

Continuing Education

Tacoma Community College WINTER 2019

Take a break from winter. Learn about:
making jewelry with resin ... building or buying a tiny house ... understanding the ethics of fashion or training to become a certified flagger ... more inside

PERIODICALS
POSTAGE
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TCC Lynette Charters
GHC Dec. 24, 2018-Mar. 25, 2019
Gallery Reception | Jan. 11 | 4-6 PM

My aim is to highlight how women are presented but not represented in society and history by rendering famous paintings with the absence of the woman's body. In my interpretations I point out the biased, or lack of female representation throughout documented history, how female perspective and genius is masked over or gender-appropriated. I am hoping my voice, with the voices of others, will mean that ourselves and our daughters will be more accurately represented..

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!



Locations

GHC	Gig Harbor Campus	3993 Hunt St. NW Gig Harbor, WA 98335
TC	Tacoma Campus	6501 South 19 th St. Tacoma, WA 98466

PARKING: No parking permit is required at the Gig Harbor campus. Every registered 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) 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 needs to be cancelled or changed.

STUDENT-INITIATED DROP: Students wishing to drop a class need to notify the Continuing Education Department, *in writing*, 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/tccdtc.

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/academics-programs/continuingeducation/index

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TACOMA
COMMUNITY
COLLEGE

Gig Harbor Campus | 253-460-2424
3993 Hunt St. | Gig Harbor, WA 98335

CONTINUING ED SCHEDULE

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Art & Creativity

Acrylic Painting I

Learn the basic elements of painting through the use of traditional techniques, still life and various exercises in color, value, composition, texture and more. 5 sessions.

5757	Jan 9-Feb 6	W	10a-12:30p	GHC	Smith	\$189
5759	Jan 10-Feb 7	Th	6-8:30p	TC	Smith	\$189

Acrylic Painting II

Develop your artistic voice and visual language as you work on a series of projects with a focus on different under-painting methods and the use of photographic reference. 5 sessions.

5760	Jan 9-Feb 6	W	1-3:30p	GHC	Smith	\$189
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Acrylic Painting III **NEW**

Expand your understanding of contemporary and traditional painting techniques and theories. Explore what makes popular artists successful as you duplicate your favorite masterwork. 5 sessions.

5758	Jan 8-Feb 5	Tu	1-3:30p	GHC	Smith	\$189
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Actor's Toolbox

Learn the craft of acting and tools an actor uses for auditions and acting scenes. Leave with knowledge on how to incorporate movement, voice and character development by utilizing several tools and exercises. 8 sessions.

5745	Jan 8-Feb 26	Tu	3:30-5p	GHC	Gilmour	\$139
5748	Jan 8-Feb 26	Tu	6:30-8p	TC	Gilmour	\$139

Alcohol Ink Workshop

Alcohol inks are vibrant and fluid, creating unique patterns and textures on specialized paper. This is a fun, no-fail workshop. No previous art experience is necessary. All supplies provided. 1 session.

5750	Jan 25	Fr	10a-1p	GHC	Finnigan	\$59
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Auditioning Skills **NEW**

Designed for students who want to prepare for auditions for TV, film and Theatre. Students will prepare for classical text auditions and improve their portfolio of acting monologues. 6 sessions.

5877	Jan 29-Mar 5	Tu	5:30-7p	TC	Kerr	\$144
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Ceramics I

Beginning and intermediate level. Focus on finishing, glazing, hand-building and wheel techniques. Prerequisite: Prior experience recommended. Consult your instructor prior to purchasing clay. See supply list. 10 sessions.

5753	Jan 4-Mar 8	F	10a-12p	TC	Gaudino	\$249
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Ceramics II

Intermediate and advanced level. Focus on finishing, glazing, hand-building and wheel techniques. Prerequisite: Prior experience required. Consult your instructor prior to purchasing clay. See supply list. 10 sessions.

5755	Jan 8-Mar 12	Tu	6-8p	TC	Ozaki	\$249
5756	Jan 4-Mar 8	F	1-3p	TC	Ozaki	\$249

Create a Smalti Mosaic **NEW**

Pick a picture to recreate in mosaic. Learn to cut Smalti glass and position it into thin set. 3 sessions.

5798	Feb 6-Feb 20	W	9a-12p	GHC	Hickner	\$175
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Digital Photography I

Topics include camera and lens operation, memory cards, file formats, exposure, white balance, composition, lighting, creativity, image editing software and output. Course requires a digital camera. 8 sessions.

5927	Jan 9-Feb 27	W	6-8p	GHC	Van Dommelen	\$222
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Drawing and Painting Animals **NEW**

Explore the technical aspects of drawing and painting domestic and wild animals, and how to capture their personality and inner nature. Choose favorite materials: colored pencil, pastels, watercolor or acrylic paint 6 sessions.

5761	Jan 8-Feb 5	Tu	10a-12p	GHC	Smith	\$189
5762	Jan 10-Feb 7	Th	1-3p	TC	Smith	\$189

Drawing What You See

Learn to see the way the artist sees, and how to draw what you see or imagine with accuracy. Students will work from still life and imagination. Supply list provided. 6 sessions.

5763	Feb 6-Mar 13	W	6-8p	TC	Schlaudraff	\$99
5762	Feb 7-Mar 14	Th	6-8p	GHC	Schlaudraff	\$99

Felted Hat Design **NEW**

Learn the unique method of felting by hand using fleeces and other fabrics that will be blended together to make a hat. Supply list provided. 3 sessions.

5799	Feb 6-Feb 20	W	4-7p	GHC	Whelan	\$90
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Freestyle Mosaic

Individualized instruction at all skill levels. Use glass, pebbles, broken dishes, beads and more. All materials, supplies, and tools are provided. 8 sessions.

5765	Jan 15-Mar 5	Tu	12-3p	GHC	Alexander	\$199
5766	Jan 18-Mar 8	F	12-3p	TC	Alexander	\$199

Fundamentals of Sculpture **NEW**

Beginning level class. Covers basic techniques, history, materials, tools, and vocabulary. Create bas-relief clay tiles, subtractive sculptures from plaster, a free standing wire armature and a moveable sculpture. Supply list will be provided. 8 sessions.

5784	Jan 2-Feb 20	W	6:30-7:45p	GHC	Czyzewski	\$220
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Groove into Guitar **NEW**

Beginner level class. Covers how to play different styles on different kinds of guitar (classical, jazz, rock, country, and fingerstyle folk), soloing and chord strumming for accompanying vocals. 5 sessions.

5785	Jan 11-Feb 8	F	3-4:30p	GHC	G. Preparata	\$129
5786	Jan 11-Feb 8	F	5:30-7p	TC	G. Preparata	\$129

Introduction to Voiceovers

Fun empowering workshop covering the different types of voiceovers and tools needed to succeed. 1 session.

5787	Jan 9	W	6-8p	GHC		\$49
5788	Feb 27	W	6-8p	GHC		\$49

Israeli Folk Dance **NEW**

This is a low impact dance form that is appropriate for any age. Learn basic steps and then apply them to classic Israeli dances. 6 sessions.

5789	Feb 8-Mar 15	F	6-8p	TC	Jerdal	\$100
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Jewelry Making with Resin **NEW**

Learn to mix resin, make your own fashionable jewelry and play with other mixed media to create a one of a kind resin wall art piece. 8 sessions. NO CLASS 01/21 & 02/18.

5793	Jan 7-Mar 11	M	6:30-7:45p	TC	Miville	\$250
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Journaling with Purpose **NEW**

Covers the practice of keeping a regular personal journal. Through writing techniques, readings and class discussion, develop your own journaling style. 4 sessions.

5790	Jan 3-Jan 24	Th	1-3p	GHC	P. Lee	\$75
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Just for Fun Piano

Learn to play piano in one easy session! Covers all you need to know to play your favorite songs without years of tedious lessons. 1 session.

5791	Jan 19	Sa	10a-1p	TC	Rochlin	\$97
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Pop Goes the Ukulele!

Learn to play pop and rock songs by popular artists including Meghan Trainor, Train, Grace VanderWaal, Jason Mraz, and The Beatles while increasing your chord knowledge and Ukulele skills. Bring your soprano, concert or tenor Ukulele and let's get ready to rock! 6 sessions.

5797	Jan 9-Feb 13	W	6:30-8p	GHC	Saxon	\$124
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Tapestry Creation with Wool **NEW**

Learn the ancient method of felting with needles. Create a unique piece of art using natural fleece. All materials included. 4 sessions.

5795	Feb 8-Mar 1	F	2:30-4:30p	GHC	Whelan	\$90
5796	Feb 7-Feb 28	Th	6:30-8p	TC	Whelan	\$90

FREE FILM & LECTURE SERIES **NEW**



RSVP: 253-460-2424

The Germans, Part 1 Jan 17 Thursday 6-7:30p

Charlemagne and the Saxons. By the time of his death in 814 CE, Charlemagne's empire extended from the North Sea to the Mediterranean, and from the Pyrenees to the Danube. As such, Charlemagne is considered by many historians as the 'Father of Western Europe.' [Lowinger]

The Germans, Part 2 Feb 7 Thursday 6-7:30p

Otto and Empire. By the time Otto I (the Great) was crowned as Emperor in 962 CE, he had already become the most powerful ruler in all of Europe. Not only did Otto unite the Kingdoms of Germany, he successfully defended Western Europe from an invasion by the Magyars and was hailed as the 'Savior of Christendom.' [Lowinger]

Free Lecture Feb 13 Wednesday 6-7:30p

History of the Gig Harbor Lighthouse. Gig Harbor is steeped in maritime history with boat building and commercial fishing playing a major role in the development of the area. The Gig Harbor Lighthouse, displaying a red flashing light, was built in 1988. Join us to learn more about this historic landmark. [McDonnell]

The Germans, Part 3 Mar 7 Thursday 6-7:30p

Barbarossa and the Lion. Frederick I (Barbarossa) is perhaps the greatest tactician of the Holy Roman Empire. From his coronation in 1155 CE, Frederick launched numerous campaigns of conquest first in Italy, but later was a key figure in the Third Crusade. [Lowinger]



Tempered Glass Mosaic **NEW**

Choose either the Seattle Space Needle or New York Statue of Liberty and create a collage of pictures onto the form and cover it with tempered glass. The sides are mosaic glass tile. 3 sessions.

5802 Jan 9-Jan 23 W 9a-12p GHC Hickner \$100

Ukulele for Everyone

Entry level class. Covers all the basics including how to hold the Ukulele, fretting notes, and playing chords. By week three you will be playing songs! 5 sessions.

5805 Feb 4-Mar 11 M 6:30-8p GHC Saxon \$124

Watercolor I

For the true beginner. Learn the basic properties of paints, paper and brushes, color mixing, washes and more. Guided exercises and hands-on practice. Supply list provided. 5 sessions.

5810 Jan 7-Feb 11 M 10a-12p GHC Finnigan \$139

Watercolor II

Building on basic skills, learn to create depth and volume in your paintings, explore new textures, masking and more. Supply list provided. 5 sessions.

5811 Feb 6-Mar 6 W 10a-12p GHC Finnigan \$139

Watercolor III **NEW**

Continue your study of watercolor in this mixture of demonstrations, exercises to loosen up, and painting the subjects of your choice. Supply list provided. 5 sessions.

5812 Feb 1-Mar 1 F 10a-12p GHC Finnigan \$139

Business & Technology

How to Start and Run a Business **NEW**

Learn the daily, weekly, monthly, and quarterly activities that every business owner should do to grow their business. 4 sessions.

5815 Jan 10-31 Th 6:30-8:30p TC Ness \$144

Health, Home & Leisure

Bridge I

Beginners and players returning to the game. Based on the Audrey Grant method, this class includes the basic elements of the game, bidding and play of the hand.

Each class includes instruction and actual play of prepared hands. 8 sessions.

5742 Jan 8-Feb 26 Tu 1-4p GHC Bartlett \$130

Bridge II

Develop advanced bridge skills based on the Audrey Grant method. Learn methods of playing and defending the bridge hand. Instruction and play of pre-dealt hands will improve your playing ability. 8 sessions.

5743 Jan 10-Feb 28 Th 1-4p GHC Bartlett \$130

Build a Tiny House **NEW**

The Tiny House Movement is taking our DIY world by storm! Covers code regulations, working with contractors, living in and renting out a tiny house, benefits, common mistakes, and risks. Tour a tiny house currently under construction! Class includes hundreds of dollars of digital workshops. 3 sessions.

5846 Jan 9-Feb 23 W 6-8p TC Crabtree \$129

5847 Feb 19-Mar 5 Tu 1-3p TC Crabtree \$129

5848 Feb 23-Mar 9 Sa 6-8p TC Crabtree \$129

Cannabis Industry and Trends **NEW**

Get in on the ground floor of this budding industry and grow your knowledge of current trends! Learn the history, and how cannabis is grown, stored, and regulated. 3 sessions.

5817 Jan 19-Feb 2 Sa 1-2:30p TC Barfield \$89

5818 Feb 9-Feb 23 Sa 1-2:30p TC Barfield \$89

Cooking Sous Vide **NEW**

Sous Vide is French for 'under vacuum'. Covers equipment, how to use it and techniques for predictable outcomes. Learn why restaurants world-wide depend on this to create the quality consistently. It is easy to do in your home. 2 sessions.

5819 Jan 17 & 31 Th 6-8p GHC Sandlin \$49

Fundamentals of Pet Grooming **NEW**

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

5826 Feb 12 & 19 Tu 11a-12p GHC Schmidt \$55

Health Benefits of Cannabis **NEW**

Learn how cannabis is grown, stored, regulated, and it's history. Gain insight into the medical benefits while addressing opinions and myths about use of cannabis. 3 sessions.

5832 Jan 23-Feb 6 W 6:30-8p GHC Barfield \$89

5833 Feb 13-Feb 27 W 6:30-8p GHC Barfield \$89

Heart-Healthy Living **NEW**

Prevent, halt and reverse heart disease through healthy eating, effective exercise and stress management. Learn strategies to improve your health. 3 sessions.

5837 Jan 18-Feb 1 F 10-11:30a GHC Piscatella \$140

5838 Jan 19-Feb 2 Sa 10-11:30a TC Piscatella \$140

Home Maintenance I

Beginner level class. Improve your knowledge of basic maintenance in electrical, plumbing, drywall repair, texturing, painting and caulking. Learn how to hire a good handyman at a fair price. Tool needs and maintenance will be covered. 8 sessions.

5839 Jan 8-Feb 26 Tu 6-7:30p GHC Evans \$110

Iyengar Yoga

Iyengar yoga is a style of slower paced practice that focuses on developing strength and flexibility through attention to alignment. This style uses props and adaptive practice so it is accessible to every level of ability and accommodates injury or disability. See supply list. 8 sessions. NO CLASS 01/21 & 02/18.

5840 Jan 7-Mar 11 M 4:30-6p GHC Loghry \$89

Knitting I

Master the foundations of knitting! Covers casting on and off, forming knits and purls (continental & English styles), increases/decreases, reading patterns, and keeping organized. Includes resources, correcting mistakes, philosophy, and industry trends. 5 sessions.

5793 Jan 2-Jan 30 W 5-6p GHC S. Preparata \$129

Knitting II

Learn how to approach the more advanced elements of knitting. Complex cables (with and without cable needles) and stranded color techniques will be explored. There might even be some steeking. 5 sessions.

5792 Jan 3-Jan 31 Th 10-11a GHC S. Preparata \$129

Making Mozzarella & Ricotta **NEW**

Making cheese is easy! Guidance through each step, proper equipment, utensils, ingredients and temperatures. Learn how to properly stretch your freshly made cheese, to be used on a pizza or string cheese for the kids.

1 session.

5842 Mar 4 M 6-8p TC Martin \$65

Smoking Meat and Fish **NEW**

Intro class to the art of smoking foods: what equipment to use and how; best wood for smoking; sourcing spices, wood and supplies. Includes making your own rubs, sauces & slathers, preparing the food & cooking times. 3 sessions.

5843 Feb 28-Mar 14 Th 6-8p GHC Sandlin \$119

Tai Chi I

Tai Chi, also known as meditation in motion, is a low impact, slow motion form of exercise which can ease the ills of aging by addressing the key components of fitness, muscle strength, flexibility, balance and aerobic conditioning. Wear loose comfortable clothing and soft sole shoes or bare feet. 8 sessions.

5844 Jan 7-Mar 11 M 5:20-6:20p TC Eber \$89

Tai Chi II

Prerequisite: Tai Chi 1. Sessions for more advance practitioners. 8 sessions.

5845 Jan 7-Mar 11 M 4-5p TC Eber \$89

The Ethics of Fashion **NEW**

For anyone who wants to see fashion have a more positive impact on our world. Delve into the history of fashion as well as industry processes. Class evolves into mending techniques and slow fashion solutions. 10 sessions.

5803 Jan 3-Mar 7 Th 7-9p TC Hanson \$125

5804 Jan 8-Mar 12 Tu 6-8p GHC Hanson \$125

Vinyasa Yoga **NEW**

Vinyasa is a faster paced flowing style of yoga. Movement is linked with breath. Practicing these continuous, fluid movements increases flexibility, strength, and stamina. 8 sessions.

5849 Jan 15-Mar 5 Tu 5:30-6:30p GHC Etta \$89

5850 Jan 19-Mar 9 Sa 10-11a TC Etta \$89

Wild Yeast Sourdough **NEW**

Create your own PNW "Wild Yeast" sourdough starter to take home and learn how to maintain it. Discover the advantages of wild yeast vs. commercial yeast for fermenting bread. 1 session.

5841 Mar 11 M 6-8p TC Martin \$65

Winter Birds of Washington **NEW**

Learn to identify over 205 winter bird species found in Washington. Covers species, habitat and season, locations, and tools needed. Also presented are birding techniques and ethics. 3 sessions.

5863 Jan 7, 14 & 28 M 6-8p GHC Kaynor \$59

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. Consult your physician before beginning any new exercise routine.

5739 Jan 3-Mar 7 Th 5:20-6:20p TC DeGolier \$59

10 sessions

5741 Jan 8-Mar 12 Tu 5:20-6:20p TC DeGolier \$59

10 sessions

5740 Jan 8-Mar 12 Tu&Th 5:20-6:20p TC DeGolier \$98

20 sessions



Humanities & Science

Criminology & Film

Devoted to the analysis of famous crime movies, each session views a classic film followed by a criminological examination of its story and a general class discussion. 6 sessions. NO CLASS 01/21 & 02/18.

5851 Jan 7-Feb 25 M 1-4p GHC G. Preparata \$99

Criminology & Serial Killers

A look at the founding of criminology and how social and psychological theories have been formulated to attempt to fathom the motives and mechanisms that drive serial killers. 6 sessions. NO CLASS 01/21 & 02/18.

5852 Jan 7-Feb 25 M 5-6:30p TC G. Preparata \$99

Equestrian Art History

Learn about European artworks from the 16th-19th Century in which the horse is the main subject. Perspective on equestrian art history from the Renaissance to Impressionistic periods. 1 session.

5861 Feb 25 M 6-7:30p GHC Cosgrove \$29

Exploring Historical Naples

Examine the fascinating history of Naples, from its foundation as a Greek colony to its role in the Italian Renaissance. Survey the city of Naples, as well as the surrounding archaeological sites of the Pompeii, Herculaneum and Oplontis. Brief introduction into the unique geography of the region. 6 sessions. NO CLASSES 01/21 & 02/18.

5853 Jan 7-Feb 25 M 10-11:45a GHC Lowinger \$69

French Language I

Beginning level class. Emphasizes basic pronunciation, reading, sentence patterns, writing, and vocabulary skills. Learn typical phrases and elementary grammar structures needed to understand the language. Required text book: "Living Language French" ISBN: 9780307478429. 6 sessions.

5854 Feb 6-Feb 13 W 2-3p GHC Cosgrove \$89

History of the Sicilian Mafia

History of the Sicilian Mafia from its origins in the 19th century to the present, its powerful ascent in the pre-Fascist epoch and "international rebirth" in the postwar-WWII, all the way to great "offensive" against the Italian State in the 1990s. 5 sessions.

5855 Jan 9-Feb 6 W 2:30-4p GHC G. Preparata \$99

5856 Jan 9-Feb 6 W 5-6:30p TC G. Preparata \$99

Introduction to Ethics

Introduction to the philosophical study of morality (the theory of right and wrong behavior), the theory of value (goodness and badness), and the theory of virtue and vice. 6 sessions.

5857 Feb 5-Mar 12 Tu 6-7p TC Caudill \$69

Introduction to Geology

A great starting place for people who are interested in geology. Topics include geologic time, the rock cycle, earth systems and more. Visual aids and handouts provided. 3 sessions.

5858 Feb 4, 11 & 25 M 6-8p GHC Kaynor \$59

Online Maps for Genealogy

Learn to use a computer to find free online historical maps for your research. Using the connection between genealogy and geography, old maps can provide clues to where your ancestors lived. 1 session.

5862 Mar 4 M 3-4p GHC Cosgrove \$29

Psychology of Stories

For aspiring and experienced fiction writers. Each session gives tools and techniques for connecting readers with the "why" of a story, drawing readers into characters' emotional arcs, and immersing readers in vicarious, visceral experiences. 6 sessions.

5859 Jan 29-Mar 5 Tu 1-2:30p GHC Fowler \$89

5860 Jan 5-Feb 16 Sa 10-11a TC Fowler \$89

NO CLASS 01/19 & 02/09.

Writers on Writing

Explore short essays by some of the most successful writers and discover the formula that works best for you. This class is for writers who want to workshop new or ongoing projects in any genre. 6 sessions.

5813 Feb 6-Mar 13 W 6:30-7:30p GHC Sadona \$139

Investment Strategies for Retirement

Learn how the markets work and how to invest. An experienced investment advisor will review what types of investments are suitable, and how you may put these strategies to work for your family. 4 sessions.

5869 Jan 17, 31 & Feb 14, 28 Th 6:30-8:30p TC Fagan \$115

Long-term Care/Social Security

Learn how developing a long-term care strategy can help you preserve independence, protect income and assets, and reassure your family about the future. Discover what you can expect from Social Security, and how to optimize your benefits. 1 session.

5868 Feb 6 W 6-8p GHC North \$19

Income and Estate Planning

Learn how to manage the risks all retirees face: outliving income; inflation; unpredictable events; market volatility; income taxes; and rising health care costs. 1 session.

5867 Feb 13 W 6-8p GHC North \$19

Steps to Homeownership

Learn about everything from credit scores to home inspections before starting your home search. Discover how to select a home, legal issues, consumer protection and much more. 1 session.

5870 Jan 9 W 6:30-8p GHC Lee \$19

5871 Jan 10 Th 6:30-8p TC Lee \$19

Professional Development

Alcohol and Drug Information School (ADIS-TOT)

Covers curriculum required by the State of Washington, Division of Behavioral Health and Recovery provided through the Change Company as well as teaching methods used to successfully present this curriculum. 2 sessions.

5864 Jan 12 & Jan 19 Sa 8:30a-4:30p TC Anderson \$225

Flagging and Traffic Control Certification

Upon successful completion you will be certified and issued an ID card valid for three years in Idaho, Montana, Oregon, and Washington. Fee includes textbook and ID card. 1 session.

5866 Jan 19 Sa 8:30a-4:30p TC Stephens \$73

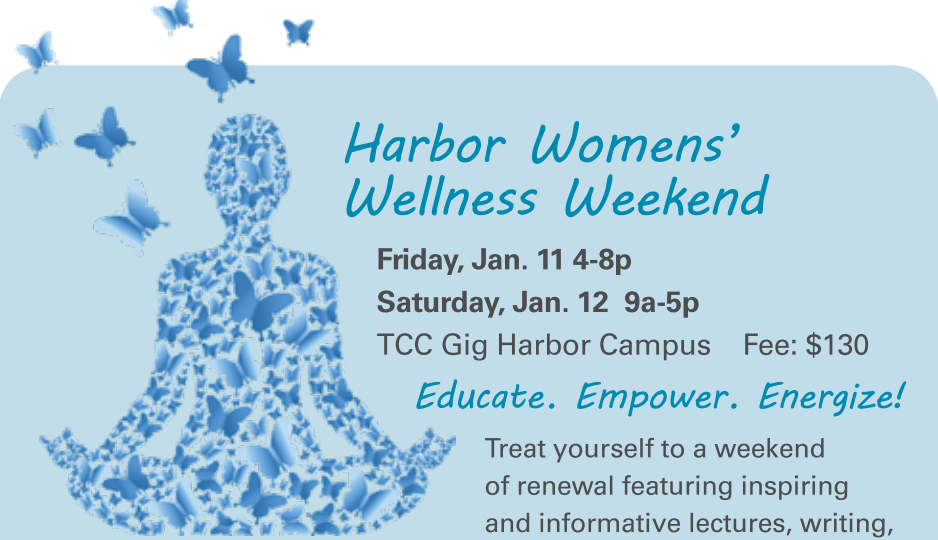
5876 Mar 9 Sa 8:30a-4:30p TC Stephens \$73

Forklift Operator Certification

Learn the skills to maneuver a forklift and become safety certified. This is a WA State and OSHA Title 29CFR 1910.178 course and is appropriate for all skill levels. Receive a three year certification card upon successful completion. Handouts included. 1 session.

5865 Jan 26 Sa 8:30a-4:30p TC Daugherty \$227

5939 Feb 23 Sa 8:30a-4:30p TC Daugherty \$227



Harbor Womens' Wellness Weekend

Friday, Jan. 11 4-8p
Saturday, Jan. 12 9a-5p
 TCC Gig Harbor Campus Fee: \$130
Educate. Empower. Energize!

Treat yourself to a weekend of renewal featuring inspiring and informative lectures, writing, creative arts, and movement. Claim time for yourself, listen deeply, be inspired. [5737]

Friday, Jan. 11			
4-6p	Reception for artist Lynette Charters whose work highlights Women		
6-8p	Meet and Greet		
Saturday, Jan. 12			
9a	Doors open		
9:45a	Welcome		
10-11a	Nutrition	Drawing	Move, stretch and refresh
11:15a-12:15p	Sculpture	Journaling with purpose	Tai Chi
12:15-1p	Lunch		
1-2p	Alcohol Ink	Vinyasa Yoga	Personal Growth
2:15-3:15p	Printmaking	Iyengar Yoga	Mixed Martial Arts
3:30-4:30p	Enhancing Health from Inside Out	Group Fitness	Greeting Cards with watercolor
4:30-4:45p	Closing		

Personal Planning

Buy a Tiny House

Investing in the Tiny House Movement may afford you financial freedom and opportunities...without lifting a finger. Covers code regulations, working with contractors, living in and renting out a tiny house, benefits, common mistakes, and risks. 3 sessions.

5820 Jan 9-Jan 23 W 1-3p GHC Crabtree \$99

5821 Jan 28-Feb 11 M 10a-12p GHC Crabtree \$99

5822 Feb 19-Mar 5 Tu 6-8p GHC Crabtree \$99

