

# **Continuing Education**



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## **Register Now!**

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## Welcome to South Seattle College!

## **Lifelong Learning • Building Skills • Making Connections**



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Dear Friends,

Look for classes with this symbol, and receive a special discount

when you register with a friend! This quarter, we are offering a special Friend Rates for many of our winter classes across a wide range of interests and activities, from making sushi, cooking an authentic Italian meal, to learning to navigate Social Media. Call us at 206-934-5339 and save when you register with a friend.

The New Year can bring new technological gadgets, resolutions, and challenges. Need help learning how to use a new digital camera? Trying to master Windows 10? Have a new sewing machine? A resolution to get organized? Or start a new exercise regimen? We can

South Seattle College offers a broad selection of classes to help help. you keep your New Year's resolutions, from dance and exercise to computers, languages, cooking, and travel. Come explore the

We look forward to seeing you and your friends at South Seattle possibilities! College in the New Year.

Happy Holidays!

### Luisa Motten

**Director of Continuing Education** 

P.S. Looking for the perfect present? What could be better than sharing time with a friend taking a fun, enlightening class together? Gift certificates are available at our website, www.LearnatSouth.org or by phone at 206-934-5339.

#### **Featured Class:**

Authentic Italian 2 Chicken Dinner

Involtini

An Italian favorite, Involtini are stuffed rolls made from wrapping thin slices of meat around a savory filling. The version offered in this class will utilize chicken breasts stuffed with prosciutto, fontina cheese, and fresh sage leaves.

2/29 6:00 PM - 8:30 PM CAB \$45 + \$15 materials fee



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#### BUSINESS OF ART

**Optional:** You are encouraged to bring 5 samples of your work (originals, reproductions, or scans on a DVD or flash drive to share. Classes for all visual artists working in any media.

#### Making a Business Out of Your Art – Series

Get your art business up and running with this Series, whether your art is a part- or full-time vocation. For visual artists working in any media. The Series includes: Turning Your Art into Greeting Cards, 20 Key Steps to Making Your Art More of a Business, Exhibiting Your Art, Merchandising Your Art, and Artists + Non-Profits = Opportunities (for both!). Take the series for a savings. No class 2/2 and 2/16.

Tu (5 sessions) 1/26 - 3/8 6:00 PM - 9:00 PM LHO 2 \$180

#### **Turning Your Art into Greeting Cards**

Pfortner

Explore how to manufacture greeting cards using your art (any medium) and how to turn those cards into cash through direct sales and selling partnerships. Learn about available opportunities to license your art for cards.

Tu 1/26 6:00 PM - 9:00 PM LHO 2 \$45

#### 20 Key Steps to Making Your Art More of a Business Pfortner

Explore realistic, simple steps that you as an artist can take to do more with your art. The goal is to get your art seen and to make a return on your investment of time and money.

Tu 2/9 6:00 PM - 9:00 PM LHO 2 \$45

#### Exhibiting Your Art Pfortner

The key to selling your art is getting it seen! Explore the what, where, when, why, and how of getting your art exhibited. This class provides invaluable information for visual artists working in all media.

Tu 2/23 6:00 PM - 9:00 PM LHO 2 \$45

#### Merchandising Your Art Pfortner

Explore the fundamentals of pricing and licensing your work to commercial partners like greeting card, calendar, and magazine companies.

Tu 3/1 6:00 PM - 9:00 PM LHO 2 \$45

#### Artists + Non-Profits = Opportunities (for both!) Pfortner

Explore the available opportunities and potential pitfalls of advancing your career working with non-profit organizations.

Tu 3/8 6:00 PM - 9:00 PM LHO 2 \$45

#### DRAWING & PAINTING

**New!** Painting – Acrylics (Beginning and Continuing) Barth
Acrylic paints offer a versatility of composition and technique, and facilitate a wide
array of applications. Explore basics of composition, color theory, mixing, and
brush selection.

Sa (4 sessions) 2/27 - 3/19 2:00 PM - 4:30 PM CEC \$99

#### New! Drawing for Pleasure: Basic Skills 👬

**Barth** 

Think you can't draw? Then this class is for you! Discover a variety of drawing methods and build new skills while brushing up on any drawing experience you may already have. Drawing is applicable to all types of artistic endeavors. Basic materials and an additional list of supplies will be provided at the first class.

Th (4 sessions) 1/28 - 2/18 7:00 PM - 9:00 PM CEC 102 \$99 + \$15 materials fee
Th (4 sessions) 2/25 - 3/17 7:00 PM - 9:00 PM CEC 102 \$99 + \$15 materials fee

#### **New!** Watercolor for Everyone

Rarth

Love watercolors? Pressed for time? Take the mystery out of the technique and brush up your skills in a relaxed and friendly setting. Work from still lifes. Study basic and intermediate techniques such as laying washes, pulling out color, and creating an effective composition. Explore complementary colors, transparent vs. opaque watercolors, and how to rescue an overworked painting. Beginning watercolor experience is helpful but not required. No class 2/13.

Sa (4 sessions) 1/23 - 2/20 2:00 PM - 4:30 PM LHO 3 \$99

#### Sumi Painting Yoshida

Explore creative self-expression through the flowing techniques of sumi painting in this class for beginning and continuing students. Class content is designed to suit each student's level of experience. sumi (black ink) will be the primary medium used, with opportunities to work in color. No class 2/24.

W (6 sessions) 1/27 - 3/9 6:00 PM - 8:30 PM CEC 102 \$99 + \$10 materials fee

#### CRAFTS

#### Making Homemade Soap to Keep or Give

Baero

Tired of paying top dollar for expensive, artisanal soap? Discover how to craft luscious soaps the old-fashioned way using lye, fats and oils. Learn about ingredient options and various soapmaking techniques. Create your own soaps to take home, along with recipes and instructions. Homemade soap makes a perfect holiday gift.

Sa 2/27 9:00 AM - 12:30 PM CAB - Main \$39 + \$10 materials fee

#### Making Natural Body Care Products Baerg

Discover the joy of crafting your own lotions, scrubs, and salves using herbs and other natural ingredients. Learn to make affordable, nourishing, and personalized products to pamper from head to toe! Class covers information on ingredient properties, techniques, and crafting a few products. Leave with lots of samples and recipes.

Sa 2/27 1:00 PM - 3:30 PM CAB - Main \$39 + \$15 materials fee

#### SoulCollage® Introduction

Reavy

SoulCollage® is an accessible art therapy technique requiring no previous art training or experience. It consists of making and using a deck of SoulCollage® cards which are made by combining images into a collage with each card depicting an aspect of the student: personality traits, relationships, physical energies, and archetypes. The results are invariably spectacular!

Sa 3/12 1:00 PM - 4:30 PM LHO 2 \$45 + \$10 materials fee

#### Introduction to Magic

Thyagarajan

Explore the art of magic for fun and entertainment. You will amaze friends and family with basic tricks utilizing simple everyday objects such as coins, cards, rope, rubber bands, and paper. Look like a pro with new skills sure to liven up a classroom or business meeting, be the life of the party, and entertain children of all ages. Alakazam!

W (5 sessions) 2/17 - 3/16 6:00 PM - 8:00 PM On Campus \$99



#### **Upholstery Beginning**

Gregory

Take home a new footstool you upholstered using the tricks and techniques taught in this class. Learn the basics of upholstery which can be used on many projects. These skills can be applied to any type of seating such as a dining room chair, bench or ottoman. Supply list provided at registration.

1/23

10:00 AM - 1:00 PM CEC 102

\$49 + \$50 materials fee

#### Upholstery Intermediate

Gregory

Learn to upholster a beautiful custom-made, wood-frame Victorian style chaise lounge; scaled to fit an 18" doll such as the popular American Girl doll (small animals also love them). Use the skills learned in this class to upholster small and full size furniture, the technique is the same! No experience needed. Supply list will be provided at registration.

Sa

9:00 AM - 5:00 pm CEC 102

\$175 + \$100 materials fee

#### PHOTOGRAPHY

Bring a digital camera, instruction manual, charged battery, extra batteries, power cable, and extra memory cards.

#### Digital Camera – Intro Series

Blache

Significantly improve your digital camera photography with instruction from our expert, Meredith Blache. Series includes: Get to Know Your Camera, Take Great Photos, and Getting Out of Auto Mode. Take the series for a savings.

Sa (3 sessions)

1/16 - 1/30 9:00 AM - 1:00 PM OLY 102

\$175

#### Digital Camera - Intro 1 - Get to Know Your Camera

**Blache** If you are struggling to figure out how to use the many settings on your digital

camera, you are not alone. Increase your enjoyment of photography by learning to efficiently use the full range of your camera's settings and menus.

9:00 AM - 1:00 PM OLY 102

\$65

Digital Camera - Intro 2 - Take Great Photos Blache With the ability to see your photos instantly comes the opportunity to quickly improve your photographic skills. This hands-on class provides tips on composition, lighting, and posing subjects. Learn to see the world through the lens like a pro.

9:00 AM - 1:00 PM OLY 102 \$65

Digital Camera - Intro 3 - Getting Out of Auto Mode **Blache** 

Use your digital camera to its fullest potential by mastering its multiple modes, allowing you to capture the best images possible.

1/30

9:00 AM - 1:00 PM OLY 102

\$65

Th, Sa (4 sessions) 1/21 - 3/10 6:00 PM - 9:00 PM On Campus

#### Digital Camera - Intermediate Series

Take your photography skills to a new level in this intermediate level digital photography Series: All About Posing, All About Lighting, and Flash Photography. Prerequisites: Digital Camera Series or instructor permission. Take the series for a savings.

Su (3 sessions)

3/6 - 3/20

9:00 AM - 12:00 PM OLY 102

\$175

#### Digital Camera - Intermediate 1 - All About Posing **Blache**

Learn how to pose your subjects to get the most flattering images. Prerequisite: Digital Camera Intro Series or instructor permission.

Su

9:00 AM - 12:00 PM OLY 102 \$65

#### Digital Camera - Intermediate 2 - All About Lighting

Improve the lighting of your images using your camera's settings, as well as simple techniques for adjusting external lighting. Prerequisite: Digital Camera Intro Series or instructor permission.

Su

3/13

9:00 AM - 12:00 PM OLY 102

\$65

#### **ONLINE PHOTOGRAPHY CLASSES**

www.Ed2Go.com/southsea

Photographing People with Your Digital Camera Photographing Nature with Your Digital Camera

Meredith Blache is a member of the Professional Photographers of America and has led many workshops in digital photography and image editing around the country. She is an Adobe Master Teacher with a degree in Information Technology. For more information on Meredith, visit www. blachedesigns.com.

Digital Camera - Intermediate 3 - Flash Photography

Get the most out of the flash on your DSLR camera. Learn how to bounce the flash and how to adjust the amount of flash your camera uses. Prerequisite: Digital Camera Intro Series or instructor permission.

3/20

9:00 AM - 12:00 PM OLY 102

\$65

#### Photography - Street Life - Seattle's Waterfront and Pike Place Market

Blache

Spend time out-and-about in the mix of the city, taking photos of people, buildings, action, and the life of Seattle's Waterfront and Pike Place Market. Try out your camera's (or smartphone's) many settings and be challenged to push your creative vision. (Meeting location to be determined before class start date.)

10:00 AM - 4:00 PM Off Campus

\$69

#### **New!** Night Photography: West Seattle Pfortner

Many of the most exciting photographs being made today, especially in travel photography, are taken after dark. Stunningly high ISOs with low noise plus better tripods have finally made nighttime photograpy available to all. Learn to meet a wide variety of technical challenges your work for a range of situations from cityscapes to night skies. Explore light painting, short and long exposures, zoom techniques, painting with the camera, Digi scoping, and astrophotography. Class meets: Thu, 1/21 and 3/10 + Sat 1/23 and 2/27.

\$155

I had such a wonderful experience with my photography class, I'm looking forward to taking more. I have two more scheduled this month and am looking forward to learning more from Meredith Blache. 99

**Barbara Simens** 

#### POTTERY

Materials fee paid at registration for all pottery classes.

Pottery Studio: Beginning Wheel Throwing and Handbuilding Learn basic wheel throwing techniques. This fun class will cover the fundamentals of wedging, centering, throwing, glazing and basic handbuilding techniques.

Th (10 sessions) 1/7 - 3/10

6:00 PM - 9:00 PM RAH 111

\$165 + \$45 materials fee



Saturday Pottery Studio

Geared to students with advanced pottery skills, this continuing course covers construction and decoration techniques needed to create a wide variety of projects in clay. Prerequisite: Beginning Wheel Throwing or Handbuilding.

Sa (10 sessions) 1/9 - 3/12

10:00 AM - 1:00 PM RAH 111

\$165 + \$45 materials fee

**Intermediate Wheel Throwing Pottery** 

This intermediate class is for students with an understanding of basic wheel throwing techniques. Weekly demos will introduce new forms and techniques to expand your throwing expertise. Prerequisite: Ability to throw a cylinder.

Tu (10 sessions) 1/5 - 3/8

6:00 PM - 9:00 PM RAH 111

\$165 + \$45 materials fee

**Daytime!** Pottery & Handbuilding

Learn the basics from handbuilding to beginning wheel. Those new to clay will gain hands-on experience with basic construction methods. Returning students will explore and further develop their skills. Experiment with a variety of glazing and surface techniques. Class is open to all skill levels.

Tu (10 sessions) 1/12 - 3/15 10:00 AM - 1:00 PM RAH 111

\$165 + \$45 materials fee

#### SEWING

FREE! How to Buy a Sewing Machine or Serger

**Johnson** 

Whether you're a first-time sewing machine buyer or just want to upgrade, how do you know which machine is best for you? Attend this workshop to learn what you need to know before purchasing a new sewing machine or serger. Reference materials provided.

6:30 PM - 8:30 PM LHO 2

Bring a sewing machine, owner's manual and basic sewing tools to all sewing classes.

Sewing Basics M

Learn the language of sewing as you discover how to read a commercial pattern, lay out fabric, transfer pattern markings, cut out a printed pattern, and sew projects using a variety of techniques and applications. Select a project from apparel, home decor, or craft items. Fabrics and patterns provided. No class 2/13.

Sa (4 sessions)

1/23 - 2/20 9:00 AM - 2:00 PM OLY 103

\$125 + \$15 materials fee

Sewing Beyond the Basics M

Johnson

Sew fashionable apparel and home decor items featuring buttonholes, trim, zippers and more. Project patterns and fabrics provided.

Sa (2 sessions)

3/12 - 3/19 9:00 AM - 2:00 PM OLY 103

\$59 + \$20 materials fee

New! Quick Quilts M

Johnson

Don't discard your fabric scraps! Bring them to class and learn how to quickly turn them into a beautiful quilt. Discover how to coordinate colors and design block patterns as you learn techniques for accurate piecing, quilting, and binding your finished project. Additional fabric scraps will be provided.

Th (4 sessions)

2/4 - 2/25

6:00 PM - 9:00 PM LHO 3

\$99 + \$20 materials fee

Alter a Pattern and Create a New Look

Johnson

Want to change the look of a garment? Learn to change the neckline of a blouse or alter a fitted garment with just a few basic pattern changes. Bring your favorite pattern and choice of fabric from which to create a new look in class! Patternmaking experience not required but some sewing experience and a working knowledge of your sewing machine are highly recommended.

Th (3 sessions)

3/3 - 3/17 6:00 PM - 8:30 PM OLY 206

\$75 + \$10 materials fee

Bring a serger, owner's manual and basic serging tools to all serging classes.

Serging Made Simple M

Discover how to use your serger to create professional finishes for your projects. Learn the basic techniques for creating seams used in garment construction and craft projects. A reference notebook and project fabric will be provided.

Sa

2/27

9:00 AM - 2:00 PM OLY 100

\$55 + \$15 materials fee

Serging With Knits

**Johnson** 

Put your serging know-how to use completing a comfy sweatshirt in class! Personalize it using stitches from your own serger. Fabric and pattern kit provided.

3/5

9:00 AM - 3:00 PM OLY 103

\$65 + \$20 materials fee

#### WELDING & GLASS

Stained Glass

**Nicholas** 

Design, cut and fabricate glass with lead and/or copper foil techniques. Create your own design with assistance from the instructor. Supply and tool costs will vary with each project. Each student is asked to contact the instructor prior to the first class regarding supplies, tools, and cost of materials.

Tu (8 sessions)

1/12 - 3/1 7:00 PM - 9:30 PM CEC 101

Welding classes are limited to 6 students maximum to ensures personal instruction. Register early.

Welding: Beginning Ornamental Steel

Do It Yourself! Create and take home your own steel sculpture or small project. Learn basic fabrication and hand bending techniques used to make wrought iron elements while focusing on low-tech processes and simple tools.

M, W (2 sessions) 1/25 - 1/27 5:00 PM - 9:00 PM Off Campus Sa, Su (2 sessions) 2/27 - 2/28 10:00 AM - 2:00 PM Off Campus

\$155 + \$70 materials fee \$155 + \$70 materials fee

Tu, Th (2 sessions) 3/15 - 3/17 5:00 PM - 9:00 PM Off Campus

\$155 + \$70 materials fee

#### DANCE/MUSIC

#### **FREE!** Community Band **Information Night!**

Perhaps you play your instrument regularly. Or, you may not have played in years but would like to. South is organizing a Community Concert Band this Spring and we invite you to join us to hear the details. If you play the flute, clarinet, sax, trumpet, trombone, French horn, or other wind instruments, we want to hear from vou.

Come to our information session and meet the instructor and other community band musicians.



Tuesday, January 19

6:00 pm - 7:00 pm

**RSB 80** 

FREE!

Band practice will begin Spring quarter, April 12 to May 31.

Join the community spirit! RSVP by emailing SouthCED@seattlecolleges.edu or call us at 206-934-5339

Be sure to let us know what instrument you play. You must be able to read music.



#### **Community Choir**

#### **Edwards**

Perform the finest music from a variety of styles for large choral ensemble. The choir meets one evening weekly, and will give a concert performance on Sunday, March 20, 2016. No audition required. Register early, class size limited. (No class 1/18, 2/15.)

7:00 PM - 9:00 PM RSB 80 M (10 sessions) 1/4 - 3/21

#### **New!** Tuesday Night Social Dance – Series

LaFranchi Enhance your dancing fun by taking both sessions 1 and 2 of the social dance classes. Take the series for a savings.

Tu (10 sessions) 1/19 - 3/22 6:30 PM - 8:00 PM CAB - Cafeteria

\$135

#### New! Tuesday Night Social Dance - Session 1

LaFranchi

Join the fun with Social Dancing! Learn popular dances and a few moves that will get you out on the floor with confidence. Learn dances that use a Slow-Slow-Quick-Quick rhythm including Foxtrot, Swing and Country Western. No prior dance experience needed. And, the final class will be a dance to practice what you learned. Invite your friends to attend. Singles, couples welcome.

1/19 - 2/16 6:30 PM - 8:00 PM CAB - Cafeteria Tu (5 sessions) \$75

#### **New!** Tuesday Night Social Dance - Session 2

LaFranchi

Add romantic dances such as Rumba, Waltz, and the Tango to your repertoire. No prior dance experience needed. And, the final class will be a dance to practice what you learned. Invite your friends to attend. Singles, couples welcome.

2/23 - 3/22 6:30 PM - 8:00 PM CAB - Cafeteria Tu (5 sessions) \$75

#### Salsa Dancing I Nunez-Lira

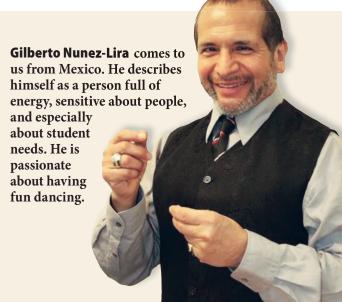
Seattle's Salsa scene is popping with clubs, events and activities celebrating different Salsa moves from around the world. Learn Salsa the way it is danced by people of all ages, from the smallest towns to the most exciting nightclub scenes. No partner necessary.

Th (6 sessions) 1/21 - 2/25 6:30 PM - 7:30 PM CAB - Cafeteria \$65

#### Salsa Dancing II Nunez-Lira

Improve your Salsa dancing skills with advanced moves for the Cha-Cha and the Merengue, and add new techniques to increase your dancing enjoyment. No partner necessary.

1/21 - 2/25 7:45 PM - 8:45 PM CAB - Cafeteria Th (6 sessions)



**Sunga Rose** is the bandleader, vocalist and ukulele-strummer for Miss Rose & Her Rhythm Percolators - a Seattle-based trio that faithfully recreates the vintage jazz of the early 1920s to the mid '30s. As a ukulele teacher, she especially loves working with beginning students and does so with patience, understanding and an irrepressible sense of humor. Sunga is a certified instructor in the James Hill Ukulele in the Classroom teaching method and has been teaching group classes, workshops and private lessons to adult learners

since 2009.

Guitar - Beginning M Lucero

Develop basic guitar techniques and the fundamentals of music notation. Whether you want to play guitar favorites or have aspirations to play in a band, this class will get you started!

1/21 - 3/10 6:00 PM - 7:30 PM RSB 82 \$129 + \$10 materials fee Th (8 sessions)

#### Guitar – Intermediate M Lucero

Build on your beginning guitar skills as you learn to apply your knowledge to play songs and discover new techniques. Prerequisites: Note reading skills and the ability to play open chords and exercises.

Th (4 sessions) 2/18 - 3/10 8:00 PM - 9:30 PM RSB 82 \$55 + \$10 materials fee

#### Songwriting M Lucero

Discover your talent for songwriting! Designed for those who know how to play an instrument. Learn basic music theory and song structure, and leave class with your own original composition. Enjoy creating music in a relaxed, fun environment! 1/21 - 2/11 8:00 PM - 9:30 PM RSB 82 Th (4 sessions) \$55

#### Ukulele Fun!-damentals 2 Rose

Are you a just-past-beginning ukulele player looking to improve your skills? Join us in a supportive and fun group environment using the James Hill "Ukulele in the Classroom" book as a guide. We'll explore more melody, chords, rhythm, and music theory. Prerequisite: Ukulele Fun!-damentals 1 or instructor permission.

Th (8 sessions) 1/14 - 3/3 6:00 PM - 7:30 PM RSB 80 \$149 + \$16 materials fee

#### Ukulele Ensemble

 $Learn\,different\,instrumental\,parts\,of\,songs, then\,play\,them\,together\,as\,an\,ensemble.$ Explore strumming, picking, singing, and chord melody. Students should be comfortable strumming and singing while changing chords smoothly. We'll showcase what we've learned at a class party.

Th (8 sessions) 1/14 - 3/3 7:30 PM - 9:00 PM RSB 80 \$149

## **Business**



#### **Basic Business Accounting**

Dunnington

Don't be shy if you've never depreciated fixed assets or credited payroll liabilities. This class will cover a lot of material in plain English to promote an understanding of the accounting process and practical applications for everyday business transactions. Maybe you've been exposed to accounting but need some help using it with financial software. This class provides an excellent introduction to accounting as well as a good refresher for those out of practice.

Tu (2 sessions) 1/12 - 1/19 6:00 PM - 9:00 PM OLY 203

#### **Daytime!** Conquering Office Clutter – Reclaiming Your Work Space M

Marsh

Is your desk buried in paper? Has that paper started to become piles on the floor? Do you hear the phone ringing, but can't find it? Would you love to have an organized work space, but don't know where to begin? Discover how to develop systems to organize overflowing paperwork as you learn to implement permanent changes to conquer the clutter and put your office to work for you!

Tu 1/26 9:00 AM - 12:00 PM OLY 206 \$39

#### **Daytime!** Success Strategies in Tough Conversations Gering

Gain success strategies for the workplace. This class is interactive and will provide time for you to practice and apply your new knowledge. The five main topics are: 1) How to manage yourself and your assumptions; 2) How to uncover what is going on and what is at risk; 3) How to define commonalities; 4) How to make some agreements about the conversation; and 5) How to give constructive feedback.

9:00 AM - 12:00 PM OLY 206

#### **Daytime!** Proofreading – Review of Common Writing Errors Staples

Be confident in proofreading and editing documents by reviewing the most common writing errors that cause problems for even the best writers. Spot errors in grammar, punctuation, sentence structure, tone, and word usage with hands-on exercises. This course will help you create error-free documents that reflect a positive image of the writer and the organization.

Th 2/25 9:00 AM - 12:00 PM OLY 206 \$49

#### **Daytime!** How to Run an Effective Meeting Gering

How many hours a week do you spend in meetings? How often do you leave a meeting thinking "That was a great use of my time"? The sad truth is most of us waste many hours every week in meetings. Learn the secrets of how to plan and lead well-focused and productive meetings.

Th 3/3 9:00 AM - 12:00 PM OLY 206

#### MARKETING

#### Market Your Business Online – Series 🏠

Promote your business on the internet. This Series includes: Overview, Website & Search Engines, Lead Generation, Newsletters & Blogging, and Social Media & Video. Take the series for a savings.

Tu (5 sessions) 2/23 - 3/22 6:00 PM - 8:00 PM OLY 102

#### Market Your Business Online - Overview 1

Sloneker

This course offers a vital first step to understanding the key components of online marketing. Leave with a clear understanding of how the web marketplace works and how customers use it.

2/23 6:00 PM - 8:00 PM OLY 102 \$35

Market Your Business Online - Website & Search Engines M Sloneker Improve your business website by learning how to quickly and easily analyze, evaluate, and improve content, marketing strategies, and overall customer experience.

Discover ways to fine tune your website for search engines (Google, Yahoo, Bing).

#### 6:00 PM - 8:00 PM OLY 102 Market Your Business Online - Lead Generation 1

Generate new business by learning to build customer lists and manage email marketing. Come away with new tools for creating an essential description of your business and its services to increase credibility and attract more customers.

6:00 PM - 8:00 PM OLY 102

Market Your Business Online - Newsletters & Blogging M Sloneker Discover how to effectively use blogging and newsletters for your business by mastering these tools to increase customer traffic on your website.

6:00 PM - 8:00 PM OLY 102 3/15 \$35

#### Market Your Business Online - Social Media & Video 🎌 Sloneker

Discover how to successfully promote your business using videos in your social media campaigns. Learn to write engaging, meaningful content as well as when and how to incorporate video clips to increase marketing effectiveness.

6:00 PM - 8:00 PM OLY 102 Tu \$35

#### QUICKBOOKS

Classes use QuickBooks Desktop 2014 for PC but most principles apply to online and Mac versions as well. Materials fee includes textbook and a full-featured 140-day trial copy of QuickBooks (PC) is includen in Level 1.

#### QuickBooks 2014 Fundamentals – Series Dunnington

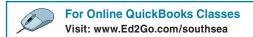
Are you a small business owner, bookkeeper, or office manager? Are you looking to upgrade your accounting and computer skills for a competitive edge in the job market? Learn basic accounting principles, QuickBooks fundamentals, and advanced applications. Classes may be taken individually or as a Series for a savings. Classes use QuickBooks Desktop 2014 for PC but most principles apply to online and Mac versions as well Basic computer skills are required.

Tu (10 sessions) 1/12 - 3/15 6:00 PM - 9:00 PM OLY 203 \$329 + \$80 materials fee

#### QuickBooks 2014 Fundamentals – Basic Accounting Dunnington Learn basic accounting terms and procedures necessary to use QuickBooks effectively. This class offers an excellent introduction to accounting or it can be a

good refresher for those out of practice. Gain essential knowledge for any financial software you want to use.

Tu (2 sessions) 1/12 - 1/19 6:00 PM - 9:00 PM OLY 203 \$79



## **Business**

#### QuickBooks 2014 Fundamentals - Level 1

Dunnington

Create and back-up important records, how to work with vendors, customers, banks, print checks, and how to generate monthly reports. Preguisites: Quickbooks 2014 Basic Accounting, and familiarilty with basic computer operations and Windows. Class uses QuickBooks Desktop 2014 for PC but most principles apply to online and Mac versions as well.

1/26 - 2/16 6:00 PM - 9:00 PM OLY 203 \$155 + \$45 materials fee Tu (4 sessions)

#### QuickBooks 2014 Fundamentals – Level 2

Dunnington

Go deeper into QuickBooks with additional features such as working with inventory, payroll, sales tax, balance sheet accounts/fixed assets, and budgets as well as customizing forms. Class is appropriate for users of both QuickBooks Premier and QuickBooks Pro. Prequisites: Quickbooks 2014 Basic Accounting, and familiarilty with basic computer operations and Windows

Tu (4 sessions) 2/23 - 3/15 6:00 PM - 9:00 PM OLY 203 \$155 + \$35 materials fee

#### SOCIAL MEDIA

Th

Social Media for Business – Series \*\*

Sloneker

Learn how to harness the power of social media for your business. This Series includes: Overview, Facebook, YouTube & Vimeo, LinkedIn, Google+ & Twitter, Instagram & Pinterest, and Writing a Plan. Take the series for a savings.

2/18 - 3/17 6:00 PM - 8:00 PM OLY 102

\$125

#### Social Media for Business – Overview 1

Sloneker

This class offers an introduction to the basics of using social media for marketing your business. Discover how to develop a social media plan to grow your business.

6:00 PM - 8:00 PM OLY 102 Social Media for Business – Facebook, YouTube & Vimeo 🎌 Sloneker

Discover how to use Facebook, YouTube and Vimeo to promote your business. Learn how each program works and the criteria for using (or not using) each.

6:00 PM - 8:00 PM OLY 102

Social Media for Business – LinkedIn, Google+ & Twitter M Sloneker From a business standpoint, all three of these platforms deserve serious consideration. Discover top tips and secrets for using LinkedIn, Google+, and Twitter to more effectively promote your business, and how to evaluate whether or not to utilize each platform for your specific marketing purposes.

6:00 PM - 8:00 PM OLY 102

Social Media for Business – Instagram & Pinterest 👬 Sloneker

Learn to use image-driven platforms such as Pinterest, Instagram, and others. Find out how to tell whether your customer base is using these platforms and whether or not your business should be, too. Learn the basics of creating effective graphics with the best tools available, best practices, and sourcing copyright-free images for commercial use.

6:00 PM - 8:00 PM OLY 102

Social Media for Business – Writing a Plan

Having chosen the media platforms best suited to your business along with ideas about what to post on each one, the next step is to generate a content plan incorporating sustainable posting practices, best tools and resources, and how to monitor quality control, customer service, and brand use. Leave class with the beginnings of a content plan and a list of your next steps.

6:00 PM - 8:00 PM OLY 102 3/17



For more Social Medial and Website **Development classes** 

Visit: www.Ed2Go.com/southsea

#### WORK FROM HOME

#### Work-at-Home Jobs for Real People!

Mooradian

Discover legitimate ways to supplement your income along with marketing tricks used by scammers. Leave with more than 170 resources on how to make extra income from home as well as a list of more than 140 legitimate companies that hire at-home workers. Basic Internet and email skills required. Course fee includes book with listings (a \$25 value).

6:30 PM - 9:30 PM OLY 206

#### Get Paid to Shop: Be a Mystery Shopper! Mooradian

Yes, there is a free lunch! Companies hire people to make observations about their stores and employees to help improve customer service. Become a Mystery Shopper and earn money while you shop and eat. Learn how to get started, who is hiring, how to write great evaluations, the basics of tax reporting, and how to avoid common scams. Basic Internet skills required. Class fee includes a comprehensive resource book (a \$25 value).

6:30 PM - 9:30 PM OLY 206 \$49

**Wendy Sloneker** is a local freelance copywriter who specializes in online content production. She serves up fresh original content daily from West Seattle, WA and has been working with local small business owners since July of 2012. From strategy to web copy to social media and even video, her range of knowledge is broad and she offers a packed "edu-taining" teaching style that will convey critical knowledge in a compelling

Wendy volunteers with the West Seattle Chamber of Commerce on its Board of Directors as the Marketing Committee Lead, and the Southwest Seattle Historical Society.

fashion.



# Computers

#### South Seattle College Advantage

- · Classes taught using Windows 7 Operating System
- Most onsite Microsoft application classes will be taught using Office 2013.
- Books for Microsoft Office 2013 classes included.
- · Clock hours and CEUs are available for all computer classes
- · Additional computer classes available online including MS Office 2010 see www.ed2go.com/southsea for more information.

#### Free! Computer Training Preview

Braswell

Come to this free Preview of South's computer classes. Staff will help you determine which classes best meet your needs through one-on-one advising. Registration for future computer classses and workshops will be available at the Preview.

1/12 6:00 PM - 7:00 PM OLY 104 Free!

#### LEVEL 1 COMPUTER

#### Computer Series 2013 - Level 1

Braswell

This Series gives you all you need to get started with your computer and includes the following three classes: Windows Fundamentals - Level 1, Word 2013 - Level 1, and Excel - Level 1. NO EXPERIENCE NECESSARY. Take the series for a savings. M, W (7 sessions) 1/20 - 2/10 6:00 PM - 9:00 PM OLY 104

#### Windows Fundamentals - Level 1

Braswell

Learn to use Windows with ease as you master its basic tools and functions. NO EXPERIENCE NECESSARY.

M, W (2 sessions) 1/20 - 1/25 6:00 PM - 9:00 PM OLY 104

#### Excel 2013 - Level 1

Braswell

Learn Excel spreadsheet basics, formulas, functions, and shortcuts. Basic PC and typing skills helpful, but this class is for Excel beginners.

M, W (3 sessions) 1/27 - 2/3 6:00 PM - 9:00 PM OLY 104 9:00 AM - 4:30 PM OLY 104

#### Word 2013 - Level 1

Excel 2013 - Level 2

**Braswell** 

Learn to use the fundamental features necessary for creating Word documents. Basic PC and typing skills helpful, but this class is for Word beginners.

M, W (2 sessions) 2/8 - 2/10 6:00 PM - 9:00 PM OLY 104 \$135

#### LEVEL 2 COMPUTER

#### Computer Series 2013 – Level 2

**Braswell** 

Are you a working professional or looking for work? Designed to keep your computer skills competitive, this Series includes Excel 2013 - Level 2, Word 2013 - Level 2, and Basic PowerPoint 2013. Take the series for a savings.

M, W (7 sessions) 2/17 - 3/9 6:00 PM - 9:00 PM OLY 104

**Braswell** 

Braswell

Improve your Excel 2013 skills. Simplify number crunching, data input, and formatting. M, W (3 sessions) 2/17 - 2/24 6:00 PM - 9:00 PM OLY 104 9:00 AM - 4:30 PM OLY 104

Word 2013 - Level 2

Make your job easier! Master the tools needed to move quickly through word processing projects and resolve troubleshooting issues. Learn how to create professional looking letters and reports.

M, W (2 sessions) 2/29 - 3/2 6:00 PM - 9:00 PM OLY 104

#### **Basic PowerPoint 2013** Braswell

Effective PowerPoint presentations are easy to create. Learn how to add organizational charts, animated features, and other graphics, along with the basic techniques of creating and producing slides, overhead projections, and speaker's

6:00 PM - 9:00 PM OLY 104 M, W (2 sessions) 3/7 - 3/9



#### LEVEL 3 COMPUTER

#### Computer Series 2013 - Level 3

Braswell

Complete your computer training with this Series which includes Excel 2013 -Level 3, Word 2013 - Level 3, and Advanced PowerPoint 2013. Take the series for a savings. Prerequisite Level 2 Computer Series or permission from instructor. Tu, Th (7 sessions) 2/25 - 3/17 6:00 PM - 9:00 PM OLY 104

Excel 2013 - Level 3 **Braswell** 

Harness the power of Excel by learning to develop and manage automated procedures, formulas, pivot tables, macros, and other advanced formatting features to produce the high-quality reports needed to guide data-driven decision making. Discover easy shortcuts to help minimize time and maximize results.

Tu, Th (3 sessions) 2/25 - 3/3 6:00 PM - 9:00 PM OLY 104 \$145 9:00 AM - 4:30 PM OLY 104 \$145

#### Word 2013 - Level 3 Braswell

Improve and hone your Word skills by learning to organize long documents, track changes, personalize Word options, and integrate Word with other programs like PowerPoint & Excel.

Tu, Th (2 sessions) 3/8 - 3/10 6:00 PM - 9:00 PM OLY 104 \$135

#### **Advanced PowerPoint 2013**

Add effectiveness to your PowerPoint presentations with multimedia features including tables, audio, transitions, animation, slides, videos, and more. Learn to customize your themes, add texture, include hyperlinks, and speaker's notes.

Tu, Th (2 sessions) 3/15 - 3/17 6:00 PM - 9:00 PM OLY 104

#### EXCEL SPREADSHEETS

#### Excel 2013 - Immersion Series

Braswell

Here is your chance to learn hands-on about virtually every aspect of Microsoft's ubiquitous spreadsheet program: Excel. On three consecutive Saturdays classes will cover Excel 2013 Level 1, Level 2, and Level 3 listed above under the skillful guidance of MS expert Jesse Braswell. Take the series for a savings.

Sa (3 sessions) 2/27 - 3/12 9:00 AM - 4:30 PM OLY 104 \$375



Additional Computer Classes available Online including MS Office 2010

Visit: www.ed2go.com/southsea



# Computers

#### Excel 2013 - Macros

**Braswell** 

Braswell

Reduce your work time by learning to create macros in Excel to perform a wide variety of functions. Learn to write macros to make decisions for you.

Excel 2013 - Pivot Tables

your data is summarized.

6:00 PM - 9:00 PM OLY 104

Excel's pivot table feature is an incredibly powerful tool that makes it easy to tabulate

and summarize data in spreadsheets. It also allows you to quickly change how

**New!** Adobe InDesign – Introduction

PHOTO EDITING

Blache

Learn to create desktop publishing works such as posters, flyers, brochures, magazines, newspapers, and books. Create flyers, multiple page newsletters, templates for book pages and webpage layouts.

Sa (3 sessions)

2/6 - 2/20

9:00 AM - 1:00 PM OLY 102

#### Adobe Lightroom – Series

#### 6:00 PM - 8:30 PM OLY 104 **Daytime!** Productivity in Excel 2010: Tips and Tricks **Braswell**

Learn Microsoft Excel spreadsheet basics, formulas, functions, and shortcuts. Basic PC and typing skills helpful, but this class is for Excel beginners. In addition to a book, leave the class with a Tip Sheet sure to save you and your colleagues time and frustration.

9:00 AM - 4:00 PM Georgetown, Building A, Room 120 \$125

#### **Daytime!** Excel 2010: Going Beyond the Basics

Braswell

Expand your Excel 2010 skills by learning features including filtering, summarizing

data, and pivot tables.

9:00 AM - 4:00 PM Georgetown, Building A, Room 120 \$125

#### WINDOWS

Windows 10 Braswell

Have you received your free Windows upgrade from 8.1 to 10? Whether you're new to computers or have years of experience, learn to efficiently use the new Windows 10 interface by creating documents, sending email, browsing the Internet, and sharing information between applications and with other users, along with special shortcuts to increase productivity. Bring a laptop upgraded to Windows 10.

6:00 PM - 9:00 PM OLY 103 \$29

> Rs an older student, I was worried I might not be able to keep up with the class. Jesse's pace and his passion for teaching made it easy to learn. And, I'm taking all three levels of the Computer Series thanks to Jesse Braswell! 99

> > Sara Hemphill

Blache

Get amazing results learning how to quickly adjust and organize images using Adobe Lightroom. Bring your own photos or use the images provided. This Series includes: All About Develop and All About the Library. Take the series for a savings. 2/21 - 2/28 9:00 AM - 12:00 PM OLY 102

#### Adobe Lightroom - All About the Library

**Blache** 

Learn to use Adobe Library to organize your catalog, create collections, use key words, and filter your images. Bring your own photos or use the images provided. 9:00 AM - 12:00 PM OLY 102

#### Adobe Lightroom - All About Develop

Blache

Learn to use the full range of adjustment features in Adobe Lightroom and how to make corrections to multiple images. Bring your own photos or use the images provided. 9:00 AM - 12:00 PM OLY 102

#### Adobe Photoshop - Series

**Blache** 

Harness the power of Adobe Photoshop by learning the skills taught in this Series: Learning the Basics, Adjusting Images, and Graphic Design for Print and Web. Images provided. Take the series for a savings.

2/27 - 3/12 9:00 AM - 1:00 PM OLY 102

#### Adobe Photoshop 1 – Learning the Basics

\$175 Blache

This class is an excellent introduction to Adobe Photoshop. Learn the basics, from how each tool works to what layers are, gaining confidence as you create and complete several Photoshop projects. Images will be provided.

9:00 AM - 1:00 PM OLY 102

\$65

#### Adobe Photoshop 2 - Adjusting Images Blache

Learn to use Photoshop to fix and adjust images, how to use advanced retouching techniques, how to create compilations, and how to work non-destructively on an image. Images will be provided.

9:00 AM - 1:00 PM OLY 102

\$65

#### Adobe Photoshop 3 - Graphic Design for Print and Web Blache

Learn to use Photoshop for print, graphic design and online graphics creation. You will learn how to use various text tools including the path tool, how to create new images using multiple images, how to create a quick animation for use on the web, and much more. Images will be provided.

3/12 9:00 AM - 1:00 PM OLY 102



Taste treats from the cookbook - See page 9

## **Food**

#### BAKING/DESSERTS

#### New! Bagel-mania! 👬

#### Baumgarten

Come and learn the art of handcrafting delicious bagels. Learn to prepare dough, boil and then bake sesame, poppy, onion, and everything bagels, as well as how to prepare scrumptious cream cheese spreads. Be the star at your next brunch or breakfast as you surprise and delight your guests with fresh, warm, handcrafted bagels made right in your own kitchen.

Sa 2/27 9:00 AM - 12:00 PM PBA 102 \$45 + \$10 materials fee

New! Bread Making: Irish Soda Bread 👬

Park

Just in time for St. Patrick's Day! Learn to create authentic Irish Soda Bread from scratch.

Tu 3/8 6:00 PM - 9:00 PM PBA 106 \$35 + \$10 materials fee

Breadmaking: Cross Buns M Park

Learn to bake soft rolls for family or holiday gatherings. This sweet roll with special spices makes a great hit at any event.

Tu 3/15 6:00 PM - 9:00 PM PBA 106 \$35 + \$10 materials fee

**New!** Bread Making for Beginners **††** Park

Discover how to quickly and easily produce a wide range of breads, from wholegrain to sweet rolls, using only three basic yeast mixes. Learn about the importance of fermentation times and how to use and maintain a starter dough. Leave with recipes and a warm loaf of bread.

Artisan Bread Making Workshop 🎌 Park

Learn to bake artisanal breads at home! Whether you're a novice or a serious home baker, this intensive three-day bread-making class will help you bake like a pro. You will get hands-on learning experience fostering a deeper understanding of bread making from baguettes to pizza. Class size is limited to assure personal interaction with the instructor.

F, Sa, Su (3 sessions) 3/25 - 3/27 10:00 AM - 3:00 PM PBA 106 \$225 + \$50 materials fee

Authentic Italian Bread – Series 👬 Querzoli

Create the rich and flavorful breads of Italy using authentic traditional methods. Add Focaccia, Ciabatta, and authentic Pizza Dough to your bread making repertoire. Taught by an Italian chef. Take the series for a savings. Buon appetito!

M (3 sessions) 1/25 - 2/8 6:00 PM - 8:30 PM PBA 106 \$115 + \$30 materials fee

**New!** Authentic Italian Bread – Potato Rosemary Bread Querzoli This bread is created with a soft dough incorporating potatoes and rosemary. It makes a delicious appetizer as well as a great accompaniment to meat dishes and cheeses.

M 1/25 6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

**New!** Authentic Italian Bread – Stuffed Pizza Bread Querzoli Learn to create this fun, versatile bread which can be used to create a wide variety of tasty dishes.

M 2/1 6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

New! Authentic Italian Bread -

Parmesan Rosemary Flatbread 👬 Querzoli

Create this delicious, crispy bread which can be served as a rustic appetizer and or a tasty accompaniment to soups or salads.

M 2/8 6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

Authentic Italian Dessert – Series 👬

Learn to create three, authentic and spectacular Italian desserts the in this series: Crispy Almond Tort, Orange Cake, and Fresh Fruit Tart. Take the series for a savings.

M (3 sessions) 3/14 - 3/28 6:00 PM - 8:30 PM PBA 106 \$115 + \$30 materials fee

**New!** Authentic Italian Dessert – Crispy Almond Tort Querzoli Crispy Almond Tort (Torto Sbrisolona, also called sbrisulada) is a Northern Italian speciality from the city of Mantua. Learn to make this delicious dessert the traditional way. Take home a whole tort.

M 3/14 6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

New! Authentic Italian Dessert – Orange Cake Querzoli
Learn to create this delicious and fragrant Orange Cake (Torta all'Arancia) which
makes a wonderful dessert as well as a great breakfast treat. Take home a whole cake.

M 3/21 6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

New! Authentic Italian Dessert – Fresh Fruit Tart 
Querzoli
Create a classic and colorful Italian Fresh Fruit Tart (Crostata Di Frutta Fresca)
ideal for enjoying as an afternoon snack or dessert. It's also perfect as a birthday
cake for kids. Take home a whole tart.

M 3/28 6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

#### CHOCOLATE & CANDY

#### **Chocolate Truffle Workshop**

Fredericks

Vaughn

Learn to temper chocolate, hand dip centers, and use several different kinds of molds. Make eight different truffles using methods to flavor the ganaches utilizing fresh fruits, nuts, essential oils, herbs and spices, and liqueurs. Learn about the importance of chocolate quality. Leave class with a box full of incredible truffles.

Sa 2/6 10:00 AM - 4:00 PM PBA 103 \$95 + \$12 materials fee

Spirited Chocolate Truffles † Fredericks

Be a hit at your next party! Learn how to make incredible rum and wine truffles. Discover the secrets of making pure, liquor-filled chocolates including a super boozy liqueur truffle. Leave class with samples to be consumed at home. (Must be at least 21 years of age to attend.)

F 2/26 6:30 PM - 9:00 PM PBA 103 \$59 + \$15 materials fee

**New!** Sweet Secrets from

Theo Chocolates Factory Kitchen

Taste and learn from the new Theo Chocolate cookbook the tricks for making Cocoa Nib Crackers using red wine and a touch of heat, Salted Caramel Tart, a rich Theo caramel held together lovingly with a nib-based crust, and Classic Theo Vanilla Marshmallows hand dipped in class using 70% dark Theo chocolate. This interactive class is taught by Suzann Vaughn, a Theo confectioner and chocolatier. Class will also include a hand tempering demonstration.

Su 2/21 1:00 PM - 4:00 PM NWWA \$45

New! Cake and Ice Cream, Anyone? 🎁 Vaugh

Taste and learn from the new Theo Chocolate cookbook: Parfait's Blackberry Ripple Cocoa Nib Ice Cream, Dark Chocolate Stout Bunt Cake, and Theo Apple Cider Caramels which will be hand dipped in class using 70% dark Theo chocolate. This interactive class is taught by Suzann Vaughn, a Theo Chocolate confectioner and chocolatier. Class also includes a hand tempering demonstration.

3/6 1:00 PM - 4:00 PM NWWA \$45

Querzoli

## Food

#### DECORATING

#### **New!** Cupcake Decorating – Flowers & Borders \*\*

Discover how to pipe great flowers and borders in buttercream to give the perfect finishing touch to your cupcakes. Flower decorations include Apple Blossoms, Primrose, Rosebud, Full Rose, and Sunflower. Learn to finish borders with Dot, E-Motion, Shell, Rosette, and Zig-Zag.

2/22

6:00 PM - 8:30 PM PBA 102

\$35 + \$15 materials fee

#### **New!** Cookie Decorating – Valentine's Day

Create custom-decorated cookies to impress that special someone. Learn fun techniques to embellish cookies with buttercream and royal icing flooding for Valentine's Day.

6:00 PM - 8:30 PM PBA 102

\$35 + \$15 materials fee

#### **New!** Cookie Decorating – Custom Cookies

Garcia

Create custom-decorated cookies that will be remembered long after they've been devoured. Gain fun techniques for using buttercrearn and royal icing flooding to customize cookies for any occasion.

3/14

6:00 PM - 8:30 PM PBA 102

\$35 + \$15 materials fee

Jeanine Garcia is a true "foodie" with an inspired love of food with professional training from The International Culinary Schools at The Art Institute of Seattle. She owns a small catering & baking business and teaches the Wilton Method of cake decorating.



#### FOOD/COOKING

#### **New!** Tapas – Small Plates, Big Flavors

**Binkhorst** 

Learn to make classic and not-so-classic Spanish Tapas dishes. Discover simple recipes like Fried Padron Peppers with Sea Salt, Sauteed Marcona Almonds with Sea Salt and Rosemary, and Marinated Olives with Citrus and Sherry Vinegar. Create more involved recipes like Chorizo Empanadillas, and Mussels with Piquillo  $Pepper\,Salsa, as\,well\,as\,where\,to\,buy\,ing redients, and\,how\,to\,pair\,wines\,with\,Tapas.$ 6:00 PM - 9:00 PM CAB - FSA

\$45 + \$15 materials fee

#### **New!** Cooking and Using Every Bite **Binkhorst**

Explore how to use every ingredient you buy for your meals. Learn to make great tasting meals with little or no waste, like using a roasted chicken to make three different dinners plus stock for soups, sauces, and braises. The tips and techniques learned in this class can be used with many ingredients. Leave with recipes and shopping lists.

Tu 2/9 6:00 PM - 9:00 PM CAB - FSA

\$45 + \$15 materials fee

#### **New!** Cooking in Pairs M

Binkhorst

Cooking can be a lonely job but it's more fun and gets done much faster when you work in tandem. Learn to create menus that two (or more) can make and share together like pan-sauteed steaks with mushroom sauce, mixed mashed medley, and citrus salad with olives.

2/16

6:00 PM - 9:00 PM CAB - FSA

\$45 + \$15 materials fee

#### **Cut Like A Chef**

Brendlinger

Tired of spending so much of your cooking time chopping? With practice, you will be cutting like a pro! This hands-on class covers the techniques used in restaurants to quickly and safely chop vegetables, slice fruits and much more. Bring the knives you currently use and learn the basics of knife choice and maintenance.

1/25 2/17

6:00 PM - 9:00 PM CAB - Main 6:00 PM - 9:00 PM CAB - Main

\$45 + \$10 materials fee \$45 + \$10 materials fee

#### Cut Like a Chef – Advanced

Brendlinger

Enhance your kitchen confidence with this advanced cutting class. Learn to fillet fish, cut chicken, slice meat, as well as other practical applications of professional cutting techniques.

\$45 + \$15 materials fee

#### Classic Cooking Techniques M

Brendlinger

Get hands-on experience learning essential, classic cooking techniques. Learn to prepare Mixed Greens with French Vinaigrette and Perfectly Poached Egg, Stuffed Flank Steak with Caramelized Onions, Smashed Potatoes, Blanched Asparagus with Bearnaise Sauce, and Profiteroles with Chocolate Sauce.

\$45 + \$15 materials fee

#### New! Classic Sauces M

In the culinary arts, the term "mother sauce" refers to one of the basic sauces, which are the starting points for making various secondary sauces or "small sauces." Classic sauces include Béchamel, Hollandaise, Tomato, and Brown sauce.

\$45 + \$10 materials fee

#### **New!** Salads: Main Dish or Side Dish M

Carow

Learn to create hearty main dish salad masterpieces as well as tasty side dishes to complement any meal. The class covers selecting and preparing ingredients for flavorful, healthy salads sure to impress. Top off your creations with tasty homemade dressing and appropriate accompaniments. The instructor is the owner of Blue Willow Catering, well-known for its wonderful salad entrees.

3/16

6:30 PM - 9:00 PM CAB - FSA

\$45 + \$10 materials fee

#### REGIONAL COOKING

#### **New!** Stir-Fried Egg Noodle and Udon Noodle Soup M

Kurose-Bretzke

Japanese egg noodles (Yakisoba) and Udon noodles can be found in most grocery stores. Learn how to make tasty Chow Mein (Chinese-style stir-fried noodles) and Japanese-style Udon noodle soup with Asian ingredients. The class will offer meat and vegetarian options.

2/10

\$45 + \$15 materials fee

### New! Making Delicious Sushi

Kurose-Bretzke

Learn the basics of making perfect Sushi Rice and beautiful Maki Rolls in this hands-on class. Along with basic vocabulary and etiquette, you will leave with the ability to create Sushi at home.

2/24

6:00 PM - 9:00 PM CAB - FSA

\$45 + \$10 materials fee

#### **New!** Stir-Fried Vegetables with Meat/Tofu and Tasty Fried Rice

Kurose-Bretzke

Learn to combine vegetables and other ingredients found in most grocery stores to make tasty stir-fried vegetables with meat or tofu and fried rice (using precooked rice). 3/9 \$45 + \$15 materials fee

Involtini. Take the series for a savings.

Phonsanam

New! Thai Cooking: Basics 11 Sample and learn about the ingredients used as you learn how to make Pad Thai (Stir Fried Rice Noodles with Chicken), Tom Yum (Hot and Sour Lemongrass Soup), and Green Papaya Salad.

1/27

6:30 PM - 9:00 PM CAB - FSA

\$45 + \$15 materials fee

Series includes: Chicken Saltimbocca, Chicken Scallopini al Limone, and Chicken

New! Authentic Italian Chicken Dinner - Series \*\*

Querzoli

2/22 - 3/7 6:00 PM - 9:00 PM CAB - Main \$115 + \$35 materials fee

## Wine/Cider

#### New! Authentic Italian Chicken Dinner -

Scaloppini Al Limone M

Querzoli

Learn to make this traditional veal recipe adapted for use with chicken to create a hearty main dish suitable for any occasion.

6:00 PM - 9:00 PM CAB - Main 2/22

\$45 + \$15 materials fee

New! Authentic Italian Chicken Dinner - Involtini Querzoli An Italian favorite, Involtini are stuffed rolls made from wrapping thin slices of meat around a savory filling. The version offered in this class will utilize chicken breasts stuffed with prosciutto, fontina cheese, and fresh sage leaves.

6:00 PM - 9:00 PM CAB - Main

\$45 + \$15 materials fee

New! Authentic Italian Chicken Dinner - Saltimbocca Saltimbocca's name means to "jump in the mouth" with flavor. It is a popular Italian dish using chicken breasts, prosciutto, chopped sage, garlic, and olive oil. Fried sage leaves make a savory garnish.

6:00 PM - 8:30 PM CAB - Main

\$45 + \$10 materials fee

**New!** Authentic Italian Cooking with Apples – Series 👬 Discover delicious and creative ways to use apples in every course the authentic Italian way. Start with an appetizer of Saccottini, then a side dish of Ravioli pasta, add a main dish of Beef Spezzatoni, and finish off the meal with a dessert of Tart Brisee. Take the series for a savings.

Th (4 sessions) 2/18 - 3/10 6:00 PM - 8:30 PM CAB - Main

\$145 + \$45 materials fee

\$45 + \$10 materials fee

**New!** Authentic Italian Cooking with Apples -

Crepes with Goat Cheese, Apple and Walnuts 👬 Querzoli

Discover the secret of creating these small, delicious crepes(Szccotini) filled with a cream of apples, toasted walnuts, and fresh goat cheese, perfect for use as a delicious appetizer.

6:00 PM - 8:30 PM CAB - Main

Th

**New!** Authentic Italian Cooking with Apples –

Ravioli with Radicchio, Ricotta, and Apples 🎌 Querzoli

Make this scrumptuous version of ravioli (stuffed pasta) filled with radicchio, ricotta cheese, and apples.

6:00 PM - 8:30 PM CAB - Main \$45 + \$10 materials fee

**New!** Authentic Italian Cooking with Apples -

Beef Spezzatino with Apples M Querzoli

Learn to make this traditional, delicious stew prepared with cubed beef and apples. 6:00 PM - 8:30 PM CAB - Main

**New!** Authentic Italian Cooking with Apples – Tart Brisee T Querzoli Create this traditional Italian dessert using a brisee dough filled with a cream of apples and lemon.

6:00 PM - 8:30 PM PBA 106 \$45 + \$10 materials fee

Authentic Italian Soup - Series M Querzoli

Prepare three traditional Italian soups sure to warm any heart: Tomato & Bread Soup, Zucchini Soup with Garlic croutons, and Farro Soup.

Th (3 sessions) 1/28 - 2/11 6:00 PM - 9:00 PM CAB - Main \$115 + \$30 materials fee

New! Authentic Italian Soup – Tomato & Bread 🎢 Querzoli Pappa di Pomodoro is a rustic dish from Tuscany, an easy way to incorporate slightly

\$45 + \$10 materials fee

overripe tomatoes and stale bread to create a hearty soup.

**New!** Authentic Italian Soup -

Zucchini Soup with Garlic Croutons Querzoli

A great healthy soup for winter which is quick to make and is a great comfort food! The garlic croutons are a snap to make and add a nice touch to the soup.

6:00 PM - 8:30 PM CAB - Main \$45 + \$10 materials fee

**New!** Authentic Italian Soup – Farro Soup Querzoli Zuppa di Farro is a rustic dish from Tuscany, a hearty soup made with vegetables

and farro.

Th 6:00 PM - 8:30 PM CAB - Main \$45 + \$10 materials fee WINE, SAKE, & HARD CIDER

Must be at least 21 years of age to attend wine, sake, or cider tasting classes. Tastings each session.

**New!** Japanese Sake Tasting and Food Pairing Four simple ingredients combine to make this powerful, rice-based alcoholic beverage. Learn how sake is made, about different types of sake, the many ways it is consumed, and which foods pair well with it.

2/3 6:00 PM - 9:00 PM CAB - FSA \$45 + \$15 materials fee

**New!** Food and Wine Pairing – France Daigneault

Experience France through wine and food pairing led by Reg Daigneault, Coordinator of the Northwest Wine Academy's Wine Technology Program at South Seattle College. How does the natural environment ("terroir") influence local food and wine? Talk about and taste classic wine and French cuisine--cheeses, charcuterie, and desserts.

6:00 PM - 8:30 PM NWWA \$39 + \$15 materials fee

Reg Daigneault is an excellent instructor. She went at a great pace and I liked the way she welcomed questions. I've loved all the classes I've taken at South. 99

**Bethany Robbins** 

Wine Tasting Primer: Sight, Smell, Taste 🎢 Schafer

Taste wine knowledgeably and accurately describe what you are tasting. This beginner's class explores wine types, grapes, varietals, and wine regions of the world, as you learn the basics of reading a wine label. Gain hints for smart buying, proper storing and aging. The course will also include a discussion of wine-andfood pairing: what matches well, what doesn't, and why.

Tu (3 sessions) 1/26 - 2/9 6:00 PM - 9:00 PM JMB 140 \$85 + \$21 materials fee 2/19 \$39 + \$15 materials fee 6:00 PM - 8:30 PM NWWA

Guide to Washington Wines M Schafer

Get to know the wines of Washington State! Learn from Sommelier Dieter Schafer by tasting wines from many Washington viticultural areas and world-renowned vineyards. Acquire tips on wine buying, cellaring, serving and enjoying. Guest speaker Willis Hall Winery winemaker/owner John Bell will cover specifics of growing regions (AVAs) and winemaking.

2/24 - 3/9 6:00 PM - 9:00 PM JMB 140 W (3 sessions) \$85 + \$21 materials fee

Hard Cider Sampling and Pairing

Cider comes in a fascinating array of styles with widely varying levels of complexity, and pairs successfully with many foods. Spend an evening with a professional hard cider maker and taste a wide variety of available ciders. Learn to pair ciders and food, and how to use cider in cooking.

2/19 6:00 PM - 9:00 PM NWWA 123 \$35 + \$10 materials fee

**Colin Schilling** cofounded Schilling Cider in 2012 and the company has experienced rapid expansion from Seattle to the Portland area, then Minnesota, and now eastern Washington and most of Idaho. Schilling earned an MBA before he launched his hard cider business.



## **Home & Garden**



#### So Much Clutter, So Little Time 1

"How did it get this way?" Sound like a familiar question? Clutter not only takes up space, it also takes up time and energy. Get the training you need to take charge of your space and create the environment you deserve. A professional organizer will lead the class through several fundamental tasks, giving hands-on tips for de-cluttering and setting up systems designed to make your changes sustainable.

7:00 PM - 9:00 PM OLY 206

#### **Basic Carpentry and Woodworking**

Do you have power tools and want to learn how to use them safely and effectively? Learn the basics of joinery, jigs, materials, methods, and project design in a woodshop. After selecting your materials, you will apply your newly-acquired skills to construct your own toolbox.

Th (3 sessions)

1/21 - 2/4

6:00 PM - 9:30 PM UW campus \$125 + \$35 materials fee

#### Hiring and Working with a Home Remodeling Contractor

Planning a remodeling project and don't know where to start? Discover the world of remodeling from both homeowner and contracter perspectives. Learn to prioritize, how to establish a project budget, get bids based on plans and specifications. By learning how a house is built you will learn how to more effectively communicate with your contractor.

6:30 PM - 9:00 PM LHO 3

#### Hands-On Home Repair and Maintenance

A variety of home improvement and maintenance skills are taught in this comprehensive home repair class. Gain confidence as you learn about tools, wall repair, and how to work with electrical outlets and plumbing. Get an overview of kitchen and bath remodeling, home security, and weatherization. Leave knowing how to perform most small repairs confidently and correctly.

1/25 - 2/8 6:30 PM - 9:00 PM LHO 3

\$105 + \$29 materials fee

#### **Introduction to Landscape Design**

Constantine

Why come home to a barren lawn and drab plantings when you could be greeted by your own beautiful oasis? Learn the secrets professionals use to create landscapes that are functional, ecologically beneficial and aesthetically pleasing. Employing slides, lecture and handout materials, you'll learn both design theory and practical tips for transforming your yard into a lovely, welcoming space.

2/10

6:30 PM - 9:30 PM LHO 2

\$35



**Robert Gloster** has studied French since grammar school. He is a speaker of six languages and has extensive travel experience, including several Frenchspeaking countries. Robert is a retired emergency physician with a passion for languages, cultures, tango, dogs, and exercise. He recently received accreditation in TESOL (Teacher of English to Speakers of Other Languages).

#### **TEACHING A CLASS**

Do you want to share your skill and experience in a given field by teaching a class at South?

We are always on the lookout for inspiring teachers with a passion for teaching. If you are interested in joining our teaching staff, please contact Laura Matson, Manager of Lifelong Learning, in South's Continuing Education Department, at 206-934-6895 or email laura.matson@seattlecolleges.edu.

# Language

#### AMERICAN ENGLISH

#### **New!** Public Speaking with Confidence

Whelan

Does the thought of standing up and giving a speech in public make you nervous? Beginning with one-on-one communication exercises and small group discussions, learn to plan and present effective speeches, gaining confidence and reducing public speaking fears as you progress.

Tu (4 sessions) 2/9 - 3/1 6:00 PM - 8:30 PM OLY 103

\$85

\$75

New! American English - Using the Right Word 🏠 Whelan Do you use the word "affect" or "effect", "past" or "passed," "council" or "counsel," "lie" or "lay," "fewer" or "less," "specially" or "especially," "continual" or "continuous"? Often we chose the wrong word because it gets confused with another word. Learn

to distinguish between the meanings and grammatical usage of many common

words to help you to select them correctly. Tu (3 sessions) 3/8 - 3/22 6:00 PM - 8:30 PM OLY 204



#### AMERICAN SIGN LANGUAGE

#### American Sign Language (ASL) 1

Zielske

An introductory course in American Sign Language (ASL) and deaf culture in the US. Learn the manual communication alphabet for fingerspelling words and names, basic signs for simple communication, appropriate cultural norms, and experiential signs from class interactions.

W (5 sessions) 1/13 - 2/10 6:00 PM - 7:30 PM OLY 206

#### American Sign Language (ASL) 2

**Zielske** 

Continue to develop vocabulary, facial expressions, and receptive skills to increase your communication. Additional cultural information will be supplied. Prerequisite: ASL 1.

W (5 sessions) 2/17 - 3/16 6:00 PM - 7:30 PM OLY 206

American Sign Language (ASL) 3

**Zielske**  $Add\,more\,elements\,of\,gesturing,\,grammar,\,non\text{-}verbal\,communication,\,and\,additional$ cultural information. Prerequisite: ASL 2. No class 2/15.

M (8 sessions) 1/25 - 3/21 6:00 PM - 7:30 PM OLY 206

#### CHINESE

**New!** Chinese – Language, Business, and Travel – Series

Planning a business trip to China? Gain a wide variety of skills to increase your communication effectiveness and cultural awareness. Series includes: Doing Business in China, Chinese for Fun & Travel, and Tips for Travelers in China. Take the series for a savings. (No class 2/13.)

Sa (8 sessions) 1/23 - 3/19 9:30 AM - 12:30 PM OLY 204 \$245

#### **New!** Chinese for Fun and Travel M

An introduction to the richness of Chinese language, culture, and history. Learn basic writing and speaking skills along with everyday vocabulary and expressions in Mandarin Chinese (the official language of China). Whether you are planning a leisure or business trip to China, this class offers a fun and informative opportunity to enhance your communication effectiveness and cultural awareness. (No class 2/13.)

1/23 - 3/19 10:30 AM - 12:30 PM OLY 204 Sa (8 sessions)

#### **New!** Chinese - Doing Business in China

Learn Chinese language through a variety of relevant business topics, introducing you to an overview of China's changing environment and business practices.

Sa (4 sessions) 2/27 - 3/19 9:30 AM - 10:30 AM OLY 204

For Online Language classes in French, Italian, **Spanish and Japanese** 

Visit: www.ed2go.com/southsea

#### FRENCH

**New!** French for Fun and Travel

Gloster

Learn French at an easy pace in a fun and relaxed setting. Develop your vocabulary and learn useful expressions you will need when travelling in a French-speaking country. Perfect choice for those with little or no background in the French language. 1/21 - 3/10 6:00 PM - 8:00 PM OLY 103 Th (8 sessions) \$145

French 2 Fournier

Continue to increase your French vocabulary and expand your conversation skills. Prerequisite: French 1 or equivalent. Taught by native speaker. (No class 2/15.) M (8 sessions) 1/25 - 3/21 6:00 PM - 8:00 PM OLY 103

#### GERMAN

German for Fun and Travel M

Do you have plans to visit Oktoberfest, explore stunning castles, or the hike the majestic Alps? Have you always been interested in learning more about German language and culture? This fun and engaging class will teach you helpful vocabulary, useful phrases, and pronunciation tools to give you a great start on your journey. Austrian and German customs, food, and travel tips will also be presented.

1/21 - 3/10 6:00 PM - 8:00 PM OLY 204 Th (8 sessions) \$145

#### ITALIAN

**New!** Italian for Fun and Travel M

Taking a trip to Italy? Do you want to converse in Italian with relatives and friends? Learn basic grammar, pronunciation and vocabulary to help you navigate a variety of daily situations. Gain an introduction to Italian culture and food, along with helpful travel tips.

Tu (8 sessions) 1/12 - 3/1 6:00 PM - 8:00 PM OLY 204 \$145

#### Italian 2 Continuing the Basics Moschella

Continue to expand your Italian vocabulary as you develop more conversation skills. Prerequisite: Italian 1 of equivalent experience.

1/13 - 3/2 6:10 PM - 8:10 PM OLY 111 W (8 sessions) \$145

Italian 4 Moschella

For students who have had three guarters of Italian or equivalent experience. Tu (8 sessions) 1/12 - 3/1 6:40 PM - 8:40 PM OLY 111 \$145

Moschella Advanced Italian for students who have had five quarters of Italian or equivalent

experience. Tu (8 sessions) 1/12 - 3/1 4:30 PM - 6:30 PM OLY 111 \$145

# Language

Italian Parliamo Moschella

Class is conducted in Italian by a native speaker and is designed for those with a good command of the language. Enhance your conversation and aural comprehension skills.

W (8 sessions) 1/13 - 3/2 4:00 PM - 6:00 PM OLY 111 \$145

#### PORTUGUESE

**New!** Portuguese for Fun and Travel **††** Rzhondkovsky

This class offers an introduction to the Portuguese language, as well as an exploration of Brazilian and Portuguese culture and customs. Worldwide, Portuguese is the sixth most widely spoken language with more than 230 million speakers (Brazil alone has a population of 190 million). No class 2/12.

F (8 sessions) 1/22 - 3/18 4:00 PM - 6:00 PM OLY 204 \$145 + \$15 materials fee

#### RUSSIAN

**New!** Russian for Fun and Travel † Rzhondkovsky

Learn basic grammar, pronunciation and reading with emphasis on everyday conversation and Russian culture. No textbook required for class. All handouts are provided. No class 2/12.

F (8 sessions) 1/22 - 3/18 2:00 PM - 4:00 PM OLY 204 \$145 + \$15 materials fee

#### SPANISH

Spanish for Fun and Travel 

Judge

Planning a trip to a Spanish-speaking country? This class emphasizes speaking and aural comprehension. Cultural, historical and social points of interest are also presented, along with useful vocabulary and phrases.

W (8 sessions) 1/13 - 3/2 6:00 PM - 8:00 PM OLY 202 \$145

Spanish 1 Judge

This beginning class includes pronunciation, basic expressions, cultural readings, elementary grammar, and an emphasis on modern, practical vocabulary. No class 2/15.

M (8 sessions) 1/25 - 3/21 6:00 PM - 8:00 PM OLY 202 \$145

Spanish 2 Prieto

This course focuses on additional Spanish grammatical principles, continuation of vocabulary building, and cultural readings.

W (8 sessions) 1/13 - 3/2 6:00 PM - 8:00 PM OLY 204 \$145

#### **New!** Spanish Conversation Roldan Marcos

Join other experienced Spanish speakers for lively conversation. Improve your fluency by expanding your vocabulary, practicing pronunciation, and learning everyday functional language and expressions. Taught in an informal, comfortable environment.

Th (8 sessions) 1/28 - 3/17 6:00 PM - 8:00 PM OLY 111 \$145

#### New! Spanish Comics and Humor Roldan Marcos

Have you ever read comics in Spanish? Do you know any Spanish comedians? Humor is different in every culture and it's key to effectively understanding native speakers and their social interactions. Have a laugh and learn about Spanish language, expressions, irony, culture and current affairs while improving your comprehension, reading and speaking skills. Prerequisite: Beginning Spanish.

Tu (4 sessions) 1/19 - 2/9 6:00 PM - 8:00 PM On Campus \$75

#### **New!** Spain Today Roldan Marcos

Improve your speaking and comprehension skills, gaining an in-depth knowledge of the Spanish way of life: Traditions, fiestas, food, landmarks, etc. Get to know the idiosyncrasies of each region and its people and explore and discuss current affairs of this diverse country. Prerequisite: Beginning Spanish.

n (4 sessions) 2/16 - 3/8 6:00 PM - 8:00 PM OLY 101 \$75

#### **New!** Historical Themes in Latin America Judge

Latin America is an enormous region with diverse cultures, geographies, economies, and histories. Among this diversity, however, common themes have emerged over the centuries since European colonization which continue to the present. Join the discussion of recurring themes in Latin American history. Taught in English.

Tu (4 sessions) 3/1 - 3/22 6:00 PM - 8:00 PM OLY 103 \$99

#### THAI

Thai Language for Fun and Travel Maksirisombat

Planning a trip to Thailand? Enjoy Thai culture and food? This fun-filled class offers an introduction to the language and culture of this fascinating country. No class 2/15.

M (8 sessions) 1/25 - 3/21 6:00 PM - 8:00 PM OLY 111 \$145



### South Seattle College is offering a trip highlighting Cuban Arts and Culture

June 25- July 3, 2016 (to and from Miami, Florida) / 8 nights in Cuba (6 in Havana, 2 in Trinidad)
Tour led by South Seattle instructor/staff, native Cuban / Approximate cost: \$3,000 per person & airfare to Miami

#### Clock hours available

For more details attend an information night on Wednesday, January 13 from 6:30-7:30 p.m., Olympic Hall or go to: www.LearnatSouth.org-Cuba Trip Info Night

# Mind/Body

#### MIND-BODY

#### **New!** Laughing your Way to Happiness 👬

Do you want more laughter and joy in your life? Laughter Yoga, a series of laughing exercises practiced internationally, is not gym yoga. Your instructor, trained by the founder of Laughter Yoga, Dr. Madan Kataria, will lead the exercises. Finish your work week with laughter instead of stress.

F (4 sessions) 1/22 - 2/12 6:00 PM - 7:00 PM OLY 206 \$75

#### Feldenkrais – Awareness Through Movement 👬

The gentle, playful movement explorations of the Feldenkrais Method® are designed to improve your self-organization, expand your self-image, and fan your creative spark. Whether you're sitting at the computer, working in your garden, learning how to tango, or preparing for ski season, the Feldenkrais Method® can help decrease pain while increasing agility, balance, and energy. These lessons are for everyone, regardless of movement skill and experience. No class 2/13.

Sa (8 sessions) 1/23 - 3/19 9:00 AM - 10:00 AM MPB 5 \$99

#### Self-Defense 101 for Women

Research indicates that women who successfully defend themselves are better able to quickly recognize threatening situations, express, and if necessary physically enforce their boundaries. Learn those skills. Recognize assailant ploys and manipulations – and how to thwart them. Practice releases from common grabs and decisive strikes to vital targets. Assess your risks, and plan around them. Understand the connections between awareness, threats, and our media environment. Come prepared to challenge yourself – emPOWERment doesn't get more fun. Great class to take with a friend!

Th (6 sessions) 2/4 - 3/10 7:00 PM - 9:00 PM MPB 5 \$169

#### **New!** Tai Chi for Beginners – Yang 24 Brumbaugh

This ancient martial art is practiced daily by millions worldwide to improve balance, strength, flexibility, and promote overall health. Through structural improvement, relaxation, and flow, learn to gently exercise the entire body inside and out, harmonizing mind, body and spirit.

W (10 sessions) 1/6 - 3/9 5:30 PM - 6:30 PM CEC 101 \$130

#### New! QiGong – Yin Yang Medical QiGong Brumbaugh

Enhance Qi and improve your health and vitality through this practice of focused movement of the breath and body.

W (10 sessions) 1/6 - 3/9 6:45 PM - 7:45 PM CEC 101 \$130

#### **New!** Meditation for a Healthy Mind and Body Saks

Learn simple and effective meditation methods to release stress, calm your mind, improve mood, and increase energy. This engaging class provides you with an opportunity to experience classical yogic techniques of meditation and weekly practice in a structured environment. No class 2/18.

Th (6 sessions) 1/21 - 3/3 6:00 PM - 7:15 PM CEC 101 \$125

#### PERSONAL FINANCE

#### **Daytime!** Financial Wellness

Cooper

Factor

Le

\$61.66

Make a positive change in your financial life and develop a plan for managing your finances laying the groundwork for a more financially secure future. The class is interactive and includes the following topics: Budgeting, Building Your Emergency Fund, and Retirement Planning.

Th 1/28 9:00 AM - 12:00 PM OLY 206 \$39 Sa 3/12 9:00 AM - 12:00 PM OLY 101 \$39

#### Taxes & Retirement Le

An introduction to Federal income taxation, the role of tax codes, and how they affect retirement planning for individuals and small business owners. Topics include measurement of taxable income, individual income taxation, tax implications on retirement plans, and more.

M 2/1 6:00 PM - 8:00 PM OLY 204 \$25

#### FREE! Welcome to Medicare

Need help understanding Medicare? This free workshop is for anyone who wants to learn more about Medicare health coverage. Various options, prescription drug coverage, and supplemental plans will be discussed. This class is taught by a trained advisor from the Statewide Health Insurance Benefits Advisors program which provides free, unbiased and confidential assistance with health care choices.

Sa 2/20 8:30 AM - 11:30 AM OLY 101 Free!

#### SENIOR ADULT

Genealogy

Learn research methods, sources of information, terminology, and practical guidelines for compiling your family history and genealogy. The instructor is a past President of the Seattle Genealogical Society.

F (10 sessions) 1/8 - 3/11 9:30 AM - 11:30 AM CEC 102

#### Imperialism and the Coming of World War I Lockerbie

What were the causes and results of European and U.S. imperialism in Asia and Africa during the late 19th and early 20th centuries? What influence did the Industrial Revolution, democracy, and nationalism have on the major nations of Europe between 1815 and 1914? Through lectures, discussions, and motion pictures, this class will explore possible answers to these questions.

F (9 sessions) 1/8 - 3/4 10:00 AM - 12:15 PM Senior Center of West Seattle \$61.66

#### **LOOKING FOR A CLASS**

Are you looking for a specific class but don't find it in this schedule? We're always interested in hearing from the community about classes you would like, so please don't hesitate to contact us with your suggestions. Please contact Laura Matson, Manager of Lifelong Learning, in South's Continuing Education Department, at 206-934-6895 or email laura.matson@seattlecolleges.edu.



# **Online**



### Back to School — Online!

# Study anywhere, anytime All you need is access to the Internet

### We have 3 options for you to choose from:

#### 1. Personal Enrichment and Growth

www.ed2go.com/southsea/

These courses are ideal for personal enrichment:

Accounting & Finance • Business • College Readiness • Computer Applications
• Design & Composition • Health Care & Medical • Language & Arts • Law & Legal • Personal Development
• Teaching & Education • Technology • Writing & Publishing

<u>Start every month, 6-week courses with a lesson released each Wednesday and Friday. Winter classes start January 20, February 17, March 16, April 20.</u>

24 hours of comprehensive study (teachers can earn 24 clock hours).

Certificate of Completion or Clock Hours upon successful completion at your request.

#### 2. Better your Skills for the 21st Century

http://yougotclass.org/catalog.cfm/Southsea/

These courses will help you hone your skills in the professional world:

- Business Business Communication Health, Human Resources
   LEED Green Workplace New Media Marketing
- Social Media for Business Training & Education Training for K-12 Teachers

See website for start dates.

Exceptional instructor-led courses.

Certificate of Completion or Clock Hours upon successful completion at your request.

### 3. Changing Careers? Long term career training programs

http://careertraining.ed2go.com/southced/

Thinking of starting a new career? These courses are for you:

- Healthcare & Fitness Business & Professional IT & Software Development
- Management & Corporate Media & Design Hospitality & Service Industry Skilled Trades & Industrial
   Sustainable Energy & Going Green Career Online High School

#### Start anytime.

Work one-to-one with an expert working in the field.

Workforce Investment Act (WIA) approved.

Certificate of Completion upon successful completion.

## **Registration is Easy!**

## Five WAYS TO REGISTER

1

#### **ONLINE**

www.LearnatSouth.org

2

#### **PHONE**

(206) 934-5339

3

#### **IN PERSON**

**OLY 130** 

4

#### **MAIL**

Continuing Education South Seattle College Olympic Hall, Room 130 6000 - 16th Avenue SW Seattle, WA 98106-1499

5

#### **FAX**

(206) 934-6699

#### Office Hours & Location

8:30am – 6:00pm, Monday-Thursday 8:30am – 4:30pm, Friday

Holidays: 1/18, 2/15

#### **Continuing Education Refund Policy**

- 100% refund if a class is cancelled by South Seattle College.
- To cancel a registration, please contact the Continuing Education office at least two business days prior to the start of the class.
- You will be refunded 100% of the class fee minus a \$6 processing fee.
- The processing fee will be waived if you transfer to another Continuing Education class.

#### **Cancellation of Classes**

Classes may need to be cancelled if enrollment is low, due to an emergency, or if the college is officially closed due to bad weather. You may want to check www.school rosure messages. If a class is cancelled, we will make every effort to call and email you in advance. If a class is cancelled, you will receive a full refund.

#### **Continuing Education Staff**

#### Luisa Motten

**Director of Continuing Education** 

#### Laura Matson

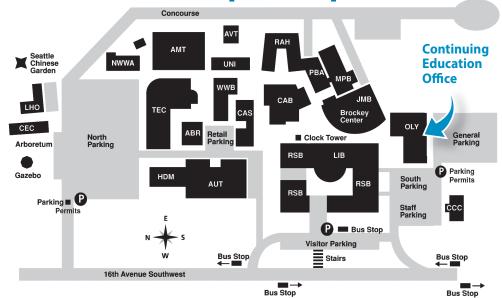
Manager of Lifelong Learning

#### Kathleen Kent

**Program Coordinator** 

Continuing Education Non-credit Registration			
Name:			
Street:			
City/State/Zip:			
Phone:			
Email:			
Gender:Birthdate:			
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Class Title	Start Date	Fee	
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Payment Method (check one)			
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o Personal check payable to South Seattle College			
Credit Card Information			
Name on Card:			
Account No.:	Expiration Date:		

### **Campus Map**



#### Directions

Go to LearnAtSouth.org or call (206) 934-5339.

#### **Parking Permits**

Parking permits are required to park on campus. Cost is \$3.00.

South Seattle College does not discriminate on the basis of race, color, creed, national origin, sex, disability, age, honorably discharged veteran or military status, or sexual orientation.



## ECRWSS CAR-RT PRESORT POSTAL CUSTOMER

PERIODICALS POSTAGE PAID SEATTLE, WA



# **Continuing Education**

#### Here's what Mikael Hardy has to say about Continuing Education at South Seattle College:



**South CED:** Why do you take classes at South Continuing Education?

**Hardy:** The location is convenient and easy to get to. What piqued my interested was the great variety of classes the school offers. I'm having fun while learning new skills.

South CED: What classes have you taken recently?

**Hardy:** I took the Soap Making and Body Lotion classes and they were fantastic! The instructor not only shared her knowledge about the techniques for making great products, she also discussed how to make environmentally friendly products. And, that's important to me!

**South CED:** What do you like about taking classes at South?

**Hardy:** They are fun! The instruction is fantastic and easy to follow. I like how we work together. I also have met new friends and some neighbors.

**South CED:** What do you want others to know about Continuing Education at South?

**Hardy:** It's an easy commitment, economical, and you have nothing to lose by trying the classes. Take advantage of this wonderful resource we have right in our neighborhood! I'd also recommend taking the classes with a friend. That's what I did and we had a fun shared experience and I have someone to practice with!

### **Register Now for Winter Quarter!**

www.LearnAtSouth.org • SouthCed@seattlecolleges.edu (206) 934-5339 • FAX (206) 934-6699