Discover Your Passion...

Fall 2017
Classes & Workshops Start Every Week!

theCLL.org  sbcc.edu/ExtendedLearning
Welcome Message from the Interim Vice President, School of Extended Learning

Welcome to the Fall 2017 semester! Today brings us change, and we are excited to embrace a major new initiative. Our College President, our Board of Trustees, and SBCC Educational Programs support our effort to build a world-class and comprehensive, School of Extended Learning, that will benefit our community and adult learners. This new school will maximize tuition-free offerings and integrate pathways to our credit programs. We will continually evaluate our course offerings to ensure we are meeting the extended learning needs in our community.

In this schedule of classes, you will see course offerings for the Center for Lifelong Learning and an insert listing noncredit, tuition-free learning options. By Spring 2018, look for a School of Extended Learning schedule of classes where we will have integrated all our community programs, including both tuition-free and fee-based classes.

Thank you for your long-standing support of Santa Barbara City College, and helping us to remain a steadfast community partner. I look forward to leading our incredibly talented team through this transition, and serving you at the new School of Extended Learning.

Dr. Melissa V. Moreno

Key Dates for FALL 2017
August 21 - December 9 / Classes & workshops start every week!

- **July 10:** Registration Begins
- **September 4:** Labor Day
- **November 10:** Veterans Day (observed)
- **November 23 - 25:** Thanksgiving Vacation
- **October 23:** Mind & Supermind with Jack Canfield, PhD
- **December 2:** Arts & Crafts Fair
- **December 9:** Last day of scheduled classes

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School of Extended Learning: Fall Term 2017

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Classes & workshops start every week!
A Look Behind Art’s Important Shifts in Style and Themes

Art is profoundly influenced by historical events. In the 1920s Picasso radically changed his style of painting from Cubism to a form of art recalling ancient cultures. Simultaneously artists throughout Europe rejected popular avant-garde movements to conform to a style of neutrality. What were the causes for this shift in the visual arts that continued through the 1940s? Examine the masterworks from France, Italy and Germany, and discover how artists were challenged to reflect the ever present shifts in cultural and political history. Enhance your art appreciation by recognizing the influences and motivation behind these celebrated masterworks.

Course number: 402508
ID 21082 > Ursula Ginder • Oct 19 - Nov 9 • Schott, Rm 6
4 Thursdays • 10:00AM - 12:00PM • $64

Abstract Painting

You will paint inspiring and luscious abstract paintings with weekly projects studying the distinct styles and techniques of cutting edge abstract painters. Generous weekly color handouts will be given for a deeper understanding of this intriguing art form. You will learn breakthrough techniques and the instructor’s texture recipes along with easily mastering the use of color and how to mix it with tantalizing compositions in this rich art form. Paint in a comfortable atmosphere with one-on-one instruction. A materials list will be provided by email as well as in the first class.

Course number: 402401
ID 20843 > Jill Sattler • Aug 22 - Oct 3 • Schott, Rm 5
7 Tuesdays • 1:00PM - 4:00PM • $126 + Materials $15
ID 20916 > Jill Sattler • Aug 24 - Oct 5 • Schott, Rm 5
7 Thursdays • 1:00PM - 4:00PM • $126 + Materials $15
ID 20844 > Jill Sattler • Oct 17 - Nov 28 • Schott, Rm 5
7 Tuesdays • 1:00PM - 4:00PM • $126 + Materials $15
ID 20917 > Jill Sattler • Oct 19 - Nov 30 • Schott, Rm 5
6 Thursdays • 1:00PM - 4:00PM • $108 + Materials $13

All About Watercolor Painting Outdoors

This outdoor painting class is for all levels. Adding watercolor to your simplest sketches can be fun and exciting. Join us as you learn about this extremely expressive medium while you explore Santa Barbara’s countless picturesque scenes, just waiting for your unique interpretation. A complete watercolor painting demonstration at each location as well as personalized instruction will be offered. Focus will also be on composition, simplifying perspective, color, and finding your own style.

Course number: 402388
ID 20882 > Tom Henderson • Sep 7 - Nov 16 • Schott, Rm 3
11 Thursdays • 9:30AM - 12:30PM • $198 + Materials $5

Art a la Carte

A study in painting oils on canvas with brush and palette-knife. Students learn a variety of styles in painting including representational, impressionism, post-impressionism, cubism and abstract expressionism (non-objective and geometric). They will receive both group and individual guidance and complete assignments on a variety of subject matter, including assignments coordinated with local museums.

Note: Prerequisite: Beginning Oil Painting or other previous oil painting experience.

Course number: 402412
ID 21150 > Paige Wilson • Sep 7 - Oct 19 • Wake, Rm 7
7 Thursdays • 1:00PM - 4:00PM • $126 + Materials $10
ID 21151 > Paige Wilson • Oct 26 - Nov 30 • Wake, Rm 7
5 Thursdays • 1:00PM - 4:00PM • $90

Art and Craft of Printmaking

Create a unique monotype by applying printing ink to one surface (a plate) and printing the image to paper by means of pressure (an etching press). Several other types of printmaking can be combined with the monotype and over three terms of this course you will also print using relief, intaglio and collagraph processes. This course is for both beginning and advanced students and every class includes lecture, demonstrations and hands-on practice in using these techniques.

Course number: 430029
ID 21152 > Siu Zimmerman • Sep 15 - Nov 3 • Schott, Rm 23
8 Fridays • 10:00AM - 2:00PM • $192 + Lab $9 + Materials $45

Artist’s Open Studio Workshop

Join your friends, paint in an open lab setting and receive individual attention, encouragement and constructive criticism. This class is an opportunity to examine and identify personal interests and aptitudes as painters. One-on-one instruction provided. Projects for those wishing assignments. All media welcome, for artists of all levels.

Course number: 402456
ID 20779 > Paige Wilson • Sep 5 - Oct 10 • Wake, Rm 7
6 Tuesdays • 1:00PM - 4:00PM • $135 + Materials $7
ID 20780 > Paige Wilson • Oct 24 - Nov 28 • Wake, Rm 7
6 Tuesdays • 1:00PM - 4:00PM • $135 + Materials $7
Asian Art: Chinese Brush Painting

Chinese calligraphy and brush painting are ancient and revered fine arts. Chinese calligraphy depicts beautiful images in dynamic dancing movements with rhythm of music. The ink is singing and the brush is dancing. Learn Chinese calligraphy and the spiritual meaning behind the characters. Lectures on the symbolism of each subject and composition. Learn to use Chinese brushes, watercolor materials, color-loading techniques and methods. Create elegant Asian subjects: bamboo, floral, animal, landscape, and special topics. Weekly demonstrations, individual attention, and instructional handouts. Come and enjoy a quiet meditation to begin your creative process. All skill levels welcome.

Note: A review of art supplies on the first day.

Course number: 402426
ID 20761 Suemae Willhite • Sep 26 - Nov 7 • Wake, Rm 7
7 Tuesdays • 9:00AM - 12:00PM • $147 + Materials $18

Assisted Watercolor and Meditative Relaxation

Finally a beginning watercolor class for adults with the goal of fun and relaxation! Choose from dozens of pre-drawn flora and fauna designs and start ‘assisted’ painting right away with vibrant, fluid India inks. Working on a structured printed canvas of soothing natural forms will automatically activate both hemispheres of your brain so that you relax into a meditative, healing state. Explore a variety of color application and watercolor techniques while creating a finished painting beautiful enough to frame.

Course number: 402503
ID 20753 > Carissa Luminess • Sep 8 - Oct 6 • Schott, Rm 20
5 Fridays • 1:00PM - 4:00PM • $90 + Materials $20
ID 20754 > Carissa Luminess • Oct 20 - Nov 17 • Schott, Rm 20
4 Fridays • 1:00PM - 4:00PM • $72 + Materials $20

Beginning Oil Painting

Introduces, describes and applies the basic techniques of oil painting. Topics include: tools and materials, black/white values, color mixing and color theory, aerial/linear perspective, and subject matter including landscape, seascape, still life, portraiture and abstraction. Beginning and more advanced students are welcome. May include field trip sites for landscape painting experience.

Course number: 402376
ID 20927 > Catharine Runkle • Sep 25 - Nov 20 • Wake, Rm 7
9 Mondays • 9:00AM - 12:00PM • $162 + Materials $10

Beginning Oil Painting Basics and Beyond

Students learn about materials, set-up and palette-mixing, color combinations that work, and the use of light. Artistic techniques of applying paint to canvas include brushes and palette knife. Students gain exposure to various styles of painting, from still life to landscape, representational to abstract, including impressionistic. Offered in a relaxed setting with individual guidance to help beginning students gain confidence as they learn techniques.

Course number: 402439
ID 20824 SAT > Thomas Van Stein • Sep 16 - Nov 18 • Schott, Rm 23
10 Saturdays • 9:00AM - 12:00PM • $210

Beginning Watercolor: Painting with the Flow

Watercolor can be fun, especially when you lose yourself in the flow of the creative process. In this beginning watercolor class, with emphasis on landscape painting, students will be encouraged to paint freely and discover individual style. We’ll cover color mixing and color theory, composition, the elements of design and how to make your paintings come to life by utilizing the effect of light and shadow. Includes painting demonstrations and creative warm-up exercises.

Course number: 402378
ID 20883 EVE > Tom Henderson • Sep 5 - Nov 21 • Schott, Rm 5
12 Tuesdays • 6:00PM - 9:00PM • $216 + Materials $5

Assemblage Art Workshop

Assemblage is a form of three-dimensional visual art that is made from everyday found objects. Turn your found objects into one-of-a-kind pieces of art in this ‘hands-on’ and ‘how-to’ workshop. You’ll need to supply all objects to work with including wooden boxes to work within or panels to work on, wooden items, figurines, papers, photos or cigar boxes. Anything that speaks to you, the older the better! Discover your own inner voice, and come away with an assemblage masterpiece. Note: Students of all levels are welcome.

Course number: 402492
ID 20770 > Susan Tibbles • Aug 24 - Oct 12 • Schott, Rm 20
8 Thursdays • 12:15PM - 3:15PM • $216 + Materials $13
ID 20771 > Susan Tibbles • Nov 2 - Nov 30 • Schott, Rm 20
4 Thursdays • 12:15PM - 3:15PM • $135 + Materials $14

Beginning Watercolor: Painting with the Flow
→ **Beginning Watercolor: Starting Right, Painting Loose**

Make watercolor painting your new passion. This class will get you started correctly and provide all of the tips and techniques to help you master this challenging medium. Develop an attitude and freedom of expression as you paint to unleash your inner artist. Discover the joy of watercolor.

Course number: 402431
ID 20792 › Rick Osgood • Sep 5 – Nov 7 • Schott, Rm 5
10 Tuesdays • 9:00AM - 12:00PM • $240 + Materials $20

→ **Birds and Blooms: India Ink Watercolor Painting**

NEW!

Explore the exciting use of intensely colorful, vibrant India inks as a watercolor medium for painting joyful images of flowers and birds. Working with live flowers from your own bouquet, along with a photo of a bird of your choosing, you’ll create beautiful designs that celebrate nature. Make bold contour drawings and apply the permanent, archival India inks using a variety of watercolor techniques. You will receive lots of one-on-one guidance and plenty of demonstrations. All levels welcome.

Course number: 402507
ID 20794 › Carissa Luminess • Sep 11 - Oct 30 • Schott, Rm 5
8 Mondays • 1:00PM - 4:00PM • $144 + Materials $20

→ **Botanical Illustration and Nature’s Gems**

Explore the illustration of flowers, and other small treasures. Learn to see and appreciate the unique character and variety in nature. Study the physiology and structure of plants, seeds, pods, feathers, shells and more. Develop your talents and techniques while using pencil, pen, watercolor and a variety of tools. Expand your skills while studying the details and subtlety of form, line, texture, and color. Students of all skill levels welcome.

Course number: 402390
ID 20926 › Catharine Runkle • Sep 26 - Nov 21 • Schott, Rm 20
9 Tuesdays • 1:00PM - 4:00PM • $162 + Materials $6

→ **Chinese Brush Painting and Meditation - Intermediate**

This course is designed for students to further their knowledge in Chinese calligraphy and Brush Painting. Refine your brush strokes and Chinese calligraphy. Expand your skill in creating Asian subjects: floral, bird, Koi, and landscape, to special topics according student’s skill level. Lecture on symbolism of each subject, color-loading techniques, and compositions. Weekly demonstrations, individual critiques, and handouts. We will begin our class with 15 minutes of meditation.

Course number: 402453
ID 20762 › Suemae Willhite • Sep 27 - Nov 8 • Wake, Rm 7
7 Wednesdays • 1:00PM - 4:00PM • $147 + Materials $18

→ **Color and Light: Fresh Watercolor Painting**

The student discovers how to make bright, loose, free-flowing paintings filled with light and color using layers of transparent watercolor and white paper. Students use paper, paints, water and brushes and experiment with color to create interpretive florals, landscapes and abstracts. Features demonstrations plus time for personalized instruction in the basics of dynamic composition, value control, color temperature and color mixing.

Course number: 402432
ID 20913 › Kaaren Robertson • Sep 20 - Nov 8 • Schott, Rm 23
8 Wednesdays • 9:00AM - 12:00PM • $144 + Materials $5

→ **Collage and Mixed Media Construction**

This class teaches students composition and hands-on technique for collage and mixed media. Students will complete collage and mixed media projects, emphasizing the principles and elements of composition.

Course number: 402411
ID 20763 › Susan Tibbles • Aug 21 - Oct 9 • Schott, Rm 20
7 Mondays • 12:15PM - 3:15PM • $168 + Materials $14
ID 20764 › Susan Tibbles • Oct 30 - Nov 27 • Schott, Rm 20
5 Mondays • 12:15PM - 3:15PM • $168 + Materials $14

→ **Draw Your Way through Art History**

Here is art history with a whole new slant. Develop your drawing skills as you render major artistic expressions throughout the ages. From the murals of Pompeii, spiritual Chinese paintings, French Impressionists, Andy Warhol, Art Deco, Art Nouveau, Diego Rivera to Georgia O’Keefe, you will get a first-hand experience recording your impressions on paper. Take a tour through the ages with the world’s leading art styles, and get a sense of why we’re where we are today. You will love applying the old techniques in your own way, making art history come alive like it’s never done before. Open to all levels.

Course number: 402478
ID 20886 › Barbara Eberhart • Sep 6 - Nov 1 • Schott, Rm 5
9 Wednesdays • 1:00PM - 4:00PM • $162 + Materials $5

→ **Drawing for the True Beginner**

Not an artist? Learn the basic drawing skills and techniques suitable for complete beginners. Find out how to ‘see’ and then record your observations. Through drawing a variety of subject matter that highlight different drawing techniques, you will build a drawing ‘toolkit’ that will, with practice, enable you to draw practically anything. Learn the basic foundations of drawing including perspective, foreshortening, measuring, shading, and the affects of light and shadow. Discover and practice new drawing skills, and develop confidence in your ‘inner artist’.

Course number: 402373
ID 20941 › Colin Gray • Sep 7 - Nov 16 • Schott, Rm 22
11 Thursdays • 9:00AM - 12:00PM • $198 + Materials $5
ID 20939 › Eve Collin Gray • Sep 7 - Nov 16 • Schott, Rm 22
11 Thursdays • 6:00PM - 9:00PM • $198 + Materials $5
→ Drawing from Life: Figure and Portrait with Duane Unkefer

Basic drawing instruction for beginners and experienced artists, who seek to improve their skills in portraiture, face to full figure, and working from the model. Long poses will allow time to create a finished picture. Lessons include gesture drawing, form, color, and composition. Painters welcome. Includes demonstrations and individual critique by the instructor.

Note: Minors (under age 18) are not allowed in this class.

Course number: 402415
ID 21226 EVE D. Duane Unkefer • Aug 23 - Oct 11 • Schott, Rm 23
8 Wednesdays • 6:30PM - 9:30PM • $144 + Lab $50 + Materials $5

ID 20949 EVE D. Duane Unkefer • Oct 18 - Nov 29 • Schott, Rm 23
7 Wednesdays • 6:30PM - 9:30PM • $126 + Lab $44 + Materials $5

→ Exploring Watercolor

Everybody loves watercolors. Come discover the fun of exploring watercolor painting. Enhance, improve and increase your knowledge and skills in watercolor painting. Discover more about color theory, value, composition and a multitude of watercolor techniques. Enjoy a lively, supportive class environment that includes lecture, demonstration, handouts and critique. Everyone benefits. Everyone has fun.

Note: This class is designed for students with some watercolor painting experience.

Course number: 402375
ID 21221 Catharine Runkle • Sep 28 - Nov 16 • Schott, Rm 5
8 Thursdays • 9:30AM - 12:00PM • $144 + Materials $6

→ Express Yourself with Beautiful Calligraphy

NEW!

Now you can master the skill of creating written communication using dazzling calligraphy. Take a pen and transform watercolor into beautiful words that will not only enrich your own life but also endear you to others. Perform magic by producing a handwritten poem for someone special. Inspire another with a handwritten quote or even just scribe their name on an envelope. Who knows, this might become a new source of income. Let’s have fun using color and focusing on the meditative aspects of beautiful writing as well as the foundational skills needed to make lovely letterforms. This class is open to total beginners as well as seasoned calligraphers.

Course number: 402509
ID 21146 Carla Harris • Sep 7 - Oct 12 • Schott, Rm 6
6 Thursdays • 9:30AM - 11:30AM • $120 + Materials $10

→ Figure Drawing and Painting with Rick Stich

Develop your figure drawing and painting skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you’re learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

Course number: 402488
ID 20928 EVE Richard Stich • Sep 12 - Nov 21 • Schott, Rm 23
11 Tuesdays • 6:30PM - 9:30PM • $231 + Lab $69 + Materials $5

→ Figure Drawing with Bob Mask

Develop your figure drawing skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you’re learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

Course number: 402485
ID 20755 Robert Mask • Aug 23 - Sep 20 • Schott, Rm 22
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $32 + Materials $5

ID 20756 EVE Robert Mask • Aug 24 - Sep 21 • Schott, Rm 23
5 Thursdays • 6:30PM - 9:30PM • $90 + Lab $32 + Materials $5

ID 20757 Robert Mask • Sep 27 - Oct 25 • Schott, Rm 22
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $32 + Materials $5

ID 20758 EVE Robert Mask • Sep 28 - Oct 26 • Schott, Rm 23
5 Thursdays • 6:30PM - 9:30PM • $90 + Lab $32 + Materials $5

ID 20759 Robert Mask • Nov 1 - Nov 29 • Schott, Rm 22
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $32 + Materials $5

ID 20760 EVE Robert Mask • Nov 2 - Nov 30 • Schott, Rm 23
4 Thursdays • 6:30PM - 9:30PM • $90 + Lab $32 + Materials $5

→ Figure Drawing and Painting with Colin Gray

Develop your figure drawing skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you’re learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

Course number: 402486
ID 20938 Colin Gray • Sep 6 - Nov 15 • Schott, Rm 22
11 Wednesdays • 9:00AM - 12:00PM • $198 + Lab $69 + Materials $5

→ Figure Drawing with Tom Henderson

Develop your figure drawing skills under the guidance of a professional artist. Beginning and intermediate level students alike will benefit from the opportunity of drawing directly from a live model. No matter what you’re learning style or experience may be, you’ll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

Course number: 402490
ID 20887 Tom Henderson • Sep 5 - Nov 21 • Schott, Rm 23
12 Tuesdays • 9:00AM - 12:00PM • $216 + Lab $77 + Materials $5
Finishing Techniques for Successful Paintings

Finishing is an art in itself. Sometimes all one needs to do to ‘Finish’ a painting is receive a bit of critique and guidance as to how to apply specific techniques. Working on newer and older paintings, you will explore various options/possibilities and tools utilized by past and contemporary masters in order to bring about certain desired affects. Glazing, scraping, sanding, and toning are examples we will utilize to bring about more realized expressions on canvas. This intimate studio setting: shared with fellow artists dialoguing about process, historical content, while experimenting to finish their own paintings is an invaluable and conducive step toward turning your own paintings into greater works of art.

Course number: 402480
ID 20823 SAT  Thomas Van Stein • Sep 16 - Nov 18 • Schott, Rm 23
10 Saturdays • 1:00PM - 4:00PM • $210

Joyful Experimentation for Curious New Artists

New to art and don’t know where to begin? Produce instant results as you master basic techniques in art. Discover color, texture, layering, and three-dimensional surfacing. Explore innovative and fun ways to fill a canvas while using acrylic paint in an intuitive, free-form approach. Enjoy a relaxed atmosphere as you experience close to a dozen unique techniques. Success will be yours as you discover your new favorite hobby.

Course number: 402496
ID 20751 EVE  Adam Peot • Aug 21 - Oct 9 • Schott, Rm 5
7 Mondays • 6:00PM - 9:00PM • $126 + Materials $20
ID 20752 EVE  Adam Peot • Oct 23 - Nov 27 • Schott, Rm 5
6 Mondays • 6:00PM - 9:00PM • $108 + Materials $20

Graphic Design for Non-Designers

We find ourselves designing graphics on a daily basis. Whether at work or at home, we arrange type and images to communicate a message. The application of graphic design is vast and versatile. From font pairing and scale, to alignment and white space, the facets of the design world are complex. Here is a fun, interactive class to help you understand the principles of graphic design and learn some basic design rules. Come away being able to create professional and well composed creations from brochures and postcards to invitations and fliers.

Course number: 402499
ID 20890 EVE  Jack Mohr • Oct 9 - Nov 27 • Wake, Rm 18
8 Mondays • 6:00PM - 7:30PM • $96

Light and Shadow in Art: A Plein Air Painting Experience

This course teaches students the fundamentals of light and shadow in painting. Technical skills in the use of oils, acrylics, and watercolors, are utilized to capture the quality of light and color relationships on a two-dimensional surface.

Course number: 402397
ID 21227  Thomas Van Stein • Sep 13 - Nov 22 • Butterfly Lane, Butterfly Beach
11 Wednesdays • 1:00PM - 4:00PM • $198

Intermediate Drawing

This Intermediate drawing class will build on your basic drawing knowledge (see Drawing for the True Beginner) and focus on developing line quality, use of color, shadow and shading, composition, foreshortening, as well as use of different drawing materials including pencil, pen and ink, and scratchboard. Designed for students who want to improve their drawing skills, prepare for painting or watercolor classes, or develop independent works. Weekly subject matter will change, to enhance and challenge student drawing skills.

Course number: 402430
ID 20940  Colin Gray • Sep 7 - Nov 16 • Schott, Rm 22
11 Thursdays • 1:00PM - 4:00PM • $198 + Materials $5

Modeling the Figure in Clay

Students explore techniques of modeling three-dimensional human figures in water-based clay. Observation of live models provides the basis for instruction in skills of construction, proportion, anatomy, gesture, texture and patina, with the ultimate goal of creating a lively, expressive figure. Creating a self-supporting clay figure addresses the following topics: analyzing the challenges presented by the pose, planning sequential construction, using scale measurements, applying materials, tools and armatures, texturing and finishing techniques, firing preparation, applying patinas and presenting final project.

Note: Minors (under age 18) are not allowed in this class.

Course number: 451360
ID 20911 EVE  Alexander Meza • Aug 21 - Oct 9 • Schott, Rm 22
7 Mondays • 5:00PM - 8:00PM • $126 + Materials $15
ID 20923  Story Kornbluth • Sep 5 - Oct 3 • Schott, Rm 22
5 Tuesdays • 9:00AM - 12:00PM • $105
ID 20924  Story Kornbluth • Oct 10 - Nov 14 • Schott, Rm 22
6 Tuesdays • 9:00AM - 12:00PM • $144 + Materials $15
ID 20912 EVE  Alexander Meza • Oct 23 - Nov 27 • Schott, Rm 22
6 Mondays • 5:00PM - 8:00PM • $108 + Materials $15

Registration is easy at www.theCLL.org
→ **Painting or Drawing the Costumed Model**

Expand your art skills through drawing or painting a clothed model. Even an experienced artist will flourish through working in an intimate setting and in a small group to enhance your skills. Receive one-on-one guidance from an experienced teacher using a variety of modalities including graphite, colored pencils, water soluble crayons, conte crayon, ink, oil pastels, watercolor, acrylic or water based oils. No solvent based oils, charcoal or soft pastels will be used. Recommend for intermediate or advanced artists.

**Course number: 402482**

ID 20821 › Gregory LeRoy  •  Sep 7 - Oct 26  •  Schott, Rm 23
8 Thursdays  •  1:30PM - 4:30PM  •  $144  +  Lab $48  +  Materials $5

→ **Perspective Drawing With Confidence**

One of the most vexing aspects of drawing and painting is capturing perspective. Discover concrete techniques that immediately enhance your creative expressions. Explore how to simplify an object and also how better to capture circles, cylinders, ellipses, and 1 & 2 point perspective. Challenge yourself and draw objects as well as interior and exterior spaces in pencil, pen, ink, and basic watercolor mediums. Come away with even more confidence and skill in the wonderful world of drawing. Beginners and Intermediate students welcome!

**Course number: 402500**

ID 20925 › Catharine Runkle  •  Sep 27 - Oct 25  •  Wake, Rm 7
5 Wednesdays  •  5:30PM - 8:30PM  •  $120  +  Materials $5

→ **Portrait Drawing**

Students experience the challenge, excitement and creative self-expression of portrait drawing. This class emphasizes the underlying anatomy to help students build a believable likeness. An exploration of the effects of light on the planes of the head and neck help the student connect the head to the figure. Each class has ample individual instruction, a valuable demonstration and group critique.

**Course number: 402436**

ID 21225 › Viviana Pouget  •  Aug 22 - Nov 28  •  Schott, Rm 23
15 Tuesdays  •  1:30PM - 4:30PM  •  $270  +  Lab $95  +  Materials $5

→ **Saturday Stone Carving, Beginners to Intermediate**

Enjoy learning the fundamentals of stone carving, focusing on the basic techniques of carving and the development of ideas and forms. Beginners use hand tools to carve alabaster. Intermediate carvers will work in a full range of stone using hand and power tools. Start with an idea and finish with a beautiful stone carving.

**Course number: 405370**

ID 20815 › Rebecca Davis  •  Aug 26 - Oct 21  •  SBCC, Humanities Building - outside room H-104
9 Saturdays  •  9:30AM - 12:30PM  •  $162  +  Materials $25

→ **Splashing Watercolor 1 and 2**

Through lecture, demonstrations and handouts, students will learn a variety of beginning and intermediate level approaches and techniques to watercolor. Students explore a variety of styles, color theory and composition. Strong emphasis on color and light. Students will receive individualized and group instruction and critiques.

**Course number: 402423**

ID 21237  ›  Rick Osgood  •  Sep 6 - Nov 8  •  Schott, Rm 5
10 Wednesdays  •  9:00AM - 12:00PM  •  $240  +  Materials $2

→ **Stories in Art - American Art and Artists**

Stories in American art is an overview of important and uniquely American art movements. We learn about the artist’s role that both reflected and shaped our history, culture and singular heritage. Look at art forms including and beyond painting for past 300 plus years. Art and design theory are examined as well as what has shaped and propelled changes and growth in American art forms. You will see hundreds of beautiful art images in power point presentations. No art background is needed. Join us for a lively and informative class.

**Course number: 402449**

ID 20831  ›  Jodi Miles  •  Sep 7 - Oct 12  •  Wake, Rm 16
6 Thursdays  •  5:00PM - 6:00PM  •  $36

→ **What’s it Worth?**

What’s the value of your inherited or collected fine art, sculpture, folk art, ceramics, sterling silver, modern master prints, important library books, or other fine & decorative art items? Certified ANA Appraiser Alice Karle brings her 20 years of experience to this roadshow style class providing limited scope verbal value estimates for up to two items per student. Bring your sense of wonder, curiosity, and of course your sense of humor.

**Course number: 401241**

ID 20774  ›  Alice Karle  •  Oct 21  •  Schott, Rm 6
1 Saturday  •  1:30PM - 4:30PM  •  $27

→ **Working with Galleries to Market Your Art**

You studied art, took art classes and courses. You created some fabulous pieces and want to enter the world of art now. Ever wondered how to make the leap from art as your hobby to art as a potential income stream? Discover what to know about the business of art. Get answers to how, when and where to present your work. Find out how artist-gallery relations work. Join us for useful information and discussion, and come away with an understanding of how to market your art as a business.

**Course number: 402481**

ID 21239  ›  Jack Mohr  •  Sep 12 - Oct 10  •  Schott, Rm 6
5 Tuesdays  •  9:30AM - 11:30AM  •  $80
Flower Arranging

Students learn techniques and method of flower arranging for applications in the home, office or competition. Topics include the principles of using a wide variety of plants, materials and accessories. Students learn the use of glass, baskets, pottery, wood and metal containers. Supportive instructor one-on-one feedback as the student completes assignments to help develop marketable workplace skills while learning pricing, efficient use of time and materials, and customer service strategies.

Course number: 409015
ID 20778  Richard Finn  Sep 25 - Nov 6  Schott, Rm 5
7 Mondays  9:00AM - 12:00PM  $126 + Materials $15

Glass Arts Workshop

Students of all levels receive individualized instruction in the glass arts, including leaded stained glass, copper foil stained glass, fusing, mosaic, and sandblasting.

Course number: 451333
ID 21011  Lorraine Vanhecke  Aug 25 - Dec 1  Wake, Rm 11 Stained Glass Lab
13 Fridays  9:00AM - 12:00PM  $269 + Lab $66 + Materials $10
ID 21161  Lorraine Vanhecke  Sep 18 - Nov 15  Wake, Rm 11 Stained Glass Lab
9 Mondays  6:00PM - 9:00PM  $189 + Lab $46 + Materials $10

Glass Creations: Lead, Copper Foil, Sandblasting and Mosaic

In this hands-on class, we discover the beauty of glass and all that it has to offer! You will create a beautiful piece that you will be proud to say you made yourself. Learn to understand glass and enjoy working in this special medium. Don’t shy away if you don’t have any experience - this class is designed for students of all levels.

Course number: 451365
ID 21013  Lorraine Vanhecke  Aug 22 - Nov 28  Wake, Rm 11 Stained Glass Lab
15 Tuesdays  9:00AM - 12:00PM  $269 + Lab $45 + Materials $10
ID 21014  Lorraine Vanhecke  Aug 24 - Nov 30  Wake, Rm 11 Stained Glass Lab
14 Thursdays  9:00AM - 12:00PM  $249 + Lab $42 + Materials $10
ID 21232  Lorraine Vanhecke  Aug 24 - Nov 30  Wake, Rm 11 Stained Glass Lab
14 Thursdays  1:00PM - 4:00PM  $249 + Lab $42 + Materials $10

Shrine of a Lifetime: Create a Mexican Folk Art Nicho

Create a Mexican shrine, or nicho, typically associated with the Day of the Dead celebrations. Work with various mixed media such as wood, paper, metal, clay and randomly found objects, while also learning the art of collage. Discover how to create a one of a kind shrine dedicated to and honoring a beloved person, pet, place, or idea. Personalize your nicho by bringing cherished small photos, handwritten notes or your own sacred objects. Your completed nicho will truly be 'art from the heart' that will take on special meaning.

Course number: 451405
ID 21175  Katherine Mills  Oct 27  Schott, Rm 20
1 Friday  10:00AM - 1:00PM  $30 + Materials $8

Glass Fusing

Students will learn basic skills to create several fused glass pieces. Emphasis will be placed on creating functional, yet artistic pieces, including a small plate or bowl. The class will be taught at a relaxed pace with emphasis on artistry and fun. Students will experience the wonderfully equipped glass studio.

Course number: 451371
ID 21012  Lorraine Vanhecke  Aug 23 - Nov 29  Wake, Rm 11 Stained Glass Lab
15 Wednesdays  11:30AM - 2:30PM  $315 + Lab $77 + Materials $10
ID 21200  Sue Hemmis  Sep 12 - Nov 14  Wake, Rm 11 Stained Glass Lab
10 Tuesdays  1:00PM - 4:00PM  $209 + Lab $51 + Materials $10

WOW Weaving Lab

This class is designed to allow students currently enrolled in the weaving course access to floor looms to continue working on their class projects.

Course number: 451390
ID 20793  TBD CLL Staff  Oct 12 - Nov 16  Wake, Rm 32 Weaving Lab
6 Thursdays  11:00AM - 3:00PM  $120

WOW: Wonders of Weaving

Create beautiful textiles while learning the timeless craft of weaving on a floor loom. The class is designed to teach all of the basic techniques of handweaving while teaching students to plan and execute their own projects. Students can choose from a variety of projects including scarves, blankets, table linens, yardage for clothing, tapestries and rugs, and more. All students are personally assigned a loom in a friendly and creative studio atmosphere.

Note: Tuition fee partially covered through private donations.

Course number: 451363
ID 20787  Matthew Eardley  Sep 12 - Nov 14  Wake, Rm 32 Weaving Lab
10 Tuesdays  9:30AM - 3:00PM  $200

Registration is Easy!
www.theCLL.org

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CRAFTS: CERAMICS

➜ Ceramics in the Garden
This class is designed around making containers for potted plants as well as cut flowers. We will develop and refine hand building and throwing skills so all levels from beginning to advanced will enjoy this class. We will also discuss more traditional throwing and hand building techniques. As well as containers there will be projects that are more sculptural; for example, totem poles, bird feeders and wind chimes. Please join us for an exciting class offering!

Note: Kiln space will be limited to 2.5 cu. ft. per student per class.
First bag of clay included with materials fee.

Course number: 451385
ID 21223 › Bernard Sayers • Aug 25 - Dec 1 • Schott, Rm 24 Ceramic Lab
13 Fridays • 1:00PM - 4:00PM • $234 + Lab $74 + Materials $15
ID 21224 EVE › Bernard Sayers • Aug 25 - Dec 1 • Schott, Rm 24 Ceramic Lab
13 Fridays • 6:00PM - 9:00PM • $234 + Lab $74 + Materials $15

➜ Ceramics: Beginning, Intermediate and Advanced
Students of all skill levels will develop or refine throwing and trimming skills, hand-building skills, and glazing skills.

Note: Kiln space will be limited to 2.5 cu. ft. per student per class.
First bag of clay included in materials fee.

Course number: 451356
ID 20950 EVE › Marjorie Basch • Aug 21 - Nov 27 • Schott, Rm 24 Ceramic Lab
14 Mondays • 6:00PM - 9:00PM • $252 + Lab $80 + Materials $15
ID 20951 EVE › Barbara Loebman • Aug 22 - Nov 28 • Schott, Rm 24 Ceramic Lab
15 Tuesdays • 6:30PM - 9:30PM • $270 + Lab $86 + Materials $15
ID 20952 › Robert McGuire • Aug 23 - Nov 29 • Schott, Rm 24 Ceramic Lab
15 Wednesdays • 9:00AM - 12:00PM • $270 + Lab $86 + Materials $15
ID 20953 › Robert McGuire • Aug 23 - Nov 29 • Schott, Rm 24 Ceramic Lab
15 Wednesdays • 1:00PM - 4:00PM • $270 + Lab $86 + Materials $15
ID 20954 EVE › Zoe Primrose • Aug 23 - Oct 25 • Schott, Rm 24 Ceramic Lab
10 Wednesdays • 6:00PM - 9:00PM • $180 + Lab $57 + Materials $15
ID 20955 › Genie Thomsen • Aug 24 - Nov 30 • Schott, Rm 24 Ceramic Lab
14 Thursdays • 9:00AM - 12:00PM • $252 + Lab $80 + Materials $15
ID 21046 › Danyel Dean • Sep 12 - Nov 21 • Schott, Rm 24 Ceramic Lab
11 Tuesdays • 12:30PM - 3:30PM • $198 + Lab $63 + Materials $15

➜ Ceramics: Porcelain
Create pure classics from porcelain clay. Students will experiment with glazes and learn various oriental decorating techniques using green, blue, gray and transparent Celadon glazes. This class is recommended for all students with at least one year of throwing experience.

Note: Kiln space will be limited to 2.5 cu. ft. per student per class.

Course number: 451334
ID 20962 › Barbara Loebman • Aug 24 - Nov 30 • Schott, Rm 24 Ceramic Lab
14 Thursdays • 9:00AM - 12:00PM • $252 + Lab $80 + Materials $25

➜ Fundamentals for Wheel Thrown Pottery
Acquire proven basic wheel-thrown techniques, essential for both beginners and experienced potters. Learn the fundamentals as a beginner from a master potter. Alternatively, just come and refine and improve your existing wheel techniques. Wheel-thrown fundamentals include posture, wedging, centering, and mastery of the basic forms. Discover and practice ‘throwing off the hump’, assembling multiple part vessels, creating a line of dinnerware, and multi-stage expanded vessel techniques. Get started right and watch your ceramic talents develop with every new piece you create.

Course number: 451409
ID 20881 › Michael Adcock • Oct 2 - Oct 30 • Schott, Rm 24 Ceramic Lab
5 Mondays • 1:00PM - 4:00PM • $105 + Lab $29 + Materials $15
CRAFTS: JEWELRY

→ Bead Creations I: String, Crimp, Knot, Wrap and More

Learn essential techniques for making beaded jewelry, including crimping, stringing, knotting, wire work, using chain, leather, cotton, linen and silk cord, and more! Topics include working with color, creating handmade clasps and components, combining techniques, sources for beads, and design and marketing ideas. Course designed for beginning student.

Course number: 452091
ID 20942 › Laura Gasparrini • Sep 6 - Oct 4 • Wake, Rm 7
5 Wednesdays • 9:30AM - 12:30PM • $120 + Materials $20
ID 20943 › Laura Gasparrini • Nov 8 - Nov 29 • Wake, Rm 7
4 Wednesdays • 9:30AM - 12:30PM • $96 + Materials $20

→ Creating a Silver Shibori Bracelet

Master the technique of creating this dramatic piece of jewelry - a silver Shibori Bracelet. You will make a wide cuff bracelet from silver sheet and wire. By folding, pleating and adding texture the silver sheet you will produce a fabric-like appearance. By adding a textured wire frame you will give the bracelet structure and dynamic design. Demonstrations and hands on applications will help you develop skills in texturing, soldering, shaping and finally the pleating process using a specially designed tool. Finally, discover how to bring out the detail of your beautiful bracelet by adding a rich patina.

Course number: 452105
ID 20903 EVE › Carl Stanley • Sep 20 - Oct 18 • Wake, Rm 08 Jewelry Lab
5 Wednesdays • 6:00PM - 9:30PM • $140 + Lab $8 + Materials $100

→ Creating Filigree Jewelry

Experience the delicate jewelry making technique of Filigree, which employs making fine twisted metal wires and beads to form delicate designs. These designs can be used for making rings, broaches, pendants, and earrings. It is a very ancient technique with modern applications. Filigree has been used since Etruscan times and you can also find examples through out history being used in jewelry from both western and eastern cultures. All levels welcome. Come add a new dimension to your jewelry creations.

Course number: 452107
ID 20898 › Gary Elkins • Sep 12 - Nov 14 • Wake, Rm 08 Jewelry Lab
10 Tuesdays • 1:00PM - 4:00PM • $180 + Lab $30 + Materials $65

→ Creative Casting (Tufa, Cuttlebone, Sand and Broom Casting)

Learn about several creative and practical jewelry casting techniques in one class. Discover Tufa Stone Casting, Cuttlebone Casting, Sand Casting and Broom Straw Casting - ancient methods that were used long before lost wax casting was around, producing amazing detail and modern jewelry. Learn and practice the set-up for casting and take advantage of the opportunity to melt and cast your own metal. Techniques for turning the cast items into finished jewelry will be demonstrated and practiced in class. Materials and supplies to create four (4) cast projects will be provided.

Course number: 452109
ID 20902 › Carl Stanley • Nov 6 - Nov 27 • Wake, Rm 08 Jewelry Lab
4 Mondays • 9:00AM - 1:30PM • $126 + Lab $18 + Materials $30

→ Creative Wire Worked Jewelry

Make amazing jewelry pieces using your favorite beads, pearls and gemstones. Using round and square wire you will create unique earrings, pendants, rings, bracelets or chains. Make your own findings, including head pins, bales and clasps. Designed as an easy and creative application of basic wire work. No soldering required in completing jewelry pieces. Experience this wonderful medium and create exciting jewelry pieces for yourself, family and friends. New projects each session appropriate for beginning and continuing students.

Course number: 452145
ID 20825 › Paula Gregoire-Jones • Aug 24 - Oct 12 • Wake, Rm 7
8 Thursdays • 9:00AM - 12:00PM • $144 + Materials $15

→ Enameling: Glass on Metal

This course on the art of enameling on metal begins by exploring the basic principles of enameling through the melting of powdered glass on the surface of copper or silver sheet metal in artistic patterns. Students also learn a variety of more advanced techniques including the use of silver or gold foils and cloisonne.

Course number: 452079
ID 21135 › David Rosen • Sep 7 - Oct 26 • Wake, Rm 08 Jewelry Lab
8 Thursdays • 1:00PM - 4:30PM • $168 + Lab $28 + Materials $19

→ Fold Formed Jewelry - Silver Bracelets

In this exciting course students will learn and practice techniques to create dynamic silver bracelets using Magical Fold Forming Techniques. Fold Forming is a breakthrough method used to quickly create volume, texture and form in sheet metal. This method is especially suited for light yet strong bracelets in both copper and silver. Come and explore these techniques and create some amazing bracelets. This class will open your eyes to new and wonderful ways to make jewelry of all sorts.

Course number: 452122
ID 20906 EVE › Carl Stanley • Nov 8 - Nov 29 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 6:00PM - 9:30PM • $112 + Lab $14 + Materials $90
Hydraulic Press Jewelry Techniques

The hydraulic press is a great tool for the modern jeweler, making quick work of many tasks that would be more difficult and time consuming by hand. Learn and practice several hydraulic press techniques to create jewelry objects and components with volume, texture and form with minimal effort and weight. Practice several methods to form, cut and texture metal and some interesting ways to create dynamic stone settings, all with the hydraulic press and various accessories. These methods will be practiced using copper, but they can easily be applied to silver.

Course number: 452124
ID 20891 EVE › Carl Stanley • Aug 23 - Sep 13 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 6:00PM - 9:30PM • $112 + Lab $14 + Materials $60

Intermediate Cabochon Wrapping Techniques

Make amazing wire-wrapped pendants using semi-precious gemstone cabochons and/or hearts. Using square wire and half round wire you will learn how to make a wrapped frame for your stone. No soldering required in completing jewelry pieces. Experience this wonderful medium, and create exciting, wrapped pendants for yourself, family and friends.

Course number: 452160
ID 21103 SAT › Paula Gregoire-Jones • Aug 26 • Wake, Rm 7
1 Saturday • 10:00AM - 3:00PM • $40 + Materials $10

Introduction to Soldering for Jewelry

This is a short introductory course in soldering for jewelry. It is to be an introduction to basic beginning level soldering. This course is especially for those who are transitioning from wire wrap jewelry making and those who have never used the soldering torch in the production of jewelry. This course is to take the mystery out soldering and give some basic skills. It will also raise the confidence level of the student to be able to take other courses in jewelry making.

Course number: 452095
ID 20847 EVE › David Rodriguez • Aug 22 - Sep 26 • Wake, Rm 08 Jewelry Lab
6 Tuesdays • 6:00PM - 9:00PM • $126 + Lab $18 + Materials $45

Jewelry - Open Studio

Enjoy using our wonderful jewelry studio to work on projects of your own, or projects from jewelry classes that need finishing touches. This studio class is run by a professional jeweler-instructor who can answer questions and help you with your ongoing jewelry tasks. Take advantage of this opportunity to use the equipment and to benefit from the guidance of a skilled jeweler to help you with your projects. Some demonstrations on various creative jewelry techniques and methods will be given throughout the course.

Course number: 452111
ID 20893 › Carl Stanley • Aug 23 - Oct 18 • Wake, Rm 08 Jewelry Lab
9 Wednesdays • 9:00AM - 12:00PM • $189 + Lab $27
ID 20895 › Keith Hale • Aug 24 - Nov 2 • Wake, Rm 08 Jewelry Lab
11 Thursdays • 9:00AM - 12:00PM • $264 + Lab $33
ID 20896 EVE › Keith Hale • Nov 6 - Nov 20 • Wake, Rm 08 Jewelry Lab
3 Mondays • 6:00PM - 9:00PM • $72 + Lab $9
ID 20905 › Carl Stanley • Nov 8 - Nov 29 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 9:00AM - 12:30PM • $98 + Lab $14
ID 20904 › Carl Stanley • Nov 8 - Nov 29 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 1:30PM - 5:00PM • $98 + Lab $14

Jewelry Soldering - Information, Focus, Practice

Designed for experienced beginners to advanced jewelry students who want to develop soldering and torch operation skills. A variety of soldering techniques, theories and set-ups covered. Students learn torch use and complex design issues that require many solder connections.

Course number: 452084
ID 20908 › Gary Elkins • Sep 12 - Nov 14 • Wake, Rm 08 Jewelry Lab
10 Tuesdays • 9:00AM - 12:00PM • $180 + Lab $30 + Materials $65
ID 20846 EVE › David Rodriguez • Oct 17 - Nov 21 • Wake, Rm 08 Jewelry Lab
6 Tuesdays • 6:00PM - 9:00PM • $126 + Lab $18 + Materials $45

Lost Wax Casting

This class teaches the skills needed for jewelry making using the lost wax casting method. Students will be guided through the wax carving process, preparation of the wax model for the burnout procedure and the actual casting. Students will have the opportunity to cast their own project.

Course number: 452085
ID 20848 EVE › David Rodriguez • Aug 24 - Oct 26 • Wake, Rm 08 Jewelry Lab
10 Thursdays • 6:00PM - 9:00PM • $210 + Lab $45 + Materials $30
ID 20907 › Carl Stanley • Sep 11 - Oct 23 • Wake, Rm 08 Jewelry Lab
7 Mondays • 9:00AM - 1:00PM • $196 + Lab $26 + Materials $35

Introduction to Soldering for Jewelry
→ **Southwest Style Jewelry Making**

Enjoy the excitement of creating the bold dramatic jewelry from the American Southwest. Take advantage of this opportunity to craft new and exciting pieces with traditional materials. One-on-one instruction guides you through the process while you practice new specialty techniques to make your jewelry come alive. This unique class offering will result in Southwest Style Jewelry becoming your new passion.

**Course number:** 452115  
**ID 20892 EVE**  
**Carl Stanley • Aug 23 - Oct 18 • Wake, Rm 08 Jewelry Lab**  
9 Wednesdays • 1:00PM - 4:30PM • $221 + Lab $32 + Materials $85

→ **The Art of Jewelry Making - Level 1**

Students learn how to make silver rings, earrings, pins, and pendants. Class explores techniques and applications in using jewelry tools, working with materials, setting gemstones, and other fabrication techniques.

**Course number:** 452086  
**ID 20897 EVE**  
**Keith Hale • Aug 21 - Oct 30 • Wake, Rm 08 Jewelry Lab**  
10 Mondays • 6:00PM - 9:00PM • $240 + Lab $30 + Materials $65

→ **Tool Making: Stamps, Hammers and Dies**

Learn to use tool steel to create custom design and pattern stamps for jewelry making. You will design stamps, file and forge the tool steel, test the stamp and adjust detail then harden the steel to create a durable stamp for tool making. You will grind a design in a steel block to create a custom die that can be used to die strike small charms and embellishments with amazing detail. Learn to modify plain hammers into custom texture hammers that are used to pattern sheet metal and wire for jewelry making. All materials and tools to make will be provided.

**Course number:** 452117  
**ID 20894 SAT**  
**Carl Stanley • Aug 21 - Aug 28 • Wake, Rm 08 Jewelry Lab**  
2 Mondays • 9:00AM - 2:00PM • $80 + Lab $10 + Materials $65

→ **Viking Knit Timeless Creations**

Vikings would create a knitted chain by wrapping round wire over a dowel. These were then fashioned into exquisite bracelets, necklaces and beautiful adornments. Now you can use wire in a choice of colors as you discover the variety of knit patterns and variations. Discover how to design and create a bracelet and learn how to attach cones, optional beads and a clasp. Make the ancient art of Viking Knit a part of your contemporary jewelry portfolio.

**Course number:** 452144  
**ID 20790 SAT**  
**Paula Gregoire-Jones • Sep 16 - Sep 30 • Wake, Rm 7**  
2 Saturdays • 10:00AM - 2:00PM • $48 + Materials $8

→ **Individualized Sewing**

This class is designed for the student who has a desire to learn to sew and/or improve their sewing skills. Students will be guided through the techniques necessary to construct a project of their choice. Projects will provide the opportunity for creativity, achievement and success through a combination of theory and practical experience.

**Course number:** 603097  
**ID 20931 EVE**  
**Judith Brooks • Sep 11 - Sep 25 • Wake, Rm 9**  
3 Mondays • 6:00PM - 9:00PM • $54 + Lab $9 + Materials $5  
**ID 20929**  
**Judith Brooks • Sep 13 - Oct 11 • Wake, Rm 9**  
5 Wednesdays • 9:00AM - 12:00PM • $72 + Lab $12 + Materials $5  
**ID 20930**  
**Judith Brooks • Sep 13 - Oct 11 • Wake, Rm 9**  
5 Wednesdays • 12:30PM - 3:30PM • $72 + Lab $12 + Materials $5  
**ID 20788**  
**Pamela Vestal • Sep 14 - Nov 16 • Wake, Rm 9**  
10 Thursdays • 9:00AM - 12:00PM • $180 + Lab $30 + Materials $5  
**ID 20789 EVE**  
**Pamela Vestal • Sep 14 - Nov 16 • Wake, Rm 9**  
10 Thursdays • 6:00PM - 9:00PM • $180 + Lab $30 + Materials $5  
**ID 20932 EVE**  
**Judith Brooks • Oct 9 - Nov 13 • Wake, Rm 9**  
6 Mondays • 6:00PM - 9:00PM • $108 + Lab $18 + Materials $5  
**ID 20933**  
**Judith Brooks • Oct 18 - Nov 15 • Wake, Rm 9**  
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $15 + Materials $5  
**ID 20934**  
**Judith Brooks • Oct 18 - Nov 15 • Wake, Rm 9**  
5 Wednesdays • 12:30PM - 3:30PM • $90 + Lab $15 + Materials $5

→ **America’s Greatest Songwriting Teams and Duos**

Discover the backstory and the method of how the greatest hit songs were conceived, written, arranged, and produced by the world’s most successful songwriting duos. Unravel the essential elements of their songwriting process. Focus on the power of lyrics, rhymes, chords, vowels, harmony, rhythm, emotional content, song formulas, and the art of catching lightning in a bottle. Listen, analyze and participate in hit songs written by Goffin and King, Bacharach and David, Leiber and Stoller and countless other songwriting greats. A fun, revealing, and exciting music class not to be missed.

**Course number:** 301242  
**ID 21238 EVE**  
**Staff TBA • Oct 30 - Nov 20 • Schott, Rm 3**  
4 Mondays • 6:15PM - 8:15PM • $48
→ **Beginning Ukulele: Start Playing and Change Your Life**

The Ukulele is an easy to learn, extremely portable, musical, fun-making machine! This class is designed to teach you chords, strumming and picking styles to play many favorite hit songs perfect for your own enjoyment or for a sing-a-long at a party. This lively class is geared to make learning the Ukulele as enjoyable as possible. It may not change everything about you but this instrument is guaranteed to add a lot of fun to your life. Play ukulele today!

Course number: 301189

ID 20768 EVE › Mark Alciati • Aug 22 - Nov 28 • Schott, Rm 6
15 Tuesdays • 5:15PM - 6:15PM • $150

→ **Break into Voice Over**

Have you ever been told that your voice is perfect for radio, television or movies yet had no idea what to do next? Explore your potential in this fun, lively class taught by an award-winning voice over professional. This course is both introductory and instructional; it is not selling pipe dreams. If you’ve wanted to explore your inner actor, or simply develop greater confidence in your public speaking abilities, here is your opportunity.

Course number: 301226

ID 21114 SAT › David Lawrence • Sep 9 • Schott, Rm 3
1 Saturday • 9:00AM - 3:30PM • $90

ID 21117 SAT › David Lawrence • Oct 28 • Schott, Auditorium
1 Saturday • 9:00AM - 3:30PM • $90

ID 21121 SAT › David Lawrence • Dec 2 • Schott, Rm 3
1 Saturday • 9:00AM - 3:30PM • $90

→ **Guitar Playing - Intermediate Level**

Time to take your guitar performance to the next level. Master intermediate level guitar chording, rhythm skills, practice barre chords and techniques for developing appropriate speed. Enjoy this fun and informative class that offers both group practice and one-on-one instruction. Come away with new skills and more confidence in playing with other people.

Course number: 301171

ID 20819 SAT › Gregory LeRoy • Aug 26 - Nov 18 • Schott, Rm 20
13 Saturdays • 10:15AM - 11:15AM • $130 + Materials $5

→ **Harmonica Blues, Getting Started**

Pick it up, put it in your mouth, blow and ... oh that wailing, mournful sound of the blues harmonica. And you don’t need an expensive instrument. Using a standard 10 hole diatonic harmonica in the key of A major you can be playing the blues in no time, without getting bogged down with too much music theory. Discover how to play it by ear and start having fun with this instantly intuitive instrument. What budding musician wouldn’t want the instant gratification provided by a harmonica?

Course number: 301213

ID 20915 EVE › David Campos • Sep 11 - Oct 9 • Wake, Rm 15
5 Mondays • 6:00PM - 8:00PM • $80

→ **Harmonica Blues, Movin’ On**

You finally figured it out and you like what you hear. Now take your harmonica playing to the next level. Styling techniques, unique chords, vocalizations and advanced breathing techniques will help you make your harmonica come alive. Crowds will gather and you will become the center of attention. This class may change your life.

Course number: 301222

ID 20914 EVE › David Campos • Oct 23 - Nov 13 • Wake, Rm 15
4 Mondays • 6:00PM - 9:00PM • $96

→ **Improvisation Basics: One Night to Entice**

Always wanted to try improv? Take advantage of this opportunity to get started! Enjoy improvisation-focused games that are fun, and jumpstart quick thinking skills in this collegial, supportive environment. Explore principles of improvisation that will give you a glimpse into what taking an extended class offers. Come away with a new appreciation of improv - a great activity that stimulates creativity, self-expression and most of all - humor.

Course number: 301235

ID 21177 EVE › Vivian Geffen • Sep 13 • Wake, Rm 15
1 Wednesday • 6:00PM - 8:00PM • $24

→ **Improvisation: A Playground for Imagination and Intuition**

You may have heard the following phrases, ‘Let’s play it by ear,’ ‘Take it as it comes,’ and ‘Make it up as we go along.’ These sayings come from improvisational experiences and are used in day-to-day life. There are principles and suggested exercises which an actor can establish ‘CWOW’ with which to rehearse. Workshop participants are ready to respond because of their experiences. Develop imagination, intuition, and confidence needed in public presentations. Learn to trust yourself to think freely, without judging, and make courageous choices. Develop quick-thinking responses and take part in improvisation experiences. No improvisation experience is needed.

Course number: 351116

ID 21180 EVE › Vivian Geffen • Sep 20 - Oct 18 • Wake, Rm 15
5 Wednesdays • 6:00PM - 8:00PM • $90

→ **Intermediate Ukulele - The Possibilities Are Endless!**

If you can easily change through several chords with a fairly solid strum, then you are ready to go! In this class we will learn traditional and popular Uke strumming, picking techniques and more advanced chords to play songs that people love to sing! These include songs by: The Beatles, IZ, Jason Mraz, The Turtles, The Monkeys, and more! This class is highly supportive, fast moving and fun! Take your Ukulele playing to the next level now!

Course number: 301203

ID 20769 EVE › Mark Alciati • Aug 22 - Nov 28 • Schott, Rm 6
15 Tuesdays • 6:30PM - 7:30PM • $145

Register at theCLL.org / FALL 2017 / Arts, Crafts, Performance 13
Join the CLL Chamber Orchestra

Are you an experienced musician who enjoys playing classical music in a smaller orchestra setting? Looking for an opportunity to develop your own musical skills and feel more in touch with your fellow players? Develop your own musical skills alongside other ensemble players and learn to achieve an artistic unified sound while following a conductor. Dust off your instrument and come join the CLL Chamber Orchestra.

Course number: 301177
ID 20910 EVE › Laurel Fryer • Sep 18 - Nov 27 • Goleta Valley Jr. High School, 604
11 Mondays • 7:00PM - 9:00PM • $132

Kings of Swing NEW!

The era of Swing is with us all the time. Not just as music and dance but Swing has permeated the language of relationships. Journey back to a time as Swing emerged and challenged our society. Trace the roots of Swing and experience the heyday when the real Kings of Swing ruled the music scene. You can chart the rise and fall and rediscovery of Swing and our society. Enjoy why Swing was developed, who were the masters of the art form and how it is still relevant to us today. Get your jive on.

Course number: 301243
ID 21139 EVE › Chuck Wood • Sep 6 - Oct 25 • Wake, Rm 18
8 Wednesdays • 6:00PM - 8:00PM • $96

Performing the Classic Songs of the 60’s NEW!

Expand your repertoire. Branch out from singing solos to yourself in the car; move on from just plucking out tunes on your stringed instrument always wishing you had a chance to perform these songs to others. Come to class, bring your instrument of choice or just yourself and join a group of wanna-be performers who love this music. You’ll learn the components of each song, receive a copy of the music and lyrics, and perform with and for others in the class. Realize this aspiration and experience the exhilaration of performing tunes you love. All ranges of musical or singing talent are welcome in this entertaining and participatory class. What a way to spend an evening.

Course number: 301244
ID 21175 EVE › Curt Crotzer • Sep 20 - Oct 11 • Schott, Rm 31
4 Wednesdays • 6:30PM - 8:30PM • $48

Piano - Intermediate 1

Continue down the road towards musical competence. Enhance your musicianship and confidence on the piano. Enjoy a practical introduction to intermediate theory, and augment your reading skills. Increase your repertoire, and enjoy the performance opportunities available for those who want to share what they have learned. A year of prior piano experience is recommended.

Note: Textbook: Alfred’s Basic Adult Piano Course; All-in-One Course, Level 1. (Palmer, Manus and Lethco).

Course number: 301174
ID 20766 EVE › David Campos • Sep 6 - Nov 29 • Schott, Rm 3
13 Wednesdays • 3:00PM - 4:00PM • $91

Piano - Intermediate and Advanced

Ready to take your piano playing to the next level? Deepen your confidence by discovering intermediate theory, different bass patterns, new major and minor keys, the diminished 7th chord, and advanced rhythm. Expand your repertoire and capitalize on local performance opportunities for those who want to share what they have learned. Come away with enhanced musicianship and the satisfaction of watching your fingers glide across the keyboard. Piano - Intermediate 1 is recommended.

Course number: 301240
ID 20835 EVE › David Campos • Sep 6 - Nov 29 • Schott, Rm 3
13 Wednesdays • 7:15PM - 8:45PM • $137

Piano for Beginners: Level 1

Always wanted to play piano? Finally - an opportunity to explore musical theory in a piano course designed for adult beginners. Begin from scratch or revisit basic skills. Learn the relationship between the notes on the staff and on the keyboard. Discover how to comfortably move your hands and fingers and create familiar melodies and songs. Just bring a desire to learn, and realize that lifelong ambition to play tunes on the piano.

Note: Required textbook: Alfred’s Basic Adult Piano Course, Adult All-in-One Course, Level 1 (Palmer, Manus and Lethco).

Course number: 301188
ID 20765 › David Campos • Sep 6 - Nov 29 • Schott, Rm 3
13 Wednesdays • 3:00PM - 4:00PM • $91

Piano for Beginners: Level 2

Do you have a little experience with the piano? Ready to learn more? Or perhaps you just a little rusty? Move on from the basics and discover how to move your hands more confidently as your fingers create familiar melodies and songs. ‘Beginning Level 2’ develops the musical theory and basic skills of ‘Beginning Level 1’. Enjoy the supportive nature and personalized teaching in this class as you move your reading, technique, and musicianship up a notch.

Note: Required textbook: Alfred’s Basic Adult Piano Course, Adult All-in-One Course, Level 1 (Palmer, Manus and Lethco).

Course number: 301224
ID 20766 EVE › David Campos • Sep 6 - Nov 29 • Schott, Rm 3
13 Wednesdays • 4:15PM - 5:15PM • $91

Playing the Guitar for Beginners and Beyond

Is playing the guitar something you always wanted to do? Here is a safe, supportive environment to develop your skills and lay a foundation for years to come. Learn how to play popular songs - the basic chords, elementary rhythm techniques and left-hand/right-hand coordination. Before long you’ll be able to play any simple song you want with confidence and joy.

Course number: 301190
ID 20817 EVE › Gregory LeRoy • Aug 21 - Nov 13 • Schott, Rm 20
12 Mondays • 5:00PM - 6:00PM • $120 + Materials $5
ID 20818 SAT › Gregory LeRoy • Aug 26 - Nov 18 • Schott, Rm 20
13 Saturdays • 9:00AM - 10:00AM • $130 + Materials $5
**Singing from the Heart: Basics of Singing**

Calling all shower singers, car singers, chorus singers and closet singers! Here is your chance to sing for others. No experience required, as you will learn in a supportive, nurturing and ‘safe’ workshop environment. You will cover the ‘blueprint’ basics of the voice, including breathing, posture and vowels. Master the use of energy and letting go of unnecessary tensions and stress in your life. Enhance your vocal strength both in business and social environments. Come and discover your inner singer.

Course number: 301193
ID 20888 EVE ➢ Kimberly Ford • Sep 13 - Nov 1 • Schott, Auditorium
8 Wednesdays • 6:45PM - 8:45PM • $128

**Singing Jazz Standards**

Take your singing skill to a new level with popular jazz standards. Explore the variety of jazz forms and styles, refine your performance skills and learn the basics of working with an accompanist. Enjoy being up and singing in groups - and solo too, if you like. Learn the theory and techniques needed to add the beauty of jazz to your repertoire from an internationally renowned jazz artist.

Course number: 301233
ID 20867 EVE ➢ Kimberly Ford • Sep 11 - Oct 30 • Schott, Rm 20
8 Mondays • 6:15PM - 8:15PM • $128

**Slide Guitar and Open Tunings**

Guitars are tuned differently for slide guitar. Musicians use ‘open tuning’ for playing ‘slide’ - they tune their guitar to a chord. Explore slide guitar playing beginning with early blues styles, then moving on to more recent blues and folk styles. Discover the idiosyncratic styles of Muddy Waters, Elmore James, Leo Kottke, and Jesse Ed Davis to name just a few. Come away with an enhanced understanding of their slide guitar styles, and have fun practicing them at home.

Course number: 301238
ID 20820 SAT ➢ Gregory LeRoy • Aug 26 - Nov 18 • Schott, Rm 20
13 Saturdays • 11:30AM - 12:30PM • $130 + Materials $5

**Talkin’ About My Generation**

In their teens and twenties, Baby Boomers ruled the world - or at least that’s what they thought. Explore the influence of the significant events of the 60’s and 70’s using iconic music clips, engaging short readings. In lively discussions with classmates, recreate and dissect the ramifications of this pivotal period. Why was this generation unique? What were the major influences? Are we still trying to change the world? What exciting challenges do we face as we live longer? Leave feeling ‘Glad All Over’.

Course number: 301229
ID 20849 EVE ➢ Madelyn Palley • Sep 13 - Oct 4 • Schott, Rm 22
4 Wednesdays • 6:30PM - 9:00PM • $75

**WOODWORKING**

**A Woodworking Woodshop**

Experience the joy and satisfaction of creating a wood project. Students learn to use hand and power tools efficiently and safely. The first project for beginning students enables the student to build a useful item of wood while learning how to select proper materials, use appropriate equipment, cut, fit, assemble, and finish the project. The first three classes are mandatory safety and instruction classes. Returning students welcome.

Note: No one under age of 18 will be admitted. No minor waivers will be granted. Students may contact teacher at sjscheftic@pipeline.sbcc.edu

Course number: 909339
ID 21141 ➢ Stephen Scheftic • Sep 11 - Nov 6 • Wake, Rm 10 Carpentry Lab
9 Mondays • 9:00AM - 12:00PM • $162 + Lab $20 + Materials $5
ID 20919 EVE ➢ Stephen Scheftic • Sep 12 - Nov 7 • Wake, Rm 10 Carpentry Lab
9 Tuesdays • 6:00PM - 9:00PM • $162 + Lab $20 + Materials $5

**Intermediate/Advanced Woodworking Woodshop**

Deepen your joy and satisfaction in creating wood projects. Further hone your woodworking and expand your horizons by constructing that project that you have always wanted to create. Extend your knowledge and skills of intricate hand and power tools through completing individual woodworking projects and tutoring. Safety procedures and proper operation of tools and machines are emphasized. Session limited to returning students only. Students must have completed, ‘A Woodworking Woodshop’.

Note: No one under age of 18 will be admitted. No minor waivers will be granted. Students may contact teacher at sjscheftic@pipeline.sbcc.edu

Course number: 909354
ID 20921 EVE ➢ Stephen Scheftic • Sep 13 - Nov 8 • Wake, Rm 10 Carpentry Lab
9 Tuesdays • 6:00PM - 9:00PM • $162 + Lab $20 + Materials $5

**Wood Product Manufacturing Methods**

Students produce detail parts and assemble wood products using production methods and techniques. Students use hand and powered woodworking tools and equipment to produce predetermined products such as toys and jewelry boxes. Quality control methods will be utilized to insure all products meet design specifications. All raw materials and supplies are furnished. All finished products are donated to the Unity Shoppe for distribution to needy children.

Course number: 909337
ID 20920 ➢ Stephen Scheftic • Sep 12 - Nov 7 • Wake, Rm 10 Carpentry Lab
9 Tuesdays • 9:00AM - 11:30AM • $135
DANCE, FITNESS, & PERSONAL

➔ 5 Element Tai Chi: Moving Meditations for Emotional Healing  NEW!
Discover a short and easy, 5 element form of Tai Chi that promotes emotional healing through moving meditations. Tai Chi is all about creating balance and harmony in every aspect of our lives. When our emotions get out of balance, we suffer emotionally, physically, and spiritually. Explore graceful, slow movements that can transform grief into acceptance, anger into forgiveness, fear into trust, confusion into clarity and feeling overwhelmed by modern day life into joy. Transform your life with this gentle yet powerful form of healing.

Course number: 608778
ID 21185 SAT  Jessica Kolbe  Oct 21 - Oct 28  Wake, Rm 15
2 Saturdays  11:00AM - 1:00PM  $49

➔ All Ages and Stages Gentle Yoga
Imagine feeling limber, relaxed and excited to face the day. Explore gentle and seated yoga positions that facilitate balance, stability, and tranquility. Discover new poses in a welcoming and inclusive environment while also focusing on flexibility and breath for a complete work out. Your worries will melt away resulting in an inner sense of peace.

Course number: 608744
ID 21206  Fredda Spirka  Sep 5 - Nov 7  Wake, Auditorium
10 Tuesdays  9:30AM - 10:30AM  $89

➔ Belly Dance and Dances of the Middle East
Have fun and get fit as you practice the beautiful art of belly dance. Learn how belly dance has historic roots going back to India and Persia, and explore the cultural, historical and geographical elements of these areas. Discover how modern belly dance includes cultural and geographical influences from Turkey, Egypt, North Africa and the United States where it has developed into a modern, sophisticated dance art. Come away with the incredible benefits of an enjoyable and complete cultural/movement experience.

Course number: 608747
ID 20797 EVE  Alexandra King  Sep 13 - Nov 29  Schott, Auditorium
12 Wednesdays  5:30PM - 6:30PM  $85

➔ Bhangra: A Dance of Joy and Celebration
Bhangra is one of the fastest growing dances in the US, with its moves seen in Bollywood, Zumba, and hip-hop dances. Bhangra’s drummed rhythm is slow allowing for big movements so the dance is easy to learn. Hand, head, chest and leg postures reflect the emotions and celebrations driving them. Discover how to perform with a smiling/laughing face which immediately adds to your enjoyment. Start with a simple choreographed routine and by the end of the course, you will be able to perform on the stage. Learn a new dance and laugh yourself fit!

Course number: 608773
ID 21165 EVE  Balraj Singh  Sep 11 - Nov 20  Schott, Auditorium
10 Mondays  7:00PM - 8:00PM  $59

Body, Mind, Spirit
Find your passion... at the Center

Classes & Workshops
Start Every Week!
Evenings, Weekdays and Saturdays
www.theCLL.org

Registration is easy at www.theCLL.org
→ Body Mind Wakeup Call
Find it harder to get up in the morning? Is your mind a bit fuzzy? This fun class is geared to awaken you to become more fully engaged in thinking, being and doing. Muscles lose flexibility and strength with age, this includes your brain. This may be avoided with regular training and strengthening. Come experience easy chair assisted yoga stretches, use of light weights and resistance bands and also fun ways to help increase and build your memory skills. Have more energy for your activities; renew aliveness, alertness and joy.
Note: Bring a mat to class.
Course number: 608669
ID 20968 > Holly Hungett • Sep 12 - Nov 28 • Schott, Auditorium
12 Tuesdays • 7:45AM - 8:45AM • $85
ID 20969 > Holly Hungett • Sep 14 - Nov 30 • Schott, Auditorium
10 Thursdays • 7:45AM - 8:45AM • $69

→ Dance the Salsa: First Steps
Are you ready to Salsa? Stop watching everyone else have fun on the dance floor. Get out there and join in! In this encouraging and fun environment, you will learn basic timing, rhythm, partnering, and footwork. You will leave class knowing everything you need to know to have a great time salsa dancing. No dance experience needed and no partner required. What are you waiting for? Sign up and let’s salsa!
Course number: 608662
ID 21184 EVE > Patrick Hackney • Sep 12 - Nov 21 • Schott, Auditorium
11 Tuesdays • 7:00PM - 8:00PM • $109

→ Dynamic Yoga for Seniors
Discover how practicing yoga regularly improves flexibility, strength and concentration. Explore traditional yoga postures that can be modified with the help of blocks, straps, and other props. Designed for individuals with some yoga experience, you will enjoy deep breathing methods, focusing techniques, meditation, and relaxation. Come away with renewed energy, mental clarity and increased flexibility.
Note: Bring a mat and a blanket or beach towel to class.
Course number: 608608
ID 20970 > Holly Hungett • Sep 11 - Nov 27 • Wake, Auditorium
12 Mondays • 2:00PM - 3:00PM • $72
ID 20971 > Holly Hungett • Sep 13 - Nov 29 • Wake, Auditorium
11 Wednesdays • 2:00PM - 3:00PM • $65

→ Easy Does It Exercises
Students improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Exercises are conducted from a seated position for students with Parkinson’s disease, multiple sclerosis or older adults who are new to exercise. Includes some standing and walking exercises to improve posture, balance, leg strength, and gait.
Course number: 608616
ID 20966 > Holly Hungett • Sep 13 - Oct 4 • Schott, Auditorium
4 Wednesdays • 9:00AM - 10:00AM • $29
ID 20967 > Holly Hungett • Oct 18 - Nov 8 • Schott, Auditorium
4 Wednesdays • 9:00AM - 10:00AM • $29

→ Feldenkrais Mat Class
Discover the benefits of the Feldenkrais Method in a fun and relaxing environment geared towards all ages and abilities. Explore the science and practice of moving with more skill and less pain. The Feldenkrais Method engages your brain and nervous system to improve flexibility, coordination, balance, and agility while also reducing tension. Come away with enhanced comfort and performance in everyday activities and also sleep better at nighttime.
Course number: 608759
ID 21211 > Luis Sanchez • Sep 6 - Oct 25 • Wake, Rm 15
8 Wednesdays • 11:00AM - 12:30PM • $72
ID 21212 EVE > Luis Sanchez • Sep 7 - Oct 26 • Wake, Rm 15
8 Thursdays • 6:30PM - 8:00PM • $72
ID 21213 > Luis Sanchez • Nov 1 - Nov 29 • Wake, Rm 15
5 Wednesdays • 11:00AM - 12:30PM • $59
ID 21214 EVE > Luis Sanchez • Nov 2 - Nov 30 • Wake, Rm 15
4 Thursdays • 6:30PM - 8:00PM • $49

→ Find Your Healing Power • NEW!
The power to heal is a precious gift. It takes more than just the desire to be well. Discover how to master the power of intention and its application. Explore the obstacles blocking the path of healing and learn how to apply the principle that will to promote healing. Enhance your skills of courage, compassion and cheerfulness in this interactive setting.
Course number: 608786
ID 21171 SAT > James Kwako • Sep 23 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $19

→ Fitness Flow with a Yogic Twist
Engage in a continual flow of movement designed to increase flexibility and endurance! Through the use of unique fluid floor and barre stretches you will work to lengthen muscles, enhance circulation and minimize the stresses of daily life. Come and enjoy the fitness flow.
Course number: 608580
ID 21208 > Fredda Spirka • Sep 6 - Nov 8 • Schott, Auditorium
10 Wednesdays • 1:30PM - 2:30PM • $119

→ Fitness for Adults
Get fit and educated at the same time! In this class you will get moving but you will also gain an understanding of how your everyday choices contribute to your health. You will engage in activities and receive information to improve nutrition, fitness, cardiovascular health and stress management skills. This class will enhance your physical and emotional well-being.
Note: This class is partially sponsored.
Course number: 608697
ID 21166 > Kathleen O’Connor • Sep 11 - Nov 17 • SBCC, PE113
10 Mondays & 9 Fridays • Wed, Fri 10:00AM - 11:00AM • $75
Foods, Diet and our Genes: From the Inside Out

NEW!

Are you interested in learning how your ancestors can help you to lead a longer and healthier existence? Through the growing science of Nutrigenomics, a new discipline that studies the relationship between nutrition, genetics, and health, we can understand how dietary chemicals affect the expression of genes. The ‘ancestral gene’ has yet to be incorporated into the health and fitness world - especially regarding the Paleo diet and risk for cardiovascular disease. Learn about how you can manage the effects of this gene on your body through diet and lifestyle changes.

Course number: 608785
ID 20830 SAT › Mikki Reilly • Sep 16 • Schott, Rm 6
1 Saturday • 10:00AM - 11:30AM • $15

Classes fill fast. Register now!

Gentle Yoga for Every Body

New to yoga or looking for a gentle yet restorative yoga class? Explore easy, chair-assisted yoga, as well as standing and floor poses in a supportive environment. Designed especially for an individual with limited mobility, these poses can help with insomnia, arthritis, healing, and focus. Discover safe modifications for hypertension and osteoporosis while improving your balance and posture. Come away with a calm mind and more limber body.

Note: Please bring a mat. Students should be able to get on and off the floor.

Course number: 608610
ID 20807 EVE › Gabrielle Barysch-Crosbie • Sep 7 - Nov 30 • Wake, Auditorium
12 Thursdays • 9:30AM - 10:30AM • $72
ID 21000 › Roberta Hewson • Sep 8 - Nov 17 • Wake, Auditorium
10 Fridays • 2:30PM - 3:30PM • $59
ID 20989 › Holly Hungett • Sep 11 - Nov 27 • Wake, Auditorium
12 Mondays • 3:30PM - 4:30PM • $72
ID 20996 › Holly Hungett • Sep 13 - Nov 29 • Wake, Auditorium
11 Wednesdays • 3:30PM - 4:30PM • $65

Gentle Yoga for Everybody Classes fill fast. Register now!

Gentle Yoga With Fabric

Yoga with fabric is a unique, gentle form of Yoga. You will be provided with one yard of soft, colorful fabric to use with strength movements, balancing poses, and luxurious stretches. Explore traditional yoga poses and incorporate free-flowing fabric to specifically address issues related to spine alignment and balance. Develop mindful breathing techniques that will help you build core strength, an open posture, beautifully toned muscles, and improved balance. Yoga with fabric is for everyone - no previous yoga necessary.

Course number: 608767
ID 21186 › Balraj Singh • Sep 11 - Nov 13 • Schott, Auditorium
10 Mondays • 12:00PM - 1:00PM • $59

Happy Heart: Dance to Free your Emotions

NEW!

By combining joyous Nia movements with the healing Tai Chi energy work, dance your life story and free yourself emotionally. Utilizing guided suggestions, gain confidence to walk a new path and re-write your story. Explore uplifting, easy-to-follow Nia steps and intentional Tai Chi movements to remove obstacles that are keeping you from reaching your true potential. Come away knowing the Happy Heart Dance that will deliver delight to your heart and peace to your spirit.

Course number: 608684
ID 21197 SAT › Gabrielle Barysch-Crosbie & Jessica Kolbe • Sep 9 • Schott, Auditorium • 1 Saturday • 10:00AM - 1:00PM • $29

Introduction to Aikido

An introduction to the Japanese martial art of Aikido. Aikido, known as the ‘art of peace’ is a martial art based on neutralizing an opponent through leverage and balance instead of strength and force. The course will focus on centering, balance and focus. Basic techniques and ukemi (falling) will be taught.

Note: Class held at Aikido of Santa Barbara - 121 N. Milpas Street

Course number: 608491
ID 20784 Eve › Christine Wong • Sep 13 - Nov 1 • Aikido of Santa Barbara, Studio
8 Wednesdays • 6:00PM - 7:00PM • $49

Lighter than Air: A High Energy, Low Impact Trampoline Workout

Imagine yourself enjoying a high energy, low impact workout. Put a bounce in your step with safe, aerobic exercise on a ground-level, individual trampoline. Benefit from an effective exercise that increases your energy level and improves your balance, all without stressing your joints. Discover a new, liberating range of movements only available on a trampoline, and leave this class feeling lighter than air.

Course number: 608748
ID 20900 › Elyse Warnecke • Sep 14 - Nov 2 • Airobic Fitness, Studio
8 Thursdays • 10:30AM - 11:30AM • $65
→ Meditate and Recharge with Yin Yoga

Yin yoga cultivates inner peace while focusing externally on increasing circulation and decreasing injury and sickness. Begin with Qigong to start moving energy and stimulating your immune system. Explore poses that focus on connective tissues of the body to heighten circulation in the joints and improve flexibility. Surrender yourself to a variety of yin yoga poses in a tranquil environment that induces a meditative state. Come away feeling centered and limber and ready to take on the world with grace and calm.

Course number: 608771
ID 20799 › Gabriele Barysch-Crosbie • Sep 11 - Nov 27 • Wake, Auditorium
12 Mondays • 9:30AM - 10:30AM • $72
ID 20800 EVE › Gabriele Barysch-Crosbie • Sep 11 - Nov 27 • Schott, Auditorium
11 Mondays • 5:30PM - 6:30PM • $65

→ Modern Dance for Fitness and Fun

Always wanted to try Modern Dance yet didn’t know where to start? Explore a fitness routine based on the movements of modern dance. Discover the fundamental skills of dance movement, alignment for posture, building strength for moving through space, and attention to breath. Experience dance as an art form while having fun and learning the basics of choreography. Master the movements and feel a new energy and enthusiasm as you dance your way to a new you. All levels welcome.

Course number: 608764
ID 20963 › Christine Loizeaux • Sep 20 - Nov 8 • Schott, Auditorium
8 Wednesdays • 12:00PM - 1:15PM • $59

→ Nia - Move, Feel and Heal!

Join us for a special Nia class that combines the healing properties of Tai Chi, the bone alignment of yoga, and the muscle conditioning punches of Martial Arts in order to move and heal your body. Discover exercises to target specific parts of your body to bring awareness to it and its relationship to the rest of your body. Beginning with footwork, movements extend upward to the pelvis, spine, and head, all while integrating arm movements rooted in Martial Arts. Dance away feeling lighter, stronger, and with a refreshed mental outlook on life!

Course number: 608782
ID 21023 › Cleo Hill • Aug 29 - Oct 3 • Schott, Auditorium
6 Tuesdays • 12:15PM - 1:15PM • $59
ID 21209 › Cleo Hill • Aug 31 - Oct 5 • Schott, Auditorium
6 Thursdays • 12:15PM - 1:15PM • $59
ID 21202 › Cleo Hill • Oct 10 - Nov 14 • Schott, Auditorium
6 Tuesdays • 12:15PM - 1:15PM • $59
ID 21210 › Cleo Hill • Oct 12 - Nov 16 • Schott, Auditorium
6 Thursdays • 12:15PM - 1:15PM • $59

→ Ole: Flamenco Dance

Experience the strumming of the guitar, wailing of the gypsy song, and action-packed rhythms created by moving across the dance floor. Ole! This is Flamenco Dance: pure, core-rocking emotion and fire. What are you waiting for? Build rhythm, grace, strength and confidence in a fun and supportive environment. Explore another culture, language and dance form all while improving your physical fitness and self-esteem.

Note: Please bring skirt and shoes to class.
Course number: 608681
ID 21007 EVE › Wendy Castellanos-Wolf • Aug 24 - Sep 28 • Schott, Auditorium
6 Thursdays • 5:30PM - 6:30PM • $49
ID 21008 EVE › Wendy Castellanos-Wolf • Oct 12 - Nov 16 • Schott, Auditorium
6 Thursdays • 5:30PM - 6:30PM • $49

→ Pilates for Life

This course teaches students the integration of the Pilates’ principles of core-strength, concentration, precision, control, postural alignment, and centering. Dance, strength, and flexibility techniques are also incorporated in this total body conditioning program. Chair-based and standing exercises are adapted for all fitness levels.

Note: Please bring a mat to class.
Course number: 608601
ID 20795 › Eva Masin • Aug 21 - Nov 27 • Schott, Auditorium
14 Mondays • 10:45AM - 11:45AM • $99
ID 20796 › Eva Masin • Aug 23 - Nov 29 • Schott, Auditorium
15 Wednesdays • 10:45AM - 11:45AM • $105

→ Pilates: Core and More with a Foam Roller

Explore traditional pilates movements on a mat, and also discover new movements on a foam roller, a pilates prop that gives your spine a focused massage. The foam roller activates deep core muscles, improves balance and posture, and adds to a general sense of well-being. Find out how to use the foam roller to strengthen and stabilize your core and spine, and leave with a renewed sense of well-being.

Note: Please bring a mat and foam roller to class. Recommended size for foam roller is 36 by 6 inches.
Course number: 608624
ID 20998 › Hazel Carlsen • Aug 22 - Nov 28 • Schott, Auditorium
15 Tuesdays • 9:30AM - 10:30AM • $119

→ Mind & Supermind

Jack Canfield, PhD
"How to Get from Where You Are to Where You Want To Be: A Holistic Approach" See Page 23
**Pilates: Resistance**

Explore the use of light weights and resistance bands as we build on core strength to support the spine. Take a load off your back. Stand strong, stand tall and improve posture. Find the length, strength and flexibility of the spine. Discover increased comfort and ease in your body. Utilize the Pilates way of breath to focus on and energize each movement.

Note: Please bring a mat to class.

Course number: 608738
ID 20937 › Hazel Carlsen • Aug 24 - Nov 30 • Schott, Auditorium
14 Thursdays • 9:30AM - 10:30AM • $112

**Qi Gong**

This course teaches students Qi Gong, a combination of slow, gentle body movements and healthy breathing that generates strength, flexibility, inner calm and renewed vitality. Students learn exercises to elevate the flow of life force (qi) through the body, release anxiety, and relieve stress.

Course number: 608568
ID 20808 › Edward Rockett • Aug 25 - Oct 27 • Wake, Auditorium
10 Fridays • 10:30AM - 12:00PM • $89

**Qigong Inner Power with Jessica Kolbe NEW!**

Discover how to harness your own energy or ‘qi’ to heal your body and your soul. Explore techniques to expel toxic qi, and then gather and purify your own qi to clear your spirit of self-judgment and criticism. Remove the blocks that are keeping you from reaching your true potential of health, happiness, and peace through this powerful yet accessible form of Qigong. Movements may be practiced seated or standing. Best of all, come away with concrete, self-healing strategies and an enhanced sense of calm.

Course number: 608784
ID 20839 › Jessica Kolbe • Sep 13 - Nov 29 • Wake, Auditorium
12 Wednesdays • 11:00AM - 12:00PM • $109

**Qigong Year of the Phoenix: Rebirth and Transformation NEW!**

2017 is the Chinese Year of the Fire Phoenix. Like the Phoenix, rise out of the fire with renewed energy and spirit. Explore exercises that will help you leave emotional distress, burdens, and even body aches in the past. Harness the power of Qigong exercises, and fly fearlessly out of the ashes and into your new reality of health, peace and happiness. Dream big and make plans. Come away knowing how to break free of your burdens and claim your new destiny.

Course number: 608788
ID 21191 SAT › Jessica Kolbe • Sep 30 • Wake, Rm 15
1 Saturday • 11:00AM - 1:00PM • $25

“Getting Rid of Anger Through Your Breath”

with Jessica Kolbe

Take your deepest breath of the day and let go of the anger that you feel.

- Inhale forgiveness, and exhale anger and resentment.
- Gently tap the rib cage and the liver. Imagine that you’re dislodging the anger that you’re holding inside your body. Feel the anger leave your body like dirty smoke.

- Tai Chi Easy (p. 21)
- 5 Element Tai Chi: Moving Meditations for Emotional Healing (p. 16)
- Qigong Inner Power with Jessica Kolbe (p. 20)

Classes fill fast. Register now!
### Strength and Stability for Active Seniors

Learn techniques and practice skills to improve balance, strength and flexibility in a safe environment. Basic exercises are performed to improve posture, gait and self-confidence. Intended for older adults but appropriate for anyone who wants to increase muscle tone and improve balance and mobility. Exercise equipment is provided.

**Course number:** 608634  
ID 20994 › Sally Saenger • Aug 22 - Oct 3 • Wake, Auditorium  
7 Tuesdays • 2:30PM - 3:30PM • $42

ID 20993 › Sally Saenger • Aug 24 - Oct 5 • Wake, Auditorium  
7 Thursdays • 2:30PM - 3:30PM • $42

ID 20992 › Sally Saenger • Oct 17 - Nov 28 • Wake, Auditorium  
7 Tuesdays • 2:30PM - 3:30PM • $42

ID 20991 › Sally Saenger • Oct 19 - Nov 30 • Wake, Auditorium  
6 Thursdays • 2:30PM - 3:30PM • $35

### Tai Chi Easy

Tai Chi Easy™ is a fusion of Qigong health enhancing exercises, and an easy 5 movement form of Tai Chi. This carefully developed method makes it easy, beneficial and fun. Discover the flow of energy in your body as your mind relaxes with the slow meditative movements of Tai Chi. Explore how the mind-body practice soothes and rewires the nervous system and also increases cognitive and brain plasticity. Reduce your stress and improve your health using Tai Chi Easy™.

**Course number:** 608768

ID 20840 › Jessica Kolbe • Sep 11 - Nov 27 • Wake, Auditorium  
12 Mondays • 11:30AM - 12:30PM • $99

ID 21009 › Chao-Sun Pang • Sep 5 - Nov 14 • Wake, Auditorium  
11 Tuesdays • 7:00PM - 8:30PM • $99

ID 21010 › Chao-Sun Pang • Sep 6 - Nov 15 • Wake, Auditorium  
11 Wednesdays • 9:00AM - 10:30AM • $99

### Tai Ji

This ancient form of exercise leads the student on a journey of self-discovery and awareness of body and mind to gain energy, promote inner peace and improve circulation and flexibility of the body. Results of medical studies have shown the benefits of Tai Ji are excellent for stress reduction, balance, pain management and its ability to boost your immune system. Come and learn a new way of thinking and moving that adds freedom and enjoyment to your life style.

**Course number:** 608596

ID 21009 EVE › Chao-Sun Pang • Sep 5 - Nov 14 • Wake, Auditorium  
11 Tuesdays • 7:00PM - 8:30PM • $99

ID 21010 › Chao-Sun Pang • Sep 6 - Nov 15 • Wake, Auditorium  
11 Wednesdays • 9:00AM - 10:30AM • $99

### World Dance Workout

Join us for a fun, invigorating, inspiring workout to beautiful music from around the world! Learn new ways of moving and connecting to the world in a beautiful setting with natural light and fresh air.

**Course number:** 608617

ID 21229 EVE › Janet Reineck • Sep 7 - Nov 16 • Schott, Auditorium  
11 Thursdays • 7:00PM - 8:10PM • $99

ID 21142 › Janet Reineck • Sep 8 - Dec 1 • Schott, Auditorium  
11 Fridays • 8:30AM - 9:40AM • $99

### Yoga

Course demonstrates how yoga practice promotes increased flexibility, strength, balance and mental awareness. Shows how mindful movement and conscious breathing help you to relax and stimulate the nervous, digestive and circulatory systems. Course is designed for all levels, from those new to yoga to continuing students. Students will practice demonstrated techniques.  

Note: Bring an exercise mat to class.

**Course number:** 608287

ID 21234 EVE › Elena Podubnaya • Aug 21 - Nov 20 • Wake, Auditorium  
13 Mondays • 5:30PM - 6:45PM • $99

ID 21235 EVE › Elena Podubnaya • Aug 23 - Nov 22 • Wake, Auditorium  
14 Wednesdays • 5:30PM - 6:45PM • $105

ID 20935 EVE › Roberta Hewson • Sep 5 - Nov 14 • Wake, Auditorium  
11 Tuesdays • 5:30PM - 6:30PM • $65

ID 20936 EVE › Roberta Hewson • Sep 7 - Nov 16 • Wake, Auditorium  
11 Thursdays • 5:30PM - 6:30PM • $65

### Yoga Flow

Engage your body and mind in this yoga class that encourages the pairing of breath with movement. You will learn and experience how a yoga practice promotes increased flexibility, strength, balance and mental awareness. Develop mindful movement and conscious breathing to help you relax and stimulate the nervous, digestive and circulatory systems. This course is designed for all levels, from those new to yoga to experienced students.

**Course number:** 608698

ID 21207 › Frederika Spilka • Sep 5 - Nov 7 • Schott, Auditorium  
10 Tuesdays • 11:00AM - 12:00PM • $119

ID 21215 › Frederika Spilka • Sep 7 - Nov 9 • Schott, Auditorium  
10 Thursdays • 1:30PM - 2:30PM • $119

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Classes & Workshops Start Every Week!  
Evenings, Weekdays and Saturdays

[www.theCLL.org](http://www.theCLL.org)
→ **Zumba Gold**

Join us for this low-impact, easy to follow class, where no one is an expert and everybody has a great time! Zumba is exercise in disguise. Regardless of your fitness level, age, gender or dance/fitness experience, anybody and everybody can do this. Modify movements to suit your individual needs. Zumba is all about putting one foot in front of the other at your own pace. Have fun learning basic rhythms and steps to salsa, merengue, cha cha, reggae-ton, cumbia and more. Move, shake, shimmy, and find your own groove!

**Course number:** 608639  
**ID 20964**  
Holly Hungett  
Sep 12 - Nov 28  
Wake, Auditorium  
12 Tuesdays  
12:00PM - 1:00PM  
$72

**ID 20965**  
Holly Hungett  
Sep 14 - Nov 30  
Wake, Auditorium  
10 Thursdays  
12:00PM - 1:00PM  
$59

→ **Comprehensive Thyroid Treatment**  

In this class students learn how to test thyroid function, how to interpret results, and how to evaluate the treatment options available. The thyroid gland is a major source of physical energy, mental alertness, and optimal weight. Its function decreases with age, stress, and various nutrient deficiencies. Topics include necessary nutrients, the medication controversy, and lifestyle choices that optimize thyroid function.

**Course number:** 608630  
**ID 21169 SAT**  
James Kwako  
Nov 11  
Schott, Auditorium  
1 Saturday  
10:00AM - 12:00PM  
$19

→ **Chinese Medicine First Aid Kit: Helping Your Body to Heal**  

Explore the incredible healing power of your body and how it can be further enhanced using simple, herbal remedies. Together with a licensed herbalist, build you own first aid toolbox to soothe burns and cuts, stop bleeding, and quickly relieve sinus pain and headaches. Come away with practical knowledge of which essential herbs always to have on hand, how to use them, and where to obtain them. Prepare to be amazed by the power of herbal remedies.

**Course number:** 608658  
**ID 21158 SAT**  
Brian Falk  
Oct 21  
Schott, Rm 5  
1 Saturday  
10:00AM - 1:00PM  
$29

→ **Navigating the Medicare Maze**

This class helps students tackle the Medicare maze and arms them with tools to make important health care decisions. Students will be able to track the differences between the Medigap policies and Medicare Advantage policies. The complexity of the prescription drug program will be unraveled. In this class students will learn how to deal with physicians under the Medicare programs and track their ongoing medical costs.

**Course number:** 608632  
**ID 20783 EVE**  
Diane Doiron  
Oct 11  
Schott, Rm 22  
1 Wednesday  
7:30PM - 9:30PM  
$19

→ **Restoring the Magic of Memory**

Our memory is one of the most cherished gifts of healthy living. Therefore when we experience memory loss, it is one of the most frustrating and depressing changes that occur. Together with Dr. Jim Kwako, explore the delights of a vibrant memory, how to restore it, and how science is working to reverse Alzheimer’s Syndrome. Come away knowing how to assess and optimize the use of vitamins, minerals, hormones, herbs, and neurotransmitters in your quest to enhance memory function.

**Course number:** 608668  
**ID 21196 SAT**  
James Kwako  
Sep 2  
Schott, Auditorium  
1 Saturday  
10:00AM - 12:00PM  
$19

→ **Beachside Healing**

Join us at beautiful Hendry’s Beach to discover how to take an active role in your own health care, and how to get on the path to optimal health. Explore important pillars of health: Nutrition, Exercise, Stress Management, Sleep Management, Spirituality, and Patterns of Behavior. Enhance each aspect through a fun three-part class - (a) lecture (b) a special exercise involving breathing, specific physical movements, visualization and concentration and (c) a guided walking meditation on the beach. Achieve optimal health for yourself and your loved ones.

**Course number:** 608766  
**ID 21159 EVE**  
Glenn Wollman  
Sep 13 - Oct 18  
Hendry’s Beach, Grassy Knoll behind restaurant  
6 Wednesdays  
5:30PM - 7:00PM  
$55

→ **Healing Body and Soul with Essential Oils**

Essential oils are naturally distilled essences of plants used for centuries to heal the body and soul. Explore oils to increase energy, enhance positivity, and address simple ailments. Discover their unique characteristics as it relates to their physiological and psychological benefits. Delve into the main fragrant categories, parameters of use, and application methods. Come away knowing why the quality of an essential oil matters and how to determine its authenticity enroute to becoming a healthier you.

**Course number:** 608665  
**ID 20836 SAT**  
Brian Falk  
Oct 7  
Schott, Rm 5  
1 Saturday  
10:00AM - 1:00PM  
$29

Registration is easy at [www.theCLL.org](http://www.theCLL.org)
Stress Break Massage for Couples

In this hectic world, couples need to make time to care for one another. One healthy and meaningful way to spend time together is through couples massage. Take a 'stress break' together and let a Licensed Massage Therapist teach you both stress management and massage techniques. You will discover Swedish massage, acupressure points, gentle stretching and guided relaxation. Use these hands-on skills to release tension and promote a sense of calm and togetherness.

Course number: 608718
ID 21163 EVE  Lisa Trivell  Oct 3 - Oct 24  Wake, Rm 20
4 Tuesdays  6:30PM - 8:30PM  $69 + Materials $10

The Five Elements of Chinese Medicine

The Five Elements of Chinese Medicine

Did you know that Chinese Medicine is based upon 5 elements found in nature? Delve into these five principles of wood, fire, earth, metal, and water. Discover the properties of each element and how it affects your overall health and well-being. Explore how you, an individual, can best harmonize with these ancient ideals in today’s modern world. Come away knowing how emotions, diet, seasons, and our body all take part in a larger, cosmic process.

Course number: 608659
ID 20853 SAT  Brian Falk  Sep 9  Schott, Rm 6
1 Saturday  10:00AM - 1:00PM  $29

Tongue Diagnosis According to Chinese Medicine

Did you know that the state of your health is reflected on your tongue? Explore the ancient practice of tongue observation as a way to deepen your knowledge of your own health. Become skilled at recognizing important features of your tongue and how they relate to your internal organs. Delve into the factors that affect the tongue appearance and how to observe changes to the tongue over time. Come away knowing how you can use tongue diagnosis to understand and improve your own health.

Course number: 608660
ID 20851 SAT  Brian Falk  Nov 4  Schott, Rm 5
1 Saturday  10:00AM - 1:00PM  $29

Mind & Supermind: Jack Canfield, PhD, Presents "How to Get from Where You Are to Where You Want To Be: A Holistic Approach"

No matter what your current goals might be - personal, financial, relational, emotional, spiritual, or philanthropic - there is a proven set of principles and methods, that when applied in the right way, in the right order and at the right time, will get you there. In this highly interactive and engaging presentation, Jack will share a holistic system of success that integrates the power of mindset, meditation, guided visualization, EFT (Emotional Freedom Techniques), purposeful action, the power of feedback, and techniques to dissolve limiting patterns of thought, release negative emotions, clear self-defeating behaviors, break through inner mental blocks (such as writer’s block), release creativity, reduce stress and accelerate success.

Note: Tuition/Fees partially covered through private donations. Spencer Sherman will be the moderator for the event.

Course number: 202197
ID 21195 EVE  Spencer Sherman  Oct 23  Garvin Theatre, SBCC West Campus
1 Monday  7:30PM - 9:30PM  $20

Adventures in Aliveness: Wisdom and Passion

What defines a life especially well lived? How can we realize our highest potential? Explore the factors that bring the broadest and deepest understanding - wisdom - and the strongest and purest motivation - passion. Begin each class session with mindfulness instruction and practice. Through lectures, readings, videos, discussion, and direct experience, we will immerse ourselves in powerfully profound and moving ideas and envisionings. Significantly enhanced aliveness will likely result.

Course number: 202735
ID 20809  Spencer Sherman  Sep 8 - Nov 17  Schott, Auditorium
10 Fridays  10:15AM - 11:45AM  $89
BODY, MIND, SPIRIT

Anger is a very powerful teacher! Your face flushes and your vision narrows as judgmental thoughts race through your mind. You’re about to say or do something that will probably make it worse. Discover how anger acts as an internal alarm signaling that you are disconnected from what’s most important to you in that moment. Explore an alternative method utilizing principles of Nonviolent Communication. Come away feeling empowered and ready to move forward with strategies for the next time anger and frustration occur.

Course number: 202584
ID 21157 SAT › Rodger Sorrow • Sep 16 • Wake, Rm 18
1 Saturday • 9:30AM - 12:30PM • $25

Art of Mediumship: Talking to Spirit

Communicating with loved ones in spirit is not just a skill reserved for a few gifted people. You can make this kind of communication a healing and consistent part of your life. Learn about life after life, how to communicate with your loved ones and how to bring spirit through for others. In our third hour together, your teacher, a trained Medium, will bring through messages from your loved ones. Love never dies. Come discover this in the Art of Mediumship class.

Note: Not recommended for people with Dissociative Identity Disorder.

Course number: 202651
ID 20829 SAT › Terri Cooper • Oct 28 • Wake, Rm 18
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $2

Build Your Own Self-Esteem NEW!

People will always have opinions about each other. It is human nature to compare and criticize. However, obsessing over other people’s opinions can impede us on our path to happiness, wealth, and success. Discover how to cast off the shackles of fear and false beliefs to discover your own inner path - the route to your inborn talents and limitless potential. Take control of your present and chart your future with a new perspective.

Course number: 202745
ID 21219 SAT › Randi Rabin • Sep 16 • Schott, Rm 31
1 Saturday • 9:00AM - 12:00PM • $25

Change Your Thoughts and Change Your Life with Cognitive Behavior Therapy

Cognitive Behavior Therapy (CBT) is a widely used approach that can help you overcome difficulties by changing your thinking, behavior and emotional responses. Your perceptions of, or thoughts about, life situations influence your emotional and behavioral reactions. Learn to identify, evaluate and correct the distorted thoughts that lead to anxiety, fear, depression, compulsion and more. As a result you will feel less stressed and more in charge of your life. This self-help method is easy to learn and use.

Course number: 202601
ID 20827 SAT › Gloria (Arenson) Brockway • Oct 14 • Schott, Rm 3
1 Saturday • 9:00AM - 1:00PM • $32

Channeling: The Art of Accessing The Wisdom Spectrum

‘Channeling’ is the ability to access deeper insights by tapping into both your own core wisdom and your higher consciousness. Master the ability to enhance your relationships and overall well-being through the wisdom you will glean by connecting with the spirit of your Inner Child, your body’s healing ability, your Creative Muse, and your Inner Mentor. Discover the powerful experience of making deep connections with others by channeling insights and wisdom for them.

Course number: 202694
ID 21162 SAT › Terri Cooper • Dec 2 • Wake, Rm 18
1 Saturday • 10:00AM - 3:00PM • $32 + Materials $3

Dying With Grace NEW!

What is a good death? How do you deal with a terminal diagnosis of someone you love? When is it time for hospice? We all keep these questions to ourselves as we worry that talking about death is depressing. Return to the cycle of nature where life and death are integrated. Discover ancient hospice practices as well as the benefits of modern day hospice. Explore rituals to honor yourself and your loved ones, take practical steps in understanding an advanced directive, and learn about the grace in the sacred transition. Come away knowing about local resources to heal your fears and grief.

Course number: 202721
ID 21199 SAT › Arlene Stepputat • Oct 28 • Schott, Rm 31
1 Saturday • 9:00AM - 12:30PM • $29

Ego, Judgment, and Desirous Attachment NEW!

The three deadly sins of Karma are ‘Ego,’ ‘Judgment’ and ‘Desirous Attachment.’ ‘Ego’ is like a chameleon, always changing color and the higher we ascend on the spiritual ladder the more devious the guises can become. ‘Judgment’ harms not only others but also ourselves and can be replaced with forgiveness. ‘Desirous Attachment’ is related to the impermanence and the negative consequences of attending to ‘needs’ as opposed to ‘wants.’ Discover the various seemingly innocuous ways we can be trapped by these three ego-related sins. Explore the polarities of ‘ego’ including greed, lust, persona, power, pride and fame, and discover how to counter them with awareness and spiritual practice.

Course number: 202748
ID 21172 SAT › David Cumes • Oct 21, Nov 18, Dec 2 • Schott, Auditorium
3 Saturdays • 10:00AM - 12:00PM • $35

Registration is Easy!

www.theCLL.org

@sbccCLL  YouTube sbccCLL facebook sbccCLL  Instagram sbccCLL

Registration is easy at www.theCLL.org
→ **Eliminate Negative Beliefs with the Phoenix Effect Process**

Students learn to eliminate negative emotions, eradicate destructive behaviors and heal relationship difficulties. The Phoenix Effect Process is a simple imagery technique that teaches students how to rise from the ashes of damaging beliefs that create life problems. Hands on training enables students to achieve personal transformation.

**Course number:** 202201  
**ID** 20828 **SAT**  
› Gloria (Arenson) Brockway • Nov 18 • Schott, Rm 6  
1 Saturday • 9:00AM - 1:00PM • $32

→ **Emotional Freedom Technique - Quick and Easy Hints for Successful 'Tapping’**

EFT, the 'Tapping' method, is sweeping the world. Learn the 5 Simple Steps in minutes and experience hands-on practice applying EFT for stress, anger, fear, anxiety, cravings, trauma and more. Do you already ‘tap’ but feel that you are not getting the results you want? This class will help you hone your EFT skills and receive additional coaching. EFT will desensitize negative emotions allowing rapid transformation of damaging beliefs and behaviors. Watch videos of EFT Masters in action.

**Course number:** 202633  
**ID** 20826 **SAT**  
› Gloria (Arenson) Brockway • Sep 23 • Schott, Rm 6  
1 Saturday • 9:00AM - 1:00PM • $32

→ **Find the Love of Your Life**

In this class you will learn proven techniques to find the love of your life, that special romance that you seek! Learn the number one secret to finding the perfect love for you. Identify the qualities of a love that will last for life. Find ways to change how you select a partner so that you get the one you really want. Recognize and attract a lover who is really available and ready for a lifetime love, and find out who is not. Discover your hidden barriers to love and learn how to overcome them.

**Course number:** 202553  
**ID** 20858 **EVE**  
› Barbara Boyd • Oct 5 - Oct 26 • Schott, Rm 31  
4 Thursdays • 6:00PM - 8:00PM • $49

→ **Hiking Santa Barbara - Intermediate**

Mindful hiking can transform consciousness. Enjoy moderate exercise as we hike the exquisite front county trails overlooking Santa Barbara, and develop your diaphragmatic breathing and self-confidence. Our hikes are about three miles with mild elevation gain. We’ll stretch at the beginning, move at a steady pace, and rest halfway to meditate. Discover places that you haven’t seen in a long time, and discover places that you’ve never seen. Come away with a renewed relationship with nature and a heightened sense of well-being.

**Course number:** 202728  
**ID** 20873 **SAT**  
› Rodger Sorrow • Sep 5 - Oct 10 • Wake, Rm 20  
6 Tuesdays • 9:30AM - 12:00PM • $89

→ **How to Communicate Simply, Lovingly, and Effectively**

Discover how you can communicate constructively and effectively in any situation using the principle of Attitude Reconstruction. Attitude Reconstruction blends the best of western and eastern approaches, and shows you how to harness the innate tools you were born with to build a life of joy, love, and peace. Topics that will be explored include: The Four Communication Rules; the Lucky 13 Communication Tips for talking with others; the ‘I’ 5-Step to speak up about any difficult topic, and models for resolving differences.

**Course number:** 506216  
**ID** 21002 **SAT**  
› Jude Bijou • Nov 4 • Schott, Rm 31  
1 Saturday • 9:30AM - 4:30PM • $49

→ **Invisible Spirit Friends ** **NEW!**

Spirit friends are an increasingly available source of support for healing and guidance. These may be committed guides or friends and family who have recently passed over. There are also spirit visitors, teachers and angels. The most common invisible energies are the healthy patterns of feeling and thought we carry with us. Discover how to increase your receptivity and cooperation with spirit friends.

**Course number:** 202744  
**ID** 21170 **SAT**  
› James Kwako • Oct 14 • Schott, Rm 31  
1 Saturday • 10:00AM - 12:00PM • $19

→ **Love - Having More in Your Life**

Ever look at others and think, ‘They seem to make friends so easily. What am I doing wrong?’ Discover how to create and keep more love in your life. Analyze who to pursue for a loving relationship and when not to bother. Explore how attraction works as an energy and how you can attract the right people in your life to build healthy and positive relationships. Come away knowing key communication secrets to cultivate the love that is in your life and the love that you will be attracting.

**Course number:** 202738  
**ID** 21094 **SAT**  
› Barbara Boyd • Sep 30 • Schott, Rm 6  
1 Saturday • 9:00AM - 12:30PM • $29 + Materials $2
“Will We Be Going to Mars?”

with Alyce Jackson

Alyce Jackson, is an engineer, scientist, clinical hypnotherapist, educator, and professional Tarot Card reader.

One question she was posed recently involved the topic of human space exploration: “Will we be going to Mars?”

So, she sat down with her Tarot Cards. Alyce pulled The Magician.

“Allow the magic to expand our consciousness and to open us to a broader concept of what it would take to get us to Mars.”

Tarot cards can be useful in presenting new perspectives to seemingly standard questions. In this case, we look at the magic of the Tarot vs. our scientific foundation on space travel.

So, will we be going to Mars? Watch Alyce’s look and learn to find out! Or sign up for one of her Fall classes!

Fast Facts:

- **Past Life Regression Workshop**
  - More than half the world embraces the belief that we have lived before and that our lives through time affect the life we lead today. Learn about the theory of Reincarnation, experience a past life regression during the session and then have your facilitator, who is a gifted Past Life Reader, bring through vital information for you - information that will enhance your understanding of the life you are living and how to maximize its potential. Don’t miss this fascinating journey.
  - Course number: 202591
  - ID 20837 SAT Terri Cooper • Sep 30 • Wake, Rm 18
  - 1 Saturday • 10:00AM - 3:00PM • $32 + Materials $2

- **Practicing Mindfulness - Harmony, Health, Happiness**
  - Learn a range of mindful meditation, movement, and contemplation techniques so you can discover and create a daily practice that best meets your needs - whether it is to strengthen your health and well-being, focus attention, reduce negative stress responses, or simply experience greater joy and contentment. Remembering how to live in this present moment strengthens our body, calms our mind, and helps us greet life’s challenges and surprises with greater courage and ease. Beginners and experienced meditators welcome.
  - Course number: 202575
  - ID 21160 Dana Drobny • Sep 6 - Oct 4 • Schott, Rm 3
  - 5 Wednesdays • 10:00AM - 12:00PM • $59

- **Sacred Sites - History, Science, and Myths**
  - From prehistoric megalithic structures to Gothic cathedrals, sacred sites were designed and built according to codes of an ancient sacred knowledge. Explore the mysteries of Earth energies, the concept of sacred geometry, and the principles behind sacred sites as we visit the Egyptian temples of Luxor and Karnak, puzzling pre-Roman Etruscan ruins, and Neolithic alignments in Brittany. Discover the secrets behind the Knights Templar as the keepers of the Old Knowledge. Harness these ancient concepts to increase your awareness of energies around you in today’s modern world.
  - Course number: 202731
  - ID 21198 Svetlana Meritt • Sep 14 - Sep 28 • Wake, Rm 18
  - 3 Thursdays • 10:15AM - 11:45AM • $29

Alyce’s Fall CLL classes:

- Tarot Cards Demystified (p. 27)
- Tarot Cards Demystified: Intermediate Practice (p. 27)
- Tarot Cards Demystified: More Advanced Practice (p. 27)
SoulCollage: An Artful Path to Self-Discovery

SoulCollage is a process that inspirationally integrates creativity and insight into present states of consciousness. Drawing on imagination and intuition you will become an instant artist and explorer with the remarkable images you collage. Through invitation you will step deeply into story using symbolism, journaling, visualization and community, thus tapping into the internal allies, guides and challenges active in every soul. The process honors each individual’s journey, promoting self-acceptance and growth. By recognizing and respecting the complexities unique to every person we discover that all the answers we need are within us.

Course number: 202690
ID 21143 SAT › Pamela Nichols • Nov 11 • Wake, Rm 18
1 Saturday • 9:00AM - 4:30PM • $49 + Materials $7

Tarot Cards Demystified

Mysterious, intriguing, and powerful - tarot cards have fascinated people across cultures since the 1400’s. Have you ever wondered about these seemingly magical cards, what they are, and how are they used? Explore the true meaning of tarot cards. Discover how they can be used not only for fun but also to connect with your own body/mind consciousness for relaxation and mental healing. Come away with valuable skills to help you use tarot cards for personal growth and insight.

Course number: 202733
ID 20811 SAT › Alyce Jackson • Sep 9 - Sep 16 • Wake, Rm 16
2 Saturdays • 9:30AM - 12:30PM • $35

Tarot Cards Demystified: Intermediate Practice

NEW!

An interesting fact about the Tarot Cards are the diverse meanings and symbolism of different Tarot decks. What do the meanings have in common? Explore the relationship between several popular Tarot Decks and discover how to use them for in-depth readings. Choose your favorite Tarot Deck to do readings. Come away with competences in using Tarot Cards spreads based on the inquiries and the nature of the meaning of Tarot cards from different decks. You will feel comfortable with a variety of Tarot Card decks and know how to optimize the potential for any selection.

Course number: 202751
ID 21193 SAT › Alyce Jackson • Oct 14 - Oct 21 • Wake, Rm 16
2 Saturdays • 9:30AM - 12:30PM • $35

Tarot Cards Demystified: More Advanced Practice

NEW!

Discover the mysterious and intriguing features of the Tarot by exploring how they are related to Occult Science. You’ll incorporate Tarot Readings with Astrology, Jungian Psychology, Psychotherapy, Past Life Therapy, Physics and Mathematics. By using knowledge from these Occult sciences you’ll add depth to Tarot Card Readings and create journals to confirm your experience. Come away with a renewed appreciation of the Tarot how they can be used in many aspects of daily life.

Course number: 202750
ID 21192 SAT › Alyce Jackson • Nov 4 - Nov 11 • Wake, Rm 16
2 Saturdays • 10:00AM - 1:00PM • $35

Whale Whisperer

Embark on an exploration into the mystical beauty, grace and intelligence of whales while also discovering the science behind how whales are a fundamental building block of the Earth’s ecosystem. Through a unique guided meditation to whale song, explore the possibilities of tapping into the collective consciousness of cetaceans as a resource for spiritual growth. Go deeper with a discussion of the whales’ loving, inspirational messages and gain a broader understanding of our synergistic relationship to our planet and how whales are integral to sustaining life on earth.

Note: Class is co-taught by Carolyn Gorman.

Course number: 202703
ID 21189 SAT › Keith Hale • Nov 4 • Schott, Auditorium
1 Saturday • 9:30AM - 1:00PM • $29
TUITION-FREE CLASSES FALL 2017
sbcc.edu/ExtendedLearning

CLASS SCHEDULE

Registration Begins July 10th
GENERAL INFORMATION

School of Extended Learning
General Information

ADMISSION

All classes are open to persons age 18 and over, unless otherwise noted, or who are not enrolled in a secondary school. Those under 18 who have a high school diploma are also eligible. Exceptions to the age 18 or over eligibility requirement can be made for a student who submits a “Minor Enrollment Request Form.” (More information about enrollment of minors in noncredit classes can be found at this link: http://www.sbcc.edu/extendedlearning/minor-enroll.php).

APPLY

Go to www.sbcc.edu/apply and click to apply to the School of Extended Learning, or obtain a paper application in English or Spanish, available at all SBCC campuses. A supplemental application is required for Medical Assistant Training Certificate, Restorative Nurse Assistant Certificate, and Personal Care Attendant Training Certificate. Students interested in those three programs must meet with a Student Support Services Program Advisor to complete the supplemental form. Call Student Support Services at (805) 898-8160 to make an appointment.

REGISTRATION

After you have complete your application, log on to your SBCC Pipeline account to register for classes. If you are a continuing student, log on to pipeline.sbcc.edu for information on how to register. Online registration is available approximately two weeks to one month before classes start. Class registration is on a first come, first served basis, and no visitors or auditors are allowed. If a class is full, students are encouraged to show up at the first class meeting, and in the case of no-shows may then register. A student who does not attend a first meeting may be dropped. Information on adding late or dropping can be found at this link: http://www.sbcc.edu/extendedlearning/gen-info.php

STUDENT SUPPORT SERVICES

Students Support Services (located at Schott Campus, 310 W. Padres St, Room 2) provide assistance to students want to achieve their education and career goals. Services include Career Counseling, Academic Advising, Assessment Testing, Orientation, Transfer Assistance to Credit Programs, Referral to Community Resources. For hours of operation click this link: www.sbcc.edu/extendedlearning/counseling-advising.php

CENTER FOR LIFELONG LEARNING

Students taking classes at the Center for Lifelong Learning need to register at theCLL.org.

Application and Registration WORKSHOPS

FOR MORE INFORMATION
www.sbcc.edu/ExtendedLearning
Adult High School, GED & Bilingual GED

ADULT HIGH SCHOOL

Our program offers individual learning plans in an open lab environment with a flexible schedule. Students may attend the Schott Campus or Wake Campus during the following hours:

<table>
<thead>
<tr>
<th>SCHOTT CAMPUS, ROOM 16</th>
<th>WAKE CAMPUS, ROOM 19</th>
<th>INSTRUCTORS (STAFF):</th>
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<tr>
<td>MTW 9:00am - 8:00pm</td>
<td>MTWR 9:00am - 12:00pm</td>
<td>Harrington, Bridget</td>
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<td>R 9:00am - 12:00pm</td>
<td>TW 5:00pm - 8:00pm</td>
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For CRNs 38148-38149, 38150-38151, 38153-38154, 38155-38156, 38157, 38164-38165, 38166-38167:

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GENERAL EDUCATION DEVELOPMENT (GED)

Our program offers classes to help students prepare for the four GED subject exams: (1) Reading/Reasoning through Language Arts, (2) Social Studies, (3) Science, and (4) Mathematics. Students may attend the Schott Campus or Wake Campus during the following hours:

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<th>COURSE NAME</th>
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GENERAL EDUCATION DEVELOPMENT (GED) - BILINGUAL

Our program offers classes to help student prepare for the Spanish Version of the four GED subject exams: (1) Reading/Reasoning through Language Arts, (2) Social Studies, (3) Science, and (4) Mathematics. Students may attend the Schott Campus or Wake Campus during the following hours:

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### Allied Health: AH
### Construction Technology: CT

#### LOCATION

**BUELLTON:** RODBON Rod Bond Training Center, 100 Thomas Road, Buellton, CA 93427

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# Career Skills:

**ACCT, CA, CIS, CNEE, COMP, DRFT, EH, GDP, LIBR, MAT, MKT, PD, PHOT, PRO**

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# Early Childhood Education: ECE

## LOCATION

**CARPINTERIA LGPCW:** Lou Grant Parent Child Workshop, 5400 6th Street, Carpinteria, CA 93013  
**GOLETA SMPCW:** San Marcos Parent Child Workshop, 400 Puente Drive, Goleta, CA 93111  
**SANTA BARBARA OPCW:** Oaks Parent Child Workshop, 605 West Junipero Street, Santa Barbara, CA 93105  
**SANTA BARBARA SKPCW:** Starr King Parent Child Workshop, 1525 ½ Santa Barbara Street, Santa Barbara, CA 93101

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English as a Second Language (ESL)

English classes are offered close to where you work or live for your convenience.

**ISLA VISTA**

**IVYP**  
ISLA VISTA SCHOOL, 6875 El Colegio Road, Isla Vista, CA 93117

**GOLETA**

**WAKE**  
WAKE CAMPUS, 300 North Turnpike, Goleta, CA 93111

**SANTA BARBARA**

**ADAMS**  
ADAMS SCHOOL, 2701 Las Positas Road, Santa Barbara, CA 93105

**CATCHCHR**  
CATHOLIC CHARITIES, 609 East Haley Street, Santa Barbara, CA 93103

**CLVND**  
CLEVELAND SCHOOL, Alameda Padre Serra, Santa Barbara, CA 93103

**FRNKLN**  
FRANKLIN ELEMENTARY SCHOOL, 1111 E Mason Street, Santa Barbara, CA 93103

**LCJH**  
LA CUMBRE JUNIOR HIGH SCHOOL, 2255 Modoc Road, Santa Barbara, CA 93101

**SBHS**  
SANTA BARBARA HIGH SCHOOL, 700 East Anapamu St, Santa Barbara, CA 93103

**SCHOTT**  
SCHOTT CAMPUS, 310 West Padre Street, Santa Barbara, CA 93103

**TRNHSE**  
TRANSITION HOUSE, 425 East Cota Street, Santa Barbara, CA 93101

**CARPINTERIA**

**BFARM**  
BRAND FARM, 5360 Foothill Road, Carpinteria, CA 93013

**CCP**  
CARPINTERIA CHILDREN’S PROJECT, 5201 8th Street, Carpinteria, CA 93013

**CMS**  
CARPINTERIA MIDDLE SCHOOL, 5351 Carpinteria Avenue, Carpinteria, CA 93013

**STJOSE**  
SAINT JOSEPH CATHOLIC CHURCH, 1523 Linden Street, Carpinteria, CA 93013

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**ENGLISH AS A SECOND LANGUAGE (ESL)**  
Fall 1 Starts August 21st and ends October 14th

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**NOTE:** Because there are two holidays on Fridays during Fall 2, the Vocational ESL Healthcare class will also meet two Saturdays, November 4th and 18th.
# Life Skills: 
## ART, ENG, MUS, PSY

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<td>Explorations in Literature: For Older Adults</td>
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<td>Getting Started, Getting Good and Getting Your Fiction Published: For Older Adults</td>
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School of Extended Learning:
MIND & SUPERMIND

Jack Canfield, PhD
"How to Get from Where You Are to Where You Want To Be: A Holistic Approach"

"Chicken Soup for the Soul" author Jack Canfield will share a holistic system of success that integrates the power of mindset, meditation, guided visualization, EFT (Emotional Freedom Techniques), purposeful action, the power of feedback, and techniques to dissolve limiting patterns of thought, release negative emotions, clear self-defeating behaviors, break through inner mental blocks (such as writer’s block), release creativity, reduce stress and accelerate success.

→ Monday, October 23 • 7:30 - 9:30pm
Garvin Theatre, Santa Barbara City College West Campus

School of Extended Learning:

Arts & Crafts Fair
Saturday, December 2nd
10am - 4pm • Wake Campus

Ceramics • Glass Arts • Jewelry Weaving Sewing & Fabric Arts
Flower Arrangements • Cards, Original Paintings, Drawings, Prints and much more!
CURRENT EVENTS, WORLD AFFAIRS & LOCAL CULTURE

→ After the Fall: A Cultural History of Postwar Vietnam

We know the story of the Vietnam War but know very little about what happened after the Communists gained power. What role did the Viet Cong now play in the new regime? Where did able-bodied men go? Why did women stop wearing nail polish, when was ‘suicide soup’ served, and who were the only people to attend movies? Erin Graffy, researcher and author of award-winning history books, will bring you an eye-opening look at TET offensive, civilian life and the dramatic aftermath of the Vietnam conflict.

Course number: 1445
ID 21096 • Erin Graffy • Oct 17 - Nov 7 • Schott, Auditorium
4 Tuesdays • 3:30PM - 5:00PM • $48

→ Current Events

Class designed to stimulate awareness of contemporary issues and events and to encourage discussion with other students on these issues and events. The class explores topics related to international, national, state and local events. Students are invited to ask questions and make comments regarding each class topic.

Course number: 1005
ID 20801 • Fred Hofmann • Aug 22 - Sep 19 • Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays • 10:30AM - 12:00PM • $45
ID 20802 • Fred Hofmann • Aug 25 - Sep 22 • Schott, Rm 5
5 Fridays • 10:30AM - 12:00PM • $45
ID 20803 • Fred Hofmann • Sep 26 - Oct 24 • Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays • 10:30AM - 12:00PM • $45
ID 20804 • Fred Hofmann • Sep 29 - Oct 27 • Schott, Rm 6
5 Fridays • 10:30AM - 12:00PM • $45
ID 20805 • Fred Hofmann • Oct 31 - Nov 28 • Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays • 10:30AM - 12:00PM • $45
ID 20806 • Fred Hofmann • Nov 3 - Dec 1 • Schott, Rm 6
3 Fridays • 10:30AM - 12:00PM • $29

→ Hollywood’s Overarching Influence on the Body Politic NEW!

When the Justice Department broke up MGM and the entire Hollywood studio system for antitrust violations, studio corporate moguls swore that would never happen again. Studio survivors then began cultivating select actors as politicians. Perhaps the most famous is B-actor Ronald Reagan, who in 1980, became President of the United States. A few other Hollywood moves were applied to the body politic, lifting Hollywood into the powerhouse it’s become. Now, for better or worse, the new ‘studio’ system has placed the first reality TV star into the West Wing. After this quick civics lesson, you’ll never view movies and shows in quite the same way.

Course number: 1446
ID 21218 EVE • Kathleen Sharp • Nov 15 • Schott, Rm 31
1 Wednesday • 6:30PM - 8:30PM • $20

→ Santa Barbara History You Don’t Know - but Would Love to Ask!

Time for you to experience the true story of the Santa Barbara community. Let local historian Erin Graffy take you to a world of fascinating personalities, intriguing neighborhoods and important historic local events which have richly shaped our community. Discover quirky characters, the forgotten stories behind local landmarks and the amazing, history-altering, locally developed inventions. Enjoy this romp through history in an illustrated lecture series featuring many wonderful old photos of early Santa Barbara. Start to see your community in a whole new light.

Course number: 1444
ID 21095 • Erin Graffy • Sep 19 - Oct 10 • Schott, Auditorium
4 Tuesdays • 3:30PM - 5:00PM • $48

→ What a California Native Knows that You Need to Know NEW!

Even if you are a California native, there is a lot you need to know to fully appreciate the “what” and “why” of our special state. Explore its rich history, famous authors such as Steinbeck and Kerouac, the unique geography of Yosemite, Big Sur, and the Valley of the Moon, and what sets California apart from other states. Join in the lively discussion and start to feel like an insider. Plan your next road trip to include newly discovered festivals and communities. From the food you eat to the beautiful climate, come away understanding the west coast influence of innovation and cultural diversity in our day-to-day life.

Course number: 1447
ID 21174 • Madelyn Palley • Nov 14 - Nov 28 • Schott, Auditorium
3 Tuesdays • 3:30PM - 5:00PM • $36

Events, Language, Photo
Explore your passion...at the Center
LANGUAGES

→ French 1
This class is intended for people who have little knowledge of French and focuses on the development of the French language in everyday life. In a supportive and fun environment, practice conversation through listening, speaking, and songs. Study the second and third group of regular verbs, certain irregular verbs, reflexive verbs, time expressions, dates, months, days, and seasons. Come away with a basic understanding of this lovely language.

Course number: 102024
ID 20868 EVE ➔ Valerie Comte • Sep 6 - Nov 27 • Schott, Rm 5
4 Wednesdays • 5:30PM - 7:30PM • $49 + Materials $5
ID 21233 EVE ➔ Marc Brody • Sep 11 - Nov 6 • Wake, Rm 16
9 Mondays • 6:00PM - 8:00PM • $109 + Materials $5

→ French 2
French 2 is for students who have completed the French 1 class, or those who have had some French instruction in the past. Course covers topics such as food, daily activities and French traditions. Conversation is emphasized, but students practice all language skills including listening, reading, speaking, and writing. French is learned through dialogues, vocabulary, grammar, pronunciation, and written and oral exercises. This level takes 2 quarters to complete.

Course number: 102025
ID 20869 EVE ➔ Valerie Comte • Oct 11 - Nov 15 • Schott, Rm 5
6 Wednesdays • 5:30PM - 7:30PM • $72 + Materials $5

→ French 4
Deepen your knowledge of this beautiful language through the use of complex negations, indefinite adjectives and the future tense. Explore the use of the imperfect and the passé composé tenses, differences between the verbs aller, venir and partir. Conversation is emphasized, and speaking, writing, reading, listening and pronunciation are also covered. Come away with increased confidence in your French-speaking abilities. Note: French 4 is intended for people who have finished French 3 or have the equivalent of three years of French.

Course number: 102027
ID 21155 EVE ➔ Valerie Comte • Sep 14 - Nov 16 • Schott, Rm 5
10 Thursdays • 5:30PM - 7:30PM • $59 + Materials $5

→ French 9 Advanced: Speak like a Parisian
Are you fluent in French and want to practice speaking it on a regular basis? French 9 - Speak Like a Parisian is a conversational class for students who have taken 10 years of French or are able to converse fluently. Students will deepen their conversation skills by studying French culture, history, current affairs, and idiomatic expressions. Oral presentations, interviews, songs, and movies (with no subtitles) will be used and grammar will be reviewed briefly. Engage in lively dialogue and watch your conversation skills soar.

Course number: 102032
ID 20838 EVE ➔ Valerie Comte • Sep 12 - Nov 7 • Schott, Rm 31
9 Tuesdays • 5:15PM - 7:15PM • $109 + Materials $5

→ Spanish 1: First Steps
This basic conversational class is for students with no prior Spanish knowledge. Engaging learning activities focus on the development of practical language usage in everyday life: introductions, meeting new people, descriptions of others, numbers, clothing, colors and other basic vocabulary. Students master the basics of pronunciation, spelling, and present tense while participating in activities that also increase their knowledge of the Spanish-speaking world.

Course number: 105157
ID 21243 ➔ Barbara Lotito • Sep 13 - Nov 15 • Wake, Rm 18
10 Wednesdays • 12:30PM - 2:30PM • $119
ID 21216 EVE ➔ Adriana Moosekian • Sep 18 - Nov 13 • Schott, Rm 6
9 Mondays • 6:00PM - 8:00PM • $109

→ Spanish 2 - Low Beginning Conversational
This class is for students with very little knowledge of Spanish or who have had exposure to more Spanish but some time ago. Students will review the sound system, how to describe people, and how to form sentences in the present tense, and will learn to talk of plans, preferences, numbers, and to ask for basic information.

Course number: 105161
ID 21003 ➔ Barbara Lotito • Sep 14 - Nov 16 • Wake, Rm 18
10 Thursdays • 12:30PM - 2:30PM • $119

→ Spanish 3 - Beginning Conversational
This class is for students with limited knowledge of Spanish, or exposure to more Spanish but some time ago. Students will review sound system, expressing preferences, asking for basic information, numbers, and regular verbs in the present tense, and will learn to talk about plans, the weather, to locate things, and will enrich their vocabulary for festivities and physical and mental states descriptions. They will also learn some new irregular verbs.

Course number: 105162
ID 21144 EVE ➔ Bonnie Blakley • Sep 6 - Nov 29 • Schott, Rm 6
11 Wednesdays • 5:15PM - 7:15PM • $132
ID 21005 EVE ➔ Barbara Lotito • Sep 14 - Nov 16 • Wake, Rm 18
10 Thursdays • 5:15PM - 7:15PM • $119

→ Spanish 4 - High Beginning Conversational
For students who are familiar with the present tense of the regular and irregular verbs. Conversational skills with an emphasis on practical everyday expressions will be the focus of this course. Students will learn the present progressive, introduction to indirect object pronouns, comparisons and verbs ‘conocer’ vs. ‘poder’. A brief introduction of the Past Tense will be included. The students will participate in useful and fun activities that will help them expand their use of Spanish.

Course number: 105163
ID 21004 EVE ➔ Barbara Lotito • Sep 12 - Nov 14 • Wake, Rm 18
10 Tuesdays • 5:15PM - 7:15PM • $119
→ Spanish 6 - Intermediate Conversational

For students with some fluency in Spanish and mastery of the present tenses, as well as the present past tense. Learning activities focus on family relationships, talking about one's childhood, and youth. Students learn to talk about news articles relating to the environment, climate change and modes of transportation. Topics include the imperfect past tense, the present perfect, prepositions with pronouns, distinction between ‘por’ and ‘para’, more adjectives and adverbs, idiomatic expressions and vocabulary.

Course number: 105165
ID 21006 › Barbara Lotito • Sep 12 - Nov 14 • Wake, Rm 18
10 Tuesdays • 12:30PM - 2:30PM • $119

→ Spanish 7 - High Intermediate Conversational

Are you ready to have a Spanish conversation using all of the Spanish verb tenses? Learn to confidently combine past, present and ‘going to’ future in Spanish! Learning activities focus on telling your own stories, to allow you to make Spanish speaking acquaintances and friends. We practice by talking about the past focusing on people students admire. Students discuss books we read as a group, internet articles, songs, poems, movies, and other paragraphs or dialogues supplied by instructor. You will understand the distinction between all verb tenses, some idiomatic expressions and vocabulary. All classes are geared toward improving your conversational Spanish.

Course number: 105166
ID 21231 EVE › Bonnie Blakley • Sep 5 - Nov 28 • Schott, Rm 3
11 Tuesdays • 5:15PM - 7:15PM • $132

→ Spanish 9 - Advanced Conversational

This class is for students with considerable Spanish knowledge, learning activities focus on reporting past events, giving commands, indirect commands, and expressing wishes, desires and plans. Topics include relative pronouns, uses of ‘se’, past subjunctive, idiomatic expressions and vocabulary.

Course number: 105167
ID 21145 › Bonnie Blakley • Sep 5 - Nov 28 • Schott, Rm 3
11 Tuesdays • 12:30PM - 2:30PM • $132
ID 21230 › Bonnie Blakley • Sep 5 - Nov 28 • Schott, Rm 3
11 Tuesdays • 2:45PM - 4:45PM • $132

→ Basics of Fashion Photography NEW!

Acquire the basic fashion photography skills like lighting, production, and directing. Here’s an opportunity for aspiring designers, models, photographers, hair and makeup artists, and potential clients to understand how to organize and produce a simple fashion photoshoot. Everyone will benefit from this class - both aspiring professional photographers or amateur non-photographers who simply need to learn more about how to source and organize the people and things needed to create a successful fashion photograph.

Course number: 411078
ID 21113 SAT › TC Reiner • Sep 9 - Oct 14 • Schott, Rm 22
6 Saturdays • 11:00AM - 3:00PM • $360 + Lab $20

→ Create Photographs With Impact

Discover new techniques and skills to help elevate your photography from average to exciting. Join an award winning professional photographer as you learn how to strengthen your compositions and create compelling photographs in any light source using a wide variety of techniques, including selective focus, motion blur, manipulation of light sources, backlighting, contrast, color saturation, rule of thirds, forced perspective and many more. By the end of this class, you will have the tools to pre-visualize new, dynamic photographs, making the great leap from taking photos to creating photographs with impact.

Course number: 411071
ID 20773 › (Chuck) Charles Place • Sep 11 - Oct 9 • Schott, Rm 6
5 Mondays • 9:00AM - 12:00PM • $150

Registration is Easy!
www.theCLL.org

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sbccCLL    sbccCLL
sbccCLL

PHOTOGRAPHY & FILM
➜ **Location Photo Shoots with a Pro**

Join nationally acclaimed magazine photographer Chuck Place as you explore different locations in the Santa Barbara area with your camera. You may visit the bustling Santa Barbara Farmers Market one week or the beautifully restored La Purisima Mission State Historic Park near Lompoc the next. Each session will be a different location, depending on events and time of year. Get feedback each week and learn how a professional photographer approaches various subjects or locations. Note: Some camera experience recommended.

Course number: 411074
ID 20775 SAT  (Chuck) Charles Place • Oct 7 - Nov 4 • Schott, Rm 22
5 Saturdays • 9:00AM - 12:00PM • $150

➜ **Photography For Travelers**

Discover the techniques professional travel photographers use to create dynamic, powerful images in any kind of situation. Learn to produce spectacular architectural and landscape photographs captured at the perfect time of day. Gain insights into approaching strangers and learn how to produce intimate portraits with minimal equipment and available light. Leverage bad weather, producing some of your most popular images, and learn how to make use of harsh mid-day sunlight. Make the images from your next trip captivating to both friends and family while transporting you back to the sights, sounds and smells of your favorite destinations.

Course number: 411070
ID 20772  (Chuck) Charles Place • Sep 11 - Oct 9 • Schott, Rm 6
5 Mondays • 1:00PM - 4:00PM • $150

➜ **Become a Powerful Writer with Right-Brain Techniques**

Benefit from these proven methods for stimulating creative thinking. It’s not magic: this is just brain science applied to the art of writing. This is a safe place to stretch yourself and learn how to use your subconscious as a generator of ideas to create your story. Your characters will be more vivid, your story more intense. Come and join us to learn specific right-brain techniques that will help you create a raw draft of your story. Alternatively, if your novel, short story, or memoir is already in process, come discover how you can make your good story even better.

Course number: 157209
ID 21100  Marilee Zdenek • Oct 20, 21, 27, 28 • Schott, Rm 3
2 Fridays • 2 Saturdays • 12:30PM - 3:30PM • $120

➜ **A Love Letter to the Future**

How do you write a consoling letter to a loved one that will be delivered to them after your time on earth has passed? You may already have a current Will or Trust, the next step is to leave a letter that will comfort someone who loves you and will grieve deeply for your passing. Explore a set of suggestions about the content and give your loved one something that will be helpful during their healing process. Come away with potentially the most significant, meaningful, and heartfelt letter that you have ever written.

Course number: 157206
ID 20786  Marilee Zdenek • Sep 8 - Sep 15 • Schott, Rm 3
1 Friday • 12:15PM - 2:15PM • $48

➜ **End of the World As We Know It: Explore Post-Apocalyptic Literature**

Post-apocalyptic literature has not just joined mainstream literature - it’s now considered a part of the high literary canon. Some of the success of post-apocalyptic fiction is rooted in how closely it can seem to resemble real life. In this class, we will not only read and discuss a selection of classic and contemporary post-apocalyptic novels, but we will also use these novels as a prism to examine history and the world around us.

Course number: 157210
ID 21099  Brynn Downing • Oct 11 - Nov 8 • Schott, Rm 6
5 Wednesdays • 1:00PM - 3:00PM • $75

**SBCC Center for Lifelong Learning**

**FALL 2017**

**Arts & Crafts Fair**
Saturday, December 2nd
10am - 4pm • Wake Campus
Ceramics • Glass Arts • Jewelry Weaving
Sewing & Fabric Arts
Flower Arrangements • Cards, Original Paintings, Drawings, Prints • and much more!
MEET OUR TEACHERS
Dana Drobný

Lalli Dana Drobný believes in listening and kindness.

As a teacher, facilitator, program designer, and manager for three decades, she understands the power of opening to diverse perspectives so people can better align their lives with their values.

For her writing classes this translates to improved clarity, acceptance, and authenticity of the written word.

Join Dana this Fall:

→ **Writing Our Lives into Being** (p. 51)
→ **Practicing Mindfulness - Harmony, Health, Happiness** (p. 26)

Registration is Easy!
www.theCLL.org

→ **Love and Life: D.H. Lawrence Reexamined**

**NEW!**

With unparalleled insight into love and marriage, D.H. Lawrence dragged stodgy old England into a new century - and the world has never been the same since. Immerse yourself in Lawrence’s best stories and poems. Discuss plot and character, explore the literary influences and cultural concepts that shaped his books, and discover how to fully appreciate the impact of this visionary writer who brought sexuality into the open, forever changing the nature of literature.

Course number: 157211
ID 21102 **EVE** • Ross Robins • Sep 11 - Oct 16 • Schott, Rm 3
6 Mondays • 6:15PM - 8:15PM • $72

→ **Russian Literature Rediscovered**

In this time of renewed conflict with Russia, we can better appreciate the Russian world view if we understand their great artistic heritage. Take a deep dive into 19th-century Russian literature and experience some of the world’s best stories by Pushkin, Gogol, Tolstoy, Dostoevsky, and Chekhov. Lively discussions will provide new insight and appreciation of these great literary works. Allow yourself to be swept away into the rich and fascinating world of Mother Russia.

Course number: 157200
ID 20889 • Ross Robins • Oct 17 - Nov 28 • Schott, Rm 3
7 Tuesdays • 10:00AM - 12:00PM • $84

→ **Throw Away Your Past: Reinvent Yourself Now!**

**NEW!**

We all would like to relive our past and make better decisions and right the wrongs. Seize this opportunity to experience a personal journey of renewal and transformation as you create the past you desired in a written narrative. You will enrich the quality of your life and find that the past no longer serves you. Your new story will serve as the guide to future decisions and daily self-esteem. Come and make this transformation happen for yourself as you write your new life narrative.

Course number: 157197
ID 20777 • Randi Rabin • Sep 12 - Oct 3 • Schott, Rm 3
4 Tuesdays • 9:30AM - 12:00PM • $56

→ **Tune Up Your Grammar**

**NEW!**

Admit it—your grammar usage could be better. Forget that painful grade school experience of grammar drills and exercises. This class is actually fun and stimulating. Explore grammar with class discussions and fun games using real-life examples. You’ll engage in topics such as ‘Where’s My Antecedent?’, ‘Subjects & Verbs—Agreed?’, ‘Is That Apostrophe Mine?’, ‘Perfectly Punctuated,’ ‘Dabble in Diction,’ and ‘Spruce Up Your Usage.’ By mastering the fundamentals of grammar and the proper use of words, you’ll build your confidence, speak with authority, and be amazed as people listen and understand what you have to say.

Course number: 157207
ID 20832 • Angela Renkoski • Sep 7 - Oct 26 • Schott, Rm 6
8 Thursdays • 12:30PM - 2:30PM • $100 + Materials $15
Write a Good Story by Answering Key Questions

The secret to an effective story lies in how successfully you answer the basic questions pertinent in all stories. This sounds easier than it really is. Join other writers as we explore each key question and how the answers can be applied to your own story or story ideas. Discover the multiple levels and complexity of each answer and explore how to make your story come alive with depth and meaning. By implementing the aspects of storytelling concepts your writing will engage the reader in exciting and page-turning ways. Compare notes, share common problems and jumpstart your creativity as you answer the basic questions of storytelling.

Course number: 157213
ID 21130  Dale Stamos  Sep 20 - Oct 4  Schott, Rm 6
3 Wednesdays  1:00PM - 3:00PM  $48

Writing Fiction: What You Need to Know!

Tighten your plot; sharpen your characters; developing voice in fiction: formatting your manuscript; writing the synopsis and query letter; how agents, editors and publishers work; contracts for books and film options; and overview of fiction market. Up-to-date reference book list and 15 helpful handouts. No assignments or reading aloud. Individual manuscripts critiqued. Instructor is a best-selling author.

Course number: 157174
ID 20909  D. Duane Unkefer  Aug 24 - Nov 16  Schott, Rm 3
13 Thursdays  5:00PM - 7:00PM  $156

Writing Our Lives into Being

Tap into new levels of your own creativity and expression. In this interactive writing workshop, we reflect on other authors’ words about values such as integrity, acceptance, and authenticity. Specific writing prompts and practices serve as a springboard to discover and clarify what and how we want to write. Whether your focus is fiction, poetry, memoir, or journal, explore your own truths at deeper levels. Beginning, returning, and experienced writers are welcome.

Course number: 157165
ID 21201  Dana Drobny  Oct 18 - Nov 8  Schott, Rm 3
4 Wednesdays  10:00AM - 12:00PM  $49

SANTA BARBARA CITY COLLEGE

Community Information Meeting

SCHOOL OF EXTENDED LEARNING

Advancing Career and Life Skills

Schott Auditorium
Monday, October 16  6 - 7:30pm

Register at theCLL.org  /  FALL 2017  /  Events, Language, Photo  51
ANIMALS

➡️ A Pet’s Health and Well Being: Recognize, Distinguish and Resolve  NEW!

Finally understand what your pet’s body language is telling you about where they are hurting. Acquire the tools to distinguish pain from simple fatigue and how to recognize more serious issues. Determine when your pet needs to see the vet. Discover how to simplify and understand complex medical diagnoses, and to understand the meaning and progress of your pet’s condition. You will leave with the knowledge and tools to obtain the best integrative (western and holistic) care possible for your beloved pet.

Course number: 613054
ID 21088 EVE  ➔ Dr. Tiffany Margolin  •  Oct 18 - Nov 1  •  Schott, Rm 22
3 Wednesdays  •  6:30PM - 8:30PM  •  $45
ID 21089 SAT  ➔ Dr. Tiffany Margolin  •  Nov 4 - Nov 18  •  Schott, Rm 3
3 Saturdays  •  9:30AM - 11:30PM  •  $45

➡️ Before You Adopt a Dog  NEW!

Thinking about bringing home a cuddly little puppy or adult dog? Wondering what breed or age, or even where to find your new pet? Don’t make this huge decision without some help. We will discuss everything you’ll want to consider before making this life-changing addition. Class is taught by certified dog trainer so you will feel confident about what to expect and what to do for each new situation. This ‘humans only’ class will help adult owners feel confident in their choice and in control of this new member of the household.

Course number: 613055
ID 21148 EVE  ➔ Joan Mayer  •  Oct 24  •  Wake, Rm 16
1 Tuesday  •  6:00PM - 7:30PM  •  $15

➡️ Dog Training and Life Skills for Our Canine Friends

Help your dog develop real-world manners and ‘life skills’ while you learn effective techniques for raising a healthy and happy dog. Workshop covers different behaviors each session, from basics to more advanced, and for learners of all levels. Dogs must be at least 4 months of age and handlers at least 18 years of age. NO choke, prong, or Citronella collars.

Note: Items to bring to class: A mat/towel or bed, a variety of soft stinky treats, a favorite chew or toy to keep them occupied during discussion-time. Dog must be wearing and/or harness with ID and license and is on a plain 4’-6’ leash (no retractable leashes, prong, choke, Citronella, or eCollars are allowed). Dogs must be comfortable around strangers and other dogs, and current on rabies vaccinations along with those recommended by veterinarian including distemper, hepatitis, parainfluenza, and parvovirus.

Course number: 613049
ID 20944 SAT  ➔ Joan Mayer  •  Aug 26  •  Wake, Rm LOWER LEVEL back parking lot  •  Wake Campus
1 Saturday  •  2:30PM - 3:45PM  •  $20 + Materials $5
ID 20945 SAT  ➔ Joan Mayer  •  Sep 30  •  Wake, Rm LOWER LEVEL back parking lot  •  Wake Campus
1 Saturday  •  2:30PM - 3:45PM  •  $20 + Materials $5
ID 20946 SAT  ➔ Joan Mayer  •  Oct 21  •  Wake, Rm LOWER LEVEL back parking lot  •  Wake Campus
1 Saturday  •  2:30PM - 3:45PM  •  $20 + Materials $5
ID 20947 SAT  ➔ Joan Mayer  •  Nov 18  •  Wake, Rm LOWER LEVEL back parking lot  •  Wake Campus
1 Saturday  •  2:30PM - 3:45PM  •  $20 + Materials $5
ID 20948 SAT  ➔ Joan Mayer  •  Dec 2  •  Wake, Rm LOWER LEVEL back parking lot  •  Wake Campus
1 Saturday  •  2:30PM - 3:45PM  •  $20 + Materials $5
Pawsitive Parenting Workshop for Happy Dog Owners

There is more to dog ownership than a walk around the block and belly rubs. Find out what motivates your canine companion and how to positively reinforce the behaviors you want while limiting and preventing inappropriate habits - you’ll quickly and effectively create a harmonious household. Go beyond basic ‘obedience’ techniques and develop invaluable canine ‘parenting’ skills that will enable you to raise a healthy, happy dog. Taught by a Certified Professional Dog Trainer.

Note: This is a class for humans only and not dogs. Dog owners or potential dog owners are welcomed

Course number: 613052
ID 21149
Joan Mayer • Sep 26 • Wake, Rm 16
1 Tuesday • 6:00PM - 8:00PM • $20 + Materials $5

A Creole Holiday Feast

Prepare a delicious Holiday spread the ‘Creole Way’. Enjoy a succulent Pork Loin Roast with a brown sugar, Lime and Rum Sauce; savory Creole Roasted Game Hens with Autumn Fruits; side dishes including fresh Cranberry Sauce with Pomegranate Vinegar and Cinnamon Sticks; Creole Dressing Casserole and Fresh Sweet Potatoes Gratin and more. For dessert we will prepare Louisiana Bread Pudding with Jack Daniel’s Whiskey Sauce served with French Vanilla Ice Cream. Football games and Lazy Boys not included - but enjoy this sumptuous Creole feast anyway.

Course number: 606484
ID 21098
David Postada • Nov 14 • Schott, Rm 27 Culinary Lab
1 Tuesday • 6:00PM - 9:00PM • $24 + Materials $10

A Gourmet Approach to Make Ahead Meals

Save time and effort by creating delicious meals, prepared in advance, to be presented to your family and friends as a taste delight. You will discover dishes that are simple and fresh, with a gourmet touch that makes them special. Working with your classmates, you will make the recipes, taste the results, and bring home dinner for two that evening. Food this good will have all your friends encouraging you to take more classes so they can share your results.

Course number: 606349
ID 21136
Diana Coburn • Sep 13 • Schott, Rm 27 Culinary Lab
1 Wednesday • 10:00AM - 2:00PM • $32 + Lab $4 + Materials $24

A New Orleans Culinary Tour: Best Recipes of French Quarter and Beyond

Enjoy the best breakfast, lunch and dinner recipes from some of NOLA’s finest restaurants in the French Quarter, Garden District and points beyond. Prepare authentic recipes using fresh local ingredients as well as ‘imported’ ingredients from Louisiana. Dishes may include Beignets and Café au Lait from Café du Monde; Drago’s legendary Chargrilled Oysters; Cajun BBQ Shrimp from Deanie’s, Cochon’s delicious Roasted Pulled Pork and Peach Bread Pudding with Peach Brandy Sauce from Commander’s Palace! Impress your family and friends at your next gathering without ever making a trip to The Big Easy!

Course number: 606485
ID 21129
David Postada • Sep 26 - Oct 3 • Schott, Rm 27 Culinary Lab
2 Tuesdays • 6:00PM - 9:00PM • $36 + Lab $15 + Materials $20
→ Amazing Health Recipes - What to Eat, When and How
Planning what, when and how to eat? Need some simple and practical ideas for meals and snacks? Let a nationally recognized Registered Dietitian translate scientific research into practical recommendations to prevent and manage diabetes, heart disease, cancer and promote longevity. Select and cook meals that have a lower sugar index to minimize food cravings, stabilize moods, sustain your energy, achieve healthy weight, enhance performance, reduce inflammation and provide the key to the beginnings of a healthier new you. Prepare recipes and menus using fresh ingredients and wholesome food products that will produce amazing health results.
Course number: 606478
ID 20841 SAT  › Gerri French • Sep 16 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $36 + Lab $4 + Materials $10

→ Beautiful Holiday Food Treats
Giving a homemade gift to friends and family says 'I care about you.' Delicious gifts from your kitchen are always appreciated! So much can be done ahead and with friends. Eliminate stress and create classic seasonal treats that you will be proud to give. In this class you will make and package homemade food treats that people will begin to look forward to every holiday. You’ll discover what to prepare, how to prepare it and how to package the final product. Save time and money while making fabulous treats that will be long remembered and enjoyed.
Course number: 606400
ID 21137  › Diana Coburn • Nov 29 • Schott, Rm 27 Culinary Lab
1 Wednesday • 10:00AM - 2:00PM • $32 + Lab $4 + Materials $15

→ Easy Thanksgiving Side Dishes
Looking for a way to avoid the stress of cooking Thanksgiving dinner? Take control and enjoy this holiday season with no fuss by preparing easy side dishes ahead of time. In this hands-on cooking class you will prepare comfort food side dishes that highlight the bountiful harvest of wonderful fall vegetables. Your menu and clever new approaches to presentation will make your guests think you were a slave to the kitchen as they savor each bite of your easy side dishes.
Course number: 606443
ID 21138  › Diana Coburn • Nov 15 • Schott, Rm 27 Culinary Lab
1 Wednesday • 10:00AM - 2:00PM • $32 + Lab $3 + Materials $10

→ Enjoy Sourdough Bread and Make Your Own Starter NEW!
Take a time-proven approach to bread making. Discover the secrets of sourdough starter and how to create a perfect loaf time and time again. Try incorporating a wide variety of artisanal grains to produce amazing results with combinations and applications you never thought possible. Those with issues with gluten may find these variations and preparation methods a solution to their problem. Your bread-making skills will rise to new levels - and your friends and family will be ever so glad you took this class.
Course number: 606486
ID 21154 SAT  › Keld Hove • Oct 28 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $4 + Materials $10

→ Fragrant Feast: Indian Vegetarian Menu
Master the delicious vegetarian dishes of India. From pakoras and chutney to paneer and palao, your everyday cooking will never be the same. Authentic recipes and hands-on practice will provide a unique cooking experience. Discover the proper uses and combinations of spice and herbs as you create flavorful delights that will please even the fussiest eater. Time to add India to your weekly menu.
Course number: 606461
ID 20922 SAT  › Farhana Sahibzada • Dec 2 • Schott, Rm 27 Culinary Lab
1 Saturday • 11:00AM - 2:00PM • $35 + Lab $10 + Materials $15

→ Kofta Curry: Meatballs for both Vegetarians and Non-vegetarians NEW!
Anxious to try koftas (meatballs) with a surprising twist? Discover the techniques, tricks and tips needed to make both vegetarian and non-vegetarian versions! Koftas are enjoyed by families all over India and Pakistan as a popular everyday meal option and for entertaining friends. All you need is some chappati or rice and some salad on the side! Some fun variations of kofta dishes will be included for your gastronomic delight so come prepared for something special.
Course number: 606488
ID 21101  › Farhana Sahibzada • Sep 27 • Schott, Rm 27 Culinary Lab
1 Wednesday • 11:00AM - 2:00PM • $35 + Lab $4 + Materials $15

→ Loaves in the Stove: Bread Making for Everyone
Join the upper crust of bread-baking with this simple and fun introduction to making healthy bread at home. Using only water, flour, yeast, salt, and a tiny bit of elbow grease, you will be baking delicious bread in no time. The popular ‘No-Knead’ method will be used to quickly get you acquainted and comfortable with baking bread. Have fun baking together, and take home your own fresh baked loaf at the end of the session. Put this on your To-Dough list, and join us as we loaf around in the bakery.
Course number: 606480
ID 20884  › Keld Hove • Sep 15 • Schott, Rm 27 Culinary Lab
1 Friday • 10:00AM - 2:00PM • $36 + Lab $4 + Materials $10
ID 20885 SAT  › Keld Hove • Oct 21 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $36 + Lab $4 + Materials $10

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www.theCLL.org

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54 Registration is easy at www.theCLL.org
Make Aebleskivers Your New Favorite

This traditional Danish round puff pancake contributes to ‘hygge’ (or cosiness) that is part of the recipe for a happier life. This light and tasty puff of goodness can be used to convey both sweet and savory flavors. Master the art of making perfect Aebleskivers and discover the variety of fillings, toppings and presentations to make this tasty nugget a staple of your diet. Taught by a Danish bread maker, you will learn how all the steps from the dough to the plate. Put ‘hygge’ in your life today.

Course number: 606490
ID 21153 SAT > Keld Hove • Oct 14 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $4 + Materials $10

Making Classic Cocktails at Home - Easily and Affordably

Make and taste classic cocktails as well as paired appetizers in this hands-on course designed to demystify cocktails and mixology. Whether you want to enjoy a solo cocktail at home, make cocktails for a home gathering, or just enjoy the delights of making and tasting a variety of cocktails, this course is for you. If a home bar is of interest, this course will give you the know-how and skills to bring an affordable home bar to life.

Course number: 606490
ID 21132 EVE > Michele Mickiewicz & Brad Iwanaga • Oct 12 - Oct 26 • Schott, Rm 27 Culinary Lab
3 Thursdays • 6:15PM - 8:45PM • $53 + Lab $8 + Materials $30

Sushi: Make it Yourself

Course teaches the basic techniques of making traditional Japanese sushi, including California roll, hand roll and creative rolls. Students also learn how to make miso soup and vegetable dishes. Course instructs in the use of materials and utensils for the preparation of sushi recipes.

Course number: 606340
ID 21164 SAT > Takako Wakita • Sep 9 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $3 + Materials $20

Tamales - Make Your Own

Tamales are traditional Mesoamerican dishes made with dough (usually corn) that is steamed or boiled in a leaf wrapper. Tamales can be stuffed with anything - vegetables, meats, cheeses, fruits, chills etc., and seasoned according to personal taste. Now you can master the art of making your own tamales and have plenty for family and friends to enjoy. Discover the techniques for preparing fillings, wrapping, steaming and freezing your delicious creations. Learn the process from an expert and then watch your hungry crowd rave about your wonderful treats. Start a new family cooking tradition that’s sure to delight everyone!

Course number: 606450
ID 21077 SAT > Esther Elizalde • Nov 18 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $10 + Materials $10

Tandoori Chicken Tikka with Tikka Masala

Make tandoori chicken in minutes without all that expensive equipment. Discover the secrets and simple steps needed to ensure that your chicken that bursts with a richer burst of flavor and finger-licking taste right at home, on your own grill. Learn authentic tips and tricks of the trade from our Indian/Pakistani Food Expert chef, trained and honored all the way from Lahore to Santa Barbara.

Course number: 606491
ID 21131 > Farhana Sahibzada • Aug 22 • Schott, Rm 27 Culinary Lab
1 Tuesday • 11:00AM - 2:00PM • $35 + Lab $4 + Materials $15

The World of Small Bites: Hors d’oeuvres, Tapas, Meze, Antipasti

Enjoying a mouth-watering small bite before dinner or at a cocktail party is a true pleasure that helps sets the tone for the rest of an evening with friends. Through both demonstration and hands-on preparation you will learn to create a variety of appealing small plates with big flavors from France, Spain, Greece, Italy and beyond. Impress your guests with a beautifully-presented spread of interesting dishes that can be made simply. Put your creativity to work, challenge yourself to learn something new, and make your next party a special event where you too can relax and enjoy!

Course number: 606416
ID 21135 EVE > Diana Coburn • Aug 23 - Aug 30 • Schott, Rm 27 Culinary Lab
2 Wednesdays • 5:30PM - 9:00PM • $56 + Lab $8 + Materials $20
ID 21134 > Diana Coburn • Oct 25 - Nov 1 • Schott, Rm 27 Culinary Lab
2 Wednesdays • 10:00AM - 2:00PM • $56 + Lab $8 + Materials $20

Genealogy

Family History Research: Beginning to Intermediate

Who are you and where did you come from? You will find the answers to these questions on the exciting adventure of climbing your family tree. Explore the history of your family! Unleash your inner detective and develop the skills and knowledge to do genealogical research. Explore various sources for records, including the census, vital records, and military records. You will compile and organize information about your family, sharpen your internet research skills, and practice using new genealogical tools.

Course number: 1412
ID 20995 > Norma Eggli • Sep 27 - Nov 8 • Wake, Rm 16
7 Wednesdays • 9:30AM - 11:00AM • $65 + Materials $5
**HOME & GARDEN**

→ **A Gardener’s Tools of the Trade**

Love to garden and want to know more about your equipment? Explore garden tools that make life easier and more fun. Proper tool care improves tool performance and can extend their life. Discover how to remove rust, sharpen blades and improve the feel of the wood on long handled tools. Join us for insider information on tools with smart features, and pick up tips and tricks for your tools in the garden. Come away with renewed motivation whether you are an enthusiastic beginner or experienced gardener. If you have your own pruners please bring them to class.

Course number: 601084
ID 21075 SAT › Joan Calder • Sep 9 • Schott, Rm 5
1 Saturday • 10:00AM - 12:00PM • $20

→ **DIY Interior Design with Feng Shui**

Become your own interior decorator and save tons of money! If you love design and decorating, this class is for you. Explore the principles of design and feng shui, and create your own designs using feng shui so that you can have fun decorating your home while improving your life. Come away with a floor plan, a simple yet customized design for your home, and an understanding of how feng shui works.

Course number: 613047
ID 20785 SAT › Alexandra King • Nov 4 • Schott, Rm 6
1 Saturday • 9:00AM - 12:00PM • $25

→ **Learning from Alice Keck Park Memorial Garden**

This walkabout builds on the Water Wise, Dollar Wise Landscape Solutions class and includes an initial ‘refresher’ of sustainable garden design principles. Alice Keck Memorial Garden is a living, 3-dimensional gallery demonstrating the application of basic design principles. Learn to see garden design as more than a collection of colorful flowers and gain a better understanding of the multiple roles plants can play in the landscape. Gain an appreciation for how form, foliage, density, and visual texture are the building blocks of year-round beauty and interest. Discover how proper plant selections and spacing result in a low-maintenance, environmentally superior landscape.

Course number: 601076
ID 20842 SAT › Billy Goodnick • Oct 21 • Schott, Rm 6
1 Saturday • 9:00AM - 12:00PM • $28

→ **Smart Garden Design for Dry Times**

Garden owners in our area are adjusting to the reality of drier gardens, so maybe it’s time to rethink the space around your home. Join local landscape architect, Billy Goodnick, and learn how water-wise gardens can be just as beautiful and useful as thirstier gardens. Students will learn about sustainable design, selecting the right plant for the right space, water-efficient planting strategies, irrigation innovations and maintenance practices to keep their gardens looking their best with less water.

Course number: 601081
ID 20845 SAT › Billy Goodnick • Oct 7 - Oct 14 • Wake, Rm 18
2 Saturdays • 9:00AM - 12:00PM • $36

→ **Staging Your Home to Sell**

Did you know that staged homes sell for up to 50 percent more and 3 times more quickly than un-staged homes? Discover how to capitalize on your one chance to make a good impression. Explore specific strategies to create an aesthetically pleasing environment so that potential buyers can picture themselves living there. By understanding the principles of decluttering, depersonalizing, and staging your home on a budget, you will maximize the value of your home using a minimum amount of your time. Walk away with an ‘Open House’ friendly floor plan of your home. You can’t afford not to miss this special opportunity.

Course number: 506226
ID 21194 SAT › Alexandra King • Oct 7 • Schott, Rm 6
1 Saturday • 9:00AM - 12:00PM • $25

→ **MATURE DRIVER CERTIFICATIONS**

→ **Mature Driver Initial Course**

This classroom-only course benefits Mature Drivers (age 55 +). The purpose of the course is to improve safe driving skills for older adults. Upon course completion, participants are given a DMV Certificate, qualifying them for reduced automobile insurance premiums. The certificate is valid for three years.

Course number: 608635
ID 20871 SAT › Mary Brown • Oct 14 • Wake, Rm 20
1 Saturday • 9:00AM - 5:00PM • $45

→ **Mature Driver Renewal: A Review Course**

The course renews an existing Mature Driver Certificate which has not been expired longer than one calendar year. The DMV certificate awarded upon completion of the course is valid for three years.

Course number: 608609
ID 20872 SAT › Mary Brown • Oct 7 • Wake, Rm 20
1 Saturday • 9:00AM - 1:30PM • $29
NON-PROFIT SKILLS

→ ABC’s of Volunteer Management NEW!
Want to launch or enhance a volunteer program? In a lively and interactive environment, explore the needs of your organization and how volunteers fit into this strategy. Discover successful ways to recruit, train, place, retain, and acknowledge volunteers. Delve into the advantages of working with volunteers and how to deal with challenging situations. Explore the very nature of service itself and how volunteers experience tangible health benefits. Come away with valuable templates including volunteer applications and position descriptions to take your volunteer program to the next level.

Course number: 506225
ID 21190 SAT > Arlene Stepputat • Sep 9 • Schott, Rm 31
1 Saturday • 9:00AM - 12:00PM • $25

→ Grant Writing Made Easy
Need to raise funds for your favorite non-profit? Fifteen hundred other Santa Barbara non-profits, PTA’s, children’s sports’ teams, etc. do too. Get an edge – discover key grant proposal components and how to generate them. Find out how you, as a volunteer or novice grant writer, can effectively research funding opportunities, draft a compelling need statement, and develop a realistic budget. Learn what essential documents should be included with a grant submission. Best of all - walk away with a 2-3 page boilerplate grant proposal and help your organization succeed.

Course number: 506222
ID 21217 SAT > Leonie Mattison • Nov 4 & Nov 18 • Wake, Rm 18
2 Saturdays • 9:30AM - 12:30PM • $35

PARENTING

→ Discipline Without Punishment or Rewards
Parents and teachers of newborns to pre-adolescents learn how to raise cooperative, responsible, and self-disciplined children. Topics include the pitfalls of punishments and rewards, the basic techniques of democratic discipline, and three reasons for inappropriate behavior. Students will learn how to change unwanted behavior by recognizing and meeting children’s needs.

Course number: 251281
ID 20814 SAT > Aletha Solter • Oct 28 • Schott, Rm 6
1 Saturday • 9:00AM - 1:00PM • $32

→ Growing Times II: Parenting the Two to Three Year Old Child
Parents and caregivers meet weekly with their children, two to three years of age, in a stimulating environment designed with age appropriate activities just for toddlers! Connect with other families while exploring different stages of development through observation, informal discussion groups and fun-filled music, art and play experiences. Join us as we promote positive parenting attitudes and healthy parent-child relationships.

Course number: 251288
ID 21220 > Bonnie Kerwin • Sep 6 - Oct 18 • UCSB Family Student Housing, Community Room
7 Wednesdays • 9:15AM - 11:00AM • $92 + Materials $7

→ Music Times I/II
Class explores the power of rhythm, melody, tonality and beat. Students learn how music nurtures children’s physical, social, emotional, and intellectual development while strengthening the bond between parent and child. Participants are exposed to various genres of music, play a variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, sign language and finger plays in an interactive environment. Students also learn how music can be used as a tool to guide daily routines and transitions.

Course number: 251293
ID 21093 > Libertad Kaddatz • Sep 25 - Nov 13 • Wake, Rm 15
8 Mondays • 10:30AM - 11:30AM • $59

→ Pequenos Cantantes - Para Padres Con Ninos 12 to 48 meses
En esta clase, los padres y ninos de 12 a 48 meses exploran espanol como lengua extranjera a traves de la musica, la danza y los cantos interactivos. Los padres aprenden canciones infantiles tradicionales, juegos con los dedos en espanol y movimiento siguiendo diferentes ritmos latinos. Los participantes experimentaran una clase interactiva de musica en espanol, jugaran con una gran variedad de instrumentos y canciones, escuchen cuentos en espanol con dramatizacion y con titeres, y aprenderan acerca de la cultura y el patrimonio hispano. Esta clase es adecuada para familias que hablan espanol y para familias que no hablan espanol.

Note: This class may be enjoyed by English and Spanish speakers.

Course number: 251312
ID 20990 > Libertad Kaddatz • Sep 25 - Nov 13 • Wake, Rm 15
8 Mondays • 9:15AM - 10:15AM • $59

Registration is Easy!
www.theCLL.org

Register at theCLL.org / FALL 2017 / Home & Family 57
Achieving a Happy Retirement: Balancing the Financial and Emotional Facets

With their combined 70 years of experience, Mitchell Kauffman, Certified Financial Planner and Wealth Manager, and Joanne Moran, Ph.D., a Clinical Psychologist, will help participants clarify the emotional and psychological challenges of transitioning to a successful retirement. Come away with a personalized action plan to establish a sustainable retirement budget, to explore investment and tax considerations, and to develop a sense of purpose and fulfillment in one’s retired years.

Course number: 504151
ID 21156 SAT Mitchel Kauffman  Oct 7  Wake, Rm 16
1 Saturday  9:00AM - 12:30PM  $29

Are You Prepared For Retirement?

Learn basic information about financial issues that relate to planning for and being in retirement. You will learn the importance of using a regularly updated comprehensive financial plan as context for many of these issues. Topics discussed include budgeting, pensions, life insurance, Social Security, personal real estate, long-term care, taxes, and inflation. Online resources will be provided to help you create financial plans. The goal of the class is for you to be able to apply this learned knowledge to your own retirement planning.

Note: This class is sponsored.
Course number: 504141
ID 20812 EVE Steven Weintraub  Sep 26  Wake, Rm 20
1 Tuesday  7:00PM - 9:00PM

De-clutter and Sell Your Treasures on the Internet

Your clutter may be another person’s treasure. Sell your unwanted items on the Internet using eBay, Craigslist, Amazon, Etsy and other sites. In this class you will learn to navigate the Internet so you can buy and sell items securely while protecting your information and avoiding fraud. Learn to set competitive prices, use photographs to showcase your items, and create listings that grab attention. You will also learn about secure payment methods and shipping procedures that keep customers happy. It’s time to ditch the clutter - and collect the cash!

Course number: 509059
ID 20856 EVE  Ilana Wolff  Oct 6  Wake, Rm 18
1 Friday  9:00AM - 4:00PM  $65 + Materials $15

Manage Your Own Portfolio

It is important to understand basic background information about publicly traded financial markets. In this class you will learn this information as well as basic investment implementation strategies. Join this class and learn from financial experts how to interpret financial information and avoid common mistakes. The goal of the class is for you to be able to apply this learned knowledge to your own portfolios within the context of your unique financial situations and goals.

Note: This class is sponsored.
Course number: 504154
ID 20813 EVE  Steven Weintraub  Oct 9  Wake, Rm 20
1 Monday  7:00PM - 9:00PM  $0
Modern Retirement Planning
Will you retire on time? How does your current debt impact your retirement plan? Do you understand the different vehicles you may use to grow your retirement fund? In this class you will discover important retirement concepts and identify tools that will help you develop a successful retirement plan. Leave this class with current and valuable information to guide your retirement planning as well as the ability to speak more confidently with finance professionals.
Course number: 504164
ID 21241 EVE › Kenji Saito • Aug 22 - Aug 29 • Wake, Rm 20
2 Tuesdays • 6:00PM - 9:00PM • $35 + Materials $24
ID 21242 EVE › Kenji Saito • Aug 24 - Aug 31 • Wake, Rm 20
2 Thursdays • 6:00PM - 9:00PM • $35 + Materials $24

Notary Public Commission
Did you know the state recommends notaries take this course eight months prior to their commission expiration date? Don’t put it off! New or previously commissioned notaries will gain the knowledge and skills required to pass the state examination. You will receive the state-approved Certificate of Completion required to take the state-proctored notary examination upon completion of the class. Immediately following class the state exam is offered. If you intend to stay for the exam, bring valid ID and a check made out to ‘Secretary of State’ for $40.00. Your materials fee includes a passport photo.
Course number: 901143
ID 21188 › Thomas Peavyhouse • Oct 20 • Wake, Rm 20
1 Friday • 8:00AM - 4:30PM • $59 + Materials $39

Work at Home as a Medical Transcriptionist
Students explore the benefits of a career as a self-employed medical transcriptionist. Students discover a step-by-step guide to learning medical transcription, marketing their new business, obtaining clients, establishing pricing, choosing equipment, and using appropriate software. Topics include choosing their own hours, having a business at home, finding employment, and income information.
Note: Materials Fee is for class workbook.
Course number: 501103
ID 20798 SAT › Debbie Burns • Sep 30 • Wake, Rm 16
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $20

Community Information Meeting
Advancing Career and Life Skills
Monday, October 16 | 6 - 7:30pm
Schott Auditorium
**RECREATION**

**→ Basic Keelboat Sailing**

Student will learn to sail a 24’ sailboat in light to moderate winds and sea conditions in familiar waters. General terminology and sailing techniques prepare the beginning sailor; no auxiliary power or navigation skills required. Successful candidates earn an American Sailing Association Basic Keelboat 101 Credential & National Safe Boating Certificate approved by NASBLA and the U.S. Coast Guard. The certification will enable graduates to rent sailboats up to 27’ worldwide.

Note: Registration for this class ends one week before the first class meeting.

Course number: 608367
ID 20782 › Ian FitzGerald • Sep 13 - Nov 8 • Santa Barbara Sailing Center, Santa Barbara Harbor 9 Wednesdays • 3:00PM - 5:30PM • $79 + Materials $10

**→ Become a Savvy Traveler: For Women**

Women have been traveling without male escorts for centuries and it’s now time for you to do it too! This fun, interactive course is designed for women who would like to travel, alone or with friends. Discover skills for getting the most value from your travel adventures. Explore ways of finding hotels that cater to women’s interests. Uncover secrets of the airline industry including how to find the best seats. Benefit from information about packing light, money, safety, and health. Learn how to live like a local. Get the latest travel fashion tips for the female savvy traveler. Fasten your seatbelts and get ready for takeoff!

Course number: 100050
ID 20997 EVE › Tara Stoker • Nov 1 - Nov 8 • Wake, Rm 20 2 Wednesdays • 6:00PM - 9:00PM • $35 + Materials $4

**SCIENCE & NATURE**

**→ Birds of the Santa Barbara Region: Beginning**

Class teaches how to recognize a wide variety of birds unique to the Santa Barbara area. Students visit local habitats, including beaches, sloughs, creeks and woodlands, to observe the birds and discuss their behavior, migration patterns and geographical distribution. Class emphasizes basic appreciation and identification of birds in the field. Transportation to field trip sites is not provided.

Course number: 19008
ID 21001 › Rebecca Fagan Coulter • Sep 18 - Nov 6 • Santa Barbara Museum of Natural History, Mac Veagh House 8 Mondays • 8:30AM - 10:30AM • $95
ID 20999 › Libby Patten • Sep 19 - Nov 7 • Santa Barbara Museum of Natural History, Mac Veagh House 8 Tuesdays • 8:30AM - 10:30AM • $95

**GAMES**

**→ Let’s Play American Mah Jongg**

Mah Jongg is one of the most popular puzzle games in the world played by people who love its mental challenge. It is a game of strategy and requires the ability to shift between two or more possible solutions to a problem. A bit of luck also helps! It can be somewhat addictive - you’ve been warned! Discover in this class how to play the American version of this popular game. Have fun and enjoy! All levels welcome.

Course number: 608725
ID 20859 › Ilanna Wolff • Oct 3 - Oct 24 • Wake, Rm 16 4 Tuesdays • 1:00PM - 3:30PM • $79 + Materials $10

**→ Play Chess With Success**

Chess is a game that develops spatial thinking and strategies and also builds focused concentration. Taught by a certified chess instructor, the class is geared for all levels of chess players. Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves. Have fun with this classic board game, and learn to play chess with success.

Course number: 608737
ID 21167 EVE › Jason Garfield • Sep 13 - Oct 19 • Wake, Rm 20 6 Thursdays • 6:00PM - 8:00PM • $95
Birds of the Santa Barbara Region: Intermediate

Using more advanced approaches, students learn how to recognize the wide variety of birds unique to the Santa Barbara area. Students visit local habitats, including beaches, sloughs, creeks and woodlands to observe the birds and discuss their behavior, migration patterns and geographical distribution. Class emphasizes appreciation and identification of birds in the field. Transportation to field trip sites is not provided.

Course number: 19078
ID 20810 © Joan Lentz • Sep 13 - Nov 1 • Santa Barbara Museum of Natural History, Mac Veagh House
8 Wednesdays • 8:00AM - 10:00AM • $95

The Night Sky

Using the Planetarium, students will learn to recognize the constellations of the night sky and track the motions of planets. Additional topics from astronomy and mythology will be used to help us to understand our place in the universe.

Course number: 19115
ID 21228 EVE © Lynne Stark • Sep 13 - Sep 27 • Santa Barbara Museum of Natural History, Gladwin Planetarium
3 Tuesdays • 5:00PM - 6:00PM • $19

ID 21182 EVE © Lynne Stark • Nov 1 - Nov 15 • Santa Barbara Museum of Natural History, Gladwin Planetarium
3 Tuesdays • 5:00PM - 6:00PM • $19

Registration is Easy!

Fall Term 2017:
Staggered Registration Begins:
July 10 – July 13, 2017

The first week of registration will be staggered by subject areas across four days. Registration begins at 8:00 a.m. each day online (and at both Schott and Wake Campus Offices).

HOME & FAMILY
• (all classes)

EVENTS, LANGUAGE, PHOTO
• (all classes)

BODY, MIND, SPIRIT
• (all classes)

NATURE, SCIENCE, RECREATION
• (all classes)

ARTS, MUSIC, PERFORMANCE
You may register for classes in these programs:
• Arts
• Music & Performing Arts

CRAFTS
You may register for classes in these programs:
• Ceramics (8:00am)
• Crafts: Quilting & Sewing (8:00am)
• Jewelry (10:00am)
• Crafts & Hobbies: General (10:00am)
• Woodworking (10:00am)
School of Extended Learning Leadership

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Join the conversation and find us online at @sbccCLL on Facebook, Twitter, LinkedIn, Pinterest, and now Instagram!

Connect with the CLL!

What is #MyCLL?

Share Your Photos, Poems, & Art Online!

Easy as 1-2-3
1. Take photos of your creations, or of yourself in class
2. Post to Instagram, Twitter, or Facebook
3. Include the hashtag #MyCLL in your post

See it all, at theCLL.org/MyCLL or search Facebook for #MyCLL

Don't miss our award-winning Look & Learn video series on YouTube!

Registration is easy at www.theCLL.org
Directory of Locations

Primary Locations

SBCC Schott Campus
310 W. Padre Street, Santa Barbara, CA 93105
(805) 687-0812

SBCC Wake Campus
300 N. Turnpike Road, Santa Barbara, CA 93111
(805) 964-6853

Santa Barbara
- AIKIDO OF SANTA BARBARA
  121 N Milpas Street
- AIROBIC FITNESS
  136 S Hope Avenue
- HENDRY’S BEACH
  2981 Cliff Drive
- SANTA BARBARA MUSEUM OF NATURAL HISTORY
  2559 Puesta Del Sol
- SANTA BARBARA SAILING CENTER
  133 Harbor Way
- SBCC GARVIN THEATRE
  West Campus
  800 block of Cliff Drive
- SBCC HUMANITIES BUILDING – Outside Room H-104
  721 Cliff Drive
  (Loma Alta Drive, access from Cliff Drive or Shoreline Drive)
- SBCC PE 113
  721 Cliff Drive
  (Loma Alta Drive, access from Cliff Drive or Shoreline Drive)

Goleta
- GOLETA VALLEY JUNIOR HIGH SCHOOL
  6100 Stow Canyon Road

Montecito
- ANDREW CLARK BIRD REFUGE

Carpinteria
- CARPINTERIA HIGH SCHOOL
  4810 Foothill Road

Satisfaction Guarantee • New & Improved Refund Policy •

You can now receive a FULL refund or free transfer before the second class meets. This guarantee includes one-meeting workshops.

To request a refund, complete a “CLL Refund & Transfer Form” at the Schott or Wake Campus main office. You can also find and submit the form online at www.theCLL.org.

Note:
- One-meeting workshops: Refund or transfer request must be received within seven days after class meets.
- Materials fee refund: restrictions may apply.
- Transferring to a more expensive class: The student pays the difference.
- Day trips and performances: See class notices at www.theCLL.org for refund information.
### Index by Category

New Classes are labeled as **NEW!**.

Evening classes are labeled as **EVE** and weekend (Saturday) classes are labeled as **SAT** throughout the catalog.

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### Arts, Crafts, Performance

#### ARTS

**NEW!**

- A Look Behind Art’s Important Shifts in Style and Themes
- Abstract Painting
- All About Watercolor Painting Outdoors
- Art a la Carte
- Art and Craft of Printmaking
- Artist’s Open Studio Workshop
- Beginning Oil Painting Basics and Beyond
- Beginning Watercolor: Starting Right, Painting Loose
- Birds and Blooms: India Ink Watercolor Painting
- Botanical Illustration and Nature’s Gems
- Chinese Brush Painting and Meditation - Intermediate
- Collage and Mixed Media Construction
- Color and Light: Fresh Watercolor Painting
- Drawing from Life: Figure and Portrait with Duane Unkerfer
- Exploring Watercolor
- Express Yourself with Beautiful Calligraphy
- Figure Drawing and Painting with Rick Stich
- Figure Drawing with Bob Mask
- Figure Drawing with Colin Gray
- Figure Drawing with Tom Henderson
- Finishing Techniques for Successful Paintings
- Graphic Design for Non-Designers
- Intermediate Drawing
- Joyful Experimentation for Curious New Artists
- Light and Shadow in Art: A Plein Air Painting Experience
- Modeling the Figure in Clay
- Painting or Drawing the Costumed Model
- Perspective Drawing With Confidence
- Portrait Drawing
- Saturday Stone Carving, Beginners to Intermediate
- Splashing Watercolor 1 and 2
- Stories in Art - American Art and Artists
- What’s it Worth?
- Working with Galleries to Market Your Art
- Flower Arranging
- Glass Arts Workshop
- Glass Creations: Leaded, Copper Foil, Sandblasting and Mosaic
- Glass Fusing
- Shrine of a Lifetime: Create a Mexican Folk Art Nicho
- WOW Weaving Lab
- WOW: Wonders of Weaving
- Ceramics in the Garden
- Ceramics: Beginning, Intermediate and Advanced
- Ceramics: Building with Clay
- Ceramics: Porcelain
- Fundamentals for Wheel Thrown Pottery
- Bead Creations I: String, Crimp, Knot, Wrap and More
- Creating a Silver Shibori Bracelet
- Creating Filigree Jewelry
- Creative Casting (Tufa, Cuttlebone, Sand and Broom Casting)
- Creative Wire Worked Jewelry
- Enameling: Glass on Metal
- Fold Formed Jewelry - Silver Bracelets
- Hydraulic Press Jewelry Techniques
- Intermediate Cabochon Wrapping
- Techniques
- Introduction to Soldering for Jewelry
- Jewelry - Open Studio
- Jewelry Soldering - Information, Focus, Practice
- Lost Wax Casting
- Southwest Style Jewelry Making
- The Art of Jewelry Making - Level 1
- Tool Making: Stamps, Hammers and Dies
- Viking Knit Timeless Creations
- Individualized Sewing
- America’s Greatest Songwriting Teams and Duos

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### MUSIC & PERFORMING ARTS

- Beginner Ukulele: Start Playing and Change Your Life
- Break into Voice Over
- Guitar Playing - Intermediate Level
- Harmonica Blues, Getting Started
- Harmonica Blues, Movin’ On
- Improvisation Basics: One Night to Entice
- Improvisation: A Playground for Imagination and Intuition
- Intermediate Ukulele - The Possibilities Are Endless!
- Join the CLL Chamber Orchestra
- Kings of Swing
- Performing the Classic Songs of the 60’s
- Piano - Intermediate 1
- Piano - Intermediate and Advanced
- Piano for Beginners: Level 1
- Piano for Beginners: Level 2
- Playing the Guitar for Beginners and Beyond
- Singing from the Heart: Basics of Singing
- Singing Jazz Standards
- Slide Guitar and Open Tunings
- Talkin’ About My Generation

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### WOODWORKING

- A Woodworking Woodshop
- Intermediate/Advanced Woodworking Woodshop
- Wood Product Manufacturing Methods

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### Body, Mind, Spirit

#### DANCE, FITNESS, & PERSONAL

- 5 Element Tai Chi: Moving Meditations for Emotional Healing
- All Ages and Stages Gentle Yoga
- Belly Dance and Dances of the Middle East
- Bhangra: A Dance of Joy and Celebration
- Body Mind Wakeup Call
- Dance the Salsa: First Steps
- Dynamic Yoga for Seniors
- Easy Does It Exercises
- Feldenkrais Mat Class
- Find Your Healing Power
- Fitness Flow with a Yogic Twist
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Satisfaction Guarantee

• New & Improved Refund Policy •

You can now receive a FULL refund or free transfer before the second class meets. This guarantee includes one-meeting workshops.

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• Materials fee refund: restrictions may apply.
• Transferring to a more expensive class: The student pays the difference.
• Day trips and performances: See class notices at www.theCLL.org for refund information.

CLASS FEES

Class fees include:

• TUITION FEES — Average: $6.50 per hour; the hourly rate for workshops and specialized classes may vary.
• MATERIALS FEES — Cover items used in class or taken home by students, e.g. handouts, food for cooking, clay for ceramics.
• LAB FEES — Cover specialized supplies, utilities, and personnel costs.
• BUILDING FEES — Cover off-campus rental fees.

Any class fees are noted in the class descriptions in this schedule and online. For online registration, fees are payable by credit/debit card only (VISA and MasterCard). If paying by personal check*, money order or cash, payment must be made in person at the Information and Registration office at either the Schott Campus or the Wake Campus. (*There is a $20 service charge for each returned check.)

CANCELLATION

The minimum enrollment for CLL classes is five students, with the exception of classes with lab fees. However, if a class does not meet the enrollment anticipated by the instructor, he or she may cancel the class at his/her own discretion. In the event the class is cancelled by the college, the student will receive a full refund or will be able to apply the class fee towards another class.

ACCOMMODATIONS FOR DISABILITY

SBCC students with disabilities who are requesting accommodations for classes, college activities or tests should use the following SBCC procedure: (1) Contact Disabled Student Programs and Services (DSPS); (2) Submit documentation of your disability to the DSPS office; (3) Communicate with a DSPS counselor regarding options for services and accommodations; (4) Reach written accommodation agreement with the DSPS counselor and your instructor. (NOTE: This procedure also includes student requests to bring into classes personal service attendants who are not SBCC employees.) Contact: DSPS office (805) 965-0581 x 2364, SS Building, room 160, dspshelp@sbcc.edu. SBCC requests you complete this process at least ten working days before your accommodation is needed, in order to allow DSPS staff time to provide your accommodation.

For full details of the SBCC CLL Policies and Procedures, please visit www.theCLL.org

The Center for Lifelong Learning reserves the right to cancel classes, change times or locations, and change instructors when necessary. Fees are subject to change. In the event of a discrepancy between the printed and online versions of our catalog, information shown online will be considered correct. **SBCC is proud to be a Tobacco Free and Smoke Free Campus.**
Three Easy Ways to Register for CLL Classes!
Fall Semester 2017: August 21 – December 9

EXPRESS SIGN UP ONLINE
The quickest and most convenient way to register for classes is online at:
www.theCLL.org starting on July 10, 2017

• NEW STUDENTS: You will be prompted to create a user profile before you can register for a class.
• RETURNING STUDENTS: If you have already created a user profile, simply sign-in with your username and password.
• Detailed instructions and helpful tips are available at the CLL website.

SIGN UP IN PERSON
You may register in person at either the SBCC Schott Campus or the SBCC Wake Campus.

Need help with online registration? We can help! Call the CLL: (805) 683-8200

• SBCC SCHOTT CAMPUS
310 W. Padre St.,
Santa Barbara, CA 93105

• SBCC WAKE CAMPUS
300 N. Turnpike Rd.,
Santa Barbara, CA 93111

MAIL IN REGISTRATION FORM
Fill out the registration form below, include personal check and mail to:
Center for Lifelong Learning
SBCC Wake Campus
300 N. Turnpike Rd.,
Santa Barbara, CA 93111
Attn: Betty

To check correct fee total or ask other questions:
Call (805) 683-8200

To check correct fee total or ask other questions: Call (805) 683-8200.
Please include a personal check made out to “SBCC CLL” when you mail your registration form to:
Center for Lifelong Learning, SBCC Wake Campus, 300 N. Turnpike Rd., Santa Barbara, CA 93111, Attn: Betty

SBCC CLL REGISTRATION FORM

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DAYTIME PHONE (_____)______________________________ DATE OF BIRTH _______________________________

CLASS NAME | CLASS ID # (FIVE DIGITS) | TEACHER LAST NAME | TOTAL FEES
-------------|---------------------------|-------------------|----------

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