

# Continuing Education

## SUMMER 2019

Here  
FOR YOU

Day, evening or online ...  
TCC Continuing Ed has a class for you!

PERIODICALS  
POSTAGE  
PAID  
TACOMA, WA

POSTAL CUSTOMER  
ECRWSS



**TCC** Joules Martin  
**GHC** **June 17-August 23, 2019**  
**Gallery** Reception | June 20 | 4-6pm

I am inspired by the wildness and beauty of the Pacific Northwest and memories of my family's cabin on Mount St. Helens which was destroyed in the 1980 eruption. My tools include hair picks, chopsticks and other non-traditional objects, creating layers upon layers of paint strokes to slowly build the natural textures of mountains, trees, raptors and clouds.

### HARBOR INSTITUTE DESIGNATED CLASSES

Cover a wide variety of topics in an educational environment designed for adult lifelong learners.

Choose a Harbor Institute class if you want to continue learning in a supportive, non-credit program that provides face-to-face interaction with talented instructors and curious students!



**ENROLL ONLINE** at  
[tacomacc.edu/continuingeducation](http://tacomacc.edu/continuingeducation)  
Questions? Call 253-460-2424.

#### LOCATIONS:

GHC	Gig Harbor Campus	3993 Hunt St. NW Gig Harbor, WA 98335
TC	Tacoma Campus	6501 South 19 <sup>th</sup> St. Tacoma, WA 98466
FITLAB	The Fitlab	6515 43 <sup>rd</sup> Ave. Ct. NW Gig Harbor, WA 98335

**PARKING:** No parking permit is required at the Gig Harbor campus. Every student parking at the Tacoma campus is required to display a current parking permit. Registered Continuing Ed students can download a printable Continuing Education Parking Permit on the Continuing Ed website ([continuingedtacoma.com](http://continuingedtacoma.com)) prior to the start of class. Directions and more parking information can be found by clicking the "About" tab on our website.

**CLASS CANCELLATIONS AND CHANGES:** Students will be notified *by email* if a class is cancelled or changed.

**STUDENT-INITIATED DROP:** Students wishing to drop a class need to notify the Continuing Education Department, *by email*, at least 7 days before the class start date to receive a full refund.

**DOCUMENTATION, CEUS, AND CLOCK HOURS:** TCC's Continuing Education Department is registered with Washington State OSPI as a provider of Clock Hours and Continuing Education Units. For each hour of instruction, one Clock Hour or .1 Continuing Education Unit is awarded. Continuing Education classes do not show credits or course hours on transcripts. If you need documentation of your classes, Clock Hours or CEUs, students must request and register for documentation prior to the beginning of class by contacting the Continuing Education Department and paying a \$20 fee (in addition to course fees) per documented class.

**AGE:** All TCC Continuing Education classes are designed for students 18 years of age or older, unless otherwise specified in a class description.

**ONLINE CLASSES:** TCC offers online classes for personal enrichment and job/career training. More info at [ed2go.com/tccdc](http://ed2go.com/tccdc).

**INSTRUCTORS WANTED!** Do you have a skill, hobby, or expertise you would like to share with your community? Submit a proposal for a class at: [tacomacc.edu/continuingeducation](http://tacomacc.edu/continuingeducation).

# ART & CREATIVITY

## Acrylic Paint Pouring **NEW**

Fun and easy way to create one-of-a-kind art. Perfect for beginners or for those wanting to experiment. Supply list online. 5 sessions.

2180	July 8-Aug 5	M	1-3p	GHC	Henderson	\$129
2179	July 8-Aug 5	M	6-8p	TC	Henderson	\$129

## Acrylic Painting I

Learn basic elements of painting through traditional techniques, still life and exercises in color, value, composition, texture and more. Supply list online. 6 sessions.

2234	July 9-Aug 13	Tu	10a-1p	GHC	Smith	\$189
2236	July 11-Aug 15	Th	1-4p	TC	Smith	\$189

## Acrylic Painting II

Develop your own artistic voice as you work on a series of projects with a focus on different under-painting methods and the use of photographic reference. Supply list online. 6 sessions

2238	July 9-Aug 13	Tu	1-4p	GHC	Smith	\$189
------	---------------	----	------	-----	-------	-------

## Alcohol Ink I - All Things Floral

Capture the essence of flowers using ordinary household items; a sponge brush, white glue and more. This class will help you capture the images that bring joy to your life. Supply list online. 1 session.

2257	June 27	Th	10a-1p	GHC	Buskirk	\$49
------	---------	----	--------	-----	---------	------

## Alcohol Ink II

Work with metallic ink and blending solution, create unique backgrounds, learn to paint negative space, and more. Previous experience with alcohol inks is recommended. Supply list online. 1 session.

2141	Aug 15	Th	10a-1p	GHC	Buskirk	\$49
------	--------	----	--------	-----	---------	------

## Ceramics I

This beginning and intermediate level class will focus on fundamentals of hand-building, wheel techniques and glazing. Consult your instructor prior to purchasing clay. Supply list online. 8 sessions.

2148	June 26-Aug 7	W	10a-12p	TC	Gaudino	\$229
------	---------------	---	---------	----	---------	-------

## Ceramics II

This intermediate and advanced level class has a student driven curriculum focusing on projects selected by the class. Students work independently. Open studio time is included. Supply list online. 8 sessions.

2149	June 26-Aug 7	W	1-3p	TC	Gaudino	\$229
------	---------------	---	------	----	---------	-------

## Drawing What You See

Learn how to draw what you see or imagine with accuracy. Students will work from still life and imagination. Supply list online. 6 sessions.

2231	June 26-July 31	W	6-8p	TC	Schlaudraff	\$105
2232	July 11-Aug 15	Th	6-8p	GHC	Schlaudraff	\$105

## English Paper Piecing **NEW**

Develop skills in hand sewing. Sew and glue fabric forms around paper templates. Supply list online. 2 sessions

2228	July 16-23	Tu	10a-1p	GHC	Sadono	\$75
------	------------	----	--------	-----	--------	------

## Mosaic Stained Glass Window **NEW**

Students will make either a sunflower, a rooster or a butterfly mosaic stained glass window. Transparent stained glass pieces are glued directly on a window. All materials provided by the instructor. 4 sessions.

2530	July 10-31	W	10a-12p	TC	Hickner	\$140
------	------------	---	---------	----	---------	-------

## Painting Animals

Will include lessons on anatomy, painting fur/feathers, field studies at the zoo, and more. Choose watercolor or acrylic paint. Supply list online. 6 sessions.

2241	July 10-Aug 14	W	1-4p	GHC	Smith	\$189
------	----------------	---	------	-----	-------	-------

## Professional Illustration **NEW**

Introductory class to help students gain knowledge to transfer illustration skills to a business or occupation. Supply list online.

2196	July 10-Aug 14	W	6-8p	TC	Beck	\$109
------	----------------	---	------	----	------	-------

## Recycled Art **NEW**

Use your creativity to turn magazines, jars, bottles, corks and bottlecaps into useful and decorative items to beautify and decorate your home. No class July 4. 8 sessions.

2211	June 27-Aug 22	Th	2-4p	GHC	Czyewski	\$130
------	----------------	----	------	-----	----------	-------

## Sculpture Fundamentals

Covers basic techniques, history, materials, tools, and vocabulary. Create bas-relief clay tiles, subtractive plaster sculptures, a wire armature and a moveable sculpture. Supply list online. 8 sessions.

2135	June 26-Aug 14	W	6:30-8p	GHC	Czyewski	\$130
------	----------------	---	---------	-----	----------	-------

## Watercolor **NEW**

Introduction to the basics of watercolor painting, including composition, color theory, varied brush use, differences in papers, mixing color on the paper and much more. Supply list online. No class July 4. 8 sessions.

2248	June 27-Aug 22	Th	10a-12p	GHC	Waters	\$169
------	----------------	----	---------	-----	--------	-------

## Writing Memoirs

Get in touch with your life stories by writing about turning points, moments of truth and the wisdom developed through your life. 6 sessions.

2154	July 11-Aug 15	Th	10a-12p	GHC	Lee	\$120
------	----------------	----	---------	-----	-----	-------

# Lincoln Lecture Series Tuesday evenings at the Gig Harbor Campus

Led by local author and Lincoln historian, DL Fowler, this fascinating series on the life of Abraham Lincoln focuses on the factors that prepared him for greatness: his personality, environment, life events, and influencers.

## Lincoln Lecture Series

Attend all four sessions for \$50.

2550	July 9-30	Tu	6-7:30p	GHC	Fowler	\$50
------	-----------	----	---------	-----	--------	------

### Part I – Building Blocks of Lincoln’s Personality

Begin with a bird’s eye view of his innate characteristics and how they drove his responses to failures, tragedies and other critical life experiences.

2144	July 9	Tu	6-7:30p	GHC	Fowler	\$15
------	--------	----	---------	-----	--------	------

### Part II – Lincoln’s Early Years

Glimpses of his childhood, young adult adventures, courtships, marriage, and children. We also look at his dual career of law and politics to understand the winding road he travelled to greatness.

2145	July 16	Tu	6-7:30p	GHC	Fowler	\$15
------	---------	----	---------	-----	--------	------

### Part III – Lincoln’s Final Years

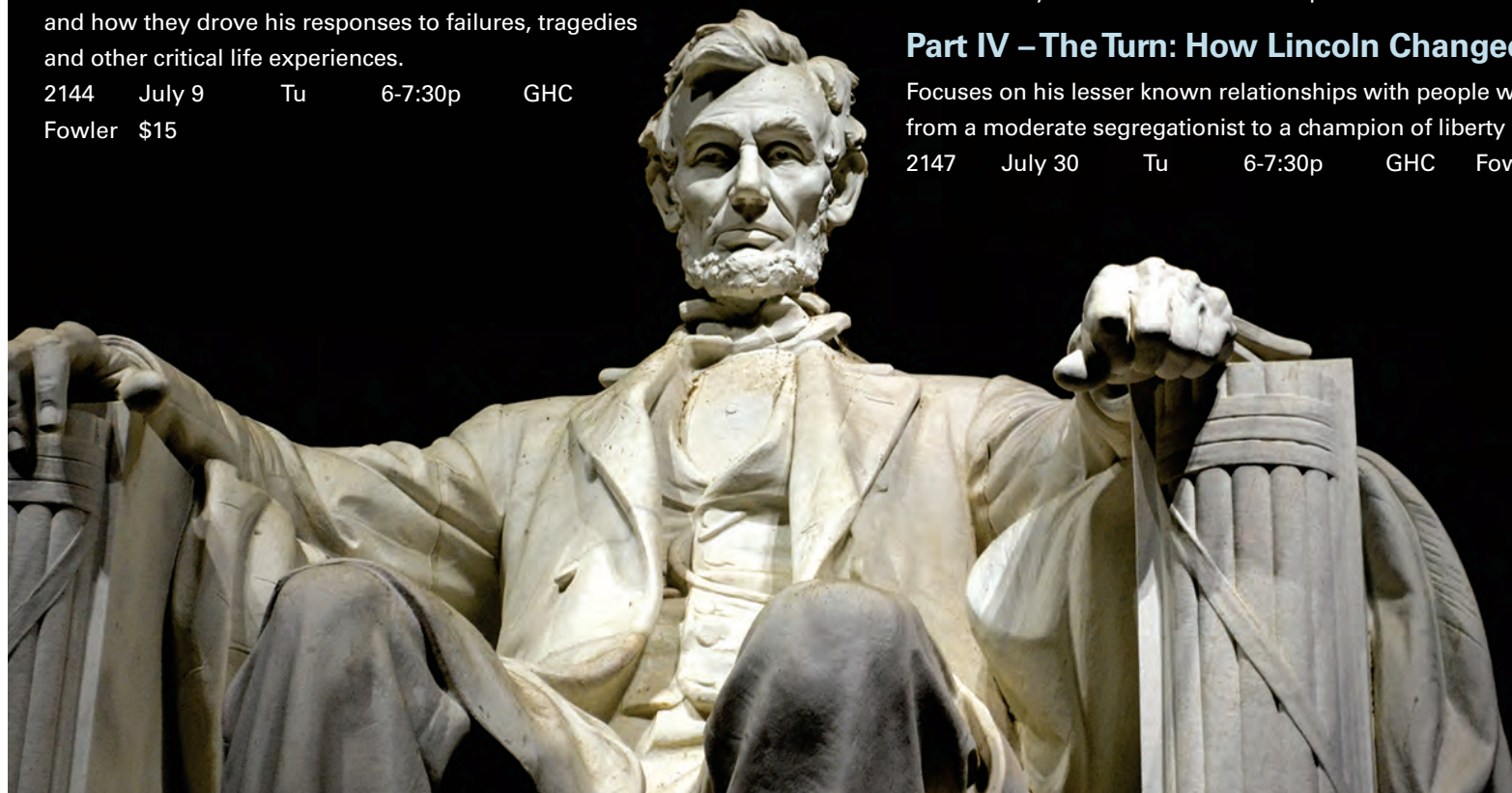
Delve into his presidential years, focusing on how he perceived the great issues of the day, what it was like to work out his ‘home office’ in the White House, and the importance of his family’s summer retreat at the Soldiers’ Home.

2146	July 23	Tu	6-7:30p	GHC	Fowler	\$15
------	---------	----	---------	-----	--------	------

### Part IV – The Turn: How Lincoln Changed

Focuses on his lesser known relationships with people who guided his turn from a moderate segregationist to a champion of liberty and equality.

2147	July 30	Tu	6-7:30p	GHC	Fowler	\$15
------	---------	----	---------	-----	--------	------



# HEALTH, HOME & LEISURE

## American Mah Jong I

Mah Jong is a game of calculation, skill and strategy using tiles with Chinese characters. The student will learn to play a full game, learning strategies and game variations. 4 sessions.

2261 July 18-Aug 8 Th 5-7p GHC Amyakar \$79

## American Mah Jong II **NEW**

A continuation of the beginner Mah Jong class the student will increase their knowledge of the game, learning new strategies and game variations. Bring your 2019 Mah Jong League card to class. 4 sessions.

2129 July 17-Aug 7 W 1:30-3:30p GHC Amyakar \$79

## Body-Heart-Mind Health

Enjoy a guided instruction in mindfulness, imagery, creative expression, and yoga/dance movement blended in fun and gentle ways to relieve stress. Cultivate a calm mind and strong body. 1 session.

2138 July 15 M 5:30-7:30p TC Davenport \$45

## Brain Power Through Food **NEW**

Empower students with knowledge and tools to impact the physiology of glucose in order to improve energy, mental clarity, decision-making and mental health for themselves and others. 1 session.

2175 June 25 Tu 5:30-8:30p TC Allott \$59

2176 June 27 Th 2-5p GHC Allott \$59

## Bridge Camp

Develop skills in leads, signaling, range of point count and tips for ongoing success at the bridge table. Each day will include lecture, pre-set hands and time for regular play. 4 sessions.

2130 Aug 5-8 M-Th 9a-2p GHC Bartlett \$150

## Cannabis Health Benefits

This course gives a comprehensive overview of the therapeutic properties of cannabis. Create a Personal Care Plan and learn how medical cannabis patients can legally grow cannabis. 6 sessions.

2133 June 26-July 31 W 5:45-7:15p GHC Barfield \$178

## Cannabis Industry and Trends

Learn valuable skills on how to jump start your cannabis career. Learn about everything cannabis, while developing a plan to get your dream job in the cannabis industry. 6 sessions.

2132 June 25-July 30 Tu 5:30-7p TC Barfield \$178

## Circuit Training

Use resistance and cardio training techniques to improve your endurance and help you build strength. Circuit training uses a variety of movements with metabolism and mood boosting benefits. 8 sessions.

2253 June 26-Aug 14 M 5-6p TC Williams \$89

## Feldenkrais Movement Method **NEW**

Learn the element of direct awareness, discover and correct poor movement patterns. Remap neuronal connections and restore brain-muscle coordination. Live with lightness and ease. 3 sessions.

2225 July 10-24 W 6:30-7:45p GHC Rossi \$89

## Healthy Gardens

Learn natural ways to have a great yard without the use of harsh chemicals. Learn proper plant design and care. 3 sessions.

2198 July 10-24 W 6-8p GHC Machcinski \$109

## Iyengar Yoga

A slower paced practice that focuses on developing strength and flexibility through attention to alignment. This style accommodates injury or disability. Supply list online or call. 8 sessions.

2189 June 24-Aug 12 M 4:30-6p GHC Loghry \$89

## Dog Parenting Basics **NEW**

Make life easier and more enjoyable with your dog. This class covers management, relationship and calmness. No dogs in class. 1 session.

2698 June 25 Tu 6-8p GHC Knowlton \$29

2697 July 30 Tu 11a-1p GHC Knowlton \$29

## Fundamentals of Pet Grooming

Learn benefits and tricks to grooming a pet at home, maintenance tips for between grooming appointments, and how to best prepare for the next grooming session. Comb included. 2 sessions.

2531 July 9-16 Tu 11a-12p GHC Schmidt \$59

## Life Skills for Companion Dogs **NEW**

Teach your dog essential life skills and concepts such as self-control, calmness, and focus. No dogs first class. First class is mandatory. Socialized dogs only. 4 sessions.

2153 June 26-July 17 W 11:30a-12:30p GHC Knowlton \$116

## Loose Leash Dog Walking **NEW**

Is your dog constantly pulling on the leash? You will learn useful skills to enjoy a leisure leash walk with your dog. This is a group class. Socialized dogs only. 4 sessions.

2152 June 26-July 17 W 10-11a GHC Knowlton \$116

## Pilates **NEW**

Build a leaner, stronger body that is more flexible and well balanced. Coordination and body alignment will improve as well as circulation and body awareness. Held at The Fitlab. No class July 4. 8 sessions.

2246 June 27-Aug 22 Th 4-5p Offsite Meisgeier \$158

## Tai Chi I **NEW**

This class is for those with little or no knowledge of Tai Chi who want to strengthen core, improve balance, breathing and concentration. 6 sessions.

2573 June 26-Aug 31 W 9-10a GHC Gurley \$45

## Tai Chi II **NEW**

Improve heart/lung function, muscular strength, flexibility and balance. Class is on-going and requires instructor permission. 12 sessions.

2574 June 24-Aug 31 M&W 10-11a GHC Gurley \$79

## Tai Chi III **NEW**

Improve heart/lung function, muscular strength, flexibility and balance. Experience recommended. Class is on-going and requires instructor permission. 12 sessions.

2575 June 24-Aug 31 M&W 11a-12p GHC Gurley \$79

## Zumba

Zumba combines upbeat music with dance styles from around the world. Have fun while burning plenty of calories. All fitness levels welcome. No experience needed. No class July 4.

2139 June 25-Aug 22 Tu&Th 5:20-6:20p TC DeGolier \$98 (16 sessions)

2140 June 25-Aug 13 Tu 5:20-6:20p TC DeGolier \$59 (8 sessions)

2864 June 27-Aug 22 Th 5:20-6:20p TC DeGolier \$59 (8 sessions)

# HUMANITIES & SCIENCE

## Archaeology Workshop **NEW**

This class will introduce students to the basics of archaeological theories and practices with hands on experience in ceramics, coinage, architecture and papyrology. 4 sessions.

2264 June 24-27 M-Th 9a-12p GHC Lowinger \$114

## Crafting A Story

Writers talk about story, but what is it really? Explore the structure, techniques and best practices of what goes into crafting a work of fiction. 2 sessions.

2250 July 11-18 Th 6:30-8p GHC Wells \$69

2251 July 25-Aug 1 Th 6:30-8p TC Wells \$69

## Equestrian Art Lecture

Learn about European artworks in which the horse is the main subject through this slide-lecture. Examples range from the 1500-1800s, covering the Renaissance through Impressionistic periods. 1 session.

2263 June 24 M 3-4:30p GHC Cosgrove \$39

## Exploring Irish Genealogy Records

Find your Irish family records and history with this computer class focusing on Irish resources. 1 session.

2134 June 26 W 5:30-7:30p GHC Cosgrove \$49

## Film Studies: Time Travel **NEW**

Delve into questions of cinema, time and memory. Students will look at time travel stories, heritage/nostalgia films and modern 'puzzle films' that have a time component. 6 sessions.

2529 June 26-July 31 Tu 6:30-8:30p TC Crelling \$129

## Japanese Culture and Conversation **NEW**

Learn basic and useful Japanese language which can be used for your daily life along with experiencing some of Japanese culture. No Japanese knowledge is required. No class July 4. 8 sessions.

2181 June 25-Aug 13 Tu 4-6p GHC Howard \$137

2182 June 27-Aug 22 Th 4-6p TC Howard \$137

## Open Read and Critique Workshop

Aspiring writers come together to read and critique each other's stories and works-in-progress in a safe, creative, and supportive environment. 2 sessions.

2252 July 10-17 W 6:30-8p TC Wells \$69

## Pacific Northwest History

Discover the history of the PNW. Learn about when the first settlers arrived, the first ships to map the coastline, Lewis and Clark, native nations and Job Carr, who settled in the Tacoma area. 6 sessions.

2262 July 1-Aug 5 M 6-8p GHC Crelling \$129

## Psychology of Stories

For aspiring and experienced fiction writers, this class unpacks the psychological force of stories. Each session gives participants tools and techniques for immersing readers in vicarious, visceral experiences. 6 sessions.

2142 July 9-25 Tu&Th 10a-12p GHC Fowler \$139

2143 July 9-25 Tu&Th 2-4p TC Fowler \$139

## Publishing and Marketing Your Book **NEW**

Learn pros and cons of varying publishing options as well as effective strategies using both digital and print to market your book. 3 sessions.

2201 July 24-Aug 7 W 10a-12p GHC Murray \$109



# PERSONAL PLANNING

## Lunch-N-Learn: The Retirement Series

Pack a lunch and join us for this 3 part series; Preparing for Long Term Care, Retiring Fearlessly, and Social Security. Three classes for one low price! 3 sessions.

2214 July 10-24 W 12-1p GHC North \$15

## Preparing for Long Term Care

In an instant, an accident or diagnosis can change your life. Discover how discussing long-term care can prepare you and your family emotionally, physically and financially. Pack a lunch and join us. 1 session.

2219 July 10 W 12-1p GHC North \$7

## Social Security

Social Security is very complex. We will take you through the choices and help ensure the decisions you make are best for your situation. Pack a lunch and join us. 1 session.

2221 July 17 W 12-1p GHC North \$7

## Retiring Fearlessly **NEW**

Learn how to manage risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs. Pack a lunch and join us. 1 session.

2222 July 24 W 12-1p GHC North \$7

# PROFESSIONAL DEVELOPMENT

## Alcohol Drug Information School

Course provides detailed knowledge of the curriculum required by the State of Washington, Division of Behavioral Health and Recovery provided through the Change Company. 2 sessions.

2131 July 24-25 W&Th 5:30-9:30p TC Anderson \$225  
2568 Aug 14-15 W&Th 5:30-9:30p TC Anderson \$225

## Emergency Care Basics

Become certified in Cardio Pulmonary Resuscitation/Automated External Defibrillator, First Aid Provider, and Healthcare Provider Basic Life Support. Students will receive a 2 year certificate upon successful completion. No class July 4. 8 sessions.

2244 June 24-Aug 12 M 6-8p GHC Stephenson \$187  
2245 June 27-Aug 22 Th 6-8p TC Stephenson \$187

## Flagging and Traffic Control

Upon successful completion of this course, students will be certified and issued an ID card valid for 3 years in Idaho, Montana, Oregon, and Washington. Students must be 18 years of age or older. Fee includes textbook and ID card. 1 session.

2242 July 17 & 18 W&Th 5:30-9:30p TCC Stephens \$73

## Forklift Operator Certification

Learn the skills to maneuver a forklift and earn a 3 year certification card upon successful completion. This is a WA State and OSHA Title 29CFR 1910.178 course appropriate for all skill levels. Must be 18 years or older. 2 sessions.

2136 July 24 & 25 W&Th 5:30-9:30p TC Daugherty \$227  
2137 Aug 14 & 15 W&Th 5:30-9:30p TC Daugherty \$227



## Building Exceptional Presentation Skills

**Storytelling. Active learning. The power of nonverbal communication. Better PowerPoint design and more!**

Learn how to frame your topic, clarify your message and connect with your audience. We'll engage in activities to enhance communication in your professional life and personal life. Participants will leave with a communication toolbox of additional resources. 1 session.

2527 June 25 Tu 6-7:30p TC Fierro \$89  
2528 June 26 W 6-7:30p GH Fierro \$89

Upon completion Tacoma Community College will award you with a Presentation Skills Certificate.

**Save the dates!**

**1&2**  
FRIDAY & SATURDAY  
**November 2019**  
**Writers Conference**  
Gig Harbor, WA



# GIG HARBOR YOUTH CAMP

Monday, August 12-Thursday, August 15

AGES 12-17

## Learn to Cartoon

### Illustration Boot Camp

- Learn the basics of comics, covering the principles of narrative and sequential visual storytelling as we explore writing, panel layout, composition, inking and coloring.

Comics are a big business, with comics evolving from the printed page to television series and countless major motion pictures. This course will help develop comic artists!

2195  
GHC Aug 12-15 M-Th 9a-12p  
Beck \$109

9a-12p

## Digging Up the Past

1-4p

### Archaeology Boot Camp

Have you ever wanted to learn about archaeology and what archaeologists really do? This class will introduce students to the basics of archaeological theories and practices regarding ceramics, coinage, architecture and papyrology. During each session, students will engage in a classroom activity designed to give them hands-on experience in the processing, preservation and analysis of ancient material culture.

2194 Aug 12-15 M-Th 1-4p GHC Lowinger \$109



**Enrollment deadline: August 5. Waiver required.**



facebook.com/ContinuingEdTacoma



253.460.2424



tacomacc.edu/continuingeducation