Pursue Your Passion

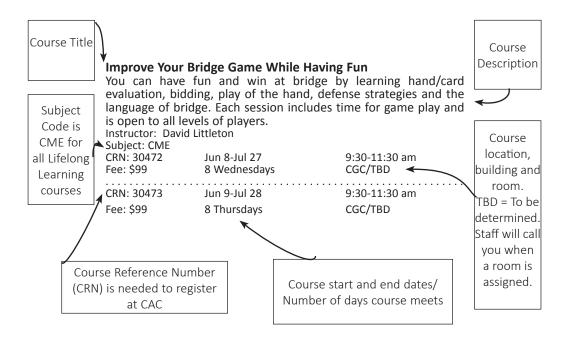




Summer 2016
Community Education
NONCREDIT CLASS SCHEDULE

www.centralaz.edu/lifelonglearning

Understanding the course description:



CAC Campus/Center Location Designations:

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

AVC - Aravaipa Campus

CGC - Casa Grande Center

CGPR - City of Casa Grande Parks & Recreation

CCC - Central Corporate Center

FC - Florence Center

MC - Maricopa Campus

OR - Mountain Vista School; Oracle, AZ

SMC - Superstition Mountain Campus

SPC - Signal Peak Campus

STC - San Tan Campus





Community Education Offices

CAC Casa Grande Center

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

CAC Superstition Mountain Campus

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

Office Hours:

Monday – Thursday, 8 am – 6 pm

Bob Duke Director

Follow us:





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EBAY for Beginners

Got stuff laying around your home? You can turn that stuff into cash by selling it on eBay. What begins as a hobby can turn into a small business that supplements your income from home. Learn the process behind selling on eBay and have fun making extra money.

Instructor: Larry Ramirez

Subject: CME

CRN: 30476 May 25 9-11 am Fee: \$29 1 Wednesday AVC/TBD

Computer Basics for Seniors

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

Instructor: Larry Ramirez

Subject: CME

CRN: 30475 Jun 7-21 9-11 am Fee: \$39 3 Tuesdays AVC/TBD

Beginning Computer Skills

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

Instructor: Larry Ramirez

Subject: CME

CRN: 99 Jul 7 9-11 am Fee: \$29 1 Thursday AVC/TBD



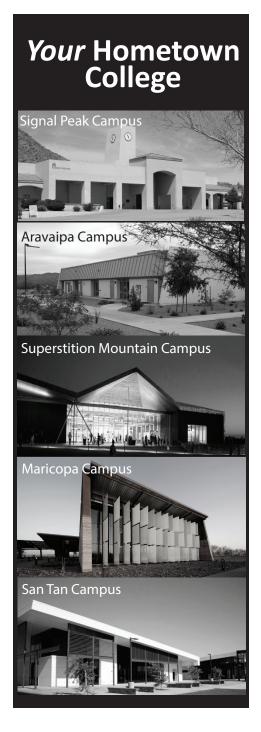
How To Maximize Your Android Smartphone

Discover your Android smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. Special Note: Student must bring own Android smartphone to class.

Instructor: Larry Ramirez

Subject: CME

CRN: 100 Jul 11 9-11 am Fee: \$29 1 Monday AVC/TBD Please register at least one week prior to course start date.



Amigos Hablando Español: Friends Speaking Spanish

Use it or lose it! The best way to improve your Spanish is to practice and this class will give you an opportunity to do just that. Join other students to practice your Spanish, no matter your current level of ability. In an informal gathering of people, you will be guided through practice conversations. Don't be shy; we're all "friends speaking Spanish."

Instructor: Mary Marrinan-Menchaca

Subject: CME

CRN: 30485 May 24-Jun 9 9-11 am Fee: \$59 3 Tue/3 Thu CCC/TBD

Spanish for Beginners

Improve your communication skills in the second most common language in Arizona. Basic language structure and vocabulary in a conversational style will help you begin conversing in Spanish.

Instructor: Mary Marrinan-Menchaca

Subject: CME

CRN: 30486 Jun 14-30 9-11 am Fee: \$59 3 Tue/3 Thu CCC/TBD

Numerology and the Divine Triangle

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

İnstructor: Connie Allison

Subject: CME

CRN: 30482 Jun 7-28 9-11 am Fee: \$55 4 Tuesdays CCC/TBD

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: Luis Sanchez

Subject: CME

CRN: 30479 Jun 7 6:30-8:30 pm Fee: \$29 1 Tuesday CCC/TBD

Computer Basics for Seniors

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

Instructor: Paul Zubel

Subject: CME

CRN: 30487 Jun 7-21 6:30-8:30 pm Fee: \$39 3 Tuesdays CCC/TBD

Beginning Computer Skills

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

Instructor: Paul Zubel

Subject: CME

CRN: 30488 Jun 28 6:30-8:30 pm Fee: \$25 1 Tuesday CCC/TBD

Intermediate Computer Skills

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

Subject: CME

CRN: 105 Jul 5-19 6:30-8:30 pm Fee: \$39 3 Tuesdays CCC/TBD

How to Maximize Your iPhone

Discover more exciting features of your iPhone. 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 iPhone. Special Note: Student must bring iPhone to class. Instructor: Luis Sanchez

Subject: CME

CRN: 30480 Jun 22 6:30-8:30 pm Fee: \$25 1 Wednesday CCC/TBD

How to Maximize Your Android Smartphone

Discover your Android smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. Special Note: Student must bring own Android smartphone to class. Instructor: Luis Sanchez

Subject: CME

Creating Your Own Mandala

Have you found yourself doodling on a piece of paper when you were having a difficult discussion with someone? Would you be surprised to know that the doodling had a message for you from your subconscious? Come and let's explore the fine art of creating a Mandala, which is a fancy name for doodling messages, from your own subconscious using the medium of color. You don't need to be an artist. If you enjoy putting colors together for an interesting picture, this is for you. You can use one of the many patterns available, or try drawing one on your own. You will be surprised what you will learn about yourself.

Instructor: Connie Allison

Subject: CME

CRN: 104 Jul 13-Aug 3 2-4 pm Fee: \$55 4 Wednesdays CCC/TBD

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: Luis Sanchez

Subject: CME

CRN: 102 Jul 20 6:30-8:30 pm Fee: \$25 1 Wednesday CCC/TBD

What More Can Your iPad Do?

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

Instructor: Luis Sanchez

Subject: CME

CRN: 103 Jul 27 6:30-8:30 pm Fee: \$25 1 Wednesday CCC/TBD



Weekend College

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

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

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

Make your weekends count!

Call 520-494-6600 for more information!

Job Seeking Essentials To Get You Hired!

Do job interviews make you nervous? Would you like to know what it takes to get hired? Learn how to be more comfortable and effective in job interviews to increase the number of job offers you could have. Learn what it takes to first get them to want you; then tell them what it will take to get you.

Instructor: Gary Zaimont

Subject: CME

CRN: 30489 May 26-Jun 23 1:30-3:30 pm Fee: \$69 5 Thursdays CGC/TBD

When to Hold'Em or Fold'Em: Basics of Texas Hold'Em

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

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

Instructor: David Littleton

Subject: CME

CRN: 30471 Jun 7-Jul 26 9:30-11:30 am Fee: \$99 8 Tuesdays CGC/TBD

Improve Your Bridge Game While Having Fun

You can have fun and win at bridge by learning hand/card evaluation, bidding, play of the hand, defense strategies and the language of bridge. Each session includes time for game play and is open to all levels of players.

Instructor: David Littleton

Subject: CME

CRN: 30472 Jun 8-Jul 27 9:30-11:30 am Fee: \$99 8 Wednesdays CGC/TBD

CRN: 30473 Jun 9-Jul 28 9:30-11:30 am Fee: \$99 8 Thursdays CGC/TBD



Central Arizona College Community Education recognizes our partners:

City of Casa Grande Parks & Recreation Information

http://casagrandeaz.gov/rec/recreation

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

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

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

City of Maricopa Parks & Recreation

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

4345 W. Martin Luther King Jr. Blvd.

Maricopa, AZ 85138 520.316.4600

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

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

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 one week prior to the start date for a materials list.

Instructor: Laura Zubel

Subject: CME

CRN: None Jun 6 10 am-Noon Fee: \$25 1 Monday CGPR/TBD

CRN: None 10 am-Noon Aug 1 Fee: \$25 1 Monday CGPR/TBD

Numerology and the Divine Triangle

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

Instructor: Connie Allison

Subject: CME

Jun 10-Jul 1 CRN: None 1-4 pm Fee: \$55 4 Fridays CGPR/TBD

Creating Your Own Mandala

Have you found yourself doodling on a piece of paper when you were having a difficult discussion with someone? Would you be surprised to know that the doodling had a message for you from your subconscious? Come and let's explore the fine art of creating a Mandala, which is a fancy name for doodling messages, from your own subconscious using the medium of color. You don't need to be an artist. If you enjoy putting colors together for an interesting picture, this is for you. You can use one of the many patterns available, or try drawing one on your own. You will be surprised what you will learn about yourself.

İnstructor: Connie Allison

Subject: CME

CRN: None Jul 11-Aug 1 9-11 am Fee: \$55 4 Mondays CGPR/TBD

Amigos Hablando Español: Friends **Speaking Spanish**

Use it or lose it! The best way to improve your Spanish is to practice and this class will give you an opportunity to do just that. Join other students to practice your Spanish, no matter your current level of ability. In an informal gathering of people, you will be guided through practice conversations. Don't be shy; we're all "friends speaking Spanish."

Instructor: Mary Marrinan-Menchaca

Subject: CME

CRN: None Jul 18-Aug 3 9-11 am 3 Mon/3 Wed CGPR/TBD Fee: \$59

Spanish for Beginners

Improve your communication skills in the second most common language in Arizona. Basic language structure and vocabulary in a conversational style will help you begin conversing in Spanish. Instructor: Mary Marrinan-Menchaca

Subject: CME CRN: None

Aug 8-24 9-11 am Fee: \$59 3 Mon/3 Wed CGPR/TBD



Community Events Presents:

Arts

Theater

Drama

Entertainment

Music

and more...

For a listing of events and to purchase tickets:

 ${f www.EventsAtCAC.com}^0$

Midday Yoga Basics: Refresh and Renew

Take a break from your busy day with this quiet, healing class. We'll blend yoga therapy to increase range of motion, yin yoga stretches to melt tension, and classic yoga poses to cultivate strength from within. Learn breathing techniques and meditation to help calm the mind. This gentle class is designed for those new to yoga; however, people experienced in yoga may benefit and are welcome. Special Note: Please bring yoga mat and wear comfortable clothing that allows easy movement.

Instructor: Stephanie Murphy

Subject: CME

CRN: None Jun 1-Jul 27 Noon-1 pm Fee: \$59 9 Wednesdays MARPR MC/TBD



Computer Basics for Seniors

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

Subject: CME

CRN: None Jun 6-20 9-11 am Fee: \$39 3 Mondays MARPR MC/TBD

Instructor: Paul Zubel

CRN: None Jul 6-20 6-8 pm Fee: \$39 3 Wednesdays MARPR MC/TBD

Job Seeking Essentials To Get You Hired!

Do job interviews make you nervous? Would you like to know what it takes to get hired? Learn how to be more comfortable and effective in job interviews to increase the number of job offers you could have. Learn what it takes to first get them to want you; then tell them what it will take to get you.

Instructor: Gary Zaimont

Subject: CME

CRN: None Jun 7-Jul 19 10 am-Noon Fee: \$69 7 Tuesdays MARPR MC/TBD

Plein Air Oil Pastel Painting

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

Instructor: Kristal Hoeh Subject: CME

CRN: None Jun 7-28 6:30-8:30 pm Fee: \$55 4 Tuesdays MARPR MC/TBD

Couponing for Beginners

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

go to the grocery store! Instructor: Hunaya Cramer

Subject: CME

CRN: None Jun 9 5:30-7:30 pm Fee: \$29 1 Thursday MARPR MC/TBD

CRN: None Jul 11 5:30-7:30 pm Fee: \$29 1 Monday MARPR MC/TBD

Couponing for Newbies

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

Instructor: Hunaya Cramer

Subject: CME

CRN: None Jun 16 5:30-7:30 pm
Fee: \$29 1 Thursday MARPR
MC/TBD

CRN: None Jul 18 5:30-7:30 pm Fee: \$29 1 Monday MARPR MC/TBD

Beginning Computer Skills

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

Instructor: Paul Zubel

Subject: CME

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

Instructor: Laura Zubel

Subject: CME

CRN: None Jun 27 9-11 am Fee: \$25 1 Monday MARPR MC/TBD

Intermediate Computer Skills

Develop intermediate level computer skills by using MS Office Word, PowerPoint, and Excel software applications, web searches, and Internet based applications.

Instructor: Paul Zubel

Subject: CME

CRN: None Jun 15-29 6-8 pm Fee: \$39 3 Wednesdays MARPR MC/TBD

Instructor: Laura Zubel

Subject: CME

CRN: None Jul 11-25 9-11 am Fee: \$39 3 Mondays MARPR MC/TBD



Charcoal Drawing for Everyone

Whether you are a beginner or advanced charcoal artist, this is the class for you. You will focus on a bold and uninhibited form of drawing using vine and compressed charcoal. The versatility of charcoal helps you to create line variety, background tones and lifted-out highlights. You will leave the class with a remarkable sense of realism and depth 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: Kristal Hoeh

Subject: CME

CRŃ: None Jul 5-26 6:30-8:30 pm Fee: \$55 4 Tuesdays MARPR MC/TBD

Oracle

"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, nonfiction, poetry and academic writing. Guest lecturers will be present to share fresh input and discuss the changing world of publishing. Join the course for a fun and productive hit of new writing energy! Instructor: Marguerite Wainio

Subject: CME

CRN: None Jun 7-Jul 19 5-7 pm Fee: \$99 7 Tuesdays OR/MVS

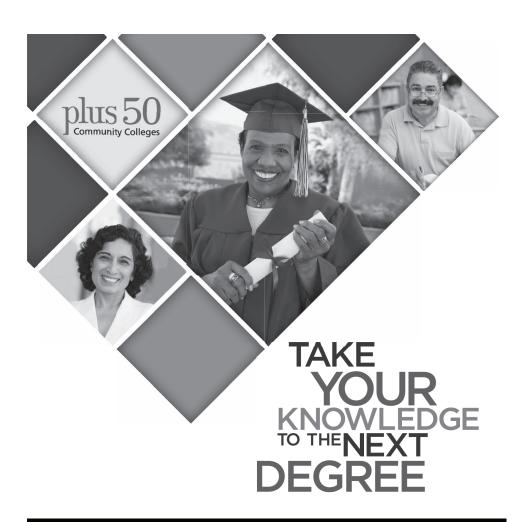
Teach for us - we're always looking for great instructors!

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

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

Each semester Community Education considers new course proposals. The proposal deadline to teach a new class in Fall 2016 is September 15, 2016. Course proposals received after September 15 will be considered for the Fall semester.

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





Older Adults Preparing for New Careers

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

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: 30452	Jun 7-Jul 5	9 am-Noon
Fee: \$99	5 Tuesdays	SMC/A119
CRN: 30454	Jun 9-Jul 7	9 am-Noon
Fee: \$99	5 Thursdays	SMC/A119
CRN: 80	Jul 12-Aug 9	9 am-Noon
Fee: \$99	5 Tuesdays	SMC/A119
CRN: 87	Jul 14-Aug 11	9 am-Noon
Fee: \$99	5 Thursdays	SMC/A119

Instant Guitar for Hopelessly Busy People

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

Instructor: Craig Coffman Subject: CME

CRN: 30453 Jun 9 4-6:30 pm Fee: \$35 1 Thursday SMC/TBD

Instant Piano for Hopelessly Busy **People**

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

Instructor: Craig Coffman

Subject: CME

6:40-9:40 pm CRN: 30455 Jun 13 Fee: \$35 1 Monday SMC/TBD

Line Dancing: Fun and Exercise

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

Note: No class Jul 4. Instructor: Tobia Eaks

Subject: CME

CRN: 30457 Jun 13-Aug 22 9:30-10:30 am Fee: \$5 10 Mondays SMC/A110

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 Jul 4. Instructor: Sandra Koenig

Subject: CME

CRN: 30456 Jun 13-Aug 8 1-4 pm Fee: \$15 SMC/A131 8 Mondays

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. Special Note: Bring water and either snacks or lunch.

Instructor: Romualda "Rommy" Banaszczyk Subject: CME

CRN: 30458 Jun 16-30 9:30 am-2 pm Fee: \$85 SMC/TBD 3 Thursdays

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. Special Note: Bring water and either snacks or lunch.

Instructor: Romualda "Rommy" Banaszczyk

Subject: CME

CRN: 77 Jul 7-21 9:30 am-2 pm Fee: \$85 3 Thursdays SMC/TBD

Meditation for Relaxation and Stress Relief

Explore meditation techniques to lower stress levels, assist with sleep, and heal the body, mind, and spirit. Learn how to quiet your mind and breathing techniques for relaxation, centering and connecting.

Note: No class Jul 4.

Instructor: Jennifer McGraw

Subject: CME

6:30-7:30 pm CRN: 30460 Jun 20-Aug 15 Fee: \$59 8 Mondays SMC/A128

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: Ruth Ballard

Subject: CME

CRN: 30459 Jun 17-Jul 15 1-4 pm Fee: \$99 5 Fridays 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.

Instructor: Ruth Ballard

Subject: CME

CRN: 92 Jul 22-Aug 19 1-4 pm Fee: \$99 5 Fridays SMC/A122

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: Catherine Lindholm

Subject: CME

Subject: CME

CRN: 30461 Jun 22-Aug 17 9-11 am Fee: \$99 9 Wednesdays SMC/A128

Beginning Drawing Skills

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

Instructor: Vanessa Ortiz

Subject: CME

CRN: 30463 Jun 23-Jul 21 3-5 pm Fee: \$69 5 Thursdays SMC/A122

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.

Instructor: Jennifer McGraw

Subject: CME

CRN: 30462 Jun 23-Aug 11 6:30-7:30 pm Fee: \$59 8 Thursdays SMC/A128

Reiki I

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

Note: No class Jul 4.

Instructor: Martha Chansley

Subject: CME

CRN: 30490 Jun 20-25 10 am-1 pm Fee: \$119 5 Mondays SMC/TBD

Reiki II

Reiki II adds power to the Reiki healing energy by including additional symbols which intensify the energy flow and facilitate mental, emotional, and distance healings. You will receive the Reiki II symbols and an attunement which greatly amplifies your healing power and allows for intentional direction of the healing energy. Special Note: Students should wear loose fitting clothes and must have completed Reiki I.

Instructor: Martha Chansley

Subject: CME

CRN: 107 Aug 1-29 10 am-1 pm Fee: \$119 5 Mondays SMC/TBD

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

ΔVC-Δra	avaipa Campus	MC-Ma	ricopa Campus						
May 25	EBAY for Beginners	Jun 1	Midday Yoga Basics: Refresh and						
Jun 7	Computer Basics for Seniors	3411 1	Renew						
Jul 7	Beginning Computer Skills	Jun 6	Computer Basics for Seniors						
Jul 11	How to Maximize Your Android	Jun 7	Job Seeking Essentials To Get You						
	Smartphone		Hired!						
		Jun 7	Plein Air Oil Pastel Painting						
		Jun 8	Beginning Computer Skills						
CCC-Cer	ntral Corporate Center	Jun 9	Couponing for Beginners						
	Amigos Hablando Español:	Jun 15	Intermediate Computer Skills						
•	Friends Speaking Spanish	Jun 16	Couponing for Newbies						
Jun 7	Basics of Facebook and Social	Jun 27	Beginning Computer Skills						
	Networking	Jul 5	Charcoal Drawing for Everyone						
Jun 7	Numerology and the Divine	Jul 6	Computer Basics for Seniors						
-	Triangle	Jul 11	Couponing for Beginners						
Jun 7	Computer Basics for Seniors	Jul 11	Intermediate Computer Skills						
Jun 14	Spanish for Beginners	Jul 18	Couponing for Newbies						
Jun 22	How to Maximize Your iPhone								
Jun 28	Beginning Computer Skills		untain Vista School, Oracle						
Jul 5	Intermediate Computer Skills	Jun 7	"Jumpstart" Your Writing Process						
Jul 6	How to Maximize Your Android	C140 C 1'1' 14 1 1 0							
1	Smartphone		perstition Mountain Campus						
Jul 13	Creating Your Own Mandala	Jun 7	Pottery on the Wheel						
Jul 20 Jul 27	iPad for Beginners What More Can Your iPad Do?	Jun 9	Pottery on the Wheel						
Jul 27	What More Call four Irau Do:	Jun 9	Instant Guitar for Hopelessly Busy People						
		Jun 13	Mah Jongg Part I						
CGC-Cas	sa Grande Center	Jun 13	Line Dancing: Fun and Exercise						
	Job Seeking Essentials To Get You	Jun 13	Instant Piano for Hopelessly Busy						
Iviay 20	Hired!	3411 13	People						
Jun 7	When to Hold'Em or Fold'Em:	Jun 16	Numbers: Influencing Our Lives						
34117	Basics of Texas Hold'Em	3411 10	Part I						
Jun 8	Improve Your Bridge Game While	Jun 17	Special Drawing Techniques-						
• • • • • • • • • • • • • • • • • • • •	Having Fun	· · · · · · ·	Level I						
Jun 9	Improve Your Bridge Game While	Jun 20	Meditation for Relaxation and						
	Having Fun		Stress Relief						
	J	Jun 20	Reiki I						
		Jun 22	Beginning Bridge						
CGPR-C	ity of Casa Grande Parks and	Jun 23	Tai Chi Basics						
Recreat	ion	Jun 23	Beginning Drawing Skills						
Jun 6	Cooking with Arizona's Hot Solar	Jun 27	Rubber Stamp Making						
	Rays	Jun 28	Chair Yoga						
Jun 10	Numerology and the Divine	Jun 29	Beginning Computer Skills						
	Triangle	Jul 5	Silver Screen Cowboys, From Film						
Jul 13	Creating Your Own Mandala		to Television						
Jul 18	Amigos Hablando Español:	Jul 5	Beginning Photoshop						
Διισ 1	Friends Speaking Cooking with Arizona's Hot Solar	Jul 5	Intro to Interior Design: Part I						
AHDI	COOKING WITH AFIZONA'S HOT SOLAR	11111 5	BASICS OF RESIDENTIAL LANDSCANE						

- Amigos Hablando Español: Friends Speaking
- Cooking with Arizona's Hot Solar Aug 1
- Spanish for Beginners Aug 8



Jul 5

Jul 6 Jul 6 Irrigation

Creative Acrylic I Vision Board

Basics of Residential Landscape

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SMC cont.											
Jul 7	Numbers: Influencing Our Lives										
	Part II										
Jul 7	Basic Drawing										
Jul 7	Waist Management										
Jul 7	Introduction to Law Enforcement										
Jul 7	Plants of the Sonoran Desert										
Jul 11	Expressive Portrait Drawing										
Jul 11	Exploring Colored Pencils										
Jul 12	Joy of Pastels- Level I										
Jul 12	Pottery on the Wheel										
Jul 12	How to Utilize Rainwater in the										
	Landscape										
Jul 13	Spanish for Beginners										
Jul 13	Central Arizona Adventures										
Jul 14	Pottery on the Wheel										
Jul 14	Lesser-known Plants of the										
_	Sonoran Desert										
Jul 19	Geology of the Superstition										
	Mountains										
Jul 19	An Amazing Walk Through the										
	Skies										
Jul 19	Curandero Walk										
Jul 21	Intro to Interior Design: Part II										
Jul 22	Special Drawing Techniques-										
	Level II										
Jul 26	Managing an Irrigation System										
Jul 28	Volcanoes- What, Why, Where										

Reiki II **SPC-Signal Peak Campus**

Aug 1

Aug 2

and How?

May 26 Pottery on the Wheel Jul 7 Pottery on the Wheel

STC-San Tan Campus

Reiki II

Jun 16 Line Dancing: Fun and Exercise Jun 20 Instant Piano for Hopelessly Busy People Jun 21 Reiki I Jun 23 Instant Guitar for Hopelessly Busy People Beginning Computer Skills Plants of the Sonoran Desert Jun 29 Jul 19 Jul 26 Lesser-known Plants of the Sonoran Desert

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MC-Superstition Mountain Campus

Rubber Stamp Making

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

Instructor: Ruth Ballard

Subject: CME

CRN: 30464 Jun 27 10 am-Noon Fee: \$29 1 Monday SMC/TBD

Chair Yoga

This class is structured to benefit everyone at any level of health and fitness. Class will include a combination of stretching and breathing exercises designed to: relieve stress; calm the mind; increase mobility, balance, and body awareness. Yoga poses are adapted for adults and are done seated. Wear loose and comfortable clothing.

Instructor: Sharon Corrigan

Subject: CME

CRN: 30467 Jun 28-Jul 21 9-10:15 am Fee: \$30 4 Tue/4 Thu SMC/A128



Beginning Computer Skills

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

Instructor:Gene Middleton

Subject: CME

CRN: 30468 Jun 29 Noon-3 pm Fee: \$29 1 Wednesday SMC/C116

Basics of Residential Landscape Irrigation

Discover the basics of residential landscape irrigation systems including design elements, product familiarization, installation and maintenance guidelines. This course is beneficial for do-it-yourselfers and professionals new to residential landscape irrigation.

Instructor: Vern Swanson

Subject: CME

CRN: 70 Jul 5-14 9-10:30 am Fee: \$45 2 Tue/2Thu SMC/TBD

Silver Screen Cowboys, From Film to Television

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

Instructor: Charlie LeSueur

Subject: CME

CRN: 67 Jul 5-26 9 am-Noon Fee: \$89 4 Tuesdays SMC/TBD

Beginning Adobe Photoshop

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

Instructor: Gene Middleton

Subject: CME

CRN: 69 Jul 5-Aug 9 10 am-Noon Fee: \$79 6 Tuesdays SMC/C116

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www.centralaz.edu/lifelonglearning

Intro to Interior Design: Part I

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

Instructor: Cheryl Blankenship

Subject: CME

CRN: 68 Jul 5-19 10 am-Noon Fee: \$69 3 Tue/2 Thu SMC/F138

Intro to Interior Design: Part II

Continue the journey by expanding on the principles and elements you learned in Intro to Interior Design: Part I by creating projects. Basic theories and practical applications are key to creating aesthetically pleasing, functional spaces. This course will help build confidence in making those decisions.

Instructor: Cheryl Blankenship

Subject: CME

CRN: 91 Jul 21-Aug 4 10 am-Noon Fee: \$69 2 Tue/3 Thu SMC/F138

Vision Board

Come join us in this fun class to create and complete a collage of pictures, phrases and words that represent you, including your hopes, desires and goals. What do you want to be, what do want to do, and what is the ultimate outcome you would like to achieve? Your board will become a tool to truly inspire you to lose your mental clutter, and gain focus on both short-term and long-term goals. Having a visual representation helps paint a clear impression of how you see yourself and your life in the next one to five years. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Ruth Ballard Subject: CME

CRN: 71 Jul 6 10 am-Noon Fee: \$29 1 Wednesday SMC/TBD



For credit classes, visit: www.centralaz.edu

Creative Acrylic I

Discover how to paint creatively using acrylics. Lessons include: color theory; brush control; preparing your canvas; the importance of composition; and mixing colors while painting a Southwest landscape and a flower of the desert. Students will leave with at least three completed paintings. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Vanessa Ortiz

Subject: CME

CRN: 72 Jul 6-Aug 17 4-7 pm Fee: \$135 7 Wednesdays SMC/A122

Plants of the Sonoran Desert

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

Instructor: Jean Groen

Subject: CME

CRN: 74 Jul 7 9-11 am Fee: \$35 1 Thursday SMC/TBD

Basic Drawing

Learn excercises to help understand the laws of nature which will enable you to grasp the techniques necessary to learn to draw and paint. How to observe, using the five senses, in order to study nature is of prime importance.

Instructor: Pat Lewis

Subject: CME

CRN: 76 Jul 7-Aug 4 9 am-Noon Fee: \$99 5 Thursdays SMC/A122



Waist Management

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

Instructor: Mari DeZago

Subject: CME

CRN: 75 Jul 7-14 10 am-Noon Fee: \$29 2 Thursdays SMC/TBD

Introduction to Law Enforcement

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

Instructor: Christian Ensley

Subject: CME

CRN: 73 Jul 7-Aug 4 6-7:30 pm Fee: \$49 5 Thursdays SMC/TBD

Exploring Colored Pencils

The humble colored pencil has finally come into its own as a recognized fine art medium! It is a highly portable, sophisticated medium that is easy to use anywhere. This class will focus on using photographs to translate the colors and light of nature into your renderings, using the principles of drawing, while adding techniques such as layering and burnishing to create amazingly realistic works of art. You will create a variety of beautiful Southwestern images to complete more involved, finished pieces. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Ruth Ballard

Subject: CME

CRN: 78 Jul 11-Aug 8 1-4 pm Fee: \$99 5 Mondays SMC/TBD

Expressive Portrait Drawing

Learn how to bring expressive emotions into your portraits using basic techniques. Forget about creating a likeness; instead, we will concentrate on seeing and drawing the big shapes of dark and light. Students will be encouraged to develop their own distinct drawing style using pencil, charcoal, and other media. If you are an individual with an expressive nature, who loves to draw portraits, then this class for vou!

Instructor: Vanessa Ortiz

Subject: CME

Jul 11-Aug 15 4-7 pm CRN: 79 SMC/TBD Fee: \$115 6 Mondays

Teach for us! We're always looking for great instructors!

Joy of Pastels-Level I

Learn how to paint with the wonderful immediacy of pastels. With demos and slide shows, students will learn the exciting history and work of past masters. Learn outlines, shapes, proportions, tone, color, texture, form, value and composition. Complete beautiful floral studies along with vibrant studio still life with thumbnail sketches, utilizing different pastel strokes. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Ruth Ballard

Subject: CME

CRN: 81 Jul 12-Aug 16 9:30 am-12:30 pm Fee: \$115 6 Tuesdays SMC/A122

How to Utilize Rainwater in the Landscape

Have you ever watched the rainwater flow off your property and thought, "How can I utilize this precious free resource to water my landscape?" Learn the principles of water harvesting and how to use basins, berms, swales, and french drains to create water-harvesting system that uses rainwater to water the landscape. You will also learn how rain tanks can be used to water those plants that need a drink between the rains, and what is required to maintain these type of systems.

Instructor: Ryan Wood

Subject: CME

CRN: 82 Jul 12 10 am-Noon Fee: \$20 1 Tuesday SMC/TBD

Central Arizona Adventures

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

Instructor: Jack San Felice

Subject: CME

CRN: 84 Jul 13-Aug 3 10 am-Noon Fee: \$55 4 Wednesdays SMC/TBD

Spanish for Beginners

Improve your communication skills in the second most common language in the Valley. Basic language structure and vocabulary in a conversational style will help you begin conversing in Spanish.

Instructor: Christian Ensley

Subject: CME

CRN: 83 Jul 13-Aug 10 1-3 pm Fee: \$65 5 Wednesdays SMC/TBD

Lesser-known Plants of the Sonoran Desert

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

Instructor: Jean Groen

Subject: CME

CRN: 85 Jul 14 9-11 am Fee: \$29 1 Thursday SMC/TBD

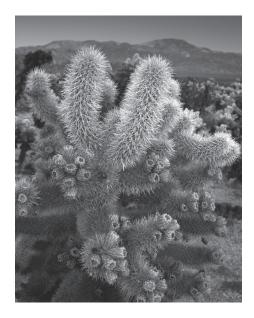
Curandero Walk

"Ethno-botany" hobbyists Kathy and Tom McDonald will lead an interpretive walk around the Superstition Mountain Campus of Central Arizona College, identifying plants native to the Sonoran Desert while discussing their medicinal and edible properties. Did you know that you can make peanut brittle from jojoba beans, a refreshing tea from ocotillo blooms and a native plant tincture from a number of common plants found in our local landscapes? Learn all this and more as we take a hands on walk through the desert landscape of Apache Junction's CAC Campus.

Instructor: Tom & Kathy McDonald

Subject: CME

CRN: 90 Jul 19 10 am-Noon Fee: \$20 1 Tuesday SMC/TBD



Geology of the Superstition Mountains

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

Instructor: Amy Paterson

Subject: CME

CRN: 88 Jul 19-26 4:30-6:30 pm Fee: \$35 2 Tuesdays SMC/F138

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: 89 Jul 19-Aug 16 7-9 pm Fee: \$65 5 Tuesdays SMC/F138

Managing an Irrigation System

Learn how to manage your irrigation system from clock setting and 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 & Bill Roe

Subject: CME

CRN: 93 Jul 26 10 am-Noon Fee: \$20 1 Tuesday SMC/TBD

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

CRŃ: 94 Jul 28-Aug 4 4:30-6:30 pm Fee: \$35 2 Thursdays SMC/F138



Pottery on the Wheel

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

Instructor: Francisco Mencahaca

Subject: CME

CRN: 30439 May 26-Jun 30 6-8:30 pm Fee: \$99 6 Thursdays SPC/TBD Jul 7-Aug 11 6-8:30 pm CRN: 98 Fee: \$99

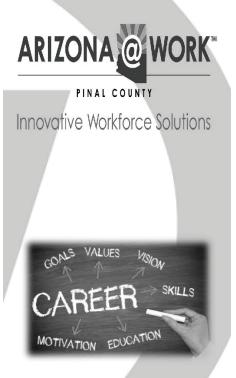
6 Thursdays

SPC/TBD

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

Line Dancing: Fun and Exercise

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

necessary. Instructor: Tobia Eaks

Subject: CME

CRN: 30448 Jun 16-Aug 18 10-11 am Fee: \$5 10 Thursdays STC/D101

Instant Piano for Hopelessly Busy People

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

Instructor: Craig Coffman

Subject: CME

CRN: 30449 Jun 20 6:40-9:40 pm Fee: \$35 1 Monday STC/TBD

Instant Guitar for Hopelessly Busy People

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

Instructor: Craig Coffman

Subject: CME

CRN: 30450 Jun 23 4-6:30 pm Fee: \$35 1 Thursday STC/TBD

Plants of the Sonoran Desert

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

Instructor: Jean Groen

Subject: CME

CRN: 62 Jul 19 10 am-Noon Fee: \$29 1 Tuesday STC/C131

Reiki I

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

Note: No class Jul 5.

Instructor: Martha Chansley

Subject: CME

CRN: 30491 Jun 21-Jul 26 10 am-1 pm Fee: \$119 5 Tuesdays STC/TBD

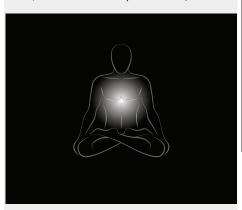
Reiki II

Reiki II adds power to the Reiki healing energy by including additional symbols which intensify the energy flow and facilitate mental, emotional, and distance healings. You will receive the Reiki II symbols and an attunement which greatly amplifies your healing power and allows for intentional direction of the healing energy. Special Note: Students should wear loose fitting clothes and must have completed Reiki I.

Instructor: Martha Chansley

Subject: CME

CRN: 108 Aug 2-30 10 am-1 pm Fee: \$119 5 Tuesdays STC/TBD



Lesser-known Plants of the Sonoran Desert

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

Instructor: Jean Groen

Subject: CME

CRN: 65 Jul 26 10 am-Noon Fee: \$29 1 Tuesday STC/TBD Allison, Connie, holds a BA in Psychology from Prescott College and an MA in Counseling from the University of Arizona. She has completed a year and a half at the Tamara Spiritual Center where she is now an ordained Minister. Connie continues to attend classes in various churches learning more about bible history, interpretation, prayer, meditation and metaphysics.

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

Banaszczyk, Romualda "Rommy," received degrees in Economics and International Education from schools in Poland and Massachusetts. She has been certified in the knowledge of numerology and is an international speaker and educator. She has a unique vision for promoting world peace, supporting education and literacy around the globe.

Blankenship, Cheryl; passionate about interior design since childhood, Cheryl has won regional and national awards for her designs. She taught interior design classes at MCC for over 10 years. Cheryl traveled to many countries, experiencing various cultures, architecture, furniture design and styles that enabled her to share this knowledge with her students.

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

Coffman, Craig, is an experienced piano instructor, professional pianist and music director. He has over 20 years experience teaching piano privately. His piano seminars, offered through community colleges and community education programs, have been attended by over 12,000 students throughout the United States over the last 11 years. He has a degree in Sociology from Illinois Wesleyan University in Illinois (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon.

Corrigan, Sharon, AZ Licensed Massage Therapist and Nationally Certified Bodyworker; Certified Star & Cross & Level 2 Instructor through World Tai Chi; lifetime practitioner of meditation and Kriya yoga; Certified 800 hour yoga instructor through the Southwest Institute of Healing Arts and registered with the Yoga Alliance with special training in Senior Yoga.

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

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

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

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

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

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

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.

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".

Lewis, Patricia; born and raised in Phoenix, she holds a Bachelor and a Master degree in Secondary Art Education from Arizona State University. Pat taught art for over 25 years in various settings, including; an elementary school, parks and recreation centers and at the college level.

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.

Marrinan-Menchaca, Dr. Mary, has over 40 years experience teaching French, Spanish and English to students from kindergarten through university graduate levels.. Dr. Marrinan-Menchaca is the owner and director of Casa Grande based Comprende Services, which is a business whose focus is workplace training in the areas of Spanish language, cultural diversity and stress management.

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

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

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

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

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

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.

Ramirez, Larry, as a hiking and outdoor enthusiast, photography has given him the ability to share some of the amazing things that he has seen throughout his adventures. His photographs have been published in newspapers, earned awards, exhibited and used as postcards by the town of Mammoth, AZ.

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.

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

San Felice, Jack, has been an avid hiker, 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.

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

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.

Wood, Ryan; shares with you his extensive knowledge in water harvesting and permaculture design along with his skills and enthusiasm for creating sustainable livelihoods. As a Program Manager for Watershed Management Group, Ryan applies his talents while educating the public through hands-on workshops, presentations, consultations, and integrated design services. Watershed Management Group (WMG) is a 501(c)3 nonprofit organization, whose mission is to develop community-based solutions to ensure the long-term prosperity of people and health of the environment. WMG provides people with the knowledge, skills, and resources for sustainable livelihoods.

Zaimont, Gary, holds a Master of Arts degree from Queens College and a Professional Diploma in Educational Administration from Hofstra University. For 12 years he worked as an Employment Trainer for HIRED in Minnesota. He taught job-seeking skills to many clients of HIRED's programs to include Youth Programs in Minnesota, Welfare to Work programs, Adult Workforce Programs serving disadvantaged adults, and Dislocated Worker programs. Mr. Zaimont also taught job-seeking skills to ESL classes at the Minneapolis Community and Technical College. He wrote a manual, Job Seeking Essentials, to serve as curriculum for those courses. Since moving to Arizona in 2005, he has been writing arrangements for and playing the flute and bass clarinet in the Maricopa Music Circle and has had his photographs and paintings displayed at the Maricopa Center for Entrepreneurship and the Maricopa Library.

Zubel, Laura, has an Organizational Management Degree from Rio Salado College. She has worked for Microsoft Network for 5 years and has over 10 years of experience with Microsoft products and suites. She has taught computer classes and provided training for corporations. She was raised in Arizona and has an extensive interest in Arizona Living, including over 20 years of experience using a solar oven, gardening in the desert and is a Certified Master Gardener. Her additional interests have given her over 10 years of experience creating and teaching Swedish Weaving and sewing projects.

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

Two easy ways to register:

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

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

2. <u>FAX</u>: 480.677.7722 or 520.494.6055 Use the registration form at www.centralaz.edu/lifelonglearning. Payment must be made by credit card only.

Register for CGPR and MARPR:

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

- City of Casa Grande Parks & Recreation (520.421.8677) will process registrations via their Web link at: http://casagrandeaz.gov/rec/recreation or its office at 404 E. Florence, Blvd., Casa Grande, AZ (cash, check, money order, debit card, Visa, and MasterCard payments are accepted). Therefore, Central Arizona College online, campus and educational center registration is blocked for these courses.
- City of Maricopa (520.316.4600) will process registrations for Maricopa Campus Lifelong Learning Community Education classes via its web link at: https://apm.activecommunities.com/cityofmaricoparec/Home or its office at 44345 W. Martin King Jr. Blvd., Maricopa, AZ 85138 (cash, check, money order, debit card, Visa, American Express, and MasterCard payments are accepted). Therefore, Central Arizona College online, campus and educational center registration is blocked for these courses.

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

What if a class cancels?

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

When are the campuses closed?

May 30 Memorial Day July 4 Independence Day

Attendance:

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

Instructor Biographies:

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

Where are classes held?

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

Are there requirements for individuals under the age of 18?

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

Supplies and Textbooks:

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

What is the refund policy?

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

What about parking?

Parking is free at all locations.

Disclaimer

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

Registration/Admission Student Information Form														☐ Maricopa Campus ☐ Corporate Center ☐ San Tan Campus					
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☐ Superstition Mountain

☐ Signal Peak

Central Arizona College Course Locations

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

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

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

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

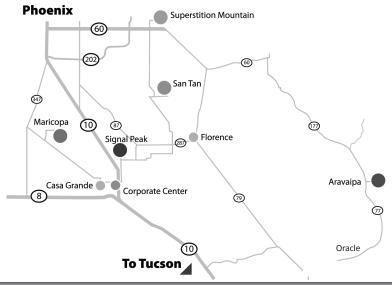
FC-Florence Center 800 E. Butte Ave. Florence, AZ 85132 MC-Maricopa Campus 17945 N. Regent Dr. Maricopa, AZ 85138

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

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

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

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



Accreditation:

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

Nondiscrimination Policy:

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

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