

Adult Special Interest

Arts & Crafts

Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Material list available, please bring materials to first class ★ Location: PKCC ★ Supply fee \$3
Instructor: Pat Tuton ★ 2 classes
Resident \$22 / Non-Resident \$26

Fri	Sept 9–16	9:30am–12pm	33817
Fri	Jan 6–13	9:30am–12pm	33818

Intermediate Watercolor

Improve your skills in watercolor and study principles of art. Create paintings from photographs, study other artists and paint one still life, with demonstrations by Pat Tuton. For advanced beginners through intermediate

Prerequisite: Beginning Watercolor or Beginning Watercolor Workshop ★ Location: PKCC
Instructor: Pat Tuton ★ 5 classes ★ Supply fee \$3
Resident \$55 / Non-Resident \$66

Fri	9:30–12pm	Sept 23–Oct 21	33819
Fri	9:30–12pm	Jan 20–Feb 17	33820

Gift Wrapping

How do you wrap that special gift to add sparkle and excitement for the recipient? Learn how to add magic to any package through basic wrapping techniques and bow tying. Angella and Jamie with Brilliantly Boxed, will teach you how to wrap a beautiful, custom package with confidence and flair. No skill required. Everyone welcome! Attendance at each class of this series is recommended but not required.

Students need to bring scissors, ruler, or measuring tape ★ Location: PKCC
Resident \$12 / Non-Resident \$14 per class

Basic Gift Wrapping & Bows	Sat	10am–12:30pm	Nov 19	33710
Odd Shaped Gifts & Better Bows	Sat	1–3:30pm	Nov 19	33711

Ikebana The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana ★ Location: PKCC ★ Fee for floral materials \$32 paid to instructor on first day of class ★ Please bring flower scissors, a board, shallow vase and a large kenzan (flower frog) to first class ★ Instructor: Diane Elliott ★ Location: PKCC ★ 4 classes

Free Demonstration

Wed	6:30–7:30pm	Oct 12	33591
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4 classes Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	Oct 19–Nov 9	33589
Wed	6:30–8:30pm	Feb 15–Mar 7	33590



Writing

Introduction to Short Fiction

How does writing short fiction differ from writing a novel? What makes this art form unique? In this class participants will work their way through the first draft of a short story and discuss topics such as setting, voice and scene. Through in-class practice and weekly assignments learn the tools essential for writing a piece of short fiction. Opportunities to share work with the class will also be provided. No experience necessary, just a desire to create and learn.

Instructor: Connie Weber ★ Location: PKCC
Resident \$20 / Non-Resident \$24

Sat	9am–1pm	Sept 17	33906
Sat	9am–1pm	Oct 22	33907
Sat	9am–1pm	Jan 21	33908



Music

Guitar Turbo Charged Beginning!

12 years and up

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. By the end of the course, you’ll know major, minor and 7th chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you’re into! Good for electric or acoustic styles.

Student must provide their own instrument
Instructor: Scott Lawson ★ 8 weeks ★ No class 2/20
Resident \$98 / Non-Resident \$118

Mon	4–5pm	Sept 12–Oct 31	34275
Mon	4–5pm	Jan 23–Mar 19	34277

Guitar Turbo Charged Electric! **NEW!**

14 years and up

Turbo Electric is for the intermediate electric guitar player looking to expand their knowledge beyond the basic open chords and barre chords. This class covers basic theory and chord progressions, as well as major, minor, and pentatonic scales and beginning lead guitar techniques, such as phrasing, vibrato, hammer-ons, etc.

Student must provide electric guitar, cord, and small practice amp ★ Instructor: Scott Lawson
Location: NKCC ★ 8 weeks ★ No class 2/20
Resident \$98 / Non-Resident \$118

Mon	5–6pm	Sept 12–Oct 31	34276
Mon	5–6pm	Jan 23–Mar 19	34278

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense. Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 5th Edition, please bring pen and paper to class" ★ Location: PKCC ★ 5 classes No class 1/16 ★ Resident \$38 / Non-Resident \$46

Mon	1:30–3pm	Sept 12–Oct 10	33592
Mon	1:30–3pm	Nov 14–Dec 12	33593
Mon	1:30–3pm	Jan 9–Feb 13	33594
Mon	1:30–3pm	Feb 27–Mar 26	33595

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 5th Edition, please bring pen and paper to class" ★ Location: PKCC ★ 5 classes Resident \$38 / Non-Resident \$46

Wed	1:30–3pm	Sept 21–Oct 19	33596
Wed	1:30–3pm	Nov 16–Dec 14	33597
Wed	1:30–3pm	Jan 11–Feb 8	33598
Wed	1:30–3pm	Feb 22–Mar 21	33599

Voice-Overs

You're On The Air: How to Make it in Voice-Overs!

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt. In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. Lisa Foster, successful voice-over artist will introduce students to the voice-over business and talk about numerous opportunities, income potential and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

Location: NKCC ★ Resident \$37 / Non-Resident \$44

Thur	7–9pm	Nov 17	34375
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Parenting

How to be Your Kids ADD Coach: Success & Sanity Tips **NEW!**

This class will help you understand how the ADD brain works, and what you can realistically expect. Learn what does—and doesn't—help children with ADD become more effective, consistent and/or accountable. Explore effective strategies for balancing mood, improving motivation and follow-through for routine tasks, and reduce the tendency for impulsivity and risky behavior choices.

Instructor: Cynthia Seager ★ Location: PKCC Resident \$25 / Non-Resident \$30

Sat	9am–12pm	Sept 10	33915
Sat	9am–12pm	Nov 5	33916
Sat	9am–12pm	Mar 10	33917

Become the Parent You Want to Be with Positive Discipline **NEW!**

Feeling Challenged by your kids power struggles... on-going misbehavior... whining or attitude... back talk... morning and bedtime routines or something else? Come find some practical and respectful solutions to your daily parenting challenges. Positive discipline is for parents who are looking for long term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. This seven session class is filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting, bring more joy into the home and give parents a sense of accomplishment.

Taught by Melanie Miller, Positive Discipline Lead Trainer and School Counselor ★ Location: PKCC 7 classes ★ Resident \$125 / Non-Resident \$150 Resident Couple \$150 / Non-Resident Couple \$180

Wed	6:30–8:30pm	Oct 5–Nov 16	33865
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Cooking

Manifest Dining Magic

Fun, Easy & Exotic Indian Vegetarian Cooking Class

Capture the alluring aroma and magical flavors of India and unleash them at your table with the presentation of your own exotic Indian meal. Learn the secrets about Indian spices, spice blends, basic curries and sauces, street foods and Indian pantry essentials in these fun and easy Indian Vegetarian cooking class. Enjoy simple, no-fuss recipes with step-by-step instructions presented by the instructor. You too, can manifest magic at your dining table.

Instructor: Padma Mandalaparthi ★ Location: PKCC Supply fee paid to instructor \$5 per class Resident \$35 / Non-Resident \$42

Wednesdays ★ 7:15pm–8:45pm

Fall Flavors of North India	Sept 7	33821
Health Secrets of Spice	Sept 14	33822
Vegan Treasures of India	Sept 21	33823
Yogurt Magic from India	Oct 5	33824
Street Foods of India	Oct 12	33825
Exotic Cuisine of South India	Oct 26	33826
Flatbreads & Chutneys	Nov 2	33827
Soups & Stews from India	Nov 9	33828
Classic & Easy Appetizers from India	Dec 7	33829
Indian Fusion Flavors	Jan 18	33830
Curry Sauces 101	Jan 25	33831
Valentine Day Specials from India	Feb 8	33832
Chai 101	Mar 7	33833
Rice Delicacies from India & Beyond	Mar 14	33834
Royal Favorites from India	Mar 21	33835

Creating in the Kitchen
for ages 3 to 5 years
See page 15

Adult Special Interest

Health & Nutrition

Be Thinner, Healthier & Happier by Balancing Your Brain Type **NEW!**

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline and focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr Amen's CYBCYB concepts.

The instructor was a staff therapist, ADD/life skills coach and educator for the PNW Amen Clinic for over 5 years.

Instructor: Cynthia Seager ★ **Location: PKCC**
Resident \$20 / Non-Resident \$24

Wed	7-9pm	Oct 19	33912
Wed	7-9pm	Jan 25	33913



Retain Your Waistline, Savings & Sanity this Holiday Season **NEW!**

Learn creative ways to build greater peace and meaningful connection with loved ones—and with yourself! Make the 2011 holidays a weight-gain free zone with stress busters that really work: tools for de-railing stress, anxiety and tension. In this class you will explore mindfulness strategies to reduce those stress-inducing "should's" that result in lack of time and holiday overspending.

Instructor: Cynthia Seager ★ **Location: PKCC**
Resident \$20 / Non-Resident \$24

Wed	7-9pm	Nov 9	33914
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Hypnosis for Weight Loss

You already know that losing weight can be one of life's most frustrating experiences. Now, find out what you can do to lose 20 pounds within weeks. Hypnosis can help you change those old destructive mental programs that are keeping you stuck... and it can be far easier than you ever imagined.

Location: NKCC ★ *The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington.* ★ **PLEASE BRING A MAT OR TOWEL, AND A PILLOW** ★ **Resident \$95 / Non-Resident \$114**

Wed	7-9pm	Oct 19, 26 & Nov 2	34371
Wed	7-9pm	Jan 18, 25 & Feb 1	37372

Hypnosis to Quit Smoking

Even though you already know how destructive smoking can be, you've lost track of how many times you've tried to quit. You've tried different brands. You've tried the gum. You've tried the patch. You've tried willpower. Nothing seems to work. Well, leave your willpower at home. Hypnosis can help you stop smoking for good... and it can be far easier than you ever imagined.

Location: NKCC ★ *The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington.* ★ **PLEASE BRING A MAT OR TOWEL, AND A PILLOW** ★ **Resident \$47 / Non-Resident \$56**

Tue	7-9pm	Sept 28	34373
Wed	7-9pm	Jan 11	34374

Genealogy

Online Genealogy

Learn how to research online and organize it into meaningful groups. Follow the trailblazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent web sites that can jumpstart your search for ancestors.

Location: PKCC ★ **Instructor: Doris Ford**
Sr Resident \$15 / Sr Non-Resident \$18
Non-Sr Resident \$30 / Non-Sr Non-Resident \$36

Thur	6-8pm	Oct 27	33422
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Dog Training

The Diamond Plate Dog Company is excited to offer puppy and dog training for owners with a busy lifestyle.

Puppy 101

The first 20 weeks of your puppy's life will build their foundation into adulthood. Owners will learn the essential skills to provide basic obedience, socialization, tools to turn sharp teeth into gentle jaws and help to curb chewing, barking and jumping.

Location: PKCC ★ **Instructor: Amy Riekstins, CCS**
6 classes ★ *First week of class is without dogs for orientation to answer questions, discuss behavior problem solving and equipment.*

Resident \$150 / Non-Resident \$180

Mon	6:15-7:15pm	Sept 12-Oct 17	33712
Mon	6:15-7:15pm	Nov 7-Dec 12	33713

Focus & Control

This class is designed to help owners develop necessary skills and structure for their adult dogs. Owners will gain tools to instill polite manners, no-pull leash walking and provide solutions to frustrating behavior such as jumping, chewing and barking.

Location: PKCC ★ **Instructor: Amy Riekstins, CCS**
6 classes ★ *First week of class is without dogs for orientation to answer questions, discuss behavior problem solving and equipment.*

Resident \$150 / Non-Resident \$180

Tue	6:15-7:15pm	Sept 6-Oct 10	33716
Tue	6:15-7:15pm	Nov 8-Dec 13	33717

Fun with Your Dog

Allow your dog to explore the fun of training through games. Trainer will expect all owners and their dogs to participate together in the relationship building games over four weeks of class. Each week will be a separate game for a new learning opportunity. This class is best for dogs that have a solid basic obedience foundation. Pre-authorization from trainer is necessary to be part of this class.

Location: PKCC ★ **Instructor: Amy Riekstins, CCS**
6 classes ★ *First week of class is without dogs for orientation to answer questions, discuss behavior problem solving and equipment.*

Resident \$150 / Non-Resident \$180

Mon	7:30-8:30pm	Sept 12-Oct 17	33720
Mon	7:30-8:30pm	Nov 7-Dec 12	33721

Adult Special Interest

Dog Training

Puppy Playtime **NEW!**

A great playtime opportunity for puppies from ages 8–20 weeks old to socialize together in a protected environment. Well socialized, non aggressive dogs over 5 months old welcome upon approval from instructor.

Location: PKCC ★ **Instructor:** Amy Riekstins, CCS
6 classes ★ **Resident \$48 / Non-Resident \$58**

Tue	7:30–8:15pm	Sept 6–Oct 11	33722
Tue	7:30–8:15pm	Nov 8–Dec 13	33723

Gardening

Gardens from Around the World **NEW!**

Here is your opportunity to see gardens from around the world. Learn about 15th through 17th century architecture, history and garden features.

Instructor: Nancy Tom ★ **Location:** PKCC
Resident \$20 / Non-Resident \$24

Thur	7–8:15pm	Nov 3	33766
Tue	7–8:15pm	Jan 31	33767

Landscape Design

Have you ever wanted to design your own landscape? This is a hands-on series to show you how to be your own landscape designer. In six weeks we will learn how to: develop a site analysis, measure, site a house on a plan, draw to scale, design workable hardscaping, consider color and texture, choose plants that are suitable for your soil, microclimate and home, consider safety both for plants and hardscaping. This is an intensive session for those who want to do this project themselves. Each class will include a lecture and time to work in-class. First class is lecture only; we will discuss supplies at this class.

Instructor: Nancy Tom ★ **Location:** PKCC ★ 6 classes
No class 11/26 ★ **Resident \$165 / Non-Resident \$198**

Sat	10am–12pm	Nov 5–Dec 17	33903
Sat	10am–12pm	Mar 3–Apr 7	33905

Computers

Introduction to Windows 7

Learn what is new in Windows 7. Check out the cool new features that can help simplify everyday tasks, work the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your Windows.

Location: PKCC ★ **Instructor:** Doris Ford
4 classes ★ **Sr-Resident \$44 / Sr Non-Resident \$53**
Non-Sr Resident \$63 / Non-Sr Non-Resident \$76

Thur	6–8pm	Sept 29–Oct 20	33419
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Document Management **NEW!**

Learn the structure of folders and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Instructor: Doris Ford ★ **Min 3 / Max 5**
Sr-Resident \$15 / Sr Non-Resident \$18
Non-Sr Resident \$30 / Non-Sr Non-Resident \$36

Thur	6–8pm	Nov 3	33612
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Intro to Excel

Learn what's new in Excel. Discover the ability to handle massive spreadsheets up to 1 million rows long and 16,000 columns wide, create formulas, use autofill, and review move, copy, print, and spell check commands. See actual thumbnail images of open documents on the taskbar.

Location: PKCC ★ **Instructor:** Doris Ford
4 classes ★ **Sr-Resident \$44 / Sr Non-Resident \$53**
Non-Sr Resident \$63 / Non-Sr Non-Resident \$76

Thur	6–8pm	Feb 2–23	33459
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NEW! RETURN TO WORK SERIES

Build fundamental job-seeking skills in Word and Excel to reenter the workforce.

Return to Work: Word **NEW!**

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC ★ **Instructor:** Doris Ford
4 classes ★ **Sr-Resident \$44 / Sr Non-Resident \$53**
Non-Sr Resident \$63 / Non-Sr Non-Resident \$76

Wed	11:30am–1:30pm	Sept 14–Oct 5	33998
Wed	11:30am–1:30pm	Mar 21–Apr 11	33999

Return to Work: Excel **NEW!**

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC **Instructor:** Doris Ford
4 classes ★ **Sr-Resident \$44 / Sr Non-Resident \$53**
Non-Sr Resident \$63 / Non-Sr Non-Resident \$76

Fri	11:30am–1:30pm	Oct 14–Nov 4	34000
Wed	12:30–2:30pm	Feb 22–Mar 14	34001

Adult Special Interest

Real Estate

Upside Down? **NEW!**

In's and Out's of Short Sales, Loan Modifications, and Foreclosure

Do you need to sell your home but owe more than what the home is worth? Is loan modification an option? Let us help you understand your options and what programs are available.

Instructor: Kim Prater ★ **Location:** PKCC
Resident \$10 / Non-Resident \$12

Thur	7-9pm	Sept 29	33866
Thur	7-9pm	Oct 27	33867
Thur	7-9pm	Jan 12	33869
Thur	7-9pm	Feb 23	33870

Investment Property Seminar **NEW!**

Are you thinking about investing in real estate? Learn how to determine cash flow. Learn how to avoid the 10 biggest mistakes investors have made in the last boom, and see how YOU can take advantage of the crash. Learn terms, formulas, and evaluation tools such as Gross Rent Multiplier, Price per square foot, Cash on Cash return, Float and Desire, and Cap Rate used to evaluate multi-family, commercial, and investment properties. Bring your calculator!

Instructor: Kim Prater ★ **Location:** PKCC
Resident \$10 / Non-Resident \$12

Thur	7-9pm	Oct 20	33872
Thur	7-9pm	Jan 5	33874
Thur	7-9pm	Mar 1	33875

Home Buyers Workshop

Can you afford it? Do you qualify for financing? Learn about zero-down programs, FHA loans, seller carry back programs, government gift programs and private gift programs.

Instructor: Kim Prater ★ **Location:** PKCC
Resident \$10 / Non-Resident \$12

Thur	7-9pm	Sept 8	33876
Thur	7-9pm	Nov 3	33877
Thur	7-9pm	Jan 19	33878
Thur	7-9pm	Mar 8	33879

Home Sellers Workshop

Learn how to get top dollar for your home. Topics include:

- >> Pricing
- >> Marketing
- >> For sale by Owner (Pros and Cons)
- >> Cost involved: Marketing, Commissions, Taxes, Title, and Escrow etc.

Instructor: Kim Prater ★ **Location:** PKCC ★ **Hand outs included** ★ **Resident \$10 / Non-Resident \$12**

Thur	7-9pm	Oct 13	33880
Thur	7-9pm	Dec 1	33881
Thur	7-9pm	Feb 9	33882

Reverse Mortgage **NEW!**

Are you 62 years old and have equity in your home? If the answer is "Yes!" you may be qualified to stay in your home for your lifetime-without ever having to pay another mortgage payment! Learn about payment and additional cash option that are now available with the HECM Reverse Programs.

Instructor: Kim Prater ★ **Location:** PKCC ★ **Hand outs included** ★ **Resident \$10 / Non-Resident \$12**

Thur	7-9pm	Nov 17	33910
Thur	7-9pm	Feb 2	33911



Life Safety / CPR

Adult CPR

12 years and older

Cardio-Pulmonary Resuscitation classes are offered FREE of charge to citizens who want to learn how to save lives using CPR and the Automated External Defibrillator (AED.) This course will satisfy the certified Basic Life Support training requirement, but it is not a Healthcare Provider (HCP) course for medical professionals and medical students. Those who need this should contact the American Heart Association, the American Red Cross, local hospitals or technical colleges.

Pre-registration is required ★ **Location:** Fire Station No. 22, 6601 108th Ave NE ★ **Upon satisfactory completion of this class, an American Heart Association Heart Saver card will be issued** ★ **The card is good for two years**

Tue	7-9:30pm	Oct 4	33986
Thur	7-9:30pm	Nov 3	33987
Mon	7-9:30pm	Dec 5	33988
Tue	7-9:30pm	Jan 10	33989
Mon	7-9:30pm	Feb 6	33990
Tue	7-9:30pm	Mar 6	33991

Infant / Child CPR

12 years and older

Cardiopulmonary Resuscitation classes will be offered FREE of charge to aid in saving lives in our community.

Pre-registration is required ★ **Location:** Fire Station No. 22, 6601 108th Ave NE ★ **A NON-Certified card will be issued at the end of this class**

Thur	6-8pm	Oct 6	33992
Sat	9-11am	Nov 5	33993
Tue	6-8pm	Dec 6	33994
Thur	6-8pm	Jan 5	33995
Tue	6-8pm	Feb 7	33996
Sat	9-11am	Mar 10	33997

