

# Adult Special Interest

## Arts & Crafts

### Sculpted Wire Jewelry **NEW!**

Learn to use wire to create beautiful and unique wire-sculpted jewelry that incorporates beads, glass cabochons and other components. Students will make a pair of wire earrings and a wire-wrap pendant in this class, using materials, instructions and tools supplied by the Instructor.

Supply fee \$35 payable to instructor on the day of class and includes a set of tools to keep • Instructor: Carol Sheppard • Location: PKCC

Sr Resident \$35 / Sr Non-Resident \$42  
Resident \$65 / Non-Resident \$78

Tue	9am–12pm	Apr 16	38630
Wed	6–9pm	May 1	36831
Wed	6–9pm	July 10	38632

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still lifes, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC  
Instructor: Jean Pratt Beouy • Location: PKCC

8 classes • Resident \$130 / Non-Resident \$156

Mon	6–9pm	Apr 1–May 20	37845
Mon	6–9pm	June 3–July 22	37846

3 classes • Resident \$49 / Non-Resident \$59

Mon	6–9pm	July 29–Aug 12	37847
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### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

Supply list available at PKCC.  
Instructor: Jean Pratt Beouy • Location: PKCC  
8 classes • Resident \$130 / Non-Resident \$156

Tue	5:30–8:30pm	Apr 30–June 18	37842
Tue	5:30–8:30pm	June 25–Aug 13	37844



### 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.

Fee for floral materials \$32 paid to instructor on first day of class • Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class

Location: PKCC • Instructor: Diane Elliott, a certified instructor with the Sogetsu School of Ikebana  
4 classes • No class 6/19 • Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	June 5–July 3	37870
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## Music

### Beginning Guitar Turbo Charged!

12 years to Adult

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 acoustic styles.

Must be at least 12 years old at the start of class  
Student must provide their own instrument  
Instructor: Scott Lawson • Location: NKCC • 8 weeks  
No class 5/27 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15–6:15pm	Apr 15–June 10	39067
Mon	5:15–6:15pm	July 1–Aug 19	39069

Ages 16 yrs to Adult

Mon	6:30–7:30pm	Apr 15–June 10	39068
Mon	6:30–7:30pm	July 1–Aug 19	39070

## Photography

### Digital Photography from A to F-Stop **NEW!**

If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner’s manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD.

**Included in the topics to be covered are:**

Correcting red eye • Optical & digital zooming • Default, mode & resolution settings • When to use ISO, F/Stop, and Shutter Speed settings • Solving the mystery of megapixels – capturing vs printing • How to meter correctly for proper exposure • Software for optimizing and editing your photographs • Storing, organizing, and displaying your digital photos • Digitizing your older film slides and prints • Traveling with your digital camera • Photo composition and light balance



Duke Coonrad, is an award winning photographer & has over 30 years of photography experience • His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Tue	6:30–9:30pm	Apr 9	38656
Tue	6:30–9:30pm	June 11	38657
Tue	6:30–9:30pm	Aug 6	38658

**Daytime Art Classes,  
see page 69**

## Jewelry & Wobblebobs

Trina Gratrix of Woven Chains Jewelry is a chainmaille jewelry artist. Her work is all made from small jump rings, open and closed and woven into her designs “one ring at a time.” She is fascinated by the infinite designs that can be created from the simple circle. Trina has been working professionally for 6 years, and has been creating jewelry for many years prior to that. Currently, Woven Chains Jewelry travels the Northwest, selling at many Art Shows and Street Fairs around the area. Woven Chains Jewelry is also sold in several galleries in Western Washington. However, her first love is teaching, which she has done for the last 10 years at private galleries and with youth groups. Her work is also available to view online at [www.wovenchains.etsy.com](http://www.wovenchains.etsy.com).



## Beginning Chainmaille Jewelry

**Ages 12 years to Adult**

Learn techniques and weaves to make three different chainmaille bracelets using nothing but jump rings. We will work on closing rings seamlessly, how to choose the perfect rings for your project, and how to read a chainmaille pattern; then we will use the weaves and skills learned in the first three classes to create several pairs of earrings. The bracelets will include Byzantine, Double Spiral and Ribbon Weave (also known as European 4 in 1). A variety of earring styles will be available to make during the last class.

Basic materials for all projects in the class are \$25 and payable to the instructor on the first day • Materials are available in either copper or brass, or a mix of the two (each week you will have your choice) • Additional kits will be available to purchase in a range of metals • View the instructor's chainmaille items at [www.wovenchains.etsy.com](http://www.wovenchains.etsy.com)

Instructor: Trina Gratrix • Location: NKCC  
4 weeks • No class 7/24

Resident \$100 / Non-Resident \$120

Wed	6:30–9:30pm	Apr 17–May 8	39131
Wed	6:30–9:30pm	July 10–Aug 7	39132

## Chainmaille Flowers

**Ages 12 years to Adult**

Make two different types of chainmaille flowers, one made from bright colorful scales and silver rings, and the other from bright rings. Great for pendants, ornaments or suncatchers!

All tools for the class and materials for your first set of flowers will be provided, and kits will be available for purchase if you would like to make more • View the instructor's chainmaille items at [www.wovenchains.etsy.com](http://www.wovenchains.etsy.com) • Instructor: Trina Gratrix • Location: NKCC

Resident \$35 / Non-Resident \$42

Wed	6–9pm	June 19	39135
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## Colorful Chainmaille Bracelet

**Ages 12 years to Adult**

Learn the ancient art of chainmaille! Artists have been using chainmaille (once used as armor) for hundreds of years to create interesting jewelry. You'll make and take home a unique and colorful bracelet made from colored aluminum. Aluminum is great for jewelry because it doesn't need any polishing or special care. Dazzle your friends with your chainmaille!

All tools for the class and materials for your first bracelet will be provided, and kits will be available for purchase if you would like to make more • View the instructor's chainmaille items at [www.wovenchains.etsy.com](http://www.wovenchains.etsy.com) • Instructor: Trina Gratrix • Location: NKCC  
Resident \$40 / Non-Resident \$48

Wed	6–9pm	May 22	39133
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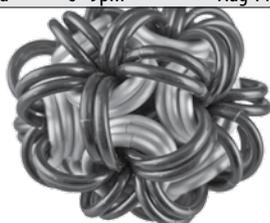
## Chainmaille Wobblebobs

**Ages 12 years to Adult**

Wobblebobs, a fun chainmaille ball, are cleverly made from just a pile of shiny rings. They're great for key chains, juggling, pendants, window decorations, worry stones, or just for fun! Choose from lots of bright and shiny colors to make your design your own.

All tools and materials will be provided for your first Wobblebob, and kits will be available for purchase if you would like to make more • View the instructor's chainmaille items at [www.wovenchains.etsy.com](http://www.wovenchains.etsy.com) • Instructor: Trina Gratrix • Location: NKCC  
Resident \$40 / Non-Resident \$48

Wed	6–9pm	June 5	39134
Wed	6–9pm	Aug 14	39136



## Life Safety

### 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.) Upon satisfactory completion of this class, an American Heart Association Heart Saver card will be issued. The card is good for two years.

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

Classes held at Fire Station No. 22, 6601 108th Ave NE

Thur	7–9:30pm	Apr 4	37957
Thur	7–9:30pm	May 9	37958
Tue	7–9:30pm	June 4	37959
Tue	7-9:30pm	Aug 6	37960
Tue	7-9:30pm	Sept 10	37961



### Infant / Child CPR

**12 years and older**

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

A NON-Certified card will be issued at the end of this class • Pre Registration is required

Classes held at Fire Station No. 22, 6601 108th Ave NE

Sat	9–11am	Apr 6	37962
Tue	6–8pm	May 7	37963
Thur	6–8pm	June 6	37964
Sat	9-11am	Aug 3	37965
Thur	6-8pm	Sept 12	37966

# Adult Special Interest

## Writing

### Story Starters

Do you want to write, but have trouble knowing where to begin? Do you ever wonder where writers get their ideas? This four hour seminar will help jump-start your creativity and show you how to tease those great ideas out of your imagination. Creating a character from found objects, mining your childhood memories and finding ideas in everyday places are just a few of the in-class activities that will help you get started. Whether your stories are fiction or non-fiction, for children or adults, you will gain some fresh ideas and strategies to keep you going long after class has ended.

*Instructor: Connie Weber • Location: PKCC  
Resident \$7 / Non-Resident \$8*

Thur	12–2pm	Apr 11	39303
Tue	10am–12pm	June 11	39304



### Writer's Workshop

One of the toughest parts of writing is letting your work be heard and critiqued. But there's no better way to grow as a writer. If you're working on a writing project and you'd like some feedback from your peers, along with advice and information from an experienced writer, this course is for you. Sessions will be divided into two parts—1) readings with feedback from writers within the group and 2) practical information writers can really use: instruction in the craft of writing, news about publishing markets, resources for writers, etc. Participants will also learn how to comment on the work of others in a helpful way. The course will run for six weeks at a time, and participants may sign up for one session or several, as they choose.

*Instructor: Connie Weber • 6 classes • Location: PKCC  
Resident \$60 / Non-Resident \$72  
Drop-In Rate Resident \$12 / Non-Resident \$14*

Thur	12–2pm	Apr 25–May 30	39307
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### Introduction to Creative Writing **NEW!**

One of the most difficult aspects of writing is simply getting started. In this course, students will find information, motivation and encouragement as they begin their writers' journey. This course will cover a variety of topics of interest to a new writer including how to generate ideas, establish the habit of writing and revising one's work. Most importantly, students will make connections with one another and begin to develop their own network of writers to support and encourage them along the way. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber • 4 classes • No class 7/4  
Location: PKCC • Resident \$40 / Non-Resident \$48*

Thur	10am–12pm	June 20–July 18	39305
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## Voice-Overs

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

You don't have to be an actor to get voice-over work. Learn about an exciting new way to get around the competition and actually turn voice-overs into a 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. Step up to the microphone to do some practice recording, and best of all, hear the results!

*Location: NKCC • Resident \$37 / Non-Resident \$44*

Tue	7–9pm	May 7	39126
Tue	7–9pm	Aug 6	39127



## Learn To Sew

### Sew What? Learn to Sew Series

Aren't you envious of those who know how to sew? Well don't be any longer. Veteran seamstress, Melissa Graham, will teach you the basics of sewing in a simple, uncomplicated, easy format. Meet new friends, and get all the help you need in this series of sewing classes designed for the beginning sewer. Sign up now and unleash your inner seamstress!

### Sew What? Intro to Sewing

**Ages 16 years to Adult**

This 1½ hour class will teach you simple sewing basics from getting to know your machine, and basic stitches, to reading and cutting out a pattern. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 2 weeks  
Resident \$32 / Non-Resident \$38*

Mon	6:45–8:15pm	Apr 1 & 8	39103
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### Sew What? It's in the Bag!

**Ages 16 years to Adult NEW**

For students who have completed the Sew Intro class or know sewing basics. In this 4 week class we will make a savvy shopper out of you by teaching you how to sew reusable shopping bags. Customize your bag with pockets and trim. Come prepared with Simplicity Pattern #2352 and bring notions and material you will need for your first bag.

*Instructor: Melissa Graham • Location: NKCC • 4 weeks  
Resident \$60 / Non-Resident \$72*

Mon	6:45–8:15pm	Apr 29–May 20	39104
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### Sew What? Pajama Party **NEW!**

**Ages 16 years to Adult**

Practice the basics by making pajama pants. You will be comfortable with the sewing basics like cutting a pattern, and hemming and stitching seams after you make a pair for your family and friends. Come prepared with the Simplicity Pattern #2290 and all the notions and material you will need for your first pair.

*Instructor: Melissa Graham • Location: NKCC • 4 weeks  
Resident \$60 / Non-Resident \$72*

Mon	6:45–8:15pm	June 3–24	39105
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## 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 6th Edition, please bring book, pen and paper to class.*

*Location: PKCC • 5 classes • No class 5/27  
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Apr 1–29	37849
Mon	1:30–3pm	May 13–June 17	37850
Mon	1:30–3pm	July 1–29	37851

### 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 6th Edition, please bring book, pen and paper to class.*

*Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Apr 3–May 1	37853
Wed	1:30–3pm	May 15–June 12	37854
Wed	1:30–3pm	June 26–July 24	37857

### French for Adults **NEW!**

**Ages 18 to adult**

Learn a little French language and culture and be comfortable as you travel abroad. Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France. You will feel confident to interact with a native French speaker... from booking a train ticket, to finding your way through the streets of Paris, to ordering a diner at a local restaurant, and buying from the Sunday market. Say Oui to French!

*Instructor: Frederique Battestini/Polly-Glots  
Location: NKCC*

*10 weeks • No class 4/13 & 5/25  
Resident \$168 / Non-Resident \$202*

Sat	11am–12pm	Apr 6–June 22	39106
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*6 weeks • Resident \$134 / Non-Resident \$161*

Sat	11am–12pm	July 13–Aug 17	39107
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## Computers Mac Classes—New

### Introduction to Mac **NEW!**

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
• Participants must provide their own Mac laptop*

*Sr Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Apr 1–22	38249
Wed	10am–12pm	May 1–22	38258
Fri	10am–12pm	July 12–Aug 2	38259

### Return to Work — Word Mac

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art on your Mac. 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  
\$5 lab fee per class is collected at time of registration  
• Participants must provide their own Mac laptop*

*Sr Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	June 3–24	38261
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### Mac iPhoto **NEW!**

Explore ways to browse your photos, rotate, crop and enhance the image quality. Learn the easy way to organize photos, email them and create a slideshow.

*Location: PKCC • Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration  
• Participants must provide their own Mac laptop*

*Sr Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	June 7	38647
Wed	8:45–10:45pm	July 10	38652



## Return to Work Series

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

### Return to Work –Excel

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  
No class 4/18 • \$5 lab fee per class is collected at time of registration*

*Sr Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Wed	10am–12pm	Apr 3–24	38262
Thur	6–8pm	Apr 11–May 9	38263
Mon	10am–12pm	July 8–29	38264

### Return to Work –Word

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  
\$5 lab fee per class is collected at time of registration*

*Sr Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Apr 29–May 20	38266
Thur	6–8pm	June 6–27	38268

**Windows 8 classes now available!  
See page 73 for more details.**

# Adult Special Interest

## Gardening

### Orchard Mason Bees in Your Garden

**NEW!**

Are you interested in learning how to improve the pollination of plants and trees in your yard? Or perhaps you are curious how you could support the environment by hosting non-stinging native bees without any fruit trees in your garden? Come join us as Missy Anderson (alias Queen Bee) from King County Master Gardeners, offers an engaging presentation on Orchard Mason Bees. Learn about the wonderful nature of mason bees, the value they bring to our world, and how easy it is to host them in a nesting box in your back yard. Becoming a successful bee farmer is easy and fun.

*Instr: Missy Anderson • Location: PKCC  
Resident \$10 / Non-Resident \$12*

Mon	12:30-2pm	April 1	39295
Tue	7-8:30pm	April 2	39296

### Designing with Conifers

**NEW!**

Conifers can provide 12 seasons of color and texture to your landscape and they're low maintenance, too! Learn how to choose the right conifer for your space. We'll look at a variety of plants of different colors and mature sizes and we'll supply a plant list handout.

*Instr: Nancy Tom • Location: PKCC • Res \$15 / Non-Res \$18*

Tue	7-8pm	June 11	38490
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### Designing with Evergreen Shrubs

**NEW!**

Evergreen shrubs can fill your yard with attractive foliage of different sizes and many of them bloom. Some are fragrant and some have beautiful berries. Find out which ones to add to your space. A plant list handout will be distributed at the class.

*Instr: Nancy Tom • Location: PKCC  
Resident \$15 / Non-Resident \$18*

Tue	7-8pm	June 18	38491
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### Gardening Design for Homeowners

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.

*Instr: Nancy Tom • 6 classes • Location: PKCC  
Resident \$150 / Non-Resident \$180*

Sat	10:30-12:15	July 6-Aug 10	38492
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### Investment Property Seminar

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*

Wed	7-9pm	July 17	38127
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## Real Estate

### DIY Home Staging: Tips & Tricks that Sell Homes

Staged homes consistently sell quicker and for more money than non-staged homes. Hiring a stager can cost thousands. Fortunately many people can save money by staging themselves. In this class, taught by a veteran stager, you'll learn key staging principles for staging your home yourself. Focus your money and efforts on those changes that will have the greatest impact on buyers and bring the greatest return on your investment. Bring up to 8 photos of your home for in-class feedback and ideas.

*Instructor: Cynthia Seager • Location: PKCC  
Resident \$17 / Non-Resident \$20*

Wed	6:30-8:30pm	Apr 10	38146
Sat	9-11am	May 25	38147
Mon	6:30-8:30pm	Aug 12	38148

### 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*

Wed	7-9pm	Apr 10	38488
Wed	7-9pm	June 19	38489

### Home Sellers Workshop

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

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

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

Wed	7-9pm	May 15	38125
Thur	7-9pm	Aug 15	38126

## Life Skills and General Interest

### Consignment Shopping for the Everyday Goddess **NEW!**

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

*Instructor: Nikol Schwab • Location: PKCC  
Resident \$25 / Non-Resident \$30*

Sat	10am–12pm	Apr 27	37837
Tue	10am–12pm	June 11	37838
Wed	6:30–8:30pm	Aug 7	37839

### Is it a Real Work at Home Job or a Scam? **NEW!**

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC  
Resident \$40 / Non-Resident \$48*

Tue	6–9pm	Apr 16	38584
Sat	10am–1pm	May 18	38585

### Become a Mystery Shopper

**NEW!** Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required.

*Course fee includes book with listings, a \$25 value  
Instructor: Bethany Mooradian • Location: PKCC  
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	Apr 24	38586
Sat	10am–1pm	June 8	38587

### Let's Get Organized! Purposeful Time & Paper Management **NEW!**

Do you feel you are spinning your wheels? Have time and papers gotten the best of you? This two part class will teach you the organizing process and help you create your email and paper system. Also, create a time template to live your most purposeful life.

*Instructor: Denise Allan • Location: PKCC  
Resident \$40 / Non-Resident \$48*

Wed	6:30–8:30pm	May 15 & 22	39344
Thur	6:30–8:30pm	July 11 & 18	39345

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

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, 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.

*Instructor Cynthia Seager is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years • Location: PKCC  
Resident \$17 / Non-Resident \$20*

Mon	6:30–8:30pm	Apr 15	38162
Wed	9:30–11:30am	June 5	38163
Sat	9–11am	Aug 3	38164

### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources.

*Handouts provided • Instructor: Cynthia Seager  
Location: PKCC • Resident \$17 / Non-Resident \$20*

Wed	9:30–11:30am	May 15	38226
Wed	6:30–8:30pm	July 17	38227

### Money Management Strategies

**NEW!** Do you struggle to get bills paid on time even if you have the money to pay them? Do you have piles of paperwork at tax time? In this class you will learn how to start tracking and organizing your money and paperwork right away to build skills and awareness you need to truly be in control of your finances.

*Instructor Cynthia Seager is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.  
Location: PKCC • Resident \$10 / Non-Resident \$12*

Mon	6:30–8:30pm	May 6	38228
Sat	9–11am	June 15	38229

### Creative Self Expression

**Ages 18 to adult** **NEW!**

Have you ever wanted to do something with a passion that you haven't managed to do? Would you like to sing, act, write, dance, garden, cook... the list goes on. Learn to explore your inner self, be with like-minded people, lose inhibitions, have fun, and what's more important... realize your dreams. As a group you will learn to trust one another through movement, improvisation, sharing, playing games, laughing, and self-discovery. Come and see what you can accomplish.

*Instructor Karen Neal Gee has an honors degree in theater arts, and a diploma in writing. She has taught Creative Self Expression to adults and children with great success, and has formed and overseen her own company.  
Dress in loose comfy clothing • Location: NKCC • 8 weeks  
Resident \$100 / Non-Res \$120*

Wed	7–9pm	Apr 17–June 5	39129
Wed	7–9pm	June 19–Aug 7	39130

# Adult Special Interest

## Dog Training

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

Instr: Amy Cornett • Location: PKCC  
Resident \$39 / Non-Resident \$47



<b>Come When I Call You</b>	Your dog can learn to come to you quickly and reliably. You will be given a solid foundation and many ideas for practicing “come” when I call you. A reliable recall can save your dog’s life.	Tuesday 7-8:15pm	April 23	39318
			May 21	39319
<b>Urban Agility</b>	This class is agility with a twist and is done over and under some of the most challenging and environmentally distracting objects we encounter outside. This is a confidence builder for any dog, you won’t believe what your dog is capable of! All breeds and all ages welcome (MUST have current vaccination proof and basic leash walking skills). No choke chains or prong collars. We will meet inside the Peter Kirk Center without dogs for first 15 minutes of class.	Tuesday 7-8:15pm	April 16	39320
			June 11	39321
<b>Walking on a Leash—No More Pulling</b>	Walking casually on a loose leash is a great goal for everyday walking your dog. If walks are more like a tug of war than a peaceful stroll, you can change that for the better with this workshop. We’ll cover a variety of different techniques for teaching your dog to keep the leash loose and stop pulling, No prong or choke collars.	Tuesday 7-8:15pm	May 14	39322
<b>Impulse Control</b>	Our four-legged family members are cute, warm, fuzzy, and full of enthusiasm. All they need now is a little guidance and development of impulse control. This course will walk you through the four steps of “leave it,” “wait & release,” and “distance stays” while adding duration, and distractions. You will walk away with very useful materials and practical techniques for a lifetime of canine impulse control.	Tuesday 7-8:15pm	April 30	39324
			May 28	39325
<b>Door Greetings</b>	Eliminate jumping and give your dog “something to do” when guests arrive. Good manners & proper door greetings can be as simple as getting your dog to sit, or go lay down on their bed. You will leave class with great ideas for door greeting management, as well as, solutions for everyone in your home to help with the training process.	Tuesday 7-8:15pm	May 7	39326
			June 4	39327
<b>First Steps to Good Canine Citizen</b>	The Good Canine Citizen test (GCC) is a program developed by the American Kennel Club in 1989 to reward dogs with good manners. This class offers a first step to discovering and developing basic manners for your dog to become a Good Canine Citizen.	Wednesday 7-8:15pm	May 1	39328
			May 8	39329
			May 22	39330
			May 29	39331

Resident \$20 / Non-Resident \$24

<b>Puppy Social</b>	This is an opportunity for puppies (ages 2 - 4 months) to play together in a safe, secure indoor environment. The first 18 weeks of a dog’s life are the most important for proper socialization and development of play skills. Proof of vaccinations is necessary to enter the class.	Wednesday 6:30-7pm	April 17	39334
			April 24	39335
			May 1	39336
			May 8	39337
			May 15	39338
			May 22	39339
			May 29	39340