

# Adult Evening EDUCATION

a publication of the Wake County Public School System



★ LET OUT your inner sewing machine.  
**page 17**

## SEW MANY POSSIBILITIES

★ STITCH a bright future with one of five certification programs.  
**page 8**

★ HEM your finances by selling on eBay.  
**page 9**

★ CREATE gallery worthy photos with Adobe Lightroom.  
**page 17**



**LIFELONG LEARNING**  
WITH COMMUNITY SCHOOLS

[wcpss.net/adult-edu](http://wcpss.net/adult-edu)



**WAKE COUNTY**  
PUBLIC SCHOOL SYSTEM

# Welcome!

Lifelong Learning with Community Schools is a program of Wake County Public School System (WCPSS) where you can enjoy courses that are educational, recreational, cultural, civic, and social in nature.

Get a **free** *Adult Evening Education* catalog published three times per year (fall, spring, and summer) available in libraries, schools, community centers, and select businesses throughout the county.

If you're 16 years old to 109 years young, you're invited to come grow and learn with us!



DEVELOP your story  
through memoir writing. 10

---

## Lifelong Learning Program Calendar

### Fall 2018 Semester:

Monday-Thursday,  
August 16-December 17

### Holidays:

September 3 Labor Day  
November 12 Veterans Day  
November 22 Thanksgiving

---



BRIGHTEN your senses  
with french macaroons. 12



COLOR in a  
Zentangle Gem. 6



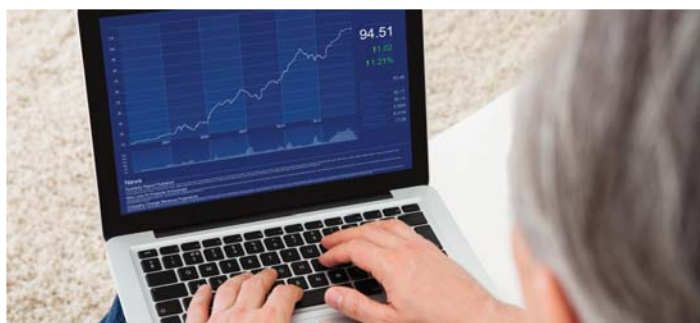
# Inside the Catalog:



**DELIVER FLAWLESS PROJECTS 7**



**TAKE A FREE VACATION 16**



**MAXIMIZE YOUR FINANCES 14**



**BENEFIT WITH GOOGLE TOOLS 18**

## REGISTRATION INFO

- 21 Sites and Directions
- 23 FAQs
- 23 Registration Instructions

## COURSES

- 4 Arts and Crafts
- 7 Career Skills
- 10 Communications
- 11 Computers
- 12 Cooking
- 13 Dance and Fitness
- 14 ESL
- 14 Finance
- 15 Health and Wellness
- 16 Languages
- 16 Personal Enrichment
- 17 Photography
- 17 Sewing
- 18 Teacher CEU/Parenting
- 20 Teens

## FEATURE PROGRAMS

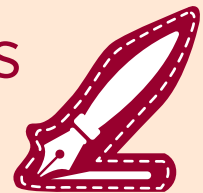
- 9 Teaching Opportunities Adult Evening Education
- 18 Free Family Academies
- 19 Teacher Certifications with NC State



**PRACTICE yoga. 15**



## ENHANCE your calligraphy skills with Jessica



### Calligraphy 101

Materials \$

This 12-hour beginner's calligraphy class will cover three lettering styles—Italic, Uncial, and Copperplate. Explore the history of letter styles, how to care and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class, taught by calligrapher Jessica Yee, will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be waitlisted for the next session. Contact the provider for a supply list.

See page 23 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Sanderson HS | 6:30-8:30 PM | Th | 9/20-10/25 | \$125

### Copperplate Calligraphy

Materials \$

Enroll in Copperplate calligraphy and you will learn the history of letter styles, how to care for and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class, taught by calligrapher Jessica Yee, will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be waitlisted for the next session. Contact the provider for a supply list.

See page 23 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Leesville HS | 7:00-9:00 PM | M | 9/17-10/22 | \$125

### Modern Calligraphy I

Materials \$

Let your pen loose and join me as we explore 'What is Modern Calligraphy?' The resurgence in beautiful loose lettering styles has graced the covers of wedding magazines to cute coffee shop signs. Come learn how to create your own style of beautiful handwriting. Fee includes all supplies needed.

See page 23 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Fuquay-Varina MS | 7:00-9:00 PM | T | 9/18-10/23 | \$125

### What people are saying...

"Jessica was great and was a true professional. I highly recommend her course."

-Tiffany Losada,  
Copperplate Calligraphy



**Jessica Yee** has studied and practiced calligraphy for the past 20 years. She started with broad edge and Copperplate style scripts such as Carolingian, Uncial, Spencerian, and Batarde, moving on to the many variations. A few years ago, she began studying pointed pen and fell in love with the fluid script styles as they reminded her of her grandmother's elegant handwriting. A lover of letters, she wants to teach you this fine, vintage art form to make your next event unique and memorable.

# HONOR your memories with Billy



## Memory Books 101

Materials \$

Make collaborative memory books to honor, remember, celebrate, or appreciate someone. Through class instruction, individual exercises, and reflection, select a theme, decide on the content, and collect contributions from friends and family. Finish the book in class with heartwarming results to give as a treasured, lifetime gift.

See page 23 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:00-8:30 PM | W | 9/12-10/24 | \$50

## Military Memory Books 102

Materials \$

Imagine creating a collaborative memory book to honor, remember, celebrate, or appreciate someone special who has or is currently serving in the military, living or deceased. Through class instruction, individual exercises, and reflection, select a theme, decide on the content, and collect contributions from friends and family. Finish the book in class with heartwarming results to give as a treasured, lifetime gift.

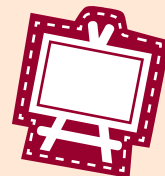
See page 23 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:00-8:30 PM | T | 9/11-10/23 | \$50



**Billy Dibbert** created a memory book about his Dad who was killed in Vietnam. The letters and pictures from family and friends brought his Dad back to life. Now he is passionate about helping others make these timeless treasures to honor their loved ones, living or deceased.

# BRUSH on creativity with Marcelle



## Classical Oil Painting Techniques of the Masters

Materials \$

Immerse yourself in this comprehensive painting class to scale and draw from a smaller photograph to a larger canvas with absolute accuracy. Mix an underpainting palette and apply the paint. If doing a portrait, learn how to mix and apply flesh color. Also included are techniques for glazing, learning to see values/shades, giving volume to objects that make them look three dimensional, making objects recede, color mixing, and much more. Marcelle Hooks is a talented instructor who uses the Masters technique which is an easy-to-follow academic approach. All skill levels welcome. Regular or water mixable oils, only.

See page 23 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS | 6:30-9:30 PM | T | 8/21-10/9 | \$125

## Exploring Color and Techniques in Landscape Paint

Materials \$

Do you find color mixing confusing and challenging? Reserve your seat for this class and you will learn the basics of mixing primary and secondary colors, working with warm and cool colors, creating more interest, color mixing greens, painting different atmospheric conditions, and much more.

See page 23 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS | 6:30-9:30 PM | T | 10/23-12/18 | \$125



**Marcelle Hooks**, a 20-year veteran artist and instructor in Raleigh, NC, celebrates art of all kinds with a concentration in oil figure and portraiture.

She began her formal art education at Meredith College, studying under nationally acclaimed artists as Frank Covino, Daniel Greene, Ben Konis, Mary Whyte, Rick McClure, William Jameson, and James Sulkowski. Today, her work appears in private collections in both the United States and abroad.

# BECOME a watercolor artist with Ryan

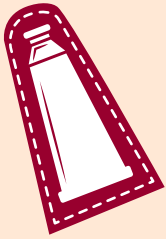
## New Continuing Watercolor

Materials \$

Explore watercolor painting techniques and learning about composition and color through a variety of subject matter. If you have learned the fundamentals of watercolor painting and want to take them to the next level JOIN this fun and supportive environment. Led by the instructor, students will work on three paintings in the six-week course. Taught by an American Watercolor Society signature member and nationally award-winning painter Ryan Fox.

See page 23 to register online, by phone, or mail; call the Provider, Ryan Fox Painting, at 919-645-8345 for more information.

Sanderson HS | 7:00-9:00 PM | Th | 9/6-10/11 | \$125



### What people are saying...

"Ryan does a great job demonstrating and is very generous with his knowledge. Very encouraging."

-Lois Blasberg,  
Watercolor Loose and Fun



**Ryan Fox** is a renowned watercolorist with works displayed throughout North Carolina and beyond. He teaches at several locations, including Jerry's Artarama in Raleigh. His award winning watercolor paintings have appeared in the

Adirondacks National Exhibition of American Watercolors, American Watercolor Society, Watercolor Society of North Carolina, Pittsburgh Watercolor Society, and Illinois Watercolor Society shows. His work has been featured in *Splash 15* and *Splash 16* hardcover books published by F+W Media. Join Ryan to unlock the mystery of making beautifully layered watercolor paintings.

# DRAW Zentangle patterns with Deanna



## New Introduction to Zentangle

The Zentangle® art method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns on paper "tiles". It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle® method is enjoyed all over the world by people of all ages, skills, and interests. It is easy to learn and easy to do.

See page 23 to register online, by phone, or mail; call the Provider, Deanna Winick, at 919-793-0039 for more information.

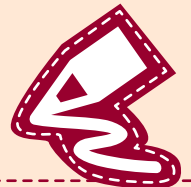
Leesville HS | 7:00-9:00 PM | Th | 9/6-9/27 | \$90

Leesville HS | 7:00-9:00 PM | Th | 10/4-10/25 | \$90



**Deanna Winick** has loved being creative since childhood with doodling, drawing, painting, and sewing. She fell in love with Zentangle® 3 years ago and became a Certified Zentangle Teacher (CZT) in June 2016. She loves sharing the joys of the

Zentangle® method with others and hopes that you will discover how Zentangle® can discover or expand your inner creativity.





## LAUNCH a voice-over career



### Voice-Overs...Now Is Your Time!

In what could be one of the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. In this class, you will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

See page 23 to register online, by phone, or mail; call the Provider, Such a Voice, at 802-275-0154 for more information.

Sanderson HS | 7:00-9:00 PM | W | 11/7 | \$35

Athens Dr HS | 7:00-9:00 PM | Th | 11/8 | \$35

### New Beauty Boot Camp

Discover how to become a hairstylist or advance your skills if you already are one. Learn valuable skills and get marketing ideas while earning 45 contact hours. The program will review the basics of hairstyling and how to grow a career in the beauty industry. At the end of the course, you will receive a Certificate of Completion.

See page 23 to register online, by phone, or mail; call the Provider, Julie Callaghan, at 919-480-9108 for more information.

Wake Forest HS | 7:00-9:30 PM | Th | 8/16-12/13 | \$125

### I Want To Market My Book

Materials \$

You've finished writing your first book. You even got it published! So what's next? Learn how to create a marketing plan for your book. Newly published authors will learn how to develop a website to promote their book, how to blog about their book, best websites for publishing their book, and optimal websites to list their book. Walk away from this class equipped with the knowledge to get the word out and sell that book!

See page 23 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 6:30-8:00 PM | W | 8/29-10/31 | \$200

### I want to Teach ESL Students in China

Materials \$

Earn extra money by teaching one-on-one online full immersion English classes based on the US Common Core State Standards to students in China. If you are eligible to work in the US or Canada, have a bachelor's degree in any field, one school year of traditional teaching experience or the equivalent in mentoring, tutoring, or alternative education, and have a computer with good internet access you could earn an additional \$14-\$18/hour. This opportunity is ideal for teachers looking to supplement their income.

See page 23 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 6:30-8:00 PM | Th | 8/30-9/13 | \$125

### New Lean Six Sigma Thinking

Join this valuable course that will train individuals to use A3 thinking to improve the quality of their work or work performed within their organization. This course will teach you how to identify and eliminate waste while providing you with the skills needed to improve workflows and solve problems at their root causes. Lean is a philosophy of continuously improving your work, using specific tools in an interactive way. This is a great class for supervisors, managers, or business owners looking to make improvements within the workplace. If you have a project or process in mind that you would like to solve in your workplace, this course is for you.

See page 23 to register online, by phone, or mail; call the Provider, Brittney Stone, at 919-444-9595 for more information.

Reedy Crk MS | 6:30-8:00 PM | Th | 9/13-11/8 | \$150

## Register Today!



# JUMPSTART your Career with a Certification Course

## **CPR for Healthcare Providers (Initial and Renewal)**

Materials \$

Teaches single and team basic life support skills on adults and infants including AED. This class is for healthcare providers only. You must present a current copy of your CPR card (no expired cards will be accepted for this renewal class).

See page 23 to register online, by phone, or mail; call the Provider, The Right Hands Healthcare, LLC, at 919-626-3426 for more information.

Fuquay-Varina MS | 6:30-9:30 PM | Th | 8/30 | \$60

Sanderson HS | 6:30-9:30 PM | Th | 9/27 | \$60

## **Med Aide Certification— Career Advancement for CNAs**

Materials \$

Want to expand your nursing skills? This is an ideal class for nursing students who want to learn how to administer medications prior to graduating or for Certified Nursing Assistants who want to advance their careers and become a Med Aide or Med Tech in LTC, Group Homes or Assisted Living Facilities.

See page 23 to register online, by phone, or mail; call the Provider, The Right Hands Healthcare, LLC, at 919-626-3426 for more information.

Fuquay-Varina MS | 6:30-9:30 PM | MTWTh | 9/10-9/20 | \$325

Sanderson HS | 6:30-9:30 PM | MTWTh | 9/10-9/20 | \$325

Fuquay-Varina MS | 6:30-9:30 PM | MTWTh | 10/15-10/25 | \$325



## **New First Aid (AHA)**

Materials \$

Be prepared in an emergency. Learn how to recognize symptoms for stroke, seizures, heart attack, shock and more. Learn to save a life today.

See page 23 to register online, by phone, or mail; call the Provider, The Right Hands Healthcare, LLC, at 919-626-3426 for more information.

Fuquay-Varina MS | 6:30-9:30 PM | Th | 8/23 | \$60

Sanderson HS | 6:30-9:30 PM | W | 9/26 | \$60

Fuquay-Varina MS | 6:30-9:30 PM | W | 10/31 | \$60

## **Hybrid Medical Coding Certification**

Materials \$

Be a part of the hybrid Medical Coding training program, conducted the first night in class and thereafter online, to discover best practices for clinical documentation in ICD-10. Externship included! National AHIMA and NHA certification exams available upon successful completion of the course.

See page 23 to register online, by phone, or mail; call the Provider, MK Education, at 630-541-3600 for more information.

Leesville HS | 6:30-7:30 PM | Th | 9/6-12/20 | \$650

## **Hybrid Pharmacy Technician Certification**

Materials \$

This hybrid program, conducted the first night in class and thereafter online, trains individuals to effectively assist in pharmaceutical preparations and complete daily required tasks in any pharmacy environment, although on the job training is still a part of pharmacy training. Optional externship available! National PTCB & NHA certification exam available upon successful completion.

See page 23 to register online, by phone, or mail; call the Provider, MK Education, at 630-541-3600 for more information.

Athens Dr HS | 6:30-7:30 PM | W | 9/5-12/19 | \$525

## **Hybrid Veterinary Assistant**

Materials \$

Students will be taught how to care for sick and injured animals in a veterinarian office, clinic, or animal hospital in this hybrid class conducted the first night in person and thereafter online. Students will learn client relations, office and hospital procedures, animal nursing, exam room procedures (hospital sanitation, weight/TPR, animal handling and restraining and preventative care protocols), surgical prep and assisting, laboratory procedures, radiology, and pharmacology.

See page 23 to register online, by phone, or mail; call the Provider, MK Education, at 630-541-3600 for more information.

Athens Dr HS | 6:30-7:30 PM | T | 9/4-12/18 | \$525

## **New Medical Office Administration**

Materials \$

Our Medical Office Assistant program curriculum prepares you for working in a medical office setting by introducing you to essential topics like medical terminology, laws and ethics, medical office administration skills, records management, coding, and billing. Lessons also touch on basic clinical procedures, patient relations, and provider involvement.

See page 23 to register online, by phone, or mail; call the Provider, Brittney Stone, at 919-444-9595 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 9/12-11/7 | \$125

## Learn To Sell on eBay The Right Way!

Materials \$

Get trained by Paul, an eBay Education Specialist. Learn the right way to sell with the most up-to-date training and student materials used by eBay University. This class will cover how to make the most of eBay to increase your revenue. Avoid many of the costly mistakes that new eBay sellers may make. You'll navigate through the whole process of selling an item on eBay: selling, taking photos, listing, packing, and shipping.

See page 23 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Leesville HS | 6:30-9:00 PM | Th | 9/20 | \$98

Leesville HS | 6:30-9:00 PM | Th | 10/18 | \$98

Leesville HS | 6:30-9:00 PM | Th | 11/15 | \$98

### What people are saying...

“Instructor was very knowledgeable and friendly. I learned a lot and feel ready to try my hand at selling on eBay.”

-Sarah Greene,

Learn to Sell on eBay the Right Way

## TRANSFORM your career with a Fitness Certification

### Certified Personal Trainer Course with Test Voucher Included!

See Dance and Fitness, page 13.

#### **New** Group Fitness Certification Course

See Dance and Fitness, page 13.

## Live Your Song—Stepping Stones to Creating a Non-Profit

Materials \$

Ever wished you could do work that allowed you to help others and make a difference in the world? What's stopping you? By utilizing a series of worksheets and real marketing tools, you will start down the road to building a real business that can help you to 'live your passion.' Class fee will include one month of service for a web page you will build. Bring a laptop or a smartphone to the class.

See page 23 to register online, by phone, or mail; call the Provider, Triangle Solutions Alliance, Inc., at 919-671-6134 for more information.

Sanderson HS | 7:00-9:00 PM | T | 9/11-10/2 | \$124

## Wedding and Event Planning 101

Materials \$

Have you always DREAMED of owning your own wedding and event planning business? Are you the 'Go-To' planner for all of your family and friends' events? If you answered yes, then this informative course is for you!!! Discover the importance of networking and vendor relations. Maneuver through budget and the consultations process. Receive timelines and checklists for planning and coordinating the wedding rehearsal, ceremony, and reception. Grasp wedding customs and traditions and wedding etiquette and protocol. Gain insights from expert guest speakers and class project

See page 23 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS | 7:00-9:00 PM | M | 8/20-10/1 | \$150

Millbrook HS | 7:00-9:00 PM | M | 10/29-12/10 | \$150

# Have a service, product, skill or talent?

## INSPIRE others, become a Provider



Our program offers you the opportunity to create classes and instruct students in a variety of areas, to include culinary, art, investing, marketing, sewing, photography, writing, painting, and homeownership, among many others.

We invite all interested persons to apply, but we are currently seeking teachers for these specific courses:

- Guitar
- Creative Real Estate Investing
- Floral Arranging
- Basic Auto Repair
- Stained Glass
- Cooking

[wcpss.net/adult-edu](http://wcpss.net/adult-edu)



## WRITE a memoir with Natalie

### Memoir Writing

It doesn't matter if you're a famous politician, suburban homemaker or someone in between, the fact is you have a personal story worth telling. "Memoir Writing" is a comprehensive step-by-step guide that will demystify the process of finally putting your story on paper. Through varied writing exercises, sharpen your instincts and hone your storytelling. The course will cover voice, character, scene development, structure, editing, and incorporating feedback. Receive individualized guidance from instructor Natalie Hill, a noted composition professor and professional writer. If you need a boost to start writing or have a memoir in the making, you're welcome to attend.

See page 23 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS | 6:45-9:15 PM | W | 11/7-11/21 | \$89



**Natalie Hill** has been a writer, editor, and educator for over 25 years. Her love of writing led her to careers in public relations, marketing, advertising, video scripting, song writing, and publishing. She currently teaches English at a local university. She's helped several local writers achieve recognition for their writing. Natalie most enjoys helping people find their voices by assisting them in crafting their fascinating life stories into the art of memoir.

## UNLEASH the greatness in you

### Vision Board Party—Empower! Envision! Execute

Materials \$

Create a vision board to unleash the greatness in you! Set goals and live a life of passion and purpose. Certified Life Coach and Vision Strategist, Lisa D. Jacobs will take you on a journey to help you unlock your dreams, set BIG goals and be prepared for success! In this class, Lisa will help you pay attention to your intentions and start your journey to living your best life now. Lisa will provide poster board, glue, and scissors. You will need to bring your favorite magazines, personal pictures, and mementos. Get Set for a GREAT new year!

See page 23 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS | 6:30-9:00 PM | Th | 11/15 | \$58



## Register Today!



# Computers

## ENHANCE your computer skills

### Become a Pro Blogger Or Just Create One For Fun

Materials \$

Connect to the world in a fun new way or start a blogging business. Blogging is one of the easiest ways to express and promote your ideas, your dreams, your goals, or your business. Learn how to create and produce your own basic or advanced blog. Leave the course with a shiny new blog that is fully formed, designed, connected to social media, and growing with content that you create each week. If you've ever wanted to blog and didn't know where to start, this is the course for you.

See page 23 to register online, by phone, or mail; call the Provider, TeachTechU, at 919-916-8939 for more information.

Leesville HS | 6:30-8:30 PM | M | 9/10-10/1 | \$175

### Chromebook 101, The What, Why and How about Chromebooks

Materials \$

A Chromebook is not your ordinary laptop. Discover what is a Chromebook and why is it different than other computers. What you can and cannot do on a Chromebook. How to personalize your Chromebook. Gain an introduction to Google Drive and on running Android Apps. Don't miss this insightful class! Bring your laptop to class.

See page 23 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Leesville HS | 6:30-9:00 PM | M | 9/17 | \$98

Leesville HS | 6:30-9:00 PM | M | 10/15 | \$98

Leesville HS | 6:30-9:00 PM | M | 11/12 | \$98



### I Want to Use Social Media to Sell a Product or Service

Materials \$

Get your business noticed on social media. Every post you make is an opportunity to connect with potential customers. Leverage your social media to reach your target audience directly. You will facilitate and improve the communication between your brand and your customer. What are you waiting for? Sign up today!

See page 23 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 8:00-9:00 PM | W | 8/29-10/31 | \$275

### New Word 2016 for Beginners

Learn to optimize basic Word skills to create eye-catching documents. Discover how to navigate and perform common tasks in Word, such as opening, viewing, editing, saving, and printing documents. Energize your documents by formatting text and paragraphs. Enhance lists by sorting, renumbering, and customizing list styles, create and format tables. Insert graphic objects into a document, including symbols, special characters, illustrations, pictures, clip art and more. Receive expert advice from a Microsoft Office Specialist in Word 2016. Leave the class with a new confidence level in your ability to produce professional Word documents. Bring your laptop with WiFi capability with Word 2013 or 2016 already uploaded.

See page 23 to register online, by phone, or mail; call the Provider, Tara Batemon, at 919-538-0941 for more information.

Leesville HS | 7:00-9:00 PM | Th | 9/20-9/27 | \$100

## ACQUIRE CEU's

### New Google Apps, Add-ons & Extensions 0.5 CEU

See Teacher CEU/Parent, page 18.

### New Google Tools for Educators (Beginner) 1 CEU

See Teacher CEU/Parent, page 18.

### Hybrid Creating Content and Teaching in the Digital Classroom 1 CEU

See Teacher CEU/Parent, page 18.



## SWEETEN your tastebuds for one night with Chef Angela

### New French Macarons

Materials \$

In one night, explore the techniques of mixing, baking, and decorating macarons. Compose a delicate balance with the addition of delectable fillings, like buttercream and ganache infused with different flavors.

See page 23 to register online, by phone, or mail; call the Provider, Mable's Sweet Table, at 443-629-0348 for more information.

Leesville HS | 6:30-9:15 PM | Th | 9/6 | \$68

Reedy Crk MS | 6:30-9:15 PM | W | 9/26 | \$68



**Angela Daniel** has over 15 years of baking experience and has taught baking and cake decorating through Wake Co. Public Schools as a guest Chef. She found her love of baking while making extravagant cakes for her family. She realized that she

had a talent when friends started asking her to bake for their family events. With the passion for baking, she will get you ready to make lovely and delicious tasting French Macarons in your own home with professional results.



## BAKE at home and make money with Detra



**Detra 'Denay' Davis**, is a home-based baker, and cottage food operator. She founded the Foodpreneur Institute in 2009. She is the author of How to Start a Home-based Bakery Business, who in 2014 opened the Charlotte Pie Authority in Charlotte, NC. Today Detra travels across North Carolina sharing her knowledge and experience as a cottage food operator, helping others take their products from kitchen to market.

### How to Operate A Home-Based Bakery Micro Course

Want to have a successful bakery all from the comforts of your own home? North Carolina is one of seven states that currently allow home-based bakers to bake from home and sell their baked goods to the public for profit. Gain a comprehensive understanding of what it takes to 'bake' your dreams come true. Examine compliance regulations and the kitchen inspection process. Understand recipe development and packaging requirements. Discover the procedure of food storage, food safety and sanitation. Master online sales and receive practical advertising suggestions and marketing strategies. Operating a home-based bakery is one way to see if your product is ready to go from "the kitchen to the marketplace!"

See page 23 to register online, by phone, or mail; call the Provider, Foodpreneur Institute, at 919-412-9158 for more information.

Sanderson HS | 6:30-9:00 PM | Th | 9/13-10/4 | \$174



## DISCOVER Tai Chi with Howie



### Beginning Tai Chi—Basics and 24 Movement Form

Materials \$

Tai Chi Chuan is an ancient Chinese Internal Martial Art that enables you to rediscover your natural flow and rhythm through movement. Classes will look at the many dimensions of Yang style Tai Chi Chuan. Explore the classical 24 movement form, and use it to build a strong core through correct structure, basic exercises, and body alignment practices. Wear cotton clothes and thin-soled, flexible shoes.

See page 23 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:00-8:30 PM | T | 9/18-12/11 | \$200



### Intermediate Tai Chi—Yang Style 24 Movement Form

Materials \$ Pre-Rec

Enroll in this continuation of the Beginners Tai Chi Class. A further refinement of the 24 Movement Yang Style Tai Chi form helps deepen your study of Tai Chi through form corrections, single movement exercises, Tai Chi principles, Qigong, and energetics. If you have previous Tai Chi experience with another teacher, please contact the instructor before signing up for this class.

See page 23 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:00-8:30 PM | W | 8/29-12/12 | \$240



**Howie Gottfried** is a passionate practitioner of Tai Chi since 1991 and has been teaching the art since 1997. Wishing to deepen his knowledge, Howie spent eight years in China studying with Dr. Wang Zhi Xiang, an internationally renowned Tai Chi teacher. Howie brings to the classes an extensive understanding of many aspects of Tai Chi including forms, energies, principles, and martial art. Commitment to Tai Chi aids in balance, body awareness, flexibility, and relaxation.

## TURN UP the heat with W.I.T.S.

### Certified Personal Trainer Course with Test Voucher Included!

Become a successful Certified Personal Trainer with an option to complete an employer internship that can walk you into a job! Receive a 200-page student workbook, access to online student study tools and test vouchers to take the Certified Personal Trainer exams. Tuesday night lectures will be held at Athens Drive High School. Thursday night trainings will be held at Healthtrax Fitness & Wellness, 8300 Health Park Suite 125, Raleigh, NC 27615.

**CEUs=3.2 without internship or 6.2 if internship included.**

See page 23 to register online, by phone, or mail; call the Provider, W.I.T.S., at 888-330-9487 for more information.

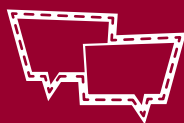
Athens Dr HS | 6:30-9:30 PM | TTh | 10/2-11/1 | \$560

### **New** Group Fitness Certification Course

Strengthen your career with seven weeks of LIVE intensive training that guide you to become a group fitness instructor. Develop knowledge of human anatomy while learning essential aspects of the human body and their effects from exercise. Become an active participant and receive live, hands-on practical lab demonstrations that will bring to life the qualities of a good safe group exercise leader. Upon successful completion, obtain a national group fitness certification Level 1. Reap the benefits of adding variety to your clients, increasing your value, and ultimately your income. Test voucher (\$350 value) is included.

See page 23 to register online, by phone, or mail; call the Provider, W.I.T.S., at 888-330-9487 for more information.

Athens Dr HS | 6:30-9:30 PM | MTh | 10/1-11/1 | \$565

**ESL**

## ENROLL in an ESL course

### ESL

ESL classes are for non-native English speaking adults who want to learn English to get a job or go to college. The program focuses on developing college and career readiness skills; including technology, civics, and workplace skills through reading, writing, listening, and speaking experiences.

**Call Wake Tech at 919-334-1501 for more information.**

Athens Dr HS | 6:30-9:30 PM | MTWTh | 9/4-12/6

Millbrook HS | 6:30-9:30 PM | MTWTh | 9/4-12/6

### ESL/ABE

The ESL/Adult Basic Education (ABE) program is for students that have tested out of ESL, and need to increase their literacy skills. Students develop foundational reading and vocabulary skills for college and career readiness. This class prepares students for their next academic step, including High School Equivalency Preparation program or a college or university curriculum program.

**Call Wake Tech at 919-334-1501 for more information.**

Athens Dr HS | 6:30-9:30 PM | MTWTh | 9/4-12/6

There is no charge for ESL classes.

**Call Wake Tech at 919-334-1501 for more information or visit [esl.waketech.edu](http://esl.waketech.edu).**

**Finance**

## MAXIMIZE your finances

### Basic Stock Options Wealth Builder

Materials \$

Accelerate your wealth in the stock market through the time-tested Fort Knox Trading System. In this captivating class, discover powerful techniques to transform your portfolio with profitable trades. Within reason, repair most stocks that have lost value. Generate monthly income, capture the potential upside appreciation in a stock, bulletproof your stocks for a guaranteed price, make additional money when the stock market crashes, learn when to enter and exit, build your own buy and sell signals, and more. Master these techniques to manage your personal and retirement accounts without help. Sam Doctor has more than 20 years experience teaching and building wealth through the stock market. Bring a pocket calculator and laptop (optional) to class. \$20 discount for seniors and clergy and \$45 discount for active and retired police officers, fire fighters, medics, military and government employees.

**See page 23 to register online, by phone, or mail; call the Provider, Sam Doctor, at 203-983-8075 for more information.**

Wake Forest HS | 7:00-9:00 PM | T | 8/21-9/25 | \$195

Wake Forest HS | 7:00-9:00 PM | T | 10/2-11/6 | \$195

### Finance and Tax Strategies Workshop: Your Keys to a Prosperous Life

Materials \$

Unlock a plan to save money for retirement or have emergency funds available when you need it. Identify sure-fire methods to start a stream of income in a crisis. Uncover all you need to know about IRAs, mutual funds, investments and more. Generate sound financial choices and expertly navigate company annual reports to know what would be a sound investment. Obtain key components to becoming a tax preparer or financial advisor. Culminate the class with tax preparation help. Expect savings worth more than \$300 over what you could generate with your typical tax software. Bring your laptop, tablet, or cell phone. Get on the road to financial success.

**See page 23 to register online, by phone, or mail; call the Provider, Black Diamond Financial Group, at 919-522-4952 for more information.**

Wake Forest HS | 6:30-8:00 PM | T | 11/6-11/20 | \$120



# Health and Wellness

## IMPROVE your well-being naturally with Angela

### Essential Oils Rollers Workshop

Improve your emotional and physical awareness with essential oils. Green Health First of MaukaMakai Ventures offers comprehensive education on essential oils characterizations, usages, production, and recipes according to the topic(s) selected for the class. You are given the opportunity to try the oils topically and aromatically. Enjoy discussions on the history of essential oils around the world. Discover the current supplements market under which the FDA regulates oils. Embrace the science to take control of your health! The goal is to provide knowledge of our natural resources available for maintaining a healthy lifestyle. Upon registering, contact the provider to share specific concerns to help tailor fit the class to your specific needs and interests. Each participant will make a 5ml roller for addressing the health issue of concern to take with them. Fee: cash only.

See page 23 to register online, by phone, or mail; call the Provider, Green Health First, LLC, at 919-656-0963 for more information.

Fuquay-Varina MS | 6:45-8:15 PM | T | 9/13 | \$30

Athens Dr HS | 6:45-8:15 PM | T | 9/25 | \$30



**Angela Ceroli** has a background in Chemistry and has more than 10 years in both environmental consulting and pharmaceutical sales. Her love for our gifts of the earth is what has had her on this journey of exploring and understanding

better how our natural resources can benefit us. Angie and her team provide educational workshops in the Carolinas for businesses and individuals to empower others with knowledge to make choices about healthy living.

## LEARN to help others in medical and fitness fields

### Become a:

Medical Coder

Med Aide or Med Tech **New**

(Career Advancement for CNA's)

Medical Office Administrator

Group Fitness Instructor **New**

Personal Trainer

### Skills:

First Aid (AHA)

CPR for Healthcare Providers

See more details on pages 8 and 13.

## INCREASE mobility with My Hao

### Therapeutic Chair Yoga

Materials \$

Using the body's anatomy, Chair Yoga helps alleviate the typical complaints of pain in major muscle groups: neck, shoulders, back, hips, and knee joints. Increase the body's ability to reduce stress, increase self-awareness, and promote movement. Begin to pay attention to your posture, breathing, and body alignment for overall improved health as Chair Yoga principles are integrated into the body, mind, and spirit.

See page 23 to register online, by phone, or mail; call the Provider, My Hao Tran, at 919-210-0324 for more information.

Millbrook HS | 6:30-7:30 PM | MW | 8/20-9/12 | \$165

Sanderson HS | 6:30-7:45 PM | T | 8/21-9/25 | \$165

Millbrook HS | 6:30-7:30 PM | MW | 9/17-10/10 | \$165

Sanderson HS | 6:30-7:45 PM | T | 10/2-11/13 | \$165

Millbrook HS | 6:30-7:30 PM | MW | 10/15-11/7 | \$165

# Languages



## ENGAGE with others in a different language.

### Esperanto Language and Culture Pt 1

Want to learn a foreign language, but not sure which one? This course uses Esperanto, a living language with no irregular verbs, pronunciation, or spelling to establish a good basis for language acquisition. Receive an introduction to Esperanto history, Internet resources, and the global culture. Play games, sing, and surprise yourself with how quickly you start communicating in meaningful ways.

See page 23 to register online, by phone, or mail; call the Provider, Charles Mays, at 919-744-8003 for more information.

Athens Dr HS | 6:30-9:00 PM | Th | 8/16-10/18 | \$100



### What people are saying...

“The Esperanto course was amazing. We were able to communicate by the end of the course. We had the opportunity to meet/talk with Esperantists all over the world.”

-Chris Johnson,  
Esperanto Language and Culture

# Personal Enrichment



## EMBELLISH on life's discoveries

### Take Free Vacations and More Leveraging the Secret Power of Reward and Travel Points

Go for the gold with Rewards Points! Stay knowledgeable of the latest trends in the wonderful world of rewards points. Instructor Barron Damon, who enjoys the benefits of rewards through free vacations, hotel stays, gifts, and more, calls it “The Power of the Points.” Rewards programs are becoming more and more popular with American households averaging 29 loyalty memberships! In this fun, one-night workshop, you will learn about basics and strategies to turn those points into financial powerhouses and use them for everyday use. Don't just work for your money. Start making your money work for you!

See page 23 to register online, by phone, or mail; call the Provider, Business of Life CC, at 919-439-5410 for more information.

Sanderson HS | 6:30-9:30 PM | T | 9/25 | \$58

### Triangle Wind Ensemble

Materials \$

Enjoy this exciting course for adults with advanced skills in wind and percussion. The class will include a series of rehearsals, culminating in a powerful performance. New members are accepted by audition only.

See page 23 to register online, by phone, or mail; call the Provider, Triangle Wind Ensemble, at 919-914-0212 for more information.

Sanderson HS | 7:15-9:30 PM | T | 9/4-12/11 | \$25

# Register Today!



# Photography

## CAPTURE something new with AI

### Adobe Photoshop Lightroom CC

Capture an introduction to the features of Adobe Photoshop Lightroom for organizing, enhancing, and sharing digital photos and video clips. Import photos from a camera or hard drive and manage photos with the Library module. Enhance photos in the Develop module to create gallery worthy images. Focus on a variety of editing skills like batch editing, cropping, adjusting exposure, recovering details from highlights and shadows, sharpening, and photo correction. Discover how to share photos: printing, exporting, creating photo books, and sharing on Facebook.

See page 23 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 9/13-10/4 | \$125



**Al Gorham** has over 30 years experience in photography. Mainly self-taught, he acquired a passion in childhood while working in a darkroom with his father.

Al has taught photography for 11 years with Wake Technical Community College as well as privately for small groups and individuals. He also works professionally capturing wedding and family portraits and indulges in landscape photography as a hobby.

### Advanced Digital Photography

Grow your digital camera knowledge with advanced topics of digital camera operation exposure techniques including bracketing, metering, lenses, motion capture, and other advanced compositional techniques. Weather permitting, there will be field trips.

See page 23 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 8/16-9/6 | \$125

### Introduction to Adobe Photoshop CC

Photoshop is the number one graphic software application used by professional graphic artists for both hardcopy and web design. Start at an introductory level to learn the basics and fundamental skills of the software. Discover how to manipulate various image formats and utilize the various tools and filters to create original and composite artwork. Gain confidence to set up your images and then output your work to produce efficient graphics for the web, digital photography, and vibrant images for brochures and magazine media.

See page 23 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 10/11-11/1 | \$125



# Sewing

## PIECE together a new project with Ellen

### **New** Sewing 1: Beginner Skills

Materials \$

Receive an introduction to machine sewing and to basic hand sewing stitches, including the hem stitch and buttons. Complete one to two small machine sewing projects. Students should bring basic sewing tools to class: needle, thread, straight pins, seam gauge, tape measure, pin cushion, seam ripper, and a pair of scissors. Students can purchase fabric following our first class.

See page 23 to register online, by phone, or mail; call the Ellen O, at 919-623-5539 for more information.

Sanderson HS | 6:30-8:30 PM | T | 9/4-10/9 | \$150

Sanderson HS | 6:30-8:30 PM | T | 10/23-11/27 | \$150



# Teacher CEU/Parenting

## GAIN the knowledge to help others

### **Hybrid** Creating Content and Teaching in the Digital Classroom

Materials \$

Master digital tools to make your content, classroom management, and work/life balance efficient. This hybrid program requires attendance on September 13 for technology access codes and instructions. Each module teaches a new technology platform, allows for practice on creating digital content and lesson plans. Completion Certificate. **CEUs=1.0**

See page 23 to register online, by phone, or mail; call the Provider, TeachTechU at, 919-916-8939 for more information.

Leesville HS | 7:00-9:00 PM | Th | 9/13-10/4 | \$200

### Getting Started with Google Classroom

Are you curious about Google Classroom? Do you want to quit printing, collecting, lugging around, and grading worksheets? Google Classroom is a free online learning platform for educators and makes it easy for learners and instructors to connect. Discover the basics of Classroom, including how to access Google Classroom, create a new class, add students, create assignments, and post announcements. Integrate other Google Apps, such as Docs, Slides, and Sheets from their Google Drive. Bring a Wi-Fi enabled laptop. Course DLC eligible. **CEUs: 0.5**

See page 23 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-9:15 PM | W | 10/17-10/24 | \$65

### Google Apps, Add-ons & Extensions

Materials \$

Don't miss this two night course focused on helping teachers take advantage of some of the latest and greatest Google Apps, Add-ons, and Extensions. Participants go beyond the basics of Google Apps for Education to learn some (FREE) time saving and great organizational tools and features. Bring a Wifi enabled laptop. Course Digital Learning Competency eligible. **CEUs: 0.5**

See page 23 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-9:15 PM | Th | 10/3-10/10 | \$65

### Google Tools for Educators (Beginner)

Materials \$

Discover the educational potential of Google tools. Delve beyond the basic Google search with advanced searching and hands-on practice with Google Calendar, Drive, Docs, Sheets, Slides, Sites, Forms, and more. Gain teacher strategies for using Google tools to challenge and engage students, as well as improve parent-student-teacher communication. Bring a Wifi enabled laptop. **CEUs=1.0**

See page 23 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-9:15 PM | Th | 10/4-10/25 | \$125



## One-Night Workshops for Parents

Visit [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)  
or call the Provider, WCPSS  
Family Academy, at 919-533-7179  
for more information.

### A Great Start for Your Kindergartener

Reedy Crk MS | 6:30-8:00 PM | Th | 9/13 | \$0

### Communicating with Your Teenagers Effectively

Fuquay-Varina MS | 6:30-8:00 PM | T | 10/2 | \$0

### Teaching Your Child How to Deal with Peer Pressure

Reedy Crk MS | 6:30-8:00 PM | Th | 11/8 | \$0

### Tips For Successful Parent-Teacher Conferences

Fuquay-Varina MS | 6:30-8:00 PM | T | 11/6 | \$0

### Transitioning to Middle School and Math Resources

Reedy Crk MS | 6:30-8:00 PM | Th | 10/11 | \$0



\*We regret that childcare is not available for the children of students of the Lifelong Learning program. Children and non-registered adults are not allowed on campus.

# Prepare to Lead. Advance in Your Field. Change Lives.

## Pursue a Graduate Degree at the NC State College of Education.

Whether you're an experienced educator or new to the profession, and whatever your background and interests, we have a program that will enhance your ability to transform lives, schools and communities. We offer 40+ flexible master's and doctoral degrees that cover the spectrum — from elementary education and counselor education to educational leadership and policy.

Find the right program  
for you at [ced.ncsu.edu](http://ced.ncsu.edu).

### Our programs offer:

**Convenience** | Take courses online, in-person in the evening, or through a mix of both

**Quality** | Learn from some of the nation's best faculty and researchers in the field of education

**Value** | Earn a degree at one of the nation's best values among public universities

**Relevancy** | Prepare for the opportunities and challenges you face in your classrooms, schools or clinical settings

When you join the NC State College of Education, you join the leading college of education in North Carolina.

[ced.ncsu.edu](http://ced.ncsu.edu)



**#1 Ranked\***

Online Graduate Education  
Programs in N.C.



**#1 In Education Research\***

Productivity by Faculty in N.C.



**#1 Ranked\***

Value of Online Graduate  
Education Programs in N.C.

\*Sources: U.S. News & World Report and Value Colleges



## STRENGTHEN your ACT/SAT scores

### ACT Prep: Turn your scores into scholarships

Wonder if the ACT is a better fit? Receive dynamic, data-driven instruction in English, math, reading, science, and writing. Learn academic skills necessary for higher scores and greater academic success. This technology-infused course provides students' real-time assessment on their practice and includes a focus on how students can use ACT scores to earn scholarships: our top three Aplus Class of 2016 scholarship recipients alone earned over \$1 million in scholarships! Join us and see where the path of college preparation can take you. Tuition includes workbook. For more information, visit [www.aplushigherscores.com](http://www.aplushigherscores.com) or email [aplus@aplushigherscores.com](mailto:aplus@aplushigherscores.com). Ages 14+

See page 23 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS | 6:30-8:30 PM | MTh | 8/20-9/6 | \$395

### SAT Prep: Scores to Scholarship

Coursework provides dynamic, data-driven instruction in reading, English, math (with and without calculator) and writing. Enhance academic skills necessary for higher scores and greater academic success. This technology-infused course provides students real-time assessment on their practice and includes a focus on how students can use SAT scores to earn scholarships: our top three Aplus Class of 2016 scholarship recipients alone earned over \$1 million in scholarships! Join us and see where the path of college preparation can take you. Tuition includes workbook. For more information, visit [www.aplushigherscores.com](http://www.aplushigherscores.com) or email [aplus@aplushigherscores.com](mailto:aplus@aplushigherscores.com). 14+

See page 23 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS | 6:30-8:30 PM | MTh | 9/17-10/1 | \$395

Leesville HS | 6:30-8:30 PM | MTh | 10/15-10/29 | \$395

### SAT and ACT Preparation Program

Join Educational Services Center's test preparation program today! Focus on divided math and verbal sessions during each three-hour class. The math section reviews basic mathematical concepts and basic and advanced algebra and geometry. The verbal review includes evidence-based reading, writing (grammar, punctuation, structure, and style), and essay writing. Learn to refine your test taking skills like how to work strategically, effectively eliminating wrong answer choices, and fully understanding the patterns of both the SAT and ACT exams. 43% discount for students who qualify for school free and reduced meal plans. For more information or to enroll, please visit [www.esctestprep.com](http://www.esctestprep.com). Ages 14+

See page 23 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Reedy Crk MS | 6:30-9:30 PM | W | 9/10-10/3 | \$395

Reedy Crk MS | 6:30-9:30 PM | MW | 9/12-10/30 | \$395

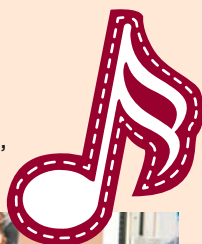
### What people are saying...

"The teachers were great, answered questions, followed through, and taught about the test as a whole and of the specific subjects."

-Tyson Loveless,  
SAT and ACT Preparation Program

## Play Music

See page 23 to register online, by phone, or mail; call the Provider, Philharmonic Association, at 919-645-8434 for more information.



### Triangle Youth Orchestra

Leesville HS | 6:30-8:15 PM | M | 9/10-12/10 | \$215

### Triangle Youth Philharmonic

Athens Dr HS | 6:30-8:30 PM | T | 9/11-12/11 | \$215

### Triangle Youth String Sinfonia

Reedy Crk MS | 6:45-8:30 PM | Th | 9/6-12/13 | \$195

### Triangle Youth Symphony

Athens Dr HS | 6:30-8:30 PM | M | 9/10-12/10 | \$215



# Sites and Directions

## Athens Drive High School

1420 Athens Drive  
Raleigh, NC 27606  
Hours: 6:30-9:30 PM  
Days: Monday - Thursday

Site Coordinator:  
Krista McGivern  
Phone: 919-233-4050 x24921  
Email: kmcgivern@wcpss.net

### Directions from North Raleigh:

Take I-440 to Melbourne exit. Turn left onto Melbourne from the exit. Turn right onto Kaplan Drive. Turn left onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot. Enter the library entrance.

### Directions from Cary:

Take I-440 to Jones Franklin Road exit. Turn left onto Jones Franklin. Turn right onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot. Enter the library entrance.

## Fuquay-Varina Middle School

109 N Ennis Street  
Fuquay-Varina, NC 27526  
Hours: 6:30-9:30 PM  
Days: Tuesday

Site Coordinator:  
Justin Viens  
Phone: 919-557-2727 x24120  
Email: jviens@wcpss.net

### Directions from I-540:

Take the last exit on 540 East for Holly Springs/Fuquay-Varina, turning on NC55-E. Follow 55-E through downtown Fuquay. Turn Right on North Ennis St, crossing the railroad tracks and through the light (across Main Street). Once you pass the athletic fields on the right side, turn into the parking lot at the intersection, or next to the cafeteria. The entrance is next to the cafeteria.

### Directions from 401 or I-40:

Take 401-S through Raleigh and Garner. Once in Fuquay, turn left onto Judd Parkway, then a right onto East Academy St (right before the big Methodist Church). At the next stoplight turn right on North Ennis Street. Park in the lot at the intersection, or next to the cafeteria. The entrance is next to the cafeteria.

## Leesville High School

8410 Pride Way  
Raleigh, NC 27613  
Hours: 6:30-9:30 PM  
Days: Monday and Thursday

Site Coordinators:  
Christie Dobbin  
Phone: 919-870-4250  
Email: cdobbin@wcpss.net

### Directions from I-440:

Take the Glenwood Avenue exit North. Turn right onto Creedmoor Road. Go 2 miles and turn left onto Lynn Road. Go 1.2 miles and turn right onto Leesville Road. Go 1.7 miles and take a left at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

### Directions from I-540:

Take the Leesville Road exit going South. Go 1.7 miles on Leesville Road. Take a right at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

## Millbrook High School

2201 Spring Forest Road  
Raleigh, NC 27615  
Hours: 6:30-9:30 PM  
Days: Monday - Thursday

Site Coordinators:  
Renee Patterson and  
Teresa Cronin  
Phone: 919-850-8787  
Evening: 919-850-8804  
Email: lpatterson@wcpss.net  
tcronin@wcpss.net  
Fax: 919-850-8803

### Directions from I-440:

Take Wake Forest Road (which becomes Falls of Neuse Road) north for 3 miles. Turn right onto Spring Forest Road. The school is one mile on the left. Classes are held in the Wild Cat Academy; follow sidewalk around the front of the school and it is on the left.

### Directions from I-540:

Take exit 16 for US-1 S toward Raleigh. Turn right onto U.S. 1 S/Capital Boulevard (0.2 mi). Take the 1st right onto Old Wake Forest Road (1.1 mi). Continue onto Dixie Forest Road (0.2 mi). Turn right (0.2 mi). Turn right (95 ft). Millbrook High School is on your left. Park in the main parking lot. Take the walk through to the Wildcat Academy Building and enter through the double doors.

## Reedy Creek Middle School

930 Reedy Creek Road  
Cary, NC 27513  
Hours: 6:30-9:30 PM  
Days: Monday - Thursday

Site Coordinators:  
Ambika Persad and Jim Stewart  
Phone: 919-460-3504  
Email: apersad@wcpss.net  
jestewart@wcpss.net  
Fax: 919-460-3391

### Directions from Cary:

From I-40 W, take the Harrison Avenue exit (#287) and turn left at the exit ramp light. Proceed to the stop light at Reedy Creek Road (this is the next stop light after the Cary Academy stoplight). Turn left onto Reedy Creek Road and proceed for .3 miles. Turn left at the sign for Reedy Creek Middle School. Reedy Creek Middle is the first school on this campus.

## Sanderson High School

5500 Dixon Drive  
Raleigh, NC 27609  
Hours: 6:30-9:30 PM  
Days: Tuesday and Thursday

Site Coordinators:  
Rashunda Jennings and  
Lisa Messick  
Phone: 919-881-4800  
Email: rjennings@wcpss.net  
lmessick@wcpss.net  
Fax: 919-881-5006

### Directions from I-440:

Take Six Forks Road north past North Hills shopping center for 1.5 miles. At the intersection with Millbrook Road turn left. Take a right onto Dixon Drive at the first traffic light. The school is 2 blocks ahead on your right.

### Directions from I-540:

Take exit 11 for Six Forks Road (4.1mi). Turn right onto W Millbrook Rd (0.5mi). Turn right onto Dixon Dr (331ft). Sanderson HS on your right. Park in the main parking lot and go up the stairs on ramp into the main entrance.

## Wake Forest High School

420 West Stadium Drive  
Wake Forest, NC 27587  
Hours: 6:30-9:30 PM  
Days: Tuesday and Thursday

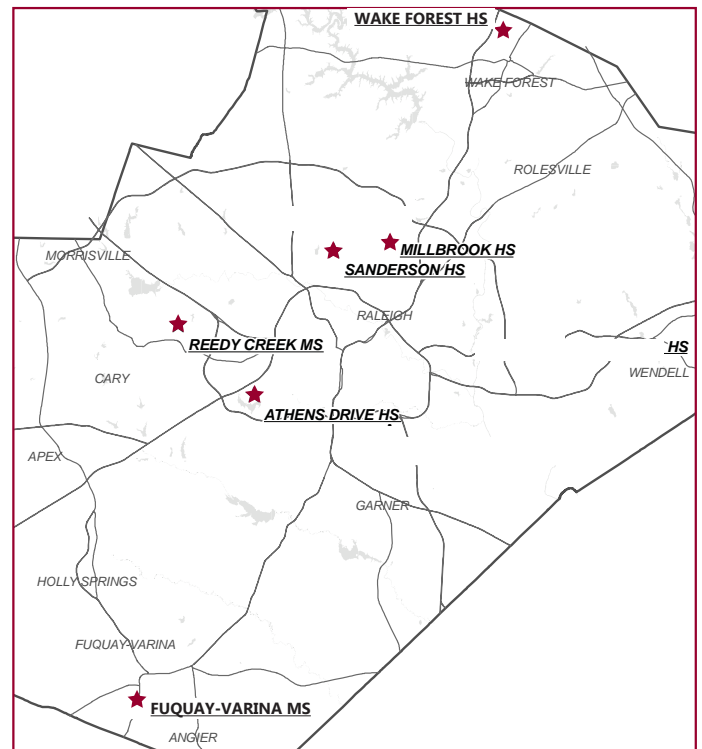
Site Coordinator:  
Emily Adams  
Phone: 919-554-8611 x23681  
Email: eadams@wcpss.net

### Directions from I-440:

Take Exit 11 for US-1 N/US-401 N/Capital Boulevard from I-440. In 13.5 miles, turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.

### Directions from I-540:

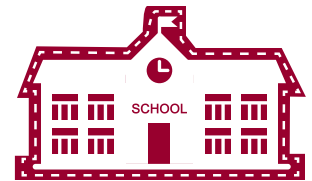
Take Exit 16 via I-540 E. Drive 9 miles and turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.



# Register Today!

## What is Community Schools?

Community Schools, a section of Community Services of Wake County Public School System in the Communications Division, is dedicated to maximizing the use of public school buildings during non-school hours. Lifelong Learning with Community Schools provides local residents with courses and activities that are educational, recreational, cultural, civic-oriented, or social in nature. Most of the courses in this program are designed for all people ages 16 and older; any exceptions are noted. The goal of Community Schools is to meet the needs of each individual community at the neighborhood level. A catalog containing Lifelong Learning with Community Schools courses is published three times a year.



### Community Schools Staff

#### Linda Willcox

Director  
Community Services

#### Brian Thacker

Senior Administrator  
Lifelong Learning with Community Schools

#### Krista McGivern

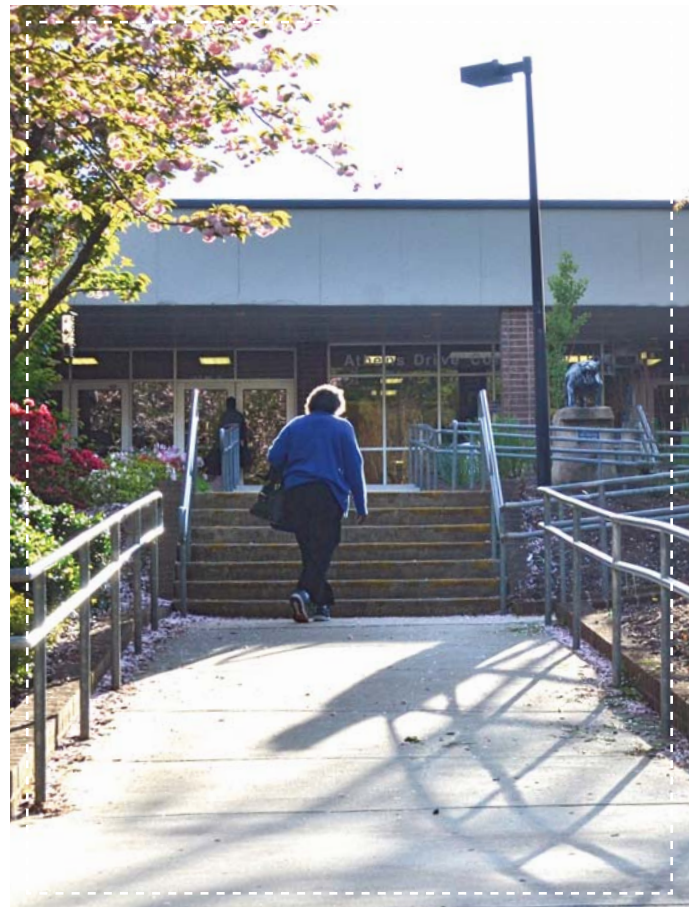
Administrator  
Lifelong Learning with Community Schools

#### Jan Ruede

Coordinator  
Lifelong Learning with Community Schools

#### Jenny McAllister

Community Schools Technician  
Lifelong Learning with Community Schools





# How to Register for Lifelong Learning Courses

Use one of these methods to register:



## Online

- Go to [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu).
- Click the course category of interest.



## Call

- Call Jan Ruede at 919-694-0559 to reserve your spot today!



## Email

- Email [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net).



## Walk-in

- Call Jan Ruede at 919-694-0559 to ensure the class will run.

## Important

\* Make checks payable on the first evening of a one-night class and by the second evening of a multi-night class to the provider listed in the course description where it says, "Call the Provider..."

\* Some providers accept cash, debit/credit cards, or money orders only.



## FAQS

**Where is my class?** Room assignments for classes are posted visibly inside of the school on the first night of class. Site coordinators will greet and guide you. The schools open at 6:15 PM. Please arrive on campus after that time.

**What is the age for attendees?** Unless otherwise noted, the courses are normally for anyone 16 or older. Classes for younger people will state so in the description.

**Is childcare provided?** We regret that childcare is not available for the children of students of the Lifelong Learning program. Children and family members are not allowed on campus.

**Are Teacher Continuing Education Units (CEUs) available?** For specific teacher-targeted courses, see the section labeled "Teacher CEU/Parent." "CEU" will be listed next to the course description. If you have a question regarding whether or not a class is appropriate for your certification, call DPI at 1-800-577-7994, or the Licensure Specialist with the NC Department of Public Instruction at 919-807-3310, extension 3. 100% attendance is required to receive teacher CEUs.

**Where do I park?** Park in designated spaces for regular cars only. Do not park in a bus lot.

**Is smoking allowed on campus?** No. Smoking is not allowed on campus. All Wake County Public Schools' campuses are tobacco free! That includes cigarettes, chewing tobacco, and all other tobacco products.

## What if my class is canceled? How do I get my refund?

It is up to the provider as to whether there are enough students to hold the class. If the provider decides to cancel the class then your refund would come from that provider. Refunds are the responsibility of the provider, not Lifelong Learning with Community Schools. To avoid classes being canceled, it is best to register early.

**What about inclement weather?** If a school is closed due to inclement weather, it will be posted on the Wake County Public Schools' website at [wcpss.net](http://wcpss.net) and the Community Schools' website at [cs.wcpss.net](http://cs.wcpss.net) and announced on local radio and television stations. It will be up to the providers to decide if and how they will make up the missed classes.

## How do I learn more about a class I am interested in?

If you desire additional information on a course, please call the number that is listed below the course description. For general questions about the Lifelong Learning Program, call 919-694-0559 or send an email to [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net).

**Can I teach a course through Lifelong Learning?** Yes! We look for providers three times per year for fall, spring, and summer. Providers create their own courses and teach them. The provider decides the schools, dates, times, and fees for the class. For more information, send an email to [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net).

**Can I register by 'walk-in' registration?** It is suggested that you always pre-register. However, if you're unable to, call the provider and arrive at the class location 15 minutes prior to class.



**WAKE COUNTY**  
PUBLIC SCHOOL SYSTEM

COMMUNITY SERVICES  
110 CORNING ROAD CROSSROADS II  
CARY NC 27518-9927

NON-PROFIT ORG.  
US POSTAGE



★ **CUSTOMIZE** your own take home roller filled with **essential oils** and enhance your health. **page 15**

★ **HIGHLIGHT** your career with Beauty Boot Camp.  
**page 7**

★ **LEARN** the ins and outs of Medical Office Administration.  
**page 8**

★ **MAKE** a difference with your own non-profit.  
**page 9**

919-694-0559

🐦 @WCPSSAdultEdu

fb.me/WCPSSlifelonglearning