

Continuing Education

Tacoma Community College

FALL 2018



We've got you covered!

Explore our classes.

Flexible hours. No grades. Lots of fun.

tacomacc.edu/continuingeducation

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TCC Hart James
GHC Sept. 17-Dec. 7, 2018
Gallery Reception | Oct. 11 | 4-6 PM

In this body of work Hart James speaks of the energy of nature around us; the current of the water, the flow of the air, the rock formations that form the foundation under our feet, and the movement of those foundations. The natural world is simply alive. It is as much a part of us, as our circulatory system.

Locations

Gig Harbor Campus	3993 Hunt St. NW Gig Harbor, WA 98335
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

Tacoma Community College values diversity and is an Equal Opportunity Employer and Educator. Tacoma Community College provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, genetic information, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types). Provides reasonable accommodations for qualified students, employees, and applicants with disabilities in accordance with the Americans with Disabilities Act and Federal Rehabilitation Act. The following officers have been designated to handle inquiries regarding non-discrimination policies: Title II and Title IX Officer, Bldg. 12, 253-566-5050; Section 504 Officer, Bldg. 7, 253-566-6090.



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!

TACOMA
COMMUNITY
COLLEGE

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

CONTINUING ED SCHEDULE

USPS 24597
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Art & Creativity

Ukulele for Everyone

Entry-level class with all the basics covered, including how to hold the ukulele, fretting notes, and playing chords. By week 3 you will be playing songs! 5 sessions.
5859 Sept 24-Oct 22 M 6:30-8p GHC Saxon \$120

Speaking Confidently

Develop confidence, positive body language, and vocal modulation. Structure your speech for maximum impact - and minimum discomfort! 5 sessions.
5863 Sept 24-Oct 22 M 6-8p TC Kapphahn \$89
5884 Sept 26-Oct 24 W 6-8p GHC Kapphahn \$89

Jazz Guitar for Beginners

Covers basic techniques, a discussion of chords, scales, and improvisation, and the study and performance of a solo jazz piece. 5 sessions. NO CLASS Nov. 12.
6148 Sept 24-Oct 22 M 6-8p GHC G. Preparata \$129
5922 Sept 26-Oct 24 W 6-8p TC G. Preparata \$129

Actor's Toolbox NEW

Learn the craft of acting and tools an actor uses for auditions, as well as how to incorporate movement, voice and character development. 8 sessions.
5864 Sept 25-Nov 13 Tu 1-3p GHC Gilmour \$139
5865 Sept 25-Nov 13 Tu 4-6p TC Gilmour \$139

Portrait Drawing II NEW

Take your drawing to the next level! Explore specific anatomical features of the face and various techniques used to create beautiful and accurate portraits. 5 sessions.
5868 Sept 25-Oct 23 Tu 10a-12p GHC Smith \$129

Acrylic Painting II NEW

Develop your artistic voice and visual language as you focus on different under-painting methods and the use of photographic reference. Multiple week projects. 5 sessions.
5866 Sept 25-Oct 23 Tu 1-3:30p GHC Smith \$139

Ceramics I

Beginning handbuilding and wheel techniques, glazing and finishing. Most materials included. Prerequisite: Instructor permission. 10 sessions. NO CLASS Nov. 23.
5867 Sept 28-Dec 7 F 10a-12p TC Gaudino \$229

Ceramics II

Intermediate and advanced handbuilding and wheel techniques, glazing and finishing. Most materials included. Prerequisite: Instructor permission. 10 sessions.
5871 Sept 25-Nov 27 Tu 6-8p TC Ozaki \$229

Violin for Beginners NEW

Learn the basics from posture and bow hold to reading and playing simple rhythms and melodies. No experience necessary; instruments not provided. 10 sessions.
5872 Sept 25-Nov 27 Tu 6-7:30p GHC Rouse \$182
5887 Sept 27-Dec 6 Th 7-8:30p TC Rouse \$180

Portrait Drawing I

Build fundamental drawing skills while covering theoretical and technical approaches to drawing the human form, including the Andrew Loomis method. 5 sessions.
5877 Sept 26-Oct 24 W 10a-12p GHC Smith \$129

Pop Goes the Ukulele! NEW

Increase your chord knowledge and skills while playing pop and rock songs by popular artists. Bring your soprano, concert or tenor ukulele. 5 sessions.
5874 Sept 26-Oct 24 W 6:30-8p GHC Saxon \$120

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.
5965 Sept 26-Oct 24 W 1-3:30p GHC Smith \$189
5966 Sept 27-Oct 25 Th 1-3:30p TC Smith \$189

Knitting for Beginners

Master the foundations (continental & English styles), reading patterns, and organization. Covers resources, philosophy, and industry trends. 5 sessions.
5869 Sept 26-Oct 24 W 4-5p GHC S. Preparata \$129

Knitting: Cables and Colors

Covers advanced knitting elements of complex cables (with and without cable needles) and stranded color techniques. Might even be some steeking! 5 sessions.
5870 Sept 26-Oct 24 W 2:30-3:30p GHC S. Preparata \$129

Watercolor I

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.
5876 Sept 26-Oct 24 W 10a-12p GHC Finnigan \$139

Digital Photography NEW

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.
5881 Sept 26-Nov 14 W 6-8p GHC Van Dommelen \$222
5890 Sept 29-Nov 17 Sa 10a-12p TC Van Dommelen \$222

Learn How to Sew NEW

Learn basic sewing skills, sewing machine & tool basics, sew seams & construct a simple project! Four sewing machines will be available or bring your own. 6 sessions.
5883 Sept 26-Oct 31 W 6-8:30p TC Standley \$120

Adjusting Patterns NEW

Students will learn how to adjust commercial patterns to fit their bodies better. Class will evolve into how to create your own individual pattern blocks. 4 sessions.
5888 Sept 27-Oct 18 Th 1-3p TC Giannangelo \$100
5886 Sept 27-Oct 18 Th 6-8p GHC Giannangelo \$100

Freestyle Mosaic NEW

All skill levels! Use glass, pebbles, broken dishes, beads and more! All materials, supplies, and tools are provided. 8 sessions. NO CLASS Nov. 12.
5893 Oct 1-Nov 26 M 1-4p TC Alexander \$199
5896 Oct 5-Nov 30 F 9a-12p GHC Alexander \$199

Drawing What You See

In this class you will learn to see the way the artist sees, and how to draw what you see or imagine with accuracy. Supply list provided. 6 sessions.
5894 Oct 3-Nov 7 W 6:30-8:30p TC Schlaudraff \$99
5895 Oct 4-Nov 8 Th 6-8p GHC Schlaudraff \$99

Mosaic Table NEW

Create a table top using a pattern or design of your own. No experience necessary. Learn the basics of using the direct mosaic method that can be applied to many different surfaces. Table Included. 4 sessions.
6011 Oct 10-Oct 31 W 1-3p GHC Hickner \$230
6012 Oct 10-Oct 31 W 4-6p TC Hickner \$230

Auditioning for Theater I NEW

Introduction to auditioning skills including Slating, playing pauses in the script, movement, playing to the "other," cold readings, group readings, engineered monologue pieces, and alternative source materials for monologues. 6 sessions.
5858 Oct 23-Nov 27 Tu 5:30-7p TC Kerr \$139

Introduction to Voiceovers

Fun empowering workshop covering the different types of voiceovers and tools needed to succeed. 1 session.
5902 Oct 24 W 6-8p GHC \$49
5923 Nov 28 W 6-8p GHC \$49

Silk Dyeing With Alcohol Inks

Learn to use alcohol inks and Sharpie markers to create colorful silk scarves. Opportunity to make two scarves during class. All materials provided. 1 session.
5907 Oct 26 F 1-4p GHC Finnigan \$49

Ukulele Holiday Songs NEW

Learn to play Christmas songs and other fun holiday music on the ukulele. Bring your soprano, concert or tenor ukulele. 5 sessions. NO CLASS Nov. 12.
5912 Oct 29-Dec 3 M 6:30-8p GHC Saxon \$120

Classical Flamenco Guitars for Beginners NEW

Learn the basics of classical-flamenco guitar. Covers foundational techniques and warmup exercises, a survey of music styles and rhythms, and the study and performance of a solo piece. 5 sessions.
5973 Oct 29-Dec 3 M 6-8p GHC G. Preparata \$129
5880 Oct 31-Dec 5 W 6-8p TC G. Preparata \$129

Watercolor II

Build on basic skills, create depth and volume in your paintings, explore new textures, masking and more. Supply list provided. 5 sessions. NO CLASS Nov. 21.
6122 Oct 31-Dec 5 W 10a-12p GHC Finnigan \$139

Just For Fun Piano

Learn to play piano in one easy session! We will cover all you need to know to play your favorite songs without years of tedious lessons. 1 session.
5889 Nov 3 Sa 10a-1p TC Rochlin \$97

Business & Technology

Monetizing Your Music Business NEW

Distribute your music globally, receive publishing royalties, and promote to a new audience, generating steady income. 10 sessions. NO CLASS Nov. 21.
5924 Sept 26-Dec 5 W 6-7p TC Johnson \$80

Business Planning Success I NEW

Businesses with a plan are more likely to succeed. Covers creating your plan, the information needed, and using the plan to grow your business. 3 sessions.
6046 Sept 27, Oct 11 & 25 Th 6:30-8:30p TC Ness \$129

Business Planning Success 2 NEW

Learn how to "pitch" your business to get funding or investors. Covers improving your business plan skills and how to polish your presentation skills. 3 sessions.
5933 Nov 1, 15 & 29 Th 6:30-8:30p TC Ness \$129

Digging Up the Past II

Learn about archaeology as we take a hands-on journey to explore several common forms of material culture. Engage in classroom activities designed to introduce cuneiform, mosaic, and a variety of household ceramic goods. 4 sessions.

5992 Sept 24-Oct 15 M 9-11:45a GHC Lowinger \$89

Introduction to Ethics

The fundamental question of ethics is, "What ought I to do?" This is tied to the next question of ethics which is "How ought I to live?" This discussion will introduce you to classical ethical theories. 6 sessions.

6000 Sept 24-Oct 29 M 11a-12p GHC Caudill \$69
5999 Sept 25-Oct 30 Tu 1:30-2:30p TC Caudill \$69

Ready, Set, NaNoWriMo!

Just in time for November writing month. Learn terms, tips, and techniques for generating ideas, writing, editing, goal setting, and leave with a plan! 1 session.

5892 Oct 29 M 6-8p GHC Warner \$29

Spanish Conversation I

Each class includes task-based activities, games, media, drawing, and other fun, interactive ways to speak Spanish. Build upon skills learned from the previous week, using new vocabulary. 9 sessions. NO CLASS Nov. 12.

6017 Sept 24-Nov 19 M 6-7p TC Curtis \$175

Spanish Conversation II

Continuation of Spanish Conversation I. 9 sessions. NO CLASS Nov. 12.

6018 Sept 24-Nov 26 M 7:15-8:15p TC Curtis \$175

The Writing Experience NEW

Explore the structure, techniques, and practices of the writing craft. Equal parts lecture and group critique. Students will have the opportunity to workshop their own stories in a safe, creative, and supportive environment. 6 sessions.

5860 Sept 24-Oct 29 M 7-9p TC Wells \$113

Emotions We Share with Readers and Characters NEW

As a creative writer, your responsibility is to provide eager readers a scene they will love. In this class we learn how to craft our stories for our readers. 10 sessions.

5861 Sept 25-Nov 27 Tu 10-11:30a GHC Snapper \$113

Writing Through the Senses NEW

Characters who fully convey their sensory experiences make stronger connections with readers, resulting in more effective fiction. Learn how to use physical senses to examine your characters' emotional states, create sympathy, and express deeper meaning. Students will submit stories for workshop and revision. 8 sessions.

5873 Sept 25-Nov 13 Tu 6-8p TC Ponepinto \$139

Criminology & Film

Devoted to the analysis of famous crime movies. In each session, the viewing is followed by a criminological examination and a general class discussion. 6 sessions.

5991 Sept 25-Oct 30 Tu 5-8p TC G. Preparata \$99
5990 Sept 27-Nov 1 Th 5-8p GHC G. Preparata \$99

The World of Shamanism NEW

Explore the roots of shamanism, find your power animal, and develop skills to communicate with plants and grow their connection to life. 3 sessions.

6025 Sept 25-Oct 9 Tu 6:30-8p TC Brown \$89

Screen-Write It!

Tips from the Silver Screen can light up your fiction! Apply lessons from the best film writers to advance personal and/or professional writing projects. 5 sessions.

5879 Sept 26-Oct 24 W 3:15-5:15p GHC Sadono \$139
5891 Sept 29-Oct 27 Sa 11:30a-1:30p TC Sadono \$139

Arthurian Legend NEW

Follow the stories from Arthur's earliest Celtic roots to the Round Table. We will look at some of the more modern adaptations, and discuss what makes these stories stand the test of time. 5 sessions.

5970 Oct 3-Oct 31 W 1-3p TC Kapphahn \$89

Storytelling II NEW

Examine the elements of good stories and the writing traits of most successful writers. Improve your storytelling and craft your family history. 6 sessions.

6123 Sept 26-Oct 31 W 10-11a GHC Genet \$59

Planets, Stars & You

Understand transits and how to interpret daily planetary movement with a natal chart. Identify positive and challenging times with any birth chart. A basic knowledge of astrology is needed to fully enjoy this class. 4 sessions.

6014 Oct 4-Oct 25 Th 6-7:30p GHC Christian \$109

Spying III NEW

Review of Spying 1 & 2 covers actual spying successes and failures. Learn the structure of the Intelligence Community (IC) and examine missions and roles of key agencies, as well as the individuals with key responsibilities in the community. Included is an overview of technology and a session on spy fiction. 7 sessions.

6019 Sept 28-Nov 9 F 10-11a GHC Genet \$69

Serial Killers and Criminology

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 Oct. 19.

6016 Sept 28-Nov 2 F 5-6:30p TC G. Preparata \$99

Marshall Plan: Politics, Pesos, and Policy

Examine the Marshall Plan, its rationale and goals, personalities involved, political realities of the day, and the various costs. The class will use these themes to explore the reality of "Marshall Plans" to solve recent foreign policy dilemmas. 4 sessions.

6006 Sept 28-Oct 19 F 1-3p GHC Paganelli \$69

The History of Ancient Civilizations NEW

How ancient religions, beliefs and customs inform us. This class will consist of 12 lectures built around 75-140 slides. 10 sessions.

5998 Sept 29-Dec 1 Sa 11a-1p TC Phillips \$69

A Couple of Capers NEW

Caper—a subgenre of crime fiction—with adventure, humor, and uncommon craftiness. Read and discuss fascinating accounts of thefts, swindles, and perhaps kidnappings. 5 sessions.

5967 Oct 2-Oct 30 Tu 10-11:30a GHC Bosanko \$69

Geology Rocks! NEW

Learn how plate tectonics explains volcanoes and earthquakes, how various land features form, the different rock types and how to identify them. 4 sessions.

5997 Oct 4-Oct 25 Th 10:30-11:30a GHC Hall \$69

Mapping the Heritage of the Gig Harbor Community NEW

Discover the heritage of our community by exploring the background of Native, British, and American origins. Utilize historic maps, charts, and vintage "before and after" photographs. Includes a four-hour field trip to points of interest. 3 sessions.

6005 Oct 3-Oct 17 W 5:30-7p GHC McDonnell \$59

Art Forgery and Art Theft NEW

Art pieces stolen and looted artifacts. Learn about the supply and demand in this class and where the big money is. 5 sessions.

5969 Oct 4-Nov 1 Th 12-1:30p GHC Bosanko \$69

Establish a Creative Writing Practice NEW

Jump start your creativity and develop your creative thinking and problem-solving abilities by working on your own writing projects. No prior writing experience necessary. 4 sessions.

5897 Oct 11-Nov 1 Th 6-7:30p TC Boone \$89

From Memory to Memoir NEW

Write your memoirs. Revisit the past prompted by photographs and other materials. Learn how to shape memories into interesting, organized, and readable memoir for your chosen audience. Includes discussion of literary techniques, writing exercises, and positive feedback. 4 sessions.

5898 Oct 9-Oct 30 Tu 6-8p GHC Warner \$59

Myth, Ritual and Worship in Ancient Greece NEW

Explore the amazing connection between Greek mythology and the religious practices that developed in parallel to them. Examine the role of sacred spaces, temples, and the role of mystery religions within Greek society. 6 sessions. NO CLASS Nov 12.

6013 Oct 22-Dec 3 M 10-11:45a GHC Lowinger \$59

Psychology of Stories NEW

For aspiring and experienced fiction writers. Each session covers the 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. NO CLASS Nov. 22.

5903 Oct 25-Dec 6 Th 1-2:30p GHC Fowler \$89
5904 Oct 27-Dec 1 Sa 10-11:30a TC Fowler \$89

Environmental Sustainability: China and the United States NEW

Go beyond the headlines to look at the relationship of China's people to the natural environment, environmental challenges, as well as opportunities that China faces. Discussion covers the multiple factors involved including the government, businesses, non-governmental organizations and citizens. 5 sessions.

6022 Oct 27-Nov 24 Sa 10-11:30a TC Eberhardt \$69

Beginning French Language NEW

Emphasis on reading and written skills, with basic French conversation. Learn typical phrases, elementary grammar structures, vocabulary, pronunciation, and sentence patterns. Recommended text book is *Living Language French* (ISBN: 9780307478429). 6 sessions. NO CLASS Nov. 21.

5989 Oct 24-Dec 5 W 2-3p GHC Cosgrove \$89

Using Old Maps for Genealogy NEW

Learn how to use historical maps for your genealogy research. Gain general guidance that will help direct you to the right map collections to suit your needs. Sample maps will be presented and discussed. 1 session.

6026 Nov 9 F 2-3p GHC Cosgrove \$29

Memoirs NEW

Bring a written one-to-two page life story to share with the class. Students will have the opportunity to comment on your memoir. All stories are confidential and to remain within the class. 6 sessions.

5915 Oct 30-Dec 4 Tu 2-4p TC Bloom \$59

Health, Home & Leisure

Iyengar Yoga

Iyengar yoga is a slower-paced practice that focuses on developing strength and flexibility through attention to alignment. Accessible to every level of ability and accommodates injury or disability. 10 sessions. NO CLASS Nov. 12.
5942 Sept 24-Dec 3 M 4:30-6p GHC Loghry \$89

Group Fitness **NEW**

Working out with all fitness levels in a fun group setting. Each session focuses on different muscle groups and participants leave with the workout to do at home. 30 sessions. NO CLASS Nov. 12, Nov. 21, and Nov. 23.
5943 Sept 24-Dec 7 MWF 5-6p TC Williams \$89

Zumba

Zumba combines upbeat music with dance styles from around the world. All fitness levels welcome. No experience needed. Consult your physician before beginning any new exercise routine.
6027 Sept 25-Nov 27 Tu 5:20-6:20p TC DeGolier \$59
10 sessions
5951 Sept 27-Dec 6 Th 5:20-6:20p TC DeGolier \$59
10 sessions. NO CLASS Nov. 22.
5952 Sept 25-Dec 4 Tu&Th 5:20-6:20p TC DeGolier \$98
20 sessions. NO CLASS Nov. 22.

Home Maintenance for Beginners

Improve your knowledge of basic home 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.
5945 Sept 25-Nov 13 Tu 6-7:30p GHC Evans \$103

Bridge I

For beginners and players returning to the game. Based on the Audrey Grant method, the class covers the basic elements, bidding and play of the hand. Each session includes instruction and actual play of prepared hands. 8 sessions.
5972 Sept 25-Nov 13 Tu 1-4p GHC Bartlett \$130

Beyond Obedience Dog Training **NEW**

Teach your dog concepts such as self-control, calmness, flexibility, focus and optimism. Through the use of games (using force-free, positive reinforcement training methods) modify your dog's behavior so they can make better choices through life. NO DOGS at first class. Bring proof of rabies vaccination. Dogs must be socialized. 6 sessions.
5950 Sept 26-Oct 31 W 11a-1p GHC Knowlton \$140
5956 Sept 29-Nov 3 Sa 11a-1p TC Knowlton \$140

Bridge II

Based on the Audrey Grant method, learn methods of playing and defending the bridge hand. Instruction and play of pre-dealt hands each session. 8 sessions.
5953 Sept 27-Nov 15 Th 1-4p GHC Bartlett \$130

Enhancing Health from Inside Out **NEW**

Covers down-to-earth mind-body practices to help you restore sleep, beat mental fatigue, strengthen your immune system and release toxins. 3 sessions.
5957 Sept 29-Oct 13 Sa 10a-12p TC Davenport \$135

Tai Chi I

Tai Chi is a low impact, slow motion form of exercise that addresses fitness, muscle strength, flexibility, balance and aerobic conditioning. Wear loose comfortable clothing and soft sole shoes or bare feet. 8 sessions. NO CLASS Nov. 12.
5959 Oct 1-Nov 26 M 5:20-6:20p TC Eber \$89

Tai Chi II

Prerequisite: Tai Chi 1. For advanced practitioners. 8 sessions. NO CLASS Nov. 12.
5958 Oct 1-Nov 26 M 4-5p TC Eber \$89

Fermenting at Home: Sauerkraut **NEW**

Learn to prepare sauerkraut with fresh ingredients using the "old school" method, without the use of a sauerkraut starter kit or added cultures. Samples of sauerkraut will be available at the end of class. 1 session.
5960 Oct 15 M 6-8p TC Martin \$60

Natural Yard Care **NEW**

Learn natural ways to have a great yard without the use of harsh chemicals. Proper plant design and care will be covered. 10 sessions. NO CLASS Nov. 12.
5961 Sept 24-Dec 3 M 6-8p GHC Machcinski \$100
5964 Sept 29-Dec 1 Sa 10a-12p TC Machcinski \$100

Pruning **NEW**

Learn how to prune at the right time, the right way, with the right tools! 10 sessions. NO CLASS Nov. 22.
5962 Sept 26-Dec 5 W 6-8p GHC Machcinski \$100

Rebalancing Our Nutritional Health **NEW**

Western diet has led directly to heart disease, stroke, cancer, inflammatory disease, autoimmune disorders and dementia. The advice given in this course is derived from the National Library of Medicine but it is not what is being advised by government and nutritional guidelines. This course corrects those guidelines. 6 sessions.
6015 Sept 26-Oct 31 W 6-7p GHC Lyons \$75

CLASS DETAILS LEGEND  (Harbor Institute designated class)
ITEM# DATES DAY TIME LOCATION INSTRUCTOR FEE

Personal Planning

Family Legacy I **NEW**

A chance to reflect and define your legacy. What values, stories, and passions are you leaving? Learn ways to engage kids and grandkids. 1 session.
5937 Sept 25 Tu 6-7:30p GHC Cox \$15

DIY Investing

Learn how to navigate the fog of investing. Covers concepts including diversification, rebalancing and costs, and how to apply this knowledge. 2 sessions.
5941 Sept 25-Sept 27 Tu&Th 6-8p TC Vignec \$99

7 Retirement Strategies for Women **NEW**

Understand life-changing financial decisions related to setting goals, Social Security, protection, estate and retirement strategies, and how to stay informed. 1 session.
5936 Sept 26 W 6-7p GHC North \$19

Retirement and Estate Strategies **NEW**

Learn to manage the risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs. 1 session.
5938 Sept 27 Th 6-7p GHC North \$19

Family Legacy II **NEW**

Join us for the simple truth of how to help yourselves and your families with wills and trusts, healthcare documents and what you have and want done. We will find solutions and you will leave with resources. 1 session.
5939 Oct 2 Tu 6-7:30p GHC Cox \$15

Professional Development

Alcohol and Drug Information School (ADIS-TOT)

Covers details of the curriculum required by the State of Washington, Division of Behavioral Health and Recovery provided through the Change Company. Also provides methods of teaching used to successfully present this curriculum. 2 sessions.
5925 Sept 29-Oct 6 Sa 8:30a-4:30p TC Towey \$225

Write in the Harbor

2018

Regional Writers Conference

Nov. 2 & 3

KEYNOTE SPEAKER: Dave Boling

Write in the Harbor is targeted toward writers working at all levels, in all genres and styles. Beginners and more seasoned scribes will find inspiration as well as practical advice, tips, and tricks. More important, perhaps, participants will have the opportunity to forge meaningful connections with a local writing community.

More Info? | 253.460.2424
tacomacc.edu/writeharbor

 253.460.2424  tacomacc.edu/continuingeducation