

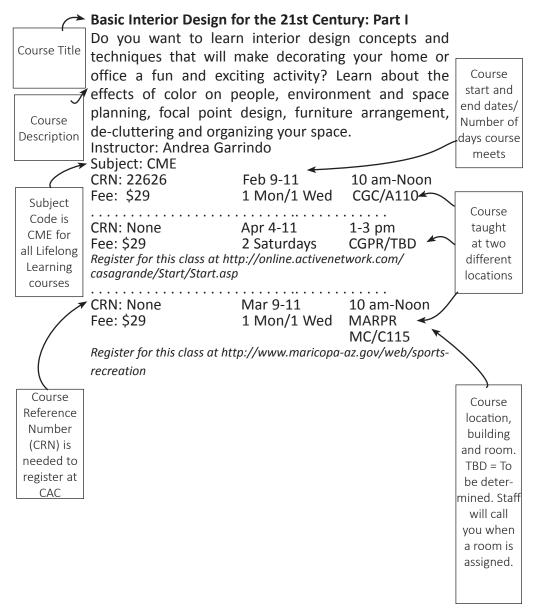
## **Pursue Your Passion**



Spring 2015
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.

**CGC** - Casa Grande Center

CGPR - City of Casa Grande Parks & Recreation

**CC** - Corporate Center

FC - Florence Center

MC - Maricopa Campus

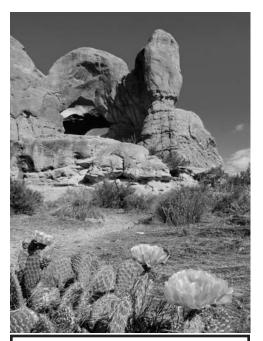
OR - Mountain Vista School; Oracle, AZ

SB - For SaddleBrooke HOA2 Residents Only

**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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#### Painting for Fun with Oil

Learn to paint in this wonderful medium with local artist Wanda Mitchell-Tucker. Explore color mixing, blending and working on a canvas. You will start by working from a photo with hands-on, step-by-step instructions. 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. The cost of supplies is not included in the course tuition fee.

Instructor: Wanda Tucker

Subject: CME

CRN: 22430 Jan 6-Apr 21 1-4 pm Fee: PCF 15 Tuesdays SB/Topaz Room Note: No class Mar 17.

CRN: 22432 Jan 7-Apr 22 9 am-Noon Fee: PCF 15 Wednesdays SB/Topaz Room

Note: No class Mar 18.

CRN: 22435 Jan 7-Apr 22 1-4 pm Fee: PCF 15 Wednesdays SB/Topaz Room

Note: No class Mar 18.

#### 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: CME

CRN: 22660 Jan 13-Feb 10 9 am-Noon 5 Tuesdays SMC/A119 Fee: \$79 CRN: 22661 Jan 15-Feb 12 9 am-Noon SMC/A119 Fee: \$79 5 Thursdays CRN: 22662 Feb 17-Mar24 9 am-Noon Fee: \$79 5 Tuesdays SMC/A119 Note: No class Mar 17.

CRN: 22663 Feb 19-Mar 26 9 am-Noon Fee: \$79 5 Thursdays SMC/A119

Note: No class Mar 19.

CRN: 22664 Mar 31-Apr 28 9 am-Noon Fee: \$79 SMC/A119 5 Tuesdays Apr 2-30 CRN: 22665 9 am-Noon SMC/A119 5 Thursdays Fee: \$79 CRN: 22666 May 5-19 9 am-Noon Fee: \$79 3 Tue/2 Thu SMC/A119

Instructor: Francisco Menchaca

CRN: 22658 Feb 5-Mar 12 6-8:30 pm Fee: \$79 6 Thursdays SPC/N127

CRN: 22659 Mar 26-Apr 30 6-8:30 pm Fee: \$79 6 Thursdays SPC/N127

#### **Jewelry & Metalsmithing**

Would you like to understand the basics of metalsmithing? This class covers a wide range of techniques, vocabulary, and conceptual approaches to metal. Complete one to three projects, depending on the time needed to complete a project. Projects are based on the techniques taught in class. Demonstrations and slide shows will both teach and inspire students to create art. An open critique will be given at the end of class. Special Note: Materials cost of \$30 not included.

Instructor: Samuel Troxxell

Subject: CME

CRN: 22653 Jan 21-Feb 11 1-4 pm Fee: \$79 4 Wednesdays SMC/A115 CRN: 22654 Feb 18-Mar 11 1-4 pm Fee: \$79 4 Wednesdays SMC/A115 CRN: 22656 Mar 25-Apr 15 1-4 pm Fee: \$79 4 Wednesdays SMC/A115

#### Opera: Then and Now

Opera has been around for over 400 years and has naturally changed throughout the centuries. In this class, students will view film clips and discuss operas from various periods, as well as two recent composition-John Adams', "Death of Klinghoffer" written in 1991, and Kevin Puts' "Silent Night", which won the 2012 Pulitzer Prize in Music.

Note: No class Feb 16 & Mar 16.

Instructor: Bette Jones

Subject: CME

CRN: 22657 Jan 26-Mar 30 1-4 pm Fee: \$20 8 Mondays SMC/A116

#### The Magic of Opera

What is opera all about? This class is an introduction to opera. A brief history will be presented of how and when opera began; this will be followed by examining all the various voice categories - soprano, mezzo, counter-tenor, tenor, baritone and bass, which will be illustrated with audio and video clips. Also, learn suggestions on where to buy CDs, videos, DVDs, books and magazines devoted to opera, as well as tips on going to the opera - such as when to yell "bravo/brava".

Note: No class Feb 17 & Mar 17.

Instructor: Bette Jones

Subject: CME

CRN: 22670 Jan 27-Mar 31 1-4 pm Fee: \$20 8 Tuesdays SMC/A123



For credit classes, visit: www.centralaz.edu

Special Drawing Techniques-Level I

Learn to draw with confidence and accuracy using a graphic application technique created by Albrecht Durer in the 1500s. Any form of visual artistic representation can be described in realistic and vivid detail using this technique. You will learn how to identify shapes and forms, both obvious and subtle, and their corresponding values. This is a very popular learning tool for all levels of artists. 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: Kittie McDermitt

Subject: CME

CRN: 22667 Jan 29-Feb 26 1-4 pm Fee: \$79 5 Thursdays SMC/A122

**Special Drawing Techniques-Level II** 

Continue learning to draw with confidence and accuracy using a graphic application technique created by Albrecht Durer in the 1500s. In Level II, continue working with black and white while introducing some color to your 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.

Note: No class Mar 19. Instructor: Kittie McDermitt

Subject: CME

CRN: 22668 Mar 5-Apr 9 1-4 pm Fee: \$79 5 Thursdays SMC/A122

**Special Drawing Techniques-Level III** 

Continue learning to draw with confidence and accuracy using a graphic application technique created by Albrecht Durer in the 1500s. In this Level III course, continue exploring the use of color in your 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: Kittie McDermitt

Subject: CME

CRN: 22669 Apr 16-May 14 1-4 pm Fee: \$79 5 Thursdays 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, a simple still life, and a flower of the desert. Students will leave with three completed paintings. Special Notes: 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 Fecht Subject: CME

CRN: 22643 Feb 2-Mar 30 1-3 pm Fee: \$89 7 Mondays STC/D120 Note: No class Feb 16 & Mar 16.

CRN: 22642 Feb 5-Mar 26 1-3 pm Fee: \$89 7 Thursdays SMC/TBD

Note: No class Mar 19.

#### **Creative Acrylic II**

Learn more advanced techniques used to paint creatively with acrylics and other mediums that achieve unique compositions and textures. Students will leave with at least three finished paintings utilizing the new techniques. Special Note: Students must have prior experience with acrylics or have taken Creative Acrylics I.

Instructor: Cheryl Fecht

Subject: CME

## How to Make an Art Quilt in 5 Easy Steps

This is an introductory course where students will learn how to make a stunning Art Quilt in 5 easy steps. They will also learn about the history of Art Quilts and the quilt's significance today. Students will be encouraged to complete one quilt during class. Special Note: Materials valued at \$50 are not included in the course fee.

Instructor: Debra Turner Subject: CME

CRN: 22652 Feb 3-26 9-11 am Fee: \$149 4 Tue/4 Thu SMC/A111 **Beginning Drawing** 

Learn the basics of drawing, shading and design. Students will also share ideas on framing. This is an excellent opportunity for the beginner to learn how to draw and for experienced artists to sharpen their skills. Special Notes: Students will obtain their own supplies based on a materials list distributed the first day of class. The cost of supplies is not included in the course tuition fee.

Instructor: Rusty Parenteau

Subject: CME

CRN: 22636 Feb 4-Mar 4 4-6 pm Fee: \$65 5 Wednesdays STC/D120

CRN: 22635 Feb 5-Mar 5 4-6 pm Fee: \$65 5 Thursdays FC/TBD

**Experiencing Oil Painting I** 

Discover the fluid movements of oils on canvas. Lessons will include: color theory; basic brush control; preparing your canvas; the importance of composition; and mixing colors. Apply these techniques while painting Southwest landscapes, water reflections at local lakes, and desert floras so that you'll have three personalized paintings to take home. 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 Fecht

Subject: CME

CRN: 22649 Feb 4-Mar 25 1-4 pm Fee: \$89 7 Wednesdays STC/TBD

Note: No class Mar 18.

CRN: 22648 Feb 6-Mar 27 1-4 pm Fee: \$89 7 Fridays SMC/A122

Note: No class on Mar 20.

**Experiencing Oil Painting II** 

Learn to blend the oils to achieve photorealism. Lessons will include the use of more types of brushes with emphasis on brush control, the importance of colorization, and the different mediums for fast and slow applications. Palette knife techniques to achieve texture and depth will also be discussed. Students will leave with at least three completed paintings utilizing their newly learned techniques. Special Note: Students must have prior experience with oil painting or have taken Experiencing Oil Painting I.

Instructor: Cheryl Fecht Subject: CME

CRN: 22651 Apr 1-May13 1-4 pm Fee: \$89 7 Wednesdays STC/TBD

CRN: 22650 Apr 3-May 15 1-4 pm Fee: \$89 7 Fridays SMC/TBD **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: Cheryl Fecht

Subject: CME
CRN: 22638 Feb 10-Mar 10 1-3 pm
Fee: \$65 5 Tuesdays SMC/A122

CRN: 22639 Mar 24-Apr 21 1-3 pm Fee: \$65 5 Tuesdays SMC/A122



**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

CRN: 22634 Feb 10-Mar 10 1-4 pm Fee: \$99 5 Tuesdays SMC/TBD

Please register one week prior to course start dates.

#### **Creating Your Own Art Journal**

Create your very own art journal. Fill pages of your art journal with images using a variety of different techniques including watercolor pencils, collage, monoprinting, pen and ink. Creative writing and design principles will also be integrated. At the end of the course you will have a journal filled with personal memories and creative expressions. 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: Krystal Hoeh

Subject: CME

CRN: None Mar 24-Apr 21 Fee: \$65 5 Tuesdays

6:30-8:30 pm MARPR MC/C109



**Beginning Portrait Drawing** 

Course focuses on the basics of drawing portraits. Each week students will focus on a different element of the human face with the goal of drawing a portrait from a photo. Students will also learn the importance of drawing portraits from life. This is an excellent opportunity for the beginner to learn how to draw portraits and for experienced artists to sharpen their skills. 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: Rusty Parenteau Subject: CME

CRN: 22641 Mar 25-Apr 22 4-6 pm Fee: \$65 5 Wednesdays STC/D120

CRN: 22640 Mar 26-Apr 23 4-6 pm Fee: \$65 5 Thursdays FC/TBD

# **Your**Community College











#### SBDC Business Launch

Are you thinking about starting a business? Are you looking for marketing research for your new business? Do you need help with writing a business plan for your new business? If you answered yes to any of these questions, then this seminar is for you. Learn about: what it takes to be an entrepreneur; how to determine the feasibility of your idea; business structure options; business finance options; marketing strategies; and market research.

Instructor: Jim Rhodes, SBDC

Subject: CME

CRN: 22771 Jan 29 4-6 pm Fee: \$10 1 Thursday STC/C131

CRN: 22772 Apr 2 7-9 pm Fee: \$10 1 Thursday CCC/A107

## Do You Know What's in the Products You're Buying?

As consumers, we put our trust in the manufacturers who produce the products we purchase. Whether it is day-to-day items like diapers or big-ticket items like televisions, we believe these products are safe for our family and home. Many of the products we buy contain hazardous materials. Do consumers have a right to know what they are buying? This seminar provides useful information to help you determine how to identify the best products to purchase for your business or home.

Instructor: Jim Rhodes, SBDC

Subject: CME

CRN: 22773 Feb 12 4-6 pm Fee: \$25 1 Thursday STC/C131

### Promote Your Local Business with Articles

Article marketing is a very powerful way to market your business online, and yet very few local businesses use it. This technique is inexpensive and can create a steady stream of leads visiting your website or store front; leads that are ready to take action or make a purchase. However, to get the return on time you spend writing articles, you need to know how to do it correctly, especially if you focus on a local market, not a national one. This course will show you the basics and guide you through completing your first article.

Instructor: Debra Shaw Subject: CME

CRN: 22774 Jan 29 4-6 pm Fee: \$25 1 Thursday STC/D103

## **Customer Service in the Hospitality and Service Industry**

Customer service is critical if you want your business to have a competitive edge. Failure to provide quality service can cause loss of revenue beyond what you would expect. Remember the saying, "For every person you make happy that person will tell another person about the good experience, but every person you make unhappy will tell ten people to make sure they let everyone know how bad the experience was." The most important part of a service industry job is to understand that you are the "face of the business." You represent a business or restaurant every time you step out in the front of the house and meet the customer face to face. This seminar is for those seeking employment or are already employed in the hospitality or service industry. It is important for managers as well as staff. Instructor: Debra Shaw

Subject: CME

CRN: 22775 Apr 2 6-9 pm Fee: \$29 1 Thursday SMC/A123



CENTRAL ARIZONA COLLEGE SBDC

Should I start my own business?

78% of businesses fail because they lack a well developed business plan.

Learn what it takes to become a successful entrepreneur by enrolling in the SBDC Business Launch class on page 6.

For more information contact the Small Business

Development Center

520.494.6610 or visit

www.centralaz.edu/biz

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.

Note: No class Feb 17. Instructor: Janet Russell

Subject: CME

CRN: 22694 Jan 20-Mar 3 11 am-12:30 pm Fee: \$59 6 Tuesdays CCC/A120

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.

Note: No class Feb 17.

Instructor: Janet Russell Subject: CME

CRN: 22695 Jan 20-Mar 3 1-2:30 pm Fee: \$59 6 Tuesdays CCC/A120

Spanish for Beginners Plus

Continue improving your communication skills in the second most common language in the Valley. This class is geared toward students who have some experience with the Spanish language.

Instructor: Janet Russell

Subject: CME

CRN: 22696 Jan 21-Feb 25 1-2:30 pm Fee: \$59 6 Wednesdays CCC/A107

#### French Conversation & Culture

Have you always wanted to learn French, but never had the opportunity? This course allows you to delve into the French language and culture. Learn key words and phrases to feel confident in speaking French as a beginner. Whether you are planning a trip to a French speaking country, or just looking to find your inner connoisseur, this class will be fun and enlightening.

Instructor: Kristal Hoeh

Subject: CME

CRN: None Jan 22-Mar 12 6:30-8:30 pm 8 Thursdays MARPR Fee: \$99 MC/C115

Note: Meets for 1 hr on Mar 12.

Instructor: Nathalie Piraino

CRN: 22756 Mar 24-Apr 21 1-4 pm Fee: \$99 5 Tuesdays STC/D104

CRN: 22757 Mar 26-Apr 23 1-4 pm Fee: \$99 5 Thursdays SMC/A123 Spanish for Travelers: Beginning

Learn the essentials of conversational Italian through opportunities to develop Spanish speaking and listening skills by pattern practice, repetition, and practical application. Course will feature basic sentence structure, pronunciation, and vocabulary to be applied to real life conversations.

Instructor: Sally Burge

Subject: CME

CRN: None Jan 21-Feb 25 1-3 pm Fee: \$79 6 Wednesdays CGPR/TBD . . . . . . . CRN: None Jan 22-Feb 26 1-3 pm Fee: \$79 6 Thursdays MARPR

MC/C109

Spanish for Travelers: Intermediate 3 Continue learning the essentials of conversational Spanish through more opportunities to develop Spanish speaking and listening skills. The course features intermediate sentence structure, pronunciation, and vocabulary to be applied to real life conversations.

Instructor: Sally Burge

Subject: CME

CRN: None Mar 4-Apr 8 1-3 pm Fee: \$79 6 Wednesdays CGPR/TBD

CRN: None Mar 5-Apr 16 1-3 pm Fee: \$79 6 Thursdays MARPR Note: No class Mar 19. MC/C111

Beginning Italian

This is a course that offers an element understanding of the Italian language. Through a study of the basics of Italian, including vocabulary and useful phrases, students will become familiar with some of the more common terms and expressions used in today's Italy. Special Note: Bring the required text to first class: Learn Italian the Fast and Fun Way, by Marcel Danesi. (ISBN-13: 978-0764125300)

Instructor: Dennis Riccitelli

Subject: CME

CRN: 22671 Feb 17-Mar 10 1:30-3 pm Fee: \$45 4 Tuesdays SMC/A129

#### Intermediate Italian

Continue learning the essentials of conversational Italian through more opportunities to develop Italian speaking and listening skills. The course features intermediate sentence structure, pronunciation, and vocabulary to be applied to real life conversations. Special Note: Bring the required text to first class: Learn Italian the Fast and Fun Way, by Marcel Danesi (ISBN-13: 978-0764125300).

Instructor: Dennis Riccitelli

Subject: CME

CRN: 22672 Apr 7-28 1:30-3 pm Fee: \$45 4 Tuesdays SMC/A123 **Goal Setting for Everyday Use!** 

Do you have goals which you have not yet accomplished or goals where you need help to determine where to start? If so, through guided reflective writing you can identify all the goals you wish to pursue and identify meaningful steps to take to accomplish your goals. By using a journal and pen/pencil, you will learn to reflect on your life over the three life cycles: childhood, young adulthood and adulthood. Through reflective writing, you will identify those goals truly important to you, gain clarity on the steps necessary and put your plan in motion. Special note: Student must provide a spiral notebook and pen/ pencil.

Instructor: Karen Furu

Subject: CME

CRN: None Jan 14-Feb 11 2-4 pm Fee: \$65 5 Wednesdays CGPR/TBD

CRN: 22630 Mar 25-Apr 22 4-6 pm Fee: \$65 5 Wednesdays CGC/A111

## Bidding In The 21st Century (The Club Series) Part 1

Bidding in the 21st Century is a basic introduction to the game of Bridge. It is designed to give students a chance to experience what the game is all aboutand to enjoy the experience. Special Note: Bring the required text to the first class: Bidding in the 21st Century (ACBL Bridge Series) by Audrey Grant (ISBN-13: 978-0939460939).

Instructor: Kathy Garrett

Subject: CME

Note: No class Feb 17.

#### **Reconnect With Your Inner Self**

The discoveries in Quantum science today are proving what the philosophers of ancient cultures taught: that all of creation is made of energy. The application of the principles of metaphysics can be used to enrich your life and help you fulfill all your dreams. Come and explore with us this new frontier, with principles that could change your life.

Instructor: Connie Allison

Subject: CME

CRN: None Jan 21-Feb 11 10 am-Noon Fee: \$55 4 Wednesdays CGPR/TBD

CRN: 22776 Mar 24-Apr 14 10 am-Noon Fee: \$55 4 Tuesdays CGC/A111

#### **Exploring the Real You**

If you completed the first class, "Reconnect with Your Inner Self", you are ready for the second course of the series. You will continue to learn about the fundamental principles of metaphysics, and how it can be applied in life. In addition, awareness of and exploration of mind powers, reincarnation, family groups and universal laws will be introduced.

Instructor: Connie Allison

Subject: CME

CRN: None Feb 18-Mar 11 10 am-Noon Fee: \$55 4 Wednesdays CGPR/TBD

CRN: 22777 Apr 21-May 12 10 am-Noon Fee: \$55 4 Tuesdays CGC/A111

#### **Book Discussion Group**

Engage in a casual atmosphere in which educational and cultural themes of various selected books are discussed. Participants are requested to read the books identified prior to class and to come prepared for lively discussion.

1) The Round House by Louise Erdich (Jan 26)
2) We Are Not Ourselves by Matthew Thomas
(Feb 23)

3) A Spool of Blue Thread by Anne Tyler (Mar 23)

Instructor: Carol Deike

Subject: CME

CRN: 22677 Jan 26, Feb 23, 10 am-Noon

Mar 23

Fee: \$10 3 Mondays SMC/A116

#### Mah Jongg Part I

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.

Note: No class Feb 16 & Mar 16.

Instructor: Sandra Koenig

Subject: CME

CRN: 22692 Jan 26-Mar 23 1-4 pm Fee: \$10 7 Mondays SMC/A128

#### Mah Jongg Part II

Continue to learn the basics of the American version of the ancient Chinese game of 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.

Note: No class Feb 16 & Mar 16.

Instructor: Sandra Koenig

Subject: CME

CRN: 22693 Mar 30-May 11 1-4 pm Fee: \$10 7 Mondays SMC/A128 Get Dressed on Purpose - Color Analysis for the 21st Century

Do you wonder why some of the colors you wear make you light up, while others leave you looking flat and lifeless? This color analysis class will answer that question and provide a tool that will become the foundation of your future wardrobe plan. Are you looking for new career opportunities? A promotion? Or a fun, interesting class to help you feel empowered? Join us and learn the impact color could have in your clothing choices and why this can have a positive effect on your appearance while saving you time and money. Special Note: Materials valued at \$25 are included in the course fee.

Instructor: Mary Lynn Ilnitsky

Subject: CME

CRN: 22684	Jan 26	1-4 pm
Fee: \$55	1 Monday	SMC/A123
CRN: 22687	Feb 11	1-4 pm
Fee: \$55	1 Wednesday	STC/D106
CRN: 22685	Feb 23	9 am-Noon
Fee: \$55	1 Monday	SMC/A129
CRN: 22688	Mar 9	9 am-Noon
Fee: \$55	1 Monday	STC/D107
CRN: 22686	Mar 25	1-4 pm
Fee: \$55	1 Wednesday	SMC/A123
CRN: 22689	Apr 6	1-4 pm
Fee: \$55	1 Monday	STC/D105

"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!

Note: No class Feb 16 & Mar 16. Meets for 3 hrs on Mar 23.

Instructor: Marguerite Wainio

Subject: CME

CRN: 22766 Jan 26-Mar 23 5-7 pm Fee: \$99 7 Mondays OR/MVS



## Truths and Myths About Reverse Mortgages

A study of the truths and myths about reverse mortgages, including the history of reverse mortgages, how reverse mortgages affect Medicare and Social Security benefits, eligibility, and the use of reverse mortgages as a wealth management tool.

Instructor: Dan Morse

Subject: CME

CRN: 22707 Fee: \$15	Jan 27 1 Tuesday	9-11:30 am SMC/A123
CRN: 22709	Feb 9	9-11:30 am
Fee: \$15	1 Monday	STC/D107
CRN: 22708	Mar 4	1-3:30 pm
Fee: \$15	1 Wednesday	SMC/A116
CRN: 22710	Apr 8	9-11:30 am
Fee: \$15	1 Wednesday	STC/D107

**Beginning Bridge** 

This course is an introduction to the challenging game of Bridge. Learn the fundamentals of bidding, play of hand and defense. Learn this great game, meet new people, and have fun at the same time.

Instructor: David Littleton

Subject: CME

Note: No class Mar 18.

Instructor: Catherine Lindholm

CRN: 22675 Feb 5-Apr 9 1-3 pm Fee: \$99 9 Thursdays SMC/A128

Note: No class Mar 19.



## 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.

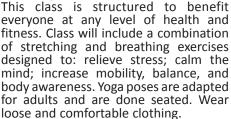
Note: No class Mar 19.

Instructor: David Littleton

Subject: CME

CRN: 22624 Jan 29-Apr 9 9:30-11:30 am Fee: \$109 10 Thursdays CGC/A111

#### **Chair Yoga**



Instructor: Carol Meyerowitz

Subject: CME

CRN: 22755 Jan 28-Mar 4 10-11:30 am Fee: \$59 6 Wednesdays SMC/A128

CRN: 22760 Mar 25-Apr 29 10-11:30 am Fee: \$59 6 Wednesdays SMC/A128

**Guided Autobiography** 

Create a written legacy of your life to share and cherish with family and friends. Students will write stories from the heart based on where they have been, where they are and where they want to be in life.

Instructor: Kathy Garrett

Subject: CME

CRN: None Jan 29-Mar 12 6-8 pm Fee: \$99 7 Thursdays MARPR MC/C113

**Cooking with Arizona's Hot Solar Rays** 

Do you want to learn how to build a solar oven and cook delicious dishes using the Arizona summer sun? You will learn how to build a simple solar oven and then use the sun's energy to prepare meals for your family and friends. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office on week prior to the start date for a materials list. Instructor: Laura Zubel

Subject: CME

CRN: None Feb 2 9-11 am
Fee: \$25 1 Monday MARPR
MC/C111

CRN: None Feb 24 9-11 am
Fee: \$25 1 Tuesday MARPR

MC/A102



#### The History of the Western "B" Film

This course takes you through a complete history of the "B" Westerns, those 2nd feature "oaters" that featured such stars as: Tom Mix, Ken Maynard, Hopalong Cassidy, Gene Autry, Roy Rogers, Lash LaRue, Rex Allen, Allan "Rocky" Lane, a very young John Wayne, and many more. Each class will examine the real stories behind the well-known stars, the not so well known, and those you may never have heard of, but were definite pioneers in the genre, such as "Bronco" Billy Anderson, Fred Thomson, and Leo D. Maloney. This course does not just give you the routine biographical info. Instead you will learn the true stories behind the films and the stars in an insightful and entertaining way, while learning interesting facts and trivia that you may not have heard before. Special Note: Materials valued at \$15 are included in the course fee.

Instructor: Charlie LeSueur

Subject: CME

CRN: 22706 Feb 3-Mar 3 9 am-Noon Fee: \$89 4 Tuesdays SMC/TBD

Note: No class Feb 17.

CRN: 22829 Mar 3-31 5:30-8:30 pm Fee: \$89 4 Tuesdays SMC/A123

Note: No class Mar 17.

#### **Unstress Your Daily Life**

Learn how to use a number of behaviorial change tools to minimize the effect of stressful situations on both people and their surrounding environments. This course is highly interactive and contains a variety of individual and group exercises; including ice breakers, case studies, personal reflexion and stress management techniques that can be used to reduce stress in your life.

Instructor: Nathalie Piraino Subiect: CME

CRN: 22786 Feb 2-Mar 9 9 am-Noon Fee: \$99 5 Mondays SMC/A123

Note: No class Feb 16.

CRN: 22790 Feb 3-Mar 10 9 am-Noon Fee: \$99 5 Tuesdays STC/D107

Note: No class Feb 17.

For more information about CAC's Lifelong Learning opportunities visit: www.centralaz.edu/lifelonglearning

## An Overview of Africa and Its Riches



Learn amazing information about Africa from its pre-colonial era to present day. This course will expose students to various African cultures plus their political and economical systems in order to understand how colonialism altered African traditions and impacted future generations. The instructor will share first-hand experiences gained from living in many countries in Africa. To better grasp an understanding of the uniqueness of the continent and its people, art pieces from various parts of Africa will be brought to class for discussions. Students will also listen to regional African music to experience the warmth of African societies!

Instructor: Nathalie Piraino

Subject: CME

CRN: 22787 Feb 2-Mar 9 1-4 pm Fee: \$99 5 Mondays SMC/A123

Note: No class Feb 16.

CRN: 22791 Feb 3-Mar 10 1-4 pm Fee: \$99 5 Tuesdays STC/D104

Note: No class Feb 17.

## Meditation for Relaxation and Stress Relief

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.

Note: No class Feb 16 & Mar 16 Instructor: Jennifer McGraw

Subject: CME

CRN: 22698 Feb 2-Apr 6 6:30-7:30 pm Fee: \$55 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 to 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

Subject: CME

CRN: 22838 Jan 6-29 9-10:15 am Fee: \$20 4 Tue/4 Thu SMC/A128 CRN: 22683 Feb 3-26 9-10:15 am Fee: \$20 4 Tue/4 Thu SMC/A128 CRN: 22750 Mar 3-Apr 2 9-10:15 am Fee: \$20 4 Tue/4 Thu SMC/A128

Note: No class Mar 17 & 19.

Numbers: Influencing Our Lives Part I

The use of numbers dates back centuries and can be used to enhance your everyday life. Explore ways to describe the nature of existence based on numbers. Discover the strength, character and essential influence numbers have on our lives. Develop a better understanding of the universe and yourself based on the assertion by Pythagoras that all things can be reduced to numbers and expressed in numerical terms.

Instructor: Romualda "Rommy" Banaszczyk

Subject: CME

CRN: 22699 Feb 3-19 9-11 am Fee: \$79 3 Tue/3 Thu SMC/A116

Numbers: Influencing Our Lives Part II Continue exploring ways to describe the nature of existence based on numbers. Part II will be tailored to the outcomes determined by the participants in Part I.

Note: No class on Nov 11.

Instructor: Romualda "Rommy" Banaszczyk

Subject: CME

CRN: 22700 Feb 24-Mar 12 9-11 am Fee: \$79 3 Tue/3 Thu SMC/A116

#### Central Arizona Adventures

four Explore 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 participation miners. Student 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: 22680 Feb 3-24 10 am-Noon Fee: \$45 4 Tuesdays SMC/A129



## Genealogy Basics - How to Start the Journey

This course provides an overview of creating a documented family history for students who have little or no experience in the field. Learn the fundamentals of genealogy to save time, frustration and money. The course emphasizes the use of standard genealogical forms, terminologies and organizational methods before using a computer or spending money on costly searches. Learn how to build results quickly. The class is not intended to help complete individual searches, but to give participants enough information for starting a search.

Note: No class Feb 17. Instructor: Joan Martin Subject: CME

CRN: 22778 Feb 3-Mar 3 10 am-Noon Fee: \$49 4 Tuesdays STC/C131

#### **Time is Precious**

Learn tools and techniques that are suitable for everyday life; use them either at home, in a work place, or at a personal level. During this course, we will share experiences when time management was a challenge while learning about our own purpose in life and how to set goals and objectives that lead to a full, happy, stress free life. Time is precious. Learn how to cherish it!

Subject: CME

CRN: 22788 Feb 4-Mar 4 9 am-Noon Fee: \$99 5 Wednesdays SMC/A116

CRN: 22792 Feb 5-Mar 5 9 am-Noon Fee: \$99 5 Thursdays STC/D107

#### The Secret of Weight Loss

Have you ever been challenged by stubborn, extra pounds? This course provides the key to a discipline that will both motivate and help to to shave off the unwanted weight, alleviate diseases and enhance your life style forever. The course uses simple, easy and fun language to capture your attention. It is highly interactive and contains a variety of individual and group exercises; breakers, including: ice personal reflexion and group discussions. At the end of the course you will be able to use educated-decision making to develop diet, exercise, and overall wellness programs.

Instructor: Nathalie Piraino

Subject: CME

CRN: 22789 Feb 4-Mar 4 1-4 pm Fee: \$99 5 Wednesdays SMC/A123

CRN: 22793 Feb 5-Mar 5 1-4 pm Fee: \$99 5 Thursdays STC/D104

#### **Family Financial Fitness**

Are you financially secure? Do you have the financial knowledge to support your family while building financial assets for your retirement? This hands-on class will help you become more effective and efficient in making financial decisions. You will be guided through a financial fitness workbook so you can learn "what to do" and "how to do it" skills necessary to improve your family's financial situation. Topics include: how to deal with the offense (how to make money), defense (how to keep from losing it) and the playing field (how to double it, triple it, and even quadruple it) of personal finance. All three areas will be explored. Special Note: Materials valued at \$11 are included in the course fee.

Instructor: Gene Mann

Subject: CME

CRN: 22681 Feb 4-Mar 11 5-7 pm Fee: \$89 6 Wednesdays SMC/A116

CRN: 22682 Mar 25-Apr 29 6-8 pm Fee: \$89 6 Wednesdays STC/TBD

#### Stress Management in Fitness-Wellness: Mental Skills Training for Everyday Life

This course is designed to help the student identify, understand and combat the stressors that most affect their lives as part of their overall lifelong fitness/wellness strategies. Students learn about current stress research and then explore techniques that might best fit their lives by developing a personalized mental skills training program. Special Note: Bring the required text to first class: Comprehensive Stress Management (12th Ed )by Jerrold Greenberg (ISBN-10: 0073380911)

Note: No class Mar 18. Instructor: Tom Cagle

Subject: CME

CRN: 22704 Feb 4-Apr 29 5:15-6:15 pm Fee: \$75 12 Wednesdays SMC/A123

#### 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 Feb 19 & Mar 19.

Instructor: Jennifer McGraw

Subject: CME

CRN: 22705 Feb 5-Apr 9 6:30-7:30 pm Fee: \$55 8 Thursdays SMC/A128

#### **Beginning Recreational Tennis**

This course is designed to get students, who have never or barely picked up a tennis racket, playing and having fun using an adult version of the US Tennis Association's Quick-Start format. Quick-Start utilizes all game-based drills and modified teaching balls in order to more easily learn the basic strokes and footwork, as well as game rules, scoring, and simple tactics of both singles and doubles. De-emphasized are traditional instructor-ball-fed drills with technical feedback. Special Notes: Bring the required text to first class: Tennis: Steps to Success (4th Ed) by Brown and Soulier (2013) (ISBN-13: 978-1450432085).

Note: No class Mar 20.

Instructor: Tom Cagle

Subject: CME

CRN: 22676 Feb 6-May 1 9-10 am 12 Fridays Fee: \$75

#### Awaken The Writer Within You!

Awaken the creative writer within you by adding a variety of flavors and colors that will tantalize and enhance your creative imagination, while evoking tasty and colorful writing products.

Instructor: Rani Singh

Subject: CME

CRN: None Feb 7-Mar 14 9-11 am Fee: \$79 CGPR/TBD 6 Saturdays

#### Basic Interior Design for the 21st Century: Part I

Do you want to learn interior design concepts and techniques that will make decorating your home or office a fun and exciting activity? Learn about the effects of color on people, environment and space planning, focal point design, furniture arrangement, de-cluttering and organizing your space.

Instructor: Andrea Garrindo

Subject: CME

CRN: 22626 Feb 9-11 10 am-Noon 1 Mon/1 Wed Fee: \$29 CGC/A110 CRN: None Mar 9-11 10 am-Noon Fee: \$29 1 Mon/1 Wed MARPR MC/C115

CRN: None 1-3 pm Apr 4-11 CGPR/TBD Fee: \$29 2 Saturdays

#### Basic Interior Design for the 21st Century: Part II

Learn advanced concepts and techniques of interior design to make decorating your home or office a fun and exciting activity.

Instructor: Andrea Garrindo

Subject: CME

CRN: 22627 Feb 23-25 10 am-Noon Fee: \$29 1 Mon/1 Wed CGC/A110

CRN: None 10 am-Noon Mar 23-25 Fee: \$29 1 Mon/1 Wed MARPR MC/C115

CRN: None Apr 18-25 1-3 pm Fee: \$29 2 Saturdays CGPR/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: 22674 Feb 10-Mar 10 7-9 pm Fee: \$65 5 Tuesdays SMC/F138

#### **Container Gardening in the Desert**

Basic desert gardening skills, including steps to preparing, planning and maintaining practical container gardening arrangements as well as planting schedules, insect control, fertilization, and harvesting techniques. Instructor: Carol Parrott & Barb Lindholm

Subject: CME

CRN: 22751 Feb 11 10-11 am Fee: \$10 1 Wednesday SMC/A129

#### Who in the World is Eli Ejipt?

This is a creative writing course to learn how to expand your creative mind and express yourself through written stories and characters in your favorite genre. Explore creative writing in a playful, supportive environment. Both beginners and a little more experienced writers should practice writing. Like exercise, writing must be practiced regularly to improve, yet sometimes writers feel stuck. This class offers different writing techniques along with encouragement and feedback to help you grow as a writer. Special Note: Materials valued at \$10 are included in the course fee.

Instructor: Debra Turner

Subject: CME

CRN: 22711 Feb 12-Mar 12 1-4 pm SMC/A123 Fee: \$109 5 Thursdays

#### **Geology of the Superstition** Mountains



Did you know we have a volcano in our own backyard? 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 those Superstition legends be ignored. You will learn why the Superstitions rock!

Instructor: Amy Paterson

Subject: CME

CRN: 22761 Feb 12-19 1-3 pm Fee: \$29 SMC/F138 2 Thursdays

Jan 20 Jan 20 Jan 21 Jan 30	tral Corporate Center Amigos Hablando Español: Friends Speaking Spanish Spanish for Beginners Spanish for Beginners Plus iPad for Beginners	MC (con Feb 4 Feb 5 Feb 18 Feb 23	Microsoft Windows Basic Intermediate Computer Skills Microsoft Windows Basics Basics of Facebook and Social Networking
Feb 13 Feb 18 Apr 2	What More Can Your iPad Do? Basic Self-Defense SBDC Business Launch	Feb 24 Feb 24	Cooking with Arizona's Hot Solar Rays iPad for Beginners
CGC-Casa Jan 20	a Grande Center Lunch & Conversation-Tag's Restaurant	Feb 25 Mar 5 Mar 9	Intermediate Computer Skills Spanish for Travelers: Intermediate Basic Interior Design for the
Jan 26 Jan 28 Jan 29	Latin Dancing for Beginners Beginning Bridge Improve Your Bridge Game	Mar 9	21st Century: Part I Are You Smarter Than Your Smartphone
Feb 9	While Having Fun Basic Interior Design for the	Mar 23	Basic Interior Design for the 21st Century: Part II
Feb 10	21st Century: Part T Basics of Facebook and Social	Mar 24 Mar 26	Creating Your Own Art Journal Microsoft Windows Basics
Feb 17	Networking Lunch & Conversation-Olive Garden	Apr 14 Apr 15 Apr 16	Intermediate Computer Skills Microsoft Windows Basics Basics of Facebook and Social
Feb 23	Basic Interior Design for the 21st Century: Part II	·	Networking
Mar 12	Are You Smarter Than Your Smartphone	<b>OR-Mou</b> i Jan 26	ntain Vista School, Oracle, AZ "Jumpstart" Your Writing
Mar 17	Lunch & Conversation-Mi Amigo Ricardo	Feb 19	Process Basics of Facebook and Social
Mar 24	Reconnect With Your Inner Self	Mar 28	Networking The Geology of Beautiful Sedona!
Mar 25 Mar 30	Goal Setting for Everyday Use! In Case of Emergency	Mar 28	Beginning Genealogy Personal Memoir Writing
Mar 30	Basics of Facebook and Social Networking	Mar 30 Apr 16	Basics of Facebook and Social
Apr 21 Apr 21	Exploring the Real You Lunch & Conversation-Iron	SB-Saddl	Networking <b>eBrooke</b>
Apr 27	Skillet Restaurant In Case of Emergency	Jan 6 Jan 7 Jan 7	Painting for Fun with Oil Painting for Fun with Oil Painting for Fun with Oil
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	Goal Setting for Everyday Use! Spanish for Travelers: Beginning Reconnect With Your Inner	Jan 6	Gentle Yoga Pottery on the Wheel Pottery on the Wheel Lunch & Conversation-Red,
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Jan 14 Jan 21  Jan 21  Feb 7  Feb 18 Feb 27 Mar 4  Mar 23 Apr 4  Apr 18  May 15  FC-Florer Feb 5 Mar 26  MC-Mari Jan 20  Jan 22  Jan 22  Jan 29	Goal Setting for Everyday Use! Spanish for Travelers: Beginning Reconnect With Your Inner Self Awaken The Writer Within You! Exploring the Real You In Case of Emergency Spanish for Travelers: Intermediate Latin Dancing for Beginners Basic Interior Design for the 21st Century: Part I Basic Interior Design for the 21st Century: Part II In Case of Emergency  **Cecenter** Beginning Drawing Beginning Portrait Drawing  **Copa Campus** Bidding In The 21st Century (The Club Series) Part 1 Spanish for Travelers: Beginning French Conversation & Culture Guided Autobiography	Jan 6 Jan 13 Jan 15 Jan 15 Jan 21 Jan 26 Jan 26 Jan 26 Jan 26 Jan 27 Jan 27 Jan 27 Jan 28 Jan 29 Jan 29 Feb 2 Feb 2 Feb 2 Feb 2 Feb 3 Feb 3	Gentle Yoga Pottery on the Wheel Pottery on the Wheel Lunch & Conversation-Red, White & Brew Jewelry & Metalsmithing Opera: Then and Now Book Discussion Group Get Dressed on Purpose-Color Analysis for the 21st Century Mah Jongg Part I Line Dancing: Fun and Exercise The Magic of Opera Truths and Myths About Reverse Mortgages Chair Yoga Line Dancing: Fun and Exercise Special Drawing Techniques- Level I Meditation for Relaxation and Stress Relief Unstress Your Daily Life An Overview of Africa and Its Riches Advanced Creative Photography The History of the Western "B" Film How to Make an Art Quilt in 5 Easy Steps

SMC (con		SMC (cor	nt'd)
Feb 4 Feb 4	Time is Precious The Secret of Weight Loss	Mar 25 Mar 25	Jewelry & Metalsmithing Get Dressed on Purpose-
Feb 4	Stress Management in Fitness-	IVIAI 23	Color Analysis for the 21st
	Wellness: Mental Skills		Century
Ech /	Training for Everyday Life	Mar 25	Microsoft Windows Basics French Conversation &
Feb 4 Feb 4	Family Financial Fitness Advanced Photoshop	Mar 26	Culture
	Elements	Mar 26	Carb Counting for Blood
Feb 5	Beginning Bridge	N/a = 2C	Glucose Control-Advanced
Feb 5 Feb 5	Creative Acrylic I Tai Chi Basics	Mar 26 Mar 30	iPad for Beginners Mah Jongg Part II
Feb 6	Experiencing Oil Painting I	Mar 31	Pottery on the Wheel
Feb 6	Beginning Recreational Tennis	Apr 2	Pottery on the Wheel
Feb 10 Feb 10	Beginning Drawing Skills An Amazing Walk Through the	Apr 2 Apr 2	Creative Acrylic II Customer Service in the
160 10	Skies	Apr 2	Hospitality and Service
Feb 11	Artistic Travel Journaling		Industry
Feb 11	Basics of Facebook and Social	Apr 2 Apr 3	What More Can Your iPad Do?
Feb 11	Networking Container Gardening in the	Apr 7	Experiencing Oil Painting II Intermediate Italian
_	Desert	Apr 7	Reike II
Feb 11	Microsoft Windows Basics	Apr 16	Special Drawing Techniques-
Feb 12 Feb 12	Who in the World is Eli Ejipt? Geology of the Superstition	Apr 16	Level III Lunch & Conversation-Los
	Mountains	7 tp: 10	Gringos Locos
Feb 12	Photoshop CS5 Introduction	May 5	Pottery on the Wheel
Feb 17 Feb 17	Pottery on the Wheel Beginning Italian	SDC_Signs	ıl Peak Campus
Feb 17	Photographing Arizona		Pottery on the Wheel
- 1 4-	Wildflowers	Mar 26 F	Pottery on the Wheel
Feb 17 Feb 18	Let's Talk About the Weather Jewelry & Metalsmithing	CTC Com T	'on Compus
Feb 18	Are You Smarter Than Your	Jan 29	an Campus SBDC Business Launch
	Smartphone?	Jan 29	Promote Your Local Business
Feb 18	Photographing Arizona	F 1 2	with Articles
Feb 19	Wildflowers Pottery on the Wheel	Feb 2 Feb 3	Creative Acrylic I Unstress Your Daily Life
Feb 19	Lunch & Conversation-Chen's	Feb 3	Genealogy Basics - How to Star
= 1 00	Chinese Bistro		the Journey
Feb 23	Get Dressed on Purpose- Color Analysis for the 21st	Feb 3	An Overview of Africa and Its
	Century	Feb 3	Riches Microsoft Windows Basics
Feb 24	Numbers: Influencing Our	Feb 4	Beginning Drawing
	Lives Part II	Feb 4	Experiencing Oil Painting I
Feb 24	Volcanoes-What, Why, Where	Feb 5 Feb 5	Time is Precious The Secret of Weight Loss
	and How?	Feb 9	Truths and Myths About
Feb 25	iPad for Beginners	Tab 10	Reverse Mortgages
Feb 26	Carb Counting for Blood Glucose Control for Beginners	Feb 10 Feb 11	Microsoft Word Essentials Get Dressed on Purpose-Color
Feb 27	Instant Guitar for Hopelessly		Analysis for the 21st Century
Fab 20	Busy People	Feb 12	Do You Know What's in the
Feb 28	Instant Piano for Hopelessly Busy People	Feb 24	Products You're Buying? Email and Internet for
Feb 28	How to Play Piano by Ear	160 24	Beginners
Mar 3	The History of the Western "B"	Mar 3	Intermediate Computer Skills
Mar 3	Film Gentle Yoga	Mar 9	Get Dressed on Purpose-Color Analysis for the 21st Century
Mar 4	Truths and Myths About	Mar 9	Instant Guitar for Hopelessly
	Reverse Mortgages		Busy People
Mar 4 Mar 4	Basic Digital Photography What More Can Your iPad Do?	Mar 23	Instant Piano for Hopelessly
Mar 5	Special Drawing Techniques-	Mar 24	Busy People French Conversation & Culture
	Level II	Mar 25	Family Financial Fitness
Mar 5	Basics of Facebook and Social	Mar 25	Beginning Portrait Drawing
Mar 10	Networking Global Warming: Fact or	Mar 30 Apr 1	How to Play Piano by Ear Experiencing Oil Painting II
0	Fiction?	Apr 6	Creative Acrylic II
Mar 11	Gardening for Winter Visitors	Apr 6	Get Dressed on Purpose-Color
Mar 12 Mar 12	Garden Walk Are You Smarter Than Your	Apr 8	Analysis for the 21st Century
IVIUI 12	Smartphone?	Арі о	Truths and Myths About Reverse Mortgages
Mar 12	Managing an Irrigation System		
Mar 19	Lunch & Conversation-The		
Mar 24	Harp Reiki I		
Mar 24	Beginning Drawing Skills		
Mar 24 Mar 25	A Primer on the Constitution Chair Yoga		15
IVIUI ZJ	Chair 10gu		

#### **Basic Self-Defense**

Learn how to avoid a confrontation, scare off a potential attacker and fight back, if necessary. Discover ways to avoid an actual attack from happening. Explore several techniques to protect yourself in different situations and how to modify techniques based on physical abilities. Learn self-defense techniques to build your confidence and teach you how to respond when you are faced with threatening situations.

Instructor: Lynn Meyers

Subject: CME

CRN: 22697 Feb 18-Mar 4 5-7 pm Fee: \$39 3 Wednesdays CCC/A107

#### Let's Talk About the Weather

Why does the local TV weather broadcast oftentimes get it wrong? What does the sun and the rotation of the earth have to do with weather? In this class you will learn how weather patterns are formed across the planet and how predictions are formulated. Discuss what you already know about the weather and how it affects your daily life and actions.

Instructor: Scott Vickers

Subject: CME

CRN: 22691 Feb 17-Mar 10 9 am-Noon Fee: \$20 4 Tuesdays SMC/A123



## 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 studied.

Instructor: Amy Paterson

Subject: CME

CRN: 22762 Feb 24-Mar 10 1-3 pm Fee: \$39 3 Tuesdays SMC/F138

## Carb Counting for Blood Glucose Control for Beginners

Confused about carbohydrate counting?
Want to know what carbohydrates are and how they affect blood sugar? Come learn everything you wanted to know about carbohydrates but were afraid to ask! This class covers all the basics you will need to get started counting carbohydrates. Learn how carbohydrate portions impact blood glucose and how to count them for better blood glucose control. Whether you are already following an eating plan or want to get started, this class is for you.

Instructor: Greater Valley Area Health Education Center

Subject: CME

CRN: 22679 Feb 26 10-11:30 am Fee: \$5 1 Thursday SMC/A123

## Carb Counting for Blood Glucose Control-Advanced

Build upon your basic knowledge and learn advanced carb counting techniques. This class covers advanced label reading, converting carbohydrate grams to carbohydrate servings, the impact of fiber on carbohydrate absorption, tips on eating out and more! Students should have taken the beginning Carb Counting class or have some prior basic knowledge of carb counting.

Instructor: Greater Valley Area Health Education Center

Subject: CME

CRN: 22678 Mar 26 10-11:30 am Fee: \$5 1 Thursday SMC/A116

#### **Global Warming: Fact or Fiction?**

Is the earth getting warmer? Or is it much the same? Is there truly "manmade" or anthropogenic warming? Discover answers to these questions while discussing meteorology and the history of global warming and cooling from our past.

Instructor: Scott Vickers Subject: CME

CRN: 22690 Mar 10 9-11 am Fee: \$5 1 Tuesday SMC/A129

#### **Gardening for Winter Visitors**

Are you lacking color in your garden during the winter? Are you a winter visitor with nothing to do outside? Come and learn how you can have a beautiful garden in the winter. Information will be provided about how to plan, plant, and work in your garden, which can lead to hours of enjoyment.

Instructor: Carol Parrott & Barb Lindholm

Subject: CME

CRN: 22785 Mar 11 10-11 am Fee: \$10 1 Wednesday SMC/A116

#### **Garden Walk**

Visit and explore the demonstration gardens of Smiling Dog Ranch with owner Tom McDonald and get a first hand look at the types of plants that thrive in our Sonoran Desert landscapes. This is your opportunity to ask an expert about desert landscaping, so bring your questions and any supporting photos!

Subject: CME

CRN: 22758 Mar 12 11 am-Noon Fee: \$10 1 Thursday TBD

Managing an Irrigation System

Learn how to manage your irrigation system from clock setting, frequency of watering, to small repairs. Tom McDonald and Bill Roe demonstrate and discuss the basics of your irrigation system and answer questions.

Instructor: Tom McDonald

Subject: CME

CRN: 22759 Mar 12 9-11 am Fee: \$15 1 Thursday SMC/TBD

#### A Primer on the Constitution

Who created the U.S. Constitution? Why did the Founding Fathers adopt it? Why do some people want to change it? Learn about the history of the Constitution and answers to these intriguing questions as you examine the document that provides the basis for your government and your basic rights as a U.S. citizen

Instructor: Scott Vickers

Subject: CME

CRN: 22673 Mar 24 9-11 am Fee: \$5 1 Tuesday SMC/A116



A Joint Admission Program

## Flexible Transfer Options for CAC Students

- \* Graduate Faster by transferring up to 90 credits
- \* Only 10 classes to complete your degree
- Tailor your coursework to fit your career goals

\*NAU offers the most affordable tution in the state

For more information about CAC-2NAU call Celina Salinas (520) 421-1394

#### 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 that opens your energy pathways to become a channel for Reiki. Special Note: Students should wear loose fitting clothes.

Instructor: Romualda "Rommy" Banaszczyk

Subject: CME

CRN: 22702 Mar 24-31 9-11 am Fee: \$39 2 Tue/1 Thu SMC/A129

#### 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 healings. You will receive the Reiki II symbols and an attunement that greatly amplifies your healing power and allows for intentional direction of the healing energy.

the healing energy. Instructor: Romualda "Rommy" Banaszczyk

Subject: CME

CRŃ: 22701 Apr 7-14 9-11 am Fee: \$39 2 Tue/1 Thu SMC/A128

**Beginning Genealogy** 

Would you like to know more about your family history? Students will learn the genealogy research process. The process involves knowing which records are most important, what information they contain and where to find them.

Instructor: Gloria Quigg

Subject: CME

CRN: 22719 Mar 28-Apr 18 1-3 pm Fee: \$55 4 Saturdays OR/MVS

#### **Personal Memoir Writing**

An introduction to writing techniques for transforming personal experience into fiction.

Note: Meets for 3 hrs on May 11.

Instructor: Marguerite Wainio

Subject: CME

The Geology of Beautiful Sedona!

Join us for a two-day trip to view the beautiful red rocks of Sedona in the context of their geologic history. During the day there will be short hikes and mini lectures. In the evening, there will be lectures to discuss how different units fit into the geological story of the region. The geological sightseeing stops include Oak Creek Canyon, Montezuma's Castle, Frank Lloyd Wright's Chapel of the Holy Cross, Tuzigoot, and others. A pre-trip meeting will be held on Saturday, March 28, 2015 from 9-11 am at the Mountain Vista School in Oracle to discuss the trip and to introduce the geology of the Sedona area. Note: Course fee of \$185 per student includes tuition and mileage. Course fee does not include the cost of overnight lodging. Reservations for lodging will be arranged by the instructor. Estimated cost of lodging is \$80 per person. Lodging rate is based on double-occupancy. Contact Karen Gray at 520.818.0337 to receive lodging information. She will provide contact information for the lodge so that you can make payment to confirm your reservation. Students are responsible for ALL meals and the Red Rocks Daily Pass of \$5 (ANY America the Beautiful Pass, Golden Age, and Golden Access is accepted in lieu of the Red Rock Pass). DEADLINE TO REGISTER IS THURSDAY, MARCH 5, 2015. Course fee will be refunded if the course is canceled.

Instructor: Karen Gray

Subject: CME

CRN: 22618 Mar 28, 30 & 8 am-2:30 pm

Apr 1

Fee: \$185 1 Sat/1 Tue/1 Wed OR/MVS

In Case of Emergency

Are your family and friends prepared in case you are involved in an emergency situation? Will they know where you keep important documents? Whom would they contact? Where do you keep personal items, such as keys, checkbook, credit cards, etc.? Now is the time to make a list of things family and friends need to know in case you are unable to communicate or manage your own affairs. The course offers tips for you and is helpful when needed for use by your loved ones.

Instructor: Shelia Lilleston

Subject: CME

CRN: None Feb 27 2-4 pm Fee: \$25 1 Friday CGPR/TBD CRN: 22819 Mar 30 2-4 pm 1 Monday Fee: \$25 CGC/A111 CRN: 22820 Apr 27 2-4 pm Fee: \$25 1 Monday CGC/A111 CRN: None May 15 2-4 pm

CGPR/TBD

1 Friday

#### **Lunch & Conversation**

Join local community members for a no-host lunch and conversation at restaurants around Pinal County and within our communities.

Instructor: Lorraine Westling

Subject: CME

CRN: 22714 Jan 15 11:15 am-1 pm

Fee: \$0 1 Thursday

Red, White & Brew-6740 E. McDowell Rd. #120, Mesa, (480) 807-9393

CRN: 22712 Feb 19 11:15 am-1 pm

1 Thursday Fee: \$0

Chen's Chinese Bistro-5341 Superstition Fwy., Gold Canyon, (480) 288-2228

CRN: 22715 Mar 19 11:15 am-1 pm

Fee: \$0 1 Thursday The Harp-1744 S. Val Vista Dr., Mesa,

Junction, (480) 288-5626

(480) 507-7827

CRN: 22713 Apr 16 11:15 am-1 pm Fee: \$0 1 Thursday Los Gringos Locos-280 S. Phelps Dr., Apache



#### **Lunch & Conversation**

Join local community members for a no-host lunch and conversation at restaurants around Pinal County and within our communities.

Instructor: Ruth Walter

Subject: CME

CRN: 22622 Jan 20

11 am-1 pm Fee: \$0 1 Tuesday

Tag's Restaurant-156 N. Arizona Blvd., Coolidge, (520) 723-6333

CRN: 22619 Feb 17
Fee: \$0 1 Tuesday 11 am-1 pm

Fee: \$0 1 Tuesday

Olive Garden-797 N. Promenade Pkwy., Casa Grande, (520) 426-0226

CRN: 22620 Mar 17 11 am-1 pm

Fee: \$0 1 Tuesday

Mi Amigo Ricardo, 821 E. Florence Blvd., Casa Grande, (520) 836-3858

CRN: 22621 Apr 21 11 am-1 pm

Fee: \$0 1 Tuesday

Iron Skillet Restaurant-5235 W. Sunland Gin Rd., Casa Grande, (520) 836-57455

Fee: \$25

#### Line Dancing: Fun and Exercise

Learn various line dances to exercise the body and brain. No experience nor partner necessary.

Instructor: Tobia Eaks

Subject: CME

CRN: 22716 Jan 26-May 18 9:30-10:30 am Fee: \$5 15 Mondays SMC/A110

Note: No class Feb 16 & Mar 16.

CRN: 22828 Jan 29-May 14 10-11 am Fee: \$5 15 Thursdays STC/D101

**Latin Dancing for Beginners** 

Basic Latin dance steps with step-bystep instructions, including Salsa and Merengue.

Instructor: Andrea Garrindo

Subject: CME

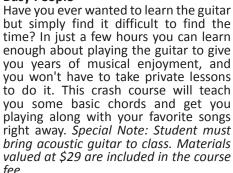
CRN: 22729 Jan 26-Mar 9 2-4 pm Fee: \$79 6 Mondays CGC/A111

Note: No class Feb 16.

CRN: None Mar 23-Apr 27 5:30-7:30 pm Fee: \$79 6 Mondays CGPR/TBD



## Instant Guitar for Hopelessly Busy People



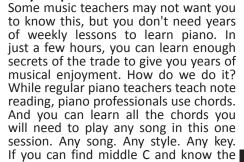
Instructor: Craig Coffman

Subject: CME

CRN: 22779 Feb 28 4:30-6:30 pm Fee: \$59 1 Saturday SMC/A123

CRN: 22780 Mar 9 6:30-9 pm Fee: \$59 1 Monday STC/D107

## Instant Piano for Hopelessly Busy People



meaning of Every Good Boy Does Fine,

you already know enough to enroll in

this workshop. Special Note: Materials

valued at \$29 are included in the course

Instructor: Craig Coffman

Subject: CME

CRN: 22783 Feb 28 9 am-Noon Fee: \$59 1 Saturday SMC/A123

CRN: 22784 Mar 23 6-9 pm Fee: \$59 1 Monday STC/D107

#### How to Play Piano by Ear

Learn one of music's deepest mysteries how to play songs without relying on music. A very practical presentation of music theory that includes predicting progressions, learning recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the Instant Piano class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheetmusic dependence, and be the life of the party! Prior experience with chords recommended. Special Note: Materials valued at \$29 are included in the course fee.

Instructor: Craig Coffman

Subject: CME

CRN: 22781 Feb 28 1-3:30 pm Fee: \$59 1 Saturday SMC/A123 CRN: 22782 Mar 30 6:30-9 pm

CRN: 22782 Mar 30 6:30-9 pm Fee: \$59 1 Monday STC/D107



iPad for Beginners

Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. *Special Note: Student must bring iPad to class.* 

Instructor: Veronica Duran

Subject: CME

Instructor: Rebecca David

CRN: 22834 Feb 25 10 am-Noon Fee: \$25 1 Wednesday SMC/C113

CRN: 22835 Mar 26 1-3 pm Fee: \$25 1 Thursday SMC/A116



#### 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: Student must bring iPad to class. Instructor: Veronica Duran

Subject: CME

CRN: 22629 Feb 13 9-11 am Fee: \$25 1 Friday CCC/A104

Instructor: Rebecca David

CRN: 22836 Mar 4 10 am-Noon Fee: \$25 1 Wednesday SMC/C113

CRN: 22837 Apr 2 1-3 pm Fee: \$25 1 Thursday SMC/A127

#### **Microsoft Windows Basics**

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: Frank Parenteau

Subject: CME

CRN: 22741 Feb 3 2-5 pm Fee: \$29 1 Tuesday STC/D103

Instructor: Gene Middleton

CRN: 22745 Feb 11 Noon-3 pm Fee: \$29 1 Wednesday SMC/C114

CRN: 22748 Mar 25 Noon-3 pm Fee: \$29 1 Wednesday SMC/C114. . . .

Instructor: Paul Zubel

CRN: None Feb 4 6-8 pm Fee: \$25 1 Wednesday MARPR MC/TBD

CRN: None Feb 18 7-9 pm Fee: \$25 1 Wednesday MARPR MC/C115

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CRN: None Mar 26 6-8 pm Fee: \$25 1 Thursday MARPR MC/TBD

Instructor: Laura Zubel

CRN: None Apr 15 7-9 pm Fee: \$25 1 Wednesday MARPR MC/C115

**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: Laura Zubel Subject: CME

CRN: None Feb 5-19 9-11 am Fee: \$39 3 Thursdays MARPR MC/C116

Instructor: Paul Zubel

CRN: None Feb 25-Mar 11 7-9 pm Fee: \$39 3 Wednesdays MARPR MC/C115

CRN: None Apr 14-28 7-9 pm Fee: \$39 3 Tuesdays MARPR MC/C115

Instructor: Frank Parenteau

CRN: 22744 Mar 3-10 2-5 pm Fee: \$39 2 Tuesdays STC/D103

Community
Education email:
CommEd@centralaz.edu

Basics of Facebook and Social Networking

An introductory class for adults interested in entering the world of social networking. Topics include: setting up an account, privacy and security, adding friends and photos, Internet/Facebook etiquette, and more.

Instructor: Laura Zubel

Subject: CME

CRN: 22768 Feb 10 9-11 am Fee: \$25 1 Tuesday CGC/A110 CRN: None Feb 23 9-11 am Fee: \$25 1 Monday MARPR MC/C115 CRN: 22769 Mar 30 9-11 am Fee: \$25 CGC/A110 1 Monday

CRN: None Apr 16 9-11 am Fee: \$25 1 Thursday MARPR MC/C116

Instructor: Rebecca David CRN: 22830 Feb 11

Instructor: Vivian Sampson

CRN: 22726 Feb 19 4-6 pm Fee: \$25 1 Thursday OR/MTV .....CRN: 22727 Apr 16 5-7 pm

CRN: 22727 Apr 16 5-7 pm Fee: \$25 1 Thursday OR/MTV

#### **Microsoft Word Essentials**

Learn the fundamentals of MS Word to create a simple letter, set margins, save the letter, and print it. Also learn how to change the look of text and to format paragraphs.

Instructor: Frank Parenteau

Subject: CME

CRN: 22742 Feb 10 2-5 pm Fee: \$29 1 Tuesday STC/D103

#### **Photoshop CS5 Introduction**

Study the basics of Adobe CS5 Photoshop digital software with a focus on cropping, fixit tools, color adjustment, and photo montage.

Instructor: Gene Middleton

Subject: CME

CRN: 22747 Feb 12-26 10 am-Noon Fee: \$45 3 Thursdays SMC/C113

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

An introduction to email and the Internet that emphasizes setting up an email address, sending and receiving messages, and exploring Internet search engines.

Instructor: Frank Parenteau

Subject: CME

CRN: 22743 Feb 24 2-5 pm Fee: \$29 1 Tuesday STC/D103 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 own smartphone to class.

Instructor: Rebecca David

Subject: CME

CRN: 22832 Feb 18 10 am-Noon Fee: \$25 1 Wednesday SMC/C113

CRN: 22833 Mar 12 1-3 pm Fee: \$25 1 Thursday SMC/A116

Instructor: Veronica Duran

CRN: None Mar 9 6-8 pm Fee: \$25 1 Monday MARPR MC/C113

CRN: 22625 Mar 12 6-8 pm Fee: \$25 1 Thursday CGC/TBD

> Central Arizona College Community Education recognizes our partners:

City of Casa Grande Parks & Recreation

http://online.activenetwork.com/casa-grande/Start/Start.asp

404 E. Florence Blvd. Casa Grande, AZ 85122 520.836.8677

- Students can register in person or online
- Accepts cash, check, money order and credit card payments (MasterCard, Visa, Discover and American Express)

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

#### City of Maricopa Parks & Recreation Information

http://www.maricopa-az.gov/web/ sports-recreation

45145 W. Madison Ave. Maricopa, AZ 85139 520.316.6960

- Students can register in person or online
- Accepts cash, credit and debit card payments

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. **Advanced Creative Photography** 

Expand your creativity with a camera by learning how to use your creative vision to shoot fantastic photos. You will be challenged to turn off the "auto" function on your camera and try something new. Learn to feel confident using aperture priority, shutter-speed priority, and even the manual mode of your camera to take outstanding photos. We will photograph flowers, landscapes, people, animals, movement, and creative topics of choice, such as: night scenes; still life images; or abstracts. Special Note: Students must bring a digital camera and instruction manual to every class. The digital camera must allow for an override to the auto function (no point and shoot cameras).

Note: No class Feb 16. Instructor: Pearl Racette Subject: CME

CRN: 22826 Feb 2-Mar 9 8:30 am-12:30 pm Fee: \$125 5 Mondays SMC/A111



**Advanced Photoshop Elements** 

This class is designed for the digital photographer who is already familiar with the world of photo editing using the affordable and user friendly Adobe Photoshop Elements Editor software. Continue to learn and discover efficient ways to edit, enhance and maximize your photographs to their full potential. Special Note: Students must have Elements 12 loaded on personal laptop for use in class.

Note: No class Feb 18.

Instructor: Pearl Racette

Subject: CME

CRN: 22765 Feb 4-Mar 11 8:30 am-12:30 pm

Fee: \$125 5 Wednesdays SMC/A123

Please register one week prior to course start dates.



**Photographing Arizona Wildflowers** 

After a year of record rainfall the spring of 2015 has the potential of being a spectacular year for wildflowers. In this workshop students be led by professional nature photographer Joanne West, who is well-known for her artistic photos of the Superstition Mountains and surrounding lands often bursting with wildflowers. She will share where to find them and how to use your camera's settings in every type of light to make them stand out. In the classroom, students will see examples of tips and tricks, then practice on group photo shoots at this year's choice locations. A group review of top images after each shoot will help everyone learn from each other. This activity often helps photographers edit their portfolio of images and decipher which are their best captures Arizona's wildflowers. Special Note: Tripod and telephoto lens recommended.

Instructor: Joanne West

Subject: CME

CRN: 22763 Feb 17-Mar 24 9 am-Noon Fee: \$99 5 Tuesdays STC/TBD Note: No class Mar 17.

CRN: 22764 Feb 18-Mar 25 9 am-Noon Fee: \$99 5 Wednesdays SMC/A127 Note: No class Mar 18.

**Basic Digital Photography** 

Are you curious about your digital camera? Is it taking up space in a drawer? Join us and learn the basics of digital photography including tips on lighting, composition and how to create beautiful photos. Special Note: Students must bring their digital camera and instruction booklet to class.

Instructor: Gene Middleton

Subject: CME

CRN: 22749 Mar 4 Noon-3 pm Fee: \$29 1 Wednesday SMC/A129 Allison, Connie, graduated from Prescott College with a Bachelor of Arts with a major in Psychology and a Master 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.

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.

Burge, Sally, holds a B.S./Secondary Spanish Education, Indiana University of Pennsylvania and M.A., University of Northern Colorado. She had the opportunity to study the Spanish language, literature and history at the University of Valladolid in Valladolid, Spain and has traveled to several countries and learned the value of their cultures and their language. As a result she delights in helping others learn the Spanish language.

Cagle, Tom, , has a B.A. in Psychology from the University of California- San Diego and a M.S. in Exercise/Sport Psychology from Michigan State University. He is certified nationally as a FitOur Personal Trainer and as a United States Professional Tennis Association recreational tennis coach.

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.

Conn, Pauline, holds a B.A. in History from the University of Minnesota and has been a professional artist since 2004. She has been teaching adult education for over 20 years and has taken over 500 hours of art classes from the University of New Mexico-Taos. Pauline is also a juried member of the Artists of the Superstitions.

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.

David, Rebecca, MA.Ed., has been in non-profit education for 18 years teaching children and adults in diverse program subjects like computers, safety, awareness, public policy, and ethics. She achieved an Associates of Arts in Microcomputer Business Applications, a Bachelor's of Science in Public Administration, and a Master's of Arts in Education - Adult Education and Training. She has specific insight into computers, social media (Facebook, LinkedIn, etc.), and smart phones. When she is not teaching, she enjoys traveling, music, and movies.

Deike, Carol, played first viola in high school and college orchestras in Chicago and belonged to a dance troupe that appeared at the Museum of Science and Industry, and Chicago's Railroad Fair. She also taught fifth grade. An affinity for all the arts has played an important role in her life. Her first and most enduring love is the written word.

**Duran, Veronica,** holds a B.A. and M.Ed. from Northern Arizona University. Duran has been working in higher education for over ten years in a variety of capacities. In her role, she has mastered technology so that it can be used as a tool in everyday life.

**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.

**Fecht, Cheryl**, was born in Rome, New York to an Air Force officer. She's had a passion for drawing since she was a young child and has been painting for over 40 years. She has been working as a full-time professional artist in her desert studio since the early 1990s and loves to enhance the distinct colors of the desert on canvas.

**Furu, Karen,** holds an M.A. in Counseling from Montana State University. She owned a private practice for over 23 years dealing with individuals with mental health and addiction issues. On December 31, 2009 Karen retired from her private practice. She now resides half the year in Montana and the other half here in Arizona. She believes you have a lifetime to learn new things.

**Garrett, Kathy**, a life-long learner completed her Bachelor's degree at the age of 47. In 2002, she received her M.Ed. from Arizona State University. While caring for her now deceased parents, she pursued courses in Gerontology, which led her to getting certified in 2009 to teach Guided Autobiography.

Garrido, Andrea, holds an Associate's Degree in Interior Design from Mesa Community College, Certified for Space Planning and Furniture Layout Licensed for AZ Real Estate. She has over 11 years of experience in the Interior Design field working hand in hand with architects, contractors and drafters. Also, as the owner of Spoiling U, an interior design studio she has acquired entrepreneurial skills that have increased her level of knowledge in the design field.

**Gray, Karen,** holds a B.A. from George Mason University and a M.S. from George Washington University. She is originally from New York, and became interested in geology as a secretary for the United States Geological Survey and later became a physical science aide, technician and geologist. She has taught geology at Central Arizona College for the past eight years.

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.

**loane, 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.

Ilnitsky, Mary Lynn, has more than 15 years experience in the Image and Fashion Industry. She earned a Bachelor of Science in Home Economics (Clothing and Textiles major), from the University of Alberta and a Certified Image Consultant (Calgary, BC) and Certified Instructor (Memphis, TN) from Fashion Academy, Inc.

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".

Lindholm, Catherine, holds a Bachelor's degree in Music Education and a Master's degree in Music from Northwestern University. She has been a certified bridge teacher and certified bridge director with the American Contract Bridge League for over 35 years. Along with these degrees and certificates, she is a Gold Life Master.

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 class. He truly enjoys bringing the great game of bridge to others.

Mann, Dr. Gene, has over 40 years teaching experience in all aspects of business and business management; communication, mass media, and English as a Second Language. He has a Ph.D. in Interpersonal Communication with minors in Advertising and Public Relations, Psychology, Accounting, Broadcasting and American History. He is also the author of several books, textbooks and professional journal articles.

Martin, Joan, has been researching her family history for over 30 years. She has been able to trace and very her family line back to the 18th century using basic genealogical methods she learned taking courses through the National Genealogical Society, "how to" research on the internet, attending genealogical society workshops and writing lots of letters. Joan and her husband are recent immigrants to the San Tan Valley from Spokane, WA.

**McDermitt, Kittie**, has loved art since she was very young and believes anyone can become an artist. She has been teaching non-credit art classes for Central Arizona College since 2004.

McDonald, Tom; earned his B.S. in Plant Biology from Drury College and is a Master Gardener certified by the University of Arizona. He opened and owns Smiling Dog Landscapes in Gold Canyon since August 2000. Tom has been in the "green" industry for over thirty years and his career includes numerous management positions in the greenhouse, landscape, golf course and consulting fields. In 2010 Tom launched the Smiling Dog Learning Center to bring classes and information on living in the Sonoran Desert to the community.

McGraw, Jennifer, is the Spa Director for the Scottsdale Camelback Resort where she has 24 years of experience and is certified to teach Tai Chi and Aquatic exercise. In 1991, she became licensed as 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 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. His work has been shown at various art fairs, the Public Events Gallery at Central Arizona College's Signal Peak campus, and the Casa Grande Art Museum, as well as at several venues in Phoenix, Tucson and North Carolina.

Meyerowitz, Carol, YT, LVCYT, is a Certified Yoga instructor by Swami Sivananda and Indra Devi since 1973. She is also a student of B.K.S. Iyengar, Yogi Amrit Desai (Kripalu Yoga), Swami Rama (Himalayan Institute), and other well-known teachers in the United States and India. Carol holds other health related certificates in Healing Touch, A.E.V. (Energy and Vibrational Healing), Therapeutic Sound (Institute for Music Health and Education, and other healing modalities.

Meyers, Lynn, is a native of Coolidge. She received her black belt in karate in the Philippines when she was younger. In her spare time, she is an artist and loves to write. Her goal in life is to make sure people protect themselves in a threatening situation.

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. He is also a candid wedding photographer.

Morse, Dan a graduate with an MBA from Arizona State. He has been in the financial services industry for over 25 years and is currently Vice President and Licensed Mortgage Professional with Cherry Creek Mortgage Company.

Parenteau, Frank, originally from Washington DC, he is a licensed realtor in the State of Arizona. He has lived in various parts of the United States and in Italy. Speaks Englisth and Italian and has a passion for project management and computer technology.

Parenteau, Rusty, is a world traveled artist who began her career with a degree in Art from Asbury University in Kentucky. She has taught creative drawing classes and workshops for children and adults in America and Italy. She has taught both in English and Italian.

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.

Piraino, Nathalie, MPH, CPC; received her Bachelor degree in International Studies and International Development from Towson University in Maryland and a Master degree in Public Health (MPH) with a concentration in health education from Benedictine University in Lisle, III. She is also a certified professional coach (CPC). She taught French and tutored college and high school students. She worked for Catholic Relief Services (CRS) in MD., was a public speaker for fundraising and social and education advocacy for national and international non-profit organizations including CRS, Immigration Outreach Center and Johns Hopkins School of Advanced International Studies. Nathalie lived in five countries in Africa and traveled in twenty-two countries. She also speaks three languages English, French and Kinyarwanda and is on her way to learning Spanish. Her passion is to help others set life goals that will help them move forward and reach their dreams. Nathalie enjoys interacting with people and is always learning new skills to reach out.

Quigg, Gloria, began her quest to discover her family history in 2004 after she inherited many documents and photos when cleaning out her father's home. Since then she has completed a series of classes in genealogy research offered through the Saddlebrooke Genealogy Club. She has also attended many workshops and additional classes in the study of genealogy. Her best experience was doing research in the Family History Library in Salt Lake City, UT. She has served as the President of the SaddleBrooke Genealogy Club from June 2009 through May 2012.

Racette, Pearl, is a graduate of the New England School of Photography in Boston, MA with a major in Portraiture and a minor in Digital Imaging. She also is a graduate of the New Hampshire Institute of Art & Science, in Manchester, NH, where she majored in Fine Art Photography. She has exhibited her work at galleries in Colorado, New Hampshire, Massachusetts, and Phoenix, Ariz. Her passion in life is photography, teaching, exhibiting & shooting her favorte subjects; people and travel photography.

Rhodes, Jim, has directed the Small Business Development Center (SBDC) at the CAC Corporate Center for over seven years. He has over12 years' experience managing sales teams for a major manufacturer.

**Riccitelli, Dennis,** is a second generation Italian-American. He graduated from Penn State University and received his Masters Degree in Italian from the prestigious Language School at Middlebury College in Vermont.

Russell, Janet, holds a Master's Degree 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.

Sampson, Vivian, holds a B.S. in Business Administration/Marketing from University of Nevada-Las Vegas. She is a marketing professional with a proven and demonstrated knowledge in Marketing and Branding. She can effectively bridge customer business requirements to market trends.

San Felice, Jack, has been an avid hiker, horse-back 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.

## Help us to expand course offerings in the San Tan Valley

Contact Joel Beck:
480.677.7721
joel.beck@centralaz.edu
to obtain course proposal and
instructor data forms.

**Shaw, Debra,** has over 19 years of executive level experience as an owner of a restaurant and a President of a flatbed transportation company. She is currently President of Debra Shaw International, a consulting firm specializing in training and development in the fields of transportation/logistics, hospitality/restaurant and grant funding.

Singh, Rani, M.A./English Literature; teaches students to write with taste and flavor and to make writing rich and colorful with an emphasis on elements of poetry, literature, stories and novels. She has written plays and poems for a high school and a church and has prepared students for various writing contests. She loves to see writers actively involved in activities based on writing and recognizing the hidden writer within themselves.

**Troxell, Samuel,** holds a Master's Degree in Fine Arts, with an emphasis in Metals and a Bachelor of Science Degree in Art with a minor Biology.

**Tucker, Wanda,** a native of Arizona residing in Winkleman. She became interested in art as a youth, but didn't get involved until 1966. Her artistic expertise was enriched under tutelage of well knows artists such as Frederic Taubes, George Kountoupis, Griffen Stevenson and various college instructors. Her enthusiasm is reflected in her work as well as her method of teaching.

**Turner, Debra,** is originally from Oregon and has been keeping journals since she started as a 4-H Club reporter in the 1960s. She has won many writing contests with the VFW 4116, was a contributor to the Association of Sewing and Design Professionals Journal, and has been published in The Arizona Republic newspaper.

Vickers, Scott, is a graduate of the UnitedStates Military Academy. A former Army Aviator, he completed an aerospace career spanning 44 years culminating in retirement from the famed Lockheed Martin Skunk Works. In retirement he continues to work as an engineering consultant and has recently become a published author with two more books in the works.

Wainio, Marguerite, has a B.A./English & Writing, from Sarah Lawrence College and an M.A./ Psychology, from Antioch University West. She has worked as a writer and editor her entire life and has taught writing and presented at workshops.

**Walter, Ruth**, originally from Minnesota, holds a Master's Degree in Education from Chapman University. She has been a teacher for over 25 years.



### http://vaquerosports.com

Keep up-to-date with all of your favorite Vaqueros teams.

West, Joanne, is a working freelance and fine art photographer who brings a variety of experience and inspiration to her photography classes. After a 21 year career as the in house photographer for General Motors Desert Proving Grounds, she now combines her love of travel and nature with freelance photo work for individuals and business organizations. Her photos have been published on greeting cards, publications, social media, and calendars for the Arizona Office of Tourism, Cities of Tempe and Chandler, and other corporate clients. Her fine art images are part of collections in Canada, Italy and England.

Westling, Lorraine, raised in South Dakota, holds a Masters Degree in Education from South Dakota State University. She started teaching at the age of 17 and was a classroom teacher for 51 years.

**Zubel, Paul,** has an associates 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



## Community Events Presents:

Arts

Theater

Drama

Entertainment

Music

and more...

For a listing of events and to purchase tickets:

www.EventsAtCAC.com

#### Three 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. ONLINE: If you are a current student, you can register online at www.centralaz. edu. Click on Quick Links, click on Online Services, enter your User ID and PIN.
- 2. WALK IN: Persons age eighteen and over 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.

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

- City of Casa Grande Parks & Recreation will process registrations via their Web link at: http://online.activenetwork.com/casagrande/Start/Start.asp or its office at 404 E. Florence Blvd., Casa Grande, AZ 85122 (cash, check, money order and MasterCard, Visa, Discover and American Express payments are accepted). Therefore, Central Arizona College online, campus, and educational center registration is blocked for these courses.
- City of Maricopa will process registrations for Maricopa Campus Lifelong Learning Community Education classes via its web link at:http://www.maricopa-az.gov/web/sports-recreation or at its office: 45145 West Madison Avenue, Maricopa, AZ 85139 (cash, credit and debit card payments are accepted). Therefore, Central Arizona College online, campus and educational center registration is blocked for these courses.

3. 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.

#### 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 is the campus closed?

Jan 19	Martin Luther King
	Day
Feb 16	Presidents Day
Feb 17	CAC Development Day
	i '

New Year's Day

Mar 16-19 Spring Break May 25 Memorial Day

#### Attendance:

Jan 1

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

#### **Instructor Biographies**

To find out more about our instructors, visit www.centralaz.edu/lifelonglearning or a list 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 at their classrooms. You will be notified upon registration what room the class is being held in.

#### Are there requirements?

You must be age eighteen and over to register for a non-credit course.

#### **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.

Registration Student Info			□ Signal Peak □ Aravaipa □ Casa Grande □ Florence Cen	☐ Mario Center ☐ Corpo	stition Mountain opa Campus rate Center an Campus
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Telephone: Home:(					
Emergency Contact: Na					
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Student Signature:			Dat	e:	Approval:

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

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

To register for classes at the Casa Grande Parks and Recreation call 520.836.8677.

CC-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 To register for classes held at the Maricopa Campus call the City of Maricopa at 520.316.6960. OR-Mountain Vista School 2618 W. El Paseo Oracle, AZ 85623

SB-SaddleBrooke/HOA2 64500 E. SaddleBrooke Blvd.

Tucson, AZ 85739

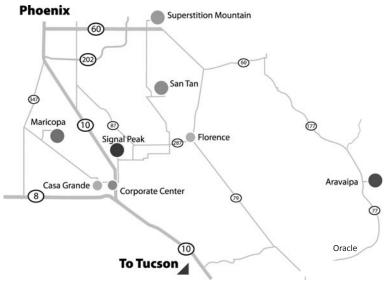
Must be a resident of the SaddleBrooke Community to register for classes held in SaddleBrooke.

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 discriminiation 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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## 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 introduces and 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 Summer 2015 is January 29, 2015. Course proposals received after January 29 will be considered for the following 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.