### Pursue Your Passion



### Fall 2016 Community Education NONCREDIT CLASS SCHEDULE

www.centralaz.edu/lifelonglearning

### Understanding the course description:



### CAC Campus/Center Location Designations:

Note: Campus addresses and location map can be found inside back cover.

AVC - Aravaipa Campus CGC - Casa Grande Center CGPR - City of Casa Grande Parks & Recreation CCC - Central Corporate Center FC - Florence Center MC - Maricopa Campus OR - Mountain Vista School; Oracle, AZ SMC - Superstition Mountain Campus SPC - Signal Peak Campus STC - San Tan Campus





### **Community Education Offices**

### CAC Casa Grande Center

Program Coordinator: Muriel Thomas 1015 E. Florence Blvd., Rm. A106 Casa Grande, AZ 85122 520.494.6059 Voice 520.494.6055 Fax muriel.thomas@centralaz.edu

### CAC Superstition Mountain Campus

Program Coordinator: Joel Beck 805 S. Idaho Road, Rm. B125 Apache Junction, AZ 85119 480.677.7721 Voice 480.677.7722 Fax joel.beck@centralaz.edu

Office Hours: Monday – Thursday, 8 am – 6 pm

> Bob Duke Director





### What's Inside?

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CCC-Central Corporate Center . . . . Page 2 CGC-Casa Grande Center. . . Page 4 CGPR-Casa Grande Parks and Recreation. . . . . . . . Page 5 MC-Maricopa Campus . . . . Page 6 OR-Mountain Vista School; Oracle, AZ . . . . . . . . . . Page 9 SMC-Superstition Mountain Campus . . . . . . . . . . . . . Page 10 SPC-Signal Peak Campus . . . . Page 20 STC-San Tan Campus . . . . Page 21 **INFORMATION** 

### Course Start Dates . . . . . Page 16 Instructors . . . . . . Page 26 FAQs . . . . . Page 31 Registration Form. . . . . . Page 32

Note: The Community Education Office at the Casa Grande Center is planning to move this fall to the CAC Corporate Center: 540 N Camino Mercado, Suite 1 Casa Grande, AZ 85122 520-494-6600 Date: TBD

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### **Beginning Computer Skills**

Develop basic computer knowledge and learn how to navigate the current, most frequently used version of Microsoft Windows. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows.

Instructor: Paul Zubel			
Subject: CME			
CRN: 13559	Sep 20	6:30-8:30 pm	
Fee: \$29	1 Tuesday	CCC/TBD	
CRN: 13560	Oct 20	6:30-8:30 pm	
Fee: \$29	1 Thursday	CCC/TBD	

### **Microsoft Excel Essentials**

Learn the fundamentals of MS Excel to create a simple budget by entering text, numbers, column headings, and saving the spreadsheet. You will learn about equations and how to enter pre-stored equations to make budget totals. Instructor: Paul Zubel

 Subject: CME

 CRN: 13566
 Sep 22-29
 6:30-8:30 pm

 Fee: \$35
 2 Thursdays
 CCC/TBD

### Computer Basics for Seniors

Would you like to learn or improve your computer skills? Join a relaxed paced course and learn the basics of using a computer, a keyboard & mouse, opening, using & closing programs, saving & printing documents, and browsing the internet. In the end you will have developed basic computer skills, become friends with your computer, and prepared for future growth. Instructor: Paul Zubel

Subject: CME

CRN: 13561	Sep 27-Oct 11	6:30-8:30 pm
Fee: \$45	3 Tuesdays	CCC/TBD

### **Intermediate Computer Skills**

Develop intermediate level computer skills by using MS Office Word, PowerPoint, and Excel software applications, web searches, and internet based applications. Instructor: Paul Zubel

Subject: CME

Subject. Civic		
CRN: 13562	Oct 26-Nov 9	6:30-8:30 pm
Fee: \$45	3 Wednesdays	CCC/TBD

Please register at least one week prior to course start date.

### Numerology and the Divine Triangle

We are all born at a certain date, hour and minute into the earth's field of energy. The condition and vibration of that energy field determines to a great extent the particular actions and reactions that will characterize entire lives. The triangle is the first closed form that can be made with a single line. A blueprint for a life may be formed by the Divine Triangle of three parts; mind, body and spirit which are added to the square of the physical body and matter. The birthday month, day and year are placed on the blueprint and each milestone of your life can be charted. Come and learn where you are in your personal blueprint and what the future offers you in the next phase of your life.

Instructor: Connie Allison Subject: CME CRN: 13564 Oct 5-26 9-11 am Fee: \$59 4 Wednesdays CCC/TBD

### Amigos Hablando Español: Friends Speaking Spanish

Use it or lose it! The best way to improve your Spanish is to practice and this class will give you an opportunity to do just that. Join other students to practice your Spanish, no matter your current level of ability. In an informal gathering of people, you will be guided through practice conversations. Don't be shy; we're all "friends speaking Spanish." Instructor: Janet Russell Subject: CME CRN: 12544 Oct 18 Nov 22 11 am 12:20 pm

CRN: 13544 Oct 18-Nov 22 11 am-12:30 pm Fee: \$65 6 Tuesdays CCC/TBD

### **Spanish for Beginners**

Improve your communication skills in the second most common language in Arizona. Basic language structure and vocabulary in a conversational style will help you begin conversing in Spanish. Instructor: Janet Russell Subject: CME CRN: 13545 Oct 18-Nov 22 1-2:30 pm Fee: \$65 6 Tuesdays CCC/TBD

### **Spanish for Beginners Plus**

Continue improving your communication skills in the second most common language in Arizona. This class is geared toward students who have some experience with the Spanish language. Instructor: Janet Russell Subject: CME CRN: 13546 Oct 19-Nov 23 1-2:30 pm Fee: \$65 6 Wednesdays CCC/TBD

## **CC-Central Corporate Center**

### Writing the Story of Your Life Part I



Learn how to preserve your part of family history by creating a written history that preserves your generational contributions. Each week the student will be encouraged to write a short story about different areas of their life as guided by the instructor. Then each student will read their story to the class and these stories will help others by triggering more memories. Instructor: Barb Hofmeister Subject: CME CRN: 13551 Oct 26-Dec 14 1-3 pm Fee: \$119 8 Wednesdays CCC/TBD

Are You Smarter Than Your Smartphone?

Discover your Smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. In the end, you could be smarter than your Smartphone. *Special Note: Students must bring a smartphone to class*. Instructor: Luis Sanchez Subject: CME CRN: 13554 Nov 15

CRN: 13554 Fee: \$29	Nov 15 1 Tuesday	6:30-8:30 pm CCC/TBD
CRN: 13556	Nov 29	6:30-8:30 pm
Fee: \$29	1 Tuesday	CCC/TBD

### How to Maximize Your iPhone

Are you getting the most out of your iPhone? Discover the ins and outs and how to manage your iPhone to suit your needs. Learn the basics of how to use your iPhone apps, maps, messages, calendar, mail and how to sync with other devices. Special Note: Students must bring an iPhone to class. Instructor: Luis Sanchez Subject: CME CRN: 13555 Nov 30 6:30-8:30 pm Fee: \$29 1 Wednesday CCC/TBD CRN: 13563 Dec 13 6:30-8:30 pm Fee: \$29 1 Tuesday CCC/TBD

### iPad for Beginners

Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. Special Note: Students must bring iPad to class. Instructor: Luis Sanchez Subject: CME CRN: 13557 Dec 8 6:30-8:30 pm Fee: \$29 1 Thursday CCC/TBD

### What More Can Your iPad Do?

Discover more exciting features of your iPad. Learn how to use all the built in apps, how to purchase additional apps and how everyone in your family can benefit from using the iPad. Special Note: Students must bring iPad to class. Instructor: Luis Sanchez Subject: CME CRN: 13558 Dec 15 6:30-8:30 pm Fee: \$29 1 Thursday CCC/TBD

### Workplace Spanish

The Workplace Spanish programs are built on the premise that language learners become more motivated if their learning experience correlates to immediate life application. In these programs, the Spanish learning activities are centered on employees specific job functions. Focus is given to building workplace vocabulary and conversational practice is centered on relevant industry topics that build language skills most necessary for the environment in the employee's current workplace. The Workplace Spanish series of courses are designed to teach functional Spanish to facilitate communication between English and Spanishspeakers. Courses cover greetings, introductions, employment issues, scheduling, work rules, safety issues, site supervision, time, speed, and quantity expressions. It focuses on language relevant to specific occupations in a highly interactive, situation based classroom. Material can be customized for many occupations.

Custom training is available for many occupations including:

- Police officers
- Firefighters
- Paramedics/EMTs
- Nurses
- Banking personnel
- Office workers
- Construction workers
- Manufacturing workers
- Retail
- Hospitality
- Warehousing

Programs are all non-grammar based, focusing instead on repetition of key words and phrases. No previous Spanish experience is necessary. Students learn generic Spanish terms understood by most Spanish speakers and relevant to their specific type of work. Workplace Spanish noncredit classes eliminate the tedious grammar instruction found in most other language programs.

To schedule a free consultation regarding Workplace Spanish training for your organization, please call Bob Duke at 520.494.6051.

### **Beginning Bridge**

Are you tired of playing the same old card game at your home parties? Make Texas Hold'Em, the "Cadillac of Poker", the newest addition to your next party. Topics include basic procedures, terminology, hand evaluation, betting strategy and bluffing. The differences among types of games such as limit, no-limit, tournaments, etc. will also be covered.

Note: This is an informational class with social playing, only. Actual gambling is prohibited and no money will be permitted to exchange hands.

Instructor: David Littleton Subject: CME CRN: 13547 Oct 4-Dec 6 9:30-11:30 am Fee: \$109 10 Tuesdays CGC/TBD

### Improve Your Bridge Game While Having Fun

You can have fun and win at bridge by learning hand/card evaluation, bidding, play of the hand, defense strategies and the language of bridge. Each session includes time for game play and is open to all levels of players. Instructor: David Littleton Subject: CME CRN: 13548 Oct 5-Dec 7 9:30-11:30 am

Fee: \$109 10 Wednesdays CGC/TBD CRN: 13549 Oct 6-Dec 15 9:30-11:30 am Fee: \$109 10 Thursdays CGC/TBD Note: No class Nov 24.

### Numerology and the Divine Triangle

We are all born at a certain date, hour and minute into the earth's field of energy. The condition and vibration of that energy field determines to a great extent the particular actions and reactions that will characterize entire lives. The triangle is the first closed form that can be made with a single line. A blueprint for a life may be formed by the Divine Triangle of three parts; mind, body and spirit which are added to the square of the physical body and matter. The birthday month, day and year are placed on the blueprint and each milestone of your life can be charted. Come and learn where you are in your personal blueprint and what the future offers you in the next phase of your life. Instructor: Connie Allison Subject: CMF

00.010000000000000000000000000000000000		
CRN: 13565	Nov 7-28	9-11 am
Fee: \$59	4 Mondays	CGC/TBD

### Weekend College

CAC Offers Weekend and Evening Classes at the Corporate Center and Superstition Mountain Campus

Offers full-time professionals, stay-athome parents, and even high school students the opportunity to take classes on Friday evenings and Saturdays.

- \*Enroll in traditional or hybrid classes
- \*Explore professional academic or career advising and registration services
- \*Receive tutoring assistance for mathematics and writing classes
- \*General education requirements (AGEC)
- \*Proctored testing by appointment
- \*Spanish language requirements for university transfer
- \*Transition to NAU Bachelor's Degree on site

Make your weekends count!

Call 520-494-6600 for more information!

### Central Arizona College Community Education recognizes our partners:

### City of Casa Grande Parks & Recreation Information

http://casagrandeaz.gov/rec/ recreation

404 E. Florence Blvd. Casa Grande, AZ 85122 520.421.8677

- Students can register in person or online.
- Cash, check, money order, debit card, MasterCard, and Visa payments accepted

Register for classes with the City of Casa Grande when you see CGPR as part of the location.

### City of Maricopa Parks & Recreation Information

https://apm.activecommunities.com/cityofmaricoparec/ home

4345 W. Martin Luther King Jr. Blvd. Maricopa, AZ 85138

520.316.4600

- Students can register in person or online
- Cash, check, money order, debit card, MasterCard, American Express, and Visa payments accepted

Register for classes with the City of Maricopa when you see MARPR as part of the location. Classes will be held at the CAC Maricopa Campus.

### Improving Employee Effectiveness

This seminar will focus on the key elements of an effective employee development program and how it helps build a more productive work force. Instructor: John Persico Jr. Subject: CME CRN: None Oct 24 Noon-1 pm Fee: \$29 1 Monday CGPR/TBD

### Improving Teamwork in Your Organization

Diversity can tear people apart or conversely build a stronger team. Learn practical pointers for working with others more effectively and building a team that functions as a united team. Instructor: John Persico Jr. Subject: CME CRN: None Nov 1 Noon-1 pm Fee: \$29 1 Tuesday CGPR/TBD

### How to Improve Your Production System and Increase Profits

Are your processes and systems continually breaking down? Are you unable to fulfill your orders in a timely fashion? Are you spending more time on rework rather than useful work? Attend this course and find out the most common roadblocks with production systems and the methods for removing these roadblocks.

Instructor: John Persico Jr. Subject: CME CRN: None Nov 9 Noon-1 pm Fee: \$29 1 Wednesday CGPR/TBD

### The Seven Greatest Strategies for Business Success

Seven strategies account for 95 percent of the success of all organizations. By attending this course you will discover what these strategies are and how you can implement them in your organization. Instructor: John Persico Jr. Subject: CME

CRN: None Nov 17 Noon-1 pm Fee: \$29 1 Thursday CGPR/TBD

### The 10 Common Mistakes Leading to Small Business Failure

Ever wonder why some businesses fail and others succeed? By attending, you will become aware of the 10 most common mistakes that organizations make that lead to bankruptcy and disaster. You will also discover what not to do to have a successful business.

Instructor: John Persico Jr. Subject: CMF

CRN: None	Dec 2	
Fee: \$29	1 Friday	

Noon-1 pm CGPR/TBD

### Plein Air Oil Pastel Painting

Explore the possibilities of using oil pastel in an outside setting. You will create three finished drawings: architectural, botanical, and landscape. The theory behind mixing and layering color, creating shadows, and creating dynamic compositions will be covered. Come and enjoy being outside in the beautiful Arizona weather while capturing it in your own artwork. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Kristal Hoeh Subject: CME CRN: None Sep 15-Oct 27

Fee: \$99 7 Thursdays

6:30-8:30 pm MARPR MC/TBD

**Dance Fitness for Fun** 



Do you love to move to the rhythm of music while getting mentally and physically fit? Dance fitness includes high energy, easy-to-follow movements set to energizing contemporary music that can reduce stress and improve mood. Designed for all fitness levels, the ability to dance is not required, but the desire to dance is a must. Special Note: Please wear comfortable clothing and tennis shoes to allow easy movement.

Subject: CME		
CRN: None	Sep 27-Nov 3	5:30-6:30 pm
Fee: \$75	6 Tue/6 Thu	MARPR
		MC/TBD
CRN: None	Nov 7-Dec 14	9:30-10:30 am
Fee: \$75	6 Mon/6 Wed	MARPR
		MC/TBD

### **Yoga Basics**

Yoga is an ancient system that unites the body and mind. The practice of yoga offers powerful tools to relieve stress and bring flexibility, strength, co-ordination and balance to the body. This class is designed for both beginners and students desiring to revisit the foundations of yoga to deepen their current practice. The class focuses on breath, body awareness, mindfulness and basic yoga poses that can be easily modified to meet the needs of all body types. Special Note: Please bring a yoga mat, block, blanket and wear comfortable clothing that allows for easy movement.

Instructor: Stephanie Murphy Subject: CME

CRN: None Sep 28-Dec 14 Fee: \$79 12 Wednesdays

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5:30-6:30 pm s MARPR MC/TBD Stay connected to all that is happening at CAC. Download the NEW CAC Mobile App Today!



CAC's new free mobile app provides instant access to campus news and maps, sports, event calendars, admissions information, class schedules, financial aid, grades, residence life, Blackboard and more.

Available as the Central Arizona College App in:



Google App Store



**ITunes App Store** 

### **Couponing for Beginners**

Would you like to save hundreds or even thousands of dollars a year by learning money-saving couponing techniques and tricks? Learn how to stack coupons and stockpile groceries, plus the best web sites to save your family 25-65% every time you go to the grocery store!

Instructor: H Subject: CM	lunaya Cramer	
CRN: None Fee: \$29	Oct 4	6-8 pm MARPR MC/TBD
CRN: None Fee: \$29	Nov 2 1 Wednesday	9-11 am MARPR MC/TBD
CRN: None Fee: \$29	Dec 1 1 Thursday	2-4 pm MARPR MC/TBD



### **Couponing for Newbies**

Designed for Newbies to Couponing! Learn to understand store coupon policies, stacking coupons, stockpiling, freebies, preparing for a shopping trip, tracking savings and what apps to use on phones/ devices. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Hunaya Cramer Subject: CME CRN: None Oct 11 6-8 pm

1 Tuesday

F00. \$20

TCC: 929	I Tuesday	MC/TBD
CRN: None Fee: \$29	Nov 9 1 Wednesday	9-11 am MARPR MC/TBD
CRN: None	 Dec 8	2-4 nm

MARPR

Fee: \$29 MARPR 1 Thursday MC/TBD

Are You Smarter Than Your Smartphone? Discover your Smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. In the end, you could be smarter than your Smartphone. Special Note: Student must bring a smartphone to class. Instructor: Megan Purvis Subject: CME CRN: None Oct 26 6:15-8:15 pm Fee: \$25 1 Wednesday MARPR MC/TBD

### How to Maximize Your iPhone

Are you getting the most out of your iPhone? Discover the ins and outs and how to manage your iPhone to suit your needs. Learn the basics of how to use your iPhone apps, maps, messages, calendar, mail and how to sync with other devices. Special Note: Students must bring an iPhone to class. Instructor: Audrey Sexton Subject: CME CRN: None Oct 12 6:15-8:15 pm Fee: \$25 1 Wednesday MARPR

iPad for Beginners

Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. Special Note: Student must bring an iPad to class. Instructor: Audrey Sexton Subject: CME Oct 18 6:15-8:15 pm CRN: None Fee: \$25 1 Tuesday MARPR MC/TBD



Arizona College

MC/TBD

### **Community Events Presents:**

Arts

Theater

Drama

Entertainment

Music

and more...

For a listing of events and to purchase tickets:

www.EventsAtCAC.com

## MC-Maricopa Campus

### What More Can Your iPad Do?

Discover more exciting features of your iPad. Learn how to use all the built in apps, how to purchase additional apps and how everyone in your family can benefit from using the iPad. *Special Note: Students must bring an iPad to class.* 

,	
Oct 25	6:15-8:15 pm
1 Tuesday	MARPR MC/TBD
	udrey Sexton E Oct 25 1 Tuesday

### **Experiencing Watercolor**

Discover how to paint with a palette of beautiful, transparent watercolors. Lessons include the history of watercolor, brush control, the coloring book of basic skills, preparing your paper, creating a composition, mixing colors, painting trees, skies and more. Students will leave with a finished painting. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Kristal Hoeh

Subject: CME CRN: None Nov 1-Dec 13 Fee: \$99 7 Tuesdays

6:30-8:30 pm MARPR MC/TBD

With five campuses and three centers located strategically throughout Pinal County, CAC provides accessible, educational, economic, cultural, and personal growth opportunities for those of all ages.

### **Computer Basics for Seniors**

Would you like to learn or improve your computer skills? Join a relaxed paced course and learn the basics of using a computer, a keyboard & mouse, opening, using & closing programs, saving & printing documents, and browsing the internet. In the end you will have developed basic computer skills, become friends with your computer, and prepared for future growth. Instructor: Paul Zubel

Subject: CME CRN: None Nov 15-29 6-8 pm Fee: \$39 3 Tuesdays MARPR MC/TBD

### **Beginning Computer Skills**

Develop basic computer knowledge and learn how to navigate the current, most frequently used version of Microsoft Windows. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows. Instructor: Paul Zubel Subject: CME CRN: None Nov 17 6-8 pm Fee: \$25 1 Thursday MARPR

	,	MC/TBD
CRN: None Fee: \$25	Dec 6 1 Tuesday	6-8 pm MARPR MC/TBD
CRN: None Fee: \$25	Dec 19 1 Monday	6-8 pm MARPR MC/TBD

### **Intermediate Computer Skills**

Develop intermediate level computer skills by using MS Office Word, PowerPoint, and Excel software applications, web searches, and internet based applications. Instructor: Paul Zubel Subject: CME CRN: None Dec 1-15 6-8 pm

CRN: None	Dec 1-15	6-8 pm
Fee: \$39	3 Thursdays	MARPR
		MC/TBD





### "Jumpstart" Your Writing Process

If you have experienced "writer's block", this is the class for you. All forms of writing will be encouraged: fiction, memoirs, non-fiction, poetry and academic writing. Guest lecturers will be present to share fresh input and discuss the changing world of publishing. Join the course for a fun and productive hit of new writing energy!

Instructor: Marguerite Wainio Subject: CME CRN: 13542 Sep 13-Oct 25 5-7 pm Fee: \$99 7 Tuesdays OR/MVS

### **Personal Memoir Writing**

Explore various methods for creating your very own personal memoir by using your life experiences, peer suggestions, writing critique from the instructor, and other influences to guide your writing. In the end you will have created your very own masterpiece to share with family and friends.

Instructor: Marguerite Wainio Subject: CME

CRN: 13543	Nov 1-Dec 13	5-7 pm
Fee: \$99	7 Tuesdays	OR/MVS



### Watercolor 3D Petroglyphs



Using 300 pound watercolor papers, small canvases and watercolor painting, you will create your own version of a petroglyph figure and other design elements. After cutting around the design elements and figures, they will then be mounted on small canvases in such a way as to create a 3D look to your piece of art. Instructor: Karen Brungardt Subject: CME CRN: 13550 Nov 15-22 4-7 pm Fee: \$45 2 Tuesdays OR/MVS

### For more information about CAC's Lifelong Learning opportunities visit:

www.centralaz.edu/lifelonglearning

### PINAL COUNTY

Innovative Workforce Solutions



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For more information on ARIZONA@WORK, Call or come in person!

Address: 1015 E. Florence Blvd, Casa Grande, AZ 85122 Phone: (520) 374-3058

Other Locations: 1075 S. Idaho Rd. Ste. #300 Apache Junction, AZ 85119 Phone: (480) 474-9300

80440 E. Aravaipa Rd. Winkelman, AZ 85192 Phone: (520) 357-2803

805 S. Idaho Rd. Office B-106 Apache Junction, AZ 85119 Phone: (480) 677-7781

3736 E. Bella Vista Rd. Office B-127 San Tan Valley, AZ 85143 Phone: (480) 677-7866

### Pottery on the Wheel

Learn how to use a potter's wheel, throw various pieces, attach handles, trim pots, and apply glazes to finished products. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: KimmBerly Ioane

Subject: CMI CRN: 13591 Fee: \$99	E Aug 16-Sep 13 5 Tuesdays	Noon-3 pm SMC/A119
CRN: 13592	Aug 18-Sep 15	Noon-3 pm
Fee: \$99	5 Thursdays	SMC/A119
CRN: 13593	Sep 20-Oct 18	Noon-3 pm
Fee: \$99	5 Tuesdays	SMC/A119
CRN: 13594	Sep 22-Oct 20	Noon-3 pm
Fee: \$99	5 Thursdays	SMC/A119
CRN: 13595	Oct 25-Nov 22	Noon-3 pm
Fee: \$99	5 Tuesdays	SMC/A119
CRN: 13596 Fee: \$99 Note: No cla	Oct 27-Dec 1 5 Thursdays Iss Nov 24.	Noon-3 pm SMC/A119
CRN: 13597	Dec 6-20	Noon-3 pm
Fee: \$99	3 Tue/2 Thurs	SMC/A119

ee: \$99	3 Tue/2 Thurs	SMC/A

### Mah Jongg

Learn the basics of the American version of the ancient Chinese game, Mah Jongg. This is a game of skill involving an array of tiles divided into various suits called flowers, winds, dragons, craks, bams and dots.

Instructor: Sandra Koenig Subject: CME CRN: 13604 Aug 29-Oct 24 1-4 pm Fee: \$15 8 Mondays SMC/A131 Note: No class Sep 5.

CRN: 13605 Oct 31-Dec 19 1-4 pm Fee: \$15 8 Mondays SMC/A131

### Line Dancing: Fun and Exercise

Learn various line dances to exercise the body and brain. No experience or partner necessary. Instructor: Tobia Eaks Subject: CME CRN: 13609 Oct 3-Dec 5 9:30-10:30 am Fee: \$5 10 Mondays SMC/A110



### Introduction to QuickBooks Pro<sup>®</sup>

This course is an introduction to the QuickBooks Pro<sup>®</sup> Accounting Program for those wishing to become a QuickBooks Pro® user or gain an understanding of accounting for a small business. This class is also for the small business owners who want to improve their own knowledge of the program. This course covers the basics of what you will find in QuickBooks Pro® and how to use each component including: the installation process; creating a company file; processing accounts payable; processing accounts receivable; reconciling bank statements; managing QuickBooks Pro® files for backup and restoration; and using QuickBooks Pro® in single-user and multi-user modes. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Alice Fields Subject: CME CRN: 13714 Oct 12-Nov 16 10 am-Noon Fee: \$99 6 Wednesdays SMC/A127

### Introduction to Law Enforcement

Have recent police events caught your attention? This course is designed to introduce the functions of modern day law enforcement. An overview of the police response and their duties will be provided with an emphasis placed on Arizona law enforcement practices. Guest speakers from different law enforcement agencies are planned. Current issues facing law enforcement will also be discussed. Instructor: Christian Ensley Subject: CME

CRN: 13575 Oct 6-Nov 3 6-7:30 pm SMC/D133 Fee: \$49 5 Thursdays

### **Your Future Begins** Today at CAC!

Academic degrees and certificates, university transfer options, high school outreach programs, career training, personal enrichment and continuing education classes

www.centralaz.edu

### Reiki I

Reiki is a powerful, complete system of energy-based holistic healing where spiritually-guided life force energy is directed for the purpose of promoting health, balance, and well-being at the physical, mental, emotional, and spiritual levels. Reiki I is primarily for self-healing using simple hands-on and visualization techniques. You will learn the symbol for physical healing and receive an attunement which opens your energy pathways to become a channel for Reiki. *Special Note: Students should wear loose fitting clothes.* 

Instructor: Martha Chansley Subject: CME CRN: 13740 Oct 10-Nov 7 10 am-1 pm Fee: \$119 5 Mondays SMC/D130

### Reiki II

Reiki II adds power to the Reiki healing energy by including additional symbols which intensify the energy flow and facilitate mental, emotional, and distance healing. You will receive the Reiki II symbols and an attunement which greatly amplifies your healing power and allows for intentional direction of the healing energy. Special Note: Students should wear loose fitting clothes and must have completed Reiki I. Instructor: Martha Chansley Subject: CME CRN: 13739 Nov 14-Dec 12 10 am-1 pm Fee: \$119 5 Mondays SMC/D130

### Jewelry & Metalsmithing

Learn to design, cut, fabricate, connect and form non-ferrous metals. Surface texture and patina will be covered, as well. Instruction will include demonstrations, work time, and inspiration via books, images and handouts. Students can plan on creating projects and/or samples to understand and carry out the processes taught. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Victoria Altepeter Subject: CME CRN: 13741 Oct 26-Nov 16 3-6 pm Fee: \$89 4 Wednesdays SMC/A115

### Intro to Interior Design: Part I

This is an excellent journey into the field of interior design for both the career-minded student and lifelong learners. An overview of multiple areas of design, including the major principles and elements of design, the use of color, and the development of pleasing color schemes is provided. The course emphasizes how to use various types of flooring, textiles and lighting to enhance interior spaces. It will encourage you to make wise selections from the numerous products available for either your own use or for a commercial or residential client. Instructor: Cheryl Blankenship

Subject: CME CRN: 13573 Oct 18-Nov 1 7-9 pm

Fee: \$69 3 Tue/2Thu SMC/F138



### Intro to Interior Design: Part II

Continue the journey by expanding on the principles and elements you learned in Intro to Interior Design: Part I by creating projects. Basic theories and practical applications are key to creating aesthetically pleasing, functional spaces. This course will help build confidence in making those decisions. Instructor:Cheryl Blankenship Subject: CME CRN: 12574 Nov 2 17 7 9 pm

CRN: 13574 Nov 3-17 7-9 pm Fee: \$69 2 Tue/3 Thu SMC/F138

Send ideas and comments to Community Education via email at CommEd@centralaz.edu



### Tai Chi Basics

Experience the health benefits of Tai Chi, an ancient exercise program (a noncompetitive, self-paced system of gentle physical exercise). Tai Chi benefits include reduced stress, improved muscle strength, and improved balance and coordination, along with increased energy, stamina and flexibility. Learn gentle movements that have been shown to help arthritis, diabetes, high blood pressure, and back problems.

### Note: No class Nov 24.

Instructor: Jennifer McGraw Subject: CME CRN: 13590 Fee: \$59 Oct 20-Dec 15 6:30-7:30 pm 8 Thursdays SMC/A128

### Meditation for Relaxation and Stress Relief

Explore meditation techniques to lower stress levels, assist with sleep, and heal the body, mind, and spirit. Learn how to quiet your mind and breathing techniques for relaxation, centering and connecting. Instructor: Jennifer McGraw Subject: CME Oct 24-Dec 12 CRN: 13589 6:30-7:30 pm Fee: \$59 8 Mondays SMC/A128

### Gentle Yoga

Yoga is an ancient system that unites body and mind. The practice of yoga offers powerful tools to relieve stress and bring flexibility, strength, coordination and balance to the body. This class is designed for beginners of all fitness levels, as well as for students desiring to revisit the foundations of yoga to deepen their current understanding of yoga and its practice. Learn focus on breath, body awareness, mindfulness and basic yoga poses that can be easily modified to meet the needs of all body types. Special Note: Please bring a yoga mat, block and blanket to class.

Instructor: Sharon Corrigan

CRN: 13715 Fee: \$30		9-10:15 am SMC/A128
CRN: 13716	Nov 21-Dec 14	9-10:15 am
Fee: \$30	4 Mon/4 Wed	SMC/A128

### Writing the Story of Your Life Part I

Learn how to preserve your part of family history by creating a written history that preserves your generational contributions. Each week the student will be required to write a short story about different areas of their life as guided by the instructor. Then each student will read their story to the class and these stories will help others by triggering more memories.

Instructor: Barb Hofmeister Subject: CME CRN: 13762 Oct 25-Dec 13 Fee: \$119

8 Tuesdays

1-3 pm SMC/TBD



### Silver Screen Cowboys, From Film to Television

With the coming of television in 1949, the silver screen cowboys such as Hopalong Cassidy, Gene Autry, Roy Rogers, The Cisco Kid, and The Lone Ranger made their way to the new medium. Some had an easy time of it, while others were fought at every turn by the film studios that were desperate to keep their stars off the small screen. The motives behind the big film studios were varied, but in the end, many of our cowboy heroes overcame these obstacles. However, there were a few that fell by the trail into supporting roles or obscurity. Learn the fascinating true stories behind the silver screen cowboys that blazed the trail for Gunsmoke, Bonanza, Laramie, Maverick, Cheyenne and all our favorite adult television westerns that came later. Instructor: Charlie LeSueur Subject: CME

Jubject. Civit	-	
CRN: 13572	Nov 1-15	10 am-Noon
Fee: \$49	3 Tuesdays	SMC/A127



### Instant Piano for Hopelessly Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you will need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Craig Coffman

Subject: CME

CRN: 13578 Oct 27 6:30-9:30 pm Fee: \$35 1 Thursday SMC/TBD

### Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Craig Coffman

Subject: CME

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CRN: 13577	Nov 3	6:30-9 pm
Fee: \$35	1 Thursday	SMC/TBD

### Handwriting Analysis for Beginners

Have you ever wondered what you can learn by looking at handwriting? Now you can! In this introductory, yet in depth class, learn to analyze handwriting samples and be able to accurately determine personality traits. Explore your own handwriting and reveal the characteristics of famous people in our world today. Special Note: Contact your local Community Education Office one week prior to class for specific instructions on how to prepare your handwriting sample for class. Instructor: Ruth Ballard

Subject: CME

CRN: 13763	Nov 1-22	1-3 pm
Fee: \$55	4 Tuesdays	SMC/A127

### Basic Landscape Irrigation Guidelines

This course is intended for homeowners. new hires with landscaping companies, material supplier employees and others interested in learning the basics of landscape irrigation systems. PowerPoint presentations, down-to-earth lectures, and real-world product examples are utilized. Several working model controllers (timers in layman's terms) are used to give students some "hands-on" experience. The importance of reasonable but regular system monitoring and repair is stressed, both in the interest of saving water and of maintaining a healthy desert landscape. Select "war-stories" from real world irrigation projects are presented to support key points and to connect the design and installation concepts described. Instructor: Vern Swanson

Subject: CME CRN: 13614 Oct 25-Nov 3 9-10:30 am Fee: \$45 2 Tue/2 Thu SMC/A123

### Beginning Landscape Irrigation Design



Upon completion of this class, the student should be able to design either an overhead sprinkler or drip system for a residential project. To become competent in irrigation design, years on the drawing board and in the ditch are required to achieve professional results and provide the client with a durable, practical and "smart" system that does the job. The goal is to give the student the basic design "tools and rules" as a solid foundation for the next step, depending on the individual's choices. This course assumes the student has landscape industry experience and preferably some irrigation installation experience. No CAD design program is used in this class; the "old-school" T-Square, drawing board, compass and scale are the tools used. It is important to recognize that the basic "old-school" drafting and design methods, once mastered, will enable you to move forward to an irrigation or landscape CAD program much easier and quicker. Special Note: Students will need some basic drafting tools and a small drawing board. Note: No class Nov 24.

Instructor: Vern Swanson Subject: CME CRN: 13711 Nov 8-Dec 1

CRN: 13/11	NOV 8-Dec 1	9-11 am
Fee: \$99	4 Tue/3 Thu	SMC/A123

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### **Spanish for Beginners**

Improve your communication skills in the second most common language in the Valley. Basic language structure and vocabulary in a conversational style will help you begin conversing in Spanish. Instructor: Christian Ensley Subject: CME CRN: 13576 Nov 2-30 1-3 pm Fee: \$65 5 Wednesdays SMC/A127

### **Beginning Computer Skills**

Develop basic computer knowledge and learn how to navigate Microsoft Windows. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows. Instructor: Gene Middleton Subject: CME

Subject: Civil	_	
CRN: 13581	Nov 2	Noon-3 pm
Fee: \$29	1 Wednesday	SMC/C116
CRN: 13717	Dec 8	Noon-3 pm
Fee: \$29	1 Thursday	SMC/C116



### **Adobe Photoshop**

Learn how to use the tools, layers, palettes and attributes in Adobe Photoshop. With these tools, there is no limit to what you can do or create with your favorite photos or artwork. The only limitations are in what your mind can create. If you can dream it, you can do it! Instructor: Gene Middleton Subject: CME

CRN: 13582 Nov 8-Dec 13 10 am-Noon Fee: \$65 6 Tuesdays SMC/C116



### **Central Arizona Adventures**

Explore four historical Arizona adventures that consist of these exciting stories: (1) Superstitions-The Killer Mountains, including local ghost stories; (2) Arizona's 1880s Stagecoach Robbery Trail and Frontier Justice; (3) Legendary Cowboy Tales of the Superstition Mountains-1870s to Present; and (4) Fantastic new discoveries relating to the Lost Dutchman Mine and Peralta Miners. Student participation in discussions is always welcome. Photos and visual displays enhance each class. These adventures relate to nearby local places, people and events that happened within a short distance from the Apache Junction CAC campus.

Instructor: Jack San Felice Subject: CME

CRN: 13583 Nov 2-23 Fee: \$59 4 Wednesdays

10 am-Noon SMC/TBD

### How to Play Blackjack

Learn how to play the fun and exciting game of blackjack, one of the most popular casino table games. This introductory course will emphasize basic strategy so you can play with confidence. Different types of blackjack games will be explained with a focus on casino play.

Note: This is an informational class with social playing only. Actual gambling is prohibited and no money will be permitted to exchange hands.

Instructor: Rod Daniels

Subject: CME CRN: 13718 Fee: \$29	Nov 2-16 3 Wednesdays	2-3 pm SMC/A127
CRN: 13734	Nov 29-Dec 13	2-3 pm
Fee: \$29	3 Tuesdays	SMC/A127

### **Pastels for Beginners**

You do not have to learn how to draw to create stunning paintings with pastels! Pastels are a fun and surprisingly fast medium to work with. Your paintings will glow with an intensely luminous color and velvety texture. Explore this medium from the very beginning, creating finished flower paintings each week. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Ruth Ballard

 Subject: CME
 Nov 2-23
 Noon-3 pm

 CRN: 13603
 Nov 2-23
 Noon-3 pm

 Fee: \$85
 4 Wednesdays
 SMC/A122

# SMC-Superstition Mountain Campus

### **Beginning Drawing Skills**

Beginning drawing skills are the foundation for all two dimensional artwork! Learn the importance of basic skills, shading, perspective and composition. This is an excellent course for the beginner to learn how to draw and for experienced artists looking to sharpen their skills. Lessons will include pencil as well as pen and ink applications. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Vanessa Ortiz Subject: CME CRN: 13611 Nov 2-30 4-7 pm

CRN: 13611 Nov 2-30 4-7 pm Fee: \$65 5 Wednesdays SMC/A122

### **Expressive Portrait Drawing**

Learn how to bring expressive emotions into your portraits using basic techniques. Forget about creating a likeness; instead, we will concentrate on seeing and drawing the big shapes of dark and light. Students will be encouraged to develop their own distinct drawing style using pencil, charcoal, and other media. If you are an individual with an expressive nature, who loves to draw portraits, then this class for you! Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Note: No class Nov 25. Instructor: Vanessa Ortiz Subject: CME CRN: 13613 Nov 4-Dec 16 4-7 pm Fee: \$115 6 Fridays SMC/A122

### **Creative Acrylic I**

Discover how to paint creatively using acrylics. Lessons include: color theory; brush control; preparing your canvas; the importance of composition; and mixing colors while painting a Southwest landscape and a flower of the desert. Students will leave with at least three completed paintings. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Vanessa Ortiz Subject: CMF CRN: 13612 Nov 7-Dec 19 4-7 pm Fee: \$135 7 Mondays SMC/A122

### **Plants of the Sonoran Desert**

Explore the plants of the Sonoran Desert and discover what they have to offer. You will view, learn and discuss the different plants of the Sonoran Desert and their use for medicinal, utilitarian and food consumption.

Instructor: Jean Groen Subject: CME CRN: 13585 Nov 3 9-11 am Fee: \$35 1 Thursday SMC/TBD

### Lesser-known Plants of the Sonoran Desert

Discover the lesser-known plants of the Sonoran Desert. You will view, learn and discuss the lesser-known plants and their use for medicinal, utilitarian and food consumption. Instructor: Jean Groen Subject: CME CRN: 13586 Nov 10 9-11 am Fee: \$35 1 Thursday SMC/TBD



### Pythagorean Numerology

Pythagorean Numerology, also known as Modern Numerology, is very popular because it's the easiest to learn. Learn how to use knowledge that numbers may provide. This includes: personal numbers; personal years; hidden potential encoded in names and date of birth; life force; and much more. Explore possibilities towards creating a life of fulfillment, abundance and joy in this mysterious Universe! Special Note: Bring water and either snacks or lunch for a 30 minute break. Instructor: Romualda "Rommy" Banaszczyk Subject: CME

CRN: 13719 Nov 3-17 9:30 am-2 pm Fee: \$85 3 Thursdays SMC/TBD



### **CCC-Central Corporate Center**

	Sep 20	Beginning Computer Skills
	Sep 22	Microsoft Excel Essentials
	Sep 27	Computer Basics for Seniors
	Oct 5	Numerology and the Divine
		Triangle
	Oct 18	Amigos Hablando Español:
		Friends Speaking Spanish
	Oct 18	Spanish for Beginners
	Oct 19	Spanish for Beginners Plus
	Oct 20	Beginning Computer Skills
	Oct 20	Writing the Story of Your Life
	000 20	Part I
	Oct 26	Intermediate Computer Skills
*	Nov 15	Are You Smarter Than Your
Щ	100 15	Smartphone
	Nov 29	Are You Smarter Than Your
Õ	100 25	Smartphone
	Nov 30	How to Maximize Your iPhone
+	Dec 8	iPad for Beginners
	Dec 3 Dec 13	How to Maximize Your iPhone
Н	Dec 15 Dec 15	What More Can Your iPad Do?
Ū	Dec 15	what more can four if ad bo:
ourse Start Dat	CGC-Cas	sa Grande Center
Ũ	Oct 4	Beginning Bridge
5	Oct 5	Improve Your Bridge Game While
		Having Fun
5	Oct 6	Improve Your Bridge Game While
Ň		Having Fun
$\mathbf{}$	Nov 7	Numerology and the Divine
		Triangle
		ity of Casa Grande Parks and
	Recreat	
	Oct 24	Improving Employee
		Effectiveness
	Nov 1	Improving Teamwork in Your
		Organization
	Nov 9	How to Improve Your Production
		System and Increase Profits
	Nov 17	The Seven Greatest Strategies fo
		Business Success
	Dec 2	The 10 Common Mistakes for
		Business Failure
	MC-Ma	ricopa Campus
	Sep 15	Plein Air Oil Pastel Painting
	Sep 27	Dance Fitness for Fun
	Sep 28	Yoga Basics
	Oct 4	Couponing for Beginners
	Oct 11	Couponing for Newbies
	Oct 12	How to Maximiza Your Dhone

Oct 4	Beginning Bridge
Oct 5	Improve Your Bridge Game While
	Having Fun
Oct 6	Improve Your Bridge Game While
	Having Fun
Nov 7	Numerology and the Divine
	Triangle

### 

- Oct 12 How to Maximize Your iPhone
- Oct 18 iPad for Beginners
- Oct 25 What More Can Your iPad Do?

### MC cont.

- Oct 26 Are You Smarter Than Your Smartphone
- Experiencing Watercolor Nov 1
- Nov 2 **Couponing for Beginners**
- Nov 7 Dance Fitness for Fun
- Nov 9 Couponing for Newbies
- Nov 15 Computer Basics for Seniors
- Nov 17 Beginning Computer Skills
- **Couponing for Beginners** Dec 1
- Dec 1 Intermediate Computer Skills
- Dec 6 **Beginning Computer Skills**
- Dec 8 Couponing for Newbies
- Dec 19 Beginning Computer Skills

### **OR-Mountain Vista School, Oracle**

- Sep 13 "Jumpstart" Your Writing Process
- Nov 1 Personal Memoir Writing
- Nov 15 Watercolor 3D Petroglyphs

### **SMC-Superstition Mountain Campus**

- Aug 16 Pottery on the Wheel Aug 18 Pottery on the Wheel Aug 29 Mah Jongg Sep 20 Pottery on the Wheel Sep 22 Pottery on the Wheel Oct 3 Line Dancing: Fun and Exercise Introduction to Law Enforcement Oct 6 Oct 10 Reiki I Oct 12 Introduction to QuickBooks Pro® Oct 17 Rubber Stamp Carving Oct 18 Intro to Interior Design: Part I Oct 20 Tai Chi Basics Oct 24 Meditation for Relaxation and Stress Relief Oct 24 Gentle Yoga Oct 25 Pottery on the Wheel Oct 25 Basic Landscape Irrigation Guidelines Oct 25 Writing the Story of Your Life Part Oct 26 Jewelry & Metalsmithing Oct 27 Instant Piano for Hopelessly Busy People Oct 27 Pottery on the Wheel Oct 31 Mah Jongg Nov 1 Silver Screen Cowboys, From Film to Television Handwriting Analysis for Nov 1 Beginners Nov 2 Spanish for Beginners Nov 2 **Beginning Computer Skills** Nov 2 Central Arizona Adventures Nov 2 How to Play Blackjack Nov 2 Pastels for Beginners
- Nov 2 **Beginning Drawing Skills**

## **Course Start Dates**

### SMC cont.

- Nov 3 Waist Management
- Nov 3 Intro to Interior Design: Part II
- Nov 3 Instant Guitar for Hopelessly Busy People
- Nov 3 Plants of the Sonoran Desert
- Nov 3 Pythagorean Numerology
- Nov 4 Expressive Portrait Drawing
- Nov 7 Creative Acrylic I
- Nov 8 Beginning Landscape Irrigation Design
- Nov 8 Geology of the Superstition Mountains
- Nov 8 Adobe Photoshop
- Nov 10 Lesser-known Plants of the Sonoran Desert
- Nov 14 Reiki II
- Nov 15 An Amazing Walk Through the Skies
- Nov 16 Artistic Travel Journaling
- Nov 21 Rubber Stamp Carving
- Nov 21 Zentangling
- Nov 21 Gentle Yoga
- Nov 29 How to Play Blackjack
- Dec 1 Volcanoes- What, Why, Where and How?
- Dec 5 Zentangling Beyond the Basics
- Dec 6 Pottery on the Wheel
- Dec 7 Vision Board
- Dec 8 Simple Steps to Better Health
- Dec 8 Beginning Computer Skills

### **SPC-Signal Peak Campus**

- Sep 8 Pottery on the Wheel
- Oct 20 Pottery on the Wheel

### STC-San Tan Campus

- Oct 6 Line Dancing: Fun and Exercise
- Oct 11 Introduction to QuickBooks Pro®
- Oct 11 Reiki I
- Oct 19 Computer Basics for Adults
- Oct 20 Instant Piano for Hopelessly Busy People
- Oct 20 Writing the Story of Your Life Part I
- Oct 24 Basic Landscape Irrigation Guidelines
- Oct 24 Instant Guitar for Hopelessly Busy People
- Oct 26 Journal to the Self
- Oct 26 Turning Business Cards Into Gold
- Nov 1 Rock and Roll Aerobics
- Nov 7 Beginning Landscape Irrigation Design

### STC cont.

- Nov 9 Intermediate Computer Skills-MS Word
- Nov 14 Astronomy for Beginners
- Nov 15 1-2-3 Custom Designed Earrings-Fast, Fabulous & Fun!
- Nov 15 Reiki II
- Nov 16 Bead Embroidery
- Nov 30 Email and Internet for Beginners
- Dec 6 Plants of the Sonoran Desert
- Dec 6 DNA-Beyond Genealogy, National Geographic Genographic Project
- Dec 6 Creating Silver or Copper Mail Jewelry: It's Easier Than It Looks
- Dec 7 Microsoft Excel Essentials
- Dec 13 Lesser-known Plants of the Sonoran Desert
- Dec 13 Intro to Basket Weaving Featuring The Hanging Catch-All Basket
- Dec 13 Trace Your Famine Irish Ancestors
- Dec 14 Microsoft PowerPoint Essentials

### Trips to Europe Coming Spring 2017!

Study abroad trips to Ireland and Spain will be offered.

For more information visit: www.centralaz.edu/international

Did you know there is a volcano nearby? In this class you will learn about the formation of the Superstition Mountains and why they look the way they do. We will focus on geology, but cannot let legends of the Superstitions be ignored. Come and learn why the Superstitions rock!

Instructor: Amy Paterson Subject: CME CRN: 13570 Nov 8-15 4:30-6:30 pm Fee: \$39 2 Tuesdays SMC/F138

### Volcanoes-What, Why, Where and How?

Designed for the non-geologist as an introduction to the fascinating study of volcanoes, this course covers the basics of volcanology including types of volcanoes, location of volcanoes (including Arizona volcanoes), types of lava and other materials ejected by volcanic eruptions. Specific volcanic disasters will also be explored.

Instructor: Am	y Paterson	
Subject: CME		
CRN: 13571	Dec 1-8	4:3

CRN: 13571	Dec 1-8	4:30-6:30 pm
Fee: \$39	2 Thursdays	SMC/F138

### Waist Management

Explore easy and effective ways to create habits that support a healthy and happy body while managing your waistline. When you apply sound wellness lifestyle principles you will not only feel better and have the energy you want to have, but you'll be able to do the things you want to do! This interactive course also provides accountability and coaching in a safe and encouraging environment.

Instructor: Mari DeZago Subject: CME

CRN: 13598	Nov 3-10	10 am-Noon
Fee: \$35	2 Thursdays	SMC/TBD

### An Amazing Walk Through the Skies

This is not your father's Astronomy 101 class. Enjoy an engaging astronomical overview, presented by Steve Kates, a.k.a. "Dr. Sky", of the origins, history, and current scientific knowledge of our solar system including: planets, moons and other objects; and current knowledge about other solar systems. Learn how to use tools and resources to navigate our night skies and understand a vast history in the role and the future of interplanetary space exploration and science. Lots of hands-on experiences and multimedia entertainment will be featured by "Dr. Sky".

Instructor: Steve Kates-"Dr. Sky" Subject: CME CRN: 13608 Nov 15-Dec 13 7-9 pm Fee: \$69 5 Tuesdays SMC/F138

### **Artistic Travel Journaling**

Learn to easily and fearlessly create quick drawings from your vacation or "stay-cation" adventures. During this multimedia adventure, students will learn contour drawing, watercolor and colored pencil techniques to create a unique expression of your life; plus how to put together an easy to carry travel journal kit. Drawing creates a kinesthetic memory that will resonate deeply within you. Anyone can learn these fun and experimental techniques. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Pauline Conn Subject: CME Nov 16-Dec 14 CRN: 13600 1-4 pm SMC/A122 Fee: \$99 5 Wednesdays

### **Rubber Stamp Carving**



Put your creative stamp on everything with your own unique, hand carved, rubber stamps in this entertaining and fun, handson class! Your gorgeous creations can be applied with permanent inks to journals, greeting cards, bookmarks, book plates, wrapping paper and more! No previous experience required. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Ruth Ballard

Subject: CME CRN: 13601 Fee: \$45	Oct 17-24 2 Mondays	Noon-3 pm SMC/A122
CRN: 13713	Nov 21-28	9 am-Noon
Fee: \$45	2 Mondavs	SMC/A122

### Zentangling

Zentangling is an easy-to-learn, fun and relaxing way to create beautiful tiled images by drawing structured patterns from nature. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Ruth Ballard

Subject. CIVIL		
CRN: 13720	Nov 21-28	1-3 pm
Fee: \$39	2 Mondays	SMC/A122

### **Zentangling Beyond the Basics**

Build on what you have learned in the beginner's class to create more complex and exciting tangles with different shapes, involving shading, highlighting and introducing vibrant colors. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Ruth Ballard Subject: CME

CRN: 13721 Dec 5-12 1-3 pm SMC/A122 Fee: \$39 2 Mondays

### **Vision Board**

Create and complete a collage of pictures, phrases and words that represent you, your hopes, your desires and your goals. What do you want to be, what do want to do, and what is the ultimate outcome you would like to achieve? Your board will become a powerful visualization tool, helping you paint a clear impression of how you see yourself and your life in the next year to five years. Special Note: Please bring a pair of scissors, poster board, a variety of old magazines and a glue stick.

Instructor: Ruth Ballard Subject: CME CRN: 13602 Dec 7-14 Noon-3 pm 2 Wednesdays SMC/A122 Fee: \$45



### Simple Steps to Better Health



Learn how to recognize the signs, indicators, and risk factors of various diseases. Find out which foods trigger various diseases and reduce symptoms. Understand how to use the glycemic index, discover the dangers of eating trans-fats and consuming too much sugar, and review some of the latest research on health, nutrition, and wellness. Obtain tips to deal with chronic pain and losing weight. Optional: Students may bring a copy of their most recent blood tests to class to learn more about which other blood tests they may wish to seek for follow-up consultation with their physician.

Instructor: Dr. Sonny Sampedro Subject: CME CRN: 13722 Dec 8 9 am-Noon Fee: \$35 1 Thursday SMC/D133

### Your Community College



Superstition Mountain Campus







### MOUNT Cam

### Pottery on the Wheel

Learn how to use a potter's wheel, throw various pieces, attach handles, trim pots, and apply glazes to finished products. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.* Instructor: Francisco Mencahaca Subject: CME CRN: 13540 Sep 8-Oct 13 6-8:30 pm Fee: \$99 6 Thursdays SPC/TBD

CRN: 13541 Oct 20-Dec 1 6-8:30 pm Fee: \$99 6 Thursdays SPC/TBD Note: No class Nov 24.





A Joint Admission Program

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Softball

Women's Volleyball

### Introduction to QuickBooks Pro®

This course is an introduction to the QuickBooks Pro<sup>®</sup> Accounting Program for those wishing to become a QuickBooks Pro<sup>®</sup> user or or gain an understanding of the accounting for a small business. This class is also for the small business owners who want to improve their own knowledge of the program. This course covers the basics of what you will find in QuickBooks Pro® and how to use each component including: the installation process; creating a company file; processing accounts payable; processing accounts receivable; reconciling bank statements; managing QuickBooks Pro<sup>®</sup> files for backup and restoration; and using QuickBooks Pro® in single-user and multi-user modes. Special *Note: The cost of supplies is not included in* the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Alice Fields Subject: CMF

Subject. Civil		
CRN: 13567	Oct 11-Nov 15	10 am-Noon
Fee: \$99	6 Tuesdays	STC/C101

### Line Dancing: Fun and Exercise

Learn various line dances to exercise the body and brain. No experience or partner necessary.

Note: No class Nov 24. Instructor: Tobia Eaks Subject: CME CRN: 13610 Oct 6-Dec 15 10-11 am Fee: \$5 10 Thursdays STC/D101

### **Computer Basics for Adults**



This course is divided into 5 sections, providing the student with a working knowledge of: 1) Basic computer devices and components, 2) Types of storage and included programs, 3) Windows and its associated desktop icons 4) Hardware basics and 5) The four main parts of a computer. Instructor: Leonard Ruiz Subject: CME

CRN: 13730 Oct 19-Nov 2 2-4 pm Fee: \$45 3 Wednesdays STC/TBD

### Microsoft PowerPoint Essentials

Learn the essentials of MS PowerPoint to create a presentation that you could use for a holiday or birthday gathering. You will learn how to insert pictures and text, how to arrange the pictures and text to be pleasing to the viewer, and how to add animations to make the presentation active. You will also learn how to save your presentation. Special Note: Students must bring a flash drive (USB) to class to save their work products.

Instructor: Leonard Ruiz Subject: CME CRN: 13619 Dec 14 2-5 pm Fee: \$35 1 Wednesday STC/TBD

### Reiki I

Reiki is a powerful, complete system of energy-based holistic healing where spiritually-guided life force energy is directed for the purpose of promoting health, balance, and well-being at the physical, mental, emotional, and spiritual levels. Reiki I is primarily for self-healing using simple hands-on and visualization techniques. You will learn the symbol for physical healing and receive an attunement which opens your energy pathways to become a channel for Reiki. *Special Note: Students should wear loose fitting clothes.* 

Instructor: Martha Chansley Subject: CME CRN: 13737 Oct 11-Nov 8 10 am-1 pm Fee: \$119 5 Tuesdays STC/TBD

### Reiki II

Reiki II adds power to the Reiki healing energy by including additional symbols which intensify the energy flow and facilitate mental, emotional, and distance healing. You will receive the Reiki II symbols and an attunement which greatly amplifies your healing power and allows for intentional direction of the healing energy. Special Note: Students should wear loose fitting clothes and must have completed Reiki I. Instructor: Martha Chansley Subject: CME CRN: 13738 Nov 15-Dec 13 10 am-1 pm Fee: \$119 5 Tuesdays STC/TBD

### Journal to the Self

Would you like to improve your blood pressure, boost your immune system, and get better sleep? These are just three of the proven health benefits of keeping a journal. Would you like to re-energize your life and your momentum toward your goals? The Journal to the Self workshop, developed by Kathleen Adams, founder of the Therapeutic Writing Institute, provides an introduction to and practice in effective journaling techniques. Let these techniques guide you as you explore your dreams, experiment with creative writing, clarify your goals, increase your time-management skills, baffle writer's block, and write your life story. The entire toolbox of Journal to the Self techniques will re-ignite your creativity and help you chart your way to better health. Instructor: Marci Bowman

Subject: CME

CRN: 13712 Oct 26-Nov 16 1-4 pm Fee: \$79 4 Wednesdays STC/TBD

### Instant Piano for Hopelessly Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords; you can learn all the chords you will need to play any song, in any style, any key in this one session. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Craig Coffman Subject: CME CRN: 13579 Oct 20 6:30-9:30 pm Fee: \$35 1 Thursday STC/TBD

### Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Craig Coffman Subject: CME CRN: 13580 Oct 24 6:30-9 pm Fee: \$35 1 Monday

STC/TBD

### Writing the Story of Your Life Part I

Learn how to preserve your part of family history by creating a written history that preserves your generational contributions. Each week the student will be encouraged to write a short story about different areas of their life as guided by the instructor. Then each student will read their story to the class and these stories will help others by triggering more memories.

### Note: No class Nov 24.

Instructor: Barb Hofmeister

Subject: CME		
CRN: 13723	Oct 20-Dec 15	1-3 pm
Fee: \$119	8 Thursdays	STC/TBD

Turning Business Cards Into Gold 🦻 The most effective way to sell your product or service is by "Word of Mouth" Few realize the power and the science of "Word of Mouth" and how it can affect your success. A starting point in the business world is the business card since nearly everyone has a business card. Learn what to do with those business cards you collect at a meeting. Learn firsthand the benefits of collaboration with class members, with outside businesses, and with businesses you discover on social media. This course takes you through the four stages of the networking process that leads to a system of working with people met, and turning that experience into a profitable alliance. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Jaclyn Zoccoli Subject: CME CRN: 13584 Oct 26-Nov 16 9 am-Noon Fee: \$79 STC/TBD 4 Wednesdays

1-2-3 Custom Designed Earrings: Fast, Fabulous & Fun!

1 Class, 2 Hours, 3 Pairs of earrings! Learn to design and create the perfect pair of earrings to brighten your wardrobe or when you need a quick, yet unique gift for a friend. The design possibilities are endless. From classic and contemporary, to fun and funky, or to beautiful and Bohemian, you will learn the basics of earring design and wire work. The instructor will furnish tools for class use. Some hand strength and good vision required. Vision magnification may be supplied by student if required. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Cheryl Baker Subject: CME CRN: 13742 Nov 15 Fee: \$35 1 Tuesdav

**Rock and Roll Aerobics** 



1-3 pm

Come dance, slide, step, hustle, hitchhike, pony and hand jive to some of your favorite oldies music and Broadway tunes. Enjoy a low impact but high energy aerobics class for adults who wish to work at a low to medium level in a rhythmic fitness class. Expect to have FUN, to tone, shape and stretch while exercising your entire body including the cardio/respiratory system. Special Note: Wear comfortable workout clothing and sturdy lace up workout style shoes, grab a towel and a water bottle and come join in the FUN. Instructor: Neola Bye-Beza Subject: CME

CRN: 13724 Nov 1-Dec 13 Fee: \$55 7 Tuesdays

9:30-10:30 am STC/D101

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### Creating Silver or Copper Mail Jewelry: It's Easier Than It Looks



Chain mail, once used as a technique to form protective, supple clothing, is now adapted by artists to create beautiful jewelry. Learn the classic, ancient technique of linking metal rings to form an elegant and versatile bracelet. You will use two simple tools to weave an eight inch, sterling silver or copper, Byzantine bracelet in a pattern that is appropriate for a man, woman or child. Once you know the Byzantine pattern, you can use it throughout your jewelry creating projects to modify as a watch band, flirty charm bracelet, magnificent necklace or eve catching earrings. The design possibilities are endless. The instructor will furnish tools for class use and the project will be completed in class. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

class start date for a material Instructor: Cheryl Baker

Subject: CME

CRN: 13732	Dec 6	1-4 pm
Fee: \$39	1 Tuesday	STC/D120

### Intro to Basket Weaving Featuring The Hanging Catch-All Basket

Learn the ancient art of basket weaving to create a hanging catch-all basket. This basket can be used to enhance everyday life, as a beautiful gift, or it could become a treasured family heirloom. The class introduces you to basic basket weaving techniques, including twining and plain weave. The catch-all basket may be small, but packs a big punch. It is ideal for dried flowers, to hold your keys, pencils or any item you want to keep close at hand. Weave them to use around your home or work area. You will complete at least one catch-all basket in class, and have enough materials and information to complete a second one either in class or at home. Some hand strength and good vision required. Vision magnification may be supplied by students if required. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. wataw. Chamil Dalian

mstructor. Ci	іегуї Бакеї	
Subject: CME		
CRN: 13733	Dec 13	1-4 pm
Fee: \$39	1 Tuesday	STC/D120

### **Bead Embroidery**

Bead embroidery is different than any other beading technique; instead of stitching or stringing beads together, you stitch beads to cloth or stiff felt. Students will design and create a unique wearable piece of art in class through the selection of a jasper cabochon, the use of several different bead embroidery techniques, and the use of seed beads to embellish the cabochon. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Neola Bye-Beza Subject: CME

CRN: 13599 Nov 16-Dec 14 1-4 pm Fee: \$119 5 Wednesdays STC/D120

### **Astronomy for Beginners**

Experience a survey of the Universe from the Big Bang through the present search for habitable planets and life elsewhere in the Universe. The focus will be a study of the structure and nature of the Universe, including galaxies, stars, planets and other objects which populate the cosmos. Instructor: Larry Bahn

Subject: CME

CRN: 13725 Nov 14-Dec 7 9-11 am Fee: \$109 4 Mon/4 Wed STC/TBD

### **Email and Internet for Beginners**

Learn how to access the internet to search for information and to send and receive email electronically. This includes use of internet browsers and/or search engines plus establishing an email account. Instructor: Leonard Ruiz Subject: CME

CRN: 13616 Nov 30 2-5 pm Fee: \$35 1 Wednesday STC/TBD

### Microsoft Excel Essentials

Learn the fundamentals of MS Excel to create a simple budget by entering text and numbers, column headings and saving the spreadsheet. You will learn about equations and how to enter pre-stored equations to make budget totals.

Instructor: Leonard Ruiz Subject: CME

CRN: 13618 Dec 7 2-5 pm Fee: \$35 1 Wednesday STC/TBD

### Intermediate Computer Skills-MS Word

Develop a working knowledge of Microsoft Word! Learn how to type, save and print a document, create tables, print labels and envelopes. Also learn editing techniques and how to import graphics and pictures. Instructor: Leonard Ruiz Subject: CME CRN: 13731 Nov 9-23 2-4 pm Fee: \$45 3 Wednesdays STC/TBD



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### Plants of the Sonoran Desert

Explore the plants of the Sonoran Desert and discover what they have to offer. You will view, learn and discuss the different plants of the Sonoran Desert and their use for medicinal, utilitarian and food consumption. Instructor: Jean Groen Subject: CME CRN: 13587 Dec 6 10 am-Noon Fee: \$35 1 Tuesday STC/TBD

### Lesser-known Plants of the Sonoran Desert

Discover the lesser-known plants of the Sonoran Desert. You will view, learn and discuss the lesser-known plants and their use for medicinal, utilitarian and food consumption. Instructor: Jean Groen

Subject: CME CRN: 13588 Dec 13 10 am-Noon Fee: \$35 1 Tuesdav STC/TBD

### DNA-Beyond Genealogy, National

Geographic Genographic Project 2005, the National Geographic In Society and IBM launched The National Geographic Genographic Project. This project is an on-going genetic anthropological study that aims to map historical human migration patterns by collecting and analyzing DNA samples from hundreds of thousands of people from hundreds of thousands of people from around the world. Topics of discussion will be the real time public participation in an actual scientific study using DNA to trace the footsteps of mankind out of Africa 65-100,000 years ago. We will also discuss the information generated by the genealogical DNA companies, such as Ancestry.com and FamilyTreeDNA.com, and how it compares with information produced by the National Geographic produced by the National Geographic Genographic Project. Instructor: Robert Stieglitz Subject: CME

CRN: 13726 Dec 6 Fee: \$35 1 Tuesday

10 am-Noon STC/TBD

Trace Your Famine Irish Ancestors One of the single-most influential events in U.S. immigration history was Ireland's great potato famine in the mid-1800s. More than 1.5 million people immigrated from Ireland to the U.S. If you think you're Irish, trace your family's history back to Ireland using basic, very common genealogical principles and tools that help you dig deeper into your family's past. Discover your family's roots! Instructor: Robert Stieglitz Subject: CME CRN: 13727 Dec 13 10 am-Noon Fee: \$35 1 Tuesday STC/TBD

### Basic Landscape Irrigation Guidelines



This course is intended for homeowners, new hires with landscaping companies, material supplier employees and others interested in learning the basics of landscape irrigation systems. PowerPoint presentations, down-to-earth lectures, and real-world product examples are utilized. Several working model controllers (timers in layman's terms) are used to give students some "hands-on" experience. The importance of reasonable but regular system monitoring and repair is stressed, both in the interest of saving water and of maintaining a healthy desert landscape. Select "war-stories" from real world irrigation projects are presented to support key points and to connect the design and installation concepts described.

Instructor: Vern Swanson Subject: CME CRN: 13736 Oct 24-Nov 2 9-11 am STC/TBD Fee: \$45 2 Mon/2 Wed

### Beginning Landscape Irrigation Design

Upon completion of this class, the student should be able to design either an overhead sprinkler or drip system for a residential project. To become competent in irrigation design, years on the drawing board and in the ditch are required to achieve professional results and provide the client with a durable, practical and "smart" system that does the job. The goal is to give the student the basic design "tools and rules" as a solid foundation for the next step, depending on the individual's choices. This course assumes the student has landscape industry experience and preferably some irrigation installation experience. No CAD design program is used in this class; the "old-school" T-Square, drawing board, compass and scale are the tools used. It is important to recognize that the basic "old-school" drafting and design methods, once mastered, will enable you to move forward to an irrigation or landscape CAD program much easier and quicker. Special Note: Students will need some basic drafting tools and a small drawing board. Instructor: Vern Swanson Subject: CMF

Subject. Chile		
CRN: 13735	Nov 7-28	9-11 am
Fee: \$99	4 Mon/3 Wed	STC/TBD

### Teach for us we're always looking for great instructors!

Are you passionate about a subject and interested in teaching a noncredit course for Community Education? We provide quality lifelong learning that is responsive, relevant, and accessible to residents of Pinal County. Our classes are generated from the philosophy that learning is a rewarding, lifelong experience that occurs in a relaxed, supportive environment.

We are always seeking enthusiastic and qualified instructors in most of our subject areas and are interested in exploring new subject areas. As Central Arizona College expands the capabilities of the new campuses in Maricopa and San Tan Valley, Community Education is looking to expand the course offerings in those areas.



Each semester Community Education considers new course proposals. The proposal deadline to teach a new class in Spring 2017 is October 6, 2016. Course proposals received after October 6 will be considered for the Fall semester.

To be considered, please contact Joel at 480.677.7721 or Muriel at 520.494.6059 to obtain the instructor application and the noncredit course proposal forms.



Allison, Connie: holds a BA in Psychology from Prescott College and an MA in Counseling from the University of Arizona. She has completed a year and a half at the Tamara Spiritual Center where she is now an ordained Minister. Connie continues to attend classes in various churches learning more about bible history, interpretation, prayer, meditation and metaphysics.

Baker, Cheryl: grew up in Northern New York. She initially became a writer for CBS, PBS and advertising affiliates and print media. Her corporate career introduced her to the world of adult learning, where she traveled the country for a major portion of her career, teaching and providing motivational training. Although teaching is very fulfilling, in her heart, she wanted a more creative and artistic experience and discovered basket weaving, which she has practiced for over 30 years. After moving from New York to Arizona she was introduced to jewelry making, and from reed weaving to bead weaving to chain mail ring weaving were easy steps. While continuing her love of weaving Appalachian Baskets, Cheryl has also won international jewelry art recognition for her PMC (Precious Metal Clay) fine silver work and is a PMC Certified Instructor.

**Bahn, Larry:** before retiring he was a teacher for 34 years in a variety of disciplines. His favorite area to teach is Science and in particular Astronomy. He has taught all ages including middle and high school, and adult education courses. Over the years he has taken many classes and attended many seminars, lectures, and workshops on topics related to astronomy. He really enjoys helping students discover the nature of the Universe.

**Ballard, Ruth:** holds a degree in Art History from Middlesex University in Devon, England, her native home. She is a practicing artist across a multitude of genres and an enthusiastic art teacher. She truly believes everyone is creative and can be an artist. She now resides in the beautiful Sonoran desert and spends time creating, enjoys hiking the Superstitions and photographing the wilderness.

Banaszczyk, Romualda "Rommy:" received degrees in Economics and International Education from schools in Poland and Massachusetts. She has been certified in the knowledge of numerology and is an international speaker and educator. She has a unique vision for promoting world peace, supporting education and literacy around the globe. Blankenship, Cheryl: passionate about interior design since childhood, Cheryl has won regional and national awards for her designs. She taught interior design classes at MCC for over 10 years. Cheryl traveled to many countries, experiencing various cultures, architecture, furniture design and styles that enabled her to share this knowledge with her students.

**Brungardt Karen:** received her BA in Fine Arts in 1974 although her career path took her a different direction after graduation. She became a watercolor artist in 1988 and has continued in this medium since then. She teaches Beginning Watercolor in Saddlebrooke and also offers a variety of 1/2 day watercolor classes, including Desert Foliage, Desert Birds, Watercolor Skies, and other subjects. Doing 3D art is a different way to handle a traditional medium and Karen continues to explore using it in a fun and colorful way. She is fascinated with the ancient art form of petroglyphs and putting a modern "3D" twist on them.

Bye-Beza, Neola: having spent her career in legal and risk services for acute healthcare facilities, Neola found herself working with fibers and beads as an outlet for her creative side. Over the years, she studied with many master artists at such shows as Art and Soul. Now she works with various rocks such as: jasper, agates, and other natural and organic rocks cut in different shapes and sizes, beading them onto leather or suede, following patterns and designs that she graphs. Her inspirations come from native beading books and museum pieces and her creativity comes from her love of the rhythm and solitude beading provides for her. She is also a certified group exercise instructor who for many year has specialized in low impact but high energy aerobics and aquatics.

**Chansley, Martha:** Cosmetologist and an Esthetician for over 20 years and a certified Reiki Master for over 10 years. Since becoming certified as a Reiki Master Teacher, she has done numerous treatments on different people for many different reasons. She believes in using Reiki throughout her daily life. It's a way of living and thinking for her.

**Coffman, Craig:** is an experienced piano instructor, professional pianist and music director. He has over 20 years experience teaching piano privately. His piano seminars, offered through community colleges and community education programs, have been attended by over 12,000 students throughout the United States over the last 11 years. He has a degree in Sociology from Illinois Wesleyan University in Illinois (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon. **Corrigan, Sharon:** AZ Licensed Massage Therapist and Nationally Certified Bodyworker; Certified Star & Cross & Level 2 Instructor through World Tai Chi; lifetime practitioner of meditation and Kriya yoga; Certified 800 hour yoga instructor through the Southwest Institute of Healing Arts and registered with the Yoga Alliance with special training in Senior Yoga.

**Cramer, Hunaya:** an avid money saver for a family of seven has been couponing for over seven years. Her desire is to motivate and empower others to creatively stretch their income by using coupons and other money saving techniques. Now that she has mastered couponing, she considers herself and extreme couponer.

**Daniels, Rod:** a former resident of Las Vegas and has played over 400,000 blackjack hands. He is also a veteran and served in the 101st Airborne Division.

DeZago, Mari: her scholastic degrees and experience include: BS Physical Education and Health; ten years teaching and coaching Physical Education and Health, K-12; 16 years coaching in the field of Health and Wellness, personally implementing what she taught. Ten years teaching Physical Education and Health (7-12, K-6) and coaching a variety of sports; she initiated and developed girls' interscholastic conference league (1971-1977), Miami Christian School, Miami, FL. Thirteen years Homeschool Education of her two sons (K-12); she initiated and led a local homeschool parent group of 75 families (3 years, North Port, FL) Sixteen years as Owner, CEO, Personal Wellness Coach of Your Wellness Lifestyle (Cincinnati, Louisville, Columbus, and San Tan Valley, Mesa); she facilitated workshops for Apache Junction Two Ton Transformation Initiative (2013, 2014).

**Eaks, Tobia:** is a lifetime dancer and lifelong learner. She loves living in the southwest and loves the mountains. As a child she began clogging from the time she was able to stand. Dancing is one of the joys in her life.

**Ensley, Christian:** holds an AA in Criminal Justice, a BS in Justice Studies (minor in Spanish), and an MS in Administration/ Leadership. He has twenty years of Criminal Justice experience, with 17 years as a sworn peace officer working as a patrol officer, detective and sergeant. He also has experience with juvenile probation and security, and was often assigned Spanish speaking investigations.

Fields, Alice: has been a business owner, author, speaker, educator, and trainer for the past 22 years. She is the author of 5 Books on Business Strategies and Tactics using QuickBooks Pro® Accounting Software, as well as 8 course manuals for QuickBooks Pro<sup>®</sup> instruction. She is a Certified Master Practitioner in transferring proven processes, techniques, strategies and systems in event planning/production, coaching, closing, presentation design, marketing, speaking, persuasion/ influence and relatable experiences. Alice is a member of National Society of Accountants and National Association of Tax Professionals.

**Groen, Jean:** earned a home economics degree from Northwestern University. Her entire life she has loved cooking and experimenting with weeds, seeds, plants and berries. In 1997, she was employed at an Apache Junction RV Resort where she researched Indian recipes and would try "modern" recipes and then develop her own recipes for her audiences to taste. She is the co-author of several books, gives presentations to various schools/groups, is an instructor and a volunteer at the Boyce Thompson Arboretum.

**Hoeh, Krystal:** has taught art for eight years as an elementary and high school teacher. She is proficient in many art mediums but enjoys pencil drawing and acrylic painting the most. As an intern in French-Speaking Belgium, she had the privilege of visiting art museums throughout Europe. She has presented at the Arizona Art Education Association's Annual Conference on how to use the internet to teach Art. Aside from Art and travel, she enjoys sprint triathlons, decorating cakes and camping.

Hofmeister, Barbara: is retired and lives in Gold Canyon. Before retiring she was a motivational speaker and sales trainer so teaching is second nature for her. When she and her husband retired in 1989 they moved into a small motorhome to travel for a year or so but ended up RVing fulltime for 14 years. During those years, the couple wrote three separate books on full-time RVing and presented seminars all across the U.S. Barb also wrote a professional newsletter about their travels. In 2003 they gave up the RV lifestyle and Barb has been teaching Life Story Writing since in different venues in the valley and has helped many to complete their stories. In 2012 she finished her own life story.

**Ioane, KimmBerly:** specializes in Raku Firing, trained in northern California and is a working artist for 30 years. She enjoys sharing her passion for clay with others. Her artistic tips, methods and inspiration will help a wide range of students accomplish their own goals.

Kates, Steve: aka "Dr. Sky" is the selected presenter of astronomy focused education at the Lost Dutchman State Park by the Friends of Lost Dutchman State Park, a non-profit organized in 2010 to prevent the closure of the park. Steve presents an astronomy program in the park, during seasonal months, to an audience that has (in the park ranger's words) eclipsed any other astronomy group/presenter. While not a formal dark sky area, Steve has been the one champion to educate the Park's visitors and surrounding community about the need for the park and preserving its "dark" skies; because of his love for the skies.

**Koenig, Sandra:** began her lifelong love of the ancient Chinese game, Mah Jongg, over 50 years ago. She's carried her enjoyment for the game from her initial home of St. Louis, to her years living in Israel, up to and including her relocation to Arizona in 1984.

**LeSueur, Charlie:** Arizona's Official Western Film Historian, has interviewed many famous cowboy stars and was a celebrity moderator for 22 years in several cowboy festivals throughout the Southwest. He is a Spirit of the Old West Alive recipient, and was inducted in the Apacheland Wall of Fame at the Superstition Mountain Museum in Apache Junction, AZ. Charlie has two published books on Western Film -"The Legends Live On: Interviews with the Cowboy Stars of the Silver Screen" and "Riding the Hollywood Trail: Tales of the Silver Screen Cowboys".

Littleton, David: first started playing bridge in his early teens and became acquainted with tournament bridge in his late teens. He has played in sanctioned American Contract Bridge League (ACBL) tournaments at all levels from local club games to regional and national championships. He has won state championships in three New England states and in 1973 achieved the rank of Life Master in the ACBL, which then was the highest rank one could obtain. He has played bridge most of his life and has experience in teaching bridge as an adult education cla Ruiz, Leonard; ss. He truly enjoys bringing the great game of bridge to others.

**McGraw, Jennifer:** has over 25 years of experience at resort spas and is certified to teach Tai Chi and aquatic exercise. In 1991, she became licensed as a massage therapist. She also teaches health and wellness classes in the community including meditation, relaxing stretch, labyrinth healing and Tai Chi.

Menchaca, Francisco: a Casa Grande native, has been creating with clay since childhood. His first sculptures were fashioned from native clay, dug from the ground at his rural Casa Grande home. He studied art in junior high and high school, where he first learned to use the wheel. Always striving to improve his technique and improve his art, Francisco has studied ceramic art at Northern Arizona University, at Mesa Community College, Chandler-Gilbert Community College, and at Central Arizona College. He maintains a private studio at his childhood home, south of Casa Grande, and his work has been shown at various art fairs, the Public Events Gallery at Central Arizona College's Signal Peak campus, the Casa Grande Art Museum, as well as at several venues in Phoenix, Tucson and North Carolina.

**Middleton, Gene:** is a local actor and artist, best known for his western art. His professional career was in graphics, including photo retouching, silk screening and offset printing. He is knowledgeable in computer technology and photo enhancement and has a passion for technology.

Murphy, Stephanie: holds a bachelor's in Psychology and a master's in teaching Mathematics and yet finds her true passion in helping others attain their best health and wellbeing. From her diverse background as a Yoga Alliance Registered Yoga Teacher and certified personal trainer, group fitness instructor, spin instructor, and health coach, Stephanie brings a unique and innovative approach to her classes. Through a variety of poses and conscious sequencing, Stephanie's yoga classes build strength, enhance flexibility, and improve balance for all levels. From the most invigorating yoga practice to the most calming, Stephanie's versatility brings peace and tranquility into each class. Stephanie enjoys helping students focus within as they find and face challenges in their yoga practice, and by doing so expand awareness, increase presence of mind, and conquer difficulties with ease.

**Ortiz, Vanessa:** born in California and raised in a little Oklahoma town on the Kansas border called Tyrone. As a child she moved all over the place and her only outlet was art. She has been practicing art for over 12 years. In 2010, she graduated with a Bachelor in Fine Art from Arizona State. In 2014, she became a member of the Artists of The Superstitions. She likes to share her knowledge and passion with students willing to learn skills in drawin

Paterson, Amy: grew up in the Midwest, where the only visible rocks lined the railroad tracks or someone's driveway. On her first date with her now husband, he told her "Don't hang out with me unless you want to move to Arizona." Her reply was, "Are you kidding? They have rocks there! And sun". Amy started as a communications major at DePauw University in Indiana but ended up teaching rocks and volcanoes to eager ninth graders for 17 years. After getting her Masters in Geology Education from Northern Arizona University, Amy has been teaching Geology and Astronomy at community colleges in Pinal and Maricopa Counties for the past 10 years. In her spare time she enjoys spending time with her dogs, watching football, playing poker and traveling around the world to look at more rocks.

Persico Jr., Dr. John: has been in management consulting since 1986. He has worked with organizations in both the profit and non-profit sector. He has done extensive work in the area of quality improvement, service management, leadership development, team building and strategic planning. John is a faculty member at Globe University and has also taught at metropolitan State University, the University of Minnesota and St. Thomas University. For over 10 years, he taught the Capstone class "Case Studies in Strategic management" for graduating seniors in the MBA program at Metropolitan State University. John has written two books on business strategy including the "TQM Transformation and "The New Business Values."

**Ruiz, Leonard:** holds a bachelor's in Business Administration and a master's degree in education. Leonard introduced computers to the Accounting Department and Windows to the Public Affairs Department at a major Southern California utility. He taught Office Occupations at various adult schools for over 18 years; the courses included Microsoft Word, Excel, PowerPoint, Access and Outlook. Other courses he taught were Website Design and Employment Readiness.

**Russell, Janet:** holds a master's from Northwestern University in Illinois. During her undergraduate studies at the University of Madrid in Spain, her desire to travel was intensified. She also worked for the Department of Defense in Germany where she taught Spanish to U.S. Citizens.

Sampedro, Dr. Sonny: is a graduate of Northern Arizona University and the Chiropractic College. In 1993, he opened up The Relief Source Chiropractic and Wellness Center in Mesa. He also is a Certified Nutrition Specialist and works as a fulltime chiropractor. He teaches Radiation Biology and Radiographic Pathology for the Radiology Program at Central Arizona College.

**Sanchez, Luis:** BS and MBA, University of Phoenix; has been working in higher education for the last nine years in a variety of capacities. During his time working in management in both higher ed. and professional business sectors, he learned the importance of mastering technology and the many ways it can be used in the various facets of life. He has always been a tech-tool enthusiast and continuously looking at ways to integrate technology in personal and professional settings. He enjoys teaching others about the ever changing world of technology tools that have found their way into everyday life.

San Felice, Jack: has been an avid hiker, horseback rider, four-wheeler, photographer and serious researcher of the Superstition Mountains and nearby areas for over 20 years. Jack has explored the Superstitions for years and has interviewed many of the treasure hunters and unique characters that he has encountered. He has a master's degree from the American University in Washington D.C., and is the author of various publications and stories. **Sexton, Audrey:** holds a BA in Sociology from Northern Arizona University. She has been working for Central Arizona College's Learning Support since 2000 and is currently the Learning Center Coordinator at the Maricopa Campus. In addition, she teaches computer business application courses.

**Stieglitz, Robert:** earned a BS in Science Education with an emphasis in Chemistry-Physiology from Monmouth University in 1971; then he taught Chemistry/Physiology for eight years. He earned a Pharmacy Degree from North Dakota State University in 1986, then served as Clinical Pharmacist at Sanford Health in Fargo, ND for 32 years. Robert is a Society Member of the Cardiology/Critical Care; National Genealogical Society.

Swanson, Vern: holds an associate's degree in Business from Olympic College and a certificate in Drafting & Design from Seattle Community College. Swanson has over 40 years of experience in the landscape irrigation industry. In 1984, he became one of the first Irrigation Association Certified Irrigation Designers in Washington State. He has taught short-term irrigation courses at Lake Washington Technical College and continues to educate himself by taking irrigation workshops. Throughout his career, Swanson has been involved in irrigation design. Beyond irrigation, Swanson reads, enjoys bicycle riding and works on occasional handyman projects.

Tenney, Cheryl: has instructed dance, music and fitness for over six years. Since the age of four years old, she has danced ballet, tap, jazz and contemporary. She has been involved in church choir, theater, school plays, etc. Fitness became a part of her life in her teen years. She loved the results of working hard and pushing herself to do more. Now, being a little older, she is able to incorporate all three of her loves of dance, music and fitness and work them together in a dance fitness class. She looks forward to dancing every day, to relieve stress, boost her mood, and be a happy person. She loves the comradery of spending time with people, getting to know them and seeing their joy when they participate.

**Wainio, Marguerite:** has a BA in English & Writing, from Sarah Lawrence College and a MA in Psychology, from Antioch University West. She has worked as a writer and editor her entire life and has taught writing and presented at workshops.

**Zoccoli, Jaclyn:** after college, credential, Peace Corps (Liberia), and corporate world, Jaclyn settled into her first business. Before long she realized the need and value of creating networking groups, through Chambers, and franchises. She began coaching on navigating the networking process to make time, money, efforts profitable through strong alliances. She provides individual/group coaching, speaking engagements, and her book "Spontaneous Combustion-Developing Profitable Relationships". She has a passion for connecting people, and her purpose for doing itthe excitement of awareness.

Zubel, Paul: has an associate's degree from Rio Salado Community College. He has over eleven years of experience in Microsoft Office. Other experience includes five years as a Microsoft Systems Operator, seven years as a Hardware Tester for Western Digital and three years as a Systems Administrator for HMS Host. In 1997, Paul joined MSN as a Moderator and Systems Operator of their social media chat department. Being involved with MSN Live Group, he brought fans in contact with their favorite celebrities through chat. Since then, he has continued to be involved with social media as well as computer networking while working on his bachelor's degree.

### Two easy ways to register:

Due to the minimum number of students necessary for a course to be held, we strongly encourage you to sign up early.

1. <u>WALK IN</u>: You may register at any of the eight campuses/centers. All classes are filled on a first come, first-served basis. Proposition 300 and the Arizona Revised Statutes require that all students must show proof of their citizenship, even employees. Students only need to provide citizenship proof once, not each time they register. These documents include one of the following: valid driver's license, birth certificate or passport. You may request a complete list of acceptable documents from the Records Office.

### 2. FAX: 480.677.7722 or 520.494.6055

Use the registration form at

www.centralaz.edu/lifelonglearning. Payment must be made by credit card only.

### **Register for CGPR and MARPR:**

Central Arizona College has formed two partnerships to provide community education for two areas. To register for a class in any of the two areas the directions are as follows:

• City of Casa Grande Parks & Recreation (520.421.8677) will process registrations via their Web link at: http://casagrandeaz. gov/rec/recreation or its office at 404 E. Florence, Blvd., Casa Grande, AZ (cash, check, money order, debit card, Visa, and MasterCard payments are accepted). Therefore, Central Arizona College online, campus and educational center registration is blocked for these courses.

•City of Maricopa (520.316.4600) will registrations for Maricopa process Campus Lifelong Learning Community Education classes via its web link at: https://apm.activecommunities.com/ cityofmaricoparec/Home or its office at 44345 W. Martin Luther King Jr. Blvd., Maricopa, AZ 85138 (cash, check, money order, debit card, Visa, American Express, and MasterCard payments are accepted). Therefore, Central Arizona College online, campus and educational center registration is blocked for these courses.

Send ideas and comments to Community Education via email at CommEd@centralaz.edu

### What if a class cancels?

Courses that do not meet a minimum student enrollment are subject to cancellation. If a course is cancelled, every effort is made to notify you by telephone or email and to inform you of other course details and/or the refund process.

### When are the campuses closed?

Sept 5	Labor Day
Nov 24 & 25	Thanksgiving Break
Dec 21-Jan 3	Winter Break

### Attendance:

Only persons registered in a class and on the roster may attend the class.

### **Instructor Biographies:**

A list of our instructors, can be found towards the back of this schedule.

### Where are classes held?

Most classes are held at ten locations. The classes with the City of Casa Grande Parks & Recreation are held in their classrooms. Every effort is made to notify you by telephone or email to inform you of the class room number.

### Are there requirements for individuals under the age of 18?

You must complete a special admit form that must be signed by you, a parent/ guardian and a designated Central Arizona College official.

### Supplies and Textbooks:

Call the Community and Continuing Education Department at 480.677.7721 or 520.494.6059 one week prior to the start of the course to verify the class status before purchasing books or supplies.

### What is the refund policy?

If a class is cancelled, you will be notified and entitled to a full refund. If you choose to withdraw before a class begins, you are entitled to a full refund. If you withdraw from a course after a class begins, you will not receive a refund. Refund requests due to extenuating circumstances may be submitted in writing to the Registrar of Central Arizona College as soon as possible.

### What about parking?

Parking is free at all locations.

### Disclaimer

Central Arizona College makes every effort to ensure that all information within the schedule is accurate at the time of publication. Occasionally, dates, times, locations, instructors and fees change. If changes occur, we will notify you using the phone number you provided on the registration form.



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### **Central Arizona College Course Locations**

AVC - Aravaipa Campus 80440 E. Aravaipa Rd. Winkelman, AZ 85192-7068

CGC-Casa Grande Center 1015 E. Florence Blvd. Casa Grande, AZ 85122

CGPR-City of Casa Grande Parks & Recreation 404 E. Florence Blvd. Casa Grande, AZ 85122

CCC-Central Corporate Center (Interstate 10 & Florence Blvd.) 540 N. Camino Mercado, Suite 1 Casa Grande, AZ 85122

FC-Florence Center 800 E. Butte Ave. Florence, AZ 85132 MC-Maricopa Campus 17945 N. Regent Dr. Maricopa, AZ 85138

OR-Mountain Vista School 2618 W. Paseo Oracle, AZ 85623

SMC-Superstition Mountain Campus 805 S. Idaho Rd. Apache Junction, AZ 85119

SPC-Signal Peak Campus 8470 N. Overfield Rd. Coolidge, AZ 85128

STC-San Tan Campus 3736 E. Bella Vista Rd. San Tan Valley, AZ 85143



### Accreditation:

Central Arizona College is accredited by the Higher Learning Commission (HLC). http://www.hlcommission.org

### Nondiscrimination Policy:

Central Arizona College prohibits discrimination in employment and educational programs based on race, color, religion, sex, age, disability, national origin, military status, genetic test information, sexual orientation, or gender identity or expression.

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