cage	\$99

Materials Fee: \$20


Fitness & Sports

Anything But The Gym

 Transform your approach to health with a program built for real life without the use of a gym. Designed for busy adults balancing work, family, and wellness goals, this four-week course focuses on realistic, meaningful steps toward lasting change. You'll start with a one-on-one intake session to set goals and track your progress, then receive personalized workouts, nutrition tips, and weekly wellness guidance.

3/14–4/18	S	10 a.m.–Noon
TMCC Meadowood Center	Kea	\$249

Balance and Flex

 Increase balance, flexibility, and your awareness of limitations in movement during this class 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.

3/23–5/11	M	6–7 p.m.
Aikido in Sparks	Bonomo	\$99

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.

Barre Fitness

Sculpt, strengthen, and stretch in this energizing Barre class that blends ballet-inspired movements with elements of Pilates, yoga, and strength training. Designed for all fitness levels, this low-impact workout focuses on small, controlled movements that target and tone muscles in the core, legs, glutes, and arms. No dance experience needed.

2/18–3/25	W	9–10 a.m.
4/1–5/6	W	9–10 a.m.
TMCC Meadowood Center	Wade	\$79

Downhill Ski or Snowboard for Beginners

NEW Learn the fundamentals of skiing or snowboarding in a fun, supportive environment designed for first-time participants. Through guided progressions, you'll develop balance, learn how to control your speed, and gain the skills necessary to explore the mountain safely and confidently. No prior experience needed.

1/14–2/4	W	9–11 a.m.
Sky Tavern	Martin del Campo	\$279
<i>Materials Fee: \$60</i>		

Downhill Snowsports for Intermediate Skiers and Riders

NEW Take your skiing or snowboarding to the next level! Perfect for those who have completed Snowsports for Beginners, this class helps you fine-tune your technique, improve balance, and build confidence. Learn from an experienced instructor how to identify and manage hazards while enhancing performance and enjoyment on the slopes.

2/25–3/18	W	9–11 a.m.
Sky Tavern	Martin del Campo	\$279
<i>Materials Fee: \$60</i>		

Eight Treasures

NEW Experience the healing power of movement through the ancient Chinese practice of Chi Gung. The Eight Treasures includes 32 flowing movements, breathing exercises, and mental focus techniques to boost energy, flexibility, and inner peace. Learn each movement step-by-step in this beginner-friendly class designed to calm the mind and invigorate the body.

2/2–3/23	M, TH	9–10 a.m.
TMCC Meadowood Center	Steger	\$125

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.

4/9–4/30	TH	10–11 a.m.
5/7–5/28	TH	10–11 a.m.
Washoe Golf Course	Wenzel	\$99
<i>Materials Fee: \$20</i>		

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 through professional instruction

4/8–5/6	W	5:30–6:30 p.m.
5/7–6/10	W	5:30–6:30 p.m.
Red Hawk Golf and Resort	Williams	\$99
<i>Materials Fee: \$35</i>		

Golf for Beginners: Women Only

Learn the fundamentals of golf and 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 at a local golf range.

4/7–5/5	T	5:30–6:30 p.m.
5/12–6/9	T	5:30–6:30 p.m.
Red Hawk Golf and Resort	Williams	\$99
<i>Materials Fee: \$35</i>		

Golf for the Parkinson's Community

NEW Get ready to play in the 2nd Annual Parkinson's Golf Classic. This beginner's class is for members of the Parkinson's community and others who want to learn or return to the game of golf. Learn to swing, putt, chip and play with irons and woods. Become familiar with rules and etiquette for playing a par three course. This class will build your skills and confidence to get you tournament-ready by Monday, June 1.

4/30–5/28	TH	5:30–6:30 p.m.
Red Hawk Golf and Resort	Williams	\$99
<i>Materials Fee: \$35</i>		

Peaceful Self Defense: Introduction to Aikido

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

3/16–5/4	M	6–7 p.m.
Aikido in Sparks	Bonomo	\$125

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. Learn as you play while our expert instructors guide you through the basics of pickleball including proper techniques for serving, volleying and scoring, all on our indoor, climate-controlled courts.

2/6–3/13	F	5–7 p.m.
TMCC Sports and Fitness Center	King	\$125

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 and classes are held at TMCC's Meadowood Center Pilates Studio. Students 16+ are welcome with an adult.

Mondays/Wednesdays

7:15 – 8:10 a.m.	1:15 – 2:10 p.m.
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.

Tuesdays/Thursdays

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

Saturdays

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

Please check online for start dates and instructor names.

TMCC Meadowood Center	\$119
-----------------------	-------

Silver Pilates

NEW Silver Pilates is an effective, low-impact exercise ideal for our EPIC Encore students over 60 designed to build core strength and promote flexibility. Practice at a slower pace and enhance your stamina, strength and posture while improving balance and reducing the risk of falls.

Please check online for start dates and instructor names.

TMCC Meadowood Center	\$115
-----------------------	-------

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 and improve flexibility, coordination and balance without the use of a reformer. Practice mat-based Pilates exercises through correct posture alignment, muscle activation and breathwork.

1/9–2/27	F	9:15–10:15 a.m.
3/6–4/24	F	9:15–10:15 a.m.
5/1–6/26	F	9:15–10:15 a.m.
TMCC Meadowood Center	Randlett	\$125

Tai Chi I

Practice this ancient Chinese form of exercise to improve fitness, health and longevity. Tai Chi's physical movements and meditational features are designed to achieve harmony and balance.

1/5–1/29	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. If you have completed one or more Tai Chi I classes, advance to this next level and learn techniques of standing qigong and moving meditation using a light ball to sharpen your balance. This ancient martial art promotes relaxation and reduces stress while improving your flexibility, balance and agility.

1/5–1/29	M, TH	10:30–11:30 a.m.
TMCC Meadowood Center	Pourgholaminejad	\$109



Harmony Tai Chi

NEW Enhance balance, coordination, flexibility, and energy through this gentle 18-step, non-martial form.

Designed for both new and experienced students, the class includes warm-ups, standing exercises, and foundational movements that emphasize the core principles of Tai Chi. Explore elements of the Yang, Chen, and Wu styles while cultivating strength, mindfulness, and inner harmony.

2/2–3/23	M, TH	10:30–11:30 a.m.
TMCC Meadowood Center	Steger	\$125

Yoga Basics

Practice Yoga from the foundation of a chair or yoga mat! Learn adaptive techniques to overcome physical or situational limitations. Use props, blocks and straps to gain an effective workout and discover tips to stay limber, even while seated during the workday.

1/7–2/25	W	3:30–4:15 p.m.
3/4–4/22	W	3:30–4:15 p.m.
4/29–6/17	W	3:30–4:15 p.m.
TMCC Meadowood Center	MacLellan	\$125

Yoga Flow

Breathe deep, relax and learn to listen to your body in this gentle form of restorative Yoga. Practice slow movement, meditative breathing and strengthening postures while following Anusara's Universal Principles of Alignment. All skill levels are welcome and pose modifications will be available.

1/7–2/25	W	4:30–5:30 p.m.
1/7–2/25	W	5:30–6:30 p.m.
3/4–4/22	W	4:30–5:30 p.m.
3/4–4/22	W	5:30–6:30 p.m.
4/29–6/17	W	4:30–5:30 p.m.
4/29–6/17	W	5:30–6:30 p.m.
TMCC Meadowood Center	MacLellan	\$125

Energize and Flow Yoga

NEW This all-levels vinyasa class combines flowing postures, breathwork, and mindful movement to awaken the body and focus the mind. Build strength, flexibility and balance as you move through a dynamic sequence, then end with grounding stretches and a brief relaxation to leave you centered, refreshed, and ready to take on the day.

2/3–3/10	T	Noon–1 p.m.
TMCC Meadowood Center	Moir	\$89

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.

1/10–2/28	S	8:30–9:30 a.m.
3/7–4/25	S	8:30–9:30 a.m.
5/2–6/27	S	8:30–9:30 a.m.
TMCC Meadowood Center	Holt	\$125

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.

1/26–3/23	M	6–7 p.m.
3/30–5/18	M	6–7 p.m.
TMCC Meadowood Center		\$125

Encore Yoga



Improve physical and mental health with the ancient practice of yoga. Promote flexibility, balance, cardiovascular function, bone health, and sleep through fun stretching and strength exercises in a small group setting.

1/6–2/24	T	10:30–11:30 a.m.
2/6–3/27	F	10:30–11:30 a.m.
3/3–4/28	T	10:30–11:30 a.m.
4/3–5/22	F	10:30–11:30 a.m.
5/5–6/23	T	10:30–11:30 a.m.
5/29–7/24	F	10:30–11:30 a.m.
TMCC Meadowood Center	Heinrichs	\$99

Yin Harmony: Yin Yoga & Sound Bath

Immerse yourself in a tranquil journey of deep relaxation and rejuvenation through the practice of Yin Yoga. Designed to balance the body's energy centers and promote inner peace, gently hold poses among the soothing sounds of crystal singing bowls leaving you feeling uplifted, centered and restored.

1/7–2/25	W	7–8 p.m.
3/4–4/22	W	7–8 p.m.
4/29–6/17	W	7–8 p.m.
TMCC Meadowood Center	Holt	\$125

Zumba Gold



Zumba Gold is a low-impact version of the popular dance fitness program designed for active older adults, beginners, and those with physical limitations. Enjoy upbeat music, easy-to-follow moves, and a welcoming atmosphere that promotes health, happiness, and connection, all in a bilingual environment.

2/26–3/19	TH	2–3 p.m.
TMCC Meadowood Center	Rivas	\$79

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.

Zumba Toning

Zumba makes fitness fun with music and easy-to-follow dance moves that help you burn calories, boost coordination, and shake off stress. Each class kicks off with a warm-up, ramps up with upbeat toning and cardio, and winds down with a relaxing stretch. No dance experience needed.

1/27–2/19	T, TH	9–10 a.m.
TMCC Meadowood Center	Casper	\$89

Food & Beverage

New for Spring 2026: Beginning Feb. 1, join us for EPIC's Food & Beverage classes taking place in our new state-of-the-art teaching kitchen!

Argentine Empanadas & Chimichurri

NEW Learn to make authentic empanadas from scratch as you prepare a savory filling, fold the dough with traditional technique, and bake them to perfection. Then, craft a vibrant chimichurri sauce using fresh herbs, garlic, olive oil, and vinegar while discovering the history behind these beloved dishes. You'll take home six empanadas and your freshly made chimichurri to enjoy.

3/25	W	6–8:30 p.m.
TMCC Meadowood Center	Gamboa	\$59

Materials Fee: \$30

Art of Chai

NEW Awaken your senses with the rich aromas and traditions of chai. Brew three distinctive variations, masala, almond, and cold brew while learning how to balance black tea with ingredients like ginger, cardamom, cloves, fennel seeds, cinnamon, peppercorns, sugar, almonds, turmeric and milk. Discover the origins and techniques behind this beloved drink and create your perfect cup of comfort.

2/9	M	6–8 p.m.
TMCC Meadowood Center	Zed	\$59

Materials Fee: \$10

BBQ 101: Smoke, Sauce & Soul

NEW Master the art of authentic barbecue with guidance from a Reno pitmaster. Learn techniques for ribs, pulled pork, and brisket while exploring the backroads of global barbecue culture from Texas to Jamaica. Discover the secrets of marination, rubs, smoke control, and fire management while tasting the results!

5/9–5/16	S	1–4 p.m.
TMCC Meadowood Center	Schmitt	\$99

Materials Fee: \$25



Biscotti, Plain or Fancy

NEW Learn how to make these crisp Italian biscuits in both classic and creative variations. Experiment with nuts, dried fruit, chocolate and citrus to customize your batch, and get tips for slicing, storing, and freezing dough. Take home a delicious assortment ready to enjoy with coffee or tea.

2/21	S	2–4 p.m.
TMCC Meadowood Center	Graham	\$59

Materials Fee: \$20

Charcuterie: Food Meets Art

NEW Craft beautiful, delicious charcuterie boards in this hands-on class celebrating French-inspired flavors. Learn to pair cured meats, crackers, bread, cheeses, fruit, nuts, and spreads for balance and presentation. You'll get styling tips and ingredient insights to help you design impressive boards for any gathering.

3/20	F	Noon–3 p.m.
TMCC Meadowood Center	Blanco	\$59

Materials Fee: \$30

Coffee 101: Roasting & Tasting

NEW 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.

2/21	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$79

Materials Fee: \$10

Coffee 201: Basic Brewing

NEW 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.

3/21	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$79

Materials Fee: \$10

Coffee 301: Brew Like a Barista

NEW Build on your knowledge from Coffee 101 and 201. Practice proper espresso shot extraction and milk spinning for specialty drinks like lattes and cappuccinos. Gain hands-on experience with a Chemex coffee maker, v60 single cup pour-over, French press and more. Take home a bag of local coffee to complement your favorite brewing method.

5/9	S	9 a.m.–Noon
Hub Coffee Roasters	Trujillo	\$79

Materials Fee: \$20

Holiday Cookie Decorating

NEW Celebrate the holiday season with a batch of themed cookies using simple cookie dough and icing recipes. Discover tips and tricks for fancy decorating. Take home personalized cookies in decorative packaging.

Valentine's Day Cookie Decorating

2/9	M	6–8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25

St. Patrick's Day Cookie Decorating

3/16	M	6–8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25

Easter Cookie Decorating

3/31	T	6–8 p.m.
TMCC Meadowood Center	Page	\$49

Materials Fee: \$25



Fermenting Food for Flavor & Preservation

NEW Discover how to transform everyday ingredients into rich, flavorful foods through the art of fermentation. Learn how fermentation preserves food naturally and enhances taste in ways store-bought products can't match. Gain hands-on experience as you prepare your own creations and take home a fermentation vessel to continue experimenting at home.

2/12	TH	6:30–8:30 p.m.
TMCC Meadowood Center	Johnson	\$59

Materials Fee: \$30

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 Spring Cooking

In this hands-on cooking class, you'll prepare a delicious selection of authentic Italian dishes, from radicchio rolled in crepes with cheese sauce and walnuts, to squash and mushroom lasagna, cod in lemon sauce, and chicken scallopini rolls with radicchio and scamorza, a rich Southern Italian cheese. Finish your culinary journey with classic tiramisu and a refreshing Italian Prosecco spritz.

2/23-3/2	M	6-8 p.m.
TMCC Meadowood Center	Hunter	\$99

Materials Fee: \$45

Italian Desserts

Indulge your sweet tooth as you learn to make classic Italian desserts from scratch. In this hands-on class, you'll create panna cotta, Trentino strudel, girella spiral dough with wild berries, cannoncini filled with creamy custard, millefoglie layered with puff pastry and strawberries, and the timeless tiramisu.

3/9-3/16	M	6-8 p.m.
TMCC Meadowood Center	Hunter	\$99

Materials Fee: \$45



Korean Cuisine & Culture

Experience the bold, savory, and colorful world of Korean cuisine in this hands-on cooking class. Learn to prepare traditional dishes such as bulgogi, bibimbap, and kimchi while exploring their cultural significance and origins. Enjoy cooking, tasting, and discovering new techniques that will expand your culinary skills.

2/11-2/18	W	6-8 p.m.
TMCC Meadowood Center	Sung	\$79

Materials Fee: \$20

Potatoes, Simple to Sublime

Discover fresh and flavorful ways to prepare one of the world's most common staple foods: the potato! Experiment with new takes on mashed and shredded varieties, and learn insider tips for making crispy, golden potatoes using minimal oil. These versatile recipes are perfect as a main or side dish for Easter, Passover, Hanukkah, or any special meal.

3/31	T	5:30-8 p.m.
TMCC Meadowood Center	Graham	\$69

Materials Fee: \$10

Simply Sous Vide Cooking

Discover how sous vide cooking makes it easy to prepare restaurant-quality dishes with precision and convenience. Learn about equipment, techniques, and recipes for meat, fish, and vegetables. See how temperature control transforms flavor and texture, and gain the confidence to recreate them at home.

5/14	TH	6:30-8:30 p.m.
TMCC Meadowood Center	Johnson	\$59

Materials Fee: \$20

Soul Food

Learn to cook authentic Southern soul food using techniques and ingredients from West and Central Africa, Western Europe and Indigenous cuisine of the Americas. Participate in the hands-on creation of a Roast Beef and Gravy Po Boy sandwich, Red Beans and Rice, and Collard Greens. Soul food is more than just a meal; it's a culinary expression of experiences, history and tradition.

4/21	T	6-8 p.m.
TMCC Meadowood Center	Lyons	\$59

Materials Fee: \$20

St. Patrick's Day Feast

Celebrate St. Patrick's Day with a homemade feast made entirely from scratch! Learn how to prepare the essentials of a traditional Irish meal, including tender corned beef, fresh-baked Irish soda bread, and flavorful sides and sauces. Enjoy hands-on instruction and take home your own sealed corned beef brisket, ready for curing and cooking.

3/7	S	10 a.m.-12:30 p.m.
TMCC Meadowood Center	Johnson	\$59

Materials Fee: \$35

Tea Blending Workshop

Discover the ancient art and modern science of medicinal tea blending in this hands-on workshop. Learn the medicinal properties of herbs that create delicious, health-supporting tea blends. Boost your immune system, support digestion, promote relaxation, or simply enhance your daily tea ritual. Take home your custom blends.

4/8	W	6-8 p.m.
TMCC Meadowood Center	Dacus	\$59

Vines to Wine: An Introduction to Wine

Designed for enthusiasts and curious beginners alike, explore winemaking practices from vineyard to cellar.

Learn about major varietals and regions, and gain insight into the history and evolution of wine across cultures. Enjoy a guided tasting and comparison of select varietals to deepen your understanding of flavor and style. Open to students 21+.

2/3-3/10	T	6-8 p.m.
TMCC Meadowood Center	Flannery	\$159

Games & Gatherings



Chess

Explore the game of chess and learn how to set up the board, identify each piece, and master their movements while developing proper game etiquette. Discover essential strategies, quick-win techniques, tips for improving your rank, and the foundational skills to enjoy this timeless game.

2/7-3/14	S	10-11:30 a.m.
TMCC Meadowood Center	Stymelski	\$99

Chinese Mahjong

Similar to Gin Rummy, enjoy this historical Chinese game of domino-like tiles. Have fun while you build community, exercise your brain, learn Chinese words and improve hand dexterity.

Multiple sessions available, check online for start dates and times.		
TMCC Meadowood Center	Watanabe	\$99

Health & Wellness

Aromatherapy for Self Care: Create Custom Wellness Products

Step into the world of essential oils and learn how to support your mind and body with nature's most fragrant remedies. Discover the traditional uses and therapeutic benefits of popular plant essences, then dive into safe blending techniques to create your own beginner-friendly wellness products.

1/24	S	Noon-3 p.m.
TMCC Meadowood Center	Maillet	\$59

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.

Ayurveda: Ancient Practices, Modern Wellness

Rediscover harmony in your mind, body, and spirit through Ayurveda, the ancient Indian system of holistic healing. In this dynamic and engaging class, you'll explore how to identify imbalances and restore well-being using food, herbs, and sensory therapies tailored to you.

3/5–3/19	TH	5:30–8 p.m.
TMCC Meadowood Center	Harger	\$149

Audacious Aging

NEW Aging isn't about slowing down, it's about showing up with joy, courage, and purpose. In this inspiring class, explore how later life can be a season of creativity, connection and possibility. Through art, mindfulness, humor, spirituality, and social engagement, you'll discover new ways to live fully and unapologetically, no matter what the candles on your cake say. Because life's encore truly deserves a standing ovation.

4/6–4/27	M	1:30–3 p.m.
Prominence Health	Purroy	\$125

Healthy Living for Your Brain & 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.

4/25	S	10 a.m.–Noon
TMCC Meadowood Center	Alzheimer's Assoc. of N. Nev.	\$25



Holistic Senior Health & Wellness

NEW Discover a balanced approach to wellness by exploring the four key components of holistic health: physical, mental, emotional, and social well-being. This class also introduces general nutritional guidelines for vitality, practical stress management and effective exercises for older adults. You'll explore the latest science-backed insights on longevity and the importance of social connection in reducing loneliness and depression. Leave empowered with simple, sustainable tools for lifelong wellness.

4/23	TH	10 a.m.–Noon
Prominence Health	Kelsey	\$49



Men & Mental Health

NEW In this supportive class, you'll learn practical tools for processing emotions, building resilience, and fostering self-awareness. Through open discussion, challenge the stigma that discourages emotional expression and discover healthier ways to connect and cope. While designed with men in mind, this class welcomes anyone interested in understanding and supporting the emotional well-being of the men in their lives.

2/7	S	9 a.m.–1 p.m.
TMCC Meadowood Center	Dixon	\$59

Mindfulness On the Move: Staying Grounded in Challenging Times

NEW Bring mindfulness into everyday moments. Learn quick, practical techniques like grounding, box breathing and the "one-thing" rule to help you stay calm and centered in daily life. Whether you're commuting, working, or managing stress, this class gives you tools to respond thoughtfully, stay present, and reconnect with what matters most.

5/21	TH	5:30–7:30 p.m.
TMCC Meadowood Center	Kelsey	\$49

Overcoming Anxiety

Harness the power of your subconscious and discover how thought patterns impact your physical and emotional responses to circumstances. Gain tips on how to calm yourself and lower anxiety, reframe sabotaging thoughts, and better understand the difference between imagination and reality. Practice calming and relaxation techniques and create a self-care plan so you can feel your best.

3/17	T	6–9 p.m.
TMCC Meadowood Center	Nielson	\$49

Relationships 101: Dating with Intention & Building Relationships That Last

Explore the foundations of healthy, meaningful relationships in this down-to-earth course. Learn how to date with confidence, set clear boundaries, and recognize red and green flags as you build connection and clarity in your dating life.

2/28	S	10 a.m.–1 p.m.
TMCC Meadowood Center	Sarna	\$49

The Hormone Reset

NEW Unlock the power of your cycle in this engaging class designed for women. You'll learn the basics of the menstrual cycle, understand and distinguish the four hormone-driven phases, and discover how to align your fitness, nutrition, and self-care with each stage. You'll also learn practical tools for cycle tracking and fertility awareness that can be used for natural birth control or simply to deepen your body awareness.

3/21	S	11 a.m.–1 p.m.
5/30	S	11 a.m.–1 p.m.
TMCC Meadowood Center	Blajos	\$49

Menopause 101

NEW Gain clarity and confidence about menopause and explore the history, science, and cultural perspectives of this midlife transition. Learn about modern approaches to support well-being through lifestyle, nutrition, and medical care. Empower yourself with knowledge and strategies for this natural stage of life.

4/6–5/18	M	5:30–6:30 p.m.
TMCC Meadowood Center	Jamtaas	\$99

Home & Garden

Backyard Beekeeping

Whether for honey production, improved pollination of your veggies, or simply the enjoyment of living in harmony with these amazing insects, discover the hobby of backyard beekeeping. Understand the environmental importance of honey bees, native bees and the equipment and knowledge necessary to successfully raise healthy colonies of honey bees in your backyard.

4/24–5/8	F	Noon–3 p.m.
TMCC Red Mountain Bldg.	Hopper	\$149

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.



Birds, Bees & Butterflies

Transform your yard into a welcoming haven for birds! Learn how to create an environment that attracts both migratory and resident species by choosing plants that provide food, shelter, and safety. As you explore the best native plants for supporting bird life, you'll also learn to identify common local species and understand their habitats and diets. Perfect for gardeners, nature lovers, and anyone who wants to enjoy the beauty of birds right outside their window.

4/11	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Fruit Trees

Learn how to select fruit trees that will truly flourish in our area, taking into account chill hours, hardiness, fruitfulness, and resistance to pests and disease. Discover which trees produce the best results locally and gain tips for long-term success in your own yard or garden.

4/18	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Growing Herbs

Add fresh flavor to your kitchen and garden! Learn how to grow herbs to freshen up meals, create flavorful salsa and steep excellent teas while discovering which varieties thrive in Nevada's climate. Discuss annuals, perennials, and low-water landscaping options, plus how to use herbs for organic insect control.

3/28	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.

3/7	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

High Desert Edible Gardening

Grow fresh fruits, vegetables, and herbs right here in the desert! Learn soil, watering, and fertilization techniques suited to our climate and explore organic methods of pest control, crop rotation, and companion planting. Whether you're new to gardening or refining your green thumb, this class will help you create a thriving, sustainable garden in Nevada's unique conditions.

3/14	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Organic Gardening

Implement natural gardening methods to increase plant production and save money. Gain tips from a master gardener on how to grow and maintain quality plants and vegetables, decrease water and chemical use and attract beneficial insects to your yard.

3/21	S	9 a.m.–Noon
TMCC Meadowood Center	Adams	\$49

Languages & Cultures

American Sign Language I

Learn the alphabet, numbers, common phrases, questions and sentence structure while using games and songs to develop your skills. Put your new knowledge to use by attending a sign language gathering of Nevada's Deaf community.

2/4–3/11	W	6–8 p.m.
TMCC Meadowood Center	Doyle	\$149



French I

Using proven, beginner-friendly research-based language acquisition techniques, you'll start communicating in French from day one through stories, songs, and conversation. Each class includes listening, reading, writing, and speaking practice in comprehensible French, helping you build confidence and fluency while having fun along the way.

1/22–3/19	TH	5:30–6:50 p.m.
TMCC Meadowood Center	Hatjakes	\$189

French II

NEW Continue your French journey from French I, or for anyone with basic French experience, you'll practice listening, reading, writing, and speaking in French every session using authentic texts and media. Strengthen your grammar, expand your vocabulary, and gain confidence in expressing yourself with ease and clarity.

4/9–6/4	TH	5:30–6:50 p.m.
TMCC Meadowood Center	Hatjakes	\$189

Basic Italian Grammar

Perfect for travelers and others, build a strong foundation in Italian grammar as you learn to form simple, meaningful phrases using verbs, nouns, articles, and more. Through fun exercises, vocabulary building, and basic composition, you'll start to develop the skills to express yourself clearly and with confidence.

3/3–3/24	T	6–8 p.m.
TMCC Meadowood Center	Hunter	\$149

Romantic Holiday in Italy

NEW Plan the getaway of your dreams as you explore some of Italy's most romantic destinations. From quaint villages in the Dolomites to the rolling vineyards of wine country, discover scenic routes, hidden gems, and unforgettable experiences that create memories to last a lifetime. Perfect for travelers seeking beauty, culture, and a touch of Italian romance.

4/28–5/19	T	6–8 p.m.
TMCC Meadowood Center	Hunter	\$149

German for Travelers

NEW Experience the beauty of Germany through its language and culture! Learn essential conversational German and practice everyday interactions such as making introductions, ordering food, making reservations, and asking for directions. Along the way, you'll gain valuable insight into German traditions, customs, and culture.

3/21–4/11	S	10–11:30 a.m.
TMCC Meadowood Center	Stymelski	\$79

Spanish I

Whether you've studied Spanish before, or have an interest in being able to understand and communicate in a practical way, this course will use research-backed language acquisition methods like stories and songs to get you communicating in Spanish from day one.

1/20–3/17	T	7–8:20 p.m.
TMCC Meadowood Center	Hatjakes	\$189

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.

Spanish II

If you've completed Spanish I, this course is your next step toward fluency. Each session offers engaging opportunities to listen, read, write, and speak in Spanish using a mix of texts, media, and real-world topics.

4/7–6/2	T	5:30–6:50 p.m.
TMCC Meadowood Center	Hatjakes	\$189

Spanish III

Expand your Spanish fluency in this engaging continuation of Spanish I and II. Deepen your understanding of advanced grammar, including present, past, and future tenses, and master the nuances of *por* and *para*. Participate in interactive role-play activities that build confidence and help you communicate naturally in real-world settings.

3/2–4/27	M	6–7:15 p.m.
TMCC Meadowood Center	Aguilar	\$189

Everyday Spanish

If you already have basic conversational skills, virtually explore 10 Spanish-speaking countries through language, culture, and connection. Practice grammar and vocabulary through engaging exercises and short conversations, all while diving into the rich folklore, music, food, and traditions of each region. Recommended for beginners, this journey is for those ready to go beyond the basics!

2/4–4/8	W	4–5:15 p.m.
TMCC Meadowood Center	Mancini	\$189



Spanish Synthesis: Moving Toward Fluency

NEW This interactive course uses authentic and creative materials to help you strengthen your communication skills through listening, reading, writing, and speaking. You'll develop circumlocution and decoding strategies while naturally acquiring key Spanish structures. By the end of the course, you'll notice a clear improvement in your fluency, confidence, and ease of expression in real-world conversations.

1/20–3/17	T	5:30–6:50 p.m.
TMCC Meadowood Center	Hatjakes	\$189

Spanish for Travelers

Learn essential Spanish phrases to help you order food, book a hotel, handle emergencies, and navigate social or sporting events with ease. Through interactive listening and speaking activities, you'll build practical skills while gaining a deeper appreciation for Hispanic culture.

2/3–4/7	T	6–7:15 p.m.
TMCC Meadowood Center	Mancini	\$189

Money & Investments

Money Fitness Basics: Everyday Habits to Keep your Money in Shape

NEW Get your finances in shape with this beginner-friendly workshop focused on building strong, everyday money habits. Learn how to create a flexible budget, start an emergency fund, design a realistic debt payoff plan and set up simple, automatic systems for saving and investing without financial jargon. Using easy tools, you'll take small, achievable steps toward long-term stability.

3/3	T	6–8 p.m.
4/18	S	9–11 a.m.
TMCC Meadowood Center	Grabot	\$59

Estate Planning & Creating a Living Trust

In this practical, easy-to-follow class, you'll learn what a trust is, how it differs from a will, and why both matter. Explore essential documents like power of attorney, and understand how to maintain your estate plan year after year. Become equipped with the tools and knowledge to complete your own living trust and plan for the future with clarity and confidence.

2/5	TH	6–9 p.m.
TMCC Meadowood Center	Wheeler	\$59

Investing Rules 101

Start investing in your future by understanding the basics of financial planning and the foundational eight steps to investment success. Learn about budgeting, managing cash flow, setting and achieving goals and exploring different investment options.

3/5–3/12	TH	6–8 p.m.
4/21–4/28	T	6–8 p.m.
TMCC Meadowood Center	Lawrence	\$59

Stocks & Bonds

Understand the difference between stocks and bonds and how they generate profit. Discover 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.

3/2–3/30	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$125

Evaluating Stocks & 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.

4/6–5/4	M	6:30–8:30 p.m.
TMCC Meadowood Center	Gant	\$125

Music

Concert Choir

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

1/28–5/13	W	6:30–9:20 p.m.
TMCC Vista Bldg.	Owens	\$89
		Materials Fee: \$25

Concert Winds

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.

1/27–5/12	T	7–9:50 p.m.
TMCC Vista Bldg.	Cowell	\$89
		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.

Discover the Joys of Opera

NEW Explore the beauty of opera, the drama of its stories, and the artistry of its costumes, sets, and unforgettable voices. Through study of traditional and modern productions, you'll experience opera's greatest composers and today's rising stars. Learn about the lives behind the music and deepen your appreciation for this extraordinary blend of art, emotion, and storytelling.

5/19–6/9	T	6–8 p.m.
TMCC Meadowood Center	Gray	\$99

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. Practice easy strum patterns, note reading, chart navigation and songbook use.

4/7–5/5	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.

4/9–5/7	TH	7–8 p.m.
TMCC Meadowood Center	Jones	\$99

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. This class is for individuals with no experience.

3/5–4/16	TH	6–7 p.m.
Steinway Piano Gallery	Pratt	\$89

Materials Fee: \$10

Encore Piano I

NEW Discover the art and fun of learning to play the piano with other Encore 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.

3/5–4/16	TH	10–11 a.m.
Steinway Piano Gallery	Pratt	\$99

Materials Fee: \$10

Piano Intermediate

In this intermediate-level class, continue the work from Piano for Beginners or Encore Piano I. Learn to emphasize minor scales, chords and bass patterns. Understand how to use accompaniment patterns, sight-read music and play by ear.

3/5–4/16	TH	11 a.m.–Noon
Steinway Piano Gallery	Pratt	\$89

Materials Fee: \$10

Senior Choir

NEW In partnership with Note-Able Music Therapy Services, this class offers seniors the joy of choral music in a welcoming, social setting. Learn about choral styles, vocal health, and musical technique, no prior experience required. Optional performance opportunities are available.

2/18–3/25	W	1–2 p.m.
-----------	---	----------

4/1–5/6	W	1–2 p.m.
---------	---	----------

5/13–6/17	W	1–2 p.m.
-----------	---	----------

Note-Able Music Therapy Services	White	\$75
----------------------------------	-------	------

Taiko Drumming

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

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

Outdoors



Backpacking the Sierras

Discover the gear and skills you need to fully enjoy your next hiking, backpacking, or snowshoeing adventure in the Sierra. Learn wilderness and survival skills while gaining tips on physical conditioning, nutrition, navigation, wildlife interaction, obtaining permits, the best locations for your outdoor pursuits and more!

5/12	T	6–9 p.m.
------	---	----------

TMCC Meadowood Center	Nielson	\$49
-----------------------	---------	------

Fly Fishing for Beginners

NEW Discover the serenity and adventure of fly fishing. Identify proper equipment, learn about knot tying, casting strokes, entomology, insects and the flies that imitate them. Gain in-depth knowledge of fishing area waters and tips from a professional guide.

5/30	S	8:30 a.m.–12:30 p.m.
Hidden Valley Regional Park	Wharton	\$89

Materials Fee: \$40



Trail Fundamentals Certificate: Essentials of Trail Maintenance

NEW Discover how to care for the trails you love. This course focuses on hands-on trail site work, introducing the essentials of trail maintenance (safety, tools, and sustainable techniques) used to preserve and improve existing paths. Great for volunteers, outdoor enthusiasts, and anyone considering a future in trail or recreation work.

Please check online for start dates.

TMCC Meadowood Center	Bryant	\$369
-----------------------	--------	-------

Try Scuba

NEW This introductory class takes place in a safe pool environment under the direct supervision of a certified professional. Learn basic safety guidelines, essential diving skills, and how to use scuba equipment. Enjoy swimming and exploring beneath the surface, and get a glimpse of Scuba before pursuing a certification course. No previous experience necessary.

Multiple sessions available, check online for start dates and times.

Adventure Scuba	Staff	\$225
-----------------	-------	-------

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

Photography

Basic Digital Photography

Learn techniques and discuss photography 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.

2/12-3/5	TH	6-8 p.m.
TMCC Meadowood Center	Vollmer	\$125

Photography II: Beyond the Basics

Take your photography skills to the next level and unleash your creative potential! Using your DSLR or mirrorless camera, explore advanced techniques for lighting, action shots, and evening photography. Experiment with exposures, perspectives, and composition to develop your unique artistic style. In-class photo shoots provide hands-on practice and immediate feedback to help you grow as a photographer.

3/26-4/16	TH	6-8 p.m.
TMCC Meadowood Center	Vollmer	\$125

Black & White Photography

Explore the power of black and white photography while sharpening your technical and artistic skills. Learn to work with tonal contrast, texture, light, and form to create dramatic, expressive images. By switching your digital camera to monochrome mode, discover how subtle adjustments can transform your work into gallery-worthy pieces.

5/28	TH	6-9 p.m.
TMCC Meadowood Center	Marks	\$59

Photographing the Wonders of Wetlands

In collaboration with Nevada Land Trust (NLT), this photography workshop explores the fascinating winter life of the Swan Lake Nature Study Area, part of the Washoe County Regional Parks and Open Space system in Reno's North Valleys. Use your creativity to capture the unique seasonal character of wetland landscapes and abundant life in this combination classroom session and field shoot. All experience levels and camera formats are welcome.

1/8-1/10	TH 6-8 p.m. & S 3-5 p.m.
TMCC Meadowood Center	Vollmer \$99

Photograph Spring's Beauty in the Truckee Meadows

Find out how to use your creativity to explore and capture the seasonal life and vibrancy of spring in this combination classroom and field shoot. All experience levels and camera formats are welcome.

4/30-5/2	TH 6-8 p.m. & S 5-8 p.m.
TMCC Meadowood Center	Vollmer \$99

Street Photography

Learn how to capture the rhythm and character of a city through compelling street photography. Explore essential techniques in composition, lighting, and subject selection while developing your personal style and artistic voice. Delve into the history, ethics, and legal considerations of photographing in public spaces, and gain valuable insight into marketing your work and preparing it for publication.

5/14-5/16	TH 6-9 p.m. & S 7-10 p.m.
TMCC Meadowood Center	Marks \$89

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.

1/31	S 9 a.m.-Noon & 2-6 p.m.
TMCC Meadowood Center	Vollmer \$99



Wildlife Photography

Discover the art of photographing wild animals from birds to apex predators. Learn ethics, camera settings, technique and more before practicing your new skills during a field shoot at Animal Ark Wildlife Sanctuary.

5/14-5/16	TH 6-8 p.m. & S 9:30 a.m.-Noon
TMCC Meadowood Center	Vollmer \$99

Materials Fee: \$8

Safety

A Safer Community: Substance Use Awareness

Proudly presented by Quest Counseling and supported by the Fund for a Resilient Nevada, this course empowers individuals to understand the impact of substance use, access community resources, and support one another. Through open discussion, break stigmas, challenge stereotypes, and create a safe space for healing.

3/14	S	10 a.m.-Noon
TMCC Meadowood Center	Quest Counseling	\$25

Basic Motorcycle Rider's Course

Learn the basics of operating and riding a motorcycle. Upon successful completion of the course, you will receive a completion card to take to Nevada DMV to get your motorcycle endorsement.

Please check online for start dates and instructor names.		
TMCC Meadowood Center		\$150

Crash Course in Canine Basics

Learn the fundamentals of canine behavior, communication, and obedience with a strong emphasis on safety for both dogs and people. Ideal for dog owners, pet professionals, or anyone looking for practical guidance, this session covers how to prevent unwanted behaviors, encourage positive socialization, and create safer daily interactions.

3/28	S	1-4 p.m.
4/11	S	1-4 p.m.
TMCC Meadowood Center	Benge	\$69

Dogs 101: The Basics & More

Build a strong foundation in safe, effective dog handling, training, and care. Explore canine behavior, socialization, and developmental stages while practicing positive training methods that build trust and prevent problem behaviors. Ideal for aspiring dog professionals such as groomers, sitters, and trainers or for owners who want to raise confident, well-adjusted companions.

3/9-4/13	M	6-7 p.m.
TMCC Meadowood Center	Benge	\$99

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.

Driver's Ed for Teens

TMCC Driver's Education offers in-person and online classes for fulfilling the 30-hour classroom state requirement. In-person classes meet during WCSD school breaks. Scholarships available.

Please check online for start dates and instructor names.

TMCC Meadowood Center \$125 In-Person, \$99 Online

Encore Self Defense



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.

3/4–4/22 W 6–7 p.m.

Aikido in Sparks Bonomo \$99



Fall Protection Awareness



Identify potential fall hazards, understand OSHA's basic safety requirements, and become familiar with common fall protection systems. The training covers key topics including equipment inspection, and the "ABCs" of fall protection, safe practices for working at height, ladder use, and platform stability. Note: this course does not include hands-on practice or fall rescue procedures.

1/29 TH 5:30–7:30 p.m.

2/24 T 4–7 p.m.

TMCC Meadowood Center Pieters/Parker \$225

Forklift Classroom Safety Training



Whether you're new to forklift operation or looking to refresh your knowledge, this class helps you further develop safe driving awareness. Learn about the safe operation of various forklift types including sit-down, stand-up, rider pallet jack, reach trucks, and order pickers, plus key topics such as the stability triangle, load handling, and daily inspection procedures. Please note: This classroom-only course does not include hands-on operation.

1/13 T 4–7 p.m.

3/10 T 4–7 p.m.

TMCC Meadowood Center Parker \$125

Health Hazards in Construction



Learn how to recognize and protect yourself from chemical, biological, and physical hazards on construction sites. This course covers topics including silica, asbestos, solvents, heat stress, noise, and vibration, as well as ergonomics and confined space risks. Understand OSHA safety standards, proper use of PPE, and hazard communication for a safer, healthier workplace.

3/19 TH 5:30–7:30 p.m.

TMCC Meadowood Center Pieters \$125

HIV: Facts, Prevention, and Compassion



Offered in partnership with ACCEPT (Access for Community and Cultural Education Programs & Trainings), gain essential knowledge about the Human Immunodeficiency Virus (HIV) in this comprehensive introductory class. Learn about HIV transmission, biology, testing methods, symptoms, and treatment options, including Antiretroviral Therapy (ART). Designed for prevention staff, healthcare professionals, and community members this course emphasizes HIV/AIDS prevention, care, and support for individuals living with the virus.

3/19 TH 6–7 p.m.

TMCC Meadowood Center Taylor \$39

Introduction to Pistols



Whether you're brand new to firearms or looking to build a stronger foundation, this classroom-only course provides hands-on, judgment-free instruction focused on safety, fundamentals, and confidence. Led by certified instructors from the Nevada Firearms Academy, this course covers safe handling and storage, pistol types, components, operation, ammunition basics, fundamentals of marksmanship, legal considerations and situational awareness. Upon completion, students will have the optional opportunity to attend a live-fire session at a range.

3/10 T Noon–2 p.m.

5/7 TH 6–8 p.m.

TMCC Meadowood Center Catron \$79

Introduction to Pistols: Women Only

1/27 T 6–8 p.m.

3/23 M 6–8 p.m.

TMCC Meadowood Center Catron \$79

OSHA: Permit Required Confined Space Entry



Gain practical understanding of OSHA's Permit-Required Confined Space (PRCS) standard. Participants will learn how to identify, evaluate, and control hazards in confined spaces such as tanks, pits, vessels and other areas with limited entry and potential risks including hazardous atmospheres, engulfment, or physical dangers.

1/15 TH 4–7 p.m.

3/12 TH 4–7 p.m.

TMCC Meadowood Center Parker \$325

OSHA 10 For Construction



Gain essential safety knowledge for the construction industry in this OSHA-authorized 10-hour course. Learn to recognize and prevent common hazards, and earn your OSHA 10-Hour Construction card upon completion.

1/13–1/14 T, W 3:30–9 p.m.

2/9–2/10 M, T 3–8:30 p.m.

3/16–3/17 M, T 3–8:30 p.m.

TMCC Meadowood Center Pieters/Parker \$199

Scaffolding Safety Awareness



Build confidence and awareness while working at height. Learn how to safely assemble, inspect, and use scaffolding while preventing accidents and injuries. This course covers scaffold types, load capacities, and protective systems, as well as fall prevention and electrocution hazards. Understand your responsibilities under OSHA regulations and gain the knowledge to keep job sites secure and compliant.

2/12 TH 5:30–7:30 p.m.

TMCC Meadowood Center Pieters \$125

Stop the Bleed



In this hands-on class led by an experienced EMT-P, learn how to recognize and respond to severe bleeding emergencies with confidence. Practice applying direct pressure, packing wounds, and using a tourniquet effectively to control arterial bleeding until professional help arrives.

2/28 S 9–11 a.m.

4/18 S 9–11 a.m.

TMCC Meadowood Center Fehler \$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.

Wilderness First Aid

NEW Learn how to respond to medical emergencies in remote settings where help isn't immediately available. Guided by an experienced EMT-P, this course follows the Boy Scouts of America Wilderness First Aid Curriculum and includes hands-on training in assessment, splinting, wound care, hypothermia, and more.

3/21–3/28 S 8 a.m.–5 p.m.
TMCC Meadowood Center Fehler \$149

Wildfire Preparedness for Homeowners

Are you ready if wildfire strikes? Join a retired fire captain for this essential workshop designed to help homeowners plan, prepare, and prevent. Using real-world examples, learn practical steps to protect your property and family. Topics include emergency planning, home hardening techniques, how to speak with your insurance provider, and what to do during a wildfire event. Walk away feeling empowered to educate, mitigate, and safeguard your home from future threats.

3/14 S 9 a.m.–1 p.m.

5/9 S 9 a.m.–1 p.m.

TMCC Meadowood Center Steward \$69

Spirituality & Self Discovery

Astrology for Beginners

NEW Discover the cosmic connections between the stars and your life with this introduction to astrology. Learn the basics of reading a horoscope chart, including houses, planets, and zodiac signs, and see how they interact to tell a story. Example charts from public figures will help you visualize concepts and deepen your understanding of this ancient art.

3/28–4/18 S 1–3 p.m.

TMCC Meadowood Center Potter, MA \$125

Materials Fee: \$30

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. Discover a spiritual perspective on the reason and purpose of your life.

4/16–4/23 TH 6–8 p.m.

TMCC Meadowood Center Beyer \$59



Intro to Genealogy: Family Connections 101

NEW Journey into family history and discover your ancestral roots. Learn how to organize your findings, create a personalized research plan, and explore trusted online tools and databases. Hands-on exercises will guide you through building your family tree and connecting with your heritage in meaningful ways.

2/24–3/10 Encore T 9 a.m.–Noon

3/24–3/31 T 5:30–8 p.m.

TMCC Meadowood Center Howland \$79

Life's Biggest Questions

NEW Examine timeless questions of existence through the intertwined lenses of philosophy and religion. Explore how philosophy uses reason, logic, and critical thinking, while religion draws on faith, tradition, and divine revelation to explain life's mysteries. Discuss profound topics such as the nature of the divine, the cosmos, transcendence, evil and suffering, morality, and the human quest for meaning.

3/9–4/13 M 7–9 p.m.

TMCC Meadowood Center Stevens \$125

Manifesting Your Best Self

Discover how your thoughts, emotions, and beliefs influence your path in this transformative, self-discovery course. Explore how instincts and mindset can either propel or block your dreams and learn how to shift them in your favor. You'll finish with a guided visualization to meet your future self, write them a heartfelt letter, and craft a vision or mood board to bring your goals and focus and into reach.

3/3–3/12 T, TH 11:30 a.m.–12:30 p.m.

TMCC Meadowood Center Apiag \$69

Meet Your Animal Spirit Guides

Connect with your inner guide through the world of spirit animals. Through mindful meditation exercises, empowering animal power poses, and verbal mantras, you'll learn how to connect with your animal allies for support, healing, and inspiration. Explore their meanings, symbolism, and personal messages to spark self-awareness and spiritual insight.

3/14 S 11 a.m.–1 p.m.

TMCC Meadowood Center Apiag \$49

Wisdom of the Tarot: A Foundation and Overview

Step into the world of Tarot and begin your journey toward understanding the cards and their wisdom. Learn how to connect with your deck, prepare for readings, and interpret symbols through numerology, astrology, and elemental associations. Explore the structure and story of the deck, discover patterns that reveal insight into the past, present, and future, and gain tools to begin your own practice.

4/9–4/23 TH 6–8 p.m.

TMCC Meadowood Center Wood \$79

Materials Fee: \$10

Wisdom of the Tarot III: Introducing the Courts

NEW Deepen your Tarot practice by exploring the 16 Court Cards of the Minor Arcana. Learn how to interpret their personality types and the roles they play in spreads and readings. This course is designed for students who have completed Wisdom of the Tarot: A Foundation and Overview or have prior Tarot experience with instructor approval. Instruction centers on the Rider–Waite–Smith Tarot deck, but other decks will be included.

5/7–5/21 TH 6–8 p.m.

TMCC Meadowood Center Wood \$79

Materials Fee: \$5

Vernal Equinox Sound & Meditation

NEW Celebrate the balance of the equinox with a soothing journey of sound and self-discovery. Begin with calming breathwork and guided meditation, then immerse yourself in the resonant tones of gongs, Tibetan and crystal singing bowls, and bells. Optional Reiki healing is available to enhance your experience of renewal, balance, and reflection.

3/21 S 1–2:30 p.m.

TMCC Meadowood Center Holt \$39

Writing

Craft of Fiction Writing: One-Day Intensive

Have a great idea for a short story or novel, but not quite sure where or how to start? In this intensive session, we will cover the foundational elements of fiction through a combination of direct instruction, discussion, writing, and workshoping.

3/14	S	10 a.m.–4 p.m.
TMCC Meadowood Center	Hatjakes	\$125

Experiments in Poetry

Unlock your creative voice through a mix of fun, generative writing exercises and poetic exploration. Experiment with style, form, and imagery while engaging with contemporary poetry for inspiration. Through guided practice and supportive critique, you'll strengthen your craft and discover new ways to express yourself through verse.

4/7–5/5	T	6–8 p.m.
TMCC Meadowood Center	Stone	\$125

From Manuscript to Self-Published Book

Prepare your finished book manuscript for self-publishing. Learn the basics of cover design, title pages, front and back matter, and interior layout.

2/7–2/28	S	10 a.m.–Noon
TMCC Meadowood Center	Riley	\$149

From Short Story to Life Story

Transform your past into powerful stories. Learn how to weave them into chapters that build your memoir. Explore the art of "showing" transformation and uncover the emotions that give your writing heart and authenticity. This supportive class welcomes writers of all levels, bring your manuscript drafts and get ready to share your story.

4/4–5/2	S	1–4 p.m.
TMCC Meadowood Center	Castleman	\$149

Travel Writing

Learn the fundamentals of travel writing, from structuring an article to crafting vivid descriptions that transport readers. Explore best practices for formatting, photography, and pitching your work to publications. You'll finish class with a peer-reviewed travel article ready to submit to editors or post online.

4/6–5/4	M	7–9 p.m.
TMCC Meadowood Center	Tarte	\$125

Writing a Mystery

Discover the craft of mystery writing while exploring story structures from Traditional, to Private Detective/Noir, and Thriller. Participate in workshops, group critiques, and discussions with occasional guest speakers as you develop your story and characters. You'll also gain insight into traditional, self-publishing, or hybrid publishing options and leave inspired to write your own page-turner.

3/10–4/14	T	6–8 p.m.
TMCC Meadowood Center	Sutherland	\$125

Policies & General Information

Refund Policies

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 **100% voucher** 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 or transfer to another course, you will be charged a \$10 transfer fee.

Weather Closures

For TMCC closures due to weather, fire or other unusual occurrences, visit tmcc.edu or call 775-673-7111. Sign up for emergency alert notifications at: www.tmcc.edu/police/emergency-alerts. For other non-TMCC locations, please call us at 775-829-9010.

Accessibility

Many 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.

Scholarships & Discounts

For information about scholarships or to receive a discount listed below, call us at **775-829-9010**.

Helaine Greenberg Scholarship

- » Receive a free one-hour, full-body massage tailored to your 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.

Sunshine Fund Scholarship

- » \$35 scholarships for women for EPIC classes priced at \$49 or higher.

Columba Life Fund Scholarship

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

Sharon Leong Scholarship

- » \$100 scholarship for students who want to enroll in a Paranormal class.

Prominence Health Scholarship

- » \$50 scholarship for Prominence Health Medicare members who want to enroll in EPIC Encore classes priced at \$49 or higher.

Employee Discount

- » 10% for TMCC employees.*

Senior Discount

- » 10% for students 60 or older.*

* Discount does not apply towards Career Certificates, Fitness & Sports, some special topic classes and events.

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.

Class Locations

Adventure Scuba

335 Edison Wy. #2, Reno

Aikido in Sparks

2965 Vista Blvd., Sparks

Atlantis Casino Resort Spa

3800 S. Virginia St., Reno

Clayton Middle School

1295 Wyoming Ave., Reno

Desert Curls Studio

9610 S. McCarran Blvd., Reno

Event Palace

650 S. Rock Blvd., Suite 18, Sparks

Hidden Valley Regional Park

4740 Parkway Dr., Reno

Hub Coffee Roasters

316 Vassar St., Reno

National Automobile Museum

1 Museum Dr., Reno

Nevada Woodchucks

405 Western Rd. #36., Reno

Note-Able Music Therapy Services

2590 Orovada St., Reno

Prominence Health

1510 Meadowood Ln., Reno

Red Hawk Golf and Resort

6600 N. Wingfield Pkwy., Sparks

Reno Gem & Mineral Society

480 S. Rock Blvd., Sparks

Sky Tavern

21130 Sky Tavern Rd., Reno

Steinway Piano Gallery

500 E. Moana Ln., Reno

TMCC Meadowood Center

5270 Neil Rd., Reno

TMCC Pennington Health Science Center

18600 Wedge Pkwy., Bldg. B, 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 County Senior Services

1155 E. 9th St, Reno

Washoe Golf Course

2601 Foley Wy., Reno

Woodturning & Art

755 E. Greg St. #24, Sparks



Teach for EPIC

Change people's lives by sharing your passion with others.

Whether it's dance, art, fitness, spirituality, cooking, music, workplace safety, compliance and more, consider teaching for EPIC.

EPIC is accepting instructor applications and course proposals for the upcoming seasons. No college degree is needed, just an eagerness to share your skills with others.

Scan the QR code or contact us to learn more.



Back Cover Photo: New this season, join EPIC for Charcuterie: Food Meets Art (see page 11 for details). Photo Credit: Fayth Ross

GOOD VIBES. COOL MASCOT. FREE PARKING.

NEED WE SAY MORE?

 **TMCC**
YOUR STORY STARTS HERE

Start your story at [APPLY.TMCC.EDU!](https://apply.tmcc.edu)

The TMCC Marketing and Communications Office has approved this for distribution. BD1125 1780559292



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.



Truckee Meadows Community College
Educational Programs Inspiring the Community
7000 Dandini Boulevard
Reno, Nevada 89512-3999

Non-profit Org.
US Postage
PAID
Reno, NV
Permit No. 861



 **TMCC**
**Educational Programs
Inspiring the Community**

5270 Neil Road, Ste. 216, Reno, Nevada 89502
775-829-9010 epic@tmcc.edu

EPIC Office Hours

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

The TMCC Marketing and Communications Office has approved this for distribution. BD1125 1801251965

