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

Joules Martin

**GHC Gallery**

**June 17-August 23, 2019**

Reception **June 20** 1-4pm

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.
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. 4 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 underpainting 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.
2261 June 30 July 1 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 Schraudraff $105
2232 July 11-Aug 15 Th 6-8p GHC Schraudraff $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 Sadowa $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.
2219 July 15-Aug 14 W 10a-12p 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 movable sculpture. Supply list online. 8 sessions.
2135 June 26-Aug 14 W 6-8p 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

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
Focusses 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

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 I – Building Blocks of Lincoln’s Personality
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 II – 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 III – 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
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 Amyyakar $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 class 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 Amyyakar $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 Alfott $59
2176 June 27 Th 2-5p GHC Alfott $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 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 16-24 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 Machoinski $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.
2199 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 Meigelaer $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 paleography. 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 and body in film. 2 sessions.
2259 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 8. 4 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 6-8p 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 vivid, 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 June 24-Aug 7 W 10a-12p GHC Murray $109

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**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**
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 VIA 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!**

**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**

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

**Illustration 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.

**Archaeology Boot Camp**

1-4p

**Digging Up the Past**

1 session.
2194 Aug 12-15 M-Th $109

**GHC Lowinger**

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

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